

Section IX Indoor Track @ Field

2023-2024

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

Section IX Championship Meet @ West Point

Friday, February 9th
Class "B" Meet (6pm-11pm)

Saturday, February 10th
Class "A" Meet (1pm-6pm)

Section IX Seed Meeting
Thursday, February 15th @ 6pm
Google Meet

Section IX State Qualifier @ Armory

Girls/Boys
Saturday, February 17th
4pm-9pm

Meet entry instructions

- 1- Entries will be done using milesplit
- 2- Entry deadlines are listed in the packets
- 3- An athlete can be entered in 3 events for the meet
- 4- Any substitutions to the entries can be done only for injury
On the day of the meet the injured runner cannot participate in the meet
- 5- Any changes that need to be made after the deadline can be made by contacting Mike White
Otherwise rule #4 applies
- 6- Scratch rule for the meet is that event counts as one of their 3 events
- 7- If there are any concerns with the entries please contact Mike White

Deadlines: 10pm

Class "B" entries Thursday February 9th

Class "A" entries Friday February 10th

State Qualifier Tuesday February 13th

To all coaches: Please send me an email with your email, cell# and school you are coaching for. This is so I can send out performance lists prior to the meet and if corrections 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)
- From the trials or semis of meets that do not place their times on milesplit. You will need a signed card from an official from that meet. You must present the 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 the meet

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	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
Pole Vault

Boys
Girls

Minimum standards for the State Qualifier

Boys

55M	7.04	Top 16	
55M Hurdles	9.54	Top 16	
300M	39.54	Top 24	4 heats winner next 2
600M lanes)	1:31.24	Top 24	6-6-6-6 (1 st lap in
1000M	2:45.24	Top 25	10-15
1600M	4:54.24	Top 25	10-15
3200m	10:40.24	1 Heat	(13-15)
Long Jump	18'	Top 14	
Triple Jump	36'	Top 14	
Pole Vault	9'6"	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, they must meet the minimum standard. We will only go up to the total number in that event even if the athlete reaches the minimum standard.

Minimum standards for the State Qualifier

Girls

55M	8.04	Top 16	
55M Hurdles	10.04	Top 16	
300M	47.24	Top 24	4 heats winner next 2
600M lanes)	1:50.24	Top 24	6-6-6-6 (1 st lap in
1000M	3:31.24	Top 25	10-15
1500M	5:24.24	Top 25	10-15
3000m	11:45.24	1 Heat	(13-15)
1500M Race-walk	9:30	1 Heat	(14)
Long Jump	14'	Top 14	
Triple Jump	30'6"	Top 14	
Pole Vault	7'6"	Top 14	
High Jump	4'6"	Top 14	
Shot Put	28'	Top 14	

Weight Throw

30'

Top 14

For an athlete to compete in the state qualifier meet, they must meet the minimum standard. We will only go up to the total number in that event even if the athlete reaches the minimum standard.

State Qualifying Meet Order of Events Boys first

55M Hurdles	Semi	
55M Dash	Semi	
3200M		Final
55M Hurdles	Final	
55M dash	Final	
3000M		Final
4x400M	Semi	
4x200M	Semi	
1000M		Final
1500M Race-Walk	Final	
300m	Semi	
600M	Final	
1600M		Final
1500M		Final
Novice Relay	8-2-2-4	(does not advance)
300M	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

Jury of Appeals

Section IX **Class "A" Meet**

Mike White	Washingtonville
Dave Feuer	Cornwall
Leo Sladewski	Wallkill
Allison Borriello	Valley Central
Joe Cahill	Kingston

Section IX **Class "B" Meet**

Mike White	Washingtonville
Dave Feuer	Cornwall
Jacob Maloney	Rondout Valley
Kim Goldhirsch	Red Hook
Danielle Halikais	Fallsburgh

State Qualifying Meet

Mike White	Washingtonville
Dave Feuer	Cornwall
Chip Furman	Tri-Valley
Jim Henry	Beacon
Andrew Garigliano	Ellenville

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

Event	Girls FAT Time (Hand Time)	Boys FAT Time (Hand Time)
55M Hurdles	8.74 (8.5)	7.94 (7.7)
55M	7.44 (7.2)	6.74 (6.5)
300m	41.94 (41.7)	36.74 (36.5)
600M	1:38.74 (1:38.5)	1:24.74 (1:24.5)
1000M	3:02.24 (3:02.0)	2:35.24 (2:35.0)
1500M	4:49.54 (4:49.3)	xxxxxxxxxxxx
1600M	xxxxxxxxxxxx	4:28.74 (4:28.5)
3000M	10:21.14 (10:20.9)	xxxxxxxxxxxx
3200M	xxxxxxxxxxxx	9:42.24 (9:42.0)
1500M Race Walk	7:28.24 (7:28.0)	xxxxxxxxxxxx
Long Jump	17' 02"	21' 06"
Triple Jump	36' 01"	43' 06"
Shot Put	37' 07"	51' 00"
High Jump	5' 03"	6' 02"
Pole Vault	10' 00"	13' 00"
Weight Throw	43' 00"	56' 00"
4x200 Relay	1:47.54	1:34.94
4x400M Relay	4:06.94	3:32.44
4x800M Relay	9:36.24	8:05.04

CHANGES IN BOLD

The third place finisher at the SQ meet must have met the qualifying standard in his/her state qualifying meet or in meets designated by the sectional coordinator, in order to qualify for the state meet. For relays, the second place relay may advance, if they have met the standard.

6 Divisions

Division I (6)

**NFA
Kingston
Monroe-Woodbury
Middletown
Pine Bush
Valley Central**

Division II (6)

**Warwick
Washingtonville
Cornwall
Minisink Valley
FDR
Monticello**

Division III (6)

**Goshen
Beacon
Wallkill
New Paltz
Port Jervis
Liberty**

Division IV (6)

**Spackenkill
Marlboro
Rondout Valley
Red Hook
Highland
Lourdes**

Division V (6)

**O'Neill
Fallsburg
Onteora**

Division VI (7)

**Tri-Valley
Eldred
Millbrook**

**Sullivan West
Chester
Ellenville**

**Pine Plains
Webutuck
Burke
Homestead School**

BEDS Numbers for Section 9 Meet

CLASS B 599-Under

CLASS A 600-Up

State Standard form

Boys

Girls

Competitors Name

School

Event

Time / Distance

Meet

Location

Date

Coaches Name

Any performance obtained in any invitational or Championship Meet of five (5) or more schools this indoor season, with certified officials, will be used for State Meet seeding purposes, if athlete qualifies for the state meet.

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