

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	Jim Ford	Westhampton Beach
League 5	Rod Cawley	Port Jefferson
Large School	Joe Reilly	Longwood
Small School	Jim Christian	Half Hollow Hills West

Season Schedule:

Sunday	12/9/2018	9:00 AM - 7:00 PM	Boys	Crossover A (4 Meets @ 2.5 hours)
Wednesday	12/12/2018	5:00 PM - 10:00 PM	Boys	Crossover B (2 Meets @ 2.5 hours)
Thursday	12/13/2018	5:00 PM - 10:00 PM	Boys	Crossover B (2 Meets @ 2.5 hours)
Tuesday	12/18/2018	5:00 PM - 10:00 PM	Boys	Crossover C (2 Meets @ 2.5 hours)
Wednesday	12/19/2018	5:00 PM - 10:00 PM	Boys	Crossover C (2 Meets @ 2.5 hours)
Saturday	12/22/2018	9:00 AM - 7:00 PM	Boys	Crossover D (2 Meets @ 2.5 hours)
Saturday	1/5/2019	9:00 AM - 7:00 PM	Boys	Crossover E (2 Meets @ 4.5 hours)
Sunday	1/13/2019	9:00 AM - 2:00 PM	Boys	Frosh/Soph Championship
Saturday	1/19/2019	9:00 AM - 9:30 PM	Boys	League Championships (5,1,2,3,4)
Sunday	1/27/2019	9:00 AM - 3:00 PM	Boys	Last Chance Meet
Friday	2/1/2019	5:00 PM - 9:00 PM	Boys	Large Schools
Sunday	2/3/2019	10:00 AM - 2:00 PM	Boys	Small Schools
Monday	2/11/2019	5:00 PM - 9:00 PM	B&G	State Qualifier

- An athlete must have 10 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.

2018 – 2019 Indoor Track & Field League Placement

<u>BOYS WINTER TRACK</u>		Approved (5/16/18)	
<u>League I (10)</u>	<u>League II (10)</u>	<u>League III (10)</u>	
Brentwood	Bay Shore	Huntington	1137
Middle Country	Connetquot	North Babylon	1100
Longwood	Walt Whitman	West Islip	1060
William Floyd	Lindenhurst	Bellport	1013
Patchogue-Medford	Riverhead	Deer Park	995
Central Islip	Northport	Comsewogue	970
Sachem East	Copiague	East Islip	947
Ward Melville	Half Hollow Hills East	Eastport-South Manor	936
Commack	Smithtown West	Half Hollow Hills West	924
Sachem North	Smithtown East	West Babylon	911
<u>League IV (11)</u>	<u>League V (11)</u>		
Hauppauge	Mt. Sinai		
East Hampton/BH/Pier	Bayport-Blue Point		
Kings Park	Elwood-J Glenn		
Harborfields	Hampton Bays	Large Schools 1000 or Higher	
Rocky Point	Southampton		
Islip	Center Moriches	Small Schools 999 or Lower	
Westhampton Beach	Babylon		
Sayville	Mattituck		
Amityville	Port Jefferson		
Miller Place	Greenport/Southold		
Shoreham-WR	Shelter Island		

BOYS WINTER TRACK (General Information)

1. **A team roster must be sent to the sport chairman by Sunday, November 25, 2018.**

Schools must submit their roster online at www.just-in-time-racing.com

(Email Tony Toro for your password- 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 at Suffolk West for the finals only.
- **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 over 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 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
- 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

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 event, except in relays – 3 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 – 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 8 competitors in the Long Jump, and 8 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. 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.

Order of Events: Crossovers A, B, D, and E

(Open Division followed by Frosh/Soph Division)

55 Meter Hurdles Trials

55 Meter Hurdles Finals

3200 Meter Run

(2 turn box) Frosh/Soph 1600 start 30 yards back

55 Meter Dash Trials

600 Meter Run

(2 turn stagger)

55 Meter Dash Finals

1000 Meter Run

(2 turn box)

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 C

(Open Division followed by Frosh/Soph Division)

4 x 800m Relay

(2 turn box)

55 Meter Hurdles Trials

55 Meter Dash Trials

600 Meter Run

(2 turn stagger)

55 Meter Hurdles Finals

55 Meter Dash Finals

1000 Meter Run

(2 turn box)

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

Sunday December 9, 2018

Athletes may compete in only two events.

9:00 AM - 11:30 AM

Middle Country
Miller Place **Long**
Mount Sinai
Rocky Point
Southampton
Westhampton Beach **Triple**
Port Jefferson
Riverhead
Bayport/Bluepoint
Hampton Bays
Greenport/Southold
Longwood
Eastport South Manor*
Shelter Island

11:30 AM - 2:00 PM

Sayville
Walt Whitman*
Smithtown East
Northport
Huntington
Hauppauge
West Babylon **Triple**
Babylon
Patchogue/ Medford
Sachem North
Central Islip
Half Hollow Hills West **Long**
William Floyd

Athletes may compete in only two events.

2:00 PM - 4:30 PM

Half Hollow Hills East *
West Islip
SWR
Connetquot
Copiague
Ward Melville
Smithtown West
Mattituck
East Hampton **Triple**
Lindenhurst
Comsewogue
Center Moriches **Long**
Islip

4:30 PM - 7:00 PM

Bellport
Deer Park
East Islip
Bay Shore **Triple**
Amityville
Harborfields **Long**
Brentwood
North Babylon
Commack
John Glenn*
Kings Park
Sachem East

* Meet Director

Boys Crossover Meet B

Wednesday - December 12, 2018

Athletes may compete in only two events.

5:00 PM - 7:30 PM

Riverhead	Long
Shoreham Wading River	
Patchogue/Med.	
West Babylon	
Central Islip	
GPT/Southold	
Ward Melville	
East Islip	
Hampton Bays	
Half Hollow Hills West*	
Huntington	
Connetquot	Triple
Mattituck	
Shelter Island	

7:30 PM - 10:00 PM

William Floyd	
Miller Place	
Rocky Point	
Commack*	
Sachem North	
Northport	
Sayville	
Longwood	Triple
West Islip	
Port Jefferson	
Bay Shore	
Half Hollow Hills East	Long
Mount Sinai	

Boys Crossover Meet B

Thursday - December 13, 2018

Athletes may compete in only two events.

5:00 PM - 7:30 PM

Lindenhurst	
Southampton	
Harborfields	
Westhampton	
Comsewogue *	
Eastport South Manor	Long
East Hampton	
Deer Park	
Smithtown East	
Bellport	
John Glenn	
Sachem East	Triple
Center Moriches	

7:30 PM - 10:00 PM

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

* Meet Director

Boys Crossover Meet C Tuesday - December 18, 2018

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 AM – 7:30 PM

Shelter Island
Miller Place
Walt Whitman
Northport
Southampton
Copiague
Babylon
John Glenn
Bay Shore
Center Moriches
Mattituck
Islip*
Hampton Bays
GPT/Southold
Central Islip

Triple

Long

7:30 PM – 10:00 PM

Port Jefferson
West Islip
North Babylon
Ward Melville
Brentwood
Half Hollow Hills West
Comsewogue
Deer Park
Bayport/Blue Point
Commack
Bellport
Patchogue/Med*
Lindenhurst

Triple
Long

Boys Crossover Meet C Wednesday - December 19, 2018

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

East Hampton
Sachem East
Longwood
Huntington
Sachem North*
East Islip
Smithtown East
Kings Park
SWR
Wm. Floyd
Rocky Point
Eastport South Manor
Westhampton Beach

Triple

Long

7:30 PM – 10:00 PM

Hauppauge
Middle Country
Half Hollow Hills East
Connetquot
Smithtown West*
Riverhead
Mount Sinai
West Babylon
Amityville
Harborfields
Sayville

Long

Triple

* Meet Director

Boys Crossover Meet D

Saturday - December 22, 2018

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

Kings Park
Ward Melville
Sachem North
Bay Shore
Riverhead*
Bellport
West Islip Triple
Shelter Island
Walt Whitman
John Glenn
Harborfields
Eastport South Manor
Smithtown West Long
Center Moriches

11:30 AM - 2:00 PM

William Floyd Long
Central Islip
Commack *
Westhampton Beach
Copiague Triple
Sachem East
GPT/Southold
Miller Place
Longwood
Deer Park
Huntington
Rocky Point
Brentwood
Mattituck

2:00 PM - 4:30 PM

North Babylon
Southampton Long
Northport
East Hampton
Shoreham Wading River
East Islip
Hauppauge*
Middle Country
Amityville
Islip Triple
Half Hollow Hills East
Half Hollow Hills West

4:30 PM - 7:00 PM

Comsewogue
Smithtown East Long
Connetquot
Lindenhurst
Hampton Bays
Patchogue/Medford
West Babylon
Sayville Triple
Mount Sinai
Bayport/Blue Point
Port Jefferson*
Babylon

*Meet Director

Boys Crossover Meet E
Saturday - January 5, 2019
Small Schools (9:00 AM – 1:30 PM)

Two event limit - Except 8 athletes from each team which may compete in 3 events.
No Athlete is allowed to do 3 individual events.

- **55m Dash/55 Hurdles/300m Dash - final on time**
- **Relays - two teams per school only**
- **Only one measurement in shot put under 36'**
- **Long and Triple Jump- 3 jumps, no finals**

Half Hollow Hills West – Long Jump

Hauppauge - Triple Jump

Boys Crossover Meet E
Saturday - January 5, 2019
Large Schools (1:30 PM – 6:00 PM)

Two event limit - Except 8 athletes from each team which may compete in 3 events.
No Athlete is allowed to do 3 individual events.

- **55m Dash/55 Hurdles/300m Dash - final on time**
- **Relays - two teams per school only**
- **Only one measurement in shot put under 36'**
- **Long and Triple Jump- 3 jumps, no finals**

Brentwood– Long Jump

Copiague - Triple Jump

Freshmen – Sophomore Championships

Sunday, January 13, 2019

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 18 WILL BE SEEDED FOR THE FINAL. FROM THOSE THREE HEATS, ADVANCE TWO. ALL OTHERS WILL RUN IN NON-QUALIFYING HEATS.

Order of Events

Shot Put	Only one measurement under 25'
Long Jump	3 Jumps, no finals. Rakers: Hills West / Southampton
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 Rakers: Bay Shore / Patchogue-Medford

55 METER HURDLES SEMIS

3200 Meter Run (One section of each)

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

Boys League Championships

Saturday - January 19, 2019

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
LEAGUE 4	7:00 PM – 9:30 PM	Meet Director Jim Ford

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 a total of three relay teams.
3. Athletes can compete in a maximum of three events.

- a. 55m Hurdles & 55m Dash: Preferred Lanes (3-4-2-5-1-6)
 - 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. In races run as finals, seeded sections will run last. (Exceptions: 1600m, 3200m)
- c. Shot Put → 3 throws, 7 to the final
- d. High Jump → 5' 2", increase 2" to 5' 10" then 1" thereafter.
- e. 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

Sunday, January 27, 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 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 (4-Large/ 4-Small)

SCHEDULE OF RUNNING EVENTS

1	3200M Run	11:00		Combined
2	55m Dash	7.24	6 fastest advance	8 Large/ 8 Small
3	1000m Run	3:00		4 Combined
4	55m Dash			
5	55HH	9.94	6 fastest advance	8 Large/ 8 Small
6	600m Run	1:35	Preferred lanes 4-5-6-3-2-1	8 Combined
7	55HH			
8	1600m Run	5:00.0		5 combined
9	300m Dash	40.74	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	5'3	Start 5' - 5'3 - 5'6 - 5'8 - 5'10 – 6' – 1" thereafter
	Shot Put	36'	One measurement under 30'
	Long Jump	17'6	One measurement under 17'
	Triple Jump	36'	One measurement under 36'
	Long Jump		Rakers: Ward Melville, Comsewogue
	Triple Jump		Rakers: Bayport Blue Point, Port Jefferson

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 29th, 2019.
- Entries will be submitted online using the following web site: 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)
 - 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)
 - 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)
 - 3 turn stagger - Second leg will cut in after running the 3rd 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

Large School Time Schedule

Friday, February 1, 2019 5:00 PM – 9:00 PM

5:00PM	Warm ups			
5:10 PM	Clerking of running events, Triple Jump , High Jump, Shot Put			
5:15 PM	3200 Meter Run		Seeded	2 turn box
5:30 PM	55 Meter High Hurdles	6 Fastest Advance		
5:40 PM	55 Meter Dash	6 Fastest Advance		
5:50 PM	3200 Meter Run		Unseeded	2 turn box
6:05 PM	55 Meter High Hurdles		Final	
6:10 PM	55 Meter Dash		Final	
6:15 PM	1000 Meter Run		Final	2 turn box
6:30 PM	300 Meter Dash*		Semi's	3 heats picking 2
6:45 PM	600 Meter Dash	Lanes (4-5-6-3-2-1)	Final	2 turn stagger
7:00 PM	1600 Meter Run		Seeded	2 turn box
7:15 PM	300 Meter Dash	Lanes (4-5-6-3-2-1)	Final	
7:20 PM	1600 Meter Run		Unseeded	2 turn box
7:45 PM	4 x 800 Meter Relay		Final	2 turn box
8:05 PM	4 x 400 Meter Relay	Lanes (4-5-6-3-2-1)	Final	2 turn lane
8:25 PM	4 x 200 Meter Relay	Lanes (4-5-6-3-2-1)	Final	3 turn stagger

Section XI Team Championships

Small School Time Schedule

Sunday, February 3, 2019 10:00 AM – 2:00 PM

10:00 AM	Warm ups			
10:10 AM	Clerking of running events, Triple Jump , High Jump, Shot Put			
10:15 AM	3200 Meter Run		Seeded	2 turn box
10:30 AM	55 Meter High Hurdles	6 Fastest Advance		
10:40 AM	55 Meter Dash	6 Fastest Advance		
10:50 AM	3200 Meter Run		Unseeded	2 turn box
11:05 AM	55 Meter High Hurdles		Final	
11:10 AM	55 Meter Dash		Final	
11:15 AM	1000 Meter Run		Final	2 turn box
11:30 AM	300 Meter Dash*		Semi's	3 heats pick 2
11:45 AM	600 Meter Dash	Lanes (4-5-6-3-2-1)	Final	2 turn stagger
12:00 PM	1600 Meter Run		Seeded	2 turn box
12:15 PM	300 Meter Dash	Lanes (4-5-6-3-2-1)	Final	
12:20 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	Lanes (4-5-6-3-2-1)	Final	2 turn lane
1:25 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 6th, 2019.
- Entries will be submitted online using the following web site: 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 that 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)
 - Winner and next three fastest times for final.
- b. 300m Dash: Preferred Lanes (4-5-6-3-2-1)
 - 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)
 - 3 turn stagger - Second leg will cut in after running the 3rd 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 2nd 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 11, 2019

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

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

6:30 PM

Boys Shot Put

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

Standards for Best of the Season Performances

55 M High Hurdles	9.94
55 M Dash	7.24
300 M Dash	40.74
600 M Run	1:35
1000 M Run	3:00
1600 M Run	5:00
3200 M Run	11:00
High Jump	5'3"
Long Jump	17'6"
Triple Jump	36'
Shot Put	36'
Pole Vault	9'
Weight Throw	36'
800 Meter Relay	1:47
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	11:00

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 2018-2019 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

Suffolk XC/TF Coaches Association: www.suffolkxctf.com

Section XI : www.sectionxi.org

Armory Track: www.armorytrack.com

Ocean Breeze: www.oceanbreezenyc.org

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