

# Section XI Winter Track

Section XI Coordinator – Anthony Toro

## League Representatives- Boys

League 1	Steve Lurie	Commack
League 2	Rob Conway	Walt Whitman
League 3	Brad Posnanski	Comsewogue
League 4	Reynolds Hawkins	Amityville
League 5	Rod Cawley	Port Jefferson
Large School	Joe Reilly	Longwood
Small School	Jim Christian	Half Hollow Hills West

## Season Schedule:

Saturday	12/7/2019	9:00 AM - 7:00 PM	Boys	Crossover A ( 4 Meets @ 2.5 hours)
Friday	12/13/2019	5:00 PM - 10:00 PM	Boys	Crossover B ( 2 Meets @ 2.5 hours)
Sunday	12/15/2019	9:00 AM - 2:00 PM	Boys	Crossover B ( 2 Meets @ 2.5 hours)
Wednesday	12/18/2019	5:00 PM - 10:00 PM	Boys	Crossover C ( 2 Meets @ 2.5 hours)
Thursday	12/19/2019	5:00 PM - 10:00 PM	Boys	Crossover C ( 2 Meets @ 2.5 hours)
Sunday	12/22/2019	9:00 AM - 7:00 PM	Boys	Crossover D ( 2 Meets @ 2.5 hours)
Saturday	1/4/2020	9:00 AM - 7:00 PM	Boys	Crossover E ( 4 Meets @ 2.5 hours)
Saturday	1/11/2020	9:00 AM - 2:00 PM	Boys	Frosh/Soph Championships
Friday	1/17/2020	7:30 PM - 10:00 PM	Boys	League 4 Championship
Sunday	1/19/2020	9:00 AM - 7:00 PM	Boys	League Championships (5,1,2,3)
Saturday	1/25/2020	9:00 AM - 3:00 PM	Boys	Last Chance Meet
Saturday	2/1/2020	9:00 AM – 1:00 PM	Boys	Small School Championships
Saturday	2/1/2020	1:30 PM – 5:30 PM	Boys	Large School Championships
Monday	2/10/2020	5:00 PM - 9:00 PM	B&G	State Qualifier

- An athlete must have **6 practices** before the first contest (meet).
- 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.

## 2019 – 2020 Indoor Track & Field League Placement

<b><u>BOYS WINTER TRACK</u></b>		Approved (5/14/19)	
<b>League I</b>	<b>League II</b>	<b>League III</b>	
Brentwood	Sachem North	Smithtown East	1134
Middle Country	Bay Shore	North Babylon	1095
Longwood	Walt Whitman	West Islip	1039
William Floyd	Connetquot	Bellport	1009
Patchogue-Medford	Lindenhurst	Deer Park	988
Central Islip	Northport	East Islip	987
Sachem East	Copiague	Comsewogue	971
Ward Melville	Huntington	Eastport-South Manor	952
Commack	Half Hollow Hills East	Half Hollow Hills West	940
Riverhead	Smithtown West	West Babylon	912
<b>League IV</b>	<b>League V</b>		
Hauppauge	Mt. Sinai		
Rocky Point	Bayport-Blue Point		
Harborfields	Elwood-J Glenn		
Islip	Hampton Bays	<b>Large Schools 1000 or Higher</b>	
Kings Park	Southampton		
East Hampton/BH/Pier	Center Moriches	<b>Small Schools 999 or Lower</b>	
Sayville	Greenport/Southold		
Westhampton Beach	Babylon		
Amityville	Port Jefferson		
Miller Place	Mattituck		
Shoreham Wading River	Shelter Island		

# BOYS WINTER TRACK (General Information)

1. **A team roster must be sent to the sport chairman by Monday, December 2<sup>nd</sup>, 2019.**  
Schools must submit their roster online at [www.just-in-time-racing.com](http://www.just-in-time-racing.com)  
(Email Tony Toro for your password- [eltorotf@optonline.net](mailto:eltorotf@optonline.net))
2. **Participation Rules:**
  - Boys Section XI Winter Track will be governed by National Federation rules.
  - Schools may not bring more than 80 athletes to any Section XI meet.
  - The number of events an athlete may participate during a meet depends on the guidelines established for the meet. Make sure you check the rules for each meet carefully before entering.
  - **In no winter track meet may an athlete compete in more than three events.**
3. **Individual Competitors:**
  - Individual competitors **must** participate in six sanctioned indoor meets to be eligible to compete in the Section XI Individual Championships (State Qualifier Meet).
  - Individual competitors cannot compete in the League or Section XI Team Championships.
  - Ten or more individual competitors from a school will constitute a team and must compete in the appropriate league.
  - An individual athlete may only compete in 15 meets, not including Large/Small County Team Championships, State Qualifier and State Meet.
4. **Uniforms:**
  - Uniforms consist of school issued shirt and shorts or a full-length track jersey/body-suit.
  - Visible undergarments must be a solid color.
  - Relay members must have clearly identifiable team issued uniforms and identical visible undergarments.
  - Only a single company logo may appear on the apparel. It can be no larger than a business card. **Waist bands with multiple logos on the shorts are illegal.**
5. **Jewelry Usage:**
  - No jewelry, soft or otherwise, whether taped over or not, including earrings, posts, beads, rings, chains, etc. are permitted. Only soft barrettes may be used.
  - Medical alerts may be worn if not on a chain and taped to the body. Officials will attempt to avoid violations by issuing early warnings, but the responsibility is on the athlete.
  - The penalty for jewelry violations is disqualification.
6. **Usage of Blocks and Spikes:**
  - Starting blocks are provided by Suffolk West. See individual meet rules for their usage.
  - **NO spikes can be used in any meets until the County Championships or State Qualifier Meet.**
  - **Removing the spikes from a plastic bottom racing shoe is not allowed at any time.**

## 7. Competitor Clerking Responsibilities:

- Field event athletes should report directly to their event site with a 3x5 index card.
- All runners are to report promptly to the clerking area or send a stand-in when 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 racing shoes).
- It is the athlete's responsibility to notify the clerk if she/he is leaving the clerking area to compete in a field event. It is highly recommended that you have a stand-in for that athlete.
- Teams will need a relay card once the event is called. The card must be properly filled out with the competitor's name, number, and seed time. The card should be handed into the clerk.

## 8. Seeding Information:

- No seedtimes are permitted from relay splits or oversized tracks, (Larger than 200 meters)
- No seedtimes are permitted if your athlete or relay team was disqualified.
- 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.
- Relay seeds must be actual, not composites.
- Seedtimes for all meets including the state meet will be the best actual mark. time/jump/throw from any sanctioned meet during the season (December – February).
- Seeding conversions will only be permitted for the Mile → 1600m, and the 2 mile → 3200m.
- Fully Automatic Times take preference over hand held times.

## 9. Seeding Verification:

- A coach will have three (3) days from the day of the performance to notify the Sport Chairman of said performance. This is accomplished by posting these performances on the Best of Season list on Just-In-Time Racing. [www.just-in-time-racing.com](http://www.just-in-time-racing.com)
- Failure to do so will jeopardize the athlete from using those performances (seed) for the League and County Championships or the State Qualifier Meet.

## 10. Meet Director's Responsibilities:

- The meet director is in charge of running the meet.
- The meet director will assign coaches to assist him/her in running the meet.
- The meet director's responsibilities include: assisting in putting out/off hurdles, making sure equipment is available, handing out awards when necessary and running a smooth meet within the time frame. The meet director will notify the sport chairman of any problems.

## 11. Changing Meets:

- Teams will not be permitted to switch to a different meet than originally scheduled without the approval of the Section Coordinator. All requests must be in writing and approved by the school's athletic director to be considered.
- **Meet Cancellation: All meets that are held on non-school days will be cancelled prior to 7:00 AM by Section XI and Suffolk West.**
- **Cancellation will be posted on:** [www.just-in-time-racing.com](http://www.just-in-time-racing.com)

# Crossover Meets: Rules and Procedures

## 1. Participation:

- Athlete participation varies by crossover. Check crossover schedule for specific rules.
- **No athlete may compete in three open events in any crossover.**
- Schools may have unlimited entries per track event, except in relays – 2 relay teams per event.
- All athletes must wear their number on front of jersey. It's recommended that coaches collect them after each competition.

## 2. Clerking/Seeding

- Verbal seeding for all running events.
- 3 x 5 index cards are needed for all field events and relays. All cards must be properly filled out.

## 3. Specific Field Event Rules: Long jump, High jump, & Shot put start at beginning of meet.

The Triple jump will begin at the conclusion of the long jump.

- a. Shot Put – Crossovers A and B- Three throws, no finals. Crossovers C, D & E - Seed top 18 - three throws bringing back 7 to finals. The remaining throwers will then be seeded– three throws with no final.
- b. High Jump- Crossovers A, B, and C → High Jump will start at 4'6" go up 3" to 5'6" then 2" to 6'. 1" thereafter. Starting with Crossovers D & E, High Jump will progress: 5' – 5'3" – 5'6" – 5'8" – 5'10" - 6'. 1" thereafter.
- c. Long and Triple Jump
  - **Teams are limited to 6 competitors in the Long Jump, and 6 in the Triple Jump**
  - **Long and triple jumps WILL NOT be permitted to get their steps by running against traffic.**
  - Three jumps with no finals.
  - Only one measurement under 17' will be measured in the Long Jump.
  - Only one measurement under 35' will be measured in the Triple Jump.
  - Take-off markers must be removed after jumpers are finished!

## 4. Specific Running Event Rules:

- a. Seeded sections will run first.
- b. Preferred lanes for 55m Dash, 55m Hurdles (3- 4- 2- 5- 1- 6)  
Preferred lanes for 300, 600, 800m Relay and 1600m Relay (4- 5- 6- 3- 2- 1)
- c. **Blocks cannot be used in the trials of both the 55m & the 55mH. They can be used in finals.**
- d. The first three sections of the 600m will be run in lanes, all others will run from a scratch start.
- d. The first four sections of the 300m will be run in lanes, all others will run from a scratch start.
- e. The first section of the 1600m Relay will be run in lanes. Box or scratch start for other sections.
- f. The first two sections of the 800m Relay will be run in lanes. The remaining sections will use a scratch start, not exceeding 9 teams per race.
- g. **3200m Run – \* Coaches, it is your responsibility to count your athlete's laps. If your athlete is lapped twice during the race they must drop out of the race.**

# Order of Events: Crossovers A,C, & E

(Running Events: Open Division followed by Frosh/Soph Division)

Shot Put, High Jump, Long Jump followed by Triple Jump

55 Meter Hurdles Trials

55 Meter Hurdles Finals

3200 Meter Run (2 turn box)

55 Meter Dash Trials

1000 Meter Run (2 turn box)

55 Meter Dash Finals

600 Meter Run (2 turn stagger)

300 Meter Dash

1600 Meter Run (2 turn box)

4 x 400m Relay (2 turn stagger)

4 x 200m Relay (3 turn stagger)

4 x 800m Relay (2 turn box)

# Order of Events: Crossover B & D

(Running Events: Open Division followed by Frosh/Soph Division)

Shot Put, High Jump, Triple Jump followed by Long Jump

4 x 800m Relay (2 turn box)

55 Meter Dash Trials

1000 Meter Run (2 turn box)

55 Meter Dash Finals

600 Meter Run (2 turn stagger)

55 Meter Hurdles Trials

55 Meter Hurdles Finals

300 Meter Dash

1600 Meter Run (2 turn box)

4 x 400m Relay (2 turn stagger)

4 x 200m Relay (3 turn stagger)

Boys Crossover Meet A  
Saturday December 7, 2019

**Athletes may compete in only two events.**

**9:00 AM - 11:30 AM**

Miller Place  
Northport\*  
William Floyd  
Sayville  
Kings Park  
Half Hollow Hills East  
Deer Park (TJ)  
Mount Sinai  
West Islip  
Longwood  
Rocky Point  
Islip  
Smithtown West (LJ)

**11:30 AM - 2:00 PM**

Sachem North  
East Hampton/BH/Pierson  
Brentwood  
Copiague (LJ)  
Central Islip  
Port Jefferson  
Bellport \*  
Mattituck  
Amityville  
Hauppauge  
North Babylon  
Center Moriches  
Eastport- South Manor (TJ)

**Athletes may compete in only two events.**

**2:00 PM - 4:30 PM**

Shoreham Wading River  
Comsewogue (TJ)  
Riverhead  
West Babylon  
Smithtown East (LJ)  
Bayport- Blue Point  
Middle Country  
Greenport/ Southold  
Shelter Island  
East Islip  
Sachem East  
Walt Whitman\*  
Southampton

**4:30 PM - 7:00 PM**

Elwood- John Glenn  
Ward Melville (LJ)  
Westhampton Beach  
Lindenhurst  
Babylon  
Hampton Bays  
Half Hollow Hills West\*  
Commack  
Connetquot (TJ)  
Harborfields  
Huntington  
Patchogue- Medford  
Bay Shore

\* Meet Director

Boys Crossover Meet B  
Friday - December 13, 2019

**Athletes may compete in only two events.**

**5:00 PM - 7:30 PM**

Eastport- South Manor  
Rocky Point (LJ)  
North Babylon  
Longwood \*  
Southampton  
Hampton Bays  
Miller Place  
Westhampton Beach  
Sachem East  
Shoreham- Wading River  
Port Jefferson (TJ)  
Center Moriches  
Comsewogue

**7:30 PM - 10:00 PM**

Copiague  
Brentwood (TJ)  
East Islip  
Half Hollow Hills West  
Commack  
Half Hollow Hills East \*  
Sayville  
Sachem North (LJ)  
Islip  
Kings Park  
Bellport  
Amityville  
Smithtown East

Boys Crossover Meet B  
Sunday - December 15, 2019

**Athletes may compete in only two events.**

**9:00 AM - 11:30 AM**

Central Islip (TJ)  
William Floyd  
Ward Melville  
Huntington \*  
Bayport- Blue Point  
Patchogue- Medford  
Bay Shore  
Smithtown West  
Connetquot  
Hauppauge (TJ)  
Middle Country  
Deer Park  
Mount Sinai

**11:30 AM - 2:00 PM**

Walt Whitman  
Lindenhurst  
Northport  
Easthampton/BH/Pierson  
Babylon  
Shelter Island  
Harborfields (LJ)  
Elwood- John Glenn \*  
West Islip  
West Babylon  
Greenport/ Southold  
Mattituck  
Riverhead (TJ)

\* Meet Director

## Boys Crossover Meet C Wednesday - December 18, 2019

Two event limit - Except 8 athletes from each team which may compete in 3 events.

No athlete is allowed to do 3 individual events.

### 5:00 PM - 7:30 PM

Commack \*  
Shoreham- Wading River  
Half Hollow Hills East  
Longwood  
Southampton (TJ)  
Hampton Bays  
Amityville  
Westhampton Beach  
Sachem North  
Rocky Point  
Port Jefferson  
Center Moriches (LJ)  
Copiague

### 7:30 PM - 10:00 PM

Comsewogue  
Brentwood  
East Islip  
North Babylon  
Eastport- South Manor  
Half Hollow Hills West \*  
Patchogue- Medford (TJ)  
Sachem East  
Islip (LJ)  
Kings Park  
Bellport  
Miller Place  
Smithtown East

## Boys Crossover Meet C Thursday - December 19, 2019

Two event limit - Except 8 athletes from each team which may compete in 3 events.

No athlete is allowed to do 3 individual events.

### 5:00 PM - 7:30 PM

Smithtown West \*  
Mount Sinai  
Greenport/Southold  
Huntington  
Shelter Island  
Sayville  
Riverhead  
William Floyd  
Northport  
Easthampton/BH/Pierson  
Middle Country (LJ)  
Mattituck  
Ward Melville (TJ)

### 7:30 PM - 10:00 PM

West Islip (TJ)  
Lindenhurst  
Connetquot  
Hauppauge  
West Babylon \*  
Bayport- Blue Point (LJ)  
Harborfields  
Elwood- John Glenn  
Walt Whitman  
Babylon  
Central Islip  
Deer Park  
Bay Shore

\* Meet Director

# Boys Crossover Meet D

## Sunday - December 22, 2019

Two event limit - Except 8 athletes from each team which may compete in 3 events.

No Athlete is allowed to do 3 individual events.

### 9:00 AM - 11:30 AM

Ward Melville  
Patchogue-Medford (TJ)  
Riverhead  
Bellport  
Half Hollow Hills West  
Huntington  
Brentwood \*  
Port Jefferson  
Smithtown West  
Elwood- John Glenn  
Amityville (LJ)  
Bay Shore  
Hauppauge

### 11:30 AM - 2:00 PM

Greenport/Southold  
Connetquot  
Southampton  
Bayport- Blue Point  
Smithtown East \*  
Shelter Island  
Westhampton Beach (TJ)  
William Floyd (LJ)  
Islip  
Commack  
Babylon  
Center Moriches  
Eastport- South Manor

### 2:00 PM - 4:30 PM

Miller Place  
Sachem North  
Mattituck  
Rocky Point  
Copiague  
Harborfields \*  
Sayville  
North Babylon  
East Islip  
Hampton Bays (TJ)  
East Hampton/BH/Pierson  
Middle Country  
Longwood (LJ)

### 4:30 PM - 7:00 PM

Deer Park  
Sachem East  
Kings Park (LJ)  
Walt Whitman  
Central Islip  
Shoreham- Wading River  
Lindenhurst  
Northport  
Comsewogue \*  
Mount Sinai  
Half Hollow Hills East (TJ)  
West Islip  
West Babylon

\*Meet Director

# Boys Crossover Meet E

## Saturday – January 4<sup>th</sup>, 2020

Two event limit - Except 8 athletes from each team which may compete in 3 events.

No Athlete is allowed to do 3 individual events.

### 9:00 AM - 11:30 AM

East Islip  
Shoreham-Wading River (TJ)  
Brentwood\*  
Central Islip  
Eastport- South Manor  
Harborfields  
Middle Country  
Sachem East (LJ)  
Lindenhurst  
Center Moriches  
Copiague  
Commack  
Smithtown East

### 11:30 AM - 2:00 PM

Mount Sinai  
Ward Melville  
Bellport  
Northport  
Rocky Point  
Longwood  
East Hampton/BH/Pierson (TJ)  
Bay Shore  
Patchogue-Medford  
Mattituck (LJ)  
Connetquot  
Kings Park\*  
Huntington

### 2:00 PM - 4:30 PM

Comsewogue  
Half Hollow Hills East  
Shelter Island \*  
Deer Park  
Elwood- John Glenn  
Bayport-Blue Point  
Westhampton Beach  
Babylon (LJ)  
West Babylon  
West Islip  
Walt Whitman  
Hampton Bays  
Greenport/ Southold (TJ)

### 4:30 PM - 7:00 PM

Sayville  
Riverhead  
Half Hollow Hills West (TJ)  
Amityville  
Hauppauge\*  
Islip  
William Floyd  
Sachem North  
North Babylon  
Miller Place (LJ)  
Port Jefferson  
Southampton  
Smithtown West

\*Meet Director

# Freshmen – Sophomore Championships

Saturday, January 11, 2020

9:00 AM – 2:00 PM

Joe Reilly – Meet Director (Longwood)

AWARDS: Medals to the top 4 in each CLASS  
Sophomore compete first, followed by Freshman

## MEET INFORMATION:

1. THERE WILL BE SEPARATE FROSH AND SOPH DIVISIONS FOR ALL EVENTS.
2. NUMBERS ARE REQUIRED FOR ALL ATHLETES.
3. TWO INDIVIDUAL EVENTS AND A RELAY PER ATHLETE. NO ATHLETE CAN COMPETE IN THREE INDIVIDUAL EVENTS.
4. VERBAL SEEDING FOR INDIVIDUAL RUNNING EVENTS. FIELD EVENTS NEED A 3X5 INDEX CARD TO COMPETE.
5. EACH SCHOOL IS ALLOWED TO RUN THREE RELAYS TOTAL. **“NOT 3 RELAYS PER EVENT”**
6. CARDS NEEDED FOR RELAYS - **PLEASE INCLUDE COMPETITOR NUMBERS.**  
FRESHMEN CAN RUN ON SOPHOMORE RELAYS, BUT SOPHOMORES MAY NOT RUN ON FRESHMEN RELAYS.
7. SCORING: 10-8-6-4-2-1 RELAYS DO COUNT IN TEAM SCORING.
8. 55 METER DASH AND HURDLES: ONLY THE TOP 24 WILL BE SEEDED FOR THE FINAL. FROM THOSE FOUR HEATS, TOP 6 WILL ADVANCE TO THE FINALS. ALL OTHERS WILL RUN IN NON-QUALIFYING HEATS.  
BLOCKS CAN ONLY BE USED IN FINALS.

## Order of Events

Shot Put	Only one measurement under 25'
Long Jump	3 Jumps, no finals. <b>Rakers: Soph- Southampton/ Frosh West Babylon</b>
High Jump	Starting at 4'9 - 5' - 5'3" - 5'6" - 5'8" - 5'10" - 6' - then 1 inch
Upon completion of the long jump,	
Triple Jump	3 Jumps, no finals <b>Rakers: Soph- Bellport / Frosh- Kings Park</b>

### 55 METER HURDLES SEMIS

3200 Meter Run (One section of each class)

### 55 METER HURDLES FINAL

### 55 METER DASH SEMIS

1000 Meter Run

### 55 METER DASH FINAL

600 Meter Run

300 Meter Dash

1600 Meter Run

4 x 400 METER RELAY

4 x 200 METER RELAY

4 x 800 METER RELAY

# Boys League Championships

Friday - January 17, 2020

LEAGUE 4            7:30 PM – 10:00 PM            Meet Director Reynolds Hawkins

Sunday - January 19, 2020

LEAGUE 5            9:00 AM – 11:30 AM            Meet Director Rod Cawley

LEAGUE 1            11:30 AM – 2:00 PM            Meet Director Steve Lurie

LEAGUE 2            2:00 PM – 4:30 PM            Meet Director Rob Conway

LEAGUE 3            4:30 PM – 7:00 PM            Meet Director Brad Posnanski

**Jury of Appeals: League Rep + 2 volunteer coaches determined at the beginning of the meet.**

- All index cards must contain name, competitor number, school, event and seed.
  - All individual seed cards must be handed in 30 minutes prior to the meet.
  - Coaches Meeting 15 minutes prior to the meet.
  - Relay cards must be handed in after the 300m dash.
  - Medals for top 6 in each individual event and top 4 relays.
1. Schools may enter three athletes in each individual event.
  2. Each school is allowed to enter a total of three relays. You can enter in any combination you like- but only a total of three, NOT three in each relay. (ex. One of each relay, or 1- 4x8, 2-4x4, 0- 4x2; or 2- 4x8, 1- 4x4, 0- 4x2)
  3. Athletes can compete in a maximum of three events.
  4. An athlete may compete in an event that they have not seed time. They cannot however compete in the seeded section of that event.
  5. 55m Hurdles & 55m Dash: Preferred Lanes (3-4-2-5-1-6) **Blocks can be used in both trials and finals.**
    - Top 24 athletes will be seeded and can advance. All ties that cannot be broken & create more than 24 entries will not compete in seeded heats.
    - Six fastest advance to finals.
    - Seeding of heats → Lane 1through lane 6 (9-5-1-4-8-12), (10-6-2-3-7-11),(17-15-13-14-16-18), (23-21-19-20-22-24)
  6. In races run as finals, seeded sections will run last. (Exceptions: 1600m, 3200m)
  7. Shot Put → 3 throws, 7 to the final
  8. High Jump → 5' 2", increase 2" to 5' 10" then 1" thereafter.
  9. Triple Jump followed by Long Jump → 3 jumps (no finals)

## Order of Events

3200m Run	Final
55m Dash (6 fastest advance to finals)	Trials
1000m Run	Final
55m Dash	Final
55m High Hurdles (6 fastest advance to finals)	Trials
600m Run	Final
55m High Hurdles	Final
1600m Run	Seeded Section
300m Dash Preferred Lanes (4-5-6-3-2-1)	Final
1600m Run	Unseeded Section
7-minute break	
4 x 400m Preferred Lanes (4-5-6-3-2-1)	Final
4 x 200m Preferred Lanes (4-5-6-3-2-1)	Final
4 x 800m	Final

# Coaches Last Chance Meet

Saturday, January 25, 2019

9:00 AM – 3:00 PM

Meet Director – Jim Christian

## Meet Information:

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

## SCHEDULE OF RUNNING EVENTS

1	3200m Run	10:40		Combined
2	55mH	9.65	6 fastest advance	8 Large/ 8 Small
3	1000m Run	2:55		4 Combined
4	55mH			
5	55m Dash	7.20	6 fastest advance	8 Large/ 8 Small
6	600m Run	1:32	Preferred lanes 4-5-6-3-2-1	8 Combined
7	55m Dash			
8	1600m Run	4:50		5 combined
9	300m Dash	40.14	Preferred lanes 4-5-6-3-2-1	8 Large/ 8 Small
10	4 x 800	9:35		Combined
11	4 X 400	3:52	Preferred lanes 4-5-6-3-2-1	Combined
12	4 X 200	1:47	Preferred lanes 4-5-6-3-2-1	Combined

## FIELD EVENT SCHEDULE

	High Jump	5'4"	Start 5'2" → 2" to 6' → 1" thereafter
	Shot Put	35'	One measurement under 35'
	Long Jump	17'6"	One measurement under 17'6"
	Triple Jump	36'	One measurement under 36'
	Long Jump		<b>Rakers: Mount Sinai, North Babylon</b>
	Triple Jump		<b>Rakers: Lindenhurst, Sayville</b>

# SECTION XI TEAM CHAMPIONSHIPS

## Large & Small School Team Championships

### 1. Entries:

- Entries for the Section XI Team Championships must be submitted by 9:00pm on Tuesday January 28<sup>th</sup>, 2020.
- Entries will be submitted online using the following web site: [www.just-in-time-racing.com](http://www.just-in-time-racing.com)
- It is the coach's responsibility to make sure that his/her entry is in on time.
- Your online entry is your official entry. Save your online entry, as it's your proof that your athletes were properly entered. Failure to do so denies your right to appeal.
- An athlete may compete in three events. Athletes shall not be entered in more than three (3) events, excluding relays. **Athletes must compete in all open events that they have entered.**
- A school is permitted a total of three relay teams. You **may not** have more than one-relay team in an event. The first four runners on a relay must have run the stated seedtime.
- The top 24 athletes in each event will compete.

### 2. Seeding/Scratching:

- You must be able to verify all seeds if challenged. (Date, Venue, and Name of Meet)
- Scratching will not 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.
- Seeded sections will run last, unless otherwise noted in all races that are based on time. (600, 1000, 1600, 3200, Relays)

### 3. General Competition Rules:

- All athletes must wear numbers. Your athlete may be disqualified if his/her number cannot be read.
- No athlete will be disqualified if a number falls off during competition, provided he/she started with the number properly on and visible. Please use four pins to secure the athletes number.
- 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: All League Representatives

### 4. Specific Field Event Rules:

- a. Long jump, Triple jump, and Shot put: 8 per flight, competitors may ask to compete earlier in the trials. This must be arranged by the coach at either the seeding meeting or upon the team's arrival to the venue.
- b. Seven competitors return to the finals.
- c. In the finals you **are not** permitted to jump or throw out of turn.
- d. High jump: Starting height- 5'3". The bar will be raised to 5'6"– 5'8"– 5'10" → 1" thereafter.

## 5. Specific Running Event Rules:

- a. 55m Hurdles & 55m Dash: Preferred Lanes (3-4-2-5-1-6)
  - Blocks can be used in both trials and finals.
  - Top 24 athletes will be seeded and can advance. All ties that cannot be broken during the seeding meeting that create more than 24 entries will not compete.
  - Six fastest advance to finals.
  - Seeding of heats → Lane one through lane 6 (9-5-1-4-8-12), (10-6-2-3-7-11), (17-15-13-14-16-18), (23-21-19-20-22-24)
- b. 300m Dash: Preferred Lanes (4-5-6-3-2-1)
  - Blocks will be allowed in the finals, not the trials.
  - Top 18 athletes will be seeded and can advance. (3 heats picking 2)
  - Athlete's seeded 19-24 will not be able to advance to finals.
  - Race is run in lanes.
- c. 600m Run: Preferred Lanes (4-5-6-3-2-1)
  - Top 24 athletes will compete. Seeded section will run last.
  - Two turn stagger.
- d. 1000m Run: Two turn box.
  - 8 in the fastest section, 8 in the second fastest section, and 8 or less in the slowest section. Additional runners may be added to the first section with the approval (vote) at the seeding meeting.
- e. 1600m Run & 3200m Run: Two turn box.
  - 10 in the faster section, 14 or less in the slower section
- f. 4x200m Relay: Preferred Lanes (4-5-6-3-2-1)
  - Blocks will be allowed in the finals, not the trials.
  - 3 turn stagger - Second leg will cut in after running the 3<sup>rd</sup> turn in lanes/on back stretch.
  - Seeded sections will run last.
- g. 4x400m Relay: Preferred Lanes (4-5-6-3-2-1)
  - 2 turn stagger
  - Seeded sections will run last.
- h. 4x800m Relay: Two turn box
  - 8 in the faster section, all others will run in the slower section
  - If you have less than 12 teams, you may run one section (vote) at the seeding meeting with a 10 minute break.

Time Schedule found on next page.

# Section XI Team Championships

## Small School Time Schedule

Saturday, February 1<sup>st</sup>, 2020 9:00 AM – 1:00 PM

9:00	AM	Clerking of running events, Triple Jump, High Jump, Shot Put (Long jump follows Triple Jump)		
9:10	AM	3200 Meter Run		Seeded 2 turn box
9:25	AM	55 Meter Hurdles	6 Fastest Advance	
9:45	AM	55 Meter Dash	6 Fastest Advance	
10:00	AM	3200 Meter Run		Unseeded 2 turn box
10:15	AM	55 Meter Hurdles		Final
10:20	AM	55 Meter Dash		Final
10:25	AM	1000 Meter Run		Final 2 turn box
10:40	AM	300 Meter Dash		Semi's 3 heats pick 2
10:55	AM	600 Meter Dash	Lanes (4-5-6-3-2-1)	Final 2 turn stagger
11:10	PM	1600 Meter Run		Seeded 2 turn box
11:25	PM	300 Meter Dash	Lanes (4-5-6-3-2-1)	Final
11:35	PM	1600 Meter Run		Unseeded 2 turn box
11:50	PM	4 x 800 Meter Relay		Final 2 turn box
12:10	PM	4 x 400 Meter Relay	Lanes (4-5-6-3-2-1)	Final 2 turn lane
12:35	PM	4 x 200 Meter Relay	Lanes (4-5-6-3-2-1)	Final 3 turn stagger

# Section XI Team Championships

## Large School Time Schedule

Saturday, February 1<sup>st</sup>, 2020 1:00 PM – 5:00 PM

1:00	PM	Clerking of running events, Triple Jump, High Jump, Shot Put (Long jump follows Triple Jump)		
1:10	PM	3200 Meter Run		Seeded 2 turn box
1:25	PM	55 Meter Hurdles	6 Fastest Advance	
1:45	PM	55 Meter Dash	6 Fastest Advance	
2:00	PM	3200 Meter Run		Unseeded 2 turn box
2:15	PM	55 Meter Hurdles		Final
2:20	PM	55 Meter Dash		Final
2:25	PM	1000 Meter Run		Final 2 turn box
2:40	PM	300 Meter Dash		Semi's 3 heats picking 2
2:55	PM	600 Meter Dash	Lanes (4-5-6-3-2-1)	Final 2 turn stagger
3:10	PM	1600 Meter Run		Seeded 2 turn box
3:25	PM	300 Meter Dash	Lanes (4-5-6-3-2-1)	Final
3:35	PM	1600 Meter Run		Unseeded 2 turn box
3:50	PM	4 x 800 Meter Relay		Final 2 turn box
4:10	PM	4 x 400 Meter Relay	Lanes (4-5-6-3-2-1)	Final 2 turn lane
4:35	PM	4 x 200 Meter Relay	Lanes (4-5-6-3-2-1)	Final 3 turn stagger

# SECTION XI INDIVIDUAL CHAMPIONSHIP

## STATE QUALIFIER MEET (Jury of appeals → League Reps + Large/Small School Reps)

### 1. Entries:

- Entries for the Section XI Individual Championships must be submitted by 9:00pm on Wednesday February 5th, 2020.
- Entries will be submitted online using the following web site: [www.just-in-time-racing.com](http://www.just-in-time-racing.com)
- It is the coach's responsibility to make sure that his/her entry is in on time.
- Your online entry is your official entry. Save your online entry, as it's your proof that your athletes were properly entered. Failure to do so denies your right to appeal.
- An athlete may compete in three events. Athletes shall not be entered in more than three (3) events, excluding relays. **Athletes must compete in all open events that they have entered.**

### 2. Number of Participants:

- 55m Dash and 55m Hurdles → Top 18
- 300m Dash and 600m Run → Top 12
- 1000m Run, 1600m Run → Top 16
- 3200m Run, LJ, TJ, HJ, SP, PV, WT → Top 12
- 4x200m and 4x400m → Top 12
- 4x800m → Top 6 (Two additional teams may compete if under 8:40)

### 3. Seeding/Scratching:

- You must be able to verify all seeds if challenged. (Date, Venue, and Name of Meet)
- Scratching will not 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.
- The first four runners on a relay must have run the stated seedtime.
- Seeded sections will run last in all races that are finals based on time.
- If your athlete is selected to compete in this meet, we expect him/her to compete.

### 4. Specific Field Event Rules:

- a. A competitor will be given ten minutes, from the time he notifies the field event official, permission to compete in or clerk into another event.
- b. Long jump, Triple jump, Shot put, and Weight throw: 6 per flight, competitors may ask to compete earlier in the trials. This must be arranged by the coach at either the seeding meeting or upon the team's arrival to the venue.
- c. Five competitors return to the finals.
- d. In the finals you **are not** permitted to jump or throw out of turn.
- e. High jump: Starting height- 5'6". The bar will be raised two inches to 6' → 1" thereafter. (Starting height will be 5'8" if more than 12 competitors)
- f. Pole Vault: Starting height is 10'. The bar will be raised to 11', 11' 6", 12' → 3" thereafter.

## 5. Specific Running Event Rules:

- a. 55m Hurdles & 55m Dash: Preferred Lanes (3-4-2-5-1-6) Blocks allowed trials and finals.
  - Winner and next three fastest times for final.
- b. 300m Dash: Preferred Lanes (4-5-6-3-2-1) Blocks allowed trials and finals.
  - 2 Heats of 6, picking three for final.
- c. 600m Run: Preferred Lanes (4-5-6-3-2-1)
  - 2 Heats of 6. Seeded section will run last.
  - Two turn stagger. Final on Time.
- d. 1000m Run & 1600m Run: Two turn box.
  - Two heats of 8. Seeded section will run last.
  - Two turn stagger. Final on Time.
- e. 3200m Run: Two turn box. Final on Time.
- f. 4x200m Relay: Preferred Lanes (4-5-6-3-2-1) Blocks allowed trials and finals.
  - 3 turn stagger - Second leg will cut in after running the 3<sup>rd</sup> turn in lanes/on back stretch.
  - 2 heats of 6, picking 3 for final.
- g. 4x400m Relay: Preferred Lanes (4-5-6-3-2-1)
  - 2 turn stagger- Lead off runner will cut in after the 2<sup>nd</sup> turn.
  - 2 heats of 6, picking 3 for final.
- h. 4x800m Relay: 6 teams off of scratch line. Eight teams, two turn box. Final on time.

## 6. NYSPHSAA Championship Meet Qualifiers:

- a. First and second place finisher in each individual event plus the third-place finisher provided he/she meets the qualifying standard.
  - b. **The top non-qualifying finishers** in the 300, 600, 1000, and 1600 will comprise the Intersectional Relay. Intersectional Relay @ NYS Meet: (1000 – 200 – 600 – 1600)
  - c. All intersectional relay members may not compete in the State Meet in any other event.
  - d. The first-place finisher in each relay, plus the second-place finisher provided the relay meets the state qualifying standard.
- Schools qualifying five or more athletes for the state meet are expected to authorize their coach to be a Section XI supervisor who will travel with the athletes and assist with supervision under the direction of the sport chairman. Exceptions to this would be at the discretion of the Sport Chairman and the Section XI Executive Director.
  - Post Season Meets: ( ex. Eastern States/Long Island Elite). Athletes may only use these performances to improve their seeds in the NYSPHSAA Championships. They **cannot** be used to qualify an athlete or relay for the NYSPHSAA Championships.

Time Schedule found on next page.

# Section XI Indoor State Qualifying Meet

## Monday, February 10, 2020

**Meet may not run more than 5 minutes faster than scheduled.**

**In all running & field events- Girls followed by Boys, unless otherwise noted.**

### Schedule of Events:

5:00 PM	Clerking		
5:10 PM	55 Meter Hurdles	Trials (G/B)	Heat winners + next three fastest times
5:25 PM	55 Meter Dash	Trials (G/B)	Heat winners + next three fastest times
5:40 PM	3000m Run	Final (G)	
5:55 PM	55 Meter Hurdles	Final (B/G)	
6:05 PM	55 Meter Dash	Final (G/B)	
6:15 PM	3200m Run	Final (B)	
6:25 PM	4x400m Relay	Trials (G/B)	Two Heats pick three
6:45 PM	4x200m Relay	Trials (G/B)	Two Heats pick three
7:00 PM	1000m Run	Final (G/B)	
7:15 PM	10-Minute Intermission		
7:25 PM	1500m Racewalk	Final (G)	
7:40 PM	300m Dash	Trials (G/B)	Two Heats pick three
7:50 PM	600m Run	Final (G/B)	
8:05 PM	1500m/1600m Run	Final (G/B)	2 Sections of 8
8:25 PM	300m Dash	Final (G/B)	
8:45 PM	4 x 800m Relay	Final (G/B)	2 turn box
9:10 PM	4 x 400m Relay	Final (G/B)	2 turn stagger
9:20 PM	4 x 200m Relay	Final (G/B)	3 turn stagger

### FIELD EVENTS:

5:00 PM            Girls Triple Jump  
 6:00 PM            Boys Triple Jump  
 7:00 PM            Girls Long Jump  
 8:00 PM            Boys Long Jump

5:00 PM            Girls High Jump  
 6:30 PM            Boys High Jump

5:00 PM            Girls Shot Put  
 6:30 PM            Boys Shot Put

**\*\* Weight Throw & Pole Vault will be contested at a different venue and date. TBA**

# New York State Indoor Track & Field Championships Schedule

NYSPHSAA is a combined meet with both genders competing at the same time.

Girls 55 Meter Hurdles	Prelims
Boys 55 Meter Hurdles	Prelims
Girls 55 Meter Dash	Prelims
Boys 55 Meter Dash	Prelims
Girls 3000 Meter Run	Seeded
Boys 3200 Meter Run	Seeded
Girls 1600 Meter Relay	Prelims
Boys 1600 Meter Relay	Prelims
Girls 800 Meter Relay	Prelims
Boys 800 Meter Relay	Prelims
3000m - 3200m Run	Unseeded
Boys 55 Meter Hurdles	Final
Girls 55 Meter Hurdles	Final
Girls 55 Meter Dash	Final
Boys 55 Meter Dash	Final
Girls 1000 Meter Run	Final
Boys 1000 Meter Run	Final
Girls 1500 Meter Race Walk	Seeded
Girls 300 Meter Dash	Prelims
Boys 300 Meter Dash	Prelims
Girls 600 Meter Run	Final
Boys 600 Meter Run	Final
Girls 1500 Meter Run	Final
Boys 1600 Meter Run	Final
Girls 1500 Meter Race Walk	Unseeded
Intersectional Relays	Final
Girls 300 Meter Dash	Final
Boys 300 Meter Dash	Final
3200 Meter Relay	Final
1600 Meter Relay	Final
800 Meter Relay	Final

## **FIELD EVENTS**

Boys/Girls Shot Put Simultaneous – Followed by Weight Throw

Boys/Girls Triple Jump Simultaneous – Followed by Boys/Girls Long Jump

Boys Pole Vault followed by Girls Pole Vault

Boys/Girls High Jump to begin after Dash Final

# Performance Verification

A coach will have 3 days from the day of a performance to enter the time/jump/throw of any competitor that has meet the standards found below. Failure to do so will jeopardize your athletes from using their performances for League, County Team Championship, and State Qualifier seeding. A list of the top performances in each event will be posted every Monday.

All updates for “Best of the Season” must use the following Internet site:

[www.just-in-time-racing.com](http://www.just-in-time-racing.com)

## Standards for Best of the Season Performances

55 M High Hurdles	9.94
55 M Dash	7.20
300 M Dash	40.14
600 M Run	1:32
1000 M Run	2:53
1600 M Run	4:55
3200 M Run	10:50
High Jump	5'3"
Long Jump	17' 6"
Triple Jump	35' 6"
Shot Put	35'
Pole Vault	9'
Weight Throw	34'
800 Meter Relay	1:45
1600 Meter Relay	3:52
3200 Meter Relay	9:35
400m Dash	53.0
800m Run	2:00
Mile Run	4:45
Two Mile Run	10:50

# All-County Dinner: Wednesday March 4th, 2020

## All-County Selection:

**The All-County Team will be chosen from results of the State Qualifier Meet.**

- 1) The top four place finishers in all individual events.
- 2) The top finishing Large School relay and top finishing Small School relay finishing each relay.  
In addition, any other relay that qualifies for the NYS Championships.

## Academic All-County Selection:

Athletes must meet the following criteria:

- 1) They must be a **SENIOR** ranked in the top **10%** of their class.
- 2) Individual Events: They must place in the top six in either the Large School, Small School, or State Qualifier Meets.
- 3) Relay Events: They must be a **competing** member of the top two relays in either the Large School, Small School, or State Qualifier Meets.

Names for Academic All-County must be submitted by the athlete's coach on a Google Doc survey. This address will be sent in an email along with other end of the season information at a later date.

## Outstanding Athlete Awards

- These awards will go to the "top" five performers for the 2019-2020 season.
- All coaches will have a chance to nominate their athletes at the meeting.
- Be prepared to give a rundown of the achievements of your athlete during the current season.
- After all the athletes have been presented, only head coaches attending the meeting will vote.

## Scholarships:

The Coaches Association presents two scholarships (\$500) to a SENIOR male & female athlete that best embodies the "Coaches Award" winner on any given team. To be eligible for this scholarship you as their coach must fill out an application on Google Docs. It is a short form, but you must write a paragraph on why you think your athlete deserves this award. More information will be emailed to you with the end of the season information.

## Important Websites:

Just-In-Time-Racing: [www.just-in-time-racing.com](http://www.just-in-time-racing.com)

Suffolk XC/TF Coaches Association: [www.suffolkxctf.com](http://www.suffolkxctf.com)

Section XI : [www.sectionxi.org](http://www.sectionxi.org)

Armory Track: [www.armorytrack.com](http://www.armorytrack.com)

Ocean Breeze: [www.oceanbreezenyc.org](http://www.oceanbreezenyc.org)

MileSplit NY: <http://ny.milesplit.com/>