

# TRACK AND FIELD EVENT

## Meet Schedule

AS of 5/15/2025

<b>9:00 AM</b>	<b>400 Meter Hurdles (36")</b>	Boys Age 15 yrs and Up	(1 heat)
	<b>400 Meter Hurdles (30")</b>	Girls Ages 15yrs and Up	(1 heat)
	<b>200 Meter Hurdles (30")</b>	13 – 14 yr Division	(1 heat)
	<b>3000 Meter Run</b>	Age 11 and up	<b>(Section 1: All)</b>
	<b>100 Meter Dash</b>	13 – 18 yr, Open and Masters	
	<b>1500 Meter Race Walk</b>	13 – 18 yr, Open and Masters	(1 heat)
	<b>400 Meter Dash</b>	13 – 18 yr, Open and Masters	
	<b>1500 Meter Run</b>	13 – 18 yr, Open and Masters	(Section 1: All Girls) (Section 2: All Boys)
	<b>4x100 Meter Relay</b>	13 – 18 yr, Open and Masters	(1 heat)
	<b>110 Meter Hurdles</b>	Boys 15 yrs and up	
	<b>100 Meet Hurdles</b>	Girls 13 yrs and up, Boys 13-14	
	<b>80 Metter Hurdles</b>	Ages 11 and 12	
	<b>800 Meter Run</b>	11 – 18 yr, Open and Masters	
	<b>200 Meter Dash</b>	13- 18 yrs, Open and Masters	
	<b>4x400 Meter Relay</b>	13-18 yrs, Open and Masters	
	<b>100 Meter Dash</b>	12 and Under	
	<b>1500 Meter Run</b>	9 – 12 yrs	
	<b>400 Meter Dash</b>	7 – 12 yrs	
	<b>4x100 Meter Relay</b>	7 – 12 yrs	
	<b>800 Meter Run</b>	7 – 10 yrs	
	<b>200 Meter Dash</b>	12 yrs and Under	
	<b>1500 Meter Race Walk</b>	7 – 12 yrs	
	<b>4x400 Meter Relay</b>	7 – 12 yrs	

### Field Event Finals

9:00 AM	Long Jump Pit A	Flight 1: 8U Boys Flight 2 9-10 Boys Flight 3 11-14 Boys Flight 4 15-18 Boys
	Long Jump Pit B	Flight 1: 10U Girls Flight 2: 11-14 Girls Flight 3 15-18 Girls Flight 4: 6U Boys and Girls
	Triple Jump	All Ages to be competed after Long Jump
	Shot Put	Flight 1: 8U Boys and Girls Flight 2: 9-14 Girls and 9-12 Boys Flight 3: 13-14 Boys, 15-18 Girls, Masters Women Flight 4: 15-18 Boys, Masters Men
	Discus	Flight 1: Open, Masters, 13-18 Boys, Flight 2: Open, Masters 13-18 Girls Flight 3: 11-12 Boys and Girls
	Javelin	Flight 1: 11-12 Boys and Girls Flight 2: 10U Boys and Girls Flight 3: Open, Masters, 13 – 18 yrs Girls Flight 4: Open, Masters, 13 – 18 yrs Boys
<b>09:00 AM</b>	<b>Pole Vault</b>	<b>13-18 Boys and Girls</b>
11:00 AM	High Jump	9 yrs on up

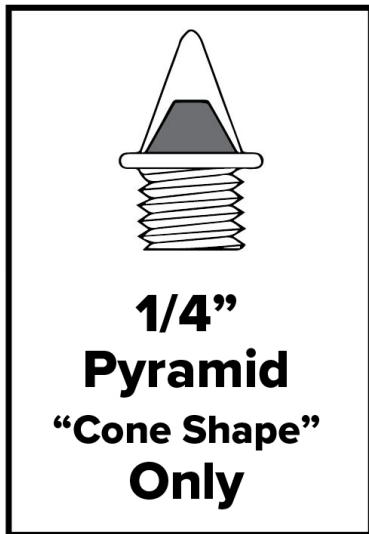
Field Events will be contested with each entry having three (3) attempts except for high jumps. The competition rules apply.

No Finals, event awards are based on top competitors in each age division. All events will follow the order stipulated.

## FACILITY REGULATIONS

### **SPIKES**

- Any athletes competing with spikes that are prohibited will be disqualified.
- Acceptable spikes:
  - $\frac{1}{4}$ " pyramids



### **TAPE**

- Tape for any marking on the track surface must be white athletic tape.

NO other tape will be allowed. Chalk is prohibited for any marking.

Athletes caught using chalk will be disqualified

### **FOOD & DRINK**

- Water is the only permitted drink allowed on the rubber surface at Live Oak Track
- Team food is only permitted in the bleachers at Live Oak Track and Football Stadium

## Running Events

Athlete Check-In: Blue Tent at 50-yard line (See Map)

### 4x100 Meter Relay:

-30-meter exchange zone

-Start line-white

### 4x200 Meter Relay

-30-meter exchange zone

-Start-Red and White Line

-Exchanges from 1 to 2 and 2 to 3-Between the red line.

Exchange from 3 to 4-

Between the gold line.

### 4x400 Meter Relay (3-turn stagger)

-Start-White and Blue Line

-20-meter exchange zone between blue marks

**Note:** Live Oak's track has 30-meter exchange zones for the 4x100m.

800 Meter Run: Use one-turn stagger (for championship meets)-runner may move to inside beyond cones on back straightaway if he/she has more than one stride advantage on contestants on inside.

1600- and 3200-Meter Run (and possibly 800m run): Use waterfall start-runner may move to inside if he/she has more than one stride advantage over contestants on his/her inside. For large fields we may use double waterfall start

# *Live Oak* TRACK KEY

#### 100 HURDLES

LINE 

#### 110 HURDLES

LINE 

#### 300 HURDLES



#### 400 HURDLES



#### 4X100 RELAY (2 TURN)

START LINE 

EXCHANGE ZONE 

#### 4X200 RELAY (4 TURN)

START LINE 

EXCHANGE ZONE 1->2, 2->3 

EXCHANGE ZONE 3->4 

#### 4X400 RELAY (3 TURN)

START LINE 

EXCHANGE ZONE 

#### 4X800 RELAY

START LINE 

EXCHANGE ZONE 

