



2018 SPRING TRACK INFORMATION PACKET

Updated 2-26-18

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

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

2018 CLASS MEET SITE INFORMATION

- AA (Co-Ed) Wednesday, May 23 @ CNS, 4:00 Start**, Tim Bednarski, AD, Site Director
CNS High School, 6002 NY 31, Cicero NY 13039
Oscar Jenson & Greg Broton, boys & Brett Couchman, girls Meet Directors
Greg Broton © 315-657-4514 gbroton@nscsd.org Brett Couchman © 368-5117 bcouchman@romecsd.org
- A (Co-Ed) Friday, May 25 @ Fulton, 4:30 Start** Chris Ells, AD, Site Director
G. Ray Bodley High School, 6 William Gillard Dr., Fulton, NY 13069
Brian Holtslag, boys & Jim Gorney, girls Meet Directors
Brian Holtslag, 315-725-9205 bjhha@msn.com Jim Gorney, ESM 315-440-8421 james.gorney@yahoo.com
- B-1 (Co-Ed) Thursday, May 24, @ Westhill, 4:00 Start**, Jennie Smarrelli, AD & Dan Reid Site Directors
Westhill High School, 4501 Onondaga Blvd, Syracuse, NY 13219
Matt Shutts, boys & Julie Storms, girls Meet Directors
Matt Shutts 315-877-5409 mshutts@solvayschools.org Julie Storms 315-486-4726 jul@twcny.rr.com
- B-2 (Co-Ed) Wednesday, May 23 @ Canastota, 4:00 Start** John Copp, Site Director
101 Roberts St., Canastota, NY 13032
Norm Deep, boys & Rob Tuttle, girls Meet Directors
Norm Deep 315-271-0061 ndeep@ccs.edu Rob Tuttle 315-725-2594 rtuttle@skanschools.org
- C1 (Co-Ed) Thursday, May 24 @ Little Falls, 3:00 Start**, Monica Tooley, Site Director
251 High School Rd, Little Falls, NY 13365
Connie Herzig, Meet Director © 607-435-1025 cherzig@cooperstowncs.org
- C2 (Co-Ed) Friday, May 25, @ West Canada, 3:00 Start**, Freddie Sarus, Site Director
5447 NY 28, Newport, NY 13416
Freddie Sarus, Meet Director © 315-292-0220 fsarus@westcanada.org
- D (Co-Ed) Tuesday, May 22, @ New York Mills, 3:00 Start**
John Nicotera & Mike Keating, Site Directors
NYM High School, 1 Marauder Blvd., New York Mills, NY 13417
Mike Keating, boys and John Nicotera, girls Meet Directors
© 315-269-4637 jnicotera@newyorkmills.org

CLASS D Steeplechase Only: Monday, May 21, @ Whitesboro
Event Director – John Nicotera 6:00 Girls followed by Boys

2017-18 Section 3 Classification Enrollment

SCHOOL	ENROLLMENT		SCHOOL	ENROLLMENT	
Cicero North Syracuse	2031		Sherburne-Earlville	270	
Utica Proctor	1938		Pulaski	265	
Liverpool	1665		Little Falls	247	
Henninger	1501		Mt. Markham	239	
Baldwinsville	1320		Frankfort-Schuyler	238	
West Genesee	1181		Port Byron	236	C-1
Corcoran	1175		Thousand Islands	231	
Rome	1088		South Lewis	229	
Fayetteville-Manlius	1072		Sauquoit Valley	227	
Nottingham	1031		Cato-Meridian	226	
Auburn	955		Cooperstown	221	
Central Square	949	AA: 910 ↑	Herkimer	219	
Oswego	835		Weedsport	213	
Fulton	780		Tully	208	
Watertown	768		Lafayette	207	
East Syracuse Minoa	766		Onondaga	206	
Whitesboro	750		Beaver River	202	C-2
Carthage	725		Syracuse Academy of Science	202	
Jamesville Dewitt	719		Dolgeville	201	
Fowler/PSLA	664		Westmoreland	199	
Indian River	655	DIVISION 1: 600 ↑	Bishop Grimes	183	
New Hartford	568	DIVISION 2: 599 ↓	Notre Dame	182	
Cortland	544		Sandy Creek	180	
		A: 480 – 909	West Canada	171	C:170-279
Central Valley Academy	477		Waterville	169	
Oneida	471		Bishop Ludden	167	
Mexico	469		Utica Academy of Science	154	
Homer	469		Morrisville-Eaton	148	
Chittenango	466		Oriskany	148	
Camden	461	B-1	Fabius Pompey	146	
Westhill	450		Immaculate Heart	134	
South Jefferson	442		Lafargeville	133	
VVS	433		Poland	132	
Phoenix	432		Alexandria	128	
Marcellus	421		Manlius Pebble Hill	121	
Solvay	401		New York Mills	118	
CBA	389		Cincinnatus	117	
Cazenovia	389		Sackets Harbor	111	D
Institute of Technology	377		Stockbridge Valley	104	
Skaneateles	352		Hamilton	103	
Jordan-Elbridge	339		McGraw	103	
Holland Patent	334	B-2	Madison	103	
Canastota	322		Copenhagen	102	
Hannibal	322		Remsen	91	
Lowville	321		Belleville Henderson	91	
General Brown	310	No Team	DeRuyter	89	
Adirondack	304		Otselic Valley	79	
Clinton	287		Lyme	75	
APW	285		Town of Webb	71	
		B: 280-479	Faith Heritage	64	
			Blessed Virgin Mary	62	
			Brookfield	51	
			Owen D Young	50	
			Living Word	43	
			Tvburn Academy	38	D: 0-169

Section III Track - Leagues and Schools

Center State Conference D-1

Feddie Sarus (G)

Norm Deep (B)

Dolgeville
Herkimer
Holland Patent
Clinton
Adirondack
West Canada
Sherburne-Earlville

Center State Conference D-2

Division II- Connie Herzig (G)

Neal Bartlett

Frankfort-Schuyler
Cooperstown
Little Falls
Waterville
Mt Markham
Sauquoit
Canastota
Westmoreland

Center State Conference D-3

John Nicotera (G)

(G)

Tim Leach (B)

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

Tri-Valley – Michael Carney (G)

Adam Litwak (B)

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

Frontier – Alex Barrett(G)

Paul Gaede (B)

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

SCAC – Metro - Jim Vermeulen (G)

Greg Broton (B)

Baldwinsville
CNS
Corcoran
F-M
Henninger
Liverpool
Nottingham
West Genesee

SCAC – Empire – Jim Gorney (G)

Emily Rowes, (B)

Auburn
Central Square
Cortland
ESM
Fowler
Fulton
Jamesville Dewitt
Oswego

OHSL-Dan Reid

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

OHSL Patriot American, Michelle Rauber

Fabius-Pompey
Faith Heritage
Manlius Pebble Hill
Onondaga
Tully
LaFayette

OHSL Patriot National, Phil Longo (G & B)

Bishop Grimes
Cato-Meridian
Port Byron
Weedsport
Pulaski

CENTRAL COUNTIES

Brookfield
Cincinnatus
DeRuyter
Madison
McGraw
Otselic Valley
Stockbridge Valley

INDEPENDENTS

Blessed Virgin Mary
Living Word
Utica Academy of Science

CLASS MEET INFORMATION

See the 2017-18 classification enrollment sheet and the Class Meet Site Information Sheet!!

All Section 3 Teams need to register/update team information for Class Meets on ny.milesplit.com by April 1.

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, which can be accomplished at any official meet (ex. Duals, tri-meet, any meet with an official) **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 2018 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:

Federation rules govern track in New York State, with the exception of the jewelry rule. Refer to the 2018 edition of the National Federation Track and Field Rule Book for boys and girls. **An athlete is only allowed to compete in 4 events (which includes alternate for a relay) OR pentathlon. 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. 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 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 2018 Season**, Classes D will run the Steeplechase on Monday, May 21. Girls race first @ 6 PM- Boys immediately following. Meet director – John Nicotera, with entries due by 5:30 on 3x5 cards.

2018 SECTION 3 BOYS' OUTDOOR TRACK CLASS MEET QUALIFYING STANDARDS
These Times and Distances must be met to enter Section 3 Class Meet -- NO EXCEPTIONS!

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
(CLASSES B, C & D 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
PENT	2 entries	2 entries	2 entries	2 entries	2 entries
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

**THESE STANDARDS WERE THE RESULT OF AVERAGING THE PAST 4 YEARS' 10TH PLACE
ALONG WITH LAST YEAR'S STANDARD**

2018 SECTION 3 GIRLS' OUTDOOR TRACK CLASS MEET QUALIFYING STANDARDS

These are Hand Held Times – May be converted into FAT by adding .24

	AA	A	B	C*	D
100	13.5	13.6	13.7	13.8	14.0
200	28.2	28.7	29.0	29.5	29.5
400	64.0	67.0	67.0	67.5	70.0
800	2:32	2:37	2:37	2:43	2:45
1500	5:20	5:33	5:35	5:43	6:00
3000	11:50	12:10	12:15	12:25	13:15
100 HH	17.8	18.2	18.2	18.5	20.0
400 LH	74.0	75.0	76.0	77.0	85.0
**Steeplechase	8:40	9:10	9:15	9:30	10:15
Pentathlon	2 entries	2 entries	2 entries	2 entries	2 entries
LONG	15'6"	14'8"	14'6"	14'0"	13' 6"
TRIPLE	32'6"	30'3"	30'0"	30'0"	28' 0
HIGH	4'8"	4'6"	4'6"	4'6"	4' 2
POLE	7'6"	7'6"	7'6"	7'0"	6' 0
SHOT	30'0"	28'5"	27'0"	27'0"	24'
DISCUS	85'0"	77'0"	75'0"	75'0"	70' 0
400 Relay	55.5	55.5	55.6	57.0	60.0
1600 Relay	4:35	4:37	4:39	4:43	5:00
3200 Relay	11:10	11:15	11:20	11:30	12:20

*Class C1/C2-Allowed one automatic entry per event. If more than one athlete in an event, Qualifying standard must be met for both athletes to compete.

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

2018 CO-ED CLASS MEET ORDER OF EVENTS

Girls followed by Boys, Except Pent Hurdles

TRACK

110 m HH Pent
100 m HH Pent
4 x 800 Relay G
4 x 800 Relay B
100 m HH Timed Final
110 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 B
800 m G
800 m B
200 m Final G
200 m Final B
3000 m
3200 m
4 x 400 m Relay G
4 x 400 m Relay B
Pentathlon 800/1500
Steeplechase G
Steeplechase B

FIELD

High Jump

Pole Vault

Long Jump Followed by Triple

Shot Followed by Discus

PENTATHLON

High jump
Shot put
Long jump

Section III Co-Ed State Qualifier Meet –Thursday, May 31st @ CNS, 4:00 Start

Meet Directors: Boys: Tom Wells & Norm Deep / Girls: Julie Storms & Brett Couchman

ELIGIBILITY

1st Place finishers at all Class Meets automatically qualify for the State Qualifier meet, including girls' pentathlon. Any athlete who meets the Division 1 or Division 2 standards listed on the standards sheet in this packet also qualify. Those athletes must meet the 2018 qualifying standards (see attachment) in a *multi-school (5+) meet or "certified FAT" and have participated in 6 meets*. Girls' Pentathlon may petition in an athlete who has not competed in the event during the season 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 entering this meet. 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.

BOYS' PENTATHLON WILL BE LIMITED TO TOP 4 ENTRIES IN EACH DIVISION. PENTATHLON ENTRY MUST BE APPROVED BY SECTIONAL CHAIRMAN BY E-MAILING ENTRY WITH POINT TOTALS BY TUESDAY AT NOON MAY 29 TO TOM WELLS, PHONE 733-1698 E-MAIL swim09@roadrunner.com. IF ENTRY IS DECLINED, THEN MAY ENTER AN INDIVIDUAL EVENT.

ENTERING PROCEDURE

****Coaches** must enter ALL athletes and relay teams, including alternates, who will be competing at this meet on line at Milesplit.com. This includes those who have met the qualifying standards and 1st Place finishers at their class meets. The athlete(s)' accomplishment must be able to be confirmed by the Section chairperson. **An athlete is only allowed to compete in 4 events (which includes alternate for a relay) OR pentathlon. Deadline for entries will be 8:00 PM on Tuesday, May 29th.**

GIRLS' TRACK COMMITTEE will meet on Wednesday, May 30, 9:00 am at a closed seeding meeting to review all entries. Only the Track Committee members, State Qualifier meet director and a representative from Leone timing will be present.

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 315-733-1698, or Julie Storms, girls' chair, 315-486-4726.

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 Starting Height High Jump: 4' 8", up by 2" until 5' (COMBINED Division 1 & 2)

GIRLS Starting Height Pole Vault: 8'6", 9', 9'6" then up by 3" (COMBINED Division 1 & 2)

GIRLS Pent High: Group Decides Starting Height, up by 5 cm (COMBINED Division 1 & 2)

STATE MEET: Coaches must declare the athlete's intent to compete at States with the Section Chair before leaving the State Qualifier. First place finishers for each division advances to the State Meet. A second qualifier can advance if they are the highest placing finisher the day of this meet and have met a State Standard **ANY TIME DURING THE SEASON** (see State Standards page). Coaches need to know that this is a two day meet @ CNS, June 8 and 9 and to 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 eight finishers in all events based on overall competition. NYSPHSAA awards may include results from trials or semis. If an athlete cannot compete after declaring their intent at the State Qualifier due to unforeseen circumstances, a Section can substitute the next qualifying athlete from the State Qualifier.

2018 SECTION 3 BOYS' & GIRLS' STATE QUALIFIER STANDARDS

	<u>BOYS D-1</u> Hand Held/FAT	<u>BOYS D-2</u> Hand Held/FAT	<u>GIRLS D-1</u> Hand Held/FAT	<u>GIRLS D-2</u> Hand Held/FAT
100	11.2/11.44	11.3/11.54	13.0/13.24	13.2/13.44
200	22.7/22.94	23.3/23.54	27.0/27.24	27.5/27.74
400	51.0/51.24	52.2/52.44	62.5/62.74	63.0/63.24
800	1:59.0/1:59.24	2:01.0/2:01.24	2:24.0/2:24.24	2:26.0/2:26.24
1600/1500	4:28.0/4:28.24	4:30.0/4:30.24	5:05.0/5:05.24	5:10.0/5:10.24
3200/3000	9:40.0/9:40.24	9:46.0/9:46.24	11:00.0/11:00.24	11:20.0/11:20.24
110/100 HH	15.7/15.94	16.0/16.24	17.0/17.24	17.3/17.54
400 LH	58.0/58.24	59.0/59.24	70.0/70.24	71.0/71.24
STEEPLECHASE	10:15.0/10:25.24	10:35.0/10:35.24	7:50.0/7:50.24	8:05.0/8:05.24
PENTATHLON	2800 pts	2600 pts	2300 pts	2150 pts
LONG JUMP	21'	20'	16'	15' 6"
TRIPLE JUMP	43'	42'	34'	33'
HIGH JUMP	6' 2"	6'	5' 2"	5' 0"
POLE VAULT	13'	12'	9'	9'
SHOT PUT	47'	45'	33'	32'
DISCUS	140'	135'	95'	90'
400 Relay	44.8/45.04	46.0/46.24	53.0/53.24	53.5/53.74
1600 Relay	3:30/3:30.24	3:33.0/3:33.24	4:15.0/4:15.24	4:20.0/4:20.24
3200 Relay	8:15.0/8:15.24	8:20.0/8:20.24	10:15.0/10:15.24	10:25.0/10:25.24

2018 SECTION III TRACK STATE QUALIFIER ORDER OF EVENTS

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

G-PENT 100 HURDLES	FIRST ROUND	
B-PENT 110 HURDLES		
G-4 X 800 RELAY	B-SHOT PUT (Div 1,2)	
B-4 X 800 RELAY	G-DISCUS (Div 1,2)	
G-4 X 100 RELAY	G-POLE VAULT	
B-4 X 100 RELAY	G-LONG JUMP	
G-4 X 400 RELAY	B-TRIPLE JUMP	
B-4 X 400 RELAY		
G-2000 STEEPLECHASE		
B-3000 STEEPLECHASE		
G-100HH SEMIS		
B-110HH SEMIS	SECOND ROUND	LJ-TJ RUNWAYS
G-100 SEMIS		Bd#1-Track Side
B-100 SEMIS	G-SHOT PUT (Div 1, 2)	Boys-Div 1 LJ
G-1500	B-DISCUS (Div 1, 2)	Boys-Div 2 LJ
B-1600	B-POLE VAULT	Boys-Div 1 TJ
B-110HH FINAL	G-HIGH JUMP (Scoreboard)	Boys-Div 2 TJ
G-100 H FINAL	B-HIGH JUMP (School)	Boys-Pent LJ
G- 100 Final	B-LONG JUMP	
B-100 FINAL	G-TRIPLE JUMP	
G- 400		Bd#2-Fence Side
B-400		Girls-Div 1 LJ
G-800	PENTATHLON	Girls-Div 2 LJ
B-800	G-100H	Girls-Div 1 TJ
B-200 SEMIS (if needed)	B-110H	Girls-Div 2 TJ
G-400 IH	G-HJ- (Scoreboard)	Girls-Pent LJ
B-400 IH	B-HJ-(School)	
G-3000	B-SP	
B-3200	G-SP	
G-200 FINAL	B-LJ	
B-200 FINAL	G-LJ	
B-1500 PENT	B-1500	
G-800 PENT	G-800	

NYSPHSAA/FEDERATION BOYS & GIRLS SPRING TRACK
APPROVED STANDARDS FOR THE SECOND QUALIFIER FOR
THE 2018 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.

THEY MUST BE THE HIGHEST PLACING FINISHER AT THE QUALIFIER THAT HAS MET THE STANDARD LISTED BELOW.

THE STANDARD MAY BE MET AT ANY INVITATIONAL OR CHAMPIONSHIP MEET AT ANYTIME DURING THE SEASON.

<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	12.5 / 12.74
200M DASH	22.0 / 22.24	22.5 / 22.74	25.2 / 25.44	25.7 / 25.94
400M DASH	48.8 / 49.04	50.2 / 50.44	57.2 / 57.44	58.1 / 58.34
	1:54.6/	1:56.7 /	2:14.3 /	2:15.6 /
800M RUN	1:54.84	1:56.94	2:14.54	2:15.84
	4:17.8/	4:23.0 /	4:35.6 /	4:46.7 /
1600/1500M RUN	4:18.04	4:23.24	4:35.84	4:46.94
	9:21.0/	9:37.6 /	9:59.4/	10:24.0/
3200/3000M RUN	9:21.24	9:37.84	9:59.64	10:24.24
	9:33.0/	9:53.2 /	7:06.3 /	7:23.8 /
STEEPLECHASE	9:33.24	9:53.44	7:06.54	7:24.04
HIGH HURDLES	14.7 / 14.94	15.2 / 15.44	15.0 / 15.24	15.6 / 15.84
400M HURDLES	55.8 / 56.04	57.3 / 57.54	63.7 / 63.94	66.3 / 66.54
LONG JUMP	22' 00.25"	21' 01"	17' 10.25"	16' 11.5"
TRIPLE JUMP	45' 07.25"	43' 10"	37' 01.75"	36' 01.5"
SHOT PUT	52' 11.5"	49' 10"	39' 05.25"	36' 07.5"
DISCUS	151' 09"	146' 02"	117' 08"	112' 05"
HIGH JUMP	6' 02"	6' 02"	5' 03"	5' 01"
POLE VAULT	14' 00"	13' 03"	11' 00"	9' 09"
PENTATHLON	3043 PTS.	3008 PTS.	2807 PTS.	2638 PTS.
400M RELAY	42.7 / 42.94	44.0 / 44.24	48.7 / 48.94	50.2 / 50.44
	3:20.3/	3:28.2 /	3:56.4/	4:04.4/
1600M RELAY	3:20.54	3:28.44	3:56.64	4:04.64
	7:51.9/	8:12.0 /	9:17.3 /	9:40.0 /
3200M RELAY	7:52.14	8:12.24	9:17.54	9:40.24

(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 2013 THROUGH 2017

**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 08, 2018

ORDER OF EVENTS

TRACK

FIELD

	Div I - Large			11:00	POLE VAULT	G	CHAMP	F	
	Div II - Small			12:00	DISCUS	B	I	CLASS FINAL	
				12:30	TRIPLE JUMP	G	I	CLASS FINAL	
12:30	Pent. 100 HH-1	G	CHAMP	F	<i>lower seeds</i>				
	Pent. 110 HH-1	B	CHAMP	F	<i>lower seeds</i>				
					TRIPLE JUMP	G	II	CLASS FINAL	
				12:30	SHOT PUT	G	I	CLASS FINAL	
				1:30	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	
	OPENING CEREMONIES INCLUDING SPORTSMANSHIP								
	AWARD WINNERS								
1:30	100H	G	II	T					
	100H	G	I	T					
1:40	110H	B	II	T					
	110H	B	I	T					
1:50	100M	G	II	T					
	100M	G	I	T					
	100M	B	II	T					
	100M	B	I	T					
2:10	Pent. 100 HH-2	G	CHAMP	F	<i>higher seeds</i>				
	Pent. 110 HH-2	B	CHAMP	F	<i>higher seeds</i>				
2:30	400M	G	II					CLASS FINAL	
	400M	G	I					CLASS FINAL	
	400M	B	II					CLASS FINAL	
	400M	B	I					CLASS FINAL	
3:00	800M	G	CHAMP	F					
	800M	B	CHAMP	F					
3:30	200M	G	II	T					
	200M	G	I	T					
	200M	B	II	T					
	200M	B	I	T					
3:50	400 INTER H	G	II					CLASS FINAL	
	400 INTER H	G	I					CLASS FINAL	
	400 INTER H	B	II					CLASS FINAL	
	400 INTER H	B	I					CLASS FINAL	
4:20	4X100 RELAY	G	II					CLASS FINAL	
	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	
	4X400 RELAY	B	II					CLASS FINAL	
	4X400 RELAY	B	I					CLASS FINAL	
5:40	3000M	G	CHAMP	F					
	3200M	B	CHAMP	F					
					1:15	PENT.HIGH JP1	G	CHAMP	F
						PENT.HIGH JP1	B	CHAMP	F
				3:30	POLE VAULT	B	CHAMP	F	
				3:00	DISCUS	G	I	CLASS FINAL	
				4:30	DISCUS	G	II	CLASS FINAL	
				3:30	LONG JUMP	G	I	CLASS FINAL	
					LONG JUMP	G	II	CLASS FINAL	
				3:00	SHOT PUT	B	I	CLASS FINAL	
				4:30	SHOT PUT	B	II	CLASS FINAL	
				3:15	PENT.SHOT-1	G	CHAMP	F	
				3:45	PENT.SHOT-1	B	CHAMP	F	
				3:00	PENT.HIGH JP-2	G	CHAMP	F	
				3:15	PENT.HIGH JP-2	B	CHAMP	F	
				5:00	LONG JUMP	B	I	CLASS FINAL	
					LONG JUMP	B	II	CLASS FINAL	
				5:00	PENT.SHOT-2	G	CHAMP	F	
				5:30	PENT.SHOT-2	B	CHAMP	F	

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

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SATURDAY JUNE 09, 2018

ORDER OF EVENTS

TRACK				FIELD			
10:00	2000M STEEPLE	G	CHAMP	F			
	3000M STEEPLE	B	CHAMP	F			
11:00	100M	G	II	CLASS FINAL			
	100M	G	I	CLASS FINAL	10:00	HIGH JUMP	G CHAMP F
	100M	B	II	CLASS FINAL	10:00	DISCUS	G CHAMP F
	100M	B	I	CLASS FINAL			
11:15	1500M	G	CHAMP	F	10:00	PENT.LONG JP-1	G CHAMP F
	1600M	B	CHAMP	F		PENT.LONG JP-2	G CHAMP F
11:45	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-2	B CHAMP F
12:05	200M	G	II	CLASS FINAL			
	200M	G	I	CLASS FINAL	11:30	HIGH JUMP	B CHAMP F
	200M	B	II	CLASS FINAL	11:30	DISCUS	B CHAMP F
	200M	B	I	CLASS FINAL			
<u>BREAK 12:15 - 12:30</u>							
					12:30	SHOT PUT	G CHAMP F
					12:30	LONG JUMP	G CHAMP F
12:30	PENT. 800 (ALL)	G	CHAMP	F	12:30	LONG JUMP	B CHAMP F
12:50	100HH	G	CHAMP	F			
	110HH	B	CHAMP	F			
1:05	100M	G	CHAMP	F			
	100M	B	CHAMP	F	2:00	SHOT PUT	B CHAMP F
1:15	PENT 1500 (ALL)	B	CHAMP	F	2:00	TRIPLE JUMP	G CHAMP F
1:30	400M	G	CHAMP	F	2:00	TRIPLE JUMP	B CHAMP F
	400M	B	CHAMP	F			
1:45	400 INTER H	G	CHAMP	F			
	400 INTER H	B	CHAMP	F			
1:55	200M	G	CHAMP	F			
	200M	B	CHAMP	F			
2:05	4X800 RELAY	G	CHAMP	F			
	4X800 RELAY	B	CHAMP	F			
2:55	4X100 RELAY	G	CHAMP	F			
	4X100 RELAY	B	CHAMP	F			
3:05	4X400 RELAY	G	CHAMP	F			
	4X400 RELAY	B	CHAMP	F			

ACCEPTED 9/17/17