Outdoor Track 2021

Meet Information

Basic Information

* During regular-season meets (all meets up to the NFL Championships) all athletes will compete; participation in post-NFL Championship meets is determined by performance during the regular season.
* Regular-season meets are mandatory unless you are sick/injured or have some conflict that cannot be rescheduled.
* If you will need to miss a meet, you must let the coaching staff know AT LEAST THREE DAYS BEFORE THE MEET.
* Regular-season meets will begin at 5:00pm and usually end around 8:00pm.
* For away meets, the bus will leave from Adams Field at either 3:30pm or 4:00pm; if you know you will be a few minutes late, please let a coach or teammate know, and we will hold the bus for you.
* For home meets, you should arrive by 3:30pm to help with equipment set-up, cleanup, and hurdle crew during the meet.
* Athletes will receive two spectator passes; spectators are allowed for home meets only (and there will be no spectators allowed for the NFL Championships).
* Athletes can be signed out early from a meet by their legal parent/guardian only. Please reserve this for unavoidable conflicts.

Order of Events

* Track events run in the following order (girls run first; for the 4 x 800m, 1500m/1600m, and 3000m/3200m, boys and girls will usually run together)
	+ 100/110H
	+ 4 x 800m Field events are as follows:
	+ 100m
	+ 1500m/1600m High Jump: girls, then boys
	+ 400m Triple Jump: girls, then boys
	+ 400H Discus: girls, then boys
	+ 800m Shot Put: boys, then girls
	+ 200m Long Jump: boys, then girls
	+ 3000m/3200m Pole Vault: boys, then girls
	+ 4 x 100m
	+ 4 x 400m
* If you are competing in a field event and a track event simultaneously, the track event takes precedence

Uniform Rules

* You must compete in your school-issued uniform
* Jewelry (earrings, necklaces, wristbands, watches, etc.) is prohibited during competition
* You are allowed to wear under armor, spandex, etc. under your uniform as long as it does not have any large visible logos

Mask Rules

* Masks are NOT required during competition but MUST be worn immediately prior to and after your event
* If you need to get some water, make sure to socially distance
* It is possible that officials will request masks in certain situations and if they do you must oblige their requests

Event Calls/Getting to your Event

* There will be three ‘calls’ over the PA system for each event
* 1st call = start warming up; 2nd call = check in with the officials; 3rd call = event is about to start
* DO NOT COUNT ON THE CALL SYSTEM TO KNOW WHEN IT IS TIME FOR YOUR EVENT!!!
* Keep an eye on the meet and your teammates who are running the same event
* It’s usually a good event to start warmup up on the infield 2 events prior to your race (e.g. a 1600m runner would start to warm up during the 4 x 800m); that way, you cannot miss your race
* If you miss your race/field event for anything other than a medical emergency, you will be pulled from the remainder of the meet

Meet Etiquette/Sportsmanship

* Be respectful to officials, coaches, and fellow competitors; no trash talking, etc.
* Keep celebrations to a minimum
* Anyone who behaves in an unsportsmanlike manner or who displays excessive celebration will be disqualified from their event and pulled from the remainder of the meet

Meet Entries/Scoring

* Each team gets three Varsity entries, three JV entries, and unlimited exhibition entries in individual events and one Varsity, on JV, and unlimited Exhibition entries in relays
* For Varsity, 1st place scores 5 points, 2nd place scores 3 points, 3rd place scores 1 point; the winning relay scores 5 points; there is no scoring for JV or Exhibition
* Please do not try to keep track of the overall meet score while the meet is going on; focus on doing your best in your event(s) and cheering your teammates on in theirs
* Even if you are not in a scoring positions, every race/field event gives you an opportunity for a personal best and (for JV/Exhibition athletes) a chance to work your way up to varsity

Basic Lineup Information

* Athletes can participate in up to 4 events; generally, you will be entered in 3, although distance runners might only be in 2 and sprinters/jumpers might be in 4
* You might not compete in your preferred event(s) and every meet; if you have specific request(s) for a particular meet, please let the coaching staff know at least three days ahead of time and we will do our best to accommodate you
* You should expect to compete in a variety of events throughout the season, as this allows the coaching staff to assess the optimal lineup for championships meets (and, for non-Varsity athletes, provides you with more chances to work your way up to varsity); your flexibility and willingness to compete in events that may not be your favorite will be key to ensuring a successful season
* The lineup will usually represent a balance between getting people in their preferred events and fielding a strong team that is capable of winning the meet
* Be prepared for the lineup to change on the day of the meet OR EVEN AFTER THE MEET HAS STARTED due to illness, injury, etc.