

Lakeshore Lutheran Schools Track Meet

Ran by: LLL

Wednesday, May 13th

Coaches Meeting – 8:30 A.M.

Devotion – 8:45 A.M.

Field Events – 9:00 A.M.

Track Events – 9:15 A.M.

Coaches Meeting will cover the following:

- NO CHANGES WILL BE ACCEPTED. ONLY SCRATCHES!!!!
- Review the order of the meet.
- Assign teams to exchange zones if necessary
- Have coaches instruct athletes to keep the athletes off the infield if they are not participating in the appropriate field events.
- Athletes are not allowed around the timing area.
- Instruct athletes to listen for event calls.
- Running events take precedence over all field events.

○ ***Shot put weights: girls (6 lb) & boys (8 lb)***

○ ***Hurdles***

- *100 meters - the distance of the middle school hurdle race*
- *30 inches - the height of the hurdle*
- *8.5 meters - the hurdles are set apart*
- *13.0 meters - the distance between the start line and the first hurdle*
- *10.5 meters - the distance from the last hurdle to the finish line*

○ ***Discus Weight: 1 kg for boys and girls***

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Timers

- This set of directions will be different for the 2026 track meet as they have hired a timing company. We will keep these directions available in case something would change.
- For events that are run in lanes (50, 100, 200 and 400), each timer will pick a lane and time the individual in that lane.
- For the 800 and 1600 meter runs, time the runners in order of finish. Determine before the race who will time the first place finisher and so on. The starter is responsible for helping identify the athletes place.
- To time the athlete:
- Watch the gun. When you see smoke or fire, start the watch. (Do not wait for the sound)
- When the athlete's chest crosses the finish line, stop the clock.
- Note the position of that runner as she/he crosses the start finish line.
- Go to the athlete and get their name and school.
- Do not give the athlete their time. You can give them their place if it's clearly known.
- Report the time. As a group, make sure the times correspond with the order of finish. This is why the time is not immediately given to the runner.
- If there is a discrepancy (i.e. the 3rd place finisher has a slower recorded time than the 4th place finisher) determine the proper times. Often the 4th place time is used for the 4th place finisher and a time better is used for the 3rd place finisher.
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Relay Exchange Monitors

- If the relay is 400M, the exchange zone uses Yellow Triangles. There are 3 exchange zones around the track.
- If the relay is 800M, the exchange zones for 800m relays are as follows:
 - Runner #1 passes to #2 = Red Triangles
 - Runner #2 passes to #3 = Red Triangles
 - Runner #3 passes to #4 = Yellow Triangles
- Athletes can start anywhere between the correctly colored dot and the second triangle. Most athletes begin between the dot and the first triangle. Their starting position is their choice.
- They are allowed to put down a piece of tape indicating the position that they should take off.
- When all runners are ready raise your hand or the white flag indicating that all is OK.
- The receiving runner **MUST** have the baton by the end of the second triangle. Failure to do so will result in that team's disqualification
- Neither runner can leave their lane for more than 1 step until the exchange area is clear. Failure to do so results in that team's disqualification.
- If there are white and yellow flags, raise the white flag to signal a good exchange. Raise the yellow flag to signal a disqualification.
- If there is a disqualification, go over to the starter and report the lane and reason for the disqualification.
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Long Jump or Triple Jump

- Each athlete gets three jumps.
- There will NOT be finals for any jumping events.
- If a pylon is available put the pylon by the board that the athletes will be jumping from.
- The athlete must jump before the end of the “board”.
- If any part of their foot crosses over the white stripe, the jump is considered a scratch. Put a dash in that jump.
- To measure the jump:
- The length of the jump is from the end of the white stripe to the nearest point in the sand that the athlete made contact with.
- One person takes the beginning of the tape and puts it on the closest mark in the sand to the board. Normally this is the heel of the shoe. Note: one heel is generally closer than the other. If they fell backward, it could be a hand or the body.
- A second person put's the other end of the tape at the end of the white stripe.
- Instruct the athletes to exit the pit out the back. If an athlete exits the pit at a point closer than where they jumped, technically that is supposed to be the point that gets measured.
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High Jump

- Each athlete is eliminated after three misses at a given height.
- Athletes are instructed to exit out of the back of the pit.
- When setting the bar, please measure it from the middle of the bar. Don't assume that the markings on the standards are correct.
- Starting Heights are as follows:
 - 5th & 6th Grade Girls 3'4"
 - 7th & 8th Grade Girls 3'8"
 - 5th & 6th Grade Boys 3'8"
 - 7th & 8th Grade Boys 4'0"
- The height will go up by two inches per round until there are ***three*** competitors left.
- Once there are three jumpers, the height will go up one by one inch.
- A legal jump must be off one foot. Two footed jumps are not allowed.
- If an athlete wishes to skip a height, they may do so if they register that with the person running the high jump event.
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