

## Order of events

Events typically ran Girls then Boys. 1600 maybe combined boys and girls based on number of entries 800 may be combine either same genders, both age groups or all runners based on entries			
1600		Long Jump	2 <sup>nd</sup> -3 <sup>rd</sup> grade 4 <sup>th</sup> grade 5 <sup>th</sup> grade
400 m	5 <sup>th</sup> grade 4 <sup>th</sup> grade	Sac Race	4 <sup>th</sup> grade 5 <sup>th</sup> grade 2 <sup>nd</sup> -3 <sup>rd</sup> grade
100 m	5 <sup>th</sup> grade 4 <sup>th</sup> grade 2 <sup>nd</sup> -3 <sup>rd</sup> grade		
800 m	5 <sup>th</sup> grade 4 <sup>th</sup> grade		
200 m	5 <sup>th</sup> grade 4 <sup>th</sup> grade 2 <sup>nd</sup> -3 <sup>rd</sup> grade		
4x100 m	5 <sup>th</sup> grade 4 <sup>th</sup> grade 2 <sup>nd</sup> -3 <sup>rd</sup> grade		
Tug of War			

### Notes:

Spikes are not allowed at elementary meets. (Flats are permitted or spikes with spikes removed are allowed but not encouraged)

**1600** is not divided by age groups. Any 2<sup>nd</sup> to 5<sup>th</sup> grader is allowed to compete, but this race is scored as 5<sup>th</sup> grade event. Based on number of entries it will either be run as all girls then all boys, or it may be combined and then boys and girls winner sorted out.

Long Jump is scored as best of 3 jumps, 2<sup>nd</sup>-3<sup>rd</sup> will jump from the concrete edge of the pit, while 4<sup>th</sup> and 5<sup>th</sup> grade jump from the 1<sup>st</sup> board

**Relays**, If a team cannot field a full team of a certain grade we have allowed a mixed team in the past. In this instance these were the rules discussed by the coaches. If there is 1 boy on the team, then it ran as a boys team. The oldest member of the team determines the age group. In this instance you could run a younger boy up in a group, for example you have (3) 4<sup>th</sup> grade boys and add a 3<sup>rd</sup> grader to complete a 4<sup>th</sup> grade relay team, but if you added a 5<sup>th</sup> grade boy it the whole team would be a 5<sup>th</sup> grade team.

**Tug of War**, No Cleats, No gloves, No wrapping the rope around your body. A tug-of-war team consists of 3 boys and 3 girls of same age group. We allow 2 teams per age group per school. A team may not consist of more than 3 boys but may have fewer if roster depth is an issue. You may also combine grades if necessary but remember that the oldest member of the team determines the age group.

Lastly you do not need to register for tug-of-war at the time of registration. We will declare our teams at the coaches meeting and the bracket will be built during the meet. Our Goal is to have a double elimination tournament. This has not been an issue in the past, but if we have 8 teams competing in an age group, we would have 14-15 matches. In the event you have 2 teams in a double elimination format their first match would be against each other.

**General information:**

Gate charge \$5 for Adults, kids enter for free

4:00 pm Coaches Meeting at the timing table

4:20pm Track and Turf closed to warm ups,

First call for 2<sup>nd</sup>-3<sup>rd</sup> long jump, 4<sup>th</sup> Sack race and 1600

Tug of war will happen after all races are finished, all athletes and spectators are asked to come the turf for the conclusion of the meet

**Athlete Check in locations:**

All races will check in at the tent located on the 50 yard line

Long Jump will check in at the Long Jump Pits.

Sack race will check in at the North End Zone (near scoreboard)