

Nassau County High School Athletic Association

Section VIII of the NYSPHSAA

Patrick Pizzarelli, Executive Director



Boys Coordinator – Ed Corona, Cold Spring Harbor High School

Girls Coordinator – Nick Aurigemma, Cold Spring Harbor High School

Section VIII Spring Track & Field Committee

Conference 1 Rich Degnan, Massapequa High School
Michael Howley, Oceanside High School

Conference 2 Dave Hendler, Calhoun High School
Adam McKenzie, Great Neck North High School
Greg Milone, Long Beach High School
Matt Princi, Carey High School
William Buith, New Hyde Park High School
Steve Steiner, Manhasset High School

Conference 3 James Ravener, Bethpage High School
Kristen Hamilton, Roslyn High School
Stephen Honerkamp, Hewlett High School

Conference 4 Neal Levy, North Shore High School
DJ Paulson, The Wheatley School
Bud McQuillan, Lawrence High School

High School Association Representative

Eamonn Flood, Roosevelt HS

Representatives from the Officials Associations

Jim Restaino, President, Boys Officials Association

Michelle Walker, President, Girls Officials Association

Modified Track & Field Coordinator

TBA

Nassau County Track Coaches Association

President Michael Ringhauser, East Meadow High School

Vice President Kristin Frazer, Bethpage High School

Section 1 – Season Overview

Conference 1		Conference 2	
Division 1A	Division 1B	Division 2A	Division 2B
1. <u>Freeport</u> *	2. <u>Farmingdale</u>	1. <u>Herricks</u> *	2. <u>New Hyde Park</u>
3. <u>Uniondale</u>	4. <u>Plainview</u>	3. <u>Mepham</u>	4. <u>Great Neck North</u>
5. <u>Syosset</u>	6. <u>Port Washington</u> *	5. <u>Long Beach</u>	6. <u>Calhoun</u>
7. <u>Massapequa</u>	8. <u>Westbury</u>	7. <u>MacArthur</u>	8. <u>Garden City</u>
9. <u>Hicksville</u>	10. <u>Baldwin</u>	9. <u>Jericho</u>	10. <u>Elmont</u>
11. <u>Hempstead</u>	12. <u>VSC</u>	11. <u>GNS</u>	12. <u>Carey</u>
13. <u>Oceanside</u>	14. <u>East Meadow</u>	13. <u>Sewanhaka</u>	14. <u>Roslyn</u> *
15. (bye)	16. (bye)	15. (bye)	16. (bye)
Conference 3		Conference 4	
Division 3A	Division 3B	Division 4A	Division 4B
1. <u>Division</u> *	2. <u>Hewlett</u>	1. <u>Wantagh</u>	2. <u>Locust Valley</u>
3. <u>Manhasset</u>	4. <u>VSN</u> *	3. <u>VSS</u>	4. <u>Cold Spring Harbor</u>
5. <u>Roosevelt</u>	6. <u>Academy Charter</u>	5. <u>Clarke</u>	6. <u>Wheatley</u>
7. <u>South Side</u>	8. <u>Friends Academy</u>	7. <u>North Shore</u>	8. <u>West Hempstead</u> *
9. <u>Glen Cove</u>	10. <u>Mineola</u>	9. <u>Lawrence</u>	10. <u>Oyster Bay</u>
11. <u>JFK Bellmore</u>	12. <u>Floral Park</u>	11. <u>Island Trees</u>	12. <u>East Rockaway</u>
13. <u>Bethpage</u>	14. <u>Lynbrook</u>	13. <u>Seaford</u> *	14. <u>Carle Place</u>
15. (bye)	16. <u>Plainedge</u>	15. <u>Malverne</u>	16. (bye)

Section VIII Class County Alignment

AAA = Freeport through Jericho
 AA = Great Neck South through Friend Academy
 A = Mineola through Carle Place

New York State Alignment

State Division 1 =Freeport through Wantagh
 State Division 2 = VSS through Carle Place

Conference League Meet Schedule

League Meet #1	League Meet #2	League Meet #3	League Meet #4	League Meet #5
March 25 & March 26	April 2 & April 3	April 8 & April 9	April 15 & April 16	May 1 & May 2
3-8-13-2	3-10-12-1	3-4-5-6	3-9-14-16	3-7-11-15
4-7-14-1	4-9-11-2	7-8-9-10	4-10-13-15	4-8-12-16
5-10-11-16	5-8-14-15	11-12-13-14	5-7-12-2	5-9-13-1
6-9-12-15	6-7-13-16	15-16-1-2	6-8-11-1	6-10-14-2
Conference 1 & 3, Boys Followed by Girls				
Conference 2 & 4, Girls followed by Boys				

Frosh/Soph Meet North Shore

5 PM on April 18 at Plainview

Frosh/Soph Meet South Shore

5 PM on TBA at Plainedge

Division Championships

Division 4A and 4B meets –

5 PM on May 6 at Seaford / West Hempstead

Division 3A and 3B meets -

5 PM on May 7 at Division Ave / VSN

Division 1A and 1B meets –

5 PM on May 13 at Freeport / Port Wash

Division 2A and 2B meets –

5 PM on May 14 at Herricks / Roslyn

County Championships

Class A –

3PM on May 24 at North Shore

Class AAA –

3PM on May 22 at Westbury

Class AA –

3PM on May 21 at VSN

State Qualifier

5 PM on May 30 and 31 at Syosset

NYS Championship

June 7th and 8th @ Cicero North Syracuse HS

Conference 1

Host School

Boys	Monday	March 25	Uniondale	Westbury	Oceanside	Farmingdale	Farmingdale
Boys	Monday	March 25	Plainview	Massapequa	East Meadow	Freeport	East Meadow
Boys	Monday	March 25	Syosset	Baldwin	Hempstead	BYE	Baldwin
Boys	Monday	March 25	Port Wash	Hicksville	VSC	BYE	Hicksville
Girls	Tuesday	March 26	Uniondale	Westbury	Oceanside	Farmingdale	Farmingdale
Girls	Tuesday	March 26	Plainview	Massapequa	East Meadow	Freeport	East Meadow
Girls	Tuesday	March 26	Syosset	Baldwin	Hempstead	BYE	Baldwin
Girls	Tuesday	March 26	Port Wash	Hicksville	VSC	BYE	Hicksville
Boys	Tuesday	April 2	Uniondale	Baldwin	VSC	Freeport	Freeport
Boys	Tuesday	April 2	Plainview	Hicksville	Hempstead	Farmingdale	Plainview
Boys	Tuesday	April 2	Syosset	Westbury	East Meadow	BYE	Westbury
Boys	Tuesday	April 2	Port Wash	Massapequa	Oceanside	BYE	Port Washington
Girls	Wednesday	April 3	Uniondale	Baldwin	VSC	Freeport	Freeport
Girls	Wednesday	April 3	Plainview	Hicksville	Hempstead	Farmingdale	Plainview
Girls	Wednesday	April 3	Syosset	Westbury	East Meadow	BYE	Westbury
Girls	Wednesday	April 3	Port Wash	Massapequa	Oceanside	BYE	Port Washington
Boys	Monday	April 8	Uniondale	Plainview	Syosset	Port Wash	Syosset
Boys	Monday	April 8	Massapequa	Westbury	Hicksville	Baldwin	Massapequa
Boys	Monday	April 8	Hempstead	VSC	Oceanside	East Meadow	Oceanside
Boys	Monday	April 8	BYE	BYE	Freeport	Farmingdale	Farmingdale
Girls	Tuesday	April 9	Uniondale	Plainview	Syosset	Port Wash	Syosset
Girls	Tuesday	April 9	Massapequa	Westbury	Hicksville	Baldwin	Massapequa
Girls	Tuesday	April 9	Hempstead	VSC	Oceanside	East Meadow	Oceanside
Girls	Tuesday	April 9	BYE	BYE	Freeport	Farmingdale	Farmingdale
Boys	Monday	April 15	Uniondale	Hicksville	East Meadow	BYE	Uniondale
Boys	Monday	April 15	Plainview	Baldwin	Oceanside	BYE	Baldwin
Boys	Monday	April 15	Syosset	Massapequa	VSC	Farmingdale	VSC
Boys	Monday	April 15	Port Wash	Westbury	Hempstead	Freeport	Port Washington
Girls	Tuesday	April 16	Uniondale	Hicksville	East Meadow	BYE	Uniondale
Girls	Tuesday	April 16	Plainview	Baldwin	Oceanside	BYE	Baldwin
Girls	Tuesday	April 16	Syosset	Massapequa	VSC	Farmingdale	VSC
Girls	Tuesday	April 16	Port Wash	Westbury	Hempstead	Freeport	Port Washington
Boys	Wednesday	May 1	Uniondale	Massapequa	Hempstead	BYE	Massapequa
Boys	Wednesday	May 1	Plainview	Westbury	VSC	BYE	Westbury
Boys	Wednesday	May 1	Syosset	Hicksville	Oceanside	Freeport	Freeport
Boys	Wednesday	May 1	Port Wash	Baldwin	East Meadow	Farmingdale	East Meadow
Girls	Thursday	May 2	Uniondale	Massapequa	Hempstead	BYE	Massapequa
Girls	Thursday	May 2	Plainview	Westbury	VSC	BYE	Westbury
Girls	Thursday	May 2	Syosset	Hicksville	Oceanside	Freeport	Freeport
Girls	Thursday	May 2	Port Wash	Baldwin	East Meadow	Farmingdale	East Meadow

Conference 2

Host School

Girls	Monday	March 25	Mephram	Garden City	Sewanhaka	New Hyde Pk	Mephram
Girls	Monday	March 25	GNN	MacArthur	Roslyn	Herricks	GNN
Girls	Monday	March 25	Long Beach	Elmont	GNS	BYE	Elmont
Girls	Monday	March 25	Calhoun	Jericho	Carey	BYE	Carey
Boys	Tuesday	March 26	Mephram	Garden City	Sewanhaka	New Hyde Pk	Mephram
Boys	Tuesday	March 26	GNN	MacArthur	Roslyn	Herricks	GNN
Boys	Tuesday	March 26	Long Beach	Elmont	GNS	BYE	Elmont
Boys	Tuesday	March 26	Calhoun	Jericho	Carey	BYE	Carey
Girls	Tuesday	April 2	Mephram	Elmont	Carey	Herricks	Herricks
Girls	Tuesday	April 2	GNN	Jericho	GNS	New Hyde Pk	GNS
Girls	Tuesday	April 2	Long Beach	Garden City	Roslyn	BYE	Garden City
Girls	Tuesday	April 2	Calhoun	MacArthur	Sewanhaka	BYE	MacArthur
Boys	Wednesday	April 3	Mephram	Elmont	Carey	Herricks	Herricks
Boys	Wednesday	April 3	GNN	Jericho	GNS	New Hyde Pk	GNS
Boys	Wednesday	April 3	Long Beach	Garden City	Roslyn	BYE	Garden City
Boys	Wednesday	April 3	Calhoun	MacArthur	Sewanhaka	BYE	MacArthur
Girls	Monday	April 8	Mephram	GNN	Long Beach	Calhoun	Calhoun
Girls	Monday	April 8	MacArthur	Garden City	Jericho	Elmont	Jericho
Girls	Monday	April 8	GNS	Carey	Sewanhaka	Roslyn	Roslyn
Girls	Monday	April 8	BYE	BYE	Herricks	New Hyde Pk	New Hyde Pk
Boys	Tuesday	April 9	Mephram	GNN	Long Beach	Calhoun	Calhoun
Boys	Tuesday	April 9	MacArthur	Garden City	Jericho	Elmont	Jericho
Boys	Tuesday	April 9	GNS	Carey	Sewanhaka	Roslyn	Roslyn
Boys	Tuesday	April 9	BYE	BYE	Herricks	New Hyde Pk	New Hyde Pk
Girls	Monday	April 15	Mephram	Jericho	Roslyn	BYE	Mephram
Girls	Monday	April 15	GNN	Elmont	Sewanhaka	BYE	Sewanhaka
Girls	Monday	April 15	Long Beach	MacArthur	Carey	New Hyde Pk	Long Beach
Girls	Monday	April 15	Calhoun	Garden City	GNS	Herricks	Calhoun
Boys	Tuesday	April 16	Mephram	Jericho	Roslyn	BYE	Mephram
Boys	Tuesday	April 16	GNN	Elmont	Sewanhaka	BYE	Sewanhaka
Boys	Tuesday	April 16	Long Beach	MacArthur	Carey	New Hyde Pk	Long Beach
Boys	Tuesday	April 16	Calhoun	Garden City	GNS	Herricks	Calhoun
Girls	Wednesday	May 1	Mephram	MacArthur	GNS	BYE	GNS
Girls	Wednesday	May 1	GNN	Garden City	Carey	BYE	GNN
Girls	Wednesday	May 1	Long Beach	Jericho	Sewanhaka	Herricks	Long Beach
Girls	Wednesday	May 1	Calhoun	Elmont	Roslyn	New Hyde Pk	Roslyn
Boys	Thursday	May 2	Mephram	MacArthur	GNS	BYE	GNS
Boys	Thursday	May 2	GNN	Garden City	Carey	BYE	GNN
Boys	Thursday	May 2	Long Beach	Jericho	Sewanhaka	Herricks	Long Beach
Boys	Thursday	May 2	Calhoun	Elmont	Roslyn	New Hyde Pk	Roslyn

Conference 3

Host School

Boys	Monday	March 25	Manhasset	Friends	Bethpage	Hewlett	Manhasset
Boys	Monday	March 25	VSN	South Side	Lynbrook	Division	South Side
Boys	Monday	March 25	Roosevelt	Mineola	JFK Bellmore	Plainedge	Plainedge
Boys	Monday	March 25	Academy	Glen Cove	Floral Park	BYE	Floral Park
Girls	Tuesday	March 26	Manhasset	Friends	Bethpage	Hewlett	Manhasset
Girls	Tuesday	March 26	VSN	South Side	Lynbrook	Division	South Side
Girls	Tuesday	March 26	Roosevelt	Mineola	JFK Bellmore	Plainedge	Plainedge
Girls	Tuesday	March 26	Academy	Glen Cove	Floral Park	BYE	Floral Park
Boys	Tuesday	April 2	Manhasset	Mineola	Floral Park	Division	Division
Boys	Tuesday	April 2	VSN	Glen Cove	JFK Bellmore	Hewlett	Hewlett
Boys	Tuesday	April 2	Roosevelt	Friends	Lynbrook	BYE	Friends
Boys	Tuesday	April 2	Academy	South Side	Bethpage	Plainedge	Bethpage
Girls	Wednesday	April 3	Manhasset	Mineola	Floral Park	Division	Division
Girls	Wednesday	April 3	VSN	Glen Cove	JFK Bellmore	Hewlett	Hewlett
Girls	Wednesday	April 3	Roosevelt	Friends	Lynbrook	BYE	Friends
Girls	Wednesday	April 3	Academy	South Side	Bethpage	Plainedge	Bethpage
Boys	Monday	April 8	Manhasset	VSN	Roosevelt	Academy	VSN
Boys	Monday	April 8	South Side	Friends	Glen Cove	Mineola	Glen Cove
Boys	Monday	April 8	JFK Bellmore	Floral Park	Bethpage	Lynbrook	JFK Bellmore
Boys	Monday	April 8	BYE	Plainedge	Division	Hewlett	Division
Girls	Tuesday	April 9	Manhasset	VSN	Roosevelt	Academy	VSN
Girls	Tuesday	April 9	South Side	Friends	Glen Cove	Mineola	Glen Cove
Girls	Tuesday	April 9	JFK Bellmore	Floral Park	Bethpage	Lynbrook	JFK Bellmore
Girls	Tuesday	April 9	BYE	Plainedge	Division	Hewlett	Division
Boys	Monday	April 15	Manhasset	Glen Cove	Lynbrook	Plainedge	Lynbrook
Boys	Monday	April 15	VSN	Mineola	Bethpage	BYE	Bethpage
Boys	Monday	April 15	Roosevelt	South Side	Floral Park	Hewlett	Floral Park
Boys	Monday	April 15	Academy	Friends	JFK Bellmore	Division	Friends
Girls	Tuesday	April 16	Manhasset	Glen Cove	Lynbrook	Plainedge	Lynbrook
Girls	Tuesday	April 16	VSN	Mineola	Bethpage	BYE	Bethpage
Girls	Tuesday	April 16	Roosevelt	South Side	Floral Park	Hewlett	Floral Park
Girls	Tuesday	April 16	Academy	Friends	JFK Bellmore	Division	Friends
Boys	Wednesday	May 1	Manhasset	South Side	JFK Bellmore	BYE	South Side
Boys	Wednesday	May 1	VSN	Friends	Floral Park	Plainedge	VSN
Boys	Wednesday	May 1	Roosevelt	Glen Cove	Bethpage	Division	Roosevelt
Boys	Wednesday	May 1	Academy	Mineola	Lynbrook	Hewlett	Hewlett
Girls	Thursday	May 2	Manhasset	South Side	JFK Bellmore	BYE	South Side
Girls	Thursday	May 2	VSN	Friends	Floral Park	Plainedge	VSN
Girls	Thursday	May 2	Roosevelt	Glen Cove	Bethpage	Division	Roosevelt
Girls	Thursday	May 2	Academy	Mineola	Lynbrook	Hewlett	Hewlett

Conference 4

Host School

Girls	Monday	March 25	VSS	West Hemp	Seaford	Locust Valley	West Hemp
Girls	Monday	March 25	Cold Sp Hrbr	North Shore	Carle Place	Wantagh	North Shore
Girls	Monday	March 25	Clarke	Oyster Bay	Island Trees	Bye	Oyster Bay
Girls	Monday	March 25	Wheatley	Lawrence	East Roc	Malverne	East Roc
Boys	Tuesday	March 26	VSS	West Hemp	Seaford	Locust Valley	West Hemp
Boys	Tuesday	March 26	Cold Sp Hrbr	North Shore	Carle Place	Wantagh	North Shore
Boys	Tuesday	March 26	Clarke	Oyster Bay	Island Trees	Bye	Oyster Bay
Boys	Tuesday	March 26	Wheatley	Lawrence	East Roc	Malverne	East Roc
Girls	Tuesday	April 2	VSS	Oyster Bay	East Roc	Wantagh	VSS
Girls	Tuesday	April 2	Cold Sp Hrbr	Lawrence	Island Trees	Locust Valley	Island Trees
Girls	Tuesday	April 2	Clarke	West Hemp	Carle Place	Malverne	Malverne
Girls	Tuesday	April 2	Wheatley	North Shore	Seaford	Bye	Wheatley
Boys	Wednesday	April 3	VSS	Oyster Bay	East Roc	Wantagh	VSS
Boys	Wednesday	April 3	Cold Sp Hrbr	Lawrence	Island Trees	Locust Valley	Island Trees
Boys	Wednesday	April 3	Clarke	West Hemp	Carle Place	Malverne	Malverne
Boys	Wednesday	April 3	Wheatley	North Shore	Seaford	Bye	Wheatley
Girls	Monday	April 8	VSS	Cold Sp Hrbr	Clarke	Wheatley	Clarke
Girls	Monday	April 8	North Shore	West Hemp	Lawrence	Oyster Bay	Oyster Bay
Girls	Monday	April 8	Island Trees	East Roc	Seaford	Carle Place	Seaford
Girls	Monday	April 8	Malverne	Bye	Wantagh	Locust Valley	Wantagh
Boys	Tuesday	April 9	VSS	Cold Sp Hrbr	Clarke	Wheatley	Clarke
Boys	Tuesday	April 9	North Shore	West Hemp	Lawrence	Oyster Bay	Oyster Bay
Boys	Tuesday	April 9	Island Trees	East Roc	Seaford	Carle Place	Seaford
Boys	Tuesday	April 9	Malverne	Bye	Wantagh	Locust Valley	Wantagh
Girls	Monday	April 15	VSS	Lawrence	Carle Place	Bye	VSS
Girls	Monday	April 15	Cold Sp Hrbr	Oyster Bay	Seaford	Malverne	CSH
Girls	Monday	April 15	Clarke	North Shore	East Roc	Locust Valley	Locust Valley
Girls	Monday	April 15	Wheatley	West Hemp	Island Trees	Wantagh	Island Trees
Boys	Tuesday	April 16	VSS	Lawrence	Carle Place	Bye	VSS
Boys	Tuesday	April 16	Cold Sp Hrbr	Oyster Bay	Seaford	Malverne	CSH
Boys	Tuesday	April 16	Clarke	North Shore	East Roc	Locust Valley	Locust Valley
Boys	Tuesday	April 16	Wheatley	West Hemp	Island Trees	Wantagh	Island Trees
Girls	Wednesday	May 1	VSS	North Shore	Island Trees	Malverne	North Shore
Girls	Wednesday	May 1	Cold Sp Hrbr	West Hemp	East Roc	Bye	West Hemp
Girls	Wednesday	May 1	Clarke	Lawrence	Seaford	Wantagh	Clarke
Girls	Wednesday	May 1	Wheatley	Oyster Bay	Carle Place	Locust Valley	Carle Place
Boys	Thursday	May 2	VSS	North Shore	Island Trees	Malverne	North Shore
Boys	Thursday	May 2	Cold Sp Hrbr	West Hemp	East Roc	Bye	West Hemp
Boys	Thursday	May 2	Clarke	Lawrence	Seaford	Wantagh	Clarke
Boys	Thursday	May 2	Wheatley	Oyster Bay	Carle Place	Locust Valley	Carle Place

Section 2 – Notable Rules (Section VIII follows NFHS, NYSPHSAA and Section VIII guidelines)

Competition

- a. Individual must compete in 6 meets representing their HS in order to be eligible for Class Counties. A Medical Waiver is possible, please see Section VIII Directory.
- b. Section VIII athletes are allowed to compete in four events in invitationals outside of Nassau County in which the individual meet limit is four events. However, no Section VIII school may host a meet with more than a three event limit.
- c. Section VIII meets take precedence over any and all outside meets.
- d. An athlete who competes under a competitor number assigned to another athlete (assumed name) will risk disqualification from the meet and risks further sanctions against athlete and coach.

Uniforms

- a. Uniforms consist of a school issued shirt and shorts.
- b. Relay members must have identical uniforms.

Participation/Eligibility Standards

- a. Six team practices are required before the first meet or scrimmage.
- b. Each individual athlete must have six practices before competing.
- c. Each athlete is limited to 15 meets (exclusive of Counties, State Q's and the State Meet). Meets after the County Championships, for example Eastern States Invitational, also count toward the 15.
- d. There are no independent athletes in Nassau County.
- e. The rule of one night's rest between meets is in effect for the spring, three meets max per week.
- f. A school board approved coach must be present for the team/individual to compete in a meet.

Clerking Responsibilities (Please share this info with your athletes)

- a. All competitors are to report promptly to the clerking area or send a teammate once the event is called. It is the athlete's responsibility to clerk on time. Once an event is clerked, that event is closed.
- b. Athletes should come to the clerking area ready to compete (running apparel and shoes).
- c. It is the athlete's responsibility to notify the clerk if he/she is leaving the clerking area to compete in a field event.
- d. No electronics in the clerking area. No cell phones, iPod, etc.

Electronics

- a. Athletes may not have cell phones or other electronic devices in competition areas. This may result in a DQ.
- b. A coach may photograph/videotape his/her athlete from any "unrestricted" area, such as the coaching box or the bleachers. They are considered outside of the competition area. An athlete may view a picture/videotape ONLY in areas outside of the competition area.

Ultimately, it is the responsibility of every coach and athlete to know all of the rules!

Section 3 – Timing Services, Results and Websites

- All seeds must come from league meets, invitationals, and championship meets whose results are posted on <http://ny.milesplit.com/>.
- No other websites will be checked other than <http://ny.milesplit.com/>. If the performance is not in the <http://ny.milesplit.com/rankings>, it cannot be used.
- If there is a need to verify seeds based on what the coach entered on <http://ny.milesplit.com/> then the coach will have to provide documentation verifying their athletes/relays performance.
- NO CONVERSIONS for boys or girls in any event.
- Relay seeds must be actual, not composites.

Official results site for Section VIII :

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

Section VII news, announcements and free rankings:

www.trackconference.com

Section VIII Timing Services provided by

<https://www.elitefeats.com>

Rosters

Rosters will be done only on <http://ny.milesplit.com/>

Section 3B – Games Committees for Championship Meets

The Head Varsity Coach (Or designee) from:

Division 1A: Uniondale Girls/Hicksville Boys/Oceanside Boys

Division 1B:Farmingdale Girls/Plainview Boys/Westbury Boys

Division 2A: Mepham Girls/MacArthur Boys/Jericho Boys

Division 2B: NHPBoys/Elmont Girls/Carey Boys

Division 3A: South Side Boys/ Glen Cove Girls/Bethpage Boys

Division 3B: Lynbrook Boys/Academy Charter Girls/Mineola Boys

Division 4A: Clarke Girls/Island Trees Boys/ Wantagh Girls

Division 4B: Locust Valley Boys/ East Roc Girls/ Carle Place Boys

County A: Plainedge Girls/Lawrence Boys/Oyster Bay Girls

County AA: Garden City Girls/Division Boys/Bellmore JFK Boys

County AAA: Herricks Girls/Long Beach Boys/Baldwin Girls

State Qualifier: Port Washington Girls/Freeport Boys/Wheatley Girls

Section 3C– Invitationals

Any coach hosting a Non FAT Invitational must publish their results in HYTEK. These results must be submitted to ny.milesplit.com

Section 4 – League Meets

League Meet Order of Events	
400m Intermediate Hurdles	<ul style="list-style-type: none"> • Sprint event heats may be seeded 1 per school or by seed time. Coaches will make the decision prior to the meet, with the Meet Director (home school) making the final decision and communicating with the officials. If there is a timing concern, coaches may decide to use no more than 4 lanes for scoring heats. • Host schools must put out at least three lanes of hurdles for both the High Hurdles and Intermediates. • The 800m and 1500m/1600 can be run as one heat, unless numbers warrant multiple heats. • The 3000m/3200m is one heat. • Break is optional and can be used to allow the field events to catch up. • Relays; One scoring relay per team, non-scoring relays allowed • Field Events; 3 attempts, scorers followed by non-scorers • High Jump; May open and score at 3'8" for girls and 4'8" for boys • See Pole Vault bullet below
1600m/1500m	
100m	
400m	
110m/100m High Hurdles	
800m	
200m	
3200m/3000m	
Ten Minute Break (optional)	
4x400m Relay	
4x100m Relay	
4x800m Relay	
Long Jump, Triple Jump, Shot Put, Discus	
High Jump	
Pole Vault	

NOTES:

- The team with the best W/L record will determine the Team Conference Champion.
 - In the event two teams have the same W/L record, the tie break will be head-to-head.
- The starter will act as referee. One finish judge will act as Games Committee along with the head coach from each school and they will adjust heats and sections where necessary. The host coach is the site director.
- League Meets will be Dual, Triangular or Quadrangular. Dual meets will be scored 5-3-1 with relays 5-0. Triangular scored 5-3-2-1 with relays 5-3. Quadrangular meets score 6-4-3-2-1 with relays 6-4-2. If a team doesn't show for a meet the scoring is based on the number of competing teams at the meet. Each school may enter 3 scorers in each event - additional entrants shall be non-scorers. Seeding will be verbal.
- Duties of the meet should be shared by each school.
- Pole Vault – Opening and scoring heights for the season will be 6' for girls and 8' for boys. All rules regarding vaulters and their poles must be enforced. **Opponents must be notified at least two (2) days in advance if a team intends on vaulting at a league meet.** The waiver card must be presented at each and every meet the vaulter takes part in.. **As far as pole vault at league meets, please use this as protocol:**
 - 1st option - home school site has vault
 - 2nd option – If no pole vault facilities at home school, the vault happens at one of the remaining quad/tri teams sites. Example; Roslyn is hosting a tri meet with Division and Hewlett. Since Roslyn doesn't have a vault facility, the vault happens at Hewlett before the quad meet. Hewlett will contact Roslyn and rest of division with the date.
 - 3rd option - a neutral site **ONLY** if all schools in the tri/quad do not have pole vault facilities. Neutral site will be agreed on by the vaulting schools. Coaches should contact schools that regularly vault and see if their facility is available (Cold Spring Harbor, Massapequa, etc).
 - It is not necessary to have an official specifically assigned to the pole vault. You may contest a League Meet with coaches running the event. Speak to your Athletic Director for guidance on how your district would like to handle this situation.

In any case, the vault should be completed BEFORE or AT a league meet, not after. Vault results will be allowed to be scored after the league meet only if a previously scheduled vaulting competition was canceled due to weather.

- All schools must complete their league meet responsibilities and schedule.
- If it rains on Monday for cancellations the makeup day is Wednesday. Tuesday meets are run as scheduled. If it rains Tuesday the meet moves to Wednesday IF Monday was NOT a rain day. If Monday was a rain day then Tuesday meets move to Thursday. AD's must decide the next available date for the reschedule, not the coaches. **In any case, a postponed league meet must be made up THE SAME WEEK as previously scheduled.**
- TIMES OR DISTANCES ACHIEVED IN LEAGUE MEETS MAY BE USED FOR SEED PURPOSES. Coaches must submit League Meet performances on **TRACKCONFERENCE by 7PM Thursday of each week.** If Coaches fail to submit performances by 7PM Thursday those seeds will not be posted on milesplit and will not be eligible for seeding purposes.
- Week 5 league meet results must be entered by 7PM Friday night, May 3rd.
- Any athlete that places in the top 6 in any league meet event, that result event must be entered onto trackconference for that meet by 7PM. All Relay results with athlete names must be recorded for each League Meet.
- Any challenge of the League Meet score must be made in writing within 24 hours to your coordinator (Boys or Girls).

Section 6 – Section VIII North Shore/South Shore Frosh/Soph Meets

This year we are pleased to be able to offer a Frosh and Soph only meet. The meet will have an abbreviated order of events. There will be two meets that will mimic the historical Section VIII Conferences, “North Shore” and “South Shore”. The coordinators have designated schools below as “North Shore” and “South Shore”. You must adhere to the designations and may not switch meet locations.

North Shore Frosh/Soph Meet @Plainview		South Shore Frosh/Soph Meet @Plainedge	
Bethpage HS	Carey HS	Academy Charter	Baldwin HS
Carle Place HS	Clarke HS	Bellmore JFK HS	Calhoun HS
Cold Spring Harbor HS	Division Avenue HS	East Rockaway HS	Elmont HS
East Meadow HS	Floral Park HS	Farmingdale HS	Freeport HS
Friends Academy	Garden City HS	Hewlett HS	Hempstead HS
Glen Cove HS	Great Neck North HS	Island Trees HS	Lawrence HS
Great Neck South HS	Herricks HS	Long Beach HS	Malverne HS
Hicksville HS	Jericho HS	Lynbrook HS	Macarthur HS
Locust Valley HS	Manhasset HS	Massapequa HS	Mepham HS
Mineola HS	New Hyde Park HS	Oceanside HS	Plainedge HS
North Shore HS	Oyster Bay HS	Roosevelt HS	Seaford HS
Plainview JFK HS	Port Washington HS	South Side HS	Uniondale HS
Roslyn HS	Sewanhaka HS	Valley Stream Central HS	Valley Stream North HS
Syosset HS	Westbury HS	Valley Stream South HS	Wantagh HS
Wheatley HS	Evergreen Charter	West Hempstead HS	

Section VIII “North Shore” Frosh/Soph Meet
Thursday, April 18, 2024
 Plainview HS
 5:00 pm start
 Meet Director: Nick Aurigemma/Ed Corona

Section VIII “South Shore” Frosh/Soph Meet
Friday, April 19, 2024
 Plainedge HS
 5:00 pm start
 Meet Director: Nick Aurigemma/Ed Corona

Frosh/Soph Meet Order of Events	
110m Hurdles Boys	<ul style="list-style-type: none"> Frosh followed by Soph in all running events 7th, 8th and 9th graders will be considered Frosh 10th graders will be considered Soph May be limited measurements or throws and sections combined in Shot May be only 2 jumps allowed in Long Jump More information will be sent to coaches in regard to bus parking, meet management, seeding and competitor numbers and/or labels. Medals provided by the Nassau County Track Coaches Association 100m Final on time Boys LJ followed by Girls LJ when only one runway Girls Shot followed by Boys Shot. Girls HJ followed by Boys
100m Hurdles Girls	
1600m Boys	
1500m Girls	
100m Boys	
100m Girls	
400m Boys	
400m Girls	
MMR Boys (800/400/200/200)	
MMR Girls (800/400/200/200)	
Long Jump	
Shot Put	
High Jump	

Section 7 – Division Championships

Division Meet Order of Events	
400m Intermediate Hurdles	<ul style="list-style-type: none"> Running events will be Girls followed by Boys Events will be run scoring heats first, followed by non-scorers 100m is a Semi-final; Heat winners + next fastest advance Only one relay per team No non-scorers for 2024 3 attempts for each scorer in field events. High Jump; Start at 4' for girls and 5' for Boys Pole Vault; Start at 6' for girls and 8' for Boys For sites with one runway, the order will be Girls LJ, Boys LJ, Girls TJ and Boys TJ For sites with one Throwing Circle the order will be: Boys Shot/Girls Shot/Boys Disc/Girls Disc The following events will be re-seeded to ensure the fastest heat is full: 400IH, 400m, 200m. Subsequent heats will only be reseeded for heats less than 3. The following events will be re-seeded to ensure the fastest heat is full: 400IH, 400m, 200m. Subsequent heats will only be reseeded for heats less than 3.
100m SEMI-FINALS	
1600m/1500m	
100m FINALS	
400m	
110m/100m High Hurdles	
800m	
200m	
3200m/3000m	
Ten Minutes Break	
4x400m Relay	
4x100m Relay	
4x800m Relay	
Long Jump followed by Triple Jump	
Shot Put (Girls followed by Boys)	
Discus (Boys followed by Girls)	
High Jump (Girls followed by Boys)	
Pole Vault (Boys followed by Girls)	

MEET ENTRY and NOTES:

- Each school will need to contribute to running the meet. Each program (Boys and Girls) **MUST** bring a volunteer supervisor or student to help.
- Each site will have a 'site manager' designated by the Coordinators to do scoring and announcing of the meet.
- There will be FAT timing at each Division Meet site
- You may enter an athlete without a seed in any event. That athlete will be seeded last.
- Coaches must complete their **ONLINE ENTRY ON NYMILESPLIT** before 11AM the morning of their meet. Relay names must be entered (up to 8). Absolutely no changes may be made at the meet.
- Coaches **MUST PRINT A COPY OF ENTRY AND BRING IT TO THE MEET**
- All events will be preseeded
- Teams are allowed three scorers per event. Each athlete has a three event limit.
- Eight names are allowed for Relay Entry. A name on the card counts as an event for that athlete.
- A games committee will be randomly selected for each County Championship Meet. The Head Referee will advise this committee if necessary.
- Pole Vault may need to be contested before or after the meet if site can not contest event on day of
- THE RAIN DATES FOR DIVISION MEETS ARE WEDNESDAY MAY 8 AND THURSDAY MAY 15. THERE IS A POSSIBILITY THAT A DIVISION MEET MIGHT HAVE TO BE CONTESTED WITH HAND TIMES IF WE ARE FORCED TO USE THESE RAIN DATE ALTERNATIVES. SCHEDULED SITES MAY BE ALTERED DUE TO RAIN DATES.**

Section 8 – County Class Championships

Class AA– on May 21 at VSN

Class AAA – on May 22 at Westbury

Class A– on May 24 at North Shore

MEET ENTRY and NOTES:

- All entries MUST be done on ny.milesplit.com
 - The entries will follow this timeline:
 - County Class AA entries close Saturday May 18,10PM. Challenge and scratches until 6PM May 19
 - County Class AAA on Sunday May 19th,10PM. Challenge and scratches until 6PM May 20
 - County Class A on Monday May 20th,10PM. Challenge and scratches until 6PM May 21
 - We will post entries on milesplit shortly after the meet closes. We will post accepted entries on milesplit shortly after the Challenge and Scratch period ends. All scratches will be done by coaches directly on milesplit. You MAY NOT make any additions or substitutions during scratch period
- **YOU MUST print/Screen Shot your entire entry and YOU MUST email your entry to your Athletic Director before your meet closes at 10PM.**
- If you are NOT entering the County Championships, please contact the coordinators with this information.
- Seeds MUST be on <http://ny.milesplit.com/> for verification. An authentic FAT seed beats a converted hand time seed in case of a tie.
- During the seeding process, accepted athletes will be determined by the coordinators for the Class County meet based on quotas for each event and verified seeds.
- Teams are allowed three scorers per event. Each athlete has a three event limit.
- Competitors for the Steeplechase must have a seed time on a track with a water pit in order to be entered.
- Eight names are allowed on Relay entries. Names on relay entry count as one of the athlete's events. Athlete names must be listed on your county entry.
- Should the County Championships need to be moved to an 8 or 9 lane track, the number of accepted athletes will be adjusted accordingly.
- You may scratch an athlete at the County meet BEFORE an event is called.
- Sites with only one runway will contest the jumps as such:
 - First Session Girls Long Jump followed by Boys Long Jump
 - Second Session Girls Triple followed by Boys Triple
 - Field event schedules may change based on host site restrictions. Final schedule will be sent out prior to meet if needed.
- A games committee will be randomly selected for each County Championship Meet. The Head Referee will advise this committee if necessary.
- County Meet start times may be altered due to host site restrictions.
- THE RAIN DATES FOR COUNTY MEETS ARE THURSDAY MAY 23 AND SATURDAY MAY 25. THERE IS A POSSIBILITY THAT A COUNTY MEET MIGHT HAVE TO BE CONTESTED WITH HAND TIMES IF WE ARE FORCED TO USE THESE RAIN DATE ALTERNATIVES
- **Each school will need to contribute to running the meet. Each program (Boys and Girls) MUST bring at least ONE volunteer supervisor or student to help.**

Class County Championship

Session One (3:00pm)

Session Two (5:20pm)

3:00	Girls	2000m Steeplechase	FINAL	14	5:20	Girls	100m Hurdles	SEMI*	18
3:15	Boys	3000m Steeplechase	FINAL	14	5:30	Boys	110m Hurdles	SEMI*	18
3:30	Girls	400m Int. Hurdles	FINAL	18	5:35	Girls	800m	FINAL	24
	Boys	400m Int. Hurdles	FINAL	18		Boys	800m	FINAL	24
3:50	Girls	100m Semi-Finals	SEMI*	18	5:55	Boys	110m Hurdles	FINAL	6
4:00	Boys	100m Semi-Finals	SEMI*	18	6:00	Girls	100m Hurdles	FINAL	6
4:10	Girls	1500m	FINAL	24	6:05	Girls	200m	SEMI*	18
	Boys	1600m	FINAL	24		Boys	200m	SEMI*	18
4:35	Girls	100m Finals	FINAL	6	6:20	Girls	3000m	FINAL	16
4:40	Boys	100m Finals	FINAL	6	6:35	Boys	3200m	FINAL	16
4:45	Girls	400m	FINAL	18	6:50	Girls	200m	FINAL	6
4:55	Boys	400m	FINAL	18	6:55	Boys	200m	FINAL	6

**There will be a 20 minute break
after the end of the 400m final**

**There will be a 20 minute break
after the end of the 200m final**

7:15	Girls	4x400m	FINAL	12
7:30	Boys	4x400m	FINAL	12
7:40	Girls	4x100m	FINAL	12
7:45	Boys	4x100m	FINAL	12
7:50:	Girls	4x800m	FINAL	12
8:05	Boys	4x800m	FINAL	12

Field Events (3:00pm)

Field Events (5:00pm)

3:00	Boys	Long Jump	Trials/Finals**	16	5:00	Boys	Triple Jump	Trials/Finals**	16
3:00	Girls	Triple Jump	Trials/Finals**	16	5:00	Girls	Long Jump	Trials/Finals**	16
3:00	Boys	Discus	Trials/Finals**	16	5:00	Boys	Shot Put	Trials/Finals**	16
3:00	Girls	Shot Put	Trials/Finals**	16	5:00	Girls	Discus	Trials/Finals**	16
3:00	Boys	Pole Vault	FINAL	12***	5:00	Boys	High Jump	FINAL	12***
3:00	Girls	High Jump	FINAL	12***	5:00	Girls	Pole Vault	FINAL	12***

* Winners + next fastest times will advance to the final.

**3 attempts in the trials. Top 8 will advance to a final with 3 more attempts.

***In the case of ties during seeding, coordinators reserve to right accept more than or less than the quota.

Opening Heights in HJ will be 2" below lowest seed.(but not lower than 5' boys - 4' girls)

Opening Heights in the PV will be 6" below lowest seed.(but not lower than 8' boys -6' girls)

The following events will be re-seeded to ensure the fastest heat is full: 400IH, 400m, 800m, 4X100, 4X400. Subsequent heats will only be reseeded for heats less than 3. Other events may be reseeded at the discretion of the meet directors.

Section 9 – State Qualifying Meet

MEET ENTRY and NOTES:

- All entries MUST be done on www.ny.milesplit.com.
- Timelines and deadlines for the meet entry as follows;
 - The entry will CLOSE on Sunday, May 26th at 10pm. We will post entries shortly after that same night for challenges and scratches. During this time, please scratch any athlete who will not be competing so other athletes can be accepted. Also, you may only scratch athletes during this period, you MAY NOT make any additions or substitutions. All scratches will be done directly on milesplit. The scratch and challenge period ends at 8PM Monday May 27.
 - We will post accepted entries as soon as possible thereafter.
- For 100m, 110/100HH & 200m, **ONLY FAT** times will be accepted for seeding
- **YOU MUST print/Screen Shot your entire entry before the meet closes at 10PM Sunday May 26th. YOU MUST email your entry to your Athletic Director by 10PM Sunday May 26th.**
- Four events allowed per athlete.
- First place in each event for each class (I & II) automatically qualifies for the state meet. The next competitor in finish order who has satisfied the State Standard and/or Super Standard also qualifies for the state meet. Any and all subsequent competitors who have satisfied the Super Standard (regardless of their finish) also qualify for the state meet.
- **State Standards and State Super Standards for track events can be attained at any meet with FAT timing. State Standards and State Super Standards for field events can be attained at any meet with 5 or more teams and a certified official running and measuring the event.**
- Competitors for the Steeplechase must have a seed time on a track with a water pit in order to be entered.
- Competitors for the Pentathlon must have competed in a pentathlon event. No adding of performances allowed. Pent Events; 110HH/100HH, HJ, LJ, SP, 1600m/800m. You may enter an athlete in the Pent AND 3 other events, however you must decide during the scratch period to go Pent only or scratch Pent.
- The 800m will be run in lanes.
- A games committee will be randomly selected for each County Championship Meet. The Head Referee will advise this committee if necessary.
- Implements will be weighed and measured.

Notes on quotas;

- Syosset High School is an 8 lane track.
- For events run in lanes, Division 1 and 2 will run in separate races. Please take note that Division 2 athletes will advance right to a final in the 100m, 200m and 110m/100m Hurdles.
- For 3200m and 3000m, 20 total athletes will be accepted (Division 1 & 2), with no fewer than 5 from either Division.
- For Steeplechase, 18 total athletes will be accepted (Division 1 & 2), with no fewer than 5 from either Division.
- For the 1600m and 1500m 30 total athletes will be accepted (Division 1 & 2) no fewer than 8 from either Division.
- For the Long and Triple Jumps, Shot and Discus events, 18 total athletes will be accepted (Division 1 & 2), with no fewer than 6 athletes from either Division. The top 8 will make the final after 3 jumps/throws, and allowed 3 more jumps/throws in the Final. Each division will have at least 2 athletes in the final. If needed, additional finalists will be added so that each division has at least 2 athletes in the final. (The games committee reserves the right to increase the number of athletes progressing to the Finals to ensure a competitive field for either Division)
- For the High Jump and Pole Vault, 14 total athletes will be accepted (Division 1 & 2), with no fewer than 4 athletes from either Division. However, the coordinators reserve the right to take more or less athletes based on ties in seeding.
- For the pentathlon, 16 total athletes will be accepted (Division 1 & 2), with no fewer than 5 athletes from either Division. Please note that to enter, an athlete MUST have competed in a pentathlon during the season. You may NOT add up scores from individual events to use as a seed in the pent.
- For the 4X800 no fewer than 4 teams from either Division.

RAIN DATE FOR SECTION VIII STATE QUALIFYING MEET IS SATURDAY JUNE 1 (Starting time TBA)

Section VIII Spring Track NYSPHSAA State Qualifying Meet @ Syosset HS

Day 1 – May 30th 2024						Day 2 - May 31 2024					
Time	Gender	Event	Division	Round	Quota	Time	Gender	Event	Division	Round	Quota
5:00	Boys	PENT Hurdles	1&2	Final	16	5:00	Boys	3000m ST	1&2	Final	18
	Boys	110m Hurdles	1	Semi	24		Girls	2000m ST	1&2	Final	18
5:15	Girls	PENT Hurdles	1&2	Final	16	5:30	Boys	100m	2	Final	8
	Girls	100m Hurdles	1	Semi	24		Boys	100m	1	Final	8
5:25	Boys	100m	1	Semi	24		Girls	100m	2	Final	8
	Girls	100m	1	Semi	24		Girls	100m	1	Final	8
5:35	Boys	400m	2	Final	8	5:40	Boys	1600m	1&2	Final	30
	Boys	400m	1	Final	16		Girls	1500m	1&2	Final	30
	Girls	400m	2	Final	8	6:15	Boys	110m Hurdles	2	Final	8
	Girls	400m	1	Final	16		Boys	110m Hurdles	1	Final	8
5:50	Boys	800m	1	Final	16		Girls	100m Hurdles	2	Final	8
	Boys	800m	2	Final	8		Girls	100m Hurdles	1	Final	8
	Girls	800m	1	Final	16	6:35	Boys	200m	2	Final	8
	Girls	800m	2	Final	8		Boys	200m	1	Final	8
6:10	Boys	200m	1	Semi	24		Girls	200m	2	Final	8
	Girls	200m	1	Semi	24		Girls	200m	1	Final	8
6:30	Boys	400m Hurdles	2	Final	8		Boys	PENT 1500m	<i>when ready</i>		
	Boys	400m Hurdles	1	Final	16		Girls	PENT 800m	<i>when ready</i>		
	Girls	400m Hurdles	2	Final	8	7:00	Boys	4x800m	1&2	Final	12
	Girls	400m Hurdles	1	Final	16		Girls	4x800m	1&2	Final	12
6:55	Boys	4x100m	1	Semi	16	7:20	Boys	4x100m	2	Final	8
	Girls	4x100m	1	Semi	16		Boys	4x100m	1	Final	8
7:05	Boys	4x400m	1	Semi	16		Girls	4x100m	2	Final	8
	Girls	4x400m	1	Semi	16		Girls	4x100m	1	Final	8
7:30	Boys	3200m	1&2	Final	20	7:30	Boys	4x400m	2	Final	8
	Girls	3000m	1&2	Final	20		Boys	4x400m	1	Final	8
5:00	Boys	PENT Shot Put	<i>followed by</i>				Girls	4x400m	2	Final	8
	Boys	PENT High Jump				5:00	Boys	PENT Long Jump	<i>followed by</i>		
	Girls	PENT High Jump		Girls	PENT Long Jump						
	Girls	PENT Shot Put		After Pent	Girls	Long Jump	1&2	Final	14		
				After Pent	Boys	Long Jump	1&2	Final	18		
5:00	Boys	Triple Jump	1&2	Final	18	5:00	Girls	High Jump	1&2	Final	18
5:00	Boys	Discus	1&2	Final	18	After Girls	Boys	High Jump	1&2	Final	14
After Boys	Girls	Discus	1&2	Final	18	5:00	Girls	Shot Put	1&2	Final	18
5:00	Girls	Triple Jump	1&2	Final	18	After Girls	Boys	Shot Put	1&2	Final	18
						5:00	Girls	Pole Vault	1&2	Final	14
4:45	Boys	Pole Vault	1&2	Final	14						

2024 NYSPHSAA AT LARGE QUALIFYING STANDARDS

5 year avg. of 6th place NYSPHSAA Finisher
(2017-2023)

Event	Boys	Boys	Event	Girls	Girls
	Division 1	Division 2		Division 1	Division 2
100m	11.18	11.20	100m	12.56	12.73
200m	22.28	22.61	200m	25.69	25.93
400m	49.47	50.48	400m	58.38	59.20
110m HH	14.86	15.39	100m H	15.14	16.10
400m IH	56.03	57.16	400m IH	1:05.39	1:06.39
800m	1:55.38	1:58.09	800m	2:12.17	2:18.58
1600m	4:16.61	4:24.14	1500m	4:36.85	4:46.43
3200m	9:20.08	9:42.68	3000m	10:05.71	10:16.59
3k Steeple	9:38.62	9:58.13	2k Steeple	7:06.95	7:18.93
High Jump	6'3"	6'2"	High Jump	5'3"	5'2"
Pole Vault	13'7"	12'9"	Pole Vault	11'3"	9'10"
Long Jump	21'11.50"	21'03.50"	Long Jump	17'10.50"	17'02.00"
Triple Jump	44'06.00"	44'02.25"	Triple Jump	37'08.50"	36'03.75"
Shot Put	50'04.00"	50'04.25"	Shot Put	38'00.00"	35'11.50"
Discus	147'02"	144'07"	Discus	119'09"	109'10"
Pentathlon	2939	2924	Pentathlon	2992	2632
4x100m	42.91	44.07	4x100m	48.87	50.58
4x400m	3:23.56	3:28.45	4x400m	4:01.55	4:07.57
4x800m	7:57.47	8:11.34	4x800m	9:21.26	9:44.97

Each section may send an additional at large qualifier per division using the standards listed above.

“At Large” qualifiers, must be the highest placing finisher at the State Qualifier. (after the winner is removed) to have met either the “At Large” or “Super” qualifying standard.

All Field Event Performances must occur in a meet with 5 or more teams with certified officials.

All Track performances must be FAT timed, these can be achieved at any meet.

Proposed 9/12/23

2024 NYSPHSAA SUPER QUALIFYING STANDARDS

5 year avg. of 4th place NYSPHSAA Finisher
(2017-2023)

Event	Boys	Boys	Event	Girls	Girls
	Division 1	Division 2		Division 1	Division 2
100m	11.04	11.08	100m	12.40	12.61
200m	22.27	22.32	200m	25.12	25.85
400m	49.01	49.94	400m	56.63	58.21
110m HH	14.73	15.11	100m H	14.94	15.73
400m IH	55.20	56.41	400m IH	64.13	65.09
800m	1:54.33	1:55.99	800m	2:10.30	2:15.90
1600m	4:15.34	4:21.05	1500m	4:32.59	4:40.75
3200m	9:14.17	9:31.85	3000m	9:47.00	10:11.53
3k Steeple	9:31.77	9:49.62	2k Steeple	6:56.94	7:07.74
High Jump	6'05"	6'04"	High Jump	5'04"	5'03"
Pole Vault	14'0"	13'6"	Pole Vault	11'5"	10'05"
Long Jump	22'05"	21'11"	Long Jump	18'03"	17'07"
Triple Jump	45'05"	44'11"	Triple Jump	38'08"	36'11"
Shot Put	52'02"	52'00"	Shot Put	39'04"	37'11.5"
Discus	152'11"	149'05"	Discus	121'08"	118'00"
Pentathlon	3119	3020	Pentathlon	3128	2712
4x100m	42.61	43.54	4x100m	48.59	50.04
4x400m	3:21.93	3:27.43	4x400m	3:59.03	4:04.62
4x800m	7:53.52	8:07.15	4x800m	9:14.98	9:36.03

All track times must be FAT

Athletes/Relays who meet a Super Standard must compete in that event at their State Qualifier meet to advance to the state meet by virtue of the Super Standard.

Field event performances must be obtained at a Meet with five or more teams and must have a certified official working that event.

**NEW YORK STATE PUBLIC HIGH SCHOOL
STATE TRACK & FIELD CHAMPIONSHIPS
CICERO NORTH SYRACUSE HIGH SCHOOL - CICERO, NEW YORK**

*TIMES ARE APPROXIMATE - EVENTS MAY MOVE AHEAD UP TO 30 MINUTES

FRIDAY JUNE 08, 2012

ORDER OF EVENTS

TRACK						FIELD				
	Div I - Large					12:30	TRIPLE JUMP	G	I	CLASS FINAL
	Div II - Small						TRIPLE JUMP	G	II	CLASS FINAL
						12:30	POLE VAULT	G	CHAMP	F
						12:30	DISCUS	B	I	CLASS FINAL
						12:30	SHOT PUT	G	I	CLASS FINAL
						2:00	DISCUS	B	II	CLASS FINAL
12:30	Pent. 100 HH-1	G	CHAMP	F	<i>lower seeds</i>	2:00	SHOT PUT	G	II	CLASS FINAL
	Pent. 110 HH-1	B	CHAMP	F	<i>lower seeds</i>	2:00	TRIPLE JUMP	B	I	CLASS FINAL
1:30	100HH	G	II	T			TRIPLE JUMP	B	II	CLASS FINAL
	100HH	G	I	T						
1:40	110H	B	II	T						
	110H	B	I	T		1:15	PENT.HIGH JP1	B	CHAMP	F
1:50	100M	G	II	T			PENT.HIGH JP1	G	CHAMP	F
	100M	G	I	T						
	100M	B	II	T						
	100M	B	I	T		3:00	POLE VAULT	B	CHAMP	F
2:10	Pent. 100 HH-2	G	CHAMP	F	<i>higher seeds</i>					
	Pent. 110 HH-2	B	CHAMP	F	<i>higher seeds</i>					
2:30	400M	G	II	SF		3:30	DISCUS	G	I	CLASS FINAL
	400M	G	I	SF		5:00	DISCUS	G	II	CLASS FINAL
	400M	B	II	SF						
	400M	B	I	SF		4:00	LONG JUMP	G	I	CLASS FINAL
3:00	800M	G	CHAMP	F			LONG JUMP	G	II	CLASS FINAL
	800M	B	CHAMP	F						
3:30	200M	G	II	T						
	200M	G	I	T						
	200M	B	II	T						
	200M	B	I	T						
3:50	400 INTER H	G	II		CLASS FINAL					
	400 INTER H	G	I		CLASS FINAL	3:15	PENT.SHOT-1	B	CHAMP	F
	400 INTER H	B	II		CLASS FINAL	3:45	PENT.SHOT-1	G	CHAMP	F
	400 INTER H	B	I		CLASS FINAL	3:00	PENT.HIGH JP-2	G	CHAMP	F
4:20	4X100 RELAY	G	II		CLASS FINAL	3:15	PENT.HIGH JP-2	B	CHAMP	F
	4X100 RELAY	G	I		CLASS FINAL					
	4X100 RELAY	B	II		CLASS FINAL					
	4X100 RELAY	B	I		CLASS FINAL					

NYSPHSAA Code of Conduct Regional & State Championships



Participation in NYSPHSAA Regional and Championship events is considered an honor and privilege; with this understanding, athletes and coaches are expected to adhere to standards of behavior and conduct. NYSPHSAA appreciates the work of Athletic Administrators to ensure teams, athletes and coaches are aware of NYSPHSAA standards and expectations when participating in post-season events.

Code of Conduct for Athletes:

1. Use of alcoholic beverages, tobacco products and other drugs (*unless prescribed by a physician*) will not be tolerated.
2. All curfews and bed checks will be adhered to as established by the Section supervisor or coach.
3. Athletes are responsible for their conduct in regard to public property such as: hotel rooms, transporting vehicles, fields and courts, locker rooms, etc. Athletes or the school they represent will be held financially responsible for any damage they incur.
4. Athletes must use transportation "authorized" by their section and school to and from the event.
5. There will be no gambling of any kind.

Code of Conduct for Coaches/ Sectional Supervisors shall:

1. Enforce Code of Conduct for athletes. Report problems to supervisors and send written reports to the Section and home school district.
2. Establish curfews and bed checks.
3. Be responsible for athletes from departure point of trip until trip is completed and ensure all athletes have transportation to their home district.
4. Make sure all emergency medical information is available for all student-athletes on site.
5. Notify proper authorities in the event an athlete is injured.
6. Abstain from the use of alcohol and controlled substances (*unless prescribed by a physician*).
7. Abstain from gambling of any kind.

All violations will be reported to the appropriate Section and/or School District Representative. Each Section reserves the right to have the individual(s) immediately removed from the event/venue and pursue any further disciplinary action as they deem necessary.

Emergency Medical Release:

NYSPHSAA member schools are responsible for ensuring coaches and/or Section supervisors have all necessary Emergency Medical Release information on site for all participating student-athletes.

Consent for use of Photography/ Video:

NYSPHSAA member schools are responsible for notifying the NYSPHSAA Executive Director (in writing at least 48 hours prior to a NYSPHSAA post-season event), if student-athletes do not consent to their photographs, videos or image being used in NYSPHSAA promotional materials (i.e. press releases, website, brochures, commercials, championship programs, etc.).

By signing below, the NYSPHSAA member school acknowledges understanding, knowledge and agreement with the information above.

Member School Name: _____ Section: _____
(Please Print)

Athletic Director's Name: _____
(Please Print)

Athletic Director's Signature: _____ Date: _____

Revised August 16, 2016

TRANSPORTATION POLICY FOR STATE CHAMPIONSHIPS

1. Section VIII will supply transportation to and from State Championships.
2. Each and every participant representing Section VIII is required to travel by the transportation provided by the Section.
3. No sports coordinator (or his/her designee), coach or supervisor has the authority to release the student/athlete from traveling on the transportation provided by the Section.
4. **Exception:** In the event that a student/athlete requests not to travel by Section sponsored transportation, the following procedure **must be followed:**
 - a) The student/athlete must submit a written request to be released to the custody of their parent/guardian to his/her coach stating the reason for not traveling with the Section and signed by the parent/guardian.
 - b) If the coach **approves** this request, he/she will submit the request to the district director, building director and building principal for their written **approval**.
 - c) Once the request is approved in writing by those administrators listed in b), the coach will submit this written approval to the Section sports coordinator(s) (or his/her designee) with a copy to the Executive Director.
 - d) This then relieves the Section and its sports coordinator(s) or designee of being liable for making a decision he/she cannot control.

SECTION VIII EMERGENCY WAIVER OF TRANSPORTATION POLICY

I am the father, mother, guardian of _____
I hereby request that permission be granted to transport my son/daughter _____
to/from an intersectional (state) competition on _____
(date)

I am fully aware that it is the policy of Section VIII of the New York State Public High School Athletic Association that students be transported to and from such activities on the transportation provided by the Section. I hereby agree that I will be fully responsible for and hold the Section harmless for any damages including injuries to _____
which may arise as a result of transporting him/her to or from this intersectional or state competition.

Sport _____

Parent/Guardian
Signature _____

Date _____

Approved by:

Coach _____

Building Athletic Director _____

District Athletic Director _____

Principal _____

CHECK ONE: My Child will take the section bus to the State Meet ____
My Child will NOT take the section bus to the State Meet ____

CHECK ONE: My Child will take the section bus home from the State Meet ____
My Child will NOT take the section bus home from the State Meet ____

Request for Medical Waiver of NYSPHSAA - Regulation #25

To be eligible for sectional, intersectional or state competition, a team must have competed in six (6) school scheduled contests during the season. An individual is eligible for the team if he/she has been an eligible participant on a team in that sport in that school for a minimum of six (6) scheduled contests during the regular season. For football, a student must be an eligible participant for a minimum of three (3) contests. Contestants in individual sports (archery, badminton, bowling, cross country, fencing, golf, gymnastics, rifle, skiing, swimming tennis, outdoor track, winter track and wrestling) must also have represented their school in six (6) scheduled contests during the season to be eligible. These required contests must occur on six different dates and must be concluded prior to the conclusion of the team's regular schedule.

School _____ Sport _____

Athlete _____ Date Request Submitted _____

Nature of Injury/Illness _____

Date of Injury/Onset of Illness _____ Date of Medical Clearance _____

Record of Participation in Competitions (Exclusive of Section Tournaments):

<u>Date</u>	<u>Opponent</u>		<u>*If Wrestler: Please include Weigh-in validated by Athletic Director</u>
1. _____	_____	*	_____
2. _____	_____	*	_____
3. _____	_____	*	_____
4. _____	_____	*	_____
5. _____	_____	*	_____

Note:

All pertinent medical documentation must accompany this request before it will be considered. Such material MUST VERIFY the date of onset of the illness/injury and date physical activity may resume. NOTES FROM PHYSICAL THERAPISTS ARE NOT ACCEPTABLE.

Medical Documents Attached:

- 1. _____ 3. _____
- 2. _____ 4. _____

Request and documentation must be received by the sport coordinator and the Section VIII Office prior to the last regular season contest.

Signature of Athletic Director

Office of Interscholastic Athletics
George Farber Administrative Center
PO Box 9195 - 71 Clinton Road
Garden City, NY 11530-9195
Fax# 997-2916 - 997-2018

Pole Vault Certification Form

School:	Date:
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Athlete:	Weight:	lbs.	
Pole #1:	Length:	Rating:	lbs.
Pole #2:	Length:	Rating:	lbs.
Athlete Signature:	Date:		

Athlete:	Weight:	lbs.	
Pole #1:	Length:	Rating:	lbs.
Pole #2:	Length:	Rating:	lbs.
Athlete Signature:	Date:		

Athlete:	Weight:	lbs.	
Pole #1:	Length:	Rating:	lbs.
Pole #2:	Length:	Rating:	lbs.
Athlete Signature:	Date:		

Coach Signature:	Date:
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**NYS Public High School Athletic Association, Inc.
NY Track, Field and Cross Country Officials Association, Inc.**

High School Track and Field: Pole Vault Certification Card

Pole Vault Certification is required by the National Federation of State High School Associations, the governing body for high school athletics and officiating. Rule # 7-4-3 (effective 1995) states that a vaulter shall not be allowed to compete while using a pole which has rating of less than the vaulter's actual weight. The purpose of this form is to ensure that the vaulter is competing with a legal pole at each competition. A copy of this form must be presented to both the official in charge and to the meet director before each competition begins. Make several copies and always have them on hand as the vaulter cannot compete without presenting this document.

It is the responsibility of the school to ensure that the pole being used is certified for the vaulter. The required signatures on this form are evidence that all parties are aware of the risks involved when an athlete competes with an illegal pole and that both the athlete and the pole are in compliance with the weight requirement rule. Complete a form each season for all poles that the vaulter will use in competition and whenever the vaulter gains weight to the extent that the listed rating is no longer valid.

Safe pole vaulting practices include:

Athletes...

1. Should always compete with the proper equipment.
2. Are prohibited from switching poles during competition unless certified for that pole.
3. Should not compete when suffering from an illness or any other ailment or when overtired.
4. Must continually inspect their pole for stress cracks, chips, etc. which might cause it to break during competition.
5. Must refrain from jumping when weather or other conditions might lead to an accident.
6. Must continually check the landing surface, planting box, and standards to ensure that they are in proper shape and/or adjustment.
7. Should not attempt heights for which they are not practiced at or in condition to jump for.