

Monroe County Track and Field
Agenda
March 2, 2017

- I. Introductions
- II. Tom Mooney – Rules
 - A. Uniform – compression shorts with writing around the waist band are illegal, may be worn under the shorts.
 - B. Safety – flags around the discus and shot
 - C. Other

- III. We recommend that you read the handbook
 - A. Scrimmage – Defined
 - B. Order of Events – remember – no open pits
 - C. Coaches need to agree in advance if there are any changes from the handbook order.

 - D. Varsity B Meets
 - 1. Last year was the last year that the county sponsored JV meets, either the Friday meets or the championships
 - 2. Suggestions for this year's Varsity B meet (note – we are using the term Varsity B so that seniors can compete in them)
 - 3. We have two blocks of meet s- Friday, April 28, and Friday, May 12
 - 4. The meets are divided by division
 - 5. Boys and Girls are together
 - 6. Schools bring vouchers
 - 7. Schools have until Friday, March 10 to declare their intention to compete
 - 8. We need host schools for the meets
 - 9. Boys Varsity B end of the Year meet will be at Victor, Wednesday, May 17 – bring a voucher and \$75.00 check to pay for officials, awards, and FAT timing
 - 10. Girls' Varsity B end of the year meet will be at Webster Thomas on Thursday, May 18 – bring a voucher and a check for \$75.00 for officials, awards, and FAT timing.
 - 11. Entries for the Varsity B Counties are due on Tuesday, May 16 at 9:00.

 - E. Counties
 - 1. Entries are due Wednesday, May 17 at noon
 - 2. Scratches may be made up to noon on Friday, May 19.

3. County Championships are Saturday, May 20, 10:00 at Brockport
4. Standard sheet attached
5. Sectional Order
6. Question – since seniors can now be in the Varsity B Meets, do we need the wild card for the counties?

F. Sectionals

1. Verification sheet due at counties
2. Entries due – Sunday, May 21 at 9:00
3. Seeding meeting for coordinators Monday, May 22 – 6:00
4. Class B/CC – Friday, May 26 at Honeoye Falls – Lima at 4:30
5. Class AA/A – Saturday, May 27 at Rush Henrietta
6. Class C.D – Saturday, May 27 at Lyons
7. See attached sheets for standards, order of events
8. Other

G. State Qualifiers

1. Entries due Sunday, May 29 at 9:00
2. Scratches may be made by Wednesday, June 1. Email Dave Yen directly, going into your account will not cause you to scratch an athlete.
3. Meet – 4:45 on June 2 at Penfield (Friday) (MVP awards, events start at 5:00)
4. See handout order of events
5. Hall of Fame Inductions after the 1600

H. State Meet

1. Vestal High School – June 9 and 10
 2. Athletes leave on Thursday, June 8 – roughly 2:45 from Target in Henrietta
 3. See attached for standards, order of events
- i. Rating of Officials. If an official does an outstanding job, or a terrible job, please email one of the league coordinators. This will help us in selecting officials for the sectionals and state qualifiers.

IV. Remember, all marks must be entered within one week on Yen Timing. Make sure you call your results to the Democrat and Chronicle.

Introduction

Dear Coach,

This handbook is intended to be a guide for all coaches, new and experienced with regard to Monroe County Track and Field meets and championships. There is a separate handbook that covers all Section V information: Sectional Meet, Meet of Champions, and State Meet.

All coaches are required to be aware of the rules and regulations of Track and Field as outlined by the National Federation of State High School Associations. If there are any questions, a coach should first contact their Athletic Director, and then the County Chairman of their specific league for needed information. This handbook has been developed to standardize many of the procedures for the Monroe County Track and Field meets.

HOST SCHOOL RESPONSIBILITIES

1. The host school is responsible for equipment set up, clipboards, providing measuring tapes, and ensuring that respective field event areas meet regulation standards.
2. The host school is responsible for making 1st, 2nd, and 3rd call for each event.
3. The host school is responsible for keeping the official score. A copy of the top three individuals in each event should be provided to the visiting coach.
4. The host school is responsible for contacting the Democrat and Chronicle (232-7100)

(NOTE: It is the responsibility of the visiting team to provide the host team coach with the school record (league and non-league), and the first name and grade of any athlete that has won 2 or more individual events in a meet.

In combination meets, both schools must share the work

** In combination meets, one team is responsible for the official girls score while the other team is responsible for the boy's score.

PROCEDURES

(Referees)

1. The meet referee has the authority to cancel a field event because of unsafe conditions after consulting with the coaches. If such cancellation occurs, and that event(s) affected could decide the outcome of the meet, the coaches and chairman will have the events contested at the next available date.
2. The meet referee has the authority to reschedule an event cancelled due to concerns safety, or, declare forfeiture of points to the visiting school.
3. The meet referee has the authority to determine, after consulting with the coaches, the cancellation or postponement the remainder of the meet due to weather or threatening conditions (thunder and/or lightening) If the score is such that the meet is decided, it shall stand as the final score. If the outcome is not yet decided, the coaches or chairperson should determine a date for the completion of the meet.
4. **Starting time:** The starting time for all meets should be 4:30 p m. However, the visiting team is entitled to a 20 minute warm-up upon arrival.
5. **Hurdle Events:** If hurdle events are run in two sections, each school should have an equal number of competitors in the "fast" section. If there are an odd number of lanes available, the odd lanes should be given to the visiting school.
6. **Simultaneous Event Athletes:** An athlete competing in simultaneous events should report to both officials and make whatever arrangements are feasible. The athlete should adhere to a 10 minute limit on excused absence from an event. Officials and athletes should use discretion and common sense in the high jump and pole vault.
7. **Relay Teams:** All 4 runners on the relay team should report to the starter when the event is called. Schools may run more than one relay; however, one team must be designated as the scoring team. If a school has more than one relay team in a race, and one of the teams interferes (non-scoring or scoring) with the other school's scoring team, and is disqualified, then the interfering school will forfeit any points it may have scored in that event.
8. **Uniforms:** The uniform rule according to the National Federation rulebook should be adhered to. This rule may be waived, due to weather, after consultation of meet referee and coaches.
- 9.- **Implements:** When unsure of proper weight use a common implement. However, each school is responsible for properly weighted implements.
 - 1) Shot Boys 12lb
Girls 4 Kilo
 - 2) Discus Boys 3 lb 9 oz.
Girls 1 Kilo (rubber Discus are legal)
10. **Scoring:**
 - Dual Meets: 5 for 1st; 3 for 2nd; 1 for 3rd;
 - Relays: 5 for 1st only

Tri Meets: 5 for 1st; 3 for 2nd; 2 for 3rd; 1 for 4th
Relays: 5 for 1st; 3 for 2nd

11- Entries in Dual Meets:

Boys: are allowed to participate in 4 events per meet

Girls: are allowed to participate in 4 events per meet

12. Entries Per Varsity Event:

4 each per school: 110 /100 Hurdles (3 on a 6 lane track)

100

200

400

400 Hurdles

Unlimited:

800 m

1600/1500m

3200 / 3000 m

Relays

1 scoring team per school (Additional relays may be run at coach's discretion)

Field Events

4 per school – scoring (no matter if the track is 6 or 8 lane) Varsity athletes are allowed four throws in the shot and discus, and four jumps in the long and triple jumps.

JV athletes – unlimited – they may have three throws in the shot, discus, and three jumps in the long and triple jumps.

PARTICIPATION

1. **Scrimmage:** A team must practice 10 days to be eligible to participate in a scrimmage. An individual athlete must practice 8 days to be eligible to participate in a scrimmage. A scrimmage is defined by the NYSPHSAA as

A. No scoring – no official results or place finishers recorded

B. No performance may be used to meet qualifying standards or be considered a record

C. Competitors and events must adhere to the limitations of the NFHS.

2. **Full Contest Meet** between two or more schools: A team must practice 10 days to be eligible to participate in a meet. An individual athlete must practice 10 days to be eligible to participate in a meet.

3. The number of meets during a season a team may participate in is **16**. This does not include the Sectional Meet, Meet of Champions, or State Meet.

4. The number of meets per week per team may not exceed 3. An athlete may

compete with a minimum of one night's rest.

5. The number of meets per week per individual may not exceed 3.

6. One individual may constitute a team.

7. **Wrist watches are approved for practice only.**

MEET CANCELLATIONS

1. Prior to starting time the host school should if possible, notify visiting schools and meet officials before 1 P.M., if the meet is cancelled.
2. If a meet is in process, the meet referee has the authority to cancel a field event because of unsafe conditions, after consulting with the coaches.
3. If the meet is in process, the meet referee has the authority to cancel the remainder of the meet due to weather or threatening conditions, **If thunder is heard, or lightning is seen, the meet must be immediately halted, and can not resume until 30 minutes have passed since the last clap of thunder is heard, or lightning seen.**

CONDUCT / SPORTSMANSHIP

IT HAS BEEN TRADITION THAT TRACK AND FIELD MEETS ARE CONTESTED WITH THE HIGHEST STANDARD OF SPORTSMANSHIP AND RESPECT FOR ONES OWN TEAM MEMBERS, THE VISITING TEAM MEMBERS, COACHES, AND OFFICIALS. COACHES AND ATHLETES SHOULD BE WILLING TO CONGRATULATE OPPOSING ATHLETES AND APPLAUD THEIR PERFORMANCES.

PROTEST:

Read the attached sheet.

ORDER OF EVENTS

COMBINATINATION MEETS (BOYS/GIRLS)

Track Events
Boys, -then Girls

Field Events Start at the Beginning of the meet

Order of Field Events

BoysLJ/ GirlsLJ

BoysPV/ GirlsHJ

Girls Shot / Boys Discus

Girls PV/ Boys HJ

**Girls TJ/ Boys TJ if there are two
runways and an official for each**

Boys Shot/ Girls Discus

110 Hurdles/ 100m Hurdles

400m Dash

1600m/1500m Run

100m Dash

400m Hurdles

800

200

3200/3000m Runs (may be combined upon agreement of coaches)

400m Relay

1600m Relay

3200m Relay (may be combined upon agreement of the coaches)

BOTH

- 1. Varsity Athletes scoring in the Jumps and Throws- 4 attempts NO OPEN PIT - they will be followed by JV's and exhibition athletes – 3 attempts**
- 2. Staring heights- Pole vault 7' 6" Girls 6' 0"
High Jump: 4' 10" (Boys)
4'00" (Girls) Coaches
may agree to start the bar at a lower height.**
- 3. No break for field events**

Monroe County League Championship Meet

1. All entries are due by noon on Wednesday before the County meet. If an athlete qualifies for an event, he/she may be entered into the meet. An athlete who has qualified in more than four events, may be entered in more than four events, so that a coach can decide in what event(s) the athlete may compete.

2. Coaches must make their final declarations (scratches) by NOON on Friday before the County Meet. Athletes must be scratched down so that they are in no more than four individual events, or three individual events and listed as one of the six names on a relay entry. (An athlete could be listed on three different relays, thus an athlete may be named in six events (three individuals and three relays), but may only compete in a maximum of four events.

3. An athlete who is not scratched by the deadline will be allowed to compete in the first four events that he/she is listed (National Federation rulebook) An athlete who competes in more than four events will be disqualified from all future events and will be disqualified in all previous events, with all points and awards forfeited. (Nationals Federation Rulebook.

4. Each school is allow to seed one athlete per event (even if the standard is not reached) . If more than one athlete is in the event then all the school's athlete must have achieved the standard.

5. **Seniors may compete in the Varsity Championship or the Varsity B end of season meet..** Each school is allowed one male and one female as a wild card. A wild card **MUST** be a senior who has not met the qualifying standards, **and has a mark in that event.**

6. Athlete may not compete in both Varsity B and Varsity individual events. (with exception of the relays. An athlete may compete in the varsity counties in a relay event, and then compete in individual events and relays at the Varsity B Championships.)

An athlete who is competing in an individual event in the Varsity Counties may not run a relay in the Varsity B end of season meet

7. **Entries for both the Varsity and the Varsity B Championships will be made on Yen Timing Services. Entries for the varsity meets must be made by noon on Wednesday, May 17. For the Varsity B Championships, entries will be due on Tuesday night at 9:00 on May 16 Entries for the varsity counties will be up on Wednesday night. Coaches may scratch entries by noon on Friday, May 19.**

8. Only one performance is needed to enter the Varsity B and Varsity championship. The exception to this rule is the pentathlon. The seeding for the Penthalon hurdles will be in a blind draw.

9. All athletes will be given 4 trials in the LJ, TJ, Shot, and Discus in the varsity championships

10. An athlete that scratches from an individual event is done for the remainder of the meet If an athlete checks in and then does not compete, it will count as an event, but he/she may continue to compete in the meet. Relay scratches will count as an event for each individual, but will not disqualify that individual from further competition.

11. Scoring : (8 places) 10-8-6-5-4-3-2-1

12 Awards : Top four in each event (including relays) will earn All-County Patches: 5th through 8th places will receive ribbons and 2nd team All County certificates.

13. Updated pole vault weight sheets are needed

14. Coaches may help their athletes during warm-ups. Once competition begins, they must go to the coach's box for that event.

15. At the end of the year meeting in June, 2014, the coaches voted to have the county championship order follow the Section V order of events. The order is as follows:

Monroe County Championship Meet Order of Events - Saturday, May 20 at Brockport

1. Girls Pentathlon 100m Hurdles
2. Girls 100m High Hurdles - Finals
3. Boys Pentathlon 110m Hurdles
4. Boys 110m High Hurdles
5. Girls 4 x 800m Relay
6. Boys 4 x 800m Relay
7. Girls 100m Dash - Final
8. Boys 100m Dash - Final
9. Girls' 2000m Steeplechase - Final
10. Boys 3000m Steeplechase - Final
11. Girls' 400m Dash - Final
12. Boys 400m Dash - Final
13. Girls' 1500m Run - Final
14. Boys' 1600m Run - Final
15. Girls 4 x 100m Relay - Final
16. Boys' 4 x 100m Relay - Final
17. Girls 400m Low Hurdles - Final
18. Boys 400m Intermediate Hurdles - Final
19. Girls 800m Run - Final
20. Boys 800m Run - Final
21. Girls 200m Dash - Final
22. Boys 200m Dash - Final
23. Girls 3000m Run - Final
24. Boys 3200m Run - Final
25. Girls Pentathlon 800m Run (if ready or up to 20 minute break)
26. Boys Pentathlon 1500m Run (if ready or up to 20 minute break)
27. Girls' 4 x 400m Relay - Final
28. Boys 4 x 400m Relay - Final
29. Exhibition Race Walk (or during the break waiting for the pentathlon to be ready)

Boys Pent Order - 110m Hur, LJ,SP,HJ,!500

Girls Pent Order - 100m Hur, HJ,Shot, LJ,800m

Pent field event order might change depending on facility configuration

Field Event Order

Girls - !st - Discus, HJ,LJ

Boys - 1st - SP,TJ, PV

If there are 2 HJ or PV area, both boys and girls will run simultaneously.

Pole Vault and throwing implement weigh-ins begin at 9:15.

Varsity B – there are standards for the Varsity B Championships. IF an athlete performs better than the standards, he/she may not compete in any event at the Varsity B County

Championships.

SECTIONALS

Sectional seeding will done in the same way as the counties- on Line at Yen Timing Services. You will still need to complete the Sectional eligibility sheet, which is to be submitted at the County meet. An athlete must compete in 6 individual meets to compete in the Sectionals/ State qualifier meet, and meet the qualifying standard. You only need to make the standard once, and it must be reported within a week on the Section V leader board. Marks entered after one week will not count. Marks made at league championships must be entered immediately if they are to be used for seeding. Entries for the sectionals must be submitted by Sunday, May 21 at 9:00p.m.. Accepted athletes will be posted on Monday, May 22. Appeals must be submitted by noon on May 23. Appeals will be heard on Thursday, May 25, 3:00, at Campbell Savona. Class AA and A, because of its size, will be allowed 24 athletes in lane races and 20 athletes in the other races and field events All entries are considered final, there is no scratches. For a hardship case, it must be for a medical reason, and the letter must be submitted by a school's principal or chief operating officer, and must have medical documentation, when the injury occurred, when they could resume competing, and how many meets they participated in.

State Qualifier will be done on line – due by Sunday May 28 at 9:00 p.m. Class Champions advance automatically (they must be entered). Athletes may be scratched without penalty by Wednesday, May 31 at 9:00 pm. Athletes need only one performance. FAT marks will take precedence over hand held times.

B/CC Meet on FRIDAY, May 26 at Honeoye Falls - Lima - Time TBA (4:30)

Class AA/A Meet at 10:00 a.m. at Rush Henrietta High School

Class C/ D Meet at 10:00 a.m. at Lyons High School (pentathlon and Field Events at 10:00, running events at 10:30)

The Section V Handbook, with jobs at the Sectionals/State Qualifier is found on the Section V website

The State Qualifier meet will be on Friday, June 2 at Penfield starting at 4:45 With the exception of the steeplechases and the 3000/3200m runs, there will be separate races for Division II, followed by Division I

State Meet

This year, the winners of each division advance automatically to the state meet. An at large entry may advance from Division I and Division II if the individual or relay meets the standard, in a multi –school meet (at least 4 schools) and after the last weekend in April. There are different standards for Division I and Division II. **The State Meet will be June 9 and 10 at Vestal High School in Section IV. Athletes will leave on Thursday, June 8. Athletes will be staying at the Holiday Inn in Binghamton. Bus will leave Target around 2:45.**

Varsity B Meets

New this year will be Varsity B meets, replacing the JV meets run last year by the county.

In this format, seniors may compete. School will bring vouchers to pay for officials. The exact number of vouchers will be based on the number of schools attending the meet, and the number of officials working the meet.

Rating of officials

If you have an officials who does an excellent job, or one who does not do a good job, please email that information to the league chairmen. That will help with the selection of officials for the sectionals and state qualifier.

Monroe County Track & Field Standards
Must be on the Leader Board

Event	Boys				Girls			
	<u>Varsity</u>		<u>Varsity B Cutoff</u>		<u>Varsity</u>		<u>Varsity B Cutoff</u>	
	FAT	Hand	FAT	Hand	FAT	Hand	FAT	Hand
100m	11.84	11.6	11.64	11.4	13.74	13.5	13.44	13.2
200m	24.04	23.8	23.74	23.5	28.74	28.5	27.24	27.0
400m	55.24	55.0	54.24	54.0	66.44	66.2	65.24	65.0
800m	2:09.24	2:09.0	2:07.24	2:07.0	2:35.24	2:35.0	2:28.24	2:28.0
1500m					5:20.14	5:19.9	5:10.24	5:10.0
1600m	4:50.24	4:50.0	4:47.24	4:47.0				
3000m					12:00.23	12:00.0	11:40.24	11:40.0
3200m	10:50.24	10:50.0	10:45.24	10:45.0				
100m Hurdles					18.74	18.5	17.94	17.7
110m Hurdles	17.84	17.6	16.94	16.7				
400m Hurdles	65.24	65.0	64.04	63.08	76.24	76.0	73.24	73.0
2000m Steeple					8:40.34	8:40.0	8:15.24	8:15.0
3000m Steeple	11:20.24	11:20.0	11:10.24	11:10.0				
Long Jump	18' 06"		19' 06"		14' 00"		15' 00"	
Triple Jump	38' 00"		39' 00"		30' 00"		31' 06"	
High Jump	5' 04"		5' 08"		4' 06"		4' 08"	
Pole Vault	10' 00"		10' 06"		7' 06"		8' 00"	
Shot Put	35' 00"		40' 00"		27' 06"		29' 00"	
Discus	105' 00"		110' 00"		70' 00"		80' 00"	
Pentathlon	No Standard		No Standard		No Standard		No Standard	
4 x 100m	No Standard		No Standard		No Standard		No Standard	
4 x 400m	No Standard		No Standard		No Standard		No Standard	
4 x 800m	No Standard		No Standard		No Standard		No Standard	

- Each school may enter one athlete per event. To have two or more, all athletes must have met the standard.
- If an athlete has surpassed the JV Cutoff Standards, he/she cannot participate in the JV Championships.