

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
Kristen Hamilton, Roslyn High School
Billy Buith, New Hyde Park High School

Conference 3 Matt Princi, Carey High School
Steve Steiner, Manhasset High School
James Ravener, Bethpage High School
Stephen Honerkamp, Hewlett High School

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

High School Association Representative

Eamonn Flood, Roosevelt 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

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

Underlined schools have pole vault facilities

Section VIII Class County Alignment	New York State Alignment
AAA = Freeport through Jericho	State Division 1 =Freeport through VSS
AA = New Hyde Park through Floral Park	
A = Plainedge through Evergreen	State Division 2 = North Shore through Evergreen

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

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

4:30 PM on April 20 at East Meadow
5 PM on April 21 at Long Beach

Division Championships

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

5 PM on May 8 at North Shore / Wheatley
5 PM on May 9 at Farmingdale / Plainview
5 PM on May 15 at Mepham / Great Neck South
5 PM on May 17 at Hewlett / VSN

County Championships

Class AAA –
Class AA –
Class A –

3PM on May 22 at MacArthur
3PM on May 23 at Valley Stream North
3PM on May 24 at Carle Place

State Qualifier

5 PM on June 1 & 2 at North Shore

2023 Section VIII Spring Track & Field County Classes

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

2023 NYSPHSAA Spring Track & Field State Divisions

State Division 1 (600+)	State Division 2 (<600)
Freeport	North Shore
Uniondale	Lawrence
Syosset	Island Trees
Massapequa	Academy Charter
Farmingdale	Locust Valley
Hempstead	Seaford
Hicksville	Malverne
Oceanside	West Hempstead
Westbury	Cold Spring Harbor
Port Washington	Wheatley
Baldwin	Oyster Bay
Plainview	East Rockaway
East Meadow	Friends Academy
VSC	Carle Place
Herricks	Evergreen Charter
Long Beach	
Mepham	
MacArthur	
Jericho	
New Hyde Park	
Calhoun	
Great Neck South	

Conference 1 League Meet Schedule

Spring 2023

All meets 5PM Start

Gender	Day	Day	Team 1	Team 2	Team 3	Team 4	Home Site
Girls	Monday	March 27	Uniondale	Baldwin	Hicksville	Oceanside	Oceanside
Girls	Monday	March 27	Westbury	Massapequa	VSC	Freeport	VSC
Girls	Monday	March 27	Syosset	Plainview	Hempstead	BYE	Plainview
Girls	Monday	March 27	Port Wash	Farmingdale	East Meadow	BYE	Port Wash
Boys	Tuesday	March 28	Uniondale	Baldwin	Hicksville	Oceanside	Oceanside
Boys	Tuesday	March 28	Westbury	Massapequa	VSC	Freeport	VSC
Boys	Tuesday	March 28	Syosset	Plainview	Hempstead	BYE	Plainview
Boys	Tuesday	March 28	Port Wash	Farmingdale	East Meadow	BYE	Port Wash
Girls	Monday	April 3	Uniondale	Plainview	East Meadow	Freeport	East Meadow
Girls	Monday	April 3	Westbury	Farmingdale	Hempstead	Oceanside	Hempstead
Girls	Monday	April 3	Syosset	Baldwin	VSC	BYE	Baldwin
Girls	Monday	April 3	Port Wash	Massapequa	Hicksville	BYE	Massapequa
Boys	Tuesday	April 4	Uniondale	Plainview	East Meadow	Freeport	East Meadow
Boys	Tuesday	April 4	Westbury	Farmingdale	Hempstead	Oceanside	Hempstead
Boys	Tuesday	April 4	Syosset	Baldwin	VSC	BYE	Baldwin
Boys	Tuesday	April 4	Port Wash	Massapequa	Hicksville	BYE	Massapequa
Girls	Monday	April 17	Uniondale	Westbury	Syosset	Port Wash	Port Wash
Girls	Monday	April 17	Massapequa	Baldwin	Farmingdale	Plainview	Farmingdale
Girls	Monday	April 17	Hempstead	East Meadow	Hicksville	VSC	Hicksville
Girls	Monday	April 17	BYE	BYE	Freeport	Oceanside	Freeport
Boys	Tuesday	April 18	Uniondale	Westbury	Syosset	Port Wash	Port Wash
Boys	Tuesday	April 18	Massapequa	Baldwin	Farmingdale	Plainview	Farmingdale
Boys	Tuesday	April 18	Hempstead	East Meadow	Hicksville	VSC	Hicksville
Boys	Tuesday	April 18	BYE	BYE	Freeport	Oceanside	Freeport
Girls	Monday	April 24	Uniondale	Farmingdale	VSC	BYE	Farmingdale
Girls	Monday	April 24	Westbury	Plainview	Hicksville	BYE	Plainview
Girls	Monday	April 24	Syosset	Massapequa	East Meadow	Oceanside	Syosset
Girls	Monday	April 24	Port Wash	Baldwin	Hempstead	Freeport	Freeport
Boys	Tuesday	April 25	Uniondale	Farmingdale	VSC	BYE	Farmingdale
Boys	Tuesday	April 25	Westbury	Plainview	Hicksville	BYE	Plainview
Boys	Tuesday	April 25	Syosset	Massapequa	East Meadow	Oceanside	Syosset
Boys	Tuesday	April 25	Port Wash	Baldwin	Hempstead	Freeport	Freeport
Girls	Monday	May 1	Uniondale	Massapequa	Hempstead	BYE	Massapequa
Girls	Monday	May 1	Westbury	Baldwin	East Meadow	BYE	East Meadow
Girls	Monday	May 1	Syosset	Farmingdale	Hicksville	Freeport	Syosset
Girls	Monday	May 1	Port Wash	Plainview	VSC	Oceanside	Oceanside
Boys	Tuesday	May 2	Uniondale	Massapequa	Hempstead	BYE	Massapequa
Boys	Tuesday	May 2	Westbury	Baldwin	East Meadow	BYE	East Meadow
Boys	Tuesday	May 2	Syosset	Farmingdale	Hicksville	Freeport	Syosset
Boys	Tuesday	May 2	Port Wash	Plainview	VSC	Oceanside	Oceanside

Conference 2 League Meet Schedule

Spring 2023

Gender	Day	Day	Team 1	Team 2	Team 3	Team 4	Home Site
Boys	Monday	March 27	Long Beach	Garden City	Calhoun	GNS	Garden City
Boys	Monday	March 27	Elmont	MacArthur	JFK Bellmore	Herricks	Herricks
Boys	Monday	March 27	Mephram	Roslyn	New Hyde Pk	BYE	New Hyde Pk
Boys	Monday	March 27	GNN	Jericho	Sewanhaka	BYE	Sewanhaka
Girls	Tuesday	March 28	Long Beach	Garden City	Calhoun	GNS	Garden City
Girls	Tuesday	March 28	Elmont	MacArthur	JFK Bellmore	Herricks	Herricks
Girls	Tuesday	March 28	Mephram	Roslyn	New Hyde Pk	BYE	New Hyde Pk
Girls	Tuesday	March 28	GNN	Jericho	Sewanhaka	BYE	Sewanhaka
Boys	Monday	April 3	Long Beach	Roslyn	Sewanhaka	Herricks	Herricks
Boys	Monday	April 3	Elmont	Jericho	New Hyde Pk	GNS	Elmont
Boys	Monday	April 3	Mephram	Garden City	JFK Bellmore	BYE	JFK Bellmore
Boys	Monday	April 3	GNN	MacArthur	Calhoun	BYE	MacArthur
Girls	Tuesday	April 4	Long Beach	Roslyn	Sewanhaka	Herricks	Herricks
Girls	Tuesday	April 4	Elmont	Jericho	New Hyde Pk	GNS	Elmont
Girls	Tuesday	April 4	Mephram	Garden City	JFK Bellmore	BYE	JFK Bellmore
Girls	Tuesday	April 4	GNN	MacArthur	Calhoun	BYE	MacArthur
Boys	Monday	April 17	Long Beach	Elmont	Mephram	GNN	Mephram
Boys	Monday	April 17	MacArthur	Garden City	Jericho	Roslyn	Jericho
Boys	Monday	April 17	New Hyde Pk	Sewanhaka	Calhoun	JFK Bellmore	Calhoun
Boys	Monday	April 17	BYE	BYE	Herricks	GNS	GNS
Girls	Tuesday	April 18	Long Beach	Elmont	Mephram	GNN	Mephram
Girls	Tuesday	April 18	MacArthur	Garden City	Jericho	Roslyn	Jericho
Girls	Tuesday	April 18	New Hyde Pk	Sewanhaka	Calhoun	JFK Bellmore	Calhoun
Girls	Tuesday	April 18	BYE	BYE	Herricks	GNS	GNS
Boys	Monday	April 24	Long Beach	Jericho	JFK Bellmore	BYE	Long Beach
Boys	Monday	April 24	Elmont	Roslyn	Calhoun	BYE	Calhoun
Boys	Monday	April 24	Mephram	MacArthur	Sewanhaka	GNS	GNS
Boys	Monday	April 24	GNN	Garden City	New Hyde Pk	Herricks	GNN
Girls	Tuesday	April 25	Long Beach	Jericho	JFK Bellmore	BYE	Long Beach
Girls	Tuesday	April 25	Elmont	Roslyn	Calhoun	BYE	Calhoun
Girls	Tuesday	April 25	Mephram	MacArthur	Sewanhaka	GNS	GNS
Girls	Tuesday	April 25	GNN	Garden City	New Hyde Pk	Herricks	GNN
Boys	Monday	May 1	Long Beach	MacArthur	New Hyde Pk	BYE	Long Beach
Boys	Monday	May 1	Elmont	Garden City	Sewanhaka	BYE	Garden City
Boys	Monday	May 1	Mephram	Jericho	Calhoun	Herricks	Mephram
Boys	Monday	May 1	GNN	Roslyn	JFK Bellmore	GNS	GNN
Girls	Tuesday	May 2	Long Beach	MacArthur	New Hyde Pk	BYE	Long Beach
Girls	Tuesday	May 2	Elmont	Garden City	Sewanhaka	BYE	Garden City
Girls	Tuesday	May 2	Mephram	Jericho	Calhoun	Herricks	Mephram
Girls	Tuesday	May 2	GNN	Roslyn	JFK Bellmore	GNS	GNN

Conference 3 League Meet Schedule

Spring 2023

Gender	Day	Day	Team 1	Team 2	Team 3	Team 4	Home Site
Girls	Monday	March 27	Glen Cove	Plainedge	Manhasset	Bethpage	Bethpage
Girls	Monday	March 27	VSN	Carey	Mineola	South Side	South Side
Girls	Monday	March 27	Division	Wantagh	Hewlett	Clarke	Clarke
Girls	Monday	March 27	Floral Park	Roosevelt	Lynbrook	BYE	Floral Park
Boys	Tuesday	March 28	Glen Cove	Plainedge	Manhasset	Bethpage	Bethpage
Boys	Tuesday	March 28	VSN	Carey	Mineola	South Side	South Side
Boys	Tuesday	March 28	Division	Wantagh	Hewlett	Clarke	Clarke
Boys	Tuesday	March 28	Floral Park	Roosevelt	Lynbrook	BYE	Floral Park
Girls	Monday	April 3	Glen Cove	Wantagh	Lynbrook	South Side	Wantagh
Girls	Monday	April 3	VSN	Roosevelt	Hewlett	Bethpage	Hewlett
Girls	Monday	April 3	Division	Plainedge	Mineola	BYE	Division
Girls	Monday	April 3	Floral Park	Carey	Manhasset	Clarke	Carey
Boys	Tuesday	April 4	Glen Cove	Wantagh	Lynbrook	South Side	Wantagh
Boys	Tuesday	April 4	VSN	Roosevelt	Hewlett	Bethpage	Hewlett
Boys	Tuesday	April 4	Division	Plainedge	Mineola	BYE	Division
Boys	Tuesday	April 4	Floral Park	Carey	Manhasset	Clarke	Carey
Girls	Monday	April 17	Glen Cove	VSN	Division	Floral Park	VSN
Girls	Monday	April 17	Carey	Plainedge	Roosevelt	Wantagh	Plainedge
Girls	Monday	April 17	Hewlett	Lynbrook	Manhasset	Mineola	Manhasset
Girls	Monday	April 17	BYE	Clarke	South Side	Bethpage	Clarke
Boys	Tuesday	April 18	Glen Cove	VSN	Division	Floral Park	VSN
Boys	Tuesday	April 18	Carey	Plainedge	Roosevelt	Wantagh	Plainedge
Boys	Tuesday	April 18	Hewlett	Lynbrook	Manhasset	Mineola	Manhasset
Boys	Tuesday	April 18	BYE	Clarke	South Side	Bethpage	Clarke
Girls	Monday	April 24	Glen Cove	Roosevelt	Mineola	Clarke	Glen Cove
Girls	Monday	April 24	VSN	Wantagh	Manhasset	BYE	Wantagh
Girls	Monday	April 24	Division	Carey	Lynbrook	Bethpage	Bethpage
Girls	Monday	April 24	Floral Park	Plainedge	Hewlett	South Side	Hewlett
Boys	Tuesday	April 25	Glen Cove	Roosevelt	Mineola	Clarke	Glen Cove
Boys	Tuesday	April 25	VSN	Wantagh	Manhasset	BYE	Wantagh
Boys	Tuesday	April 25	Division	Carey	Lynbrook	Bethpage	Bethpage
Boys	Tuesday	April 25	Floral Park	Plainedge	Hewlett	South Side	Hewlett
Girls	Monday	May 1	Glen Cove	Carey	Hewlett	BYE	Carey
Girls	Monday	May 1	VSN	Plainedge	Lynbrook	Clarke	VSN
Girls	Monday	May 1	Division	Roosevelt	Manhasset	South Side	Roosevelt
Girls	Monday	May 1	Floral Park	Wantagh	Mineola	Bethpage	Floral Park
Boys	Tuesday	May 2	Glen Cove	Carey	Hewlett	BYE	Carey
Boys	Tuesday	May 2	VSN	Plainedge	Lynbrook	Clarke	VSN
Boys	Tuesday	May 2	Division	Roosevelt	Manhasset	South Side	Roosevelt
Boys	Tuesday	May 2	Floral Park	Wantagh	Mineola	Bethpage	Floral Park

Conference 4 League Meet Schedule

Spring 2023

Gender	Day	Day	Team 1	Team 2	Team 3	Team 4	Home Site
Boys	Monday	March 27	North Shore	Oyster Bay	Seaford	W Hemp	Seaford
Boys	Monday	March 27	Cold Sp Hrbr	Island Trees	Carle Place	VSS	VSS
Boys	Monday	March 27	Lawrence	East Roc	Locust Valley	Evergreen Ch	East Roc
Boys	Monday	March 27	Wheatley	Academy Ch	Friends Acad	Malverne	Friends
Girls	Tuesday	March 28	North Shore	Oyster Bay	Seaford	W Hemp	Seaford
Girls	Tuesday	March 28	Cold Sp Hrbr	Island Trees	Carle Place	VSS	VSS
Girls	Tuesday	March 28	Lawrence	East Roc	Locust Valley	Evergreen Ch	East Roc
Girls	Tuesday	March 28	Wheatley	Academy Ch	Friends Acad	Malverne	Friends
Boys	Monday	April 3	North Shore	East Roc	Friends Acad	VSS	North Shore
Boys	Monday	April 3	Cold Sp Hrbr	Academy Ch	Locust Valley	W Hemp	Locust Valley
Boys	Monday	April 3	Lawrence	Oyster Bay	Carle Place	Malverne	Carle Place
Boys	Monday	April 3	Wheatley	Island Trees	Seaford	Evergreen Ch	Seaford
Girls	Tuesday	April 4	North Shore	East Roc	Friends Acad	VSS	North Shore
Girls	Tuesday	April 4	Cold Sp Hrbr	Academy Ch	Locust Valley	W Hemp	Locust Valley
Girls	Tuesday	April 4	Lawrence	Oyster Bay	Carle Place	Malverne	Carle Place
Girls	Tuesday	April 4	Wheatley	Island Trees	Seaford	Evergreen Ch	Seaford
Boys	Monday	April 17	North Shore	Cold Sp Hrbr	Lawrence	Wheatley	Cold Sp Hrbr
Boys	Monday	April 17	Island Trees	Oyster Bay	Academy Ch	East Roc	Oyster Bay
Boys	Monday	April 17	Locust Valley	Friends Acad	Seaford	Carle Place	Carle Place
Boys	Monday	April 17	Malverne	Evergreen Ch	VSS	W Hemp	Malverne
Girls	Tuesday	April 18	North Shore	Cold Sp Hrbr	Lawrence	Wheatley	Cold Sp Hrbr
Girls	Tuesday	April 18	Island Trees	Oyster Bay	Academy Ch	East Roc	Oyster Bay
Girls	Tuesday	April 18	Locust Valley	Friends Acad	Seaford	Carle Place	Carle Place
Girls	Tuesday	April 18	Malverne	Evergreen Ch	VSS	W Hemp	Malverne
Boys	Monday	April 24	North Shore	Academy Ch	Carle Place	Evergreen Ch	Carle Place
Boys	Monday	April 24	Cold Sp Hrbr	East Roc	Seaford	Malverne	Cold Sp Hrbr
Boys	Monday	April 24	Lawrence	Island Trees	Friends Acad	W Hemp	W Hemp
Boys	Monday	April 24	Wheatley	Oyster Bay	Locust Valley	VSS	Wheatley
Girls	Tuesday	April 25	North Shore	Academy Ch	Carle Place	Evergreen Ch	Carle Place
Girls	Tuesday	April 25	Cold Sp Hrbr	East Roc	Seaford	Malverne	Cold Sp Hrbr
Girls	Tuesday	April 25	Lawrence	Island Trees	Friends Acad	W Hemp	W Hemp
Girls	Tuesday	April 25	Wheatley	Oyster Bay	Locust Valley	VSS	Wheatley
Boys	Monday	May 1	North Shore	Island Trees	Locust Valley	Malverne	Island Trees
Boys	Monday	May 1	Cold Sp Hrbr	Oyster Bay	Friends Acad	Evergreen Ch	Oyster Bay
Boys	Monday	May 1	Lawrence	Academy Ch	Seaford	VSS	VSS
Boys	Monday	May 1	Wheatley	East Roc	Carle Place	W Hemp	Wheatley
Girls	Tuesday	May 2	North Shore	Island Trees	Locust Valley	Malverne	Island Trees
Girls	Tuesday	May 2	Cold Sp Hrbr	Oyster Bay	Friends Acad	Evergreen Ch	Oyster Bay
Girls	Tuesday	May 2	Lawrence	Academy Ch	Seaford	VSS	VSS
Girls	Tuesday	May 2	Wheatley	East Roc	Carle Place	W Hemp	Wheatley

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. 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

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: Syosset Girls/Freeport Boys/Massapequa Boys

Division 1B: Port Washington Girls/Oceanside Boys/VSC Boys

Division 2A: Calhoun Girls/NHP Boys/Long Beach Boys

Division 2B: GNN Boys/Garden City Boys/Roslyn Girls

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

Division 3B: VSN Boys/Floral Park Girls/Clarke Boys

Division 4A: Seaford Girls/Locust Valley Boys/ Valley Stream Girls

Division 4B: Oyster Bay Boys/ West Hempstead Girls/ Wheatley Boys

County A: Wheatley Girls/Oyster Bay Boys/Seaford Boys

County AA: Glen Cove Girls/Bethpage Boys/Hewlett Boys

County AAA: Hicksville Boys/Plainview Boys/Herricks Girls

State Qualifier: South Side Girls/Carey Boys/East Roc Boys

Section 3C– Invitationals

Any coach hosting a Non FAT Invitational must publish their results in HYTEK. These results must be submitted to ny.milesplit.com

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.. **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).
 - 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.**
- TIMES OR DISTANCES ACHIEVED IN LEAGUE MEETS MAY BE USED FOR SEED PURPOSES. Coaches must submit League Meet performances on **TRACKCONFERENCE by 7PM Thursday of each week.** If Coaches fail to submit performances by 7PM Thursday those seeds will not be posted on milesplit and will not be eligible for seeding purposes.
- The Meet Scoring Sheet should be submitted to the coordinators at section8results@yahoo.com
- 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.

North Shore Frosh/Soph Meet @East Meadow		South Shore Frosh/Soph Meet @ Long Beach HS	
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	Evergreen Charter	West Hempstead HS	

Section VIII “North Shore” Frosh/Soph Meet

Thursday, April 20, 2023

East Meadow High School

4:30pm start

Meet Director: Nick Aurigemma/Ed Corona

Section VIII “South Shore” Frosh/Soph Meet

Friday, April 21, 2022

Long Beach High School

5:00pm start

Meet Director: Nick Aurigemma/Ed Corona

Frosh/Soph Meet Order of Events	
110m Hurdles 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 May be only 2 jumps allowed in Long Jump More information will be sent to coaches in regard to bus parking, meet management, seeding and competitor numbers and/or labels. Medals provided by the Nassau County Track Coaches Association 100m Final on time
100m Hurdles Girls	
1600m Boys	
1500m Girls	
100m Boys	
100m Girls	
400m Boys	
400m Girls	
MMR Boys (800/400/200/200)	
MMR Girls (800/400/200/200)	
Long Jump	
Shot Put	
High Jump	
Pole Vault	

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; Heat winners + next fastest advance ● Only one relay per team ● No non-scorers for 2023 ● 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
100m SEMI-FINALS	
1600m/1500m	
100m FINALS	
400m	
110m/100m High Hurdles	
800m	
3200m/3000m	
200m	
Ten Minutes Break	
4x400m Relay	
4x100m Relay	
4x800m 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 program (Boys and Girls) **MUST** bring a volunteer supervisor or student to help.
- 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 10AM the morning of their meet.**
- All events will be preseeded
- Teams are allowed three scorers per event. Each athlete has a three event limit.
- Eight 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.
- Pole Vault may need to be contested before or after the meet if site can not contest event on day of
- **THE RAIN DATES FOR DIVISION MEETS ARE WEDNESDAY MAY 10 AND THURSDAY 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. SCHEDULED SITES MAY BE ALTERED DUE TO RAIN DATES.**

Section 8 – County Class Championships

Class AAA – on May 22 at MacArthur

Class AA– on May 23 at VSN

Class A– on May 24 at Carle Place

MEET ENTRY and NOTES:

- All entries **MUST** be done on ny.milesplit.com
 - The entry will **CLOSE** for County Class A, AA & AAA on Thursday, May 18th at 10pm.
 - We will post entries Friday, May 19th, 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 19th at 8pm.
 - Final seeds will be posted late Friday evening, May 19th.
- **YOU MUST print or screen shot your entry for any challenges.**
- 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.
- Eight 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 25 AND FRIDAY MAY 26. 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**
- Each school will need to contribute to running the meet. Each program (Boys and Girls) **MUST** bring at least **ONE** volunteer supervisor or student to help.

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 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.
- Timelines and deadlines for the meet entry as follows;
 - The entry website will CLOSE on Saturday, May 27th at 10pm.
 - We will post the entries later on May 27th. 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 Sunday, May 28th at 8pm. (at section8results.com)
 - Final seeds will be posted on Monday, May 29. 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.**
- 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.
- Implements will be weighed and measured.

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 5 from either Division.
- For Steeplechase, 18 total athletes will be accepted (Division 1 & 2), with no fewer than 5 from either Division.
- For the 800m, 1600m and 1500m no fewer than 7 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 6 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. (The games committee reserves the right to increase the number of athletes progressing to the Finals to ensure a competitive field for either Division)
- 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 5 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 4 teams from either Division.

Section VIII Spring Track NYSPHSAA State Qualifying Meet

North Shore High School

Day 1 – June 1 2022						Day 2 - June 2022					
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	24		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	24		Boys	100m	1	Final	8
5:10	Boys	100m	1	Semi	24		Girls	100m	2	Final	8
	Girls	100m	1	Semi	24		Girls	100m	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	24	6:20	Boys	200m	2	Final	8
	Girls	200m	1	Semi	24		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 to	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>			4:45	Boys	4x400m	2	Final	8
	Boys	PENT High Jump	<i>followed by</i>				Boys	4x400m	1	Final	8
4:45	Girls	PENT High Jump				4:45	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
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			
	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 2023 SEASON**

EACH SECTION MUST DESIGNATE THEIR STATE QUALIFIER MEET.

FIRST PLACE FINISHER IN EACH INDIVIDUAL EVENT AND RELAY FROM THE FOLLOWING DIVISIONS WILL ADVANCE TO THE STATE MEET: ***DIVISION I AND DIVISION II.***

A SECTION MAY SEND ANOTHER ATHLETE OR RELAY TEAM IN ANY EVENT. THEY MUST BE THE HIGHEST PLACING FINISHER AT THE QUALIFIER THAT HAS MET THE STANDARD LISTED BELOW.
THE STANDARD MAY BE MET AT ANY INVITATIONAL OR CHAMPIONSHIP MEET AT ANYTIME DURING THE SEASON.

EVENT	BOYS D1	BOYS D2	GIRLS D1	GIRLS D2
100M DASH	11.0 / 11.23	11.0 / 11.24	12.2 / 12.51	12.5 / 12.81
200M DASH	22.0 / 22.28	22.4 / 22.68	25.4 / 25.63	25.8 / 26.09
400M DASH	49.2 / 49.43	50.4 / 50.68	58.0 / 58.26	59.0 / 59.27
800M RUN	1:55.2 / 1:55.47	1:57.7 / 1:57.95	2:12.3 / 2:12.53	2:17.0 / 2:17.21
1600/1500M RUN	4:17.0 / 4:17.24	4:24.2 / 4:24.46	4:35.3 / 4:35.56	4:46.1 / 4:46.40
3200/3000M RUN	9:22.1 / 9:22.35	9:40.2 / 9:40.47	10:03.3 / 10:03.59	10:19.0 / 10:19.26
STEEPLECHASE	9:36.5 / 9:36.79	9:57.3 / 9:57.61	7:04.7 / 7:04.97	7:17.6 / 7:17.86
HIGH HURDLES	14.5 / 14.78	15.2 / 15.47	15.0 / 15.25	15.9 / 16.10
400M HURDLES	55.8 / 56.09	56.9 / 57.21	65.1 / 65.32	66.4 / 66.66
LONG JUMP	22' 01.25"	21' 03"	18' 01.25"	17' 01.25"
TRIPLE JUMP	45' 00"	44' 04.25"	37' 07.5"	36' 05.5"
SHOT PUT	51' 00.5"	50' 07.5"	38' 01.5"	36' 02.25"
DISCUS	148' 04"	143' 07"	119' 02"	110' 06"
HIGH JUMP	6' 03"	6' 02"	5' 03"	5' 02"
POLE VAULT	13' 07"	13' 00"	11' 03"	10' 00"
PENTATHLON	3020 PTS.	2956 PTS.	3003 PTS.	2637 PTS.
400M RELAY	42.6 / 42.89	43.9 / 44.20	48.5 / 48.73	50.3 / 50.59
1600M RELAY	3:22.4 / 3:22.69	3:28.2 / 3:28.48	3:59.7 / 3:59.93	4:07.3 / 4:07.57
3200M RELAY	7:53.9 / 7:54.17	8:12.1 / 8:12.33	9:18.8 / 9:19.00	9:44.7 / 9:44.94

(FIRST TIME LISTED IN EACH COLUMN IS HAND TIMED, SECOND TIME LISTED IS FULLY AUTOMATIC TIMING.)

THESE STANDARDS REPRESENT THE AVERAGE OF 6TH PLACE IN THE FINALS FROM 2016 THROUGH 2022

PROPOSED 12/06/22

2023 NYSPHSAA SUPER QUALIFYING STANDARDS

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

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

Performances must occur in a meet with 5 or more teams with certified officials.

All track times must be FAT.

Athletes/Relays who meet a Super Standard must compete in that event at their state qualifier meet to advance to the state meet by virtue of the Super Standard.

Accepted 12/16/22

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

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

FRIDAY JUNE 09, 2023

ORDER OF EVENTS									
TRACK					FIELD				
	Div I - Large				11:00	POLE VAULT	B	CHAMP	F
	Div II - Small				11:00	DISCUS	G	I	CLASS FINAL
					11:30	TRIPLE JUMP	B	I	CLASS FINAL
12:30	Pent. 110 HH-1	B	CHAMP	F	<i>lowers</i>	TRIPLE JUMP	B	II	CLASS FINAL
	Pent. 100 HH-1	G	CHAMP	F	<i>lowers</i>	12:30 SHOT PUT	B	I	CLASS FINAL
						12:30 DISCUS	G	II	CLASS FINAL
	OPENING CEREMONIES INCLUDING SPORTS!				2:00	SHOT PUT	B	II	CLASS FINAL
	AWARD WINNERS				1:00	TRIPLE JUMP	G	I	CLASS FINAL
1:30	110H	B	II	T		TRIPLE JUMP	G	II	CLASS FINAL
	110H	B	I	T					
1:45	100H	G	II	T					
	100H	G	I	T	1:15	PENT.HIGHJP1	B	CHAMP	F
2:00	100M	B	II	T		PENT.HIGHJP1	G	CHAMP	F
	100M	B	I	T					
	100M	G	II	T	3:30	POLE VAULT	G	CHAMP	F
	100M	G	I	T					
2:25	Pent. 110 HH-2	B	CHAMP	F	<i>highers</i>	2:00 DISCUS	B	I	CLASS FINAL
	Pent. 100 HH-2	G	CHAMP	F	<i>highers</i>	3:30 DISCUS	B	II	CLASS FINAL
2:50	400M	B	II	CLASS FINAL					
	400M	B	I	CLASS FINAL	2:30	LONG JUMP	B	I	CLASS FINAL
	400M	G	II	CLASS FINAL		LONG JUMP	B	II	CLASS FINAL
	400M	G	I	CLASS FINAL					
3:25	800M	B	CHAMP	F	3:00	SHOT PUT	G	I	CLASS FINAL
	800M	G	CHAMP	F	4:30	SHOT PUT	G	II	CLASS FINAL
3:55	200M	B	II	T					
	200M	B	I	T					
	200M	G	II	T	3:15	PENT.SHOT-1	B	CHAMP	F
	200M	G	I	T	3:45	PENT.SHOT-1	G	CHAMP	F
4:25	400 INTERH	B	II	CLASS FINAL	3:00	PENT.HIGHJP-2	B	CHAMP	F
	400 INTERH	B	I	CLASS FINAL	3:15	PENT.HIGHJP-2	G	CHAMP	F
	400 INTERH	G	II	CLASS FINAL					
	400 INTERH	G	I	CLASS FINAL					
5:00	4x100 RELAY	B	II	CLASS FINAL					
	4x100 RELAY	B	I	CLASS FINAL					
	4x100 RELAY	G	II	CLASS FINAL	4:00	LONG JUMP	G	I	CLASS FINAL
	4x100 RELAY	G	I	CLASS FINAL		LONG JUMP	G	II	CLASS FINAL
5:35	4x400 RELAY	B	II	CLASS FINAL					
	4x400 RELAY	B	I	CLASS FINAL					
	4x400 RELAY	G	II	CLASS FINAL	5:00	PENT.SHOT-2	B	CHAMP	F
	4x400 RELAY	G	I	CLASS FINAL	5:30	PENT.SHOT-2	G	CHAMP	F
6:30	3200M	B	CHAMP	F					
	3000M	G	CHAMP	F					

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

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

§ATURDAY JUNE 10, 2023

ORDER OF EVENTS

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

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>	
1. _____	_____	* _____
2. _____	_____	* _____
3. _____	_____	* _____
4. _____	_____	* _____
5. _____	_____	* _____

*If Wrestler: Please include Weigh-in validated by Athletic Director

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.