

O.C.I.A.A.

SPRING TRACK AND FIELD HANDBOOK

Jason Semo – Newburgh Free Academy

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845-563-5420 – Office

SPRING 2016

TO: All OCIAA Athletic Directors and Track Coaches

FROM: Jason Semo, Newburgh Free Academy

RE: OCIAA Track Meet- Friday, May 20, 2016 and Saturday, May 21, 2016

Friday, May 20, 2016	Scratches to Timing Table Start all Events	12:00-12:30 pm 1:00 <u>Prompt!</u>
Saturday, May 21, 2016	Scratches to Timing Table Start Field Events Start Track Events	8:30 -9:00 am 9:30 am <u>Prompt!</u> 9:30 am <u>Prompt!</u>

1. Instructions for online registration are detailed on attached sheet.
2. All schools may enter three athletes in each event and one relay team.
3. Medals for the first six places, plaques for the first place teams.
4. Have all athletes to the clerk by the third call.
5. Starting Heights:
Girls' High Jump- 4'4" up 2" until three competitors remain
Boys' High Jump- 5'4" up 2" until three competitors remain
Boys' Pole Vault – **9'0" to 10'0" up 6" until 3 competitors remain**
Girls' Pole Vault - **7'0" to 8'0" up 6" until 3 competitors remain**
6. Bring your own pin spike starting blocks.
7. Please keep all athletes off the infield
9. The Throwing Pentathlon (including B & G Hammer Throw) will be held May 16th at Monroe Woodbury. Time- 2:30 PM – See attached form
10. ¼" pyramid spikes may be used.
11. Shot and Discus will be checked at event site. **A scale will be provided.**
12. Jury of Appeals (Decision Binding) - TBA
Division Representative

TO: OCIAA Track Coaches/Athletic Directors for OCIAA Champ. Meet
FROM: Jason Semo, Newburgh Free Academy
RE: Seeding Policy
DATE: March 14, 2016

OCIAA CHAMPIONSHIP MEET SEEDING POLICY

1. Only times, distances, heights, etc. from a verifiable meet during the 2015-2016 school year will be considered. All meets **MUST BE SANCTIONED** by the NYSPHSAA.
2. No relay split will be considered. Marks from trials and semis of meets that do not provide results on the web will need a signed card from an official from that meet to be considered.
3. The only conversions considered will be 1500/1600/mile as well as 3000/3200/2 mile.
4. If you have a concern about a seed time you must report it to the OCIAA Chairperson prior to the day of the meet and the Chairperson will investigate. There will be **NO** contesting a seed time on the day of competition.
5. The Athletic Administrators will be considering a sportsmanship rule that will go into effect if approved this year for coaches who submit seed times that do not follow the above criteria.

OCIAA CHAMPIONSHIP MAY 20 & 21, 2016

MEET PROCEDURES

CLERKS

- A) 4 X 100 SEMI (4 Heats- Winner of Each Heat and Next 2 Fastest Times to the Final)
- B) 100, 200, 100/110 HH TRIALS- TOP 36 SEEDS ONLY MAY ADVANCE TO SEMI.
(Unseeded Athletes May Run but Will Not Advance)
Trial- 6 Heats- Winner of Each Heat and Next 6 Fastest Times Advance to the Semi.
Semi- 2 Heats- Winner and Next 4 Fastest Times to the Final.
- C) NATURAL BREAKS IN 800, 1500/1600, 3000/3200 as determined by the League Committee and will be announced at the Coaches' Meeting.

FIELD EVENTS

SHOT/DISCUS/LONG JUMP/TRIPLE JUMP/JAVELIN

- 1) ARRANGE COMPETITORS INTO FLIGHTS- BEST SEEDS GO IN LAST FLIGHT.
- 2) TRIALS- 3 JUMPS/THROWS, BRING BACK 7 TO FINALS.
- 3) TOP 6 SCORE.

POLE VAULT

BOYS	9'0", TO 10' UP 6" UNTIL 3 COMPETITORS REMAIN
GIRLS	7'0", TO 8' UP 6" UNTIL 3 COMPETITORS REMAIN

HIGH JUMP

BOYS'	5'4", UP 2" UNTIL 3 COMPETITORS REMAIN
GIRLS'	4'4", UP 2" UNTIL 3 COMPETITORS REMAIN

Spring 2016
ORDER OF EVENTS
OCIAA CHAMPIONSHIP MEET

Friday 1:00 pm Prompt! Scratches to Timing Table between 12:00 and 12:30 pm
PLEASE NOTE PENTATHLON IS A 2 DAY EVENT!

Running Events:

4x100 Relay Semis G/B

Pentathlon Hurdles B

110m High Hurdles trial B (top 36 seeds only may advance to semi-final)

Pentathlon Hurdles G

100m High Hurdles trial G (top 36 seeds only may advance to semi-final)

200 Trials G/B (top 36 seeds only may advance to semi-final)

3000 unseeded

3200 unseeded

100 trials G/B (top 36 seeds only may advance to semi-final)

3000 seeded G

3200 seeded B

110 High Hurdle semi B

100 High Hurdle semi G

100 Semi G/B

Field Events:

Javelin- Boys followed by Girls

Pole vault- Girls followed by Boys

Shot Put- Girls followed by Boys

Pentathlon Long Jump G/B

Pentathlon High Jump G/B

Saturday 9:30 am Prompt! Scratches to Timing Table between 8:30 and 9:00 am

Running Events:

Pent 800/1500 TBA after LJ

100 Final G/B

2000 Steeple chase G

3000 Steeple chase B

100 High Hurdle Final G

110 High Hurdle Final B

200 semis G/B

800 Final G/B

400 IH G/B (sections)

400 Dash (sections) G/B

1500 seeded followed by unseeded G

1600 seeded followed by unseeded B

200 Final G/B

4 X 800 G/B

4 X 100 G/B

4 X 400 G/B (sections)

Field Events:

Pentathlon Shot Put G/B

Boys/Girls long jump B/G triple jump to follow
(use both pits if possible)

Boys Discus – Girls to follow

Girls High Jump – Boys to follow

If Saturday is rained out then Sat. events will be held on Sun. beginning at 1:00PM

Spring 2016
SINGLE DAY ORDER OF EVENTS
EITHER SATURDAY OR SUNDAY WITH PENTATHLON ON MONDAY
OCIAA CHAMPIONSHIP MEET

Monday 2:00 pm Prompt!

Boys' and Girls' Pentathlon

Boys' and Girls' Javelin

Saturday 9:30 AM Prompt or Sunday 1:00 PM Prompt!

Running Events- Girls than Boys, 3 entries per event plus 1 relay team

100m High Hurdles trials G

110m High Hurdles trials B

4X100 Relay semis G/B

100 trials G/B

3000 seeded G

3200 seeded B

110 High Hurdles semi B

100 High Hurdles semi G

100 semi G/B

3000 unseeded

3200 unseeded

100 High Hurdle Final G

110 High Hurdle Final B

100 Final G/B

800 Final G/B

2000 Steeple chase G

3000 Steeple chase B

200 Trials G/B

400 IH G/B (sections)

400 Dash (sections) G/B

200 semis G/B

1500 seeded G

1600 seeded B

200 Final G/B

1500 unseeded

1600 unseeded

4 X 800 G/B

4 X 100 G/B

4 X 400 G/B (sections)

Field Events: Three entries per event

Boys/Girls long jump with B/G triple jump to follow (use both pits if possible)

Boys Discus-Girls to follow

Girls High Jump- Boys to follow

Pole vault G/B Girls Shot-Boys to follow

Meet management will determine if trials should be deleted on the basis of entry numbers. If trials are deleted, there shall be no “wait time” to next events. Changes made up to 1 hour before meet.

2016 OCIAA SPRING TRACK CHAMPIONSHIPS

MEET ENTRY INSTRUCTIONS

1. Entries will be done using ny.milesplit.com. Entries for the meet will be available at least one week from the entry deadline.
2. An athlete can participate in any 4 events (relays included) for the entire meet. Each team can enter 3 individuals per event and 1 relay.
3. Any substitutions to the entries on the **day of the meet** can be done **only for injury or illness** and the injured/ill athlete cannot participate in the meet (both days).
4. Scratch rule for the meet - the event counts as 1 of the 4 allotted events for the athlete.
5. A performance list will be sent out to all head coaches (sign-up at the Rules interpretation meeting) and athletic directors on Thursday, May 19, 2016. You can make entry corrections to your lineup by emailing Dan Morse at Daniel.morse@ouboces.org **BEFORE** the performance list is released. After the performance list is released, Rule 3 applies, unless you can provide documentation from Mile Split that you submitted an entry and left off the performance list.
6. Any changes due to illness or injury will be done at the meet beginning approximately 1 hour before the meet and ending 20 minutes before the scheduled start.
7. An email list will be provided by the OCIAA Chair-people. Make sure you sign up at the Rules Interpretation Meeting.

DEADLINE: **10:00pm** to ny.milesplit.com on Tuesday, May 17th, 2016

COACHES: Please send Dan an email to: daniel.morse@ouboces.org and include your home phone number and school phone number. This is so you can be contacted if necessary; indoor lists will not be used.

To: All OCIAA Athletic Directors and Track Coaches
From: Jason Semo, Newburgh Free Academy
Re: Co-op Work-list for OCIAA Track Meet
Date: March 14, 2015

1. Warwick and Monroe- Pole Vault Pits- set up and take down
2. Newburgh and Monticello – High Jump – set up and take down
3. Goshen - Long Jump Tape 50'
4. Monroe- Discus Tape 200'
5. Sullivan West – Triple Jump 50'
6. Cornwall – Shot Tape 100'
7. Hurdles will be handled by flights
 1. Fallsburg/Liberty
 2. Cornwall
 3. Tri-Valley
 4. Pine Bush
 5. Washingtonville
 6. Port Jervis
 7. Minisink Valley
 8. Goshen
 9. O'Neill
 10. Burke
8. Middletown – Steeplechase barriers-set up and take down
9. Warwick- Rake Long Jump Pits
10. Starting Blocks –Individual teams are responsible for providing blocks for their runners

To: OCIAA Track and Field Coaches
From: Jason Semo
Re: OCIAA Track and Field Procedures
Date: March 14, 2016

DUAL MEET PROCEDURES

1. Order of Events/Entry Limits same as in the past.
2. Boys than 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.
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.

12. All results must be emailed or faxed to Jason Semo by the host school immediately following the meet. Email: jsemo@necsd.net Fax: (845) 563-5463.

OCIAA 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

OCIAA 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 – All open pits

4K SHOT

1K DISCUS

HIGH JUMP*

POLE VAULT

LONG JUMP

TRIPLE JUMP

*Bar cannot move up and down.

SPRING TRACK COACHES COMMITTEE

<u>SCHOOL</u>	<u>NAME</u>	<u>EMAIL</u>	<u>PHONE</u>
Burke	John DeBold	jdebald@burkecatholic.org	986-3291 (home) 294-5481 ext.123 544-6632 (cell)
Cornwall	Dave Feuer	dfeuer@cornwallschools.com	783-1191 (home) 325-2172 (cell)
Eldred	Don Drewett	orion@hvc.rr.com	845-701-1046 (home) 845-557-8085 (cell)
MW	Jim Glover Matt Hemmer	jglover@mw.k12.ny.us mhemmer@mw.k12.ny.us	988-6618 (cell)
NFA	Bruce Greene Jason Semo	nfatrack@aol.com jsemo@necsd.net	914-204-1406 563-5419 (school)
O-U BOCES	Christopher Mayo Dan Morse	christopher.mayo@ouboces.org daniel.morse@ouboces.org	291-0100 Ext. 10691 291-0100 Ext. 10696
SOCAT	Wendy Warnock	purpleghost84@gmail.com	820-3135(cell)
Warwick	Mike Potter	wvxctf@gmail.com	845-987-6997 (cell)
Wash.	Mike White	mwhite@ws.k12.ny.us	497-7060 (home) 234-2934 (cell)

**Welcome to the
2016 O.C.I.A.A. Throwing Pentathlon
&
O.C.I.A.A. Hammer Championships**

Where: Monroe-Woodbury HS

Date: Monday, May 16th, 2016

Time: 2:30pm

****You MUST pre-register to be in the meet!****

Click on link below to pre-register

[Click Here for Registration](#)

Password - throws

How to enter:

Only 3 entries for the Thrower's Pentathlon

(Must compete in all 5 events!!!)

-and-

Only 3 entries for the Hammer Championships

ENTRIES ARE DUE:

Friday, May 13th, 2016

Any questions or concerns please email me at
sacevedo@mw.k12.ny.us or call/text 914-456-4623

****Please note, you are entitled to enter 3 athletes for each event, if you would like to have your athlete from the Thrower's Pent. also compete in the Hammer Championships, it will take a spot in that event.**