



# Yellow Springs Middle School

## McKinney Quad-Meet 2023

Date:	April 13 <sup>th</sup> 2023 (Thursday)
Meet Director:	Peter Dierauer, peter@dieraueronline.com, 937 765 7231 Cell
Entry Fees:	No entry fees! Contact meet director if you would like to participate
Entry Procedure:	Entries are done using a spread sheet. Download spread sheet at <a href="http://www.ystrack.com">www.ystrack.com</a> or contact meet director. Spread sheet to be sent to <a href="mailto:peter@dieraueronline.com">peter@dieraueronline.com</a> by Tuesday April 11 <sup>th</sup> 2023, 8:00PM <b>Only spread sheet entries accepted! No late entries accepted!</b>
Entry Limits:	4 Athletes per event    2 Teams per relay
Entry Deadline:	<b>Tuesday April 11<sup>th</sup> 2023, 8:00PM</b>
Performance Lists:	Will be posted at <a href="http://www.ys-track.com">www.ys-track.com</a>
Concessions:	Concession stand will be open
Restrooms:	Restrooms are in the school building
Admission Fees:	No admission fees
Meet Day Check-In:	When you arrive, come to the trailer at the finish line right away to check in and hand in your scratches and exchanges for the running events.
Team Camps:	No tents on the bleachers, team tents can be set up outside the track fence. Please make sure that your camp is cleaned up when you leave!
Coaches Meet:	Coaches meet will be at the finish line by the trailer 4:45 PM
Scratches / Exchanges:	Field events: Scratches and exchanges are done at the field event Running events: Scratches and exchanges have to be handed in at the finish line trailer by 5:00 sharp.
Heat Sheets:	Running events will be seated after all changes are processed. Heats are created based on seed marks, slow heat to fast heat. Clerk will have heat sheets, so please make sure that your athletes are at the check in by 3 <sup>rd</sup> call. Athletes that are not at the starting line when their heat is called up will be scratched.
Timing:	Full Automatic Timing
Scoring:	No team scoring
Results:	Official results will be posted at <a href="http://www.ys-track.com">www.ys-track.com</a>
Awards:	No Awards are given for this Quad Meet
Spikes/Blocks:	Only ¼ inch pyramid spikes and the provided starting blocks are allowed.
Running events:	All check-ins are at the starting lines of the events. Whoever is not present after 3 <sup>rd</sup> call when heat is called up will be scratched.
Field Events:	4 attempts no finals, Pole Vault and High Jump will not be halted for any reason. If they conflict with another field event, make sure official of other event is notified, complete vertical jump first then go to the other event. Athletes have 5 minutes to check in at the other field event from the time they were eliminated from the vertical jumping event.
Starting Heights:	As needed (coaches meet)    Increments: 2 Inch HJ / 6 Inch PV

<p>Schedule:</p>	<p>Meet is conducted on a rolling schedule</p> <p>4:45 Coaches Meet</p> <p>5:00 Cut of for running event exchanges/scratches</p> <p>5:00 Long Jump Boys,  Long Jump Girls,  Pole Vault Boys and Girls combined  High Jump Boys and Girls combined  Shot Put Girls followed by Shot Put Boys  Discus Boys followed by Discus Girls</p> <p>5:30 4x800m Boys and Girls combined  100m Hurdles Girls  110m Hurdles Boys  100m Girls then Boys  1600m Girls then Boys  4x100m Girls then Boys  400m Girls then Boys  4x200m Girls then Boys  200m Hurdles Girls then Boys  800m Girls then Boys  200m Girls then Boys  4x400m Girls then Boys</p>
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