

## GIRLS INDOOR TRACK & FIELD CHAMPIONSHIPS

### SECTION III CLASS AA & A & B & CD

- DATE:** Wednesday, February 3, 2010
- PLACE:** Manley Field House, Syracuse University
- TIME:** 6:30 pm – 10:00 pm
- EVENT RULES:** A girl may enter in any 3 events.
- One entry per event per school, plus a second athlete if standard Met by **BOTH ATHLETES!!!**
- One relay team per event per school.
- OFFICIALS:** Certified officials will be at key positions. Leone Timing Systems for results.
- NOTES:**
- A. All participating athletes must be bonafide, legal indoor track and field athletes.
  - B. Blocks may be used in the 55 Meter and 55 Meter HH.
  - C. No fly zones.
  - D. National Federation rules will be enforced.
  - E. Coaches are reminded to stay out of the restricted areas. Athletes are to stay out of the infield and off the track when not involved in an event. Keep the start and finish lines clear of non-officials.
  - F. Any competing athlete must have competed in at least 3 meets prior to this meet.
  - G. No jewelry is to be worn by any competitor during competition.
  - H. School uniforms must be worn and must be a “uniform!”. In relays, identical shorts and tops must be the same for each relay member.

Wednesday, February 3, 2010

ORDER OF EVENTS:

TRACK@6:30 p.m.

3000M run AA A B CD  
4 X 400 relay AA A B CD  
1000 M run AA A B CD  
55 M dash (final) AA A B CD  
600 M run AA A B CD  
1500 M run AA A B CD  
55 M HH (final) AA A B CD  
300 M dash AA A B CD  
4 X 800 relay AA A B CD  
4 X 200 relay AA A B CD  
1500 M race walk (mixed) non-scoring

FIELD EVENTS:

Pole Vault at 6:30 p.m. AA A B CD (all  
combined)  
Shot Put at 6:30 p.m. AA A B CD  
Long Jump at 6:30 p.m. AA A B CD  
Triple Jump(to follow Long Jump) AA A B CD  
High Jump at 6:30 p.m. AA A B CD (all  
combined)

NOTE: In P.V. and H.J. – 3 attempts at each height.  
In S.P., 4 Throws  
L.J., and T.J. (3 jumps)

Classes: AA 950 up (CNS to Auburn)  
A 550 to 949 (Nottingham to Homer)  
B 325-549 (Phoenix to Adirondack)  
CD 324 down (Sauquoit Valley down)

\*See attached list of schools.

## GIRLS INDOOR TRACK & FIELD CHAMPIONSHIPS

### CNYCL/OHSL

- DATE:** Monday, February 15, 2010
- PLACE:** Manley Field House, Syracuse University
- TIME:** 6:30 pm – 10:00 p.m
- EVENT RULES:** A girl may enter in any 3 events.
- One entry per event per school, plus a second athlete if standard Met by **BOTH ATHLETES!!!**
- One relay team per event per school.
- OFFICIALS:** Certified officials will be at key positions. Leone Timing Systems for results.
- NOTES:**
- A. All participating athletes must be bonafide, legal indoor track and field athletes.
  - B. Blocks may be used in the 55 Meter and 55 Meter HH.
  - C. No fly zones.
  - D. National Federation rules will be enforced.
  - E. Coaches are reminded to stay out of the restricted areas. Athletes are to stay out of the infield and off the track when not involved in an event. Keep the start and finish lines clear of nonofficials.
  - F. No jewelry is to be worn by any competitor during competition. Absolutely no electronic devices of any kind are allowed in areas of competition.
  - G. School uniforms must be worn and must be a “uniform!”. In relays, identical shorts and tops must be the same for each relay member.

Monday, February 15, 2010

ORDER OF EVENTS:

TRACK@6:30 p.m.

3000M run  
4 X 400 relay AA A B CD  
1000 M run AA A B CD  
55 M dash (final) AA A B CD  
600 M run AA A B CD  
1500 M run AA A B CD  
55 M HH (final) AA A B CD  
300 M dash AA A B CD  
4 X 800 relay AA A B CD  
4 X 200 relay AA A B CD

FIELD EVENTS:

Pole Vault at 6:30 p.m. AA A B CD (all combined)  
Shot Put at 6:30 p.m. AA A B CD  
Long Jump at 6:30 p.m. AA A B CD  
Triple Jump(to follow Long Jump) AA A B CD  
High Jump at 6:30 p.m. AA A B CD (all combined)

NOTE: In P.V. and H.J. – 3 attempts at each height.  
In S.P. 4 Throws.  
L.J., and T.J. (3 jumps)

Divisions run as follows: (See next page)

1 <sup>st</sup>	AA1	-	Colonial National - CNYCL
2 <sup>nd</sup>	AA2	-	Colonial American – CNYCL
3 <sup>rd</sup>	A	-	Freedom
4 <sup>th</sup>	BCD	-	Liberty and Patriot - OHSL

To All Coaches:

The CNYCL/OHSL Indoor Track and Field Championships will be contested by conference, similar to Outdoor Track and Field. There will be 4 sets of awards (ribbons?, patches, banner inserts, All League certificates and Champion certificates). We, therefore, will compete in separate sections, head to head, within each conference. Four sets of scoring will be kept.

CNYCL  
Colonial National

Baldswinville  
CNS  
Henninger  
Liverpool  
Utica Proctor  
RFA

CNYCL  
Colonial American

Auburn  
Central Square  
Cocoran  
Fayetteville-Manlius  
Nottingham  
Oswego  
West Genesee

OHSL  
Freedom

Chittenango  
Cortland  
ESM  
Fowler  
Fulton  
Jamesville-DeWitt  
Mexico  
Homer

OHSL  
Liberty/Patriot

CBA  
Cazenovia  
Jordan Elbridge  
MPH  
Marcellus  
Onondaga  
Phoenix  
Pulaski  
Skaneateles  
Solvay  
Tully  
Westhill  
Homer  
APW  
Bishop Grimes

## SECTION III STATE QUALIFIER MEET – BOYS & GIRLS

**DATE:** Thursday, February 25, 2010 (All events)

**PLACE:** Manley Field House, Syracuse University

6:30 pm – 10:00 p.m

**EVENT RULES:** A girl may enter in any 3 events.

**OFFICIALS/NOTES:** Read previous information for team championships.

### ORDER OF EVENTS:

TRACK@6:30 p.m.  
(start@6:30pm)

### Field Events

4 X 400 M Relay (F) GB  
3000 M Run (F) G  
3200 M Run (F) B  
55 M Dash (S) G  
1000 M Run (F) GB  
55 M Dash (S) B  
600 M Run (F) G B  
55 M Dash (F) G B  
1500 M Run (F) G  
55 M HH (S) B  
300 M Dash (F) G B  
1600 M Run (F) B  
55 M HH (F) B  
55 M HH (S) G  
1500 M Walk ( F) G  
55 M HH (F) G  
4 X 800 M Relay (F) G B  
4 X 200 M Relay (F) G B

Pole Vault B G  
Shot Put B G  
Long Jump G B  
Triple Jump B G  
High Jump B G

In order to qualify for State Meet: An athlete must finish 1<sup>st</sup> or 2<sup>nd</sup> (automatic). The 3<sup>rd</sup> place finisher may go if they meet the State Meet Standard.

Also, the 3<sup>rd</sup> place finisher in 300 M, 600 M, 1000 M, 1600 M automatically qualify for the intersectional Medley Relay.

(Note: If these athletes have met individual event standards, the 4<sup>th</sup> place finisher moves up to the Intersectional Medley Relay.)

NOTE:

There is some confusion regarding the number of entries & Qualifying Standards for the CNYCL, OHSL and Section III championships. The following will clear this up:

- These meets are Championship Events, NOT regular invitationals or 'all comers' meets
- We have 3 1/2 hours in which to conduct these meets
- There are 4 Divisions in the CNYCL/OHSL Championship and 4 Divisions in the Section III Championship
- Each school may enter at least one athlete per event and a second athlete if BOTH athletes meet standard.
- In no way, shape or form will a coach enter secondary athlete as their automatic entry and enter their primary athlete as second entry. This defeats the purpose of a championship meet and could lengthen the meet past the time limit of 3 1/2 hours.

Marsha Horan, Chairperson  
Section III Indoor Track and Field Committee

## Section III Indoor Track and Field Championship Meet Standards 2010

	CNYCL	OHSL	AA	A	B	C/D	State Quals
<b>55HH</b>	9.74	10.24	9.44	9.74	10.24	10.24	9.44
<b>55 Dash</b>	8.44	8.54	8.14	8.24	8.34	8.44	7.83
<b>300m</b>	46.24	47.24	45.24	46.24	47.24	48.24	44.74
<b>600m</b>	1:52.24	1:54.24	1:49.24	1:51.24	1:53.24	1:55.24	1:47.24
<b>1000m</b>	3:30.24	3:35.24	3:20.24	3:25.24	3:30.24	3:35.24	3:07.0
<b>1500m</b>	5:30.24	5:35.24	5:20.24	5:30.24	5:35.24	5:40.24	5:10.0
<b>3000m</b>	12:00.24	12:10.24	11:30.24	11:50.24	12:10.24	12:30.24	11:30.0
<b>Shot Put</b>	27-0	26-0	29-0	26-0	25-0	24-0	31-0
<b>Pole Vault</b>	7-0	6-6	7-0	7-0	6-6	6-6	7-6
<b>High Jump</b>	4-6	4-4	4-6	4-6	4-4	4-4	4-10
<b>Long Jump</b>	14-6	13-6	14-9	14-6	14-0	13-0	15-6
<b>Triple Jump</b>	30-0	29-0	30-6	30-0	28-0	27-0	32-0
<b>4 x 200</b>							1:53.0
<b>4 x 400</b>							4:20.0
<b>4 x 800</b>							10:30.0

\*\*\*Keep in mind- the qualifying standards for League and Sectional Championship Meets are for a second athlete to compete in the listed event. Each team is allowed one athlete in every event. In order to have a second athlete compete in an event, **both athletes** must have met the standard listed.

- The standards for State Qualifiers must be met for any athlete to participate. They are not for a second competitor from a given school.
- For relays at Sectional and League Championship Meets, all teams are allowed one entry, no qualifying standard



### **Section 3 Divisions**

#### **AA**

CNS, Utica Proctor, Liverpool, Baldwinsville, Henninger, RFA, Corcoran, FM, Central Square, West Genesee, Oswego, Auburn

#### **A**

Nottingham, East Syracuse-Minoa, Fulton, Whitesboro, Fowler, JD, Mexico, New Hartford, Chittenango, VVS, Oneida, Homer

#### **B**

Phoenix, Marcellus, Solvay, Westhill, Skaneateles, Clinton, Cazenovia, Holland-Patent, JE, Ilion, S-E, CBA, APW, Canastota, Adirondack, Mt. Markham

#### **C/D**

Sauquoit Valley, Tully, Westmoreland, Pulaski, Little Falls, Bishop Grimes, Onondaga, West Canada, South Lewis