

**Section XI Winter Track**  
**Section XI Coordinator – Anthony Toro**

**Boys' League Chairperson**

<b>League 1</b>	<b>Joe Reilly*</b>	<b>Longwood</b>
<b>League 2</b>	<b>Rob Conway</b>	<b>Walt Whitman</b>
<b>League 3</b>	<b>Jim Christian</b>	<b>HHH West</b>
<b>League 4</b>	<b>Brad Posnanski</b>	<b>Comsewogue</b>
<b>League 5</b>	<b>Rod Cawley*</b>	<b>Port Jefferson</b>

• **Large & Small School Chairpeople**

Day	Date	Time	Sex	Meet
Wednesday	12/07/2016	5:00 PM – 10:00 PM	B	Crossover A (2 Meets each 2 ½)
Wednesday	12/14/2016	5:00 PM – 10:00 PM	B	Crossover A (2 Meets each 2 ½)
Sunday	12/18/2016	9:00 PM - 7:00 PM	B	Crossover B (4 meets each 2 1/2)
Tuesday	12/20/2016	5:00 PM – 10:00 PM	B	Crossover C (2 Meets each 2 ½)
Wednesday	12/21/2016	5:00 PM – 10:00 PM	B	Crossover C (2 Meets each 2 ½)
Monday	1/02/2017	9:00 AM – 6:00 PM	B	Crossover D (2 meets each 4 ½ Hours)
Saturday	1/14/2017	9:00 AM – 7:00 PM	B	Crossover E (4 meets each 2 ½)
Friday	1/20/2017	5:00 PM - 10:00 PM	B	Freshmen/Sophomore
Sunday	1/22/2017	9:00 AM - 9:30 PM	B	League Championships
Sunday	1/29/2017	9:00 AM - 2:30 PM	B	Last Chance
Saturday	2/04/2017	10:00 AM - 6:30 PM	B	Boys County Championship
Monday	2/13/2017	5:00 PM - 9:00 PM	BG	State Qualifier

An athlete must have competed in six meets prior to the Large/Small School Championships

An athlete is only permitted 15 contests, not including the Team Championships and State Qualifier Meet

An athlete must have 10 practices before the first contest (meet)



## Boys Crossover Meet A Wednesday, December 7, 2016

**5:00 PM - 7:30 PM**

Middle Country  
Miller Place  
Mount Sinai  
Shoreham Wading River  
Southampton  
Westhampton  
Port Jefferson \*  
Riverhead  
Bayport/Bluepoint  
Hampton Bays  
William Floyd  
Longwood  
Eastport South Manor  
Shelter Island

Long

Triple

**7:30 PM - 10:00 PM**

Sayville  
Walt Whitman\*  
Smithtown East  
Northport  
Huntington  
Hauppauge  
West Babylon  
Babylon  
Patchogue/ Medford  
Sachem North  
Central Islip  
Half Hollow Hills West

Triple

Long

## Boys Crossover Meet A Wednesday, December 14, 2016

**5:00 PM - 7:30 PM**

Half Hollow Hills East \*  
West Islip  
Mercy  
Rocky Point  
Copiague  
Ward Melville  
Smithtown West  
East Hampton  
North Babylon  
Comsewogue  
Connetquot  
Islip  
Stony Brook  
Mattituck

Triple

Long

**7:30 PM - 10:00 PM**

Belport  
Deer Park  
East Islip  
Bay Shore  
Amityville  
Harborfields  
Brentwood  
Commack  
John Glenn\*  
Kings Park  
Sachem East  
Lidenhurst  
Center Moriches

Triple

Long

\* Meet Director

# Boys Crossover Meet B

## Sunday, December 18, 2016

**9:00 AM - 11:30 AM**

Kings Park	
Ward Melville	
Sachem North	
Bay Shore	
Riverhead	
Bellport	Triple
West Islip	
Half Hollow Hills West*	
Walt Whitman	
John Glenn	
Harborfields	
Eastport South Manor	
Smithtown West	Long
Center Moriches	

**11:30 AM - 2:00 PM**

William Floyd	Long
Central Islip	
Commack *	
Westhampton	Triple
Copiague	
Sachem East	
Babylon	
Miller Place	
Longwood	
Deer Park	
Huntington	
Islip	
Brentwood	
Mattituck	
Shelter Island	

**2:00 PM - 4:30 PM**

North Babylon *	
Southampton	
Northport	
East Hampton	
Shoreham Wading River	Long
East Islip	
Hauppauge	
Middle Country	
Amityville	
Rocky Point	Triple
Stony Brook	
Half Hollow Hills East	

**4:30 PM - 7:00 PM**

Comsewogue	
Smithtown East	Long
Connetquot	
Lindenhurst	
Hampton Bays	
Patchogue/Medford	
West Babylon	
Sayville	
Mount Sinai	Triple
Bayport/Blue Point	
Port Jefferson*	
Mercy	

- Meet Director

## Boys Crossover Meet C Tuesday, December 20, 2016

**5:00 PM - 7:30 PM**

Riverhead  
Shoreham Wading River  
Patchogue/Med.  
West Babylon  
Mount Sinai  
Connetquot  
Rocky Point  
East Islip  
Bay Shore  
Half Hollow Hills West\*  
Huntington  
Central Islip  
Ward Melville  
Mattituck  
Shelter Island

Long

Triple

**7:30 PM - 10:00 PM**

William Floyd  
Miller Place  
Mercy  
Commack\*  
Sachem North  
Northport  
Sayville  
Longwood  
West Islip  
Port Jefferson  
Stony Brook  
Half Hollow Hills East  
Hampton Bays

Triple

Long

## Boys Crossover Meet C Wednesday, December 21, 2016

**5:00 PM - 7:30 PM**

Lindenhurst  
Southampton  
Harborfields  
Westhampton  
Comsewogue \*  
Eastport South Manor  
East Hampton  
Deer Park  
Smithtown East  
Bellport  
John Glenn  
Sachem East  
Center Moriches

Long

Triple

**7:30 PM - 10:00 PM**

Hauppauge\*  
Copiague  
North Babylon  
Kings Park  
Babylon  
Walt Whitman  
Brentwood  
Smithtown West  
Bayport/Blue Point  
Middle Country  
Islip  
Amityville

Triple

Long

\* Meet Director

**Boys Crossover Meet D  
Monday, January 2, 2017  
Large Schools - (9:00 AM – 1:30 PM)**

**Long and Triple Jump 3 jumps no finals  
55m Dash/55 Hurdles/300m Dash - final on time  
Relays - two teams per school only  
Only one measurement in shot put under 36'**

**Copiague – Long Jump      Sachem East - Triple Jump**

**Boys Crossover Meet D  
Monday, January 2, 2017  
Small Schools - (1:30 PM – 6:00 PM)**

**Long and Triple Jump 3 jumps no finals  
55m Dash/55 Hurdles/300m Dash - final on time  
Relays - two teams per school only  
Only one measurement in shot put under 36'**

**Hauppague– Long Jump      East Islip - Triple Jump**

# Boys Crossover Meet E

## Saturday, January 14, 2017

**9:00 AM – 11:30 AM**

Mercy  
Miller Place  
Walt Whitman  
Northport  
Southampton  
Copiague \*  
Babylon  
John Glenn  
Bay Shore  
Lindenhurst  
Central Islip  
Islip  
Center Moriches

Triple

Long

**11:30 AM – 2:00 PM**

Port Jefferson  
West Islip  
North Babylon  
Ward Melville  
Brentwood  
Half Hollow Hills West \*  
Comsewogue  
Deer Park  
Bayport/Blue Point  
Commack  
Bellport  
Patchogue/Med.  
Mattituck  
Shelter Island

Long Jump

Triple

**2:00 PM – 4:30 PM**

East Hampton  
Sachem East  
Longwood  
Huntington  
Sachem North\*  
East Islip  
Smithtown East  
Kings Park  
Amityville  
Wm. Floyd  
Sayville  
West Babylon  
Westhampton

Triple

Long

**4:30 PM – 7:00 PM**

Hauppauge  
Middle Country  
Half Hollow Hills East\*  
Connetquot  
Smithtown West  
Riverhead  
Mount Sinai  
Rocky Point  
Shoreham Wading River  
Harborfields  
Stony Brook  
Eastport South Manor

Triple

Long

\* Denotes Meet Director

**Freshmen – Sophomore Championships**  
**Friday, January 20, 2017**  
**5:00 PM – 10:00 PM**

**Joe Reilly – Meet Director (Longwood)**

**AWARDS: Medals to the top 4 in each CLASS**  
**Sophomore compete first then Freshman**

**MEET INFORMATION:**

- 1) THERE WILL BE SEPARATE FROSH AND SOPH DIVISIONS FOR ALL EVENTS.
- 2) NUMBERS ARE REQUIRED FOR ALL ATHLETES.
- 3) VERBAL SEEDING FOR INDIVIDUAL EVENTS. CARDS NEEDED FOR RELAYS.  
(PLEASE INCLUDE COMPETITOR NUMBERS)
- 4) TWO INDIVIDUAL EVENTS AND A RELAY PER ATHLETE. EACH SCHOOL IS ALLOWED TO RUN  
THREE RELAYS TOTAL. Not 3 relays per event
- 5) RELAYS DO COUNT IN TEAM SCORING.
- 6) SCORING: 10-8-6-4-2-1
- 7) 55 METER DASH AND HURDLES: ONLY THE TOP 18 WILL BE SEEDED FOR  
THE FINAL. FROM THOSE THREE HEATS, ADVANCE TWO. ALL OTHERS  
WILL RUN IN NON-QUALIFYING HEATS.

**FRESHMEN CAN RUN ON SOPHOMORE RELAYS, BUT SOPHOMORES MAY NOT  
 RUN ON FRESHMEN RELAYS.**

**Order of Events**

<p><b>Shot Put</b>  <b>LONG JUMP (first)</b>  <b>TRIPLE –(second)</b>  <b>High Jump</b></p>	<p><b>Only one measurement under 25'</b>  <b>Raker: Harborfields/Pat-Medford</b>      <b>No Finals</b>  <b>Raker: Bay Shore/Southampton</b>      <b>No Finals</b>  <b>Starting at 4'9 - 5' - 5'3 - 5'6 - 5'8 - 5'10 - 6' - then 1 inch</b></p>
<p><b>55 METER HURDLES SEMIS</b>  <b>3200 Meter Run</b>  <b>55 METER HURDLES FINAL</b>  <b>55 METER DASH SEMIS</b>  <b>600 Meter Run</b>  <b>55 METER DASH FINAL</b>  <b>1000 Meter Run</b>  <b>300 Meter Dash</b>  <b>1600 Meter Run</b>  <b>4 x 400 METER RELAY</b>  <b>4 x 200 METER RELAY</b>  <b>4 x 800 METER RELAY</b></p>	<p><b>(ALL)</b>  <b>One section of each</b>    <b>Soph (10) Frosh (6)</b>  <b>Soph (6) Frosh (4)      1:50</b>    <b>Three of each      3:30</b>  <b>Soph (8) Frosh (4)      50.00</b>  <b>Two of each      5:30</b></p>

# Boys League Championships

## Sunday, January 22, 2017

<b>LEAGUE 3</b>	<b>9:00 AM – 11:30 AM</b>
<b>LEAGUE 4</b>	<b>11:30 AM – 2:00 PM</b>
<b>LEAGUE 5</b>	<b>2:00 PM – 4:30 PM</b>
<b>LEAGUE 1</b>	<b>4:30 PM – 7:00 PM</b>
<b>LEAGUE 2</b>	<b>7:00 PM – 9:30 PM</b>

**Jury of Appeals: All League Representatives.**

**Medals for the top 6 in each individual event and top 4 relays**

**All individual seed cards must be handed in 30 minutes prior to the meet.**

**Relay cards must be handed in at the beginning of the 1600 Meter Run. A school is permitted a total of three relay teams. You may have more than one-relay team in a event**

**All cards must contain name, competitor number, school, event and seedtime.  
Coaches are meeting 15 minutes prior to the meet.**

- a. Schools may enter three athletes in each event**
- b. Athletes may enter three events.**
- c. Top 18 athletes in the 55 Meter Dash and 55 Meter Hurdles will be seeded.  
6 Fastest Advance Standard Lanes (3 – 4 – 2 – 5 – 1 – 6)**
- d. Seeded sections will run last. (3200m seeded runs first)**
- e. Shot Put - 3 throws, 7 to the final**
- f. High Jump - 5' up 2" to 5' 10" then 1" thereafter**
- g. Long Jump then Triple Jump - 3 jumps (no finals due to time)**

### Order of events:

<b>3200 Meter Run</b>		<b>Final</b>
<b>55 Dash</b>	<b>6 Fastest Advance</b>	
<b>1000m</b>		<b>final</b>
<b>55 Dash</b>		<b>final</b>
<b>55 High Hurdles</b>	<b>6 Fastest Advance</b>	
<b>600m</b>	<b>Lanes (4-5-6-3-2-1)</b>	<b>final</b>
<b>55 High Hurdles</b>		<b>final</b>
<b>1600m Run</b>		<b>Seeded</b>
<b>300m</b>	<b>Lanes (4-5-6-3-2-1)</b>	<b>final</b>
<b>1600m Run</b>		<b>Unseeded</b>
<b>7 minute break</b>		
<b>4 x 400m</b>	<b>Lanes (4-5-6-3-2-1)</b>	<b>final</b>
<b>4 x 200m</b>	<b>Lanes (4-5-6-3-2-1)</b>	<b>final</b>
<b>4 x 800m</b>		<b>final</b>

# Coaches Last Chance Meet

## Sunday, January 29, 2017

### 9:00 AM – 2:30 PM

Meet Director – Jim Christian

### Meet Information:

- 1 Each school is permitted 3 athletes per event and one relay team per relay event. Additional athletes may be entered provided they meet the qualifying standards (Best of the Season) and are listed on the Best of the Season. An additional relay can be added provided they have also met the qualifying standards. No team is allowed to run more than two relay teams, per relay event
- 2 An athlete may only compete in two open events and a relay.
- 3 This is a championship meet to give our better athletes an opportunity to improve their performances, there are no freshmen events.
- 4 Medals for the top 4 in each event (Large/Small)

### SCHEDULE OF RUNNING EVENTS

1	3200M Run	11:00		combined	
2	55m Dash	7.24	6 fastest advance	8 large	8 Small
3	1000m Run	3:00		4 Combined	
4	55m Dash				
5	55HH	10.00	6 fastest advance	8 Large	8 Small
6	600m Run	1:35.00	Preferred lanes 4-5-6-3-2-1	8 combined	
7	55HH				
8	1600m Run	5:05.00		5 combined	
9	300m Dash	40.96	Preferred lanes 4-5-6-3-2-1	8 Large	8 Small
10	4 x 800	9:30		combined	
11	4 X 400	3:52	Preferred lanes 4-5-6-3-2-1	combined	
12	4 X 200	1:48	Preferred lanes 4-5-6-3-2-1	combined	

### FIELD EVENT SCHEDULE

10	High Jump	5'3	Start at: 5' - 5'3 - 5'6 - 5'8 - 5'10 - 6' - then 1 inch	combined
11	Shot Put	36'	One measurement under 30'	Combined
12	Long Jump	17'6	One measurement under 17'	combined
13	Triple Jump	36'	One measurement under 36'	combined
	Long Jump		Rakers	Northport and Deer Park
	Triple Jump		Rakers	Copiague and Brentwood

## Section XI Team Championships Boys Small School Time Schedule Saturday, February 4, 2017

Events will not start 10 minutes before the scheduled times

10:00 AM	Warm ups				
10:15 AM	Clerking of running events, Long Jump, High Jump, Shot Put				
10:20 AM	3200 Meter Run		Seeded	2 turn box	
10:35 AM	55 Meter Dash	6 Fastest Advance	(9-5-1-4-8-12)	(10-6-2-3-7-11)	(17-15-13-14-16-18)
10:45 AM	3200 Meter Run		Unseeded	2 turn box	
11:00 AM	55 Meter Dash		Final		
11:10 AM	1000 Meter Run		Final	2 turn box	
11:25 AM	300 Meter Dash		Semi's	3 heats picking 2	
11:40 AM	55 Meter High Hurdle	6 Fastest Advance	(9-5-1-4-8-12)	(10-6-2-3-7-11)	(17-15-13-14-16-18)
11:50 AM	600 Meter Dash	Lanes (4-5-6-3-2-1)	Final	2 turn stagger	
12:05 PM	1600 Meter Run		Seeded	2 turn box	
12:15 PM	55 Meter High Hurdles		Final		
12:20 PM	300 Meter Dash	Lanes (4-5-6-3-2-1)	Final		
12:25 PM	1600 Meter Run		Unseeded	2 turn box	
12:45 PM	4 x 800 Meter Relay		Final	2 turn box	
1:05 PM	4 x 400 Meter Relay	Lanes (4-5-6-3-2-1)	Final	2 turn lane	
1:25 PM	4 x 200 Meter Relay	Lanes (4-5-6-3-2-1)	Final	3 turn stagger	

## Section XI Team Championships Boys Large School Time Schedule Saturday, February 4, 2017

Events will not start 10 minutes before the scheduled times

2:00 PM	Warm ups				
2:15 PM	Clerking of running events, Long Jump, High Jump, Shot Put				
2:20 PM	3200 Meter Run		Seeded	2 turn box	
2:35 PM	55 Meter Dash	6 Fastest Advance	(9-5-1-4-8-12)	(10-6-2-3-7-11)	(17-15-13-14-16-18)
2:45 PM	3200 Meter Run		Unseeded	2 turn box	
3:00 PM	55 Meter Dash		Final		
3:10 PM	1000 Meter Run		Final	2 turn box	
3:25 PM	300 Meter Dash		Semi's	3 heats picking 2	
3:40 PM	55 Meter High Hurdle	6 Fastest Advance	(9-5-1-4-8-12)	(10-6-2-3-7-11)	(17-15-13-14-16-18)
3:50 PM	600 Meter Dash	Lanes (4-5-6-3-2-1)	Final	2 turn stagger	
4:05 PM	1600 Meter Run		Seeded	2 turn box	
4:15 PM	55 Meter High Hurdles		Final		
4:20 PM	300 Meter Dash	Lanes (4-5-6-3-2-1)	Final		
4:25 PM	1600 Meter Run		Unseeded	2 turn box	
4:45 PM	4 x 800 Meter Relay		Final	2 turn box	
5:05 PM	4 x 400 Meter Relay	Lanes (4-5-6-3-2-1)	Final	2 turn lane	
5:25 PM	4 x 200 Meter Relay	Lanes (4-5-6-3-2-1)	Final	3 turn stagger	

**Section XI Indoor State Qualifying Meet  
Individual Championships  
Monday, February 13, 2017**

**RUNNING EVENTS:**

Meet may not run more than 10 minutes faster than scheduled. Doors open at 10:00 AM

**Time Schedule**

5:00 PM	Clerking		
5:10 PM	4 x 400 Trials	(G/B)	2 heats pick 3
5:30 PM	4 x 200 Trials	(G/B)	2 heats pick 3
5:45 PM	3000m Run	Final	
6:05 PM	3200m Run	Final	
6:20 PM	55m Dash	(G/B)	Winner and next three fastest
6:30 PM	1000m Final	(G/B)	
6:40 PM	55m Dash	Final	
6:45 PM	1500m Walk	Final	
7:00 PM	300m Dash	Semi's	2 heats pick three
7:10 PM	600m Run	Final	
7:25 PM	55 HH – Semi's	(G/B)	Winner and next three fastest
7:40 PM	1500m/1600m	(G/B)	2 Sections of 8/8
8:00 PM	55 HH – Final	(B/G)	
8:05 PM	300m Dash	Final (G/B)	
8:15 PM	4 x 800 Final	(G/B)	2 turn box
8:40 PM	4 x 400 Final	(G/B)	2 turn box
8:50 PM	4 x 200 Final	(G/B)	3 turn stagger

**FIELD EVENTS:**

TBA	Weight Throw	
TBA	Pole Vault	
5:00 AM	Boys Long Jump	Raker ???
6:10 PM	Girls Long Jump	Raker ???
7:10 PM	Boys Triple Jump	Raker ???
8:10 PM	Girls Triple Jump	Raker ???
5:00 PM	Girls High Jump	
6:30 PM	Boys High Jump	
5:00 PM	Girls Shot Put	
6:30 PM	Boys Shot Put	