

Section XI Winter Track

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

League Representatives- Girls

League 1	Norman Daniels	Brentwood
League 2	Jim Crowley	Connetquot
League 3	Matt Brown	Comsewogue
League 4	Paul Koretzski	SWR
League 5	Bill Dwyer	Mt. Sinai
Large School	Tom Youngs	Ward Melville
Small School	Vin Ungaro	Bayport-Blue Point

Sunday	12/2/2018	9:00 AM - 8:00 PM	Girls	Crossover A (4 Meets @ 2 ¾)
Saturday	12/8/2018	9:00 AM - 8:00 PM	Girls	Crossover B (4 Meets @ 2 ¾)
Sunday	12/16/2018	9:00 AM - 8:00 PM	Girls	Crossover C (4 Meets @ 2 ¾)
Sunday	12/23/2018	9:00 AM - 8:00 PM	Girls	Crossover D (4 Meets @ 2 ¾)
Sunday	1/6/2019	9:00 AM – 1:00 pm	Girls	Art Mitchell - Small Schools
Sunday	1/6/2019	1:15 PM – 5:15 pm	Girls	Art Mitchell - Large Schools
Tuesday	1/8/2019	5:00 PM - 9:00 PM	Girls	Zeitler Relays - Leagues 1,2
Thursday	1/10/2019	5:00 PM - 10:00 PM	Girls	Zeitler Relays - Leagues 3,4,5
Wednesday	1/16/2019	5:00 PM - 9:00 PM	Girls	Jim Howard - Large Schools
Thursday	1/17/2019	5:00 PM - 9:00 PM	Girls	Jim Howard - Small Schools
Sunday	1/20/2019	9:00 AM - 9:30 PM	Girls	League Championships 5,1,2,3,4
Saturday	2/2/2019	9:00 AM - 1:00 PM	Girls	Large Schools
Saturday	2/2/2019	1:30 PM - 5:30 PM	Girls	Small Schools
Monday	2/11/2019	5:00 PM - 9:00 PM	G & B	State Qualifier

- An athlete must have 10 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

2018 – 2019 Girls’ Indoor Track & Field League Placement

GIRLS WINTER TRACK	(Approved 5/16/18)		
<u>League I (10)</u>	<u>League II (10)</u>	<u>League III (10)</u>	
Brentwood	Bay Shore	Huntington	1137
Middle Country	Connetquot	North Babylon	1100
Longwood	Walt Whitman	West Islip	1060
William Floyd	Lindenhurst	Bellport	1013
Patchogue-Medford	Riverhead	Deer Park	995
Central Islip	Northport	Comsewogue	970
Sachem East	Copiague	East Islip	947
Ward Melville	Half Hollow Hills East	Eastport-South Manor	936
Commack	Smithtown West	Half Hollow Hills West	924
Sachem North	Smithtown East	West Babylon	911
<u>League IV (11)</u>	<u>League V (11)</u>		
Hauppauge	Mt. Sinai		
East Hampton/BH/Pier	Bayport-Blue Point		
Kings Park	Elwood-J Glenn		
Harborfields	Hampton Bays	Large Schools 1000 or Higher	
Rocky Point	Southampton		
Islip	Center Moriches	Small Schools 999 or Lower	
Westhampton Beach	Babylon		
Sayville	Mattituck		
Amityville	Port Jefferson		
Miller Place	Greenport/Southold		
Shoreham-WR	Shelter Island		

GIRLS WINTER TRACK (General Information)

1. **A team roster must be sent to the sport chairman by Sunday, November 25, 2018.**

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 at Suffolk West for the finals only.
- **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. 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 2, 2018

Two Events Only

800m Racewalk

9:00 AM - 11:45 AM

Connetquot
North Babylon
Ward Melville
***Brentwood**
Smithtown West
Riverhead
Deer Park
Kings Park
Northport
Longwood
Huntington
Copiague
HHH West
Bellport

Long

Triple

11:45 AM - 2:30 PM

Middle Country
West Islip
East Hampton
Miller Place
Wm. Floyd
GPT/Southold
Westhampton Beach
Islip
Shoreham Wading River
Patchogue/Medford
***HHH East**
Bay Shore
Sachem North
Center Moriches
Shelter Island

Triple

Long

Two Events Only

800m Racewalk

2:30 PM - 5:15 PM

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

Long

Triple

5:15 PM - 8:00 PM

Commack
Smithtown East
Harborfields
Walt Whitman
Babylon
West Babylon
***Port Jefferson**
Sayville
Rocky Point
Bayport/Blue Point
Central Islip

Long

Triple

*Denotes Meet Director

Girls Crossover B

Saturday - December 8, 2018

Two Events only

9:00 AM - 11:45 AM

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

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
Bellport
Shelter Island

Two Events only

2:30 PM – 5:15 PM

Longwood Triple
Wm. Floyd
Connetquot
Bay Shore
Riverhead
HHH West
Eastport-South Manor Long
***Islip**
Mt. Sinai
SWR
Port Jefferson

5:15 PM - 8:00 PM

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

* Denotes Meet Director

Girls Crossover C

Sunday - December 16, 2018

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
 Shelter Island
 Walt Whitman
 East Hampton
 West Babylon
 East Islip
 Hauppauge
 Sachem North
 Commack
 *Westhampton Beach
 Southampton
 Center Moriches
 GPT/Southold

Triple
 Long

11:45 AM - 2:30 PM

Middle Country
 *Miller Place
 HHH East
 Shoreham Wading River
 Ward Melville
 Eastport-South Manor
 Port Jefferson
 Riverhead
 Rocky Point
 Hampton Bays
 William Floyd
 Northport
 Sachem East
 Smithtown West

Long

Triple

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

2:30 PM – 5:15 PM

Babylon
 *Harborfields
 Bayport/Blue Point
 Bellport
 Brentwood
 Mattituck
 Central Islip
 North Babylon
 Comsewogue
 Connetquot
 HHH 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

Sunday - December 23, 2018

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

9:00 AM – 11:45 AM

Riverhead	
Smithtown West	Long
Eastport South Manor	
Hampton Bays	
Babylon	
Copiague	
West Babylon	
*Sayville	
Smithtown East	
John Glenn	
HHH East	
Deer Park	
Bay Shore	Triple

11:45 AM – 2:30 PM

Connetquot	
Patchogue/Medford	
Shoreham Wading River	
Brentwood	
Islip	Triple
Commack	
Middle Country	
Walt Whitman	
Amityville	
Rocky Point	
*Central Islip	
Sachem East	
Ward Melville	Long
Greenport/Southold	
Shelter Island	

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

2:30 PM – 5:15 PM

Bayport/Blue Point	
Center Moriches	Triple
Lindenhurst	Long
Harborfields	
West Islip	
Sachem North	
Mattituck	
*Southampton	
Westhampton Beach	
East Hampton	
Miller Place	
Port Jefferson	

5:15 PM – 8:00 PM

Bellport	Long
East Islip	
Kings Park	
*Longwood	
Comsewogue	Triple
Huntington	
Mount Sinai	
Hauppauge	
HHH West	
William Floyd	
Northport	
North Babylon	

ZEITLER RELAYS

Tuesday - January 8, 2019 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)

(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) Riverhead, (1) William Floyd

League 2 followed by League 1

Rakers – (2) Northport , (1) Patchogue-Medford

ZEITLER RELAYS

Thursday, January 10, 2019 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)

(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) Harborfields, (5) Babylon

League 5, League 3, League 4

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

Art Mitchell Memorial Track & Field Meet

Sunday, January 6, 2019

Small Schools	9:00 AM – 1:00 PM	Meet Director: Vin Ungaro
Large Schools	1:15 PM – 5:15 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, Islip, Hampton Bays**

Rakers for Large Schools: **Hills East, Longwood, Smithtown East, North Babylon**

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

Jim Howard Memorial Meet

Large Schools – Wednesday, January 16, 2019

Small Schools – Thursday, January 17, 2019

5:00 PM – 9:00 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 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:

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)	
55m HH	Large then Small	(8 large/8 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: Amityville/ Smithtown West

After the completion of the Long Jump

Triple Jump (3 athletes per school)	Small followed by Large	Rakers: Hauppauge/ Connetquot
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Girls League Championships

Sunday - January 20, 2019

LEAGUE 5	9:00 AM – 11:30 AM	Meet Director Bill Dwyer
LEAGUE 1	11:30 AM – 2:00 PM	Meet Director Norm Daniels
LEAGUE 2	2:00 PM – 4:30 PM	Meet Director Jim Crowley
LEAGUE 3	4:30 PM – 7:00 PM	Meet Director Matt Brown
LEAGUE 4	7:00 PM – 9:30 PM	Meet Director Paul Koretski

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)
 - 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. 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

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 29th, 2019.
- 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)
- Scratching will not 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.
- 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 Large School
Saturday - February 2, 2019 (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 High Hurdle - 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 High Hurdle	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 Team Championships
Girls Small School
Saturday - February 2, 2019 (1:30 PM – 5:30 PM)

1:30 PM	Clerking of Running events, Triple Jump followed by Long Jump, High Jump, Shot Put	
1:40 PM	55 Meter High Hurdle- 6 fastest advance to finals	Trials
1:50 PM	55 Meter Dash- 6 fastest advance to finals	Trials
2:00 PM	3000 Meter Run - 2 Sections – Seeded first	Final
2:30 PM	55 Meter High Hurdle	Final
2:40 PM	55 Meter Dash	Final
2:45 PM	1000 Meter Run	Final
3:00 PM	1500m Walk – Seeded Section	
3:15 PM	300 Meter Dash - 3 heats picking 2	Trials
3:30 PM	600 Meter Run	Final
3:40 PM	1500 Meter Run - 2 Sections – seeded first	Final
4:00 PM	300 Meter Dash	Final
4:05 PM	1500 Meter Walk – Unseeded Section	Final
4:20 PM	4 x 800 Meter Relay	Final
4:40 PM	4 x 400 Meter Relay	Final
5:00 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 6th, 2019.
- 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)
- Scratching will not 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.
- 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 11, 2019

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	10.74
55 M Dash	8.24
300 M Dash	46.94
600 M Run	1:54.0
1000 M Run	3:30.0
1500 M Run	5:45.0
1500 M Walk	10:00
3000 M Run	12:00
High Jump	4'4"
Long Jump	13'6"
Triple Jump	28'
Shot Put	24'
Pole Vault	7'
Weight Throw	22'
800 Meter Relay	1:59.0
1600 Meter Relay	4:36.0
3200 Meter Relay	11:00.0
Mile Run	5:45.0
Two Mile Run	12:00.0

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.
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 2018-2019 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/>