

Q: When my child ran the 200M (or 400M), why did other children start behind and/or ahead of my child?

A: This is known as a "staggered" start. This style of start is used in track and field when a race is run that incorporates one or both of the turns in the track. A staggered start is usually used in races where staying in the lane is required, such as the 200M and 400M. This is to compensate for running on the curved portion(s) of the track and ensure that each athlete runs the same distance. Basically, it sets the runners in the outer lanes ahead of the first lane, counting out from the inside due to the increasing radius for each lane outside of lane #1. Check out the calculator at www.csgnetwork.com/disttracklanecalc.html

Q: When my child ran the 800M (or 1600M), why did they all start on the curved line?

A: This is known as a "waterfall" start. This style of start is usually used in track and field in races where staying in the lane is required. A "waterfall" start, often used in 800M and 1600M, where the runners can break to the inside lane soon after the start as long as they do not impede (cutoff) the other runners.

Q: What does "heat" mean for the running events?

A: This "heats" are groups of athletes that run an event. For example, if we have 24 athletes in an age group signed up to run the 100M and we have a 6-lane track, we will have 4 "heats" to complete that age group/gender.

Q: Does it matter what heat my child is in?

A: No. We simple distribute the athletes over the required number of heats.

Q: My child won his/her heat, but did not get a ribbon?

A: If there were only one heat, then the winner of the heat would receive a blue ribbon. However, if there are multiple heats for the event, then each athlete is "running against the clock". That is to say that Heat 2 athletes may have faster times than Heat 1 athletes. So, after the age/gender event is complete all times from all athletes are compared and the top six places receive the respective ribbons.

Q: If I think my child won a ribbon, but I did not pick it up at the meet, can I get it later?

A: Yes, we save them and post them on the same boards near the entrance throughout the season.