Track 101

Start/
Finish

1 2 3 4 5 6 7 8

1 2 3 4 5 6 7 8

- 8 or 9 lanes

- Lane 1 is always inside lane

- Always run counter-clockwise

- One lap in lane 1 is 400m

- Staggered starts make all distances equal by the finish line

Track 101

Meet Layout

Shot put and long
jump locations
vary by facility

High jump

Race staging by grade

8 **7** **6** **5** **4** **3** **2**

Clerks and shepherds

Timers

First aid

Recorders
Proofreaders
Volunteer check-in

Judges

1 2 3 4 5 6 7 8

1 2 3 4 5 6 7 8

Softball throw - boys

Softball throw - girls
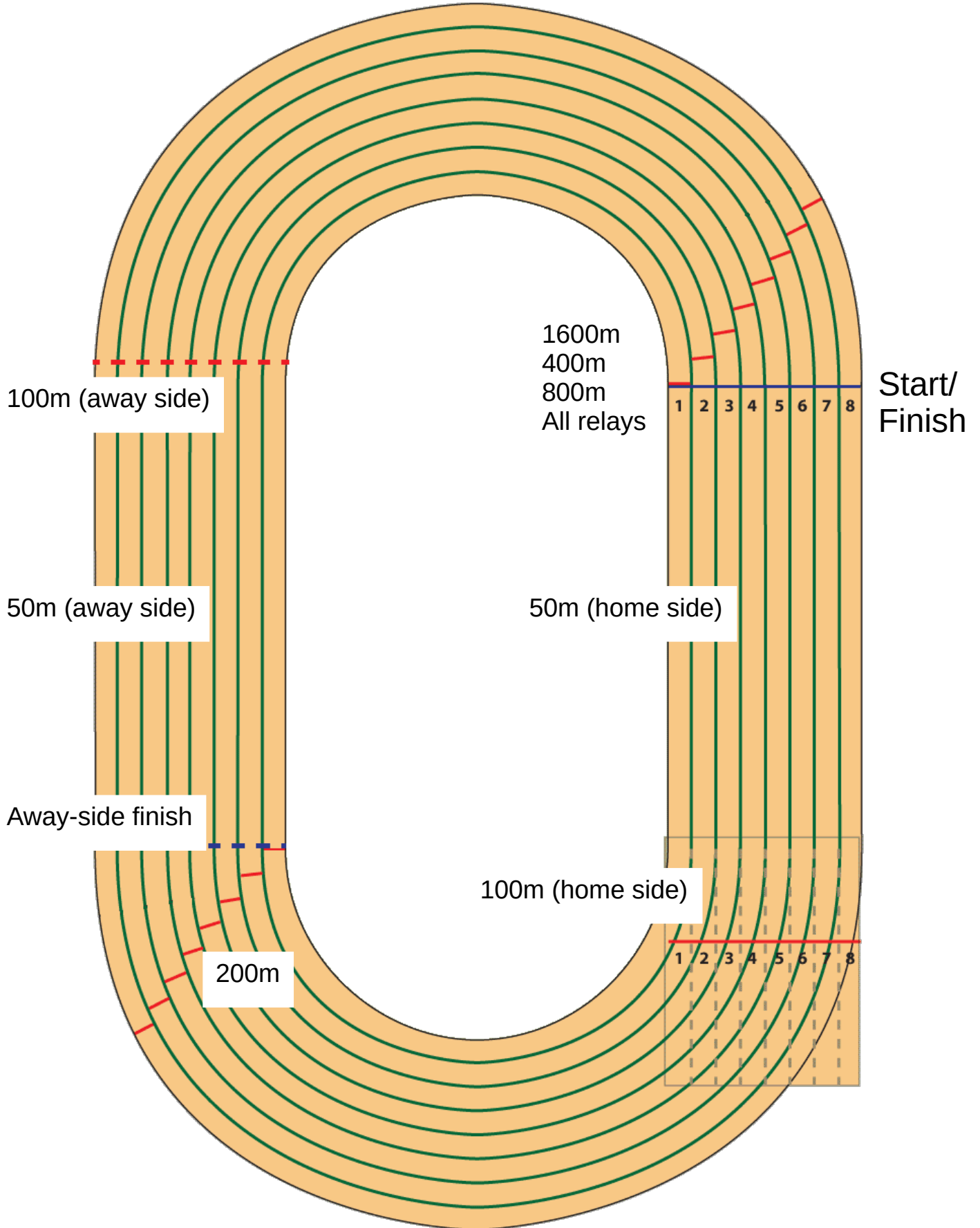
- Always the same order at every practice meet
- Girls run an event, then boys run the same event:
  - Grade 2, then 3, then 4, then 5... though 8

1) 1600m
   - Four full laps
   - Start on a special curved line: "waterfall" start
   - Everyone runs in lane 1 (passing OK in other lanes)
2) 4x100m relay
   - One lap total, each runner ("leg") travels 100m
   - Pass baton from leg to leg within special marked zones
   - Everyone stays in their lane
3) 400m
   - One full lap
   - Stay in lane
4) 50m (both sides of track)
   - Half the length of the straights
   - Start line marked with tape on both home and away sides
   - For grades 2-5 only
5) 100m (both sides of track)
   - Whole length of straights
   - Start line may be painted (home side) or taped (away side)
6) 800m
   - Two full laps, all run in lane 1
   - "Waterfall" start like 1600m
7) 200m
   - Half a lap
   - Stagger start in far turn, finish in usual place
8) Medley relay
   - 100m, 100m, 200m, 400m
   - Stay in lanes except last leg, who merges to lane 1
9) 4x400m relay
   - One full lap per runner
   - First leg runs in lane, others merge and run in lane 1

Track 101   **Race Event Starts**

100m (away side)

50m (away side)

Away-side finish

200m

1600m
400m
800m
All relays

1 2 3 4 5 6 7 8   Start/
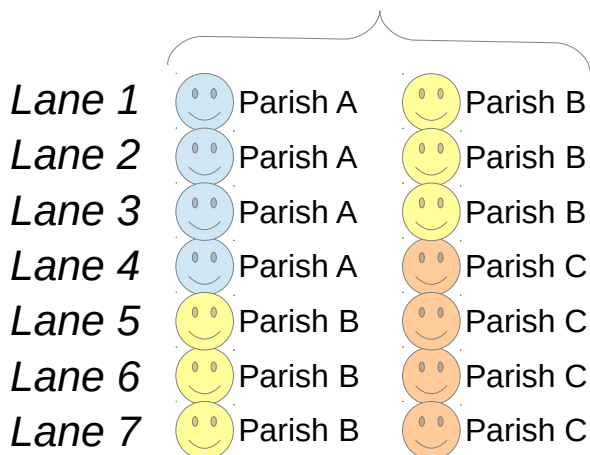Finish

50m (home side)

100m (home side)

1 2 3 4 5 6 7 8

- Clerk
    - Sign in athletes by grade & gender
        - Boys on boys' sheet, girls on girls' sheet
    - Write down name, number, parish for individual races
    - Write down numbers of each leg & last leg details for relays
    - Set up same-sized "heats" within grade per event
        - See diagram at bottom: blend parishes in each heat
        - Tip: leave gaps on sheet as you sign in
        - Tip: physically group athletes before sign-in for popular races

- Head Clerk
    - Gather sheets from clerks
    - Juggle/mark lane assignments as needed to ensure mix
    - During relays: pull teams up to lane blocks for dismissal
    - Get sheets to finish line recorders

- Shepherd
    - Guide each heat to the start line & provide crowd control
    - During 50m, 100m, 200m: stage athletes on the track in lanes
    - During relays: mark lane on athlete's hands & walk each leg to appropriate starting location

Bad: Heats are not mixed up at all, very unbalanced

Better: Mixed is good, but teammates in adjacent lanes are hard for timers and judges to see
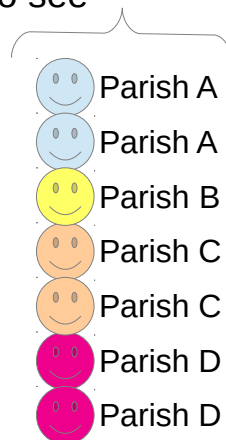
Best: A blended race, with teammates divided up across lanes. It's more competitive, and easier to judge

Lane 1	Parish A	Parish B	Parish A		Parish A
Lane 2	Parish A	Parish B	Parish A		Parish C
Lane 3	Parish A	Parish B	Parish B		Parish B
Lane 4	Parish A	Parish C	Parish C		Parish D
Lane 5	Parish B	Parish C	Parish C		Parish A
Lane 6	Parish B	Parish C	Parish D		Parish C
Lane 7	Parish B	Parish C	Parish D		Parish D

- Timer
    - Press a button when athlete's <u>torso</u> crosses line
    - Watching for a *place* (not lane), e.g., button 5 = 5th place, but...
    - Remember the lane where your athlete finished!
    - Work with judge to make sure you have the right lane
    - Hand popsicle stick to your athlete in their lane

- Head Timer
    - Always has button #1
    - Reset timer before each race
    - Raise white flag to show readiness to starter, or red if not
        - For relays, check for all corner flags first
    - Start system by pressing plunger when smoke from pistol seen
    - After race: remove paper tape and get to recorders

- Backup Timer
    - Uses stopwatch to capture times in case of timing system meltdown
    - Read back times to recorders as needed

- Recorder
    - Get sheet(s) for current race from clerks
    - Record each athlete's place from popsicle sticks
    - Record times from timing system tape
    - Place athletes per grade and gender per event
        - Sometimes we combine, so each grade/gender should have 1st place, 2nd place, etc.

- Auditors/Proofreaders
    - Gather up sheets from recorders
    - Check that each event has turned in sheets for all grades, even if no athletes ran
    - Verify that times were copied correctly from tapes
    - Make sure every event has places with <u>no ties</u>
    - Place finalized sheets in meet binder

Finish position
shown here,
with total number
of times recorded

Finish times
shown here

1. Push either "A" button with gun to start

2. Push either "A" as each racer finishes

3. Push "C" after all racers complete, then

4. <u>Hold</u> "C" ~2 seconds to get times

5. Each press of "C" shows place and time,
   slowest to fastest **in top row of numbers**

6. <u>Hold</u> "A" after all times recorded to reset

- Judge
  - Work with a partner in the timers to note lane of a <u>place</u>
    - "The 3rd place runner finished in lane 5"
    - So: show five fingers to timer, you should agree!
  - During relays: be a corner judge
    - Show red flag while athletes get into position
    - White or yellow flag when ready
    - Watch baton passes: should be inside marked zones on track
    - At qualifying meet and beyond: note lane & team of bad passes for disqualification (show red flag if a bad handoff)
    - Dismiss athletes after passes complete and DQ's resolved

- Starter
  - Instruct athletes as to nature of race
    - Number of laps
    - Whether to stay in lanes or not
  - Lead athletes out to stagger marks for most races
  - When white flag raised by head timer...
  - Follow steady cadence for each race:
    1) "Runners ready" (free arm raised and held up)
    2) "Get set" (gun arm raised and held up)
    3) (Pull trigger to start race)
  - Fire again in case of false start
  - Reload the pistol!

- Finish Line Coordinator
  - For races in lanes:
    - Remind athletes stay in lanes at end of race (i.e., yell)
    - Supervise stick-passing ritual from timers → athletes
  - Make sure first leg of all relays has a baton
  - For non-lane races (1600m, 800m, Medley & 4x400m relays):
    - Pass out sticks to finishers with helper, usually a timer
    - One takes odds, one takes evens
  - Dismiss athletes to recorders, in order
  - Collect batons for next race at end of relays for use in next heat

- Volunteer Check-In
    - Stationed at recorder's table
    - Have assigned volunteers initial next to names on sheets
    - Note bonus volunteers and assign to open jobs

- Announcer
    - Recruit athletes to read opening prayer over PA
    - Read from call sheet for upcoming events
    - Each event gets three calls, with time in-between
        - Try to be about ½ event ahead of the meet to keep it moving
    - Calls done by gender and a group of grades, e.g.

    "First call for girls 400m, grades 2-5"
    "Second call for boys 4x100m relay, grades 6,7,8"
    "Final call for girls shot put, all grades"

- First Aid
    - Stationed at tent on field behind recorders
    - Provide aid, water, a shady place to sit for overheated athletes
    - Inform meet officials/coach in case of more serious problem

- Marshal
    - Limit track crossings while races are underway
    - Control traffic flow of athletes/coaches to/from the field

Track 101   **Softball Throw**

- Athletes gets <u>three</u> tries to throw a softball for distance
    - <u>Three</u> practice throws allowed (but not required)
    - All throws can be done at once
    - Throw from goal line toward center of field: toes behind the goal line
    - A "run up" is OK, but keep behind the line!
- Two different lanes
    - Boys on one side, girls on other (can combine late in the day)
    - Landing outside the lane is a scratch

- <u>Recorder/Judge #1</u>
    - Sign in athletes on proper sheet by grade and gender
    - Calls athletes to throw
    - Holds tape pulled <u>perpendicular</u> to throw line (see diagram)
    - When event closes: rank athletes per grade and gender, use 2nd throw to break ties (go to 3rd as necessary)
- <u>Judge #2/Shagger</u>
    - Note landing point of throw and leave marker
    - Holds "zero" end of measuring tape at markers
    - Rolls balls back

Throw #1 landed here

measuring tape

Throw #3

measuring tape

measuring tape   *Throw #2*
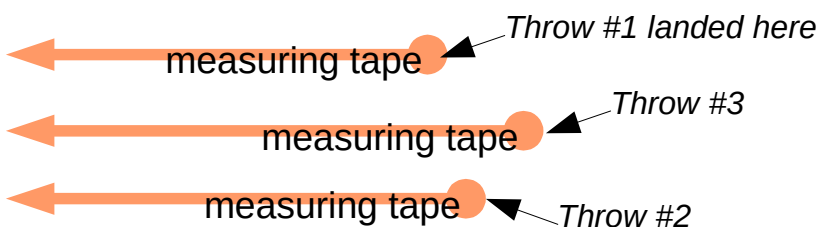
- Mark the landing point of each throw
- Measure straight back to the goal line: do not angle tape or "eyeball" measurement
- Throw distance is read from where tape crosses the goal line
- Measure to the nearest ¼ inch

- Athletes gets <u>four</u> tries to "put" (throw) the shot
  - <u>Three</u> practice throws allowed (but not required)
  - All throws done in rotation: Athlete A, then B, then C, then A...
- Safety is critical
  - No spikes in the throwing ring
  - Athletes enter and exit through back of the ring
  - Shot are rolled back to start

- <u>Recorder</u>
  - Sign in athletes on proper sheet by grade and gender
  - Calls athletes to throw, marks each attempt
  - When event closes: rank athletes per grade and gender, use 2nd throw to break ties (go to 3rd or 4th as necessary)
- <u>Raker/Judge #1</u>
  - Note landing point of throw
  - Holds "zero" end of measuring tape at impact point
  - Smooth sand with rake as needed after measuring
  - Rolls back shot to start
- <u>Judge #2</u>
  - Holds remainder of tape, pulled to center of ring (see diagram)

Shot landed here

measuring tape

exit
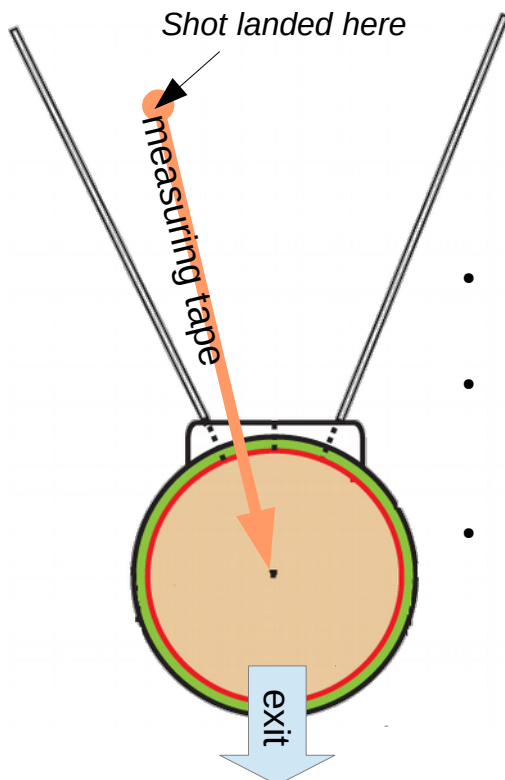
- Measure from the landing point of the shot back toward the center of the ring

- Throw distance is read from where tape crosses the sand-side edge of the toe line (often a metal bar)

- Measure to the nearest ¼ inch

- Athletes try to clear bar at increasing heights
  - Bar must remain on uprights during jump and...
  - While athlete is in the air or on the pit (the big cushions)
- Three practice jumps: height varies per grade, indicated on sheets
- Athletes jump in rotation: Athlete A, athlete B, athlete C, athlete A, etc.
- Three attempts allowed at each height
  - 5 or more jumpers: raise 2" after <u>all jumpers in a grade</u> complete/pass a height
  - 4 jumpers or fewer: raise 1" after <u>all jumpers in a grade</u> complete/pass
- Special marks for every jump:

  X = athlete cleared the bar at the height shown

  O = athlete missed the jump: bar fell during jump or while on pit

  P = athlete chose to pass (skip) this height
- Two-footed jump counts as a miss
- Three misses at a height ends an athlete's jumps

- <u>Recorder</u>
  - Register athletes and call jumpers
  - Confirm heights
  - At end of event: place jumpers by grade and gender
    - Highest cleared jump is 1st place
    - Fewest number of misses at a height to resolve a tie
- <u>Judges #1 and #2</u>
  - Adjust uprights and measure bar height from center of bar to ground
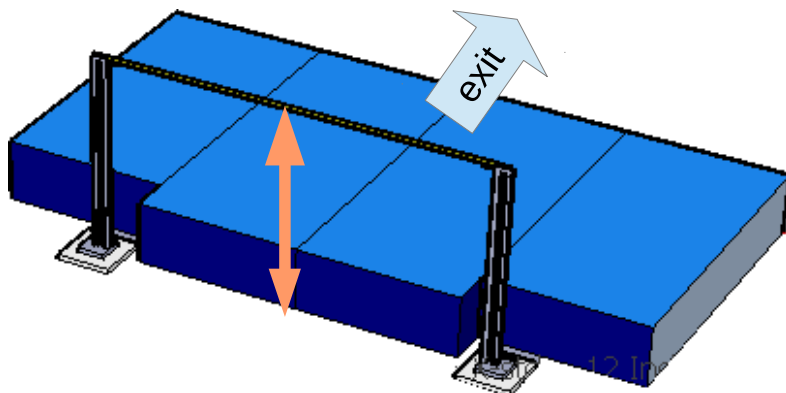
exit

- Bar height measured from center of bar to the ground

- Athletes should exit off <u>back</u> of pit as quickly as possible to be safe and avoid a miss if bar falls

- Mark every jump with the correct symbols

P | Athlete elected to pass at this height

O | Athlete missed the jump (think: zero points for a miss)

X | Athlete cleared the jump

- Once cleared, the athlete is <u>done</u> at that height
- Three misses ends the athlete's event: last cleared height is their best

- When ranking, look at the overall record to resolve ties:

Athlete A: | O | O | X | Athlete B is the winner:
                                     cleared the bar sooner
Athlete B: | O | X | at the height

Athlete C: | O | X | Athlete C is the winner:
                                     jumped and cleared
Athlete D: | P | instead of opting to
   pass

- Raise 2" when there are more than 4 jumpers
- Raise 1" when there are 4 or fewer
- Keep going: <u>no ties</u> should be present in the results

- Athletes take a running jump into a sand pit
    - Three practice jumps, and three recorded jumps
    - Boys and girls on own sheets, usually in own pits
- Athletes jump in rotation: Athlete A, athlete B, athlete C, athlete A, etc.
- Athletes start along a runway and may step <u>on</u> a "board" (wide taped line) to jump
    - Jumping early is OK, but you can advise athletes to start closer
    - Jumping on the board is OK
    - Jumping <u>past</u> the board is a scratch
- Measure from the impact point closest to the board, straight to the inner edge of the board
    - Athletes should try to fall forward, not back!

- <u>Recorder</u>
    - Call athletes in turn and record jumps
    - When event closes, mark place per grade and gender
    - Resolve ties by looking at 2nd farthest jump, then 3rd farthest
- <u>Raker/Measure #1</u>
    - Hold zero end of measuring tape
    - Rake sand smooth between each jump
- <u>Measure #2</u>
    - Pull tape taught and straight to sand-side edge of board
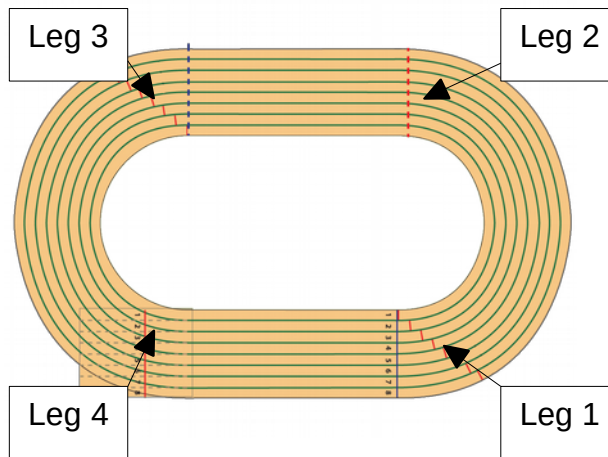   - Read off mark to the recorder, to nearest ¼ inch

Take-off board
(duct tape)
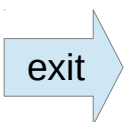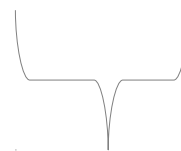
exit

- Jump distance is closest mark in sand to inside edge of board
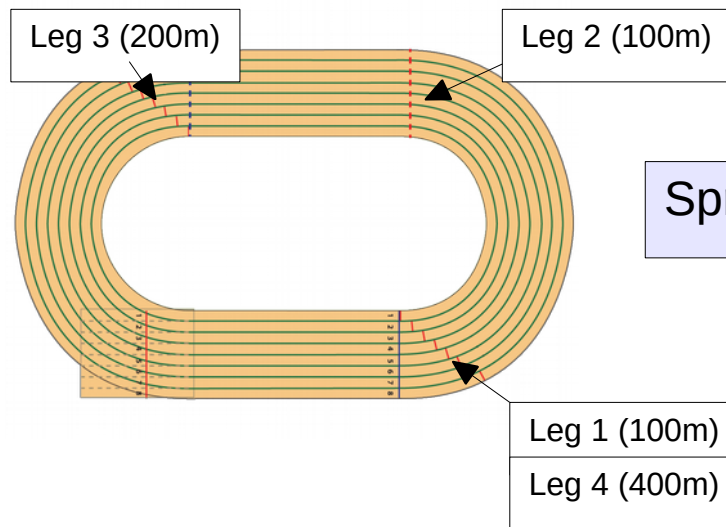- Athletes should exit out back of pit: the side opposite the runway

- Normal 400m stagger to start
- All runners stay in lanes whole race

Leg 3   Leg 2
Leg 4   Leg 1

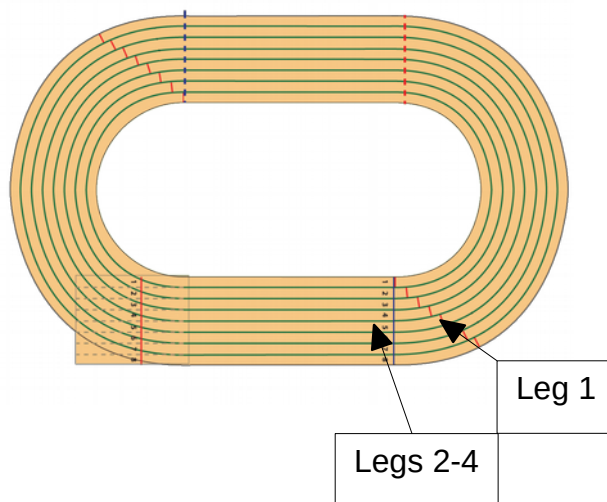**4x100m**

- Normal 400m stagger to start
- Legs 1-3 stay in lanes
- Leg 4 merges to lane 1 after crossing start line

Leg 3 (200m)   Leg 2 (100m)

Sprint Medley

Leg 1 (100m)
Leg 4 (400m)

- Normal 400m stagger to start
- Leg 1 stays in lane
- Leg 2 merges to lane 1 after passing start line
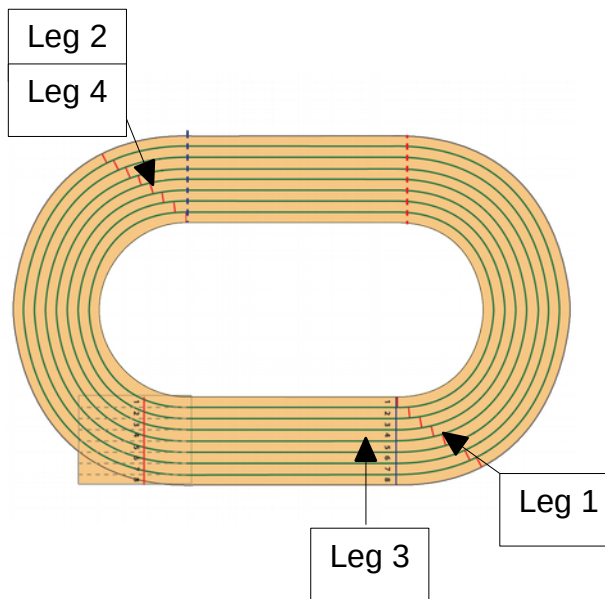- Legs 3-4 run in lane 1

4x400m

Leg 1
Legs 2-4

Track 101   **Relays at the Relay Meet**

- Run the same as in practice meets

4x100m

4x400m

Leg 2
Leg 4

- "Two-turn" stagger start, if marked on track

- Legs 1-2 stay in lane

- Leg 3 merges to lane 1 after crossing start line

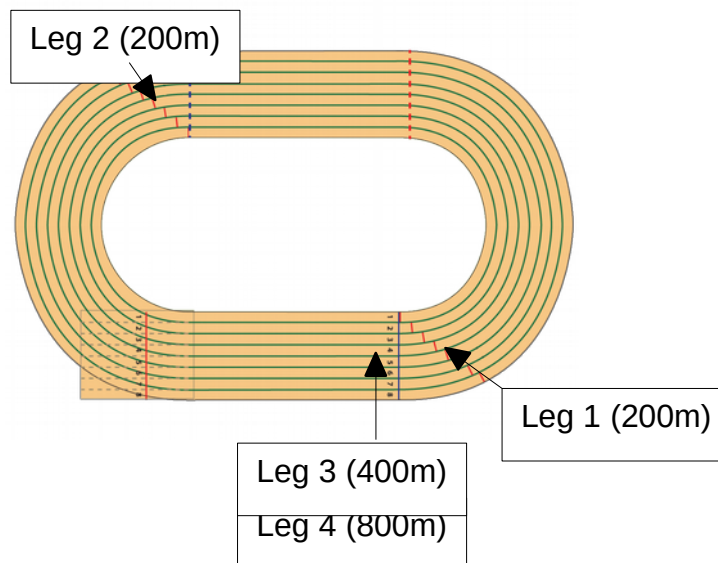- Leg 4 runs in lane 1

4x200m

Leg 1

Leg 3

Leg 2 (200m)

- "Two-turn" stagger start, if marked on track

- Legs 1-2 stay in lanes

- Leg 3 merges to lane 1 after crossing start line

- Leg 4 runs in lane 1

Medley

Leg 1 (200m)

Leg 3 (400m)

Leg 4 (800m)