

York Suburban Middle School Track and Field Meet Guidelines



Track Events (3:45 start time)

100m Hurdles Girls
110m Hurdles Boys
100m Dash Girls
100m Dash Boys
1600m run Girls *
1600m run Boys *
4x100m Dash Girls **
4x100m Dash Boys **
400m Dash Girls
400m Dash Boys
800m Dash Girls *
800m Dash Boys *
200m Dash Girls
200m Dash Boys
4x400 Relay Girls **
4x400 Relay Boys **

4x400 will be using the 3-turn stagger

***800/1600m run:** When necessary, we will use the alley start (1 turn stagger). If there are 6 or less competitors in the 800, we may use the one-turn stagger in lanes.

Field Events

3:45 Girls high jump

Start at 4'0", increase by 2" to 4'6" and then 1" thereafter.

Followed by High Jump Boys

Start at 4'6", increase by 2" to 4'10" and then 1" thereafter.

All competitors will be given 3 attempts at each height.

3:45 Boys Shot-put and Girls Discus

6 designated competitors per school will each receive 4 throws. The remaining competitors will receive 2 throws

Followed by Girls Shot-put and Boys Discus

3:45 – 4:00 Boys and Girls Long Jump Warmup

4:00 – 5:45 Boys and Girls Long Jump Open Pit

6 designated competitors per school will each receive 4 jumps. The remaining competitors will receive 2 jumps

For the 2024 Track Season, there are no limits to the number of people in the individual events.

**** For the relays, each school is guaranteed to enter 3 teams. If lanes are available, additional teams can be entered beyond the three.**

Athletes should report to the start line or field event venue for each event.

Spikes should not exceed ¼" for pyramids" and 3/16" for needles

Please email your meet lineup to mjackson@yssd.org by the night before the scheduled meet. For the running events, your athletes will be placed in sections in the order they are listed. For the long jump, shot put, and discus, please indicate which athletes are receiving four attempts. Changes can be made during the meet.