



SECTION 3 CLASS C-2 CHAMPIONSHIP

Waterville High School

May 21st, 2019

STEEPLECHASE, Monday May 20th **@Whitesboro High School**

5:30 REPORT TIME

6:00pm Start

COACHES MEETING

3:20 Coaches' Meeting (on the infield)
Scratches due to clerk
T-shirt pre-order pickup (\$ due)

ORDER of FIELD EVENTS May 21st:

3:20 Shot and discus weigh-ins (Concessions)
3:20 Get marks down for Jumps (no run throughs)
3:45 Field Event Warm-Ups begin(run throughs allowed)
4:00 Field Events begin

HORIZONTAL JUMPS: Seeded in Flights 4 attempts
Girls (near pit) & Boys (far) Long Jump (4pm start)
...Followed by Girls & Boys Triple
...Pent will be inserted at the completion of a flight

THROWS: Seeded in Flights 4 attempts
Girls Discus & Boys Shot (4pm start)
...Followed by Girls Shot & Boys Discus Triple
...Pent shot inserted at the completion of a flight.

POLEVAULT:
Girls Polevault (4pm start) (3:30pm WARMUPS)
...Followed by Boys Polevault

HIGH JUMP:
Girls and Boys High Jump (to start after Pent High Jump is completed)....2 pits: Girls/Boys

ORDER RUNNING EVENTS May 21st:

4:00 Running Events begin
***ORDER IS **BOYS** then **GIRLS** except for 100/110 HH Boys then Girls, so we won't need to move hurdles.

100HH PENT followed by 110HH PENT

4x800m Relay

110HH followed by 100HH Final

100m Final

1600/1500m

4x100m Relay

400m

400m Hurdles

800m

200m

3200m/3000m

4x400m Relay

Pent 1500/800

TIME TBD End of Meet Meeting. For Awards

MEET COORDINATOR: Kristen Willson KristenRoseWillson@gmail.com
Feddie Sarus fsarus@westcanada.org

SCORING 6 PLACES (Includes Relays) 10-8-6-4-2-1

ENTRIES: must be done online at ny.milesplit.com by 11:59pm on Sunday, May 19th. If you need assistance, please contact Leone Timing with any questions. They usually respond quickly – kbrazil@milesplit.com (Kyle)

- Athletes **MUST** have met the **QUALIFYING STANDARDS** in effect. You may enter as many athletes in an event who have qualified. **Marks/Times will be CHECKED! 1 relay team and 2 pentathletes ONLY per team.**
- The scratch rule is in effect. If an athlete scratches from one event they are no longer eligible to participate in subsequent events at the meet.
- Enter Steeple Chasers Online! You will also have to do card entry at Whitesboro.

VOLUNTEERS: Each team will also be assigned events to work for the meet. You need to supply a competent helper or the coach will be asked to cover.

- Tully & Notre Dame: Shot,
- Beaver River & Sandy Creek: Disc,
- Weedsport/Westmoreland: Boys Horizontal Jumps,
- Syracuse A. Science & Utica A. Science: Girls Horizontal Jumps,
- Oriskany & Lafayette: High Jump,
- West Canada & Bishop Grimes: Pole-vault

AWARDS: will be available for pick-up at the end of the meet. Section III Medals, Section Banner (or banner line), and T-shirts for the winning team. 1st Place finishers for each event get a different medal.

T-SHIRTS: will be available for pre-order! Orders due May 7th, 2019, to jlr34@cornell.edu Only a LIMITED number will be available for sale at the meet. T-Shirt Pick-up will be at the Coaches meeting prior to the meet. All ordered shirts will be bagged and ready for you at pre-meet meeting. Money for shirts is due at this time.

CONCESSIONS: Full Concessions available. Bathrooms at concessions!

TENTS & TEAM CAMPS: Stay behind the fence on the soccer field behind concessions. AWAY FROM THROWS. Make sure your team is supervised. **No warm-ups can start before an official is present and the event has begun.**

BUSING & PARKING: There will be workers assisting with parking for both cars and buses!

ENTRANCE FEE: \$3 per person for spectators to enter the meet. The money goes to Section III to help off-set the cost of the meet.



CLASS C 2019

Qualifying Times/Distances:

GIRLS C

	HAND/FAT
100	13.8/14.04
200	29.5/29.74
400	67.5/67.24
800	2:43/2:43.24
1500	5:43/5:43.24
3000	12:25/12:25.24
100 FT.	18.5/18.74
400 LH	77.0/77.24
STEEPLE	9:30/9:30.24
* Can use 1500/3K time to qualify for steeple	
Pentathlon	2 entries
LONG	14'0"
TRIPLE	30'0"
HIGH	4'6"
POLE	7'0"
SHOT	27'0"
DISCUS	75'0"
400 Relay	1 entry
1600 Relay	1 entry
3200 Relay	1 entry

BOYS C

	HAND/FAT
100	12.5/12.74
200	25.7/25.94
400	58.4/58.64
800	2:20.6/2:20.84
1600	5:10.9/5:11.14
3200	11:28.4/11:28.64
STEEPLE	12:18.0/12:18.24
* Can use 3200 time to qualify for steeple	
110HH	19.7/19.94
400LH	71.1/71.34
PENT	2 entries
LONG	17'
TRIPLE	34'
HIGH	5'
POLE	9'
SHOT	34' 6"
DISCUS	98'
400 Relay	1 entry
1600 Relay	1 entry
3200 Relay	1 entry

SECTIONAL ORDER OF EVENTS:

Order on the Track:

4:00 Start Time

BOYS then GIRLS

- 100HH/110H PENT
- 4x800m Relay
- 110/100 High Hurdles
- 100m Dash:
- 1500/1600
- 4x100m Relay
- 400m
- 400m Hurdles
- 800m
- 200m
- 3,000/3,200m
- 4x400m Relay

*END OF MEET MEETING ON INFIELD
FOR AWARDS TIME TBD*

Field Events:

- 3:20 Shot/Disc Weigh-ins (Concessions)
- 3:20 Start getting marks for Jumps, no run throughs until 3:45pm.
- 3:45pm Field Event Warmups begin
- 4:00pm Field Events Begin
- 4:30pm Boys/Girls High Jump start

HORIZONTAL JUMPS: *FLIGHTS 4 attempts*

Girls (near pit) & Boys (far) Long Jump (4pm start)

...Followed by Girls & Boys Triple

...Pent inserted at the completion of a flight

THROWS: *SEEDED IN Flights 4 attempts*

Girls Discus & Boys Shot (4pm start)

...Followed by Girls Shot & Boys Discus

...Pent inserted at the completion of a flight

POLEVAULT:

Girls Polevault (4pm start)(3:30WARM-UP)

...Followed by Boys Polevault

Girls (Starting Height 6' 6" one notch under qualifying. Up by 6" until 9' or final jumper whichever happens first)

Boys (Starting Height 8' 6" one notch under qualifying. Up by 6" until 11' or final jumper whichever happens first)

HIGH JUMP:

...to start after Pent High Jump is completed
2 PITS! Girls & Boys SAME TIME

Girls (Starting Height 4'4" one notch under qualifying height. Up 2" until 5' or final jumper whichever happens first)

Boys (Starting Height 4'10" one notch under qualifying height. Up 2" until 6' or final jumper whichever happens first)

SECTIONAL Championship 2019 T-Shirt Order

Orders Due by: May 7th and Money Due/Shirts Distributed at SECTIONALS May 21st, 2019

Email: jlr34@cornell.edu Jen Collins (WCS Sport Boosters) with questions.

Cash or Checks made out to "Waterville Sports Boosters" accepted

Tank Top \$20

Cost: S-XXL



SIZE	TOTAL QUANTITY ORDERING:
S	
M	
L	
XL	
XXL	

Long Sleeve \$20

Cost: S-XXL



SIZE	TOTAL QUANTITY ORDERING:
S	
M	
L	
XL	
XXL	

School: _____

Coach's Name: _____

Both Shirts are 50/50 Cotton Polyester Blend. In Carolina Blue, and Heathered Purple

****VERY Limited Quantities available of the meet so make sure you pre-order!*