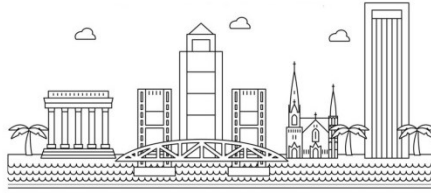


JACKSONVILLE ELEMENTARY SCHOOL



TRACK AND FIELD CHAMPIONSHIPS

Saturday, April 25th, 2020 at The Bolles School

Meet Information

Description: The Jacksonville Athletic Club is proud to host the 2nd annual “Jacksonville Elementary School Track and Field Championships” to introduce the great sport of track and field to the youth of the Jacksonville area. This will be a track and field meet for kids attending any public or private elementary school in the greater Jacksonville area. We will be offering a variety of sprint, hurdle, and distance races, as well as field events to allow the athletes to try out the different events. Come join us to run, jump, and throw!

Meet Philosophy: This track and field meet is geared for the kids who want to compete, have fun, and try out different events. This is an opportunity to compete, learn more about the sport, and have fun in the process. The vision of this meet is to compete for your school, learn the different events in track and field, and try to win the championship trophy for your school!

Location: Meet will take place at The Bolles School, 7400 San Jose Blvd, Jacksonville, FL 32217

Parking: Please park in the parking lot right next to the track / football stadium.

Eligibility: This is a meet for any child, grades 1-6, attending any public or private elementary school in the greater Jacksonville area. Homeschooled athletes in grades 1-6 are also eligible for this meet.

Time: Tentatively field events will start at 3:30pm and running events will start at 6:00pm.

Events: See page 2 for all events offered, and page 3 for a detailed time schedule.

Cost: Only \$10 per athlete, please pick up to 4 events. All athletes will receive a t-shirt for competing.

Awards: We will be giving out awards for the top 3 finishers in each event for each grade. There will also be an overall team champion trophy to the winning boys and girls school!

Registration: Register online at www.werunjax.com. Payment must be made online in order to confirm entry into meet.

Entry Deadline: *Entries close Monday, April 20th, at 11:59pm. No late entries will be accepted.*

Contact: Any questions at all, feel free to visit www.werunjax.com, email eli@jacksonvilletrack.com or call 423-943-5507.

Timing: Timing for this track meet will be done by JAC Timing, using fully automatic (FAT) timing.

Results: Full results for the 2020 Elementary School Track and Field Championships will be posted online at www.werunjax.com as well as uploaded on www.jactiming.com.

2020 Jacksonville Elementary School Track and Field Championships

Events and Event Notes

****Click on Each Event Title for a Video Explanation and Demonstration!****

Events	Grade					
Sprints	1st	2nd	3rd	4th	5th	6th
50m	x	x				
100m			x	x	x	x
200m	x	x	x	x	x	x
400m	x	x	x	x	x	x
Hurdles						
30mH	x	x				
60mH			x	x		
80mH					x	x
Jumps						
Long Jump	x	x	x	x	x	x
High Jump				x	x	x
Quad Jump				x	x	x
Distance						
800m			x	x	x	x
1 Mile Run			x	x	x	x
Throws						
Shot Put	x	x	x	x	x	x
Turbo Javelin			x	x	x	x
Softball Throw	x	x				
Discus Throw					x	x

Event Specific Information

****Click on Each Event Title for a Video Explanation and Demonstration!****

30mH 15" high, 10m to 1st hurdle, 6m btwn hurdles (3 hurdles in this race)
60mH 21" high, 11m to 1st hurdle, 6.5m btwn hurdles (6 hurdles in this race)
80mH 27" high, 12m to 1st hurdle, 7m btwn hurdles (8 hurdles in this race)

Quad Jump- Either right-right-left-left or left-left-right-right from a run up.

Shot Put- 2kg shot put for grades 1 and 2, 6lb shot put for grades 3-6

Softball Throw- A softball, thrown for distance (overhand) from a run up

Discus Throw- 1kg discus for grades 5 and 6

Event Schedule and Frequently Asked Questions

Tentative Event Schedule

Field Events (Field events will be competed with mixed grades, but will be scored separately)

3:30pm- Grades 1-3 jumping events
3:30pm- Grades 4-6 throwing events
4:30pm- Grades 1-3 throwing events
4:30pm- Grades 4-6 jumping events

Running Events (All running events will be run girls first, followed by boys, youngest to oldest)

6:00pm- Hurdles (30mH, followed by 60mH, then 80mH)
6:30pm- 50m Dash
6:45pm- 100m Dash
7:10pm- 1 mile Run
7:25pm- 400m Run
7:45pm- 800m Run
7:55pm- 200m Dash

Frequently Asked Questions

Will there be awards?- Yes, we will be giving out awards for the top 3 finishers in each event, and the highest point scoring school for boys and girls will win the team trophy!

Do we need to wear uniforms?- No, you do not. Each school can dictate what their athletes wear. You are also welcome to wear your free shirt that you get the day of the meet.

We have no facilities at our school, how can we learn some of the field events or hurdling events?- The Jacksonville Athletic Club will be hosting 2 FREE track and field clinics to help any coach, parent, or athlete learn more. These clinics will be held on Sunday, April 5th and Sunday, April 19th from 2-4pm at The Bolles School. Our coaches and high school athletes will there to instruct and assist anyone who wants to practice leading up to the meet!

Will all of the implements be provided?- Yes, no need to bring any implements, we will provide them all for you.

We would like to do a “track and field” unit for of physical education classes, can you help?- Yes! Feel free to email us (eli@jacksonvilletrack.com) and we will be happy to help with that.

Can home schooled children participate?- Absolutely! In the entry form, just type in “Homeschool” under the school / team name.

Is there a place to learn more about each track and field event offered?- Of course. If you go to page 2 of the meet information packet, and click on each event name, you will be taken to a brief video overview of that event. It will include both an explanation into the event, as well as a demonstration of that event by one of the Jacksonville Athletic Club’s athletes!