



SECTION VIII

Pat Pizzarelli – Executive Director

Justin Jonas – Assistant Executive Director

BOYS & GIRLS WINTER TRACK & FIELD

2022 - 2023

Boys Coordinator: Dennis Kornfield (suziekorn@aol.com)

Girls Coordinator: Kristin Frazer(section8wintertrack@gmail.com)

COMMITTEE MEMBERS

Nick Aurigemma (Cold Spring Harbor)

Rich Cafiero (Syosset)

Rich Degnan (Massapequa)

Fred DeRuvo (Island Trees)

Brian Doxey (Clarke)

Kristen Hamilton (Roslyn)

Stephen Honerkamp (Hewlett)

Bud McQuillan (Lawrence)

Joe Migliano (Calhoun)

Jeremiah Pope (Port Washington)

Jim Ravener (Bethpage)

Steve Sproul (Manhasset)

Bob Busch – Ex Officio

Michael Ringhauser – NCTCA Rep

HSA Rep – Arnie Epstein

September 1, 2022

To Athletic Directors and members of the HSAA,

We hope you had a relaxing summer!

Below you will find the proposed schedule and overview for the 2022-2023 Indoor Track & Field season. These dates are the ones provided to us by St. Anthony's for our meets/clinics.

Please note:

There are some dates which require of busses to leave and return at the end of the meet. Please make sure your transportation departments are aware of these requests and abides by them.

Appeal/Proposal:

In addition to the overview provided below, our committee and coaching body is requesting an appeal to the Athletic Council to reinstate the overnight portion of our State Championship experience. We will outline the reasons for this appeal at the HSAA meeting and in more detail to the Athletic Council when we submit to them.

We look forward to seeing you on Friday and hope you all have a great year!

Kristin, Dennis and the Indoor Track & Field Committee

CROSSOVER & CLINIC ALIGNMENTS/SCHEDULE

GROUP A	GROUP B	GROUP C	GROUP D	GROUP E	GROUP F
Syosset	East Meadow	Herricks	Plainview OB	Manhasset	VS North
Garden City	Mepham	Uniondale	VS Central	Great Neck South	Massapequa
Baldwin	Freeport	North Shore	Farmingdale	South Side	Jericho
Carey	Long Beach	Division	Roslyn	Great Neck North	Bethpage
MacArthur	Hicksville	Seaford	Oceanside	Locust Valley	Port Washington
Lawrence	Westbury	VS South	New Hyde Park	Island Trees	Calhoun
Clarke	Bellmore JFK	Elmont	Lynbrook	Plainedge	Wantagh
Malverne	Mineola	Wheatley	East Rock	Floral Park	CSH
Hewlett	Sewanhaka	Glen Cove	West Hemp	Oyster Bay	Friends
Academy Charter		Hempstead		Roosevelt	

DATES	GROUPS	TIME	FORMAT
Monday, 11/28	RW/HJ ONLY	6:00pm - 9:00pm	CLINIC ONLY (limit 5)
Tuesday, 11/29	WT/PV ONLY	6:00pm - 9:00pm	CLINIC ONLY (limit 5)
Monday, 12/05	A & F	6:30pm - 10:30pm	A *Busses must leave & return
Tuesday, 12/06	B & E	6:30pm - 10:30pm	A
Wednesday, 12/07	C & D	6:30pm - 10:30pm	A
Thursday, 12/08	WT/PV/HJ Clinic	6:00pm - 9:00pm	CLINIC ONLY (limit 5)
Monday, 12/12	B & D	6:30pm - 10:30pm	B
Tuesday, 12/13	A & E	6:30pm - 10:30pm	B *Busses must leave & return
Thursday, 12/15	C & F	6:30pm - 10:30pm	B
Friday, 12/16	WT/PV/HJ ONLY	6:30pm - 10:30pm	WT/PV/HJ ONLY (limit 5) *WT will not be permitted to throw while races being run. Drills may be done on the turf but actual throwing cannot start until races are over which could be up to 2 hours.
Friday, 12/16	3200/3000 Festival	6:30 - 10:30pm	3200/3000 only **Took this out of Format B
Monday, 12/19	E & F	6:30pm - 10:30pm	C
Tuesday, 12/20	B & C	6:30pm - 10:30pm	C
Wednesday, 12/21	A & D	6:30pm - 10:30pm	C
Tuesday, 1/03	B & F	6:30pm - 10:30pm	D
Wednesday, 1/04	A & C	6:30pm - 10:30pm	D
Thursday, 1/05	D & E	6:30pm - 10:30pm	D
**Tuesday, 1/31	WT/PV ONLY	6:00pm - 9:00pm	WT/PV ONLY (limit 5)

Any necessary make ups may be scheduled between 12/22 - 1/9 as needed and if available

SCHEDULE OF EVENTS - ALL EVENTS HAVE A 2 EVENT PER ATHLETE LIMIT

Format A	Format B	Format C	Format D
Running - G/B Girls 1500 55HH 300 Boys 1600 IF Boys 1600 starts by 9:30 we will run the 55 after 1600	Running - B/G 4 x 4 (2 teams) 55 1000 4 x 2 (2 teams) 600	Running - G/B 600* 1500/1600 55HH 300* 55 4 x 8 (2 teams) 1500 Racewalk *May run 600 or 300, not both!	Running - B/G B/G 55HH semi 1500 Racewalk G/B 55HH final 3200/3000* 1000* 55 *May run 3200/3000 or 1000, not both
Field Events - Limit 5 High Jump - B/G Long Jump - G/B Shot - B/G Pole Vault - G/B	Field High Jump - G/B Triple Jump - B/G Shot - G/B Pole Vault - B/G	Field High Jump - G/B Long Jump - B/G Shot - B/G Pole Vault - G/B	Field High Jump - B/G Triple Jump - G/B Shot - G/B Pole Vault - B/G

High Jump format this year will be 5 Alive! Please make sure you and your athletes are familiar with that format.

CONFERENCE ALIGNMENTS

(Please check placement carefully. Teams in **BOLD** have changed from 2021 placement)

CLASS A		CLASS B		CLASS C	
CONF 1	CONF 2	CONF 3	CONF 4	CONF 5	CONF 6
Freeport	Baldwin	New Hyde Park	Glen Cove	Plainedge	Locust Valley
Uniondale	Plainview OB	Calhoun	Division	Wantagh	Seaford
Syosset	East Meadow	G.N. South	Carey	Lynbrook	Malverne
Massapequa	V.S. Central	G.N. North	Roosevelt	Mineola	West Hempstead
Farmingdale	Herricks	Elmont	Hewlett	Clarke	Cold Spring Harbor
Hempstead	Long Beach	Garden City	Manhasset	V.S. South	Wheatley
Hicksville	Mepham	Roslyn	Bethpage	North Shore	Oyster Bay
Oceanside	MacArthur	Sewanhaka	V.S. North	Lawrence	East Rockaway
Westbury	Jericho	Bellmore JFK	Floral Park	Island Trees	Friends Academy
Port Washington		South Side		Academy Charter	

CONFERENCE CHAMPIONSHIP MEET SCHEDULE

DATE	CONFERENCE	TIME
Friday, 1/06	WT Conf 6, 1, 2	6:00pm – 10:30pm
Tuesday, 1/10	6	6:30pm – 10:30pm
Wednesday, 1/11	1	6:30pm – 10:30pm
Thursday, 1/12	2	6:30pm – 10:30pm
Friday, 1/13	WT Conf 3, 4, 5	6:00pm – 10:30pm
Tuesday, 1/17	3	6:30pm – 10:30pm *Busses leave & return
Thursday, 1/19	4	6:30pm – 10:30pm
Friday, 1/20	5	6:30pm – 10:30pm

Monday, January 30th is being held as a snow date for Conference Meets

COUNTY CHAMPIONSHIP MEET SCHEDULE

Monday, 2/06	WT ONLY	6:00pm – 10:30pm
Tuesday, 2/07	Class B	6:30pm – 10:30pm
Wednesday, 2/08	Class C	6:30pm – 10:30pm *Busses must leave & return
Thursday, 2/09	Class A	6:30pm – 10:30pm

* Friday, 2/10 is being held for County snow date*

FROSH/SOPH MEET

Thurs, 2/02	Frosh/Soph athletes only	6:30pm – 10:30pm
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STATE QUALIFIER MEET SCHEDULE

Monday, 2/13	WT ONLY	6:30pm – 10:30pm
Tuesday, 2/14	All qualifiers	6:30pm – 10:30pm

*Wednesday, 2/15 is the snow date

STATE CHAMPIONSHIP MEET

Saturday, March 4	All boys & girls qualifiers	8:45am – 5:00pm
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*State Championship meet is held at Ocean Breeze Athletic Complex