

WEST YORK
SENIOR HIGH TRACK & FIELD MEET CONDITIONS
MEMORANDUM

TO: YAIAA Athletic Directors and Track & Field Coaches

FROM: Brandon Fuhrman, Athletic Director & Julia Haynes, Head track and Field Coach

SUBJECT: 2022 Meet Conditions for Senior High Track and Field Contests held at West York Area High School

DATE: March 8, 2022

- 1. Senior High Meet Start Times: (Due to the number of workers who are elementary teachers our start times are set to accommodate the times our workers can arrive)**
Boys Javelin/Girls Discus, Boys/Girls Triple Jump (Open Pit), Girls High Jump and Girls Pole Vault and Boys 3200 Relay and will commence at 4:00 PM.

- 2. Number of Participants in Events:**
(West York High School has a six lane track)
 - A. 100m/200m/400m Dash – 2 heats – 6 participants/school
 - B. 800, 1600, 3200m Run– 1 heat – 8 participants/school
3200m run will typically be run as a combined boys-girls race.
 - C. Hurdles – 2 heats – 6 participants/school
 - D. Throwing Events – 6 participants/school
Include 2X2 change which allows everyone 2 throws with each school designating 3 athletes from their team to take an additional 2 throws while the others pass on their final two attempts
 - E. Long Jump/Triple Jump – 5 participants/school
 - F. High Jump/Pole Vault – 5 participants/school
 - G. Relays – 3 teams/school, however one team from each school will be designated as the scoring team prior to the race. The boys and girls 3200m relay, with agreement of both coaches and the starter, may be combined into one race.
 - a. 4 x 400 Relay will be run using a 3 turn stagger.

Note: Participant numbers are FIRM. One school may NOT fill lanes or spaces if the other team does not fill them.

3. Order of Events

- A. Track events will be scheduled per the YAIAA Senior High Bylaws.
- B. Triple Jump and Long Jump Open Pit
 - a. Boys and girls warm ups for Open Pit Triple Jump will begin at 3:30.
 - b. Open Pit Triple Jump **Competition** will run from 4:00 – 4:45 PM.
 - c. Boys and girls warm ups for Open Pit Long Jump will begin at 4:45.
 - d. Boys and girls Open Pit Long Jump **competition** will run from 5:00 to 5:45.

Times are FIRM, it is the responsibility of the athlete to complete 4 jumps during the allotted times.
- C. Girls High Jump warm up will begin at 3:30, **competition** will commence at 4:00 PM, followed by Boys High Jump.
- D. Girls Pole Vault will commence at 4:00 PM, followed by Boys Pole Vault
- E. Pole inspection will begin at 3:30 at which time warm up will begin for **girls only**. There will be warm up time provided for boys at the conclusion of the girl's event.

4. Order of Throwing Events

- A. There will be 3 rotations of throwing events:
 - a. Round 1: Boys Javelin & Girls Discus (4:00 – 4:30)
 - b. Round 2: Girls Javelin & Boys Discus (4:45 – 5:15)
 - c. Round 3: Boys Shot Put & Girls Shot Put (5:30 – 6:00)
- B. Warm up for Boys Javelin & Girls Discus will begin at 3:30 and **competition** will commence at 4:00
- C. Times are approximate, the schedule will be rolling with 15 minutes for warm up between events.

NOTE: Javelin is contested on a grass runway.

5. Other Meet Conditions

- A. Heats on the track will be run “fastest” to “slowest”.
- B. Spike length – Max spike length (on rubber track areas including long jump, triple jump, high jump, and pole vault) is 3/16” long.
- C. Starting blocks will be provided.
- D. Water coolers will be available but individual water bottles will not be provided, athletes must bring their own.
- E. Concessions will be sold from the start of the meet to the conclusion.
- F. There will be no locker room facilities. Bathrooms are located next to concession stand in the stadium.
- G. Buses should drop athletes off at the high school athletic entrance to the track (athletes can access the stadium via the stairs to the left of the athletic entrance). Buses should then park in the HS lot on the right of the main entrance. At the conclusion of the meet buses can return to athletic entrance for pick up.