

SECTION IX INDOOR TRACK

2009 – 2010

Dave Feuer, Girl's Chairman
Mike White, Boy's Chairman

Section IX Championship Meet

Sunday, February 14th - Class "A" & Class "B" Meet
(1:00pm - 7:00pm)

Section IX Seed Meeting

Wednesday, February 24th – 6:00pm
Washingtonville HS

Section IX State Qualifier

Boys
Friday, February 26th 6:00pm – 10:00pm

Girls
Saturday, February 27th 1:00pm – 5:00pm

2010 SECTION 9 INDOOR TRACK CHAMPIONSHIPS

MEET ENTRY INSTRUCTIONS

1. **ENTRIES WILL BE DONE USING ONLINEENTRIES.COM. ENTRIES FOR YOUR CLASS MEET WILL BE AVAILABLE BEGINNING 1 WEEK FROM THE ENTRY DEADLINE.**
2. AN ATHLETE CAN BE ENTERED IN 3 EVENTS FOR THE MEET.
3. ANY SUBSTITUTIONS TO THE ENTRIES CAN BE DONE **ONLY FOR INJURY ON THE DAY OF THE MEET AND THE INJURED RUNNER CANNOT PARTICIPATE IN THE MEET**
4. *****SCRATCH RULE FOR MEET IS THAT EVENT COUNTS AS ONE OF THE 3 EVENTS.**
5. ANY CHANGES THAT HAVE TO BE MADE AFTER THE 48 HOUR DEADLINE CAN BE MADE **THE NIGHT BEFORE THE MEET BY CALLING ERIC MCLAUD AT 845-800-1369 BEFORE 9:00 PM. OTHERWISE RULE # 3 APPLIES!!!!**
6. ANY CHANGES DUE TO ILLNESS OR NO SHOW THE MORNING OF THE MEET WILL BE DONE AT THE MEET BEGINNING 1 HOUR BEFORE THE MEET AND ENDING 10 MINUTES BEFORE THE SCHEDULED START.
7. IF THERE ARE ANY PROBLEMS WITH THE ENTRIES, ERIC MCLAUD WILL CONTACT THE APPROPRIATE SCHOOL'S ATHLETIC OFFICE THE DAY BEFORE THE MEET AND REQUEST A FAX OF THAT SCHOOL'S ENTRIES

DEADLINES: 10:00 PM TO ONLINEENTRIES.COM ON THE FOLLOWING DATES:

CLASS "A & "B"" ENTRIES Thursday February 11th

COACHES: PLEASE SEND ERIC AN EMAIL TO:
emclaud@wallkillcsd.k12.ny.us AND INCLUDE YOUR HOME PHONE # AND SCHOOL PHONE #. THIS IS SO YOU CAN BE CONTACTED IF NECESSARY AND ALSO TO BE ABLE TO SEND YOU A PERFORMANCE LIST ON THE FRIDAY BEFORE THE MEET AS A COURTESY AND FOR ANY CORRECTIONS TO THE ENTRIES ONLY.

Mike White

mwhite@ws.k12.ny.us

845-497-2200 ext 24598 (School)
845-497-7060 (Home)

Acceptable Seed Times

- From a verifiable Meet
- Listed on the Web page from that meet
- From the trials and Semi's of meets that do not place their times on the Web you will need a signed card from an official at that meet. You must present that card for the seed to be used.
- You must defend a slower seed time (reason why you are putting that time)
- If you have a concern about a coaches seed time you must report it to the Section 9 Chairperson prior to the meet and the Chairperson will investigate.
- **Everyone will have access to the performance sheets prior to any meet.**
- There will be **NO** contesting a seed time at the State Qualifying Meeting.

Section 9 Championship Meet Order of Events

1:00pm	3000M		(unseeded)	
	3000M		(seeded)	
	3200M		(unseeded)	
	3200M		(seeded)	
	55M	Girls		Trials
	55M	Boys		Trials
	1000M	Girls		Final
	1000M	Boys		Final
	1500RW			Final
	55M	Girls		Semi-Final
	55M	Boys		Semi-Final
	600M	Girls		Final
	600M	Boys		Final
	55M	Girls		Final
	55M	Boys		Final
	1500M	Girls	(unseeded)	
	1600M	Boys	(unseeded)	
	55HH	Girls		Trials
	55HH	Boys		Trials
	300M	Girls		Semi-Final
	300M	Boys		Semi-Final
	1500M		(seeded)	
	1600M		(seeded)	
	55HH	Boys		Semi-Final
	55HH	Girls		Semi-Final
	Fr/Soph Relay	Girls	(800-200-200-400)	
	Fr/Soph Relay	Boys	(800-200-200-400)	
	55HH	Girls		Final
	55HH	Boys		Final
	300M	Girls		Final
	300M	Boys		Final
	4x800 Relay	Girls		Final
	4x800 Relay	Boys		Final
	4x400 Relay	Girls		Final
	4x400 Relay	Boys		Final
	4x200 Relay	Girls		Final
4x200 Relay	Boys		Final	
Field Events				
1:00pm	Long Jump	Girls/Boys	Final	4 Jumps (1-4)
	Triple Jump	Girls/Boys	Final	4 Jumps (4-7)
	High Jump	Boys	Final	1:00pm
	High Jump	Girls	Final	
	Shot Put	Boys	Final	1:00pm
	Shot Put	Girls	Final	
	<i>Weight Throw to Follow If Time Permits</i>			
	Pole Vault	Girls	Final	1:00pm
	Pole Vault	Boys	Final	
55M	Seed Top 32 / 4 heats of 8 bring back the top 3 in each heat plus 4 next fastest times			
55HH	2 Semi's / Bring back the top 2 and next 4 fastest times			
300M	Seed Top 18 Winner of each seeded heat / Next 3 fastest Times to the Final			
Fr/Soph Relay	Only one team per school			

Standards for State Qualifier

Boys

55 Meter Dash	7.14	top 16
55 Meter Hurdles	9.74	top 16
300 Meter Dash	40.24	top 18
600 Meter Run	1:34.24	top 18
1000 Meter Run	2:49.24	top 18
1600 Meter Run	4:57.24	top 20
3200 Meter Run	10:45.24	
Long Jump	18'	top 14
Pole Vault	9' 6"	top 18
Triple Jump	36'	top 14
High Jump	5' 4"	top 18
Shot Put	36'	top 14
Weight Throw		top 14

For an athlete to compete in the state qualifier meet, he **MUST** meet the standard. We will only go up to the top (total) number in the event, even if the athlete reaches the standard.

**THANKS,
MIKE PTL**

Standards for State Qualifier

Girls

55 Meter Dash	8.24	top 16
55 Meter Hurdles	10.24	top 16
300 Meter Dash	49.24	top 18
600 Meter Run	1:52.24	top 18
1000 Meter Run	3:35.24	top 18
1500 Meter Run	5:35.24	top 20
3000 Meter Run	11:20.24	
Long Jump	14'	top 14
Pole Vault	7'6"	top 18
Triple Jump	31'	top 14
High Jump	4'4"	top 18
Shot Put	25'	top 14
1500 Meter Walk	10:00	
Weight Throw		top 14

For an athlete to compete in the state qualifier meet, she **MUST** meet the standard. We will only go up to the top (total) number in the event, even if the athlete reaches the standard.

**Thanks,
Mike PTL**

**Section 9 State Qualifying Meet
West Point**

Boys

4 x 400m Relay	Semis
4 x 200m Relay	Semis
3200M Run	Final
55M Dash	Semis
1000M Run	Final
55M dash	Final
600M Run	Final
300M Dash	Semis
1600M run	Final
55M Hurdles	Semis
Fr-Soph Medley Relay	(800-200-200-400)
55M Hurdles	Final
300M Dash	Final
4 x 800M Relay	Final
4 x 400M Relay	Final
4 x 200M Relay	Final

Field Events

**Shot Put / High Jump / Long Jump
Pole Vault**

**Triple Jump to follow LJ
Weight Throw to follow SP**

**Section 9 State Qualifying Meet
West Point**

Girls

4 x 400M Relay	Semis
4 x 200M Relay	Semis
3000M Run	
55M Dash	Semis
1000M Run	Final
55M Dash	Final
600M Run	Final
1500M Racewalk	Final
300M Dash	Semis
1500M Run	Final
55M Hurdles	Semis
Fr-Soph Medley Relay	(800-200-200-400)
55M Hurdles	Final
300M Dash	Final
4 x 800M Relay	Final
4 x 400M Relay	Final
4 x 200M Relay	Final

Field Events

Shot Put / High Jump / Long Jump
Pole Vault

Triple Jump to follow LJ
Weight Throw to follow Shot

**Procedures for Picking a State Indoor Track Team
Section IX**

- **Time** must be from a New York State sanctioned meet

- **Jump / Throw** must be from a New York State sanctioned meet

- **Relay** time already established from a New York State sanctioned meet
NO PROJECTED TIMES
Team must consist of a majority of the original team

- **55M / 55HH**
Time will determine, if tie then determining factor will be head to head competition in an OCIAA / Section Meet

- **FAT** over hand time (.24) Standard Conversion

- The athlete **MUST** have run the event this season in a New York State sanctioned meet

- All decisions of the Section IX selection committee are final

Section 9 Meet

Flight #1	Minisink Valley / O'Neill
Flight #2	Pine Bush / Goshen
Flight #3	Warwick / Burke
Flight #4	Monroe- Woodbury / Middletown
Flight #5	Newburgh / Onteora

State Qualifier Boys

Flight #1	Marlboro
Flight #2	FDR
Flight #3	Valley Central
Flight #4	Ellenville
Flight #5	Monticello

State Qualifier Girls

Flight #1	Chester
Flight #2	SS Seward
Flight #3	Tri-Valley
Flight #4	Sullivan West
Flight #5	Wallkill

State Standard Form

Boys

Girls

Competitor's Name _____

School _____

EVENT _____

Time or Distance _____

Meet _____

Location _____

Date _____

NEW Regulations:

Any performance obtained in any Invitational or Championship Meet of five or more Schools this indoor season, with certified officials, will be used for State Meet seeding purpose, if Athlete qualifies for State meet.

Dual /Tri meet times and distances are not used as marks for state standard qualifications.

Relays: List the 4 names of the athletes who competed:

NYSFHSA/NYS Federation Qualifying Standards for the 3rd Competitor

EVENT	GIRLS	BOYS
	FAT Time (Hand Time)	FAT Time (Hand Time)
55m Hurdles	8.74 (8.5)	7.94 (7.7)
55m Dash	7.44 (7.2)	6.74 (6.5)
300m Dash	41.34 (41.1)	36.74 (36.5)
600m Run	1:38.74 (1:38.5)	1:24.74 (1:24.5)
1000m Run	3:02.24 (3:02.0)	2:35.24 (2:35.0)
1500m Run	4:49.54 (4:49.3)	xxxxxx
1600m Run	xxxxxx	4:28.74 (4:28.5)
3000m Run	10:21.14 (10:20.9)	xxxxxx
3200m Run	xxxxxx	9:42.24 (9:42.0)
1500m Race Walk	7:28.24 (7:28.0)	xxxxxx
Long Jump	17' 02"	21' 06"
Triple Jump	36' 01"	43' 06"
Shot Put	37' 07"	52' 00"
High Jump	5' 03"	6' 04"
Pole Vault	9' 06"	13' 00"

Your third place entry in each individual event must have met the qualifying standard in his/her state qualifying meet or in meets designated by the Sectional Coordinator, and must have placed third in the state qualifying meet in order to qualify for the State Meet.