



2014
SECTION 3
GIRLS
TRACK
INFORMATION
PACKET

2013-2014 SECTION 3 CLASSIFICATION ENROLLMENTS – Adjusted for Girls' Spring Track Season

<u>SCHOOL</u>	<u>ENROLLMENT</u>	
Cicero-North Syracuse	2144	DIVISION 1
Utica/Proctor	2081	(600 - ↑)
Liverpool	1712	
Baldwinsville	1380	
Henninger	1337	
West Genesee	1242	AA
Fayetteville-Manlius	1174	
Rome Free Academy	1167	
Corcoran	1086	
Auburn	1028	
Central Square	1017	
Nottingham	932	
Oswego	920	AA (910 - ↑)
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Fowler	908	
Watertown	853	
East Syracuse-Minoa	820	
Fulton	800	
Whitesboro	792	A-1
Carthage	728	
Indian River	707	
Jamesville-Dewitt	665	
New Hartford	648	DIVISION 1 (600 - ↑)
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Cortland	594	DIVISION 2 (↓ - 600)
*Central Valley Academy	543	(formerly Ilion/Mohawk)
*Chittenango	540	
Oneida	538	
Camden	531	A-2
Homer	528	
Mexico	526	
Westhill-Bishop Ludden	512	A - (480 - 909)
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VVS	478	
South Jefferson	473	
Phoenix	462	
Solvay	457	
Marcellus	454	B-1
CBA	404	
Cazenovia	402	
Skaneateles	396	
Holland Patent	371	
Canastota	369	
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General Brown	339	
Sherburne-Earlville	337	
Hannibal	329	
Jordan-Elbridge/Tyburn	328	
Institute of Technology	323	B - 2
APW	319	
Clinton	317	
*Lowville	316	
Adirondack	295	
*Frankfort-Schuyler	282	B (280 - 479)

<u>SCHOOL</u>	<u>ENROLLMENT</u>	
Little Falls	274	DIVISION 2
Mt. Markham	264	(↓ - 600)
Tully	256	
Thousand Islands	256	
Pulaski	254	
Herkimer	250	C-1
Cato-Meridian	236	
South Lewis	236	
Port Byron	231	
Sauquoit Valley	228	
Westmoreland	221	
Cooperstown	217	
Weedsport	208	
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Sandy Creek	205	
Bishop Grimes	204	
Beaver River	201	
Onondaga	200	
Fabius-Pompey	198	
SAS Charter	189	
Dolgeville	188	C-2
West Canada	188	
Lafayette	185	
Waterville	178	
Manlius-Pebble Hill	171	
Morrisville-Eaton	171	C (170 - 279)
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Notre Dame	168	
Immaculate Heart	160	
Alexandria	153	
Oriskany	152	
Poland	143	
Cincinnatus	132	
Lafargeville	130	
New York Mills	130	
McGraw	127	
Hamilton	126	D
Stockbridge Valley	126	
Remsen	115	
Madison	113	
Sackets Harbor	110	
Copenhagen	104	
Belleville Henderson	102	
DeRuyter	88	
Otselic Valley	86	
Faith Heritage	79	
Town of Webb	79	
Oppenheim-Ephratah	71	
Lyme	70	
Blessed Virgin Mary	62	
Brookfield	58	
Living Word	54	
Owen D. Young	49	
Rome Catholic	31	D (0 - 169)

Section III Girls Track Leagues and Schools

Center State Conference Division I- Feddie Sarus

Adirondack
Dolgeville
Herkimer
Holland Patent
Central Valley (Formerly Ilion/Mohawk)
Little Falls
West Canada
Westmoreland
Clinton

Tri-Valley – Andrea Williams

Camden
Whitesboro
New Hartford
Oneida
Rome Free Academy
Utica Proctor

CNYCL National- Jim Vermeulen

Baldwinsville
Cicero-N Syracuse
Henninger
Liverpool
West Genesee
Fayetteville-Manlius

Center State Conference Division II- Connie Herzig

Canastota
Cooperstown
Morrisville-Eaton
Mt Markham
Sauquoit
Sherburne-Earlville
Waterville
Frankfort-Schuyler

Frontier – Alex Barrett

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

CNYCL American – Jim McCaul

Auburn
Central Square
Corcoran
Nottingham
Oswego

Center State Conference Division III- Fay Harper

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

OHSL Freedom –Jim Lawton

CBA
Cortland
East Syracuse Minoa
Fowler
Fulton
Jamesville-Dewitt
Mexico
Homer
Chittenango

OHSL-Dan Reid

OHSL Liberty –Rob Tuttle

Cazenovia
Phoenix
Hannibal
Institute of Techno
Jordan-Elbridge/Tyburn Academy
Marcellus
Skaneateles
Solvay
APW
Westhill-Bishop Ludden

Patriot American-C/D –Ken Fuller

Fabius-Pompey
Faith Heritage
Manlius Pebble Hill
Onondaga
Tully

Patriot National- C/D – Michelle Rauber

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

DeRuyter* Independent
Living Word* Independent
Cincinnatus-* Independent

VVS - *Independent

CLASS MEET INFORMATION

See the 2013-2014 classification enrollment sheet and the Class Meet Site Information Sheet!!

To Enter Class Meets

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

Entries

Each school may enter any number of athletes that have met the qualifying standard for each event, one (1) relay team for each relay event and two (2) pentathletes. Each athlete must meet the qualifying times, heights, and distances, see 2013 STANDARDS. 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 2013 STANDARDS.

HOW TO ENTER: On Line with Leonetiming

Seeding

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

The Scratch rule is IN EFFECT at the class meets.

Officials

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

Rules

Federation rules govern girls' track in New York State. Refer to the 2013 edition of the National Federation Track and Field Rule Book for boys and girls.

Awards

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

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

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

Team points for places 1 - 6.

Steeplechase will be held during the class meet if the facilities have the capability. If this is NOT the case, a separate meet will be held on **Wednesday, May 21st @ ROME**. Scores for steeplechase event will be added to class meet totals. **For the 2014 Season,** Classes C&D will run the Steeplechase on **Wednesday, May 21st @ ROME** Girls' race first @ 5 PM- Boys' immediately following. Meet director – Fay Harper, with entries due by 4:30 on 3x5 cards.

****POLE VAULTERS will be weighed in at the Class meet ****

2013 GIRLS CLASS MEET ORDER OF EVENTS

TRACK

100m HH Pent
4 x 800m relay final
4x100m relay semi
100m HH Prelim
100m dash Prelim
100m HH finals
100m dash finals
1500m run
4x100m relay finals
400m dash final
400m LH final
800 run final
200m dash final
3000m run
4 x 400m relay
Steeplechase (For All Classes but Class C & D)
Pent 800 (may be inserted)

FIELD- (4 jumps/throws)

shot put
discus
long jump
triple jump
high jump
pole vault

PENTATHLON

High jump
Shot put
Long jump

CLASS D CO-ED ORDER OF EVENTS

TRACK EVENTS

BOYS	110 HH	Pent
BOYS	110 HH	Semi
GIRLS	100 HH	Pent
GIRLS	100 HH	Semi
BOYS	4 x 400	Final
GIRLS	4 x 400	Final
BOYS	100	Semi
GIRLS	100	Semi
BOYS	1600	Final
GIRLS	1500	Final
GIRLS	100 HH	Final
BOYS	110 HH	Final
BOYS	100	Final
GIRLS	100	Final
BOYS	400	Final
GIRL	400	Final
BOYS	400 IH	Final
GIRLS	400 IH	Final
BOYS	800	Final
GIRLS	800	Final
GIRLS	4 X 100	Semi
BOYS	200	Semi
GIRLS	3000	Final
BOYS	3200	Final
GIRLS	200	Final
BOYS	200	Final
BOYS	1500	Pent
GIRLS	800	Pent
BOYS	4 X 800	Final
GIRLS	4 X 800	Final
BOYS	4 X 100	Final
GIRLS	4 X 100	Final

FIELD EVENTS

LONG JUMP	Girls then Boys then
TRIPLE JUMP	Girls then Boys
HIGH JUMP	Boys then Girls
POLE VAULT	Girls then Boys
SHOT PUT	Boys then Girls
DISCUS	Girls then Boys
PENTATHLON	High Jump Shot Put Long Jump

STATE QUALIFIER CO-ED MEET INFORMATION

Section III State Qualifier Meet –Thursday May 29th @ CNS, 4:00 Start

ELIGIBILITY

The sectional class champions automatically advance to the State Qualifier meet. Any other qualifiers must meet the Division 1 or Division 2 standards listed on the standards sheet in this packet. All qualifying athletes must meet the 2014 qualifying standards (see attachment) in a *multi-school (5+) meet*. Coaches may petition an athlete's entry into the Pentathlon thru their league rep, by presenting verifiable times and marks for each event from meets of five (5) or more schools. Please list the athlete, event, mark and meet the performances were accomplished in, as well as Pentathlon point values and present it to your league rep prior to the May 27th seeding meeting.

ENTERING PROCEDURE

There will be a **CLOSED** seeding meeting Tuesday, May 27, 9:30 am. Only section chair(s), Class meet directors, league chairs, State Qualifier meet director and a representative from Leone timing will be present. All entries will be reviewed during this meeting

Any athlete who meets the State Qualifier standards may be entered. **The standards must be met at a 5 or more school meet.** If your athlete had a qualifying standard outside of Section 3, coaches need to email their league rep. prior to the May 27th seeding meeting.

Coaches must enter their athlete(s) and relay teams who have met these standards on line @ **leonetiming.com. **Deadline for entries will be @ 8 PM on Monday May 26th.** The athlete's accomplishment must be able to be confirmed by the Section chairperson.

Athletes that are class champions need to be entered on line also. The Class Meet directors will bring meet results to the meeting on May 27th for verification.

SCRATCHING AN ATHLETE

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

FIELD EVENT INFO:

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

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

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

STATE MEET: Coaches need to know that this is a two day meet @ CNS on June 6 & 7. Athletes are required to compete until conclusion. Any scratches will mean disqualification from the meet. Federation medals will be awarded to top eight finishers in all events based on overall competition. NYSPHSAA awards may include results from trials or semis. **The Scratch Rule will be in effect at the STATE MEET.**

SECTION III TRACK
2014 STATE QUALIFIER ORDER OF EVENTS (4:00 Start)

B-PENT 110 HURDLES
 G-PENT 100 HURDLES
 B-4 X 800 RELAY
 G-4 X 800 RELAY
 B-4 X 100 RELAY
 G-4 X 100 RELAY
 B-4 X 400 RELAY
 G-4 X 400 RELAY
 B-3000 STEEPLECHASE
 G-2000 STEEPLECHASE
 G-100HH SEMIS
 B-110H SEMIS
 B-100 SEMIS
 G-100 SEMIS
 B-1600
 G-1500
 B-110HH FINAL
 G-100 H FINAL
 B-100 FINAL
 G-100 FINAL
 B-400
 G-400
 B-800
 G-800
 B-200 SEMIS
 B-400 IH
 G-400 IH
 B-3200
 G-3000
 B-200 FINAL
 G-200 FINAL
 G-800 PENT
 B-1500 PENT

FIRST ROUND

G-SHOT PUT(Div 1,2---2 circles)
 B-DISCUS (Div 1,2)
 B-POLE VAULT
 G-LONG JUMP
 B-LONG JUMP

LJ-TJ RUNWAYS

SECOND ROUND

B-SHOT PUT(Div 1,2--#1 circle)
 G-DISCUS (Div 1,2)
 G-POLE VAULT
 G-HIGH JUMP(School)
 B-HIGH JUMP(Scoreboard)
 B-TRIPLE JUMP
 G-TRIPLE JUMP

Bd#1---Fence
 Girls-Div 1 LJ
 Girls-Div 2 LJ
 Girls-Div 1 TJ
 Girls-Div 2 TJ
 Girls-Pent LJ
 Bd#2--Track
 Boys-Div 1 LJ
 Boys-Div 2 LJ
 Boys-Div 1 TJ
 Boys-Div 2 TJ
 Boys-Pent LJ

PENTATHLON

B-110H
 G-100H
 B-HJ-(Scoreboard)
 G-HJ-(School)
 G-SP (#2 circle)
 B-SP (#2circle)
 G-LJ
 B-LJ
 G-800
 B-1500

2014 SECTION 3 QUALIFYING STANDARDS

TRACK @ CLASS MEET	AA	A	B	C*	D
100	13.5	13.6	13.7	13.8	14.2
200	28.2	28.5	29.0	29.5	30.0
400	66.0	66.0	67.0	67.5	70.0
800	2:32	2:35	2:37	2:43	3:00
1500	5:27	5:30	5:35	5:43	6:15
3000	11:50	12:10	12:15	12:25	13:30
4X100	55.5	55.5	55.6	57.0	60.0
4X400	4:35	4:35	4:39	4:43	5:00
4X800	11:10	11:10	11:20	11:30	13:00
100 HH	17.8	18.0	18.2	18.5	20.0
400 LH	74.0	74.0	75.0	77.0	85.0
PENT	OPEN	OPEN	OPEN	OPEN	OPEN
**STEEPLE CHASE	8:45	9:00	9:15	9:30	10:15

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

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

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

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

FIELD @ CLASS MEET	AA	A	B	C	D	@ OPENS: DIV 1 / DIV 2
LONG	15'3"	15'0"	14'6"	14'4"	13' 0	16' / 15'6
TRIPLE	32'0	31'6"	30'9"	30'0"	28' 0	34' / 33'
SHOT	30'0	30'0"	29'0"	27'0"	23'6	33' / 32'
DISCUS	85'0	85'0"	80'0"	75'0"	70' 0	95' / 90'
HIGH	4'10	4'8"	4'6"	4'6"	4' 2	5'2 / 5'0
POLE	7' 6	7'6"	7'6"	7'0"	6' 0	9' / 9'

POLE VAULT VERIFICATION FORM

Athlete: _____ Weight: _____

Pole #1: _____ Length: _____ Rating: _____ lbs.

Pole #2: _____ Length: _____ Rating: _____ lbs.

Athlete Signature _____ Date _____

Athlete: _____ Weight: _____

Pole #1: _____ Length: _____ Rating: _____ lbs.

Pole #2: _____ Length: _____ Rating: _____ lbs.

Athlete Signature _____ Date _____

Athlete: _____ Weight: _____

Pole #1: _____ Length: _____ Rating: _____ lbs.

Pole #2: _____ Length: _____ Rating: _____ lbs.

Athlete Signature _____ Date _____

Athlete: _____ Weight: _____

Pole #1: _____ Length: _____ Rating: _____ lbs.

Pole #2: _____ Length: _____ Rating: _____ lbs.

Athlete Signature _____ Date _____

Coaches Signature _____ Date _____

Section III of the New York State Public High School Athletic Association, Inc.
High School Track and Field: Pole Vault Verification Form

Pole vault certification is required by the National Federation of State High School Associations, the governing body for high school athletics and officiating. Rule 4-3 (effective 1995) states: that a vaulter shall not be allowed to compete while using a pole which has a rating of less than the vaulter's actual weight. The purpose of this form is to ensure that the vaulter is competing with a legal pole at each competition. A copy of this form must be presented to both the official in charge and to the meet director before each competition begins. Make several copies and always have them on hand as the vaulter cannot compete without presenting this document.

It is the responsibility of the school to ensure that the pole being used is certified for the vaulter. The required signatures on this form are evidence that parties are aware of the risks involved when an athlete competes with an illegal pole and that both the athlete and his/her pole are in compliance with the weight requirement rule. Complete a form each season for all poles that the vaulter will use in competition and whenever the vaulter gains weight to the extent that their listed rating is no longer valid.

EMAIL TO YOUR MEET DIRECTOR!!!!

2014 SCHOOL COMMITMENT FORM

SCHOOL NAME _____

CLASS _____

SCHOOL ADDRESS _____

SCHOOL PHONE _____

SCHOOL EMAIL _____

COACH'S NAME _____

CELL PHONE _____

HOME ADDRESS _____

HOME PHONE _____

HOME EMAIL _____

***** THIS FORM MUST BE EMAILED TO THE CLASS MEET DIRECTOR BY MAY 1ST 2014 *****

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

NYSPHSAA/FEDERATION BOYS & GIRLS SPRING TRACK
APPROVED STANDARDS FOR THE SECOND QUALIFIER FOR
THE 2014 SEASON

EACH SECTION MUST DESIGNATE THEIR STATE QUALIFIER MEET.

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

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

<u>EVENT</u>	<u>BOYS D1</u>	<u>BOYS D2</u>	<u>GIRLS D1</u>	<u>GIRLS D2</u>
100M DASH	11.0/11.24	11.2 / 11.44	12.4 / 12.64	12.6 / 12.84
200M DASH	22.2 / 22.44	22.8 / 23.04	25.2 / 25.44	26.3 / 26.54
400M DASH	49.3 / 49.54	50.3 / 50.54	57.4 / 57.64	58.2 / 58.44
	1:54.7/	1:56.8 /	2:15.3 /	2:16.9 /
800M RUN	1:54.94	1:57.04	2:15.54	2:17.14
	4:16.6/	4:21.6 /	4:36.2 /	4:46.0 /
1600/1500M RUN	4:16.84	4:21.84	4:36.44	4:46.24
	9:18.9/	9:30.4 /	10:02.0/	10:22.4/
3200/3000M RUN	9:19.14	9:30.64	10:02.24	10:22.64
	9:39.5/	9:51.0 /	7:04.9	7:19.7/
STEEPLECHASE	9:39.74	9:51.24	/7:05.14	7:19.94
HIGH HURDLES	14.8 / 15.04	15.3 / 15.54	15.3 / 15.54	16.0 / 16.24
400M HURDLES	55.4/ 55.64	56.8 / 57.04	63.3/ 63.54	66.5/ 66.74
LONG JUMP	22' 00"	21' 01"	17' 05"	16' 11"
TRIPLE JUMP	45' 09"	44' 01"	37' 01"	36' 05"
SHOT PUT	51' 04"	49' 01"	38' 03"	35' 11"
DISCUS	150' 09"	144' 00"	115' 02"	110' 00"
HIGH JUMP	6' 03"	6' 01"	5' 03"	5' 00"
POLE VAULT	13' 10"	12' 11"	10' 09"	10' 00"
PENTATHLON	3131 PTS.	3048 PTS.	2883 PTS.	2620 PTS.
400M RELAY	42.9 / 43.14	44.0 / 44.24	49.0 / 49.24	50.5/ 50.74
	3:21.4/	3:27.5 /	3:56.1/	4:04.1/
1600M RELAY	3:21.64	3:27.74	3:56.34	4:04.34
	7:51.6/	8:05.1 /	9:15.8 /	9:35.0 /
3200M RELAY	7:51.84	8:05.34	9:16.04	9:35.24

(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 2009 THROUGH 2013
 ACCEPTED 9/8/13

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

*TIMES ARE APPROXIMATE - EVENTS MAY MOVE AHEAD UP TO 30 MINUTES

FRIDAY JUNE 06, 2014

ORDER OF EVENTS

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

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

*TIMES ARE APPROXIMATE - EVENTS MAY MOVE AHEAD UP TO 30 MINUTES

SATURDAY JUNE 07, 2014

ORDER OF EVENTS

TRACK

10:00	2000M STEEPLE	G	CHAMP	F
	300M STEEPLE	B	CHAMP	F
11:00	100M	G	II	CLASS FINAL
	100M	G	I	CLASS FINAL
	100M	B	II	CLASS FINAL
	100M	B	I	CLASS FINAL
11:25	1500M	G	CHAMP	F
	1500M	B	CHAMP	F
12:00	100H	G	II	CLASS FINAL
	100H	G	I	CLASS FINAL
	110H	B	II	CLASS FINAL
	110H	B	I	CLASS FINAL
12:25	200M	G	II	CLASS FINAL
	200M	G	I	CLASS FINAL
	200M	B	II	CLASS FINAL
	200M	B	I	CLASS FINAL

FIELD

10:00	SHOT PUT	B	I	CLASS FINAL
11:30	SHOT PUT	B	II	CLASS FINAL
10:00	HIGH JUMP	G	CHAMP	F
10:00	PENT.LONG JP-1	G	CHAMP	F
	PENT.LONG JP-2	G	CHAMP	F
11:00	PENT.LONG JP-1	B	CHAMP	F
	PENT. LONG JP-2	B	CHAMP	F
11:30	HIGH JUMP	B	CHAMP	F
1:15	LONG JUMP	G	CHAMP	F
	LONG JUMP	B	CHAMP	F
	SHOT PUT	B	CHAMP	F
	DISCUS	G	CHAMP	F
2:30	TRIPLE JUMP	G	CHAMP	F
	TRIPLE JUMP	B	CHAMP	F
	DISCUS	B	CHAMP	F
	SHOT PUT	G	CHAMP	F

BREAK 12:35 - 12:45

12:45	PENT. 800-1	G	CHAMP	F
	PENT. 800-1	G	CHAMP	F
1:15	110HH	B	CHAMP	F
	100HH	G	CHAMP	F
1:25	100M	G	CHAMP	F
	100M	B	CHAMP	F
1:35	PENT. 1500-1	B	CHAMP	F
	PENT. 1500-1	B	CHAMP	F
1:50	400M	G	CHAMP	F
	400M	B	CHAMP	F
2:00	400 INTER II	G	CHAMP	F
	400 INTER II	B	CHAMP	F
2:10	200M	G	CHAMP	F
	200M	B	CHAMP	F
2:20	4X800 RELAY	G	CHAMP	F
	4X800 RELAY	B	CHAMP	F
3:20	4X100 RELAY	G	CHAMP	F
	4X100 RELAY	B	CHAMP	F
3:30	4X400 RELAY	G	CHAMP	F
	4X400 RELAY	B	CHAMP	F

ACCEPTED 9/8/13