

SECTION IX INDOOR TRACK

2016 – 2017

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

Section IX Championship Meet

Friday, February 10th - Class "A" Meet (6:00pm - 10:00pm)

Saturday, February 11th - Class "B" Meet (1:00pm – 5:00pm)

Section IX Seed Meeting

Wednesday, February 22nd – 6:00pm
Washingtonville HS

Section IX State Qualifier

Boys/Girls

Friday, February 24th
5:00pm – 11:00pm

Snow Date

Saturday, February 25th
1:00pm – 7:00pm

MEET ENTRY INSTRUCTIONS

- 1. ENTRIES WILL BE DONE USING MILESPLIT. 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 MILESPLIT ON THE FOLLOWING DATES:

CLASS "A" ENTRIES	Tuesday	February 7 th
CLASS "B" ENTRIES	Wednesday	February 8 th
State Quals	Monday	February 20 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

845-234-2934

(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 Championship Meet
Order of Events

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

Field Events

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

55M Seed Top 24 / 3 heats of 8 bring back the winner in each heat plus 5 next fastest times
55HH 2 Semis / 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

Class “A” Meet

Flight #1 Valley Central

Flight #2 Wallkill

Flight #3 Port Jervis

Flight #4 Monticello

Flight #5 Middletown

Class “B” Meet

Flight #1 Roundout Valley

Flight #2 Tri Valley

Flight #3 New Paltz

Flight #4 Marlboro

Flight #5 Eldred

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	40.24	top 24	4 Heats winner next 2
600 Meter Run	1:34.24	top 30	10-10-10
1000 Meter Run	2:49.24	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	49.24	top 24	4 Heats winner next 2
600 Meter Run	1:52.24	top 30	10-10-10
1000 Meter Run	3:40.24	top 30	10-10-10
1500 Meter Run	5:35.24	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 CHAMPIONSHIP MEET

Friday, February 10, 2017 Class "A" Meet (6 pm – 10 pm) – Online entries due 2/7

Saturday, February 11, 2017 Class "B" Meet (1pm – 5pm) – Online entries due 2/8

SECTION IX DATES

SECTION IX SEED MEETING

Wednesday, February 22, 2017 6:00 pm Washingtonville High School

SECTION IX STATE QUALIFIER – BOYS & GIRLS

Friday, February 24, 2017 5pm – 11pm – Combined Meet – Online entries due Monday 2/20

Saturday, February 25, 2017 1pm – 7pm – Snow Date

Two Day State Qualifier

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

BOYS

55M HURDLES	SEMI
55M DASH	SEMI
4x400M	SEMI
4x200M	SEMI
3200M	FINAL
55M HURDLES	FINAL
55M DASH	FINAL
1000M	FINAL
300M DASH	SEMI
600M	FINAL
1600M	FINAL
FROSH/SOPH RELAY	FINAL
300M DASH	FINAL
4x800M	FINAL
4x400M	FINAL
4x200M	FINAL

GIRLS

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

**One Day
State Qualifying Meet**

55HH	SEMI
55m Dash	SEMI
3000m	Final
4x400m Relay	SEMI
4x200m Relay	SEMI
3200m	Final
55HH	Final (B then G)
55m Dash	FINAL
1000m	Final
1500m Race Walk	Final
300m Dash	SEMI
600m	Final
Girls 1500m	Final
Boys 1600m	Final
Intersectional Medley Relay (800-200-200-400)	
300m Dash	FINAL
4x800m Relay	Final
4x400m Relay	FINAL
4x200m Relay	FINAL

Field Events

Shot Put followed by Weight Throw
Triple Jump followed by Long Jump
Boys Pole Vault followed by Girls Pole Vault
Boys High Jump followed by Girls High Jump

State Meet Order of Events Meet

55HH – SEMI
55m Dash – SEMI
Girls 3000m Run
4x400m Relay – SEMI
4x200m Relay – SEMI
Boys 3200m Run
55HH – Final (B then G)
55m Dash – FINAL
1000m Run
Girls 1500m Race Walk
300m Dash – SEMI
600m Dash
Girls 1500m Run
Boys 1600m Run
Intersectional Medley Relay (1000, 200, 600, 1600)
300m Dash – FINAL
4x800m Relay
4x400m Relay – FINAL
4x200m Relay – FINAL
Field Events
Shot Put followed by Weight Throw
Triple Jump followed by Long Jump

Following the 55m Dash

Boys Pole Vault followed by Girls Pole Vault
Boys High Jump followed by Girls High Jump