

SECTION III – 2018 CLASS C-2 COED TRACK & FIELD CHAMPIONSHIPS
FRIDAY, MAY 25 3:00PM @ WEST CANADA VALLEY HIGH SCHOOL
WWW.WESTCANADA.ORG 5447 STATE ROUTE 28, NEWPORT, NY 13416, 315-845-6800



NYSPHSAA
Section III

The logo for NYSPHSAA (New York State Public High School Athletic Association) features a yellow silhouette of the state of New York with a blue flame above it. The text "NYSPHSAA" is in large, bold, blue letters, and "Section III" is in smaller, bold, blue letters below it.

Class C-2 Section III Track & Field Schools

SCHOOLS	ENROLLMENT
WEEDSPORT WARRIORS	213
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DIRECTIONS TO WEST CANADA VALLEY HIGH SCHOOL, 5447 STATE ROUTE 28, NEWPORT, NY 13416
SCHOOL IS LOCATED ON ROUTE 28 BETWEEN NEWPORT AND MIDDLEVILLE

*RECOMMENDED ROUTES

FROM THE NORTH: TAKE ROUTE 12 SOUTH TOWARDS BARNEVELD TO ROUTE 28 SOUTH TOWARDS POLAND TO NEWPORT

FROM THE WEST: TAKE INTERSTATE 90 EAST TO EXIT 31 UTICA, FOLLOW SIGNS FOR ROUTE 12/8 NORTH TOWARDS WATERTOWN/POLAND, TAKE ROUTE 12/8 NORTH EXIT TOWARDS WATERTOWN/POLAND, TAKE ROUTE 8 NORTH EXIT TOWARDS POLAND/SPECULATOR CONTINUE TO ROUTE 28 SOUTH TOWARDS NEWPORT

FROM THE NORTHWEST: TAKE 81 SOUTH TO 90 EAST AND THEN FOLLOW DIRECTIONS ABOVE

THE ABOVE DIRECTIONS KEEP YOU ON HIGHWAYS. ONCE IN UTICA, SEVERAL OTHER ROUTES MAY BE TAKEN BUT FOLLOW MORE RURAL ROADS

1:30PM – 2:00PM
2:00PM – 2:30PM
2:30PM – 2:50PM
3:00PM

ARRIVAL OF TEAMS (SET UP CAMPS – SEE MAP)
PICK UP SCRATCH SHEETS (LEONE TIMING @ FINISH LINE),
IMPLEMENT WEIGH-INS (Elem. Gym), *Warm ups/marks for field events*
COACHES/OFFICIALS MEETING (Elem. Gym next to fitness center)
ALL EVENTS BEGIN

ORDER OF EVENTS

RUNNING EVENTS: **GIRLS FOLLOWED BY BOYS (EXCEPTION PENT HURDLES)**

TRACK

1.	B	110HH	Pentathlon
2.	G	100HH	Pentathlon
3.	G	4 x 800 Relay	Final
4.	B	4 x 800 Relay	Final
5.	G	100HH	Final
6.	B	110HH	Final
7.	G	100M	Final
8.	B	100M	Final
9.	----- 10 minute break -----		
10.	G	1500M	Final
11.	B	1600M	Final
12.	G	4 x 100 Relay	Final
13.	B	4 x 100 Relay	Final
14.	G	400M	Final
15.	B	400M	Final
16.	G	400LH	Final
17.	B	400IH	Final
18.	----- 10 minute break -----		
19.	G	800M	Final
20.	B	800M	Final
21.	G	200M	Final
22.	B	200M	Final
23.	G	3000M	Final
24.	B	3200M	Final
25.	G	4 x 400 Relay	Final
26.	B	4 x 400 Relay	Final
27.	G	800M	Pentathlon (or sooner if ready)
28.	B	1500M	Pentathlon (or sooner if ready)
29.	G	2000M Steeplechase	Final
30.	B	3000M Steeplechase	Final

FIELD EVENTS

LONG JUMP: **3:00 – 4:30 G PIT # 1 (jumps towards the school)**
 3:00 – 4:30 B PIT # 2 (jumps towards the shot put)

TRIPLE JUMP: **4:45 – 6:15 G PIT # 1 (jumps towards the school)**
 4:45 – 6:15 B PIT # 2 (jumps towards the shot put)
 Followed by Pentathlon Long Jump (on first available pit – 3 jumps)

***ALL JUMPERS (EXCEPT PENT) WILL GET 4 JUMPS. NO FINALS.**

HIGH JUMP: **3:15 G Pentathlon (PIT #1 – gray mats, after pent hurdles) Bar will move up in increments of 5cm**

*Followed by Girls HJ (Starting Height 4'4" - one notch below standard)
Bar will move up by 2" until 5' OR until final jumper (whichever happens 1st)*

3:15 B Pentathlon (PIT #2 – purple mats, after pent hurdles) Bar will move up in increments of 5cm

*Followed by Boys HJ (Starting Height 4'10" – one notch below standard)
Bar will move up by 2" until 6' OR until final jumper (whichever happens 1st)*

POLE VAULT: **3:00 G – Starting Height 6'6" (one notch below standard)**
 Bar will move up by 6" until 9' OR until final jumper

*Followed by Boys PV Starting Height 8'6" (one notch below standard)
Bar will move up by 6" until 11' OR until final jumper*

SHOT PUT: **3:00 – 4:30 G Shot Put followed by Pentathlon Shot Put G/B (3 throws)**
 5:00 – 6:30 B Shot Put (or sooner if pent is done)

DISCUS: **3:00 – 4:30 B Discus (bottom of the hill)**
 4:30 – 6:00 G Discus (bottom of the hill)

***ALL THROWERS (EXCEPT PENT) WILL GET 4 THROWS. NO FINALS.**

***FIELD EVENTS WILL BE FLIGHTED IF NUMBERS WARRANT DOING SO**

***Pentathlon Order of Events: 100H, HJ, SP, LJ, 800M/1500M**

-HJ will start at agreed upon height of pentathletes and official then move up in increments of 5cm.

-Pentathletes will only be inserted into field events upon completion of that event or in between flights.

-Each school is allowed up to TWO pentathletes.

FACILITY AND MEET INFORMATION

ENTRIES:

- CLASS C SCHOOLS ARE ALLOWED 1 AUTOMATIC ENTRY PER EVENT. To enter more than 1 athlete in an event, **ALL entries** must have met qualifying standards. Please refer to the Class C 2018 standards in your sectional packets. Each school may enter any number of athletes in an event, as long as everyone has met the standard (exception – 1 relay team & 2 pentathletes). **ALL athletes must have competed in 4 competitions prior to the class meet.**
- ***ALL entries are to be entered online at <http://ny.milesplit.com/> no later than 11:59pm Wednesday, May 23.* THIS IS A SCRATCH ONLY MEET. THERE WILL BE NO CHANGES/ADDITIONS ALLOWED AFTER WEDNESDAY 11:59PM.**
- Seeding is done the day of the meet, once all entries are entered online and any scratches have been done. **DEADLINE for scratches is 2:30pm. SCRATCH RULE IS IN EFFECT FOR CLASS MEETS.**
- **STEEPLECHASE will be held the day of sectionals at WCV (see order of events). Athletes need to have qualified in the 2000m/3000m steeplechase event OR in the 1500m/3000m/3200m to participate.**

RULES:

- We will be following the Federation Order of Events and Rules. We will also abide by the Section 3 Sportsmanship Policy. Keep in mind that in NYS the jewelry rule still applies. Athletes are **NOT** allowed to have cell phones or other electronic devices inside the area of competition. **NO** wireless speakers or boom boxes in any area of competition.
- Coaches, our facility is brand new, please make sure your athletes treat it respectfully, no spitting or chalk on the track/runways. **NO** spikes anywhere in the building. No littering. Please make sure your athletes are supervised at all times and are not leaving the premises or wandering the school.
- Students who are not competing, parents, and spectators **MUST** be outside the fenced in track area unless designated as a volunteer. This area is reserved for coaches, officials, timing staff, and competitors only.
- Weigh-ins for implements will take place in the elementary gym. Any implements deemed unsatisfactory by the official will be marked and impounded until the end of the meet.

SCORING & AWARDS:

- Scoring will be done by Leone Timing to 6 places **10-8-6-4-2-1** in ALL events, including relays.
- Girls and Boys teams will be scored separately and ALL races will be run separately.
- Coaches please pick up your award packets (medals, certificates, t-shirts) at the conclusion of the meet.

- All events will be run by officials. We have requested 11 officials (clerk, starter, head finish, 2 HJ, PV, SP, Discus, 2 LJ/TJ, and 1 Pent) for meet management and efficiency.
- WCV will provide volunteers for the meet, but to help the meet run smoothly and efficiently we ask that each school provide a competent volunteer to assist at field events. If you have competent adults to help with the field events please email me their names and which events they would prefer to work before Friday.
- We will attempt to have adults assist with all measuring and marking, but if you have athletes NOT competing that can help rake pits, move hurdles/steeple barriers, retrieve implements, or reset the bars please let me know in advance. We plan to have ALL assignments designated before Friday.

FACILITIES:

- Our new state-of-the-art facility includes an 8 lane straightaway, 6 lanes around, 2 HJ Pits – one for Girls (Grey) & one for Boys (Purple), 2 LJ/TJ Pits – one for Girls & one for Boys, a new Shot Put area, and a double-sided runway for PV (only one landing pit).
- Spikes will be allowed on the track. Please use ¼” or less {NO EXCEPTIONS}.
- We have a brand new block cart, so you don’t have to bring blocks unless you prefer your own. Please make sure your equipment is labeled with your school name/initials.
- Teams will have access to the building if needed. Bathrooms are located at the back of the elementary school with outside access. Additional bathrooms and locker rooms are available inside between the elementary gym and fitness center. We will have a trainer and ambulance on site. We will have water and ice available. The gyms and or buses will be used in case of inclement weather.
- Concession Stand will be located next to the bathrooms at the back of the elementary school and hosted by the Boys and Girls Athletic Associations. Food, snacks, and beverages will be available for purchase.
- Souvenir championship t-shirts will be available for purchase at the table next to the concession stand. T-Shirts are Columbia (Light) Blue, 100% polyester, and moisture wicking. Cost is \$15 per shirt, available sizes include S,M,L,XL, & XXL. First come first serve. We have 200 shirts to sell until they’re gone.
- WCV is dismissing the HS/MS at 12:30pm and the ELEM. at 1:30pm on Friday.
- Buses should arrive between 1:30pm-2:00pm and will drop off athletes and park in designated bus parking spots in front of our bus garage (see map). Athletes & Coaches will enter the facility near the scoreboard.
- **NO Tents** (team camps) will be allowed inside the fenced in area of competition NO EXCEPTIONS. Tents can be set up between the elementary and high school buildings (outside the elementary gym and fitness center – see map).
- In accordance with Section III rules, spectators will be charged an admission fee of \$5.00. Children age 5 and under are free. Spectators should enter the facility near the scoreboard end of the track. Please review map for designated parking areas.

SECTION 3 CLASS C-2 COACHES AND CONTACTS

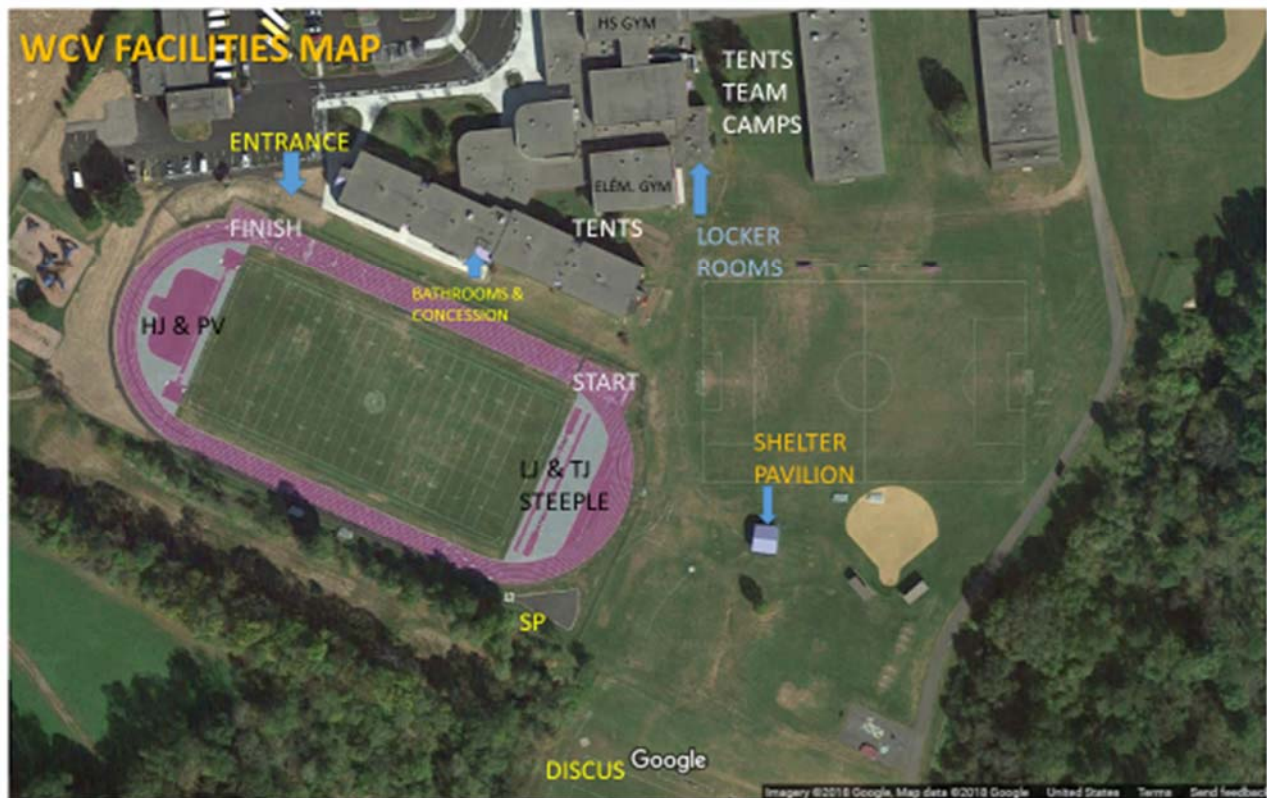
NAME	SCHOOL	CELL PHONE	EMAIL
JOHN LAWLER (G) ROGER JORDAN (B)	WEEDSPORT	315-834-6652	JLAWLER@WEEDSPORT.ORG RAJORDAN@GMAIL.COM
MICHELLE RAUBER (G) JIM PACCIA (B)	TULLY	607-749-5959 315-439-3147	MRAUBER@TULLYSCHOOLS.ORG JPACCIA@TULLYSCHOOLS.ORG
BILL OLEARY (G&B)	LAFAYETTE	315-420-6873	BOLEARY@LAFAYETTESCHOOLS.ORG
BILL OLEARY (G&B)	ONONDAGA	315-420-6873	BOLEARY@LAFAYETTESCHOOLS.ORG
IRENE THOMPSON (G&B)	SAS	315-289-2371	THOMPSON@SASCS.ORG
ALEX BARRETT (G) DANIELLE GRUNERT(B)	BEAVER RIVER	315-608-0119 315-523-3171	ABARRETT@BRCSD.ORG DGRUNERT11@HOTMAIL.COM
ASHLEY RANDAL (G) MATT RANDAL (B)	DOLGEVILLE	315-717-8646 315-717-3410	ARANDALL@DOLGEVILLE.ORG MRANDALL@DOLGEVILLE.ORG
NEAL BARTLETT (B) GREG WILLIAMS (G)	WESTMORELAND	315-292-0019 315-853-6883	NBARTLETT@WESTMORELANDSCHOOL.ORG GWILLIAMS@WESTMORELANDSCHOOL.ORG
PHIL LONGO (G&B)	BISHOP GRIMES	315-247-1423	BGTRACK1@GMAIL.COM
JASON MOYER (G) JEFF KLOPOTOWSKI (B)	SANDY CREEK	315-405-5814 585-314-0148	JMOYER@SCCS.CNYRIC.ORG JKLOPOT@SCCS.CNYRIC.ORG
FEDDIE SARUS (G) TODD HOBIN (B) MEET/SITE DIRECTORS	WEST CANADA VALLEY HOST SCHOOL	315-292-0220 315-525-9535 315-845-6800 WCV	FSARUS@WESTCANADA.ORG THOBIN@WESTCANADA.ORG
ED DOUGHERTY (AD)	WEST CANADA VALLEY	315-717-9073	EDOUGHERTY@WESTCANADA.ORG

SECTION III CLASS C-2 CHAMPIONSHIP T-SHIRT



100% POLYESTER, COST - \$15, SIZES S, M, L, XL, XXL

INSTRUCTIONS FOR VISITING TEAMS AND SPECTATORS



UPDATED May 20, 2018