

AUSTIN MIDDLE SCHOOL
HOME TRACK MEET INFORMATION GUIDE

ORDER OF RUNNING EVENTS

Girls 100M Hurdles
Boys 110M Hurdles
Girls 100M
Boys 100M
Girls 800M Relay
Boys 800M Relay
Girls 1600M
Boys 1600M
Girls 400M Relay
Boys 400M Relay
Girls 400M
Boys 400M
Girls 800M
Boys 800M
Girls 200M
Boys 200M
Girls 1600M Relay
Boys 1600M Relay

FIELD EVENT INFORMATION

High Jump- Boys (Start at 4'0" up two inches to 5'0" then 1" at a time)
High Jump- Girls (Start at 3'6" up two inches to 4'0" then 1" at a time)
Shot Put- Boys (8 lb) Girls (6 lb)
Discus- Boys (1.6 kg) Girls (1.0 kg)
Pole Vault- NO POLE VAULT

ALL FIELD EVENTS ARE THE BEST OF THREE ATTEMPTS

ORDER OF FIELD EVENTS

Shot Put (Boys First)
Discus (Girls First)
Long Jump (Boys First)

High Jump (Girls First)
Pole Vault (Boys First)

General Information

- Restrooms are located inside the building. Spectators can enter through Door 1.
- There is no admission cost and there will not be a concession stand.
- Contestants will be limited to 4 events. A relay is an event.
- Dual Meets- Field events will be limited to **seven** contestants from each school.
- Tri Meets or More- Field events will be limited to **five** contestants from each school.
- Opposing schools should bring their own starting blocks.
- In two way meets, there will be a limit of **four** participants in the 100, 200, 400, and hurdles. In three and four way meets, there will be a limit of **two** participants in the 100, 200, 400, and hurdles. There will be an open race for any additional athletes who would like to run.
- Field events will start approximately 25 minutes prior to the start of the first running event.
- Participants in the high jump must be at the pit when his/her third call is made or the bar will be raised to the next height and not lowered. It is the responsibility of the contestant and coaching staff, not the teacher or person in charge, to see that the event is completed in a reasonable time.
- Dual Meets- Ribbons will be awarded for three places in regular events and first place in relays.
- Tri Meets- Ribbons will be awarded for four places in regular events. First and second place will be given in relays.

- Scoring will be 5-3-1 and 5-0 for relays in dual meets. Scoring will be 5-3-2-1 and 5-3 for relays in tri-meets.

