OCIAA

INDOOR TRACK

2022-2023

INFORMATION PACKET

Jason Semo – OCIAA Indoor Track Chairperson
Director of Physical Education, Health and Athletics
Cornwall Central School
845-534-8009 Ext: 7504
845-569-0368 Fax

GENERAL INFORMATION

Officials will do all timing.

3 x 5 cards: running & field events – Developmental meets only
    Must put full name – clearly
    Include name (first, last)
    Event name
    School name
    Seed times

Clerking area is near entrance to field house.

No athletes/fans allowed on basketball courts and upper areas.

No music boxes. No food.

    A. All schools assist in hurdle crew.

Starting heights for OCIAA "A"-"B"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, 4-9, 4-11, 5-0, 5-1, etc.
    High Jump (Boys):   5-0, 5-3, 5-6, 5-9, 5-11, 6-0, 6-1, etc.

Indoor Schedule 2022-2023

Sat	Dec 3	11am-1:30pm	Outdoor Meet
Fri	**Dec 9**	**6pm-10pm**	**A Meet**
Sat	**Dec 10**	**9am-1pm**	**A Meet**
Fri	**Dec 16**	**6pm-10pm**	**B Meet**
Sat	**Dec 17**	**1pm-6pm**	**B Meet**
Wed	Dec 21	5:30pm-9:30pm	Holiday Meet @ Armory
Fri	**Jan 20**	**6pm-11pm**	**Divisional Meet (2-4-6)**
Sat	**Jan 21**	**1pm-6pm**	**Divisional Meet (1-3-5)**
Sun	Jan 29	5pm-10pm	Section 9 Invite @ Armory
Fri	**Feb 10**	**6pm-11pm**	**Section 9 Class "B"**
Sat	**Feb 11**	**1pm-6pm**	**Section 9 Class "A"**
Sat	Feb 25	10m-3pm	State Qualifier @ Armory

Bold are West Point Meets. We are still waiting on approval to compete there. These are tentative.

6 Divisions

Division I (6)

NFA
Kingston
Monroe-Woodbury
Middletown
Pine Bush
Warwick

Division II (6)

Valley Central
Washingtonville
Cornwall
Minisink Valley
FDR
Wallkill

Division III (5)

Goshen
Monticello
Beacon
New Paltz
Port Jervis

Division IV (7)

Liberty
Marlboro
Rondout Valley
Red Hook
Highland
Ellenville
Lourdes

Division V (6)

O'Neill
Fallsburg
Onteora
Spackenkill
Chester

Division VI (8)

Tri-Valley
Sullivan West
Millbrook
Pine Plains
Eldred
Burke
Chapel Field
Homestead School

BEDS Numbers for Section 9 Meet

CLASS B   **599-Under**

CLASS A   **600-Up**

Teams will be split by regions.

ORDER OF EVENTS

Running Events:

Boys	4x200m Relay	-	3 entries
Girls	4x200m Relay	-	3 entries
Boys	1600 meter run	-	7 entries
Girls	1500 meter run	-	7 entries
Boys	55 meter hurdles	-	10 entries
Girls	55 meter hurdles	-	10 entries
Boys	55 meter dash	-	10 entries
Girls	55 meter dash	-	10 entries
Boys	600 meter run	-	7 entries
Girls	600 meter run	-	7 entries
Boys	300 meter run	-	8 entries
Girls	300 meter run	-	8 entries
Boys	4x800m Relay	-	3 entries
Girls	4x800m relay	-	3 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	

Pine Bush, Minisink, Ellenville, Chapel Field @ **Valley Central**
Pine Plains, Millbrook, New Paltz @ **Spackenkill**
Fallsburg, Port Jervis, O'Neill, Burke @ **Washingtonville**
Sullivan West, Tri Valley, Liberty, Homestead School @ **Monticello**
Red Hook, Lourdes, @ **FDR**
Cornwall, Onteora, Warwick, Highland@ **Marlboro**
Rondout, Beacon, Newburgh, Kingston @ **Wallkill**
Eldred, Chester, Middletown, Monroe Woodbury @ **Goshen**

Friday, December 9, 2022   OCIAA "Developmental"– A Meet – Non Scored (6 pm – 10 pm)

Washingtonville, Pine Bush, Port Jervis, Monticello, Sullivan West, Millbrook, Chester, Cornwall Burke , Kingston, Marlboro, O'Neill, Fallsburg, Red Hook, Highland, NFA, Lourdes, Chapel Field

Saturday, December 10, 2022   OCIAA "Developmental" – A Meet – Non Scored (9am – 1pm)

Valley Central, Monroe, Wallkill, Goshen, FDR, Pine Plains, Tri-Valley, Eldred, Minisink Valley, Onteora, Liberty, Ellenville, New Paltz, Spackenkill, Beacon, Rondout Valley, Warwick, Middletown, Homestead School

Friday, December 16, 2022   OCIAA "Developmental" – B Meet – Non Scored (6pm – 10pm)

 Sullivan West, Wallkill, Monticello, Middletown, Burke, Tri-Valley, Eldred, O'Neill, FDR, Liberty, Spackenkill, Washingtonville, Pine Plains, Lourdes, Minisink Valley, Beacon Monroe,

Saturday, December 17, 2022   OCIAA "Developmental" – B Meet – Non Scored (1pm – 6pm)

Kingston, Port Jervis, NFA, Cornwall, Pine Bush, New Paltz, Marlboro, Ellenville, Chester, Rondout-Valley, Millbrook, Fallsburg, Onteora, Chapel Field
Valley Central, Red Hook, Highland, Goshen, Warwick, Homestead School

Wednesday, December 21, 2022   Holiday Classic   Armory   (5:30pm-9:30pm)

Championship Season

Friday, January 20, 2023   OCIAA Divisional Championship   (6 pm – 10pm)   @WP

Divisions   2 - 4 - 6   Online Entries due Wednesday

Saturday, January 21, 2023   OCIAA Divisional Championship   (1pm – 6pm)   @WP

Divisions   1 – 3 – 5   Online Entries due Thursday

Sunday, January 29, 2023   Last Chance Meet   NYC Armory   (5pm-10pm)

Championship Season

Friday, February 10, 2023   Section 9 Class "B" Championship   (6 pm – 11 pm)   @WP

Online Entries due Wednesday Feb 8th

Saturday, February 11, 2023   Section 9 Class "A" Championship   (1pm – 6pm)   @WP

Online Entries due Thursday Feb 9th

Sunday, February 12, 2023   **Snow date for Championships**   **(1pm - 7pm)**

SECTION IX DATES

SECTION IX SEED MEETING

Wednesday, February 22, 2023   6:00 pm   Washingtonville High School or Google Meet
                                     Online entries due Monday Feb 20th

SECTION IX STATE QUALIFIER – GIRLS & BOYS

Saturday, February 25, 2023   10am – 3pm   NYC Armory

"A" MEET FORMAT

ORDER OF EVENTS

Running Events:

Girls	1500 meter walk	-	3 entries	
Boys	55 meter hurdles	-	8 entries	8 entries allowed. Only 3 cards will be submitted
Girls	55 meter hurdles	-	8 entries	for seeding. 55 dash and hurdles will run
Boys	55 meter dash	-	8 entries	concurrently with 1500 RW and 1600/1500 to save
Girls	55 meter dash	-	8 entries	time.
Boys	1600 meter run	-	5 entries	
Girls	1500 meter run	-	5 entries	
Boys	600 meter run	-	6 entries	
Girls	600 meter run	-	6 entries	
Boys	300 meter run	-	8 entries	8 entries allowed in the 300. Only 3 cards to be
Girls	300 meter run	-	8 entries	submitted for seeding purposes
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	
Boy's	3200 meter relay	-	2 teams allowed	
Girl's	3200 meter relay	-	2 teams allowed	

Field Events:

Girls	Shot Put	-	3 entries – 3 throws	
Boys	Shot Put	-	3 entries – 3 throws	
Girls	Weight Throw	-	3 entries - 3 throws	
Boys	Weight Throw	-	3 entries – 3 throws	
Girls	Long Jump	-	3 entries – 3 jumps	
Boys	Long Jump	-	3 entries – 3 jumps	
Girls	Triple Jump	-	3 entries – 3 jumps	
Boys	Triple Jump	-	3 entries – 3 jumps	
Girls	High Jump	-	3 entries	
Boys	High Jump	-	3 entries	
Boys	Pole Vault	-	3 entries	combined boys and girls
Girls	Pole Vault	-	3 entries	combined boys and girls

"B" MEET FORMAT

ORDER OF EVENTS

Running Events:

Boys	3200 meter run	-	3 entries
Girls	3000 meter run	-	3 entries

Boys	55 meter hurdles	-	8 entries	8 entries allowed. Only 3 cards will be submitted
Girls	55 meter hurdles	-	8 entries	for seeding. 55 dash and hurdles will run
Boys	55 meter dash	-	8 entries	concurrently with 3200/3000 to save
Girls	55 meter dash	-	8 entries	time.

Boys	1000 meter run	-	6 entries	
Girls	1000 meter run	-	6 entries	
Boys	300 meter run	-	8 entries	8 entries allowed in the 300. Only 3 cards to be
Girls	300 meter run	-	8 entries	submitted for seeding purposes

Boys	3200 meter relay	-	2 teams allowed
Girls	3200 meter relay	-	2 teams allowed
Boys	800 meter relay	-	2 teams allowed
Girls	800 meter relay	-	2 teams allowed

Girls	1500 meter walk	-	3 entries

Field Events:

Boys	Weight Throw	-	3 entries – 3 Throws
Girls	Weight Throw	-	3 entries – 3 Throws
Boys	Shot Put	-	3 entries – 3 Throws
Girls	Shot Put	-	3 entries – 3 Throws

Girls	Triple Jump	-	3 entries – 3 Jumps
Boys	Triple Jump	-	3 entries – 3 Jumps
Girls	Long Jump	-	3 entries – 3 Jumps
Boys	Long Jump	-	3 entries – 3 Jumps

Boys	High Jump	-	3 entries	
Girls	High Jump	-	3 entries	
Girls	Pole Vault	-	3 entries	combined boys and girls
Boys	Pole Vault	-	3 entries	

Holiday Classic

ORDER OF EVENTS

Running Events:

Boys	DMR	1 team
Girls	DMR	1 team
Boys	800 meter relay	2 teams
Girls	800 meter relay	2 teams
Boys	1600 meter relay	2 teams
Girls	1600 meter relay	2 teams
Boys	3200 meter relay	1 team
Girls	3200 meter relay	1 team

Field Events:

Girls	Long Jump	-	2 entries – 3 Jumps
Boys	Long Jump	-	2 entries – 3 Jumps
Girls	Triple Jump	-	2 entries – 3 Jumps
Boys	Triple Jump	-	2 entries – 3 Jumps
Boys	High Jump	-	2 entries –
Girls	High Jump	-	2 entries –
	Pole Vault	-	2 entries Together
Boys	Weight Throw	-	2 entries
Girls	Weight Throw	-	2 entries

Progressions:

      HJ Boys   OH 5' 2" to 6' then 1"

      HJ Girls   OH 4' 2" to 5' then 1"

      PV Girls   OH 7'   1' to 8' then 6"

      Boys cannot come in until 9'

<div align="center">"Last Chance Meet"</div>

<div align="center"># ORDER OF EVENTS</div>

Running Events:

Girls	1500 meter walk	-	2 entries

Boys	55 meter hurdles	-	2 entries
Girls	55 meter hurdles	-	2 entries
Boys	55 meter dash	-	2 entries
Girls	55 meter dash	-	2 entries

Boys	1600 meter run	-	2 entries
Girls	1500 meter run	-	2 entries
Boys	600 meter run	-	2 entries
Girls	600 meter run	-	2 entries
Boys	300 meter run	-	2 entries
Girls	300 meter run	-	2 entries
Boys	1000 meter run	-	2 entries
Girls	1000 meter run	-	2 entries

Field Events:

Girls	Shot Put	-	2 entries – 3 throws
Boys	Shot Put	-	2 entries – 3 throws

Girls	Triple Jump	-	2 entries – 3 jumps
Boys	Triple Jump	-	2 entries – 3 jumps
Girls	Long Jump	-	2 entries – 3 jumps
Boys	Long Jump	-	2 entries - 3 jumps
Girls	High Jump	-	2 entries
Boys	High Jump	-	2 entries
Boys	Pole Vault	-	2 entries
Girls	Pole Vault	-	2 entries

OCIAA DIVISIONAL CHAMPIONSHIP MEET

In Divisional Championships each team is allowed 2 entries per event and only 1 relay per event.

<u>ORDER OF EVENTS</u>

Event	Info	Seeding
55M Dash	Semi	
55M Hurdles	Semi	
3200/3000M	Final	2-3 Heats Slow to fast – Divisions scored on time
55M Hurdles	Final	
55M Dash	Final	
1000M	Final	3 Heats
600M	Final	Top 2 Heats in lane (next heats scratch start)
1600/1500M	Final	2 Heats Slow to fast – Divisions scored on time
1500RW	Final	
300M	Final	On Time
4x800M Relay	Final	1 Heat
4x400M Relay	Final	2 Heats
4x200M Relay	Final	3 Heats (by Time)

Event	Info	Seeding
Long Jump	GIRLS	3 Jumps
Long Jump	BOYS	3 Jumps
Triple Jump	GIRLS	3 Jumps
Triple Jump	BOYS	3 Jumps
Pole Vault	GIRLS/BOYS	Opening height 6' up 1' to 8' then 6"/ 8'-9'-10'-up 6"
Shot Put	BOYS	3 Throws
Shot Put	GIRLS	3 Throws
High Jump	BOYS	Opening Height 5' up 2" to 6' then 1"
High Jump	GIRLS	Opening Height 4' up 2" to 5' then 1"
Weight Throw	BOYS	3 Throws
Weight Throw	GIRLS	3 Throws

BOYS & GIRLS OCIAA / MHAL INDOOR TRACK CHAMPIONSHIPS
If we get more dates

ORDER OF EVENTS

Event	Info
3200/3000M	Final
1000M	Final
55M	Semi
55HH	Semi
600M	Final
55M	Final
55HH	Final
1500/1600M	Final
1500RW	Final
300M	Final
4x800M Relay	Final
4x400M Relay	Final
4x200M Relay	Final

Field Events

Event	Info	Seeding
Pole Vault	BOYS/GIRLS	Opening Height 8'- 9'-10' up 6" to 13', 3" to follow
		Opening Height 7'- 8' up 6" to 9' then 3" to follow
High Jump	GIRLS/BOYS	Opening Height 4' up 3" to 4'6" then 2" to 5' 1" to follow
		Opening Height 5' up 3" to 5'6". then 2" to 6', 1" to follow
Triple Jump	BOYS/GIRLS	3 Jumps
Long Jump	BOYS/GIRLS	3 Jumps
Shot Put	GIRLS/BOYS	3 Throws
Weight Throw	GIRLS/BOYS	3 Throws

REMINDER: Schools are permitted up to 3 entries per event, 1 entry per relay. Online Entries will be used for the OCIAA / MHAL Championship meets. NO SCRATCH RULE IS IN EFFECT! If an athlete scratches from one of the events, it counts as one of their events.

Team scoring – top six (10, 8, 6, 4, 2, 1)