



SPRING GROVE AREA SCHOOL DISTRICT ATHLETIC DEPARTMENT
1490 ROTH'S CHURCH ROAD, SPRING GROVE, PA 17362
JEFFREY J. LAUX – STUDENT ATHLETIC COORDINATOR
LauxJ@sgasd.org (717) 225-4731 x7501-Office

Coach,

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

Maximum participants per event:

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

All heats will run fastest to slowest, please place your runners accordingly.

Distance events, 800, 1600, **9** per school. We will time and record the first three finishers, the others are on the coaches to time.

All field events, LJ, HJ, SP, Disc, 6 per school.

The Long Jump will be contested using an open pit format:

3:45 to 5:00

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

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

3:45 Start Boys Shot put followed by Girls

Followed by: Boys Discus followed by Girls

If you have any questions please do not hesitate to ask me via email,

Daniel Jones

Head Junior High Track Coach Spring Grove Area Middle School

jonesd@sgasd.org

YAIAA Junior High Track and Field

ORDER OF EVENTS

3:45: 110 Meter 33" Hurdles-Boys

100 Meter 30" Hurdles-Girls

100 Meter Dash-Boys

100 Meter Dash-Girls

1600 Meter Run-Boys

1600 Meter Run-Girls

400 Meter Relay-Boys

400 Meter Relay-Girls

400 Meter Dash-Boys

400 Meter Dash-Girls

800 Meter Run-Boys

800 Meter Run-Girls

200 Meter Dash-Boys

200 Meter Dash-Girls

1600 Meter Relay-Boys

1600 Meter Relay-Girls

Shot Put-Boys/Girls (A&B)

Long Jump-Boys/Girls (A&B) open pit

High Jump-Boys/Girls (A&B)

Discus-Boy/Girls (A&B)