

KENNARD-DALE HS TRACK & FIELD

393 Main St, Fawn Grove, PA 17321

Updated: 2/28/22

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Assistant Coaches: Eric Updegrove, Lauren Updegrove, James Waltermeyer, Connie Wolf

As per our YAIAA coaches meeting I am writing to inform you of our policies regarding meets at Kennard Dale High School. After reading, if you have any further questions feel free to contact me and I will get back to you ASAP.

Start Time: Meet to start @ 3:45

Rosters:

- Please provide a roster a week before our meet – just names and team (B/G) so we can ensure correct spellings.

Facilities:

- **Upon arriving at meet, please have athletes use bleacher to drop equipment and bags (no camping on the turf) -** Please only use infield for competing athletes and warming up. *Keep spikes off of infield as much as possible.*
- **Bathrooms are available at the fieldhouse within the stadium.**
- Hoping to have concessions available.

Track/Runways

- 8 lane track, synthetic surface, maximum spike length ¼"
- HJ, PV, LJ and TJ inside of track (one jump pit for LJ and TJ)
- Restricted areas will be flagged off (timers area)

Events:

- **Sprints:** max 8 athletes per school (maximum 2 heats total), please advise "scorers" to run in first/fast heat
 - Starting blocks provided.
- **Hurdles:** max 6 athletes per school (maximum 2 heats total), due to a limited number of hurdles, we will only be running 6 lanes of each hurdle race at a time (lanes 1-6), please advise "scorers" to run in first/fast heat
- **Distance:** max 10 runners per team with 1 heat of each race.
 - 3200 boys and girls will be combined
- **Relays:** Additional relay teams are allowed to run, however, the scoring team **MUST** be designated prior to the start of the race if a team does have multiple relays. **4x800 to start at 3:45**
- **Jumps:** max 6 athletes per school
 - TJ/LJ: 15 min warm-up period followed by 45 min open pit
 - TJ warm-up starts at 3:30
 - PV/HJ: girls' warm-ups start at 3:30 and events will start at 3:45. Boys will be given 15 minute warm-up period after girls' competition is completed.
- **Throws:** league recommended format – 6 throwers per school.
 - Jav, shot, disc are located at adjacent grass field (Jav warm-ups start at 3:30, while track events will begin at 3:45) Javelin has a grass runway.
 - **Jav 1st with warm-ups at 3:30, followed by shot then disc** – Jav is on a grass runway.
 - Depending on # of officials, shot and disc may be split (girls at shot while boys at disc then switch), we'll let you know for sure at captains' meeting.

Timing:

- Sprints: 8 lane stopwatch timing system will be used. Athletes must wait in their lanes so names can be taken. (at least top 3 overall will be reported – we'll be working hard to get everyone's times reported)
- Distance: stopwatch timing system will be used, sticks/cards will be given to athletes as they cross the finish line.

We look forward to you coming to KD!!