



## **Dover Eagle Track and Field**

Josh Brandstadter - Head Girls Coach  
Chris Day - Head Boys Coach (Sprints)  
Jen Miller - Assistant Coach (Mid-Distance)  
Marty Green - Assistant Coach (Throws)  
Andy Green - Assistant Coach (Throws)  
Shawn Renfrew - Assistant Coach (Pole Vault)



### Volunteer Coaches

Farrin Lyles (Jumps/Hurdles) and Allen Hogan (L-Distance)

The team members and coaching staff of the Eagle 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 and field meets at Dover.

The YAIAA has determined that track and field dual competitions begin at 3:45 PM. **However, we would like to start our meet at 3:30 PM;** the league allows this change through the mutual consent of the two competing teams. We will assume that you are in agreement with the change; if there is a problem, please call or email Josh Brandstadter using the contact information supplied below.

Please be aware of the following points of procedure:

- I. **Track Spikes** - maximum spike length shall be ¼”.
- II. **Time Schedule** - we will run our meet events 15 minutes ahead of the assigned league time; if the visiting team would prefer to run the events according to the YAIAA approved order of events, the meet schedule will revert to that order of events.
- III. **Order of Running Events** - the YAIAA order-of-events shall be followed. The running portion of the meet will begin with the Boys’ 3200m Relay which will start at 3:45 PM.
- IV. **Order of Throwing Events** - the Boys’ Javelin/Girls Shot will begin at 3:30 PM. The Javelin competition is held on the practice field adjacent to the track area; the javelin runway is grass. We do a rotation, so next up will be Boys Shot/Girls Discus, and the third rotation will be Boys Discus/Girls Javelin. (After all athletes have completed their first two throws the coach will designate the 3 athletes from his/her school who will be taking 2 additional throws and which athletes will pass on their final 2 attempts, per a Coach’s “Gentlemen/Ladies Agreement)
- V. **Order of Vertical Jumps (Pole Vault and High Jumps)** - at 3:45 PM, the Girls’ Pole Vault and Girls’ High Jump. The Boys’ Pole Vault and Boys’ High Jump will immediately follow the girls’ competitions. First and second calls for these events will be made dependent upon their progress.
- VI. **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 3:40 PM with the competition period running from 3:40 to 4:40 PM. The warm-up period for both the Boys’ and Girls’ Long Jump will then occur from 4:50 to 5:00 PM, and the competition period will run from 5:00 to 6:00 PM. We run separate pits for triple and long jump if we have enough help, but likely will only have one pit open. So athletes can get their long jump marks at any time.
- VII. **Number of Competitors** - all athletes’ entries in running events shall be given an opportunity to run. However, extra heats in the sprints may be limited in the event of inclement weather. A maximum of 6 participants per school may compete in all jumping events. A maximum of 8 participants per school may compete in all throwing events.
- VIII. **Excusing Competitors from Field 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.

If you have any questions or concerns, please do not hesitate to call Coach Josh Brandstadter at (724) 664-6613 (Cell) or email [jtbrandstadter@doversd.org](mailto:jtbrandstadter@doversd.org).

We look forward to hosting you at our competition!