

TRACK & FIELD GUIDE

Dear Parents and Students,

The rules of track can be complicated as to the order and rules of events, and the number and kind of events an athlete may participate in at the middle school level. We have created this information sheet in order to help explain the rules to students and parents who may be new to track & field.

Teams

There are four teams in track: **8th grade boys, 8th grade girls, 7th grade boys, and 7th grade girls**. The 6th and 7th grade are combined and run as one team at the 7th grade level. There is not a separate 6th grade level as there was in cross-country. Additionally, Viking School and River Trail School are combined to form one set of teams.

- Mr. Elman is the head coach of the boys' team and is in charge of the boys' line-ups.
- Ms. Szostak is the head coach of the girls' team and is in charge of the girls' line-ups.
- Mr. Magosky is the assistant boys' coach.
- Ms. Isbell is the assistant girls' coach.
- All of our coaches can help an athlete with any event.

Events

There are 13 different events in middle school track & field. They are divided into track events and field events. A student may only participate in up to four events at one meet. The only limitation is that a student cannot compete in the 4x100 relay and 4x200 relay at the same meet.

Running Events

These events are run on the track, one event at a time, usually in the order listed below. If the host school is using a sound system, they will typically announce when the event is coming up. "1st call" means participants should be aware that their event is approaching. "2nd call" means start heading towards the bullpen or starting line. "3rd or final call" means you should be at the bullpen or starting line waiting for instructions. Each event is run with the 7th grade girls first, followed by 8th grade girls, 7th grade boys, and then 8th grade boys.

Track Dimensions: A regulation high school track is 400 meters around (in the first lane). In races longer than 100 meters, and in relays, athletes use a staggered start to make up for the further difference in the outer lanes. The same line is used for the finish line in all events.

- **Hurdles:** Ten hurdles are set at equal intervals along the straightaway. The girls' hurdle race is 100M, and the boys' hurdle race is 110M.
- **100 Meter Dash:** A race down the straightaway.
- **1600 Meter Run (mile):** This race starts at the finish line. Usually the starting line is curved, known as a "waterfall," so that the participants in the inner lanes don't have an advantage. Participants may cut-in to the inner lanes right away, as long as they are two steps ahead of someone and will not cut them off. They run 4 laps around the track. The other option for this starting line is called "alleys," which is a staggered start of groups of two lanes. In an alley start, the runners may not cut in until they reach the "cut-in line" at the start of the next straightaway.
- **4x200 Meter Relay (800 M. Relay):** Four participants each run 200M (1/2 of the track) while passing a baton to the next runner within the exchange zone.
- **4x100 Meter Relay (400 M. Relay):** Four participants each run 100M (1/4 of the track) while passing a baton to the next runner within the exchange zone.
- **400 Meter Dash:** 1 lap around the track.
- **200 Meter Dash:** A race from halfway around the track to the finish line.
- **800 Meter Run:** 2 laps around the track. The waterfall or alley start is used for this race.
- **4x400 Meter Relay: (1600 M. Relay):** Four participants each run 400M (1 lap) while passing a baton to the next runner. 1st runner stays in his/her lane. The 2nd runner cuts in towards lane 1, once he/she crosses the cut-in mark/cone at the start of the straightaway on the far side of the track. 3rd & 4th runners then run in or near lane 1.

Field Events

These four events are typically run at the same time as the track events and they last for the duration of the meet. Athletes in a field event should report to the field event at the start of the meet. When it is time for them to participate in a track event, they should “check out” from the field event by telling the person running it that they need to go to a track event. When their track event is over, they should return to the field event to finish it.

- **Shot put:** This usually takes place at one end of the track or outside the track in a baseball field. Participants throw (put) a 4-kilogram ball (shot) as far as they can. They get three chances to throw and their furthest throw is compared with other participants' throws.
- **Discus:** This usually takes place in a baseball field outside the track area. Participants throw a 1-kilogram disc as far as they can. They get three chances to throw, and their furthest throw is compared with other participants' throws.
- **High jump:** This usually takes place inside of the track. Participants jump over a bar placed between two standards, without knocking the bar down. There are various ways to jump, but you must jump off of one foot. The starting height of the bar is determined by the host school. The bar is moved progressively higher, two inches at a time. Each participant gets three attempts at each height. The winner is the participant who clears the highest bar height. If there is a tie, then the previous height or total number of attempts is considered to break a tie.
- **Long Jump:** This usually takes place behind the bleachers, but can be elsewhere inside or outside of the running track. Participants sprint down the runway and leap off of a wooden board, jumping into a sand pit. The foot should hit as close to the front of the board as possible. They get three chances to jump, and their furthest jump is compared with other participants' jumps. If any part of the foot passes the front of the board, that attempt is scratched.

Scoring: At dual meets (2 teams), the 1st place winner of every individual event earns 5 points, 2nd place earns 3 points, and 3rd place earns 1 point. In relays, only 1st place is awarded. At triangular meets (3 teams), four places are awarded and the points are 5-3-2-1. In relays, 1st and 2nd places are awarded. When there are more teams, such as at the conference and sectional meets, the number of places usually equals the number of lanes on the track (6 or 8), with 1st place earning 10 points. The team that earns the most points wins the meet.

Prelims, Semis, and Finals: At large meets like Conference, Sectional, and State, there are several heats of each race and all times are compared to determine the winners. In the fastest events however, it is believed that competitors will run faster if they are up against other fast competitors. Therefore, the top 2 or 3 in each heat of the 100 meter dash and hurdles may be called back to compete against each other in 1 or 2 additional heats. These successive heats are prelims, semis, and finals. At these large meets, there are also final flights of the long jump, discus, and shot put, where the top competitors will get 2 additional attempts. Then all 5 attempts will be compared to decide the overall place.

We hope this information helps you to understand the track team and season better.

Directions: Here are directions to the tracks we will be competing at this season.

Antioch Community High School

1133 Main Street, Antioch

Take Rt. 41 north to Rt. 173. Go left on Rt. 173 past Deep Lake Rd. Pass the track and RR tracks and turn right into Antioch High School. Parents should park at the high school and walk east to the track.

Grayslake North High School

1925 N Route 83, Grayslake

Take Washington St. west to Rt. 83. Turn right on on Rt. 83, entrance to school is on the right (about 1.5 miles)

Grayslake Central High School

400 N Lake St., Grayslake

Take Washington St. west to Lake St. Turn left on Lake St. Turn right on Hillside Ave. Entrance is on the left.

Zion-Benton High School

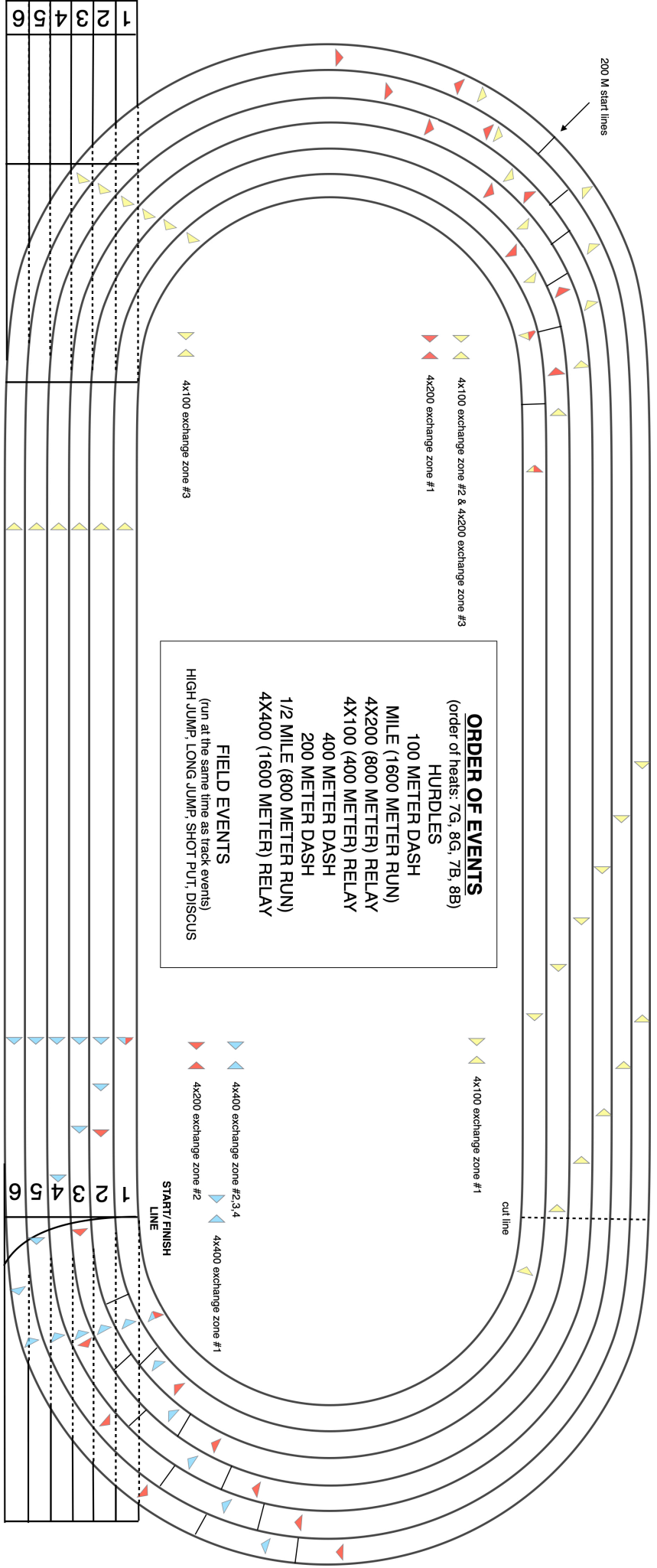
21st Street at Kenosha Rd., Zion

Take Green Bay Rd. north to Kenosha Rd. Turn right on Kenosha Rd. Turn right on 21st Street. The high school is on the right side.

Round Lake High School

800 N. High School Dr., Round Lake

Take Washington St. west to Cedar Lake Rd. Turn right on Cedar Lake Rd. Follow Cedar Lake Road to Rosedale Ct. (one-way street). Turn left. Follow Rosedale Ct. down into the high school. The track is on the south end.



ORDER OF EVENTS
 (order of heats: 7G, 8G, 7B, 8B)
 HURDLES
 100 METER DASH
 MILE (1600 METER RUN)
 4X200 (800 METER) RELAY
 4X100 (400 METER) RELAY
 400 METER DASH
 200 METER DASH
 1/2 MILE (800 METER RUN)
 4X400 (1600 METER) RELAY

FIELD EVENTS
 (run at the same time as track events)
 HIGH JUMP, LONG JUMP, SHOT PUT, DISCUS

1					
2					
3					
4					
5					
6					

110 M Start 100 M Start Waterfall Start Line