

TRACK AND FIELD STUDY GUIDE

I. Running Events

- A. Sprints-100 meter, 200 meter and 400 meter dashes.
- B. Distance-800 meter, 1600 meter and 3200 meter runs.
- C. Relays-4x100 meter, 4x200 meter and 4x800 meter relays.
800 meter Medley relay (100,100,200,400) girls only ...note: in 4x relays all runners run the same distance, in a medley relay the runners run different distances.
- D. Hurdles
 1. Boys-110 highs (39 inch hurdle height, 15 yds/13.72m from start the first hurdle,10 yds/9.14m between hurdles and 15 yds/13.72m from the last hurdle to the finish line. 10 hurdles).
 2. Boys- 300 meter intermediates (36 inch hurdle height, 45m from the start to the first hurdle, 35 m between hurdles and 10m from the last hurdle to the finish line. 8 hurdles).
 3. Girls-100 meter high (33 inch hurdle height, 13m from the start to the first hurdle, 8.5m between hurdles and 10.5m from the last hurdle to the finish line. 10 hurdles.)
 4. Girls-300 meter lows (30 inch hurdle height,45m from the start to the first hurdle, 35m between hurdles and 10m from the last hurdle to the finish. 8 hurdles)

II. Field Events

Throwing Events

1. Shot put-boys=12 pounds (5.443kg)
-girls=4 kilograms (8lb. 13 oz.)
2. Discus-boys=1.6 kilograms (3 lb. 8.44 oz)
-girls=1 kilogram (2lb. 3.3 oz)

B. Jumping Events

1. Long Jump
2. Triple Jump
3. High Jump
4. Pole Vault (boys only in H.S. in Illinois)

III. Track and Field Rules

A. Running Events

1. Starting

- a. No false starts
- b. Two commands in distance races: runners set, gun sounds.
Three commands in sprint races: on your marks, set, gun sounds.

2. Running the race

- a. In a distance race all runners run the inside of the track. When passing you must not interfere when moving back to the inside of the track.
- b. In the sprint races you must stay in your lane for the entire race. When the race is run around the curve, you may not take three or more steps on the inside of your lane or you may be disqualified.
- c. In the hurdle races you must make an honest effort to go over the hurdle.
- d. In the hurdle races you lead and trail leg must pass over the hurdle not around the sides and below the top of the hurdle.

3. Relay Exchanges

- a. The baton must be exchanged in a zone that is 20 meters in length.
- b. The baton must be hand to hand not thrown to the outgoing runner.
- c. All relays are run in lanes with the exception of the 4x800 relay.
- d. If the baton is dropped, it must be picked up by the runner that dropped the baton. If it was dropped during an exchange when both runners had a hand on the baton, either runner may pick it up as long as they are within the exchange zone.

B. Field Events

1. Shot Put

- a. Must be "put" from one hand starting from above the shoulder and not going below the shoulder until free of the hand.
- b. You must enter and exit the throwing ring under control through the back half.
- c. You cannot touch the top of the stop board or the ring.

- d. The shot must land within the sector to be measured.
- e. Your distance is measured from the inside edge of the stop board to the place in the sector where the shot first hit.

2. Discus

- a. Must be thrown with one hand.
- b. You must enter and exit the ring under control through the back half.
- c. You cannot touch any part of the ring
- d. The discus must land within the sector measured.
- e. Your distance is measured from the inside edge of the ring to the place in the sector where the discus first hit.

3. Long Jump

- a. You must jump off of one foot from any point behind the scratch line which is the edge of the take-off board nearest the landing pit.
- b. You must land in the pit, and then exit the pit under control.
- c. Your jump is measured from the scratch line to the mark in the sand that is closest to the scratch line.

4. Triple Jump

- a. Hop-Step-Jump: take off and land on the same foot (hop)
Land on the opposite foot (step)
Jump off that foot and land in the pit (jump)
- b. Fouls and measurement are the same as the long jump.

5. High Jump

- a. You must jump off of one foot.
- b. You cannot dislodge the bar from the standards or you are given a missed attempt.
- c. Three consecutive misses and you are out.

6. Pole Vault

- a. Once you plant the pole in the vaulting box and leave the ground it is considered an attempt.
- b. You cannot dislodge the bar from the standards or pass under the bar, this is a miss (note: if you use your hands to hold the bar in place you are given a miss.)
- c. Three consecutive misses and you are out.