



2015  
SECTION 3  
GIRLS  
TRACK  
INFORMATION  
PACKET

## 2015 CLASS MEET SITE INFORMATION

**AA CO-ED May 27<sup>th</sup> Wed @ CNS 4:00 Start Tim Bednarski & Pete Moore, site dir.**

Brett Couchman- meet director, Girls  
Rome Free Academy  
Rome, NY

334-7206(S)

368-5117©

[bcouchman@romecsd.org](mailto:bcouchman@romecsd.org)

**A1-A2 May 27<sup>th</sup> Wednesday @ CAMDEN Aaron Carey, site director**

Jim Lawton – meet director  
8 Gazebo Path  
Fayetteville, NY 13066

679-0559 ©

[jlawton1@twcny.rr.com](mailto:jlawton1@twcny.rr.com)

**B1-B2 May 28<sup>th</sup> Thursday @ WESTHILL Jennie Smarrelli & Dan Reid site directors**

Julie Storms – meet director  
10546 Wright St. Road  
Adams, NY 13605

232-4422 (home) 486-4726 ©

[jul@twcny.rr.com](mailto:jul@twcny.rr.com)

**C1-C2 May 28<sup>th</sup> Thursday @ SAUQUOIT VALLEY Doug Jones site director**

Meet Directors: Michelle Rauber & Freddie Sarus

**C-1:** Michelle Rauber © 607-749-5959

[mrauber@tully.k12.ny.us](mailto:mrauber@tully.k12.ny.us)

Tully Elementary, Tully NY 13416

**C-2:** Freddie Sarus © 315-292-0220

[fsarus@westcanada.org](mailto:fsarus@westcanada.org)

West Canada Valley, Newport, NY 13416

**D May 29<sup>th</sup> Friday @ REMSEN Dale Dening, site director \*\*CO-ED\*\***

Fay Harper – meet director

315-525-0915 ©

Remsen Central School

315-831-3797 Ext 223 (S)

Davis Drive

Remsen, NY 13438

[fharp@remsenncsd.org](mailto:fharp@remsenncsd.org)

**C & D Steeplechase Only: 5 PM, TUESDAY, MAY 26<sup>TH</sup> @ ROME**

**Event Director - Fay Harper**

Girls followed by Boys

Section III Chairperson – Julie Storms, 232-4422 (h) 486-4726 ©

[jul@twcny.rr.com](mailto:jul@twcny.rr.com)

Ass't Chair – Brett Couchman , Rome Free Academy

315-368-5117 © [bcouchman@romecsd.org](mailto:bcouchman@romecsd.org)

2014-15 SECTION 3 CLASSIFICATION ENROLLMENTS – Adjusted for Girls’ Spring Track Season

SCHOOL	ENROLLMENT	
Cicero-North Syracuse	2084	DIVISION 1
Utica/Proctor	2015	(600 - ↑)
Liverpool	1721	
Baldwinsville	1423	
Henninger	1338	
West Genesee	1230	AA
Rome Free Academy	1159	
Corcoran	1118	
Fayetteville-Manlius	1078	
Auburn	1006	
*Fowler	1001	
Central Square	964	
Nottingham	948	AA (910 - ↑)

Oswego	878	
Watertown	830	
Fulton	812	
Whitesboro	781	
East Syracuse Minoa	776	
Carthage	745	A-1
Jamesville-DeWitt	721	
Indian River	718	
New Hartford	650	
DIVISION 1 (600 - ↑)		

Cortland	572	DIVISION 2 (600 - ↓)
Camden	545	
Homer	541	
Oneida	537	
Mexico	528	A-2
Chittenango	507	
Central Valley	505	
*VVS	493	
*Marcellus	480	A - (480 - 909)
Phoenix	462	
Westhill-Ludden	462	
South Jefferson	457	
Solvay	439	
CBA	402	B-1
Cazenovia	396	
Skaneateles	392	
Holland Patent	384	
Syracuse Inst. Of Tech	352	

General Brown	342	
Canastota	337	
Lowville	328	
Sherburne-Earlville	325	
Jordan-Elbridge	318	B - 2
Hannibal	314	
APW	311	
Clinton	310	
Adirondack	286	B (280-479)

SCHOOL	ENROLLMENT	
Little Falls	270	DIVISION 2
Herkimer	265	(↓ - 600)
Mt. Markham	264	
*Frankfort-Schuyler	258	
Pulaski	257	
Port Byron	254	C-1
Tully	248	
Sauquoit Valley	240	
Cooperstown	230	
Cato-Meridian	227	
South Lewis	220	
Dolgeville	217	

Westmoreland	215	
Onondaga	205	
Waterville	194	
*Notre Dame	194	
Beaver River	192	
Fabius-Pompey	187	
SAS Charter	184	
Weedsport	184	
LaFayette	183	
Sandy Creek	179	C-2
Bishop Grimes	177	
West Canada	170	
C (170-279)		

*Manlius-Pebble Hill	166	
*Morrisville-Eaton	166	
Immaculate Heart	151	
Oriskany	145	
Alexandria	144	
Poland	143	
New York Mills	141	
Hamilton	130	
Lafargeville	124	
McGraw	118	
Sackets Harbor	117	
Madison	113	D
Stockbridge Valley	112	
Cincinnatus	109	
Belleville Henderson	107	
DeRuyter	101	
Copenhagen	100	
Remsen	99	
Town of Webb	79	
Faith Heritage	72	
Lyme	72	
Otselic Valley	71	
Living Word	54	
Blessed Virgin Mary	53	
Brookfield	52	
Owen D Young	50	
Tyburn Academy	48	
UAS Charter	42	
D (0 - 169)		

# Section III Girls Track Leagues and Schools

## Center State Conference Division I- Feddie Sarus

Adirondack  
Dolgeville  
Herkimer  
Holland Patent  
Clinton  
Little Falls  
West Canada

## Tri-Valley – Jeremy West

Notre Dame  
Whitesboro  
New Hartford  
Oneida  
Rome Free Academy  
Utica Proctor  
Central Valley

## CNYCL National- Jim Vermeulen

Baldwinsville  
Cicero-N Syracuse  
Henninger  
Liverpool  
West Genesee

## Center State Conference Division II- Connie Herzig

Canastota  
Cooperstown  
Mt Markham  
Sauquoit  
Sherburne-Earlville  
Waterville  
Frankfort-Schuyler  
Westmoreland

## Frontier – Alex Barrett

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

## CNYCL American – Jim McCaul

Auburn  
Central Square  
Corcoran  
Nottingham  
FM

## Center State Conference Division III- Fay Harper

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

## OHSL Freedom –Jim Lawton

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

## OHSL-Dan Reid

## OHSL Liberty –Rob Tuttle

Cazenovia  
Phoenix  
Hannibal  
Institute of Techno  
Jordan-Elbridge  
CBA  
Skaneateles  
Solvay  
APW  
Westhill-Bishop Ludden

## Patriot American-C/D –Ken Fuller

Fabius-Pompey  
Faith Heritage  
Manlius Pebble Hill  
Onondaga  
Tully  
LaFayette

## Patriot National- C/D – Michelle Rauber

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

## Central Counties

Madison McGraw  
Brookfield Otselic Valley  
Cincinnatus Stockbridge Valley  
DeRuyter

## Independents

Camden  
VVS  
Living Word  
Blessed Virgin Mary

## CLASS MEET INFORMATION

**See the 2014-15 classification enrollment sheet and the Class Meet Site Information Sheet!!**

### To Enter Class Meets

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

### Entries

**Each school may enter any number of athletes that have met the qualifying standard for each event, one (1) relay team for each relay event and two (2) pentathletes.** Each athlete must meet the qualifying times, heights, and distances, see 2015 STANDARDS. **Class C will be able to enter one automatic entry per event. In class C, if entering more than one athlete in an event, all entries must have met the qualifying standards. See 2015 STANDARDS.**

**HOW TO ENTER:** On Line with Leonetiming

### Seeding

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

**The Scratch rule is IN EFFECT at the class meets.**

### Officials

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

### Rules

Federation rules govern girls' track in New York State, with the exception of the jewelry rule. Refer to the 2015 edition of the National Federation Track and Field Rule Book for boys and girls.

### Awards

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

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

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

Team points for places 1 - 6.

**Steeplechase** will be held during the class meet if the facilities have the capability. If this is **NOT** the case, a separate meet will be held on Tuesday, May 26<sup>th</sup> @ RFA. Scores for steeplechase event will be added to class meet totals. **For the 2015 Season,** Classes C&D will run the Steeplechase on May 26<sup>th</sup> @ Rome. Girls' race first @ 5 PM- Boys' immediately following. Meet director – Fay Harper, with entries due by 4:30 on 3x5 cards.

# 2015 CLASS MEET ORDER OF EVENTS

## TRACK

100m HH Pent  
100m HH Semis  
100 Semis  
4 x 800 Relay  
100m HH Finals  
100m Finals  
1500m  
4x100m Relay Finals  
400m  
400m LH  
800  
200m Final  
3000m  
4 x 400m Relay  
Pentathlon 800 (or inserted)  
Steeplechase (For All Classes but Class C & D)

## FIELD

High Jump  
Pole Vault

## FIELD: 4 Attempts/No Finals

Shot Put  
Discus  
Long Jump  
Triple Jump

## PENTATHLON

High jump  
Shot put  
Long jump

# STATE QUALIFIER CO-ED MEET INFORMATION

## Section III State Qualifier Meet –Friday, June 5 @ CNS, 4:00 Start

### ELIGIBILITY

The sectional class champions automatically advance to the State Qualifier meet. Any other qualifiers must meet the Division 1 or Division 2 standards listed on the standards sheet in this packet. All qualifying athletes must meet the 2015 qualifying standards (see attachment) in a *multi-school (5+) meet*. Coaches may petition an athlete's entry into the Pentathlon thru their league rep, by presenting verifiable times and marks for each event from meets of five (5) or more schools. Please list the athlete, event, mark and meet the performances were accomplished in, as well as Pentathlon point values and present it to your league rep prior to the June 2<sup>nd</sup> seeding meeting.

### ENTERING PROCEDURE

There will be a **CLOSED** seeding meeting Tuesday, June 2, 8:30 am. Only section chair(s), Class meet directors, league chairs, State Qualifier meet director and a representative from Leone timing will be present. All entries will be reviewed during this meeting

Any athlete who meets the State Qualifier standards may be entered. **The standards must be met at a 5 or more school meet.** If your athlete had a qualifying standard outside of Section 3, coaches need to email their league rep. prior to the June 2<sup>nd</sup> seeding meeting.

\*\*Coaches must enter their athlete(s) and relay teams who have met these standards on line @ [leonetiming.com](http://leonetiming.com).

**Deadline for entries will be @ 8 PM on Monday June 1<sup>st</sup>.** The athlete's accomplishment must be able to be confirmed by the Section chairperson.

Athletes that are class champions need to be entered on line also. The Class Meet directors will bring meet results to the meeting on June 2<sup>nd</sup> for verification.

### SCRATCHING AN ATHLETE

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

### FIELD EVENT INFO:

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

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

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

**STATE MEET:** Coaches need to know that this is a two day meet @ SUNY Albany, June 12 & 13. Athletes are required to compete until conclusion. Any scratches will mean disqualification from the meet. Federation medals will be awarded to top eight finishers in all events based on overall competition. NYSPHSAA awards may include results from trials or semis. **The Scratch Rule WILL be in effect at the STATE MEET.**

**SECTION III TRACK STATE QUALIFIER ORDER OF EVENTS  
2015 4:00 PM START**

G-PENT 100 HURDLES	FIRST ROUND	
B-PENT 110 HURDLES		
G-4 X 800 RELAY	B-SHOT PUT (Div 1,2)	
B-4 X 800 RELAY	G-DISCUS (Div 1,2)	
G-4 X 100 RELAY	G-POLE VAULT	
B-4 X 100 RELAY	G-LONG JUMP	
G-4 X 400 RELAY	B-TRIPLE JUMP	
B-4 X 400 RELAY		
G-2000 STEEPLECHASE		
B-3000 STEEPLECHASE		
G-100HH SEMIS		
B-110H SEMIS	SECOND ROUND	LJ-TJ RUNWAYS
G-100 SEMIS		Bd#1-Fence Side
B-100 SEMIS	G-SHOT PUT(Div 1, 2)	Boys-Div 1 LJ
G-1500	B-DISCUS (Div 1, 2)	Boys-Div 2 LJ
B-1600	B-POLE VAULT	Boys-Div 1 TJ B-
110HH FINAL	G-HIGH JUMP (Scoreboard)	Boys-Div 2 TJ
G-100 H FINAL	B-HIGH JUMP (School)	Boys-Pent LJ
G- 100 Final	B-LONG JUMP	
B-100 FINAL	G-TRIPLE JUMP	
G- 400		Bd#2-Track Side
B-400		Girls-Div 1 LJ
G-800	PENTATHLON	Girls-Div 2 LJ
B-800	G-100H	Girls-Div 1 TJ
B-200 SEMIS	B-110H	Girls-Div 2 TJ
G-400 IH	G-HJ- (Scoreboard)	Girls-Pent LJ
B-400 IH	B-HJ-(School)	
G-3000	B-SP	
B-3200	G-SP	
G-200 FINAL	B-LJ	
B-200 FINAL	G-LJ	
B-1500 PENT	B-1500	
G-800 PENT	G-800	



## 2015 SECTION 3 QUALIFYING STANDARDS

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

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

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

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

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

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

# POLE VAULT VERIFICATION FORM

Athlete: \_\_\_\_\_ Weight: \_\_\_\_\_  
Pole #1: \_\_\_\_\_ Length: \_\_\_\_\_ Rating: \_\_\_\_\_ lbs.  
Pole #2: \_\_\_\_\_ Length: \_\_\_\_\_ Rating: \_\_\_\_\_ lbs.  
Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

Athlete: \_\_\_\_\_ Weight: \_\_\_\_\_  
Pole #1: \_\_\_\_\_ Length: \_\_\_\_\_ Rating: \_\_\_\_\_ lbs.  
Pole #2: \_\_\_\_\_ Length: \_\_\_\_\_ Rating: \_\_\_\_\_ lbs.  
Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

Athlete: \_\_\_\_\_ Weight: \_\_\_\_\_  
Pole #1: \_\_\_\_\_ Length: \_\_\_\_\_ Rating: \_\_\_\_\_ lbs.  
Pole #2: \_\_\_\_\_ Length: \_\_\_\_\_ Rating: \_\_\_\_\_ lbs.  
Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

Athlete: \_\_\_\_\_ Weight: \_\_\_\_\_  
Pole #1: \_\_\_\_\_ Length: \_\_\_\_\_ Rating: \_\_\_\_\_ lbs.  
Pole #2: \_\_\_\_\_ Length: \_\_\_\_\_ Rating: \_\_\_\_\_ lbs.  
Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

Coaches Signature \_\_\_\_\_ Date \_\_\_\_\_

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

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

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

# **EMAIL TO YOUR MEET DIRECTOR!!!!**

## **2015 SCHOOL COMMITMENT FORM**

SCHOOL NAME \_\_\_\_\_

CLASS \_\_\_\_\_

SCHOOL ADDRESS \_\_\_\_\_

SCHOOL PHONE \_\_\_\_\_

SCHOOL EMAIL \_\_\_\_\_

COACH'S NAME \_\_\_\_\_

CELL PHONE \_\_\_\_\_

HOME ADDRESS \_\_\_\_\_

HOME PHONE \_\_\_\_\_

HOME EMAIL \_\_\_\_\_

\*\*\* **THIS FORM MUST BE EMAILED TO THE CLASS MEET DIRECTOR BY MAY 1<sup>ST</sup> 2015** \*\*\*

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

**NYSPHSAA/FEDERATION BOYS & GIRLS SPRING TRACK**  
**APPROVED STANDARDS FOR THE SECOND QUALIFIER FOR**  
**THE 2015 SEASON**

EACH SECTION MUST DESIGNATE THEIR STATE QUALIFIER MEET.

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

A SECTION MAY SEND ANOTHER ATHLETE OR RELAY TEAM IN ANY EVENT PROVIDING THEY MEET THE FOLLOWING STANDARDS. A SECTION CAN SEND ONE ADDITIONAL ENTRY FOR EACH EVENT IN EACH DIVISION, PROVIDING THEY BOTH MEET THE STANDARD LISTED BELOW. ***THE STANDARD MUST BE MET AT ANY INVITATIONAL OR CHAMPIONSHIP MEET STARTING THE LAST WEEKEND IN APRIL.*** ANY ADDITIONAL QUALIFIER MUST COMPETE IN THE STATE QUALS MEET IN THAT EVENT!! ***SEED TIMES MAY COME FROM ANY OF THESE MEETS STARTING THE LAST WEEKEND IN APRIL, INCLUDING THURSDAY 4/23/15.***

<b><u>EVENT</u></b>	<b><u>BOYS D1</u></b>	<b><u>BOYS D2</u></b>	<b><u>GIRLS D1</u></b>	<b><u>GIRLS D2</u></b>
<b>100M DASH</b>	11.0/11.24	11.2 / 11.44	12.3 / 12.54	12.6 / 12.84
<b>200M DASH</b>	22.2 / 22.44	22.8 / 23.04	25.2 / 25.44	26.1 / 26.34
<b>400M DASH</b>	49.2 / 49.44	50.4 / 50.64	57.7 / 57.94	57.9 / 58.14
	1:54.5/	1:56.8 /	2:15.4 /	2:16.4 /
<b>800M RUN</b>	1:54.74	1:57.04	2:15.64	2:16.64
	4:17.1/	4:21.8 /	4:37.9 /	4:47.4 /
<b>1600/1500M RUN</b>	4:17.34	4:22.04	4:38.14	4:47.64
	9:18.5/	9:30.4 /	10:04.2/	10:25.6/
<b>3200/3000M RUN</b>	9:18.74	9:30.64	10:04.44	10:25.84
	9:38.7/	9:50.9 /	7:04.9/	7:23.1/
<b>STEEPLECHASE</b>	9:38.94	9:51.14	7:05.14	7:23.34
<b>HIGH HURDLES</b>	14.8 / 15.04	15.3 / 15.54	15.4 / 15.64	16.1 / 16.34
<b>400M HURDLES</b>	55.4/ 55.64	56.9 / 57.14	63.1 / 63.34	66.3/ 66.54
<b>LONG JUMP</b>	22' 01"	21' 00"	17' 08"	17' 00"
<b>TRIPLE JUMP</b>	45' 10"	44' 01"	37' 01"	36' 06"
<b>SHOT PUT</b>	51' 06"	49' 02"	38' 06"	36' 03"
<b>DISCUS</b>	154' 11"	143' 11"	114' 02"	109' 02"
<b>HIGH JUMP</b>	6' 03"	6' 02"	5' 03"	5' 01"
<b>POLE VAULT</b>	13' 09"	12' 09"	10' 09"	9' 09"
<b>PENTATHLON</b>	3098 PTS.	3013 PTS.	2856 PTS.	2633 PTS.
<b>400M RELAY</b>	42.9 / 43.14	44.0 / 44.24	49.1 / 49.34	50.5/ 50.74
	3:21.7/	3:27.9 /	3:55.9/	4:02.9/
<b>1600M RELAY</b>	3:21.94	3:28.14	3:56.14	4:03.14
	7:51.7/	8:05.9 /	9:16.8 /	9:35.2 /
<b>3200M RELAY</b>	7:51.94	8:06.14	9:17.04	9:35.44

(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 2010 THROUGH 2014

**NEW YORK STATE PUBLIC HIGH SCHOOL  
STATE TRACK & FIELD CHAMPIONSHIPS  
SUNY ALBANY - ALBANY, NY**

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

**FRIDAY JUNE 12, 2015**

**ORDER OF EVENTS**

**TRACK**

**FIELD**

Div I - Large					11:30 DISCUS	G	I	CLASS FINAL
Div II - Small					12:30 POLE VAULT	B	CHAMP	F
					12:30 TRIPLE JUMP	B	I	CLASS FINAL
					TRIPLE JUMP	B	II	CLASS FINAL
12:30 Pent. 110 HH-1	B	CHAMP	F	<i>lower seeds</i>	12:30 SHOT PUT	B	I	CLASS FINAL
Pent. 100 HH-1	G	CHAMP	F	<i>lower seeds</i>	1:00 DISCUS	G	II	CLASS FINAL
					2:00 SHOT PUT	B	II	CLASS FINAL
					2:00 TRIPLE JUMP	G	I	CLASS FINAL
					TRIPLE JUMP	G	II	CLASS FINAL
<b><i>OPENING CEREMONIES INCLUDING SPORTSMANSHIP</i></b>								
<b><i>AWARD WINNERS</i></b>								
1:30 110H	B	II	T					
110H	B	I	T					
1:40 100H	G	II	T					
100H	G	I	T		1:15 PENT.HIGH JP1	G	CHAMP	F
1:50 100M	B	II	T		PENT.HIGH JP1	B	CHAMP	F
100M	B	I	T					
100M	G	II	T					
100M	G	I	T		3:00 POLE VAULT	G	CHAMP	F
2:10 Pent. 110 HH-2	B	CHAMP	F	<i>higher seeds</i>				
Pent. 100 HH-2	G	CHAMP	F	<i>higher seeds</i>				
2:30 400M	B	II	CLASS FINAL		2:30 DISCUS	B	I	CLASS FINAL
400M	B	I	CLASS FINAL		4:00 DISCUS	B	II	CLASS FINAL
400M	G	II	CLASS FINAL					
400M	G	I	CLASS FINAL		4:00 LONG JUMP	B	I	CLASS FINAL
3:00 800M	B	CHAMP	F		LONG JUMP	B	II	CLASS FINAL
800M	G	CHAMP	F					
3:30 200M	B	II	T					
200M	B	I	T					
200M	G	II	T					
200M	G	I	T					
3:50 400 INTER H	B	II	CLASS FINAL		3:15 PENT.SHOT-1	B	CHAMP	F
400 INTER H	B	I	CLASS FINAL		3:45 PENT.SHOT-1	G	CHAMP	F
400 INTER H	G	II	CLASS FINAL		3:00 PENT.HIGH JP-2	G	CHAMP	F
400 INTER H	G	I	CLASS FINAL		3:15 PENT.HIGH JP-2	B	CHAMP	F
4:20 4X100 RELAY	B	II	CLASS FINAL					
4X100 RELAY	B	I	CLASS FINAL					
4X100 RELAY	G	II	CLASS FINAL					
4X100 RELAY	G	I	CLASS FINAL					
4:50 4X400 RELAY	B	II	CLASS FINAL		5:30 LONG JUMP	G	I	CLASS FINAL
4X400 RELAY	B	I	CLASS FINAL		LONG JUMP	G	II	CLASS FINAL
4X400 RELAY	G	II	CLASS FINAL					
4X400 RELAY	G	I	CLASS FINAL					
5:40 3200M	B	CHAMP	F		5:00 PENT.SHOT-2	B	CHAMP	F
3000M	G	CHAMP	F		5:30 PENT.SHOT-2	G	CHAMP	F

**NEW YORK STATE PUBLIC HIGH SCHOOL  
STATE TRACK & FIELD CHAMPIONSHIPS  
SUNY ALBANY - ALBANY, NY**

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

SATURDAY JUNE 13, 2015

**ORDER OF EVENTS**

<b>TRACK</b>				<b>FIELD</b>			
10:00	3000M STEEPLE	B	CHAMP F	10:00	SHOT PUT	G I	CLASS FINAL
	200M STEEPLE	G	CHAMP F	11:30	SHOT PUT	G II	CLASS FINAL
11:00	100M	B	II CLASS FINAL				
	100M	B	I CLASS FINAL	10:00	HIGH JUMP	B CHAMP	F
	100M	G	II CLASS FINAL				
	100M	G	I CLASS FINAL				
11:25	1600M	B	CHAMP F				
	1500M	G	CHAMP F				
12:00	110H	B	II CLASS FINAL				
	110H	B	I CLASS FINAL				
	100H	G	II CLASS FINAL				
	100H	G	I CLASS FINAL				
12:25	200M	B	II CLASS FINAL	10:00	PENT.LONG JP-1 B	CHAMP	F
	200M	B	I CLASS FINAL		PENT.LONG JP-2 B	CHAMP	F
	200M	G	II CLASS FINAL				
	200M	G	I CLASS FINAL				

**BREAK 12:35 - 12:45**

12:45	PENT. 1500-1	B	CHAMP F	11:00	PENT.LONG JP-1 G	CHAMP	F
	PENT. 1500-1	B	CHAMP F		PENT. LONG JP-2 G	CHAMP	F
1:15	110HH	B	CHAMP F				
	100HH	G	CHAMP F				
1:25	100M	B	CHAMP F	11:30	HIGH JUMP	G CHAMP	F
	100M	G	CHAMP F				
1:35	PENT 800-1	G	CHAMP F				
	PENT 800-1	G	CHAMP F				
1:50	400M	B	CHAMP F	1:15	LONG JUMP	B CHAMP	F
	400M	G	CHAMP F		LONG JUMP	G CHAMP	F
2:00	400 INTER H	B	CHAMP F		SHOT PUT	G CHAMP	F
	400 INTER H	G	CHAMP F		DISCUS	B CHAMP	F
2:10	200M	B	CHAMP F				
	200M	G	CHAMP F				
2:20	4X800 RELAY	B	CHAMP F				
	4X800 RELAY	G	CHAMP F				
3:20	4X100 RELAY	B	CHAMP F	2:30	TRIPLE JUMP	B CHAMP	F
	4X100 RELAY	G	CHAMP F		TRIPLE JUMP	G CHAMP	F
3:30	4X400 RELAY	B	CHAMP F		DISCUS	G CHAMP	F
	4X400 RELAY	G	CHAMP F		SHOT PUT	B CHAMP	F

***PROPOSED 9/7/14***