

OCIAA/ Section 9

INDOOR TRACK

2020-2021

INFORMATION PACKET

OCIAA Indoor Track Chairperson

GENERAL INFORMATION

All meets will be held on outdoor tracks

NO SPECTATORS (Only coaches that are School Board approved should be attending meets)

HURDLE SET UP

Home team is responsible for hurdle set up..

Sprints and Hurdles

Events run entirely in lanes, will use every other lane to assist with distancing (55 -55HH -300) 300m finish line may be different depending on your Track markings

Long Jump and Triple Jump will be done in flights by school

Example: Washingtonville boys and girls together will jump with their coach on the runway when they finish their jumps the next team goes with their coach on the runway. Officials will mark each jump.

These events will contested only if Home team has landing area available

Shot Put and Weight Throw will be done in flights by school

Same example as above - athletes retrieve their own implements. If sharing implements, they must do a hygienic cleansing before exchanging to the next person using it, etc.

Pole Vault and High Jump will be done by progressions

For HJ and PV, each athlete will provide their own cover for landing. It can be a blanket or yoga pads. If an athlete misses, then they go again, and again if they miss. This will eliminate taking the cover off and on constantly. Each athlete should have his or her own covering. PV should not share poles, or disinfect between users. These events will contested only if Home team has landing mats available.

Each athlete will be required to have their own blanket or yoga mats to land on.

**2020-21 OCIAA TEAM AND MEET
INDOOR TRACK SCHEDULE**

Bold is HOME Team

Winter sports start on January 19th

1/30	11am	Saturday
2/6	11am	Saturday
2/13	11am	Saturday
2/20	11am	Saturday

2/27 11am Saturday (Championship Weekend)

**If a team cannot travel that week they will compete
virtually and send results to coordinator – MUST notify
Regional Office prior**

**If a meets gets cancelled due to a Covid outbreak or weather, teams CANNOT unilaterally
show up somewhere else because they want to compete in a meet.**

**All results must be sent Mike White at
mwhite@ws.k12.ny.us**

Common result sheet for all meets

Jan 30

Wallkill
Kingston
Marlboro

Monroe
Cornwall
Goshen

Washingtonville
Valley Central

Minisink Valley
Warwick
Burke

NFA
Middletown

Monticello
Rondout
New Paltz

Spackenkill
Rhinebeck
Red Hook

Tri Valley
Liberty

Port Jervis
O'Neill
Sullivan West

FDR
Pine Plains

Onteora
Highland

Feb 6

Liberty
Monticello

Tri Valley
Rondout Valley
Minisink Valley

Warwick
Washingtonville

Spackenkill
Kingston
Pine Plains

Valley Central
Sullivan West
Middletown

Port Jervis
Goshen

O'Neill
Cornwall
Burke

Highland
New Paltz
Rhinebeck

Onteora
Red Hook
Marlboro

Wallkill
NFA
FDR

School in yellow is potential home site change

Feb 13

Cornwall
Port Jervis
Minisink

Warwick
NFA

FDR
Red Hook
Spackenkill

New Paltz
Onteora

Washingtonville
Marlboro
Rhinebeck

O'Neill
Monroe
Highland

Middletown
Burke
Monticello

Kingston
Rondout
Pine Plains

Valley Central
Wallkill
Goshen

Sullivan West
Tri Valley
Liberty

School in yellow is potential home site change

Feb 20

Cornwall
Kingston
FDR

Burke
Port Jervis
Tri Valley

Monticello
Sullivan West

Pine Plains
New Paltz
Rhinebeck

Highland
Rondout
Onteora

Red Hook
Spackenkill

Middletown
Marlboro
Newburgh

Washingtonville
Wallkill
O'Neill

Monroe
Valley Central
Minisink

Goshen
Warwick
Liberty

Week 1 & 3
Meet Format

ORDER OF EVENTS

Running Events:

Boys	55 meter hurdles	-	5 entries
Girls	55 meter hurdles	-	5 entries
Boys	1000 meter run	-	5 entries
Girls	1000 meter run	-	5 entries
Boys	55 meter dash	-	5 entries
Girls	55 meter dash	-	5 entries
Boys	300 meter run	-	5 entries
Girls	300 meter run	-	5 entries
Boys	1600 meter run	-	5 entries
Girls	1500 meter run	-	5 entries
Girls	1500m Race-walk	-	5 entries

Field Events:

Girls	Shot Put	-	5 entries – 4 Throws	
Boys	Shot Put	-	5 entries – 4 Throws	
Boys	Weight Throw	-	5 entries – 4 Throws	
Girls	Weight Throw	-	5 entries – 4 Throws	
Girls	Long Jump	-	5 entries – 4 Jumps	
Boys	Long Jump	-	5 entries – 4 Jumps	
Girls	Triple Jump	-	5 entries – 4 Jumps	
Boys	Triple Jump	-	5 entries – 4 Jumps	
Girls	High Jump	-	5 entries	If Home team has mats available
Boys	High Jump	-	5 entries	
Boys	Pole Vault	-	5 entries	If Home team has mats available
Girls	Pole Vault	-	5 entries	

Week 2 & 4
Meet Format

ORDER OF EVENTS

Running Events:

Boys	3200 meter run	-	5 entries
Girls	3000 meter run	-	5 entries
Boys	55 meter hurdles	-	5 entries
Girls	55 meter hurdles	-	5 entries
Boys	55 meter dash	-	5 entries
Girls	55 meter dash	-	5 entries
Boys	600 meter run	-	5 entries
Girls	600 meter run	-	5 entries
Boys	300 meter run	-	5 entries
Girls	300 meter run	-	5 entries

Field Events:

Girls	Shot Put	-	5 entries – 4 Throws	
Boys	Shot Put	-	5 entries – 4 Throws	
Boys	Weight Throw		5 entries – 4 Throws	If Home team has a cage
Girls	Weight Throw		5 entries – 4 Throws	If Home team has a cage
Girls	Long Jump	-	5 entries – 4 Jumps	
Boys	Long Jump	-	5 entries – 4 Jumps	
Girls	Triple Jump		5 entries – 4 Jumps	
Boys	Triple Jump		5 entries – 4 Jumps	
Girls	High Jump	-	5 entries	If Home team has mats available
Boys	High Jump	-	5 entries	
Boys	Pole Vault	-	5 entries	If Home team has mats available
Girls	Pole Vault	-	5 entries	

Championship Season

SECTION IX CHAMPIONSHIP MEET

Saturday, February 27th

Will be broken into divisions. More info to follow