

NYSPHSAA Championships

Sat., March 1st, 2014 at Cornell University

- Girls Championships 9:00 am -1:00 pm
- Boys Championships 2:00 pm -6:00 pm
- Admission:\$9.00 (one session pass)
- \$16.00 (two session pass)
- \$2.00 (per session for ages 5 and under)

TENTATIVE Order of Events

Track Events 9:00am or 2pm

1600 meter Relay –Trials	
800 meter Relay –Trials	
3000 meter Run –Unseeded Section	GIRLS ONLY
3200 meter Run –Unseeded Section	BOYS ONLY
55 meter Dash –Trials	
3000 meter Run –Seeded Section	GIRLS ONLY
3200 meter RUN –Seeded Section	BOYS ONLY
55 meter Dash –Semi-finals	
1000 meter Run –Finals (Sections)	
55 meter Dash –Final	
300 meter Dash –Trials	
1500 meter Racewalk –Finals (Sections)	GIRLS ONLY
55 meter Hurdles –Trials	
600 meter Run –Finals (Sections)	
1500 meter Run –Final (Sections)	GIRLS ONLY
1600 meter Run –Final (Sections)	BOYS ONLY
55meter Hurdles –Semi-finals	
Intersectional Medley Relay –Finals (1000m, 200m, 600m, 1600m)	
55 meter Hurdles –Finals	
300 meter Dash –Finals (Sections)	
3200 meter Relay –Final (Sections)	
1600 meter Relay –Final (Sections)	
800 meter Relay –Final (Sections)	

Field Events 9:00am or 2pm

Long Jump –Trials then Finals (Sections)
 Triple Jump –Trials then Finals (Sections)
 High Jump –Final (Sections)
 Pole Vault –Final (Sections)
 Shot Put –Trials then Finals (Sections)

NYS PHSAA/NYS Federation Qualifying Standards for the 3rd Competitor

In addition to the top two finishers in each individual event, each section may send the third place finisher provided that they have met the following qualifying standard. In order to qualify, the athlete must have placed third in the State Qualifier Meet and have met the standard during this season.

EVENT	GIRLS	BOYS
	FAT Time (Hand Time)	FAT Time (Hand Time)
55m Hurdles	8.74 (8.5)	7.94 (7.7)
55m Dash	7.44 (7.2)	6.74 (6.5)
300m Dash	41.94 (41.7)	36.74 (36.5)
600m Run	1:38.74 (1:38.5)	1:24.74 (1:24.5)
1000m Run	3:02.24 (3:02.0)	2:35.24 (2:35.0)
1500m Run	4:49.54 (4:49.3)	xxxxxxx
1600m Run	xxxxxxx	4:28.74 (4:28.5)
3000m Run	10:21.14 (10:20.9)	xxxxxxx
3200m Run	xxxxxxx	9:42.24 (9:42.0)
1500m Race Walk	7:28.24 (7:28.0)	xxxxxxx
Long Jump	17' 02"	21' 06"
Triple Jump	36' 01"	43' 06"
Shot Put	37' 07"	52' 00"
High Jump	5' 03"	6' 04"
Pole Vault	10' 00"	13' 00"