

Golden Knight Track & Field

We would like to extend our welcome for our upcoming meet at Eastern York High School. This letter will provide pertinent information regarding information specific to our meet administration. We hope your team has a positive experience with many great performances during our meet. Please feel free to contact our Athletic Director, Mr. Donald Knaub @ dknaub@eyork.k12.pa.us or 717-252-1551 with any questions or concerns about these meet guidelines.

Meet Starting Time – Field events will have a 15 minute warm up time with Girl's Pole Vault, High Jump, Boy's Javelin, and Triple Jump competition beginning at 3:30. Track events will begin at 3:45 with the Boy's 3200m Relay

Entry Guidelines – **Guidelines may be subject to change based on weather conditions**

In the **sprinting events(100m,200m,400m,100m Hurdles, 300m Hurdles)** we will allow 9 total competitors from each school running in three separate heats. If a school does have 9 athletes competing the other school may run athletes to fill empty lanes. Coaches are asked to run top three fastest athletes in Heat 1 to aid in meet management. Only top three athletes in each heat will be timed with final results being compiled when all athletes have run

In the **distance events(800m,1600m,3200m)** we will allow unlimited competitors. All races will be run using a waterfall start. Separate boy's and girl's races will be run with the exception of the 3200m Dash where the fields will be combined into one race.

In the **vertical jumps (High Jump and Pole Vault)** We will allow unlimited competitors with all athletes receiving three attempts at each height.

In the **horizontal jumps (Triple Jump and Long Jump)**. We will allow 6 competitors from each school.

Both jumping events will be run using an open pit format with the following time schedule:

3:30-3:45 – Triple Jump Warmup
3:45-4:45 – Boy's and Girl's Triple Jump Open Pit
4:45-5:00 – Long Jump Warmup
5:00-6:00 – Boy's and Girl's Long Jump Open Pit

Time Schedule may be subject to change if smaller field sizes warrant and both coaching staffs agree.

All athletes will receive four jumps with final results being compiled after all competitors have finished competing.

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In the **throwing events (Javelin, Shot Put, Discus)** events will be completed Boy's followed by girl's. We will allow **6 competitors from each school**. We will follow the following time schedule:

3:30-3:45 – Javelin Warmup
3:45-4:30 – Boy's Javelin and Girl's Javelin
4:15-4:30 – Warmup
4:30-5:15 – Girl's Shot Put and Boy's Discus
5:00-5:15 – Warmup
5:15-6:00 – Boy's Shot Put and Girl's Discus

Time Schedule is simply an estimate and is subject to change if smaller field sizes warrant and both coaching staffs agree.

We will follow the recommended 2x2 guidelines given by the YAIAA for conducting throwing events.

Our throwing areas consist of concrete circles for Shot Put and Discus and grass for our Javelin Runway. In the Javelin and Discus throwing area, only coaches and competing athletes are allowed in the fenced area. In the shot put, only coaches and competing athletes are permitted on the lower portion of the hill near the circle. Spectators must watch from the flat area around turn four.

Excusing competitors from Field Events –

Due to the limited time schedule in the field events we ask that all athletes notify officials if they will need to sign out of a field event. If possible the athlete will be allowed to take the trials or attempts prior to signing out. We ask that athletes wait as long as possible to sign out. We give athletes a reasonable amount of time to return to the event (15 minutes is a general guideline) but may be scratched or the bar raised if they do not return in a timely manner.

Other information:

The 1600m Relay will be run using a 3 turn stagger.

Track spike length is limited to ¼”.

Infield use should be for competing athletes or those warming up for an upcoming event. Please camp outside the fenced area.

We ask athletes avoid crossing the track at the finish line area. We also ask that athletes stay out of the benched area which is reserved for timers, coaches, and any manager timing.

In the event of inclement weather, the meet will be suspended until meet officials give permission to continue or meet is postponed. An announcement to clear the stadium may be made. Teams should report to areas designated by the athletic director until competition can resume.

Also See Rules for the Turf field which are attached.

