



**2020  
SPRING TRACK  
INFORMATION  
PACKET**

Updated 1-27-2020

## CONTACT INFORMATION

### Girls' & Boys' Spring Track

Section 3 Girls' Chairperson, Julie Storms © 315-486-4726 [jul@twcny.rr.com](mailto:jul@twcny.rr.com)  
Ass't Chair – Brett Couchman , Rome © 315-368-5117 [bcouchman@romecsd.org](mailto:bcouchman@romecsd.org)

Section 3 Boys' Chairperson – Tom Wells, © 315-527-9043 [swim09@roadrunner.com](mailto:swim09@roadrunner.com)  
Ass't Chair – Norm Deep, © 315-271-0061 [ndeep@ccs.edu](mailto:ndeep@ccs.edu)

#### Center State Conference D-1

Tim Taylor, Girls, Sherburne-Earlville [taylor@seonline.org](mailto:taylor@seonline.org)  
Norm Deep, Clinton, Boys [ndeep@ccs.edu](mailto:ndeep@ccs.edu)

#### Center State Conference D-2

Feddie Sarus, West Canada, Girls [fsarus@westcanada.org](mailto:fsarus@westcanada.org)  
Matt Randall, Dolgeville, Boys [mrandall@dolgeville.org](mailto:mrandall@dolgeville.org)

#### Center State Conference D-3

John Nicotera, Sauquoit Valley, Girls [jnicotera@oneida-Boces.org](mailto:jnicotera@oneida-Boces.org)  
Neal Bartlett, Westmoreland, Boys [nbartlett@westmorelandschool.org](mailto:nbartlett@westmorelandschool.org)

#### Center State Conference D-4

John Allen, Girls [jallen@polandcsd.org](mailto:jallen@polandcsd.org)  
John Bunker, Remsen, Boys [jbunker@remsencsd.org](mailto:jbunker@remsencsd.org)

#### Tri-Valley League

Michael Carney, Whitesboro, Girls [mcarney@wboro.org](mailto:mcarney@wboro.org)  
Adam Litwak, Oneida, Boys [alitwak@oneidacsd.org](mailto:alitwak@oneidacsd.org)

#### Frontier League

Justin Crossway, South Jefferson, Girls [jcrossway@spartanpride.org](mailto:jcrossway@spartanpride.org)  
Paul Gaede, South Jefferson, Boys [pgaede@spartanpride.org](mailto:pgaede@spartanpride.org)

#### SCAC Metro

Jim Vermeulen, West Genesee, Girls [vermeulenjim@gmail.com](mailto:vermeulenjim@gmail.com)  
Greg Broton, CNS, Boys [gbroton@nscsd.org](mailto:gbroton@nscsd.org)

#### SCAC Empire

Jim Gorney, ESM, Girls [james.gorney@yahoo.com](mailto:james.gorney@yahoo.com)  
Emily Rowes, Jamesville Dewitt, Boys [erowles@jd.cnyric.org](mailto:erowles@jd.cnyric.org)

OHSL Dan Reid, Westhill [runrunreid@aol.com](mailto:runrunreid@aol.com)

#### OHSL Liberty

Rob Tuttle, Skaneateles, Girls [rtuttle@skanschools.org](mailto:rtuttle@skanschools.org)  
Matt Shutts, Solvay, Boys [mshutts@solvayschools.org](mailto:mshutts@solvayschools.org)

#### OHSL Patriot American

Michelle Rauber, Tully, Girls [mrauber@tully.k12.ny.us](mailto:mrauber@tully.k12.ny.us)  
Jim Paccia, Tully, Boys [jpaccia@k12.tullyschools.org](mailto:jpaccia@k12.tullyschools.org)

#### OHSL Patriot National

Phil Longo, Bishop Grimes, Girls and Boys [bgtrack1@gmail.com](mailto:bgtrack1@gmail.com)

#### Class D Rep

John Allen, Poland

## Section III Track - Leagues and Schools

### Center State Conference D-1

Tim Taylor (G)

Norm Deep (B)

Holland Patent  
Clinton  
Adirondack  
Sherburne-Earlville  
Canastota

### Center State Conference D-2

Feddie Sarus (G)

Matt Randall (B)

Dolgeville  
Herkimer  
West Canada  
Frankfort-Schuyler  
Little Falls

### Center State Conference D-3

John Nicotera (G)

Neal Bartlett (B)

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

### Center State Conference D-4

John Allen (G)

John Bunker (B)

Morrisville-Eaton  
Poland  
Remsen  
New York Mills  
ODY  
Old Forge  
Hamilton

### CENTRAL COUNTIES

Brookfield  
Cincinnatus  
DeRuyter  
Madison  
McGraw  
Otselic Valley  
Stockbridge Valley

### Tri-Valley – Michael Carney (G)

Adam Litwak (B)

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

### FRONTIER

Justin Crossway, (G)

Paul Gaede (B)

Beaver River  
Carthage  
Indian River  
Lowville  
Sandy Creek  
South Jefferson  
South Lewis  
Watertown

### OHSL Liberty

Rob Tuttle (G)

Matt Shutts (B)

APW  
Cazenovia  
Chittenango  
CBA  
Hannibal  
Homer  
Inst of Tech  
Jordan-Elbridge  
Marcellus  
Mexico  
Phoenix  
Skaneateles  
Solvay  
Westhill

### INDEPENDENTS

Blessed Virgin Mary  
Living Word

### SCAC Metro - Jim Vermeulen(G)

Greg Broton (B)

Baldwinsville  
CNS  
Corcoran  
F-M  
Henninger  
Liverpool  
Nottingham  
West Genesee

### SCAC – Empire

Jim Gorney (G)

Emily Rowes (B)

Auburn  
Central Square  
Cortland  
ESM  
Fowler  
Fulton  
Jamesville Dewitt  
Oswego

### OHSL – Dan Reid

### OHSL Patriot American

Michelle Rauber (G)

Jim Paccia (B)

Bishop Ludden  
Fabius-Pompey  
Faith Heritage  
Manlius Pebble Hill  
Onondaga  
Tully  
LaFayette

### OHSL Patriot National

Phil Longo, Bishop Grimes (G&B)

Bishop Grimes  
Cato-Meridian  
Port Byron  
Weedsport  
Pulaski

## 2019-20 SECTION III CLASSIFICATION ENROLLMENT

### DIVISION 1 600 +

### DIVISION 2: 599 ↓

SCHOOL	ENROLLMENT		SCHOOL	ENROLLMENT	
CNS	1948		Sherburne-Earlville	265	
Utica Proctor	1924		Pulaski	250	
Henninger	1770		South Lewis	253	
Liverpool	1683		Little Falls	250	
Corcoran	1333		Cato-Meridian	247	
Baldwinsville	1231		Cooperstown	246	
Rome	1192		Herkimer	234	
West Genesee	1180		Syracuse Academy of Science	228	
Fayetteville-Manlius	1062		Onondaga	226	
Nottingham	1049		Port Byron	223	
Auburn	982	AA: 965 ↑	<b>Thousand Islands</b>	<b>222</b>	<b>NO TEAM</b>
Central Square	897		Frankfort-Schuyler	220	
Fowler	892		Weedsport	214	12 teams C-1
Oswego	835		Dolgeville	213	12 teams C-2
Watertown	786		Sauquoit Valley	208	
Whitesboro	768		Westmoreland	202	
Fulton	753		Ontech	200	
East Syracuse Minoa	738		Lafayette	199	
Jamesville-Dewitt	705		Tully	193	
Indian River	697		Beaver River	196	
<b>Carthage</b>	<b>684</b>		Morrisville-Eaton/Madison	195	
New Hartford	567		Utica Academy of Science	190	
Cortland	534	A: 500 - 964	Bishop Grimes	180	
Chittenango	490		Waterville	174	
Central Valley Academy	474		West Canada	171	
Oneida	471		<b>Notre Dame</b>	<b>169</b>	<b>NO TEAM C: 150-269</b>
Institute of Technology	452		Bishop Ludden	145	
Homer	451		Oriskany	145	
Camden	445	B-1	Sandy Creek	144	
Mexico	439		New York Mills	142	
Westhill	435		Fabius-Pompey	133	
South Jefferson/Belleville Hen	425		Hamilton	132	
Phoenix	421		McGraw	132	
CBA	417		Lafargeville	127	
VVS	411		Cincinnatus	124	
Solvay	406		Immaculate Heart	123	
Marcellus	394		Alexandria	121	
Skaneateles	354		Poland	118	
Cazenovia	339		Manlius-Pebble Hill	97	
Holland Patent	339		Copenhagen	94	
Hannibal	324		Sackets Harbor	91	
Jordan-Elbridge	315	B-2	Stockbridge Valley	87	
Adirondack	303		Remsen	85	
Canastota	301		Deruyter	84	
General Brown	291		Town of Webb	81	
Clinton	286		Otselic Valley	79	
APW	280		Lyme	78	
Mt Markham	280		Brookfield	60	
Lowville	279	B: 270-499	Mater Dei (BVM)	54	
			Faith Heritage	51	
			Owen D Young	45	
			Living Word	30	D: ≤ 149

# 2020 CLASS MEET SITE INFORMATION

**AA & C-2 Wednesday, May 27 @ CNS, 4:00 Start**, Tim Bednarski, AD, Site Director

CNS High School, 6002 NY 31, Cicero NY 13039

**AA:** Oscar Jenson & Greg Broton, boys & Brett Couchman, girls Meet Directors

Greg Broton © 315-657-4514 [gbroton@nscsd.org](mailto:gbroton@nscsd.org) Brett Couchman © 368-5117 [bcouchman@romecsd.org](mailto:bcouchman@romecsd.org)

**C2:** Michelle Rauber Meet Director, 607-749-5959 [mrauber@tully.k12.ny.us](mailto:mrauber@tully.k12.ny.us)

**A Friday, May 29 @ Central Square, 4:00 Start**, James Drancsak AD Site Director

Central Square High School, 44 School Drive, Central Square, NY 13036

Brian Holtslag, boys & Mike Carney, girls Meet Directors

Brian Holtslag, 315-725-9205 [bjhha@msn.com](mailto:bjhha@msn.com)

Mike Carney, 315-292-2992 [mcarney@wboro.org](mailto:mcarney@wboro.org)

**B1 Thursday, May 28, @ VVS 4:00 Start**, Todd Bauer & Chris LeBlanc, Site Directors

VVS High School, 5275 State Route 31, Verona, NY 13478

Matt Shutts, boys & Justin Crossway, girls Meet Directors

Matt Shutts 315-877-5409 [mshutts@solvayschools.org](mailto:mshutts@solvayschools.org)

Justin Crossway 315-286-2823 [jcrossway@spartanpride.org](mailto:jcrossway@spartanpride.org)

**B2 Thursday, May 28 @ Canastota, 4:00 Start**, John Copp, Site Director

Canastota High School, 101 Roberts Street, Canastota, NY 13032

Norm Deep, boys & Rob Tuttle, girls Meet Directors

Norm Deep 315-271-0061 [ndeep@ccs.edu](mailto:ndeep@ccs.edu)

Rob Tuttle 315-725-2594 [rtuttle@skanschools.org](mailto:rtuttle@skanschools.org)

**C1/D Friday, May 29 @ Adirondack, 4:00 Start**, Cindy Lauzon, AD, & Jack Bernard Site Directors

Adirondack High School, 110 Ford St, Boonville, NY 13309

Matt Randall, boys & Anthony Reina, girls Meet Directors

C-1, Anthony Reina 315-525-8546 [areina@frankfort-schuyler.org](mailto:areina@frankfort-schuyler.org)

D, John Allen, 315-292-3025 [jallen@polandcsd.org](mailto:jallen@polandcsd.org)

## CLASS MEET INFORMATION

See the 2019-20 classification enrollment sheet and the Class Meet Site Information Sheet!!

All Section 3 Teams need to register/update team information for Class Meets on [ny.milesplit.com](http://ny.milesplit.com) by April 1.

### **ENTRIES:**

**Each school may enter any number of athletes that have met the qualifying standard for each event, one (1) relay team for each relay event and two (2) pentathletes.** 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) **and have competed in “6” competitions prior to their class meet (a maximum of 16 competitions).** See 2020 STANDARDS.

### **HOW TO ENTER:** On line via [ny.milesplit.com](http://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:**

Federation rules govern track in New York State, with the exception of the jewelry rule. Refer to the 2020 edition of the National Federation Track and Field Rule Book for boys and girls. **An athlete is only allowed to compete in 4 events (which includes alternate for a relay) OR pentathlon. 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. 1<sup>st</sup> 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 this is NOT the case, a separate meet will be held at a designated site. Scores for steeplechase event will be added to class meet totals. **2020 Season has all classes running steeple at the class site.**

**2020 SECTION 3 BOYS' OUTDOOR TRACK CLASS MEET QUALIFYING STANDARDS**  
**These Times and Distances must be met to enter Section 3 Class Meet -- NO EXCEPTIONS!**

<b>CLASS</b>	<b>AA FAT</b>	<b>A HAND/FAT</b>	<b>B HAND/FAT</b>	<b>C HAND/FAT</b>	<b>D HAND/FAT</b>
<b>100</b>	<b>11.97</b>	<b>12.0/12.24</b>	<b>12.3/12.54</b>	<b>12.5/12.74</b>	<b>12.8/13.04</b>
<b>200</b>	<b>24.25</b>	<b>24.9/25.14</b>	<b>25.0/25.24</b>	<b>25.7/25.94</b>	<b>26.2/26.44</b>
<b>400</b>	<b>54.23</b>	<b>55.8/56.04</b>	<b>56.6/56.84</b>	<b>58.4/58.64</b>	<b>60.0/60.24</b>
<b>800</b>	<b>2:06.90</b>	<b>2:11.6/2:11.84</b>	<b>2:15.9/2:16.14</b>	<b>2:20.6/2:20.84</b>	<b>2:25.4/2:25.64</b>
<b>1600</b>	<b>4:46.20</b>	<b>5:02.1/5:02.34</b>	<b>5:11.2/5:11.44</b>	<b>5:10.9/5:11.14</b>	<b>5:30.6/5:30.84</b>
<b>3200</b>	<b>10:22.70</b>	<b>11:06.3/11:06.54</b>	<b>11:18.6/11:18.84</b>	<b>11:28.4/11:28.64</b>	<b>12:09.6/12:09.84</b>
<b>STEEPLE</b>	<b>11.02.70</b>	<b>11:37.0/11:37.24</b>	<b>12:08.6/12:08.84</b>	<b>12:18.0/12:18.24</b>	<b>12:23.2/12:23.44</b>
	<b>(CLASSES B, C &amp; D MAY USE 3200 TIME FOR STEEPLECHASE ENTRY)</b>				
<b>110HH</b>	<b>18.65</b>	<b>18.2/18.44</b>	<b>18.3/18.54</b>	<b>19.7/19.94</b>	<b>20.1/20.34</b>
<b>400LH</b>	<b>64.23</b>	<b>66.2/66.44</b>	<b>66.5/66.74</b>	<b>71.1/71.34</b>	<b>71.3/71.54</b>
<b>PENT</b>	<b>2 entries</b>	<b>2 entries</b>	<b>2 entries</b>	<b>2 entries</b>	<b>2 entries</b>
<b>LONG</b>	<b>18' 7"</b>	<b>18' 5"</b>	<b>17' 6"</b>	<b>17'</b>	<b>16' 11"</b>
<b>TRIPLE</b>	<b>38' 5"</b>	<b>37' 3"</b>	<b>36' 6"</b>	<b>34'</b>	<b>34'</b>
<b>HIGH</b>	<b>5' 6"</b>	<b>5' 5"</b>	<b>5' 2"</b>	<b>5'</b>	<b>5'</b>
<b>POLE</b>	<b>10' 6"</b>	<b>10'</b>	<b>10'</b>	<b>9'</b>	<b>7' 6"</b>
<b>SHOT</b>	<b>40' 8"</b>	<b>37' 10"</b>	<b>36' 10"</b>	<b>34' 6"</b>	<b>34' 8"</b>
<b>DISCUS</b>	<b>109' 5"</b>	<b>105'</b>	<b>100'</b>	<b>98'</b>	<b>93'</b>
<b>400 Relay</b>	<b>1 entry</b>	<b>1 entry</b>	<b>1 entry</b>	<b>1 entry</b>	<b>1 entry</b>
<b>1600 Relay</b>	<b>1 entry</b>	<b>1 entry</b>	<b>1 entry</b>	<b>1 entry</b>	<b>1 entry</b>
<b>3200 Relay</b>	<b>1 entry</b>	<b>1 entry</b>	<b>1 entry</b>	<b>1 entry</b>	<b>1 entry</b>

**2020 SECTION 3 GIRLS' OUTDOOR TRACK CLASS MEET QUALIFYING STANDARDS**  
**Hand Held Times – converted into FAT by adding .24**

<b>CLASS</b>	<b>AA FAT</b>	<b>A HAND/FAT</b>	<b>B HAND/FAT</b>	<b>C HAND/FAT</b>	<b>C-2 &amp; D HAND/FAT</b>
<b>100</b>	<b>13.74</b>	<b>13.6/13.84</b>	<b>13.7/13.94</b>	<b>13.8/14.04</b>	<b>14.0/14.24</b>
<b>200</b>	<b>28.44</b>	<b>28.7/28.94</b>	<b>29.0/29.24</b>	<b>29.5/29.74</b>	<b>30.5/30.74</b>
<b>400</b>	<b>64.24</b>	<b>67.0/67.24</b>	<b>67.0/67.24</b>	<b>67.5/67.24</b>	<b>71.0/71.24</b>
<b>800</b>	<b>2:32.24</b>	<b>2:37/2:37.24</b>	<b>2:37 /2:37.24</b>	<b>2:43/2:43.24</b>	<b>2:51.0/2:51.24</b>
<b>1500</b>	<b>5:20.24</b>	<b>5:33/5:33.24</b>	<b>5:35/5:35.24</b>	<b>5:43/5:43.24</b>	<b>5:55.0/5:55.24</b>
<b>3000</b>	<b>11:50.24</b>	<b>12:25/12:25.24</b>	<b>12:15/12:15.24</b>	<b>12:25/12:25.24</b>	<b>13:15/13:15.24</b>
<b>100 HH</b>	<b>18.04</b>	<b>19.0/19.24</b>	<b>18.2/18.44</b>	<b>18.5/18.74</b>	<b>20.5/20.74</b>
<b>400 LH</b>	<b>74.24</b>	<b>85.0/85.24</b>	<b>76.0/76.24</b>	<b>77.0/77.24</b>	<b>82.0/82.24</b>
<b>STEEPLE</b>	<b>8:40.24</b>	<b>9:10/9:10.24</b>	<b>9:15/9:15.24</b>	<b>9:30/9:30.24</b>	<b>9:30.0/9:30.24</b>
<b>Pentathlon</b>	<b>2 entries</b>	<b>2 entries</b>	<b>2 entries</b>	<b>2 entries</b>	<b>2 entries</b>
<b>LONG</b>	<b>15'6"</b>	<b>14'8"</b>	<b>14'6"</b>	<b>14'0"</b>	<b>13' 8"</b>
<b>TRIPLE</b>	<b>32'6"</b>	<b>30'3"</b>	<b>30'0"</b>	<b>30'0"</b>	<b>29' 0</b>
<b>HIGH</b>	<b>4'8"</b>	<b>4'6"</b>	<b>4'6"</b>	<b>4'6"</b>	<b>4' 0</b>
<b>POLE</b>	<b>7'6"</b>	<b>7'6"</b>	<b>7'6"</b>	<b>7'0"</b>	<b>6' 0</b>
<b>SHOT</b>	<b>30'0"</b>	<b>28'5"</b>	<b>26'6"</b>	<b>27'0"</b>	<b>26'</b>
<b>DISCUS</b>	<b>85'0"</b>	<b>77'0"</b>	<b>75'0"</b>	<b>75'0"</b>	<b>70' 0</b>
<b>400 Relay</b>	<b>1 entry</b>	<b>1 entry</b>	<b>1 entry</b>	<b>1 entry</b>	<b>1 entry</b>
<b>1600 Relay</b>	<b>1 entry</b>	<b>1 entry</b>	<b>1 entry</b>	<b>1 entry</b>	<b>1 entry</b>
<b>3200 Relay</b>	<b>1 entry</b>	<b>1 entry</b>	<b>1 entry</b>	<b>1 entry</b>	<b>1 entry</b>

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

# **2020 CO-ED CLASS MEET ORDER OF EVENTS**

**Girls followed by Boys, Except Pent Hurdles**

## **TRACK**

100 m HH Pent  
110 m HH Pent  
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  
1600 m  
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 GB  
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  
Pentathlon 800/1500  
Steeplechase G  
Steeplechase B

## **FIELD**

High Jump  
  
Pole Vault  
  
Long Jump Followed by Triple  
  
Shot Followed by Discus

## **PENTATHLON**

High jump  
Shot put  
Long jump

**SECTION III Co-Ed STATE QUALIFIER MEET – Friday, June 5 @ 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 WEDNESDAY, JUNE 1, 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](http://NY.Milesplit.com) The athlete(s)’ accomplishment must be able to be confirmed by the Section chairperson. **An athlete is only allowed to compete in 4 events (which includes alternate for a relay) OR pentathlon. Deadline for entries will be 8:00 PM on Wednesday, June 1**

**GIRLS’ TRACK COMMITTEE** will meet on Thursday, June 2<sup>nd</sup>, 6:00 pm at a closed seeding meeting 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: 4’ 8”, up by 2” until 5’ (COMBINE D1 & D2)  
GIRLS Starting Height Pole Vault: Start at Qualifying Standard, D-1: 8’, D2: 8’6”,  
8’6”, 9’1”, 9’7”, 10’1”, 10’4”, 10’7”, 10’10”, 11’ 2.25”, 11’ 6”, etc.  
(COMBINE D1 & D2)

GIRLS Pent High: Group Decides Starting Height, up by 5 cm (COMBINE D1 & D2)

## **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 12 & 13**. 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.

## SECTION 3 TRACK STATE QUALIFIER MEET 2020 AUTOMATIC ENTRIES

<b>BOYS-D-1</b>	<b>BOYS-D-2</b>	<b>EVENT</b>	<b>GIRLS-D-1</b>	<b>GIRLS-D-2</b>
11.35	11.61	100	12.97	13.10
23.21	23.71	200	27.04	27.03
52.14	52.62	400	1:01.81	1:01.42
2:01.99	2:03.36	800	2:23.75	2:24.51
4:33.23	4:37.37	1600/1500	4:56.31	4:57.66
9:59.81	10:20.59	3200/3000	10:50.88	10:53.74
16.26	16.53	110H/100H	17.02	17.07
1:00.96	1:00.65	400H	1:11.92	1:11.35
10:34.19	10:34.72	STEEP	7:50.17	7:48.81
45.07	46.45	4 X 100	52.49	53.20
3:39.88	3:39.66	4 X 400	4:27.74	4:22.85
8:56.32	8:46.25	4 X 800	10:50.78	10:30.64
5'8"	5'8"	H J	5'	5'
20'6"	20'4.5"	L J	16'5"	16'2"
41'.25"	40'7"	T J	34'4"	33'5"
43'3"	42'1"	SHOT	31'	31'8"
123'2"	120'7"	DISCUS	89'9"	93'9"
11'	12'	P V	8'	8'3"
2373pts	2355pts	PENT	1912pts	1969pts

# 2020 SECTION III TRACK STATE QUALIFIER ORDER OF EVENTS

4:00 PM START

D-1, Followed by D-2

	<u>FIRST ROUND</u>	<u>SECOND ROUND</u>
G-PENT 100 HURDLES		
B-PENT 110 HURDLES		
G-4 X 800 RELAY	B-SHOT PUT (Div 1,2)	G-SHOT PUT (D 1,2)
B-4 X 800 RELAY	G-DISCUS (Div 1,2)	B-SHOT PUT (D 1,2)
G-4 X 100 RELAY	G-POLE VAULT	B-POLE VAULT
B-4 X 100 RELAY	G-LONG JUMP	B-LONG JUMP
G-4 X 400 RELAY	B-TRIPLE JUMP	G-TRIPLE JUMP
B-4 X 400 RELAY		

G-2000 STEEPLECHASE

B-3000 STEEPLECHASE

B-110HH SEMIS

## LONG/TRIPLE RUNWAYS

G-100HH SEMIS

G-100 SEMIS

Bd#1-Track Side

Bd#2-Fence Side

B-100 SEMIS

Girls-Div 1 LJ

Boys-Div 1 LJ

G-1500

Girls-Div 2 LJ

Boys-Div 2 LJ

B-1600

Girls-Div 1 TJ

Boys-Div 1 TJ

G-100HH FINAL

Girls-Div 2 TJ

Boys-Div 2 TJ

B-110 H FINAL

Girls-Pent LJ

Boys-Pent LJ

G-100 Final

B-100 FINAL

G-400

B-400

G-800

## PENTATHLON ORDER

B-800

G-100HH

B-200 SEMIS (if needed)

B-110HH

G-400 IH

G-HJ- (Scoreboard)

B-400 IH

B-HJ-(School)

G-3000

G-SP

B-3200

B-SP

G-200 FINAL

G-LJ

B-200 FINAL

B-LJ

G-800 PENT

G-800

B-1500 PENT

B-1500

**NYSPHSAA/FEDERATION BOYS & GIRLS SPRING TRACK**  
**APPROVED STANDARDS FOR THE SECOND QUALIFIER FOR**  
**THE 2020 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.***

<b><u>EVENT</u></b>	<b><u>BOYS D1</u></b>	<b><u>BOYS D2</u></b>	<b><u>GIRLS D1</u></b>	<b><u>GIRLS D2</u></b>
<b>100M DASH</b>	10.9 / 11.23	11.0 / 11.29	12.2 / 12.45	12.5 / 12.80
<b>200M DASH</b>	22.0 / 22.27	22.4 / 22.71	25.3 / 25.62	25.8 / 26.06
<b>400M DASH</b>	48.7 / 48.94	50.1 / 50.43	57.1 / 57.35	58.5 / 58.78
	1:54.2/	1:56.8 /	2:12.4 /	2:16.4 /
<b>800M RUN</b>	1:54.48	1:57.09	2:12.65	2:16.66
	4:17.1/	4:23.5 /	4:36.1 /	4:45.5 /
<b>1600/1500M RUN</b>	4:17.42	4:23.74	4:36.40	4:45.76
	9:25.2/	9:38.5 /	10:03.7	10:19.2/
<b>3200/3000M RUN</b>	9:25.51	9:38.79	/10:04.01	10:19.48
	9:32.3/	9:54.3 /	7:03.8 /	7:18.3 /
<b>STEEPLECHASE</b>	9:32.60	9:54.62	7:04.05	7:18.62
<b>HIGH HURDLES</b>	14.5 / 14.79	15.1 / 15.39	15.0 / 15.24	15.7 / 15.99
<b>400M HURDLES</b>	55.8 / 56.09	56.7 / 56.98	64.6 / 64.86	66.2/ 66.53
<b>LONG JUMP</b>	22' 01.5"	21' 00.75"	17' 09.25"	17' 01.5"
<b>TRIPLE JUMP</b>	45' 01"	44' 03.25"	37' 06.75"	36' 05"
<b>SHOT PUT</b>	52' 01.25"	51' 00.25"	39' 00.25"	36' 05"
<b>DISCUS</b>	149' 07"	146' 03"	120' 06"	109' 11"
<b>HIGH JUMP</b>	6' 03.25"	6' 01.5"	5' 03"	5' 01"
<b>POLE VAULT</b>	14' 02"	13' 05"	11' 02.5"	10' 00.75"
<b>PENTATHLON</b>	3062 PTS.	2992 PTS.	2907 PTS.	2693 PTS.
<b>400M RELAY</b>	42.5 / 42.76	43.9 / 44.23	48.3 / 48.62	50.1 / 50.39
	3:20.5/	3:27.8 /	3:57.0/	4:06.8/
<b>1600M RELAY</b>	3:20.76	3:28.06	3:57.25	4:07.11
	7:53.1/	8:10.0 /	9:14.6 /	9:41.1 /
<b>3200M RELAY</b>	7:53.40	8:10.30	9:14.84	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 6<sup>TH</sup> PLACE IN THE FINALS FROM 2015 THROUGH 2019**  
ACCEPTED 12/03/19

## 2020 SUPER STANDARDS

<b>Event</b>	<b>Boys Division 1</b>	<b>Boys Division 2</b>	<b>Event</b>	<b>Girls Division 1</b>	<b>Girls Division 2</b>
<b>100m</b>	11.08	11.14	<b>100m</b>	12.38	12.67
<b>200m</b>	22.13	22.46	<b>200m</b>	25.13	25.45
<b>400m</b>	48.64	49.91	<b>400m</b>	56.36	58.15
<b>110m HH</b>	14.71	15.09	<b>100m H</b>	15.13	15.65
<b>400m IH</b>	54.99	56.13	<b>400m IH</b>	1:03.49	1:05.64
<b>800m</b>	1:53.94	1:55.32	<b>800m</b>	2:11.39	2:14.66
<b>1600m</b>	4:15.59	4:20.93	<b>1500m</b>	4:31.65	4:40.18
<b>3200m</b>	9:16.30	9:30.90	<b>3000m</b>	9:45.62	10:16.87
<b>3k Steeple</b>	9:24.44	9:44.96	<b>2k Steeple</b>	6:54.72	7:11.90
<b>High Jump</b>	6'5"	6'4"	<b>High Jump</b>	5'4"	5'3"
<b>Pole Vault</b>	14'5"	13'10"	<b>Pole Vault</b>	11'6"	10'7"
<b>Long Jump</b>	22'4.75"	21'07.25"	<b>Long Jump</b>	18'01.00"	17'06.00
<b>Triple Jump</b>	45'10.75"	45'01.00"	<b>Triple Jump</b>	38'03.00"	37'00.00
<b>Shot Put</b>	54'04.00"	52'05.00"	<b>Shot Put</b>	40'01.00"	38'00.25"
<b>Discus</b>	158'03"	150'06"	<b>Discus</b>	125'02"	117'06"
<b>Pentathlon</b>	3171	3099	<b>Pentathlon</b>	3156	2758
<b>4x100m</b>	42.52	43.67	<b>4x100m</b>	48.37	49.89
<b>4x400m</b>	3:19.44	3:27.19	<b>4x400m</b>	3:56.00	4:03.35
<b>4x800m</b>	7:50.53	8:05.34	<b>4x800m</b>	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 12, 2020**

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

**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*

SATURDAY JUNE 13, 2020

**ORDER OF EVENTS**

**TRACK**

**FIELD**

10:00	2000M STEEPLE	G	CHAMP	F				
	3000M STEEPLE	B	CHAMP	F				
10:50	100M	G	II	CLASS FINAL				
	100M	G	I	CLASS FINAL	10:00	HIGH JUMP	G	CHAMP F
	100M	B	II	CLASS FINAL	10:30	HIGH JUMP	B	CHAMP F
	100M	B	I	CLASS 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
11:40	100H	G	II	CLASS FINAL				
	100H	G	I	CLASS FINAL				
	110H	B	II	CLASS FINAL	11:00	PENT.LONG JP-1	B	CHAMP F
	110H	B	I	CLASS FINAL		PENT. LONG JP-2	B	CHAMP F
12:00	200M	G	II	CLASS FINAL				
	200M	G	I	CLASS FINAL	10:00	DISCUS	G	CHAMP F
	200M	B	II	CLASS FINAL	11:30	DISCUS	B	CHAMP F
	200M	B	I	CLASS FINAL				
	<b><u>BREAK 12:10 - 12:25</u></b>							
12:25	100HH	G	CHAMP	F	12:00	SHOT PUT	G	CHAMP F
	110H	B	CHAMP	F	12:00	LONG JUMP	G	CHAMP F
					12:00	LONG JUMP	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**

## **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.**

## 2020 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