



NOTE: One lap of the lane of the track is 400 meters.

GENERAL INFORMATION

Events at meets may be limited to specific age groups and every event will not be offered at every meet.

Relays are normally the last event of every track meet.

Running events have priority over the field events. If an athlete has a running event at the same time as a field event, the athlete should check-in at the field event and then checkout to go run in the running event. Immediately after the running event is finished, they should go back to complete the field event.

The order of events will vary by track meet and can change during a meet.

Track meets WILL be contested in rain and heat. In the event of inclement weather (lightning, thunder, etc.), the meet management will make an announcement.

TRACK AND FIELD VOCABULARY

2-Command Start: runners take your mark, followed by the gun.

3-Command start: runners to your mark, set, followed by the gun.

Clerk of Course: this person will tell your athlete what lane they start running in and what heat they are to run in.

Event calls: an announcer calls out events for athletes to check in. There are usually 3 calls per event:

1st call (athlete gets ready to go to clerking area or field event area);

2nd call (athlete should check in with clerk or field event official);

3rd call (last chance to check in for the event)

False start: Leaving the starting line before the gun sounds; two (2) shots of the gun will fire and runners should stop and return to the start line.

Field Events: Jumps and Throws (Long jump, high jump, triple jump, pole vault, shot put, discus, javelin)

Heat: a grouping of athletes with similar times competing in the same running event.

Kick: A burst of speed at the finish of the race.

Lane: a section of the track marked by lines where an athlete starts or runs his entire race.

Mark: the measured distance of a valid throw or jump in a field event.

Multi-Events: Triathlon (9-10yo), Pentathlon (11-12yo and 13-14yo), Heptathlon (15-18yo Girls), Decathlon (15-18yo Boys)

Pace: Running speed over a particular distance.

Personal Record (PR): An athlete's best ever performance in a given event.

Relay: A single race where each of 4 team members runs an equal and specific distance.

Rolling schedule: events are run one after the other without time restraints or a set time for events.

Staggered start: used in running events where each participant or relay team must run the entire race in the same lane. The distance covered from start to finish in lanes 2 through 8 increases with the circumference of the turns so the participants in lanes 2 through 8 start the race ahead of the athlete in lane 1.

Starter: the person who starts the races with either a call, whistle, or gun blast.

Surge: A tactical increase in pace during the race.