



Track & Field Basics

The world standard for outdoor tracks is 400 meters – just like you will see at all the events we compete at this year. In the diagram below you will see the starting lines for races and the finish line. The finish line is the same for EVERY race. Field events located at various spots throughout a facility



Typical Running Event Order

3200m relay (4 x 800m)
100m/110m hurdles
100m
800m relay (4 x 200m)
1600m
400m relay (4 x 100m)
400m
300m hurdles
800m
200m
3200m
1600m relay (4 x 400m)

Field Events

Each individual meet will specify order/times of field events

Long Jump
Triple Jump
High Jump
Shot Put
Discus
Pole Vault

Meet Basics

1. Track and Field scoring is based upon the number of teams in a meet. For a small three team meet the scoring is five points for first place, three points for second place, and one point for third place – or in track terms 5-3-1. Relays are scored five for first and three for second. In larger varsity meets the scoring is usually 10-8-6-4-2-1, with relays scoring 10-8-6.
2. What is the “True Team State Championships”? The True Team meet is unique to the state of Minnesota. It is a meet where ALL participants score. So, in the section meets and the championship meet you will have two athletes from each school competing. If eight schools make the championship meet then you will have 16 places that score: 16 points for first, 15 points for second, 14 points for third, etc. The purpose of this meet is to reward teams that have true depth. Both boys and girls teams are reigning state champions of this meet.
3. What is the “High School State Championship”? This is the official high school league tournament which crowns individual champions and team champions. It is possible that a handful of athletes from one school can win the “team” championship.
4. Spectators need to be aware of where athletes are running and not to get in the path of runners. It is best to view the meet from the bleachers or outside of the track oval.

5. Spectators need to watch for students throwing the discus and the shot-put to avoid getting hit. Never walk through the shot put or discus areas and be mindful of small children who could wander off.
6. We will run several conference meets on our track this year. All JV athletes will compete in all of these meets. They last about 3-4 hours. So, if your son or daughter is running the 100m and the 400m they will be finished competing midway through the meet (see above order of events). Field events usually finish before the end of the running schedule.
7. Students can compete in a total of four events per meet, but they cannot be all running events. It is unlikely that many students will do this.