

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

**Boys' League Chairperson**

<b>League 1</b>	<b>Joe Reilly*</b>	<b>Longwood</b>
<b>League 2</b>	<b>Rob Conway</b>	<b>Walt Whitman</b>
<b>League 3</b>	<b>Brad Posnanski</b>	<b>Comsewogue</b>
<b>League 4</b>	<b>Jim Ford</b>	<b>West Hampton</b>
<b>League 5</b>	<b>Rod Cawley*</b>	<b>Port Jefferson</b>

Day	Date	Time	Sex	Meet
<b>Sunday</b>	<b>12/10/2017</b>	<b>9:00 AM - 7:00 PM</b>	<b>B</b>	<b>Crossover A (4 Meets each 2 1/2)</b>
<b>Saturday</b>	<b>12/16/2017</b>	<b>9:00 AM - 7:00 PM</b>	<b>B</b>	<b>Crossover B (4 meets each 2 1/2)</b>
<b>Tuesday</b>	<b>12/19/2017</b>	<b>5:00 PM – 10:00 PM</b>	<b>B</b>	<b>Crossover C (2 Meets each 2 1/2)</b>
<b>Wednesday</b>	<b>12/20/2017</b>	<b>5:00 PM – 10:00 PM</b>	<b>B</b>	<b>Crossover C (2 Meets each 2 1/2)</b>
<b>Sunday</b>	<b>1/07/2018</b>	<b>9:00 AM - 6:00 PM</b>	<b>B</b>	<b>Crossover D (2 meets each 4 1/2)</b>
<b>Sunday</b>	<b>1/14/2018</b>	<b>9:00 AM - 7:00 PM</b>	<b>B</b>	<b>Crossover E (4 meets each 2 1/2)</b>
<b>Wednesday</b>	<b>1/17/2018</b>	<b>5:00 PM - 10:00 PM</b>	<b>B</b>	<b>Freshmen/Sophomore</b>
<b>Saturday</b>	<b>1/20/2018</b>	<b>9:00 AM - 7:00 PM</b>	<b>B</b>	<b>League Championships (5-1-2-3)</b>
<b>Friday</b>	<b>1/26/2018</b>	<b>7:30 PM – 10:00 PM</b>	<b>B</b>	<b>League 4</b>
<b>Saturday</b>	<b>1/27/2018</b>	<b>9:00 AM - 2:30 PM</b>	<b>B</b>	<b>Last Chance Meet</b>
<b>Friday</b>	<b>2/02/18</b>	<b>5:00 PM – 9:00 PM</b>	<b>B</b>	<b>Small Schools</b>
<b>Monday</b>	<b>2/05/2018</b>	<b>5:00 PM – 9:00 PM</b>	<b>B</b>	<b>Large Schools</b>
<b>Monday</b>	<b>2/12/2018</b>	<b>5:00 PM - 9:00 PM</b>	<b>BG</b>	<b>State Qualifier</b>

**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)**

# 2017 – 2018 League Placement

<b><u>BOYS WINTER TRACK</u></b> (Approved 3/13/17)		
<b><u>League 1</u></b> Brentwood Longwood William Floyd Patchogue-Medford Middle Country Sachem East Ward Melville Commack Sachem North Central Islip	<b><u>League 2</u></b> Connetquot Northport Lindenhurst Walt Whitman Bay Shore Riverhead HH Hills East Smithtown West Smithtown East Copiague	<b><u>League 3</u></b> Huntington            1118 North Babylon        1094 West Islip              1093 Deer Park               1001 Bellport                 961 Eastport-S Manor HH Hills West Comsewogue West Babylon East Islip
<b><u>League 4</u></b> Hauppauge Kings Park Harborfields Rocky Point Islip Westhampton EH/BH/Pier Sayville Amityville Miller Place Shoreham-WR	<b><u>League 5</u></b> Mt. Sinai Bayport-Blue Pt. Elwood-J Glenn Southampton Hampton Bays Center Moriches Babylon Mattituck McGann-Mercy Port Jefferson Greenport/Shld Shelter Island	Large Schools 1000 and Higher  Small Schools 999 and Lower

# Boys Crossover Meet A

## Sunday, December 10, 2017

9:00 AM - 11:30 AM

Middle Country  
**Miller Place** Long  
 Mount Sinai  
 Shoreham Wading River  
 Southampton  
**Westhampton** Triple  
**Port Jefferson \***  
 Riverhead  
 Bayport/Bluepoint  
 Hampton Bays  
 Greenport  
 Longwood  
 Eastport South Manor  
 Shelter Island, Southold

11:30 AM - 2:00 PM

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

2:00 PM - 4:30 PM

**Half Hollow Hills East \***  
 West Islip  
 Mercy  
 Rocky Point  
 Copiague  
 Ward Melville  
 Smithtown West  
 Mattituck  
**East Hampton** Triple  
 Lidenhurst  
 Comsewogue  
**Connetquot** Long  
 Islip

4:30 PM - 7:00 PM

Belport  
 Deer Park  
 East Islip  
**Bay Shore** Triple  
 Amityville  
**Harborfields** Long  
 Brentwood  
 North Babylon  
 Commack  
**John Glenn\***  
 Kings Park  
 Sachem East  
 North Babylon  
 Center Moriches

\* Meet Director

# Boys Crossover Meet B

## Saturday, December 16, 2017

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,  
 Southold  
 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 19, 2017

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 20, 2017

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**  
**Sunday, January 7, 2018**  
**Small 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'**

**Hauppague – Long Jump**

**East Islip - Triple Jump**

**Boys Crossover Meet D**  
**Large 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'**

**Copiague– Long Jump**

**Sachem East - Triple Jump**

# Boys Crossover Meet E

## Sunday, January 14, 2018

9:00 AM – 11:30 AM

Mercy  
 Miller Place  
 Walt Whitman  
**Northport**  
 Southampton  
 Copiague \*  
 Babylon  
**John Glenn**  
 Bay Shore  
 Lindenhurst  
 Central Islip  
 Islip  
**Hampton Bays**

**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.  
**Center Moriches**  
**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  
Wednesday, January 17, 2018  
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**

**LONG JUMP (first)**

**TRIPLE –(second)**

**High Jump**

### **Only one measurement under 25'**

**Raker: Harborfields/Pat-Medford**

**No Finals**

**Raker: Bay Shore/Southampton**

**No Finals**

**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

## Saturday, January 20, 2018

LEAGUE 4	7:30 PM – 10:00 PM	(Friday, January 26, 2018)
LEAGUE 5	9:00 AM – 11:30 AM	
LEAGUE 1	11:30 AM – 2:00 PM	
LEAGUE 2	2:00 PM – 4:30 PM	
LEAGUE 3	4:30 PM – 7:00 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	<b>6 Fastest Advance</b>	
1000m		final
55 Dash		final
55 High Hurdles	<b>6 Fastest Advance</b>	
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

## Saturday, January 27, 2018

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  
Triple Jump

Rakers  
Rakers

Northport and Deer Park  
Copiague and Brentwood

**Section XI Team Championships  
Boys Small School Time Schedule  
Friday, February 2, 2018  
(5:00 PM – 9:00 PM)**

Events will not start 10 minutes before the scheduled times

5:00PM	Warm ups			
5:10 PM	Clerking of running events, <b>Triple Jump</b> , High Jump, Shot Put			
5:15 PM	3200 Meter Run		Seeded	2 turn box
5:30 PM	55 Meter High Hurdle	6 Fastest Advance		
5:35 PM	55 Meter Dash	6 Fastest Advance		
5:45 PM	3200 Meter Run		Unseeded	2 turn box
6:00 PM	55 Meter High Hurdles		Final	
6:10 PM	55 Meter Dash		Final	
6:15 PM	1000 Meter Run		Final	2 turn box
6:35 PM	300 Meter Dash*		Semi's 3 heats	picking 2
6:45 PM	600 Meter Dash	Lanes (4-5-6-3-2-1)	Final	2 turn stagger
7:00 PM	1600 Meter Run		Seeded	2 turn box
7:10 PM	300 Meter Dash	Lanes (4-5-6-3-2-1)	Final	
7:15 PM	1600 Meter Run		Unseeded	2 turn box
7:45 PM	4 x 800 Meter Relay		Final	2 turn box
8:05 PM	4 x 400 Meter Relay	Lanes (4-5-6-3-2-1)	Final	2 turn lane
8:25 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  
Monday, February 5, 2018  
5:00 PM – 9:00 PM**

Events will not start 10 minutes before the scheduled times

5:00PM	Warm ups			
5:10 PM	Clerking of running events, <b>Triple Jump</b> , High Jump, Shot Put			
5:15 PM	3200 Meter Run		Seeded	2 turn box
5:30 PM	55 Meter High Hurdle	6 Fastest Advance		
5:35 PM	55 Meter Dash	6 Fastest Advance		
5:45 PM	3200 Meter Run		Unseeded	2 turn box
6:00 PM	55 Meter High Hurdles		Final	
6:10 PM	55 Meter Dash		Final	
6:15 PM	1000 Meter Run		Final	2 turn box
6:35 PM	300 Meter Dash*		Semi's 3 heats	picking 2
6:45 PM	600 Meter Dash	Lanes (4-5-6-3-2-1)	Final	2 turn stagger
7:00 PM	1600 Meter Run		Seeded	2 turn box
7:10 PM	300 Meter Dash	Lanes (4-5-6-3-2-1)	Final	
7:15 PM	1600 Meter Run		Unseeded	2 turn box
7:45 PM	4 x 800 Meter Relay		Final	2 turn box
8:05 PM	4 x 400 Meter Relay	Lanes (4-5-6-3-2-1)	Final	2 turn lane
8:25 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 12, 2018**

**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)
7:50 PM	600m Run	Final	
8:05 PM	1500m/1600m	(G/B)	2 Sections of 8/8 (G/B)
8:25 PM	300m Dash	Final	(G/B)
8:40 PM	4 x 800 Final	(G/B)	2 turn box
9:00 PM	4 x 400 Final	(G/B)	2 turn box
9:10 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 ???
6:00 PM	Girls Triple Jump	Raker ???
7:00 PM	Boys Long Jump	Raker ???
8:00 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	