



***Section One***  
***Boys and Girls***  
***Spring Track Booklet***  
***2018***





**Section One  
Boys and Girls  
Spring Track Calendar  
2018**

**First practice** permitted March 5, 2018      **Last Day for Meet:** May 22, 2018  
**Number of practices before first scrimmage:** Individual 8  
**Number of practices before first contest:** Individual 10  
**Maximum number of contests/season:** Individual: 16  
**Maximum rest between contests:** 1 night  
**Maximum contests/week:** 3 meets  
**Individual limitation/events/contest:** 4 Events

**Minimum Number of Contests** To be eligible for sectional, intersectional or state competition, a team must have completed 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. For football, a student must be an eligible participant for a minimum of three (3) contests.

**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}

<b>Round</b>	<b>Date</b>	<b>Site</b>	<b>Time</b>
<b>Section One Class Championships</b>			
Class C	Thur. 5/24	Valhalla	4:00 p.m.
Class B	Fri. 5/25	Beacon HS	1:00 p.m.
Class A	Sat. 5/26	Suffern HS	9:00 a.m.
Class C Steeple	Wed. 5/23	Byram Hills HS	5:00 p.m.
Hammer & Javelin Finals	Wed. 5/30	Hendrick Hudson HS	5:00 p.m.
<b>Section One Qualifying Meet</b>			
State Qualifying Meet	5/31	Arlington HS	5:00 p.m.
	6/1	White Plains HS	5:00 p.m.

**NO EARLY DISMISSAL IS REQUIRED**

**DIRECTIONS TO ALL SECTION ONE SCHOOLS GO TO:  
[http://athletics.swboces.org/home\\_page](http://athletics.swboces.org/home_page)**

<b>State Intersectional Championships</b>		
	6/8	Cicero-North HS 12:00 p.m.
	6/9	Cicero-North HS 10:00 a.m.

**(SECTION ONE WILL PROVIDE TRANSPORTATION FOR THE ATHLETES)**

<b>Coaches Meetings</b>		
Pre-Season Coaches Mtg.	3/8	Scarsdale High School 7:00 p.m.

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## Section One Spring Track Committee Members 2018

**Chairperson:** Walter Hall

**Address:** Mt. Vernon High School  
100 California Rd.  
Mt. Vernon, NY 10552

**Email:** [whall335@msn.com](mailto:whall335@msn.com)

**Phone:** (Day) (914) 664-1815

(Eve) (914) 664-1815

(Fax) (914) 667-1147

**Girls Chairperson:** Jesse Merchant

**Address:** Hastings High School  
27 Farragut Ave.  
Hastings on Hudson, NY 10706

**Email :** [merchantj@hohschools.org](mailto:merchantj@hohschools.org)

**Phone:** (Day) 914-478-6241

(Eve)

(Fax) 914-478-6406

**Boys Co-Chairperson:** TBD

**Address:**

**Email :**

**Phone:** (Day)

(Eve)

(Fax)

**Girls Co-Chairperson:** TBD

**Address:**

**Email:**

**Phone:** (Day)

(Eve)

(Fax)

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<b>Conference I</b>	Athletic Director	Andy Guccione, Suffern High School
<b>Conference II</b>	Athletic Director	Tom Baker, Hendrick Hudson High School
<b>Conference II-R</b>	Athletic Director	Rob Castagna, Byram Hills High School
<b>Conference III</b>	Athletic Director	Jamie Block, Valhalla High School

### Other Members:

**Dutchess** (Boys) Jim Henry, Beacon HS  
(Girls) Steve Arnett, Arlington HS

**Rockland** (Boys) Pat Driscoll, Tappan Zee HS  
(Girls) Dan Doherty, Pearl River HS

**Westchester** (Boys) Greg Govan, Byram Hills HS  
(Girls) Keith Smith, Yorktown HS

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### Coaches Association:

Jim Henry, Beacon High School, Dutchess

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**Official Association Reps:** Shawn Frederick, Rockland County  
Sandra Edwards, Westchester/Putnam Counties  
Ken Kraft, Dutchess County

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

Each section must designate their state qualifier meet.

First place finisher in each individual event and relay from Division One and Division Two will advance to the State Meet.

A section may 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 with the last weekend in April. Any additional qualifier must compete in the state qualifying meet in that event. **The qualifier is the primary venue for eligibility for the state meet.**

The winner of an event in each division advances; **the next highest finisher with the state standard may advance.** If a vacancy still exists, **the highest place finisher in the qualifier who meets the standard at the Easterns may be advanced to the state meet if a vacancy occurs.** Seeds for the state meet may come from any of these meets starting with the last weekend in April.

**REVISED 9/17/2017**

<b>EVENT</b>	<b>BOYS D1</b>	<b>BOYS D2</b>	<b>GIRLS D1</b>	<b>GIRLS D2</b>
<b>100M DASH</b>	10.9/11.14	11.1/11.34	12.3/12.54	12.5/12.74
<b>200M DASH</b>	22.0/22.24	22.5/22.74	25.2/25.44	25.7/25.94
<b>400M DASH</b>	48.8/49.04	50.2/50.44	57.2/57.44	58.1/58.34
<b>800M RUN</b>	1:54.6/1:54.84	1:56.7/1:56.94	2:14.3/2:14.54	2:15.6/2:15.84
<b>1600/1500M RUN</b>	4:17.8/4:18.04	4:23.0/4:23.24	4:35.6/4:35.84	4:46.7/4:46.94
<b>3200/3000M RUN</b>	9:21.0/9:21.24	9:37.6/9:37.84	9:59.4/9:59.64	10:24.0/10:24.24
<b>STEEPLECHASE</b>	9:33.0/9:33.24	9:53.2/9:53.44	7:06.3/7:06.54	7:23.8/7:24.04
<b>HIGH HURDLES</b>	14.7/14.94	15.2/15.44	15.0/15.24	15.6/15.84
<b>400M HURDLES</b>	55.8/56.04	57.3/57.54	63.7/63.94	66.3/66.54
<b>LONG JUMP</b>	22' 00.25"	21' 01"	17' 10.25"	16' 11.5"
<b>TRIPLE JUMP</b>	45' 07.25"	43' 10"	37' 01.75"	36' 01.5"
<b>SHOT PUT</b>	52' 11.5"	49' 10"	39' 05.25"	36' 07.5"
<b>DISCUS</b>	151' 09"	142' 02"	117' 08"	112' 05"
<b>HIGH JUMP</b>	6' 02"	6' 02"	5' 03"	5' 01"
<b>POLE VAULT</b>	14' 00"	13' 03"	11' 00"	9' 09"
<b>PENTATHLON</b>	3043 PTS.	3008 PTS.	2807 PTS.	2638 PTS.
<b>400M RELAY</b>	42.7/42.94	44.0/44.24	48.7/48.94	50.2/50.44
<b>1600M RELAY</b>	3:20.3/3:20.54	3:28.2/3:28.44	3:56.4/3:56.64	4:04.4/4:04.64
<b>3200M RELAY</b>	7:51.9/7:52.14	8:12.0/8:12.24	9:17.3/9:17.54	9:40.0/9:40.24

(First time listed in each column is hand-timed, second time listed is fully automatic timing. Standard Hytek Conversion of .24 was used for all running events.)

These standards represent the average of 6<sup>th</sup> place in the finals from 2013 through 2017.

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## **COMPETITOR'S UNIFORM**

**ARTICLE 1** ...Each competitor's uniform shall be issued by the school, worn as intended by the manufacturer, and have the following restrictions:

- a. Each competitor shall wear shoes.
  1. A shoe is a covering for the foot.
  2. Shoes shall be worn on both feet and shall have an upper and definitely recognizable sole and heel.
  3. The (shoe) upper must be designed so that it can be fastened securely to the foot.
  4. The use of slippers or socks does not meet the requirements of the rule
- b. Each competitor shall wear a full-length track jersey or one-piece uniform issued by the school.
  1. When the numbers are used, each competitor shall wear his/her assigned, unaltered contestant number.
  2. The jersey and shorts may have the school identification and the jersey may have the competitor's name.
  3. The jersey shall not be knotted or have a knot-like protrusion.
  4. A single manufacturer's logo/trademark, no more than 2¼ square inches with no dimension more 2¼ inches, is permitted on each item of apparel.
  5. The American flag, not exceeding 2 x 3 inches, is permitted.
  6. Bare midriff tops are not allowed.
  7. The jersey must hang below or be tucked into the waistband of the shorts or briefs when the competitor is standing erect.
- c. Each competitor shall wear track short and/or one-piece uniform issued by the school.
  1. The shorts may have school identification.
  2. Loose-fitting, boxer-type shorts are permitted for boys and girls and closed-leg briefs/shorts are acceptable for girls.
  3. The waistband of a competitor's shorts shall be worn above the hips.
- d. Visible Undergarments
  1. Any visible shirt(s) worn under the uniform must be unadorned (except for the manufacturer's logo) and of a single color and hue.
  2. Visible garments worn under the jersey and shorts do not have to be the same color.
  3. French or high-cut apparel shall not be worn in lieu of shorts.

**ARTICLE 2** ...Additional restrictions for relay races and cross country competition.

- a. In relay races and cross country competition, each team member shall wear the same color and design of school uniform although the length of the short may vary.
- b. If worn by more than one team member (two or more) that apparel must be the same color, but not necessarily the same length.

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## **COMPETITOR'S UNIFORM (continued)**

### **ARTICLE 2 (cont.)**

- c. Any visible garment(s) worn under the jersey and other visible apparel worn under the shorts must be unadorned and of a single (and the same) color. Visible garments worn under the jersey and/or the shorts do not have to be the same color. If worn by more than one team member (two or more) that apparel must be the same color, but not necessarily the same length.

**ARTICLE 3** ...Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the Games Committee, is illegal.

**PENALTY:** This shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the athlete will be disqualified from further competition in the meet.

**ARTICLE 4** ...Jewelry shall not be worn, except for religious or medical medals. A religious medal must be taped and worn under the uniform. A medical alert must be taped and may be visible.

**PENALTY (All articles):** For an illegal uniform, the competitor is disqualified from the event.

## **UNIFORMS**

School team uniforms will be worn in the Intersectional/Federation Meet. There will no longer be Section shirts.

## **FEDERATION CHAMPIONSHIPS**

The Intersectional Meet is being scored from the Federation Meet. The top eight (8) competitors in each event will receive a Federation medal. The top six (6) NYSPHSAA competitors in each class will be awarded State medals.



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## **GENERAL SECTIONAL PROTEST PROCEDURE**

1. Any coach lodging a protest will immediately notify the meet referee\* (\*prescribed by the Federation Rule book) 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 officials 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 Spring Track Committee, at least one neutral official, and any other member deemed necessary by the Spring 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.



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**CONFERENCE LEAGUES**  
**BOYS AND GIRLS SPRING TRACK 2018**

**Conference I**

League A

Arlington  
Carmel  
JJEF  
Mahopac  
RC Ketcham

League B

Mamaroneck  
Mt. Vernon  
New Rochelle  
Scarsdale  
White Plains  
Ursuline

League C

Clarkstown No.  
Clarkstown So.  
North Rockland  
Ramapo  
Spring Valley  
Suffern

League D

Fox Lane  
Horace Greeley  
Ossining  
Port Chester  
Yorktown

**Conference II**

League A

Albertus Magnus  
Nanuet  
Nyack  
Pearl River  
Sleepy Hollow  
Tappan Zee

League B

Brewster  
John Jay CR  
Lakeland/Panas  
Somers

League C

Ardsley  
Byram Hills  
Eastchester  
Harrison  
Pelham  
Rye  
Yonkers

League D

Beacon  
Hendrick Hudson  
Our Lady Lourdes  
Peekskill  
Poughkeepsie

**Conference III**

League A

A. Hamilton  
Briarcliff  
Croton-Harmon  
Pleasantville  
Valhalla  
Westlake

League B

Blind Brook  
Bronxville  
Clark/Greenburgh Ac  
Edgemont  
Rye Neck  
Tuckahoe

League C

Biondi  
Children's Village  
Dobbs Ferry  
Hastings  
Irvington  
Sol. Schechter  
Woodlands

League D

Haldane  
North Salem  
Pawling  
Putnam Valley





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

**ATHLETIC DIRECTOR'S 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 Athletic Director

**Please return this sheet to:**

Class A Schools  
Andy Guccione  
Suffern High School  
49 Viola Road  
Suffern, NY 10901

Class B Schools  
Rob Castagna  
Byram Hills High School  
12 Tripp Lane  
Armonk, NY 10504

Class C Schools  
Jamie Block  
Valhalla High School  
300 Columbus Avenue  
Valhalla, NY 10595



**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 \_\_\_\_\_

COACHES SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_



**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 \_\_\_\_\_

COACHES 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 ware 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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# TRACK AND FIELD RECORD APPLICATION

Note: Fill blanks on 3 copies. Send all 3 copies to the Track Chairman. He will sign them for a Section report. One copy will be returned to the school for framing or filing.

To the Committee of the Track Advisory Board on Track and Field Interscholastic Records.

Application is hereby made for a Championship Record in (event): \_\_\_\_\_

The performance was in (name of meet): \_\_\_\_\_

Held at (place): \_\_\_\_\_ on (date) \_\_\_\_\_

Full name of competitor(s) for who record is claimed. Give all full names if for a relay team.

\_\_\_\_\_ Age: Yrs: \_\_\_\_\_ Mo: \_\_\_\_\_

\_\_\_\_\_ Age: Yrs: \_\_\_\_\_ Mo: \_\_\_\_\_

\_\_\_\_\_ Age: Yrs: \_\_\_\_\_ Mo: \_\_\_\_\_

\_\_\_\_\_ Age: Yrs: \_\_\_\_\_ Mo: \_\_\_\_\_

This competitor(s) is/are eligible member(s) of \_\_\_\_\_ High School of

(place) \_\_\_\_\_

said high school being a qualified member of N.Y.S.P.H.S.A.A. under whose rules the school competed.

THE CLAIM RECORD WAS (time, height or distance): \_\_\_\_\_

Was the record established in competition limited exclusively to High School contestants? \_\_\_\_\_

How many high schools were represented in the meet? \_\_\_\_\_

Claimant (or captain if a team) \_\_\_\_\_

Print

Signature

High School Coach \_\_\_\_\_

Print

Signature

**STATE OF REFEREE:** I am acquainted with the officials who have signed this application. They are competent and performed their duties in good faith. The conditions were official (although an anemometer was not used); there was no appreciable tailwind (for sprint, hurdles, Long Jump or Triple Jump) during the performance which could have affected the performance. I cordially recommend this claim for a Track and Field Record.

Printed: \_\_\_\_\_

Signature: \_\_\_\_\_

Address: \_\_\_\_\_

Other officials: (Times, Judges, Inspectors) who witnessed this performance:

Name: \_\_\_\_\_ Position: \_\_\_\_\_ Address: \_\_\_\_\_

Name: \_\_\_\_\_ Position: \_\_\_\_\_ Address: \_\_\_\_\_

Name: \_\_\_\_\_ Position: \_\_\_\_\_ Address: \_\_\_\_\_