

Section IX Indoor Track @ Field

2024-2025

**Dave Feuer, Girl's Chairman
Mike White, Boy's Chairman**

Section IX Championship Meet @

West Point

Friday, February 7th
Class "B" Meet (6pm-11pm)

Saturday, February 8th
Class "A" Meet (1pm-7pm)

Section IX Seed Meeting
Thursday, February 26th @ 6pm
Google Meet

Section IX State Qualifier @ Armory

Girls/Boys
Saturday, March 1st
9am-2pm

Meet entry instructions

- 1- Entries will be done using milesplit
- 2- Entry deadlines are listed in the packets
- 3- An athlete can be entered in 3 events for the meet
- 4- Any substitutions to the entries can be done only for injury
On the day of the meet the injured runner cannot participate in the meet
- 5- Any changes that need to be made after the deadline can be made by contacting Mike White
Otherwise rule #4 applies
- 6- Scratch rule for the meet is that event counts as one of their 3 events
- 7- If there are any concerns with the entries please contact Mike White

Deadlines: 10pm

Class "B" entries Thursday February 6th
Class "A" entries Friday February 7th
State Qualifier Tuesday February 25th

To all coaches: Please send me an email with your email, cell# and school you are coaching for. This is so I can send out performance lists prior to the meet and if corrections need to be made

Mike White mwhite@wcsdk12.org

845-234-2934 (cell)

Acceptable seed times

- From a verifiable meet (NYS High School sanctioned Meet)
- From the trials or semis of meets that do not place their times on milesplit. You will need a signed card from an official from that meet. You must present the card for the seed to be used
- You must defend a slower seed time (reason why you are putting that time)
- If you have a concern about a coaches seed time you must report it to the Section 9 chairperson prior to the meet and the chairperson will investigate
- Everyone will have access to their performance sheets prior to the meet

Section IX Order of Events

55M Hurdles	Semi
55M Dash	Semi
3000M	Final
3200M	Final
55M Hurdles	Final
55M dash	Final
1000M	Final
1500M Race-Walk	Final
600M	Final
1500M	Final
1600M	Final
300M	Final
4x800M Relay	Final
4x400M Relay	Final
4x200M Relay	Final

Field Events

Triple Jump	Boys
Triple Jump	Girls
Long Jump	Boys
Long Jump	Girls
Weight Throw	Girls
Weight Throw	Boys
Shot Put	Girls
Shot Put	Boys
High Jump	Girls
High Jump	Boys
Pole Vault	Boys
Pole Vault	Girls

Minimum standards for the State Qualifier

Boys

55M	7.04	Top 16	
55M Hurdles	9.54	Top 16	
300M	39.54	Top 24	4 heats winner next 2
600M	1:31.24	Top 24	6-6-6-6 (1 st lap in lanes)
1000M	2:45.24	Top 25	10-15
1600M	4:54.24	Top 25	10-15
3200m	10:40.24	1 Heat	(13-15)
Long Jump	18'	Top 14	
Triple Jump	36'	Top 14	
Pole Vault	9'6"	Top 14	
High Jump	5'6"	Top 14	
Shot Put	38'	Top 14	
Weight Throw	40'	Top 14	

For an athlete to compete in the state qualifier meet, they must meet the minimum standard. We will only go up to the total number in that event even if the athlete reaches the minimum standard.

Minimum standards for the State Qualifier

Girls

55M	8.04	Top 16	
55M Hurdles	10.04	Top 16	
300M	47.24	Top 24	4 heats winner next 2
600M	1:50.24	Top 24	6-6-6-6 (1 st lap in lanes)
1000M	3:31.24	Top 25	10-15
1500M	5:24.24	Top 25	10-15
3000m	11:45.24	1 Heat	(13-15)
1500M Race-walk	9:30	1 Heat	(14)
Long Jump	14'	Top 14	
Triple Jump	30'6'''	Top 14	
Pole Vault	7'6"	Top 14	
High Jump	4'6"	Top 14	
Shot Put	28'	Top 14	
Weight Throw	30'	Top 14	

For an athlete to compete in the state qualifier meet, they must meet the minimum standard. We will only go up to the total number in that event even if the athlete reaches the minimum standard.

State Qualifying Meet

Order of Events

Boys first

55M Hurdles	Semi
55M Dash	Semi
3200M	Final
55M Hurdles	Final
55M dash	Final
3000M	Final
4x400M	Semi
4x200M	Semi
1000M	Final
1500M Race-Walk	Final
300m	Semi
600M	Final
1600M	Final
1500M	Final
Novice Relay	8-2-2-4(does not advance)
300M	Final
4x800M Relay	Final
4x400M Relay	Final
4x200M Relay	Final

Field Events

Triple Jump	Boys
Triple Jump	Girls
Long Jump	Boys
Long Jump	Girls
Weight Throw	Girls
Weight Throw	Boys
Shot Put	Girls
Shot Put	Boys
High Jump	Girls
High Jump	Boys
Pole Vault	Boys
Pole Vault	Girls

Jury of Appeals

Section IX Class "A" Meet

Mike White	Washingtonville
Dave Feuer	Cornwall
Leo Sladewski	Wallkill
Allison Borriello	Valley Central
Joe Cahill	Kingston
Alt: Billy Mpasiakos	Monroe Woodbury

Section IX Class "B" Meet

Mike White	Washingtonville
Dave Feuer	Cornwall
Jacob Maloney	Rondout Valley
Kim Goldhirsch	Red Hook
Danielle Halikais	Fallsburgh
Alt: Chip Furman	Tri-Valley

State Qualifying Meet

Mike White	Washingtonville
Dave Feuer	Cornwall
Kevin Long	John S Burke
Jim Henry	Beacon
Andrew Garigliano	Ellenville
Alt: Allison Borriello	Valley Central

6 Divisions

Division I (7)

NFA
Kingston
Monroe-Woodbury
Middletown
Pine Bush
Valley Central
Warwick

Division II (6)

Monticello
Washingtonville
Cornwall
Minisink Valley
FDR
Goshen

Division III (7)

Beacon
Wallkill
Lourdes
New Paltz
Port Jervis
Liberty
Marlboro

Division IV (6)

Spackenkill
Fallsburg
Rondout Valley
Red Hook
Highland
Ellenville

Division V (5)

O'Neill
Tri-Valley
Onteora
Sullivan West
Chester / Seward (Shadowing)

Division VI (5)

Eldred
Millbrook
Pine Plains
Burke
Homestead

BEDS Numbers for Section 9 Meet

CLASS B **599-Under**

CLASS A **600-Up**

State Standard form

Boys

Girls

Competitors Name _____

School _____

Event _____

Time / Distance _____

Meet _____

Location _____

Date _____

Coaches Name _____

Any performance obtained in any invitational or Championship Meet of five (5) or more schools this indoor season, with certified officials, will be used for State Meet seeding purposes, if athlete qualifies for the state meet.

Relays: List the 4 names of the athletes who competed:

_____	_____
_____	_____

NYS PHSAA/NYS Federation Qualifying Standards for the 3rd Competitor

EVENT	GIRLS	BOYS
	FAT Time (Hand Time)	FAT Time (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)	xxxxxxx
1600m Run	xxxxxxx	4:28.74 (4:28.5)
3000m Run	10:21.14 (10:20.9)	xxxxxxx
3200m Run	xxxxxxx	9:42.24 (9:42.0)
1500m Race Walk	7:28.24 (7:28.0)	xxxxxxx
Long Jump	17' 02"	21' 06"
Triple Jump	36' 01"	43' 06"
Shot Put	37' 07"	51' 00"
High Jump	5' 03"	6' 02"
Pole Vault	10' 00"	13' 00"
Weight throw	43'00"	56'00"
4 x 200 Divison 1	1:47.54	1:34.94
4 x 200 Division 2	1:52.84	1:36.65
4 x 400m Division 1	4:06.94	3:32.44
4 x 400 Division 2	4:22.46	3:41.46
4 x 800m Division 1	9:36.24	8:05.04
4 x 800 Division 2	10:30.52	8:54.50