

CREEKS TRACK & FIELD MEET SUNDAY APRIL 14TH

Meet Guidelines

Coaches are responsible for check-in and bib pickup for their athletes.

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

Athletes are to 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 LONG JUMP, DISCUS, AND SHOT PUT WILL CLOSE AFTER THE CONCLUSION OF THE 400M. PLEASE MAKE SURE YOUR ATHLETES FINISH THEIR FIELD EVENTS IN A TIMELY MANNER!

6TH – 8TH GRADE LONG JUMP, DISCUS AND SHOT PUT WILL CLOSE AFTER THE CONCLUSION OF THE 400M. PLEASE MAKE SURE YOUR ATHLETES 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 Hurdles on Direct Athletics registration) or the 22 inch hurdles (indicated as 110m Hurdles on Direct Athletics registration). Both are a 100m race.

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:

K and 1st Grade Combined: 1st Place Medal for each gender and event

Plus: 1st thru 6th Place Ribbons by Grade and Gender

2nd and 3rd Grade Combined: 1st Place Medal for each gender and event

Plus: 1st thru 4TH Place Ribbons by Grade and Gender

All Middle School Combined: 1st Place Medal for each gender and event

Plus: 1st thru 4th Place Ribbons by Grade and Gender

CHECK-IN TIMES AND EVENT SCHEDULE

8:00 a.m.	K & 1 st Grade	Check-in and Bib Pickup
8:15 a.m.	K & 1 st Grade	Warm-ups with team
8:30 a.m.	K & 1 st Grade	Girls Long Jump (Girls move to track events after long jump)
8:30 a.m.	K & 1 st Grade	Boys 60m then Boys 60m Hurdles; K & 1 st grade Boys move to Long Jump
	K & 1 st Grade	Girls 60m Hurdles then Girls 60m
9:00 a.m.	2nd – 5 th Grade	Check-in and Bib Pickup
9:00 a.m.	Pole Vaulters	Pole Vault check-in/Bib Pickup/Warm up at PV Pit
9:15 a.m.	2nd – 5 th Grade	Warm-ups with team
9:30 a.m.	2nd – 5 th Grade	Field Events (Shot put, Discus and Long Jump) All Open
9:30 a.m.	Middle School 1600m	Check-in and warm up for All Grades 1600m
~9:30 a.m.	2nd – 5 th Grade	100m
	2nd – 5 th Grade	100m Hurdles
	2nd – 8 th Grade	1600m (This is ALL grades)
	2nd – 5 th Grade	400m
		2 nd -5 th Grade Discus, Shot Put and Long Jump CLOSE at the conclusion of the 400m
	2nd – 5 th Grade	800m Grades may be combined in heats (but scored separately)
	2nd – 5 th Grade	200m
10:00 a.m.	High Jumpers Only	High Jump check-in/Bib Pickup/Warmup at HJ Pit
10:30 a.m.	6 th – 8 th Grade	Check-in and Bib Pickup
10:45 a.m.		Scholarship Presentation for Senior Student Coaches
11:00 a.m.	6 th – 8 th Grade	Warm-ups with team
11:15 a.m.	6 th – 8 th Grade	Field Events All Open
~11:15 a.m.	6 th – 8 th Grade	100m
(or when 2 nd – 5 th grade meet concludes)		
	6 th – 8 th Grade	100m Hurdles
	6 th – 8 th Grade	400m
		6 th -8 th Grade Discus, Shot Put and Long Jump CLOSE at the conclusion of the 400m
	6 th – 8 th Grade	800m
	6 th – 8 th Grade	200m