

2012 Gregory Track & Field

Everything you've always wanted to know about track and field...and more, according to Coach Wes ☺

Welcome to Gregory Track & Field. I want you to have this resource to help you as we begin the track season. It is filled with situations, definitions as well as little tips to help you along throughout the season.

Order of Events:

Hurdles

800 Medley Relay

100M Dash

1600M Run

400M Relay

400M Dash

800M Relay

800M Run

200M Dash

1600M Relay

Field Events

Shot put: The Shot is an 8 pound metal ball that is “put”, not thrown, as far as possible within a triangular shaped landing area. Measurements are taken from the edge of the ring to where the shot lands, not rolls. Rules state that participants must enter and exit through the back half of the throwing ring. Any violation is called a “scratch” and the throw does not count. Examples of a scratch include: stepping out of the ring through the front, not putting the shot from the neck area, or stepping outside the ring to throw. Participants get 3 attempts per meet.

Discus: Very similar to the Shot put. A 2.2 pound disc is thrown inside a triangular landing area for distance. Measurements are taken from the edge of the ring to where the discus lands, not rolls. Rules state that participants must enter and exit through the back half of the throwing ring. Any violation is called a “scratch” and the throw does not count. Examples of a scratch include: stepping out of the ring through the front, stepping on the edge of the ring, or stepping outside the ring to throw. Participants get 3 attempts per meet.

Long Jump: Long jump participants run down the runway and leap as far as possible with the use of a takeoff board and safely land in a sand pit. Measurements are taken from the far edge of the board to where the participant lands. 3 attempts per meet.

Triple Jump: Similar to Long jump with the addition of a skip and hop step. Any violation is called a “scratch” and the jump does not count.

2012 Gregory Track & Field

High Jump: Participants attempt to clear a bar that starts at a given height for each grade level and gender. It is gradually raised by 2 inches. Participants are allowed to either attempt a jump or pass at each height. Contestants are allowed 3 total misses before they are out. Ties are broken by number of misses at previous heights.

Hurdles: Hurdles are a running event that we at Gregory practice during field events. 100 meters for girls, 110 meters for boys. It is a sprint that involves the clearing of 10 obstacles over the course of the race. Contestants must stay in their lane the entire time. There is no penalty for hitting a hurdle, however it may slow down your time. Participants may not hit a hurdle intentionally.

Running Events:

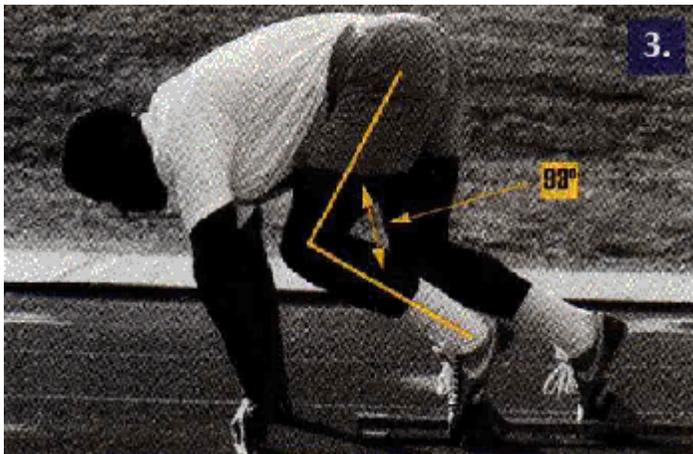
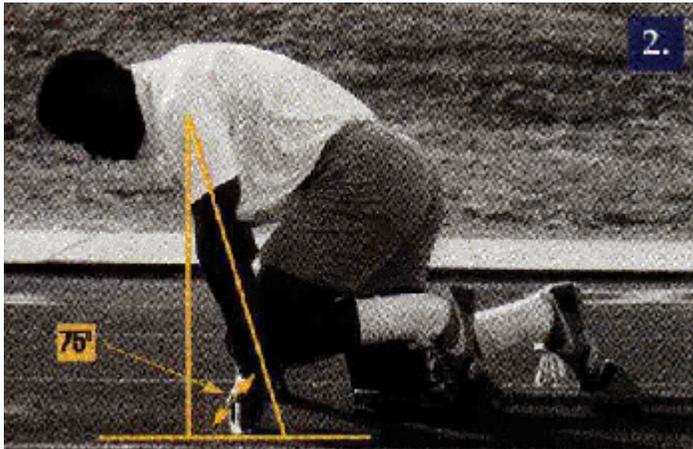
Starting: For all running events the starter will either use a 2 command or 3 command start. A three command start is, “Runners take your mark, set and then fires the gun.” Three command starts are used for relays and sprints. A two command start is usually used for only the 800 and 1600, “Runners set, and then the gun.”

Finishing: ALWAYS run all the way through the finish line!!! Never slow up. Don't stomp on the finish line, rather run through as though you were running ten more meters. Lean slightly forward at the line. No celebrations or displays of frustration are allowed as both may lead to a disqualification.

800 M Medley relay: (100, 100, 200, 400) 4 participants from the same team. Your feet or hands must be completely behind the starting line. First person runs a 100M dash and hands off to the second, they run another 100M and hand off. The third leg runs a 200 M dash and hands off to the anchor (anchor is the person who runs last) who runs a 400M dash. A baton is handed off by each member of the team within the exchange zone area. The baton must be handed off legally inside the exchange zone which is marked by colored triangles. For this race the first 3 members must stay in their lanes. The anchor may pass other teams and leave their lane. **Do not leave the exchange zone without the baton!!!! (even if that means you have to stop)**

2012 Gregory Track & Field

Starting Blocks: A device used to assist in sprint starts. You must line up behind the starting line. Place the blocks one “foot” length behind the starting line. If you are right handed you would usually place your left foot forward in the blocks and your right foot a little further back. On the set command you will raise your hips so your front leg is at 90 degrees and your rear leg is at 120 degrees. On the gun, you push off the blocks and explode forward towards the finish line while accelerating and gradually rising up into a good running form.



100M dash: The shortest event in track. Runners may use a standing start or use starting blocks. Your feet or hands must be completely behind the starting line. The starter will use a 3 command start. The object is to run as fast as possible in your lane all the way through the finish line. Come back in your lane to receive your time from the timer. Leaving your lane for any reason results in a disqualification.

2012 Gregory Track & Field

1600M Run: A distance race that is 4 complete laps around the track. Your feet or hands must be completely behind the starting line. Runners will start in “alleys” these are two lane areas that runners must stay in for the first turn on the track only. After the first turn there is a “cut line”. An official is there to announce that you may move into an inside lane if you have a lead. A gun will sound after the leader has completed 3 of the 4 laps. This is known as the gun lap. It lets other runners know where they are in relation to the leader. Following your race you will be placed in the order you finished in next to the fence and will be given your time.

400M Relay: 4 participants from the same team. Your feet or hands must be completely behind the starting line. Each person runs a 100M dash and hands off to the next teammate within the exchange zone. The baton must be handed off legally inside the exchange zone which is marked by colored triangles. All members of the relay stay in their lanes for the entire race. **Do not leave the exchange zone without the baton!!!! (even if that means you have to stop)** The last member is responsible for getting the team’s time from the timer.

400M Dash: Runners may use a standing start or use starting blocks. Your feet or hands must be completely behind the starting line. The starter will use a 3 command start. The object is to run as fast as possible in your lane all the way through the finish line. Come back in your lane to receive your time from the timer. Leaving your lane for any reason results in a disqualification. You must stay in your lane for the entire race.

800M Relay: 4 participants from the same team. Your feet or hands must be completely behind the starting line. Each person runs a 200M dash and hands off to the next teammate within the exchange zone. The baton must be handed off legally inside the exchange zone which is marked by colored triangles (which may be different for each competitor depending on the track we run at). **Do not leave the exchange zone without the baton!!!! (even if that means you have to stop)** All members of the relay stay in their lanes for the entire race. The last member is responsible for getting the team’s time from the timer. .

800M Run: A distance race that is 2 complete laps around the track. Your feet or hands must be completely behind the starting line. Runners will start in “alleys” these are two lane areas that runners must stay in for the first turn on the track only. After the first turn there is a “cut line”. An official is there to announce that you may move into an inside lane if you have a lead. A gun will sound after the leader has completed 1 of the 2 laps. This is known as the gun lap. It lets other runners know where they are in relation to the leader. Following your race you will be placed in the order you finished in next to the fence and will be given your time.

2012 Gregory Track & Field

200M Dash: Runners may use a standing start or use starting blocks. Your feet or hands must be completely behind the starting line. The starter will use a 3 command start. The object is to run as fast as possible in your lane all the way through the finish line. Come back in your lane to receive your time from the timer. Leaving your lane for any reason results in a disqualification.

1600M Relay:) 4 participants from the same team. Your feet or hands must be completely behind the starting line. First person runs a 400M dash and hands off to the second, the second runner must run the first curve in their lane. After the 1st 100M they will pass the “cut line” and may move to an inside lane and pass runners as needed as long as they have a lead. The third and fourth runners do not have to stay in their lane. A baton is handed off by each member of the team within the exchange zone area. The baton must be handed off legally inside the exchange zone which is marked by colored triangles. **Do not leave the exchange zone without the baton!!!! (even if that means you have to stop)**
The last member is responsible for getting the team’s time from the timer.

FOR ALL EVENTS IT IS YOUR RESPONSIBILITY TO FIND OUT YOUR EXACT TIME, HEIGHT OR DISTANCE AND REPORT IT. IF YOU DO NOT REPORT YOUR SCORE IT IS AS THOUGH YOU WERE NEVER AT THE MEET. YOU MAY NOT RECORD YOUR SCORE AFTER THE MEET OR THE NEXT DAY.

Leaving the meet: You are allowed to travel home from a meet with your parents. It is the athlete’s responsibility to make sure that your parent has signed you out properly. There will be a clipboard in the bleachers with an adult present to keep track of who has signed out. You may travel home with another athlete’s parent if we have written permission from your parent. If you do not have written permission, you will ride the bus home with the team.

Common Track Terms:

Bullpen: The area of the track where athletes check in for running events. Please report to the bullpen when you hear, “1st call” for your event.

Infield: The football or soccer area inside the track. No reason for anyone with the exception of the coaches to be in this area. Schools become very frustrated when athletes are continually on the infield. Gregory students should be in the bleachers, on the track or in the bullpen.

2012 Gregory Track & Field

Finish Line: Area surrounding the finish area where Timers and Officials gather. Unless you are finishing an event, this is not an area you need to be hanging out in.

Kick: A speedy finish to a race. Mr. Reagan ran the last 40 meters in the 400M dash very quickly. He had a great “kick”.

Scratch: Any violation in a field event.

DQ: Short for disqualification NOT Dairy Queen.

False Start: An unfair advantage gained at the start by beginning a race early. A second gunshot is fired to alert all runners to stop and return to the beginning.

Fartlek: A running drill that involves a change of pace between jogging and sprinting.

Jewelry: Something we never wear at track. Wearing of jewelry is an automatic disqualification. Please remove all jewelry before track practice and meets. This includes bracelets, ankle bracelets, rings, etc. If you weren't born with it...it is jewelry.

Bleachers: Where you should be, cheering on your teammates, when you are not competing or warming up.

Alone: Something you should never be at a track meet. Always go to the restroom with a teammate. Travel together. Look out for one another. Warm up in a group in an appropriate area.

Equipment: You will be issued a uniform top and bottom as well as a sweatshirt. These are used for track purposes ONLY. The sweatshirt does not get worn to and from school or out on weekends. We want our equipment to last as long as possible. You are financially responsible for any loss or damages to your equipment.

Baton: Metal or plastic tube that is passed from one teammate to the next during the course of a relay. The baton must be passed in the exchange zone only. Never drop a baton, it is very bad luck. Just like the spirit stick at cheer camp. Just kidding, had to see if you were still reading 😊

2012 Gregory Track & Field

Injuries: You **NEED** to tell your coach about injuries that occur at practices or meets. We are responsible for your safety and well-being. You **WILL** feel sore the first week or so of the track season. Many of you have been out of season or have been doing some non-track activities. Your body will adjust as you stretch daily and use some of these new found muscle groups. Rest and Ice are two great ways to help you after practice.

I hope this helps you get started in the Gregory Track Program. We are looking forward to a fun and successful season. Remember our motto:

**RUN FAST;
TURN LEFT**

Sincerely,

Coach Wes ☺