**30. ORDER of EVENTS**

**Friday, December 8 – SUNY Brockport – 6:00 – 11:00 – West ( No Modified)**

**Saturday, December 9 – SUNY Brockport – 10:00 – 1:30 – East (No Modified)**

**Saturday, December 9 – SUNY Brockport – 2:30 – 6:00 – Central ( No Modified)**

55m Hurdles Boys and Girls Long Jump

55m Dash Girls and Boys Pole Vault

600m Run Boys Weight Throw/ Girls Shot Put -2 throws, then switch

1000m Run Boys, then Girls High Jump –

Girls 1500/ Boys 1600m Run

1500m Race Walk **2 events, no spikes**

4 x 200m Relay (if time permits)

**Friday, December 22 – SUNY Brockport – 6:00 – 11:00 – West**

**Friday, December 22 – Rochester Institute of Technology – 6:00 – 11:00 – Central**

**Saturday, December 23 – Rochester Institute of Technology – 10:00 – 4:00 - East**

4 x 800m Relay Girls Long Jump, then Boys, Followed by G/B Triple Jump

4 x 200m Relay High Jump – Boys, then Girls

1500m Race Walk Girls, then Boys Pole Vault

55m Dash Girls, then Boys Shot

1500m/1600m Run Boys, then Girls Weight Throw

1000m Run

300m Dash **2 events and a relay – NO SPIKES**

600m Run

3000/3200m Run

55m Hurdles

4 x 400m Relay

**Friday, December 29 – Hobart/ William Smith – 10:00 – 6:00 – A,C,E**

**Saturday, December 30 – Hobart/ William Smith – 10:00 – 6:00 – B,D,F**

4 x 400m Relay Boys, then Girls Shot ( No Weight Throw – No Cage)

3000/3200m Run Girls, then Boys High Jump

55m Dash Boys, then Girls Pole Vault

1000m Run Boys, then Girls Triple Jump, followed by B/G Long Jump

300m Dash

600m Run 2 Events and a Relay

1500m Race Walk No Spikes

4 x 200m Relay

1500m/ 1600m Run

4 x 800m Relay

55m Hurdles

**Friday, January 5 – SUNY Brockport – 6:00 – 11:00 – West**

**Friday, January 5 – Rochester Institute of Technology – 6:00 – 11:00 – Central**

**Saturday, January 6 – Rochester Institute of Technology – 10:00 – 3:00 – East**

4 x 200m Relay Girls, then Boys Long Jump, followed by G/B Triple Jump

1000m Run Girls, then Boys Pole Vault

1500m/1600m Run Boys, then Girls High Jump

300m Dash Girls, then Boys Shot

600m Run Boys, then Girls Weight Throw

55m Dash

55m Hurdles 2 Events and a relay

3000/3200m Run May Wear Spikes

1500m Race Walk

4 x 800m Relay

4 x 400m Relay

**Friday, January 12 – 6:00 – 11:00 SUNY Brockport - 6:00 - 11:00 - A,C,E**

**Friday, January 12- 6:00 – 11:00 RIT 6:00 – 11:00 – B,D,F**

300m Dash Boys, then Girls Long Jump, followed by Triple Jump

1500.1600m Girls, then Boys High Jump

55m Hurdles Boys, then Girls Pole Vault

1000m Run Boys, then Girls Shot

55m Dash Girls, then Boys Weight Throw

600m Run

3000/3200m Run **2 events and a Relay**

1500m Race Walk **Spikes are allowed**

4 x 200m Relay

4 x 400m Relay

**Saturday, January 13 – Trent Jackson/Cedric Walker Invitational at Brockport State**

Your league entry fee covers the cost for the invitational. Each school is allowed one entry per event. In individual events, a school may enter up to two more entries if all three entries meet the following standards.

**Boys Girls**

55m Dash 6.94 7.94

55m Hurdles 8.86 9.99

300m Dash 38.54 46.24

600m Run 1:29.94 1:48.94

1000m Run 2:48.94 3:20.24

1600/1500m Run 4:45.24 5:20.24

3200/3000m Run 10:30.24 11:20.24

Long Jump 18’ 06” 13’06”

Triple Jump 39’ 00” 30’ 00”

Shot 38’ 00” 28’ 00”

Pole Vault 10’ 00” 8’ 00”

High Jump 5’ 06” 4’ 06”

1500m Race Walk 8:55.24 8:20.24

Weight Throw 40’00” 30’00

Order of Events

1. Boys 1600m Race Walk

2. G/B 4 x 200m

3. Girls 3000m Run

4. Boys 3200m Run

5. 55m Dash Semi’s

6. G/B 1000m Run

7. G/B 55m Dash Final

8. Girls 1500m Race Walk

9. G/B 55m Hurdles - Semi’s

10. Girls/Boys 600m Run

11. B/G 55m Hurdles - Final

12. Girls 1500m Run

13. Boys 1600m Run

14. G/B 300m Dash

15. G/B 200m Hurdles (each school may enter two male and two female athletes

16. G/B Distance Medley Relay (1200 – 400- 800 – 1600)

17. G/B 4 x 800m Relay

18. G/B 4 x 400m Relay

Athletes may wear ¼ inch spikes

Scoring 10,8,6,5,4,3,2,1

Awards: Medals 1st – 3rd, Ribbons 4th – 8th Team Awards: 1st - 5th

**Friday, January 19 - SUNY at Brockport - 6:00 - 11:00 – Jim Cleveland Sub Varsity Champs**

**An athlete who has an automatic or provisional qualifying mark in any event is not eligible to compete in this meet.**

3000/3200m Runs ( no modified division) Girls and Boys Triple Jump, then Long Jump

55m Hurdles Girls, then Boys Shot

55m Dash Boys, then Girls Weight throw ( no modified)

1000m Run Boys, then Girls Pole Vault ( no modified)

Girls 1500m Race Walk Girls, then Boys High Jump

600m Run

1500/1600m Runs An athlete may do 3 events, 2 if modified

300m Dash

4 x 800m Relay ( One Boys and One Girl per Division)

4 x 400m Relay (One Boys and One Girls per division)

4 x 200m Relay (One Boys and One Girls per Division)

**Saturday, January 20 - RIT - 10:00 - 4:00 – Classes B & C- Varsity with Standards**

**Saturday, January 20 – RIT – 5:00 – 11:00 Classes A & D – Varsity with Standards**

300 m Dash

3000/3200m Run Girls, then Boys Weight Throw

600m Run Boys, then Girls Shot

1000m Run Boys / Girls Triple Jump, then B/G Long Jump

1500m Race Walk

55m Dash Boys, then Girls Pole Vault

55m Hurdles Girls, then Boys High Jump

1500/1600m Run

4 x 200m Relay 2 events plus a relay

4 x 800m Relay 1/4 inch spikes

4 x 400m Relay

**Saturday, January 27 – Rochester Institute of Technology – Varsity Only,**

**All Other League Members – see order and standards above**

3000/3200m Run Girls, then Boys Triple Jump, followed by Girls, then Boys Long Jump

55m Hurdles Boys, then Girls Weight Throw, Girls, then Boys Shot

55m Dash Boys, then Girls High Jump

1000m Run Girls, then Boys Pole Vault

Girls 1500m Race Walk

600m Run

1500/1600 Run 3 Events

300m Dash Athletes May Wear Spikes

4 x 800m Relay Scoring: 10,8,6,5,4,3,2,1

4 x 400m Relay Awards top 8

4 x 200m Relay Team Awards Top 5 teams

**Standards for the Meets on January 27**

55m Hurdles 0.5 seconds over your class provisional

55m Dash 0.4 seconds over your class provisional

300m Dash 1.5 seconds over your class provisional standard

600m Run 4 seconds over your class provisional

1000m Run 5 seconds over your class provisional

1500/1600m Runs 7 seconds over your class provisional

3000/3200m Runs 12 seconds over your class provisional

Race Walk 8 seconds over your class provisional

Pole Vault 12 inches below your class provisional

High Jump 3 inches below your class provisional standard

Shot Put 12 inches below your class provisional

Triple jump 18 inches below your class provisional standard

Long Jump 12 inches below your class provisional

Weight Throw Boys 35 feet, Girls 26 feet

Each school may have 2 boys and 2 girls per event – to have more, all must have met the above standards

**Friday, February 2 – SUNY Brockport – A/E - Varsity Only – 6:00 – 10:00**

**Saturday, February 3 – SUNY Brockport – C/F – Varsity Only – 10:00 – 1:30**

**Saturday, February 3 – SUNY Brockport – B/D - Varsity Only – 2:30 – 6:00**

**An Athlete may do one individual event and run in one relay**

4 x 400m Relay Girls, and Boys Pole Vault

55m Hurdles Boys, then Girls High Jump

55m Dash Girls, and Boys Long Jump, then Triple Jump

1500/1600m Run Girls, then Boys Weight Throw

600m Run Boys, then Girls Shot

4 x 200m Relay

1000m Run 1 Boys and 1 Girls Relay per Relay Event

1500m Race Walk

300m Dash Athletes May Wear ¼ inch spikes

4 x 800m Relay

**Standards for the Meets of February 2/3**. Each school may enter 2 boys and 2 girls per event.

**Sectionals, Classes B/C on Friday, February 16, Rochester Institute of Technology – 6:00 – 11:00**

**Classes A/D – Saturday, February 17 – Rochester Institute of Technology – 10:00 – 4:00**

*Order of Events* Boys, then Girls Shot, followed by Boys then Girls Weight throw

Girls 3000m Run Girls, then Boys triple Jump, then Girls, Boys Long Jump

Boys 3200m Run Boys, then Girls High Jump

55m Hurdles Girls, then Boys Pole Vault

55m Dash

1000m Run

Girls 1500m Race Walk

600m Run

Girls 1500m Run

Boys 1600m Run

300m Dash

4 x 800m Relay

4 x 400m Relay

4 x 200m Relay

**Friday, February 24– RIT- State Qualifier – 6:00 – 11:00**

Girls, followed by Boys unless noted Girls, then Boys Shot, then Weight throw

55m Hurdles – semi’s Boys, then Girls Triple Jump, then Boys, then Girls Long Jump

55m Dash – semi’s Girls, then Boys High Jump

Girls 3000 Boys, then Girls Pole Vault

55m Hurdles – Boys/Girls

55m Dash – Girls, then Boys

Boys 3200m Run

4 x 400m Relay – Semi’s

4 x 200m Relay – Semi’s

1000m Run

Girls’ 1500m Race Walk

300m Dash – Semi’s

600m Run

Girls 1500m Run

Boys 1600m Run

15 minute Break – MVP awards

300m Final

4 x 800m Relay

4 x 400m Relay

4 x 200m Relay