

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

**Girls’ League Chairperson**

<b>League 1</b>	<b>Norman Daniels</b>	<b>Brentwood</b>
<b>League 2</b>	<b>Jim Crowley</b>	<b>Connetquot</b>
<b>League 3</b>	<b>Matt Brown</b>	<b>Comsewogue</b>
<b>League 4</b>	<b>Paul Koretzy</b>	<b>SWR</b>
<b>League 5</b>	<b>Bill Dwyer</b>	<b>Mt. Sinai</b>

**2017 – 2018 Section XI Girls’ Winter Track Schedule**

Day	Date	Time	Girls	Meet
Sunday	12/03/2017	9:00 AM - 8:00 PM	G	Crossover A (4 Meets each 2 3/4)
Saturday	12/09/2017	9:00 AM - 8:00 PM	G	Crossover B (4 meets each 2 3/4)
Sunday	12/17/2017	9:00 AM - 8:00 PM	G	Crossover C (4 meets each 2 3/4)
Saturday	1/06/2018	9:00 AM - 8:00 PM	G	Crossover D (4 meets each 2 3/4)
Monday	1/08/2018	5:00 PM - 9:00 PM	G	Girls Relays Leagues 1,2
Tuesday	1/09/2018	5:00 PM - 10:00 PM	G	Girls Relays Leagues 3,4,5
Saturday	1/13/2018	9:00 AM - 4:00 PM	G	Art Mitchell
Sunday	1/21/2018	9:00 AM - 7:00 PM	G	League Championships (5-1-2-3)
Friday	1/26/2018	5:00 PM – 7:30 PM	G	League 4
Sunday	1/28/2018	9:00 AM - 3:00 PM	G	Jim Howard
Saturday	2/03/2018	10:00 AM – 2:00:PM	G	Girls Small County Championships
Sunday	2/04/2018	10:00 AM – 2:00:PM	G	Girls Large County Championships
Monday	2/12/2018	5:00 PM – 9:00 PM	B/G	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)

## 2017 – 2018 League Placement

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

# Girls Crossover A

## Sunday, December 3, 2017

**Two Events Only**

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

Connetquot Long  
 North Babylon  
 Ward Melville  
 Brentwood  
**Mercy**  
 Riverhead  
 Deer Park  
 Kings Park  
 Northport Triple  
 Longwood  
 Huntington  
 Copiague  
 Half Hollow Hills West  
 Smithtown West

**800 meter walk**

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

Middle Country Triple  
**West Islip**  
 East Hampton  
 Miller Place  
 Wm. Floyd Long  
 Bellport  
 Westhampton Beach  
 Islip  
**Shoreham Wading River\***  
 Patchogue/Medford  
 Half Hollow Hills East  
 Bay Shore  
 Sachem North  
**Center Moriches**  
**Shelter Island**  
**Greenport/Southold**

**Two Events Only**

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

**Southampton**  
 John Glenn  
 Lindenhurst  
 Amityville  
 Sachem East  
 Hampton Bays Long  
 Eastport South Manor  
 Comsewogue  
**Hauppauge**  
 Mount Sinai triple  
 East Islip  
**Mattituck**

**800 meter walk**

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

Commack Long  
 Smithtown East  
 Harborfields  
 Walt Whitman  
 Babylon  
 West Babylon  
**Port Jefferson\***  
 Sayville  
 Rocky Point Triple  
 Bayport/Blue Point  
 Stony Brook  
 Central Islip

\*Denotes meet director

# Girls Crossover B

## Saturday, December 9, 2017

**Two Events only**

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

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

**Triple**

**Long**

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

**Southampton**  
 Commack  
 Copiague  
 West Babylon  
 Harborfields  
 Sayville  
 Bayport/Blue Point (Long)  
 Hampton Bays  
 Central Islip  
**HHH East**  
 East Hampton  
**Sachem North**  
 Mattituck (Triple)  
**Greenport/Southold/Shelter Island**  
**Bellport**

**Two Events only**

**2:30 PM – 5:15 PM**

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

**5:15 PM - 8:00 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

# Girls Crossover C

## Sunday, December 17, 2017

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

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

Sayville  
 Longwood  
 Smithtown East  
 Stony Brook  
 Walt Whitman  
 East Hampton  
 West Babylon  
 East Islip  
 Hauppauge  
**\*Sachem North**  
 Commack  
 Westhampton  
 Southampton  
**Center Moriches**  
 Shelter Island  
 Greenport/Southold

Triple

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

Middle Country  
**\*Miller Place**  
 Half Hollow Hills East  
 Shoreham Wading River  
 Ward Melville  
 Eastport South Manor  
 Port Jefferson  
 Riverhead  
 Rocky Point  
 Hampton Bays  
 William Floyd  
 Northport  
 Sachem East  
 Smithtown West  
 Mattituck

Long

Long

Triple

### 2:30 PM – 5:15 PM

Babylon  
 Harborfields  
**Bayport/Blue Point**  
 Bellport  
 Brentwood  
 Mercy  
 Central Islip  
 North Babylon  
**Comsewogue\***  
 Connetquot  
 Half Hollow Hills West  
 Islip

Triple

Long

### 5:15 PM – 8:00 PM

Deer Park  
 West Islip  
 Bay Shore  
 Amityville  
 Huntington  
 Patchogue/ Medford  
 Mt. Sinai  
**\*John Glenn**  
 Kings Park  
 Lindenhurst  
 Copiague

Triple

Long

\* Denotes meet director

# Girls Crossover D

## Saturday, January 6, 2018

### 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	
Shelter Island	

### 2:30 PM – 5:15 PM

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

### 5:15 PM – 8:00 PM

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

# ZEITLER RELAYS

Monday, January 8, 2018

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 (4/2/2/8))  
4 x 800  
4 x 200  
Hurdle Relay (3 person)  
4 x 400  
Walk Relay (2 person) – Coaches will add the 2 times and hand in at finish  
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

Tuesday, January 9, 2018 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 (4/2/2/8))  
4 x 800  
4 x 200  
Hurdle Relay (3 person)  
4 x 400  
Walk Relay (2 person)      Coaches will add the 2 times and hand in at finish  
  
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 Track & Field Meet**  
**Saturday, January 13, 2018**  
**9:00 AM – 4:00 PM**

**Athletes may only compete in two events (relays count as an event).**  
**All relay teams are combined (Frosh/Soph/Open)**  
**A school is only permitted three relay teams per event.**  
**Freshmen will compete first, followed by Sophomore and Open)**  
**All events are final on time**  
**Medals for the first three in each event. (Will need someone to hand out)**

**One measurement under 15' for the Shot Put**  
**One measurement under 12' for the Long Jump**  
**One Measurement under 25' for the Triple Jump**

**Rakers: John Glenn, Comsewogue, SWR, Hampton Bays**

**Order of Events (sections/flights)**

<b>3000m Run</b>	<b>(3 Sections – Coaches should count their runners laps)</b>	
<b>55m Dash</b>	<b>FAT – Frosh 6 – Soph 6 – Open 12</b>	
<b>1000m Run</b>	<b>2 Sections for each class</b>	
<b>600m Run</b>	<b>Frosh 4 – Soph 4 – Open 6</b>	
<b>55m Hurdles</b>	<b>All</b>	
<b>1500m Run</b>	<b>2 Sections for each class</b>	
<b>300m Dash</b>	<b>6 sections for each class</b>	
<b>1500m Walk</b>	<b>3 sections</b>	
<b>4 x 400m</b>	<b>6 races</b>	
<b>4 x 200m</b>	<b>6 races (could have more)</b>	
<b>4 x 800m</b>	<b>2 sections</b>	
<b>High Jump</b>	<b>4' – 4'3 – 4'6 – 4'8 – 4'10 – 5'</b>	<b>Combined then separated</b>
<b>Long Jump</b>		
<b>Triple Jump</b>		
<b>Shot Put</b>		



# Girls' League Championships

## Sunday, January 21, 2018

LEAGUE 4	5:00 PM – 7:30 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.**

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

# Jim Howard Memorial Meet

## Sunday, January 28, 2018

### 9:00 AM – 3:00 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	(5 races)	(6:00 – Break )
600	Combined	(8 races)	(2:00 – break in)
55	Large then Small	(12 large/12 small)	
HH	Large then Small	(8 large/8 small)	
1000	Combined	(4 races)	(3:45 – break in)
300	Large then Small	(8 large/8 small)	(49 – Break in)

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' Small School Time Schedule  
Tuesday, February 1, 2018  
(5:00 PM – 9:00 PM)**

5:00 PM	Warm ups	
5:05 PM	Clerking of running events, Triple Jump, High Jump, Shot Put	
5:10 PM	55 Meter High Hurdle	6 fastest Advance
5:20 PM	55 Meter Dash	6 fastest Advance
5:30 PM	3000 Meter Run	2 – Sections – Seeded first
6:00 PM	55 Meter High Hurdle	Final
6:10 PM	55 Meter Dash	Final
6:15 PM	1000 Meter Run	
6:30 PM	1500m Walk	Seeded
6:45 AM	300 Meter Dash	3 heats picking 2
7:00 PM	600 Meter Run	Final
7:10 PM	1500 Meter Run	2 Sections – seeded first
7:30 PM	300 Meter Dash	Final
7:35 PM	1500 Meter Walk	
7:50 PM	4 x 800 Meter Relay	Final
8:10 PM	4 x 400 Meter Relay	Final
8:35 PM	4 x 200 Meter Relay	Final

Triple Jump then Long Jump

**Section XI Team Championships  
Girls' Large School Time Schedule  
Sunday, February 4, 2018  
(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 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	