

**OCIAA**

**INDOOR TRACK**

**2009-2010**

**INFORMATION PACKET**

**George St. Lawrence**  
**Monroe-Woodbury**  
**Athletic Director**  
**(845) 460-7045 ext. 7049**

## GENERAL INFORMATION

1. All conference meets will be team scored.
2. Officials will do all timing.
3. No spikes or blanks allowed in field house.
4. 3 x 5 cards: running & field events  
Must put full name – clearly  
Include name (first, last)  
Event name  
School name & Division  
Seed times  
By Color, Division 1 – yellow cards  
Division 2 – blue cards  
Division 3 – pink cards  
Division 4 – green cards  
Division 5 – white cards
5. Clerking office is near entrance to field house.
6. No athletes/fans allowed on basketball courts and upper areas.
7. Limit use of back packs, carry ons.
8. No music boxes. No food.
  - A. All schools assist in hurdle crew.
  - B. P.V. Crossbars and adjusters
  - C. HJ Crossbars
  - D. 50' tape LJ & TJ
  - E. 50' tape SP
9. All schools must submit a team roster for all participants (boys & girls) to the OCIAA League office
10. Starting heights for OCIAA Conference and Developmental Meets:  
Pole Vault (B & G): 6-0, 7-0, 8-0, 8-6, 9-0, etc.  
High Jump (Girls): 4-0, 4-3, 4-6, 4-8, 4-10, 5-0, 5-1, etc.  
High Jump (Boys): 5-0, 5-3, 5-6, 5-8, 5-10, 6-0, 6-1, etc.

## 2009-10 OCIAA/Section IX Indoor Track Schedule

### Division 1

Newburgh Free Academy  
Kingston  
Monroe Woodbury  
Middletown  
Pine Bush

### Division 2

Valley Central  
Warwick  
Washingtonville  
Minisink Valley  
FDR – Hyde Park

### Division 3

Wallkill  
Monticello  
Port Jervis  
Cornwall  
Goshen

### Division 4

Onteora  
Marlboro  
Burke Catholic  
James I O'Neill  
Spackenkill  
Ellenville

### Division 5

Liberty  
Sullivan West  
Pine Plains  
Millbrook  
Tri Valley  
Chester  
Eldred  
Webutuck

# 2009-2010

Friday, November 27, 2009 (6-10 pm) – Non Scored – Divisions 1, 4, 5 **D**

Saturday, November 28, 2009 (1 – 6pm) – Non Scored – Divisions 2, 3 **D**

Friday, December 4, 2009 (6-10pm) – OCIAA Relays – All Schools

- Limit – 1 bus per school, 1 athlete B&G per field event per school, 1 relay team B&G per school

Friday, December 11, 2009 (6-10pm) – Scored – Divisions 2, 4, 5 **A**

Saturday, December 12, 2009 (1-6pm) – Scored – Divisions 1, 3 **A**

Friday, December 18, 2009 (6-10pm) – Scored – Divisions 1, 2, 4 **B**

Saturday, December 19, 2009 (1-6pm) – Scored – Divisions 3, 5 **B**

Saturday, January 2, 2010 (1-6pm) – Non scored – Divisions 1, 4 **C**

Sunday, January 3, 2010 (1-6pm) – Non scored – Divisions 2, 3, 5 **C**

Friday, January 15, 2010 (6-10pm) – Scored – Divisions 1, 3, 5 **A**

Saturday, January 16, 2010 (1-6pm) – Scored – Divisions 2, 4 **A**

Friday, January 22, 2010 (6-10pm) – Scored – Divisions 1, 4, 5 **B**

Saturday, January 23, 2010 (1-6pm) – Scored – Divisions 2, 3 **B**

Friday, January 29, 2010 (6-10pm) – Scored – Divisions 1, 2 **A**

Saturday, January 30, 2010 (1-6pm) – Scored – Divisions 3, 4, 5 **A**

Friday, February 5, 2010 (6-10pm) – OCIAA Boys Championship – All Schools

Saturday, February 6, 2010 (1-6pm) – OCIAA Girls Championship – All Schools

Sunday, February 14, 2010 (1-7pm) – Section IX Championship – All Schools

Friday, February 26, 2010 (6-10pm) – Section IX Boys State Qualifier

Saturday, February 27, 2010 (1-6pm) – Section IX Girls State Qualifier

Sunday, February 28, 2010 (1-6pm) – Snow Date (only if necessary)

**“A” MEET FORMAT  
OCIAA CONFERENCE MEET (Scored)**

**ORDER OF EVENTS**

**Running Events:**

|       |                  |   |                   |  |
|-------|------------------|---|-------------------|--|
| Girls | 1500 meter walk  | - | unlimited entries |  |
| Boys  | 55 meter hurdles | - | 3 scored          |  |
| Girls | 55 meter hurdles | - | 3 scored          |  |
| Boys  | 55 meter dash    | - | 3 scored          |  |
| Girls | 55 meter dash    | - | 3 scored          |  |
| Boys  | 3200 meter run   | - | 3 entries         | Combined division heats for 300 through 3200m runs scored on time. |
| Girls | 3000 meter run   | - | 3 entries         |  |
| Boys  | 1000 meter run   | - | 3 entries         |  |
| Girls | 1000 meter run   | - | 3 entries         |  |
| Boys  | 300 meter run    | - | 3 entries         |  |
| Girls | 300 meter run    | - | 3 entries         |  |
| Boys  | 3200 meter relay | - | 1 team allowed    |  |
| Girls | 3200 meter relay | - | 1 team allowed    |  |
| Boys  | 1600 meter relay | - | 1 team allowed    |  |
| Girls | 1600 meter relay | - | 1 team allowed    |  |
| Boys  | 800 meter relay  | - | 1 team allowed    |  |
| Girls | 800 meter relay  | - | 1 team allowed    |  |

**Field Events:** **NOTE:** Coach will designate 3 scorers per school/per event prior to the start of each event.

|               |             |   |                                  |  |           |
|---------------|-------------|---|----------------------------------|--|-----------|
| Girls         | Shot Put    | - | 6 entries – 3 throws only        | 2 <sup>nd</sup> 2 hours  | 3 scorers |
| Boys          | Shot Put    | - | 6 entries – 3 throws only        | 1 <sup>st</sup> 2 hours  | 3 scorers |
| Girls         | Long Jump   | - | 4 entries – 3 jumps only         | 1 <sup>st</sup> 1 hour   | 3 scorers |
| Boys          | Long Jump   | - | 4 entries – 3 jumps only         | 2 <sup>nd</sup> 1 hour   | 3 scorers |
| Girls         | Triple Jump | - | 4 entries – 3 jumps only         | 3 <sup>rd</sup> 1 hour   | 3 scorers |
| Boys          | Triple Jump | - | 4 entries – 3 jumps only         | 4 <sup>th</sup> 1 hour   | 3 scorers |
| Girls         | High Jump   | - | 3 entries                        | 1 <sup>st</sup> 2 hours  | 3 scorers |
| Boys          | High Jump   | - | 3 entries                        | 2 <sup>nd</sup> 2 hours  | 3 scorers |
| Boys          | Pole Vault  | - | 5 entries                        | combined boys and girls  |           |
| Girls         | Pole Vault  | - | 5 entries                        | combined boys and girls  |           |
| 35 lb. weight |             | - | unlimited entries<br>non-scoring | combined boys and girls<br>following shot put, time permitting |           |

**NOTE:** MUST ADHERE TO LIMITED ENTRIES DUE TO NUMBER OF SCHOOLS COMPETING.

**“B” MEET FORMAT  
OCIAA CONFERENCE MEET (Scored)**

**ORDER OF EVENTS**

**Running Events:**

|       |                  |   |  |  |
|-------|------------------|---|--|--|
| Boys  | 800 meter relay  | - | 1 team allowed   |  |
| Girls | 800 meter relay  | - | 1 team allowed   |  |
| Boys  | 1600 meter relay | - | 1 team allowed   |  |
| Girls | 1600 meter relay | - | 1 team allowed   |  |
| Boys  | 3200 meter relay | - | 1 team allowed   |  |
| Girls | 3200 meter relay | - | 1 team allowed   |  |
|       |                  |   |  |  |
| Boys  | 55 meter hurdles | - | 3 entries  |  |
| Girls | 55 meter hurdles | - | 3 entries  |  |
| Boys  | 55 meter dash    | - | 3 entries  |  |
| Girls | 55 meter dash    | - | 3 entries  |  |
|       |                  |   |  |  |
| Boys  | 600 meter run    | - | 3 entries  | Combined division heats for 300 through 1600m runs scored on time. |
| Girls | 600 meter run    | - | 3 entries  |  |
| Boys  | 1600 meter run   | - | 3 entries  |  |
| Girls | 1500 meter run   | - | 3 entries  |  |
| Boys  | 300 meter run    | - | 3 entries  |  |
| Girls | 300 meter run    | - | 3 entries  |  |
|       |                  |   |  |  |
| Girls | 1500 meter walk  | - | unlimited entries (IF TIME PERMITS)                    |  |
|       |                  |   |  |  |
| Boys  | SMR meter relay  | - | 1 entry (800-200-200-400) If time permits (non-scored) |  |
| Girls | SMR meter relay  | - | 1 entry (800-200-200-400) If time permits (non-scored) |  |

**Field Events: NOTE:** Coach will designate 3 scorers per school/per event prior to the start of each event.

|       |               |   |                                  |   |           |
|-------|---------------|---|----------------------------------|---|-----------|
| Girls | Shot Put      | - | 6 entries – 3 throws only        | 1 <sup>st</sup> 2 hours   | 3 scorers |
| Boys  | Shot Put      | - | 6 entries – 3 throws only        | 2 <sup>nd</sup> 2 hours   | 3 scorers |
| Girls | Triple Jump   | - | 4 entries – 3 jumps only         | 1 <sup>st</sup> 1 hour  | 3 scorers |
| Boys  | Triple Jump   | - | 4 entries – 3 jumps only         | 2 <sup>nd</sup> 1 hour  | 3 scorers |
| Girls | Long Jump     | - | 4 entries – 3 jumps only         | 3 <sup>rd</sup> 1 hour  | 3 scorers |
| Boys  | Long Jump     | - | 4 entries – 3 jumps only         | 4 <sup>th</sup> 1 hour  | 3 scorers |
| Girls | High Jump     | - | 3 entries                        | 1 <sup>st</sup> 2 hours   | 3 scorers |
| Boys  | High Jump     | - | 3 entries                        | 2 <sup>nd</sup> 2 hours   | 3 scorers |
| Boys  | Pole Vault    | - | 5 entries                        | combined boys and girls   |           |
| Girls | Pole Vault    | - | 5 entries                        | combined boys and girls   |           |
|       |               |   |                                  |   |           |
|       | 35 lb. weight | - | unlimited entries<br>non-scoring | combined boys and girls<br>following shot put, time<br>permitting |           |

**NOTE: MUST ADHERE TO LIMITED ENTRIES DUE TO NUMBER OF SCHOOLS COMPETING.**

**“C” MEET FORMAT  
OCIAA DEVELOPMENTAL MEET  
(Non-Scoring)**

**4 HOUR MEET**

**ORDER OF EVENTS**

**Running Events:**

|       |                                     |   |                   |                                  |
|-------|-------------------------------------|---|-------------------|----------------------------------|
| Girls | 1500 meter walk                     | - | unlimited entries |                                  |
| Boys  | 1600 meter run                      | - | 4 entries         |                                  |
| Girls | 1500 meter run                      | - | 4 entries         |                                  |
| Boys  | 55 meter hurdles                    | - | 6 entries         |                                  |
| Girls | 55 meter hurdles                    | - | 6 entries         |                                  |
| Boys  | 55 meter dash                       | - | 6 entries         |                                  |
| Girls | 55 meter dash                       | - | 6 entries         |                                  |
| Boys  | 800 meter run                       | - | 4 entries         |                                  |
| Girls | 800 meter run                       | - | 4 entries         |                                  |
| Boys  | 200 meter run                       | - | 4 entries         |                                  |
| Girls | 200 meter run                       | - | 4 entries         |                                  |
| Boys  | SMR meter relay (800,200,200,400) - |   |                   | 2 teams allowed, time permitting |
| Girls | SMR meter relay (800,200,200,400) - |   |                   | 2 teams allowed, time permitting |

**Field Events:**

|       |               |   |                           |   |
|-------|---------------|---|---------------------------|---|
| Boys  | Shot Put      | - | 5 entries – 3 throws only | 1 <sup>st</sup> 2 hours                       |
| Girls | Shot Put      | - | 5 entries – 3 throws only | 2 <sup>nd</sup> 2 hours                       |
| Girls | Triple Jump   | - | 3 entries – 3 jumps only  | 1 <sup>st</sup> 2 hours                       |
| Boys  | Triple Jump   | - | 3 entries – 3 jumps only  | 1 <sup>st</sup> 2 hours                       |
| Girls | Long Jump     | - | 3 entries – 3 jumps only  | 2 <sup>nd</sup> 2 hours                       |
| Boys  | Long Jump     | - | 3 entries – 3 jumps only  | 2 <sup>nd</sup> 2 hours                       |
| Boys  | High Jump     | - | 4 entries                 | 1 <sup>st</sup> 2 hours                       |
| Girls | High Jump     | - | 4 entries                 | 2 <sup>nd</sup> 2 hours                       |
|       | Pole Vault    | - | unlimited entries         | combined boys and girls                       |
|       | 35 lb. weight | - | unlimited entries         | combined boys and girls<br>following shot put |

**NOTE: MUST ADHERE TO LIMITED ENTRIES DUE TO NUMBER OF SCHOOLS  
COMPETING.**

**“D” MEET FORMAT  
OCIAA OPENER MEET  
(Non-Scoring)**

**4 HOURS – ALL SCHOOLS**

**ORDER OF EVENTS**

**Running Events:**

|       |                                   |   |                                  |
|-------|-----------------------------------|---|----------------------------------|
| Girls | 1500 meter walk                   | - | unlimited entries                |
| Boys  | 1600 meter run                    | - | 4 entries per school             |
| Girls | 1500 meter run                    | - | 4 entries per school             |
| Boys  | 55 meter hurdles                  | - | 6 entries                        |
| Girls | 55 meter hurdles                  | - | 6 entries                        |
| Boys  | 55 meter dash                     | - | 8 entries                        |
| Girls | 55 meter dash                     | - | 8 entries                        |
| Boys  | 600 meter run                     | - | 4 entries per school             |
| Girls | 600 meter run                     | - | 4 entries per school             |
| Boys  | 300 meter run                     | - | 4 entries per school             |
| Girls | 300 meter run                     | - | 4 entries per school             |
| Boys  | SMR meter relay (800,200,200,400) | - | 2 teams allowed, time permitting |
| Girls | SMR meter relay (800,200,200,400) | - | 2 teams allowed, time permitting |

**Field Events:**

|       |              |   |                           |                         |
|-------|--------------|---|---------------------------|-------------------------|
| Boys  | Shot Put     | - | 5 entries – 3 throws only | 1 <sup>st</sup> 2 hours |
| Girls | Shot Put     | - | 5 entries – 3 throws only | 2 <sup>nd</sup> 2 hours |
| Girls | Long Jump    | - | 3 entries – 3 jumps only  | 1 <sup>st</sup> 1 hour  |
| Boys  | Long Jump    | - | 3 entries – 3 jumps only  | 2 <sup>nd</sup> 1 hour  |
| Girls | Triple Jump  | - | 3 entries – 3 jumps only  | 3 <sup>rd</sup> 1 hour  |
| Boys  | Triple Jump  | - | 3 entries – 3 jumps only  | 4 <sup>th</sup> 1 hour  |
| Boys  | High Jump    | - | 4 entries-opening 4-10    | 1 <sup>st</sup> 2 hours |
| Girls | High Jump    | - | 4 entries-opening 3-10    | 2 <sup>nd</sup> 2 hours |
|       | Pole Vault   | - | unlimited entries         | combined boys and girls |
|       | Weight Throw | - | unlimited entries         | combined boys and girls |

**NOTE: MUST ADHERE TO LIMITED ENTRIES DUE TO NUMBER OF SCHOOLS  
COMPETING.**

# OCIAA RELAY (No Team Scoring)

Friday, December 4, 2009 – 6:00 pm – 10:00 pm Sharp  
@ West Point Gillis Fieldhouse

## All Schools

### ORDER OF EVENTS

#### Running Events:

Girls 1500M Walk  
Boys Distance Medley Relay (1200, 400, 800, 1600)  
Girls Distance Medley Relay (1200, 400, 800, 1600)  
Girls Shuttle Hurdle Relay (3 x 55m)  
Boys Shuttle Hurdle Relay (3 x 55m)  
Boys Sprint Medley Relay (800, 200, 200, 400)  
Girls Sprint Medley Relay (800, 200, 200, 400)  
Boys 4 x 200 Relay  
Girls 4 x 200 Relay  
Boys 4 x 400 Relay  
Girls 4 x 400 Relay

#### Field Events:

|       |              |   |                 |                         |
|-------|--------------|---|-----------------|-------------------------|
| Boys  | Shot Put     | - | - 3 throws only | 1 <sup>st</sup> 2 hours |
| Girls | Shot Put     | - | - 3 throws only | 2 <sup>nd</sup> 2 hours |
| Girls | Long Jump    | - | - 3 jumps only  | 1 <sup>st</sup> 1 hour  |
| Boys  | Long Jump    | - | - 3 jumps only  | 2 <sup>nd</sup> 1 hour  |
| Girls | Triple Jump  | - | - 3 jumps only  | 3 <sup>rd</sup> 1 hour  |
| Boys  | Triple Jump  | - | - 3 jumps only  | 4 <sup>th</sup> 1 hour  |
| Boys  | High Jump    | - | - opening 4-10  | 1 <sup>st</sup> 2 hours |
| Girls | High Jump    | - | - opening 3-10  | 2 <sup>nd</sup> 2 hours |
|       | Pole Vault   | - |                 | combined boys and girls |
|       | Weight Throw | - |                 | combined boys and girls |

**NOTE: MUST ADHERE TO LIMITED ENTRIES DUE TO NUMBER OF SCHOOLS COMPETING.**

# 2009-2010

## BOYS & GIRLS OCIAA INDOOR TRACK CHAMPIONSHIPS

Boys 2/5/09- Girls 2/6/09

### ORDER OF EVENTS

#### Running Events:

| <u>Event</u>                          | <u>Info</u>                                      | <u>Seeding</u>   |
|---------------------------------------|--|--|
| Girls 1500 Walk                       | Walk   |  |
| Boys 55 Hurdle<br>Girls to follow     | Semi   | 6 lanes per heat, top 1 per heat, by place, to Finals, 4 seeded heats, next 4 fastest times (seed top 24) unseeded heats to follow, 8 Lane FINAL |
| Boys 3200 Run<br>Girls 3000 Run       | 1 Seeded<br>1 Seeded                             | (Up to 18)<br>1 heat, if necessary   |
| Boys 55m Dash<br>Girls 55m Dash       | Semi<br>Semi                                     | Same as Hurdles (above), 8 Lane FINAL<br>Same as Hurdles (above), 8 Lane FINAL   |
| Boys 1000m Final<br>Girls to follow   | (by Heats, up to 3)                              | Seeded Heat 1 <sup>st</sup> (fast to slow)   |
| Boys 55 Hurdle<br>Girls 55 Hurdle     | FINAL<br>FINAL                                   | 8 lanes<br>8 lanes   |
| Boys 600 Final<br>Girls to follow     | (6)(by Heats, up to 4)                           | Seeded Heat 1 <sup>st</sup> (fast to slow)<br>Top 6 times score.   |
| Boys 55m Dash<br>Girls 55m Dash       | FINAL<br>FINAL                                   | Top 8<br>Top 8   |
| Boys 1600m Final<br>Girls 1500m Final | Seeded, top 15 approx.<br>Seeded, top 15 approx. | NOTE: Unseeded heats will follow, ONLY if time permits.  |
| Boys 1600m Run<br>Girls 1500m Run     | Unseeded, 1 heat<br>Unseeded, 1 heat             | Unseeded athletes may not run due to time constraints.   |
| Boys 300 Final<br>Girls to follow     | (by Heats, up to 8)                              | Seeded Heat 1 <sup>st</sup> (fast to slow)<br>Top 6 times score.   |
| Boys 4 x 800                          | 1 Heat   | 1 Team   |
| Boys 4 x 400                          | 3 Heats, 1 <sup>st</sup> two heats seeded        | 1 Team, Seeded heats first   |
| Boys 4 x 200                          | 3 Heats, 1 <sup>st</sup> two heats seeded        | 1 Team, Seeded heats first   |
| Boys & Girls 3200/3000                | Unseeded, 1 heat                                 | Unseeded athletes may not run due to time constraints.   |

# BOYS

# OCIAA INDOOR TRACK CHAMPIONSHIPS INFO

## ORDER OF EVENTS

### Field Events:

| <u>Event</u>   | <u>Info</u>   |
|--|---|
| Boys Long Jump Warm-Up First                               | <u>Note:</u> Warm-ups start immediately following each event, maximum 25. 12' Board |
| Boys Long Jump   |   |
| Boys Triple Jump Warm-Up, following Girls Long Jump        | 28', 32', 36', 40' Boards   |
| Boys Triple Jump   |   |
| Boys Shot Put Warm-Up First                                |   |
| Boys Shot Put  |   |
| Weight Throw (non-scoring)                                 | Following Shot Put, time permitting.  |
| Boys High Jump, following Girls                            |   |
| Opening height 5'-2", -2" intervals to 6'0" = 1" to follow |   |
| Boys Pole Vault, following Girls                           |   |
| Opening height 8'0", 6" intervals to 11'6" = 3" to follow  |   |

**REMINDER: Schools are permitted up to 3 entries per event, 1 entry per relay. All event entry cards must be submitted to the clerk prior to 9:00 am. Use a 3 x 5 card with name, school & event on the front of card. Place seed time on front of card, in upper right corner. Relay cards may have up to 6 names. Any 6 may run in finals. This will only count as an event if they run in the finals. NO SCRATCH RULE! If an athlete scratches from one of the events, it counts as one of their events. Use the standards listed below as a guide to enhance the quality of this meet and to save time. Please enter quality varsity level competitors ONLY as this is not a developmental meet.**

## **SUGGESTED OCIAA CHAMPIONSHIP MEET QUALIFYING STANDARDS**

| <u>Event</u> | <u>Boys</u> |
|--------------|-------------|
| 55M Dash     | 7.5         |
| 55M HH       | 9.8         |
| 300M Dash    | 44.0        |
| 600M Run     | 1:43        |
| 1000M Run    | 3:15        |
| 1600M/1500M  | 5:30        |
| 3200M/3000M  | 12:05       |
| 1500M Walk   | --          |
| Long Jump    | 15-6        |
| Triple Jump  | 31-6        |
| High Jump    | 5-0         |
| Shot Put     | 34-0        |
| Pole Vault   | 8-0         |

# GIRLS OCIAA INDOOR TRACK CHAMPIONSHIPS INFO

## ORDER OF EVENTS

### Field Events:

| <u>Event</u>  | <u>Info</u>   |
|---|---|
| Girls Long Jump Warm-Up, following Boys Long Jump       | <u>Note:</u> Warm-ups start immediately following each event, maximum 25. |
| Girls Long Jump   |   |
| Girls Triple Jump Warm-Up, following Boys Triple Jump   | 20, 24, 28, 32 Boards   |
| Girls Triple Jump                                       |   |
| Girls Shot Put Warm-Up                                  |   |
| Girls Shot Put  |   |
| Weight Throw (non-scoring)                              | Following Shot Put, Time Permitting                                       |
| Girls High Jump First                                   |   |
| Opening height 4-2, -2" intervals to 5'0=1" to follow   |   |
| Girls Pole Vault First                                  |   |
| Opening height 7'0, 6" intervals to 10'0 = 3" to follow |   |

**REMINDER:** Schools are permitted 3 entries per event, 1 entry per relay. All event entry cards must be submitted to the clerk prior to 9:00 am. Use a 3 x 5 card with name, school & event on the front of card. Place seed time on front of card, in upper right corner. Relay cards may have up to 6 names. Any 6 may run in finals. This will only count as an event if they run in the finals. **NO SCRATCH RULE!** If an athlete scratches from one of the events, it counts as one of their events. Use the standards listed below as a guide to enhance the quality of this meet and to save time. Please enter quality varsity level competitors **ONLY** as this is not a developmental meet.

## **SUGGESTED OCIAA CHAMPIONSHIP MEET QUALIFYING STANDARDS**

| <u>Event</u> | <u>Girls</u> |
|--------------|--------------|
| 55M Dash     | 8.2          |
| 55M HH       | 10.5         |
| 300M Dash    | 49.5         |
| 600M Run     | 1:59.0       |
| 1000M Run    | 3:45.0       |
| 1600M/1500M  | 6:10         |
| 3200M/3000M  | 13:00        |
| 1500M Walk   | 9:58         |
| Long Jump    | 11-6         |
| Triple Jump  | 24-0         |
| High Jump    | 3-10         |
| Shot Put     | 23-0         |
| Pole Vault   | 6-6          |

**ORANGE COUNTY INTERSCHOLASTIC  
ATHLETIC ASSOCIATION  
INDOOR TRACK BY-LAWS  
Adopted June 7, 2006 Revised May 2008**

1. Rules: The current year National Federation Track & Field Rules for Boys & Girls and the NYSPHSAA Handbook shall apply.
2. Postponements: It is the duty of the Athletic Coordinator to postpone meets and to reschedule at the earliest possible date. The Athletic Coordinator will inform each Athletic Director fielding a team of any postponements and rescheduling.
3. Fees: Cost of staging meets at West Point will be divided equally amongst the schools participating in the OCIAA Indoor Track Program.
4. The OCIAA will conduct a championship meet each year. If there is a tie for the league and/or division champion (boys or girls), those teams will be declared co-champions.
5. All 7th & 8th graders participating in this program must be evaluated through the Selection Classification procedures for placement at the varsity level. **There will be no junior varsity program conducted in Indoor Track.**
6. Unsportsmanlike Conduct:
  - a. When a coach is ejected from a meet please refer to NYSPHSAA Handbook # 27 Sportsmanship.
  - b. When a runner(s) is ejected or disqualified from a meet for unsportsmanlike conduct or fighting, the following action will be taken:
    - (1) First ejection - that runner(s) cannot attend or participate in the next scheduled OCIAA meet.
    - (2) Second ejection - that runner(s) cannot attend or participate in the next two scheduled OCIAA meets.
    - (3) Third ejection - that runner(s) cannot attend or participate in any remaining scheduled OCIAA meets including sectionals or any higher level of competition.
  - c. The coach of the runner(s) who was ejected will notify his/her Athletic Director. The Athletic Director will then contact the OCIAA Athletic Coordinator's Office to confirm that the individual(s) will not be allowed to participate in that school's next scheduled meet or meets as required above.
  - d. A runner(s) that is ejected from a meet, will not be allowed to be present at the site of any meet that individual(s) has been disqualified from participating in (home or away).
  - e. For unsportsmanlike violation that occur during the OCIAA season, penalties will carry over into sectional play. Once penalties are served, sectional unsportsmanlike conduct rules apply.
7. Participation limitations per team for all OCIAA Developmental Meets will be based upon time constraints of the facility and type of meet (Individual vs. Relay).

7a. The OCIAA Indoor Track League will consist of 5 divisions as follows:

### OCIAA TRACK

#### 5 Divisions

| Division I      | Division II     | Division III | Division IV    | Division V    |
|-----------------|-----------------|--------------|----------------|---------------|
| NFA             | Valley Central  | Wallkill     | Onteora        | Liberty       |
| Kingston        | Warwick         | Monticello   | Marlboro       | Sullivan West |
| Monroe-Woodbury | Washingtonville | Port Jervis  | Burke Catholic | Pine Plains   |
| Middletown      | Minisink Valley | Cornwall     | O'Neill        | Millbrook     |
| Pine Bush       | FDR             | Goshen       | Spackenkill    | Tri-Valley    |
|                 |                 |              | Ellenville     | Chester       |
|                 |                 |              |                | Eldred        |

Division Champions will be determined by team scored division meet as follows:

6 meets Division I, II, III, IV, V      Scored meets (up to 16 schools) per meet

Entries limited in scored events to 2 entries per school in the 55m dash and 2 entries per school in the 55m hurdles. All other events will have 3 entries per event in scored meets. (Note: Non-scored events may be added if time permits.)

Scoring will be 10-8-6-4-2-1 for division meets with the top school in each meet receiving 3 wins and 0 losses. The 2<sup>nd</sup> place school receiving 2 wins and 1 loss, the 3<sup>rd</sup> place school receiving 1 win and 2 losses and the 4<sup>th</sup> place school receiving 0 wins and 3 losses. One division school will receive a bye in each scored division meet.

The combined results of the 6 conference meets for the season will determine division champions. Ties will result in co-champions on the division level.

The events for the scored division meets are:

The scored division meets must conduct a minimum of 11 events for boys and girls. These 11 events must be OCIAA championship meet events (see awards 8a & 8b for list of events)

Additional OCIAA meets will be non-scored and considered developmental. They will consist of Relay meets, Crossover meets and Frosh, Soph meets and will be conducted prior to the County meet, when possible.

#### 8. Awards

##### a. Boys

Plaques:            1 Plaque for each Division Champion (5)  
                          1 OCIAA Meet Champion

NOTE: The OCIAA Championship will have limited entries as per the following qualifying standards: "Qualifying Standards for OCIAA Championships"

1. No more than 3 entries per school per event as per following:
  - A. 1 auto qualifier per school, per event
  - B. Up to 2 more entries per individual event if qualifying standard is met.

NOTE:            1 relay team per school only.