

SPRING TRACK COACHES MEETING
Tues., March 9th @6:30 PM
Track Committee

<u>SCHOOL</u>	<u>NAME</u>	<u>EMAIL</u>	<u>PHONE</u>
Burke	John DeBold	jdebold@burkecatholic.org	986-3291 (home) 294-5481 ext.417 (school)
Cornwall	Dave Feuer	dfeuer@cornwallschools.com	783-1191 (home) 325-2172 (cell)
Eldred	Frank Schorling	fschorling@citilink.net	557-8114 (home) 557-8039
MW	Mary Onken	carlonken@aol.com	845-401-2784 (cell) 845-928-2420 (home)
MW	Jim Glover	jglover@mw.k12.ny.us	845-988-6618 (cell)
NFA	Jack Mager	nfatrack@hotmail.com	527-1527 (cell) 566-5111 (home)
O-U BOCES	Jim Osborne Dan Morse	josborne@ouboces.org dmorse@ouboces.org	845-294-5799 845-294-5799
Tri-Valley	Joe Iatauro	joiataur@tvcs.k12.ny.us	985-7300 (home) 985-2296 x5502 (school)
Valley Central	Mike Bellarosa	mbellarosa@vcsd.ouboces.org	914-805-0242 (cell)
Warwick	Rich Furst	rfurst@wvcsd.org Furst10924@yahoo.com	294-6797(Leave message)
Warwick	John Russo	jrusso@wvcsd.org	649-7428 (cell) 222-2100 (cell)
Wash.	Mike White	mwhite@ws.k12.ny.us	497-4000 x 24598 497-7060 (home) 234-2934 (cell)

Spring 2010
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 then Boys, 3 entries per event plus 1 relay team

100m High Hurdles trials G
110m High Hurdles trials B
4X100 Relay trials 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.

SPRING 2010

TO: All OCIAA Athletic Directors and Track Coaches

FROM: Mike Bellarosa, Valley Central
John B. Russo, Warwick

RE: OCIAA Track Meet- Friday, May 21, 2010 and Saturday, May 22, 2010

Friday, May 21, 2010	Scratches to Timing Table Start all Events	12:30 pm 1:00 <u>Prompt!</u>
Saturday, May 22, 2010	Scratches to Timing Table Start Field Events Start Track Events	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 17th at Monroe Woodbury. Time 2:30PM
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 (Advisory to Referee)
Division Representative

	Div. I	Div. II
Boys:	Jim Glover (M.W.)	Mike White (Wash)
Girls:	OPEN	Rich Furst (War)
	Div. III	Div. IV
Boys:	John DeBold (Burke)	Joe Iatauro (T.V.)
Girls:	Dave Feuer (Corn)	Frank Schorling (Eldred)

**OCL CHAMPIONSHIP MAY 21 & 22, 2010
@ WARWICK**

MEET PROCEDURES

CLERKS

- A) 4 X 100, 6 FASTEST TIMES TO FINALS
- B) 100, 200, 100/110 HH- TOP 36 SEED ONLY MAY ADVANCE TO SEMI-FINAL. ALL OTHERS RUN TRIAL WITH NO OPPORTUNITY TO ADVANCE. BRING BACK all winners and next fastest times to semis.
- C) USE NATURAL BREAKS IF POSSIBLE IN 800, 1500/1600, 3000/3200, HOWEVER SUGGESTED SEEDED HEAT SIZES.
 - 1) 800
 - 2) 1500/1600
 - 3) 3000/3200
 - 4) STEEPLECHASE
 - 10) SEEDED SECTION
 - 11) SEEDED SECTION
 - 12) SEEDED SECTION
 - 1 RACE (?)

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.
- 4) PLEASE PRINT INFORMATION LEGIBLY AND CHECK YOUR RESULTS CAREFULLY.

BOYS' AND GIRLS' POLE VAULT

BOYS

STARTING HEIGHT **9'0", TO 10' UP 6" UNTIL 3 COMPETITORS REMAIN**

GIRLS

STARTING HEIGHT **7'0", TO 8' UP 6" UNTIL 3 COMPETITORS REMAIN**

HIGH JUMP

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

**Spring 2010
ORDER OF EVENTS
OCIAA CHAMPIONSHIP MEET**

Friday 1:00 pm Prompt! Scratches to Timing Table by 12:30 pm prompt!

Running Events:

4x100 Relay Trial 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 G/B
Pole vault G/B

Pentathlon will be done completely on Friday.

Saturday 9:30 am Prompt! Scratches to Timing Table by 9:00 am prompt!

Running Events:

2000 Steeple chase G
3000 Steeple chase 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
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:

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
Girls Shot Put – Boys to follow

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

To: All OCIAA Athletic Directors and Track Coaches

From: Mike Bellarosa, Valley Central
John B. Russo, Warwick

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

Date: March 3, 2010

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. Fallsburgh/Liberty
 2. Cornwall
 3. Valley Central
 4. Pine Bush
 5. Washingtonville
 6. Port Jervis
 7. Minisink Valley
 8. Goshen
 9. O’Neill/Tri-Valley
 10. Burke
8. Middletown – Warwick Rakes for pits/steeplechase barriers- set up and take down.
9. Warwick – Starting blocks – to starting line

To: OCL Track and Field Coaches
From: Mike Bellarosa and John Russo
Re: OCL Track and Field Procedures
Date: March 3, 2010

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 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

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Open Pits

2010 OCIAA SPRING TRACK CHAMPIONSHIPS

MEET ENTRY INSTRUCTIONS

1. Entries will be done using onlineentries.com. Entries for the meet will be available beginning one week from the entry deadline.
2. An athlete can participate in any 4 events (relays included) for the entire meet.
3. **Scratch rule for the meet is that event counts as one of the 4 events.
4. Any changes that have to be made after the deadline for entries can be made **on Thursday** by calling or emailing Dan Morse at 845-294-5799 before 4:30pm. Otherwise Rule #3 applies.
5. Any changes due to illness or now show the morning of the meet will be done at the meet beginning 1 hour before the meet and ending 30 minutes before the scheduled start.
6. If there are any problems with the entries, Dan Morse will contact the appropriate school's Athletic Office the day before the meet and request a fax of that school's entries.

DEADLINE: **10:00pm** to onlineentries.com on Tuesday, May 18th, 2010

COACHES: Please send Dan an email to: dmorse@ouboces.org and include your home phone # and school phone #. This is so you can be contacted if necessary and also to be able to send you a performance list on Wednesday, May 19th as a courtesy and for any corrections to the entries only.

Mike Bellarosa mbellarosa@vcsd.ouboces.org
845-457-5293 (school)
914-805-0242 (cell)

John Russo jrusso@wvcsd.org
845-987-3065 (school)
845-649-7428 (cell)

TO: OCL Track Coaches/Athletic Directors for OCIAA Championship Meet
FROM: John B. Russo/Mike Bellarosa
RE: Seeding Policy
DATE: March 3, 2010

OCIAA CHAMPIONSHIP MEET SEEDING POLICY

1. Only times, distances, heights, etc. from a verifiable meet during the 2009-2010 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. See attached conversion chart.
4. If you have a concern about a seed time you must report it to the OCL 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.

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