

## **BOYS INDOOR TRACK & FIELD CHAMPIONSHIPS**

### **SECTION III CLASS AA & A & B & CD**

**DATE:** Tuesday, February 9, 2010

**PLACE:** Manley Field House, Syracuse University

**TIME:** 6:30 pm – 10:00 pm

**EVENT RULES:** A boy may enter in any 3 events.

One entry per event per school, plus a second athlete if standard Met by **BOTH ATHLETES!!!**

One relay team per event per school.

**OFFICIALS:** Certified officials will be at key positions. Leone Timing Systems for results.

**NOTES:**

- A. All participating athletes must be bonafide, legal indoor track and field athletes.
- B. Blocks may be used in the 55 Meter and 55 Meter HH.
- C. No fly zones.
- D. National Federation rules will be enforced.
- E. Coaches are reminded to stay out of the restricted areas. Athletes are to stay out of the infield and off the track when not involved in an event. Keep the start and finish lines clear of non-officials.
- F. Any competing athlete must have competed in at least 3 meets prior to this meet.
- G. No jewelry is to be worn by any competitor during competition.
- H. School uniforms must be worn and must be a “uniform!” In relays, identical shorts and tops must be the same for each relay member.

Tuesday, February 9, 2010

ORDER OF EVENTS:

TRACK@6:30 p.m.

3200M run AA A B CD  
4 X 400 relay AA A B CD  
1000 M run AA A B CD  
55 M dash (final) AA A B CD  
600 M run AA A B CD  
1600 M run AA A B CD  
55 M HH (final) AA A B CD  
300 M dash AA A B CD  
4 X 800 relay AA A B CD  
4 X 200 relay AA A B CD

FIELD EVENTS:

Pole Vault at 6:30 p.m. AA A B CD (all combined)  
Shot Put at 6:30 p.m. AA A B CD  
Long Jump at 6:30 p.m. AA A B CD  
Triple Jump (to follow Long Jump) AA A B CD  
High Jump at 6:30 p.m. AA A B CD (all combined)

NOTE: In P.V. and H.J. – 3 attempts at each height.  
In S.P., 4 Throws  
L.J., and T.J. (3 jumps)

Classes: AA 950 up (CNS to Auburn)  
A 550 to 949 (Nottingham to Homer)  
B 325-549 (Phoenix to Adirondack)  
CD 324 down (Sauquoit Valley down)

BOYS SECTION III RECORDS (METRIC) INDOOR TRACK & FIELD

55 M HH	Chris Ingram	Fowler	1983	7.1
55 M Dash	Dion Alexander	Corcoran	1992	6.1
	Damien Rhodes	FM	2002	6.1
200 M	Tyvon Branch	CNS	2004	21.69 (banked)
	Durrell Cull	RFA	2005	22.22 (flat)
300 M	Greg Jones	Henninger	1984	34.6
	Tyvon Branch	CNS	2004	34.79 (ADT)
400 M	Mike Quercia	Marcellus	2009	49.08
500 M	Mike Quercia	Marcellus	2010	1:05.35
600 M	Lubert Lewis	RFA	1996	1:19.8
800 M	Dominic Luka	Tully	2004	1:54.05
1000 M	Alex Hatz	FM	2009	2:26.44
1500 M	Tommy Gruenwald	FM	2007	3:59.15
1600 M	Lopez Lamong	Tully	2004	4:11.94
3200 M	Tommy Gruenwald	FM	2006	9:06.27
800M Relay	S. Gordon	RFA	2005	1:29.86
	S. McDaniel			
	R. Register			
	J. Reed			
1600 M Relay	Dino Campbell	CBA	1979	3:26.3
	Brian Buck			
	Mike Egan			
	Jodi Bradley			
3200 M Relay	Dave Sikora	Liverpool	2004	7:55.29
	Ben White			
	Mike Snihur			
	Jesse Johnson			
Distance Medley (800-400-1200-1600)	Owen Kimple	FM	2006	10:20.00
	J. Johnson			
	J. Heron			
	T. Gruenwald			
Sprint Medley (400-200-200-800)	Jesse Garn	Marcellus	2009	3:33.99
	Mike Quercia			
	Kevin Daily			
	Chris Stogsdill			
6400 M Relay	Owen Kimple	FM	2006	17:27.17
	John Heron			
	Tommy Gruenwald			
	J. King			
Shot Put	Derek McGuire	IHC Watertown	2004	64'11.5"
Long Jump	Jeff Whitehead	Henninger	1984	23'6.5"
Triple Jump	Jeff Miller	M-E	1994	48'4.25"
High Jump	Andy Kahl	CNS	2008	6'11 ¼"
Pole Vault	Jeff Willis	Canastota	2009	14'6"
1600 M Walk	John Raydo	Liverpool	1978	7:05.5
25 lb. Wt. Throw	Josiah Claypool	RFA	2008	49'8 ¾"

# **BOYS INDOOR TRACK & FIELD CHAMPIONSHIPS**

## **CNYCL/OHSL**

**DATE:** Wednesday, February 17, 2010

**PLACE:** Manley Field House, Syracuse University

**TIME:** 6:30 pm – 10:00 p.m

**EVENT RULES:** A boy may enter in any 3 events.

One entry per event per school, plus a second athlete if standard Met by **BOTH ATHLETES!!!**

One relay team per event per school.

**OFFICIALS:** Certified officials will be at key positions. Leone Timing Systems for results.

**NOTES:**

A. All participating athletes must be bonafide, legal indoor track and field athletes.

B. Blocks may be used in the 55 Meter and 55 Meter HH.

C. No fly zones.

D. National Federation rules will be enforced.

E. Coaches are reminded to stay out of the restricted areas. Athletes are to stay out of the infield and off the track when not involved in an event. Keep the start and finish lines clear of nonofficials.

F. No jewelry is to be worn by any competitor during competition. Absolutely no electronic devices of any kind are allowed in areas of competition.

G. School uniforms must be worn and must be a “uniform!”. In relays, identical shorts and tops must be the same for each relay member.

\*\* All meets will be registered online with Leone Timing Systems\*\*

Wednesday, February 17, 2010

ORDER OF EVENTS:

TRACK@6:30 p.m.

3200M run  
4 X 400 relay AA A B CD  
1000 M run AA A B CD  
55 M dash (final) AA A B CD  
600 M run AA A B CD  
1600 M run AA A B CD  
55 M HH (final) AA A B CD  
300 M dash AA A B CD  
4 X 800 relay AA A B CD  
4 X 200 relay AA A B CD

FIELD EVENTS:

Pole Vault at 6:30 p.m. AA A B CD (all combined)  
Shot Put at 6:30 p.m. AA A B CD  
Long Jump at 6:30 p.m. AA A B CD  
Triple Jump (to follow Long Jump) AA A B CD  
High Jump at 6:30 p.m. AA A B CD (all combined)

NOTE: In P.V. and H.J. – 3 attempts at each height.  
In S.P. 4 Throws.  
L.J., and T.J. (3 jumps)

Divisions run as follows: (See next page)

1 <sup>st</sup>	AA1	-	Colonial National - CNYCL
2 <sup>nd</sup>	AA2	-	Colonial American – CNYCL
3 <sup>rd</sup>	A	-	Freedom
4 <sup>th</sup>	BCD	-	Liberty and Patriot - OHSL

BOYS CNYCL/OHSL RECORDS (METRIC) INDOOR TRACK & FIELD

55 M HH	Jim Sanford	Liverpool	1977	7.3
55 M Dash	Dion Alexander	Corcoran	1992	6.1
	Damien Rhodes	FM	2002	6.1
200 M	Tyvon Branch	CNS	2004	21.69 (banked)
	Durrell Cull	RFA	2005	22.22 (flat)
300 M	Tyvon Branch	CNS	2004	34.79
400 M	Mike Quercia	Marcellus	2009	49.08
500 M	Mike Quercia	Marcellus	2010	1:05.35
600 M	Lubert Lewis	RFA	1996	1:19.8
800 M	Dominic Luka	Tully	2004	1:54.05
1000 M	Alex Hatz	FM	2009	2:26.44
1500 M	Tommy Gruenwald	FM	2007	3:59.15
1600 M	Lopez Lamong	Tully	2004	4:11.94
3200 M	Tommy Gruenwald	FM	2006	9:06.27
800M Relay	S. Gordon	RFA	2005	1:29.86
	S. McDaniel			
	R. Register			
	J. Reed			
1600 M Relay	John Meyer	Liverpool	1984	3:27.1
	Ken Hall			
	Peter Tofani			
	Todd Richardson			
3200 M Relay	Dave Sikora	Liverpool	2004	7:55.29
	Ben White			
	Mike Snihur			
	Jesse Johnson			
Distance Medley (800-400-1200-1600)	Owen Kimple	FM	2006	10:20.00
	J. Johnson			
	J. Heron			
	T. Gruenwald			
Sprint Medley (400-200-200-800)	Jesse Garn	Marcellus	2009	3:33.99
	Mike Quercia			
	Kevin Daily			
	Chris Stogsdill			
6400 M Relay	Owen Kimple	FM	2006	17:27.17
	John Heron			
	Tommy Gruenwald			
	J. King			
Shot Put	J.J. Grant	Liverpool	1984	63'3.25"
Long Jump	Brian Jackson	FM	1988	22' 11"
Triple Jump	Andy Lofters	CNS	1982	47' 3.25"
High Jump	Andy Kahl	CNS	2008	6' 11 ¼"
Pole Vault	Matt Ducharme	Baldwinsville	1997	14'2"
1600 M Walk	John Raydo	Liverpool	1978	7:05.5

To All Coaches:

The CNYCL/OHSL Indoor Track and Field Championships will be contested by conference, similar to Outdoor Track and Field. There will be 4 sets of awards (ribbons, patches, banner inserts, All League certificates and Champion certificates). We, therefore, will compete in separate sections, head to head, within each conference. Four sets of scoring will be kept.

CNYCL  
Colonial National

Baldswinville  
CNS  
Henninger  
Liverpool  
Utica Proctor  
West Genesee

CNYCL  
Colonial American

Auburn  
Central Square  
Corcoran  
Fayetteville-Manlius  
Nottingham  
Oswego  
RFA

OHSL  
Freedom

Chittenango  
Cortland  
ESM  
Fowler  
Fulton  
Jamesville-DeWitt  
Mexico  
Homer

OHSL  
Liberty/Patriot

CBA  
Cazenovia  
Jordan Elbridge  
MPH  
Marcellus  
Onondaga  
Phoenix  
Pulaski  
Skaneateles  
Solvay  
Tully  
Westhill  
Homer  
APW  
Bishop Grimes

## SECTION III STATE QUALIFIER MEET – BOYS & GIRLS

**DATE:** Thursday, February 25, 2010 (All events)

**PLACE:** Manley Field House, Syracuse University

6:30 pm – 10:00 p.m

**EVENT RULES:** A boy may enter in any 3 events.

**OFFICIALS/NOTES:** Read previous information for team championships.

### ORDER OF EVENTS:

#### TRACK@6:30 p.m.

4 X 400 M Relay (F) GB  
3000 M Run (F) G  
3200 M Run (F) B  
55 M Dash (S) G  
1000 M Run (F) GB  
55 M Dash (S) B  
600 M Run (F) G B  
55 M Dash (F) G B  
1500 M Run (F) G  
55 M HH (S) B  
300 M Dash (F) G B  
1600 M Run (F) B  
55 M HH (F) B  
55 M HH (S) G  
1500 M Walk ( F) G  
55 M HH (F) G  
4 X 800 M Relay (F) G B  
4 X 200 M Relay (F) G B

#### Field Events (start@6:30pm)

Pole Vault B G  
Shot Put B G  
Long Jump G B  
Triple Jump B G  
High Jump B G

In order to qualify for State Meet: An athlete must finish 1<sup>st</sup> or 2<sup>nd</sup> (automatic). The 3<sup>rd</sup> place finisher may go if they meet the State Meet Standard.

Also, the 3<sup>rd</sup> place finisher in 300 M, 600 M, 1000 M, 1600 M automatically qualify for the intersectional Medley Relay.

(Note: If these athletes have met individual event standards, the 4<sup>th</sup> place finisher moves up to the Intersectional Medley Relay.)



NOTE:

There is some confusion regarding the number of entries & Qualifying Standards for the CNYCL, OHSL and Section III championships. The following will clear this up:

- These meets are Championship Events, NOT regular invitationals or 'all comers' meets
- We have 3 1/2 hours in which to conduct these meets
- There are 4 Divisions in the CNYCL/OHSL Championship and 4 Divisions in the Section III Championship
- Each school may enter at least one athlete per event and a second athlete if BOTH athletes meet standard.
- In no way, shape or form will a coach enter secondary athlete as their automatic entry and enter their primary athlete as second entry. This defeats the purpose of a championship meet and could lengthen the meet past the time limit of 3 1/2 hours.

Oscar Jensen, Chairperson  
Section III Indoor Track and Field Committee

## **Section III Boys Indoor Track and Field Championship Meet Standards 2010**

	CNYCL	OHSL	AA	A	B	C/D	State Quals
<b>55HH</b>	9.34	9.94	9.14	9.54	9.84	10.24	8.84
<b>55 Dash</b>	7.14	7.34	6.94	7.24	7.34	7.44	6.84
<b>300m</b>	39.94	41.24	38.84	41.24	41.94	42.24	38.24
<b>600m</b>	1:30.94	1:39.94	1:29.54	1:32.74	1:34.24	1:36.24	1:28.74
<b>1000m</b>	2:49.74	2:55.24	2:48.24	2:53.94	2:55.94	2:59.94	2:38.74
<b>1600m</b>	4:59.24	5:05.24	4:47.54	4:53.24	4:58.24	4:59.94	4:40.24
<b>3200m</b>	10:59.24	11:20.24	10:42.24	10:52.24	10:59.94	11:11.24	10:15.24
<b>Shot Put</b>	40-0	36-0	42-0	36-0	35-0	34-0	44-6
<b>Pole Vault</b>	9-6	9-0	10-0	9-0	8-0	8-0	11-0
<b>High Jump</b>	5-4	5-4	5-4	5-2	5-2	5-2	5-10
<b>Long Jump</b>	18-0	17-0	19-0	18-0	17-6	17-0	20-6
<b>Triple Jump</b>	38-6	38-0	38-6	38-0	37-6	37-6	41-0
<b>4 x 200</b>							1:38.24
<b>4 x 400</b>							3:38.74
<b>4 x 800</b>							8:30.24

\*\*\*Keep in mind- the qualifying standards for League and Sectional Championship Meets are for a second athlete to compete in the listed event. Each team is allowed one athlete in every event. In order to have a second athlete compete in an event, **both athletes** must have met the standard listed.

- The standards for State Qualifiers must be met for any athlete to participate. They are not for a second competitor from a given school.

- For relays at Sectional and League Championship Meets, all teams are allowed one entry, no qualifying standard