

Nassau County High School Athletic Association

Section VIII of the NYSPHSAA
Nina Van Erk, Executive Director



Boys and Girls Spring Track & Field Handbook – 2017

Boys Coordinator – Ed Corona, North Shore High School

Girls Coordinator – Mike Frazer, Valley Stream North High School

Section VIII Spring Track & Field Committee

Conference 1 Rich Degnan, Massapequa High School
Steve Josepher, East Meadow High School
Michael Howley, Oceanside High School
Chris Meyers, Syosset 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 William Buith, New Hyde Park High School
Matt Carbone, Glen Cove High School
Patrick Frazer, Wantagh High School
Stephen Honerkamp, Hewlett High School

Conference 4 Neal Levy, North Shore High School
Pete McNally, Lynbrook High School
Nick Aurigemma, Cold Spring Harbor High School
Fred DeRuvo, Island Trees High School
Thomas Leninger, Mineola High School
Kevin Cotter, Oyster Bay High School

High School Association Representative

Ralph Amitrano, Mineola High School

Representatives from the Officials Associations

Jim Restaino, President, Boys Officials Association

Connie Champlin, 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, Wantagh High School

Treasurer Fred DeRuvo, Island Trees High School

Secretary Katie DeRuvo, Wheatley High Schools

Boys & Girls Spring Track & Field Handbook

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2017 Important Dates

March 6	First day of practice
March 8	Mandatory Spring Track & Field Coaches Meeting
March 20	Rosters due online at www.TrackConference.com
March 27,28	League Meets begin
April 20	Section VIII Frosh/Soph Meets (North Shore/South Shore)
May 15,16,17	Division Championships
May 23,24,25	County Championships
June 1,2	State Qualifier
June 9,10	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

NY State Thunder & Lightning Policy – At the first sign of lightning, or sound of thunder, the event must come to halt. Everyone should retire to their buses or a nearby building. The event may resume when there is no lightning or thunder for 30 minutes. Meet management will decide if the meet is to be postponed completely. *Heat Index Policy* – Coaches should be aware of the NYSPHSAA Heat Index procedures. Recommendations are made by the State when the Real Feel Temperature (Heat Index) is 80 degrees or higher. Please contact your Athletic Director for more information.

Section 1 – Season Overview

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

*Division Meet hosts are starred

Underlined schools have pole vault facilities

Section VIII Class County Alignment	New York State Alignment
AAA = Freeport through Mepham AA = Great Neck South through Friends Academy A = Bethpage through East Rockaway	State Division 1 = Freeport through Valley Stream South plus Friends Academy (Div 1) State Division 2 = Mineola through East Rockaway

Conference League Meet Schedule				
League Meet #1	League Meet #2	League Meet #3	League Meet #4	League Meet #5
March 27 & 28	April 3 & April 4	April 17 & April 18	April 24 & April 25	May 1 & May 2
3-8-13-2	3-10-12-1	3-4-5-6	3-9-14-16	3-7-11-15
4-7-14-1	4-9-11-2	7-8-9-10	4-10-13-15	4-8-12-16
5-10-11-16	5-8-14-15	11-12-13-14	5-7-12-2	5-9-13-1
6-9-12-15	6-7-13-16	15-16-1-2	6-8-11-1	6-10-14-2
Mondays = Boys Conference 1 & 3, Girls Conference 2 & 4				
Tuesdays = Boys Conference 2 & 4, Girls Conference 1 & 3				

Section VIII Frosh/Soph Meet 'North Shore' Schools – on April 20 at Cold Spring Harbor High School
'South Shore' Schools – on April 20 at Oceanside High School

Division Championships Division 2A, 2B and 3A meets – on May 15 at starred* sites above
Division 3B, 4A and 4B meets – on May 16 at starred* sites above
Division 1A and 1B meets – on May 17 at starred* sites above

*****2017 CHANGE: Due to FAT vendor availability, the follow date changes have been made.**
May 15 = 2A & 3A. May 16 = 2B & 3B. May 17 = 1A & 1B. May 18 = 4A & 4B.

County Championships Class AA – on May 23 at Glen Cove High School
Class A – on May 24 at Cold Spring Harbor High School
Class AAA – on May 25 at MacArthur High School

State Qualifier Meet Division 1 & 2 – on June 1 and June 2 at North Shore High School

*****2017 CHANGE: Due to North Shore BOE Meeting, the State Q meet will be held on May 31 and June 2.**

State Championship Division 1 & 2 – on June 9 and 10 at Union-Endicott High School

2017 Section VIII Spring Track & Field County Classes		
County Class AAA	County Class AA	County Class A
Freeport	Great Neck South	Bethpage
Hempstead	Manhasset	Lawrence
Uniondale	Bellmore-JFK	Valley Stream North
Massapequa	Garden City	Floral Park
Syosset	Great Neck North	Lynbrook
Farmingdale	Carey	North Shore
Oceanside	Elmont	Valley Stream South
Hicksville	Sewanhaka	Mineola
Port Washington	Jericho	Clarke
Baldwin	New Hyde Park	West Hempstead
East Meadow	Roslyn	Island Trees
Plainview-JFK	Hewlett	Seaford
Westbury	South Side	Locust Valley
Valley Stream Central	Roosevelt	Cold Spring Harbor
Long Beach	Wantagh	Wheatley
Herricks	Division Avenue	Malverne
Calhoun	Plainedge	Oyster Bay
Macarthur	Glen Cove	Carle Place
Mepham	Friends Academy	East Rockaway

2017 NYSPHSAA Spring Track & Field State Divisions		
State Division 1 (600+)		State Division 2 (<600)
Freeport	Great Neck North	Mineola
Hempstead	Carey	Clarke
Uniondale	Elmont	West Hempstead
Massapequa	Sewanhaka	Island Trees
Syosset	Jericho	Seaford
Farmingdale	New Hyde Park	Locust Valley
Oceanside	Roslyn	Cold Spring Harbor
Hicksville	Hewlett	Wheatley
Port Washington	South Side	Malverne
Baldwin	Roosevelt	Oyster Bay
East Meadow	Wantagh	Carle Place
Plainview-JFK	Division Avenue	East Rockaway
Westbury	Plainedge	
Valley Stream Central	Glen Cove	
Long Beach	Friends Academy	
Herricks	Bethpage	
Calhoun	Lawrence	
Macarthur	Valley Stream North	
Mepham	Floral Park	
Great Neck South	Lynbrook	
Manhasset	North Shore	
Bellmore-JFK	Valley Stream South	
Garden City		

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. Ten team practices are required before the first meet or scrimmage.
- b. Each individual athlete must have ten 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. 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!

Seeds

- a. In order to be considered for acceptance into the County Championship and/or State Qualifier competitions, coaches MUST enter their individual athletes and relay performances on www.TrackConference.com according to the timetable below.
- b. If there is a need to verify seeds based on what the coach entered on www.TrackConference.com then the coach will have to provide documentation verifying their athletes/relays performance.
- c. Coaches must post potential seeds that have not already been automatically entered into the system in www.TrackConference.com. Performances must be posted to the website according to the following deadline schedule;

Date of Competitions

Any meet prior to and including March 29th

March 30th – April 19th

April 20th – May 3rd

May 4th – May 11th

May 12th – May 18th (Final Chance to enter County Seeds)

May 18th – May 25th (Final Chance to enter State Q Seeds)

May 26th – June 16th

Deadline for entering Seeds

Friday, March 31st

Friday, April 21st

Friday, May 5th

Friday, May 12th

Friday, May 19th

Friday, May 26th

Friday, June 16th

- d. If a coach misses a deadline, that athlete's performance during that time period cannot be used for future seeding purposes.
- e. 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.
- f. No other websites will be checked other than TrackConference.com. If the performance is not in the www.TrackConference.com rankings, it cannot be used.
- g. NO CONVERSIONS for boys or girls in any event.
- h. Relay seeds must be actual, not composites.

Section 3 – Timing Services, Results and Websites

Section VIII XC/Track & Field webpage: www.trackconference.com

Other local web pages; www.Just-In-Time-Racing.com

www.armorytrack.com

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

In order for Section VIII numbers to be assigned, coaches must submit a roster on the Section VIII TrackConference website by Monday, March 20, 2017. To enter your roster, you must log-on to the site. You will need to be approved as the coach in charge of the team to have permission to modify a roster. Instructions on how to do this will be given out at the coaches meeting. Coaches must add new athletes to the online roster as they join your team.

Rankings

Coaches will need to enter performances for their athletes on the Section VIII TrackConference website. For many invitational and championship meets, this will happen automatically. As long as the athlete's name appears in the meet results they should automatically appear in the rankings. For league meets, or other meets where an athlete did not appear in the results, coaches will need to enter performances in to the TrackConference system. Instructions on how to do this will be given out at the coaches meeting.

Timing for the County Championship and the State Qualifying Meet will be done by Tony Toro and his staff at Just in Time Racing. He can be contacted at eltorotf@optonline.net. The NY Milesplit site (<http://ny.milesplit.com/>) is another very information and useful site. You can find Section VIII, Long Island and NY State rankings on this site. HOWEVER, www.TrackConference.com will be the ONLY site used for Section VIII seeding for the Class County and State Qualifying Meets.

Section 4 – League Meets

League Meet Order of Events	
400m Intermediate Hurdles	<ul style="list-style-type: none"> • 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. • Host schools must put out at least three lanes of hurdles for both the High Hurdles and Intermediates. • The 800m and 1500m/1600 can be run as one heat, unless numbers warrant multiple heats. • The 3000m/3200m is one heat. • Break is optional and can be used to allow the field events to catch up. • Relays; One scoring relay per team, non-scoring relays allowed • Field Events; 3 attempts, scorers followed by non-scorers • High Jump; May open and score at 3'8" for girls and 4'8" for boys • See Pole Vault bullet below
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. If the vault is to be contested at another site, or another date, BOCES must be notified and another official must be assigned. **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.
 - 3rd 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).

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 www.TrackConference.com within the appropriate time period.

Conference 1 League Meet Schedule

Spring 2017

[Read schedule from Left to Right]

Meet #	Gender	Day	Day	Team 1	Team 2	Team 3	Team 4	Home Site
111	Boys	Mon	March 27	Hempstead	East Meadow	Oceanside	Hicksville	East Meadow
112	Boys	Mon	March 27	Port Wash	Massapequa	VS Central	Freeport	Port Wash
113	Boys	Mon	March 27	Uniondale	Plainview JFK	Farmingdale		Uniondale
114	Boys	Mon	March 27	Baldwin	Syosset	Westbury		Westbury
115	Girls	Tues	March 28	Hempstead	East Meadow	Oceanside	Hicksville	East Meadow
116	Girls	Tues	March 28	Port Wash	Massapequa	VS Central	Freeport	Port Wash
117	Girls	Tues	March 28	Uniondale	Plainview JFK	Farmingdale		Uniondale
118	Girls	Tues	March 28	Baldwin	Syosset	Westbury		Westbury
121	Boys	Mon	April 3	Hempstead	Plainview JFK	Westbury	Freeport	Freeport
122	Boys	Mon	April 3	Port Wash	Syosset	Farmingdale	Hicksville	Syosset
123	Boys	Mon	April 3	Uniondale	East Meadow	VS Central		East Meadow
124	Boys	Mon	April 3	Baldwin	Massapequa	Oceanside		Massapequa
125	Girls	Tues	April 4	Hempstead	Plainview JFK	Westbury	Freeport	Freeport
126	Girls	Tues	April 4	Port Wash	Syosset	Farmingdale	Hicksville	Syosset
127	Girls	Tues	April 4	Uniondale	East Meadow	VS Central		East Meadow
128	Girls	Tues	April 4	Baldwin	Massapequa	Oceanside		Massapequa
131	Boys	Mon	April 17	Hempstead	Port Wash	Uniondale	Baldwin	Baldwin
132	Boys	Mon	April 17	Massapequa	East Meadow	Syosset	Plainview JFK	Plainview JFK
133	Boys	Mon	April 17	Farmingdale	Westbury	Oceanside	VS Central	Oceanside
134	Boys	Mon	April 17	Hicksville	Freeport			Hicksville
135	Girls	Tues	April 18	Hempstead	Port Wash	Uniondale	Baldwin	Baldwin
136	Girls	Tues	April 18	Massapequa	East Meadow	Syosset	Plainview JFK	Plainview JFK
137	Girls	Tues	April 18	Farmingdale	Westbury	Oceanside	VS Central	Oceanside
138	Girls	Tues	April 18	Hicksville	Freeport			Hicksville
141	Boys	Mon	April 24	Hempstead	Syosset	VS Central		Syosset
142	Boys	Mon	April 24	Port Wash	Plainview JFK	Oceanside		Port Wash
143	Boys	Mon	April 24	Uniondale	Massapequa	Westbury	Hicksville	Uniondale
144	Boys	Mon	April 24	Baldwin	East Meadow	Farmingdale	Freeport	Freeport
145	Girls	Tues	April 25	Hempstead	Syosset	VS Central		Syosset
146	Girls	Tues	April 25	Port Wash	Plainview JFK	Oceanside		Port Wash
147	Girls	Tues	April 25	Uniondale	Massapequa	Westbury	Hicksville	Uniondale
148	Girls	Tues	April 25	Baldwin	East Meadow	Farmingdale	Freeport	Freeport
151	Boys	Mon	May 1	Hempstead	Massapequa	Farmingdale		Massapequa
152	Boys	Mon	May 1	Port Wash	East Meadow	Westbury		Westbury
153	Boys	Mon	May 1	Uniondale	Syosset	Oceanside	Freeport	Oceanside
154	Boys	Mon	May 1	Baldwin	Plainview JFK	VS Central	Hicksville	Plainview JFK
155	Girls	Tues	May 2	Hempstead	Massapequa	Farmingdale		Massapequa
156	Girls	Tues	May 2	Port Wash	East Meadow	Westbury		Westbury
157	Girls	Tues	May 2	Uniondale	Syosset	Oceanside	Freeport	Oceanside
158	Girls	Tues	May 2	Baldwin	Plainview JFK	VS Central	Hicksville	Plainview JFK

Conference 2 League Meet Schedule

Spring 2017

[Read schedule from Left to Right]

Meet #	Gender	Day	Day	Team 1	Team 2	Team 3	Team 4	Home Site
211	Girls	Mon	March 27	Herricks	Carey	Manhasset	Bellmore JFK	Herricks
212	Girls	Mon	March 27	Garden City	MacArthur	Jericho	Long Beach	Long Beach
213	Girls	Mon	March 27	Calhoun	Elmont	GN South		Elmont
214	Girls	Mon	March 27	GN North	Mephram	Sewanhaka		Mephram
215	Boys	Tues	March 28	Herricks	Carey	Manhasset	Bellmore JFK	Herricks
216	Boys	Tues	March 28	Garden City	MacArthur	Jericho	Long Beach	Long Beach
217	Boys	Tues	March 28	Calhoun	Elmont	GN South		Elmont
218	Boys	Tues	March 28	GN North	Mephram	Sewanhaka		Mephram
221	Girls	Mon	April 3	Herricks	Elmont	Sewanhaka	Long Beach	Sewanhaka
222	Girls	Mon	April 3	Garden City	Mephram	GN South	Bellmore JFK	Bellmore JFK
223	Girls	Mon	April 3	Calhoun	Carey	Jericho		Jericho
224	Girls	Mon	April 3	GN North	MacArthur	Manhasset		GN North
225	Boys	Tues	April 4	Herricks	Elmont	Sewanhaka	Long Beach	Sewanhaka
226	Boys	Tues	April 4	Garden City	Mephram	GN South	Bellmore JFK	Bellmore JFK
227	Boys	Tues	April 4	Calhoun	Carey	Jericho		Jericho
228	Boys	Tues	April 4	GN North	MacArthur	Manhasset		GN North
231	Girls	Mon	April 17	Herricks	Garden City	Calhoun	GN North	Calhoun
232	Girls	Mon	April 17	MacArthur	Carey	Mephram	Elmont	MacArthur
233	Girls	Mon	April 17	GN South	Sewanhaka	Manhasset	Jericho	Manhasset
234	Girls	Mon	April 17	Long Beach	Bellmore JFK			Long Beach
235	Boys	Tues	April 18	Herricks	Garden City	Calhoun	GN North	Calhoun
236	Boys	Tues	April 18	MacArthur	Carey	Mephram	Elmont	MacArthur
237	Boys	Tues	April 18	GN South	Sewanhaka	Manhasset	Jericho	Manhasset
238	Boys	Tues	April 18	Long Beach	Bellmore JFK			Long Beach
241	Girls	Mon	April 24	Herricks	Mephram	Jericho		Mephram
242	Girls	Mon	April 24	Garden City	Elmont	Manhasset		Manhasset
243	Girls	Mon	April 24	Calhoun	MacArthur	Sewanhaka	Bellmore JFK	MacArthur
244	Girls	Mon	April 24	GN North	Carey	GN South	Long Beach	GN South
245	Boys	Tues	April 25	Herricks	Mephram	Jericho		Mephram
246	Boys	Tues	April 25	Garden City	Elmont	Manhasset		Manhasset
247	Boys	Tues	April 25	Calhoun	MacArthur	Sewanhaka	Bellmore JFK	MacArthur
248	Boys	Tues	April 25	GN North	Carey	GN South	Long Beach	GN South
251	Girls	Mon	May 1	Herricks	MacArthur	GN South		GN South
252	Girls	Mon	May 1	Garden City	Carey	Sewanhaka		Garden City
253	Girls	Mon	May 1	Calhoun	Mephram	Manhasset	Long Beach	Calhoun
254	Girls	Mon	May 1	GN North	Elmont	Jericho	Bellmore JFK	GN North
255	Boys	Tues	May 2	Herricks	MacArthur	GN South		GN South
256	Boys	Tues	May 2	Garden City	Carey	Sewanhaka		Garden City
257	Boys	Tues	May 2	Calhoun	Mephram	Manhasset	Long Beach	Calhoun
258	Boys	Tues	May 2	GN North	Elmont	Jericho	Bellmore JFK	GN North

Conference 3 League Meet Schedule

Spring 2017

[Read schedule from Left to Right]

Meet #	Gender	Day	Day	Team 1	Team 2	Team 3	Team 4	Home Site
311	Boys	Mon	March 27	Roslyn	Bethpage	Division Ave	Plainedge	Roslyn
312	Boys	Mon	March 27	Glen Cove	Southside	Floral Park	NHP	Floral Park
313	Boys	Mon	March 27	Hewlett	Lawrence	Wantagh		Wantagh
314	Boys	Mon	March 27	Friends	Roosevelt	VSN		Roosevelt
315	Girls	Tues	March 28	Roslyn	Bethpage	Division Ave	Plainedge	Roslyn
316	Girls	Tues	March 28	Glen Cove	South Side	Floral Park	NHP	Floral Park
317	Girls	Tues	March 28	Hewlett	Lawrence	Wantagh		Wantagh
318	Girls	Tues	March 28	Friends	Roosevelt	VSN		Roosevelt
321	Boys	Mon	April 3	Roslyn	Lawrence	VSN	NHP	VSN
322	Boys	Mon	April 3	Glen Cove	Roosevelt	Wantagh	Plainedge	Plainedge
323	Boys	Mon	April 3	Hewlett	Bethpage	Floral Park		Hewlett
324	Boys	Mon	April 3	Friends	South Side	Division Ave		Division Ave
325	Girls	Tues	April 4	Roslyn	Lawrence	VSN	NHP	VSN
326	Girls	Tues	April 4	Glen Cove	Roosevelt	Wantagh	Plainedge	Plainedge
327	Girls	Tues	April 4	Hewlett	Bethpage	Floral Park		Hewlett
328	Girls	Tues	April 4	Friends	South Side	Division Ave		Division ave
331	Boys	Mon	April 17	Roslyn	Glen Cove	Hewlett	Friends	Friends
332	Boys	Mon	April 17	South Side	Bethpage	Roosevelt	Lawrence	Bethpage
333	Boys	Mon	April 17	Wantagh	VSN	Division Ave	Floral Park	Wantagh
334	Boys	Mon	April 17	NHP	Plainedge			NHP
335	Girls	Tues	April 18	Roslyn	Glen Cove	Hewlett	Friends	Friends
336	Girls	Tues	April 18	South Side	Bethpage	Roosevelt	Lawrence	Bethpage
337	Girls	Tues	April 18	Wantagh	VSN	Division Ave	Floral Park	Wantagh
338	Girls	Tues	April 18	NHP	Plainedge			NHP
341	Boys	Mon	April 24	Roslyn	Roosevelt	Floral Park		Roosevelt
342	Boys	Mon	April 24	Glen Cove	Lawrence	Division Ave		Glen Cove
343	Boys	Mon	April 24	Hewlett	South Side	VSN	Plainedge	South Side
344	Boys	Mon	April 24	Friends	Bethpage	Wantagh	NHP	NHP
345	Girls	Tues	April 25	Roslyn	Roosevelt	Floral Park		Roosevelt
346	Girls	Tues	April 25	Glen Cove	Lawrence	Division Ave		Glen Cove
347	Girls	Tues	April 25	Hewlett	South Side	VSN	Plainedge	South Side
348	Girls	Tues	April 25	Friends	Bethpage	Wantagh	NHP	NHP
311	Boys	Mon	May 1	Roslyn	South Side	Wantagh		South Side
312	Boys	Mon	May 1	Glen Cove	Bethpage	VSN		VSN
313	Boys	Mon	May 1	Hewlett	Roosevelt	Division Ave	NHP	Hewlett
314	Boys	Mon	May 1	Friends	Lawrence	Floral Park	Plainedge	Floral Park
315	Girls	Tues	May 2	Roslyn	South Side	Wantagh		South Side
316	Girls	Tues	May 2	Glen Cove	Bethpage	VSN		VSN
317	Girls	Tues	May 2	Hewlett	Roosevelt	Division Ave	NHP	Hewlett
318	Girls	Tues	May 2	Friends	Lawrence	Floral Park	Plainedge	Floral Park

Conference 4 League Meet Schedule

Spring 2017

[Read schedule from Left to Right]

Meet #	Gender	Day	Day	Team 1	Team 2	Team 3	Team 4	Home Site
411	Girls	Mon	March 27	North Shore	Wheatley	Island Trees	Seaford	Wheatley
412	Girls	Mon	March 27	Locust Valley	Mineola	Carle Place	Lynbrook	Carle Place
413	Girls	Mon	March 27	VSS	Malverne	West Hemp	East Rock	VSS
414	Girls	Mon	March 27	CS Harbor	Clarke	Oyster Bay		Oyster Bay
415	Boys	Tues	March 28	North Shore	Wheatley	Island Trees	Seaford	Wheatley
416	Boys	Tues	March 28	Locust Valley	Mineola	Carle Place	Lynbrook	Carle Place
417	Boys	Tues	March 28	VSS	Malverne	West Hemp	East Rock	VSS
418	Boys	Tues	March 28	CS Harbor	Clarke	Oyster Bay		Oyster Bay
421	Girls	Mon	April 3	North Shore	Malverne	Oyster Bay	Lynbrook	Oyster Bay
422	Girls	Mon	April 3	Locust Valley	Clarke	West Hemp	Seaford	Seaford
423	Girls	Mon	April 3	VSS	Wheatley	Carle Place		Wheatley
424	Girls	Mon	April 3	CS Harbor	Mineola	Island Trees	East Rock	Island Trees
425	Boys	Tues	April 4	North Shore	Malverne	Oyster Bay	Lynbrook	Oyster bay
426	Boys	Tues	April 4	Locust Valley	Clarke	West Hemp	Seaford	Seaford
427	Boys	Tues	April 4	VSS	Wheatley	Carle Place		Wheatley
428	Boys	Tues	April 4	CS Harbor	Mineola	Island Trees	East Rock	Island Trees
431	Girls	Mon	April 17	North Shore	Locust Valley	VSS	CS Harbor	CSH
432	Girls	Mon	April 17	Mineola	Wheatley	Clarke	Malverne	Malverne
433	Girls	Mon	April 17	West Hemp	Oyster Bay	Island Trees	Carle Place	Carle Place
434	Girls	Mon	April 17	East Rock	Lynbrook	Seaford		Lynbrook
435	Boys	Tues	April 18	North Shore	Locust Valley	VSS	CS Harbor	CSH
436	Boys	Tues	April 18	Mineola	Wheatley	Clarke	Malverne	Malverne
437	Boys	Tues	April 18	West Hemp	Oyster Bay	Island Trees	Carle Place	Carle Place
438	Boys	Tues	April 18	East Rock	Lynbrook	Seaford		Lynbrook
441	Girls	Mon	April 24	North Shore	Clarke	Carle Place	East Rock	North Shore
442	Girls	Mon	April 24	Locust Valley	Malverne	Island Trees		Locust Valley
443	Girls	Mon	April 24	VSS	Mineola	Oyster Bay	Seaford	Seaford
444	Girls	Mon	April 24	CS Harbor	Wheatley	West Hemp	Lynbrook	Lynbrook
445	Boys	Tues	April 25	North Shore	Clarke	Carle Place	East Rock	North Shore
446	Boys	Tues	April 25	Locust Valley	Malverne	Island Trees		Locust Valley
447	Boys	Tues	April 25	VSS	Mineola	Oyster Bay	Seaford	Seaford
248	Boys	Tues	April 25	CS Harbor	Wheatley	West Hemp	Lynbrook	Lynbrook
451	Girls	Mon	May 1	North Shore	Mineola	West Hemp		North Shore
452	Girls	Mon	May 1	Locust Valley	Wheatley	Oyster Bay	East Rockaway	Locust Valley
453	Girls	Mon	May 1	VSS	Clarke	Island Trees	Lynbrook	VSS
454	Girls	Mon	May 1	CS Harbor	Malverne	Carle Place	Seaford	CSH
455	Boys	Tues	May 2	North Shore	Mineola	West Hemp		North Shore
456	Boys	Tues	May 2	Locust Valley	Wheatley	Oyster Bay	East Rockaway	Locust Valley
457	Boys	Tues	May 2	VSS	Clarke	Island Trees	Lynbrook	VSS
458	Boys	Tues	May 2	CS Harbor	Malverne	Carle Place	Seaford	CSH

Section 5 – Track & Field Invitationals

- Schools that host invitationals should avoid Saturdays in heavily scheduled Section VIII weeks to avoid conflicts that arise from rainouts, and create conflicts where none existed before. Event entries should state that the event is sponsored by your high school and enforces all NF, NYSPHSAA, 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. <http://racetab.milesplit.com/>
- All officials must be ordered through BOCES with 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;

Saturday	March 25, 2017	Massapequa Developmental Invite @Massapequa HS
Friday	March 31, 2017	Bob Baratta Classic @Great Neck North HS
Saturday	April 1, 2017	Valley Stream Challenge Invitational @Valley Stream North HS
Saturday	April 8, 2017	KnightTime Invitational @Uniondale HS
Saturday	April 8, 2017	Limmer Invitational @Mepham HS
Wednesday	April 12, 2017	Derrick Adkins Invitational @Malverne HS
Wednesday	April 12, 2017	East Meadow Invitational @East Meadow HS
Thursday	April 13, 2017	Steeplepolooza (and more!) @Great Neck North HS
Thursday	April 13, 2017	Baldwin Frosh/Soph Invitational @Baldwin HS
Thursday	April 20, 2017	Section VIII “North Shore” & “South Shore” Frosh/Soph Meets
Friday	April 21, 2017	“Autism Awareness” Track & Field Invitational @North Shore HS
Friday	April 21, 2017	Port Washington Invitational @Schreiber HS
Saturday	April 22, 2017	Cougar Invitational @Bellmore JFK
Thursday	April 27, 2017	Long Beach Steeples @Long Beach MS
Saturday	April 29, 2017	Nassau Coaches Invitational @Macarthur HS
Thursday	May 4, 2017	Glen Cove Invitational @Glen Cove HS
Thursday	May 4, 2017	The Seahawk Invitational @Cold Spring Harbor HS
Friday	May 5, 2017	Lynbrook Green & Gold Invitational @Lynbrook South MS
Saturday	May 6, 2017	The Warrior Invitational @Wantagh HS
Wednesday	May 10, 2017	Frank Maier Invitational @North Shore HS
Friday	May 12, 2017	Under the Lights Meet @Massapequa HS
Saturday	May 13, 2017	North Shore Invitational @North Shore HS
Friday	May 19, 2017	Oceanside Blue & White Invitational @Oceanside HS
Saturday	May 20, 2017	Bulldog Invitational @Hewlett HS
Monday	June 5, 2017	Last Chance Invitational @Massapequa HS

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

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.

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

Section VIII “North Shore” Frosh/Soph Meet

Thursday, April 20, 2017

Cold Spring Harbor High School

4:30pm start

Meet Director, Ed Corona

Facility Coordinator, Nick Aurigemma

Section VIII “South Shore” Frosh/Soph Meet

Thursday, April 20, 2017

Oceanside High School

4:30pm start

Meet Director, Mike Frazer

Facility Coordinator, Michael Howley

Frosh/Soph Meet Order of Events	
1600m Boys	<ul style="list-style-type: none"> Frosh followed by Soph in all running events 7th, 8th and 9th graders will be considered Frosh 10th graders will be considered Soph May be limited measurements or throws in Shot/Discus More information will be sent to coaches concerning bus parking, meet management, seeding and competitor numbers and/or labels. Medals provided by the Nassau County Track Coaches Association
1500m Girls	
110m Hurdles Boys	
100m Hurdles Girls	
100m Boys	
100m Girls	
800m Boys	
800m Girls	
4x200m Boys	
4x200m Girls	
Long Jump, followed by Triple Jump	
Shot Put/Discus	
High Jump	

Section 7 – Division Championships

Division Meet Order of Events	
400m Intermediate Hurdles	<ul style="list-style-type: none"> ● Running events will be Girls followed by Boys ● Events will be run scoring heats first, followed by non-scorers ● 100m is a Semi-final; Three heats, top 2 advance to FINAL ● Only one relay per team ● No non-scoring 3200m, 3000m or non-scoring relays ● 3 attempts for each scorer in field events. ● High Jump; Start at 4' for girls and 5' for Boys ● Pole Vault; Start at 6' for girls and 8' for Boys ● For sites with one runway, the order will be Girls LJ, Boys LJ, Girls TJ and Boys TJ ● For sites with one Throwing Circle the order will be: Boys Shot/Girls Shot/Boys Disc/Girls Disc ● No guarantee for non-scoring field events. We will do our best at each site.
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.
- Each site will have a 'site manager' designated by the Coordinators to do scoring and announcing of the meet.
- The site manager will enter results on a laptop into RaceTab program and send results to the coordinators that evening. This will help facilitate quick publication of each division meet results.
- Coaches must submit a completed meet entry form to the meet director before the meet starts. (Meet entry form found in the back of handbook).
- **CHANGE 2017 – SEEDING WILL BE VERBAL AT DIVISION MEET**
- 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.

Section 8 – County Class Championships

Class AA – on May 23 at Glen Cove HS (Pole Vault to be held off site, date/time TBA)

Class A – on May 24 at Cold Spring Harbor

Class AAA – on May 25 at MacArthur HS

MEET ENTRY and NOTES:

- All entries MUST be done on www.trackconference.com.
 - The entry website will CLOSE on Friday, May 19 at 5PM.
 - The site will reopen Friday evening 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.
 - The site will close again on Saturday, May 21 at 10:00pm.
 - Final seeds will be posted on Sunday evening, May 21.
- Please print a copy of your entry for your own records.
- 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 www.trackconference.com for verification. Each seed must have been posted according to the seed timetable posted in this handbook. 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 Boys Long Jump followed by Girls Long Jump
 - Second Session Boys Triple followed by Girls Triple
 - At CSH the Jumps schedule will be Boys Triple and Girls Long Jump followed by Boys Long Jump and Girls Triple Jump
- A games committee will be randomly selected for each County Championship Meet. The Head Referee will advise this committee if necessary.

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	Girls	100m Hurdles	FINAL	6
4:00	Boys	100m Semi-Finals	SEMI*	18	6:00	Boys	110m 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
<p style="text-align: center;">There will be a 20 minute break after the end of the 400m final</p>					<p style="text-align: center;">There will be a 20 minute break after the end of the 200m final</p>				
						Boys	4x800m	FINAL	12
					7:40	Girls	4x400m	FINAL	12
					7:50	Boys	4x400m	FINAL	12
					8:00	Girls	4x100m	FINAL	12
					8:05	Boys	4x100m	FINAL	12
<p style="text-align: center;">Field Events (3:00pm)</p>					<p style="text-align: center;">Field Events (5:00pm)</p>				
3:00	Boys	Long Jump	Trials/Finals**	15	5:00	Boys	Triple Jump	Trials/Finals**	15
3:00	Girls	Long Jump	Trials/Finals**	15	5:00	Girls	Triple Jump	Trials/Finals**	15
3:00	Boys	Discus	Trials/Finals**	15	5:00	Boys	Shot Put	Trials/Finals**	15
3:00	Girls	Shot Put	Trials/Finals**	15	5:00	Girls	Discus	Trials/Finals**	15
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***

* The 6 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.TrackConference.com.
- Timelines and deadlines for the meet entry as follows;
 - The entry website will CLOSE on Saturday, May 27 at 5:00pm.
 - The site will reopen Sunday morning 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 the period, you may not make any additions or substitutions.
 - The site will close again on Monday, May 29 at Noon. All scratches must be made before this time.
 - Final seeds will be posted on Tuesday, May 30. You may scratch an athlete at the meet before the event is called.
- Please print a copy of your entry for your own purposes.
- No other meet entry or seed cards necessary.
- Final fields will be posted on www.TrackConference.com.
- Four events allowed per athlete.
- First place in each event for each class (I & II) automatically qualifies for the state meet. One other qualifier is permitted from both classes if they meet the standard. Therefore there may be a total of 4 participants/relays per event maximum. The standard may be met in any invitational or championship meet from April 27 on (must be verifiable) for STATE qualifying and seeds.
- 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.
- 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, 16 total athletes will be accepted (Division 1 & 2), with no fewer than 4 from either Division.
- For Steeplechase, 14 total athletes will be accepted (Division 1 & 2), with no fewer than 4 from either Division.
- For the 800m, 1600m and 1500m, 24 total athletes will be accepted (Division 1 & 2), with no fewer than 6 from either Division.
- For the Long and Triple Jumps, Shot and Discus events, 14 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. If no Division 2 athlete make the final, the state meet qualifier will be determined from the preliminary jumps.
- 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 4 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.

State Quals – Day 1 – June 1, 2017					
Time	Gender	Event	Division	Round	Quota
4:45	Boys	PENT Hurdles	1&2	Final	16
	Boys	110m Hurdles	1	Semi	20
5:00	Girls	PENT Hurdles	1&2	Final	16
	Girls	100m Hurdles	1	Semi	20
5:10	Boys	100m	1	Semi	20
	Girls	100m	1	Semi	20
5:20	Boys	400m	2	Final	8
	Boys	400m	1	Final	16
	Girls	400m	2	Final	10
	Girls	400m	1	Final	20
5:35	Boys	800m	1&2	Final	28
	Girls	800m	1&2	Final	28
5:55	Boys	200m	1	Semi	20
	Girls	200m	1	Semi	20
6:15	Boys	400m Hurdles	2	Final	10
	Boys	400m Hurdles	1	Final	20
	Girls	400m Hurdles	2	Final	8
	Girls	400m Hurdles	1	Final	16
6:40	Boys	4x100m	1	Semi	16
	Girls	4x100m	1	Semi	16
6:50	Boys	4x400m	1	Semi	16
	Girls	4x400m	1	Semi	16
7:15	Boys	3200m	1&2	Final	20
	Girls	3000m	1&2	Final	20
4:45	Boys	PENT Shot Put	<i>followed by</i>		
	Boys	PENT High Jump			
4:45	Girls	PENT High Jump	<i>followed by</i>		
	Girls	PENT Shot Put			
<i>followed by</i>					
4:45	Boys	Discus	1&2	Final	18
4:45	Girls	Triple Jump	1&2	Final	18
<i>followed by</i>					
	Girls	Discus	1&2	Final	18
	Boys	Triple Jump	1&2	Final	18
<i>followed by</i>					
4:45	Boys	Pole Vault	1&2	Final	14

State Quals – Day 2 – June 2, 2017					
Time	Gender	Event	Division	Round	Quota
4:45	Boys	3000m Steeplechase	1&2	Final	18
	Girls	2000m Steeplechase	1&2	Final	18
5:15	Boys	100m	2	Final	8
	Boys	100m	1	Final	8
	Girls	100m	2	Final	8
	Girls	100m	1	Final	8
5:25	Boys	1600m	1&2	Final	30
	Girls	1500m	1&2	Final	30
6:00	Boys	110m Hurdles	2	Final	8
	Boys	110m Hurdles	1	Final	8
	Girls	100m Hurdles	2	Final	8
	Girls	100m Hurdles	1	Final	8
6:20	Boys	200m	2	Final	8
	Boys	200m	1	Final	8
	Girls	200m	2	Final	8
	Girls	200m	1	Final	8
	Boys	PENT 1500m	<i>when ready</i>		
	Girls	PENT 800m	<i>when ready</i>		
6:45	Boys	4x800m	1&2	Final	12
	Girls	4x800m	1&2	Final	12
7:05	Boys	4x100m	2	Final	8
	Boys	4x100m	1	Final	8
	Girls	4x100m	2	Final	8
	Girls	4x100m	1	Final	8
7:15	Boys	4x400m	2	Final	8
	Boys	4x400m	1	Final	8
	Girls	4x400m	2	Final	8
	Girls	4x400m	1	Final	8
4:45	Boys	PENT Long Jump	<i>followed by</i>		
	Girls	PENT Long Jump			
4:45	Girls	High Jump	1&2	Final	18
4:45	Boys	Shot Put	1&2	Final	18
4:45	Boys	Long Jump	1&2	Final	18
<i>followed by</i>					
	Boys	High Jump	1&2	Final	14
	Girls	Shot Put	1&2	Final	18
	Girls	Long Jump	1&2	Final	18
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 2017 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 PROVIDING THEY MEET THE FOLLOWING STANDARDS. A SECTION CAN SEND ONE ADDITIONAL ENTRY FOR EACH EVENT IN EACH DIVISION, PROVIDING THEY MEET THE STANDARD LISTED BELOW. THE ORDER OF FINISH AT THE STATE QUALIFIER TAKES PRECEDENCE OVER PRIOR SUPERIOR PERFORMANCES. ***THE STANDARD MAY BE MET AT ANY INVITATIONAL OR CHAMPIONSHIP MEET AT ANYTIME DURING THE SEASON.***

<u>EVENT</u>	<u>BOYS D1</u>	<u>BOYS D2</u>	<u>GIRLS D1</u>	<u>GIRLS D2</u>
100M DASH	10.9 / 11.14	11.1 / 11.34	12.2 / 12.44	12.6 / 12.84
200M DASH	22.1 / 22.34	22.6 / 22.84	25.3 / 25.54	25.9 / 26.14
400M DASH	49.0 / 49.24	50.3 / 50.54	57.6 / 57.84	58.4 / 58.64
800M RUN	1:54.5 / 1:54.74	1:56.4 / 1:56.64	2:15.4 / 2:15.64	2:15.5 / 2:15.74
1600/1500M RUN	4:16.9 / 4:17.14	4:22.7 / 4:22.94	4:38.1 / 4:38.34	4:45.0 / 4:45.24
3200/3000M RUN	9:23.6 / 9:23.84	9:32.8 / 9:33.04	10:00.6 / 10:00.84	10:24.3 / 10:24.54
STEEPLECHASE	9:34.4 / 9:34.64	9:50.5 / 9:50.74	7:06.5 / 7:06.74	7:22.6 / 7:22.84
HIGH HURDLES	14.8 / 15.04	15.2 / 15.44	15.0 / 15.24	15.9 / 16.14
400M HURDLES	55.5 / 55.74	57.1 / 57.34	63.6 / 63.84	66.4 / 66.64
LONG JUMP	22' 01.5"	21' 04.75"	17' 09.75"	17' 01"
TRIPLE JUMP	46' 00.5"	44' 04.75"	36' 10.5"	36' 05.5"
SHOT PUT	52' 04"	49' 00.25"	39' 01.75"	36' 00.75"
DISCUS	150' 04"	144' 04"	115' 11"	109' 01"
HIGH JUMP	6' 02"	6' 02"	5' 03"	5' 01"
POLE VAULT	13' 09"	13' 03"	11' 00"	9' 09"
PENTATHLON	3057 PTS.	3076 PTS.	2797 PTS.	2694 PTS.
400M RELAY	42.9 / 43.14	44.1 / 44.34	48.9 / 49.14	50.4 / 50.64
1600M RELAY	3:21.0 / 3:21.24	3:28.1 / 3:28.34	3:56.0 / 3:56.24	4:04.2 / 4:04.44
3200M RELAY	7:51.5 / 7:51.74	8:08.8 / 8:09.04	9:17.0 / 9:17.24	9:36.3 / 9:36.54

(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 6TH PLACE IN THE FINALS FROM 2012 THROUGH 2016
 ACCEPTED 9/18/16

**NEW YORK STATE PUBLIC HIGH SCHOOL
STATE TRACK & FIELD CHAMPIONSHIPS
UNION ENDICOTT HIGH SCHOOL**

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

FRIDAY JUNE 09, 2017

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

**NEW YORK STATE PUBLIC HIGH SCHOOL
STATE TRACK & FIELD CHAMPIONSHIPS
UNION ENDICOTT HIGH SCHOOL**

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

SATURDAY JUNE 10, 2017

ORDER OF EVENTS

		TRACK				FIELD	
10:00	3000M STEEPLE	B	CHAMP	F			
	2000M STEEPLE	G	CHAMP	F			
11:00	100M	B	II	CLASS FINAL			
	100M	B	I	CLASS FINAL	10:00	HIGH JUMP	B CHAMP F
	100M	G	II	CLASS FINAL	10:00	DISCUS	B CHAMP F
	100M	G	I	CLASS FINAL			
11:25	1600M	B	CHAMP	F	10:00	PENT.LONG JP-1	B CHAMP F
	1500M	G	CHAMP	F		PENT.LONG JP-2	B CHAMP F
12:00	110H	B	II	CLASS FINAL			
	110H	B	I	CLASS FINAL			
	100H	G	II	CLASS FINAL	11:00	PENT.LONG JP-1	G CHAMP F
	100H	G	I	CLASS FINAL		PENT. LONG JP-2	G CHAMP F
12:25	200M	B	II	CLASS FINAL			
	200M	B	I	CLASS FINAL	11:30	HIGH JUMP	G CHAMP F
	200M	G	II	CLASS FINAL	11:30	DISCUS	G CHAMP F
	200M	G	I	CLASS FINAL			
<u>BREAK 12:35 - 12:45</u>					1:00	SHOT PUT	B CHAMP F
					1:00	LONG JUMP	B CHAMP F
12:45	PENT. 1500 (ALL)	B	CHAMP	F	1:00	LONG JUMP	G CHAMP F
1:15	110HH	B	CHAMP	F			
	100HH	G	CHAMP	F			
1:25	100M	B	CHAMP	F			
	100M	G	CHAMP	F	2:30	SHOT PUT	G CHAMP F
1:35	PENT 800 (ALL)	G	CHAMP	F	2:30	TRIPLE JUMP	B CHAMP F
1:50	400M	B	CHAMP	F	2:30	TRIPLE JUMP	G CHAMP F
	400M	G	CHAMP	F			
2:00	400 INTER H	B	CHAMP	F			
	400 INTER H	G	CHAMP	F			
2:10	200M	B	CHAMP	F			
	200M	G	CHAMP	F			
2:20	4X800 RELAY	B	CHAMP	F			
	4X800 RELAY	G	CHAMP	F			
3:20	4X100 RELAY	B	CHAMP	F			
	4X100 RELAY	G	CHAMP	F			
3:30	4X400 RELAY	B	CHAMP	F			
	4X400 RELAY	G	CHAMP	F			

Accepted A45 9/18/16

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.).

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>	<u>*If Wrestler: Please include Weigh-in validated by Athletic Director</u>
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:
Pole #2:	Length:	Rating:
Athlete Signature:	Date:	

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

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

