

Girls Section XI Winter Track Schedule

Day	Date	Time	Meet
Saturday	12/3/2011	9:00 AM - 8:00 PM	Crossover A (4 meets each 2 3/4)
Monday	12/12/2011	5:00 PM - 10:00 PM	Crossover B (2 Meets each 2 1/2)
Tuesday	12/13/2011	5:00 PM - 10:00 PM	Crossover B (2 Meets each 2 1/2)
Sunday	12/18/2011	9:00 AM - 8:00 PM	Crossover C (4 meets each 2 3/4)
Tuesday	1/3/2012	5:00PM - 10:00 PM	Crossover D All Large School Compete
Wednesday	1/4/2012	5:00 PM - 10:00 PM	Crossover D All Small Schools Compete
Sunday	1/8/2012	2:30 PM - 8:00 PM	Jim Howard Meet
Friday	1/13/2012	5:00 PM - 9:00 PM	Girls Relays Leagues 1,2
Thursday	1/19/2012	5:00 PM - 10:00 PM	Girls Relays Leagues 3,4,5
Saturday	1/21/2012	9:00 AM - 4:00 PM	Art Mitchell Meet
Saturday	1/28/2012	9:00 AM - 9:30 PM	League Championships
Friday	2/3/2012	5:00 PM - 9:00 PM	County Championship Large Schools
Monday	2/6/2012	5:00 PM - 9:00 PM	County Championship 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 Wading River
Mt. Sinai
Bayport-Blue Pt.
Southampton
Babylon
Ross/Pierson
McGann-Mercy
Port Jefferson
Hampton Bays

Large school 1100 and higher

Small schools 1099 and lower

Girls Crossover A

Saturday 12/3/11

Suffolk West

Two Events Only

800 meter walk

9:00 AM - 11:45 AM

Middle Country	Triple
West Islip	
Brentwood	
Miller Place	
Wm. Floyd	Long
Bellport	
Deer Park	
Islip	
Shoreham Wading River*	
Patchogue/Medford	
Half Hollow Hills East	
Mercy	
Sachem North	
Smithtown West	

11:45 AM - 2:30 PM

Connetquot	Long
North Babylon	
Ward Melville	
East Hampton	
Bay Shore *	
Riverhead	
Westhampton	
Kings Park	
Northport	Triple
Southampton	
Huntington	
Copiague	
Half Hollow Hills West	

2:30 PM - 5:15 PM

Longwood	long
John Glenn	
Lindenhurst	
Amityville	
Sachem East	
Hampton Bays	
Eastport South Manor	
Comsewogue	
Hauppauge	
Mount Sinai	triple
East Islip	
Amityville	

5:15 PM - 8:00 PM

Commack	Long
Smithtown East	
Harborfields	
Walt Whitman	
Babylon	
West Babylon	
Port Jefferson*	
Sayville	
Rocky Point	Triple
Bayport/Blue Point	
Center Moriches	
Central Islip	

*Denotes meet director

Girls Crossover B

Monday 12/12/11

Suffolk West

Two Events Only

5:00 PM - 7:30 PM

Mercy

Bay Shore
Lindenhurst
Harborfields
West Islip
Sachem North

Long

Southampton

Westhampton
East Hampton
Miller Place
Port Jefferson
Bayport/Blue Point

Triple

7:30 PM - 10:00 PM

Connetquot

Patchogue/Med.

Shoreham Wading River*

Brentwood
Islip
Commack
Middle Country
Walt Whitman
Amityville
Rocky Point
Central Islip
Sachem East
Ward Melville

Triple

Long

Girls Crossover B

Tuesday 12/13/11

Suffolk West

Two Events Only

5:00 PM - 7:30 PM

Riverhead

Smithtown West
Eastport South Manor
Hampton Bays
Babylon
Copiague
West Babylon
Sayville
Smithtown East
John Glenn *
Half Hollow Hills East
Deer Park

Long

Triple

7:30 PM - 10:00 PM

***Bellport**

East Islip
Kings Park
Longwood
Comsewogue
Mount Sinai *
Hauppauge
Half Hollow West
William Floyd
Northport
North babylon
Huntington

Long

Triple

Girls Crossover C

Sunday 12/18/11

Suffolk West

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

9:00 AM - 11:45 AM

Sayville	Triple
Longwood	
Smithtown East	
Center Moriches	
Walt Whitman	
East Hampton	
West Babylon	
East Islip	
Hauppauge	
*Sachem North	
Commack	
Westhampton	
Southampton	Long

11:45 AM - 2:30 PM

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

2:30 PM - 5:15 PM

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

5:15 PM - 8:00 PM

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

* Denotes meet director

Girls Crossover D
Tuesday 1/3/2012
Suffolk West
5:00 PM - 10:00 PM

All Large Schools

Two Event Rule

No Relays

Girls Crossover D
Wednesday 1/4/2012
Suffolk West
5:00 PM - 10:00 PM

All Small Schools

Two Event Rule

No Relays

ZEITLER RELAYS

Suffolk West

Friday **1/13/2012 Leagues 1,2** **5:00 PM – 9:00 PM**
Brentwood (Long) **Bay Shore (Triple)**
Whalt Whitman **West Islip**

Thursday **1/19/2012 Leagues 3,4,5** **5:00 PM – 10:00 PM**
Harborfields (Long) **Kings Park (Triple)**
Babylon **Eastport South Manor**

Medals to top 3 in each event per League

ORDER OF EVENTS

High Jump (2 person)
Shot Put (2 person)
DMR (only one team per school)
SMR (only one team per school)
4 x 800
4 x 200
Hurdle Relay (3 person)
4 x 400
Walk Relay (2 person)
Long Jump (2 person)
Triple Jump (2 person)

2-event Rule

Schools may enter as many teams as desired in all events
League Reps are Meet Directors

**Jim Howard Memorial Meet
Sunday January 8th, 2012
2:30 PM - 8:00 PM**

Each team can enter 5 athletes per individual event.
An athlete can only compete in 3 events.

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

Large Schools

Small Schools

ORDER OF EVENTS:

1500

600

55

HH

1000

300

3000 and 1500 Walk at the same time

Coaches will time and count laps for 3000m

High Jump

Shot Put

Long Jump First

Triple Jump

Amityville

Hauppauge

Huntington

Miller Place

**Art Mitchell Memorial Meet
Saturday January 21, 2012
9:00 AM - 4:00 PM**

Athletes may only compete in two events.

**Freshmen first then Sophomores followed by Open Athletes
Medals for top 3 in each event - Will need medals for relays - combined**

**3000m
55 Dash
1000m
600m
55 High Hurdles
1500m Run
300m
1500m Walk**

**4 x 400m
4 x 200m
4 x 800m**

**Long Jump John Glenn, Comsewogue
Triple Jump SWR, Hampton Bays
High Jump
Shot Put**

LEAGUE CHAMPIONSHIP MEETS

Saturday, January 28, 2012

LEAGUE 1	9:00 AM – 11:30 AM
LEAGUE 2	11:30 AM – 2:00 PM
LEAGUE 3	2:00 PM – 4:30 PM
LEAGUE 4	4:30 PM – 7:00 PM
LEAGUE 5	7:00 PM – 9:30 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 plus one relay.
- b. Athletes may enter three events.
- c. Top 18 athletes in the 55 Meter Dash and 55 Meter Hurdles will be seeded. All others are non-scorers.
- d. Seeded sections will run last. (3000m seeded runs first)
- 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. Long Jump then Triple Jump - 3 jumps (no finals due to time)

Order of events:

3000m (seeded)		Final
55 Dash	6 fastest Advance	(10-5-1-4-7-11) (9-6-2-3-8-12) (17-15-13-14-16-18)
3000m (unseeded)		final
55 Dash		final
1000m		final
55 High Hurdles	6 fastest Advance	(10-5-1-4-7-11) (9-6-2-3-8-12) (17-15-13-14-16-18)
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

SECTION XI TEAM CHAMPIONSHIPS

GIRLS LARGE SCHOOL TIME SCHEDULE

Suffolk West (5:00 PM – 9:00 PM)

February 3, 2012

Events will not start 10 minutes before the scheduled times

5:00 PM	Warm ups			
5:10 PM	Clerking of running events, Long Jump, High Jump, Shot Put			
5:15 PM	3000 Meter Run			2 turn box
5:40 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)	
5:50 PM	1000 Meter Run		Final	2 turn box
6:00 PM	1500m Walk		Seeded	1 turn box
6:15 PM	55 Meter Dash		Final	
6:20 PM	600 Meter Run		Final	2 turn stagger
6:30 PM	1500 Meter Run		Unseeded	1 turn box
6:45 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)	
7:00 PM	300 Meter Dash	3 heats picking 2		
7:10 PM	1500 Meter Run		Seeded	1 turn box
7:20 PM	55 Meter High Hurdles		Final	
7:25 PM	1500 Meter Walk		Unseeded	1 turn box
7:40 PM	300 Meter Dash		Final	
7:50 PM	4 x 800 Meter Relay		Final	2 turn box
8:10 PM	4 x 400 Meter Relay		Final	2 turn lane
8:30 PM	4 x 200 Meter Relay		Final	3 turn stagger

SECTION XI TEAM CHAMPIONSHIPS

GIRLS SMALL SCHOOL TIME SCHEDULE

Suffolk West (5:00 PM – 9:00 PM)

February 6, 2012

Events will not start 10 minutes before the scheduled times

5:00 PM	Warm ups			
5:10 PM	Clerking of running events, Long Jump, High Jump, Shot Put			
5:15 PM	3000 Meter Run			2 turn box
5:40 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)	
5:50 PM	1000 Meter Run		Final	2 turn box
6:00 PM	1500m Walk		Seeded	1 turn box
6:15 PM	55 Meter Dash		Final	
6:20 PM	600 Meter Run		Final	2 turn stagger
6:30 PM	1500 Meter Run		Unseeded	1 turn box
6:45 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)	
7:00 PM	300 Meter Dash	3 heats picking 2		
7:10 PM	1500 Meter Run		Seeded	1 turn box
7:20 PM	55 Meter High Hurdles		Final	
7:25 PM	1500 Meter Walk		Unseeded	1 turn box
7:40 PM	300 Meter Dash		Final	
7:50 PM	4 x 800 Meter Relay		Final	2 turn box
8:10 PM	4 x 400 Meter Relay		Final	2 turn lane
8:30 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	