

# Coach,

# Please review the information prior to your meet at Spring Grove for the 2023 outdoor track season.

# Maximum participants per event:

# All sprinting events run in lanes, 100, 100/110H, 200, 300H, 400, 9 per school.

# All 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, the others are on the coaches to time.

# All field events, PV, LJ, TJ, SP, Disc, Jav, HJ, 10 per school.

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# 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

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# Our track is a 6-lane all-weather surface. Maximum spike length is 3/16 in.

# Javelin is contested on an all-weather runway.

# Throwing events are behind the locker rooms and will be contested at

# 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

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# NOTE

# · This format will be conducted at all YAIAA venues as a “Gentlemen/Ladies Agreement” between the coaches.

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

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