

*****NOTE*****

SECTIONAL INFORMATION

2026

PLEASE READ COMPLETELY AND CAREFULLY

NO VOUCHERS ARE REQUIRED!!

However, each school is still assigned an event responsibility and is expected to provide **Adult helpers**.

(*Not students or athletes that are in the meet)

(If no helpers are supplied, it is the **coach's** responsibility to do that job).

Please, check your event responsibility, (on page 3), **TODAY!**, so you can have people lined up for the job.

Restricted Area – The Track & Clerking Area

NO ELECTRONICS

Only: **Athletes; Officials; Board Approved coaches w/wristbands; and Event helpers w/wristbands** will be allowed in the competition area. All spectators, parents and friends are to stay outside the fence.

*Any athlete entered must have participated in **6** meets in the 2026 Outdoor Track season.

THANK YOU FOR YOUR COOPERATION!

SECTIONALS 2026

TO: All "Group 1" Boys and Girls Track Coaches

FROM: Ryan Jones, Columbia, C- 518-817-3817
Tyler Ronan, Watervliet C- 518-847-6646

RE: "Group 1" Track & Field Sectionals - Co-Ed

DATE: Wednesday, May 27, 2026

TIME: Track & Field Events start at 4:00 p.m.

PLACE: Colonie High School

FACILITIES:

1. All-weather track and runways. (6 lanes around, 8 straight) Please use only 1/4" spikes or less.
2. **Starting Blocks:** Schools must bring their own starting blocks.
3. Please do not climb over the fences. Keep athletes away from the finish line.

***COACHES:**

*Only "**BOARD APPROVED**" coaches, **competing athletes**, **officials** and **adult helpers** are allowed in the competition areas. (Wrist Bands will be used for identification)

Spectators should not be in the competition area. (Please ask your athletes to inform their parents.)

WRIST BANDS: You will be given an envelope when you arrive. It will include:

1. A wrist band for each "Board Approved" coach on your staff.
2. 2 wristbands to be given to the "ADULT" helpers for your event responsibility.
 - a. If your staff is not Co-ed, helper's wristbands will be in the "Boys" team packet

ENTRIES:

Each school is allowed two entries per individual event and one entry per relay event. Boys may enter four events and girls may enter four events. **Girls and boys in the Pentathlon may only do the Pentathlon.** Each school is also allowed **TWO WILD CARD ENTRIES IN ANY TWO INDIVIDUAL EVENTS**. (2 Boys and 2 Girls) **DO NOT** enter more than 2 Wild Cards and then scratch extras after seeing the performance list.

Remember, you can/should add up to 8 names to relays. No changes/additions at the meet.

ENTRY PROCESS:

You will be doing your sectional entries through the Mile Split website, www.ny.milesplit.com. You will need to have opened an account on that site. (If you do not have an account yet, please do that ASAP. Do not wait to the last minute)

Once on the site, follow the directions to enter your sectional meet.

ENTRY DEADLINE: ENTRIES CLOSE AT 9:00 PM ON TUESDAY, MAY 26, 2026

SCRATCHES ONLY! The day of the meet

SCORING: 10 - 8 - 6 - 4 - 2 - 1 in all events including relays, boys' and girls',
(Pentathlon will be scored as one event.)

Sectionals 2026 (continued)

AWARD COLLECTION AFTER THE MEET:

Coaches, please bring a large manilla envelope with your school's name on it for awards

FOOD:

There will be a concession stand

ADMISSION:

Admission for adults and students will be by pre-order through the **GOFAN** ticket service www.gofan.co

OFFICIALS:

Officials will be assigned by the coordinators.

****Section 2 will pay for officials, as determined by the Officials contract.**

Please bring competent ADULT help to assist these officials!

RESPONSIBILITIES:

<u>SCHOOL</u>	<u>RESPONSIBILITY</u>	<u># of adult HELPERS</u>
Shenendehowa	B & G Discus	2
Schenectady	B & G Long Jump	2
Albany	B & G Triple Jump	2
Saratoga	B & G High Jump	2
Shaker	B & G Pole Vault	2
Bethlehem	B & G Shot Put	2
Colonie	Meet Management/Chief Hurdle Crew/Announcer	
Guilderland	B & G Long Jump	2
CBA	Results Runners	2
Columbia	Awards	2
Ballston Spa	Girls Pent. Helpers	2
Niskayuna	Boys Pent. Helpers	2
Troy	B & G Triple Jump	2
Amsterdam	Girls Pent. Helpers	2
LaSalle – Boys	Boys Pent. Helpers	2

NOTE:

All helpers should report to their area at 3:30 p.m.

Hurdle Crew:

All coaches can/should assist with moving hurdles

JURY OF APPEALS:

Coaches from:

Amsterdam, CBA, Shaker, Shenendehowa

ORDER OF EVENTS FOR SECTIONALS - 2026

Timed Finals

- | | | |
|-----|-----------------|---------------|
| 1. | 2000 m Steeple | G |
| 2. | 3000 m Steeple | B |
| 3. | 100 m HH-Pent | G |
| 4. | 100 m HH | G |
| 5. | 110 m HH-Pent | B |
| 6. | 110 m HH | B |
| 7. | 3200 m Relay | G |
| 8. | 3200 m Relay | B |
| 9. | 100 m Dash | G |
| 10. | 100 m Dash | B |
| 11. | 1500 m Run | G |
| 12. | 1600 m Run | B |
| 13. | 400 m Relay | G |
| 14. | 400 m Relay | B |
| 15. | 400 m Dash | G |
| 16. | 400 m Dash | B |
| 17. | 400 m IH | G |
| 18. | 400 m IH | B |
| 19. | 800 m Run | G |
| 20. | 800 m Run | B |
| 21. | 200 m Dash | G |
| 22. | 200 m Dash | B |
| 23. | 3000 m Run | G |
| 24. | 3200 m Run | B |
| 25. | 1600 m Relay | G |
| 26. | 1600 m Relay | B |
| 27. | Pent 800 m Run | G (fit in) ** |
| 28. | Pent 1500 m Run | B (fit in) ** |

****NOTE: IF PENTATHLON ATHLETES ARE READY, THESE EVENTS MAY BE RUN BEFORE THE 1600 M RELAYS.**

GUIDELINES FOR ALL SECTIONAL MEETS:

- **COACHES: SECTIONAL MEETS ARE CHAMPIONSHIP MEETS! PLEASE DO NOT ENTER ATHLETES IN RACES, (ie. STEEPLECHASE), IF THEY ARE NOT GOING TO BE COMPETITIVE. THIS IS A SAFETY CONCERN AS WELL AS A WASTE OF EVERYONE'S TIME. THANK YOU!**
 - **ENTRIES:** EACH SCHOOL WILL BE ALLOWED TWO ENTRIES PER EVENT AND ONE RELAY
 - **WILD CARDS:** EACH TEAM IS ALLOWED **TWO BOYS** WILD CARD ENTRIES AND **TWO GIRLS** WILD CARD ENTRIES IN INDIVIDUAL EVENTS ONLY. **NOT RELAYS!**
- *NOTE:** You cannot enter more than 2 Wild Cards and scratch extras after seeing the performance list!
- **SECTION II COACHES - MEET RESPONSIBILITIES AT SECTIONALS**

WHEN YOUR SCHOOL IS ASKED TO BRING HELP TO A SECTIONAL MEET, IT SHOULD BE **COMPETENT ADULTS**. CERTIFIED OFFICIALS WILL BE ASSIGNED TO RUN THE EVENTS BUT EACH SCHOOL WILL BE ASSIGNED AND EVENT/DUTY TO PROVIDE HELP FOR THOSE OFFICIALS.
PLEASE **DO NOT** HIRE CERTIFIED OFFICIALS

SECTIONAL FIELD EVENT INFORMATION FOR ALL CLASSES

- SHOT PUT SEEDED FLIGHT PRELIMS – 3 ATTEMPTS
TOP 7 FLIGHTED FINAL - 3 ATTEMPTS
- **Girls, followed by Boys**
- DISCUS SEEDED FLIGHT PRELIMS – 3 ATTEMPTS
TOP 7 FLIGHTED FINAL - 3 ATTEMPTS
- **Boys, followed by Girls**
- LONG JUMP SEEDED FLIGHT PRELIMS – 3 ATTEMPTS
TOP 7 FLIGHTED FINAL - 3 ATTEMPTS
- **Boys, followed by Girls**
- TRIPLE JUMP SEEDED FLIGHT PRELIMS – 3 ATTEMPTS
TOP 7 FLIGHTED FINAL - 3 ATTEMPTS
- **Girls, followed by Boys**

***Starting hts. and progressions**

***Opening hts. and progressions may be altered by meet management depending on entries or weather conditions.**

- HIGH JUMP OPENING HT. G – 4'4; 4'6; 4'8; 4'10; 5', + 1" (athletes **can pass**)
No arcs - 2 marks
Followed by:
B – 5'; 5'3; 5'6; 5'8; 5'10; 6'; + 1" (athletes **can pass**)
- POLE VAULT OPENING HT. G – 6'6"; 7'; 7'6; 8'; 8'6; 9'; 9'6"; 10'; 10'3; 10'6"; 10'10; 11'; 11'1; 11'6; 11'9; 11'11; 12'; + 3" (athletes **can pass**)
Followed by:
B – 8'6; 9'; 9'6; 10'; 10'6; 11'; 11'6; 12'; 12'6; 13'; 13'3; 13'6; 13'7; 13'9; 13'10; 14'; + 3" (athletes **can pass**)
- PENTATHLON G – HH; HJ; SP; LJ; 800
B – HH; LJ; SP; HJ; 1500
- Pentathlon Field Events **MUST** be measured in METRIC
- **Pent. LJ & SP** – If these events don't have their own separate venue, then they should be "fit in" to the other field events where there is minimal disruption to the open event.