

Basic Track & Field Information

- The order for the running events in a meet are 4x100, 1600, 100/110HH, 400, 100, 800, 300LH, 200, 3200, 4x400.
- There are 6 divisions in track & field meets, frosh-soph girls, frosh-soph boys, jv girls, jv boys, varsity girls and varsity boys. The starter's commands for races where blocks are being used are "on your marks, set" and then the gun. For races where no one uses blocks, that is adjusted to "on your marks" and then the gun. There is no need for the "set" call without blocks.
- The hurdle heights are as follows: girls' 300 low hurdles, 30", girls' 100 high hurdles, 33", boys 300 intermediate hurdles 36", boys 110 high hurdles 39". There are 10 hurdles in the high hurdle races and 8 in the intermediates.
- Here's how much each throwing implement weighs: girls shot put, 4k (8.8 lbs.), girls discus 1k (2.2 lbs.), boys f/s shot put 10 lbs., boys varsity shot put 12 lbs., boys discus 1.6k (3.52 lbs.)
- For high jump each contestant is allowed three attempts at each height. After three consecutive misses, the competitor is eliminated.
- In the triple jump and long jump, the athlete takes three jumps.
- Points in individual events are scored 5 for 1st place, 3 for 2nd place and 1 for 3rd place. For relays, the winning team gets 5 points and the 2nd place team 0.
- All members of a relay team must wear matching uniforms.
- To be legal, a relay baton must measure between 28-30 centimeters long, and between 12-13 centimeters in circumference. It must weigh at least 50 grams.
- The passing zone in which the relay baton must be exchanged is 20 meters long and is indicated by large colored triangles.
- In the 4x100, a 10 meter acceleration zone is designated to allow outgoing runners time to accelerate to match the incoming runner's speed.
- In throwing events, competitors must exit the ring through the rear portion or the throw is illegal.
- The last leg of a relay event is typically called the "anchor".
- The FinishLynx timing system, which is used at most meets, can time accurately up to 1/1000th of a second.
- To convert a hand time in a 100m to the equivalent of an automatic time, round up to the nearest tenth of a second, then add .24 - for example, a hand timed 10.91 is rounded up to 11.0 and then .24 is added to convert it to an 11.24 automatic time. Only fully automatic timing, or FAT, should be used for record purposes.
- A mark is considered "wind aided" in the long jump, triple jump, 100m, 200m or high hurdles if there is greater than a 2.0 meter per second wind at the competitor's back. This is measured by a wind gauge.
- Athletes may compete in up to 4 events in a single meet. This includes relay events.