

SECTION IX INDOOR TRACK

2008 – 2009

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

Section IX Championship Meet

Friday, February 20th - Class "B" Meet (5:00pm - 9:00pm)

Saturday, February 21st – Class "A" Meet (9:00am – 3:00pm)

Section IX Seed Meeting

Wednesday, February 25th – 6:00pm
Washingtonville HS

Section IX State Qualifier

Boys

Friday, February 27th 5:00pm – 9:00pm

Girls

Saturday, February 28th 9:00am – 3:00pm

Snow Date

Sunday, March 1st 1:00pm – 5:00pm

Section 9 Winter Track

Section IX Championship Meet Friday February 20th Class "B"
Time: 5:00pm – 9:00pm

 Saturday, February 21st Class "A"
Time: 9:00am – 3:00pm

Class A Teams will need to use **White** 3x5 index cards

Class B Teams will need to use **Blue** 3x5 index cards

Section IX Seed Meeting Wednesday February 25th Washingtonville HS
Time: 6:00pm

Each athlete competing **MUST** have a 3x5 index card with their respective event listed

Section IX State Qualifier

Friday February 27th **BOYS**

Time: 5:00pm

Saturday February 28th **GIRLS**

Time: 9:00am

Each athlete must have their athletic ID number on their card to participate. Please make sure you have their ID number, if not please call Dan Morse from Orange County BOCES.

If you have any questions or concerns please e-mail me at
mwhite@ws.k12.ny.us

Have a great season. Mike PTL

2009 SECTION 9 STATE QUALIFIER INDOOR TRACK CHAMPIONSHIPS

MEET ENTRY INSTRUCTIONS

- 1. ENTRIES WILL BE DONE USING ONLINEENTRIES.COM. ENTRIES FOR THE STATE QUALIFYING MEET WILL BE AVAILABLE BEGINNING 1 WEEK FROM THE ENTRY DEADLINE.**

ANY CHANGES THAT HAVE TO BE MADE AFTER THE 48 HOUR DEADLINE CAN BE MADE AT THE SEED MEETING ON WEDNESDAY FEBRUARY 25TH AT 6:00 PM (WASHINGTONVILLE HS)

DEADLINES: **10:00 PM** TO ONLINEENTRIES.COM ON THE FOLLOWING DATES:

BOYS ENTRIES	Monday	February 23rd
GIRLS ENTRIES	Monday	February 23rd

COACHES: If you have any questions please contact me at:
845-497-2200 ext 24598 (School)
845-497-7060 (Home)

mwhite@ws.k12.ny.us

Class “A” Meet

Flight #1	Minisink Valley
Flight #2	Pine Bush
Flight #3	Warwick
Flight #4	Monroe- Woodbury
Flight #5	Newburgh

Class “B” Meet

Flight #1	O’Neill
Flight #2	Goshen
Flight #3	Burke
Flight #4	Marlboro
Flight #5	Onteora

Section 9 Championship Meet Order of Events

9:00am	3000M		(unseeded)	
	3000M		(seeded)	
	3200M		(unseeded)	
	3200M		(seeded)	
	55M	Girls		Trials
	55M	Boys		Trials
	1000M	Girls		Final
	1000M	Boys		Final
	1500RW			Final
	55M	Girls		Semi-Final
	55M	Boys		Semi-Final
	600M	Girls		Final
	600M	Boys		Final
	55M	Girls		Final
	55M	Boys		Final
	1500M	Girls	(unseeded)	
	1600M	Boys	(unseeded)	
	55HH	Girls		Trials
	55HH	Boys		Trials
	300M	Girls		Semi-Final
	300M	Boys		Semi-Final
	1500M		(seeded)	
	1600M		(seeded)	
	55HH	Boys		Semi-Final
	55HH	Girls		Semi-Final
	Fr/Soph Relay	Girls	(800-200-200-400)	
	Fr/Soph Relay	Boys	(800-200-200-400)	
	55HH	Girls		Final
	55HH	Boys		Final
	300M	Girls		Final
	300M	Boys		Final
	4x800 Relay	Girls		Final
	4x800 Relay	Boys		Final
	4x400 Relay	Girls		Final
	4x400 Relay	Boys		Final
	4x200 Relay	Girls		Final
	4x200 Relay	Boys		Final
Field Events				
9:00am	Long Jump	Girls/Boys	Final	4 Jumps
	Triple Jump	Girls/Boys	Final	4 Jumps
	High Jump	Boys	Final	9:00am
	High Jump	Girls	Final	
	Shot Put	Boys	Final	9:00am
	Shot Put	Girls	Final	
	<i>Weight Throw to Follow if Time Permits</i>			
	Pole Vault	Girls	Final	9:00am
	Pole Vault	Boys	Final	

55M Seed Top 24 / Bring back 3
55HH 2 Semi's / Bring Back 3 in each Semi

300M Seed Top 18
 Winner of each seeded heat / Next 3 fastest Times to the Final

Fr/Soph Relay Only one team per school

Standards for State Qualifier

Boys

55 Meter Dash	7.14	top 24
55 Meter Hurdles	9.74	top 24
300 Meter Dash	40.24	top 18
600 Meter Run	1:34.24	top 24
1000 Meter Run	2:49.24	top 24
1600 Meter Run	4:57.24	top 24
3200 Meter Run	10:45.24	
Long Jump	18'	top 14
Pole Vault	9' 6"	top 18
Triple Jump	36'	top 14
High Jump	5' 4"	top 18
Shot Put	36'	top 14
Weight Throw		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.

THANKS,
MIKE PTL

Standards for State Qualifier

Girls

55 Meter Dash	8.24	top 24
55 Meter Hurdles	10.24	top 24
300 Meter Dash	49.24	top 18
600 Meter Run	1:52.24	top 24
1000 Meter Run	3:40.24	top 24
1500 Meter Run	5:35.24	top 24
3000 Meter Run	11:40.24	
Long Jump	14'	top 14
Pole Vault	7'6"	top 18
Triple Jump	31'	top 14
High Jump	4'4"	top 18
Shot Put	25'	top 14
1500 Meter Walk	10:00	
Weight Throw		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.

Thanks,
Mike PTL

**Section 9 State Qualifying Meet
West Point**

Boys

4 x 400m Relay	Semis
4 x 200m Relay	Semis
3200M Run	Final
55M Dash	Semis
1000M Run	Final
55M dash	Final
600M Run	Final
300M Dash	Semis
1600M run	Final
55M Hurdles	Semis
Fr-Soph Medley Relay	(800-200-200-400)
55M Hurdles	Final
300M Dash	Final
4 x 800M Relay	Final
4 x 400M Relay	Final
4 x 200M Relay	Final

Field Events

Shot Put / High Jump / Long Jump
Pole Vault

Triple Jump to follow LJ
Weight Throw to follow SP

**Section 9 State Qualifying Meet
West Point**

Girls

4 x 400M Relay	Semis
4 x 200M Relay	Semis
3000M Run	
55M Dash	Semis
1000M Run	Final
55M Dash	Final
600M Run	Final
1500M Racewalk	Final
300M Dash	Semis
1500M Run	Final
55M Hurdles	Semis
Pr-Soph Medley Relay	(800-200-200-400)
55M Hurdles	Final
300M Dash	Final
4 x 800M Relay	Final
4 x 400M Relay	Final
4 x 200M Relay	Final

Field Events

Shot Put / High Jump / Long Jump
Pole Vault

**Triple Jump to follow LJ
Weight Throw to follow Shot**

**NYSPHSAA/ NYS FEDERATION
WINTER TRACK & FIELD
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 Dash	7.44 (7.2)	6.74 (6.5)
300m Dash	41.34 (41.1)	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	XXXXXXXX	4:28.74 (4:28.5)
3000m Run	10:21.14 (10:20.9)	XXXXXXX
3200m Run	XXXXXXXX	9:42.24 (9:42.0)
1500m Race Walk	7:28.24 (7.28.0)	XXXXXXX
Long Jump	17' 2"	21' 6"
Triple Jump	36' 1"	43' 6"
Shot Put	37' 7"	52' 0"
High Jump	5' 3"	6' 4"
Pole Vault	9' 6"	13' 0"

Your third place entry in each individual event must have met the qualifying standards in his/her State Qualifying Meet or meets designated by the Sectional Coordinator after January 1, and must have placed third in the state qualifying meet in order to qualify for the State Meet.

Coordinators are to use an athlete's best mark in the event after January 1 to seed that athlete or relay in the state meet.

Acceptable Seed Times

- From a verifiable Meet
- Listed on the Web page from that meet
- From the trials and Semi's 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 the performance sheets prior to any meet.**
- There will be **NO** contesting a seed time at the State Qualifying Meeting.

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
 - Boys begin at 5:00pm Sharp
 - Girls begin at 9:00am sharp

**Procedures for Picking a State Indoor Track Team
Section IX**

- **Time** must be from a New York State sanctioned meet

- **Jump / Throw** must be from a New York State sanctioned meet

- **Relay** time already established from a New York State sanctioned meet
NO PROJECTED TIMES
Team must consist of a majority of the original team

- **55M / 55HH**
Time will determine, if tie then determining factor will be head to head competition in an OCIAA / Section Meet

- **FAT** over hand time (.24) Standard Conversion

- The athlete **MUST** have run the event this season in a New York State sanctioned meet

- All decisions of the Section IX selection committee are final

MEET INFORMATION & HEADQUARTERS

Any questions regarding the meet should be addressed to the State Coordinators. Meet headquarters for the boys and girls will be at Cornell University's Barton Hall.

Mike White 845-497-7060 (H) **Holiday Inn** (Downtown Ithaca) (607) 272-1000

mwhite@ws.k12.ny.us 845-234-2934 (Cell)

The following has been arranged for Friday, March 6 (Tentative):

6:00 – 8:00 p.m. – Barton Hall Warm - up - Athletes and Coaches only

Saturday's Schedule - March 7 Cornell University

7:45 – Officials Arrive

8:00 – Boys' Arrive to Compete in the meet

8:30 – Opening Ceremonies

9:00 – Meet Begins

1:00 – Boys' Meet ends, Barton Hall is cleared

March 7, 2007 - Cornell University

BOYS ORDER OF EVENTS

4 X 400M Relay	Semi-Final
4 X 200M Relay	Semi-Final
3200 Meter Run (unseeded)	Final
55M Dash	Trials
3200 Meter Run (seeded)	Final
55 Meter Dash	Semi-Final
1000 Meter Run	Final
55 Meter Dash	Final
600 Meter Run	Final
55 Meter Hurdles	Trials
300 Meter Dash	Semi-Final
1600 Meter Run	Final
55 Meter Hurdles	Semi-Final
Intersectional Medley Relay (1000, 200, 600, 1600)	Final
55 Meter Hurdles	Final
300 Meter Dash	Final
4 X 800M Relay	Final
4 X 400M Relay	Final
4 X 200M Relay	Final

Field Events

Long Jump (Both Runways), Followed by Triple Jump (both runways)
Pole Vault
Shot Put
High Jump

State Standard Form

Boys

Girls

Competitor's Name _____

EVENT _____

Time or Distance _____

Meet _____

Location _____

Date _____

NEW Regulations:

Any performance from any Invitational or Championship Meet of five or more Schools, 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:

