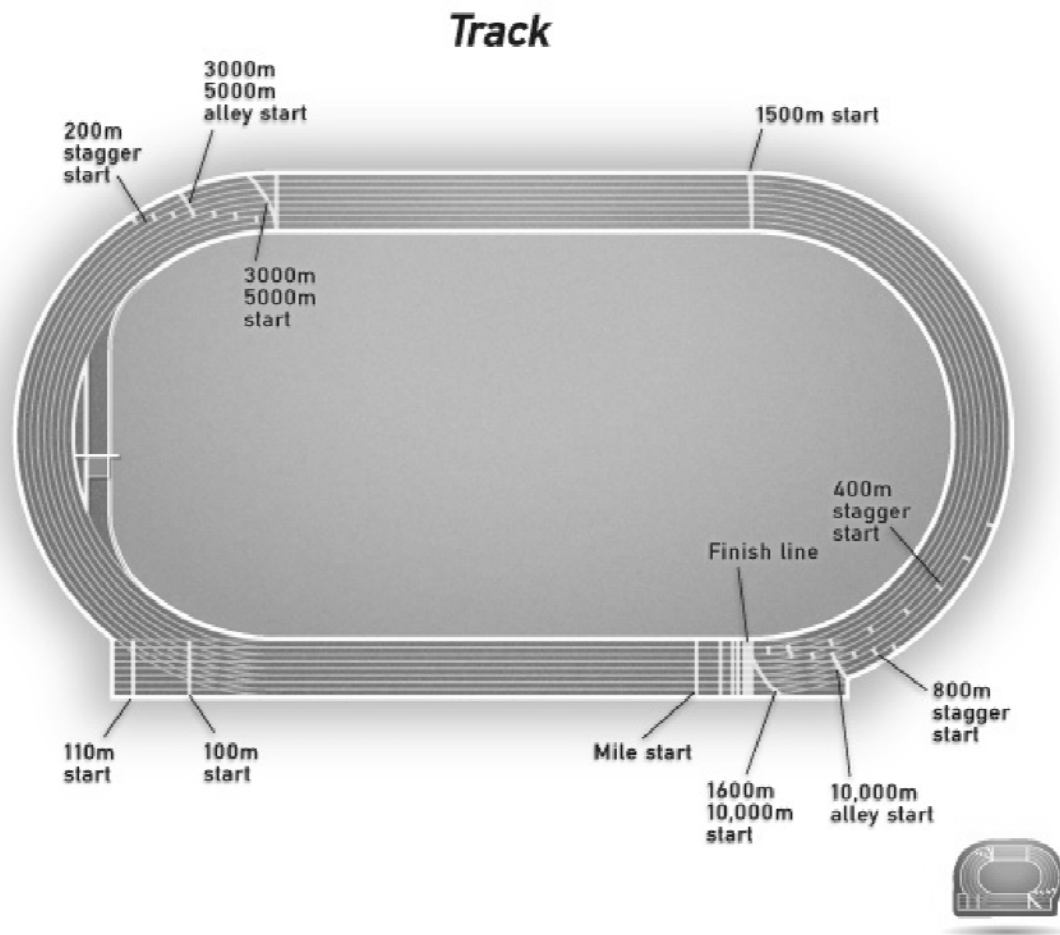


# Track and Field Primer

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## Running events.

All events are run on the track which is 400 meters around. The races run at the middle school level are 100, 200, 400, 800, 1600, 4x100 relay, 4x400 relay, 60 meter hurdles. The finish line for all events except the hurdles is the same place. The races start in various places depending on the distance.

Some races use a **staggered start**: The starting lines are staggered lane by lane to make up for the different distance of the curve in each lane, so that each athlete starts the same distance from the finish line.

Finishing: A runner is considered to have finished when their torso crosses the finish line. This is why you see the lean at the finish.

## Sprints

At the middle school level the 100 and 200 are considered the sprints, basically the runner goes all out.

## Middle Distance

At the middle school level the 400 is a middle distance event. Runners need a combination of speed and endurance.

## Distance

At the middle school level the distance events are the 800 and 1600. These events require the runners to have very good endurance.

## Hurdles

### 55 Meter Hurdles

A sprinting event in which the runners must go over five 30" hurdles. Requires speed, coordination and some jumping ability. Starts at the same place as the 100 Meters race and ends near the middle of the straight away.

### Flash team running records as of March 2018

RACE	5 <sup>th</sup> - Girls	5 <sup>th</sup> - Boys	6 <sup>th</sup> - Girls	6 <sup>th</sup> - Boys	7 <sup>th</sup> - Girls	7 <sup>th</sup> - Boys	8 <sup>th</sup> - Girls	8 <sup>th</sup> - Boys
100 M	16.22	15.34	14.34	13.44	13.34	13.24	13.64	12.24
200 M	32.94	31.94	31.54	30.44	27.04	26.54	28.74	24.74
400 M	1:20.24	1:09.64	1:08.10	1:02.14	1:06.63	57.55	1:04.74	55.28
800 M	3:03.47	2:44.54	2:47.94	2:27.24	2:36.24	2:23.24	2:27.44	2:10.37
1600 M	6:33.24	6:07.24	5:54.24	5:34.24	5:54.24	5:06.94	5:24.08	5:04.90
55 M Hurdles	10.84	10.94	10.15	10.82	8.85	9.74	9.64	8.64

**4 x 100 meter relay – Girls: 53.84, Boys: 51.74**

**4 x 400 meter relay – Girls: 4:37.44, Boys: 4:01.55**

**4 x 800 meter relay – Girls: 10:40.35, Boys: 9:40.09**

## Field events.

In middle school there are four field events: discus, shot put, high jump and long jump.

### Discus

A throwing event in which the athlete throws heavy disc (discus) object as far as possible. In middle school the discus weighs one kilogram (2.2 lbs). The distance thrown is measured from the throwing circle to where the discus first touches the ground. The discus is thrown from within a cage to protect against errant throws.

### Shot put

A throwing event in which the athlete puts a steel ball (shot) as far as possible. The shot weighs 6 lbs for girls and 4 kg (8.8 lbs) for boys. The distance thrown is measured from the throwing circle to where the shot first touches the ground.

### High Jump

A jumping event in which the athlete must jump over a bar without knocking it down. The athlete must jump off one foot. They will usually have 3 attempts at a height to successfully complete the jump. The athlete is credited with the highest jump they successfully complete.

### Long Jump

A jumping event in which the athlete must jump as far as possible horizontally. The athlete will jump into a sand pit. The distance is measured from the nearest mark in the pit to the take off board.

## Flash team field event records as of March 2018

EVENT	5 <sup>th</sup> Girls	5 <sup>th</sup> Boys	6 <sup>th</sup> - Girls	6 <sup>th</sup> - Boys	7 <sup>th</sup> - Girls	7 <sup>th</sup> - Boys	8 <sup>th</sup> - Girls	8 <sup>th</sup> - Boys
Discus	45' 10"	71' 7"	58' 5"	71' 7"	73' 0"	98' 11"	76' 8"	124' 11"
Shot Put	19' 11"	32' 1"	28' 7"	32' 1"	31' 0.5"	34' 5"	30' 9"	37' 5"
High Jump	3' 6"	4' 2"	4' 2"	4' 5"	4' 6"	4' 10"	4' 9"	5' 4"
Long Jump	12' 4"	14' 4.5"	14' 3.25"	16' 1"	15' 7"	16' 6"	15' 3.5"	16' 11"

## Track meet scoring

There are a few types of meets.

### Regular season meets

- Between two and five teams compete on one date. Scoring is done between each pair of teams. For example if the meet has teams A, B and C then there is a score for A vs B, B vs C and A vs C. Usually no limit on the number of participants.
  - Scoring is done based on the top three finishers between the two teams being scored. There is 5 points for first, 3 points for second, 1 point for third. One does not have to be in the top three overall to score points. For instance if in a race, the overall finishers are A1, A2, B1, B2, B3, B4, B5, C1. In A vs B, A would get 1st and 2nd, B would get 3rd. In B vs C, B would get 1st, 2nd and 3<sup>rd</sup> and C would get nothing. In A vs C, A would get 1st and 2nd, C would get 3rd.
  - You may not win a race, but you could still get 1st place against one of the teams involved.

### Invitational meets

- Usually a large number of teams (7+) and there may or may not be team scoring. There may be limits on participation.

### Championship meets.

- A very large number of teams (14 at our conference, over 50 at the state championship) and team scoring. There are limitations on participations. The limits are a limited number of participants per event and/or a qualifying performance is needed.

In Invitational and Championship meets, the scoring is either top 6 places or 8 places overall. If they do 6 place scoring the points are 10, 8, 6, 4, 2, 1. For 8 place scoring it's 10, 8, 6, 5, 4, 3, 2, 1.

- At big meets, you don't have to win or even come in second to contribute to the team score. At big meets teams win by having those 6<sup>th</sup>, 7<sup>th</sup> or 8<sup>th</sup> place finishers.