



**2019  
SPRING TRACK  
INFORMATION  
PACKET**

3-24-2019

## 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  
Norm Deep, Clinton, Boys [ndeep@ccs.edu](mailto:ndeep@ccs.edu)

Center State Conference D-2  
Freddie 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  
Kristen Rose Willson, Waterville, Girls [kristenrosewillson@gmail.com](mailto:kristenrosewillson@gmail.com)  
Neal Bartlett, Westmoreland, Boys [nbartlett@westmorelandschool.org](mailto:nbartlett@westmorelandschool.org)

Center State Conference D-4  
John Nicotera, New York Mills, Girls [jnicotera@newyorkmills.org](mailto:jnicotera@newyorkmills.org)  
Tim Leach, Town of Webb, Old Forge, Boys [tleach@towschool.org](mailto:tleach@towschool.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 [bgtrak1@gmail.com](mailto:bgtrak1@gmail.com)

Class D Rep  
Mike Keating, New York Mills [mkeating@newyorkmills.org](mailto:mkeating@newyorkmills.org)

## Section III Track - Leagues and Schools

### Center State Conference D-1

TBD (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

Kristen Rose Willson (G)

Neal Bartlett (B)

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

### Center State Conference D-4

John Nicotera (G)

Tim Leach (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  
Utica Academy of Science

### 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 – 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

2018-19 Section 3 Classification Enrollment

SCHOOL	ENROLLMENT		SCHOOL	ENROLLMENT	
Cicero North Syracuse	1986		Mt. Markham	261	
Utica Proctor	1919		Pulaski	252	
Liverpool	1650		Little Falls	240	
Henninger	1454		Port Byron	231	
Baldwinsville	1262		South Lewis	230	
West Genesee	1191		Cooperstown	228	C-1
Corcoran	1148		Thousand Islands	227	
Rome	1106		Cato-Meridian	224	
Nottingham	1084		Onondaga	223	
Fayetteville-Manlius	1041	AA: 965 ↑	Frankfort-Schuyler	217	
			Herkimer	217	
Auburn	924		Dolgeville	213	
Central Square	921		Sauquoit Valley	211	
Oswego	833				
PSLA/Fowler	772		Tully	209	
Fulton	767		Syracuse Academy of Science	208	
Whitesboro	760		Beaver River	206	
Watertown	745		Weedsport	205	C-2
East Syracuse Minoa	740		Westmoreland	197	
Jamesville Dewitt	696		Lafayette	194	
Carthage	685		Utica Academy of Science	180	
Indian River	651	DIVISION 1: 600 ↑	Bishop Grimes	176	
New Hartford	563	DIVISION 2: 599 ↓	Waterville	173	
Cortland	547		Notre Dame	171	
		A: 500 - 964	West Canada	171	
			Oriskany	151	
			Sandy Creek	151	C:150-269
Chittenango	478		Morrisville-Eaton	148	
Central Valley Academy	461		Bishop Ludden	142	
Institute of Technology	456		Fabius Pompey	138	
Homer	451		Immaculate Heart	138	
Oneida	446		Poland	133	
Camden	446	B-1	Alexandria	133	
Mexico	440		New York Mills	131	
Westhill	432		Lafargeville	130	
Phoenix	422		McGraw	125	
Solvay	415		Hamilton	121	
VVS	413		Madison	113	
South Jefferson	408		Cincinnatus	110	
CBA	407		Manlius-Pebble Hill	104	
Marcellus	393		Copenhagen	98	D
Cazenovia	386		Sackets Harbor	93	
Skaneateles	359		Stockbridge Valley	89	
Holland Patent	343		Belleville Henderson	88	
Jordan-Elbridge	328	B-2	Remsen	85	
Hannibal	327		Deruyter	82	
Clinton	308		Lyme	79	
Canastota	303		Town of Webb	78	
General Brown	295		Otselic Valley	76	
Adirondack	294		Blessed Virgin Mary	57	
Lowville	293		Brookfield	56	
APW	293		Faith Heritage	56	
Sherburne-Earlville	271		Owen D Young	52	
		B: 270 - 499	Living Word	32	
			Tyburn Academy	22	D: 0-149

## 2019 CLASS MEET SITE INFORMATION

- AA (Co-Ed) Wednesday, May 22 @ CNS, 4:30 Start**, Tim Bednarski, AD, Site Director  
CNS High School, 6002 NY 31, Cicero NY 13039  
Oscar Jensen & 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)
- A (Co-Ed) Friday, May 24 @ Central Square, 4:00 Start**, James Drancsak, AD Site Director  
Central Square High School, 44 School Drive, Central Square, NY 13036  
Brian Holtslag, boys & Jim Gorney, girls Meet Directors  
Brian Holtslag, 315-725-9205 [bjhha@msn.com](mailto:bjhha@msn.com) Jim Gorney, ESM 315-440-8421 [james.gorney@yahoo.com](mailto:james.gorney@yahoo.com)
- B-1 (Co-Ed) Thursday, May 23 @ Chittenango, 4:00 Start**, Harold Muller, Site Director  
Chittenango High School, 150 Genesee St, Chittenango, NY 13037  
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)
- B-2 (Co-Ed) Thursday, May 23 @ 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 (Co-Ed) Tuesday, May 21 @ Sauquoit Valley, 3:00 Start**, Doug Jones, Site Director  
2601 Oneida St., Sauquoit, NY 13456  
Matt Randall, boys & Anthony Reina, girls Meet Directors  
Matt Randall 315-717-3410 [mrandall@dolgeville.org](mailto:mrandall@dolgeville.org)  
Anthony Reina 315-525-8546 [areina@frankfort-schuyler.org](mailto:areina@frankfort-schuyler.org)
- C2 (Co-Ed) Tuesday, May 21 @ Waterville, 4:00 Start**, Kristen Rose Willson, Site Director  
381 Madison St., Waterville, NY 13480  
Kristen Rose Willson & Freddie Sarus, Meet Directors  
[kristenrosewillson@gmail.com](mailto:kristenrosewillson@gmail.com) © 315-941-0061 [fsarus@westcanada.org](mailto:fsarus@westcanada.org) © 315-292-0220
- D (Co-Ed) Wednesday, May 22 @ New York Mills, 3:00 Start**  
New York Mills High School, 1 Marauder Blvd, New York Mills, NY 13417  
Mike Keating, boys and John Nicotera, girls Site & Meet Directors  
John Nicotera © 315-269-4637 [jnicotera@newyorkmills.org](mailto:jnicotera@newyorkmills.org)  
Mike Keating [mkeating@newyorkmills.org](mailto:mkeating@newyorkmills.org)
- CLASSES C-1, C-2 & D Steeplechase Only: Monday, May 20, @ Whitesboro**  
Whitesboro High School, 65 Oriskany Blvd, Whitesboro, NY 13492  
**Event Director – John Nicotera 6:00 Boys followed by Girls**

## CLASS MEET INFORMATION

See the 2018-19 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 2019 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 2018 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. **For the 2019 Season,** Classes C-1, C-2 and D will run the Steeplechase on Monday, May 20, at Whitesboro Boys race first @ 6 PM- Girls immediately following. Meet director, John Nicotera, with entries due by 5:30 on 3 x 5 cards with name, school and seed.

**2019 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>

**2019 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>17.04</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!!!**

# **2019 CO-ED CLASS MEET ORDER OF EVENTS**

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

### **TRACK**

100 m HH Pent  
110 m HH Pent  
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  
1500 m  
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  
3000 m  
4 x 400 m Relay B  
4 x 400 m Relay G  
Pentathlon 1500/800  
Steeplechase B  
Steeplechase G

### **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, May 31 @ CNS, 4:00 Start**  
**Meet Directors: Boys: Tom Wells & Norm Deep / Girls: Julie Storms & Brett Couchman**

**ELIGIBILITY:**

**1<sup>st</sup> Place finishers at all Class Meets** automatically qualify for the State Qualifier meet, **except pentathlon**. Any athlete who meets the Division 1 or Division 2 standards listed on the standards sheet in this packet also qualify. Those athletes must meet the 2019 qualifying standards (see attachment) in a ***multi-school (5+) meet or “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.

FEMALE PENTATHLETES MUST MEET THE QUALIFYING STANDARD FOR THEIR DIVISION DURING THIS SEASON AT A MULTI-SCHOOL MEET TO ENTER THE MEET. MAY ALSO PETITION IN TO OUR COMMITTEE BY THE THURSDAY, MAY 30<sup>TH</sup> MEETING WITH VERIFIED RESULTS FROM MULTI-SCHOOL MEET.

MALE PENTATHLETES MUST MEET THE QUALIFYING STANDARD FOR THEIR DIVISION DURING THIS SEASON AT A MULTI-SCHOOL MEET TO ENTER THE MEET. THE BOYS' PENTATHLON WILL BE LIMITED TO TOP 4 ENTRIES IN EACH DIVISION. PENTATHLON ENTRY MUST BE APPROVED BY SECTIONAL CHAIRMAN BY E-MAILING ENTRY WITH POINT TOTALS BY TUESDAY AT NOON MAY 28 TO TOM WELLS, PHONE 315-733-1698 E-MAIL [swim09@roadrunner.com](mailto:swim09@roadrunner.com). IF ENTRY IS DECLINED, THEN MAY ENTER AN INDIVIDUAL EVENT.

**ENTERING PROCEDURE:**

**\*\*Coaches** must enter **ALL** athletes and relay teams, including alternates, who will be competing at this meet on line at **Milesplit.com** This includes those who have met the qualifying standards and 1<sup>st</sup> Place finishers at their class meets. 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, May 29**

**GIRLS' TRACK COMMITTEE** will meet on **Thursday, May 30, 9:00 am** 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' (COMBINED Division 1 & 2)  
GIRLS Starting Height Pole Vault: 8'6", 9', 9'6" then up by 3" (COMBINED Division 1 & 2)  
GIRLS Pent High: Group Decides Starting Height, up by 5 cm (COMBINED Division 1 & 2)

## **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. Once an athlete hits any one of these Super standards during the season, the coach needs to contact the Section Chair for confirmation and the Section Chair will fill out paperwork that will be sent to the State Committee. There are THREE dates that the Section Chairs will be sending info in: April 30<sup>th</sup>, May 26<sup>th</sup> and June 2<sup>nd</sup>.

**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 on June 7 & 8 and to 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 eight finishers in all events based on overall competition. NYSPHSAA awards may include results from trials or semis.

## 2019 SECTION 3 BOYS' & GIRLS' STATE QUALIFIER STANDARDS

	<u>BOYS D-1</u> Hand Held/FAT	<u>BOYS D-2</u> Hand Held/FAT	<u>GIRLS D-1</u> Hand Held/FAT	<u>GIRLS D-2</u> Hand Held/FAT
100	11.2/11.44	11.3/11.54	13.0/13.24	13.2/13.44
200	22.7/22.94	23.3/23.54	27.0/27.24	27.5/27.74
400	51.0/51.24	52.2/52.44	62.5/62.74	63.0/63.24
800	1:59.0/1:59.24	2:01.0/2:01.24	2:24.0/2:24.24	2:26.0/2:26.24
1600/1500	4:28.0/4:28.24	4:30.0/4:30.24	5:05.0/5:05.24	5:10.0/5:10.24
3200/3000	9:40.0/9:40.24	9:46.0/9:46.24	11:00.0/11:00.24	11:20.0/11:20.24
110/100 HH	15.7/15.94	16.0/16.24	17.0/17.24	17.3/17.54
400 LH	58.0/58.24	59.0/59.24	70.0/70.24	71.0/71.24
STEEPLECHASE	10:15.0/10:25.24	10:35.0/10:35.24	7:50.0/7:50.24	8:05.0/8:05.24
PENTATHLON	2800 pts	2600 pts	2300 pts	2150 pts
LONG JUMP	21'	20'	16'	15' 6"
TRIPLE JUMP	43'	42'	34'	33'
HIGH JUMP	6' 2"	6'	5' 2"	5' 0"
POLE VAULT	13'	12'	9'	9'
SHOT PUT	47'	45'	32'	32'
DISCUS	140'	135'	95'	90'
400 Relay	44.8/45.04	46.0/46.24	53.0/53.24	53.5/53.74
1600 Relay	3:30/3:30.24	3:33.0/3:33.24	4:15.0/4:15.24	4:20.0/4:20.24
3200 Relay	8:15.0/8:15.24	8:20.0/8:20.24	10:15.0/10:15.24	10:25.0/10:25.24

**2019 SECTION III TRACK STATE QUALIFIER ORDER OF EVENTS**

**4:00 PM START**

**D-2, Followed by D-1**

**B-PENT 110 HURDLES**

**FIRST ROUND**

**G-PENT 100 HURDLES \*\***

**B-4 X 800 RELAY**

**G-SHOT PUT (Div 2,1)**

**G-4 X 800 RELAY**

**B-DISCUS (Div 2,1)**

**B-4 X 100 RELAY**

**B-POLE VAULT**

**G-4 X 100 RELAY**

**B-LONG JUMP**

**B-4 X 400 RELAY**

**G-TRIPLE JUMP**

**G-4 X 400 RELAY**

**B-3000 STEEPLECHASE**

**G-2000 STEEPLECHASE**

**G-100HH SEMIS**

**B-110HH SEMIS**

**SECOND ROUND**

**B-100 SEMIS**

**G-100 SEMIS**

**B-SHOT PUT (Div 2,1)**

**B-1600**

**G-DISCUS (Div 2,1)**

**G-1500**

**G-POLE VAULT**

**B-110HH FINAL**

**B-HIGH JUMP (Scoreboard)**

**G-100 H FINAL**

**G-HIGH JUMP (School)**

**B-100 Final**

**G-LONG JUMP**

**G-100 FINAL**

**B-TRIPLE JUMP**

**B-400**

**LJ-TJ RUNWAYS**

**Bd#1-Track Side**

**G-400**

**Girls-Div 2 LJ**

**B-800**

**Girls-Div 1 LJ**

**G-800**

**Girls-Div 2 TJ**

**B-400 IH**

**B-HJ – (Scoreboard)**

**Girls-Div 1 TJ**

**G-400 IH**

**G-HJ- (School)**

**Girls-Pent LJ**

**B-3200**

**B-SP**

**Bd#2-Fence Side**

**G-3000**

**G-SP**

**Boys-Div 2 LJ**

**B-200 FINAL**

**B-LJ**

**Boys-Div 1 LJ**

**G-200 FINAL**

**G-LJ**

**Boys-Div 2 TJ**

**B-1500 PENT**

**B-1500**

**Boys-Div 1 TJ**

**G-800 PENT**

**G-800**

**Boys-Pent LJ**

**NYSPHSAA/FEDERATION BOYS & GIRLS SPRING TRACK**  
**APPROVED STANDARDS FOR THE SECOND QUALIFIER FOR**  
**THE 2019 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>	11.0 / 11.24	11.1 / 11.34	12.2 / 12.44	12.5 / 12.74
<b>200M DASH</b>	22.1 / 22.34	22.6 / 22.84	25.3 / 25.54	25.8 / 26.04
<b>400M DASH</b>	48.9 / 49.14	50.3 / 50.54	57.3 / 57.54	58.1 / 58.34
	1:54.3/	1:57.4 /	2:13.5 /	2:15.5 /
<b>800M RUN</b>	1:54.54	1:57.64	2:13.74	2:15.74
	4:17.0/	4:24.5 /	4:36.5 /	4:44.9 /
<b>1600/1500M RUN</b>	4:17.24	4:24.74	4:36.74	4:45.14
	9:24.6/	9:39.1 /	10:02.6	10:24.6/
<b>3200/3000M RUN</b>	9:24.84	9:39.34	/10:02.84	10:24.84
	9:33.1/	9:53.2 /	7:06.0 /	7:21.8 /
<b>STEEPLECHASE</b>	9:33.34	9:53.44	7:06.24	7:22.04
<b>HIGH HURDLES</b>	14.7 / 14.94	15.2 / 15.44	15.0 / 15.24	15.7 / 15.94
<b>400M HURDLES</b>	55.9 / 56.14	57.1 / 57.34	64.0 / 64.24	66.3 / 66.54
<b>LONG JUMP</b>	22' 03.25"	21' 02.75"	17' 11.25"	17' 02.25"
<b>TRIPLE JUMP</b>	45' 06.5"	44' 00.75"	37' 05"	36' 06.75"
<b>SHOT PUT</b>	52' 06.75"	50' 10"	39' 02.5"	36' 11.5"
<b>DISCUS</b>	151' 03"	145' 08"	118' 11"	110' 08"
<b>HIGH JUMP</b>	6' 02"	6' 02"	5' 03"	5' 01"
<b>POLE VAULT</b>	14' 03"	13' 03"	11' 03"	10' 00"
<b>PENTATHLON</b>	3074 PTS.	2992 PTS.	2912 PTS.	2732 PTS.
<b>400M RELAY</b>	42.6 / 42.84	44.0 / 44.24	48.5 / 48.74	50.1 / 50.34
	3:21.1/	3:28.4 /	3:56.9/	4:05.2/
<b>1600M RELAY</b>	3:21.34	3:28.64	3:57.14	4:05.44
	7:52.9/	8:11.7 /	9:16.1 /	9:39.5 /
<b>3200M RELAY</b>	7:53.14	8:11.94	9:16.34	9:39.74

**(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 2014 THROUGH 2018**

# WHEELCHAIR ATHLETES' INFO & STANDARDS

## 3. 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-wheel chair 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.

b. If two wheelchair athletes competing against each other the first-place athlete will receive 2 points and the second-place athlete will receive 1 point. If there are three wheelchair athletes, the first-place finisher will receive 5 points and the second-place finisher will receive 3 points and the third-place finisher will receive 1 point. In the post season the top finisher will advance to the next level of competition.

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

## OUTDOOR TRACK SUPER QUALIFYING STANDARDS 2019

Must be done in multi-school meet

5 YEAR AVERAGE FROM FOURTH PLACE FINISH AT STATE MEET

	<b>BOYS</b>		<b>GIRLS</b>
100-D1	10.89	100-D1	12.36
100-D2	11.08	100-D2	12.56
200-D1	22.02	200-D1	25.06
200-D2	22.41	200-D2	25.63
400-D1	48.93	400-D1	56.93
400-D2	50.39	400-D2	57.68
800-D1	1:53.97	800-D1	2:11.83
800-D2	1:56.02	800-D2	2:13.41
1600-D1	4:13.52	1500-D1	4:30.91
1600-D2	4:19.97	1500-D2	4:41.61
3200-D1	9:14.95	3000-D1	9:48.24
3200-D2	9:32.52	3000-D2	10:15.04
STEEP-D1	9:27.12	STEEP-D1	6:55.71
STEEP-D2	9:44.12	STEEP-D2	7:15.01
110H-D1	14.71	100H-D1	14.91
110H-D2	14.93	100-H-D2	15.61
400H-D1	54.93	400H-D1	63.22
400H-D2	56.32	400H-D2	65.12
LJ-D1	22'8"	LJ-D1	18'5"
LJ-D2	22'3"	LJ-D2	17'6"
TJ-D1	46'5"	TJ-D1	38'1"
TJ-D2	45'5"	TJ-D2	37'
HJ-D1	6'4"	HJ-D1	5'4"
HJ-D2	6'4"	HJ-D2	5'3"
PV-D1	14'5"	PV-D1	11'6"
PV-D2	14'	PV-D2	10'8"
SP-D1	54'2"	SP-D1	40'1"
SP-D2	52'2"	SP-D2	38'2"
DISC-D1	161'4"	DISC-D1	123'3"
DISC-D2	146'6"	DISC-D2	116'5"
PENT-D1	3184	PENT-D1	3105

<b>PENT-D2</b>	<b>3109</b>	<b>PENT-D2</b>	<b>2799</b>
<b>400REL-D1</b>	<b>42.65</b>	<b>400REL-D1</b>	<b>48.47</b>
<b>400REL-D2</b>	<b>43.55</b>	<b>400REL-D2</b>	<b>49.88</b>
<b>1600REL-D1</b>	<b>3:20.01</b>	<b>1600REL-D1</b>	<b>3:55.54</b>
<b>1600REL-D2</b>	<b>3:27.32</b>	<b>1600REL-D2</b>	<b>4:01.31</b>
<b>3200REL-D1</b>	<b>7:48.36</b>	<b>3200REL-D1</b>	<b>9:08.71</b>
<b>3200REL-D2</b>	<b>8:06.11</b>	<b>3200REL-D2</b>	<b>9:31.62</b>

**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 07, 2019**

**ORDER OF EVENTS**

<b>TRACK</b>				<b>FIELD</b>				
	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	B	CHAMP	F	<i>lower seeds</i>			
	Pent. 100 HH-1	G	CHAMP	F	<i>lower seeds</i>			
<b><i>OPENING CEREMONIES INCLUDING SPORTSMANSHIP</i></b>								
<b><i>AWARD WINNERS</i></b>								
1:30	110H	B	II	T				
	110H	B	I	T				
1:40	100H	G	II	T				
	100H	G	I	T				
1:50	100M	B	II	T				
	100M	B	I	T				
	100M	G	II	T				
	100M	G	I	T				
2:10	Pent. 110 HH-2	B	CHAMP	F	<i>higher seeds</i>			
	Pent. 100 HH-2	G	CHAMP	F	<i>higher seeds</i>			
2:30	400M	B	II		CLASS FINAL			
	400M	B	I		CLASS FINAL			
	400M	G	II		CLASS FINAL			
	400M	G	I		CLASS FINAL			
3:00	800M	B	CHAMP	F				
	800M	G	CHAMP	F				
3:30	200M	B	II	T				
	200M	B	I	T				
	200M	G	II	T				
	200M	G	I	T				
3:50	400 INTER H	B	II		CLASS FINAL			
	400 INTER H	B	I		CLASS FINAL			
	400 INTER H	G	II		CLASS FINAL			
	400 INTER H	G	I		CLASS FINAL			
4:20	4X100 RELAY	B	II		CLASS FINAL			
	4X100 RELAY	B	I		CLASS FINAL			
	4X100 RELAY	G	II		CLASS FINAL			
	4X100 RELAY	G	I		CLASS FINAL			
4:50	4X400 RELAY	B	II		CLASS FINAL			
	4X400 RELAY	B	I		CLASS FINAL			
	4X400 RELAY	G	II		CLASS FINAL			
	4X400 RELAY	G	I		CLASS FINAL			
5:40	3200M	B	CHAMP	F				
	3000M	G	CHAMP	F				
					11:00			
					11:00	DISCUS	G	I
					11:30	TRIPLE JUMP	B	I
						TRIPLE JUMP	B	II
					12:30	SHOT PUT	B	I
					12:30	DISCUS	G	II
					2:00	SHOT PUT	B	II
					1:00	TRIPLE JUMP	G	I
						TRIPLE JUMP	G	II
					1:15	PENT.HIGH JP1	B	CHAMP
						PENT.HIGH JP1	G	CHAMP
					3:30	POLE VAULT	G	CHAMP
					2:00	DISCUS	B	I
					3:30	DISCUS	B	II
					2:30	LONG JUMP	B	I
						LONG JUMP	B	II
					3:00	SHOT PUT	G	I
					4:30	SHOT PUT	G	II
					3:15	PENT.SHOT-1	B	CHAMP
					3:45	PENT.SHOT-1	G	CHAMP
					3:00	PENT.HIGH JP-2	B	CHAMP
					3:15	PENT.HIGH JP-2	G	CHAMP
					4:00	LONG JUMP	G	I
						LONG JUMP	G	II
					5:00	PENT.SHOT-2	B	CHAMP
					5:30	PENT.SHOT-2	G	CHAMP

**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 J  
2019

**ORDER OF EVENTS**

<b>TRACK</b>			<b>FIELD</b>		
10:00	3000M STEEPLE	B CHAMP	F		
	2000M STEEPLE	G CHAMP	F		
			CLASS		
10:50	100M	B II	FINAL		
			CLASS		
	100M	B I	FINAL	10:00	HIGH JUMP
			CLASS		
	100M	G II	FINAL	10:00	DISCUS
			CLASS		
	100M	G I	FINAL		
11:10	1600M	B CHAMP	F	10:00	PENT.LONG JP-1
	1500M	G CHAMP	F		PENT.LONG JP-2
			CLASS		
11:40	110H	B II	FINAL		
			CLASS		
	110H	B I	FINAL		
			CLASS		
	100H	G II	FINAL	11:00	PENT.LONG JP-1
			CLASS		
	100H	G I	FINAL		PENT. LONG JP-2
			CLASS		
12:00	200M	B II	FINAL		
			CLASS		
	200M	B I	FINAL	11:30	HIGH JUMP
			CLASS		
	200M	G II	FINAL	11:30	DISCUS
			CLASS		
	200M	G I	FINAL		
			CLASS		
				12:00	SHOT PUT
				12:00	LONG JUMP
				12:00	LONG JUMP
<b><u>BREAK 12:10 - 12:25</u></b>					
12:25	PENT. 1500 (ALL)	B CHAMP	F		
12:45	110HH	B CHAMP	F		
	100HH	G CHAMP	F		
1:00	100M	B CHAMP	F		
	100M	G CHAMP	F	1:30	SHOT PUT
1:10	PENT 800 (ALL)	G CHAMP	F	1:30	TRIPLE JUMP
1:20	400M	B CHAMP	F	1:30	TRIPLE JUMP
	400M	G CHAMP	F		
1:35	400 INTER H	B CHAMP	F		
	400 INTER H	G CHAMP	F		
1:45	200M	B CHAMP	F		
	200M	G CHAMP	F		
1:50	4X800 RELAY	B CHAMP	F		
	4X800 RELAY	G CHAMP	F		
2:35	4X100 RELAY	B CHAMP	F		
	4X100 RELAY	G CHAMP	F		
2:45	4X400 RELAY	B CHAMP	F		
	4X400 RELAY	G CHAMP	F		

*APPROVED 9/16/18*