



**Friday May 12th, 2023
4pm**

**Shenendehowa is host for the Section 2 State Qualifier Meet
Please fill out the [Team Information Form](#) ASAP to secure your spot!**

[*Or email clourobe@shenschools.org*](mailto:clourobe@shenschools.org)

*****We limit the field to ensure a smooth competition*****

**GREAT MUSIC, SHIRTS & FOOD TRUCKS
NEW CLERKING PROCEDURES TO ENHANCE WARMUPS
COACHES/OFFICIALS CONCIERGE TENT
EXPANDED BONUS ENTRIES
COACHES 4x100m RELAY**



ENTRY INFO:

1. Please fill out the [Team Information Form](#) ASAP to secure you spot!
OR Email [Coach Rob Cloutier](mailto:clourobe@shenschools.org) (clourobe@shenschools.org) with the following info:
 1. Boys, Girls or Coed Team
 2. Boys Head Coach Name + Email + Cell #
 3. Girls Head Coach Name + Email + Cell #
 4. How many total coaches are coming
 5. Any song requests
 6. Interested in a coaches 4x1 right after 4x4's?
 7. Any questions, concerns or requests?

2. Enter on [Milesplit](#) - Entries due May 10th Wednesday 11:59PM
 ***only scratches can be made day of by 3:30 ***
 Accepted entries will be posted on Thursday by 3pm
 Cutoff for Seeded Mile and 1500m will be posted as well

3. Teams can enter **2 per individual event + 1 per relay**
 All Individual Entries Must Meet Minimum Standards
 No minimum standard for relays
 To Enter 3rd or 4th entry (individual event) all 3/4 entries must meet Bonus Standard

4. **3000/3200m, Discus, Steeplechases** limited to top 18 entrants
 Verification of discus on Milesplit is required
 Teams may be limited to 2 entries in these limited events
 TBD based on total # of entries - subject to Meet Director's discretion

5. **Minimum measurements** for Horizontal Jumps:
 Girls: LJ - 14' TJ - 30'
 Boys: LJ - 17' TJ - 38'

6. **Minimum and Bonus Standards** (3rd Entry or 4th Entry)

| Boys | Minimum (1st/2nd) | Bonus (all 3 or 4) | Girls | Minimum (1st/2nd) | Bonus (all 3 or 4) |
|--------------|-------------------|--------------------|--------------|-------------------|--------------------|
| 110m Hurdles | 19.00 | 17.00 | 100m Hurdles | 20.00 | 18.00 |
| 400m Hurdles | 70.00 | 63.00 | 400m Hurdles | 79.00 | 75.00 |
| 100m | 12.50 | 11.84 | 100m | 14.00 | 13.24 |
| 200m | 25.00 | 23.75 | 200m | 30.00 | 27.75 |
| 400m | 56.00 | 54.00 | 400m | 66.00 | 63.00 |
| 800m | 2:12.00 | 2:05.00 | 800m | 2:40.00 | 2:24.00 |
| Mile | 4:59.99 | 4:40.00 | 1500m | 5:40.00 | 4:59.99 |
| High Jump | 5-0 | 5-9 | High Jump | 4-3 | 4-9 |
| Pole Vault | 9-0 | 10-6 | Pole Vault | 7-0 | 8-6 |
| Long Jump | 18-0 | 19-0 | Long Jump | 13-6 | 15-0 |
| Triple Jump | 36-0 | 39-0 | Triple Jump | 29-0 | 31-0 |
| Shot Put | 35-0 | 39-0 | Shot Put | 25-0 | 30-0 |

Discus - top 18 entries 2k/3k Steeplechase - top 18 entries 3k/3200m - top 18 entries

PAYMENT INFO:

1. \$250 per Gender \$400 Coed Blanket \$25 per individual \$40 per relay
 2. Checks should be made payable to and mailed to
Shenendehowa CSD, 5 Chelsea Place, Clifton Park, NY 12065
*****This is an Entry Fee not a Participation Fee*****
*****Payment due by day of Meet*****
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MEET INFO:

1. **Fully Automatic Timing:** First Across Timing **Results:** Live (Milesplit)
2. **Scratches must be made prior to 3:00pm**
email me up until 2:00 Friday with any scratches
**No additions will be made after the entries close (May 10th at 11:59pm)*
3. Please bring your own batons & starting blocks
4. We will adhere to NYSPHSAA and NFHS rules
5. Athletes may compete in up to 4 events
6. Tents can be used outside the stadium in grass field behind the main grandstand
7. We will have a trainer present for any medical needs
8. Coaches Meeting 3:15pm at the Clerk
9. **CLERKING:** New procedures will allow your athletes to better prepare for their races. However, it will also place the burden on them (and by extension you, their coaches) to make sure they don't miss their race.

Coaches will make any scratches on sheets provided at the clerking tables when they arrive up until 3:00. Coaches please plan your travel accordingly or make scratches on the bus ride by emailing me.

Approximately 30 minutes before the meet start time (3:30pm) heat sheets for the first events will be produced. Heat sheets will continue to be produced in event order in ample time for athletes to get their assignments. You will also be able to see heat and lane assignments on the Board by the end of the straightaway, at the Clerking tables and on our live results Milesplit page.

There will be two clerking tables – one for boys and one for girls. Athletes will be able to get heat and lane assignments and hip numbers from those clerks at any time after the clerks have received the sheets for an event (once they are posted on the board and online, you will know that the clerks have them as well).

Athletes will NOT be held at the clerk. They will be free to warm up on the infield as they need. Signage (white board) on the infield by the Clerk will alert athletes which race and heat(s) are currently being checked in. The clerks will also make an announcement over the PA system. Athletes who miss their race will NOT, under any circumstances, be added to a subsequent heat. Field events will check in directly at the field event.

AWARDS:

1. Team scoring: top 2 teams in each gender will be awarded championship trophies.
2. Scoring will be 10-8-6-5-4-3-2-1
3. The top 8 individuals and relays will receive awards!
4. Special Invite Events (Discus, 1500m, & Mile) will be awarded a unique award!
5. Awards can be picked up at the Awards tent once results have been announced & posted

ORDER OF EVENTS/MEET RECORDS

Sections will run fast to fastest *updated timeline will be posted/emailed once entries have been posted

| Time | Event | Record |
|-------------|---|---|
| 4pm | 100m/110m Hurdles (Girls, Boys Trials) | |
| | 100m (Girls, Boys Trials) | |
| | 1500m (<i>unseeded sections</i>) | |
| | Mile (<i>unseeded sections</i>) | |
| | 200m (Girls, Boys Trials) | |
| | National Anthem | |
| | “Legacy 1500m” (top 12 entrants) | 4:26.88 Hannah Reale (Shen) 2017 |
| | “Dynasty Mile” (top 12 entrants) | 4:18.48 Robert Becker (Kingston) 2017 |
| | Hurdle Finals (Boys, Girls) | 14.41 Josiah Kemp (Colonie) 2018 |
| | | 15.14 Gabby Stanavich (Amsterdam) 2017 |
| | 100m Finals (Boys, Girls) | 10.71 Cameron Sands (Roundout Valley) 2022 |
| | | 12.36 Alexandra Tudor (Shen) 2017 |
| | 400m (Girls, Boys) | 56.41 Sarah Knowles (Shen) 2015 |
| | | 48.01 Izaiah Brown (Amsterdam) 2015 |
| | 800m (Girls, Boys) | 2:12.89 Sarah Trainor (FDR) 2019 |
| | | 1:54.21 Collin Rowe (Shen) 2015 |
| | 400m Hurdles (Girls, Boys) | 65.39 Devanee Baskerville (Colonie) 2017 |
| | | 53.97 Jason Colindres (Shen) 2022 |
| | 200m Finals (Girls, Boys) | 25.18 Alexandra Tudor (Shen) 2015 |
| | | 21.66 Izaiah Brown (Amsterdam) 2015 |
| | 2000m Steeplechase | 6:51.46 Karrie Baloga (Cornwall) 2019 |
| | 3000m Steeplechase | 9:27.60 Jayson Hines (Kingston) 2017 |
| | 3000m | 9:51.02 Abigail Spiers (Niskayuna) 2018 |
| | 3200m | 9:24.29 Noah Carey (Guilderland) 2015 |
| | 4x100m Relay (Girls, Boys) | 49.18 Guilderland 2022 42.93 Colonie 2019 |
| | 4x800m Relay (Girls, Boys) | 9:31.03 Shaker 2022 8:04.38 Bethlehem 2016 |
| | 4x400m Relay (Girls, Boys) | 4:00.04 Burnt Hills 2022 3:20.21 Amsterdam 2015 |

| Time | Event | Record |
|-------------|------------------------------------|---|
| 4pm | Long Jump (separate pits) | 19'1" Alexandra Tudor (Shen) 2018 |
| | Top 9 to Finals | 22'4.75 Kevin Boudaud (Amsterdam) 2017 |
| 4pm | High Jump (Girls, Boys) | 5'4" Jaid Harrell (Kingston) 2018 |
| | Starting heights 4', 5' | 6'4" Malick Diamande (Bethlehem) 2016 |
| 4pm | Shot Put (Boys, Girls) | 44'5" Jill Shippee (Shen) 2017 |
| | Top 9 to Finals | 52'4.25" Alessandro Saltsman (Fonda-Fulton.) 2022 |
| 4pm | Discus (Girls, Boys) | 131'7" Jessica Craven (Shen) 2015 |
| | Top 9 to Finals | 188'7" Alessandro Saltsman (Fonda-Fulton.) 2022 |
| 6pm | Pole Vault (continuous bar) | 12'6" Alana Carroll (Averill Park) 2017 |
| | Starting heights 7', 9' | 14'8" Carter Petersen (Fonda-Fulton.) 2022 |
| | Triple Jump (following LJ) | 37'10.5" Alexandra Tudor (Shen) 2018 |
| | Top 9 to Finals | 47'4.25" Ronnel Forde (Shaker) 2015 |

DIRECTIONS:

970 Route 146 Clifton Park NY, 12065

There are 2 entrances:

a) Main Entrance is on left off Route 146 1.9miles from Exit

b) Is off of Moe Road.

Buses should drop off in main parking lot in front of High School East building