

2022 DIVISION I & II CSC LEAGUE CHAMPIONSHIPS
TRACK & FIELD
WEDNESDAY, MAY 18 4:00PM

West Canada Valley High School, 5447 State Route 28, Newport, NY 13416



DIVISION I



SHERBURNE



LITTLE FALLS



CLINTON



HOLLAND PATENT



CANASTOTA

DIVISION II



ADIRONDACK



FRANKFORT



WEST CANADA



HERKIMER



DOLGEVILLE

3:00PM TEAMS ARRIVE – Follow parking instructions/set up team camps (see maps)
 3:00PM – 3:30PM *COACHES PICK UP SCRATCH SHEETS – LEONE TIMING @ FINISH LINE*
 (weigh implements on the infield, athletes warm up/get marks for field events)
 3:30PM – 3:45PM COACHES/OFFICIALS MEETING (on the infield)
 4:00PM ALL EVENTS BEGIN

ORDER OF EVENTS

DIVISION I FOLLOWED BY DIVISION II (some events will be combined based on entries)

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. | G | 1500M | Final |
| 10. | B | 1600M | Final |
| 11. | G | 4 x 100 Relay | Final |
| 12. | B | 4 x 100 Relay | Final |
| 13. | G | 400M | Final |
| 14. | B | 400M | Final |
| 15. | G | 400LH | Final |
| 16. | B | 400IH | Final |
| 17. | G | 800M | Final |
| 18. | B | 800M | Final |
| 19. | G | 200M | Final |
| 20. | B | 200M | Final |
| 21. | G | 3000M | Final |
| 22. | B | 3200M | Final |
| 23. | G | 4 x 400 Relay | Final |
| 24. | B | 4 x 400 Relay | Final |
| 25. | G | 800M | Pentathlon (or sooner if ready) |
| 26. | B | 1500M | Pentathlon (or sooner if ready) |
| 27. | G | 2000M Steeplechase | Final |
| 28. | B | 3000M Steeplechase | Final |

FIELD EVENTS

DIVISION I FOLLOWED BY DIVISION II (PV/HJ combined)

LONG JUMP: **4:15 – GIRLS Division I followed by Division II (PIT # 1)**
4:15 – BOYS Division I followed by Division II (PIT # 2)
Pentathlon Long Jump (on first available pit – 3 jumps)

TRIPLE JUMP: **5:45 – GIRLS Division I followed by Division II (PIT # 1)**
5:45 – BOYS Division I followed by Division II (PIT # 2)

***ALL JUMPERS WILL BE FLIGHTED AND GET 4 JUMPS. NO FINALS.**
***PIT #1 JUMPS TOWARDS THE SCHOOL, PIT #2 TOWARDS THE SHOT PUT**

HIGH JUMP: **4:15 G Pentathlon (PIT #1 – grey mats, after pent hurdles) Bar will move up
in increments of 5cm**

*Followed by Girls HJ (D1 & D2) Starting Heights = one notch below standard
Bar will move up by 2" until 5' OR until final jumper (whichever happens 1st)*

**4:15 B Pentathlon (PIT #2 – purple mats, after pent hurdles) Bar will move
up in increments of 5cm**

*Followed by Boys HJ (D1 & D2) Starting Heights = one notch below standard
Bar will move up by 2" until 6' OR until final jumper (whichever happens 1st)*

POLE VAULT: **4:15 G – Starting Heights = one notch below standard
Bar will move up by 6" until 9' OR until final jumper**

*Followed by Boys PV Starting Heights = one notch below standard
Bar will move up by 6" until 11' OR until final jumper*

DISCUS: **4:15 – GIRLS Division I followed by Division II**
5:45 – BOYS Division I followed by Division II
Pentathlon Shot Put (inserted between flights or at completion of event)

SHOT PUT: **4:15 – BOYS Division I followed by Division II**
5:45 – GIRLS Division I followed by Division II

***ALL THROWERS WILL BE FLIGHTED AND GET 4 THROWS. NO FINALS.**
DISCUS IS LOCATED AT THE BOTTOM OF THE HILL, SHOT PUT TOP OF THE HILL

***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 to enter **ONE** male and **ONE** female pentathlete.

FACILITY AND MEET INFORMATION

FACILITIES:

- Our 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 block cart, so you don’t have to bring blocks unless you prefer your own. Please make sure your equipment is clearly 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 on site. We have water and ice if needed. The gym and or buses will be used for inclement weather.
- A Concession Stand will be available, hosted by the Boys and Girls Athletic Associations. Food, snacks, and beverages will be available for purchase.
- Buses will drop off athletes and park in designated bus parking spots in front of our bus garage (see map). Please avoid the HS Circle because we moved Elem. dismissal to that location. Athletes & Coaches will enter the facility near the scoreboard.
- **NO Tents** (team camps) will be allowed inside the fenced in area of competition or on the hill/sidewalk area (reserved for spectators). Team camps can be set up between the elementary and high school in the courtyard or between the soccer field and shot put area (near the large pavilion).

ENTRIES:

- **All entries are to be entered online at <http://ny.milesplit.com/> no later than **11:59pm Monday, May 16. THIS IS A SCRATCH ONLY MEET! COACHES, REMEMBER THIS MEANS YOU SCRATCH DOWN FROM 4 EVENTS. NO CHANGES CAN BE MADE ONCE ENTRIES HAVE CLOSED. DEADLINE FOR SCRATCHES IS 3:30PM****
- Seeding is done the day of the meet once all entries/scratches have been confirmed
- *Each team may enter 3 athletes in each individual event (INCLUDING STEEPLE BUT **NOT** PENT.), and 1 relay team. Each team has **4 WILDCARD** entries to be used at the coach’s discretion in the individual events only (**EXCEPT PENT**). You may use more than one wildcard in the same event (for example, you could enter 4 additional athletes to Discus if you think they could place). You **DO NOT** have to use all of your wildcards or entries. Athletes must have competed in a minimum of 3 meets to be eligible to participate in league championships.
- This year we will be **SCORING PENTATHLON AND STEEPLECHASE**. Each school is allowed 1 female and 1 male athlete for PENT and 3 entries for STEEPLE. The order of pentathlon events will be: 100HH/110HH, HJ, SP, LJ, 800m/1500m
- Athletes may enter up to 4 events (including relays and steeple). The only exception is for pentathletes (5 events).

RULES:

- We will follow 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 is in effect. 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, please make sure your athletes treat our facility 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, meet management, and competitors only.
- Weigh-ins for implements will take place on the infield (3:00-3:30). 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, pentathlon, and steeplechase. Live results are available online at <https://www.leonetiming.com/>
- Girls and Boys teams will be scored separately and ALL races will be run separately. Division I & II will be scored separately, but some events will be combined.
- Coaches, please remember to stay until the conclusion of the meet to get your **AWARDS PACKET** and **TO VOTE ON AWARDS**. Ribbons will be awarded for 1st – 6th place. The Most Outstanding Track and Most Outstanding Field athletes of the meet will receive a plaque for both the boys and girls. Patches will be awarded to the winning team at the post-season CSC coaches' meeting {**Tuesday, May 31 6:00pm @ Sauquoit HS**}.
- 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 Pent) for meet management and efficiency.
- WCV will provide ALL volunteers for the meet. However, if you have competent adults and/or assistant coaches who would like to help with field events or hurdles and steeple barriers please email me (fsarus@westcanada.org) their names and which events they would prefer to work by Tuesday, May 17.
- 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.
- WCV will also provide staffers for the meet and have administrators on site to assist visiting schools and spectators.
- The singing/playing of the National Anthem will take place 5 minutes prior to the start of the first event.

FACILITIES MAP & INSTRUCTIONS FOR VISITING TEAMS & SPECTATORS





CSC DIVISION I/II TEAMS & CONTACT INFO



<u>NAME</u>	<u>SCHOOL</u>	<u>PHONE</u>	<u>EMAIL</u>
SCOTT CLARKE (GIRLS)	D2 HERKIMER	315-360-3509 315-866-2230 x2300	SCLARKE@HERKIMERCSD.ORG
JASON RICHARD (BOYS)	D2 HERKIMER	315-866-2230 SCHOOL 315-868-1022	JASONRICHARD13350@YAHOO.COM
DAN GUENTHNER (GIRLS)	D2 DOLGEVILLE	315-429-3155 SCHOOL 315-717-1922	DGUENTHNER@DOLGEVILLE.ORG
MATT RANDALL (BOYS)	D2 DOLGEVILLE	315-429-3155 SCHOOL 315-717-3410	MRANDALL@DOLGEVILLE.ORG
MITCH MARYHUGH (GIRLS)	D2 ADIRONDACK	315-942-9200 SCHOOL 315-525-3590	MMARYHUGH@ADIRONDACKCSD.ORG
BRITTANY LEWIS (BOYS)	D2 ADIRONDACK	315-942-9200 SCHOOL 315-941-5960	BLEWIS@ADIRONDACKCSD.ORG
NORM DEEP (BOYS & GIRLS)	D1 CLINTON	315-557-2253 SCHOOL 315-271-0061	MEET DIRECTOR D1 NDEEP@CCS.EDU
ED RACE (BOYS)	D1 HOLLAND PATENT	315-865-8154 SCHOOL 315-534-2307	EDWARD.RACE@GMAIL.COM
BRITTANY KESSLER (GIRLS)	D1 HOLLAND PATENT	315-865-8154 SCHOOL	BKESSLER@HPSCHOOLS.ORG
HOST SCHOOL FEDDIE SARUS (GIRLS)	D2 WEST CANADA	315-292-0220 315-845-6800 EXT.4309	MEET DIRECTOR D2 FSARUS@WESTCANADA.ORG
HOST SCHOOL TODD HOBIN (BOYS)	D2 WEST CANADA	315-525-9535 315-845-6800 EXT.4168	SITE COORDINATOR THOBIN@WESTCANADA.ORG
WILLIAM SLENTZ (GIRLS)	D1 SHERBURNE - EARLVILLE	607-674-7300 SCHOOL 607-337-0915	SLENTZW@SEONLINE.ORG
WESLEY MACKER (BOYS)	D1 SHERBURNE EARLVILLE	607-674-7300 SCHOOL 631-655-6845	MACKERW@SEONLINE.ORG
ANTHONY REINA (BOYS & GIRLS)	D2 FRANKFORT – SCHUYLER	315-895-7461 SCHOOL 315-525-8546	AREINA@FRANKFORT-SCHUYLER.ORG
JOCELYN BEERS (GIRLS)	D1 LITTLE FALLS	315-823-1167 SCHOOL 315-219-2028	JBEERS@LFCSD.ORG
CHRIS TOHER (BOYS)	D1 LITTLE FALLS	315-823-1167 SCHOOL 518-332-7748	CTOHER@LFCSD.ORG
TABITHA GAGLIANESE-WHITE (GIRLS)	D1 CANASTOTA	315-697-2003 SCHOOL 315-317-6842	TWHITE@CANASTOTACSD.ORG
JOHN TYLER (BOYS)	D1 CANASTOTA	315-697-2003 SCHOOL 315-416-9488	JTSTEEL34@YAHOO.COM

UPDATED May 7, 2022

