

**Rochester Winter Track League
Year End Meets – 2012**

Friday, February 3 & 4 – New York Chiropractic College

Varsity Only – Each School May have 2 boys and 2 girls per event. If they wish to have more than 3, each athlete must meet the following standards (over means slower).

50m Hurdles – 0.5 seconds over your class provisional

45m Dash – 0.3 seconds over your class provisional

300m Dash – 1.2 seconds over your provisional

3000m Run – 10 seconds over your class provisional

3200m Run – 10 seconds over your class provisional

1000m Run – 4 seconds over your class provisional

600m Run – 3 seconds over your class provisional

Race Walk – 7 seconds over your class provisional

1500m Run – 5 seconds over your class provisional

1600m Run – 5 seconds over your class provisional

Pole Vault – 6 inches below your class provisional

High Jump – 3 inches below your class provisional

Shot Put – 18 inches below your class provisional

If an athlete has made a qualifying mark in one event, he/she may do another similar event – for example – an individual has a mark in the 1000, he/she could run a 600 or a 1500/1600.

2 events per athlete maximum

Saturday, February 11 – Aquinas Institute

Varsity Only – One Event per Athlete

Girls, then Boys Shot – 2 feet below your class provisional

Boys, then Girls High Jump – 2 inches below your class provisional

Girls, then Boys Pole Vault – 6 inches below your class provisional

Boys, then Girls Long Jump – 12 inches below your class provisional

Boys then Girls Triple Jump – 18 inches below your class provisional

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

Monday, February 13 – 8:00 – Sectional Entries Are Due

Wednesday, February 15 – Sectional Seeding Meeting at Penfield High School – 6:30 p.m.