

# SECTION IX INDOOR TRACK

2011 – 2012

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

## *Section IX Championship Meet*

Friday, February 17<sup>th</sup> - Class "B" Meet (6:00pm - 10:00pm)

Saturday, February 18<sup>th</sup> - Class "A" Meet (9:00pm – 3:00pm)

## *Section IX Seed Meeting*

Wednesday, February 22<sup>nd</sup> – 6:00pm  
Washingtonville HS

## *Section IX State Qualifier*

### **Boys**

Friday, February 24<sup>th</sup>  
6:00pm – 10:00pm

### **Girls**

Saturday, February 25<sup>th</sup>  
1:00 – 5:00pm

## Section 9 Winter Track

### Section IX Championship Meet

Friday February 17th Class "B"  
Time: 6pm-10pm

Saturday February 18<sup>th</sup> Class "A"  
Time: 9:00pm – 3:00pm

### Section IX Seed Meeting

Wednesday February 22<sup>nd</sup> Washingtonville HS

Time: 6:00pm

### Section IX State Qualifier

Saturday February 24th **Boys**

Time: 6:00pm

Saturday February 25<sup>th</sup> **Girls**

Time: 1:00pm

Each athlete must have their athletic ID number on their card to participate. Please make sure you have their ID number, if not please call Dan Morse from OC Boces.

If you have any questions or concerns please e-mail me at  
[mwhite@ws.k12.ny.us](mailto:mwhite@ws.k12.ny.us)

Have a great season. Mike PTL

## **Class “A” Meet**

|           |                  |
|-----------|------------------|
| Flight #1 | Minisink Valley  |
| Flight #2 | Pine Bush        |
| Flight #3 | Warwick          |
| Flight #4 | Monroe- Woodbury |
| Flight #5 | Newburgh         |

## **Class “B” Meet**

|           |            |
|-----------|------------|
| Flight #1 | O’Neill    |
| Flight #2 | Tri Valley |
| Flight #3 | Burke      |
| Flight #4 | Marlboro   |
| Flight #5 | Onteora    |

## 2012 SECTION IX INDOOR TRACK CHAMPIONSHIPS

### MEET ENTRY INSTRUCTIONS

1. ENTRIES WILL BE DONE USING [ONLINEENTRIES.COM](http://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 BY CONTACTING DAN MORSE AT ORANGE-ULSTER BOCES UP TO 4:30PM ON THURSDAY, FEBRUARY 16 (FOR CLASS B) AND 3:30PM ON FRIDAY, FEBRUARY 17(FOR CLASS A), **VIA EMAIL ONLY!!!** AT [daniel.morse@ouboces.org](mailto:daniel.morse@ouboces.org).
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 START OF THE MEET AND ENDING 10 MINUTES BEFORE THE SCHEDULED START.
7. IF THERE ARE ANY PROBLEMS WITH THE ENTRIES, DAN MORSE WILL CONTACT THE APPROPRIATE SCHOOL'S ATHLETIC OFFICE THE DAY BEFORE THE MEET AND REQUEST A FAX COPY OF THAT SCHOOL'S ENTRIES.

**DEADLINES:** **10:00PM** TO [ONLINEENTRIES.COM](http://ONLINEENTRIES.COM) ON THE FOLLOWING DATES:

**CLASS B ENTRIES:** Tuesday, February 14<sup>th</sup>

**CLASS A ENTRIES:** Wednesday, February 15<sup>th</sup>

**COACHES:** PLEASE SEND DAN MORSE AN EMAIL AT [daniel.morse@ouboces.org](mailto:daniel.morse@ouboces.org) AND INCLUDE YOUR HOME PHONE AND WORK PHONE/CELL PHONE. THIS IS SO YOU CAN BE CONTACTED IF NECESSARY. PERFORMANCE LISTS WILL BE POSTED ONLINE WHEN MADE AVAILABLE. THIS IS A COURTESY AND IS FOR CORRECTIONS TO ENTRIES ONLY!!!!!!

Mike White [mwhite@ws.k12.ny.us](mailto:mwhite@ws.k12.ny.us)

845-497-2200 x24598

(School)

845-497-7060

(Home)

## Section 9 Championship Meet Order of Events

|              |       |                   |            |
|--------------|-------|-------------------|------------|
| 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 |
| Novice Relay | Girls | (800-200-200-400) |            |
| Novice 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

|   |            |       |         |
|---|------------|-------|---------|
| Long Jump                                     | Girls/Boys | Final | 4 Jumps |
| <b>Triple Jump</b>                            | Girls/Boys | Final | 4 Jumps |
| High Jump                                     | Boys       | Final | 9:00am  |
| High Jump                                     | Girls      | Final |         |
| Shot Put                                      | Boys       | Final | 9:00am  |
| Shot Put                                      | Girls      | Final |         |
| <i>Weight Throw to Follow if Time Permits</i> |            |       |         |
| Pole Vault                                    | Girls      | Final | 9:00am  |
| 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

**Novice Relay**            Only one team per school

## Seed Meeting

- Check over to make sure all names are correct (times / relay names)
- There will be NO add ons at the meet. Athlete must have made the standard to compete. Meet will be finalized tonight
- If you scratch after tonight it counts as an event
- Scenarios                      Total 3 events
  - 4x200 / 4x400 / 600 / 300 run one relay trial and the other events are 600 and 300 your athlete may not run the other relay even if they scratch from one of the individual event as this counts as an event.
  - Go through scratches
  - Finalize procedures in all events
  - Boys begin at 6:00pm Sharp
  - Girls begin at 1:00pm sharp

**STATE QUALIFYING MEET**

On-Line Entry due by Monday February 20th

**Seed Meeting will be on Wednesday February 22<sup>nd</sup>**

**@ Washingtonville High School @ 6:00pm**

Boys meet will begin at 6:00pm SHARP      Friday 2/24

Girls meet will begin at 1:00pm SHARP      Saturday 2/25

## 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   | 3:40.24  | top 18 |
| 1500 Meter Run   | 5:35.24  | top 20 |
| 3000 Meter Run   | 11:40.24 |        |
| 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    | 1 Heat |
| 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**

## 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.

# State Standard Form

Boys

Girls

Competitor's Name \_\_\_\_\_

School \_\_\_\_\_

EVENT \_\_\_\_\_

Time or Distance \_\_\_\_\_

Meet \_\_\_\_\_

Location \_\_\_\_\_

Date \_\_\_\_\_

Coaches Name \_\_\_\_\_

***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.**

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### NYS PHSAA/NYS Federation Qualifying Standards for the 3<sup>rd</sup> 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       | 41.94 (41.7)         | 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)     | xxxxxxx              |
| 1600m Run       | xxxxxxx              | 4:28.74 (4:28.5)     |
| 3000m Run       | 10:21.14 (10:20.9)   | xxxxxxx              |
| 3200m Run       | xxxxxxx              | 9:42.24 (9:42.0)     |
| 1500m Race Walk | 7:28.24 (7:28.0)     | xxxxxxx              |
| 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      | 10' 00"              | 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.