

Section XI Boys Winter Track

2022-2023

Section XI Coordinator – Joe Mercado

jmercado@mccsd.net

Coaching Representatives

League 1	Rob Conway	Walt Whitman
League 2	Shelby White	Connetquot
League 3	Brad Posnanski	Comsewogue
League 4	Reynolds Hawkins	Amityville
League 5	Andy Cosci	Port Jefferson
Large School	Ron Wilson	Huntington
Small School	Eric Giorlando	Mount Sinai

Season Schedule:

Sunday	12/4/22	9:00 AM – 7:00 PM	Boys	Crossover A (4 Meets @ 2.5 hrs)
Saturday	12/10/22	9:00 AM – 7:00 PM	Boys	Crossover B (4 Meets @ 2.5 hrs)
Friday	12/16/22	5:00 PM – 10:00 PM	Boys	Crossover C (2 Meets @ 2.5 hrs)
Sunday	12/18/22	9:00 AM – 7:00 PM	Boys	Crossover D (4 Meets @ 2.5 hrs)
Thursday	12/22/22	5:00 PM – 10:00 PM	Boys	Crossover C (2 Meets @ 2.5 hrs)
Saturday	1/7/23	9:00 AM – 7:00 PM	Boys	Crossover E (4 Meets @ 2.5 hrs)
Friday	1/13/23	5:00 PM – 10:00 PM	Boys	Frosh-Soph Championships
Sunday	1/15/23	9:00 AM – 2:00 PM	Boys	Eli Acosta Meet (Leagues 3,4,5)
Sunday	1/15/23	2:00 PM – 6:00 PM	Boys	Anthony Toro Meet (Leagues 1&2)
Friday	1/20/23	7:30 PM – 10:00 PM	Boys	League 3 Championship Meet
Saturday	1/21/23	9:00 AM – 7:00 PM	Boys	League Championships (3,1,5,4)
Friday	1/27/23	5:00 PM – 10:00 PM	Boys	Last Chance Meet
Sunday	2/5/23	10:00 AM – 2:00 PM	Boys	Large School County Championships
Sunday	2/5/23	2:00 PM – 6:00 PM	Boys	Small School County Championships
Monday	2/13/23	5:00 PM – 10:00 PM	B & G	State Qualifier Meet

2022- 2023 League & County Breakdowns

League 1	League 2	League 3	
Brentwood	Commack	North Babylon	1055
Longwood	Sachem North	Bellport	1019
Middle Country	Ward Melville	West Islip	990
William Floyd	Lindenhurst	Smithtown West	966
Central Islip	Connetquot	West Babylon	902
Patchogue-Medford	Northport	Deer Park	882
Riverhead	Copiague	Comsewogue	837
Sachem East	Huntington	East Islip	837
Walt Whitman	Smithtown East	Eastport-South Manor	825
Bay Shore	Half Hollow Hills East	Hauppauge	824
League 4	League 5		
East Hampton	Hampton Bays		
Half Hollow Hills West	Shoreham- WR	Large Schools 900 + Above	
Westhampton Beach	Mount Sinai	Small Schools 899 + Below	
Rocky Point	Elwood / John Glenn		
Islip	Bayport- Blue Point		
Sayville	Center Moriches	Port Jefferson	
Amityville	Southampton	Pierson	
Harborfields	Babylon	Riverhead Charter	
Kings Park	Mattituck	Shelter Island	
Miller Place	Southold/Greenport		

BOYS WINTER TRACK (General Information)

1. **Team rosters are due by NOON, MONDAY, NOVEMBER 28th, 2022.**

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/508615-section-11-roster-collection-2023#.Y3JTKS-B2WY>

2. **Participation Rules:**

- Boys 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 and State Qualifier 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 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. **Jewelry Usage:**

Jewelry rules have been dropped from the State handbook.

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

- Starting blocks are provided by Suffolk West. See individual meet rules for their usage.
- **Plastic bottom racing shoes are not allowed at SCCC. Even with the spikes removed.**
- **NO spikes allowed in any meets except for the County Championships & State Qualifier.**

7. **Competitor Clerking Responsibilities:**

- Field event athletes should report directly to their event site with a 3x5 index card.
- All runners are to report promptly to the clerking area or send a stand-in when 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 seed time. The card should be handed into the clerk.

8. **Seeding Information:**

- No seedtimes are permitted from relay splits or oversized tracks, (Larger than 200 meters)
- No seedtimes are permitted if your athlete or relay team was disqualified.
- No athlete will be permitted to compete in an event that they have not established a seed time/jump/throw during that season. The only exception is a Medical Waiver approved by Section XI.
- 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, and for the 2 mile → 3200m.
- Fully Automatic Times take preference over hand-held times.

9. **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 Joe Mercado at jmercado@mccsd.net.
- Failure to do so will jeopardize the athlete from using those performances (seed) for the League and County Championships or the State Qualifier Meet.

10. **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, handing out awards when necessary and running a smooth meet within the time frame. The meet director will notify the sport chairman of any problems.

11. **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.

12. **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 crossover schedules for specific rules.
- **No athlete may compete in three open events in any crossover.**
- **Schools may have unlimited entries per track event, except in the relays – 2 individuals and 2 relay teams per event. There will only be one heat of the 3200m run (approximately 25 athletes). Should additional heats of the 3200 be required it will be limited to 12:30. See 4-h below.**
- All athletes must wear their number/bib on the front of their jersey. It is highly recommended that coaches collect them after each competition.

2. Clerking/Seeding

- Verbal seeding for all running events.
- 3 x 5 index cards are needed for all field events and relays. All cards must be properly filled out.

3. Specific Field Event Rules:

Long jump, High jump, & Shot put start at beginning of meet.

The Triple jump will begin at the conclusion of the long jump.

a. Shot Put: Crossovers A and B- Three throws, no finals. Crossovers C, D & E - 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:

Crossovers A, B, & C → High Jump will start at 4'6" go up 3", to 5'6" then 2" to 6'. 1" thereafter.

Starting with Crossovers D & E, High Jump will progress: 5 –5'3"–5'6"–5'8"–5'10"– 6'. 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 have your jumper disqualified.**
- Three jumps with no finals.
- Only one measurement under 17' will be measured in the Long Jump.
- Only one measurement under 35' will be measured in the Triple Jump.
- Take-off markers must be removed after jumpers are finished!

4. Specific Running Event Rules:

- Seeded sections will run first.
- Preferred lanes for 55m Dash, 55m Hurdles, 600m (3- 4- 2- 5- 1- 6)
Preferred lanes for 300, 800m Relay and 1600m Relay (4- 5- 6- 3- 2- 1)
- Blocks cannot be used in the trials of both the 55m & the 55mH. They can be used in finals.**
- The first four sections of the 600m will start in lanes, all others will run from a scratch start.
- The first six sections of the 300m will be run in lanes, all others will run from a scratch start.
- The first section of the 1600m Relay will start in lanes. Box or scratch start for other sections.
- 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.
- 3200m Run – * Coaches, it is your responsibility to count your athlete's laps. If your athlete is lapped twice during the race they must drop out of the race.**

Order of Events: Crossovers A,C, & E

(Running Events: Open Division followed by Frosh/Soph Division)

Shot Put, High Jump, Long Jump followed by Triple Jump

55 Meter Hurdles Trials

55 Meter Hurdles Finals

3200 Meter Run (2 turn box)

55 Meter Dash Trials

1000 Meter Run (2 turn box)

55 Meter Dash Finals

600 Meter Run (2 turn stagger)

300 Meter Dash

1600 Meter Run (2 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

(Running Events: Open Division followed by Frosh/Soph Division)

Shot Put, High Jump, Triple Jump followed by Long Jump

4 x 800m Relay (2 turn box)

55 Meter Dash Trials

1000 Meter Run (2 turn box)

55 Meter Dash Finals

600 Meter Run (2 turn stagger)

55 Meter Hurdles Trials

55 Meter Hurdles Finals

300 Meter Dash

1600 Meter Run (2 turn box)

4 x 400m Relay (2 turn stagger)

4 x 200m Relay (3 turn stagger)

Boys Crossover Meet A

Sunday - December 4th, 2022

Athletes may compete in only two events.

9:00 AM - 11:30 AM

Miller Place (TJ)

Northport

William Floyd

Sayville

Kings Park

Half Hollow Hills East

Deer Park

Mount Sinai (LJ)

West Islip

Longwood*

Rocky Point

Islip

Smithtown West

11:30 AM - 2:00 PM

Sachem North

East Hampton

Brentwood

Copiague

Central Islip (LJ)

Port Jefferson

Bellport

Mattituck

Amityville*

Hauppauge

North Babylon

Center Moriches (TJ)

Eastport- South Manor

Shelter Island

Athletes may compete in only two events.

2:00 PM - 4:30 PM

Shoreham Wading River

Comsewogue*

Riverhead

West Babylon (LJ)

Smithtown East

Bayport- Blue Point

Middle Country (TJ)

Greenport/ Southold

Riverhead Charter

East Islip

Sachem East

Westhampton Beach

Southampton

Pierson

Riverhead Charter

4:30 PM - 7:00 PM

Elwood- John Glenn

Ward Melville

Walt Whitman

Lindenhurst

Babylon

Hampton Bays (TJ)

Half Hollow Hills West *

Commack

Connetquot

Harborfields (LJ)

Huntington

Patchogue-Medford

Bay Shore

* Meet Director

Boys Crossover Meet B

Saturday - December 10th, 2022

Athletes may compete in only two events.

9:00 AM - 11:30 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

11:30 AM - 2:00 PM

Copiague
Brentwood
Deer Park (LJ)
Southampton
Commack
Half Hollow Hills East *
Sayville
Sachem North
Islip
Kings Park
Hampton Bays
Amityville (TJ)
Smithtown West
Pierson

Athletes may compete in only two events.

2:00 PM - 4:30 PM

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

4:30 PM - 7:00 PM

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

* Meet Director

Boys Crossover Meet C

Friday - December 16th, 2022

Two event limit (relays count as an event) - Except 8 athletes from each team which may compete in 3 events.
No Athlete is allowed to do 3 individual events.

5:00 PM - 7:30 PM

Commack
Shoreham- Wading River
Half Hollow Hills East (TJ)
Longwood
Southampton
Hampton Bays
Amityville
Westhampton Beach
Sachem North
Rocky Point
Port Jefferson (LJ)
Center Moriches
Copiague*
Riverhead Charter

7:30 PM - 10:00 PM

Comsewogue (TJ)
Brentwood
East Islip
North Babylon
Eastport- South Manor*
West Babylon
Patchogue- Medford
Sachem East
Islip
Kings Park
Bellport
Miller Place
Smithtown East (LJ)

Boys Crossover Meet C

Thursday - December 22nd, 2022

Two event limit - Except 8 athletes from each team which may compete in 3 events.
No Athlete is allowed to do 3 individual events.

5:00 PM - 7:30 PM

Smithtown West (LJ)
Mount Sinai
Greenport/Southold
Huntington
Shelter Island
Sayville (TJ)
Riverhead
William Floyd
Northport
East Hampton
Middle Country
Mattituck
Ward Melville*
Pierson

7:30 PM - 10:00 PM

West Islip
Lindenhurst
Connetquot
Hauppauge
Half Hollow Hills West*
Bayport- Blue Point
Harborfields
Elwood- John Glenn
Walt Whitman
Babylon (TJ)
Central Islip
Deer Park (LJ)
Bay Shore

*Meet Director

Boys Crossover Meet D

Sunday - December 18th, 2022

Two event limit - Except 8 athletes from each team which may compete in 3 events.

No athlete is allowed to do 3 individual events.

9:00 AM - 11:30 AM

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

11:30 AM - 2:00 PM

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

2:00 PM - 4:30 PM

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

4:30 PM - 7:00 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

* Meet Director

Boys Crossover Meet E

Saturday – January 7th, 2023

Two event limit - Except 8 athletes from each team which may compete in 3 events.

No Athlete is allowed to do 3 individual events.

9:00 AM - 11:30 AM

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

11:30 AM - 2:00 PM

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

2:00 PM - 4:30 PM

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

4:30 PM - 7:00 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

*Meet Director

Frosh/Soph Championships

Friday, January 13th, 2023

5:00 PM – 10:00 PM

Sam Lynch – Meet Director (Bay Shore)

Entries will be done on MileSplit. They are due by Wednesday, January 12th @ 9:00pm.

MEET INFORMATION:

1. THERE WILL BE SEPARATE FROSH AND SOPH DIVISIONS FOR ALL EVENTS.
2. Maximum of two individual events and a relay per athlete. No athlete can compete in 3 individual events.
3. Each school is allowed to run three frosh and three sophomore relays.. **“NOT ‘3’ RELAYS PER EVENT”**
4. Freshmen can run on sophomore relays, but sophomores may not run on freshmen relays.
5. SCORING: 10-8-6-4-2-1 Relays “DO” count in team scoring. .
6. Awards: Medals to the Top 4 in each class.
6. 55 meter dash and hurdles: Only the top 36 will be seeded for the final. From those six heats, top 6 times will advance to the finals. All others will run in non-qualifying heats. Blocks can only be used in finals.

Order of Events: Sophomore’s will compete first, followed by freshman.

Put	Only one measurement under 25'	
High Jump	Starting at 4'9 - 5' - 5'3" - 5'6" - 5'8" - 5'10" - 6' - then 1 inch to finish	
Long Jump	3 Jumps, no finals.	Rakers: Soph- Mattituck / Frosh Patchogue-Medford
Upon completion of the long jump,		
Triple Jump	3 Jumps, no finals	Rakers: Soph- Southampton / Frosh- Westhampton

55 METER HURDLES SEMIS

3200 Meter Run (One section of each class)

55 METER HURDLES FINAL

55 METER DASH SEMIS

1000 Meter Run

55 METER DASH FINAL

600 Meter Run

300 Meter Dash

1600 Meter Run

4 x 400 METER RELAY

4 x 200 METER RELAY

4 x 800 METER RELAY

Eli Acosta Meet

Sunday, January 15th, 2023

9:00 am - 2:00 pm

Leagues 3,4,5

Tony Toro Meet

Sunday, January 15th, 2023

2:00 pm - 6:00 pm

Leagues 1 and 2

Entries are due on MileSplit by noon Friday, January 13th, 2023

- Athletes are permitted to run in open two events.
- A third event is allowed if it is a relay. Teams are limited to two relay teams per event. **You do not have to put in names of the relay runners.** You will hand in a final relay card with their numbers on the day of the meet.
- Each school can enter 6 athletes per individual event, except for the long and triple jumps. In the long and triple jumps, there is a 3 athlete limit.
- All events will be run as open events. No frosh/soph division.

Order of Events:

4x800m Relay

4x400m Relay

4x200m Relay

3200m Run

55m Hurdles

1000m Run

55m Dash

600m Run

1600m Run

300m Dash

Field Events

High Jump (opening height is 5'- 5' 3", 5'6", 5'8", 5'10", 6', 1" thereafter)

Shot Put (There will be a 6 person final after the 1st two flights)

Triple Jump followed by Long Jump (Three jumps per person)

Long and triple jump volunteer rakers will be needed from amongst the teams that show up to the meet.

Boys League Championships

Friday - January 20th, 2023

Entries for League 2 are due on MileSplit by 9:00 PM on Wednesday 1/17/23

LEAGUE 2 7:30 PM – 10:00 PM Meet Director Shelby White

Saturday - January 21st, 2023

Entries for the Leagues below are due on MileSplit by NOON on Thursday 1/19/23

LEAGUE 3 9:00 AM – 11:30 AM Meet Director Brad Posnanski

LEAGUE 1 11:30 AM - 2:00 PM Meet Director Rob Conway

LEAGUE 5 2:00 PM – 4:30 PM Meet Director Andy Cosci

LEAGUE 4 4:30 PM – 7:00 PM Meet Director Reynolds Hawkins

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 3 relays.

1. Schools may enter three athletes in each individual event.
2. Each school is allowed to enter a total of three relays. You can enter in any combination you like- but only a total of three, NOT three in each relay. (ex. One of each relay, or 1- 4x8, 2-4x4, 0- 4x2; or 2- 4x8, 1- 4x4, 0- 4x2)
3. Athletes can compete in a maximum of three events.
4. An athlete may compete in an event that they have not 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 cannot be broken & create more than 24 entries will not compete in seeded heats.
 - Six fastest times advance to finals.
 - Seeding of heats → Lane 1 thru lane 6 (9-5-1-4-8-12), (10-6-2-3-7-11), (17-15-13-14-16-18), (23-21-19-20-22-24)
6. In races run as finals, seeded sections will run last. (Exceptions: 1600m, 3200m)
7. Shot Put -à 3 throws, 7 to the final
8. High Jump à 5' 2", increase 2" to 5' 10" then 1" thereafter.
9. Triple Jump followed by Long Jump à 3 jumps (no finals)

Order of Events

3200m Run	Final
55m 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
1600m Run	Seeded Section
300m Dash Preferred Lanes (3-4-5-6-2-1)	Final
1600m Run	Unseeded Section
7-minute break	
4 x 400m Preferred Lanes (3-4-5-6-2-1)	Final
4 x 200m Preferred Lanes (3-4-5-6-2-1)	Final
4 x 800m	Final

Coaches Last Chance Meet

Friday, January 27th, 2023

5:00 PM – 10:00 PM

Entries are due on MileSplit by 9:00pm on Wednesday 1/25/2023

Meet Information:

1. Each school is permitted 3 athletes per event and one relay team per relay event.
Additional athletes may be entered provided as long as they meet the qualifying standards.
One 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 meet to give our better athletes an opportunity to improve their performances, there are no frosh/soph events.
4. Medals for the top 4 in each event (4-Large/ 4-Small)
5. Preferred lanes for races that start in lanes are: 4-5-6-3-2-1

SCHEDULE OF RUNNING EVENTS

1	3200m Run	10:35		Combined
2	55mH	9.35	6 fastest advance	8 Large/ 8 Small
3	1000m Run	2:50		4 Combined
4	55mH			
5	55m Dash	7.10	6 fastest advance	8 Large/ 8 Small
6	600m Run	1:32		8 Combined
7	55m Dash			
8	1600m Run	4:45		5 combined
9	300m Dash	39.50		8 Large/ 8 Small
10	4 x 800	9:30		Combined
11	4 X 400	3:50		Combined
12	4 X 200	1:45		Combined

FIELD EVENT SCHEDULE

High Jump	5' 6"	Start 5'2, 2" to 6', 1" thereafter	
Shot Put	37'	One measurement under 35'	
Long Jump	18' 6"	One measurement under 17'6"	Rakers: Longwood, William Floyd
Triple Jump	38'	One measurement under 36'	Rakers: Copiague, Islip

SECTION XI TEAM CHAMPIONSHIPS

Sunday, February 5th, 2023

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

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

1. Entries:

- **Entries for the Section XI Team Championships must be submitted on MileSplit by 10:00am on Thursday, February 2nd, 2023.**
- It is the coach's responsibility to make sure that his/her entry is in on time.
- An athlete may compete in three events. Athletes shall not be entered in more than three (3) events, excluding relays. **Athletes must compete in all open events that they have entered.**
- A school is permitted a total of three relay teams. You **may not** have more than one-relay team in an event. The first four runners on a relay must have run the stated seedtime.
- 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 will not be permitted at the seeding meeting.**
- Any athlete that scratches/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 (1600m & 3200m).

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 attached 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 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 to 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- 5'3". The bar will be raised to 5'6"– 5'8"– 5'10" → 1" thereafter.

5. Specific Running Event Rules:

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

- b. **300m Dash: Preferred Lanes (3-4-5-6-2-1)**
 - Blocks will be allowed in the finals, not the trials.
 - Top 18 athletes will be seeded and can advance. (3 heats picking 2)
 - Athlete's 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. 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. **1600m Run & 3200m 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)**
 - Blocks will be allowed in the finals, not the trials.
 - 3 turn stagger - Second leg will cut in after running the 3rd 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

Large School Time Schedule

Sunday, February 5th , 2023 10:00 AM – 2:00 PM

10:00 AM	Clerking of running events, Triple Jump, High Jump, Shot Put (Long jump follows Triple Jump)		
10:10 AM	3200 Meter Run	Seeded	2 turn box
10:25 AM	55 Meter Hurdles	6 Fastest Advance	
10:45 AM	55 Meter Dash	6 Fastest Advance	
11:00 AM	3200 Meter Run	Unseeded	2 turn box
11:15 AM	55 Meter Hurdles	Final	
11:20 AM	55 Meter Dash	Final	
11:25 AM	1000 Meter Run	Final	2 turn box
11:40 AM	300 Meter Dash	Semi's	3 heats pick 2
11:55 AM	600 Meter Dash	Lanes (3-4-5-6-2-1)	Final 2 turn stagger
12:10 PM	1600 Meter Run	Seeded	2 turn box
12:25 PM	300 Meter Dash	Lanes (3-4-5-6-2-1)	Final
12:35 PM	1600 Meter Run	Unseeded	2 turn box
12:50 PM	4 x 800 Meter Relay	Final	2 turn box
1:15 PM	4 x 400 Meter Relay	Lanes (3-4-5-6-2-1)	Final 2 turn lane
1:35 PM	4 x 200 Meter Relay	Lanes (3-4-5-6-2-1)	Final 3 turn stagger

Section XI Team Championships

Small School Time Schedule

Sunday, February 5th , 2023 2:00 PM – 6:00 PM

2:00 PM	Clerking of running events, Triple Jump, High Jump, Shot Put (Long jump follows Triple Jump)		
2:10 PM	3200 Meter Run	Seeded	2 turn box
2:25 PM	55 Meter Hurdles	6 Fastest Advance	
2:45 PM	55 Meter Dash	6 Fastest Advance	
3:00 PM	3200 Meter Run	Unseeded	2 turn box
3:15 PM	55 Meter Hurdles	Final	
3:20 PM	55 Meter Dash	Final	
3:25 PM	1000 Meter Run	Final	2 turn box
3:40 PM	300 Meter Dash	Semi's	3 heats pick 2
3:55 PM	600 Meter Dash	Lanes (3-4-5-6-2-1)	Final 2 turn stagger
4:10 PM	1600 Meter Run	Seeded	2 turn box
4:25 PM	300 Meter Dash	Lanes (3-4-5-6-2-1)	Final
4:35 PM	1600 Meter Run	Unseeded	2 turn box
4:50 PM	4 x 800 Meter Relay	Final	2 turn box
5:15 PM	4 x 400 Meter Relay	Lanes (3-4-5-6-2-1)	Final 2 turn lane
5:35 PM	4 x 200 Meter Relay	Lanes (3-4-5-6-2-1)	Final 3 turn stagger

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 entered on MileSplit by 10:00 AM on Thursday, February 9th, 2023.**
- It is the coach's responsibility to make sure that his/her entry is correct and is in on time.
- An athlete may compete in three events. Athletes shall not be entered in more than three (3) events, excluding relays. **Athletes must compete in all open events that they have entered.**

2. Number of Participants:

- 55m Dash and 55m Hurdles → Top 18
- 300m Dash and 600m Run → Top 12
- 1000m Run, 1600m Run → Top 16
- 3200m Run, LJ, TJ, HJ, SP, PV, WT → Top 12
- 4x200m and 4x400m → Top 12
- 4x800m → Top 6 (Two additional teams may compete if under 8:40)

3. Seeding/Scratching:

- You must be able to verify all seeds if challenged. (Date, Venue, and Name of Meet)
- Scratching will not be permitted at the seeding meeting.
- 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 seedtime.
- 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 to 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- 5'6". The bar will be raised two inches to 6' → 1" thereafter. (Starting height will be 5'8" if more that 12 competitors)
- f. Pole Vault: Starting height is 10'. The bar will be raised to 11', 11' 6", 12' → 3" thereafter.

5. Specific Running Event Rules:

- a. 55m Hurdles & 55m Dash: Preferred Lanes (3-4-2-5-1-6) Blocks allowed trials and finals. Winner and next three fastest times for final.
- b. 300m Dash: Preferred Lanes (4-5-6-3-2-1) Blocks allowed trials and finals. 2 Heats of 6, picking three for the final.

- c. 600m Run: Preferred Lanes (4-5-6-3-2-1)
2 Heats of 6. Seeded section will run last.
Two- turn stagger. Final on Time.
- d. 1000m Run & 1600m Run: Two turn box.
Two heats of 8. Seeded section will run last.
Two-turn stagger. Final on Time.
- e. 3200m Run: Two turn box. Final on Time.
- f. 4x200m Relay: Preferred Lanes (4-5-6-3-2-1) Blocks allowed trials and finals.
3 turn stagger - Second leg will cut in after running the 3rd turn in lanes/on back stretch.
2 heats of 6, picking 3 for the final.
- g. 4x400m Relay: Preferred Lanes (4-5-6-3-2-1)
2 turn stagger- Lead off runner will cut in after the 2nd turn.
2 heats of 6, picking 3 for the final.
- h. 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 1600 will comprise the Intersectional Relay.
Intersectional Relay @ NYS Meet: (1000 – 200 – 600 – 1600)
- c. All intersectional relay members may not compete in the State Meet in any other event.
- d. The first-place finisher in each relay, plus the second-place finisher provided the relay meets the state qualifying standard.

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 only 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; that move is allowed. The next finisher in that athlete's event will move up to the Intersectional relay.

* Improved seeds **cannot** 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 Boys 3200m does not have the time on the night of the State Qualifier Meet to qualify for the state meet. He **cannot** go to the Elite Meet, run the qualifying time, and go to states.

Time Schedule found on the next page.

Section XI Indoor State Qualifying Meet

Monday, February 13, 2023

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)	
6:15 PM	3200m Run	Final (B)	
6:25 PM	4x400m Relay	Trials (G/B)	Two Heats pick three
6:45 PM	4x200m Relay	Trials (G/B)	Two Heats pick three
7:00 PM	1000m Run	Final (G/B)	
7:15 PM	Intermission		
7:25 PM	1500m Race Walk	Final (G)	
7:40 PM	300m Dash	Trials (G/B)	Two Heats pick three
7:50 PM	600m Run	Final (G/B)	
8:05 PM	1500m/1600m Run	Final (G/B)	2 Sections of 8
8:25 PM	300m Dash	Final (G/B)	
8:45 PM	4 x 800m Relay	Final (G/B)	2 turn box
9:10 PM	4 x 400m Relay	Final (G/B)	2 turn stagger
9:20 PM	4 x 200m Relay	Final (G/B)	3 turn stagger

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 Long 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 at a different venue and date. TBD**

NYSPHSAA/ NYS Federation

3rd 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"	52' 00"
High Jump	5' 03"	6' 04"
Pole Vault	10' 00"	13' 00"
Weight Throw	43'00"	53'00"
4 x 200	1:47.54	1:34.94
4 x 400m	4:06.94	3:32.44
4 x 800m	9:36.24	8:05.04

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.**

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

NYSPHSAA/NYS FEDERATION

INDOOR TRACK & FIELD CHAMPIONSHIPS

Saturday, March 4th at Ocean Breeze Athletic Complex

Section 11 travel details will be shared at a later date closer to the State Championship meet.

Order Of Events

7:45AM – Coaches/Athletes/Meet personnel arrive

8:45AM – Opening Ceremony

Flights 1 & 2 Girls Weight Throw

9:00am – Triple Jump, Girls Pole Vault

9:15am – Running events begin

Girls followed by Boys unless otherwise noted

55mH - Semi

55mD - Semi

Girls 3000m

55mH Final *Boys then Girls

55m Final *Girls then Boys

Boys 3200m Final

4 x 400mSemi

4 x 200m Semi

1000m Final

Girls 1500m Racewalk Final

300m Semi

600mFinal

Girls 1500m Final

Boys 1600m Final

Intersectional Medley Relay (1000,200,600,1600)

300m Final

4 x 800m Final

4 x 400m Final

4 x 200m Final

Field Events

8:45am – Flights 1 & 2 Girls Weight Throw

9:00am – Boys & Girls Triple Jump; Girls Pole Vault

Boys & Girls Long Jump will follow Triple Jump

Boys Weight Throw will follow Girls Weight Throw

Boys & Girls Shotput will follow Weight Throw

Boys & Girls High Jump will start after the 55m dash finals (mats in middle)

Higher seed Boys Pole Vault will start on pit next to straightaway following 55m final

Lower seed Boys Pole Vault will follow the Girls Pole Vault

*No coaches (with the exception of coordinators) will be permitted on the infield following warm-ups.

This will be strictly enforced by security.

All-County Dinner: Wednesday, March 8th

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) The top finishing Large School and top finishing Small School relay for each relay.
In addition, any other relay that qualifies for the NYS Championships.

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 2022-2023 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 four scholarships (\$500) to deserving SENIORS. Two male & 2 female athletes that best embody 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

MileSplit NY: <http://ny.milesplit.com>

Section XI : www.sectionxi.org

Armory Track: www.armorytrack.com

Ocean Breeze: www.oceanbreezenyc.org