

N.Y.S.P.H.S.A.A.

SECTION VIII

BOYS & GIRLS WINTER TRACK & FIELD
2012-2013

KRISTIN FRAZER: GIRLS COORDINATOR

DENNIS KORNFIELD: BOYS COORDINATOR

<u>BOYS & GIRLS WINTER TRACK & FIELD COMMITTEE MEMBERS</u>

Conf. 1
Katie Dunne (Farm), Mike Lisa (Mass), Paul Schaefer (Bald)
Conf. 2
Steve Josepher (EM), Jamie San Filippo (Mac)
Conf. 3
Erica Fregosi (GC), Mike Graham (Elm) Don Ross (West),
Conf. 4
Billy Buith (NHP), Stephen Honerkamp (Hew)
Adam McKenzie (GNN), Steve Sproul (Man)
Conf. 5
Ed Corona (NS), Fred DeRuvo (IT)
Conf. 6
Colbert Britt (Mal), Tom Leninger (Min), Nick Aurigemma (CSH)

Tom Graham: HSAA Representative
Mike Ringhauser: NCTCA Representative Bob Busch: Ex Officio

SECTION 8 WINTER TRACK & FIELD

Section 8 Winter Track & Field will be governed by 2013 National Federation rules

Participation/Eligibility Standards

a. Ten team practices are required before the first meet or scrimmage.
b. Each individual athlete must have ten practices before competing.
c. Each athlete/team is limited to 15 meets (exclusive of Counties and State Q's)
d. There are no independent athletes in Nassau County.
e. Athletes are permitted 2 events at all Section 8 Crossover meets.
f. Athletes will be permitted to 3 events at the Conference, County and State Q.
g. The rule of one night's rest between meets is in effect for the Winter.
h. The Long Island Invitational and Eastern States meets DO COUNT towards the 15 allowable meets.

Rosters

a. Coaches must submit their roster online. Schools will use the following website: www.just-in-time-racing.com Email Tony Toro for your password (eltorotf@optonline.net)
b. Team Rosters must be submitted by Sunday, November 24th
c. All coaches must hand in a coaches e-mail form (attached to this handbook) at our meeting on Wednesday, November 13th

Competition

a. Individual must compete in 6 meets representing their HS in order to be eligible for Counties (meets must be verifiable and occur before Counties).
b. Do NOT enter your athletes in more than 3 events in ANY meet outside of Section 8 (regardless of that meets guidelines).
c. The 4 meets scheduled per conference prior to Conference Championships have a 2 event per athlete limit.
d. Section 8 meets take precedence over any and all outside meets.

Uniforms

a. Uniforms consist of a school issued shirt and shorts.
b. Relay members must have identical uniforms.
c. Jerseys must be tucked in.
d. The athlete's number is part of their uniform. No number, wrong numbers, numbers that cannot be read, or numbers that have been altered can cause a disqualification.

Entries

a. Verbal seeding will be used at all meets. Please instruct your athletes to pay attention while the officials are seeding events and instruct your athletes which seed time to use. Many times athletes like to go with friends, please discourage this.
b. Please submit ONE 3 x 5 for each EVENT stating the following:

Sample Card:

300 meters Boys
Wantagh HS
17 athletes

c. Field Events will follow the same procedure implemented last year. EACH athlete must present a 3 x 5 card to the official at the time of check-in. The card must include the athlete's name, number, school and performance seed. Leave bottom of card empty for recording purposes. This procedure if for crossover meets only.

a. Conference Championships: Coaches must fill out an entry sheet and present it to the coordinator upon their arrival. They will also submit cards for every athlete for every event.
b. County Championships: **Entries will be done online this year**. The online system will close on Monday, January 27th at 9pm. Seeds will be posted Wednesday, January 29th. There will be **NO SEEDING MEETING** this year! All jumps/vaults MUST have a 2nd best performance that appears in Tony's database in case of ties. In the event of a tie, we will go to 2nd best performance. If no 2nd best appears we will pass over your athlete. There will be VERY CLEAR instructions on the entry procedures as well as the challenge procedures for this meet. All instructions will be handed out at your last crossover meet of the season which will give you plenty of time to ask questions.
c. State Qualifier: **Entries will be done online this year**. The online system will close on Sunday, February 9th at noon. All entries will be posted by Sunday, February 9th at 6pm. Coaches must declare what their athletes are competing in by Monday, February 10th at 6pm. There will be no scratches the day of the meet.

Seeding

a. We rely on the coaches to submit actual seeds in order to run an effective meet.
b. For Conference, County and State Qualifier meets, all seeds must be verifiable. No estimates will be accepted.
c. For the County and State Qualifier meets, each table shall serve as the seeding committee for that meet. There will be no extra athletes above the allotted number accepted into the meet.
d. NO CONVERSIONS for boys in any event.
e. Girls may use conversions from 1600 to 1500 and from 3200 t0 3000. There is a State appointed conversion chart that is posted on our site that all sections will be using.
f. No seed times are permitted from relay splits or oversized tracks over 200 meters
g. No seed performances are permitted if your athlete or relay team was disqualified.
h. Relay seeds must be actual, not composites
i. Six names with competitor numbers should be listed for all relays
j. Seed performances for all meets including the state meet will be the best actual time/jump/throw/vault from any sanctioned meet during the season (November-February)
k. Athletes must have competed in the event during the season (November – February) to receive a seed performance. No athlete will be permitted to compete in a championship meet in an event that they have not established a seed time/jump/throw/vault during that season. Only exception is a Medical Waiver approved by Section VIII

Crossover Meets

a. Athletes are limited to 2 events **(*Take note of the event rules in Formats A & D)**
b. One team card for all unseeded athletes (see Entries section for more explanation on this)
c. Only one measurement under 12' (girls) 17' (boys) will be measured in the Long Jump
d. Only one measurement under 25' (girls) 35' (boys) will be measured in the Triple Jump
e. The first 3 sections of the 600 will be run in lanes as time permits. All others will be scratch start.
f. The first four sections of the 300 will be run in lanes as time permits. All others will be scratch start.
g. Seeded sections will run first
h. The first 2 sections of the 4 x 400 and the 4 x 200 will be run in lanes as time permits.

Clerking Responsibilities (Please share this info with your athletes)

a. All competitors are to report promptly to the clerking area or send a teammate once the event is called. It is the athlete's responsibility to clerk on time. Once an event is clerked, that event is closed.
b. Athletes should come to the clerking area ready to compete (running apparel and shoes)
c. Verbal seeding will be used for the non-seeded sections.
d. It is the athlete's responsibility to notify the clerk if she/he is leaving the clerking area to compete in a field event.
e. No electronics in the clerking area. No cell phones, ipods, etc.

Usage of Blocks/Spikes

a. Spikes may be used at St. Anthony's ONLY in the County and State Qualifier meets.
b. Starting blocks will be provided by St. Anthony's.

Results

a. Results will be posted on www.just-in-time-racing.com

Medical Appeals

a. All athletes must compete in 6 meets prior to the County Championships. Any coach who wishes to submit an appeal based on medical reasons, documented by a licensed physician, must submit the appeal at the end of their last regularly scheduled season contest. However, athletes wishing to compete at the Class County meet MUST compete in 6 meets prior to the County meet regardless of the remainder of the teams' regular season schedule.

State Meet Changes

a. Athletes will wear their own school uniforms. No section shirts will be provided. (Intersectional relay the only exception)
b. During LJ finals: Flight 1 of TJ will start. There will be 3 larger flights in the LJ and TJ. Arrangements will be made for LJ finalists that are also entered in the TJ (no stress)
c. The boys are first this year starting at 9am. The girls will start at 2pm.

Meet Cancellation

a. Meet cancellations will be posted on www.just-in-time-racing.com and trackconference.com
b. All meets held on non-school days (ex. 12/26 and 12/27) will be cancelled prior to 7:30am
c. Coordinators will also use an e-mail data base to contact coaches

Media

a. MSG Varsity TV Contract: The Section 8 contract is for Counties and State Q's ONLY
b. MSG Varsity: News clips are OK. Featured stories can only be at playoffs.
c. State Meet Journal: wherenow.nysphsaa@gmail.com
d. Coaches can submit bios and pictures of past State Meet athletes to be included in a new feature spotlighting past champions/participants.
e. Coaches should not be talking on any online blogs or forums

Electronics

a. Athletes may not have or use cell phones in competition areas. This will result in a DQ.
b. Please make sure parents/athletes know that they cannot view photos or videos of their competition while it is still in progress (ex. - a HJ athlete looking at pictures/video of a previous jump. This will result in a disqualification.

Rules Changes:

a. **Rule 3-1-2**.....No meet official, including the meet referee and the jury of appeals, shall set aside any rule.

b. **Rule 3-2-8**.....The use of electronic device is permitted during meets in unrestricted areas and coaches' boxes; however they **may not** be used for any review of a referee's decision or to communicate with an athlete during a race or trial or in any area of competition.

   1) **The rationale for this was to not fight the existence of technology but to embrace it and manage its use as a coaching tool.**

c. **Rule 4-3-1c**.....Any visible undergarment worn the uniform bottom that does not extend below the knees is now considered a foundation garment (i.e., underwear) and not subject to the "single solid color" rule. An undergarment extending below the knees is still subject to the "single solid color" rule.

   1) This rule has nothing to do with the top of the uniform.
   2) The knee determines the rule
   3) Any logos on that "underwear" are OK
   4) Religious garb supercedes the uniform rule

NOTE:---The officials do not have the responsibility for putting athletes in a legal uniform, but do have the responsibility to enforce the rules. It is the coach who must know the rules and educate their athletes.

d. **Rule 6-2-9**.....Consistent with all field events for communication, a "pass" will be communicated to the event official on or before the start of the trial clock.

   1) **The rationale for this inclusion is that it had never been expressed in throwing event rules before this year and now it is included.**

e. **Rule 7-2-11**.....Pole Vaulters are now subject to a time limit of 1 minute to initiate a trial until 2 or 3 competitors remain.

   1) Pole Vault now falls in line with High Jump, Long Jump, and Triple Jump.

f. **Rule 7-5-24**.....The Pole Vault "Box Collar" padding standards shall be **REQUIRED** for the start of the **2014-2015** track season(beginning December 1, 2014).

   1) **The rationale is that the cost right now is in the area of $600 for the collar due to the fact that there is only 1 vender selling them. The hope is that more venders will arise by next year, driving the cost down to a more reasonable amount.**

Performance Verifications/Best of Season Lists

A coach will have 7 days from the day of a performance to send Tony Toro the time/jump/throw/vault of any competitor that has met the following performance standards. Failure to do so will jeopardize your athletes from using these performances for the Conference, County and State Qualifier meets. A list of the top 30 performances in each event will be posted on the web page.

All updates for "Best of Season" must use the following internet site:

www.just-in-time-racing.com

E-mail address: eltorotf@optonline.net (Tony Toro's e-mail address)

Our web page: www.trackconference.com

Armory web page: www.armoryfoundation.com

Girls Best Peformances

55 meters: 7.9
55 hurdles: 10.0
300 meters: 45.9
600 meters: 1:49
1000 meters: 3:25
1500 meters: 5:15
3000 meters: 11:50
1500 race walk: 9:00
High Jump: 4'6
Long Jump: 14'6
Triple Jump: 30'
Shot put: 27'
Pole Vault: 7'
4 x 200: 2:02
4 x 400: 4:36
4 x 800: 11:00

Boys Best Performances:

55 meters: 6.9
55 hurdles: 9.0
300 meters: 39.0
600 meters: 1:32
1000 meters: 2:50
1600 meters: 4:52
3200 meters: 10:50
High Jump: 5'6
Long Jump: 18'6
Triple Jump: 38'
Shot put: 38'
Pole Vault: 9'
4 x 200: 1:45
4 x 400: 3:50
4 x 800: 9:00

ANNOUNCEMENT PAGE

(Please share with your athletes and their families before first meet)

- No one will be permitted to enter the building until 6pm. Please do not ask. Security has been instructed by St. Anthony's to open doors at 6pm. Remain on your bus until then. We do not want kids standing in the cold.

- After entering the gym, teams will be asked to rise for The National Anthem. Please instruct your athletes to be respectfully quiet and to remove hats and headphones.

- Pole Vault athletes may report directly to the pole vault area to drop off their poles. Only athletes competing in the pole vault are permitted to remain in the area. If girls are vaulting no boys should be over there and vice versa. Only exception is volunteers who have been cleared by meet management.

- No backpack or large bags are permitted. Track/Spike bags are fine.

- No spikes! All shoes will be checked prior to racing. If there are spikes in the shoes, athletes will not be allowed to race. (Spikes will be permitted at the County and State Q meets ONLY)

- Coaches need to remain in designated coaching areas. No athletes/managers are to cross the track at any time unless they are competing

- No food at all in the gym. Water only! (This applies to athletes, coaches and spectators)

- No parents or spectators allowed in designated coaching areas, infield or across the track.

- Teams are expected to clean up the area in which they were sitting.

- Instruct your athletes to keep the bathrooms and hallways clean

- No electronics in the clerking or competition areas (includes phones, ipods, etc) DQ will result!

- No personal chairs will be permitted in the gym.

- Volunteers (athletes or coaches only) are often needed at field events. Inform meet management if you are interested. Athletes will receive community service hours for their time.

- No jewelry

CONFERENCE CHAMPIONSHIPS INFORMATION SHEET

~Coaches must submit an entry blank upon arrival at this meet. Coaches must also place all 3 x 5 cards in the appropriate event boxes upon arrival~

ORDER OF EVENTS	SEEDING/SECTION INFO
3000/3200 FINAL	2 turn stagger; sections TBA
55m Semi	5 seeded sections; winners and fastest 2nd place runner advance to final
1000 FINAL	4 sections; 2 turn stagger
55m FINAL	
600 FINAL	4 sections; 2 in lane, 2 in alley
55m HH FINAL	5/6 sections (5 or 6 lanes)
1500/1600 FINAL	2 seeded sections; 1 turn stagger 1 unseeded section; 2 turn stagger
300m FINAL	4 sections; 2 in lane, 2 in alley
Boys: Short Break	
Girls: 1500m Racewalk	2 sections (?) ; 1 turn stagger
4 x 800m RELAY	2 sections; 2 turn stagger
4 x 400m RELAY	4 sections; 2 turn stagger
4 x 200m RELAY	5 sections; 2 turn stagger
Long Jump, Triple Jump Shot put	3 trials; no final
High Jump	All conferences combined; scored separately

- Conf. Meets are CHAMPIONSHIP meets with 4 place medals in ALL events
- There is a Champion and a Runner-Up plaque awarded to teams
- Top 3 in Individual races will earn All-Conference Honors
- Top Relay will earn All-Conference Honors

Entry Info

- Upon arrival each coach must hand in a Section 8 Entry blank and 3 x 5 card for each athlete they have entered in the meet
- Each team is permitted 3 scorers in each individual event
- Each team is permitted 1 relay in each relay event
- Seed performances must be verifiable -- not estimates!
- The LJ and TJ count as one of the 3 events permitted per athlete for the selected athletes only. Rejected athletes will be permitted to enter 3 events.
- Coaches should list 2nd best performances for LJ and TJ to be used in the event of a tie when the selected field is being decided.
- Each conf. is allotted 12 LJ and 12 TJ entries. These entries must be e-mailed to Tony Toro and your respective coordinator 4 days before your team's scheduled Conf. Meet date. Selected athletes will be posted on the website the day before the Conf. Meet.
- Tony Toro: eltorotf@Optonline.net
- Kristin Frazer (GIRLS): kristinfrazer@gmail.com
- Dennis Kornfield (BOYS): suziekorn@aol.com

Meet Management

- Make sure all athletes are aware of rules regarding conflicts with events (ex. 55 and LJ at same time)
- If your athlete NEEDS (not wants) to take consecutive jumps it needs to happen DURING competition and officials will rotate the athletes who NEED to do this. No official jumps occur during warm-ups.
- Numbers determine the running of sections. We could run combined unseeded sections in events.
- 4 x 800 could be one race if the numbers are very low or if time becomes a factor.

COUNTY CHAMPIONSHIPS INFORMATION SHEET

~Coaches must submit an online entry by Monday, Jan. 27th ~

Order of Events	Accepted Number of Athletes
Boys 3200 FINAL	16
Girls 3000 FINAL	16
Boys 55 SEMI	18
Girls 55 SEMI	18
Boys 1000 FINAL	22
Girls 1000 FINAL	22
Boys 55 FINAL	Bring back 6
Girls 55 FINAL	Bring back 6
Boys 600 FINAL	20
Girls 600 FINAL	20
Boys 55 HH SEMI	18
Girls 55 HH SEMI	18
Break	
Girls 55 HH FINAL	Bring back 6
Boys 55 HH FINAL	Bring back 6
Girls 1500 FINAL	22
Boys 1600 FINAL	22
Girls 300 FINAL	20
Boys 300 FINAL	20
Girls 1500 Racewalk FINAL	16
Boys 4 x 800 FINAL	12
Girls 4 x 800 FINAL	12
Boys 4 x 400 FINAL	12
Girls 4 x 400 FINAL	12
Boys 4 x 200 FINAL	12
Girls 4 x 200 FINAL	12
Shot put : Boys followed by girls	10
High Jump: Girls followed by boys	10
Long Jump: Boys followed by girls	10
Triple Jump: Boys followed by girls	10
Pole Vault	10

General Info

- County Meets are CHAMPIONSHIP meets with 4 place medals in ALL events
- There is a Champion and a Runner-Up plaque awarded to teams
- Top 3 in Individual races will earn All-County Honors
- Top Relay will earn All-County Honors
- Scoring is : 10 - 8 - 6 - 4 - 2 - 1
- Only coaches can scratch an athlete and must do so before the event is clerked
- All horizontal jumpers/throwers will be allotted 3 attempts. The top 6 will have an additional 3 attempts.

Entry Info

- Coaches must submit their entries online by Monday, January 27th. Detailed instructions to follow.
- Each team is permitted 3 scorers in each individual event
- Each team is permitted 1 relay in each relay event (List 6 names with numbers on relay cards. Relay counts as one event for each of the 6 athletes listed.

STATE QUALIFIER INFORMATION SHEET

~Coaches must submit an ONLINE ENTRY by Sunday, February 9th~

Order of Events	Number of Accepted Athletes	Standard for 3rd place finisher to qualify for States FAT time (Hand time)
Boys 4 x 400 SEMI	12	
Girls 4 x 400 SEMI	12	
Boys 4 x 200 SEMI	12	
Girls 4 x 200 SEMI	12	
Boys 3200 FINAL	12	9:42.24 (9:42.0)
Girls 3000 FINAL	12	10:21.14 (10:20.9)
Boys 55 SEMI	12	
Girls 55 SEMI	12	
Boys 1000 FINAL	12	2:35.24 (2:35.0)
Girls 1000 FINAL	12	3:02.24 (3:02.0)
Boys 55 FINAL	Bring back 6	6.74 (6.5)
Girls 55 FINAL	Bring back 6	7.44 (7.2)
Boys 600 FINAL	15	1:24.74 (1:24.5)
Girls 600 FINAL	15	1:38.74 (1:38.5)
Boys 300 SEMI	15	
Girls 300 SEMI	15	
Boys 55 HH SEMI	12	
Girls 55 HH SEMI	12	
Break		
Girls 55 HH FINAL	Bring back 6	8.74 (8.5)
Boys 55 HH FINAL	Bring back 6	7.94 (7.7)
Girls 1500 FINAL	12	4:49.54 (4:49.3)
Boys 1600 FINAL	12	4:28.74 (4:28.5)
Boys 300 FINAL	Bring back 5	36.74 (36.5)
Girls 300 FINAL	Bring back 5	41.34 (41.1)
Girls 1500 Racewalk	12	7:28.24 (7:28.0)
Possible Break		
Boys 4 x 800 FINAL	12	
Girls 4 x 800 FINAL	12	
Boys 4 x 400 FINAL	5	
Girls 4 x 400 FINAL	5	
Boys 4 x 200 FINAL	5	
Girls 4 x 200 FINAL	5	
Shot put: Boys/Girls	10: 4 advance to final	Boys: 52' 0 / Girls: 37' 07"
Long Jump: Boys/Girls	8: 4 advance to final	Boys: 21'06" / Girls: 17' 02"
High Jump: Girls/Boys	8: 4 advance to final	Boys: 6' 04" / Girls: 5' 03"
Triple Jump: Boys/Girls	8: 4 advance to final	Boys: 43' 06" / Girls: 36' 01"
Pole Vault	8: 4 advance to final	Boys: 13' 0 / Girls: 10' 0

General Info

- 1st and 2nd place at this meet qualify for the State Championships (1st place in relay events qualifies for the State Meet).
- The third place finisher in any event may qualify for the State Championships if they have met the listed standard at ANY TIME during the season.
- The first non-qualifier in the 300, 600, 1000 and 1500/1600 will qualify for the State Meet Intersectional Medley relay team. This could be the 3rd or 4th place finisher.
- Jumpers and Throwers will all be allotted 3 jumps/throws. The 4 finalists will be allotted 3 more jumps/throws.
- Schools are permitted to enter 3 athletes in all events except the **300, 600, 1000 and 15/1600**. **Schools may enter 4 athletes in these events ONLY**.
- **THERE ARE NO SCRATCHES ON THE DAY OF THE MEET!!!!!!!**