

YORK SUBURBAN SENIOR HIGH
TRACK & FIELD MEET CONDITIONS
MEMORANDUM

TO: YAIAA Athletic Directors and Track & Field Coaches

FROM: Dan VanHouwe, Head Track Coach York Suburban High School

SUBJECT: 2022 Meet Conditions for Senior High Track and Field Contests held at York High School

DATE: March 03, 2022

1. Covid Protocol -

- . Visiting team will use the visiting bleachers as their meeting place.
- a. You may use the infield to warm up 1 event prior to racing.
- b. Water will be provided. **Each athlete should provide their own water bottle.**

2. Senior High Meet Start Times:

Boys Javelin and Girls Pole Vault will begin at 3:45 PM.

Boys 3200 Relay will begin at 3:45 PM.

3. Number of Participants in Events:

(York Suburban High School has a six lane track)

- A. 100m & 200m Dash – **3 heats – 9 participants/school**
- B. 400m Dash – 2 heats – **6 participants/school**
- C. 800, 1600, 3200m Run– **1 heat – 8 participants/ school**
(We will be utilizing the alley start . 3200m run will typically be run as a combined boys-girls race).
- A. Hurdles – **2 heats – 6 participants/school**
- B. Throwing Events – **6 participants/school with each participant receiving 2 throws, and 3 designated throwers receiving 2 additional throws as approved by the YAIAA athletic directors using the 2x2 format.**
- C. Horizontal Jumping – **6 participants/school**
- D. High Jump/Pole Vault – **6 participants/school**
- E. Relays – **3 relay teams per school**, however one team from each school will be designated as the scoring team. The boys and girls 3200m relay may be combined with concurrence of both coaches and the starter. **1600 Meter Relay will be run as a 3 turn stagger.**

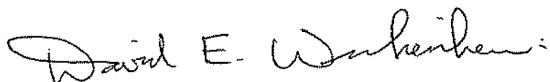
Note: For races with multiple heats, if one school does not fill their allotment of runners in a specific heat, the opposing school may have additional runners to fill all lanes.

1. Order of Events

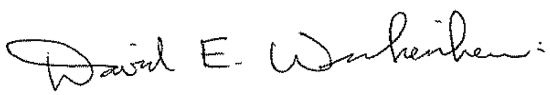
- A. Track events will be scheduled per the YAIAA Senior High Bylaws.
- B. Boys and girls warm ups for Open Pit Triple Jump is 3:45 to 4:00 PM. Boys and Girls Open Pit Triple Jump Competition is 4:00 – 5:00 PM. Boys and Girls warm ups for Open Pit Long Jump is 5:00 to 5:15. Boys and Girls Open Pit Long Jump competition is 5:15 to 6:15 PM.
- C. Girls High Jump will begin at 4:00 PM, followed by Boys High Jump.
- D. Girls Pole Vault will begin at 3:45 PM, followed by Boys Pole Vault
- E. Boys Javelin will begin at 3:45 PM and Girls Javelin will follow boys' javelin. Following completion of the javelin, boys will move to shot put, while simultaneously girls will move to discus. When finished, boys will move to discus and girls will move to shot put.

1. Other Meet Conditions

- A. Heats on the track will be run “fastest” to “slowest”, and we will time the 3 fastest competitors in each heat.
- B. Results will be sent to the press box.
- C. Spike length – Max spike length (on rubber track areas including long jump, triple jump, high jump, and pole vault) is **1/4” long**.
- D. Starting blocks will be provided. Teams are welcome to bring their own, but must transport them to the various start locations.
- E. The javelin runway is grass and is located outside of the track area near the start of the 110m High Hurdles, and is thrown towards the discus circle.
- F. The shot put circle is located between the fenced area of the track and javelin runway.
- G. The discus circle is located outside of the track area and lies beyond the javelin throwing sector.
- H. We have 2 runways for the horizontal jumps, and we will be using the runway with the wind to the back of the competitors. The triple jump boards are 24 feet and 32 feet from the front edge of the pits and the long jump boards are 4 feet and 8 feet from the front edge of the pits.
- I. Water will be provided. Each athlete should provide their own water bottle.
- J. Restrooms are available and located by the Orange Café outside of the track by the turn closest to the finish line.



If you have any questions, please email me at dvanhouwe@yssid.org

Sincerely, 

David E. Wankhenhen:

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Dan VanHouwe
Head Track & Field Coach

717-885-1270 David E. Wankhenhen:



A Community of Encouragement. A Culture of Excellence.

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

Order of Events

Running Events

Field Events

		<u>Boys</u>	<u>Girls</u>
3:45		Javelin	Javelin, Pole
Vault			
3:45	Boys'/ Girls 3200 Relay	Shot Put	Discuss
4:20	Boys' 110 Hurdles	Pole Vault	High Jump
	Hurdle Crew Reset for Girls	Triple Jump	
4:30	Girls' 100 High Hurdles		
		Followed By:	
4:35	Boys' 100 Dash	Discus	Shot Put
4:40	Girls' 100 Dash	High Jump	Triple Jump
4:45	Boys' 1600 Run		
4:55	Girls' 1600 Run	Followed By:	
5:05	Boys' 400 Relay	Long Jump	Long Jump
5:10	Girls' 400 Relay		
5:15	Boys' 400 Dash		
5:20	Girls' 400 Dash		
5:25	Boys' 300 Intermediate Hurdles		
5:35	Girls' 300 Intermediate Hurdles		

Starting Heights

5:40
conclusion

Boys' 800 Run

5:45

Girls' 800 Run

5:50

Boys' 200 Dash

5:55

Girls' 200 Dash

6:00

Boys'/Girls' 3200 Run

6:20

Boys' 1600 Relay

6:25

Girls' 1600 Relay

Pole Vault: (Boys/Girls)
8' by 6" to 10' / by 3" to

6' by 6" to 7' / by 3" to conclusion

High Jump: (Boys')

5'2 x 2" to 5'10"

5'10 x 1" to conclusion

High Jump: (Girls')

4'4" x 2" o 5'

5' x 1" to conclusion
