2026 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 C Championship	5/27/26	2:00pm	Monroe-Woodbury
Class A Championship	5/28/26	2:00pm	Monroe-Woodbury
Class B Championship	5/29/26	2:00pm	Rondout Valley
Rain dates		TBD	TBD
Section 9 State Quals Day 1	6/3/26	4:00pm	Cornwall
Section 9 State Quals Day 2	6/4/26	3:30pm	Goshen

State Meet – 6/13/26 & 6/14/26 at Webster Schroeder HS

2026 NYSPHSAA CLASSIFICATIONS

Class A	Class B	Class C	
A = 800 and up	**B = 400 - 799**	**C = up to 399**	
Newburgh 2819	Minisink Valley 794	Highland 387	Pine Plains 218
Middletown 2085	Goshen 756	Dover 369	John S. Burke 209
Monroe-Woodbury 1752	Cornwall 744	Spackenkill 368	Tri Valley 204
Kingston 1368	Wallkill 729	Ellenville 362	Millbrook 186
Pine Bush 1176	Monticello 689	James I. O'Neill 353	S.S. Seward 179
Valley Central 1050	Beacon 651	Fallsburg 339	Webutuck 159
Warwick Valley 999	Saugerties 581	Onteora 297	Rockland 134
Wahingtonville 917	Our Lady of Lourdes 572	Sullivan West 252	Eldred 123
FDR - Hyde Park 855	Port Jervis 521	Chester 242	Chapel Field 86
	Liberty 498	Rhinebeck 236	Homestead 18
	New Paltz 489		
	Marlboro 456		
	Rondout Valley 416		
	Red Hook 410		

2026 SECTION IX CLASS CHAMPIONSHIPS
Meet Entry Instructions
Class C – 5/27/26 – 2:00pm @ Monroe-Woodbury
Class A – 5/28/26 – 2:00pm @ Monroe-Woodbury
Class B – 5/29/26 – 2:00pm @ Rondout 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 is 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

2026 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

2026 SECTION IX STATE QUALIFIER

Meet Entry Instructions

Day 1 – 6/3/26 –4:00pm @ Cornwall

Day 2 – 6/4/26 – 3:30pm @ Goshen

ENTRIES/SCRATCHES:

1) All entries will be done using www.milesplit.com
   Entry Deadline – 6/2/26 @ 8:00pm
2) **NEW THIS YEAR – We WILL NOT be using entry performance guidelines. We will have event capacities listed below. All seed performances MUST be verifiable. If they are not in the MileSplit database, please be prepared to provide official results containing the mark. For the Pentathlon, projections can only be done using season performances from the 5 events. Boys may convert 1600m times to 1500m for projections.**
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 9:30pm on 6/2/26. **The performance list will be the FINAL meet entry. Athletes not listed on the performance list are not accepted into the meet.**
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.

EVENT CAPACITIES PER CLASSIFICATION

100m, 200m, 110m/100mHH	-	Top 18 per Class
400m, 400mIH, 800m	-	Top 16 per Class
1600m/1500m, 3200m/3000m, Steeple	-	Top 12 per Class
LJ, TJ, SP, DT	-	Top 12 per Class
HJ, PV	-	Top 10 per Class
Pentathlon	-	Top 9 per Class
4x100m, 4x400m	-	Top 8 per Class
4x800m	-	Top 6 per Class

THESE ARE EVENT MAXIMUMS..... If these numbers are not reached during the entry process, additional athletes WILL NOT be added to 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 18 athletes per class will be seeded for the semi-final.
    b. In the 400m and 400m Hurdles – A maximum of 16 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.
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 10 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 **AND finish top 5 overall in their respective classification** 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) **NO STATE STANDARD CAN BE MET AFTER THE STATE QUALIFYING MEET IN COMPLETE**

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

SECTION 9 STATE QUALIFIER- ORDER OF EVENTS
DAY 1

TRACK							FIELD			
110 HH	B	C then B then A	S	Top 18	3 Heats		POLE VAULT PIT 1	G	CHAMP	
Pent. 110 HH	B	CHAMP	F				Girls Opening Height 7'0			
Pent. 100 HH	G	CHAMP	F							
100 HH	G	C then B then A	S	Top 18	3 Heats		HIGH JUMP PIT 1	B	CHAMP	
100M	G	C then B then A	S	Top 18	3 Heats		HIGH JUMP PIT 2	G	PENT	
100M	B	C then B then A	S	Top 18	3 Heats					
800M	G	CHAMP	F				TRIPLE JUMP	G	C-B-A	
800M	B	CHAMP	F				TRIPLE JUMP	B	C-B-A	after Pent LJ
3000 M	G	CHAMP	F							
3200 M	B	CHAMP	F				PENT LONG JUMP	B		
200M	G	C then B then A	S	Top 18	3 Heats		PENT.SHOT	B		
200M	B	C then B then A	S	Top 18	3 Heats					
							DISCUS	B	C-B-A	
							SHOT PUT	G	C-B-A	

SECTION 9 STATE QUALIFIER- ORDER OF EVENTS
DAY 2

TRACK				FIELD			
2000M STEEPLE	G	CHAMP	F	POLE VAULT PIT 1	B	CHAMP	
3000M STEEPLE	B	CHAMP	F	Boys Opening Height 9'			
110 HH	B	C then B then A	F				
100 HH	G	C then B then A	F	HIGH JUMP PIT 1	B	PENT	
100M	G	C then B then A	F	HIGH JUMP PIT 2	G	CHAMP	
100M	B	C then B then A	F				
1500M	G	CHAMP	F	LONG JUMP	G	C-B-A	after Pent LJ
1600M	B	CHAMP	F	LONG JUMP	B	C-B-A	
400 M	G	C then B then A	F				
400 M	B	C then B then A	F	SHOT PUT	B	C-B-A	
400 INTER H	G	C then B then A	F	DISCUS	G	C-B-A	
400 INTER H	B	C then B then A	F				
200M	G	C then B then A	F	PENT LONG JUMP	G		
200M	B	C then B then A	F	PENT.SHOT	G		
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				

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

2026 NYSPHSAA AT LARGE QUALIFYING STANDARDS

Class A - 3 year avg. of 6th seeded D1/Class A NYSPHSAA competitor
Class B - 3 year avg. of 6th seeded D2/Class B NYSPHSAA competitor
Class C - 3 year avg. of 8th seeded D2 or 6th Seeded Class C NYSPHSAA competitor
(2023-2025)

Event	Boys Class A	Boys Class B	Boys Class C	Event	Girls Class A	Girls Class B	Girls Class C
100m	10.74	10.84	10.91	100m	12.12	12.30	12.34
200m	21.85	21.94	22.16	200m	24.96	25.40	25.51
400m	48.78	49.41	49.65	400m	57.08	57.44	58.12
110m HH	14.60	15.12	15.26	100m H	14.53	15.36	15.56
400m IH	55.33	56.30	57.13	400m IH	1:02.92	1:05.15	1:05.50
800m	1:54.73	1:56.45	1:57.62	800m	2:10.75	2:16.81	2:18.74
1600m	4:15.87	4:20.96	4:23.48	1500m	4:35.15	4:42.57	4:44.31
3200m	9:09.15	9:23.69	9:28.24	3000m	9:53.66	10:09.55	10:20.41
3k Steeple	9:33.43	9:46.61	9:55.16	2k Steeple	7:09.23	7:17.34	7:23.53
High Jump	6'5"	6'4"	6'3"	High Jump	5'5"	5'4"	5'3"
Pole Vault	14'3"	13'7"	13'3"	Pole Vault	11'6"	10'10"	10'3"
Long Jump	23'1.25"	22'4.25"	22'2"	Long Jump	18'8.5"	18'2.25"	18'3.5"
Triple Jump	46'1"	45'7.25"	44'8"	Triple Jump	39'5"	37'3.25"	37'0.25"
Shot Put	52'11"	53'2.25"	51'1"	Shot Put	38'4"	37'6.5"	37'4.5"
Discus	161'1"	161'11"	152'6"	Discus	123'10"	124'10"	121'5"
Pentathlon	3087	3013	2957	Pentathlon	3031	2677	2678
4x100m	42.37	43.25	43.64	4x100m	48.64	50.03	50.33
4x400m	3:20.75	3:24.76	3:27.71	4x400m	3:57.07	4:02.00	4:05.17
4x800m	7:55.32	8:09.78	8:13.79	4x800m	9:23.91	9:41.84	9:50.72

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.

2/4/26

2026 NYSPHSAA SUPER QUALIFYING STANDARDS

Class A - 3 year avg. of 4th seeded D1/Class A NYSPHSAA competitor
Class B - 3 year avg. of 4th seeded D2/Class B NYSPHSAA competitor
Class C - 3 year avg. of 5th seeded D2 or 4th seeded Class C NYSPHSAA competitor
(2023-2025)

Event	Boys Class A	Boys Class B	Boys Class C	Event	Girls Class A	Girls Class B	Girls Class C
100m	10.69	10.80	10.84	100m	12.08	12.27	12.24
200m	21.81	21.84	22.07	200m	24.84	25.26	25.30
400m	48.52	49.03	49.33	400m	56.70	56.93	57.61
110m HH	14.50	14.91	15.09	100m H	14.43	15.30	15.36
400m IH	55.14	55.82	56.37	400m IH	1:02.69	1:04.64	1:04.58
800m	1:54.35	1:56.07	1:56.72	800m	2:10.02	2:15.10	2:17.06
1600m	4:15.22	4:19.39	4:20.62	1500m	4:33.11	4:40.49	4:41.58
3200m	9:07.30	9:18.92	9:20.79	3000m	9:49.96	10:02.89	10:07.85
3k Steeple	9:32.00	9:44.15	9:50.16	2k Steeple	6:57.47	7:07.52	7:11.31
High Jump	6'6"	6'5"	6'4"	High Jump	5'6"	5'5"	5'4"
Pole Vault	14'6"	14'0"	13'10"	Pole Vault	11'11"	11'1"	10'10"
Long Jump	23'2.75"	22'9"	22'5"	Long Jump	18'9.25"	18'4.75"	18'6"
Triple Jump	46'2.5"	45'10"	45'3.5"	Triple Jump	39'9.75"	37'4.5"	37'10.5"
Shot Put	54'5.5"	55'5.5"	52'2"	Shot Put	38'5"	37'10.5"	38'8"
Discus	163'10"	165'10"	157'9"	Discus	125'0"	130'0"	127'0"
Pentathlon	3112	3040	3033	Pentathlon	3140	2878	2749
4x100m	42.23	42.96	43.29	4x100m	48.50	49.67	49.69
4x400m	3:20.29	3:23.63	3:26.39	4x400m	3:55.85	4:01.40	4:03.24
4x800m	7:53.84	8:06.28	8:09.93	4x800m	9:19.76	9:35.11	9:36.34

All track times must be FAT.

Athletes/Relays who meet a Super Standard must compete in that event at their state qualifier meet and must finish no lower than 5th place at the State Qualifier in order 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.

2/4/26

NEW YORK STATE PUBLIC HIGH SCHOOL
STATE TRACK & FIELD CHAMPIONSHIPS
WEBSTER SCHROEDER HIGH SCHOOL
TIMES ARE APPROXIMATE - EVENTS MAY RUN AHEAD AS FAR AS POSSIBLE

SATURDAY JUNE 13, 2026
ORDER OF EVENTS

TRACK

Time	Event				
9:45	*OPENING CEREMONIES INCLUDING*				
	SPORTSMANSHIP AWARD WINNERS				
10:00	Pent. 100 HH	G	GROL	CF & FED	
	100m H	G	C	PRELIMS	
	100m H	G	B	PRELIMS	
	100m H	G	A	PRELIMS	
	Pent 110H	B	GROL	CF & FED	
	110H	B	C	PRELIMS	
	110H	B	B	PRELIMS	
	110H	B	A	PRELIMS	
	100m	G	C	PRELIMS	
	100m	G	B	PRELIMS	
	100m	G	A	PRELIMS	
	100m	B	C	PRELIMS	
	100m	B	B	PRELIMS	
	100m	B	A	PRELIMS	
	400m	G	C	CLASS FINALS	
	400m	G	B	CLASS FINALS	
	400m	G	A	CLASS FINALS	
	400m	B	C	CLASS FINALS	
	400m	B	B	CLASS FINALS	
	400m	B	A	CLASS FINALS	
	Pent 110H	B	B Grc	CF & FED	
	Pent 100H	G	G Grc	CF & FED	
	800M	B		CHAMP	
	800M	G		CHAMP	
	200M	G	C	PRELIMS	
	200M	G	B	PRELIMS	
	200M	G	A	PRELIMS	
	200M	B	C	PRELIMS	
	200M	B	B	PRELIMS	
	200M	B	A	PRELIMS	
	400 INTER H	G	C	CLASS FINAL	
	400 INTER H	G	B	CLASS FINAL	
	400 INTER H	G	A	CLASS FINAL	
	400 INTER H	B	C	CLASS FINAL	
	400 INTER H	B	B	CLASS FINAL	
	400 INTER H	B	A	CLASS FINAL	
	4X100 RELAY	G	C	CLASS FINAL	
	4X100 RELAY	G	B	CLASS FINAL	
	4X100 RELAY	G	A	CLASS FINAL	
	4X100 RELAY	B	C	CLASS FINAL	
	4X100 RELAY	B	B	CLASS FINAL	
	4X100 RELAY	B	A	CLASS FINAL	
	3000 M RUN	G		CF & FED	
	3200 M RUN	B		CF & FED	

FIELD

Time	Event				
10:00	POLE VAULT	G			CHAMP
10:00	LONG JUMP	G	C	RUNWAY #1	CF & FED
	LONG JUMP	G	B	RUNWAY #1	CF & FED
	LONG JUMP	G	A	RUNWAY #1	CF & FED
10:00	SHOT PUT	G	C	CIRCLE #1	CF & FED
	SHOT PUT	G	B	CIRCLE #1	CF & FED
	SHOT PUT	G	A	CIRCLE #1	CF & FED
10:00	LONG JUMP	B	C	RUNWAY #2	CF & FED
	LONG JUMP	B	B	RUNWAY #2	CF & FED
	LONG JUMP	B	A	RUNWAY #2	CF & FED
10:00	DISCUS	B	C		CF & FED
	DISCUS	B	B		CF & FED
	DISCUS	B	A		CF & FED
	PENT HIGH JUMP	G	GROUP	PIT #1	
	PENT HIGH JUMP	B	GROUP	PIT #2	
	PENT HIGH JUMP	G	GROUP	PIT #1	
	PENT HIGH JUMP	B	GROUP	PIT #2	
	30 MINUTES AFTER OR				
	WHEN CIRCLES ARE AVILABLE				
	PENT SHOT PUT	G	GROUP	CIRCLE 2	
	PENT SHOT PUT	B	GROUP	CIRCLE 2	
	PENT SHOT PUT	G	GROUP	CIRCLE 2	
	PENT SHOT PUT	B	GROUP	CIRCLE 2	

NEW YORK STATE PUBLIC HIGH SCHOOL
STATE TRACK & FIELD CHAMPIONSHIPS
WEBSTER SCHROEDER HIGH SCHOOL
TIMES ARE APPROXIMATE - EVENTS MAY RUN AHEAD AS FAR AS POSSIBLE
SUNDAY JUNE 14, 2026
ORDER OF EVENTS

TRACK

Time	Event				
10:00	1600 RELAY	G	C	Class Finals	
	1600 RELAY	G	B	Class Finals	
	1600 RELAY	G	A	Class Finals	
	1600 RELAY	B	C	Class Finals	
	1600 RELAY	B	B	Class Finals	
	1600 RELAY	B	A	Class Finals	
	2000 STEEPLE	G		CF & FED	
	PENT 800	G		CF & FED	
	3000 STEEPLE	B		CHAMP	
	100M	G	C	CLASS FINAL	
	100M	G	B	CLASS FINAL	
	100M	G	A	CLASS FINAL	
	100M	B	C	CLASS FINAL	
	100M	B	B	CLASS FINAL	
	100M	B	A	CLASS FINAL	
	PENT 1500	B		CHAMP	
	110H	B	C	CLASS FINAL	
	110H	B	B	CLASS FINAL	
	110H	B	A	CLASS FINAL	
	100H	G	C	CLASS FINAL	
	100H	G	B	CLASS FINAL	
	100H	G	A	CLASS FINAL	
	1500M	G		CF & FED	
	1600M	B		CF & FED	
	200M	G	C	CLASS FINAL	
	200M	G	B	CLASS FINAL	
	200M	G	A	CLASS FINAL	
	200M	B	C	CLASS FINAL	
	200M	B	B	CLASS FINAL	
	200M	B	A	CLASS FINAL	
	BREAK -OPTIONAL				
	110H	G		FED	
	100H	B		FED	
	100M	G		FED	
	100M	B		FED	
	400M	G		FED	
	400M	B		FED	
	400 INTER H	G		FED	
	400 INTER H	B		FED	
	200M	G		FED	
	200M	B		FED	
	3200 RELAY	B		FED	
	3200 RELAY	G		FED	
	400 RELAY	B		FED	
	400 RELAY	G		FED	
	1600 RELAY	B		FED	
	1600 RELAY	G		FED	

FIELD

Time	Event				
10:00	POLE VAULT	B			CF&FED
10:00	Pent LJ	G-Group 1-2 RUNWAY 1			CF & FED
10:00	Pent LJ	B-Group 1-2 RUNWAY 2			CF & FED
10:00	HIGH JUMP	B	PIT #1		CF & FED
10:00	HIGH JUMP	G	PIT #2		CF & FED
10:00	DISCUS	G-CLASS C			CF & FED
	DISCUS	G-CLASS B			CF & FED
	DISCUS	G-CLASS A			CF & FED
10:00	SHOT PUT	B-CLASS C	CIRCLE 1		CF & FED
	SHOT PUT	B-CLASS B	CIRCLE 2		CF & FED
	SHOT PUT	B-CLASS A	CIRCLE 1		CF & FED
	TRIPLE JUMP	G-CLASS C	RUNWAY 1		CF & FED
	TRIPLE JUMP	G-CLASS B	RUNWAY 1		CF & FED
	TRIPLE JUMP	G-CLASS A	RUNWAY 1		CF & FED
	TRIPLE JUMP	B-CLASS C	RUNWAY 2		CF & FED
	TRIPLE JUMP	B-CLASS B	RUNWAY 2		CF & FED
	TRIPLE JUMP	B-CLASS A	RUNWAY 2		CF & FED

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	10.66	2025

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	Malachi Taylor	Washingtonville	46.98	2025
5	Randy Patterson	Newburgh	47.52	2010
	James Onwuka	Newburgh	47.52	2021

Boys 800m

1	Jeff Van Wie	Suffern	1:48.56	1983
2	Brady Danyluk	Newburgh	1:49.94	2025
3	Zavior Brown	Pine Bush	1:50.69	2009
4	Mike Mark	Warwick	1:50.9h	2006
5	Ryan Brennan	Monroe-Woodbury	1:51.34	2011

Boys 110m Hurdles

1	Shulton Whitley	Nyack	13.6y	1977
2	David Holloway	Cornwall	14.00	2025
3	Michael Mullally	Sullivan West	14.03	2018
4	Adam Abdur-Rahman	Middletown	14.15	2011
5	Jesse Fuca	Warwick	14.15	2006

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	Van Furman	Tri Valley	4:11.31	2025
4	Gavin Catherwood	Monroe-Woodbury	4:12.19	2025
5	Matt Kaiser	Onteora	4:12.3h	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	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	8:30.96en	2025
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	Van Furman	Tri Valley	14:34.38	2025
2	Paddy Grandinali	Warwick	14:48.16	2012
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	Van Furman	Tri Valley	5:52.98	2025
4	Tim Luthin	Warwick	5:55.4h	2011
5	Liam Higgins	Goshen	5:57.04	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	Luke Beattie	Warwick	17'0.75"	2025
3	Logan Shupner	Minisink Valley	16'5"	2025
4	Todd Uckermark	Warwick	16' 3"	2014
5	Lance Arietta	Tappan Zee	15' 10"	1976

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	Warwick	42.07	2025
5	Newburgh	42.12	2001

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	Washingtonville	3:13.28	2025
4	Newburgh	3:13.40	2010
5	Middletown	3:13.71	2011

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	Warwcik	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

Boys4xMile

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 Washingtonville	1:32.02	2025	

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 Joy Sawyer	Goshen	24.61	2025

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 Emeline Clark	Monroe-Woodbury	14.08	2025
3 Dotrine Jacobs	Newburgh	14.21	2010
4 Maia Rich	Kingston	14.21	2025
5 Courtney Warden	Marlboro	14.26	2014

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 Emeline Clark	Monroe-Woodbury	1:01.05	2025

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	Anna Furman	Tri Valley	10:29.91er	2025
5	Michelle Wale	Pine Bush	10:31.97	2001

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	Anna Furman	Tri Valley	6:50.07	2025
5	Nicole Rozario	Pine Bush	6:50.40	2008

Girls 5000m

1	Aisling Cuffe	Cornwall	16:43.58	2009
2	Anna Furman	Tri Valley	17:05.71	2025
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	Ella Michelitch	Minisink Valley	19'3.5"	2025

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	Ella Michelitch	Minisink Valley	3527	2025
2	Amber Passalaqua	Pine Bush	3417	2010
3	Karen Kelly	Wallkill	3335	1988
4	Dawn Miller	Kigston	3324	1983
5	Sharon Lukenda	North Rockland	3318	1982

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	Middletown	1:43.52	2025
5	Minisink Valley	1:43.92	2023

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	Middletown	1:47.78	2025
5	Minisink Valley	1:50.04	2022

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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