

York Suburban Middle School Track and Field Meet Guidelines



Track Events (3:45 start time)

110m Hurdles Boys
100m Hurdles Girls
100m Dash Boys
100m Dash Girls
1600m run Boys *
1600m run Girls *
4x100m Dash Boys (3 teams per school. One team must be the designated scoring team)
4x100m Dash Girls (3 teams per school. One team must be the designated scoring team)
400m Dash Boys
400m Dash Girls
800m Dash Boys *
800m Dash Girls *
200m Dash Boys
200m Dash Girls
4x400 Relay Boys (3 teams per school. One team must be the designated scoring team)
4x400 Relay Girls (3 teams per school. One team must be the designated scoring team)
4x400 will be using the 3-turn stagger

***800/1600m run:** When necessary, we will use the alley start (1 turn stagger). One team will start in lane 1, the other will start in lane 4.

Field Events

3:45 Girls high jump

Start at 4'0", increase by 2" to 4'6" and then 1" thereafter.

Followed by High Jump Boys

Start at 4'6", increase by 2" to 4'10" and then 1" thereafter.

All competitors will be given 3 attempts at each height.

3:45 Boys Shot-put and Girls Discus

6 designated competitors per school will each receive 4 throws. The remaining competitors will receive 2 throws

Followed by Girls Shot-put and Boys Discus

3:45 – 4:00

Boys and Girls Long Jump Warmup

4:00 – 5:45

Boys and Girls Long Jump Open Pit

6 designated competitors per school will each receive 4 jumps. The remaining competitors will receive 2 jumps

For the 2022 Track Season, each individual event will be limited to 12 competitors per school

Athletes should report to the start line or field event venue for each event.

Spikes should not exceed ¼" for pyramids" and 3/16" for needles

Please email your meet lineup to mjackson@yssd.org by the night before the scheduled meet. For the running events, your athletes will be placed in sections in the order they are listed. For the long jump, shot put, and discus, please indicate which athletes are receiving four attempts. Changes can be made during the meet.