**YORK SUBURBAN SENIOR HIGH**

**TRACK & FIELD MEET CONDITIONS**

**MEMORANDUM**

**TO:** YAIAA Athletic Directors and Track & Field Coaches

**FROM:** Tom Gentzler, Head Track Coach -York Suburban High School

**SUBJECT:** 2023 Meet Conditions for Senior High Track and Field Contests held at York

High School

**DATE:** April 03, 2023

**1. Senior High Meet Start Times:**

Boys Javelin and Girls Pole Vault will begin at 3:45 PM.

Boys 3200 Relay will begin at 3:45 PM.

**2. Number of Participants in Events:**

(York Suburban High School has a six lane track)

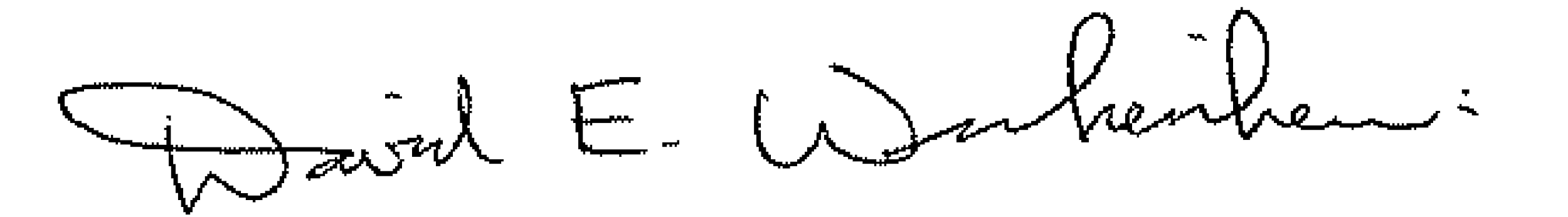
1. 100m & 200m Dash – **3 heats – 9 participants/school**
2. 400m Dash – 2 heats – **6 participants/school**
3. 800, 1600, 3200m Run– **1 heat – 8 participants/ school**

(We will be utilizing the alley start . 3200m run will typically be run as a combined boys-girls race).

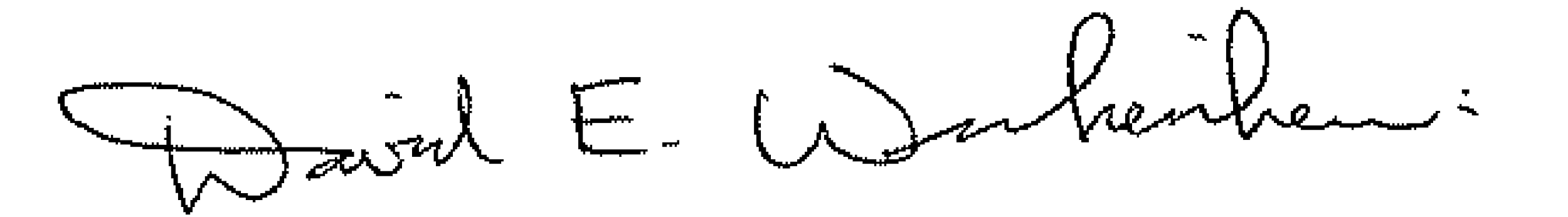
1. Hurdles – **2 heats – 6 participants/school**
2. Throwing Events – **8 participants/school with each participant receiving 2 throws, and 3 designated throwers receiving 2 additional throws as approved by the YAIAA athletic directors using the 2x2 format.**
3. Horizontal Jumping – **6 participants/school**
4. High Jump/Pole Vault – **6 participants/school**
5. Relays – **3 relay teams per school**, however one team from each school will be designated as the scoring team. The boys and girls 3200m relay may be combined with concurrence of both coaches and the starter. **1600 Meter Relay will be run as a 3 turn stagger.**

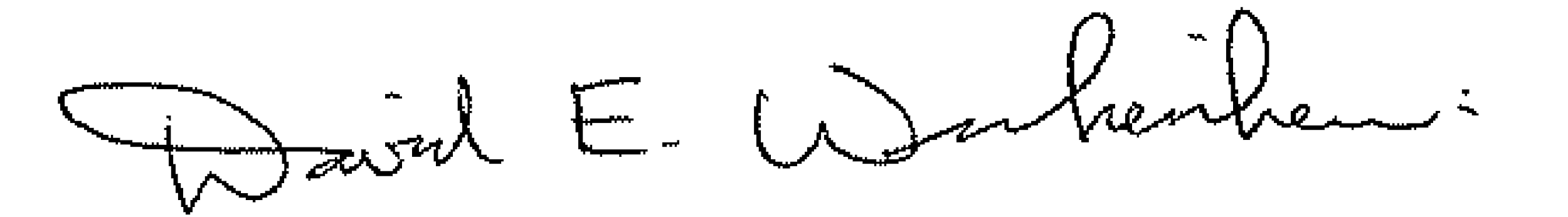
**Note:** For races with multiple heats, if one school does not fill their allotment of runners in a specific heat, the opposing school may have additional runners to fill all lanes.

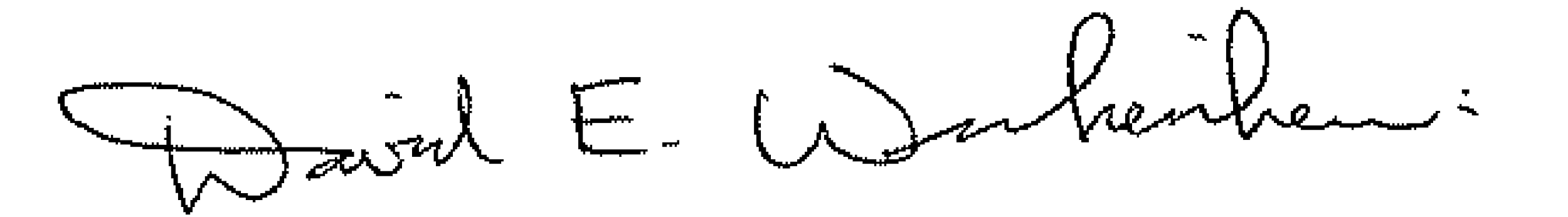
1. **Order of Events**
2. Track events will be scheduled per the YAIAA Senior High Bylaws.
3. Boys and girls warm ups for Open Pit Triple Jump is 3:45 to 4:00 PM. Boys and Girls Open Pit Triple Jump Competition is 4:00 – 5:00 PM. Boys and Girls warm ups for Open Pit Long Jump is 5:00 to 5:15. Boys and Girls Open Pit Long Jump competition is 5:15 to 6:15 PM.
4. Girls High Jump will begin at 4:00 PM, followed by Boys High Jump.
5. Girls Pole Vault will begin at 3:45 PM, followed by Boys Pole Vault
6. Boys Javelin will begin at 3:45 PM and Girls Javelin will follow boys’ javelin. Following completion of the javelin, boys will move to shot put, while simultaneously girls will move to discus. When finished, boys will move to discus and girls will move to shot put.
7. **Other Meet Conditions**
8. Heats on the track will be run **“fastest” to “slowest”**, and we will time the 3 fastest competitors in each heat.
9. Results will be sent to the press box.
10. Spike length – Max spike length (on rubber track areas including long jump, triple jump, high jump, and pole vault) is **1/4” long**.
11. Starting blocks will be provided. Teams are welcome to bring their own, but must transport them to the various start locations.
12. The javelin runway is grass and is located outside of the track area near the start of the 110m High Hurdles, and is thrown towards the discus circle.
13. The shot put circle is located between the fenced area of the track and javelin runway.
14. The discus circle is located outside of the track area and lies beyond the javelin throwing sector.
15. We have 2 runways for the horizontal jumps, and we will be using the runway with the wind to the back of the competitors. The triple jump boards are 24 feet and 32 feet from the front edge of the pits and the long jump boards are 4 feet and 8 feet from the front edge of the pits.
16. Water will be provided. Each athlete should provide their own water bottle.
17. Restrooms are available and located by the Orange Café outside of the track by the turn closest to the finish line.



If you have any questions, please email me at tgentzler@yssd.org

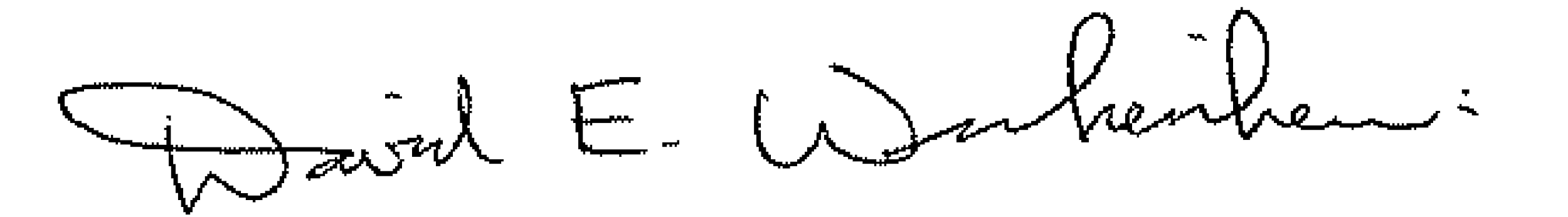
Sincerely,





Tom Gentzler

Head Track & Field Coach

717-880-0385



**Y.A.I.A.A. Senior High Track and Field**

Order of Events

Running Events Field Events

Boys Girls

3:45 Javelin Javelin, Pole Vault

**3:45**  Boys’/ Girls 3200 Relay Shot Put Discuss

4:20 Boys’ 110 Hurdles Pole Vault High Jump

Hurdle Crew Reset for Girls Triple Jump

4:30 Girls’ 100 High Hurdles

**Followed By:**

4:35 Boys’ 100 Dash Discus Shot Put

4:40 Girls’ 100 Dash High Jump Triple Jump

4:45 Boys’ 1600 Run

4:55 Girls’ 1600 Run  **Followed By:**

5:05 Boys’ 400 Relay Long Jump Long Jump

5:10 Girls’ 400 Relay

5:15 Boys’ 400 Dash

5:20 Girls’ 400 Dash

5:25 Boys’ 300 Intermediate Hurdles **Starting Heights**

5:35 Girls’ 300 Intermediate Hurdles

Pole Vault: (Boys/Girls)

5:40 Boys’ 800 Run 8’ by 6” to 10’/ by 3” to conclusion

5:45 Girls’ 800 Run 6’ by 6” to 7’/ by 3” to conclusion

5:50 Boys’ 200 Dash

5:55 Girls’ 200 Dash High Jump: (Boys’)

6:00 Boys’/Girls’ 3200 Run 5’2 x 2” to 5’10”

6:20 Boys’ 1600 Relay 5’10 x 1” to conclusion

6:25 Girls’ 1600 Relay

High Jump: (Girls’)

4’4” x 2” o 5’

5’ x 1” to conclusion

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