

OCIAA

INDOOR TRACK

2018-2019

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.

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 2018-2019

Fri	Dec 7	6pm-10pm	A Meet
Sat	Dec 8	1pm-5pm	A Meet
Fri	Dec 14	6pm-10pm	B Meet
Sat	Dec 15	1pm-5pm	B Meet
Fri	Dec 21	6pm-10pm	A Meet
Sat	Dec 22	1pm-5pm	A Meet
Fri	Jan 11	6pm-10pm	B Meet
Sat	Jan 12	1pm-5pm	B Meet
Fri	Jan 18	6pm-10pm	A Meet
Sat	Jan 19	1pm-5pm	A Meet
Fri	Jan 25	6pm-10pm	Divisional Meet (2-4-6)
Sat	Jan 26	1pm-5pm	Divisional Meet (1-3-5)
Fri	Feb 8	6pm-11pm	MHAL Championship
Sun	Feb 10	1pm-7pm	OCIAA Championship
Sat	Feb 16	1pm-7pm	Section 9 "A"&"B" Championships
Fri	Feb 22	6pm-11pm	State Qualifier (Combined)
Sat	Feb 23	1pm-7pm	State Qualifier (Snow Date)

OCIAA TRACK 2018-2019

6 Divisions

Division I (5)

NFA - OCIAA
Kingston - OCIAA
Monroe-Woodbury – OCIAA
Middletown - OCIAA
Pine Bush - OCIAA

Division II (5)

Valley Central - OCIAA
Washingtonville - OCIAA
Warwick - OCIAA
Minisink Valley - OCIAA
FDR - MHAL

Division III (7)

Wallkill - MHAL
Monticello - OCIAA
Port Jervis - OCIAA
Cornwall - OCIAA
Goshen - OCIAA
New Paltz - MHAL
Saugerties - MHAL

Division IV (6)

Liberty - OCIAA
Marlboro - MHAL
Rondout Valley - MHAL
Ellenville - MHAL
James I O’Neill - OCIAA
Highland - MHAL

Division V (6)

Burke - OCIAA
Fallsburg - OCIAA
Onteora - MHAL
Dover - MHAL
Chester - OCIAA
Spackenkill - MHAL

Division VI (8)

Tri-Valley - OCIAA
Sullivan West - OCIAA
Millbrook - MHAL
Pine Plains - MHAL
Eldred - OCIAA
John A Coleman – MHAL
Chapel Field - OCIAA

2018-19 OCIAA TEAM AND MEET INDOOR TRACK SCHEDULE @ WEST POINT

Friday, December 7, 2018 OCIAA “Developmental” – A Meet – Non Scored (6 pm – 10 pm)

Washingtonville, Pine Bush, Port Jervis, Monticello, Sullivan West, Millbrook, Chester, Valley Central, Burke, Cornwall, Marlboro, Dover, O’Neill, Fallsburg, John A Coleman, Highland, NFA

Saturday, December 8, 2018 OCIAA “Developmental” – A Meet – Non Scored (1 pm – 5 pm)

Kingston, Monroe, Wallkill, Goshen, FDR, Pine Plains, Tri-Valley, Eldred, Minisink Valley, Onteora, Liberty, Ellenville, New Paltz, Spackenkill, Rondout Valley, Warwick, Middletown, Chapel Field, Saugerties

Friday, December 14, 2018 OCIAA “Developmental” – B Meet – Non Scored (6pm – 10pm)

**Sullivan West, Wallkill, Pine Bush, Goshen, Burke, Tri Valley, Eldred, O’Neill, FDR, Liberty, Spackenkill, Middletown, Pine Plains, New Paltz, Warwick
Monroe, Chapel Field**

Saturday, December 15, 2018 OCIAA “Developmental” – B Meet – Non Scored (1pm – 5pm)

Kingston, Port Jervis, NFA, Minisink Valley, Monticello, Cornwall, Dover, Marlboro, Ellenville, Chester, Rondout Valley, Millbrook, Fallsburg, Onteora, Valley Central, John A Coleman, Highland, Washingtonville, Saugerties

Friday, December 21, 2018 OCIAA “Developmental” – A Meet – Non Scored (6pm – 10pm)

Goshen, Washingtonville, NFA, Port Jervis, Minisink Valley, Burke, Pine Plains, Tri-Valley, Eldred, Valley Central, Chester, FDR, Onteora, Liberty, Ellenville, Kingston, Warwick, Highland, Saugerties

Saturday, December 22, 2018 OCIAA “Developmental” – A Meet – Non Scored (1pm – 5pm)

Wallkill, Monroe, Pine Bush, Monticello, Cornwall, Dover, Marlboro, Spackenkill, O’Neill, Sullivan West, New Paltz, Rondout Valley, Millbrook, Fallsburg, John A Coleman, Middletown, Chapel Field

Friday, January 11, 2019 OCIAA “Developmental” – B Meet – Non Scored (6pm – 10pm)

**Rondout Valley, Wallkill, Pine Bush, Cornwall, Burke, Tri Valley, Eldred, O’Neill, FDR, Liberty, Spackenkill, Washingtonville, Pine Plains, New Paltz, Warwick
Monroe, Chapel Field**

Saturday, January 12, 2019 OCIAA “Developmental” – B Meet – Non Scored (1pm – 5pm)

Kingston, Port Jervis, NFA, Middletown, Minisink Valley, Monticello, Goshen, Dover, Marlboro, Ellenville, Chester, Sullivan West, Millbrook, Fallsburg, Onteora, Valley Central, John A Coleman, Highland, Saugerties

Friday, January 18, 2019

OCIAA "A Meet"

(6pm – 10pm)

Rondout Valley, Wallkill, Minisink Valley, Monticello, Port Jervis, Tri Valley, Eldred, O’Neill, NFA, Liberty, Spackenkill, Pine Plains, New Paltz, Warwick Monroe, Kingston, Chapel Field, Saugerties

Saturday, January 19, 2019

OCIAA "A Meet"

(1pm – 5pm)

Burke, FDR, Middletown, Pine Bush, Goshen, Cornwall, Dover, Marlboro, Ellenville, Chester, Sullivan West, Millbrook, Fallsburg, Onteora, Valley Central, John A Coleman, Highland, Washingtonville

Friday, January 25, 2019

OCIAA Divisional Championship (6 pm – 10 pm)

Divisions 2 - 4 - 6 Online Entries due 1/22

Saturday, January 26, 2019

OCIAA Divisional Championship (1pm – 5pm)

Divisions 1 – 3 – 5 Online Entries due 1/23

MHAL CHAMPIONSHIP

Friday, February 8, 2019

(6 pm – 10 pm) – Online entries due 2/5

OCIAA CHAMPIONSHIP

Sunday, February 10, 2019

(1pm – 7pm) – Online entries due 2/6

SECTION IX CHAMPIONSHIP MEET

Friday, February 16, 2019

Class "A" & "B" Meet (1 pm – 7 pm) – Online entries due 2/13

SECTION IX DATES

SECTION IX SEED MEETING

Wednesday, February 20, 2019 6:00 pm Washingtonville High School

SECTION IX STATE QUALIFIER – BOYS & GIRLS

Friday, February 22, 2019 6pm – 11pm Combined Meet **(Online Entries due 2/18)**

“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	-	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 submitted for seeding purposes
Girls	300 meter run	-	8 entries	
Boys	1600 meter relay	-	2 team allowed	
Girls	1600 meter relay	-	2 team allowed	
Boys	800 meter relay	-	1 team allowed	
Girls	800 meter relay	-	1 team allowed	
Boys	3200 meter relay	-	1 team allowed	
Girls	3200 meter relay	-	1 team allowed	

Field Events:

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

“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 for seeding. 55 dash and hurdles will run concurrently with 3200/3000 to save time.
Girls	55 meter hurdles	-	8 entries	
Boys	55 meter dash	-	8 entries	
Girls	55 meter dash	-	8 entries	
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 submitted for seeding purposes
Girls	300 meter run	-	8 entries	
Boys	3200 meter relay	-	2 team allowed	
Girls	3200 meter relay	-	2 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	Weight Throw	-	3 entries – 3 throws only
Boys	Weight Throw	-	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
Boys	High Jump	-	3 entries
Girls	High Jump	-	3 entries
Boys	Pole Vault	-	3 entries
Girls	Pole Vault	-	3 entries
Girls	Shot Put	-	3 entries
Boys	Shot Put	-	3 entries

OCIAA RELAY CARNIVAL

ORDER OF EVENTS

Running Events:

Boys	Shuttle Hurdle Relay (3x55M)	2 teams
Girls	Shuttle Hurdle Relay (3x55M)	2 teams
Boys	800 meter relay	4 teams
Girls	800 meter relay	4 teams
Boys	3200 meter relay	2 teams
Girls	3200 meter relay	2 teams
Boys	1600 meter relay	3 teams
Girls	1600 meter relay	3 teams

Field Events:

Girls	Long Jump	-	4 entries – 3 jumps only
Boys	Long Jump	-	4 entries – 3 jumps only
Boys	High Jump	-	4 entries –
Girls	High Jump	-	4 entries –
	Pole Vault	-	4 entries Together
Boys	Weight Throw	-	4 entries
Girls	Weight Throw	-	4 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 9'		

ONLINE ENTRIES DUE JANUARY 22/23 (see above).

**2018-2019
OCIAA DIVISIONAL CHAMPIONSHIP**

Friday, January 25th – (6pm – 10pm)

Saturday, January 26th – (1pm-5pm)

In Divisional Championships each team is allowed 2/3 entries per event and only 1 relay per event

ORDER OF EVENTS

<u>Event</u>	<u>Info</u>	<u>Seeding</u>
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)
<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	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 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	BOYS	3 Throws
Weight Throw	GIRLS	3 Throws

ONLINE ENTRIES DUE Tuesday, February 5th (MHAL)

Wednesday February 6th (OCIAA)

2018-19

BOYS & GIRLS OCIAA / MHAL INDOOR TRACK CHAMPIONSHIPS

ORDER OF EVENTS

<u>Event</u>	<u>Info</u>
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

<u>Event</u>	<u>Info</u>	<u>Seeding</u>
Pole Vault	BOYS/GIRLS	Opening Height 8'-9'-10' up 6" to 13', 3" to follow
High Jump	GIRLS/BOYS	Opening Height 7'-8' up 6" to 9' then 3" to follow
		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 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)