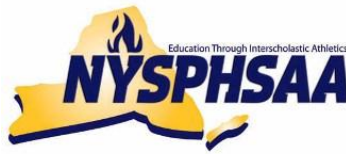


**Nassau County High School Athletic Association**

Section VIII of the NYSPHSAA

Nina Van Erk, Executive Director



**Boys and Girls Spring Track & Field  
Handbook – 2014**

Boys Coordinator – Joe Mercado, Roosevelt High School

Girls Coordinator – Mike Frazer, Valley Stream North High School

**Section VIII Spring Track & Field Committee**

- Conference 1** Rich Degnan, Massapequa High School  
Katie Dunn, Farmingdale High School  
Steve Josepher, East Meadow High School  
Jeremiah Pope, Port Washington High School  
Jaime SanFilippo, MacArthur High School
- Conference 2** William Buith, New Hyde Park High School  
Patrick Frazer, Wantagh High School  
Chris Mammone, Bellmore JFK High School  
Donald Ross, Westbury High School  
Anthony Serravite, W.C. Mepham High School
- Conference 3** Stephen Honerkamp, Hewlett High School  
Neal Levy, North Shore High School  
Adam McKenzie, Great Neck North High School  
Steve Steiner, Manhasset High School
- Conference 4** Nick Aurigemma, Cold Spring Harbor High School  
Fred DeRuvo, Island Trees High School  
Thomas Leninger, Mineola High School  
Louisa Garry, Friends Academy

**Nassau County Track Coaches Association**

**President** Michael Ringhauser, East Meadow High School

**Vice President** Steven Honerkamp, Hewlett High School

**Treasurer** Fred DeRuvo, Island Trees High School

**Secretary** Katie DeRuvo, Wheatley High Schools

## **Boys & Girls Spring Track & Field Handbook**

Section 1	page 3 – 4	Season Overview
Section 2	page 5 – 6	Notable Rules
Section 3	page 7	Timing Services, Results and Website
Section 4	page 8 – 12	League Meets and League Meet Schedule
Section 5	page 13	Track & Field Invitationals
Section 6	page 14	Division Championships
Section 7	page 15	County Championships
Section 8	page 16	State Qualifying Meet
Section 9	page 17 – 19	State Meet Information
Section 10	page 20 – 21	Division Meet Entry Forms and League Meet Result Forms

### **2014 Important Dates**

March 3	First day of practice
March 4	Mandatory Spring Track & Field Coaches Meeting
March 13	Rosters due online at <a href="http://www.Just-In-Time-Racing.com">www.Just-In-Time-Racing.com</a>
March 24/25	League Meets begin
May 12/13	Division Championships
May 20/21	County Championships
May 28/29	State Qualifier
June 6/7	State Championships

### **Sportsmanship**

The NYSPHSAA requires Officials to enforce all Rules regarding unsportsmanlike conduct by coaches and athletes. There will be no tolerance for negative statements or actions between opposing players, especially trash- talking, taunting, or baiting of opponents. Please remind all athletes and coaches of this policy.

### **Safety Notes**

*NY State Thunder & Lightning Policy* – At the first sign of lightning, or sound of thunder, the event must come to halt. Everyone should retire to their buses or a nearby building. The event may resume when there is no lightning or thunder for 30 minutes. Meet management will decide if the meet is to be postponed completely.

*Heat Index Policy* – Coaches should be aware of the NYSPHSAA Heat Index procedures. Recommendations are made by the State when the Real Feel Temperature (Heat Index) is 80 degrees or higher. Please contact your Athletic Director for more information.

**Section 1 – Season Overview**

Conference 1		Conference 2	
Division 1A	Division 1B	Division 2A	Division 2B
1. <u>Massapequa</u> 3. <u>Freeport</u> 5. <u>Syosset *</u> 7. <u>Uniondale</u> 9. Hempstead 11. <u>Farmingdale</u> 13. <u>Oceanside</u>	2. Hicksville 4. Baldwin 6. East Meadow 8. <u>Port Washington</u> 10. <u>Plainview-JFK</u> 12. <u>Valley Stream Central</u> 14. <u>MacArthur *</u>	1. <u>Calhoun</u> 3. Mepham 5. Herricks 7. <u>Long Beach *</u> 9. Elmont 11. Great Neck South 13. Carey	2. Jericho 4. <u>Westbury *</u> 6. Bellmore-JFK 8. Garden City 10. South Side 12. Wantagh 14. New Hyde Park
Conference 3		Conference 4	
Division 3A	Division 3B	Division 4A	Division 4B
1. Plainedge 3. Division Avenue 5. Sewanhaka 7. <u>Hewlett *</u> 9. <u>Great Neck North</u> 11. Roslyn 13. Manhasset	2. Lawrence 4. Bethpage 6. Glen Cove 8. Floral Park 10. Lynbrook 12. Valley Stream South 14. <u>North Shore *</u>	1. Valley Stream North 3. Island Trees 5. West Hempstead 7. <u>Roosevelt *</u> 9. Seaford 11. Mineola 13. Locust Valley 15. Clarke	2. <u>Cold Spring Harbor *</u> 4. Wheatley 6. Malverne 8. Oyster Bay 10. Carle Place 12. East Rockaway 14. Friends Academy

\*Division Meet hosts are starred

Underlined schools have pole vault facilities

Section VIII County Alignment	New York State Alignment
AAA = Massapequa through Elmont AA = GN South through Glen Cove A = Floral Park through Friends Academy	State Division 1 = Massapequa through Island Trees State Division 2 = West Hempstead through Friends Academy (see Page 4)

League Meet Schedule				
League Meet #1	League Meet #2	League Meet #3	League Meet #4	League Meet #5
March 24 & March 25	March 31 & April 1	April 7 & April 8	April 28 & April 29	May 5 & May 6
1-5-9-13	1-8-10-15	1-2-3-4	1-7-12-14	1-6-11-16
2-6-10-14	2-7-9-16	5-6-7-8	2-8-11-13	2-5-12-15
3-7-11-15	3-6-12-13	9-10-11-12	3-5-10-16	3-8-9-14
4-8-12-16	4-5-11-14	13-14-15-16	4-6-9-15	4-7-10-13
<b>Mondays = Boys Conference 2 &amp; 4, Girls Conference 1 &amp; 3</b>				
<b>Tuesdays = Boys Conference 1 &amp; 3, Girls Conference 2 &amp; 4</b>				

Division Championships	1B, 2B, 3B, 4B on Monday, May 12 at starred sites above 1A, 2A, 3A, 4A on Tuesday, May 13 at starred sites above
County Championships	AAA, AA, A on May 20 and May 21 at Westbury HS (rain date May 22)
State Qualifier Meet	Division 1 & 2 on May 28 and May 29 at Roosevelt HS (rain date May 30)
State Championships	Division 1 & 2 on June 6 and June 7 at Cicero/North Syracuse HS

<b>Section VIII County Classes</b>		
<b>County Class AAA</b>	<b>County Class AA</b>	<b>County Class A</b>
Massapequa	Great Neck South	Floral Park
Freeport	Carey	Lynbrook
Syosset	Jericho	Valley Stream South
Uniondale	Westbury	North Shore
Hempstead	Bellmore-JFK	Valley Stream North
Farmingdale	Garden City	Island Trees
Oceanside	South Side	West Hempstead
Hicksville	Wantagh	Roosevelt
Baldwin	New Hyde Park	Seaford
East Meadow	Plainedge	Mineola
Port Washington	Division Avenue	Locust Valley
Plainview-JFK	Sewanhaka	Clarke
Valley Stream Central	Hewlett	Cold Spring Harbor
MacArthur	Great Neck North	Wheatley
Calhoun	Roslyn	Malverne
Mepham	Manhasset	Oyster Bay
Herricks	Lawrence	Carle Place
Long Beach	Bethpage	East Rockaway
Elmont	Glen Cove	Friends Academy

<b>NYSPHSAA State Divisions</b>		
<b>State Division 1</b>		<b>State Division 2</b>
Massapequa	Westbury	West Hempstead
Freeport	Bellmore-JFK	Roosevelt
Syosset	Garden City	Seaford
Uniondale	South Side	Mineola
Hempstead	Wantagh	Locust Valley
Farmingdale	New Hyde Park	Clarke
Oceanside	Plainedge	Cold Spring Harbor
Hicksville	Division Avenue	Wheatley
Baldwin	Sewanhaka	Malverne
East Meadow	Hewlett	Oyster Bay
Port Washington	Great Neck North	Carle Place
Plainview-JFK	Roslyn	East Rockaway
Valley Stream Central	Manhasset	Friends Academy
MacArthur	Lawrence	
Calhoun	Bethpage	
Mepham	Glen Cove	
Herricks	Floral Park	
Long Beach	Lynbrook	
Elmont	Valley Stream South	
Great Neck South	North Shore	
Carey	Valley Stream North	
Jericho	Island Trees	

## **Section 2 – Notable Rules (Section VIII follows NFHS, NYSPHSAA and Section VIII guidelines)**

### **Competition**

- a. Individual must compete in 6 meets representing their HS in order to be eligible for Class Counties. A Medical Waiver is possible, please see page 34 in the Section VIII Directory.
- b. Do NOT enter your athletes in more than 3 events in ANY meet outside of Section VIII.
- c. Section VIII meets take precedence over any and all outside meets.

### **Uniforms**

- a. Uniforms consist of a school issued shirt and shorts.
- b. Visible undergarments must be a solid color.
- c. Relay members must have identical uniforms.

### **Participation/Eligibility Standards**

- a. Ten team practices are required before the first meet or scrimmage.
- b. Each individual athlete must have ten practices before competing.
- c. Each athlete is limited to 15 meets (exclusive of Counties, State Q's and the State Meet). Meets after the County Championships, for example Eastern States Invitational, also count toward the 15.
- d. There are no independent athletes in Nassau County.
- e. The rule of one night's rest between meets is in effect for the Spring, three meets max per week.
- f. A school approved coach must be present for the team/individual to compete in a meet.

### **Clerking Responsibilities (Please share this info with your athletes)**

- a. All competitors are to report promptly to the clerking area or send a teammate once the event is called. It is the athlete's responsibility to clerk on time. Once an event is clerked, that event is closed.
- b. Athletes should come to the clerking area ready to compete (running apparel and shoes).
- c. It is the athlete's responsibility to notify the clerk if he/she is leaving the clerking area to compete in a field event.
- d. No electronics in the clerking area. No cell phones, ipods, etc.

### **Media**

- a. MSG Varsity & Verizon Fios TV Contract: The Section VIII contract is for Counties and State Q's ONLY
- b. MSG Varsity & Verizon Fios: News clips are OK. Featured stories can only be at playoffs.
- c. State Meet Journal: [wherenow.nysphsaa@gmail.com](mailto:wherenow.nysphsaa@gmail.com). Coaches can submit bios and pictures of past State Meet athletes to be included in a new feature spotlighting past champions/participants.
- d. Coaches should not be talking on any online blogs or forums.

### **Electronics**

- a. Athletes may not have or use cell phones in competition areas. This may result in a DQ.
- b. Please know the rule for field athletes viewing photos or videos of their competition while it is still in progress (ex. - a High Jump athlete looking at pictures/video of a previous jump).

## **Seeds**

- a. In order to be considered for acceptance into the County Championship and/or State Qualifier competitions, coaches MUST enter their individual athletes and relay performances on [www.Just-In-Time-Racing.com](http://www.Just-In-Time-Racing.com).
- b. If there is a need to verify seeds based on what the coach entered on [www.Just-In-Time-Racing.com](http://www.Just-In-Time-Racing.com) then the coach will have to provide documentation verifying their athletes/relays performance.
- c. In order to provide a fair and equitable procedure, the following schedule must be adhered to for the purpose of entering seeds on [www.Just-In-Time-Racing.com](http://www.Just-In-Time-Racing.com):
- d. For County and State Qualifier meets, all seeds must be verifiable on [www.Just-In-Time-Racing.com](http://www.Just-In-Time-Racing.com). No other websites or rankings pages will be checked. Coaches must post potential seeds that meet the minimum standards on the Best of Season list at [www.Just-In-Time-Racing.com](http://www.Just-In-Time-Racing.com). Performances must be posted to the website according to the following deadline schedule;

### **Date of Competitions**

### **Deadline for entering Seeds**

Any meet prior to and including April 9 <sup>th</sup>	Friday, April 11 <sup>th</sup>
April 10 <sup>th</sup> – April 23 <sup>rd</sup>	Friday, April 25 <sup>th</sup>
April 24 <sup>th</sup> – May 7 <sup>th</sup>	Friday, May 9 <sup>th</sup>
May 8 <sup>th</sup> – May 14 <sup>th</sup> (Final Chance for County Seeds)	Wednesday, May 14 <sup>th</sup>
May 15 <sup>th</sup> – May 22 <sup>nd</sup> (Final Chance for State Q Seeds)	Thursday, May 22 <sup>nd</sup>
May 23 <sup>rd</sup> – May 30 <sup>th</sup>	Friday, May 30 <sup>th</sup>

- e. If a coach misses a deadline, that athlete's performance during that time period cannot be used for future seeding purposes.
- f. This procedure will keep the rankings up to date, which will allow the coaches, athletes and parents to easily see the progress of athletes throughout the season.
- g. NO CONVERSIONS for boys or girls in any event.
- h. Relay seeds must be actual, not composites.

### Section 3 – Timing Services, Results and Websites

Section VIII XC/Track & Field webpage: [www.trackconference.com](http://www.trackconference.com)  
Rosters, Timing and Seeds webpage: [www.just-in-time-racing.com](http://www.just-in-time-racing.com)  
Other local web pages; [www.armorytrack.com](http://www.armorytrack.com)  
<http://ny.milesplit.com/>

Timing for the County Championship and the State Qualifying Meet will be done by Tony Toro and his staff at Just in Time Racing. He can be contacted at [eltorotf@optonline.net](mailto:eltorotf@optonline.net). This website will be used to enter your rosters at the beginning of the season, entering season best performances and for online entry for the County Championships and the State Qualifier Meets.

In order for Section VIII numbers to be assigned, you must submit your roster on the Just in Time Racing website by Thursday, March 13, 2014. To enter your roster, you must log-on to the site. If you need a User ID and/or a password, please email Tony Toro at [eltorotf@optonline.net](mailto:eltorotf@optonline.net). You must add new athletes to the online roster as they join your team.

#### **Performance Verifications/Best of Season Lists**

Coaches must adhere to the seed reporting time frame listed on page 6. Failure to do so will jeopardize your athletes from using these performances for the County and State Qualifier meets. A list of the top performances in each event will be posted on the [www.Just-In-Time-Racing.com](http://www.Just-In-Time-Racing.com) web page and emailed to coaches on a regular basis.

The Section VIII webpage ([www.TrackConference.com](http://www.TrackConference.com)) will still be used for announcements and results purposes. The sortable rankings are UNOFFICIAL rankings and will NOT be used for seed purposes. The Just In Time Racing site will be our ONLY official seed and rankings site.

The NY Milesplit site (<http://ny.milesplit.com/>) is another very information and useful site. You can find Section VIII, Long Island and NY State rankings on this site. HOWEVER, Just In Time Racing will be the ONLY site used for Section VIII seeding for the Class County and State Qualifying Meets.

Please report seeds that meet the following standards on [www.Just-in-Time-Racing.com](http://www.Just-in-Time-Racing.com);

<b><u>Girls Best Performances</u></b>	<b><u>Boys Best Performances:</u></b>
100meters: 14.0	100meters: 12.0
200meters: 30.0	200meters: 25.0
400meters: 70.0	400meters: 58.0
800meters: 2:40.0	800meters: 2:15.0
1500meters: 5:30.0	1600meters: 5:00.0
3000meters: 12:30.0	3200meters: 11:20.0
100m Hurdles: 19.0	110m Hurdles: 19.0
400m Hurdles: 80.0	400m Hurdles: 64.0
2000m Steeplechase: 10:00.0	3000m Steeplechase: 12:30.0
High Jump: 4' 4"	High Jump: 5' 4"
Long Jump: 13' 6"	Long Jump: 18' 0"
Triple Jump: 28' 0"	Triple Jump: 36' 0"
Shot put: 26' 0"	Shot put: 36' 0"
Discus: 65' 0"	Discus: 90' 0"
Pole Vault: 6' 0"	Pole Vault: 8' 0"
4 x 100: 55.0	4 x 100: 50.0
4 x 400: 4:40.0	4 x 400: 3:52.0
4 x 800: 11:30.0	4 x 800: 9:30.0

## Section 4 – League Meets

League Meet Order of Events	
400m Intermediate Hurdles	<ul style="list-style-type: none"> <li>• Sprint event heats may be seeded 1 per school or by seed time. Coaches will make the decision prior to the meet, with the Meet Director (home school) making the final decision and communicating with the officials. If there is a timing concern, coaches may decide to use no more than 4 lanes for scoring heats.</li> <li>• Host schools must put out at least three lanes of hurdles for both the High Hurdles and Intermediates.</li> <li>• The 800m and 1500m/1600 can be run as one heat, unless numbers warrant multiple heats.</li> <li>• The 3000m/3200m is one heat.</li> <li>• Break is optional and can be used to allow the field events to catch up.</li> <li>• Relays; One scoring relay per team, non-scoring relays allowed</li> <li>• Field Events; 3 attempts, scorers followed by non-scorers</li> <li>• High Jump; May start at 3'6" for girls and 4'6" for Boys</li> <li>• See Pole Vault bullet below</li> </ul>
1600m/1500m	
100m	
400m	
110m/100m High Hurdles	
800m	
200m	
3200m/3000m	
Ten Minute Break (optional)	
4x400m Relay	
4x100m Relay	
4x800m Relay	
Long Jump, Triple Jump, Shot Put, Discus	
High Jump	
Pole Vault	

### NOTES:

- The team with the best W/L record will determine the Team Conference Champion.
- The starter will act as referee. One finish judge will act as Games Committee along with the head coach from each school and they will adjust heats and sections where necessary. The host coach is the site director.
- League Meets will be Dual, Triangular or Quadrangular. Dual meets will be scored 5-3-1 with relays 5-0. Triangular scored 5-3-2-1 with relays 5-3. Quadrangular meets score 6-4-3-2-1 with relays 6-4-2. If a team doesn't show for a meet the scoring is based on the number of competing teams at the meet. Each school may enter 3 scorers in each event - additional entrants shall be non-scorers. Seeding will be verbal.
- Duties of the meet should be shared by each school.
- Pole Vault – The starting and scoring heights for the season will be 6' for girls and 8' for boys. If the pole vault is contested at the site as part of the scheduled meet then one additional official must run the event. Please be sure to let BOCES know you need the additional official. All rules regarding vaulters and their poles must be enforced. **Opponents must be notified at least two (2) days in advance if a team intends on vaulting at a league meet.** The waiver card must be presented at each and every meet the vaulter takes part in. If the vault is to be contested at another site, or another date, BOCES must be notified and another official must be assigned. According to National and NY State Rules, You MUST have a separate official for pole vault. **As far as pole vault at league meets, please use this as protocol:**
  - 1st option - home school site has vault
  - 2nd option – If no pole vault facilities at home school, the vault happens at one of the remaining quad/tri teams sites. Example; Roslyn is hosting a tri meet with Division and Hewlett. Since Roslyn doesn't have a vault facility, the vault happens at Hewlett before the quad meet. Hewlett will contact Roslyn and rest of division with the date.
  - 3<sup>rd</sup> option - a neutral site **ONLY** if all schools in the tri/quad do not have pole vault facilities. Neutral site will be agreed on by the vaulting schools. Coaches should contact schools that regularly vault and see if their facility is available (Cold Spring Harbor, Massapequa, etc).
- **In any case, the vault MUST be completed BEFORE or AT a league meet, not after.**
- All schools must complete their league meet responsibilities and schedule.
- If it rains on Monday for cancellations the makeup day is Wednesday. Tuesday meets are run as scheduled. If it rains Tuesday the meet moves to Wednesday if Monday was NOT a rain day. If Monday was a rain day then Tuesday meets move to Thursday. AD's must decide the next available date for the reschedule, not the coaches.

### New for 2014

- The Meet Director (Home School) MUST submit a team scoring sheet to the coordinators or representative. Team records and league standings will be published weekly. Please use form on page 21.
- TIMES OR DISTANCES ACHIEVED IN LEAGUE MEETS MAY BE USED FOR SEED PURPOSES, if the Meet Scoring Sheet has been submitted to the coordinators AND the performances are submitted by the coach on [www.Just-In-Time-Racing.com](http://www.Just-In-Time-Racing.com) within the appropriate time period.



**Conference 1 League Meet Schedule****Read schedule from Left to Right**

<b>Meet #</b>	<b>Gender</b>	<b>Day</b>	<b>Day</b>	<b>Team 1</b>	<b>Team 2</b>	<b>Team 3</b>	<b>Team 4</b>	<b>Home Site</b>
111	Girls	Mon	Mar 24	Massapequa	Syosset	Hempstead	Oceanside	Massapequa
112	Girls	Mon	Mar 24	Hicksville	East Meadow	Plain-JFK	Macarthur	Hicksville
113	Girls	Mon	Mar 24	Freeport	Uniondale	Farmingdale		Freeport
114	Girls	Mon	Mar 24	Baldwin	Port Wash	VS Central		Port Wash
115	Boys	Tues	Mar 25	Massapequa	Syosset	Hempstead	Oceanside	Massapequa
116	Boys	Tues	Mar 25	Hicksville	East Meadow	Plain-JFK	Macarthur	Hicksville
117	Boys	Tues	Mar 25	Freeport	Uniondale	Farmingdale		Freeport
118	Boys	Tues	Mar 25	Baldwin	Port Wash	VS Central		Port Wash
121	Girls	Mon	Mar 31	Massapequa	Port Wash	Plain-JFK		Plain-JFK
122	Girls	Mon	Mar 31	Hicksville	Uniondale	Hempstead		Uniondale
123	Girls	Mon	Mar 31	Freeport	East Meadow	VS Central	Oceanside	East Meadow
124	Girls	Mon	Mar 31	Baldwin	Syosset	Farmingdale	Macarthur	Syosset
125	Boys	Tues	April 1	Massapequa	Port Wash	Plain-JFK		Plain-JFK
126	Boys	Tues	April 1	Hicksville	Uniondale	Hempstead		Uniondale
127	Boys	Tues	April 1	Freeport	East Meadow	VS Central	Oceanside	East Meadow
128	Boys	Tues	April 1	Baldwin	Syosset	Farmingdale	Macarthur	Syosset
131	Girls	Mon	April 7	Massapequa	Hicksville	Freeport	Baldwin	Baldwin
132	Girls	Mon	April 7	Syosset	East Meadow	Uniondale	Port Wash	Port Wash
133	Girls	Mon	April 7	Hempstead	Plain-JFK	Farmingdale	VS Central	Farmingdale
134	Girls	Mon	April 7	Oceanside	Macarthur			Oceanside
135	Boys	Tues	April 8	Massapequa	Hicksville	Freeport	Baldwin	Baldwin
136	Boys	Tues	April 8	Syosset	East Meadow	Uniondale	Port Wash	Port Wash
137	Boys	Tues	April 8	Hempstead	Plain-JFK	Farmingdale	VS Central	Farmingdale
138	Boys	Tues	April 8	Oceanside	Macarthur			Oceanside
141	Girls	Mon	April 28	Massapequa	Uniondale	VS Central	Macarthur	Macarthur
142	Girls	Mon	April 28	Hicksville	Port Wash	Farmingdale	Oceanside	Hicksville
143	Girls	Mon	April 28	Freeport	Syosset	Plain-JFK		Freeport
144	Girls	Mon	April 28	Baldwin	East Meadow	Hempstead		Baldwin
145	Boys	Tues	April 29	Massapequa	Uniondale	VS Central	Macarthur	Macarthur
146	Boys	Tues	April 29	Hicksville	Port Wash	Farmingdale	Oceanside	Hicksville
147	Boys	Tues	April 29	Freeport	Syosset	Plain-JFK		Freeport
148	Boys	Tues	April 29	Baldwin	East Meadow	Hempstead		Baldwin
151	Girls	Mon	May 5	Massapequa	East Meadow	Farmingdale		Massapequa
152	Girls	Mon	May 5	Hicksville	Syosset	VS Central		Syosset
153	Girls	Mon	May 5	Freeport	Port Wash	Hempstead	Macarthur	Macarthur
154	Girls	Mon	May 5	Baldwin	Uniondale	Plain-JFK	Oceanside	Uniondale
155	Boys	Tues	May 6	Massapequa	East Meadow	Farmingdale		Massapequa
155	Boys	Tues	May 6	Hicksville	Syosset	VS Central		Syosset
157	Boys	Tues	May 6	Freeport	Port Wash	Hempstead	Macarthur	Macarthur
158	Boys	Tues	May 6	Baldwin	Uniondale	Plain-JFK	Oceanside	Uniondale

**Conference 2 League Meet Schedule**

**Read schedule from Left to Right**

<b>Meet #</b>	<b>Gender</b>	<b>Day</b>	<b>Day</b>	<b>Team 1</b>	<b>Team 2</b>	<b>Team 3</b>	<b>Team 4</b>	<b>Home Site</b>
211	Boys	Mon	Mar 24	Calhoun	Herricks	Elmont	Carey	Carey
212	Boys	Mon	Mar 24	Jericho	Bellmore-JFK	South Side	NH Park	Jericho
213	Boys	Mon	Mar 24	Mepham	Long Beach	GN South		GN South
214	Boys	Mon	Mar 24	Westbury	Garden City	Wantagh		Wantagh
215	Girls	Tues	Mar 25	Calhoun	Herricks	Elmont	Carey	Carey
216	Girls	Tues	Mar 25	Jericho	Bellmore-JFK	South Side	NH Park	Jericho
217	Girls	Tues	Mar 25	Mepham	Long Beach	GN South		GN South
218	Girls	Tues	Mar 25	Westbury	Garden City	Wantagh		Wantagh
221	Boys	Mon	Mar 31	Calhoun	Garden City	South Side		Calhoun
222	Boys	Mon	Mar 31	Jericho	Long Beach	Elmont		Elmont
223	Boys	Mon	Mar 31	Mepham	Bellmore-JFK	Wantagh	Carey	Bellmore-JFK
224	Boys	Mon	Mar 31	Westbury	Herricks	GN South	NH Park	Herricks
225	Girls	Tues	April 1	Calhoun	Garden City	South Side		Calhoun
226	Girls	Tues	April 1	Jericho	Long Beach	Elmont		Elmont
227	Girls	Tues	April 1	Mepham	Bellmore-JFK	Wantagh	Carey	Bellmore-JFK
228	Girls	Tues	April 1	Westbury	Herricks	GN South	NH Park	Herricks
231	Boys	Mon	April 7	Calhoun	Jericho	Mepham	Westbury	Westbury
232	Boys	Mon	April 7	Herricks	Bellmore- JFK	Long Beach	Garden City	Garden City
233	Boys	Mon	April 7	Elmont	South Side	GN South	Wantagh	South Side
234	Boys	Mon	April 7	Carey	NH Park			NH Park
235	Girls	Tues	April 8	Calhoun	Jericho	Mepham	Westbury	Westbury
236	Girls	Tues	April 8	Herricks	Bellmore- JFK	Long Beach	Garden City	Garden City
237	Girls	Tues	April 8	Elmont	South Side	GN South	Wantagh	South Side
238	Girls	Tues	April 8	Carey	NH Park			NH Park
241	Boys	Mon	April 28	Calhoun	Long Beach	Wantagh	NH Park	Long Beach
242	Boys	Mon	April 28	Jericho	Garden City	GN South	Carey	Jericho
243	Boys	Mon	April 28	Mepham	Herricks	South Side		Mepham
244	Boys	Mon	April 28	Westbury	Bellmore-JFK	Elmont		Bellmore-JFK
245	Girls	Tues	April 29	Calhoun	Long Beach	Wantagh	NH Park	Long Beach
246	Girls	Tues	April 29	Jericho	Garden City	GN South	Carey	Jericho
247	Girls	Tues	April 29	Mepham	Herricks	South Side		Mepham
248	Girls	Tues	April 29	Westbury	Bellmore-JFK	Elmont		Bellmore-JFK
251	Boys	Mon	May 5	Calhoun	Bellmore-JFK	GN South		GN South
252	Boys	Mon	May 5	Jericho	Herricks	Wantagh		Herricks
253	Boys	Mon	May 5	Mepham	Garden City	Elmont	NH Park	Garden City
254	Boys	Mon	May 5	Westbury	Long Beach	South Side	Carey	Carey
255	Girls	Tues	May 6	Calhoun	Bellmore-JFK	GN South		GN South
256	Girls	Tues	May 6	Jericho	Herricks	Wantagh		Herricks
257	Girls	Tues	May 6	Mepham	Garden City	Elmont	NH Park	Garden City
258	Girls	Tues	May 6	Westbury	Long Beach	South Side	Carey	Carey

**Conference 3 League Meet Schedule**

**Read schedule from Left to Right**

<b>Meet #</b>	<b>Gender</b>	<b>Day</b>	<b>Day</b>	<b>Team 1</b>	<b>Team 2</b>	<b>Team 3</b>	<b>Team 4</b>	<b>Home Site</b>
311	Girls	Mon	Mar 24	Plainedge	Sewanhaka	GN North	Manhasset	Manhasset
312	Girls	Mon	Mar 24	Lawrence	Glen Cove	Lynbrook	North Shore	Glen Cove
313	Girls	Mon	Mar 24	Division Ave	Hewlett	Roslyn		Roslyn
314	Girls	Mon	Mar 24	Bethpage	Floral Park	VS South		Floral Park
315	Boys	Tues	Mar 25	Plainedge	Sewanhaka	GN North	Manhasset	Manhasset
316	Boys	Tues	Mar 25	Lawrence	Glen Cove	Lynbrook	North Shore	Glen Cove
317	Boys	Tues	Mar 25	Division Ave	Hewlett	Roslyn		Roslyn
318	Boys	Tues	Mar 25	Bethpage	Floral Park	VS South		Floral Park
321	Girls	Mon	Mar 31	Plainedge	Floral Park	Lynbrook		Lynbrook
322	Girls	Mon	Mar 31	Lawrence	Hewlett	GN North		Lawrence
323	Girls	Mon	Mar 31	Division Ave	Glen Cove	VS South	Manhasset	Division Ave
324	Girls	Mon	Mar 31	Bethpage	Sewanhaka	Roslyn	North Shore	Bethpage
325	Boys	Tues	April 1	Plainedge	Floral Park	Lynbrook		Lynbrook
326	Boys	Tues	April 1	Lawrence	Hewlett	GN North		Lawrence
327	Boys	Tues	April 1	Division Ave	Glen Cove	VS South	Manhasset	Division Ave
328	Boys	Tues	April 1	Bethpage	Sewanhaka	Roslyn	North Shore	Bethpage
331	Girls	Mon	April 7	Plainedge	Lawrence	Division Ave	Bethpage	Plainedge
332	Girls	Mon	April 7	Sewanhaka	Glen Cove	Hewlett	Floral Park	Hewlett
333	Girls	Mon	April 7	GN North	Lynbrook	Roslyn	VS South	GN North
334	Girls	Mon	April 7	Manhasset	North Shore			North Shore
335	Boys	Tues	April 8	Plainedge	Lawrence	Division Ave	Bethpage	Plainedge
336	Boys	Tues	April 8	Sewanhaka	Glen Cove	Hewlett	Floral Park	Hewlett
337	Boys	Tues	April 8	GN North	Lynbrook	Roslyn	VS South	GN North
338	Boys	Tues	April 8	Manhasset	North Shore			North Shore
341	Girls	Mon	April 28	Plainedge	Hewlett	VS South	North Shore	North Shore
342	Girls	Mon	April 28	Lawrence	Floral Park	Roslyn	Manhasset	Roslyn
343	Girls	Mon	April 28	Division Ave	Sewanhaka	Lynbrook		Lynbrook
344	Girls	Mon	April 28	Bethpage	Glen Cove	GN North		GN North
345	Boys	Tues	April 29	Plainedge	Hewlett	VS South	North Shore	North Shore
346	Boys	Tues	April 29	Lawrence	Floral Park	Roslyn	Manhasset	Roslyn
347	Boys	Tues	April 29	Division Ave	Sewanhaka	Lynbrook		Lynbrook
348	Boys	Tues	April 29	Bethpage	Glen Cove	GN North		GN North
351	Girls	Mon	May 5	Plainedge	Glen Cove	Roslyn		Glen Cove
352	Girls	Mon	May 5	Lawrence	Sewanhaka	VS South		Lawrence
353	Girls	Mon	May 5	Division Ave	Floral Park	GN North	North Shore	Floral Park
354	Girls	Mon	May 5	Bethpage	Hewlett	Lynbrook	Manhasset	Hewlett
355	Boys	Tues	May 6	Plainedge	Glen Cove	Roslyn		Glen Cove
355	Boys	Tues	May 6	Lawrence	Sewanhaka	VS South		Lawrence
357	Boys	Tues	May 6	Division Ave	Floral Park	GN North	North Shore	Floral Park
358	Boys	Tues	May 6	Bethpage	Hewlett	Lynbrook	Manhasset	Hewlett

**Conference 4 League Meet Schedule**

**Read schedule from Left to Right**

<b>Meet #</b>	<b>Gender</b>	<b>Day</b>	<b>Day</b>	<b>Team 1</b>	<b>Team 2</b>	<b>Team 3</b>	<b>Team 4</b>	<b>Home Site</b>
411	Boys	Mon	Mar 24	VS North	West Hemp	Seaford	Locust Valley	VS North
412	Boys	Mon	Mar 24	CS Harbor	Malverne	Carle Place	Friends Aca	CS Harbor
413	Boys	Mon	Mar 24	Island Trees	Roosevelt	Mineola	Clarke	Roosevelt
414	Boys	Mon	Mar 24	Wheatley	Oyster Bay	East Rock		Wheatley
415	Girls	Tues	Mar 25	VS North	West Hemp	Seaford	Locust Valley	VS North
416	Girls	Tues	Mar 25	CS Harbor	Malverne	Carle Place	Friends Aca	CS Harbor
417	Girls	Tues	Mar 25	Island Trees	Roosevelt	Mineola	Clarke	Roosevelt
418	Girls	Tues	Mar 25	Wheatley	Oyster Bay	East Rock		Wheatley
421	Boys	Mon	Mar 31	VS North	Oyster Bay	Carle Place	Clarke	Carle Place
422	Boys	Mon	Mar 31	CS Harbor	Roosevelt	Seaford		Roosevelt
423	Boys	Mon	Mar 31	Island Trees	Malverne	East Rock	Locust Valley	Malverne
424	Boys	Mon	Mar 31	Wheatley	West Hemp	Mineola	Friends Aca	Friends Aca
425	Girls	Tues	April 1	VS North	Oyster Bay	Carle Place	Clarke	Carle Place
426	Girls	Tues	April 1	CS Harbor	Roosevelt	Seaford		Roosevelt
427	Girls	Tues	April 1	Island Trees	Malverne	East Rock	Locust Valley	Malverne
428	Girls	Tues	April 1	Wheatley	West Hemp	Mineola	Friends Aca	Friends Aca
431	Boys	Mon	April 7	VS North	CS Harbor	Island Trees	Wheatley	VS North
432	Boys	Mon	April 7	West Hemp	Malverne	Roosevelt	Oyster Bay	Oyster Bay
433	Boys	Mon	April 7	Seaford	Carle Place	Mineola	East Rock	Seaford
434	Boys	Mon	April 7	Locust Valley	Friends Aca	Clarke		Locust Valley
435	Girls	Tues	April 8	VS North	CS Harbor	Island Trees	Wheatley	VS North
436	Girls	Tues	April 8	West Hemp	Malverne	Roosevelt	Oyster Bay	Oyster Bay
437	Girls	Tues	April 8	Seaford	Carle Place	Mineola	East Rock	Seaford
438	Girls	Tues	April 8	Locust Valley	Friends Aca	Clarke		Locust Valley
441	Boys	Mon	April 28	VS North	Roosevelt	East Rock	Friends Aca	Roosevelt
442	Boys	Mon	April 28	CS Harbor	Oyster Bay	Mineola	Locust Valley	Locust Valley
443	Boys	Mon	April 28	Island Trees	West Hemp	Carle Place		Carle Place
444	Boys	Mon	April 28	Wheatley	Malverne	Seaford	Clarke	Malverne
445	Girls	Tues	April 29	VS North	Roosevelt	East Rock	Friends Aca	Roosevelt
446	Girls	Tues	April 29	CS Harbor	Oyster Bay	Mineola	Locust Valley	Locust Valley
447	Girls	Tues	April 29	Island Trees	West Hemp	Carle Place		Carle Place
248	Girls	Tues	April 29	Wheatley	Malverne	Seaford	Clarke	Malverne
451	Boys	Mon	May 5	VS North	Malverne	Mineola		VS North
452	Boys	Mon	May 5	CS Harbor	West Hemp	East Rock	Clarke	CS Harbor
453	Boys	Mon	May 5	Island Trees	Oyster Bay	Seaford	Friends Aca	Friends Aca
454	Boys	Mon	May 5	Wheatley	Roosvelt	Carle Place	Locust Valley	Wheatley
455	Girls	Tues	May 6	VS North	Malverne	Mineola		VS North
456	Girls	Tues	May 6	CS Harbor	West Hemp	East Rock	Clarke	CS Harbor
457	Girls	Tues	May 6	Island Trees	Oyster Bay	Seaford	Friends Aca	Friends Aca
458	Girls	Tues	May 6	Wheatley	Roosvelt	Carle Place	Locust Valley	Wheatley

## Section 5 – Track & Field Invitationals

Schools that host invitationals should avoid Saturdays in heavily scheduled Section VIII weeks to avoid conflicts that arise from rainouts, and create conflicts where none existed before. Event entries should state that the event is sponsored by your high school and enforces all NF, NYSPHAA, and SECTION VIII rules. YOUR ENTRY MAY NOT SAY THAT THE MEET IS SANCTIONED BY SECTION VIII.

Section VIII League and Championship meets take preference over outside competitions.

Meet Directors should provide results in a timely fashion in a format that is downloadable to rankings websites. Free programs such as RaceTab are available and easy to use.

All officials must be ordered through BOCES, Jay or Grace. Whether you want one additional official for the pole vault, or 20 officials for an invitation, they must be ordered from BOCES. BOCES will ensure that they assign a starter, clerks, etc. to meet your needs and numbers.

Newsday Track & Field Coverage Jordan Lauterbach 631-843-2820, [jordan.lauterbach@newsday.com](mailto:jordan.lauterbach@newsday.com)

Some Invitationals available in Nassau County;

Dates of Invites are subject to change. Check [www.TrackConference.com](http://www.TrackConference.com) for entry information.

Saturday	3/22	Massapequa Developmental Invite @Massapequa HS
Saturday	3/29	VS Challenge Invitational @VS North HS
Saturday	4/5	Limmer Invitational @Mepham HS
Saturday	4/5	Macarthur Invitational @Macarthur HS
Saturday	4/12	KnightTime Invitational @Uniondale HS
Saturday	4/19	Cougar Invitational @Bellmore JFK
Monday	4/21	East Meadow Invitational @East Meadow HS
Thursday	4/24	Cold Spring Harbor Invite @Cold Spring Harbor HS
Saturday	4/26	Nassau Coaches Invitational @Macarthur HS
Friday	5/2	Lynbrook Green & Gold Invitational @Lynbrook South MS
Saturday	5/3	District Dual Invitational @VS North HS
Thursday	5/8	Frank Maier Invitational @North Shore HS
Friday	5/9	Under the Lights Meet @Massapequa HS
Saturday	5/10	North Shore Invitational @North Shore HS
Friday	5/16	Don Scott Gold Coast Memorial Relays Invitational @Manhasset
Saturday	5/17	Bulldog Invitational @Hewlett HS
Monday	6/2	Last Chance Invitational @Massapequa HS
Monday	6/9	Long Island Meet of Champions @St. Anthony's HS

Dates to be announced; Please check website.

Herricks Relays Invitational @Herricks HS  
Port Washington Invitational @Schreiber HS  
Carle Place Relays Invitational @Carle Place HS  
Baldwin Frosh/Soph Invitational @Baldwin HS  
Derrick Adkins Invitational @Malverne HS

**Section 6 – Division Championships**

<b>Division Meet Order of Events</b>	
<b>400m Intermediate Hurdles</b>	<ul style="list-style-type: none"> <li>• Events will be run as scoring heats, followed by non-scorers</li> <li>• 100m Semi-finals; Three heats, top 2 advance to FINAL</li> <li>• Only one relay per team, No non-scoring relays</li> <li>• 4 attempts for each scorer in field events.</li> <li>• High Jump; Start at 4' for girls and 5' for Boys</li> <li>• Pole Vault; Start at 6' for girls and 8' for Boys</li> </ul>
<b>100m SEMI-FINALS</b>	
<b>1600m/1500m</b>	
<b>100m FINALS</b>	
<b>400m</b>	
<b>110m/100m High Hurdles</b>	
<b>800m</b>	
<b>3200m/3000m</b>	
<b>200m</b>	
<b>Ten Minutes Break</b>	
<b>4x800m Relay</b>	
<b>4x100m Relay</b>	
<b>4x400m Relay</b>	
<b>Long Jump, Triple Jump, Shot Put, Discus</b>	
<b>High Jump</b>	
<b>Pole Vault</b>	

**MEET ENTRY and NOTES:**

- The home school coach will be the “Meet Director”.
- Each school will need to contribute to running the meet.
- Each site will have a ‘site manager’ designated by the Coordinators to do scoring and announcing of the meet.
- The site manager will enter results on a laptop into RaceTab program and send results to the coordinators that evening. This will help facilitate quick publication of each division meet results.
- Coaches must submit a completed meet entry form to the meet director before the meet starts.
- Seeding for scorers in each event will be done by cards. Non-scorers do not need a card.
- Teams are allowed three scorers per event. Each athlete has a three event limit.
- Six names are allowed for Relay Entry. A name on the card counts as an event for that athlete.

## Section 7 – County Class Championships

<b>Boys/Girls, A-AA-AAA</b>	
<b>Event</b>	<b>Event</b>
<b>110m/100m Hurdles – Semi</b>	<b>110m/100m – Finals</b>
<b>100m – Semi</b>	<b>3000m Steeplechase (boys) – Final</b>
<b>800m – Finals</b>	<b>1500m (girls) – Final</b>
<b>200m – Semi</b>	<b>1600m (boys) – Final</b>
<b>400m Hurdles</b>	<b>2000m Steeplechase (girls) – Final</b>
<b>3000m – Finals (girls)</b>	<b>400m – Final</b>
<b>100m Finals</b>	<b>200m – Finals</b>
<b>3200m – Finals (boys)</b>	<b>4x800m – Finals</b>
<b>4x400m Relay</b>	<b>4x100m – Finals</b>
<b>Discus (boys)</b>	<b>Discus (girls)</b>
<b>Shot Put (girls)</b>	<b>Shot Put (boys)</b>
<b>Pole Vault (girls)</b>	<b>Pole Vault (boys)</b>
<b>Long Jump (boys)</b>	<b>Triple Jump (boys)</b>
<b>Long Jump (girls)</b>	<b>Triple Jump (girls)</b>
<b>High Jump (boys)</b>	<b>High Jump (girls)</b>

### MEET ENTRY and NOTES:

- All entries MUST be done on [www.Just-In-Time-Racing.com](http://www.Just-In-Time-Racing.com).
- Timelines and deadlines for the meet entry as well as athlete quotas for each event will be communicated with coaches via email and posted on the website.
- Print a copy of your entry for submission to the coordinators. This will serve as your meet entry.
- No other meet entry or seed cards necessary.
- Seeds MUST be on [www.Just-In-Time-Racing.com](http://www.Just-In-Time-Racing.com) for verification. Each seed must have been posted within seven days of the achieving the seed. Don't forget to enter seeds earned from the Division Championships.
- Seeds that don't meet minimum reporting standards will be on the honor system, however verification may be required. Please be able to provide a copy of meet results if needed.
- During the seeding process, accepted athletes will be determined for the Class County meet based on quotas for each event and verified seeds.
- Teams are allowed three scorers per event. Each athlete has a three event limit.
- Competitors for the Steeplechase must have a seed time on a track with a water pit in order to be entered.
- Six names are allowed on Relay entries. Names on relay entry count as one of the athlete's events.
- Should the County Championships need to be moved to an 8 or 9 lane track, the number of accepted athletes will be adjusted accordingly.

## Section 9 – State Qualifying Meet

<b>Girls/Boys</b>	
<b>Event</b>	<b>Event</b>
<b>Pent 100m Hurdles (girls)</b>	<b>100m/110m Hurdles – Final</b>
<b>100m Hurdles – Semi (girls)</b>	<b>100m – Final</b>
<b>Pent 110m Hurdles (boys)</b>	<b>2000m Steeplechase – Final (girls)</b>
<b>110m Hurdles – Semi (boys)</b>	<b>3000m Steeplechase – Final (boys)</b>
<b>100m – Semi</b>	<b>1500m – Final (girls)</b>
<b>800m – Final</b>	<b>1600m – Final (boys)</b>
<b>200m – Semi</b>	<b>400m Int. Hurdles – Final</b>
<b>3000m – Final</b>	<b>400m – Final</b>
<b>3200m – Final (boys)</b>	<b>200m – Final</b>
<b>4x100m Relay – Semi</b>	<b>4x800m Relay – Final</b>
<b>4x400m Relay – Semi</b>	<b>4x100m Relay – Final</b>
<b>Pole Vault (girls, then boys)</b>	<b>4x400m Relay – Final</b>
<b>Triple Jump (girls and boys)</b>	<b>Pent 800m – when ready (girls)</b>
<b>Discus (boys, then girls)</b>	<b>Pent 1500m- when ready (boys)</b>
<b>Pent High Jump (girls, then boys)</b>	<b>Pent Long Jump (girls and boys)</b>
<b>Pent Shot Put (boys, then girls)</b>	<b>Long Jump (girls and boys)</b>
	<b>Shot Put (boys, then girls)</b>
	<b>High Jump (girls, then boys)</b>

### MEET ENTRY and NOTES:

- All entries MUST be done on [www.Just-In-Time-Racing.com](http://www.Just-In-Time-Racing.com).
- Timelines and deadlines for the meet entry as well as athlete quotas for each event will be communicated with coaches via email and posted on the website.
- Print a copy of your entry. This will serve as your meet entry.
- No other meet entry or seed cards necessary.
- Entry lists for each event will be posted on [www.Just-In-Time-Racing.com](http://www.Just-In-Time-Racing.com) within 24 hours of the entry closing.
- Once the initial entries are posted, final scratches will be allowed. Timelines and deadlines for these scratches will be communicated with coaches via email and posted on the website.
- Final fields will be posted on [www.Just-In-Time-Racing.com](http://www.Just-In-Time-Racing.com). If an athlete is posted in the Final fields, they MUST compete in that event or they will be disqualified for all events after that event.
- Quotas may be increased to allow for Division 2 athletes. Division 2 finals may be run on Day 1 if entries warrant.
- Four events allowed per athlete.
- First place in each event for each class (I & II) automatically qualifies for the state meet. One other qualifier is permitted from both classes if they meet the standard. Therefore there may be a total of 4 participants per event maximum. The standard may be met in any meet from the Penn Relays on (must be verifiable) for qualifying and seeds. Competitors for the Steeplechase must have a seed time on a track with a water pit in order to be entered.
- Pent Events; 110HH/100HH, HJ, LJ, SP, 1600m/800m.



Section 10 – State Meet Information (From NYSPHSAA)

**NYSPHSAA/FEDERATION BOYS & GIRLS SPRING TRACK**  
**APPROVED STANDARDS FOR THE SECOND QUALIFIER FOR**  
**THE 2014 SEASON**

EACH SECTION MUST DESIGNATE THEIR STATE QUALIFIER MEET.

FIRST PLACE FINISHER IN EACH INDIVIDUAL EVENT AND RELAY FROM THE FOLLOWING DIVISIONS WILL ADVANCE TO THE STATE MEET: ***DIVISION I AND DIVISION II.***

A SECTION MAY SEND ANOTHER ATHLETE OR RELAY TEAM IN ANY EVENT PROVIDING THEY MEET THE FOLLOWING STANDARDS. A SECTION CAN SEND ONE ADDITIONAL ENTRY FOR EACH EVENT IN EACH DIVISION, PROVIDING THEY BOTH MEET THE STANDARD LISTED BELOW. THE STANDARD MUST BE MET AT ANY INVITATIONAL OR CHAMPIONSHIP MEET STARTING THE LAST WEEKEND IN APRIL. ANY ADDITIONAL QUALIFIER MUST COMPETE IN THE STATE QUALS MEET IN THAT EVENT!! ***SEED TIMES MAY COME FROM ANY OF THESE MEETS STARTING THE LAST WEEKEND IN APRIL, INCLUDING THURSDAY.***

<b><u>EVENT</u></b>	<b><u>BOYS D1</u></b>	<b><u>BOYS D2</u></b>	<b><u>GIRLS D1</u></b>	<b><u>GIRLS D2</u></b>
<b>100M DASH</b>	11.0/11.24	11.2 / 11.44	12.4 / 12.64	12.6 / 12.84
<b>200M DASH</b>	22.2 / 22.44	22.8 / 23.04	25.2 / 25.44	26.3 / 26.54
<b>400M DASH</b>	49.3 / 49.54	50.3 / 50.54	57.4 / 57.64	58.2 / 58.44
<b>800M RUN</b>	1:54.7/ 1:54.94	1:56.8 / 1:57.04	2:15.3 / 2:15.54	2:16.9 / 2:17.14
<b>1600/1500M RUN</b>	4:16.6/ 4:16.84	4:21.6 / 4:21.84	4:36.2 / 4:36.44	4:46.0 / 4:46.24
<b>3200/3000M RUN</b>	9:18.9/ 9:19.14	9:30.4 / 9:30.64	10:02.0/ 10:02.24	10:22.4/ 10:22.64
<b>STEEPLECHASE</b>	9:39.5/ 9:39.74	9:51.0 / 9:51.24	7:04.9 / 7:05.14	7:19.7/ 7:19.94
<b>HIGH HURDLES</b>	14.8 / 15.04	15.3 / 15.54	15.3 / 15.54	16.0 / 16.24
<b>400M HURDLES</b>	55.4/ 55.64	56.8 / 57.04	63.3/ 63.54	66.5/ 66.74
<b>LONG JUMP</b>	22' 00"	21' 01"	17' 05"	16' 11"
<b>TRIPLE JUMP</b>	45' 09"	44' 01"	37' 01"	36' 05"
<b>SHOT PUT</b>	51' 04"	49' 01"	38' 03"	35' 11"
<b>DISCUS</b>	150' 09"	144' 00"	115' 02"	110' 00"
<b>HIGH JUMP</b>	6' 03"	6' 01"	5' 03"	5' 00"
<b>POLE VAULT</b>	13' 10"	12' 11"	10' 09"	10' 00"
<b>PENTATHLON</b>	3131 PTS.	3048 PTS.	2883 PTS.	2620 PTS.
<b>400M RELAY</b>	42.9 / 43.14	44.0 / 44.24	49.0 / 49.24	50.5/ 50.74
<b>1600M RELAY</b>	3:21.4/ 3:21.64	3:27.5 / 3:27.74	3:56.1/ 3:56.34	4:04.1/ 4:04.34
<b>3200M RELAY</b>	7:51.6/ 7:51.84	8:05.1 / 8:05.34	9:15.8 / 9:16.04	9:35.0 / 9:35.24

(FIRST TIME LISTED IN EACH COLUMN IS HAND-TIMED, SECOND TIME LISTED IS FULLY AUTOMATIC TIMING. STANDARD HYTEK CONVERSION OF .24 WAS USED FOR ALL RUNNING EVENTS.)

THESE STANDARDS REPRESENT THE AVERAGE OF 6<sup>TH</sup> PLACE IN THE FINALS FROM 2009 THROUGH 2013  
ACCEPTED 9/8/13

**NEW YORK STATE PUBLIC HIGH SCHOOL  
STATE TRACK & FIELD CHAMPIONSHIPS  
CICERO NORTH SYRACUSE HIGH SCHOOL - CICERO, NEW YORK**

\*TIMES ARE APPROXIMATE - EVENTS MAY MOVE AHEAD UP TO 30 MINUTES

**FRIDAY JUNE 06, 2014**

**ORDER OF EVENTS**

<b>TRACK</b>				<b>FIELD</b>			
	Div I - Large			11:30	POLE VAULT	G CHAMP	F
	Div II - Small			12:30	TRIPLE JUMP	G I	CLASS FINAL
					TRIPLE JUMP	G II	CLASS FINAL
12:30	Pent. 100 HH-1	G CHAMP	F <i>lower seeds</i>	12:30	DISCUS	B I	CLASS FINAL
	Pent. 110 HH-1	B CHAMP	F <i>lower seeds</i>	12:30	SHOT PUT	G I	CLASS FINAL
				2:00	DISCUS	B II	CLASS FINAL
	<b>OPENING CEREMONIES INCLUDING SPORTSMANSHIP AWARD WINNERS</b>			2:00	SHOT PUT	G II	CLASS FINAL
				2:00	TRIPLE JUMP	B I	CLASS FINAL
1:30	100HH	G II	T		TRIPLE JUMP	B II	CLASS FINAL
	100HH	G I	T				
1:40	110H	B II	T				
	110H	B I	T	1:15	PENT.HIGH JP1	B CHAMP	F
1:50	100M	G II	T		PENT.HIGH JP1	G CHAMP	F
	100M	G I	T				
	100M	B II	T	3:00	POLE VAULT	B CHAMP	F
	100M	B I	T				
2:10	Pent. 110 HH-2	B CHAMP	F <i>higher seeds</i>				
	Pent. 100 HH-2	G CHAMP	F <i>higher seeds</i>	3:30	DISCUS	G I	CLASS FINAL
2:30	400M	G II	CLASS FINAL	5:00	DISCUS	G II	CLASS FINAL
	400M	G I	CLASS FINAL				
	400M	B II	CLASS FINAL	4:00	LONG JUMP	G I	CLASS FINAL
	400M	B I	CLASS FINAL		LONG JUMP	G II	CLASS FINAL
3:00	800M	G CHAMP	F				
	800M	B CHAMP	F				
3:30	200M	G II	T	3:15	PENT.SHOT-1	G CHAMP	F
	200M	G I	T	3:45	PENT.SHOT-1	B CHAMP	F
	200M	B II	T	3:00	PENT.HIGH JP-2	B CHAMP	F
	200M	B I	T	3:15	PENT.HIGH JP-2	G CHAMP	F
3:50	400 INTER H	G II	CLASS FINAL				
	400 INTER H	G I	CLASS FINAL	5:30	LONG JUMP	B I	CLASS FINAL
	400 INTER H	B II	CLASS FINAL		LONG JUMP	B II	CLASS FINAL
	400 INTER H	B I	CLASS FINAL				
4:20	4X100 RELAY	G II	CLASS FINAL	5:00	PENT.SHOT-2	G CHAMP	F
	4X100 RELAY	G I	CLASS FINAL	5:00	PENT.SHOT-2	B CHAMP	F
	4X100 RELAY	B II	CLASS FINAL				
	4X100 RELAY	B I	CLASS FINAL				
4:50	4X400 RELAY	G II	CLASS FINAL				
	4X400 RELAY	G I	CLASS FINAL				
	4X400 RELAY	B II	CLASS FINAL				
	4X400 RELAY	B I	CLASS FINAL				
5:40	3000 M	G CHAMP	F				
	3000 M	G CHAMP	F				
	3200M	B CHAMP	F				
	3200M	B CHAMP	F				

SATURDAY JUNE 07, 2014

**ORDER OF EVENTS**

<b>TRACK</b>				<b>FIELD</b>					
10:00	2000M STEEPLE	G	CHAMP	F	10:00	SHOT PUT	B	I	CLASS FINAL
	300M STEEPLE	B	CHAMP	F	11:30	SHOT PUT	B	II	CLASS FINAL
11:00	100M	G	II	FINAL CLASS					
	100M	G	I	FINAL CLASS	10:00	HIGH JUMP	G	CHAMP	F
	100M	B	II	FINAL CLASS					
	100M	B	I	FINAL CLASS					
11:25	1500M	G	CHAMP	F					
	1500M	B	CHAMP	F					
				CLASS					
12:00	100H	G	II	FINAL CLASS					
	100H	G	I	FINAL CLASS					
	110H	B	II	FINAL CLASS					
	110H	B	I	FINAL CLASS					
12:25	200M	G	II	FINAL CLASS	10:00	PENT.LONG JP-1	G	CHAMP	F
	200M	G	I	FINAL CLASS		PENT.LONG JP-2	G	CHAMP	F
	200M	B	II	FINAL CLASS					
	200M	B	I	FINAL CLASS					

**BREAK 12:35 - 12:45**

12:45	PENT. 800-1	G	CHAMP	F	11:00	PENT.LONG JP-1	B	CHAMP	F
	PENT. 800-1	G	CHAMP	F		PENT. LONG JP-2	B	CHAMP	F
1:15	110HH	B	CHAMP	F					
	100HH	G	CHAMP	F					
1:25	100M	G	CHAMP	F	11:30	HIGH JUMP	B	CHAMP	F
	100M	B	CHAMP	F					
1:35	PENT. 1500-1	B	CHAMP	F					
	PENT. 1500-1	B	CHAMP	F					
1:50	400M	G	CHAMP	F	1:15	LONG JUMP	G	CHAMP	F
	400M	B	CHAMP	F		LONG JUMP	B	CHAMP	F
2:00	400 INTER H	G	CHAMP	F		SHOT PUT	B	CHAMP	F
	400 INTER H	B	CHAMP	F		DISCUS	G	CHAMP	F
2:10	200M	G	CHAMP	F					
	200M	B	CHAMP	F					
2:20	4X800 RELAY	G	CHAMP	F					
	4X800 RELAY	B	CHAMP	F					
3:20	4X100 RELAY	G	CHAMP	F	2:30	TRIPLE JUMP	G	CHAMP	F
	4X100 RELAY	B	CHAMP	F		TRIPLE JUMP	B	CHAMP	F
3:30	4X400 RELAY	G	CHAMP	F		DISCUS	B	CHAMP	F
	4X400 RELAY	B	CHAMP	F		SHOT PUT	G	CHAMP	F



