

SECTION IX INDOOR TRACK

2017 – 2018

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

Section IX Championship Meet

Friday, February 16th - Class "B" Meet (6:00pm - 11:00pm)

Saturday, February 17th - Class "A" Meet (1:00pm – 7:00pm)

Section IX Seed Meeting

Wednesday, February 21st – 6:00pm
Washingtonville HS

Section IX State Qualifier

Boys/Girls
Friday, February 23rd
6:00pm – 11:00pm

Snow Date
Saturday, February 24th
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 "B" ENTRIES	Tuesday	February 13 th
CLASS "A" ENTRIES	Wednesday	February 14 th
State Quals	Monday	February 19 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
600M.....	FINAL
1500M Race-Walk.....	FINAL
1600M/1500M.....	FINAL
300M DASH.....	FINAL
4x800M.....	FINAL
4x400M.....	FINAL
4x200M.....	FINAL

Field Events

Triple Jump	Girls/Boys	Final
Long 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

Class "A" Meet

Valley Central	High Jump Bar
Wallkill	High Jump Bar
Warwick	Pole Vault Bar / Extenders
Monticello	Pole Vault Bar
Middletown	Pole Vault Bar

Class "B" Meet

Roundout Valley	Pole Vault Bar
Dover	High Jump Bar
New Paltz	Pole Vault Bar
Marlboro	High Jump Bar
Eldred	Pole Vault Extenders

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.

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	9:30	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.

NYS PHSAA/NYS Federation Qualifying Standards for the 3rd Competitor

EVENT	GIRLS	BOYS
	FAT Time (Hand Time) Time)	FAT Time (Hand
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"
4x800m Relay	9:36.24 (9:36.00)	8:05.04 (8:04.8)
4x200m Relay	1:47.54 (1:47.3)	1:34.94 (1:34.7)
4x400m Relay	4:06.94 (4:06.7)	3:32.44 (3:32.4)

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. The second place relay must hit the standard during the Indoor season in an approved meet and place 2nd at the State Qualifying 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 16th, 2017
Online entries due 2/13

Class "B" Meet (6 pm – 11 pm) –

Saturday, February 17th, 2017
entries due 2/14

Class "A" Meet (1pm – 7pm) – Online

SECTION IX DATES

SECTION IX SEED MEETING

Wednesday, February 21st, 2017 6:00 pm Washingtonville High School

SECTION IX STATE QUALIFIER – BOYS & GIRLS

Friday, February 23, 2017
entries due Monday 2/19

6pm – 11pm – Combined Meet – Online

Saturday, February 24, 2017

1pm – 7pm – Snow Date

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

Girls, followed by Boys unless noted

55M HURDLES.....	SEMI	
55M DASH.....	SEMI	
3000M.....	FINAL	
55M HURDLES.....	FINAL	Boys, then Girls
55M DASH.....	FINAL	
3200M.....	FINAL	
4x400M.....	SEMI	
4x200m.....	SEMI	
1000M.....	FINAL	
1500M RW.....	FINAL	
300M DASH.....	SEMI	
600M.....	FINAL	
1500M.....	FINAL	
1600M.....	FINAL	
Frosh/Soph Relay.....	FINAL	
300M DASH.....	FINAL	
4x800M.....	FINAL	
4x400M.....	FINAL	
4x200M.....	FINAL	

Field Events

GIRLS Weight Throw
BOYS Weight Throw

GIRLS Shot Put
BOYS Shot Put

GIRLS Triple Jump
BOYS Triple Jump

GIRLS Long Jump
BOYS 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

Weight Throw followed by Shot Put
Triple Jump followed by Long Jump
Girls Pole Vault
Following the 55m Dash
Boys Pole Vault
Boys High Jump and Girls High Jump starting after 55m dash Final