



**200 Dash and 200 Hurdles Start Line- you will need to bring a starting block over**

**Practice Warm-Up Area:**  
 Stay away from the center of the high jump area, leave bags just on the edge of this area. Nothing should on soccer field

**Come to practice ready to run:**

- Dressed correctly
- Water if needed
- Already used the restroom
- Ready to WAIT for instructions

**For meets:**

- Ask 'What can I do to help'
  - You will be given a job that is the SAME for each HOME meets set-up
- The LINE-UP will be given out at the field or on the bus. It may be handed out at lunch on day of the meet if ready

**Meet Warm-up Area**—Leave stuff in this area and ALWAYS clean up. Make sure your name is on everything and YOU keep track of YOUR stuff!

**Starting Table**—Location MOST running events begin (relays, distance, mid-distance)

**70m dash, 100m dash, 55H start here**

**Exchange Zone**

**Exchange Zone**

**Finish line**

200m start

**Exchange Zone**

100m start

High

34.92°

92°

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## MIDDLE SCHOOL TRACK INTRODUCTION

- **ENTRIES:** Each athlete is allowed no more than 3 events (it can be any combination of field events, relays, sprints or distance)
  - Athlete A is entered in 4X200 Relay, 200 Dash, Long Jump
  - Athlete B is entered in 4X100 Relay, 4X200 Relay, 4X400 Relay
  - Athlete C is entered in 70 Dash, 200 Dash, 400 Dash
- **SCORING POINTS FOR TEAM:** Shumate is allowed to enter 3 athletes per individual event and 1 relay for points
  - All additional runners will be entered as **exhibition** (for time) and have the ability to **move up to points** based on times/distance improvements
  - Only the **top 33% of the team usually is entered into points slots and will have 3 events at each meet**
  - Exhibition athletes can move up to points as they beat out teammates times, they can try other events to see if that is a better fit, **coaches try to enter these runners into 2 events**
    - *This is an example of the line-up for one event, the 100M Dash*

TOP TIMES	A Runner	B Runner	C Runner	Exhibition A	Exhibition B
<u>100 M Dash</u> 12.4/13.1	Smith	Johns	Moore	Johnson, Cole, Gaines, Note	Bailey, Hill, Kline, Jaker, Olson, Little, Dun, Wilson, Stone, Viers, Zeaks, Ready, Vila

- **Team scoring is as follows:**
  - Individual Events 5, 3, 1 (Runner A, B, C are eligible to score points)
  - Relays 5, 0 (Relay A is only eligible to score points-unless disqualified-in that case, Relay B moves up to score points )

## EVENTS FOR TRACK AND FIELD TEAM GROUPINGS

- **Sprints:**
  - 70M, 100M, 200M, 4X100 Relay, 4X200 Relay
- **Mid-Distance:**
  - 400M, 800M, 4X400 Relay, 4X800 Relay
- **Distance:**
  - 1600M (1 mile), 3200M (2 mile), 4X800 Relay
- **Hurdles:**
  - 55M hurdles, 200M hurdles
- **Field Events:**
  - shot put, long jump, high jump