

## Explanation of CSAL track events

### Individual Running Track Events:

- **100M Dash** - A straight sprint for 100 meters.
- **200M Dash** - A sprint around half of the track for 200 meters.
- **400M Run** - A fast run around the entire track for 400 meters.
- **800M Run** - A paced run around the track twice, for 800 meters.
- **1600M Run** - The mile run. A paced run around the track 4 times, for 1600 meters.
- **3200M Run** (*7<sup>th</sup> and 8<sup>th</sup> grade*) - 2 mile run. A paced run around the track 8 times, for 3200 meters.
- **100M Hurdles** (*girls*) - A sprint which includes jumping over several low hurdles for 100 meters.
- **110M Hurdles** (*boys*) - A sprint which includes jumping over several low hurdles for 110 meters.
- **200M Hurdles** (*8<sup>th</sup> only*) - A sprint which includes jumping over several low hurdles for 200 meters.

### Team Relay Events:

- **400M Relay** - A sprinters relay, with 4 runners each running a 100 meter leg of the relay.
- **800M Relay** - A sprinters relay, with 4 runners each running a 200 meter leg of the relay.
- **800M Long Medley Relay** - A relay with the first two runners running 100 meters, the second running 200 meters, and the last runner running 400 meters.

### Field Events:

- **Long jump** - Competitors sprint a short distance, then jump into a sand pit. The length of the jump is measured. Competitors generally get one practice jump, and three measured jumps.
- **High jump** - Competitors take several running steps, then leap vertically over a bar. The height of the jump is measured. Competitors get 3 tries to jump over each height. If they make it over, they advance to the next height. The number of misses an athlete has are also considered in determining the final results.
- **Shot put** - Competitors throw a lead ball. The length of the throw is measured. Competitors generally get one practice throw, and three measured throws.
- **Discus** - Competitors hurl a heavy rubber disc. The length of the throw is measured. Competitors generally get one practice throw, and three measured throws.
- **Pole vault** - Competitors use a long, flexible pole to leap over a bar. Competitors get 3 tries to jump over each height. If they make it over, they advance to the next height. The number of misses an athlete has are also considered in determining the final results.