

Gettysburg Area Middle School
Track and Field 2022
Tequista Climons – Head Coach
Kevin Whalen – Assistant Coach
Coty Slothour – Assistant Coach
Warrior Stadium – 37 Lefever Street Gettysburg, PA 17325

The Track:

- 400 meters
- Six (6) lanes
- All-weather
- Maximum spike length: ¼”

The Field:

- All-weather runways / approaches for long / triple jumps, high jump,
- Maximum spike length: ¼”
- Concrete throwing areas for shot put and discus throw

Track Event and Field events:

- Order follows YAIAA
- Competition begins at 3:45 pm
- Field Events

3:45 High Jump Boys (6 competitors per school)

Start at 4’6”, increase by 2” to 4’10” and then 1” thereafter

Girls high jump will follow the boys (6 competitors per school)

Start at 4’0”, increase by 2” to 4’6” and then 1” thereafter

3:45Boys Shot-put and Girls Discus (9 competitors per school)

Girls Shot-put and Boys Discus will follow.

All throws – each competitor gets two (2) throws, then a coach may assign three (3) competitors to get two (2) additional throws. (can be predetermined)

Long Jump – All competitors receive four (4) jumps, no finals

3:45 – 4:00Long Jump Warm-up

4:00 – 5:00 Long Jump Open Pit

Boys Long Jump (9 competitors per school)

Girls Long Jump (9 competitors per school)

Unlimited entries in the 1600 meter run

Limit of twelve (12) entries in the 800 meter run, multiple heats if necessary

Limit of three (3) teams in each relay (4x100 and 4x400)

Limit of nine (9) athletes per school in the sprints. Opposing schools may fill lanes if one school does not have nine entries.