

To: YAIAA Coaches

**From: Christopher Detwiler
Central York - Head Track and Field Coach**

Purpose of Letter: To inform visiting schools of how our meets will be run and requirements for facility.

Facility:

1. No spikes longer than ¼" will be permitted on the track surface.
2. All throwing areas are outside the stadium. Javelin behind the visiting bleachers, shot put and discus beyond the long/triple jump pits. (A new shot put sector is under construction and may be available this season, it will be located at the opposite end of the stadium as the discus sector, behind the scoreboard)
3. All jumping and running events are inside the stadium. High jump in the end-zone below the scoreboard pole vault at the opposite end-zone. Long/Triple Jumps at the end of the visiting bleachers.
4. We will have starting blocks for all lanes. If you desire you own starting blocks please make sure the spikes are no longer than ¼".
5. Please enter and exit through the gates along the track and stadium.
6. Restrooms are located at both ends of the stadium.
7. A concession stand will be open during the meet.
8. We have an eight lane track.

Events:

1. All lane events will be limited to a maximum of four heats. All lanes will be timed Heats should be run fastest to slowest, please remind sprinters and sprint coaches of this policy.
2. Distance events will be limited to 14 athletes from each school.
3. Vertical Jumps: Limited to 8 athletes from each school.
4. Horizontal Jumps: Limited to 10 athletes from each school.
5. OPEN PIT times; Triple Jump 4-5, Long Jump 5:15-6:15. Warm up 15 minutes prior to each event.
6. Throwing events will be limited to 12 athletes from each school. (2+2 League Policy)
7. Any unused spots may be filled by the other team.
8. ORDER OF EVENTS will follow YAIAA by-laws.

Thank you and we look forward to meeting you in competition.

Sincerely

Coach Christopher Detwiler