

MEET GUIDELINES

All athletes must check-in to receive race bibs.

Track Events are on a Rolling Schedule. Track events will be run in the order of age division and gender (i.e. 8U girls followed by 8U boys, 9U girls followed by 9U boys etc). Age divisions and genders may be combined in heats when necessary but will always be scored separately.

All field events will close at the conclusion of the 1600m.

Hurdle Heights:

7U will run 12" hurdles

8U, 9U and 10U boys and girls will run 22" hurdles

12U and 14U girls and boys will run 30" hurdles

Hurdle spacing – 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 3'10".

Shot Put:

8U and 9U boys and girls – 4 lb

10U, 12U and 14U girls – 6 lb

10U and 12U boys – 6 lb

14U boys – 4 kg

Discus:

8U and 9U boys and girls – .75 kg

10U, 12U and 14U girls – 1.0 kg

10U and 12U boys – 1.0 kg

14U boys – 1.5 kg

AWARD GUIDELINES:

By Age Division and Gender:

Place ribbons 1st – 4th place

AWARDS MUST BE PICKED UP THE DAY OF THE MEET.

Results for track events may be found online at Jactiming.com. Results for field events will be available in the awards area after the event closes.

1st – 4th place medals, participation medals and special recognition medals will be awarded at the final meet.