

## Section 8 – County Class Championships

Class A – on May 24 at Cold Spring Harbor HS

Class AAA – on May 25 at Long Beach HS

Class AA – on May 26 at Glen Cove HS

The County Meet entry is due by Friday May 20th at noon.

1. Log into trackconference.com
2. Click on the Resources Tab and navigate down to Manage Teams
3. Select the Meet Entry link on the bottom left
4. In this window choose you Class County (A, AA,AAA) from the drag down menu.
5. Select an athlete and hit the >> tab next to the appropriate event. (relay times should appear when you choose the first leg of a relay team)

Do not worry about the number of meets that appear. Be prepared however to defend any challenge that might arise regarding the number of meets each athlete has competed in. (An athlete must have competed in 6 meets to be eligible to enter the Class County Championship)

See attached with further County Meet Information.

\*County AA Pole Vault will be contested at Hewlett HS on Monday 23rd at 4:30.

\* County AA Championship Meet is at Glen Cove HS May 26. (It is NOT at Jericho HS)

MEET ENTRY and NOTES:

- All entries MUST be done on [www.trackconference.com](http://www.trackconference.com).
  - The entry website will CLOSE on Friday, May 20 at Noon.
  - The site will reopen Friday for challenges and scratches. At this time, please scratch any athlete who will not be competing so other athletes can be accepted. Also, you may only scratch athletes during the period; you may not make any additions or substitutions.
  - The site will close again on Saturday, May 21 at 10:00pm.
  - Final seeds will be posted on Monday morning, May 23.
- Please print a copy of your entry for your own records.
- No other meet entry or seed cards necessary.
- If you are NOT entering the County Championships, please contact the coordinators with this information.
- Seeds MUST be on [www.trackconference.com](http://www.trackconference.com) for verification. Each seed must have been posted according to the seed timetable posted in this handbook. An authentic FAT seed beats a converted hand time seed in case of a tie.
- During the seeding process, accepted athletes will be determined by the coordinators for the Class County meet based on quotas for each event and verified seeds.
- Teams are allowed three scorers per event. Each athlete has a three event limit.
- Competitors for the Steeplechase must have a seed time on a track with a water pit in order to be entered.
- Six names are allowed on Relay entries. Names on relay entry count as one of the athlete's events.
- Should the County Championships need to be moved to an 8 or 9 lane track, the number of accepted athletes will be adjusted accordingly.
- You may scratch an athlete at the County meet BEFORE an event is called.
- Sites with only one runway will contest the jumps as such:
  - First Session Boys Long Jump followed by Girls Long Jump
  - Second Session Boys Triple followed by Girls Triple
- A games committee will be randomly selected for each County Championship Meet. The Head Referee will advise this committee if necessary.

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

\* Winner of each semi-final heat, plus the next 3 fastest times will advance to the final.

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

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

Class County Championship AA													
Session One (3:00pm)					Session Two (5:20pm)								
3:00	Girls	2000m Steeplechase	FINAL	14	5:20	Girls	100m Hurdles	SEMI*	24				
3:15	Boys	3000m Steeplechase	FINAL	14	5:30	Boys	110m Hurdles	SEMI*	24				
3:30	Girls	400m Int. Hurdles	FINAL	24	5:35	Girls	800m	FINAL	24				
	Boys	400m Int. Hurdles	FINAL	24		Boys	800m	FINAL	24				
3:50	Girls	100m Semi-Finals	SEMI*	24	5:55	Girls	100m Hurdles	FINAL	8				
4:00	Boys	100m Semi-Finals	SEMI*	24	6:00	Boys	110m Hurdles	FINAL	8				
4:10	Girls	1500m	FINAL	24	6:05	Girls	200m	SEMI*	24				
	Boys	1600m	FINAL	24		Boys	200m	SEMI*	24				
4:35	Girls	100m Finals	FINAL	8	6:20	Girls	3000m	FINAL	16				
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						Boys	4x800m	FINAL	12				
					7:40	Girls	4x400m	FINAL	16				
					7:50	Boys	4x400m	FINAL	16				
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3:00	Girls	Long Jump	Trials/Finals**	15	5:00	Girls	Triple Jump	Trials/Finals**	15				
3:00	Boys	Discus	Trials/Finals**	15	5:00	Boys	Shot Put	Trials/Finals**	15				
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3:00	Boys	Pole Vault	FINAL	12***	5:00	Boys	High Jump	FINAL	12***				
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