



***Section One***  
***Boys and Girls***  
***Winter Track Booklet***  
***2019 – 2020***





**Section One  
Winter Track Calendar  
2019 – 2020**

**First Practice** permitted November 11, 2019

**First Meet** permitted after 6 Practice days for Team

**Last Day for Contest:** January 31, 2020

**Minimum Number of Contests:** To be eligible for sectional, intersectional or state competition, a team must have competed in six (6) school scheduled contests which occurred on six (6) different dates during the season.

**Team Sports:** An individual is eligible for the team if he/she has been an eligible participant on a team in that sport in that school for a minimum of six (6) scheduled contests during the regular season.

**Team/Individual and Individual Sports:** An individual must also have represented their school in six (6) scheduled contests during the season to be eligible. These required contests must occur on six (6) different dates and must be conducted prior to the conclusion. {NYSPHSAA Handbook, pg 104, #25 a}

**Section One Tournament**

Round	Date	Site	Time	
Class Sectionals	Class A	2/5/20	Armory	5:00p.m.
	Class B	2/1/20	Armory	5:00p.m.
	Class C	2/10/20	Armory	5:00p.m.
State Qualifying Meet	2/23/20	Armory	9:00a.m.	

**State Championships**

Round	Date	Site
Finals	3/7/20	Ocean Breeze, Staten Island, NY

**Coaches Meetings**

Pre-Season Meeting	11/19/19	Scarsdale HS	7:00 p.m.
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Coaches and Athletic Directors will be notified if there is a change in any of the above dates.

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**Section One Winter Track  
2019 – 2020**

**Boys Sports Committee Members**

**Chairperson:** Jim Henry

**Co-Chairperson:** TBD

**Address:** Beacon HS  
101 Matteawan Rd.  
Beacon, NY 12508

**Phone: (Day)** (845) 838-6900 ext. 3218

**(Cell)** (845) 549-3842

**(Fax)** (845) 838-1777

**E-mail:** Henry.J@Beaconk12.org

**Conference I** Athletic Director

**Conference II** Athletic Director

**Conference III** Athletic Director

**Conference IV** Athletic Director

**Class I** Coaches Rep. Richard Clark, Scarsdale High School

**Class II** Coaches Rep.

**Class III** Coaches Rep.

**Class IV** Coaches Rep.

**Committee Members:**

**Dutchess:** Steve Arnett, Arlington High School

**Rockland:** Kevin Bigelow, Clarkstown South High School

**Westchester:** Fred Singleton, White Plains High School

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**Official Association Reps:**

Sandra Edwards, Westchester/Putnam

Shawn Frederick, Rockland

Ken Kraft, Dutchess

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**Coaches Association Rep:**

Jim Mitchell, Bronxville High School

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**Section One Winter Track  
2019 - 2020**

**Girls Sports Committee Members**

**Chairperson:** Pete Modafferi

**Co-Chairperson:** TBD

**Address:** Clarkstown South HS  
31 Demarest Mill Rd.  
West Nyack, NY 10994

**Phone:** (Day) (845) 624-3481  
(Eve)  
(Fax) (845) 624-2640

**E-mail:** Pmodafferi@ccsd.edu

**Conference I** Athletic Director  
**Conference II** Athletic Director  
**Conference III** Athletic Director  
**Conference IV** Athletic Director

**Class I** Coaches Rep. Richard Clark, Scarsdale High School  
**Class II** Coaches Rep. Marcia Bailey, Hendrick Hudson High School  
**Class III** Coaches Rep.

**Committee Members:**

**Dutchess:** Steve Arnett, Arlington High School  
**Rockland:** Dan Doherty, Pearl River High School  
Patrick Driscoll, Tappan Zee High School  
**Westchester:** Keith Smith, Yorktown High School  
Andy Capellan, New Rochelle High School

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**Official Association Reps:**

Sandra Edwards, Westchester/Putnam  
Shawn Frederick, Rockland  
Ken Kraft, Dutchess

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**Coaches Association Rep:**

Jim Mitchell, Bronxville High School

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### **ELIGIBILITY - SECTIONALS**

The coach will determine if an athlete has the ability to compete in this meet.

Each athlete must have competed for his/her school in at least six Federation approved meets. Should an athlete miss a meet for an exceptional reason, report it to your Athletic Director immediately so that an exemption may be sought.

Only documented times may be used and no conversions are allowed. Any false entry seed will be scratched from the event.

Anyone advancing in an event must compete in that event or withdraw from the meet. Be sure your athlete or a stand-in reports on time.

### **ELIGIBILITY - STATE QUALIFYING MEET**

The meet will be open, at the coach's discretion, only to athletes with the ability to compete. The entry for the State Qualifier will be an online entry system for the FAT timing system. Be accurate. Errors = Disqualification. All times will be verified.

State Meet Qualifiers: Check the standards listed here. Report to your coordinators, any qualifying time or distance that your athlete achieves. If an athlete qualifies, he or she must place at least third to qualify for the States. If your athlete qualifies and you do not wish him/her to compete in that event at the States, you must declare that before leaving the Qualifying Meet. A qualifying athlete cannot opt to run the Intersectional Relay. A competing athlete who does not intend to go to the State should make this fact known before leaving the qualifying competition. The first non-qualifier in the 300m, 600m, 1000m, 1500/1600m will run the Intersectional Relay.

We will qualify two athletes per event plus a third if the third place athlete at the State Qualifying Meet has met the standard after. Conversions will not be allowed for State Meet Seeding purposes.

In the event that it is impossible to contest the State qualifying meet. The State team will be picked by the coordinators as follows:

- 1) Best marks from leader board. Weight given to later marks.
- 2) Results of class meets.

Decision will be final. Coaches will be notified ASAP. Acceptance of spot on the team must be acknowledged within 24 hours so that an alternate may be notified.

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## **GENERAL SECTIONAL PROTEST PROCEDURE**

1. Any coach lodging a protest will immediately notify the meet referee\* (\*prescribed by the Federation Rulebook) of the contest.
2. All officials and coaches involved must be notified immediately.
3. All details of the protest must be put in writing. The following information must be included in the written summary:
  - a. Date and site of the meet
  - b. Names of the athletes and officials involved
  - c. A full and clear description of the protested situation
  - d. The official's decision on the situation
4. The Protest Committee will make the final decision in all protests. This Committee will consist of all members of the Sectional Winter Track Committee, at least one neutral official, and any other member deemed necessary by the Winter Track Chairperson. League Representatives of the schools involved will not vote on the decision.
5. The coaches involved will be informed of the Committee's decision as soon as possible.

### **Girls Protest Committee:**

**Dutchess:** Steve Arnett, Arlington High School  
**Rockland:** Dan Doherty, Pearl River  
Patrick Driscoll, Tappan Zee  
**Westchester:** Keith Smith, Yorktown  
Andy Capellan, New Rochelle

### **Boys Protest Committee:**

**Dutchess:** Steve Arnett, Arlington High School  
**Rockland:** Kevin Bigelow, Clarkstown South High School  
**Westchester:** Fred Singleton, White Plains High School



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**THE INFORMATION REGARDING SECTIONAL ORDER OF EVENTS IS NOT YET DETERMINED - WE DO NOT FOLLOW THE STATE MEET ORDER OF EVENTS DUE TO THE DIFFERENCES IN THE FACILITIES**

**QUALIFYING STANDARDS FOR THIRD PLACE TO ADVANCE TO STATES**

**Standards –**

<b><u>Event</u></b>	<b><u>Girls</u></b>	<b><u>Boys</u></b>
	FAT (Hand Time)	FAT (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)	xxxxx
1600m Run	xxxxx	4:28.74 (4:28.5)
3000m Run	10:21.14 (10:20.9)	xxxx
3200m Run	xxxxx	9:42.24 (9:42.0)
1500m Race Walk	7:28.24 (7:28.0)	xxxxx
Long Jump	17' 02"	21' 06"
Triple Jump	36' 01"	43' 06"
High Jump	5' 03"	6' 04"
Pole Vault	10' 00"	13' 00"
Shot Put	37' 07.00"	52' 00"
Weight Throw	<b>43' 00"</b>	<b>53' 00"</b>
4 x 200m Relay	1:47.54 (1:47.3)	1:34.94 (1:34.7)
4 x 400m Relay	4:06.94 (4:06.7)	3:32.44 (3:32.4)
4 x 800m Relay	9:36.24 (9:36.0)	8:05.04 (8:04.8)

For individual events, your third place finisher in your state qualifier may advance to the state meet if he/she has met the standard at the state qualifying meet or in meets approved by the Sectional Coordinator. **He/she must place third in the state qualifier.**

For relay events, the second place finisher may advance to the state meet if they have met the above standard in an approved meet, **and finished second in the state qualifier meet.**

The intersectional medley relay is composed of the third place finisher in the 1000, 300, 600, and 1500/1600. If an athlete finishes third and has met the standard in those events, then the fourth place finisher will compete in the relay. Alternates for the relay may not be competing in the 1000, 300, 600, and 1500/1600 at the state meet.

**OFFICIALS**

SWBOCES will assign officials for **ALL** Section One contests in cooperation with individual Sports Chairpersons.

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## NOTES FOR COACHES

- As in all winter meets, an athlete is limited to three events including relays.
- All seeds must be verifiable. Be sure that you have documentation. You could be called upon to prove the accuracy of your seed.
- Coaches and all spectators are confined to unrestricted areas at all times.
- All ties to advance to the State Meet will be broken.
- If an athlete qualifies for the State Meet, be sure to obtain information packet and fill out entry information for coordinators before leaving the Qualifier Meet
- If your relay team qualifies, give your coordinator 4 names plus 2 subs. Any four may run, but only 5 may attend the State Meet. Do not ask for an exception.
- **Relays do not qualify by school but by the 4 runners who competed. If you must make substitutions that will weaken the team, withdraw and allow the second place relay to go in your place.**
- Unsportsmanlike behavior will not be tolerated, especially taunting and disrespect to officials. No warnings are required for such behavior. Disqualification is automatic. Do not bring troublesome spectators. They too are your responsibility.
- Make your athletes aware of the uniform and jewelry rule. Officials will make every effort to prevent incidents, but the responsibility belongs to you and to your athlete.
- **Be aware of the new state rule (2019-20) regarding the prohibition of “runbacks” in the horizontal jumps and pole vault. The penalty is disqualification.**



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**WINTER TRACK LEAGUE ALIGNMENT  
2019-2020**

**CONFERENCE I**

<b><u>A</u></b>	<b><u>B</u></b>	<b><u>C</u></b>	<b><u>D</u></b>
ARLINGTON	MAMARONECK	CL. NORTH	FOX LANE
CARMEL	MT. VERNON	NO. ROCKLAND	H GREELEY
JOHN JAY EF	NEW ROCHELLE	RAMAPO	OSSINING
MAHOPAC	SCARSDALE	SPRING VALLEY	PORT CHESTER
RCK	URSULINE	SUFFERN	WHITE PLAINS

**CONFERENCE 2**

<b><u>A</u></b>	<b><u>B</u></b>	<b><u>C</u></b>	<b><u>D</u></b>	<b><u>E</u></b>
CL. SOUTH	BREWSTER	NANUET	BYRAM HILLS	BEACON
LAKE/PANAS	PEEKSKILL	NYACK	EASTCHESTER	HEN HUD
YONKERS	POUGHKEEPSIE	PEARL RIVER	HARRISON	JJCR
	SOMERS	SLEEPY HOLLOW	PELHAM	OLL
		TAPPAN ZEE	RYE	YORKTOWN

**CONFERENCE 3**

<b><u>A</u></b>	<b><u>B</u></b>	<b><u>C</u></b>
A. HAMILTON	A. MAGNUS	BRONXVILLE
BLIND BROOK	ARDSLEY	EDGEMONT
BRIARCLIFF	DOBBS FERRY	HALDANE
CROTON-HARMON	HASTINGS	NORTH SALEM
PLEASANTVILLE	IRVINGTON	PAWLING
VALHALLA	THE LEFFELL SCHOOL	PUT. VALLEY
WESTLAKE	WOODLANDS	RYE NECK



**NYSPHSAA SECTION ONE INDOOR TRACK AND FIELD  
WESTCHESTER-PUTNAM-DUTCHESS-ROCKLAND COUNTIES**

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Email forms to [tsantabarbara@swboces.org](mailto:tsantabarbara@swboces.org) and [Pmodafferi@ccsd.edu](mailto:Pmodafferi@ccsd.edu)

**GIRLS INDOOR TRACK CERTIFICATION OF ATHLETIC PARTICIPATION**

The Track and Field athletes of \_\_\_\_\_ High School  
have participated in the following meets as per NYSPHSAA requirements.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

All of the athletes have competed in at least \_\_\_\_\_ contests with the  
exception of:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Signature of Coach

\_\_\_\_\_  
Signature of Principal



**NYSPHSAA SECTION ONE INDOOR TRACK AND FIELD  
WESTCHESTER-PUTNAM-DUTCHESS-ROCKLAND COUNTIES**

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Email forms to [tsantabarbara@swboces.org](mailto:tsantabarbara@swboces.org) and [Henry.J@Beaconk12.org](mailto:Henry.J@Beaconk12.org)

**BOYS INDOOR TRACK CERTIFICATION OF ATHLETIC PARTICIPATION**

The Track and Field athletes of \_\_\_\_\_ High School  
have participated in the following meets as per NYSPHSAA requirements.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

All of the athletes have competed in at least \_\_\_\_\_ contests with the  
exception of:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Signature of Coach

\_\_\_\_\_  
Signature of Principal

## Pole Vault Certification Form

School:		Date:	
Athlete:		Weight:	lbs.
Pole #1:	Length:	Rating:	lbs.
Pole #2:	Length:	Rating:	lbs.
Athlete Signature:		Date:	
Athlete:		Weight:	lbs.
Pole #1:	Length:	Rating:	lbs.
Pole #2:	Length:	Rating:	lbs.
Athlete Signature:		Date:	
Athlete:		Weight:	lbs.
Pole #1:	Length:	Rating:	lbs.
Pole #2:	Length:	Rating:	lbs.
Athlete Signature:		Date:	
Coach Signature:		Date:	

**NYS Public High School Athletic Association, Inc.  
NY Track, Field and Cross Country Officials Association, Inc.**

**High School Track and Field: Pole Vault Certification Card**

Pole Vault Certification is required by the National Federation of State High School Associations, the governing body for high school athletics and officiating. Rule # 7-4-3 (effective 1995) states that a vaulter shall not be allowed to compete while using a pole which has 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 all parties are aware of the risks involved when an athlete competes with an illegal pole and that both the athlete and the 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 the listed rating is no longer valid.

**Safe pole vaulting practices include:**

Athletes....

1. Should always compete with the proper equipment.
2. Are prohibited from switching poles during competition unless certified for that pole.
3. Should not compete when suffering from an illness or any other ailment or when overtired.
4. Must continually inspect their pole for stress cracks, chips, etc. which might cause it to break during competition.
5. Must refrain from jumping when weather or other conditions might lead to an accident.
6. Must continually check the landing surface, planting box, and standards to ensure that they are in proper shape and/or adjustment.
7. Should not attempt heights for which they are not practiced at or in condition to jump for.

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**\*IMPORTANT NOTICE\***

**FOR ALL SECTIONAL  
COMPETITIONS, ONLY THE  
COACHES OF THE SCHOOLS  
PARTICIPATING IN THE MEET  
THAT IS CURRENTLY BEING  
CONTESTED WILL BE ALLOWED  
IN THE AREAS DESIGNATED AS  
THE SCORING TABLE AND  
CHECK IN AREA.**

**ALL OTHERS MUST REMAIN IN  
THE AREAS THAT ARE  
DESIGNATED FOR SPECTATORS.**

**\*PLEASE SHARE THIS  
INFORMATION WITH THE PARENTS  
OF YOUR ATHLETES AND  
NON-DISTRICT COACHES\***

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