

Why run track?

PPSL Track and Field is the only co-ed sport in the PPSL. It is one of the oldest student track and field leagues in California and has produced countless athletes who have gone on to succeed in high school and college. Track is a great way to get in or stay in shape, meet new people from other schools, and to compete and succeed for your school. Many athletes find that running track helps them prepare for all other sports.

What events are there in Track?

There are several events where student athletes may compete. There are running events and field events.

Running events:

100 meter (100 meter sprint down the straight side of the track- very fast!)

200 meter (a sprint that covers half of the track)

400 meter (one full lap around the track)

800 meter (two full laps around the track)

1600 meter (one mile, 4 laps around the track)

4 x 100 meter relay (4 athletes each run 100 meters and pass a baton)

4 X 400 meter relay (4 athletes each run 400 meters and pass a baton)

Field Events:

Shot put- (throwing a 6lb or 8lb metal ball)

High Jump – (running and jumping over a bar, starting at 3'2")

Long Jump – (running and jumping as far forward as possible)

Can I pick any events to run?

Sometimes, yes. But as the season goes on, the coaches need to make decisions at which events students will succeed when competing. There are sometimes very strict rules about the numbers of athletes who may compete in each event.

**Please consider coming out to run for St. Robert's!
Your school needs you!**