

GIRLS' WINTER TRACK

2016 -2017

1. Girls' winter track will be governed by National Federation rules.
2. **Participation:**
 - a. Contestants will be limited to three events per meet for the League, Section XI Team and Individual Championships (State Qualifier) and NYSPHSAA Championships.
 - b. **Schools may only bring 80 athletes to compete at one time during the season.**
3. **Individual Competitors:**
 - a. Individual competitors must participate in six indoor meets to be eligible to compete in the Section XI Individual Championships.
 - b. Individual competitors can't compete in the League or Section XI Team Championships
 - c. Ten or more individual competitors from a school will constitute a team and must compete in the appropriate league.
 - d. **Athletes may only compete in 15 meets, not including Team Championships, State Qualifier and State Meet.**
4. **Team Rosters:**
 - a. Schools will submit their roster on-line. Schools will use the following web site:
www.just-in-time-racing.com (Contact Tony Toro for your password)
A team roster must be sent to the sport chairman by **Sunday, November 27, 2016.**
5. **Uniforms:**
 - a. Uniforms consist of school issued shirt and shorts or a full length track jersey/body-suit.
 - b. Visible undergarments must be a solid color.
 - c. Relay members must have identical uniforms and identical visible undergarments.
6. **Entries:**
 - a. A 3 x 5 cards will be required for each event that an athlete is entered in the League Championships.
 - b. In the Section XI Team and Individual Championships entries will be submitted on-line 72 hours prior to the seeding meeting, using the following website: **www.just-in-time-racing.com**
 - c. Your on-line entry is your official entry. It's recommended that coaches make a backup entry prior to entering their on-line entry.
 - d. Athletes must compete in all open events that they have entered.
7. **Seeding Information:**
 - a. No seedtimes are permitted from relay splits or oversized tracks over 200 meters.
 - b. No seedtimes are permitted if your athlete or relay team was disqualified.
 - c. **Athletes must have competed in the event during the season (December – February) to receive a seed performance. No athlete will be permitted to compete in an event that they have not established a seed time/jump/throw during that season. Only exception is a Medical Waiver approved by Section XI.**
 - d. Relay seeds must be actual, not composites.
 - e. Six names with their competitor numbers should be listed for all relays.
 - f. Seedtimes for all meets including the state meet will be the best actual time/jump/throw from any sanctioned meet during the season (December – February).
 - g. **Conversion will be permitted for seed times in state meet only for mile – 1500, 2 mile – 3000.**
 - h. **Fully Automatic Times (FAT) take preference over hand held times.**

Post Season Meets: (Eastern/Long Island) – Athletes may only use performances to improve their seeds in the NYSPHSAA Championships. No advancement to the NYSPHSAA Championships is permitted after the Section XI State Qualifier Meet.

8. Seeding Verification:

- a. **A coach will have three (3) days from the day of the performance to notify the Sport Chairman of said performance. Failure to do so will jeopardize the athlete from using those performances (seed) for the Leagues, Team Championships, and Individual Championships (State Qualifier).**

9. Usage of Blocks and Spikes

- a. No spikes or shoes with plastic bottoms may be used at Suffolk West.
- b. Starting blocks are provided at Suffolk West for your usage.

10. Meet Director's Responsibilities:

- a. The meet director is in charge of running the meet. The meet director will assign coaches to assist him/her in running the meet. The meet director's responsibilities are: results of meet, assisting in putting out/off hurdles, making sure equipment is available, handing out awards when necessary and running a smooth meet within the time frame. The meet director will notify the sport chairman of any problems. The meet director will get the final printed results and fax them to Newsday. **Meet director will assign manager to help with results.**

11. Jewelry Usage:

- a. No jewelry, soft or otherwise, whether taped over or not, including earrings, posts, beads, rings, chains, etc. are permitted. Only soft barrettes may be used. Medical alerts may be worn if not on a chain and taped to the body. Officials will attempt to avoid violations by early warnings, but the responsibility is on the athlete. The penalty for jewelry is disqualification.

12. Meet Modification:

- a. In the 1500 meter walk an athlete will have 12 minutes to finish the race.
- b. In the Long Jump, one jump will be measured and all other jumps must be 12' or better.
- c. In the Triple Jump, one jump will be measured and all other jumps must be 25' or better.
- d. Shot Put - Top 18 will be seeded and throw first. Three throws bringing 7 back for finals.
All remaining throwers will be seeded and receive three throws with no final.
- e. In the 3000 meter run, a runner will have 14 minutes to complete the race.
- f. **Coaches are responsible to count their 3000m runners Laps. They must drop out if they are lapped twice.**
- g. **Starting January 1 – athletes will not be permitted to get there steps by running against traffic.**

13. Clerking Responsibilities:

- a. All competitors are to report promptly to the clerking area or send a stand-in once the event is called. It's the athlete's responsibility to clerk on time. Once the event is clerked, the event is closed.
- b. Verbal seeding will be used for crossover meets. Athletes are reminded that there should be no talking in the clerking area when the official is talking. The athlete could be dismissed for noncompliance.
- c. Athletes should come to the clerking area ready to compete (running apparel and shoes).
- d. It's the athlete's responsibility to notify the clerk if she/he is leaving the clerking area to compete in a filed event. It's highly recommended that you have a stand-in.
- e. Teams will need a relay card once the event is called. The card must be properly filled out with the competitor's name, number, and seed time. At that time the card will be handed in.

14. Changing Meets:

- a. Teams will not be permitted to move to different meets then scheduled without the approval of the Sectional Coordinator. All requests must be in writing and approved by the school's athletic director to be considered.

Meet Cancellation: All meets that are held on non-school days will be cancelled prior to 7:00 AM by Section XI and Suffolk West. Cancellation will be posted on: www.just-in-time-racing.com

Crossover Meets:

- a. Athletes are limited to two events, except for 6 athletes that may compete in two open events and a relay.
- b. No athlete may compete in three open events
- c. Schools may have unlimited entries per event, except in relays – 3 relay teams per event
- d. Verbal seeding for all running events
- e. 3 x 5 index card for all field events and relays. All cards must be properly filled out.
- f. Shot Put – Seed top 18 - three throws bringing back 7 to finals. Then seed remaining throwers – three throws with no final.
- g. High Jump will start at 4' – 4'3 – 4'6"- 4'8 - 4'10" then by one inch, unless otherwise specified. (See modifications below)
- h. Long and Triple Jump will only be contested at Stony Brook University and Suffolk West.
Three jumps with no finals, unless we have a small field, then 4 jumps with no final.
- i. Only one measurement under 12' will be measured in the Long Jump.
- j. Only one measurement under 25' will be measured in the Triple Jump.
- k. Teams are limited to 8 competitors in the Long Jump, and 8 in the Triple Jump
- l. The first three sections of the 600 meter will be run in lanes, all others will run from a scratch start.
- m. The first four sections of the 300 meter dash will be run in lanes, all others will run from a scratch start.
- n. The first section of the 1600 Meter Relay will be run in lanes. All other sections will run in a box or scratch start.
Only one race will be held if we have 9 or less teams
- o. The first two sections of the 800 Meter Relay will be run in lanes. The remaining sections will use a scratch start, not exceeding 9 teams per race.
- p. Seeded sections will run first.
- n. Preferred lanes for 55m Dash, 55 Hurdles, 300, 600, 800m Relay and 1600m Relay: 3 – 4 – 2 – 5 – 1 - 6
- o. Order of events: Long Jump, Shot Put, and High Jump at start of meet. Triple Jump follows Long Jump.

Crossover A – C

LJ,SP,HJ, - TJ follows LJ

55 Meter Hurdles	FAT – First 8 heats
3000 Meter Run	
55 Meter Dash	(FAT – first 8 heats)
600 Meter Run	(2:00)
1000 Meter Run	(3:45)
300 Meter Run	(FAT – first 4 heats)
1500 Meter Run	(6:00)
1500 Meter Walk	
4 x 400m Relay	First Section in lanes
4 x 200m Relay	First two Sections in lanes
4 x 800m Relay	

Crossover “B” and “D”

TJ,SP,HJ, - LJ follows TJ

55 Meter Hurdles	
1500 Meter Run	1 turn box
300 Meter Dash	
1000 Meter Run	2 turn box
600 Meter Run	2 turn stagger
55 Meter Dash	
3000 Meter Run	2 turn box
1500 Meter race Walk	1 turn box
4 x 400m Relay	2 turn lane
4 x 200m Relay	3 turn stagger
4 x 800m Relay	2 turn box

Crossover Procedures

Please do not arrive more than 20 minutes before your competition.

All athletes must wear their number on front of jersey. It's recommended that coaches collect them after each competition.

Take-off markers must be removed after jumpers are finished!

Starting January 1 – athletes in the Long and Triple jump will not be permitted to get there steps by running against traffic.

The girls' High Jump will start at 4' – 4'3 – 4'6 – 4'8 - 4'10" then one inch.

All competitors' numbers must be on Field Event & Relay Cards.

3000m runners that are lapped will be given a 3 x 5 index card indicating that they have been lapped.
They must drop out if they are lapped twice.

All results will be posted on our Web-Site ((www.just-in-time-racing.com))

SECTION XI TEAM CHAMPIONSHIPS

Large & Small School Team Championships

Entries for the Section XI Team and Individual Championships must be received 72 hours prior to the seeding meeting. Entries will be submitted on line using the following web site: www.just-in-time-racing.com. It's the coach's responsibility to make sure that his/her entry is in on time. **The On-line entry is the official entry for the meet. It's recommended that coaches make a backup entry prior to entering their on-line entry. Remember that your on-line entry is your official entry for the meet.**

The first four runners on a relay must have run the stated seedtime. All seeds must be verified. Scratching will be permitted at the seeding meeting. Any athlete that scratches or misses their event the day of the meet will not be allowed to compete in the remainder of the meet.

An athlete may compete in three events. **Athletes shall not be entered in more than three (3) events, excluding relays. Athletes must compete in all open events that they have entered.**

The top 24 athletes in each event will compete.

All athletes must wear numbers. Your athlete could be disqualified if his/her number cannot be read. No athlete should be disqualified if a number falls off, provided he/she started with the number properly on and visible. Please use four pins to secure the athletes number.

Seeded sections will run last, unless otherwise noted in all races that are based on time. (600, 1000, 1500, 3000, Relays)

Field events: (LJ, TJ, AND SP) seven competitors return to the finals. In the finals you are not permitted to jump or throw out of turn. A competitor will be given ten minutes, from the time he/she notifies the field event official permission to compete or clerk in another event.

A school is permitted a total of three relay teams. One relay team per event.

Team Championship Rules/Procedures

55 High Hurdles 55m Dash	Top 18 athletes will be seeded and can advance. All others cannot advance. All ties that cannot be broken that create more than 18 entries will run as non – scorers. Six fastest advance (9-5-1-4-8-12) (10-6-2-3-7-11) (17-15-13-14-16-18)
300m Dash	Top 18 athletes will be seeded and can advance. All others cannot advance (3 heats picking 2)
600m Run	In Lanes, 6 at a time, two turn stagger
1000m Run	8 in the fastest section, 8 in the second fastest section, and 8 or less in the slowest section. Additional runners may be added to the first section with the approval (vote) of the coaches involved. 2 turn box
1500m/3000m Run	10 in the faster section, 14 or less in the slower section
4 x 200 Relay 4 x 400 Relay 4 x 800 Relay	In lanes, 6 at a time, slowest section may have less than 6 3 turn stagger In lanes, 6 at a time, slowest section may have less than 6 2 turn lane 8 in the faster section, all others will run in the slower section 2 turn box If you have less than 12 teams, you may run one section (vote) with a 10 minute break.
LJ, TJ, SP	8 per flight, competitors may ask to compete earlier in the trials. Throws and jumps must be taken In order, in the finals. Top seven competitors return to the finals
High Jump Pole Vault	4'3 – 4"6 – 4'8 – 4'10" then 1" thereafter TBA

Jury of Appeals: All League Representatives

**SECTION XI INDIVIDUAL CHAMPIONSHIP
(STATE QUALIFIER)**

Entries for the Section XI Team and Individual Championships must be received 72 hours prior to the seeding meeting. Entries will be submitted on line using the following web site: www.just-in-time-racing.com. It's the coach's responsibility to make sure that his/her entry is in on time. **The On-line entry is the official entry for the meet. It's recommended that coaches make a backup entry prior to entering their on-line entry. Remember that your on-line entry is your official entry for the meet.**

The first four runners on a relay must have run the stated seedtime. All seeds must be verified. Scratching will be permitted at the seeding meeting. Any athlete that scratches or misses their event the day of the meet will not be allowed to compete in the remainder of the meet.

An athlete may compete in three events. **Athletes shall not be entered in more than three (3) events, excluding relays. Athletes must compete in all open events that they have entered.**

The top 12 competitors may participate except for the 55m Dash and 55m Hurdles in which eighteen may compete. **In the 1000m/1500m/1600m runs there will be two sections of 8 runners. No additional runners will be accepted.**

*Relays: The best twelve relay teams in the 4 x 200 and 4 x 400. The best 8 relay teams in the 4 x 800 , four additional teams may be added provided they have run 10:00 minutes or faster.

High Jump: Starting height is 4'6", then up 2" to 5', then 1" thereafter.

Pole Vault: Starting height is 7' – 8' – 8'6 – 9' – 9'6 – 10' then 3" thereafter.

Field events: (LJ, TJ, AND SP) five competitors return to the finals. In the finals you are not permitted to jump or throw out of turn. A competitor will be given ten minutes, from the time he/she notifies the field event official, permission to compete or clerk in another event.

If your athlete is selected to compete in this meet, we expect her to compete.

Since this is a joint meet with boys and girls, the order of events and times have been agreed to by both. There will be no change in either.

Jury of Appeals: Girls' – Girls' League Representatives Boys' – Boys' League Representatives

Notes:

55 High Hurdles and 55 Meter Dash - Winner and next three fastest
300 semi – 2 heats picking 3
4 x 200 and 4 x 400 semi – 2 heats picking 3
All other races are final on time

NYSPHSAA Championship Meet Qualifiers:

The winning team in each relay

First and second place finisher in each individual event plus the third place finisher provided he meets the qualifying standard.

Intersectional Relay: (1000 – 200 – 600 – 1600)

- a. The top non-qualifying finishers in the 300, 600, 1000, and 1600 will comprise the Intersectional Relay.
- b. All intersectional relay members may not compete in the State Meet in any other event.

Schools qualifying five or more athletes for the state meet are expected to authorize their coach to be a Section XI supervisor who will travel with the athletes and assist with supervision under the direction of the sport chairman. Exceptions to this would be at the discretion of the sport chairman and the Executive Director.

New York State Indoor Track & Field Championships

Tentative Time Schedule

This is a tentative time schedule and the meet might start earlier or run faster than indicated. It's the athlete's responsibility to clerk in on time.

NYSPHSAA is a combined meet with both genders competing at the same time.

Girls 55 Meter Hurdles	Prelims
Boys 55 Meter Hurdles	Prelims
Girls 55 Meter Dash	Prelims
Boys 55 Meter Dash	Prelims
Girls 3000 Meter Run	Seeded
Boys 3200 Meter Run	Seeded
Girls 1600 Meter Relay	Prelims
Boys 1600 Meter Relay	Prelims
Girls 800 Meter Relay	Prelims
Boys 800 Meter Relay	Prelims
3000m - 3200m Run	Unseeded
Boys 55 Meter Hurdles	Prelims
Girls 55 Meter Hurdles	Prelims
Girls 55 Meter Dash	Final
Boys 55 Meter Dash	Final
Girls 1000 Meter Run	Final
Boys 1000 Meter Run	Final
Girls 1500 Meter Race Walk	Final
Girls 300 Meter Dash	Prelims
Boys 300 Meter Dash	Prelims
Girls 600 Meter Run	Final
Boys 600 Meter Run	Final
Girls 1500 Meter Run	Final
Boys 1600 Meter Run	Final
Girls 1500 Meter Race Walk Unseeded	Final
Intersectional Relay	Final
Girls 300 Meter Dash	Final
Boys 300 Meter Dash	Final
3200 Meter Relay	Final
1600 Meter Relay	Final
800 Meter Relay	Final

FIELD EVENTS

Boys/Girls Shot Put Simultaneous – Followed by Weight Throw

Boys/Girls Triple Jump Simultaneous – Followed by Boys/Girls Long Jump

Boys Pole Vault followed by Girls Pole Vault

Boys/Girls High Jump to begin after Dash Final

Performance Verification

A coach will have **3** days from the day of a performance to send me the time/jump/throw of any competitor that has done the following performances. Failure to do so will jeopardize your athletes from using these performances for the Leagues, Team Championship, and State Qualifier. A list of the top 30 performances in each event will be put on our web page.

All updates for “Best of the Season” must use the following Internet site:

www.just-in-time-racing.com

E- MAIL ADDRESS: eltorotf@optonline.net

OUR WEB PAGE: www.suffolktrack.com

ARMORY WEB PAGE: www.armoryfoundation.com

Section XI WEB PAGE: www.sectionxi.org

Girls’ Best Performances

55 Meter High Hurdles	10.74
55 Meter Dash	8.24
300 Meter Dash	46.94
600 Meter Run	1:54
1000 Meter Run	3:30
1500 Meter Run	5:45
3000 Meter Run	12:00
1500 Meter Walk	10:00
High Jump	4’4”
Long Jump	13’6”
Triple Jump	28’
Shot Put	24’
Pole Vault	7’
800 Meter Relay	1:59.99
1600 Meter Relay	4:36
3200 Meter Relay	11:00

All-County

The All-County Team comes only from the State Qualifier Meet

- 1) Top 4 in each individual Event**
- 2) Top Large School Relay**
- 3) Top Small School Relay**

Academic All-County

1. Senior
2. Ranked in the top 10% of her class
3. Top 6 in an individual event in the
Large School, Small School, or State Qualifier

Or

Top 2 in a relay event in the Large School, Small School, or State Qualifier

Give these names in writing to Jim Christian (Hills West) at the seed meeting, the State Qualifier or the coaches meeting after the State Qualifier. Every year this award creates more heartbreak than any other because some coaches forget to give their athletes names in or the spelling is incorrect!

Outstanding athlete awards

There will be 5 awards to be voted on by all coaches present at the meeting held the day or two after the state qualifier. These awards will go to the “top” 5 performers this season as decided by those present. All coaches will have a chance to discuss, nominate and perhaps even argue for their choices. The winners can come from all events and need not represent any distinct discipline or disclose any other event. The sole opinions will be those nice enough to come to the meeting. They will decide the criteria and the winners.