

2017 Section 9

Outdoor Track & Field Handbook

Boys Coordinator – Matt Hemmer (Monroe-Woodbury)
mhemmer@mw.k12.ny.us - (845) 551-1358

Girls Coordinator – Brian Halling (FDR)
brianhalling@hpcsd.org - (603) 674-4484

Meet Dates:

Class B/C Championship	5/25/17	10:00am	Middletown
Class A/D Championship	5/26/17	10:00am	Middletown
Section 9 State Quals Day 1	6/1/17	4:00pm	Washingtonville
Section 9 State Quals Day 2	6/2/17	2:00pm	Middletown

State Meet – 6/9/17 & 6/10/17 at Union Endicott HS (Section 4)

2017 School Classification

CLASS A A = 901 and Up	CLASS B B = 471-900	CLASS C C = 276-470	CLASS D D= 1-275
NFA 2474	Poughkeepsie 879	Marlboro 440	Tri Valley 261
Monroe-Woodbury 1750	Cornwall 798	Rondout Valley 430	Sullivan West 251
Middletown 1585	Wallkill 743	Highland 425	Millbrook 250
Kingston (Mt. Academy) 1564	Goshen 723	Spackenkill 393	Pine Plains 247
Pine Bush 1300	Monticello 698	Ellenville 390	Webutuck 178
Valley Central 1088	Saugerties 697	James I O'Neill 376	Eldred 142
Warwick Valley 1034	Port Jervis 613	Liberty 365	John A Coleman 126
Minisink Valley 1014	New Paltz 562	John S Burke 364	Livinston Manor 103
Washingtonville 997	Red Hook 493	Onteora 317	Chapel Field 53
FDR 967		Dover 315	
		Rhinebeck 305	
		Chester 304	
		Fallsburg 302	

2017 SECTION IX CLASS CHAMPIONSHIPS

Meet Entry Instructions

Class B/C – 5/25/17 – 10:00am @ Faller Field, Middletown

Class A/D – 5/26/17 – 10:00am @ Faller Field, Middletown

ENTRIES/SCRATCHES:

- 1) All entries will be done using www.milesplit.com
Entry Deadline for both meets- 10:00pm on 5/23/17
Each team can enter 3 individuals per event and 1 relay. Athletes may compete in 4 events. (Unless competing in Pentathlon).
- 2) Any substitutions to the entries on the **day of the meet** can be done **only for injury** and the injured runner **cannot** participate in the meet.
- 3) Scratch rule for the meet is that the event counts as 1 of the 4 allotted events for athlete.
- 4) **A performance list will be sent out to all head coaches and athletic directors on 5/24/17. You can make entry corrections to your lineup by e-mailing Matt Hemmer (mhemmer@mw.k12.ny.us) BEFORE the performance list is released. Rule #2 applies to any changes (excluding seed times) made after the performance list is released, unless you can provide documented proof the athlete(s) were entered through milesplit.com and left off the performance list.**
- 5) Changes/Scratches on meet day will begin 75 minutes before the meet and end 20 minutes before the scheduled start. The first races will not be adjusted because of scratches.

MEET MANAGEMENT:

- 1) Scoring in all class meets will be 10-8-6-5-4-3-2-1
- 2) Top two individuals/relays in each class will receive medals
- 3) Top team in each class will receive a plaque
- 4) ¼" Spikes will be allowed at each site.
- 5) Race setups:
110m/100m HH, 100m, 200m – Heats separated by class.
400m, 400m IH, 800m-- 1 seeded heat per class. Everyone else in combined heats.
1500m&1600m/Steeplechases/3200m&3000m – Combined into as few heats as possible
4x800m Relay – Combined heats
4x100m& 4x400m – 1 Heat by class, then combined
- 6) Field Events:
In the Long Jump, Triple Jump, Shot Put, and Discus. All competitors will receive 4 JUMPS/THROWS. There will be NO FINALS. In these events, each class will have a seeded flight of 10. The remaining athletes will be combined into as few flights as possible. ALL SEEDED FLIGHTS WILL JUMP/THROW LAST. All flights can score.
- 7) Each school MUST bring 2 helpers to help with the attached work schedule

ANY QUESTIONS: Contact Matt Hemmer or Brian Halling

School Work Assignments -- Class B/C Meet

	HURDLE CREW	
HH Flight	School	Int. Flight
1	Poughkeepsie	7
2	Cornwall	6
3	Wallkill	8
4	Goshen	9 (Stays)
5	Monticello	5
6	Saugerties	4
7	Port Jervis	10 (Stays)
8	New Paltz	3
9	Red Hook	2
10	Marlboro	1

Result Runners (2 per school)	
10:00-11:15	John S. Burke
11:15-12:30	Highland
12:30-1:45	Spackenkill
1:45-3:00	Ellenville
3:00-4:15	James I. O'Neill
4:15-5:30	Liberty

	STEEPLE	
Barrier 1 by 1500m line		Rondout Valley
Barrier 2 by 200m start		Onteora
Water Pit		Dover
Barrier 3 on front stretch		Rhinebeck
Barrier 4 by finish line		Cornwall

FIELD EVENT ASSIGNMENTS						
Time	LJ	TJ	SHOT	DISC	HJ	PV
10:00-11:15	Fallsburg	Saugerties	Highland	Onteora	Chester	New Paltz
11:15-12:30	Poughkeepsie	Port Jervis	Spackenkill	Dover	Wallkill	Red Hook
12:30-1:45	Cornwall	New Paltz	Ellenville	Rhinebeck	Goshen	Marlboro
1:45-3:00	Wallkill	Red Hook	O'Neill	Chester	Monticello	John S. Burke
3:00-4:15	Goshen	Marlboro	Liberty	Fallsburg	Saugerties	Highland
4:15-5:30	Monticello	John S. Burke	Rondout Valley	Poughkeepsie	Port Jervis	Spackenkill

FIELD EVENT ASSIGNMENTS				
Time	Girls Pent	Boys Pent	Jav	Hammer
10:00-11:15	Ellenville	Rhinebeck		
11:15-12:30	O'Neill	Chester		
12:30-1:45	Liberty	Fallsburg		
1:45-3:00	Rondout Valley	Poughkeepsie		
3:00-4:15	Onteora	Cornwall	Goshen	Monticello
4:15-5:30	Dover	Wallkill		

School Work Assignments -- Class A/D Meet

HURDLE CREW		
HH Flight	School	Int. Flight
1	NFA	7
2	MW	6
3	Middletown	8
4	Kingston	9 (Stays)
5	Pine Bush	5
6	VC	4
7	Warwick	10 (Stays)
8	Minisink	3
9	Washingtonville	2
10	FDR	1

Result Runners (2 per school)	
10:00-11:15	Tri Valley
11:15-12:30	Sullivan West
12:30-1:45	Millbrook
1:45-3:00	Pine Plains
3:00-4:15	Webutuck
4:15-5:30	Eldred

STEEPLE	
Barrier 1 by 1500m line	MW
Barrier 2 by 200m start	Kingston
Water Pit	Middletown
Barrier 3 on front stretch	NFA
Barrier 4 by finish line	PB

FIELD EVENT ASSIGNMENTS						
Time	LJ	TJ	SHOT	DISC	HJ	PV
10:00-11:15	Coleman	Washingtonville	Webutuck	MW	Minisink	Pine Plains
11:15-12:30	L. Manor	FDR	Eldred	Middletown	Washingtonville	Webutuck
12:30-1:45	Chapel Field	Tri Valley	Coleman	Kingston	FDR	Eldred
1:45-3:00	VC	Sullivan West	Livingston Manor	Pine Bush	Tri Valley	Coleman
3:00-4:15	Warwick	Millbrook	Chapel Field	VC	Sullivan West	L. Manor
4:15-5:30	Minisink	Pine Plains	NFA	Warwick	Millbrook	Chapel Field

FIELD EVENT ASSIGNMENTS				
Time	Girls Pent	Boys Pent	Jav	Hammer
10:00-11:15	NFA	Warwick		
11:15-12:30	MW	Minisink		
12:30-1:45	Middletown	Washingtonville		
1:45-3:00	Kingston	FDR		
3:00-4:15	Pine Bush	Tri Valley	Millbrook	Pine Plains
4:15-5:30	VC	Sullivan West		

2017 Order of Events for all Section 9 Class Championship Meets

TRACK EVENTS (Girls then Boys - D/A, C/B, Fast Last)

Pentathlon 100m/110m HH
3000m/3200m Run - Final on Time
110m/100m HH Semi - Advance by Place & Time
100m Dash Semi - Advance by Place & Time
400m Dash - Final on Time
100m/110m HH Final
100m Dash Final
800m Run - Final on Time
2000m/3000m Steeplechase - Final on Time
200m Dash Semi - Advance by Place & Time
400m Intermediate Hurdles - Final on Time
1500m/1600m Run - Final on Time
200m Dash Final
3200m Relay - Final on Time
400m Relay - Final on Time
1600m Relay Final on Time
** PENTATHLON 800m & 1500m will be inserted accordingly**

FIELD EVENTS (All Start at Beginning of the meet unless otherwise noted -- SEEDED FLIGHTS LAST D/A, C/B)

Girls Shot Put followed by Boys Shot Put - 4 Throws -- NO FINALS
Boys Discus followed by Girls Discus - 4 Throws -- NO FINALS
Boys and Girls Long Jump - 4 Jumps -- NO FINALS
Boys and Girls Triple Jump Following Long Jump - 4 Jumps -- NO FINALS
Girls High Jump followed by Boys High Jump
Girls Pole Vault followed by Boys
** HJ and PV progressions will be determined by coordinators before the meet begins**

Non Scoring Field Events (Time & Location Permitting)

Girls Javelin - followed by Boys Javelin -- 3 THROWS
Boys Hammer - followed by Girls Hammer -- 3 THROWS

2017 SECTION IX STATE QUALIFIER

Meet Entry Instructions

Day 1 – 6/1/17 – 4:00pm @ Washingtonville

Day 2 – 6/2/17 – 2:00pm @ Middletown

ENTRIES/SCRATCHES:

- 1) All entries will be done using www.milesplit.com
Entry Deadline – 5/30/17 @ 10:00pm
- 2) All athletes entered must have met the qualifier entry guideline for the event
- 3) Any substitutions to the entries on the **day of the meet** can be done **only for injury** and the injured runner **cannot** participate in the meet.
- 4) Scratch rule for the state qualifier is that an athlete can be scratched, with no penalty, up to the 1st call of that event. It is strongly recommended that scratches be done before that. **If an athlete qualifies for a final and does not compete, they are ineligible for the rest of the meet.**
- 5) You can make entry corrections the night before the meet by e-mailing Matt Hemmer (mhemmer@mw.k12.ny.us) **BEFORE 9:00pm**. OTHERWISE Rule #3 applies.
- 6) Changes/Scratches on meet day will begin 90 minutes before the meet and end 30 minutes before the scheduled start. The first races will not be adjusted because of scratches.

MEET MANAGEMENT:

- 1) ¼" Spikes will be allowed at each site.
- 2) Race setups: In the 100m, 200m, and High Hurdles – A Maximum of 24 athletes will be seeded for the semi-final. All other athletes who met the standard will run after the seeded heats, but can't advance.
All races 800m and up will be run combined. Every effort will be made to identify each athlete by what division they are competing in.
- 3) Field Events: In the Long Jump, Triple Jump, Shot Put, and Discus. ALL ATHLETES will receive 3 JUMPS/THROWS. A 7 athlete final will be contested where each division will have at least two athletes in the final.

STATE QUALIFYING PROCEDURE

- 1) Each division will send the winner of each event to the State Championship.
- 2) Each division can send one additional qualifier in each event provided they meet the state standard prior to the Tuesday before the state meet and competed in that event at the qualifier. If multiple athletes/teams in an event hit the state standard, the highest finisher at the qualifier, of those with the standard, qualifies for the state meet.
- 3) All state standards may be achieved at any point during the season at ANY INVITATIONAL or CHAMPIONSHIP MEET of 5 or more schools with certified officials.
- 4) All coaches MUST fill out a State Standard form for every athlete that hits a standard. These forms MUST be submitted to the Sectional coordinators prior to the start of the state qualifier.

SCHOOL CLASSIFICATIONS FOR SECTION 9 STATE QUALIFIER & NYSPHSAA CHAMPIONSHIP

DIVISION 1

Newburgh
Kingston
Middletown
Monroe-Woodbury
Pine Bush
Valley Central
Washingtonville
Warwick Valley
Minisink Valley
FDR
Wallkill
Cornwall
Saugerties
Monticello
Port Jervis
Goshen
Poughkeepsie

DIVISION 2

New Paltz
Rondout Valley
Red Hook
Marlboro
Highland
Spackenkill
Ellenville
Onteora
Dover
James I O'Neill
Liberty
John S. Burke
Sullivan West
Millbrook
Fallsburg
Rhinebeck
Tri Valley
Pine Plains
Chester
Webutuck
Eldred
John A Coleman
Livingston Manor
Chapel Field

2017 Section 9 State Qualifier

Performance Standards for Competing in Section 9 State Qualifier Meet

ALL ATHLETES MUST MEET THE STANDARD TO ENTER

EVENT	GIRLS Div 1	GIRLS Div 2	BOYS Div 1	BOYS Div 2
3000/3200m	11:30	11:50	10:20	10:40
800m	2:30	2:40	2:05	2:08
100m/100m HH	18.0	18.8	16.8	17.5
100m	13.3	13.8	11.6	12.0
400m	65.0	68.0	53.5	55.5
1500m/1600m	5:15	5:25	4:43	4:53
2000m/3000m Steeplechase	8:30	9:00	10:50	11:10
200m	28.5	29.5	24.2	24.7
400m Int. Hurdles	74.0	76.0	61.0	63.0
4x800m	10:45	10:50	8:45	8:50
4x100m	55.0	57.5	46.0	47.0
4x400m	4:20	4:25	3:35	3:40
Shot Put	30'	29'	40'	39'
Discus	90'	88'	115'	113'
High Jump	4' 8"	4' 8"	5' 8"	5' 8"
Long Jump	15'	14' 6"	19' 5"	18' 6"
Triple Jump	31'	30'	40'	39' 6"
Pole Vault	8' 6"	8' 6"	11' 6"	11' 6"
Pentathlon	1900 pts	1800 pts	2200 pts	2000 pts

SECTION 9 STATE QUALIFIER- ORDER OF EVENTS

DAY 1

TRACK

110 HH	B	D2 then D1	S	Top 24	4 Heats
110HH	B	COMBINED		NO ADVANCEMENT	
Pent. 110 HH	B	CHAMP	F		
Pent. 100 HH	G	CHAMP	F		
100 HH	G	D2 then D1	S	Top 24	4 Heats
100HH	G	COMBINED		NO ADVANCEMENT	
100M	G	D2 then D1	S	Top 24	4 Heats
100M	G	COMBINED		NO ADVANCEMENT	
100M	B	D2 then D1	S	Top 24	4 Heats
100M	B	COMBINED		NO ADVANCEMENT	
800M	G	CHAMP	F		
800M	B	CHAMP	F		
3000 M	G	CHAMP	F		
3200 M	B	CHAMP	F		
200M	G	D2 then D1	S	Top 24	4 Heats
200M	G	COMBINED		NO ADVANCEMENT	
200M	B	D2 then D1	S	Top 24	4 Heats
200M	B	COMBINED		NO ADVANCEMENT	

FIELD

POLE VAULT	CHAMP	F
Girls Opening Height 8-0		
Boys Opening Height 11-0	after girls	
PENT.SHOT	B	
PENT.SHOT	G	
PENT. LONG JUMP	G	
PENT LONG JUMP	B	

SECTION 9 STATE QUALIFIER- ORDER OF EVENTS

DAY 2

TRACK

2000M STEEPLE	G	CHAMP	F
3000M STEEPLE	B	CHAMP	F
110 HH	B	D2 then D1	F
100 HH	G	D2 then D1	F
100M	G	D2 then D1	F
100M	B	D2 then D1	F
1500M	G	CHAMP	F
1600M	B	CHAMP	F
400 M	G	D2 then D1	F
400 M	B	D2 then D1	F
400 INTER H	G	D2 then D1	F
400 INTER H	B	D2 then D1	F
200M	G	D2 then D1	F
200M	B	D2 then D1	F
4X800 RELAY	G	CHAMP	F
4X800 RELAY	B	CHAMP	F
4X100 RELAY	G	D2 then D1	F
4X100 RELAY	B	D2 then D1	F
4X400 RELAY	G	D2 then D1	F
4X400 RELAY	B	D2 then D1	F

FIELD

HIGH JUMP PIT 2	G	PENT	F
HIGH JUMP PIT 1	B	PENT	F
AFTER PENT HJ			
HIGH JUMP PIT 2	G	CHAMP	
HIGH JUMP PIT 1	B	CHAMP	
DISCUS	B	CLASS FINAL	
SHOT PUT	G	CLASS FINAL	
LONG JUMP	G	CLASS FINAL	
LONG JUMP	B	CLASS FINAL	
DISCUS	G	CLASS FINAL	
SHOT PUT	B	CLASS FINAL	
TRIPLE JUMP	G	CLASS FINAL	
TRIPLE JUMP	B	CLASS FINAL	
Hammer & Javelin (after Shot & Disc)			

** Pent 800m/1500m will be inserted accordingly**

NYSPHSAA/FEDERATION BOYS & GIRLS SPRING TRACK
APPROVED STANDARDS FOR THE SECOND QUALIFIER FOR
THE 2017 SEASON

EACH SECTION MUST DESIGNATE THEIR STATE QUALIFIER MEET.

FIRST PLACE FINISHER IN EACH INDIVIDUAL EVENT AND RELAY FROM THE FOLLOWING DIVISIONS WILL ADVANCE TO THE STATE MEET: ***DIVISION I AND DIVISION II.***

A SECTION MAY SEND ANOTHER ATHLETE OR RELAY TEAM IN ANY EVENT PROVIDING THEY MEET THE FOLLOWING STANDARDS. A SECTION CAN SEND ONE ADDITIONAL ENTRY FOR EACH EVENT IN EACH DIVISION, PROVIDING THEY MEET THE STANDARD LISTED BELOW. THE ORDER OF FINISH AT THE STATE QUALIFIER TAKES PRECEDENCE OVER PRIOR SUPERIOR PERFORMANCES.

THE STANDARD MAY BE MET AT ANY INVITATIONAL OR CHAMPIONSHIP MEET AT ANYTIME DURING THE SEASON.

<u>EVENT</u>	<u>BOYS D1</u>	<u>BOYS D2</u>	<u>GIRLS D1</u>	<u>GIRLS D2</u>
100M DASH	10.9 / 11.14	11.1 / 11.34	12.2 / 12.44	12.6 / 12.84
200M DASH	22.1 / 22.34	22.6 / 22.84	25.3 / 25.54	25.9 / 26.14
400M DASH	49.0 / 49.24	50.3 / 50.54	57.6 / 57.84	58.4 / 58.64
800M RUN	1:54.5 / 1:54.74	1:56.4 / 1:56.64	2:15.4 / 2:15.64	2:15.5 / 2:15.74
1600/1500M RUN	4:16.9 / 4:17.14	4:22.7 / 4:22.94	4:38.1 / 4:38.34	4:45.0 / 4:45.24
3200/3000M RUN	9:23.6 / 9:23.84	9:32.8 / 9:33.04	10:00.6 / 10:00.84	10:24.3 / 10:24.54
STEEPLECHASE	9:34.4 / 9:34.64	9:50.5 / 9:50.74	7:06.5 / 7:06.74	7:22.6 / 7:22.84
HIGH HURDLES	14.8 / 15.04	15.2 / 15.44	15.0 / 15.24	15.9 / 16.14
400M HURDLES	55.5 / 55.74	57.1 / 57.34	63.6 / 63.84	66.4 / 66.64
LONG JUMP	22' 01.5"	21' 04.75"	17' 09.75"	17' 01"
TRIPLE JUMP	46' 00.5"	44' 04.75"	36' 10.5"	36' 05.5"
SHOT PUT	52' 04"	49' 00.25"	39' 01.75"	36' 00.75"
DISCUS	150' 04"	144' 04"	115' 11"	109' 01"
HIGH JUMP	6' 02"	6' 02"	5' 03"	5' 01"
POLE VAULT	13' 09"	13' 03"	11' 00"	9' 09"
PENTATHLON	3057 PTS.	3076 PTS.	2797 PTS.	2694 PTS.
400M RELAY	42.9 / 43.14	44.1 / 44.34	48.9 / 49.14	50.4 / 50.64
1600M RELAY	3:21.0 / 3:21.24	3:28.1 / 3:28.34	3:56.0 / 3:56.24	4:04.2 / 4:04.44
3200M RELAY	7:51.5 / 7:51.74	8:08.8 / 8:09.04	9:17.0 / 9:17.24	9:36.3 / 9:36.54

(FIRST TIME LISTED IN EACH COLUMN IS HAND TIMED, SECOND TIME LISTED IS FULLY AUTOMATIC TIMING. STANDARD HYTEK CONVERSION OF .24 WAS USED FOR ALL RUNNING EVENTS.)

THESE STANDARDS REPRESENT THE AVERAGE OF 6TH PLACE IN THE FINALS FROM 2012 THROUGH 2016

ACCEPTED 9/18/16

State Standard Form

Boys: _____ Competitor's Name: _____

Girls: _____ School Name: _____

Event: _____

Time or Distance: _____

Meet: _____

Location: _____

Date: _____

Any performance, obtained in 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.

Dual / Tri meet times and distances are not used as marks for State standard qualifications.

Relay: List the 4 names of the athletes who competed: -

1) _____

2) _____

3) _____

4) _____

NEW YORK STATE PUBLIC HIGH SCHOOL STATE TRACK & FIELD CHAMPIONSHIPS UNION ENDICOTT HIGH SCHOOL

**TIMES ARE APPROXIMATE - EVENTS MAY RUN AHEAD AS FAR AS POSSIBLE*

FRIDAY JUNE 09, 2017

ORDER OF EVENTS

TRACK

Div I - Large
Div II - Small

12:30 Pent. 110 HH-1 B CHAMP F *lower seeds*
Pent. 100 HH-1 G CHAMP F *lower seeds*

OPENING CEREMONIES INCLUDING SPORTSMANSHIP AWARD WINNERS

1:30	110H	B	II	T
	110H	B	I	T
1:40	110H	G	II	T
	110H	G	I	T
1:50	100M	B	II	T
	100M	B	I	T
	100M	G	II	T
	100M	G	I	T
2:10	Pent. 110 HH-2	B	CHAMP	F <i>higher seeds</i>
	Pent. 100 HH-2	G	CHAMP	F <i>higher seeds</i>
2:30	400M	B	II	CLASS FINAL
	400M	B	I	CLASS FINAL
	400M	G	II	CLASS FINAL
	400M	G	I	CLASS FINAL
3:00	800M	B	CHAMP	F
	800M	G	CHAMP	F
3:30	200M	B	II	T
	200M	B	I	T
	200M	G	II	T
	200M	G	I	T
3:50	400 INTER H	B	II	CLASS FINAL
	400 INTER H	B	I	CLASS FINAL
	400 INTER H	G	II	CLASS FINAL
	400 INTER H	G	I	CLASS FINAL
4:20	4X100 RELAY	B	II	CLASS FINAL
	4X100 RELAY	B	I	CLASS FINAL
	4X100 RELAY	G	II	CLASS FINAL
	4X100 RELAY	G	I	CLASS FINAL
4:50	4X400 RELAY	B	II	CLASS FINAL
	4X400 RELAY	B	I	CLASS FINAL
	4X400 RELAY	G	II	CLASS FINAL
	4X400 RELAY	G	I	CLASS FINAL
5:40	3200M	B	CHAMP	F
	3000M	G	CHAMP	F

FIELD

11:00	POLE VAULT	B	CHAMP	F
12:00	DISCUS	G	I	CLASS FINAL
12:30	TRIPLE JUMP	B	I	CLASS FINAL
	TRIPLE JUMP	B	II	CLASS FINAL
12:30	SHOT PUT	B	I	CLASS FINAL
1:30	DISCUS	G	II	CLASS FINAL
2:00	SHOT PUT	B	II	CLASS FINAL
2:00	TRIPLE JUMP	G	I	CLASS FINAL
	TRIPLE JUMP	G	II	CLASS FINAL
1:15	PENT.HIGH JP1	B	CHAMP	F
	PENT.HIGH JP1	G	CHAMP	F
3:30	POLE VAULT	G	CHAMP	F
3:00	DISCUS	B	I	CLASS FINAL
4:30	DISCUS	B	II	CLASS FINAL
4:00	LONG JUMP	B	I	CLASS FINAL
	LONG JUMP	B	II	CLASS FINAL
3:00	SHOT PUT	G	I	CLASS FINAL
4:30	SHOT PUT	G	II	CLASS FINAL
3:15	PENT.SHOT-1	B	CHAMP	F
3:45	PENT.SHOT-1	G	CHAMP	F
3:00	PENT.HIGH JP-2	B	CHAMP	F
3:15	PENT.HIGH JP-2	G	CHAMP	F
5:30	LONG JUMP	G	I	CLASS FINAL
	LONG JUMP	G	II	CLASS FINAL
5:00	PENT.SHOT-2	B	CHAMP	F
5:30	PENT.SHOT-2	G	CHAMP	F

**NEW YORK STATE PUBLIC HIGH SCHOOL
STATE TRACK & FIELD CHAMPIONSHIPS
UNION ENDICOTT HIGH SCHOOL**

**TIMES ARE APPROXIMATE - EVENTS MAY RUN AHEAD AS FAR AS POSSIBLE*

SATURDAY JUNE 10, 2017

ORDER OF EVENTS

TRACK

FIELD

10:00	3000M STEEPLE	B	CHAMP	F
	2000M STEEPLE	G	CHAMP	F
11:00	100M	B	II	CLASS FINAL
	100M	B	I	CLASS FINAL
	100M	G	II	CLASS FINAL
	100M	G	I	CLASS FINAL
11:25	1600M	B	CHAMP	F
	1500M	G	CHAMP	F
12:00	110H	B	II	CLASS FINAL
	110H	B	I	CLASS FINAL
	100H	G	II	CLASS FINAL
	100H	G	I	CLASS FINAL
12:25	200M	B	II	CLASS FINAL
	200M	B	I	CLASS FINAL
	200M	G	II	CLASS FINAL
	200M	G	I	CLASS FINAL

10:00	HIGH JUMP	B	CHAMP	F
10:00	DISCUS	B	CHAMP	F
10:00	PENT.LONG JP-1	B	CHAMP	F
	PENT.LONG JP-2	B	CHAMP	F
11:00	PENT.LONG JP-1	G	CHAMP	F
	PENT. LONG JP-2	G	CHAMP	F
11:30	HIGH JUMP	G	CHAMP	F
11:30	DISCUS	G	CHAMP	F

BREAK 12:35 - 12:45

12:45	PENT. 1500 (ALL)	B	CHAMP	F
1:15	110HH	B	CHAMP	F
	100HH	G	CHAMP	F
1:25	100M	B	CHAMP	F
	100M	G	CHAMP	F
1:35	PENT 800 (ALL)	G	CHAMP	F
1:50	400M	B	CHAMP	F
	400M	G	CHAMP	F
2:00	400 INTER H	B	CHAMP	F
	400 INTER H	G	CHAMP	F
2:10	200M	B	CHAMP	F
	200M	G	CHAMP	F
2:20	4X800 RELAY	B	CHAMP	F
	4X800 RELAY	G	CHAMP	F
3:20	4X100 RELAY	B	CHAMP	F
	4X100 RELAY	G	CHAMP	F
3:30	4X400 RELAY	B	CHAMP	F
	4X400 RELAY	G	CHAMP	F

1:00	SHOT PUT	B	CHAMP	F
1:00	LONG JUMP	B	CHAMP	F
1:00	LONG JUMP	G	CHAMP	F
2:30	SHOT PUT	G	CHAMP	F
2:30	TRIPLE JUMP	B	CHAMP	F
2:30	TRIPLE JUMP	G	CHAMP	F

Accepted A45 9/18/16

Section IX

Outdoor Track & Field

All Time Top 5 Performance Lists

The following pages contain a fairly accurate listing of top 5 performances in the events listed. We used Larry Byrne's Blue Book, recent Mile split rankings, and the information Joe and Eric had compiled. We are aware this may not be 100% accurate...yet! If you notice that a performance from your school has been omitted, kindly e-mail us with the information.

Thanks,

Matt (mhemmer@mw.k12.ny.us)
and
Brian (brianhalling@hpcsd.org)

SECTION IX Outdoor Track All Time Top 5 List

Boys 100m (Hand Time)

1	Darnell Cummings	Millbrook	10.3	2010
2	Dave Simmons	Middletown	10.4	1993
3	Rich Beattie	Warwick	10.5	1986
	Reggie Harris	James I O'Neill	10.5	1988
	Terrrius McMillan	Newburgh	10.5	2006
	Mike Ballard	Monroe-Woodbury	10.5	1992
	Mike Devereaux	Kingston	10.5	2005

Boys 100m (FAT)

1	Darnell Cummings	Millbrook	10.62	2010
2	Dave Simmons	Middletown	10.71	1993
3	Anthony Williams	Newburgh	10.77	1992
4	Reggie Harris	James I O'Neill	10.78	1988
5	Jahnique Dessaline	Newburgh	10.78 (w)	2016
	Zach Warden	Newburgh	10.82	2015
	Kabongo Barry	Spackenkill	10.82	2016

Boys 200m (Hand Time)

1	Darnell Cummings	Millbrook	20.9	2010
2	Tyler O'Bryant	Ellenville	21.6	2011
3	Rich Beattie	Warwick	21.7	1986
4	Nick Longfellow	Warwick	21.7	2007
5	Mike Ballard	Monroe-Woodbury	21.8	1992

Boys 200m (FAT)

1	Zach Warden	Newburgh	21.07(w)	2015
2	Anthony Williams	Newburgh	21.29	1992
3	Elzie Coleman	Newburgh	21.39	2003
4	Justin McCollin	Monroe-Woodbury	21.57	2010
5	Malik Lewis	Poughkeepsie	21.61	2016

Boys 400m

1	Elzie Coleman	Newburgh	45.93	2004
2	Reggie Harris	James I O'Neill	46.79	1988
3	Mel Mosley	Middletown	46.88	2011
4	Randy Patterson	Newburgh	47.52	2010
5	Ryan Brennan	Monroe-Woodbury	47.75	2011

Boys 800m

1	Jeff Van Wie	Suffern	1:48.56	1983
2	Zavior Brown	Pine Bush	1:50.69	2009
3	Mike Mark	Warwick	1:50.9h	2006
4	Ryan Brennan	Monroe-Woodbury	1:51.34	2011
5	Mike Hagon	Suffern	1:51.4h	1974

Boys 110m Hurdles

1	Shulton Whitley	Nyack	13.6y	1977
2	Adam Abdur-Rahmar	Middletown	14.15	2011
3	Jesse Fuca	Warwick	14.15	2006
4	Alex Reid	Middletown	14.25	2005
5	Ryan Kachmarsky	Monroe-Woodbury	14.34h	2007

Boys 400m Hurdles

1	Steve Neal	Kingston	53.27	1988
2	Theo Chewiwi	Tri Valley	53.50	1998
3	Adam Abdur-Rahman	Middletown	53.64	2011
4	Manny Mosley	Middletown	53.81	2011
5	Greg Large	Warwick	53.85	1985

Boys 1500m

1	Mike Hagon	Suffern	3:51.6h	1974
2	John Trautmann	Monroe-Woodbury	3:54.1h	1986
3	Chris Egger	Middletown	3:55.82	1987
4	Andy Kohlbrenner	Pearl River	3:56.3h	1980
5	Jim Trautmann	Monroe-Woodbury	4:00.4h	1990

Boys 1600m

1	John Trautmann	Monroe-Woodbury	4:09.44	1986
2	Todd Sinclair	North Rockland	4:09.74	1980
3	Matt Kaiser	Onteora	4:12.3h	2006
4	Dan Busby	New Paltz	4:13.3h	2006
5	Tim Luthin	Warwick	4:13.54	2010

Boys Mile

1	Mike Hagon	Suffern	4:07.70	1974
2	John Trautmann	Monroe-Woodbury	4:09.60	1986
3	Dave O'Conner	Valley Central	4:10.8h	1976
4	Matt Kaiser	Onteora	4:13.98	2006
5	Aidan Doyle	Cornwall	4:25.25	2014

Boys 3000m

1	John Trautmann	Monroe-Woodbury	8:05.8h	1986
2	Chris Egger	Middletown	8:25.0h	1987
3	Matin Hehir	Washingtonville	8:25.64	2011
4	Tim Grein	Washingtonville	8:32.5h	1990
5	Mike Fitzula	Cornwall	8:32.6h	1995

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SECTION IX Outdoor Track All Time Top 5 List

Boys 3200m

1	Chris Egger	Middletown	8:58.38	1987
2	Tim Luthin	Warwick	8:58.92	2011
3	Martin Hehir	Washingtonville	9:00.21	2011
4	John Trautmann	Monroe-Woodbury	9:04.67	1985
5	Howard Nippert	Warwick	9:05.3h	1983

Boys 5000m

1	Paddy Grandinali	Warwick	14:48.16	2012
2	John Trautmann	Monroe-Woodbury	15:01.1h	1985
3	Terrence Prial	Warwick	15:02.96	2007
4	Mark Crumblish	Washingtonville	15:07.16	1981
5	Kristian Agnew	Tri Valley	15:14.6h	1990

Boys 2000m Steeplechase

1	Jack Jibb	Monroe-Woodbury	5:50.71	2015
2	Tim Luthin	Warwick	5:55.4h	2011
3	Vnny DiSalvo	Washingtonville	6:02.96	2010
4	Paddy Grandinali	Warwick	6:02.9h	2012
5	Travis Wolfe	Tri Valley	6:04.34	2005

Boys High Jump

1	Rick Carley	Nanuet	7' 0.25"	1977
2	Joe McDonald	Kingston	6' 10"	1987
3	Mel Mosley	Middletown	6' 10"	2011
4	Xavier McAllister	Newburgh	6' 10"	2012
5	Mike Deibler	Monroe-Woodbury	6' 9"	1999
	Garret Huyler	Marlboro	6' 9"	2004

Boys Long Jump

1	Dennis Gurrant	Monroe-Woodbury	24' 6"	1964
2	John Dixon	Highland Falls	24' 3"	1961
3	Howie Allen	Spring Valley	24' 1.25"	1982
4	Joe McDonald	Kingston	24' 0.25"	1987
5	Sumander Defreese	Suffen	23' 6"	1967

Boys Shot Put

1	Tony Harlin	Nanuet	66' 0.5'	1976
2	Cosmo Tocci	North Rockland	60' 8.5"	1975
3	Jose Guadalupe	Warwick	60' 3"	1969
4	Joe Valentino	Clarkstown S	59' 8.5"	1978
5	John Passalacqua	Clarkstown S	59' 5.75"	1981
	Robert Detz	Chapel Field	59' 5.75"	2015

Boys 2 Mile

1	Curt Alitz	Jame I O'Neill	8:55.0h	1973
2	Mike Hagon	Suffern	9:02.2h	1974
3	Dave O'Conner	Valley Central	9:02.9h	1977
4	Steve Hustomsky	North Rockland	9:05.9h	1979
5	Mike Fitzula	Cornwall	9:06.09	1995

Boys 10,000m

1	Howard Nippert	Warwick	31:55.0h	1983
2	John Trautmann	Monroe-Woodbury	32:02.3h	1984
3	Chris Egger	Middletown	32:29.8h	2011
4	Todd Giszack	Warwick	32:36.4h	1983
5				

Boys 3000m Steeplechase

1	Jack Jibb	Monroe-Woodbury	8:57.34	2015
2	Thorr Trowbridge	Kingston	9:18.20	2016
3	Terrence Prial	Warwick	9:19.2h	2007
4	Paddy Grandinali	Warwick	9:23.57	2012
5	Todd Sinclair	North Rockland	9:23.7h	1979

Boys Pole Vault

1	Todd Uckermark	Warwick	16' 3"	2014
2	Lance Arietta	Tappan Zee	15' 10"	1976
3	Derek Dibona	Warwick	15' 8"	2014
4	Dave Holt	Warwick	15' 7.5"	1997
5	Travis Fountain	Monroe-Woodbury	15' 7"	2014

Boys Triple Jump

1	Joe McDonald	Kingston	50' 7.5"	1987
2	Darrel Jones	Monroe-Woodbury	50' 4.75"w	2014
3	Larry Armstead	Monticello	49' 11"	1990
4	Kyle Anthony	Eldred	49' 8.25	2006
5	Omar Williams	Monroe-Woodbury	49' 6.5"	1990

Boys Discus

1	J.R. Quinn	Port Jervis	183' 3"	1982
2	Franco Julia-Wise	New Paltz	177' 9"	2015
3	Joe Passalacqua	Clarkstown S	170' 8"	1981
4	Alan Ackermann	Sullivan West	167' 1"	2007
5	Tony Harlin	Nanuet	166' 11"	1976

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SECTION IX Outdoor Track All Time Top 5 List

Boys Hammer (12lb)

1	Alec Faldermeyer	Minisink Valley	240' 8"	2010
2	Ryan Loughney	Tri Valley	216' 6"	2007
3	T.J Servino	Monroe-Woodbury	200' 11"	2011
4	Dan Paladino	Monroe-Woodbury	200' 1"	2005
5	Tim Wilson	Washingtonville	196' 2"	2013

Boys Javelin

1	Karl Decker	Valley Central	200' 2"	1986
2	Eric Pfaffenberger	Tappan Zee	192' 6"	1984
3	Steve Jochun	Pearl River	189' 4"	1982
4	Brian Anderson	Warwick	186' 10"	1996
5	Nick Santopietro	Warwick	186' 6"	2003

Boys Pentathlon

1	Eric Hyde	Roundout Valley	3626	1994
2	Ben Waruch	Roundout Valley	3613	2008
3	Dan Kaarlson	Monroe-Woodbury	3511	1993
4	Troy Zanger	Port Jervis	3496	2016
5	Sean Cooper	John S Burke	3494	2006

Boys Decathlon

1	Rich Beattie	Warwick	6481	1986
2	Dan Kaarlson	Monroe-Woodbury	6138	1993
3	Jerry Terry	Warwick	6095	1996
4	Rory Quiller	Jame I O'Neill	5908	2003
5	John Komorowski	Warwick	5818	2002

Boys 4x100

1	Newburgh	41.24	2015
2	Newburgh	41.35	2003
3	Newburgh	42.02	2010
4	Newburgh	42.12	2001
5	Middletown	42.17	2011

Boys 4x200

1	Newburgh	1:25.45	2003
2	Newburgh	1:26.22	2015
3	Newburgh	1:27.83	2010
4	Monroe-Woodbury	1:29.33	2014
5	Monroe-Woodbury	1:30.42	2009

Boys 4x400

1	Newburgh	3:12.27	2003
2	Newburgh	3:13.40	2010
3	Middletown	3:13.71	2011
4	Monroe-Woodbury	3:13.91	2010
5	Newburgh	3:14.62	2008

Boys 4x800

1	Warwick	7:35.86	2010
2	Warwick	7:36.96	2006
3	Monroe-Woodbury	7:39.44	2011
4	Warwick	7:42.50	2014
5	Warwick	7:43.96	2013

Boys 4x1600

1	Warwick	17:41.5h	2012
2	Monroe-Woodbury	17:52.4h	1995
3	Pearl River	17:54.1h	1981
4	Pearl River	17:56.1h	1979
5	North Rockland	17:59.3h	1979

Boys 4xMile

1	Albertus Magnus	17:42.6h	1975
2	Nanuet	17:50.1h	1975
3	Warwick	17:54.44	2006
4	Monroe-Woodbury	18:10.8h	1977
5	Pearl River	18:11.5h	1980

Boys 1600m SMR

1	Monroe-Woodbury	3:23.12	2010
2	Newburgh	3:25.03	2008
3	Warwick	3:26.88	2014
4	Warwick	3:27.11	2013
5	Newburgh	3:29.39	2007

Boys DMR

1	Warwick	9:59.03	2010
2	Warwick	10:02.24	2011
3	Warwick	10:05.26	2006
4	Warwick	10:07.21	2008
5	Warwick	10:12.09	2009

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SECTION IX Outdoor Track All Time Top 5 List

Boys 800m SMR

1	Middletown	1:30.63	2011
2	Newburgh	1:30.76	2010
3	Newburgh	1:31.55	2006
4	Newburgh	1:32.36	2011
5	Newburgh	1:33.09	2009

Boys 1000m SMR

1	Newburgh	1:57.94	2015
2	Newburgh	1:58.92	2012
3			
4			
5			

Girls 100m

1	Marissa Maggio	Cornwall	11.93 (w)	1987
2	Jessica Dunnigan	Liberty	12.04h	2010
3	Lanita Little	Rondout Valley	12.04h	1981
4	E Johnson	FDR	12.04h	2006
5	Tracy Armstead	Monticello	12.05	1988

Girls 200m

1	Latoya Shippy	Middletown	24.26	2004
2	Charity Briggs	Cornwall	24.58	2003
3	Gail Counts	North Rockland	24.74h	1981
4	Lanita Little	Rondout Valley	24.84h	1980
5	Jessica Dunnigan	Liberty	25.02	2011

Girls 400m

1	Lintz Rivera	Suffern	55.64c	1981
2	Kate Laskoski	Goshen	55.84	2016
3	Sarah Flores	Kingston	55.90	2013
4	Nancy Rosenfield	Suffern	56.04h	1983
5	Greer Ligouri	Warwick	56.58	2016

Girls 800m

1	Nancy Rosenfield	Suffern	2:09.22	1983
2	Megan Patrignelli	Monroe-Woodbury	2:09.26	2009
3	Linda Newsom	Suffern	2:10.54h	1980
4	Lillian Greibesland	Warwick	2:10.79	2008
5	Aisling Cuffe	Cornwall	2:12.59	2011

Girls 100m Hurdles

1	Laura Paul	Monroe-Woodbury	14.00	2001
2	Dotrine Jacobs	Newburgh	14.21	2010
3	Courtney Warden	Marlboro	14.26	2014
4	Avery Evans	Pine Plains	14.41	2009
5	Debbie Grant	Ramapo	14.61	1982

Girls 400m Hurdles

1	Dotrine Jacobs	Newburgh	59.60	2010
2	Debbie Grant	Ramapo	59.83	1983
3	Debbie Boerke	Washingtonville	1:00.47	2015
4	Erika Pietrzak	Cornwall	1:01.2h	1988
5	Katy Schlichtman	Monticello	1:01.57	2003

Girls 1500m

1	Aisling Cuffe	Cornwall	4:19.83	2011
2	Megan Patrignelli	Monroe-Woodbury	4:25.65	2009
3	Megan Reilly	Warwick	4:25.78	2016
4	Lillian Greibesland	Warwick	4:28.42	2010
5	Aislinn Ryan	Warwick	4:28.99	2005

Girls 1600m

1	Aisling Cuffe	Cornwall	4:40.56	2011
2	Ariana Garrison	Newburgh	4:46.33	2007
3	Elizabeth Marvin	Rhinebeck	4:55.78	2009
4	Emily Waligurski	Onteora	4:46.20	2011
5	Lauren Hehir	Washingtonville	5:00.58	2011

Girls Mile

1	Aislinn Ryan	Warwick	4:49.22	2004
2	Megan Reilly	Warwick	4:54.88	2016
3	Holly Cavaluzzo	Valley Central	4:57.30	2013
4	Heather Iaturo	Tri Valley	4:57.90	2003
5	Eileen Shiel	Suffern	5:06.6h	1979

Girls 3000m

1	Aisling Cuffe	Cornwall	9:13.57	2011
2	Aislinn Ryan	Warwick	9:34.43	2006
3	Kate Landau	Tri Valley	9:35.8h	1992
4	Megan Reilly	Warwick	9:43.69	2016
5	Gianna Frontera	Newburgh	9:45.49	2013

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SECTION IX Outdoor Track All Time Top 5 List

Girls 3200m

1	Aisling Cuffe	Cornwall	9:56.16	2011
2	Aislinn Ryan	Warwick	10:13.18	2006
3	Gianna Frontera	Newburgh	10:28.83	2013
4	Michelle Wale	Pine Bush	10:31.97	2001
5	Holly Cavaluzzo	Valley Central	10:32.29	2013

Girls 2 Mile

1	Aisling Cuffe	Cornwall	9:54.22	2011
2	Aislinn Ryan	Warwick	10:16.85	2006
3	Kate Landau	Tri Valley	10:20.3h	1992
4	Katie Munks	Monroe-Woodbury	10:39.11	2016
5	Gianna Frontera	Newburgh	10:49.17	2012

Girls 2000m Steeplechase

1	Megan Reilly	Warwick	6:45.34	2016
2	Nicole Rozario	Pine Bush	6:50.40	2008
3	Beatrice Boylan	Cornwall	6:52.06	2015
4	Heather Iaturo	Tri Valley	6:52.45	2004
5	Amber Goodspeed	Middletown	6:53.73	2012

Girls 5000m

1	Aisling Cuffe	Cornwall	16:43.58	2009
2	Kim Ryan	New Paltz	17:47.8h	1981
3	Janet Pietropaolo	Nanuet	18:00.0h	1980
4	Caryn Landau	Tri Valley	18:00.32	1990
5	Kate Landau	Tri Valley	18:05.5h	1989

Girls 10,000m

1	Kate Landau	Tri Valley	35:25.78	1993
2				
3				
4				
5				

Girls High Jump

1	Sue Blake	New Paltz	5' 9"	1978
2	Dawn Royster	Nyack	5' 7"	1983
2	Nichole Brundage	Pine Bush	5' 7"	2001
4	Amber Passalacqua	Pine Bush	5'6"	2010
4	Shorna Brown	Kingston	5'6"	2007
4	Ashley Grant	Monroe-Woodbury	5'6"	2010

Girls Pole Vault

1	Stephanie Duffy	Washingtonville	12' 10.75	2007
2	Michelle Kercado	Monroe-Woodbury	12' 9.5"	1999
3	Megan Clark	Jame I O'Neill	12' 8"	2011
4	Jenna Marrione	Warwick	12' 7.5"	2009
5	Catherine Walker	Monroe-Woodbury	12' 7"	2015

Girls Long Jump

1	Kim McDole	Ramapo	19' 9.5"	1983
2	Brittany Bryant	Cornwall	19' 8.25"	2012
3	Katina Mack	Monticello	19' 4.75"	1990
4	Doris Little	Newburgh	18' 8.5"	2009
5	Malaika Palaos	Pine Bush	18' 8"	2014

Girls Triple Jump

1	Jen Mitchell	Newburgh	40' 1.25"	1983
2	Olivia Jebb	Cornwall	39' 6.25"	2012
3	Soroya Hudson	Cornwall	39' 6"	1990
4	Dana Weeks	Washingtonville	39' 3"	1990
5	Cora Butler	New Paltz	39'3	2013

Girls Shot Put

1	Valerie Hinds	Kingston	44' 3.5	2015
2	Pat Reynar	Suffern	43' 3.5	1979
3	Diana Kornberg	Monroe-Woodbury	42' 6.75	2009
4	Aaliyah Pittman	Newburgh	40' 3"	2012
5	Emmanie Robinson	Newburgh	40' 2.5"	2014

Girls Discus

1	Sarah Thorton	Saugerties	143' 9"	2004
2	Brienne Karow	Ellenville	138' 7"	2003
3	Jennifer Bailey	Cornwall	133' 10"	2007
4	Danielle Boriello	Ellenville	126' 8"	2014
5	Cathy McErlean	Clarkstown S	125' 7"	1977

Girls Hammer

1	Kristen Callan	Monroe-Woodbury	186' 4"	2003
2	Danielle Boriello	Ellenville	169' 3"	2013
3	Andrea Kavleski	Liberty	156' 7"	2004
4	Robin Callan	Monroe-Woodbury	154' 5"	2008
5	Jessica Giorgio	Monroe-Woodbury	148' 2"	2003

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SECTION IX Outdoor Track All Time Top 5 List

Girls Javelin

1	Margaret Mirecki	Washingtonville	131' 3"	1987
2	Martha Wittosch	Warwick	128' 2"	1988
3	Wendy Trone	Warwick	127' 11"	1982
4	Lisa Foley	New Paltz	123' 5"	1982
5	Wyngaard	Warwick	122' 8"	1990

Girls Pentathlon

1	Amber Passalaqua	Pine Bush	3417	2010
2	Karen Kelly	Wallkill	3335	1988
3	Dawn Miller	Kigston	3324	1983
4	Sharon Lukenda	North Rockland	3318	1982
5	Tiyi Boone	Newburgh	3283	2011

Girls Heptathlon

1	Lisa Foley	New Paltz	4544	1981
2	Karen Kelly	Wallkill	4463	1988
3	Wendy Trone	Warwick	4444	1983
4	Amber Passalaqua	Pine Bush	4179	2010
5	Vicki Roeder	Washingtonville	4003	1984

Girls 4x100

1	Newburgh	47.61	2016
2	Newburgh	48.16	2003
3	Newburgh	48.27	2010
4	Ramapo	48.34c	1981
5	Newburgh	48.64	2009

Girls 4x200

1	Newburgh	1:21.21	2003
2	North Rockland	1:42.34h	1979
3	Suffern	1:44.24h	1981
4	North Rockland	1:44.94h	1980
5	Warwick	1:45.16	2009

Girls 4x400

1	Newburgh	3:49.44	2003
2	Newburgh	3:49.75	2009
3	Newburgh	3:51.18	2010
4	Pine Bush	3:51.37	2008
5	Warwick	3:51.45	2008

Girls 4x800

1	Warwick	8:55.61	2008
2	Warwick	8:57.64h	2007
3	Warwick	9:00.74	2006
4	Warwick	9:02.61	2010
5	Warwick	9:04.20	2013

Girls 4x1600

1	Cornwall	20:55.9h	2015
2	Cornwall	21:05.84h	2003
3	Warwick	21:07.7h	2003
4	Warwick	21:15.38	2013
5	Rhinebeck	21:32.74	2009

Girls 4xMile

1	Cornwall	21:00.78	2015
2	Warwick	21:07.70	2004
3	Monroe-Woodbury	21:11.91	2009
4	Cornwall	21:16.54	2012
5	Monroe-Woodbury	21:17.11	2011

Girls 800m SMR

1	Newburgh	1:45.66	2007
2	Middletown	1:46.85	2014
3	Monroe-Woodbury	1:50.63	2010
4	Warwick	1:51.23	2008
5	Middletown	1:52.11	2013

Girls 1600m SMR

1	Warwick	3:59.22	2010
2	Pine Bush	4:02.45	2008
3	Middletown	4:03.97	2014
4	Monroe-Woodbury	4:04.30	2011
5	Monroe-Woodbury	4:04.86	2009

Girls DMR

1	Warwick	11:31.81	2008
2	Cornwall	11:35.82	2011
3	Warwick	11:36.41	2006
4	Warwick	11:41.21	2010
5	Warwick	11:44.20	2007

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