

# RED LION AREA SCHOOL DISTRICT

## Athletics

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*Real Learning for Real Life*

**March 4, 2022**

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, concerns, or suggestions.

### **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 curve and backstretch.
- All field events are conducted in the infield area. Horizontal jumps and pole vault are on Turn 1-2 side of infield and high jump is on Turn 3-4 side of infield.
- Throwing events are conducted in the middle of the infield. Athletes are not to cross through the throwing area during the warm-up and competition of all throwing events.
- Javelin runway is grass surface. Javelin spikes are permitted but 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.
- Parking next to the track is NOT ALLOWED. This is a fire lane and it must be kept clear. 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 in the green shed along the front stretch.

### **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. Weather and/or other unforeseen circumstances may alter these established guidelines. Meet officials and the Red Lion Athletic Department have final decisions on all guideline. 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 only if all of the following criteria are met:**

1. The opposing team fields less than their maximum number of entrants for an event that allows for open positions.
2. The total number entries will not exceed the maximum number of participants for the event
3. It is mutually agreed upon for each event by the coaches or assistant coaches prior to the start of the event.
4. It is the coach's responsibility of each team to inform their athletes whether they are or are not participating in the event.

### **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**.

### **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 open pit will be one hour. Triple jump will be open pit for 45 minutes. **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.

**Todd Barshinger (Head Boys Coach):** [barshingert@rlasd.net](mailto:barshingert@rlasd.net) (717) 676-9013

**Jason Smith (Head Girls Coach):** [rllions75@aol.com](mailto:rllions75@aol.com) (717) 309-0981

**Arnold Fritzius (AD):** [fritziusa@rlasd.net](mailto:fritziusa@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.

## Running Events

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

## Field Events 3:45

**Javelin** Boys followed by Girls  
**Shot Put** **Girls followed by Boys**  
**Pole Vault-** Girls followed by Boys  
**Triple Jump** Boys & Girls  
**Warmup until 4pm**  
**Open pit 4pm-4:45 pm**

**4:00 High Jump** **Boys followed by Girls**

**4:45 Long Jump** Boys and Girls  
Warmup until 5pm  
Open pit 5pm – 6pm  
**Discus** Boys followed by Girls

### 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:

- **Boys High Jump will precede Girls High Jump.**
- **Boys Javelin and Girls Shot Put will begin at 3:45** These events will then swap genders. Boys' discus will precede girls' discus upon conclusion of boys' shot put.
- **Both Long Jump and Triple Jump will be open pit.**