

# Elementary Track and Field Meet

When: Wednesday, May 17, 2023

Time: 8:30 am to approximately 1:30 pm

Where: Hemet High School

The meet is supposed to be a fun event, thus everyone needs to follow the same rules and procedures to keep things fair and safe. Please make sure you read through the procedures and rules. It would be a good idea to attend a high school track meet if you are unfamiliar with the rules of track and field.

Book your bus and schedule a sub as soon as possible.

- The meet will be at the Hemet High stadium.
- The track is a 400 meter track once around. The mile is a four lap race (technically 1600 meter). The 200 meter race starts half way around the track. The 100 meter race is run on the straight side of the track. All races 200 meters or longer are run in a counter-clockwise direction.
- The hurdle race will still be measured in yards. There are five flights of hurdles. It is 20 yards from the start to the first hurdle then 10 yards between each hurdle and 15 yards from the last hurdle to the finish line.
- Entries will be done online. You need to create an account with Mile Split (Finished Results) at [www.finishedresults.com](http://www.finishedresults.com)
- Each student may participate in a **maximum of three (3) events**. A relay counts as an event. This rule is in place in order to ensure that a large number of students will compete from each school.
- It is also requested from the district nurses that no child compete in more than three (3) events for safety reasons.
- Every school has a few athletes that are capable of competing in almost every event. Please respect the three event rule. If a student is caught competing in more than three events his or her scores will be disqualified.
- Participating in a relay race counts as an event.
- Make sure athletes know what events they are in. Let them know that they are responsible for checking into their event(s) at the appropriate time. Calls will be made asking athletes to check in for each event.
- **Entries must be submitted online by Friday, May 12<sup>th</sup>, 11:59 pm. If your entries are not in, your school will not compete.**

## RELAYS

- Each relay team consists of four members.
- Please make sure your students know what order they run in for their relay.
- Example: Javier is first, Tony is second, Jackson is Third, and Darnell is fourth. Let them know where they need to go for their relay exchange.
- Explain where the exchange zone is for their particular leg of the relay and the rules for hand-offs.
  - The exchange zone is 30 meters. There is a triangle shaped mark on the track indicating the start (small triangle) and the end (second large triangle) of the exchange zone. Both the incoming runner (person handing off the baton) and outgoing runner (person receiving the baton) must be inside the exchange zone when the baton is handed off. What used to be the acceleration zone is now part of the exchange zone.
- Teams will be disqualified if the exchange takes place out of the exchange zone.
- Shuttle hurdle relay. First and third runners are on one end of the 5 flights of hurdles. Second and fourth runners are on the other end of the 5 flights of hurdles. The start and finish line are the same place (not the case in the regular hurdle race). This is the only relay in which a baton is NOT used. First runner races 75 yards and tags the hand of the second runner who also runs 75 yards. The second runner runs 75 yards and tags the hand of the fourth runner who runs 75 yards to the finish line of the relay race. It is called a shuttle hurdle relay due to the fact that the race goes back and forth along the same area. Each team must stay in their own lane the entire race. Workers will try their best to have the hurdles picked up that might get knocked down from a previous team member.
- 4X100: all athletes stay in their lane the entire race.
- 4X200: first two runners stay in their lane the entire race. Third runner can move to an inside lane after successfully completing the baton exchange. Third to fourth runner exchange should occur in an inside lane.
- 4x400: first runner stays in their assigned lane the entire race. Second runner can move to an inside lane. Third and fourth runners should try to receive baton in an inside lane.

## FIELD EVENTS

- Athletes will be allowed three jumps and three throws.
- Students must stay in the throwing ring in both the softball throw and shot-put. Throw must land in throwing sector (scratches will be marked).
- Students are not allowed to step over the jump board in long jump (scratches will be marked)

## EQUIPMENT

- Each school needs to supply their own relay baton (a suitable substitute will be accepted for a baton).
- Softballs and shot puts (6 lb) will be provided.

## FOOD

- A concession stand will be available for adults. Nutrition services will provide lunch for students.

- **Absolutely no gum or sunflower seeds are allowed at the stadium.**
- **Please remind your students to throw all food wrappers in the trash.**
- Please remind your students to bring water and snacks.
- Feel free to bring a trash bag to keep in the stands by your students.

#### SCORING

- We will score up to eight places in all events, including all relays.
- The meet will be scored as follows.

<u>Place</u>	<u>Points</u>
- First	10
- Second	8
- Third	6
- Fourth	5
- Fifth	4
- Sixth	3
- Seventh	2
- Eighth	1

#### AWARDS

- The top three in each event will receive a ribbon. A medal is awarded to those who set a new district record.
- Once again the Anady's Award (trophy) will be awarded. Cawston is the current holder of the Anady's Award. Each year the winning school from the previous year is asked to return the trophy.

If you have any questions feel free to call Tom Siebold at Valle Vista (927-0800) or text/call me at 951-415-9263. When texting please provide your name and school site. You can also email Tom Siebold at [tsiebold@hemetusd.org](mailto:tsiebold@hemetusd.org)