

## 2011 - 2012 Boys Winter Track Schedule

Day	Date		Time	Meet
Thursday	12/1/2011		5:00 PM - 10:00 PM	Crossover A (2 Meets each 2 1/2)
Friday	12/2/2011		5:00 PM - 10:00 PM	Crossover A (2 Meets each 2 1/2)
Sunday	12/4/2011		9:00 AM - 7:00 PM	Crossover B (4 meets each 2 1/2)
Saturday	12/17/2011		9:00 AM - 7:00 PM	Crossover C (4 meets each 2 1/2)
Monday	12/19/2011		5:00 PM - 10:00 PM	Crossover D (2 meets each 2 1/2)
Thursday	1/5/2012		5:00 PM - 10:00 PM	Crossover D (2 meets each 2 1/2)
Sunday	1/8/2012		9:00 AM - 2:00 PM	Frosh/Soph Championships
Saturday	1/14/2012		9:00 AM - 5:00 PM	Crossover E (2 meets each 4 hours)
Friday	1/20/2012		5:00 PM - 10:00 PM	League Championships (1 and 2)
Sunday	1/22/2012		10:00 AM - 4:00 PM	Coaches Meet
Friday	1/27/2012		5:00 PM - 10:00 PM	League Championships (3 and 4)
Tuesday	1/31/2012		5:00 PM - 7:30 PM	League Championships 5
Saturday	2/4/2012		10:00 AM - 2:00 PM	County Championships Large Schools
Saturday	2/4/2012		2:30 AM - 6:30 PM	County Championships Small Schools
Sunday	2/12/2012		11:00 AM - 3:30 PM	State Qualifier
Monday	2/13/2012		Snow Day Make-up	

**An athlete is only permitted 15 contests not including the Team Championships and State Qualifier Meets**

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

# League and Class Placement

## **League 1**

Brentwood  
Middle Country  
William Floyd  
Longwood  
Patchogue-Medford  
Commack  
Ward Melville  
Sachem North  
Sachem East  
Lindenhurst

## **League 2**

Connetquot  
Northport  
Bay Shore  
Central Islip  
West Islip  
Walt Whitman  
H H Hills East  
Smithtown West  
Smithtown East

## **League 3**

**East Islip**  
**North Babylon**  
**Riverhead**  
**West Babylon** 1145  
**Copiague** 1126  
**HHH West** 1069  
**Hauppauge** 1020  
**Deer Park** 1018  
**Bellport** 1016

## **League 4**

Comsewogue  
Huntington  
Kings Park  
Eastport-South Manor  
Islip  
Harborfields  
Sayville  
Rocky Point  
Miller Place  
Westhampton

## **League 5**

East Hampton/BH  
Amityville  
Elwood-J Glenn  
Shoreham-WR  
Mt. Sinai  
Bayport-Blue Pt.  
Southampton  
Babylon  
Ross/Pierson  
McGann-Mercy  
Port Jefferson

Large school 1100 and higher

Small schools 1099 and lower

# Boys Crossover A

Thursday - 12/1/2011

## Suffolk West

5:00 PM - 7:30 PM

Kings Park  
 Ward Melville  
 Sachem North  
 Bay Shore  
 Riverhead  
**Bellport**  
 Southampton  
**Half Hollow Hills West\***  
 Shoreham Wading River  
 John Glenn  
 Harborfields  
 Eastport South Manor  
**Smithtown West**

Triple

Long

7:30 AM - 10:00 PM

**William Floyd**  
 Central Islip  
**Commack \***  
**West Islip**  
 Copiague  
 Sachem East  
 Babylon  
 Miller Place  
 Longwood  
 Deer Park  
 Huntington  
 Islip

Long

Triple

# Boys Crossover A

Friday - 12/2/2011

## Suffolk West

5:00 PM - 7:30 PM

**North Babylon \***  
 Westhampton  
 Lindenhurst  
 East Hampton  
**Walt Whitman**  
 East Islip  
 Hauppauge  
 Middle Country  
 Amityville  
**Rocky Point**  
 Ross  
 Half Hollow Hills East

Long

Triple

7:30 AM - 10:00 PM

Comsewogue  
**Smithtown East**  
 Connetquot  
 Northport  
 Brentwood  
 Patchogue/Medford  
 West Babylon  
 Sayville  
**Mount Sinai**  
 Bayport/Blue Point  
**Port Jefferson\***  
 Mercy

Long

Triple

\* Meet Director

# Boys Crossover B

## Suffolk West

Sunday 12/4/2011

9:00 AM - 11:30 AM

Mercy  
 Miller Place  
 Patchogue/Med.  
**North Babylon**  
 Deer Park  
**Copiague \***  
 Babylon  
**John Glenn**  
 Bay Shore  
 Lindenhurst  
 Central Islip  
 Islip

**Triple**

**Long**

11:30 AM - 2:00 PM

**Port Jefferson**  
 West Islip  
 Northport  
 Ward Melville  
 Brentwood  
**Half Hollow Hills West \***  
 Comsewogue  
 Southampton  
 Bayport/Blue Point  
**Commack**  
 Bellport  
 Walt Whitman

**Long Jump**

**Triple**

2:00 PM - 4:30 PM

Hauppauge  
 Sachem East  
**Longwood**  
 Huntington  
**Mount Sinai \***  
 East Islip  
 Smithtown East  
**Kings Park**  
 Amityville  
 Wm. Floyd  
 Sayville  
 West Babylon

**Triple**

**Long**

4:30 PM - 7:00 PM

East Hampton  
**Middle Country**  
**Half Hollow Hills East\***  
 Connetquot  
 Westhampton  
 Riverhead  
**Sachem North**  
 Rocky Point  
 Shoreham Wading River  
 Harborfields  
 Ross  
 Eastport South Manor  
 Smithtown West

**Triple**

**Long**

\* Denotes Meet Director

# Boys Crossover C

Saturday 12/17/2011

## Suffolk West

9:00 AM - 11:30 AM

**Riverhead**  
Shoreham Wading River  
Patchogue/Med.  
West Babylon  
Mount Sinai  
Connetquot  
Rocky Point  
East Islip  
Bay Shore  
**Half Hollow Hills West\***  
Huntington  
**Central Islip**  
Ward Melville

**Long**

**Triple**

11:30 AM - 2:00 PM

William Floyd  
Miller Place  
Harborfields  
Commack  
Sachem North  
Northport  
Sayville  
**Longwood**  
West Islip  
Port Jefferson  
Ross  
**Half Hollow Hills East**

**Triple**

**Long**

2:00 PM - 4:30 PM

Lindenhurst  
Southampton  
Mercy  
Westhampton  
**Comsewogue \***  
**Eastport Southmanor**  
East Hampton  
Deer Park  
Smithtown East  
Bellport  
John Glenn  
**Sachem East**

**Long**

**Triple**

4:30 PM - 7:00 PM

Hauppauge  
Copiague  
North Babylon  
Kings Park  
Babylon  
Walt Whitman  
Brentwood  
Smithtown West  
**Bayport/Blue Point**  
Middle Country  
Islip  
**Amityville**

**Triple**

**Long**

\* Meet Director

# Boys Crossover Meet D

Monday 12/19/2011

## Suffolk West

5:00 PM - 7:30 PM

Middle Country

Miller Place

Mount Sinai

Shoreham Wading River

Southampton

Westhampton

Port Jefferson \*

Riverhead

Rocky Point

Ross

William Floyd

Walt Whitman

Eastport Southmanor

Long

Triple

7:30 PM - 10:00 PM

Sayville

Longwood \*

Smithtown East

Northport

Huntington

Ward Melville

West Babylon

West Islip

Patchogue/ Medford

Sachem North

Central Islip

Half Hollow Hills West

Triple

Long

# Boys Crossover Meet D

Thursday 1/5/2012

## Suffolk West

5:00 PM - 7:30 PM

Half Hollow Hills East \*

Babylon

Mercy

Bayport/Blue Point

Copiague

Brentwood

Smithtown West

East Hampton

North Babylon

Comsewogue

Connetquot

Islip

Triple

Long

7:30 PM - 10:00 PM

Belport

Deer Park

East Islip

Bay Shore

Amityville

Harborfields

Hauppauge

Commack

John Glenn\*

Kings Park

Sachem East

Lidenhurst

Triple

Long

\* Meet Director

**Boys Crossover Meet E**  
Saturday 1/14/2012  
**Suffolk West**

9:00 AM - 1:00 PM

All Small Schools

**Boys Crossover Meet E**  
Saturday 1/14/2012  
**Suffolk West**

1:00 PM - 5:00 PM

All Large Schools

# Freshmen Sophomore Championships

Sunday, January 8, 2012

9:00 AM - 2:00 PM

Meet Director: Joe Reilly (Longwood)

## AWARDS:

MEDALS TO THE TOP 4 IN EACH CLASS.

Sophomore compete first then Freshman

## MEET INFORMATION:

- 1) THERE WILL BE SEPARATE FROSH AND SOPH DIVISIONS FOR ALL EVENTS.
- 2) NUMBERS ARE REQUIRED FOR ALL ATHLETES.
- 3) VERBAL SEEDING FOR INDIVIDUAL EVENTS. CARDS NEEDED FOR RELAYS.  
(PLEASE INCLUDE COMPETITOR NUMBERS)
- 4) TWO INDIVIDUAL EVENTS PER ATHLETE. EACH SCHOOL IS ALLOWED TO RUN THREE RELAYS TOTAL.
- 5) RELAYS DO COUNT IN TEAM SCORING.
- 6) SCORING: 10-8-6-4-2-1
- 7) 55 METER DASH AND HURDLES: ONLY THE TOP 18 WILL BE SEEDED FOR THE FINAL. FROM THOSE THREE HEATS, ADVANCE TWO. ALL OTHERS WILL RUN IN NON-QUALIFYING HEATS.

FRESHMEN CAN RUN ON SOPHOMORE RELAYS, BUT SOPHOMORES MAY NOT RUN ON FRESHMEN RELAYS.

## Order of Events

### Shot Put

LONG JUMP (first)

TRIPLE –(second)

High Jump

### Only one measurement under 25'

Raker: Harborfields/Pat-Medford

No Finals

Raker: Bay Shore/Southampton

No Finals

Starting at 4'9 - 5' - 5'3 - 5'6 - 5'8 - 5'10 - 6' - then 1 inch

55 METER HURDLES SEMIS

3200 Meter Run

55 METER HURDLES FINAL

55 METER DASH SEMIS

600 Meter Run

55 METER DASH FINAL

1000 Meter Run

300 Meter Dash

1600 Meter Run

4 x 400 METER RELAY

4 x 200 METER RELAY

4 x 800 METER RELAY

# Coaches Last Chance Meet

Suffolk West

10:00 AM - 4:00 PM

Sunday, January 22, 2012

Meet Director:

TBA

## Meet Information:

- 1 Each school is permitted 3 athletes per event and one relay team per relay event. Additional athletes may be entered provided they meet the qualifying standards (Best of the Season) and are listed on the Best of the Season. An additional relay may be added provided they have also met the qualifying standards. No team is permitted to run more than two relay teams.
- 2 An athlete may only compete in two open events and a relay.
- 3 This is a championship meet to give our better athletes an opportunity to improve their performances, there are no freshmen events.
- 4 Medals for the top 4 in each event

## SCHEDULE OF RUNNING EVENTS

1	3200M Run	10:50				
2	55m Dash	7.14	6 fastest advance	10-5-1-4-7-11	9-6-2-3-8-12	17-15-13-14-16-18
3	1000m Run	2:50				
4	55m Dash					
5	55HH	9.24	6 fastest advance	10-5-1-4-7-11	9-6-2-3-8-12	17-15-13-14-16-18
6	600m Run	1:32.24	Preferred lanes3-4-5-6-2-1			
7	55HH					
8	1600m Run	4:52.24				
9	300m Dash	39.24	Preferred lanes3-4-5-6-2-1			
10	4 x 800	9:00				
11	4 X 400	3:50	Preferred lanes3-4-5-6-2-1			
12	4 X 200	1:45	Preferred lanes3-4-5-6-2-1			

## FIELD EVENT SCHEDULE

10	High Jump	5'6	Start at: 5' - 5'3 - 5'6 - 5'8 - 5'10 - 6' - then 1 inch
11	Shot Put	38'	One measurement under 30'
12	Long Jump	18'6	One measurement under 17'
13	Triple Jump	38'	One measurement under 36'

Long Jump  
Triple Jump

Rakers  
Rakers

Northport and Deer Park  
Copiague and Brentwood

23 gold

23 silver

46 bronze

92 medals



# SECTION XI TEAM CHAMPIONSHIPS

## BOYS LARGE SCHOOL TIME SCHEDULE

Suffolk West ( 10:00 AM - 2:00 PM )

**Saturday, February 4, 2012**

Events will not start 10 minutes before the scheduled times

10:00 AM	Warm ups				
10:15 AM	Clerking of running events, Long Jump, High Jump, Shot Put				
10:20 AM	3200 Meter Run		Seeded	2 turn box	
10:35 AM	55 Meter Dash	6 Fastest Advance	(10-5-1-4-7-11)	(9-6-2-3-8-12)	(17-15-13-14-16-18)
10:45 AM	3200 Meter Run		Unseeded	2 turn box	
11:00 AM	55 Meter Dash		Final		
11:10 AM	1000 Meter Run		Final	2 turn box	
11:25 AM	300 Meter Dash		Semi's	3 heats picking 2	
11:40 AM	55 Meter High Hurdle	6 Fastest Advance	(10-5-1-4-7-11)	(9-6-2-3-8-12)	(17-15-13-14-16-18)
11:50 AM	600 Meter Dash	Lanes (3-4-5-6-2-1)	Final	2 turn stagger	
12:05 PM	1600 Meter Run		Seeded	2 turn box	
12:15 PM	55 Meter High Hurdles		Final		
12:20 PM	300 Meter Dash	Lanes (3-4-5-6-2-1)	Final		
12:25 PM	1600 Meter Run		Unseeded	2 turn box	
12:45 PM	4 x 800 Meter Relay		Final	2 turn box	
1:05 PM	4 x 400 Meter Relay		Final	2 turn lane	
1:25 PM	4 x 200 Meter Relay		Final	3 turn stagger	

# SECTION XI TEAM CHAMPIONSHIPS

## BOYS SMALL SCHOOL TIME SCHEDULE

Suffolk West ( 2:30 PM - 6:30 PM )

**Saturday, February 4, 2012**

Events will not start 10 minutes before the scheduled times

2:30 PM	Warm ups				
2:45 PM	Clerking of running events, Long Jump, High Jump, Shot Put				
2:50 PM	3200 Meter Run		Seeded	2 turn box	
3:05 PM	55 Meter Dash	6 Fastest Advance	(10-5-1-4-7-11)	(9-6-2-3-8-12)	(17-15-13-14-16-18)
3:15 PM	3200 Meter Run		Unseeded	2 turn box	
3:30 PM	55 Meter Dash		Final		
3:40 PM	1000 Meter Run		Final	2 turn box	
3:55 PM	300 Meter Dash		Semi's	3 heats picking 2	
4:10 PM	55 Meter High Hurdle	6 Fastest Advance	(10-5-1-4-7-11)	(9-6-2-3-8-12)	(17-15-13-14-16-18)
4:20 PM	600 Meter Dash	Lanes (3-4-5-6-2-1)	Final	2 turn stagger	
4:35 PM	1600 Meter Run		Seeded	2 turn box	
4:45 PM	55 Meter High Hurdles		Final		
4:50 PM	300 Meter Dash	Lanes (3-4-5-6-2-1)	Final		
4:55 PM	1600 Meter Run		Unseeded	2 turn box	
5:15 PM	4 x 800 Meter Relay		Final	2 turn box	
5:35 PM	4 x 400 Meter Relay		Final	2 turn lane	
6:05 PM	4 x 200 Meter Relay		Final	3 turn stagger	

# INDIVIDUAL CHAMPIONSHIP

## STATE QUALIFYING MEET

Sunday, February 12, 2012

### RUNNING EVENTS:

Meet may not run more than 10 minutes faster than scheduled

Doors open at 10:00 AM

11:00 AM	Clerking	
11:10 AM	4 x 400 trials (G/B)	2 heats pick 3
11:30 AM	4 x 200 trials (G/B)	2 heats pick 3
11:45 AM	3000 final (G)	
12:05 PM	3200 final (B)	
12:20 PM	55 Dash semi (G/B)	Winner and next 3 fastest
12:40 PM	1000 final (G/B)	
12:55 PM	55 Dash final (G/B)	
1:00 PM	1500 Walk (G)	
1:15 PM	300 semi (G/B)	2 heats pick 3
1:25 PM	600 Final (G/B)	
1:40 PM	55 Hurdles semi (G/B)	Winner and next 3 fastest
2:00 PM	1500/1600 (G/B)	2 Sections of 8/8
2:20 PM	55 Hurdles final (B/G)	
2:30 PM	300 final (G/B)	
2:40 PM	4 x 800 final (G/B)	2 turn box
3:05 PM	4 x 400 final (G/B)	2 turn lane
3:15 PM	4 x 200 final (G/B)	3 turn stagger

### FIELD EVENTS

TBA	Boys Pole Vault	
TBA	Girls Pole Vault	
11:10 AM	Boys Long JUMP	Raker ?
12:10 PM	GIRLS Long JUMP	Raker ?
1:10 PM	Boys Triple JUMP	Raker ?
2:10 PM	GIRLS Triple JUMP	Raker ?
11:10 AM	Girls High Jump	
12:40 PM	Boys High Jump	
11:10 AM	Girls Shot Put	
12:40 PM	Boys Shot Put	