

Nassau County High School Athletic Association

Section VIII of the NYSPHSAA

Nina Van Erk, Executive Director



**Boys and Girls Spring Track & Field
Handbook – 2016**

Girls Coordinator – Mike Frazer, Valley Stream North High School

Boys Coordinator – Ed Corona, North Shore High School

Section VIII Spring Track & Field Committee

Conference 1 Rich Degnan, Massapequa High School
Steve Josepher, East Meadow High School
Nicole Dumpson, Port Washington High School
Chris Meyers, Syosset High School

Conference 2 Chris Mammone, Bellmore JFK High School
Adam McKenzie, Great Neck North High School
Greg Milone, Long Beach High School
Matt Princi, Carey High School
Steve Steiner, Manhasset High School

Conference 3 William Buith, New Hyde Park High School
Patrick Frazer, Wantagh High School
Stephen Honercamp, Hewlett High School
Neal Levy, North Shore High School
Pete McNally, Lynbrook High School

Conference 4 Nick Aurigemma, Cold Spring Harbor High School
Fred DeRuvo, Island Trees High School
Thomas Leninger, Mineola High School
Kevin Cotter, Oyster Bay High School

High School Association Representative

Ralph Amitrano, Mineola High School

Representatives from the Officials Associations

Bill Ott, President, Boys Officials Association

Ray Sullivan, President, Girls Officials Association

Modified Track & Field Coordinator

Richard Wilen, Merrick Avenue Middle School

Nassau County Track Coaches Association

President Michael Ringhauser, East Meadow High School

Vice President Kristin Frazer, Wantagh High School

Treasurer Fred DeRuvo, Island Trees High School

Secretary Katie DeRuvo, Wheatley High Schools

Boys & Girls Spring Track & Field Handbook

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2016 Important Dates

March 7	First day of practice
March 10	Mandatory Spring Track & Field Coaches Meeting
March 14	Rosters due online at www.TrackConference.com
March 28,29	League Meets begin
April 14	Section VIII Frosh/Soph Meets (North Shore/South Shore)
May 16,17,18	Division Championships
May 24,25,26	County Championships
June 2,3	State Qualifier
June 10,11	State Championships

Sportsmanship

The NYSPHSAA requires Officials to enforce all Rules regarding unsportsmanlike conduct by coaches and athletes. There will be no tolerance for negative statements or actions between opposing players, especially trash- talking, taunting, or baiting of opponents. Please remind all athletes and coaches of this policy.

Safety Notes

NY State Thunder & Lightning Policy – At the first sign of lightning, or sound of thunder, the event must come to halt. Everyone should retire to their buses or a nearby building. The event may resume when there is no lightning or thunder for 30 minutes. Meet management will decide if the meet is to be postponed completely.

Heat Index Policy – Coaches should be aware of the NYSPHSAA Heat Index procedures. Recommendations are made by the State when the Real Feel Temperature (Heat Index) is 80 degrees or higher. Please contact your Athletic Director for more information.

Section 1 – Season Overview

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

*Division Meet hosts are starred

Underlined schools have pole vault facilities

Section VIII Class County Alignment	New York State Alignment
AAA = Hempstead through Great Neck South AA = Mepham through Bethpage A = Lawrence through East Rockaway	State Division 1 =Hempstead through West Hempstead State Division 2 = Mineola through East Rockaway

Conference League Meet Schedule				
League Meet #1	League Meet #2	League Meet #3	League Meet #4	League Meet #5
March 28 & 29	April 4 & April 5	April 11 & April 12	April 18 & April 19	May 2 & May 3
1-6-11-16	1-8-10-15	1-2-3-4	1-7-12-14	1-5-9-13
2-5-12-15	2-7-9-16	5-6-7-8	2-8-11-13	2-6-10-14
3-8-9-14	3-6-12-13	9-10-11-12	3-5-10-16	3-7-11-15
4-7-10-13	4-5-11-14	13-14-15-16	4-6-9-15	4-8-12-16
Mondays = Boys Conference 2 & 4, Girls Conference 1 & 3				
Tuesdays = Boys Conference 1 & 3, Girls Conference 2 & 4				

Section VIII Frosh/Soph Meet 'North Shore' Schools – on April 14 at North Shore High School
'South Shore' Schools – on April 14 at Wantagh High School

Division Championships Division 3B, 4A and 4B meets – on May 16 at starred* sites above
Division 1A, 1B and 2A meets – on May 17 at starred* sites above
Division 2B and 3A meets – on May 18 at starred* sites above

County Championships Class A – on May 24 at Cold Spring Harbor High School
Class AAA – on May 25 at Long Beach High School
Class AA – on May 26 at Glen Cove High School

State Qualifier Meet Division 1 & 2 – on June 2 and June 3 at North Shore High School

State Championship Division 1 & 2 – on June 10 and 11 at Cicero-North Syracuse High School

Spring Track & Field 2016

2016 Section VIII County Classes		
County Class AAA	County Class AA	County Class A
Hempstead	Mepham	Lawrence
Massapequa	Elmont	North Shore
Freeport	Bellmore-JFK	Lynbrook
Uniondale	Garden City	Floral Park
Syosset	Manhasset	Valley Stream North
Farmingdale	Jericho	Valley Stream South
Oceanside	Great Neck North	West Hempstead
Hicksville	Carey	Mineola
East Meadow	Sewanhaka	Clarke
Baldwin	New Hyde Park	Island Trees
Port Washington	Wantagh	Seaford
Plainview-JFK	Hewlett	Locust Valley
Herricks	South Side	Cold Spring Harbor
Valley Stream Central	Division Avenue	Wheatley
Westbury	Plainedge	Malverne
Long Beach	Roosevelt	Oyster Bay
Macarthur	Roslyn	Carle Place
Calhoun	Glen Cove	Friends Academy
Great Neck South	Bethpage	East Rockaway

2016 NYSPHSAA State Divisions		
State Division 1		State Division 2
Hempstead	Manhasset	Mineola
Massapequa	Jericho	Clarke
Freeport	Great Neck North	Island Trees
Uniondale	Carey	Seaford
Syosset	Sewanhaka	Locust Valley
Farmingdale	New Hyde Park	Cold Spring Harbor
Oceanside	Wantagh	Wheatley
Hicksville	Hewlett	Malverne
East Meadow	South Side	Oyster Bay
Baldwin	Division Avenue	Carle Place
Port Washington	Plainedge	Friends Academy
Plainview-JFK	Roosevelt	East Rockaway
Herricks	Roslyn	
Valley Stream Central	Glen Cove	
Westbury	Bethpage	
Long Beach	Lawrence	
Macarthur	North Shore	
Calhoun	Lynbrook	
Great Neck South	Floral Park	
Mepham	Valley Stream North	
Elmont	Valley Stream South	
Bellmore-JFK	West Hempstead	
Garden City		

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

Competition

- a. Individual must compete in 6 meets representing their HS in order to be eligible for Class Counties. A Medical Waiver is possible, please see Section VIII Directory.
- b. Do NOT enter your athletes in more than 3 events in ANY meet outside of Section VIII.
- c. Section VIII meets take precedence over any and all outside meets.
- d. An athlete who competes under a competitor number assigned to another athlete (assumed name) will risk disqualification from the meet and risks further sanctions against himself and his or her coach.

Uniforms

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

Participation/Eligibility Standards

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

Clerking Responsibilities (Please share this info with your athletes)

- a. All competitors are to report promptly to the clerking area or send a teammate once the event is called. It is the athlete’s responsibility to clerk on time. Once an event is clerked, that event is closed.
- b. Athletes should come to the clerking area ready to compete (running apparel and shoes).
- c. It is the athlete’s responsibility to notify the clerk if he/she is leaving the clerking area to compete in a field event.
- d. No electronics in the clerking area. No cell phones, iPod, etc.

Media

- a. MSG Varsity & Verizon FiOS TV Contract: The Section VIII contract is for Counties and State Q’s ONLY
- b. MSG Varsity & Verizon FiOS: News clips are OK. Featured stories can only be at playoffs.
- c. State Meet Journal: wherenow.nysphsaa@gmail.com. Coaches can submit bios and pictures of past State Meet athletes to be included in a new feature spotlighting past champions/participants.
- d. Coaches should not be talking on any online blogs or forums.

Electronics

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

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

Seeds

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

Date of Competitions

Deadline for entering Seeds

Any meet prior to and including March 30th

Friday, April 1st

March 31st – April 13th

Friday, April 15th

April 14th – April 27th

Friday, April 29th

April 28th – May 11th

Friday, May 13th

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

Thursday, May 19th

May 19th – May 26th (Final Chance to enter State Q Seeds)

Friday, May 27th

May 27th – June 11th

Friday, June 12th

- d. If a coach misses a deadline, that athlete's performance during that time period cannot be used for future seeding purposes.
- e. This procedure will keep the rankings up to date, which will allow the coaches, athletes and parents to easily see the progress of athletes throughout the season.
- f. No other websites will be checked other than TrackConference.com. If the performance is not in the www.TrackConference.com rankings, it cannot be used.
- g. NO CONVERSIONS for boys or girls in any event.
- h. Relay seeds must be actual, not composites.

Section 3 – Timing Services, Results and Websites

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

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

www.armorytrack.com

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

In order for Section VIII numbers to be assigned, coaches must submit a roster on the Section VIII TrackConference website by Monday, March 14, 2016. To enter your roster, you must log-on to the site. You will need to be approved as the coach in charge of the team to have permission to modify a roster. Instructions on how to do this will be given out at the coaches meeting. Coaches must add new athletes to the online roster as they join your team.

Rankings

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

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

Section 4 – League Meets

League Meet Order of Events	
400m Intermediate Hurdles	<ul style="list-style-type: none"> Sprint event heats may be seeded 1 per school or by seed time. Coaches will make the decision prior to the meet, with the Meet Director (home school) making the final decision and communicating with the officials. If there is a timing concern, coaches may decide to use no more than 4 lanes for scoring heats. Host schools must put out at least three lanes of hurdles for both the High Hurdles and Intermediates. The 800m and 1500m/1600 can be run as one heat, unless numbers warrant multiple heats. The 3000m/3200m is one heat. Break is optional and can be used to allow the field events to catch up. Relays; One scoring relay per team, non-scoring relays allowed Field Events; 3 attempts, scorers followed by non-scorers High Jump; May start at 3'6" for girls and 4'6" for Boys (score at 4'/5') 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 – The starting and scoring heights for the season will be 6' for girls and 8' for boys. If the pole vault is contested at the site as part of the scheduled meet then one additional official must run the event. Please be sure to let BOCES know you need the additional official. 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. According to National and NY State Rules, You MUST have a separate official for pole vault. **As far as pole vault at league meets, please use this as protocol:**
 - 1st option - home school site has vault
 - 2nd option – If no pole vault facilities at home school, the vault happens at one of the remaining quad/tri teams sites. Example; Roslyn is hosting a tri meet with Division and Hewlett. Since Roslyn doesn't have a vault facility, the vault happens at Hewlett before the quad meet. Hewlett will contact Roslyn and rest of division with the date.
 - 3rd option - a neutral site **ONLY** if all schools in the tri/quad do not have pole vault facilities. Neutral site will be agreed on by the vaulting schools. Coaches should contact schools that regularly vault and see if their facility is available (Cold Spring Harbor, Massapequa, etc).

In any case, the vault MUST be completed BEFORE or AT a league meet, not after.
- All schools must complete their league meet responsibilities and schedule.
- If it rains on Monday for cancellations the makeup day is Wednesday. Tuesday meets are run as scheduled. If it rains Tuesday the meet moves to Wednesday if Monday was NOT a rain day. If Monday was a rain day then Tuesday meets move to Thursday. AD's must decide the next available date for the reschedule, not the coaches. **In any case, a postponed league meet must be made up THE SAME WEEK as previously scheduled.**
- The Meet Director (Home School) MUST submit a team scoring sheet to the coordinators or representative. Team records and league standings will be published weekly. Please use form from this packet. **Please remember to score the points up before sending the sheet!**
- TIMES OR DISTANCES ACHIEVED IN LEAGUE MEETS MAY BE USED FOR SEED PURPOSES, if the Meet Scoring Sheet has been submitted to the coordinators AND the performances are submitted by the coach on www.TrackConference.com within the appropriate time period.

Conference 1 League Meet Schedule

2016

[Read schedule from Left to Right]

Meet #	Gender	Day	Day	Team 1	Team 2	Team 3	Team 4	Home Site
111	Girls	Mon	March 28	Hempstead	Baldwin	Farmingdale		BALDWIN
112	Girls	Mon	March 28	Hicksville	Freeport	Herricks		FREEPORT
113	Girls	Mon	March 28	Massapequa	Port Wash	Syosset	VS Central	MASSAPEQUA
114	Girls	Mon	March 28	East Meadow	Uniondale	Plain-JFK	Oceanside	EAST MEADOW
115	Boys	Tues	March 29	Hempstead	Baldwin	Farmingdale		BALDWIN
116	Boys	Tues	March 29	Hicksville	Freeport	Herricks		FREEPORT
117	Boys	Tues	March 29	Massapequa	Port Wash	Syosset	VS Central	MASSAPEQUA
118	Boys	Tues	March 29	East Meadow	Uniondale	Plain-JFK	Oceanside	EAST MEADOW
121	Girls	Mon	April 4	Hempstead	Port Wash	Plainview-JFK		PLAINVIEW-JFK
122	Girls	Mon	April 4	Hicksville	Uniondale	Syosset		SYOSSET
123	Girls	Mon	April 4	Massapequa	Baldwin	Herricks	Oceanside	HERRICKS
124	Girls	Mon	April 4	East Meadow	Freeport	Farmingdale	VS Central	EAST MEADOW
125	Boys	Tues	April 5	Hempstead	Port Wash	Plainview-JFK		PLAINVIEW-JFK
126	Boys	Tues	April 5	Hicksville	Uniondale	Syosset		SYOSSET
127	Boys	Tues	April 5	Massapequa	Baldwin	Herricks	Oceanside	HERRICKS
128	Boys	Tues	April 5	East Meadow	Freeport	Farmingdale	VS Central	EAST MEADOW
131	Girls	Mon	April 11	Hempstead	Hicksville	Massapequa	East Meadow	HICKSVILLE
132	Girls	Mon	April 11	Freeport	Baldwin	Uniondale	Port Wash	UNIONDALE
133	Girls	Mon	April 11	Syosset	Plain-JFK	Farmingdale	Herricks	PLAINVIEW-JFK
134	Girls	Mon	April 11	Oceanside	VS Central			OCEANSIDE
135	Boys	Tues	April 12	Hempstead	Hicksville	Massapequa	East Meadow	HICKSVILLE
136	Boys	Tues	April 12	Freeport	Baldwin	Uniondale	Port Wash	UNIONDALE
137	Boys	Tues	April 12	Syosset	Plain-JFK	Farmingdale	Herricks	PLAINVIEW-JFK
138	Boys	Tues	April 12	Oceanside	VS Central			OCEANSIDE
141	Girls	Mon	April 18	Hempstead	Uniondale	Herricks	VS Central	UNIONDALE
142	Girls	Mon	April 18	Hicksville	Port Wash	Farmingdale	Oceanside	PORT WASH
143	Girls	Mon	April 18	Massapequa	Freeport	Plain-JFK		FREEPORT
144	Girls	Mon	April 18	East Meadow	Baldwin	Syosset		SYOSSET
145	Boys	Tues	April 19	Hempstead	Uniondale	Herricks	VS Central	UNIONDALE
146	Boys	Tues	April 19	Hicksville	Port Wash	Farmingdale	Oceanside	PORT WASH
147	Boys	Tues	April 19	Massapequa	Freeport	Plain-JFK		FREEPORT
148	Boys	Tues	April 19	East Meadow	Baldwin	Syosset		SYOSSET
151	Girls	Mon	May 2	Hempstead	Freeport	Syosset	Oceanside	OCEANSIDE
152	Girls	Mon	May 2	Hicksville	Baldwin	Plain-JFK	VS Central	BALDWIN
153	Girls	Mon	May 2	Massapequa	Uniondale	Farmingdale		MASSAPEQUA
154	Girls	Mon	May 2	East Meadow	Port Wash	Herricks		PORT WASH
155	Boys	Tues	May 3	Hempstead	Freeport	Syosset	Oceanside	OCEANSIDE
156	Boys	Tues	May 3	Hicksville	Baldwin	Plain-JFK	VS Central	BALDWIN
157	Boys	Tues	May 3	Massapequa	Uniondale	Farmingdale		MASSAPEQUA
118	Boys	Tues	May 3	East Meadow	Port Wash	Herricks		PORT WASH

Conference 2 League Meet Schedule 2016

[Read schedule from Left to Right]

Meet #	Gender	Day	Day	Team 1	Team 2	Team 3	Team 4	Home Site
211	Boys	Mon	March 28	Westbury	Manhasset	Mephram		MANHASSET
212	Boys	Mon	March 28	Bellmore JFK	MacArthur	Carey		MACARTHUR
213	Boys	Mon	March 28	Long Beach	Jericho	GN South	Sewanhaka	GN SOUTH
214	Boys	Mon	March 28	Garden City	Calhoun	GN North	Elmont	GARDEN CITY
215	Girls	Tues	March 29	Westbury	Manhasset	Mephram		MANHASSET
216	Girls	Tues	March 29	Bellmore JFK	MacArthur	Carey		MACARTHUR
217	Girls	Tues	March 29	Long Beach	Jericho	GN South	Sewanhaka	GN SOUTH
218	Girls	Tues	March 29	Garden City	Calhoun	GN North	Elmont	GARDEN CITY
221	Boys	Mon	April 4	Westbury	Jericho	GN North		WESTBURY
222	Boys	Mon	April 4	Bellmore JFK	Calhoun	GN South		BELLMORE JFK
223	Boys	Mon	April 4	Long Beach	Manhasset	Carey	Elmont	CAREY
224	Boys	Mon	April 4	Garden City	MacArthur	Mephram	Sewanhaka	MACARTHUR
225	Girls	Tues	April 5	Westbury	Jericho	GN North		WESTBURY
226	Girls	Tues	April 5	Bellmore JFK	Calhoun	GN South		BELLMORE JFK
227	Girls	Tues	April 5	Long Beach	Manhasset	Carey	Elmont	CAREY
228	Girls	Tues	April 5	Garden City	MacArthur	Mephram	Sewanhaka	MACARTHUR
231	Boys	Mon	April 11	Westbury	Bellmore JFK	Long Beach	Garden City	LONG BEACH
232	Boys	Mon	April 11	MacArthur	Manhasset	Calhoun	Jericho	CALHOUN
233	Boys	Mon	April 11	GN South	GN North	Mephram	Carey	GN NORTH
234	Boys	Mon	April 11	Elmont	Sewanhaka			ELMONT
235	Girls	Tues	April 12	Westbury	Bellmore JFK	Long Beach	Garden City	LONG BEACH
236	Girls	Tues	April 12	MacArthur	Manhasset	Calhoun	Jericho	CALHOUN
237	Girls	Tues	April 12	GN South	GN North	Mephram	Carey	GN NORTH
238	Girls	Tues	April 12	Elmont	Sewanhaka			ELMONT
241	Boys	Mon	April 18	Westbury	Calhoun	Carey	Sewanhaka	SEWANHAKA
242	Boys	Mon	April 18	Bellmore JFK	Jericho	Mephram	Elmont	MEPHAM
243	Boys	Mon	April 18	Long Beach	MacArthur	GN North		LONG BEACH
244	Boys	Mon	April 18	Garden City	Manhasset	GN South		MANHASSET
245	Girls	Tues	April 19	Westbury	Calhoun	Carey	Sewanhaka	SEWANHAKA
246	Girls	Tues	April 19	Bellmore JFK	Jericho	Mephram	Elmont	MEPHAM
247	Girls	Tues	April 19	Long Beach	MacArthur	GN North		LONG BEACH
248	Girls	Tues	April 19	Garden City	Manhasset	GN South		MANHASSET
251	Boys	Mon	May 2	Westbury	MacArthur	GN South	Elmont	GN SOUTH
252	Boys	Mon	May 2	Bellmore JFK	Manhasset	GN North	Sewanhaka	GN NORTH
253	Boys	Mon	May 2	Long Beach	Calhoun	Mephram		CALHOUN
254	Boys	Mon	May 2	Garden City	Jericho	Carey		JERICHO
255	Girls	Tues	May 3	Westbury	MacArthur	GN South	Elmont	GN SOUTH
256	Girls	Tues	May 3	Bellmore JFK	Manhasset	GN North	Sewanhaka	GN NORTH
257	Girls	Tues	May 3	Long Beach	Calhoun	Mephram		CALHOUN
258	Girls	Tues	May 3	Garden City	Jericho	Carey		JERICHO

Conference 3 League Meet Schedule 2016

[Read schedule from Left to Right]

Meet #	Gender	Day	Day	Team 1	Team 2	Team 3	Team 4	Home Site
311	Girls	Mon	March 28	NHP	Bethpage	Plainedge		BETHPAGE
312	Girls	Mon	March 28	Roslyn	Hewlett	Lynbrook		LYNBROOK
313	Girls	Mon	March 28	Wantagh	Lawrence	Division Ave	Floral Park	WANTAGH
314	Girls	Mon	March 28	Glen Cove	South Side	North Shore	Roosevelt	GLEN COVE
315	Boys	Tues	March 29	NHP	Bethpage	Plainedge		BETHPAGE
316	Boys	Tues	March 29	Roslyn	Hewlett	Lynbrook		LYNBROOK
317	Boys	Tues	March 29	Wantagh	Lawrence	Division Ave	Floral Park	WANTAGH
318	Boys	Tues	March 29	Glen Cove	South Side	North Shore	Roosevelt	GLEN COVE
321	Girls	Mon	April 4	NHP	Lawrence	North Shore		NORTH SHORE
322	Girls	Mon	April 4	Roslyn	South Side	Divison Ave		DIVISION AVE
323	Girls	Mon	April 4	Wantagh	Bethpage	Lynbrook	Roosevelt	ROOSEVELT
324	Girls	Mon	April 4	Glen Cove	Hewlett	Plainedge	Floral Park	HEWLETT
325	Boys	Tues	April 5	NHP	Lawrence	North Shore		NORTH SHORE
326	Boys	Tues	April 5	Roslyn	South Side	Divison Ave		DIVISION AVE
327	Boys	Tues	April 5	Wantagh	Bethpage	Lynbrook	Roosevelt	ROOSEVELT
328	Boys	Tues	April 5	Glen Cove	Hewlett	Plainedge	Floral Park	HEWLETT
331	Girls	Mon	April 11	NHP	Roslyn	Wantagh	Glen Cove	ROSLYN
332	Girls	Mon	April 11	Hewlett	Bethpage	South Side	Lawrence	SOUTH SIDE
333	Girls	Mon	April 11	Division Ave	North Shore	Plainedge	Lynbrook	LYNBROOK
334	Girls	Mon	April 11	Roosevelt	Floral Park			FLORAL PARK
335	Boys	Tues	April 12	NHP	Roslyn	Wantagh	Glen Cove	ROSLYN
336	Boys	Tues	April 12	Hewlett	Bethpage	South Side	Lawrence	SOUTH SIDE
337	Boys	Tues	April 12	Division Ave	North Shore	Plainedge	Lynbrook	LYNBROOK
338	Boys	Tues	April 12	Roosevelt	Floral Park			FLORAL PARK
341	Girls	Mon	April 18	NHP	South Side	Lynbrook	Floral Park	NEW HYDE PK
342	Girls	Mon	April 18	Roslyn	Lawrence	Plainedge	Roosevelt	PLAINEDGE
343	Girls	Mon	April 18	Wantagh	Hewlett	North Shore		NORTH SHORE
344	Girls	Mon	April 18	Glen Cove	Bethpage	Division Ave		GLEN COVE
345	Boys	Tues	April 19	NHP	South Side	Lynbrook	Floral Park	NEW HYDE PK
346	Boys	Tues	April 19	Roslyn	Lawrence	Plainedge	Roosevelt	PLAINEDGE
347	Boys	Tues	April 19	Wantagh	Hewlett	North Shore		NORTH SHORE
348	Boys	Tues	April 19	Glen Cove	Bethpage	Division Ave		GLEN COVE
311	Girls	Mon	May 2	NHP	Hewlett	Division Ave	Roosevelt	HEWLETT
312	Girls	Mon	May 2	Roslyn	Bethpage	North Shore	Floral Park	NORTH SHORE
313	Girls	Mon	May 2	Wantagh	South Side	Plainedge		WANTAGH
314	Girls	Mon	May 2	Glen Cove	Lawrence	Lynbrook		LAWRENCE
315	Boys	Tues	May 3	NHP	Hewlett	Division Ave	Roosevelt	HEWLETT
316	Boys	Tues	May 3	Roslyn	Bethpage	North Shore	Floral Park	NORTH SHORE
317	Boys	Tues	May 3	Wantagh	South Side	Plainedge		WANTAGH
318	Boys	Tues	May 3	Glen Cove	Lawrence	Lynbrook		LAWRENCE

Conference 4 League Meet Schedule

2016

[Read schedule from Left to Right]

Meet #	Gender	Day	Day	Team 1	Team 2	Team 3	Team 4	Home Site
411	Boys	Mon	March 28	VS North	Wheatley	Island Trees	East Rock	ISLAND TREES
412	Boys	Mon	March 28	Locust Valley	West Hemp	Carle Place		CARLE PLACE
413	Boys	Mon	March 28	VS South	Malverne	Clarke	Friends	FRIENDS ACAD
414	Boys	Mon	March 28	CS Harbor	Mineola	Oyster Bay	Seaford	CS HARBOR
415	Girls	Tues	March 29	VS North	Wheatley	Island Trees	East Rock	ISLAND TREES
416	Girls	Tues	March 29	Locust Valley	West Hemp	Carle Place		CARLE PLACE
417	Girls	Tues	March 29	VS South	Malverne	Clarke	Friends	FRIENDS ACAD
418	Girls	Tues	March 29	CS Harbor	Mineola	Oyster Bay	Seaford	CS HARBOR
421	Boys	Mon	April 4	VS North	Malverne	Oyster Bay		MALVERNE
422	Boys	Mon	April 4	Locust Valley	Mineola	Clarke	East Rock	LOCUST VALLEY
423	Boys	Mon	April 4	VS South	Wheatley	Carle Place	Seaford	WHEATLEY
424	Boys	Mon	April 4	CS Harbor	West Hemp	Island Trees	Friends	FRIENDS ACAD
425	Girls	Tues	April 5	VS North	Malverne	Oyster Bay		MALVERNE
426	Girls	Tues	April 5	Locust Valley	Mineola	Clarke	East Rock	LOCUST VALLEY
427	Girls	Tues	April 5	VS South	Wheatley	Carle Place	Seaford	WHEATLEY
428	Girls	Tues	April 5	CS Harbor	West Hemp	Island Trees	Friends	FRIENDS ACAD
431	Boys	Mon	April 11	VS North	Locust Valley	VS South	CS Harbor	VS NORTH
432	Boys	Mon	April 11	West Hemp	Wheatley	Mineola	Malverne	WHEATLEY
433	Boys	Mon	April 11	Clarke	Oyster Bay	Island Trees	Carle Place	OYSTER BAY
434	Boys	Mon	April 11	Seaford	Friends		East Rock	SEAFORD
435	Girls	Tues	April 12	VS North	Locust Valley	VS South	CS Harbor	VS NORTH
436	Girls	Tues	April 12	West Hemp	Wheatley	Mineola	Malverne	WHEATLEY
437	Girls	Tues	April 12	Clarke	Oyster Bay	Island Trees	Carle Place	OYSTER BAY
438	Girls	Tues	April 12	Seaford	Friends		East Rock	SEAFORD
441	Boys	Mon	April 18	VS North	Mineola	Carle Place	Friends	VS NORTH
442	Boys	Mon	April 18	Locust Valley	Malverne	Island Trees	Seaford	LOCUST VALLEY
443	Boys	Mon	April 18	VS South	West Hemp	Oyster Bay	East Rock	OYSTER BAY
444	Boys	Mon	April 18	CS Harbor	Wheatley	Clarke		CS HARBOR
445	Girls	Tues	April 19	VS North	Mineola	Carle Place	Friends	VS NORTH
446	Girls	Tues	April 19	Locust Valley	Malverne	Island Trees	Seaford	LOCUST VALLEY
447	Girls	Tues	April 19	VS South	West Hemp	Oyster Bay	East Rock	OYSTER BAY
248	Girls	Tues	April 19	CS Harbor	Wheatley	Clarke		CS HARBOR
451	Boys	Mon	May 2	VS North	West Hemp	Clarke	Seaford	VS NORTH
452	Boys	Mon	May 2	Locust valley	Wheatley	Oyster bay	Friends	OYSTER BAY
453	Boys	Mon	May 2	VS South	Mineola	Island Trees		ISLAND TREES
454	Boys	Mon	May 2	CS Harbor	Malverne	Carle Place	East Rock	CARLE PLACE
455	Girls	Tues	May 3	VS North	West Hemp	Clarke	Seaford	VS NORTH
456	Girls	Tues	May 3	Locust valley	Wheatley	Oyster Bay	Friends	OYSTER BAY
457	Girls	Tues	May 3	VS South	Mineola	Island Trees		ISLAND TREES
458	Girls	Tues	May 3	CS Harbor	Malverne	Carle Place	East Rock	CARLE PLACE

Section 5 – Track & Field Invitationals

Schools that host invitationals should avoid Saturdays in heavily scheduled Section VIII weeks to avoid conflicts that arise from rainouts, and create conflicts where none existed before. Event entries should state that the event is sponsored by your high school and enforces all NF, NYSPHAA, and SECTION VIII rules. YOUR ENTRY MAY NOT SAY THAT THE MEET IS SANCTIONED BY SECTION VIII.

Section VIII League and Championship meets take preference over outside competitions.

Meet Directors should provide results in a timely fashion in a format that is downloadable to rankings websites. Free programs such as RaceTab are available and easy to use. <http://racetab.milesplit.com/>

All officials must be ordered through BOCES with Jay or Grace. Whether you want one additional official for the pole vault, or 20 officials for an invitation, they must be ordered from BOCES. BOCES will ensure that they assign a starter, clerks, etc. to meet your needs and numbers.

Newsday Track & Field Coverage Jordan Lauterbach 631-843-2820, jordan.lauterbach@newsday.com

Some Invitationals available in Nassau County;

Thursday	March 24, 2016	Baldwin Frosh/Soph Invitational @Baldwin HS
Saturday	March 26, 2016	Massapequa Developmental Invite @Massapequa HS
Saturday	March 26, 2016	Bob Baratta Classic @Great Neck North HS
Saturday	April 2, 2016	Valley Stream Challenge Invitational @VS North HS
Saturday	April 9, 2016	KnightTime Invitational @Uniondale HS
Saturday	April 9, 2016	The Seahawk Invitational @Cold Spring Harbor HS
Thursday	April 14, 2016	Section VIII “North Shore” & “South Shore” Frosh/Soph Meets
Saturday	April 16, 2016	Port Washington Invitational @Schreiber HS
Saturday	April 16, 2016	Cougar Invitational @Bellmore JFK
Thursday	April 21, 2016	Carle Place Relays @Carle Place HS
Monday	April 25, 2016	Derrick Adkins Invitational @Malverne HS
Tuesday	April 26, 2016	East Meadow Invitational @East Meadow HS
Thursday	April 28, 2016	NightHawk Invitational @Cold Spring Harbor HS
Saturday	April 30, 2016	Nassau Coaches Invitational @Macarthur HS
Thursday	May 5, 2016	Glen Cove Invitational @Glen Cove HS
Friday	May 6, 2016	Herricks Throwing Invitational @Herricks HS
Friday	May 6, 2016	Lynbrook Green & Gold Invitational @Lynbrook South MS
Saturday	May 7, 2016	The Warrior Invitational @Wantagh HS
Wednesday	May 11, 2016	Frank Maier Invitational @North Shore HS
Friday	May 13, 2016	Under the Lights Meet @Massapequa HS
Friday	May 13, 2016	Herricks Invitational @Herricks HS
Saturday	May 14, 2016	North Shore Invitational @North Shore HS
Saturday	May 14, 2016	Limmer Invitational @Mepham HS
Friday	May 20, 2016	Oceanside Blue & White Invitational @Oceanside HS
Friday	May 20, 2016	Don Scott Gold Coast Memorial Relays Invitational @Manhasset
Saturday	May 21, 2016	Bulldog Invitational @Hewlett HS
Monday	June 6, 2016	Last Chance Invitational @Massapequa HS

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

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

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

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

Section VIII “North Shore” Frosh/Soph Meet

Thursday, April 14, 2016

North Shore High School
 4:30pm start
 Meet Director, Ed Corona
 Facility Coordinator, Neal Levy
 Results, Billy Buith

Section VIII “South Shore” Frosh/Soph Meet

Thursday, April 14, 2016

Wantagh High School
 4:30pm start
 Meet Director, Mike Frazer
 Facility Coordinator, Pat Frazer
 Results, Jordan Ashley

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

Section 7 – Division Championships

Division Meet Order of Events	
400m Intermediate Hurdles	<ul style="list-style-type: none"> • Running events will be Girls followed by Boys • Events will be run scoring heats first, followed by non-scorers • 100m is a Semi-final; Three heats, top 2 advance to FINAL • Only one relay per team • No non-scoring 3200m, 3000m or non-scoring relays • 3 attempts for each scorer in field events. • High Jump; Start at 4' for girls and 5' for Boys • Pole Vault; Start at 6' for girls and 8' for Boys • For sites with one runway, the order will be Girls LJ, Boys LJ, Girls TJ and Boys TJ • No guarantee for non-scoring field events. We will do our best at each site.
100m SEMI-FINALS	
1600m/1500m	
100m FINALS	
400m	
110m/100m High Hurdles	
800m	
3200m/3000m	
200m	
Ten Minutes Break	
4x800m Relay	
4x100m Relay	
4x400m Relay	
Long Jump followed by Triple Jump	
Shot Put (Girls followed by Boys)	
Discus (Boys followed by Girls)	
High Jump (Girls followed by Boys)	
Pole Vault (Boys followed by Girls)	

MEET ENTRY and NOTES:

- Each school will need to contribute to running the meet.
- Each site will have a 'site manager' designated by the Coordinators to do scoring and announcing of the meet.
- The site manager will enter results on a laptop into RaceTab program and send results to the coordinators that evening. This will help facilitate quick publication of each division meet results.
- Coaches must submit a completed meet entry form to the meet director before the meet starts. (Meet entry form found in the back of handbook).
- Seeding for scorers in each event will be done by cards. Non-scorers do not need a card.
- Teams are allowed three scorers per event. Each athlete has a three event limit.
- Six names are allowed for Relay Entry. A name on the card counts as an event for that athlete.

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

MEET ENTRY and NOTES:

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

* 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 the right to accept more than or less than the quota.

Section 9 – State Qualifying Meet

MEET ENTRY and NOTES:

- All entries MUST be done on www.TrackConference.com.
- Timelines and deadlines for the meet entry as follows;
 - The entry website will CLOSE on Friday, May 27 at 3:00pm. Once the initial entries are posted later that evening, final scratches will be allowed.
 - The site will reopen Friday evening for challenges and scratches. You must scratch any athlete who will not be competing. Any athlete NOT scratched by the end of this period MUST compete in this event at the meet. There is a NO SCRATCH RULE at the meet.
 - The site will close again on Monday, May 30 at Noon. All scratches must be made before this time.
 - Final seeds will be posted on Tuesday, May 31. If an athlete is posted in the Final lists, they MUST compete in that event or they will be disqualified for that event and all events after that event.
- Please print a copy of your entry for your own purposes.
- No other meet entry or seed cards necessary.
- Final fields will be posted on www.TrackConference.com.
- Four events allowed per athlete.
- First place in each event for each class (I & II) automatically qualifies for the state meet. One other qualifier is permitted from both classes if they meet the standard. Therefore there may be a total of 4 participants/relays per event maximum. The standard may be met in any invitational or championship meet from April 28 on (must be verifiable) for STATE qualifying and seeds.
- Competitors for the Steeplechase must have a seed time on a track with a water pit in order to be entered.
- Competitors for the Pentathlon must a competed in a pentathlon event. No adding of performances allowed. Pent Events; 110HH/100HH, HJ, LJ, SP, 1600m/800m.
- Reminder; THERE ARE NO SCRATCHES AT THE MEET. If an athlete scratches or does not show for an event, the athletes is disqualified from that event and all events after scratched event, including relays.
- A games committee will be randomly selected for each County Championship Meet. The Head Referee will advise this committee if necessary.

Notes on quotas;

- North Shore High School is an 8 lane track.
- For events run in lanes, Division 1 and 2 will run in separate races. Please take note that Division 2 athletes will advance right to a final in the 100m, 200m and 110m/100m Hurdles.
- For 3200m and 3000m, 16 total athletes will be accepted (Division 1 & 2), with no fewer than 4 from either Division.
- For Steeplechase, 14 total athletes will be accepted (Division 1 & 2), with no fewer than 4 from either Division.
- For the 800m, 1600m and 1500m, 24 total athletes will be accepted (Division 1 & 2), with no fewer than 6 from either Division.
- For the Long and Triple Jumps, Shot and Discus events, 14 total athletes will be accepted (Division 1 & 2), with no fewer than 4 athletes from either Division. The top 8 will make the final after 3 jumps/throws, and allowed 3 more jumps/throws in the Final. If no Division 2 athlete make the final, the state meet qualifier will be determined from the preliminary jumps.
- For the High Jump and Pole Vault, 14 total athletes will be accepted (Division 1 & 2), with no fewer than 4 athletes from either Division. However, the coordinators reserve the right to take more or less athletes based on ties in seeding.
- For the pentathlon, 16 total athletes will be accepted (Division 1 & 2), with no fewer than 4 athletes from either Division. Please note that to enter, an athlete MUST have competed in a pentathlon during the season. You may NOT add up scores from individual events to use as a seed in the pent.

Section VIII Spring Track NYSPHSAA State Qualifying Meet

North Shore High School

Day 1 – June 2, 2016						Day 2 – June 3, 2016					
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	14
	Boys	110m Hurdles	1	Semi	16		Girls	2000m Steeplechase	1&2	Final	14
5:00	Girls	PENT Hurdles	1&2	Final	16	5:15	Boys	100m	2	Final	8
	Girls	100m Hurdles	1	Semi	16		Boys	100m	1	Final	8
5:10	Boys	100m	1	Semi	16		Girls	100m	2	Final	8
	Girls	100m	1	Semi	16		Girls	100m	1	Final	8
5:20	Boys	400m	2	Final	8	5:25	Boys	1600m	1&2	Final	24
	Boys	400m	1	Final	16		Girls	1500m	1&2	Final	24
	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	24		Girls	100m Hurdles	2	Final	8
	Girls	800m	1&2	Final	24		Girls	100m Hurdles	1	Final	8
5:55	Boys	200m	1	Semi	16	6:20	Boys	200m	2	Final	8
	Girls	200m	1	Semi	16		Boys	200m	1	Final	8
6:15	Boys	400m Hurdles	2	Final	8		Girls	200m	2	Final	8
	Boys	400m Hurdles	1	Final	16		Girls	200m	1	Final	8
	Girls	400m Hurdles	2	Final	8		Boys	PENT 1500m	<i>when ready</i>		
	Girls	400m Hurdles	1	Final	16		Girls	PENT 800m	<i>when ready</i>		
6:40	Boys	4x100m	1	Semi	16	6:45	Boys	4x800m	1&2	Final	12
	Girls	4x100m	1	Semi	16		Girls	4x800m	1&2	Final	12
6:50	Boys	4x400m	1	Semi	16	7:05	Boys	4x100m	2	Final	8
	Girls	4x400m	1	Semi	16		Boys	4x100m	1	Final	8
7:15	Boys	3200m	1&2	Final	16		Girls	4x100m	2	Final	8
	Girls	3000m	1&2	Final	16		Girls	4x100m	1	Final	8
4:45	Boys	PENT Shot Put	<i>followed by</i>			7:15	Boys	4x400m	2	Final	8
	Boys	PENT High Jump					Boys	4x400m	1	Final	8
4:45	Girls	PENT High Jump	<i>followed by</i>				Girls	4x400m	2	Final	8
	Girls	PENT Shot Put					Girls	4x400m	1	Final	8
<i>followed by</i>						4:45	Boys	PENT Long Jump	<i>followed by</i>		
4:45	Boys	Discus	1&2	Final	14		Girls	PENT Long Jump			
4:45	Girls	Triple Jump	1&2	Final	14	4:45	Girls	High Jump	1&2	Final	14
<i>followed by</i>						4:45	Boys	Shot Put	1&2	Final	14
	Girls	Discus	1&2	Final	14	4:45	Boys	Long Jump	1&2	Final	14
	Boys	Triple Jump	1&2	Final	14	<i>followed by</i>					
<i>followed by</i>							Boys	High Jump	1&2	Final	14
<i>followed by</i>							Girls	Shot Put	1&2	Final	14
<i>followed by</i>							Girls	Long Jump	1&2	Final	14
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 2016 SEASON

EACH SECTION MUST DESIGNATE THEIR STATE QUALIFIER MEET.

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

A SECTION MAY SEND ANOTHER ATHLETE OR RELAY TEAM IN ANY EVENT PROVIDING THEY MEET THE FOLLOWING STANDARDS. A SECTION CAN SEND ONE ADDITIONAL ENTRY FOR EACH EVENT IN EACH DIVISION, PROVIDING THEY BOTH MEET THE STANDARD LISTED BELOW. ***THE STANDARD MUST BE MET AT ANY INVITATIONAL OR CHAMPIONSHIP MEET STARTING THE LAST WEEKEND IN APRIL.*** ANY ADDITIONAL QUALIFIER MUST COMPETE IN THE STATE QUALS MEET IN THAT EVENT!! ***SEED TIMES MAY COME FROM ANY OF THESE MEETS STARTING THE LAST WEEKEND IN APRIL, INCLUDING THURSDAY 4/28/16.***

<u>EVENT</u>	<u>BOYS D1</u>	<u>BOYS D2</u>	<u>GIRLS D1</u>	<u>GIRLS D2</u>
100M DASH	10.9 / 11.14	11.1 / 11.34	12.3 / 12.54	12.6 / 12.84
200M DASH	22.1 / 22.34	22.6 / 22.84	25.3 / 25.54	25.7 / 25.94
400M DASH	49.1 / 49.34	50.3 / 50.54	57.4 / 57.64	58.2 / 58.44
800M RUN	1:54.3/ 1:54.54	1:56.5 / 1:56.74	2:15.5 / 2:15.74	2:15.9 / 2:16.14
1600/1500M RUN	4:17.2/ 4:17.44	4:21.3 / 4:21.54	4:38.8 / 4:39.04	4:46.8 / 4:47.04
3200/3000M RUN	9:21.9/ 9:22.14	9:33.4 / 9:33.64	10:03.8/ 10:04.04	10:26.0/ 10:26.24
STEEPLECHASE	9:37.3/ 9:37.54	9:50.2 / 9:50.44	7:03.7 / 7:03.94	7:24.0 / 7:24.24
HIGH HURDLES	14.7 / 14.94	15.0 / 15.24	15.3 / 15.54	15.9 / 16.14
400M HURDLES	55.5 / 55.74	57.0 / 57.24	63.8 / 64.04	66.3 / 66.54
LONG JUMP	22' 00.5"	21' 02.75"	17' 06.25"	17' 00"
TRIPLE JUMP	45' 07.75"	44' 01.25"	36' 10.25"	36' 04.25"
SHOT PUT	52' 00.75"	48' 10.25"	39' 01.75"	35' 10.75"
DISCUS	151' 08"	143' 07"	116' 02"	108' 00"
HIGH JUMP	6' 02"	6' 02.5"	5' 03"	5' 01"
POLE VAULT	13' 09.75"	13' 00.25"	10' 10"	9' 09.25"
PENTATHLON	3080 PTS.	3056 PTS.	2808 PTS.	2654 PTS.
400M RELAY	42.9 / 43.14	44.0 / 44.24	49.0 / 49.24	50.4 / 50.64
1600M RELAY	3:21.4/ 3:21.64	3:28.1 / 3:28.34	3:56.9/ 3:57.14	4:03.9/ 4:04.14
3200M RELAY	7:52.7/ 7:52.94	8:07.2 / 8:07.44	9:18.3 / 9:18.54	9:34.1 / 9:34.34

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

THESE STANDARDS REPRESENT THE AVERAGE OF 6TH PLACE IN THE FINALS FROM 2011 THROUGH 2015

Accepted 9/20/15

Section 10 – State Meet Information

**NEW YORK STATE PUBLIC HIGH SCHOOL
2016 STATE TRACK & FIELD CHAMPIONSHIPS
CICERO NORTH SYRACUSE HIGH SCHOOL**

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

DAY 1

FRIDAY JUNE 10, 2016

ORDER OF EVENTS

TRACK

FIELD

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

**NEW YORK STATE PUBLIC HIGH SCHOOL
2016 STATE TRACK & FIELD CHAMPIONSHIPS
CICERO NORTH SYRACUSE HIGH SCHOOL**

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

DAY 2

SATURDAY

JUNE 11, 2016

ORDER OF EVENTS

TRACK

FIELD

10:00	2000M STEEPLE	G	CHAMP	F				
	3000M STEEPLE	B	CHAMP	F	10:00	HIGH JUMP	G	CHAMP F
11:00	100M	G	II	CLASS FINAL	10:00	DISCUS	G	CHAMP F
	100M	G	I	CLASS FINAL				
	100M	B	II	CLASS FINAL		PENT.LONG JP-1	G	CHAMP F
	100M	B	I	CLASS FINAL	10:00	PENT.LONG JP-2	G	CHAMP F
11:25	1500M	G	CHAMP	F				
	1600M	B	CHAMP	F				
						PENT.LONG JP-1		
12:00	100H	G	II	CLASS FINAL	11:00	PENT. LONG JP-2	B	CHAMP F
	100H	G	I	CLASS FINAL				
	110H	B	II	CLASS FINAL				
	110H	B	I	CLASS FINAL	11:30	HIGH JUMP	B	CHAMP F
12:25	200M	G	II	CLASS FINAL	11:30	DISCUS	B	CHAMP F
	200M	G	I	CLASS FINAL				
	200M	B	II	CLASS FINAL				
	200M	B	I	CLASS FINAL				

BREAK 12:35 - 12:45

12:45	PENT. 800 (ALL)	G	CHAMP	F	1:00	SHOT PUT	G	CHAMP F
1:15	100HH	G	CHAMP	F	1:00	LONG JUMP	G	CHAMP F
	110HH	B	CHAMP	F	1:00	LONG JUMP	B	CHAMP F
1:25	100M	G	CHAMP	F				
	100M	B	CHAMP	F				
	PENT 1500 (ALL)	B	CHAMP	F				
1:35								
1:50	400M	G	CHAMP	F	2:30	SHOT PUT	B	CHAMP F
	400M	B	CHAMP	F	2:30	TRIPLE JUMP	G	CHAMP F
2:00	400 INTER H	G	CHAMP	F	2:30	TRIPLE JUMP	B	CHAMP F
	400 INTER H	B	CHAMP	F				
2:10	200M	G	CHAMP	F				
	200M	B	CHAMP	F				
2:20	4X800 RELAY	G	CHAMP	F				
	4X800 RELAY	B	CHAMP	F				
3:20	4X100 RELAY	G	CHAMP	F				
	4X100 RELAY	B	CHAMP	F				
3:30	4X400 RELAY	G	CHAMP	F				
	4X400 RELAY	B	CHAMP	F				

Accepted 9/20/15

Request for Medical Waiver of NYSPHSAA – Regulation #25

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

School _____ Sport _____

Athlete _____ Date Request Submitted _____

Nature of Injury/Illness _____

Date of Injury/Onset of Illness _____ Date of Medical Clearance _____

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

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

Note:

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

Medical Documents Attached:

1. _____ 3. _____
2. _____ 4. _____

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

Signature of Athletic Director

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

Pole Vault Certification Form

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

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

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

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

High School Track and Field: Pole Vault Certification Card

Pole Vault Certification is required by the National Federation of State High School Associations, the governing body for high school athletics and officiating. Rule # 7-4-3 (effective 1995) states that a vaulter shall not be allowed to compete while using a pole which has rating of less than the vaulter's actual weight. The purpose of this form is to ensure that the vaulter is competing with a legal pole at each competition. A copy of this form must be presented to both the official in charge and to the meet director before each competition begins. Make several copies and always have them on hand as the vaulter cannot compete without presenting this document.

It is the responsibility of the school to ensure that the pole being used is certified for the vaulter. The required signatures on this form are evidence that all parties are aware of the risks involved when an athlete competes with an illegal pole and that both the athlete and the pole are in compliance with the weight requirement rule. Complete a form each season for all poles that the vaulter will use in competition and whenever the vaulter gains weight to the extent that the listed rating is no longer valid.

Safe pole vaulting practices include:

Athletes....

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

