



RED LION AREA SENIOR HIGH SCHOOL

Athletic Department

Kyle Masser
Director, Athletics

March 12th, 2024

The Red Lion Track & Field Program and Red Lion Athletic Department would like to welcome you to our facility. It is our hope that the experience for you and your team is a positive one. Per the YAIAA we are providing information pertinent to our facility and the management of our meet. Please read all information carefully and let us know if you have any questions.

Track Facility:

- The track surface and all jumping surfaces are all weather. Track spikes of 1/4" or less are permitted.
- The track has eight lanes on the front stretch and six lanes on the curves and backstretch.
- All field events are conducted in the infield area. Since throwing events are conducted in the middle of the infield, athletes are not to cross through the throwing area during the entire duration of the meet.
- The Javelin runway is a grass surface. Javelin spikes should only be worn in the event area.
- Teams may set up camp to the right of the horizontal jump runways or outside the track on the backstretch (beside the tan shed)
- Spectators are not permitted in the infield at any time.
- Please inform parents that parking next to the track is NOT ALLOWED. This is a fire lane. Please be aware of the "No Parking Areas". Spectators are asked to park in the tiered parking lot behind the school. There is a walkway that leads to the track.
- Concessions will be available.

Meet Management:

We want to ensure that we can offer maximum participation of athletes while conducting the meet in a reasonable amount of time. For that reason, the following guidelines have been established for all events. Coaches for all teams will be informed in advance of any changes or adjustments.

A maximum number of entries per team for each event have been established. They are explained below. **A team may exceed the limited number of entries if there are openings in the event or it is mutually agreed upon by both coaches and the official to exceed the maximum number of entries.**

Sprint Events:

First three (3) finishers from each heat of all sprint events will be timed. Coaches and managers of respective teams will be responsible for timing all other athletes. We will be running heats **fastest to slowest**. We would appreciate if you would follow suit.

- **100 Dash:** Eight (8) lanes will be used for this event. A maximum of three (3) heats per gender will be run with a **limit of 12 entries per team**.
- **110/100 Hurdles:** At least six lanes (6-8) will be used for this event. A maximum of three (3) heats per gender will be run with a **limit of 8 entries per team**.
- **200 Dash / 300 Hurdles / 400 Dash:** Six (6) lanes will be used for these events. A maximum of three (3) heats per gender will be run with a **limit of 9 entries per team**.



RED LION AREA SENIOR HIGH SCHOOL

Athletic Department

Kyle Masser
Director, Athletics

Distance Events: (800m; 1600m; 3200m)

All distance events will consist of one (1) heat with a **maximum of eight (8) entries per team**. The first three finishers in each event will be recorded but times will be read aloud to all finishers. Managers and coaches should time their athletes to ensure accuracy.

Upon agreement with both teams and officials the 800m run may be split into two (2) heats. 3200m run will be run as one combined boys and girls heat unless agreed upon to split prior to the start of the meet.

Relay Events:(4x100; 4x400; 4x800)

All relay events will consist of one (1) heat. **A point scoring team must be declared for each team for all relays**. Each team may have two additional “exhibition” relay teams. A three turn stagger will be used for the 4x400

Jump Events

Long/Triple Jump: Events will be run in an open pit format with a 15-minute warm-up prior to each event. Long jump and triple jump open pits will be one hour. **A maximum of six (6) participants per team per event**. All participants can take a maximum of four (4) attempts.

Pole Vault: Starting height for girls is 6’0” and boys is 8’0”. Height will increase 6” for girls up to 7’0” then 3” increments until completion. Boys will be 6” increments to 10’0” then 3” increments to conclusion. **Maximum of six (6) participants per team per event**.

High Jump: Starting height for girls is 4’4” and 5’2” for boys. No exceptions. Boys’ height will increase by 2” to 5’10” then by 1” until conclusion. Girls’ height will increase by 2” to 5’ then by 1” to conclusion. **Maximum of six (6) participants per team per event**.

Throwing Events

We will use the recommended YAIAA 2x2 throwing format unless it is mutually agreed upon to modify this rule. **Maximum of eight (8) participants per team per event**. Total number of entries shall not exceed sixteen (16).

Please feel free to contact us at any time. We are looking forward to seeing you.

Justin Immel (Head Boys Coach): immelj@rlasd.net (717) 324-8930
Shawn Beard (Head Girls Coach): beardst@rlasd.net (717) 640-6470
Kyle Masser (AD): masserk@rlasd.net

Attached is the schedule for our home meet. This is simply a guideline. We will make every attempt to remain ahead or on schedule.



RED LION AREA SENIOR HIGH SCHOOL

Athletic Department

Kyle Masser
Director, Athletics

Running Events

4:00	3200m Relay-	Girls
4:10	3200m Relay-	Boys
4:20	100m Hurdles-	Girls
4:30	110m Hurdles-	Boys
4:35	100m Dash-	Girls
4:40	100m Dash-	Boys
4:45	1600m Run-	Girls
4:55	1600m Run-	Boys
5:05	400m Relay-	Girls
5:10	400m Relay-	Boys
5:15	400m Dash-	Girls
5:20	400m Dash-	Boys
5:30	300m Hurdles-	Girls
5:35	300m Hurdles-	Boys
5:40	800m Run-	Girls
5:45	800m Run-	Boys
5:50	200m Dash-	Girls
5:55	200m Dash-	Boys
6:00	3200m Run-	Girls & Boys
6:20	1600m Relay-	Girls
6:25	1600m Relay-	Boys

Field Events 3:45

Javelin	Girls followed by Boys
Shot Put	Boys followed by Girls
Pole Vault-	Boys followed by Girls
Triple Jump	Girls & Boys
	Warmup until 4pm
	Open pit 4pm-4:45 pm
4:00 High Jump	Girls followed by Boys
4:45 Long Jump	Boys and Girls
	Warmup until 5pm
	Open pit 5pm – 6pm
Discus	Girls followed by Boys

Starting Heights-

High Jump

Boys-5'2" (2" increments until 5'10" then 1" to conclusion)

Girls-4'4" (2" increments until 5'0" then 1" to conclusion)

Pole Vault

Boys- 8'0" (6" increments until 10'0" then 3" to conclusion)

Girls 6'0" (6" increments until 7'0" then 3" to conclusion)

Other Field Events

Long and Triple Jump- 4 attempts each

Throwing events- YAIAA 2x2 format

NOTES:

- **Girls High Jump will precede Boys High Jump.**
- **Boys Shot put and Girls Javelin will begin at 3:45** These events will then swap genders. Girls' discus will precede Boys' discus upon conclusion of girls' shot put.
- **Both Long Jump and Triple Jump will be open pit using the following schedule:**
 - **Triple Jump: Warmup 3:45-4 Open Pit: 4 -4:45**
 - **Long Jump: Warmup 4:45-5 Open Pit 5 - 6**