

## Nassau County High School Athletic Association

Section VIII of the NYSPHSAA  
Patrick Pizzarelli, Executive Director



Boys Coordinator – Ed Corona, Cold Spring Harbor High School  
Girls Coordinator – Nick Aurigemma, Cold Spring Harbor High School

### Section VIII Spring Track & Field Committee

**Conference 1** Rich Degnan, Massapequa High School  
Michael Howley, Oceanside High School

**Conference 2** Dave Hendler, Calhoun High School  
Adam McKenzie, Great Neck North High School  
Greg Milone, Long Beach High School  
Matt Princi, Carey High School  
Steve Steiner, Manhasset High School

**Conference 3** James Ravener, Bethpage High School  
Kristen Hamilton, Roslyn High School  
Stephen Honerkamp, Hewlett High School

**Conference 4** Neal Levy, North Shore High School  
Pete McNally, Lynbrook High  
DJ Paulson, The Wheatley School  
Louisa Garry, Friends Academy  
Bud McQuillan, Lawrence High School

### High School Association Representative

Ralph Amitrano, Mineola High School

### Representatives from the Officials Associations

Jim Restaino, President, Boys Officials Association  
Michelle Walker, President, Girls Officials Association

### Modified Track & Field Coordinator

TBA

### Nassau County Track Coaches Association

**President** Michael Ringhauser, East Meadow High School

**Vice President** Kristin Frazer, Bethpage High School

**Treasurer** Fred DeRuvo, Island Trees High School

**Secretary** Katie DeRuvo, Wheatley High School

**Section 1 – Season Overview**

Conference 1		Conference 2	
Division 1A	Division 1B	Division 2A	Division 2B
1. <u>Freeport</u> 3. <u>Uniondale</u> 5. <u>Syosset</u> 7. <u>Massapequa</u> 9. Hempstead 11. <u>Farmingdale</u> 13. <u>Oceanside</u> 15. (bye)	2. <u>Port Washington</u> 4. <u>Westbury</u> 6. <u>Hicksville</u> 8. <u>Plainview</u> 10. <u>East Meadow</u> 12. Baldwin 14. VSC 16. (bye)	1. <u>Herricks</u> 3. <u>MacArthur</u> 5. <u>Long Beach</u> 7. <u>Mepham</u> 9. <u>GNS</u> 11. New Hyde Park 13. <u>Great Neck North</u> 15. (bye)	2. Jericho 4. <u>Garden City</u> 6. <u>Calhoun</u> 8. Glen Cove 10. Roslyn 12. Carey 14. Elmont 16. (bye)
Conference 3		Conference 4	
Division 3A	Division 3B	Division 4A	Division 4B
1. Sewanhaka 3. JFK Bellmore 5. <u>Hewlett</u> 7. Roosevelt 9. <u>South Side</u> 11. <u>Manhasset</u> 13. <u>VSN</u> 15. (bye)	2. <u>Division</u> 4. Floral Park 6. <u>Lynbrook</u> 8. Bethpage 10. VSS 12. Mineola 14. Plainedge 16. Evergreen Charter	1. Wantagh 3. Lawrence 5. <u>Clarke</u> 7. <u>North Shore</u> 9. Island Trees 11. Academy Charter 13. Seaford 15. Locust Valley	2. Friends Academy 4. West Hempstead 6. <u>Cold Spring Harbor</u> 8. Wheatley 10. Malverne 12. <u>Oyster Bay</u> 14. East Rockaway 16. Carle Place

Underlined schools have pole vault facilities

Section VIII Class County Alignment	New York State Alignment
AAA = Freeport through GNS	State Division 1 = Freeport through Lawrence
AA = New Hyde Park through Lynbrook	
A = Bethpage through Carle Place	State Division 2 = North Shore through Carle Place

Conference League Meet Schedule				
League Meet #1	League Meet #2	League Meet #3	League Meet #4	League Meet #5
March 28 & March 29 3-8-13-2 4-7-14-1 5-10-11-16 6-9-12-15	April 4 & April 5 3-10-12-1 4-9-11-2 5-8-14-15 6-7-13-16	April 11 & April 12 3-4-5-6 7-8-9-10 11-12-13-14 15-16-1-2	April 25 & April 26 3-9-14-16 4-10-13-15 5-7-12-2 6-8-11-1	May 2 & May 3 3-7-11-15 4-8-12-16 5-9-13-1 6-10-14-2
<b>Conference 2 &amp; 4, Girls Followed by Boys</b>				
<b>Conference 1 &amp; 3, Boys followed by Girls</b>				

**Frosh/Soph Meet South Shore**  
**Frosh/Soph Meet North Shore**

*on April 7 at Long Beach HS*  
*on April 14 at North Shore HS*

**Division Championships**

*Division 4A and 4B meets –*  
*Division 1A and 1B meets -*  
*Division 2A and 2B meets –*  
*Division 3A and 3B meets –*

*on May 9 at North Shore/Oyster Bay*  
*on May 10 at Syosset/East Meadow*  
*on May 16 at Long Beach/Calhoun*  
*on May 17 at VSN/Lynbrook*

**County Championships**

*Class A –*  
*Class AAA –*  
*Class AA –*

*on May 23 at CSH*  
*on May 24 at Westbury*  
*on May 25 at Roosevelt*

**State Qualifier**

*on June 3,4 at North Shore HS*

**2022 Section VIII Spring Track & Field County Classes**

County Class AAA	County Class AA	County Class A
Freeport Uniondale Syosset Massapequa Hempstead Farmingdale Oceanside Port Washington Westbury Hicksville Plainview JFK East Meadow Baldwin VSC Herricks MacArthur Long Beach Mepham GNS	New Hyde Park GNN Jericho Garden City Calhoun Glen Cove Roslyn Carey Elmont Sewanhaka JFK Bellmore Hewlett Roosevelt South Side Manhasset VSN Division Floral Park Lynbrook	Bethpage Valley Stream South Mineola Plainedge Wantagh Lawrence Clarke North Shore Island Trees Academy Charter Seaford Locust Valley Friends Academy West Hempstead Cold Spring Harbor Wheatley Malverne Oyster Bay East Rockaway Carle Place

**2022 NYSPHSAA Spring Track & Field State Divisions**

State Division 1 (600+)	State Division 2 (<600)
Freeport Uniondale Syosset Massapequa Hempstead Farmingdale Oceanside Port Washington Westbury Hicksville Plainview JFK East Meadow Baldwin VSC Herricks MacArthur Long Beach Mepham GNS New Hyde Park GNN Jericho Garden City	Calhoun Glen Cove Roslyn Carey Elmont Sewanhaka JFK Bellmore Hewlett Roosevelt South Side Manhasset VSN Division Floral Park Lynbrook Bethpage Valley Stream South Mineola Plainedge Wantagh Lawrence  Clarke North Shore Island Trees Academy Charter Seaford Locust Valley West Hempstead Cold Spring Harbor Wheatley Malverne Oyster Bay East Rockaway Carle Place Friends Academy

**Conference 1 League Meet Schedule**

**Spring 2022**

<b>Gender</b>	<b>Day</b>	<b>Day</b>	<b>Team 1</b>	<b>Team 2</b>	<b>Team 3</b>	<b>Team 4</b>	<b>Home Site</b>
Boys	Mon	March 28	Uniondale	Plainview	Oceanside	Port Washington	Uniondale
Boys	Mon	March 28	Westbury	Massapequa	VSC	Freeport	Massapequa
Boys	Mon	March 28	Syosset	East Meadow	Farmingdale	BYE	Syosset
Boys	Mon	March 28	Hicksville	Hempstead	Baldwin	BYE	Hempstead
Girls	Tue	March 29	Uniondale	Plainview	Oceanside	Port Washington	Uniondale
Girls	Tue	March 29	Westbury	Massapequa	VSC	Freeport	Massapequa
Girls	Tue	March 29	Syosset	East Meadow	Farmingdale	BYE	Syosset
Girls	Tue	March 29	Hicksville	Hempstead	Baldwin	BYE	Hempstead
Boys	Mon	April 4	Uniondale	East Meadow	Baldwin	Freeport	Baldwin
Boys	Mon	April 4	Westbury	Hempstead	Farmingdale	Port Washington	Port Washington
Boys	Mon	April 4	Syosset	Plainview	VSC	BYE	Plainview
Boys	Mon	April 4	Hicksville	Massapequa	Oceanside	BYE	Oceanside
Girls	Tue	April 5	Uniondale	East Meadow	Baldwin	Freeport	Baldwin
Girls	Tue	April 5	Westbury	Hempstead	Farmingdale	Port Washington	Port Washington
Girls	Tue	April 5	Syosset	Plainview	VSC	BYE	Plainview
Girls	Tue	April 5	Hicksville	Massapequa	Oceanside	BYE	Oceanside
Boys	Mon	April 11	Uniondale	Westbury	Syosset	Hicksville	Westbury
Boys	Mon	April 11	Massapequa	Plainview	Hempstead	East Meadow	East Meadow
Boys	Mon	April 11	Farmingdale	Baldwin	Oceanside	VSC	Farmingdale
Boys	Mon	April 11	Freeport	Port Washington	BYE	BYE	Freeport
Girls	Tue	April 12	Uniondale	Westbury	Syosset	Hicksville	Westbury
Girls	Tue	April 12	Massapequa	Plainview	Hempstead	East Meadow	East Meadow
Girls	Tue	April 12	Farmingdale	Baldwin	Oceanside	VSC	Farmingdale
Girls	Tue	April 12	Freeport	Port Washington			Freeport
Boys	Mon	April 25	Uniondale	Hempstead	VSC	BYE	Uniondale
Boys	Mon	April 25	Westbury	East Meadow	Oceanside	BYE	East Meadow
Boys	Mon	April 25	Syosset	Massapequa	Baldwin	Port Washington	Massapequa
Boys	Mon	April 25	Hicksville	Plainview	Farmingdale	Freeport	Hicksville
Girls	Tue	April 26	Uniondale	Hempstead	VSC	BYE	Uniondale
Girls	Tue	April 26	Westbury	East Meadow	Oceanside	BYE	East Meadow
Girls	Tue	April 26	Syosset	Massapequa	Baldwin	Port Washington	Massapequa
Girls	Tue	April 26	Hicksville	Plainview	Farmingdale	Freeport	Hicksville
Boys	Mon	May 2	Uniondale	Massapequa	Farmingdale	BYE	Farmingdale
Boys	Mon	May 2	Westbury	Plainview	Baldwin	BYE	Plainview
Boys	Mon	May 2	Syosset	Hempstead	Oceanside	Freeport	Freeport
Boys	Mon	May 2	Hicksville	East Meadow	VSC	Port Washington	Port Washington
Girls	Tue	May 3	Uniondale	Massapequa	Farmingdale	BYE	Farmingdale
Girls	Tue	May 3	Westbury	Plainview	Baldwin	BYE	Plainview
Girls	Tue	May 3	Syosset	Hempstead	Oceanside	Freeport	Freeport
Girls	Tue	May 3	Hicksville	East Meadow	VSC	Port Washington	Port Washington

**Conference 2 League Meet Schedule**

**Spring 2022**

<b>Gender</b>	<b>Day</b>	<b>Day</b>	<b>Team 1</b>	<b>Team 2</b>	<b>Team 3</b>	<b>Team 4</b>	<b>Home Site</b>
Girls	Mon	March 28	MacArthur	Glen Cove	GNN	Jericho	Jericho
Girls	Mon	March 28	Garden City	Mepham	Elmont	Herricks	Mepham
Girls	Mon	March 28	Long Beach	Roslyn	New Hyde Park	BYE	New Hyde Park
Girls	Mon	March 28	Calhoun	GNS	Carey	BYE	Carey
Boys	Tue	March 29	MacArthur	Glen Cove	GNN	Jericho	Jericho
Boys	Tue	March 29	Garden City	Mepham	Elmont	Herricks	Mepham
Boys	Tue	March 29	GLong Beach	Roslyn	New Hyde Park	BYE	New Hyde Park
Boys	Tue	March 29	Calhoun	GNS	Carey	BYE	Carey
Girls	Mon	April 4	MacArthur	Roslyn	Carey	Herricks	Herricks
Girls	Mon	April 4	Garden City	GNS	New Hyde Park	Jericho	GNS
Girls	Mon	April 4	Long Beach	Glen Cove	Elmont	BYE	Elmont
Girls	Mon	April 4	Calhoun	Mepham	GNN	BYE	Calhoun
Boys	Tue	April 5	MacArthur	Roslyn	Carey	Herricks	Herricks
Boys	Tue	April 5	Garden City	GNS	New Hyde Park	Jericho	GNS
Boys	Tue	April 5	Long Beach	Glen Cove	Elmont	BYE	Elmont
Boys	Tue	April 5	Calhoun	Mepham	GNN	BYE	Calhoun
Girls	Mon	April 11	MacArthur	Garden City	Long Beach	Calhoun	Garden City
Girls	Mon	April 11	Mepham	Glen Cove	GNS	Roslyn	GNS
Girls	Mon	April 11	New Hyde Park	Carey	GNN	Elmont	GNN
Girls	Mon	April 11	Herricks	Jericho	BYE	BYE	Jericho
Boys	Tue	April 12	MacArthur	Garden City	Long Beach	Calhoun	Garden City
Boys	Tue	April 12	Mepham	Glen Cove	GNS	Roslyn	GNS
Boys	Tue	April 12	New Hyde Park	Carey	GNN	Elmont	GNN
Boys	Tue	April 12	Herricks	Jericho	BYE	BYE	Jericho
Girls	Mon	April 25	MacArthur	GNS	Elmont	BYE	Elmont
Girls	Mon	April 25	Garden City	Roslyn	GNN	BYE	Roslyn
Girls	Mon	April 25	Long Beach	Mepham	Carey	Jericho	Long Beach
Girls	Mon	April 25	Calhoun	Glen Cove	New Hyde Park	Herricks	Glen Cove
Boys	Tue	April 26	MacArthur	GNS	Elmont	BYE	Elmont
Boys	Tue	April 26	Garden City	Roslyn	GNN	BYE	Roslyn
Boys	Tue	April 26	Long Beach	Mepham	Carey	Jericho	Long Beach
Boys	Tue	April 26	Calhoun	Glen Cove	New Hyde Park	Herricks	Glen Cove
Girls	Mon	May 2	MacArthur	Mepham	New Hyde Park	BYE	Mepham
Girls	Mon	May 2	Garden City	Glen Cove	Carey	BYE	Garden City
Girls	Mon	May 2	Long Beach	GNS	GNN	Herricks	GNN
Girls	Mon	May 2	Calhoun	Roslyn	Elmont	Jericho	Roslyn
Boys	Tue	May 3	MacArthur	Mepham	New Hyde Park	BYE	Mepham
Boys	Tue	May 3	Garden City	Glen Cove	Carey	BYE	Garden City
Boys	Tue	May 3	Long Beach	GNS	GNN	Herricks	GNN
Boys	Tue	May 3	Calhoun	Roslyn	Elmont	Jericho	Roslyn

**Conference 3 League Meet Schedule**

**Spring 2022**

<b>Gender</b>	<b>Day</b>	<b>Day</b>	<b>Team 1</b>	<b>Team 2</b>	<b>Team 3</b>	<b>Team 4</b>	<b>Home Site</b>
Boys	Monday	March 28	JFK Bellmore	Bethpage	VSN	Division	JFK Bellmore
Boys	Monday	March 28	Floral Park	Roosevelt	Plainedge	Sewanhaka	Floral Park
Boys	Monday	March 28	Hewlett	VSS	Manhasset	Evergreen	Hewlett
Boys	Monday	March 28	Lynbrook	South Side	Mineola	Bye	South Side
Girls	Tuesday	March 29	JFK Bellmore	Bethpage	VSN	Division	JFK Bellmore
Girls	Tuesday	March 29	Floral Park	Roosevelt	Plainedge	Sewanhaka	Floral Park
Girls	Tuesday	March 29	Hewlett	VSS	Manhasset	Evergreen	Hewlett
Girls	Tuesday	March 29	Lynbrook	South Side	Mineola	Bye	South Side
Boys	Monday	April 4	JFK Bellmore	VSS	Mineola	Sewanhaka	Sewanhaka
Boys	Monday	April 4	Floral Park	South Side	Manhasset	Division	Division
Boys	Monday	April 4	Hewlett	Bethpage	Plainedge	Bye	Plainedge
Boys	Monday	April 4	Lynbrook	Roosevelt	VSN	Evergreen	Roosevelt
Girls	Tuesday	April 5	JFK Bellmore	VSS	Mineola	Sewanhaka	Sewanhaka
Girls	Tuesday	April 5	Floral Park	South Side	Manhasset	Division	Division
Girls	Tuesday	April 5	Hewlett	Bethpage	Plainedge	Bye	Plainedge
Girls	Tuesday	April 5	Lynbrook	Roosevelt	VSN	Evergreen	Roosevelt
Boys	Monday	April 11	JFK Bellmore	Floral Park	Hewlett	Lynbrook	Lynbrook
Boys	Monday	April 11	Roosevelt	Bethpage	South Side	VSS	Bethpage
Boys	Monday	April 11	Manhasset	Mineola	VSN	Plainedge	VSN
Boys	Monday	April 11	Bye	Evergreen	Sewanhaka	Division	Division
Girls	Tuesday	April 12	JFK Bellmore	Floral Park	Hewlett	Lynbrook	Lynbrook
Girls	Tuesday	April 12	Roosevelt	Bethpage	South Side	VSS	Bethpage
Girls	Tuesday	April 12	Manhasset	Mineola	VSN	Plainedge	VSN
Girls	Tuesday	April 12	Bye	Evergreen	Sewanhaka	Division	Division
Boys	Monday	April 25	JFK Bellmore	South Side	Plainedge	Evergreen	Plainedge
Boys	Monday	April 25	Floral Park	VSS	VSN	Bye	VSS
Boys	Monday	April 25	Hewlett	Roosevelt	Mineola	Division	Hewlett
Boys	Monday	April 25	Lynbrook	Bethpage	Manhasset	Sewanhaka	Manhasset
Girls	Tuesday	April 26	FK Bellmore	South Side	Plainedge	Evergreen	Plainedge
Girls	Tuesday	April 26	Floral Park	VSS	VSN	Bye	VSS
Girls	Tuesday	April 26	Hewlett	Roosevelt	Mineola	Division	Hewlett
Girls	Tuesday	April 26	Lynbrook	Bethpage	Manhasset	Sewanhaka	Manhasset
Boys	Monday	May 2	JFK Bellmore	Roosevelt	Manhasset	Bye	Manhasset
Boys	Monday	May 2	Floral Park	Bethpage	Mineola	Evergreen	Bethpage
Boys	Monday	May 2	Hewlett	South Side	VSN	Sewanhaka	VSN
Boys	Monday	May 2	Lynbrook	VSS	Plainedge	Division	Lynbrook
Girls	Tuesday	May 3	JFK Bellmore	Roosevelt	Manhasset	Bye	Manhasset
Girls	Tuesday	May 3	Floral Park	Bethpage	Mineola	Evergreen	Bethpage
Girls	Tuesday	May 3	Hewlett	South Side	VSN	Sewanhaka	VSN
Girls	Tuesday	May 3	Lynbrook	VSS	Plainedge	Division	Lynbrook

**Conference 4 League Meet Schedule**

**Spring 2022**

<b>Gender</b>	<b>Day</b>	<b>Day</b>	<b>Team 1</b>	<b>Team 2</b>	<b>Team 3</b>	<b>Team 4</b>	<b>Home Site</b>
Girls	Monday	March 28	Lawrence	Wheatley	Seaford	Friends	Friends
Girls	Monday	March 28	West Hemp	North Shore	East Roc	Wantagh	Wantagh
Girls	Monday	March 28	Clarke	Malverne	Academy Chart	Carle Place	Clarke
Girls	Monday	March 28	CSH	Island Trees	Oyster Bay	Locust Valley	Locust Valley
Boys	Tuesday	March 29	Lawrence	Wheatley	Seaford	Friends	Friends
Boys	Tuesday	March 29	West Hemp	North Shore	East Roc	Wantagh	Wantagh
Boys	Tuesday	March 29	Clarke	Malverne	Academy Chart	Carle Place	Clarke
Boys	Tuesday	March 29	CSH	Island Trees	Oyster Bay	Locust Valley	Locust Valley
Girls	Monday	April 4	Lawrence	Malverne	Oyster Bay	Wantagh	Oyster Bay
Girls	Monday	April 4	West Hemp	Island Trees	Academy Chart	Friends	Island Trees
Girls	Monday	April 4	Clarke	Wheatley	East Roc	Locust Valley	East Roc
Girls	Monday	April 4	CSH	North Shore	Seaford	Carle Place	CSH
Boys	Tuesday	April 5	Lawrence	Malverne	Oyster Bay	Wantagh	Oyster Bay
Boys	Tuesday	April 5	West Hemp	Island Trees	Academy Chart	Friends	Island Trees
Boys	Tuesday	April 5	Clarke	Wheatley	East Roc	Locust Valley	East Roc
Boys	Tuesday	April 5	CSH	North Shore	Seaford	Carle Place	CSH
Girls	Monday	April 11	Lawrence	West Hemp	Clarke	CSH	Clarke
Girls	Monday	April 11	North Shore	Wheatley	Island Trees	Malverne	Wheatley
Girls	Monday	April 11	Academy Chart	Oyster Bay	Seaford	East Roc	Oyster Bay
Girls	Monday	April 11	Locust Valley	Carle Place	Wantagh	Friends	Carle Place
Boys	Tuesday	April 12	Lawrence	West Hemp	Clarke	CSH	Clarke
Boys	Tuesday	April 12	North Shore	Wheatley	Island Trees	Malverne	Wheatley
Boys	Tuesday	April 12	Academy Chart	Oyster Bay	Seaford	East Roc	Oyster Bay
Boys	Tuesday	April 12	Locust Valley	Carle Place	Wantagh	Friends	Carle Place
Girls	Monday	April 25	Lawrence	Island Trees	East Roc	Carle Place	Island Trees
Girls	Monday	April 25	West Hemp	Malverne	Seaford	Locust Valley	West Hemp
Girls	Monday	April 25	Clarke	North Shore	Oyster Bay	Friends	Friends
Girls	Monday	April 25	CSH	Wheatley	Academy Chart	Wantagh	Wheatley
Boys	Tuesday	April 26	Lawrence	Island Trees	East Roc	Carle Place	Island Trees
Boys	Tuesday	April 26	West Hemp	Malverne	Seaford	Locust Valley	West Hemp
Boys	Tuesday	April 26	Clarke	North Shore	Oyster Bay	Friends	Friends
Boys	Tuesday	April 26	CSH	Wheatley	Academy Chart	Wantagh	Wheatley
Girls	Monday	May 2	Lawrence	North Shore	Academy Chart	Locust Valley	North Shore
Girls	Monday	May 2	West Hemp	Wheatley	Oyster Bay	Carle Place	Carle Place
Girls	Monday	May 2	Clarke	Island Trees	Seaford	Wantagh	Seaford
Girls	Monday	May 2	CSH	Malverne	East Roc	Friends	CSH
Boys	Tuesday	May 3	Lawrence	North Shore	Academy Chart	Locust Valley	North Shore
Boys	Tuesday	May 3	West Hemp	Wheatley	Oyster Bay	Carle Place	Carle Place
Boys	Tuesday	May 3	Clarke	Island Trees	Seaford	Wantagh	Seaford
Boys	Tuesday	May 3	CSH	Malverne	East Roc	Friends	CSH

## **Section 2 – Notable Rules (Section VIII follows NFHS, NYSPHSAA and Section VIII guidelines)**

### **Competition**

- a. Individual must compete in 6 meets representing their HS in order to be eligible for Class Counties. A Medical Waiver is possible, please see Section VIII Directory.
- b. Section VIII athletes are allowed to compete in four events in invitationals outside of Nassau County in which the individual meet limit is four events. However, no Section VIII school may host a meet with more than a three event limit.
- c. Section VIII meets take precedence over any and all outside meets.
- d. An athlete who competes under a competitor number assigned to another athlete (assumed name) will risk disqualification from the meet and risks further sanctions against himself and his or her coach.

### **Uniforms**

- a. Uniforms consist of a school issued shirt and shorts.
- b. Visible undergarments worn underneath a singlet must be a solid color. An undergarment worn on the bottom under a pair of shorts must be a single solid color ONLY if it goes below the knee. Any undergarment worn above the knee is considered “underwear” and not to be looked at for a rules violation.
- c. Relay members must have identical uniforms.

### **Participation/Eligibility Standards**

- a. Six team practices are required before the first meet or scrimmage.
- b. Each individual athlete must have six practices before competing.
- c. Each athlete is limited to 15 meets (exclusive of Counties, State Q’s and the State Meet). Meets after the County Championships, for example Eastern States Invitational, also count toward the 15.
- d. There are no independent athletes in Nassau County.
- e. The rule of one night’s rest between meets is in effect for the spring, three meets max per week.
- f. A school board approved coach must be present for the team/individual to compete in a meet.

### **Clerking Responsibilities (Please share this info with your athletes)**

- a. 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.
- b. Athletes should come to the clerking area ready to compete (running apparel and shoes).
- c. It is the athlete’s responsibility to notify the clerk if he/she is leaving the clerking area to compete in a field event.
- d. No electronics in the clerking area. No cell phones, iPod, etc.

### **Media**

- a. MSG Varsity & Verizon FiOS TV Contract: The Section VIII contract is for Counties and State Q’s ONLY
- b. MSG Varsity & Verizon FiOS: News clips are OK. Featured stories can only be at playoffs.
- c. State Meet Journal: [wherenow.nysphsaa@gmail.com](mailto:wherenow.nysphsaa@gmail.com). Coaches can submit bios and pictures of past State Meet athletes to be included in a new feature spotlighting past champions/participants.
- d. Coaches should exercise careful discretion when posting on social media sites, blogs and online forums to ensure that all communications are clearly within the code of ethics for coaches as outlined in NYSPHSAA, Section VIII and school district guidelines.

### **Electronics**

- a. Athletes may not have cell phones or other electronic devices in competition areas. This may result in a DQ.
- b. A coach may photograph/videotape his/her athlete from any “unrestricted” area, such as the coaching box or the bleachers. They are considered outside of the competition area. An athlete may view a picture/videotape ONLY in areas outside of the competition area.

**Ultimately, it is the responsibility of every coach and athlete to know all of the rules!**



### **Section 3 – Timing Services, Results and Websites**

- All seeds must come from league meets, invitationals, and championship meets whose results are posted on <http://ny.milesplit.com/>.
- No other websites will be checked other than <http://ny.milesplit.com/>. If the performance is not in the <http://ny.milesplit.com/> rankings, it cannot be used.
- If there is a need to verify seeds based on what the coach entered on <http://ny.milesplit.com/> then the coach will have to provide documentation verifying their athletes/relays performance.
- NO CONVERSIONS for boys or girls in any event.
- Relay seeds must be actual, not composites.

Official results site for Section VIII :

<http://ny.milesplit.com/>

Section VII news, announcements and free rankings:

[www.trackconference.com](http://www.trackconference.com)

Section VIII Timing Services provided by

<https://www.elitefeats.com>

### **Rosters**

Rosters will be done only on <http://ny.milesplit.com/>

### **Section 3B – Games Committees for Championship Meets**

#### **The Head Varsity Coach (Or designee) from:**

Division 1A: Oceanside Girls/Freeport Boys/Farmingdale Boys

Division 1B: Hicksville Girls/Plainview Boys/VSC Boys

Division 2A: Herricks Boys/NHP Girls/GNN Boys

Division 2B: Glen Cove Girls/Carey Boys/Jericho Girls

Division 3A: VNN Boys/ Hewlett Girls/Manhasset Boys

Division 3B: Division Boys/Floral Park Girls/Mineola Boys

Division 4A: Seaford Girls/Locust Valley Boys/ North Shore Boys

Division 4B: Oyster Bay Boys/ West Hempstead Boys/ East Roc Boys

County A: Bethpage Boys/Oyster Bay Girls/Carey Boys

County AA: VNN Girls/Garden City Boys/Manhasset Girls

County AAA: Freeport Boys/Syosset Boys/Port Washington Girls

State Qualifier: North Shore Girls/East Meadow Boys/Elmont Girls

## Section 4 – League Meets

League Meet Order of Events	
400m Intermediate Hurdles	<ul style="list-style-type: none"> <li>• Sprint event heats may be seeded 1 per school or by seed time. Coaches will make the decision prior to the meet, with the Meet Director (home school) making the final decision and communicating with the officials. If there is a timing concern, coaches may decide to use no more than 4 lanes for scoring heats.</li> <li>• Host schools must put out at least three lanes of hurdles for both the High Hurdles and Intermediates.</li> <li>• The 800m and 1500m/1600 can be run as one heat, unless numbers warrant multiple heats.</li> <li>• The 3000m/3200m is one heat.</li> <li>• Break is optional and can be used to allow the field events to catch up.</li> <li>• Relays; One scoring relay per team, non-scoring relays allowed</li> <li>• Field Events; 3 attempts, scorers followed by non-scorers</li> <li>• High Jump; May open and score at 3'8" for girls and 4'8" for boys</li> <li>• See Pole Vault bullet below</li> </ul>
1600m/1500m	
100m	
400m	
110m/100m High Hurdles	
800m	
200m	
3200m/3000m	
Ten Minute Break (optional)	
4x400m Relay	
4x100m Relay	
4x800m Relay	
Long Jump, Triple Jump, Shot Put, Discus	
High Jump	
Pole Vault	

### NOTES:

- The team with the best W/L record will determine the Team Conference Champion.
  - In the event two teams have the same W/L record, the tie break will be head-to-head.
- The starter will act as referee. One finish judge will act as Games Committee along with the head coach from each school and they will adjust heats and sections where necessary. The host coach is the site director.
- League Meets will be Dual, Triangular or Quadrangular. Dual meets will be scored 5-3-1 with relays 5-0. Triangular scored 5-3-2-1 with relays 5-3. Quadrangular meets score 6-4-3-2-1 with relays 6-4-2. If a team doesn't show for a meet the scoring is based on the number of competing teams at the meet. Each school may enter 3 scorers in each event - additional entrants shall be non-scorers. Seeding will be verbal.
- Duties of the meet should be shared by each school.
- Pole Vault – Opening and scoring heights for the season will be 6' for girls and 8' for boys. All rules regarding vaulters and their poles must be enforced. **Opponents must be notified at least two (2) days in advance if a team intends on vaulting at a league meet.** The waiver card must be presented at each and every meet the vaulter takes part in.. **As far as pole vault at league meets, please use this as protocol:**
  - 1st option - home school site has vault
  - 2nd option – If no pole vault facilities at home school, the vault happens at one of the remaining quad/tri teams sites. Example; Roslyn is hosting a tri meet with Division and Hewlett. Since Roslyn doesn't have a vault facility, the vault happens at Hewlett before the quad meet. Hewlett will contact Roslyn and rest of division with the date.
  - 3<sup>rd</sup> option - a neutral site **ONLY** if all schools in the tri/quad do not have pole vault facilities. Neutral site will be agreed on by the vaulting schools. Coaches should contact schools that regularly vault and see if their facility is available (Cold Spring Harbor, Massapequa, etc).
  - It is not necessary to have an official specifically assigned to the pole vault. You may contest a League Meet with coaches running the event. Speak to your Athletic Director for guidance on how your district would like to handle this situation.

**In any case, the vault should be completed BEFORE or AT a league meet, not after. Vault results will be allowed to be scored after the league meet only if a previously scheduled vaulting competition was canceled due to weather.**

- All schools must complete their league meet responsibilities and schedule.
- If it rains on Monday for cancellations the makeup day is Wednesday. Tuesday meets are run as scheduled. If it rains Tuesday the meet moves to Wednesday IF Monday was NOT a rain day. If Monday was a rain day then Tuesday meets move to Thursday. AD's must decide the next available date for the reschedule, not the coaches. **In any case, a postponed league meet must be made up THE SAME WEEK as previously scheduled.**
- The Meet Director (Home School) MUST submit a team scoring sheet to the coordinators or representative. Team records and league standings will be published weekly. Please use form from this packet. **Please remember to score the points up before sending the sheet!**
- TIMES OR DISTANCES ACHIEVED IN LEAGUE MEETS MAY BE USED FOR SEED PURPOSES, if the Meet Scoring Sheet has been submitted to the coordinators AND the performances are submitted by the coach on <http://ny.milesplit.com/> within the appropriate time period.
- It is the responsibility of all coaches to examine the results for field events. In many instances these events are run by supervisors who might not have experience with track and field events.
- Any challenge of the League Meet score must be made in writing within 24 hours to you coordinator (Boys or Girls)

**Section 6 – Section VIII North Shore/South Shore Frosh/Soph Meets**

This year we are pleased to be able to offer a Frosh and Soph only meet. The meet will have an abbreviated order of events. There will be two meets that will mimic the historical Section VIII Conferences, “North Shore” and “South Shore”. The coordinators have designated schools below as “North Shore” and “South Shore”. You must adhere to the designations and may not switch meet locations.

<b>North Shore Frosh/Soph Meet @ North Shore HS</b>		<b>South Shore Frosh/Soph Meet @ Long Beach HS</b>	
Bethpage HS	Carey HS	Academy Charter	Baldwin HS
Carle Place HS	Clarke HS	Bellmore JFK HS	Calhoun HS
Cold Spring Harbor HS	Division Avenue HS	East Rockaway HS	Elmont HS
East Meadow HS	Floral Park HS	Farmingdale HS	Freeport HS
Friends Academy	Garden City HS	Hewlett HS	Hempstead HS
Glen Cove HS	Great Neck North HS	Island Trees HS	Lawrence HS
Great Neck South HS	Herricks HS	Long Beach HS	Malverne HS
Hicksville HS	Jericho HS	Lynbrook HS	Macarthur HS
Locust Valley HS	Manhasset HS	Massapequa HS	Mepham HS
Mineola HS	New Hyde Park HS	Oceanside HS	Plainedge HS
North Shore HS	Oyster Bay HS	Roosevelt HS	Seaford HS
Plainview JFK HS	Port Washington HS	South Side HS	Uniondale HS
Roslyn HS	Sewanhaka HS	Valley Stream Central HS	Valley Stream North HS
Syosset HS	Westbury HS	Valley Stream South HS	Wantagh HS
Wheatley HS		West Hempstead HS	

Section VIII “South Shore” Frosh/Soph Meet  
**Thursday, April 7, 2022**  
 Long Beach High School  
 4:30pm start  
 Meet Director: Nick Aurigemma/Ed Corona

Section VIII “North Shore” Frosh/Soph Meet  
**Thursday, April 14, 2022**  
 North Shore High School  
 4:30pm start  
 Meet Director: Nick Aurigemma/Ed Corona

<b>Frosh/Soph Meet Order of Events</b>	
<b>110m Hurdles Boys</b>	<ul style="list-style-type: none"> <li>Frosh followed by Soph in all running events</li> <li>7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> graders will be considered Frosh</li> <li>10<sup>th</sup> graders will be considered Soph</li> <li>May be limited measurements or throws in Shot/Discus</li> <li>More information will be sent to coaches in regard to bus parking, meet management, seeding and competitor numbers and/or labels.</li> <li>Medals provided by the Nassau County Track Coaches Association</li> </ul>
<b>100m Hurdles Girls</b>	
<b>1600m Boys</b>	
<b>1500m Girls</b>	
<b>100m Boys</b>	
<b>100m Girls</b>	
<b>400m Boys</b>	
<b>400m Girls</b>	
<b>MMR Boys (800/400/200/200)</b>	
<b>MMR Girls (800/400/200/200)</b>	
<b>Long Jump</b>	
<b>Shot Put/Discus</b>	
<b>High Jump</b>	
<b>Pole Vault</b>	

## Section 7 – Division Championships

Division Meet Order of Events	
400m Intermediate Hurdles	<ul style="list-style-type: none"> <li>● Running events will be Girls followed by Boys</li> <li>● Events will be run scoring heats first, followed by non-scorers</li> <li>● 100m is a Semi-final; Three heats, winner + next 3 fastest advance</li> <li>● Only one relay per team</li> <li>● <b>No non-scorers for 2022</b></li> <li>● 3 attempts for each scorer in field events.</li> <li>● High Jump; Start at 4' for girls and 5' for Boys</li> <li>● Pole Vault; Start at 6' for girls and 8' for Boys</li> <li>● For sites with one runway, the order will be Girls LJ, Boys LJ, Girls TJ and Boys TJ</li> <li>● For sites with one Throwing Circle the order will be: Boys Shot/Girls Shot/Boys Disc/Girls Disc</li> </ul>
100m SEMI-FINALS	
1600m/1500m	
100m FINALS	
400m	
110m/100m High Hurdles	
800m	
3200m/3000m	
200m	
Ten Minutes Break	
4x800m Relay	
4x100m Relay	
4x400m Relay	
Long Jump followed by Triple Jump	
Shot Put (Girls followed by Boys)	
Discus (Boys followed by Girls)	
High Jump (Girls followed by Boys)	
Pole Vault (Boys followed by Girls)	

### MEET ENTRY and NOTES:

- Each school will need to contribute to running the meet. Assignments will be sent out prior to each meet.
- Each site will have a 'site manager' designated by the Coordinators to do scoring and announcing of the meet.
- There will be FAT timing at each Division Meet site
- Coaches must complete their ONLINE ENTRY ON NYMILESPLIT before 8AM the morning of their meet.
- All events will be preseeded
- Teams are allowed three scorers per event. Each athlete has a three event limit.
- Six names are allowed for Relay Entry. A name on the card counts as an event for that athlete.
- A games committee will be randomly selected for each County Championship Meet. The Head Referee will advise this committee if necessary.
- **THE RAIN DATES FOR DIVISION MEETS ARE WEDNESDAY MAY 11 AND WEDNESDAY MAY 18. THERE IS A POSSIBILITY THAT A DIVISION MEET MIGHT HAVE TO BE CONTESTED WITH HAND TIMES IF WE ARE FORCED TO USE THESE RAIN DATE ALTERNATIVES**

For coaches planning use only. Official entry must be completed on nymilesplit by 8AM the morning of your Division Meet

Name	#	100	200	400	800	1600	3200	HH	400H	HJ	LJ	TJ	SP	Dis	PV	4x100	4x400	4x800

## Section 8 – County Class Championships

Class A – on May 23 at CSH

Class AAA– on May 24 at Westbury

Class AA– on May 25 at Roosevelt

### MEET ENTRY and NOTES:

- All entries MUST be done on [ny.milesplit.com](http://ny.milesplit.com)
  - The entry will CLOSE for County Class A, AA & AAA on Thursday, May 19th at 10pm.
  - We will post entries Friday, May 20th, for challenges and scratches. At this time, please scratch any athlete who will not be competing so other athletes can be accepted. Also, you may only scratch athletes during this period, you may not make any additions or substitutions. All scratches will be done via email to the coordinators/committee members.
  - Scratches are due by Friday, May 20th at 8pm.
  - Final seeds will be posted late Friday evening, May 20th.
- **YOU MUST print or screen shot your entry for any challenges.**
- No other meet entry or seed cards necessary.
- If you are NOT entering the County Championships, please contact the coordinators with this information.
- Seeds MUST be on <http://ny.milesplit.com/> for verification. An authentic FAT seed beats a converted hand time seed in case of a tie.
- During the seeding process, accepted athletes will be determined by the coordinators for the Class County meet based on quotas for each event and verified seeds.
- Teams are allowed three scorers per event. Each athlete has a three event limit.
- Competitors for the Steeplechase must have a seed time on a track with a water pit in order to be entered.
- Six names are allowed on Relay entries. Names on relay entry count as one of the athlete's events.
- Should the County Championships need to be moved to an 8 or 9 lane track, the number of accepted athletes will be adjusted accordingly.
- You may scratch an athlete at the County meet BEFORE an event is called.
- Sites with only one runway will contest the jumps as such:
  - First Session Girls Long Jump followed by Boys Long Jump
  - Second Session Girls Triple followed by Boys Triple
  - Field event schedules may change based on host site restrictions. Final schedule will be sent out prior to meet if needed.
- A games committee will be randomly selected for each County Championship Meet. The Head Referee will advise this committee if necessary.
- County Meet start times may be altered due to host site restrictions.
- THE RAIN DATES FOR COUNTY MEETS ARE THURSDAY MAY 26 AND FRIDAY MAY 27. THERE IS A POSSIBILITY THAT A COUNTY MEET MIGHT HAVE TO BE CONTESTED WITH HAND TIMES IF WE ARE FORCED TO USE THESE RAIN DATE ALTERNATIVES

Class County Championship									
Session One (3:00pm)					Session Two (5:20pm)				
3:00	Girls	2000m Steeplechase	FINAL	14	5:20	Girls	100m Hurdles	SEMI*	18
3:15	Boys	3000m Steeplechase	FINAL	14	5:30	Boys	110m Hurdles	SEMI*	18
3:30	Girls	400m Int. Hurdles	FINAL	18	5:35	Girls	800m	FINAL	24
	Boys	400m Int. Hurdles	FINAL	18		Boys	800m	FINAL	24
3:50	Girls	100m Semi-Finals	SEMI*	18	5:55	Boys	110m Hurdles	FINAL	6
4:00	Boys	100m Semi-Finals	SEMI*	18	6:00	Girls	100m Hurdles	FINAL	6
4:10	Girls	1500m	FINAL	24	6:05	Girls	200m	SEMI*	18
	Boys	1600m	FINAL	24		Boys	200m	SEMI*	18
4:35	Girls	100m Finals	FINAL	6	6:20	Girls	3000m	FINAL	16
4:40	Boys	100m Finals	FINAL	6	6:35	Boys	3200m	FINAL	16
4:45	Girls	400m	FINAL	18	6:50	Girls	200m	FINAL	6
4:55	Boys	400m	FINAL	18	6:55	Boys	200m	FINAL	6
There will be a 20 minute break after the end of the 400m final					There will be a 20 minute break after the end of the 200m final				
					7:15	Girls	4x400m	FINAL	12
					7:30	Boys	4x400m	FINAL	12
					7:40	Girls	4x100m	FINAL	12
					7:45	Boys	4x100m	FINAL	12
					7:50:	Girls	4x800m	FINAL	12
					8:05	Boys	4x800m	FINAL	12
Field Events (3:00pm)					Field Events (5:00pm)				
3:00	Boys	Long Jump	Trials/Finals**	16	5:00	Boys	Triple Jump	Trials/Finals**	16
3:00	Girls	Triple Jump	Trials/Finals**	16	5:00	Girls	Long Jump	Trials/Finals**	16
3:00	Boys	Discus	Trials/Finals**	16	5:00	Boys	Shot Put	Trials/Finals**	16
3:00	Girls	Shot Put	Trials/Finals**	16	5:00	Girls	Discus	Trials/Finals**	16
3:00	Boys	Pole Vault	FINAL	12***	5:00	Boys	High Jump	FINAL	12***
3:00	Girls	High Jump	FINAL	12***	5:00	Girls	Pole Vault	FINAL	12***

\* Winners + next 3 fastest times will advance to the final.

\*\*3 attempts in the trials. Top 8 will advance to a final with 3 more attempts.

\*\*\*In the case of ties during seeding, coordinators reserve to right accept more than or less than the quota

## Section 9 – State Qualifying Meet

### MEET ENTRY and NOTES:

- All entries MUST be done on [www.ny.milesplit.com](http://www.ny.milesplit.com).
- Timelines and deadlines for the meet entry as follows;
  - The entry website will CLOSE on Sunday, May 29th at 10pm.
  - We will post the entries later on May 29. At this time, please scratch any athlete who will not be competing so other athletes can be accepted. Also, you may only scratch athletes during the period, you may not make any additions or substitutions. All scratches will be done via email to the coordinators/committee members.
  - All scratches due by Monday, May 30th at 8pm.
  - Final seeds will be posted on Monday, May 30. You may also scratch an athlete at the meet before the event is called.
- For 100m, 110/100HH & 200m, **ONLY FAT** times will be accepted for seeding
- **YOU MUST print or screen shot your entry for any challenges.**
- No other meet entry or seed cards are necessary.
- Four events allowed per athlete.
- First place in each event for each class (I & II) automatically qualifies for the state meet. The next competitor in finish order who has satisfied the State Standard and/or Super Standard also qualifies for the state meet. Any and all subsequent competitors who have satisfied the Super Standard (regardless of their finish) also qualify for the state meet.
- State Standards must be achieved at an Invitational meet or championship meet with 5 or more schools competing. (League meets are excluded)
- Super Standards must be FAT for all running events.
- Competitors for the Steeplechase must have a seed time on a track with a water pit in order to be entered.
- Competitors for the Pentathlon must have competed in a pentathlon event. No adding of performances allowed. Pent Events; 110HH/100HH, HJ, LJ, SP, 1600m/800m. You may enter an athlete in the Pent AND 3 other events, however you must decide during the scratch period to go Pent only or scratch Pent.
- A games committee will be randomly selected for each County Championship Meet. The Head Referee will advise this committee if necessary.

### Notes on quotas;

- North Shore High School is an 8 lane track.
- For events run in lanes, Division 1 and 2 will run in separate races. Please take note that Division 2 athletes will advance right to a final in the 100m, 200m and 110m/100m Hurdles.
- For 3200m and 3000m, 20 total athletes will be accepted (Division 1 & 2), with no fewer than 4 from either Division.
- For Steeplechase, 18 total athletes will be accepted (Division 1 & 2), with no fewer than 4 from either Division.
- For the 800m, 1600m and 1500m no fewer than 6 from either Division.
- For the Long and Triple Jumps, Shot and Discus events, 18 total athletes will be accepted (Division 1 & 2), with no fewer than 4 athletes from either Division. The top 8 will make the final after 3 jumps/throws, and allowed 3 more jumps/throws in the Final. Each division will have at least 2 athletes in the final. If needed, additional finalists will be added so that each division has at least 2 athletes in the final.
- For the High Jump and Pole Vault, 14 total athletes will be accepted (Division 1 & 2), with no fewer than 4 athletes from either Division. However, the coordinators reserve the right to take more or less athletes based on ties in seeding.
- For the pentathlon, 16 total athletes will be accepted (Division 1 & 2), with no fewer than 3 athletes from either Division. Please note that to enter, an athlete MUST have competed in a pentathlon during the season. You may NOT add up scores from individual events to use as a seed in the pent.
- For the 4X800 no fewer than 2 teams from either Division.



## Section VIII Spring Track NYSPHSA State Qualifying Meet

### North Shore High School

Day 1 – May 31, 2019						Day 2 – June 1, 2019					
Time	Gender	Event	Division	Round	Quota	Time	Gender	Event	Division	Round	Quota
4:45	Boys	PENT Hurdles	1&2	Final	16	4:45	Boys	3000m Steeplechase	1&2	Final	18
	Boys	110m Hurdles	1	Semi	20		Girls	2000m Steeplechase	1&2	Final	18
5:00	Girls	PENT Hurdles	1&2	Final	16	5:15	Boys	100m	2	Final	8
	Girls	100m Hurdles	1	Semi	20		Boys	100m	1	Final	8
5:10	Boys	100m	1	Semi	20		Girls	100m	2	Final	8
	Girls	100m	1	Semi	20		Girls	100mqdzsae\$	1	Final	8
5:20	Boys	400m	2	Final	8	5:25	Boys	1600m	1&2	Final	30
	Boys	400m	1	Final	16		Girls	1500m	1&2	Final	30
	Girls	400m	2	Final	8	6:00	Boys	110m Hurdles	2	Final	8
	Girls	400m	1	Final	16		Boys	110m Hurdles	1	Final	8
5:35	Boys	800m	1&2	Final	28		Girls	100m Hurdles	2	Final	8
	Girls	800m	1&2	Final	28		Girls	100m Hurdles	1	Final	8
5:55	Boys	200m	1	Semi	20	6:20	Boys	200m	2	Final	8
	Girls	200m	1	Semi	20		Boys	200m	1	Final	8
6:15	Boys	400m Hurdles	2	Final	8		Girls	200m	2	Final	8
	Boys	400m Hurdles	1	Final	16		Girls	200m	1	Final	8
	Girls	400m Hurdles	2	Final	8		Boys	PENT 1500m	<i>when ready</i>		
	Girls	400m Hurdles	1	Final	16		Girls	PENT 800m	<i>when ready</i>		
6:40	Boys	4x100m	1	Semi	16	6:45	Boys	4x800m	1&2	Final	12
	Girls	4x100m	1	Semi	16		Girls	4x800m	1&2	Final	12
6:50	Boys	4x400m	1	Semi	16	7:05	Boys	4x100m	2	Final	8
	Girls	4x400m	1	Semi	16		Boys	4x100m	1	Final	8
7:15	Boys	3200m	1&2	Final	20		Girls	4x100m	2	Final	8
	Girls	3000m	1&2	Final	20		Girls	4x100m	1	Final	8
4:45	Boys	PENT Shot Put	<i>followed by</i>			7:15	Boys	4x400m	2	Final	8
	Boys	PENT High Jump	<i>followed by</i>				Boys	4x400m	1	Final	8
4:45	Girls	PENT High Jump	<i>followed by</i>				Girls	4x400m	2	Final	8
	Girls	PENT Shot Put	<i>followed by</i>				Girls	4x400m	1	Final	8
4:45	Boys	Discus	1&2	Final	18	4:45	Boys	PENT Long Jump	<i>followed by</i>		
4:45	Girls	Triple Jump	1&2	Final	18		Girls	PENT Long Jump	<i>followed by</i>		
<i>followed by</i>						4:45	Girls	High Jump	1&2	Final	14
	Girls	Discus	1&2	Final	18	4:45	Boys	Shot Put	1&2	Final	18
	Boys	Triple Jump	1&2	Final	18	4:45	Boys	Long Jump	1&2	Final	18
<i>followed by</i>						<i>followed by</i>					
	Boys	High Jump	1&2	Final	14		Girls	Shot Put	1&2	Final	18
	Girls	Shot Put	1&2	Final	18		Girls	Long Jump	1&2	Final	18
4:45	Boys	Pole Vault	1&2	Final	14	4:45	Girls	Pole Vault	1&2	Final	14

Section 10 – State Meet Information (From NYSPHSAA)

**NYSPHSAA/FEDERATION BOYS & GIRLS SPRING TRACK  
APPROVED STANDARDS FOR THE SECOND QUALIFIER FOR  
THE 2022 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>EVENT</b>	<b>BOYS D1</b>	<b>BOYS D2</b>	<b>GIRLS D1</b>	<b>GIRLS D2</b>
100M DASH	11.0 / 11.23	11.1 / 11.29	12.3 / 12.45	12.6 / 12.80
200M DASH	22.1 / 22.27	22.5 / 22.71	25.4 / 25.62	25.9 / 26.06
400M DASH	48.7 / 48.94	50.2 / 50.43	57.2 / 57.35	58.6 / 58.78
800M RUN	1:54.3/ 1:54.48	1:56.9 / 1:57.09	2:12.5 / 2:12.65	2:16.5 / 2:16.66
1600/1500M RUN	4:17.2/ 4:17.42	4:23.5 / 4:23.74	4:36.2 / 4:36.40	4:45.6 / 4:45.76
3200/3000M RUN	9:25.3/ 9:25.51	9:38.6 / 9:38.79	10:03.8/10:04.01	10:19.3/ 10:19.48
STEEPLECHASE	9:32.4/ 9:32.60	9:54.4 / 9:54.62	7:03.9 / 7:04.05	7:18.4 / 7:18.62
HIGH HURDLES	14.6 / 14.79	15.2 / 15.39	15.0 / 15.24	15.8 / 15.99
400M HURDLES	55.9 / 56.09	56.8 / 56.98	64.7 / 64.86	66.3/ 66.53
LONG JUMP	22' 01.5"	21' 00.75"	17' 09.25"	17' 01.5"
TRIPLE JUMP	45' 01"	44' 03.25"	37' 06.75"	36' 05"
SHOT PUT	52' 01.25"	51' 00.25"	39' 00.25"	36' 05"
DISCUS	149' 07"	146' 03"	120' 06"	109' 11"
HIGH JUMP	6' 03.25"	6' 01.5"	5' 03"	5' 01"
POLE VAULT	14' 02"	13' 05"	11' 02.5"	10' 00.75"
PENTATHLON	3062 PTS.	2992 PTS.	2907 PTS.	2693 PTS.
400M RELAY	42.6 / 42.76	44.0 / 44.23	48.4 / 48.62	50.2 / 50.39
1600M RELAY	3:20.6/ 3:20.76	3:27.9 / 3:28.06	3:57.1/ 3:57.25	4:06.9/ 4:07.11
3200M RELAY	7:53.2/ 7:53.40	8:10.1 / 8:10.30	9:14.6 / 9:14.84	9:41.2 / 9:41.37

(FIRST TIME LISTED IN EACH COLUMN IS HAND TIMED, SECOND TIME LISTED IS FULLY AUTOMATIC TIMING. STANDARD HYTEK CONVERSION OF .24 WAS USED FOR ALL RUNNING EVENTS.)

THESE STANDARDS REPRESENT THE AVERAGE OF 6<sup>TH</sup> PLACE IN THE FINALS FROM 2015 THROUGH 2019

ACCEPTED 12/03/19

# State Meet Super Standards

(5 year average of 4th place finishers)

Event	Boys		Event	Girls	
	Division 1	Division 2		Division 1	Division 2
100m	11.08	11.14	100m	12.38	12.67
200m	22.13	22.46	200m	25.13	25.45
400m	48.64	49.91	400m	56.36	58.15
110m HH	14.71	15.09	100m H	15.13	15.65
400m IH	54.99	56.13	400m IH	1:03.49	1:05.64
800m	1:53.94	1:55.32	800m	2:11.39	2:14.66
1600m	4:15.59	4:20.93	1500m	4:31.65	4:40.18
3200m	9:16.30	9:30.90	3000m	9:45.62	10:16.87
3k Steeple	9:24.44	9:44.96	2k Steeple	6:54.72	7:11.90
High Jump	6'5"	6'4"	High Jump	5'4"	5'3"
Pole Vault	14'5"	13'10"	Pole Vault	11'6"	10'7"
Long Jump	22'4.75"	21'07.25"	Long Jump	18'01.00"	17'06.00"
Triple Jump	45'10.75"	45'01.00"	Triple Jump	38'03.00"	37'00.00"
Shot Put	54'04.00"	52'05.00"	Shot Put	40'01.00"	38'00.25"
Discus	158'03"	150'06"	Discus	125'02"	117'06"
Pentathlon	3171	3099	Pentathlon	3156	2758
4x100m	42.52	43.67	4x100m	48.37	49.89
4x400m	3:19.44	3:27.19	4x400m	3:56.00	4:03.35
4x800m	7:50.53	8:05.34	4x800m	9:09.09	9:30.24

**Performances must occur at a meet with 5 or more teams and certified officials**

**All track performances must be FAT**

**Athletes/Relays that reach a super standard must compete in the State Qualifier Meet to advance to the state meet.**

**NEW YORK STATE PUBLIC HIGH SCHOOL  
STATE TRACK & FIELD CHAMPIONSHIPS  
CICERO NORTH SYRACUSE HIGH SCHOOL**

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

**FRIDAY JUNE 10, 2022**

**ORDER OF EVENTS**

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

**NEW YORK STATE PUBLIC HIGH SCHOOL  
STATE TRACK & FIELD CHAMPIONSHIPS  
CICERO NORTH SYRACUSE HIGH SCHOOL**

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

**SATURDAY JUNE 11, 2022**

**ORDER OF EVENTS**

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

## NYSPPHSAA Code of Conduct Regional & State Championships



Participation in NYSPPHSAA Regional and Championship events is considered an honor and privilege; with this understanding, athletes and coaches are expected to adhere to standards of behavior and conduct. NYSPPHSAA appreciates the work of Athletic Administrators to ensure teams, athletes and coaches are aware of NYSPPHSAA standards and expectations when participating in post-season events.

### Code of Conduct for Athletes:

1. Use of alcoholic beverages, tobacco products and other drugs (*unless prescribed by a physician*) will not be tolerated.
2. All curfews and bed checks will be adhered to as established by the Section supervisor or coach.
3. Athletes are responsible for their conduct in regard to public property such as: hotel rooms, transporting vehicles, fields and courts, locker rooms, etc. Athletes or the school they represent will be held financially responsible for any damage they incur.
4. Athletes must use transportation "authorized" by their section and school to and from the event.
5. There will be no gambling of any kind.

### Code of Conduct for Coaches/ Sectional Supervisors shall:

1. Enforce Code of Conduct for athletes. Report problems to supervisors and send written reports to the Section and home school district.
2. Establish curfews and bed checks.
3. Be responsible for athletes from departure point of trip until trip is completed and ensure all athletes have transportation to their home district.
4. Make sure all emergency medical information is available for all student-athletes on site.
5. Notify proper authorities in the event an athlete is injured.
6. Abstain from the use of alcohol and controlled substances (*unless prescribed by a physician*).
7. Abstain from gambling of any kind.

All violations will be reported to the appropriate Section and/or School District Representative. Each Section reserves the right to have the individual(s) immediately removed from the event/venue and pursue any further disciplinary action as they deem necessary.

### Emergency Medical Release:

NYSPPHSAA member schools are responsible for ensuring coaches and/or Section supervisors have all necessary Emergency Medical Release information on site for all participating student-athletes.

### Consent for use of Photography/ Video:

NYSPPHSAA member schools are responsible for notifying the NYSPPHSAA Executive Director (in writing at least 48 hours prior to a NYSPPHSAA post-season event), if student-athletes do not consent to their photographs, videos or image being used in NYSPPHSAA promotional materials (i.e. press releases, website, brochures, commercials, championship programs, etc.).

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By signing below, the NYSPPHSAA member school acknowledges understanding, knowledge and agreement with the information above.

Member School Name: \_\_\_\_\_ Section: \_\_\_\_\_  
(Please Print)

Athletic Director's Name: \_\_\_\_\_  
(Please Print)

Athletic Director's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*Revised August 16, 2016*

**TRANSPORTATION POLICY FOR STATE CHAMPIONSHIPS**

1. Section VIII will supply transportation to and from State Championships.
2. Each and every participant representing Section VIII is required to travel by the transportation provided by the Section.
3. No sports coordinator (or his/her designee), coach or supervisor has the authority to release the student/athlete from traveling on the transportation provided by the Section.
4. **Exception:** In the event that a student/athlete requests not to travel by Section sponsored transportation, the following procedure **must be followed:**
  - a) The student/athlete must submit a written request to be released to the custody of their parent/guardian to his/her coach stating the reason for not traveling with the Section and signed by the parent/guardian.
  - b) If the coach **approves** this request, he/she will submit the request to the district director, building director and building principal for their written **approval**.
  - c) Once the request is approved in writing by those administrators listed in b), the coach will submit this written approval to the Section sports coordinator(s) (or his/her designee) with a copy to the Executive Director.
  - d) This then relieves the Section and its sports coordinator(s) or designee of being liable for making a decision he/she cannot control.

**SECTION VIII EMERGENCY WAIVER OF TRANSPORTATION POLICY**

I am the father, mother, guardian of \_\_\_\_\_

I hereby request that permission be granted to transport my son/daughter \_\_\_\_\_

to/from an intersectional (state) competition on \_\_\_\_\_  
(date)

I am fully aware that it is the policy of Section VIII of the New York State Public High School Athletic Association that students be transported to and from such activities on the transportation provided by the Section. I hereby agree that I will be fully responsible for and hold the Section harmless for any damages including injuries to \_\_\_\_\_ which may arise as a result of transporting him/her to or from this intersectional or state competition.

Sport \_\_\_\_\_

Parent/Guardian  
Signature \_\_\_\_\_

Date \_\_\_\_\_

Approved by:

Coach \_\_\_\_\_

Building Athletic Director \_\_\_\_\_

District Athletic Director \_\_\_\_\_

Principal \_\_\_\_\_

**Request for Medical Waiver of NYSPHSAA – Regulation #25**

To be eligible for sectional, intersectional or state competition, a team must have competed in six (6) school scheduled contests during the season. An individual is eligible for the team if he/she has been an eligible participant on a team in that sport in that school for a minimum of six (6) scheduled contests during the regular season. For football, a student must be an eligible participant for a minimum of three (3) contests. Contestants in individual sports (archery, badminton, bowling, cross country, fencing, golf, gymnastics, rifle, skiing, swimming tennis, outdoor track, winter track and wrestling) must also have represented their school in six (6) scheduled contests during the season to be eligible. These required contests must occur on six different dates and must be concluded prior to the conclusion of the team’s regular schedule.

School\_\_\_\_\_ Sport\_\_\_\_\_

Athlete\_\_\_\_\_ Date Request Submitted\_\_\_\_\_

Nature of Injury/Illness\_\_\_\_\_

Date of Injury/Onset of Illness\_\_\_\_\_ Date of Medical Clearance\_\_\_\_\_

**Record of Participation in Competitions** (Exclusive of Section Tournaments):

<u>Date</u>	<u>Opponent</u>		<small>*If Wrestler: Please include Weigh-in validated by Athletic Director</small>
1. _____	_____	*	_____
2. _____	_____	*	_____
3. _____	_____	*	_____
4. _____	_____	*	_____
5. _____	_____	*	_____

**Note:**

All pertinent medical documentation must accompany this request before it will be considered. Such material MUST VERIFY the date of onset of the illness/injury and date physical activity may resume. NOTES FROM PHYSICAL THERAPISTS ARE NOT ACCEPTABLE.

**Medical Documents Attached:**

1. \_\_\_\_\_ 3. \_\_\_\_\_

2. \_\_\_\_\_ 4. \_\_\_\_\_

**Request and documentation must be received by the sport coordinator and the Section VIII Office prior to the last regular season contest.**

\_\_\_\_\_  
Signature of Athletic Director

Office of Interscholastic Athletics  
George Farber Administrative Center  
P.O. Box 9195 – 71 Clinton Road  
Garden City, NY 11530-9195  
Fax# 997-2916 – 997-2018



## Pole Vault Certification Form

School:	Date:
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Athlete:	Weight: lbs.
Pole #1:	Length: Rating: lbs.
Pole #2:	Length: Rating: lbs.
Athlete Signature:	Date:

Athlete:	Weight: lbs.
Pole #1:	Length: Rating: lbs.
Pole #2:	Length: Rating: lbs.
Athlete Signature:	Date:

Athlete:	Weight: lbs.
Pole #1:	Length: Rating: lbs.
Pole #2:	Length: Rating: lbs.
Athlete Signature:	Date:

Coach Signature:	Date:
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### NYS Public High School Athletic Association, Inc. NY Track, Field and Cross Country Officials Association, Inc.

#### High School Track and Field: Pole Vault Certification Card

Pole Vault Certification is required by the National Federation of State High School Associations, the governing body for high school athletics and officiating. Rule # 7-4-3 (effective 1995) states that a vaulter shall not be allowed to compete while using a pole which has rating of less than the vaulter's actual weight. The purpose of this form is to ensure that the vaulter is competing with a legal pole at each competition. A copy of this form must be presented to both the official in charge and to the meet director before each competition begins. Make several copies and always have them on hand as the vaulter cannot compete without presenting this document. It is the responsibility of the school to ensure that the pole being used is certified for the vaulter. The required signatures on this form are evidence that all parties are aware of the risks involved when an athlete competes with an illegal pole and that both the athlete and the pole are in compliance with the weight requirement rule. Complete a form each season for all poles that the vaulter will use in competition and whenever the vaulter gains weight to the extent that the listed rating is no longer valid.

#### Safe pole vaulting practices include:

Athletes....

1. Should always compete with the proper equipment.
2. Are prohibited from switching poles during competition unless certified for that pole.
3. Should not compete when suffering from an illness or any other ailment or when overtired.
4. Must continually inspect their pole for stress cracks, chips, etc. which might cause it to break during competition.
5. Must refrain from jumping when weather or other conditions might lead to an accident.
6. Must continually check the landing surface, planting box, and standards to ensure that they are in proper shape and/or adjustment.
7. Should not attempt heights for which they are not practiced at or in condition to jump for.