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2011 -2012 Indoor Track & Field Handbook

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www.nysphsaa.org
www.section6.e1b.org
www.Section6Runs.com

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Forms

(available at www.section6.e1b.org Under *General Information*, click on *Handbooks and Sport Forms*)

Opt out of Section VI Transportation to [State Competition Form](#)

Team Rosters: [Boys](#), [Girls](#) (Excel spreadsheet)

[Entry Cards:](#) (Excel spreadsheet)

Pole Vault Certification Form

All-WNY Scholar - Athlete Nomination Form [On-line form only](#)

2011-2012 Indoor Track & Field Calendar

The Section VI approved Indoor Track & Field season is
November 7, 2011 to March 27, 2012

League coaches meeting at Amherst HS Thursday, October 27, 2011
 First Practice Mon., November 7, 2011
 First Contest Fri., November 18, 2011
 Team Rosters due Mon. November 28, 2011
 Entry Cards due.....MINIMUM 15 minutes before start of competition
 All-WNY Scholar Athlete Forms Open February 1, 2012
 Deadline to opt out of Section VI Transportation End of Sectionals Feb. 23, 2012
 Deadline for nominations for All-WNY Scholar Athlete March 1, 2012

Section VI Indoor Track & Field Divisions

A	B	C	D	E	F
Depew*	Cheektowaga*	Clarence	All-. Lime/Olean*	Amherst*	Frontier
Fredonia*	Kenmore East	Dunkirk*	Canisius	Holland*	Iroquois*
Hamburg	Lancaster	Pioneer*	Grand Island*	Kenmore West	Jamestown
Maryvale*	North Tonawanda	Will. East	Lockport	Lake Shore*	W.S. East*
Niagara Falls	Springville G.I.*	Will. North	W.S. West	Orchard Park	Will. South*
Sweet Home	St. Joseph's			St. Francis	

Section VI Indoor Track & Field Committee

Boys Chair

Peter Szymanski

John F. Kennedy High School
305 Cayuga Creek Rd. Cheektowaga 14227

School: 897-7800 x1234

Fax: 892-2624

Home: 675-1504 **Cell:** 480-2333

pszymanski@csufsd.org

Girls Chair

Emilio Mancino

West Seneca West High School
3330 Seneca St. West Seneca 14224

School: 677-3801 x4347

Fax: 674-3551

Cell: 725-9258

emancino@wscschools.org

Consultant: Bill Malican, Retired, H: 646-3238

Committee voting privileges:

As per the Section VI Constitution item 7.6, "The representative members on each sport committee will be appointed by each league and have only one vote per league. Other non-voting members may be selected by the Sport Chairperson. Federated sport representative members that are appointed by their division, league or school will have only one vote. The Sport Chairs of Federated Sports that have divisions will verify that among division representatives each participating league is represented. The Sport Chair may only vote when the vote is tied. A Sport Chair who also represents a league can serve in both capacities but will have only one vote." The voting members of the committee are indicated below with an **asterisk**.

Representatives:

ECIC: Kevin Carriero - Retired
H: 681-2735

ECIC: Brian Lombardo - Sweet Home
C: 574-8816

ECIC: Mary Doud* - Pioneer HS
H: 592-2609

ECIC: Tom Wood - Iroquois HS
H: 652-3970

CCAA: Kurt Warmbrodt * - Dunkirk HS
S: 366-9300

NFL: Geoff Brunger * - Retired
C: 480-1911 H: 834-2428

Section VI Indoor Track & Field Schedule 2011-2012

Based on Six Divisions

(updated 11/8/11) This Schedule is also available on the Section VI Website:

<http://www.section6.e1b.org/11391092695045840/lib/11391092695045840/Schedule%20IndoorTrack.doc>

LFH - Lancaster Field House		BSC - Buffalo State College		FSC - Fredonia State College	
DAY	DATE & LOCATION	TIMES	COMPETITION		
Friday,	December 2 nd at BSC	5 pm – 10 pm	B/D/E Tri-Divisional		
Saturday,	December 3 rd at BSC	8 am – 2 pm	A/C/F Tri-Divisional		
Friday,	December 9 th at LFH	5:30 pm – 10 pm	A/C Cross-Divisional		
Saturday,	December 10 th at LFH	8 am – 12 pm	B/E Cross-Divisional		
Saturday,	December 10 th at LFH	1 pm – 5 pm	D/F Cross-Divisional		
Friday,	December 16 th at LFH	5:30 pm – 10 pm	A/B Cross-Divisional		
Saturday,	December 17 th at FSC	9 am – 1 pm	C/D Cross-Divisional		
Saturday,	December 17 th at FSC	2 pm – 6 pm	E/F Cross-Divisional		
Tuesday,	December 27 th at FSC	9 am – 1 pm	A/D Cross-Divisional		
Wednesday,	December 28 th at FSC	9 am – 1 pm	B/F Cross-Divisional		
Thursday,	December 29 th at FSC	9 am – 1 pm	C/E Cross-Divisional		
Saturday,	January 7 th at FSC	9 am – 1 pm	A/E/F Tri-Divisional		
Saturday,	January 7 th at FSC	2 pm – 6 pm	B/C/D Tri-Divisional		
Friday,	January 13 th at LFH	5:30 pm – 10 pm	C/F Cross-Divisional		
Saturday,	January 14 th at FSC	9 am – 1 pm	B/D Cross-Divisional		
Saturday,	January 14 th at FSC	2 pm – 6 pm	A/E Cross-Divisional		
Monday,	January 16 th at FSC	9 am – 4 pm	9th & 10th Grade Championships		
Friday,	January 20 th at LFH	5:30 pm – 10 pm	A/E/F Varsity Select		
Saturday,	January 21 st at LFH	8 am – 12 pm	B/C/D Varsity Select		
Saturday,	January 21 st at LFH	1:30 pm – 6 pm	Rock & Roll Throw-Off		
Saturday,	January 28 th at LHS	9 am – 4 pm	League Varsity Select #1		
Saturday,	February 4 th at FSC	9 am – 6 pm	Varsity Team Challenge		
Saturday,	February 11 th at LHS	9 am – 4 pm	League Varsity Select #2		
Saturday,	February 18 th at FSC	9 am – 6 pm	Section VI Team Championships		
Thursday,	February 23 rd at FSC	9 am – 4 pm	Section VI State/Federation Championships Qualifier		
Sunday,	February 26 th at FSC	9 am – 4 pm	SNOWDATE – STATE QUALIFIER!!		
Saturday,	March 3 rd at Cornell Univ.	Times TBA	NYSPHSAA/Federation Championships		

LFH - Lancaster Field House BSC - Buffalo State College FSC - Fredonia State College

Divisions

A	B	C	D	E	F
Depew*	Cheektowaga*	Clarence	All. Limestone/Olean*	Amherst*	Frontier
Fredonia*	Kenmore East	Dunkirk*	Canisius	Holland*	Iroquois*
Hamburg	Lancaster	Pioneer*	Grand Island*	Kenmore West	Jamestown
Maryvale*	North Tonawanda	Will. East	Lockport	Lake Shore*	W.S. East*
Niagara Falls	Springville G.I.*	Will. North	W.S. West	Orchard Park	Will. South*
Sweet Home	St. Joseph's			St. Francis	

*- denotes Small School for Team Championships

See Table of Contents (page 2) for the page number of each Event Format.

Section VI 2011-2012 Indoor Track Competition Responsibilities

Posted on Website: General Information, Handbooks & Forms, Winter, under Indoor Track HB

http://www.section6.e1b.org/11391049112839570/lib/11391049112839570/Winter%20HB%20and%20Forms/IT_Responsibilities.xls

Section VI Guidelines and Expectations

Please Read Carefully!

It is imperative that the league be structured so that meets are run in an orderly fashion and that all participants are given an equal opportunity to compete. Cost constraints prohibit hiring a 'full-complement of officials' for each meet. The Section VI Chairpersons and their designees as 'meet management' have taken the responsibility of providing a well-organized and supervised competitive environment. These guidelines should clearly define the responsibility of the many coaches and athletes so that the meets may continue to be effectively run. **Section VI member schools in violation of this policy will be reported to the Section VI Executive Director and the school's Athletic Director. Repeated violations will be referred to the Section VI Executive Director for sanctions.** The following was approved by Section VI Athletic Council September 2008:

"For Indoor Track, the following penalty will be assessed to any athlete failing to comply with Section VI rules and regulations: **ejection from competition for that day**" (approved September 2008)

Non-Public Schools who violate this policy will likewise be referred. Repeated violations will cause the offending school to be dropped from participation in the league.

1. **Meet Management:** Section VI Indoor Track meets will be supervised by the Chairpersons and/or their designees. The track officials organization shall provide a starter, 2 finish judges, and a jumps judge for regular contests. The league shall also hire its meet management team. The schools will volunteer to provide the remainder of the officials (coaches or qualified adults) to conduct the meet. Schools will rotate these assignments. The assignments will include: long jump, triple jump, hurdles crew, high jump, shot put, pole vault, clerking, awards, and clean-up.
[Link for Assignments](#) are located on page 4. The **One or two** chairpersons will serve as the site chairpersons for each meet in lieu of other assignments. Individuals (athletes, coaches, spectators) not involved in an event as a competitor or as meet management must remain outside the competitive area. They must be off the floor (upstairs) at Fredonia and Buffalo State, and in their designated team area at Lancaster.
2. **Entries: Entry Cards:** must be filled out completely and legibly (with Event, Name(s), Best Effort, School, Signature) and placed in the entry envelope for that event. All cards must be entered 15 minutes PRIOR to the start of any non-Championship competition. **Penalty:**
 - ♦ Incomplete cards will be entered in an unseeded section.
 - ♦ Incorrectly entered cards will be returned to coaches, if discovered.
 - ♦ Schools that exceed the maximum numbers of entries allowed will have their best seeded athlete(s) scratched to meet entry allowances.
 - ♦ No event will be re-seeded to accommodate coaches' mistakes. **Please note entry limits!**
 - ♦ **If it is discovered, after a competition, that a team has exceeded the maximum number of entries for any girls and/or boys events that teams in violation will lose double that number of entries they were in violation of for that particular event for the next Section 6 competition agreed upon by the committee. The pertinent teams will be notified of the infraction and the ensuing decision as soon as possible. Results will be checked thoroughly. Please do not contact chairpersons or meet management for additional entries into an event as all teams must adhere to the entry standards to keep competitions as time efficient and equitable as possible.**

NOTE: All Section 6 student athletes can only be entered in any competitions by their own district approved coaching staff member(s). This applies to competitions within our Section and outside of our Section.

3. **Supervision:** Schools are responsible for properly supervising their athletes. At Fredonia, Section VI event staff will be clearly identified. It is expected that athletes, coaches, and spectators will follow the [Section VI Conduct Expectations LINK](#) on the Section 6 web site:
 - a. Athletes are not to be in any area (e.g. ice rinks) or use any equipment (e.g. pitching machines) not specifically contracted by Section VI. At Fredonia, athletes should remain in the designated team areas as shown in the diagram on p. 9; only coaches and spectators should be in the balcony.
Penalty: ♦ First Offense will result notification of coach.
♦ Second Offense may result in disqualification of individuals involved and referral to Athletic Director and Section VI.
 - b. Vandalism is strictly prohibited.
Penalty: ♦ Referral to Section VI and suspension of individuals from our League for one year.
♦ Referral to Section VI and billing of school for total cost of repairs.
 - c. Coaches must properly supervise their athletes in the competitive area.
 - 1) Athletes are not to be on the floor unless called for their event.
 - 2) While on the floor, athletes should remain in the area for their event.

- 3) Athletes are to leave the floor immediately following their competition.
- 4) Spikes are only to be worn at specified times during this season.
- 5) No food and beverages are allowed on the competitive floor or in the pool area.
- 6) Athletes cannot remove uniform while in the competitive area.

Disqualification from competition may occur depending on infraction.

Penalty: ♦First Offense: - warning and athlete shall leave floor plus notification of coach

♦Second Offense: - disqualification from remainder of competition and referral to Athletic Director and Section VI.

4. **Effective 09-10 Attendance at Meets:** The League will be divided into six (6) distinct divisions for this season. The maximum number of student athletes allowed in the facilities we're contracted with has determined this new format. (read #4 under Coach Information below). Schools are eligible to attend only the Section 6 competitions where their respective divisions are scheduled.
5. **Rules for competition at Fredonia State:** Failure to abide by the following rules will result in disqualification from the meet:
 - a) Spectators: An accommodation has been made that will allow spectators.
 - b) Teams will be assigned to a specific area outside the arena. Athletes **MUST REMAIN** in this area until called to the floor to compete. An adult with a school issued ID must remain with the non-competing athletes. No sleeping bags, blankets, pillows or similar items will be allowed. Frisbees, footballs, throwing of any items are prohibited.
 - c) There will be no running or warming up in the hallway.
 - d) The Section will designate an area on the arena floor for warming up once an event has been called to the floor. No athlete should come to the floor until the event is called.
6. **Selective Classification:** Athletic Directors and coaches must abide by the Section VI Selective Classification Procedure on the Section VI website:
<http://www.section6.e1b.org/1139104911157993/lib/1139104911157993/IndoorTrackSCProcedure.pdf>

Coach Information - General Competition Guidelines

Please Read Carefully!

1. No later than **Mon., Nov. 28th**, you must send a copy of your Boys and Girls roster (see forms page 2) to:

<u>Boys Rosters to:</u> Boys Chair, Peter Szymanski JFK High School Fax: 892-2624 pszymanski@csufsd.org	<u>Girls Rosters to:</u> Girls Chair, Emilio Mancino W. Seneca West HS Fax: 674-3551 emancino@wscschools.org
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2. The Section VI Indoor Track League will operate under NYSPHSAA and National Federation Rules. Please be aware of the state's **Updated** uniform rules.
3. Make certain that your team has had a minimum of ten (10) practices and that all athletes who compete for you have had ten(10) practices. **None** of our meets will be considered scrimmages.
4. **Effective 09-10** Teams will only be allowed a maximum of seventy total student athletes at any given Section 6 competition at any facility contracted by Section 6. Coaching staffs may decide on any total number combination with respect to gender.
5. Athletes are limited to competing in **3** events. The total number of any combination of events in which an athlete can compete, in one meet, is three, as per NYSPHSAA rules.
6. In order to be eligible for the Sectional Championships, the minimum number of athletic contests in which an athlete must have participated in is **six** (6). For example # of meets prior to the Sectional meet Eligible?
 Athlete A with 8 meets - OK Athlete B with 5 meets - not eligible
7. Because of the various facilities and the various time constraints, the formats for the meets will vary also. Please check the master schedule (on page 4) to determine the format used for that meet. The formats are located on the pages as indicated in the Table of Contents (page 2).
8. Entry cards (see forms page 2) are to be color-coded: **Blue for Boys**, **Pink for Girls**. Please obtain some blue and pink paper for photocopying. Fill out one entry card for each individual and each relay to be entered. (Reminder: Athletes may be entered in a maximum of **3** events per meet.)
9. In general, girls running events will precede boys running events. Fastest heats will be competed last.
10. Field event orders will vary from meet to meet. Check your schedule.
11. In general, Long Jump and Triple Jump will be open pit. (~45 minutes per group, ~15 minute warm-up)
 All jumpers may use a longer distanced board once they have met the Section 6 standard for that jumping event. Standards are as follows:

LONG JUMP: Starting boards until standard met

Girls 8 feet
Boys 12 feet

TRIPLE JUMP: Starting boards until standard met

Girls 20, 24 and/or 28 feet only
Boys 28, 32 and/or 36 feet only

Supervisor(s) / official(s) in charge of these events must properly demarcate the runways and jumping pits at least one half hour prior to the start of the event.

12. Opening heights at non-Championship Section 6 competitions:

High Jump: Boys - 4' 8" Girls - 3' 10"
Pole Vault: Boys - 7' 6" Girls - 5' 6"

13. Pole vaulters are required to have a completed pole vault certification form to compete. (See forms page 2).

14. Field event finals **may** only be held at a Section 6 competition that has been designated a Championship.

15. The 20-lb weight (girls) and 25-lb weight (boys) will be thrown as exhibition events again this year.

At non- Championship Section 6 competitions, all throwers will be allowed four attempts.

Cancellation Policy for Section VI Indoor Track & Field Meets

- 1) During inclement weather, if the competition facility and the roads to that destination are open, then the competition will go on as scheduled. If either the roads or the facility are closed, then the competition will be cancelled.
- 2) The Chairmen will make a good faith effort to reach all parties concerned via the use of the internet (Section6Runs.com and possible others) and radio station WBEN 930 AM

Under NO CIRCUMSTANCES is a site, contracted by Section VI, available for practice when a meet is cancelled.

Contingency Plan for Sectional Competition (weather or illness)

1. Contests will be postponed only if a participating school is officially closed due to weather or illness.
2. It is the responsibility of the Athletic Director (or designee) to notify the Sport Chairperson that the school has been closed due to weather conditions (or illness) as soon as he/she becomes aware of such action. Officials and the media will be notified by the Chairperson (or designee).
3. In the event that a school is closed on the day its playoff contest is scheduled, the decision to play shall rest with the District Superintendent.
4. In the event that weather conditions reverse themselves prior to competition time: The competition may be held with the mutual consent of the participating Athletic Directors and the approval of the Sport Chairperson.
5. When a contest is at a non-school site: If the competition facility and the roads to that destination are open, then the competition will go on as scheduled. If either the roads or the facility are closed, then the competition will be cancelled. ***Under NO CIRCUMSTANCES is a site contracted by Section VI available for practice when a competition is cancelled.***
6. The Sport Chairperson will notify the Executive Director of any postponements.
7. **PLEASE NOTE:** It is up to the individual leagues and their member schools to recognize the potential for snow days, power outages, etc. that may cause cancellations and problems.

Event Formats:

Tri-Divisional Competitions

LOCATION: Buffalo State College

NOTES:

- *160 meter oval with a 55 meter straight.
- *Runbacks in the horizontal jumps are prohibited.
- *There are no finals for any event.
- *Maximum of 3 attempts allowed in each horizontal jump and 4 in the shot put.
- *Spikes are prohibited.
- *Starting blocks are NOT provided.
- *Spectators must remain on the balcony.
- *Student athletes must leave the competitive area after performing.
- *Only high jump competitors can use the basketball court while the event is active.
- *Horizontal jumps “warm-up’s” must begin half an hour prior to the start of the events for the day.
- *The Pole Vault is not contested.

Order of Events

<u>TRACK Event Order</u>	<u>GENDER Order</u>	<u>Maximum Entries</u>
50m Hurdles (heats)	Girls/Boys	2
30/3200m Run (sections)	Girls/Boys	2
1000m Run (sections)	Girls/Boys	2
600m Run (sections)	Girls/Boys	2
50m Dash (heats)	Girls/Boys	2
1500m Racewalk (sections)	Girls	2
15/1600m Run (sections)	Girls/Boys	2
300m Dash (heats)	Girls/Boys	2
4 by 800m Relay (sections)	Girls/Boys	2
4 by 400m Relay (heats)	Girls/Boys	2
4 by 200m Relay (heats)	Girls/Boys	2

<u>FIELD Event Order/Information</u>	<u>GENDER Order</u>	<u>Maximum Entries</u>
High Jump (format TBD) Opening Heights: G -3' 10" B -4' 8"	Boys then Girls	2
Triple Jump (timed open pit) Girls Boards: 20', 24' and/or 28' only unless SQ standard met Boys Boards: 28', 32', and/or 36' only unless SQ standard met	Girls then Boys	2
Long Jump (timed open pit following TJ) Boards: G -8' only B -12' only for each unless SQ standard met	Girls then Boys	2
Shot Put (flights)	Boys then Girls	2

Lancaster Cross-Divisionals

LOCATION: Lancaster High School's Field House

NOTES:

- *150 meter oval with a 50 meter straight.
- *Runbacks in the horizontal jumps are prohibited.
- *There are no finals for any event.
- *Maximum of 3 attempts allowed in each horizontal jump and 4 in the shot put.
- *Spikes are prohibited.
- *Starting blocks are NOT provided.
- *Spectators must remain in the designated areas.
- *Student athletes must leave the competitive area after performing.
- *The High Jump will be contested in a separate gymnasium.
- *Horizontal jumps "warm-up's" must begin half an hour prior to the start of the events for the day.

Order of Events

<u>TRACK Event Order</u>	<u>GENDER Order</u>	<u>Maximum Entries</u>
50m Hurdles (heats)	Girls/Boys	6
30/3200m Run (sections)	Girls/Boys	6
1000m Run (sections)	Girls/Boys	6
600m Run (sections)	Girls/Boys	6
50m Dash (heats)	Girls/Boys	6
1500m Racewalk (sections)	Girls	6
15/1600m Run (sections)	Girls/Boys	4
300m Dash (heats)	Girls/Boys	4
4 by 800m Relay (sections)	Girls/Boys	2
4 by 400m Relay (heats)	Girls/Boys	2
4 by 200m Relay (heats)	Girls/Boys	2

<u>FIELD Event Order/Information</u>	<u>GENDER Order</u>	<u>Maximum Entries</u>
High Jump (format TBD) Opening Heights: G -3' 10" B -4' 8"	Boys then Girls	4
Triple Jump (timed open pit) Girls Boards: 20', 24' and/or 28' only unless SQ standard met Boys Boards: 28', 32', and/or 36' only unless SQ standard met	Girls then Boys	4
Long Jump (timed open pit following TJ) Boards: G -8' only B -12' only for each unless SQ standard met	Girls then Boys	4
Pole Vault Opening Heights: G -5' 6" B -7' 6"	Boys then Girls	6
Shot Put (flights)	Boys then Girls	6

Fredonia State Cross-Divisionals

LOCATION: S.U.N.Y. College at Fredonia

NOTES:

- *160 meter oval with a 55 meter straight.
- *Runbacks in the horizontal jumps are prohibited.
- *There are no finals for any event.
- *Maximum of 3 attempts allowed in each horizontal jump and 4 in the shot put.
- *Maximum ¼” pyramid spikes can be utilized for the 55 meter dash, hurdles, and the horizontal jumps.
- *Starting blocks are NOT provided.
- *Spectators must remain on the balcony.
- *Student athletes must leave the competitive area after performing.
- *Horizontal jumps “warm-up’s” must begin half an hour prior to the start of the events for the day.

Order of Events

<u>TRACK Event Order</u>	<u>GENDER Order</u>	<u>Maximum Entries</u>
55m Hurdles (heats)	Girls/Boys	6
30/3200m Run (sections)	Girls/Boys	6
1000m Run (sections)	Girls/Boys	6
600m Run (sections)	Girls/Boys	6
55m Dash (heats)	Girls/Boys	6
1500m Racewalk sections)	Girls	6
15/1600m Run (sections)	Girls/Boys	4
300m Dash (heats)	Girls/Boys	4
4 by 800m Relay (sections)	Girls/Boys	2
4 by 400m Relay (heats)	Girls/Boys	2
4 by 200m Relay (heats)	Girls/Boys	2

<u>FIELD Event Order/Information</u>	<u>GENDER Order</u>	<u>Maximum Entries</u>
High Jump (format TBD) Opening Heights: G -3' 10" B -4' 8"	Boys then Girls	4
Triple Jump (timed open pit) Girls Boards: 20', 24' and/or 28' only unless SQ standard met Boys Boards: 28', 32', and/or 36' only unless SQ standard met	Girls then Boys	4
Long Jump (timed open pit following TJ) Boards: G -8' only B -12' only for each unless SQ standard met	Girls then Boys	4
Pole Vault Opening Heights: G -5' 6" B -7' 6"	Girls then Boys	6
Shot Put (flights)	Boys then Girls	6

9th & 10th Grade Championships

LOCATION: S.U.N.Y. College at Fredonia

NOTES:

- * This meet is for 9th and 10th Graders and approved SELECTIVELY CLASSIFIED 7th and 8th Graders ONLY.
- * 160 meter oval with a 55 meter straight.
- * Runbacks in the horizontal jumps are prohibited.
- * Three attempts will be allowed in the horizontal jumps and shot put.
- * Maximum ¼” pyramid spikes can be utilized for the 55 meter dash, hurdles, and the horizontal jumps.
- * There are no finals for any event.
- * Starting blocks are NOT provided.
- * Spectators must remain on the balcony.
- * Student athletes must leave the competitive area after performing.
- * Horizontal jumps “warm-up’s” must begin half an hour prior to the start of the events for the day.

- Guidelines:**
- ◆ There will be two groups, 9th Grade and under, and 10th Grade only
 - ◆ There is a maximum of TWO (2) entries per group.
 - ◆ ALL Entry Cards MUST include 9th Grade or 10th Grade designation.
 - ◆ A relay with at least one sophomore is considered a 10th Grade relay.

Awards: Ribbons for first through sixth place in both groups.

Admission: \$2.00 for spectators and family

Order of Events

<u>TRACK Event Order</u>	<u>GENDER Order</u>	<u>Maximum Entries</u>
55m Hurdles (heats)	Girls/Boys	2/grade/gender
30/3200m Run (sections)	Girls/Boys	2/grade/gender
1000m Run (sections)	Girls/Boys	2/grade/gender
600m Run (sections)	Girls/Boys	2/grade/gender
55m Dash (heats)	Girls/Boys	2/grade/gender
1500m Racewalk (sections)	Girls	2/grade
15/1600m Run (sections)	Girls/Boys	2/grade/gender
300m Dash (heats)	Girls/Boys	2/grade/gender
4 by 800m Relay (sections)	Girls/Boys	1/grade/gender
4 by 400m Relay (heats)	Girls/Boys	1/grade/gender
4 by 200m Relay (heats)	Girls/Boys	1/grade/gender

<u>FIELD Event Order/Information</u>	<u>GENDER Order</u>	<u>Maximum Entries</u>
High Jump (format TBD) Opening Heights: G -3’ 10” B -4’ 8”	Boys then Girls	2/grade/gender
Triple Jump (timed open pit) Girls Boards: 20’, 24’ and/or 28’ only unless SQ standard met Boys Boards: 28’, 32’, and/or 36’ only unless SQ standard met	Girls then Boys	2/grade/gender
Long Jump (timed open pit following TJ) Boards: G -8’ only B -12’ only for each unless SQ standard met	Girls then Boys	2/grade/gender
Pole Vault Opening Heights: G -5’ 6” B -7’ 6”	Girls then Boys	2/grade/gender
Shot Put (flights)	Boys then Girls	2/grade/gender

Tri-Divisional Varsity Select Competitions

LOCATION: Lancaster High School's Field House

NOTES:

- *150 meter oval with a 50 meter straight.
- *Runbacks in the horizontal jumps are prohibited.
- *There are no finals for any event.
- *Maximum of 3 attempts allowed in each horizontal jump and 4 in the shot put.
- *Spikes are prohibited.
- *Starting blocks are NOT provided.
- *Spectators must remain in the designated areas.
- *Student athletes must leave the competitive area after performing.
- *Horizontal jumps "warm-up's" must begin half an hour prior to the start of the events for the day.

Order of Events

<u>TRACK Event Order</u>	<u>GENDER Order</u>	<u>Maximum Entries</u>
50m Hurdles (heats)	Girls/Boys	2
30/3200m Run (sections)	Girls/Boys	2
1000m Run (sections)	Girls/Boys	2
600m Run (sections)	Girls/Boys	2
50m Dash (heats)	Girls/Boys	2
1500m Racewalk (sections)	Girls	2
15/1600m Run (sections)	Girls/Boys	2
300m Dash (heats)	Girls/Boys	2
4 by 800m Relay (sections)	Girls/Boys	1
4 by 400m Relay (heats)	Girls/Boys	1
4 by 200m Relay (heats)	Girls/Boys	1

<u>FIELD Event Order/Information</u>	<u>GENDER Order</u>	<u>Maximum Entries</u>
High Jump (format TBD) Opening Heights: G-3' 10" B-4' 8"	Boys then Girls	2
Triple Jump (timed open pit) Girls Boards: 20', 24' and/or 28' only unless SQ standard met Boys Boards: 28', 32', and/or 36' only unless SQ standard met	Girls then Boys	2
Long Jump (timed open pit following TJ) Boards: G-8' only B-12' only for each unless SQ standard met	Girls then Boys	2
Pole Vault Opening Heights: G-5' 6" B-7' 6"	Boys then Girls	2
Shot Put (flights)	Boys then Girls	2

League Varsity Select #1 & #2

LOCATION: Lancaster High School's Field House

NOTES:

- *150 meter oval with a 50 meter straight.
- *Runbacks in the horizontal jumps are prohibited.
- *There are no finals for any event.
- *Maximum of 3 attempts allowed in each horizontal jump and 4 in the shot put.
- *Spikes are prohibited.
- *Starting blocks are NOT provided.
- *Spectators must remain in the designated areas.
- *Student athletes must leave the competitive area after performing.
- *The High Jump will be contested in a separate gymnasium.
- *Horizontal jumps "warm-up's" must begin half an hour prior to the start of the events for the day.

Order of Events

<u>TRACK Event Order</u>	<u>GENDER Order</u>	<u>Maximum Entries</u>
50m Hurdles (heats)	Girls/Boys	2
30/3200m Run (sections)	Girls/Boys	2
1000m Run (sections)	Girls/Boys	2
600m Run (sections)	Girls/Boys	2
50m Dash (heats)	Girls/Boys	2
1500m Racewalk (sections)	Girls	2
15/1600m Run (sections)	Girls/Boys	2
300m Dash (heats)	Girls/Boys	2
4 by 800m Relay (sections)	Girls/Boys	1
4 by 400m Relay (heats)	Girls/Boys	1
4 by 200m Relay (heats)	Girls/Boys	1

<u>FIELD Event Order/Information</u>	<u>GENDER Order</u>	<u>Maximum Entries</u>
High Jump (format TBD) Opening Heights: G -3' 10" B -4' 8"	Boys then Girls	2
Triple Jump (timed open pit) Girls Boards: 20', 24' and/or 28' only unless SQ standard met Boys Boards: 28', 32', and/or 36' only unless SQ standard met	Girls then Boys	2
Long Jump (timed open pit following TJ) Boards: G -8' only B -12' only for each unless SQ standard met	Girls then Boys	2
Pole Vault Opening Heights: G -5' 6" B -7' 6"	Boys then Girls	2
Shot Put (flights)	Boys then Girls	2

Varsity Team Challenge Invitational

LOCATION: S.U.N.Y. College at Fredonia

NOTES:

- *160 meter oval with a 55 meter straight.
- *Runbacks in the horizontal jumps are prohibited.
- *There are no finals for any event.
- *Maximum of 3 attempts allowed in each horizontal jump and 4 in the shot put.
- *Maximum ¼" pyramid spikes can be utilized for the 55 meter dash, hurdles, and the horizontal jumps.
- *Starting blocks are provided.
- *Spectators must remain on the balcony.
- *Student athletes must leave the competitive area after performing.
- *Horizontal jumps "warm-up's" must begin half an hour prior to the start of the events for the day.
- *Scoring (10-8-6-4-2-1) and awards through six places.
- *Three team awards per gender and one combined team award (boys and girls total score).
- *Performances are combined to produce a final result which is then used for scoring.
- *Team score tie breaker will be number of first places, then second places, etc.
- *Place all student athletes on separate entry cards with the exception of the relays.
- *Student athletes may individually qualify for the Section 6 State Qualifier in any event as normal.

Order of Events

<u>TRACK Event Order</u>	<u>GENDER Order</u>	<u>Maximum Entries</u>
55m Hurdles (heats)	Girls/Boys	2
30/3200m Run (sections)	Girls/Boys	2
1000m Run (sections)	Girls/Boys	2
600m Run (sections)	Girls/Boys	2
55m Dash (heats)	Girls/Boys	2
1500m Racewalk (sections)	Girls	2
15/1600m Run (sections)	Girls/Boys	2
300m Dash (heats)	Girls/Boys	2
4 by 800m Relay (sections)	Girls/Boys	1
4 by 400m Relay (heats)	Girls/Boys	1
4 by 200m Relay (heats)	Girls/Boys	1

<u>FIELD Event Order/Information</u>	<u>GENDER Order</u>	<u>Maximum Entries</u>
High Jump (format TBD) Opening Heights: G -3' 10" B -4' 8"	Boys then Girls	2
Triple Jump (timed open pit) Girls Boards: 20', 24' and/or 28' only unless SQ standard met Boys Boards: 28', 32', and/or 36' only unless SQ standard met	Girls then Boys	2
Long Jump (timed open pit following TJ) Boards: G -8' only B -12' only for each unless SQ standard met	Girls then Boys	2
Pole Vault Opening Heights: G -5' 6" B -7' 6"	Girls then Boys	2
Shot Put (flights)	Boys then Girls	2

Section VI Team Championships

- LOCATION:** S.U.N.Y. College at Fredonia
- Entries:** ♦Maximum 1 for all individual running and field events or 2 if both entrants meet Section VI Standard for that event.
 ♦One individual event wild card per gender will be allowed using orange cards.
 ♦Maximum 1 for all relays.
- Clerk:** All seed times/performances must be in accordance with the updated Performance List.
- Jury of Appeals:** Section VI Indoor Track & Field Committee.
- Scoring:** All events are scored 10-8-6-4-2-1 **divided into Large and Small Schools**
- Awards:** Ribbons for 1st through 6th place in all events per division. Trophies to the top three Large and Small School Boys and Girls teams. The male and female Most Valuable Performer Awards will be voted upon the week following this competition and recognized at the Section 6 State Qualifier.
- Admission:** \$4.00

NOTES:

- *160 meter oval with a 55 meter straight.
- *Runbacks in the horizontal jumps are prohibited.
- *Only three attempts will be allowed in the horizontal jumps and shot put. There will be no field event finals.
- *Maximum ¼" pyramid spikes can be utilized for the 55 meter dash, hurdles, and the horizontal jumps.
- *Starting blocks are NOT provided.
- *Spectators must remain on the balcony.
- *Student athletes must leave the competitive area after performing.
- *Horizontal jumps "warm-up's" must begin half an hour prior to the start of the events for the day.

Order of Events

TRACK Event Order	GENDER Order	Maximum Entries
55m Hurdles (Trials)	Girls/Boys	1 (2 if both meet standard)
30/3200m Run	Girls/Boys	1 (2 if both meet standard)
55m Hurdles (Semi-Finals)	Girls/Boys	1 (2 if both meet standard)
1000m Run	Girls/Boys	1 (2 if both meet standard)
55m Hurdles (Finals)	Girls/Boys	1 (2 if both meet standard)
600m Run	Girls/Boys	1 (2 if both meet standard)
55m Dash (Trials)	Girls/Boys	1 (2 if both meet standard)
1500m Racewalk	Girls	1 (2 if both meet standard)
1500m Run	Girls	1 (2 if both meet standard)
55m Dash (Semi-Finals)	Girls/Boys	1 (2 if both meet standard)
1600m Run	Boys	1 (2 if both meet standard)
55m Dash (Finals)	Girls/Boys	1 (2 if both meet standard)
300m Dash	Girls/Boys	1 (2 if both meet standard)
4 by 800m Relay	Girls/Boys	1
4 by 400m Relay	Girls/Boys	1
4 by 200m Relay	Girls/Boys	1

FIELD Event Order/Information	GENDER Order	Maximum Entries
High Jump (format TBD) Opening Heights: G-3' 10" B-4' 8"	Boys then Girls	1 (2 if both meet standard)
Triple Jump (timed open pit) Girls Boards: 20', 24' and/or 28' only unless SQ standard met Boys Boards: 28', 32', and/or 36' only unless SQ standard met	Girls then Boys	1 (2 if both meet standard)
Long Jump (timed open pit following TJ) Boards: G-8' only B-12' only for each unless SQ standard met	Girls then Boys	1 (2 if both meet standard)
Pole Vault Opening Heights: G-5' 6" B-7' 6"	Girls then Boys	1 (2 if both meet standard)
Shot Put (flights)	Boys then Girls	1 (2 if both meet standard)

SEEDING PROCEDURE INFORMATION SHEET

Sprint Relays & 300M

12 or less teams or individuals

5-8 2 Trial Heats Winner + 2 times advance to 1 heat final
 9-12 3 Trial Heats Winner + 1 time advance to 1 heat final

13 or more Winner + Times to make 8 for 2 heat final

(1st section – 4 slowest times, 2nd section – 4 fastest times)

13-16 4 Trials	Winner + 4 times
17-20 5 Trials	Winner + 3 times
21-24 6 Trials	Winner + 2 times
25-28 7 Trials	Winner + 1 time
29-32 8 Trials	Winner

55M Dash & Hurdles

6 or less FINAL ONLY

7-12 Trials eliminated 2 Semi's Top 2 + 2 times to Final

13 or more

No.	No. of Trials	To Semi's	No. of Semi's	To Finals
13-18	3	Top 2 + 6 times	2	Top 2 + 2 times
19-24	4	Top 2 + 4 times	2	Top 2 + 2 times
25-30	5	Top 2 + 2 times	2	Top 2 + 2 times
31-36	6	Top 2 + 6 times	3	Winner + 3 times
37-42	7	Top 2 + 4 times	3	Winner + 3 times
43-48	8	Top 2 + 2 times	3	Winner + 3 times
49-54	9	Winner + 9 times	3	Winner + 3 times
55-60	10	Winner + 8 times	3	Winner + 3 times

Section VI State Qualifier

Thursday, February 23rd, 2012 at Fredonia State College

Entries:

- Top 8 in each event from the Team Championships Meet may enter.
- Anyone equaling or bettering the Sectional Qualifying Standard from the updated Performance List. (Standards are on page 17.)
- Wild Card Entry: Each school may enter one additional boy and one additional girl – in one event each – who has not met the above entry criteria. Special orange-colored wild cards will be available at the coaches' meeting.

Clerk: All entry cards are to be turned in at first call. Two minutes after the final call is made the event will be seeded. No entries will be accepted after that time.

Seeding:

- ♦The updated Performance List will be used to verify correct seeding. Results from all league meets may be referenced to correct any possible discrepancy in the listing of any time, distance, or height.
- ♦Due to the nature of the State Championships schedule and order of events, there may be timed trials and finals for the 4x200 and 4x400 meter relays as well as the 300 meter dash. Please refer to the accompanying Seeding Procedure Information Sheet.
- ♦If a relay is not comprised of athletes that can possibly perform as well as a previous best effort, please adjust the seed time accordingly. This will be fair to those top relays attempting to move on to State Championships.
- ♦We would encourage the coaches of all hurdle / sprint athletes to have those athletes compete in the 55 meter dash and the 55 hurdles BEFORE Sectionals to either make the standard or better their 55 meter times in either events. At our State Qualifier, we will use their best FAT 55 meter distance times for seeding purposes. We will not "convert" their 55 meter times (or any times for that matter). So they may compete at the State Qualifier but they will compete using their fastest FAT 55 meter distance times.
- ♦Athletes / relays will be seeded using the FINAL updated Performance Lists.

Jury of Appeals: Boys and Girls Chairpersons and the Chief Finish Judge.

Officials: The Sectional Chairpersons in cooperation with the head of each officials group will place all officials in sectional assignments that are best suited to their area of expertise.

Awards: Sectional patches will be awarded to the Top 4 places in each event. Awards will be distributed in a timely fashion at a designated location on the infield that does not interfere with the competition. The first through the fourth place finishing athletes / relays must report to the awards stand when they are called down to be recognized. If they cannot report due to other events, etc. then a coach must report to represent them. It is important that they be there because at this time they will "officially" receive their awards and be recognized as well as to collect their State Championship information if necessary

State Championship Qualifiers: The Top 2 individuals in each individual event and the winning team in each relay event will qualify for the NYSPHSAA Championships at Cornell University (Barton Hall) on Sat., March 3rd. In addition, the 3rd place athlete in the 300m, 600m, 1000m, and 1500m/1600m will qualify to run on the Intersectional Medley Relay team. Each relay may bring one alternate. Please notify the Chairpersons by the end of the State Qualifier if an athlete is declining their opportunity to compete in an event at the State Championships. Minimum qualifying standards for High Jump and Pole Vault:

High Jump - Girls: 5'-0", Boys: 6'-0"
Pole Vault - Girls: 9'-6", Boys: 12'-0"

(These have been the opening heights used at the State Meet the past few years.)

Admission: \$5.00 (Pre-school free)

Cancellation: If the Section 6 State Qualifier is cancelled due to inclement weather, the alternate date will be "Snow Date" in the schedule on page 4. If this date is not available, then the final results from the Team Championships will be utilized as the qualifier.

Sectional Qualifier List: The chairmen will post the full list of all qualified athletes and relays usually on a weekly or bi-weekly basis. Emilio Mancino will be responsible for the girl's list and Pete Szymanski will be responsible for the boy's list. The lists will be available within the "Indoor Track" page of the Section 6 website www.section6.e1b.org as well as www.section6runs.com

PLEASE NOTE: Those teams who do not submit a roster will not have their athletes and relays listed until a complete roster has been tendered to the League Chairmen.

Section VI Championship (State Qualifier) Order of Events

Track Events (slow to fast) Girls followed by Boys

9:15 am 4 x 400m Relay (Trials)
 4 x 200m Relay (Trials)
 55m Dash (Trials)
 30/3200mm Run
 55m Dash (Semi-Finals)
 1000m Run
 55m Dash (Finals)
 300m Dash (Trials)
 1500m Racewalk – girls only
 55m Hurdles (Trials)
 600m Run
 1500m Run
 55m Hurdles (Semi-Finals)
 1600m Run
 55m Hurdles (Finals)
 300m Dash (Finals)
 4x800m Relay
 4x400m Relay (Finals)
 4x200m Relay (Finals)

Field Events *3 trials, Top 8 to Finals

9:00 am Triple Jump G/B
 High Jump B/G
 Shot Put B/G
 Pole Vault G/B
 Long Jump G/B

NOTE: Field events will begin competing at 9 AM. Preparations are to be completed by then. No runbacks in the horizontal jumps allowed.

Opening Heights

High Jump	Boys - 5' 2"	Girls - 4' 4"
Pole Vault	Boys - 10' 0"	Girls - 7' 6"

Sectional Qualifying Standards

These standards were developed by the Section VI Indoor Track & Field Committee.

<u>Event</u>	<u>Boys</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Girls</u>
50m dash	6.2	7.1	50m Hurdles	8.0	8.8
55m dash	6.9	7.7	55m Hurdles	9.0	9.8
300m	39.5	45.5	1500m Racewalk		9:30.0
600m	1:31.5	1:48.5	Long Jump	19' 0"	15' 0"
1000m	2:49.5	3:20.0	Triple Jump	38' 0"	31' 0"
1500m		5:18.0	High Jump	5' 8"	4' 10"
1600m	4:50.0		Shot Put	42' 0"	31' 0"
3000m		11:40.0	Pole Vault	10' 0"	8' 0"
3200m	10:45.0				

Each school will be allowed one relay entry at the Sectionals. Add 0.24 seconds for FAT.

NYSPHSAA/ NYS Federation Championships
INFORMATION SHEET
COMBINED WINTER TRACK AND FIELD CHAMPIONSHIPS
MARCH 3, 2012

DATE, TIME, & PLACE

The New York State Public High School Athletic Association Boys' and Girls' Winter Track and Field Championships and the New York State Federation Winter Track and Field Championships will be held on Saturday, **March 3rd** at Barton Hall at Cornell University in Ithaca, New York. The Girls' Meet will be on March 3, starting at 9:00 a.m. (opening ceremonies will start at 8:45). The Girls' Meet will be on March 3, starting at 2:00 p.m. (opening ceremonies will start at 1:45 pm).

FACILITIES

The track is an eight lane, 200 meter oval. Pin spikes of ¼" or less will be allowed for running and all field events (except the shot put). Athletes will not be permitted on the floor unless they are competing. **Warm ups will take place in the Rain Room which is located in Bartels Hall, approximately 200 yards from Barton Hall**

ENTRIES

Each section is allowed TWO (2) entries per individual event, with a possible third entry if the individual has placed third in their state-qualifying meet and has met the qualifying standards. Refer to the qualifying standards later in this booklet for information regarding the third entry. Each section is allowed ONE relay for each of the three relays. The boys and girls Intersectional Relay will be composed of your third place finishers in the 300, 600, 1000, and 1500/1600 meter races, unless those individuals have met the qualifying standards. Those athletes must then compete in the individual event, and then the fourth place finisher competes in the relay. A section may list up to two alternates for the intersectional medley relay, provided that that individual is not competing in the individual 300, 600, 1000, or 1500/1600m runs.

Boys and Girls Coordinators are to email their results to Pat Leone immediately after their meets. Please do this even if your state qualifying meet is completed several weeks before the final due date. All results need to be submitted to Pat by NOON on Sunday, February 26 if they are to be in the program. (Sections with their qualifier on Sunday February 26 need to send your results in ASAP on February 26.)

The Girls' seeding coordinator and program coordinator is Dave Hennessey. His address is 1352 Pinnacle Road, Henrietta, New York 14467 - home phone - **585-334-6323**, school phone - **585-924-3252 ext 5231**.

My email address is dhennes@rochester.rr.com

The Boys' seeding coordinator is Oscar Jensen, 115 Bent Tree Lane, Baldwinsville, New York 13027 **(315-635-7312)** Oscar's email address is ojensen@twcny.rr.com

To avoid misunderstandings, please review with your coaches the following rules and regulations.

A. No change may be made in the final entry **(the entries become final at 6:00p.m. on February 26)** except as follows: The Sectional coordinator may make a substitution at the Friday meeting, in which case, the athlete for whom the substitution is made may **NOT** participate.

B. The sectional coordinator may scratch an athlete on the day of the meet, in which case, a substitution may **NOT** be made, and the athlete scratched may not participate in any event.

C. Designation of the six runners in the relays must be made at the Friday meeting. If less than six names appear on the relay list, no additions or substitutions may be made after Friday. It is not necessary to use the same four runners in the finals that competed in the trials. For the intersectional medley relay, a Section may list up to two alternates. **These alternates may be athletes competing in any event other than the individual 300, 600, 1000, and 1500/1600m runs.**

D. For the boys, seeding must be based on the actual distance run, no conversions. For the girls, seeding may include a standardized conversion, but preference will always be given to actual times.

HOUSING AND MEALS

Each section must make its own room reservations. If you wish, box lunches may be ordered from the Shortstop Deli.

MEDICAL SERVICE

A trainer will be in attendance.

MEET INFORMATION & HEADQUARTERS

Any questions regarding the meet should be addressed to the State Coordinators. Meet headquarters for the boys and girls will be at Cornell University's Barton Hall. **Barton Hall can be located by turning right on to Campus Road, Barton Hall is the building directly to the left. Proceed to the first stop sign and make a left on to Tower Road, the entrance is about 50 yards from the intersection.**

The following has been arranged for **Friday, March 2**

Parking will be available on the roof of the parking garage. More info will come at a later date.

11:00 a.m. - Girls' Coordinators meeting at 11:00 a.m.

11:00 a.m. - Boys' Coordinators meeting at the 11:00 a.m.

6:00 – 8:00 p.m. – Barton Hall Warm - up - Athletes and Coaches only

Saturday's Schedule - **March 3**

7:45 – Officials Arrive

8:00 – Girls Arrive to Compete in the meet

8:45 – Opening Ceremonies

9:00 – Meet Begins

12:45 – Girls' Meet ends, Barton Hall is cleared

1:00 - Boys' arrive

1:45 – Opening Ceremonies

2:00 – Boys' Meet Starts

6:00 – Boys' Meet Ends

PROGRAM ADS

Each sectional coordinator is responsible for the sale of \$150 worth of ads. There is information regarding due dates and cost per ads later in this handbook. Ads are due by February 15 along with payment.

OFFICIALS

Officials will be under the supervision of the NYS Certified Officials Association. All arrangements for officials will be made by the above organization.

AWARDS

NYSPPHSAA Medals for places 1st, 2nd, 3rd, 4th, 5th, and 6th.

Federation Medals for places 1st, 2nd, 3rd, 4th, 5th, and 6th.

There will be two award ceremonies – the first will be for the NYSPHSAA medal winners, the second will be for the New York State Federation award winners. It is possible that an athlete may win a NYSPHSAA medal and a New York State Federation medal. NYSPHSAA medals will be for NYSPHSAA member schools only, Federation medals will go to the top six overall finishers

COMPETITOR'S SHIRTS

A competitor's shirt will be worn by each contestant. Each section's indoor committee is responsible to cover the cost of these shirts. The cost will be \$ 4.65 per shirt. An athlete may alter his/her uniform to provide a better fit, if it is done under the direction of the sectional coordinator. Athletes who alter their uniforms on their own, without the knowledge of the coordinator will be disqualified (Questionable)

TICKET PRICES

Ticket prices for the Winter Track State Championship meet is **\$9.00** per session. An individual may purchase a combined ticket for **\$16.00**. Children under two will be charged \$2.00.

SPORTSMANSHIP AWARDS

For the NYSPHSAA member schools, each section will choose a boy and girl who is competing at the meet as a winner of the Good Sport Award Shirt. Names of the winning individuals must be given to the State Coordinator either at the Friday meeting, or by 8:15 a.m. on Saturday, so that these athletes (who should be carrying their sectional banner) can be recognized by the announcer.

Athletes from the PSAL, CHSAA, and NYSAISAA will be recognized at the same time. However, shirts will NOT be provided by the NYSPHSAA. Each Federation was told they should furnish their own shirts.

STARTING BLOCKS.

Starting blocks will be provided by Cornell University..

SHOT PUT

Both indoor and outdoor shots may be used. The event will be contested from a concrete circle.

RUNWAY LENGTHS

The pole vault runway is 160 feet long. The long jump and triple jump runways are 156 feet long.

FINAL APPEAL

The jury of appeals has the final decision at all state championships. According to the NYSPHSAA handbook, all things may be appealed, with the jury of appeals having the final say. For the girls, Jury of Appeals is the State Chair and Chair people from Section 6, 3, 9 and 7. For the Boys NYSPHSAA Championships, all Sectional Coordinators are on the Jury of Appeals. For the Federation Championship, the various federation chair people will be the jury of appeals

NYSPHSAA/NYS Federation Qualifying Standards for the 3rd Competitor

EVENT	GIRLS	BOYS
	FAT Time (Hand Time)	FAT Time (Hand Time)
55m Hurdles	8.74 (8.5)	7.94 (7.7)
55m Dash	7.44 (7.2)	6.74 (6.5)
300m Dash	41.94 (41.7)	36.74 (36.5)
600m Run	1:38.74 (1:38.5)	1:24.74 (1:24.5)
1000m Run	3:02.24 (3:02.0)	2:35.24 (2:35.0)
1500m Run	4:49.54 (4:49.3)	xxxxxxx
1600m Run	xxxxxxx	4:28.74 (4:28.5)
3000m Run	10:21.14 (10:20.9)	xxxxxxx
3200m Run	xxxxxxx	9:42.24 (9:42.0)
1500m Race Walk	7:28.24 (7:28.0)	xxxxxxx
Long Jump	17' 02"	21' 06"
Triple Jump	36' 01"	43' 06"
Shot Put	37' 07"	52' 00"
High Jump	5' 03"	6' 04"
Pole Vault	10' 00"	13' 00"

Your third place entry in each individual event must have met the qualifying standard in his/her state qualifying meet or in meets designated by the Sectional Coordinator, and must have placed third in the state qualifying meet in order to qualify for the State Meet.

Advancement Procedures

- A. 55m Dash – Top 2 in each heat and next fastest 8 times (16 total)
Top 2 in each heat and next four fastest times to finals
- B. 55m Hurdles – Top 2 in each heat and next 8 fastest times (16 total)
Top 2 in each heat and next 4 fastest times to finals
- C. Winner of each heat and the next 3 or 4 fastest times to finals
- D. 4 x 200m Relay - Top 2 in each heat and the next 4 fastest times to finals
- E. 4 x 400m Relay – Top 2 in each heat and the next 4 fastest times to finals
- F. 600m, 1000m, 1500m, 1600m, 3000m, 3200m, 1500m Race Walk – Several Sections – final placing on time
- G. Long Jump, Shot Put, Triple Jump – Three trials – top 8 to finals
- H. High Jump, Pole Vault – Girls – starting heights to be determined
Boys – High Jump – 6' 0"; Pole Vault – 12' 00

NYSPHSAA /NYS Federation Championships

WINTER TRACK & FIELD

ORDER OF EVENTS

Sat., March 3rd, 2012 at Cornell University

Girls Championships 9:00 am -1:00 pm

Boys Championships 2:00 pm - 6:00 pm

Admission: \$9.00 (one session pass) or \$16.00 (two session pass)
\$2.00 (per session for ages 5 and under)

GIRLS

4 X 400M RELAY	SEMI'S
4 X 200M RELAY	SEMI'S
3000M RUN (UNSEEDED).....	FINAL
55M DASH	TRIALS
3000M RUN (SEEDED).....	FINAL
55M DASH.....	SEMI'S
1000M RUN	FINAL
55M DASH.....	SEMI'S
300M RUN	FINAL
1500M RACE WALK.....	FINAL
55M HURDLES	TRIALS
600M RUN	FINAL
1500M RUN	FINAL
55M HURDLES	SEMI'S
INTERSECTIONAL MEDLEY RELAY (1000, 200, 600, 1600)	FINAL
55M HURDLES	FINAL
300M DASH.....	FINAL
4 X 800M RELAY	FINAL
4 X 400M RELAY	FINAL
4 X 200M RELAY	FINAL

FIELD EVENTS (BOTH BOYS AND GIRLS)

LONG JUMP (BOTH RUNWAYS), FOLLOWED BY TRIPLE JUMP (BOTH RUNWAYS)
POLE VAULT
SHOT PUT
HIGH JUMP

BOYS

4 X 400M RELAY	SEMI'S
4 X 200M RELAY	SEMI'S
3200M RUN (UNSEEDED)	FINAL
55M DASH	TRIALS
3200M RUN (SEEDED).....	FINAL
55M DASH	SEMI'S
1000 M RUN	FINAL
55M DASH	FINAL
300M RUN	SEMI'S
55M HURDLES	TRIALS
600M DASH.....	FINAL
1600M RUN	FINAL
55M HURDLES	SEMI'S
INTERSECTIONAL MEDLEY RELAY (1000, 200, 600, 1600)	FINAL
55M HURDLES	FINAL
300M DASH.....	FINAL
4 X 800M RELAY	FINAL
4 X 400M RELAY	FINAL
4 X 200M RELAY	FINAL

Section VI

Indoor Track and Field Records – Boys

(updated 10/26/11)

<u>Event</u>	<u>Competitor(s)</u>	<u>School</u>	<u>Performance</u>	<u>Year</u>
55m dash	Wayne Gordon	Sweet Home	:06.53 FAT	2011
300m	Bryan Weinstein	Williamsville North	:35.86 FAT	2000
600m	Justin Craddock	Kenmore East	1:20.59 FAT	2005
1000m	Dennis Webster	Clarence	2:27.69 FAT	1988
1600m	Nick LaRosa	Frontier	4:14.7 (conv.)	1992
3200m	Charlie Kern	Sweet Home	9:15.89 FAT	1987
(Federation)	(Cole Townsend)	(Canisius)	(9:13.73 FAT)	2011
55m Hurdles	Ron Andrews	Sweet Home	:07.44 FAT	1997
Long Jump	Bob Jones	Hamburg	23' 2"	1986
Triple Jump	Ricardo Cook	Williamsville North	46' 8-1/2"	1984
(Federation)	(Austin Price)	(St. Joseph's)	(47' 1")	2011
High Jump	Sean Vago	Williamsville South	6' 11-1/4"	1995
Shot Put	Byron McKinney	Sweet Home	58' 6-1/2"	1998
Pole Vault	Ryan Pericozzi	Lancaster	15' 2"	2008
4 x 200m Relay	Sweet Home (Joel Patrick, Jared Voglar, Brian Harge, Joe Clark)		1:32.99 FAT	1998
4 x 400m Relay	Sweet Home (Joel Patrick, Jared Voglar, Brian Harge, Joe Clark)		3:26.64 FAT	1998
4 x 800m Relay	Williamsville North (Tom Langley, Dave Calzi, Greg Slewinski, Bill Richards)		8:05.5	1978
Intersectional Medley Relay	(Blaine Gallson - Frontier, Eric Bream - Lockport, Alex Imhof - Amherst, Sam Pecoraro - Lockport)		9:09.14 FAT	2002

Section VI

Indoor Track and Field Records – Girls

(updated 10/26/11)

<u>Event</u>	<u>Competitor(s)</u>	<u>School</u>	<u>Performance</u>	<u>Year</u>
55m dash	Tirana McDermott	Jamestown	:07.14 FAT	2000
300m	Kala Allen	Williamsville East	:38.57 FAT	2009
600m	Sonja Robinson	Williamsville East	1:34.7	1984
1000m	Abigail Benson	Iroquois	2:54.10 FAT	2011
1500m	Mary Pat Hickey	Clarence	4:38.0	1985
3000m	Anne Dobrowolski	Lancaster	10:06.0	1981
55m Hurdles	Ronnetta Alexander	Williamsville South	:07.90 FAT	2003
1500m Racewalk	Tina Weber	Lancaster	7:01.9	1985
Long Jump	Mary Saxer	Lancaster	19' 2"	2005
Triple Jump	Mikayla Pearce	Maryvale	38' 10-1/2"	2011
High Jump	Alison Smith	Clarence	6' 1"	1987
Shot Put	Melissa Kurzdorfer	Lancaster	50' 6"	2010
Pole Vault	Mary Saxer	Lancaster	14' 0"	2005
4 x 200m Relay	West Seneca West	Morgan Billi Nicole Castilloux Jillian O'Brien Kelsey Randall	1:46.23 FAT	2008
4 x 400m Relay	North Tonawanda	Staci Czaja Kayleigh Bemisderfer Olivia DiPalma Jacqueline Burns	4:05.61 FAT	2008
4 x 800m Relay	Frontier	Rebecca Love Shannon Dalton Emily Krasinski Rena Sweeney	9:30.75 FAT	2011
Intersectional Medley Relay		Elisa Frazier – Williamsville South Abigail Zabrodsky – Jamestown Sarah Loud – Williamsville North Maritina Tsembelis – Grand Island	10:31.39 FAT	2010

Section VI Policies

All-WNY Scholar Athlete Indoor Track Team

Coaches and Athletic Directors are encouraged to nominate athletes for selection to the **All-WNY Scholar Athlete Boys Indoor Track and Girls Indoor Track Team**. [The criteria for selection are listed on-line:](#) **Applications must be completed on-line**. All paperwork must be mailed or e-mailed to the Section VI office before **March 1**. The team will be honored by both Section VI and the Buffalo News.

Regulations Regarding Senior All-Star & Outside Agency Contests

(updated April 2009)

1. All Senior All-Star and Outside Agency contests **MUST** be approved by Section VI. In addition, Senior All-Star contests must be approved by NYSPTSAA. The forms required are posted on the section website*
2. All Senior All-Star and Outside Agency contests must be conducted within the season dates approved by the Section VI Athletic Council for that sport. The calendar of approved season dates for all sports is posted on the section website*
3. Only seniors who have completed their secondary school eligibility in that sport may compete in these contests.
4. A contestant may participate in no more than one approved senior all-star athlete contest in the same sport during the school year.

NOTE: A Senior All-Star contest by NYSPTSAA standards, is one in which an athlete's participation is based solely on outstanding performance as a member of a high school team. If open-tryouts are held, the contest is **NOT** a NYSPTSAA All-Star contest.

*www.section6.e1b.org Under General Information, Click on *Forms and Information*, or call the Section office 821-7365.

Section VI Policy on Neutral Sites

For finals, no team shall compete on its home site if multiple sites have been scheduled. The exception: if the home field is the only field that's playable.

Section VI AED Policy

(effective Feb. 2003)

The game site-chairperson will be responsible for securing an AED for the certified trainer's use at all sectional contests, and at all regional and state contests that are hosted by Section VI. The certified trainer will be provided by an orthopedic group contracted by Section VI, at all post-season contests held at **neutral sites**. **Note:** If a school suffers loss or damage to an AED that is being used for post-season contests, the Section will be financially responsible.

Section VI Policy on Travel to State Competition

(Revised May 2011 for 2011-12 and 2012-13)

For the complete policy click on #310 in the → [Policy Manual](#)

Summary for Individual Sports

The following was approved by the Section VI Athletic Council (May 2011) on a trial basis for 2011-12 and 2012-13: Section VI will use the newly established Dedicated Fund in the Fund Balance to cover costs for travel to state competition for the individual sports in **Group 2** (listed below) and will discontinue year-end reimbursement to districts for these costs.

Member schools participating in state competition will be responsible for all costs related to that participation **with exception of individual sports in Group 2** as indicated above for 2011-12 and 2012-13. Section VI responsibility for member school participation in state championships is outlined below.

Supervision: One or more certified coaches are required to travel with the student athletes from their school and must be present on any Section VI contracted bus, where the athletes are housed, at the state competition site and all related events.

Transportation:

Individual Sports Group 1: Rifle, Golf, Tennis, Gymnastics, Wrestling

The schools will be responsible for transporting their athletes to state competition and all associated costs.

Individual Sports Group 2: Bowling, C.Country, Ind.Track, Track & Field, Swimming

- a) The Section VI office will contract bus transportation for the athletes. There are two choices for the school:
- 1) A school may choose to have its athlete(s) travel to state competition on the Section contracted bus. The following rules apply:
 - The athlete (and coach) must use the lodging and meals if pre-arranged by the Sportchair.
 - The athlete (and coach) must remain with the Section until the completion of the athlete's competition. The athlete will not be released prior to completion of competition.
 - When competition is completed, the athlete may be released to parents/coach for return home on alternate transportation if the Section release form is completed before the state meet
 - 2) A school may choose to have its athlete(s) travel to state competition in an alternate manner under the following stipulations:
 - A school that opt-outs of Section transportation will be responsible for arranging their own lodging and meals.
 - **The school will remain financially liable for each coach's seat and for each athlete's seat(s) on the contracted bus (see note below).**
 - The request to opt-out of travel on the Section VI bus must be submitted in writing to the Sportchair and the Section VI office by the date specified in the sport handbook.
 - The school must submit all required release forms to the Sportchair by the specified date.
 - The school must arrange for the athlete to rendezvous with the Sportchair (or designee) at a pre-designated time and place prior to the competition.
- b) Transportation expenses will be billed to Section VI.
- c) Section VI will apply to the NYSPHSAA for the allowed reimbursement of \$1.30 per mile on the state grid (below) and deduct the reimbursement from the total transportation cost (**see note below**).
- d) **The remaining balance for transportation expenses will be invoiced to the schools based on a cost per participating athlete (see note below).**

NOTE: These items will not apply during the trial years 2011-12 and 2012-13

Lodging: The Sportchair will be responsible for reserving a block of rooms for all athletes (4 per room). The block will include rooms for coaches (2 per room) for individual sports in Group 1 (see 310.2). For individual sports in Group 2, the block will be increased by 50% to allow for coaches. (e.g.: If XC needs a block of 40 rooms for athletes and supervisors, they will now reserve a block of 60 rooms) When the qualifiers have been determined, the Sportchair will register all athletes and coaches who are using Section transportation from the block of reserved rooms. Schools that opt-out of Section transportation are responsible for registering their own athletes and coaches. They may register for the remaining rooms in the reserved block until the rooms are exhausted or choose their own lodging.

Meals: Schools will be responsible for the cost of athletes' meals at state competition **with exception of individual sports in Group 2** as indicated above for 2011-12 and 2012-13. For **Indoor Track & Field** the Section will facilitate meal handling by paying meal expenses and invoicing the schools per participating athlete.

* State approved 5/09

SECTION VI - NYSPHSAA Sportsmanship Philosophy & Code of Conduct

Philosophy

1. We believe that interscholastic athletics is an important part of education and support the ideals and values embodied in good sportsmanship.
2. We believe that sportsmanlike behavior is essential if interscholastic competition is to contribute usefully and constructively to the broad goals of education and to the quality of life of those involved.
3. We pledge ourselves individually and collectively to encourage and support the development and maintenance of a sportsmanlike atmosphere for athletic competition.

Code of Conduct

1. A genuine interest in and enjoyment of interscholastic competition requires conduct that reflects the understanding that contests as a part of an overall school program are intended to be enjoyed. Behavior that reflects a winning at all cost attitude violates this standard.
2. Interscholastic competition provides valuable lessons and learning experiences that are not possible in the regular classroom setting. All involved must support the need to develop the ability to compete with enthusiasm and to accept winning with grace and losing with dignity.
3. Coaches, players, and fans should know that participation is an honor and privilege which requires them to conduct themselves in a manner that brings honor and pride to their school and community.
4. Respect for the cultural and ethnic diversity of one's opponents, their school, and community is a fundamental tenet of wholesome athletic competition. This standard suggests that planned activity is needed to demonstrate a warm and friendly welcome, mutual respect, and a genuine readiness to participate in a sportsmanlike manner.
5. Players should demonstrate both knowledge of the rules and respect for game officials and their decisions. Coaches and school officials have the responsibility to teach and encourage these attributes.

******* Sportsmanship Statement Reminder *******

The following statement will be read over the public address system just prior to the pledge to the flag. If there is no public address system, the statement will be read to both teams by the site chairperson or his representative:

“The New York State Public High School Athletic Association requires officials to enforce all sportsmanship rules for athletes and coaches. We will not tolerate negative statements or actions between opposing competitors, especially trash talking, taunting, or baiting of opponents. If such comments are heard or actions seen, a penalty will be assessed immediately. The officials been instructed not to issue warnings. Let today's/tonight's contest reflect mutual respect.”