What is Track & Field?

- 18 events (described in more detail below)
  - 12 track events
    - 4 relays
    - 2 hurdles
    - 6 open events (range from 100m to 3200m)
  - 6 field events
    - 2 throws
    - 4 jumps
      - 2 horizontal
      - 2 vertical

What Track & Field IS NOT

- 3 Misconceptions

1. Track is only about running and I don’t like to run.
   - WE NEED PEOPLE THAT WANT TO JUMP AND THROW.
   - Field event athletes do not train like track athletes. Running is limited.

2. I can’t run miles and miles. I don’t like running that much!
   - WE DON’T NEED A TEAM FULL OF DISTANCE RUNNERS. We also need sprinters that want to run shorter distances really fast!

3. Track is Spring XC.
   - Other than the running factor, track has nothing in common with XC.
     - Our longest race is 3200m – XC race is 5000m. Got to get your motor going and sprint for our distance events.
     - Training is different than XC – more intense.
     - XC and road racing is all about long, slow twitch. Track is about quick twitch.
     - Stretching different/warm-up different.
     - Racing different in track.
     - We don’t use the word pace – WE DON’T PACE! There is a difference in racing and pacing. We use splits.

Track & Field Basics

- Athletes can participate in a maximum of 4 events per meet.

- Each team can enter one relay per relay event (with 4 alternates) and two athletes per event for all other events. (Some meets will allow more entries or allow schools to enter multiple teams i.e. “A” team, “B” team.)

- Varsity athletes must participate in 4 varsity track meets to be eligible for the region.

**Some Track Basics**
- Each Straight = 100 meters
- Each Curve = 100 meters
- 300 meters hurdles = Straight – Curve – Straight
- 1 Lap = 400 meters
- 2 Laps = 800 meters
- 4 Laps = 1600 meters
- 8 Laps = 3200 meters
- Relays
  - 4X100m – one straight or one curve each runner
  - 4X200m – one curve and straight each runner
  - 4X400m – one lap each runner
  - 4X800m – two laps each runner
- Break Line = point on the track when runners can move to 1st (inside) lane
- Exchange Zone = baton must be exchanged between points / a ---- b /.
- Leg of Relay = each runner (X4) is a LEG.

**Order of Events – Running Events**
In each running event, girls run first.

1. 4 X 800 meter relay – 4 athletes each running 2 laps – leg #1 moving to 1st lane after passing break line – exchange baton in exchange zone
2. 100 Meter High Hurdles (Girls) – 100 meters – 10 hurdles – stay in lane – straight
   110 Meter High Hurdles (Boys) – 110 meters – 10 hurdles – stay in lane – straight
3. 100 meter dash – 100 meters – straight – stay in lane
4. 4X200 meter relay – 4 athletes each running 200m – stay in lane – exchange baton in exchange zone
5. 1600 meter run – 4 laps – move to 1st lane at “break line”
6. 4 X 100 meter relay – 4 athletes each running 100m – exchange baton in exchange zone – straight or curve
7. 400 meter dash – one lap – athletes stay in lane
8. 300 Hurdles – straight – curve – straight – 8 hurdles – stay in lane
9. 800 meter run – 2 laps – athletes move to 1st lane after passing break line
10. 200 m dash – straight and curve – stay in lane
11. 3200m run – 8 laps – move to 1st lane after passing break line
12. 4 x 400m relay – 4 athletes each running 1 lap – leg #2 move to 1st lane after passing break line – exchange baton in exchange zone
Some Field Basics

- 4 Jumping
  - 2 horizontal (long and triple) – outward
  - 2 vertical (pole vault and high jump) – upward
- 2 Throwing – both horizontal – outward

- Run Way = lane or alley jumper runs through before jumping
- Box = Pole vault – steel area 6” deep where vaulters place pole tip before vaulting
- Board = painted area on run way where jumpers plant 1 foot for jump take off. (triple and long jumps)

Field Events

- Field events occur at the same time as the running events.
- Most field events are contested “cafeteria” style where you are given a certain amount of time to get your three jumps/throws completed. A field athlete may have to check out his/her field event to go compete in a running event.
- Typically girls compete first in the following field events: Long Jump, Discus, Pole Vault. Typically boys compete first in Triple Jump, Shot Put, High Jump. This is subject to change depending on the meet. Field athletes should listen for the calls for their event.

- Shot Put – steel round ball – athletes throw with one hand horizontal – outward
- Discus – round wood-steel or rubber flat circle – athletes throw with one hand horizontal – outward
- Long Jump – athletes run down run way placing 1 foot on the board – jumping off 1 foot horizontal – outward into a sand pit-box. (one jump)
- Triple Jump – athletes run down run way placing 1 foot on the board – jumping off 1 foot then landing on the same foot – then jumping off the other foot then jumping horizontal – outward into a sand pit-box. (three jumps – one leg each time)
- High Jump – athletes approach horizontal bar using a “backwards J” run way. At the bar jumper will jump off one foot attempting to jump over bar backwards – head first. Upon completion of jump athlete lands on back/shoulders onto a foam rubber mat.
- Pole Vault – athletes run down run way carrying a fiberglass pole 8’ to 15’ feet long, placing the tip of the pole into the box. As momentum continues vaulter is picked up off the ground by pole that is now bending. Vaulter is lifted up into the air by pole. Vaulter turns loose of the pole while up in the air attempting to jump over a horizontal bar and then falls onto a foam rubber mat. Safely!
Meets

- All-Comers
  - Usually local.
  - Usually during the week.
  - All of our high school athletes will compete.
  - Opportunity for athletes to compete and fight for spots.
  - Great time to try something different to see how you stack up against competition.
  - When looking at options for relays, coaches often look at times in open events.
  - Coaches do not usually have to enter specific athletes in events, so more flexibility in who competes in events.

- Invitationals
  - Selective, very limited.
  - We can only enter two athletes per open event and one relay per relay event.
  - Usually on Saturdays, sometimes Friday nights.
  - Top two athletes, regardless of grade, will compete.
  - Coaches usually must pre-select who will compete in each event one week prior to the meet. Substitutions are usually permitted.

- Other meets
  - Some meets further restrict entries.
    - Mason Dixon – indoor state meet – restricts teams to one athlete per open event and one relay per relay event.

- Meets are long – typically last a minimum of 4 hours.
  - Athletes are permitted to leave meets with parents after they complete all scheduled events. Must inform coach that they are leaving.

- Meets are busy – although only one running event occurs at a time; there could be up to six field events going on at once while running events are going on.

- An announcer will notify athletes/spectators what’s next – 1st call, 2nd call, 3rd call.

- Points/Scoring
  - Point values assigned to 1st, 2nd, 3rd, etc. to determine team score.
  - Girls and boys teams scored separately.