

2025 Section 9

Outdoor Track & Field Handbook

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Meet Dates:

Class A Championship	5/28/25	2:00pm	Monroe-Woodbury
Class B Championship	5/29/25	2:00pm	Rondout Valley
Class C Championship	5/30/25	1:00pm	Warwick Valley
Rain dates		TBD	TBD

Section 9 State Quals Day 1	6/4/25	3:30pm	Monroe-Woodbury
Section 9 State Quals Day 2	6/5/25	3:30pm	Goshen

State Meet – 6/13/25 & 6/14/25 at Middletown HS

2025 NYSPHSAA CLASSIFICATIONS

Class A A = 800 and up	Class B B = 400 - 799	Class C C = up to 399	
Newburgh 2867	Goshen 798	Red Hook 399	Tri Valley 234
Middletown 2106	Cornwall 743	Highland 396	Pine Plains 227
Monroe-Woodbury 1758	Monticello 740	Fallsburg 395	John S. Burke 221
Kingston 1446	Wallkill 698	Ellenville 383	Millbrook 200
Pine Bush 1209	Beacon 645	Dover 374	S.S. Seward 165
Valley Central 1026	Saugerties 642	Onteora 341	Eldred 110
Warwick Valley 1010	Liberty 567	James I. O'Neill 335	Livingston Manor 95
Wahingtonville 938	Port Jervis 557	Rhinebeck 242	Roscoe 50
Minisink Valley 876	Our Lady of Lourdes 554	Chester 240	
FDR - Hyde Park 870	New Paltz 473	Sullivan West 237	
	Marlboro 462		
	Rondout Valley 414		
	Spackenkill 411		

2025 SECTION IX CLASS CHAMPIONSHIPS

Meet Entry Instructions

Class A – 5/28/25 – 2:00pm @ Monroe-Woodbury

Class B – 5/29/25 – 2:00pm @ Rondout Valley

Class C – 5/30/25 – 1:00pm @ Warwick Valley

Rain Dates –TBD

ENTRIES/SCRATCHES:

- 1) All entries will be done using www.milesplit.com
Entry Deadline - 8:00pm the night before scheduled meet.
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 the night before each scheduled meet. 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:
All events are final on time except the 100m, 200m, and 110m/100m hurdles. Advancement in the 100m, 200m, and 110m/100m hurdles will be winner plus the next best times to the final. Any prelim event that has less entrants than the number of lanes will go straight to a final
- 6) Field Events:
In the Long Jump, Triple Jump, Shot Put, and Discus. All competitors will receive 3 **JUMPS/THROWS**. Top 7 will make **FINALS** and get 3 additional attempts. Progressions for high jump and pole vault will be determined by the games committee after entries close.
- 7) Each school is requested to have 2 volunteers available to assist at field events.

ANY QUESTIONS: Contact Matt Hemmer or Patrick Burkhardt

2025 Order of Events for all Section 9 Class Championship Meets

TRACK EVENTS (Girls then Boys - 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

Boys Discus followed by Girls Discus

Boys and Girls Long Jump

Boys and Girls Triple Jump Following Long Jump

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****

IMPORTANT INFO - If a host site only has two sand pits, the following order will be followed for horizontal jump:

Boys Pent Long Jump, followed by Boys Long Jump, then Boys Triple Jump

Girls Long Jump, followed by Girls Pent Long Jump, then Girls Triple Jump

2025 SECTION IX STATE QUALIFIER

Meet Entry Instructions

Day 1 – 6/4/25 – 3:30pm @ Monroe-Woodbury

Day 2 – 6/5/25 – 3:30pm @ Goshen

ENTRIES/SCRATCHES:

- 1) All entries will be done using www.milesplit.com
Entry Deadline – 6/3/25 @ 8:00pm
- 2) All athletes entered must have met the qualifier entry guideline for the event
- 3) Entry limitations – Athletes may not enter more than 4 individual events. If entered in 4 individual events, athletes cannot appear in a relay entry. If entered in 3 or fewer individual events, athletes can appear on up to 3 relays. All athletes can compete in 4 events except those in the Pentathlon who may only compete in that event.
- 4) A performance list will be shared on the MileSplit meet page after 9pm on 6/3/25. **The performance list will be the FINAL meet entry. Athletes not listed on the performance list are not accepted into the meet even if they have surpassed the entry guidelines.**
- 5) Changes/Scratches on meet day will begin 90 minutes before the meet and end 30 minutes before the scheduled start. The first races may not be adjusted because of scratches.
- 6) ***The scratch rule for the state qualifier is that any scratch after the performance list is released counts as one of the four allotted events for that athlete.*** If an athlete qualifies for a final and does not compete, they are ineligible for the rest of the meet.

MEET MANAGEMENT:

- 1) ¼" Spikes will be allowed at each site.
- 2) Race setups:
 - a. In the 100m, 200m, and High Hurdles – A maximum of 32 athletes per class will be seeded for the semi-final.
 - b. In the 400m and 400m Hurdles – A maximum of 24 athletes per class will be accepted to compete.
 - c. All races 800m and up will be run combined. Each class will have a maximum of 16 athletes accepted.
 - d. All relays who meet the entry guideline will be accepted.
- 3) Field Events:
 - a. In the Long Jump, Triple Jump, Shot Put, and Discus. ALL ATHLETES will receive 3 JUMPS/THROWS. A 5-athlete final will be contested for each class. Each class will have a maximum of 12 competitors in each event.
 - b. High Jump & Pole Vault will be combined. Each class will have a maximum of 12 entrants per event.

STATE QUALIFYING PROCEDURE

- 1) Each class will send the winner of each event to the State Championship.
- 2) Each class 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.

SCHOOL CLASSIFICATIONS CAN BE FOUND ON PAGE 1 OF THIS HANDBOOK.

2025 Section 9 State Qualifier

Performance Guidelines for Competing in Section 9 State Qualifier Meet

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

If any classification fails to have any athletes achieve an event guideline (or if only one athlete hits the guideline) the section coordinators will extend invitations to compete to the top 4 athletes in that event based on MileSplit rankings for that classification.

EVENT	Girls A	Girls B	Girls C	Boys A	Boys B	Boys C
3000/3200m	11:10	11:30	11:50	10:10	10:25	10:40
800m	2:26	2:33	2:40	2:03	2:06	2:09
100m/110m HH	17.5	18.0	19.0	17.0	17.4	17.8
100m	12.8	13.2	13.6	11.5	11.7	12.0
400m	64.0	65.5	67.0	53.0	54.0	55.0
1500m/1600m	5:03	5:15	5:27	4:38	4:43	4:48
2k/3k Steeple	8:20	8:35	8:55	10:50	11:00	11:15
200m	27.3	28.0	28.9	23.6	24.0	24.5
400m Int. Hurdles	72	74.0	79.0	62.0	64.0	66.0
4x800m	10:20	10:45	11:15	8:30	8:45	9:00
4x100m	53.5	55.0	57.5	45.5	46.3	47.0
4x400m	4:13	4:20	4:30	3:28	3:33	3:38
Shot Put	33'	31'	29'	41'	39'	37'
Discus	94'	90'	86'	120'	116'	113'
High Jump	4' 9"	4' 8"	4' 6"	5' 8"	5' 7"	5' 6"
Long Jump	15' 9"	15'	14'	19' 9"	19' 3"	18' 9"
Triple Jump	33'	31' 6"	30'	41' 0"	39' 9"	38' 6"
Pole Vault	9' 9"	8' 9"	7'	11'	10' 6"	10'
Pentathlon	1950pts	1825pts	1400 pts	2500pts	2250pts	2000pts
Pent (Projected)**	2400pts	2100pts	1800 pts	2800pts	2500pts	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 guideline.

SECTION 9 STATE QUALIFIER- ORDER OF EVENTS

DAY 1

TRACK

110 HH	B	C then B then A	S	Top 32	4 Heats
Pent. 110 HH	B	CHAMP	F		
Pent. 100 HH	G	CHAMP	F		
100 HH	G	C then B then A	S	Top 32	4 Heats
100M	G	C then B then A	S	Top 32	4 Heats
100M	B	C then B then A	S	Top 32	4 Heats
800M	G	CHAMP	F		
800M	B	CHAMP	F		
3000 M	G	CHAMP	F		
3200 M	B	CHAMP	F		
200M	G	C then B then A	S	Top 32	4 Heats
200M	B	C then B then A	S	Top 32	4 Heats

FIELD

POLE VAULT PIT 1	G	CHAMP	
Girls Opening Height	7'0		
HIGH JUMP PIT 1	B	CHAMP	
HIGH JUMP PIT 2	G	CHAMP	
TRIPLE JUMP	G	C-B-A	
TRIPLE JUMP	B	C-B-A	after Pent LJ
PENT LONG JUMP	B		
PENT.SHOT	G		
PENT.SHOT	B		
PENT LONG JUMP	G		after Girls TJ
DISCUS	B	C-B-A	Two Cages
DISCUS	G	C-B-A	

SECTION 9 STATE QUALIFIER- ORDER OF EVENTS

DAY 2

TRACK

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

FIELD

POLE VAULT PIT 1	B	CHAMP	
Boys Opening Height	9'		
HIGH JUMP PIT 1	B	PENT	
HIGH JUMP PIT 2	G	PENT	
LONG JUMP	G	C-B-A	
LONG JUMP	B	C-B-A	
SHOT PUT	G	C-B-A	
SHOT PUT	B	C-B-A	

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

2025 NYSPHSAA AT LARGE QUALIFYING STANDARDS

Class A - 5 year avg. of 6th seeded D1 NYSPHSAA competitor

Class B - 5 year avg. of 6th seeded D2 NYSPHSAA competitor

Class C - 5 year avg. of 8th seeded D2 NYSPHSAA competitor
(2018-2024)

Event	Boys Class A	Boys Class B	Boys Class C	Event	Girls Class A	Girls Class B	Girls Class C
100m	10.78	10.86	10.94	100m	12.15	12.4	12.48
200m	21.96	22.16	22.28	200m	25.04	25.53	25.72
400m	49.20	49.94	50.27	400m	57.62	58.27	58.84
110m HH	14.52	15.09	15.33	100m H	14.81	15.71	15.89
400m IH	55.33	56.49	57.16	400m IH	1:04.26	1:05.74	1:06.29
800m	1:54.84	1:57.41	1:58.15	800m	2:12.36	2:18.54	2:19.54
1600m	4:16.46	4:22.54	4:25.11	1500m	4:37.43	4:44.45	4:47.88
3200m	9:16.28	9:34.82	9:40.79	3000m	9:56.23	10:16.47	10:23.21
3k Steeple	9:35.91	9:52.41	10:00.64	2k Steeple	7:04.30	7:15.18	7:23.07
High Jump	6'5	6'3	6'3	High Jump	5'5	5'4	5'3
Pole Vault	14'3	13'6	13'3	Pole Vault	11'7	10'7	10'3
Long Jump	22'9	22'0.5	21'10.75	Long Jump	18'7	17'10.5	17'8.75
Triple Jump	45'8.5	44'11.75	44'6.75	Triple Jump	39'1	37'3.25	36'9
Shot Put	52'2.5	51'9.25	50'8	Shot Put	38'11	37'8.5	35'10.75
Discus	158'4	152'6	147'11	Discus	126'1	119'7	116'0
Pentathlon	3027	2980	2901	Pentathlon	2946	2662	2536
4x100m	42.74	43.65	43.94	4x100m	48.78	50.35	50.64
4x400m	3:22.39	3:27.48	3:28.75	4x400m	3:59.03	4:05.71	4:06.97
4x800m	7:57.32	8:12.13	8:15.62	4x800m	9:25.18	9:46.32	9:54.57

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.

Approved
9/10/2024

2025 NYSPHSAA SUPER QUALIFYING STANDARDS

Class A - 5 year avg. of 4th seeded D1 NYSPHSAA competitor

Class B - 5 year avg. of 4th seeded D2 NYSPHSAA competitor

Class C - 5 year avg. of 5th seeded D2 NYSPHSAA competitor

(2018-2024)

Event	Boys Class A	Boys Class B	Boys Class C	Event	Girls Class A	Girls Class B	Girls Class C
100m	10.74	10.79	10.83	100m	12.07	12.32	12.40
200m	21.83	21.95	22.01	200m	24.91	25.32	25.48
400m	48.72	49.54	49.74	400m	56.73	57.90	58.11
110m HH	14.43	14.92	15.07	100m H	14.70	15.55	15.61
400m IH	55.01	55.97	56.37	400m IH	63.51	64.94	65.13
800m	1:54.21	1:56.55	1:56.88	800m	2:11.43	2:16.50	2:16.79
1600m	4:15.83	4:20.55	4:21.57	1500m	4:34.19	4:41.34	4:43.27
3200m	9:12.83	9:26.82	9:28.63	3000m	9:51.46	10:11.47	10:13.23
3k Steeple	9:32.35	9:45.75	9:49.38	2k Steeple	6:55.16	7:04.77	7:09.45
High Jump	6'6	6'5	6'4	High Jump	5'6"	5'5"	5'4"
Pole Vault	14'6	14'0	13'9	Pole Vault	12'0"	11'0"	10'10"
Long Jump	23'0.25"	22'5.25"	22'3	Long Jump	18'7.75"	18'1"	17'11.5"
Triple Jump	46'2.5"	45'2.25"	45'1	Triple Jump	39'7.75"	37'7"	37'6"
Shot Put	53'9.25"	53'0.25"	52'4.5	Shot Put	40'3.25"	38'8"	38'0"
Discus	163'5"	157'5"	155'6	Discus	127'4"	124'6"	122'9"
Pentathlon	3098	3029	2997	Pentathlon	3111	2786	2734
4x100m	42.52	43.31	43.41	4x100m	48.69	50.03	50.17
4x400m	3:21.37	3:26.55	3:27.31	4x400m	3:56.91	4:04.43	4:05.06
4x800m	7:54.57	8:07.76	8:09.93	4x800m	9:21.34	9:38.52	9:43.30

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.

Approved
9/10/2024

**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 13, 2025

ORDER OF EVENTS

TRACK						FIELD	CF & Fed = Class Final & Federation			
12:45	OPENING CEREMONIES INCLUDING SPORTSMANSHIP									
	AWARD WINNERS									
1:00	Pent 100 H	G Group 1	CHAMP	CF & Fed	low seeds	1:00	Pole Vault	B		CF & Fed
1:15	100m H	G	C	Prelims						
	100m H	G	B	Prelims		1:00	Discus	B Class C		CF & Fed
	100m H	G	A	Prelims		3:00	Discus	B Class B		CF & Fed
1:35	Pent 110 H	B Group 1	CHAMP	CF & Fed	low seeds	5:30	Discus	B Class A		CF & Fed
1:50	110m H	B	C	Prelims						
	110m H	B	B	Prelims		1:00	Shot Put	G Class C	Circle # 1	CF & Fed
	110m H	B	A	Prelims		3:00	Shot Put	G Class B	Circle # 1	CF & Fed
2:10	100 M	G	C	Prelims		5:30	Shot Put	G Class A	Circle # 1	CF & Fed
	100 M	G	B	Prelims						
	100 M	G	A	Prelims		1:00	Long Jump	G Class C	Runway # 1	CF & Fed
2:25	100 M	B	C	Prelims		3:00	Long Jump	G Class B	Runway # 1	CF & Fed
	100 M	B	B	Prelims		5:30	Long Jump	G Class A	Runway # 1	CF & Fed
	100 M	B	A	Prelims						
2:40	400 M	G	C	Class Finals		1:00	Long Jump	B Class C	Runway # 2	CF & Fed
	400 M	G	B	Class Finals		3:00	Long Jump	B Class B	Runway # 2	CF & Fed
	400 M	G	A	Class Finals		5:30	Long Jump	B Class A	Runway # 2	CF & Fed
3:10	400 M	B	C	Class Finals						
	400 M	B	B	Class Finals		1:45	Pent HJ	G Group 1	Pit #1	
	400 M	B	A	Class Finals		2:00	Pent HJ	B Group 1	Pit #2	
3:30	Pent 110 H	B Group 2	CHAMP	CF & Fed	high seeds	4:15	Pent HJ	G Group 2	Pit #1	
3:45	Pent 100 H	G Group 2	CHAMP	CF & Fed	high seeds	4:30	Pent HJ	B Group 2	Pit #2	
4:00	800 M	G		CF & Fed						
4:30	800 M	B		CF & Fed		4:30	Pent SP	G Group 1	Circle 2	
5:00	200 M	G	C	Prelims		5:30	Pent SP	B Group 1	Circle 2	
	200 M	G	B	Prelims		7:00	Pent SP	G Group 2	Circle 2	
	200 M	G	A	Prelims		7:45	Pent SP	B Group 2	Circle 1 or 2	
5:20	200 M	B	C	Prelims						
	200 M	B	B	Prelims						
	200 M	B	A	Prelims						
5:40	400 IH	G	C	Class Finals						
	400 IH	G	B	Class Finals						
	400 IH	G	A	Class Finals						
6:05	400 IH	B	C	Class Finals						
	400 IH	B	B	Class Finals						
	400 IH	B	A	Class Finals						
6:30	400 M Relay	G	C	Class Finals						
	400 M Relay	G	B	Class Finals						
	400 M Relay	G	A	Class Finals						
7:05	400 M Relay	B	C	Class Finals						
	400 M Relay	B	B	Class Finals						
	400 M Relay	B	A	Class Finals						
7:35	3000 M Run	G		CF & Fed						
8:20	3200 M Run	B		CF & Fed						

**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 14, 2025

ORDER OF EVENTS

TRACK

9:00	1600M Relay	G	C	Class Finals
	1600M Relay	G	B	Class Finals
	1600M Relay	G	A	Class Finals
9:30	1600M Relay	B	C	Class Finals
	1600M Relay	B	B	Class Finals
	1600M Relay	B	A	Class Finals
10:15	2000 Steeple	G		CF & Fed
TBD	Pent. 800	G		CF & Fed
11:05	3000 Steeple	B		CF & Fed
TBD	Pent. 1500	B		CF & Fed
12:00	100 M	G	C	Class Finals
	100 M	G	B	Class Finals
	100 M	G	A	Class Finals
12:10	100 M	B	C	Class Finals
	100 M	B	B	Class Finals
	100 M	B	A	Class Finals
12:25	110m H	B	C	Class Finals
	110m H	B	B	Class Finals
	110m H	B	A	Class Finals
12:45	100m H	G	C	Class Finals
	100m H	G	B	Class Finals
	100m H	G	A	Class Finals
1:00	1500 M	G		CF & Fed
1:25	1600 M	B		CF & Fed
1:50	200 M	G	C	Class Finals
	200 M	G	B	Class Finals
	200 M	G	A	Class Finals
2:00	200 M	B	C	Class Finals
	200 M	B	B	Class Finals
	200 M	B	A	Class Finals
	BREAK - (OPTIONAL)			
2:25	100m H	G		Fed. Final
2:35	110m H	B		Fed. Final
2:40	100 M	G		Fed. Final
2:45	100 M	B		Fed. Final
2:50	400 M	G		Fed. Final
2:55	400 M	B		Fed. Final
3:05	400 IH	G		Fed. Final
3:15	400 IH	B		Fed. Final
3:25	200 M	G		Fed. Final
3:30	200 M	B		Fed. Final
3:35	3200M Relay	G		CF & Fed
4:15	3200M Relay	B		CF & Fed
4:50	400 M Relay	G		Fed. Final
5:00	400 M Relay	B		Fed. Final
5:05	1600M Relay	G		Fed. Final
5:15	1600M Relay	B		Fed. Final

FIELD

9:00	Pent. LJ	G Group 1&2	Runway # 1&2	CF & Fed
10:00	Pent. LJ	B Group 1&2	Runway # 1&2	CF & Fed
10:00	HJ	G	Pit # 1	CF & Fed
10:00	HJ	B	Pit # 2	CF & Fed
10:00	Pole Vault	G		CF & Fed
10:00	Discus	G Class C		CF & Fed
12:00	Discus	G Class B		CF & Fed
2:30	Discus	G Class A		CF & Fed
10:00	Shot Put	B Class C	Circle # 1	CF & Fed
12:00	Shot Put	B Class B	Circle # 1	CF & Fed
2:30	Shot Put	B Class A	Circle # 1	CF & Fed
11:00	Triple Jump	G Class C	Runway # 1	CF & Fed
12:30	Triple Jump	G Class B	Runway # 1	CF & Fed
2:00	Triple Jump	G Class A	Runway # 1	CF & Fed
11:00	Triple Jump	B Class C	Runway # 2	CF & Fed
12:30	Triple Jump	B Class B	Runway # 2	CF & Fed
2:00	Triple Jump	B Class A	Runway # 2	CF & Fed

UPDATED 3/18/25

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	Dametrious Esannason	Goshen	10.66	2024
5	Luke Beattie	Warwick	10.67	2024

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	Dametrious Esannason	Goshen	21.44	2024
5	Khadeem Richards	Monticello	21.48 (w)	2018

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	Ilunga Salerno	Cornwall	14.20	2024

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	Van Furman	Tri Valley	8:31.04en	2024
5	Tim Grein	Washingtonville	8:32.5h	1990

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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	Van Furman	Tri Valley	9:02.96	2024
5	Collin Gilstrap	Monroe-Woodbury	9:04.72	2023

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 5000m

1	Paddy Grandinali	Warwick	14:48.16	2012
2	Van Furman	Tri Valley	14:58.37	2024
3	John Trautmann	Monroe-Woodbury	15:01.1h	1985
4	Adam Furman	Tri Valley	15:02.17	2023
5	Terrence Prial	Warwick	15:02.96	2007

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 2000m Steeplechase

1	Jack Jibb	Monroe-Woodbury	5:50.71	2015
2	Gavin Rossi	Minisink Valley	5:52.56	2024
3	Tim Luthin	Warwick	5:55.4h	2011
4	Liam Higgins	Goshen	5:57.04	2018
5	Louis Greco	Goshen	5:54.45	2018

Boys 3000m Steeplechase

1	Jack Jibb	Monroe-Woodbury	8:57.34	2015
2	Van Furman	Tri Valley	9:07.94	2024
3	Gavin Rossi	Minisink Valley	9:16.17	2024
4	Liam Higgins	Goshen	9:12.33	2018
5	Evan Waterton	Monticello	9:13.79	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 Pole Vault

1	Louis Martinez	Wallkill	17' 1"	2021
2	Todd Uckermark	Warwick	16' 3"	2014
3	Luke Beattie	Warwick	16' 3"	2024
4	Lance Arietta	Tappan Zee	15' 10"	1976
5	Derek Dibona	Warwick	15' 8"	2014

Boys Long Jump

1	Dennis Gurrant	Monroe-Woodbury	24' 6"	1964
2	Ellis Urgent	Cornwall	24' 5"	2024
3	John Dixon	Highland Falls	24' 3"	1961
4	Howie Allen	Spring Valley	24' 1.25"	1982
5	Joe McDonald	Kingston	24' 0.25"	1987

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 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 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	Aidan Ifkovits	New Paltz	221' 1"	2024
3	Ryan Loughney	Tri Valley	216' 6"	2007
4	T.J Servino	Monroe-Woodbury	200' 11"	2011
5	Dan Paladino	Monroe-Woodbury	200' 1"	2005

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	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	3:27.70	2024

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	Alexandria North	Lourdes	55.10	2024
2	Greer Ligouri	Warwick	55.38	2017
3	Kate Laskoski	Goshen	55.48	2017
4	Lintz Rivera	Suffern	55.64c	1981
5	Sarah Flores	Kingston	55.90	2013

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	Maia Rich	Kingston	14.25	2024
4	Courtney Warden	Marlboro	14.26	2014
5	Emeline Clark	Monroe-Woodbury	14.40	2024

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	4:56.20	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	Caitlyn Murphy	Wallkill	4:56.61	2024
5	Holly Cavaluzzo	Valley Central	4:57.30	2013

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	Anna Furman	Tri Valley	17:43.17	2024
3	Kim Ryan	New Paltz	17:47.8h	1981
4	Janet Pietropaolo	Nanuet	18:00.0h	1980
5	Caryn Landau	Tri Valley	18:00.32	1990

Girls 10,000m

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

Girls High Jump

1	Ella Michelitch	Minisink Valley	5' 10"	2024
2	Sue Blake	New Paltz	5' 9"	1978
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' 2"	2024
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	Madison Williams	Pine Bush	19' 8"w	2024
4	Katina Mack	Monticello	19' 4.75"	1990
5	Taylor Pannell	Pine Bush	18' 9.5"w	2009

Girls Triple Jump

1	Madison Williams	Pine Bush	41' 9.25"	2024
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	Juliana Juras	Marlboro	141' 3"	2024
3	Victoria Maher	Marlboro	141' 0"	2024
4	Brienne Karow	Ellenville	138' 7"	2003
5	Jennifer Bailey	Cornwall	133' 10"	2007

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	1:41.21	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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