

CENTRAL UTAH TRACK & FIELD ASSOCIATION



Updated: 2024 Season

CUTFA Contact Info 2024

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Securing Coaches & Location

Coaching Staff

A reliable & knowledgeable head coach needs to be hired. If the program was successful and ran well in the previous year, check with the previous head coach. If a new head coach is needed there are many ways to go about recruiting for a coach.

#1: Head High School Track Coach-contact the school and ask to speak with the head track coach. Many times our recruitment happens during their high school track season. They are busy and may not return your call quickly. The best bet is to go to the track during practice (usually 3pm-5pm Mon.-Fri) and speak with them directly. Even if you are 100% sure the head coach will not want to coach, always go and make contact with them. They like to know who is in charge of the program and what other outside organizations will be using the equipment.

#2: If the head track coach does not want to coach they may have a suggestion or two of assistant coaches or previous athletes who may want to. They may also give you names of current athletes who may be willing to assist. It is highly recommended that you do not hire a current high school athlete to be the head coach. They are great at assisting though.

#3: College or University athletes. The University of Utah, UVU & BYU have great track programs and the University athletes would love an opportunity to get paid to do what they love. Contact the head coach via e-mail and let him know of your interest and ask him to ask his athletes to see if any of them are interested.

#4: College or University Health Departments. Many students need to fulfill internships and this is a great opportunity for that.

After a head coach is hired, many times they will be able to help you find assistants. Pay is based on what your program was budgeted for.

Location

The best location is the nearest high school to your Recreation Center. Depending on what School District the high school is in will depend on the protocol that will need to be taken.

Age Divisions

The age groups are designated by birth year, not age. The following is the age groups that will be used for the 2023 season. Every year the age groups move up by one calendar year.

Please make sure the participants are registered in the correct events by year.

Age divisions will still consist of two years, (separate divisions for boys and girls) as follows:

2016-2017

2014-2015

2012-2013

2009-2011

Finances (paid to CURPA):

1-50 participants = \$100

51-100 participants = \$125

101—150 participants = \$150

151+ participants = \$175

Each club will be contacted club around the first of May to get #s. CURPA treasurer will send invoices around end of April. Payment will be sent to CURPA.

No entry fee will be charged at the dual or tri-meets. A flat fee of \$3.00 may be charged by the hosting team for each region to help cover the additional cost associated with hosting the region meet. Each hosting city should bill each program after the Regional Meets based on the number of participants that attended.

Awards will be given to 1-6 places (medals to 1-3 place and ribbons to 4-6 place) for all events except relays at Regional Meets. Medals for 1-3 places will be given for relays. No awards given at dual & tri-meets.

Events:

X Indicates age group may participate in this event

Age Division Events	2016-17	2014-15	2012-13	2009-11
50 M	X			
100 M	X	X	X	X
200 M	X	X	X	X
400 M	X	X	X	X
800 M	X	X	X	X
1600 M		X	X	X
4 X 100 M relay	X	X	X	X
4 X 400 M relay	X	X	X	X
Shotput			X	X
High Jump			X	X
Running Long Jump			X	X
Standing Long Jump	X	X		
Discus			X	X
Javelin	X	X	X	X

Participants may register to participate in a maximum of 4 events at a meet

*Standard label size is Avery 5160 (30 per sheet - 1" x 2 5/8"). Labels should include the **participant's name, birth year, gender, and city**. Please have them typed (rather than kids writing them) so they are legible. Sample label:

John Doe
Orem Track Club
2012
Male

**Central Utah Track & Field Association - 2024
Order of Running Events**

1600m

(2014-2015, 2012- 2013, 2009-2011)

100m

(2016-2017, 2014-2015, 2012- 2013, 2009-2011)

50m

(2016-2017)

400m

(2016-2017, 2014-2015, 2012- 2013, 2009-2011)

800m

(2016-2017, 2014-2015, 2012- 2013, 2009-2011)

200m

(2016-2017, 2014-2015, 2012- 2013, 2009-2011)

4x100m relay

(2016-2017, 2014-2015, 2012- 2013, 2009-2011)

4x400m relay

(2016-2017, 2014-2015, 2012- 2013, 2009-2011)

Field Events will be going on throughout the meet.

Shot Put

(2012-2013, 2009-2011)

Discus

(2012-2013, 2009-2011)

Javelin

(2016-2017, 2014-2015, 2012- 2013, 2009-2011)

Standing Long Jump

(2016-2017, 2014-2015)

Running Long Jump

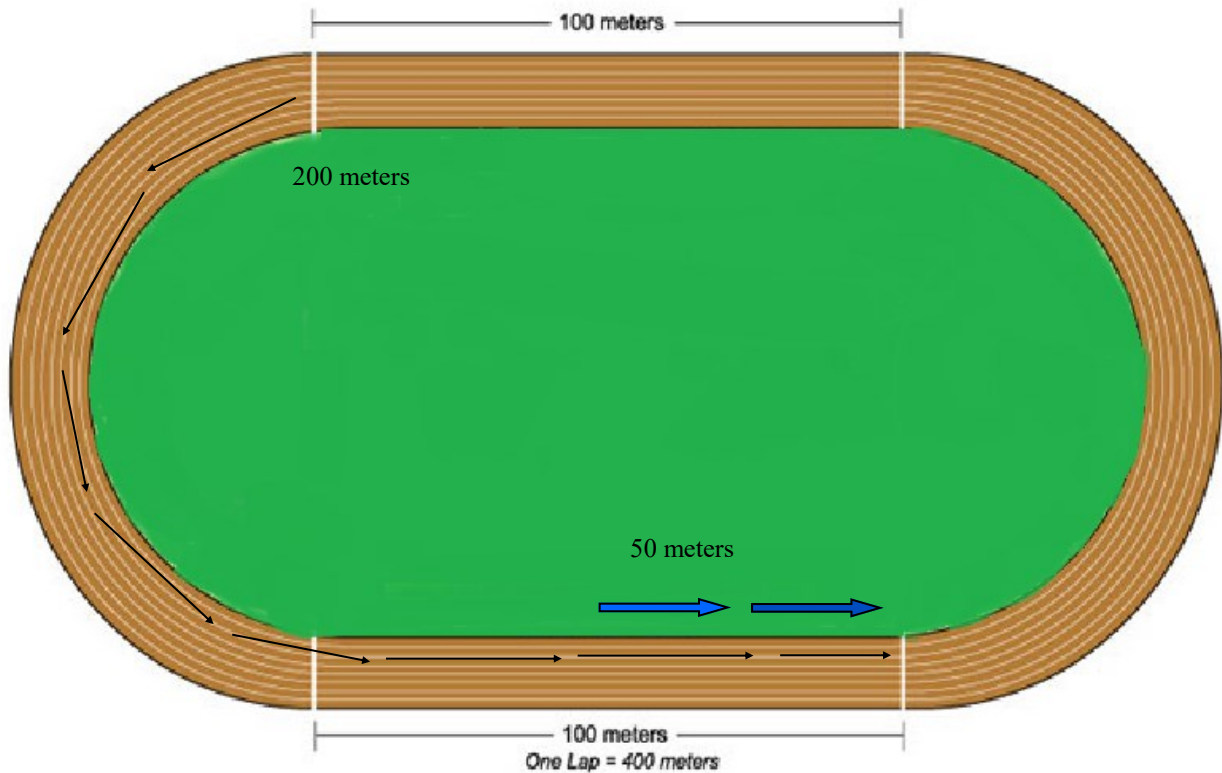
(2012-2013, 2009-2011)

High Jump

(2012-2013, 2009-2011)

Sprints

50 Meter, 100 Meter, 200 Meter, & 400 Meter Dash



Highlights of Rules

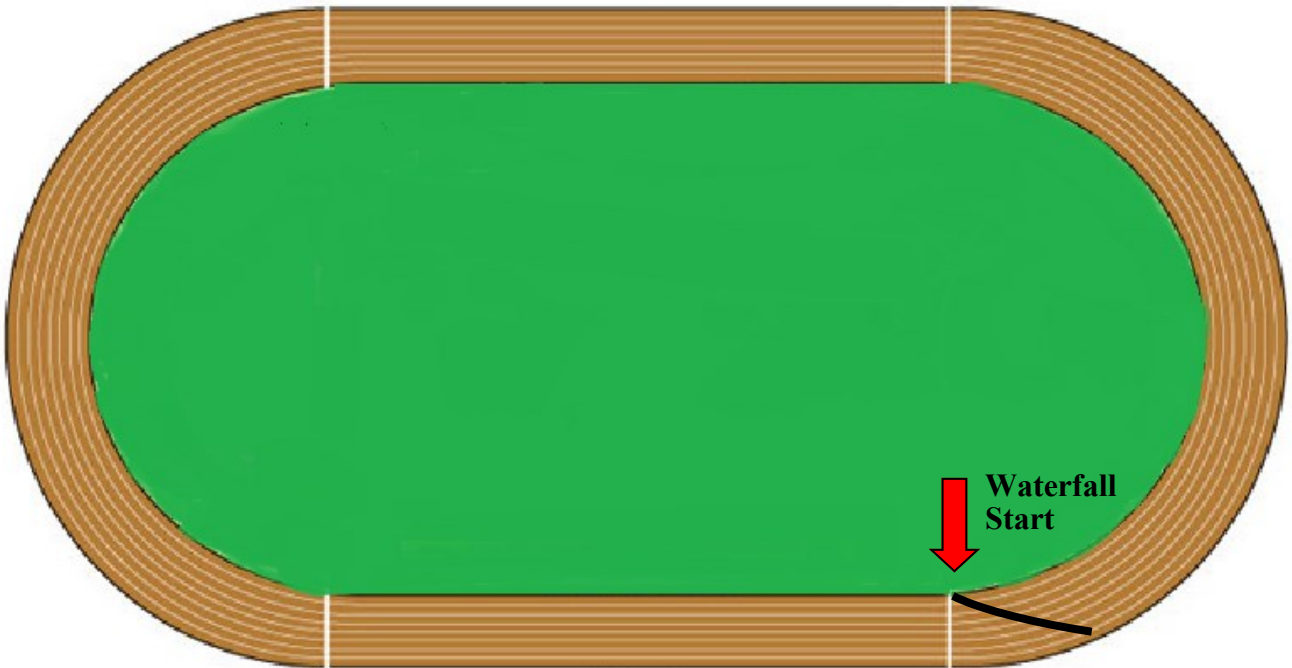
- Athletes must stay in their lanes for the duration of the race
- One false start will be given per athlete per race. On the second false start the athlete will be disqualified from the race.
- Three consecutive right or left steps out of their lane will result in a disqualification from that race.
- In the case of a tie, the tie would be broken by a coin flip done by the person in charge of awards. Communication and transparency are important and making sure participants and parents know what to expect will help to minimize any issues.

Coaching Techniques

- Beginning athletes should be taught a 4-point start with-out blocks.
- Teach athletes to “hug” the curve when sprinting
- Head down through the acceleration phase (usually the 1st 20 meters)
- Look straight ahead & run through the finish line.
- Athletes should be taught to stop and come back to the starting line on a 2nd gun shot from the starter.

Distance

800 Meter Run & 1600 Meter Run



2 laps = 800 meter run & 4 laps = 1600 meter run

Highlights of Rules

- One false start will be given per athlete per race. On the second false start the athlete will be disqualified from the race.
- Races will start from a waterfall start.
- Athletes should be lined up with tallest on the inside to shortest on the outside OR fastest on the inside and slowest on the outside.
- Athletes may cut in right from the beginning of the race.

Coaching Techniques

- From day #1 teach athletes how to navigate a waterfall start and how to cut in.
- Teach athletes about pacing and how not to go out too hard or too slow.
- Teach proper ways of passing slower athletes.
- Teach athletes the importance of running in lane 1.

Relays

4x100 Meter Relay & 4x400 Meter Relay

Highlights of Rules

4x100

- Normal two turn stagger will be used
- Acceleration zones can be used, but the hand-off must occur in the exchange zone.
- If a baton is dropped in the exchange zone, either runner can pick it up if they do not interfere with other runners. If it is dropped outside the exchange zone, the runner who dropped it must pick it up as long as they do not interfere with another runner.
- Runners must stay in their assigned lanes.

4x400

- A three turn stagger will be used if possible. This means the second leg runner will be able to cut in after completing their first turn.
- If no three turn stagger markings are available, a two turn stagger may be used. This means the second leg runner can cut in as soon as they pass the start/finish line after making the exchange.
- No acceleration zone will be used.
- Same dropped baton rules apply as with the 4x100.
- For the three turn stagger the exchange between runner one and runner two will occur between the exchange zone markings and the one turn stagger start lines.
- For the two turn stagger the exchange between runner one and runner two will occur between the exchange zone marking and the start/finish line. The exchange will occur in their assigned lanes. The second leg runner can then cut in as soon as they pass the start/finish line. The exchange will occur in their assigned lanes. The second leg runner can then cut in as soon as they pass the start/finish line after making the exchange.
- After runners have cut in, the following exchanges will occur between the exchange zone markings and the start/finish line. The team in first place will make their handoffs in lane one with ensuing teams going lane 2 then 3 and so forth if runners are close. If there is a gap between runners they can shift down lanes as those in front of them move out of the way.

Both Relays

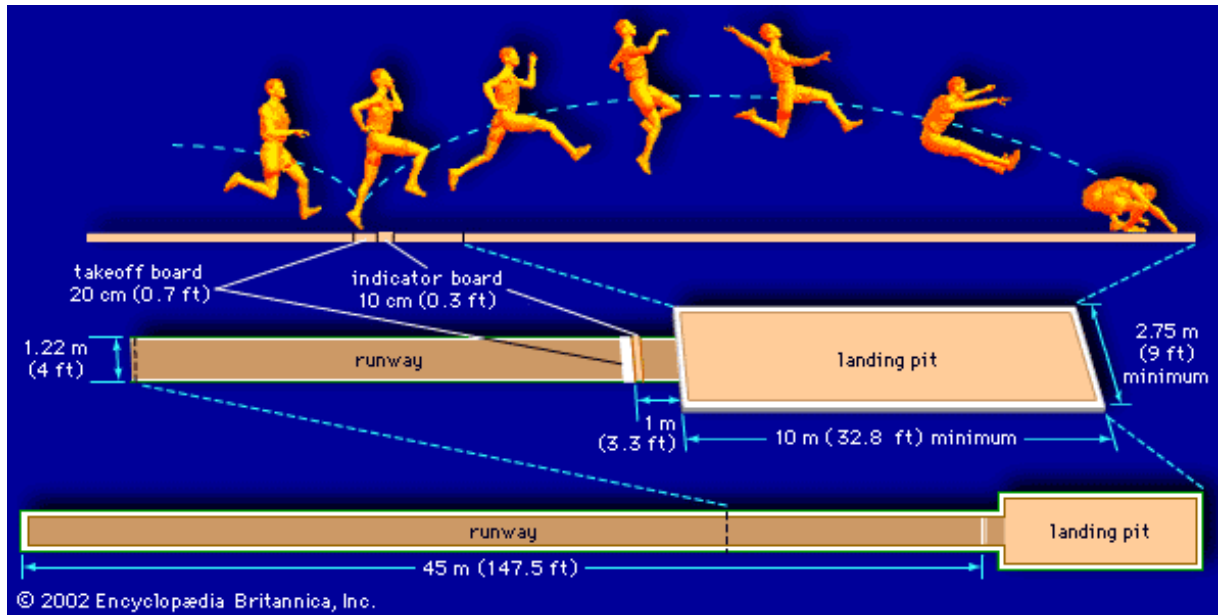
- Boys must run with boys and girls with girls. No mixed teams.
- If different age athletes run on the same team, the team must compete in the oldest runners age group.
- The anchor runner of the relay should have sticker with all relay team participants listed (or 4 stickers—one for each relay team participant).
- Coach must be present at meet to help organize teams.

Coaching Techniques

- Beginning athletes should be shown the exchange zones.
- Proper way for a “blind” hand-off.
- Tape as an aid in hand-offs.
- Proper way to carry the baton.
- How to adjust steps when necessary.



Running Long Jump



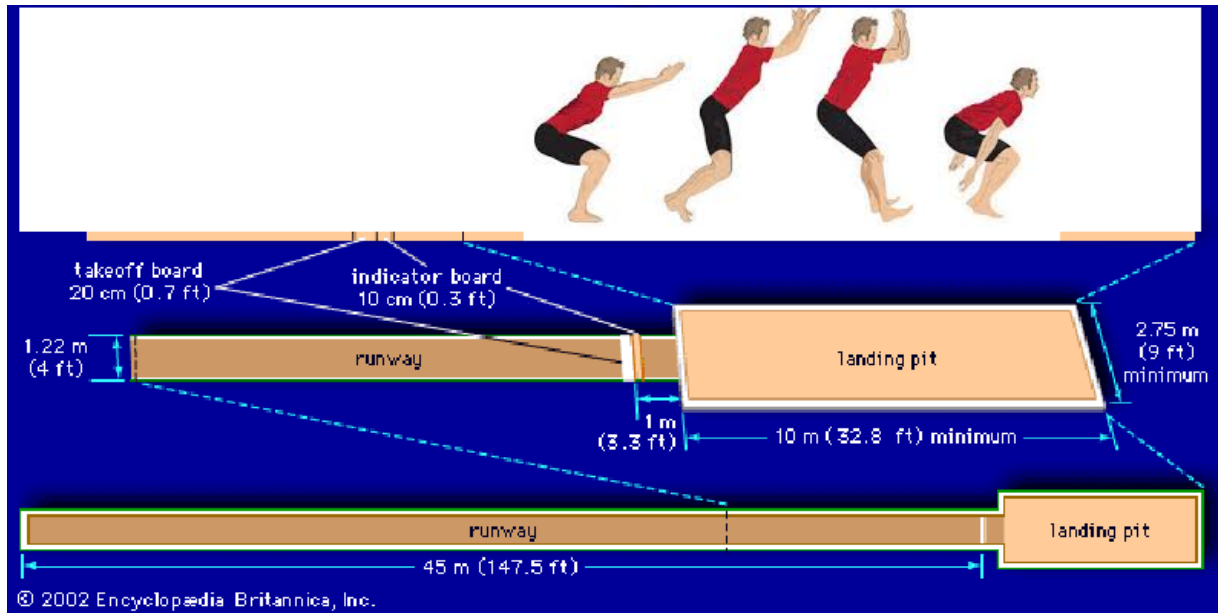
Highlights of Rules

- Athletes must take off before or on the board. If the athlete takes off in front of the board at all, the attempt does not count, it is a scratch.
- Athletes receive three attempts.
- The measurement of the jump will be taken from the closest mark in the sand to the board. If an athlete puts their hand back, the measurement will be taken from that point, etc.
- Track events take precedence over field events. An athlete may leave to compete in a track event, but must return ASAP to finish their jumps.

Coaching Techniques

- Teach athletes how to find their mark. It will be anywhere from 8-18 strides down the runway. The goal is to be at max speed at the board.
- Instruct athletes to land in front of themselves in the sand.

Standing Long Jump



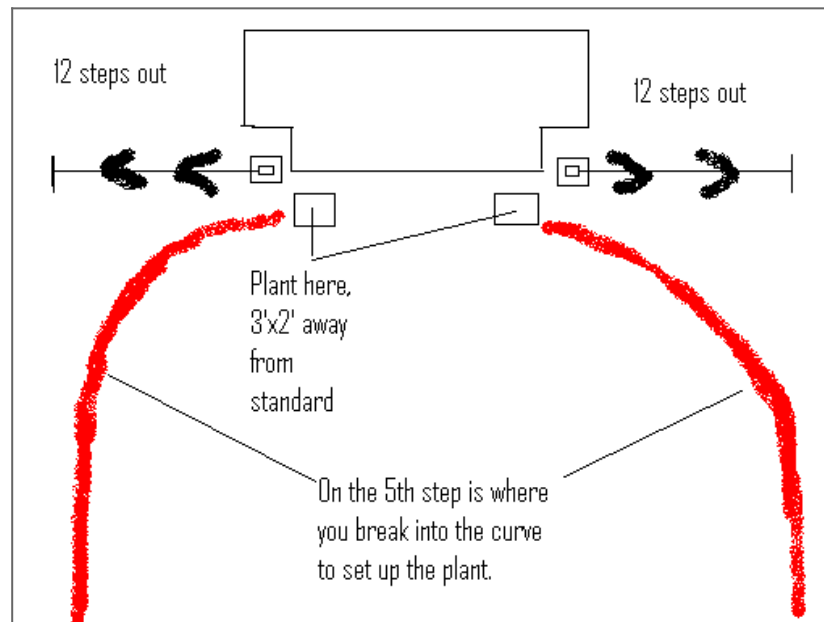
Highlights of Rules

- At the start of the jump, both feet must be parallel to one another. If any part of the foot crosses over the scratch board/tape, or if the contestant's feet are not parallel (i.e., they are staggered) at the beginning of the attempt, the jump is a "scratch"--that is, it counts as an attempt, but does not count for distance.
- Athletes receive three attempts.
- The jump is measured from the front edge of the scratch board/tape to that part of the athlete's body that lands closest to the scratch board/tape at the completion of the jump. In other words, if the athlete falls or steps backwards, the jump will be measured to their hand/foot/whatever closest to the scratch board/tape.
- Track events take precedence over field events. An athlete may leave to compete in a track event, but must return ASAP to finish their jumps.

Coaching Techniques

- Teach athletes to rock the toes and heels off the surface, (feet cannot be lifted completely off the surface before the jump).
- Instruct athletes to rock the arms back and forth and bend at the knees and hips to set up the appropriate rhythm and body position for a good jump.
- Instruct athletes to land in front of themselves in the sand.

High Jump



Starting

2011-12 girls	2'11"
2011-12 boys	3'2"
2008-10 girls	3'6"
2008-10 boys	3'10"

Bar raised in 2" increments

Heights:

Highlights of Rules

- Participants must take off with one foot. If participant takes off with two feet, the attempt is scratched.
- The bar must stop moving and be under control before the jump will count as a make.
- Participants will be given three attempts at every height. If a participant misses a third time on a certain height, they are out of the competition.
- Track events take precedence over field events. An athlete may leave to compete in a track event, but must return ASAP to finish the competition.
- Once the bar is raised, it will not be lowered. If a participant is competing in a track event, the official will wait for them. If they do not return within 5 mins. of their completed event, the bar will be raised and they will have to jump at the height it is at.
- The official will be in direct contact with the announcer and the height of the bar will be communicated to the participants.

Coaching Techniques

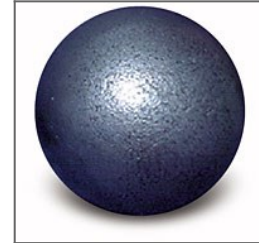
- Teach athletes how to find their mark using the diagram above.
- Perform many drills-jumping off of one foot.

Throws

Shot put , Discus, Javelin

Shot Put

6 lb. shot put



Discus

2.2 lbs. (1kg)

Javelin

Turbo Javelin (300g)



Highlights of Rules

- The participant can not cross the toe board at anytime during the throw. They can touch the side of the toe board, but not the top.
- The participant must regain control after the throw before exiting the ring.
- The participant must exit through the back of the ring at the completion of the throw.
- The mark is measured from the first point of contact of the implement.
- **The only person who is to be in the line of the throw is the official who is measuring the throw.**
- Each participant is given three attempts.
- Track events take precedence over field events. An athlete may leave to compete in a track event, but must return ASAP to finish their throws.

Coaching Techniques

Shot put

- Instruct participants they are to “push” the shot put, not throw. They will get injured if they attempt to throw the shot put.
- Angle of release should be between 37-45 degrees.

Discus

- Participants are to “palm” the discus.
- Angle of release should be about 35 degrees.

Javelin

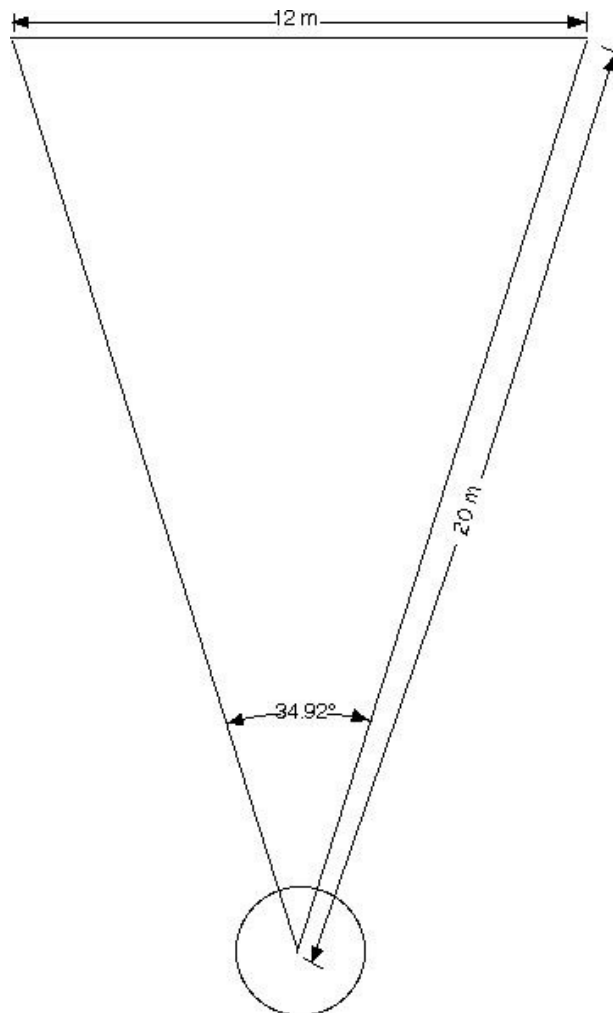
- Javelin is thrown with entire body; power goes into the javelin’s direction, not under it.
- Run with a smooth stride, keeping arm high and javelin flat & steady.

Sector for Shot Put & Discus

The throwing sector for all levels of competition for the Shot put and Discus is 34.92 degrees. The easiest way to mark the sector is to have three people helping and a 90-meter tape measurer.

A 34.92 degrees sector is an isosceles triangle in which the unequal side is .6 times the length of the other two sides. The easiest way to lay this out is to remember 5:3, in which the triangle is 3 meters across for every 5 meters you go out.

Always make sure to flag off your throwing area. You do NOT want participants and spectators walking through your throwing area.



Sector for Javelin

Always make sure to flag off your throwing area. You do NOT want participants and spectators walking through your throwing area.

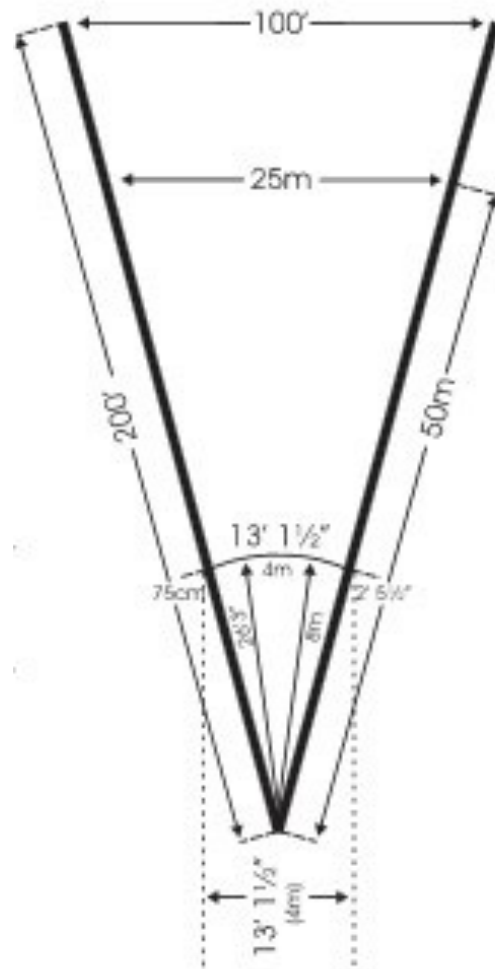


Figure 6 - JAVELIN RUN-UP LANE

Track Meets Suggested Items

<u>Starting Line</u>	
Starting gun	1
Blanks	100
Order of Events Sheets	10
<u>Finish Line</u>	
Clip board w/result sheets & pens	1
Stopwatches	8
Eight lane octopus/timing system	1
Stapler & staples	1
Tape	1
Order of Events Sheets	10
Small table	1
Chairs for timers	10
Batons	8
Small cups	200
5 gallon water jug	1
Flags for Relays	3
First-Aid Kit	1
<u>Running Long Jump</u>	
Shovel	1
Rake	1
Measuring Tape	2
Clipboard w/event sheets & pencil	1
Order of Events	1
White Duct Tape	1
<u>Standing Long Jump</u>	
Shovel	1
Rake	1
Measuring Tape	2
Clipboard w/event sheets & pencil	1
Order of Events	1
White Duct Tape	1

<u>High Jump</u>	
Measuring Tape	1
Clipboard w/events sheets & pencil	1
Chairs	2
Order of Events	1
<u>Shot Put</u>	
6lb shot put	At least 3
Measuring Tape	1
Clipboard w/events sheets & pencil	1
Field Paint	1
<u>Discus</u>	
1K Discus (2.2 lbs.)	At least 3
Measuring Tape	1
Clipboard w/events sheets & pencil	1
Field Paint	1
<u>Turbo Javelin</u>	
Turbo Javelin (300g)	At least 3
Measuring Tape	1
Clipboard w/events sheets & pencil	1
Field Paint	1
<u>Registration Table</u>	
Labels for athletes	4 per athlete
Pens/pencils	A LOT
Order of Events	A LOT
Scissors	2
Duct Tape	1
Posters with order of events	2
Table	3
Portable radio/cell phone	6
String Flags	400 ft.

Track Meets

Needed Staff & Responsibilities

Starting Line		
Starter	1	Staff
Clerk of Course	2	Staff

Starter:

The starter is responsible for starting all of the races using the starting gun. They are responsible for calling back races due to false starts or timing errors. They should have a cell phone with them to communicate with staff at the finish line. A few times a meet a race will need to be called back due to timing errors and the quickest way to communicate that is to have a cell phone or other portable device on hand.

The starter also assists the Clerks of Course with last minute instruction to athletes:

- If a 2nd gun shot is heard, athletes must stop and return to the starting line.
- Stay in your lane, cut in, etc.

Clerk of Course:

These two employees need to be your most competent and **MUST** do well under pressure. Their job is to line up athletes in lanes for each of the races according to the order of events.

50M, 100M, 200M, 400M,

One athlete per lane and instruction **MUST** be given to stay in their own lane for the entire race.

4x100 M Relay

Four athletes per lane and instruction **MUST** be given to stay in their own lane for the entire race. The anchor runner of the relay should have sticker with all relay team participants listed (or 4 stickers—one for each relay team participant). The Clerks need to periodically check with the Finish line to make sure they are on the same page with stickers and time print-outs.

4x400 M Relay

Depending on the staggered start used will determine when the athlete can cut in. The anchor runner of the relay should have sticker with all relay team participants listed (or 4 stickers—one for each relay team participant).

800 M & 1600 M

Instruction is given on a waterfall start. Athletes are instructed to cut in as soon as they can without cutting off another runner. The starter and clerk of course must be very aware of the start and watching for falling athletes. If any athlete falls within the first 100 meters, the starter must shoot the gun a 2nd time and all runners must stop and come back for a 2nd start.

As athletes cross the finish line the clerks of course and any available staff or volunteers need to help to keep the athletes in finishing order. They walk towards the starter and their stickers are placed on the results sheets according to finish.

Finish Line		
Head Timer	1	Staff
Timers	8	Volunteer
On track	1	Staff

Head Timer:

The head timer is responsible for the timing of all events on the track. They re-set the timer after each race and make sure the paper slip from the previous race gets stapled to the event sheet. They start the timer at the gun shot. They need to be aware that there is always enough timers and a lane does not get forgotten about.

Timers:

Eight volunteers/employees who can help time during the duration of the meet. Or try to find 16 parents who can commit-eight for the first half and eight for the second half. The head timer instructs the timers that it is when chest crosses the finish line that they are to push the button.

On Track:

This staff member is there to encourage participants to exit the track as quickly as possible once their race is complete. They also help with lining up of athletes for any of the races that start and end in the same place (ie: 800 meter run).

For the 4x100M Relay they will help with one of the exchange zones as well as the two clerks of course. Each of those three staff will take a flag and one of the exchange zones. They will help the athletes to line up in the correct spot and they will watch for any relay infraction that may occur. If there is a disqualification that takes place they are to communicate that to the starter to make note on the starting sheets.

Long Jumps		
Head Official	1	Staff
Measurers	2	Volunteer

Head Official

Records all of the attempts on the clipboard. Makes any decisions on scratches.

Measurers

One measurer holds the tape at the jump and one holds the tape at the board. The measurer at the board reads the mark to the Head Official for recording. The pit is then raked for the next jump.

High Jump		
Head Official	1	Staff
Help w/bar	2	Volunteer

Head Official

Records all of the attempts on the clipboard. Makes any decisions on scratches. Communicate via walkie talkie or cell phone with the announcer to make participants and parents aware of when the bar is begin raised.

Help w/bar

Two volunteers are used to help put the bar back on the standards when a miss occurs.

Shot put		
Head Official	1	Staff
Measurers	2	Volunteer

Head Official

Records all of the attempts on the clipboard. Makes any decisions on scratches.

Measurers

One measurer is in the field marking the first point of contact with the ground and placing the end of the tape measurer at that point. The 2nd measurer is by the ring and pulls the tape through the middle of the ring so the Head Official can read the mark. The measurer in the field then returns the shot put to the ring.

Discus		
Head Official	1	Staff
Measurers	2	Volunteer

Head Official

Records all of the attempts on the clipboard. Makes any decisions on scratches.

Measurers

One measurer is in the field marking the first point of contact with the ground and placing the end of the tape measurer at that point. The 2nd measurer is by the ring and pulls the tape through the middle of the ring so the Head Official can read the mark. The measurer in the field then returns the discus to the ring.

Notes on Field Events:

- The head official should give this command when making athletes aware of who is up: “_____ is up, _____ is on deck and _____ is on hold.”
- Track events take precedence over field. Athletes can leave the field event to compete in a track event. Let them know they must return ASAP when their track event is complete.
- Try your best to stick with the posted schedule. Do not let a different age group jump or throw when it is not their turn. This causes too many headaches and too many complaints.
- Communicate with the announcer on any updates you may have.

Other		
Announcer	1	Staff
Registration	5	Staff

Announcer

The announcer stays in the booth for the duration of the track meet. They communicate any information that the athletes and parents may need to be made aware of. They make 1st, 2nd, & final calls for all events. The announcer is always reminding parents to stay off the infield and out of competition areas. The place for the parents is in the stands.

Registration

Registration is done by individual clubs. Prior to each meet, coaches should be present to pass out participation stickers/labels. **PLEASE BE SURE TO PUT THE PARTICIPANT'S NAME, BIRTH YEAR, and GENDER ON THEIR PARTICIPATION LABEL/TAG!** Please have them typed (rather than kids writing them) so they are legible.

Each track club should send a roster to Invitational Host prior to meet - this will help with awards and billing

Meet set-up

Meet set-up generally takes 2 hours. Areas that need to be set-up are:

- Tape the 50M start line
- Timing system set-up at the finish line
- Long jump pit dug up & closer board taped down
- High jump pit, standards and cross bar out
- Shot put sector marked and flagged off
- Discus sector marked and flagged off
- Javelin sector marked and flagged off
- Registration table set-up
- Announcers booth and restrooms open
- Flag off view of homestretch from starting to finish line

Running Event: _____

Age Group: _____

Circle: Boys Girls

LANE	ATHLETE	TIME	PLACE
1			
2			
3			
4			
5			
6			
7			
8			

