TRACK MEET

EVENTS

Short Distance	Mid/long Distance	Jumping	Throwing
100 Meter	800 Meter	Long Jump	Shot put
200 Meter	1500 Meter	High Jump	Discus
400 Meter		Triple Jump	
Hurdles			

AGE GROUPS

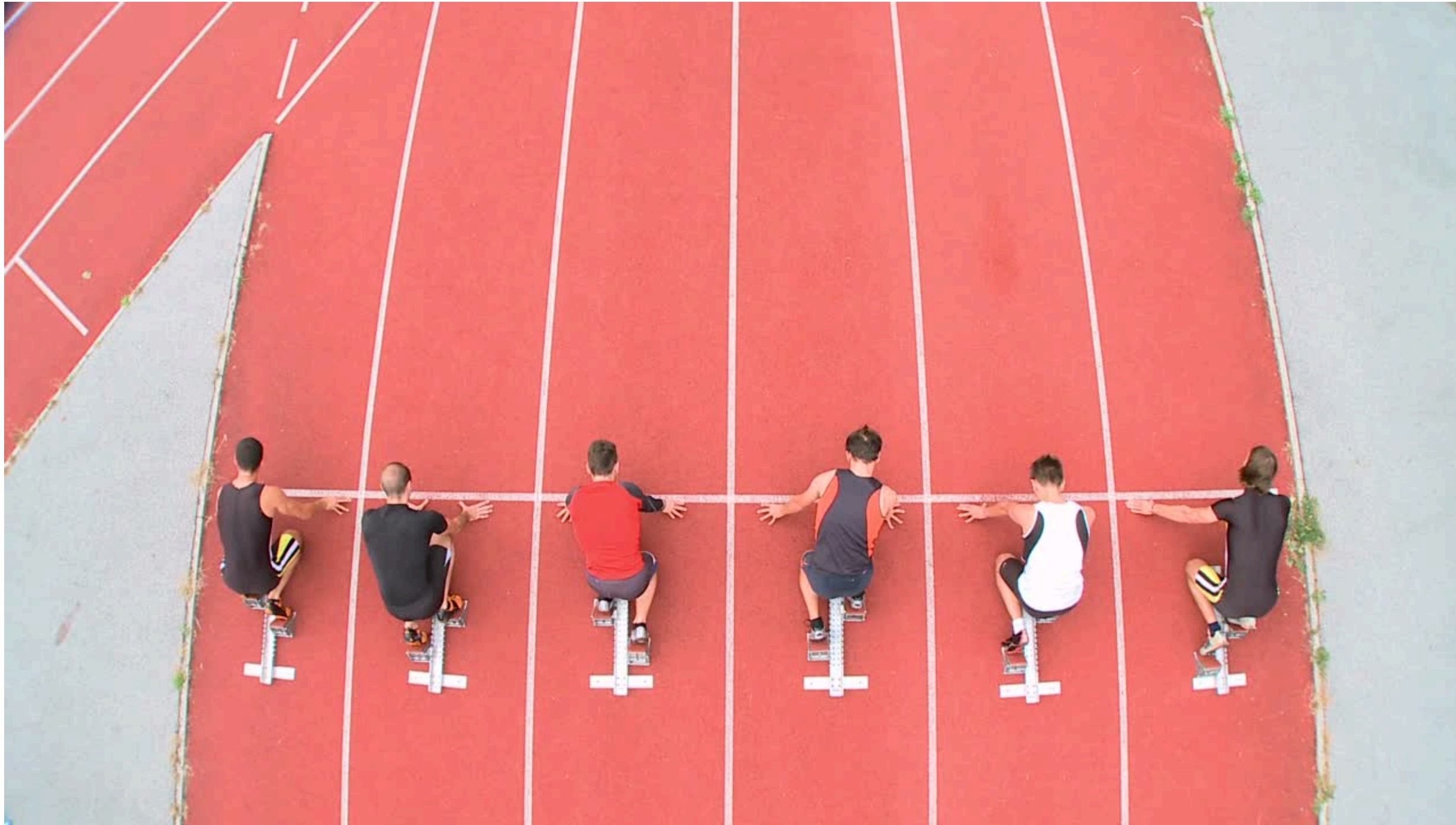| Beginner	Middle	Youth	Intermediate
2015-2016	2013-2014	2011-2012	2009-2010
B	**M**	**Y**	**I**

100 Meter
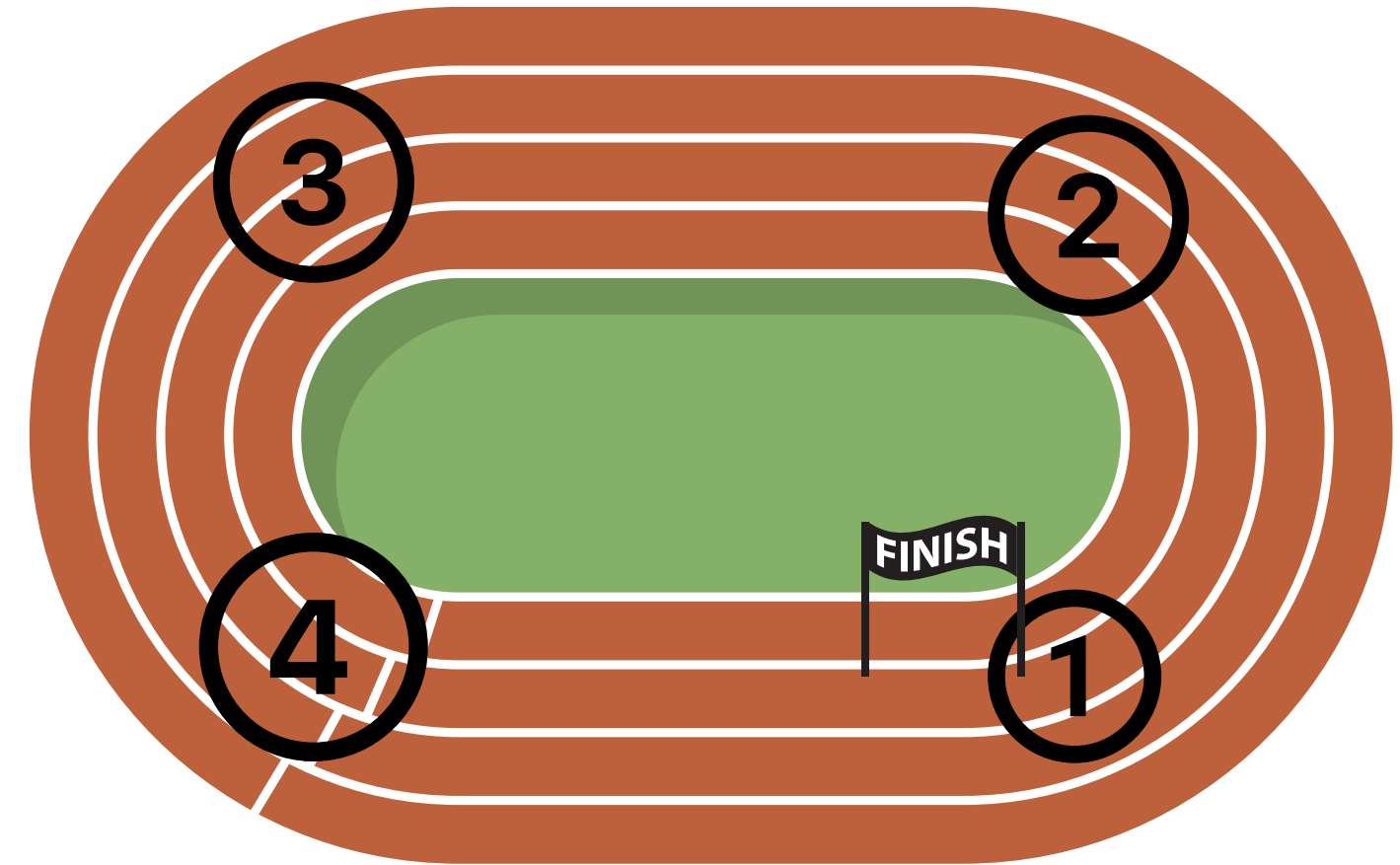

-straight line sprint
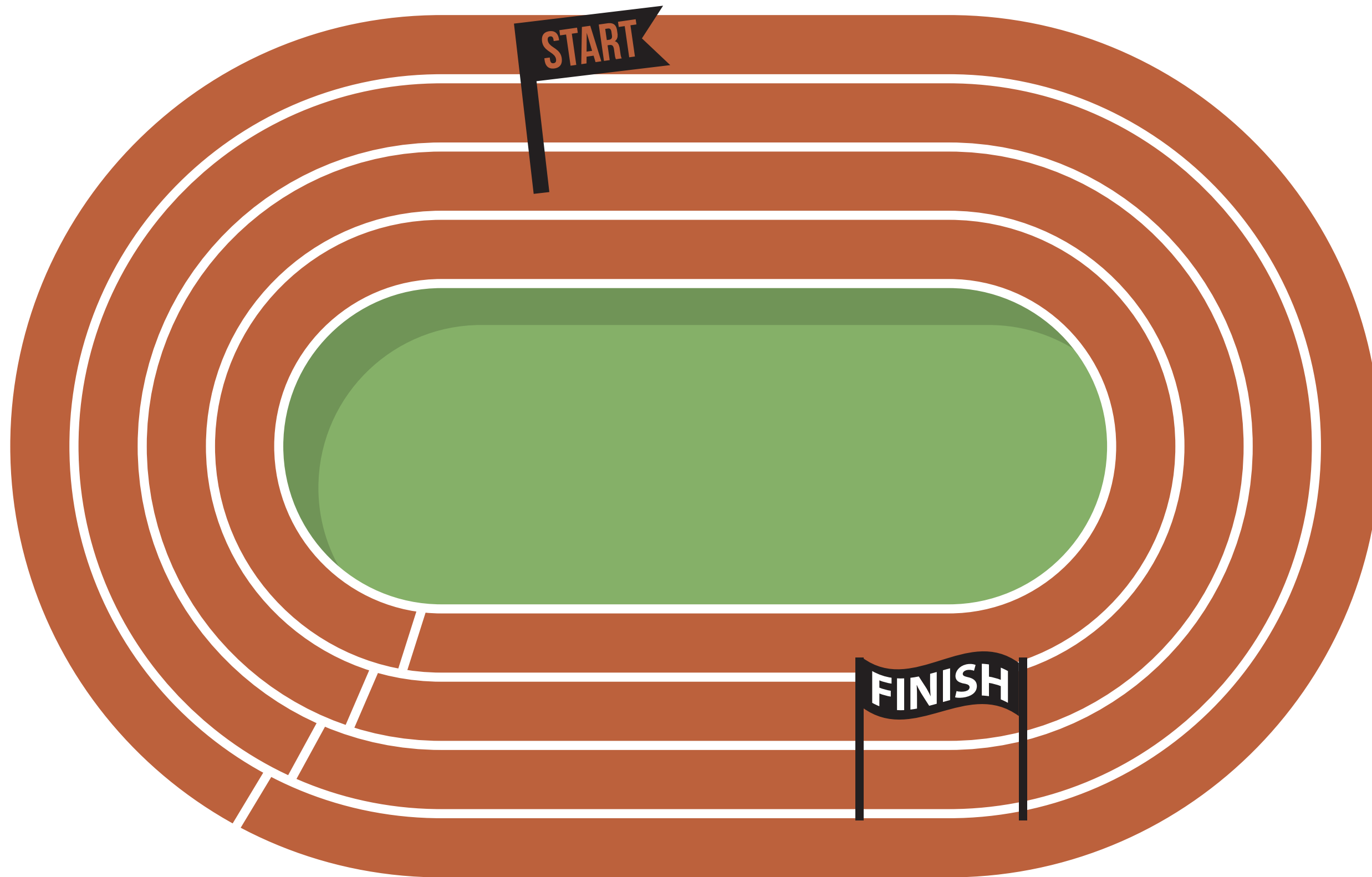
4x100 Meter Relay.

- a team of 4 sprinters each run 100 meters before passing the baton to the next runner

BMYI

200 Meter
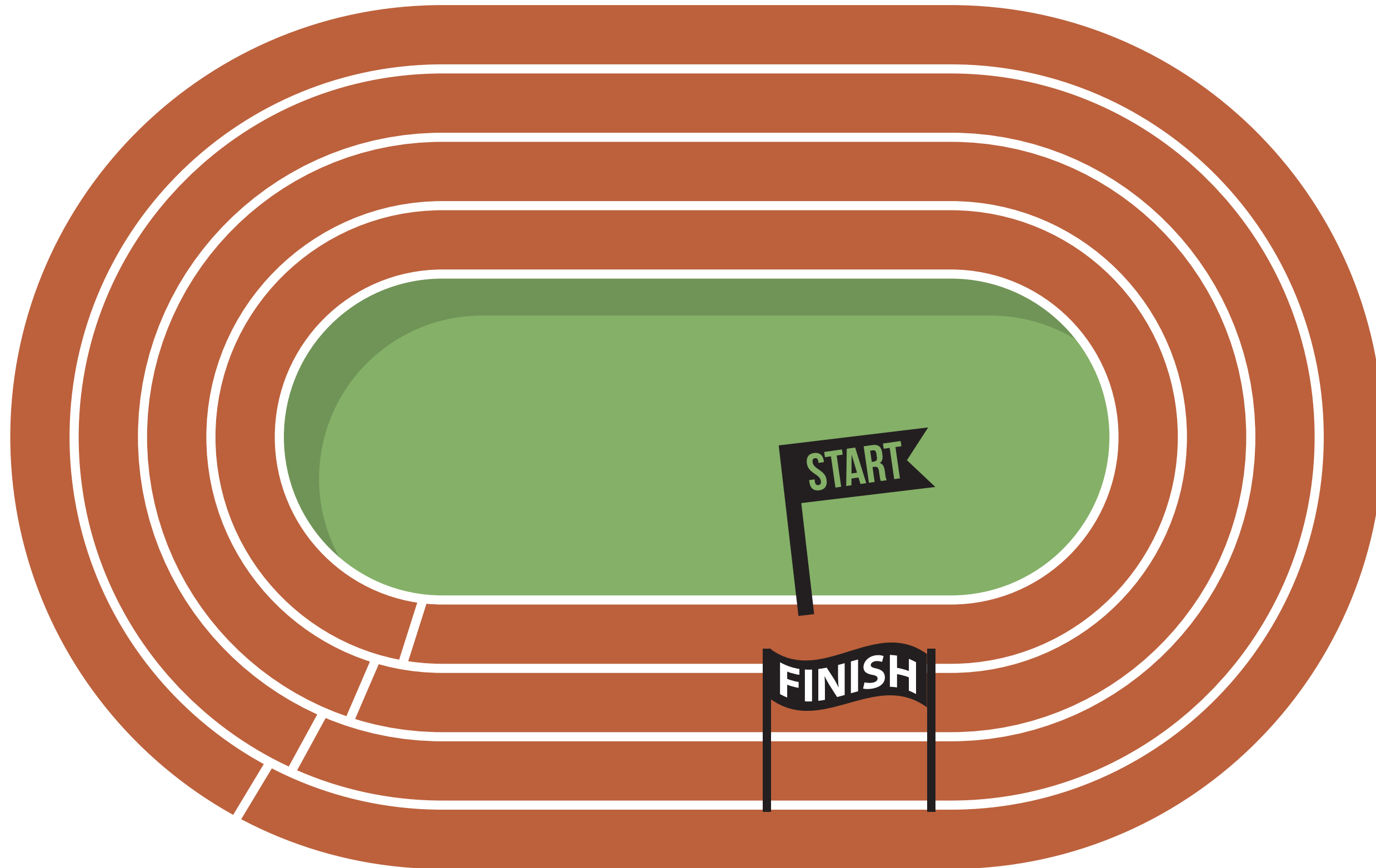
START

FINISH

-sprint around half of the track
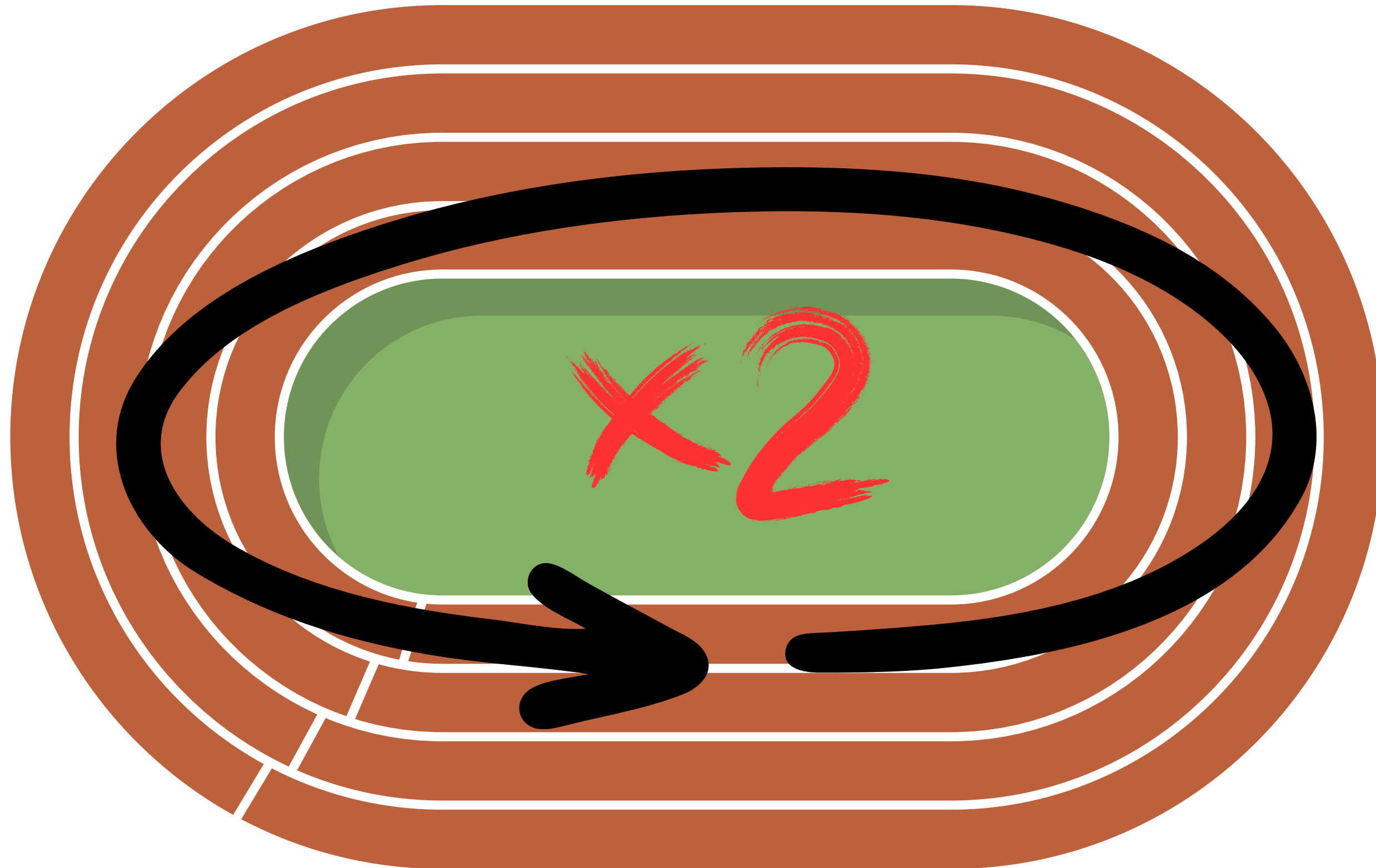
B M Y I

400 Meter

-sprint around the whole track

START

FINISH

BMYI

800 Meter

x2
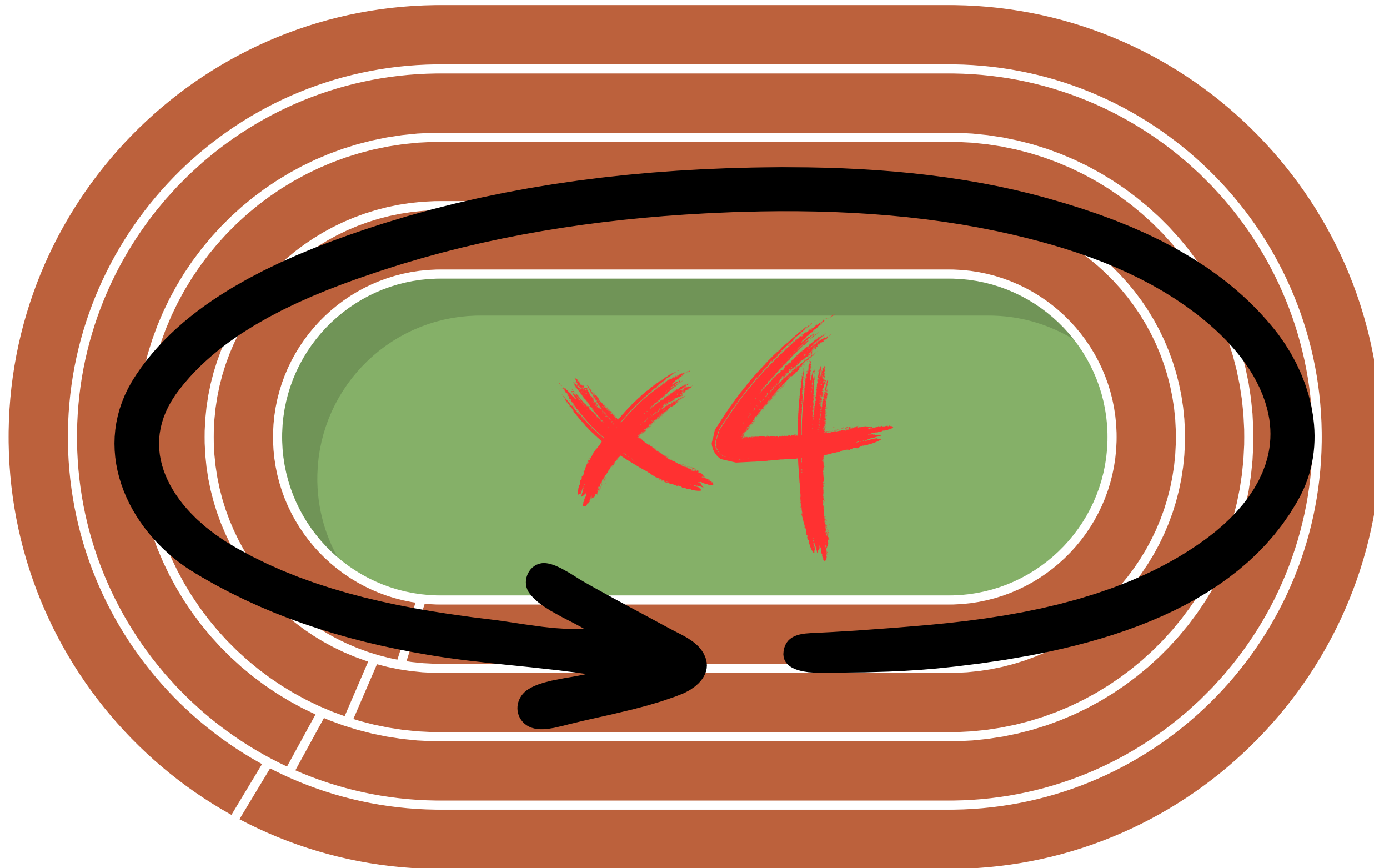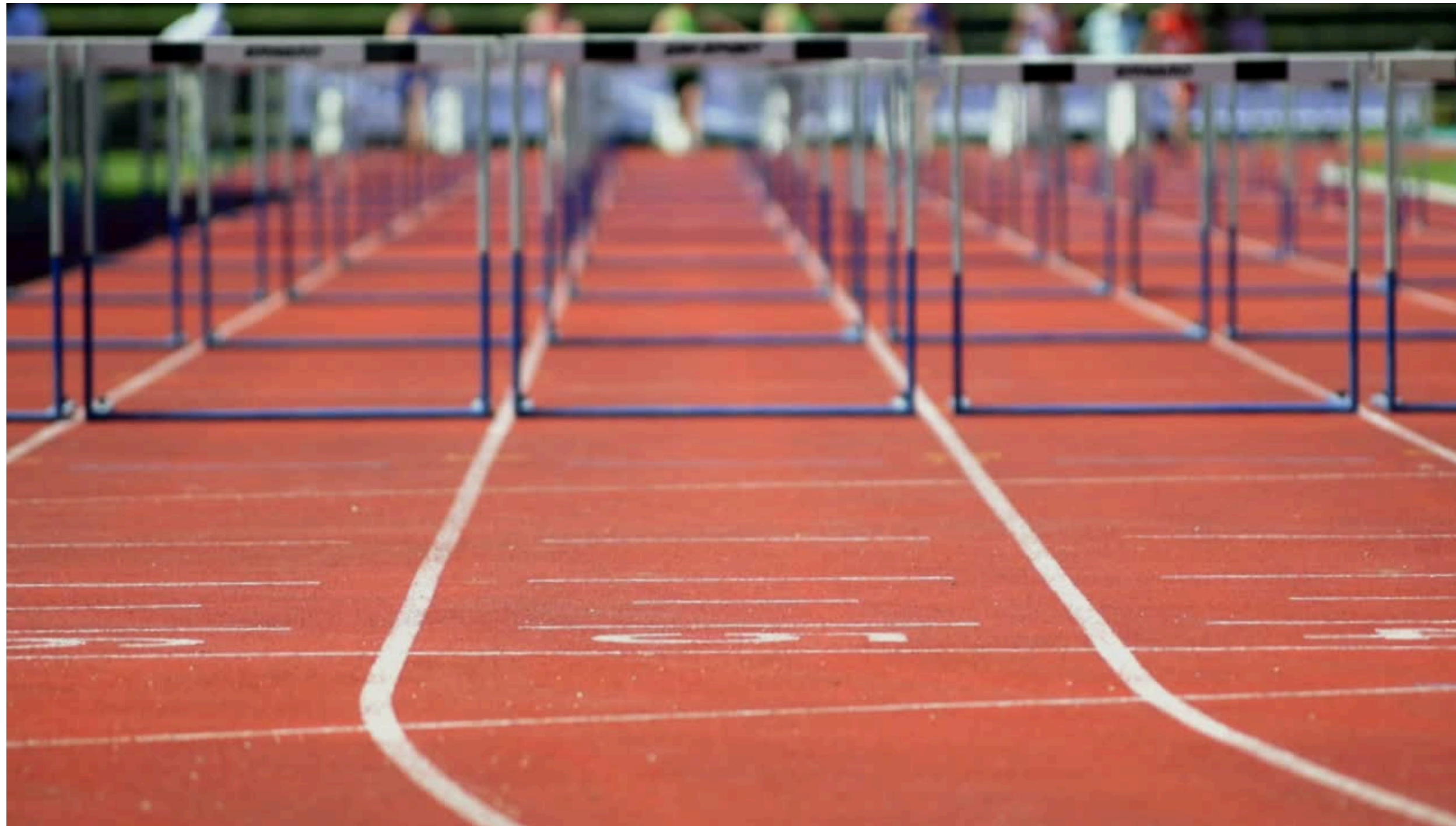
-steady jog around the track twice

BMYI
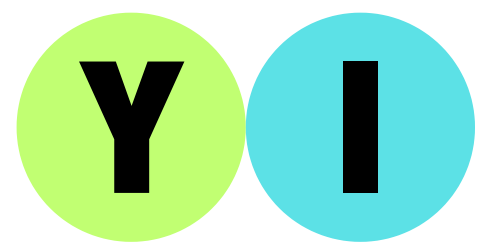
1500 Meter

-steady jog 4 times around the track

80 Meter Hurdles

M

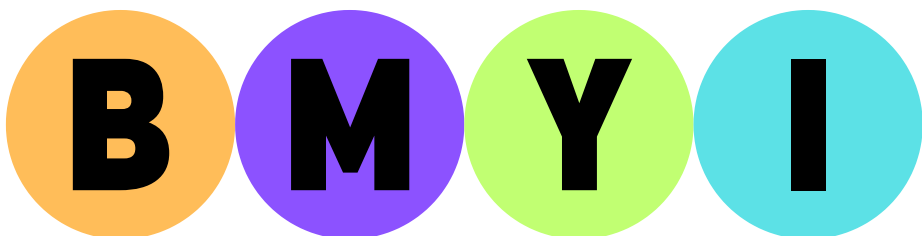- athletes sprint while clearing a set of evenly spaced hurdles without knocking them down or slowing down too much

110/200 Meter Hurdles

Y I

- athletes sprint while clearing a set of evenly spaced hurdles without knocking them down or slowing down too much
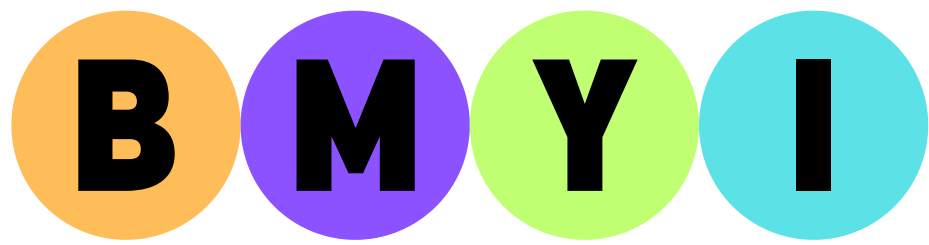
Long Jump

- sprint down the lane
- jump before the line
- each jump is measured
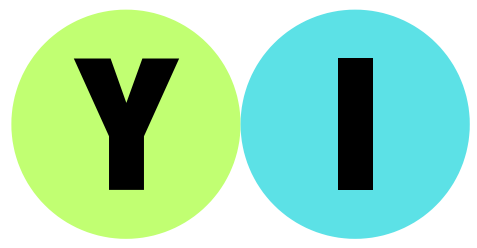- judges take your longest jump

B M Y I High Jump

- run in a curved line
- turn your body away from the bar
- use a powerful one footed jump
- arch back over bar
- you get 3 attempts at each height
- you can touch the bar, but it cannot fall off before you get off of the back of the mat
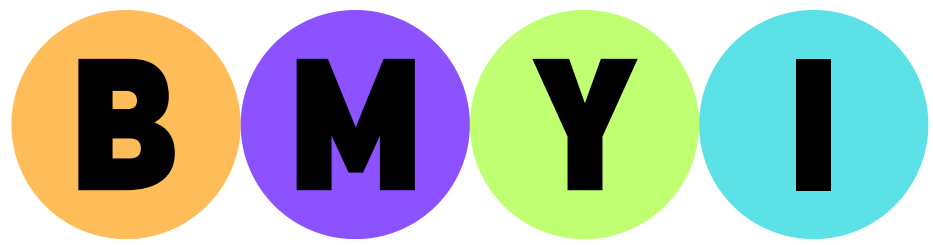
Triple Jump

- athletes complete a sequence of three movement - **hop**, **step**, **jump** to achieve maximum distance before entering the sand pit

Shot Put

- athletes push (not throw) a heavy metal ball as far as you can
- you get three attempts
- judges take the farthest

Discus

- athletes spin and launch a heavy disc shaped object as far as possible
- you get three attempts
- judges take the farthest

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