

To: OCL Track and Field Coaches
From: Mike Bellarosa and John Russo
Re: OCL Track and Field Procedures
Date: March 4, 2014

DUAL MEET PROCEDURES

1. Order of Events/Entry Limits same as in the past. Officials will not charge for extra heats if meet is completed in 2 ½ hours.
2. Boys then Girls unless coaches agree otherwise.
3. Track & Field events will start at the same time.
4. 1600/1500 and 3000/3200 may be combined depending on number of entrants. (Both coaches must agree.)
5. Visiting team will assist in timing if requested by home team.
6. Home team will provide a copy of results to visiting team as well as Times Herald Record.
7. There will be a mandatory coaches meeting 10 minutes prior to the meet's start.
8. Field event participants must be signed in prior to the meet's start. The visiting team will submit in writing a list of participants to the home team and the home team will submit their list and the opponent's to the field event official. Officials will not sign up at the event site.
9. The home team must provide adult supervision at all field event sites to facilitate warm up prior to the official's arrival. This is a rule as well as a way to facilitate a quick start to the meet.
10. In order for the meet to be run in the 2 ½ hours allotted the follow is recommended:
 1. 1st hour (ie 4:00-5:00) open pit, B/G Long jump and B/G shot put.
 2. (5:00-5:15) Warm up TJ and Discus
 3. Tabulate Results for Long Jump and Shot Put
 4. Last hour (5:15-6:15) open pit, B/G triple and B/G Discus
 - 5 . (6:15-6:30) field event officials tabulate results.
11. A track meet will be considered a 2 ½ hour event. If the time frame is greater than this, officials will receive extra pay as per contract.

OCL VARSITY DUAL MEET
ORDER OF EVENTS

4 X 800 Relay
100/110 Hurdles
100 meters
1500/1600 meters
4 x 100 Relay
400 meters
400 meter Hurdles
800 meters
200 meters
3000/3200 meters
4 X 400 meters

High Jump
Long Jump
Triple Jump
Shot
Discus
Pole Vault

OCL MODIFIED TRACK ORDER OF EVENTS

55M 30" H(B/G) 8 meters apart

200 (B/G)

1500 (B/G)

100 (B/G)

3000 (B/G) Optional

400 (B/G)

200 HURDLES (B/G)

800 (B/G)

4 X 200 (B/G)

4 X 100 (B/G)

RUNNING EVENTS

2400 m max or 3000 m

FIELD EVENTS

4K SHOT

1K DISCUS

HIGH JUMP*

POLE VAULT

LONG JUMP

TRIPLE JUMP



Open Pits

*Bar cannot move up and down.