



# TITAN TIME TRIAL 2020



*“Life is often compared to a marathon, but I think it is more like being a sprinter; long stretches of hard work punctuated by brief moments in which we are given the opportunity to perform at our best.”*

— **Michael Johnson**, 4x Olympic Gold Medalist, Former World Record Holder 200m and 400m

## SCHEDULE OF EVENTS +

### 2:30 PM

Team meeting to review rules and expectations.  
Assign timers for events, etc.

### 2:35 PM

Create stickers for your events  
Begin warm up

### 3:15 PM - First Event Starts

<b><u>Track Events</u></b>	<b><u>Field Events*+</u></b>
100m	2:55 - 3:15 Shot Put
1600m	4:00 - 4:30 Discus (grass field)
200m	4:30 - 5:00 Javelin (grass field)
400m*	High Jump (open pit, closes at 5:00) Long Jump on Monday
*start time may be delayed to ensure 20 min recovery for all 200m sprinters	*Times are estimates depending on participants. + Events may be moved to Monday depending on field conditions.

### 5:15 PM - Estimated time for final event to finish

+ This is a rolling schedule which means events will not stick to exact start times; rather, events will begin shortly after the last runner crosses the finish line.



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*“It’s very hard in the beginning to understand that the whole idea is not to beat the other runners. Eventually you learn that the competition is against the little voice inside you that wants you to quit.”*

- **George Sheehan**, author of Running & Being: The Total Experience

## PURPOSE

All athletes who participate gain a place on our roster. A time trial is the best way for coaches to determine each athlete’s training group. In track and field, ALL individual results affect team scores, so ***we want each athlete to make their greatest contribution to the team at every practice and every meet.*** All athletes are expected to take advantage of the competitive opportunity to perform their best.

## EXPECTATIONS

**ALL athletes** must give honest efforts and contribute to the time trial in any way possible.

**ALL athletes** must cheer on and support teammates. There is no time for boredom or camping out at track meets. Whenever your teammates are competing, you are expected to be supporting them.

**Athletes who are competing** are responsible for their own warm up, cool down, hydration, and nutrition. They are also expected to say “good luck” to the competitors in their heat before the start and say “good job” as they finish.

**Athletes who are injured or have incomplete registration** will assist coaches in any way possible, including but not limited to announcing events, checking in athletes, timing, and recording results.

## RULES

**ALL athletes** must compete in a ***minimum of two events***, a maximum of four events.

**ALL runners** must report to the bullpen (check in station) two heats before their event starts.

**Sprinters** **MUST** start in blocks and stay in their lane for the entire duration of their event.

**1600M runners** will begin in a waterfall start. At 100m, runners check their surroundings and move into lane 1 or 2 for the remainder of the event.

**Throwers** will compete at their current technique ability and must stay in the ring until the implement hits the ground. Each athlete has 3 consecutive attempts and is judged on form as well as distance.