

OCIAA

INDOOR TRACK

2011-2012

INFORMATION PACKET

George St. Lawrence
Monroe-Woodbury
Athletic Director
(845) 460-6245 ext. 6248

GENERAL INFORMATION

1. All conference meets will be team scored.
 2. Officials will do all timing.
 3. No spikes or blanks allowed in field house.
 4. 3 x 5 cards: running & field events
Must put full name – clearly
Include name (first, last)
Event name
School name & Division
Seed times
- By Color, Division 1 – yellow cards
Division 2 – blue cards
Division 3 – pink cards
Division 4 – green cards
Division 5 – white cards
5. Clerking office is near entrance to field house.
 6. No athletes/fans allowed on basketball courts and upper areas.
 7. Limit use of back packs, carry ons.
 8. 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
 9. Starting heights for OCIAA Conference and Developmental 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, 4-8, 4-10, 5-0, 5-1, etc.
 - High Jump (Boys): 5-0, 5-3, 5-6, 5-8, 5-10, 6-0, 6-1, etc.

OCIAA TRACK 2011-2012

5 Divisions

Division I (5)

NFA
Kingston
Monroe-Woodbury
Middletown
Pine Bush

Division II (5)

Valley Central
Washingtonville
Warwick
Minisink Valley
FDR

Division III (5)

Wallkill
Monticello
Port Jervis
Cornwall
Goshen

Division IV (6)

Onteora
Marlboro
Liberty
O'Neill
Spackenkill
Ellenville

Division V (7)

Burke Catholic
Sullivan West
Pine Plains
Millbrook
Tri-Valley
Chester
Eldred

2011-12 OCIAA TEAM AND MEET INDOOR TRACK SCHEDULE @ WEST POINT

Friday, December 9, 2011 OCIAA "Relay Carnival" – Non Scored (6 pm – 10 pm)

Division 2, 3 and 5

Saturday, December 10, 2011 OCIAA "Relay Carnival" – Non Scored (1 pm–5 pm)

Division 1 and 4

Friday, December 16, 2011 OCIAA "A Meet" – Non Scored (6 pm – 10 pm)

Valley Central, Washingtonville, FDR, NFA, Middletown, Tri Valley, Wallkill, Goshen, Chester, Eldred, Sullivan West, Pine Plains, Marlboro, O'Neill, Spackenkill

Saturday, December 17, 2011 OCIAA "A Meet" – Non Scored (1 pm – 5 pm)

Warwick Valley, Minisink Valley, Kingston, Monroe-Woodbury, Pine Bush, Onteora, Cornwall, Port Jervis, Monticello, Liberty, Millbrook, Burke, Ellenville

Monday, January 16, 2012 OCIAA Developmental – Non Scored (9am – 1 pm)

All Schools

Saturday, January 21, 2012 OCIAA "B Meet" – Non Scored (1 pm – 5 pm)

Washingtonville, Monroe-Woodbury, Middletown, Valley Central, Onteora, FDR, Kingston, Cornwall, Wallkill, Liberty, Millbrook, Eldred, Burke, O'Neill

Sunday, January 22, 2012 OCIAA "B Meet" – Non Scored (1 pm – 5 pm)

Warwick Valley, Minisink Valley, Newburgh, Pine Bush, Sullivan West, Pine Plains, Tri Valley, Port Jervis, Chester, Monticello, Ellenville, Spackenkill, Marlboro

Friday, January 27, 2012 Scored Divisional Championship Meet (6 pm – 10 pm)

Division II

Valley Central
Warwick Valley
Washingtonville
Minisink Valley
FDR

Division IV

Onteora
Marlboro
Liberty
O'Neill
Spackenkill
Ellenville

Sunday, January 29, 2012 Scored Divisional Championship Meet (1 pm – 5 pm)

Division I

NFA
Kingston
Monroe
Middletown
Pine Bush

Division III

Wallkill
Monticello
Port Jervis
Cornwall
Goshen

Friday, February 3, 2012 **Scored Divisional Championship Meet (6 pm – 10 pm)**

Division V

Burke, Sullivan West, Pine Plains, Millbrook, Tri Valley, Chester, Eldred

Saturday, February 4, 2012 **TBD (Snow date for scored meets) (1pm – 5pm)**

OCIAA CHAMPIONSHIP MEETS SCHEDULE 2011-2012

Friday, February 10, 2012 **OCIAA Championships – Day 1 (6 pm – 10 pm)**

Saturday, February 11, 2011 **OCIAA Championships – Day 2 (9am – 3pm)**

SECTION IX DATES

SECTION IX CHAMPIONSHIP MEET

Friday, February 17, 2012 Class “B” Meet (6 pm – 10 pm)

Saturday, February 18, 2012 Class “A” Meet (9 am – 3 pm)

SECTION IX SEED MEETING

Wednesday, February 22, 2011 6:00 pm Washingtonville High School

SECTION IX STATE QUALIFIER – BOYS & GIRLS

Friday, February 24, 2012* 6 pm – 1 pm - BOYS

Saturday, February 25, 2012* 1 pm – 5 pm - GIRLS

*Snow Date – Sunday, February 26, 2012 1 pm – 5 pm

**“A” MEET FORMAT
ORDER OF EVENTS**

Running Events:

Girls 1500 meter walk –	4 entries
Boys 55 meter hurdles -	7 entries
Girls 55 meter hurdles -	7 entries
Boys 55 meter dash -	7 entries
Girls 55 meter dash -	7 entries
Boys 3200 meter run -	3 entries
Girls 3000 meter run -	3 entries
Boys 1000 meter run -	4 entries
Girls 1000 meter run -	4 entries
Boys 300 meter run -	7 entries
Girls 300 meter run -	7 entries
Boys 3200 meter relay -	1 team
Girls 3200 meter relay -	1 team
Boys 1600 meter relay -	1 team
Girls 1600 meter relay -	1 team
Boys 800 meter relay -	1 team
Girls 800 meter relay -	1 team

Field Events:

Girls Shot Put -	4 entries – 3 throws
Boys Shot Put -	4 entries – 3 throws
Girls Long Jump -	4 entries – 3 jumps
Boys Long Jump -	4 entries – 3 jumps
Girls Triple Jump -	4 entries – 3 jumps
Boys Triple Jump -	4 entries – 3 jumps
Girls High Jump -	3 entries 1st 2 hours
Boys High Jump -	3 entries 2nd 2 hours
Boys Pole Vault -	4 entries <i>See Below</i>
Girls Pole Vault -	4 entries <i>See Below</i>
35 lb. weight -	3 entries combined boys and girls time permitting

NOTE: MUST ADHERE TO LIMITED ENTRIES DUE TO NUMBER OF SCHOOLS COMPETING.

1500M Race walk	– 2 Heats if necessary (hopefully 1)	30 min
5HH -	Using Lanes 5-8 Seed only 5 heats (20 athletes)	
55M -	Each team only hands in 2 cards Coaches will time all unseeded heats	
3200M -	Seeded boys then unseeded boys	30 min
3000M -	Seeded girls then unseeded girls	30 min
1000M -	12 in Seeded heat (Total 4 heats)	40 min
300M -	Top 5 heats seeded (30 athletes) (5 heats) Each team only hands in 2 cards Coaches will time all unseeded heats We will run 2 heats consecutively – start after 100m	45 min
4x800M	1 Heat	25 min
4x400M	2 Heats	20min
4x200M	2 heats	15 min

Field Events in **RED** participate first

High Jump

Progression

Girls	3'10" – 4' – 4'3" – 4'6" – 4'9" – 5' – 5'1"
Boys	4'10" – 5' – 5'3" – 5'6" – 5'9" – 6' – 6'1"

Pole Vault

Girls	8'-8'6"-9' - 9'6" – 10'
Boys	10' – up 6"

After PV completed we will run a developmental PV starting at 6' – up 6" to completion.

This gives everyone a chance to compete

- Move finishing line up 5 meters for 55m and 55HH (tape line)
- Put LJ / TJ tape board down
- Meet must start on time

“B” MEET FORMAT

ORDER OF EVENTS

Running Events:

Boys	800 meter relay	-	1 team allowed	
Girls	800 meter relay	-	1 team allowed	
Boys	1600 meter relay	-	1 team allowed	
Girls	1600 meter relay	-	1 team allowed	
Boys	3200 meter relay	-	1 team allowed	
Girls	3200 meter relay	-	1 team allowed	
Boys	55 meter hurdles	-	3 entries	
Girls	55 meter hurdles	-	3 entries	
Boys	55 meter dash	-	3 entries	
Girls	55 meter dash	-	3 entries	
Boys	600 meter run	-	3 entries	Combined division heats for 300 through 1600m runs scored on time.
Girls	600 meter run	-	3 entries	
Boys	1600 meter run	-	3 entries	
Girls	1500 meter run	-	3 entries	
Boys	300 meter run	-	3 entries	
Girls	300 meter run	-	3 entries	
Girls	1500 meter walk	-	unlimited entries (IF TIME PERMITS)	
Boys	SMR meter relay	-	1 entry (800-200-200-400) If time permits (non-scored)	
Girls	SMR meter relay	-	1 entry (800-200-200-400) If time permits (non-scored)	

Field Events:

Girls	Shot Put	-	6 entries – 3 throws only	1 st 2 hours
Boys	Shot Put	-	6 entries – 3 throws only	2 nd 2 hours
Girls	Long Jump	-	4 entries – 3 jumps only	1st 1 hour
Boys	Long Jump	-	4 entries – 3 jumps only	2 nd 1 hour
Girls	Triple Jump	-	4 entries – 3 jumps only	3 rd 1 hour
Boys	Triple Jump	-	4 entries – 3 jumps only	4 th 1 hour
Girls	High Jump	-	3 entries	1 st 2 hours
Boys	High Jump	-	3 entries	2 nd 2 hours
Boys	Pole Vault	-	5 entries	combined boys and girls
Girls	Pole Vault	-	5 entries	combined boys and girls
	35 lb. weight	-	unlimited entries non-scoring	combined boys and girls following shot put, time permitting

NOTE: MUST ADHERE TO LIMITED ENTRIES DUE TO NUMBER OF SCHOOLS COMPETING.

OCIAA RELAY CARNIVAL

December 9-10, 2012
@ West Point Gillis Fieldhouse

ORDER OF EVENTS

Running Events:

Girls	1500M Walk	4 entries
Boys	Distance Medley Relay (1200, 400, 800, 1600)	2 team will start opposite of track
Girls	Distance Medley Relay (1200, 400, 800, 1600)	to allow for SHR at same time
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	4 x 200 Relay	2 teams, time permitting
Girls	4 x 200 Relay	2 teams, time permitting
Boys	4 x 400 Relay	2 teams, time permitting
Girls	4 x 400 Relay	2 teams, time permitting

Field Events:

Boys	Shot Put	-	5 entries – 3 throws only	1 st 2 hours
Girls	Shot Put	-	5 entries – 3 throws only	2 nd 2 hours
Girls	Long Jump	-	3 entries – 3 jumps only	1 st hour
Boys	Long Jump	-	3 entries – 3 jumps only	2 nd hour
Girls	Triple Jump	-	3 entries – 3 jumps only	3 rd hour
Boys	Triple Jump	-	3 entries – 3 jumps only	4 th hour
Boys	High Jump	-	4 entries – opening 4-10	1 st 2 hours
Girls	High Jump	-	4 entries – opening 3-10	2 nd 2 hours
	Pole Vault	-	unlimited entries	combined boys and girls
	Weight Throw	-	5 entries, time permitting	combined boys and girls

NOTE: MUST ADHERE TO LIMITED ENTRIES DUE TO NUMBER OF SCHOOLS COMPETING.

Progressions:

HJ Boys OH 4'10" 2" to 6' then 1"

HJ Girls OH 3'10" 2" to 5' then 1"

PVGirls OH 6' 1' to 8' then 6"

Boys cannot come in until 7'

2011-12
BOYS & GIRLS OCIAA DIVISIONAL CHAMPIONSHIP

ORDER OF EVENTS
(All running events are Boys then Girls)

Running Events

3200M/3000M Run
55M Hurdles
1000M Run
55M Dash
600M Run
1500M Racewalk
1600M/1500m Run
300M Dash
4x800M Relay
4x400M Relay
4x200M Relay

Field Events

Boys Long Jump, then Girls (1 hour OPEN pit for each. 3 jumps NO FINALS)
Girls High Jump, then Boys (see progressions below)
Girls and Boys Pole Vault COMBINED (see progressions below)
Boys Triple Jump, then Girls (1 hour OPEN pit for each. 3 jumps NO FINALS)
Girls Shot Put, then Boys (3 throws, NO FINALS)
Girls and Boys Weight Throw (Combined, time permitting, 3 throws)

Progressions

Boys High Jump: Opening Height 5', up 3" to 5'6, up 2" to 6', then 1"
Girls High Jump: Opening Height 4', up 3" to 4'6, up 2" to 5', then 1"

Girls Pole Vault: Opening Height 6', up 1' to 8', then 6"
Boys Pole Vault: Opening Height 7', up 1' to 8', then 6"

Boys may NOT vault below 7'

Maximum entry per event, per school is 3, 1 relay team.

2011-12
BOYS & GIRLS OCIAA INDOOR TRACK CHAMPIONSHIPS

Friday, February 10, 2012 – Trials – (6:00 pm – 10:00 pm)
Saturday, February 11, 2012 – Finals - (9:00 am – 3:00 pm)

ORDER OF EVENTS

Running Events FRIDAY (all races are boys then girls):

<u>Event</u>	<u>Info</u>	<u>Seeding</u>
4x200M SEMI	5 heats	SIX fastest times back to the final
55M Hurdles	TRIALS	Seed 48, bring back top 2 and next 4 fastest to semi
3200/3000M	Unseeded	
55M Dash	TRIALS	Seed 48, bring back top 2 and next 4 fastest to semi
1500M Walk	2 heats	Seeded section last
300M	SEMI	Seed 24, bring back winner and next 2 fastest to final
3200/3000M	Seeded	
55M Dash	SEMI	2 heats, bring back top 2 and next 4 fastest to final

Field Events FRIDAY

<u>Event</u>	<u>Info</u>	<u>Seeding</u>
Pole Vault	BOYS	Opening Height 8', up 6" to 13', 3" to follow
High Jump	GIRLS	Opening Height 4'2, up 2" to 5', 1" to follow
Long Jump	BOYS	3 jumps, bring back top 7 to final
Long Jump	GIRLS	following boys
Shot Put	GIRLS	3 throws, bring back top 7 to final
Weight Throw	GIRLS	3 throws, time permitting

**Maximum 3 entries per event, per school (1 per relay). See attached suggested cut-off marks per event.
Team scoring – top six (10, 8, 6, 4, 2, 1).**

No Event will start after 10:00/3:00 pm.

2011-12
BOYS & GIRLS OCIAA INDOOR TRACK CHAMPIONSHIPS

ORDER OF EVENTS

Running Events SATURDAY (all events are boys then girls):

<u>Event</u>	<u>Info</u>	<u>Seeding</u>
55M Hurdles	SEMI	2 heats, bring back top 2 and next 4 fastest
1000M	FINAL	up to 3 heats, fast to slow
55M Dash	FINAL	
1600/1500M	Unseeded	
600M	FINAL	Seed top 24, 4 heats in lane, unseeded start waterfall
55M Hurdles	FINAL	
1600/1500 M	Seeded	
300M	FINAL	
4x800 M Relay	FINAL	
4X400M Relay	FINAL	
4x200 M Relay	FINAL	

Field Events SATURDAY

<u>Event</u>	<u>Info</u>	<u>Seeding</u>
Pole Vault	GIRLS	Opening Height 7', up 6" to 10', 3" to follow
High Jump	BOYS	Opening Height 5'2, up 2" to 6', 1" to follow
Triple Jump	GIRLS	3 jumps, bring back top 7 to final
Triple Jump	BOYS	to follow girls
Shot Put	BOYS	3 throws, bring back top 7 to final
Weight Throw	BOYS	3 throws, time permitting

REMINDER: Schools are permitted up to 3 entries per event, 1 entry per relay. Online Entries will be used for the OCIAA Championship meet. 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.

SUGGESTED OCIAA CHAMPIONSHIP MEET QUALIFYING STANDARDS

<u>Event</u>	<u>Boys</u>
55M Dash	7.5
55M HH	9.8
300M Dash	44.0
600M Run	1:43
1000M Run	3:15
1600M/1500M	5:30
3200M/3000M	12:05
1500M Walk	--
Long Jump	15-6
Triple Jump	31-6
High Jump	5-0
Shot Put	34-0
Pole Vault	8-0

SUGGESTED OCIAA CHAMPIONSHIP MEET QUALIFYING STANDARDS

<u>Event</u>	<u>Girls</u>
55M Dash	8.2
55M HH	10.5
300M Dash	49.5
600M Run	1:59.0
1000M Run	3:45.0
1600M/1500M	6:10
3200M/3000M	13:00
1500M Walk	9:58
Long Jump	11-6
Triple Jump	24-0
High Jump	3-10
Shot Put	23-0
Pole Vault	6-6