

TRACK & FIELD STUDY GUIDE

(revised 05/07)

TRACK EVENTS

I. SPRINTS

Sprinting is short-distance running in which the runner tries to maintain full speed for the whole race.

The events are: **100** meter, **200** meter and **400** meter.

Runners use starting blocks to get a fast start.

RULES:

1. **Three** command start: On your **mark**, Get **set** and **Go**.
2. Fault starts are not allowed and result in disqualification (**dq**)
3. The runners stay in their assigned lanes for the entire length of the race.
4. The winner is the runner whose torso passes the finish line first.
5. Races are timed to determine places.

II. DISTANCE

Distance races include all races over 400meters.

The events are: **800** meter, **1600** meter, **3200** meter, 5000 meter, 10,000 meter and the Marathon (26 miles 385 yds)

RULES:

1. **Two** command start: On your **mark** and **Go**.
2. Runners use a standing start and are assigned a lane at the start of the race.
3. After the start if the race, runner break to lane one.
4. Runners should always pass on the outside (right shoulder) of other racers.
5. Runners are not allowed to cut in too soon, interfere with another runner or block a runner from passing by weaving or moving out into other lanes.
6. Races are timed to determine places.

III. HURDLING

Hurdling is sprinting while having to clear hurdles of up to 42 inches.

High hurdles are 42" high, intermediate hurdles are 36" high, and low hurdles are 30" high.

The events are: **100** meter (women), **110** meter (men), **300** meter (middle & high school) and 400 meter (college & professionals).

RULES: The rules are the same as for sprint races.

IV. RELAYS

A relay race is made up of four equal or not equal distances put together and is considered a team event.

Each distance of the race is called a **leg**. The race is run by four teammates passing a **baton**.

The last runner is called the **anchor** and is usually the fastest on the team.

Medley relays are races where the legs are of different distances. (Sprint Medley: 100, 100, 200, & 400)

The most popular relays are the **4 x 100m** and the **4 x 400m**.

RULES:

1. **Three** command start as in sprinting.
2. The baton must be carried in the runner's hand and passed (handed) from one runner to the next.
3. The baton can never be thrown.
4. The baton must be passed inside the 20 meter exchange zone.
5. If the baton is dropped, it may be picked up as long as other teams are not interfered with in any manner.
6. After passing the baton, the runner must stay in his/her lane. He/she should not turn to the left or right as this will interfere with another team.

FIELD EVENTS

There are 8 field events: 4 throws = discus, shot put, hammer and javelin

4 jumps = long jump, triple jump, high jump and pole vault

In Georgia at the high and middle school level we participate in all except the hammer and javelin throws.

I. THROWS

Shot put: weighs 4 kilograms (8 pounds 14 $\frac{3}{4}$ ounces)

Discus: weighs 1 kilogram (2 pounds 3 $\frac{1}{4}$ ounces)

RULES:

1. Throwers must enter and exit from the back of the circle.
2. The thrower must stay within the circle until the shot or the discus has landed between the vector lines.
3. Each thrower is allowed three attempts which are measured from the nearest mark made by the shot or the discus to the inner edge of the circle's ring.
4. The put must be made from within the plane of the shoulder.

II. JUMPS

Long Jump:

The jumper runs along a runway and jumps into the air from the take-off board.

The length of the run varies from person to person.

Fouling (scratch) occurs if the jumper steps over the board.

The jumper must jump off of one foot, land on two feet and exit out the front of the pit.

Each jumper has three attempts to jump as far as possible.

A jump is measured along a straight line extending from the front edge of the take-off board to the landing mark closest to the takeoff board by any part of the jumper's body.

Triple Jump:

The triple jump consists of three distinct sections: the hop, the skip and the jump.

The jumper must jump same foot, same foot, different foot (right, right, left or left, left, right).

The jumper must land in the pit in order for the jump to be good.

See the long jump for all other rules.

High Jump:

The goal of the high jumper is to leap over and clear a crossbar.

The jumper is allowed three attempts to clear each height.

Most jumpers use the style known as the "**Fosbury Flop**", which is going over the bar backwards.

The Fosbury Flop was named for its originator, American jumper Dick Fosbury, who used the style to win the high jump gold medal in the 1968 Olympics.

Jumpers may not:

- Take-off from both feet,
- Dislodge the bar from its pegs.
- Touch the landing area beyond the plane of the uprights without clearing the bar.

Add pole vault

Add physical attribute of each event. What type of athlete!!