



Home Meet Information

The Dallastown Track & Field Program and Dallastown Athletic Department would like to welcome you to our facility. It is our hope that you, your athletes, and your fans have a positive experience while visiting our school. If you have any questions regarding the information in this document, please contact me, Zack Calaman at Zack.Calaman@dallastown.net or by calling 717-244-4021 ext. 2235.

Stadium and athletic facilities

- The track surface and all jumping surfaces are all weather. **Track spikes - 3/16" pyramid are permitted.** The track has eight lanes.
- High jump is on the scoreboard side of the infield and long jump is on the opposite side of the infield.
- Shot put and discus are conducted behind the visitors' stands.
- Teams may set up camp in the visitors' bleachers.
- Spectators are not permitted in the infield at any time. Spectators of the shot put and discus should watch from the top of the visitors' stands.
- Concession stand will be available; located inside the stadium.

Meet Management:

As per YAIAA and PIAA rules, athletes in all events will be eligible to contribute to the scoring of the meet. No athlete will be considered exhibition. We strongly believe that interscholastic athletics should benefit everyone and as such, we want to be sure to allow as many participants as possible within our time constraints. We have determined that the restrictions listed below will achieve that goal. Should we need to change these for any reason, coaches and athletic departments will be notified.

1. Sprints and hurdles (100, 200, 400, 100/110h, will be limited to 12 competitors per school. If both teams have 12 competitors, this will result in 3 heats of each distance. We will only run 3 heats; if you choose not to fill a heat, you will have fewer than 12 competitors. We will run our athletes **fastest to slowest** by heat and would appreciate if you did the same.
2. Distance events (800, 1600) will be limited to 8 competitors per school. Boys and girls 800 and 1600 will be run separately.
3. Distance events will be run in chutes with a 1-turn stagger. All runners from one team will be in a chute together. All runners from the other team will be in the other chute together.

4. We will run only one heat of each relay event. This means that there is a limit of 4 relays per team; however, if a team has fewer than 4, the other team may run more than four.
5. The 1600m relay will be run with a three-turn stagger.
6. Field events (HJ - 6 A competitors, LJ - 8 A competitors) per team per event with 4 attempts each in the horizontal jumps and 3 in the vertical jumps. Any unused spots will be open to competitors from the other team. There will be no "B" jumping competitors.
7. Throws (Shot Put, Discus) there will be 3 "A" competitors (4 throws each) and up to 5 "B" competitors (2 throws each).

Y.A.I.A.A. Junior High Track and Field

DALLASTOWN ORDER OF EVENTS

Running Events

- 3:45** Boys' 110 Meter Hurdles (33")
3:55 Hurdle Crew Reset for Girls
4:00 Girls' 100 Meter Hurdles (30")
4:10 Hurdle Crews Remove Hurdles
4:15 Boys' 100 Dash
4:20 Girls' 100 Dash
4:25 Boys' 1600 Run
4:35 Girls' 1600 Run
4:40 Boys' 400 Meter Relay
4:45 Girls' 400 Meter Relay
4:55 Boys' 400 Dash
5:05 Girls' 400 Dash
5:15 Boys' 800 Run
5:20 Girls' 800 Run
5:25 Boys' 200 Dash
5:35 Girls' 200 Dash
5:45 Boys' 1600 Relay
5:55 Girls' 1600 Relay

Field Events

4:00 Boys' and Girls' Long Jump (Open Pit Format)

4:00

Girls' High Jump (boys to follow)

Boys' and Girls' Shot Put

Boys' and Girls' Long Jump

Boys' Discus (after completion of shot put girls to follow)

Starting Heights

High Jump

Boys: 4'6" x 2" to 5'0"/ then by 1" to end

Girls: 4'0" X 2" to 4'6"/ then by 1" to end