



2022 SPRING TRACK AND FIELD INFORMATION PACKET

Updated April 26, 2022

CONTACT INFORMATION

Girls' & Boys' Spring Track

Section 3 Girls' Chairperson, Julie Storms © 315-486-4726 jul@twcny.rr.com
Ass't Chair – **Brett Couchman, Rome** © 315-368-5117 brettcouchman@gmail.com

Section 3 Boys' Chairperson – Tom Wells, © 315-527-9043 swim09@roadrunner.com
Ass't Chair – **Norm Deep,** © 315-271-0061 ndeepp@ccs.edu

Center State Conference D-1
Tabitha White, Canastota, Girls twhite@canastotacsd.org
Norm Deep, Clinton, Boys ndeepp@ccs.edu

Center State Conference D-2
Feddie Sarus, West Canada, Girls fsarus@westcanada.org
Matt Randall, Dolgeville, Boys mrandall@dolgeville.org

Center State Conference D-3
John Nicotera, Sauquoit Valley, Girls jnicotera@oneida-Boces.org
Neal Bartlett, Westmoreland, Boys nbartlett@westmorelandschool.org

Center State Conference D-4
John Allen, Girls jallen@polandcsd.org
John Bunker, Remsen, Boys jbunker@remsenccsd.org

Tri-Valley League
Michael Carney, Whitesboro, Girls mcarney@wboro.org
Nathan Donaleski, Camden, Boys ndonaleski@camdenccsd.org

Frontier League
Justin Crossway, South Jefferson, Girls jcrossway@spartanpride.org
Paul Gaede, South Jefferson, Boys pgaede@spartanpride.org

SCAC Metro
Jim Vermeulen, West Genesee, Girls vermeulenjim@gmail.com
Greg Broton, CNS, Boys gbroton@nscsd.org

SCAC Empire
Jim Gorney, ESM, Girls james.gorney@yahoo.com
Emily Rowes, Jamesville Dewitt, Boys erowles@jd.cnyric.org

OHSL Dan Reid, Westhill runrunreid@aol.com

OHSL Liberty
Rob Tuttle, Skaneateles, Girls rtuttle@skanschools.org
Matt Shutts, Solvay, Boys mshutts@solvayschools.org

OHSL Patriot American
Michelle Rauber, Tully, Girls mrauber@tully.k12.ny.us
Jim Paccia, Tully, Boys jpaccia@k12.tullyschools.org

OHSL Patriot National
Phil Longo, Bishop Grimes, Girls and Boys bgtrack1@gmail.com

Class D Rep
John Allen, Poland

Section III Track - Leagues and Schools

Center State Conference D-1

Tabitha White (G)
Norm Deep (B)

Canastota
Clinton
Holland Patent
Little Falls
Sherburne-Earlville

Center State Conference D-2

Feddie Sarus (G)
Matt Randall (B)

Adirondack
Dolgeville
Herkimer
Frankfort-Schuyler
West Canada

Center State Conference D-3

John Nicotera (G)
Neal Bartlett (B)

Cooperstown
Mt Markham
Oriskany
Sauquoit Valley
Utica Academy of Science
Waterville
Westmoreland

Center State Conference D-4

John Allen (G)
John Bunker (B)

Hamilton
Morrisville-Eaton
New York Mills
Old Forge
Owen D Young
Poland
Remsen

CENTRAL COUNTIES

Brookfield
Madison
McGraw
Otselic Valley
Stockbridge Valley

INDEPENDENTS

Blessed Virgin Mary
Living Word

Tri-Valley – Michael Carney (G)

Nathan Donaleski (B)

Camden
Central Valley
New Hartford
Notre Dame
Oneida
Rome
Utica Proctor
VVS
Whitesboro

FRONTIER

Justin Crossway, (G)
Paul Gaede (B)

Beaver River
Carthage
Indian River
Lowville (girls only)
Sandy Creek
South Jefferson/Belleville Henderson
South Lewis
Watertown

OHSL – Dan Reid

OHSL Liberty

Rob Tuttle (G)
Matt Shutts (B)

Liberty American

Homer
Chittenango
Inst of Tech
Mexico
Westhill

Liberty Central

CBA
Marcellus
Solvay
Cazenovia
Solvay

Liberty National

Phoenix
Skaneateles
Hannibal
Jordan Elbridge
APW

SCAC Metro - Jim Vermeulen(G)

Greg Broton (B)

Baldwinsville
CNS
Corcoran
F-M
Henninger
Liverpool
Nottingham
West Genesee

SCAC – Empire

Jim Gorney (G)
Emily Rows (B)

Auburn
Central Square
Cortland
ESM
Fowler
Fulton
Jamesville Dewitt
Oswego

OHSL Patriot American

Michelle Rauber (G)
Jim Paccia (B)

Onondaga
Tully
Bishop Grimes
Fabius-Pompey
Faith Heritage
Cincinnatus
DeRuyter

OHSL Patriot National

Phil Longo (G&B)

Pulaski
Port Byron
Cato-Meridian
Weedsport
SAS
Manlius-Pebble Hill
Bishop Ludden

2021-22 Section III CLASSIFICATION ENROLLMENT

DIVISION 1: 600 +

DIVISION 2: 599 ↓

SCHOOL	ENROLLMENT		SCHOOL	ENROLLMENT	
UTICA	1958		ONONDAGA/LAFAYETTE	267	
CICERO-NORTH SYRACUSE	1943		MT. MARKHAM	264	
HENNINGER	1673		ONTECH	257	
LIVERPOOL	1611		ADIRONDACK	237	
BALDWINSVILLE	1275		WESTMORELAND	233	
ROME	1182		SYRACUSE ACADEMY OF SCI	222	C-1
NOTTINGHAM	1178		SOUTH LEWIS	219	
CORCORAN	1170		HERKIMER	216	
PSLA/FOWLER	1038		UTICA ACADEMY OF SCIENCE	215	
WEST GENESEE	1016		PULASKI	212	
FAYETTEVILLE-MANLIUS	980	AA 965 ↑	FRANKFORT-SCHUYLER	209	
			SAUQUOIT VALLEY	204	
AUBURN	954		CATO-MERIDIAN	203	
CENTRAL SQUARE	846		THOUSAND ISLANDS	200	NO TEAM
EAST SYRACUSE-MINOA	831		DOLGEVILLE	195	
OSWEGO	827		COOPERSTOWN	191	
WATERTOWN	824		MORRISVILLE-EATON/STOCK/MAD	189	
WHITESBORO	756		TULLY	186	
JAMESVILLE DEWITT	732		PORT BYRON	179	
CARTHAGE	683		BEAVER RIVER	176	
INDIAN RIVER	675		WATERVILLE	171	C-2
FULTON	662		FABIUS POMPEY	168	
NEW HARTFORD	576		WEST CANADA	158	
CORTLAND	513		WEEDSPORT	156	
CAMDEN	504	A 500 – 964	SANDY CREEK	153	C 150 - 269
CENTRAL VALLEY ACADEMY	479		BISHOP GRIMES	149	
HOMER	477		NOTRE DAME	141	
CHITTENANGO	470		BISHOP LUDDEN	140	
INSTITUTE OF TECHNOLOGY	453		ORISKANY	137	
ONEIDA	447		MCGRAW	132	
SOUTH JEFFERSON/BELLEVILLE	439	B-1	MANLIUS PEBBLE HILL	131	
VVS	435		NEW YORK MILLS	125	
WESTHILL	431		HAMILTON	117	D
MEXICO	419		CINCINNATUS	116	
CBA	413		POLAND	113	
MARCELLUS	410		ALEXANDRIA	108	NO TEAM
SOLVAY	362		LAFARGEVILLE	102	NO TEAM
CAZENOVIA	357		REMSEN	102	
SKANEATELES	333		SACKETS HARBOR	101	NO TEAM
PHOENIX	333		LYME	87	NO TEAM
HANNIBAL	333		COPENHAGEN	84	NO TEAM
CLINTON	332	B-2	DERUYTER	78	
HOLLAND PATENT	314		OTSELIC VALLEY	69	
SHERBURNE-EARLVILLE	305		FAITH HERITAGE	68	
LOWVILLE	305	GIRLS ONLY	TOWN OF WEBB	60	
GENERAL BROWN	300	NO TEAM	IMMACULATE HEART	47	NO TEAM
JORDAN-ELBRIDGE	287		MATER DEI ACADEMY	44	
CANASTOTA	285		TYBURN ACADEMY	36	
LITTLE FALLS	279		BROOKFIELD	35	
APW	270	B 270-499	OWEN D YOUNG	33	
			LIVING WORD	22	

2022 CLASS MEET INFORMATION

ALL MEETS ARE LISTED AS A 4:00 START

AA WEDNESDAY, May 25, @ Baldwinsville

29 East Oneida St., Baldwinsville, NY

Site Director, Bill Spicer: © 315-415-8961 wspicer@bville.org

Boys' Meet Director, Greg Broton: © 315-657-4514 gbroton@nscsd.org

Girls' Meet Director, Jim Vermeulen: 315-263-6815 vermeulenjim@gmail.com

A FRIDAY, May 27, @ ESM

6400 Fremont Rd, East Syracuse, NY

Site Director, Mike Clonan, AD: mclonan@esmschools.org

Boys' Meet Director, Brian Holtslag: © 315-725-9205 bjhha@msn.com

Girls' Meet Director, Mike Carney: © 315-292-2992 mcarney@wboro.org

B-1 THURSDAY, May 26, @ VVS

5275 NY-31, Verona, NY

Site Director, Todd Bauer: tbauer@vvschools.org

Boys' Meet Director, Matt Shutts: © 315-877-5409 mshutts@solvayschools.org

Girls' Meet Director, Justin Crossway: © 315-286-2823 jcrossway@spartanpride.org

B-2 THURSDAY, May 26, @ Little Falls

1 High School Rd, Little Falls, NY

Site Director, Bart Tooley: btooley@lfcasd.org

Boys' Meet Director, Norm Deep: © 315-271-0061 ndeep@ccs.edu

Girls' Meet Director, Rob Tuttle: © rtuttle@skanschools.org

C-1 TUESDAY, May 24, @ Adirondack

8181 NY-294, Boonville, NY

Site Director, Patrick Fiorenza: pfiorenza@adirondackcsd.org

Boys' Meet Director, Anthony Reina: © 315-525-8546 areina@frankfort-schuyler.org

Girls' Meet Director, John Nicotera: © 315-269-4637 jnicotera@oneida-boces.org

C-2 TUESDAY, May 24, @ West Canada

5447 NY-28, Newport, NY

Site Director, Feddie Sarus: © 315-292-0220, fsarus@westcanada.org

Boys' Meet Director, Todd Hobin: thobin@westcanada.org

Girls' Meet Director, Michelle Rauber: © 607-749-5959 mrauber@tullyschools.org

D FRIDAY, May 27, @ Oriskany

1312 Utica St, Oriskany, NY

Site Director, Michelle Pruckno: mpruckno@oriskanycsd.org

Boys' Meet Director, John Allen: © 315-292-3025 jallen@polandcsd.org

Girls' Meet Director, Phil Longo: © 315-247-1423 bgtrack1@gmail.com

CLASS MEET INFORMATION

See the 2021-22 classification enrollment sheet and the Class Meet Site Information Sheet!!

ENTRIES:

Each school may enter any number of athletes that have met the qualifying standard for each event.

Each school may enter two (2) pentathletes and one (1) relay team.

Each athlete must meet the qualifying times, heights, and distances, which can be accomplished at any official meet (ex. Duals, tri-meet, any meet with an official). 1 competition per day, a minimum of 6 competitions prior to their class meet, and maximum of 16 competitions for the season.

A coach must only enter on milesplit an athlete in four events (including alternate for a relay) OR pentathlon.

Coaches will only scratch from those 4 events OR pentathlon at the meet.

See 2022 STANDARDS

HOW TO ENTER: On line via ny.milesplit.com

SEEDING:

Final seeding is done the day of the meet, once all entries are entered on line and any scratches are done before the coaches' meeting. **The Scratch rule is IN EFFECT at the class meets.**

OFFICIALS:

Several hired, rated officials SUPPORTED by competent ADULTS from each school competing. Each school should make arrangements PRIOR to the meets, as to whom the supporting adult is. If no adult shows on the meet day, the coach will have to cover that assignment.

RULES:

The Department of Health and Federation rules govern track in New York State, with the exception of the jewelry rule. Refer to the 2022 Department of Health, edition of the National Federation Track and Field Rule Book for boys and girls and NYSPHSAA 2022 health rules. The Section, Leagues and schools may be stricter with rules, so please make sure when attending a Class meet, you are aware of those rules.

An athlete is only allowed to be “entered” and “compete” in 4 events (which includes alternate for a relay) OR the pentathlon.

COACHES: Do NOT enter your athlete in more than 4 events and pentathlon when entering on line. Only four events OR pentathlon are allowed to be entered.

THE SCRATCH RULE IS IN EFFECT FOR THIS MEET!

AWARDS:

Section III Medals and t-shirts for each athlete on a winning team. Team points for places 1-6.

1st place finishers for each event will receive different medal and one T-shirt per winning athlete. Section III banner (or banner line) to first place team of each class. (Need to request from Section III office). **Steeplechase** will be held during the class meet if the facilities have the capability. If steeple needs to be run at a different site on a different day, results will be added to the team's total score. **2022 site for steeple:** NA

2022 SECTION 3 BOYS' OUTDOOR TRACK CLASS MEET QUALIFYING STANDARDS

To Change FAT to HAND Held, Subtract .24

CLASS	AA FAT	A HAND/FAT	B HAND/FAT	C HAND/FAT	D HAND/FAT
100	12.01	12.2/12.44	12.4/12.64	12.6/12.84	12.9/13.14
200	24.45	25.1/25.34	25.5/25.74	25.9/26.14	26.5/26.74
400	54.55	56.2/56.44	57.0/57.24	58.7/58.94	60.4/60.64
800	2:07.50	2:12.4/2:12.64	2:18.0/2:18.24	2:21.2/2:21.44	2:26.4/2:26.64
1600	4:47.04	5:02.8/5:03.04	5:15.0/5:15.24	5:11.5/5:11.74	5:32.1/5:32.34
3200	10:23.80	11:08.3/11:08.55	11:20.0/11:20.24	11:30.4/11:30.64	12:11.5/12:11.74
STEEPLE	11.04.5	11:40.5/11:40.74	12:15.0/12:15.24	12:21.5/12:21.74	12:26.5/12:26.74
(ALL CLASSES MAY USE 3200 TIME FOR STEEPLECHASE ENTRY)					
110HH	18.85	18.5/74	18.8/19.04	20.1/20.34	20.6/20.84
400LH	64.93	67.0/67.24	68.0/68.24	71.9/72.14	72.5/72.74
PENT	2 entries	2 entries	2 entries	2 entries	2 entries
LONG	18' 3"	18'	17'	16' 6"	16' 3"
TRIPLE	38'	36' 8"	35'	33' 6"	33' 3"
HIGH	5' 4"	5' 3"	5' 2"	4' 10"	4' 8"
POLE	10'	9' 6"	9' 6"	8' 9"	7' 6"
SHOT	40'	37' 2"	35'	34'	33'
DISCUS	108'	100'	95'	95'	90'
400 Relay	1 entry	1 entry	1 entry	1 entry	1 entry
1600 Relay	1 entry	1 entry	1 entry	1 entry	1 entry
3200 Relay	1 entry	1 entry	1 entry	1 entry	1 entry

2022 SECTION 3 GIRLS' OUTDOOR TRACK CLASS MEET QUALIFYING STANDARDS

To Change FAT Time to Hand Held, Subtract .24

CLASS	AA FAT	A HAND/FAT	B HAND/FAT	C HAND/FAT	C-2 & D HAND/FAT
100	13.74	13.6/13.84	13.7/13.94	13.8/14.04	14.0/14.24
200	28.44	28.7/28.94	29.0/29.24	29.5/29.74	30.5/30.74
400	64.24	67.0/67.24	67.0/67.24	67.5/67.24	71.0/71.24
800	2:32.24	2:37/2:37.24	2:37 /2:37.24	2:43/2:43.24	2:51.0/2:51.24
1500	5:20.24	5:33/5:33.24	5:35/5:35.24	5:43/5:43.24	5:55.0/5:55.24
3000	11:50.24	12:25/12:25.24	12:15/12:15.24	12:25/12:25.24	13:15/13:15.24
100 HH	18.04	19.0/19.24	18.2/18.44	18.5/18.74	20.5/20.74
400 LH	74.24	80.0/80.0	76.0/76.24	77.0/77.24	82.0/82.24
STEEPLE	8:40.24	9:10/9:10.24	9:15/9:15.24	9:30/9:30.24	9:30.0/9:30.24
PENT	2 entries	2 entries	2 entries	2 entries	2 entries
LONG	15'6"	14'8"	14'6"	14'0"	13' 8"
TRIPLE	32'6"	30'3"	30'0"	30'0"	29' 0
HIGH	4'8"	4'6"	4'6"	4'6"	4' 0
POLE	7'6"	7'6"	7'6"	7'0"	6' 0
SHOT	30'0"	28'5"	26'6"	27'0"	26'
DISCUS	85'0"	77'0"	75'0"	75'0"	70' 0
400 Relay	1 entry	1 entry	1 entry	1 entry	1 entry
1600 Relay	1 entry	1 entry	1 entry	1 entry	1 entry
3200 Relay	1 entry	1 entry	1 entry	1 entry	1 entry

****Steeplechase – May use 1500/3000 qualifying standard. COACHES need to make sure athletes are properly trained!!!**

2022 CO-ED CLASS MEET ORDER OF EVENTS
GIRLS followed by BOYS

TRACK

PENT 100 HH G
PENT 110 HH B
4 x 800 Relay G
4 x 800 Relay B
110 m HH Timed Final
100 m HH Timed Final
100 m Timed Final G
100 m Timed Final B
1500 m G
1600 m B
4 x 100 m Relay Final G
4 x 100 m Relay Final B
400 m G
400 m B
400 m LH G
400 m LH B
800 m G
800 m B
200 m Final G
200 m Final B
3000 m G
3200 m B
4 x 400 m Relay G
4 x 400 m Relay B
Pent 800 G
Pent 1500 B
Steeplechase G
Steeplechase B

FIELD

High Jump G followed by B
Or same time if two pits

Pole Vault G followed by B
Long Jump Followed by Triple G
Triple Jump Followed by Long B
Shot Followed by Discus G
Discus followed by Shot B

PENTATHLON

High, Shot, Long

PROCEDURES FOR WHEELCHAIR ATHLETES

1 - Special Accommodations: Schools would be required to apply for a Special Accommodation for each student competing in a wheelchair. The request would have to include all necessary medical documentation which requires the accommodation. NYSPHSAA approval is required for the student to participate using a wheelchair. Accommodations will include the following:

A - If only one wheelchair athlete in the race, then they will race with the able-bodied athletes (outdoor only). If two or more wheelchair athletes, then they will race at the same time in a separate heat from the able-bodied athletes. All wheelchair athletes must wear a helmet.

B – In all laned events, the wheelchair athlete will be given two lanes to compete in. In non-laned races the wheelchair athlete will start on the outside lane or behind the able body athletes and not be able to cut into lane 1 until the first 100 meters has passed.

C - In field events the wheelchair athlete will be able to use a throwing chair set up by an adult to compete in shot put and discus.

2 - Scoring: Wheelchair athletes will either race against a clock or another wheelchair athlete. Wheelchair athletes and able body athletes will not compete against each other for points or place finishes.

A - If only one wheelchair athlete is competing in the race, then they will be racing against the clock and if they meet or exceed the standard, then they will receive 1 point for their team. If in post season, they will receive the 1 point plus qualify for the next level of competition.

2022 QUALIFYING STANDARDS WHEELCHAIR ATHLETES

The following standards will be used to determine qualifying and earning points for the athlete's teams. The standards will be derived from the standards and results of the Adaptive Track and Field USA Database which has over 25 years of data.

EVENT	GENDER	STANDARD
100 M	Female	40.0
100 M	Male	29.0
200 M	Female	1:03.4
200 M	Male	51.8
400 M	Female	2:09
400 M	Male	1:40
800 M	Female	4:00
800 M	Male	3:19
1500 M	Female	6:00
1500 M	Male	4:46
1600 M	Female	7:00
1600 M	Male	6:00
3000 M	Female	13:20
3200 M	Male	12:00
Shot	Female	7 Feet
Shot	Male	9 Feet
Discus	Female	22 Feet
Discus	Male	23 Feet

2022 SECTION III Co-Ed STATE QUALIFIER MEET

Thursday, June 2 @ CNS, 4:00 Start

Meet Directors: Boys: Tom Wells & Norm Deep / Girls: Julie Storms & Brett Couchman

ELIGIBILITY:

-Top 10 for Division 1 and Top 10 for Division 2 on the milesplit leaderboard, which will be posted Sunday @ 9:00 pm following Class Meets.

-Any athlete who meets the Division 1 or Division 2 standard listed on the State Qualifier Standards sheet in this packet who competed in a *multi-school (5+) meet or run a "certified FAT" and have participated in 6 meets. If your athlete(s) qualified in any event outside of Section 3, coaches need to email their League Rep prior to entering this meet for verification.*

Male & Female PENTATHLETES: MUST MEET THE QUALIFYING STANDARD FOR THEIR DIVISION DURING THIS SEASON AT A MULTI-SCHOOL MEET TO ENTER THE MEET. (See attached State Qualifier Standards Sheet)

COACHES MAY ALSO PETITION IN TO OUR COMMITTEES BY MONDAY, MAY 30, VERIFIED, POINT TOTALS FOR EACH INDIVIDUAL EVENT FROM MULTI-SCHOOL MEET(S) THIS SEASON. TOTAL POINTS MUST MEET THE STANDARDS SET FOR THIS STATE QUALIFIER MEET. MALE PENTATHLETES 1500 MAY USE 1600 CONVERSION.

ENTERING PROCEDURE:

****Coaches** must enter ALL athletes and relay teams, including alternates, who will be competing at this meet on line at NY.Milesplit.com The athlete(s)' accomplishment must be able to be confirmed by the Section chairperson. **An athlete is only allowed to be "entered" AND "compete" in 4 events (which includes alternate for a relay) OR pentathlon.** **Deadline for entries will be 9:00 PM on Monday, May 30**

GIRLS' TRACK COMMITTEE will meet via ZOOM on Tuesday, May 31, 6:00 PM, to review all entries. Only the Track Committee members, State Qualifier meet director and a representative from Leone timing will be present.

SCRATCHING AN ATHLETE:

Remember the scratch rule will NOT be in effect at the State Qualifier meet; however, coaches must notify officials ASAP for seeding of future events. Call Pat Leone Directly at 315-420-4921, Tom Wells, boys' chair at 315-733-1698, or Julie Storms, girls' chair, 315-486-4726.

SITE QUESTIONS: call **Greg Broton 315-657-4514 or Tim Bednarski, AD, 315-218-4114**
CNS will supply starting blocks. If you are bringing your own blocks, they must have ¼" spikes or less.

FIELD EVENT INFO:

GIRLS & BOYS Long, Triple, Shot, Discus: 3 trial attempts, 3 final attempts, 5 to finals

GIRLS Starting Height High Jump: Start at one height below qualifying standard, up by 2" until 5'
Both divisions compete together (D1 & D2)

GIRLS Starting Height Pole Vault: Start at one height below qualifying standard, (D1 starts at 7'6, D2 starts at 7'9"), 8', 8'6", 9', 9'6", 9'9", 10'1", 10'4", 10'7", 10'10", 11'2.5", 11'6", etc.
Both divisions compete together (D1 & D2)

GIRLS Pent High: Group Decides Starting Height, up by 5 cm
Both divisions compete together (D1 & D2)

2022 STATE MEET QUALIFIERS AND INFO:

First place finishers for each division advance to the State Meet.

A second qualifier for each division can advance if they are the “**highest placing finisher the day**” at this meet and **have met a State Standard**. These standards can be met any time during the season at a multi-school meet or championship meet (see State Standards page).

A third qualifying standard is also in effect, which is a **SUPER Standard** (see Super Standard page) To use this Super Standard, the athlete(s) must compete at this State Qualifier meet. This standard can also be met at any time during this season, as long as it was done at a championship meet or an Invite of 5 teams or more with certified officials and all track times using FAT (see State-issued Super Standard Sheet).

COACHES NEED TO DECLARE THEIR ATHLETE(S)' INTENTION TO COMPETE AT THE STATE MEET BEFORE LEAVING THE STATE QUALIFIER AND ALSO TO MAKE SURE THEIR ENTRIES ARE CORRECT WITH THEIR BEST PERFORMANCE LISTED. IF YOU ARE USING THE STATE STANDARD OR SUPER STANDARD TO ENTER THE STATE MEET, PLEASE MAKE SURE YOU HAVE SPOKEN TO YOUR SECTION CHAIR FOR CONFIRMATION YOUR ATHLETE(S) HAVE QUALIFIED AND ARE ENTERED. THE SECTION CHAIR SENDS ALL THIS IN TO THE STATE BY SUNDAY. IF YOU HAVE AN ATHLETE WHO PLACED FIRST AND KNOWS AT THAT TIME THEY WILL NOT BE COMPETING AT THE STATE MEET, OR IF AFTER DECLARING UNFORESEEN CIRCUMSTANCES PREVENT THE ATHLETE FROM COMPETING AT THE STATE MEET, YOU NEED TO CONTACT THE SECTION CHAIR SO THE SECOND PLACE FINISHER CAN BE CONTACTED TO TAKE THAT PLACE.

Coaches:

- Be aware that this is a two-day STATE meet @ CNS, June 10 & 11. Please consider the order of events when declaring. **The Scratch Rule WILL be in effect at the State Meet**. Athletes are required to compete until conclusion. Any scratches will mean disqualification from the meet.
- State medals are awarded for places 1 – 6 for Division 1 and Division 2.
- Federation medals will be awarded to top 8 finishers in all events based on overall competition.
- NYSPHSAA awards may include results from trials or semis.
- CNS track will be open for warmups on Thursday, June 9, from 3:00 – 6:00, then closes
- CNS will supply blocks, but schools may bring their own
- ¼” spikes
- Covid Rules will be in effect. Masks must be worn inside the building.

**2022 SECTION 3 TRACK STATE QUALIFIER MEET
AUTOMATIC ENTRIES**

BOYS-D-1	BOYS-D-2	EVENT	GIRLS-D-1	GIRLS-D-2
11.45	11.71	100	12.97	13.10
23.41	23.91	200	27.04	27.03
52.34	52.92	400	1:01.81	1:01.42
2:02.99	2:04.36	800	2:23.75	2:24.51
4:36.01	4:40.01	1600/1500	4:56.31	4:57.66
10:05.06	10:25.05	3200/3000	10:50.88	10:53.74
16.36	16.63	110H/100H	17.02	17.07
1:01.50	1:02.05	400H	1:11.92	1:11.35
10:37.05	10:39.55	STEEP	7:50.17	7:48.81
46.07	47.45	4 X 100	52.49	53.20
3:41.05	3:42.06	4 X 400	4:27.74	4:22.85
8:59.32	9:01.25	4 X 800	10:50.78	10:30.64
5'7"	5'7"	H J	5'	5'
20'3"	20'2"	L J	16'5"	16'2"
40' 10"	40'3"	T J	34'4"	33'5"
42'	41'	SHOT	31'	31'8"
122'	119'	DISCUS	89'9"	93'9"
10' 10"	10' 10"	P V	8'	8'3"
2373pts	2355pts	PENT	1912pts	1969pts

2022 SECTION III TRACK STATE QUALIFIER ORDER OF EVENTS

4:00 PM START D-1, Followed by D-2

G-PENT 100 HURDLES

B-PENT 110 HURDLES

G-4 X 800 RELAY

B-4 X 800 RELAY

G-4 X 100 RELAY

B-4 X 100 RELAY

G-4 X 400 RELAY

B-4 X 400 RELAY

G-2000 STEEPLECHASE

B-3000 STEEPLECHASE

B-110HH SEMIS

G-100HH SEMIS

G-100 SEMIS

B-100 SEMIS

G-1500

B-1600

G-100HH FINAL

B-110 H FINAL

G-100 FINAL

B-100 FINAL

G-400

B-400

G-800

B-800

B-200 SEMIS (if needed)

G-400 IH

B-400 IH

G-3000

B-3200

G-200 FINAL

B-200 FINAL

G-800 PENT

B-1500 PENT

FIRST ROUND

B-SHOT PUT (Div 1,2)

G-DISCUS (Div 1,2)

G-POLE VAULT

G-LONG JUMP

B-TRIPLE JUMP

SECOND ROUND

G-SHOT PUT (D 1,2)

B-SHOT PUT (D 1,2)

B-POLE VAULT

B-LONG JUMP

G-TRIPLE JUMP

LONG/TRIPLE RUNWAYS

Bd#1-Track Side

Girls-Div 1 LJ

Girls-Div 2 LJ

Girls-Div 1 TJ

Girls-Div 2 TJ

Girls-Pent LJ

Bd#2-Fence Side

Boys-Div 1 LJ

Boys-Div 2 LJ

Boys-Div 1 TJ

Boys-Div 2 TJ

Boys-Pent LJ

PENTATHLON ORDER

G-100HH

B-110HH

G-HJ- (Scoreboard)

B-HJ-(School)

G-SP

B-SP

G-LJ

B-LJ

G-800

B-1500

NYSPHSAA/FEDERATION BOYS & GIRLS SPRING TRACK
APPROVED STANDARDS FOR THE SECOND QUALIFIER FOR
THE 2022 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.

THEY MUST BE THE HIGHEST PLACING FINISHER AT THE QUALIFIER THAT HAS MET THE STANDARD LISTED BELOW.

THE STANDARD MAY BE MET AT ANY INVITATIONAL OR CHAMPIONSHIP MEET AT ANYTIME DURING THE SEASON.

<u>EVENT</u>	<u>BOYS D1</u>	<u>BOYS D2</u>	<u>GIRLS D1</u>	<u>GIRLS D2</u>
100M DASH	11.0 / 11.23	11.1 / 11.29	12.3 / 12.45	12.6 / 12.80
200M DASH	22.1 / 22.27	22.5 / 22.71	25.4 / 25.62	25.9 / 26.06
400M DASH	48.7 / 48.94	50.2 / 50.43	57.2 / 57.35	58.6 / 58.78
800M RUN	1:54.3/1:54.48	1:56.9 / 1:57.09	2:12.5 / 2:12.65	2:16.5 / 2:16.66
1600/1500M RUN	4:17.2/4:17.42	4:23.5 / 4:23.74	4:36.2 / 4:36.40	4:45.6 / 4:45.76
3200/3000M RUN	9:25.3/9:25.51	9:38.6 / 9:38.79	10:03.8/10:04.01	10:19.3/10:19.48
STEEPLECHASE	9:32.4/9:32.60	9:54.4 / 9:54.62	7:03.9 / 7:04.05	7:18.4 / 7:18.62
HIGH HURDLES	14.6 / 14.79	15.2 / 15.39	15.0 / 15.24	15.8 / 15.99
400M HURDLES	55.9 / 56.09	56.8 / 56.98	64.7 / 64.86	66.3 / 66.53
LONG JUMP	22' 01.5"	21' 00.75"	17' 09.25"	17' 01.5"
TRIPLE JUMP	45' 01"	44' 03.25"	37' 06.75"	36' 05"
SHOT PUT	52' 01.25"	51' 00.25"	39' 00.25"	36' 05"
DISCUS	149' 07"	146' 03"	120' 06"	109' 11"
HIGH JUMP	6' 03.25"	6' 01.5"	5' 03"	5' 01"
POLE VAULT	14' 02"	13' 05"	11' 02.5"	10' 00.75"
PENTATHLON	3062 PTS.	2992 PTS.	2907 PTS.	2693 PTS.
400M RELAY	42.6 / 42.76	44.0 / 44.23	48.4 / 48.62	50.2 / 50.39
1600M RELAY	3:20.6/3:20.76	3:27.9 / 3:28.06	3:57.1/ 3:57.25	4:06.9/ 4:07.11
3200M RELAY	7:53.2/7:53.40	8:10.1 / 8:10.30	9:14.6 / 9:14.84	9:41.2 / 9:41.37

(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 2015 THROUGH 2019

ACCEPTED 12/03/19

2022 NYSPHSAA SUPER QUALIFYING STANDARDS

5 year avg. of 4th place NYSPHSAA Finisher
(2015-2019)

Event	Boys		Event	Girls	
	Division 1	Division 2		Division 1	Division 2
100m	11.08	11.14	100m	12.38	12.67
200m	22.13	22.46	200m	25.13	25.45
400m	48.64	49.91	400m	56.36	58.15
110m HH	14.71	15.09	100m H	15.13	15.65
400m IH	54.99	56.13	400m IH	1:03.49	1:05.64
800m	1:53.94	1:55.32	800m	2:11.39	2:14.66
1600m	4:15.59	4:20.93	1500m	4:31.65	4:40.18
3200m	9:16.30	9:30.90	3000m	9:45.62	10:16.87
3k Steeple	9:24.44	9:44.96	2k Steeple	6:54.72	7:11.90
High Jump	6'5"	6'4"	High Jump	5'4"	5'3"
Pole Vault	14'5"	13'10"	Pole Vault	11'6"	10'7"
Long Jump	22'4.75"	21'07.25"	Long Jump	18'01.00"	17'06.00"
Triple Jump	45'10.75"	45'01.00"	Triple Jump	38'03.00"	37'00.00"
Shot Put	54'04.00"	52'05.00"	Shot Put	40'01.00"	38'00.25"
Discus	158'03"	150'06"	Discus	125'02"	117'06"
Pentathlon	3171	3099	Pentathlon	3156	2758
4x100m	42.52	43.67	4x100m	48.37	49.89
4x400m	3:19.44	3:27.19	4x400m	3:56.00	4:03.35
4x800m	7:50.53	8:05.34	4x800m	9:09.09	9:30.24

Performances must occur in a meet with 5 or more teams with certified officials.

All track times must be FAT.

Athletes/Relays who meet a Super Standard must compete in that event at their state qualifier meet to advance to the state meet by virtue of the Super Standard.

ACCEPTED 12/3/19

**NEW YORK STATE PUBLIC HIGH SCHOOL
STATE TRACK & FIELD CHAMPIONSHIPS
CICERO NORTH SYRACUSE HIGH SCHOOL**

**TIMES ARE APPROXIMATE - EVENTS MAY RUN AHEAD AS FAR AS POSSIBLE*

FRIDAY JUNE 10, 2022

ORDER OF EVENTS

TRACK				FIELD					
	Div I - Large			11:00	POLE VAULT	G	CHAMP	F	
	Div II - Small			11:00	DISCUS	B	I	CLASS FINAL	
12:30	Pent. 100 HH-1	G	CHAMP	F	<i>lower seeds</i>				
	Pent. 110 HH-1	B	CHAMP	F	<i>lower seeds</i>				
<i>OPENING CEREMONIES INCLUDING SPORTSMANSHIP AWARD WINNERS</i>									
1:30	100H	G	II	T					
	100H	G	I	T					
1:45	110H	B	II	T					
	110H	B	I	T					
2:00	100M	G	II	T					
	100M	G	I	T					
	100M	B	II	T					
	100M	B	I	T					
2:25	Pent. 100 HH-2	G	CHAMP	F	<i>higher seeds</i>				
	Pent. 110 HH-2	B	CHAMP	F	<i>higher seeds</i>				
2:50	400M	G	II	CLASS FINAL					
	400M	G	I	CLASS FINAL					
	400M	B	II	CLASS FINAL					
	400M	B	I	CLASS FINAL					
3:25	800M	G	CHAMP	F					
	800M	B	CHAMP	F					
3:55	200M	G	II	T					
	200M	G	I	T					
	200M	B	II	T					
	200M	B	I	T					
4:25	400 INTER H	G	II	CLASS FINAL					
	400 INTER H	G	I	CLASS FINAL					
	400 INTER H	B	II	CLASS FINAL					
	400 INTER H	B	I	CLASS FINAL					
5:00	4X100 RELAY	G	II	CLASS FINAL					
	4X100 RELAY	G	I	CLASS FINAL					
	4X100 RELAY	B	II	CLASS FINAL					
	4X100 RELAY	B	I	CLASS FINAL					
5:35	4X400 RELAY	G	II	CLASS FINAL					
	4X400 RELAY	G	I	CLASS FINAL					
	4X400 RELAY	B	II	CLASS FINAL					
	4X400 RELAY	B	I	CLASS FINAL					
6:30	3000M	G	CHAMP	F					
	3200M	B	CHAMP	F					
					11:00	POLE VAULT	G	CHAMP	F
					11:00	DISCUS	B	I	CLASS FINAL
					11:30	TRIPLE JUMP	G	I	CLASS FINAL
						TRIPLE JUMP	G	II	CLASS FINAL
					12:30	SHOT PUT	G	I	CLASS FINAL
					12:30	DISCUS	B	II	CLASS FINAL
					2:00	SHOT PUT	G	II	CLASS FINAL
					1:00	TRIPLE JUMP	B	I	CLASS FINAL
						TRIPLE JUMP	B	II	CLASS FINAL
					1:15	PENT.HIGH JP1	G	CHAMP	F
						PENT.HIGH JP1	B	CHAMP	F
					3:30	POLE VAULT	B	CHAMP	F
					2:00	DISCUS	G	I	CLASS FINAL
					3:30	DISCUS	G	II	CLASS FINAL
					2:30	LONG JUMP	G	I	CLASS FINAL
						LONG JUMP	G	II	CLASS FINAL
					3:00	SHOT PUT	B	I	CLASS FINAL
					4:30	SHOT PUT	B	II	CLASS FINAL
					3:15	PENT.SHOT-1	G	CHAMP	F
					3:45	PENT.SHOT-1	B	CHAMP	F
					3:00	PENT.HIGH JP-2	G	CHAMP	F
					3:15	PENT.HIGH JP-2	B	CHAMP	F
					4:00	LONG JUMP	B	I	CLASS FINAL
						LONG JUMP	B	II	CLASS FINAL
					5:00	PENT.SHOT-2	G	CHAMP	F
					5:30	PENT.SHOT-2	B	CHAMP	F

CICERO NORTH SYRACUSE HIGH SCHOOL

**TIMES ARE APPROXIMATE - EVENTS MAY RUN AHEAD AS FAR AS POSSIBLE*

SATURDAY JUNE 11,
2022

ORDER OF EVENTS

TRACK										
				<u>FIELD</u>						
10:00	2000M STEEPLE	G	CHAMP	F						
	3000M STEEPLE	B	CHAMP	F						
				CLASS						
10:50	100M	G	II	FINAL						
				CLASS						
	100M	G	I	FINAL	10:00	HIGH JUMP	G	CHAMP	F	
				CLASS						
	100M	B	II	FINAL	10:30	HIGH JUMP	B	CHAMP	F	
				CLASS						
	100M	B	I	FINAL						
11:10	1500M	G	CHAMP	F	10:00	PENT.LONG JP-1	G	CHAMP	F	
	1600M	B	CHAMP	F		PENT.LONG JP-2	G	CHAMP	F	
				CLASS						
11:40	100H	G	II	FINAL						
				CLASS						
	100H	G	I	FINAL						
				CLASS						
	110H	B	II	FINAL	11:00	PENT.LONG JP-1	B	CHAMP	F	
				CLASS						
	110H	B	I	FINAL		PENT. LONG JP-2	B	CHAMP	F	
				CLASS						
12:00	200M	G	II	FINAL						
				CLASS						
	200M	G	I	FINAL	10:00	DISCUS	G	CHAMP	F	
				CLASS						
	200M	B	II	FINAL	11:30	DISCUS	B	CHAMP	F	
				CLASS						
	200M	B	I	FINAL						
				CLASS						
				FINAL						
					12:00	SHOT PUT	G	CHAMP	F	
					12:00	LONG JUMP	G	CHAMP	F	
					12:00	LONG JUMP	B	CHAMP	F	
12:25	100HH	G	CHAMP	F						
	110H	B	CHAMP	F						
12:40	100M	G	CHAMP	F						
	100M	B	CHAMP	F						
1:00	400M	G	CHAMP	F						
	400M	B	CHAMP	F	1:30	SHOT PUT	B	CHAMP	F	
1:15	400 INTER H	G	CHAMP	F	1:30	TRIPLE JUMP	G	CHAMP	F	
	400 INTER H	B	CHAMP	F	1:30	TRIPLE JUMP	B	CHAMP	F	
1:25	200M	G	CHAMP	F						
	200M	B	CHAMP	F						
1:35	4X800 RELAY	G	CHAMP	F						
	4X800 RELAY	B	CHAMP	F						
2:20	4X100 RELAY	G	CHAMP	F						
	4X100 RELAY	B	CHAMP	F						
2:40	4X400 RELAY	G	CHAMP	F						
	4X400 RELAY	B	CHAMP	F						

THE COMBINED EVENTS WILL FIT INTO THE TIME SCHEDULE WHEN THEY ARE READY TO GO

** PENT. 800 (ALL) G CHAMP F
 ** PENT 1500 (ALL) B CHAMP F

ACCEPTED 12/3/19