



N.Y.S.P.H.S.A.A.

SECTION VIII

**BOYS & GIRLS WINTER TRACK & FIELD
2014 -2015**

Kristin Frazer: Girls Coordinator

Dennis Kornfield: Boys Coordinator

BOYS & GIRLS WINTER TRACK & FIELD COMMITTEE MEMBERS

Conference 1

Mike Lisa (Massapequa)
Paul Schaefer (Baldwin)
Mike Spiteri (Syosset)

Conference 2

Steve Josepher (East Meadow)
Nicole Dumpson (Port Washington)
Joe Migliano (Port Washington)

Conference 3

Bill Buith (New Hyde Park)
Erica Fregosi (Garden City)
Mike Graham (Elmont)

Conference 4

Stephen Honerkamp (Hewlett)
Adam McKenzie (Great Neck North)
Steve Sproul (Manhasset)

Conference 5

Ed Corona (North Shore)
Fred DeRuvo (Island Trees)
Mike Frazer (Valley Stream North)

Conference 6

Colbert Britt (Malverne)
Tom Leninger (Mineola)
Nick Aurigemma (Cold Spring Harbor)

Tom Graham: HSAA Representative
Mike Ringhauser: NCTCA Representative
Bob Busch: Ex Officio

Boys & Girls Winter Track & Field Handbook

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2014/2015 Important Dates

November 13	Mandatory Winter Track & Field Coaches Meeting
November 17	First Day of Practice
November 23	Rosters due online at www.Just-In-Time-Racing.com
December 1	Racewalk/Weight Throw Clinic
December 2	Crossover Meets Begin
January 13-22	Conference Championships (check dates for specific conferences)
February 3	Class B County Championships
February 4	Class A County Championships
February 5	Weight Throw State Qualifier
February 11	State Qualifier
March 7	State Championships

Sportsmanship

The NYSPHSAA requires Officials to enforce all Rules regarding unsportsmanlike conduct by coaches and athletes. There will be no tolerance for negative statements or actions between opposing players, especially trash- talking, taunting, or baiting of opponents. Please remind all athletes and coaches of this policy.

Safety Notes

Please review the next 2 pages which outline the Section's policy for Wind Chill procedures

To: Athletic Directors, Executive Directors, Sport Coordinators, Safety Committee, Executive Committee

From: Todd Nelson, Assistant Director NYSPHSAA

Date: May 25, 2010

Re: AccuWeather Website - Heat Index/Wind Chill

Clarification for determining Heat Index/ Wind Chill in your zip code:

1. Log onto AccuWeather.com by using the association website, www.nysphsaa.org, we recommend saving this site to your computer or phone.
2. Once you have entered the zip code for your practice or contest site you will see the home page for the local forecast. DO NOT USE THE TEMPERATURE on this page.
3. Click onto Hourly Forecast, and you will be linked to a chart similar to the one below. Please use the current hour Realfeel temperature for your zip code to take the appropriate action for your practice or contest.

	Tue 3pm	4pm	5pm	6pm	7pm	8pm	9pm	Tue 10pm
Forecast	Sunny	Partly Sunny	Partly Sunny	Sunny	Sunny	Sunny	Clear	Clear
Temp (°F)	84°	87°	87°	87°	86°	81°	77°	74°
RealFeel® Wind (mph)	89°	89°	86°	85°	85°	80°	75°	74°
Humidity Dewpoint	6 WSW	6 WSW	7 WSW	6 WSW	5 SW	5 SW	4 SSW	3 SSE
	46%	43%	42%	44%	47%	53%	60%	67%
	61	62	61	62	64	62	62	63

If you have any questions or comments please feel free to contact the association office. We thank you for all that you do for our student athletes.



WIND CHILL PROCEDURES

Administration of Wind Chill Procedures:

- Wind Chill will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 39 degrees (Fahrenheit) or lower.
- The athletic trainer, athletic director, or school designee will use the accuweather.com website to determine the heat index for the area of the contest/practice. The accuweather.com website can be reached through the NYSPHSAA website. Once a person is on the accuweather.com website, they will put in the zip code for the location of the contest/practice and the website will give them the air temperature as well as the RealFeel temperature (wind chill).
- If the RealFeel temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or school designee must re-check the RealFeel (wind chill) at halftime or midway point of the contest. If the RealFeel (wind chill) temperature is -11 degrees (Fahrenheit) or lower, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	Real Feel (wind chill) above 40 degrees	Full activity – no restrictions
Recommended	Wind Chill Caution: RealFeel (wind chill) 36 degrees to 20 degrees	Stay adequately hydrated Notify coaches of the threat of cold related illnesses Have students and coaches dress in layers of clothing
Recommended	Wind Chill Watch: RealFeel (wind chill) 19 degrees to 10 degrees	Stay adequately hydrated Notify coaches of the threat of cold related illnesses Have students and coaches dress in layers of clothing Cover the head and neck to prevent heat loss
Recommended	Wind Chill Warning: RealFeel (wind chill) 9 degrees to -10 degrees	Stay adequately hydrated Notify coaches of the threat of cold related illnesses Have students and coaches dress in layers of clothing Cover the head and neck to prevent heat loss Consider postponing practice to a time when RealFeel temp is much higher Consider reducing the amount of time for an outdoor practice session
REQUIRED	Wind Chill Alert: RealFeel (wind chill) -11 degrees or lower	No outside activity, practice or contest, should be held

SECTION 8 WINTER TRACK & FIELD

CLASS COUNTY A			CLASS COUNTY B		
CONF. 1	CONF. 2	CONF. 3	CONF. 4	CONF. 5	CONF. 6
Massapequa	East Meadow	Westbury	Carey	Floral Park	West Hempstead
Freeport	Port Washington	Elmont	Great Neck North	Bethpage	Seaford
Syosset	Plainview JFK	GreatNeckSouth	Manhasset	North Shore	Mineola
Uniondale	V. S. Central	Garden City	South Side	Lawrence	Clarke
Hempstead	MacArthur	Bellmore JFK	Plainedge	Lynbrook	Locust Valley
Farmingdale	Herricks	Sewanhaka	Division	VS North	Malverne/East Rock
Oceanside	Long Beach	Jericho	Hewlett	VS South	Cold Spring Harbor
Hicksville	Calhoun	Wantagh	Roslyn	Roosevelt	Wheatley
Baldwin	Mepham	New Hyde Park	Glen Cove	Island Trees	Oyster Bay
					Friends Academy

DATES	CONFERENCES	SITE	TIME	MEET FORMAT
Mon, 12/01	RW/WT Clinic	St. Anthony's	6:00pm - 8:00pm	RW/WT ONLY
Tues, 12/02	4 & 6	St. Anthony's	6:30pm - 10:30pm	A
Wed, 12/03	2 & 5	St. Anthony's	6:30pm - 10:30pm	A
Thurs, 12/04	1 & 3	St. Anthony's	6:30pm - 10:30pm	A
Tues, 12/09	2 & 4	St. Anthony's	6:30pm - 10:30pm	B
Wed, 12/10	1 & 5	St. Anthony's	6:30pm - 10:30pm	B
Thurs, 12/11	3 & 6	St. Anthony's	6:30pm - 10:30pm	B
Tues, 12/16	1 & 6	St. Anthony's	6:30pm - 10:30pm	C
Wed, 12/17	2 & 3	St. Anthony's	6:30pm - 10:30pm	C
Thurs, 12/18	4 & 5	St. Anthony's	6:30pm - 10:30pm	C
Tues, 1/06	3 & 5	St. Anthony's	6:30pm - 10:30pm	D
Wed, 1/07	2 & 6	St. Anthony's	6:30pm - 10:30pm	D
Thurs, 1/08	1 & 4	St. Anthony's	6:30pm - 10:30pm	D
Fri, 1/16	WT Only	St. Anthony's	6:30pm - 10:30pm	WT Only

CONFERENCE CHAMPIONSHIP MEET SCHEDULE

DATES	CONFERENCE	SITE	TIME
Tues, 1/13	1	St. Anthony's	6:30pm - 10:30pm
Wed, 1/14	2	St. Anthony's	6:30pm - 10:30pm
Thurs, 1/15	3	St. Anthony's	6:30pm - 10:30pm
Tues, 1/20	4	St. Anthony's	6:30pm - 10:30pm
Wed, 1/21	5	St. Anthony's	6:30pm - 10:30pm
Thurs, 1/22	6	St. Anthony's	6:30pm - 10:30pm

COUNTY CHAMPIONSHIP MEET SCHEDULE

DATES	COUNTY	SITE	TIME
Tues, 2/03	B	St. Anthony's	6:30pm - 10:30pm
Wed, 2/04	A	St. Anthony's	6:30pm - 10:30pm
Thurs, 2/05	WT ONLY (also SQ)	St. Anthony's	6:30pm - 10:30pm

STATE QUALIFIER SCHEDULE

DATES	SITE	TIME
Wed, Feb. 11 th	St. Anthony's	6:30pm - 10:30pm

STATE CHAMPIONSHIP MEET

DATES	BOYS/GIRLS	SITE	TIME
Mar. 7	Boys	Cornell University	8:45am
Mar. 7	Girls	Cornell University	1:45pm

Snow/Emergency Dates

Monday, 12/22; Thursday, 2/12

CROSSOVER MEET FORMAT SCHEDULE OF EVENTS
ALL FORMATS HAVE A 2 EVENT PER ATHLETE LIMIT

FORMAT A	FORMAT B	FORMAT C	FORMAT D
Running – G/B	Running – B/G	Running – G/B	Running – B/G
1500 Racewalk	1500 Racewalk	55HH (semi/final)	1500 Racewalk
1500 *girls	1600/1500	3000/3200	1600 *boys
**3200 *boys	1000	600	**3000 *girls
55 (semi/final)	55 (semi/final)	300	55 (semi/final)
55 HH	55 HH	4 x 200 (1 team per school)	55 HH
1000**	4 x 400 (2 teams per school)	HJ B/G	600**
300	4 x 800 (1 team per school)	LJ G/B	300**
Shot B/G	HJ B/G	Shot B/G	HJ G/B
HJ G/B	TJ G/B	Pole Vault G/B	TJ B/G
LJ B/G	Shot G/B		Shot G/B
Pole Vault G/B	Pole Vault B/G		Pole Vault B/G

****Format A & B:** Coaches may run their athletes in EITHER the 1500/1600/3200 OR 1000, not both!

****Format C:** Any athletes not accepted in the 3000/3200 will be able to run the 600.

****Format D:** Coaches may run their athletes in EITHER the 600 or 300, Not both!

****3200/3000:** Each school is guaranteed up to 3 athletes in the 3000/3200. The remaining spots in the field will be done by time. You must submit cards for this event stating your athletes name, number and 3000/3200 seed. There will be a maximum of 90 athletes selected. This gives us one heat of 18 and 3 remaining heats of up to 24. No more than 90 athletes will be accepted. Rejected athletes may run in an event scheduled later in the meet

Crossover Meets

- Athletes are limited to 2 events (***Take note of the event rules in Format**)
- One team card for all unseeded athletes (see Entries section for more explanation on this)
- Only one measurement under 12' (girls) 17' (boys) will be measured in the Long Jump
- Only one measurement under 25' (girls) 35' (boys) will be measured in the Triple Jump
- The first 3 sections of the 600 will be run in lanes as time permits. All others will be scratch start.
- The first four sections of the 300 will be run in lanes as time permits. All others will be scratch start.
- Seeded sections will run first
- The first 2 sections of the 4 x 400 and the 4 x 200 will be run in lanes as time permits.

Clerking Responsibilities (Please share this info with your athletes)

- All competitors are to report promptly to the clerking area or send a teammate once the event is called. It is the athlete's responsibility to clerk on time. Once an event is clerked, that event is closed.
- Athletes should come to the clerking area ready to compete (running apparel and shoes)
- Verbal seeding will be used for the non-seeded sections.
- It is the athlete's responsibility to notify the clerk if she/he is leaving the clerking area to compete in a field event. Officials will be marking times athletes leave and return.
- No electronics in the clerking area. No cell phones, ipods, etc.

Usage of Blocks/Spikes

- Spikes may be used at St. Anthony's ONLY in the County and State Qualifier meets.
- Starting blocks will be provided by St. Anthony's.

Results

Results will be posted on www.just-in-time-racing.com

SECTION 8 WINTER TRACK & FIELD

Section 8 Winter Track & Field will be governed by 2014 National Federation rules

Participation/Eligibility Standards

- a. Ten team practices are required before the first meet or scrimmage.
- b. Each individual athlete must have ten practices before competing.
- c. Each athlete/team is limited to 15 meets (exclusive of Counties and State Q's)
- d. There are no independent athletes in Nassau County.
- e. Athletes are permitted 2 events at all Section 8 Crossover meets.
- f. Athletes will be permitted to 3 events at the Conference, County and State Q.
- g. The rule of one night's rest between meets is in effect for the winter.
- h. The Long Island Invitational and Eastern States meets DO COUNT towards the 15 allowable meets.

Rosters

- a. Coaches must submit their roster online. Schools will use the following website: www.just-in-time-racing.com Email Tony Toro for your password (eltorotf@optonline.net)
- b. Team Rosters must be submitted by **Sunday, November 23rd**
- c. All coaches must hand in a coaches e-mail form (Tony will bring to meeting) at our meeting on Thursday, November 13th

Competition

- a. Individual must compete in 6 meets representing their HS in order to be eligible for Counties (meets must be verifiable and **occur before Counties**).
- b. Do NOT enter your athletes in more than 3 events in ANY meet outside of Section 8 (regardless of that meets guidelines).
- c. The 4 meets scheduled per conference prior to Conference Championships have a 2 event per athlete limit.
- d. Section 8 meets take precedence over any and all outside meets.

Uniforms

- a. Uniforms consist of a school issued shirt and shorts.
- b. Relay members must have identical uniforms.
- c. Jerseys must be tucked in.
- d. The athlete's number is part of their uniform. No number, wrong numbers, numbers that cannot be read, or numbers that have been altered can cause a disqualification.
- e. Athletes must wear their own numbers. No exceptions.

Medical Appeals

- a. All athletes must compete in **6 meets prior to the County Championships**. Any coach who wishes to submit an appeal based on medical reasons, documented by a licensed physician, must **submit the appeal at the end of their last regularly scheduled season contest**. However, athletes wishing to compete at the Class County meet MUST compete in 6 meets prior to the County meet regardless of the remainder of the teams' regular season schedule.

Media

- a. MSG Varsity TV Contract: The Section 8 contract is for Counties and State Q's ONLY
- b. MSG Varsity: News clips are OK. Featured stories can only be at playoffs.
- c. State Meet Journal: wherenow.nysphsaa@gmail.com
- d. Coaches can submit bios and pictures of past State Meet athletes to be included in a new feature spotlighting past champions/participants.
- e. Coaches should not be talking on any online blogs or forums

Electronics

Athletes may not have or use cell phones in competition areas. This will result in a DQ.

NFHS Track and Field Rule Changes---(effective December 1, 2014)

Our Section VIII Officials will review all rules at our meeting

1) Rule 1-4.....As an option to be determined by the Games Committee or Meet Director, the order of events for indoor competition shall consist of the 55m **OR** 60m High Hurdles, Dash, and Low Hurdles. With no action, the standard events' distance shall be 55m. Our Section will continue to run 55 meters and 55 meter hurdles.

2) Jewelry Rule.....The NYSPHSAA Safety Committee, by a unanimous vote, rejected a motion by the Indoor and Outdoor Track and Cross Country Committees to remove the ban on jewelry from those sports and be treated as bowling and golf where there is no prohibition. The National rule change on the wearing of jewelry will NOT apply in New York State. We are going to follow the old rule until further notice. The old rule states: **Athletes wearing jewelry will be given a formal individual warning, and, upon a subsequent violation, will be disqualified from the second event and from the remainder of the competition.**
RATIONALE: The wearing of jewelry AFTER the formal individual warning is considered "unsportsmanlike conduct"!! Hence the disqualification from the remainder of the meet.

3) Rule 6-2-9, et al.....This rule CLARIFIES that a competitor shall be charged with a foul if he/she does not **initiate** a trial within a minute after the competitor's name has been called. **RATIONALE:** Officials were wrongly calling fouls when the athlete's attempts were not completed within a minute's time. This rule clarifies that a competitor must initiate a trial within the time limit, with completion of that trial allowed beyond the prescribed time.

4) Rule 6-4-9g et al.....In the Throwing events, it is NO LONGER a foul if the competitor is not under control before LEGALLY exiting the competition area after the implement has landed.

5) Rule 6-4-9g, et al.....The event judge no longer calls "Mark" when an implement has landed and there has been no foul by the competitor. The athlete no longer has to wait until the official says "Mark" before exiting the event legally. The official will now say nothing if the throw or landing is legal.

6) Rule 7-2-11.....A crossbar displaced by a **force disassociated with the competitor** after they are legally and clearly over the crossbar shall **not** be a foul. **RATIONALE:** This is common sense and addresses the reality of possible outside forces on the crossbar on an otherwise successful attempt (ex—wind, faulty equipment, error in mat placement)

7) Weight Throw.....The Indoor Weight Throw may be included in the order of events for indoor meets. Until NFHS publishes rules, it will be conducted under USATF/NCAA rules and must comply with those specifications and safety guidelines. It is highly recommended we follow the NCAA rules because they address safety guidelines more specifically. The boy's weight is 25 lbs. and the girl's weight is 20 lbs.

8) Pole Vault Reminder.....The Box Collar padding is now **required equipment** in **every** Pole Vault planting box as of December 1, 2014. The event will **NOT** be contested if it is not present for the competition. (St. Anthony's has the proper equipment. Those of you holding invitationals please make sure you are prepared with the new equipment)

Weight Throw

- a. The Indoor Weight Throw has been added as an event to be contested at the State Championships this year. Since this is a new event it will be conducted under the USATF/NCAA rules until the NFHS publishes rules.
- b. The discus cage is not a legal practice facility for the weight throw UNLESS your district has purchased the heavier cage cover/netting.
- c. **Boys throw 25 lb. weight. Girls throw 20 lb. weight.**
- d. Our Section VIII HSAA has approved our implementation of the weight throw in the following manner:
 1. Winter committee will offer 2 developmental clinics at St. Anthony's (12/01 & 1/16)
 2. We will hold a State Qualifier competition for weight throw ONLY on 2/05. Athletes can advance to the State Championships from this meet. We will also award individual All – County Honors and medals on this evening. However, weight throw **WILL NOT COUNT TOWARDS TEAM SCORES** this year. (This is similar to the way the pole vault was rolled out many years ago)

Seeding

****FAT times take precedence over hand held times****

****JUST-IN-TIME-RACING.COM is the ONLY site we will use to verify seeds****

- a. We rely on the coaches to submit actual seeds in order to run an effective meet.
- b. For Conference, County and State Qualifier meets, all seeds must be verifiable. No estimates will be accepted.
- c. NO CONVERSIONS for boys in any event.
- d. Girls may use conversions from 1600 to 1500 and from 3200 to 3000. There is a State appointed conversion chart that is posted on our site that all sections will be using.
- e. No seed times are permitted from relay splits or oversized tracks over 200 meters
- f. No seed performances are permitted if your athlete or relay team was disqualified.
- g. Relay seeds must be actual, not composites
- h. Six names with competitor numbers should be listed for all relays. (Counts as an event for alternates)
- i. Seed performances for all meets including the state meet will be the best actual time/jump/throw/vault from any sanctioned meet during the season (November-February)
- j. Athletes must have competed in the event during the season (November – February) to receive a seed performance.
 1. **CONFERENCE CHAMPIONSHIPS:** If you would like to enter your athlete in an event for which they do not have a seed, you must write "NO SEED" on their card. That athlete will be placed behind athletes with verifiable seeds. Long Jump & Triple Jump entries require seeds. Pole Vault entries require proof of attempts.
 2. **COUNTY CHAMPIONSHIPS/STATE QUALIFIER:** Athletes without verifiable seeds will not be considered for these meets at all.
- k. For **Conferences, County and State Qualifier meets**, all seeds must be verifiable on www.Just-In-Time-Racing.com. **No other websites or rankings pages will be checked.** Coaches must post potential seeds that meet the minimum standards on the Best of Season list at www.Just-In-Time-Racing.com. Performances must be posted to the website according to the following deadline schedule:

Date of Competitions

Any meet prior to and including December 11th

December 12th – 25th

December 26th – January 8th

January 9th – 22nd (Final Chance for County Seeds)

January 23rd – February 5th (Final Chance for State Q Seeds)

February 6th – 19th

Deadline for entering Seeds

Friday, December 12th

Friday, December 26th

Friday, January 9th

Friday, January 23rd

Friday, February 6th

Friday, February 20th

- l. If a coach misses a deadline, that athlete's performance during that time period cannot be used for future seeding purposes.
- m. This procedure will keep the rankings up to date, which will allow the coaches, athletes and parents to easily see the progress of athletes throughout the season.

Entries

- a. Verbal seeding will be used at all meets. Please instruct your athletes to pay attention while the officials are seeding events and instruct your athletes which seed time to use. Many times athletes like to go with friends, please discourage this.
- b. Please submit ONE 3 x 5 card for each EVENT upon arrival. Cards must state the following:
SCHOOL
EVENT
TOTAL # OF ATHLETES
- c. Field events will follow the same procedure as in the past. EACH athlete must present a 3 x 5 card to the official at the time of check-in. The card must include the athlete's name, number, school and performance seed. Leave bottom of card empty for recording purposes. This procedure is for crossover meets only.

ANNOUNCEMENT PAGE FOR ST. ANTHONY'S

(Please share with your athletes and their families before first meet)

- No one will be permitted to enter the building until 6pm. Please do not ask. Security has been instructed by St. Anthony's to open doors at 6pm. Remain on your bus until then. We do not want kids standing in the cold.
- After entering the gym, teams will be permitted to warm up immediately. At 6:20 the track will close, all will return to the bleachers and be asked to rise for The National Anthem. Please instruct your athletes to be respectfully quiet and to remove hats and headphones.
- Following the National Anthem, all coaches and athletes will be briefed by meet management.
- Pole Vault athletes may report directly to the pole vault area to drop off their poles. Only athletes competing in the pole vault are permitted to remain in the area. If girls are vaulting no boys should be over there and vice versa. Only exception is volunteers who have been cleared by meet management.
- No backpack or large bags are permitted. Track/Spike bags are fine.
- No spikes! **STRICTLY ENFORCED!!** All shoes will be checked prior to racing. If there are spikes in the shoes, athletes will not be allowed to race for the remainder of the evening and could risk further competition at St. Anthony's (Spikes will be permitted at the County and State Q meets ONLY)
- Coaches need to remain in designated coaching areas. No athletes/managers are to cross the track at any time unless they are competing
- No food or drink at all in the gym. Water only! (This applies to athletes, coaches and spectators)
- Food and drink will be sold in the hallway. There are tables set up where athletes can sit.
- No parents or spectators allowed in designated coaching areas, infield or across the track.
- Teams are expected to clean up the area in which they were sitting.
- Instruct your athletes to keep the bathrooms and hallways clean
- No electronics in the clerking or competition areas (includes phones, ipods, etc) DQ will result!
- No personal chairs will be permitted in the gym.
- Volunteers (athletes or coaches only) are often needed at field events. Inform meet management if you are interested. Athletes will receive community service hours for their time.
- No jewelry
- Hurdlers may warm up on the backstretch if we have coaches supervising the area

CONFERENCE CHAMPIONSHIPS

- a. Upon arrival each coach must hand in a Section VIII Entry blank and a 3 x 5 card for each athlete they have entered in the meet
- b. Long Jump & Triple Jump entries must be emailed to Tony Toro and your respective coordinator 4 days before your scheduled meet. Each conference will have 12 LJ entries and 12 TJ entries. Selected athletes will be posted on the website the day before the Conference Meet. This will count as one of the 3 events permitted per athlete for the accepted athletes. Rejected athletes will be permitted to enter 3 events. Coaches should list 2nd best performances to be used in the event of a tie.
- c. Each team is permitted 3 scorers in each individual event
- d. Each team is permitted 1 relay in each relay event
- e. Any athlete who does not have a verifiable seed will be moved to the back of the field. Please mark "No seed" on your athletes card if they don't have a mark.
- f. Conference Meets are CHAMPIONSHIP meets with 4 place medals in all events
- g. There is a Champion and a Runner Up plaque awarded to teams
- h. The top 3 in each individual event will earn All-Conference Honors
- i. The top relay will earn All-Conference Honors
- j. Make sure all athletes are aware of rules regarding conflicts with events (55 and LJ at same time. Cannot be away from event more than 10 minutes)

ORDER OF EVENTS	SEEDING/SECTION INFO
3000/3200 FINAL	2 turn stagger; sections TBA
55m Semi	5 seeded sections; winners and fastest 2nd place runner advance to final **This could change the night of the meet**
1000 FINAL	4 sections; 2 turn stagger
55m FINAL	
600 FINAL	4 sections; 2 in lane, 2 in alley
55m HH FINAL	5/6 sections (5 or 6 lanes)
1500/1600 FINAL	2 seeded sections; 1 turn stagger 1 unseeded section; 2 turn stagger
300m FINAL	4 sections; 2 in lane, 2 in alley
Boys: Short Break	
Girls: 1500m Racewalk	2 sections (?) ; 1 turn stagger
4 x 800m RELAY	2 sections; 2 turn stagger
4 x 400m RELAY	4 sections; 2 turn stagger
4 x 200m RELAY	5 sections; 2 turn stagger
Long Jump (Girls/Boys)	3 trials; no final
Triple Jump (Boys/Girls)	3 trials; no final
Shot put (Girls/Boys)	3 trials; no final
High Jump (Boys/Girls)	Starting height 4'0 girls, 5'0 boys
Pole Vault (Boys/Girls)	Starting height 6'0 girls, 8'0 boys

COUNTY CHAMPIONSHIPS INFORMATION SHEET

- a. Coaches must submit an online entry by Monday, January 26th. Detailed instructions will be given out at Conference Championship meets
- b. All jumps, vaults, throws should have a 2nd best performance that appears in Tony’s database in the event of ties. In the event of a tie, we will go to 2nd best performance. If no 2nd best appears we could pass over your athlete.
- c. Each team is permitted 3 scorers in each individual event
- d. Each team is permitted 1 relay in each relay event (list 6 names with numbers. Relay counts as one event for each of the 6 athletes listed)
- e. County Meets are CHAMPIONSHIP meets with 4 place medals in all events
- f. There is a Champion and a Runner Up plaque awarded to teams
- g. The top 3 in each individual event will earn All-County Honors
- h. The top relay will earn All-County Honors
- i. Scoring is: 10-8-6-4-2-1
- j. Only coaches can scratch an athlete and must do so before the event is clerked or that athlete is out of the rest of the meet.
- k. All horizontal jumpers/throwers will be allotted 3 attempts. The top 6 will have an additional 3 attempts
- l. Spikes are permitted. ¼” pyramid ONLY!

Order of Events	Accepted Number of Athletes
Boys 3200 FINAL	16
Girls 3000 FINAL	16
Boys 55 SEMI	18
Girls 55 SEMI	18
Boys 1000 FINAL	22
Girls 1000 FINAL	22
Boys 55 FINAL	Bring back 6
Girls 55 FINAL	Bring back 6
Boys 600 FINAL	20
Girls 600 FINAL	20
Boys 55 HH SEMI	18
Girls 55 HH SEMI	18
Break	
Girls 55 HH FINAL	Bring back 6
Boys 55 HH FINAL	Bring back 6
Girls 1500 FINAL	22
Boys 1600 FINAL	22
Girls 300 FINAL	20
Boys 300 FINAL	20
Girls 1500 Racewalk FINAL	16
Boys 4 x 800 FINAL	12
Girls 4 x 800 FINAL	12
Boys 4 x 400 FINAL	12
Girls 4 x 400 FINAL	12
Boys 4 x 200 FINAL	12
Girls 4 x 200 FINAL	12
Long Jump: Girls/Boys	10
Triple Jump: Boys/Girls	10
Shotput: Girls/Boys	10
High Jump: Boys/Girls	10
Pole Vault: Boys/Girls	10

STATE QUALIFIER INFORMATION SHEETCheck auto standards**

- a. All coaches must submit an online entry by Friday, February 6th
- b. 1st and 2nd place finishers in individual events will qualify for the State Championships (A 3rd place finisher may qualify if they have achieved the listed standard at any time during the season)
- c. The 1st place relay will qualify for the State Championships
- d. The first non-qualifier in the 300, 600, 1000 and 1500/1600 will qualify for the State Meet Intersectional Medley relay team. This could be the 3rd or 4th place finisher.
- e. Horizontal jumpers and throwers will be allotted 3 jumps/throws. The 4 finalists will be allotted 3 more jumps/throws.
- f. The Weight Throw will compete on Thursday, February 5th and will be the only event contested that night.
- g. Schools are permitted to enter 4 athletes in the 300, 600, 1000 and 1500/1600 ONLY! All other events schools are limited to 3 athletes.
- h. Spikes are permitted. ¼" pyramid ONLY!

Order of Events	Number of Accepted Athletes	Standard for 3rd place finisher to qualify for States FAT time (Hand time)
Boys 4 x 400 SEMI	12	
Girls 4 x 400 SEMI	12	
Boys 4 x 200 SEMI	12	
Girls 4 x 200 SEMI	12	
Boys 3200 FINAL	12	9:42.24 (9:42.0)
Girls 3000 FINAL	12	10:21.14 (10:20.9)
Boys 55 SEMI	12	
Girls 55 SEMI	12	
Boys 1000 FINAL	12	2:35.24 (2:35.0)
Girls 1000 FINAL	12	3:02.24 (3:02.0)
Boys 55 FINAL	Bring back 6	6.74 (6.5)
Girls 55 FINAL	Bring back 6	7.44 (7.2)
Boys 600 FINAL	15	1:24.74 (1:24.5)
Girls 600 FINAL	15	1:38.74 (1:38.5)
Boys 300 SEMI	15	
Girls 300 SEMI	15	
Boys 55 HH SEMI	12	
Girls 55 HH SEMI	12	
Break		
Girls 55 HH FINAL	Bring back 6	8.74 (8.5)
Boys 55 HH FINAL	Bring back 6	7.94 (7.7)
Girls 1500 FINAL	12	4:49.54 (4:49.3)
Boys 1600 FINAL	12	4:28.74 (4:28.5)
Boys 300 FINAL	Bring back 5	36.74 (36.5)
Girls 300 FINAL	Bring back 5	41.34 (41.1)
Girls 1500 Racewalk	12	7:28.24 (7:28.0)
Possible Break		
Boys 4 x 800 FINAL	12	
Girls 4 x 800 FINAL	12	
Boys 4 x 400 FINAL	5	
Girls 4 x 400 FINAL	5	
Boys 4 x 200 FINAL	5	
Girls 4 x 200 FINAL	5	
Shot put: Girls/Boys	10: 4 advance to final	Boys: 52' 0 / Girls: 37' 07"
Long Jump: Girls/Boys	8: 4 advance to final	Boys: 21'06" / Girls: 17' 02"
High Jump: Boys/Girls	8: 4 advance to final	Boys: 6' 04" / Girls: 5' 03"
Triple Jump: Girls/Boys	8: 4 advance to final	Boys: 43' 06" / Girls: 36' 01"
Pole Vault: Boys/Girls	8: 4 advance to final	Boys: 13' 0 / Girls: 10' 0
*Weight Throw: Boys/Girls	8: 4 advance to final	State Committee developing standard

***Weight Throw will be held Thursday, February 5th!!!!**

INSERT STATE MEET ORDER OF EVENTS/CHANGES

Winter Track & Field Invitationals

Event entries should state that the event is sponsored by your high school and enforces all NF, NYSPHAA, and SECTION VIII rules. YOUR ENTRY MAY NOT SAY THAT THE MEET IS SANCTIONED BY SECTION VIII.

Section VIII League and Championship meets take preference over outside competitions.

Meet Directors should provide results in a timely fashion in a format that is downloadable to rankings websites. Free programs such as RaceTab are available and easy to use.

All officials must be ordered through BOCES, Jay or Grace. Whether you want one additional official for the pole vault, or 20 officials for an invitation, they must be ordered from BOCES. BOCES will ensure that they assign a starter, clerks, etc. to meet your needs and numbers.

Newsday Track & Field Coverage Jordan Lauterbach 631-843-2820, jordan.lauterbach@newsday.com

Some Invitationals available in Nassau County;

Dates of Invites are subject to change. Check www.TrackConference.com for entry information.

Friday	12/05	Nassau Coaches Invitational @ Armory
Saturday	12/06	Walt Brem Track & Field Series @ Farmingdale (will contest weight throw)
Saturday	12/13	Hot Chocolate Relays @ Long Beach
Saturday	12/13	Walt Brem Track & Field Series @ Farmingdale (will contest weight throw)
Saturday	12/20	Walt Brem Track & Field Series @ Farmingdale (will contest weight throw)
Friday	12/26	North Shore Track & Field Invitational @ Armory

Alma going to contact me with Friendship games dates once approved. May or may not be before meeting

Conference Meet Entry Form

School _____

Boys or Girls

Coach Name _____

Phone _____

Place an X in the appropriate boxes for your scoring athletes. There is a three event limit per athlete and three athletes permitted in each event per school. For relays you may list up to 6 names.

Name	#	55	55 hurdles	300	600	1000	1500/1600	3000/3200	Racewalk	HJ	LJ	TJ	SP	PV	4x200	4x400	4x800