

Guide to Track & Field Meets

Track and field is a team sport that consists of both individual and relay events. ALL team members compete in our dual meets while we are limited in entries for invitationals and championships. That being said, each athlete has a role on this team, whether they are in the midst of competition or cheering on their teammates.

Guiding principles:

- Every team member contributes.
- To strive for excellence is as worthy as achieving it.
- Everyone can strive for a personal best.

Scoring

Some meets are scored; highest score wins the team title. Some meets are unscored; the reason for this is to allow athletes to focus on event performances, striving for qualifying standards or personal bests, without concern for overall team score.

Dual meets are scored as follows:

1st place = 5 points

2nd place = 3 points

3rd place = 1 point

Relay win = 5 points (no points for any other place).

Scores are recorded and reported "head to head" even if more than two teams are in attendance and even though all athletes compete against each other in heats of events. For example, Lansing, Trumansburg, and Dryden might all attend a dual meet; scores for Lansing vs TBurg, Lansing vs Dryden, and TBurg vs Dryden will be reported.

Scored invitationals and championships are scored as follows:

1st place = 10 points

2nd place = 8 points

3rd place = 6 points

4th place = 4 points

5th place = 2 points

6th place = 1 point

Relays: same scoring as individual events.

All teams are competing against each other in these meets.

Watching a Track Meet

When you arrive at a meet, take a moment to get a lay of the land. Each track venue is slightly different. Decide where you'd like to sit – but also take note of the location for the jumping, vaulting, and throwing areas. There is always something to watch and someone to cheer for at a track meet!

Do not expect the attention of your son or daughter once we get to the meet. The athletes need time to warm up, be briefed by their coaches, prepare for their events, and support their teammates.

Parents and fans are expected to stay outside of the track and at the outside of field event areas. We love your support, so feel free to cheer loudly during running events and applaud for us after each field attempt! Just be cautious if you must cross any portion of a track or runway, and always avoid interfering with competition in any way.

At the finish of the race, runners need to stay on the track until dismissed by an official. It's alright to congratulate them once they come off the track, but please understand that our runners have responsibilities throughout the meet. We expect them to jog and cool down after events and actively support their teammates who have yet to race.

Once a meet is over: if an athlete is not traveling home on the team bus, a parent **MUST** check out their son/daughter with a coach. Travel with anyone other than the athlete's own parent is not allowed unless written permission has been given and clearance granted by coach and athletic department.

Also, athletes cannot typically leave right after their race is over, unless they have a pressing commitment (band competition, ACT or SAT, etc). We often have information to provide afterwards, and we want everyone to stay to support their teammates.

Parent Involvement

This program is a lot of fun to be around. Please make the time to be with our team and make yourself known to the athletes, coaches, and other parents. Those who have been involved over the years have many positive memories! Cheer for your own child, for their teammates, and for other athletes at the meet! Every athlete has demonstrated courage to start, strength to endure, and a resolve to finish. Get inspired and get excited to root for them!

THANK YOU for taking the time to join us at meets. We can't wait to see you there!