

SECTION III BOYS TRACK & FIELD CLASS MEETS 2016

CLASS AA(Co-ed) Wed May 25 Meet Director: Oscar Jensen	At Cicero NS HS	SCRATCH BY 3:15 Site Director: Greg Broton	START at 4:00
CLASS A-1, A-2 Fri May 27 Meet Director: Adam Litwak	At Camden HS	SCRATCH BY 3:15 Site Director: Aaron Fiorini	START at 4:00
CLASS B-1(Co-ed) Thu May 26 Meet Director: Matt Shutts	At Westhill HS	SCRATCH BY 3:15 Site Director:	START at 4:00
CLASS B-2(Co-ed) Thu May 26 Meet Director: Norm Deep	At Clinton CS	SCRATCH BY 3:15 Site Director: Norm Deep	START at 4:00
CLASS C-1(Co-ed) Wed May 25 Meet Director: Jack Bernard	At Sauquoit CS	SCRATCH BY 3:15 Site Director: Doug Jones	START at 4:00
CLASS C-2(Co-ed) Fri May 27 Meet Director: Matt Randall	At Beaver River CS	SCRATCH BY 3:15 Site Director: Wanda Joslin	START at 4:00
CLASS D (Co-ed) Tue May 24 Meet Director: Mike Keating	At Remsen CS	SCRATCH BY 3:15 Site Director: Fay Harper	START at 4:00

1. A contestant may enter any four events including relays that he has qualified for. There is no limit to the number of competitors per school in an event, provided they have met the qualification standards. NOTE: IF AN ATHLETE SCRATCHES FROM ANY PORTION OF THE MEET, HE IS OUT OF FURTHER COMPETITION.
2. All meets will enter on-line. Entry deadline will be at 8:00 PM two days before competition. No exceptions. Meet committee has right to correct seed times.
3. One responsible adult is needed to be assigned to work at meet from each school.
4. Entry will be done by Leone Timing Service online thru Online Entries.com process for CLASS AA, A, B-1, B-2, C-1, C-2, and D
5. The 3000 Steeplechase Class C and D competition will be held on Monday May 23 at 5:30 at Rome Free Academy. Entry will be by 3 x 5 card on site that day.
6. Psych sheets will be available 24 hours before the meet at the Leone Timing web-site. From that point only scratches will be allowed.
7. Any athlete may only be entered up to four times including relays, even as alternates.

SECTION III STATE QUALIFIER - FRIDAY JUNE 3, 2016

AT CICERO NORTH SYRACUSE STADIUM START AT 4:00 pm

MEET DIRECTOR: TOM WELLS (315-733-1698)

ASS'T MEET DIRECTOR: NORM DEEP (315-841-4747)

ELIGIBILITY: Qualification for this meet will include FIRST PLACE FINISHERS IN ALL 8 CLASS MEETS INCLUDING RELAYS plus any boy who has met the listed qualifying standard in a multi-school meet. Relay entries are the same and may be aggregate times for seeding. Meet committee has right to correct seed times. Athletes will be entered and an accurate seed time will be assigned based on class meet performance. If previous seed times are to be used, then Invitational or League meet results should be forwarded to Tom Wells as proof. Please send paper copies of these meets. Other athletes may be petitioned into the meet by approval of Class chairman or Sectional Chairman. This must be done prior to entering meet online. Athletes may enter up to 4 events except if one is the pentathlon. PENTATHLON WILL BE LIMITED TO TOP 4 ENTRIES IN EACH DIVISION. PENTATHLON ENTRY MUST BE APPROVED BY SECTIONAL CHAIRMAN BY E-MAILING ENTRY WITH POINT TOTALS BY WEDNESDAY AT NOON JUNE 1 TO TOM WELLS PHONE 733-1698 E-MAIL ----- swim09@roadrunner.com

REGISTRATION: ALL ENTRIES WILL BE DONE ONLINE THROUGH LEONE TIMING SERVICES. All entries must be received by 8:00 PM on .

!!!!!!! NOTE TO ALL !!!!!!! ALL ATHLETES AND RELAYS MUST BE ENTERED ONLINE. ON WEDNESDAY JUNE 1. ATHLETES MUST BE POSITIVELY CHECKED ON AT THE STADIUM IN PERSON OR BY CALLING PAT LEONE'S CELL PHONE BY 2:00 pm. NO EXCEPTIONS. PAT LEONE CELL PHONE # 315-420-4921

MEET PROCESS: There will be 3 trial attempts and 3 Final attempts for Shot Put, Discus, Long Jump, and Triple Jump. In these events the top 5 in each division will compete in the finals. In all races, there will be separate Division 1 and Division 2 competition. Make-up of these events will be decided based on number of entries.

INTERSECTIONAL MEET QUALIFIERS: The winner in division 1 and 2 will advance plus a wild card finisher in each division if meeting qualifying time or distance.

DIV 1-DIV 2: Division 1 statewide will be those schools at 600 students and above and division 2 will be for those at 599 students and below

COACH INFORMATION: During and after the State Qualifier, coaches are to register their athletes for the State Meet. The order of events at the State Meet must be considered when entering the meet. Coaches are encouraged to enter up to six athletes into the State Qualifier for relays as these may be needed for advancement. Any adjustments into the State Meet must be approved by the Sectional committee. **FOR STATE MEET, ONE MAY QUALIFY IN MULTI-SCHOOL MEET BACK TO LAST WEEKEND IN APRIL. MULTI-SCHOOL MEET IS ONE WHERE THERE ARE 5 SCHOOLS OR MORE COMPETING**

STATE MEET: Coaches should know that this is a two day meet. 2016 Meet will be held at CNS High School on June 10-11. Athletes are required to compete until conclusion. Any scratches will mean disqualification from the meet. Federation medals will be awarded to top eight finishers in all events based on overall competition. NYSPHSAA awards may include results from trials or semis.

**SECTION III TRACK ORDER OF EVENTS FOR CLASS MEETS
DIVISION 1 THEN DIVISION 2**

PENT 110 HURDLES

110 HURDLES – SEMIS

100 METERS – SEMIS

4 x 800 RELAY

110 HURDLES – FINALS

100 METERS – FINALS

1600 METERS

4 x 100 RELAY

400 METERS

Optional Break

400 HURDLES

800 METERS

200 METERS

3200 METERS

4 X 400 RELAY

3000 STEEPLECHASE

POLE VAULT

PENT HIGH JUMP

HIGH JUMP

LONG JUMP then TRIPLE JUMP

SHOT PUT then DISCUS

PENTATHLON ORDER

110 Hurdles

High Jump

Shot Put

Long Jump

1500 Meters—Fit in where best

BOYS TRACK CLASS MEET RECOMMENDED TIMES

	AA-F.A.T	A	B	C
100	11.74	12.2	12.3	12.4
200	23.94	25.0	25.0	25.5
400	54.94	55.5	57.0	58.0
800	2:06.54	2:10.0	2:15.0	2:18.0
1600	4:42.54	5:05.0	5:05.0	5:10.0
3200	10:25.54	11:00.0	11:10.0	11:30.0
STEEP	11:15.54	11:45.0	12:15.0	12:15.0
PENT	ONE	ONE	ONE	ONE
110 HH	17.24	17.7	18.0	19.5
400 IH	1:02.54	1:05.0	1:05.0	1:09.0
SHOT PUT	42'	38'	37'	36'
DISCUS	125'	108'	104'	100'
POLE VAULT	10'6"	10'	10'	9'
HIGH JUMP	5'8"	5'6"	5'2"	5'
LONG JUMP	19'	18'	17'6"	17'
TRIPLE JUMP	39'6"	37'6"	37'	35'
400 RELAY	TEAM	TEAM	TEAM	TEAM
1600 RELAY	TEAM	TEAM	TEAM	TEAM
3200 RELAY	TEAM	TEAM	TEAM	TEAM

CLASS B-C FOR STEEPLECHASE MAY USE 3200 TIME

BOYS TRACK QUALIFYING TIMES CLASS D ONLY

These are hard qualifying times

100	12.5
200	26.0
400	1:00.0
800	2:29.0
1600	5:35.0
3200	12:00.0
STEEP	12:15.0
PENT	ONE
110 HH	20.0
400 IH	1:12.0
SHOT PUT	35'
DISCUS	98'
POLE VAULT	7'
HIGH JUMP	5'
LONG JUMP	17'
TRIPLE JUMP	34'
400 RELAY	TEAM
1600 RELAY	TEAM
3200 RELAY	TEAM

FOR STEEPLECHASE—MAY USE 3200 TIME

BOYS TRACK QUALIFYING TIMES 2016

	STATE	STATE	QUALIFIER	QUALIFIER
	DIV 1	DIV 2	DIV 1	DIV 2
100	11.14	11.34	11.2	11.3
200	22.34	22.84	22.7	23.3
400	49.34	50.54	51.0	52.2
800	1:54.54	1:56.74	1:59.0	2:01.0
1600	4:17.44	4:21.54	4:28.0	4:30.0
3200	9:22.14	9:33.64	9:40.0	9:46.0
STEEP	9:37.54	9:50.44	10:15.0	10:35.0
PENT	3080pts	3056pts	2800pts	2600pts
110 HH	14.94	15.24	15.7	16.0
400 IH	55.74	57.24	58.0	59.0
SHOT PUT	52'0.75"	48'10.25"	47'	45'
DISCUS	151'8"	143'7"	140'	135'
POLE VAULT	13'9.75"	13'0.25"	13'	12'
HIGH JUMP	6'2"	6'2.5"	6'2	6'
LONG JUMP	22'0.5"	21'2.75	21'	20'
TRIPLE JUMP	45'7.75"	44'1.25"	43'	42'
400 RELAY	43.14	44.24	44.8	46.0
1600 RELAY	3:21.64	3:28.34	3:30.0	3:33.0
3200 RELAY	7:52.94	8:07.44	8:15.0	8:20.0

2016 STATE QUALIFIER ORDER OF EVENTS (4:00 Start)

B-PENT 110 HURDLES

FIRST ROUND

G-PENT 100 HURDLES

B-4 X 800 RELAY

G-SHOT PUT(Div 1,2---2 circles)

G-4 X 800 RELAY

B-DISCUS (Div 1,2)

B-4 X 100 RELAY

B-POLE VAULT

G-4 X 100 RELAY

G-LONG JUMP

B-4 X 400 RELAY

B-LONG JUMP

G-4 X 400 RELAY

B-3000 STEEPLECHASE

G-2000 STEEPLECHASE

LJ-TJ RUNWAYS

G-100HH SEMIS

B-110H SEMIS

SECOND ROUND

Bd#1---Fence

B-100 SEMIS

Girls-Div 1 LJ

G-100 SEMIS

B-SHOT PUT(Div 1,2--#1 circle)

Girls-Div 2 LJ

B-1600

G-DISCUS (Div 1,2)

Girls-Div 1 TJ

G-1500

G-POLE VAULT

Girls-Div 2 TJ

B-110HH FINAL

G-HIGH JUMP(School)

Girls-Pent LJ

G-100 H FINAL

B-HIGH JUMP(Scoreboard)

B-100 FINAL

B-TRIPLE JUMP

Bd#2--Track

G-100 FINAL

G-TRIPLE JUMP

Boys-Div 1 LJ

B-400

Boys-Div 2 LJ

G-400

Boys-Div 1 TJ

B-800

PENTATHLON

Boys-Div 2 TJ

G-800

B-110H

Boys-Pent LJ

B-200 SEMIS

G-100H

B-400 IH

B-HJ-(Scoreboard)

G-400 IH

G-HJ-(School)

B-3200

G-SP (#2 circle)

G-3000

B-SP (#2circle)

B-200 FINAL

G-LJ

G-200 FINAL

B-LJ

G-800 PENT

G-800

B-1500 PENT

B-1500