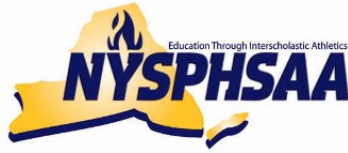


Nassau County High School Athletic Association

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
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** James Ravener, Bethpage High School
Bud McQuillan, Lawrence High School
Kristen Hamilton, Roslyn High School
Stephen Honerkamp, Hewlett High School
- Conference 4** Neal Levy, North Shore High School
Pete McNally, Lynbrook High School
Fred DeRuvo, Island Trees High School
DJ Paulson, The Wheatley School
Louisa Gary, Friends Academy

High School Association Representative

Ralph Amitrano, Mineola High School

Representatives from the Officials Associations

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

Modified Track & Field Coordinator

TBA

Nassau County Track Coaches Association

President Michael Ringhauser, East Meadow High School
Vice President Kristin Frazer, Wantagh High School
Treasurer Fred DeRuvo, Island Trees High School
Secretary Katie DeRuvo, Wheatley High Schools

Section 1 – Season Overview

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

Underlined schools have pole vault facilities

Section VIII Class County Alignment	New York State Alignment
AAA = Uniondale through Garden City AA = Valley Stream Central through Lynbrook A = Floral Park through East Rockaway	State Division 1 = Uniondale through State Division 2 = through East Rockaway

Conference League Meet Schedule				
League Meet #1	League Meet #2	League Meet #3	League Meet #4	League Meet #5
May 3 & May 4	May 6 & May 7	May 10 & May 11	May 17 & May 18	May 20 & May 21
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
Conference 2 & 4, Boys Followed by Girls				
Conference 1 & 3, Girls followed by Boys				

Division Championships

*Division 3B Girls on May 25 at Roosevelt
 Division 3B Boys on May 26 at Bethpage
 Division 3A – on May 26 at VSN
 Division 4B – on May 27 at CSH
 Division 2A and 2B meets - on June 1 at Long Beach and Calhoun
 Division 1A – on June 2 at Massapequa*

County Championships

*Field Events Class A,AA, on June 4 at CSH,VSN
 Running Events Class AAA – on June 8 at Mitchell Field
 Running Events Class AA – on June 9 at Mitchell Field
 Running Events Class A – on June 10 at Mitchell Field*

2021 Section VIII Spring Track & Field County Classes

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

2020 NYSPHSAA Spring Track & Field State Divisions

State Division 1 (600+)	State Division 2 (<600)
Uniondale Freeport Massapequa Hempstead Syosset Farmingdale Oceanside Westbury Port Washington Hicksville Baldwin Plainview-JFK East Meadow Herricks MacArthur Long Beach Mepham Calhoun Great Neck South New Hyde Park Garden City VSC Sewanhaka	Elmont Manhasset Carey Bellmore JFK Great Neck North Jericho Roosevelt South Side Hewlett Glen Cove Roslyn Division Bethpage Valley Stream North Lynbrook Floral Park Valley Stream South Mineola Plainedge North Shore Lawrence Wantagh

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

Competition

- a. Individuals must compete in 2 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!

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 <http://ny.milesplit.com> .
- b. 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.
- c. Coaches must post potential seeds that have not already been automatically entered into the system in <http://ny.milesplit.com>
- d. 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.
- e. 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.
- f. NO CONVERSIONS for boys or girls in any event.
- g. Relay seeds must be actual, not composites.

Section 3 – Timing Services, Results and Websites

Section VIII XC/Track & Field webpage: <http://ny.milesplit.com/>

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

Rankings

Coaches will need to enter performances for their athletes on the <http://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 to be used for optional girls racewalk. • 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	
Break (racewalk)	
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).
 - It is not necessary to have an official specifically assigned to the pole vault. You may contest a League Meet with coaches running the event. Speak to your Athletic Director for guidance on how your district would like to handle this situation.

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

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

Conference 1 League Meet Schedule

Spring 2021

Gender	Day	Day	Team 1	Team 2	Team 3	Team 4	Home Site
Girls	Mon	May 3	Freeport	Westbury	Hempstead	Port Washington	Freeport
Girls	Mon	May 3	Hicksville	Massapequa	Herricks	Uniondale	Herricks
Girls	Mon	May 3	Syosset	Baldwin	Oceanside		Syosset
Girls	Mon	May 3	Plainview	Farmingdale	East Meadow		Farmingdale
Boys	Tue	May 4	Freeport	Westbury	Hempstead	Port Washington	Freeport
Boys	Tue	May 4	Hicksville	Massapequa	Herricks	Uniondale	Herricks
Boys	Tue	May 4	Syosset	Baldwin	Oceanside		Syosset
Boys	Tue	May 4	Plainview	Farmingdale	East Meadow		Farmingdale
Girls	Thur	May 6	Freeport	Baldwin	East Meadow	Uniondale	Uniondale
Girls	Thur	May 6	Hicksville	Farmingdale	Oceanside	Port Washington	Oceanside
Girls	Thur	May 6	Syosset	Westbury	Herricks		Westbury
Girls	Thur	May 6	Plainview	Massapequa	Hempstead		Hempstead
Boys	Friday	May 7	Freeport	Baldwin	East Meadow	Uniondale	Uniondale
Boys	Friday	May 7	Hicksville	Farmingdale	Oceanside	Port Washington	Oceanside
Boys	Friday	May 7	Syosset	Westbury	Herricks		Westbury
Boys	Friday	May 7	Plainview	Massapequa	Hempstead		Hempstead
Girls	Mon	May 10	Freeport	Hicksville	Syosset	Plainview	Hicksville
Girls	Mon	May 10	Massapequa	Westbury	Farmingdale	Baldwin	Baldwin
Girls	Mon	May 10	Oceanside	East Meadow	Hempstead	Herricks	TBD
Girls	Mon	May 10	Uniondale	Port Washington			Port Washington
Boys	Tue	May 11	Freeport	Hicksville	Syosset	Plainview	Hicksville
Boys	Tue	May 11	Massapequa	Westbury	Farmingdale	Baldwin	Baldwin
Boys	Tue	May 11	Oceanside	East Meadow	Hempstead	Herricks	Oceanside
Boys	Tue	May 11	Uniondale	Port Washington			Port Washington
Girls	Mon	May 17	Freeport	Farmingdale	Herricks		Freeport
Girls	Mon	May 17	Hicksville	Baldwin	Hempstead		Baldwin
Girls	Mon	May 17	Syosset	Massapequa	East Meadow	Port Washington	Massapequa
Girls	Mon	May 17	Plainview	Westbury	Oceanside	Uniondale	Uniondale
Boys	Tue	May 18	Freeport	Farmingdale	Herricks		Freeport
Boys	Tue	May 18	Hicksville	Baldwin	Hempstead		Baldwin
Boys	Tue	May 18	Syosset	Massapequa	East Meadow	Port Washington	Massapequa
Boys	Tue	May 18	Plainview	Westbury	Oceanside	Uniondale	Uniondale
Girls	Thur	May 20	Freeport	Massapequa	Oceanside		Oceanside
Girls	Thur	May 20	Hicksville	Westbury	East Meadow		Hicksville
Girls	Thur	May 20	Syosset	Farmingdale	Hempstead	Uniondale	Syosset
Girls	Thur	May 20	Plainview	Baldwin	Herricks	Port Washington	Herricks
Boys	Friday	May 21	Freeport	Massapequa	Oceanside		Oceanside
Boys	Friday	May 21	Hicksville	Westbury	East Meadow		Westbury
Boys	Friday	May 21	Syosset	Farmingdale	Hempstead	Uniondale	Syosset
Boys	Friday	May 21	Plainview	Baldwin	Herricks	Port Washington	Herricks

Conference 2 League Meet Schedule

Spring 2021

[Read schedule from Left to Right]

Gender	Day	Day	Team 1	Team 2	Team 3	Team 4	Home Site
Boys	Mon	May 3	Long Beach	Jericho	New Hyde Park	Calhoun	Calhoun
Boys	Mon	May 3	GNN	MacArthur	JFK Bellmore	Mephram	Mephram
Boys	Mon	May 3	GNS	Carey	VSC		GNS
Boys	Mon	May 3	Sewanhaka	Garden City	Elmont		Elmont
Girls	Tue	May 4	Long Beach	Jericho	New Hyde Park	Calhoun	Calhoun
Girls	Tue	May 4	GNN	MacArthur	JFK Bellmore	Mephram	Mephram
Girls	Tue	May 4	GNS	Carey	VSC		GNS
Girls	Tue	May 4	Sewanhaka	Garden City	Elmont		Elmont
Boys	Thur	May 6	Long Beach	Carey	Elmont	Mephram	Long Beach
Boys	Thur	May 6	GNN	Garden City	VSC	Calhoun	Garden City
Boys	Thur	May 6	GNS	Jericho	JFK Bellmore		GNS
Boys	Thur	May 6	Sewanhaka	MacArthur	New Hyde Park		MacArthur
Girls	Fri	May 7	Long Beach	Carey	Elmont	Mephram	Long Beach
Girls	Fri	May 7	GNN	Garden City	VSC	Calhoun	Garden City
Girls	Fri	May 7	GNS	Jericho	JFK Bellmore		GNS
Girls	Fri	May 7	Sewanhaka	MacArthur	New Hyde Park		MacArthur
Boys	Mon	May 10	Long Beach	GNN	GNS	Sewanhaka	GNN
Boys	Mon	May 10	MacArthur	Jericho	Garden City	Carey	Carey
Boys	Mon	May 10	VSC	Elmont	New Hyde Park	JFK Bellmore	JFK Bellmore
Boys	Mon	May 10	Mephram	Calhoun			Calhoun
Girls	Tue	May 11	Long Beach	GNN	GNS	Sewanhaka	GNN
Girls	Tue	May 11	MacArthur	Jericho	Garden City	Carey	Carey
Girls	Tue	May 11	VSC	Elmont	New Hyde Park	JFK Bellmore	JFK Bellmore
Girls	Tue	May 11	Mephram	Calhoun			Calhoun
Boys	Mon	May 17	Long Beach	Garden City	JFK Bellmore		JFK Bellmore
Boys	Mon	May 17	GNN	Carey	New Hyde Park		Carey
Boys	Mon	May 17	GNS	MacArthur	Elmont	Calhoun	Elmont
Boys	Mon	May 17	Sewanhaka	Jericho	VSC	Mephram	Jericho
Girls	Tue	May 18	Long Beach	Garden City	JFK Bellmore		JFK Bellmore
Girls	Tue	May 18	GNN	Carey	New Hyde Park		Carey
Girls	Tue	May 18	GNS	MacArthur	Elmont	Calhoun	Elmont
Girls	Tue	May 18	Sewanhaka	Jericho	VSC	Mephram	Jericho
Boys	Thur	May 20	Long Beach	MacArthur	VSC		Long Beach
Boys	Thur	May 20	GNN	Jericho	Elmont		GNN
Boys	Thur	May 20	GNS	Garden City	New Hyde Park	Mephram	Mephram
Boys	Thur	May 20	Sewanhaka	Carey	JFK Bellmore	Calhoun	Calhoun
Girls	Friday	May 21	Long Beach	MacArthur	VSC		Long Beach
Girls	Friday	May 21	GNN	Jericho	Elmont		GNN
Girls	Friday	May 21	GNS	Garden City	New Hyde Park	Mephram	Mephram
Girls	Friday	May 21	Sewanhaka	Carey	JFK Bellmore	Calhoun	Calhoun

Conference 3 League Meet Schedule

Spring 2021

[Read schedule from Left to Right]

Gender	Day	Day	Team 1	Team 2	Team 3	Team 4	Home Site
Girls	Mon	May 3	Manhasset	Floral Park	Roslyn	Roosevelt	Roslyn
Girls	Mon	May 3	Bethpage	VSN	Plainedge	South Side	Bethpage
Girls	Mon	May 3	Glen Cove	VSS`	Hewlett		Glen Cove
Girls	Mon	May 3	Lynbrook	Division	Mineola		Lynbrook
Boys	Tues	May 4	Manhasset	Floral Park	Roslyn	Roosevelt	Roslyn
Boys	Tues	May 4	Bethpage	VSN	Plainedge	South Side	Bethpage
Boys	Tues	May 4	Glen Cove	VSS`	Hewlett		Glen Cove
Boys	Tues	May 4	Lynbrook	Division	Mineola		Lynbrook
Girls	Thur	May 6	Manhasset	VSS	Mineola	South Side	South Side
Girls	Thur	May 6	Bethpage	Division	Hewlett	Roosevelt	Hewlett
Girls	Thur	May 6	Glen Cove	Floral Park	Plainedge		Floral Park
Girls	Thur	May 6	Lynbrook	VSN	Roslyn		VSN
Boys	Friday	May 7	Manhasset	VSS	Mineola	South Side	South Side
Boys	Friday	May 7	Bethpage	Division	Hewlett	Roosevelt	Hewlett
Boys	Friday	May 7	Glen Cove	Floral Park	Plainedge		Floral Park
Boys	Friday	May 7	Lynbrook	VSN	Roslyn		VSN
Girls	Mon	May 10	Manhasset	Bethpage	Glen Cove	Lynbrook	Manhasset
Girls	Mon	May 10	VSN	Floral Park	Division	VSS	Floral Park
Girls	Mon	May 10	Hewlett	MIneola	Rolsyn	Plainedge	Plainedge
Girls	Mon	May 10	South Side	Roosevelt			Roosevelt
Boys	Tues	May 11	Manhasset	Bethpage	Glen Cove	Lynbrook	Manhasset
Boys	Tues	May 11	VSN	Floral Park	Division	VSS	Floral Park
Boys	Tues	May 11	Hewlett	MIneola	Rolsyn	Plainedge	Plainedge
Boys	Tues	May 11	South Side	Roosevelt			Roosevelt
Girls	Mon	May 17	Manhasset	Division	Plainedge		Manhasset
Girls	Mon	May 17	Bethpage	VSS	Roslyn		Roslyn
Girls	Mon	May 17	Glen Cove	VSN	Mineola	Roosevelt	Glen Cove
Girls	Mon	May 17	Lynbrook	Floral Park	Hewlett	South Side	Hewlett
Boys	Tues	May 18	Manhasset	Division	Plainedge		Manhasset
Boys	Tues	May 18	Bethpage	VSS	Roslyn		Roslyn
Boys	Tues	May 18	Glen Cove	VSN	Mineola	Roosevelt	Glen Cove
Boys	Tues	May 18	Lynbrook	Floral Park	Hewlett	South Side	Hewlett
Girls	Thur	May 20	Manhasset	VSN	Hewlett		VSN
Girls	Thur	May 20	Bethpage	Floral Park	Mineola		Bethpage
Girls	Thur	May 20	Glen Cove	Division	Roslyn	South Side	South Side
Girls	Thur	May 20	Lynbrook	VSS	Plainedge	Roosevelt	VSS
Boys	Friday	May 21	Manhasset	VSN	Hewlett		VSN
Boys	Friday	May 21	Bethpage	Floral Park	Mineola		Bethpage
Boys	Friday	May 21	Glen Cove	Division	Roslyn	South Side	South Side
Boys	Friday	May 21	Lynbrook	VSS	Plainedge	Roosevelt	VSS

Conference 4 League Meet Schedule

Spring 2021

Gender	Day	Day	Team 1	Team 2	Team 3	Team 4	Home Site
Boys	Mon	May 3	Lawrence	Malverne	West Hempstead	Wheatley	West Hempstead
Boys	Mon	May 3	Friends	Clarke	Carle Place	North Shore	Friends
Boys	Mon	May 3	Wantagh	Academy	Seaford	East Rockaway	Seaford
Boys	Mon	May 3	CSH	Island Trees	Oyster Bay	Locust Valley	Oyster Bay
Girls	Tues	May 4	Lawrence	Malverne	West Hempstead	Wheatley	West Hempstead
Girls	Tues	May 4	Friends	Clarke	Carle Place	North Shore	Friends
Girls	Tues	May 4	Wantagh	Academy	Seaford	East Rockaway	Seaford
Girls	Tues	May 4	CSH	Island Trees	Oyster Bay	Locust Valley	Oyster Bay
Boys	Thur	May 6	Lawrence	Academy	Oyster Bay	North Shore	North Shore
Boys	Thur	May 6	Friends	Island Trees	Seaford	Wheatley	Wheatley
Boys	Thur	May 6	Wantagh	Malverne	Carle Place	Locust Valley	Malverne
Boys	Thur	May 6	CSH	Clarke	West Hempstead	East Rockaway	Clarke
Girls	Friday	May 7	Lawrence	Academy	Oyster Bay	North Shore	North Shore
Girls	Friday	May 7	Friends	Island Trees	Seaford	Wheatley	Wheatley
Girls	Friday	May 7	Wantagh	Malverne	Carle Place	Locust Valley	Malverne
Girls	Friday	May 7	CSH	Clarke	West Hempstead	East Rockaway	Clarke
Boys	Mon	May 10	Lawrence	Friends	Wantagh	CSH	Wantagh
Boys	Mon	May 10	Clarke	Malverne	Island Trees	Academy	Island Trees
Boys	Mon	May 10	Seaford	Oyster Bay	West Hempstead	Carle Place	Carle Place
Boys	Mon	May 10	Locust Valley	East Rockaway	North Shore	Wheatley	Locust Valley
Girls	Tues	May 11	Lawrence	Friends	Wantagh	CSH	Wantagh
Girls	Tues	May 11	Clarke	Malverne	Island Trees	Academy	Island Trees
Girls	Tues	May 11	Seaford	Oyster Bay	West Hempstead	Carle Place	Carle Place
Girls	Tues	May 11	Locust Valley	East Rockaway	North Shore	Wheatley	Locust Valley
Boys	Mon	May 17	Lawrence	Island Trees	Carle Place	East Rockaway	Island Trees
Boys	Mon	May 17	Friends	Academy	West Hempstead	Locust Valley	Friends
Boys	Mon	May 17	Wantagh	Clarke	Oyster Bay	Wheatley	Clarke
Boys	Mon	May 17	CSH	Malverne	Seaford	North Shore	CSH
Girls	Tues	May 18	Lawrence	Island Trees	Carle Place	East Rockaway	Island Trees
Girls	Tues	May 18	Friends	Academy	West Hempstead	Locust Valley	Friends
Girls	Tues	May 18	Wantagh	Clarke	Oyster Bay	Wheatley	Clarke
Girls	Tues	May 18	CSH	Malverne	Seaford	North Shore	CSH
Boys	Thur	May 20	Lawrence	Clarke	Seaford	Locust Valley	Seaford
Boys	Thur	May 20	Friends	Malverne	Oyster Bay	East Rockaway	Malverne
Boys	Thur	May 20	Wantagh	Island Trees	West Hempstead	North Shore	North Shore
Boys	Thur	May 20	CSH	Academy	Carle Place	Wheatley	CSH
Girls	Friday	May 21	Lawrence	Clarke	Seaford	Locust Valley	Seaford
Girls	Friday	May 21	Friends	Malverne	Oyster Bay	East Rockaway	Malverne
Girls	Friday	May 21	Wantagh	Island Trees	West Hempstead	North Shore	North Shore
Girls	Friday	May 21	CSH	Academy	Carle Place	Wheatley	CSH

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, winner + next 3 fastest advance ● Only one relay per team ● No non-scoring athletes in any event ● 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 or Racewalk	
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.
- There will be FAT timing at each Division Meet site
- 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).
- Seeding for scorers in each event will be verbal. Non-scorers do not need a card. Relays require an index card
- Teams are allowed three scorers per event. Each athlete has a three event limit.
- The girls racewalk is A NON SCORING EVENT however participation in this event does count toward the athlete's 3 event limit.
- Six names are allowed for Relay Entry. A name on the card counts as an event for that athlete.
- A games committee will be randomly selected for each County Championship Meet. The Head Referee will advise this committee if necessary.
- **THE RAIN DATES TBA**

Single Gender Division Meet Time Schedule		
5:00	400 Int. Hurdles	FINAL
5:15	100m Semi-Finals	SEMI*
5:25	1600m or 1500m	FINAL
5:40	100m Finals	FINAL
5:45	400m	FINAL
6:00	100m or 110m HH	FINAL
6:10	800m	FINAL
6:20	3200m	FINAL
6:35	200m	FINAL
	Ten Minute Break or Racewalk	

6:55	4 x 800m	FINAL
7:15	4 x 100m	FINAL
7:20	4 x 400m	FINAL
	Field Events	
5:00	LJ followed by TJ	FINAL
5:00	Shot followed by Disc	FINAL
5:00	High Jump	FINAL
5:00	Pole Vault	FINAL

Division Meet Entry Form

School _____

Boys or Girls

Coach Name _____

Phone _____

Place an X in the appropriate boxes for your **scoring athletes**. There is a three event limit per athlete and three athletes permitted in each event per school. For relays you may list up to 6 names. **Do not list non-scorers.**

Name	RW	1 0 0	2 0 0	4 0 0	8 0 0	1 6 0 0	3 2 0 0	H H	4 0 0 H	H J	L J	T J	S P	D i s	P V	4 x 1 0 0	4 x 4 0 0	4 x 8 0 0

Submit Entry prior to the start of the Division Championships to the Meet Director, use additional pages if necessary

Section 8 – County Class Championships Running Events

Class AAA – on June 8 at Mitchell Field
Class AA– on June 9 at Mitchell Field
Class A– on June 10 at Mitchell Field

MEET ENTRY and NOTES:

- All entries MUST be done on ny.milesplit.com
- **Please print a copy of your entry for your own records and for any challenges.**
- No other meet entry or seed cards necessary.
- If you are NOT entering the County Championships, please contact the coordinators with this information.
- Seeds MUST be on ny.milesplit.com for verification. An authentic FAT seed beats a converted hand time seed in case of a tie.
- During the seeding process, accepted athletes will be determined by the coordinators for the Class County meet based on quotas for each event and verified seeds.
- Teams are allowed three scorers per event. Each athlete has a three event limit.
- Competitors for the Steeplechase must have a seed time on a track with a water pit in order to be entered.
- Six names are allowed on Relay entries. Names on relay entry count as one of the athlete's events.
- You may scratch an athlete at the County meet BEFORE an event is called.
- 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	400m Int. Hurdles	FINAL	18	4:50	Girls	100m Hurdles	SEMI*	18
	Boys	400m Int. Hurdles	FINAL	18	5:00	Boys	110m Hurdles	SEMI*	18
3:20	Girls	100m Semi-Finals	SEMI*	18	5:05	Girls	800m	FINAL	24
3:30	Boys	100m Semi-Finals	SEMI*	18		Boys	800m	FINAL	24
3:40	Girls	1500m	FINAL	24	5:25	Boys	110m Hurdles	FINAL	6
	Boys	1600m	FINAL	24	5:30	Girls	100m Hurdles	FINAL	6
4:05	Girls	100m Finals	FINAL	6	5:35	Girls	200m	SEMI*	18
4:10	Boys	100m Finals	FINAL	6		Boys	200m	SEMI*	18
4:15	Girls	400m	FINAL	18	5:50	Girls	3000m	FINAL	16
4:25	Boys	400m	FINAL	18	6:05	Boys	3200m	FINAL	16
					6:20	Girls	200m	FINAL	6
					6:25	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				
					6:45	Girls	4x400m	FINAL	12
					7:00	Boys	4x400m	FINAL	12
					7:10	Girls	4x100m	FINAL	12
					7:15	Boys	4x100m	FINAL	12
					7:30	Girls	4x800m	FINAL	12
					7:35	Boys	4x800m	FINAL	12

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

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

Class County Championship Field Events/Steeplechase									
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Field Events (4:00pm)					Field Events (6:00pm)				
4:00	Boys	Long Jump	Trials/Finals**	16	6:00	Boys	Triple Jump	Trials/Finals**	16
4:00	Girls	Long Jump	Trials/Finals**	16	6:00	Girls	Triple Jump	Trials/Finals**	16
4:00	Boys	Discus	Trials/Finals**	16	6:00	Boys	Shot Put	Trials/Finals**	16
4:00	Girls	Shot Put	Trials/Finals**	16	6:00	Girls	Discus	Trials/Finals**	16
4:00	Boys	Pole Vault	FINAL	12***	6:00	Boys	High Jump	FINAL	12***
4:00	Girls	High Jump	FINAL	12***	6:00	Girls	Pole Vault	FINAL	12***

5:00	Boys	Steeplechase	FINAL	14
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5:20	Girls	Steeplechase	FINAL	14
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**3 attempts in the trials. Top 8 will advance to a final with 3 more attempts.

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 – 997-201

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.

Section VIII Spring Track & Field - Official League Meet Scoresheet

		Date:	Location:					Home Team	Team	Team	Team
		Dual: 5-3-1 Relay: 5-0	Tri: 5-3-2-1 Relay: 5-3	Quad: 6-4-3-2-1 Relay: 6-4-2							
EVENT	1st	2nd	3rd	4th	5th	6th					
400H											
1600/1500M											
100M											
400M											
110/100HH											
800M											
200M											
3200/3000M											
4X400M											
4X100M											
4X800M											
Long Jump											
Triple Jump											
High Jump											
Pole Vault											
Shot Put											
Discus											
Signatures	Hosting Coach:		Coach & School:		Coach & School:		Total Team Points:				
	Coach & School:	Starter	Coach & School:	Timer	Line Clerk	Timer / Field Event	Total Team Standing:				
	Official Job at Meet:		Official Last Name:								

Please take picture and text to Jordan Ashley (516) 426-6970 or email sheet to: jordan.ashley591@gmail.com