

# NORTHEASTERN TRACK & FIELD



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The team members and coaching staff of the Northeastern Track and Field team are looking forward to hosting your team in our YAIAA dual meet competition this spring. The purpose of this correspondence is to make you aware of the following points of procedure for home track meets at Northeastern York.

**\*\*Our school and stadium are currently under construction. Make sure coaches, parents, and buses park in the parking lot in between the High School and Middle School. There is a walking path athletes, coaches, and parents must use to get to the stadium. The path starts near the Tennis Courts, and there will be signs to direct you. Golf carts will be available for anyone that needs assistance traveling to the stadium**

The YAIAA has determined that track and field dual competitions begin at 3:45 PM. We will have a pre-meet coaches/captains meeting with our official at the start/finish line at 3:30 PM.

Please be aware of the following points of procedure:

- **Track Spikes:** Maximum spike length shall be 1/4". Starting blocks will be provided.
- **Time Schedule:** We will run our meet according to the schedule provided by the league. Boys events will precede Girls events.
- **Order of Running Events:** The YAIAA order-of-events shall be followed. The running portion of the meet will begin with the 3200m Relay at 3:45 PM. We will combine the 3200m Relay and 3200m Run.
- **Order of Throwing Events:** The Boys and Girls Javelin will be combined and begin at 4:00 PM. The Javelin competition is held below the track behind the equipment shed on the football practice field; the javelin runway is grass. Once the Javelin competition is completed, the Boys Shotput and Girls Discus will commence at the same time. Upon the completion of the Boys Shotput and the Girls Discus, the Boys Discus and Girls Shotput will begin. A meet official or coach must be present for warm-ups to proceed. For JH meets, we will begin with Boys Shot Put and Girls Discus at 4:00 PM.

- **Order of Vertical Jumps (Pole Vault and High Jumps):** At 3:45 PM, the Girls Pole Vault (Starting Height 6') and Girls High Jump (Starting Height 4'4"). The Boys Pole Vault (Starting Height 8') and Boys High Jump (Starting Height 5'2") will immediately follow the girls competitions. First and second calls for these events will be made dependent upon their progress.
- **Order of Horizontal Jumps (Triple Jump and Long Jump) Open Pit Format:** There will be a warm-up period for both the Boys and Girls Triple Jump from 3:30 to 4:00 PM with the competition period running from 4:00 to 4:45 PM. The warm-up period for both the Boys and Girls Long Jump will then occur from 4:45 to 5:15 PM with the competition period running from 5:15 to 6:00 PM.
- **Relays:** We will run only one heat of each relay event. This means that there is a limit of three relays per team; however, if a team has fewer than three, the other team may run more than three. Please designate the scoring team prior to the relay. The 4x4 will be run using a 2-turn stagger. Please bring your own batons!
- **Excusing Competitors from Other Events:** It is up to the discretion of the particular field judge to excuse a competitor from a field event to compete in a running event for a period of no less than ten minutes to no more than fifteen minutes.
- **Timing:** We will only time the first three in each heat. Coaches will be responsible for the remainder of their athletes' times.

**Maximum Participants per Event: (NHS has a 6 lane track)**

<b>Event</b>	<b>Maximum Entries per Team (weather permitting)</b>	<b>Format/Notes</b>
110 mHH, 100mHH, 300mIH, 100m, 200m, 400m	9	3 Heats per Gender Fastest to Slowest
800m, 1600m, 3200m	10	800m & 1600m - 1 heat per Gender 3200m Relay and 3200m - Boys and Girls combined
High Jump Pole Vault	6	Height according to YAIAA
Long Jump Triple Jump	8	Open Pit Format 4 Attempts
Discus Javelin Shot Put	8	All 8 throwers will take two throws. <b>Only three throwers</b> will take an additional two throws per Gentlemen/Ladies Agreement.

Thank you for your attention to these items. If you have any questions or concerns, please do not hesitate to call or text 717-557-1208 or by email at [poulsonc@nebobcats.org](mailto:poulsonc@nebobcats.org)

We look forward to hosting you this season.

Respectfully,

Corey Poulson  
Head Track and Field Coach  
Northeastern York High School