

Section One

Spring Track & Field Booklet

2021



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Committee Members

Conf 1 AD Steve Young, New Rochelle HS
Conf 2 AD Tom Baker, Hendrick Hudson HS
Conf 3 AD Jamie Block, Valhalla HS

Other Members

Jim Henry, Beacon HS
Steve Arnett, Arlington HS
Pat Driscoll, Tappan Zee HS
Dan Doherty, Pearl River HS
Joe Dempsey, Suffern
Keith Smith, Yorktown HS
Rich Clark, Scarsdale HS
Richard O'Riley, Valhalla HS
Marcia Bailey, Hendrick Hudson HS
Andy Capellan, New Rochelle HS

Official Assoc. Reps

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

Coaches Assoc. Rep

Jim Henry, Beacon HS, Dutchess

IMPORTANT DATES

First Practice 6

First Scrimmage permitted after 6 practices

First Game permitted after 6 practices

Last Day to Play June 6, 2021

Maximum Number of Contests 16

Coaches Meetings

April 7, 2021 at 6:00pm via Zoom

ELIGIBILITY

26. Representation Rule: NYSPHSAA Approved Waiver - from 6 to 4 (5/5/2021)

Minimum Number of Contests To be eligible for sectional, intersectional or state competition, a team must have completed in **four (4)** school scheduled contests which occurred on **four (4)** different dates during the season.

Team/Individual and Individual Sports: An individual must also have represented their school in **four (4)** scheduled contests during the season to be eligible. These required contests must occur on **four (4)** different dates and must be conducted prior to the conclusion of the team's regular schedule.

CLASS MEETS

<u>Class</u>		<u>Date</u>	<u>Site</u>	<u>Time</u>
Class C-Girls	Meet Director: Dan Doherty	Mon. 6/7/21	Valhalla HS	4:30pm
Class C-Boys	Meet Director: Dan Doherty	Tue. 6/8/21	Croton HS	4:30pm
Class B-Girls	Meet Director: Marcia Bailey	Wed. 6/9/21	Hen Hud HS	3:30pm
Class B-Boys	Meet Director: Jim Henry	Thu. 6/10/21	Beacon HS	4:30pm
Class A	Meet Director: Jeff Dempsey	Sat. 6/12/21	Suffern HS	9:00am
Class AA	Meet Director: Steve Arnett	Sat. 6/12/21	Arlington HS	11:00am
All Classes	Hammer, Javelin, Walk	Fri. 6/11/21	Hen Hud HS	4:30pm

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CLASS MEETS (cont)

<u>Class</u>	<u>Event</u>	<u>Date</u>	<u>Site</u>	<u>Time</u>
AA, C Boys AA, C Girls	2K Steeplechase	Wed. 6/9/21	Hen Hud HS	3:30pm
B Girls	2K Steeplechase	Wed. 6/9/21	Hen Hud HS	4:20pm
B Boys	2K Steeplechase	Thu. 6/10/21	Hen Hud HS	4:20pm

RAIN DATES: Class AA & A - Sunday 6/13.
Class B & C - Friday 6/11, TBA @ Original Site.

AWARDS: Team: Class Champions; Runners-Up
Individual/Relays: Top 3

STATE COMPETITION: NYSPHSAA has cancelled all State Spring Sport Championships for the 2021 season.

COVID GUIDELINES

Please view the hyperlink to the [NYSPHSAA COVID 19 Information Page](#) to view the Return to Interscholastic Athletics Document which contains sport specific information.

ALL RULES AS PER THE NFHS TRACK & FIELD HANDBOOK

RULES UPDATES

Due to the cancellation of spring sports last year because of the Coronavirus, the 2020 Outdoor Track & Field Rules will be used for the 2021 season. The Rules Changes written last year will apply for the 2021 season. These changes will be in effect for the 2021 season. [Outdoor Track & Field Rules Update](#)

SAFETY ISSUES

[Heat Index Procedures](#)

[Thunder & Lightning Policy](#)

ORDER OF EVENTS & INFORMATION FOR ALL CLASSES

1. All the Class Meets shall be governed by National Federation, NYSPHSAA and Section One rules.
2. Scoring: 10-8-6-4-2-1.
3. Jury of Appeals: Advisory only to the Referee.
4. ENTRY: Relays-----1 Team
Individuals-----All Entries Must Meet Class AA, A, B, C Standards.
5. Entry Procedure: **There will be FAT with an electronic pre - entry.** We will be using the Fulton Accurate Timing for all the Class Meets. Actual procedure will be sent out soon.
6. **The Standards MUST be actual performances from the 2021 Season including Relays.**
No relay splits are permitted to meet the individual running standards.
7. Awards: Team: Championship Plaque; Runner-Up Plaque. Individual/Relays: Top 3.
8. Plan Ahead. Be aware of possible conflicts. It is the athlete's responsibility to check in on time, leaving field events, returning, etc.
9. Entries close 11:00 PM: Class AA & A June 9; Class B June 6; Class C June 5

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BOYS & GIRLS CLASS AA CHAMPIONSHIPS

ORDER OF EVENTS

ARLINGTON HS

SATURDAY- JUNE 12, 2021

11:00 AM TRACK EVENTS:

Girls, then boys unless indicated

11:00 100M HURDLES (PENT)
11:10 100M HURDLES (OPEN SEMIS 8 FASTEST)
11:20 110M HURDLES (PENT)
11:10 110M HURDLES (OPEN SEMIS 8 FASTEST)
11:20 100M DASH (SEMIS) 8 FASTEST
11:30 3000M RUN
11:45 3200M RUN
12:00 110M HURDLES (FINAL)
12:05 100M HURDLES (FINAL)
12:10 400M DASH—(FINALS)
12:30 100M DASH—(FINAL)
12:40 800M RUN
1:00 400M HURDLES (FINALS)
1:25 200M DASH- (FINAL ON TIME)
1:45 1500M RUN
2:05 1600M RUN
2:25 20 MINUTE BREAK
2:45 3200M RELAY
3:05 400M RELAY
3:20 1600M RELAY

11:00 AM FIELD EVENTS:

Boys Triple Jump, Girls to follow (3 trials – 7 to finals)
Girls Long Jump, Boys to Follow (3 trials – 7 to finals)
Boys Discus, Girls to follow
Girls Shot Put Boys to follow
Boys & Girls High Jump
Girls Pole Vault, Boys to follow

Pentathlon will fit in depending on the site

Pentathlon Girls: HH, LJ, SP, HJ, 800

Pentathlon Boys: HH, HJ, LJ, SP, 1500

NOTE: Pentathlon 800/1500 will be contested 30 Minutes after completion of 4th Pentathlon Event

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STANDARDS FOR CLASS AA CHAMPIONSHIPS – SPRING

The following standards have been instituted for the Class AA Sectional Championships. Please do not bring any athlete to the meet who has not met the standard for his or her event at some point during the Spring season. Clearly this means that no athlete should be competing in an event for the first time at this meet. We are giving you this information early so that you will be able to plan your season accordingly.

A composite of individual performances can be used for the Pentathlon. Performances have to be verifiable.

EVENT	BOYS STANDARD	GIRLS STANDARD
100	11.9	13.6
200	23.9	27.7
400	53.9	64.4
800	2:07.5	2:33.6
1600/1500	4:50.9	5:25.5
3200/3000	11:02.0	11:52.3
3K/2K Steeple	11:36.1 / 7:30	8:48.4
110HH/100HH	20.2	18.1
400 IH	68.9	77.2
Triple Jump	36'8"	30'9.25"
Long Jump	19'00.75"	14'8.50"
High Jump	5'4" (OPEN HT.)	4'2" (OPEN HT.)
Pole Vault	9'2" (OPEN HT.)	7'9" (OPEN HT.)
Shot Put	37'9"	28'7"
Discus	105'4"	73'4"
Pent	2024 PTS.	1704 PTS.

CLASS AA: 1150 & UP

Yonkers Schools	4500+	JJEF	1422
New Rochelle	2751	Port Chester	1283
Arlington	2166	RCK	1251
No. Rockland	1991	Mamaroneck	1203
White Plains	1737	Ossining	1175
Mt. Vernon	1727	Scarsdale	1170
Lakeland/Panas	1463		

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BOYS & GIRLS CLASS A CHAMPIONSHIPS

ORDER OF EVENTS

SUFFERN MS

SATURDAY – JUNE 12, 2021

9:00 AM TRACK EVENTS:

Girls, then boys unless indicated

9:00AM	2K STEEPLECHASE
9:20	100M HURDLES (PENT)
9:30	100M HURDLES (OPEN SEMIS 8 FASTEST)
9:40	110M HURDLES (PENT)
9:50	110M HURDLES (OPEN SEMIS 8 FASTEST)
10:00	100M DASH (SEMIS) 8 FASTEST
10:10	3000M RUN
10:25	3200M RUN
10:40	110M HURDLES (FINAL)
10:45	100M HURDLES (FINAL)
10:50	400M DASH—(FINALS)
11:10	100M DASH—(FINAL)
11:20	800M RUN
11:40	400M HURDLES (FINALS)
12:05	200M DASH- (FINAL ON TIME)
12:25	1500M RUN
12:45	1600M RUN
1:05	20 MINUTE BREAK
1:25	3200M RELAY
1:45	400M RELAY
2:00	1600M RELAY

9:00 AM FIELD EVENTS:

Boys Triple Jump, Girls to follow (3 trials – 7 to finals)
Girls Long Jump, Boys to Follow (3 trials – 7 to finals)
Boys Discus, Girls to follow
Girls Shot Put Boys to follow
Boys & Girls High Jump
Girls Pole Vault, Boys to follow

Pentathlon will fit in depending on the site

Pentathlon Girls: HH, LJ, SP, HJ, 800

Pentathlon Boys: HH, HJ, LJ, SP, 1500

NOTE: Pentathlon 800/1500 will be contested 30 Minutes after completion of 4th Pentathlon Event

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STANDARDS FOR CLASS A CHAMPIONSHIPS – SPRING

The following standards have been instituted for the Class A Sectional Championships. Please do not bring any athlete to the meet who has not met the standard for his or her event at some point during the Spring season. Clearly this means that no athlete should be competing in an event for the first time at this meet. We are giving you this information early so that you will be able to plan your season accordingly.

A composite of individual performances can be used for the Pentathlon. Performances have to be verifiable.

EVENT	BOYS STANDARD	GIRLS STANDARD
100	11.9	13.6
200	23.9	27.7
400	53.9	64.4
800	2:07.5	2:33.6
1600/1500	4:50.9	5:25.5
3200/3000	11:02.0	11:52.3
3K/2K Steeple	11:36.1 / 7:30	8:48.4
110HH/100HH	20.2	18.1
400 IH	68.9	77.2
Triple Jump	36'8"	30'9.25"
Long Jump	19'00.75"	14'8.50"
High Jump	5'4" (OPEN HT.)	4'2" (OPEN HT.)
Pole Vault	9'2" (OPEN HT.)	7'9" (OPEN HT.)
Shot Put	37'9"	28'7"
Discus	105'4"	73'4"
Pent	2024 PTS.	1704 PTS.

CLASS A: 800 - 1149

Ramapo	1145	Horace Greeley	918
Suffern	1139	Clarkstown No.	905
Carmel	1103	Harrison	839
Fox Lane	1047	JJCR	831
Mahopac	1007	Poughkeepsie	824
Spring Valley	1007	Somers	806
Clarkstown So.	1006	Rye	804
Ursuline	1002		

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GIRLS CLASS B CHAMPIONSHIPS ORDER OF EVENTS HENDRICK HUDSON WEDNESDAY - JUNE 9, 2021

3:30 PM

TRACK EVENTS:

3:30PM	2K Steeplechase	Class AA boys, Class C boys, Class AA girls, Class C girls
4:20	2K Steeplechase	Class B girls
4:30	100M HURDLES	(PENT)
4:40	100M HURDLES	(OPEN SEMIS 8 FASTEST)
4:50	100M DASH	(SEMIS) 8 FASTEST
5:00	3000M RUN	
5:15	100M HURDLES	(FINAL)
5:20	400M DASH—	(FINALS)
5:30	100M DASH—	(FINAL)
5:45	800M RUN	
5:50	400M HURDLES	(FINALS)
6:05	200M DASH-	(FINAL ON TIME)
6:10	1500M RUN	
6:25	20 MINUTE BREAK	
6:45	3200M RELAY	
7:00	400M RELAY	
7:15	1600M RELAY	

4:30 PM

FIELD EVENTS:

Triple Jump, Long Jump to follow (3 trials – 7 to finals)
Discus, Shot Put to follow
High Jump
Pole Vault
Pentathlon Girls: HH, LJ, SP, HJ, 800.

NOTE: Pentathlon 800 will be contested 30 Minutes after completion of 4th Pentathlon Event

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BOYS CLASS B CHAMPIONSHIPS ORDER OF EVENTS BEACON THURSDAY - JUNE 10, 2021

4:20 PM	TRACK EVENTS:
4:20PM	2K STEEPLECHASE
4:30	110M HURDLES (PENT)
4:40	110M HURDLES (OPEN SEMIS 8 FASTEST)
4:50	100M DASH (SEMIS) 8 FASTEST
5:00	3200M RUN
5:15	110M HURDLES (FINAL)
5:20	400M DASH—(FINALS)
5:30	100M DASH—(FINAL)
5:45	800M RUN
5:50	400M HURDLES (FINALS)
6:05	200M DASH- (FINAL ON TIME)
6:10	1600M RUN
6:25	20 MINUTE BREAK
6:45	3200M RELAY
7:00	400M RELAY
7:15	1600M RELAY

4:30 PM	FIELD EVENTS:
	Triple Jump, Long Jump to follow (3 trials – 7 to finals)
	Discus, Shot Put to follow
	High Jump
	Pole Vault
	Pentathlon Boys: HH, HJ, LJ, SP, 1500.

NOTE: Pentathlon 1500 will be contested 30 Minutes after completion of 4th Pentathlon Event

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STANDARDS FOR CLASS B CHAMPIONSHIPS – SPRING

The following standards have been instituted for the Class B Sectional Championships. Please do not bring any athlete to the meet who has not met the standard for his or her event at some point during the Spring season. Clearly this means that no athlete should be competing in an event for the first time at this meet. We are giving you this information early so that you will be able to plan your season accordingly.

A composite of individual performances can be used for the Pentathlon. Performances have to be verifiable.

EVENT	BOYS STANDARD	GIRLS STANDARD
100	12.1	14.0
200	24.7	29.1
400	54.6	69.4
800	2:13.5	2:43.0
1600/1500	4:54.4	5:44.8
3200/3000	11:21.4	12:50.8
3K/2K Steeple	12:12.1 / 7:45	8:59.3
110HH/100HH	20.6	19.6
400 IH	70.3	84.3
Triple Jump	35'8"	29'0"
Long Jump	18'9"	13'8.25"
High Jump	5'2" (OPEN HT.)	4'3" (OPEN HT.)
Pole Vault	8'0" (OPEN HT.)	6'7" (OPEN HT.)
Shot Put	32'9"	21'9"
Discus	89'2"	59'3"
Pent	1963 PTS	1435 PTS

CLASS B: 450 - 799

Yorktown	799	Sleepy Hollow	663
Eastchester	776	Hen Hud	599
Brewster	773	Byram Hills	584
Peekskill	749	OLL	566
Tappan Zee	740	Nanuet	543
Beacon	695	Ardsley	543
Pelham	684	Edgemont	512
Nyack	678		

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GIRLS CLASS C CHAMPIONSHIPS ORDER OF EVENTS VALHALLA MONDAY JUNE 7, 2021

4:30 PM	TRACK EVENTS:
4:30PM	100M HURDLES (PENT)
4:40	100M HURDLES (OPEN SEMIS 8 FASTEST)
4:50	100M DASH (SEMIS) 8 FASTEST
5:00	3000M RUN
5:15	100M HURDLES (FINAL)
5:20	400M DASH—(FINALS)
5:30	100M DASH—(FINAL)
5:40	800M RUN
5:50	400M HURDLES (FINALS)
6:05	200M DASH- (FINAL ON TIME)
6:10	1500M RUN
6:25	20 MINUTE BREAK
6:45	3200M RELAY
7:00	400M RELAY
7:15	1600M RELAY

4:30 PM	FIELD EVENTS:
	Triple Jump, Long Jump to follow (3 trials – 7 to finals)
	Discus, Shot Put to follow
	High Jump
	Pole Vault
	Pentathlon Girls: HH, LJ, SP, HJ, 800

NOTE: Pentathlon 800 will be contested 30 Minutes after completion of 4th Pentathlon Event

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BOYS CLASS C CHAMPIONSHIPS

ORDER OF EVENTS

CROTON

TUESDAY - JUNE 8, 2021

4:30 PM	TRACK EVENTS:
4:30	110M HURDLES (PENT)
4:40	110M HURDLES (OPEN SEMIS 8 FASTEST)
4:50	100M DASH (SEMIS) 8 FASTEST
5:00	3200M RUN
5:15	110M HURDLES (FINAL)
5:20	400M DASH—(FINALS)
5:30	100M DASH—(FINAL)
5:40	800M RUN
5:50	400M HURDLES (FINALS)
6:05	200M DASH- (FINAL ON TIME)
6:10	1600M RUN
6:25	20 MINUTE BREAK
6:45	3200M RELAY
7:00	400M RELAY
7:15	1600M RELAY

4:30 PM	FIELD EVENTS:
	Triple Jump, Long Jump to follow (3 trials – 7 to finals)
	Discus, Shot Put to follow
	High Jump
	Pole Vault
	Pentathlon Boys: HH, HJ, LJ, SP, 1500

NOTE: Pentathlon 1500 will be contested 30 Minutes after completion of 4th Pentathlon Event

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STANDARDS FOR CLASS C CHAMPIONSHIPS – SPRING

The following standards have been instituted for the Class C Sectional Championships. Please do not bring any athlete to the meet who has not met the standard for his or her event at some point during the Spring season. Clearly this means that no athlete should be competing in an event for the first time at this meet. We are giving you this information early so that you will be able to plan your season accordingly.

A composite of individual performances can be used for the Pentathlon. Performances have to be verifiable.

EVENT	BOYS STANDARD	GIRLS STANDARD
100	13.0	14.5
200	26.2	30.5
400	60.4	73.3
800	2:29.8	2:54.4
1600/1500	5:23.9	6:10.2
3200/3000	11:59.9	14:09.1
3K/2K Steeple	12:34.8 / 8:00	12:00.0
110HH/100HH	21.9	23.1
400 IH	75.3	89.7
Triple Jump	32'3.25"	25'6.75"
Long Jump	14'4"	11'3.50"
High Jump	4'5" (OPEN HT.)	3'9" (OPEN HT.)
Pole Vault	7'11" (OPEN HT.)	6'0" (OPEN HT.)
Shot Put	26'11.75"	18'4"
Discus	62'8"	43'8"
Pent	1551 PTS	1000 PTS

CLASS C: UP TO 449

Putnam Valley	449	Woodlands	329
Briarcliff	438	Pawling	296
Westlake	437	North Salem	263
Albertus Magnus	437	Hamilton	239
Pleasantville	404	Haldane	203
Irvington	398	Tuckahoe	188
Bronxville	395	Leffell School	158
Croton	387	HCK	152
Hastings	384	Keio	129
Rye Neck	380	Greenburgh Ac	108
Valhalla	338	Biondi	105
Blind Brook	338	MLK	84
Dobbs Ferry	333		