



MODIFIED
WINTER TRACK & FIELD
HANDBOOK
2025-2026

SECTION VIII – NASSAU BOCES

CONTACT INFORMATION

Modified Athletic Council President

Cathleen Dnyprowsky Athletic Director Great Neck South MS
1-516-441-4668
cdnyprowsky@greatneck.k12.ny.us

Winter Track and Field Sports Coordinator

Doric Capsis, CAA Athletic Director Westbury School District
1-516-876-5075
dcapsis@westburyschools.org

Boys Track Officials Association

Jim Restaino, President
1-631-987-8599
soulmates816@optonline.net or restainojames@gmail.com

Girls Track Officials Association

Michele Walker, President
miswckk@gmail.com
1-516-316-6303

IMPORTANT INFORMATION

Sport Season---November 3, 2025 through January 17, 2026

Meet Dates

a. **Outdoor: 11/19/25, 11/24/25, 12/4/25, 12/10/25, 12/15/25, 12/18/25, 1/8/26, and 1/12/26.**

Required Number of Practices---6

Maximum Number of Meets---8

Minimum Number of Nights Rest Between Meets---2

Individual Limitations Per Meet---3 Events (no more than 2 running events or 2 field events). The total distance in 2 running events may NOT exceed 2300 meters. Relays count as a running event.

Rules Governing Body---All Track Meets will be contested under the National Federation of High Schools (NFHS) Rule Book, with Modified exceptions.

CONFERENCE SCHEDULING INFORMATION

Team

1 Cold Spring Harbor (I) * (at HS)
2 Great Neck North (I)
3 Great Neck South (I)
4 Jericho (I) * (at MS/HS)
5 Manhasset (I) * (at HS)
6 South Woods (Syos.) (I) * (at HS)
7 Thompson (Syos.) (I) * (at HS)
8 Garden City (I)
9 North Shore (I)
10 Roslyn (I)
11 Westbury (I) * (at HS)
35 Carle Place (I)

Team

12 Wheatley (I) * (at HS)
13 Clarke (I)
14 Friends Academy (I)
15 Locust Valley (I)
16 Weber (Port. Wash.) (I)
17 Freeport (Dodd) (II) * (at HS)
18 Hempstead (II)
19 Long Beach (II) * (at MS)
20 West Hempstead (II)
21 East Rockaway (II) * (at HS)
22 Woodmere (II)
34 Roosevelt (II) * (at HS)

Team

23 South Side (II) * (at HS)
24 Valley Stream North (II)
25 Valley Stream South (II)
26 Valley Stream Memorial (II)
27 Berner (Mass.) (III) * (at MS)
28 Grand Ave. (III)
29 Island Trees (III) * (at HS)
30 Merrick Ave. (III)
31 Plain. Old-Beth. (III) * (at HS)
32 Hicksville (III)
33 Woodland (III)

(red star * equals home site offered)

Coordinator: Doric Capsis, Westbury UFSD

Contact: 1-516-876-5075 **email:** dcapsis@westburyschools.org

ORDER OF EVENTS

Running Events (boys then girls)

400 meters
55 meters
800 meters
200 meters
1500 meters
4 x 100 meter relay (@ St. Anthony's we will run a 4 x 200 meter instead)

- Outdoors, more than 1 relay team may be entered, but only 1 may score

Field Events Officials will check the field event areas. Field events run **simultaneously** with the running events and should be contested independently for boys and girls. All Scorers must be predetermined.

Shot Put—4K metal or soft. (not 8 lbs). Ring or painted surface. A safe landing area.

Long Jump---Take-off board is approximately 8 feet from landing pit.

As per new rules, long jump/triple jump pits must contain a minimum depth of 12 inches of sand in the landing area and the sand must be level with the front edge of the pit. If the long jump/triple jump pit has drop-in covers, the sand must still be 12 inches in depth in the landing area and may be level to the line of the shelf at which the covers lay. The sand must be free of any debris, rocks, glass, etc, or any objects that would deem the pit unsafe. It is the host school's responsibility to ensure their facilities are up to the standards of the rules. Host schools must do their due diligence and inspect facilities before the competition. If the officials declare that long jump pit is illegal, the host school will forfeit those points and the points will be equally distributed between the other teams in the meet.

SCORING (Outdoor Meets Only)

Dual Meet: 1st place----5 pts. **Relay:** 1st—5 pts.

	2 nd place---3 pts. 3 rd place---1 pt.		2 nd ---0 pts.
Tri Meet:	1 st place----5 pts. 2 nd place---3 pts. 3 rd place---2 pts. 4 th place---1 pt.	Relay:	1 st —5 pts. 2 nd —3 pts. 3 rd ---0 pts.
Quad Meet:	1 st place----6 pts. 2 nd place---4 pts. 3 rd place---3 pts. 4 th place---2 pts. 5 th place---1 pt.	Relay:	1 st —6 pts. 2 nd —4 pts. 3 rd —2 pts. 4 th —0 pts.
5 Team:	1 st place----8 pts. 2 nd place---6 pts. 3 rd place---4 pts. 4 th place---2 pts. 5 th place---1 pt.	Relay:	1 st —8 pts. 2 nd —6 pts. 3 rd —4 pts. 4 th —2 pts. 5 th ---0 pts.

Weather, Cancellations, and Numbers of Officials

- 1) The use of the weather bug app on your phone is of prime importance. It is free and is an excellent source of information regarding oncoming weather changes. Factors such as lightning sites, wind chill, etc. are stressed.
- 2) If a meet is cancelled due to weather, all attempts will be made to reschedule it.
- 3) Number of officials at meets:
 - a. One official per school at the outdoor meets, minimum (per availability).
 - b. Coaches will take care of all of the recording of results at the finish line.

Use the National Federation Track Rules with Modified exceptions:

- 1) An athlete may enter a maximum of **3 (three)** events per meet; no more than 2 running events or 2 field events. If an athlete is participating in 2 running events, the total distance he/she is running may not exceed **2300** meters. Relay races count as running events.
- 2) To facilitate efficient **OUTDOOR** meet management, each **TEAM** may enter a maximum of three scorers for the long jump and three scorers for the shot put. **EACH OF THESE SCORERS WILL RECEIVE (3) THREE ATTEMPTS.** After all these attempts are completed, a non-scorer's round may be performed if time/weather permits. **EACH OF THESE NON-SCORERS WILL RECEIVE (2) TWO ATTEMPTS.**
- 3) One false start is allowed to a competitor before disqualification.
- 4) The competitor's uniform shall be school-issued or school-approved, worn as intended by the manufacturer. The top shall not be knotted or have a knot-like protrusion. Bare midriff tops are

NOT permitted. The top must hang below or be tucked into the waistband of the uniform bottom when the competitor is standing upright.

- 5) Any visible garments worn underneath the uniform top and/or bottom is considered a foundation garment and, is therefore, NOT subject to logo/trademark/reference/color restrictions.
- 6) All Relay team members must wear uniforms CLEARLY indicating that the members are from the same team. The criteria to determine this is through a) predominant color, b) school logo, and c) color combination of all outer garments worn as a uniform. The official should be able to observe that all members of the relay are from the same team.
- 7) No hats are to be worn during competition. No gloves are to be worn in relays. Hard barrettes used to hold the hair back may not exceed 2 inches in length (The uniform rule is being waived at the outdoor meets but the athlete must wear an outer garment displaying the name of the school.
- 8) Spikes are allowed at the Modified level outdoor meets (1/4 inch MAXIMUM)
- 9) All race distances are to be measured in metrics.

NASSAU TRACK & FIELD and CROSS COUNTRY OFFICIALS ASSOCIATION

1) SAFETY

a- All athletes and spectators shall remain in the bleachers or behind a designated line on the field so as to be away from the finish line and not interfere with the progress of the meet.

b- Please check all equipment (shots, high jump) to see if it is in proper working order and meets the requirements in the rule book.

c- No warm ups will take place at the shot put, or long jump unless there is an adult supervisor/coach at that individual site of competition. At the conclusion of any field event, there shall be no further practice and implements shall be removed from the area.

d- It is strongly recommended that a safety barrier (ropes or flagging) be in place surrounding the shot put event so as to enhance the safety of the athletes participating in that event and reduce the propensity of injury to all persons.

2) EFFICIENCY at the FINISH LINE

a- Only officials, coaches, and managers are permitted at or near the finish line.

b- Coaches or managers should have a run-down of the athletes who are entered in the race so as to write down the time that the official gives them to expedite the recording at the finish line.

c- Officials will do their best to time all athletes entered in a particular race.

3) UNIFORMS

- 1) The competitor's uniform shall be school-issued or school-approved, worn as intended by the manufacturer. The top shall not be knotted or have a knot-like protrusion. Bare midriff tops are

NOT permitted. The top must hang below or be tucked into the waistband of the uniform bottom when the competitor is standing upright.

- 2) Any visible garments worn underneath the uniform top and/or bottom is considered a foundation garment and, therefore, NOT subject to logo/trademark/reference/color restrictions.
- 3) All Relay team members must wear uniforms CLEARLY indicating that the members are from the same team. The criteria to determine this is through a) predominant color, b) school logo, and c) color combination of all outer garments worn as a uniform. The official should be able to observe that all members are from the same team.
- 4) Spikes are allowed at the Modified level of competition. (1/4 inch MAXIMUM)
- 5) The Uniform Rule may be waived due to weather conditions.

4) SUPERVISION

a- An adult supervisor or coach must oversee each field event (shot put, and long jump) and properly run that particular event to its conclusion.

b- An adult supervisor or coach shall help supervise the infield, if athletes and spectators are present, so as to not have them interfere with the progress of the meet.