



**68th Annual Boys & 45th Annual Girls
S.I.H.S.T. & F.A. Varsity Outdoor Championships
May 3 & 5, 2019 at St. Joseph Sea & Farrell H.S.**

DAY ONE - FRI MAY 3, 2019 – St. Joseph Sea H.S.

4:00 PM Girls 100 HH FINAL ON TIME
4:10 PM Boys 110 HH FINAL ON TIME
4:20 PM Girls 2,000m Steeplechase (1 heat only)
4:30 PM Boys 3,000m Steeplechase (1 heat only)
4:45 PM Girls 400 IH
4:55 PM Boys 400 IH
5:10 PM *Non-Scoring Girls 1500 Racewalk*

DAY TWO - SUN MAY 5, 2019 – Farrell H.S.

11:00 AM Girls 3000 (1 heat only)
11:15 AM Boys 3200 (1 heat only)
11:30 AM *Girls 100 TRIALS (6 fastest to finals)*
11:40 AM *Boys 100 TRIALS (6 fastest to finals)*
11:50 AM Girls 400 FINAL
12:05 PM Boys 400 FINAL
12:20 PM Girls 100 FINAL
12:25 PM Boys 100 FINAL
12:30 PM Boys 1600
12:45 PM Girls 1500
1:05 PM *Boys 200 TRIALS (6 fastest to finals)*
1:20 PM Girls 800
1:30 PM Boys 800
1:40 PM Girls 200 FINAL ON TIME
1:55 PM Boys 200 FINAL
2:00 PM Girls 4 x 100 FINAL ON TIME
2:10 PM Boys 4 x 100 FINAL ON TIME
2:20 PM Girls 4 x 400
2:35 PM Boys 4 x 400
2:50 PM Girls 4 x 800
3:05 PM Boys 4 x 800

FIELD EVENTS

10:00 AM Girls Shot Put (Boys to Follow)
10:00 AM Boys Discus (Girls to Follow)
10:00 AM Boys High Jump (Girls to Follow)

10:00 AM Boys Triple Jump (Boys Long Jump to Follow)
10:00 AM Girls Triple Jump (Girls Long Jump to Follow)

10:00 AM Girls Triple Jump (Boys to Follow)
10:00 AM Girls Pole Vault (Boys to Follow)

12:00 PM Boys Javelin (Girls to Follow)



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- **FEES:** Any team that is NOT PAID IN FULL by the varsity meet will NOT compete.
- All athletes must have a shirt or singlet with the school name on it.
- **PRE-ENTRY.** This year we will be pre-seeding the entire meet. **All entries for the S.I. Champs must be entered on ny.milesplit.com by Tues 4/30 at 9 PM.** See attached page regarding pre-seeding.
- 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.
- Starting blocks may be used in the FINALS ONLY
- **We expect to have FAT**, We will advance the 6 fastest times 100 & 200 dashes. In some sprint races, we will keep lane 1 empty for the first 3 heats. In the event, we can't secure an FAT, changes will be emailed out.
- **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.
- 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'

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

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

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

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

Discus BOYS: 1.6 kg - Min. Measure 75'
GIRLS: 1kg - Min. Measure 50'

Javelin BOYS: 800 grams - Min. Measure 75'
GIRLS: 600 grams - Min. Measure 50'

68th Annual Boys S.I.H.S.T.&F.A. Outdoor Championships

<u>YEAR</u>	<u>OUTDOOR TRACK & FIELD</u>	<u>HEAD COACH</u>
2019		
2018	Msgr. Farrell	Vin Nabavi
2017	Msgr. Farrell	Vin Nabavi
2016	St. Joseph Sea	Chris Mancusi
2015	St. Joseph Sea	Chris Mancusi
2014	Msgr. Farrell	John Sexton
2013	McKee/S.I. Tech	Scott Crabbe
2012	Msgr. Farrell	Tom Cuffe
2011	Msgr. Farrell	Tom Cuffe
2010	Msgr. Farrell	Tom Cuffe
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	Msgr. Farrell	Tom Cuffe
1998	Msgr. Farrell & St. Peter's	Tony Garafolo & Denis Donovan
1997	Msgr. Farrell	Jim Higgins
1996	Msgr. Farrell	Jim Higgins
1995	Msgr. Farrell	Jim Higgins
1994	Msgr. Farrell	Bob Minall & Bob Marano
1993	Msgr. Farrell	Bob Minall & Bob Marano
1992	Curtis	Bob Andrews
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	Stu Levine
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	Tottenville	Stu Levine
1974	Msgr. Farrell	George Kochman
1973	Msgr. Farrell	George Kochman
1972	Tottenville	Mike Marotta
1971	New Dorp	Bill Welsh
1970	Msgr. Farrell	George Kochman
1969	Msgr. Farrell	George Kochman

Previous Champions

42.5	Msgr Farrell
16.5	St. Peter's
3	Tottenville
2	St. Joseph Sea
1	Curtis
1	McKee/S.I. Tech
<u>1</u>	New Dorp
67	

1968	St. Peter's	John Tobin
1967	St. Peter's	John Tobin
1966	St. Peter's	John Tobin
1965	Msgr. Farrell	Tom Celandine
1964	St. Peter's	John Tobin
1963	St. Peter's	John Tobin
1962	St. Peter's	John Tobin
1961	St. Peter's	John Tobin
1960	St. Peter's	Bro. Kevin O'Donnell
1959	St. Peter's	Bro. Kevin O'Donnell
1958	St. Peter's	Bro. Kevin O'Donnell
1957	St. Peter's	Bro. Kevin O'Donnell
1956	St. Peter's	Bro. Kevin O'Donnell
1955	St. Peter's	Bro. Kevin O'Donnell
1954	St. Peter's	Bro. Kevin O'Donnell
1953	St. Peter's	Bro. Kevin O'Donnell
1952	St. Peter's	Bro. Kevin O'Donnell
	1952 - 1st Outdoor Champs	

45th Annual Girls S.I.H.S.T.&F.A. Outdoor Championships

<u>YEAR</u>	<u>OUTDOOR TRACK & FIELD</u>	<u>HEAD COACH</u>
2019		
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	St. John Villa	Mike Proffitt
2005	St. John Villa	Mike Proffitt
2004	St. John Villa	Mike Proffitt
2003	St. Joseph Sea	Jo-Anne Kopycinki
2002	St. Joseph Sea	Jo-Anne Kopycinki
2001	Tottenville	Bill Kruesi
2000	Tottenville	Bill Kruesi
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	Tottenville	Pete Whitehouse
1992	Tottenville	Pete Whitehouse
1991	Tottenville	Pete Whitehouse
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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	Tottenville	Pete Whitehouse
1977	Tottenville	Pete Whitehouse
1976	Tottenville	Pete Whitehouse
1975	Tottenville	Pete Whitehouse
	1975 - 1st Outdoor Champs	

Previous Champions

27	Tottenville
7	St. John Villa
3	Port Richmond
3	Notre Dame Academy
2	St. Joseph Sea
1	Curtis
<u>1</u>	McKee/S.I. Tech
44	

GUIDELINES FOR SIHST&FA OUTDOOR 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.

At this point in the year, ACTUAL individual/open races are the only performances that can get a kid in a top seeded heat.

- * We will accept 55/200/300 open times for a 100 or 200 seed.
- * We will accept a 200/300/600 open time for a 400 seed.
- * We will accept a 600/800/1000 open time for a 800 seed.

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 St Joseph Sea/Farrell- 5-6-4-3-2-1

100	Top 2 heats will be seeded & snaked. Seeds 1-4-5-8-9 in H1, 2-3-6-7-10 in H2
110 HH	Final on Time – Top 5 seeds in H1, Seeds 6-10 in H2 etc...
200	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
400	H1 and H2 in lanes, H3 and on, California start 8-12 in a heat
400 IH	Final on Time – Top 5 seeds in H1, Seeds 6-10 in H2 etc...
800	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.
Steeple 's	Only ONE seeded heat, Top 15 seeded athletes.
4x100	H1: Seeds 1-5, H2: Seeds 6-10, Lane 1 will remain empty for the 2 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. 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 April 30, 2019 at 9 PM. – No Exceptions.

All athletes MUST be entered on-line via 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: A scratch/challenge meeting will be held on Wednesday May 1st at Sea at 5:30 PM. Coaches must be present to defend their seeds in person. On 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 THURSDAY MAY 2, 2019 so you can let your athletes know their heat/lane. NO CHANGES will be made on meet day.



Staten Island High School Track & Field Association

PRESIDENT: Chris Mancusi
TREASURER: Patricia Mulligan
WEBSITE: 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 Outdoor Varsity Track and Field Championships, listed below is the list of all past sponsors for the meet. We will be holding the meet on May 3, 5, 2019. The contribution amount for an event is \$50.00 payable to S.I.H.S.T.&F.A.

BOYS EVENTS	NAMED FOR	SPONSOR
110M HIGH HURDLES	ADAM SANFORD	JOHN PADULA
100M DASH FINAL	PORT RICHMOND BOYS	EILEEN MITCHELL
200M DASH FINAL	LORRAINE LETTIERI	LORRAINE LETTIERI
400M RUN FINAL	JOSEPH MERRELL	JOSEPH MERRELL AMERICAN LEGION
400 INTERM. HURDLES	TOM ROWAN	JIM DRURY
800M RUN FINAL	ISLAND EXPRESS	JOHN PADULA
1600M RUN FINAL	ABEL KIVIAT	ANONYMOUS
3200M RUN FINAL	ART HALL	ANONYMOUS
3000 STEEPLE	WILLIAM & MARY CUFFE	A FRIEND
SHOT PUT	RICH OETTING	ANONYMOUS
DISCUS	WHITEHOUSE FOUNDTION	WHITEHOUSE FOUNDATION
JAVELIN	ED TERRANOVA	ANTHONY BUCCIGROSSI
HIGH JUMP	CHRISTOPHER WHITEHOUSE	DRENNAN FAMILY
LONG JUMP	BREAD OF LIFE FOOD DRIVE	BREAD OF LIFE FOOD DRIVE
TRIPLE JUMP	VIC NAVARRA	PETE MANCUSO
POLE VAULT	FALCON FLIGHT SCHOOL	SUSAN WAGNER
400 METER RELAY	WARREN JACQUES	JACQUES COMMITTEE
1600 METER RELAY	ANTHONY CANOVA	ANTHONY CANOVA
3200 METER RELAY	INSPIRATION RUNNING CAMP	INSPIRATION ATHLETICS
FIRST PLACE TEAM	JOHN TOBIN	STEVE ZIMMERMAN
SECOND PLACE TEAM	ST PETERS TRACK ALUMNI	BOCCIA FAMILY
THIRD PLACE TEAM	ST PETERS TRACK ALUMNI	BOCCIA FAMILY
FIELD MVP	BILL JANKUNIS	BILL WELSH & STEVE ZIMMERMAN
TRACK MVP	ARIELLE NEWMAN	NEWMAN FAMILY

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
100M HIGH HURDLES	JUDGE MIKE BRENNAN	BRIGHTON KIWANIS
100M DASH FINAL	MARTY MCGOWAN	BOB GRISWOLD
200M DASH FINAL	MARTY MCGOWAN	BOB GRISWOLD
400M RUN FINAL	JIM O'HANLON	JIM DRURY
400 INTERM. HURDLES	PETER WHITEHOUSE	SITRAC
800M RUN FINAL	JEFF BENJAMIN	NEW DORP GIRLS
1500M RUN FINAL	DOM TRINGALI	NOTRE DAME ACADEMY
3000M RUN FINAL	BILL WELSH	NEW DORP GIRLS
2000 STEEPLE	WILLIAM & MARY CUFFE	A FRIEND
SHOT PUT	EMELINE BENNETT	ANONYMOUS
DISCUS	IANNAMORATO FAMILY	MARY INNAMORATO
JAVELIN	PETE MURRAY	PETE WHITEHOUSE
HIGH JUMP	BILL ALERT	SITRAC
LONG JUMP	LORRAINE LETTIERI	LORRAINE LETTIERI
TRIPLE JUMP	NOTRE DAME CLUB	JOE DELANEY
POLE VAULT	FALCON FLIGHT SCHOOL	SUSAN WAGNER
400 METER RELAY	ST JOSEPH HILL TRACK	CLAUDIA MCLAUGHLIN
1600 METER RELAY	MAURA BROWN	NEW DORP GIRLS
3200 METER RELAY	INSPIRATION RUNNING CAMP	INSPIRATION ATHLETICS
FIRST PLACE TEAM	RASTA RETURNS	RASTA RETURNS
SECOND PLACE TEAM	MIKE CASSIDY	MARY CLOONEY
THIRD PLACE TEAM	MIKE CASSIDY	MARY CLOONEY
FIELD MVP	JOE DELANEY	JOE DELANEY
TRACK MVP	ARIELLE NEWMAN	NEWMAN FAMILY

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Patricia Mulligan
Treasurer
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