

2024 Section 9

Outdoor Track & Field Handbook

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

Girls Coordinator – Patrick Burkhardt (Onteora)
pburkhardt@onteora.k12.ny.us - (518) 892-2828

Meet Dates:

Class A/C Championship	5/23/24	2:00pm	Rondout Valley HS
Class B/D Championship	5/24/24	10:00am	Goshen HS
Rain dates		TBD	TBD
Section 9 State Quals Day 1	5/30/24	3:30pm	New Paltz HS
Section 9 State Quals Day 2	5/31/24	4:00pm	Goshen HS

State Meet – 6/7/24 & 6/8/24 at Cicero North Syracuse HS

2024 School Classification

CLASS A A = 901 and Up	CLASS B B = 471-900	CLASS C C = 276-470	CLASS D D= 1-275
NFA 2868	FDR 887	Red Hook 410	Chester 258
Middletown 1994	Minisink Valley 840	Rondout Valley 408	Sullivan West 257
Monroe-Woodbury 1763	Monticello 806	Spackenkill 396	Rhinebeck 255
Kingston 1451	Cornwall 758	Highland 387	John S Burke 233
Pine Bush 1280	Goshen 743	Fallsburg 383	Tri Valley 225
Valley Central 1059	Wallkill 728	Ellenville 383	Millbrook 218
Washingtonville 1011	Beacon 660	Onteora 350	Pine Plains 207
Warwick Valley 972	Saugerties 615	James I O'Neill 347	S.S. Seward 161
	Port Jervis 567	Dover 323	Webutuck 159
	Liberty 539		Eldred 116
	New Paltz 515		Livingston Manor 89
	Our Lady of Lourdes 506		Chapel Field 68
	Marlboro 504		Roscoe 63
			Honestead School ?

2024 SECTION IX CLASS CHAMPIONSHIPS

Meet Entry Instructions

Class A/C – 5/23/24 – 2:00pm @ Rondout Valley High School

Class B/D – 5/24/24 – 10:00am @ Goshen High School

Rain Dates –TBD

ENTRIES/SCRATCHES:

- 1) All entries will be done using www.milesplit.com
Entry Deadline - 8:00pm on 5/22/24 for A/C, 8:00pm on 5/23/23 for B/D
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 5/22/24 or 5/23/24. 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, 400m, 400m IH, 800m – Heats separated by class.
1500m/1600m, Steeplechases, 3200m/3000m, 4x800m
Combined into as few heats as possible (*if numbers warrant, each class will have own heat*)
4x100m& 4x400m – Heats by Class
- 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**. Flights will be done by class. **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 A/C Meet

HURDLE CREW		
HH Flight	School	Int. Flight
1	Pine Bush	7
2	Washingtonville	6
3	FDR	8
4	Highland	9 (Stays)
5	Ellenville	5
6	Onteora	4
7	O'Neill	10 (Stays)
8	Fallsburg	3
9	Spackenkill	2
10	Warwick	1

STEEPLE BARRIERS	
Barrier 1 by 1500m line	Kingston
Barrier 2 by 200m start	Middletown
Water Pit	Rondout
Barrier 3 on front stretch	O'Neill
Barrier 4 by finish line	MW

FIELD EVENT ASSIGNMENTS						
Time	LJ	TJ	SHOT	DISC	HJ	PV
2:00 - 3:15	NFA	Onteora	Kingston	VC	Warwick	Fallsburg
3:15 - 4:30	VC	O'Neill	Middletown	Pine Bush	Highland	Spackenkill
4:30 - 5:45	Pine Bush	Millbrook	MW	Washingtonville	Kingston	Highland
5:45 - 7:00	Washingtonville	FDR	Onteora	Dover	Ellenville	Middletown
7:00 - 8:15	Highland	Warwick	NFA	Onteora	Spackenkill	MW
8:15 - 9:30	Red Hook	Dover	Ellenville	FDR	O'Neill	NFA

FIELD EVENT ASSIGNMENTS		
Time	Girls Pent	Boys Pent
2:00 - 3:15	VC	Fallsburg
3:15 - 4:30	Pine Bush	FDR
4:30 - 5:45	Highland	Dover
5:45 - 7:00	Washingtonville	Ellenville
7:00 - 8:15	Spackenkill	Warwick
8:15 - 9:30	Fallsburg	Kingston

School Work Assignments -- Class B/D Meet

HURDLE CREW		
HH Flight	School	Int. Flight
1	Burke	7
2	Wallkill	6
3	Goshen	8
4	Saugerties	9 (Stays)
5	Monticello	5
6	Marlboro	4
7	Liberty	10 (Stays)
8	Beacon	3
9	Port Jervis	2
10	Chester	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	Webutuck

FIELD EVENT ASSIGNMENTS						
Time	LJ	TJ	SHOT	DISC	HJ	PV
10:00 - 11:15	Tri Valley	Port Jervis	Millbrook	Minisink	Monticello	Eldred
11:15 - 12:30	Eldred	Minisink	Seward	Goshen	Beacon	Sullivan West
12:30 - 1:45	Sullivan West	Rhinebeck	Liv. Manor	Saugerties	Chester	Pine Plains
1:45 - 3:00	Port Jervis	New Paltz	Burke	Monticello	Cornwall	Rhinebeck
3:00 - 4:15	New Paltz	Beacon	Marlboro	Liberty	Webutuck	Minisink
4:15 - 5:30	Pine Plains	Lourdes	Cornwall	Wallkill	Tri Valley	Lourdes

FIELD EVENT ASSIGNMENTS		
Time	Girls Pent	Boys Pent
10:00 - 11:15	Cornwall	Millbrook
11:15 - 12:30	Wallkill	New Paltz
12:30 - 1:45	Goshen	Minisink
1:45 - 3:00	Saugerties	Seward
3:00 - 4:15	Monticello	Liv. Manor
4:15 - 5:30	Port Jervis	Burke

2024 Order of Events for all Section 9 Class Championship Meets

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

Boys High Jump followed by Girls High Jump

Girls Pole Vault followed by Boys

** HJ and PV progressions will be determined by coordinators before the meet begins**

2024 SECTION IX STATE QUALIFIER

Meet Entry Instructions

Day 1 – 5/30/24 – 3:30pm @ New Paltz HS

Day 2 – 5/31/24 – 4:00pm @ Goshen HS

ENTRIES/SCRATCHES:

- 1) All entries will be done using www.milesplit.com
Entry Deadline – 5/29/24 @ 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) $\frac{1}{4}$ " Spikes will be allowed at each site.
- 2) Race setups: In the 100m, 200m, and High Hurdles – A Maximum of 30 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. FAT performances in track events at a dual meet can be used. All field event marks must be from a meet with 5 or more school 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
Saugerties

DIVISION 2

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
Livingston Manor
Chapel Field
Roscoe

2024 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	12:00	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	5:35	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	11:15	8:45	9:00
4x100m	55.0	57.5	46.0	47.0
4x400m	4:20	4:30	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' 0"	10' 6"	9' 6"
Pentathlon	1900 pts	1400 pts	2200 pts	2000 pts
Pent (Projected)**	2100pts	1800 pts	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 30	5 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 30	5 Heats
100HH	G	COMBINED		NO ADVANCEMENT	
100M	G	D2 then D1	S	Top 30	5 Heats
100M	G	COMBINED		NO ADVANCEMENT	
100M	B	D2 then D1	S	Top 30	5 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 30	5 Heats
200M	G	COMBINED		NO ADVANCEMENT	
200M	B	D2 then D1	S	Top 30	5 Heats
200M	B	COMBINED		NO ADVANCEMENT	

FIELD

POLE VAULT PIT 1	G	CHAMP
Girls Opening Height 7'6		
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
POLE VAULT PIT 1	B	CHAMP	
Boys Opening Height 9'			
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**

2024 NYSPHSAA AT LARGE QUALIFYING STANDARDS

5 year avg. of 6th place NYSPHSAA Finisher
(2017-2023)

Event	Boys		Event	Girls	
	Division 1	Division 2		Division 1	Division 2
100m	11.18	11.20	100m	12.56	12.73
200m	22.28	22.61	200m	25.69	25.93
400m	49.47	50.48	400m	58.38	59.20
110m HH	14.86	15.39	100m H	15.14	16.10
400m IH	56.03	57.16	400m IH	1:05.39	1:06.39
800m	1:55.38	1:58.09	800m	2:12.17	2:18.58
1600m	4:16.61	4:24.14	1500m	4:36.85	4:46.43
3200m	9:20.08	9:42.68	3000m	10:05.71	10:16.59
3k Steeple	9:38.62	9:58.13	2k Steeple	7:06.95	7:18.93
High Jump	6'3"	6'2"	High Jump	5'3"	5'2"
Pole Vault	13'7"	12'9"	Pole Vault	11'3"	9'10"
Long Jump	21'11.50"	21'03.50"	Long Jump	17'10.50"	17'02.00"
Triple Jump	44'06.00"	44'02.25"	Triple Jump	37'08.50"	36'03.75"
Shot Put	50'04.00"	50'04.25"	Shot Put	38'00.00"	35'11.50"
Discus	147'02"	144'07"	Discus	119'09"	109'10"
Pentathlon	2939	2924	Pentathlon	2992	2632
4x100m	42.91	44.07	4x100m	48.87	50.58
4x400m	3:23.56	3:28.45	4x400m	4:01.55	4:07.57
4x800m	7:57.47	8:11.34	4x800m	9:21.26	9:44.97

Each Section may send an additional "at large" qualifier per division using the standards listed above.

"At Large" qualifiers MUST be the highest placing finisher at the state qualifier (after the winner is removed) to have met either the "At Large" or "Super" qualifying standard.

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

ALL TRACK PERFORMANCES MUST BE FAT TIMED, these can be achieved at any Meet.

Accepted 9/12/23

2024 NYSPHSAA SUPER QUALIFYING STANDARDS

5 year avg. of 4th place NYSPHSAA Finisher
(2017-2023)

Event	Boys		Event	Girls	
	Division 1	Division 2		Division 1	Division 2
100m	11.04	11.08	100m	12.40	12.61
200m	22.27	22.32	200m	25.12	25.85
400m	49.01	49.94	400m	56.63	58.21
110m HH	14.73	15.11	100m H	14.94	15.73
400m IH	55.20	56.41	400m IH	64.13	65.09
800m	1:54.33	1:55.99	800m	2:10.30	2:15.90
1600m	4:15.34	4:21.05	1500m	4:32.59	4:40.75
3200m	9:14.17	9:31.85	3000m	9:47.00	10:11.53
3k Steeple	9:31.77	9:49.62	2k Steeple	6:56.94	7:07.74
High Jump	6'05"	6'04"	High Jump	5'04"	5'03"
Pole Vault	14'0"	13'6"	Pole Vault	11'5"	10'05"
Long Jump	22'05"	21'11"	Long Jump	18'03"	17'07"
Triple Jump	45'05"	44'11"	Triple Jump	38'08"	36'11"
Shot Put	52'02"	52'00"	Shot Put	39'04"	37'11.5"
Discus	152'11"	149'05"	Discus	121'08"	118'00"
Pentathlon	3119	3020	Pentathlon	3128	2712
4x100m	42.61	43.54	4x100m	48.59	50.04
4x400m	3:21.93	3:27.43	4x400m	3:59.03	4:04.62
4x800m	7:53.52	8:07.15	4x800m	9:14.98	9:36.03

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.

Field event performances must be obtained at a Meet with five or more teams and must have certified officials working that field event.

Accepted 9/12/23

**NEW YORK STATE PUBLIC HIGH SCHOOL
STATE TRACK & FIELD CHAMPIONSHIPS
CICERO NORTH SYRACUSE HIGH SCHOOL**

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

FRIDAY JUNE 07, 2024

ORDER OF EVENTS

TRACK

Div I - Large
Div II - Small

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

***OPENING CEREMONIES INCLUDING SPORTSMANSHIP
AWARD WINNERS***

1:30 100H	G II	T
100H	G I	T
1:45 110H	B II	T
110H	B I	T
2:00 100M	G II	T
100M	G I	T
100M	B II	T
100M	B I	T
2:25 Pent. 100 HH-2	G CHAMP	F <i>higher seeds</i>
Pent. 110 HH-2	B CHAMP	F <i>higher seeds</i>
2:50 400M	G II	CLASS FINAL
400M	G I	CLASS FINAL
400M	B II	CLASS FINAL
400M	B I	CLASS FINAL
3:25 800M	G CHAMP	F
800M	B CHAMP	F
3:55 200M	G II	T
200M	G I	T
200M	B II	T
200M	B I	T
4:25 400 INTER H	G II	CLASS FINAL
400 INTER H	G I	CLASS FINAL
400 INTER H	B II	CLASS FINAL
400 INTER H	B I	CLASS FINAL
5:00 4X100 RELAY	G II	CLASS FINAL
4X100 RELAY	G I	CLASS FINAL
4X100 RELAY	B II	CLASS FINAL
4X100 RELAY	B I	CLASS FINAL
5:35 4X400 RELAY	G II	CLASS FINAL
4X400 RELAY	G I	CLASS FINAL
4X400 RELAY	B II	CLASS FINAL
4X400 RELAY	B I	CLASS FINAL
6:30 3000M	G CHAMP	F
3200M	B CHAMP	F

FIELD

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

**NEW YORK STATE PUBLIC HIGH SCHOOL
STATE TRACK & FIELD CHAMPIONSHIPS
CICERO NORTH SYRACUSE HIGH SCHOOL**

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

SATURDAY JUNE 08, 2024

ORDER OF EVENTS

TRACK

FIELD

10:00	2000M STEEPLE	G	CHAMP	F			
	3000M STEEPLE	B	CHAMP	F			
10:50	100M	G	II	CLASS FINAL			
	100M	G	I	CLASS FINAL	10:00	HIGH JUMP	G CHAMP F
	100M	B	II	CLASS FINAL	10:00	HIGH JUMP	B CHAMP F
	100M	B	I	CLASS FINAL			
11:10	1500M	G	CHAMP	F	10:00	PENT.LONG JP-1 G	CHAMP F
	1600M	B	CHAMP	F		PENT.LONG JP-2 G	CHAMP F
11:40	100H	G	II	CLASS FINAL			
	100H	G	I	CLASS FINAL			
	110H	B	II	CLASS FINAL	11:00	PENT.LONG JP-1 B	CHAMP F
	110H	B	I	CLASS FINAL		PENT. LONG JP-2 B	CHAMP F
12:00	200M	G	II	CLASS FINAL			
	200M	G	I	CLASS FINAL	10:00	DISCUS	G CHAMP F
	200M	B	II	CLASS FINAL	11:30	DISCUS	B CHAMP F
	200M	B	I	CLASS FINAL			

BREAK 12:10 - 12:25

12:25	100H	G	CHAMP	F	12:00	SHOT PUT	G CHAMP F
	110H	B	CHAMP	F	12:00	LONG JUMP	G CHAMP F
12:40	100M	G	CHAMP	F	12:00	LONG JUMP	B CHAMP F
	100M	B	CHAMP	F			
1:00	400M	G	CHAMP	F	1:30	SHOT PUT	B CHAMP F
	400M	B	CHAMP	F	1:30	TRIPLE JUMP	G CHAMP F
1:15	400 INTER H	G	CHAMP	F	1:30	TRIPLE JUMP	B CHAMP F
	400 INTER H	B	CHAMP	F			
1:25	200M	G	CHAMP	F			
	200M	B	CHAMP	F			
1:35	4X800 RELAY	G	CHAMP	F			
	4X800 RELAY	B	CHAMP	F			
2:20	4X100 RELAY	G	CHAMP	F			
	4X100 RELAY	B	CHAMP	F			
2:40	4X400 RELAY	G	CHAMP	F			
	4X400 RELAY	B	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 9/12/23

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	Jadon Spain	James I O'Neill	10.40	2023
2	Jiles Addison	Cornwall	10.61	2022
3	Darnell Cummings	Millbrook	10.62	2010
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 Mullaly	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	Adam Furman	Tri Valley	4:13.43	2023

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	Adam Furman	Tri Valley	4:13.43	2023
5	Matt Kaiser	Onteora	4:13.98	2006

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	Collin Gilstrap	Monroe-Woodbury	9:04.72	2023
5	John Trautmann	Monroe-Woodbury	9:04.97	1985

Boys 5000m

1	Paddy Grandinali	Warwick	14:48.16	2012
2	John Trautmann	Monroe-Woodbury	15:01.1h	1985
3	Adam Furman	Tri Valley	15:02.17	2023
4	Terrence Prial	Warwick	15:02.96	2007
5	Mark Crumblish	Washingtonville	15:07.16	1981

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	Walkill	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	<i>Karl Decker</i>	<i>Valley Central</i>	<i>200' 2"</i>	<i>1986</i>
2	Matthew Heilig	Pine Bush	195' 0"	2019
3	<i>Eric Pfaffenberger</i>	<i>Tappan Zee</i>	<i>192' 6"</i>	<i>1984</i>
4	<i>Steve Jochun</i>	<i>Pearl River</i>	<i>189' 4"</i>	<i>1982</i>
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	Monroe-Woodbury	17:29.49	2023
2	Albertus Magnus	17:42.6h	1975
3	Nanuet	17:50.1h	1975
4	Warwick	17:54.44	2006
5	Warwick	18:02.32	2017

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	Monroe-Woodbury	9:59.22	2023
3	Warwick	10:02.24	2011
4	Warwick	10:05.26	2006
5	Warwick	10:07.21	2008

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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	Kessler Hirsch	Minisink Valley	24.00	2023
5	Lanita Little	Rondout Valley	24.84h	1980

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	Karrie Baloga	Cornwall	2:09.45	2023
5	Linda Newsom	Suffern	2:10.54h	1980

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	Karrie Baloga	Cornwall	4:18.25	2023
2	Aisling Cuffe	Cornwall	4:19.83	2011
3	Megan Patrignelli	Monroe-Woodbury	4:25.65	2009
4	Megan Reilly	Warwick	4:25.78	2016
5	Lillian Greibesland	Warwick	4:28.42	2010

Girls 1600m

1	Karrie Baloga	Cornwall	4:35.74	2023
2	Aisling Cuffe	Cornwall	4:40.56	2011
3	Ariana Garrison	Newburgh	4:46.33	2007
4	Elizabeth Marvin	Rhinebeck	4:55.78	2009
5	Emily Waligurski	Onteora	4:46.20	2011

Girls Mile

1	Karrie Baloga	Cornwall	4:37.52	2023
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	9:20.75	2023
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	Karrie Baloga	Cornwall	6:21.31	2023
2	Sarah Trainor	FDR	6:29.08	2019
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	Ella Michelitch	Minisink Valley	5'9"	2023
2	Amelia Benjamin	Ellenville	5'8"	2023
4	Dawn Royster	Nyack	5' 7"	1983
5	Nichole Brundage	Pine Bush	5' 7"	2001
	Bianca Staples	Valley Central	5'7"	2022

Girls Pole Vault

1	Kaeli Thompson	Warwick	13' 6"	2019
2	Lily Beattie	Warwick	13'0.5"	2023
3	Stephanie Duffy	Washingtonville	12' 10.75	2007
4	Michelle Kercado	Monroe-Woodbury	12' 9.5"	1999
5	Megan Clark	Jame I O'Neill	12' 8"	2011

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	Madison Williams	Pine Bush	19' 3"w	2023
5	Taylor Pannell	Pine Bush	18' 9.5"w	2009

Girls Triple Jump

1	Madison Williams	Pine Bush	40' 7"	2023
2	Euphenie Andre	Dover	40' 3.75"	2019
3	Jen Mitchell	Newburgh	40' 1.25"	1983
4	Olivia Jebb	Cornwall	39' 6.25"	2012
5	Soroya Hudson	Cornwall	39' 6"	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	Juliana Juras	Marlboro	137' 9"	2023
4	Jennifer Bailey	Cornwall	133' 10"	2007
5	Liz Manderson	Cornwall	130' 4"	2019

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 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	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	1:41.21	2003
2	North Rockland	1:42.34h	1979
3	Minisink Valley	1:43.35	2022
4	Minisink Valley	1:43.92	2023
5	Suffern	1:44.24h	1981

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

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