

2009
BOYS & GIRLS OCIAA INDOOR TRACK CHAMPIONSHIPS

Saturday, February 14, 2009 (12:00 pm – 6:00 pm)

ORDER OF EVENTS

Running Events:

<u>Event</u>	<u>Info</u>	<u>Seeding</u>
Girls 1500 Walk	Walk	
Boys 55 Hurdle Girls to follow	Semi	6 lanes per heat, top 1 per heat, by place, to Finals, 4 seeded heats, next 4 fastest times (seed top 24) unseeded heats to follow, 8 Lane FINAL
Boys 3200 Run Girls 3000 Run	1 Seeded 1 Seeded	(Up to 18) 1 heat, if necessary
Boys 55m Dash Girls 55m Dash	Semi Semi	Same as Hurdles (above), 8 Lane FINAL Same as Hurdles (above), 8 Lane FINAL
Boys 1000m Final Girls to follow	(by Heats, up to 3)	Seeded Heat 1 st (fast to slow)
Boys 55 Hurdle Girls 55 Hurdle	FINAL FINAL	8 lanes 8 lanes
Boys 600 Final Girls to follow	(6)(by Heats, up to 4)	Seeded Heat 1 st (fast to slow) Top 6 times score.
Boys 55m Dash Girls 55m Dash	FINAL FINAL	Top 8 Top 8
Boys 1600m Final Girls 1500m Final	Seeded, top 15 approx. Seeded, top 15 approx.	NOTE: Unseeded heats will follow, ONLY if time permits.
Boys 1600m Run Girls 1500m Run	Unseeded, 1 heat Unseeded, 1 heat	Unseeded athletes may not run due to time constraints.
Boys 300 Final Girls to follow	(by Heats, up to 8)	Seeded Heat 1 st (fast to slow) Top 6 times score.
Boys 4 x 800	1 Heat	1 Team
Boys 4 x 400	3 Heats, 1 st two heats seeded	1 Team, Seeded heats first
Boys 4 x 200	3 Heats, 1 st two heats seeded	1 Team, Seeded heats first
Boys & Girls 3200/3000	Unseeded, 1 heat	Unseeded athletes may not run due to time constraints.

Arrive 11:45 am. Doors open at 11:50 am (hopefully). The meet will run ahead of this schedule, if possible. (Cards, Coach meeting 11:50 am, meet starts at 12:00 pm). Maximum 3 entries per event, per school (1 per relay). See attached suggested cut-off marks per event. Team scoring – top six (10, 8, 6, 4, 2, 1).

No Event will start after 6:00 pm.

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Field Events:

Event

Boys Long Jump Warm-Up First
Boys Long Jump

Info

Note: Warm-ups start immediately following each event, maximum 25. 12' Board

Boys Triple Jump Warm-Up, following Girls Long Jump 28', 32', 36', 40' Boards
Boys Triple Jump

Boys Shot Put Warm-Up First
Boys Shot Put

Weight Throw (non-scoring)

Following Shot Put, time permitting.

Boys High Jump, following Girls
Opening height 5-2, -2" intervals to 6'0 = 1" to follow

Boys Pole Vault, following Girls
Opening height 8'0, 6" intervals to 11'6 = 3" to follow

REMINDER: Schools are permitted up to 3 entries per event, 1 entry per relay. All event entry cards must be submitted to the clerk prior to 9:00 am. Use a 3 x 5 card with name, school & event on the front of card. Place seed time on front of card, in upper right corner. Relay cards may have up to 6 names. Any 6 may run in finals. This will only count as an event if they run in the finals. NO SCRATCH RULE! If an athlete scratches from one of the events, it counts as one of their events. Use the standards listed below as a guide to enhance the quality of this meet and to save time. Please enter quality varsity level competitors ONLY as this is not a developmental meet.

SUGGESTED OCIAA CHAMPIONSHIP MEET QUALIFYING STANDARDS

<u>Event</u>	<u>Boys</u>
55M Dash	7.5
55M HH	9.8
300M Dash	44.0
600M Run	1:43
1000M Run	3:15
1600M/1500M	5:30
3200M/3000M	12:05
1500M Walk	--
Long Jump	15-6
Triple Jump	31-6
High Jump	5-0
Shot Put	34-0
Pole Vault	8-0

