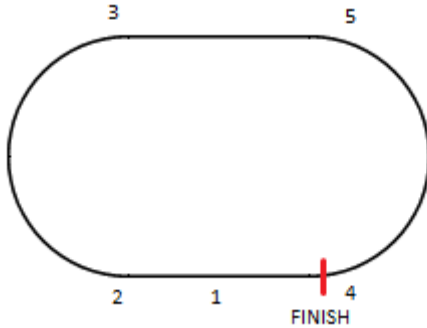




Our Lady of Perpetual Help Track & Field Program



All you want to know about Track & Field.....



Running Events: (*Events with * are for 4th & 5th graders only*)

- ✦ 50 meter dash* - The race starts at Number 1 and runs to the finish line
- ✦ 100 meter dash - This race starts at Number 2 and runs to the finish line
- ✦ 200 meter dash - This race starts at Number 3 and runs to the finish line
- ✦ 400 meter dash - This race starts at Number 4 and runs one complete lap around the track
- ✦ 800 meter dash - This race starts at Number 4 and runs two times around the track
- ✦ 1600 meter dash - This race starts at Number 4 and runs four times around the track
- ✦ 55 meter hurdles - This race starts at Number 1, the athlete will jump over 4 hurdles at 30 inches high and will end at the finish line.
- ✦ 100 meter hurdles - This race starts at Number 2, the athlete will jump over 8 hurdles at 30 inches high and will end at the finish line.
- ✦ 110 meter hurdles - This race starts several feet behind Number 2, the athlete will jump over 8 hurdles at 30 inches and will end at the finish line.
- ✦ 200 meter hurdles - This race starts at Number 3, the athlete will jump over 8 hurdles at 30 inches high (the hurdles are more spaced out than the 100 meter hurdles)
- ✦ 400 meter relay - This race will start at Number 4, will be made up of 4 different runners who will each run 100 meters. The first runner starts at Number 4, the second runner starts at Number 5, the third runner starts at the Number 3, and the final runner will start at Number 2 and run through the finish line.
- ✦ 800 meter relay - This race will start at Number 4, will be made up of 4 different runners who will each run 200 meters. The first runner starts at Number 4 will pass the baton off to the second runner at Number 2. The second runner will run to the finish line where they will pass the baton off to the third runner. The third runner will run to Number 2, where they will pass the baton off to the final runner who will run to the finish line.

- ✦ 200 meter shuttle relay* - This race is for the 4th and 5th graders only. The relay team will have 4 runners who each will run 50 meters. The race will start at the finish line. The first runner will run to Number 1 and as the first runner runs through the start line at Number 1, the second runner will start and run to the finish line. This will repeat. This event is somewhat hard to describe. Take my word, the kids tend to really enjoy this relay!!

Field Events: (*Events with * are for 4th & 5th graders only*)

- ✦ Softball Throw* - Simply put, the athletes will try to throw the softball as far as they can.
- ✦ Shot Put – This event is for 6, 7, and 8th graders only. The object is to take a 6-8 pound steel ball and throwing it as far as they can.
- ✦ Discus – This event uses a hard rubber disc. Like the shot put, the object is to throw the disc as far as they can.
- ✦ Long Jump – The object of this event is to run down a narrow path and before getting to a white line, the athlete will jump as far as they can, landing in a bed of sand.
- ✦ High Jump (*Reserve & Varsity only*) – This event is the most unique field event of all. The object of this event is to run up to a bar and try to jump vertically over a bar landing safely on cushions.