



2010
GIRLS
Section III
TRACK
INFORMATION
PACKET

2010 TRACK INFORMATION

Steeplechase Event Only 5 PM Wednesday May 26th, 2010
CLASS B,C,D @ Chittenango HS

CLASS MEETS – THURSDAY MAY 27th, 2010

- AA- CNS– Pete Moore-site director
Brett Couchman- meet director 334-7206(s)/368-5117(cell)
Rome Free Academy bcouchman@romecsd.org
Rome, NY
- A- CHITTENANGO – Harold Muller-site director
Marsha Horan – meet director 687-2911(W)
447-9737(C)
horanm@ccs.cnyric.org
Chittenango High School
150 Genesee Street
Chittenango, NY 13037
- B1-B2- SOLVAY--Carl Pelcher-site director
Julie Storms – meet director 232-4531 ext. 2615(school)
South Jefferson Central 486-4726 (cell)
Box 10 jul@twcny.rr.com
Adams, NY 13605 jstorms@spartanpride.org
- C1-C2- WESTMORELAND– Greg Williams-site director
gwilliams@westmorelandschool.org
Connie Herzig – meet director 607-435-1025 (cell)
Cooperstown High School 607-547-4098 (school)
21 Walnut Street herzig@stny.rr.com
Cooperstown, NY 13326 cherzig@cooperstowncs.org
- D- REMSEN – Fay Harper-site director **CO-ED**
Ken Fuller – meet director
Faith Heritage High School 469-7777
Syracuse, NY 13205 kwfuller@aol.com
Section III Chairperson – John Bubb jbubb@hpschools.org 315-865-7283
Assistant Chairperson – Marsha Horan horanm@ccs.cnyric.org
(c) 315-447-9737

Section III Girls Track Leagues and Schools

Center State Conference

Division I- Tom Crowley

Adirondack
Dolgeville
Frankfort-Schuyler
Herkimer
Ilion
Little Falls
Mohawk
West Canada

Division II- Connie Herzig

Canastota
Cooperstown
Morrisville-Eaton
Mt Markham
Sauquoit
Sherburne-Earlville
Waterville
Westmoreland

Division III- Fay Harper

Hamilton
New York Mills
Old Forge
Oppenheim-Ephratah
Oriskany
Owen D. Young
Poland
Remsen
Richfield Springs
Rome Catholic

Patriot American-C/D –Ken Fuller

Fabius-Pompey
Faith Heritage
Manlius Pebble Hill
Onondaga
Syracuse Academy of science
Tully
DeRuyter* Independent
Living Word* Independent
Institute Of Technology

Tri-Valley – Todd Bauer

Camden
Clinton
Holland Patent
New Hartford
Notre Dame
Oneida
V. V. S
Whitesboro

Frontier – Julie Storms

A P W
Beaver River
Carthage
Immaculate Heart
Indian River
Lowville
Sandy Creek
South Jefferson
South Lewis
Watertown

OHSL Freedom –Jim Lawton

Chittenango
Cortland
East Syracuse Minoa
Fowler
Fulton
Homer
Jamesville-Dewitt Mexico
Mexico

CNYCL – Jim Vermeulen

CNYCL National- Brett Couchman

Baldwinsville
Cicero-N Syracuse
Henninger
Liverpool
Proctor – Utica
Rome Free Academy

CNYCL American- Jim McCaul

Auburn
Central Square
Corcoran
Fayetteville-Manlius
Nottingham
Oswego
West Genesee

OHSL-Dan Reid

OHSL Liberty –Rob Tuttle

Cazenovia
CBA
Hannibal
Jordan-Elbridge
Marcellus
Phoenix
Skaneateles
Solvay
Westhill

Patriot National- C/D – Michelle Rauber

Bishop Grimes
Bishop Ludden
Cato-Meridian
Port Byron
Pulaski
Weedsport

CLASS MEET INFORMATION

Class Meet

Steeplechase for Class B-C-D will be held on **Wednesday, May 26th, 2010 @ Chittenango.** **Class Meets** held on **Thursday, May 27th, 2010.** See front page for sites. You will need to get a 2009-2010 classification enrollment sheet w/ 5 classes from Section 3 website or your AD. Class A will be split between JD and Mexico, Class B will be split between Holland Patent and Jordan-Elbridge, and Class C will be split between Sandy Creek and Waterville (These are tentative at this time in case there are teams combining).

To Enter Class Meets

School commitment forms should be sent to the MEET DIRECTOR OF YOUR CLASS MEET, BEFORE MAY 1ST. In return you will receive an information letter particular to your meet.

Entries

Each school is limited to three (3) entries per school per event except, one (1) relay team for each relay event and two (2) pentathletes. Each athlete must meet the qualifying times, heights, and distances, see 2010 standards ATTACHED. ***For 2010, Class C will be able to enter one automatic entry per event-In order to have a second or third athlete compete in an event; ALL must have met the standard listed.**

Seeding

Entire meet seeded on meet day according to the 3 x 5 cards brought by each coach or by previous entries if FAT is being used. 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 and what their officials will be doing? If no officials show on the meet day, the coach will have to cover that assignment.

Coaches and Officials Meetings

You will receive information from your meet director AFTER they receive your SCHOOL COMMITMENT FORM by May 1st.

Rules

Federation rules govern girls' track in New York State. Refer to the 2010 edition of the National Federation Track and Field Rule Book for boys and girls.

Awards

- Section III banner (or banner line) to first place team of each class.
- Section III Patches for each girl on winning team and 1st place in each event.
- Certificates will be presented for place finishers.
- Team points for first six places.

****POLE VAULTERS will be weighed-in at the Class meet ****

Steeplechase will be held during the class meet if the facilities have the capability. If this is NOT the case, a separate meet will be held on Wednesday, May 26th, 2010 @ Chittenango High School. If the event is not included at Thursday's Class competitions, the scores for Wednesday's event will be added to Thursday's meet.

Class B, C & D at Chittenango 5pm Steeplechase Event
 Meet director – John Bubb entries due by 4:30 event starts 5:00pm

2010 GIRLS CLASS MEET ORDER OF EVENTS

<u>Running</u>	<u>Field- (4 jumps/throws)</u>
100 HH Pent	
4x100 semi	shot put
3000	discus
400 LH	
4x100 finals	long jump
800	triple jump
100 semi	
400	high jump
Steeplechase (For All Classes but Class B, C & D)	
100HH semi	pole vault
100	
4 x 800	
200	<u>Pent</u>
100HH	high jump
1500	shot put
4 x 400	long jump
Pent 800 (may be inserted)	

**CLASSES A, B, & C's WILL BE COMBINED AT ONE SITE.
 THERE WILL BE SEPARATE HEATS AS IN THE OPEN
 QUALIFIER. HOWEVER, SOME MAY BE COMBINED.
 (IE. Pent.)**

CLASS D CO-ED ORDER OF EVENTS - 2010

TRACK EVENTS

BOYS	4 X 400	Final
GIRLS	4 X 400	Final
BOYS	110 HH	Pent
BOYS	110 HH	Semi
GIRLS	100 HH	Pent
GIRLS	100 HH	Semi
BOYS	100	Semi
GIRLS	100	Semi
BOYS	1600	Final
GIRLS	1500	Final
GIRLS	100 HH	Final
BOYS	110 HH	Final
BOYS	100	Final
GIRLS	100	Final
BOYS	400	Final
GIRL	400	Final
BOYS	400 IH	Final
GIRLS	400 IH	Final
BOYS	800	Final
GIRLS	800	Final
GIRLS	4 X 100	Semi
BOYS	200	Semi
GIRLS	3000	Final
BOYS	3200	Final
GIRLS	200	Final
BOYS	200	Final
BOYS	1500	Pent
GIRLS	800	Pent
BOYS	4 X 800	Final
GIRLS	4 X 800	Final
BOYS	4 X 100	Final
GIRLS	4 X 100	Final

FIELD EVENTS

LONG JUMP	Girls then Boys then
TRIPLE JUMP	Girls then Boys
HIGH JUMP	Boys then Girls
POLE VAULT	Girls then Boys
SHOT PUT	Boys then Girls
DISCUS	Girls then Boys
PENTATHLON	High Jump Shot Put Long Jump

STATE QUALIFIER MEET INFORMATION

Section III State Qualifier Meet –Thursday June 3, 2010

At Cicero North Syracuse Stadium- Starts @ 4:00 PM

Eligibility

The sectional class champions automatically advance to the State Qualifier meet. Any other qualifiers must meet the Division 1 or Division 2 standards listed on the standards sheet in this packet. All qualifying athletes must meet the 2010 qualifying standards (see attachment) in a multi-school (5+) meet.

ENTERING PROCEDURE

There will be a CLOSED seeding meeting Wednesday, June 2, 2010. Only section chair(s), Class meets directors, league chairs, State Qualifier meet director and a representative from Leone timing will be present. All entries will be reviewed during this meeting

Any athlete who meets the State Qualifier standards may be entered. **The standards must be met at a 5 or more school meet.** If your athlete had a qualifying standard outside of Section 3, coaches need to email their league rep. prior to the June 2nd seeding meeting.

Coaches must enter their athlete's and relay teams who have met these standards on line @ **leonetiming.com. Deadline for entries will be @ 8 PM on Monday June 1, 2009. The athletes' accomplishment must be able to be confirmed by the Section chairperson.

Athletes that are class champions need to be entered on line also. The Class Meet directors will bring meet results to the meeting on June 2nd for verification.

ENTER/SCRATCH ATHLETES FOR MEET ENTRY

If you will be scratching an athlete, please call on your way to the meet to Marsha Horan, 315-447-9737. 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.

The scratch rule will be in effect at the State Meet.

SITE questions call **Pete Moore- CNS Coach** **Tom Tatham- Athletic Director**

CNS will supply starting blocks. Do not bring your blocks. If a concern, you need to see Pete Moore or John Bubb.

State Meet: Coaches need to know that this is a two day meet @ Vestal on June 11-12. Athletes are required to compete until conclusion. Any scratches will mean disqualification from the meet. Federation medals will be awarded to top eight finishers in all events based on overall competition. NYSPHSAA awards may include results from trials or semis.

2010 STATE QUALIFIER ORDER OF EVENTS**CO-ED****4:00 PM START****G-PENT 100 HURDLES****FIRST ROUND****B-PENT 110 HURDLES****B-4 X 800 RELAY****B-SHOT PUT****B-4 X 100 RELAY****G-DISCUS****B-4 X 400 RELAY****B-POLE VAULT****G-2000 STEEPLECHASE****G-HIGH JUMP****B-3000 STEEPLECHASE****B-LONG JUMP****B-110HH SEMIS****G-TRIPLE JUMP****G-100H SEMIS****LJ-TJ RUNWAYS****G-100 SEMIS****Bd#1---****B-100 SEMIS****Boys-Div 1 LJ****G-1500****Boys-Div 2 LJ****B-1600****Boys-Div 1 TJ****B-110HH FINAL****Boys-Div 2 TJ****SECOND ROUND****Girls-Div 1 TJ****G-100 H FINAL****G-100 FINAL****G-SHOT PUT****Bd#2--****B-100 FINAL****B-DISCUS****Girls-Div 1 LJ****G-400****G-POLE VAULT****Girls-Div 2 LJ****B-400****B-HIGH JUMP****Boys-Pent-LJ****G-800****G-LONG JUMP****Girls-Pent-LJ****B-800****B-TRIPLE JUMP****Girls-Div 2 TJ****B-200 SEMIS****G-400 IH****PENTATHLON****B-400 IH****B-110H****G-3000****G-100H****B-3200****B-HJ-2 area****G-200 FINAL****G-HJ-2 area****B-200 FINAL****B-LJ****G-800 PENT****G-LJ****B-1500 PENT****B-SP****G-4 X 800****G-SP****G-4 X 100****B-1500****G-4 X 400****G-800**

2010 QUALIFIER STANDARDS

<u>EVENT</u>	<u>AA</u>	<u>A</u>	<u>B</u>	<u>C*</u>	<u>D</u>	<u>State Quals</u>
						<u>D1/D2</u>
100	13.5	13.6	13.7	13.8	14.5	13.0/13.2
200	28.2	28.5	29.0	29.5	30.0	27.0/27.5
400	66.0	66.0	67.0	67.5	72.0	62.5/63.0
800	2:32	2:35	2:37	2:40	3:00	2:24/2:26
1500	5:27	5:30	5:35	5:40	6:15	5:05/5:10
3000	11:50	12:10	12:15	12:25	14:30	11:00/11:20
4X100	55.5	55.5	55.6	57.0	60.0	53.0/53.5
4X400	4:35	4:35	4:39	4:43	5:00	4:15/4:20
4X800	11:10	11:10	11:20	11:30	13:00	10:15/10:25
100 HH	17.8	18.0	18.2	18.5	21.0	17.0/17.3
400 LH	74.0	74.0	75.0	77.0	85.0	70.0/72.0
PENT	OPEN	OPEN	OPEN	OPEN	OPEN	2350/2150
**STEEPLE	8:45	9:00	9:15	9:30	10:15	7:50/8:05

***Class C1/C2-One automatic entry per event.** Qualifying stds must be met for both athletes to compete.

**Steeplechase-If athlete has met standard for 1500m or 3000m-eligible for steeplechase@ Classes ONLY-COACHES need to make sure athletes are trained!!!

<u>EVENT</u>	<u>FIELD EVENTS</u>					<u>State Quals</u>
	<u>AA</u>	<u>A</u>	<u>B</u>	<u>C</u>	<u>D</u>	<u>D1/D2</u>
LONG	15'0	15'0"	14'6"	14'4"	13' 0	16'/15'6
TRIPLE	31'6	31'6"	30'9"	30'0"	28' 0	34'/33'
SHOT	30'0	30'0"	29'0"	27'0"	23'6	33'/32'
DISCUS	85'0	85'0"	80'0"	75'0"	60' 0	95'/90'
HIGH	4'10	4'8"	4'6"	4'6"	4' 2	5'/4'10
POLE	7' 6	7'6"	7'6"	7'0"	6' 0	9'/9'

Scratch rule @ Class Meets in effect

NYSPHSAA/FEDERATION BOYS & GIRLS SPRING TRACK
APPROVED STANDARDS FOR THE SECOND QUALIFER FOR
THE 2010 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 QUALIFER 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.***

<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	12.4 / 12.64	13.0 / 13.24
200M DASH	22.4 / 22.64	22.7 / 22.94	25.4 / 25.64	26.4 / 26.64
400M DASH	49.4 / 49.64	50.0 / 50.24	57.7 / 57.94	58.9 / 59.14
	1:56.7/	1:58.7 /	2:14.6 /	2:20.1 /
800M RUN	1:56.94	1:58.94	2:14.84	2:20.34
	4:16.6/	4:26.7 /	4:37.5 /	4:48.2 /
1600/1500M RUN	4:16.84	4:26.94	4:37.74	4:48.44
	9:20.7/	9:34.8 /	10:06.5/	10:29.9/
3200/3000M RUN	9:20.94	9:35.04	10:06.74	10:30.14
	9:43.9/	10:04.4/	7:07.7	7:23.8/
STEEPLECHASE	9:44.14	10:04.64	/7:07.94	7:24.04
HIGH HURDLES	15.0 / 15.24	15.8 / 16.04	15.4 / 15.64	16.1 / 16.34
400M HURDLES	55.4/ 55.64	57.4 / 57.64	64.4/ 64.64	66.4/ 66.64
LONG JUMP	21'08.5"	20' 11.5"	17' 02.5"	16' 07.5"
TRIPLE JUMP	45' 06.5"	42' 10.5"	36' 10.5"	35' 01"
SHOT PUT	51' 05.5"	48' 11.25"	38' 10"	34' 09"
DISCUS	151' 03"	145' 00"	119 03"	107' 01"
HIGH JUMP	6' 02"	5' 11"	5' 02"	5' 00"
POLE VAULT	13' 06"	12' 09"	10' 06"	9' 06"
PENTATHLON	3090 PTS.	2870 PTS.	2850 PTS.	2590 PTS.
400M RELAY	42.9 / 43.14	44.2 / 44.44	48.9 / 49.14	50.6/ 50.84
	3:23.1/	3:28.5 /	3:58.3/	4:07.5/
1600M RELAY	3:23.34	3:28.74	3:58.54	4:07.74
	7:58.4/	8:14.4 /	9:18.0 /	9:50.7 /
3200M RELAY	7:58.64	8:14.64	9:18.24	9:50.94

(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 2005 THROUGH 2009. REVISED 9/11/09

POLE VAULT VERIFICATION FORM

Athlete: _____ Weight: _____

Pole #1: _____ Length: _____ Rating: _____ lbs.

Pole #2: _____ Length: _____ Rating: _____ lbs.

Athlete Signature _____ Date _____

Athlete: _____ Weight: _____

Pole #1: _____ Length: _____ Rating: _____ lbs.

Pole #2: _____ Length: _____ Rating: _____ lbs.

Athlete Signature _____ Date _____

Athlete: _____ Weight: _____

Pole #1: _____ Length: _____ Rating: _____ lbs.

Pole #2: _____ Length: _____ Rating: _____ lbs.

Athlete Signature _____ Date _____

Athlete: _____ Weight: _____

Pole #1: _____ Length: _____ Rating: _____ lbs.

Pole #2: _____ Length: _____ Rating: _____ lbs.

Athlete Signature _____ Date _____

Coaches Signature _____ Date _____

Section III of the New York State Public High School Athletic Association, Inc.
High School Track and Field: Pole Vault Verification Form

Pole vault certification is required by the National Federation of State High School Associations, the governing body for high school athletics and officiating. Rule 4-3 (effective 1995) states: that a vaulter shall not be allowed to compete while using a pole which has a 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 parties are aware of the risks involved when an athlete competes with an illegal pole and that both the athlete and his/her 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 their listed rating is no longer valid.

SCHOOL COMMITMENT FORM

SCHOOL NAME _____

CLASS _____

SCHOOL ADDRESS _____

SCHOOL PHONE _____

SCHOOL EMAIL _____

COACH'S NAME _____

CELL PHONE _____

Please print

HOME ADDRESS _____

HOME PHONE _____

HOME EMAIL _____

DATE _____ COACH'S SIGNATURE _____

DATE _____ ATHLETIC DIRECTOR'S SIGNATURE _____

**** THIS FORM MUST BE SENT TO THE CLASS MEET DIRECTOR BY MAY 1ST 2010 ****

Please send this form to the meet director for your appropriate meet – not the site host.

If you aren't going to mail this – please email all the above information to the appropriate MEET DIRECTOR.