



SECTION VIII

Pat Pizzarelli – Executive Director

Justin Jonas – Assistant Executive Director

BOYS & GIRLS INDOOR TRACK & FIELD

2025-2026

Boys Coordinator: Dennis Kornfield (suziekorn@aol.com)

Girls Coordinator: Kristin Frazer(section8wintertrack@gmail.com)

COMMITTEE MEMBERS

Nick Aurigemma (Cold Spring Harbor)

Peter Bechhoff (Division)

Rich Cafiero (Syosset)

Rich Carroll (Island Trees)

Rich Degnan (Massapequa)

Brian Doxey (Clarke)

Kristen Hamilton (Roslyn)

Stephen Honerkamp (Hewlett)

Bud McQuillan (Lawrence)

Jeremiah Pope (Port Washington)

Jim Ravener (Bethpage)

Steve Steiner (Manhasset)

Michael Ringhauser – NCTCA Rep

Katie Dunne – Ex Officio

HSAA Rep – Arnie Epstein

Boys & Girls Winter Track & Field Handbook

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2025 -2026 Important Dates

Monday, November 10 – Roster system opens.

<https://ny.milesplit.com/meets/717049-section-8-roster-collection-2026>

Instructions and reminder will be sent Monday, 11/10

Wednesday, November 12th – MANDATORY COACHES MEETING – 7:30pm

<https://mineola.webex.com/meet/kfrazier>

Agenda and reminder will be sent Tuesday, 11/11

Monday, November 17 – First Day of Practice

Friday, November 21 – Roster submission deadline

You will receive a printout of teams/rosters on Sunday, 11/23. We will ask you to provide any missing athletes to us no later than Monday, 11/24 if you want them to be eligible for the first week of meets.

(any athlete competing Monday, 12/01 -- Wednesday, 12/03 must be entered by this date)

****Additional roster deadlines will be in place for later meets****

Monday, December 1 – Crossover meets begin

Monday, January 12 – Wednesday, January 28 – Conference Championships

(check your assigned date)

Thursday, January 15 & Thursday, January 29 – Frosh/Soph Meet

(check your assigned dates)

Monday, February 2 – Wednesday, February 4 – County Championships

(check your assigned dates)

Monday, February 9 AND Tuesday, February 10 – State Qualifier meet

Friday, March 6 AND Saturday, March 7 – State Championships

Sportsmanship

NYSPHSAA requires officials to enforce all rules regarding unsportsmanlike conduct by coaches and athletes. There will be no tolerance for negative statements or actions between opposing players, especially trash-talking, taunting, or baiting of opponents. Please remind all athletes and coaches of this policy. (Please see detailed policy on pages 24-25)

Safety Notes

Please review page 5 which outlines the Section's policy for Wind Chill procedures. This MUST be referenced before every practice and meet.

Important Notes for 2025-2026 Indoor season

Clinics

We will no longer be hosting clinics. We needed to repurpose those dates for competitions. You can still find clinics in the area.

USATFLI hosts Sunday clinics at Island Trees HS through November 16th

Registration starts at 3:30. Clinics 4-6

They will also host a clinic on New Years Eve at St. Anthony's HS

Registration starts at noon. Clinics 1 - 3

Format C Meets – Strict Guidelines

For the Format C meet we will conduct a Google Form RSVP to see who plans to attend the meet and how many events/athletes you anticipate having. Responses will dictate if limitations increase or decrease. Info will be shared at least 7-10 days prior to each meet. Any limits will be strictly enforced. If your team violates this limit you risk having the performances of all of your athletes in attendance disqualified and voided. Your ADs and the Section office are aware of this policy.

Meet Requirements for Championship Eligibility

Athletes must have 4 meets in order to be eligible for County & State Q competition. Meets must occur prior to entry deadlines for these meets.

Continued Rule – End of Season Eligibility

Starting with the Conference Championship meets – If an athlete misses their Section 8 Championship event in order to compete in an outside event **not representing their high school team**, they will not be eligible for any remaining Section 8 or New York State Championship events in that season.

Club/Private Coaches

All club/private coaches must remain in spectator areas only and may not solicit conversations with athletes while they are there. Athletic Directors will be submitting the names of all Board approved coaches for their programs. Those are the only coaches allowed in competition areas, as well as the only coaches we will communicate with regarding specific athletes. **There are NO exceptions to this.** If they are not a board approved coach, they do not belong in competition areas with your athletes. Please make sure your athletes, as well as any coaches you work with, are aware of this new policy. If there are any issues during a meet, please make meet personnel aware so we can remove the individual(s).

Hard Bottom Shoes at St. Anthony's

These types of shoes are NOW ALLOWED ONLY when the spikes are in them during the Conference, County and State Q meets.

Track and Field Rules Changes - 2026

Thu Jul 10 2025

3-2-3k (NEW): Permits the Games Committee to determine takeoff board placement in horizontal jumps.

Rationale: The change gives the games committee authority to determine takeoff board placement in the long jump and triple jump aligning with existing role in setting starting heights for high jump and pole vault. The rules previously did not assign this responsibility, and clarification ensures consistency, fairness and appropriate oversight. Athletes may still change which approved takeoff board to use during competition.

3-8-6: Expands the acceptable calibers and provides flexibility for starting devices.

Rationale: Due to increased cost and limited availability .32 caliber blanks. Expanding the acceptable calibers provides flexibility for meet management while maintaining the safety and functionality required for starting devices.

4-6-5: Permits an appropriate health care professional, designated by the games committee, to evaluate a downed competitor without resulting in disqualification.

Rationale: The change permits the games committee to designate an appropriate health care professional to evaluate a downed competitor on the course without resulting in disqualification provided no assistance is given in progressing along the course. It prioritizes athlete safety by permitting on-course evaluation while preserving the integrity of the competition.

4-6-6c (NEW): Clarifies athletes are not permitted to wear any type of audio or video recording devices during a race, trial, or while in restricted areas.

Rationale: No athlete participating in a meet is permitted to wear any type of audio or video device to record or transmit in a race, trial or in restricted areas. This language aligns with other NFHS rules books.

6-2-2 NOTES (3) (NEW): Clarifies that the time limit for a consecutive attempt applies within a height and at a height change.

Rationale: The chart does not differentiate whether consecutive trials are within a height or at a height change. Adding this note will clarify the rule and establish a standard procedure.

6-3-2b4(a): Incorporates metric measurements alongside imperial to promote clarity and consistency in meet management.

Rationale: Standard metric progressions are typically in 5 cm increments, with 15 cm aligning closely to the traditional 6 inches. This change simplifies implementation, aligns with common metric practices, and supports consistency in meet management.

6-8-6 (NEW): Standardizes warm up times for athletes entering the high jump and pole vault after 60 minutes have elapsed.

Rationale: The current rule allows warm-up only after passing three consecutive heights, which can result in long periods of inactivity-sometimes over an hour-in large competitions. This can be a disadvantage and potential safety concern for athletes entering later. Changing the rule to provide a

standardized 1.5 minutes for high jump or 2 minutes for pole vault warm-up for any athlete entering after 60 minutes have elapsed promotes fairness, consistency, and risk minimization.

6-9-21: Clarifies that padding is required for hard and unyielding surfaces that are elevated relative to the ground.

Rationale: The addition of "above ground level" clarifies that the padding requirement applies specifically to hard and unyielding surfaces that are elevated relative to the ground. This refinement helps differentiate between surfaces that present a greater risk of impact during a fall (such as raised concrete, asphalt, wood, or platform extensions) versus ground-level areas that may already be accounted for with landing system setup.

6-10-5: Incorporates javelin construction specifications into the rules book for clarity and consistency.

Rationale: Moving the implement construction specifications for the javelin into the rules book provides greater clarity, consistency, and accessibility for high school coaches, athletes, and meet officials. By incorporating the construction requirements directly into the NFHS rules book, we ensure that all necessary information is readily available, specific to the high school level, and aligned with the intent of education-based athletics. This approach maintains appropriate equipment standards while promoting ease of understanding, consistent enforcement, and fairness across all levels of high school competition.

9-1-1: Adds the 200 meter dash as an option for indoor meets.

Rationale: Adding the option of the 200 or 300 meter dash in indoor meets provides states with greater flexibility to structure events based on facility size, athlete development, and meet goals. This change supports broader participation and aligns with the varied formats of indoor track and field across the country.

9-6-1: Establishes a standardized 20-meter exchange zone for indoor relays.

Rationale: A uniform 20m exchange zone in indoor track and field creates a single standard for ease of officiating.

2026 Editorial Changes 4-3-1b(8), 6-4-2, 9-1-1

Other Changes Middle Level Recommendations for Aero Javelin

2026 Points of Emphasis 1. Throws Safety - Shot Put, Discus and Javelin 2. Restricted Areas 3. Protest/Appeal Process

NYSPHSAA WIND CHILL PROCEDURES

Administration of Wind Chill Procedures:

- Feels Like Temperature (Wind Chill) will be checked 1 hour before the contest/ practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 39 degrees (Fahrenheit) or lower.
- Download WeatherBug app to your phone or log into www.weatherbug.com.
- Enter the zip code or city and state in the location section of the app or on-line
- If the Feels Like temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or school designee must re-check the Feels Like temperature (wind chill) at halftime or midway point of the contest. If the Feels Like temperature (wind chill) is -11 degrees (Fahrenheit) or lower, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	Feels Like Temperature (wind chill) above 40 degrees	Full activity, no restrictions
R E C O M M E N D E D	Wind Chill Caution: Feels Like Temperature (wind chill) 39 degrees to 20 degrees	Stay adequately hydrated. Notified coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing.
	Wind Chill Watch: Hourly Feels Like Temperature (wind chill) 19 degrees to 10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss.
	Wind Chill Warning: Feels Like Temperature (wind chill) 9 degrees to -10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss. Consider postponing practice to a time when the Hourly Real Feel temp is much higher. Consider reducing the amount of time for an outdoor practice session.
REQUIRED	Wind Chill Alert: Feels Like Temperature (wind chill) -11 degrees or lower	No outside activity, practice, or contest, should be held.

Special Note: Alpine Skiing will be exempt from this policy and will follow the regulations of the host ski center where the practice or event is being held.

APPROVED DATES

****Coaches – please check your school schedule carefully****

DATE	TIME	FORMAT
Monday, 12/01	6:30 – 10:30	A
Tuesday, 12/02	6:30 – 10:30	A
Wednesday, 12/03	6:30 – 10:30	A
Monday, 12/08	6:30 – 10:30	A
Wednesday, 12/10	6:30 – 10:30	A

Thursday, 12/11	6:30 – 10:30	A
Monday, 12/15	6:30 – 10:30	B
Tuesday, 12/16	6:30 – 10:30	B
Wednesday, 12/17	6:30 – 10:30	B
Thursday, 12/18	6:30 – 10:30	B
Monday, 12/22	6:30 – 10:30	C
Tuesday, 12/23	6:30 – 10:30	C
Monday, 1/05	6:30 – 10:30	D
Tuesday, 1/06	6:30 – 10:30	D
Wednesday, 1/07	6:30 – 10:30	D
Thursday, 1/08	6:30 – 10:30	D
Friday, 1/09	6:30 – 10:30	Cold Weather Classic

Cold Weather Classic Info to be shared in early December. Novice level meet

SCHEDULE OF EVENTS – ALL EVENTS HAVE A 2 EVENT PER ATHLETE LIMIT

Format A	Format B	Format C	Format D
Running – B/G Boys 1600 Girls 1500 55HH 1000 55 600 300	Running – G/B *Order of events has changed since originally sent to you* 55HH 600 1500/1600 300 55 1500 Racewalk	Running – B/G 4 x 800 4 x 200 1500 Racewalk 4 x 400 Each school will be guaranteed 2 teams per relay. Google form rsvp will determine if we can allow more	Running – G/B 1500 Racewalk G/B 55HH semi B/G 55HH final 3000/3200* 1000* 55 *May run 3200/3000 or 1000, not both
Field Events – Limit 5 High Jump – B/G Long Jump – G/B Shot – B/G Pole Vault – G/B	Field High Jump – G/B Triple Jump – B/G Weight – G/B Pole Vault – B/G	Field High Jump – B/G Long Jump – G/B Shot – B/G Pole Vault – G/B	Field High Jump – G/B Triple Jump – B/G Weight – G/B Pole Vault – B/G

High Jump format this year will be 5 Alive!

Format A

Monday, 12/01	Tuesday, 12/02	Wednesday, 12/03
Baldwin Bethpage Garden City Great Neck South Mineola North Shore South Side West Hempstead Wheatley	Calhoun Carey Freeport Hempstead Hewlett Island Trees Port Washington Valley Stream Central Valley Stream North Wantagh	Division East Meadow Glen Cove Lawrence Long Beach Oyster Bay Roosevelt Roslyn Westbury

Monday, 12/08	Wednesday, 12/10	Thursday, 12/11
Bellmore JFK Clarke Elmont Floral Park Friends Academy MacArthur Malverne Massapequa Plainview Old Bethpage Uniondale	Academy Charter Farmingdale Great Neck North Lynbrook Mepham Plainedge Seaford Sewanhaka Syosset	Cold Spring Harbor East Rockaway Herricks Hicksville Jericho Locust Valley Manhasset New Hyde Park Oceanside Valley Stream South

Format B

Monday, 12/15	Tuesday, 12/16	Wednesday, 12/17	Thursday, 12/18
Academy Charter Bellmore JFK Calhoun Floral Park Friends Port Washington Seaford Syosset V.S. Central V.S. North V.S. South Wantagh Wheatley	East Rockaway Elmont Freeport G.N. North G.N. South Glen Cove Hempstead Lawrence Long Beach Massapequa New Hyde Park Oceanside Roosevelt South Side Uniondale	Bethpage Carey Cold Spring Harbor Division Farmingdale Garden City Herricks Locust Valley Lynbrook MacArthur Mineola Plainview Old Bethpage Sewanhaka Westbury	Baldwin Clarke East Meadow Hewlett Hicksville Island Trees Jericho Malverne Manhasset Mepham North Shore Oyster Bay Plainedge Roslyn West Hempstead

Format C

Monday, 12/22	Tuesday, 12/23
Baldwin Calhoun Cold Spring Harbor East Meadow East Rockaway Elmont Farmingdale Friends Glen Cove Hewlett Island Trees Locust Valley Malverne	Academy Charter Bellmore JFK Bethpage Carey Clarke Division Floral Park Freeport Garden City Great Neck North Great Neck South Hempstead Herricks

Massapequa New Hyde Park Oyster Bay Plainview Old Bethpage Port Washington Roosevelt Roslyn Sewanhaka Uniondale VS Central V.S. North V.S. South Wantagh West Hempstead Westbury Wheatley	Hicksville Jericho Lawrence Long Beach Lynbrook MacArthur Manhasset Mepham Mineola North Shore Oceanside Plainedge Seaford South Side Syosset
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Format D

Monday, 1/05	Tuesday, 1/06	Wednesday, 1/07	Thursday, 1/08
Academy Charter Glen Cove Great Neck North Great Neck South Hewlett Lawrence Long Beach MacArthur Manhasset Mepham Plainedge Syosset V.S. North Wantagh	Bethpage Calhoun Clarke Farmingdale Freeport Hempstead Lynbrook New Hyde Park North Shore Oyster Bay Plainview Old Bethpage Roosevelt South Side V.S. South Westbury	Bellmore JFK Carey Cold Spring Harbor Division Elmont Floral Park Friends Hicksville Island Trees Locust Valley Seaford Sewanhaka Uniondale V.S. Central Wheatley	Baldwin East Meadow East Rockaway Garden City Herricks Jericho Malverne Massapequa Mineola Oceanside Port Washington Roslyn West Hempstead

CONFERENCE ALIGNMENTS

(Please check placement carefully. Teams in **BOLD** have changed from 2024 placement)

CLASS A		CLASS B		CLASS C	
CONF 1	CONF 2	CONF 3	CONF 4	CONF 5	CONF 6
Freeport	Oceanside	Calhoun	Garden City	V.S. South	Island Trees
Syosset	Westbury	New Hyde Park	Hewlett	Mineola	Seaford
Uniondale	V.S. Central	Bellmore JFK	Sewanhaka	Wantagh	Malverne
Hempstead	Herricks	Roslyn	Manhasset	V.S. North	Locust Valley
Massapequa	Baldwin	Great Neck North	Division	Floral Park	Wheatley
Hicksville	East Meadow	Academy Charter	Carey	Lynbrook	West Hempstead
Plainview Old Bethpage	Great Neck South	Mepham	Bethpage	Plainedge	Cold Spring Harbor
Farmingdale	Jericho	Glen Cove	Elmont	Lawrence	Oyster Bay
Port Washington	Long Beach	Roosevelt	Clarke	North Shore	East Rockaway
	MacArthur		South Side		Friends Academy

CONFERENCE CHAMPIONSHIP MEET SCHEDULE

DATE	CONFERENCE	TIME
Monday, 1/12	3	6:30pm – 10:30pm

Tuesday, 1/13	4	6:30pm – 10:30pm
Wednesday, 1/14	5	6:30pm – 10:30pm
Monday, 1/26	6	6:30pm – 10:30pm
Tuesday, 1/27	1	6:30pm – 10:30pm
Wednesday, 1/28	2	6:30pm – 10:30pm

FROSH/SOPH MEET

Thursday, 1/15	Only Conf 6,1,2 Frosh/Soph	6:30pm – 10:30pm
Thursday, 1/29	Only Conf 3,4,5 Frosh/Soph	6:30pm – 10:30pm

Order of events in handbook

COUNTY CHAMPIONSHIP MEET SCHEDULE

Monday, 2/02	C	6:30pm – 10:30pm
Tuesday, 2/03	A	6:30pm – 10:30pm
Wednesday, 2/04	B	6:30pm – 10:30pm

STATE QUALIFIER MEET SCHEDULE

Monday, 2/09 & Tuesday, 2/10	All qualifiers	6:30pm – 10:30pm
Thursday, 2/12	State Q meet snow date	6:30pm – 10:30pm

STATE CHAMPIONSHIP MEET

Friday, March 6 & Saturday, March 7	All boys & girls qualifiers	Schedule in handbook
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*State Championship meet is held at Ocean Breeze Athletic Complex

SECTION 8 WINTER TRACK & FIELD

Section 8 Winter Track & Field will be governed by 2026 NFHS rules

Crossover Meets

- Athletes are limited to 2 events.
- Only one measurement under 12' (girls) 17' (boys) will be measured in the LJ.
- Only one measurement under 25' (girls) 35' (boys) will be measured in the TJ.
- The first 4 sections of the 600 will be run in lanes as time permits. Others in alley.
- The first 4 sections of the 300 will be run in lanes as time permits. Others in alley.
- Seeded sections will run first at Crossover meets.
- The first 2 sections (at least) of the 4 x 400 and the 4 x 200 will be run in lanes as time permits.
- All jumpers must pick up their tape marks when they leave the event. No duct tape may be used in HJ.

Clerking Responsibilities (Please share this info with your athletes)

- 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.
- Athletes should come to the clerking area ready to compete (running apparel and shoes)
- Verbal seeding will be used for all races unless otherwise specified.
- It is the athlete's responsibility to notify the clerk if she/he is leaving the clerking area to compete in a field event. Officials will be marking the times athletes leave and return. Make sure your athletes communicate. The 10 minute rule will be in

effect. Please teach your kids to communicate with the officials and to be fully aware of all parameters of the 10 minute rule. (Review the 10 minute rule page in this book – page 13)

- e. No electronics in the clerking area.

Usage of Blocks/Spikes

- a. Spikes may be used at St. Anthony's ONLY in the Conference, County and State Qualifier meets. No hard, plastic bottom shoes are ever permitted.
- b. Starting blocks will be provided by St. Anthony's. You may not bring your own.

Results

Results will be posted live throughout the season at elitefeats.com and ny.milesplit.com

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 and State Q's)
- d. There are no independent athletes in Nassau County.
- e. **Athletes must have competed in 4 meets prior to Counties to be eligible for Counties and State Q**
- f. Athletes will be permitted to enter 3 events at the Conference, County and State Q meets. However, athletes are only permitted to enter 2 events at Crossover meets.
- g. The rule of one night's rest between meets is in effect for the winter.
- h. The Long Island Invitational and Eastern States meets DO COUNT towards the 15 allowable meets.

Competition

- a. Do NOT enter your athletes in more than 3 events in ANY meet outside of Section 8 (regardless of that meets guidelines).
- b. The 4 meets scheduled per conference prior to Conference Championships have a 2 event per athlete limit.
- c. Section 8 meets take precedence over any outside meets.

Uniforms

- a. Uniforms consist of a school issued or school approved top and bottom, or one piece suit.
- b. Relay members must have identical uniforms.
- c. Jerseys must be tucked in.
- d. The athlete's number is part of their uniform. No number, wrong numbers, numbers that cannot be read, or numbers that have been altered can cause a disqualification.
- e. Athletes must wear their own numbers. No exceptions.
- f. Logos must not be bigger than a business card

Medical Appeals

- a. All athletes must compete in **4 meets prior to the County Championships**. Any coach who wishes to submit an appeal based on medical reasons, documented by a licensed physician, must **submit the appeal before their last regularly scheduled season contest**. (Form on page 23)

Media

- a. MSG Varsity and FIOS TV Contract: The Section 8 contract is for Counties and State Q's ONLY
- b. MSG Varsity and FIOS: News clips are OK. Featured stories can only be at playoffs.
- c. State Meet Journal: **wherenow.nysphsaa@gmail.com**
- d. Coaches can submit bios and pictures of past State Meet athletes to be included in a new feature spotlighting past champions/participants.

Electronics

- a. Rule 3-2-8 states: "Electronic devices may be used in UNRESTRICTED areas and coaching boxes, providing the location does not interfere with progress of the meet as determined by the meet referee. ALL competition areas are considered RESTRICTED areas so no electronics are permitted. This includes, but is not limited to, the track, clerking area and all field event areas"

Transgender Athletes

- a. The student's home school will determine the eligibility of a student seeking to participate in interscholastic athletics in a manner consistent with his/her gender identity where the student's gender identity does not correspond to his/her sex assigned at birth.
- b. The Superintendent (or designee) will confirm the gender identity asserted for purposes of trying out for an interscholastic sports team through documentation from the parent, guardian, guidance counselor, or from a doctor, psychologist or other medical professional.
- c. On a seasonal basis, the school will provide approval of eligibility to try out for an interscholastic sports team or teams which correspond to the student's gender identity.
- d. The Athletic Director should contact NYSPHSAA if any accommodations need to be made.

APPEALS: All appeals with respect to a District's determination as to eligibility of a transgender student to participate in interscholastic sports will go directly to the Commissioner of Education.

THE 10 MINUTE RULE

The 10 minute rule is granted by the authority of the Games Committee. It is used to assist an athlete who must clerk in at another event. The athlete **MUST** communicate with the field event official that he/she is leaving to check in at another event. The official will write down the time they left **AND** the time they arrived back in granting them the 10 minutes to return and continue with the field event. During this 10 minute grace period, the official will **NOT** call the athlete's name, nor penalize the athlete by charging them with a "foul".

During the 10 minute grace period in the High Jump and Pole Vault, even though the athlete is not charged with a "foul", the bar **MUST**, by rule, move up in these 2 events to the next increment. The event will NOT wait for the athlete to return. The athlete is given a "pass" for each attempt not taken at the previous height. Upon returning to the High Jump and/or Pole Vault, within the grace period, the athlete must continue his/her pursuit of excellence at the higher height, if the bar was raised. (See page 44, Rule 6-2-22)

During the 10 minute grace period in the Long Jump, Triple Jump, Shot Put and Weight Throw, the official will skip over the "excused" athlete's name and move on to the next athlete to perform an attempt. No marking on the score sheet, other than the time the athlete left to be excused, will occur. If the excused athlete returns within the 10 minutes, the official will work that athlete into the mix.

AFTER the 10 minute grace period, all field event officials, **EXCLUDING High Jump and Pole Vault** will now be calling out the name of the "missing" athlete. He/She is no longer "excused" as their 10 minute grace period has expired. Once the athlete's name is called, they have 1 minute to complete an attempt at their field event. If this does not

occur, the athlete is given a "FOUL" for not completing an attempt in the proper time period.

AFTER the 10 minute grace period in the High Jump and Pole Vault, before the crossbar is raised, the official will "PASS" a "missing" competitor for the remaining attempts at that height, if they have not returned within the designated time limit (See page 42, Rule 6-2-3b) These competitors will be "eliminated as soon as he/she has had 3 consecutive unsuccessful trials, regardless of the height or heights at which the unsuccessful trials were attempted" (See page 44, Rule 6-2-22)

An athlete is **NOT** safe if they are away from their field event longer than 10 minutes even though they have communicated that to the official. **The athlete is NOT permitted to go back and forth between events without taking a legitimate attempt at his/her field event, excluding High Jump and Pole Vault, within the 10 minute grace period.**

After taking a legal attempt in their field event, they may ask to be excused for another 10 minute grace period to go and continue checking in/running in another event. Of course the above rules will still apply. Going back and forth between events WITHOUT making a legal attempt at their field event is a mockery to the 10 minute grace period the games committee has allowed.

Of course the best way to handle this 10 minute rule is for each athlete to assign a teammate to go check them in to their other event and REMAIN at that check in to receive important information given by the clerks or other field event officials. That information is to be relayed to the particular athlete missing from check in.

ROSTERS

Roster collection will be done on MileSplit. Link will be live on Monday, 11/10

<https://ny.milesplit.com/meets/717049-section-8-roster-collection-2026>

Please reference the additional attachment that will be sent to you through email to complete this process. **Roster entry deadline is Friday, November 21st**
There will be additional dates provided for additions throughout the first 2-3 weeks of the season.

SEEDING

****No outdoor times/performances will be accepted as seeds****

****No club or unattached performances will be accepted as seeds****

www.milesplit.com is the ONLY site we will use to verify seeds

- a. We rely on the coaches to submit actual seeds in order to run an effective meet.
- b. For Conference, County and State Qualifier meets, all seeds must be verifiable.
- c. There is a State appointed conversion chart that is posted on MileSplit
- d. No seeds from relay splits or oversized tracks over 200 meters.
- e. No seed performances are permitted if your athlete or relay team was disqualified.

- f. Relay seeds must be actual, not composites
- g. Up to 8 names with competitor numbers should be listed on the relay cards
- h. Seed performances for all meets including the state meet will be the best actual performances from any indoor sanctioned meet during the season (November-February)
- i. Athletes must have competed in the event during the season (November – February) to receive a seed performance.
 - 1. **CONFERENCE CHAMPIONSHIPS:** If you would like to enter your athlete in an event for which they do not have a seed, you must write “NO SEED” on their card. That athlete will be placed behind athletes with verifiable seeds. **Long Jump, Triple Jump & Weight Throw entries require actual marks. NO athlete will be accepted to LJ/TJ without a verifiable performance in a sanctioned competition. Pole Vault entries require proof of attempts.** Seeds will be checked at Conference meets. If not verified, they move to back.
 - 2. **COUNTY CHAMPIONSHIPS/STATE QUALIFIER:** Athletes without verifiable seeds will not be considered for these meets at all. (Please note that girls/boys who have run the 1600/mile or the 3200/2 mile will be eligible for the 1500 and 3000 using the approved conversion tables). Also, any Pole Vault athlete must have met the opening height requirement in order to enter the County Championship/State Qualifier.
 - 3. **MILESPLIT WILL BE THE ONLY VERIFIABLE SITE!**
- j. Each athlete must have 4 verifiable performances listed on MileSplit prior to Counties (If your athlete only competed on relays, you must have proof)

ANNOUNCEMENT PAGE FOR ST. ANTHONY’S

(Please share with your athletes/families before first meet. Add this page to your team handbook)

- **BUSSES SHOULD NOT ENTER PARKING LOT UNTIL 5:45PM AS PER St. Anthony’s.** This will be strictly enforced by St. Anthony’s security.
- **As long as busses do not arrive prior to 5:45, St. Anthony’s will allow us to enter starting at 5:45. However, if they see busses on property before 5:45 everyone will have to wait until 6pm.**
- **Do not allow athletes off the bus until your bus is along the side of the building. This will be a bus loop drop off system.**
- After entering the gym, teams will be permitted to warm up immediately. At 6:20 the track will close and all athletes will return to the bleachers and be asked to rise for The National Anthem. Please instruct your athletes to be respectfully quiet and to remove hats and headphones.

- The concourse area will be open for warm-ups once the track is closed for warm-ups by meet management. Concourse area shuts down at 10pm. No bags, spikes or lingering permitted in the concourse.
- Pole Vault athletes may report directly to the pole vault area to drop off their poles. Only athletes competing in the pole vault are permitted to remain in the area. If girls are vaulting no boys should be over there and vice versa. Only exception is volunteers who have been cleared by meet management.
- No large bags are permitted. Track/Spike bags are fine.
- Spikes are only permitted at Conference & County Championships and State Q. Hard plastic bottoms will only be approved when they have spikes in them at the "Spike approved meets" No hard plastic bottoms until then
- Board approved coaches need to remain in designated coaching areas.
- No food or drink at all in the gym. **Water only!** (This applies to athletes, coaches and spectators)
- No parents, club coaches or spectators allowed in designated coaching areas, infield or across the track.
- We will have designated seating again. Spectators should be directed to your team area
- Teams are expected to clean up the area in which they were sitting.
- No personal chairs will be permitted in the gym. (See Kristin/Dennis for medical necessity)
- Hurdlers may warm up on the backstretch if we have coaches supervising the area

CONFERENCE CHAMPIONSHIP INFORMATION

- Upon arrival each coach must hand in a Section VIII Entry blank and 3x5 card for each athlete and relay they have entered in the meet
- Long Jump, Triple Jump and Weight Throw entries must be entered online. Detailed instructions and deadline dates will be emailed to all coaches. We will accept 15 entries in LJ and TJ and 12 in Weight Throw. Selected athletes will be posted on the website the day before the Conference Meet. This will count as one of the 3 events permitted for the athlete. Rejected athletes will be permitted to enter 3 different events but they must be designated on the official entry
- Each team is permitted 3 scorers in each individual event
- Each team is permitted 1 relay in each relay event
- Any athlete who does not have a verifiable seed will be moved to the back of field
- Please write "NO SEED" on your athlete's card if they don't have a verifiable mark.
- Conference Meets are Championship meets with 3 place medals in each event
- The Top 3 in each individual event will earn All-Conference Honors
- The winning relay team members will earn All-Conference Honors
- ¼" pyramid spikes may be worn in this meet. No hard plastic bottoms permitted
- Be aware of conflicts with events. Athletes cannot be away from a field event for more than 10 minutes. The athlete must communicate with the official
- **All seeding and section details will be shared at a later date (at least 2 weeks before first Conference Championship meet)**

ORDER OF EVENTS
3200/3000 Final on time
55 Semi (B/G)
1000 Final on time (B/G)
55 Final (B/G)
600 Final on time (B/G)
55HH Final on time (B/G)
1600/1500 Final on time
300 Final on Time (B/G)
Girls: 1500m Racewalk
4 x 800 Relay (B/G)
4 x 400 Relay (B/G)
4 x 200 Relay (B/G)
Long Jump (B/G)
Triple Jump (B/G)
Shot put (B/G)
High Jump (G/B)
Pole Vault (G/B)
Weight Throw (B/G)

COUNTY CHAMPIONSHIP INFORMATION

- Coaches must submit an online entry. **Deadlines/details to be shared**
- Each team is permitted to enter 3 athletes in each individual event
- Each team is permitted to enter 1 relay in each relay event (List up to 8 names. This does count as one event for each of the athletes listed)
- 3 place medals in each event will be awarded
- 1st and 2nd place plaques to overall team champion and runner up
- The top 3 in each individual event and the top 3 in each relay will earn All-County Honors (only the relay members who race will earn All-County)
- Scoring for the meet is 10 -8 – 6 – 4- 2 – 1 and will be automatically done online
- Only coaches may scratch an athlete from an event and must do so before the event is clerked or that athlete is out of that event and any events scheduled after that
- All LJ/TJ/SP/WT will be allowed 3 attempts. The top 7 will have an additional 3 attempts
- ¼” pyramid spikes are permitted No hard plastic bottoms permitted

ORDER OF EVENTS	ACCEPTED NUMBER OF ATHLETES
Girls 3000 Final	16
Boys 3200 Final	16
Girls 55 Semi	18

Boys 55 Semi	18
Girls 1000 Final	22
Boys 1000 Final	22
Girls 55 Final	6 (who qualified out of semis)
Boys 55 Final	6 (who qualified out of semis)
Girls 600 Final	20
Boys 600 Final	20
Boys 55HH Semi	18
Girls 55HH Semi	18
Girls 1500 Racewalk Final	16
Girls 55HH Final	6 (who qualified out of semis)
Boys 55HH Final	6 (who qualified out of semis)
Girls 1500 Final	22
Boys 1600 Final	22
Girls 300 Final	20
Boys 300 Final	20
BREAK	*Will be announced at each meet*
Girls 4 x 800 Final	12
Boys 4 x 800 Final	12
Girls 4 x 400 Final	15
Boys 4 x 400 Final	15
Girls 4 x 200 Final	15
Boys 4 x 200 Final	15
Long Jump: Boys/Girls	12
Triple Jump: Boys/Girls	12
Shotput: Boys/Girls	12
High Jump: Girls/Boys	12
Pole Vault: Girls/Boys	12
Weight Throw: Boys/Girls	12

STATE QUALIFIER INFORMATION – 2 day meet in 2026

All coaches must submit an online entry. **Deadlines/details to be shared**

- Coaches are permitted to enter an unlimited number of entries per event. However, each athlete can only be entered 3 times and must compete in all 3 events if they are not scratched prior to the clerking of the event
- 1st and 2nd place finishers in individual events will qualify for the State Championship. A 3rd place finisher may qualify if they have achieved the listed standard at any time during the season.
- The 1st place relay in each division will qualify for the State Championship. The 2nd place relay in each division may qualify if they have reached the standard as listed. **Only ONE relay team per school (per relay event) may qualify.**
- The first non-qualifier in the 300, 600, 1000, 1500/1600 will qualify for the State Meet Intersectional Relay team. This could be the 3rd or 4th place finisher.
- ¼" pyramid spikes are permitted. No hard plastic bottoms are permitted.

Order of Events	Number of Accepted Athletes	Standard for 1st non-qualifier to advance to State Championships
DAY 1	Monday, February 9th	
Boys 55HH Semi	12	
Girls 55HH Semi	12	
Boys 55 Semi	12	
Girls 55 Semi	12	
Boys 3200 Final	12	9:42.24

Girls 55HH Final	6 from semis	8.74
Boys 55HH Final	6 from semis	7.94
Boys 55 Final	6 from semis	6.74
Girls 55 Final	6 from semis	7.44
Girls 3000 Final	12	10:21.13
Boys Div 1 4 x 4 semi	15	
Boys Div 2 4 x 4 semi	15	
Girls Div 1 4 x 4 semi	15	
Girls Div 2 4 x 4 semi	15	
Boys Div 1 4 x 2 semi	15	
Boys Div 2 4 x 2 semi	15	
Girls Div 1 4 x 2 semi	15	
Girls Div 2 4 x 2 semi	15	
Shotput: Girls/Boys	10: 4 advance to final	Girls 37'7/Boys 51'0
Triple Jump: Girls/Boys	8: 4 advance to final	Girls 36'1/Boys 43'6
Pole Vault: Girls	8: 4 advance to final	10'0

STATE QUALIFIER MEET – 2 DAY MEET in 2026

Day 2	Tuesday, February 10th	
Boys 1000 Final	12	2:35.24
Girls 1000 Final	12	3:02.24
Girls 1500 Racewalk Final	12	7:28.24
Boys 300 Semi	15	
Girls 300 Semi	15	
Boys 600 Final	15	1:24.74
Girls 600 Final	15	1:38.74
Boys 1600 Final	16	4:28.74
Girls 1500 Final	16	4:49.54
Boys 300 Final	5 from semis	36.74
Girls 300 Final	5 from semis	41.94
Break	*announced night of meet*	
Boys 4 x 8 Final	12	Div 1 8:05.04/ Div 2 8:36.26
Girls 4 x 8 Final	12	Div 1 9:36.24/ Div 2 10:09.01
Boys 4 x 4 Final	5	Div 1 3:32.44/ Div 2 3:37.42
Girls 4 x 4 Final	5	Div 1 4:06.94/ Div 2 4:15.25
Boys 4 x 2 Final	5	Div 1 1:34.94/ Div 2 1:34.18
Girls 4 x 2 Final	5	Div 1 1:47.54/ Div 2 1:50.34
Weight Throw: Girls/Boys	8: 4 advance to final	Girls 43'0/Boys 56'0
Pole Vault: Boys	8: 4 advance to final	13'0
Long Jump: Girls/Boys	8: 4 advance to final	Girls 17'2/Boys 21'6
High Jump: Boys/Girls	8: 4 advance to final	Boys 6'2/Girls 5'3

Indoor Track & Field State Championship 2026 – 2 day meet in 2026!

Friday, March 6th

Start Time	Event	Number of Heats/Flights
1:00	Track Open for Warm ups	
1:45	Track Closed for Warm ups	
1:45	Opening Ceremony	
2:00	Boys 55HH Trials	5
2:15	Girls 55HH Trials	5
2:30	Boys 55 Trials	5
2:45	Girls 55 Trials	5
3:00	Boys 3200	2
3:25	Girls 55HH Final	1
3:30	Boys 55HH Final	1
3:35	Adaptive Race Final	1
3:35	Boys 55 Final	1
3:45	Girls 55 Final	1
3:50	Girls 3000	2
4:20	Boys 4 x 4 Division 1 Final	4
4:40	Boys 4 x 4 Division 2 Final	4
5:00	Girls 4 x 4 Division 1 Final	4
5:20	Girls 4 x 4 Division 2 Final	4
5:40	Boys 4 x 2 Division 1 Final	4
5:50	Boys 4 x 2 Division 2 Final	4
6:00	Girls 4 x 2 Division 1 Final	4
6:10	Girls 4 x 2 Division 2 Final	4
	Field Event Schedule	
2:00	Girls Shot put Final	3
2:00	Boys Triple Jump	3
2:00	Girls Triple Jump	3
2:00	Girls Pole Vault	2
4:30	Boys Shot put	3

Saturday, March 7th

Start Time	Event	Number of Heats/Flights
8:30	Track Open for Warm ups	

9:30	Track Closed for Warm ups	
9:30	Opening Ceremony	
10:00	Boys 1000	3
10:10	Girls 1000	3
10:20	Girls 1500 Racewalk	2
10:45	Boys 300 Trials	6
10:55	Girls 300 Trials	6
11:05	Boys 600	6
11:25	Girls 600	6
11:45	Boys 1600	3
12:05	Girls 1500	3
12:45	Boys Intersectional Relay	1
1:00	Girls Intersectional Relay	1
1:15	Boys 300 final	3
1:25	Girls 300 final	3
1:35	Boys 4 x 8 Division 1 & 2	4
2:10	Girls 4 x 8 Division 1 & 2	4
2:45	Boys 4 x 4 Federation final	2
2:55	Girls 4 x 4 Federation final	2
3:05	Boys 4 x 2 Federation final	2
3:10	Girls 4 x 2 Federation final	2
	Field Event Schedule	
9:30	Girls Weight Throw	3
10:00	Boys Pole Vault	2
10:00	Girls Long Jump	2
10:00	Boys Long Jump	2
11:00	Boys High Jump	5 Alive
11:00	Girls High Jump	5 Alive
12:30	Boys Weight Throw	3

Indoor Track & Field Invitationals

Event entries should state that the event is sponsored by your high school and enforces all NFHS, NYSPHSAA and Section VIII rules.

Your entry may not state that the meet is sanctioned by Section VIII
Section VIII League & Championship meets take precedence over outside
competitions

Meet Directors must provide results within 5 days of the conclusion of the meet

Results should include athletes' name, number, school, performance, and event.

Outdoor meets do count towards athletes required number of meets. However, you cannot use any performances from an outdoor meet for championship seeding.

All officials must be ordered through BOCES (Grace or Nick)

Newsday Track & Field coverage: Mike Anderson

2024/2025 Invitational Dates & Links

DATE	MEET	CONTACT	LINK
Friday, Dec. 5	North Shore HS Season Opener	Neal Levy	https://ny.milesplit.com/meets/711453-north-shore-hs-season-opener-2026
Saturday, Dec. 6	Herricks Winter Invite **OUTDOORS**	Joe Caruso	Email jcaruso23@hotmail.com and he will send you entry info
Saturday, Dec. 13	Nassau Coaches Invitational	Michael Ringhauser	Link will be provided when available
Tuesday, Dec. 30	North Shore HS Invitational	Neal Levy	https://ny.milesplit.com/meets/711454-north-shore-hs-invitational-2026
Friday, Feb. 13	North Shore HS Pre- National Invitational	Neal Levy	https://ny.milesplit.com/meets/711455-north-shore-hs-pre-national-invitational-2026
Saturday, Feb. 28	Long Island Elite Meet @ St. Anthony's HS	Rich Degnan	Degs will provide the link after the new year. We will share in a mass email.

Information on how to register on MileSplit for these and other invitationals can be found:

<https://support.milesplit.com/en/t/meet-registration>

CONFERENCE MEET ENTRY BLANK

School _____

Boys or Girls

Coach Name _____ Phone _____

Place an X in the appropriate boxes for your scoring athletes. There is a 3 event limit per athlete and three athletes permitted in each event per school. For relays you may list up to 6 names. **No non scorers at Conference meets.**

[illegible]

Request for Medical Waiver of NYSPHSAA – Regulation #25

To be eligible for sectional, intersectional or state competition, a team must have competed in four (4) 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 four (4) scheduled contests during the regular season. Contestants in individual sports (archery, badminton, bowling, cross country, fencing, golf, gymnastics, rifle, skiing, swimming tennis, outdoor track, indoor track and wrestling) must also have represented their school in four (4) scheduled contests during the

season to be eligible. These required contests must occur on four 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):

Date Opponent validated by Athletic Director

1. _____

2. _____

3. _____

4. _____

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. _____

2. _____

3. _____

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

P.O. Box 9195 – 71 Clinton Road

Garden City, NY 11530-9195

Fax# 997-2916 – 997-2018

Approved by the Athletic Council - 2005

SPORTSMANSHIP POLICY

The High School Athletic Council approved the new unsportsmanlike consequence regulations and increased fees for appeals. These regulations and fees are in effect as of September 30, 2024.

These consequences were discussed at the High School Athletic Association Meeting, as well as with our Superintendent's Board. The chart below outlines the new consequences for

Student-Athletes, Coaches, and Spectators as well as fees for school district appeals. Please note, we will be sharing this chart with our officials' associations, so they are in full understanding of what is expected of all parties.

In addition to the updated regulations, the fees for appeal were unanimously approved by the Superintendents Board and will be strictly enforced.

It is the responsibility of each Athletic Administrator to review and disseminate these changes with their Student-Athletes, Coaches and Spectators.

<u>Type of Offense</u>	<u>Offender</u>	<u>Consequence of First Offense</u>	<u>Consequence of Second Offense</u>	<u>Appeal Amount</u>
- - <u>Physical</u>	<u>Player</u>	Two Game Suspension	Remainder of Season Suspension	\$250 for Sportsmanship Appeal
	<u>Coach</u>	Remainder of Season Suspension		\$500 for Athletic Council Appeal
	<u>Spectator</u>	Remainder of Season Suspension		
- - <u>Verbal</u>	<u>Player</u>	Two Game Suspension	Remainder of Season Suspension	
	<u>Coach</u>	Two Game Suspension	Remainder of Season Suspension	
	<u>Spectator</u>	Three Game Suspension	Remainder of Season Suspension	
<u>**Ejection by Rule Violation</u>	<u>Player</u>	Subject to Specific Sport Rule		
<u>Ejection by Unsportsmanlike Behavior</u> <u>Pre/Post Game Behavior Will Receive</u> <u>Additional Game(s)</u>	<u>Player</u>	Two Game Suspension	Remainder of Season Suspension	
	<u>Coach</u>	Two Game Suspension	Remainder of Season Suspension	
	<u>Spectator</u>	Two Game Suspension	Remainder of Season Suspension	

<u>Leaving Bench Area</u>	<u>Player</u>	Two Game Suspension	Remainder of Season Suspension	
	<u>Coach</u>	*One Game Suspension (Two or More Players Leave)	*Pending Review by Sportsmanship Committee	
<u>*Pending review by Sportsmanship Committee</u>				
<u>**Sportsmanship Committee reserves the right to impose any additional consequences for ejections by rule violation</u>				
<u>**Football will abide by the NYS Policy; Sportsmanship Committee can still add additional consequence</u>				
<u>The Sportsmanship Committee always reserves the right to impose any additional consequences for any unsportsmanlike action</u>				

NASSAU COUNTY PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION/SECTION VIII
PROCEDURES FOR PROTESTS OF ATHLETIC EVENTS

Approved June 2017

1. The protesting coach will inform the official and the opposing coach(es) at that point in the game immediately following the situation protested.
2. The time, score, and situation will be identified in the scorebook (if applicable) or recorded, by an official or both coaches, as soon as the protest is announced to the officials and opposing coach.
3. A subsequent protest in the same contest will be required to be announced and recorded, using the same procedures described above for each specific point of protest.
4. The protesting coach is required to notify the sport coordinator within 24 hours of the contest.
5. The athletic director of the protesting school is required to file a written protest giving specific details of the situation, time and score to the Office of the Executive Director within 24 hours of the contest. The report must be accompanied by \$75 check payable to the Section VIII Athletic Council. The protest will require the signatures of the coach, athletic director and principal of the school. Copies of the protest must be sent to the sport coordinator, the protest chairperson and the opposing coach within 24 hours of the contest by the protesting school.
6. The Section VIII sport coordinator will notify the Executive Director of Section VIII who in turn will notify the game officials involved and direct that a written statement from the game officials be filed with the sport coordinator within 24 hours.
7. The sport coordinator will arrange for a meeting as soon as possible. The following should be included or be represented:
 - a. The protesting coach
 - b. The opposing coach
 - c. A rules interpreter
 - d. Sport Coordinator of that sport
 - e. Office of the Executive Director
8. Attendance of the game officials involved in the protested contest will be mandatory, unless extenuating circumstances preclude their attendance.

Protest Committee Options:

- a. To deny the protest
 - b. To uphold the protest and direct that the game be replayed from the point of protest.
 - c. To uphold the protest and direct that the game be replayed in its entirety.
 - d. To deny the protest and recommend some further action by the HSAA.
 - e. To uphold the protest and recommend some further action by the HSAA.
9. An appeal of the decision of the Protest Committee may be made. This request must be filed within 72 hours of notification of this decision to the Section VIII Appeals Committee upon submission of a \$75 fee (a second \$75 fee if original protestor)
10. In the case of a protest or an appeal that is upheld, the fee will be returned.