

Track & Field for Newbies

Order of Events

On the Track:

Girls' race first followed by boys.

In Dual meets, girls and boys will run together in the 4x800m relay and 3200m.

1. 4x800 m Relay (3200 m Relay)
2. 100 m Hurdles (girls)
3. 110 m Hurdles (boys)
4. 100 m dash
5. 1600 m
6. 4x100 m Relay (400 m Relay)
7. 400 m
8. 300 m Hurdles
9. 800 m
10. 200 m
11. 3200 m
12. 4x400 m Relay (1600 m Relay)

One lap around the track = 400 m which is approximately $\frac{1}{4}$ of one mile.

In the Field:

Long & Triple Jumpers and Shot-Put, Javelin, & Discus throwers are given (3) trials/attempts to start. After the third attempt, the top (4) competitors are given an additional (3) attempts.

In Pole Vault and High Jump, competitors get (3) attempts at each height of the bar. If a competitor does not complete the attempt after (3) they are done. If a competitor does complete a height, they then advance to the next height and receive (3) more attempts. Scoring is based on highest clear and ties are broken by missed attempts.

Jumps

- Boys Pole Vault followed by Girls
- Girls High Jump followed by Boys
- Boys Triple Jump followed by Girls
- Girls Long Jump followed by Boys

Occasionally, in the horizontal jumps, meets will have "Open Pits." An "Open Pit" is when Long and Triple jumpers have a set amount of time (i.e. 30 minutes) to complete their first 3 trials.

Throws

- Boys Shot, followed by Discus then Javelin
- Girls Javelin, followed by Shot then Discus

Scoring:

Dual Meets

- First Place = 5 points
- Second Place = 3 points
- Third Place = 1 point
 - Relays
 - Winning Relay = 5 points
 - No other points awarded

In field events, ties are broken by the next best attempt.

Athletes may only compete in (4) total events in one meet.

Track Meet Etiquette

Track & Field meets are generally very positive. There is a friendly respectful relationship with officials and other coaches. At no point do athletes challenge or argue with officials or opposing coaches. If you have an issue or are upset, speak to your event coach. Coaches are very social and cordial with each other as well as the officials. We expect the same from our athletes. Sportsmanship is one of the biggest priorities on our team.

This sport is physiologically and psychologically taxing on all of the athletes competing. Positive reinforcement is used by all coaches towards not just our team, but towards the team we are competing against.

When asking your child about how they competed, always ask if they improved not if they placed. They will tell you if they scored points, but especially at a young age, encourage growth in the sport, not winning or placing in the top 3.

Finally, when you show up to a track meet the atmosphere is much more laid back than team sports. However, please do not distract your child by coming into the competition area, showing them pictures/video's you have taken, or try to discuss plans for the weekend. You may unknowingly get your child disqualified from competition because rules have been violated or you may unintentionally distract them and cause them to lose focus.

Invitational Meets

These meets are traditionally run on Saturdays and cater to the top one or two athlete's on a team. Invitationals usually have minimum marks athletes must have met to be allowed entry into the meet. There are usually anywhere between 6 and 30 (or more) schools represented at any given invitational.

Scoring at an invitational is different from a dual meet because they award more points. The scoring is usually handed out to the coaches upon registering. An example would be as follows:

- 1st – 10 points
- 2nd – 8 points
- 3rd – 6 points
- 4th – 5 points
- 5th – 4 points
- 6th – 3 points
- 7th – 2 points
- 8th – 1 point

Invitationals may last from 9 am until 5 pm. Because it is a very long day for the athletes, we do not require them to ride in the vans with us when we leave at 6:30 or 7:00 am. However, parents may drive children to and from the meet. If an athlete rides to the meet with us, but you would like them to ride home with you, I would ask that parents speak directly to one of the coaches before leaving with your child. Ideally, a written note would be preferred as the assistant coaches could pass it to the head coach.

POST SEASON

League Meet

The league meet is essentially the Lancaster-Lebanon League Invitational. Each school is allowed (1) entry per event. However, 2nd Entry Guidelines allow coaches to enter more than one athlete if multiple athletes have met the standard.

The League Meet is held over two days (Friday & Saturday) at Hempfield High School.

District III Meet

The District III Track & Field Meet is an exceptional meet to attend. The meet is held the weekend after our league meet at Shippensburg University. This meet is a Friday & Saturday meet that have very rigorous standards for entry.

The District releases qualification guidelines that have been revised yearly to give coaches an estimate of what athletes will need to perform in order to be accepted into the meet. These are, in fact, just guidelines. Just because an athlete hits the district guideline, does not mean they will actually be accepted into the meet. This would mean, athletes in District III far exceeded the anticipated guideline marks. The district would seed the meet and only take the top 18 competitors. The district may also look for a natural break in the ranks and take two or three extra athletes in an event. Additionally, if an

athlete falls short of the standard, coaches will still submit the athlete. We do this, because sometimes what District III has set as the guideline is far about what many athletes were able to achieve that season. In this case, District III will take athletes below the guideline.

At the District III meet, athletes have the opportunity to advance to the state championship. Track & field is separated into two divisions: AA and AAA. Donegal is classified as AAA for both male and female teams. As a AAA school, the top (5) athletes in the district will advance to the state championship. PIAA has also set a standard per event known as the, "State Qualifying Standard" (SQ). If an athlete hits the SQ, they automatically advance to the state championship if they place in the top (8).

For example, the SQ mark for boys AAA shot-put was 52 feet and no athletes hit the SQ, the top 5 athletes would still advance. If 7 athletes hit the standard, 7 athletes advance. However, if 12 athletes hit the standard, only the top (8) advance.

This is not a universal rule. Because of the size of District III, we are given more slots to enter into the state meet compared to a smaller district.

PIAA State Championships

The PIAA State Championships are held at Shippensburg University every Memorial Day weekend. The stadium will be completely full as will the field events outside of the stadium. Hotel rooms are booked a year in advance and the town is impossible to drive through the Friday & Saturday of the meet. It is best to arrive plenty early.

The PIAA State Meet is run incredibly efficient and will run perfectly on schedule. There are always vendors and stations with activities to participate in, but there is also the chance of watching a state or national record fall by one of the many talented athletes in Pennsylvania. There are many spectators that have been attending the event for 50+ years simply because of how incredible the sport truly is and how impressive the meet is run.

Please visit www.rundonegal.com and check out Donegal's Top 10 to better understand times and distances athletes are aiming for in any event. There are many additional resources on this site for one to explore as well.

Nutrition

As coaches, we do understand we are dealing with teenagers. However, we also want our athlete's to understand how to appropriately fuel their body and hopefully pick up some habits they can carry into adulthood. This is not an absolute guide for nutrition and we're not saying you can't be on the team if an athlete goes to Burger King, but on most days, we hope they make the decision to fuel their bodies appropriately.

The 10 Foods Every Athlete Should Attempt to Eat Every Day

1. At least one dark green leafy vegetable: Broccoli, Brussel Sprouts, Collard Greens, Kale, Spinach, Mixed Greens

2. **At least one bright yellow, orange or red fruit/vegetable:** Peppers, Squash, Jalapenos, Squash, Apples, Red Cabbage
3. **At least one citrus fruit or Vitamin C containing vegetable:** Oranges, Lemons, Limes, Potatoes, Kiwis, Melons
4. **At least one tomato or tomato product:** Salsa, Fresh Tomatoes, Spaghetti Sauce, Catsup, Tomato Soup, Chili
5. **At least one serving of dark blue or purple fruit/vegetable:** Blueberries, Blackberries, Cherries, Raspberries, Eggplant, Red Cabbage
6. **Six or more servings (1/2 cup each) of 100% whole grains:** Brown Rice, Whole wheat cereal, Bran muffins, Oatmeal, Whole grain pasta, Whole grain bread
7. **Two or more servings of lean protein:** Chicken, Turkey, Eggs, Lean Beef, Soy , Fish, Protein Powder Drinks
8. **One or more servings of fresh legumes:** Beans, Nut butters, Walnuts, Chickpeas (hummus), Lima Beans, Almonds
9. **Two or more servings of high calcium foods:** Fresh milk, Soy Milk, Yogurt, Real cheese, Yogurt String Cheese
10. **A high quality multivitamin supplement ensures you are getting everything you need. It is a supplement, not the real thing though!**

The 10 Foods Every Athlete Should AVOID Almost Every Day

1. **Soda: Any type, any brand, any flavor:** Coke, Pepsi, 7-Up, Mtn. Dew, Dr. Pepper, Generic Brands
2. **Hot dogs:** So bad they get their own category!
3. **Luncheon meats:** Bologna, Salami, Pepperoni, Sausage, Pastrami, Corned Beef
4. **Fried foods:** Fried Chicken Fingers, Fried Cheese, French Fries, Fried Twinkies
5. **Pastries: Anything made with white flour, sugar and fat:** Ding Dongs, Donuts Cookies, Ho-Ho's, Little Debbie anything!
6. **Candy:** M & M's, Reese's, Snickers, Baby Ruth, Kit-Kats, Twizzlers, etc.
7. **Fast food:** Anything from any fast food place is bad for you. Even McDonald's!
8. **Highly sugary cereal:** Frosted Flakes, Apple Jacks, Coco-Puffs, Capt'n Crunch, Honey Smacks, etc.
9. **Trans-fatty acids:** Creamy Salad Dressing, Chips, Mac & Cheese, French Fries, Margarine, Chicken Nuggets
10. **Anything with Olean or other types of synthetic fats! Read the label!**

Snacks on Meet Days

It's important that the athletes (and parents) pack the right type of snacks on meet days. Track & Field meets are all day events and dual meets after school are a long time from lunch. The proper snack choices keep our athletes nourished and will provide the needed energy to successfully compete throughout the day. We strongly urge you to steer away from highly processed snack foods (high fat, high sugar, and other ingredients you can't pronounce). Fresh fruit, protein and whole grains are always a good choice.

Here are a few ideas on what to bring:

WATER, WATER, WATER!

Fresh Fruit (Bananas, Oranges, Apples, Kiwi, etc.)

Muffins

Raisins

Peanut Butter & Jelly (on whole grain bread or bagel)

Granola Bars

Carrots

Celery (with or without peanut butter)

Dried Fruit Chip

Whole Grain Crackers

Nutrition/High Protein Bars (Balance, PowerBar, etc.)

Sports Drinks (Gatorade, Propel, Powerade, etc.)