

# Shooting Track & Field

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Galena Park HS, Texas  
Permission for use granted for any classroom teacher in a public or not-  
for profit / non-profit school system.

# Camera Set Up

- Outdoor Sport
- Day
- F/16 or F/8
- 250 - 1000 Shutter Speed
- ISO 100-400
  
- Weather and lighting conditions will be the biggest problems.
- 70-300 mm lens



# Where To Stand

- Get as close as you can, but each event will be different.
- Running events are fast and focus on the start and finish.
- Jumping events focus on the athlete in the air.
- Throwing events focus on the act of throwing.



# Length Of The Game

- Running events are timed, but the meet is a series of heats and rounds. The meet may last most of a day.



# Safety

- Throwing events can be very dangerous. Stay out of the range of the throwing area. Watch for out of bounds areas.
- Stay off of running tracks, etc.





# Gotta Get 'Em Shots

- The meet will be long, so you will have a lot of chances to shoot.
- Go to various events to shoot as many different events and as often as you can.
- Check the program for times.



# Backup Plan - aka Plan “B”

- Make sure you shoot each event - ask the coach about “star athletes” - those top track runners, etc. from your school who are expected to do well.



# Keep A Lookout!





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