



**N.Y.S.P.H.S.A.A.  
SECTION VIII**

**BOYS & GIRLS WINTER TRACK & FIELD  
2016 -2017**

**Kristin Frazer: Girls Coordinator**  
[kristinfrazer@gmail.com](mailto:kristinfrazer@gmail.com)

**Dennis Kornfield: Boys Coordinator**  
[suziekorn@aol.com](mailto:suziekorn@aol.com)

**BOYS & GIRLS WINTER TRACK & FIELD COMMITTEE MEMBERS**

**Group 1**

**Steve Josepher (EM), Paul Schaefer (Bald)**

**Group 2**

**Bill Buith (NHP), Fred DeRuvo (IT), Steve Sproul (Man)**

**Group 3**

**Mike Lisa (Mass), Erica Messier (GC), Mike Spiteri (Syo)**

**Group 4**

**Nick Aurigemma (CSH), Mike Frazer (VSN), Stephen Honerkamp (Hew), Adam McKenzie (GNN)**

**Group 5**

**Joe Migliano (Cal)**

**Group 6**

**Ed Corona (NS), Tom Leninger (Min), Jeremiah Pope (PW)**

**CONFERENCE 1**

**Mike Lisa (Mass), Jeremiah Pope (PW), Mike Spiteri (Syo)**

**CONFERENCE 2**

**Steve Josepher (EM), Joe Migliano (Cal), Paul Schaefer (Bald)**

**CONFERENCE 3**

**Adam McKenzie (GNN), Erica Messier (GC), Steve Sproul (Man)**

**CONFERENCE 4**

**Bill Buith (NHP), Stephen Honerkamp (Hew)**

**CONFERENCE 5**

**Ed Corona (NS), Mike Frazer (VSN), Tom Leninger (Min)**

**CONFERENCE 6**

**Nick Aurigemma (CSH), Fred DeRuvo (IT)**

**Tom Graham: HSAA Representative  
Mike Ringhauser: NCTCA Representative  
Bob Busch: Ex Officio**

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

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### **2016-2017 Important Dates**

November 1st	Mandatory Winter Track & Field Coaches Meeting
November 14	First Day of Practice
November 22	Rosters due online at <a href="http://www.trackconference.com">www.trackconference.com</a>
November 28	Race walk/Weight Throw Clinic
November 29	Crossover Meets Begin
January 6	Frosh/Soph Meet
January 10-19	Conference Championships (check dates for specific conferences)
February 6	Weight Throw County Championship & State Qualifier (Weight Throw ONLY)
February 7	Class B County Championships
February 8	Class A County Championships
February 15	State Qualifier
March 4	State Championships @ Ocean Breeze Athletic Facility

### **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**

Please review the next page which outlines the Section’s policy for Wind Chill procedures.



**NYS PHSAA WIND CHILL PROCEDURES**

Administration of Wind Chill Procedures:

- Feels Like Temperature (Wind Chill) will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director or school designee when the air temperature is 39 degrees (Fahrenheit) or lower.
- Download WeatherBug app to your phone or log into [www.weatherbug.com](http://www.weatherbug.com)
- Enter zip code or city and state in the location section of the app or online
- If the Feels Like temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or school designee must re-check the Feels Like Temperature (wind chill) at halftime or midway point of the contest. If the Feels Like Temperature (wind chill) is -11 degrees (Fahrenheit) or lower, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	Feels Like Temp (wind chill) above 40 degrees	Full activity – no restrictions
Recommended	Wind Chill Caution: Feels Like Temp (wind chill) 39 degrees to 20 degrees	Stay adequately hydrated Notify coaches of the threat of cold related illnesses Have students and coaches dress in layers of clothing
Recommended	Wind Chill Watch: Feels Like Temp (wind chill) 19 degrees to 10 degrees	Stay adequately hydrated Notify coaches of the threat of cold related illnesses Have students and coaches dress in layers of clothing Cover the head and neck to prevent heat loss
Recommended	Wind Chill Warning: Feels Like Temp (wind chill) 9 degrees to -10 degrees	Stay adequately hydrated Notify coaches of the threat of cold related illnesses Have students and coaches dress in layers of clothing Cover the head and neck to prevent heat loss Consider postponing practice to a time when the Feels Like temp is much higher Consider reducing the amount of time for an outdoor practice session
REQUIRED	Wind Chill Alert: Feels Like temp (wind chill) -11 degrees or lower	No outside activity, practice or contest, should be held

Approved May 1, 2010  
Updated July 27, 2016

**Crossover meets will have different groupings this year based on coach feedback, data collected, time efficiency. These groupings are for CROSSOVER meets ONLY.**

<b>GROUPS (these are the groups for crossover meets ONLY!!! Conference/County break downs listed below)</b>					
<b>GROUP A</b>	<b>GROUP B</b>	<b>GROUP C</b>	<b>GROUP D</b>	<b>GROUP E</b>	<b>GROUP F</b>
Freeport	Jericho	Massapequa	Hewlett	Oceanside	North Shore
Baldwin	Glen Cove	Westbury	V.S. North	Herricks	Malverne
Mepham	West Hempstead	Bellmore JFK	Locust Valley	Carey	Port Washington
Sewanhaka	Uniondale	Roslyn	Farmingdale	Wantagh	MacArthur
Plainedge	Plainview JFK	Lawrence	Long Beach	Lynbrook	Friends Academy
Clarke	Manhasset	Seaford	G.N. North	Wheatley	Division
Hempstead	New Hyde Park	Syosset	South Side	Hicksville	V.S. South
East Meadow	Bethpage	V.S. Central	Floral Park	Calhoun	Oyster Bay
G.N. South	Island Trees	Garden City	Cold Spring Harbor	Elmont	Mineola
				Roosevelt	

<b>DATES</b>	<b>GROUPS (NOT conferences)</b>	<b>TIME</b>	<b>MEET FORMAT</b>
Mon, 11/28	RW/WT Clinic	6:00pm – 8:00pm	RW/WT ONLY
Tues, 11/29	Group E & F	6:30pm – 10:30pm	A
Wed, 11/30	Group C & D	6:30pm – 10:30pm	A
Thurs, 12/01	Group A & B	6:30pm – 10:30pm	A
Tues, 12/13	Group A & D	6:30pm – 10:30pm	B
Wed, 12/14	Group B & E	6:30pm – 10:30pm	B
Thurs, 12/15	Group C & F	6:30pm - 10:30pm	B
Tues, 12/20	Group B & C	6:30pm – 10:30pm	C
Wed, 12/21	Group A & E	6:30pm – 10:30pm	C
Thurs, 12/22	Group D & F	6:30pm – 10:30pm	C
Fri, 12/23	WT Clinic	6:30pm – 10:30pm	WT ONLY
Tues, 1/03	Group D & E	6:30pm – 10:30pm	D
Wed, 1/04	Group B & F	6:30pm – 10:30pm	D
Thurs, 1/05	Group A & C	6:30pm – 10:30pm	D
Mon, 1/16	MAKE UP for regular season	TBD if necessary	Only if necessary

**\*\*The RW/WT ONLY nights will consist of a clinic followed by a developmental competition\*\***

**CROSSOVER MEET FORMAT SCHEDULE OF EVENTS**  
**ALL FORMATS HAVE A 2 EVENT PER ATHLETE LIMIT**

<b>FORMAT A</b>	<b>FORMAT B</b>	<b>FORMAT C</b>	<b>FORMAT D</b>
<b>Running – G/B</b>	<b>Running – B/G</b>	<b>Running – G/B</b>	<b>Running – B/G</b>
55HH	55HH	4 x 4 (1 team per school)	55HH
1500 Girls	1600/1500	3000/3200	1500 Racewalk
3200 Boys	55	300	1600 Boys
55 (semi/final)	600	1000	3000 Girls
1000	1500 Racewalk	4 x 2 (1 team per school)	55
300	4 x 800 (2 teams per school)	HJ B/G	600
1500 Racewalk	HJ B/G	LJ G/B	300
Shot B/G	TJ G/B	Shot B/G	HJ G/B
HJ G/B	Shot G/B	Pole Vault G/B	TJ B/G
LJ B/G	Pole Vault B/G		Shot G/B
Pole Vault G/B			Pole Vault B/G

**\*\*Format A: Coaches may run their athletes in EITHER the 1500/3200 OR 1000, not both!**

**\*\*Format C: Any athletes not accepted in the 3000/3200 will be able to run the 1000! No athlete can do both!**

**\*\*Format D: Coaches may run their athletes in EITHER the 600 or 300, Not both!**

**\*\*Coaches must be able to provide splits in the event there is a question about times (distance races and RW)**

**\*\*3200/3000:** Each school is guaranteed up to 3 athletes in the 3000/3200. The remaining spots in the field will be done by time. You must submit cards for this event stating your athletes name, number and 3000/3200 seed.

**Below are the Conference and County alignments. These will be followed for Conference Championships and County Championships. (BOLD teams have changed conferences for this year)**

<b>CLASS COUNTY A</b>			<b>CLASS COUNTY B</b>		
<b>CONF. 1</b>	<b>CONF. 2</b>	<b>CONF. 3</b>	<b>CONF. 4</b>	<b>CONF. 5</b>	<b>CONF. 6</b>
Freeport	Baldwin-	Mephram	<b>Sewanhaka</b>	<b>Plainedge</b>	Clarke
Hempstead	<b>EastMeadow</b>	G.N.S.	<b>Jericho</b>	<b>Glen Cove</b>	<b>WestHempstead</b>
Uniondale	Plainview JFK	Manhasset	NewHydePark	Bethpage	Island Trees
Massapequa	Westbury	Bellmore JFK	Roslyn	Lawrence	Seaford
Syosset	V.S. Central	Garden City	Hewlett	V.S. North	Locust Valley
Farmingdale	Long Beach	G.N.N.	South Side	Floral Park	ColdSpringHarbor
Oceanside	Herricks	Carey	Wantagh	Lynbrook	Wheatley
Hicksville	Calhoun	Elmont	Roosevelt	North Shore	Malverne
<b>PortWash</b>	MacArthur	<b>Friends Academy</b>	Division	V.S. South	Oyster Bay
				Mineola	

**FROSH/SOPH MEET**

Fri, 1/06	All Frosh/Soph	St. Anthony's	6:30pm – 10:30pm
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**CONFERENCE CHAMPIONSHIP MEET SCHEDULE**

<b>DATES</b>	<b>CONFERENCE</b>	<b>SITE</b>	<b>TIME</b>
Tues, 1/10	5	St. Anthony's	6:30pm – 10:30pm
Wed, 1/11	6	St. Anthony's	6:30pm – 10:30pm
Thurs, 1/12	1	St. Anthony's	6:30pm – 10:30pm
Tues, 1/17	2	St. Anthony's	6:30pm – 10:30pm
Thurs, 1/19	3	St. Anthony's	6:30pm – 10:30pm
Fri, 1/20	4	St. Anthony's	6:30pm – 10:30pm
Tues, 1/31	WT CLINIC ONLY	St. Anthony's	6:30pm – 10:30pm (WT)

\*Tuesday, 2/01 will be utilized as make up date for Conference meets

**COUNTY CHAMPIONSHIP MEET SCHEDULE**

<b>DATES</b>	<b>COUNTY</b>	<b>SITE</b>	<b>TIME</b>
Mon, 2/06	WT ONLY	St. Anthony's	6pm – 9pm
Tues, 2/07	B	St. Anthony's	6:30pm – 10:30pm
Wed, 2/08	A	St. Anthony's	6:30pm – 10:30pm

\*\*Thurs 2/09 and Fri 2/10 will be utilized as snow dates if necessary. The cancelled event will move to the snow date. We will NOT just push back the scheduled meets. Only the cancelled event will move.

**STATE QUALIFIER SCHEDULE**

<b>DATES</b>	<b>SITE</b>	<b>TIME</b>
Wed, 2/15	St. Anthony's	6:30pm – 10:30pm

\*Thursday 2/16 will be utilized as a snow date if necessary

**STATE CHAMPIONSHIP MEET**

<b>DATES</b>	<b>BOYS/GIRLS</b>	<b>SITE</b>	<b>TIME</b>
Sat, Mar. 4	All together	Ocean Breeze	8:45am

## **SECTION 8 WINTER TRACK & FIELD**

*Section 8 Winter Track & Field will be governed by 2017 National Federation rules*

### **Crossover Meets**

- a. Athletes are limited to 2 events (**\*Take note of the event rules in Format**)
- b. One team card for all unseeded athletes (see Entries section for more explanation on this)
- c. Only one measurement under 12' (girls) 17' (boys) will be measured in the Long Jump
- d. Only one measurement under 25' (girls) 35' (boys) will be measured in the Triple Jump
- e. The first 3 sections of the 600 will be run in lanes as time permits. All others will be scratch start.
- f. The first four sections of the 300 will be run in lanes as time permits. All others will be scratch start.
- g. Seeded sections will run first
- h. The first 2 sections of the 4 x 400 and the 4 x 200 will be run in lanes as time permits.
- i. All jumpers must pick up their tape marks when they leave the event. No duct tape may be used in HJ.

### **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. Verbal seeding will be used for the non-seeded sections.
- d. It is the athlete's responsibility to notify the clerk if she/he is leaving the clerking area to compete in a field event. Officials will be marking times athletes leave and return. Make sure your athletes communicate. The 10 minute rule will be in effect. Please teach your kids to communicate with the officials.
- e. No electronics in the clerking area. No cell phones, ipods, etc.

### **Usage of Blocks/Spikes**

- a. Spikes may be used at St. Anthony's ONLY in the County and State Qualifier meets.
- b. Starting blocks will be provided by St. Anthony's.

### **Results**

Results will be posted on [www.trackconference.com](http://www.trackconference.com) and [www.just-in-time-racing.com](http://www.just-in-time-racing.com)

### **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/team is limited to 15 meets (exclusive of Counties and State Q's)
- d. There are no independent athletes in Nassau County.
- e. Athletes are permitted 2 events at all Section 8 Crossover meets.
- f. Athletes will be permitted to 3 events at the Conference, County and State Q.
- g. The rule of one night's rest between meets is in effect for the winter.
- h. The Long Island Invitational and Eastern States meets DO COUNT towards the 15 allowable meets.

### **Rosters**

- a. Coaches must submit their roster online. Schools will use the following website: [www.trackconference.com](http://www.trackconference.com). Instructions will be discussed at our meeting on November 1st
- b. Team Rosters must be submitted by Tuesday, November 22nd

### **Competition**

- a. Individual must compete in 6 meets representing their HS in order to be eligible for Counties (meets must be verifiable and **occur before Counties**).
- b. Do NOT enter your athletes in more than 3 events in ANY meet outside of Section 8 (regardless of that meets guidelines).
- c. The 4 meets scheduled per conference prior to Conference Championships have a 2 event per athlete limit.
- d. Section 8 meets take precedence over any and all outside meets.

## **Uniforms**

- a. Uniforms consist of a school issued top and bottom, or one piece suit.
- b. Relay members must have identical uniforms.
- c. Jerseys must be tucked in.
- d. The athlete's number is part of their uniform. No number, wrong numbers, numbers that cannot be read, or numbers that have been altered can cause a disqualification.
- e. Athletes must wear their own numbers. No exceptions.
- f. There can be no writing on the waistband of compression shorts all the way around. If there are shorts over the compression shorts, the compression shorts become an undergarment.
- g. Logos must not be bigger than a business card
- h. Coloring in of waistbands or logos will not be permitted

## **Medical Appeals**

- a. All athletes must compete in **6 meets prior to the County Championships**. Any coach who wishes to submit an appeal based on medical reasons, documented by a licensed physician, must **submit the appeal before their last regularly scheduled season contest**. However, athletes wishing to compete at the Class County meet MUST compete in 6 meets prior to the County meet regardless of the remainder of the teams' regular season schedule. (Form on page 17 of handbook)

## **Media**

- a. MSG Varsity and FIOS TV Contract: The Section 8 contract is for Counties and State Q's ONLY
- b. MSG Varsity and 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)
- d. Coaches can submit bios and pictures of past State Meet athletes to be included in a new feature spotlighting past champions/participants.

## **Electronics**

- a. Rule 3-2-8 states: "Electronic devices may be used in UNRESTRICTED areas and coaching boxes, providing the location does not interfere with progress of the meet as determined by the meet referee. ALL competition areas are considered RESTRICTED areas so no electronics are permitted. This includes the track, clerking area and all field event areas"

## **Weight Throw**

- a. The weight throw will be **SCORING FOR THE COUNTY CHAMPIONSHIPS** this year as per the HSAA.
- b. The discus cage is not a legal practice facility for the weight throw UNLESS your district has purchased the heavier cage cover/netting.
- c. Boys throw 25 lb. weight. Girls throw 20 lb. weight.
- d. Three clinics are being offered this season: 11/28, 12/23, 1/31

# 2016-2017 NFHS RULE CHANGES/REVISIONS

This year, there are not many rule **changes**, but a significant number of **revisions** involving either “**clarifications of existing rules**” or “**risk management**”.

## Rule 3-2-4u (New)

Now places the responsibility of providing liquids during competition on the games committee, not the individual coaches.

## Rules 3-6-1 and 3-4-7 (Change)

The signal (usually a bell) at the beginning of the last lap in individual races now occurs in race distances of 2 laps or more (outdoor) and 3 laps or more (indoors).

**Rationale:** Signifying with a bell with 1 lap remaining in races 800m or greater (outdoors) and 600m or greater (indoors) alerts timers, place judges and the FAT operators on notice. It also builds excitement for spectators and is a positive signal for the competitors. This keeps us current with the latest trend in the sport.

## Rules 4-3-1-b(5) and 8-6-1-b(4) (Revision)

Now allows the placement of **1** American flag on each item of the uniform apparel and deletes the “NOTE” restricting flag placement.

**Rationale:** The “NOTE” in the old rule limiting the placement of the American flag must be eliminated as it is contradictory to the new rule.

## Rule 4-6-5g (New)

Now includes “receiving physical aid by any other person during a race” to the list of unfair acts of assisting a competitor.

**Rationale:** The rule must include coverage of the actions of competitors and non-participating team members as well as assistance/aid from other parties.

## Rule 4-6-5d and 8-7e (New)

A participant assisting an injured/ill competitor when an appropriate health-care professional is not available is no longer disqualified.

**Rationale:** In the rare occasions when a health-care professional is not on-site, should another competitor assist the injured/ill competitor, such competitor shall not be disqualified for this act. Only the assisted competitor shall be disqualified for not completing the race unassisted. (**note:** helping a competitor back on their feet is not considered “assistance” as no advantage is gained)

## Rule 5-6-4 (Revision)

This revision deletes the requirement of separating competitors from the same team if they were to be in the same heat in the first round of competition.

**Rationale:** The results of running events are based on head-to-head competition and all contestants should have the opportunity to compete in the heat earned by the athletes place and/or qualifying times. This is now consistent with current trends in the sport.

## Rule 5-7-3 (Revision)

Competitors in races 800m or greater (outdoors) and 600m or greater (indoors) must only use a standing start, and remaining motionless for the start without their hand(s) touching the ground.

**Rationale:** Reinforces the concept that distance races only use a standing start. This is now consistent with current trends in the sport.



## **Seeding**

**\*\*FAT times take precedence over hand held times\*\***

**www.trackconference.com is the ONLY site we will use to verify seeds**

- a. We rely on the coaches to submit actual seeds in order to run an effective meet.
- b. For Conference, County and State Qualifier meets, all seeds must be verifiable. No estimates will be accepted.
- c. NO CONVERSIONS for boys in any event.
- d. Girls may use conversions from 1600/mile to 1500 and from 3200/2 mile to 3000. There is a State appointed conversion chart that is posted on our site that all sections will be using.
- e. No seed times are permitted from relay splits or oversized tracks over 200 meters.
- f. No seed performances are permitted if your athlete or relay team was disqualified.
- g. Relay seeds must be actual, not composites
- h. Six names with competitor numbers should be listed for all relays. (Counts as an event for alternates)
- i. Seed performances for all meets including the state meet will be the best actual time/jump/throw/vault from any sanctioned meet during the season (November-February)
- j. Athletes must have competed in the event during the season (November – February) to receive a seed performance.
  1. **CONFERENCE CHAMPIONSHIPS:** If you would like to enter your athlete in an event for which they do not have a seed, you must write "NO SEED" on their card. That athlete will be placed behind athletes with verifiable seeds. Long Jump & Triple Jump entries require seeds. Pole Vault entries require proof of attempts. Seeds will be checked at Conference meets. If not verified, they move to back.
  2. **COUNTY CHAMPIONSHIPS/STATE QUALIFIER:** Athletes without verifiable seeds will not be considered for these meets at all. **TRACKCONFERENCE WILL BE THE ONLY VERIFIABLE SITE!**
- k. For **Conferences, County and State Qualifier meets**, all seeds must be verifiable on [www.trackconference.com](http://www.trackconference.com). **No other websites or rankings pages will be checked.** Each athlete must have 6 verifiable competitions listed on the site in order to be eligible for the County and State Qualifier meets. Performances must be posted to the website according to the following deadline schedule:

### **Date of Competitions**

Any meet prior to and including December 8th

December 9<sup>th</sup> – 15<sup>th</sup>

December 15<sup>th</sup> – January 5th

January 6<sup>th</sup> – January 19th

January 20<sup>th</sup> – 29<sup>th</sup> (Last Chance for County Seeds)

January 30<sup>th</sup> – February 9<sup>th</sup> (Final Chance for State Q Seeds)

February 9<sup>th</sup> – 18<sup>th</sup>

### **Deadline for entering Seeds**

Friday, December 9<sup>th</sup>

Friday, December 16th

Friday, January 6<sup>th</sup>

Sunday, January 20<sup>th</sup>

Monday, January 30th

Friday, February 10<sup>th</sup>

Sunday, February 19<sup>th</sup>

- l. If a coach misses a deadline, that athlete's performance during that time period cannot be used for future seeding purposes.
- m. 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.

## **Entries**

- a. Verbal seeding will be used at all meets. Please instruct your athletes to pay attention while the officials are seeding events and instruct your athletes which seed time to use. Many times athletes like to go with friends, please discourage this.
- b. Please submit ONE 3 x 5 card for each EVENT upon arrival. Cards must state the following:  
SCHOOL  
EVENT  
TOTAL # OF ATHLETES
- c. Field events will follow the same procedure as in the past. EACH athlete must present a 3 x 5 card to the official at the time of check-in. The card must include the athlete's name, number, school and performance seed. Leave bottom of card empty for recording purposes. This procedure is for crossover meets only.

## **ANNOUNCEMENT PAGE FOR ST. ANTHONY'S**

(Please share with your athletes and their families before first meet)

- **No one will be permitted to enter the building until 6pm.** Please do not ask. Security has been instructed by St. Anthony's to open doors at 6pm. Remain on your bus until then. We do not want kids standing in the cold. Busses should not arrive before 5:45! Stay on warm bus!
- After entering the gym, teams will be permitted to warm up immediately. At 6:20 the track will close, all will return to the bleachers and be asked to rise for The National Anthem. Please instruct your athletes to be respectfully quiet and to remove hats and headphones.
- Following the National Anthem, all coaches and athletes will be briefed by meet management.
- Pole Vault athletes may report directly to the pole vault area to drop off their poles. Only athletes competing in the pole vault are permitted to remain in the area. If girls are vaulting no boys should be over there and vice versa. Only exception is volunteers who have been cleared by meet management.
- No large bags are permitted. Track/Spike bags are fine.
- No spikes or plastic bottom shoes! **STRICTLY ENFORCED!!** All shoes will be checked prior to racing. If there are spikes in the shoes, athletes will not be allowed to race for the remainder of the evening and could risk further competition at St. Anthony's (Spikes will be permitted at the County and State Q meets ONLY)
- Coaches need to remain in designated coaching areas. No athletes/managers are to cross the track at any time unless they are competing
- No food or drink at all in the gym. Water only! (This applies to athletes, coaches and spectators)
- Food and drink will be sold in the hallway. There are tables set up where athletes can sit. Please leave tables for those who are eating. Tables should not be used for homework or socializing.
- No parents or spectators allowed in designated coaching areas, infield or across the track.
- Teams are expected to clean up the area in which they were sitting.
- Instruct your athletes to keep the bathrooms and hallways clean.
- No electronics in the clerking or competition areas (includes phones, ipods, etc) DQ will result!
- No personal chairs will be permitted in the gym.
- Volunteers (athletes or coaches only) are often needed at field events. Inform meet management if you are interested. Athletes will receive community service hours for their time.
- Hurdlers may warm up on the backstretch if we have coaches supervising the area
- All in attendance are responsible for their own items. St. Anthony's does have a lost & found but will only hold items for a short amount of time.

## **CONFERENCE CHAMPIONSHIPS**

- a. Upon arrival each coach must hand in a Section VIII Entry blank and a 3 x 5 card for each athlete they have entered in the meet
- b. Long Jump & Triple Jump entries must be emailed to your respective coordinator 4 days before your scheduled meet. Each conference will have 15 LJ entries and 15 TJ entries. Selected athletes will be posted on the website the day before the Conference Meet. This will count as one of the 3 events permitted per athlete for the accepted athletes. Rejected athletes will be permitted to enter 3 events. Coaches should list 2<sup>nd</sup> best performances to be used in the event of a tie.
- c. Each team is permitted 3 scorers in each individual event
- d. Each team is permitted 1 relay in each relay event
- e. Any athlete who does not have a verifiable seed will be moved to the back of the field. Please mark "No seed" on your athletes card if they don't have a mark.
- f. Conference Meets are CHAMPIONSHIP meets with 4 place medals in all events
- g. There is a Champion and a Runner Up plaque awarded to teams
- h. The top 3 in each individual event will earn All-Conference Honors
- i. The top relay will earn All-Conference Honors
- j. Make sure all athletes are aware of rules regarding conflicts with events (55 and LJ at same time. Cannot be away from event more than 10 minutes)

<b>ORDER OF EVENTS</b>	<b>SEEDING/SECTION INFO</b>
3000/3200 FINAL	2 turn stagger; sections TBA
55m Semi	5 seeded sections; winners and fastest 2nd place runner advance to final **This could change the night of the meet**
1000 FINAL	4 sections; 2 turn stagger
55m FINAL	
600 FINAL	4 sections; 2 in lane, 2 in alley
55m HH FINAL	5/6 sections (5 or 6 lanes)
1500/1600 FINAL	2 seeded sections; 1 turn stagger 1 unseeded section; 2 turn stagger
300m FINAL	4 sections; 2 in lane, 2 in alley
Boys: Short Break	
Girls: 1500m Racewalk	1 section; 1 turn stagger
4 x 800m RELAY	2 sections; 2 turn stagger
4 x 400m RELAY	4 sections; 2 turn stagger
4 x 200m RELAY	5 sections; 2 turn stagger
Long Jump Girls/Boys	3 trials; Top 6 to finals for 3 more
Triple Jump Girls/Boys	3 trials; Top 6 to finals for 3 more
Shot put Girls/Boys	3 trials; Top 6 to finals for 3 more
High Jump Boys/Girls	Starting height 4'0 girls, 5'0 boys
Pole Vault Boys/Girls	Starting height 6'0 girls, 8'0 boys

## **COUNTY CHAMPIONSHIPS INFORMATION SHEET**

- a. Coaches must submit an online entry by Sunday, January 29<sup>th</sup>. Detailed instructions to follow.
- b. The seeding meeting will take place on Thursday, February 2<sup>nd</sup> at time and location to be determined. No additions to competition fields will be made!!!
- c. All jumps, vaults, throws should have a 2<sup>nd</sup> best performance that appears in Charlie's database in the event of ties. In the event of a tie, we will go to 2<sup>nd</sup> best performance. If no 2<sup>nd</sup> best appears we could pass over your athlete.
- d. Each team is permitted 3 scorers in each individual event
- e. Each team is permitted 1 relay in each relay event (list 6 names with numbers. Relay counts as one event for each of the 6 athletes listed)
- f. County Meets are CHAMPIONSHIP meets with 4 place medals in all events
- g. There is a Champion and a Runner Up plaque awarded to teams
- h. The top 3 in each individual event will earn All-County Honors
- i. The top relay will earn All-County Honors
- j. Scoring is: 10-8-6-4-2-1
- k. Only coaches can scratch an athlete and must do so before the event is clerked or that athlete is out of the rest of the meet.
- l. All horizontal jumpers/throwers will be allotted 3 attempts. The top 6 will have an additional 3 attempts
- m. Spikes are permitted. ¼" pyramid ONLY!

<b>Order of Events**NEW</b>	<b>Accepted Number of Athletes</b>
Boys 3200 FINAL	16
Girls 3000 FINAL	16
Boys 55 SEMI	18
Girls 55 SEMI	18
Boys 1000 FINAL	22
Girls 1000 FINAL	22
Boys 55 FINAL	Bring back 6
Girls 55 FINAL	Bring back 6
Boys 600 FINAL	20
Girls 600 FINAL	20
Girls 55 HH SEMI	18
Boys 55 HH SEMI	18
Girls 1500 Race walk FINAL	16
Boys 55 HH FINAL	Bring back 6
Girls 55 HH FINAL	Bring back 6
Girls 1500 FINAL	22
Boys 1600 FINAL	22
Girls 300 FINAL	20
Boys 300 FINAL	20
BREAK	
Boys 4 x 800 FINAL	12
Girls 4 x 800 FINAL	12
Boys 4 x 400 FINAL	12
Girls 4 x 400 FINAL	12
Boys 4 x 200 FINAL	12
Girls 4 x 200 FINAL	12
Long Jump: Girls/Boys	12
Triple Jump: Girls/Boys	12
Shotput: Girls/Boys	12
High Jump: Boys/Girls	12
Pole Vault: Boys/Girls	12

## **STATE QUALIFIER INFORMATION SHEET**

- a. All coaches must submit an online entry by Thursday, February 9<sup>th</sup> **(WEIGHT THROW ENTRIES 1/29)**
- b. 1<sup>st</sup> and 2<sup>nd</sup> place finishers in individual events will qualify for the State Championships (A 3<sup>rd</sup> place finisher may qualify if they have achieved the listed standard at any time during the season)
- c. The 1<sup>st</sup> place relay will qualify for the State Championships
- d. The first non-qualifier in the 300, 600, 1000 and 1500/1600 will qualify for the State Meet Intersectional Medley relay team. This could be the 3<sup>rd</sup> or 4<sup>th</sup> place finisher.
- e. Horizontal jumpers and throwers will be allotted 3 jumps/throws. The 4 finalists will be allotted 3 more jumps/throws.
- f. The Weight Throw will compete on Tuesday, February 6<sup>th</sup> and will be the only event contested that night.
- g. Spikes are permitted. ¼" pyramid ONLY!
- h. No scratches are permitted at the State Qualifier meet.

**\*Weight Throw will be held Tuesday, February 6th!!!!**

**\*\*The order of events and further information will be emailed to all coaches following our meeting and votes**

**NYSPHSAA/NYS FEDERATION WINTER TRACK & FIELD STATE CHAMPIONSHIPS**  
**Saturday, March 4<sup>th</sup> @ Ocean Breeze Athletic Facility**

(Section 8 qualified athletes will leave Friday, March 3<sup>rd</sup> at a time/place TBD. Practice will be at Ocean Breeze Facility between the hours of 3pm -7pm on Friday, March 3<sup>rd</sup>. Athletes will then go to hotel for the night)

7:45am – Athletes/Coaches arrive  
8:45am- Opening Ceremonies  
9:00 – Shot, Triple Jump, Boys Pole Vault begin  
9:15am – Running Events begin

**ORDER OF EVENTS (Girls followed by boys unless otherwise noted)**

**Running Events**

55m Hurdles – Semi's  
55m Dash – Semi's  
Girls 3000m Run  
4 x 400m Relay – Semi's  
4 x 200m Relay – Semi's  
Boys 3200m Runs  
55m Hurdles – Boys, then Girls  
55m Dash – Finals  
1000m Run  
Girls 1500m Race Walk  
300m Dash – Semi's  
600m  
Girls 1500m Run  
Boys 1600m Run  
Intersectional Medley Relay (1000,200,600,1600)  
300m Finals  
4 x 800m Relay  
4 x 400m Relay  
4 x 200m Relay

**Field Events**

Shot, then Weight Throw  
Triple Jump, then Long Jump  
Boys Pole Vault  
Girls Pole Vault (\*Will start after the 55m dash)  
Boys and Girls High Jump \*\*will start after the 55m dash

## Winter Track & Field Invitationals

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 must provide results within 7 days of the conclusion of the meet or performances cannot be used for seeding at any point during the season. Results must be typed and sent in a format that is downloadable to rankings websites. Results should include athletes' name, number, school, performance and event. 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.

Friday	12/02	North Shore HS Season Opener @ Armory
Saturday	12/03	Walt Brem Track & Field Series @ Farmingdale HS
Saturday	12/10	Nassau Coaches Invitational @ Ocean Breeze <b>(site of the State Meet)</b>
Saturday	12/10	Hot Chocolate Relays @ Long Beach HS
Saturday	12/10	Walt Brem Track & Field Series @ Farmingdale HS
Saturday	12/17	Walt Brem Track & Field Series @ Farmingdale HS
Monday	12/26	North Shore HS Invitational @ Armory
Saturday	2/25	North Shore HS Pre-National Invite @ Armory

# Conference Meet Entry Form

School \_\_\_\_\_

**Boys or Girls**

Coach Name \_\_\_\_\_

Phone \_\_\_\_\_

Place an X in the appropriate boxes for your scoring athletes. There is a three event limit per athlete and three athletes permitted in each event per school. For relays you may list up to 6 names.

Name	#	55	55 hurdles	300	600	1000	1500/1600	3000/3200	Race walk	HJ	LJ	TJ	SP	PV	4x200	4x400	4x800



**Request for Medical Waiver of NYSPHSAA – Regulation #25**

To be eligible for sectional, intersectional or state competition, a team must have competed in six (6) school scheduled contests during the season. An individual is eligible for the team if he/she has been an eligible participant on a team in that sport in that school for a minimum of six (6) scheduled contests during the regular season. For football, a student must be an eligible participant for a minimum of three (3) contests. Contestants in individual sports (archery, badminton, bowling, cross country, fencing, golf, gymnastics, rifle, skiing, swimming tennis, outdoor track, winter track and wrestling) must also have represented their school in six (6) scheduled contests during the season to be eligible. These required contests must occur on six different dates and must be concluded prior to the conclusion of the team’s regular schedule.

School \_\_\_\_\_ Sport \_\_\_\_\_

Athlete \_\_\_\_\_ Date Request Submitted \_\_\_\_\_

Nature of Injury/Illness \_\_\_\_\_

Date of Injury/Onset of Illness \_\_\_\_\_ Date of Medical Clearance \_\_\_\_\_

Record of Participation in Competitions (Exclusive of Section Tournaments):

<u>Date</u>	<u>Opponent</u>	<u>*If Wrestler: Please include Weigh-in validated by Athletic Director</u>
1. _____	_____	* _____
2. _____	_____	* _____
3. _____	_____	* _____
4. _____	_____	* _____
5. _____	_____	* _____

Note:

All pertinent medical documentation must accompany this request before it will be considered. Such material MUST VERIFY the date of onset of the illness/injury and date physical activity may resume. NOTES FROM PHYSICAL THERAPISTS ARE NOT ACCEPTABLE.

Medical Documents Attached:

- 1. \_\_\_\_\_ 3. \_\_\_\_\_
- 2. \_\_\_\_\_ 4. \_\_\_\_\_

**Request and documentation must be received by the sport coordinator and the Section VIII Office prior to the last regular season contest.**

\_\_\_\_\_  
Signature of Athletic Director

Office of Interscholastic Athletics  
George Farber Administrative Center  
P.O. Box 9195 – 71 Clinton Road  
Garden City, NY 11530-9195  
Fax# 997-2916 – 997-2018

## **Track Conference Website**

We would really like to continue to advocate for our sport. More than 4700 athletes participated in Winter Track last year. Please make sure all of your athletes and their families are aware of this site and the many features it offers.

Please take the following steps as we continue to improve the coverage our athletes deserve.

- a. **We are requiring all head coaches to register on the site. Please register as a head coach when you complete the process.**
- b. This will be the ONLY site used to verify athlete performances. Make sure you are diligent in entering performances according to deadlines.
- c. Please ask your athletes and their families to use this site as a resource for our athletes.
- d. Often our junior and senior athletes need to send information to prospective college coaches. They can find their athlete profile on this site.
- e. Follow the site on:

**Facebook:**

<https://www.facebook.com/NassauSection8TrackConference>

**Twitter:**

Send tweets to [@NassauTrackConf](https://twitter.com/NassauTrackConf)

**Instagram:**

Copy photos to [@NassauTrackConf](https://www.instagram.com/NassauTrackConf)