

**Section XI Winter Track
Section XI Coordinator – Anthony Toro
Girls’ Winter Track President – Vincent Ungaro**

Girls’ League Chairperson

League 1	Norman Daniels	Brentwood
League 2	Jim Crowley	Connetquot
League 3	Matt Brown	Comsewogue
League 4	Paul Koretzy	SWR
League 5	Bill Dwyer	Mt. Sinai

2017 – 2018 Section XI Girls’ Winter Track Schedule

Day	Date	Time	Girls	Meet
Sunday	12/03/2017	9:00 AM - 8:00 PM	G	Crossover A (4 Meets each 2 3/4)
Saturday	12/09/2017	9:00 AM - 8:00 PM	G	Crossover B (4 meets each 2 3/4)
Sunday	12/17/2017	9:00 AM - 8:00 PM	G	Crossover C (4 meets each 2 3/4)
Saturday	1/06/2018	9:00 AM - 8:00 PM	G	Crossover D (4 meets each 2 3/4)
Monday	1/08/2018	5:00 PM - 9:00 PM	G	Girls Relays Leagues 1,2
Tuesday	1/09/2018	5:00 PM - 10:00 PM	G	Girls Relays Leagues 3,4,5
Saturday	1/13/2018	9:00 AM - 4:00 PM	G	Art Mitchell
Sunday	1/21/2018	9:00 AM - 7:00 PM	G	League Championships (5-1-2-3)
Friday	1/26/2018	5:00 PM – 7:30 PM	G	League 4
Sunday	1/28/2018	9:00 AM - 3:00 PM	G	Jim Howard
Saturday	2/03/2018	10:00 AM – 2:00:PM	G	Girls Small County Championships
Sunday	2/04/2018	10:00 AM – 2:00:PM	G	Girls Large County Championships
Monday	2/12/2018	5:00 PM – 9:00 PM	B/G	State Qualifier

An athlete must have competed in six meets prior to the Large/Small School Championships

An athlete is only permitted 15 contests, not including the Team Championships and State Qualifier Meet An

athlete must have 10 practices before the first contest (meet)

2017 – 2018 League Placement

<u>GIRLS WINTER TRACK</u> (Approved 3/13/17)		
<p><u>League 1</u> Brentwood Longwood William Floyd Patchogue-Medford Middle Country Sachem East Ward Melville Commack Sachem North Central Islip</p>	<p><u>League 2</u> Connetquot Northport Lindenhurst Walt Whitman Bay Shore Riverhead HH Hills East Smithtown West Smithtown East Copiague</p>	<p><u>League 3</u> Huntington 1118 North Babylon 1094 West Islip 1093 Deer Park 1001 Bellport 961 Eastport-S Manor HH Hills West Comsewogue West Babylon East Islip</p>
<p><u>League 4</u> Hauppauge Kings Park Harborfields Rocky Point Islip Westhampton EH/BH/Pier Sayville Amityville Miller Place Shoreham-WR</p>	<p><u>League 5</u> Mt. Sinai Bayport-Blue Pt. Elwood-J Glenn Southampton Large Schools 1000 and Higher Hampton Bays Center Moriches Small Schools 999 and Lower Babylon Mattituck/Southold McGann-Mercy Port Jefferson Greenport/Southold Shelter Island</p>	

Girls Crossover A

Sunday, December 3, 2017

Two Events Only

800 meter walk

9:00 AM - 11:45 AM

11:45 AM - 2:30 PM

Connetquot	Long	Middle Country	Triple
North Babylon		West Islip	
Ward Melville		East Hampton	
Brentwood		Miller Place	
Mercy		Wm. Floyd	Long
Riverhead		Bellport	
Deer Park		Westhampton Beach	
Kings Park		Islip	
Northport	Triple	Shoreham Wading River*	
Longwood		Patchogue/Medford	
Huntington		Half Hollow Hills East	
Copiague		Bay Shore	
Half Hollow Hills West		Sachem North	
Smithtown West		Center Moriches	
		Shelter Island	
		Greenport/Southold	

Two Events Only

800 meter walk

2:30 PM - 5:15 PM

5:15 PM - 8:00 PM

Southampton		Commack	Long
John Glenn		Smithtown East	
Lindenhurst		Harborfields	
Amityville		Walt Whitman	
Sachem East		Babylon	
Hampton Bays	Long	West Babylon	
Eastport South Manor		Port Jefferson*	
Comsewogue		Sayville	
Hauppauge		Rocky Point	Triple
Mount Sinai	triple	Bayport/Blue Point	
East Islip		Stony Brook	
Mattituck		Central Islip	

*Denotes meet director

Girls Crossover B

Saturday, December 9, 2017

Two Events only

9:00 AM - 11:45 AM

Brentwood
 Westhampton
 Lindenhurst
 Northport
 North Babylon
 East Islip
 Huntington
 Kings Park
 Amityville
John Glenn
 West Islip
 Smithtown East
Center Moriches

Sayville

Triple

Long

11:45 AM - 2:30 PM

Southampton
 Commack
 Copiague
 West Babylon
 Harborfields
 Sayville
 Bayport/Blue Point (Long)
 Hampton Bays
 Central Islip
HHH East
 East Hampton
Sachem North
 Mattituck (Triple)
Greenport/Southold/Shelter Island
Bellport

Two Events only

2:30 PM – 5:15 PM

Longwood Triple
 Wm. Floyd
Connetquot
 Bay Shore
 Riverhead
 HHH West
 Eastport South manor Long Jump
 Islip
Mt. Sinai
 SWR
 Mercy
 Port Jefferson
Stony Brook

5:15 PM - 8:00 PM

Hauppauge (Triple)
 Deer Park
 Ward Melville
 Sachem East
 Walt Whitman
 Smithtown West
 Rocky Point
Middle Country
 Patchogue/Medford
 Babylon
 Comsewogue
 Miller Place (Long)

* Denotes meet director

Girls Crossover C

Sunday, December 17, 2017

Two events except 6 athletes from each team may compete in 3 events. Must declare athletes.

9:00 AM - 11:45 AM

Sayville
 Longwood
 Smithtown East
 Stony Brook
 Walt Whitman
 East Hampton
 West Babylon
 East Islip
 Hauppauge
***Sachem North**
 Commack
 Westhampton
 Southampton
Center Moriches
 Shelter Island
 Greenport/Southold

Triple

11:45 AM - 2:30 PM

Middle Country
***Miller Place**
 Half Hollow Hills East
 Shoreham Wading River
 Ward Melville
 Eastport South Manor
 Port Jefferson
 Riverhead
 Rocky Point
 Hampton Bays
 William Floyd
 Northport
 Sachem East
 Smithtown West
 Mattituck

Long

Long

Triple

2:30 PM – 5:15 PM

Babylon
 Harborfields
Bayport/Blue Point
 Bellport
 Brentwood
 Mercy
 Central Islip
 North Babylon
Comsewogue*
 Connetquot
 Half Hollow Hills West
 Islip

Triple

Long

5:15 PM – 8:00 PM

Deer Park
 West Islip
 Bay Shore
 Amityville
 Huntington
 Patchogue/ Medford
 Mt. Sinai
***John Glenn**
 Kings Park
 Lindenhurst
 Copiague

Triple

Long

* Denotes meet director

Girls Crossover D

Saturday, January 6, 2018

9:00 AM – 11:45 AM

Riverhead	
Smithtown West	Long
Eastport South Manor	
Hampton Bays	
Babylon	
Copiague	
West Babylon	
Sayville	
Smithtown East	
John Glenn *	
Half Hollow Hills East	Triple
Deer Park	
Bay Shore	

11:45 AM – 2:30 PM

Connetquot	
Patchogue/Med.	
Shoreham Wading River*	
Brentwood	
Islip	Triple
Commack	
Middle Country	
Walt Whitman	
Amityville	
Rocky Point	
Central Islip	
Sachem East	
Ward Melville	Long
Greenport/Southold	
Shelter Island	

2:30 PM – 5:15 PM

Mercy	
Center Moriches	
Lindenhurst	Long
Harborfields	
West Islip	
Sachem North	
Mattituck	
Southampton	
Westhampton	Triple
East Hampton	
Miller Place	
Port Jefferson	
Bayport/Blue Point	

5:15 PM – 8:00 PM

*Bellport	Long
East Islip	
Kings Park	
Longwood	
Comsewogue	
Huntington	
Mount Sinai *	
Hauppauge	
Half Hollow West	Triple
William Floyd	
Northport	
North Babylon	

ZEITLER RELAYS

Monday, January 8, 2018

5:00 PM – 9:00 PM Leagues 1 & 2

Two Person relays must use the two person relay cards

Leagues 1 & 2 Order of events:

Athletes are only permitted two events

High Jump (2 person) Combined
Shot Put (2 person) League 1 then League 2
4 x 1600m Relay (only one team per school)
SMR (only one team per school (4/2/2/8))
4 x 800
4 x 200
Hurdle Relay (3 person)
4 x 400
Walk Relay (2 person) – Coaches will add the 2 times and hand in at finish
DMR (only one team per school)
Long Jump (2 person) League 2 Then League 1
Rakers – Brentwood & Walt Whitman

Triple Jump (2 person) League 2 Then League 1
Rakers – Bay Shore & West Islip

ZEITLER RELAYS

Tuesday, January 9, 2018 5:00 PM – 10:00 PM

Leagues 3 – 4 - 5

Leagues 3/4/5 Order of events:

Athletes are only permitted two events

High Jump (2 person) (Combined Leagues)
Shot Put (2 person) League 5, League 4, League 3
DMR (only one team per school)
SMR (only one team per school (4/2/2/8))
4 x 800
4 x 200
Hurdle Relay (3 person)
4 x 400
Walk Relay (2 person) Coaches will add the 2 times and hand in at finish

Long Jump (2 person) League 3, League 4, League 5
Rakers – Harborfields - Babylon - Bellport

Triple Jump (2 person) League 5, League 3, League 4

Rakers – Kings Park - Eastport South Manor – Mt. Sinai

Art Mitchell Memorial Track & Field Meet
Saturday, January 13, 2018
9:00 AM – 4:00 PM

Athletes may only compete in two events (relays count as an event).
All relay teams are combined (Frosh/Soph/Open)
A school is only permitted three relay teams per event.
Freshmen will compete first, followed by Sophomore and Open)
All events are final on time
Medals for the first three in each event. (Will need someone to hand out)

One measurement under 15' for the Shot Put
One measurement under 12' for the Long Jump
One Measurement under 25' for the Triple Jump

Rakers: John Glenn, Comsewogue, SWR, Hampton Bays

Order of Events (sections/flights)

3000m Run	(3 Sections – Coaches should count their runners laps)	
55m Dash	FAT – Frosh 6 – Soph 6 – Open 12	
1000m Run	2 Sections for each class	
600m Run	Frosh 4 – Soph 4 – Open 6	
55m Hurdles	All	
1500m Run	2 Sections for each class	
300m Dash	6 sections for each class	
1500m Walk	3 sections	
4 x 400m	6 races	
4 x 200m	6 races (could have more)	
4 x 800m	2 sections	
High Jump	4' – 4'3 – 4'6 – 4'8 – 4'10 – 5'	Combined then separated
Long Jump		
Triple Jump		
Shot Put		

Girls' League Championships

Sunday, January 21, 2018

LEAGUE 4	5:00 PM – 7:30 PM	Friday, January 26, 2018
LEAGUE 5	9:00 AM – 11:30 AM	
LEAGUE 1	11:30 AM – 2:00 PM	
LEAGUE 2	2:00 PM – 4:30 PM	
LEAGUE 3	4:30 PM – 7:00 PM	

Jury of Appeals: All League Representatives.

All individual seed cards must be handed in 30 minutes prior to the meet.
 Relay cards must be handed in after the 300m dash.
 All cards must contain name, competitor number, school, event and seedtime.
 Coaches are meeting 15 minutes prior to the meet.

- a. Schools may enter three athletes in each event.
- b. Each school is allowed only one relay team in 800/1600/3200 relays. b. Athletes may enter three events.
- c. Top 18 athletes in the 55 Meter Dash and 55 Meter Hurdles will be seeded.
- d. Seeded sections will run last.
- e. Shot Put - 3 throws, 7 to the final
- f. High Jump - 4' - 4' 3 - 4' 6" - 4' 8" to 4' 10" then 1" thereafter
- g. Triple Jump then Long Jump - 3 jumps (no finals due to time)

Order of events:

3000m		Final
55 Dash	6 fastest Advance	
1000m		final
55 Dash		final
55 High Hurdles	6 fastest Advance	
600m		final
55 High Hurdles		final
1500m Run		final
300m		final
1500m Walk		final
4 x 400m		final
4 x 200m		final
4 x 800m		final

Jim Howard Memorial Meet

Sunday, January 28, 2018

9:00 AM – 3:00 PM

Each team can enter 8 athletes per individual event.
 Each team can enter 3 athletes in the triple and long jumps
 An athlete can only compete in 3 events.

Awards for the top 4 in each class
Run at same time then separated

Large Schools Small Schools

ORDER OF EVENTS:

1500	Combined	(5 races)	(6:00 – Break)
600	Combined	(8 races)	(2:00 – break in)
55	Large then Small	(12 large/12 small)	
HH	Large then Small	(8 large/8 small)	
1000	Combined	(4 races)	(3:45 – break in)
300	Large then Small	(8 large/8 small)	(49 – Break in)

3000 and 1500 Walk at the same time
 Coaches will time and count laps for 3000m

High Jump	Combined		
Shot Put	Large then Small		
Long Jump First (3)	Small then Large	Amityville	Huntington
Triple Jump (3)	Small then Large	Hauppauge	Miller Place

Section XI Team Championships
Girls' Small School Time Schedule
Thursday, February 1, 2018
(5:00 PM – 9:00 PM)

5:00 PM	Warm ups	
5:05 PM	Clerking of running events, Triple Jump, High Jump, Shot Put	
5:10 PM	55 Meter High Hurdle	6 fastest Advance
5:20 PM	55 Meter Dash	6 fastest Advance
5:30 PM	3000 Meter Run	2 – Sections – Seeded first
6:00 PM	55 Meter High Hurdle	Final
6:10 PM	55 Meter Dash	Final
6:15 PM	1000 Meter Run	
6:30 PM	1500m Walk	Seeded
6:45 AM	300 Meter Dash	3 heats picking 2
7:00 PM	600 Meter Run	Final
7:10 PM	1500 Meter Run	2 Sections – seeded first
7:30 PM	300 Meter Dash	Final
7:35 PM	1500 Meter Walk	
7:50 PM	4 x 800 Meter Relay	Final
8:10 PM	4 x 400 Meter Relay	Final
8:35 PM	4 x 200 Meter Relay	Final

Triple Jump then Long Jump

Section XI Team Championships
Girls' Large School Time Schedule
Sunday, February 4, 2018
(10:00 AM – 2:00 PM)

10:00 AM	Warm ups	
10:05 AM	Clerking of running events, Triple Jump, High Jump, Shot Put	
10:10 AM	55 Meter High Hurdle	6 fastest Advance
10:20 AM	55 Meter Dash	6 fastest Advance
10:30 AM	3000 Meter Run	2 – Sections – Seeded first
11:00 AM	55 Meter High Hurdle	Final
11:10 AM	55 Meter Dash	Final
11:15 AM	1000 Meter Run	
11:30 PM	1500m Walk	Seeded
11:45 AM	300 Meter Dash	3 heats picking 2
12:00 PM	600 Meter Run	Final
12:10 PM	1500 Meter Run	2 Sections – seeded first
12:30 PM	300 Meter Dash	Final
12:35 PM	1500 Meter Walk	
12:50 PM	4 x 800 Meter Relay	Final
1:10 PM	4 x 400 Meter Relay	Final
1:35 PM	4 x 200 Meter Relay	Final

Triple Jump then Long Jump

**Section XI Indoor State Qualifying Meet
Individual Championships
Monday, February 12, 2018**

RUNNING EVENTS:

Meet may not run more than 10 minutes faster than scheduled.

Time Schedule

5:00 PM	Clerking		
5:10 PM	55 Meter Hurdles	(G/B)	Winner and next three fastest
5:25 PM	55m Dash	(G/B)	Winner and next three fastest
5:35 PM	3000m Run		
6:00 PM	4 x 400 Trials	(G/B)	2 heats pick 3
6:20 PM	4 x 200 Trials	(G/B)	2 heats pick 3
6:35 PM	3200m Run	Final	
6:50 PM	55 Meter Hurdles	Final	(B/G)
7:00 PM	55 Meter Dash	Final	(G/B)
7:10 PM	1000m Final	Final	(G/B)
7:25 PM	1500m Walk	Final	
7:40 PM	300m Dash	Semi's	2 heats pick three (G/B)
7:50 PM	600m Run	Final	
8:05 PM	1500m/1600m	(G/B)	2 Sections of 8/8 (G/B)
8:25 PM	300m Dash	Final	(G/B)
8:40 PM	4 x 800 Final	(G/B)	2 turn box
9:00 PM	4 x 400 Final	(G/B)	2 turn box
9:10 PM	4 x 200 Final	(G/B)	3 turn stagger

FIELD EVENTS:

TBA	Weight Throw	
TBA	Pole Vault	
5:00 PM	Boys Triple Jump	Raker ???
6:00 PM	Girls Triple Jump	Raker ???
7:00 PM	Boys Long Jump	Raker ???
8:00 PM	Girls Long Jump	Raker ???
5:00 PM	Girls High Jump	
6:30 PM	Boys High Jump	
5:00 PM	Girls Shot Put	
6:30 PM	Boys Shot Put	