

# 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 curves and backstretch.
- All field events are conducted in the infield area. The long jump runway is 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 areas during the warm-up and competition of all throwing events.
- 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 limited and buses need to get through. 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:**

To ensure that we can offer maximum participation of athletes, while conducting the meet in a reasonable amount of time, 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:**

The 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 the opposing team would follow suit and place your fastest athletes in the first heat as well.

**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:** Eight (8) lanes will be used for this event. A maximum of two (2) heats per gender will be run with a **limit of 8 entries per team.**

**200 Dash / 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)**

The 800m will consist of up to two (2) heats maximum per gender with a maximum of sixteen (16) competitors per team per gender. 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. The 1600m will consist of a single (1) heat for each gender. A maximum of twelve (12) competitors per team per gender.

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

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 up to two additional “exhibition” relay teams.

**Throwing Events: (Shot put and discus throw)**

Throwing events will be classified as “A” competitors and “B” competitors. “A” group competitors will receive four (4) attempts each. A maximum of three (3) “A” competitors per team per gender. “B” competitors will receive a maximum of two (2) attempts. There will be a maximum of six (6) “B” competitors in shot put and discus per team per gender. Nine (9) total competitors per team per gender per event are permitted. All entered athletes regardless of grouping can score/place for their respective team.

**Jump Events**

**Long Jump:** Event will be run as an open pit format with a 15-minute warm-up prior to the open pit. The open pit will last for 45 minutes for each gender. “A” athletes will receive 4 attempts. A maximum of three (3) “A” athletes will be allowed. “B” athletes will receive 2 attempts each. A maximum of six (6) “B” athletes will be allowed. All entered athletes regardless of grouping can score/place for their respective team.

**High Jump:** Starting height for girls is 4’0” and 4’6” for boys. No exceptions. Boys’ height will increase by 2” to 5’0” and then by 1” until conclusion. Girls height will increase by 2” to 4’6” and then by 1” to conclusion. Maximum of six (6) participants per team per event

**NOTE:** Attached is the schedule for our home meet. We will make every attempt to remain on schedule. To ensure maximum amount of time for throwing events girls’ shot put and boys discus will both begin at 3:45. These events will then swap genders.

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

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**Red Lion Area School District**  
**2022 Junior High Track & Field Information Sheet**

**ORDER OF EVENTS**

**(Times are approximate)**

**3:45** 110 Meter 33" Hurdles-boys  
**3:55** 100 Meter 30" Hurdles-girls  
**4:05** 100 Meter Dash-boys  
**4:15** 100 Meter Dash-girls  
**4:25** 1600 Meter Run-boys  
**4:30** 1600 Meter Run-girls  
**4:40** **400 Meter Relay-boys**  
**4:45** **400 Meter Relay-girls**  
**4:50** **400 Meter Dash-boys**  
**5:00** **400 Meter Dash-girls**  
**5:10** 800 Meter Run-boys  
**5:20** 800 Meter Run-girls  
**5:30** 200 Meter Dash-boys  
**5:40** 200 Meter Dash-girls  
**5:50** 1600 Meter Relay-boys  
**6:00** 1600 Meter Relay-girls

**3:45**  
High Jump—Boys (Girls to follow)  
Shot Put- Boys (Girls to follow)  
Discus- Girls (Boys to follow)  
Long Jump- Girls  
**Warm-up 3:45-4:00**  
**OPEN PIT 4:00-4:45**  
**4:45**  
Long Jump-Boys  
**Warm-up 4:45 – 5:00**  
**OPEN PIT 5:00-5:45**  
**FIELD EVENT INFO:**  
HJ Start Height: 4'0"(G) 4'6" (B)  
  
LJ / Throws: "A" 4 attempts  
"B" 2 attempts