

OCIAA

INDOOR TRACK

2025-2026

INFORMATION PACKET

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GENERAL INFORMATION

FAT timing will be used in all West Point Meets

Clerking area is near entrance to field house near start of 55m

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

A. All schools assist in hurdle crew.

Starting heights for OCIAA "A" Meet

Might change with # of entries

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.

NEW

In the Throws and LJ/TJ there will be minimum distances that will be measured after the athlete's first measured throw or jump, 2/3rds of all athletes should hit these marks. We will adjust as the season progresses.

Shot Put		Weight Throw	Long Jump	Triple Jump
Boys	29-5	28-5	15'	31'
Girls	19-5	19-5	11'	24'

Indoor Schedule 2025-2026

Fri	Dec 19	6pm-11pm	West Point
		Entries due 12/18	(8pm)
Sat	Dec 20	9am-2pm	Armory
		Entries due 12/19	(8pm)
Fri	Jan 23	6pm-11pm	Divisional Meet (1-3-5)
		Entries due 1/22	(8pm)
Sat	Jan 24	1pm-7pm	Divisional Meet (2-4-6)
		Entries due 1/23	(8pm)
Fri	Jan 30	6pm-11pm	Section 9 Class B
		Entries due 1/29	(8pm)
Sat	Jan 31	1pm-7pm	Section 9 Class A
		Entries due 1/30	(8pm)
Mon	Feb 16	6pm-10pm	Section IX Invite@ Armory
		Entries due 2/15	(8pm)
Sat	Feb 28	State Qualifier 6-10:30pm	@ Armory
Fri	March 7	State Meet	@ Ocean Breeze
Sat	March 8	State Meet	@ Ocean Breeze

SECTION IX SEED MEETING

Wednesday, February 25

6:00 pm

Google Meet

OCIAA TRACK 2025-2026

6 Divisions

Division I (6)

NFA
Kingston
Monroe-Woodbury
Middletown
Pine Bush
Valley Central

Division II (7)

Wallkill
Washingtonville
Cornwall
Minisink Valley
FDR
Goshen
Warwick

Division III (8)

Monticello
Beacon
Saugerties
New Paltz
Port Jervis
Liberty
Lourdes
Marlboro

Division IV (6)

Spackenkill
Dover
Rondout Valley
Red Hook
Highland
Ellenville

Division V (6)

O'Neill
Fallsburg
Onteora
Sullivan West
Chester* - Seward Shadowing

Division VI (7)

Burke
Eldred
Millbrook
Pine Plains
Mount Academy**Girls only
Tri-Valley
Homestead

BEDS Numbers for Section 9 Meet

CLASS B 599-Under

CLASS A 600-Up

Friday, December 19 OCIAA “A Meet” @ West Point (6 pm – 11 pm)
Chester, Dover, Eldred, Ellenville, Fallsburg, Goshen, Highland, Homestead, Liberty, Marlboro,
Middletown, Millbrook, Minisink Valley, Monticello, Mount Academy, New Paltz, NFA,
O’Neill, Onteora, Our Lady of Lourdes, Pine Bush, Pine Plains, Red Hook, Saugerties, Seward,
Spackenkill, Sullivan West, Tri-Valley, Warwick (29)

Spikes Allowed in all events

Saturday, December 20 OCIAA “A Meet” @ Armory (9am – 2pm)
Washingtonville, Cornwall, FDR, Beacon, Monroe Woodbury, Kingston, John S Burke, Valley
Central, Rondout Valley, Port Jervis, Wallkill (11)

Spikes allowed ONLY in HJ and PV

“A” MEET FORMAT

ORDER OF EVENTS

Running Events:

West Point

Armory

Girls	1500 meter walk	-	2 entries	2 entries
Boys	55 meter hurdles	-	4 entries (hand timed)	8 entries
Girls	55 meter hurdles	-	4 entries (hand timed)	8 entries
Boys	55 meter dash	-	5 entries (hand timed)	8 entries
Girls	55 meter dash	-	5 entries (hand timed)	8 entries
Boys	1600 meter run	-	2 entries	6 entries
Girls	1500 meter run	-	2 entries	6 entries
Boys	600 meter run	-	2 entries	6 entries
Girls	600 meter run	-	2 entries	6 entries
Boys	300 meter run	-	3 entries	8 entries
Girls	300 meter run	-	3 entries	8 entries
Boys	1600 meter relay	-	1 team	2 teams
Girls	1600 meter relay	-	1 team	2 teams
Boys	800 meter relay	-	1 team	2 teams
Girls	800 meter relay	-	1 team	2 teams
Boy's	3200 meter relay	-	1 team	2 teams
Girl's	3200 meter relay	-	1 team	2 teams

Field Events:

West Point

Armory

Girls	Shot Put	-	2 entries – 3 throws	4 entries
Boys	Shot Put	-	2 entries – 3 throws	4 entries
Girls	Long Jump	-	2 entries – 3 jumps	3 entries
Boys	Long Jump	-	2 entries – 3 jumps	3 entries
Girls	Triple Jump	-		3 entries
Boys	Triple Jump	-		3 entries
Girls	High Jump	-	2 entries	3 entries
Boys	High Jump	-	2 entries	3 entries
Boys	Pole Vault	-	2 entries	2 entries
Girls	Pole Vault	-	2 entries	2 entries

OCIAA DIVISIONAL CHAMPIONSHIP MEET

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

ORDER OF EVENTS

<u>Event</u>	<u>Info</u>	<u>Seeding</u>
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
<u>Event</u>	<u>Info</u>	<u>Seeding</u>
Long Jump	GIRLS	3 Jumps
Long Jump	BOYS	3 Jumps
Triple Jump	GIRLS	3 Jumps
Triple Jump	BOYS	3 Jumps
Pole Vault	GIRLS/BOYS	
Shot Put	BOYS	3 Throws
Shot Put	GIRLS	3 Throws
High Jump	BOYS	
High Jump	GIRLS	
Weight Throw	BOYS	3 Throws
Weight Throw	GIRLS	3 Throws

“Section 9 Invitational”

ORDER OF EVENTS

Running Events:

Girls	1500 meter walk	-	2 entries
Boys	55 meter hurdles	-	4 entries
Girls	55 meter hurdles	-	4 entries
Boys	55 meter dash	-	4 entries
Girls	55 meter dash	-	4 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