



## **ELEMENTARY TRACK RULES**

### **Overview**

- All events are not timed. Parents or coaches may time individual athletes, but official records will not be kept.
- Parents are invited to be with their child on the field and are able to help their child move between events. Campus teams should stay together while on the field.
- Runners can use a three-point stance, or use the standard crouched racing stance. Blocks are not recommended.
- Heats will be assigned the week leading up to the meet. It is best practice to maintain those event commitments, otherwise it disrupts the schedule.
- The team may arrive up to forty-five minutes early to warm-up.
- “Ready” (verbal), “Set” (verbal), followed by a whistle blow will signal the start of all races.

### **50M**

- Open to all grade levels
- Grade specific heats
- Heats may be coed (depending on numbers)

### **100M**

- Open to all grade levels
- Grade specific heats
- Heats may be coed (depending on numbers)

### **200M**

- Open to all grade levels
- Grade specific heats
- Heats may be coed (depending on numbers)
- A staggered start will be used

### **800M**

- Open to grades 2nd thru 6th
- Grade specific heats (depending on numbers)
- Heats may be coed (depending on numbers)
- A “waterfall start” will be used

### **4x100M Relay**

- Open to all grades
- Grade specific heats (depending on numbers)
- Teams should be made up of runners from all the same grade; when possible
- Heats may be coed (depending on numbers)
- Teams will run in every other lane to help prevent collisions and crossovers

### **4x400M Relay**

- Open to all grades
- Grade specific heats (depending on numbers)
- Teams should be made up of runners from all the same grade; when possible
- Heats may be coed (depending on numbers)
- Teams will run in every other lane to help prevent collisions and crossovers

### **Long Jump**

- Open to all grades
- There will be a K-2nd pit and a 3rd-6th pit
- Runners must jump before they reach the sand
- Official distance measurements will not be kept. Instead, each grade will have its own cone color to be used as the distance to beat for each grade.
- Each runner will be allowed three attempts (returning to the end of the line between each attempt).

### **Softball Throw**

- Open to all grades
- A five yard run-up is allowed
- The throw is a standard baseball throw, not a shot-put throw
- Each athlete will be allowed three consecutive throws
- Official distance measurements will not be kept. Instead, each grade will have its own cone color to be used as the distance to beat for each grade.

## ***Warm-Up Ideas***

- (2) warmup laps
- High knees (10 yards)
- Butt-kickers (10 yards)
- Karaoke (10 yards)
- Side shuffle (10 yards)
- Lunges (10 yards)
- Hamstring Stretch (10 yards)
- Quad Stretch (10 yards)
- Knee Pulls (10 yards)
- Side Lunges (10 yards)
- Toe-Touch Kicks (10 yards)
- (2) 50 yard build-ups