

GIRLS' SPRING TRACK & FIELD SECTION XI 2009 - 2010

**Tony Toro
Section XI Chairman**

E-Mail eltorotf@optonline.net

LEAGUE REPRESENTATIVES

League One	Tom Young	Ward Melville
League Two	Steve Borbet	Bay Shore
League Three	Jim DiSalvo	North Babylon
League Four	James Lever	Eastport South Manor
League Five	Rob Muller	Kings Park
League Six	Paul Koretzki	Shoreham Wading River
League Seven	Eddie Arnold	Southampton

IMPORTANT WEB SITES

Suffolk Coaches	www.suffolktrack.com
Rosters/Entries	www.just-in-time-racing.com
Armory	www.armoryfoundation.com
Section XI	www.sectionxi.org

GIRLS SPRING TRACK PLACEMENT

League 1

Brentwood	3887
Middle Country	2583
William Floyd	2371
Longwood	2340
Patchogue-Medford	2086
Sachem East	1866
Ward Melville	1838

League 2

Commack	1837
Lindenhurst	1809
Sachem North	1704
Connetquot	1676
Central Islip	1551
Northport	1503
Bay Shore	1455

League 3

Walt Whitman	1407
West Islip	1377
H H Hills East	1294
Smithtown East	1273
East Islip	1270
North Babylon	1225
Riverhead	1172

League 4

Smithtown West	1158
West Babylon	1145
Copiague	1128
Bellport	1050
H H Hills West	1047
Deer Park	1013
Eastport-S Manor	944

League 5

Huntington	934
Comsewogue	933
Kings Park	931
Hauppauge	903
Islip	860
Harborfields	857
Sayville	847
Rocky Point	814

League 6

Miller Place	768
East Hampton/BH	736
Westhampton	732
Shoreham-WR	684
Amityville	659
Mt Sinai	617
Elwood-J Glenn	616
Bayport-Blue Pt.	550

League 7

Southampton	449
Wyandanch	449
Babylon	437
Hampton Bays	431
Mattituck	396
Center Moriches	389
McGann-Mercy	307
Port Jefferson	285
Ross/Pierson	253
Stony Brook	210

Section XI Division Championships

Division 1 1350 or Higher

Division 2 1349 - 850

Division 3 849 or lower

NYSPHSAA Classification

Class 1 - 601 and Higher

Class 2 - 600 and Lower

GIRLS' SPRING TRACK

2009 - 2010

1. **Girls' Spring Track & Field** will be governed by National Federation rules.
2. **Participation:**
 - a. Contestants will be limited to four events per meet for league, Section XI Team and Individual Championships, and NYSPHSAA Championship.
 - b. An athlete must have at least six (6) competitions (meets) before competing in the Section XI Team and Individual Championships.
3. **Individual Competitors:**
 - a. Individual competitors must participate in six meets to be eligible to compete in the Section XI Individual Championships.
 - b. Individual competitors can not compete in the Section XI Team Championships
 - c. Ten or more individual competitors from a school will constitute a team and must compete in the appropriate league.
4. **Team Rosters:**
 - a. Schools will submit their rosters on-line: (www.just-in-time-racing.com)
Password: eltoroff@optonline.net **Rosters must be in by Monday, March 29, 2010**
 - b. **Competitor numbers will be worn for all Saturday invitational, unless instructed otherwise.**
5. **Uniforms:**
 - a. Uniforms consist of school issued shirt and shorts or a full-length track jersey/body-suit.
 - b. Visible undergarments must be a solid color.
 - c. Relay members must have identical uniforms and identical visible undergarments.
6. **Entries:**
 - a. All entries for the Section XI Team and Individual Championships will be submitted 48 hours prior to the seeding meeting using the following web site: www.just-in-time-racing.com.
Your on-line entry is your official entry. Coaches must print and hand in their on-line entry to the clerk prior to seeding meeting. Failure to do so denies your right to appeal.
 - b. Athletes are limited to four events, excluding relays in the Section XI Team and Individual Championships, and NYSPHSAA Championship.
7. **Seeding Information:**
 - a. No seedtimes are permitted from relay splits.
 - b. No seedtimes are permitted if your athlete or relay team was disqualified.
 - c. Athletes must have competed in the event during the season (March - June) to receive a seed performance. No athlete will be permitted to compete in an event that they have not established a seed time/jump/throw during that season. The only exception is a medical waiver approved by Section XI.
 - d. Relay seeds must be actual, not composites.
 - e. Six names with their competitor numbers should be listed for all relays.
 - f. Seedtimes for all meets including the NYSPHSAA Championship will be the best actual time/jump/throw from any sanctioned meet during the season (March - June).
8. **Seeding Verification:**
 - a. **Starting April 26, 2010** a coach will have seven (7) days from the day of the performance to notify the sport chairman of said performance. Failure to do so will jeopardize the athlete from using those performances (seed) for the Section XI Team and Individual Championships.

Performance Verification

Will be posted and updated every Monday

A coach will have 7 days from the day of a performance to send me the time/jump/throw of any competitor that has done the following performances. Failure to do so will jeopardize your athletes from using these performances for the Section XI Team Championships, and Individual Championships (State Qualifier).

Seed performances must be verified prior to the seeding meeting of the team and individual championships. No seed adjustments will be permitted at seeding meeting. Last day to verify your performances for the team championships is:

TUESDAY, May 18, 2010

(10:00 PM)

Girls' Best Performances

All performances must be submitted using the following web site:

www.just-in-time-racing.com

100 Meter High Hurdles	20.0 (changed)
100 Meter Dash	13.5
200 Meter Dash	28.5
400 Meter Dash	66.0
400 Intermediate Hurdles	75.0
800 Meter Run	2:36
1500 Meter Run	5:25
1500 Meter Walk	9:00
3000 Meter Run	11:45
High Jump	4'6"
Long Jump	14'0"
Triple Jump	30'
Shot Put	28'
Discus	75' (changed)
Pole Vault	7'
2000m Steeplechase	10:00 (changed)
400 Meter Relay	56.0
1600 Meter Relay	4:36
3200 Meter Relay	11:00

Rules, Regulations How to enter your “Best of the Season”

- 1) Go to you Spring Track Menu
- 2) Go to Best of the Season Menu
- 3) Select your section – Section XI
- 4) Select your School
- 5) Select your gender
- 6) Enter your password
- 7) Press “login” (Do Not Press the “Enter Key”)
- 8) Start entering your performances
- 9) Save all changes (Bottom of page)

For Relays you must have at least one name from your roster to enter a relay.

You must save all information.

What is “FAT”? - FAT is abbreviation for fully automatic timing. FAT is when a meet is timed by a camera (Lynx) and a timing sensor. These times are accurate and usually slower than hand held times.

On Line Entry Procedure

- 1) Go to: www.just-in-time-racing.com
- 2) Go to: Spring Track Page
- 3) Go to Rosters
- 4) Select Section: (Section XI)
- 5) Select School
- 6) Select Gender
- 7) Enter Password
- 8) Press: Login (Do Not Press Enter Key)
- 9) Go to: Meet Entries (Top left hand corner)
- 10) Go to: Eligible Meets (Section XI Division Championships)
- 11) Start entering your entries
- 12) Once Completed Press (Save changes to entries – Bottom of page)
- 13) Print a copy of your entries for your record.

All entries must be submitted on line by **Tuesday night, 5/18/10** (10:00 PM)

Seeding Meeting will be held at Longwood High School on Thursday night, **5/20/10**.

Meeting will start at 7:30 PM

Rules, Regulations and Responsibilities

1. The track runways and landing surfaces should be measured, lined and in good condition.
2. Sector lines should be drawn for the discus and shot put.
3. All proper equipment should be on hand for conducting a meet. Cross bars, starting blocks, measuring tapes, rakes, and batons.
4. Volunteers can be of help to work under the authority of the officials in order to expedite the meet.
5. Hurdles must be arranged prior to the start of the meet and arrangements made to move them for the 400 Intermediates.
6. Runners and spectators must stay off the track and infield areas and in the stands during the meet. The track and infield area are not to be used as warm-up areas. The officials are to enforce this rule and the coaches are responsible for their athletes.
7. Coaches must meet with the officials prior to the meet to discuss equipment malfunctions or questions pertinent to the conduct of a track meet.
8. Coaches must sign all material required by the contract with regard to the official's fees.
9. Scoring for dual meets: First – 5pts. Second – 3pts. Third – 1 pt. Relays 5 – 0
10. In cases where the facilities are declared unsafe, the home school shall forfeit all points in that event. See #28 – pole vault scoring in dual meets.
11. Participation limitations shall be:

100m dash thru 400m Dash/Hurdles	3 scoring competitors
800m run thru 3200m run	4 scoring competitors
Field Events	4 scoring competitors
Relays	1 scoring relay per school
12. All competitors must have a school issued uniform. Relay teams must have identical uniforms.
13. In the 400m relay, each school will time it's own team. The judge/timer will cover zones 2 to 3 and 3 to 4 and the last turn. The starter will cover the start, zone 1 to 2, and the order of the finish.
14. All equipment in the high jump and the pole vault must meet the specifications in the rule book. In the long and triple jump, all take-off areas must meet the requirements of the rules. The use of tape for the scratch line is not permitted. A competitor must long jump at least 10 feet (girls) and 12 feet (boys) for a measurement. In the triple jump they must jump 18 feet (girls) and 32 feet (boys) for a measurement.
15. The judge/timer is solely responsible for the correct order of finish in all races. The judge /timer must overrule the coaches' picks if they are incorrect.
16. Coaches and officials must inspect the track and field areas before a meet. These areas should be free of any glass.
17. During the walk, the home school will count the laps for each walker while the visiting school will give the lap times. At the finish, each school will time its own competitors. The officials will judge the walk form. An athlete will be disqualified if they receive a caution from each official, three cautions from one official, or flagrant form. Each official should, if possible, give the competitor the caution immediately.
18. All field events (shot put, high jump, pole vault) must start at the beginning of the meet.
The discus will begin at the completion of the shot put.
19. In all dual meets, non-scoring competitors in the 800m, walk, 1600m and the 3200m must be placed in the second row 10 meters behind the scoring row. Extra relays will be placed in lanes five and six.
20. In all events 400m or less, the race should be run entirely in lane, including the first leg of the 1600m relay.
21. Coaches must rate the officials and return the rating card to their athletic director within 24 hours.
22. At the end of the triple jump, each coach will hand to the referee an index card for each relay event.
The relay card will include the event, school, and the names of the athletes that are running.
23. In the shot put, discus, long jump, and triple jump each competitor is allowed three throws or jumps.
24. It is recommended that only 3/16" pin spikes be used on all-weather tracks throughout Suffolk County.
25. Organizers of Invitational Meets must provide a breakdown of the costs of those meets.

26. Rule 3, Art. 7 – Competition. Interrupted because of events beyond the control of responsible administrative authority, shall be continued from the point of interruption, unless there are conference, league, or state association rules which apply. All trials and marks made up to the point of suspension shall stand.
- 1) If no relays have been run before the interruption, new relay cards will be submitted to the officials after the triple jump and before the call for the first relay.
 - 2) All field event competitors will be given ample time to warm up before the event may continue.
 - 3) Any member of the school’s track and field team may compete in the continued portion of the meet, provided they have not already competed in the allowable four events. These athletes need not have been present the day of the original meet. (12/7/94)

27. Individual Competitors: Individual entries from schools which do not participate in the league dual meet season may not enter Sectional Championships Meets, but may enter the Sectional Individual Meet providing:
- 1) The Athletic Director certifies to the Section Chairman at least two weeks prior to the Section Meet that the applicant(s) has participated in at least six school scheduled meets during the season and specifies the results of the athlete’s performance.
 - 2) The athlete’s performance is in the top 24 in their ”class”.

28. Pole Vault Scoring in Dual Meets:

According to the National Federation Handbook “Failure of the home school to meet its obligation of providing legal equipment for an event shall result in all points for the event being forfeited to the offended team.” In some cases both the host school and the visiting school in a dual meet may not have competitors to conduct the event, distribution shall only be awarded to teams that readily practice and compete in the event.

The Athletic Council approved the following procedure: October 22, 2002

- 1) Each Section XI Athletic Director must send notification to league Athletic Directors and coaches plus the Section XI office, listing the names of those athletes who will compete in the pole vault during the spring track and field season.
- 2) If the host school does not provide legal equipment and the visiting Athletic Director and coach does not verify pole vaulting competitors no points for the event will be awarded to either team.
- 3) When a host school in a dual meet does not have legal pole vaulting equipment available, points will be awarded to the visiting team if they have pole vaulters verified by the Athletic Director and coach. This will count as an event and they may only compete in three other events in the track meet.
- 4) Points will be awarded on a 5 – 3 – 1 basis.
(One competitor – 5 points) (Two competitors – 8 points) (Three competitors – 9 points)
- 5) Host schools which have pole vaulting equipment will receive points only if they jump opening height (boys’ – 8’ and girls’ – 6’). This will count as an event and they may compete in only three other events.

29. Pole Vaulters must bring their Pole Vault Weight Verification forms to all competitions. The form must be presented to the official in charge or the meet director before each competition begins.

30. Starting Heights:

- 1) Boys’ Pole Vault – start at 8’ bar raised 6” until 10’ then 3”
- 2) Girls’ Pole Vault – start at 6’ bar raised 6” to completion.
- 3) Boys’ High Jump – start at 4’9” go to 5’ then 2’ to 5’10 then 1”
- 4) Girls’ High Jump – start at 3’6” bar raised 3” to 4’ then 2” to 4’6” then 1”

31. A school will be limited to 8 competitors in the long jump and 8 competitors in the triple jump

SECTION XI TRACK & FIELD SCHEDULING INFORMATION

First day of practice	March 8, 2010
Number of practices needed	10 for a scrimmage or meet.
Number of contests allowed	16 plus Team/Individual/State Championships.

All athletes must have at least 6 meets to compete in the Team and Individual Championships. The only exception is if you get a medical wavier by Section XI.

NEXT AVAILABLE DATE

In all sports, a postponed Varsity contest must be played on the “Next Available Date” (NAD). The “Next Available Date” is defined as the next available weekday (M-F) on which a contest has not previously been scheduled by either team. Saturdays and Sundays may be used by mutual agreement.

In order to complete a League season, the executive director may mandate any day except Sunday as the next available date during the latter part of a season. However, the maximum number of League games per week (as listed in the sport specific exceptions to this policy) may not be exceeded.

Non league contests will be vacated by the direction of the Executive Director in cooperation with the chair of the sport if it becomes necessary to complete a league season.

Failure of a school to comply with the next available date policy will result in forfeiture. If both opposing schools will not comply, both schools will be assessed a loss.

A date which is vacated and/or identified for the purpose of accommodating a school’s Prom or an entire grade level trip prior to the deadline for schedule changes will not be considered a next available playing date.

Boys and Girls Track are exempted from this policy during the spring recess only.

Track and Cross Country Exceptions

The “Next Available Date” for these sports is defined as the next available weekday, Monday – Thursday on which a contest has not previously been scheduled by either team.

Teams are not mandated to compete:

- On consecutive days except when necessary to complete the season.
- More than three times per week (Monday – Saturday)

Schools may mutually agree to reschedule the contest earlier than prescribed by this policy.

Order of Events for Dual Meets

The High Jump, Pole Vault, and Shot Put followed by the Discus will start at the same time.

BOYS EVENTS

1600 Meter Walk (non-scoring)
Long Jump
110 Meter High Hurdles
1600 Meter Run
100 Meter Dash
400 Meter Dash
800 Meter Run
400 Intermediate Hurdles
200 Meter Dash
3200 Meter Run
Triple Jump

3200 Meter Relay
1600 Meter Relay
400 Meter Relay

GIRLS EVENTS

Triple Jump
100 Meter High Hurdles
1500 Meter Run
400 Meter Run
100 Meter Dash
1500 Meter Walk
800 Meter Run
200 Meter Dash
400 Intermediate Hurdles
3000 Meter Run
Long Jump

400 Meter Relay
1600 Meter Relay
3200 Meter Relay

Order of Events for Combined Dual Meets

Events are normally run Girls' then Boys' except the Long and Triple Jumps

Girls Triple Jump – Boys Long Jump – Girls Long Jump – Boys Triple Jump

- 1) 400 Intermediate Hurdles
- 2) 1500/1600 Meter Run*
- 3) 100/110 Meter High Hurdles
- 4) 400 Meter Dash
- 5) 100 Meter Dash
- 6) 1500/1600 Meter Walk*
- 7) 800 Meter Run
- 8) 200 Meter Dash
- 9) 3000/3200 Meter Run*
- 10) 400 Meter Relay
- 11) 1600 Meter Relay
- 12) 3200 Meter Relay

* contested at same time

SECTION XI DIVISION CHAMPIONSHIPS

Seed performances must be verified prior to seeding meeting.

Athletes must wear competitor numbers

SEEDING MEETING: Thursday, May 20, 2010

Longwood High School 7:30 PM

Entries for the Section XI Division Championships Meet and Individual Championships (State Qualifier) must be received 48 hours prior to the seeding meeting. All entries will be submitted on-line using the following web site. www.just-in-time-racing.com

It's the coach's responsibility to make sure that his/her entry is in on time. **The on-line entry is the official entry for the meet. Coaches must also print a copy of their on-line entry and hand in to the clerk. Failure to do so denies your right to appeal.**

The first four runners on a relay must have run the stated seedtime. All seeds must be verified. No seed adjustments will be permitted unless you had a contest that day. Scratching is permitted at the seeding meeting. Any athlete that scratches or misses their event the day of the meet will not be allowed to compete in the remainder of the meet.

*An athlete may compete in four events. Athletes shall not be entered in more than four events, excluding relays. Athletes must compete in all open events that they have entered.

The Division Championship meet is a two-day meet. Division Champions will be crown. Medals will be given to the top four in each event in each Division.

EVENTS: The maximum amount of contestants in each Division is 18 individuals and 18 relays in each event.

Divisions will be determined by enrollment and adjustments will be made each year.

Division 1 (1350 and Higher) Division 2 (1349 – 850) Division 3 (849 and Lower)

All schools will be permitted three relay teams regardless of performance. A school cannot have two relays in one event. Relay cards should list all competitors (6) with their competitor numbers. First four runners must have run seedtime.

Seeded sections will run/jump/throw last unless otherwise noted.

Pentathlon: Athletes may not compete in any other event. **You must provide an actual/estimated score (seed).** One pentathlon athlete per school. A second may be considered if capable of scoring 1800 points. No school will be permitted more than two competitors. 100m Hurdle time will be used to seed athletes. **Pentathlon high jump will start at 1.22m (4'0") and then increments of 5cm's.**

Steeplechase: When the Steeplechase is conducted at a different site and date, those athletes can not run the 1500m run.

SCORING: (10 – 8 – 6 – 4 – 2 – 1)

Clerking Responsibilities:

- All competitors are to report promptly to the clerking area or send a stand-in once the event is called. It's the athlete's responsibility to clerk in on time. Once the event is clerked, the event is closed. Athletes are reminded that there should be no talking in the clerking area when the official is talking. The athlete could be dismissed for noncompliance.
- Athletes should come to the clerking area ready to compete (running apparel and shoes).
- It's the athlete's responsibility to notify the clerk if she/he is leaving the clerking area to compete in a field event.

Field events: (LJ, TJ, AND SP) seven competitors return to the finals. In the finals you are not permitted to jump or throw out of turn. A competitor will be given ten minutes, from the time he/she notifies the field event official permission to compete or clerk in another event. The high jump and pole vault bar will not wait for anyone.

*High jump will start at a height of 4'3" – 4'6" – 4' 8" – 4'10" – 5' and 1" thereafter.

*Pole Vault will start at a height of 7' – 7'6 - 8' – 8'6 – 9' – 9'6 – 10' and 3" thereafter.

Jury of Appeals: All League Representatives

GIRLS' DIVISION CHAMPIONSHIP

TENTATIVE TIME SCHEDULE Connetquot HIGH SCHOOL

THE MEET WILL NOT RUN MORE THAN 15 MINUTES AHEAD OF SCHEDULE

Monday, May 24, 2010

3:00	Clerking Begins		
3:10	Pentathlon 100m Hurdles		
3:30	100m High Hurdles	(S)	
3:50	100m Dash	(S)	
4:10	400m Dash	(S)	
4:30	800m Run	(F)	
4:55	3000m Run	Unseeded (F)	
5:10	200m Dash	(S)	
5:30	400m Hurdles	(S)	
6:00	3000m Run	3 sections (F)	
6:40	400m Relay	(S)	
7:00	1600m Relay	3 Turn Stagger (S)	

Wednesday, May 26, 2010

3:00	Clerking Begins			
3:10	2000m Steeplechase	3 sections	(F)	
3:50	100m High Hurdle		(F)	
4:00	100m Dash		(F)	
4:05	1500m Run	4 sections	(F)	
4:30	400m dash		(F)	
4:40	*Pentathlon 800m Run		(F)	
5:05	400m Hurdles		(F)	
5:15	200m Dash		(F)	
5:25	1500m Walk	3 sections	(F)	
6:10	3200m Relay	4 sections 2 Turn Box	(F)	
6:50	400m Relay		(F)	
7:05	1600m Relay	3 Turn Stagger	(F)	

800m Run Two races per Division. 2 Turn Box

3000m Run Top 12 in each Division will be in seeded race. Unseeded race is a mix race combining all three divisions.

1500m Run Top 12 in each Division will be in seeded race. Unseeded race is a mix race combining all three divisions.

3200m Relay Top 12 in each Division will be in seeded race. Unseeded race is a mix race combining all three divisions

Steeplechase Three sections.

ORDER (Division 3 then Division 2 then Division 1)

*Pentathlon 800m run will be contested after 400 meter dash

3:45	Pentathlon High Jump (Combined Divisions)	3:15	Pentathlon Long Jump (Combined Divisions)
3:30	Discus (Division 2 – Division 3 – Division 1)	3:30	High Jump (Division 3 – Division 2 – Division 1)
3:30	Triple Jump (Division 1 – Division 2 – Division 3)	3:30	Shot Put (Division 2 – Division 1 – Division 3)
3:30	Pole Vault (Combined Divisions)	3:30	Long Jump (Division 1 – Division 3 – Division 2)
TBA	Pentathlon Shot Put will follow Pentathlon High Jump		

* If only one jumping pit is provided in Long and triple jump all jumpers will get one jump measured and all other jumpers must exceed the 12th seed to be measured. Games committee may adjust distance incase of headwind. 90 second rule will be inforced.

Pentathlon high jump will start at 1.22m (4'0") and then increments of 5cm's

Division 1 - 18 Ind/18 Relays Division 2 - 18 Ind/18 Relays Division 3 - 18 Ind/18 Relays

Pole Vault will be combined, but scored separately. Start at: 7' – 7'6 – 8' – 8'6" – 9' – 9'6" - 10'

High Jump will start at: (4'3 – 4'6 – 4'8" – 4'10" – 5' – then one inch) – if more then 18 competitors, starting height 4'6"

Open Long Jump will follow Pentathlon Long Jump if only one pit is provided.

SECTION XI INDIVIDUAL CHAMPIONSHIP

Athletes must meet qualifying standards (Best of Season) to compete

Athletes must wear competitor numbers

SEEDING MEETING: Tuesday, June 1, 2010

Sachem East School 6:00 PM

Entries for the Section XI Division Championships Meet and Individual Championships (State Qualifier) must be received 48 hours prior to the seeding meeting. All entries will be submitted on-line using the following web site. **www.just-in-time-racing.com** It's the coach's responsibility to make sure that his/her entry is in on time. **The on-line entry is the official entry for the meet. Coaches must also print a copy of their on-line entry and hand in to the clerk. Failure to do so denies your right to appeal.**

The first four runners on a relay must have run the stated seedtime. All seeds must be verified. **Scratching will be permitted at the seeding meeting.** Any athlete that scratches or misses their event the day of the meet will not be allowed to compete in the remainder of the meet.

*An athlete may compete in four events. Athletes shall not be entered in more than four events, excluding relays. Athletes must compete in all open events that they have entered.

The Section XI Individual Championship (State Qualifier) meet is a two-day meet.

Awards will be given to the top four in each event .

No scratches or additions will be permitted after the seeding meeting.

Athletes entered in the Pentathlon may not compete in any other event.

Athletes must be seeded with an actual/estimated score.

One entry per school, however a second entry may be considered. **(1800 points)**

Pentathlon high jump will start at 1.29m (4'3") and then increments of 5cm's.

Whenever possible athletes in the same class will compete against each other.

In Field Events (same flights) and Dashes (same heats in trials or semi-finals)

Determining State Qualifiers:

Finals overtake faster times. If no class (A & B) member qualifies for the final, then the fastest time in the semi-final is Class Champion and Qualifies for the NYSPHSAA Championships. Advancement over time.

Individual Events: Top 24 competitors

Each class (A & B) will receive three automatic seeds provided they meet qualifying standards (Best of Season).

The remaining 18 seeds will be based on overall performances.

Relays Pentathlon, and Walk: Top 18 Relays, Pentathlon and Walkers – A score must be provided for all pentathletes.

Each class (A & B) will receive three automatic seeds. The remaining 12 seeds will be based on overall performance.

Clerking Responsibilities:

- All competitors are to report promptly to the clerking area or send a stand-in once the event is called. It's the athlete's responsibility to clerk on time. Once the event is clerked, the event is closed. Athletes are reminded that there should be no talking in the clerking area when the official is talking. The athlete could be dismissed for noncompliance.
- Athletes should come to the clerking area ready to compete (running apparel and shoes).
- It's the athlete's responsibility to notify the clerk if she/he is leaving the clerking area to compete in a filed event.

High Jump: Starting height is 4'8", then up 2" to 5', then 1" thereafter.

Pole Vault: Starting height is 7'6" – 8' – 8'6" – 9' – 9'6" – 10' then 3" thereafter.

Field events: (LJ, TJ, AND SP) Top seven competitors return to the finals. In the finals you are not permitted to jump or throw out of turn. A competitor will be given ten minutes, from the time he/she notifies the field event official, permission to compete or clerk in another event.

Jury of Appeals: Girls' – Girls' League Representatives

SECTION XI TRACK & FIELD CHAMPIONSHIPS

INDIVIDUAL/STATE QUALIFYING MEET

Meet may run up to 15 minutes ahead of schedule.
Port Jefferson High School

Friday, June 4, 2010

Saturday, June 5, 2010

3:00	CLERKING BEGINS			2:15	CLERKING BEGINS		
3:10	Girls' Pentathlon 100m Hurdles			2:30	Girls' 2000m Steeplechase		(F)
	Girls' 100m Hurdles		(S)		Boys' 3000m Steeplechase		(F)
3:35	Boys' Pentathlon Hurdles			3:10	Girls' 100m High Hurdles		(F)
	Boys' 110m Hurdles		(S)		Boys' 110m High Hurdles		(F)
3:55	Girls' 100m Dash		(S)	3:20	Girls' 100m Dash		(F)
	Boys' 100m Dash		(S)		Boys' 100m Dash		(F)
4:15	Girls' 400m Dash		(S)	3:25	Girls' 1500m Run 2 sections		(F)
	Boys' 400m Dash		(S)		Boys' 1600m Run 2 sections		(F)
4:30	Girls' 800m		Final	3:50	Girls' 400m Dash		(F)
	Boys' 800m		Final		Boys' 400m Dash		(F)
4:50	Girls' 200m Dash		(S)	3:55	** Boys/Girls Pentathlon 1500/800 Run		(F)
	Boys' 200m Dash		(S)	4:15	Girls' 400m Hurdles		(F)
5:05	Girls' 3000m Run	Unseeded	(F)		Boys' 400m Hurdles		(F)
	Boys' 3200m Run	Unseeded	(F)	4:25	Girls' 200m Dash		(F)
5:30	Girls' 400m Hurdles		(S)		Boys' 200m Dash		(F)
	Boys' 400m Hurdles		(S)	4:30	Girls' 1500m Walk 1 Section		(F)
5:50	Girls 3000m Run	Seeded	(F)				
	Boys' 3200m Run	Seeded	(F)	4:40	Girls' 3200m Relay 2 Sections		(F)
6:15	Girls' 4 x 100m Relay		(S)		Boys' 3200m Relay 2 Sections		(F)
	Boys' 4 x 100m Relay		(S)	5:20	Girls 400m Relay		(F)
6:30	Girls 4 x 400m Relay	3 turn stagger	(S)		Boys' 400m Relay		(F)
	Boys' 4 x 400m Relay	3 turn stagger	(S)	5:25	Girls' 1600m Relay		(F)
					Boys' 1600m Relay		(F)

Advancement Procedure

24 Athletes/Relays (8 lanes) Top two and next two fastest.
 16 Athletes/Relays (8 lanes) Top three and next two fastest
1600 – 3200 – 800 – 4 x 800 2 Turn Box
1500 – 3000 – Steeplechase Waterfall Start

**Pentathlon 1500/800 will be contested after the 400m Dash
 Preferred Lanes (4 – 5 – 3 – 6 – 2 – 7 – 1 – 8)

FRIDAY FIELD EVENTS

3:15	Girls' Discus
3:45	Girls' Pentathlon High Jump (1.29m) - Shot Put
3:45	Boys' Pentathlon Shot Put (1.53m) - High Jump
4:30	Boys' Shot Put
3:30	Boys' Long Jump
3:30	Girls' Long Jump
3:30	Boys' Pole Vault
5:45	Girls' Pentathlon Shot Put

SATURDAY FIELD EVENTS

2:15	Boys' Pentathlon Long Jump followed by Boys' Triple Jump
2:15	Girls' Pentathlon Long Jump followed by Girls' Triple Jump
2:15	Boys' High Jump followed by Girls' High Jump
2:15	Girls' Pole Vault
2:15	Girls Shot Put
3:30	Boys' Discus

Pole Vault Weight Verification

Schools are required to process the Pole Vault Verification Form listing students participating in the pole vault. This form is to be on file with the Section XI Track & Field sport chairman prior to a pole-vaulter's first interscholastic competition. No team points will be awarded until the form is on file. A list of all pole vaulter's will be posted on (www.just-in-time-racing.com).

Please send to: Anthony Toro e-mail eltorotf@optonline.net
 PO Box 427
 Miller Place, NY 11764

School _____

NAME OF VAULTER	WEIGHT*	POLE RATING

*INCLUDES FULL COMPETITOR UNIFORM AND FOOTWEAR

Signature of Coach

Date

Signature of Athletic Director

Note to School Officials

Rule 7-4-3 The vaulter's weight shall be at or below the manufacture's pole rating. The manufacturer's pole rating shall be visible in one-inch contrasting color, as well as a one-inch circular band, indicating the maximum top handhold. Pole rating markings are to be located above the handhold band. A pole not properly marked shall not be used in warm-up or in competition.

The location of the band indicating the top hand position shall be determined by the manufacture.

Coaches may mark poles manufactured prior to 1995 by placing the bottom of a one-inch vinyl tape six inches from the top of the pole. The weight marking shall be indicated by one-inch numerals with a label or permanent marking pen of a color that contrasts to the color of the pole.

Rule 7-4-5 It is the responsibility of the coach to verify that the vaulter will use a pole rated at or above the vaulter's weight and that legal pole(s) has been provided for the competitor.

Rule 7-4-6 Competitors who use a pole rated below the vaulter's weight, in warm-up or competition shall be disqualified from the event.

New rules take precedent over any old rules