

OCIAA  
INDOOR TRACK  
2024-2025  
INFORMATION PACKET

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## GENERAL INFORMATION

FAT timing will be used in all West Point Meets

Clerking area is near entrance to field house near start of 55m

No athletes/fans allowed on Volleyball courts and upper areas.

A. All schools assist in hurdle crew.

Starting heights for OCIAA "A"- "B" Meets:

**Might change with # of entries**

Pole Vault (B & G): 6-0, 7-0, 8-0, 8-6, 9-0, etc.

High Jump (Girls): 4-0, 4-3, 4-6, 4-9, 4-11, 5-0, 5-1, etc.

High Jump (Boys): 5-0, 5-3, 5-6, 5-9, 5-11, 6-0, 6-1, etc.

## **NEW**

In the Throws and LJ/TJ there will be minimum distances that will be measured after the athlete's first measured throw or jump. 2/3rds of all athletes should hit these marks. We will adjust as the season progresses.

Shot Put	Weight Throw	Long Jump	Triple Jump
Boys 29-5	28-5	15'	31'
Girls 19-5	19-5	11'	24'

## Indoor Schedule 2024-2025

<b>Fri</b>	<b>Dec 13</b>	<b>6pm-11pm</b>	<b>A Meet</b>
<b>Sat</b>	<b>Dec 14</b>	<b>1pm-6pm</b>	<b>A Meet</b>
Fri	Dec 27	6pm-10pm	Holiday Meet @ Armory
<b>Fri</b>	<b>Jan 17</b>	<b>6pm-11pm</b>	<b>B Meet</b>
<b>Sat</b>	<b>Jan 18</b>	<b>1pm-7pm</b>	<b>B Meet</b>
<b>Fri</b>	<b>Jan 24</b>	<b>6pm-11pm</b>	<b>Divisional Meet (2-4-6)</b>
		<b>Entries due 1/23</b>	
<b>Sat</b>	<b>Jan 25</b>	<b>1pm-7pm</b>	<b>Divisional Meet (1-3-5)</b>
		<b>Entries due 1/24</b>	
Sun	Feb 2	2pm-6pm	Section 9 Invite @ Armory
<b>Fri</b>	<b>Feb 7</b>	<b>6pm-11pm</b>	<b>Section 9 Class "B"</b>
		<b>Entries Due 2/6</b>	
<b>Sat</b>	<b>Feb 8</b>	<b>1pm-7pm</b>	<b>Section 9 Class "A"</b>
		<b>Entries Due 2/7</b>	
Sat	March 1	9am-2pm	State Qualifier @ Armory
		<b>Entries Due 2/25</b>	

### SECTION IX SEED MEETING

Thursday, February 27

6:00 pm

Google Meet

# OCIAA TRACK 2024-2025

## 6 Divisions

### Division I (7)

NFA  
Kingston  
Monroe-Woodbury  
Middletown  
Pine Bush  
Valley Central  
Warwick

### Division II (6)

Monticello  
Washingtonville  
Cornwall  
Minisink Valley  
FDR  
Goshen

### Division III (7)

Wallkill  
Beacon  
Marlboro  
New Paltz  
Port Jervis  
Liberty  
Lourdes

### Division IV (6)

Spackenkill  
Fallsburg  
Rondout Valley  
Red Hook  
Highland  
Ellenville

### Division V (6)

O'Neill  
Tri-Valley  
Onteora  
Sullivan West  
Chester / Seward (Shadowing)

### Division VI (5)

Burke  
Eldred  
Millbrook  
Pine Plains  
Mount Academy

BEDS Numbers for Section 9 Meet

**CLASS B    599-Under**

**CLASS A    600-Up**

Friday, December 13                      OCIAA “Developmental” – A Meet – (6 pm – 11 pm)

Washingtonville, Pine Bush, Port Jervis, Monticello, Sullivan West, Millbrook, Chester/Seward  
Cornwall, Burke, Kingston, Marlboro, O’Neill, Fallsburg, Red Hook, Highland, NFA, Ellenville,  
Eldred

Saturday, December 14                      OCIAA “Developmental” – A Meet – (1pm – 6pm)

Valley Central, Monroe, Wallkill, Goshen, FDR, Pine Plains, Tri-Valley, Minisink Valley,  
Onteora, Liberty, Lourdes, New Paltz, Spackenkill, Beacon,  
Rondout Valley, Warwick, Middletown, Mount Academy

Friday, December 27                      Holiday Classic                      Armory                      (6pm-10pm)

Friday, January 17                      OCIAA “Developmental” – B Meet – (6pm – 11pm)

Sullivan West, Wallkill, Valley Central, Middletown, Burke, Tri-Valley, O’Neill, FDR, Liberty,  
Spackenkill, Washingtonville, Pine Plains, Lourdes, Minisink Valley, Beacon  
Monroe

Saturday, January 18                      OCIAA “Developmental” – B Meet – (1pm – 7pm)

Kingston, Port Jervis, NFA, Cornwall, Pine Bush, New Paltz, Marlboro, Ellenville,  
Chester/Seward, Rondout-Valley, Millbrook, Fallsburg, Onteora, Eldred  
Monticello, Red Hook, Highland, Goshen, Warwick, Mount Academy

# “A” MEET FORMAT

## ORDER OF EVENTS

### Running Events:

Girls	1500 meter walk	-	2 entries	
Boys	55 meter hurdles	-	6 entries	
Girls	55 meter hurdles	-	6 entries	
Boys	55 meter dash	-	8 entries	
Girls	55 meter dash	-	8 entries	
Boys	1600 meter run	-	5 entries	
Girls	1500 meter run	-	5 entries	
Boys	600 meter run	-	6 entries	
Girls	600 meter run	-	6 entries	
Boys	300 meter run	-	8 entries	
Girls	300 meter run	-	8 entries	
Boys	1600 meter relay	-	1 team allowed	
Girls	1600 meter relay	-	1 team allowed	
Boys	800 meter relay	-	1 team allowed	
Girls	800 meter relay	-	1 team allowed	
Boy's	3200 meter relay	-	2 teams allowed	
Girl's	3200 meter relay	-	2 teams allowed	

### Field Events:

Girls	Shot Put	-	2 entries – 3 throws	
Boys	Shot Put	-	2 entries – 3 throws	
Girls	Weight Throw	-	2 entries – 3 throws	
Boys	Weight Throw	-	2 entries – 3 throws	
Girls	Long Jump	-	2 entries – 3 jumps	
Boys	Long Jump	-	2 entries – 3 jumps	
Girls	Triple Jump	-	2 entries – 3 jumps	
Boys	Triple Jump	-	2 entries – 3 jumps	
Girls	High Jump	-	2 entries	
Boys	High Jump	-	2 entries	
Boys	Pole Vault	-	2 entries	combined boys and girls
Girls	Pole Vault	-	2 entries	combined boys and girls

# “B” MEET FORMAT

## ORDER OF EVENTS

### Running Events:

Boys	3200 meter run	-	3 entries
Girls	3000 meter run	-	3 entries
Boys	55 meter hurdles	-	6 entries
Girls	55 meter hurdles	-	6 entries
Boys	55 meter dash	-	8 entries
Girls	55 meter dash	-	8 entries
Boys	1000 meter run	-	6 entries
Girls	1000 meter run	-	6 entries
Boys	300 meter run	-	8 entries
Girls	300 meter run	-	8 entries
Boys	3200 meter relay	-	2 teams allowed
Girls	3200 meter relay	-	2 teams allowed
Boys	800 meter relay	-	2 teams allowed
Girls	800 meter relay	-	2 teams allowed
Girls	1500 meter walk	-	3 entries

### Field Events:

Boys	Weight Throw	-	2 entries – 3 Throws
Girls	Weight Throw	-	2 entries – 3 Throws
Boys	Shot Put	-	2 entries – 3 Throws
Girls	Shot Put	-	2 entries – 3 Throws
Girls	Triple Jump	-	2 entries – 3 Jumps
Boys	Triple Jump	-	2 entries – 3 Jumps
Girls	Long Jump	-	2 entries – 3 Jumps
Boys	Long Jump	-	2 entries – 3 Jumps
Boys	High Jump	-	2 entries
Girls	High Jump	-	2 entries
Girls	Pole Vault	-	2 entries
Boys	Pole Vault	-	2 entries

combined boys and girls

# Holiday Classic

## ORDER OF EVENTS

### Running Events:

Boys	55HH	2 Entries	(Infield)
Girls	55HH	2 Entries	(Infield)
Boys	55M	2 Entries	(Infield)
Girls	55M	2 Entries	(Infield)
Boys	DMR	1 team	
Girls	DMR	1 team	
Boys	800 meter relay	2 teams	
Girls	800 meter relay	2 teams	
Girls	1500 Race-walk	1 entry per school (1 heat)	
Boys	1600 meter relay	2 teams	
Girls	1600 meter relay	2 teams	
Boys	3200 meter relay	1 team	
Girls	3200 meter relay	1 team	

### Field Events:

Girls	Long Jump	-	2 entries – 3 Jumps
Boys	Long Jump	-	2 entries – 3 Jumps
Girls	Triple Jump	-	2 entries – 3 Jumps
Boys	Triple Jump	-	2 entries – 3 Jumps
Boys	High Jump	-	2 entries – After 55M
Girls	High Jump	-	2 entries – After 55M
	Pole Vault	-	2 entries Together
Boys	Weight Throw	-	2 entries
Girls	Weight Throw	-	2 entries

### Progressions:

HJ Boys      OH 5'3"    3" to 6' then 1"

HJ Girls      OH 4'3"    3" to 5' then 1"

PV Girls      OH 6' up 1' 8' then 6"

Boys cannot come in until 9'



## “Section 9 Invitational”

### ORDER OF EVENTS

#### Running Events:

Girls	1500 meter walk	-	2 entries
Boys	55 meter hurdles	-	2 entries
Girls	55 meter hurdles	-	2 entries
Boys	55 meter dash	-	2 entries
Girls	55 meter dash	-	2 entries
Boys	1600 meter run	-	2 entries
Girls	1500 meter run	-	2 entries
Boys	600 meter run	-	2 entries
Girls	600 meter run	-	2 entries
Boys	300 meter run	-	2 entries
Girls	300 meter run	-	2 entries
Boys	1000 meter run	-	2 entries
Girls	1000 meter run	-	2 entries

#### Field Events:

Girls	Shot Put	-	2 entries – 3 throws
Boys	Shot Put	-	2 entries – 3 throws
Girls	Triple Jump	-	2 entries – 3 jumps
Boys	Triple Jump	-	2 entries – 3 jumps
Girls	Long Jump	-	2 entries – 3 jumps
Boys	Long Jump	-	2 entries - 3 jumps
Girls	High Jump	-	2 entries
Boys	High Jump	-	2 entries
Boys	Pole Vault	-	2 entries
Girls	Pole Vault	-	2 entries

# OCIAA DIVISIONAL CHAMPIONSHIP MEET

In Divisional Championships each team is allowed 2 entries per event and only 1 relay per event.

## ORDER OF EVENTS

<u>Event</u>	<u>Info</u>	<u>Seeding</u>
55M Dash	Semi	
55M Hurdles	Semi	
3200/3000M	Final	2-3 Heats Slow to fast – Divisions scored on time
55M Hurdles	Final	
55M Dash	Final	
1000M	Final	3 Heats
600M	Final	Top 2 Heats in lane (next heats scratch start)
1600/1500M	Final	2 Heats Slow to fast – Divisions scored on time
1500RW	Final	
300M	Final	On Time
4x800M Relay	Final	1 Heat
4x400M Relay	Final	2 Heats
4x200M Relay	Final	3 Heats

<u>Event</u>	<u>Info</u>	<u>Seeding</u>
Long Jump	GIRLS	3 Jumps
Long Jump	BOYS	3 Jumps
Triple Jump	GIRLS	3 Jumps
Triple Jump	BOYS	3 Jumps
Pole Vault	GIRLS/BOYS	
Shot Put	BOYS	3 Throws
Shot Put	GIRLS	3 Throws
High Jump	BOYS	
High Jump	GIRLS	
Weight Throw	BOYS	3 Throws
Weight Throw	GIRLS	3 Throws

# BOYS & GIRLS OCIAA / MHAL INDOOR TRACK CHAMPIONSHIPS

**If we get more dates**

## ORDER OF EVENTS

<u>Event</u>	<u>Info</u>
3200/3000M	Final
1000M	Final
55M	Semi
55HH	Semi
600M	Final
55M	Final
55HH	Final
1500/1600M	Final
1500RW	Final
300M	Final
4x800M Relay	Final
4x400M Relay	Final
4x200M Relay	Final

## Field Events

<u>Event</u>	<u>Info</u>	<u>Seeding</u>
Pole Vault	BOYS/GIRLS	Opening Height 8'- 9'-10' up 6" to 13', 3" to follow
High Jump	GIRLS/BOYS	Opening Height 7'- 8' up 6" to 9' then 3" to follow Opening Height 4' up 3" to 4'6" then 2" to 5' 1" to follow Opening Height 5' up 3" to 5'6". then 2" to 6', 1" to follow
Triple Jump	BOYS/GIRLS	3 Jumps
Long Jump	BOYS/GIRLS	3 Jumps
Shot Put	GIRLS/BOYS	3 Throws
Weight Throw	GIRLS/BOYS	3 Throws

REMINDER: Schools are permitted up to 3 entries per event, 1 entry per relay. Online Entries will be used for the OCIAA / MHAL Championship meets. NO SCRATCH RULE IS IN EFFECT! If an athlete scratches from one of the events, it counts as one of their events.

Team scoring – top six (10, 8, 6, 4, 2, 1)