



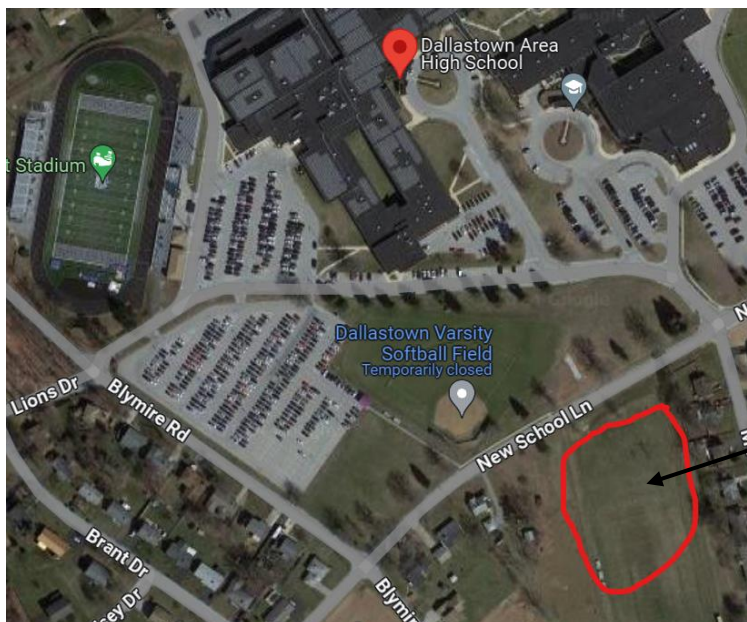
Home Meet Information 2023-24



The Dallastown Track & Field Program and Dallastown Athletic Department would like to welcome you to our facility. It is our hope that you, your athletes, and your fans have a positive experience while visiting our school. If you have any questions regarding the information in this document, please contact me, Neil Gutekunst, at ngutekunst@yssd.org or by calling 717-353-1998.

Stadium and athletic facilities

- The track surface and all jumping surfaces are all weather. **Track spikes - 1/4" pyramid are permitted.** The track has eight lanes.
- High jump and pole vault are on the scoreboard side of the infield and long jump and triple jump are on the opposite side of the infield.
- Shot put, discus, and javelin are located across New School Lane on the other side of the softball field. See map below. The javelin runway is grass surface. Javelin spikes are permitted but should only be worn in the event area.
- Teams may set up camp in the visitors' stands or toward the long and triple-jump end of the infield.
- Spectators are not permitted in the infield at any time. Spectators of the shot put and discus should watch from the top of the visitors' stands.
- Concessions will be available in the stand immediately inside the entrance to the stadium.



New Throwing Area

Meet Management:

As per YAIAA and PIAA rules, athletes in all events will be eligible to contribute to the scoring of the meet. No athlete will be considered exhibition. We strongly believe that interscholastic athletics should benefit everyone and as such, we want to be sure to allow as many participants as possible within our time constraints. We have determined that the restrictions listed below will achieve that goal. Should we need to change these for any reason, coaches and athletic departments will be notified.

1. Sprints and hurdles (100, 200, 400, 100/110h, 300h) will be limited to 12 competitors per school. If both teams have 12 competitors, this will result in 3 heats of each distance. If one team does not have 12 competitors, the other team may have more than 12, as long as we do not exceed the max of 24 total runners. We will run our athletes **fastest to slowest** by heat and would appreciate if you did the same.
2. Distance events (800, 1600, 3200) will be limited to 12 competitors per school. Boys and girls 800 and 1600 will be run separately. If one team does not have 12 competitors, the other team may have more than 12, as long as we do not exceed the max of 24 total runners. The 3200 will be run with both genders unless both coaches and meet management agree to run separately.
3. We will run only one heat of each relay event. This means that there is a limit of 4 relays per team; however, if a team has fewer than 4, the other team may run more than four.
4. The 1600m relay will be run with a three-turn stagger.
5. Field events (HJ, LJ, TJ, PV) will be limited to 8 competitors per team per event with 4 attempts each in the horizontal jumps and 3 in the vertical jumps. Any unused spots will be open to competitors from the other team
6. Throws (Shot Put, Discus, Javelin) will follow the "Gentlemen's Agreement" discussed at the rules meeting. Three throwers will get 4 throws and the other throwers (up to 5 for a total of 8 throwers per team) will get 2 throws and pass their remaining 2 throws. The 3 throwers with 4 throws will be decided after the first 2 throws.
7. ****THIS IS DIFFERENT FROM PREVIOUS YEARS:** With all 3 throws in the same area, we will start with Boys Javelin and Girls Shot Put at 3:45. As those events finish, we will rotate to Boys Shot Put and Girls Discus, and finally Boys Discus and Girls Javelin.

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

*Note - times are approximate, and we will run ahead of schedule if possible. 1st, 2nd, and 3rd calls will be given.

DALLASTOWN ORDER OF EVENTS

Running Events

4:00 Boys' 3200 Relay
Girls' 3200 Relay

4:20 Boys' 110 Hurdles
Hurdle Crew Reset for Girls

4:30 Girls' 100 High Hurdles
Hurdle Crews Remove Hurdles

4:35 Boys' 100 Dash

4:40 Girls' 100 Dash

4:45 Boys' 1600 Run

4:55 Girls' 1600 Run

5:05 Boys' 400 Relay

5:10 Girls' 400 Relay

5:15 Boys' 400 Dash

5:20 Girls' 400 Dash
Hurdle Crews set 300 Hurdles

5:25 Boys' 300 Intermediate Hurdles
Hurdle Crews Reset for Girls

5:35 Girls' 300 Intermediate Hurdles
Hurdle Crews Remove Hurdles

5:40 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

Field Events – Jumps/Vault

3:45 Girls' Pole Vault (boys to follow)

3:45 Girls' High Jump (boys to follow)
Boys' and Girls' Triple Jump
*Open Pit Format for 60 minutes. Time may be extended if necessary and must be agreed upon by both coaches and meet management

5:00 (approx.) Boys' and Girls' Long Jump
*Open Pit Format for 60 minutes. Time may be extended if necessary and must be agreed upon by both coaches and meet management

*Note – Long and triple jumps are in separate runways. Athletes can mark steps for both jumps ahead of time or get steps for long jump during the triple jump competition.

Field Events – Throws

3:45 Boys Javelin
Girls Shot Put

4:30 (approx.) Boys Shot Put
Girls Discus

5:15 (approx.) Boys Discus
Girls Javelin

Starting Heights

Pole Vault

Boys: 8' by 6" to 10' / by 3" to conclusion

Girls: 6' by 6" to 8' / by 3" to conclusion

High Jump

Boys: 5'2" x 2" to 5'10" / then by 1" to end

Girls: 4'4" X 2" to 5'0" / then by 1" to end

Please be sure to enforce all of the following guidelines regarding the turf:

DALLASTOWN AREA SCHOOL DISTRICT
ARTIFICIAL TURF FIELD AT STADIUM GUIDELINES FOR USE
(As Of 08/07/14)

01. No food (especially chewing gum or sunflower seeds) or tobacco products are permitted on or around the artificial turf field surface. Clear water is the only beverage permitted on the field. Absolutely no soda, coffee, or colored drinks are permitted on the field.
02. Sneakers, Turf Shoes, or Molded Cleats are suitable for the field. No metal cleats may be worn on surface at any time.
03. No open flames or fireworks permitted on or around the artificial turf field surface.
04. No golfing, shot putting, javelin or discus throwing permitted on or around the artificial turf field surface.
05. All vehicles with non-pneumatic tires are prohibited from the turf field surface.
06. Vehicles that are permitted on the field surfaces include golf carts, small utility vehicles (ie John Deere Gator), and lawn tractors. All other vehicles are prohibited. Carts pulled by approved vehicles must have pneumatic tires.
07. No high heel shoes permitted on or around the artificial turf field surfaces.
08. Tents must be free standing structures with the legs supported by $\frac{3}{4}$ inch 4 X 8 foot plywood. No stakes may be used to support any type of tent area.
09. Metal chair legs must be protected by rubber end tips and cannot contain any jagged edges that may damage the track or artificial turf field surface. Team aluminum benches should never be drug across the turf to avoid possibly tearing the turf.
10. Any staging material must be set on top of $\frac{3}{4}$ inch 4 X 8 foot plywood.
11. No storage of any materials or equipment is permitted on the artificial turf field surfaces.
12. All shoes or athletic footwear on the artificial turf field surface must be free of mud & debris.
13. Sufficient quantities of trash receptacles are kept around the stadium and in team areas. All debris must be deposited in these receptacles.
14. No bicycles, roller blades or skate boards are permitted on the artificial turf field surfaces.
15. No animals of any kind are permitted on the playing field or the synthetic track.
16. No soccer corner flags with spikes driven into the artificial turf field.
17. Goal cages should be rotated for practices to avoid continuous repetition and excessive wear on the field.