

INTRODUCTION

WELCOME to another season of Winter Track and Field in Section V. The Rochester Winter Track League continues to grow, with several new teams joining us this year. At the same time, we are trying to maintain the high standards of meets that we have had over the past few years, and we have attempted to respond to various requests made by you, the coaches. However, if we are to remain successful, if we are to remain viable, we need the help of ALL coaches and athletes. A few people cannot, and should not be expected to do things alone.

This has been a very difficult year in arranging a schedule. There is construction that is going on at Hobart/ William Smith Colleges, so we could not schedule meets after January 16, and other sites had various activities, meets, and other competitions going on in their facilities. In addition, if your team intends to compete in any meet at the New York Chiropractic Institute, your school must submit a certificate of insurance. If your school does not submit the certificate, then you cannot compete at that facility. A copy of what is needed is in your handbook. Please take care of this as quickly as possible. The Chiropractic Institute will notify me who may or may not compete at their facility. Even if you think you may not be going there, I strongly suggest that you send them the certificate, just in case you need a meet towards the end of the season.

We hope that this is a successful year for you and your athletes. If you have questions, feel free to ask. Good luck.

RULES FOR THE 2009 – 2010 ROCHESTER WINTER TRACK SEASON

1. FOOTWEAR. Absolutely no plastic bottom plated shoes may be worn. Shoes with a plastic plate may not be used. No metal spikes of any kind. Some shoes have slight areas of plastic in the arch; these may be used at all sites except New York Chiropractor. Athletes found using inappropriate footwear will be disqualified from the meet, and an unsportsmanlike conduct form will be sent to their school, meaning the athlete will be banned from the next meet, at a minimum. If you have a question, bring the shoe to a meet officer.

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 (NYSPHSAA 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.

3.DIVISIONS. In many events, we will run a Varsity, JV, and modified events for both boys and girls. Athletes should be placed in the proper division by their coach. In addition, if the meet is listed as VARSITY ONLY, do not bring your non-varsity athletes. Conversely, if the event is listed as Junior Varsity or Modified only, please do not run your Varsity athletes in that meet.

4. ROSTERS and NUMBERS Coaches will be submitting their roster on line. Athletes will NOT be wearing numbers this year. 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 be limiting the meet to Varsity only, and at times, 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 5 heats for boys and girls. For Hobart 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. 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 meets at New York Chiropractor, blocks cannot have any spikes in them.. **For meets at Hobart, RIT, and University of Rochester, bring your own blocks, and these blocks may have ¼” spikes in them.**

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 Hobart, University of Rochester, 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 BOOM BOXES or TAPE PLAYERS are allowed without a headset.

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 can not 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. Buses cannot park on Wilson Blvd. at the University of Rochester. **At RIT, buses should enter lot D (by the track) and follow the directions of the RIT security personnel.**

12. OLDFIELD STYLE. For safety reasons, no Oldfield throwing of the shot at New York Chiropractor. **At Hobart, the Oldfield style may be used if the coaches of the athletes help to control the crowd near the event.** Since the shot will be in a separate area at the University of Rochester, it may be done there. It may also be done at RIT since there will be a cage. 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 \$3.00 for adults, and \$2.00 for students.

14. CLERKING. Clerking will be done at the starting line of each event. Unless otherwise noted, the order will be **Varsity, JV, and then Modified, Girls followed by Boys. This will be the same order for the field events.**

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. (YNN 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. Because of differences in facilities, a duplicate award(s) will be given in similar events if we have different bests (45/55m Dashes, 50/55m Hurdles) Athletes cannot win two awards for similar events

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. If you plan on working the meets, let me know what days you wish to work.

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 with the field events
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

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 on file. **If I do not have a sheet, the athlete may not compete in the event.** 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.**

21. OPEN PIT. For meets where both the long and triple jumps are being done, 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. The official will tell the officials how much time the jumpers will have, and all jumpers will warm up at the same time. **In some meets, where both long and triple jumps are being contested, the top sixteen boys and the top sixteen girls will have three jumps, all others will have two.**

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 the UNIVERSITY OF ROCHESTER.

- a. All athletes must stay out of the Palestra.
- b. No food or gum in the floor of the field house. Water and sports' beverages may be consumed. There is new astro turf in the building, thus the rule. The U of R will be running a concession stand and have an area for athletes to eat
- c. Please place garbage in the cans available.
- d. Doors into the field house may vary – check our website to see what doors will be used for each meet.
- e. Buses may not park on Wilson Blvd. They must park on Library Road

24. Special Rules for ROCHESTER INSTITUTE OF TECHNOLOGY

- A. Arrive at the time scheduled. If it says 6:00, then arrive at 6:00 – practices will be going on, so do not arrive early.
- 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. RIT will run a concession stand, on the second floor.

25. SECTIONALS. We will be having a **four** class sectional, with a meet of champions (state qualifier) ten days later. In order to compete in the Sectionals and State Qualifier, and athlete must compete in **SIX** different sanctioned high school meets. In addition, the athlete must meet the qualifying standard. Hardship cases will be decided by the Section V Games committee.

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 year, 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 be given out throughout the year, and appear on our web site.

27. STATE MEET. Athletes qualifying for the State Meet will be leaving Penfield High School on Friday, March 5. The state meet, which is on Saturday, March 6 will be at Barton Hall at Cornell University. The boys' meet will start at 8:45, and the girls' meet will start at 1:30. When the boys are done, they will return home. 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. **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 after January 1.**

27. ORDER of EVENTS

Friday, December 11 – RIT – 6:00 – 11:00 - A,D,E no modified

Friday, December 11 – U of R – 6:00 – 11:00 – B,C,F no modified

55m Hurdles	Girls then Boys Pole Vault 4 girls, 4 boys per school
600m Run	Boys, then Girls Long Jump 5 boys, 5 girls per school
300m Dash	Girls, then Boys Shot Put
Girls 1500m.Run	Girls, then Boys High Jump
Boys 1600m Run	Boys, then Girls triple Jump – 3 boys, 3 girls per school
1000m Run	Two Events per Athlete – no modified
Girls' 1500m Race Walk	
4 x 200m Relay – one boys and one girls team per school.	
4 x 400m Relay – one boys and one girls team per school.	

Friday, December 18 – Hobart/William Smith – 6:00 – 11:00 East**Saturday, December 19 – Hobart/ William Smith – 10:00 – 3:00 – Central**

4 x 800m Relay	Boys, then Girls Pole Vault
55m Dash	Girls, then Boys Triple Jump – 5 girls, 5 boys per school
55m Hurdles	Boys and Girls Shot
Girls 3000m Run	Boys, then Girls High Jump
Boys 3200m Run	Girls, then Boys Long Jump – 3 girls, 3 boys per school
300m Dash	
1000m Run	
4 x 400m Relay	2 Events per Athlete
Girl 1500m Race Walk	

Saturday, December 19 – U of R – 11:00 – 5:00 – West

4 x800m Relay	Boys, then Girls Pole Vault
55m Dash	Girls, then Boys Triple Jump
55m Hurdles	Boys, then Girls Shot
Girls 3000m Run	Boys, then Girls High Jump
Boys 3200m Run	Girls, then Boys Long Jump (4 girls, 4 boys)
300m Dash	
1000m Run	
Girls 1500m Race Walk	2 events per athlete
4 x 400m Relay	

Wednesday, December 23 – RIT – 5:00 – 11:00 – BCE**December 23 – Hobart/ William Smith – 5:00 – 11:00 ADF**

4 x 200m Relay	Girls, then Boys Pole Vault
Girls 1500m Race Walk	Boys, then Girls Long Jump
Girls 1500m Run	Boys and Girls Shot
Boys 1600m Run	Girls, then Boys High Jump
300m Dash	Boys, then Girls Triple Jump – 4 per school
600m Run	
Girls 3000m Run	Two Events per athlete
Boys 3200m Run	
1000m Run	
55m Dash	
55m Hurdles	
4 x 800m Relay	

Tuesday, December 29 RIT – 10:00 – 6:00 – ABC**Hobart/ William Smith – 10:00 – 6:00 – DEF**

4 x 400m Relay	Boys, then Girls Pole Vault
55 m Hurdles	
1000m Run	Girls, then Boys Triple Jump
Girls 3000m Run	Boys and Girls Shot
Boys 3200m Run	Boys, then Girls High Jump
55m Dash	Girls, then Boys Long Jump
600m Run	
300m Dash	
Girls 1500m Race Walk	3 Events per Athlete
Girls 1500m Run	2 events per Modified Athlete
Boys 1600m Run	
4 x 200m Relay	
4 x 800m Relay	

Saturday, January 2 RIT – 10:00 – 6:00 – DEF
Hobart/ William Smith – 10:00 – 6:00 ABC

4 x 800m Relay	Girls, then Boys Pole Vault
4 x 200m Relay	Boys, then Girls Long Jump
Girls 1500m Racewalk	Boys and Girls Shot
Girls 1500m Run	Girls, then Boys High Jump
Boys 1600m Run	Boys, then Girls Triple Jump
300m Dash	
600m Run	
55m Dash	
Girls 3000m Run	3 Events per Athlete
Boys 3200m Run	2 Events per Modified Athlete
1000m Run	
55m Hurdles	
4 x 400m Relay	

Friday, January 8 Hobart/ William Smith - Class C & D 6:00 – 11:00 Rochester Relays
Saturday, January 9 RIT – Class A & B – 10:00 – 6:00 Rochester Relays

NOTE: Make normal Track/Field entries for the individuals where their performances will be added together.

G/B 3 x 55m Hurdles (add times)	B/G 2 Person Long Jump Relay (distances will be added)
Girls 2 Person 3000m Run (add times)	G/B 2 Person Pole Vault Relay (heights will be added)
Boys 2 Person 3200m Run Relay (add times)	B/G 2 Person Shot Relay (distances will be added)
G/B 4 x 800m Relay	G/B 2 Person High Jump Relay (heights will be added)
G/B Double 4 x 1 Lap Relay	B/G 2 Person Triple Jump Relay (distances will be added)
Girls 2 Person 1500m Racewalk (add times)	
G/B Distance Medley Relay (1200, 400, 800, 1600)	
G/B 4 x 200m Relay	
G/B Regressive Relay (1000, 800, 600, 400)	
G/B 3 person 300m Dash Relay (add times)	
G/B Sprint Medley Relay (800 – 200 – 200 – 400)	
G/B 4 x 400m Relay	
G – 4 Person 1500m Run Relay (add times)	
B – 4 Person 1600m Run Relay (add times)	

Saturday, January 9 – JV/ Modified – University of Rochester 3:00 – 9:00

1. 55m Hurdles	
2. Girls 3000m Run	Shot Put – Girls then Boys
3. Boys 3200m Run	Boys, then Girls High Jump
4. 1000m Run	Girls, then Boys Pole Vault
5. 600m Run	Girls, then Boys Long Jump , Girls, Boys Triple Jump
6. Girls' 1500m Racewalk	
7. 55m Run	
8. Girls 1500m Run	
9. Boys 1600m Run	
10. 300m Dash	
11. 4 x 1 Lap Relay	
12. 4x 2 Lap Relay	
13. 4 x 1 Lap Relay	

Friday, January 15 – Hobart/ William Smith – BDE 6:00 – 11:00 Varsity Only**Saturday, January 16 – Hobart/ William Smith – 10:00 – 3:00 Varsity Only**

300m Dash	Boys/ Girls Pole Vault
Girls 3000m Run	Girl/ Boys High Jump
Boys 3200m Run	Boy/ Girls Long Jump the Boys' Girls Triple Jump
600m Run	Boys and Girls Shot
4 x 200m Relay	
1000m Run	
Girls 1500m Racewalk	There will be standards – each school will get 2 athletes per event – for more, must meet standard.
Girls 1500m Run	One relay per sex per school
Boys 1600m Run	
4 x 400m Relay	
55m Dash	
55m Hurdles	2 events per athlete
4 x 800m Relay	

Monday, January 18 – Brighton Sports Zone 10:00 – 2:00 JV/Modified

3000m Run	
3200m Run	Boys. Girls High Jump
55m Hurdles	Boys/ Girls Shot Put
55m Dash	
600m Run	
1000m Run	
300m Dash	
Girls 1500m Run	3 events per athlete (2 events for modified)
Boys 1600m Run	
Girls 1500m Racewalk	
4 x 400 Relay	
4 x 200 Relay	

Friday, January 22 – New York Chiropractic – 6:00 – 11:00 – JV/ Modified, Classes A & B – Jim Cleveland Sub Varsity Championships**Saturday, January 23 – New York Chiropractic – 10:00 – 3:00 –JV/Modified Classes C & D – Jim Cleveland Sub Varsity Championships**

1. Girls 3000m Run	Girls/ Boys Shot
2. Boys 3200m Run	Girls/ Boys Pole Vault
3. 1000m Run	Boys/ Girls High Jump
4. Girls 1500m Race Walk	
5. 600m Run	
6. 45m Dash	
7. Girls 1500m/ Boys 1600m Run	
8. 300m Dash	3 Events per Athlete
9. 50m Hurdles	
10. 4 x 800m Relay (Boys and Girls together if possible)	
11. 4 x 400m Relay	
12. 4 x 200m Relay	

Friday, January 22 – U of R – 6:00 – 11:00 – Varsity Only A,D,E**January 22 – RIT – 6:00 – 11:00 - Varsity Only – B,C, F**

Girls 3000m Run	Girls/ Boys Shot
Boys 3200m Run	Girls/ Boys Pole Vault
1000m Run	Boys/ Girls High Jump
Girls 1500m Race Walk	Girls/ Boys Long Jump –
600m Run	
55m Dash	Girls/ Boys Triple Jump
Girls 1500m Run	2 events and a relay per athlete
Boys 1600m Run	
300m Dash	There will be standards
55m Hurdles	
4 x 800m relay one girls/ one boy Team per school i	
4 x 400m Relay One Girls/ One Boys Team per School	
4 x 200m Relay One Girls, One Boys Team per School	

Thursday, January 28 – Field Event Meet at Aquinas High School – 5:00 – 9:00

Girl/ Boys Triple Jump	
Girl Boys Long Jump	2 events per athlete
Girl/ Boys High Jump	
Boys/ Girl Pole Vault	
Boy/Girls Shot Put	

Friday, January 29, NY Chiropractic – 6:00 – 11:00 DEF - VAR ONLY**Saturday, January 30 – NY Chiropractic – 10:00 – 3:00 – ABC –VAR ONLY**

50m Hurdles	Boys/ Girls Pole Vault
45m Dash	Girls/ Boys High Jump
3000m Run	Boys, then Girls Shot
3200m Run	
1000m Run	2 events per athlete – standards on web page.
300m Dash	No Relays.
600m Run	
Girls 1500m Race Walk	
Girls 1500m Run	
Boys 1600m Run	

Friday, February 5 – New York Chiropractic – ABC – 6:00 – 11:00 Varsity Only**Saturday, February 6 – New York Chiropractic – DEF – 10:00 – 3:00 – Varsity Only**

4 x 400m Relay	Girls/ Boys Pole Vault
Girls 1500m Race Walk	Boys/ Girls High Jump
Girls 1500m Run	Girls, then Boys Shot
Boys 1600m Run	
45m Dash	
50m Hurdles	2 events per athlete – standards on web page.
600m Run	There will <u>not</u> be 300, 3000, 3200 for this meet.
1000m Run	
4 x 200m Relay	
4 x 800m Relay	

Sectionals**Wednesday, February 17– Classes B & C at RIT – 6 :00 – 11:00****Thursday, February 18 – Classes A & D at RIT– 6:00 – 11:00**

Order of Events

Girls 3000m Run	Girls, then Boys Long Jump
Boys 3200m Run	Boys, then Girls Shot
1000m Run	Boys, then Girls Pole Vault
Girls 1500m Race Walk	Girls, then Boys High Jump
600m Run	Girls, then Boys Triple Jump
55m Dash	
Girls 1500m Run	
Boys 1600m Run	
300m Dash	
55m Hurdles	
4 x 800m Relay	
4 x 400m Relay	
4 x 200m Relay	

Saturday, February 27 – RIT - State Qualifier – 6:00 – 11:00 (doors open- 5pm)

4 x 400m Relay – Trials	Girls/ boys High Jump
4 x 200m Relay – Trials	Boys' / Girls Pole Vault
Girls 3000	Boys' / Girls Shot
Boys 3200m Run	Boys/ Girls Long Jump, then Triple Jump
55m Trials	
1000m Run	
55m Dash Semi's	
600m Run	
55m Dash Finals	
Girls 1500m Race Walk	
Boys/ then Girls 55m Hurdles – Trials	
Girls/ Boys 300m Trials	
1500m Run	
1600m Run	
Girls/ Boys 55m Hurdles – Semi's	
15minute Break	
Boys/ Girls 55m Hurdles Finals	
Girls/ Boys 300m Dash Finals	
4 x 800m Relay	
4 x 400m Relay finals	
4 x 200m Relay finals	