

SECTION IX INDOOR TRACK

2022 – 2023

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

Section IX Championship Meet

@

West Point

Friday, February 10th

Class "B" Meet (6pm-11pm)

Saturday, February 11th

Class "A" Meet (1pm-6pm)

Section IX Seed Meeting

Wednesday, February 22 – 6:00pm

Washingtonville HS or Google Meet

Section IX State Qualifier

Girls / Boys

Saturday, February 25

10:00am – 3:00pm.

@

ARMORY

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 MIKE WHITE.
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

CLASS "B" ENTRIES	Wednesday	February 8 th
CLASS "A" ENTRIES	Thursday	February 9 th
State Quals	Monday	February 20 th

COACHES: Please send Mike White (mwhite@wcsdk12.org) an email and include your phone number. This is so I can send out performance list prior to the meet and for any corrections that need to be made.

Mike White mwhite@wcsdk12.org

845-234-2934 (Cell)

Acceptable Seed Times

- From a verifiable Meet (NYS High School Sanctioned 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.

BEDS Numbers for Section 9 Meet

CLASS B 599-Under

CLASS A 600- UP

**SECTION IX
ORDER OF EVENTS**

55M HURDLES	SEMI
55M DASH	SEMI
3000M	FINAL
3200M	Final
55M HURDLES	FINAL
55M DASH	FINAL
1000M	FINAL
1500M RACE-WALK	FINAL
600M	FINAL
1500M	FINAL
1600M	FINAL
300M DASH	FINAL
4x800M Relay	FINAL
4x400M Relay	FINAL
4x200M Relay	FINAL

Field Events

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

- Check over to make sure all names are correct (times / relay 8 names allowed)
- 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	7.04	top 16	
55 Meter Hurdles	9.54	top 16	
300 Meter Dash	39.54	top 24	4 Heats winner next 2
600 Meter Run	1:31.24	top 24	6-6-6-6 (1 st lap in lanes)
1000 Meter Run	2:45.24	top 25	10-15
1600 Meter Run	4:54.24	top 25	10-15
3200 Meter Run	10:40.24	1 heat	(13-15)
Long Jump	18'	top 14	
Pole Vault	9' 6"	top 14	
Triple Jump	36'	top 14	
High Jump	5' 6"	top 14	
Shot Put	38'	top 14	
Weight Throw	40'	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	8.04	top 16	
55 Meter Hurdles	10.04	top 16	
300 Meter Dash	47.24	top 24	4 Heats winner next 2
600 Meter Run	1:50.24	top 24	6-6-6-6 (1 st lap in lanes)
1000 Meter Run	3:31.24	top 25	10-15
1500 Meter Run	5:24.24	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	4'6"	top 14	
Shot Put	28'	top 14	
1500 Meter Walk	9:00	1 Heat	(14)
Weight Throw	30'	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.

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	43' 00"	53' 00"
4x200 Relay	1:47.54	1:34.94
4x400 Relay	4:06.94	3:32.44
4x800 Relay	9:36.24	8:05.04

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. For relays, the second place relay may advance, if they have met the standard.

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
3000M	FINAL
55M HURDLES	FINAL
55M DASH	FINAL
3200M	FINAL
4x400M	SEMI
4x200M	SEMI
1000M	FINAL
1500M RACE-WALK	FINAL
300M DASH	SEMI
600M	FINAL
1500M	FINAL
1600M	FINAL
Novice Relay 8-2-2-4	FINAL.
300M DASH	FINAL
4x800M Relay	FINAL
4x400M Relay	FINAL
4x200M Relay	FINAL

Field Events

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

JURY OF APPEALS

Section Class A

Mike White	Washingtonville
Dave Feuer	Cornwall
Leo Sladewski	Wallkill
Ricky Sternkopf	Monticello
Joe Cahill	Kingston

Section Class B

Mike White	Washingtonville
Dave Feuer	Cornwall
Jake Maloney	Rondout Valley
Andrew Garigliano	Ellenville
Tom Fassell	Marlboro

State Qualifying Meet

Mike White	Washingtonville
Dave Feuer	Cornwall
Chip Furman	Tri-Valley
Ricky Sternkopf	Monticello
Tom Fassell	Marlboro

