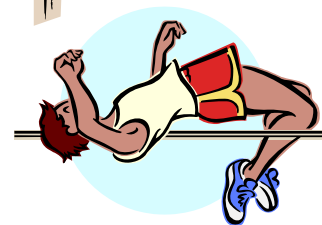


# Section 9

## Outdoor Track and Field Championships



# 2010

2010 SECTION 9 TRACK AND FIELD INSTRUCTIONS

**ALL SCHOOLS MUST PROVIDE ONE VOLUNTEER TO WORK AT EACH MEET ATTENDED!!!**

1. ENTRY: The entry for the 2010 Meets will all be a pre-entry. Entries will be due 72 hours prior to scheduled meet days. Final entry procedures will be handed out at each leagues rules-interpretation meeting.
2. Schools may enter three individuals and one relay per event. Scratch rule-Class Meets: If athlete is entered, and does not participate, that event counts as an event. Girls and boys may do four events.
3. Javelin – Hammer may not be held at each site.
4. Medals to be awarded to 1<sup>st</sup>, and 2<sup>nd</sup> place finishers in all events at class meets. Plaques will be awarded to all 1<sup>st</sup> place teams in all classes; A, B, C, and D. Patches will be awarded to state meet qualifiers.
5. No automatic qualifiers for State Qualifier. Entry will be a pre-entry according to pre-set standards.
6. A minimum of 1/8” spikes will be allowed at each site.
7. Scoring in all class meets will be 10-8-6-5-4-3-2-1. NEW!
8. Steeplechase will be held at each site.
9. **The State qualifier will follow an adjusted state meet order of events. Please note differences between state meet order and qualifier order.**
10. New York State Meet Qualifiers: **1<sup>st</sup> Place automatically from each division from the State Qualifier meet. Division I-600-up, Division II-599-under, plus next best finisher who meets standard.**
11. **Meet Site and Dates:**  
Class B and C @ Kingston (Dietz) May 26<sup>th</sup> at 1:00.  
Class A and D @ Middletown High School May 27<sup>th</sup> at 1:00.  
**RAIN DATE MAY 28<sup>TH</sup> AT SITE TBA**

State Qualifier 1<sup>st</sup> Day State Qualifier @ Kingston June 3<sup>rd</sup>, at 3:00  
State Qualifier 2<sup>nd</sup> Day State Qualifier @ Middletown, June 4<sup>th</sup>, at 3:00.  
**RAIN DATE JUNE 5<sup>TH</sup> AT MIDDLETOWN.**  
State meet @ Vestal High School Friday, June 11<sup>th</sup> and Saturday, June 12<sup>th</sup>.

**NEXT YEARS DATES WILL ROTATE: A AND D THEN B AND C**

**ANY QUESTIONS CALL THE CHAIRMEN:**

**Girls:** Eric McLaud, Wallkill High School, Cell-845-800-1369, School 895-7158

**Boys:** Joe Iatauro, Tri-Valley High School, Home 985-7300, School 985-2296 ext. 5502

\*\*\*\*\***REMINDER**\*\*\*\*\*

**NO SEED MEETING FOR STATE QUALIFIER.**

**All entries at [onlinentries.com](http://onlinentries.com)**

12. **NEW Regulations:** Any performance from the last weekend of April obtained in any Invitational or Championship Meet of five or more Schools, with certified officials, will be used for State Meet seeding purpose, if Athlete qualifies for State meet. Also a 2<sup>nd</sup> qualifier for Division I and II, if standard has been met.

The complete Section 9 Booklet will be posted on [www.ouboces.org](http://www.ouboces.org)

**2010 SECTION 9 CLASS CHAMPIONSHIPS (REVISED)**  
**MEET ENTRY INSTRUCTIONS**

1. ENTRIES WILL BE DONE USING ONLINEENTRIES.COM. ENTRIES FOR YOUR CLASS MEET WILL BE AVAILABLE BEGINNING 1 WEEK FROM THE ENTRY DEADLINE.
2. AN ATHLETE CAN BE ENTERED IN 4 EVENTS FOR THE MEET.
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 MEET IS THAT EVENT COUNTS AS ONE OF THE 4 EVENTS.
5. ANY CHANGES THAT HAVE TO BE MADE AFTER THE 72 HOUR DEADLINE CAN BE MADE **THE NIGHT BEFORE THE MEET** BY CALLING ERIC MCLAUD AT 845-800-1369 BEFORE 10:00 PM. OTHERWISE RULE # 3 APPLIES!!!!
6. ANY CHANGES WILL BE DONE AT THE MEET **BEGINNING 1 HOUR and 15 minutes** BEFORE THE MEET AND **ENDING 20 MINUTES** BEFORE THE SCHEDULED START. (**The First Races will not be adjusted because of scratches**)
7. **ALL Lane RACES for 400 METERS and 400 Hurdles as well as 800 will be run as follows: 1 Top heat for each class, then everyone else will be run combined in heats. 1500/ 1600 will be combined into as few heats as safety permits. 3000/3200 will be run as 1 seeded heat for each boys and girls and then a combined heat with both 3000 and 3200 run simultaneously. (Not FAT timed for that heat)**
8. **Field Events will be run as follows: Top 10 in each class will get 4 throws/jumps: Everyone else will be combined into flights and get 3 throws/jumps.**
9. IF THERE ARE ANY PROBLEMS WITH THE ENTRIES, ERIC MCLAUD WILL CONTACT THE APPROPRIATE SCHOOL'S ATHLETIC OFFICE THE DAY BEFORE THE MEET AND REQUEST A FAX OF THAT SCHOOL'S ENTRIES

DEADLINES: **11:00 PM** TO ONLINEENTRIES.COM ON THE FOLLOWING DATES:

SUNDAY	MAY 23	CLASS B/C
MONDAY	MAY 24	CLASS A/D

**COACHES:** PLEASE SEND ERIC MCLAUD AN EMAIL TO:

**EMCLAUD@WALLKILLCSD.K12.NY.US** AND INCLUDE YOUR HOME PHONE # AND SCHOOL PHONE #. THIS IS SO YOU CAN BE CONTACTED IF NECESSARY AND ALSO TO BE ABLE TO SEND YOU A PERFORMANCE LIST ON THE DAY BEFORE THE MEET FOR ANY CORRECTIONS THAT NEED TO BE MADE.

## 2010 ORDER OF EVENTS FOR ALL SECTION 9 CLASS MEETS

- FIELD EVENTS: All start at the beginning of the Meet.  
Girls Shot Put - Boys to follow  
Boys Discus – Girls to follow  
Boys Long Jump – Girls Long Jump – BTJ - GTJ  
Girls High Jump – Boys to follow  
Girls and Boys Pole Vault
- WHERE POSSIBLE: Girls Javelin – Boys to follow **Non-Scoring**  
Boys Hammer – Girls to follow **Non-Scoring** After discus  
**Hammer will not be held at all sites**
- RUNNING EVENTS: All events are Girls then Boys. CD Meet may combine divisions  
Girls Pentathlon HH  
Boys Pentathlon HH  
Girls 3000 M Run-Final on Time  
Boys 3200 M Run-Final on Time  
High Hurdle Semi-Advanced by Place and Time (Top 18-24 Seeded)  
100 Dash Semi-Advance by Place and Time (Top 18-24 Seeded)  
400 Dash-Final on Time  
High Hurdles Final  
100 Dash Final  
800 M Run-Final on time  
Girls 2000 Steeplechase  
Boys 3000 Steeplechase  
400 Intermediate Hurdles-Final on Time  
200 Dash Semi-Advance by Place and Time (Top 18-24 Seeded)  
Girls 1500 M Run-Final on Time  
Boys 1600 M Run-Final on Time  
200 M Dash Final  
3200 M Relay  
400 M Relay  
1600 M Relay

**OTHER 2010 OUTDOOR TRACK AND FIELD MEETS  
(LOCAL AND OTHERS)**

March 8	Starting Date for 2010 Season for Section 9 Varsity
March 15	OCL Rules Interpretation meeting, Goshen Middle School
April 10	Cornwall Invitational and Rondout Valley Invitational
April 16-17	Red Raider Invitational
April 17	Tri-Valley Invitational
April 22-24	Penn Relays
April 24	Monticello Invitational-Tiger Invitational @ Kingston
May 1	Crusader Invitational
May 1	Tri-Valley Relays
May 8	Pine Bush Invitational
May 25	Tri-Valley Modified Invitational
May 15	Middletown Invitational
May 17	OCL Throwers Pentathlon @ MW at 2:00
June 1	Big Purple Fast Times
June 18-20	National Scholastic, NC

## 2010 SCHOOL DUTY LIST

<b>A=801 &amp; UP</b>		<b>D=1-214</b>		<b>B=401-800</b>		<b>C=215-400</b>	
<b><u>CLASS A</u></b>		<b><u>CLASS D</u></b>		<b><u>CLASS B</u></b>		<b><u>CLASS C</u></b>	
<b>SET #</b>	<b>HURDLE</b>	<b>SET #</b>	<b>HURDLE</b>	<b>SET #</b>	<b>HURDLE</b>	<b>SET #</b>	<b>HURDLE</b>
1	Middletown 1620	1	Livingston Manor 139	1	O'Neill 443	1	Millbrook 321
2	Kingston 1848	2	Eldred 186	2	Highland 472	2	Pine Plains 322
3	Pine Bush 1560	3	Coleman 157	3	Red Hook 608	3	Sullivan West 351
4	NFA 2902	4	Chapel Field 99	4	Roundout 680	4	Fallsburg 316
5	Minisink Valley 1167	5	Webetuck 201	5	Marlboro 539	5	Rhinebeck 315
6	Valley Central 1247			6	Goshen 741	6	Tri-Valley 297
7	Monroe Woodbury 1825			7	Ellenville 416	7	Chester 262
8	Warwick 1282			8	John S. Burke 463		
9	Washingtonville 1185			9	Onteora 470		
10	Port Jervis 881			10	New Paltz 589		
11	Saugerties 811			11	Liberty 404		
12	Monticello 821			12	Spackenkill 440		
13	Wallkill 910						
14	FDR 1129						
15	Cornwall 870						

ALL SCHOOLS ARE REMINDED TO HAVE ONE VOLUNTEER TO ASSIST W/MEET!!!

THANK YOU

**2010 SECTION 9 STATE QUALIFIER \*\*REVISED**  
**MEET ENTRY INSTRUCTIONS**

1. NEW PROCEDURE (PLEASE READ CAREFULLY) IF AN ATHLETE HAS ACHIEVED A QUALIFYING STATE MEET SEED TIME BEFORE THE STATE QUALIFIER, THE COACH MUST SUBMIT THIS TIME IN WRITING BEFORE THE START OF THE 1<sup>ST</sup> DAY OF THE STATE QUALIFIER IN ORDER FOR THAT ATHLETE TO BE CONSIDERED. AFTER AN EVENT HAS BEEN COMPLETED, WE WILL CHECK THOSE SHEETS TO SEE IF AN ATHLETE HAS QUALIFIED. IF WE DO NOT HAVE THE SHEET AT THAT TIME, AN ATHLETE WILL NOT BE CONSIDERED FROM THAT POINT ON REGARDLESS OF WHETHER THEY QUALIFIED OR NOT. (USE ATTACHED REPORTING FORM)
2. ENTRIES WILL BE DONE USING **ONLINEENTRIES.COM**. **\*\*YOU MUST MEET THE PERFORMANCE STANDARD IN ORDER TO ENTER AN ATHLETE IN THE STATE QUALIFIER. NO EXCEPTIONS!! (NEW FOR 2010)**
3. AN ATHLETE MAY ONLY COMPETE IN 4 EVENTS AS PER NYPHSAA RULES.
4. 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.
5. SCRATCH RULE FOR STATE QUALIFIER IS ATHLETE CAN BE SCRATCHED WITH NO PENALTY UP TO THE 1<sup>ST</sup> CALL OF THAT EVENT. **IT IS STRONGLY RECOMMENDED THAT SCRATCHES BE DONE BEFORE THAT.** A PERFORMANCE LIST WILL BE POSTED **AT COMPUTER TENT** THAT COACHES CAN GO TO AND SCRATCH THEIR ATHLETE BY DRAWING A LINE THROUGH THE NAME OF THE ATHLETE. ONCE THE EVENT IS CALLED THE LIST WILL BE TAKEN DOWN AND THE RACE RESEEDDED IF NECESSARY. **IF AN ATHLETE QUALIFIES FOR A FINAL AND DOES NOT RUN, THAT ATHLETE IS INELIGIBLE TO COMPETE FOR THE REST OF THE MEET.**
6. **PENALTY:** ATHLETE IS REMOVED FROM MEET IF THIS IS NOT FOLLOWED.
7. IN THE 100, 200, AND 100/110 HURDLES A MAXIMUM OF 16 WILL BE SEEDED FOR THE SEMI-FINAL ROUND. ANY ADDITIONAL ENTRIES **THAT MAKE THE STANDARD** WILL BE RUN AS AN UNSEEDED SECTION AFTER THE SEEDED HEATS.
8. YOU CAN MAKE CHANGES **THE NIGHT BEFORE THE MEET** BY CALLING ERIC MCLAUD AT 845-800-1369 BEFORE 10:00 PM. OTHERWISE RULE # 3 APPLIES!!!!
9. ANY CHANGES WILL BE DONE AT THE MEET BEGINNING 1 ½ HOURS BEFORE THE MEET AND ENDING 30 MINUTES BEFORE THE SCHEDULED START.
10. IF THERE ARE ANY PROBLEMS WITH THE ENTRIES, ERIC MCLAUD WILL CONTACT THE APPROPRIATE SCHOOL'S ATHLETIC OFFICE THE DAY BEFORE THE MEET AND REQUEST A FAX OF THAT SCHOOL'S ENTRIES.

DEADLINE: 11:00 PM MONDAY MAY 31, 2010 to **ONLINEENTRIES.COM**.

## 2010 SECTION 9 STATE QUALIFIER

Performance Standards for Competing in Section 9 State Qualifier Meet

**MUST MEET THE STANDARD TO ENTER. \*\*\*\***

<b>TRACK EVENTS:</b>	<b>GIRLS</b>	<b>BOYS</b>
3000/3200 METER RUN	11:30	10:15
800 METER RUN	2:30	2:05
100/110 METER HURDLES	18.0	16.5
100 METER DASH	13.5	11.6
400 METER DASH	65.0	53.0
1500/1600 METER RUN	5:15	4:40
2000/3000 METER STEEPLECHASE	8:30	10:45
200 METER DASH	28.5	24.0
400 METER INT. HURDLES	74.0	61.0
<b>RELAYS:</b>		
4 X 800	10:45	8:45
4 X 100	:55	:46
4 X 400	4:20	3:35
<b>FIELD EVENTS:</b>		
SHOT PUT	30-0	40-0
DISCUS	90-0	115-0
HIGH JUMP	4-8	5-8
LONG JUMP	15-0	19-5
TRIPLE JUMP	31-0	40-0
POLE VAULT	8-6	11-6
	1900	2200
PENTATHLON	PTS	PTS

## SECTION 9 STATE QUALIFIER- ORDER OF EVENTS

### DAY 1

TRACK					FIELD			
Div I - Large								
Div II - Small								
3:00 Pent. 110 HH	B	CHAMP	F		3:00 POLE VAULT		CHAMP	F
Pent. 100 HH	G	CHAMP	F		G & B Combined			
					Girls Opening Height 8-0			
					Boys Opening Height 11-0			
3:30 800M	G	CHAMP	F	2 HEATS	3:30 PENT.HIGH PIT 1	B	CHAMP	F
800M	B	CHAMP	F	2 HEATS	PENT.HIGH PIT 2	G	CHAMP	F
					*** (If 2 Pits are available)			
4:00 3000 M	G	CHAMP	F	2 HEATS	*** If 2 Pits are not available: High Jump will be			
3200 M	B	CHAMP	F	2 HEATS	combined with Open on next day			
3:30 Boys Shot Put								
Girls Long Jump								
4:15 Boys Long Jump								
Girls Shot Put								

## SECTION 9 STATE QUALIFIER- ORDER OF EVENTS

### DAY 2

TRACK							FIELD			
3:00 2000M STEEPLE	G	CHAMP	F				3:00 HIGH JUMP PIT 2	G	CHAMP	F
3:20 100 HH	G	II	S	Top 16	2 Heats		3:00 HIGH JUMP PIT 1	B	CHAMP	F
100 HH	G	I	S	Top 16	2 Heats		*Combined with Pent if 2 Pits were not available on Day 1			
110 HH	B	II	S	Top 16	2 Heats		3:00 PENT SHOT PUT	G		
110 HH	B	I	S	Top 16	2 Heats		PENT SHOT PUT	B		
100M	G	II	S	Top 16	2 Heats		3:00 DISCUS	B	CLASS FINAL	
100M	G	I	S	Top 16	2 Heats		3:30 LONG JUMP	G	CLASS FINAL	
100M	B	II	S	Top 16	2 Heats		3:30 LONG JUMP	B	CLASS FINAL	
100M	B	I	S	Top 16	2 Heats		3:30 SHOT PUT	G	CLASS FINAL	
3000M STEEPLE	B	CHAMP	F				4:00 PENT.LONG JP-1	G	CHAMP	
200M	G	II	S	Top 16	2 Heats		4:00 PENT.LONG JP-1	B	CHAMP	
200M	G	I	S	Top 16	2 Heats		4:30 DISCUS	G	CLASS FINAL	
200M	B	II	S	Top 16	2 Heats		SHOT PUT	B	CLASS FINAL	
200M	B	I	S	Top 16	2 Heats		5:00 TRIPLE JUMP	G	CLASS FINAL	
100 HH	G	II	F				TRIPLE JUMP	B	CLASS FINAL	
100 HH	G	I	F							
110 HH	B	II	F							
110HH	B	I	F							
1500M	G	CHAMP	F	2 HEATS						
100M	G	II	S							
100M	G	I	S							
100M	B	II	S							
100M	B	I	S							
PENT. 800	G	CHAMP	F							
PENT 1600	B	CHAMP	F							
1600M	B	CHAMP	F	2 HEATS						
400 M	G	II	F	TOP 16	2 HEATS					
400 M	G	I	F	TOP 16	2 HEATS					
400 M	B	II	F	TOP 16	2 HEATS					
400 M	B	I	F	TOP 16	2 HEATS					
400 INTER H	G	II	F	TOP 16	2 HEATS					
400 INTER H	G	I	F	TOP 16	2 HEATS					
400 INTER H	B	II	F	TOP 16	2 HEATS					
400 INTER H	B	I	F	TOP 16	2 HEATS					
200M	G	II	F							
200M	G	I	F							
200M	B	II	F							
200M	B	I	F							
4X800 RELAY	G	CHAMP	F	1 HEAT						
4X800 RELAY	B	CHAMP	F	1 HEAT						
4X100 RELAY	G	D2	F	TOP 8 ONLY						
4X100 RELAY	G	D1	F	TOP 8 ONLY						
4X100 RELAY	B	D2	F	TOP 8 ONLY						
4X100 RELAY	B	D1	F	TOP 8 ONLY						
4X400 RELAY	G	D2	F	TOP 8 ONLY						
4X400 RELAY	G	D1	F	TOP 8 ONLY						
4X400 RELAY	B	D2	F	TOP 8 ONLY						
4X400 RELAY	B	D1	F	TOP 8 ONLY						

**NEW YORK STATE PUBLIC HIGH SCHOOL  
STATE TRACK & FIELD CHAMPIONSHIPS  
VESTAL HIGH SCHOOL - VESTAL, NY**

\*TIMES ARE APPROXIMATE - EVENTS MAY MOVE AHEAD UP TO 30 MINUTES

**ORDER OF EVENTS**

<b>TRACK</b>					<b>FIELD</b>	<b>FRIDAY JUNE 11, 2010</b>			
Div I - Large					12:30 TRIPLE JUMP	G	I		CLASS FINAL
Div II - Small					TRIPLE JUMP	G	II		CLASS FINAL
					12:30 POLE VAULT	G	CHAMP	F	
					12:30 DISCUS	B	I		CLASS FINAL
					12:30 SHOT PUT	G	I		CLASS FINAL
					2:00 DISCUS	B	II		CLASS FINAL
					2:00 SHOT PUT	G	II		CLASS FINAL
1:30 Pent. 100 HH-1	G	CHAMP	F	<i>lower seeds</i>	2:00 TRIPLE JUMP	B	I		CLASS FINAL
100HH	G	II	T		TRIPLE JUMP	B	II		CLASS FINAL
100HH	G	I	T						
1:50 Pent. 110 HH-1	B	CHAMP	F	<i>lower seeds</i>					
110HH	B	II	T						
110HH	B	I	T						
2:10 100M	G	II	T		2:15 PENT.HIGH JP1	B	CHAMP	F	
100M	G	I	T		PENT.HIGH JP1	G	CHAMP	F	
100M	B	II	T						
100M	B	I	T						
2:30 400M	G	II	SF						
400M	G	I	SF						
400M	B	II	SF						
400M	B	I	SF						
3:00 Pent. 110 HH-2	B	CHAMP	F	<i>higher seeds</i>	3:30 DISCUS	G	I		CLASS FINAL
Pent. 100 HH-2	G	CHAMP	F	<i>higher seeds</i>	5:00 DISCUS	G	II		CLASS FINAL
3:20 800M	G	CHAMP	F		4:00 LONG JUMP	G	I		CLASS FINAL
800M	B	CHAMP	F		LONG JUMP	G	II		CLASS FINAL
3:50 200M	G	II	T						
200M	G	I	T						
200M	B	II	T						
200M	B	I	T		4:30 POLE VAULT	B	CHAMP	F	
4:10 400 INTER H	G	II	CLASS FINAL						
400 INTER H	G	I	CLASS FINAL						
400 INTER H	B	II	CLASS FINAL		4:15 PENT.SHOT-1	B	CHAMP	F	
400 INTER H	B	I	CLASS FINAL		5:00 PENT.SHOT-1	G	CHAMP	F	
4:40 4X100 RELAY	G	II	CLASS FINAL		4:15 PENT.HIGH JP-2	G	CHAMP	F	
4X100 RELAY	G	I	CLASS FINAL		4:30 PENT.HIGH JP-2	B	CHAMP	F	
4X100 RELAY	B	II	CLASS FINAL						
4X100 RELAY	B	I	CLASS FINAL						
5:10 4X400 RELAY	G	II	CLASS FINAL						
4X400 RELAY	G	I	CLASS FINAL						
4X400 RELAY	B	II	CLASS FINAL		5:30 LONG JUMP	B	I		CLASS FINAL
4X400 RELAY	B	I	CLASS FINAL		LONG JUMP	B	II		CLASS FINAL
6:00 3000 M	G	CHAMP	F						
3000 M	G	CHAMP	F						
3200 M	B	CHAMP	F		6:15 PENT.SHOT-2	G	CHAMP	F	
3200 M	B	CHAMP	F		7:00 PENT.SHOT-2	B	CHAMP	F	

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

VESTAL HIGH SCHOOL - VESTAL, NY

\*TIMES ARE APPROXIMATE - EVENTS MAY MOVE AHEAD UP TO 30 MINUTES

## ORDER OF EVENTS

TRACK					FIELD				SATURDAY JUNE 12, 2010
10:00	2000M STEEPLE	G	CHAMP	F	10:00	SHOT PUT	B	I	CLASS FINAL
	3000M STEEPLE	B	CHAMP	F	11:30	SHOT PUT	B	II	CLASS FINAL
11:00	100M	G	II	CLASS FINAL					
	100M	G	I	CLASS FINAL	10:00	HIGH JUMP	G	CHAMP	F
	100M	B	II	CLASS FINAL					
	100M	B	I	CLASS FINAL					
11:25	1500M	G	CHAMP	F					
	1600M	B	CHAMP	F					
12:00	100H	G	II	CLASS FINAL					
	100H	G	I	CLASS FINAL					
	110H	B	II	CLASS FINAL					
	110H	B	I	CLASS FINAL					
12:25	200M	G	II	CLASS FINAL	11:00	PENT.LONG JP-1	G	CHAMP	F
	200M	G	I	CLASS FINAL		PENT.LONG JP-2	G	CHAMP	F
	200M	B	II	CLASS FINAL					
	200M	B	I	CLASS FINAL					
<b>BREAK 12:35-1:10</b>									
1:15	PENT. 800-1	G	CHAMP	F	12:30	PENT.LONG JP-1	B	CHAMP	F
	PENT. 800-2	G	CHAMP	F		PENT. LONG JP-2	B	CHAMP	F
1:45	100HH	G	CHAMP	F					
	110HH	B	CHAMP	F	1:00	HIGH JUMP	B	CHAMP	F
1:55	100M	G	CHAMP	F					
	100M	B	CHAMP	F					
2:00	PENT. 1500-1	B	CHAMP	F	2:00	LONG JUMP	G	CHAMP	F
	PENT. 1500-2	B	CHAMP	F		LONG JUMP	B	CHAMP	F
2:15	400M	G	CHAMP	F		SHOT PUT	B	CHAMP	F
	400M	B	CHAMP	F		DISCUS	G	CHAMP	F
2:25	400 INTER H	G	CHAMP	F					
	400 INTER H	B	CHAMP	F					
2:35	200M	G	CHAMP	F					
	200M	B	CHAMP	F					
2:45	4X800 RELAY	G	CHAMP	F	3:00	TRIPLE JUMP	G	CHAMP	F
	4X800 RELAY	B	CHAMP	F		TRIPLE JUMP	B	CHAMP	F
3:45	4X100 RELAY	G	CHAMP	F		DISCUS	B	CHAMP	F
	4X100 RELAY	B	CHAMP	F		SHOT PUT	G	CHAMP	F
3:55	4X400 RELAY	G	CHAMP	F					
	4X400 RELAY	B	CHAMP	F					

**NYSPHSAA/FEDERATION BOYS & GIRLS SPRING TRACK**  
**APPROVED STANDARDS FOR THE SECOND QUALIFER FOR**  
**THE 2010 SEASON**

EACH SECTION MUST DESIGNATE THEIR STATE QUALIFIER MEET.

FIRST PLACE FINISHER IN EACH INDIVIDUAL EVENT AND RELAY FROM THE FOLLOWING DIVISIONS WILL ADVANCE TO THE STATE MEET: ***DIVISION I AND DIVISION II.***

A SECTION MAY SEND ANOTHER ATHLETE OR RELAY TEAM IN ANY EVENT PROVIDING THEY MEET THE FOLLOWING STANDARDS. A SECTION CAN SEND ONE ADDITIONAL ENTRY FOR EACH EVENT IN EACH DIVISION, PROVIDING THEY BOTH MEET THE STANDARD LISTED BELOW. THE STANDARD MUST BE MET AT ANY INVITATIONAL OR CHAMPIONSHIP MEET STARTING THE LAST WEEKEND IN APRIL. ANY ADDITIONAL QUALIFER MUST COMPETE IN THE STATE QUALS MEET IN THAT EVENT!! ***SEED TIMES MAY COME FROM ANY OF THESE MEETS STARTING THE LAST WEEKEND IN APRIL.***

<b><u>EVENT</u></b>	<b><u>BOYS D1</u></b>	<b><u>BOYS D2</u></b>	<b><u>GIRLS D1</u></b>	<b><u>GIRLS D2</u></b>
<b>100M DASH</b>	11.0/11.24	11.2 / 11.44	12.4 / 12.64	13.0 / 13.24
<b>200M DASH</b>	22.4 / 22.64	22.7 / 22.94	25.4 / 25.64	26.4 / 26.64
<b>400M DASH</b>	49.4 / 49.64	50.0 / 50.24	57.7 / 57.94	58.9 / 59.14
	1:56.7/	1:58.7	/ 2:14.6	/ 2:20.1
<b>800M RUN</b>	1:56.94	1:58.94	2:14.84	2:20.34
	4:16.6/	4:26.7	/ 4:37.5	/ 4:48.2
<b>1600/1500M RUN</b>	4:16.84	4:26.94	4:37.74	4:48.44
	9:20.7/	9:34.8	/ 10:06.5/	10:29.9/
<b>3200/3000M RUN</b>	9:20.94	9:35.04	10:06.74	10:30.14
	9:43.9/	10:04.4/	7:07.7	7:23.8/
<b>STEEPLECHASE</b>	9:44.14	10:04.64	/7:07.94	7:24.04
<b>HIGH HURDLES</b>	15.0 / 15.24	15.8 / 16.04	15.4 / 15.64	16.1 / 16.34
<b>400M HURDLES</b>	55.4/ 55.64	57.4 / 57.64	64.4/ 64.64	66.4/ 66.64
<b>LONG JUMP</b>	21'08.5"	20' 11.5"	17' 02.5"	16' 07.5"
<b>TRIPLE JUMP</b>	45' 06.5"	42' 10.5"	36' 10.5"	35' 01"
<b>SHOT PUT</b>	51' 05.5"	48' 11.25"	38' 10"	34' 09"
<b>DISCUS</b>	151' 03"	145' 00"	119 03"	107' 01"
<b>HIGH JUMP</b>	6' 02"	5' 11"	5' 02"	5' 00"
<b>POLE VAULT</b>	13' 06"	12' 09"	10' 06"	9' 06"
<b>PENTATHLON</b>	3090 PTS.	2870 PTS.	2850 PTS.	2590 PTS.
<b>400M RELAY</b>	42.9 / 43.14	44.2 / 44.44	48.9 / 49.14	50.6/ 50.84
	3:23.1/	3:28.5	/ 3:58.3/	4:07.5/
<b>1600M RELAY</b>	3:23.34	3:28.74	3:58.54	4:07.74
	7:58.4/	8:14.4	/ 9:18.0	/ 9:50.7
<b>3200M RELAY</b>	7:58.64	8:14.64	9:18.24	9:50.94

(FIRST TIME LISTED IN EACH COLUMN IS HAND TIMED, SECOND TIME LISTED IS FULLY AUTOMATIC TIMING. STANDARD HYTEK CONVERSION OF .24 WAS USED FOR ALL RUNNING EVENTS.)

THESE STANDARDS REPRESENT THE AVERAGE OF 6<sup>TH</sup> PLACE IN THE FINALS FROM 2005 THROUGH 2009.

REVISED 9/11/09

# State Standard Form

Boys

Girls

Competitor's Name \_\_\_\_\_

School Name \_\_\_\_\_

EVENT \_\_\_\_\_

Time or Distance \_\_\_\_\_

Meet \_\_\_\_\_

Location \_\_\_\_\_

Date \_\_\_\_\_

## ***NEW Regulations:***

**Any performance from the last weekend of April obtained in any Invitational or Championship Meet of five or more Schools, with certified officials, will be used for State Meet seeding purpose, if Athlete qualifies for State meet.**

**Dual /Tri meet times and distances are not used as marks for state standard qualifications.**

Relays: List the 4 names of the athletes who competed: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**SECTION 9 GIRLS ALL TIME OUTDOOR TRACK  
AND FIELD RECORDS**

100M	11.8	E. Johnson	FDR	2006
100M	11.93	M. Maggio	Cornwall	1987
	12.04	T. Armstead	Monticello	1981
200M	24.26	L. Shippey	Middletown	2004
	24.5	G. Counts	N. Rockland	1981
400M	55.4	L Rivera	Suffern	1981
	56.76	J. Hennig	Pine Bush	2008
	56.9	J. Henning	Pine Bush	2006
	56.99	D. Jones	Newburgh	2008
	57.01	K. Connolly	Washingtonville	2008
800M	2:09.22	N. Rosenfeld	Suffern	1982
	2:10.79	L. Griebesland	Warwick	2008
	2:12.60	M. Patrignelli	Monroe Woodbury	2008
	2:12.80	N. Whalen	Warwick	2003
	2:12.92	E. Moore	Pine Bush	2006
1500M	4:25.65	M. Patrignelli	Monroe Woodbury	2009
	4:28.99	A. Ryan	Warwick	2005
	4:32.7	A. Ryan	Warwick	2006
	4:33.22	T. Pennings	Warwick	2008
	4:33.46	C. Parietti	Warwick	1983
1600M	4:48.5	A. Ryan	Warwick	2004
	4:57.64	H. Iatauro	Tri-Valley	2003
Mile	4:49.22	A. Ryan	Warwick	2004
	4:57.90	H. Iatauro	Tri-Valley	2003
3000M	9:34.43	A. Ryan	Warwick	2006
	9:35.7	K. Landau	Tri-Valley	1992
	9:39.5	A. Ryan	Warwick	2005
	9:40.25	A. Cuffe	Cornwall	2009
3200M	10:16:22	A. Ryan	Warwick	2005
2 Mile	10:20.9	K. Landau	Tri-Valley	1992
1000 Steeple	3:41.1	D. Harrison	Pine Bush	1993
2000 Steeple	6:50.40	N. Rozario	Pine Bush	2008
	6:52.45	H. Iatauro	Tri-Valley	2004
100 M HH	14.00	L. Paul	Monroe Woodbury	2001
	14.61	D. Grant	Ramapo	1982
	14.70	T. Werner	Pine Bush	2008
400 M HH	59.83	D. Grant	Ramapo	1983
	1:01.88	D. McHolder	Newburgh	2008
5000 M	16:43.58	A. Cuffe	Cornwall	2009
	17:47.8	K. Ryan	New Paltz	1981
10,000 M	35:25.78	K. Landau	Tri-Valley	1993
High Jump	5-9	S. Blake	New Paltz	1978
	5-6	S. Brown	Kingston	2008
Long Jump	19-9 ½	K. McDole	Ramapo	1983
Triple Jump	39-3	D. Weeks	Washingtonville	1990
Shot Put	41-3	P. Reynar	Suffern	1979
Discus	143-9	S. Thornton	Saugerties	2004

**SECTION 9 GIRLS ALL TIME OUTDOOR TRACK AND FIELD RECORDS  
CONTINUED**

Javelin	131-3	M. Mirecki	Washingtonville	1987
	127-11	W. Trone	Warwick	1987
Pole Vault	12-11	S. Duffy	Washingtonville	2007
	12-9	M. Kercado	Monroe Woodbury	1998
	12-6	S. Leroy	Port Jervis	2009
	12-4	S. Leroy	Port Jervis	2008
	12-1	S. Duffy	Washingtonville	2006
	12-1	J. Marrone	Warwick	2009
	12-0	L. Rosales	Washingtonville	2003
	11-9	M. Mante	Warwick	2002
	11-11.25	A. Lechance	Cornwall	2008
Hammer	186-2	K. Callan	Monroe Woodbury	2003
	156-7	A. Kavleski	Liberty	2004
Pentathlon	3335	K. Kelly	Wallkill	1988
	3319	A. Passalacqua	Pine Bush	2009
Heptathlon	4463	K. Kelly	Wallkill	1988
400 Relay	48.1		Spring Valley	1981
	48.16		Newburgh	2003
	48.94		Middletown	2008
800 Relay	1:41.21		Newburgh	2003
	1:45.1		Cornwall	2004
	1:46.3		Washingtonville	1989
1600 Relay	3:49.44		Newburgh	2003
	3:51.37		Pine Bush	2008
	3:51.45		Warwick	2008
	3:53.6		Suffern	1981
	3:55.2		Pine Bush	2006
	3:55.9		Warwick	2006
	3:55.17		Newburgh	2008
3200 Relay	8:55.61		Warwick	2008
	8:58.36		Warwick	2007
	9:00.5		Warwick	2006
	9:09.53		Valley Central	2008
	9:11.0		Warwick	2005
SMR	4:04.92		Warwick	2009
	4:06.29		Pine Bush	2006
	4:09.9		Cornwall	2002
DMR	11:31.81		Warwick	2008
	11:36.41		Warwick	2006
	11:44.20		Warwick	2007
	11:47.65		Warwick	2005
	12:08.83		Monroe Woodbury	1994
4 X Mile	21:07.7		Warwick	2004
	21:30.2		Monroe Woodbury	1988
4 X 1600	21:05.6		Cornwall	2009

## SECTION 9 BOYS ALL TIME OUTDOOR TRACK AND FIELD RECORDS

100 M	10.5	R. Beattie	Warwick	1986
	10.5	R. Harris	O'Neill	1988
	10.5	T. McMillan	Newburgh	2006
	10.60	D. Cummings	Marlboro	2009
	10.71	D. Simmons	Middletown	1993
	10.75	D. Cummings	Marlboro	2008
	10.77	A. Williams	Newburgh	1992
	10.84	T. Spruill	Webutuck	2008
200 M	21.29	A. Williams	Newburgh	1992
	21.39	E. Coleman	Newburgh	2003
400 M	21.7	R. Beattie	Warwick	1986
	*45.93	E. Coleman	Newburgh	2004
	46.79	R. Harris	O'Neill	1988
800 M	48.9	D. King	Burke	2006
	1:48.56	J. Van Wie	Suffern	1983
1500 M	1:50.9	M. Mark	Warwick	2006
	3:51.6	M. Hagon	Suffern	1974
1600 M	3:54.1	Jo. Trautmann	Monroe Woodbury	1985
	4:07.6	Jo. Trautmann	Monroe Woodbury	1985
Mile	4:13.3	D. Busby	New Paltz	2006
	4:07.7	M. Hagon	Suffern	1974
3000 M	4:09.6	Jo. Trautmann	Monroe Woodbury	1986
	8:05.8	Jo. Trautmann	Monroe Woodbury	1983
2 Mile	8:25.0	C. Egger	Middletown	1987
	8:55.0	C. Alitz	O'Neill	1973
2000 Steeple	6:08.95	B. McKnight	Monroe Woodbury	1997
3000 Steeple	9:19.2	T. Prial	Warwick	2007
	9:25.95	B. Wilk	Millbrook	2004
	9:26.75	T. Wolfe	Tri-Valley	2005
	9:32.5	C. Furman	Tri-Valley	1991
	13.6y	S. Whitley	Nyack	1977
110 HH	14.15	J. Fuca	Warwick	2007
	14.16	J. Woods	Rondout Valley	1987
	14.46	J. Fuca	Warwick	2006
	14.73	J. Coburn	Pine Bush	2008
400 IH	53:27	S. Neal	Kingston	1998
	53.5	T. Chewiwi	Tri-Valley	1998
5000M	15:01.1	Jo. Trautmann	Monroe Woodbury	1986
	15:07.16	M. Crumblish	Washingtonville	1981
10,000 M	31:55.0	H. Nippert	Warwick	1983
	32:02.3	Jo. Trautmann	Monroe Woodbury	1984
High Jump	7' .25"	R. Cary	Nanuet	1966
	6'6"	B. Waruch	Rondout Valley	2008
	6'6"	M. Waters	Washingtonville	2008
	6'10"	J. McDonald	Kingston	1987

**SECTION 9 BOYS ALL TIME OUTDOOR TRACK AND FIELD RECORDS  
CONTINUED**

Long Jump	24-6	D. Gurrant	Monroe Woodbury	1965
	24- ¼	J. McDonald	Kingston	1987
Triple Jump	50-7 ¼	J. McDonald	Kingston	1986
	49-11	L. Armstead	Monticello	1990
	49-8 ¼	J. Anthony	Eldred	2006
Shot Put	66-2 ¼	T. Harlin	Nanuet	1966
Discus	183-3	J. R. Quinn	Port Jervis	1982
Javelin	200-2	K. Decker	Valley Central	1986
Pole Vault	15-10	L. Arietta	Tappan Zee	1976
	15-7 ½	D. Holt	Warwick	1980
	15-6	M. Uhelsky	Monroe Woodbury	1996
	15'2"	Robb Quiller	James O'Neill	2008
	15' .1/4	R. Quiller	James O'Neill	2008
Hammer	227-6	A. Faldermeyer	Minisink Valley	2009
	216-6	R. Loughney	Tri-Valley	2007
	200-1	D. Paladino	Monroe Woodbury	2006
	200-11	A. Faldermeyer	Minisink Valley	2008
	198-7	R. Loughney	Tri-Valley	2006
	192-5	D. Paladino	Monroe Woodbury	2005
	183-10	D. Ernst	Valley Central	1995
Pentathlon	3526 pts	E. Hyde	Rondout Valley	1994
	3264	B. Waruch	Rondout Valley	2006
Decathlon	6641	R. Beattie	Warwick	1986
400 Relay	41:35		Newburgh	2003
	42.91		Pine Bush	1990
800 Relay	1:25.45		Newburgh	2003
1600 Relay	3:12.27		Newburgh	2003
	3:14.62		Newburgh (E)	2002
	3:16.44		Warwick	2006
	3:17.3		O'Neill	1976
3200 Relay	7:36.96		Warwick	2006
	7:46.15		Washingtonville	1985
	7:48.51		Pine Bush	2008
SMR	3:25.03		Newburgh (E)	2008
	3:30.8		Suffern	1982
	3:32.84		Pine Bush	2006
DMR	10:05.26		Warwick	2006
	10:07.21		Warwick	2008
	10:10.7		Suffern	1974
4 X Mile	17:42.6		Albertus Magnus	1975
	17:54.44		Warwick	2006
	17:58.7		Monroe Woodbury	1995

PLEASE CALL JOE IATAURO WITH CORRECTIONS 845 985-2296 EXT. 5502