



Section One
Boys and Girls
Winter Track Booklet
2018 – 2019





Section One
Winter Track Calendar
2018 – 2019

First Practice permitted November 5, 2018

First Meet permitted after 10 Practice days for Team - 10 days for Individual

Last Day for Contest: February 1, 2019

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. {NYS PHSAA Handbook, pg 104, #25 a}

Section One Tournament

Round	Date	Site	Time
Class Sectionals	Class A	2/2/19	Armory
	Class B	2/6/19	Armory
	Class C	2/11/19	Armory
State Qualifying Meet	2/17/19	Armory	9:00a.m.

State Championships

Round	Date	Site
Finals	3/2/19	Ocean Breeze, Staten Island, NY

Coaches Meetings

Pre-Season Meeting	11/20/18	Scarsdale HS	7:00 p.m.
All County/ All Section Meeting	TBD		

Coaches and Athletic Directors will be notified if there is any change in any of the above dates.

**Section One Winter Track
2018 - 2019**

Boys Sports Committee Members

Chairperson: Khris Arvanites	Co-Chairperson: TBD
Address: Clarkstown South HS 31 Demarest Mill Road West Nyack, NY 10994	Address:
Phone: (Day) (845) 624-3490 (Eve) (Fax) (845) 624-2640	Phone: (Day) (Eve) (Fax)
E-mail: karvanites@ccsd.edu	E-mail:

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:	Ray Kondracki, Clarkstown South High School
Westchester:	Fred Singleton, White Plains High School

Official Association Reps:

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

Coaches Association Rep:

Jim Mitchell, Bronxville High School

**Section One Winter Track
2018 - 2019**

Girls Sports Committee Members

Chairperson: Khris Arvanites (Interim) **Co-Chairperson:** TBD

Address:

Address:

Phone: (Day)
(Eve)
(Fax)

Phone: (Day)
(Eve)
(Fax)

E-mail:

Email:

Assistant:

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

Official Association Reps:

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

Coaches Association Rep:

Jim Mitchell, Bronxville High School

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 card with a false time 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 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.

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 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 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: Ray Kondracki, Clarkstown South High School
Westchester: Fred Singleton, White Plains High School



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 –

<u>Event</u>	<u>Girls</u>	<u>Boys</u>
	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)	xxxxx
3200m Run	xxxxx	9:42.24 (9:42.0)
1500m Race Walk	7:28.24 (7:28.0)	xxxxx
Long Jump	17' 02.00"	21' 06.00"
Triple Jump	36' 01.00"	43' 06.00"
High Jump	5' 03"	6' 04"
Pole Vault	10'00"	13' 00"
Shot Put	37' 07.00"	52' 00"
Weight Throw	40'00."	50' 00"
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.

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 travel information before leaving the Qualifier Meet.
- All athletes are expected to lodge with the Sectional team, eat all meals together and sit together as a team at the State 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.

**WINTER TRACK LEAGUE ALIGNMENT
2018-2019**

CONFERENCE I

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

CONFERENCE 2

<u>A</u>	<u>B</u>	<u>C</u>	<u>D</u>
NANUET	H. GREELEY	BYRAM HILLS	BEACON
NYACK	LAKELAND/PANAS	EASTCHESTER	BREWSTER
PEARL RIVER	PEEKSKILL	HARRISON	HEN HUD
SLEEPY HOLLOW CR	POUGHKEEPSIE	PELHAM	JOHN JAY
TAPPAN ZEE	SOMERS YONKERS YORKTOWN	RYE	OLL

CONFERENCE 3

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



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

Email forms to jsimmons@swboces.org and karvanites@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**

Email forms to jsimmons@swboces.org and karvanites@ccsd.edu

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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NYSPHSAA
TRACK AND FIELD RECORD APPLICATION

Note: Fill in blanks of 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 competition(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 NYSPHSAA 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 of 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 spring, 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: _____
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Name: _____	Position: _____	Address: _____
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Name: _____	Position: _____	Address: _____
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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***
