

# **Section IX Indoor Track @ Field**

## **2024-2025**

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

### **Section IX Championship Meet @**

**West Point**

**Friday, February 7<sup>th</sup>  
Class B Meet (6pm - 11pm )**

**Saturday, February 8<sup>th</sup>  
Class A Meet (1pm - 7pm )**

**Section IX Seed Meeting  
Thursday, February 26<sup>th</sup> @ 6pm  
Google Meet**

### **Section IX State Qualifier @ Armory**

**Girls/Boys  
Saturday, March 1<sup>st</sup>  
9am - 2pm**

## 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 6
Class AA entries	Friday	February 7 <sup>th</sup>
State Qualifier	Tuesday	February 25 <sup>th</sup>

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](mailto:mwhite@wcsdk12.org)

845-234-2934      (cell)

## Acceptable seed times

- From a verifiable meet (NYS High School sanctioned Meet)
- From the trials or series of meets that do not place their times on mile split. 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	Boys
Pole Vault	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	1:31.24	Top 24	6-6-6-6 (1 <sup>st</sup> lap in lanes)
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	1:50.24	Top 24	6-6-6-6 (1 <sup>st</sup> lap in lanes)
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 Girls first

55M Hurdles G/B	Semi
55M Dash G/B	Semi
3000M G	Final
55M Hurdles B/G	Final
55M dash B/G	Final
3200M	Final
4x400M G/B D1/D2	Semi
4x200M G/B D1/D2	Semi
1000M G/B	Final
1500M Race-Walk G	Final
300m G/B	Semi
600M G/B	Final
1500M	Final
1600M	Final
Novice Relay G/B	8-2-2-4(does not advance)
300M G/B	Final
4x800M Relay G/B Comb.	Final
4x400M Relay G/B D1/D2	Final
4x200M Relay G/B D1/D2	Final

\*All finals are slow to fast

## Field Events

Triple Jump	Boys and Girls - 2 pits
Long Jump	Boys and Girls - 2 pits

Weight Throw	Boys
Weight Throw	Girls
Shot Put	Boys
Shot Put	Girls

\*All flights are worst to best

High Jump	Girls - 4'6 up 2" to 5' then 1"
High Jump	Boys - 5'6 up @" to 6' then 1"

Pole Vault	Girls - 7'-8' then up 6"
Pole Vault	Boys - 9'-10'-11' then up 6"

# Jury of Appeals

## Section IX      Class "A" Meet

Mike White	Washingtonville
Dave Feuer	Cornwall
Leo Sladewski	Wallkill
Allison Borriello	Valley Central
Joe Cahill	Kingston
Alt: Billy Mpasiakos	Monroe Woodbury

## Section IX      Class "B" Meet

Mike White	Washingtonville
Dave Feuer	Cornwall
Jacob Maloney	Rondout Valley
Kim Goldhirsch	Red Hook
Danielle Halikais	Fallsburgh
Alt: Chip Furman	Tri-Valley

## State Qualifying Meet

Mike White	Washingtonville
Dave Feuer	Cornwall
Kevin Long	John S Burke
Jim Henry	Beacon
Andrew Garigliano	Ellenville
Alt: Allison Borriello	Valley Central



## **6 Divisions**

### **Division I (7)**

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

### **Division II (6)**

**Monticello  
Washingtonville  
Cornwall  
Minisink Valley  
FDR  
Goshen**

### **Division III (7)**

**Beacon  
Wallkill  
Lourdes  
New Paltz  
Port Jervis  
Liberty  
Marlboro**

### **Division IV (6)**

**Spackenkill  
Fallsburg  
Rondout Valley  
Red Hook  
Highland  
Ellenville**

### **Division V (5)**

**O'Neill  
Tri-Valley  
Onteora  
Sullivan West  
Chester / Seward (Shadowing)**

### **Division VI (5)**

**Eldred  
Millbrook  
Pine Plains  
Burke  
Mount Academy**

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:

\_\_\_\_\_

\_\_\_\_\_

## **NYSPHSAA/NYS Federation Qualifying Standards for the 3<sup>rd</sup> 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"	51' 00"
High Jump	5' 03"	6' 02"
Pole Vault	10' 00"	13' 00"
Weight throw	43'00"	56'00"
<b>4 x 200 Divison 1</b>	1:47.54	1:34.94
<b>4 x 200 Division 2</b>	1:52.84	1:36.65
<b>4 x 400m Division 1</b>	4:06.94	3:32.44
<b>4 x 400 Division 2</b>	4:22.46	3:41.46
<b>4 x 800m Division 1</b>	9:36.24	8:05.04
<b>4 x 800 Division 2</b>	10:30.52	8:54.50