



Section V Athletics Indoor Track & Field Handbook

2025-2026

Updated September 16th, 2025

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Important Dates

November 17th 2025	Indoor Track & Field Start Date
February 13th 2026	Medical Waivers to the Representation Rule Due to Section V
February 16th 2026	Sectional Entries Due by 6:00pm
February 17th 2026	Sectional Programs Posted Online
February 19/20/21 2026	Sectional Championships
February 23rd 2026	State Qualifier Entries Due by 8:00pm
February 24th 2026	State Qualifier Scratch Deadline 8:00pm
February 28th 2026	State Qualifier Meet
March 6th/7th 2026	State Meet

2025 Classifications

[Click Here](#)

Section V Indoor Track & Field Committee

Voting Committee Members

League	Name	School Affiliation
Section V Coordinator	Bob Goodell	Victor
Section V Coordinator	Dave Hennessey	Mercy
MCPSAC	Bob Goodell	Victor
MCPSAC	Josh Dougherty	Pittsford Mendon
RWTL	Todd Stewart	McQuaid
RWTL	Todd Ludden	Haverling
Wayne - Finger Lakes	Tim Burlee	Wayne
Wayne - Finger Lakes	Scott Shepardson	Dundee/Bradford

Non-Voting Committee Members

Section V Liaison	Kathy Hoyt	Executive Director
Online Content Manager	Dave Yendrzski	YenTiming
Assistant Coordinator	Mike DeMay	Rush-Henrietta
Assistant Coordinator	Nick Burk	Batavia

Publicity Standards

Schedules

The official website for Section V Athletics - www.sectionv.org - will always have the latest and most up to date schedules. Each league scheduler will update their schedules within the rSchoolToday platform and that schedule automatically synchronizes to the Section V website. The respective league is typically responsible for any changes to their schedule. Please contact your athletic director's office with any questions about schedules. .

Rosters

All roster submissions can be handled within the rSchoolToday platform. Athletic directors and coaches will have access and can update their school rosters. If your team is a merger of another or many schools not within your own school district, then each school athletic director can update and input their student roster submission from their specific school to form a complete roster. All Changes and updates should be taken up with your coach and/or athletic department. What is reflected on the Section V website is from the data they have inputted and can control.

Please note that vendor rSchoolToday Activity Scheduler follows Ed Law2d and FERPA laws regarding student data. Only data that schools should be inputting online for rosters:

- FirstName
- LastName
- Grade Level

Sport-Specific Publicity Information

Meet Results can be found at <https://sectionv.org/sports/itrack>

Section V Leaderboards are located at <https://www.yentiming.com/>

LiveMeet Results are found at [Track Scoreboard](#)

High School Sport Standards

To view the most up-to-date NYSPHSAA High School Sport Standards visit <https://nysphsaa.org/>

Indoor Track & Field Sport Standards

To view the most up-to-date NYSPHSAA High School Sport Standards For Indoor Track & Field visit <https://nysphsaa.org/sports/itrack>

Section V Indoor Track & Field Championship

Meet Information

Date & Time:

- **Thursday, February 19th**
 - Class A1 @ Nazareth: 12:00 PM - 4:00 PM
 - Class A2 @ Nazareth: 6:00 PM - 10:00 PM
- **Friday, February 20th**
 - Class B2 @ RIT: 6:00 PM - 10:00 PM
- **Saturday, February 21st**
 - Class B3 @ RIT: 10:00 AM - 2:00 PM
 - Class B4 @ RIT: 4:30 PM - 8:30 PM
 - Class B1 @ Nazareth: 6:00 PM - 10:00 PM

Entries:

- The top 16 athletes and ties will be accepted in all events (18 for the 300m/600m).
- Each team may enter one relay in the 4x200, 4x400, and 4x800 if they have a qualifying performance.
- Relay athletes and alternates must also be registered online. Alternates can be replaced with committee approval if they cannot compete due to uncontrollable circumstances.
- Athletes must have a qualifying performance to enter an event.
- There will be no scratch period after the entry deadline, and a Championship Meet Scratch rule will be enforced: "If any athlete scratches an event on meet day, they are done for the remainder of the meet."
- Athletes may enter a maximum of three individual events. If entered in three individual events, they cannot compete in a relay. However, they may participate in any relay they are listed in, provided they do not exceed the maximum of three events.
- Athletes must compete in six certified track meets during the regular season to be eligible for Sectional competition.

Entry Submission: All entries must be submitted at [Yen Timing](#).

Entry Deadline: 6:00 PM on Monday, February 16th. All entries will be considered final at this time.

The Sectional Meet Program will be posted by Tuesday, February 17th.

Scoring:

- Team Scoring: 10, 8, 6, 4, 2, 1

Awards:

- **1st Place Team:** Championship Trophy, Patches, Medals, and Shirts
- **2nd Place Team:** Medals
- **Individual:** Medal/Patch/Shirt for 1st place; Ribbons for 2nd-6th.

Team Information: Schools will be assigned a job to perform during the meet.

Meet Shirts: Championship apparel will be available for purchase online and on-site.

Order of Events:

Running events will follow a Boys then Girls format.

1. 4x800m Relay
2. 55m Hurdles
3. 55m
4. **10 Minute Break**
5. 4x200m Relay
6. 1600/1500m
7. 600m
8. **10 Minute Break**
9. 1500m RW
10. 1000m
11. 300m
12. **10 Minute Break**
13. 3200/3000m
14. 4x400m Relay

Field Events:

- **Shot Put:** Boys followed by Girls
- **Weight Throw:** Girls followed by Boys
- **Pole Vault:** Girls and Boys (two pits)
- **High Jump:** Boys followed by Girls
- **Triple Jump:** Boys and Girls (two pits)
- **Long Jump:** Boys and Girls (two pits)

Section V Indoor Track & Field State Qualifier

Meet Information

Site:

Nazareth College

Date:

Saturday, February 28th, 6:00 - 10:00 PM

Entries:

- Each event will accept the following entries:
 - Top 16 and ties in all individual events (18 entries in the 300m/600m).
 - Top 6 per division in relay events (2 divisions for relay events).
- Additional entries exceeding 16 individual and 6 relay entries will be accepted if they meet the NY State Standard.
- Relay athletes (4-8) must also be entered online. Alternates may be replaced with committee approval if they are unable to compete due to uncontrollable circumstances.
- Athletes must have a performance listed on the leaderboard to enter that event.
- Athletes may enter up to 3 individual events. If entered in 3 individual events, they cannot be entered in a relay. However, they may participate in any relay they are listed for, provided they do not exceed the maximum of three events.
- To be eligible for Sectional competition, athletes must compete in 6 certified track meets during the regular season.

All entries are to be submitted at [Yen Timing](#). Individual Class Champions automatically advance to the State Qualifier Meet but must be entered online by the deadline. D1 and D2 relay entries will be accepted based on times recorded at sanctioned HS meets: Division 1 will include times of 600+ and Division 2 will include times of 599 and lower. Each division will have its own sections.

Entry Deadline:

8:00 PM, Monday, February 24th.

The Performance List will be available in the coach account by 9:00 PM on Monday. There will be a 24-hour scratch window, closing Tuesday, February 25th, at 8:00 PM. Coaches must ensure athletes are scratched down to the 3-event maximum by the scratch deadline.

Scratch Process:

Email your scratches to coachyen@gmail.com. After the scratch deadline, the Championship Meet Scratch rule will be in effect: "If an athlete scratches from an event after the deadline, they are done for the day."

The final meet program will be posted by Tuesday, February 25th, after 9:00 PM.

Meet Shirts:

Championship shirts will be available for purchase on-site.

Order of Events:**Running Events:**

- Girls followed by Boys
 - 55m Hurdles (Trials / Top 2 in each heat and fastest times advance)
 - 55m Dash (Trials / Top 2 in each heat and fastest times advance)
 - 3000m
 - 3200m
 - 55m Hurdles (Finals)
 - 55m Dash (Finals)
 - 1000m Run
 - 1500m Racewalk
 - 600m Run
 - 1500m Run
 - 1600m Run
 - 300m Finals
 - 20-minute break
 - 4x800m Relay
 - 4x400m Relay
 - 4x200m Relay

Field Events:

- Shot Put: Boys followed by Girls
- Weight Throw: Girls followed by Boys
- Pole Vault: Girls and Boys on 2 pits
- High Jump: Boys followed by Girls
- Triple Jump: Boys and Girls on 2 pits followed by Long Jump: Boys and Girls on 2 pits

In the long jump, triple jump, shot put, and weight throw, each athlete will have 3 attempts, with the top 8 advancing to finals for 3 additional attempts.

NYSPHSAA Championship Advancement Procedures

The top two finishers in each individual event will qualify for the NYSPHSAA Championship. The third-place finisher will also advance if they meet the standards outlined below.

NYSPHSAA/NYS Federation Standards for the 3rd Competitor / 2nd Relay Team

EVENT	GIRLS	BOYS
55m Hurdles	8.74 (8.5)	7.94 (7.7)
55m Dash	7.44 (7.2)	6.74 (6.5)
300m Dash	41.94 (41.7)	36.74 (36.5)
600m Run	1:38.74 (1:38.5)	1:24.74 (1:24.5)
1000m Run	3:02.24 (3:02.0)	2:35.24 (2:35.0)
1500m Run	4:49.54 (4:49.3)	xxxxxxx
1600m Run	xxxxxxx	4:28.74 (4:28.5)
3000m Run	10:21.14 (10:20.9)	xxxxxxx
3200m Run	xxxxxxx	9:42.24 (9:42.0)
1500m Race Walk	7:28.24 (7:28.0)	xxxxxxx
Long Jump	17' 02"	21' 06"
Triple Jump	36' 01"	43' 06"
Shot Put	37' 07"	51' 00"
High Jump	5' 03"	6' 02"
Pole Vault	10' 00"	13' 00"
Weight throw	43'00"	56'00"
4 x 200m Division 1	1:47.54	1:34.94
4 x 200m Division 2	1:52.84	1:36.65
4 x 400m Division 1	4:06.94	3:32.44
4 x 400m Division 2	4:22.46	3:41.46
4 x 800m Division 1	9:36.24	8:05.04
4 x 800m Division 2	10:30.52	8:54.50

The third-place finisher in the 300m, 600m, 1000m, and 1600m/1500m events will participate in the intersectional medley relay. If the third-place finisher meets the state standard in these events, the fourth-place finisher will represent Section V at the state meet.

For more information, visit [NYSPHSAA Track and Field](#).