

RULES FOR THE 2019-2020 ROCHESTER WINTER TRACK SEASON

1. FOOTWEAR. A maximum $\frac{1}{4}$ inch spike may be used at Houghton College, Brockport State, Rochester Institute of Technology, and Nazareth College. No Christmas Tree Spikes. NO SPIKES OF ANY KIND MAY BE USED AT ROBERTS WESLEYAN COLLEGE RUBBER BOTTOM SHOES ONLY.

2. LIMITS of PARTICIPATION. In an effort to keep the teams running on schedule, there will be limitations on the number of events an athlete may do at a meet. If there are NO limitations, the maximum number of events an athlete may do is THREE (NYSPTSAA rule). For modified athletes, the maximum number of events is **two**. If one of those events is 1200 meters or longer, than that athlete may only do a field event for his/her other event. **Modified athletes may NOT do a 3000 or 3200m Run, Pole Vault or weight throw.**

3. DIVISIONS. This year, we have two divisions – Varsity and Modified. The Modified will have their own meets at Roberts Wesleyan College. There will be no modified competitions at a Varsity Meet. WE have also removed the JV category.

4. ROSTERS Coaches will be submitting their roster on line. For track events, athletes will need to look at the seed sheets, and put on the appropriate hip number for their race.

5. LIMITS ON ENTRIES. Unlimited entries for some League meets. **At some meets, , we will limit how many entries in an event a school may have. This will be on a sliding scale, which will be based on the size of teams, and whether the team is co-ed or single sex.** In some sprint events, we may limit the number of athletes using starting blocks to the first 8 heats for boys and girls. For some meets, if the size of the fields are large, we may run inside and outside sections of the race. **At the conclusion of meets, we will check to see if any athlete competed in more events than he/she was allowed. If that is the case, all marks earned are null and void, and an athlete may be disqualified from the next two weeks.**

6. ON LINE ENTRY: This year, all entries will be online. Entries for a weekend meet will be the Thursday before that meet, at 8:00 p. m. For Modified Meets, on line entries are due the night before the meet at 8:00. . Entries received after that time will be seeded last. Once an athlete has been entered, he/she may not be scratched. (You may scratch that athlete from the event(s) they are entered on the meet day, but that athlete may not be moved to another individual event).

7. BLOCKS. For all meets, bring your own blocks, and these blocks may have $\frac{1}{4}$ " spikes in them. **NO BLOCKS AT ROBERTS WESLEYAN**

8. CROWD CONTROL AND CLEAN-UP. Coaches are responsible for the conduct and whereabouts of their athletes during the meet. No team will be allowed to compete in any meet without a coach. Coaches should personally supervise the clean-up of their teams after the meet. **At, Brockport, Houghton, and RIT, athletes are not to eat on the floor.** Again, sanctions may be leveled against athletes and teams continuing to violate this policy. Coaches, if you see something wrong, please do not hesitate do get involved.

9. ANNOUNCEMENTS. So that the meet may run smoothly, and everyone might be able to hear announcements, NO MUSIC DEVICES are allowed without headphones

10. PITS. Athletes may not use the high jump pits and pole vault pits for lounging areas. At all sites, when the event is over, these pits need to be stacked and put away neatly. (if it is a double meet, the first group should set the pits up, the second group should put them away.)

11. BUSES. School buses must be parked in the proper areas. They cannot be parked in fire lanes. At Hobart College, they are to follow the signs to drop off their athletes behind the field house. No bus will be allowed to drop students off at the front of the field house. Parking there is reserved to officials and spectators. **At RIT, buses should enter lot D (by the track) and follow the directions of the RIT security personnel.**

12. OLDFIELD STYLE. The Oldfield style may be used if the coaches of the athletes help to control the crowd near the event. Coaches are reminded to tell their athletes to stay away from the shot areas while the meet is in progress, no matter what technique is being used.

13. ADMISSION CHARGE. Admission charge at all Rochester Winter Track meets is \$5.00 for adults and \$3.00 for students.

14. CLERKING. Clerking will be done at the starting line of each event.

15. CURFEW. All League meets may run no later than 11:00 p.m. For meets with two or more sessions, we must complete the last event by the time indicated, so the next group can move in on schedule.

16. CANCELLATIONS. For meets that are held on school days, if there is a need to cancel a meet, the decision will be made by 1:00 p.m., with schools being contacted, if possible, by phone. **If you have a question, check schedulesonline.com, or the Rochester Winter Track website.** If a Saturday or holiday meet is cancelled, the coach, if possible, will be contacted at home by phone, as will television and radio stations. (Spectrum has always posted our cancellations.) If you have any questions, contact Dave Hennessey (585-334-6323)

17. ALL LEAGUE. In order to receive an ALL LEAGUE Award, an athlete must have one of the best **six** times, distances, or heights in League sponsored meets. The fastest **three** relays will also be All League.

18. OFFICIATING. While the League will hire some officials, schools are responsible to help out with officiating chores. If a school is willing to pay for three officials, please leave the vouchers with me, so that I can hire officials. **This year, we are asking for four official vouchers, for teams with 50 or more athletes, 3 vouchers for teams of fewer than 50 athletes. Please submit your vouchers prior to December 31, 2018. Schools who have not submitted their vouchers by that day will be blocked from entering further meets until the vouchers are received. If you plan on working the meets, let me know what days you wish to work. If you are participating in the modified events, schools are responsible for providing one additional voucher.**

19. HOST SCHOOLS. Schools will be assigned two hosting responsibilities. The jobs of the host school are as follows:

1. Bring the AED.
2. Set up and take down vaulting and high jump pits
3. Set up and take down the shot put area
4. Set up, take down, and put away the hurdles
5. Clean up facility before your team leaves.
6. Help rake the long jump pit.
7. Underlined team is the head host school.
8. Help the pole vault official check poles
9. Guard the hip number box
10. Help the clerk
11. Help the pole vault and high jump official
12. Help the shot put official with measuring.
13. Block the staircase near the long jump pit at RIT.
14. Provide an adult to patrol the area around the weight throw cage at RIT and Nazareth College

20. POLE VAULT VERIFICATION SHEETS. If an athlete is going to compete in the pole vault, he/she will need to have a pole vault verification sheet to each meet. **If there is no sheet, the athlete may not compete in the event that day.** These sheets need to be kept current, for any changes in an athlete's weight and pole use. Periodic checks will be made during the season to make sure that these sheets are accurate. It is the responsibility of the coaches of the vaulters that they are properly trained for the event, and that they set up any additional pits or mats to provide safety for the athletes in the vault. **When entering a pole vaulter in a meet, you will be asked to submit the athlete's weight. This will be on the event sheet, to help the official in checking the vaulters and poles. The pole vault competition will start no later than 30 minutes after the starting time of the meet. Thus, if the meet is scheduled to start at 6:00, the pole vault will start no later than 6:30.**

21. Long Jump/Triple Jump: in meets with a large number of athletes in these events, the top sixteen entries will be given their three jumps in the beginning, the rest of the athletes in that event will use an open pit. The number of jumps the remaining athletes will receive will be based on the number of entries in the event(s). We will be using an open pit. All jumpers will be required to take their jumps in the time allotted, and if they do not, then their remaining jumps are forfeited. Each athlete will be assigned a number prior to the start of competition. Along the runway, there will be a stand with numbers. Prior to the athlete jumping, he/she is to turn the numbers to their number, and then take their jump. This will speed to contest. The meet director will tell the officials how much time the jumpers will have, and all jumpers will warm up at the same time. **Per National Federation Rule book, there are no run backs in the long jump, triple jump, and pole vault. This rule was created for safety reasons and to help create a more organized warm-up.**

22. Merging of teams: According to the bylaws of the league, no school or schools will be allowed to merge teams. In the past, schools were allowed to merge, but all merged teams were dissolved in 1990.

23. Special Rules for ROCHESTER INSTITUTE OF TECHNOLOGY

- A. Teams will be allowed to enter the facility 30 minutes before the scheduled meet time. Therefore, if the meet starts at 6:00, schools will not be allowed to enter until 5:30.
- B. Buses should enter the D Parking lot, and follow the directions of RIT security.
- C. All athletes and spectators go up the stairs into the main lobby.
- D. Teams should set up their camps on the second floor, along the side with the long jump pit. The side by the finish line is reserved for spectators and coaches. Host schools should sit on the first floor in an area designated by RIT personnel.
- E. **NO FOOD OR BEVERAGES ON THE FLOOR. THIS INCLUDES WATER AND SPORTS DRINKS.**
- F. The Student Life Center is off limits. Bathrooms will be available, but locker rooms are off limits.
- G. Don't block fire exits
- H. Spectators may bring their own chairs.
- I. No running backwards on the runway to get your mark. Athletes need to know their mark in advance, and run forward into the pit. This rule is also in effect at Hobart College.
- J. RIT will run a concession stand, on the second floor.

24. Shorts with writing around the waistband are illegal. They will result in the athlete being disqualified, if not in local meets, definitely in the state meet. Officials have been told not to allow tape to be placed around the writing. **If the compression shorts are underneath regular shorts, it is not a problem. New Federation rule this year – athletes do not have to wear matching colored articles of clothing under their uniforms in a relay. Those articles are now “invisible” to the official.**

25. College. The following is from the NYSPHSAA handbook, page 6: **A student is no longer eligible to represent the school in that sport in that season if the student participates in practice or competition with or against any individual or team(s) representing a college that season. Prior to completion, the NYSPHSAA Executive Director may grant an exemption of the College Rule for an individual sport athlete when vying for a standard that would qualify them for the Olympic trials and/or Olympic Games when this opportunity is not offered through the New York State Public High School Athletic Association and/or the National Federation of State High School Associations. The exemption would permit a student to participate as an “unattached” individual with no affiliation to the school team in a competition against open and college competitors in an approved competition set forth by the Olympic Committee without violating the College Rule (Jan.2012). Reporting Procedure: All violations shall be reported to the League and Section.**

26. SECTIONALS. We will be having a four class sectional, with a meet of champions (state qualifier) the following Saturday. **In order to compete in the Sectionals and State Qualifier, an athlete must compete in SIX different sanctioned high school meets.** In addition, the athlete must meet the qualifying standard. **If an athlete does not have six meets, the school must submit a “Medical Waiver Request to the Representation Rule form to Kathy Hoyt, Executive Director of Section V Athletes. She will make the decision regarding the hardship case. A copy of this form is in this handbook.**

There will be two kinds of qualifying standards. The automatic standard guarantees that an individual will be in the Sectional meet in that event if he/she meets this mark. A provisional standard will qualify if he/she meets a lesser standard, and there is room for that athlete in that event in the meet. If an athlete meets the standard, it is the responsibility of the COACH to submit that performance within two weeks of the mark being set, and the standards being issued. This years' standards are available in this book. For meets run by the RWTL, qualifying marks will automatically be posted. For out of Section meets, coaches must post their updated performances. These marks will also be used to determine ALL LEAGUE. No mark, no entry. Updated lists will appear on our web site.

27. STATE MEET. Athletes qualifying for the State Meet will be leaving on Thursday, March 5. The state meet, which is on Saturday, March 7 will be at the Ocean Breeze Track and Field Facility on Staten Island. The opening ceremony for the boys and girls championships will be 8:45. The first two flights of the girls weight throw will start at 8:45. The boys and girls triple jump, as well as the boys' pole vault will start at 9:00. At 9:15, running events start. Track events will be run on the six lane banked track (except for the 55m and hurdles). In general, the top two finishers go to the states, and the winning relay will compete in the state meet. In addition, the 3rd place finisher in the 300, 600, 1000, 1500/1600 will compete in the Intersectional Medley Relay. If an athlete meets the following standards, and finishes third in the state qualifier, he/she will be allowed to compete at the state meet in their individual event. **A second relay may also advance if they have met the standard, and finished second in the state qualifier.** If weather does not allow us to have a meet of champion, the sectional coordinator, with assistance, will select a team, based on performances made at league meets. Coaches will be

admitted free if their athletic director contacts Todd Nelson at the NYSPHSAA. One coach per athlete, up to three.

28. Areas that athletes can view a video with their coach are as follows:

RIT: the hallway or the balcony above the track

Brockport: the lobby, the corner the doors, just past the 1st turn

Houghton – outside the track area, as jumping events will be on the inside of the track

29. For many meets in the weight throw, we will be using a laser device to help speed up the marking. In addition, at meets at RIT, we will need two coaches to stand along the sector lines to make sure no athletes wander into the throwing area.

30. Boy Race Walkers will be allowed to compete with the girls in the following meets:

December 20, 28, January 3, 4, 10, 11, 17, and 18.

31. ORDER of EVENTS

Friday, December 6 – Houghton College – 5:30 – 11:00 – E.MC, WFL2

Saturday, December 7 – Houghton College -10:00 – 4:00 – WFL1, RCAC, PPAC

Saturday, December 7 – Houghton College – 5:00 – 11:00 – W.MC, LC,GC,SC,AC

55m Hurdles	Weight Throw – Girls, then Boys
Girls 3000/ Boys 3200	Shot – Boys, then Girls
55m Dash	Boys and Girls Long Jump, then Triple Jump
600m Run	Girls, then Boys High Jump
300m Dash	Boys Pole Vault, then Girls
1500/ 1600m Run	
1000m Run	2 events and a relay
1500m Race Walk	
4 x 400m Relay	

Friday, December 13 – Modified – 5:00 – 7:30 - Date Change–

50m Hurdles	Shot – Boys, then Girls
50m Dash	High Jump – Girls, then Boys
1500/1600m Run	Long Jump – Boys, then Girls
600m Run	
1000m Run	
1500m Race Walk	
300m Dash	

Friday, December 13, Brockport College – 6:00 – 11:00 – Blocks A and C

Saturday, December 14 – Brockport College – 10:00 – 4:00 Blocks E, F

Saturday, December 14 – Brockport College – 5:00 – 11:00 Blocks B, D

Girls 1500/Boys 1600	Weight Throw – Boys, then Girls
55m Dash	Shot – Girls, then Boys
600m Run	Boys and Girls Triple Jump, then Long Jump
4 x 200m Relay	Girls, then Boys High Jump
3000/3200m Run	Boys, and Girls Pole Vault
1000m Run	
55m Hurdles	
300m Dash	
1500m Race Walk	2 events and a relay –
4 x 800m Relay (if there is time)	

Tuesday, December 17 – Modified – Roberts Wesleyan – 5:00 – 7:00

4 x 200m Relay	Girls, then Boys Triple Jump
1500m Race Walk	Girls, then Boys Shot Put
1500m/1600m Run	Boys, then Girls High Jump
1000m Run	
300m Dash	
600m Run	
50m Hurdles	
50m Dash	

Friday, December 20 – RIT – 5:00 – 11:00 – WFL 1, WFL 2

4 x 800m Relay	Boys, then Girls Long Jump, followed by Triple Jump
55m Hurdles	Boys, then Girls Pole Vault
300m Dash	Girls, then Boys High Jump
1500/1600m Run	Girls, then Boys Weight Throw
3000/3200m Run	Boys, then Girls Shot Put
55m Dash	
1000m Run	2 Events and a relay
600m Run	
4 x 400m Relay (time permitting)	
4 x 200m Relay (time permitting)	

Friday, December 20 – Roberts Wesleyan – WMC, RCAC, PPAC – 6:00 – 11:00**Saturday, December 21 – Roberts Wesleyan – EMC, LC, GC, SC, AC – 11:00 – 4:00**

50m Hurdles	Boys then Girls Long Jump, then Triple Jump
50m Dash	High Jump – Girls then Boys
1500m Race Walk	Boys then Girls Pole Vault
3000/3200m Runs	Boys then Girls Shot
1500m/1600m Run	
1000m Run	2 events and a relay – RUBBER BOTTOM SHOES ONLY
600m Run	
4 x 400m Relay	

Saturday December 28 – Rochester Institute of Technology– 10:00 – 4:00 – A, B, E**Saturday, December 28 – Rochester Institute of Technology 5:00 – 11:00 – C, D, F**

300m Dash	Boys, then Girls Shot
1000m Run	Girls, then Boys High Jump
55m Dash	Girls, then Boys Pole Vault
1500/1600m Run	Girls, then Boys Triple Jump, followed by G/B Long Jump
55m Dash	Girls, then Boys Weight Throw
600m Run	2 Events and a Relay
1500m Race Walk	
4 x 200m Relay	
3000/3200m Run	
4 x 800m Relay	
55m Hurdles	
4 x400m (if there is time)	

Friday, January 3 – Rochester Institute of Technology – 10:00 – 3:30 – Blocks D, F

Saturday, January 4 – Rochester Institute of Technology – 10:00 – 4:00 – A, E

Saturday, January 4 – Rochester Institute of Technology – 5:00 – 11:00 – B, C

4 x 200m Relay Boys then Girls Long Jump, followed by B/G Triple Jump

600m Run Boys then Girls Pole Vault

3000/3200m Run Boys, then Girls High Jump

300m Dash Girls, then Boys Shot

1000m Run Boys, then Girls Weight Throw

55m Dash

55m Hurdles **3 Events**

1500/1600m Run

1500m Race Walk **A school may enter a total of 4 Boys and 4 Girl Relays**

4 x 800m Relay

4 x 400m Relay

Tuesday, January 7 – Modified – Roberts Wesleyan – 5:00 – 7:00

4x400m Relay Girls, then Boys Long Jump

1500/1600m Run Girls, then Boys Shot

50m Hurdles Boys, then Girls High Jump

50m Dash

600m Run

1000m Run

1500m Race Walk

300m Dash

Friday, January 10 – RIT – 5:00 – 11:00 – Blocks A, C, E

Saturday, January 11 – RIT – 5:00 – 11:00 – Blocks B, D, F

4 x 800m Relay Girls, then Boys Weight Throw

55m Hurdles Boys, then Girls Shot

55m Dash Girls then Boys Triple Jump, followed by Girls, then Boys
Long Jump

3000/3200 Girls, then Boys Pole Vault

600m Run Boys, then Girls High Jump

4 x 200m Relay

1500m Race Walk 3 Events, A school may run 2 male and 2 female relays per
relay event

1000m Run Note: An athlete competing at the Nazareth Invite on 1/11

300m Dash is not allowed to compete at RIT later that day.

1500m/1600m Run

4 x 400m Relay

Tuesday, January 14 – Modified – Roberts Wesleyan – 5:00 – 7:00

50m Hurdles Girls, Boys Shot

50m Dash Boys, Girls High Jump

1000m Run Girls, Boys Long Jump, then Triple Jump

600m Run

1500m Race Walk

300m Dash

1500m/1600m Runs

4 x 150m Relay

Friday, January 17 – Rochester Institute of Technology – 6:00 – 11:00 – E.MC and WFL1

Friday, January 17 – Houghton College – 5:30 – 11:00 – W.MC, LC, GC, SC, AC

Saturday, January 18 – Rochester Institute of Technology – WFL2, RCAC, PPAC

300 m Dash	
3000/3200m Run	Girls, then Boys Weight Throw
600m Run	Boys, then Girls Shot
1000m Run	Boys / Girls Triple Jump, then B/G Long Jump at Houghton, Both Pits
1500m Race Walk	Will be Used
55m Dash	Boys, then Girls Pole Vault
55m Hurdles	Girls, then Boys High Jump
1500/1600m Run	
4 x 200m Relay	2 events plus a relay
4 x 800m Relay	1/4 inch spikes
4 x 400m Relay	

Standards

55m Hurdles	0.7 seconds over your class provisional
55m Dash	0.5 seconds over your class provisional
300m Dash	1.8 seconds over your class provisional
600m Run	5 seconds over your class provisional
1000m Run	6 seconds over your class provisional
1500/1600m Run	9 seconds over your class provisional
3000/3200m Run	15 seconds over your class provisional
1500m Racewalk	12 seconds over your class provisional
Pole Vault	18 inches below your provisional
High Jump	4 inches below your provisional
Long Jump	18 inches below your provisional
Triple Jump	24 inches below your provisional
Shot Put	18 inches below your provisional
Weight Throw	24 inches below your provisional

Each school may have 2 boys and 2 girls per event - to have more, all must have met the above standards.

Saturday, January 18 - Houghton - 10:00 - 4:00 Section V versus Section VI

Top 16 Section V athletes against the Top 16 Section VI athletes.

All schools may run a boys and girls 4 x 200, 4 x 400, 4 x 800, and a Sprint Medley

We will run the state meet order of events, minus the trials and semi's.

3200/3000m Runs	Boys and Girls Triple Jump, then Long Jump
55m Hurdles	High Jump – Girls then Boys
55m Dash	Pole Vault – Girls then Boys
1000m Run	Shot – Girls then Boys
1500m Race Walk	Weight Throw - Boys then Girls
600m Run	
1600/1500 m Run	Starting Heights – Boys PV – 9' 0"
Sprint Medley – (400, 200, 200, 800)	Girls' PV – 7' 0"
300m Dash	Boys' HJ – 5' 2"
4 x 800m Relay	Girls HJ – 4' 4"
4 x 400m Relay	
4 x 200m Relay	1/4 inch spikes may be worn

Rotating trophy awarded to the winning sectional team

Awards will be awarded to places 1st - 8th.

Costs will be divided between Section V and Section VI

ENTRIES MUST BE MADE ON ATHLETIC NET

~~Tuesday, January 21 – Modified, Roberts Wesleyan – CANCELLED~~

Saturday, January 25 – Trent Jackson/Cedric Walker Invitational at Rochester Institute of Technology 10:00 – 6:00

Your league entry fee covers the cost for the invitational

Each school is allowed one entry per event. In individual events, a school may enter up to two more entries if all three entries meet the following standards.

	Boys	Girls
55m Dash	6.84	7.84
55m Hurdles	8.86	9.79
300m Dash	38.24	45.44
600m Run	1:28.94	1:47.94
1000m Run	2:48.94	3:20.24
1600/1500m Run	4:43.24	5:18.24
3200/3000m Run	10:25.24	11:20.24
Long Jump	20'00"	15'00"
Triple Jump	40' 00"	31' 00"
Shot	38' 00"	28' 00"
Pole Vault	10' 00"	8' 00"
High Jump	5' 06"	4' 06"
1500m Race Walk	9:05.24	8:20.24
Weight Throw	43'00"	32'00"

Order of Events

1. Boys 1600m Race Walk
2. G/B 4 x 200m
3. Girls 3000m Run
4. Boys 3200m Run
5. 55m Dash Semi's
6. G/B 1000m Run
7. G/B 55m Dash Final
8. Girls 1500m Race Walk
9. G/B 55m Hurdles - Semi's
10. Girls/Boys 600m Run
11. B/G 55m Hurdles - Final
12. Girls 1500m Run
13. Boys 1600m Run
14. G/B 300m Dash
15. G/B Distance Medley Relay (1200 – 400- 800 – 1600)
16. G/B 4 x 800m Relay
17. G/B 4 x 400m Relay

Athletes may wear ¼ inch spikes

Scoring 10, 8,6,5,4,3,2,1

Awards: Medals 1st – 3rd, Ribbons 4th – 8th Team Awards: 1st - 5th

Friday, January 24- Rochester Institute of Technology - 6:00 – 11:00 C, D, E

Saturday, January 25 – Rochester Institute of Technology – 6:00-11:00 A, B, F

An Athlete may do two events

4 x 400m Relay	Girls, and Boys Pole Vault
55m Hurdles	Boys, then Girls High Jump
55m Dash	Girls, and Boys Long Jump, then Triple Jump
1500/1600m Run	Girls, then Boys Weight Throw
600m Run	Boys, then Girls Shot
4 x 200m Relay	
1000m Run	1 Boys and 1 Girls Relay per Relay Event
1500m Race Walk	
300m Dash	Athletes May Wear ¼ inch spikes
4 x 800m Relay (time permitting)	

Standards for the Meets of January 24/25. Each school may enter 2 boys and 2 girls per event. To enter more athletes, they all must have met the following standards

55m Dash	.4 seconds over the provisional mark for your class
55m hurdles	.7 seconds over the provisional mark for your class
300m Dash	1.5 second over the provisional mark for your class
600m Run	4 seconds over the provisional mark for your class
1000m Run	6 seconds over the provisional mark for your class
1500/1600m	8 seconds over the provisional mark for your class
1500m Race Walk	8 seconds over the provisional mark for your class
High jump	4 inches under your provisional mark for your class
Pole Vault	12 inches under your provisional mark for your class
Long Jump	12 inches under your provisional mark for your class
Triple Jump	18 inches under your provisional mark for your class
Shot Put	18 inches under your provisional mark for your class
Weight Throw	24 inches under your provisional mark in your class

Monday, January 27 – Modified – Roberts Wesleyan College – 5:00 – 7:30. Jim Cleveland Modified Championships. Top 8 in each event will receive ribbons. Will be FAT timed.

- 4 x 200m Relay Boys, then Girls Triple Jump, then Long Jump
- 50m Hurdles Girls, then Boys High Jump
- 50m Dash Boys, then Girls Shot Put
- 1500/1600m Run
- 1500m Race Walk
- 600m Run
- 300m Dash
- 1000m Run
- 4 x 400m Relay

Thursday, January 30 – Roberts Wesleyan – 6:45 – 10:30 MCW and City Schools

Friday, January 31 – Roberts Wesleyan – 6:00 – 11:00 –WFL 1, WFL 2

50m Hurdles	Boys, then Girls Triple Jump, Long Jump
50m Dash	Girls, then Boys High Jump
3000/3200m Run	Boys, then Girls Pole Vault
600m Run	Girls, then Boys Shot
1000m Run	
1500m Race Walk	
1500m/1600m Runs	2 Events
4 x 150m Relay (if time)	RUBBER BOTTOM SHOES ONLY
4 x 400m Relay (if there is time)	

Friday, January 31 – Houghton College – 5:30 – 11:00- ALL OTHERS

55m Hurdles	Boys and Girls Triple Jump, then Long Jump
55m Dash	Girls, then Boys Pole Vault
3000/3200m Runs	Boys, the Girls High Jump
300m Dash	Boys, then Girls Weight Throw
1000m Run	Girls, then Boys Shot
600m Run	
1500m Race Walk	2 Events
1500m/1600m Run	
4 x 400m (if there is time)	

For both meets, see standards for 1/24 and 1/25.

Friday, February 7– Nazareth College – 5:30 – 10:30 – WFL/ Championships

See attached sheet

Saturday, February 8 – Nazareth College – Monroe County Championships 10:00 -4:00**Saturday, February 8 – Nazareth College – City, Catholic, Charter, Steuben, Allegheny and Livingston Championships – More info to come****County and CCCSA Order of Events**

3200m/3000m Run	Girls, and Boys Triple Jump, followed by Girls, and Boys Long Jump
55m Hurdles	Girls then Boys Weight Throw, Girls, then Boys Shot
55m Dash	Boys, then Girls High Jump
1000m Run	Girls, and Boys Pole Vault
Girls 1500m Race Walk	
600m Run	
1600/1500 Run	3 Events
300m Dash	Athletes May Wear Spikes
4 x 800m Relay	Scoring: 10, 8,6,5,4,3,2,1
4 x 400m Relay	Awards top 8
4 x 200m Relay	Team Awards Top 5 teams

Standards for the Meets on February 8

55m Hurdles	0.6 seconds over your class provisional
55m Dash	0.3 seconds over your class provisional
300m Dash	1.2 seconds over your class provisional standard
600m Run	3 seconds over your class provisional
1000m Run	4 seconds over your class provisional
1500/1600m Runs	6 seconds over your class provisional
3000/3200m Runs	10 seconds over your class provisional
Race Walk	10 seconds over your class provisional
Pole Vault	12 inches below your class provisional
High Jump	3 inches below your class provisional standard
Shot Put	12 inches below your class provisional
Triple jump	18 inches below your class provisional standard
Long Jump	12 inches below your class provisional
Weight Throw	12 inches below your class provisional

- Each school may have 2 boys and 2 girls per event – to have more, all must have met the above standards

Friday, February 14 – Houghton College – 5:30 – 11:00 – W.MC, LC, GC, SC, AC

4 x 200	Girls, then Boys Weight Throw
4 x 400m Relay	Boys, then Girls Shot
4 x 800m Relay	Boys and Girls Long Jump, then Triple Jump
55m Hurdles	Girls then Boys Pole Vault
55m Dash	
3000/3200m	One Relay per sex per school
300m	3 Events per Athlete
600m	Use Standards Below
1500m Race Walk	
1000	
1500/1600m Runs	

~~Saturday, February 15 – Roberts Wesleyan College – 10:00 – 4:00 – WFL1, RCAC, PPAC~~

~~Saturday, February 15 – Roberts Wesleyan College – 5:00 – 11:00 – EMC, WFL2~~

Meets at Roberts Wesleyan are Cancelled. Schedule of events for February 14 meet at Houghton may be revised based on the number of schools attending.

Each school may have two boys and two girls per event. To have more all the athletes must have made the following standards:

- 55m Hurdles – 0.4 seconds above your provisional standard
- 55m Dash – 0.2 seconds above your class provisional time
- 300m Dash – 1.0 second above your class provisional time
- 600m Run – 2 seconds above your class provisional time
- 1000m Run – 3 seconds above your class provisional time
- 1500/1600 – 4 seconds above your class provisional time
- 3000/3200 – 8 Seconds above your class provisional time
- 1500m Race Walk – 7 seconds above your class provisional time
- Pole vault – 6 inches below your provisional standard
- High Jump 2 inches below your provisional standard
- Shot Put – 9 inches below your provisional standard
- Weight Throw – 12 inches below your provisional standard
- Long Jump – 9 inches below your provisional standard
- Triple Jump – 12 inches below your provisional standard

Friday, February 14 – Medical Hardship entries are due to Kathy Hoyt by 12:00 noon

Sunday, February 16 – All Sectional Entries are due by 8:00 on Yen Timing

Monday, February 17 – Sectional Seeding Meeting – Penfield High School – 7:00 p.m.

Sectionals, Classes A/D on Friday, February 21, Rochester Institute of Technology – 6:00 – 11:00
Classes B/C – Saturday, February 22 – Rochester Institute of Technology – 6:00 – 11:00

Order of Events	Girls Shot, followed by Boys then Girls Weight throw followed by boys
Boys 3200m Run	Girls, then Boys triple Jump, then Girls, Boys Long Jump
Girls 3000m Run	Boys, then Girls High Jump
55m Hurdles	Girls, then Boys Pole Vault
55m Dash	
1000m Run	
Girls 1500m Race Walk	
600m Run	
Boys 1600m Run	
Girls 1500m Run	
300m Dash	
4 x 800m Relay	
4 x 400m Relay	
4 x 200m Relay	

Entries for State Qualifier Due on Yen Timing – 8:00, Sunday, February 23
 Final Scratches for State Qualifying Meet – 12:00 Noon, Wednesday, February 26

Saturday, February 29 – State Qualifier – RIT – 5:00 – 11:00

Boys, followed by Girls unless noted	Girls, then Boys Weight Throw, then Shot
55m Hurdles – semi's	Boys, then Girls Triple Jump, then Boys, then Girls Long Jump
55m Dash – semi's	Girls, then Boys High Jump
Boys 3200	Boys, then Girls Pole Vault
55m Hurdles – Girls/Boys	
55m Dash – Boys/Girs	
Girls 3000m Run	
4 x 400m Relay – Semi's	
4 x 200m Relay – Semi's	
1000m Run	
Girls' 1500m Race Walk	
300m Dash – Semi's	
600m Run	
Boys 1600m Run	
Girls 1500m Run	
15 minute Break – MVP awards	
300m Final	
4 x 800m Relay	
4 x 400m Relay	
4 x 200m Relay	

State Meet order is the same as the State Qualifier Order

Standards for the 3rd Place Finisher for the State Meet – March 7, Ocean Breeze on Staten Island

Event	Boys	Girls
55m Dash	6.74	7.44
55m Hurdles	7.94	8.74
300m Dash	36.74	41.94
600m Run	1:24.74	1:38.74
1000m Run	2:35.24	3:02.24
1600/1500m Run	4:28.74	4:49.54
3200/3000m Run	9:42.24	10:21.14
1500m Race Walk	xxxxx	7:28.24
Long Jump	21' 06"	17' 02"
Triple Jump	43' 06"	36' 01"
Shot Put	52'00"	37' 07"
High Jump	6' 04"	5' 03"
Pole Vault	13' 00"	10'00"
Weight Throw	53'00"	43'00"

Standards for the 2nd Place Relay for the State Meet – March7, Ocean Breeze on Staten Island

4 x 200m Relay	1:34.94	1:47.54
4 x 400m Relay	3:32.44	4:06.94
4x 800m Relay	8:05.04	9:36.24

New Information for the State Meet:

- In the 1000, 1500,1600,3000,3200, 4 x 800, and Intersectional Medley, the place on the starting line and inside or outside box will be random draw.
- For the Finals of the 300m, 4 x 200m Relay, and 4 x 400m Relay, the athletes may use blocks provided by Ocean Breeze.
- For all indoor meets in New York State, the exchange zone will remain 20 meters.

Official Fees for 2019-2020**Large Meets - Varsity****Starter - \$148.00****Judge - \$135.00****More than 50 teams, an additional 25 cents per team above 50.****Modified****Starter - \$96.20****Judge - \$87.75****There is no mileage, nor can an official add Varsity, JV, and Modified Fees together.**