

MEET GUIDELINES

All athletes must check-in to receive race bibs.

Creeks Track & Field Meets are scored by grade not age.

Athletes must compete at their field events in between track events. Track Events are on a Rolling Schedule. Track Events are Girls followed by Boys unless indicated differently. Grades and Genders may be combined in heats when necessary but will always be scored separately.

2ND-5TH GRADE FIELD EVENTS WILL CLOSE AT THE CONCLUSION OF THE 400M. PLEASE MAKE SURE YOUR ATHLETES CHECK-IN TO FIELD EVENTS AND FINISH THEIR FIELD EVENTS IN A TIMELY MANNER!

6TH – 8TH GRADE FIELD EVENTS WILL CLOSE AT THE CONCLUSION OF THE 400M. PLEASE MAKE SURE YOUR ATHLETES CHECK-IN TO FIELD EVENTS AND FINISH THEIR FIELD EVENTS IN A TIMELY MANNER!

Hurdle Heights:

K and 1st Grade run 12" hurdles

2nd grade may choose between the 12inch hurdles (indicated as 100m LH on Direct Athletics registration) or the 22 inch hurdles (indicated as 100HH Hurdles on Direct Athletics registration).

3rd – 6th Grade Girls and Boys and 7th Grade girls run 22" hurdles

7th and 8th Grade boys and 8th Grade girls run 30" hurdles

Hurdle spacing for 2nd thru 8th – First hurdle at 13m and spaced 8.5 m between hurdles.

Long Jump:

2 measured jumps for each athlete; all jumps are measured from the end of the runway.

High Jump:

Minimum height requirement to compete is 4 feet.

Shot Put:

2nd and 3rd grade boys and girls – 4 lb

4th and 5th grade boys and girls; 6th thru 8th grade girls and 6th and 7th grade boys – 6 lb

8th grade boys – 4 kg

Discus:

2nd and 3rd grade boys and girls – .75 kg

4th and 5th grade boys and girls; 6th thru 8th grade girls and 6th and 7th grade boys – 1.0 kg

8th grade boys – 1.5 kg

AWARD GUIDELINES:

By Grade and Gender: K and 1ST Grade awards given for 1st thru 6th place; 2nd Grade thru 8th Grade awards given for 1st thru 4th place

ORDER OF TRACK EVENTS – ROLLING SCHEDULE

Track Events are on a Rolling Schedule. Track Events are Girls followed by Boys unless indicated differently. Grades and Genders may be combined in heats when necessary but will always be scored separately. Field Event are ongoing and will close at the conclusion of the 400m.

CHECK-IN TIMES AND EVENT SCHEDULE

8:30 a.m.	K & 1 st Grade	Check-in and Bib Pickup
8:45 a.m.	K & 1 st Grade	Warm-ups with team
9:00 a.m.	K & 1 st Grade	Girls Long Jump (Girls move to track events after long jump)
9:00 a.m.	K & 1 st Grade	Boys 60m sprint; 60m Hurdles; Long Jump
	K & 1 st Grade	Girls 60m Hurdles; 60m sprint
9:15 a.m.	2 nd – 5 th Grade	Check-in and Bib Pickup
9:15 a.m.	Pole Vaulters	Pole Vault check-in/Bib Pickup/Warm up at PV Pit
9:30 a.m.	2 nd – 5 th Grade	Warm-ups with team
9:45 a.m.	2 nd – 5 th Grade	Discus, Shot put and HJ open for competition.
9:45 a.m.	2 nd and 3 rd Grade	Boys and Girls Long Jump
10:15 a.m.	4 th and 5 th Grade	Boys and Girls Long Jump
10:30 a.m.	2 nd – 5 th Grade	1600m run
	2 nd – 5 th Grade	100m Hurdles
	2 nd – 5 th Grade	100m sprint
	2 nd – 5 th Grade	400m sprint (Elementary Field Events CLOSE)
	2 nd – 5 th Grade	200m sprint
	2 nd – 5 th Grade	800m run
11:00 a.m.	6 th – 8 th Grade	Check-in and Bib Pickup
11:15 a.m.	6 th – 8 th Grade	Warm-ups with team
11:30 a.m.	6 th – 8 th Grade	Field Events open for competition
11:45 a.m.	6 th – 8 th Grade	1600m run
(or when 2 nd – 5 th grade meet concludes)		
	6 th – 8 th Grade	100m Hurdles
	6 th – 8 th Grade	100m sprint
	6 th – 8 th Grade	400m sprint (Middle School Field Events CLOSE)
	6 th – 8 th Grade	200m sprint
	6 th – 8 th Grade	800m run