

BASIC TRACK & FIELD MEET KNOWLEDGE

The most important things to know when going to a track meet is the Order of Events. This Order of Events will not change for our Middle School Track Meets.

The order of running events is as follows:

- 1) 100m Hurdles
- 2) 100m Dash
- 3) 1600m Run
- 4) 4 x 200m Relay (This is also referred to as the 800m Relay)
- 5) 400m Dash
- 6) 4 x 100m Relay (This is also referred to as the 400m Relay)
- 7) 800m Run
- 8) 200m Dash
- 9) 4 x 400m Relay (This is also referred to as the 1600m Relay)

You **MUST** pay attention at the meet. There is an announcer calling out what events are being checked in. For **ALL** running events there will be an official called the **CLERK**. That is the person who will tell you what lane you are in and what **HEAT** you are to run in. A race can have several **HEATS**. For example, if there are 32 7th grade girls in the 100m Dash, only 8 can run at one time. So the 32 runners will run in four (4) groups of eight (8). Each group of eight is called a **HEAT**. The first group of eight is called Heat 1; the next group is Heat 3 and so on.

For each event there will be **THREE** (3) calls for your **EVENT**. When the announcer says **FIRST CALL**, you must start to get ready to go to where the Clerk is to check in. When the announcer says **SECOND CALL**, you should go check in with the Clerk or already be in the area where the Clerk is stationed. When you hear **THIRD CALL**, that means it's your last chance to check in because that event is about to start. You have to listen for the calls. Some schools use the P.A. System and some use Megaphones. With crowd noise, cheering and you holding conversations with your friends, the announcements tend to be missed. That is why it is so important to know what race is taking place and where your race is compared to the one that is going on at any given time.

Field Events:

The Field Events are as follows: Long Jump, Triple Jump, High Jump, Shot Put and Discus. The Order of Events can be different depending on the meet. The factors that cause this to change are, the amount of schools attending the meet, the number of jumping pits the host school has and the amount of throwing circles the host school has.

It is most common to see two (2) jumping pits, one for Long Jump and one for Triple Jump. It is also most common to see one (1) Shot Put circle and one (1) Discus circle. The host school will then alternate boys and girls.

Here is an example of a common Field Event schedule:

Pit 1: Girl's Long Jump 4:00 – 4:45 15 minute warm ups, then Boy's Long Jump 5:00 – 5:45. Pit 2: Boy's Triple Jump 4:00 – 4:45 15 minute warm ups, then Girl's Triple Jump 5:00-5:45.

High Jump Pit: Girl's 4:00-4:45 15 minute warm ups, the Boy's 5:00 – 5:45

****If there are two (2) High Jump Pits, the boys and girls will be run on separate pits starting at 4:00. Starting heights vary from meet to meet, with the heights generally higher at bigger meets. A typical Girl's starting height is 3'4" and a typical Boy's starting height is 4'2".**

Throwing Circle 1: Girl's Shot Put 4:00 – 4:45 15 minute warm ups, then Boy's Shot Put 5:00 – 5:45.

Throwing Circle 2: Boy's Discus 4:00 – 4:45 15 minute warm ups, then Girl's Discus 5:00 – 5:45.

If you are doing a Running Event along with a Field Event, **you must CHECK OUT of your Field Event and then go to your Running Event.** CHECKING OUT, is simply letting the person who is scoring your Field Event know that you are going to a Running Event and will come back to complete your Field Event. Always try to get your Field Events done early if you have running events. You do not want to wait too long, because once the official leaves the Field Event, you cannot make up any remaining Throws or Jumps.

SCORING AT A TRACK MEET

How a track meet is scored is based upon how many teams are at that particular meet. Each race is scored and after the entire meet is over the scores for each event are added together to get a total score.

For **meets with more than four (4) teams**, the scoring for each race or field event is as follows:

1 st	10 points
2 nd	8 points
3 rd	6 points
4 th	4 points
5 th	2 points
6 th	1 point

For a **Dual Meet (two teams)** the scoring for each race or field event is generally as follows:

1 st	3 points
2 nd	2 points
3 rd	1 point

In a Dual Meet, the winning relay team is the only team to get points for that event.

For a **Triangular Meet (three teams)** or a **Quad Meet (four teams)** the scoring for each race or field event is as follows:

1 st	5 points
2 nd	3 points
3 rd	1 point

For these types of meets, the first and second place relay teams get points for the event.