

## **INTRODUCTION**

WELCOME to another season of Winter Track and Field in Section V. As it has become increasingly more difficult to get sites for our meets, we need the cooperation of all our coaches and athletes to run the meets in an efficient manner as possible, and that we continue to be good guests at each site. We would like to thank Houghton College , SUNY at Brockport, Rochester Institute of Technology, and Hobart/William Smith Colleges, for continuing to allow us to use their facilities.

Hosts schools must take their responsibilities seriously. It is not right for one or two schools to set up and put everything away when there are usually four or more schools assigned to each site as a ‘home” school. Likewise, schools when they leave a site must clean up their area before they depart. The better we treat the field houses, the better our chances of using the site next year.

We hope that this is a successful year for you and your athletes. If you have questions, feel free to ask. Good luck.

## RULES FOR THE 2016- 2017 ROCHESTER WINTER TRACK SEASON

1. **FOOTWEAR.** It has become increasingly more and more difficult to find solid, rubber bottom shoes. Therefore, we are eliminating the rule which does not allow for plastic bottom shoes to be used. However, unless it is noted, athletes are not to have metal spikes in their shoes. At selected meets, this rule will be waived, but athletes found using spikes will be disqualified, their marks nullified, and they may be banned for one or two meets.
2. **LIMITS of PARTICIPATION.** In an effort to keep the teams running on schedule, there will be limitations on the number of events an athlete may do at a meet. If there are NO limitations, the maximum number of events an athlete may do is THREE (NYSPHSAA rule). For modified athletes, the maximum number of events is **two**. If one of those events is 1200 meters or longer, than that athlete may only do a field event for his/her other event. **Modified athletes may NOT do a 3000 or 3200m Run, Pole Vault or weight throw.**
- 3.**DIVISIONS.** In many events, we will run a Varsity, JV, and modified events for both boys and girls. Athletes should be placed in the proper division by their coach. In addition, if the meet is listed as VARSITY ONLY, do not bring your non-varsity athletes. Conversely, if the event is listed as Junior Varsity or Modified only, please do not run your Varsity athletes in that meet. Varsity can be defined as athletes you anticipate competing in the sectionals.
4. **ROSTERS** Coaches will be submitting their roster on line. For track events, athletes will need to look at the seed sheets, and put on the appropriate hip number for their race.
- 5.**LIMITS ON ENTRIES.** Unlimited entries for some League meets. **At some meets, we will be limiting the meet to Varsity only, and at times, we will limit how many entries in an event a school may have. This will be on a sliding scale, which will be based on the size of teams, and whether the team is co-ed or single sex.** In some sprint events, we may limit the number of athletes using starting blocks to the first 8 heats for boys and girls. For some meets, if the size of the fields are large, we may run inside and outside sections of the race. **At the conclusion of meets, we will check to see if any athlete competed in more events than he/she was allowed. If that is the case, all marks earned are null and void, and an athlete may be disqualified from the next two weeks.**
6. **ON LINE ENTRY:** This year, all entries will be online. Entries for a weekend meet will be the Thursday before that meet, at 8:00 p.m. Entries received after that time will be seeded last. Once an athlete has been entered, he/she may not be scratched. (You may scratch that athlete from the event(s) they are entered on the meet day, but that athlete may not be moved to another individual event).
7. **BLOCKS.** For all meets, bring your own blocks, and these blocks may have ¼” spikes in them.
8. **CROWD CONTROL AND CLEAN-UP.** Coaches are responsible for the conduct and whereabouts of their athletes during the meet. No team will be allowed to compete in any meet without a coach. Coaches should personally supervise the clean up of their teams after the meet. **At Hobart, Brockport, Houghton, and RIT, athletes are not to eat on the floor.** Again, sanctions may be leveled against athletes and teams continuing to violate this policy. Coaches, if you see something wrong, please do not hesitate do get involved.
9. **ANNOUNCEMENTS.** So that the meet may run smoothly, and everyone might be able to hear announcements, NO MUSIC DEVICES are allowed without headphones
10. **PITS.** Athletes may not use the high jump pits and pole vault pits for lounging areas. At all sites, when the event is over, these pits need to be stacked and put away neatly. (if it is a double meet, the first group should set the pits up, the second group should put them away.)
11. **BUSES.** School buses must be parked in the proper areas. They cannot be parked in fire lanes. At Hobart College, they are to follow the signs to drop off their athletes behind the field house. No bus will be allowed to drop students off at the front of the field house. Parking there is reserved to officials and spectators. **At RIT, buses should enter lot D (by the track) and follow the directions of the RIT security personnel.**
12. **OLDFIELD STYLE.** At Hobart, the Oldfield style may be used if the coaches of the athletes help to control the crowd near the event. It may also be done at RIT , since we the addition of the weight throw, the cage will be set up It may be done at Brockport, but if they are using the outside circle (since the weight throw may be going on in the cage, the same rules apply as with Hobart. It may be done at Houghton Coaches are reminded to tell their athletes to stay away from the shot areas while the meet is in progress, no matter what technique is being used.
13. **ADMISSION CHARGE.** Admission charge at all Rochester Winter Track meets is \$4.00 for adults and \$3.00 for students.

- 14. CLERKING.** Clerking will be done at the starting line of each event. Unless otherwise noted, the order will be **Varsity, JV, and then Modified, Girls followed by Boys. This will be the same order for the field events.**
- 15. CURFEW.** All League meets may run no later than 11:00 p.m. For meets with two or more sessions, we must complete the last event by the time indicated, so the next group can move in on schedule.
- 16. CANCELLATIONS.** For meets that are held on school days, if there is a need to cancel a meet, the decision will be made by 1:00 p.m., with schools being contacted, if possible, by phone. **If you have a question, check [schedulesonline.com](http://schedulesonline.com), or the Rochester Winter Track website.** If a Saturday or holiday meet is cancelled, the coach, if possible, will be contacted at home by phone, as will television and radio stations. ( TWC has always posted our cancellations.) If you have any questions, contact Dave Hennessey (585-334-6323)
- 17. ALL LEAGUE.** In order to receive an ALL LEAGUE Award, an athlete must have one of the best **six** times, distances, or heights in League sponsored meets. The fastest **three** relays will also be All League.
- 18. OFFICIATING.** While the League will hire some officials, schools are responsible to help out with officiating chores. If a school is willing to pay for three officials, please leave the vouchers with me, so that I can hire officials. **This year, we are asking for four official vouchers.** If you plan on working the meets, let me know what days you wish to work.
- 19. HOST SCHOOLS.** Schools will be assigned two hosting responsibilities. The jobs of the host school are as follows:
1. **Bring the AED.**
  2. **Set up and take down vaulting and high jump pits**
  3. **Set up and take down the shot put area**
  4. **Set up, take down, and put away the hurdles**
  5. **Clean up facility before your team leaves.**
  6. **Help rake the long jump pit.**
  7. **Underlined team is the head host school.**
  8. **Help the pole vault official check poles**
  9. **Guard the hip number box**
  10. **Help the clerk**
  11. **Help the pole vault and high jump official**
  12. **Help the shot put official with measuring.**
  13. **Block the staircase near the long jump pit at RIT.**
- 20. POLE VAULT VERIFICATION SHEETS.** If an athlete is going to compete in the pole vault, he/she will need to have a pole vault verification sheet to each meet.. **If there is no sheet, the athlete may not compete in the event that day.** These sheets need to be kept current, for any changes in an athlete's weight and pole use. Periodic checks will be made during the season to make sure that these sheets are accurate. It is the responsibility of the coaches of the vaulters that they are properly trained for the event, and that they set up any additional pits or mats to provide safety for the athletes in the vault. **When entering a pole vaulter in a meet, you will be asked to submit the athlete's weight. This will be on the event sheet, to help the official in checking the vaulters and poles. The pole vault competition will start no later than 30 minutes after the starting time of the meet. Thus, if the meet is scheduled to start at 6:00, the pole vault will start no later than 6:30.**
- 21. OPEN PIT.** We will be using an open pit. All jumpers will be required to take their jumps in the time allotted, and if they do not, then their remaining jumps are forfeited. The meet director will tell the officials how much time the jumpers will have, and all jumpers will warm up at the same time.
- 22. Merging of teams:** According to the bylaws of the league, no school or schools will be allowed to merge teams. In the past, schools were allowed to merge, but all merged teams were dissolved in 1990.
- 23. Special Rules for ROCHESTER INSTITUTE OF TECHNOLOGY**
- A. **Teams will be allowed to enter the facility 30 minutes before the scheduled meet time. Therefore, if the meet starts at 6:00, schools will not be allowed to enter until 5:30.**
  - B. **Buses should enter the D Parking lot, and follow the directions of RIT security.**
  - C. **All athletes and spectators go up the stairs into the main lobby.**
  - D. **Teams should set up their camps on the second floor, along the side with the long jump pit. The side by the finish line is reserved for spectators and coaches. Host schools should sit on the first floor in an area designated by RIT personnel.**

**E. NO FOOD OR BEVERAGES ON THE FLOOR. THIS INCLUDES WATER AND SPORTS DRINKS.**

**F. The Student Life Center is off limits. Bathrooms will be available, but locker rooms are off limits.**

**G. Don't block fire exits**

**H. Spectators may bring their own chairs.**

**I. No running backwards on the runway to get your mark. Athletes need to know their mark in advance, and run forward into the pit. This rule is also in effect at Hobart College.**

**J. RIT will run a concession stand, on the second floor.**

**24. Shorts with writing around the waistband are illegal. They will result in the athlete being disqualified, if not in local meets, definitely in the state meet. Officials have been told not to allow tape to be placed around the writing. If the compression shorts are underneath regular shorts, it is not a problem.**

**25. College. The following is from the NYSPHSAA handbook, page 6: A student is no longer eligible to represent the school in that sport in that season if the student participates in practice or competition with or against any individual or team(s) representing a college that season. Prior to completion, the NYSPHSAA Executive Director may grant an exemption of the College Rule for an individual sport athlete when vying for a standard that would qualify them for the Olympic trials and/or Olympic Games when this opportunity is not offered through the New York State Public High School Athletic Association and/or the National Federation of State High School Associations. The exemption would permit a student to participate as an ‘unattached’ individual with no affiliation to the school team in a competition against open and college competitors in an approved competition set forth by the Olympic Committee without violating the College Rule (Jan.2012). Reporting Procedure: All violations shall be reported to the League and Section.**

**26. SECTIONALS. We will be having a four class sectional, with a meet of champions ( state qualifier) the following Friday.. In order to compete in the Sectionals and State Qualifier, an athlete must compete in SIX different sanctioned high school meets. In addition, the athlete must meet the qualifying standard. Hardship cases will be decided by the Section V Games committee.**

There will be two kinds of qualifying standards. The automatic standard guarantees that an individual will be in the Sectional meet in that event if he/she meets this mark. A provisional standard will qualify if he/she meets a lesser standard, and there is room for that athlete in that event in the meet. If an athlete meets the standard, it is the responsibility of the COACH to submit that performance within two weeks of the mark being set, and the standards being issued. This years' standards are available in this book. For meets run by the RWTL, qualifying marks will automatically be posted. For out of Section meets, coaches must post their updated performances. These marks will also be used to determine ALL LEAGUE. No mark, no entry. Updated lists will appear on our web site.

**27. STATE MEET. Athletes qualifying for the State Meet will be leaving on Friday, March 3. The state meet, which is on Saturday, March 4 will be at the Ocean Breeze Track and Field Facility on Staten Island . The opening ceremony for the boys and girls championships will be 8:45. The shot, Triple Jump, and Boys Pole Vault will start at 9:00. At 9:15, running events start. Track events will be run on the six lane banked track (except for the 55m and hurdles).. In general, the top two finishers go to the states, and the winning relay will compete in the state meet. In addition, the 3<sup>rd</sup> place finisher in the 300, 600, 1000, 1500/1600 will compete in the Intersectional Medley Relay. If an athlete meets the following standards, and finishes third in the state qualifier, he/she will be allowed to compete at the state meet in their individual event. **If weather does not allow us to have a meet of champion, the sectional coordinator, with assistance, will select a team, based on performances made at league meets. Coaches will be admitted free if their athletic director contacts Todd Nelson at the NYSPHSAA. One coach per athlete, up to three.****

**28. To comply with the new rule, areas that athletes can view a video with their coach are as follows:**

**RIT: the hallway or the balcony above the track**

**Hobart: the plastic covering in the middle of the infield, the balcony above the track**

**Brockport: the lobby, the corner the doors, just past the 1<sup>st</sup> turn**

**Houghton – outside the track area, as jumping events will be on the inside of the track**

**29. Tape is not to be used on the floor at Houghton College. Athletes will be given a felt material and stick pins to make their takeoff spot. Please return the pins after competition.**

**30. ORDER of EVENTS**

**Saturday, December 10 – Houghton College – 9:00 – 3:00 - A,B,C No modified**  
**Saturday, December 10 – Houghton College – 4:30 – 10:30 – D,E,F – No modified**

55m Hurdles	Boys Long Jump, then Triple Jump
3000/3200m Runs	Girls Long Jump, then Triple Jump
55m Dash	Girls, then Boys Shot
1000m Run	Boys and Girls Pole Vault
300m Dash	Boys, then Girls High Jump
600m Run	Boys, then Girls Weight Throw
1500/1600m Run	
1500m Race walk	<b>2 individual events and a relay per athlete.</b>
4 x 200m Relay	
4 x 400m Relay	<b>NO SPIKES</b>

**Friday, December 16 – SUNY Brockport – 6:00 – 11:00 – West – All**  
**Friday, December 16 - RIT - 6:00 - 11:00 - East - All**  
**Saturday, December 17 - SUNY at Brockport – 6:00 – 11:00 - Central - All**

55m Hurdles	Weight Throw – Boys, then Girls
55m Dash	Shot, Girls/ Boys –
1500/1600m Runs	Triple Jump, then Long Jump Boys
300m Dash	Triple Jump, then Long Jump Girls
1000m Run	Girls, then Boys High Jump
4 x 200m Relay	Girls and Boys Pole Vault
4 x 800m Relay	
3000/3200m Run	
600m Run	<b>2 Events and one relay per athlete. No Spikes</b>

<b>Friday, December 23</b>	<b>6:00 – 11:00</b>	<b>SUNY Brockport</b>	<b>West</b>
<b>Friday, December 23</b>	<b>6:00 – 11:00</b>	<b>RIT</b>	<b>Central</b>
<b>Friday, December 23</b>	<b>6:00 – 11:00</b>	<b>Hobart</b>	<b>East</b>

55m Hurdles	Shot – Girls, then Boys ( no weight throw, no cage)
3000/3200m Run	High Jump – Boys, then Girls
1500/1600m Runs	Long Jump, then Triple Jump – Girls, then Boys
55m Dash	Pole Vault – Girls, then Boys
1000m Run	
600m Run	2 events and a relay
300m Dash	No Spikes
1500m Racewalk	
4 x 400m Relay	
4 x 800m Relay	

<b>Friday, December 30</b>	<b>10:00 – 5:00</b>	<b>Hobart/ William Smith</b>	<b>East</b>
<b>Friday, December 30</b>	<b>10:00 – 4:00</b>	<b>RIT</b>	<b>Central</b>
<b>Friday, December 30</b>	<b>5:00 – 11:00</b>	<b>RIT</b>	<b>West</b>

4 x 200m Relay	Shot – Boys, then Girls
600m Run	Weight Throw – Girls, then Boys ( no weight throw at Hobart)
55m Dash	Girls, then Boys Long Jump, then Triple Jump
3000/3200m Runs	Boys, then Girls Long Jump
1000m Run	Girls, then Boys Pole Vault
4 x 400m Relay	
1500m Race Walk	<b>2 Events and a Relay</b>
1500/1600m Run	<b>No Spikes</b>
300 m Dash	
4 x 800m Relay	
55m Hurdles	

**Friday, January 6 - RIT - 6:00 - 11:00 - East - All**

**Saturday, January 7 - Houghton - 9:00 - 3:00 - West - All**

**Saturday, January 7 - Houghton - 4:30 - 10:30- Central - All**

3000/3200m Run Girls, then Boys Long Jump ( Both go at the same time at Houghton)

1000m Run

Girls, then Boys Shot --- Boys, then Girls Weight Throw

1500m Race Walk

Boys, then Girls Pole Vault --- Girls, then Boys High Jump

600m Run

After Long Jump, Girls, then Boys Triple Jump

55m Dash

( Both go on at the same time at Houghton)

1500m/1600m Run

300m Dash

55m Hurdles

**3 Events per athlete ---2 Boys and 2 Girls Relays per Relay Event**

4 x 800m Relay

**Spikes are allowed (mod athletes may not wear spikes per state rules)**

4 x 400m Relay

4 x 200m Relay

**Friday, January 13 – 6:00 – 11:00 SUNY Brockport - 6:00 - 11:00 - A,C,E**

**Friday, January 13- 6:00 – 11:00 RIT 6:00 – 11:00 – B,D,F**

300m Dash

Boys, then Girls Long Jump, followed by Triple Jump

1500.1600m

Girls, then Boys High Jump

55m Hurdles

Boys, then Girls Pole Vault

1000m Run

Boys, then Girls Shot

55m Dash

Girls, then Boys Weight Throw

600m Run

3000/3200m Run

**2 events and a Relay**

1500m Race Walk

**Spikes are allowed**

4 x 200m Relay

4 x 400m Relay

**Saturday, January 14 – Trent Jackson/Cedric Walker Invitational at Brockport State**

Your league entry fee covers the cost for the invitational. Each school is allowed one entry per event. In individual events, a school may enter up to two more entries if all three entries meet the following standards.

	<b>Boys</b>	<b>Girls</b>
55m Dash	6.94	7.94
55m Hurdles	8.86	9.99
300m Dash	38.54	46.24
600m Run	1:29.94	1:48.94
1000m Run	2:48.94	3:20.24
1600/1500m Run	4:45.24	5:20.24
3200/3000m Run	10:30.24	11:20.24
Long Jump	18' 06"	13'06"
Triple Jump	39' 00"	30' 00"
Shot	38' 00"	28' 00"
Pole Vault	10' 00"	8' 00"
High Jump	5' 06"	4' 06"
1500m Race Walk	8:55.24	8:20.24
Weight Throw	40'00"	30'00"

#### Order of Events

1. Boys 1600m Race Walk
2. G/B 4 x 200m
3. Girls 3000m Run
4. Boys 3200m Run
5. 55m Dash Semi's
6. G/B 1000m Run
7. G/B 55m Dash Final
8. Girls 1500m Race Walk
9. G/B 55m Hurdles
10. G/B 600m Run

11. Girls 1500m Run
12. Boys 1600m Run
13. G/B 300m Dash
14. B/G 55 m Hurdles Final
15. G/B 200m Hurdles (each school may enter two male and two female athletes)
16. G/B Distance Medley Relay (1200 – 400- 800 – 1600)
17. G/B 4 x 800m Relay
18. G/B 4 x 400m Relay

Athletes may wear ¼ inch spikes

Scoring 10,8,6,5,4,3,2,1

Awards: Medals 1<sup>st</sup> – 3<sup>rd</sup>, Ribbons 4<sup>th</sup> – 8<sup>th</sup> Team Awards: 1st - 5th

**Friday, January 20 - SUNY at Brockport - 6:00 - 11:00 – Jim Cleveland Sub Varsity Champs****An athlete who has an automatic or provisional qualifying mark in ANY event is not eligible to compete in this meet.**

There will be separate awards for JV Class C/D and JV Class A/B. Modified will have one set of awards – boys and girls. Ribbons 1<sup>st</sup> – 8<sup>th</sup>.

JV may wear ¼ inch spikes, modified athletes may not.

Order will go – Modified, Class C/D, Class A/B unless stated. We may combine some of the races if the size of the field warrants. We will use both jumping pits – boys will be along the homestretch of the track, girls in front of the throwing cage.

3000/3200m Runs ( no modified division)	Girls and Boys Triple Jump, then Long Jump
55m Hurdles	Girls, then Boys Shot
55m Dash	Boys, then Girls Weight throw ( no modified)
1000m Run	Boys, then Girls Pole Vault ( no modified)
Girls 1500m Race Walk	Girls, then Boys High Jump
600m Run	
1500/1600m Runs	An athlete may do 3 events, 2 if modified
300m Dash	
4 x 800m Relay ( One Boys and One Girl per Division)	
4 x 400m Relay (One Boys and One Girls per division)	
4 x 200m Relay (One Boys and One Girls per Division)	

**Saturday, January 21 - RIT - 10:00 - 4:00 – A,B,E - Varsity with Standards****Saturday, January 21 – RIT – 5:00 – 11:00 C,D,F – Varsity with Standards**

300 m Dash	
3000/3200m Run	Girls, then Boys Weight Throw
600m Run	Boys, then Girls Shot
1000m Run	Boys Triple Jump, then Long Jump
1500m Race Walk	Girls Triple Jump, then Long Jump
55m Dash	Boys, then Girls Pole Vault
55m Hurdles	, then Boys High Jump
1500/1600m Run	
4 x 200m Relay	2 events plus a relay
4 x 800m Relay	1/4 inch spikes
4 x 400m Relay	

**Standards**

55m Hurdles	0.7 seconds over your class provisional
55m Dash	0.5 seconds over your class provisional
300m Dash	1.8 seconds over your class provisional
600m Run	5 seconds over your class provisional
1000m Run	6 seconds over your class provisional
1500/1600m Run	9 seconds over your class provisional
3000/3200m Run	15 seconds over your class provisional
1500m Racewalk	12 seconds over your class provisional
Pole Vault	18 inches below your provisional
High Jump	4 inches below your provisional
Long Jump	18 inches below your provisional
Triple Jump	24 inches below your provisional
Shot Put	18 inches below your provisional
Weight Throw	33 feet for boys, 24 feet for girls

**Each school may have 2 boys and 2 girls per event.  
To have more, all must have met the above standards.**

**Saturday, January 21 - Houghton - 10:00 - 5:00 Section V versus Section VI****Top 16 Section V athletes against the Top 16 Section VI athletes.****All schools may run a boys and girls 4 x 200, 4 x 400, 4 x 800, and a Distance Medley**

We will run the state meet order of events, minus the trials and semi's.

3000/3200m Runs	Boys and Girls Triple Jump, then Long Jump
55m Hurdles	High Jump – Girls then Boys
55m Dash	Pole Vault – Girls then Boys
1000m Run	Shot – Girls then Boys
1500m Race Walk	Weight Throw = Boys then Girls
600m Run	
1500/1600 m Run	Starting Heights – Boys PV – 9' 0"
Distance Medley – 1200,400,800,1600)	Girls' PV – 7' 0"
300m Dash	Boys' HJ – 5' 2"
4 x 800m Relay	Girls HJ – 4' 4"
4 x 400m Relay	
4 x 200m Relay	¼ inch spikes may be worn
Rotating trophy awarded to the winning sectional team	
Awards ( to be decided) will be awarded to places 1st - 8th.	
Costs will be divided between Section V and Section VI	

**Friday, January 27 – Rochester Institute of Tech – Varsity Only - Perimeter Meet 6:00 - 11:00 Information to follow.****Saturday, January 28 – Rochester Institute of Tech - Varsity Only - Classes A and C - 10:00 - 4:00****Saturday, January 28 - Rochester Institute of Tech - Varsity Only - Classes B and D - 5:00 - 11:00**

Girls 3000m Run	Girls, then Boys Triple Jump, followed by Girls, then Boys Long Jump
Boys 3200m Run	Girls, then Boys Shot, followed by Girls, then Boys Weight Throw
55m Hurdles	Boys, then Girls Pole Vault
55m Dash	Boys, then Girls High Jump
1000m Run	
1500m Race Walk	3 events per athlete
600m Run	1/4 inch spikes may be worn
1500m/ 1600m Run	
300m Dash	2 boys and 2 girls relays per school per event
4 x 800m Relay	
4 x 400m Relay	
4 x 200m Relay	

**Standards for the Meets on January 28**

55m Hurdles	0.5 seconds over your class provisional
55m Dash	0.4 seconds over your class provisional
300m Dash	1.5 seconds over your class provisional standard
600m Run	4 seconds over your class provisional
1000m Run	5 seconds over your class provisional
1500/1600m Runs	7 seconds over your class provisional
3000/3200m Runs	12 seconds over your class provisional
Race Walk	8 seconds over your class provisional
Pole Vault	12 inches below your class provisional
High Jump	3 inches below your class provisional standard
Shot Put	12 inches below your class provisional
Triple jump	18 inches below your class provisional standard
Long Jump	12 inches below your class provisional
Weight Throw	Boys 35 feet, Girls 26 feet

Each school may have 2 boys and 2 girls per event – to have more, all must have met the above standards



**Sat, Feb 4 – Brockport – Varsity Only- Class B/D - Var Only - 10:00 – 1:30 - Class A/C -2:30 – 6:00****An Athlete may do one individual event and run in one relay**

4 x 400m Relay	Girls, and Boys Pole Vault
55m Hurdles	Boys, then Girls High Jump
55m Dash	Girls, and Boys Long Jump, then Triple Jump
1500/1600m Run	Girls, then Boys Weight Throw
600m Run	Boys, then Girls Shot
4 x 200m Relay	
1000m Run	1 Boys and 1 Girls Relay per Relay Event
1500m Race Walk	
300m Dash	Athletes May Wear ¼ inch spikes
4 x 800m Relay	

**Standards for the Meets of February 4.** Each school may enter 2 boys and 2 girls per event.To enter more athletes, they all must have met the following standards:

55m Dash	.3 seconds over the provisional mark for your class
55m hurdles	.5 seconds over the provisional mark for your class
300m Dash	1.2 second over the provisional mark for your class
600m Run	3 seconds over the provisional mark for your class
1000m Run	4 seconds over the provisional mark for your class
1500/1600m	6 seconds over the provisional mark for your class
1500m RaceWalk	6 seconds over the provisional mark for your class
High jump	2 inches under your provisional mark for your class
Pole Vault	6 inches under your provisional mark for your class
Long Jump	9 inches under your provisional mark for your class
Triple Jump	12 inches under your provisional mark for your class
Shot Put	12 inches under your provisional mark for your class
Weight Throw	3 boys and 3 girls per school

**Friday, February 10 – RIT – 6:00 – 11:00 Varsity Only A,D,F –****Saturday, February 11 -RIT – 6:00 – 11:00 B,C,E – Varsity Only****Standards for the Meets on February 10-11**

Hurdles	0.4 seconds over your class provisional
55m Dash	0.2 seconds over your class provisional
300m Dash	1.0 seconds over your class provisional
600m Run	2 seconds over your provisional
1000m Run	3 seconds over your class provisional
1500m Run	5 seconds over your class provisional
1600m Run	5 seconds over your class provisional
3000/3200 Run	12 seconds over your class provisional
Race Walk	5 seconds over your class provisional
Pole Vault	6 inches under your class provisional
High Jump	2 inches under your class provisional
Shot	9 inches below your class provisional
Long Jump	6 inches below your class provisional
Triple Jump	9 inches below your class provisional
Weight throw	12 inches below your class provisional

**Each school may have 2 boys and 2 boys per event. If they wish to have more than that number, each athlete must have achieved the above standards**

3000/3200m Runs	Shot – boys then Girls
55m Dash	Long Jump – Boys, then Girls followed by triple jump, Boys/Girls
600m Dash	High Jump – Girls and Boys
55m Hurdles	Pole Vault - Boys and Girls
1000m Run	Weight throw – Girls, then Boys
1500m Race Walk	<b>3 Events max per athlete</b>
<b>300 dash</b>	
1500/1600m Runs	<b>Athletes may wear ¼ inch spikes</b>
4 x 200m Relay	
4 x 400m Relay	<b>2 relays per sex per school per event</b>
4 x 800m Relay	

**Sectionals Thursday, February 16, Class A and B , 6:00-11:00 - RIT****Friday, February 17 , Class C and D, 6:00 – 11:00 - RIT**

Order of Events	Girls, then Boys Shot, followed by Boys then Girls Weight throw
Girls 3000m Run	Girls, then Boys triple Jump, then Girls, Boys Long Jump
Boys 3200m Run	Girls, then Boys High Jump
55m Hurdles	Girls, then Boys Pole Vault
55m Dash	
1000m Run	
Girls 1500m Race Walk	
600m Run	
Girls 1500m Run	
Boys 1600m Run	
300m Dash	
4 x 800m Relay	
4 x 400m Relay	
4 x 200m Relay	

**Friday, February 24– RIT- State Qualifier – 6:00 – 11:00**

Girls, followed by Boys unless noted	Girls, then Boys Shot, then Weight throw
55m Hurdles – semi's	Boys, then Girls Triple Jump, then Boys, then Girls Long Jump
55m Dash – semi's	Girls, then Boys High Jump
Girls 3000	Boys, then Girls Pole Vault
4 x 400m Relay – semi's	
4 x 200m Relay – semi's	
Boys 3200m Run	
55m Hurdles – Finals Boys, then Girls	
55m Dash – Finals	
1000m Run	
Girls' 1500m Race Walk	
300m Dash – Semi's	
600m Run	
Girls 1500m Run	
Boys 1600m Run	
15 minute Break – MVP awards	
300m Final	
4 x 800m Relay	
4 x 400m Relay	
4 x 200m Relay	

State Meet order is the same as the State Qualifier Order

**Standards for the 3<sup>rd</sup> Place Finisher for the State Meet – March 4, Ocean Breeze on Staten Island**

<b>Event</b>	<b>Boys</b>	<b>Girls</b>
55m Dash	6.74	7.44
55m Hurdles	7.94	8.74
300m Dash	36.74	41.94
600m Run	1:24.74	1:38.74
1000m Run	2:35.24	3:02.24
1600/1500m Run	4:28.74	4:49.54
3200/3000m Run	9:42.24	10:21.14
1500m Race Walk	xxxxx	7:28.24
Long Jump	21' 06"	17' 02"
Triple Jump	43' 06"	36' 01"
Shot Put	52' 00"	37' 07"
High Jump	6' 04"	5' 03"
Pole Vault	13' 00"	10' 00"
Weight Throw	<b>50' 00"</b>	40' 00"