Coach,

Please review the information prior to your Junior High meet at Spring Grove for the 2024 outdoor track season.

Maximum participants per event:

All sprinting events run in lanes: 100m, 100/110H, 200m, 400m; **9 athletes** per school. All heats will run fastest to slowest, please place your runners accordingly.

Distance events: 800m, 1600m; **9 athletes** per school.

**We will time and record the first three finishers, the others are on the coaches to time.**

All field events: LJ, HJ, SP, Disc; **6 athletes** per school.

The Long Jump will be contested using an open pit format:

3:45pm to 5:00pm

Our track is a 6-lane all-weather surface. Maximum spike length is 3/16 in.

Throwing events are behind the locker rooms and will be contested at:

3:45pm Start of Girls Shot Put followed by Boys

Followed by: Girls Discus followed by Boys

We ask that all spectators park at the high school or the intermediate school. Buses, coaches, and any spectators requiring handicap parking may park at the stadium.

If you have any questions, please let me know.

Paxton Drumheller

Head Junior High Track Coach

Spring Grove Area Middle School

[drumhelp@sgasd.org](mailto:drumhelp@sgasd.org)

(717) 225-4731 x7306

YAIAA Junior High Track and Field

**ORDER OF EVENTS**

3:45: 100 Meter 30” Hurdles – Girls

110 Meter 33” Hurdles – Boys

100 Meter Dash – Girls

100 Meter Dash – Boys

1600 Meter Run – Girls\*

1600 Meter Run – Boys\*

400 Meter Relay – Girls

400 Meter Relay – Boys

400 Meter Dash – Girls

400 Meter Dash – Boys

800 Meter Run – Girls

800 Meter Run – Boys

200 Meter Dash – Girls

200 Meter Dash – Boys

1600 Meter Relay – Girls

1600 Meter Relay – Boys

Shot Put – Girls / Boys (A&B)

Long Jump – Girls / Boys (A&B) open pit

High Jump – Girls / Boys (A&B)

Discus – Girls / Boys (A&B)

\* The 1600 Meter Run may be run co-ed at the coaches’ and officials’ discretion.