

Section V
Winter Track and Field
Meet of Champions

Friday, February 24, 2017

6:00 – 11:00

Rochester Institute of Technology

Doors open at 5:15

These sheets contain information regarding the Winter Track and Field Meet of Champions. Please read the enclosed sheets carefully so that your athletes will be included in the meet.

1. **Entry will be online only.** Online entry must be submitted by **Sunday, February 19 at 9:00.**
2. Class Champions automatically qualify, but they still must be entered.
3. An entry who is not a class champion must have ONE performance in the event(s) entered.
4. Names of relay members (up to six names per relay) must be submitted online.
5. All entered athletes and relay teams that have qualified, as well as alternates, will be posted on the website by **Monday, February 20** at the latest. An athlete may be scratched from an event without penalty by **Wednesday, February 22 at noon.** After that time and date, if an athlete is scratched from an event, he/she is scratched from the remainder of the meet. **An athlete who checks in but does not compete is scratched for the remainder of the meet.**
6. Revised lists of athletes competing will be posted on the web site.
 - **SCRATCHES MADE AFTER SUNDAY, FEBRUARY 19 MUST BE EMAILED TO COACHYEN.**
7. The following is the maximum number of entries that will be allowed per event.

55m Dash – 32	55m Hurdles – 32	300m Dash – 25
600m Run – 15	1000m Run – 20	1500m Race Walk – 14
1500/1600 – 24	3000/3200m Run – 14	4 x 800m Relay – 12
4 x 400m Relay – 12	4 x 200m Relay – 12	
Long Jump/ Triple Jump – 12	High Jump – 12	Pole Vault – 12
Shot Put – 16	Weight Throw – 16	
8. In the long jump, triple jump, shot, and weight throw, there will be 3 attempts, top 6 will get three more attempts
9. This is the state meet order.

6:00 Girls, then Boys Shot, then Girls, then Boys Weight Throw
Boys, then Girls Triple Jump, followed by Boys, then Girls Long Jump
Girls, then Boys High Jump
Boys, then Girls Pole Vault

6:15 – Track Events – (if there are not enough entries for trials, the race will be run in the final spot.)

Girls, then Boys unless noted

55m Hurdles – semi’s (winner of each heat and top times advance)

55m Dash – semi’s (winner of each heat and fastest times advance)

Girls 3000m Run

4 x 400m Relay - semi’s (winner of each heat and times to final)

4 x 200m Relay – semi’s winner of each heat and times to final)

Boys 3200m Run

55m Hurdles Finals – Boys, then Girls

55m Dash – Finals – Girls, then Boys

1000m Run

Girls 1500m Race Walk

300m Dash – semi’s – top eight times will advance to finals.

Two heat final: 5th through 8th in Heat 1, 1st – 4th in heat 2

600m Run

Girls 1500m Run

Boys 1600m Run

15 – 20 minute break – MVP Awards

300m Finals

4 x 800m Relay

4 x 400m Relay – Finals

4 x 200m Relay – Finals

Standards for the 3rd Place finisher for the State Meet – March 4, Ocean Breeze on Staten Island

Top two in each event automatically qualify for the state meet. IF an athlete finishes third and has met the qualifying mark during the year *in a sanctioned high school meet*, he/she will also qualify.

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
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
1600m/1500m Runs	4:28.74	4:49.54
3200m/3000m Run	9:42.24	10:21.14
1500m Race Walk		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	50’00”	40’ 00”

In addition, the third place finisher in the 300, 600, 1000, and 1600/1500 will qualify for the intersectional medley relay. If the athlete has met the standard, he/she will compete in the individual event, and the 4th place finisher will qualify.