

Section XI Girls Winter Track

2025-2026

Section XI Coordinator – Deb Ferry

dferry@swr.k12.ny.us

Coaching Representatives

League 1 Maria Dounelis Riverhead	League 2 Tom Youngs Ward Melville
League 3 John Reynolds East Islip	League 4 Dave Claps Islip
League 5 Eddie Arnold Southampton	Large School Sarah Lambert North Babylon
	Small School Bill Dwyer Mount Sinai

Season Schedule:

Sunday	11/30/25	9:00 AM – 8:00 PM	Girls	Crossover A (4 Meets @ 2.75 hrs)	SCCC
Saturday	12/6/25	9:00 AM – 8:00 PM	Girls	Crossover B (4 Meets @ 2.75 hrs)	SCCC
Sunday	12/14/25	9:00 AM – 8:00 PM	Girls	Crossover C (4 Meets @ 2.75 hrs)	SCCC
Saturday	12/20/25	9:00 AM – 5:00 PM	Girls	Jim Howard Meet (Small School 9am-1pm) (Large 1pm-5pm)	SCCC
Saturday	12/27/25	12:30 PM - 4:30 PM	B & G	Weight Throw / Pole Vault / Distance	St. Anthony's
Sunday	1/4/26	9:00 AM – 8:00 PM	Girls	Crossover D (4 Meets @ 2.75 hrs)	SCCC
Sunday	1/11/26	10:00 AM – 3:00 PM	Girls	Art Mitchell Meet	SCCC
Friday	1/16/26	5:00 PM – 7:30 PM	Girls	League 1 Championship Meet	SCCC
Saturday	1/17/26	9:00 AM – 7:00 PM	Girls	League Championships (3,2,5,4)	SCCC
Sunday	1/25/26	10:00 AM – 3:00 PM	Girls	Jim Zeitler Coaches Classic	SCCC
Saturday	1/31/26	10:00 AM – 2:00 PM	Girls	Small School County Championships	SCCC
Saturday	1/31/26	2:00 PM – 6:00 PM	Girls	Large School County Championships	SCCC
Friday	2/6/26	6:30 PM -10:30 PM	B & G	Pole Vault & Weight Throw Competition	St. Anthony's
Monday	2/9/26	5:00 PM – 10:00 PM	B & G	State Qualifier Meet (Day 1)	SCCC
Tuesday	2/10/26	5:00 PM – 10:00 PM	B & G	State Qualifier Meet (Day 2)	SCCC
Friday	2/13/26	5:00 PM – 9:00 PM	B & G	State Qualifier Weight Throw&Pole Vault	St. Anthony's
Saturday	2/28/26	4:00 PM – 8:00 PM	B&G	Long Island Elite Meet (Invitational)	St. Anthony's

New York State Championship Meet → Friday & Saturday March 6-7 @ Ocean Breeze

2025- 2026 League & County Breakdowns

League 1	League 2	League 3	
Brentwood	Bay Shore	Huntington	1094
William Floyd	Sachem North	Northport	1067
Longwood	Lindenhurst	Smithtown East	1023
Middle Country	Ward Melville	Half Hollow Hills East	1001
Central Islip	Commack	Bellport	998
Patchogue-Medford	Connetquot	Deer Park	956
Riverhead	Copiague	East Islip	911
Walt Whitman	North Babylon	West Babylon	884
Sachem East		Smithtown West	879
League 4	League 5		
West Islip	Kings Park		
Comsewogue	Miller Place		
East Hampton/BH/PIER	Hampton Bays		
Eastport South Manor	Mount Sinai	Large Schools 875 + Above	
Hauppauge	Elwood- John Glenn	Small Schools 874 + Below	
Westhampton Beach	Shoreham Wading River		
Harborfields	Bayport Blue Point	* Large and Small School designation	
Half Hollow Hills West	Center Moriches	Is for County competition only	
Islip	Southampton		
Amityville	Babylon		
Rocky Point	Mattituck		
Wyandanch	Southold/Greenport	Riverhead Charter	
Sayville	Port Jefferson	Shelter Island	

GIRLS WINTER TRACK (General Information)

1. Team rosters are due by NOON, MONDAY, NOVEMBER 24th, 2025.

Schools must submit their roster online on MileSplit. New coaches, please go to this website immediately to set up an account. It takes a few days to finalize.

Click on the link below to bring you to the MileSplit page.

[Roster Collection 2026](#)

2. Participation Rules:

- Girls Section XI Winter Track will be governed by National Federation rules.
- **Schools may not bring more than 60 athletes to any Section XI meet.**
- The number of events an athlete may participate in during a meet depends on the guidelines established for that meet. Make sure you check the rules for each meet carefully before entering.
- **In no winter track meet may an athlete compete in more than three events.**
- An athlete must have 6 practices before the first contest (meet).
- An athlete is only permitted 15 contests, not including the County and State Qualifier Meet.
- An athlete must have competed in six meets prior to the Large/Small School Championships.

Please note any medical waivers for the winter season are to be submitted to Section XI prior to the League Championship Meets

3. Individual Competitors: (Athletes from Section XI without a school team)

- Individual competitors **must** participate in six sanctioned indoor meets to be eligible to compete in the Section XI Individual Championships (State Qualifier Meet).
- Individual competitors cannot compete in the League or Section XI Team Championships.
- Ten or more individual competitors from a school will constitute a team and must compete in the appropriate league.
- An individual athlete may only compete in 15 meets, not including Large/Small County Team Championships, State Qualifier and State Meet.

4. Uniforms:

- Uniforms consist of school issued shirts and shorts or a full-length track jersey/body-suit.
- If a logo is located on the shirt, it should be no larger than a business card.
- Undergarments can be worn by athletes, and unlike in the past, they do not have to be a solid color.
- Relay members must have clearly identifiable team-issued uniforms. If athletes are wearing undergarments, they do not have to be identical to the other members of relay.
- Shorts with a waist band containing logos or brand names are allowed to be worn.

5. Usage of Blocks and Spikes:

- **Starting blocks are provided by Suffolk West and can only be used at the League & County Championships as well as at the State Qualifier Meet.**
- **Racing Shoes with spikes are not allowed in any meets except for the League & County Championships and at the State Qualifier Meet. For these three meets, plastic bottom shoes are allowed. During all other meets, only rubber bottom racers are allowed (again, no spikes). Plastic bottom racing shoes are not allowed even if the spikes are removed. If your athlete is found in violation of this rule, they will be referred to Section XI for unsportsmanlike behavior. This means that they will be disqualified from the meet in which the violation occurs and their next contest.**

6. Competitor Clerking Responsibilities:

- Field event athletes should report directly to their event site with a Section XI index card.
- All runners are to report promptly to the clerking area or send a stand-in when event is called.
- **It's the athlete's responsibility to clerk on time. Once the event is clerked, the event is closed.**
- Athletes are reminded that there should be no talking in the clerking area when the official is talking. The athlete could be dismissed for noncompliance.
- Athletes should come to the clerking area ready to compete (running apparel and racing shoes).
- It is the athlete's responsibility to notify the clerk if she/he is leaving the clerking area to compete in a field event. It is highly recommended that you have a stand-in for that athlete.
- Teams will need a relay card once the event is called. The card must be properly filled out with the competitor's name, number, and the relay's seed time. The card should be handed into the clerk.

7. Seeding Information:

- No seedtimes are permitted from relay splits or oversized tracks, (Larger than 200 meters)
- You are not allowed to use a seedtime if your athlete or relay team was disqualified.
- No athlete will be permitted to compete in an event that requires a seed in which they have not established a seed or mark during that season. The only exception is a Medical Waiver approved by Section XI. That athlete will be seeded last in the event in which they are entered.
- Relay seeds must be actual, not composites.
- Seedtimes for all meets including the state meet will be the best actual mark time/jump/throw from any sanctioned meet during the season (December – February).
- Seeding conversions will only be permitted for Mile and 1600m → 1500m, and for the 2 mile/3200m → 3000m.
- Only Fully Automatic Times will be accepted as seeds.

8. Seeding Verification:

- A coach will have three (3) days from the day of the performance to notify the Sport Chairman of a performance that is not posted on MileSplit NY. Any meet that occurs in New York State should be posted on that site. This can be done by emailing Debra Ferry at dferry@swr.k12.ny.us
- Failure to do so will jeopardize the athlete from using those performances (seed) for the League and County Championships or the State Qualifier Meet.

9. Meet Director's Responsibilities:

- The meet director is in charge of running the meet.
- The meet director can and may assign coaches to assist him/her in running the meet.
- The meet director's responsibilities include: assisting in putting out/off hurdles, making sure equipment is available, handing out awards when necessary and running a smooth meet within the time frame. The meet director will notify the sport chairman of any problems.

12. Changing Meets:

- Teams will not be permitted to switch to a different meet then originally scheduled without the approval of the Section Coordinator. All requests must be in writing and approved by the school's athletic director to be considered.

13. Meet Cancellation:

All meets held on non-school days will be canceled prior to 7:00 AM by Section XI and Suffolk West.

- **Cancellations will be posted on:** <https://suffolkxctf.com>

Crossover Meets: Rules and Procedures

1. Participation:

- Athlete participation varies by crossover. Check crossover schedules for specific rules.
- **No athlete may compete in three open events in any crossover.**
- **Schools may have unlimited entries per track event, except in the 3000m and relays – 4 individuals in the 3000m/2 relay teams per event. There will only be one heat of the 3000m run (approximately 22 athletes) for the last three crossover meets.** Note - at the first two crossover meets the 55 and 55HH will be a final on time.
- All athletes must wear their number/bib on the front of their jersey. It is **HIGHLY** recommended that coaches collect them after each competition.

2. Clerking/Seeding

- Verbal seeding for all running events.
- Section XI 3 x 5 index cards are needed for all field events and relays. All cards must be properly filled out with the athlete's full name, school, competitor number and seed.

3. Specific Field Event Rules:

- a. Shot Put: Crossovers A and B- Three throws, no finals. Crossovers C, D & E - Seed top 18 - three throws bringing back 7 to finals. The remaining throwers will then be seeded, 3-throws with no final.
- b. High Jump- The High Jump will progress: 4', 4'3", 4'6", 4'8", 4'10" and then 1" thereafter.
- c. Long and Triple Jump:
 - **Teams are limited to 6 competitors in the Long Jump, and 6 in the Triple Jump**
 - **Long and triple jumps WILL NOT be permitted to get their steps by running against traffic. The state rule has been upgraded to an offense that will have your jumper disqualified.**
 - Three jumps with no finals.
 - After the first flight, only one measurement under 12' will be measured in the Long Jump.
 - After the first flight, only one measurement under 25' will be measured in the Triple Jump.
 - Take-off markers must be removed after jumpers are finished!

4. Specific Running Event Rules:

- a. Seeded sections will run first.
- b. Preferred lanes for 55m Dash, 55m Hurdles, 600m (3 - 4 - 2 - 5 - 1 - 6)
Preferred lanes for 300, 800m Relay and 1600m Relay (3 - 4 - 5 - 6 - 2 - 1)
- c. **Blocks cannot be used in the trials and finals of both the 55m & the 55mH.**
- d. The first three sections of the 600m will start in lanes, all others will run from a scratch start.
- e. The first six sections of the Open 300m will be run in lanes, all others will run from a scratch start.
- f. The first four sections of the Fr/Soph 300m will be in lanes, all others will run from a scratch start.
- g. The first section of the 1600m Relay will start in lanes. Box or scratch start for other sections.
- g. The first two sections of the 800m Relay will be run in lanes. The remaining sections will use a scratch start, not exceeding 9 teams per race.
- h. **3000m Run – * Coaches, it is your responsibility to count your athlete's laps. If your athlete is lapped twice during the race they must drop out of the race.**

Order of Events: Crossovers A & C

Long Jump, Shot Put and High Jump	(Triple Jump follows Long Jump)
55 Meter Hurdles	
3000 Meter Run	(2 turn box)
55 Meter Dash	
600 Meter Run	(2 turn stagger)
1000 Meter Run	(2 turn box)
300 Meter Dash	
1500 Meter Run	(1 turn box)
1500 Meter Walk	(1 turn box)
4 x 400m Relay	(2 turn stagger)
4 x 200m Relay	(3 turn stagger)
4 x 800m Relay	(2 turn box)

Order of Events: Crossover B & D

Triple Jump, Shot Put, High Jump	(Long jump follows Triple Jump)
55 Meter Hurdles	
1500 Meter Run	(1 turn box)
300 Meter Dash	
1000 Meter Run	(2 turn box)
600 Meter Run	(2 turn stagger)
55 Meter Dash	
3000 Meter Run	(2 turn box)
1500 Meter Walk	(1 turn box)
4 x 400m Relay	(2 turn stagger)
4 x 200m Relay	(3 turn stagger)
4 x 800m Relay	(2 turn box)

Crossover A - Sunday, November 29th, 2025

Athletes may compete in only two events.

9:00 AM - 11:45 AM

11:45 AM - 2:30 PM

Amityville		Bay Shore
Bayport-BP		Bellport
Commack		Brentwood
Comsewogue		Deer Park - TJ
Copiague		East Hampton
Eastport-SM		Hills East - LJ
Hills West - LJ		Kings Park
Lindenhurst		Longwood
Middle Country		Sachem East
Miller Place		Shelter Isle & Riverhead Chart
North Babylon - TJ		Shoreham-WR
Smithtown East		Westhampton Beach
West Babylon		Wyandanch

2:30 PM - 5:15 PM

5:15 PM - 8:00 PM

Central Islip		Babylon
Connetquot - LJ		Center Moriches
Hampton Bays		East Islip - LJ
Harborfields		Elwood/JG
Huntington		Hauppauge
Mattituck & Southold		Islip
Sachem North		Mount Sinai
Sayville		Northport
Smithtown West		Patchogue-Medford
Southampton		Port Jefferson - TJ
Walt Whitman - TJ		Riverhead
Ward Melville		Rocky Point
West Islip		William Floyd

Crossover B - Saturday, December 6th, 2025

Athletes may compete in only two events.

9:00 AM - 11:45 AM

11:45 AM - 2:30 PM

Babylon		Copiague
Center Moriches		East Islip
Central Islip		Eastport-SM
Harborfields - TJ		Hampton Bays
Islip		Hauppauge - LJ
Northport		Mount Sinai
Port Jefferson		North Babylon
Sachem East		Patchogue-Medford
Sachem North - LJ		Rocky Point
Shoreham-WR		Shelter Isle & Riverhead Chart
Smithtown West		Smithtown East
West Islip		Southampton - TJ
William Floyd		Walt Whitman

2:30 PM - 5:15 PM

5:15 PM - 8:00 PM

Bellport - LJ		Amityville - TJ
Brentwood		Bay Shore
Commack		Bayport-BP
Comsewogue		Connetquot
East Hampton		Deer Park
Huntington - TJ		Elwood/JG
Kings Park		Hills East
Lindenhurst		Hills West
Longwood		Miller Place
Mattituck & Southold		Sayville
Middle Country		Ward Melville - LJ
Riverhead		West Babylon
Wyandanch		Westhampton Beach

Crossover C - Sunday, December 14th, 2025

Two event limit - Except 8 athletes from each team which may compete in 3 events.

9:00 AM - 11:45 AM

11:45 AM - 2:30 PM

Bayport/BP - TJ		Amityville
Connetquot		Center Moriches
Deer Park		Commack - LJ
East Islip		East Hampton
Elwood/JG		Hampton Bays
Hills West		Huntington
Miller Place - LJ		Islip
Mount Sinai		Northport
Port Jefferson		Sachem East - TJ
Riverhead		Smithtown West
Rocky Point		West Islip
Sayville		Westhampton Beach
Ward Melville		William Floyd

2:30 PM - 5:15 PM

5:15 PM - 8:00 PM

Babylon		Bellport
Bay Shore - LJ		Brentwood
Eastport-SM		Central Islip
Hauppauge		Comsewogue
Hills East		Copiague
Mattituck & Southold		Harborfields
North Babylon		Kings Park - LJ
Patchogue-Medford		Lindenhurst
Shelter Isle & Riverhead Chart		Longwood
Smithtown East -TJ		Middle Country TJ
Southampton		Sachem North
West Babylon		Shoreham-WR
Wyandanch		Walt Whitman

Section XI - Jim Howard Meet

Saturday, December 20th, 2025

Small Schools – (9:00am- 1:00pm)

Large Schools – (1:00pm- 5:00pm)

- Each team can enter 8 athletes per individual event, except for LJ & TJ.
- Each team is limited to 3 athletes in the triple and long jumps.
- An athlete can only compete in 2 events.
- Each team can designate 4 athletes that can enter a third event.

ORDER OF EVENTS

55m HH

1500m Run

600m Run

55m Dash

1000m Run

300m Dash

3000m Run

1500m Walk

Coaches- Please time and count laps for 3000m

Field Events

High Jump

Shot Put

Long Jump (3 athletes per school)

Rakers: Large School West Babylon

Small School Eastport-South Manor

After the completion of the Long Jump

Triple Jump (3 athletes per school)

Rakers: Large School Smithtown West

Small School Southold

**Pole Vault / Weight Throw / High Jump
&
Unseeded Distance Races**

**Saint Anthony's High School
Saturday - December 27th, 2025
12:30pm - 4:30pm**

Entries are due on MileSplit by Friday, December 27th @ 7:00pm

This is a combined meet with both male and female athletes.

REMEMBER, the distance portion of this meet is for unseeded runners. Athletes are only able to compete in one running event. Coaches, please make sure you assist your athletes with counting laps.

Boys Pole Vault followed by girls.

The opening height for the boys is 9'6". The opening height for the girls is 7'. Progressions will be determined after entries are reviewed.

Boys Weight Throw followed by girls. Each athlete will receive three throws. If entries allow, finals will be instituted and the top six athletes will receive an additional three throws.

Boys High Jump followed by girls.

The opening height for the boys is 5'4". The opening height for the girls is 4'8".

Distance Races

Boys 3200m Run

Boys 1600m Run

Girls 3000m Run

Girls 1500m Run

Girls 1500m Walk

Crossover D - Sunday, January 4th, 2026

Two event limit - Except 8 athletes from each team which may compete in 3 events.

9:00 AM - 11:45 AM

11:45 AM - 2:30 PM

Brentwood		Babylon
Center Moriches		Central Islip
Commack		Comsewogue
Copiague - TJ		Connetquot
East Hampton		Elwood/JG
Hauppauge		Islip - LJ
Hills East		Lindenhurst
Huntington		Middle Country
Kings Park		Riverhead
Longwood		Sachem North
Patchogue-Medford		Sayville - TJ
Walt Whitman		Shelter Isle & Riverhead Chart
Westhampton Beach - LJ		Southampton

2:30 PM - 5:15 PM

5:15 PM - 8:00 PM

Bellport		Amityville
Deer Park		Bay Shore
East Islip		Bayport-BP
Harborfields		Eastport-SM
Mattituck & Southold		Hampton Bays - TJ
Miller Place		Hills West
Mount Sinai - LJ		North Babylon
Northport		Sachem East
Port Jefferson		Smithtown East
Rocky Point - TJ		Smithtown West
Shoreham-WR		Ward Melville
West Babylon		West Islip - LJ
William Floyd		Wyandanch

Section XI Art Mitchell Meet

Sunday, January 11th, 2026

10:00am - 3:00pm

Entries are due on MileSplit by 6:00 PM on Friday 1/10/2026

- Athletes may only compete in two events (relays count as an event).
- Freshmen will compete first, followed by Sophomore and Open.
- All relay teams are combined. (Only Open Division)
- A school is only permitted three relay teams per event.
- All events are final on time.
- Medals for the first three in each event.

Order of Events:

3000m Run	3 Sections - (Coaches should count their competitor's laps)
55m Dash	FAT – Frosh 6 heats– Soph 6 heats – Open 12 heats
1000m Run	2 Sections for each class
600m Run	Frosh 4 – Soph 4 – Open 6
55m Hurdles	All
1500m Run	2 Sections for each class
300m Dash	6 sections for each class
1500m Walk	3 sections
4 x 400m	6 races
4 x 200m	6 races
4 x 800m	2 sections
High Jump	4' – 4'3" – 4'6" – 4'8" – 4'10" – 5' Combined/separated for medals
Shot Put	One measurement under 15' for the Shot Put
Long Jump	One measurement under 12' for the Long Jump
Triple Jump	One Measurement under 25' for the Triple Jump

Rakers were not assigned for this meet.

Coaches with athletes in the event need to volunteer to help.

If coaches would just help with a flight, the event should run efficiently.

Girls League Championships

Please be aware that Section may charge spectators

Friday - January 16th, 2026

LEAGUE 1 5:00 PM – 7:30 PM

Entries for League 1 are due on MileSplit by 9:00 PM on Wednesday 1/14/26

Saturday - January 17th, 2026

LEAGUE 3 9:00 AM – 11:30 AM

LEAGUE 2 11:30 AM - 2:00 PM

LEAGUE 5 2:00 PM – 4:30 PM

LEAGUE 4 4:30 PM – 7:00 PM

Entries for the Leagues below are due on MileSplit by 7:00 PM on Thursday 1/15/26

Jury of Appeals: League Rep + 2 volunteer coaches determined at the beginning of the meet.

- Coaches Meeting 15 minutes prior to the meet.
- Medals for top 6 in each individual event and top 3 relays.
- It is the coach's responsibility to make sure that his/her entry is in on time.

Athletes that are not entered on time will only be able to compete if the head coach is disqualified from attending the championship event.

1. Schools may enter three athletes in each individual event.
2. Each school is allowed to enter a total of three relays. You can enter in any combination you like- but only a total of three, NOT three in each relay. (ex. One of each relay, or 1- 4x8, 2-4x4, 0- 4x2; or 2- 4x8, 1- 4x4, 0- 4x2)
3. Athletes can compete in a maximum of three events.
4. An athlete may compete in an event that they have not seed time. They cannot however compete in the seeded section of that event.
5. 55m Hurdles & 55m Dash: Preferred Lanes (3-4-2-5-1-6) **Blocks can be used in both trials and finals.**
 - Top 24 athletes will be seeded and can advance. All ties that cannot be broken & create more than 24 entries will not compete in seeded heats.
 - Six fastest times advance to finals.
6. In races run as finals, seeded sections will run last. (Exceptions: 1500m, 3000m)
7. Shot Put - 3 throws, 7 to the final
8. High Jump - High Jump - 4' - 4'3" - 4'6" - 4'8" to 4'10" then 1" thereafter
9. Triple Jump followed by Long Jump à 3 jumps (no finals)

Order of Events

3000m Run	Final
55m Dash (6 fastest advance to finals)	Trials
1000m Run	Final
55m Dash	Final
55m High Hurdles (6 fastest advance to finals)	Trials
600m Run	Final
55m High Hurdles	Final
1500m Run	Seeded Section
300m Dash Preferred Lanes (3-4-5-6-2-1)	Final
1500m Run	Unseeded Section
1500m Walk	Final
4 x 400m Preferred Lanes (3-4-5-6-2-1)	Final
4 x 200m Preferred Lanes (3-4-5-6-2-1)	Final
4 x 800m	Final

Jim Zeitler Coaches Classic

Sunday, January 25th, 2026

10:00am - 3:00pm

Entries are due on MileSplit by 9:00 pm on Friday 1/23/2026

Meet Information:

1. This is a meet to give our better athletes an opportunity to improve their performances, there are no frosh/soph events.
2. Each school is permitted 3 athletes per event and one relay team per relay event.
3. An athlete may only compete in two open events and a relay.
4. Preferred lanes for races that start in lanes are: 4-5-6-3-2-1

SCHEDULE OF RUNNING EVENTS

1	3000m Run			Final on Time
2	55mH			Semi - 6 fastest to final
3	1000m Run			Final on Time
4	55mH			Final
5	55m Dash			Semi - 6 fastest to final
6	600m Run			Final on Time
7	55m Dash			Final
8	1500m Run			Final on Time
9	300m Dash			Final on Time
10	1500m Walk			Final on Time
11	4 x 800			Final on Time
12	4 X 400			Final on Time
13	4 X 200			Final on Time

FIELD EVENT SCHEDULE

High Jump	Start 4'6", 2" to 5', 1" thereafter	
Shot Put	One measurement under 28'	
Long Jump	One measurement under 16'	Rakers: Longwood, William Floyd
Triple Jump	One measurement under 32'	Rakers: Riverhead, Center Moriches

Entries for Championship Meets

**** Very Important Information ****

Please note any medical waivers for the winter season are to be submitted to Section XI prior to the League Championship Meets

- 1) It is the coach's responsibility to make sure that his/her entry is in on time. When it says that the entry closes at 9pm, the system stops saving entries exactly at that time. It does not close you out of the system, so you may think you're clear to keep entering, but you are not. Please plan accordingly and allow enough time to complete your entry several minutes before the deadline.
 - 2) Relays must be entered with participating athlete's names included. Failure to do so will disqualify your team from the event. You are allowed to enter up to "8" names on a relay. If you decide not to add any alternates, you will not be able to do so at the meet if one of your athletes is unable to run.
 - 3) When entering a second relay team in an event, the "B" team's seed time should be adjusted to reflect that they are the slower team. You cannot use your team's best of the season seed time for both. MileSplit automatically puts in your best of the season time when you click on the "Add a Relay" tab; you must adjust it manually.
 - 4) Individual athletes that do not compete in an event in which they are entered will be ineligible to compete in any future events in which they are entered. This means they cannot compete on any relays in which they have been entered. You must use an alternate in their place.
 - 5) Please look at the packet page for each individual meet (League, County, and State Qualifier) for specific rules about the number of athletes and relays you may enter given the meet.
- *** Failure to follow these entry procedures (Rules 1&2) will result in the disqualification of the coach from the next post-season meet.**

SECTION XI TEAM CHAMPIONSHIPS

Saturday, January 31st, 2026

Small Schools: 10:00 AM - 2:00 PM

Large Schools: 2:00 PM - 6:00 PM

Please be aware that Section may charge spectators

1. Entries:

- **Entries for the Section XI Team Championships must be submitted on MileSplit by 10:00 AM on Thursday, January 29th, 2026. Seeding meeting that night - 6:30 PM Newfield High School**
- It is the coach's responsibility to make sure that his/her entry is in on time.
Athletes that are not entered on time will only be able to compete if the head coach is disqualified from attending the championship event.
- An athlete may compete in three events. Athletes shall not be entered in more than three (3) individual events. Their name may appear more than three times if they are entered as alternates on relays.
Athletes must compete in all open events that they have entered and can compete in no more than three events total.
- A school is permitted a total of three relay teams. You **may not** have more than one-relay team in an event. The first four runners on a relay must have run the stated seedtime.
- The top 24 athletes in each event will compete.

2. Seeding/Scratching:

- You must be able to verify all seeds if challenged. (Date, Venue, and Name of Meet)
- Any athlete that scratches/misses their event on the day of the meet will not be allowed to compete in the remainder of the meet.
- Seeded sections will run last, unless otherwise noted on the meet schedule (1500m & 3000m).

3. General Competition Rules:

- All athletes must wear numbers. Your athlete may be disqualified if his/her number cannot be read.
- No athlete will be disqualified if a number falls off during competition, provided he/she started with the number properly attached and visible. Please use four pins to secure the athlete's number.
- A competitor will be given ten minutes, from the time he/she notifies the field event official permission to compete or clerk in another event. It is strongly suggested you have another athlete check in for the athlete.
- Jury of Appeals: All League Representatives

4. Specific Field Event Rules:

- a. Long jump, Triple jump, and Shot put: 8 per flight, competitors may ask to compete earlier in the trials. This must be arranged by the coach at either the seeding meeting or upon the team's arrival to the venue.
- b. Seven competitors return to the finals.
- c. In the finals you **are not** permitted to jump or throw out of turn.
- d. High jump: Starting height- 4'3". The bar will be raised to 4'6"– 4'8"– 4'10" and 1" thereafter.

5. Specific Running Event Rules:

- a. **55m Hurdles & 55m Dash: Preferred Lanes (3-4-2-5-1-6)**
 - Blocks can be used in both trials and finals.
 - Top 24 athletes will be seeded and can advance. All ties that cannot be broken during the seeding that create more than 24 entries will not compete.
 - Six fastest times advance to finals.

- b. **300m Dash: Preferred Lanes (3-4-5-6-2-1)**
 - Blocks will be allowed in the finals, not the trials.
 - Heat winner and next two fastest times will advance.
- c. **600m Run: Preferred Lanes (3-4-5-6-2-1)**
 - Top 24 athletes will compete. The seeded section will run last.
 - Two-turn stagger.
- d. **1000m Run: Two turn box.**
 - 8 in the fastest section, 8 in the second fastest section, and 8 or less in the slowest section.
Additional runners may be added to the first section with the approval (vote) at the seeding meeting.
- e. **1500mW, 1500m Run & 3000m Run: Two turn box.**
 - 10 in the faster section, 14 or less in the slower section
- f. **4x200m Relay: Preferred Lanes (3-4-5-6-2-1)**
 - 3 turn stagger - Second leg will cut in after running the 3rd turn in lanes/on back stretch.
 - Seeded sections will run last.
- g. **4x400m Relay: Preferred Lanes (3-4-5-6-2-1)**
 - 2 turn stagger
 - Seeded sections will run last.
- h. **4x800m Relay: Two turn box**
 - 8 in the faster section, all others will run in the slower section
 - If you have less than 12 teams, you may run one section (vote) at the seeding meeting with a 10 minute break.

Time Schedule found on the next page.

Section XI Team Championships

Small School Time Schedule

Saturday, January 31st, 2026

10:00 AM – 2:00 PM

10:00	AM	Clerking of running events, Triple Jump, High Jump, Shot Put (Long jump follows Triple Jump)				
10:10	AM	55 Meter Hurdles	6 Fastest Advance	Trial		
10:20	AM	55 Meter Dash	6 Fastest Advance	Trial		
10:30	AM	3000 Meter Run	2 Sections Seeded first		2 turn box	
11:00	AM	55 Meter Hurdles		Final		
11:10	AM	55 Meter Dash		Final		
11:20	AM	1000 Meter Run		Final	2 turn box	
11:45	AM	1500m Walk		Seeded		
12:00	AM	300 Meter Dash	4 Heats - Winner next 2 fastest	Trial		
12:15	AM	600 Meter Dash	Lanes (3-4-5-6-2-1)		Final	2 turn stagger
12:30	PM	1500 Meter Run	2 Sections Seeded First	Final	2 turn box	
12:45	PM	300 Meter Dash	Lanes (3-4-5-6-2-1)	Final		
12:55	PM	1500 Meter Walk		Unseeded	2 turn box	
1:10	PM	4 x 800 Meter Relay		Final	2 turn box	
1:35	PM	4 x 400 Meter Relay	Lanes (3-4-5-6-2-1)	Final	2 turn lane	
1:50	PM	4 x 200 Meter Relay	Lanes (3-4-5-6-2-1)	Final	3 turn stagger	

Section XI Team Championships

Large School Time Schedule

Saturday, January 31st, 2026

2:00 PM – 6:00 PM

2:00	AM	Clerking of running events, Triple Jump, High Jump, Shot Put (Long jump follows Triple Jump)				
2:10	AM	55 Meter Hurdles	6 Fastest Advance	Trial		
2:20	AM	55 Meter Dash	6 Fastest Advance	Trial		
2:30	AM	3000 Meter Run	2 Sections Seeded first		2 turn box	
3:00	AM	55 Meter Hurdles			Final	
3:10	AM	55 Meter Dash		Final		
3:20	AM	1000 Meter Run		Final	2 turn box	
3:45	AM	1500m Walk		Seeded		
4:00	AM	300 Meter Dash	4 Heats - Winner next 2 fastest	Trial		
4:15	AM	600 Meter Dash	Lanes (3-4-5-6-2-1)	Final	2 turn stagger	
4:30	PM	1500 Meter Run	2 Sections Seeded First	Final	2 turn box	
4:45	PM	300 Meter Dash	Lanes (3-4-5-6-2-1)	Final		
4:55	PM	1500 Meter Walk		Unseeded	2 turn box	
5:10	PM	4 x 800 Meter Relay		Final	2 turn box	
5:35	PM	4 x 400 Meter Relay	Lanes (3-4-5-6-2-1)	Final	2 turn lane	
5:50	PM	4 x 200 Meter Relay	Lanes (3-4-5-6-2-1)	Final	3 turn stagger	

Pole Vault / Weight Throw / High Jump

Saint Anthony's High School

February 6th, 2026

6:30pm - 10:30pm

Doors open at 5:45pm

Do not attempt to enter the building before that time.

Entries are due on MileSplit by Wednesday, February 5th @ 7:00 pm

This is a combined meet with both male and female athletes.

Girls Pole Vault followed by boys.

The opening height for the girls is 7'6". Opening height for the boys is 10' 0". Progressions will be determined after entries are reviewed.

Girls Weight Throw followed by boys. Each athlete will receive three throws. If entries allow, finals will be instituted and the top six athletes will receive an additional three throws.

Girls High Jump followed by boys.

Opening height for the girls is 4'9" and for the boys, 5'6".

Progressions will be determined after entries are reviewed.

SECTION XI INDIVIDUAL CHAMPIONSHIP

Monday & Tuesday, February 9th and 10th, 2026

Please be aware that Section may charge spectators

STATE QUALIFIER MEET

(Jury of appeals → League Reps + Large/Small School Reps)

Relays → Small school 599 and below Large School 600+

1. Entries:

- **Entries for the Section XI Individual Qualifier must be submitted on MileSplit by 10:00 AM on Thursday, February 5th, 2026. Seeding meeting will be held that evening - 6:30 PM Newfield HS**
It is the coach's responsibility to make sure that his/her entry is in on time.

Athletes that are not entered on time will only be able to compete if the head coach is disqualified from attending the championship event.

- An athlete may compete in three events. Athletes shall not be entered in more than three (3) individual events. Their name may appear on the entry more than three times if they are entered as alternates on relays. **Athletes must compete in all open events that they have entered and cannot compete in more than three events total.**

2. Number of Participants:

- 55m Dash, 55m Hurdles, 300m Dash, 600m Run, 1000m Run, 1500m, 1500mW, 3000m → Top 24
- LJ, TJ, HJ, SP, PV, WT → Top 18
- 4x200m and 4x400m → Top 12 Large schools and Top 6 Small schools to qualify. The two divisions will compete in different finals.
- 4x800m → Top 6 Large schools & Top 2 Small schools. A 3rd can be added if they meet the state standard. The two divisions will run in one race.

3. Seeding/Scratching:

- You must be able to verify all seeds if challenged. (Date, Venue, and Name of Meet)
- Any athlete that scratches or misses their event the day of the meet will not be allowed to compete in the remainder of the meet.
- The first four runners on a relay must have run the stated seedtime.
- Seeded sections will run last in all races that are finals based on time.
- If your athlete is selected to compete in this meet, we expect him/her to compete.

4. Specific Field Event Rules:

- a. A competitor will be given ten minutes, from the time he notifies the field event official, permission to compete in or clerk into another event.
- b. Long jump, Triple jump, Shot put, and Weight throw: 6 per flight, competitors may ask to compete earlier in the trials. This must be arranged by the coach at either the seeding meeting or upon the team's arrival to the venue.
- c. Five competitors return to the finals.
- d. In the finals you **are not** permitted to jump or throw out of turn.
- e. High jump: Starting height- 4'6". The bar will be raised two inches to 5' → 1" thereafter.
- f. Pole Vault: Starting height is 7'6". The bar will be raised to 8'6", 9', 9'6", 10' → 3" thereafter.

5. **Specific Running Event Rules:**

- a. 55m Hurdles & 55m Dash: Preferred Lanes (3-4-2-5-1-6) Blocks allowed trials and finals.
Winner and next two fastest times for final.
- b. 300m Dash: Preferred Lanes (4-5-6-3-2-1) Blocks allowed trials and finals.
4 Heats of 6, Winner and next four fastest times for final. Two heat final (Lanes 4-5-6-3)
- c. 600m Run: Preferred Lanes (4-5-6-3-2-1)
4 Heats of 6. The seeded section will run last.
Two- turn stagger. Final on Time.
- d. 1000m Run & 1500m Run: Two turn box.
Three heats of 8. The seeded section will run last.
Two-turn stagger. Final on Time.
- e. 1500mW, 3000m Run: Two heats of 12. Two turn box. Final on Time.
- f. 4x200m Relay: Preferred Lanes (4-5-6-3-2-1) Blocks are allowed.
3 turn stagger - Second leg will cut in after running the 3rd turn in lanes/on back stretch.
The seeded section will run last.
- g. 4x400m Relay: Preferred Lanes (4-5-6-3-2-1)
2 turn stagger- Lead off runner will cut in after the 2nd turn.
Final on Time. The seeded section will run last.
- h. 4x800m Relay: Box start - Six on the line, two/three on turn. Final on time.
- i. Frosh/Soph events are limited to 12 athletes. These athletes **are not** eligible to advance to States.

6. **NYSPHSAA Championship Meet Qualifiers:**

- a. First and second place finishers in each individual event plus the third-place finisher provided he/she meets the qualifying standard.
- b. **The top non-qualifying finishers** in the 300, 600, 1000, and 1500 will comprise the Intersectional Relay.
Intersectional Relay @ NYS Meet: (1000 – 200 – 600 – 1600)
- c. The first-place finisher in each relay, plus the second-place finisher provided the relay meets the state qualifying standard for both Division 1 and Division 2 teams.

Postseason Meets: (ex. Eastern States/Long Island Elite). Athletes may only use these performances to improve their seeds in the NYSPHSAA Championships. There have been cases where an athlete on the Intersectional relay obtained the time to move into the open event; that move is allowed. The next finisher in that athlete's event will move up to the Intersectional relay.

* Improved seeds **may** be used to qualify an athlete or relay for the NYSPHSAA Championships that did not qualify at the State Qualifier Meet itself. For example, the 3rd place runner in the Boys 3200m that does not have the time on the night of the State Qualifier Meet to qualify for the state meet may go to another meet, run the qualifying time, and go to states up until the State Meet entry deadline.

Time Schedule found on the next page.

Section XI Indoor State Qualifying Meet Schedule

Meet may not run more than 5 minutes faster than scheduled.

DAY ONE			DAY TWO		
Time	Event	# Heats	TIME	EVENT	# HEATS
5:00pm	Girls 55mH	4	5:00pm	Girls 1000m	3
5:20pm	Boys 55mH	4	5:10pm	Boys 1000m	3
5:40pm	Girls 55mD	4	5:20pm	Girls 300m Trials	4
5:55pm	Boys 55mD	4	5:40pm	Boys 300m Trials	4
6:10pm	Girls 3000m	2	6:00pm	Girls 1500m Racewalk	2
6:35pm	Boys 55mH	1	6:30pm	Girls 600m	4
6:45pm	Girls 55mH	1	6:45pm	Boys 600m	4
6:55pm	Girls 55mD	1	7:00pm	5-10 min break	
7:00pm	Boys 55mD	1	7:05pm	Girls 1500m Run	3
7:05pm	Boys 3200m	2	7:25pm	Boys 1600m Run	3
7:30pm	Girls Division 1 4x400m	2	7:50pm	Girls 300m Finals	2
7:45pm	Girls Division 2 4x400m	1	7:55pm	Boys 300m Finals	2
7:50pm	Boys Division 1 4x400m	2	8:00pm	Frosh/Soph Girls 300m	2
8:00pm	Boys Division 2 4x400m	1	8:10pm	Frosh/Soph Boys 300m	2
8:05pm	Girls Division 1 4x200m	2	8:20pm	Frosh/Soph Girls 1500m	1
8:15pm	Girls Division 2 4x200m	1	8:25pm	Frosh/Soph Boys 1600m	1
8:20pm	Boys Division 1 4x200m	2	8:30pm	Girls 4x800m Relay	1
8:30pm	Boys Division 2 4x200m	1	8:45pm	Boys 4x800m Relay	1
5:00pm	Girls Shot Put	Top 16	5:00pm	Girls Long Jump	Top 16
5:00pm	Girls Triple Jump	Top 16	5:00pm	Girls High Jump	Top 16
7:00pm	Boys Shot Put	Top 16	7:00pm	Boys Long Jump	Top 16
7:00pm	Boys Triple Jump	Top 16	7:00pm	Boys High Jump	Top 16
Pole Vault and Weight Throw will occur on Friday, February 13th, 2026 @ Saint Anthony's HS					

2026 NYSPHSAA/ NYS Federation

3rd Individual Competitor Qualifying Standards

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"

A third qualifying competitor in an individual event must have met the qualifying standard in his/her state qualifying meet or in meets designated by the Sectional Coordinator. **They also must have placed third in the state qualifying meet to qualify for the State Meet.**

2026 NYSPHSAA/ NYS Federation

2nd Relay Qualifying Standards

4 x 200	Division-1	1:47.54	1:34.94
	Division-2	1:50.34	1:36.65
4 x 400m	Division-1	4:06.94	3:32.44
	Division-2	4:15.25	3:37.42
4 x 800m	Division-1	9:36.24	8:05.04
	Division-2	10:09.012	8:36.26

For relays, the second-place relay may advance **if they have met the standard.**
A school may only have one entry per relay event.

State Meet Schedule found at end of packet.

All-Sectional Dinner: Monday, March 2nd, 2026

All-Sectional Selection:

The All-County Team will be chosen from results of the State Qualifier Meet.

- 1) The top four place finishers in all individual events.
- 2) The top relay (Division 1 and Division 2) at the State Qualifier Meet.

Academic All-County Selection:

Athletes must meet the following criteria:

- 1) They must be a **SENIOR** ranked in the top **10%** of their class.
- 2) Individual Events: They must place in the top six in either the Large School, Small School, or State Qualifier Meets.
- 3) Relay Events: They must be a **competing** member of the **top relay** in either the Large School, Small School, or State Qualifier Meets.

Names for Academic All-County must be submitted by the athlete's coach on a Google Doc survey. The survey will be sent in an email along with other end of the season information at a later date.

Outstanding Athlete Awards

- These awards will go to the "top" five performers for the 2025 - 2026 season.
- All coaches will have a chance to nominate their athletes on a Google form emailed at a later date. (Give a rundown of the achievements of your athlete during the current season)
- Coaches will vote on google form.

Scholarships:

The Coaches Association presents four scholarships (\$500) to deserving SENIORS. A male & a female athlete that best embodies the "Coaches Award" winner on any given team. To be eligible for this scholarship you as their coach must fill out an application on Google Docs. It is a short form, but you must write a paragraph on why you think your athlete deserves this award. More information will be emailed to you with the end of the season information.

Important Websites:

Suffolk XC/TF Coaches Association: www.suffolkxctf.com

Section XI : www.sectionxi.org

MileSplit NY: <http://ny.milesplit.com>

Armory Track: www.armorytrack.com

Ocean Breeze: www.oceanbreezenyc.org

State Meet Order of Events and tentative time schedule on next page.

NYS Indoor Track & Field Meet - Order of Events

*Times schedule is subject to change. A final schedule will be available after closure of entries.

Meet management reserves the right to run ahead of schedule, but not any more than 15 minutes*

Ocean Breeze Athletic Complex - Friday, March 6

Check-in / Start Time	Track Event Schedule	
1:00 PM	Track Open for Warm-ups	
1:45 PM	Track Closed for Warm-ups	
2:00 PM	Boys 55M Hurdles Trials	5
2:15 PM	Girls 55M Hurdles Trials	5
2:30 PM	Boys 55M Dash Trials	5
2:45 PM	Girls 55M Dash Trials	5
3:00 PM	Boys 3,200M Run	2
3:25 PM	Adaptive Race Trials	1
3:30 PM	Boys 55M Hurdles Finals	1
3:35 PM	Adaptive Race Final	1
3:35 PM	Boys 55M Dash Final	1
3:45 PM	Girls 55M Dash Final	1
3:50 PM	Girls 3,000M Run Finals	2
4:20 PM	Boys 1,600M Relay Division 1 Final	4
4:40 PM	Boys 1,600M Relay Division 2 Final	4
5:00 PM	Girls 1,600M Relay Division 1 Final	4
5:20 PM	Girls 1,600M Relay Division 2 Final	4
5:40 PM	Boys 800M Relay Division 1 Final	4
5:50 PM	Boys 800M Relay Division 2 Final	4
6:00 PM	Girls 800M Relay Division 1 Final	4
6:10 PM	Girls 800M Relay Division 2 Final	4
Check-in / Start Time	Field Event Schedule	
2:00 PM	Girls Shot Put - Flight 1, 2, 3, Final	Large Cage
2:00 PM	Boys Triple Jump	North Pit
2:00 PM	Girls Triple Jump	South Pit
2:00 PM	Girls Pole Vault	Both Pits
4:30 PM	Boys Shot Put - Flight 1, 2, 3, Final	Large Cage

Ocean Breeze Athletic Complex - Saturday, March 7		
Check-in / Start Time	Track Event Schedule	
8:30 AM	Track Open for Warmups	
9:30 AM	Track Closed for Warmups	
10:00 AM	Boys 1,000M Run	3
10:10 AM	Girls 1,000M Run	3
10:20 AM	Girls 1,500M Racewalk	2
10:45 AM	Boys 300M Dash Trials	6
10:55 AM	Girls 300M Dash Trials	6
11:05 AM	Boys 600M Run	6
11:25 AM	Girls 600M Run	6
11:45 AM	Boys 1,600M Run	3
12:05 PM	Girls 1,500M Run	3
12:45 PM	Boys 3,400M Intersectional Medley Relay	1
1:00 PM	Girls 3,400M Intersectional Medley Relay	1
1:15 PM	Boys 300M Dash Finals	3
1:25 PM	Girls 300M Dash Finals	3
1:35 PM	Boys 3,200M Relay Final - Division 1 & 2 Combined	4
2:10 PM	Girls 3,200M Relay Final - Division 1 & 2 Combined	4
2:45 PM	Boys 1,600M Relay Final - Federation	2
2:55 PM	Girls 1,600M Relay Final - Federation	2
3:05 PM	Boys 800M Relay Final - Federation	2
3:10 PM	Girls 800M Relay Final - Federation	2
Check-in / Start Time	Field Event Schedule	
9:30 AM	Girls Weight Throw - Flight 1, 2, 3 Final	Large Cage
10:00 AM	Boys Pole Vault	Both Pits
10:00 AM	Girls Long Jump	North Pit
10:00 AM	Boys Long Jump	South Pit
11:00 AM	Boys High Jump	North Pit
11:00 AM	Girls High Jump	South Pit
12:30 PM	Boys Weight Throw - Flight 1, 2, 3 Final	Large Cage