

## Track 101

A track is 400 Meters long which is approximately  $\frac{1}{4}$  of a mile. Track has meets not games. Most of the meets are dual meets one team vs. another, however there are tri, quad...meets. Everyone will participate in dual meets. There are also invitationals. Invitationals are meets that are hosted by particular schools that invite 20+ schools to participate in. They usually have qualifying standards. These are times or distances you must have performed prior to the meet in order to participate. Everyone will not go to these meets. When you go to invitationals you are **seeded** according to your times or distances. This means that you are placed with other athletes with similar talent. There are usually too many participants to run all together, so they are separated into **heats**. In dual meets if your time or distance is the best you win, no matter what heat you're in. In bigger meets (invitationals, leagues, districts, states) you may have to qualify in a **trial** heat. Then you participate in your event again with the top finishers in a **final** heat.

There are also meets known as relays. All running events are teams of 4 runners. All throwing or jumping events are 2 people from each team for each event.

During the season we run dual meets against the other teams in our division which is part of the Schuylkill league. The division I champion will run against the division II champion for the Schuylkill League team championship.

Division I	Division II
Pottsville	Minersville
Blue Mountain	Nativity
Jim Thorpe	Pine Grove
Tamaqua	Mahanoy Area
Panther Valley	Marian
N. Schuylkill	Haven
	Shenandoah

The times and distances achieved in the dual, invites and relays can be used to qualify for leagues and districts. There are no set times or distances to qualify for these meets. The top 16, some events 24, athletes with the best times or distances qualify. There is a coaches meeting the week of the meet to decide who makes the cut.

You can qualify for the state meet in two ways: 1) Win first or second place in your event at the district meet. 2) Finish in the top 8 at the district meet and achieve the set time or distance previously set by the PIAA to qualify.

State and district meets are broken down into AAA and AA. Based on school enrollment. We are AA.

## Dual Meet Scoring

There are 18 events in a meet. 15 individual events and 3 relays.

In a dual meet

The points are as follows:

<u>Individual events</u>	<u>Relays</u>
First place = 5	First=5
Second = 3	Second=0
Third = 1	Third=0

This is a total of 150 pts. So if we score 76 or better we win.

An athlete may participate in up to 4 events per meet.

In the throwing events you are allowed 3 throws per event per meet. The best throw is used for your place.

This is also the same in long jump and triple jump.

High Jump and Pole Vault you get 3 attempts per height

### Dual Meet Track Events

110M/100M High Hurdles

3200M relay (4x800M) 4 people run the relay, each one runs 800M

100M dash

1600M run

400 Meter Relay (4x100M)

400M dash

300M hurdles

800 Meter run

200M dash

3200M run

1600M relay(4x400M)

Shot

Discus

Javelin

High Jump

Long Jump

Triple Jump

Pole Vault

### 2010 Coaching Staff

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