

**Section IX
Indoor Track @ Field**

2025-2026

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

**Section IX Championship Meet
@
West Point**

Friday, January 30th
Class "B" Meet (6pm-11pm)

Saturday, January 31st
Class "A" Meet (1pm-7pm)

Section IX Seed Meeting
Wednesday, February 25th @ 6pm
Google Meet

**Section IX State Qualifier
@ Armory
Girls/Boys**

Saturday, February 28th
6pm-10:30pm

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 January 29th

Class "A" entries Friday January 30th

State Qualifier Tuesday February 24th

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 HurdlesSemi
55M DashSemi
3000MFinal
3200MFinal
55M HurdlesFinal
55M dashFinal
1000MFinal
1500M Race-WalkFinal
600MFinal
1500MFinal
1600MFinal
300MFinal
4x800M RelayFinal
4x400M RelayFinal
4x200M RelayFinal

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 st 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 st 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 RW	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**

This is TENTATIVE updated schedule to follow

55M HurdlesSemi
55M DashSemi
3200MFinal
55M HurdlesFinal
55M dashFinal
3000MFinal
4x400MSemi
4x200MSemi
1000MFinal
1500M Race-WalkFinal
300mSemi
600MFinal
1600MFinal
1500MFinal
Novice Relay8-2-2-4(does not advance)
300MFinal
4x800M RelayFinal
4x400M RelayFinal
4x200M RelayFinal

Field Events

Triple JumpBoys
Triple JumpGirls
Long JumpBoys
Long Jump Girls

Weight ThrowGirls
Weight ThrowBoys
Shot PutGirls
Shot PutBoys

High JumpGirls
High JumpBoys
Pole VaultBoys
Pole VaultGirls

Jury of Appeals

Section IX Class "A" Meet

Mike White	Washingtonville
Dave Feuer	Cornwall
Leo Sladewski	Wallkill
Pat Kemp	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: Pat Kemp	Valley Central

Two Divisions for Relays

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NFA	Monticello	
Kingston	Washingtonville	
Monroe-Woodbury	Cornwall	
Middletown	Minisink Valley	
Pine Bush	FDR	
Valley Central	Goshen	
Warwick	Beacon	Wallkill

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Spackenkill	Fallsburg
Lourdes	Rondout Valley
New Paltz	Red Hook
Port Jervis	Highland
Liberty	Ellenville
Marlboro	Mount Academy
Saugerties	
Pine Plains	
O'Neill	Burke
Tri-Valley	Eldred
Onteora	Millbrook
Sullivan West	Homestead
Chester	Dover
SS Seward	

BEDS Numbers for Section 9 Meet

CLASS B599-Under

CLASS A600-Up

State Standard form

BoysGirls

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:

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NYSPHSAA/NYS Federation Qualifying Standards for the 3rd Competitor and 2nd Relay

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"
4 x 200 Division 1	1:47.54	1:34.94
4 x 200 Division 2	1:50.34 1:34.18	
4 x 400 Division 1	4:06.94	3:32.44
4 x 400 Division 2	4:15.25 3:37.42	
4 x 800 Division 1	9:36.24	8:05.04
4 x 800 Division 2	10:09.01 8:36.26	