**Spring Grove Track & Field Accommodations**

**To:** Y.A.I.A.A. Coaches

**From:** Brian Campbell Sr. - Spring Grove Track & Field Head Coach, Jeff Laux - Spring Grove Athletic Director

**Purpose of Letter:** To inform visiting schools of how Varsity track and field meets will be contested and requirements for facility.

**Facility:**

1. No spikes longer than 3/16” will be permitted on the track surface.
2. Javelin throwing area is contested on an all-weather runway located behind the stadium concessions stand.
3. All jumping and running events are inside the stadium. High jump and pole vault in the end zone closest to the scoreboard. Triple and long jump at the opposite end zone of the stadium.
4. We will have enough starting blocks for all lanes. If you desire your own starting blocks please make sure the spikes are not longer than 3/16”.
5. Please enter and exit through the gates along the stadium.
6. Bus parking will be at the intermediate school. Athletes drop off will be at Papermakers Stadium.
7. Restrooms are inside the stadium. We have a six-lane track.
8. Athletes may make camp in the middle of the infield or in the visitor’s bleachers area.

**Events:**

* Events will be run girls first boys second.
* **Sprints** - will be limited to a maximum of four heats. Therefore, plan to run 12 athletes (**Three per heat. Plan to run your fastest in the first heat as per league policy**). We will time the first three. All others you will need to time.
* **Distance** - events will be limited to 9 athletes from each school. We will time the first three. All others you will need to time.
* **Field events** - High Jump, Pole Vault, Long Jump, and Triple Jump, Shot Put, Discus, and Javelin will be limited to 10 athletes from each school (total of 20 combined). Any unused spots may be filled by the other team.
* **Throws -** (2x2 Throws as per league policy)
  + 3:45 Boys Jav and Girls Shot
  + followed by Girls Jav and Boys Shot
  + Followed by Girls Discus
  + Followed by Boys Discus
* **Jumps** will run an open pit format
  + Triple Jump 3:45 – 4:45
  + Pole Vault 3:45 Girls Followed by Boys
  + High Jump 3:45 Girls Followed by Boys
  + Long Jump 4:50 – 5:50
* **Coaches** please email a roster one week prior to attending