

**Section XI Winter Track  
Section XI Coordinator – Anthony Toro  
Girls’ Winter Track President – Vincent Ungaro**

**Girls’ League Chairperson**

League 1	Norman Daniels	Brentwood
League 2	Jim Crowley	Connetquot
League 3	Debra Cheskes	Huntington
League 4	Matt Brown	Comsewogue
League 5	Bill Dwyer	Mt. Sinai

**2016 – 2017 Section XI Girls’ Winter Track Schedule**

Day	Date	Time	Girls	Meet
Sunday	12/04/2016	9:00 AM - 8:00 PM	G	Crossover A (4 Meets each 2 3/4)
Sunday	12/11/2016	9:00 AM - 8:00 PM	G	Crossover B (4 meets each 2 3/4)
Saturday	12/17/2016	9:00 AM - 8:00 PM	G	Crossover C (4 meets each 2 3/4)
Tuesday	1/03/2017	5:00 PM – 10:00 PM	G	Crossover D ( 2 meets each 2 1/2 hours)
Wednesday	1/04/2017	5:00 PM – 10:00 PM	G	Crossover D ( 2 meets each 2 1/2 hours)
Monday	1/09/2017	5:00 PM - 9:00 PM	G	Girls Relays Leagues 1,2
Thursday	1/12/2017	5:00 PM - 10:00 PM	G	Girls Relays Leagues 3,4,5
Sunday	1/15/2017	9:00 AM - 4:00 PM	G	Art Mitchell Meet
Saturday	1/21/2017	9:00 AM - 9:30 PM	G	League Championships
Sunday	1/29/2017	2:30 PM – 8:00 PM	G	Jim Howard
Sunday	2/05/2017	10:00 AM - 6:30 PM	G	Girls County Championship
Monda	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

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

# Girls Crossover A

## Sunday, December 4, 2016

**Two Events Only**

**800 meter walk**

**9:00 AM - 11:45 AM**

**11:45 AM - 2:30 PM**

Connetquot	Long	Middle Country	Triple
North Babylon		<b>West Islip</b>	
Ward Melville		East Hampton	
Brentwood		Miller Place	
<b>Mercy</b>		Wm. Floyd	Long
Riverhead		Bellport	
Deer Park		Westhampton Beach	
Kings Park		Islip	
Northport	Triple	<b>Shoreham Wading River*</b>	
Longwood		Patchogue/Medford	
Huntington		Half Hollow Hills East	
Copiague		Bay Shore	
Half Hollow Hills West		Sachem North	
Smithtown West		<b>Center Moriches</b>	
Greenport/Southold		<b>Shelter Island</b>	

**Two Events Only**

**800 meter walk**

**2:30 PM - 5:15 PM**

**5:15 PM - 8:00 PM**

<b>Southampton</b>		Commack	Long
John Glenn		Smithtown East	
Lindenhurst		Harborfields	
Amityville		Walt Whitman	
Sachem East		Babylon	
Hampton Bays	Long	West Babylon	
Eastport South Manor		<b>Port Jefferson*</b>	
Comsewogue		Sayville	
<b>Hauppauge</b>		Rocky Point	Triple
Mount Sinai	triple	Bayport/Blue Point	
East Islip		Stony Brook	
<b>Mattituck</b>		Central Islip	

\*Denotes meet director

# Girls Crossover B

## Sunday, December 11, 2016

Two events except 6 athletes from each team may compete in 3 events. Must declare athletes.

### 9:00 AM - 11:45 AM

Sayville	Triple
Longwood	
Smithtown East	
Stony Brook	
Walt Whitman	
East Hampton	
West Babylon	
East Islip	
Hauppauge	
<b>*Sachem North</b>	
Commack	
Westhampton	
Southampton	Long
<b>Center Moriches</b>	
Shelter Island	

### 11:45 AM - 2:30 PM

Middle Country	
<b>*Miller Place</b>	
Half Hollow Hills East	
Shoreham Wading River	
Ward Melville	
Eastport South Manor	
Port Jefferson	Long
Riverhead	
Rocky Point	
Hampton Bays	
William Floyd	
Northport	
Sachem East	Triple
Smithtown West	
Greenport/Southold	

### 2:30 PM – 5:15 PM

Babylon	
Harborfields	
<b>Bayport/Blue Point</b>	Triple
Bellport	
Brentwood	
Mercy	Long
Central Islip	
North Babylon	
<b>Comsewogue*</b>	
Connetquot	
Half Hollow Hills West	
Islip	

### 5:15 PM – 8:00 PM

Deer Park	Triple
West Islip	Long
Bay Shore	
Amityville	
Huntington	
Patchogue/ Medford	
Mt. Sinai	
<b>*John Glenn</b>	
Kings Park	
Lindenhurst	
Copiague	
<b>Mattituck</b>	

\* Denotes meet director

# Girls Crossover C

## Saturday, December 17, 2016

### 9:00 AM – 11:45 AM

Riverhead	
<b>Smithtown West</b>	Long
Eastport South Manor	
Hampton Bays	
Babylon	
Copiague	
West Babylon	
Sayville	
Smithtown East	
<b>John Glenn *</b>	
Half Hollow Hills East	Triple
Deer Park	
<b>Bay Shore</b>	

### 11:45 AM – 2:30 PM

<b>Connetquot</b>	
Patchogue/Med.	
<b>Shoreham Wading River*</b>	
Brentwood	
Islip	Triple
Commack	
Middle Country	
Walt Whitman	
Amityville	
Rocky Point	
Central Islip	
Sachem East	
Ward Melville	Long
Greenport/Southold	

### 2:30 PM – 5:15 PM

<b>Mercy</b>	
<b>Center Moriches</b>	
Lindenhurst	Long
Harborfields	
West Islip	
Sachem North	
<b>Southampton</b>	
Westhampton	Triple
East Hampton	
Miller Place	
Port Jefferson	
Bayport/Blue Point	
<b>Mattituck</b>	
<b>Shelter Island</b>	

### 5:15 PM – 8:00 PM

<b>*Bellport</b>		Long
East Islip		
Kings Park		
Longwood		
Comsewogue		
<b>Mount Sinai *</b>		
Hauppauge		
Half Hollow West		Triple
William Floyd		
Northport		
North Babylon		
Huntington		

# Girls Crossover D

## Tuesday, January 3, 2017

**Two Events only**

**5:00 PM - 7:30 PM**

Brentwood  
 Westhampton  
 Lindenhurst  
 Northport  
 North Babylon  
 East Islip  
 Huntington  
 Kings Park  
 Amityville  
**John Glenn**  
 West Islip  
 Smithtown East  
**Center Moriches**  
**Greenport/Southold**

**Triple**

**Long**

**7:30 PM - 10:00 PM**

Longwood  
**Wm. Floyd**  
 Connetquot  
 Bay Shore  
 Riverhead  
 HHH West  
 Eastport South Manor (Long)  
 Islip  
 Mt. Sinai  
 SWR  
 Mercy  
 Port Jefferson  
 Stony Brook (Triple)

# Girls Crossover D

## Wednesday, January 4, 2017

**Two Events only**

**5:00 PM - 7:30 PM**

Southampton  
 Commack  
**Copiague**  
 West Babylon  
 Harborfields  
 Sayville  
 Bayport/Blue Point  
 Hampton Bays  
**Central Islip**  
 HHH East  
 East Hampton  
 Sachem North  
**Mattituck**  
 Shelter Island

**Triple**

**Long**

**7:30 PM - 10:00 PM**

**Hauppauge** (Triple)  
 Deer Park  
 Ward Melville  
 Sachem East  
 Walt Whitman  
 Smithtown West  
 Rocky Point  
**Middle Country**  
 Patchogue/Medford  
 Babylon  
 Comsewogue  
 Miller Place (Long)

\* Denotes meet director

# ZEITLER RELAYS

Monday, January 9,  
2017 5:00 PM – 9:00  
PM Leagues 1 & 2

**Two Person relays must use the two person relay cards**

**Leagues 1 & 2 Order of events:**

**Athletes are only permitted two events**

High Jump (2 person)      Combined  
Shot Put (2 person)      League 1 then League 2

4 x 1600m Relay (only one team per school)

SMR (only one team per school)

4 x 800

4 x 200

Hurdle Relay (3 person)

4 x 400

Walk Relay (2 person)

DMR (only one team per school)

Long Jump (2 person)

League 2 Then League 1  
Rakers – Brentwood & Walt Whitman

Triple Jump (2 person)

League 2 Then League 1  
Rakers – Bay Shore & West Islip

# ZEITLER RELAYS

Thursday, January 12,  
2016 5:00 PM – 10:00  
PM Leagues 3 – 4 - 5

**Leagues 3/4/5 Order of events:**

**Athletes are only permitted two events**

High Jump (2 person) (Combined Leagues)

Shot Put (2 person) League 5, League 4, League 3

DMR (only one team per school)

SMR (only one team per school)

4 x 800

4 x 200

Hurdle Relay (3 person)

4 x 400

Walk Relay (2 person)

Long Jump (2 person)

League 3, League 4, League 5  
Rakers – Harborfields - Babylon - Bellport

Triple Jump (2 person)

League 5, League 3, League 4  
Rakers – Kings Park - Eastport South Manor – Mt. Sinai

**Art Mitchell Memorial Meet**  
**Sunday, January 15, 2017**  
**9:00 AM - 4:00 PM**

**Athletes may only compete in two events (relays count as an event)**  
**Freshmen will compete first followed by sophomores and open athletes.**  
**Medals for the top three in each event**  
**One measurement under 15' for the Shot Put One**  
**measurement under 12' in the Long Jump Relay**  
**teams are combined**

3000m  
55 Dash  
1000m  
600m  
55 High Hurdles  
1500m Run  
300m  
1500m Walk

4 x 400m  
4 x 200m  
4 x 800m

Long Jump  
Triple Jump  
High Jump  
Shot Put

John Glenn, Comsewogue  
SWR, Hampton Bays



# Girls' League Championships

## Saturday, January 21, 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.

All individual seed cards must be handed in 30 minutes prior to the meet.  
 Relay cards must be handed in after the 300m dash.  
 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. Each school is allowed only one relay team in 800/1600/3200 relays. b. Athletes may enter three events.
- c. Top 18 athletes in the 55 Meter Dash and 55 Meter Hurdles will be seeded.
- d. Seeded sections will run last.
- e. Shot Put - 3 throws, 7 to the final
- f. High Jump - 4' - 4' 3 - 4' 6" - 4' 8" to 4' 10" then 1" thereafter
- g. Triple Jump then Long Jump - 3 jumps (no finals due to time)

### Order of events:

3000m		Final
55 Dash	6 fastest Advance	
1000m		final
55 Dash		final
55 High Hurdles	6 fastest Advance	
600m		final
55 High Hurdles		final
1500m Run		final
300m		final
1500m Walk		final
4 x 400m		final
4 x 200m		final
4 x 800m		final

**Make-up date for League Champs**

**Jim Howard Memorial Meet  
Sunday, January 29, 2017  
2:30 PM – 8:00 PM**

Each team can enter 8 athletes per individual event.  
Each team can enter 3 athletes in the triple and long jumps  
An athlete can only compete in 3 events.

**Awards for the top 4 in each class  
Run at same time then separated**

**Large Schools Small Schools**

**ORDER OF EVENTS:**

1500 Combined  
600 Combined  
55 Large then Small  
HH Large then Small  
1000 Combined  
300 Large then Small  
3000 and 1500 Walk at the same time  
Coaches will time and count laps for 3000m

High Jump	Combined		
Shot Put	Large then Small		
<b>Long Jump First (3)</b>	Small then Large	Amityville	Huntington
<b>Triple Jump (3)</b>	Small then Large	Hauppauge	Miller Place

**Section XI Team Championships  
Girls' Large School Time Schedule  
Sunday, February 5, 2017  
(10:00 AM – 2:00 PM)**

10:00 AM	Warm ups	
10:05 AM	Clerking of running events, Triple Jump, High Jump, Shot Put	
10:10 AM	55 Meter High Hurdle	6 fastest Advance
10:20 AM	55 Meter Dash	6 fastest Advance
10:30 AM	3000 Meter Run	2 – Sections – Seeded first
11:00 AM	55 Meter High Hurdle	Final
11:10 AM	55 Meter Dash	Final
11:15 AM	1000 Meter Run	
11:30 PM	1500m Walk	Seeded
11:45 AM	300 Meter Dash	3 heats picking 2
12:00 PM	600 Meter Run	Final
12:10 PM	1500 Meter Run	2 Sections – seeded first
12:30 PM	300 Meter Dash	Final
12:35 PM	1500 Meter Walk	
12:50 PM	4 x 800 Meter Relay	Final
1:10 PM	4 x 400 Meter Relay	Final
1:35 PM	4 x 200 Meter Relay	Final

**Triple Jump then Long Jump**

**Section XI Team Championships  
Girls' Small School Time Schedule  
Sunday, February 5, 2017  
(2:30 PM – 6:30 PM)**

2:30: PM	Warm ups	
2:35 PM	Clerking of running events, Triple Jump, High Jump, Shot Put	
2:40 PM	55 Meter High Hurdle	6 fastest Advance
2:50PM	55 Meter Dash	6 fastest Advance
3:00 PM	3000 Meter Run	2 Sections – seeded first
3:30 PM	55 Meter High Hurdle	Final
3:35 PM	55 Meter Dash	Final
3:45 PM	1000 Meter Run	
4:00PM	1500m Walk	Seeded
4:15 PM	300 Meter Dash	3 heats picking 2
4:25 PM	600 Meter Run	Final
4:35 PM	1500 Meter Run	2 Sections – seeded first
5:00 PM	300 Meter Dash	Final
5:05 PM	1500 Meter Walk	
5:20 PM	4 x 800 Meter Relay	Final
5:45 PM	4 x 400 Meter Relay	Final
6:05 PM	4 x 200 Meter Relay	Final

**Triple Jump then Long Jump**

**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	