

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. **This year, RIT and Hobart have put new surfaces in their field houses. Next year, there will be a new facility at Nazareth College. Some schools do a great job of hosting and cleaning up after the meet. Last year we received a thank you note from Houghton College, thanking and complimenting us on how well we treat their facility. That should be the case all the time.**

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 2018- 2019 ROCHESTER WINTER TRACK SEASON

1. FOOTWEAR. For the first three meets, athletes may NOT wear metal spikes in their shoes. Starting on January 4th and 5th, athletes will be allowed to wear no longer than ¼” spikes in their shoes. NO CHRISTMAS TREE spikes are allowed. Athletes found using spikes in the first three meets, will have their marks deleted, and they are subject to a two week ban.

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. **In the hurdles, we will run the girl hurdles first, then drop the hurdles down to the modified level, run the girls, then the boys, then move and raise the hurdles. 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, 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. (Spectrum 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, for teams with 50 or more athletes, 3 vouchers for teams of fewer than 50 athletes. Please submit your vouchers prior to December 31, 2018. Schools who have not submitted their vouchers by that day will be blocked from entering further meets until the vouchers are received. 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. **Each athlete will be assigned a number prior to the start of competition. Along the runway, there will be a stand with numbers. Prior to the athlete jumping, he/she is to turn the numbers to their number, and then take their jump. This will speed to contest.** 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. New Federation rule this year – athletes do not have to wear matching colored articles of clothing under their uniforms in a relay. Those articles are now “invisible” to the official.

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. New this year – if an athlete does not have six meets, the school must submit a “Medical Waiver Request to the Representation Rule form to Kathy Hoyt, Executive Director of Section V Athletes. She will make the decision regarding the hardship case. A copy of this form is in this handbook.

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 Thursday, February 28. The state meet, which is on Saturday, March 2 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 girls and boys weight throw will start at 8:45. The boys and girls triple jump, as well as the 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 3rd 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. A second relay may also advance if they have met the standard, and finished second in the state qualifier. 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. 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 1st turn

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

29. For many meets in the weight throw, we will be using a laser device to help speed up the marking.

31. Boy Race Walkers will be allowed to compete with the girls in the following meets: December 28, 29, January 4, 5, 18,19

32. ORDER of EVENTS

Friday, December 14 – Rochester Institute of Technology – 6:00 – 11:00 – East

55m Hurdles	Weight Throw – Girls, then Boys
Girls 3000/ Boys 3200	Shot – Boys, then Girls
55m Dash	Boys the Girls Long Jump, then Triple Jump
600m Run	Girls, then Boys High Jump
300m Dash	Boys Pole Vault, then Girls
1500/ 1600m Run	
1000m Run	2 events, NO SPIKES
1500m Race Walk	

Saturday, December 15 – Houghton College – 10:00 – 4:00 - West

Saturday, December 15 – Houghton College – 5:00 – 11:00 – Central

Girls 3000/Boys 3200	Weight Throw – Girls, then Boys
55m Dash	Shot – Boys, then Girls
600m Run	Boys and Girls Long Jump, then Triple Jump
4 x 200m Relay	Girls, then Boys High Jump
1500/1600m Run	Boys, then Girls Pole Vault
300m Dash	
1000m Run	
55m Hurdles	
1500m Race Walk	2 events and a relay – NO SPIKES

Friday, December 21 – SUNY Brockport – 6:00 – 11:00 – West

Saturday, December 22 – SUNY Brockport- 10:00 – 4:00 – Central

Saturday, December 22 – SUNY Brockport – 5:00 – 11:00 - East

4 x 800m Relay	Girls and Boys Triple Jump, then Long Jump
4 x 200m Relay	High Jump – Boys, then Girls
1500m Race Walk	Girls, then Boys Pole Vault - depending on the field, we may add a second pit.
55m Dash	Girls, then Boys Shot
1500m/1600m Run	Boys, then Girls Weight Throw
1000m Run	
300m Dash	2 events and a relay – NO SPIKES
600m Run	
3000/3200m Run	
55m Hurdles	
4 x 400m Relay	

Friday, December 28 – Hobart/ William Smith – 10:00 – 6:00 – A,C,E

Saturday, December 329 – Hobart/ William Smith – 10:00 – 6:00 – B,D,F

4 x 400m Relay	Boys, then Girls Shot (No Weight Throw – No Cage)
Girls 3200/ Boys 3000	Girls, then Boys High Jump
55m Dash	Boys, then Girls Pole Vault
800m Run	Boys, then Girls Triple Jump, followed by B/G Long Jump
400m Dash	
500m Run	2 Events and a Relay
1500m Race Walk	No Spikes
4 x 200m Relay	
Girls 1600m/Boys 1500m	Last year, many coaches asked if we could do some other events.
4 x 800m Relay	These will not count for All-League, nor may they be converted to qualifying times in individual events
55m Hurdles	

Friday, January 4– Rochester Institute of Technology – 6:00 – 11:00 – A,D

Saturday, January 5 – Rochester Institute of Technology – 10:00 – 4:00 – C,F

Saturday, January 5 – Rochester Institute of Technology – 5:00 – 11:00 – B,E

4 x 200m Relay	Girls, then Boys Long Jump, followed by G/B Triple Jump
1000m Run	Girls, then Boys Pole Vault
1500m/1600m Run	Boys, then Girls High Jump
300m Dash	Girls, then Boys Shot
600m Run	Boys, then Girls Weight Throw
55m Dash	
55m Hurdles	3 Events Varsity and JV/ 2 events for Modified
3000/3200m Run	May Wear Spikes
1500m Race Walk	A school may enter a total of 4 Boys and 4 Girl Relays
4 x 800m Relay	
4 x 400m Relay	

Friday, January 11 – Rochester Institute of Technology - 6:00 - 11:00 - Classes A,B

Saturday, January 12- Rochester Institute of Technology 6:00 – 11:00 – Classes C,D

Rochester Relays- Varsity Only

Each school may enter one male and one female entry per events (except race walk which is girls only) Ribbons 1st -8th, Team Trophies 1st – 3rd

B/G 2 person 55m Hurdle relay – each person runs, add the times
G/B 2 person girls 3000, Boys 3200 – each person runs, add the times
G/B 2 person 55m Dash – each person runs, add times
G/B4 x 800m
G/B – Double 4 x 200 Relay – seed similar to a 1600m Relay(1 – 4 run, then 4 hands off to 1 and they go again)
G/B – Distance Medley Relay (1200 – 400 – 800 – 1600)
G/B – 4 x 200m Relay – Three Turn stagger
Girls 2 person 1500m Race Walk – add times
G/B Descending Relay (1000,800,600,400)
G/B Sprint Medley (800 – 200 – 200 – 400)
G/B – 4 x 400m Relay

Field Event – 2 person Relays

B/G Triple Jump, then Long Jump

G/B Weight Throw Relay B/G Shot Put Relay

G/B Pole Vault Relay – To break ties in pole vault and high jump, team with the highest jump wins.

B/G High Jump Relay If there is still a tie, then it goes to total misses.

Friday, January 18 - RIT – 6:00 – 11:00 – Classes C,D- Varsity with Standards

Saturday, January 19 – RIT – 6:00 – 11:00 Classes A, B – Varsity with Standards

300 m Dash	
3000/3200m Run	Girls, then Boys Weight Throw
600m Run	Boys, then Girls Shot
1000m Run	Boys / Girls Triple Jump, then B/G Long Jump
1500m Race Walk	
55m Dash	Boys, then Girls Pole Vault
55m Hurdles	Girls, 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 19 - Houghton - 10:00 - 4:00 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 Sprint 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"
Sprint Medley – (400, 200, 200, 800)	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 will be awarded to places 1st - 8th.

Costs will be divided between Section V and Section VI

Friday, January 25- Rochester Institute of Technology - Varsity Only – 6:00 – 8:15 A,B,C

Friday, January 25 – Rochester Institute of Technology – Varsity Only –8:45-11:00,D,E,F

An Athlete may do **ONE EVENT ONLY**

55m Hurdles	Girls, and Boys Pole Vault – 3 total attempts
55m Dash	Boys, then Girls High Jump – 3 total attempts
300m Dash	Girls, Boys Triple Jump – 2 attempts
600m Run	Girls ,Boys Shot Put – 2 attempts
1000m Run	Boys, Girls Weight Throw – 2 attempts
3000/3200m Run	

Athletes May Wear ¼ inch spikes

Standards for the Meets of January 25. 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	.4 seconds over the provisional mark for your class
55m hurdles	.7 seconds over the provisional mark for your class
300m Dash	1.5 second over the provisional mark for your class
600m Run	4 seconds over the provisional mark for your class
1000m Run	6 seconds over the provisional mark for your class
3000/3200m	12 seconds over the provisional mark for your class
High jump	4 inches under your provisional mark for your class
Pole Vault	12 inches under your provisional mark for your class
Triple Jump	18 inches under your provisional mark for your class
Shot Put	18 inches under your provisional mark for your class
Weight Throw	24 inches under your provisional mark in your class

Saturday, January 26 – Trent Jackson/Cedric Walker Invitational at RIT

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.

	Boys	Girls
55m Dash	6.94	7.94
55m Hurdles	8.86	9.99
300m Dash	38.74	46.44
600m Run	1:29.94	1:48.94
1000m Run	2:48.94	3:22.24
1600/1500m Run	4:45.24	5:20.24
3200/3000m Run	10:35.24	11:25.24
Long Jump	19' 06"	14' 00"
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	9:05.24	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 - Semi's
10. Girls/Boys 600m Run
11. B/G 55m Hurdles - Final
12. Girls 1500m Run
13. Boys 1600m Run
14. G/B 300m Dash
15. G/B Distance Medley Relay (1200 – 400- 800 – 1600)
16. G/B 4 x 800m Relay
17. G/B 4 x 400m Relay

Athletes may wear ¼ inch spikes

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

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

Saturday, January 26 – Rochester Institute of Technology– Jim Cleveland Sub Varsity Championships – 6 pm (after Trent Jackson/Cedric Walker Invit)

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 1st – 8th.

JV/ Modified may wear ¼ inch spikes

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.

3000/3200m Runs (no modified division)	Girls, then 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)	

Friday, February 1– SUNY Brockport – Varsity Only - 6:00 - 11:00 – WFL/Livingston County Championships. See attached sheet

Saturday, February 2 – SUNY Brockport - Varsity Only – Monroe County Championships 10:00 - 5:00

Saturday, February 2 – SUNY Brockport – Varsity Only – City, Catholic, Charter, Steuben, Allegheny Championships – More info to come

County and CCCSA Order of Events

3000/3200m Run	Girls, and Boys Triple Jump, followed by Girls, and Boys Long Jump
55m Hurdles	Boys, then Girls Weight Throw, Girls, then Boys Shot
55m Dash	Boys, then Girls High Jump
1000m Run	Girls, and Boys Pole Vault
Girls 1500m Race Walk	
600m Run	
1500/1600 Run	3 Events
300m Dash	Athletes May Wear Spikes
4 x 800m Relay	Scoring: 10,8,6,5,4,3,2,1
4 x 400m Relay	Awards top 8
4 x 200m Relay	Team Awards Top 5 teams

Standards for the Meets on February 2

55m Hurdles	0.6 seconds over your class provisional
55m Dash	0.3 seconds over your class provisional
300m Dash	1.2 seconds over your class provisional standard
600m Run	3 seconds over your class provisional
1000m Run	4 seconds over your class provisional
1500/1600m Runs	6 seconds over your class provisional

3000/3200m Runs	10 seconds over your class provisional
Race Walk	10 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	12 inches below your class provisional

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

Friday, February 8 – Rochester Institute of Technology – Varsity – 6:00 – 8:15 A,C,E

Friday, February 8 – Rochester Institute of Technology – Varsity – 8:45 – 11:00 B,D,F

ONE AND DONE

55m Hurdles	Girls , then Boys Weight Throw
55m Dash	Boys, then Girls Shot
300m Dash	Girls, then Boys Long Jump
600m Run	Boys and Girls High Jump - Athletes will get x number of attempts
1000m Run	Boys and Girls Pole Vault – Athletes will get x number of attempts
1500/1600m Runs	
1500m Race Walk	1 Event – spikes may be worn

Each school may have two boys and two girls per event. To have more all the athletes must have made the following standards:

55m Hurdles – 0.4 seconds above your provisional standard
 55m Dash – 0.2 seconds above your class provisional time
 300m Dash – 1.0 second above your class provisional time
 600m Run – 2 seconds above your class provisional time
 1000m Run – 3 seconds above your class provisional time
 1500/1600 – 4 seconds above your class provisional time
 1500m Race Walk – 7 seconds above your class provisional time
 Pole vault – 6 inches below your provisional standard
 High Jump - 2 inches below your provisional standard
 Shot Put – 9 inches below your provisional standard
 Weight Throw – 12 inches below your provisional standard
 Long Jump – 9 inches below your provisional standard

Friday, February 8 – Medical Hardship entries are due to Kathy Hoyt by 12:00 noon
Sunday, February 10 – All Sectional Entries are due by 8:00 on Yen Timing
Monday, February 11 – Sectional Seeding Meeting – Penfield High School – 7:00 p.m.

**Sectionals, Classes A/D on Friday, February 15, Rochester Institute of
Technology – 6:00 – 11:00**
**Classes B/C – Saturday, February 16 – Rochester Institute of Technology –
6:00 – 11:00**

Order of Events	Boys, then Girls Shot, followed by Boys then Girls Weight throw
Girls 3000m Run	Girls, then Boys triple Jump, then Girls, Boys Long Jump
Boys 3200m Run	Boys, then Girls 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	

Entries for State Qualifier Due on Yen Timing – 8:00, Sunday, February 17
Final Scratches for State Qualifying Meet – 12:00 Noon, Wednesday, February 20

Friday, February 22– RIT- State Qualifier – 6:00 – 11:00

Girls, followed by Boys unless noted	Girls, then Boys Weight Throw, then Shot
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
55m Hurdles – Boys/Girls	
55m Dash – Girls, then Boys	
Boys 3200m Run	
4 x 400m Relay – Semi's	
4 x 200m Relay – Semi's	
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 3rd Place Finisher for the State Meet – March 2, Ocean Breeze on Staten Island

Event	Boys	Girls
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	50' 00"	40' 00"

Standards for the 2nd Place Relay for the State Meet – March 3, Ocean Breeze on Staten Island

4 x 200m Relay	1:34.94	1:47.54
4 x 400m Relay	3:32.44	4:06.94
4x 800m Relay	8:05.04	9:36.24

Official Fees for 2017-2018

Large Meets - Varsity

Starter - \$132.00

Judge - \$121.00

There is no mileage, nor can an official add Varsity, JV, and Modified Fees together.