



TRACK AND FIELD HANDBOOK

SPRING 2019

Coordinator: Mr. Tom Cunningham
Athletic Director - FDR High School - 845-229-4020

TRACK AND FIELD REGULAR SEASON

Dual Meet Guidelines

Meet Time - 4:15 PM

National Federation Rules Apply

Order of Events (Regular Season)

400 Meter Inter. Hurdles

4 x 800 Relay (Combined if agreement of both coaches)

100 Meter Dash

1500/1600 Meter Run (Combined if agreement of both coaches)

400 Meter Dash

4 x 100 Relay

100/110 High Hurdles

800 Meter Run

200 Meter Dash

3000/3200 Meter Run (Combined)

4 x 400 Relay

Field Event Suggestions:

- Field events should be started a half hour before the start of running events.
- Long Jump should begin the meet, followed by Triple Jump. A 45 minute open pit should be used for both events. If the number of competitors requires a longer time period, jumps will be completed in a timely manner.
- Shot Put should be followed by Discus unless situation warrants and is agreed upon by all coaches.
- High Jump should start as soon as possible. This event will begin with the girls and be followed by the boys on odd numbered years and begin with the boys and be followed by the girls on even numbered years (Ex: in 2020, the boys should jump first).
- Pole vault will be a combined event and start as soon as possible. The bar will begin at an agreed upon opening height and move up by six inch increments until competition is completed. The winning female pole vaulter will be permitted to deviate from the 6 inch progression only once during the course of the competition.

Co-Run Field Events

- Girls Shot
- Girls Long
- Girls Triple
- Boys Discus
- Boys Long
- Boys Triple

TRACK AND FIELD REGULAR SEASON

Dual Meet Guidelines

RUNNING EVENTS: All will run in timed sections (best time wins). There will be no prelims, semis, etc. The BEST RUNNERS from each school should run against each other in the FIRST HEAT (scoring heat). (2 teams, 6 runners - maximum). All other runners and given their time to report to their coach. It will not be recorded at the finish line. If there are 3 teams scheduled for a dual meet there will be 2 timed heats to determine scoring places.

RELAYS: One team per school. In Dual Meets, if both coaches agree, an additional team may run as a non-scoring relay. The scoring team must be designated prior to the race.

MULTIPLE SCHOOL LEAGUE MEETS: Shall be scored as separate meets between each school. Report results to Press accordingly.

TIES: (League Meets) If score is tied at conclusion of meet, the team with the greater number of First Places is the winner.

LEAGUE CHAMPIONSHIP MEET: End of season Meet held to determine All-League recipients. In case of a tie, refer to League rules for ties.

NUMBER OF ENTRIES: Entries unlimited provided the Home School arranges for qualified personnel to handle the field events. The paid officials will be assigned by the home school. It is expected that coaches would use their discretion as to the number of entries. Coaches will assist when necessary with timing chores and field events.

CHANGE OF ENTRY: A coach may change an entry up to one race prior to a given event in League Dual Meets. At the MHAL Championship Meet, if an athlete scratches from an event it is considered one of the four events allowed for the meet.

LEAGUE RECORDS: (Boys and Girls) Must be set or broken in MHAL Meet, Section IX, State Qualifying, State Meet OR any individual involving 6 or more schools. Notify Sport Chair in writing indicating Date, Meet, Time/Distance.

The top 3 overall results for each event should be reported. If you mail a roster to each paper, it will facilitate spelling and reporting. Cases where results are not reported should be brought to the attention of Sports Chair.

TRACK AND FIELD REGULAR SEASON

Dual Meet Guidelines

ASSIGNING LANES OR POST POSITIONS:

1. *Individual running events:* Alternate positions each race. (Note: for 100 M and 100 M hurdles, the choice lanes are the middle ones.)
2. *Relays:* Choose through officials for each race (400 relay-lanes all the way; 1600 relay first leg in lanes) 200 M on straight-away - same as 100, etc.
3. *SIGN-IN:* It is expected that visiting team coaches will sign-in the names of all competing athletes upon arrival at the site.

EQUIPMENT: Host school shall provide measuring tapes, score sheets, shots, discuses, finish yarn, stop watches, batons. Visiting coaches provide backup materials. Throwing implements will be verified by a coach from both schools prior to competition.

ALL-WEATHER TRACKS: Each team must provide own blocks. Unless all runners have blocks available, no blocks may be used. Check with AD as to the use of spikes.

PERSONNEL: In order to provide "unlimited entries" and to facilitate the smooth operation of a meet, the Home School should have Qualified, Knowledgeable, Unbiased personnel to conduct the field events & time. Visiting coaches should assist.

GAMES COMMITTEE - MHAL CHAMPIONSHIP MEET: Established for the purpose of providing input and assistance in the planning and administration of the meet. Each school will assign one individual and an alternate to serve on this committee.

2019 MHAL TRACK & FIELD CHAMPIONSHIP

Meet Entry Instructions

1. Entries will be done using ny.milesplit.com.
2. An athlete can be entered in 4 events for the meet. If you enter an athlete on a relay and they have competed in 4 events, then they are ineligible to run a relay and you cannot enter another athlete as one of your 6 relay entries.
3. Any substitutions to the entries can be done only for injury on the day of the meet and the injured runner cannot participate in the meet.
4. The Scratch Rule: Athletes scratched from an event shall have that event count as one of the 4 events the athlete is able to compete in for the meet.
5. A performance list will be sent out to all head coaches (Sign-up at Rules Interpretation Meeting) and Athletic Directors on Thursday May 16, 2018. Coaches can make entry corrections to their lineup by emailing Eric McLaud at esmclaud@yahoo.com BEFORE the performance list is released. After the performance list is released, Rule #4 applies, unless you can provide documentation from Milesplit that you submitted an entry and that person was left off the performance list.
6. Any changes due to illness or injury and scratches will be done at the meet beginning 1 hour before the meet and ending 20 minutes before the scheduled start of the meet.
7. If there are any problems with the entries, Tom Cunningham will contact the appropriate school's Athletic Office the day before the meet and request a fax of that school's entries.
8. The deadline to enter athletes:

WEDNESDAY, MAY 15, 2018 @ 11:00 PM

2019 MHAL TRACK & FIELD CHAMPIONSHIP

Meet Entry Guidelines

All teams are entitled to enter two athletes in every event excluding the pentathlon (where teams are entitled to enter three athletes). Schools are permitted to enter a third athlete in a given event provided that **all three athletes** have hit the performance standard outlined in the table below. Any coaches who have entered athletes in violation of these guidelines will be contacted as outlined in Item #7 above.

MHAL Championship Meet Performance Standards		
Track Events	Girls	Boys
100/110 Meter Hurdles	21	20.9
100 Meter Dash	14.6	12.6
400 Meter Dash	70	60
1500/1600 Meter Run	6:00	5:30
2000/3000 Steeplechase	NT	NT
800 meter run	3:00	2:20
200 meter dash	30	26
400 meter inter. hurdles	83	68.4
3000/3200 meter run	14.3	12:00
Pentathlon	3 entries allowed	3 entries allowed
Field Events		
Shot Put	24-0	34-9
Discus	70-0	95-6
High Jump	4-2	5-4
Long Jump	13	17
Triple Jump	25	35
Pole Vault	6-0	7-0

MHAL TRACK & FIELD CHAMPIONSHIPS

Order of Events

100/110 PENT. HURDLES G/B

3000/3200 METER G/B SEEDED

400 METER DASH G/B FINAL ON TIME

(FAST TO FASTEST)

100 METER DASH G/B SEMI TOP 32 SEEDED

WINNERS AND NEXT FOUR FASTEST ADVANCE TO FINAL.

RUNNERS NOT IN THE TOP 32 WILL STILL RUN BUT CANNOT ADVANCE

110/100 METER HURDLES B/G SEMI TOP 32 SEEDED

WINNERS AND NEXT FOUR FASTEST ADVANCE TO FINAL.

RUNNERS NOT IN THE TOP 32 WILL STILL RUN BUT CANNOT ADVANCE

3000/3200 METER G/B UNSEEDED

800 METER RUN G/B FINAL ON TIME

(FAST TO FASTEST)

100 METER DASH G/B FINALS

100/110 METER HURDLES G/B FINAL

2000 METER STEEPLECHASE GIRLS FINAL ON TIME

(FAST TO FASTEST)

3000 METER STEEPLECHASE BOYS FINAL ON TIME

(FAST TO FASTEST)

200 METER DASH G/B SEMI TOP 32 SEEDED

WINNERS AND NEXT FOUR FASTEST ADVANCE TO FINAL.

RUNNERS NOT IN THE TOP 32 WILL STILL RUN BUT CANNOT ADVANCE

400 METER INTERMEDIATE HURDLES G/B FINAL ON TIME

(FAST TO FASTEST)

1500/1600 RUN G/B SEEDED

(FAST TO FASTEST)

200 METER DASH G/B FINAL

PENT. 800/1500 (WHEN IT CAN BE FIT IN)

FROSH/SOPH SPRINT MEDLEY G/B FINAL ON TIME

(NON-SCORING)

½ HOUR BREAK MEDAL PRESENTATIONS IF NO DELAYS IN MEET

3200 METER RELAY G/B FINALS ON TIME

(FAST TO FASTEST)

400 METER RELAY G/B FINALS ON TIME

(FAST TO FASTEST)

1600 METER RELAY G/B FINALS ON TIME

(FAST TO FASTEST)

TRIPLE JUMP - LONG JUMP TO FOLLOW

HIGH JUMP BOYS - GIRLS TO FOLLOW

POLE VAULT B/G

GIRLS SHOT PUT - BOYS TO FOLLOW

BOYS DISCUS - GIRLS TO FOLLOW

PENTATHLON HIGH JUMP TO GO WITH OPEN HIGH JUMP

PENTATHLON SHOT PUT TO BE WORKED IN BETWEEN FLIGHTS

PENTATHLON LONG JUMP ON SEPARATE RUNWAY

MHAL TRACK & FIELD CHAMPIONSHIPS

Work Assignments

110 Flight #	400 Flight #	HURDLE CREW		TIME	RESULTS RUNNERS (2 athletes)		
1	7	Rhinebeck		9-10:15	Saugerties		
2	6	Dover		10:15-11:30	Ellenville		
3	8	Millbrook		11:30-12:45	Rhinebeck		
4	9 (Stays)	Red Hook		12:45-2:00	Pine Plains		
5	5	Rondout Valley		2:00-3:15	Onteora		
6	4	Onteora		3:15-4:30	FDR		
7	10 (Stays)	Walkill		3-4	Red Hook		
8	3	FDR					
9	2	New Paltz					
10	1	Highland					
ST1 (1500 Start Line)		Webutuck		**Take results to computer and then from computer to announcer booth and results board.			
ST2 by 200 Meter Start		Marlboro					
Water Pit		Pine Plains					
ST3 (Front Stretch)		Spackenkill					
ST4 (Finish Line)		Coleman					
FIELD EVENT ASSIGNMENTS							
	TIME	Girls LJ/TJ	Boys LJ/TJ	SHOT	DISC	PV	HJ Open
	9-10:15	Millbrook	Spackenkill	Dover	New Paltz	Walkill	Marlboro
	10:15-11:30	Saugerties	Webutuck	Coleman	Highland	Rondout Val	FDR
	11:30-12:45	Onteora	Walkill	Pine Plains	Rhinebeck	Dover	Millbrook
	12:45-2:00	Highland	Marlboro	Saugerties	Spackenkill	Webutuck	Ellenville
	2:00-3:15	Rondout Vall	Red Hook	Webutuck	Coleman	New Paltz	Walkill
	3:15-4:30	Ellenville	Rhinebeck	Highland	Millbrook	Saugerties	Spackenkill
	3:15-4:30	Saugerties	New Paltz	Walkill	Marlboro	Highland	FDR
PENTATHLON							
		BOYS	GIRLS				
	9-10:15	Rondout Vall	Onteora				
	10:15-11:30	New Paltz	Red Hook				
	11:30-12:45	Dover	Marlboro				
	12:45-2:00	Coleman	Webutuck				
	2:00-3:15	Pine Plains	FDR				
	3:15-4:30	Rondout Vall	Onteora				

MHAL TRACK & FIELD

League Records

EVENT	INDIVIDUAL	PERFORM.	SCHOOL	YEAR
100 METER	Darnell Cummings	10.62	Millbrook	2010
200 METER	Darnell Cummings	20.9	Millbrook	2010
400 METER	Jameson Morton	48.2	New Paltz	1991
800 METER	Richard Samuels	1:52.14	Walkkill	2017
1600 METER	Matt Kaiser	04:12.3	Onteora	2006
3200 METER	Dan Busby	09:11.2	New Paltz	2005
110 HURDLES	Azuka Chikwendu	14.3	New Paltz	2003
400 HURDLES	Justin McLoughlin	54.74	Onteora	2008
3000 STEEPLE	Bryce Wilk	9:25.95	Millbrook	2004
PENTATHLON	Eric Hyde	3626	Rondout Valley	1994
LONG JUMP	Julian Hillyer	22' 4 1/2"	Onteora	2008
TRIPLE JUMP	Mariah Mauer	48' 4"	Onteora	1998
HIGH JUMP	Garrett Huyler	6' 9"	Marlboro	2004
SHOT PUT	Alex Brown	55' 8 1/2"	New Paltz	1997
DISCUS	Franco Julia Wise	177' 9"	New Paltz	2015
POLE VAULT	Justin Farrenkopf	15' 6"	Ellenville	2013
400 RELAY	Maurice Thomas	42.94	Poughkeepsie	2017
	Trevon Reid			
	Shanric McFarlane			
	Milik Lewis			
1600 RELAY	Craig DeCicco	03:23.3	Walkkill	2004
	Justin Schievelbein			
	Tyrell Thomas			
	Omari Wallace			
3200 RELAY	John Fullam	7:52.84	New Paltz	2013
	David Busby			
	Lorenzo Mazzuca			
	Alfredo Mazzuca			

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League Records

EVENT	INDIVIDUAL	PERFORM.	SCHOOL	YEAR
100 METER	Lanita Little	11.8	Rondout Valley	1981
200 METER	Lanita Little	24.6	Rondout Valley	1980
400 METER	Paloma Krakower	57.1	Onteora	2003
800 METER	Sarah Trainor	2:11.0	FDR	2018
1500 METER	Emily Waligurski	4:33.61	Onteora	2010
3000 METER	Kim Ryan	09:38.8	New Paltz	1983
100 HURDLES	Avery Evans	14.41	Pine Plains	2009
400 HURDLES	Catherine Croce	01:03.6	Walkkill	2006
1000 Steeplechase	Loren Donohue	3:28.1	Millbrook	2000
2000 Steeplechase	Sarah Trainor	6:41.47	FDR	2018
PENTATHLON	Karen Kelly	3457	Walkkill	1988
HEPTATHLON	Karen Kelly	4463	Walkkill	1988
LONG JUMP	Cora Butler	18' 3"	New Paltz	2012
TRIPLE JUMP	Cora Butler	38' 4"	New Paltz	2012
HIGH JUMP	Sue Blake	5' 9"	New Paltz	1978
SHOT PUT	Alicia Bernard	39' 11"	Saugerties	2006
DISCUS	Sarah Thornton	143' 9"	Saugerties	2004
POLE VAULT	Grace Weisbecker	12' 3"	Red Hook	2013
400 RELAY	Lyric Coleman	49.40	Rondout	2016
	Medina Walters			
	Sasha Stratton			
	Mecca Walters			
1600 RELAY	Elise Voorhis	04:01.11	Rhinebeck	2016
	Maggie Bennett			
	Daisy Gadsby			
	Stephanie Cassens			
3200 RELAY	Julia Rubin Armstrong	09:32.3	Onteora	2013
	Kaitlyn King			
	Sarah Rudge			
	Emily Waligurski			