



Ryan Mors, CAA. Activities Director/Assistant High School Principal

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Yankton Quad Track & Field Meet:

Tuesday, April 11, 2023

**Field Events – 3:30 PM. Running Events – 4:00 PM.
Yankton High School Track, 1801 Summit St.**

Teams:

Aberdeen Central, Brandon Valley, Mitchell & Yankton

Meet Officials (Sanctioned by the SDHSAA):

Starter – Chad Gordon. Referee – Dave Dannenbring.

Entries:

Deadline for entries is Monday, April 10 at 6:00 PM.

Entries are unlimited. Please enter athletes by clicking on the link below.

<https://www.athletic.net/Help/Track.aspx?Meet=502150>

If there are questions about entries, please contact Eric VanLaecken at vanlaecken48@hotmail.com

Meet questions can be directed to YHS AD Ryan Mors at Ryan.Mors@k12.sd.us

or YHS Head Coach Geoff Gross Geoffrey.Gross@k12.sd.us

Timing:

FAT Timing will be utilized (Dakota Timing) with live results.

NO Entry Fee & NO Awards

Team Entrance & Bus Parking:

Please have your buses unload in the road directly south of the track. Please have your buses park in the parking lot to the SW of Yankton High School. There is a road that runs along the west side of the YHS property in-between YHS (to the East) and residential homes (to the West). The parking lot can be found at the far south end of that road. See attached map.

Team Camps:

Team camps can be set up in the grass behind the bleachers along the WEST side of the complex. Please pick up any garbage and throw in the garbage cans found around the facility and clean up your camp area at the end of the meet. **No sunflower seeds anywhere!** We ask that the shot put and discus only be thrown in designated competition areas. Throwing of footballs, baseballs, Frisbees, etc. in or around the track complex will not be allowed.

Concessions:

Concessions will be available.

General Information:

Spikes should be 3/16th inch only. Cut tennis balls will be provided for relays...no tape on the track please! Implements will be weighed prior to the meet in the Storage Shed in-between the shot and discus area. Locker rooms will not be provided.

Admission:

There will be no admission charged and there are no spectator limitations. Spectators are not allowed on the inside of the oval of the track.

TIME SCHEDULE:

Field Events:

Order – All Divisions- (4 Jumps/Throws NO finals)

3:30 PM – Long Jump(B) and Triple Jump(G)

High Jump (G)

Pole Vault (G & B)

Shot Put (G)

Discus (B)

Javelin (B & G)

Following – Long Jump (G) and Triple Jump (B)

High Jump (B)

Shot Put (B)

Discus (G)

All Pole Vaulters must be weighed-in at home and a coach must give the administrator signed weigh-in sheet to the person running the pole vault prior to vaulting.

Running Events:

Rolling schedule once started. All events Girls followed by Boys

**4:00 PM 4 x 800 (G)
 4 x 800 (B)
 High Hurdles
 100 Dash
 4 x 200 Relay
 1600 Run
 4 x 100 Relay
 400 Dash
 300 Hurdles
 Medley Relay
 800 Run
 200 Dash
 3200 Run
 4 x 400 Relay**