FRRPD YOUTH TRACK AND FIELD PROGRAM 2026
HARRISON STADIUM

SHOT PUT

200M STAGGERED START

200M READY AREA

JUMPING EVENTS

K-4 THROWING EVENTS

TEAMS AREA

100M START

50M START

FINISH

100M READY AREA

50M READY AREA

1600M WATERFALL START

400M STAGGERED START

GENERAL NOTES:

- Team Area – Athletes/Coaches Only
- Event Area – Athletes/Coaches/Volunteers
- Spectators – Must remain in bleachers. Family not permitted on the track/field
    - Exception: Younger athletes that may need support getting to events.

RULES specific to turf/track areas

- No Food – No Gum – No Candy – No seeds
- Drinks – ONLY WATER – No exceptions
- No metal spikes or anchors.
- No track spikes of more than 1/8". NO NEEDLE SPIKES
- No animals/pets.

Running Events

- 50M   Start from middle of straight away -   Stay in assigned lane
- 100M   Start from the marked starting area   Stay in assigned lane
- 200M   Staggered start in turn 3   Stay in assigned lane
- 400M   Staggered start in turn 1   Stay in assigned lane
- 1600M   Waterfall start at entrance of turn 1
    - May collapse coming out of turn 2?
    - Athlete should be prepared to provide a timer
- 4x100 Staggered start   Stay in assigned lanes
    - Exchange zones – Runners need to be in correct lanes

Throwing Events

Softball Throw – 2 throwing lanes. 3 attempts per athlete. All throws will be marked. Longest throw (where the ball first hits the ground) will be measured/recorded

Shot Put – Concerns about athlete safety/injuries due to incorrect form. 3 attempts per athlete. All throws will be marked. Longest throw will be measured/recorded.
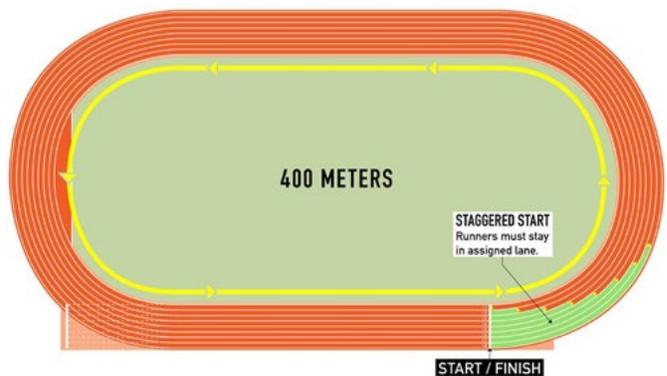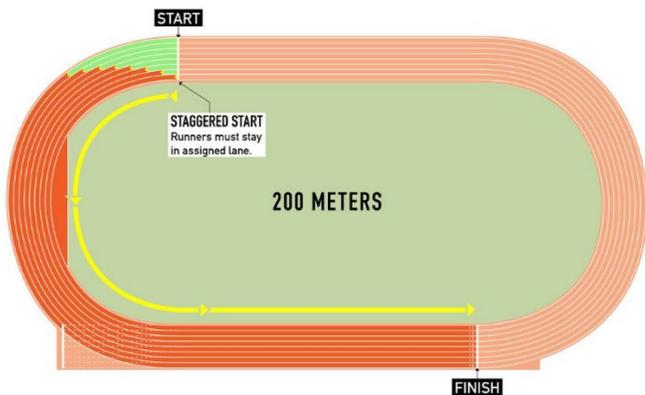
Jumping Events

- K-4   Two Long Jump Lanes
- 5-8   1 long jump lane / 1 triple jump lane

3 attempts per athlete. In an attempt to keep things moving, athletes should not expect to get consecutive attempts if other athletes are waiting. All attempts will be marked, measured and recorded.

TRACK EVENTS

50M/100M/200M/400M

- Starter-FRRPD Staff
  - Confirm with head timer that finish area is clear and timers are ready
    - Walkie-Talkie / Flag
  - Call heat runners in to place
    - Staggered start positions for 200M / 400M
  - Raise starting device over head
  - Command "ON YOUR MARKS / SET "
  - Fire the starting device (air-horn)
- Head Timer / Finish Judge -FRRPD Staff
  - Confirm with timers:
    - Lane assignment
    - Watch function   start/stop/reset
    - Results recorded
  - Confirm to starter finish line is clear and timers are ready
    - Walkie-Talkie / Flag
  - Back up watches
- Lane Timer-Volunteer(s)
  - Confirm with head timer:
    - Lane assignment
    - Watch function
    - Watch malfunction
      - Raised hand – Head timer will provide replacement watch
    - Record results

START

STAGGERED START
Runners must stay
in assigned lane.

200 METERS

FINISH

400 METERS

STAGGERED START
Runners must stay
in assigned lane.

START / FINISH

TIMING SHEET: 50M/100M/200M/400M

DATE: _____

DISTANCE: _____

LANE: _____

BIB #	TIME (Minutes: Seconds. Tenths)
0000	0:14.9

1600M Run

- Starter-FRRPD Staff
    - Confirm with head timer that finish area is clear and timers are ready
        - Walkie-Talkie / Flag
    - Call heat runners in to place
        - Waterfall start
    - Raise starting device over head
    - Command "ON YOUR MARKS"
    - Fire the starting device (air-horn)
- Head Timer / Finish Judge-FRRPD Staff
    - Confirm with timers:
        - Runner assignment
        - Watch function   start/stop/reset
        - Results recorded
    - Back up watches
    - Confirm runner lap count during race(s)
- Lane Timer-Volunteer(s)
    - Confirm with head timer:
        - Runner bib #
        - Watch function
        - Watch malfunction
            - Raised hand – Head timer will provide replacement watch
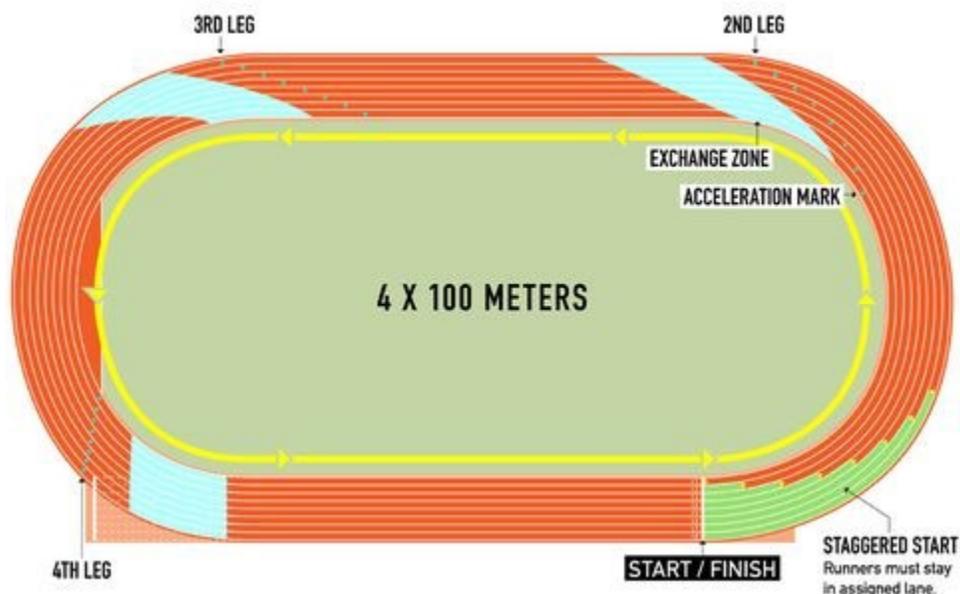   - Record results

1600 METERS
4 -LAP RACE

FINISH START

TIMING SHEET: 1600M

DATE: _____

DISTANCE: _____

BIB #	TIME (Minutes: Seconds. Tenths)
0000	4:30.5

4x100 Relay

- Starter-FRRPD Staff
  - Confirm with head timer that finish area is clear and timers are ready
    - Walkie-Talkie / Flag
  - Confirm exchange runners in place
  - Call heat runners in to place
    - Staggered start
  - Raise starting device over head
  - Command "ON YOUR MARKS"
  - Fire the starting device (air-horn)
- Head Timer / Finish Judge-FRRPD Staff
  - Confirm with timers:
    - Lane Assignment
    - Watch function   start/stop/reset
    - Results recorded
  - Back up watches
  - Confirm runners are in exchange areas
- Lane Timer-Volunteer(s)
  - Confirm with head timer:
    - Lane assignment
    - Watch function
    - Watch malfunction
      - Raised hand – Head timer will provide replacement watch
    - Record results
- Exchange area volunteers
  - Confirm runners for all teams are in exchange areas

TIMING SHEET: 4X100 RELAY
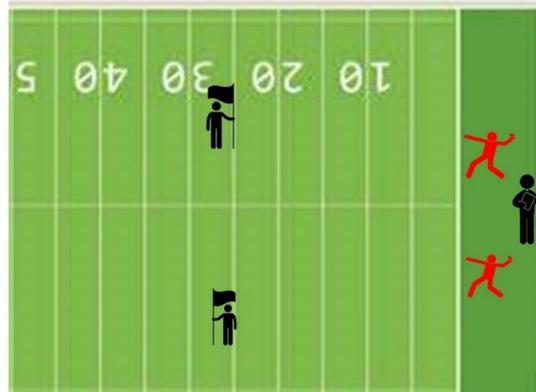
DATE: _____

DISTANCE: _____

LANE: _____

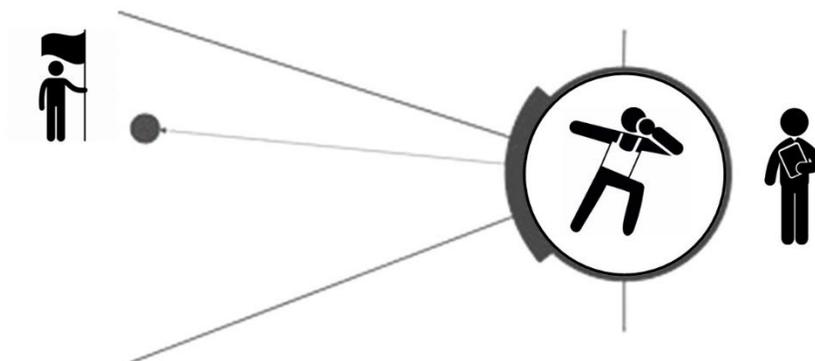| TEAM/SCHOOL	TIME (Minutes: Seconds. Tenths)
Ridgemont	0:58.5

FIELD EVENTS - THROWING

Softball Throw / Shot Put

- Results Recorder - Volunteer (1)
  - Record athlete bib # / Record best of 3 throws
- Mark & Measure - Volunteers (2)
  - Mark 3 throws
    - Place flag at location ball first contacted the ground
  - Measure longest throw / Report distance to recorder

Shot Put

- Results Recorder - Volunteer (1)
  - Record athlete bib # / Record best of 3 throws
- Mark & Measure - Volunteers (1)
  - Mark 3 throws
    - Place flag at location ball first contacted the ground
  - Measure longest throw / Report distance to recorder

THROWING EVENTS SHEET: SOFTBALL THROW / SHOT PUT

DATE: _____

EVENT: _____

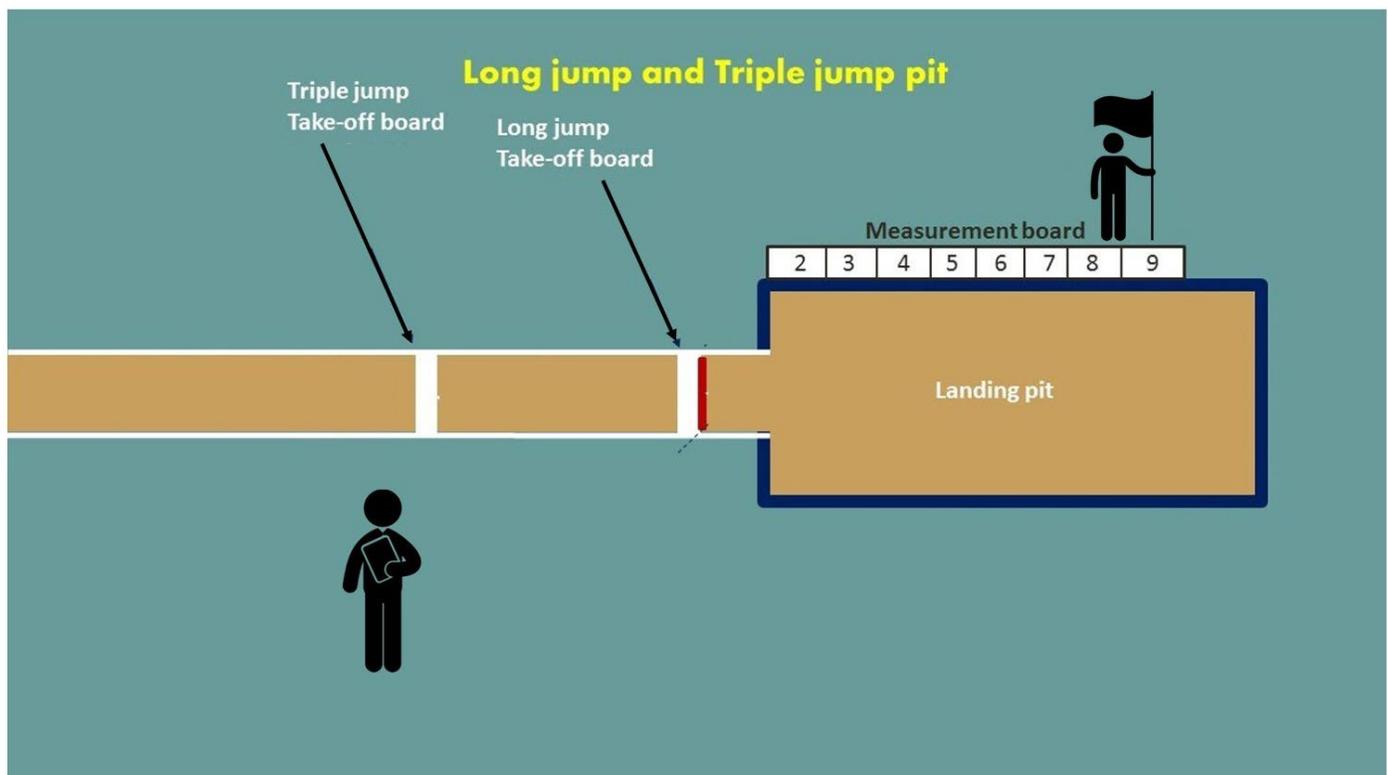| BIB #	DISTANCE (Feet - Inches)
0000	20' – 6"

FIELD EVENTS – Jumping

Long Jump

- Results Recorder - Volunteer
  - Record athlete bib #
  - Record distances of 3 jumps
- Mark & Measure - Volunteers (2)
  - Mark jump
    - Place flag at location outside of pit at where athlete contacted pit
  - Measure distance
  - Report distance to recorder

Triple Jump

- Results Recorder - Volunteer
  - Record athlete bib #
  - Record distances of 3 jumps
- Mark & Measure - Volunteers (2)
  - Mark jump
    - Place flag at location outside of pit at where athlete contacted pit
  - Measure distance
  - Report distance to recorder
  - Rake pit

Long jump and Triple jump pit

JUMPING EVENTS SHEET: LONG JUMP / TRIPLE JUMP

DATE: _____

EVENT: _____

BIB #	ATTEMPT #1		ATTEMPT #2		ATTEMPT#3	
	Feet	Inches	Feet	Inches	Feet	Inches

MEET ENTRY SHEET K-4

MEET DATE: _____

SCHOOL: _____

List projected number of athletes in each event by GRADE/DIVISION.

Athletes may participate in 4 individual events and 1 relay.

EVENT	KINDER		1ST GRADE		2ND GRADE		3RD GRADE		4TH GRADE	
DIVISION	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS
50M										
100M										
200M										
SOFTBALL THROW										
LONG JUMP										
4X100 RELAY										

Please complete and return to jennaw@frrpd.com no later than 12:00pm the day before the meet.

MEET ENTRY SHEET 5th – 8th Grades

MEET DATE: _____

SCHOOL: _____

List projected number of athletes in each event by GRADE/DIVISION.

Athletes may participate in 4 individual events and 1 relay.

EVENT	5th GRADE		6th GRADE		7th GRADE		8th GRADE	
DIVISION	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS
100M								
1600M								
200M								
400M								
LONG JUMP								
TRIPLE JUMP								
SHOT PUT								
4X100 RELAY								

Please complete and return to jennaw@frrpd.com no later than 12:00pm the day before the meet.

VOLUNTEERS NEEDED: 21

RUNNING EVENTS	8	LANE TIMERS / RECORD RESULTS
RELAY	4	SUPPORT IN EXCHANGE AREAS
SOFTBALL THROW	3	(2) MARK AND MEASURE (1) RECORD RESULTS
SHOT PUT	2	MARK/MEASURE AND RECORD RESULTS
JUMPS	4	2 Lanes– (1) TO MARK/MEASURE/RAKE & (1) TO RECORD