

SECTION IX INDOOR TRACK

2018 – 2019

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

Section IX Championship Meet

Saturday, February 16th - Class "B" Meet (1pm-7pm)

Saturday, February 16th - Class "A" Meet (1pm-7pm)

Section IX Seed Meeting

Wednesday, February 20th – 6:00pm
Washingtonville HS

Section IX State Qualifier

Boys / Girls
Friday, February 22nd
6:00pm – 11:00pm

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 BY CONTACTING DAN MORSE AT BOUCES. 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, MIKE WHITE 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 "B" ENTRIES	Wednesday	February 13 th
CLASS "A" ENTRIES	Wednesday	February 13 th
State Quals	Monday	February 18 th

COACHES: PLEASE SEND DAN AN EMAIL TO: daniel.morse@ouboces.org 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

845-497-4000 (School)
845-234-2934 (Cell)

Acceptable Seed Times

- From a verifiable Meet
- Listed on the Web page from that meet
- From the trials and Semis 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 their performance sheets prior to any meet.**
- There will be **NO** contesting a seed time at the State Qualifying Meeting.

SECTION 9 MEET STANDARDS

- Each school can enter 1 athlete per event with or without the standard
- Each school can enter up to 3 athletes in an event given 2 and 3 hit the standards below
- Seed time/mark must meet the acceptable seed time qualifications
- Each school can enter 1 team into the 4x200, 4x400, and 4x800 relays

<u>Event</u>	<u>Class A boys</u>	<u>Class B boys</u>	<u>Class A girls</u>	<u>Class B girls</u>
55m Dash	7.34	7.54	8.34	8.74
55m Hurdles	9.44	10.30	11.14	12.14
300m	41.14	42.14	49.24	50.24
600m	1:35.2H	1:41.0H	1:53.0H	2:10.0H
1000m	2:51H	3:07H	3:25H	3:55H
1600/1500m	4:55H	5:20H	5:40.2H	6:00H
3200/3000m	10:50H	12:05H	12:30H	13:30H
1500m RaceWalk	--	--	10:00H	11:30H
High Jump	5'2	5'0	4'4	4'
Pole Vault	9'0	8'0	7'6	6'6
Long Jump	17'0	15'6	13'6	12'3
Triple Jump	35'0	32'6	27'	24'
Shot Put	33'0	32'0	26'0	21'6
Weight Throw	33'0	32'0	25'0	24'0

Section 9 Championship Meet

Order of Events (Updated 1/7/19)

55M HURDLES	SEMI
55M DASH	SEMI
3000/3200M	FINAL
55M HURDLES	FINAL
55M DASH	FINAL
1000M	FINAL
1500M Race-walk	FINAL
600M	FINAL
1500/1600M	FINAL
300M DASH	FINAL
4x800M	FINAL
4x400M	FINAL
4x200M	FINAL

Field Events

Long Jump	Girls/Boys	Final	4 Jumps
Triple Jump	Girls/Boys	Final	4 Jumps
High Jump	Boys	Final	
High Jump	Girls	Final	
Shot Put	Boys/Girls	Final	4 throws
Weight Throw	Boys/Girls	Final	4 throws
Pole Vault	Girls	Final	
Pole Vault	Boys	Final	

55M
55HH

Seed Top 24 / 3 heats of 8 bring back the winner in each heat plus 5 next fastest times
2 Semis / Bring back the top 2 and next 4 fastest times

Class “A” Meet

Flight #1 Valley Central

Flight #2 Pine Bush

Flight #3 Goshen

Flight #4 Monticello

Flight #5 Middletown

Class “B” Meet

Flight #1 O’Neill

Flight #2 Tri-Valley

Flight #3 New Paltz

Flight #4 Highland

Flight #5 Pine Plains

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

**Standards for State Qualifier
Boys**

55 Meter Dash	7.14	top 16	
55 Meter Hurdles	9.74	top 16	
300 Meter Dash	39.74	top 24	4 Heats winner next 2
600 Meter Run	1:33.24	top 30	10-10-10
1000 Meter Run	2:46.24	top 30	10-10-10
1600 Meter Run	4:57.24	top 25	10-15
3200 Meter Run	10:45.24	1 heat	(13-15)
Long Jump	18'	top 14	
Pole Vault	9' 6"	top 14	
Triple Jump	36'	top 14	
High Jump	5' 4"	top 14	
Shot Put	36'	top 14	
Weight Throw	36'	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	48.24	top 24	4 Heats winner next 2
600 Meter Run	1:52.24	top 30	10-10-10
1000 Meter Run	3:34.24	top 25	10-15
1500 Meter Run	5:27.24	top 25	10-15
3000 Meter Run	11:40.24	1 Heat	13-15
Long Jump	14'	top 14	
Pole Vault	7'6"	top 14	
Triple Jump	30'6"	top 14	
High Jump	4'4"	top 14	
Shot Put	25'	top 14	
1500 Meter Walk	9:00	1 Heat	(14)
Weight Throw	25'	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**

NYSPHSAA/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	41.94 (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"
Weight Throw	40' 00"	50' 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.

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:

**SECTION IX
WINTER TRACK & FIELD
STATE QUALIFYING MEET
ORDER OF EVENTS**

55M HURDLES	SEMI
55M DASH	SEMI
4x400M	SEMI
4x200M	SEMI
3000M	FINAL
55M HURDLES	FINAL
55M DASH	FINAL
1000M	FINAL
1500M RACEWALK	FINAL
300M DASH	SEMI
600M	FINAL
1500M	FINAL
FROSH/SOPH RELAY	FINAL
300M DASH	FINAL
4x800M	FINAL
4x400M	FINAL
4x200M	FINAL