

**MARCH 15, 2024---UPDATED----CHANGE FOR CLASS D MEET**



# **2024 SPRING TRACK AND FIELD INFORMATION PACKET**

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## **2/1/24    CONTACT INFORMATION**

### **Girls' & Boys' Spring Track**

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

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

#### **Center State Conference D-1**

Tabitha White, Canastota, Girls [twhite@canastotacsd.org](mailto:twhite@canastotacsd.org)  
Norm Deep, Clinton, Boys [ndee@ccs.edu](mailto:ndee@ccs.edu)

#### **Center State Conference D-2**

Feddie Sarus, West Canada, Girls [fsarus@westcanada.org](mailto:fsarus@westcanada.org)  
Matt Randall, Dolgeville, Boys [mrاندall@dolgeville.org](mailto:mrاندall@dolgeville.org)

#### **Center State Conference D-3**

John Nicotera, Sauquoit Valley, Girls [jnicotera@oneida-Boces.org](mailto:jnicotera@oneida-Boces.org)  
Dan Mosny, Mount Markham, Boys [Dmosny@mmcsd.org](mailto:Dmosny@mmcsd.org)

#### **Center State Conference D-4**

John Allen, Girls [jallen@polandcsd.org](mailto:jallen@polandcsd.org)  
John Bunker, Remsen, Boys [jbunker@remsenccsd.org](mailto:jbunker@remsenccsd.org)

#### **Tri-Valley League**

Michael Carney, Whitesboro, Girls [mcarney@wboro.org](mailto:mcarney@wboro.org)  
Nathan Donaleski, Camden, Boys [ndonaleski@camdenccsd.org](mailto:ndonaleski@camdenccsd.org)

#### **Frontier League**

Justin Crossway, South Jefferson, Girls [jcrossway@spartanpride.org](mailto:jcrossway@spartanpride.org)  
Paul Gaede, South Jefferson, Boys [pgaede@spartanpride.org](mailto:pgaede@spartanpride.org)

#### **SCAC Metro**

Jim Vermeulen, West Genesee, Girls [vermeulenjim@gmail.com](mailto:vermeulenjim@gmail.com)  
Greg Broton, CNS, Boys [gbroton@nscsd.org](mailto:gbroton@nscsd.org)

#### **SCAC Empire**

Jim Gorney, ESM, Girls [jgorney18@gmail.com](mailto:jgorney18@gmail.com)  
Eric Wasacz, Central Square [EWasacz@cssdapps.org](mailto:EWasacz@cssdapps.org)

#### **OHSL**

Harold Muller, [hmuller@chittenangoschools.org](mailto:hmuller@chittenangoschools.org)  
Theresa Lewis, [trudel16@yahoo.com](mailto:trudel16@yahoo.com)

#### **OHSL Liberty**

Rob Tuttle, Skaneateles, Girls [rtuttle@skanschools.org](mailto:rtuttle@skanschools.org)  
Matt Shutts, Solvay, Boys [mshutts@solvayschools.org](mailto:mshutts@solvayschools.org)

#### **OHSL Patriot American**

Michelle Rauber, Tully, Girls [mrauber@tully.k12.ny.us](mailto:mrauber@tully.k12.ny.us)  
Jim Paccia, Tully, Boys [jpaccia@k12.tullyschools.org](mailto:jpaccia@k12.tullyschools.org)

#### **OHSL Patriot National**

Phil Longo, Bishop Grimes, Girls and Boys [bgtrack1@gmail.com](mailto:bgtrack1@gmail.com)

#### **Class D Rep**

John Bunker, Remsen, [jbunker@remsenccsd.org](mailto: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

### 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

### INDEPENDENTS

Blessed Virgin Mary  
Living Word

**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](mailto:Tbednarski@nscsd.org)

Boys' Meet Director, Greg Broton: © 315-657-4514 [gbroton@nscsd.org](mailto:gbroton@nscsd.org)

Girls' Meet Director, Jim Vermeulen: 315-263-6815 [vermeulenjim@gmail.com](mailto: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](mailto:jgorney18@gmail.com)

Boys' Meet Director, Brian Holtslag c 315-725-9205 [bjhha@msn.com](mailto:bjhha@msn.com)

Girls' Meet Director, Mike Carney: © 315-292-2992 [mcarney@wboro.org](mailto: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](mailto:runrunreid@aol.com)

Boys' Meet Director, Dan Reid 315-345-6545 [runrunreid@aol.com](mailto:runrunreid@aol.com)

Girls' Meet Director, Justin Crossway: © 315-286-2823 [jcrossway@spartanpride.org](mailto: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](mailto:modonnell@adirondackcsd.org)

Boys' Meet Director, Norm Deep: © 315-271-0061 [ndeep@ccs.edu](mailto:ndeep@ccs.edu)

Girls' Meet Director, Matt Shutts, 315-877-5409 [mshutts@solvayschools.org](mailto:mshutts@solvayschools.org)

## C-1 TUESDAY, May 21

UTICA UNIVERSITY---3:00 START

Site Director, Tom Wells, 315-527-9043 [swim09@roadrunner.com](mailto:swim09@roadrunner.com)

Boys' Meet Director, Brett Couchman 315-368-5117 [brettcouchman@gmail.com](mailto:brettcouchman@gmail.com)

Girls' Meet Director, John Nicotera: © 315-269-4637 [jnicotera@oneida-boces.org](mailto:jnicotera@oneida-boces.org)

## C-2 TUESDAY, May 21

UTICA UNIVERSITY---3:00 START

Site Director, Tom Wells, 315-527-9043 [swim09@roadrunner.com](mailto:swim09@roadrunner.com)

Boys' Meet Director, Freddie Sarus, 315-292-0220 [fsarus@westcanada.org](mailto:fsarus@westcanada.org)

Girls' Meet Director, Michelle Rauber: © 607-749-5959 [mrauber@tullyschools.org](mailto:mrauber@tullyschools.org)

## D FRIDAY, May 24

ORISKANY HIGH SCHOOL---3:00PM START

START TIME MAY BE CHANGED TO EARLIER IN DAY

Site Director, Dave Buck, c315-601-0445 [dbuck@oriskanycsd.org](mailto:dbuck@oriskanycsd.org)

Boys' Meet Director, John Bunker c315-868-8817 [jbunker@remsen-csd.org](mailto:jbunker@remsen-csd.org)

Girls' Meet Director, John Allen c315-292-3025 [jallen@polandcsd.org](mailto: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](https://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.

1<sup>st</sup> 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

	<b>AA</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
	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
<b>(ALL CLASSES MAY USE 3200 TIME FOR STEEPLECHASE ENTRY)</b>					
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**

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

**\*\*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	Boys	Event	Girls	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
<b>OPENING CEREMONIES INCLUDING SPORTSMANSHIP</b>						12:30 DISCUS	B	II CLASS FINAL
<b>AWARD WINNERS</b>						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			3:15 PENT.SHOT-1	G	CHAMP F
200M	B	II	T			3:45 PENT.SHOT-1	B	CHAMP F
200M	B	I	T			3:00 PENT.HIGH JP-2	G	CHAMP F
4:25 400 INTER H	G	II	CLASS FINAL			3:15 PENT.HIGH JP-2	B	CHAMP F
400 INTER H	G	I	CLASS FINAL					
400 INTER H	B	II	CLASS FINAL			4:00 LONG JUMP	B	I CLASS FINAL
400 INTER H	B	I	CLASS FINAL			LONG JUMP	B	II CLASS FINAL
5:00 4X100 RELAY	G	II	CLASS FINAL					
4X100 RELAY	G	I	CLASS FINAL			5:00 PENT.SHOT-2	G	CHAMP F
4X100 RELAY	B	II	CLASS FINAL			5:30 PENT.SHOT-2	B	CHAMP F
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					
4X400 RELAY	B	I	CLASS FINAL					
6:30 3000M	G	CHAMP	F					
3200M	B	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 08, 2024

ORDER OF EVENTS

**TRACK**

**FIELD**

10:00	2000M STEEPLE	G	CHAMP	F					
	3000M STEEPLE	B	CHAMP	F					
10:50	100M	G	II	CLASS FINAL					
	100M	G	I	CLASS FINAL	10:00	HIGH JUMP	G	CHAMP	F
	100M	B	II	CLASS FINAL	10:00	HIGH JUMP	B	CHAMP	F
	100M	B	I	CLASS FINAL					
11:10	1500M	G	CHAMP	F	10:00	PENT.LONG JP-1	G	CHAMP	F
	1600M	B	CHAMP	F		PENT.LONG JP-2	G	CHAMP	F
11:40	100H	G	II	CLASS FINAL					
	100H	G	I	CLASS FINAL					
	110H	B	II	CLASS FINAL	11:00	PENT.LONG JP-1	B	CHAMP	F
	110H	B	I	CLASS FINAL		PENT. LONG JP-	B	CHAMP	F
12:00	200M	G	II	CLASS FINAL					
	200M	G	I	CLASS FINAL	10:00	DISCUS	G	CHAMP	F
	200M	B	II	CLASS FINAL	11:30	DISCUS	B	CHAMP	F
	200M	B	I	CLASS FINAL					
	<b><u>BREAK 12:10 - 12:25</u></b>				12:00	SHOT PUT	G	CHAMP	F
12:25	100H	G	CHAMP	F	12:00	LONG JUMP	G	CHAMP	F
	110H	B	CHAMP	F	12:00	LONG JUMP	B	CHAMP	F
12:40	100M	G	CHAMP	F					
	100M	B	CHAMP	F					
1:00	400M	G	CHAMP	F					
	400M	B	CHAMP	F	1:30	SHOT PUT	B	CHAMP	F
1:15	400 INTER H	G	CHAMP	F	1:30	TRIPLE JUMP	G	CHAMP	F
	400 INTER H	B	CHAMP	F	1:30	TRIPLE JUMP	B	CHAMP	F
1:25	200M	G	CHAMP	F					
	200M	B	CHAMP	F					
1:35	4X800 RELAY	G	CHAMP	F					
	4X800 RELAY	B	CHAMP	F					
2:20	4X100 RELAY	G	CHAMP	F					
	4X100 RELAY	B	CHAMP	F					
2:40	4X400 RELAY	G	CHAMP	F					
	4X400 RELAY	B	CHAMP	F					

**THE COMBINED EVENTS WILL FIT INTO THE TIME SCHEDULE WHEN THEY ARE READY TO GO**

**	PENT. 800 (ALL)	G	CHAMP	F
**	PENT 1500 (ALL)	B	CHAMP	F

*Accepted 9/12/23*

