OCIAA

INDOOR TRACK

2016-2017

INFORMATION PACKET

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GENERAL INFORMATION

Officials will do all timing.

No spikes or blanks allowed in field house.

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.

Limit use of back packs, carry ons.

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

Starting heights for OCIAA (A-B-Relay Carnival) Meets:

Pole Vault (B & G): 6-0, 7-0, 8-0, 8-6, 9-0, etc.
High Jump (Girls): 4-0, 4-2, 4-4, 4-6, 4-8, 4-10, 5-0, 5-1, etc.
High Jump (Boys): 5-0, 5-2, 5-4, 5-6, 5-8, 5-10, 6-0, 6-1, etc.

Indoor Schedule 2016-2017

Fri	Dec 9	6pm-10pm	A Meet
Sat	Dec 10	1pm-5pm	A Meet
Fri	Dec 16	6pm-10pm	B Meet
Sat	Dec 17	1pm-5pm	B Meet
Fri	Jan 13	6pm-10pm	A Meet
Sat	Jan 14	1pm-5pm	A Meet
Fri	Jan 20	6pm-10pm	Divisional Meet 1-3-5
Sat	Jan 21	1pm-5pm	Divisional Meet 2-4-6
Fri	Jan 27	6pm-10pm	OCIAA Meet
Sat	Jan 28	1pm-5pm	MHAL Meet
Fri	Feb 10	6pm-10pm	Section 9 Class “A”
Sat	Feb 11	1pm-5pm	Section 9 Class “B”
Fri	Feb 17	6pm-10pm	B Meet/Relay Carnival/Makeup
Sat	Feb 18	1pm-6pm	B Meet/Relay Carnival/Makeup
Fri	Feb 24	5pm-11pm	State Qualifier (Boys)
Sat	Feb 25	1pm-7pm	State Qualifier (Girls)

OCIAA TRACK 2016-2017

6 Divisions

Division I (5)

NFA
Kingston
Monroe-Woodbury
Middletown
Pine Bush

Division II (5)

Valley Central
Washingtonville
Warwick
Minisink Valley
FDR

Division III (7)

Wallkill
Monticello
Port Jervis
Cornwall
Goshen
Poughkeepsie
Saugerties (1 athlete)

Division IV (6)

New Paltz
Marlboro
Rondout Valley
Spackenkill
Ellenville
James I O'Neill

Division V (6)

Burke
Liberty
Onteora
Dover
Chester
Fallsburg

Division VI (6)

Tri-Valley
Sullivan West
Millbrook
Pine Plains
Eldred
Webutuck

2016-17 OCIAA TEAM AND MEET
INDOOR TRACK SCHEDULE @ WEST POINT

Friday, December 9, 2016 OCIAA "Developmental"– A Meet – Non Scored (6 pm – 10 pm)

Kingston, Middletown, Pine Bush, Port Jervis, Monticello, Sullivan West, Millbrook, Chester, Valley Central, Burke , Cornwall, Marlboro, Spackenkill, Dover, O'Neill, Washingtonville, Fallsburg, Saugerties, Webutuck

Saturday, December 10, 2016 OCIAA "Developmental" – A Meet – Non Scored (1 pm – 5 pm)

NFA, Monroe, Wallkill, Goshen, FDR, Poughkeepsie, Pine Plains, Tri-Valley, Eldred, Minisink Valley, Onteora, Liberty, Ellenville, New Paltz, Rondout, Warwick,

Friday, December 16, 2016 OCIAA "Developmental" – B Meet – Non Scored (6pm – 10pm)

Washingtonville, Rondout, Wallkill, Port Jervis, Goshen, Burke, Pine Plains, Tri Valley, Eldred, Valley Central, O'Neill, FDR, Onteora, Liberty, Ellenville, Monroe, Warwick, New Paltz, Webutuck

Saturday, December 17, 2016 OCIAA "Developmental" – B Meet – Non Scored (1pm – 5pm)

Kingston, Pine Bush, NFA, Middletown, Minisink Valley, Monticello, Cornwall, Poughkeepsie, Dover, Marlboro, Spackenkill, Chester, Sullivan West, Millbrook, Fallsburg, Saugerties

Friday, January 13, 2017 OCIAA "Developmental"– A Meet – Non Scored (6 pm – 10 pm)

Kingston, Middletown, Poughkeepsie, Port Jervis, Goshen, Sullivan West, Eldred, Chester, Valley Central, Burke , Cornwall, Marlboro, Spackenkill, Dover, O'Neill, Washingtonville, Fallsburg, Saugerties

Saturday, January 14, 2017 OCIAA "Developmental" – A Meet – Non Scored (1 pm – 5 pm)

NFA, Monroe, Pine Bush, Monticello, FDR, Wallkill, Pine Plains, Tri-Valley, Millbrook, Minisink Valley, Onteora, Liberty, Ellenville, New Paltz, Rondout, Warwick, Webutuck

Friday, January 20, 2017 OCIAA Divisional Championship (6 pm – 10 pm)

Divisions 1 – 3 - 5

Saturday, January 21, 2017 OCIAA Divisional Championship (1pm – 5pm)

Divisions 2 - 4 – 6

OCIAA CHAMPIONSHIP

Friday, January 27, 2017 (6 pm – 10 pm) – Online entries due

MHAL CHAMPIONSHIP

Saturday, January 28, 2017 (1pm – 5pm) – Online entries due

SECTION IX CHAMPIONSHIP MEET

Friday, February 10, 2017 Class "A" Meet (6 pm – 10 pm) – Online entries due

Saturday, February 11, 2017 Class "B" Meet (1pm – 5pm) – Online entries due

Friday, February 17, 2017 OCIAA "Developmental" – B Meet – Non Scored (6pm – 10pm)

First Snow Date

Monroe-Woodbury, Rondout, Poughkeepsie, Port Jervis, Minisink Valley, Burke, Pine Plains, Tri Valley, Eldred, Valley Central, Chester, FDR, Onteora, Liberty, Ellenville, Kingston, Warwick, Saugerties, Webutuck

Saturday, February 18, 2017 OCIAA "Developmental" – B Meet – Non Scored (1pm – 5pm)

Second Snow Date

Washingtonville, Pine Bush, Wallkill, Middletown, Goshen, Monticello, Cornwall, NFA, Dover, Marlboro, Spackenkill, O'Neill, Sullivan West, New Paltz, Millbrook, Fallsburg

SECTION IX DATES

SECTION IX SEED MEETING

Wednesday, February 22, 2017 6:00 pm Washingtonville High School

SECTION IX STATE QUALIFIER – BOYS & GIRLS

Friday, February 24, 2017 5 pm – 11 pm – **BOYS AND GIRLS** – Online entries due Monday 2/20

Saturday, February 25, 2017 Snow date for State Qualifier

"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 for seeding. 55 dash and hurdles will run concurrently with 1500 RW and 1600/1500 to save time.
Girls	55 meter hurdles	-	8 entries	
Boys	55 meter dash	-	8 entries	
Girls	55 meter dash	-	8 entries	
Boys	1600 meter run	-	5 entries	
Girls	1500 meter run	-	5 entries	
Boys	600 meter run	-	5 entries	
Girls	600 meter run	-	5 entries	
Boys	300 meter run	-	8 entries	8 entries allowed in the 300. Only 3 cards to be submitted for seeding purposes
Girls	300 meter run	-	8 entries	
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	-	1 team allowed	
Girl's	3200 meter relay	-	1 team allowed	

Field Events:

Girls	Shot Put	-	3 entries – 3 throws only	
Boys	Shot Put	-	3 entries – 3 throws only	
Girls	Long Jump	-	3 entries – 3 jumps only	
Boys	Long Jump	-	3 entries – 3 jumps only	
Girls	Triple Jump	-	3 entries – 3 jumps only	
Boys	Triple Jump	-	3 entries – 3 jumps only	
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
35 lb. weight		-	3 entries	girls then boys

"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	-	5 entries	
Girls	1000 meter run	-	5 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	-	1 team allowed	
Girls	3200 meter relay	-	1 team allowed	
Boys	800 meter relay	-	2 teams allowed	
Girls	800 meter relay	-	2 teams allowed	
Girls	1500 meter walk	-	3 entries	

Field Events:

Girls	Shot Put	-	3 entries – 3 throws only
Boys	Shot Put	-	3 entries – 3 throws only
Girls	Triple Jump	-	3 entries – 3 jumps only
Boys	Triple Jump	-	3 entries – 3 jumps only
Girls	Long Jump	-	3 entries – 3 jumps only
Boys	Long Jump	-	3 entries – 3 jumps only
Girls	High Jump	-	3 entries
Boys	High Jump	-	3 entries
Boys	Pole Vault	-	3 entries
Girls	Pole Vault	-	3 entries
Girls	Weight Throw	-	3 entries
Boys	Weight Throw	-	3 entries

OCIAA RELAY CARNIVAL

ORDER OF EVENTS

Running Events:

Girls	1500M Walk	2 entries	
Boys	Distance Medley Relay (1200, 400, 800, 1600)	1 team	
Girls	Distance Medley Relay (1200, 400, 800, 1600)	1 team	DMR to run at same time as SHR.
Boys	Shuttle Hurdle Relay (3x55M)	2 teams	
Girls	Shuttle Hurdle Relay (3x55M)	2 teams	
Boys	Sprint Medley Relay (800, 200, 200, 400)	2 teams	
Girls	Sprint Medley Relay (800, 200, 200, 400)	2 teams	
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:

Boys	Shot Put	-	3 entries – 3 throws only
Girls	Shot Put	-	3 entries – 3 throws only
Girls	Long Jump	-	3 entries – 3 jumps only
Boys	Long Jump	-	3 entries – 3 jumps only
Girls	Triple Jump	-	3 entries – 3 jumps only
Boys	Triple Jump	-	3 entries – 3 jumps only
Boys	High Jump	-	3 entries – opening 4-10
Girls	High Jump	-	3 entries – opening 3-10
	Pole Vault	-	3 entries Together
Boys	Weight Throw	-	3 entries
Girls	Weight Throw	-	3 entries

Progressions:

HJ Boys	OH 5’2”	2” to 6’ then 1”
HJ Girls	OH 4’2”	2” to 5’ then 1”
PV Girls	OH 7’	1’ to 8’ then 6”

Boys cannot come in until 8’

MILESPLIT ENTRIES DUE TUESDAY JANUARY 17.

2016-2017
OCIAA DIVISIONAL CHAMPIONSHIP

Friday, January 20th – (6pm – 10pm)
Saturday, January 21st – (1pm-5pm)

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

ORDER OF EVENTS

Running Events FRIDAY (all races boys than girls):

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

Field Events FRIDAY

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

MILESPLIT ENTRIES DUE TUESDAY JANUARY 24.

2016-17
BOYS & GIRLS OCIAA / MHAL INDOOR TRACK CHAMPIONSHIPS

ORDER OF EVENTS

Event	Info
3200/3000M	Final
1000M	Final
55M	Final
55HH	Final
600M	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 (goes first)
Long Jump	BOYS/GIRLS	3 Jumps
Shot Put	GIRLS/BOYS	3 Throws
Weight Throw	GIRLS/BOYS	3 Throws

REMINDER: Schools are permitted up to 2/3 entries per event, 1 entry per relay. MileSplit 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. 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. See attached suggested cut-off marks per event.
Team scoring – top six (10, 8, 6, 4, 2, 1).

SUGGESTED OCIAA / MHAL CHAMPIONSHIP MEET QUALIFYING STANDARDS

Event	Boys
55M Dash	7.3
55M HH	9.5
300M Dash	43.0
600M Run	1:41
1000M Run	3:12
1600M/1500M	5:20
3200M/3000M	11:45
1500M Walk	--
Long Jump	15-6
Triple Jump	32-6
High Jump	5-0
Shot Put	34-0
Pole Vault	8-0
Weight Throw	34-0

SUGGESTED OCIAA / MHAL CHAMPIONSHIP MEET QUALIFYING STANDARDS

Event	Girls
55M Dash	8.0
55M HH	10.5
300M Dash	48.5
600M Run	1:57.0
1000M Run	3:40.0
1600M/1500M	6:00
3200M/3000M	12:45
1500M Walk	9:58
Long Jump	11-6
Triple Jump	24-0
High Jump	3-10
Shot Put	23-0
Pole Vault	6-6
Weight Throw	23-0