

**SECTION 3 – 2026 CLASS C-4 COED TRACK & FIELD CHAMPIONSHIPS**  
**FRIDAY, MAY 29 @ 4:30 PM WEST CANADA VALLEY HIGH SCHOOL**  
[WWW.WESTCANADA.ORG](http://WWW.WESTCANADA.ORG) 5447 State Route 28 Newport, NY 13416 315-845-6800



Boys Meet Director: John Bunker  
[jbunker@remsen-csd.org](mailto:jbunker@remsen-csd.org)  
315-868-8817

Girls Meet Director: Freddie Sarus  
[fsarus@westcanada.org](mailto:fsarus@westcanada.org)  
315-292-0220

Site Director: Todd Hobin  
[thobin@westcanada.org](mailto:thobin@westcanada.org)  
315-525-9535

## Class C-4 Section III Track & Field Schools

### SCHOOLS

CINCINNATUS  
DERUYTER  
FABIUS POMPEY  
FAITH HERITAGE  
HAMILTON  
LIVING WORD - GIRLS  
MADISON  
MANLIUS PEBBLE HILL  
MORRISVILLE-EATON  
NEW YORK MILLS  
NOTRE DAME (UTICA)  
ORISKANY  
POLAND  
REMSSEN  
SACKETS HARBOR  
STOCKBRIDGE VALLEY  
TOWN OF WEBB (OF)  
WEST CANADA VALLEY

DIRECTIONS TO WEST CANADA VALLEY HIGH SCHOOL, 5447 STATE ROUTE 28, NEWPORT, NY 13416

**FROM THE NORTH:** TAKE ROUTE 12 SOUTH TOWARDS BARNEVELD TO ROUTE 28 SOUTH TOWARDS POLAND TO NEWPORT

**FROM THE WEST:** TAKE INTERSTATE 90 EAST TO EXIT 31 UTICA, FOLLOW SIGNS FOR ROUTE 12/8 NORTH TOWARDS WATERTOWN/POLAND, TAKE ROUTE 12/8 NORTH EXIT TOWARDS WATERTOWN/POLAND, TAKE ROUTE 8 NORTH EXIT TOWARDS POLAND/SPECULATOR CONTINUE TO ROUTE 28 SOUTH TOWARDS NEWPORT

**FROM THE NORTHWEST:** TAKE 81 SOUTH TO 90 EAST AND THEN FOLLOW DIRECTIONS ABOVE

THE ABOVE DIRECTIONS KEEP YOU ON HIGHWAYS. ONCE IN UTICA, SEVERAL OTHER ROUTES MAY BE TAKEN BUT FOLLOW MORE RURAL ROADS

|        |                                                                                                                                                             |
|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3:30PM | ARRIVAL OF TEAMS (SET UP CAMPS)<br>PICK UP SCRATCH SHEETS (LEONE TIMING @ FINISH LINE),<br>IMPLEMENT WEIGH-INS (INFIELD), *Warm ups/marks for field events* |
| 3:45PM | DEADLINE FOR SCRATCHES                                                                                                                                      |
| 4:00PM | COACHES/OFFICIALS MEETING (INFIELD)                                                                                                                         |
| 4:15PM | SENIOR RECOGNITION BY SCHOOL FOLLOWED BY NATIONAL ANTHEM                                                                                                    |
| 4:30PM | MEET BEGINS                                                                                                                                                 |

## ORDER OF EVENTS

RUNNING EVENTS: Boys followed by Girls (except pent. hurdles)

### TRACK

|     |               |               |       |
|-----|---------------|---------------|-------|
| 1.  | GIRLS (Pent.) | 100HH         | Final |
| 2.  | BOYS (Pent.)  | 110HH         | Final |
| 3.  | BOYS          | 4 x 800 Relay | Final |
| 4.  | GIRLS         | 4 x 800 Relay | Final |
| 5.  | BOYS          | 110HH         | Final |
| 6.  | GIRLS         | 100HH         | Final |
| 7.  | BOYS          | 100M          | Final |
| 8.  | GIRLS         | 100M          | Final |
| 9.  | BOYS          | 1600M         | Final |
| 10. | GIRLS         | 1500M         | Final |
| 11. | BOYS          | 4 x 100 Relay | Final |
| 12. | GIRLS         | 4 x 100 Relay | Final |
| 13. | BOYS          | 400M          | Final |
| 14. | GIRLS         | 400M          | Final |
| 15. | BOYS          | 400IH         | Final |
| 16. | GIRLS         | 400LH         | Final |
| 17. | BOYS          | 800M          | Final |
| 18. | GIRLS         | 800M          | Final |
| 19. | BOYS          | 200M          | Final |
| 20. | GIRLS         | 200M          | Final |
| 21. | BOYS          | 3200M         | Final |
| 22. | GIRLS         | 3000M         | Final |
| 23. | BOYS          | 4 x 400 Relay | Final |
| 24. | GIRLS         | 4 x 400 Relay | Final |
| 25. | BOYS (Pent.)  | 1500M         | Final |
| 26. | GIRLS (Pent.) | 800M          | Final |
| 27. | BOYS          | 3000M Steeple | Final |
| 28. | GIRLS         | 2000M Steeple | Final |

## **FIELD EVENTS**

**LONG JUMP:** 4:45 – BOYS (PIT # 1 jumps towards the shot put)  
4:45 – GIRLS (PIT # 2 jumps towards the school)

**TRIPLE JUMP:** 6:15 – BOYS (PIT # 1 jumps towards the shot put)  
6:15 – GIRLS (PIT # 2 jumps towards the school)

**\*ALL JUMPERS (EXCEPT PENT.) WILL GET 4 JUMPS. NO FINALS.**

**\*PENTATHLON LONG JUMP WILL BE INSERTED ON FIRST AVAILABLE PIT**

**HIGH JUMP:** 4:45 Boys Pentathlon (PIT #1 – BLUE mats, after pent hurdles) Bar will move up in increments of 5cm

*Followed by Boys HJ Starting Height = one notch below standard = 5'0"  
Bar will move up by 2" until 6'0" then by 1" until completion*

4:45 Girls Pentathlon (PIT #2 – GREY mats, after pent hurdles) Bar will move up in increments of 5cm

*Followed by Girls HJ Starting Height = one notch below standard = 3'10"  
Bar will move up by 2" until 5'0" then by 1" until completion*

**POLE VAULT:** 4:45 Boys - Starting Height = one notch below standard = 7'6"  
Bar will move up by 6" until 13'0" then by 3" to 13'9" then by 1" until completion

*Followed by Girls PV – Starting Height = one notch below standard = 5'6"  
Bar will move up by 6" until 10'0" then by 3" to 10'9" then by 1" until completion*

**\*HJ/PV starting heights/increments have been adjusted by meet coordinators to meet opens, state, & super standards\***

**DISCUS:** 4:45 – BOYS  
6:15 – GIRLS

**SHOT PUT:** 4:45 – GIRLS  
6:15 – BOYS  
Pentathlon Shot Put (inserted between flights or at completion of flight/event)

**\*ALL THROWERS (EXCEPT PENT.) WILL GET 4 THROWS. NO FINALS.**

**DISCUS IS LOCATED AT THE BOTTOM OF THE HILL, SHOT PUT TOP OF THE HILL**

**\*THROWERS & JUMPERS MAY BE FLIGHTED BASED ON NUMBER OF ENTRANTS\***

**\*Pentathlon Order of Events: 100H, HJ, SP, LJ, 1500M/800M**

**-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 TWO male and/or TWO female pentathletes**

## **FACILITY AND MEET INFORMATION**

### **ENTRIES:**

- Each school may enter any number of athletes that have met the qualifying standard for each event. **ALL ENTRIES WILL BE CHECKED AND MUST BE VERIFIABLE.**
- In an attempt to have full heats/flights for each event, if less than 12 athletes have achieved the qualifying standard for that event, then the top 12 **ENTERED** athletes will be accepted into that event. In other words, check Milesplit and see where your athletes rank that have not met the standard. Coaches must understand that if your athlete isn't accepted into the meet for that event that it still counts as one of four events for that athlete. You will see a red notification on Milesplit for your entries that states "rejected".
- Each school may enter two (2) pentathletes and one (1) relay team per relay.
- ALL other athletes must meet the qualifying times, heights, and distances, which can be accomplished at any official meet (ex. duals, tri-meets, any meet with an official). 1 competition per day, a minimum of 4 competitions prior to their class meet, and maximum of 16 competitions for the season.
- A coach must only enter on Milesplit an athlete in four events (**including alternate for a relay**) **OR** pentathlon. Coaches will only scratch from those 4 events **OR** pentathlon at the meet. Do **NOT** enter your athlete in more than 4 events **and** pentathlon when entering online. Only four events **OR** pentathlon are allowed to be entered.
- **\*ALL entries are to be entered online at <http://ny.milesplit.com/> and entries will CLOSE at 10:00pm Wednesday, May 27.\* THIS IS A SCRATCH ONLY MEET. THERE WILL BE NO CHANGES/ADDITIONS ALLOWED AFTER ENTRIES HAVE CLOSED.**
- Seeding is done the day of the meet, once all entries are entered online and any scratches have been done. **DEADLINE for scratches is 3:45pm ON FRIDAY, MAY 29. SCRATCH RULE IS IN EFFECT FOR CLASS MEETS.**
- **STEEPLECHASE will be held the day of sectionals at WCV (see order of events). Athletes need to have qualified in the 2000m/3000m steeplechase event OR in the 1500m/3000m(Girls), 3200m(Boys) or be in the top 12 entered to participate.**

### **FACILITIES:**

- Our facility includes a brand new track with an 8 lane straightaway, 6 lanes around, 2 HJ Pits – one for Girls (Grey) & one for Boys (Blue), 2 LJ/TJ Pits – one for Girls & one for Boys, separate SP and Discus areas, and a designated runway for PV
- We have a brand new turf which is reserved for coaches, officials, and athletes warming up for their events. We have new lights and bleachers as well.
- Spikes are 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.
- Bathrooms are located at the back of the elementary school with outside access for spectators. We will also have locker rooms with bathrooms open to athletes near the fitness center entrance (close to team camps). 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. Fleet Feet will have a table set up with sectional shirts.
- Buses will drop off athletes and park in designated bus parking spots in front of our bus garage (see map). WCV personnel will direct athletes to the team camp area (see map). Coaches should immediately report to Leone Timing at the finish line for scratches.
- **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 soccer field and shot put area away from the school building (near the large pavilion, see map).

### **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 has been eliminated. However, for the safety of all of our athletes please discourage any jewelry that could be deemed unsafe or harmful to themselves or those around them. Athletes are **NOT** allowed to have cell phones or other electronic devices inside the area of competition. Athletes are **NOT** allowed to film/record each other in competition areas. **NO** wireless speakers or boom boxes in any area of competition.
- Coaches, please make sure your athletes treat our facility respectfully, no spitting, no sunflower seeds, or gum on the track/runways. ALL FOOD & DRINKS (other than water) must be consumed outside the fenced track/turf facility. Absolutely NO food or drinks other than water are allowed on the turf. In addition, please tell your athletes to keep their bags and equipment off the turf. For safety purposes we would like to keep the turf clear of clutter for athletes to warm up. Please make sure your athletes clean up their camps and are supervised at all times. They are not to leave the premises or wander the school.
- Athletes 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.
- Uniform Rule and Scratch Rule are in effect. Make sure your athletes are wearing school issued uniforms that are visible to officials while competing.
- Weigh-ins for implements will take place on the infield (3:30-4:00). Any implements deemed unsatisfactory by the official will be marked and impounded until the end of the meet. Make sure your throwers have a backup implement.

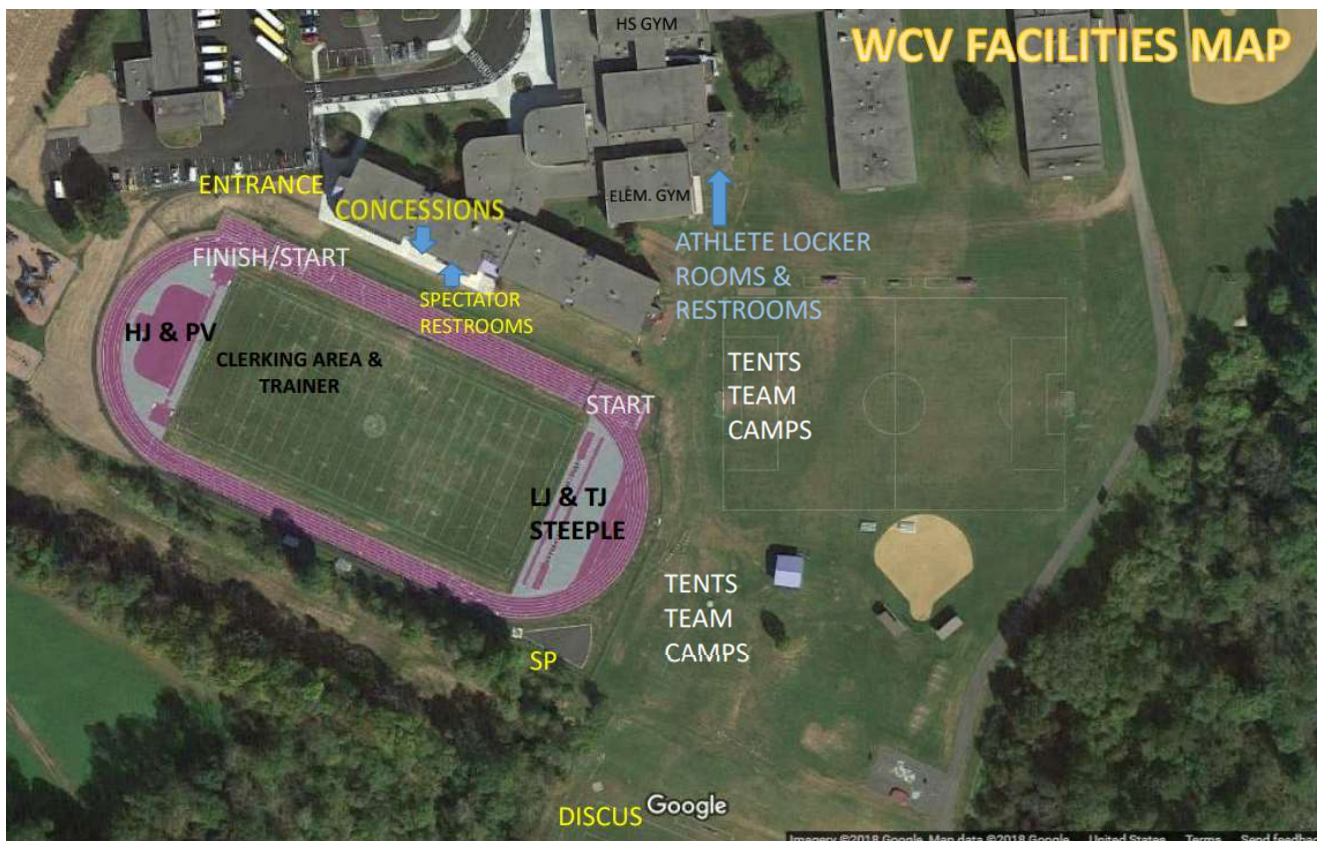
## **SCORING & AWARDS:**

- 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://ny.milesplit.com/meets/762649-section-iii-class-c-4-championships-2026/results>
- Girls and Boys teams will be scored separately and ALL races will be run separately.
- Coaches, please remember to stay until the conclusion of the meet to get your award packets.
- Section III Medals and t-shirts for each athlete on a winning team. ADs for the winning schools will be provided instructions from the Section 3 Office for receiving the team shirts. 1st place finishers for each event will receive a different medal and the ability to order one T-shirt per winning athlete. A code for the T-Shirt will be on the back of the medal for the athlete to order and customize. Only medals (team & individual) will be given out at the meet. Coaches must sign for each individual medal at the awards table. Section III banner will be on site for team champions.
- In addition, WCV will have a PODIUM at midfield in front of the bleachers to recognize our top 6 finishers. Please let your athletes and parents know about this photo opportunity.
- ALL events will be run by officials. We will have 12 officials (clerk, starter, head finish, 2 HJ, PV, SP, Discus, 2 LJ/TJ, and 2 Pent) for meet management and efficiency.
- WCV will provide ALL workers for the meet. We want coaches to be able to coach. 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 meet coordinators their names and which events they would prefer to work by Wednesday, May 27.
- If you have any reliable athletes **NOT** competing that can help move hurdles/steeple barriers, retrieve implements, pull tape, or reset the bars please let us know in advance.
- WCV will also provide staffers for the meet and have administrators on site to assist visiting schools and spectators.
- ALL Seniors will participate in a "senior walk" down the 100 meter straightaway at approximately 4:15. Schools will be called by name alphabetically.
- The singing/playing of the National Anthem will take place 5 minutes prior to the start of the first event.
- **Games Committee** – Mike Keating, John Allen, John Bunker, Freddie Sarus, Janet Loch



Admission for spectators will be done on Home Town Ticketing. Pre-sale tickets are strongly encouraged. **Cashless** tickets can be purchased at the meet.

## **FACILITIES MAP & INSTRUCTIONS FOR VISITING TEAMS & SPECTATORS**



Revised May 19, 2026



### SECTION 3 CLASS C-4 COACHES & CONTACT INFO

|                       |                                                                                                                                                                                                                                                                                                                                  |
|-----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| CINCINNATUS –         | Adrienne Martin, 607-862-6696, <a href="mailto:amartin@cc.cnyric.org">amartin@cc.cnyric.org</a> ,                                                                                                                                                                                                                                |
| DERUYTER –            | Sheri Smith, 315-382-4740, <a href="mailto:smiths@deruytercentral.org">smiths@deruytercentral.org</a>                                                                                                                                                                                                                            |
| FABIUS POMPEY –       | Maria Costello, 631-513-3848, <a href="mailto:mcostello@fabiuspompey.org">mcostello@fabiuspompey.org</a><br>Andrew Kopp, 315-439-6767, <a href="mailto:akopp@fabiuspompey.org">akopp@fabiuspompey.org</a>                                                                                                                        |
| FAITH HERITAGE –      | Janet Loch, 315-289-3419, <a href="mailto:kjlochnest@gmail.com">kjlochnest@gmail.com</a>                                                                                                                                                                                                                                         |
| HAMILTON –            | Jeremy West, 315-440-7261, <a href="mailto:jwest@hamiltoncentral.org">jwest@hamiltoncentral.org</a>                                                                                                                                                                                                                              |
| LIVING WORD (G) –     | Vonden Sleight, 315-877-6967, <a href="mailto:vondensleight@lwasyr.org">vondensleight@lwasyr.org</a>                                                                                                                                                                                                                             |
| MADISON –             | Christine Smalley, 315-750-8263, <a href="mailto:crsmalley5@gmail.com">crsmalley5@gmail.com</a>                                                                                                                                                                                                                                  |
| MANLIUS PEBBLE HILL – | Matt Twomey-Smith, 518- 542-3536, <a href="mailto:mtwomeysmith@mphschool.org">mtwomeysmith@mphschool.org</a>                                                                                                                                                                                                                     |
| MORRISVILLE-EATON –   | Christine Smalley, 315-750-8263, <a href="mailto:crsmalley5@gmail.com">crsmalley5@gmail.com</a>                                                                                                                                                                                                                                  |
| NEW YORK MILLS –      | Mike Keating, 315-269-2792, <a href="mailto:mkeating@newyorkmills.org">mkeating@newyorkmills.org</a><br>Colleen Sparacino, 315-269-9329, <a href="mailto:csparacino@newyorkmills.org">csparacino@newyorkmills.org</a>                                                                                                            |
| NOTRE DAME –          | Jamie Busey Weber, 315-542-3131, <a href="mailto:jamiEBuseyweber@icloud.com">jamiEBuseyweber@icloud.com</a><br>Teale LaBarbera, 315-525-9107, <a href="mailto:tpalazzoli@yahoo.com">tpalazzoli@yahoo.com</a>                                                                                                                     |
| ORISKANY –            | Madisyn Lee, 315-982-1797, <a href="mailto:mlee@oriskanycsd.org">mlee@oriskanycsd.org</a>                                                                                                                                                                                                                                        |
| POLAND –              | Jane Fahy, 315-269-6404, <a href="mailto:jfahy@oriskanycsd.org">jfahy@oriskanycsd.org</a>                                                                                                                                                                                                                                        |
|                       | John Allen, 315-292-3025, <a href="mailto:jallen@polandcsd.org">jallen@polandcsd.org</a>                                                                                                                                                                                                                                         |
|                       | Joel Allen, 315-269-4023, <a href="mailto:jMallen@polandcsd.org">jMallen@polandcsd.org</a>                                                                                                                                                                                                                                       |
| REMSSEN –             | Meet Director (B), John Bunker, 315-868-8817, <a href="mailto:jbunker@remsencsd.org">jbunker@remsencsd.org</a><br>Dan Obryan, 315-525-4030, <a href="mailto:dobryan@remsencsd.org">dobryan@remsencsd.org</a>                                                                                                                     |
| SACKETS HARBOR –      | Justin Crossway, 315-286-2823, <a href="mailto:jcrossway@spartanpride.org">jcrossway@spartanpride.org</a>                                                                                                                                                                                                                        |
| STOCKBRIDGE –         | Christine Smalley, 315-750-8263, <a href="mailto:crsmalley5@gmail.com">crsmalley5@gmail.com</a>                                                                                                                                                                                                                                  |
| TOWN OF WEBB (OF) –   | Phil Huber, 315-278-3054, <a href="mailto:phuber@towschool.org">phuber@towschool.org</a><br>Sue Huber, 315-395-6774, <a href="mailto:pandshuber@gmail.com">pandshuber@gmail.com</a>                                                                                                                                              |
| WEST CANADA VALLEY –  | Meet Director (G), Feddie Sarus, 315-292-0220, <a href="mailto:fsarus@westcanada.org">fsarus@westcanada.org</a><br>Kyle Swiecki, 315-941-4042, <a href="mailto:kswiecki@westcanada.org">kswiecki@westcanada.org</a><br>Site Director, Todd Hobin, 315-525-9535, <a href="mailto:thobin@westcanada.org">thobin@westcanada.org</a> |