

# **Spring Grove Area High School**

## **Rockets Track & Field 2022**

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Spring Grove Area High School currently hosts dual meets at Papermaker Stadium (Spring Grove Area High School), 1490 Roths Church Rd, Spring Grove, PA 1732.

Please review the information prior to your meet at Spring Grove for the 2022 outdoor track season.

### **Sprint events**

- Our track is a 6-lane all-weather surface. Maximum spike length is 3/16 in.
- sprinting events run in lanes, 100, 100/110H, 200, 300H, 400, 9 per school
- heats will run fastest to slowest, please place your runners accordingly

### **Distance events**

- 800, 1600, 3200, 9 per school. We will time and record the first three finishers, *other athletes must be timed by coaches if needed.*

### **Field events**

#### **Jumps**

- PV, LJ, TJ, SP, Disc, Jav, HJ, 10 per school.
- The horizontal jumps will be contested using an open pit format:
  - Triple Jump    3:45- 4:45
  - Long Jump    4:50- 5:50
  - Pole Vault    3:45 Girls followed by Boys
  - High Jump    3:45 Girls followed by Boys

### **Throwing events** (*behind the locker rooms*)

- Javelin is contested on an all weather runway.
- 3:45 start Boys Javelin and Girls Shot put
- Followed by: Girls Javelin and Boys Shot
- Followed by Girls Discus
- Followed by Boys Discus

### 2X2 Format for Throwing Events Only

1. All throwers from each school take 2 attempts which count for scoring
2. After all athletes have completed their first two throws the coach will designate the 3 athletes from his/her school who will be taking 2 additional throws and which athletes will pass on their final 2 attempts, per a Coach's "Gentlemen/Ladies Agreement".
3. Field Judges will only call the names of the 3 athletes designated by each school for the final 2 attempts
4. Once designated, these athletes may not be changed.
5. The three athletes that are designated from each school are the only athletes that may continue to throw after the original 2 attempts are completed
6. Places would be determined by taking the top three distances from all attempts taken
7. Home team will still continue to determine the number of participants per event

### NOTE:

- This format will be conducted at all YAIAA venues as a "Gentlemen/Ladies Agreement" between the coaches.

If you have any questions please do not hesitate to ask via email, text or phone call,