

## Track and Field Order of Events

\*\*\* You may ONLY be in **THREE events per meet**. Please tell your coach if you are entered into more events on the roster sheet. For example if you are a substitute for a relay.

The coaching bag will be located at the finish line.

### Field Events:

#### **Shot**

Girls 6lbs & Boys 8lbs shot

#### **Disc**

\*\*For both SHOT & DISC you will make THREE throws in a row. They should measure the longest throw. Ask for the distance and make sure it gets recorded. This includes all FOULS.

**High Jump** (usually located inside the track at one end of football field)

**OK if both Boys and Girls jump together in order to speed up event and limit the amount of times the bar gets moved.**

You get three attempts at each new height.

Girls: start at 3'10,4'0, 4'2, 4'4, 4'5, 4'6, 4'7....(2 inch intervals until 4'4)

Boys: start 4'0,4'3,4'6,4'9, 5'0, 5'1, 5'2,.... (3 inch intervals until 5'0)

**Long Jump** (usually located inside the track at one end of football field)

You get three attempts to make your farthest jump. This includes all FOULS.

### Running:

#### **100 Hurdles**

**100 Meters** (the straightway of the track—1/4 of the track)

**1600 (Mile)** (4 complete laps)

**4x1 relay** (4 people each run 100 m) Get a baton from my bag.

**400 meters** (one full lap)

**4x2 relay** (4 people each run 200 m) Get a baton from my bag.

**200 hurdles**

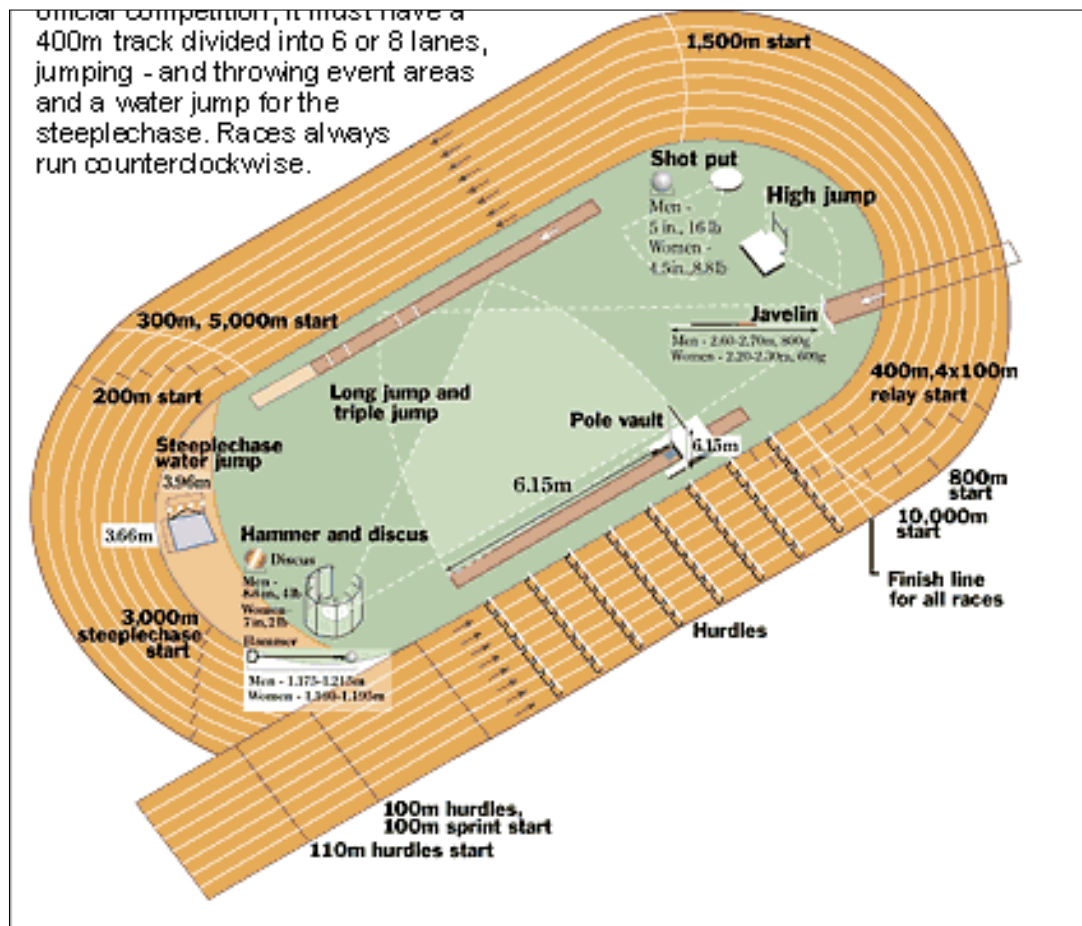
**800 meters** (2 complete laps)

**200 meters** (1/2 of one lap)

**4x4 relay** (4 people each run 400 m) Get a baton from my bag.

- The track is divided up into 4 equal parts of 100 meters. (2 straight ways & 2 curves)
- One lap is 400 meters.
- Always run hard PAST the finish line because you are competing against ALL runners in the race—not just your heat.
- The two fastest team members should always run in the first heat of the event.
- Always stay in your lane after your race.
- Record your times & distances on the coach's clipboard.
- Be at your event by 2<sup>nd</sup> call
- Remember to check out of field events in order to run your race. After running race you should return to field event and check back in.
- Remember to pick up and RETURN the batons to my coaching bag.
- NO JEWELRY or anything around your wrists! (including hair ties)
- Make sure all RELAY team members are wearing the same color under-armor.
- Relays –you have to stay in your assigned lanes.

- There are three commands to begin the race  
 “Runners take your mark”- Step up to the starting blocks and get your hands and feet in position  
 “Set”- Rise up into the starting position  
 Gun shot- movement begins and the race is on



**Track Bag -- PACK the NIGHT BEFORE!!**

- One bag for ALL track stuff.
- One bag for school stuff (Books & Folders)
- UNIFORM
- HOODIE & SWEAT PANTS
- SHOES
- Under armor (try and stick to BLACK)
- Extra pair of socks
- Hats, gloves
- Small blanket
- Rain Poncho and or umbrella
- Garbage bags (one to sit on, one to put belongings in, and one to wear)
- Baggie to keep Jewelry, money, & electronics (you are responsible for your stuff—don't bring it IF it is valuable.)
- Water bottle
- SNACKS—nutritional (dry cereal, peanut butter & jelly sandwich, granola bars, FRUIT)