

## Section I

### INTRODUCTION

- The Kids, Incorporated track program consists of 4 weekend track meets (ribbon meets).
- The Pre-K – 4<sup>th</sup> grade track meet format consists of 8 relay or shuttle events (three events are comprised of 4 runners and 5 events involve 8 runners).
  - See the attached race sheets for diagrams of each race.
- These track meets will be run on 220 yard tracks at different City Parks in Amarillo.

## Section II

### GLOSSARY OF TERMS

- **START and/or FINISH LINE** – The lines which cross the lanes of the track on the front straightaway.
- **FRONT STRAIGHTAWAY** – The straight portion of either side of the track may be designated as front straightaway and will have a solid line for start/finish line.
- **BACK STRAIGHTAWAY** – The straight portion of the track opposite that designated as the front straightaway.
- **STAGGER LINE** – A line that crosses any single lane.
- **CLOCKWISE** – The right to left direction around the track with the start line at six o'clock.
- **COUNTERCLOCKWISE** – The left to right direction around the track with the start line at six o'clock.
- **FRONT STAGGER LINE** – The line which crosses any given lane and so placed in a counterclockwise direction from the start line that it equalizes the length of all lanes.
- **FIRST TURN** – The curved portion of the right end of the track with the starting line at six o'clock.
- **SECOND TURN** – The curved portion of the left end of the track with the starting line at six o'clock.
- **LAP** – One complete turn of any lane from its starting point to the finish line.
- **ASSIGNED LANE** – The lane in which the team must run.
- **POLE** – The point where the inside of lane number one starts the first turn.
- **CUT-TO-POLE** – Crossing from the outer lanes to the inside lane (lane #1) in order to shorten the distance required to complete a lap (runner must be at least 1 ½ steps in front or behind the closest runner).

- **HAND-OFF** – Passing a baton from one runner to a succeeding runner. All relay hand-offs will be dead stick (front) or behind the back exchanges.
- **RELAY** – An event in which each runner runs an equal part of the distance and hands off a baton to a succeeding runner moving in the same direction.
- **SHUTTLE** – An event where two or more runners run but with each succeeding runner changing the direction of travel.
- **MEDLEY** – An event where two or more runners run in the same direction but run unequal distances.
- **REVERSE RELAY** – The same as a relay except at the midpoint in the race the next succeeding runner changes direction.
- **HEAT** – A group of individual runners of the same grade level participate in the same event at the same time.
- **ANCHOR PERSON** – Last runner on any given team in a particular relay event.

### Section III

#### THE HAND-OFFS

- **DEAD STICK HAND-OFF**
  - This hand-off is used in exchanging the baton on the stagger line.
  - The outgoing runner is positioned behind the stagger line and to the left side of the lane ready to receive the baton.
    - The heels of his/her hands should be on his/her stomach about four inches apart with the fingers extended and slightly curved **or** you may have arms extended in front of your body, just below eye level with both hands open and your thumbs hooked together.
    - This will make a good pocket for the baton when the hand-off is made.
    - Try and use one of these two (2) methods.
  - Teach your kids the two (2) hand exchanges.
    - Taking a baton with one (1) hand causes too many dropped batons.
  - The incoming runner, as he/she approaches the waiting runner, moves to the left side of the lane preparing to put the baton into the hands of the waiting runner.
  - The incoming runner, holding the baton in a vertical position, need not lose any speed since he/she can transfer the baton without slowing down.
  - The outgoing runner cannot cross the stagger line until he/she has received the baton.

- **BEHIND THE BACK HAND-OFF**
  - This hand-off is used for exchanging the baton in relay races when the succeeding runner moves in the same direction.
  - The outgoing runner is positioned to the right side of the lane with his/her left hand extended to the rear with the palm up.
  - Both runners must help each other on the exchange.
  - The incoming runner positions the baton horizontally and places the forward end in the palm of the outgoing runner.
  - The outgoing runner watches the exchange and closes his/her hand around the baton when he/she sees the baton in his/her hand.
    - With the baton in his/her left hand he/she brings it to the front of his/her body and puts it in his/her right hand and runs to the next runner.
  - The outgoing runner needs to stand right behind the stagger mark.
    - You are not allowed to be a few yards behind the stagger mark.
      - Example: 1 yard and beyond is not allowed.
  - You are allowed to lead off from behind the stagger mark and be moving forward before you receive the baton.
    - Work this out with the incoming runner.

## Section IV

### SPECIAL RULES

- Kids, Incorporated staff, meet coordinators, and meet volunteers are allowed on the inside of the track. Everyone else must stay on the outside of the track or your team will be subject to disqualification.
- Coed teams may be formed in Pre-Kindergarten, Kindergarten, and 1<sup>st</sup> grade.
- Coaches, teams, and fans/parents must stay completely off the track at all times. Coaches or runners who intentionally or unintentionally interfere with a race will cause disqualification of their team for that particular race. **\*(Make sure the race is over before you begin walking across the track.)**
- All participants must wear the official Kids, Incorporated T-shirt.
- All participants must run in shoes. No metal/steel spikes are allowed in any grade. (Tennis shoes are preferred.)
- All meets will have ribbons. (1st thru 6th place)
- Each team will need to provide at least one ribbon person and/or one lane judge for each meet in the PK - 4th grade meets.

- Please be at the track at least 30 minutes before the meet is scheduled to begin. Coaches meetings will be held 20 minutes before meet begins. Our track meets start on time.
- Fill out the track entry form in duplicate and turn in one copy to the meet director before the end of the meet.
- The meet coordinator will have the final decision-making authority at all meets. Individuals and/or teams are subject to being disqualified in a particular race when any of the following occur:
  - throwing or tossing a baton
  - having your foot over the line on dead stick hand-offs – After visiting with lane judges, the meet director will have final decision
  - runners running out of their assigned lane
  - runners colliding and affecting a runner's ability to continue or if it could have affected the race results
  - A second false start will result in disqualification of your team for that particular race.
- **In grades kindergarten thru 4th grade, a child may participate in a maximum of four(4) races. A child must participate in a minimum of three(3) races. NO EXCEPTIONS unless injury, sickness or a child has to leave the track meet early or shows up late or just simply does not want to run. (Please visit with your parents about these situations.)**

\*If a team has 17 team members, this will allow every child to participate in a minimum of 3 races.

\*If a team has 18 team members, they are allowed to run two(2) teams in the 440 yard shuttle (PK-2nd grade, the 1st race - 8 person 440 yard shuttle) (3rd-4th grade - the 1st race - 8 person 3/4 mile shuttle) This allows everyone the 3 race minimum.

\*If a team has 19 or 20 team members, they are allowed to run two(2) teams in the 5th race, the 8 person 880 yard shuttle for PK-4th grade. This allows everyone the 3 race minimum.

\*If a team has 21 team members, they are allowed to run two (2) teams in the 2nd race, the 4 person 440 yard shuttle for PK-4th grade and the 5th race, the 8 person 880 yard shuttle for PK-4<sup>th</sup> grade. This allows everyone the 3 race minimum.

\*If a team has 22 team members, they should split into two (2) teams. Please call the Kids, Incorporated office at 376-5936 if we can be of assistance.

**If a team has less than 13 runners, one(1) or more race(s) must be scratched.**



## *Track Rules*

**Examples:** 12 members - cancel one 4 man race  
11 members - cancel one 8 man race  
10 members - cancel one 4 man and one 8 man race  
9 members - cancel two 8 man races  
8 members - run four 8 man races  
4 members - run only 4 man races

**\*\*\*5, 6 or 7 members – Work with the meet coordinator to decide what will be your best options.**

**PLEASE HAVE EVERYONE HELP PICK UP TRASH!  
THANK YOU!**