

MARCH 1, 2024---UPDATED



2024 SPRING TRACK AND FIELD INFORMATION PACKET

UTICA	1991		ONONDAGA/LAFAYETTE	267	
CICERO-NORTH SYRACUSE	1880		HERKIMER	257	
LIVERPOOL	1686		APW	237	
BALDWINVILLE	1295	AA	PULASKI	237	
HENNINGER	1173		SYRACUSE ACADEMY OF SCI	234	
ROME	1160		MOUNT MARKHAM	234	
FAYETTEVILLE MANLIUS	1055		SAUQUOIT VALLEY	222	
WEST GENESEE	1010		UTICA ACADEMY OF SCI	210	C-1
AUBURN	957		MORRISVILLE-MAD-STOCK	209	
CORCORAN	893		CATO MERIDIAN	204	
CENTRAL SQUARE	861		BEAVER RIVER	201	
EAST SYRACUSE MINOA	861		DOLGEVILLE	201	
WATERTOWN	848		LIVING WORD-boys	54	
NOTTINGHAM	824		PORT BYRON	197	
OSWEGO	774	A	WESTMORELAND	197	
PSLA/FOWLER	767		WEEDSPORT	186	
FULTON	747		THOUSAND ISLANDS	185	
WHITESBORO	711		FRANKFORT-SCHUYLER	180	
JAMESVILLE-DEWITT	648		COOPERSTOWN	176	
CARTHAGE	641		SOUTH LEWIS	174	
NEW HARTFORD	627		TULLY	171	C-2
INDIAN RIVER	624		SANDY CREEK	159	
CORTLAND	525		BISHOP GRIMES	156	
CAMDEN	498		FABIUS POMPEY	155	
CENTRAL VALLEY ACADEMY	492		ON TECH	155	
SOUTH JEFFERSON-BELL-HEND	490		WEST CANADA	155	
CHITTENANGO	470		WATERVILLE	147	
VVS	444		HAMILTON	141	
HOMER	437	B-1	BISHOP LUDDEN	140	
MEXICO	434		ORISKANY	134	
WESTHILL	425		CINCINNATUS	126	
ONEIDA	422		ALEXANDRIA	117	
INSTITUTE OF TECHNOLOGY	412		NEW YORK MILLS	117	
CBA	381		LAFARGEVILLE	116	D
PHOENIX	375		MCGRAW	114	
MARCELLUS	360		POLAND	114	
SOLVAY	357		NOTRE DAME	113	
CAZENOVIA	336		SACKETS HARBOR	104	
HOLLAND PATENT	332		REMSSEN	99	
GENERAL BROWN	327		COPENHAGEN	90	
SKANEATELES	327		IMMACULATE HEART	86	
HANNIBAL	314	B-2	MANLIUS PEBBLE HILL	86	
CANASTOTA	311		DERUYTER	78	
ADIRONDACK	293		OTSELIC VALLEY	71	
CLINTON	285		LYME	69	
LOWVILLE	284		TOWN OF WEBB	66	
SHERBURNE-EARLVILLE	279		LIVING WORD-girls	54	
LITTLE FALLS	278		FAITH HERITAGE	50	
JORDAN-ELBRIDGE	270		BROOKFIELD	48	
			MATER DEI	38	
			OWEN D YOUNG	38	
			TYBURN ACADEMY	32	

2/1/24 CONTACT INFORMATION

Girls' & Boys' Spring Track

Section 3 Girls' Chairperson, Dan Reid, Westhill, © 315-345-6545 runrunreid@aol.com
Ass't Chair – Brett Couchman, Herkimer e © 315-368-5117 brettcouchman@gmail.com

Section 3 Boys' Chairperson – Tom Wells, © 315-527-9043 swim09@roadrunner.com
Ass't Chair – Norm Deep, © 315-271-0061 ndee@ccs.edu

Center State Conference D-1

Tabitha White, Canastota, Girls twhite@canastotacsd.org
Norm Deep, Clinton, Boys ndee@ccs.edu

Center State Conference D-2

Feddie Sarus, West Canada, Girls fsarus@westcanada.org
Matt Randall, Dolgeville, Boys mrاندall@dolgeville.org

Center State Conference D-3

John Nicotera, Sauquoit Valley, Girls jnicotera@oneida-Boces.org
Dan Mosny, Mount Markham, Boys Dmosny@mmcsd.org

Center State Conference D-4

John Allen, Girls jallen@polandcsd.org
John Bunker, Remsen, Boys jbunker@remsenccsd.org

Tri-Valley League

Michael Carney, Whitesboro, Girls mcarney@wboro.org
Nathan Donaleski, Camden, Boys ndonaleski@camdenccsd.org

Frontier League

Justin Crossway, South Jefferson, Girls jcrossway@spartanpride.org
Paul Gaede, South Jefferson, Boys pgaede@spartanpride.org

SCAC Metro

Jim Vermeulen, West Genesee, Girls vermeulenjim@gmail.com
Greg Broton, CNS, Boys gbroton@nscsd.org

SCAC Empire

Jim Gorney, ESM, Girls jgorney18@gmail.com
Eric Wasacz, Central Square EWasacz@cssdapps.org

OHSL

Harold Muller, hmuller@chittenangoschools.org
Theresa Lewis, trudel16@yahoo.com

OHSL Liberty

Rob Tuttle, Skaneateles, Girls rtuttle@skanschools.org
Matt Shutts, Solvay, Boys mshutts@solvayschools.org

OHSL Patriot American

Michelle Rauber, Tully, Girls mrauber@tully.k12.ny.us
Jim Paccia, Tully, Boys jpaccia@k12.tullyschools.org

OHSL Patriot National

Phil Longo, Bishop Grimes, Girls and Boys bgtrack1@gmail.com

Class D Rep

John Bunker, Remsen, jbunker@remsenccsd.org

Section III Track - Leagues and Schools

Center State Conference D-1

Tabitha White (G)

Norm Deep (B)

Adirondack
Canastota
Clinton
Sherburne-Earlville
Little Falls

Center State Conference D-2

Feddie Sarus (G)

Matt Randall (B)

Dolgeville
Herkimer
Frankfort-Schuyler
Utica Academy of Science
West Canada

Center State Conference D-3

John Nicotera (G)

Neal Bartlett (B)

Cooperstown
Morrisville Eaton-Madison
Mt Markham
Sauquoit Valley
Westmoreland

Center State Conference D-4

John Allen (G)

John Bunker (B)

Hamilton
New York Mills
Old Forge
Owen D Young
Poland
Remsen
Oriskany
Waterville

INDEPENDENTS

Blessed Virgin Mary
Living Word

Tri-Valley – Michael Carney (G)

Nathan Donaleski (B)

Camden
Central Valley
Holland Patent
New Hartford
Notre Dame
Oneida
Rome
Utica Proctor
VVS
Whitesboro

FRONTIER

Justin Crossway, (G)

Paul Gaede (B)

Beaver River
Carthage
Indian River
Lowville
Sandy Creek
South Jefferson/Belleville Henderson
South Lewis
Watertown

OHSL – Dan Reid

OHSL Liberty

Rob Tuttle (G)

Matt Shutts (B)

Liberty American

Homer
Chittenango
Cortland
Mexico
Westhill

Liberty Central

CBA
Marcellus
Solvay
Phoenix
Solvay
Inst of Tech
Lafayette-Onondaga

Liberty National

Cazenovia
Skaneateles
Hannibal
Jordan Elbridge

SCAC Metro - Jim Vermeulen(G)

Greg Broton (B)

Baldwinsville
CNS
Auburn
F-M
Henninger
Liverpool
West Genesee

SCAC – Empire

Jim Gorney (G)

Mark Carr (B)

Corcoran
Central Square
Nottingham
ESM
Fowler
Fulton
Jamesville Dewitt
Oswego

OHSL Patriot American

Michelle Rauber (G)

Jim Paccia (B)

Onondaga
Tully
Bishop Grimes
Fabius-Pompey
Faith Heritage
Cincinnatus
DeRuyter
Manlius Pebble Hill

OHSL Patriot National

Phil Longo (G&B)

Pulaski
Port Byron
Cato-Meridia
Weedsport
SAS
ON Tech
Bishop Ludden
APW

CLASS AA TEAMS=8
UTICA PROCTOR
CICERO NORTH SYRACUSE
LIVERPOOL
HENNINGER
BALDWINVILLE
ROME
FAYETTEVILLE-MANLIUS
WEST GENESEE

CLASS A TEAMS=15
AUBURN
CORCORAN
CENTRAL SQUARE
EAST SYRACUSE MINOA
OSWEGO
NOTTINGHAM
PSLA-FOWLER
WATERTOWN-IHC
FULTON
WHITESBORO
JAMESVILLE-DEWITT
NEW HARTFORD
CARTHAGE
INDIAN RIVER
CORTLAND

CLASS B-1 TEAMS=13
CENTRAL VALLEY
HOMER
CAMDEN
ONEIDA

MEXICO
SOUTH JEFFERSON-BELL-HEND
CHITTENANGO
CBA
VVS
PHOENIX
MARCELLUS
WESTHILL
INSTITUTE OF TECHNOLOGY

CLASS B-2 TEAMS=12
SOLVAY
SKANEATELES
HANNIBAL
CLINTON
CAZENOVIA
HOLLAND PATENT
ADIRONDACK
LOWVILLE
CANASTOTA
SHERBURNE-EARLVILLE
LITTLE FALLS
JORDAN-ELBRIDGE

CLASS C-1 TEAMS=15
APW
SYR ACADEMY of SCIENCE
MOUNT MARKHAM
HERKIMER
WESTMORELAND
PULASKI
UTICA ACADEMY of SCIENCE
LIVING WORD-boys
ONONDAGA-LAFAYETTE
PORT BYRON
SAUQUOIT VALLEY
MORRISVILLE-MAD-STOCK
CATO MERIDIAN
BEAVER RIVER
DOLGEVILLE

CLASS C-2 TEAMS=14
WESTMORELAND
TULLY
FRANKFORT-SCHUYLER
ON TECH
CATO-MERIDIAN
PORT BYRON
WEEDSPORT
COOPERSTOWN
SOUTH LEWIS
WEST CANADA
FABIUS POMPEY
BISHOP GRIMES
SANDY CREEK
WEST CANADA

CLASS D TEAMS=15
WATERVILLE
NOTRE DAME
BISHOP LUDDEN
CINCINNATUS
HAMILTON
NEW YORK MILLS
ORISKANY
POLAND
REMSSEN
MANLIUS PEBBLE HILL
DERUYTER
TOWN OF WEBB
FAITH HERITAGE
TYBURN ACADEMY
LIVING WORD-girls

2024 CLASS MEET INFORMATION

AA MONDAY MAY 20

CNS STADIUM---4:00PM start

Site Director, Tim Bednarski 315-218-4115 Tbednarski@nscsd.org

Boys' Meet Director, Greg Broton: © 315-657-4514 gbroton@nscsd.org

Girls' Meet Director, Jim Vermeulen: 315-263-6815 vermeulenjim@gmail.com

A WEDNESDAY MAY 22

EAST SYRACUSE MINOA HIGH SCHOOL---4:30 PM START

Site Director, Jim Gorney, 315-440-8421 jgorney18@gmail.com

Boys' Meet Director, Brian Holtslag c 315-725-9205 bjhha@msn.com

Girls' Meet Director, Mike Carney: © 315-292-2992 mcarney@wboro.org

B-1 MONDAY MAY 20

WESTHILL HIGH SCHOOL---4:30 PM START

Site Director, Dan Reid 315-345-6545 runrunreid@aol.com

Boys' Meet Director, Dan Reid 315-345-6545 runrunreid@aol.com

Girls' Meet Director, Justin Crossway: © 315-286-2823 jcrossway@spartanpride.org

B-2 WEDNESDAY, May 22

ADIRONDACK CENTRAL SCHOOL---4:00PM START

Site Director, Mike O'Donnell, 315-942-9232 modonnell@adirondackcsd.org

Boys' Meet Director, Norm Deep: © 315-271-0061 ndeep@ccs.edu

Girls' Meet Director, Matt Shutts, 315-877-5409 mshutts@solvayschools.org

C-1 TUESDAY, May 21

UTICA UNIVERSITY---3:00 START

Site Director, Tom Wells, 315-527-9043 swim09@roadrunner.com

Boys' Meet Director, Brett Couchman 315-368-5117 brettcouchman@gmail.com

Girls' Meet Director, John Nicotera: © 315-269-4637 jnicotera@oneida-boces.org

C-2 TUESDAY, May 21

UTICA UNIVERSITY---3:00 START

Site Director, Tom Wells, 315-527-9043 swim09@roadrunner.com

Boys' Meet Director, Freddie Sarus, 315-292-0220 fsarus@westcanada.org

Girls' Meet Director, Michelle Rauber: © 607-749-5959 mrauber@tullyschoools.org

D THURSDAY, May 23

ORISKANY HIGH SCHOOL---3:00PM START

Site Director, Dave Buck, 315-601-0445 dbuck@oriskanycsd.org

Boys' Meet Director, John Bunker c315-868-8817 jbunker@remsenccsd.org

Girls' Meet Director, John Allen c315-292-3025 jallen@polandcsd.org

EACH SCHOOL SHOULD BE PREPARED TO HAVE WORKERS PRESENT TO ASSIST WITH FIELD EVENTS OPERATIONS... MEET DIRECTORS WILL SEND TO EACH SCHOOL A LIST OF WORKERS NEEDED BY SCHOOL. IF THESE WORKERS ARE NOT AVAILABLE, THEN A COACH WILL BE IN PLACE.

PLEASE HAVE BUS ARRIVAL NO SOONER THAN 90 MINUTES PRIOR TO THE MEET START TIME DUE TO NORMAL AFTER SCHOOL TRAFFIC

CLASS MEET INFORMATION

ENTRIES: The TOP 12 ATHLETES that are ENTERED in each event will be automatically accepted into the meet. Also, any athletes that have made the AUTOMATIC QUALIFYING STANDARDS for each event will also be eligible to compete in that event.

Each school may enter any number of athletes that have met the qualifying standard for each event.

Each school may enter two (2) pentathletes and one (1) relay team.

Each athlete must meet the qualifying times, heights, and distances, which can be accomplished at any official meet (ex. Duals, tri-meet, any meet with an official). 1 competition per day, a minimum of 6 competitions prior to their class meet, and maximum of 16 competitions for the season.

A coach must only enter on milesplit an athlete in four events (including alternate for a relay) OR pentathlon. See 2024 STANDARDS

Coaches will only scratch from those 4 events OR pentathlon at the meet.

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

SEEDING:

Final 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:

An athlete is only allowed to be "entered" and "compete" in 4 events (which includes alternate for a relay) OR the pentathlon.

COACHES: Do NOT enter your athlete in more than 4 events and pentathlon when entering on line. Only four events OR pentathlon are allowed to be in competition.

THE SCRATCH RULE IS IN EFFECT FOR THIS MEET!

AWARDS:

Section III Medals and t-shirts for each athlete on a winning team. Team points for places 1-6.

1st place finishers for each event will receive different medal and one T-shirt per winning athlete.

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

2024 SECTION 3 BOYS' OUTDOOR TRACK CLASS MEET QUALIFYING STANDARDS

To Change FAT to HAND Held, Subtract .24

	AA	A	B	C	D
	FAT	HAND/FAT	HAND/FAT	HAND/FAT	HAND/FAT
100	11.78	12.0/12.24	11.9/12.14	12.3/12.54	12.7/12.94
200	23.93	24.9/25.14	24.0/24.24	25.3/25.64	26.1/25.34
400	54.88	56.2/56.44	55.8/56.04	58.1/58.34	60.4/60.64
800	2:08.55	2:12.4/2:12.64	2:15.8/2:16.04	2:18.4/2:18.64	2:26.4/2:26.64
1600	4:45.47	5:02.8/5:03.04	5:09.8/5:10.04	5:08.2/5:08.44	5:32.1/5:32.34
3200	10:27.85	11:08.3/11:08.55	11:39.8/11:40.04	11:40.7/11:40.94	12:11.5/12:11.74
STEEP	11.00.31	11:40.5/11:40.74	11:59.8/12:00.04	12:02.3/12:03.54	12:26.5/12:26.74
(ALL CLASSES MAY USE 3200 TIME FOR STEEPLECHASE ENTRY)					
110H	18.50	18.5/74	18.8/19.04	19.5/19.74	20.6/20.84
400H	64.72	67.0/67.24	66.0/1:06.24	68.6/68.84	72.5/72.74
PENT	2 entries	2 entries	2 entries	2 entries	2 entries
LONG	18'9"	18' 4"	18'	17'4"	16' 3"
TRIP	37'3"	36' 8"	37'	34'	33' 3"
HIGH	5'4"	5' 3"	5' 4"	5'	4' 8"
POLE	9'	9' 6"	9' 6"	8' 9"	7' 6"
SHOT	38'10"	37' 2"	37'	34'	33'
DISC	108'	102'	100'	97'	90'
400 Relay	1 entry	1 entry	1 entry	1 entry	1 entry
1600 Relay	1 entry	1 entry	1 entry	1 entry	1 entry
3200 Relay	1 entry	1 entry	1 entry	1 entry	1 entry

2024 SECTION 3 GIRLS' OUTDOOR TRACK CLASS MEET QUALIFYING STANDARDS
To Change FAT Time to Hand Held, Subtract .24

	AA	A	B	C	C-2 & D
	FAT	HAND/FAT	HAND/FAT	HAND/FAT	HAND/FAT
100	13.13	13.7/13.94	13.7/13.94	13.8/14.04	14.0/14.24
200	27.17	27.0/27.24	29.0/29.24	29.5/29.74	30.5/30.74
400	62.44	67.0/67.24	67.0/67.24	67.5/67.74	71.0/71.24
800	2:27.22	2:39.0/2:39.24	2:37 /2:37.24	2:43/2:43.24	2:51.0/2:51.24
1500	4:59.44	5:35.0/5:35.24	5:35/5:35.24	5:43/5:43.24	5:55.0/5:55.24
3000	11:05.24	12:30/12:30.24	12:15/12:15.24	12:25/12:25.24	13:15/13:15.24
100H	16.80	19.0/19.24	18.2/18.44	18.5/18.74	20.5/20.74
400H	72.47	80.0/80.24	76.0/76.24	77.0/77.24	82.0/82.24
STEEP	8:00.24	9:15/9:15.24	9:15/9:15.24	9:30/9:30.24	9:30.0/9:30.24
PENT	2 entries	2 entries	2 entries	2 entries	2 entries
LONG	15'0"	14'8"	14'6"	14'0"	13' 8"
TRIP	33'8"	30'	30'0"	30'0"	29' 0
HIGH	4'9"	4'6"	4'6"	4'6"	4' 0
POLE	7'4"	7'	7'6"	7'0"	6' 0
SHOT	29'0"	28'	26'6"	27'0"	26'
DISC	74'0"	75'0"	75'0"	75'0"	70' 0
400 R	1 entry	1 entry	1 entry	1 entry	1 entry
1600 R	1 entry	1 entry	1 entry	1 entry	1 entry
3200 R	1 entry	1 entry	1 entry	1 entry	1 entry

****Steeplechase – May use 1500/3000 qualifying standard. COACHES need to make sure athletes are properly trained!!!**

2024 CO-ED CLASS MEET ORDER OF EVENTS

BOYS followed by GIRLS

TRACK

PENT 100 HH G
PENT 110 HH B
4 x 800 Relay B
4 x 800 Relay G
110 m HH Timed Final
100 m HH Timed Final
100 m Timed Final B
100 m Timed Final G
1600 m B
1500 m G
4 x 100 m Relay Final B
4 x 100 m Relay Final G
400 m B
400 m G
400 m LH B
400 m LH G
800 m B
800 m G
200 m Final B
200 m Final G
3200 m B
3000 m G
4 x 400 m Relay B
4 x 400 m Relay G
Pent 1500 B Insert where appropriate
Pent 800 G Insert where appropriate
Steeplechase B
Steeplechase G

FIELD

High Jump B followed by G
** same time if two pits **

Pole Vault B followed by G
B Discus followed by B Shot
G Shot followed by G Discus
B Long Jump followed by G Long Jump
B Triple Jump followed by G Triple Jump

If two horizontal pits, Long followed by Triple
B Long Jump followed by B Triple Jump
G Long Jump followed by G Triple Jump

PENTATHLON ORDER

Hurdles, High, Shot, Long. 800-1500

PROCEDURES FOR WHEELCHAIR ATHLETES

1 - Special Accommodations: Schools would be required to apply for a Special Accommodation for each student competing in a wheelchair. The request would have to include all necessary medical documentation which requires the accommodation. NYSPHSAA approval is required for the student to participate using a wheelchair. Accommodations will include the following:

A - If only one wheelchair athlete in the race, then they will race with the able-bodied athletes (outdoor only). If two or more wheelchair athletes, then they will race at the same time in a separate heat from the able-bodied athletes. All wheelchair athletes must wear a helmet.

B – In all laned events, the wheelchair athlete will be given two lanes to compete in. In non-laned races the wheelchair athlete will start on the outside lane or behind the able body athletes and not be able to cut into lane 1 until the first 100 meters has passed.

C - In field events the wheelchair athlete will be able to use a throwing chair set up by an adult to compete in shot put and discus.

2 - Scoring: Wheelchair athletes will either race against a clock or another wheelchair athlete.

Wheelchair athletes and able body athletes will not compete against each other for points or place finishes.

A - If only one wheelchair athlete is competing in the race, then they will be racing against the clock and if they meet or exceed the standard, then they will receive 1 point for their team. If in post season, they will receive the 1 point plus qualify for the next level of competition.

2024 QUALIFYING STANDARDS WHEELCHAIR ATHLETES

The following standards will be used to determine qualifying and earning points for the athlete's teams. The standards will be derived from the standards and results of the Adaptive Track and Field USA Database which has over 25 years of data.

EVENT	GENDER	STANDARD
100 M	Female	40.0
100 M	Male	29.0
200 M	Female	1:03.4
200 M	Male	51.8
400 M	Female	2:09
400 M	Male	1:40
800 M	Female	4:00
800 M	Male	3:19
1500 M	Female	6:00
1500 M	Male	4:46
1600 M	Female	7:00
1600 M	Male	6:00
3000 M	Female	13:20
3200 M	Male	12:00
Shot	Female	7 Feet
Shot	Male	9 Feet
Discus	Female	22 Feet
Discus	Male	23 Feet

2024 SECTION III Co-Ed STATE QUALIFIER MEET

Thursday, May 30 @ CNS, 4:00 Start

Meet Directors: Boys: Tom Wells & Norm Deep / Girls: Dan Reid & Brett Couchman

ELIGIBILITY: THE TOP 12 ATHLETES (TOP 8 RELAYS) ENTERED WILL BE ELIGIBLE TO COMPETE PLUS THOSE MEETING THE QUALIFYING TIMES AND DISTANCES. ENTRIES CLOSE AT 9:00PM ON TUESDAY MAY 28. Also any athlete who meets the Division 1 or Division 2 standard listed on the State Qualifier Standards sheet in this packet who competed in a *multi-school (5+) meet or run a "certified FAT" and have participated in 6 meets. If your athlete(s) qualified in any event outside of Section 3, coaches need to email their League Rep prior to entering this meet for verification.*

Male & Female PENTATHLETES: MUST MEET THE QUALIFYING STANDARD FOR THEIR DIVISION DURING THIS SEASON AT A MULTI-SCHOOL MEET TO ENTER THE MEET. (See attached State Qualifier Standards Sheet)

COACHES MUST PETITION IN TO CHAIRMAN BY MONDAY MAY 27 at 9:00PM **VERIFIED, POINT TOTALS FOR EACH INDIVIDUAL EVENT FROM MULTI-SCHOOL MEET(S) THIS SEASON. TOTAL POINTS MUST MEET THE STANDARDS SET FOR THIS STATE QUALIFIER MEET. MALE PENTATHLETES 1500 MAY USE 1600 CONVERSION.** A pentathlete may be entered in the pentathlon for this meet as well as up to 3 individual events (not to exceed 4 events in total). This "New Rule" allows a coach to scratch down to the pentathlon or scratch the pentathlon allowing the athlete to compete in his/her individual event(s). EACH DIVISION WILL BE LIMITED TO THE TOP 8 ENTRIES.

ENTERING PROCEDURE:

****Coaches must enter ALL athletes and relay teams, including alternates, who will be competing at this meet on line at NY.Milesplit.com** The athlete(s)' accomplishment must be able to be confirmed by the Section chairperson. **An athlete is only allowed to be "entered" AND "compete" in 4 events (which includes alternate for a relay) and pentathlon.** Deadline for entries will be 9:00 PM on Tuesday May 28.

SCRATCHING AN ATHLETE:

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. Call Pat Leone Directly at 315-420-4921, Tom Wells, boys' chair at 315-527-9043, or Dan Reid, girls' chair at 315-345-6545.

SITE QUESTIONS: call Greg Broton 315-657-4514 or Tim Bednarski, AD, 315-218-4114

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

FIELD EVENT INFO:

GIRLS & BOYS Long, Triple, Shot, Discus: 3 trial attempts, 3 final attempts, 5 to finals

GIRLS POLE VAULT FOLLOWED BY BOYS POLE VAULT

HIGH JUMP AND POLE VAULT STARTING HEIGHTS AND PROGRESSIONS WILL BE DECIDED BY GAMES COMMITTEE

GIRLS & BOYS Pent High: Group Decides Starting Height, up by 5 cm
Both divisions compete together (D1 & D2)

2024 STATE MEET QUALIFIERS AND INFO:

First place finishers for each division advance to the State Meet.

A second qualifier for each division can advance if they are the “**highest placing finisher of the day**” at this meet and **have met a State Standard**. These standards can be met any time during the season at a multi-school meet or championship meet (see State Standards page).

A third qualifying standard is also in effect, which is a **SUPER Standard** (see Super Standard page). To use this Super Standard, the athlete(s) must compete at this State Qualifier meet. This standard can also be met at any time during this season, as long as it was done at a championship meet or an Invite of 5 teams or more with certified officials and all track times using FAT (see State-issued Super Standard Sheet).

COACHES NEED TO DECLARE THEIR ATHLETE(S)' INTENTION TO COMPETE AT THE STATE MEET BEFORE LEAVING THE STATE QUALIFIER AND ALSO TO MAKE SURE THEIR ENTRIES ARE CORRECT WITH THEIR BEST PERFORMANCE LISTED. IF YOU ARE USING THE STATE STANDARD OR SUPER STANDARD TO ENTER THE STATE MEET, PLEASE MAKE SURE YOU HAVE SPOKEN TO YOUR SECTION CHAIR FOR CONFIRMATION YOUR ATHLETE(S) HAVE QUALIFIED AND ARE ENTERED. THE SECTION CHAIR SENDS ALL THIS IN TO THE STATE BY SUNDAY. IF YOU HAVE AN ATHLETE WHO PLACED FIRST AND KNOWS AT THAT TIME THEY WILL NOT BE COMPETING AT THE STATE MEET, OR IF AFTER DECLARING UNFORESEEN CIRCUMSTANCES PREVENT THE ATHLETE FROM COMPETING AT THE STATE MEET, YOU NEED TO CONTACT THE SECTION CHAIR SO THE SECOND PLACE FINISHER CAN BE CONTACTED TO TAKE THAT PLACE.

Coaches:

-Be aware that this is a **two-day STATE meet** @ **Cicero North Syracuse, June 7 & 8**. Please consider the order of events when

declaring. **The Scratch Rule WILL be in effect at the State Meet.** Athletes are required to compete until conclusion.

- Any scratches will mean disqualification from the meet.
- State medals are awarded for places 1 – 6 for Division 1 and Division 2.
- Federation medals will be awarded to top 8 finishers in all events based on overall competition.
- NYSPHSAA awards may include results from trials or semis.
- CNS track will be open for warmups on Thursday, June 6, from 3:00 – 6:00, then closes
- CNS will supply blocks, but schools may bring their own - 1/4” spikes

2024 SECTION 3 TRACK STATE QUALIFIER MEET

AUTOMATIC ENTRIES

BOYS-D-1	BOYS-D-2	EVENT	GIRLS-D-1	GIRLS-D-2
11.35	11.61	100	12.97	13.10
23.01	23.41	200	27.04	27.03
52.03	52.23	400	1:01.81	1:01.42
2:02.99	2:04.11	800	2:23.75	2:24.51
4:34.01	4:40.01	1600/1500	4:56.31	4:57.66
10:05.06	10:25.05	3200/3000	10:50.88	10:53.74
16.56	17.04	110H/100H	17.02	17.07
1:00.71	1:01.32	400H	1:11.92	1:11.35
10:37.05	10:39.55	STEEP	7:50.17	7:48.81
45.81	46.06	4 X 100	52.49	53.20
3:39.57	3:40.31	4 X 400	4:27.74	4:22.85
8:50.01	8:52.40	4 X 800	10:50.78	10:30.64
5'10"	5'10"	H J	5'	5'
21'	20'6"	L J	16'5"	16'2"
41'	41'	T J	34'4"	33'5"
43'	43'	SHOT	31'	31'8"
126'	124'	DISCUS	89'9"	93'9"
12'	12'	P V	9'	9'
2470pts	2660pts	PENT	1912pts	1969pts

2024 SECTION III TRACK STATE QUALIFIER ORDER OF EVENTS

4:00 PM START D-1, Followed by D-2

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-110HH 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 (if needed)

B-400 IH

G-400 IH

B-3200

G-3000

B-200 FINAL

G-200 FINAL

B-1500 PENT

G-800 PENT

FIELD EVENTS-4:00 PM START

G-SHOT PUT(Div 1,2) followed by G-DISCUS (D 1,2)

B-DISCUS (Div 1,2) followed by B-SHOT PUT (D 1,2)

G-POLE VAULT followed by B-POLE VAULT

B-TRIPLE JUMP followed by B-LONG JUMP

G-TRIPLE JUMP followed by G-LONG JUMP

B- Pent High (Scoreboard) followed by B-HJ

G- Pent High Jump (School) followed by G-HJ (School)

LONG/TRIPLE RUNWAYS

Fence Side

Boys -Div 2 TJ

Boys -Div 1 TJ

Boys -Div 2 LJ

Boys -Div 1 LJ

Boys -Pent LJ

Track Side

Girls -Div 2 TJ

Girls -Div 1 TJ

Girls -Div 2 LJ

Girls -Div 1 LJ

Girls -Pent LJ

PENTATHLON ORDER

B-110HH

G-100HH

B-HJ- (Scoreboard)

G-HJ-(School)

B-SP

G-SP

B-LJ

G-LJ

B-1500

G-800

2024 NYSPHSAA AT LARGE QUALIFYING STANDARD

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

Event	Boys		Event	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.

Accepted 9/12/23

2024 NYSPHSAA SUPER QUALIFYING STANDARDS

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

Event	Boys Division 1	Boys Division 2	Event	Girls Division 1	Girls 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 certified officials working that field event.

Accepted 9/12/23

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 07, 2024

ORDER OF EVENTS

TRACK					FIELD		
Div I - Large					11:00 POLE VAULT	G	CHAMP F
Div II - Small					11:00 DISCUS	B	I CLASS FINAL
					11:30 TRIPLE JUMP	G	I CLASS FINAL
12:30 Pent. 100 HH-1	G	CHAMP	F	<i>lower seeds</i>	TRIPLE JUMP	G	II CLASS FINAL
Pent. 110 HH-1	B	CHAMP	F	<i>lower seeds</i>	12:30 SHOT PUT	G	I CLASS FINAL
OPENING CEREMONIES INCLUDING SPORTSMANSHIP					12:30 DISCUS	B	II CLASS FINAL
AWARD WINNERS					2:00 SHOT PUT	G	II CLASS FINAL
1:30 100H	G	II	T		1:00 TRIPLE JUMP	B	I CLASS FINAL
100H	G	I	T		TRIPLE JUMP	B	II CLASS FINAL
1:45 110H	B	II	T				
110H	B	I	T		1:15 PENT.HIGH JP1	G	CHAMP F
2:00 100M	G	II	T		PENT.HIGH JP1	B	CHAMP F
100M	G	I	T				
100M	B	II	T		3:30 POLE VAULT	B	CHAMP F
100M	B	I	T				
2:25 Pent. 100 HH-2	G	CHAMP	F	<i>higher seeds</i>	2:00 DISCUS	G	I CLASS FINAL
Pent. 110 HH-2	B	CHAMP	F	<i>higher seeds</i>	3:30 DISCUS	G	II CLASS FINAL
2:50 400M	G	II	CLASS FINAL				
400M	G	I	CLASS FINAL		2:30 LONG JUMP	G	I CLASS FINAL
400M	B	II	CLASS FINAL		LONG JUMP	G	II CLASS FINAL
400M	B	I	CLASS FINAL				
3:25 800M	G	CHAMP	F		3:00 SHOT PUT	B	I CLASS FINAL
800M	B	CHAMP	F		4:30 SHOT PUT	B	II CLASS FINAL
3:55 200M	G	II	T				
200M	G	I	T				
200M	B	II	T		3:15 PENT.SHOT-1	G	CHAMP F
200M	B	I	T		3:45 PENT.SHOT-1	B	CHAMP F
4:25 400 INTER H	G	II	CLASS FINAL		3:00 PENT.HIGH JP-2	G	CHAMP F
400 INTER H	G	I	CLASS FINAL		3:15 PENT.HIGH JP-2	B	CHAMP F
400 INTER H	B	II	CLASS FINAL				
400 INTER H	B	I	CLASS FINAL				
5:00 4X100 RELAY	G	II	CLASS FINAL				
4X100 RELAY	G	I	CLASS FINAL		4:00 LONG JUMP	B	I CLASS FINAL
4X100 RELAY	B	II	CLASS FINAL		LONG JUMP	B	II CLASS FINAL
4X100 RELAY	B	I	CLASS FINAL				
5:35 4X400 RELAY	G	II	CLASS FINAL				
4X400 RELAY	G	I	CLASS FINAL				
4X400 RELAY	B	II	CLASS FINAL		5:00 PENT.SHOT-2	G	CHAMP F
4X400 RELAY	B	I	CLASS FINAL		5:30 PENT.SHOT-2	B	CHAMP F
6:30 3000M	G	CHAMP	F				
3200M	B	CHAMP	F				

Accepted 9/12/23

