



## **2023 Track & Field Parents Guide**

# **ANDOVER ATHLETIC** **ASSOCIATION TRACK PROGRAM** **SPRING 2023**

## **Season Calendar (all times TBA unless otherwise indicated)**

|                    |   |
|--------------------|---|
| Monday, April 10   | Coaches Meeting                                       |
| Tuesda, April 11   | New Track & Field Family Meeting                      |
| Sunday, April 16   | Indoor Practices Begin at Andover<br>Community Center |
| Saturday, April 22 | Meet & Greet / Field Event Clinic                     |
| Sunday, April 23   | Pictures at Andover Community Center                  |
| Monday, April 24   | Outdoor Practices Begin                               |
| Saturday, April 29 | Meet 1 – Andover High School                          |
| Saturday, May 6    | Meet 2 – Andover High School                          |
| Saturday, May 13   | Meet 3 – Andover High School                          |
| Saturday, May 20   | Meet 4 – Andover High School                          |

## **Meet Format (times subject to change)**

|         |   |
|---------|---|
| 8:00am  | 4 <sup>th</sup> -5 <sup>th</sup> Grade Events Begin |
| 10:30am | 2 <sup>nd</sup> -3 <sup>rd</sup> Grade Events Begin |
| 12:30pm | K-1 <sup>st</sup> Grade Group A Race Events Begin   |
| 12:50pm | K-1 <sup>st</sup> Grade Group B Field Events Begin  |

See order of events for detailed schedule. Please note that all start times are subject to change following the first 1-2 meets at the discretion of the director with input from the track & field committee. **Coaches should arrive 20-30 minutes prior to start time and athletes should refer to coaches' instructions on arrival times.**

## **AAA Track & Field Program**

### **A. MISSION STATEMENT**

Andover Athletic Association Track & Field is a **fun**, recreational opportunity for elementary-aged students to experience track and field, improve physical fitness, and learn teamwork and good sportsmanship while teaching fundamental techniques of the sport.

### **B. GENERAL INFORMATION**

The track program consists of a series of four meets. Meets are held at the Andover High School track. Meets are Saturday mornings. The dates span from late April through mid-May.

Participants are placed on teams in the following divisions based in current grade:

- Grades K-1 Co-Ed
- Grades 2-3 Girls
- Grades 2-3 Boys
- Grades 4-5 Girls
- Grades 4-5 Boys

Parents wishing to place siblings on a team outside these grade levels are allowed to have their child compete one level up from their grade level with prior approval of the director. Other situations may be considered based upon special request.

### **C. EVENTS**

- a. Grades K-1 participate in 50, 70, and 90 meter runs, shuttle relay, standing broad jump, running long jump, and softball throw.
- b. Grades 2-3 participate in 50, 100, 200, and 400 meter runs, 4 x 100 meter relay, 4 x 200 meter relay, standing broad jump, running long jump, and softball throw.

- c. Grades 4-5 participate in 100, 200, and 800 meter runs, 70 meter hurdles, 4x100 relay, 4x200 relay, 4x400 relay, running long jump, high jump and shot put.

#### **D. PARTICIPATION**

Each team receives a limited number of entries in each event for each meet. Coaches will generally assign each athlete to compete in three to four events per meet, to include one field event.

Athletes should participate in an approximately equal number of events as their teammates each meet (within a difference of 1) and should have the opportunity to try all events during the four meets. Coaches have discretion to assign athletes to events as they see fit. Athletes wishing to skip certain events may not always be offered spots in other events to make up for the skipped event as that could remove an opportunity from a teammate.

#### **E. INDIVIDUAL COMPETITION & AWARDS**

In each race & field event, ribbons will be awarded to each participant for the level achieved based upon the standards set in field events and the place they finish relative to other runners from their heats in running events.

#### **F. UNIFORMS & EQUIPMENT**

- a. All participants must wear their team T-shirt.
- b. All participants must wear regular running shoes, NO SPIKES.

#### **G. RUNNING & FIELD EVENT RULES**

##### **1. Starting of Races**

- a. All runners should report to the starting area immediately upon hearing the first call.
- b. There may be as few as two (2) calls announcing each event, though announcers will do their best to make three calls for all running events.
- c. The starter or clerk will line up the participants. It is the coach's responsibility to ensure that the runners are ready for their heat. If a runner is late, the race will go on without the late runner.
- d. No starting blocks will be used. Standing starts or lowered stances without blocks are acceptable.

- e. Starting guns firing blank rounds will be used to start races barring gun malfunction. Parents and coaches are encouraged to talk to their kids about the use of the starting guns, emphasizing that there are no bullets and the guns are loud but safe. AAA Track & Field may implement the use of an electronic start gun if available. This electronic gun will not use real blanks but instead will be connected to a speaker and make either a starting “tone” sound or replicate the sound of a blank being fired.
- f. False starts (before the gun) are called by the starter and will result in the race being restarted.

## 2. Timing of Race Results

- a. Timers will attempt to assign a time to each participant in each race. If timing malfunctions take place, the lead timer will assign ribbons based on places.

## 3. Lane Violation Rules

- a. With the exception of the 800-meter run and, at clerk’s discretion, the 2<sup>nd</sup>-3<sup>rd</sup> grade 400 meter run, all races require runners to remain in their assigned lanes during the entire race. Waterfall starts may be used for the 800-meter and the 2<sup>nd</sup>-3<sup>rd</sup> grade 400-meter at the discretion of the clerk and starter.
- b. A runner, who has not been fouled, is disqualified if he/she steps outside the lane markings to the inside of their lane on the curve for three (3) consecutive steps with either one or both feet. Any runner who interferes with another runner’s opportunity to run by crossing their lane is disqualified. This could occur on either the straight-aways or the curves. This also applies to runners on relay teams that may have already passed the baton and then cross into another’s path.

## 4. Relay Rules

- a. The exchange of the baton must take place within the exchange zone.
- b. The baton must be handed off, not thrown.
- c. If the baton is dropped, either the passer or receiver may retrieve it. This may be done even if the baton falls outside their assigned lane provided the retrieval of the baton does not interfere with any other team.

- d. The runners who have completed their leg of the relay should remain in their assigned lane until all other teams have passed and then move off the track. If a runner moves off the track earlier and interferes with another team, their team will be disqualified.
- e. In shuttle relays, the baton must be exchanged while the receiving runner remains behind his/her start line. No running starts are allowed in the shuttle relay.

5. Long Jump/Standing Broad Jump

- a. Each participant gets three jumps.
- b. Running starts allowed for the long jump, but the broad jump should be a standing start with both feet on the line.
- c. Jumpers must take off from behind the edge of the long jump pit or from the marked stripe in the broad jump area. Obvious violations will be considered a scratch.
- d. No run-throughs are permitted and will be counted as an attempt should they occur.
- e. Measurement of the jump will be the distance between the edge of the pit and the nearest mark made in the sand (foot, hand, bottom).
- f. The end of the tape will be perpendicular to the edge of the pit to the impression in the sand and the distance read to the nearest  $\frac{1}{2}$  inch to the best ability of the judge. (A distance of  $35 \frac{1}{4}$ " will be recorded as 35", etc.)
- g. All attempts will be recorded with the best result noted on the record card on the back of the ribbon using the event label.

6. Softball Throw

- a. Each participant is entitled to three consecutive attempts.
- b. The throw is to be made from behind the foul line. **Running starts are not permitted.**
- c. If the participant goes over the line during a throw, it is a foul.
- d. In all cases, a foul counts as an attempt and is not measured.

- e. The position of each throw will be marked at the nearest edge of the mark made by the ball for each of the attempts.
- f. All throws will be measured and recorded.

## 7. High Jump

- a. All participants must check in with the high jump volunteers prior to the beginning of the event.
- b. A participant is allowed three opportunities to successfully clear the bar at a given height.
- c. Starting heights will be as follows:
 

| Group           | Starting Height | Raise 2" until |
|-----------------|-----------------|----------------|
| Grade 4-5 girls | 34"             | 40"            |
| Grade 4-5 boys  | 36"             | 42"            |
- d. Participants may not begin jumping until the bar has been raised to the start height of their group.
- e. A participant need not jump every height.
- f. A participant is allowed no more than one run-through without a jump per attempt at a specific height.
- g. A foul is called and an attempt recorded if the jumper does not successfully clear the bar without the bar falling from the standards prior to a proper exit of the pit (see j below).
- h. Jumping off one foot is required. A two-footed jump is illegal and will be counted as a foul.
- i. Use of the hands on the landing pit to propel oneself over the bar is illegal and will be counted as a foul.
- j. Participants should exit quickly off the sides/back of the landing pit. A warning will be issued for leaving through the front of the pit. If the bar falls from the standards AFTER the jumper has exited the sides/back of the pit, it is counted as a good jump and not a miss.

## 8. Shot Put

- a. Each participant will have three consecutive puts.
- b. A legal put must be made from the shoulder with one hand such that the shot does not drop behind or below the shoulder.
- c. It is a foul if the participant goes over the line during a put.
- d. If a participant leaves the circle through the front half, it is a foul.
- e. In all cases, a foul counts as an attempt and is not measured.

- f. The position of each put will be measured to the best ability of the judge based on a fixed placement of the measuring tape and the arcs in the shot put landing area. Note that this is not a highly precise measurement due to the number of kids who must move through their attempts in a limited time period.

## H. BEHAVIOR

Foul language, fighting, and disruptive behavior violate the spirit of the track & field program. A director, committee member, event coordinator, or other meet official may remove any participant, coach or spectator who engages in such conduct. Any party ejected from a track & field event may not return to ensuing practices or meets without first receiving the director's approval to return to the program.

## I. GENERAL GROUND RULES

1. All meets held at Andover High School. All ground rules imposed by the school, its athletic director, and its coaches are to be observed.
2. All garbage is to be disposed of properly. It is the responsibility of all participants, coaches, spectators, and volunteers to ensure the track area is cleaned up at the end of each meet.
3. No bicycles are allowed in the track or infield.
4. ***Participants, coaches, and spectators are not to interfere with the safe, efficient operation of the track meet.***
5. ***Spectators are asked to watch from the stands unless they are assisting coaches with getting teams ready for events. Teams should gather at their designated team camps.***
6. The use of chewing gum during meets is discouraged and not allowed while participating in events due to choking hazard.
7. The decision to cancel a meet due to inclement weather will be made by the program director.
8. The coaches and athletes share responsibility of ensuring that each athlete is on time for his/her scheduled events. The meet will not be delayed for late participants.
9. This is only a subset of rules that govern our track meets. Circumstances that lie outside the above mentioned rules are determined by the Track & Field Director and Committee Members.



## **J. VOLUNTEER ROLES**

Volunteerism is essential to the AAA Track & Field program. Each family not providing a head or assistant coach or not pay the opt-out fee at time of registration is required to provide a volunteer for at least one meet or other volunteer event. The volunteer is most often a parent but could be an older sibling (middle school or above), other relative, neighbor, etc. Volunteering is a fun, rewarding experience!

AAA Track & Field welcomes those who would like to offer their services at more than one meet. Please let the director know by e-mail at [trackdirector@andoverathletic.com](mailto:trackdirector@andoverathletic.com).

Volunteer roles include but are not limited to:

- Check in Desk Worker (check in other volunteers and handle miscellaneous duties)
- Director's Assistant (assist director by checking on status of events throughout the meet)
- PA Announcer (announce upcoming events and make general announcements as needed to the coaches, athletes, and spectators)
- Clerk of Course (arrange kids into heats for running events)
- Starter (use starter gun to start races)
- Timer (time races and track places finished, distribute appropriate ribbons)
- Field Event Worker (work at a field event, taking measurements and distributing appropriate ribbons)

Additional roles may be created on an ad hoc basis. Detailed instructions for each role are available prior to the meet and also on site for each meet.

The director makes every attempt to help volunteers be assigned to areas where they are likely to be able to see their children or family members, however a limited number of shifts exist and all must ultimately be filled, which sometimes requires those signing up late to volunteer with other groups.