

O.C.I.A.A.

SPRING TRACK AND FIELD HANDBOOK 2023

Gregory Sirico – Warwick Valley

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SPRING 2023

TO: All OCIAAAthletic Directors and Track Coaches

FROM: Gregory Sirico, Warwick

RE: OCIAA Track Meet- Saturday May 20, 2023 @ Goshen HS

This is a one year change due to facility upgrades at Warwick and will return to 2 day meet if recommended by the OCIAA Track Committee in 2024

Saturday, May 20, 2023 Scratches to Timing Table 8:00- -8:30 am @Goshen

All Events Start at 9:00 am Sharp!

1. Instructions for online registration are detailed on the attached sheet.
2. All schools may enter three athletes in each event and one relay team.
3. Medals for the first 3 places, plaques for the first place teams. Top 8 Score.
4. Have all athletes to the clerk by the third call.
5. Starting Heights HJ & PV: All Starting Heights and Progressions determined by OCIAA Committee after final entries close
6. Bring your own pin spike starting blocks.
7. Please keep all athletes off the infield
8. ¼” pyramid spikes may be used.
9. Shot and Discus will be checked at the event site. A scale will be provided.
10. Jury of Appeals (Decision Binding) - TBA Division Representative

TO: OCIAA Track Coaches/Athletic Directors for OCIAA Champ. Meet

FROM: Gregory Sirico, Warwick Valley

RE: Seeding Policy

DATE: March 1, 2023

OCIAA CHAMPIONSHIP MEET SEEDING POLICY

1. Only times, distances, heights, etc. from a verifiable meet during the 2022-2023 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 seedtime 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.
6. Meet Management is REQUESTING that RELAY SEEDS are REFLECTIVE of the Personnel on the Relay that ran said fast seed. 3 of the 8 Names who actually raced on teams fastest time are needed to be on the entry in order to use teams fastest seed. (Use good judgment for slower seed)

OCIAA CHAMPIONSHIP MAY 20, 2023

MEET PROCEDURES For 1 Day Meet (2023)

CLERKS

- A) Semis of 100m, 110/100HH: Winner of each heat and next 6 fastest to a 10 lane final (seeding top 40 times for advancement only)
- B) Semi of 200m: Winner of each heat and next 3 fastest to an 8 lane final (seeding top 40 for advancement only)
- C) NATURAL BREAKS IN 800, 1500/1600, 3000/3200, Steeple as determined by the League Committee and will be announced at the Coaches' Meeting.
- D) 800m and up will run fast first

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 9 TO FINALS.
- 3) TOP 8 SCORE.

POLE VAULT

BOYS: Opening Ht-Progression Determined by Meet MGMT

GIRLS Opening Ht- Progression Determined by Meet MGMT

HIGH JUMP

BOYS' UP 2" UNTIL 3 COMPETITORS REMAIN (Opening Ht TBD by Meet MGMT)

GIRLS' UP 2" UNTIL 3 COMPETITORS REMAIN (Opening HT TBD by Meet MGMT)

OCIAA CHAMPIONSHIP MEET SPRING 2023
SINGLE DAY ORDER OF EVENTS
EITHER SATURDAY OR SUNDAY

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

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

100 HH Girls Pentathlon
100 High Hurdles semi G
110 HH Boys Pentathlon
110 High Hurdles semi B
3000 G seeded first
3200 B seeded first
100 semi G/B
110 High Hurdle Final B
100 High Hurdle Final G
800 Final G/B seeded first
100 Final G/B
2000 Steeplechase seeded first G
3000 Steeplechase seeded first B
200 Semis G/B
400 IH G/B
400 Dash G/B
1500 G seeded first
1600 B seeded first
200 Final G/B
4 X 800 G/B
4 X 100 G/B
4 X 400 G/B

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 (By Finish Line)
Pent HJ will be by 1500m start (Pent HJ moves at 5 CM increments)
Pole vault G/B
Girls Shot-Boys to follow
Non-Scoring Javelin Open Runway

2023 OCIAA SPRING TRACK CHAMPIONSHIPS

MEET ENTRY INSTRUCTIONS

1. Entries will be done using ny.milesplit.com. Entries for the meet will be open 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 posted by Tim Fulton at: <https://live.fultonaccuratetiming.com>. After the performance list is released, if you make any changes Rule 3 applies, unless you can provide documentation from Mile Split that you submitted an entry and left off the performance list. If you have any entry concerns please contact Tim Fulton at: fulton.timmy@gmail.com or Greg Sircio at: gsirico@wvcsd.org
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 so you can be contacted if necessary.

DEADLINE: 8:00pm to ny.milesplit.com on Friday May 19, 2023

To: All OCIAAAthletic Directors and Track Coaches

From: Gregory Sirico, Warwick

Re: Co-op Work-list for OCIAA Track Meet

Date: March 1, 2023

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. Beacon- Rake Long Jump Pits
10. Starting Blocks –Individual teams are responsible for providing blocks for their runners

To: OCIAA Track and Field Coaches
From: Gregory Sirico
Re: OCIAA Track and Field Procedures
Date: March 1, 2023

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 the number of entrants. (Both coaches must agree.)
5. Visiting team will assist in timing if requested by the home team.
6. Home team will provide a copy of results to the visiting team as well as Times Herald Record. Photo of Results is the best. Coaches post results (score of the meet) to the RSCHOOL APP.
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 Gregory Sirico by the host school immediately following the meet. Email: gsirico@wvcsd.org Fax: (845) 987 – 3628**

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)

FIELD EVENTS – All open pits

4K SHOT

1K DISCUS

HIGH JUMP*

POLE VAULT

LONG JUMP

TRIPLE JUMP

A student may enter a maximum of four (4) events per day as long as one is a relay; no more than two track events or two field events may be entered each day. (Feb. 2023-pg 137)

*Bar cannot move up and down.

Spikes are Allowed

Section IX Track and Field Appeal Process

In the event that an issue arises and a decision comes into question, the following appeals process will be utilized for the OCIAA Championship, MHAL Championship, Section IX Class Championship, and State Qualifier meets. This process mirrors those suggested in the NFHS Track and Field Rule and Case Books.

Step 1: The Head Coach hands a written protest to the referee. The protest must include: competitor's name, school, event involved, specific rule in question, and a brief description of the situation or rule being appealed.

Step 2: If, after the referee's judgment on the appeal, the head coach still feels there was a misapplication or misinterpretation of the rules, he may ask for the Jury of Appeals to hear the protest. The "jury" will consist of the sectional coordinators and 3 additional coaches selected by the coordinators in advance of the competition. The full "jury" will be announced at the coaches meeting. Should a member of the "jury" need to file a protest, he/she will excuse himself/herself from the process and an emergency member will be asked to join the "jury" so the total number remains an odd number. The decision reached by the "jury" is final.

IMPORTANT THINGS TO REMEMBER:

As per Rule 3, Section 5, Article 4 of the NFHS Track and Field Rules Book, the following situations are not subject to protest.

- Any judgment decision pertaining to violations or alleged violations of the rules.
- A decision made by the finish judges or timers that does not involve misapplication of a rule, or the terms and conditions of the competition
- Whether a start is fair and legal

A list of potential situations that are eligible to protest can be found on page 17 of The NFHS Track and Field Rules Book.

SPRING TRACK COACHES COMMITTEE

<u>SCHOOL</u>	<u>NAME</u>	<u>EMAIL</u>	<u>PHONE</u>
Cornwall	Dave Feuer	dfeuer@cornwallschools.com	325-2172 (c)
Goshen	Gus Lawson	gus.lawson@gcsny.org	845-321-4054
M-W	Jim Glover	jglover@mw.k12.ny.us	988-6618 (c)
Middletown	Lindsay Hammer	lindsay.hammer@ecsdn.org	845-283-1706
Section 9	Matt Hemmer	mhemmer@mw.k12.ny.us	845-551-1358(c)
O-U BOCES	Christopher Mayo Dan Morse	christopher.mayo@ouboces.org daniel.morse@ouboces.org	
SOCAT	Wendy Warnock	purpleghost84@gmail.com	820-3135(cell)
Warwick	Mike Potter Gregory Sirico	wvxctf@gmail.com gsirico@wvcsd.org	845-987-6997 (c) 845-222-1402 (c)
Wash	Mike White	mwhite@wcsdk12.org	845-234-2934(c)