



**57<sup>th</sup> Annual Boys & 43<sup>rd</sup> Annual Girls  
S.I.H.S.T. & F.A. Varsity Indoor Championships  
Sunday January 12, 2020 at Ocean Breeze**

**RUNNING EVENTS**

10:20 AM	Alumni 1600 meter run
10:30 AM	Alumni 400 meter run
10:40 AM	CYO Boys 4x200
10:45 AM	CYO Girls 4x200
10:50 AM	<i>Girls Non-Scoring 1500 Racewalk</i>
<b>11:00 AM</b>	<b><i>Boys 55 HH TRIALS (7 fastest to finals)</i></b>
11:00 AM	Girls 3000 (1 heat only)
11:15 AM	Boys 3200 (1 heat only)
<b>11:30 AM</b>	<b>Boys 55 HH FINAL</b>
<b>11:35 AM</b>	<b><i>Girls 55 HH TRIALS (7 fastest to finals)</i></b>
11:35 AM	<b><i>Boys 300 Trials (6 fastest to finals)</i></b>
11:45 AM	<i>Frosh Boys 300</i>
11:50 AM	<b><i>Girls 300 TRIALS (6 fastest to finals)</i></b>
<b>12:05 PM</b>	<b>Girls 55 HH FINAL</b>
12:05 PM	<i>Frosh Girls 300</i>
12:10 PM	Boys 1000
<b>12:10 PM</b>	<b><i>Boys 55 TRIALS (7 fastest to finals)</i></b>
12:25 PM	Girls 1000
<b>12:25 PM</b>	<b><i>Girls 55 TRIALS (7 fastest to finals)</i></b>
<b>12:40 PM</b>	<b>Boys 55 FINAL</b>
12:40 PM	<i>Frosh Boys 4x200</i>
<b>12:45 PM</b>	<b>Girls 55 FINAL</b>
12:45 PM	<i>Frosh Girls 4x200</i>
12:50 PM	<b><i>Boys 4x200 TRIALS (6 fastest to finals)</i></b>
1:05 PM	<b><i>Girls 4x200 TRIALS (6 fastest to finals)</i></b>
1:15 PM	Boys 1600
1:30 PM	<i>Frosh Boys 1600</i>
1:40 PM	Girls 1500
1:50 PM	<i>Frosh Girls 1500</i>
2:00 PM	Boys 600
2:10 PM	Girls 600
2:20 PM	<b>Boys 300 FINAL</b>
2:25 PM	<b>Girls 300 FINAL</b>
2:30 PM	Boys 4x800
2:45 PM	Girls 4x800
3:00 PM	Boys 4x400
3:15 PM	Girls 4x400
3:30 PM	<b>Boys 4x200 FINAL</b>
3:35 PM	<b>Girls 4x200 FINAL</b>

**FIELD EVENTS**

10:00 AM	Boys Triple Jump	
10:30 AM	Boys Long Jump	
10:00 AM	Girls Triple Jump	
10:30 AM	Girls Long Jump	
10:00 AM	Boys Shot Put	(Girls to Follow)
10:00 AM	Girls Pole Vault	(Boys to Follow)
1:00 PM	Girls High Jump	
1:00 PM	Boys High Jump	
	<i>Girls Non-Scoring Weight Throw</i>	(Boys to Follow)



## 57<sup>th</sup> Annual Boys & 43<sup>rd</sup> Annual Girls S.I.H.S.T.& F.A. Varsity Indoor Championships Sunday January 12, 2020 at Ocean Breeze

- **FEES:** Any team that doesn't have 2/3 of their league fee paid by the varsity meet will NOT be able to compete!
- **ADMISSION:** There will be a \$5.00 per spectator admission fee that will benefit the SIHST&FA.
- **PRE-ENTRY.** This year we will be pre-seeding the entire meet. **All entries for the S.I. Champs must be entered on [directathletics.com](http://directathletics.com) by Tues 1/7 at 9 PM.** See attached page regarding pre-seeding.
- All athletes must have a shirt or singlet with the school name on it.
- Boys are allowed any 2 (two) events. Girls are allowed 2 running events and 1 field event or 2 field events and 1 running event in the varsity meet.
- **We expect to have FAT**, We will advance the 7 fastest times in the hurdle races & 55 dashes. In the 300 & 4x200 relay; top 6 return for the final. In the 300 & 4x200 trials, we will keep lane 1 empty for the first 3 heats.
- The Games Committee will be: Chris Mancusi (Pres.), Jim Hughes (VP) and Patricia Mulligan (Treasurer).
- **Athlete Prizes:** Plaque - 1st place, Medals - 2nd through 6th place.
- **Team Prizes:** Top 3 teams earn plaques. The winning team will receive the "SIHSTFA Track & Field Rotating Trophy." It is the duty of the winning team to have their team name engraved as a champion & return the trophy for the next indoor/outdoor islands.
- Freshmen & Non-scoring events will earn medals but not score any points.
- The meet director reserves the right to correct scoring mistakes to an indefinite period of time
- Coaches, athletes, and spectators are requested not to badger or show any disrespect to clerks, and officials
- All non-competing athletes, spectators and parents are asked to remain in the stands, no athletes should be on the infield, on the mats, or alongside the track straight away.
- **Coaches are asked to consider obtaining sponsors to help pay for the meet.**

The Games Committee will be responsible to rule on written protest submitted to Chris Mancusi within 15 minutes of the conclusion of the event AND will vote on the outstanding performers (track and field, 1 boy and 1 girl).

- **FIELD EVENTS:**

TJ Boards - BOYS: 28, 32, 36, 40 - Min. Measure 33'  
GIRLS: 24, 28, 32 - Min. Measure 25'

HJ Opening- BOYS: 5', up 2 inches at a time  
GIRLS: 4', up 2 inches at a time

LJ Boards - BOYS: 12 feet - Min. Measure 16'  
GIRLS: 8 feet - Min. Measure 12'

Shot Put- BOYS: 12 lb shot - Min. Measure 30'  
GIRLS: 4K Shot - Min. Measure 20'

PV Heights - BOYS: 7', 8', then 6 inches at a time  
GIRLS: 5', 6', then 6 inches at a time

# 57th Annual Boys S.I.H.S.T.&F.A. Indoor Championships

<u>YEAR</u>	<u>INDOOR TRACK &amp; FIELD</u>	<u>HEAD COACH</u>
2020		
2019	Msgr Farrell	Vin Nabavi
2018	Susan Wagner	Steve Corrigan
2017	McKee/S.I. Tech	Scott Crabbe
2016	St. Joseph Sea	Chris Mancusi
2015	St. Joseph Sea	Chris Mancusi
2014	Msgr. Farrell	John Sexton & Mike Proffitt
2013	Msgr. Farrell	John Sexton & Mike Proffitt
2012	Msgr. Farrell	Tom Cuffe
2011	Msgr. Farrell	Tom Cuffe
2010	St. Joseph Sea	Chris Mancusi
2009	Msgr. Farrell	Tom Cuffe
2008	Msgr. Farrell	Tom Cuffe
2007	Msgr. Farrell	Tom Cuffe
2006	Msgr. Farrell	Tom Cuffe
2005	Msgr. Farrell	Tom Cuffe
2004	Msgr. Farrell	Tom Cuffe
2003	Msgr. Farrell	Tom Cuffe
2002	Msgr. Farrell	Tom Cuffe
2001	Msgr. Farrell	Tom Cuffe
2000	Msgr. Farrell	Tom Cuffe
1999	St. Joseph Sea	John Sexton & Jim Salerno
1998	St. Joseph Sea	Tom Cuffe
1997	Msgr. Farrell	Jim Higgins
1996	Msgr. Farrell	Jim Higgins
1995	Msgr. Farrell	Jim Higgins
1994	Msgr. Farrell	Bob Minall & Bob Marano
1993	<b>No Meet Held</b>	<b>No Meet Held</b>
1992	Msgr. Farrell	Bob Minall & Bob Marano
1991	Msgr. Farrell	Bob Minall & Bob Marano
1990	Msgr. Farrell	John Agnello
1989	Msgr. Farrell	John Agnello
1988	Msgr. Farrell	John Agnello
1987	Msgr. Farrell	John Agnello
1986	Msgr. Farrell	Dave Mahon
1985	Msgr. Farrell	Dave Mahon
1984	Msgr. Farrell	Dave Mahon
1983	Msgr. Farrell	Marty Walsh
1982	Msgr. Farrell	Marty Walsh
1981	Msgr. Farrell	George Kochman
1980	Msgr. Farrell	George Kochman
1979	Msgr. Farrell	George Kochman
1978	Msgr. Farrell	George Kochman
1977	Msgr. Farrell	George Kochman
1976	Msgr. Farrell	George Kochman
1975	Msgr. Farrell	George Kochman
1974	Msgr. Farrell	George Kochman
1973	Msgr. Farrell	George Kochman
1972	Msgr. Farrell	George Kochman
1971	Msgr. Farrell	George Kochman
1969-1970	Msgr. Farrell	George Kochman
1963-68	St. Peter's	John Tobin

## PREVIOUS CHAMPIONS

43 - Msgr. Farrell  
 6 - St. Peter's  
 5 - St. Joseph Sea  
 1 - McKee/S.I. Tech  
1 - Susan Wagner  
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# 43rd Annual Girls S.I.H.S.T.&F.A. Indoor Championships

<u>YEAR</u>	<u>INDOOR TRACK &amp; FIELD</u>	<u>HEAD COACH</u>
2020		
2019	Notre Dame Academy	Al Garcia
2018	Notre Dame Academy	Al Garcia
2017	Notre Dame Academy	Al Garcia
2016	Notre Dame Academy	Al Garcia
2015	Port Richmond	Marissa Olivieri
2014	McKee/S.I. Tech	Patricia Mulligan
2013	Port Richmond	Marissa Olivieri
2012	Port Richmond	Marissa Olivieri
2011	St. John Villa	Mike Proffitt
2010	St. John Villa	Mike Proffitt
2009	St. John Villa	Mike Proffitt
2008	Curtis	Joe Sicilian
2007	St. John Villa	Mike Proffitt
2006	Curtis	Joe Sicilian
2005	McKee/S.I. Tech	Mary Brooks
2004	McKee/S.I. Tech	Mary Brooks
2003	St. Joseph Sea	Jo-Anne Kopycinski
2002	St. Joseph Sea	Jo-Anne Kopycinski
2001	St. Joseph Sea	Jo-Anne Kopycinski
2000	St. Joseph Sea	Jo-Anne Kopycinski
1999	Tottenville	Pete Whitehouse
1998	Tottenville	Pete Whitehouse
1997	Tottenville	Pete Whitehouse
1996	Tottenville	Pete Whitehouse
1995	Tottenville	Pete Whitehouse
1994	Tottenville	Pete Whitehouse
1993	<b>No Meet Held</b>	<b>No Meet Held</b>
1992	Tottenville	Pete Whitehouse
1991	Tottenville	Pete Whitehouse
1990	Tottenville	Pete Whitehouse
1989	Tottenville	Pete Whitehouse
1988	Tottenville	Pete Whitehouse
1987	Tottenville	Pete Whitehouse
1986	Tottenville	Pete Whitehouse
1985	Tottenville	Pete Whitehouse
1984	Tottenville	Pete Whitehouse
1983	Tottenville	Pete Whitehouse
1982	Tottenville	Pete Whitehouse
1981	Tottenville	Pete Whitehouse
1980	Tottenville	Pete Whitehouse
1979	Tottenville	Pete Whitehouse
1978	Susan Wagner	Ed Ronkovitz
1977	Tottenville	Pete Whitehouse

## PREVIOUS CHAMPIONS

21 - Tottenville  
 4 - Notre Dame  
 4 - St. John Villa  
 4 - St. Joseph Sea  
 3 - Port Richmond  
 3 - McKee/S.I. Tech  
 2 - Curtis  
 1 - Susan Wagner  
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# Staten Island High School Track & Field Association

**PRESIDENT:** Chris Mancusi  
**TREASURER:** Patricia Mulligan  
**WEBSITE:** [www.sihstfa.org](http://www.sihstfa.org)

**VICE-PRESIDENT:** Jim Hughes  
**SECRETARY:** Jo-Anne Kopycinski  
**TWITTER:** @sihstfa

Dear Friend of Track & Field,

In the past you had sponsored an event at the Staten Island Indoor Varsity Track and Field Championships, listed below is the list of all past sponsors for the meet. We will be holding the meet at the Ocean Breeze Track & Field Center on January 12, 2020. The contribution amount for an event is \$50.00 payable to S.I.H.S.T.&F.A.

<b>BOYS EVENTS</b>	<b>NAMED FOR</b>	<b>SPONSOR</b>
55M HIGH HURDLES	PETE WHITEHOUSE	TOTTENVILLE
55M DASH FINAL	GEORGE MORTIMER	ST. PETER'S H. S.
300M DASH FINAL	DANIEL KELLEY	CSI/MCCOWN H.S.
600M RUN FINAL	DEREK ALVEZ	DEREK ALVES
1000M RUN FINAL	TOM CELIC	BOB ORAZEM
1600M RUN FINAL	ART HALL	BENJAMIN & GULOTTA CO.
3200M RUN FINAL	GEORGE KOCHMAN	MSGR. FARRELL
SHOT PUT	MSGR. BARNES	MSGR. FARRELL
HIGH JUMP	PETE WHITEHOUSE	ST. PETERS H. S.
LONG JUMP	ADAM OGBU	ST. JOSEPH SEA TRACK
TRIPLE JUMP	CRAIG MILLER	CURTIS
POLE VAULT	BRIAN DUGGAN	MSGR. FARRELL H.S.
800 METER RELAY	MSGR. FINN	MSGR. FARRELL
1600 METER RELAY	JAMES G. HUGHES	HUGHES FAMILY
3200 METER RELAY	SEA TRACK	ST. JOSEPH BY THE SEA
FIRST PLACE TEAM	BILL WELSH	S.I.A.C.
SECOND PLACE TEAM	TOM CARROLL	RICHMOND ROCKETS
THIRD PLACE TEAM	PORT RICHMOND	PORT RICHMOND
FIELD MVP	BILL JANKUNIS	S.I.H.S.T.F.A
TRACK MVP	PETER GAGLIARDI	McKEE / S. I. TECH.

As the date draws near please call your intentions as to whether you wish to sponsor any above event as soon as possible. If you have any questions, you can contact me at: Phatricia@aol.com or 917-476-1467. Please send a check payable to: "SIHSTFA". The check can be mailed to:

Patricia Mulligan  
c/o SIHSTFA  
723 Stafford Ave  
S.I., N.Y. 10309

Thanking you in advance,

Patricia Mulligan  
Treasurer  
S.I.H.S.T.&F.A



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## **GIRLS EVENTS**

## **NAMED FOR**

## **SPONSOR**

55M HIGH HURDLES	ARTHUR GRANNIS	CURTIS H.S.
55M DASH FINAL	PRINCESS YATES	CSI/MCCOWN H.S.
300M DASH FINAL	CHELSEA TAIT	McKee/ Staten Island Tech.
600M RUN FINAL	LUKE PARLATORE	ST. JOSEPH HILL TRACK
1000M RUN FINAL	ARIELLE NEWMAN	NEWMAN FAMILY
1500M RUN FINAL	MIKE MARROTTA	TOTTENVILLE HS
3000M RUN FINAL	DOM TRINGALI	NOTRE DAME ACADEMY
SHOT PUT	FALCON SHOT PUT	SUSAN WAGNER H.S.
HIGH JUMP	VILLA ACADEMY	ST. JOHN'S VILLA HS
LONG JUMP	CATHERINE McENEARNEY	HUGHES FAMILY
TRIPLE JUMP	VILLA TRACK & FIELD	VILLA PARENTS' ASSOC.
POLE VAULT	VIKING VAULT	ST. JOSEPH SEA TRACK
800 METER RELAY	DOREEN SCRIMENTI	RICHMOND ROCKETS
1600 METER RELAY	MIGUEL RODRIGUEZ	NEW DORP H.S.
3200 METER RELAY	ARIELLE NEWMAN	NEWMAN FAMILY
FIRST PLACE TEAM	BILL WELSH	S.I.A.C.
SECOND PLACE TEAM	LORRAINE LETTIERI	SITRAC
THIRD PLACE TEAM	BILL ALERT	SITRAC
FIELD MVP	JOSEPH L. MACEDA	ST. JOSEPH HILL ACADEMY
TRACK MVP	LUKE PARLATORE	LUKE PALATORE FOUND.

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S.I.H.S.T.&F.A

## GUIDELINES FOR SIHST&FA INDOOR ISLANDS SEEDING

Knowing that our S.I. Champ meets are early in both the indoor/outdoor seasons we will use good judgement in seeding. Our priority is to get the BEST kids in the TOP sections for the BEST races.

**The goal: We want the best athletes to compete against each other.**

Ex. A 13:00 VCP 2.5 runner, who hasn't run a 2 mile can be seeded at 9:40 without being bumped out.

Ex. A 4:30 miler can be seeded at 10:00 in the 2mile.

Ex. A kid who has run 2:35 for the 1000, can be seeded at 1:26 in the 600.

We'll use good judgement to put together the best races.

NO RELAY SPLITS ARE ACCEPTABLE.

You can list up to 6 names on a relay. Being an alternate on a relay still counts as one event.

### Priority Lanes for Ocean Breeze 5-6-4-3-2-1

55	Top 2 heats will be seeded & snaked. Seeds 1-4-5-8-9 in H1, 2-3-6-7-10 in H2
55HH	Top 2 heats will be seeded & snaked. Seeds 1-4-5-8-9 in H1, 2-3-6-7-10 in H2
300	Top 3 heats will be seeded & snaked – H1: 1-3-5, H2: 2-4-6, H3: 7-8-9 Lane 1 will remain empty for the 3 seeded heats
600	H1 and H2 in lanes, H3 and on, California start 8-12 in a heat
1000	H1 – Max of 10 athletes California start, H2 and on, Max of 15 per heat
1500/1600	H1 – Max of 12 athletes California start, H2 and on, Max of 15 per heat
3000/3200	Only ONE seeded heat, Top 15 seeded athletes, under the established time. Boys (sub 11, Girls sub 12:30), all others placed in the 1500/1600.
4x200	H1: 1-3-5, H2: 2-4-6, H3: 7-8-9, Lane 1 will remain empty for seeded heats All else, max of 6 teams per heat
4x400	H1: Top 6 teams, H2: 8 teams California start, H3: 10-12 teams California start
4x800	H1: Top 12 teams, H2: Remaining teams. Possibly can go higher to save time.

If entries allow, we will consolidate flights wherever possible. No flight may be larger than 18 Seeded Flights go last, in reverse order

The meet director may make minor changes to the limits per race depending on entries.

**ENTRY DEADLINE: Tuesday January 7, 2020 at 9 PM. – No Exceptions.**

**All athletes MUST be entered on-line via [directathletics.com](http://directathletics.com).**

Any athlete that is not pre-entered may NOT compete.

A performance list will be sent via e-mail the next morning.

**CHALLENGES:** On [directathletics.com](http://directathletics.com), post the seed you wish to seed your athlete at. In the comments section, type the race time/meet so it can be justified.

**FINAL HEAT/FLIGHT SHEETS will be e-mailed out on FRIDAY JANUARY 10, 2020** so you can let your athletes know their heat/lane. NO CHANGES will be made on meet day.