

O.C.I.A.A.

**SPRING
TRACK AND FIELD
HANDBOOK**

Gregory Sirico – Warwick Valley

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updated

Mar 5, 2026

SPRING 2026

TO: All OCIAA Athletic Directors and Track Coaches

FROM: Gregory Sirico, Warwick

RE: OCIAA Track Meet- Friday, May 15, 2026 and Saturday, May 16, 2026

Friday, May 15 ,2026	Scratches to Timing Table	12:00-12:30pm
	Start all Events	1:00 <u>Prompt!</u>
Saturday, May 16, 2026	Scratches to Timing Table	8:30 -9:00 am
	Start Field Events	9:30 am <u>Prompt!</u>
	Start Track Events	9:30 am <u>Prompt!</u>

- 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 Top 6 places, plaques for the 1st place teams.**
- 4. Have all athletes to the clerk by the third call.**
- 5. Bring your own pin spike starting blocks.**
- 6. Please keep all athletes off the infield**
- 7. ¼” pyramid spikes may be used.**
- 8. Shot and Discus will be checked at the event site. A scale will be provided.**
- 9. Jury of Appeals (Decision Binding) – Greg Sirico (OCIAA Chair), Lindsay Hammer (Middletown), Gus Lawson (Goshen), Danielle Halikias (Fallsburg), Dave Feuer (Cornwall)-Subs will be found if necessary or member of JOA own team is involved**

TO: OCIAA Track Coaches/Athletic Directors for OCIAA Champ. Meet
FROM: Gregory Sirico-Warwick Valley AD/OCIAA Chair
RE: Seeding Policy
DATE: March 5, 2026

OCIAA CHAMPIONSHIP MEET SEEDING POLICY

- 1. Only times, distances, heights, etc. from a verifiable meet during the 2025-2026 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. 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.**
- 5. 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 card in order to use teams fastest seed. (Use good judgment for slower seed)**

OCIAA CHAMPIONSHIP MAY 15 & 16, 2026

MEET PROCEDURES

CLERKS

- A) 4 X 100 SEMI (4 Heats- Winner of Each Heat and Next 4 Fastest Times to the Final)
- B) 100, 200, 100/110 HH SEMI- TOP 48 SEEDS ONLY.

(Unseeded Athletes May Run but Will Not Advance)

Semi- 6 Heats- Winner and Next 2 Fastest Times to the Final.

(1 Day Meet) Semi-4 Heats-Winner and Next 4 Fastest Times to 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. Best Flight will stay filled to 15 competitors. Field Scratches to Timing Table according to deadlines above
- 2) TRIALS- Best Flight 3 Attempts, BRING BACK 9 TO FINALS. All other Flights will get 2 attempts and maintain potential to Advance
- 3) TOP 8 SCORE.

POLE VAULT

Girls Progressions: 7'-8'-9'-9'6" up 6"

Boys Progressions: 8'-9'-10'-10'6" up 6"

HIGH JUMP

Girls Progressions: 4'3" up 3" to 5' then up 2"

Boys Progressions: 5'3" up 3" to 6' then up 2"

Spring 2026 -OCIAA CHAMPIONSHIP MEET

2 DAY ORDER OF EVENTS - Friday 1:00 pm Prompt!

Scratches to Timing Table between 12:00 and 12:30pm (INCLUDING FIELD EVENTS!)

PLEASE NOTE PENTATHLON IS A 2 DAY EVENT!

Running Events:

4x100 Relay Semis G/B

Pentathlon Hurdles B

110m High Hurdles B Unseeded

Pentathlon Hurdles G

100m High Hurdles G Unseeded

200 Semi G/B (Top 48 seeds)(Unseeded after Semi)

3000 Seeded G

3200 Seeded B

100 Unseeded G/B

3000 unseeded G

3200 unseeded B

100 High Hurdle semi G (Top 48 seeds)

110 High Hurdle semi B (Top 48 Seeds)

100 Semi G/B (Top 48 Seeds)

4x800 G/B

Field Events:

Javelin - Boys followed by Girls

Girls Pent: LJ/HJ

Pole vault - Boys

Boys Pent: HJ/SP

Triple Jump - Girls/Boys (1 Runway)

Discus - Boys than Girls

Saturday 9:30 am Prompt!

Scratches to Timing Table between 8:30 and 9:00 am - INCLUDING FIELD EVENTS!

Running Events:

Pent 800/1500 TBA after LJ

2000 Steeplechase G

3000 Steeplechase B

100 High Hurdle Final G

110 High Hurdle Final B

100 Final G/B

800 Final G/B

400 IH G/B (sections)

400 Dash (sections) G/B

1500 seeded followed by unseeded G

200 Final G/B

1600 seeded followed by unseeded B

4 X 100 G/B

4 X 400 G/B (sections)

Field Events:

High Jump Boys first Girls to follow

Boys Pent: LJ/1500

Long Jump - Boys than Girls

Shot Put(after Pent) - Girls Followed by Boys

Boys after Pent LJ

Girls Pent: SP/800

Pole Vault Girls

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

***Pole Vault can contest both genders same day (Fri/or Sat) if weather threatens either**

Spring 2026 SINGLE DAY ORDER OF EVENTS-OCIAA Championship Meet
EITHER SATURDAY OR SUNDAY WITH PENTATHLON ON MONDAY

Monday (Rain Date) 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

4X100 Relay semis 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 Steeplechase G

3000 Steeplechase B

200 Semi G/B

400 IH G/B (sections)

400 Dash (sections) 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)

Semi-Final Races: Seed 32-Winner and Next 4 Fastest Advance to Final

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

2026 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. After the performance list is released, if you make any changes Rule 3 applies, unless you can provide documentation from MileSplit 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 so you can be contacted if necessary.

DEADLINE: 8:00pm to ny.milesplit.com on Thursday May 14, 2026

***Please NOTE that if the meet is moved to a 1 day Saturday Competition Due to unforeseen circumstances such as weather, the Online Entry window will Re-Open and Coaches will have until 6pm on Friday May 15, 2026 to Change Lineup- No Exceptions!**

To: All OCIAA Athletic Directors and Track Coaches
From: Gregory Sirico, Warwick
Re: Co-op Work-list for OCIAA Track Meet
Date: March 11, 2026

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. **Washingtonville – Shot Tape 100’**
7. **Hurdles will be handled by flights**
 1. **Fallsburg/Liberty**
 2. **Burke**
 3. **Tri-Valley**
 4. **Pine Bush**
 5. **O’Neill**
 6. **Port Jervis**
 7. **Minisink Valley**
 8. **Goshen**
8. **Middletown, Cornwall, Warwick, Monroe, Kingston– 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. Please label them with the school name.**

To: OCIAA Track and Field Coaches
From: Gregory Sirico
Re: OCIAA Track and Field Dual Meet Procedures
Date: March 10, 2026

DUAL MEET PROCEDURES

1. Order of Events/Entry Limits same as in the past.
2. Boys than Girls unless coaches agree otherwise prior to event day.
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.
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 - Boys/Girls

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

To: OCIAA Track and Field Coaches
From: Gregory Sirico
Re: OCIAA Track and Field Dual Meet FAT vs Hand Time
Date: March 10, 2026

In regard to FAT vs Hand timed dual meets; both types of meets will be scored where the only scored heat in the lane races of 100m, 110/100HH, 200m, 400m, 400IH, 4x100, 4x4 will come from Heat 1.

This is up to the home team to tell the timer on site that this is what you want done and they can make the adjustment in the computer on site. This will NOT be done ahead of time by F.A.T. Timing company.

In order for this to work, both teams MUST put their top 3 or 4 athletes ONLY (depending on how many lanes the track is) seeded in the top heat. The ONLY way to ensure this is to use OVER EXAGGERATED SEED TIMES when entering on Milesplit for those 3-4 athletes in the above mentioned events.

An equal number of athletes from each school should appear in the first heat in these lane races.

For Example on an 8 lane track:

Usain Bolt - Warwick 100m would be seeded at 5.0 seconds

Carl Lewis - Warwick 100m would be seeded at 5.0 seconds

Noah Lyles - Warwick 100m would be seeded at 5.0 seconds

Jesse Owens- Warwick 100m would be seeded at 5.0 seconds

Repeat in the same way for each of the events listed above.

This Policy is in place to continue with the spirit of dual meets being a head to head competition between athlete

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

SHOT PUT(4k)

1K DISCUS

HIGH JUMP*

POLE VAULT

LONG JUMP

TRIPLE JUMP

An Athlete may Compete in 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	845-325-2172
Fallsburg	Danielle Halikias	dhalikias@fallsburgcsd.net	973-525-9437
Goshen	Gus Lawson	gus.lawson@gcsny.org	845-321-4054
Middletown	Lindsay Hammer	lindsay.hammer@ecsdm.org	845-283-1706
Section 9	Matt Hemmer	mhemmer@mw.k12.ny.us	845-551-1358
O-U BOCES	Christopher Mayo Dan Morse	christopher.mayo@ouboces.org daniel.morse@ouboces.org	
SOCAT	Wendy Warnock	purpleghost84@gmail.com	845-820-3135
Warwick	Mike Potter Gregory Sirico	wvxctf@gmail.com gsirico@wvcsd.org	845-987-6997 845-222-1402
Wash	Mike White	mwhite@wcsdk12.org	845-234-2934