

PLAN FOR A QUICKER TRACK MEET by Ted Hutch, York High April

Basics:

It is the dead time between heats that slows a meet down.

Timers start their watch when they see the smoke of the gun (not the sound).

Timers must pick places (not lanes).

All times are rounded up to the nearest tenth (10.11 becomes 10.2. 10.0 remains 10.0)

All officials must be told to move the event quickly.

If you can speed up the time between performances and heats, you will speed up the meet.

Get entries from the other teams, so you know how many kids you are dealing with in each event.

Educate the officials. Don't assume that they know the rules.

Recruit officials from coaches, students, student organizations, parents, alumni, and staff from the high school and middle school. You need to recruit them in person and well ahead of time.

Make sure you have backup officials. Pay the officials or at least give them a t-shirt or hat.

Hire 10 smart middle school or high school students for \$10 a piece (markers, rakers, etc.)

Begin field events early before the visiting teams arrive. If you have 20 long jumpers on your team, begin a flight of your bottom 10-15 jumpers at 2:30-3:00pm. Your top jumpers and visiting jumpers can begin at 3:30 start time. That works for HJ, LJ, TJ, Discus, Javelin, Shotput.

SEEDING LANE RACES: You don't need to seed ahead of time

1. Heat 1 should be the six fastest runners ("anyone who has qualified for states step up)

2. Heat 2 should be the next six fastest runners ("anyone who has broken 14 seconds step up").

3. All other heats (distribute equally among teams)

4. The clerk-starter just needs to be aggressive and get any 6 kids to the line.

Timing

1. Each timer picks a finish place (not a lane). John gets the first finisher, Mary gets the second finisher, etc.

2. Timers must start the watch when they see the smoke of the gun, (not the sound) because light travels faster.

Don't assume that people know this.

3. Handheld times are rounded up to the nearest tenth (14.11 becomes 14.2).

However, if the tenths place is zero, it stays zero (14.00, stays 14.00)

Name tags

All runners should wear a neatly written name tag, so you don't have to ask a tired runner their name.

"Hello My Name Is" name tags are the cheapest.

Road Race numbers and pins are more durable in the rain. Just write their name on the blank side.

Best bet: MF Athletic sells an inexpensive tyvek water proof nametag.

Double watch Timing System: You need 6 timers and 12 watches (two for each timer)

1. 6 timers time the first heat

2. When runners cross the finish line, each timer leads his runner to the scoring table.

3. Place runners in front of table in order of finish.

4. Put your watch on the table in front of your runner

5. Grab your second watch and return to the line for the next heat.

6. The recorder is recording the name and time of each runner, while you are timing the second heat.

7. Repeat the process

Note: Most timing crews take 2 minutes between heats. This system cuts that down to 10-30 seconds.

Timing for distance events (800, mile, 2 mile, racewalk) is done like a cross country meet.

1. Build a long road race type finish chute on the inside of the track using hurdles and rope.
2. As they finish, keep them in order and lead them through the finish chute.
3. Recorder is at the end of the chute taking down names in order
4. Someone else is recording their times as they cross the finish line (use a watch with split times)
5. You can do splits on a watch but make sure you have a few backup timers doing the same.
5. Match times up with the names.

Offical Score Keeper

1. At the end of every event, recording sheets are sent to the head score keeper.
2. The scorer records the top point scoring athletes and keeps current team scores on a laptop.
3. A helper makes a copy of all event results for each team (use a portable copy machine)
4. The helper also posts results on a piece of plywood so parents can see them.
5. Each team receives a packet of all results for all events as well as the final team score.

Send out the results

Portland Press Herald: phsports@pressherald.com Phone: 791-6400

Portsmouth Herald: sports@seacoastonline.com Phone:1-800-439-0303 ext. 2223

Sub5: runsub5@myfairpoint.net

Mile Split Maine: <http://me.milesplit.us>

HOME MEET OFFICIALS

SCORER CLARK	ANNOUNCER PETTIGREW	RUNNER (finish line to scorer) LOMASNEY
CLERK (sets up heats) CALDWELL	STARTER PAINE	RECORDER (at the finish line) NICHOLS
TIMER: CONVERY	TIMER: LITTLEFIELD	TIMER: SIROIS
TIMER: N. FREEMAN	TIMER: K. CLEMENTS	TIMER: SWIATEK
HIGH JUMP 1. JOHANSON (head official) 3. J. HOSMER (standard guard)	LONG-TJ BOYS 1 SCHAMBACH (official) 2 GALANTE (raker) 3	LONG-TJ PIT GIRLS 1 LUTTRELL (official) 2 E. MITCHELL (raker) 3
DISCUS 1. GREENIER (official) 2 DAVE CARTIER (tape measure) 3 PRUGAR,(tape measure)	SHOTPUT 1 M. TAYLOR (official) 2. MOYNAHAN (tape measure) 3	JAVELIN 1. ROY (official) 2 LITTLEFIELD (tape measure) 3
POLEVAULT 1 PAUL (official) 2 SEGALLA (standard) 3. REID (standard)	RESERVES RHODES, K. HOSMER Parents from the stands	

EQUIPMENT