

Section XI Winter Track
Section XI Coordinator – Anthony Toro
Girls' Winter Track President – Vincent Ungaro

Girls' League Chairperson

League 1	Norman Daniels	Brentwood
League 2	Jim Crowley	Connetquot
League 3	Debra Cheskes	Huntington
League 4	Matt Brown	Comsewogue
League 5	Paul Koretzki	SWR

2016 – 2017 Section XI Girls' Winter Track Schedule

Day	Date	Time	Girls	Meet
Sunday	12/04/2016	9:00 AM - 8:00 PM	G	Crossover A (4 Meets each 2 3/4)
Saturday	12/11/2016	9:00 AM - 8:00 PM	G	Crossover B (4 meets each 2 3/4)
Saturday	12/17/2016	9:00 AM - 8:00 PM	G	Crossover C (4 meets each 2 3/4)
Tuesday	1/03/2017	5:00 PM – 10:00 PM	G	Crossover D (2 meets each 2 1/2 hours)
Wednesday	1/04/2017	5:00 PM – 10:00 PM	G	Crossover D (2 meets each 2 1/2 hours)
Monday	1/09/2017	5:00 PM - 9:00 PM	G	Girls Relays Leagues 1,2
Thursday	1/12/2017	5:00 PM - 10:00 PM	G	Girls Relays Leagues 3,4,5
Sunday	1/15/2017	9:00 AM - 4:00 PM	G	Art Mitchell Meet
Saturday	1/21/2017	9:00 AM - 9:30 PM	G	League Championships
Sunday	1/29/2017	2:30 PM – 8:00 PM	G	Jim Howard
Sunday	2/05/2017	10:00 AM - 6:30 PM	G	Girls 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)

2016 – 2017 League Placement

WINTER TRACK (Approved 3/14/16)		
League 1 Brentwood William Floyd Longwood Patchogue-Medford Ward Melville Sachem East Middle Country Commack Sachem North Lindenhurst	League 2 Central Islip Connetquot Northport Bay Shore Walt Whitman HH Hills East Riverhead Smithtown West Smithtown East Copiague	League 3 North Babylon 1114 West Islip 1114 Huntington 1087 Deer Park 989 Bellport 976 HH Hills West 971 West Babylon 944 Kings park 933 East Islip 930 Eastport-S Manor 928 Hauppauge 912
League 4 Comsewogue Harborfields Rocky Point Westhampton Sayville E Hampton/BH/Pier Amityville Islip Miller Place Shoreham-WR	League 5 Mount Sinai Elwood-J Glenn Bayport-Blue Pt. Hampton Bays Southampton Mattituck/Southold Center Moriches Babylon McGann-Mercy Port Jefferson Shelter Island	Large Schools 1000 and Higher Small Schools 999 and Lower

Girls Crossover A

Sunday, December 4, 2016

Two Events Only

800 meter walk

9:00 AM - 11:45 AM

11:45 AM - 2:30 PM

Connetquot	Long	Middle Country	Triple
North Babylon		West Islip	
Ward Melville		East Hampton	
Brentwood		Miller Place	
Mercy		Wm. Floyd	Long
Riverhead		Bellport	
Deer Park		Westhampton Beach	
Kings Park		Islip	
Northport	Triple	Shoreham Wading River*	
Longwood		Patchogue/Medford	
Huntington		Half Hollow Hills East	
Copiague		Bay Shore	
Half Hollow Hills West		Sachem North	
Smithtown West		Center Moriches	
		Shelter Island	

Two Events Only

800 meter walk

2:30 PM - 5:15 PM

5:15 PM - 8:00 PM

Southampton		Commack	Long
John Glenn		Smithtown East	
Lindenhurst		Harborfields	
Amityville		Walt Whitman	
Sachem East		Babylon	
Hampton Bays	Long	West Babylon	
Eastport South Manor		Port Jefferson*	
Comsewogue		Sayville	
Hauppauge		Rocky Point	Triple
Mount Sinai	triple	Bayport/Blue Point	
East Islip		Stony Brook	
Mattituck		Central Islip	

*Denotes meet director

Girls Crossover B

Saturday, December 11, 2016

Two events except 6 athletes from each team may compete in 3 events. Must declare athletes.

9:00 AM - 11:45 AM

Sayville
 Longwood
 Smithtown East
 Stony Brook
 Walt Whitman
 East Hampton
 West Babylon
 East Islip
 Hauppauge
 *Sachem North
 Commack
 Westhampton
 Southampton
 Center Moriches
 Shelter Island

Triple

Long

11:45 AM - 2:30 PM

Middle Country
 *Miller Place
 Half Hollow Hills East
 Shoreham Wading River
 Ward Melville
 Eastport South Manor
 Port Jefferson
 Riverhead
 Rocky Point
 Hampton Bays
 William Floyd
 Northport
 Sachem East
 Smithtown West

Long

Triple

2:30 PM – 5:15 PM

Babylon
 Harborfields
 Bayport/Blue Point
 Bellport
 Brentwood
 Mercy
 Central Islip
 North Babylon
 Comsewogue*
 Connetquot
 Half Hollow Hills West
 Islip

Triple

Long

5:15 PM – 8:00 PM

Deer Park
 West Islip
 Bay Shore
 Amityville
 Huntington
 Patchogue/ Medford
 Mt. Sinai
 *John Glenn
 Kings Park
 Lindenhurst
 Copiague
 Mattituck

Triple

Long

* Denotes meet director

Girls Crossover C

Saturday, December 17, 2016

9:00 AM – 11:45 AM

Riverhead
Smithtown West
 Eastport South Manor
 Hampton Bays
 Babylon
 Copiague
 West Babylon
 Sayville
 Smithtown East
John Glenn *
 Half Hollow Hills East
 Deer Park
Bay Shore

Long

Triple

11:45 AM – 2:30 PM

Connetquot
 Patchogue/Med.
Shoreham Wading River*
 Brentwood
 Islip
 Commack
 Middle Country
 Wait Whitman
 Amityville
 Rocky Point
 Central Islip
 Sachem East
 Ward Melville

Triple

Long

2:30 PM – 5:15 PM

Mercy
Center Moriches
 Lindenhurst
 Harborfields
 West Islip
 Sachem North
Southampton
 Westhampton
 East Hampton
 Miller Place
 Port Jefferson
 Bayport/Blue Point
Mattituck
Shelter Island

Long

Triple

5:15 PM – 8:00 PM

***Bellport**
 East Islip
 Kings Park
 Longwood
 Comsewogue
Mount Sinai *
 Hauppauge
 Half Hollow West
 William Floyd
 Northport
 North Babylon
 Huntington

Long

Triple

Girls Crossover D Tuesday, January 3, 2017

Two Events only

5:00 PM - 7:30 PM

Brentwood
Westhampton
Lindenhurst
Northport
North Babylon
East Islip
Huntington
Kings Park
Amityville
John Glenn
West Islip
Smithtown East
Center Moriches

Triple

Long

7:30 PM - 10:00 PM

Longwood
Wm. Floyd
Connetquot
Bay Shore
Riverhead
HHH West
Eastport South Manor (Long)
Islip
Mt. Sinai
SWR
Mercy
Port Jefferson
Stony Brook (Triple)

Girls Crossover D Wednesday, January 4, 2017

Two Events only

5:00 PM - 7:30 PM

Southampton
Commack
Copiague
West Babylon
Harborfields
Sayville
Bayport/Blue Point
Hampton Bays
Central Islip
HHH East
East Hampton
Sachem North
Mattituck
Shelter Island

Triple

Long

7:30 PM - 10:00 PM

Hauppauge (Triple)
Deer Park
Ward Melville
Sachem East
Walt Whitman
Smithtown West
Rocky Point
Middle Country
Patchogue/Medford
Babylon
Comsewogue
Miller Place (Long)

* Denotes meet director

ZEITLER RELAYS

Monday, January 9, 2017

5:00 PM – 9:00 PM

Leagues 1 & 2

Two Person relays must use the two person relay cards

Leagues 1 & 2 Order of events: Athletes are only permitted two events

High Jump (2 person) Combined

Shot Put (2 person) League 1 then League 2

4 x 1600m Relay (only one team per school)

SMR (only one team per school)

4 x 800

4 x 200

Hurdle Relay (3 person)

4 x 400

Walk Relay (2 person)

DMR (only one team per school)

Long Jump (2 person)

League 2 Then League 1

Rakers – Brentwood & Walt Whitman

Triple Jump (2 person)

League 2 Then League 1

Rakers – Bay Shore & West Islip

ZEITLER RELAYS

Thursday, January 12, 2016

5:00 PM – 10:00 PM

Leagues 3 – 4 - 5

Leagues 3/4/5 Order of events: Athletes are only permitted two events

High Jump (2 person) (Combined Leagues)

Shot Put (2 person) League 5, League 4, League 3

DMR (only one team per school)

SMR (only one team per school)

4 x 800

4 x 200

Hurdle Relay (3 person)

4 x 400

Walk Relay (2 person)

Long Jump (2 person)

League 3, League 4, League 5

Rakers – Harborfields - Babylon - Bellport

Triple Jump (2 person)

League 5, League 3, League 4

Rakers – Kings Park - Eastport South Manor – Mt. Sinai

Art Mitchell Memorial Meet
Sunday, January 15, 2017
9:00 AM – 4:00 PM

Athletes may only compete in two events (relays count as an event)
Freshmen will compete first followed by sophomores and open athletes.
Medals for the top three in each event
One measurement under 15' for the Shot Put
One measurement under 12' in the Long Jump
Relay teams are combined

3000m
55 Dash
1000m
600m
55 High Hurdles
1500m Run
300m
1500m Walk

4 x 400m
4 x 200m
4 x 800m

Long Jump
Triple Jump
High Jump
Shot Put

John Glenn, Comsewogue
SWR, Hampton Bays

Girls' League Championships

Saturday, January 21, 2017

LEAGUE 3	9:00 AM – 11:30 AM
LEAGUE 4	11:30 AM – 2:00 PM
LEAGUE 5	2:00 PM – 4:30 PM
LEAGUE 1	4:30 PM – 7:00 PM
LEAGUE 2	7:00 PM – 9:30 PM

Jury of Appeals: All League Representatives.

**All individual seed cards must be handed in 30 minutes prior to the meet.
Relay cards must be handed in after the 300m dash.
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. Each school is allowed only one relay team in 800/1600/3200 relays.
- b. Athletes may enter three events.
- c. Top 18 athletes in the 55 Meter Dash and 55 Meter Hurdles will be seeded.
- d. Seeded sections will run last.
- e. Shot Put - 3 throws, 7 to the final
- f. High Jump - 4' - 4' 3 - 4' 6" - 4' 8" to 4' 10" then 1" thereafter
- g. Triple Jump then Long Jump - 3 jumps (no finals due to time)

Order of events:

3000m		Final
55 Dash	6 fastest Advance	
1000m		final
55 Dash		final
55 High Hurdles	6 fastest Advance	
600m		final
55 High Hurdles		final
1500m Run		final
300m		final
1500m Walk		final
4 x 400m		final
4 x 200m		final
4 x 800m		final

Jim Howard Memorial Meet
Sunday, January 29, 2017
2:30 PM – 8:00 PM

Each team can enter 8 athletes per individual event.
Each team can enter 3 athletes in the triple and long jumps
An athlete can only compete in 3 events.

Awards for the top 4 in each class
Run at same time then separated

Large Schools Small Schools

ORDER OF EVENTS:

1500 Combined
600 Combined
55 Large then Small
HH Large then Small
1000 Combined
300 Large then Small
3000 and 1500 Walk at the same time
Coaches will time and count laps for 3000m

High Jump	Combined		
Shot Put	Large then Small		
Long Jump First (3)	Small then Large	Amityville	Huntington
Triple Jump (3)	Small then Large	Hauppauge	Miller Place

**Section XI Team Championships
Girls' Large School Time Schedule
Sunday, February 5, 2017
(10:00 AM – 2:00 PM)**

10:00 AM	Warm ups		
10:10 PM	Clerking of running events, Triple Jump, High Jump, Shot Put		
10:15 PM	3000 Meter Run		2 turn box
10:40 PM	55 Meter Dash	6 fastest Advance	(10-5-1-4-7-11) (9-6-2-3-8-12) (17-15-13-14-16-18)
10:50 PM	1000 Meter Run		Final 2 turn box
11:00 PM	1500m Walk		Seeded 1 turn box
11:15 PM	55 Meter Dash		Final
11:20 PM	600 Meter Run		Final 2 turn stagger
11:30 PM	1500 Meter Run		Unseeded 1 turn box
11:45 PM	55 Meter High Hurdle	6 fastest Advance	(10-5-1-4-7-11) (9-6-2-3-8-12) (17-15-13-14-16-18)
12:00 PM	300 Meter Dash	3 heats picking 2	
12:10 PM	1500 Meter Run		Seeded 1 turn box
12:20 PM	55 Meter High Hurdles		Final
12:25 PM	1500 Meter Walk		Unseeded 1 turn box
12:40 PM	300 Meter Dash		Final
1:00 PM	4 x 800 Meter Relay		Final 2 turn box
1:20 PM	4 x 400 Meter Relay		Final 2 turn lane
1:40 PM	4 x 200 Meter Relay		Final 3 turn stagger

**Section XI Team Championships
Girls' Small School Time Schedule
Sunday, February 5, 2017
(2:30 PM – 6:30 PM)**

Events will not start 10 minutes before the scheduled times

2:30 PM	Warm ups		
2:40 PM	Clerking of running events, Triple Jump, High Jump, Shot Put		
2:45 PM	3000 Meter Run		2 turn box
3:10 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)
3:20 PM	1000 Meter Run		Final 2 turn box
3:30 PM	1500m Walk		Seeded 1 turn box
3:45 PM	55 Meter Dash		Final
3:50 PM	600 Meter Run		Final 2 turn stagger
4:00 PM	1500 Meter Run		Unseeded 1 turn box
4:15 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)
4:30 PM	300 Meter Dash	3 heats picking 2	
4:40 PM	1500 Meter Run		Seeded 1 turn box
4:50 PM	55 Meter High Hurdles		Final
4:55 PM	1500 Meter Walk		Unseeded 1 turn box
5:10 PM	300 Meter Dash		Final
5:30 PM	4 x 800 Meter Relay		Final 2 turn box
5:50 PM	4 x 400 Meter Relay		Final 2 turn lane
6:10 PM	4 x 200 Meter Relay		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	