

# THIS IS TRACK & FIELD

The Track & Field team offers a wide-ranging set of experiences and possibilities to the individual desiring to be a part of the athletic experience. Due to the nature of the competition in Track & Field, which allows for a great number of athletes to participate and compete, the pressure to “cut” prospective athletes is very low.

Athletes are evaluated as to their potential in the wide variety of events that exist in Track & Field, but which most young people have never done, due to the lack of facilities or competent coaching at the lower grade levels. They are then placed in the appropriate event area for training.

Here are the events that make up the sport of Track & Field:

## SPRINTS AND DISTANCE

- 100 Meter Dash – The shortest sprint in the sport – Good speed is needed here.
- 200 Meter Dash – A medium-long sprint – You don’t have to be as fast as above, but it helps. Better is the ability to maintain a long stride.
- 400 Meter Dash – A very long sprint – Mental and physical toughness are necessary, as well as the ability to maintain a long stride with good rhythm.
- 800 Meter Run – Both speed and endurance are necessary qualities, along with mental toughness.
- 1600 Meter Run – The metric mile. The ability to maintain a fast pace and good heart and lungs is key to success in this event.
- 3200 Meter Run – The 2 mile run. Good endurance is the top criteria for this.

The above are all considered “flat races” as you don’t have to go over a hurdle

## HURDLES

- 110/100 Meter High Hurdles – One doesn’t need the speed of a sprinter here, although it helps. Good flexibility and toughness are the desired qualities.
- 300 Meter Low Hurdles – The heart and toughness of the 400 Meter runner, and ability to hurdle is what we look for.

The hurdle races are a great place for someone who doesn’t have the blazing speed of the sprinter, but is still fast and can be tough and flexible.

# FIELD EVENTS

## JUMPS

- High Jump – While the ability to jump vertically is desirable, more important is the ability to know where you are in space. Also, long legs can be an advantage, but are not necessary.
- Long Jump – Here we want good sprint speed, good “hops”, and the ability to be consistent on your approach to the jump.
- Triple Jump – Good strength in Both legs is the key, as you get 3 jumps. This used to be known as the “Hop-Step-Jump” because that is what you do; a hop is a take-off on one foot, and land on the same foot; then a step is take off on that foot, and land on the other foot; finally, a jump is take off on the foot on the ground and land on both.
- Pole Vault – This is the most athletic event in Track & Field. We want to see good speed, strong shoulders, ability to know where you are in space, consistency of approach, and a little bit of a crazy attitude ( like a skate-boarder or snow-boarder ).

## THROWS

- Shot Put – Take 12 pounds of metal in a round ball, and see how far you can throw it. Quickness is number 1, and then muscular strength in the legs and shoulders.
- Discus – Long arms, good torso flexibility, and the ability to keep your balance as you spin are the keys to success here.

## RELAYS

- 4 x 100 Relay – Our 4 fastest sprinters who can HANDLE the baton without dropping it make this team.
- 4 x 400 Relay – The 4 fastest 400 meter runners who are tough and won't drop the baton make this team.