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2023 SPRING TRACK AND FIELD INFORMATION PACKET

2/2/23 CONTACT INFORMATION

Girls' & Boys' Spring Track

Section 3 Girls' Chairperson, Dan Reid, Westhill, © 315-345-6545 runrunreid@aol.com
Ass't Chair – Brett Couchman , Herkimer e © 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 jgorney18@gmail.com
Maek Caee, ESM Boys

OHSL

Dan Reid, Westhill runrunreid@aol.com
Eric Wasacz, Central Square EWasacz@cssdapps.org

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 jallen@polandcsd.org

Section III Track - Leagues and Schools

Center State Conference D-1

Tabitha White (G)

Norm Deep (B)

Adirondack
Canastota
Clinton
Sherburne-Earlville
Utica Academy of Science

Center State Conference D-2

Feddie Sarus (G)

Matt Randall (B)

Dolgeville
Herkimer
Frankfort-Schuyler
Little Falls
West Canada

Center State Conference D-3

John Nicotera (G)

Neal Bartlett (B)

Cooperstown
Mt Markham
Oriskany
Sauquoit Valley
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
Holland Patent
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)

Mark Carr (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

CLASS AA TEAMS=12

UTICA PROCTOR
CICERO NORTH SYRACUSE
LIVERPOOL
HENNINGER
BALDWINSVILLE
ROME
NOTTINGHAM
FAYETTEVILLE-MANLIUS
WEST GENESEE
CORCORAN
AUBURN
PSLA-FOWLER

CLASS A TEAMS

CENTRAL SQUARE
EAST SYRACUSE MINOA
OSWEGO
WATERTOWN
FULTON
WHITESBORO
JAMESVILLE-DEWITT
NEW HARTFORD
CARTHAGE
INDIAN RIVER

CLASS B-1 TEAMS=12

CENTRAL VALLEY
CORTLAND
HOMER
CAMDEN
ONEIDA
CHITTENANGO
INSTITUTE OF TECHNOLOGY
WESTHILL
MEXICO
SOUTH JEFFERSON
CBA
VVS

CLASS B-2 TEAMS=11

MARCELLUS
PHOENIX
SOLVAY
SKANEATELES
HANNIBAL
CLINTON
CAZENOVIA
HOLLAND PATENT
ADIRONDACK
LOWVILLE
CANASTOTA

CLASS C-1 TEAMS=13

JORDAN-ELBRIDGE
APW
SHERBURNE-EARLVILLE
SYR ACADEMY of SCIENCE
LITTLE FALLS
MOUNT MARKHAM
HERKIMER
WESTMORELAND
PULASKI
UTICA ACADEMY of SCIENCE
SOUTH LEWIS
LIVING WORD
ONONDAGA-LAFAYETTE

CLASS C-2 TEAMS=13

SAUQUOIT VALLEY
BEAVER RIVER
TULLY
FRANKFORT-SCHUYLER
ON TECH
CATO-MERIDIAN
PORT BYRON
WEEDSPORT
DOLGEVILLE
COOPERSTOWN
WATERVILLE
SANDY CREEK
MORRISVILLE-EATON-
MADISON

CLASS D TEAMS=16

NOTRE DAME
WEST CANADA
BISHOP GRIMES
BISHOP LUDDEN
FABIUS POMPEY
CINCINNATUS
HAMILTON
NEW YORK MILLS
ORISKANY
POLAND
REMSEN
MANLIUS PEBBLE HILL
DERUYTER
TOWN OF WEBB
FAITH HERITAGE
TYBURN ACADEMY

2023 CLASS MEET INFORMATION

AA WEDNESDAY, May 24

CNS STADIUM---4:00PM start

Site Director, Tim Bednarski 315-218-4115 Tbednarski@nscsd.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 26

WHITESBORO SENIOR HIGH SCHOOL---4:00 PM START

Site Director, Tom Meiss 315-266-3215 Tmeiss@wboro.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 25

CAMDEN HIGH SCHOOL STADIUM---4:00 PM START

Site Director, Nate Donaleski c315-857-7419 ndonaleski@camdencsd.org

Boys' Meet Director, Dan Reid 315-345-6545 runreid@aol.com

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

B-2 THURSDAY, May 25

CANASTOTA HIGH SCHOOL---4:00PM START

Site Director, Tabitha White: 315-317-6842 Twhite@canastotacsd.org

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

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

C-1 TUESDAY, May 23

LITTLE FALLS HIGH SCHOOL---4:30 START

Site Director, Monica Tooley 315-823-1167 mtooley@lfcscd.org

Boys' Meet Director, Brett Couchman 315-368-5117 brettcouchman@gmail.com

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

C-2 WEDNESDAY, May 24

BEAVER RIVER CENTRAL SCHOOL---4:30 START

C-2 STEEPLECHASE WILL BE HELD AT CLINTON HIGH SCHOOL ON MONDAY MAY 22 AT 4:30

Site Director, Wanda Joslin 315-346-1211

Boys' Meet Director, Matt Randall c315-717-3410 mrandall@dolgeville.org

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

D FRIDAY, May 26

WEST CANADA HIGH SCHOOL---3:00PM START

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

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

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

CLASS MEET INFORMATION

See the 2022-23 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 2023 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 2023 Department of Health, edition of the National Federation Track and Field Rule Book for boys and girls and NYSPHSAA 2023 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).

2023 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

2023 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	67.5/67.74	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	80.0/80.24	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!!!**

2023 CO-ED CLASS MEET ORDER OF EVENTS

BOYS followed by GIRLS

TRACK

PENT 110 HH B

PENT 100 HH G

4 x 800 Relay B

4 x 800 Relay G

110 m HH Timed Final

100 m HH Timed Final

100 m Timed Final B

100 m Timed Final G

1600 m B

1500 m G

4 x 100 m Relay Final B

4 x 100 m Relay Final G

400 m B

400 m G

400 m LH B

400 m LH G

800 m B

800 m G

200 m Final B

200 m Final G

3200 m B

3000 m G

4 x 400 m Relay B

4 x 400 m Relay G

Pent 1500 B

Pent 800 G

Steeplechase B

Steeplechase G

FIELD

High Jump B followed by G

** same time if two pits **

Pole Vault B followed by G

Shot followed by Discus B

Discus followed by Shot G

Long Jump followed by Triple B

Triple Jump followed by Long G

If two horizontal pits, Long followed by Triple

PENTATHLON

High, Shot, Long

Insert where appropriate

insert where appropriate

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.

2023 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

2023 SECTION III Co-Ed STATE QUALIFIER MEET

Thursday, June 1 @ CNS, 4:00 Start

Meet Directors: Boys: Tom Wells & Norm Deep / Girls: Dan Reid & 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 MUST PETITION IN TO CHAIRMAN BY MONDAY MAY 29 at 9:00PM 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 Tuesday May 30 at 9:00PM**

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 Dan Reid, girls’ chair at 315-345-6545.

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 High Jump: Start at one height below qualifying standard, up by 2” until 5’
GIRLS & BOYS High Jump Both divisions compete together (D1 & D2)
BOYS High Jump Start at 6’ and up by 2”
GIRLS Pole Vault: Start at 7’ 9”, 8’3, 8’9”, 9’3, 9’9”, 10’, 10’3”, 10’5”, 10’9”, 11’, 11’ 3”, 11’ 7”, etc.
Both divisions compete together (D1 & D2)
BOYS Starting Height Pole Vault Start at 10’ and up by 6”
Both divisions compete together (D1 & D2)
GIRLS & BOYS Pent High: Group Decides Starting Height, up by 5 cm
Both divisions compete together (D1 & D2)

GIRLS AND BOYS HIGH JUMP AND POLE VAULT MAY BE ADJUSTED

2023 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 of 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 @ Middletown, June 9 & 10. 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.
- Middletown track will be open for warmups on Thursday, June 8, from 3:00 – 6:00, then closes
- Middletown will supply blocks, but schools may bring their own - ¼” spikes

**2023 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

2023 SECTION III TRACK STATE QUALIFIER ORDER OF EVENTS

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

B-PENT 110 HURDLES

G-PENT 100 HURDLES

B-4 X 800 RELAY

G-4 X 800 RELAY

B-4 X 100 RELAY

G-4 X 100 RELAY

B-4 X 400 RELAY

G-4 X 400 RELAY

B-3000 STEEPLECHASE

G-2000 STEEPLECHASE

G-100HH SEMIS

B-110HH SEMIS

B-100 SEMIS

G-100 SEMIS

B-1600

G-1500

B-110HH FINAL

G-100 H FINAL

B-100 FINAL

G-100 FINAL

B-400

G-400

B-800

G-800

B-200 SEMIS (if needed)

B-400 IH

G-400 IH

B-3200

G-3000

B-200 FINAL

G-200 FINAL

B-1500 PENT

G-800 PENT

FIRST ROUND

G-SHOT PUT (Div 2,1)

B-DISCUS (Div 2,1)

B-POLE VAULT

B-LONG JUMP

G-TRIPLE JUMP

B- Pent High (Scoreboard)

G- Pent High Jump (School)

SECOND ROUND

B-SHOT PUT (D 2,1)

G-SHOT PUT (D 2,1)

G-POLE VAULT

G-LONG JUMP

B-TRIPLE JUMP

B-HJ (Scoreboard)

G-HJ (School)

LONG/TRIPLE RUNWAYS

Bd#1-Track Side

Boys -Div 2 LJ

Boys -Div 1 LJ

Boys -Div 2 TJ

Boys -Div 1 TJ

Boys -Pent LJ

Bd#2-Fence Side

Girls -Div 2 LJ

Girls -Div 1 LJ

Girls -Div 2 TJ

Girls -Div 1 TJ

Girls -Pent LJ

PENTATHLON ORDER

B-110HH

G-100HH

B-HJ- (Scoreboard)

G-HJ-(School)

B-SP

G-SP

B-LJ

G-LJ

B-1500

G-800

NYSPHSAA/FEDERATION BOYS & GIRLS SPRING TRACK

APPROVED STANDARDS FOR THE SECOND QUALIFIER FOR THE 2023 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	11.0 / 11.24	12.2 / 12.51	12.5 / 12.81
200M DASH	22.0 / 22.28	22.4 / 22.68	25.4 / 25.63	25.8 / 26.09
400M DASH	49.2 / 49.43	50.4 / 50.68	58.0 / 58.26	59.0 / 59.27
800M RUN	1:55.2/ 1:55.47	1:57.7 / 1:57.95	2:12.3 / 2:12.53	2:17.0 / 2:17.21
1600/1500M RUN	4:17.0/ 4:17.24	4:24.2 / 4:24.46	4:35.3 / 4:35.56	4:46.1 / 4:46.40
3200/3000M RUN	9:22.1/ 9:22.35	9:40.2 / 9:40.47	10:03.3 /10:03.59	10:19.0/ 10:19.26
STEEPLECHASE	9:36.5/ 9:36.79	9:57.3 / 9:57.61	7:04.7 / 7:04.97	7:17.6 / 7:17.86
HIGH HURDLES	14.5 / 14.78	15.2 / 15.47	15.0 / 15.25	15.9 / 16.10
400M HURDLES	55.8 / 56.09	56.9 / 57.21	65.1 / 65.32	66.4/ 66.66
LONG JUMP	22' 01.25"	21' 03"	18' 01.25"	17' 01.25"
TRIPLE JUMP	45' 00"	44' 04.25"	37' 07.5"	36' 05.5"
SHOT PUT	51' 00.5"	50' 07.5"	38' 01.5"	36' 02.25"
DISCUS	148' 04"	143' 07"	119' 02"	110' 06"
HIGH JUMP	6' 03"	6' 02"	5' 03"	5' 02"
POLE VAULT	13' 07"	13' 00"	11' 03"	10' 00"
PENTATHLON	3020 PTS.	2956 PTS.	3003 PTS.	2637 PTS.
400M RELAY	42.6 / 42.89	43.9 / 44.20	48.5 / 48.73	50.3 / 50.59
1600M RELAY	3:22.6/3:22.69	3:28.2 / 3:28.48	3:59.7/ 3:59.93	4:07.3/ 4:07.57
3200M RELAY	7:53.2/7:54.17	8:12.1 / 8:12.33	9:18.8 / 9:19.00	9:44.7 / 9:44.94

(FIRST TIME LISTED IN EACH COLUMN IS HAND TIMED, SECOND TIME LISTED IS FULLY AUTOMATIC TIMING. THESE STANDARDS REPRESENT THE AVERAGE OF 6TH PLACE IN THE FINALS FROM 2016 THROUGH 2022

2023 NYSPHSAA SUPER QUALIFYING STANDARDS

5 year avg. of 4th place NYSPHSAA Finisher (2016-2022)

Event	Boys		Event	Girls	
	Division 1	Division 2		Division 1	Division 2
100m	11.1	11.11	100m	12.42	12.73
200m	22.23	22.4	200m	25.01	25.87
400m	48.99	50.08	400m	56.56	58.42
110m HH	14.74	15.12	100m H	15.1	15.71
400m IH	55.15	56.44	400m IH	63.99	65.81
800m	1:54.50	1:55.63	800m	2:10.83	2:15.05
1600m	4:15.63	4:21.43	1500m	4:31.80	4:38.96
3200m	9:14.64	9:30.40	3000m	9:45.25	10:13.65
3k Steeple	9:28.05	9:46.97	2k Steeple	6:54.59	7:09.32
High Jump	6'05"	6'04"	High Jump	5'04"	5'03"
Pole Vault	14'01"	13'07"	Pole Vault	11'07"	10'05"
Long Jump	22'05"	21'11"	Long Jump	18'04"	17'07"
Triple Jump	46' 00"	45'02"	Triple Jump	38'07"	37'00"
Shot Put	53' 04"	52'07.5"	Shot Put	39' 06"	37'11.5"
Discus	155'06"	148'08"	Discus	122' 03"	116' 10"
Pentathlon	3151	3052	Pentathlon	3172	2706
4x100m	42.57	43.59	4x100m	48.52	50.04
4x400m	3:21.09	3:27.83	4x400m	3:58.13	4:04.14
4x800m	7:51.90	8:06.38	4x800m	9:13.30	9:33.81

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 12/6/22

**NEW YORK STATE PUBLIC HIGH SCHOOL
STATE TRACK & FIELD CHAMPIONSHIPS
MIDDLETOWN HIGH SCHOOL**

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

FRIDAY JUNE 09, 2023

ORDER OF EVENTS

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

**NEW YORK STATE PUBLIC HIGH SCHOOL
STATE TRACK & FIELD CHAMPIONSHIPS
MIDDLETOWN HIGH SCHOOL**

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

SATURDAY JUNE 10, 2023

ORDER OF EVENTS

TRACK				FIELD			
10:00	3000M STEEPLE	B	CHAMP F				
	2000M STEEPLE	G	CHAMP F				
10:50	100M	B	II CLASS FINAL				
	100M	B	I CLASS FINAL	10:00	HIGH JUMP	B	CHAMP F
	100M	G	II CLASS FINAL	10:00	HIGH JUMP	G	CHAMP F
	100M	G	I CLASS FINAL				
11:10	1600M	B	CHAMP F	10:00	PENT.LONG JP-	B	CHAMP F
	1500M	G	CHAMP F		PENT.LONG JP-	B	CHAMP F
11:40	110H	B	II CLASS FINAL				
	110H	B	I CLASS FINAL				
	100H	G	II CLASS FINAL	11:00	PENT.LONG JP-	G	CHAMP F
	100H	G	I CLASS FINAL		PENT. LONG JP-	G	CHAMP F
12:00	200M	B	II CLASS FINAL				
	200M	B	I CLASS FINAL	10:00	DISCUS	B	CHAMP F
	200M	G	II CLASS FINAL	11:30	DISCUS	G	CHAMP F
	200M	G	I CLASS FINAL				
	<u>BREAK 12:10 - 12:25</u>						
12:25	110H	B	CHAMP F	12:00	SHOT PUT	B	CHAMP F
	100H	G	CHAMP F	12:00	LONG JUMP	B	CHAMP F
12:40	100M	B	CHAMP F	12:00	LONG JUMP	G	CHAMP F
	100M	G	CHAMP F				
1:00	400M	B	CHAMP F	1:30	SHOT PUT	G	CHAMP F
	400M	G	CHAMP F	1:30	TRIPLE JUMP	B	CHAMP F
1:15	400 INTER H	B	CHAMP F	1:30	TRIPLE JUMP	G	CHAMP F
	400 INTER H	G	CHAMP F				
1:25	200M	B	CHAMP F				
	200M	G	CHAMP F				
1:35	4X800 RELAY	B	CHAMP F				
	4X800 RELAY	G	CHAMP F				
2:20	4X100 RELAY	B	CHAMP F				
	4X100 RELAY	G	CHAMP F				
2:40	4X400 RELAY	B	CHAMP F				
	4X400 RELAY	G	CHAMP F				
<i>THE COMBINED EVENTS WILL FIT INTO THE TIME SCHEDULE WHEN THEY ARE READY TO GO</i>							
**	PENT. 800 (ALL)	G	CHAMP F				
**	PENT 1500 (ALL)	B	CHAMP F				

Accepted 12/6/22

