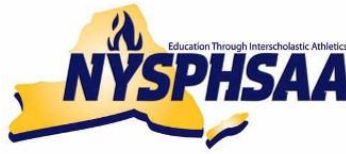


Nassau County High School Athletic Association

Section VIII of the NYSPHSAA

Nina Van Erk, Executive Director



**Boys and Girls Spring Track & Field
Handbook – 2015**

Girls Coordinator – Mike Frazer, Valley Stream North High School

Boys Coordinator – Ed Corona, North Shore High School

Section VIII Spring Track & Field Committee

Conference 1 Rich Degnan, Massapequa High School
Steve Josepher, East Meadow High School
Nicole Dumpson, Port Washington High School
Chris Meyers, Syosset High School

Conference 2 William Buith, New Hyde Park High School
Patrick Frazer, Wantagh High School
Chris Mammone, Bellmore JFK High School
Greg Milone, Long Beach High School

Conference 3 Stephen Honercamp, Hewlett High School
Neal Levy, North Shore High School
Adam McKenzie, Great Neck North High School
Steve Steiner, Manhasset High School

Conference 4 Nick Aurigemma, Cold Spring Harbor High School
Fred DeRuvo, Island Trees High School
Thomas Leninger, Mineola High School
Kevin Cotter, Oyster Bay High School

High School Association Representative

Ralph Amitrano, Mineola High School

Representatives from the Officials Associations

Bill Ott, President, Boys Officials Association

Ray Sullivan, President, Girls Officials Association

Modified Track & Field Coordinator

Richard Wilen, Merrick Avenue Middle School

Nassau County Track Coaches Association

President Michael Ringhauser, East Meadow High School

Vice President Kristin Frazer, Wantagh High School

Treasurer Fred DeRuvo, Island Trees High School

Secretary Katie DeRuvo, Wheatley High Schools

Boys & Girls Spring Track & Field Handbook

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2015 Important Dates

January 12	Mandatory Spring Track & Field Coaches Meeting
March 2	First day of practice
March 11	Rosters due online at www.Just-In-Time-Racing.com
March 30,31	League Meets begin
April 16	Section VIII Frosh/Soph Meets (North Shore/South Shore)
May 18,19,20	Division Championships
May 27,28,29	County Championships
June 4,5	State Qualifier
June 12,13	State Championships

Sportsmanship

The NYSPHSAA requires Officials to enforce all Rules regarding unsportsmanlike conduct by coaches and athletes. There will be no tolerance for negative statements or actions between opposing players, especially trash- talking, taunting, or baiting of opponents. Please remind all athletes and coaches of this policy.

Safety Notes

NY State Thunder & Lightning Policy – At the first sign of lightning, or sound of thunder, the event must come to halt. Everyone should retire to their buses or a nearby building. The event may resume when there is no lightning or thunder for 30 minutes. Meet management will decide if the meet is to be postponed completely.

Heat Index Policy – Coaches should be aware of the NYSPHSAA Heat Index procedures. Recommendations are made by the State when the Real Feel Temperature (Heat Index) is 80 degrees or higher. Please contact your Athletic Director for more information.

Section 1 – Season Overview

Conference 1		Conference 2	
Division 1A	Division 1B	Division 2A	Division 2B
1. <u>Massapequa</u> 3. <u>Freeport*</u> 5. <u>Syosset</u> 7. <u>Uniondale</u> 9. Hempstead 11. <u>Farmingdale</u> 13. <u>Oceanside</u>	2. Hicksville 4. Baldwin 6. East Meadow 8. <u>Port Washington*</u> 10. <u>Plainview-JFK</u> 12. Valley Stream Central 14. <u>Macarthur</u>	1. Herricks 3. <u>Long Beach</u> 5. <u>Calhoun*</u> 7. Mepham 9. <u>Westbury</u> 11. Elmont 13. <u>Great Neck South</u>	2. Garden City 4. Bellmore-JFK* 6. Sewanhaka 8. <u>Jericho</u> 10. Wantagh 12. New Hyde Park 14. Carey
Conference 3		Conference 4	
Division 3A	Division 3B	Division 4A	Division 4B
1. <u>Great Neck North</u> 3. <u>Manhasset*</u> 5. South Side 7. Plainedge 9. Division Avenue 11. <u>Hewlett</u> 13. Roslyn	2. Glen Cove 4. Floral Park 6. Bethpage 8. <u>North Shore</u> 10. Lawrence 12. <u>Lynbrook</u> 14. Valley Stream North*	1. Valley Stream South 3. <u>Roosevelt*</u> 5. Island Trees 7. West Hempstead 9. Seaford 11. Mineola 13. Clarke 15. (bye)	2. Locust Valley 4. <u>Cold Spring Harbor*</u> 6. Wheatley 8. Malverne 10. Oyster Bay 12. Carle Place 14. Friends Academy 16. East Rockaway

*Division Meet hosts are starred

Underlined schools have pole vault facilities

Section VIII Class County Alignment	New York State Alignment
AAA = Massapequa through Westbury AA = Elmont through Bethpage A = North Shore through East Rockaway	State Division 1 = Massapequa through Roosevelt State Division 2 = Island Trees through East Rockaway

League Meet Schedule				
League Meet #1	League Meet #2	League Meet #3	League Meet #4	League Meet #5
March 30 & March 31	April 13 & April 14	April 20 & April 21	April 27 & April 28	May 4 & May 5
1-6-11-16	1-8-10-15	1-2-3-4	1-7-12-14	1-5-9-13
2-5-12-15	2-7-9-16	5-6-7-8	2-8-11-13	2-6-10-14
3-8-9-14	3-6-12-13	9-10-11-12	3-5-10-16	3-7-11-15
4-7-10-13	4-5-11-14	13-14-15-16	4-6-9-15	4-8-12-16
Mondays = Boys Conference 1 & 3, Girls Conference 2 & 4				
Tuesdays = Boys Conference 2 & 4, Girls Conference 1 & 3				

Section VIII Frosh/Soph Meet 'North Shore' Schools – on April 16 at Cold Spring Harbor HS
'South Shore' Schools – on April 16 at Wantagh HS

Division Championships Division 1A, 1B and 2A – on May 18 at starred* sites above
Division 2B, 3A and 3B – on May 19 at starred* sites above
Division 4A and 4B – on May 20 at starred* sites above

County Championships Class AAA – on May 27 at Uniondale HS
Class AA – on May 28 at Great Neck North HS
Class A – on May 29 at Roosevelt HS

State Qualifier Meet Division 1 & 2 – on June 4 and June 5 at Cold Spring Harbor HS (rain date June 6)
State Championships Division 1 & 2 – on June 12 and June 13 at SUNY Albany

Section VIII County Classes

County Class AAA	County Class AA	County Class A
Massapequa	Elmont	North Shore
Freeport	Great Neck South	Lawrence
Syosset	Garden City	Lynbrook
Uniondale	Bellmore-JFK	Valley Stream North
Hempstead	Sewanhaka	Valley Stream South
Farmingdale	Jericho	Roosevelt
Oceanside	Wantagh	Island Trees
Hicksville	New Hyde Park	West Hempstead
Baldwin	Carey	Seaford
East Meadow	Great Neck North	Mineola
Port Washington	Manhasset	Clarke
Plainview-JFK	South Side	Locust Valley
Valley Stream Central	Plainedge	Cold Spring Harbor
Macarthur	Division Avenue	Wheatley
Herricks	Hewlett	Malverne
Long Beach	Roslyn	Oyster Bay
Calhoun	Glen Cove	Carle Place
Mephram	Floral Park	Friends Academy
Westbury	Bethpage	East Rockaway

NYSPHSAA State Divisions

State Division 1		State Division 2
Massapequa	Bellmore-JFK	Island Trees
Freeport	Sewanhaka	West Hempstead
Syosset	Jericho	Seaford
Uniondale	Wantagh	Mineola
Hempstead	New Hyde Park	Clarke
Farmingdale	Carey	Locust Valley
Oceanside	Great Neck North	Cold Spring Harbor
Hicksville	Manhasset	Wheatley
Baldwin	South Side	Malverne
East Meadow	Plainedge	Oyster Bay
Port Washington	Division Avenue	Carle Place
Plainview-JFK	Hewlett	Friends Academy
Valley Stream Central	Roslyn	East Rockaway
Macarthur	Glen Cove	
Herricks	Floral Park	
Long Beach	Bethpage	
Calhoun	North Shore	
Mephram	Lawrence	
Westbury	Lynbrook	
Elmont	Valley Stream North	
Great Neck South	Valley Stream South	
Garden City	Roosevelt	

Section 2 – Notable Rules (Section VIII follows NFHS, NYSPHSAA and Section VIII guidelines)

Competition

- a. Individual must compete in 6 meets representing their HS in order to be eligible for Class Counties. A Medical Waiver is possible, please see page 34 in the Section VIII Directory.
- b. Do NOT enter your athletes in more than 3 events in ANY meet outside of Section VIII.
- c. Section VIII meets take precedence over any and all outside meets.
- d. An athlete who competes under a competitor number assigned to another athlete (assumed name) will be disqualified from the meet and risks further sanctions against himself and his or her coach.

Uniforms

- a. Uniforms consist of a school issued shirt and shorts.
- b. Visible undergarments must be a solid color (does not apply if above the knee).
- c. Relay members must have identical uniforms.

Participation/Eligibility Standards

- a. Ten team practices are required before the first meet or scrimmage.
- b. Each individual athlete must have ten practices before competing.
- c. Each athlete is limited to 15 meets (exclusive of Counties, State Q's and the State Meet). Meets after the County Championships, for example Eastern States Invitational, also count toward the 15.
- d. There are no independent athletes in Nassau County.
- e. The rule of one night's rest between meets is in effect for the Spring, three meets max per week.
- f. A school approved coach must be present for the team/individual to compete in a meet.

Clerking Responsibilities (Please share this info with your athletes)

- a. All competitors are to report promptly to the clerking area or send a teammate once the event is called. It is the athlete's responsibility to clerk on time. Once an event is clerked, that event is closed.
- b. Athletes should come to the clerking area ready to compete (running apparel and shoes).
- c. It is the athlete's responsibility to notify the clerk if he/she is leaving the clerking area to compete in a field event.
- d. No electronics in the clerking area. No cell phones, ipods, etc.

Media

- a. MSG Varsity & Verizon Fios TV Contract: The Section VIII contract is for Counties and State Q's ONLY
- b. MSG Varsity & Verizon Fios: News clips are OK. Featured stories can only be at playoffs.
- c. State Meet Journal: wherenow.nysphsaa@gmail.com. Coaches can submit bios and pictures of past State Meet athletes to be included in a new feature spotlighting past champions/participants.
- d. Coaches should not be talking on any online blogs or forums.

Electronics

- a. Athletes may not have or use cell phones in competition areas. This may result in a DQ.
- b. Please know the rule for field athletes viewing photos or videos of their competition while it is still in progress (ex. - a High Jump athlete looking at pictures/video of a previous jump).

Seeds

- a. In order to be considered for acceptance into the County Championship and/or State Qualifier competitions, coaches MUST enter their individual athletes and relay performances on www.Just-In-Time-Racing.com.
- b. If there is a need to verify seeds based on what the coach entered on www.Just-In-Time-Racing.com then the coach will have to provide documentation verifying their athletes/relays performance.
- c. In order to provide a fair and equitable procedure, the following schedule must be adhered to for the purpose of entering seeds on www.Just-In-Time-Racing.com:
- d. For County and State Qualifier meets, all seeds must be verifiable on www.Just-In-Time-Racing.com. No other websites or rankings pages will be checked. Coaches must post potential seeds that meet the minimum standards on the Best of Season list at www.Just-In-Time-Racing.com. Performances must be posted to the website according to the following deadline schedule;

Date of Competitions

Deadline for entering Seeds

Any meet prior to and including April 1th

Friday, April 3rd

April 2nd – April 15th

Friday, April 17th

April 16th – April 29th

Friday, May 1st

April 30th – May 13th

Thursday, May 14th

May 14th – May 21st (Final Chance for County Seeds)

Thursday, May 21st

May 22nd – May 30th (Final Chance for State Q Seeds)

Saturday, May 30th

May 30th – June 4th

Thursday, June 4th

- e. If a coach misses a deadline, that athlete's performance during that time period cannot be used for future seeding purposes.
- f. This procedure will keep the rankings up to date, which will allow the coaches, athletes and parents to easily see the progress of athletes throughout the season.
- g. NO CONVERSIONS for boys or girls in any event.
- h. Relay seeds must be actual, not composites.

Section 3 – Timing Services, Results and Websites

Section VIII XC/Track & Field webpage: www.trackconference.com
 Rosters, Timing and Seeds webpage: www.just-in-time-racing.com
 Other local web pages; www.armorytrack.com
<http://ny.milesplit.com/>

Timing for the County Championship and the State Qualifying Meet will be done by Tony Toro and his staff at Just in Time Racing. He can be contacted at eltorotf@optonline.net. This website will be used to enter your rosters at the beginning of the season, entering season best performances and for online entry for the County Championships and the State Qualifier Meets.

In order for Section VIII numbers to be assigned, you must submit your roster on the Just in Time Racing website by Wednesday, March 11, 2015. To enter your roster, you must log-on to the site. If you need a User ID and/or a password, please email Tony Toro at eltorotf@optonline.net. You must add new athletes to the online roster as they join your team.

Performance Verifications/Best of Season Lists

Coaches must adhere to the seed reporting time frame listed on page 6. Failure to do so will jeopardize your athletes from using these performances for the County and State Qualifier meets. A list of the top performances in each event will be posted on the www.Just-In-Time-Racing.com web page and emailed to coaches on a regular basis.

The Section VIII webpage (www.TrackConference.com) will still be used for announcements and results purposes. The sortable rankings are UNOFFICIAL rankings and will NOT be used for seed purposes. The Just In Time Racing site will be our ONLY official seed and rankings site.

The NY Milesplit site (<http://ny.milesplit.com/>) is another very information and useful site. You can find Section VIII, Long Island and NY State rankings on this site. HOWEVER, Just In Time Racing will be the ONLY site used for Section VIII seeding for the Class County and State Qualifying Meets.

Please report seeds that meet the following standards on www.Just-in-Time-Racing.com;

Girls Best Performances	Boys Best Performances:
100meters: 14.0	100meters: 12.0
200meters: 30.0	200meters: 25.0
400meters: 70.0	400meters: 58.0
800meters: 2:45.0	800meters: 2:15.0
1500meters: 5:40.0	1600meters: 5:00.0
3000meters: 12:30.0	3200meters: 11:20.0
100m Hurdles: 20.0	110m Hurdles: 20.0
400m Hurdles: 80.0	400m Hurdles: 67.0
2000m Steeplechase: 10:00.0	3000m Steeplechase: 12:30.0
High Jump: 4' 4"	High Jump: 5' 2"
Long Jump: 13' 6"	Long Jump: 17' 6"
Triple Jump: 28' 0"	Triple Jump: 36' 0"
Shot put: 26' 0"	Shot put: 36' 0"
Discus: 65' 0"	Discus: 90' 0"
Pole Vault: 6' 0"	Pole Vault: 8' 0"
4 x 100: 56.0	4 x 100: 50.0
4 x 400: 4:40.0	4 x 400: 3:52.0
4 x 800: 12:00.0	4 x 800: 9:30.0

Section 4 – League Meets

League Meet Order of Events	
400m Intermediate Hurdles	<ul style="list-style-type: none"> Sprint event heats may be seeded 1 per school or by seed time. Coaches will make the decision prior to the meet, with the Meet Director (home school) making the final decision and communicating with the officials. If there is a timing concern, coaches may decide to use no more than 4 lanes for scoring heats. Host schools must put out at least three lanes of hurdles for both the High Hurdles and Intermediates. The 800m and 1500m/1600 can be run as one heat, unless numbers warrant multiple heats. The 3000m/3200m is one heat. Break is optional and can be used to allow the field events to catch up. Relays; One scoring relay per team, non-scoring relays allowed Field Events; 3 attempts, scorers followed by non-scorers High Jump; May start at 3'6" for girls and 4'6" for Boys See Pole Vault bullet below
1600m/1500m	
100m	
400m	
110m/100m High Hurdles	
800m	
200m	
3200m/3000m	
Ten Minute Break (optional)	
4x400m Relay	
4x100m Relay	
4x800m Relay	
Long Jump, Triple Jump, Shot Put, Discus	
High Jump	
Pole Vault	

NOTES:

- The team with the best W/L record will determine the Team Conference Champion.
 - In the event two teams have the same W/L record, the tie break will be head-to-head.
- The starter will act as referee. One finish judge will act as Games Committee along with the head coach from each school and they will adjust heats and sections where necessary. The host coach is the site director.
- League Meets will be Dual, Triangular or Quadrangular. Dual meets will be scored 5-3-1 with relays 5-0. Triangular scored 5-3-2-1 with relays 5-3. Quadrangular meets score 6-4-3-2-1 with relays 6-4-2. If a team doesn't show for a meet the scoring is based on the number of competing teams at the meet. Each school may enter 3 scorers in each event - additional entrants shall be non-scorers. Seeding will be verbal.
- Duties of the meet should be shared by each school.
- Pole Vault – The starting and scoring heights for the season will be 6' for girls and 8' for boys. If the pole vault is contested at the site as part of the scheduled meet then one additional official must run the event. Please be sure to let BOCES know you need the additional official. All rules regarding vaulters and their poles must be enforced. **Opponents must be notified at least two (2) days in advance if a team intends on vaulting at a league meet.** The waiver card must be presented at each and every meet the vaulter takes part in. If the vault is to be contested at another site, or another date, BOCES must be notified and another official must be assigned. According to National and NY State Rules, You MUST have a separate official for pole vault. **As far as pole vault at league meets, please use this as protocol:**
 - 1st option - home school site has vault
 - 2nd option – If no pole vault facilities at home school, the vault happens at one of the remaining quad/tri teams sites. Example; Roslyn is hosting a tri meet with Division and Hewlett. Since Roslyn doesn't have a vault facility, the vault happens at Hewlett before the quad meet. Hewlett will contact Roslyn and rest of division with the date.
 - 3rd option - a neutral site **ONLY** if all schools in the tri/quad do not have pole vault facilities. Neutral site will be agreed on by the vaulting schools. Coaches should contact schools that regularly vault and see if their facility is available (Cold Spring Harbor, Massapequa, etc).

In any case, the vault MUST be completed BEFORE or AT a league meet, not after.
- All schools must complete their league meet responsibilities and schedule.
- If it rains on Monday for cancellations the makeup day is Wednesday. Tuesday meets are run as scheduled. If it rains Tuesday the meet moves to Wednesday if Monday was NOT a rain day. If Monday was a rain day then Tuesday meets move to Thursday. AD's must decide the next available date for the reschedule, not the coaches.
- The Meet Director (Home School) MUST submit a team scoring sheet to the coordinators or representative. Team records and league standings will be published weekly. Please use form on page 21.
- TIMES OR DISTANCES ACHIEVED IN LEAGUE MEETS MAY BE USED FOR SEED PURPOSES, if the Meet Scoring Sheet has been submitted to the coordinators AND the performances are submitted by the coach on www.Just-In-Time-Racing.com within the appropriate time period.

Conference 1 League Meet Schedule

2015

Read schedule from Left to Right

Meet #	Gender	Day	Day	Team 1	Team 2	Team 3	Team 4	Home Site
111	Boys	Mon	Mar 30	Massapequa	East Meadow	Farmingdale		Massapequa
112	Boys	Mon	Mar 30	Hicksville	Syosset	VS Central		Syosset
113	Boys	Mon	Mar 30	Freeport	Port Wash	Hempstead	Macarthur	Macarthur
114	Boys	Mon	Mar 30	Baldwin	Uniondale	Plain-JFK	Oceanside	Uniondale
115	Girls	Tues	Mar 31	Massapequa	East Meadow	Farmingdale		Massapequa
116	Girls	Tues	Mar 31	Hicksville	Syosset	VS Central		Syosset
117	Girls	Tues	Mar 31	Freeport	Port Wash	Hempstead	Macarthur	Macarthur
118	Girls	Tues	Mar 31	Baldwin	Uniondale	Plain-JFK	Oceanside	Uniondale
121	Boys	Mon	April 13	Massapequa	Port Wash	Plain-JFK		Plain-JFK
122	Boys	Mon	April 13	Hicksville	Uniondale	Hempstead		Uniondale
123	Boys	Mon	April 13	Freeport	East Meadow	VS Central	Oceanside	East Meadow
124	Boys	Mon	April 13	Baldwin	Syosset	Farmingdale	Macarthur	Syosset
125	Girls	Tues	April 14	Massapequa	Port Wash	Plain-JFK		Plain-JFK
126	Girls	Tues	April 14	Hicksville	Uniondale	Hempstead		Uniondale
127	Girls	Tues	April 14	Freeport	East Meadow	VS Central	Oceanside	East Meadow
128	Girls	Tues	April 14	Baldwin	Syosset	Farmingdale	Macarthur	Syosset
131	Boys	Mon	April 20	Massapequa	Hicksville	Freeport	Baldwin	Baldwin
132	Boys	Mon	April 20	Syosset	East Meadow	Uniondale	Port Wash	Port Wash
133	Boys	Mon	April 20	Hempstead	Plain-JFK	Farmingdale	VS Central	Plainview JFK
134	Boys	Mon	April 20	Oceanside	Macarthur			Oceanside
135	Girls	Tues	April 21	Massapequa	Hicksville	Freeport	Baldwin	Baldwin
136	Girls	Tues	April 21	Syosset	East Meadow	Uniondale	Port Wash	Port Wash
137	Girls	Tues	April 21	Hempstead	Plain-JFK	Farmingdale	VS Central	Plainview JFK
138	Girls	Tues	April 21	Oceanside	Macarthur			Oceanside
141	Boys	Mon	April 27	Massapequa	Uniondale	VS Central	Macarthur	Macarthur
142	Boys	Mon	April 27	Hicksville	Port Wash	Farmingdale	Oceanside	Hicksville
143	Boys	Mon	April 27	Freeport	Syosset	Plain-JFK		Freeport
144	Boys	Mon	April 27	Baldwin	East Meadow	Hempstead		Baldwin
145	Girls	Tues	April 28	Massapequa	Uniondale	VS Central	Macarthur	Macarthur
146	Girls	Tues	April 28	Hicksville	Port Wash	Farmingdale	Oceanside	Hicksville
147	Girls	Tues	April 28	Freeport	Syosset	Plain-JFK		Freeport
148	Girls	Tues	April 28	Baldwin	East Meadow	Hempstead		Baldwin
121	Boys	Mon	May 4	Massapequa	Syosset	Hempstead	Oceanside	Massapequa
152	Boys	Mon	May 4	Hicksville	East Meadow	Plain-JFK	Macarthur	Hicksville
153	Boys	Mon	May 4	Freeport	Uniondale	Farmingdale		Freeport
154	Boys	Mon	May 4	Baldwin	Port Wash	VS Central		Port Wash
155	Girls	Tues	May 4	Massapequa	Syosset	Hempstead	Oceanside	Massapequa
156	Girls	Tues	May 4	Hicksville	East Meadow	Plain-JFK	Macarthur	Hicksville
157	Girls	Tues	May 4	Freeport	Uniondale	Farmingdale		Freeport
118	Girls	Tues	May 4	Baldwin	Port Wash	VS Central		Port Wash

Conference 2 League Meet Schedule

2015

Read schedule from Left to Right

Meet #	Gender	Day	Day	Team 1	Team 2	Team 3	Team 4	Home Site
211	Girls	Mon	Mar 30	Herricks	Sewanhaka	Elmont		Herricks
212	Girls	Mon	Mar 30	Garden City	Calhoun	New Hyde Pk		Calhoun
213	Girls	Mon	Mar 30	Long Beach	Jericho	Westbury	Carey	Westbury
214	Girls	Mon	Mar 30	Bellmore JFK	Mephram	Wantagh	GNS	Bellmore JFK
215	Boys	Tues	Mar 31	Herricks	Sewanhaka	Elmont		Herricks
216	Boys	Tues	Mar 31	Garden City	Calhoun	New Hyde Pk		Calhoun
217	Boys	Tues	Mar 31	Long Beach	Jericho	Westbury	Carey	Westbury
218	Boys	Tues	Mar 31	Bellmore JFK	Mephram	Wantagh	GNS	Bellmore JFK
221	Girls	Mon	April 13	Herricks	Jericho	Wantagh		Herricks
222	Girls	Mon	April 13	Garden City	Mapham	Westbury		Garden City
223	Girls	Mon	April 13	Long Beach	Sewanhaka	New Hyde Pk	GNS	Long Beach
224	Girls	Mon	April 13	Bellmore JFK	Calhoun	Elmont	Carey	Elmont
225	Boys	Tues	April 14	Herricks	Jericho	Wantagh		Herricks
226	Boys	Tues	April 14	Garden City	Mapham	Westbury		Garden City
227	Boys	Tues	April 14	Long Beach	Sewanhaka	New Hyde Pk	GNS	Long Beach
228	Boys	Tues	April 14	Bellmore JFK	Calhoun	Elmont	Carey	Elmont
231	Girls	Mon	April 20	Herricks	Garden City	Long Beach	Bellmore JFK	Long Beach
232	Girls	Mon	April 20	Calhoun	Sewanhaka	Mephram	Jericho	Jericho
233	Girls	Mon	April 20	Westbury	Wantagh	Elmont	New Hyde Pk	New Hyde Pk
234	Girls	Mon	April 20	GNS	Carey			GNS
235	Boys	Tues	April 21	Herricks	Garden City	Long Beach	Bellmore JFK	Long Beach
236	Boys	Tues	April 21	Calhoun	Sewanhaka	Mephram	Jericho	Jericho
237	Boys	Tues	April 21	Westbury	Wantagh	Elmont	New Hyde Pk	New Hyde Pk
238	Boys	Tues	April 21	GNS	Carey			GNS
241	Girls	Mon	April 27	Herricks	Mephram	New Hyde Pk	Carey	New Hyde Pk
242	Girls	Mon	April 27	Garden City	Jericho	Elmont	GNS	GNS
243	Girls	Mon	April 27	Long Beach	Calhoun	Wantagh		Calhoun
244	Girls	Mon	April 27	Bellmore JFK	Sewanhaka	Westbury		Bellmore JFK
245	Boys	Tues	April 28	Herricks	Mephram	New Hyde Pk	Carey	New Hyde Pk
246	Boys	Tues	April 28	Garden City	Jericho	Elmont	GNS	GNS
247	Boys	Tues	April 28	Long Beach	Calhoun	Wantagh		Calhoun
248	Boys	Tues	April 28	Bellmore JFK	Sewanhaka	Westbury		Bellmore JFK
251	Girls	Mon	May 4	Herricks	Calhoun	Westbury	GNS	Westbury
252	Girls	Mon	May 4	Garden City	Sewanaka	Wantagh	Carey	Wantagh
253	Girls	Mon	May 4	Long Beach	Mephram	Elmont		Mephram
254	Girls	Mon	May 4	Bellmore JFK	Jericho	New Hyde Pk		Jericho
255	Boys	Tues	May 5	Herricks	Calhoun	Westbury	GNS	Westbury
256	Boys	Tues	May 5	Garden City	Sewanaka	Wantagh	Carey	Wantagh
257	Boys	Tues	May 5	Long Beach	Mephram	Elmont		Mephram
258	Boys	Tues	May 5	Bellmore JFK	Jericho	New Hyde Pk		Jericho

Conference 3 League Meet Schedule

2015

Read schedule from Left to Right

Meet #	Gender	Day	Day	Team 1	Team 2	Team 3	Team 4	Home Site
311	Boys	Mon	Mar 30	GNN	Bethpage	Hewlett		GNN
312	Boys	Mon	Mar 30	Glen Cove	South Side	Lynbrook		South Side
313	Boys	Mon	Mar 30	Manhasset	North Shore	Division Ave	VSN	Manhasset
314	Boys	Mon	Mar 30	Floral Pk	Plainedge	Larwence	Roslyn	Roslyn
315	Girls	Tues	Mar 31	GNN	Bethpage	Hewlett		GNN
316	Girls	Tues	Mar 31	Glen Cove	South Side	Lynbrook		South Side
317	Girls	Tues	Mar 31	Manhasset	North Shore	Division Ave	VSN	Manhasset
318	Girls	Tues	Mar 31	Floral Pk	Plainedge	Larwence	Roslyn	Roslyn
321	Boys	Mon	April 13	GNN	North Shore	Lawrence		GNN
322	Boys	Mon	April 13	Glen Cove	Plainedge	Divison Ave		Plainedge
323	Boys	Mon	April 13	Manhasset	Bethpage	Lynbrook	Roslyn	Roslyn
324	Boys	Mon	April 13	Floral Pk	South Side	Hewlett	VSN	Hewlett
325	Girls	Tues	April 14	GNN	North Shore	Lawrence		GNN
326	Girls	Tues	April 14	Glen Cove	Plainedge	Divison Ave		Plainedge
327	Girls	Tues	April 14	Manhasset	Bethpage	Lynbrook	Roslyn	Roslyn
328	Girls	Tues	April 14	Floral Pk	South Side	Hewlett	VSN	Hewlett
331	Boys	Mon	April 20	GNN	Glen Cove	Manhasset	Floral Pk	Glen Cove
332	Boys	Mon	April 20	South Side	Bethpage	Plainedge	North Shore	Bethpage
333	Boys	Mon	April 20	Division Ave	Lawrence	Hewlett	Lynbrook	Lynbrook
334	Boys	Mon	April 20	Roslyn	VSN			VSN
335	Girls	Tues	April 21	GNN	Glen Cove	Manhasset	Floral Pk	Glen Cove
336	Girls	Tues	April 21	South Side	Bethpage	Plainedge	North Shore	Bethpage
337	Girls	Tues	April 21	Division Ave	Lawrence	Hewlett	Lynbrook	Lynbrook
338	Girls	Tues	April 21	Roslyn	VSN			VSN
341	Boys	Mon	April 27	GNN	Plainedge	Lynbrook	VSN	VSN
342	Boys	Mon	April 27	Glen Cove	North Shore	Hewlett	Roslyn	Glen Cove
343	Boys	Mon	April 27	Manhasset	South Side	Lawrence		Manhasset
344	Boys	Mon	April 27	Floral Pk	Bethpage	Division Ave		Division Ave
345	Girls	Tues	April 28	GNN	Plainedge	Lynbrook	VSN	VSN
346	Girls	Tues	April 28	Glen Cove	North Shore	Hewlett	Roslyn	Glen Cove
347	Girls	Tues	April 28	Manhasset	South Side	Lawrence		Manhasset
348	Girls	Tues	April 28	Floral Pk	Bethpage	Division Ave		Division Ave
311	Boys	Mon	May 4	GNN	South Side	Division Ave	Roslyn	South Side
312	Boys	Mon	May 4	Glen Cove	Bethpage	Lawrence	VSN	Lawrence
313	Boys	Mon	May 4	Manhasset	Plainedge	Hewlett		Plainedge
314	Boys	Mon	May 4	Floral Pk	North Shore	Lynbrook		Lynbrook
315	Girls	Tues	May 5	GNN	South Side	Division Ave	Roslyn	South Side
316	Girls	Tues	May 5	Glen Cove	Bethpage	Lawrence	VSN	Lawrence
317	Girls	Tues	May 5	Manhasset	Plainedge	Hewlett		Plainedge
318	Girls	Tues	May 5	Floral Pk	North Shore	Lynbrook		Lynbrook

Conference 4 League Meet Schedule

2015

Read schedule from Left to Right

Meet #	Gender	Day	Day	Team 1	Team 2	Team 3	Team 4	Home Site
411	Girls	Mon	Mar 30	VSS	Wheatley	Mineola	East Roc	VSS
412	Girls	Mon	Mar 30	Locust Valley	Island Trees	Carle Place		Locust Valley
413	Girls	Mon	Mar 30	Roosevelt	Malverne	Seaford	Friends	Seaford
414	Girls	Mon	Mar 30	CSH	West Hemp	Oyster Bay	Clarke	CSH
415	Boys	Tues	Mar 31	VSS	Wheatley	Mineola	East Roc	VSS
416	Boys	Tues	May 31	Locust Valley	Island Trees	Carle Place		Locust Valley
417	Boys	Tues	May 31	Roosevelt	Malverne	Seaford	Friends	Seaford
418	Boys	Tues	May 31	CSH	West Hemp	Oyster Bay	Clarke	CHS
421	Girls	Mon	April 13	VSS	Malverne	Oyster Bay		Oyster Bay
422	Girls	Mon	April 13	Locust Valley	West Hemp	Seaford	East Roc	Seaford
423	Girls	Mon	April 13	Roosevelt	Wheatley	Carle Place	Clarke	Wheatley
424	Girls	Mon	April 13	CSH	Island Trees	Mineola	Friends	CSH
425	Boys	Tues	April 14	VSS	Malverne	Oyster Bay		Oyster Bay
426	Boys	Tues	April 14	Locust Valley	West Hemp	Seaford	East Roc	Seaford
427	Boys	Tues	April 14	Roosevelt	Wheatley	Carle Place	Clarke	Wheatley
428	Boys	Tues	April 14	CSH	Island Trees	Mineola	Friends	CSH
431	Girls	Mon	April 20	VSS	Locust Valley	Roosevelt	CSH	Roosevelt
432	Girls	Mon	April 20	Island Trees	Wheatley	West Hemp	Malverne	Malverne
433	Girls	Mon	April 20	Seaford	Oyster Bay	Mineola	Carle Place	Oyster Bay
434	Girls	Mon	April 20	Clarke	Friends East Roc			Friends
435	Boys	Tues	April 21	VSS	Locust Valley	Roosevelt	CSH	Roosevelt
436	Boys	Tues	April 21	Island Trees	Wheatley	West Hemp	Malverne	Malverne
437	Boys	Tues	April 21	Seaford	Oyster Bay	Mineola	Carle Place	Oyster Bay
438	Boys	Tues	April 21	Clarke	Friends East Roc			Friends
441	Girls	Mon	April 27	VSS	West Hemp	Carle Place	Friends	VSS
442	Girls	Mon	April 27	Locust Valley	Malverne	Mineola	Clarke	Locust Valley
443	Girls	Mon	April 27	Roosevelt	Island Trees	Oyster Bay	East Roc	Oyster Bay
444	Girls	Mon	April 27	CSH	Wheatley	Seaford		CSH
445	Boys	Tues	April 28	VSS	West Hemp	Carle Place	Friends	VSS
446	Boys	Tues	April 28	Locust Valley	Malverne	Mineola	Clarke	Locust Valley
447	Boys	Tues	April 28	Roosevelt	Island Trees	Oyster Bay	East Roc	Oyster Bay
248	Boys	Tues	April 28	CSH	Wheatley	Seaford		CSH
451	Girls	Mon	May 4	VSS	Island Trees	Seaford	Clarke	Seaford
452	Girls	Mon	May 4	Locust valley	Wheatley	Oyster bay	Friends	Friends
453	Girls	Mon	May 4	Roosevelt	West Hemp	Mineola		Roosevelt
454	Girls	Mon	May 4	CSH	Malverne	Carle Place	East Roc	Carle Place
455	Boys	Tues	May 5	VSS	Island Trees	Seaford	Clarke	Seaford
456	Boys	Tues	May 5	Locust valley	Wheatley	Oyster bay	Friends	Friends
457	Boys	Tues	May 5	Roosevelt	West Hemp	Mineola		Roosevelt
458	Boys	Tues	May 5	CSH	Malverne	Carle Place	East Roc	Carle Place

Section 5 – Track & Field Invitationals

Schools that host invitationals should avoid Saturdays in heavily scheduled Section VIII weeks to avoid conflicts that arise from rainouts, and create conflicts where none existed before. Event entries should state that the event is sponsored by your high school and enforces all NF, NYSPHAA, and SECTION VIII rules. YOUR ENTRY MAY NOT SAY THAT THE MEET IS SANCTIONED BY SECTION VIII.

Section VIII League and Championship meets take preference over outside competitions.

Meet Directors should provide results in a timely fashion in a format that is downloadable to rankings websites. Free programs such as RaceTab are available and easy to use.

All officials must be ordered through BOCES, Jay or Grace. Whether you want one additional official for the pole vault, or 20 officials for an invitation, they must be ordered from BOCES. BOCES will ensure that they assign a starter, clerks, etc. to meet your needs and numbers.

Newsday Track & Field Coverage Jordan Lauterbach 631-843-2820, jordan.lauterbach@newsday.com

Some Invitationals available in Nassau County;

Dates of Invites are subject to change. Always check www.TrackConference.com for entry information.

Saturday	March 21, 2015	Bob Baratta Classic @Great Neck South HS
Saturday	March 21, 2015	Massapequa Developmental Invite @Massapequa HS
Saturday	March 28, 2015	VS Challenge Invitational @VS North HS
Thursday	April 2, 2015	Baldwin Frosh/Soph Invitational @Baldwin HS
Monday	April 6, 2015	Derrick Adkins Invitational @Malverne HS
Tuesday	April 7, 2015	East Meadow Invitational @East Meadow HS
Saturday	April 11, 2015	KnightTime Invitational @Uniondale HS
Saturday	April 11, 2015	Cougar Invitational @Bellmore JFK
Thursday	April 16, 2015	Section VIII “North Shore” & “South Shore” Frosh/Soph Meet
Friday	April 17, 2015	Herricks Relays Invitational @Herricks HS
Thursday	April 23, 2015	Cold Spring Harbor Invite @Cold Spring Harbor HS
Saturday	April 25, 2015	Nassau Coaches Invitational
Thursday	April 30, 2015	Carle Place Relays
Friday	May 1, 2015	Lynbrook Green & Gold Invitational @Lynbrook South MS
Friday	May 1, 2015	Port Washington Invitational @Schreiber HS
Friday	May 1, 2015	Herricks Throwing Invitational @Herricks HS
Saturday	May 2, 2015	The Spartan Invitational @VS North HS
Friday	May 8, 2015	Under the Lights Meet @Massapequa HS
Friday	May 8, 2015	Herricks Invitational @Herricks HS
Saturday	May 9, 2015	North Shore Invitational @SUNY Farmingdale
Tuesday	May 12, 2015	Frank Maier Invitational @SUNY Farmingdale
Friday	May 15, 2015	Don Scott Gold Coast Memorial Relays Invitational @Manhasset
Saturday	May 16, 2015	Bulldog Invitational @Hewlett HS
Monday	June 8, 2015	Last Chance Invitational @Massapequa HS
Monday	June 15, 2015	Long Island Meet of Champions @St. Anthony’s HS

Section 6 – Section VIII North Shore/South Shore Frosh/Soph Meets

This year we are pleased to be able to offer a Frosh and Soph only meet. The meet will have an abbreviated order of events. There will be two meets that will mimic the historical Section VIII Conferences, “North Shore” and “South Shore”. The coordinators have designated schools below as “North Shore” and “South Shore”. You must adhere to the designations and may not switch meet locations.

North Shore Frosh/Soph Meet @ Cold Spring Harbor HS		South Shore Frosh/Soph Meet @ Wantagh HS	
Bethpage HS	Carey HS	Baldwin HS	Bellmore JFK HS
Carle Place HS	Clarke HS	Calhoun HS	East Rockaway HS
Cold Spring Harbor HS	Division Avenue HS	Elmont HS	Farmingdale HS
East Meadow HS	Floral Park HS	Freeport HS	Hewlett HS
Friends Academy	Garden City HS	Hempstead HS	Island Trees HS
Glen Cove HS	Great Neck North HS	Lawrence HS	Long Beach HS
Great Neck South HS	Herricks HS	Lynbrook HS	Macarthur HS
Hicksville HS	Jericho HS	Malverne HS	Massapequa HS
Locust Valley HS	Manhasset HS	Mepham HS	Oceanside HS
Mineola HS	New Hyde Park HS	Plainedge HS	Roosevelt HS
North Shore HS	Oyster Bay HS	Seaford HS	South Side HS
Plainview JFK HS	Port Washington HS	Uniondale HS	Valley Stream Central HS
Roslyn HS	Sewanhaka HS	Valley Stream North HS	Valley Stream South HS
Syosset HS	Westbury HS	Wantagh HS	West Hempstead HS
Wheatley HS			

Section VIII “North Shore” Frosh/Soph Meet

Thursday, April 16, 2015

Cold Spring Harbor High School

4:30pm start

Meet Director, Ed Corona

Facility Coordinator, Nick Aurigemma

Results, Billy Buith

Section VIII “South Shore” Frosh/Soph Meet

Thursday, April 16, 2015

Wantagh High School

4:30pm start

Meet Director, Mike Frazer

Facility Coordinator, Pat Frazer

Results, Jordan Ashley

Frosh/Soph Meet Order of Events	
1600m Boys	<ul style="list-style-type: none"> Frosh followed by Soph in all running events 7th, 8th and 9th graders will be considered Frosh 10th graders will be considered Soph May be limited measurements or throws in Shot/Discus More information will be sent to coaches in regard to bus parking, meet management, seeding and competitor numbers and/or labels. Medals provided by the Nassau County Track Coaches Association
1500m Girls	
110m Hurdles Boys	
100m Hurdles Girls	
100m Boys	
100m Girls	
800m Boys	
800m Girls	
400m Boys	
400m Girls	
Long Jump, followed by Triple Jump	
Shot Put/Discus	
High Jump	

Section 7 – Division Championships

Division Meet Order of Events	
400m Intermediate Hurdles	<ul style="list-style-type: none"> • Events will be run as scoring heats, followed by non-scorers • 100m Semi-finals; Three heats, top 2 advance to FINAL • Only one relay per team, No non-scoring relays • 4 attempts for each scorer in field events. • High Jump; Start at 4' for girls and 5' for Boys • Pole Vault; Start at 6' for girls and 8' for Boys
100m SEMI-FINALS	
1600m/1500m	
100m FINALS	
400m	
110m/100m High Hurdles	
800m	
3200m/3000m	
200m	
Ten Minutes Break	
4x800m Relay	
4x100m Relay	
4x400m Relay	
Long Jump, Triple Jump, Shot Put, Discus	
High Jump	
Pole Vault	

MEET ENTRY and NOTES:

- Each school will need to contribute to running the meet.
- Each site will have a 'site manager' designated by the Coordinators to do scoring and announcing of the meet.
- The site manager will enter results on a laptop into RaceTab program and send results to the coordinators that evening. This will help facilitate quick publication of each division meet results.
- Coaches must submit a completed meet entry form to the meet director before the meet starts.
- Seeding for scorers in each event will be done by cards. Non-scorers do not need a card.
- Teams are allowed three scorers per event. Each athlete has a three event limit.
- Six names are allowed for Relay Entry. A name on the card counts as an event for that athlete.

Section 8 – County Class Championships

Class AAA – on May 27 at Uniondale HS

Class AA – on May 28 at Great Neck North HS

Class A – on May 29 at Roosevelt HS

Class County Championship Meet Order of Events								
Afternoon Session				Evening Session				
2:30pm	Girls	2000m Steeplechase	FINAL		5:30pm	Girls	100m Hurdles	SEMI-FINAL
	Boys	3000m Steeplechase	FINAL			Boys	110m Hurdles	SEMI-FINAL
	Girls	400m Int. Hurdles	FINAL			Girls	800m	FINAL
	Boys	400m Int. Hurdles	FINAL			Boys	800m	FINAL
	Girls	100m Semi-Finals	SEMI-FINAL			Girls	100m Hurdles	FINAL
	Boys	100m Semi-Finals	SEMI-FINAL			Boys	110m Hurdles	FINAL
	Girls	1500m	FINAL			Girls	200m	SEMI-FINAL
	Boys	1600m	FINAL			Boys	200m	SEMI-FINAL
	Girls	100m Finals	FINAL			Girls	3000m	FINAL
	Boys	100m Finals	FINAL			Boys	3200m	FINAL
	Girls	400m	FINAL			Girls	200m	FINAL
	Boys	400m	FINAL			Boys	200m	FINAL
5:00pm – 5:30pm BREAK (Minimum of 15 minutes if running behind schedule)						Girls	4x800m	FINAL
						Boys	4x800m	FINAL
						Girls	4x400m	FINAL
						Boys	4x400m	FINAL
						Girls	4x100m	FINAL
						Girls	4x100m	FINAL
Field Events								
2:30pm	Boys	Long Jump			5:30pm	Boys	Triple Jump	
2:30pm	Girls	Long Jump			5:30pm	Girls	Triple Jump	
2:30pm	Boys	Discus			5:30pm	Boys	Shot Put	
2:30pm	Girls	Shot Put			5:30pm	Girls	Discus	
2:30pm	Boys	Pole Vault			5:30pm	Boys	High Jump	
2:30pm	Girls	High Jump			5:30pm	Girls	Pole Vault	

MEET ENTRY and NOTES:

- All entries MUST be done on www.Just-In-Time-Racing.com.
- Timelines and deadlines for the meet entry as well as athlete quotas for each event will be communicated with coaches via email and posted on the website.
- Print a copy of your entry for submission to the coordinators. This will serve as your meet entry.
- No other meet entry or seed cards necessary.
- Seeds MUST be on www.Just-In-Time-Racing.com for verification. Each seed must have been posted within seven days of the achieving the seed. Don't forget to enter seeds earned from the Division Championships.
- Seeds that don't meet minimum reporting standards will be on the honor system, however verification may be required. Please be able to provide a copy of meet results if needed.
- During the seeding process, accepted athletes will be determined for the Class County meet based on quotas for each event and verified seeds.
- Teams are allowed three scorers per event. Each athlete has a three event limit.
- Six names are allowed on Relay entries. Names on relay entry count as one of the athlete's events.
- Quotas for each event will be announced towards the end of the season and will be reflected of the number of lanes are each host site.

Section 9 – State Qualifying Meet

Order of Events – TBA

MEET ENTRY and NOTES:

- All entries MUST be done on www.Just-In-Time-Racing.com.
 - Timelines and deadlines for the meet entry as well as athlete quotas for each event will be communicated with coaches via email and posted on the website.
 - Print a copy of your entry. This will serve as your meet entry.
 - No other meet entry or seed cards necessary.
 - Entry lists for each event will be posted on www.Just-In-Time-Racing.com within 24 hours of the entry closing.
 - Once the initial entries are posted, final scratches will be allowed. Timelines and deadlines for these scratches will be communicated with coaches via email and posted on the website.
 - Final fields will be posted on www.Just-In-Time-Racing.com. If an athlete is posted in the Final fields, they MUST compete in that event or they will be disqualified for all events after that event.
 - Four events allowed per athlete.
 - First place in each event for each class (I & II) automatically qualifies for the state meet. One other qualifier is permitted from both classes if they meet the standard. Therefore there may be a total of 4 participants per event maximum. The standard may be met in any meet from the Penn Relays on (must be verifiable) for qualifying and seeds. Competitors for the Steeplechase must have a seed time on a track with a water pit in order to be entered.
 - Pent Events; 110HH/100HH, HJ, LJ, SP, 1600m/800m.
-
- Order of Events and Quotas will be announced soon and will reflect the state meet order of events.

Section 10 – State Meet Information (From NYSPHSAA)

NYSPHSAA/FEDERATION BOYS & GIRLS SPRING TRACK
APPROVED STANDARDS FOR THE SECOND QUALIFIER FOR THE 2015 SEASON

EACH SECTION MUST DESIGNATE THEIR STATE QUALIFIER MEET.

FIRST PLACE FINISHER IN EACH INDIVIDUAL EVENT AND RELAY FROM THE FOLLOWING DIVISIONS WILL ADVANCE TO THE STATE MEET: ***DIVISION I AND DIVISION II.***

A SECTION MAY SEND ANOTHER ATHLETE OR RELAY TEAM IN ANY EVENT PROVIDING THEY MEET THE FOLLOWING STANDARDS. A SECTION CAN SEND ONE ADDITIONAL ENTRY FOR EACH EVENT IN EACH DIVISION, PROVIDING THEY BOTH MEET THE STANDARD LISTED BELOW. ***THE STANDARD MUST BE MET AT ANY INVITATIONAL OR CHAMPIONSHIP MEET STARTING THE LAST WEEKEND IN APRIL.*** ANY ADDITIONAL QUALIFIER MUST COMPETE IN THE STATE QUALS MEET IN THAT EVENT!! ***SEED TIMES MAY COME FROM ANY OF THESE MEETS STARTING THE LAST WEEKEND IN APRIL, INCLUDING THURSDAY 4/23/15.***

<u>EVENT</u>	<u>BOYS D1</u>	<u>BOYS D2</u>	<u>GIRLS D1</u>	<u>GIRLS D2</u>
100M DASH	11.0/11.24	11.2 / 11.44	12.3 / 12.54	12.6 / 12.84
200M DASH	22.2 / 22.44	22.8 / 23.04	25.2 / 25.44	26.1 / 26.34
400M DASH	49.2 / 49.44	50.4 / 50.64	57.7 / 57.94	57.9 / 58.14
800M RUN	1:54.5/ 1:54.74	1:56.8 / 1:57.04	2:15.4 / 2:15.64	2:16.4 / 2:16.64
1600/1500M RUN	4:17.1/ 4:17.34	4:21.8 / 4:22.04	4:37.9 / 4:38.14	4:47.4 / 4:47.64
3200/3000M RUN	9:18.5/ 9:18.74	9:30.4 / 9:30.64	10:04.2/ 10:04.44	10:25.6/ 10:25.84
STEEPLECHASE	9:38.7/ 9:38.94	9:50.9 / 9:51.14	7:04.9 / 7:05.14	7:23.1/ 7:23.34
HIGH HURDLES	14.8 / 15.04	15.3 / 15.54	15.4 / 15.64	16.1 / 16.34
400M HURDLES	55.4/ 55.64	56.9 / 57.14	63.1 / 63.34	66.3/ 66.54
LONG JUMP	22' 01"	21' 00"	17' 08"	17' 00"
TRIPLE JUMP	45' 10"	44' 01"	37' 01"	36' 06"
SHOT PUT	51' 06"	49' 02"	38' 06"	36' 03"
DISCUS	154' 11"	143' 11"	114' 02"	109' 02"
HIGH JUMP	6' 03"	6' 02"	5' 03"	5' 01"
POLE VAULT	13' 09"	12' 09"	10' 09"	9' 09"
PENTATHLON	3098 PTS.	3013 PTS.	2856 PTS.	2633 PTS.
400M RELAY	42.9 / 43.14	44.0 / 44.24	49.1 / 49.34	50.5/ 50.74
1600M RELAY	3:21.7/ 3:21.94	3:27.9 / 3:28.14	3:55.9/ 3:56.14	4:02.9/ 4:03.14
3200M RELAY	7:51.7/ 7:51.94	8:05.9 / 8:06.14	9:16.8 / 9:17.04	9:35.2 / 9:35.44

(FIRST TIME LISTED IN EACH COLUMN IS HAND TIMED, SECOND TIME LISTED IS FULLY AUTOMATIC TIMING. STANDARD HYTEK CONVERSION OF .24 WAS USED FOR ALL RUNNING EVENTS.)

THESE STANDARDS REPRESENT THE AVERAGE OF 6TH PLACE IN THE FINALS FROM 2010 THROUGH 2014

Accepted 9/7/14

NEW YORK STATE PUBLIC HIGH SCHOOL

STATE TRACK & FIELD CHAMPIONSHIPS

SUNY ALBANY - ALBANY, NY

***TIMES ARE APPROXIMATE - EVENTS MAY MOVE AHEAD UP TO 30 MINUTES**

FRIDAY JUNE 12, 2015

ORDER OF EVENTS

TRACK				FIELD			
	Div I - Large			11:30	DISCUS	G I	CLASS FINAL
	Div II - Small			12:30	POLE VAULT	B CHAMP	F
				12:30	TRIPLE JUMP	B I	CLASS FINAL
12:30	Pent. 110 HH-1	B CHAMP	F		TRIPLE JUMP	B II	CLASS FINAL
	Pent. 100 HH-1	G CHAMP	F	12:30	SHOT PUT	B I	CLASS FINAL
				1:00	DISCUS	G II	CLASS FINAL
	<i>OPENING CEREMONIES INCLUDING SPORTSMANSHIP</i>			2:00	SHOT PUT	B II	CLASS FINAL
	<i>AWARD WINNERS</i>			2:00	TRIPLE JUMP	G I	CLASS FINAL
1:30	110H	B II	T		TRIPLE JUMP	G II	CLASS FINAL
	110H	B I	T				
1:40	100H	G II	T				
	100H	G I	T	1:15	PENT.HIGH JP1	G CHAMP	F
1:50	100M	B II	T		PENT.HIGH JP1	B CHAMP	F
	100M	B I	T				
	100M	G II	T				
	100M	G I	T	3:00	POLE VAULT	G CHAMP	F
2:10	Pent. 110 HH-2	B CHAMP	F				
	Pent. 100 HH-2	G CHAMP	F				
2:30	400M	B II	CLASS FINAL	2:30	DISCUS	B I	CLASS FINAL
	400M	B I	CLASS FINAL	4:00	DISCUS	B II	CLASS FINAL
	400M	G II	CLASS FINAL				
	400M	G I	CLASS FINAL	4:00	LONG JUMP	B I	CLASS FINAL
3:00	800M	B CHAMP	F		LONG JUMP	B II	CLASS FINAL
	800M	G CHAMP	F				
3:30	200M	B II	T				
	200M	B I	T				
	200M	G II	T				
	200M	G I	T				
3:50	400 INTER H	B II	CLASS FINAL	3:15	PENT.SHOT-1	B CHAMP	F
	400 INTER H	B I	CLASS FINAL	3:45	PENT.SHOT-1	G CHAMP	F
	400 INTER H	G II	CLASS FINAL	3:00	PENT.HIGH JP-2	G CHAMP	F
	400 INTER H	G I	CLASS FINAL	3:15	PENT.HIGH JP-2	B CHAMP	F
4:20	4X100 RELAY	B II	CLASS FINAL				
	4X100 RELAY	B I	CLASS FINAL				
	4X100 RELAY	G II	CLASS FINAL				
	4X100 RELAY	G I	CLASS FINAL				
4:50	4X400 RELAY	B II	CLASS FINAL	5:30	LONG JUMP	G I	CLASS FINAL
	4X400 RELAY	B I	CLASS FINAL		LONG JUMP	G II	CLASS FINAL
	4X400 RELAY	G II	CLASS FINAL				
	4X400 RELAY	G I	CLASS FINAL				
5:40	3200M	B CHAMP	F	5:00	PENT.SHOT-2	B CHAMP	F
	3000M	G CHAMP	F	5:30	PENT.SHOT-2	G CHAMP	F

NEW YORK STATE PUBLIC HIGH SCHOOL

STATE TRACK & FIELD CHAMPIONSHIPS

SUNY ALBANY - ALBANY, NY

*TIMES ARE APPROXIMATE - EVENTS MAY MOVE AHEAD UP TO 30 MINUTES

SATURDAY JUNE 13, 2015

ORDER OF EVENTS

TRACK				FIELD				
10:00	3000M STEEPLE	B	CHAMP	F	10:00	SHOT PUT	G I	CLASS FINAL
	200M STEEPLE	G	CHAMP	F	11:30	SHOT PUT	G II	CLASS FINAL
11:00	100M	B	II	CLASS FINAL				
	100M	B	I	CLASS FINAL	10:00	HIGH JUMP	B CHAMP	F
	100M	G	II	CLASS FINAL				
	100M	G	I	CLASS FINAL				
11:25	1600M	B	CHAMP	F				
	1500M	G	CHAMP	F				
12:00	110H	B	II	CLASS FINAL				
	110H	B	I	CLASS FINAL				
	100H	G	II	CLASS FINAL				
	100H	G	I	CLASS FINAL				
12:25	200M	B	II	CLASS FINAL	10:00	PENT.LONG JP-1	B CHAMP	F
	200M	B	I	CLASS FINAL		PENT.LONG JP-2	B CHAMP	F
	200M	G	II	CLASS FINAL				
	200M	G	I	CLASS FINAL				

BREAK 12:35 - 12:45

12:45	PENT. 1500-1	B	CHAMP	F	11:00	PENT.LONG JP-1	G CHAMP	F
	PENT. 1500-1	B	CHAMP	F		PENT. LONG JP-2	G CHAMP	F
1:15	110HH	B	CHAMP	F				
	100HH	G	CHAMP	F				
1:25	100M	B	CHAMP	F	11:30	HIGH JUMP	G CHAMP	F
	100M	G	CHAMP	F				
1:35	PENT 800-1	G	CHAMP	F				
	PENT 800-1	G	CHAMP	F				
1:50	400M	B	CHAMP	F	1:15	LONG JUMP	B CHAMP	F
	400M	G	CHAMP	F		LONG JUMP	G CHAMP	F
2:00	400 INTER H	B	CHAMP	F		SHOT PUT	G CHAMP	F
	400 INTER H	G	CHAMP	F		DISCUS	B CHAMP	F
2:10	200M	B	CHAMP	F				
	200M	G	CHAMP	F				
2:20	4X800 RELAY	B	CHAMP	F				
	4X800 RELAY	G	CHAMP	F				
3:20	4X100 RELAY	B	CHAMP	F	2:30	TRIPLE JUMP	B CHAMP	F
	4X100 RELAY	G	CHAMP	F		TRIPLE JUMP	G CHAMP	F
3:30	4X400 RELAY	B	CHAMP	F		DISCUS	G CHAMP	F
	4X400 RELAY	G	CHAMP	F		SHOT PUT	B CHAMP	F

Request for Medical Waiver of NYSPHSAA – Regulation #25

To be eligible for sectional, intersectional or state competition, a team must have competed in six (6) school scheduled contests during the season. An individual is eligible for the team if he/she has been an eligible participant on a team in that sport in that school for a minimum of six (6) scheduled contests during the regular season. For football, a student must be an eligible participant for a minimum of three (3) contests. Contestants in individual sports (archery, badminton, bowling, cross country, fencing, golf, gymnastics, rifle, skiing, swimming tennis, outdoor track, winter track and wrestling) must also have represented their school in six (6) scheduled contests during the season to be eligible. These required contests must occur on six different dates and must be concluded prior to the conclusion of the team's regular schedule.

School _____ Sport _____

Athlete _____ Date Request Submitted _____

Nature of Injury/Illness _____

Date of Injury/Onset of Illness _____ Date of Medical Clearance _____

Record of Participation in Competitions (Exclusive of Section Tournaments):

<u>Date</u>	<u>Opponent</u>	<u>*If Wrestler: Please include Weigh-in validated by Athletic Director</u>
1. _____	_____	* _____
2. _____	_____	* _____
3. _____	_____	* _____
4. _____	_____	* _____
5. _____	_____	* _____

Note:

All pertinent medical documentation must accompany this request before it will be considered. Such material MUST VERIFY the date of onset of the illness/injury and date physical activity may resume. NOTES FROM PHYSICAL THERAPISTS ARE NOT ACCEPTABLE.

Medical Documents Attached:

1. _____ 3. _____
2. _____ 4. _____

Request and documentation must be received by the sport coordinator and the Section VIII Office prior to the last regular season contest.

Signature of Athletic Director

Office of Interscholastic Athletics
George Farber Administrative Center
P.O. Box 9195 – 71 Clinton Road
Garden City, NY 11530-9195
Fax# 997-2916 – 997-2018

Pole Vault Certification Form

School:	Date:
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Athlete:	Weight:	lbs.
Pole #1:	Length:	Rating:
Pole #2:	Length:	Rating:
Athlete Signature:	Date:	

Athlete:	Weight:	lbs.
Pole #1:	Length:	Rating:
Pole #2:	Length:	Rating:
Athlete Signature:	Date:	

Athlete:	Weight:	lbs.
Pole #1:	Length:	Rating:
Pole #2:	Length:	Rating:
Athlete Signature:	Date:	

Coach Signature:	Date:
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NYS Public High School Athletic Association, Inc. NY Track, Field and Cross Country Officials Association, Inc.

High School Track and Field: Pole Vault Certification Card

Pole Vault Certification is required by the National Federation of State High School Associations, the governing body for high school athletics and officiating. Rule # 7-4-3 (effective 1995) states that a vaulter shall not be allowed to compete while using a pole which has rating of less than the vaulter's actual weight. The purpose of this form is to ensure that the vaulter is competing with a legal pole at each competition. A copy of this form must be presented to both the official in charge and to the meet director before each competition begins. Make several copies and always have them on hand as the vaulter cannot compete without presenting this document.

It is the responsibility of the school to ensure that the pole being used is certified for the vaulter. The required signatures on this form are evidence that all parties are aware of the risks involved when an athlete competes with an illegal pole and that both the athlete and the pole are in compliance with the weight requirement rule. Complete a form each season for all poles that the vaulter will use in competition and whenever the vaulter gains weight to the extent that the listed rating is no longer valid.

Safe pole vaulting practices include:

Athletes....

1. Should always compete with the proper equipment.
2. Are prohibited from switching poles during competition unless certified for that pole.
3. Should not compete when suffering from an illness or any other ailment or when overtired.
4. Must continually inspect their pole for stress cracks, chips, etc. which might cause it to break during competition.
5. Must refrain from jumping when weather or other conditions might lead to an accident.
6. Must continually check the landing surface, planting box, and standards to ensure that they are in proper shape and/or adjustment.
7. Should not attempt heights for which they are not practiced at or in condition to jump for.

