

**SECTION V
WINTER TRACK & FIELD
CHAMPIONSHIPS 2016**

This packet contains Section V Championship information. Please read this information carefully. Entries received not using the proper format may be rejected.

**2016 Meets: Classes C and D - Wednesday, February 17, 6:00 - 11:00 – RIT
Classes A and B – Thursday, February 18, 6:00 - 11:00 - RIT**

All individuals are eligible according to NYSPHSAA rules, Section V rules, and the meet standards. **In order to participate in the Sectionals and State Qualifier, an athlete must have participated in six meets.** If your athlete does not meet this requirement, he/she must apply for a hardship entry. A letter explaining the hardship must be submitted, including the number of meets the athlete has competed in, and explaining why the athlete did not compete in the minimum number of meets. If it is a medical reason, documentation will help. **This is not for athletes who failed to meet the minimum number of meets due to academic problems.**

MEET STANDARDS: These must have been met during the current season. There are two kinds of qualifying standards. An athlete who has obtained an automatic qualifying standard in an event will be guaranteed a place in that event, if he/she decides to do it. A provisional qualifier may be entered into the meet, and may compete if there is room in the event. See the accompanying sheet for qualifying standards.

In addition, each school is allowed one boy and one girl wildcard. A wildcard is an athlete who has not made the standard in an individual event, and you want to see this athlete compete. A wildcard entry will NOT displace an automatic or provisional qualifier, and will not add athletes to an event beyond the maximum number. The wildcard is allowed one individual event, and the athlete must have competed in that event during the season, and meet all other requirements. In bar events, the bar will not start at a lower height to accommodate a wild card entry.

HOW TO ENTER:

All entries (with relay names) must be on the entry sheet provided and submitted through the online entry system by the deadline.

An athlete needs to have done the event once to be entered, and must have met the qualifying standard.

An athlete should have each event he/she intends to compete in marked on the entry sheet. This means INDIVIDUAL and RELAY teams. The exact relay is required. (You may list up to six names per relay)

Sample Entry:

Name	Grade	Event	Event	Event
		Performance	Performance	Performance
Dave Hennessey	12	1600m Run	3200m	3200m Relay

Relay team entries are to be made on the space provided on the entry sheet.
An entry made with falsified performances will lead to the disqualification of the entry.
All qualifying marks must be listed on the League Web Site (leaderboard), or they will be considered null and void.

→ **ONLINE ENTRY DEADLINE: SUNDAY – FEBRUARY 14 - 8:00 PM**

**Coaches' Meeting: Monday, February 15, 7:00, at Penfield High School in L-1.
Park in the small parking lot on the right, go into the nearby doors, and follow the signs.
All coaches are welcome. A provisional athlete may be scratched at the meeting.
Automatic athletes may not be scratched.** All entries are considered final at the end of the meeting (after 9:00 p.m)

Athletes who fail to report to the clerk or the field event judge prior to last call will be considered scratched from the remainder of the meet.

Meet Procedures:

55m Dash	Finals
55m Hurdles	Finals
300m / 600m Run	Several Sections, Final Placing on Time
1000m	Depending on numbers, One or Two Sections
1500m.1600m,	One Section
3000m/3200m, Racewalk:	One Section
Long/Triple Jump	One Flight per Class – 3 jumps – No Finals
Shot Put	One Flight per Class – 3 Throws, No Finals
High Jump	Boys and Girls: Starting Height will be 2 inches below the seeding performance of the last seed. Bar will advance by 2 inches until 6'0" for boys and 5'0" for girls, then up by one inch
Pole Vault	Starting Height will be 3 to 6 inches below the lowest qualifying mark, up by 6 inches until 12'0" for the Boys and 8'6" for the girls then up by 3 inches

Scoring: 10,8,6,4,2,1

Awards: Shield, Certificate – 1st place (Blue for Individuals, White for Relays)
Ribbons for places 2 –6
Sectional Team Trophy for 1st place for each class champion, White shields (up to 15) to winning team.

Order of Events: Class B, then A Class D, then C

Girls 3000m Run	Girls Long Jump, Boys Long Jump, Girls Triple, Boys' Triple Jump
Boys' 3200m Run	Boys/ Girls High Jump
Girls 1000m Run	Boys/ Girls High Jump
Boys 1000m Run	Girls, then Boys Shot
Girls' 1500m Racewalk	Boys/Girls Pole Vault
Girls' 600m Run	Boys, then Girls Weight Throw
Boys 600m Run	
Girls 55m Dash	
Boys 55m Dash	
Girls' 1500m Run	
Boys 1600m Run	
Girls 300m Dash	
Boys 300m Dash	
Girls 55m Hurdles	
Boys 55m Hurdles	
Girls 4 x 800m Relay	
Boys 4 x 800m Relay	
Girls 4 x 400m Relay	
Boys 4 x 400m Relay	
Girls 4 x 200m Relay	
Boys 4 x 200m Relay	

Other Information

1. The uniform rule will be strictly enforced. All athletes must wear school uniforms, with relay teams being identical.
2. The jewelry rule will be enforced.
3. Athletes may wear spikes of ¼ inch showing.
4. Coaches and Spectators will not be allowed on the track.
5. No radios.
6. Admission charge for the Sectionals will be \$5.00 for adults and students.
Please make potential spectators aware of this.
7. We will have sectional shirts for sale.