

Updated: January 8, 2021

# RWTL HANDBOOK

## INTRODUCTION

Welcome to another season of Indoor Track and Field. Because of the pandemic, things will be very different this year. We will be forced to undertake a whole new way of doing things. Please read the handbook carefully, so that we can have a successful season. On January 7, several changes were made regarding grouping, events, and number of athletes that can be entered. **Please read the revised handbook.**

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## **RULES FOR THE 2020-2021 ROCHESTER WINTER TRACK SEASON**

### 1. Rules for Houghton College.

- Teams will be required to perform temperature checks on their athletes prior to arrival.
- Upon arrival, each team's head coach must sign off that athletes have been checked and approved to participate.
- A check-in sheet will be provided at the timers table for each coach to sign.
- Teams will be asked to sit together as a team for the event on the first floor of the facility
- The bleachers will no be pulled out and set up for social distancing reasons and the timeliness of disinfecting them between the time blocks.
- Coaches and staff will be asked to enforce social distancing between their athletes and athletes from other schools.
- The second floor of the fieldhouse will be closed to all event participants.
- Teams will be dropped off at the Northwest doors of the fieldhouse.
- Teams are required to bring their own pole vault poles and throwing implements. Disinfectant wipes will be provided at each of these event stations for participants to use regularly.
- Water bottle refill stations will be available for use, but not shared water fountains.
- Teams are asked to bring their own water bottles.
- The high jump bar, high jump mat, pole vault bar, and pole vault mat will be wiped down with disinfectant wipes upon each group/gender change
- Houghton will not be operating the concession stand, athletes and teams are encouraged to bring their own food.
- Locker rooms will not be available for use.
- Athletes and Coaches will be required to wear a mask at all times
- NO SPECTATORS
- **As of December 21, there are NO MEETS SCHEDULED AT HOUGHTON COLLEGE**

### 2. Rules of Pinnacle Athletic Complex

- No spikes on any shoes. **For events on the turf, turf shoes may be worn.**
- Teams will be required to perform temperature checks on their athletes prior to arrival.
- Upon arrival, each team's head coach must sign off that athletes have been checked and approved to participate.
- A check-in sheet will be provided at the time's table for each coach to sign.
- Teams will enter at the North side of the building.
- Upon entering, athletes will have their temperature checked. **Athletes and coaches temperature must be at or below 100.4, following CDC recommendations**
- Athletes will then turn to the left on go up the first stairwell.
- Upon reaching the second floor, athletes will be directed to their seating location. The first two teams will go straight, the 3<sup>rd</sup> will be directed to the right, then teams 4 and 5 straight ahead, team 6 will turn right, and so on.

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- Teams will sit together in the area assigned to them. Schools will be asked to enforce social distancing between their athletes and athletes from other schools.
  - NO SPECTATORS
  - NO SPIKES
  - Athletes will be called to their event. While waiting for their event, athletes must keep their social distancing.
  - Upon completing their event, athletes will return to their team area.
  - Schools will leave through the 2<sup>nd</sup> door of the north side of the building. If schools have the ability, you may send athletes home after they have completed their event(s).
3. Limits of Participation: Athletes will be able to do a maximum of 2 events in a meet.
  4. Limits on Entries. For each meet, a team may enter a maximum of four boys and four girls per event. A team may bring a maximum of 55 athletes to a meet. Each school may enter one boy and one girl relay.
  5. Rosters: Coaches will be submitting rosters on line
  6. On Line Entry: Entries are due on Yen Timing by Thursday night before the meet. For the Wednesday modified meet, entries are due on the Tuesday night, January 26. Entries are due no later than 8:00 p.m.
  7. . Footwear: No spikes may be worn at Pinnacle in any event. Athletes found violating this rule will be banned for the remainder of the season. **Turf shoes may be worn for events on the turf.**
  8. Conduct of the Meets:

#### **Houghton College – NO MEETS WILL BE HELD THERE THIS SEASON**

- 55m Dash – Athletes will be run in heats of 4, alternating lanes. Athletes are to use their own blocks.
- 55m Hurdles – Athletes will run in heats of 4, alternating lanes. Athletes are to use their own starting blocks.
- 300m Dash – Athletes will run with a 3 turn staggered start, athletes will stay in their lanes the entire distance.
- 600m Run – Athletes will start in their lanes, a 2 turn staggered start. Athletes will break in at the top of the home straightaway, and run the remaining two laps
- 1000m Run – One turn box start, 2/3 the race in the inside box, 1/3 field of the race in the outdoor box. Athletes will cut in on the back straightaway.
- 4 x 200m Relay- Teams will run in a staggered start for the first runner. The second runner may cut in when they have passed in the zone. Athletes may wear gloves
- 4 x 400m Relay – Teams will run in a staggered start for the first lap, breaking in at the top of the home straightaway. Athletes may wear gloves in this event.
- Long Jump, Triple Jump – Athletes will jump in flights of no more than 16 athletes. Each athlete will receive 3 jumps. Athletes need to maintain proper social distancing while waiting for their turn to jump. There are no runbacks in these events
- Shot Put, Weight Throw: - Flights of no more than 16 athletes, with each athlete

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- receiving 3 throws. An athlete will retrieve his/her own implement. Athletes should not use another athlete's implement. IF it is necessary for teammates to share, the implement should be wiped down between uses.
- High Jump – Athletes from the same team should be bunched together. Before jumping, a school should place a blanket, a small mat, a small tarp on the high jump pad to cover it and help stop the spread of the virus. Athletes from the same team will jump, if they clear, they move on to the next height, if they miss, they recycle for their 2<sup>nd</sup>, or 3<sup>rd</sup> jumps. This will limit the change of landing areas.
  - Pole vault – Athletes should use their own vaulting poles. IF this is not possible, the shared pole should be wiped down with disinfectant between uses. As in the case of the high jump, the small mat, a blanket, a small tarp should be placed over the main cover of the pole vault pit. Teams should go together at a height so as to limit the change of coverings. There are no runbacks in this event.
  - **ALL ATHLETES SHOULD RETURN TO THEIR TEAM AREA UPON COMPLETION OF THEIR EVENT**

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- 55m Dash – on the turf, a maximum of 4 athletes per heat, may use blocks, with no pins. In later meets, when the 55 is at or near the end of the meet, and, the distance events are done, we will allow the top seeds to run on the track.
- 55m Hurdles. - on the turf, a maximum of 4 athletes per race, may use blocks without pins. In meets with very few distance races, we will allow races of two to be run on the track.
- 300m Dash – on the turf- races will be made up 3 – 5 athletes. No staggers
- 600m Run – on the turf, races will be composed of 4 – 6 athletes.
- 1000m Run – on the turf – 6 – 8 runners in each section
- **UPON COMPLETION OF THESE RACES, ATHLETES NEED TO GO TO THE FAR END OF THE FIELD HOUSE, AN RETURN TO THEIR TEAM AREA VIA THE STAIRCASE AT THE FAR END OF THE FIELDHOUSE.**
- 1500m Run, 1600m Run, 3000 m run, 3200m run, 1500m racewalk – these races will be run on the track. The track is 378m long. These races will not be FAT, they will be run while races are being run on the turf track. In the 1500/1600 m runs, the races will be made up of 8 – 10 athletes. In the 3000/3200m runs, the race will be made up of 10 – 12 athletes. For the racewalk, no more than 10 athletes per race. The starting lines will be different, but there will be a common finish line. **UPON COMPLETION OF THEIR EVENT, ATHLETES NEED TO FOLLOW THE TRACK TO THE END OF THE FIELDHOUSE AND RETURN TO THEIR TEAM AREAS USING THE STAIRCASE AT THE END OF THE FIELDHOUSE.**
- High Jump – There will be two pits, one for males, one for females. Each school will have their athletes put together to jump, They will need to supply a blanket, a small mat, a small tarp to put over the main cover. Each athlete competing at a height will take their 1<sup>st</sup> jump. If they are successful, they will stop, but those who miss will take their 2<sup>nd</sup> or 3<sup>rd</sup> jumps. Athletes need to return to their team area upon completing their event
- There will be two circles at the north end of the field house, one for males, one for females. Flights will be made up of no more than 16 athletes. Each athlete will be given three throws. Athletes will retrieve their own implement. Athletes should not

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share implements. IF they do, the implement must be cleaned with disinfectant before use. **UPON COMPLETING THEIR EVENT, ATHLETES SHOULD RETURN TO THEIR AREAS VIA THE STAIRCASES AT THE NORTH END OF THE FIELDHOUSE,**

- If relays are run at Pinnacle, they will be run on the turf. Athletes will be allowed to wear gloves.
  - Athletes must wear their masks at all times. They need to be worn in all field events and 55m dash and 55m hurdles. In other running events, athletes are encouraged to wear their masks. If they can not tolerate the mask, they may remove it, but they need to carry their mask so they can put it back on upon their completion of their event.
9. 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.
  10. Oldfield Style: The Oldfield style may be used if coaches of the athletes help to control the crowd around the event.
  11. Clerking: Clerking will be done at the starting line of each event.
  12. Cancellations: For meets that are held on school days, if there is a need to cancel a meet, the decision will be made by 1:00p.m. with schools being contested, if possible, by phone. If a Saturday or holiday meet is cancelled, the coach, if possible will be contacted at home by email, as will television and radio stations. If you have any questions, contact Dave Hennessey (585-334-6323)
  13. Officiating: While the league will hire some officials, schools are responsible to help out with officiating chores. This year, each school will need to submit 4 vouchers for meets. Please submit them before the first meet. You may send them to:  
Dave Hennessey  
Penfield Athletic Department  
25 High School Drive  
Penfield, New York 14526
  14. Host Schools: Schools will be assigned three hosting responsibilities. The jobs for the host schools are as follows:
    - Bring an AED
    - Set up or Take Down the high jump pits
    - Set up or Take Down the Shot-Put Areas
    - Help Rake the long jump pit (if applicable)
    - Help with the high jump
    - Help the pole vault (if applicable)
    - Mark the shot
    - An adult to help mark the weight throw ( if applicable)

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15. Pole Vault Verification Sheets. If an athlete is going to compete in the pole vault, he/she will need to have a verification sheet at the meet. If there is no sheet, the athlete may not compete in the vault at that meet. These sheets need to be kept current, for any changes in the athlete's weight or pole use. It is the responsibility of the coach to make sure that the vaulters are properly trained for the event.
16. Merging of teams: New this year, If two or more schools are merging their teams for outdoor track, then they may, with the approval of Section V, merge their teams for indoor track.
17. Uniforms: Shorts with writing around their waistband are ILLEGAL. If these are compression shorts, and these shorts are underneath boxer type shorts, then they are legal. Athletes do not have to wear matching-colored articles of clothing under their uniforms in a relay. Those articles are now considered" invisible" to the official.
18. College: The following is from the NYSPHSAA handbook: A student is no longer eligible to represent the school in that sport in that season if the student participates in practice of competition against any individual or team(s) representing a college that season.
19. Sectionals: At this time, there will be no sectionals this year, as we currently do not have a venue that is championship caliber that could host all the events.
20. State Qualifier Meet: At this time, we will not have a state qualifier meet. If there should be a state meet, we will select the Section V team based on the leader board, which we would also do if the state qualifying meet was cancelled due to weather.
21. State Meet: There will be no state meet for the 2020-2021 season
22. All League: The top six individuals and top three relays (if they are held) will receive all-league honors. Athletes will receive a certificate and a patch.
23. League Committee
  - Chairman – Dave Hennessey – Penfield – [coachhenn1@gmail.com](mailto:coachhenn1@gmail.com)
  - Assistant Chairman – Jen Forsey – Webster Thomas – [Jennifer\\_forsey@webstercsd.org](mailto:Jennifer_forsey@webstercsd.org)
  - Assistant Chairman – Mike DeMay – Rush Henrietta – [coachdemay@yahoo.com](mailto:coachdemay@yahoo.com)

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#### 24. Rochester Winter Track League Schedule

- Saturday, January 16 - Modified – Pinnacle 9:00 – 11:00
- Saturday, January 16 – Varsity – Pinnacle 11:30 – 2:00  
East, Bishop Kearney, Bolivar Richburg, Franklin, Edison, Victor  
Northstar Christian, McQuaid, Mercy, Rochester Prep ,Pembroke. Vertus
- Saturday, January 23 – Modified – Pinnacle 9:00 – 11:00
- Saturday, January 23 – Varsity – Pinnacle - Group A 11:30 – 2:00
- Saturday, January 23 – Varsity – Pinnacle- Group B 2:30 – 5:00
- Wednesday, January 27 – Modified – Pinnacle 4:15 – 5:45
- Saturday, January 30 – Varsity – Pinnacle - Group B 8:30 – 11:00
- Saturday, January 30 – Varsity – Pinnacle – Group A 11:30 – 2:00
- Saturday, February 6 – Modified – Pinnacle 8:00 – 10:00
- Saturday, February 6 – Varsity – Pinnacle - Group A 10:30 – 1:00
- Saturday, February 6 – Varsity – Pinnacle - Group B 1:30 – 4:00
- Saturday, February 13 – Modified – Pinnacle 8:00 – 10:00
- Saturday, February 13 – Varsity - Pinnacle Group B 10:30 – 1:00
- Saturday, February 13 – Varsity – Pinnacle Group A 1:30 – 4:00
- Saturday, February 20 – Varsity – Pinnacle Group A 10:00 – 12:00
- Saturday, February 20 – Varsity – Pinnacle Group B 12:30 – 2:30
- Friday, February 26 – Varsity – Pinnacle Group B 5:00 – 7:15
- Friday, February 26 – Varsity – Pinnacle Group A 7:45 – 10:00

#### Group A

Penfield  
Victor  
Canandaigua  
McQuaid  
Mercy  
Bishop Kearney  
East High  
Franklin  
Bolivar Richburg  
Rochester Prep

#### Group B

Batavia  
Brockport  
Gates Chili  
Edison Tech  
University Prep  
Vertus  
Churchville Chili  
Pembroke  
Northstar Christian  
Aquinas

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## 25. Order of Events

- Saturday, January 16  
Turf Track – 55m Hurdles, 600, 55m Dash. 300m, 1000m Run  
Big Track – 3000m Run, 3200m Run, Racewalk, 1500/1600  
Field Events: Girls and Boys High Jump, Boys and Girls Shot
- Saturday, January 23

Turf Track	Big Track	Field Events
55m Hurdles	1500.1600	High Jump
55m Dash	3000/3200m Run	Shot Put
1000m	1500m Race Walk	
300		
600m		
- Saturday, January 30

Turf Track	Big Track	Field Event
55m Hurdles	Race Walk	Shot Put
300m Dash	3000/3200m Runs	High Jump
600m Run	1500/1600m Runs	
1000		
55m		
4 x 200		
- Saturday, February 6

Turf Track	Big Track	Field Events
55m Hurdles	1500/1600m Runs	Shot Put
600m Run	Race Walk	High Jump
55m Dash	3000/3200m Runs	
1000m Run		
300m Dash		
4 x 400m		
- Saturday, February 13

Turf Track	Big Track	Field Events
55m Hurdles	3000/3200m Runs	High Jump
1000m Run	1500/1600m Runs	Shot Put – B and G
300m Dash	1500m Racewalk	
600m Run	4 x 800,	
55m Dash		



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- Saturday, February 20

Turf Track	Big Track	Field Events
55m Hurdles	RW	B and G High Jump
55m Dash	1500/1600m Runs	B and G Shot Put
600m Run	3000/3200m Runs	
300m Dash		
1000m Run		
4 x 200m		
  
- Friday, February 26 and Saturday, February 27

Turf Track	Big Track	Field Events
55m Hurdles	1500/1600m Runs	B/G Shot
55m Dash	3000/3200m Runs	B/G High Jump
4 x 200 Relay – 1B, 1 G Per School	RW	
300m Dash	1000m Run	
600m Run	4 x 800m Relay	
4 x 400m Relay(1 B and 1 G per school)		
  
- Modified Meets

Turf Track	Big Track	Field Events
55m Hurdles	1000m Run	B and G Shot
55m Dash	1500/1600m Runs	B and G High Jump
600m Run	1500m Race Walk	
300m Dash		

A School May enter only 3 Boys and 3 Girls per Event  
A School may send a maximum of 40 athletes to any meet  
An Athlete may do a maximum of 2 events