

Track and Field Guidelines

for Michigan Junior High/Middle School Teams

Order of Events

Field Events

Even Years (2008): Boys run first. Boys high jump, shot put, & pole vault first (followed by girls high jump, shot put, & pole vault), girls long jump first (boys long jump follows), or long jump pit can be open until all jumps are completed.

Odd Years (2007): Girls run first. Girls high jump, shot put, & pole vault first (followed by boys high jump, shot put, & pole vault) boys long jump first (girls long jump follows), or long jump pit can be open until all jumps are completed.

Running Events

3200 m Run (Run during field events)
55 m Hurdles (5 hurdles, 33" boys, 30" girls)
800 m Relay (4x200)
800 m Run
1600m Run
100 m Dash
400 m Dash
3200 m Relay (4x800)
70 m Dash
200 m Hurdles (5 hurdles, 35 m intervals, 30")
200 m Dash
1600 m Relay (4x400)
400 m Relay

Ways to Speed Up a Meet

1. Start 3200 m Run and all field events at or about the same time.
2. With approval from opposing coaches:
 - Open pit for pole vault and long jump
 - Run boys and girls together in the 3200 m run, 1600 m run, 3200 m relay, and possibly the 1600m relay.

Hosting a Home Meet

Workers Needed

- Starter (school usually provides)
- 8 timers at the finish area (or 1 per lane).
- Timers should start their watches with the starter's gun smoke (not sound)
- Assign one head timer
- When timing, be consistent and communicate. Either time the specific lane or the specific place (head timer may need to coordinate and adjust)
- One timer needs to tell athletes to stay in their lane when they finish the sprint events
- Long Jump: 1 adult writer/scorer, 2 people to measure, 1 person to rake
- High Jump: 1 adult scorer/measurer, 2 bar setters
- Shot Put: 1 adult scorer, 1 adult measurer, 1 person to hold tape
- Announcer for 1st, 2nd, and 3rd calls and to tell the running score
- Meet Tabulator/Scorer for boys and one for girls
- Optional worker for concessions and another for admissions
- Assign a teacher or volunteer to be a clerk for meets, even dual meets, this will speed the meet up immensely
- Relays: Need 3 judges – 1 for each exchange zone. They need to be adults, preferably coaches, to monitor runners handing off the baton between markers. They must ensure that runners are not stepping out the specified exchange zones or relay team is disqualified

Materials Needed

- Watches for each lane (8 usually)
- Place cards/sticks
- Long jump rakes (garden rakes work great)
- Clipboards for the field events with rain cover/transparency
- Final Meet Scoring Sheet

- Measuring tapes for:
 - (1) Hurdles: 100 m tape to measure between hurdles if needed
 - (2) Long Jump: 25 ft for the jump and 100 ft for runway steps
 - (2) High Jump: 25 ft for bar, and 100 ft for steps
 - (1) Shot Put: 100 ft for measuring throw
 - (2) Pole Vault: 100 ft for steps, 25 ft for bar

Meet Details

Warm-Up

- Runners should be completely warmed up before you run any events, especially the sprints
- No athletes may begin warming up at field events without the supervision of coaches or event official

False Starts

- One false start is permitted when using these guidelines

Shot Put

- Boys = 8 lb. 13 oz. or 4kg, Girls = 6lb
- Safety is a major issue in this area

Pole Vault

- This is a very dangerous event.
- This should always be a supervised area and take appropriate measures for rules, procedures, safety issues and new pit regulations.

Long Jump

- Check to make sure there is enough sand in the sand pit, that it is softened, and dig the pit with a shovel if needed
- Rake smooth for easier measuring

High Jump

- Make sure the pads are in good working order, standards are properly placed, and the base of the standards are not under the pit

Relay Information

- Teach the exchange method that the high school uses
- The runner accepting the baton has a responsibility to take-off at the proper time
NP Note: this is one of the toughest parts of track to coach. The "art" of marking from

the exchange zone depends on incoming runner's speed. (Decrease or increase steps as needed)

3200 m Run

- If running boys and girls together, then have place cards for all of the runners (separate the genders)
- Have a chute for both boys and girls
- Have a watch with memory for each gender and a back-up
- Turn in place cards/sticks to scoring table after race where parent volunteers write results
- Then send results to the announcer and scorers to record and report results
- Yell out times as they cross the finish line

55 m Hurdles

- Both the boys and girls will be over 5 hurdles spaced as follows: 13 m to the 1st hurdle, 8.5 m between hurdles, and 8 m. from the last hurdle to the finish
- Hurdle height is: 33" boys, 30" girls (usually the 2nd notch for boys and 1st for girls)
- Adjust the hurdles in between races
- Have the "hurdle crew" set up, adjust, and take the hurdles off the track
- After the race, hurdle crew should place hurdles near 200 hurdle marks, but off the track
- Have the finish line the same as the other races (common finish line)
- Be sure the hurdle placement lines are correctly marked before the meet (if needed). The marks are not the same as the High School hurdle marks
- Set up hurdles during the 3200 m Run
- Leave lanes 1-3 open for the 3200 m runners
- Timers must be prepared. Athletes can all finish within 1-2 seconds
- Hurdling is simply sprinting with obstacles

800 m Relay (4 x 200)

- 1st runner runs from the start to the farthest exchange point (near the 200 m mark)
- 2nd runner must receive the baton within the 20 m exchange zone
- 3rd runner's exchange is near the start of the race in the exchange zone (check with the home team about the specifics of each track)
- 4th runner receives at the closer exchange zone (near the 200 m mark) and runs to the finish
- Need 3 judges – 1 for each exchange zone

800 m Run

- Cut in at roughly the 300 m mark (2 turn stagger)
- Use place cards similar to the 3200 m run
- Boys and girls should run separate races, unless there are less than 8 total runners (boys and girls together)
- 1 stopwatch, per gender, with memory will work to time athletes

1600 m Run

- Run boys and girls **together with opposing coach's approval** to speed up a meet
- Start is the same as the 800 m run

100 m Dash

- Timers should be ready for close finishes
- Decide if fast heat is 1st or last for scoring purposes
- This is a good event to have inexperienced athletes running for a fun experience and time
- Teams with many athletes should have a coaches helping to clerk (place athletes in correct lanes), especially early in the season
- After the race, the block crew needs to move the blocks to the start of the 70 m
- Volunteers should assist in standing on starting blocks

3200 m Relay (4 x 800)

- Run in alleys
- Boys and girls can run together; if opposing coaches agree

- It is easy to do A, B, C, D teams, which will get more athletes involved
- Need 3 judges – 1 for each exchange zone

70 m Dash

- Similar to the 100 dash, but expect the finishes to be even closer
- Starting line should be 30 m in front of the 100 m start line. This will allow athletes to finish at a common finish line
- The best 70 m runners, are usually the best out of the blocks
- After the race, the block crew needs to move the blocks to the start of the 200 m
- Volunteers should assist in standing on starting blocks

200 m Hurdle

- Boys and girls have the same setting 30", which is usually the 1st/lowest notch
- 5 hurdles: Use the existing 300 m hurdle marks starting with the second mark
- Fast and strong kids do well in this event, they don't have to be perfect hurdlers
- After the race, the hurdle crew puts the hurdles onto the side of the track
- Hurdling is simply sprinting with obstacles
- Timers should look for the gun's smoke when starting watches

200 m Dash

- Same start line as the 200 hurdles
- Timers should look for smoke to start watches
- Hurdle crew needs to bring the starting blocks to the start of the 1600 m Relay and the 400 m Relay

1600 m Relay (4 x 400)

- 1st runner can use starting blocks
- 1st exchange is done in the same lane that they started in
- 2nd runner cuts in at about the 500 m. mark of the race (start of the straightaway).
- Starter should use cones for cut in.

400 m Relay (4 x 100)

- Each team needs a baton and a block
- Need 3 judges – 1 for each exchange zone
- 2nd exchange zone is done at the closer exchange zone near the 200 mark

Track and Field **Guidelines**

for Michigan

Junior High/Middle School Teams

ATTENTION VARSITY

TRACK AND

CROSS COUNTRY COACHES

Please distribute copies of these Guidelines to all coaches in your middle schools or junior high schools

MITCA TRACK & FIELD CLINIC

February 8-10th, 2007

Holiday Inn South

Lansing, MI

To register for clinics and/or get valuable information regarding track and field and cross country, visit www.mitca.org

This information was compiled with the help of the MITCA Middle School Committee: Teya Lober (Co-Chair), Jim Katakowski (Co-Chair), Jamie Rykse, Tom McHugh