



YORK TECH

SENIOR HIGH TRACK & FIELD MEET CONDITIONS

MEMORANDUM

TO: YAIAA Athletic Directors and Track & Field Coaches
FROM: Rob Caruso, Director of Athletics & Bradley Snell, Head Track and Field Coach
SUBJECT: 2022 Meet Conditions for Senior Hi Track and Field Contests held at York Tech
DATE: March 10, 2022

1. Senior High Meet Start Times:

- A. Warm-ups on the track must be complete prior to 3:15 PM since the Boys Javelin must be thrown on the infield
- B. Only boys javelin participants and coaches may be inside the fence surrounding the track during the Boys Javelin.
- C. Boys and Girls Javelin, Boys and Girls Triple Jump, and Girls Pole Vault will warm-up starting at 3:15 PM and start at 3:30 PM.
- D. Boys 3200 Relay will begin at 3:45 PM or following the Boys Javelin

2. Number of Participants in Events:

York Tech has a six lane track

- A. 100m, 200m – 3 heats – 9 participants/school
- B. 400m Dash – 2 heats – 6 participants/school
- C. 800, 1600, 3200m Run– 1 heat – 9 participants/school
(3200m run will be run as a combined boys-girls race)
- D. Hurdles – 2 heats – 6 participants/school

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| Note: For the Hurdles, 100, 200, 400, and 800, by mutual consent, if one team does not have the maximum number of participants, the other team shall be allowed to fill heats with additional competitors. |
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E. Throwing Events

- Javelin – 3 participants/school
- Shot and Discus - **9 participants/school with each participant receiving 2 throws, and 3 designated throwers receiving 2 additional throws as approved by the YAIAA athletic directors using the 2x2 format. All attempts are counted for scoring.**

F. Horizontal Jumping – 5 participants/school

G. High Jump/Pole Vault – 5 participants/school

H. Relays – 3 teams/school

- One team from each school will be designated as the scoring team prior to the race.
- The 4x400 Relay will be run as a 3 turn stagger.

3. Order of Events

- A. Track events will be scheduled per the YAIAA Senior High Bylaws.
- B. A 45 minute Open Pit will be used for the Triple and Long Jump.
- C. Boys and girls warm-ups for the Triple Jump are 3:15 to 3:30 PM. Boys and girls Triple Jump Competition is 3:30 – 4:15 PM. Boys and girls warm ups for the Long Jump is 4:15 to 4:30. Boys and girls Long Jump competition is 4:30 to 5:15PM.
 - *It is the responsibility of the athlete to complete 4 jumps during the allotted times.*
 - *NO JUMPS AFTER THESE TIMES*
 - *An athlete that has been standing in line on the runway waiting to jump prior to the closing time will be allowed to complete his/her jump*
 - *To help with communication problems 45 minutes will be set on the stadium clock at the start of the event*
- D. Girls High Jump will commence at 4:00 PM, followed by Boys High Jump.
- E. Girls Pole Vault will commence at 3:30 PM, followed by Boys Pole Vault.
 - a. Pole inspection will begin at 3:15 at which time warmups will begin for girls.
 - b. There will be a warmup time provided for boys at the conclusion of the girls' event.
- F. Boys Javelin and Girls Javelin will start at 3:30 PM throwing simultaneously, followed by Girls Discus and Boys Shot. Boys Discus and Girls Shot Put will follow and run simultaneously.

NOTE: Javelin is contested on a grass runway. Boys will throw on the stadium infield while the girls will throw outside the stadium on the JH Football practice field found approximately 150 yards away at the end of the service road on the south side of the stadium.

4. 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. High jumpers are prohibited from starting in running lanes of the track.
- D. Starting blocks will be provided.
- E. Water coolers will be available but individual water bottles will not be provided, athletes must bring their own.
- F. Concessions.
- G. There will be no locker room facilities. Jiffy Johns are located at both ends of the stadium.
- H. Buses should drop athletes off at the main stadium entrance off Pauline Drive and park in the reserved section in front of the pole barn.
- I. Spectators are not permitted on the infield.
- J. We are a NO ANIMAL, NO TOBACCO, NO VAPING facility

