



2016
SECTION 3
GIRLS
TRACK
INFORMATION
PACKET

2016 CLASS MEET SITE INFORMATION

AA (Co-Ed) May 25th Wednesday @ CNS 4:00 Start,

(Co-Ed) Tim Bednarski, AD & Pete Moore, site directors AD (w) 218-4115
Brett Couchman- meet director © 368-5117 (s) 334-7206
Rome Free Academy bcouchman@romecsd.org
Rome, NY

A1-A2 May 24th Tuesday @ Chittenango 4:30 Start, Harold Muller, site director, 637-9870

(Girls) Jim Lawton – meet director ©679-0559 jlawton1@twcny.rr.com
8 Gazebo Path
Fayetteville, NY 13066

B1 (Co-Ed) May 26th Thursday @ Westhill, 4:00 Start,

(Co-Ed) Jennie Smarrelli, AD & Dan Reid Site Directors... AD (w) 426-3020 Dan © 345-6545
Julie Storms, Meet Director © 315-486-4726 jul@twcny.rr.com
10546 Wright St Rd, Adams, NY 13605

B2 (Co-Ed) May 26th Thursday @ Clinton, 3:30 Start, Norm Deep, Site director © 271-0061

(Co-Ed) Richard Mathy, Meet Director © 607-725-1324 RMathy@adironackcsd.org
Adirondack Central School
8181 State Rt 294, Boonville NY 13309

C1 (Co-Ed) May 25th Wednesday @ Sauquoit, 4:00 Start, Doug Jones, AD Site Director 839-6336

(Co-Ed) Michelle Rauber, Meet Director © 607-749-5959 mrauber@tully.k12.ny.us
Tully Elementary, Tully NY 13416

C2 (Co-Ed) May 27th Friday @ Beaver River, 2:00 Start,

(Co-Ed) Wanda Joslin, AD, site director (315) 346-1211 *525© (315) 269-9633
Alex Barrett, Meet Director (s) 346-1211 ext 521, (h) (315) 376-4537, © (315) 608-0119
Beaver River Central, 9508 Artz Rd, Beaver Falls, NY 13305

D (Co-Ed) May 24th Tuesday @ Remsen, 3:30 Start, Dale Dening, AD Site Director 831-3797

(Co-Ed) Fay Harper – meet director © 315-525-0915 fharp@remsenscd.org
Remsen Central School (s) 315-831-3797 Ext 223
Davis Drive
Remsen, NY 13438

C & D Steeplechase Only: Monday, MAY 23rd @ ROME, 5:00 Start

Event Director - Fay Harper 5:00 Boys followed by Girls

Section III Chairperson – Julie Storms, © 315-486-4726 (h) 315-232-4422 jul@twcny.rr.com
Ass't Chair – Brett Couchman, Rome Free Academy © 315-368-5117 bcouchman@romecsd.org

2015-16 SECTION 3 CLASSIFICATION ENROLLMENTS – Adjusted for Girls’ Spring Track Season

SCHOOL	ENROLLMENT	
Cicero-North Syracuse	2091	DIVISION 1 (600 - ↑)
Utica/Proctor	1909	
Liverpool	1697	
Baldwinsville	1434	
Henninger	1329	
West Genesee	1195	AA
Rome Free Academy	1142	
Corcoran	1118	
Fayetteville-Manlius	1098	
Nottingham	1016	
Central Square	950	
Auburn	934	

AA (910 - ↑)

SCHOOL	ENROLLMENT	
Pulaski	273	DIVISION 2 (↓ - 600)
Port Byron	265	
Little Falls	262	
Frankfort-Schuyler	262	
Herkimer	259	
Tully	243	C-1
Sauquoit Valley	240	
Mt. Markham	233	
South Lewis	226	
Westmoreland	221	
Cato-Meridian	221	

Oswego	878	
Fulton	851	
Watertown	806	
East Syracuse Minoa	766	
Whitesboro	745	
Jamesville-DeWitt	735	A-1
Carthage	723	
Indian River	707	
Fowler	692	
New Hartford	620	DIVISION 1 (600 - ↑)

DIVISION 1 (600 - ↑)

Cooperstown	217	
Dolgeville	214	
Weedsport	207	
Onondaga	202	
Syracuse Academy of Sci	199	
Fabius-Pompey	189	
Beaver River	185	
Sandy Creek	183	
Waterville	178	C-2
Bishop Grimes	175	

C (170-279)

Cortland	564	DIVISION 2 (600 - ↓)
Oneida	536	
Mexico	532	
Homer	518	
Central Valley Academy	505	A-2
Camden	503	
Chittenango	492	
VVS	487	
Phoenix	481	A - (480 - 909)

A - (480 - 909)

Manlius-Pebble Hill	161	
West Canada	155	
Morrisville-Eaton	148	
Oriskany	143	
Poland	139	
Immaculate Heart	137	
Alexandria	130	
Sackets Harbor	126	
New York Mills	123	
Lafargeville	120	
Cincinnatus	120	
Hamilton	115	
McGraw	113	D
Madison	111	
Remsen	106	
Stockbridge Valley	102	
Copenhagen	98	
Belleville Henderson	97	
DeRuyter	96	
Town of Webb	81	
Faith Heritage	79	
Utica Academy of Sci	78	
Lyme	77	
Otselic Valley	72	
Tyburn Academy	59	
Blessed Virgin Mary	58	
Brookfield	49	
Living Word	47	
Owen D Young	45	

D (0 - 169)

Canastota	328	
Hannibal	323	
Jordan-Elbridge	322	
Sherburne-Earlville	320	B - 2
APW	316	
Lowville	315	
Clinton	296	
Adirondack	292	B (280-479)

B (280-479)

Section III Girls Track Leagues and Schools

Center State Conference

Division I- Freddie Sarus

Adirondack
Dolgeville
Herkimer
Holland Patent
Clinton
Little Falls
West Canada

Tri-Valley – Jeremy West

Camden
Whitesboro
New Hartford
Oneida
Rome Free Academy
Utica Proctor
Central Valley
VVS

CNYCL National- Jim Vermeulen

Baldwinsville
Cicero-N Syracuse
Henninger
Liverpool
West Genesee

Center State Conference

Division II- Connie Herzig

Canastota
Cooperstown
Mt Markham
Sauquoit
Sherburne-Earlville
Waterville
Frankfort-Schuyler
Westmoreland

Frontier – Alex Barrett

Beaver River
Carthage
Indian River
Lowville
Sandy Creek
South Jefferson
South Lewis
Watertown

CNYCL American – Jim McCaul

Auburn
Central Square
Corcoran
Nottingham
FM

Center State Conference

Division III- Fay Harper

Hamilton
New York Mills
Old Forge
Oppenheim-Ephratah
Oriskany
Owen D. Young
Poland
Remsen
Morrisville-Eaton

OHSL-Dan Reid

OHSL Freedom –Jim Lawton

Oswego
Cortland
East Syracuse Minoa
Fowler
Fulton
Jamesville-Dewitt
Mexico
Homer
Chittenango
Central Square
Phoenix

OHSL Liberty –Rob Tuttle

Cazenovia
Marcellus
Hannibal
Institute of Techno
Jordan-Elbridge
CBA
Skaneateles
Solvay
APW
Westhill-Bishop Ludden

Patriot American-C/D –Ken Fuller

Fabius-Pompey
Faith Heritage
Manlius Pebble Hill
Onondaga
Tully
LaFayette

Patriot National- C/D – Michelle Rauber

Bishop Grimes
Cato-Meridian
Pulaski
Port Byron
Syracuse Academy of Science
Weedsport

Central Counties

Madison McGraw
Brookfield Otselic Valley
Cincinnatus Stockbridge Valley
DeRuyter

Independents

Living Word
Blessed Virgin Mary

CLASS MEET INFORMATION

See the 2015-16 classification enrollment sheet and the Class Meet Site Information Sheet!!

To Enter Class Meets

Send the Commitment Form (see attached) to the MEET DIRECTOR OF YOUR CLASS MEET, BEFORE MAY 1ST. In return you will receive an information letter particular to your meet from that meet director.

Entries

Each school may enter any number of athletes that have met the qualifying standard for each event, one (1) relay team for each relay event and two (2) pentathletes. Each athlete must meet the qualifying times, heights, and distances, and have competed in “6” competitions prior to their class meet (a maximum of 16 competitions). Class C will be able to enter one automatic entry per event. In class C, if entering more than one athlete in an event, all entries must have met the qualifying standards. See 2016 STANDARDS.

HOW TO ENTER: On line via ny.milesplit.com

Seeding

Seeding is done the day of the meet, once all entries are entered on line and any scratches are done before the coaches' meeting.

The Scratch rule is IN EFFECT at the class meets.

Officials

Several hired, rated officials SUPPORTED by competent ADULTS from each school competing. Each school should make arrangements PRIOR to the meets, as to whom the supporting adult is. If no adult shows on the meet day, the coach will have to cover that assignment.

Rules

Federation rules govern girls' track in New York State, with the exception of the jewelry rule. Refer to the 2016 edition of the National Federation Track and Field Rule Book for boys and girls.

Awards

Section III banner (or banner line) to first place team of each class. (Need to request from Section III office).

Section III Patches for each girl on winning team and 1st place in each event.

Certificates will be presented for place finishers (1 - 6).

Team points for places 1 - 6.

Steeplechase will be held during the class meet if the facilities have the capability. If this is **NOT** the case, a separate meet will be held at a designated site. Scores for steeplechase event will be added to class meet totals. **For the 2016 Season**, Classes C&D will run the Steeplechase on May 23rd @ Rome. Boys race first @ 5 PM- Girls immediately following. Meet director – Fay Harper, with entries due by 4:30 on 3x5 cards.

EMAIL TO YOUR MEET DIRECTOR!!!!

2016 SCHOOL COMMITMENT FORM

SCHOOL NAME _____

CLASS _____

SCHOOL ADDRESS _____

SCHOOL PHONE _____

SCHOOL EMAIL _____

COACH'S NAME _____

CELL PHONE _____

HOME ADDRESS _____

HOME PHONE _____

HOME EMAIL _____

***** THIS FORM MUST BE EMAILED TO THE CLASS MEET DIRECTOR BY MAY 1ST 2016 *****

Please send this form to the **meet director** for your appropriate meet — not the site host.

2016 CLASS MEET ORDER OF EVENTS

TRACK

100 m HH Pent
4 x 800 Relay
100m HH Timed Final
100m Timed Final
1500m
4x100m Relay Final
400m
400m LH
800
200m Final
3000m
4 x 400m Relay
Pentathlon 800, 1500 (or inserted)
Steeplechase

PENTATHLON

High jump
Shot put
Long jump

FIELD

High Jump
Pole Vault

Long Jump 4 attempts, no finals, **Flights**
Triple Jump 4 attempts, no finals, **Flights**

Shot & Discus: **Flights**

See Your Class Meet Director's Info Memo
After May 1 for Specifics

STATE QUALIFIER CO-ED MEET INFORMATION

Section III State Qualifier Meet –Friday, June 3 @ CNS, 4:00 Start

ELIGIBILITY

The sectional class champions automatically advance to the State Qualifier meet. Any other qualifiers must meet the Division 1 or Division 2 standards listed on the standards sheet in this packet. All qualifying athletes must meet the 2016 qualifying standards (see attachment) in a *multi-school (5+) meet*. Coaches may petition an athlete's entry into the Pentathlon thru their league rep, by presenting verifiable times and marks for each event from meets of five (5) or more schools. Please list the athlete, event, mark and meet the performances were accomplished in, as well as Pentathlon point values and present it to your league rep prior to the June 1st seeding meeting.

ENTERING PROCEDURE

There will be a **CLOSED** seeding meeting Wednesday, June 1, 8:30 am. Only section chair(s), Class meet directors, league chairs, State Qualifier meet director and a representative from Leone timing will be present. All entries will be reviewed during this meeting

Any athlete who meets the State Qualifier standards may be entered. **The standards must be met at a 5 or more school meet.** If your athlete had a qualifying standard outside of Section 3, coaches need to email their league rep. prior to the June 1st seeding meeting.

Coaches must enter their athlete(s) and relay teams who have met these standards on line @ leonetiming.com. **Deadline for entries will be @ 8 PM on Tuesday, May 31. The athlete's accomplishment must be able to be confirmed by the Section chairperson.

Athletes that are class champions need to be entered on line also. The Class Meet directors will bring meet results to the meeting on June 1 for verification.

SCRATCHING AN ATHLETE

If you will be scratching an athlete, please call on your way to the meet to Brett Couchman, 315-368-5117. Remember **the scratch rule will NOT be in effect at the State Qualifier meet;** however, coaches must notify officials ASAP for seeding of future events.

FIELD EVENT INFO:

Long, Triple, Shot, Discus: 3 Attempts, 4 to Finals
Starting Height High Jump: 4' 8", up by 2" until 5' (COMBINED Division 1 & 2)
Starting Height Pole Vault: 8', 9', then up by 3" (COMBINED Division 1 & 2)
Pent High: Group Decides Starting Height, up by 5 cm (COMBINED Division 1 & 2)

SITE QUESTIONS: call **Pete Moore, Coach, or Tim Bednarski, AD, 218-4114**

CNS will supply starting blocks. If you are bringing your own blocks, they must have ¼" spikes or less.

STATE MEET: Coaches need to know that this is a two day meet @ CNS, June 10 and 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. **The Scratch Rule WILL be in effect at the STATE MEET.**

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

B-PENT 110 HURDLES

G-PENT 100 HURDLES

B-4 X 800 RELAY

G-4 X 800 RELAY

B-4 X 100 RELAY

G-4 X 100 RELAY

B-4 X 400 RELAY

G-4 X 400 RELAY

B-3000 STEEPLECHASE

G-2000 STEEPLECHASE

G-100HH SEMIS

B-110H SEMIS

B-100 SEMIS

G-100 SEMIS

B-1600

G-1500

B-110HH FINAL

G-100 H FINAL

B-100 FINAL

G-100 FINAL

B-400

G-400

B-800

G-800

B-200 SEMIS

B-400 IH

G-400 IH

B-3200

G-3000

B-200 FINAL

G-200 FINAL

G-800 PENT

B-1500 PENT

FIRST ROUND

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

B-DISCUS (Div 1,2)

B-POLE VAULT

G-LONG JUMP

B-LONG JUMP

LJ-TJ RUNWAYS

SECOND ROUND

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

G-DISCUS (Div 1,2)

G-POLE VAULT

G-HIGH JUMP(School)

B-HIGH JUMP(Scoreboard)

B-TRIPLE JUMP

G-TRIPLE JUMP

Bd#1---Fence

Girls-Div 1 LJ

Girls-Div 2 LJ

Girls-Div 1 TJ

Girls-Div 2 TJ

Girls-Pent LJ

Bd#2--Track

Boys-Div 1 LJ

Boys-Div 2 LJ

Boys-Div 1 TJ

Boys-Div 2 TJ

Boys-Pent LJ

PENTATHLON

B-110H

G-100H

B-HJ-(Scoreboard)

G-HJ-(School)

G-SP (#2 circle)

B-SP (#2circle)

G-LJ

B-LJ

G-800

B-1500

2016 SECTION 3 QUALIFYING STANDARDS

TRACK @ CLASS MEET	AA	A	B	C*	D
100	13.5	13.6	13.7	13.8	14.0
200	28.2	28.5	29.0	29.5	29.5
400	65.0	66.0	67.0	67.5	70.0
800	2:32	2:35	2:37	2:43	2:45
1500	5:24	5:30	5:35	5:43	6:00
3000	11:50	12:10	12:15	12:25	13:15
4X100	55.5	55.5	55.6	57.0	60.0
4X400	4:35	4:35	4:39	4:43	5:00
4X800	11:10	11:10	11:20	11:30	13:00
100 HH	17.8	18.0	18.2	18.5	20.0
400 LH	74.0	74.0	75.0	77.0	85.0
PENT	OPEN	OPEN	OPEN	OPEN	OPEN
**STEEPLE CHASE	8:45	9:00	9:15	9:30	10:15

TRACK @ OPEN QUALIFIER MEET	DIV 1	DIV 2	FAT DIV 1 / DIV 2
100	13.0	13.2	13.24 / 13.44
200	27.0	27.5	27.24 / 27.74
400	62.5	63.0	62.74 / 63.24
800	2:24.0	2:26.0	2:24.24 / 2:26.24
1500	5:05.0	5:10.0	5:05.24 / 5:10.24
3000	11:00.0	11:20.0	11:00.24 / 11:20.24
4 x 100	53.0	53.5	53.24 / 53.74
4 x 400	4:15.0	4:20.0	4:15.24 / 4:20.24
4 x 800	10:15.0	10:25.0	10:15.24 / 10:25.24
100 HH	17.0	17.3	17.24 / 17.54
400 LH	70.0	71.0	70.24 / 71.24
PENTATHLON	2300 pts	2150 pts	
STEEPLE CHASE	7:50.0	8:05.0	7:50.24 / 8:05.24

*Class C1/C2-One automatic entry per event. Qualifying standard must be met for both athletes to compete.

**Steeplechase - If athlete has met standard for 1500m or 3000m, they are eligible for steeplechase@ Classes.

COACHES need to make sure athletes are properly trained!!!

FIELD @ CLASS MEET	AA	A	B	C	D	@ OPENS: DIV 1 / DIV 2
LONG	15'3"	15'0"	14'6"	14'4"	13' 6"	16' / 15'6
TRIPLE	32'0	31'6"	30'9"	30'0"	28' 0	34' / 33'
SHOT	30'0	29'0"	28'0"	27'0"	24'	33' / 32'
DISCUS	85'0	80'0"	75'0"	75'0"	70' 0	95' / 90'
HIGH	4'10	4'8"	4'6"	4'6"	4' 2	5'2 / 5'0
POLE	7' 6	7'6"	7'6"	7'0"	6' 0	9' / 9'

NYSPHSAA/FEDERATION BOYS & GIRLS SPRING TRACK
APPROVED STANDARDS FOR THE SECOND QUALIFIER FOR
THE 2016 SEASON

EACH SECTION MUST DESIGNATE THEIR STATE QUALIFIER MEET.

FIRST PLACE FINISHER IN EACH INDIVIDUAL EVENT AND RELAY FROM THE FOLLOWING DIVISIONS WILL ADVANCE TO THE STATE MEET: ***DIVISION I AND DIVISION II.***

A SECTION MAY SEND ANOTHER ATHLETE OR RELAY TEAM IN ANY EVENT PROVIDING THEY MEET THE FOLLOWING STANDARDS. A SECTION CAN SEND ONE ADDITIONAL ENTRY FOR EACH EVENT IN EACH DIVISION, PROVIDING THEY BOTH MEET THE STANDARD LISTED BELOW. ***THE STANDARD MUST BE MET AT ANY INVITATIONAL OR CHAMPIONSHIP MEET STARTING THE LAST WEEKEND IN APRIL.*** ANY ADDITIONAL QUALIFIER MUST COMPETE IN THE STATE QUALS MEET IN THAT EVENT!! ***SEED TIMES MAY COME FROM ANY OF THESE MEETS STARTING THE LAST WEEKEND IN APRIL, INCLUDING THURSDAY 4/28/16.***

<u>EVENT</u>	<u>BOYS D1</u>	<u>BOYS D2</u>	<u>GIRLS D1</u>	<u>GIRLS D2</u>
100M DASH	10.9 / 11.14	11.1 / 11.34	12.3 / 12.54	12.6 / 12.84
200M DASH	22.1 / 22.34	22.6 / 22.84	25.3 / 25.54	25.7 / 25.94
400M DASH	49.1 / 49.34	50.3 / 50.54	57.4 / 57.64	58.2 / 58.44
	1:54.3/	1:56.5 /	2:15.5 /	2:15.9 /
800M RUN	1:54.54	1:56.74	2:15.74	2:16.14
	4:17.2/	4:21.3 /	4:38.8 /	4:46.8 /
1600/1500M RUN	4:17.44	4:21.54	4:39.04	4:47.04
	9:21.9/	9:33.4 /	10:03.8/	10:26.0/
3200/3000M RUN	9:22.14	9:33.64	10:04.04	10:26.24
	9:37.3/	9:50.2 /	7:03.7 /	7:24.0 /
STEEPLECHASE	9:37.54	9:50.44	7:03.94	7:24.24
HIGH HURDLES	14.7 / 14.94	15.0 / 15.24	15.3 / 15.54	15.9 / 16.14
400M HURDLES	55.5 / 55.74	57.0 / 57.24	63.8 / 64.04	66.3/ 66.54
LONG JUMP	22' 00.5"	21' 02.75"	17' 06.25"	17' 00"
TRIPLE JUMP	45' 07.75"	44' 01.25"	36' 10.25"	36' 04.25"
SHOT PUT	52' 00.75"	48' 10.25"	39' 01.75"	35' 10.75"
DISCUS	151' 08"	143' 07"	116' 02"	108' 00"
HIGH JUMP	6' 02"	6' 02.5"	5' 03"	5' 01"
POLE VAULT	13' 09.75"	13' 00.25"	10' 10"	9' 09.25"
PENTATHLON	3080 PTS.	3056 PTS.	2808 PTS.	2654 PTS.
400M RELAY	42.9 / 43.14	44.0 / 44.24	49.0 / 49.24	50.4 / 50.64
	3:21.4/	3:28.1 /	3:56.9/	4:03.9/
1600M RELAY	3:21.64	3:28.34	3:57.14	4:04.14
	7:52.7/	8:07.2 /	9:18.3 /	9:34.1 /
3200M RELAY	7:52.94	8:07.44	9:18.54	9:34.34

(FIRST TIME LISTED IN EACH COLUMN IS HAND TIMED, SECOND TIME LISTED IS FULLY AUTOMATIC TIMING STANDARD HYTEK CONVERSION OF .24 WAS USED FOR ALL RUNNING EVENTS.)

THESE STANDARDS REPRESENT THE AVERAGE OF 6TH PLACE IN THE FINALS FROM 2011 THROUGH 2015

Accepted 9/20/15

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

*TIMES ARE APPROXIMATE - EVENTS MAY RUN AHEAD AS FAR AS POSSIBLE

FRIDAY JUNE 10, 2016

ORDER OF EVENTS

TRACK					FIELD				
	Div I - Large				11:30	DISCUS	B	I	CLASS FINAL
	Div II - Small				12:30	POLE VAULT	G	CHAMP	F
					12:30	TRIPLE JUMP	G	I	CLASS FINAL
12:30	Pent. 100 HH-1	G	CHAMP	F		TRIPLE JUMP	G	II	CLASS FINAL
	Pent. 110 HH-1	B	CHAMP	F					
				<i>lower seeds</i>					
				<i>lower seeds</i>	12:30	SHOT PUT	G	I	CLASS FINAL
					1:00	DISCUS	B	II	CLASS FINAL
					2:00	SHOT PUT	G	II	CLASS FINAL
					2:00	TRIPLE JUMP	B	I	CLASS FINAL
						TRIPLE JUMP	B	II	CLASS FINAL
	<i>OPENING CEREMONIES INCLUDING SPORTSMANSHIP</i>								
	<i>AWARD WINNERS</i>								
1:30	100H	G	II	T					
	100H	G	I	T					
1:40	110H	B	II	T					
	110H	B	I	T	1:15	PENT.HIGH JP1	G	CHAMP	F
1:50	100M	G	II	T		PENT.HIGH JP1	B	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					
	Pent. 110 HH-2	B	CHAMP	F					
				<i>higher seeds</i>					
				<i>higher seeds</i>					
2:30	400M	G	II	CLASS FINAL	2:30	DISCUS	G	I	CLASS FINAL
	400M	G	I	CLASS FINAL	4:00	DISCUS	G	II	CLASS FINAL
	400M	B	II	CLASS FINAL					
	400M	B	I	CLASS FINAL	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	3:00	SHOT PUT	B	I	CLASS FINAL
	200M	G	I	T	4:30	SHOT PUT	B	II	CLASS FINAL
	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					
4:50	4X400 RELAY	G	II	CLASS FINAL					
	4X400 RELAY	G	I	CLASS FINAL	5:30	LONG JUMP	B	I	CLASS FINAL
	4X400 RELAY	B	II	CLASS FINAL		LONG JUMP	B	II	CLASS FINAL
	4X400 RELAY	B	I	CLASS FINAL					
5:40	3000M	G	CHAMP	F					
	3200M	B	CHAMP	F	5:00	PENT.SHOT-2	B	CHAMP	F
					5:30	PENT.SHOT-2	G	CHAMP	F

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

*TIMES ARE APPROXIMATE - EVENTS MAY RUN AHEAD AS FAR AS POSSIBLE

SATURDAY JUNE 11, 2016

ORDER OF EVENTS

TRACK					FIELD				
10:00	2000M STEEPLE	G	CHAMP	F					
	3000M STEEPLE	B	CHAMP	F	10:00	HIGH JUMP	G	CHAMP	F
11:00	100M	G	II	CLASS FINAL					
	100M	G	I	CLASS FINAL					
	100M	B	II	CLASS FINAL	10:00	PENT.LONG JP-1	G	CHAMP	F
	100M	B	I	CLASS FINAL		PENT.LONG JP-2	G	CHAMP	F
11:25	1500M	G	CHAMP	F					
	1600M	B	CHAMP	F					
12:00	100H	G	II	CLASS FINAL	11:00	PENT.LONG JP-1	B	CHAMP	F
	100H	G	I	CLASS FINAL		PENT. LONG JP-2	B	CHAMP	F
	110H	B	II	CLASS FINAL					
	110H	B	I	CLASS FINAL	11:30	HIGH JUMP	B	CHAMP	F
12:25	200M	G	II	CLASS FINAL					
	200M	G	I	CLASS FINAL					
	200M	B	II	CLASS FINAL					
	200M	B	I	CLASS FINAL					
<u>BREAK 12:35 - 12:45</u>									
					1:00	SHOT PUT	G	CHAMP	F
						DISCUS	B	CHAMP	F
12:45	PENT. 800 (ALL)	G	CHAMP	F					
1:15	100HH	G	CHAMP	F					
	110HH	B	CHAMP	F	1:15	LONG JUMP	G	CHAMP	F
1:25	100M	G	CHAMP	F		LONG JUMP	B	CHAMP	F
	100M	B	CHAMP	F		DISCUS	G	CHAMP	F
	PENT 1500 (ALL)	B	CHAMP	F					
1:35	400M	G	CHAMP	F	2:30	SHOT PUT	B	CHAMP	F
1:50	400M	B	CHAMP	F		DISCUS	G	CHAMP	F
2:00	400 INTER H	G	CHAMP	F		TRIPLE JUMP	G	CHAMP	F
	400 INTER H	B	CHAMP	F		TRIPLE JUMP	B	CHAMP	F
2:10	200M	G	CHAMP	F					
	200M	B	CHAMP	F					
2:20	4X800 RELAY	G	CHAMP	F					
	4X800 RELAY	B	CHAMP	F					
3:20	4X100 RELAY	G	CHAMP	F					
	4X100 RELAY	B	CHAMP	F					
3:30	4X400 RELAY	G	CHAMP	F					
	4X400 RELAY	B	CHAMP	F					

