



**N.Y.S.P.H.S.A.A.
SECTION VIII
Pat Pizzarelli – Executive Director
Dom Vulpis – Assistant Executive Director**

**BOYS & GIRLS WINTER TRACK & FIELD
2018 -2019**

**Kristin Frazer: Girls Coordinator
kristinfrazer@gmail.com**

**Dennis Kornfield: Boys Coordinator
suziekorn@aol.com**

BOYS & GIRLS WINTER TRACK & FIELD COMMITTEE MEMBERS

Group A

Steve Sproul (Man), Jim Ravener (Beth)

Group B

Mike Spiteri (Syo), Bud McQuillan (Law), Brian Doxey (Clarke)

Group C

Ed Corona (NS), Joe Migliano (Cal)

Group D

Rich Degnan (Mass), Jeremiah Pope (Port), Nick Aurigemma (CSH), Adam McKenzie (GNN)

Group E

Paul Schaefer (Bald), Fred DeRuvo (IT)

Group F

Stephen Honerkamp (Hew)

CONFERENCE 1

Rich Degnan (Mass), Mike Spiteri (Syo)

CONFERENCE 2

Joe Migliano (Cal), Jeremiah Pope (PW), Paul Schaefer (Bald)

CONFERENCE 3

Adam McKenzie (GNN), Steve Sproul (Man)

CONFERENCE 4

Stephen Honerkamp (Hew), Jim Ravener (Beth)

CONFERENCE 5

Ed Corona (NS), Bud McQuillan (Law)

CONFERENCE 6

Nick Aurigemma (CSH), Fred DeRuvo (IT), Brian Doxey (Clarke)

**Mike Ringhauser: NCTCA Representative
Bob Busch: Ex Officio**

Crossover meets will have different groupings this year based on coach feedback, data collected, time efficiency. These groupings are for CROSSOVER meets ONLY.

GROUPS (these are the groups for crossover meets			ONLY!!! Conference/County break downs listed below		
GROUP A	GROUP B	GROUP C	GROUP D	GROUP E	GROUP F
MacArthur	Syosset	Mepham	Oceanside	East Meadow	Farmingdale
Manhasset	V.S. North	Calhoun	Massapequa	New Hyde Park	Lynbrook
Plainedge	Garden City	Carey	Hicksville	Uniondale	Mineola
Seaford	Lawrence	Herricks	VS South	Plainview JFK	Hewlett
Freeport	Clarke	North Shore	Port Washington	Baldwin	GN South
Bethpage	West Hempstead	Elmont	Westbury	Roslyn	VS Central
Jericho	Wantagh	South Side	CSH	Glen Cove	Long Beach
Bellmore JFK	Roosevelt	Malverne	GN North	Island Trees	Division
Oyster Bay	Locust Valley	Sewanhaka	Hempstead	Wheatley	Floral Park
			Friends Academy		

DATES	GROUPS (NOT conferences)	TIME	MEET FORMAT
Wed 11/28	RW/WT Clinic	6:00pm – 8:00pm	RW/WT ONLY
Mon 12/03	Groups A & B	6:30pm – 10:30pm	A
Wed 12/05	Groups C & D	6:30pm – 10:30pm	A
Thurs 12/06	Groups E & F	6:30pm – 10:30pm	A
Tues 12/11	Groups C & F	6:30pm – 10:30pm	B
Wed 12/12	Groups B & E	6:30pm – 10:30pm	B
Thurs 12/13	Groups A & D	6:30pm - 10:30pm	B
Fri 12/14	WT/PV Clinic/Potential Comp	6:30pm – 10:30pm	WT/PV only
Tues 12/18	Groups B & C	6:30pm – 10:30pm	C
Wed 12/19	Groups A & E	6:30pm – 10:30pm	C
Thurs 12/20	Groups D & F	6:30pm – 10:30pm	C
Thurs 1/03	WT/PV Clinic (or snow date if nec)	6:30pm – 10:30pm	WT/PV or snow
Tues 1/08	Groups A & C	6:30pm – 10:30pm	D
Wed 1/09	Groups B & F	6:30pm – 10:30pm	D
Thurs 1/10	Groups D & E	6:30pm – 10:30pm	D

****The RW/WT ONLY nights will consist of a clinic followed by a developmental competition****

CROSSOVER MEET FORMAT SCHEDULE OF EVENTS
ALL FORMATS HAVE A 2 EVENT PER ATHLETE LIMIT

FORMAT A	FORMAT B	FORMAT C	FORMAT D
Running – G/B	Running – B/G	Running – G/B	Running – B/G
1500 Girls	4 x 4 (1 team per school)	1500/1600	1500 Racewalk
55HH	3200/3000	55HH	B/G 55HH Semi
55 (semi/final)	300	600	G/B 55HH Final
600	1000	55 (semi/final)	3200 Boys
300	4 x 2 (2 teams per school)	4 x 8 (2 teams per school)	3000 Girls
Boys 1600	**more 4 x 2 teams if time permits	1500 Racewalk	55 (semi/final)
			1000
Shot B/G	HJ B/G	HJ B/G	300
HJ G/B	TJ G/B	LJ G/B	HJ G/B
LJ B/G	Shot G/B	Shot B/G	TJ B/G
Pole Vault G/B	Pole Vault B/G	Pole Vault G/B	Shot G/B
			Pole Vault B/G

****Format A: Coaches may run their athletes in EITHER the 600 or 300, Not both!**

****Format B & D: Any athletes not accepted in the 3000/3200 will be able to run the 1000! No athlete can do both!**

****Coaches must be able to provide splits in the event there is a question about times (distance races and RW)**

****3200/3000: Each school is guaranteed up to 3 athletes in the 3000/3200. The remaining spots in the field of 75 max will be done by time. You must submit cards for this event stating your athletes name, number and 3000/3200 seed.**

Below are the Conference alignments. These will be followed for Conference Championships (**BOLD** teams have changed conferences for this year)

			<i>Conf 3 & 4,</i>	<i>CLASS COUNTY C – Conf 5 & 6</i>	
CONF. 1	CONF. 2	CONF. 3	CONF. 4	CONF. 5	CONF. 6
Uniondale	PortWashington	G.N. South	Jericho	Division	Clarke
Hempstead	Baldwin	MacArthur	Carey	Wantagh	Island Trees
Freeport	Plainview JFK	Garden City	Bellmore JFK	V.S. North	Seaford
Massapequa	East Meadow	Sewanhaka	Hewlett	North Shore	West Hempstead
Syosset	Long Beach	New Hyde Park	South Side	Lawrence	Locust Valley
Farmingdale	Herricks	Manhasset	Roslyn	Lynbrook	Cold Spring Harbor
Oceanside	Calhoun	G. N. North	Roosevelt	Floral Park	Wheatley
Westbury	V.S. Central	Elmont	Glen Cove	V.S. South	Malverne
Hicksville	Mepham	Friends Academy	Bethpage	Mineola	Oyster Bay
			Plainedge		

FROSH/SOPH MEET

Sun, 2/03	All Frosh/Soph	St. Anthony's	9am – 1pm
-----------	----------------	---------------	-----------

CONFERENCE CHAMPIONSHIP MEET SCHEDULE

DATES	CONFERENCE	SITE	TIME
Fri, 1/11	WT Conf 3, 4, 5	St. Anthony's	6:30pm – 10:30pm
Tues, 1/15	3	St. Anthony's	6:30pm – 10:30pm
Wed, 1/16	4	St. Anthony's	6:30pm – 10:30pm
Thurs, 1/17	5	St. Anthony's	6:30pm – 10:30pm
Fri 1/18	WT Conf 6, 1, 2	St. Anthony's	6:30pm – 10:30pm
Tues, 1/29	6	St. Anthony's	6:30pm – 10:30pm
Wed, 1/30	1	St. Anthony's	6:30pm – 10:30pm
Thurs 1/31	2	St. Anthony's	6:30pm – 10:30pm

*If we need to make up any Conference meets due to weather it will be done **2/01**

COUNTY CHAMPIONSHIP MEET SCHEDULE

DATES	COUNTY	SITE	TIME
Mon 2/04	WT ONLY	St. Anthony's	6pm – 9pm
Tues 2/05	B	St. Anthony's	6:30 – 10:30pm
Wed 2/06	A	St. Anthony's	6:30 – 10:30pm

**Thurs 2/07 will be utilized as snow dates if necessary. The cancelled event will move to the snow date. We will NOT just push back the scheduled meets. Only the cancelled event will move.

STATE QUALIFIER SCHEDULE

DATES	SITE	TIME
Tues 2/12	St. Anthony's	6:30pm – 10:30pm

*Thursday, 2/14 will be utilized as a snow date if necessary

STATE CHAMPIONSHIP MEET

DATES	BOYS/GIRLS	SITE	TIME
Sat, Mar. 2	All together	Ocean Breeze	8:45am