

## **MIDDLE SCHOOL TRACK & FIELD QUICK FACTS SHEET**

Track and field is divided into two types of events: running (track) events and field events.

Events for middle school students are as follows:

**TRACK EVENTS:** 55 meter hurdles, 100 meters, 200 meters, 400 meters, 800 meters, 1600 meters, 4 X 100 meter relay, 4 X 400 meter relay. The distance one time around a track is 400 meters.

55 Meter Hurdles – a ‘flight’ of 5 hurdles is set up at a set distance apart. Competitors must stay in their lanes from start to finish.

100, 200, 400 meters – Considered ‘sprint’ races. Competitors run as fast as possible from start to finish.

800 meters, 1600 meters – Considered ‘paced’ races. Competitors set a pace that they maintain throughout the race and then try to sprint at the end.

Relays – A baton is passed between four runners in a set exchange zone. In the 4 X 100 meter relay, each runner travels a distance of 100 meters. In the 4 X 400 relay, each runner travels a distance of 400 meters. The baton may not be thrown at any time during the race including after the finish. The pass may either be ‘blind’ (outgoing runner does not look at the incoming runner) or ‘open’ when the outgoing runner watches the incoming runner.

### **FIELD EVENTS:**

Long Jump – Competitors leap from a take-off board into a sand landing area. Three trials are usually used. The jump is measured from the take-off board to the back of the closest foot or other body part.

Discus – The discus is thrown from a circle and must land within the marked area. Three trials are usually given. The throws are measured from the front of the circle to where the discus hits the ground.

High Jump - The high jump is made over a crossbar between two uprights. The crossbar is raised after each round, and competitors have three trials.

Shot Put – The shot is put from a circle and must land within the marked area. Competitors throw an 8lb shot in middle school. The competitor must not touch the top part of the stop board, bounding circle or the ground outside the circle. Measurement is taken from the front of circle to the spot where the shot put lands.