

# Section XI Girls Winter Track

2024-2025

Section XI Coordinator - Debra Ferry

[dferry@hhh.k12.ny.us](mailto:dferry@hhh.k12.ny.us)

Coaching Representatives

|  |   |
|--|---|
| <b>League 1</b> Tom Youngs Ward Melville | <b>League 2</b> Gregg Cantwell Northport          |
| <b>League 3</b> John Reynolds East Islip | <b>League 4</b> Dave Claps Islip                  |
| <b>League 5</b> Eddie Arnold Southampton | <b>Large School</b> Sarah Lambert North Babylon   |
|  | <b>Small School</b> Vin Ungaro Bayport-Blue Point |

|          |            |                    |   |        |
|----------|------------|--------------------|---|--------|
| Saturday | 11/30/2024 | 9:00 AM - 8:00 PM  | Crossover A (4 Meets @ 2 ¾ hrs)                             | @ SCCC |
| Sunday   | 12/8/24    | 9:00 AM - 8:00 PM  | Crossover B (4 Meets @ 2 ¾ hrs)                             | @ SCCC |
| Saturday | 12/14/24   | 9:00 AM - 8:00 PM  | Crossover C (4 Meets @ 2 ¾ hrs)                             | @ SCCC |
| Sunday   | 12/22/24   | 9:00 PM – 1:00 PM  | Jim Howard Meet – Large Schools                             | @ SCCC |
| Sunday   | 12/22/24   | 1:00 PM – 5:00 PM  | Jim Howard Meet – Small Schools                             | @ SCCC |
| Monday   | 12/30/24   | 12:30 - 4:30 PM    | Weight Throw/Pole Vault<br>Unseeded 1500, 1500m Walk, 3000m | @ SA   |
| Saturday | 1/4/2025   | 9:00 AM – 8:00 PM  | Crossover D (4 Meets @ 2 ¾ hrs)                             | @ SCCC |
| Saturday | 1/11/2025  | 9:00 AM – 3:00 PM  | Art Mitchell Meet   | @ SCCC |
| Friday   | 1/17/25    | 5:00 PM – 7:30 PM  | League 3 Championship Meet                                  | @ SCCC |
| Sunday   | 1/19/25    | 9:00 AM – 7:00 PM  | League Championships (4,2,5,1)                              | @ SCCC |
| Saturday | 1/25/25    | 9:00 AM – 1:00 PM  | Zeitler Relays - (Leagues 3,4,5)                            | @ SCCC |
| Saturday | 1/25/25    | 1:00 PM – 5:00 PM  | Zeitler Relays - (Leagues 1 & 2)                            | @ SCCC |
| Sunday   | 2/2/25     | 10:00 AM – 2:00 PM | Large School Championships                                  | @ SCCC |
| Sunday   | 2/2/25     | 2:00 PM – 6:00 PM  | Small School Championships                                  | @ SCCC |
| Friday   | 2/7/25     | 6:30 PM - 10:30 PM | Weight Throw/ Pole Vault Competition                        | @ SA   |
| Tuesday  | 2/11/25    | 5:00 PM – 10:00 PM | B&G State Qualifier Meet                                    | @ SCCC |
| Friday   | 2/14/25    | 4:00 PM - 8:00 PM  | St. Qualifier Weight Throw/Pole Vault                       | @ SA   |

Long Island Elite Meet Scheduled for Saturday March 1st

## 2024- 2025 League & County Breakdown

| League 1               | League 2              | League 3                  |      |
|------------------------|-----------------------|---------------------------|------|
| Brentwood              | Sachem North          | East Hampton/BH/Pier/Ross | 1165 |
| William Floyd          | Bay Shore             | Half Hollow Hills East    | 1089 |
| Middle Country         | Lindenhurst           | Bellport                  | 1037 |
| Longwood               | Connetquot            | Deer Park                 | 980  |
| Central Islip          | Commack               | West Islip                | 908  |
| Patchogue-Medford      | Copiague              | West Babylon              | 891  |
| Riverhead              | North Babylon         | Smithtown West            | 885  |
| Walt Whitman           | Northport             | East Islip                | 863  |
| Sachem East            | Smithtown East        | Comsewogue                | 836  |
| Ward Melville          | Huntington            | Eastport-South Manor      | 786  |
|                        |                       |                           |      |
| <b>League 4</b>        | <b>League 5</b>       |                           |      |
| Half Hollow Hills West | Miller Place          |                           |      |
| Hauppauge              | Hampton Bays          | Large Schools 875 + Above |      |
| Harborfields           | Mount Sinai           | Small Schools 874 + Below |      |
| Amityville             | Shoreham Wading River |                           |      |
| Westhampton Beach      | Elwood - John Glenn   |                           |      |
| Wyandanch              | Bayport-Blue Point    | Port Jefferson            |      |
| Rocky Point            | Southampton           | Southold/Greenport        |      |
| Islip                  | Center Moriches       | Riverhead Charter         |      |
| Kings Park             | Babylon               | Shelter Island            |      |
| Sayville               | Mattituck             |                           |      |
|                        |                       |                           |      |

# GIRLS WINTER TRACK (General Information)

1. **Team rosters are due by NOON, TUESDAY, NOVEMBER 26th, 2025.**

Schools must submit their roster online on MileSplit. New coaches, please go to this website immediately to set up an account. It takes a few days to finalize.

Click on the link below to bring you to the MileSplit page.

<https://ny.milesplit.com/meets/645166-section-11-roster-collection-2025>

2. **Participation Rules:**

- Girls Section XI Winter Track will be governed by National Federation rules.
- **Schools may not bring more than 60 athletes to any Section XI meet.**
- The number of events an athlete may participate in during a meet depends on the guidelines established for that meet. Make sure you check the rules for each meet carefully before entering.
- In no winter track meet may an athlete compete in more than three events.
- An athlete must have 6 practices before the first contest (meet).
- An athlete is only permitted 15 contests, not including the County, State Qual, and State Meet.
- An athlete must have competed in six meets prior to the Large/Small School Championships.

3. **Individual Competitors:** (Athletes from Section XI without a school team)

- Individual competitors must participate in six sanctioned indoor meets to be eligible to compete in the Section XI Individual Championships (State Qualifier Meet).
- Individual competitors cannot compete in the League or Section XI Team Championships.
- Ten or more individual competitors from a school will constitute a team and must compete in the appropriate league.
- An individual athlete may only compete in 15 meets, not including the Large/Small County Team Championships, State Qualifier and State Meet.

4. **Uniforms:**

- Uniforms consist of school issued shirts and shorts or a full-length track jersey/body-suit.
- If a logo is located on the shirt, it should be no larger than a business card.
- Undergarments can be worn by athletes, and unlike in the past, they do not have to be a solid color.
- Relay members must have clearly identifiable team-issued uniforms. If athletes are wearing undergarments, they do not have to be identical to the other members of relay, like in the past.
- Shorts with a waist band containing logos or brand names are allowed to be worn. This is a change from the former rule not allowing them.

5. **Usage of Blocks and Spikes:**

- **Starting blocks are provided by Suffolk West and can only be used at the League & County Championships, as well as at the State Qualifier Meet.**
- **Racing Shoes with spikes are not allowed in any meets except for the League & County Championships and at the State Qualifier Meet. During all other meets, only rubber bottom racers are allowed (again, no spikes). Plastic bottom racing shoes are not allowed even if the spikes are removed. If your athlete is found in violation of this rule, they will be referred to Section XI for unsportsmanlike behavior. This means that they will be disqualified from the meet in which the violation occurs and their next contest.**

**6. Competitor Clerking Responsibilities:**

- Field event athletes should report directly to their event site with a Section XI index card.
- All runners are to report promptly to the clerking area or send a stand-in when an event is called.
- It's the athlete's responsibility to clerk on time. Once the event is clerked, the event is closed.
- Athletes are reminded that there should be no talking in the clerking area when the official is talking. The athlete could be dismissed for noncompliance.
- Athletes should come to the clerking area ready to compete (running apparel and racing shoes).
- It is the athlete's responsibility to notify the clerk if she/he is leaving the clerking area to compete in a field event. It is highly recommended that you have a stand-in for that athlete.
- Teams will need a relay card once the event is called. The card must be properly filled out with the competitor's name, number, and the relay's seed time. The card should be handed into the clerk.

**7. Seeding Information:**

- No seedtimes are permitted from relay splits or oversized tracks (Larger than 200 meters).
- You are not allowed to use a seedtime if your athlete or relay team was disqualified.
- No athlete will be permitted to compete in an event that requires a seed in which they have not established a seed or mark during that season. The only exception is a Medical Waiver approved by Section XI. That athlete will be seeded last in the event in which they are entered.
- Relay seeds must be actual, not composites.
- Seedtimes for all meets including the state meet will be the best actual mark time/jump/throw from any sanctioned meet during the season (December – February).
- Seeding conversions will only be permitted for Mile/1600m → 1500m, and for the 2 mile → 3000m.
- Only Fully Automatic Times will be accepted as seeds.

**8. Seeding Verification:**

- A coach will have three (3) days from the day of the performance to notify the Sport Chairman of a performance that is not posted on MileSplit NY. Any meet that occurs in New York State should be posted on that site. This can be done by emailing Debra Ferry at [dferry@hhh.k12.ny.us](mailto:dferry@hhh.k12.ny.us)
- Failure to do so will jeopardize the athlete from using those performances (seeds) for the League and County Championships or the State Qualifier Meet.

**9. Meet Director's Responsibilities:**

- The meet director is in charge of running the meet.
- The meet director will assign coaches to assist him/her in running the meet.
- The meet director's responsibilities include: assisting in putting out/off hurdles, making sure equipment is available, and running a smooth meet within the time frame. The meet director will notify the sport chairman of any problems.

**10. Changing Meets:**

- Teams will not be permitted to switch to a different meet than originally scheduled without the approval of the Section Coordinator. All requests must be in writing and approved by the school's athletic director to be considered.

**11. Meet Cancellation:** All meets held on non-school days will be canceled prior to 7:00 AM by Section XI and Suffolk West.

- Cancellations will be posted on: <https://suffolkxctf.com>

# Crossover Meets: Rules and Procedures

## 1. Participation:

- Athlete participation varies by crossover. Check the crossover schedule for specific rules.
- Schools may have unlimited entries per event, except in the 3000m and relays – 4 individuals in the 3000m and 2 relay teams per event for the first two crossover meets and 2 Individuals/relay teams for the last two crossover meets. There will only be one heat of the 3000m run (approximately 25 athletes) for the last two crossover meets. See 4-g below.
- All athletes must wear their number on the front of their jersey. It's HIGHLY recommended that coaches collect them after each competition.

## 2. Clerking/Seeding

- Verbal seeding for all running events.
- Section XI index cards are needed for field events & relays. All cards must be properly filled out. Competitor's full name, school, number and seed must be clearly written.

## 3. Specific Field Event Rules:

- a. Shot Put: Crossovers A and B- Three throws, no finals. Crossovers C and D, Seed top 18 - three throws bringing back 7 to finals. The remaining throwers will then be seeded, 3-throws with no final.
- b. High Jump- The High Jump will progress: 4', 4'3", 4'6", 4'8", 4'10" and then 1" thereafter.
- c. Long and Triple Jump-
  - Teams are limited to 6 competitors in the Long Jump, and 6 in the Triple Jump
  - **Long and triple jumps will not be permitted to get their steps by running against traffic. The state rule has been upgraded to an offense that will get your jumper disqualified.**
  - Three jumps with no finals.
  - Only one measurement under 12' will be measured in the Long Jump.
  - Only one measurement under 25' will be measured in the Triple Jump.
  - Take-off markers must be removed after jumpers are finished!

## 4. Specific Running Event Rules:

- a. Seeded sections will run first.
- b. Preferred lanes for 55m Dash, 55m Hurdles (3 - 4 - 2 - 5 - 1 - 6)  
Preferred lanes for 300, 600, 800m Relay and 1600m Relay (3 - 4 - 5 - 6 - 2 - 1)
- c. The first three sections of the 600m will be run in lanes, all others will run from a scratch start.
- d. The first four sections of the 300m will be run in lanes, all others will run from a scratch start.
- e. The first section of the 1600m Relay will be run in lanes. Box or scratch start for other sections.
- f. The first two sections of the 800m Relay will be run in lanes. The remaining sections will use A scratch start, not exceeding 9 teams per race.
- g. **3000m Run → \* Coaches, it is your responsibility to count your athlete's laps. A runner will have 14 min. to complete the race. They must drop out of the race if they are lapped twice.**
- h. 1500m Walk → An athlete will have 12 minutes to complete the race. Please advise your athletes not to lie down on the track after they are finished with the race. Disqualifications will be reported to the timing table and posted on a white board for athletes to see. Last year, time was wasted as athletes waited to hear whether they were disqualified or not.

## **Order of Events: Crossovers A & C**

|                                   |                                 |
|-----------------------------------|---------------------------------|
| Long Jump, Shot Put and High Jump | (Triple Jump follows Long Jump) |
| 55 Meter Hurdles                  |                                 |
| 3000 Meter Run                    | (2 turn box)                    |
| 55 Meter Dash                     |                                 |
| 600 Meter Run                     | (2 turn stagger)                |
| 1000 Meter Run                    | (2 turn box)                    |
| 300 Meter Dash                    |                                 |
| 1500 Meter Run                    | (1 turn box)                    |
| 1500 Meter Walk                   | (1 turn box)                    |
| 4 x 400m Relay                    | (2 turn stagger)                |
| 4 x 200m Relay                    | (3 turn stagger)                |
| 4 x 800m Relay                    | (2 turn box)                    |

## **Order of Events: Crossover B & D**

|                                  |                                 |
|----------------------------------|---------------------------------|
| Triple Jump, Shot Put, High Jump | (Long jump follows Triple Jump) |
| 55 Meter Hurdles                 |                                 |
| 1500 Meter Run                   | (1 turn box)                    |
| 300 Meter Dash                   |                                 |
| 1000 Meter Run                   | (2 turn box)                    |
| 600 Meter Run                    | (2 turn stagger)                |
| 55 Meter Dash                    |                                 |
| 3000 Meter Run                   | (2 turn box)                    |
| 1500 Meter Walk                  | (1 turn box)                    |
| 4 x 400m Relay                   | (2 turn stagger)                |
| 4 x 200m Relay                   | (3 turn stagger)                |
| 4 x 800m Relay                   | (2 turn box)                    |

# Section XI -Girls Crossover A

## Saturday - November 30<sup>th</sup>, 2024

(Relays count as an event)

### Two Events Only

**9:00 AM - 11:45 AM**

Miller Place (TJ)

Northport

William Floyd

Sayville

Kings Park

Half Hollow Hills East

Deer Park

Mount Sinai (LJ)

West Islip

Longwood\*

Westhampton Beach

Islip

Lindenhurst

### 800m Racewalk

**11:45 AM - 2:30 PM**

Sachem North

East Hampton/Pierson

Brentwood

Copiague

Central Islip (LJ)

Port Jefferson

Bellport

Mattituck

Amityville\*

Hauppauge

North Babylon

Center Moriches (TJ)

Eastport- South Manor

Shelter Island

### Two Events Only

**2:30 PM – 5:15 PM**

Shoreham Wading River

Comsewogue\*

Riverhead

West Babylon (LJ)

Smithtown Smithtown East

Bayport- Blue Point

Middle Country (TJ)

Greenport/ Southold

Riverhead Charter

East Islip

Sachem East

Rocky Point

Southampton

### 800m Racewalk

**5:15 PM - 8:00 PM**

Elwood- John Glenn

Ward Melville

Walt Whitman

Smithtown West

Babylon

Hampton Bays (TJ)

Half Hollow Hills West \*

Commack

Connetquot

Harborfields (LJ)

Huntington

Patchogue-Medford

Bay Shore

Wyandanch

\*Denotes Meet Director

# Section XI - Girls Crossover B

## Sunday - December 8<sup>th</sup>, 2024

### Two Events only

#### 9:00 AM - 11:45 AM

Eastport- South Manor  
Rocky Point  
North Babylon (TJ)  
Longwood  
Half Hollow Hills West\*  
Bellport (LJ)  
Miller Place  
Babylon  
Sachem East  
Shoreham- Wading River  
Port Jefferson  
Center Moriches  
Comsewogue  
Wyandanch

#### 11:45 AM - 2:30 PM

Copague  
Brentwood  
East Islip (LJ)  
Southampton  
Commack  
Half Hollow Hills East \*  
Sayville  
Sachem North  
Islip  
Kings Park  
Hampton Bays  
Amityville (TJ)  
Smithtown East  
Mattituck

### Two Events only

#### 2:30 PM – 5:15 PM

Walt Whitman  
Lindenhurst (TJ)  
Northport  
East Hampton/Pierson  
Westhampton Beach  
Shelter Island  
Harborfields  
Elwood-John Glenn (LJ)  
West Islip  
West Babylon  
Greenport/Southold  
Riverhead Charter  
Riverhead\*

#### 5:15 PM - 8:00 PM

Central Islip  
William Floyd  
Ward Melville  
Huntington \*  
Bayport- Blue Point (TJ)  
Patchogue- Medford  
Bay Shore  
Smithtown West  
Connetquot (LJ)  
Hauppauge  
Middle Country  
Deer Park  
Mount Sinai

\* Denotes Meet Director



## Section XI - Girls Crossover C

### Saturday - December 14<sup>th</sup>, 2024

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

#### 9:00 AM - 11:45 AM

Ward Melville  
Patchogue-Medford  
Riverhead (TJ)  
Bellport  
Half Hollow Hills West  
Huntington  
Brentwood\*  
Port Jefferson  
Smithtown West  
Elwood- John Glenn  
Amityville  
Bay Shore (LJ)  
Hauppauge  
Riverhead Charter

#### 11:45 AM - 2:30 PM

Greenport/Southold  
Connetquot  
Southampton  
Bayport- Blue Point  
Smithtown East  
Shelter Island  
Westhampton Beach  
William Floyd  
Islip\*  
Commack (LJ)  
Mattituck  
Center Moriches  
Eastport- South Manor (TJ)  
Wyandanch

#### 2:30 PM – 5:15 PM

Miller Place  
Sachem North (LJ)  
Babylon  
Rocky Point  
Copiague  
Harborfields  
Sayville  
North Babylon\*  
East Islip  
Hampton Bays  
East Hampton/Pierson (TJ)  
Middle Country  
Longwood

#### 5:15 PM – 8:00 PM

Deer Park  
Sachem East  
Kings Park (LJ)  
Walt Whitman  
Central Islip  
Shoreham- Wading River (TJ)  
Lindenhurst  
Northport  
Comsewogue  
Mount Sinai  
Half Hollow Hills East\*  
West Islip  
West Babylon

\* Denotes Meet Director

# **Section XI - Jim Howard Meet**

## **Sunday, December 22nd, 2024**

**Large Schools – (9:00am- 1:00pm)**

**Small Schools – (1:00pm- 5:00pm)**

- Each team can enter 8 athletes per individual event, except for LJ & TJ.
- Each team is limited to 3 athletes in the triple and long jumps.
- An athlete can only compete in 2 events.
- Each team can designate 4 athletes that can enter a third event.

### **ORDER OF EVENTS**

**55m HH**  
**1500m Run**  
**600m Run**  
**55m Dash**  
**1000m Run**  
**300m Dash**  
**3000m Run**  
**1500 Walk**

**Coaches- Please time and count laps for 3000m**

### **Field Events**

**High Jump**  
**Shot Put**

**Long Jump (3 athletes per school)**

**Rakers: Large School Half Hollow Hills East**  
**Small School Port Jefferson**

**After the completion of the Long Jump**

**Triple Jump (3 athletes per school)**

**Rakers: Large School Smithtown East**  
**Small School Sayville**

**Section XI**  
**Pole Vault / Weight Throw**  
**Unseeded Distance Races**

**St. Anthony's High School**  
**Monday, December 30th, 2024**  
**12:30pm - 4:30pm**

**Entries are due on MileSplit by Friday, December 27th @ 7:00pm**

**This is a combined meet with both male and female athletes.**

**REMEMBER, the distance portion of this meet is for unseeded runners. Athletes are only able to compete in one running event. Coaches, please make sure you assist your athletes with counting laps.**

**Girls Pole Vault followed by boys.**

**Opening height for the girls is 7'0". Opening height for the boys is 9'6".**

**Progressions will be determined after entries are reviewed.**

**Girls Weight Throw followed by boys. Each athlete will receive three throws. If entries allow, finals will be instituted and the top six athletes will receive an additional three throws.**

**Distance Races**

**Girls 3000m Run**

**Girls 1500m Run**

**Girls 1500m Walk**

**Boys 3200m Run**

**Boys 1600m Run**

# Section XI - Girls Crossover D

## Saturday – January 4<sup>th</sup>, 2025

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

### 9:00 AM - 11:45 AM

East Islip  
Shoreham-Wading River  
Brentwood  
Central Islip\*  
Connetquot  
Harborfields  
Middle Country  
Sachem East (TJ)  
Lindenhurst  
Center Moriches  
Copiague  
West Babylon  
Northport (LJ)

### 11:45 AM - 2:30 PM

Mount Sinai  
Ward Melville (LJ)  
Southampton  
Smithtown East  
Rocky Point (TJ)  
Longwood  
East Hampton/Pierson  
Bay Shore\*  
Patchogue-Medford  
Babylon  
Eastport- South Manor  
Kings Park  
Huntington

### 2:30 PM – 5:15 PM

Comsewogue (TJ)  
Half Hollow Hills East  
Shelter Island  
Deer Park\*  
Elwood- John Glenn  
Bayport-Blue Point  
Westhampton Beach  
Mattituck  
Commack  
West Islip  
Walt Whitman (LJ)  
Hampton Bays  
Greenport/ Southold  
Wyandanch

### 5:15 PM - 8:00 PM

Sayville  
Riverhead  
Half Hollow Hills West (TJ)  
Amityville  
Hauppauge (LJ)  
Islip  
William Floyd  
Sachem North  
North Babylon  
Miller Place\*  
Port Jefferson  
Bellport  
Smithtown West  
Riverhead Charter

\* Denotes Meet Director

# Section XI Art Mitchell Meet

Saturday, January 11th, 2025

9:00am - 3:00pm

**Entries are due on MileSplit by 6:00 PM on Thursday 1/9/2025**

- Athletes may only compete in two events (relays count as an event).
- Freshmen will compete first, followed by Sophomore and Open.
- All relay teams are combined. (Only Open Division)
- A school is only permitted three relay teams per event.
- All events are final on time.
- Medals for the first three in each event.

Rakers for Small Schools: **John Glenn, Comsewogue, Bayport- Blue Point**

Rakers for Large Schools: **Middle Country, Walt Whitman, Northport**

## Order of Events:

|             |  |
|-------------|--|
| 3000m Run   | 3 Sections - (Coaches should count their competitor's laps)        |
| 55m Dash    | FAT – Frosh 6 heats– Soph 6 heats – Open 12 heats                  |
| 1000m Run   | 2 Sections for each class  |
| 600m Run    | Frosh 4 – Soph 4 – Open 6  |
| 55m Hurdles | All  |
| 1500m Run   | 2 Sections for each class  |
| 300m Dash   | 6 sections for each class  |
| 1500m Walk  | 3 sections   |
| 4 x 400m    | 6 races  |
| 4 x 200m    | 6 races  |
| 4 x 800m    | 2 sections   |
| High Jump   | 4' – 4'3" – 4'6" – 4'8" – 4'10" – 5' Combined/separated for medals |
| Long Jump   | One measurement under 12' for the Long Jump                        |
| Triple Jump | One Measurement under 25' for the Triple Jump                      |
| Shot Put    | One measurement under 15' for the Shot Put                         |

## **Entries for Championship Meet**

**1) It is the coach's responsibility to make sure that his/her entry is in on time. When it says that the entry closes at 9pm, the system stops saving entries exactly at that time. It does not close you out of the system, so you may think you're clear to keep entering, but you are not. Please plan accordingly and allow enough time to complete your entry several minutes before the deadline.**

**2) Relays must be entered with participating athlete's names included. Failure to do so will disqualify your team from the event. You are allowed to enter up to "8" names on a relay. If you decide not to add any alternates, you will not be able to do so at the meet if one of your athletes is unable to run.**

**3) When entering a second relay team in an event, the "B" team's seed time should be adjusted to reflect that they are the slower team. You cannot use your team's best of the season seed time for both. MileSplit automatically puts in your best of the season time when you click on the "Add a Relay" tab; you must adjust it manually.**

**4) Individual athletes that do not compete in an event in which they are entered will be ineligible to compete in any future events in which they are entered. This means they cannot compete on any relays in which they have been entered. You must use an alternate in their place.**

**5) Please look at the packet page for each individual meet (League, County, and State Qualifier) for specific rules about the number of athletes and relays you may enter given the meet.**

**\*\*\* Failure to follow these entry procedures (Rules 1&2) will result in the disqualification of the coach from the next post-season meet.**

# Girls League Championships

**Entries for League 3 are due on MileSplit by 9:00 pm on Wednesday 1/15/2025**

**Friday - January 17, 2025**

**LEAGUE 3**

**5:00 PM – 7:30 PM**

**Meet Director John Reynolds**

**Sunday - January 19, 2025**

**Entries for the Leagues below are due on MileSplit by 9:00 pm on Friday 1/17/2025**

**LEAGUE 4**

**9:00 AM – 11:30 AM**

**Meet Director Dave Claps**

**LEAGUE 2**

**11:30 AM – 2:00 PM**

**Meet Director Gregg Cantwell**

**LEAGUE 5**

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

**Meet Director Eddie Arnold**

**LEAGUE 1**

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

**Meet Director Tom Youngs**

**Jury of Appeals: League Rep + 2 volunteer coaches determined at the beginning of the meet.**

- Coaches Meeting 15 minutes prior to the meet.
- Medals for top 6 in each individual event and top 4 relays.
- It is the coach's responsibility to make sure that his/her entry is in on time.

**Athletes that are not entered on time will only be able to compete if the head coach is disqualified from attending the championship event.**

1. Schools may enter three athletes in each individual event.
2. Each school is allowed only one relay team per event in the 800, 1600, & 3200m relays.
3. Athletes can compete in a maximum of three events.
4. An athlete may compete in an event in which they do NOT have a seed time. They cannot, however, compete in the seeded section of that event.
5. 55m Hurdles & 55m Dash: Preferred Lanes (3-4-2-5-1-6) **Blocks can be used in both trials and finals.**
  - Top 24 athletes will be seeded and can advance. All ties that result in more than 24 entries will not compete.
  - Six fastest times advance to finals.
6. In races run as finals, seeded sections will run last. Lanes for 300m, 600m, 4x2 and 4x4 (3-4-5-6-2-1)
7. Shot Put - 3 throws, 7 to the final
8. High Jump - 4' - 4'3" - 4'6" - 4'8" to 4'10" then 1" thereafter
9. Triple Jump then Long Jump - 3 jumps (no finals due to time)
10. **Spikes can now be used in this meet.**

## Order of Events

|  |        |
|--|--------|
| 3000m Run                                      | Final  |
| 55 Dash (6 fastest advance to finals)          | Trials |
| 1000m Run                                      | Final  |
| 55m Dash                                       | Final  |
| 55m High Hurdles (6 fastest advance to finals) | Trials |
| 600m Run                                       | Final  |
| 55m High Hurdles                               | Final  |
| 1500m Run                                      | Final  |
| 300m Dash                                      | Final  |
| 1500m Walk                                     | Final  |
| 4 x 400m                                       | Final  |
| 4 x 200m                                       | Final  |
| 4 x 800m                                       | Final  |

# ZEITLER RELAYS

Saturday - January 25, 2025

9:00 AM - 1:00 PM

Leagues 3, 4, & 5

**You must enter the following events (55m, 55mD, 1500m Race walk, Long Jump, Triple Jump, High Jump and Shot Put) on MileSplit NY. Entries are due by 8:00pm on Friday, January 24th, 2025.**

**For all other events, you must hand in a completed relay card with names and competitor numbers.**

**Each athlete is limited to two events.**

## Order of Events

|                        |  |
|------------------------|--|
| Distance Medley Relay  | Only one team per school (1200-400-800-1600)   |
| Sprint Medley Relay    | Only one team per school (400-200-200-800)   |
| 4 x 800m Relay         |  |
| 4 x 200m Relay         |  |
| 55m Hurdle Relay       | (3 Person- Contested as an "OPEN" Event and 3 times will be added)   |
| 4 x 400m Relay         |  |
| 1500m Walk Relay       | (2 person- Contested as an "OPEN" Event and 2 times will be added).<br>Coaches please add times and hand them into the timing table. |
| High Jump (2 person)   | Combined Leagues: 4' , 4'3", 4'6", 4'8", 4'10" and then 1" thereafter.   |
| Shot Put (2 person)    | League 5, followed by League 4, followed by League 3   |
| Long Jump (2 person)   | League 3, followed by League 4, followed by League 5<br><b>Rakers – (3) Smithtown West (4) Islip, (5) Mattituck</b>                  |
| Triple Jump (2 person) | League 5, followed by League 3, followed by League 4<br><b>Rakers – (3) Deer Park, (4) Sayville, (5) Southampton</b>                 |

Information for Leagues 1 and 2 are on the next page.



# ZEITLER RELAYS

Saturday - January 25, 2025

1:00 PM - 5:00 PM

Leagues 1 & 2

**You must enter the following events (55m, 55mD, 1500m Race walk, Long Jump, Triple Jump, High Jump and Shot Put) on MileSplit NY. Entries are due by 8:00pm on Friday, January 24th, 2025.**

**For all other events, you must hand in a completed relay card with names and competitor numbers.**

**Each athlete is limited to two events.**

## Order of Events

Distance Medley Relay

Only one team per school (1200-400-800-1600)

Sprint Medley Relay

Only one team per school (400-200-200-800)

4 x 800m

4 x 200m

55 m Hurdle Relay

(3 Person- Run as an "OPEN" Event and 3 times will be added)

4 x 400m

1500m Walk Relay

(2 person- Run as an "OPEN" Event and 2 times will be added).  
Coaches please add times and hand them into the timing table.

High Jump (2 person)

Combined Leagues: 4' , 4'3", 4'6", 4' 8", 4' 10" and then 1" thereafter.

Shot Put (2 person)

League 2, followed by League 1

Long Jump (2 person)

League 2 followed by League 1

**Rakers – (2) Copiague (1) William Floyd**

Triple Jump (2 person)

League 2 followed by League 1

**Rakers – (2) Smithtown East (1) Longwood**

# SECTION XI TEAM CHAMPIONSHIPS

Sunday, February 2nd, 2025

Large Schools: 10:00AM - 2:00PM

Small Schools: 2:00 PM - 6:00PM

## Large & Small School Team Championships

### 1. Entries:

- **Entries for the Section XI Team Championships must be submitted on MileSplit by 10:00 AM on Thursday, January 30th, 2025. Seeding meeting Thursday, January 30th @ 6:30 PM Newfield High School**
- It is the coach's responsibility to make sure that his/her entry is in on time.  
**Athletes that are not entered on time will only be able to compete if the head coach is disqualified from attending the championship event.**
- An athlete may compete in three events.
- The first four runners on a relay must have run the stated seed time.
- The top 24 athletes in each event will compete.

### 2. Seeding/Scratching:

- You must be able to verify all seeds if challenged. (Date, Venue, and Name of Meet)
- **Scratching is permitted at the seeding meeting.**
- Any athlete that scratches or misses their event on the day of the meet will not be allowed to compete in the remainder of the meet.
- Seeded sections will run last, unless otherwise noted on the meet schedule. (1500, 3000)

### 3. General Competition Rules:

- All athletes must wear numbers. Your athlete may be disqualified if his/her number cannot be read.
- No athlete will be disqualified if a number falls off during competition, provided he/she started with the number properly on and visible. Please use four pins to secure the athlete's number.
- A competitor will be given ten minutes, from the time he/she notifies the field event official permission to compete or clerk in another event. It is strongly suggested that you have another athlete check in for the athlete.
- Jury of Appeals: All League Representatives

### 4. Specific Field Event Rules:

- a. Long jump, Triple jump, and Shot put: 8 per flight; competitors may ask to compete earlier in the trials. This must be arranged by the coach at either the seeding meeting or upon the team's arrival at the venue.
- b. Seven competitors return to the finals.
- c. In the finals you **are not** permitted to jump or throw out of turn.
- d. High jump: Starting height- 4'3". The bar will be raised to 4'6"– 4'8"– 4'10" and 1" thereafter.

5. **Specific Running Event Rules:**

a. **55m Hurdles & 55m Dash: Preferred Lanes (3-4-2-5-1-6)**

- Top 24 athletes will be seeded and can advance. All ties that cannot be broken during seeding that create more than 24 entries will not compete.
- Six fastest advance to finals.
- Seeding of heats → Lanes 1- 6 (23-21-19-20-22-24), (17-15-13-14-16-18), (10-6-2-3-7-11), (9-5-1-4-8-12)

b. **300m Dash: Preferred Lanes (3-4-5-6-2-1)**

- Top 18 athletes will be seeded and can advance. (3 heats picking 2)
- Athletes seeded 19-24 will not be able to advance to finals.
- Race is run in lanes.

c. **600m Run: Preferred Lanes (3-4-5-6-2-1)**

- Top 24 athletes will compete. The Seeded section will run last.
- Two turn stagger.

d. **1000m Run: Two turn box.**

- 8 in the fastest section, 8 in the second fastest section, and 8 or less in the slowest section.  
Additional runners may be added to the first section with the approval (vote) at the seeding meeting.

e. **1500m Run & 3000m Run: Two turn box.**

- 10 in the faster section, 14 or less in the slower section

f. **4x200m Relay: Preferred Lanes (3-4-5-6-2-1)**

- 3 turn stagger - Second leg will cut in after running the 3<sup>rd</sup> turn in lanes/on back stretch.
- Seeded sections will run last.

g. **4x400m Relay: Preferred Lanes (3-4-5-6-2-1)**

- 2 turn stagger
- Seeded sections will run last.

h. **4x800m Relay: Two turn box**

- 8 in the faster section, all others will run in the slower section
- If you have less than 12 teams, you may run one section (vote) at the seeding meeting with a 10-minute break.

Time Schedule found on the next page.

# Section XI Team Championships

## Girls Large School

Sunday – February 2, 2025 (10:00 am – 2:00 pm) Meet Director: Sarah Lambert

|          |  |        |
|----------|--|--------|
| 10:00 AM | Clerking of Running events<br>Triple Jump followed by Long Jump, High Jump, Shot Put |        |
| 10:10 AM | 55 Meter Hurdles - 6 fastest advance to finals                                       | Trials |
| 10:20 AM | 55 Meter Dash - 6 fastest advance to finals  | Trials |
| 10:30 AM | 3000 Meter Run - 2 Sections – Seeded first   | Final  |
| 11:00 AM | 55 Meter Hurdles   | Final  |
| 11:10 AM | 55 Meter Dash  | Final  |
| 11:15 AM | 1000 Meter Run   | Final  |
| 11:30 AM | 1500m Walk – Seeded Section  |        |
| 11:45 AM | 300 Meter Dash - 3 heats picking 2   | Trials |
| 12:00 PM | 600 Meter Run  | Final  |
| 12:10 PM | 1500 Meter Run - 2 Sections – Seeded first   | Final  |
| 12:30 PM | 300 Meter Dash   | Final  |
| 12:35 PM | 1500 Meter Walk - Unseeded Section   | Final  |
| 12:50 PM | 4 x 800 Meter Relay  | Final  |
| 1:10 PM  | 4 x 400 Meter Relay  | Final  |
| 1:35 PM  | 4 x 200 Meter Relay  | Final  |

# Section XI Team Championships

## Girls Small School

Sunday - February 2, 2025 (2:00 pm – 6:00 pm) Meet Director: Vin Ungaro

|         |  |        |
|---------|--|--------|
| 2:00 PM | Clerking of Running events TJ followed by LJ, HJ, SP |        |
| 2:10 PM | 55 Meter Hurdles - 6 fastest advance to finals       | Trials |
| 2:20 PM | 55 Meter Dash - 6 fastest advance to finals          | Trials |
| 2:30 PM | 3000 Meter Run - 2 Sections – Seeded first           | Final  |
| 3:00 PM | 55 Meter Hurdles                                     | Final  |
| 3:10 PM | 55 Meter Dash  | Final  |
| 3:15 PM | 1000 Meter Run                                       | Final  |
| 3:30 PM | 1500m Walk – Seeded Section                          |        |
| 3:45 PM | 300 Meter Dash - 3 heats picking 2                   | Trials |
| 4:00 PM | 600 Meter Run  | Final  |
| 4:10 PM | 1500 Meter Run - 2 Sections – Seeded first           | Final  |
| 4:30 PM | 300 Meter Dash                                       | Final  |
| 4:35 PM | 1500 Meter Walk - Unseeded Section                   | Final  |
| 4:50 PM | 4 x 800 Meter Relay                                  | Final  |
| 5:10 PM | 4 x 400 Meter Relay                                  | Final  |
| 5:35 PM | 4 x 200 Meter Relay                                  | Final  |

# **Pole Vault / Weight Throw**

**St. Anthony's High School**

**February 7th, 2024**

**6:30pm - 10:30pm**

**Doors open at 5:45pm**

**Do not attempt to enter the building before that time.**

**Entries are due on MileSplit by Wednesday, February 5th @ 7:00pm**

**This is a combined meet with both male and female athletes.**

**Girls Pole Vault followed by boys.**

**Opening height for the girls is 7'. Opening height for the boys is 9'6".**

**Progressions will be determined after entries are reviewed.**

**Girls Weight Throw followed by boys. Each athlete will receive three throws. If entries allow, finals will be instituted and the top six athletes will receive an additional three throws.**

# SECTION XI INDIVIDUAL CHAMPIONSHIP

## STATE QUALIFIER MEET

(Jury of appeals → League Reps + Large/Small School Reps)

### 1. **Entries:**

- **Entries for the Section XI Individual Championships must be submitted by 10:00 AM on Thursday February 6<sup>th</sup>, 2025.**

**Seeding meeting: February 6, 2025 @ 6:30 PM Newfield High School**

- It is the coach's responsibility to make sure that his/her entry is in on time.

**Athletes that are not entered on time will only be able to compete if the head coach is disqualified from attending the championship event.**

- An athlete may compete in only three events.

### 2. **Number of Participants:**

- 55m Dash and 55m Hurdles → Top 18
- 300m Dash and 600m Run → Top 12
- 1000m Run, 1500m Run and Walk → Top 16
- 3000m Run, LJ, TJ, HJ, SP, PV, WT → Top 12
- 4x200m and 4x400m → Top 12
- 4x800m → Top 6 (Two additional teams may compete if under 10:00)

### 3. **Seeding/Scratching:**

- You must be able to verify all seeds if challenged. (Date, Venue, and Name of Meet)
- Any athlete that scratches or misses their event the day of the meet will not be allowed to compete in the remainder of the meet.
- The first four runners on a relay must have run the stated seed time.
- Seeded sections will run last in all races that are finals based on time.
- If your athlete is selected to compete in this meet, we expect him/her to compete.

### 4. **Specific Field Event Rules:**

- a. A competitor will be given ten minutes from the time he notifies the field event official, permission to compete in or clerk into another event.
- b. Long jump, Triple jump, Shot put, and Weight throw: 6 per flight, competitors may ask to compete earlier in the trials. This must be arranged by the coach at either the seeding meeting or upon the team's arrival at the venue.
- c. Five competitors return to the finals.
- d. In the finals you **are not** permitted to jump or throw out of turn.
- e. High jump: Starting height- 4'6". The bar will be raised two inches to 5' → 1" thereafter.
- f. Pole Vault: Starting height is 7'. The bar will be raised to 8', 9', 9'6", 10' → 3" thereafter.

### 5. **Specific Running Event Rules:**

- a. **55m Hurdles & 55m Dash: Preferred Lanes (3-4-2-5-1-6)**
  - Winner and next three fastest times for final.
- b. **300m Dash: Preferred Lanes (3-4-5-6-2-1)**
  - 2 Heats of 6, picking three for the final.
- c. **600m Run: Preferred Lanes (3-4-5-6-2-1)**
  - 2 Heats of 6. The Seeded section will run last.
  - Two turn stagger. Final on Time.

- d. **1000m Run: Two turn box. Final on Time.**
  - Two heats of 8. The Seeded section will run last.
- e. **1500m Walk: One turn box. Final on Time.**
- f. **1500m Run & 3000m Run: Two turn box. Final on Time.**
- g. **4x200m Relay: Preferred Lanes (3-4-5-6-2-1)**
  - 3 turn stagger - Second leg will cut in after running the 3<sup>rd</sup> turn in lanes/on back stretch.
  - 2 heats of 6, picking 3 for the final.
- h. **4x400m Relay: Preferred Lanes (3-4-5-6-2-1)**
  - 2 turn stagger- Lead off runner will cut in after the 2<sup>nd</sup> turn.
  - 2 heats of 6, picking 3 for the final.
- i. **4x800m Relay: 6 teams off of scratch line. Eight teams, two turn box. Final on time.**

6. **NYSPHSAA Championship Meet Qualifiers:**

- a. First and second place finishers in each individual event plus the third-place finisher provided he/she meets the qualifying standard.
- b. **The top non-qualifying finishers** in the 300, 600, 1000, and 1500 will comprise the Intersectional Relay. Intersectional Relay @ NYS Meet: (1000 – 200 – 600 – 1600)
- c. The first-place finisher in each relay, plus the second-place finisher provided the relay meets the state qualifying standard in both Division 1 and Division 2.

Schools qualifying five or more athletes for the state meet are expected to authorize their coach to be a Section XI supervisor who will travel with the athletes and assist with supervision under the direction of the sport chairman. Exceptions to this would be at the discretion of the Sport Chairman and the Section XI Executive Director.

Postseason Meets: ( ex. Eastern States/Long Island Elite). Athletes may use these performances to improve their seeds in the NYSPHSAA Championships. There have been cases where an athlete on the Intersectional relay obtained the time to move into the open event. If the standard for the open event is obtained, they must compete in that event. The next finisher in that athlete's event will move up to the Intersectional relay.

\* Improved seeds **may** be used to qualify an athlete or relay for the NYSPHSAA Championships that did not qualify at the State Qualifier Meet itself. For example, the 3rd place runner in the Girls 3000m does not have the time on the night of the State Qualifier Meet to qualify for the state meet. She **can** go to other meets, run the qualifying time, and go to states up until the deadline for the NYS Meet entry.

Time Schedule found on the next page.

# Section XI Indoor State Qualifying Meet

Tuesday, February 11th, 2025

Meet may not run more than 5 minutes faster than scheduled.

In all running & field events- Girls followed by Boys, unless otherwise noted.

## Schedule of Events:

|         |                  |              |   |
|---------|------------------|--------------|---|
| 5:00 PM | Clerking         |              |   |
| 5:10 PM | 55 Meter Hurdles | Trials (G/B) | Heat winners + next three fastest times |
| 5:25 PM | 55 Meter Dash    | Trials (G/B) | Heat winners + next three fastest times |
| 5:40 PM | 3000m Run        | Final (G)    |   |
| 5:55 PM | 55 Meter Hurdles | Final (B/G)  |   |
| 6:05 PM | 55 Meter Dash    | Final (G/B)  |   |
| 6:20 PM | 3200m Run        | Final (B)    |   |
| 6:35 PM | 4x400m Relay     | Final (G/B)  | Large followed by Small - Final on Time |
| 7:05 PM | 4x200m Relay     | Final (G/B)  | Large followed by Small - Final on Time |
| 7:30 PM | 1000m Run        | Final (G/B)  |   |
| 7:45 PM | Intermission     |              |   |
| 7:55 PM | 1500m Race Walk  | Final (G)    |   |
| 8:10 PM | 300m Dash        | Trials (G/B) | Two Heats pick three                    |
| 8:20 PM | 600m Run         | Final (G/B)  |   |
| 8:35 PM | 1500m/1600m Run  | Final (G/B)  | 2 Sections of 8                         |
| 9:10 PM | 300m Dash        | Final (G/B)  |   |
| 9:20 PM | 4 x 800m Relay   | Final (G/B)  | Combined Large/Small - 2 turn box       |

## FIELD EVENTS:

|         |                   |         |                 |
|---------|-------------------|---------|-----------------|
| 5:00 PM | Girls Triple Jump | 5:00 PM | Girls High Jump |
| 6:00 PM | Boys Triple Jump  | 6:30 PM | Boys High Jump  |
| 7:00 PM | Girls Triple Jump | 5:00 PM | Girls Shot Put  |
| 8:00 PM | Boys Long Jump    | 6:30 PM | Boys Shot Put   |

**\*\* Weight Throw & Pole Vault will be contested on Friday, February 14th, at St. Anthony's.**



# 2024 NYSPHSAA/ NYS Federation

## 3<sup>rd</sup> Individual Competitor Qualifying Standards

| EVENT           | GIRLS                | BOYS                 |
|-----------------|----------------------|----------------------|
|                 | FAT Time (Hand Time) | FAT Time (Hand Time) |
| 55m Hurdles     | 8.74 (8.5)           | 7.94 (7.7)           |
| 55m Dash        | 7.44 (7.2)           | 6.74 (6.5)           |
| 300m Dash       | 41.94 (41.7)         | 36.74 (36.5)         |
| 600m Run        | 1:38.74 (1:38.5)     | 1:24.74 (1:24.5)     |
| 1000m Run       | 3:02.24 (3:02.0)     | 2:35.24 (2:35.0)     |
| 1500m Run       | 4:49.54 (4:49.3)     | xxxxxxx              |
| 1600m Run       | xxxxxxx              | 4:28.74 (4:28.5)     |
| 3000m Run       | 10:21.14 (10:20.9)   | xxxxxxx              |
| 3200m Run       | xxxxxxx              | 9:42.24 (9:42.0)     |
| 1500m Race Walk | 7:28.24 (7:28.0)     | xxxxxxx              |
|                 |                      |                      |
| Long Jump       | 17' 02"              | 21' 06"              |
| Triple Jump     | 36' 01"              | 43' 06"              |
| Shot Put        | 37' 07"              | 51' 00"              |
| High Jump       | 5' 03"               | 6' 02"               |
| Pole Vault      | 10' 00"              | 13' 00"              |
| Weight Throw    | 43'00"               | 56'00"               |

A third qualifying competitor in an individual event must have met the qualifying standard in his/her state qualifying meet or in meets designated by the Sectional Coordinator. **They also must have placed third in the state qualifying meet to qualify for the State Meet.**

## NYSPHSAA/ NYS Federation

### 2<sup>nd</sup> Relay Qualifying Standards

|          |            |          |         |
|----------|------------|----------|---------|
| 4 x 200  | Division-1 | 1:47.54  | 1:34.94 |
|          | Division-2 | 1:52.84  | 1:36.65 |
| 4 x 400m | Division-1 | 4:06.94  | 3:32.44 |
|          | Division-2 | 4:22.46  | 3:41.46 |
| 4 x 800m | Division-1 | 9:36.24  | 8:05.04 |
|          | Division-2 | 10:30.92 | 8:54.50 |

For relays, the second-place relay may advance if they have met the standard. A school may only have one entry per relay event.

## New York State Meet Order of Events 2025 (Ocean Breeze - March 8th)

Order of Events – Times are scheduled to change! A final schedule will be available upon the closure of entries. We reserve the right to not run ahead of schedule any more than 15 mins.

| Check-In | Start Time | Event                                 | # Heats |
|----------|------------|---------------------------------------|---------|
|          | 7:30 AM    | Track Open for Warmups                |         |
|          | 8:15 AM    | Track Closed for Warmups              |         |
|          | 9:00 AM    | Adaptive Race Final (Distance Needed) | 1       |
| 8:45 AM  | 9:15 AM    | Girls 55M Hurdles Trials              | 5       |
| 9:00 AM  | 9:30 AM    | Boys 55M Hurdles Trials               | 5       |
| 9:15 AM  | 9:45 AM    | Girls 55M Dash Trials                 | 5       |
| 9:30 AM  | 10:00 AM   | Boys 55M Dash Trials                  | 5       |
| 9:45 AM  | 10:15 AM   | Girls 3000M Run Final                 | 2       |
| 10:15 AM | 10:40 AM   | Boys 55M Hurdles Final                | 1       |
| 10:15 AM | 10:45 AM   | Girls 55M Hurdles Final               | 1       |
| 10:15 AM | 10:50 AM   | Girls 55M Dash Final                  | 1       |
| 10:15 AM | 10:55 AM   | Boys 55M Dash Final                   | 1       |
| 10:30 AM | 11:00 AM   | Boys 3200M Run Final                  | 2       |
| 11:00 AM | 11:30 AM   | Girls 1600M Relay - Division 1 Final  | 4       |
| 11:20 AM | 11:50 AM   | Girls 1600M Relay - Division 2 Final  | 4       |
| 11:40 AM | 12:10 PM   | Boys 1600M Relay - Division 1 Final   | 4       |
| 11:55 AM | 12:30 PM   | Boys 1600M Relay - Division 2 Final   | 4       |
| 12:10 PM | 12:50 PM   | Girls 800M Relay - Division 1 Final   | 4       |
| 12:20 PM | 1:05 PM    | Girls 800M Relay - Division 2 Final   | 4       |
| 12:36 PM | 1:20 PM    | Boys 800M Relay - Division 1 Final    | 4       |
| 1:00 PM  | 1:35 PM    | Boys 800M Relay - Division 2 Final    | 4       |

Continued on the next page.

## New York State Meet Order of Events 2025

| Check-In | Start Time | Event  | # Heats |
|----------|------------|--|---------|
| 1:10 PM  | 1:50 PM    | Girls 1000M Run Final                              | 3       |
| 1:20 PM  | 2:00 PM    | Boys 1000M Run Final                               | 3       |
| 1:30 PM  | 2:10 PM    | Girls 1500M Racewalk Final                         | 2       |
| 2:00 PM  | 2:35 PM    | Girls 300M Dash Trials                             | 6       |
| 2:20 PM  | 2:45 PM    | Boys 300M Dash Trials                              | 6       |
| 2:40 PM  | 2:55 PM    | Girls 600M Run Final                               | 6       |
| 2:55 PM  | 3:15 PM    | Boys 600M Run Final                                | 6       |
| 3:10 PM  | 3:35 PM    | Girls 1500M Run Final                              | 3       |
| 3:20 PM  | 3:55 PM    | Boys 1600M Run Final                               | 3       |
| 3:30 PM  | 4:15 PM    | Girls 3400M Intersectional Medley Relay Final      | 1       |
| 3:50 PM  | 4:30 PM    | Boys 3400M Intersectional Medley Relay Final       | 1       |
| 4:15 PM  | 4:45 PM    | Girls 300M Dash Final                              | 3       |
| 4:25 PM  | 4:55 PM    | Boys 300M Dash Final                               | 3       |
| 4:35 PM  | 5:05 PM    | Boys 3200M Relay Final - Division 1 and 2 combined | 3? 4?   |
| 4:45 PM  | 5:35 PM    | Boys 3200M Relay Final - Division 1 and 2 combined | 3? 4?   |
| 4:55 PM  | 6:05 PM    | Girls 1600M Relay Federation Final                 | 2       |
| 5:05 PM  | 6:15 PM    | Boys 1600M Relay Federation Final                  | 2       |
| 5:15 PM  | 6:25 PM    | Girls 800M Relay Federation Final                  | 2       |
| 5:25 PM  | 6:35 PM    | Boys 800M Relay Federation Final                   | 2       |

Field events on the next page

## **New York State Meet Order of Events 2025**

**Order of Events – Field Events** \*Times are scheduled to change and that a final schedule will be available upon the closure of entries. In addition, we reserve the right to not run ahead of schedule any more than 15 minutes.

| <b>Check-In</b> | <b>Start Time</b> | <b>Event</b>                                   | <b>Venue Area</b> |
|-----------------|-------------------|--|-------------------|
| <b>8:15 AM</b>  | <b>8:45 AM</b>    | <b>Boys Weight Throw Flight 1, 2, 3, Final</b> | <b>Large Cage</b> |
| <b>8:15 AM</b>  | <b>8:45 AM</b>    | <b>Girls Shot Put Flight 1, 2, 3, Final</b>    | <b>Small Cage</b> |
| <b>8:15 AM</b>  | <b>9:00 AM</b>    | <b>Girls Pole Vault</b>                        | <b>South Pit</b>  |
| <b>8:15 AM</b>  | <b>9:00 AM</b>    | <b>Boys Triple Jump</b>                        | <b>North Pit</b>  |
| <b>8:15 AM</b>  | <b>9:00 AM</b>    | <b>Girls Triple Jump</b>                       | <b>South Pit</b>  |
| <b>10:45 AM</b> | <b>11:30 AM</b>   | <b>Girls Weight Throw Flight 1</b>             | <b>Small Cage</b> |
| <b>10:45 AM</b> | <b>11:30 AM</b>   | <b>Girls Weight Throw Flight 2, 3, Final</b>   | <b>Large Cage</b> |
| <b>11:00 AM</b> | <b>11:30 AM</b>   | <b>Boys High Jump</b>                          | <b>North Pit</b>  |
| <b>11:00 AM</b> | <b>11:30 AM</b>   | <b>Girls High Jump</b>                         | <b>South Pit</b>  |
| <b>11:15 AM</b> | <b>11:45 AM</b>   | <b>Boys Pole Vault</b>                         | <b>North Pit</b>  |
| <b>12:00 PM</b> | <b>12:30 PM</b>   | <b>Girls Long Jump</b>                         | <b>North Pit</b>  |
| <b>12:00 PM</b> | <b>12:30 PM</b>   | <b>Boys Long Jump</b>                          | <b>South Pit</b>  |
| <b>1:15 PM</b>  | <b>2:00 PM</b>    | <b>Boys Shot Put Flight 1, 2, 3, Final</b>     | <b>Large Cage</b> |

# All-County Dinner: Tuesday, March 4th, 2025

## All-County Selection:

**The All-County Team will be chosen from results of the State Qualifier Meet.**

- 1) The top four place finishers in all individual events.
- 2) Any relay team that qualifies for the State Championship Meet. (Division 1 and Division 2)

## Academic All-County Selection:

Athletes must meet the following criteria:

- 1) They must be a **SENIOR** ranked in the top **10%** of their class.
- 2) Individual Events: They must place in the top six in either the Large School, Small School, or State Qualifier Meets.
- 3) Relay Events: They must be a **competing** member of the top two relays in either the Large School, Small School, or State Qualifier Meets.

Names for Academic All-County must be submitted by the athlete's coach on a Google Doc survey. This address will be sent in an email along with other end of the season information at a later date.

## Outstanding Athlete Awards

- These awards will go to the "top" five performers for the 2024- 2025 season.
- All coaches will have a chance to nominate their athletes at the meeting.
- Be prepared to give a rundown of the achievements of your athlete during the current season.
- After all the athletes have been presented, only head coaches attending the meeting will vote.

## Scholarships:

The Coaches Association presents two scholarships (\$500) to a SENIOR male & female athlete that best embodies the "Coaches Award" winner on any given team. To be eligible for this scholarship you as their coach must fill out an application on Google Docs. It is a short form, but you must write a paragraph on why you think your athlete deserves this award. More information will be emailed to you with the end of the season information.

## Important Websites:

Suffolk XC/TF Coaches Association----->[www.suffolkxctf.com](http://www.suffolkxctf.com)  
Section XI-----> [www.sectionxi.org](http://www.sectionxi.org)  
MileSplit NY-----> <http://ny.milesplit.com>  
Armory Track-----> [www.armorytrack.com](http://www.armorytrack.com)  
Ocean Breeze----->[www.oceanbreezenyc.org](http://www.oceanbreezenyc.org)