

SECTION 1 SPRING TRACK & FIELD

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Track & Field Committee

Pat Driscoll, Tappan Zee
Keith Smith, Yorktown
Jeff Dempsey, Suffern
Richard O'Riley, Valhalla
Lamont McCormick, White Plains

Marcia Bailey, Hen Hud
Steve Arnett, Arlington
Andy Capellan, New Rochelle
Dan Doherty, Pearl River

Athletic Directors:

Conference I: Steve Young, New Rochelle
Conference II: Tom Baker, Hen Hud
Conference III: Jamie Block, Valhalla

2022 CLASS MEETS

Order of events and Info is packet on Section 1 site

Class AA	Meet Director: Steve Arnett & Dan Doherty	Sat. May 28	Arlington HS	10:00am
Class A	Meet Director: Pete Mondafferri & Dan Doherty	Fri. May 27	Clarkstown South HS	1:00pm
Class B	Meet Director: Marsha Bailey & Dan Doherty	Sat. May 28	Hendrick Hudson HS	9:00am
Class C	Meet Director: O'Reilly, Greaves & Doherty	Th. May 26	Valhalla HS	4:00pm
All Classes – Steeplechase		W. May 25	Hendrick Hudson HS	5:00pm

RAIN DATE: All classes: Sunday, May 29

2022 SECTION ONE QUALIFYING MEET

Day 1	Thursday, June 2	Arlington HS	5:00 PM
Day 2	Friday, June 3	White Plains HS	5:00 PM

Rain Dates: Day 1 moves to Friday at Arlington; Day 2 to Saturday White Plains 5 PM

Hammer, Javelin, Walk (All Classes) Tuesday, May 31 Hendrick Hudson HS 4:30 PM

Meet Directors: Walter Hall, Maureen Myers & Dan Doherty

SECTION QUALIFYING MEET – ENTRY PROCEDURES

The top 16 Individuals and Top 8 Relay Teams in each Division will be eligible to compete in the Qualifying Meet. Performances must be from the current Spring Season. Provisional entries may move up the day of the meet if there are scratches.

**Registration will be through MileSplit and closes May 31 at Midnight
Teams are responsible for entering in their correct division.**

QUALIFIER MEET ORDER OF EVENTS:

PENTATHLON: GIRLS: Hurdles, Long Jump, Shot Put, High Jump, 800 Meter Run
BOYS: Hurdles, Long Jump, Shot Put, High Jump, 1500 Meter Run
(Note: Hurdles, Long Jump, Shot Put on Thursday; HJ, 800/1500 Run on Friday)

THURSDAY-5:00 PM-TRACK ARLINGTON HS

1. Pent 110M Hurdles (B)
2. 110M Hurdles (SF) (B)
3. Pent 100M Hurdles (G)
4. 100M Hurdles (SF) (G)
5. 100MDash (SF) (B)
6. 100M Dash (SF) (G)
7. 800M Run (B)
8. 800M Run (G)
9. 100M Hurdles (FINAL) (G)
10. 110mHurdles (FINAL) (B)
11. 100M Dash (FINAL) (B)
12. 100M Dash (FINAL) (G)
13. 3200M Run (B)
14. 3000M Run (G)

THURSDAY-5:00 PM-FIELD ARLINGTON HS

Long Jump (Boys & Girls)
Discus (Boys)
Shot Put (Girls)
Pole Vault (DIV I GIRLS; DIV II BOYS TO FOLLOW)
High jump (Boys & Girls)
Pent Long Jump (Boys & Girls)
Pent Shot Put (Boys & Girls)

FRIDAY-5:00 PM-TRACK WHITE PLAINS HS

1. 3000M Steeplechase (B)
2. 2000M Steeplechase (G)
3. 200M Dash (SF) (B)
4. 200M Dash (SF) (G)
5. 1600M Run (B)
6. 1500M Run (G)
7. 400M Dash (B)
8. 400M Dash (G)
9. 400 IH (B)
10. 400 IH (G)
11. 200M Dash (FINAL) (B)
12. 200M Dash (FINAL) (G)
13. 4 x 800m Relay (B)
14. 4 x 800M Relay (G)
15. 4 x 100M Relay (B)
16. 4 x 100M Relay (G)
17. 4 x 400M Relay (B)
18. 4 x 400M Relay (G)

FRIDAY-5:00 PM-FIELD WHITE PLAINS HS

Triple Jump (Boys & Girls)
Shot Put (Boys)
Discus (Girls)
Pole Vault (DIV I BOYS; DIV II GIRLS TO FOLLOW)
Pentathlon High Jump (Boys & Girls)

Protocol for Section 1 Spring Track State Qualifier Horizontal Jumps

Day 1: Arlington - Varsity Long Jump

Seeding sheets: Shall be presented to coaches along with all other events no later than 4 p.m. Declarations of intent to participate and all scratches must be made by 4:45 p.m.

Order: **Girls D1 and Boys D2 @ 5:00 PM;** Girls D2 and Boys D1 will begin 20 minutes after conclusion of Girls D1 and Boys D2 finals, respectively

Location: **Central Pits** (girls trackside; boys fence side)

Direction: **With the prevailing wind** (decided by meet management no later than 4:30 PM). In absence of wind, run south to north (away from HS)

Flights: 12 or fewer competitors = 1 flight; **13 or more competitors = 2 flights** (e.g., flights of 8 and 7 for 15 jumpers) **with the higher-seeded flight last**

Jumping order in preliminary flights: **Reverse order of performances.** Highest-seeded jumper in each flight jumps last. Lowest-seeded jumper jumps first.

Finals: **Top 8 from each division** return to separate finals for 3 additional attempts

(Note: Pentathlon will run in same direction as Varsity, starting nearest center pit and jumping towards the appropriate "end" pit.)

Day 2: White Plains - Varsity Triple Jump

Seeding sheets: Shall be presented to coaches along with all other events no later than 4 p.m. Declarations of intent to participate and all scratches must be made by 4:45 p.m.

Order: **Girls D1 and Boys D2 @ 5:00 PM;** Girls D2 and Boys D1 will begin 20 minutes after conclusion of Girls D1 and Boys D2 finals, respectively

Location: Girls trackside; boys fence side

Direction: **With the prevailing wind** (decided by meet management no later than 4:30 PM). In absence of wind, run towards 200-meter start

Flights: 12 or fewer competitors = 1 flight; **13 or more competitors = 2 flights** (e.g., flights of 8 and 7 for 15 jumpers) **with the higher seeded flight last**

Jumping order in preliminary flights: **Reverse order of performances.** Highest-seeded jumper in each flight jumps last. Lowest-seeded jumper jumps first.

Finals: **Top 8 from each division** return to separate finals for 3 additional attempts

NYSPHSAA/FEDERATION BOYS & GIRLS SPRING TRACK
APPROVED STANDARDS FOR THE SECOND QUALIFIER FOR
THE 2022 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. THEY MUST BE THE HIGHEST PLACING FINISHER AT THE QUALIFIER THAT HAS MET THE STANDARD LISTED BELOW.

THE STANDARD MAY BE MET AT ANY INVITATIONAL OR CHAMPIONSHIP MEET AT ANYTIME DURING THE SEASON.

<u>EVENT</u>	<u>BOYS D1</u>	<u>BOYS D2</u>	<u>GIRLS D1</u>	<u>GIRLS D2</u>
100M DASH	11.0 / 11.23	11.1 / 11.29	12.3 / 12.45	12.6 / 12.80
200M DASH	22.1 / 22.27	22.5 / 22.71	25.4 / 25.62	25.9 / 26.06
400M DASH	48.7 / 48.94	50.2 / 50.43	57.2 / 57.35	58.6 / 58.78
800M RUN	1:54.3/ 1:54.48	1:56.9 / 1:57.09	2:12.5 / 2:12.65	2:16.5 / 2:16.66
1600/1500M RUN	4:17.2/ 4:17.42	4:23.5 / 4:23.74	4:36.2 / 4:36.40	4:45.6 / 4:45.76
3200/3000M RUN	9:25.3/ 9:25.51	9:38.6 / 9:38.79	10:03.8 / 10:04.01	10:19.3/ 10:19.48
STEEPLECHASE	9:32.4/ 9:32.60	9:54.4 / 9:54.62	7:03.9 / 7:04.05	7:18.4 / 7:18.62
HIGH HURDLES	14.6 / 14.79	15.2 / 15.39	15.0 / 15.24	15.8 / 15.99
400M HURDLES	55.9 / 56.09	56.8 / 56.98	64.7 / 64.86	66.3/ 66.53
LONG JUMP	22' 01.5"	21' 00.75"	17' 09.25"	17' 01.5"
TRIPLE JUMP	45' 01"	44' 03.25"	37' 06.75"	36' 05"
SHOT PUT	52' 01.25"	51' 00.25"	39' 00.25"	36' 05"
DISCUS	149' 07"	146' 03"	120' 06"	109' 11"
HIGH JUMP	6' 03.25"	6' 01.5"	5' 03"	5' 01"
POLE VAULT	14' 02"	13' 05"	11' 02.5"	10' 00.75"
PENTATHLON	3062 PTS.	2992 PTS.	2907 PTS.	2693 PTS.
400M RELAY	42.6 / 42.76	44.0 / 44.23	48.4 / 48.62	50.2 / 50.39
1600M RELAY	3:20.6/ 3:20.76	3:27.9 / 3:28.06	3:57.1/ 3:57.25	4:06.9/ 4:07.11
3200M RELAY	7:53.2/ 7:53.40	8:10.1 / 8:10.30	9:14.6 / 9:14.84	9:41.2 / 9:41.37

(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 6TH PLACE IN THE FINALS FROM 2015
THROUGH 2019

ACCEPTED 12/03/19

2022 NYSPHSAA SUPER QUALIFYING STANDARDS

5 year avg. of 4th place NYSPHSAA Finisher
(2015-2019)

Event	Boys	Boys	Event	Girls	Girls
	Division 1	Division 2		Division 1	Division 2
100m	11.08	11.14	100m	12.38	12.67
200m	22.13	22.46	200m	25.13	25.45
400m	48.64	49.91	400m	56.36	58.15
110m HH	14.71	15.09	100m H	15.13	15.65
400m IH	54.99	56.13	400m IH	1:03.49	1:05.64
800m	1:53.94	1:55.32	800m	2:11.39	2:14.66
1600m	4:15.59	4:20.93	1500m	4:31.65	4:40.18
3200m	9:16.30	9:30.90	3000m	9:45.62	10:16.87
3k Steeple	9:24.44	9:44.96	2k Steeple	6:54.72	7:11.90
High Jump	6'5"	6'4"	High Jump	5'4"	5'3"
Pole Vault	14'5"	13'10"	Pole Vault	11'6"	10'7"
Long Jump	22'4.75"	21'07.25"	Long Jump	18'01.00"	17'06.00
Triple Jump	45'10.75"	45'01.00"	Triple Jump	38'03.00"	37'00.00
Shot Put	54'04.00"	52'05.00"	Shot Put	40'01.00"	38'00.25"
Discus	158'03"	150'06"	Discus	125'02"	117'06"
Pentathlon	3171	3099	Pentathlon	3156	2758
4x100m	42.52	43.67	4x100m	48.37	49.89
4x400m	3:19.44	3:27.19	4x400m	3:56.00	4:03.35
4x800m	7:50.53	8:05.34	4x800m	9:09.09	9:30.24

Performances must occur in a meet with 5 or more teams with certified officials.

All track times must be FAT.

Athletes/Relays who meet a Super Standard must compete in that event at their state qualifier meet to advance to the state meet by virtue of the Super Standard.

ACCEPTED 12/3/19

SECTION ONE QUALIFYING MEET PROCEDURES 2022

THURSDAY	JUNE 2	ARLINGTON HS	5:00 PM DAY 1
FRIDAY	JUNE 3	WHITE PLAINS HS	5:00 PM DAY 2

1. **ENTRY PROCEDURE: THERE WILL BE FAT WITH AN ELECTRONIC PRE-ENTRY**
Go to ny.milesplit.com and go to each meet page on the calendar.
We will be using **Fulton Accurate Timing**
2. **Performances must be ACTUAL Times/ Distances from the current SPRING Season.**
3. An Athlete who advances in multi-round events must compete in subsequent rounds. Penalty is meet disqualification.
4. **SPIKES: ¼"**
5. **BLOCKS:** Blocks will be provided; Arlington/White Plains must approve other blocks.
6. **AWARDS:** Gold medal to winners of each Division; Silver Medals to Athletes/Relays advancing to the State Meet.
7. **Division Format: Track Events:** All Events by Division. Division II followed by Division I
(Events with 7 or less competitors will be run as Finals in the Semi-Final slot in the Order of Events).
(6 or more Competitors in 1500/1600, 3000/3200, Steeple, will have separate sections)
(Maximum of 16 Competitors in a Section)
8. **Division Format: Field Events:** All Events By Division.
LJ, TJ, SP, Discus: Separate Trials/Finals; Top 8 to Finals
HJ, PENT; Divisions compete together
PV; DAY I –GIRLS DIV I+BOYS DIV II; DAY 2 BOYS DIV I+ DIV II GIRLS
PENT: Hurdles, LJ, SP on Thurs.; HJ, 800/1500 on Fri.
9. **IT IS THE COACHES' RESPONSIBILITY TO NOTIFY THE CHAIRMAN OF THE BEST PERFORMANCE OF THEIR ATHLETE/RELAY. THESE PERFORMANCES MAY COME FROM TRIALS, SEMI-FINALS OR FINALS FROM MAJOR MEETS FROM THE LAST WEEKEND IN APRIL. SEEDS/STANDARDS MUST BE VERIFIED. NO DUEL OR TRI MEET PERFORMANCES CAN BE USED.**
10. **ON-LINE ENTRY. ATHLETES MUST MEET QUALIFYING MEET STANDARDS.**
ENTRIES CLOSE TUESDAY, MAY 31.
ENTRIES WILL BE POSTED WEDNESDAY, JUNE 1.

STATE QUALIFYING MEET—ENROLLMENT CLASSIFICATION

DIVISION ONE

3015	Yonkers High
2751	New Rochelle
2180	Mount Vernon
2106	North Rockland
2054	Arlington
1698	White Plains
1402	John Jay EF
1388	Lakeland/ Panas
1319	Port Chester
1256	Mamaroneck
1242	Ramapo
1194	Roy C Ketcham
1188	Suffern Senior
1155	Scarsdale
1128	Spring Valley
1115	Ossining
1112	Fox Lane
1089	Carmel
1029	Clarkstown South
956	Mahopac
952	Ursuline
923	Clarkstown North
866	Horace Greeley
852	Yorktown
827	Poughkeepsie
809	Somers
807	John Jay CR
807	Rye
768	Harrison
741	Eastchester
732	Peekskill
731	Tappan Zee
725	Brewster
686	Pelham
668	Sleepy Hollow
641	Nyack
614	Pearl River

(37 SCHOOLS)

DIVISION TWO

561	Hendrick Hudson
546	Ardsley
533	Byram Hills
531	Nanuet
516	Our Lady of Lourdes
489	Edgemont
431	Putnam Valley
425	Briarcliff
419	Westlake
416	Bronxville
402	Pleasantville
401	Irvington
392	Hastings
392	Rye Neck
366	Dobbs Ferry
353	Croton-Harmon
351	Albertus Magnus
339	Woodlands
326	Blind Brook
317	Palisade Preparatory
315	Valhalla
279	North Salem
276	Pawling
242	Alexander Hamilton
237	Haldane
228	Tuckahoe
215	Solomon Schechter
189	Keio Academy
145	Hawthorne Cedar Knolls
142	Children's Village
100	Greenburgh Academy
81	Biondi / Leake & Watts
47	Martin Luther King Jr
47	Clark Academy
	Mount Pleasant-Cottage

(35 SCHOOLS)

SECTION QUALIFYING MEET – ENTRY PROCEDURES

The top 16 Individuals, running, field events and Top 8 Relay Teams in each Division will be eligible to compete in the Qualifying Meet. Provisional entries may move up the day of the meet if there are scratches. Entries Due May 31 at midnight.

All scratches will be done the day of the meet. Coaches must declare at least 30 minutes before the event or the athlete will be considered scratched.

No new performer or time will be allowed to be added after May 31st.

REGISTRATION INSTRUCTIONS

Step One – READ THESE DIRECTIONS FULLY

Step Two –Go to www.ny.milesplit.com. Click Calendar. Search Section 1 State Qualifier. Registration closes May 31, 2022 at midnight.

Step Three – The first time you visit ny.milesplit.com you will need to add your entire roster to the system.

Step Four - Enter each athlete into any event you expect them to compete in with a seed time. Every athlete must have a seed performance. An athlete cannot be entered in more than 3 individual events. **MAKE SURE YOU ARE ENTERING YOUR TEAM IN THE CORRECT DIVISION**

MEET DAY INSTRUCTIONS

Field Events – Field event flights will be seeded flights worst to best. There will be scratch sheets posted on the table for coaches to declare. This must be done before 4:45pm

Individual Track Events - The events sheets will be posted on tables for coaches to declare and sheets will remain there until the clerks want to seed the event.

Relays – Relays will be asked to check in with the clerk when the event is called. We will take attendance and then seed the event to help eliminate empty lanes.

2022 NYSPHSAA INTERSECTIONAL CHAMPIONSHIPS

The Intersectional Meet will be held at Cicero-North Syracuse Section 3

Friday June 10 11:00 AM Cicero-North Syracuse HS, (Sect 3)

Saturday June 11 10:00 AM Cicero-North Syracuse HS, (Sect 3)

Travel: Provided by Section One

Lunch: Provided by Section One

STATE MEET PROCEDURES:

1. CODE OF CONDUCT WILL NO LONGER BE NEEDED FOR NYSPHSAA CHAMPIONSHIPS.

2. REMEMBER: NO ELECTRONIC DEVICES OF ANY KIND ARE ALLOWED IN CLERKING AND COMPETITION AREAS. THIS RULE IS STRICTLY ENFORCED AT THE STATE MEET!!!!

3. The Competitors' number will be handed out at the entry gate. The Competitors' number is your ticket into the Meet. Have it with you at all times. Be sure to have it with you BOTH days.

4. Be sure to have your School Uniform.

5. Bring warm clothes and Rain Gear. Be Prepared for inclement weather.

6. 1/4" Spikes are permitted. Blocks will be provided. Personal blocks must be approved by Meet Officials.