



**2021
SPRING TRACK
INFORMATION
PACKET**

Updated 5-24-21

CONTACT INFORMATION

Girls' & Boys' Spring Track

Section 3 Girls' Chairperson, Julie Storms © 315-486-4726 jul@twcnny.rr.com
Ass't Chair – Brett Couchman , Rome © 315-368-5117 bcouchman@romecsd.org

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

Center State Conference D-1

Tim Taylor, Girls, Sherburne-Earlville taylort@seonline.org
Norm Deep, Clinton, Boys ndeepp@ccs.edu

Center State Conference D-2

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

Center State Conference D-3

John Nicotera, Sauquoit Valley, Girls jnicotera@oneida-Boces.org
Neal Bartlett, Westmoreland, Boys nbartlett@westmorelandschool.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@wbboro.org
Adam Litwak, Oneida, Boys alitwak@oneidacsd.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 james.gorney@yahoo.com
Emily Rowes, Jamesville Dewitt, Boys erowles@jd.cnyric.org

OHSL Dan Reid, Westhill runrunreid@aol.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 Allen, Poland

Section III Track - Leagues and Schools

Center State Conference D-1

Tim Taylor (G)

Norm Deep (B)

Holland Patent
Clinton
Adirondack
Sherburne-Earlville
Canastota

Center State Conference D-2

Feddie Sarus (G)

Matt Randall (B)

Dolgeville
Herkimer
West Canada
Frankfort-Schuyler
Little Falls

Center State Conference D-3

John Nicotera (G)

Neal Bartlett (B)

Cooperstown
Waterville
Mt Markham
Sauquoit Valley
Westmoreland
Utica Academy of Science
Oriskany

Center State Conference D-4

John Allen (G)

John Bunker (B)

Morrisville-Eaton
Poland
Remsen
New York Mills
ODY
Old Forge
Hamilton

CENTRAL COUNTIES

Brookfield
Cincinnatus
DeRuyter
Madison
McGraw
Otselic Valley
Stockbridge Valley

Tri-Valley – Michael Carney (G)

Adam Litwak (B)

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

FRONTIER

Justin Crossway, (G)

Paul Gaede (B)

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

OHSL Liberty

Rob Tuttle (G)

Matt Shutts (B)

APW
Cazenovia
Chittenango
CBA
Hannibal
Homer
Inst of Tech
Jordan-Elbridge
Marcellus
Mexico
Phoenix
Skaneateles
Solvay
Westhill

INDEPENDENTS

Blessed Virgin Mary
Living Word

SCAC Metro - Jim Vermeulen(G)

Greg Broton (B)

Baldwinsville
CNS
Corcoran
F-M
Henninger
Liverpool
Nottingham
West Genesee

SCAC – Empire

Jim Gorney (G)

Emily Rows (B)

Auburn
Central Square
Cortland
ESM
Fowler
Fulton
Jamesville Dewitt
Oswego

OHSL – Dan Reid

OHSL Patriot American

Michelle Rauber (G)

Jim Paccia (B)

Bishop Ludden
Fabius-Pompey
Faith Heritage
Manlius Pebble Hill
Onondaga
Tully
LaFayette

OHSL Patriot National

Phil Longo, Bishop Grimes (G&B)

Bishop Grimes
Cato-Meridian
Port Byron
Weedsport
Pulaski

2020-21 SECTION III CLASSIFICATION ENROLLMENT

DIVISION 1 600 +

DIVISION 2: 599 ↓

SCHOOL	ENROLLMENT		SCHOOL	ENROLLMENT	
CNS	1962		Adirondack	261	
Utica Proctor	1952		South Lewis	243	
Henninger	1691		Herkimer	237	
Liverpool	1653		Cato-Meridian	231	
Baldwinsville	1278		Westmoreland	224	
Rome	1206		Pulaski	222	C-1
Corcoran	1131		Cooperstown	221	
Nottingham	1115		Thousand Islands	221 NO TEAM	
West Genesee	1109		Syracuse Academy of Science	219	
Fowler	1011		Frankfort-Schuyler	218	
Fayetteville-Manlius	1008	AA: 965 ↑	Port Byron	212	
			Dolgeville	212	
			Tully	212	
Auburn	903				
Oswego	861		Sauquoit Valley	209	
Central Square	845		Weedsport	206	
Watertown	788		Utica Academy of Science	192	
East Syracuse-Minoa	786		Bishop Grimes	189	
Whitesboro	770		Waterville	177	
Fulton	755		Beaver River	174	C:2
Jamesville-Dewitt	705		West Canada	173	
Carthage	677		Notre Dame	165 NO TEAM	
Indian River	666		Sandy Creek	165	
New Hartford	549		Oriskany	159	
Cortland	524		Fabius-Pompey	153	
Chittenango	513	A: 500 - 964	Morrisville-Eaton	152	
			McGraw	150 NO TEAM	C:150-269
Central Valley Academy	498				
Homer	477		Hamilton	146	
Camden	474		Bishop Ludden	137	
Institute of Technology	460	B-1	New York Mills	131	
VVS	459		Manlius Pebble Hill	125	
Oneida	450		Ontech	122	
Mexico	435		Cincinnatus	120	
CBA	431		Alexandria	120	
South Jefferson	423		Poland	117	
Westhill	407		Lafargeville	101	D
Marcellus	398		Remsen	98	
Phoenix	390		Belleville-Henderson	95	
Solvay	365		Copenhagen	89	
			Stockbridge Valley	89	
Cazenovia	363		Madison	87	
Skaneateles	362		Sackets Harbor	86	
Holland Patent	339		Lyme	83	
Clinton	321	B-2	IHC	74	
Hannibal	318		Town of Webb	74	
Sherburne-Earlville	317		Otselic Valley	72	
General Brown	309 NO TEAM		Deruyter	72	
Jordan-Elbridge	300		Faith Heritage	60	
Little Falls	300		Mater Dei Academy	57	
Mt Markham	294		Brookfield	48	
Onondaga/Lafayette	294		Owen D Young	38	
Canastota	291		Living Word	24	D: ≤ 149
APW	275				
Lowville	275	B:270-499			

2021 CLASS MEET SITE INFORMATION

All Meets Are 4:00 Start, Except B-2

- AA BOYS** Wednesday, June 9 @ CNS, Tim Bednarski, AD, Site Director
CNS High School, 6002 NY 31, Cicero, NY 13039
Greg Broton, Meet Director: © 315-657-4514 gbroton@nscsd.org
- AA GIRLS** Tuesday, June 8 @ Liverpool, Ari Liberman, AD & Greg Hamilton, Site Dir
Liverpool High School, 4338 Wetzel Rd, Liverpool, NY 13090
Brett Couchman, Meet Director: © 315-368-5117 bcouchman@romecsd.org
- A BOYS** Friday, June 11 @ ESM, Michael Clonan, AD, Site Director
6400 Fremont Rd, East Syracuse, NY 13057
Brian Holtslag, Meet Director: © 315-725-9205 bjhha@msn.com
- A GIRLS** Wednesday, June 9 @ Chittenango, Dave Gryczka, AD, Site Director
Chittenango Central School, 150 NY 5, Chittenango, NY 13037
Mike Carney, Meet Director: © 315-292-2992 mcarney@wboro.org
- B1 COED** Thursday, June 10 @ Oneida, Stacey Tice, AD Site Director
560 Seneca St., Oneida, NY 13421
Boys' Meet Director: Matt Shutts: © 315-877-5409 mshutts@solvayschools.org
Girls' Meet Director: Justin Crossway: 315-286-2823 jcrossway@spartanpride.org
- B2 COED** Tuesday, June 8 @ Holland Patent, Justin Barlow AD & Mark Celecki, Site
Holland Patent High School, 8079 Thompson Rd, Rt 38, Holland Patent
Girls' Meet: 1:00 Start,
Meet Director: Rob Tuttle: © 315-725-2594 rtuttle@skanschools.org
Boys' Meet: 5:00 Start,
Meet Director: Norm Deep: © 315-271-0061 ndeep@ccs.edu
- C1 COED** Wednesday, June 9 @ South Lewis, Chris Villiere AD & Jack Bernard Site
4264 E Rd, Turin, NY 13473
Boys' Meet Director: Anthony Reina: © 315-525-8546 areina@frankfort-schuyler.org
Girls' Meet Director: Michelle Rauber: © 607-749-5959 mrauber@tullyschools.org
- C2 COED** Tuesday, June 8 @ Sauquoit Valley, Doug Jones, AD Site Director
Sauquoit High School, 2601 Oneida St, Sauquoit, NY 13456
Meet Director, John Nicotera: © 315-269-4637 jnicotera@oneida-boces.org
- D COED** Thursday, June 10 @ DeRuyter, Sheri Smith AD, Site Director
DeRuyter School, 711 Railroad St, DeRuyter
Meet Director: John Allen: © 315-292-3025 jallen@polandcsd.org

Steeple for C-1, C-2 and D Monday, June 7 @ Chittenango, 5:00 Start, Dave Gryczka, site director
BOYS, followed by GIRLS Meet Director, Michelle Rauber, © 607-749-5959

CLASS MEET INFORMATION

See the 2020-21 classification enrollment sheet and the Class Meet Site Information Sheet!!

ENTRIES:

Each school may enter any number of athletes that have met the qualifying standard for each event with a limit of 2 per school, one (1) relay team for each school. 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) **and have competed in “4” competitions prior to their class meet (a maximum of 16 competitions).** See 2021 STANDARDS.

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:

The Department of Health and Federation rules govern track in New York State, with the exception of the jewelry rule. Refer to the 2021 Department of Health, edition of the National Federation Track and Field Rule Book for boys and girls and NYSPHSAA 2021 health rules. The Section, Leagues and schools may be stricter with rules, so please make sure when attending a Class meet, you are aware of those rules. **An athlete is only allowed to compete in 4 events (which includes alternate for a relay). 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). **Steeplechase** will be held during the class meet if the facilities have the capability. If steeple needs to be run at a different site on a different day, results will be added to the team's total score. 2021 site for C1, C2 and D is Chittenango on Monday, June 7, 5:00 Start

2021 SECTION 3 BOYS' OUTDOOR TRACK CLASS MEET QUALIFYING STANDARDS
To Change FAT to HAND Held, Subtract .24

CLASS	AA FAT	A HAND/FAT	B HAND/FAT	C HAND/FAT	D HAND/FAT
100	11.97	12.0/12.24	12.3/12.54	12.5/12.74	12.8/13.04
200	24.25	24.9/25.14	25.0/25.24	25.7/25.94	26.2/26.44
400	54.23	55.8/56.04	56.6/56.84	58.4/58.64	60.0/60.24
800	2:06.90	2:11.6/2:11.84	2:15.9/2:16.14	2:20.6/2:20.84	2:25.4/2:25.64
1600	4:46.20	5:02.1/5:02.34	5:11.2/5:11.44	5:10.9/5:11.14	5:30.6/5:30.84
3200	10:22.70	11:06.3/11:06.54	11:18.6/11:18.84	11:28.4/11:28.64	12:09.6/12:09.84
STEEPLE	11.02.70	11:37.0/11:37.24	12:08.6/12:08.84	12:18.0/12:18.24	12:23.2/12:23.44
(ALL CLASSES MAY USE 3200 TIME FOR STEEPLECHASE ENTRY)					
110HH	18.65	18.2/18.44	18.3/18.54	19.7/19.94	20.1/20.34
400LH	64.23	66.2/66.44	66.5/66.74	71.1/71.34	71.3/71.54
LONG	18' 7"	18' 5"	17' 6"	17'	16' 11"
TRIPLE	38' 5"	37' 3"	36' 6"	34'	34'
HIGH	5' 6"	5' 5"	5' 2"	5'	5'
POLE	10' 6"	10'	10'	9'	7' 6"
SHOT	40' 8"	37' 10"	36' 10"	34' 6"	34' 8"
DISCUS	109' 5"	105'	100'	98'	93'
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

2021 SECTION 3 GIRLS' OUTDOOR TRACK CLASS MEET QUALIFYING STANDARDS
To Change FAT Time to Hand Held, Subtract .24

CLASS	AA FAT	A HAND/FAT	B HAND/FAT	C HAND/FAT	C-2 & D HAND/FAT
100	13.74	13.6/13.84	13.7/13.94	13.8/14.04	14.0/14.24
200	28.44	28.7/28.94	29.0/29.24	29.5/29.74	30.5/30.74
400	64.24	67.0/67.24	67.0/67.24	67.5/67.24	71.0/71.24
800	2:32.24	2:37/2:37.24	2:37 /2:37.24	2:43/2:43.24	2:51.0/2:51.24
1500	5:20.24	5:33/5:33.24	5:35/5:35.24	5:43/5:43.24	5:55.0/5:55.24
3000	11:50.24	12:25/12:25.24	12:15/12:15.24	12:25/12:25.24	13:15/13:15.24
100 HH	18.04	19.0/19.24	18.2/18.44	18.5/18.74	20.5/20.74
400 LH	74.24	85.0/85.24	76.0/76.24	77.0/77.24	82.0/82.24
STEEPLE	8:40.24	9:10/9:10.24	9:15/9:15.24	9:30/9:30.24	9:30.0/9:30.24
LONG	15'6"	14'8"	14'6"	14'0"	13' 8"
TRIPLE	32'6"	30'3"	30'0"	30'0"	29' 0
HIGH	4'8"	4'6"	4'6"	4'6"	4' 0
POLE	7'6"	7'6"	7'6"	7'0"	6' 0
SHOT	30'0"	28'5"	26'6"	27'0"	26'
DISCUS	85'0"	77'0"	75'0"	75'0"	70' 0
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

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

2021 CO-ED CLASS MEET ORDER OF EVENTS

Girls followed by Boys

TRACK

4 x 800 Relay G
4 x 800 Relay B
110 m HH Timed Final
100 m HH Timed Final
100 m Timed Final G
100 m Timed Final B
1500 m
1600 m
4 x 100 m Relay Final G
4 x 100 m Relay Final B
400 m G
400 m B
400 m LH G
400 m LH GB
800 m G
800 m B
200 m Final G
200 m Final B
3000 m G
3200 m B
4 x 400 m Relay G
4 x 400 m Relay B
Steeplechase G
Steeplechase B

FIELD

High Jump
Pole Vault

Long Jump Followed by Triple

Shot Followed by Discus

NO PENTATHLON SPRING 2021

2021 SINGLE GENDER CLASS MEET ORDER OF EVENTS

TRACK EVENTS:

4 x 800 RELAY

110/100 m HH Timed Final

100 m Timed Final

1600/1500

4 x 100 RELAY

400 m

400 m LH

800 m

200 m TIMED FINAL

3200/3000

4 x 400 RELAY

Steeplechase

FIELD EVENTS:

High Jump

Pole Vault

Long Jump Followed by Triple Jump

Shot Put Followed by Discus

NO PENTATHLON SPRING 2021

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.

2021 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