

**Section XI Winter Track
Section XI Coordinator – Anthony Toro**

Boys' League Chairperson

League 1	Joe Reilly*	Longwood
League 2	Rob Conway	Walt Whitman
League 3	Jim Christian	HHH West
League 4	Brad Posnanski	Comsewogue
League 5	Rod Cawley*	Port Jefferson

□ **Large & Small School Chairpeople**

Day	Date	Time	Sex	Meet
Wednesday	12/07/2016	5:00 PM – 10:00 PM	B	Crossover A (2 Meets each 2 1/2)
Wednesday	12/14/2016	5:00 PM – 10:00 PM	B	Crossover A (2 Meets each 2 1/2)
Sunday	12/18/2016	9:00 PM - 7:00 PM	B	Crossover B (4 meets each 2 1/2)
Tuesday	12/20/2016	5:00 PM – 10:00 PM	B	Crossover C (2 Meets each 2 1/2)
Wednesday	12/21/2016	5:00 PM – 10:00 PM	B	Crossover C (2 Meets each 2 1/2)
Monday	1/02/2017	9:00 AM – 6:00 PM	B	Crossover D (2 meets each 4 1/2 Hours)
Saturday	1/14/2017	9:00 AM – 7:00 PM	B	Crossover E (4 meets each 2 1/2)
Friday	1/20/2017	5:00 PM - 10:00 PM	B	Freshmen/Sophomore
Sunday	1/22/2017	9:00 AM - 9:30 PM	B	League Championships
Sunday	1/29/2017	9:00 AM - 2:30 PM	B	Last Chance
Saturday	2/04/2017	10:00 AM - 6:30 PM	B	Boys County Championship
Monday	2/13/2017	5:00 PM - 9:00 PM	BG	State Qualifier

An athlete must have competed in six meets prior to the Large/Small School Championships

An athlete is only permitted 15 contests, not including the Team Championships and State Qualifier Meet

An athlete must have 10 practices before the first contest (meet)

2016 – 2017 LEAGUE PLACEMENT

WINTER TRACK (Approved 3/14/16)		
League 1	League 2	League 3
Brentwood William Floyd Longwood Patchogue-Medford Ward Melville Sachem East Middle Country Commack Sachem North Lindenhurst	Central Islip Connetquot Northport Bay Shore Walt Whitman HH Hills East Riverhead Smithtown West Smithtown East Copiague	North Babylon 1114 West Islip 1114 Huntington 1087 Deer Park 989 Bellport 976 HH Hills West 971 West Babylon 944 Kings park 933 East Islip 930 Eastport-S Manor 928 Hauppauge 912
League 4	League 5	
Comsewogue Harborfields Rocky Point Westhampton Sayville E Hampton/BH/Pier Amityville Islip Miller Place Shoreham-WR	Mount Sinai Elwood-J Glenn Bayport-Blue Pt. Hampton Bays Southampton Mattituck Center Moriches Babylon McGann-Mercy Port Jefferson Shelter Island Southold Greenport	<p style="text-align: center;">Large Schools 1000 and Higher</p> <p style="text-align: center;">Small Schools 999 and Lower</p>

Boys Crossover Meet A

Wednesday, December 7, 2016

5:00 PM - 7:30 PM

Middle Country
Miller Place
 Mount Sinai
 Shoreham Wading River
 Southampton
Westhampton
Port Jefferson *
 Riverhead
 Bayport/Bluepoint
 Hampton Bays
 William Floyd
 Longwood
 Eastport South Manor
 Shelter Island
 Greenport

Long

Triple

7:30 PM - 10:00 PM

Sayville
 Walt Whitman*
 Smithtown East
 Northport
 Huntington
 Hauppauge
West Babylon
 Babylon
 Patchogue/ Medford
 Sachem North
 Central Islip
Half Hollow Hills West

Triple

Long

Boys Crossover Meet A

Wednesday, December 14, 2016

5:00 PM - 7:30 PM

Half Hollow Hills East *
 West Islip
 Mercy
 Rocky Point
 Copiague
 Ward Melville
 Smithtown West
East Hampton
 North Babylon
 Comsewogue
Connetquot
 Islip
 Stony Brook
Mattituck
 Southold
 * Meet Director

Triple

Long

7:30 PM - 10:00 PM

Belport
 Deer Park
 East Islip
Bay Shore
 Amityville
Harborfields
 Brentwood
 Commack
John Glenn*
 Kings Park
 Sachem East
 Lidenhurst
Center Moriches

Triple

Long

Boys Crossover Meet B

Sunday, December 18, 2016

9:00 AM - 11:30 AM

Kings Park
 Ward Melville
 Sachem North
 Bay Shore
 Riverhead
Bellport
 West Islip
Half Hollow Hills West*
 Walt Whitman
 John Glenn
 Harborfields
 Eastport South Manor
Smithtown West
Center Moriches

Triple

Long

11:30 AM - 2:00 PM

William Floyd
 Central Islip
Commack *
Westhampton
 Copiague
 Sachem East
 Babylon
 Miller Place
 Longwood
 Deer Park
 Huntington
 Islip
 Brentwood
Mattituck
 Shelter Island
 Greenport

Long

Triple

2:00 PM - 4:30 PM

North Babylon *
 Southampton
 Northport
 East Hampton
 Shoreham Wading River
 East Islip
 Hauppauge
 Middle Country
 Amityville
Rocky Point
 Stony Brook
 Half Hollow Hills East

Long

Triple

4:30 PM - 7:00 PM

Comsewogue
Smithtown East
 Connetquot
 Lindenhurst
 Hampton Bays
 Patchogue/Medford
 West Babylon
 Sayville
Mount Sinai
 Bayport/Blue Point
Port Jefferson*
 Mercy

Long

Triple

☐ Meet Director

Boys Crossover Meet C

Tuesday, December 20, 2016

5:00 PM - 7:30 PM

Riverhead
 Shoreham Wading River
 Patchogue/Med.
 West Babylon
 Mount Sinai
 Connetquot
 Rocky Point
 East Islip
 Bay Shore
 Half Hollow Hills West*
 Huntington
Central Islip
 Ward Melville
Mattituck
Shelter Island
Greenport
Southold

Long

Triple

7:30 PM - 10:00 PM

William Floyd
 Miller Place
 Mercy
Commack*
 Sachem North
 Northport
 Sayville
Longwood
 West Islip
 Port Jefferson
 Stony Brook
Half Hollow Hills East
 Hampton Bays

Triple

Long

Boys Crossover Meet C

Wednesday, December 21, 2016

5:00 PM - 7:30 PM

Lindenhurst
 Southampton
 Harborfields
 Westhampton
Comsewogue *
Eastport South Manor
 East Hampton
 Deer Park
 Smithtown East
 Bellport
 John Glenn
Sachem East
Center Moriches

Long

Triple

7:30 PM - 10:00 PM

Hauppauge*
 Copiague
 North Babylon
 Kings Park
 Babylon
 Walt Whitman
 Brentwood
 Smithtown West
Bayport/Blue Point
 Middle Country
 Islip
Amityville

Triple

Long

* Meet Director

**Boys Crossover Meet D
Monday, January 2, 2017
Large Schools - (9:00 AM – 1:30 PM)**

**Long and Triple Jump 3 jumps no finals
55m Dash/55 Hurdles/300m Dash - final on time
Relays - two teams per school only
Only one measurement in shot put under 36'**

Copiague – Long Jump Sachem East - Triple Jump

**Boys Crossover Meet D
Monday, January 2, 2017
Small Schools - (1:30 PM – 6:00 PM)**

**Long and Triple Jump 3 jumps no finals
55m Dash/55 Hurdles/300m Dash - final on time
Relays - two teams per school only
Only one measurement in shot put under 36'**

Hauppague– Long Jump East Islip - Triple Jump

Boys Crossover Meet E

Saturday, January 14, 2017

9:00 AM – 11:30 AM

Mercy
 Miller Place
 Walt Whitman
Northport
 Southampton
 Copiague *
 Babylon
John Glenn
 Bay Shore
 Lindenhurst
 Central Islip
 Islip
Center Moriches

Triple

Long

11:30 AM – 2:00 PM

Port Jefferson
 West Islip
 North Babylon
 Ward Melville
 Brentwood
Half Hollow Hills West *
 Comsewogue
 Deer Park
 Bayport/Blue Point
Commack
 Bellport
 Patchogue/Med.
Mattituck
 Shelter Island
 Greenport
 Southold

Long Jump

Triple

2:00 PM – 4:30 PM

East Hampton
 Sachem East
Longwood
 Huntington
 Sachem North*
 East Islip
 Smithtown East
Kings Park
 Amityville
 Wm. Floyd
 Sayville
 West Babylon
 Westhampton

Triple

Long

4:30 PM – 7:00 PM

Hauppauge
Middle Country
Half Hollow Hills East*
 Connetquot
 Smithtown West
 Riverhead
Mount Sinai
 Rocky Point
 Shoreham Wading River
 Harborfields
 Stony Brook
 Eastport South Manor

Triple

Long

* Denotes Meet Director

Freshmen – Sophomore Championships
Friday, January 20, 2017 5:00
PM – 10:00 PM

Joe Reilly – Meet Director (Longwood)

AWARDS: Medals to the top 4 in each CLASS
Sophomore compete first then Freshman

MEET INFORMATION:

- 1) THERE WILL BE SEPARATE FROSH AND SOPH DIVISIONS FOR ALL EVENTS.
- 2) NUMBERS ARE REQUIRED FOR ALL ATHLETES.
- 3) VERBAL SEEDING FOR INDIVIDUAL EVENTS. CARDS NEEDED FOR RELAYS.
 (PLEASE INCLUDE COMPETITOR NUMBERS)
- 4) TWO INDIVIDUAL EVENTS AND A RELAY PER ATHLETE. EACH SCHOOL IS ALLOWED TO RUN
 THREE RELAYS TOTAL. **Not 3 relays per event**
- 5) RELAYS DO COUNT IN TEAM SCORING.
- 6) SCORING: 10-8-6-4-2-1
- 7) 55 METER DASH AND HURDLES: ONLY THE TOP 18 WILL BE SEEDED FOR
 THE FINAL. FROM THOSE THREE HEATS, ADVANCE TWO. ALL OTHERS
 WILL RUN IN NON-QUALIFYING HEATS.

**FRESHMEN CAN RUN ON SOPHOMORE RELAYS, BUT SOPHOMORES MAY NOT
 RUN ON FRESHMEN RELAYS.**

Order of Events

Shot Put		Only one measurement under 25'
LONG JUMP (first)		Raker: Harborfields/Pat-Medford No Finals
TRIPLE –(second)		Raker: Bay Shore/Southampton No Finals
High Jump		Starting at 4'9 - 5' - 5'3 - 5'6 - 5'8 - 5'10 - 6' - then 1 inch
55 METER HURDLES SEMIS	(ALL)	
3200 Meter Run	One section of each	
55 METER HURDLES FINAL		
55 METER DASH SEMIS	Soph (10) Frosh (6)	
600 Meter Run	Soph (6) Frosh (4)	1:50
55 METER DASH FINAL		
1000 Meter Run	Three of each	3:30
300 Meter Dash	Soph (8) Frosh (4)	50.00
1600 Meter Run	Two of each	5:30
4 x 400 METER RELAY		
4 x 200 METER RELAY		
4 x 800 METER RELAY		

Boys League Championships

Sunday, January 22, 2017

LEAGUE 3	9:00 AM – 11:30 AM
LEAGUE 4	11:30 AM – 2:00 PM
LEAGUE 5	2:00 PM – 4:30 PM
LEAGUE 1	4:30 PM – 7:00 PM
LEAGUE 2	7:00 PM – 9:30 PM

Jury of Appeals: All League Representatives.

Medals for the top 6 in each individual event and top 4 relays

All individual seed cards must be handed in 30 minutes prior to the meet.

Relay cards must be handed in at the beginning of the 1600 Meter Run. A school is permitted a total of three relay teams. You may have more than one-relay team in a event

All cards must contain name, competitor number, school, event and seedtime. Coaches are meeting 15 minutes prior to the meet.

- a. Schools may enter three athletes in each event
- b. Athletes may enter three events.
- c. Top 18 athletes in the 55 Meter Dash and 55 Meter Hurdles will be seeded. 6 Fastest Advance Standard Lanes (3 4 2 5 1 6)
- d. Seeded sections will run last. (3200m seeded runs first)
- e. Shot Put - 3 throws, 7 to the final
- f. High Jump - 5' up 2" to 5' 10" then 1" thereafter
- g. Long Jump then Triple Jump - 3 jumps (no finals due to time)

Order of events:

3200 Meter Run		Final
55 Dash	6 Fastest Advance	
1000m		final
55 Dash		final
55 High Hurdles	6 Fastest Advance	
600m	Lanes (4-5-6-3-2-1)	final
55 High Hurdles		final
1600m Run		Seeded
300m	Lanes (4-5-6-3-2-1)	final
1600m Run		Unseeded
7 minute break		
4 x 400m	Lanes (4-5-6-3-2-1)	final
4 x 200m	Lanes (4-5-6-3-2-1)	final
4 x 800m		final

Coaches Last Chance Meet

Sunday, January 29, 2017

9:00 AM – 2:30 PM

Meet Director – Jim Christian

Meet Information:

- 1 Each school is permitted 3 athletes per event and one relay team per relay event. Additional athletes may be entered provided they meet the qualifying standards (Best of the Season) and are listed on the Best of the Season. An additional relay can be added provided they have also met the qualifying standards. No team is allowed to run more than two relay teams, per relay event
- 2 An athlete may only compete in two open events and a relay.
- 3 This is a championship meet to give our better athletes an opportunity to improve their performances, there are no freshmen events.
- 4 Medals for the top 4 in each event (Large/Small)

SCHEDULE OF RUNNING EVENTS

1	3200M Run	11:00		combined	
2	55m Dash	7.24	6 fastest advance	8 large	8 Small
3	1000m Run	3:00		4 Combined	
4	55m Dash				
5	55HH	10.00	6 fastest advance	8 Large	8 Small
6	600m Run	1:35.00	Preferred lanes 4-5-6-3-2-1	8 combined	
7	55HH				
8	1600m Run	5:05.00		5 combined	
9	300m Dash	40.96	Preferred lanes 4-5-6-3-2-1	8 Large	8 Small
10	4 x 800	9:30		combined	
11	4 X 400	3:52	Preferred lanes 4-5-6-3-2-1	combined	
12	4 X 200	1:48	Preferred lanes 4-5-6-3-2-1	combined	

FIELD EVENT SCHEDULE

10	High Jump	5'3	Start at: 5' - 5'3 - 5'6 - 5'8 - 5'10 - 6' - then 1 inch	combined
11	Shot Put	36'	One measurement under 30'	Combined
12	Long Jump	17'6	One measurement under 17'	combined
13	Triple Jump	36'	One measurement under 36'	combined
	Long Jump		Rakers	Northport and Deer Park
	Triple Jump		Rakers	Copiague and Brentwood

**Section XI Team Championships
Boys Small School Time Schedule
Saturday, February 4, 2017
(10:00 AM – 2:00 PM)**

Events will not start 10 minutes before the scheduled times

10:00AM	Warm ups			
10:10 AM	Clerking of running events, Triple Jump , High Jump, Shot Put			
10:15 AM	3200 Meter Run		Seeded	2 turn box
10:30 AM	55 Meter High Hurdle	6 Fastest Advance		
10:35 AM	55 Meter Dash	6 Fastest Advance		
10:45 AM	3200 Meter Run		Unseeded	2 turn box
11:00 AM	55 Meter High Hurdles		Final	
11:10 AM	55 Meter Dash		Final	
11:15 AM	1000 Meter Run		Final	2 turn box
11:35 AM	300 Meter Dash*		Semi's 3 heats	picking 2
11:45 AM	600 Meter Dash	Lanes (4-5-6-3-2-1)	Final	2 turn stagger
12:00 PM	1600 Meter Run		Seeded	2 turn box
12:10 PM	300 Meter Dash	Lanes (4-5-6-3-2-1)	Final	
12:15 PM	1600 Meter Run		Unseeded	2 turn box
12:45 PM	4 x 800 Meter Relay		Final	2 turn box
1:05 PM	4 x 400 Meter Relay	Lanes (4-5-6-3-2-1)	Final	2 turn lane
1:25 PM	4 x 200 Meter Relay	Lanes (4-5-6-3-2-1)	Final	3 turn stagger

**Section XI Team Championships
Boys Large School Time Schedule
Saturday, February 4, 2017
2:30 PM – 6:30 PM**

Events will not start 10 minutes before the scheduled times

2:00 PM	Warm ups			
2:30 PM	Clerking of running events, Triple Jump , High Jump, Shot Put			
2:35 PM	3200 Meter Run		Seeded	2 turn box
2:50 PM	55 Meter High Hurdles	6 Fastest Advance	Final	
3:00 PM	55 Meter Dash	6 Fastest Advance		
3:10PM	3200 Meter Run		Unseeded	2 turn box
3:25 PM	55 Meter High Hurdles		Final	
3:30 PM	55 Meter Dash		Final	
3:40 PM	1000 Meter Run		Final	2 turn box
3:55 PM	300 Meter Dash*		Semi's 3 heats	picking 2
4:05 PM	600 Meter Dash	Lanes (4-5-6-3-2-1)	Final	2 turn stagger
4:20 PM	1600 Meter Run		Seeded	2 turn box
4:30 PM	300 Meter Dash	Lanes (4-5-6-3-2-1)	Final	
4:40 PM	1600 Meter Run		Unseeded	2 turn box
4:50 PM	4 x 800 Meter Relay		Final	2 turn box
5:15 PM	4 x 400 Meter Relay	Lanes (4-5-6-3-2-1)	Final	2 turn lane
5:35 PM	4 x 200 Meter Relay	Lanes (4-5-6-3-2-1)	Final	3 turn stagger

**Section XI Indoor State Qualifying Meet
Individual Championships
Monday, February 13, 2017**

RUNNING EVENTS:

Meet may not run more than 10 minutes faster than scheduled.

Time Schedule

5:00 PM	Clerking		
5:10 PM	55 Meter Hurdles	(G/B)	Winner and next three fastest
5:25 PM	55m Dash	(G/B)	Winner and next three fastest
5:35 PM	3000m Run		
6:00 PM	4 x 400 Trials	(G/B)	2 heats pick 3
6:20 PM	4 x 200 Trials	(G/B)	2 heats pick 3
6:35 PM	3200m Run	Final	
6:50 PM	55 Meter Hurdles	Final	(B/G)
7:00 PM	55 Meter Dash	Final	(G/B)
7:10 PM	1000m Final	Final	(G/B)
7:25 PM	1500m Walk	Final	
7:40 PM	300m Dash	Semi's	2 heats pick three (G/B)
7:10 PM	600m Run	Final	
7:35 PM	1500m/1600m	(G/B)	2 Sections of 8/8 (G/B)
8:00 PM	300m Dash	Final	(G/B)
8:15 PM	4 x 800 Final	(G/B)	2 turn box
8:40 PM	4 x 400 Final	(G/B)	2 turn box
8:50 PM	4 x 200 Final	(G/B)	3 turn stagger

FIELD EVENTS:

TBA	Weight Throw	
TBA	Pole Vault	
5:00 PM	Boys Triple Jump	Raker ???
6:10 PM	Girls Triple Jump	Raker ???
7:10 PM	Boys Long Jump	Raker ???
8:10 PM	Girls Long Jump	Raker ???
5:00 PM	Girls High Jump	
6:30 PM	Boys High Jump	
5:00 PM	Girls Shot Put	
6:30 PM	Boys Shot Put	