

Middle School Track & Field – General Info

Uniforms/Apparel:

- Athletes should come to practice & meets, ready to run – dressed for the weather – this is an outdoor sport.
- Athletes are expected to use running shoes – these typically have a well-padded bottom and a slight curve at the toes with a “lip” that allows for the foot to rock forward while jogging/running. Court shoes, high-tops, slip-ons, sandals, flats, etc. will only cause injuries if worn while running. Spikes are always optional and at this level are usually only used for sprints, high jump, long jump and hurdles.
- All athletes will be assigned a school-issued running tank-top and running shorts – these must be worn during competition.
- Students may *choose* to also check-out a school-issued sweat top and/or sweat bottom.
- Undergarments (the tank tops are flimsy and will not keep an athlete warm):
 - Under the running top, students may wear a SOLID-WHITE SHIRT – short or long sleeved. There can be no logos, patterns, text, etc. (Turning a shirt inside out does NOT work.)
 - Under the running shorts, students may wear SOLID-ROYAL BLUE spandex-type pants – any length. Again, no stripes, logos, patterns, lettering, etc.
- Jewelry and other items. NO JEWELRY at all may be worn during competition (with the exception of a medical emergency bracelet/necklace). This includes newly pierced-ear studs, friendship bracelets, anklets, barrettes, plastic/metal headbands, beads in hair, etc. The starter WILL ask the athlete to remove the item or step out of the race. If the starter misses seeing it, the opposing coach can ask that the athlete be disqualified.
- Inhalers: Students may use an asthma inhaler before or after an event – but not during.



Scoring:

- Boys and girls are scored separately, even if they are running at the same time.
- For three events, 7th and 8th graders run and are scored separately.
- Points are distributed as follows:

<u>Non-Relay Events</u>	<u>Relay Events</u>
• 1 st place – 5 points	• 1 st place - 5 points
• 2 nd place – 3 points	• 2 nd place - 0 points
• 3 rd place – 1 point	
- A total of 137 points are possible – once a team has earned 69 points, they have won the meet.
- Points vs. Exhibition:
 - If more than three team members are running an event, the best three are considered running for “points” and the remaining are running for “exhibition”.
 - In most races, our point runners run against their point runners in the first heat. The exhibition runners run against each other in the heats that follow and do not earn points.
 - For distance events, exhibition and points run at the same time and often boys and girls run at the same time as well.
 - Our team policy is that if an exhibition runner gets a better time (or height/distance in a field event) than our point runner, they may (at coaches’ discretion) switch spots at the next meet.

Field Events – Start 3:30 p.m.

1. Shot Put
2. High Jump
3. Long Jump

Even Numbered Years:

Girls High Jump & Shot-Put First
Boys Long-Jump & Running events first
(Some schools run an open-order for field events.)

Track Events (in order) – Start 4:00 p.m.

1. 55 M Hurdles (boys 33”, girls 30”)
2. 800 M Relay (4x200)
3. 800 M Run (7th Grade)
4. 800 M Run (8th Grade)
5. 1600 M Run
6. 100 M Dash
7. 400 M Run
8. 70 M Dash (7th Grade)
9. 70 M Dash (8th Grade)
10. 200 M 30” Hurdles
11. 200 M Dash
12. 1600 M Relay (4x400) (7th Grade)
13. 1600 M Relay (4x400) (8th Grade)
14. 400 M Relay (4x100)