

Section XI Winter Track

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

League Representatives- Girls

| | | |
|---------------------|---------------------|-------------------------------|
| League 1 | Dan Schaub | Sachem East |
| League 2 | Brian Strack | Half Hollow Hills East |
| League 3 | Phil Armato | West Babylon |
| League 4 | Dave Claps | Islip |
| League 5 | Bill Dwyer | Mt. Sinai |
| | | |
| Large School | Tom Youngs | Ward Melville |
| Small School | Vin Ungaro | Bayport-Blue Point |

| | | | | |
|----------|------------|--------------------|-------|--------------------------------|
| Sunday | 12/8/2019 | 9:00 AM - 8:00 PM | Girls | Crossover A (4 Meets @ 2 ¾) |
| Saturday | 12/14/2019 | 9:00 AM - 8:00 PM | Girls | Crossover B (4 Meets @ 2 ¾) |
| Saturday | 12/21/2019 | 9:00 AM - 8:00 PM | Girls | Crossover C (4 Meets @ 2 ¾) |
| Sunday | 1/5/2020 | 9:00 AM - 8:00 PM | Girls | Crossover D (4 Meets @ 2 ¾) |
| Tuesday | 1/7/2020 | 5:00 PM - 9:00 PM | Girls | Zeitler Relays - Leagues 1,2 |
| Friday | 1/10/2020 | 5:00 PM - 10:00 PM | Girls | Zeitler Relays - Leagues 3,4,5 |
| Sunday | 1/12/2020 | 9:00 AM - 1:00 PM | Girls | Jim Howard - Large Schools |
| Sunday | 1/12/2020 | 1:30 AM - 5:30 PM | Girls | Jim Howard - Small Schools |
| Friday | 1/17/2020 | 5:00 PM - 7:30 PM | Girls | League 4 Championship |
| Saturday | 1/18/2020 | 9:00 AM – 7:00 PM | Girls | League Championships 5,1,2,3, |
| Sunday | 1/26/2020 | 9:00 AM – 1:00 pm | Girls | Art Mitchell - Small Schools |
| Sunday | 1/26/2020 | 1:00 PM – 5:00 pm | Girls | Art Mitchell - Large Schools |
| Friday | 1/31/2020 | 5:00 PM - 9:00 PM | Girls | Small Schools Counties |
| Sunday | 2/2/2020 | 9:00 AM – 1:00 PM | Girls | Large Schools Counties |
| Monday | 2/10/2020 | 5:00 PM - 9:00 PM | G & B | State Qualifier |

- An athlete must have **6 practices** before the first contest (meet).
- 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

2019 – 2020 Girls’ Indoor Track & Field League Placement

| GIRLS WINTER TRACK | (Approved 5/14/19) | | |
|------------------------------|------------------------------|-------------------------------|------|
| | | | |
| <u>League I (10)</u> | <u>League II (10)</u> | <u>League III (10)</u> | |
| Brentwood | Sachem North | Smithtown East | 1134 |
| Middle Country | Bay Shore | North Babylon | 1095 |
| Longwood | Walt Whitman | West Islip | 1039 |
| William Floyd | Connetquot | Bellport | 1009 |
| Patchogue-Medford | Lindenhurst | Deer Park | 988 |
| Central Islip | Northport | East Islip | 987 |
| Sachem East | Copiague | Comsewogue | 971 |
| Ward Melville | Huntington | Eastport-South Manor | 952 |
| Commack | Half Hollow Hills East | Half Hollow Hills West | 940 |
| Riverhead | Smithtown West | West Babylon | 912 |
| | | | |
| <u>League IV (11)</u> | <u>League V (11)</u> | | |
| Hauppauge | Mt. Sinai | | |
| Rocky Point | Bayport-Blue Point | | |
| Harborfields | Elwood-J Glenn | | |
| Islip | Hampton Bays | Large Schools 1000 or Higher | |
| Kings Park | Southampton | | |
| East Hampton/BH/Pier | Center Moriches | Small Schools 999 or Lower | |
| Sayville | Greenport/Southold | | |
| Westhampton Beach | Babylon | | |
| Amityville | Port Jefferson | | |
| Miller Place | Mattituck | | |
| Shoreham-WR | Shelter Island | | |

GIRLS WINTER TRACK (General Information)

1. **A team roster must be sent to the sport chairman by Monday, December 2nd, 2019.**
Schools must submit their roster online at www.just-in-time-racing.com
(Email Tony Toro for your password- eltorotf@optonline.net)
2. **Participation Rules:**
 - Girls Section XI Winter Track will be governed by National Federation rules.
 - Schools may not bring more than 80 athletes to any Section XI meet.
 - The number of events an athlete may participate during a meet depends on the guidelines established for the meet. Make sure you check the rules for each meet carefully before entering.
 - In no winter track meet may an athlete compete in more than three events.
3. **Individual Competitors:**
 - Individual competitors **must** participate in six sanctioned indoor meets to be eligible to compete in the Section XI Individual Championships (State Qualifier Meet).
 - Individual competitors cannot compete in the League or Section XI Team Championships.
 - Ten or more individual competitors from a school will constitute a team and must compete in the appropriate league.
 - An individual athlete may only compete in 15 meets, not including Large/Small County Team Championships, State Qualifier and State Meet.
4. **Uniforms:**
 - Uniforms consist of school issued shirt and shorts or a full-length track jersey/body-suit.
 - Visible undergarments must be a solid color.
 - Relay members must have clearly identifiable team issued uniforms and identical visible undergarments. (Same basic color and design)
 - Only a single company logo may appear on the apparel. It can be no larger than a business card. **Waist bands with multiple logos on the shorts are illegal.**
5. **Jewelry Usage:**
 - 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 issuing early warnings, but the responsibility is on the athlete.
 - The penalty for jewelry violations is disqualification.
6. **Usage of Blocks and Spikes:**
 - Starting blocks are provided by Suffolk West. See individual meet rules for their usage.
 - **NO spikes can be used in any meets until the County Championships or State Qualifier Meet.**
 - **Removing the spikes from a plastic bottom racing shoe is not allowed at any time.**

7. Competitor Clerking Responsibilities:

- Field event athletes should report directly to their event site with a 3x5 index card.
- All runners are to report promptly to the clerking area or send a stand-in when event is called.
- It's the athlete's responsibility to clerk on time. Once the event is clerked, the event is closed.
- 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.
- Athletes should come to the clerking area ready to compete (running apparel and racing shoes).
- It is the athlete's responsibility to notify the clerk if she/he is leaving the clerking area to compete in a field event. It is highly recommended that you have a stand-in for that athlete.
- 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. The card should be handed into the clerk.

8. Seeding Information:

- No seedtimes are permitted from relay splits or oversized tracks over 200 meters.
- No seedtimes are permitted if your athlete or relay team was disqualified.
- No athlete will be permitted to compete in an event that they have not established a seed time/jump/throw during that season. The only exception is a Medical Waiver approved by Section XI.
- Relay seeds must be actual, not composites.
- 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).
- Seeding conversions will only be permitted for the Mile → 1500m, and the 2 mile → 3000m.
- Fully Automatic Times take preference over hand held times.

9. Seeding Verification:

- A coach will have three (3) days from the day of the performance to notify the Sport Chairman of said performance. This is accomplished by posting these performances on the Best of Season list on Just-In-Time Racing. www.just-in-time-racing.com
- Failure to do so will jeopardize the athlete from using those performances (seed) for the League and County Championships or the State Qualifier Meet.

10. Meet Director's Responsibilities:

- 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 include: 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.

11. Changing Meets:

- Teams will not be permitted to switch to a different meet than originally scheduled without the approval of the Section 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: Rules and Procedures

1. Participation:

- Athlete participation varies by crossover. Check crossover schedule for specific rules.
- Schools may have unlimited entries per event, except in relays – 3 relay teams per event
- All athletes must wear their number on front of jersey. It's recommended that coaches collect them after each competition.

2. Clerking/Seeding

- Verbal seeding for all running events.
- 3 x 5 index cards are needed for all field events and relays. All cards must be properly filled out.

3. Specific Field Event Rules: Long jump, High jump, & Shot put start at beginning of meet.

The Triple jump will begin at the conclusion of the long jump.

- a. Shot Put – Seed top 18 - three throws bringing back 7 to finals. The remaining throwers will then be seeded– three throws with no final.
- b. High Jump- The High Jump will progress: 4' , 4'3", 4'6", 4' 8", 4' 10" and then 1" thereafter.
- c. Long and Triple Jump
 - Teams are limited to 8 competitors in the Long Jump, and 8 in the Triple Jump
 - **Long and triple jumps will not be permitted to get their steps by running against traffic.**
 - Three jumps with no finals.
 - Only one measurement under 12' will be measured in the Long Jump.
 - Only one measurement under 25' will be measured in the Triple Jump.
 - Take-off markers must be removed after jumpers are finished!

4. Specific Running Event Rules:

- a. Seeded sections will run first.
- b. Preferred lanes for 55m Dash, 55m Hurdles (3- 4- 2- 5- 1- 6)
Preferred lanes for 300, 600, 800m Relay and 1600m Relay (3- 4- 2- 5- 1- 6)
- c. **Blocks cannot be used in the trials of both the 55m & the 55mH. They can be used in finals.**
- d. The first three sections of the 600m will be run in lanes, all others will run from a scratch start.
- d. The first four sections of the 300m will be run in lanes, all others will run from a scratch start.
- e. The first section of the 1600m Relay will be run in lanes. Box or scratch start for other sections.
- f. The first two sections of the 800m Relay will be run in lanes. The remaining sections will use a scratch start, not exceeding 9 teams per race.
- g. **3000m Run → * Coaches, it is your responsibility to count your athlete's laps. A runner will have 14 minutes to complete the race. They must drop out of race if they are lapped twice.**
- h. 1500m Walk → An athlete will have 12 minutes to complete the race.

Order of Events: Crossovers A & C

| | |
|-----------------------------------|---------------------------------|
| Long Jump, Shot Put and High Jump | (Triple Jump follows Long Jump) |
| 55 Meter Hurdles | |
| 3000 Meter Run | (2 turn box) |
| 55 Meter Dash | |
| 600 Meter Run | (2 turn stagger) |
| 1000 Meter Run | (2 turn box) |
| 300 Meter Dash | |
| 1500 Meter Run | (1 turn box) |
| 1500 Meter Walk | (1 turn box) |
| 4 x 400m Relay | (2 turn stagger) |
| 4 x 200m Relay | (3 turn stagger) |
| 4 x 800m Relay | (2 turn box) |

Order of Events: Crossover B & D

| | |
|----------------------------------|---------------------------------|
| Triple Jump, Shot Put, High Jump | (Long jump follows Triple Jump) |
| 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 Walk | (1 turn box) |
| 4 x 400m Relay | (2 turn stagger) |
| 4 x 200m Relay | (3 turn stagger) |
| 4 x 800m Relay | (2 turn box) |

Girls Crossover A

Sunday - December 8th, 2019

Two Events Only

800m Racewalk

9:00 AM - 11:30 AM

Miller Place

Northport*

William Floyd

Sayville

Kings Park

Half Hollow Hills East

Deer Park (TJ)

Mount Sinai

West Islip

Longwood

Rocky Point

Islip

Smithtown West (LJ)

11:45 AM - 2:30 PM

Sachem North

East Hampton/BH/Pierson

Brentwood

Copiague (LJ)

Central Islip

Port Jefferson

Bellport *

Mattituck

Amityville

Greenport/Southold

Shelter Island

Center Moriches

Eastport- South Manor (TJ)

Two Events Only

800m Racewalk

2:30 PM – 5:15 PM

Shoreham Wading River

Comsewogue

Riverhead

West Babylon

Smithtown East (LJ)

Bayport- Blue Point

Middle Country

North Babylon

Hampton Bays

East Islip (TJ)

Sachem East

Walt Whitman*

Southampton

5:15 PM - 8:00 PM

Elwood- John Glenn

Ward Melville

Westhampton Beach*

Lindenhurst

Babylon

Hauppauge

Half Hollow Hills West

Commack

Connetquot (TJ)

Harborfields

Huntington

Patchogue- Medford

Bay Shore (LJ)

*Denotes Meet Director

Girls Crossover B

Saturday - December 14th, 2019

Two Events only

9:00 AM - 11:45 AM

Eastport- South Manor
Rocky Point (LJ)
North Babylon
Longwood *
Southampton
Hampton Bays
Miller Place
Westhampton Beach
Sachem East
Shoreham- Wading River
Port Jefferson (TJ)
Babylon
Comsewogue

11:45 AM - 2:30 PM

Greenport/Southold
Brentwood (TJ)
Mattituck
Half Hollow Hills West
Commack
Half Hollow Hills East *
Sayville
Sachem North (LJ)
Islip
Kings Park
Bellport
Shelter Island
Smithtown East

Two Events only

2:30 PM – 5:15 PM

Riverhead (TJ)
William Floyd
Ward Melville
Huntington *
Bayport- Blue Point
Patchogue- Medford
Easthampton/BH/Pierson
Smithtown West
Connetquot
Hauppauge (LJ)
Middle Country
Mount Sinai

5:15 PM - 8:00 PM

Walt Whitman
Lindenhurst
Northport
Bay Shore
Center Moriches
Amityville
Harborfields (LJ)
Elwood- John Glenn *
West Islip
West Babylon
East Islip
Central Islip (TJ)

* Denotes Meet Director

Girls Crossover C

Saturday - December 21st, 2019

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

9:00 AM - 11:45 AM

Ward Melville
Patchogue-Medford (TJ)
 Riverhead
 Bellport
 Half Hollow Hills West
 Huntington
Brentwood *
 Port Jefferson
 Smithtown West
 Elwood- John Glenn
Amityville (LJ)
 Bay Shore
 Hauppauge

11:45 AM - 2:30 PM

Greenport/Southold
 Connetquot
 Southampton
Bayport- Blue Point*
 Smithtown East
 Shelter Island
Westhampton Beach (TJ)
William Floyd (LJ)
 Islip
 Commack
 Babylon
 Center Moriches
 Eastport- South Manor

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

2:30 PM – 5:15 PM

Miller Place
 Sachem North
 Mattituck
 Rocky Point
 Copiague
Harborfields *
 Sayville
 North Babylon
 East Islip
Hampton Bays (TJ)
 East Hampton/BH/Pierson
 Middle Country
Longwood (LJ)

5:15 PM – 8:00 PM

Deer Park
 Sachem East
Kings Park (LJ)
 Walt Whitman
 Central Islip
 Shoreham- Wading River
 Lindenhurst
 Northport
Comsewogue *
 Mount Sinai
Half Hollow Hills East (TJ)
 West Islip
 West Babylon

* Denotes Meet Director

Girls Crossover D

Sunday – January 5th, 2020

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

9:00 AM - 11:45 AM

East Islip*
Shoreham-Wading River (TJ)
Brentwood
Central Islip
Eastport- South Manor
Harborfields
Middle Country
Sachem East (LJ)
Lindenhurst
Center Moriches
Copiague
Commack
Smithtown East

11:45 AM - 2:30 PM

Mount Sinai
Ward Melville
Bellport
Northport
Rocky Point
Longwood
East Hampton/BH/Pierson (TJ)
Bay Shore
Patchogue-Medford
Mattituck (LJ)
Connetquot
Kings Park*
Huntington

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

2:30 PM – 5:15 PM

Comsewogue
Half Hollow Hills East
Shelter Island *
Deer Park
Elwood/John Glenn
Bayport- Blue Point
Westhampton Beach
Babylon (LJ)
West Babylon
West Islip
Walt Whitman
Hampton Bays
Greenport/ Southold (TJ)

5:15 PM - 8:00 PM

Sayville
Riverhead
Half Hollow Hills West (LJ/TJ)
Amityville
Hauppauge
Islip
William Floyd
Sachem North
North Babylon
Miller Place
Port Jefferson
Southampton*
Smithtown West

*Meet Director

ZEITLER RELAYS

Tuesday - January 7, 2020 5:00 PM – 9:00 PM
Leagues 1 & 2

Order of Events

4 x 1600m Relay
Sprint Medley Relay

4 x 800m

4 x 200m

55 m Hurdle Relay

4 x 400m

1500m Walk Relay

Distance Medley Relay

High Jump (2 person)

Shot Put (2 person)

Long Jump (2 person)

Triple Jump (2 person)

Athletes are only permitted two events

Two Person relays- MUST use the two-person relay cards

Only one team per school

Only one team per school (400-200-200-800)

(3 Person- Run as "OPEN" Event and 3 times will be added)

(2 person) Coaches will add the 2 times and hand in at finish

Only one team per school

Combined Leagues → 4' , 4'3" , 4'6" , 4' 8" , 4' 10" and then 1" thereafter.

League 1 followed by League 2

League 2 followed by League 1

Rakers – (2) Lindenhurst, (1) Ward Melville

League 2 followed by League 1

Rakers – (2) Hills East , (1) Commack

ZEITLER RELAYS

Friday, January 10, 2020 5:00 PM – 10:00 PM
Leagues 3 – 4 – 5

Order of Events

Distance Medley Relay

Sprint Medley Relay

4 x 800m Relay

4 x 200m Relay

55m Hurdle Relay

4 x 400m Relay

1500m Walk Relay

High Jump (2 person)

Shot Put (2 person)

Long Jump (2 person)

Triple Jump (2 person)

Athletes are only permitted two events

Two Person relays- MUST use the two-person relay cards

Only one team per school

Only one team per school (400-200-200-800)

(3 Person- Run as "OPEN" Event and 3 times will be added)

(2 person) Coaches will add the 2 times and hand in at finish

Combined Leagues → 4' , 4'3" , 4'6" , 4' 8" , 4' 10" and then 1" thereafter.

League 5, League 4, League 3

League 3, League 4, League 5

Rakers – (3) Bellport, (4) Islip, (5) Center Moriches

League 5, League 3, League 4

Rakers – (3) West Islip, (4) Sayville, (5) Mt. Sinai

Jim Howard Memorial Meet

Large Schools – Sunday, January 12, 2020 (9am- 1pm)

Small Schools – Sunday, January 12, 2020 (1:30pm- 5:30pm)

- 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 2 events.
- Each team can designate 4 athletes that can enter a third event.

Awards for the top 4 in each class

ORDER OF EVENTS:

| | | | |
|-----------|------------------|---------------------|-------------------|
| 55m HH | Large then Small | (8 large/8 small) | |
| 1500m Run | Combined | (5 races) | (6:00 – break in) |
| 600m Run | Combined | (8 races) | (2:00 – break in) |
| 55m Dash | Large then Small | (12 large/12 small) | |
| 1000m Run | Combined | (4 races) | (3:45 – break in) |
| 300m Dash | Large then Small | (8 large/8 small) | (49.0 – break in) |

3000 and 1500 Walk at the same time

Coaches will time and count laps for 3000m

Field Events:

| | | |
|-----------------------------------|-------------------------|--------------------------------------|
| High Jump | Combined | |
| Shot Put | Large followed by Small | |
| Long Jump (3 athletes per school) | Small followed by Large | Rakers: West Babylon/ Smithtown West |

After the completion of the Long Jump

| | | |
|-------------------------------------|-------------------------|--------------------------------------|
| Triple Jump (3 athletes per school) | Small followed by Large | Rakers: Miller Place / North Babylon |
|-------------------------------------|-------------------------|--------------------------------------|

Girls League Championships

Friday - January 17, 2020

LEAGUE 4 5:00 PM – 7:30 PM Meet Director Dave Claps

Saturday - January 18, 2020

LEAGUE 5 9:00 AM – 11:30 AM Meet Director Bill Dwyer

LEAGUE 1 11:30 AM – 2:00 PM Meet Director Dan Schaub

LEAGUE 2 2:00 PM – 4:30 PM Meet Director Brian Strack

LEAGUE 3 4:30 PM – 7:00 PM Meet Director Phil Armato

Jury of Appeals: League Rep + 2 volunteer coaches determined at the beginning of the meet.

- All index cards must contain name, competitor number, school, event and seed.
 - All individual seed cards must be handed in 30 minutes prior to the meet.
 - Coaches Meeting 15 minutes prior to the meet.
 - Relay cards must be handed in after the 300m dash.
 - Medals for top 6 in each individual event and top 4 relays.
1. **Schools may enter three athletes in each individual event.**
 2. **Each school is allowed only one relay team in 800/1600/3200 relays.**
 3. **Athletes can compete in a maximum of three events.**
- a. 55m Hurdles & 55m Dash: Preferred Lanes (3-4-2-5-1-6) **Blocks can be used in both trials and finals.**
 - Top 24 athletes will be seeded and can advance. All ties that cannot be broken during the seeding meeting that create more than 24 entries will not compete.
 - Six fastest advance to finals.
 - Seeding of heats → Lane 1 through lane 6 (9-5-1-4-8-12), (10-6-2-3-7-11), (17-15-13-14-16-18), (23-21-19-20-22-24)
 - b. In races run as finals, seeded sections will run last.
 - c. Shot Put - 3 throws, 7 to the final
 - d. High Jump - 4' - 4' 3 - 4' 6" - 4' 8" to 4' 10" then 1" thereafter
 - e. Triple Jump then Long Jump - 3 jumps (no finals due to time)

Order of Events

| | |
|--|--------|
| 3000m Run | Final |
| 55 Dash (6 fastest advance to finals) | Trials |
| 1000m Run | Final |
| 55m Dash | Final |
| 55m High Hurdles (6 fastest advance to finals) | Trials |
| 600m Run | Final |
| 55m High Hurdles | Final |
| 1500m Run | Final |
| 300m Dash | Final |
| 1500m Walk | Final |
| 4 x 400m | Final |
| 4 x 200m | Final |
| 4 x 800m | Final |

Art Mitchell Memorial Track & Field Meet

Sunday, January 26, 2020

| | | |
|---------------|-------------------|---------------------------|
| Small Schools | 9:00 AM – 1:00 PM | Meet Director: Vin Ungaro |
| Large Schools | 1:00 PM – 5:00 PM | Meet Director: Tom Youngs |

- Athletes may only compete in two events (relays count as an event).
- Freshmen will compete first, followed by Sophomore and Open.
- All relay teams are combined. (Only Open Division)
- A school is only permitted three relay teams per event.
- All events are final on time.
- Medals for the first three in each event.

Rakers for Small Schools: **John Glenn, Comsewogue, Bayport- Blue Point**

Rakers for Large Schools: **Middle Country, Walt Whitman, Northport**

Order of Events:

| | |
|-------------|--|
| 3000m Run | 3 Sections - (Coaches should count their competitor's laps) |
| 55m Dash | FAT – Frosh 6 – Soph 6 – Open 12 |
| 1000m Run | 2 Sections for each class |
| 600m Run | Frosh 4 – Soph 4 – Open 6 |
| 55m Hurdles | All |
| 1500m Run | 2 Sections for each class |
| 300m Dash | 6 sections for each class |
| 1500m Walk | 3 sections |
| 4 x 400m | 6 races |
| 4 x 200m | 6 races (could have more) |
| 4 x 800m | 2 sections |
| High Jump | 4' – 4'3 – 4'6 – 4'8 – 4'10 – 5' Combined/separated for medals |
| Long Jump | One measurement under 12' for the Long Jump |
| Triple Jump | One Measurement under 25' for the Triple Jump |
| Shot Put | One measurement under 15' for the Shot Put |

SECTION XI TEAM CHAMPIONSHIPS

Large & Small School Team Championships

1. Entries:

- Entries for the Section XI Team Championships must be submitted by 9:00pm on Tuesday January 28th, 2020.
- Entries will be submitted online using the following web site: www.just-in-time-racing.com
- It is the coach's responsibility to make sure that his/her entry is in on time.
- Your online entry is your official entry. Save your online entry, as it's your proof that your athletes were properly entered. Failure to do so denies your right to appeal.
- 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.**
- A school is permitted a total of three relay teams. You **may not** have more than one-relay team in an event. The first four runners on a relay must have run the stated seedtime.
- The top 24 athletes in each event will compete.

2. Seeding/Scratching:

- You must be able to verify all seeds if challenged. (Date, Venue, and Name of Meet)
- 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.
- Seeded sections will run last, unless otherwise noted in all races that are based on time. (600, 1000, 1500, 3000, Relays)

3. General Competition Rules:

- All athletes must wear numbers. Your athlete may be disqualified if his/her number cannot be read.
- No athlete will be disqualified if a number falls off during competition, provided he/she started with the number properly on and visible. Please use four pins to secure the athletes number.
- 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.
- Jury of Appeals: All League Representatives

4. Specific Field Event Rules:

- a. Long jump, Triple jump, and Shot put: 8 per flight, competitors may ask to compete earlier in the trials. This must be arranged by the coach at either the seeding meeting or upon the team's arrival to the venue.
- b. Seven competitors return to the finals.
- c. In the finals you **are not** permitted to jump or throw out of turn.
- d. High jump: Starting height- 4'3". The bar will be raised to 4'6"– 4'8"– 4'10" → 1" thereafter.

5. Specific Running Event Rules:

- a. 55m Hurdles & 55m Dash: Preferred Lanes (3-4-2-5-1-6)
 - Top 24 athletes will be seeded and can advance. All ties that cannot be broken during the seeding meeting that create more than 24 entries will not compete.
 - Six fastest advance to finals.
 - Seeding of heats → Lane one through lane 6 (9-5-1-4-8-12), (10-6-2-3-7-11), (17-15-13-14-16-18), (23-21-19-20-22-24)
- b. 300m Dash: Preferred Lanes (3-4-2-5-1-6)
 - Top 18 athletes will be seeded and can advance. (3 heats picking 2)
 - Athlete's seeded 19-24 will not be able to advance to finals.
 - Race is run in lanes.
- c. 600m Run: Preferred Lanes (3-4-2-5-1-6)
 - Top 24 athletes will compete. Seeded section will run last.
 - Two turn stagger.
- d. 1000m Run: Two turn box.
 - 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) at the seeding meeting.
- e. 1500m Run & 3000m Run: Two turn box.
 - 10 in the faster section, 14 or less in the slower section
- f. 4x200m Relay: Preferred Lanes (3-4-2-5-1-6)
 - 3 turn stagger - Second leg will cut in after running the 3rd turn in lanes/on back stretch.
 - Seeded sections will run last.
- g. 4x400m Relay: Preferred Lanes (3-4-2-5-1-6)
 - 2 turn stagger
 - Seeded sections will run last.
- h. 4x800m Relay: Two turn box
 - 8 in the faster section, all others will run in the slower section
 - If you have less than 12 teams, you may run one section (vote) at the seeding meeting with a 10-minute break.

Time Schedule found on next page.

Section XI Team Championships

Girls Small School

Friday – January 31, 2020 (5:00 PM – 9:00 PM)

| | | |
|---------|--|--------|
| 5:00 PM | Clerking of Running events, Triple Jump followed by Long Jump, High Jump, Shot Put | |
| 5:10 PM | 55 Meter Hurdles - 6 fastest advance to finals | Trials |
| 5:20 PM | 55 Meter Dash - 6 fastest advance to finals | Trials |
| 5:30 PM | 3000 Meter Run - 2 Sections – Seeded first | Final |
| 6:00 PM | 55 Meter Hurdles | Final |
| 6:10 PM | 55 Meter Dash | Final |
| 6:15 PM | 1000 Meter Run | Final |
| 6:30 PM | 1500m Walk – Seeded Section | |
| 6:45 PM | 300 Meter Dash - 3 heats picking 2 | Trials |
| 7:00 PM | 600 Meter Run | Final |
| 7:10 PM | 1500 Meter Run - 2 Sections – Seeded first | Final |
| 7:30 PM | 300 Meter Dash | Final |
| 7:35 PM | 1500 Meter Walk - Unseeded Section | Final |
| 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 |

Section XI Team Championships

Girls Large School

Sunday - February 2, 2020 (9:00 AM – 1:00 PM)

| | | |
|----------|--|--------|
| 9:00 AM | Clerking of Running events, Triple Jump followed by Long Jump, High Jump, Shot Put | |
| 9:10 AM | 55 Meter Hurdles - 6 fastest advance to finals | Trials |
| 9:20 AM | 55 Meter Dash - 6 fastest advance to finals | Trials |
| 9:30 AM | 3000 Meter Run - 2 Sections – Seeded first | Final |
| 10:00 AM | 55 Meter Hurdles | Final |
| 10:10 AM | 55 Meter Dash | Final |
| 10:15 AM | 1000 Meter Run | Final |
| 10:30 AM | 1500m Walk – Seeded Section | |
| 10:45 AM | 300 Meter Dash - 3 heats picking 2 | Trials |
| 11:00 AM | 600 Meter Run | Final |
| 11:10 AM | 1500 Meter Run - 2 Sections – Seeded first | Final |
| 11:30 AM | 300 Meter Dash | Final |
| 11:35 AM | 1500 Meter Walk - Unseeded Section | Final |
| 11:50 AM | 4 x 800 Meter Relay | Final |
| 12:10 PM | 4 x 400 Meter Relay | Final |
| 12:35 PM | 4 x 200 Meter Relay | Final |

SECTION XI INDIVIDUAL CHAMPIONSHIP

STATE QUALIFIER MEET (Jury of appeals → League Reps + Large/Small School Reps)

1. Entries:

- Entries for the Section XI Individual Championships must be submitted by 9:00pm on Wednesday February 5th, 2020.
- Entries will be submitted online using the following web site: www.just-in-time-racing.com
- It is the coach's responsibility to make sure that his/her entry is in on time.
- Your online entry is your official entry. Save your online entry, as it's your proof that your athletes were properly entered. Failure to do so denies your right to appeal.
- 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.**

2. Number of Participants:

- 55m Dash and 55m Hurdles → Top 18
- 300m Dash and 600m Run → Top 12
- 1000m Run, 1600m Run → Top 16
- 3200m Run, LJ, TJ, HJ, SP, PV, WT → Top 12
- 4x200m and 4x400m → Top 12
- 4x800m → Top 6 (Two additional teams may compete if under 8:40)

3. Seeding/Scratching:

- You must be able to verify all seeds if challenged. (Date, Venue, and Name of Meet)
- 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.
- The first four runners on a relay must have run the stated seedtime.
- Seeded sections will run last in all races that are finals based on time.
- If your athlete is selected to compete in this meet, we expect him/her to compete.

4. Specific Field Event Rules:

- a. A competitor will be given ten minutes, from the time he notifies the field event official, permission to compete in or clerk into another event.
- b. Long jump, Triple jump, Shot put, and Weight throw: 6 per flight, competitors may ask to compete earlier in the trials. This must be arranged by the coach at either the seeding meeting or upon the team's arrival to the venue.
- c. Five competitors return to the finals.
- d. In the finals you **are not** permitted to jump or throw out of turn.
- e. High jump: Starting height- 4'6". The bar will be raised two inches to 5' → 1" thereafter.
- f. Pole Vault: Starting height is 7'. The bar will be raised to 8', 9', 9'6", 10' → 3" thereafter.

5. Specific Running Event Rules:

- a. 55m Hurdles & 55m Dash: Preferred Lanes (3-4-2-5-1-6)
 - Winner and next three fastest times for final.
- b. 300m Dash: Preferred Lanes (3-4-2-5-1-6)
 - 2 Heats of 6, picking three for final.
- c. 600m Run: Preferred Lanes (3-4-2-5-1-6)
 - 2 Heats of 6. Seeded section will run last.
 - Two turn stagger. Final on Time.
- d. 1000m Run: Two turn box. Final on Time.
 - Two heats of 8. Seeded section will run last.
- e. 1500m Walk: One turn box. Final on Time.
- f. 1500m Run & 3000m Run: Two turn box. Final on Time.
- g. 4x200m Relay: Preferred Lanes (3-4-2-5-1-6)
 - 3 turn stagger - Second leg will cut in after running the 3rd turn in lanes/on back stretch.
 - 2 heats of 6, picking 3 for final.
- h. 4x400m Relay: Preferred Lanes (3-4-2-5-1-6)
 - 2 turn stagger- Lead off runner will cut in after the 2nd turn.
 - 2 heats of 6, picking 3 for final.
- i. 4x800m Relay: 6 teams off of scratch line. Eight teams, two turn box. Final on time.

6. NYSPHSAA Championship Meet Qualifiers:

- a. First and second place finisher in each individual event plus the third-place finisher provided he/she meets the qualifying standard.
 - b. **The top non-qualifying finishers** in the 300, 600, 1000, and 1500 will comprise the Intersectional Relay. Intersectional Relay @ NYS Meet: (1000 – 200 – 600 – 1600)
 - c. All intersectional relay members may not compete in the State Meet in any other event.
 - d. The first-place finisher in each relay, plus the second-place finisher provided the relay meets the state qualifying standard.
- 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 Section XI Executive Director.
 - Post Season Meets: (ex. Eastern States/Long Island Elite). Athletes may only use these performances to improve their seeds in the NYSPHSAA Championships. They **cannot** be used to qualify an athlete or relay for the NYSPHSAA Championships.

Time Schedule found on next page.

Section XI Indoor State Qualifying Meet

Monday, February 10, 2020

Meet may not run more than 5 minutes faster than scheduled.

In all running & field events- Girls followed by Boys, unless otherwise noted.

Schedule of Events:

| | | | |
|---------|------------------------|--------------|---|
| 5:00 PM | Clerking | | |
| 5:10 PM | 55 Meter Hurdles | Trials (G/B) | Heat winners + next three fastest times |
| 5:25 PM | 55 Meter Dash | Trials (G/B) | Heat winners + next three fastest times |
| 5:40 PM | 3000m Run | Final (G) | |
| 5:55 PM | 55 Meter Hurdles | Final (B/G) | |
| 6:05 PM | 55 Meter Dash | Final (G/B) | |
| 6:15 PM | 3200m Run | Final (B) | |
| 6:25 PM | 4x400m Relay | Trials (G/B) | Two Heats pick three |
| 6:45 PM | 4x200m Relay | Trials (G/B) | Two Heats pick three |
| 7:00 PM | 1000m Run | Final (G/B) | |
| 7:15 PM | 10-Minute Intermission | | |
| 7:25 PM | 1500m Racewalk | Final (G) | |
| 7:40 PM | 300m Dash | Trials (G/B) | Two Heats pick three |
| 7:50 PM | 600m Run | Final (G/B) | |
| 8:05 PM | 1500m/1600m Run | Final (G/B) | 2 Sections of 8 |
| 8:25 PM | 300m Dash | Final (G/B) | |
| 8:45 PM | 4 x 800m Relay | Final (G/B) | 2 turn box |
| 9:10 PM | 4 x 400m Relay | Final (G/B) | 2 turn stagger |
| 9:20 PM | 4 x 200m Relay | Final (G/B) | 3 turn stagger |

FIELD EVENTS:

5:00 PM Girls Triple Jump
 6:00 PM Boys Triple Jump
 7:00 PM Girls Long Jump
 8:00 PM Boys Long Jump

5:00 PM Girls High Jump
 6:30 PM Boys High Jump

5:00 PM Girls Shot Put
 6:30 PM Boys Shot Put

**** Weight Throw & Pole Vault will be contested at a different venue and date. TBA**

New York State Indoor Track & Field Championships Schedule

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 | Final |
| Girls 55 Meter Hurdles | Final |
| 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 | Seeded |
| 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 |
| Intersectional Relays | 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 enter the time/jump/throw of any competitor that has meet the standards found below. Failure to do so will jeopardize your athletes from using their performances for League, County Team Championship, and State Qualifier seeding. A list of the top performances in each event will be posted every Monday.

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

www.just-in-time-racing.com

Standards for Best of the Season Performances

| | |
|-------------------|---------|
| 55 M High Hurdles | 10.24 |
| 55 M Dash | 8.04 |
| 300 M Dash | 45.50 |
| 600 M Run | 1:50.0 |
| 1000 M Run | 3:25.0 |
| 1500 M Run | 5:25.0 |
| 1500 M Walk | 9:55.0 |
| 3000 M Run | 12:00 |
| High Jump | 4'5" |
| Long Jump | 14'6" |
| Triple Jump | 30' |
| Shot Put | 25'6" |
| Pole Vault | 7' |
| Weight Throw | 22' |
| 800 Meter Relay | 1:59.0 |
| 1600 Meter Relay | 4:36.0 |
| 3200 Meter Relay | 10:55.0 |
| Mile Run | 5:45.0 |
| Two Mile Run | 12:00.0 |

All-County Dinner: Wednesday March 4th, 2020

All-County Selection:

The All-County Team will be chosen from results of the State Qualifier Meet.

- 1) The top four place finishers in all individual events.
- 2) The top finishing Large School relay and top finishing Small School relay finishing each relay.
- 3) In addition, any other relay that qualifies for the NYS Championships.

Academic All-County Selection:

Athletes must meet the following criteria:

- 1) They must be a **SENIOR** ranked in the top **10%** of their class.
- 2) Individual Events: They must place in the top six in either the Large School, Small School, or State Qualifier Meets.
- 3) Relay Events: They must be a **competing** member of the top two relays in either the Large School, Small School, or State Qualifier Meets.

Names for Academic All-County must be submitted by the athlete's coach on a Google Doc survey. This address will be sent in an email along with other end of the season information at a later date.

Outstanding Athlete Awards

- These awards will go to the "top" five performers for the 2019- 2020 season.
- All coaches will have a chance to nominate their athletes at the meeting.
- Be prepared to give a rundown of the achievements of your athlete during the current season.
- After all the athletes have been presented, only head coaches attending the meeting will vote.

Scholarships:

The Coaches Association presents two scholarships (\$500) to a SENIOR male & female athlete that best embodies the "Coaches Award" winner on any given team. To be eligible for this scholarship you as their coach must fill out an application on Google Docs. It is a short form, but you must write a paragraph on why you think your athlete deserves this award. More information will be emailed to you with the end of the season information.

Important Websites:

Just-In-Time-Racing: www.just-in-time-racing.com

Suffolk XC/TF Coaches Association: www.suffolkxctf.com

Section XI : www.sectionxi.org

Armory Track: www.armorytrack.com

Ocean Breeze: www.oceanbreezenyc.org

MileSplit NY: <http://ny.milesplit.com/>