

2023 Section 9

Outdoor Track & Field Handbook

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Meet Dates:

Class C/D Championship	5/25/23	2:00pm	Rondout Valley HS
Class A/B Championship	5/27/23	9:00am	Goshen HS
Rain dates		TBD	TBD
Section 9 State Quals Day 1	6/1/23	3:30pm	Monroe-Woodbury HS
Section 9 State Quals Day 2	6/2/23	4:00pm	Middletown HS

State Meet – 6/9/23 & 6/10/23 at Middletown HS

2023 SCHOOL CLASSIFICATION

CLASS A A = 901 and up	CLASS B B = 471 - 900	CLASS C C = 276 - 470	CLASS D D = 1 - 275
Newburgh 2784	FDR - Hyde Park 869	Our Lady of Lourdes 470	Rhinebeck 254
Middletown 1995	Minisink Valley 852	Marlboro 459	Sullivan West 243
Monroe-Woodbury 1767	Wallkill 824	Liberty 431	John S. Burke 242
Kingston 1464	Cornwall 800	Red Hook 428	Tri Valley 239
Pine Bush 1263	Monticello 714	Rondout Valley 411	Millbrook 218
Warwick Valley 1019	Goshen 698	Ellenville 390	Pine Plains 212
Valley Central 1002	Beacon 662	Highland 386	S.S. Seward 165
Wahingtonville 975	Port Jervis 567	Spackenkill 380	Webutuck 143
	Saugerties 545	James I. O'Neill 378	Eldred 132
	New Paltz 542	Fallsburg 374	Livingston Manor 89
		Dover 339	Chapel Field 75
		Onteora 318	Homestead School ??
		Chester 279	

2023 SECTION IX CLASS CHAMPIONSHIPS

Meet Entry Instructions

Class C/D – 5/25/23 – 2:00pm @ Rondout Valley High School

Class A/B – 5/27/23 – 9:00am @ Goshen High School

Rain Dates –TBD

ENTRIES/SCRATCHES:

- 1) All entries will be done using www.milesplit.com
Entry Deadline - 8:00pm on 5/24/23 for C/D, 8:00pm on 5/25/23 for A/B
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 posted on the Milesplit meet page on 5/24/23 or 5/26/23. 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 25 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 10-8-6-4-2-1
- 2) Top three 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, 4x800m
Combined into as few heats as possible (If numbers warrant, each class will have own heat)
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 Patrick Burkhardt

School Work Assignments -- Class C/D Meet

HURDLE CREW		
HH Flight	School	Int. Flight
1	Burke	7
2	Marlboro	6
3	Liberty	8
4	Highland	9 (Stays)
5	Ellenville	5
6	Onteora	4
7	O'Neill	10 (Stays)
8	Fallsburg	3
9	Spackenkill	2
10	Chester	1

STEEPLE BARRIERS	
Barrier 1 by 1500m line	Webutuck
Barrier 2 by 200m start	Tri Valley
Water Pit	Rondout
Barrier 3 on front stretch	O'Neill
Barrier 4 by finish line	Marlboro

FIELD EVENT ASSIGNMENTS						
Time	LJ	TJ	SHOT	DISC	HJ	PV
2:00 - 3:15	Chester	Onteora	Sullivan West	Rhinebeck	John S. Burke	Fallsburg
3:15 - 4:30	Eldred	O'Neill	Liberty	Lourdes	Highland	Spackenkill
4:30 - 5:45	Marlboro	Millbrook	Webutuck	Sullivan West	Tri Valley	Highland
5:45 - 7:00	Liberty	Eldred	Onteora	Dover	Ellenville	Lourdes
7:00 - 8:15	Highland	John S. Burke	Pine Plains	Onteora	Spackenkill	Chester
8:15 - 9:30	Red Hook	Dover	Ellenville	Rhinebeck	O'Neill	Millbrook

FIELD EVENT ASSIGNMENTS		
Time	Girls Pent	Boys Pent
2:00 - 3:15	Webutuck	Fallsburg
3:15 - 4:30	Tri Valley	John S. Burke
4:30 - 5:45	Highland	Dover
5:45 - 7:00	Pine Plains	Ellenville
7:00 - 8:15	Spackenkill	Marlboro
8:15 - 9:30	Fallsburg	Liberty

School Work Assignments -- Class A/B Meet

HURDLE CREW		
HH Flight	School	Int. Flight
1	Pine Bush	7
2	Wallkill	6
3	Goshen	8
4	Saugerties	9 (Stays)
5	Monticello	5
6	Washingtonville	4
7	FDR	10 (Stays)
8	Beacon	3
9	Port Jervis	2
10	Warwick	1

STEEPLE BARRIERS	
Barrier 1 by 1500m line	Wallkill
Barrier 2 by 200m start	Saugerties
Water Pit	Goshen
Barrier 3 on front stretch	Cornwall
Barrier 4 by finish line	NFA

FIELD EVENT ASSIGNMENTS						
Time	LJ	TJ	SHOT	DISC	HJ	PV
9:00 - 10:15	Washingtonville	Port Jervis	VC	Minisink	Monticello	Pine Bush
10:15 - 11:30	Kingston	Minisink	Pine Bush	Goshen	Beacon	VC
11:30 - 12:45	MW	Kingston	FDR	Saugerties	Warwick	Washingtonville
12:45 - 2:00	Port Jervis	New Paltz	MW	Monticello	Cornwall	Pine Bush
2:00 - 3:15	New Paltz	Beacon	NFA	Middletown	FDR	Minisink
3:15 - 4:30	FDR	VC	Cornwall	Wallkill	Warwick	NFA

FIELD EVENT ASSIGNMENTS		
Time	Girls Pent	Boys Pent
9:00 - 10:15	Cornwall	MW
10:15 - 11:30	Wallkill	New Paltz
11:30 - 12:45	Goshen	Minisink
12:45 - 2:00	Saugerties	Warwick
2:00 - 3:15	Monticello	Kingston
3:15 - 4:30	Port Jervis	Middletown

2023 Order of Events for all Section 9 Class Championship Meets

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

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****

2023 SECTION IX STATE QUALIFIER

Meet Entry Instructions

Day 1 – 6/1/23 – 3:30pm @ Monroe-Woodbury HS

Day 2 – 6/2/23 – 4:00pm @ Middletown HS

ENTRIES/SCRATCHES:

- 1) All entries will be done using www.milesplit.com
Entry Deadline – 5/31/23 @ 8:00pm
- 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 9:30pm**. 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 32 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 comprised of the top two marks in each division and the next 3 best marks after combining both divisions.

STATE QUALIFYING PROCEDURE

- 1) Each division will send the winner of each event to the State Championship.
- 2) Each division can send additional qualifier(s) in each event.
- 3) **Any athlete(s) who achieve(s) the NYS SUPER STANDARD will receive automatic advancement into the state championship provided they compete in the event in which they met the super standard at the state qualifier.**
- 4) Any athlete(s) who achieve(s) the traditional At Large NYS Standard can advance to the state championship provided they are the next best finisher at the state qualifier (after the event winner) who has met either the “traditional” or “super” standards.
- 5) 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.
- 6) 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 ASAP after the standard has been met. An online version of the form will be available on www.sectionixathletics.org

SCHOOL CLASSIFICATIONS FOR SECTION 9 STATE QUALIFIER & NYSPHSAA CHAMPIONSHIP

DIVISION 1

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

DIVISION 2

Saugerties
Port Jervis
New Paltz
O.L. Lourdes
Red Hook
Rondout Valley
Marlboro
Highland
Liberty
Ellenville
James I O'Neill
Spackenkill
Onteora
Dover
Fallsburg
John S. Burke
Chester
Rhinebeck
Sullivan West
Tri Valley
Millbrook
Pine Plains
Webutuck
Eldred
Homestead School
S.S. Seward

2023 Section 9 State Qualifier

Performance Standards for Competing in Section 9 State Qualifier Meet

ALL ATHLETES MUST MEET THE STANDARD TO ENTER
RELAY SPLITS MAY NOT BE USED TO ENTER OPEN EVENTS

EVENT	GIRLS Div 1	GIRLS Div 2	BOYS Div 1	BOYS Div 2
3000/3200m	11:30	11:50	10:20	10:40
800m	2:33	2:43	2:07	2:10
100m/110m HH	18.0	19.0	16.8	17.8
100m	13.3	13.8	11.6	12.0
400m	66.0	68.0	54.5	55.5
1500m/1600m	5:20	5:30	4:45	4:55
2000m/3000m Steeplechase	8:30	9:00	11:05	11:25
200m	28.5	29.5	24.2	24.7
400m Int. Hurdles	74.0	76.0	63.0	66.0
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'	38'	36'
Discus	90'	88'	115'	113'
High Jump	4' 8"	4' 6"	5' 8"	5' 6"
Long Jump	15'	14' 6"	19' 0"	18' 6"
Triple Jump	31'	30'	39'	37' 6"
Pole Vault	8' 6"	7' 6"	10' 6"	9' 6"
Pentathlon	1900 pts	1800 pts	2200 pts	2000 pts
Pent (Projected)**	2100pts	2000pts	2400pts	2200pts

** Any athlete who HAS NOT competed in a Pentathlon prior to State Quals CAN use the projected mark above PROVIDED they have official marks in 3 of the 5 events that, if scored, would be on PACE to meeting the Projected standard.

SECTION 9 STATE QUALIFIER- ORDER OF EVENTS

DAY 1

TRACK

110 HH	B	D2 then D1	S	Top 40	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 40	4 Heats
100HH	G	COMBINED		NO ADVANCEMENT	
100M	G	D2 then D1	S	Top 40	4 Heats
100M	G	COMBINED		NO ADVANCEMENT	
100M	B	D2 then D1	S	Top 40	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 32	4 Heats
200M	G	COMBINED		NO ADVANCEMENT	
200M	B	D2 then D1	S	Top 32	4 Heats
200M	B	COMBINED		NO ADVANCEMENT	

FIELD

POLE VAULT PIT 1	G	CHAMP
Girls Opening Height	7'6	
POLE VAULT PIT 1	B	CHAMP
Boys Opening Height	9'	
PENT.SHOT	B	
PENT.SHOT	G	
PENT. LONG JUMP	G	
PENT LONG JUMP	B	
HIGH JUMP PIT 1	B	CHAMP
HIGH JUMP PIT 2	G	CHAMP
JAVELIN	B then G	

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
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 THROW	G then B		
<i>time and site permitting</i>			

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

NYSPHSAA/FEDERATION BOYS & GIRLS SPRING TRACK
APPROVED STANDARDS FOR THE SECOND QUALIFIER FOR
THE 2023 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. THEY MUST BE THE HIGHEST PLACING FINISHER AT THE QUALIFIER THAT HAS MET THE STANDARD LISTED BELOW.

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	11.0 / 11.23	11.0 / 11.24	12.2 / 12.51	12.5 / 12.81
200M DASH	22.0 / 22.28	22.4 / 22.68	25.4 / 25.63	25.8 / 26.09
400M DASH	49.2 / 49.43	50.4 / 50.68	58.0 / 58.26	59.0 / 59.27
800M RUN	1:55.2 / 1:55.47	1:57.7 / 1:57.95	2:12.3 / 2:12.53	2:17.0 / 2:17.21
1600/1500M RUN	4:17.0 / 4:17.24	4:24.2 / 4:24.46	4:35.3 / 4:35.56	4:46.1 / 4:46.40
3200/3000M RUN	9:22.1 / 9:22.35	9:40.2 / 9:40.47	10:03.3 / 10:03.59	10:19.0 / 10:19.26
STEEPLECHASE	9:36.5 / 9:36.79	9:57.3 / 9:57.61	7:04.7 / 7:04.97	7:17.6 / 7:17.86
HIGH HURDLES	14.5 / 14.78	15.2 / 15.47	15.0 / 15.25	15.9 / 16.10
400M HURDLES	55.8 / 56.09	56.9 / 57.21	65.1 / 65.32	66.4 / 66.66
LONG JUMP	22' 01.25"	21' 03"	18' 01.25"	17' 01.25"
TRIPLE JUMP	45' 00"	44' 04.25"	37' 07.5"	36' 05.5"
SHOT PUT	51' 00.5"	50' 07.5"	38' 01.5"	36' 02.25"
DISCUS	148' 04"	143' 07"	119' 02"	110' 06"
HIGH JUMP	6' 03"	6' 02"	5' 03"	5' 02"
POLE VAULT	13' 07"	13' 00"	11' 03"	10' 00"
PENTATHLON	3020 PTS.	2956 PTS.	3003 PTS.	2637 PTS.
400M RELAY	42.6 / 42.89	43.9 / 44.20	48.5 / 48.73	50.3 / 50.59
1600M RELAY	3:22.4 / 3:22.69	3:28.2 / 3:28.48	3:59.7 / 3:59.93	4:07.3 / 4:07.57
3200M RELAY	7:53.9 / 7:54.17	8:12.1 / 8:12.33	9:18.8 / 9:19.00	9:44.7 / 9:44.94

(FIRST TIME LISTED IN EACH COLUMN IS HAND TIMED, SECOND TIME LISTED IS FULLY AUTOMATIC TIMING.

THESE STANDARDS REPRESENT THE AVERAGE OF 6TH PLACE IN THE FINALS FROM 2016 THROUGH 2022

PROPOSED 12/06/22

2023 NYSPHSAA SUPER QUALIFYING STANDARDS

5 year avg. of 4th place NYSPHSAA Finisher
(2016-2022)

Event	Boys Division 1	Boys Division 2	Event	Girls Division 1	Girls Division 2
100m	11.1	11.11	100m	12.42	12.73
200m	22.23	22.4	200m	25.01	25.87
400m	48.99	50.08	400m	56.56	58.42
110m HH	14.74	15.12	100m H	15.1	15.71
400m IH	55.15	56.44	400m IH	63.99	65.81
800m	1:54.50	1:55.63	800m	2:10.83	2:15.05
1600m	4:15.63	4:21.43	1500m	4:31.80	4:38.96
3200m	9:14.64	9:30.40	3000m	9:45.25	10:13.65
3k Steeple	9:28.05	9:46.97	2k Steeple	6:54.59	7:09.32
High Jump	6'05"	6'04"	High Jump	5'04"	5'03"
Pole Vault	14'01"	13'07"	Pole Vault	11'07"	10'05"
Long Jump	22'05"	21'11"	Long Jump	18'04"	17'07"
Triple Jump	46' 00"	45'02"	Triple Jump	38'07"	37'00"
Shot Put	53' 04"	52'07.5"	Shot Put	39' 06"	37'11.5"
Discus	155'06"	148'08"	Discus	122' 03"	116' 10"
Pentathlon	3151	3052	Pentathlon	3172	2706
4x100m	42.57	43.59	4x100m	48.52	50.04
4x400m	3:21.09	3:27.83	4x400m	3:58.13	4:04.14
4x800m	7:51.90	8:06.38	4x800m	9:13.30	9:33.81

Performances must occur in a meet with 5 or more teams with certified officials.

All track times must be FAT.

Athletes/Relays who meet a Super Standard must compete in that event at their state qualifier meet to advance to the state meet by virtue of the Super Standard.

Proposed 12/6/22

NEW YORK STATE PUBLIC HIGH SCHOOL STATE TRACK & FIELD CHAMPIONSHIPS MIDDLETOWN HIGH SCHOOL

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

FRIDAY JUNE 09, 2023

ORDER OF EVENTS

TRACK

FIELD

Div I - Large					11:00 POLE VAULT	B	CHAMP	F
Div II - Small					11:00 DISCUS	G	I	CLASS FINAL
					11:30 TRIPLE JUMP	B	I	CLASS FINAL
12:30 Pent. 110 HH-I	B	CHAMP	F	<i>lower seeds</i>	TRIPLE JUMP	B	II	CLASS FINAL
Pent. 100 HH-I	G	CHAMP	F	<i>lower seeds</i>	12:30 SHOT PUT	B	I	CLASS FINAL
					12:30 DISCUS	G	II	CLASS FINAL
OPENING CEREMONIES INCLUDING SPORTSMANSHIP					2:00 SHOT PUT	B	II	CLASS FINAL
AWARD WINNERS					1:00 TRIPLE JUMP	G	I	CLASS FINAL
1:30 110H	B	II	T		TRIPLE JUMP	G	II	CLASS FINAL
110H	B	I	T					
1:45 100H	G	II	T					
100H	G	I	T		1:15 PENT.HIGH JP1	B	CHAMP	F
2:00 100M	B	II	T		PENT.HIGH JP1	G	CHAMP	F
100M	B	I	T					
100M	G	II	T		3:30 POLE VAULT	G	CHAMP	F
100M	G	I	T					
2:25 Pent. 110 HH-2	B	CHAMP	F	<i>higher seeds</i>	2:00 DISCUS	B	I	CLASS FINAL
Pent. 100 HH-2	G	CHAMP	F	<i>higher seeds</i>	3:30 DISCUS	B	II	CLASS FINAL
2:50 400M	B	II	CLASS FINAL					
400M	B	I	CLASS FINAL		2:30 LONG JUMP	B	I	CLASS FINAL
400M	G	II	CLASS FINAL		LONG JUMP	B	II	CLASS FINAL
400M	G	I	CLASS FINAL					
3:25 800M	B	CHAMP	F		3:00 SHOT PUT	G	I	CLASS FINAL
800M	G	CHAMP	F		4:30 SHOT PUT	G	II	CLASS FINAL
3:55 200M	B	II	T					
200M	B	I	T					
200M	G	II	T		3:15 PENT.SHOT-I	B	CHAMP	F
200M	G	I	T		3:45 PENT.SHOT-I	G	CHAMP	F
4:25 400 INTER H	B	II	CLASS FINAL		3:00 PENT.HIGH JP-2	B	CHAMP	F
400 INTER H	B	I	CLASS FINAL		3:15 PENT.HIGH JP-2	G	CHAMP	F
400 INTER H	G	II	CLASS FINAL					
400 INTER H	G	I	CLASS FINAL					
5:00 4X100 RELAY	B	II	CLASS FINAL					
4X100 RELAY	B	I	CLASS FINAL		4:00 LONG JUMP	G	I	CLASS FINAL
4X100 RELAY	G	II	CLASS FINAL		LONG JUMP	G	II	CLASS FINAL
4X100 RELAY	G	I	CLASS FINAL					
5:35 4X400 RELAY	B	II	CLASS FINAL					
4X400 RELAY	B	I	CLASS FINAL		5:00 PENT.SHOT-2	B	CHAMP	F
4X400 RELAY	G	II	CLASS FINAL		5:30 PENT.SHOT-2	G	CHAMP	F
4X400 RELAY	G	I	CLASS FINAL					
6:30 3200M	B	CHAMP	F					
3000M	G	CHAMP	F					

**NEW YORK STATE PUBLIC HIGH SCHOOL
STATE TRACK & FIELD CHAMPIONSHIPS
MIDDLETOWN HIGH SCHOOL**

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

SATURDAY JUNE 10, 2023

ORDER OF EVENTS

TRACK

FIELD

10:00	3000M STEEPLE	B	CHAMP	F
	2000M STEEPLE	G	CHAMP	F
10:50	100M	B	II	CLASS FINAL
	100M	B	I	CLASS FINAL
	100M	G	II	CLASS FINAL
	100M	G	I	CLASS FINAL
11:10	1600M	B	CHAMP	F
	1500M	G	CHAMP	F
11:40	110H	B	II	CLASS FINAL
	110H	B	I	CLASS FINAL
	100H	G	II	CLASS FINAL
	100H	G	I	CLASS FINAL
12:00	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	HIGH JUMP	G	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

10:00	DISCUS	B	CHAMP	F
11:30	DISCUS	G	CHAMP	F

BREAK 12:10 - 12:25

12:25	110H	B	CHAMP	F
	100H	G	CHAMP	F
12:40	100M	B	CHAMP	F
	100M	G	CHAMP	F
1:00	400M	B	CHAMP	F
	400M	G	CHAMP	F
1:15	400 INTER H	B	CHAMP	F
	400 INTER H	G	CHAMP	F
1:25	200M	B	CHAMP	F
	200M	G	CHAMP	F
1:35	4X800 RELAY	B	CHAMP	F
	4X800 RELAY	G	CHAMP	F
2:20	4X100 RELAY	B	CHAMP	F
	4X100 RELAY	G	CHAMP	F
2:40	4X400 RELAY	B	CHAMP	F
	4X400 RELAY	G	CHAMP	F

12:00	SHOT PUT	B	CHAMP	F
12:00	LONG JUMP	B	CHAMP	F
12:00	LONG JUMP	G	CHAMP	F

1:30	SHOT PUT	G	CHAMP	F
1:30	TRIPLE JUMP	B	CHAMP	F
1:30	TRIPLE JUMP	G	CHAMP	F

THE COMBINED EVENTS WILL FIT INTO THE TIME SCHEDULE WHEN THEY ARE READY TO GO

**	PENT. 800 (ALL)	G	CHAMP	F
**	PENT 1500 (ALL)	B	CHAMP	F

Accepted 12/6/22

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 Milesplit rankings, and the information previously 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

Patrick (pburkhardt@onteora.k12.ny.us)

SECTION IX Outdoor Track All Time Top 5 List

Boys 100m (Hand Time)

1	Darnell Cummings	Millbrook	10.3	2010
2	Dave Simmons	Midletown	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	Jiles Addison	Cornwall	10.61	2022
2	Darnell Cummings	Millbrook	10.62	2010
3	Jadon Spain	James I O'Neill	10.66 (w)	2022
4	Camron Sands	Rondout Valley	10.68	2022
5	Dave Simmons	Middletown	10.71	1993
	Kabongo Barry	Spackenkill	10.71	2017

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	Khadeem Richards	Monticello	21.48 (w)	2018
5	Justin McCollin	Monroe-Woodbury	21.57	2010

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
	James Onwuka	Newburgh	47.52	2021

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	Michael Mullally	Sullivan West	14.03	2018
3	Adam Abdur-Rahman	Middletown	14.15	2011
4	Jesse Fuca	Warwick	14.15	2006
5	My-Kell Farrar	Monticello	14.22	2017

Boys 400m Hurdles

1	Ryler Gould	Newburgh	51.81	2019
2	Robert Walker	Newburgh	52.23	2017
3	Elijah Mallard	Washingtonville	52.72	2022
4	Michael Mullally	Sullivan West	52.81	2018
5	Steve Neal	Kingston	53.27	1988

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	Evan Waterton	Monticello	3:58.71	2022

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	Rob Becker	Kingston	4:12.68	2018
5	Dan Busby	New Paltz	4:13.3h	2006

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	Robert Becker	Kingston	4:18.48	2017

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	Behailu Bekele-Arcuri	Warwick	15:07.28	2019

Boys 2000m Steeplechase

1	Jack Jibb	Monroe-Woodbury	5:50.71	2015
2	Tim Luthin	Warwick	5:55.4h	2011
3	Liam Higgins	Goshen	5:57.04	2018
4	Louis Greco	Goshen	5:54.45	2018
5	Evan Waterton	Monticello	5:56.14	2022

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
	Zach Michelitch	Minisink Valley	6' 9"	2019

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	Liam Higgins	Goshen	9:12.33	2018
3	Evan Waterton	Monticello	9:13.79	2022
4	Thorr Trowbridge	Kingston	9:18.20	2016
5	Terrence Prial	Warwick	9:19.2h	2007

Boys Pole Vault

1	Louis Martinez	Wallkill	17' 1"	2021
2	Todd Uckermark	Warwick	16' 3"	2014
3	Lance Arietta	Tappan Zee	15' 10"	1976
4	Derek Dibona	Warwick	15' 8"	2014
5	Dave Holt	Warwick	15' 7.5"	1997

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	Matthew Heilig	Pine Bush	195' 0"	2019
3	Eric Pfaffenberger	Tappan Zee	192' 6"	1984
4	Steve Jochun	Pearl River	189' 4"	1982
5	Brian Anderson	Warwick	186' 10"	1996

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	James Beck	Warwick	6041	1999
5	Rory Quiller	Jame I O'Neill	5908	2003

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	Newburgh	1:28.66	2021
5	Monroe-Woodbury	1:29.33	2014

Boys 4x400

1	Newburgh	3:12.27	2003
2	Newburgh	3:12.69	2017
3	Newburgh	3:13.40	2010
4	Middletown	3:13.71	2011
5	Monroe-Woodbury	3:13.91	2010

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	Warwick	18:02.32	2017
5	Monroe-Woodbury	18:10.8h	1977

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	Washingtonville	1:31.65	2018
5	Newburgh	1:32.36	2011

Boys 1000m SMR

1	Newburgh	1:54.75	2021
2	Washingtonville	1:56.33	2018
3	Newburgh	1:56.64	2022
4	Newburgh	1:57.94	2015
5	Newburgh	1:58.92	2012

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	Greer Ligouri	Warwick	55.38	2017
2	Kate Laskoski	Goshen	55.48	2017
3	Lintz Rivera	Suffern	55.64c	1981
4	Sarah Flores	Kingston	55.90	2013
5	Nancy Rosenfield	Suffern	56.04h	1983

Girls 800m

1	Sarah Trainor	FDR	2:08.27	2019
2	Nancy Rosenfield	Suffern	2:09.22	1983
3	Megan Patrignelli	Monroe-Woodbury	2:09.26	2009
4	Linda Newsom	Suffern	2:10.54h	1980
5	Lillian Greibesland	Warwick	2:10.79	2008

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	Greer Ligouri	Warwick	1:00.90	2017
5	Erika Pietrzak	Cornwall	1:01.2h	1988

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	Karrie Baloga	Cornwall	4:48.93	2022
4	Elizabeth Marvin	Rhinebeck	4:55.78	2009
5	Emily Waligurski	Onteora	4:46.20	2011

Girls Mile

1	Karrie Baloga	Cornwall	4:48.77	2022
2	Aislinn Ryan	Warwick	4:49.22	2004
3	Megan Reilly	Warwick	4:54.88	2016
4	Holly Cavaluzzo	Valley Central	4:57.30	2013
5	Heather Iaturo	Tri Valley	4:57.90	2003

Girls 3000m

1	Aisling Cuffe	Cornwall	9:13.57	2011
2	Karrie Baloga	Cornwall	9:31.87	2022
3	Aislinn Ryan	Warwick	9:34.43	2006
4	Kate Landau	Tri Valley	9:35.8h	1992
5	Megan Reilly	Warwick	9:43.69	2016

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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	Sarah Trainor	FDR	6:29.08	2019
2	Karrie Baloga	Cornwall	6:32.58	2022
3	Megan Reilly	Warwick	6:45.34	2016
4	Nicole Rozario	Pine Bush	6:50.40	2008
5	Beatrice Boylan	Cornwall	6:52.06	2015

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	Bianca Staples	Valley Central	5' 7"	2022
5	Ella Michelitch	Minisink Valley	5' 7"	2022

Girls Pole Vault

1	Kaeli Thompson	Warwick	13' 6"	2019
2	Stephanie Duffy	Washingtonville	12' 10.75"	2007
3	Michelle Kercado	Monroe-Woodbury	12' 9.5"	1999
4	Megan Clark	Jame I O'Neill	12' 8"	2011
5	Lily Beattie	Warwick	12' 8"	2022

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	Taylor Pannell	Pine Bush	18' 9.5"w	2009
5	Doris Little	Newburgh	18' 8.5"	2009

Girls Triple Jump

1	Euphenie Andre	Dover	40' 3.75"	2019
2	Jen Mitchell	Newburgh	40' 1.25"	1983
3	Olivia Jebb	Cornwall	39' 6.25"	2012
4	Soroya Hudson	Cornwall	39' 6"	1990
5	Dana Weeks	Washingtonville	39' 3"	1990

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	Liz Manderson	Cornwall	130' 4"	2019
5	Danielle Boriello	Ellenville	126' 8"	2014

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	Ashleigh Convery	Minisink Valley	152' 8"	2019

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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 Passalacqua	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 Passalacqua	Pine Bush	4179	2010
5	Vicki Roeder	Washingtonville	4003	1984

Girls 4x100

1	Newburgh	46.97	2017
2	Newburgh	47.61	2016
3	Newburgh	48.16	2003
4	Newburgh	48.27	2010
5	Monroe-Woodbury	48.28	2018

Girls 4x200

1	Newburgh	1:21.21	2003
2	North Rockland	1:42.34h	1979
3	Minisink Valley	1:43.35	2022
4	Suffern	1:44.24h	1981
5	North Rockland	1:44.94h	1980

Girls 4x400

1	Newburgh	3:49.44	2003
2	Newburgh	3:49.75	2009
3	Newburgh	3:50.93	2017
4	Newburgh	3:51.18	2010
5	Pine Bush	3:51.37	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	Cornwall	21:26.71	2019

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	Middletown	1:47.12	2018
4	Minisink Valley	1:50.04	2022
5	Monroe-Woodbury	1:50.63	2010

Girls 1600m SMR

1	Warwick	3:59.22	2010
2	Warwick	4:01.68	2019
3	Pine Bush	4:02.45	2008
4	Middletown	4:03.97	2014
5	Monroe-Woodbury	4:04.30	2011

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

E-Mail Any changes/adjustments to mhemmer@mw.k12.ny.us