

**Season Overview – Spring Track & Field 2016**

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 plus Friends Academy 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
<b>Mondays = Boys Conference 2 &amp; 4, Girls Conference 1 &amp; 3</b>				
<b>Tuesdays = Boys Conference 1 &amp; 3, Girls Conference 2 &amp; 4</b>				

**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 TBA

**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**

<b>Section VIII County Classes</b>		
<b>County Class AAA</b>	<b>County Class AA</b>	<b>County Class A</b>
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

<b>NYSPHSAA State Divisions</b>		
<b>State Division 1</b>		<b>State Division 2</b>
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	East Rockaway
Plainview-JFK	Roosevelt	
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	Friends Academy	

**Conference 1 League Meet Schedule 2016**

**Read schedule from Left to Right**

<b>Meet #</b>	<b>Gender</b>	<b>Day</b>	<b>Day</b>	<b>Team 1</b>	<b>Team 2</b>	<b>Team 3</b>	<b>Team 4</b>	<b>Home Site</b>
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
121	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**

<b>Meet #</b>	<b>Gender</b>	<b>Day</b>	<b>Day</b>	<b>Team 1</b>	<b>Team 2</b>	<b>Team 3</b>	<b>Team 4</b>	<b>Home Site</b>
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		JERICO
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		JERICO

**Conference 3 League Meet Schedule 2016**

**Read schedule from Left to Right**

<b>Meet #</b>	<b>Gender</b>	<b>Day</b>	<b>Day</b>	<b>Team 1</b>	<b>Team 2</b>	<b>Team 3</b>	<b>Team 4</b>	<b>Home Site</b>
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**

<b>Meet #</b>	<b>Gender</b>	<b>Day</b>	<b>Day</b>	<b>Team 1</b>	<b>Team 2</b>	<b>Team 3</b>	<b>Team 4</b>	<b>Home Site</b>
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