

Bluejays Classic MS Track & Field Meet

General Rules

- All competitors must wear tennis shoes. NO spikes are allowed.
- Please report to the area of your event on the "1st call", "2nd call" means you're on deck and "3rd call" means you're next.
- Each team shall provide their own relay batons.
- Competitors are limited to no more than 4 events, with no more than 3 running events or 3 field events. (See note below about relays.)
- Soccer balls, footballs, etc. must **not be** on the football field at any time.
- Students must stay off the mats around the pole vault area
- Students must not run along the track to cheer on a runner. Spectators on the infield must stay at least 6 ft. from the track.



Field Event Descriptions

High Jump - Jumpers must take off from one foot and clear the crossbar. The bar shall be raised 2 inches at a time. Each athlete is allowed three consecutive misses before being eliminated. If time is a factor, the official may choose to allow only two misses. Ties will be broken by the number of misses at each height counting backward from the height where the tie occurred.

Shot Put - Shot must be held under the jawbone with one hand only. The athlete must not step over the scratch line at any time before, during or after the throw. The shot weighs 8 lbs. 3 throws per athlete.

Accuracy Throw - From a distance of 10 meters, competitors aim and throw a baseball at a target with four concentric circles. Points are: 10, 7, 4, 1. Stepping over the scratch line is a zero point throw, as is missing the circles completely. 4 throws per athlete.

Distance Throw - Each competitor gets 4 turns to throw a softball as far as they can. He/She should take all of their throws consecutively at one time and the longest throw is recorded. Stepping over the line is a zero distance attempt. Ties are broken with 2nd (or if necessary, 3rd) best throw.

Long Jump - Athletes must take off from one foot. No part of the shoe may go beyond the board. The distance of the jump is recorded from the sand pit side of the board to the closest mark made in the sand. 3 jumps per athlete.

Triple Jump - The 1st and 2nd steps are taken with the same foot, and the 3rd must be performed with the other. A jump not reaching the sand following the 3rd step is considered a scratch. Every other aspect of triple jump is the same as long jump. 3 jumps per athlete.

Cornhole Toss - Each competitor will toss 9 bean bags at a cornhole board (3 sets of 3 bags). The launching line will be 20 ft. from the board. The board will be cleared of bags after each set of 3 tosses. (3 pts for each bag in the hole and 1 pt for bags on the board.)

Meet Schedule:

9:30–Meeting for Track & Field Event Helpers

9:30–Arrival–Track is open to competitors to warm up for events

10:00–Welcome Announcements

10:05–1st Running Event begins and Flight #1 of all Field Events

11:30-12:00– Lunch Break

2:00/2:15– Meet Conclusion

Field Event Schedule			Running Event Schedule	
Flight #1	Girls' High Jump	3' 0" start		*Each race will be run by grade and gender in this order: 6th girls, 6th boys 7th girls, 7th boys 8th girls, 8th boys
	Boy's Shot Put	3 throws		
	Girl's Distance Throw	4 throws		
	Boy's Accuracy Throw	4 throws	1st Event	
	Girl's Long Jump	3 jumps	2nd Event	
	Boy's Triple Jump	3 jumps	3rd Event	
	Girls's Cornhole	9 throws	4th Event	
Flight #2	Boy's High Jump	3' 4" start	5th Event	800 Meter Run (6 heats)
	Girl's Shot Put	3 throws	6th Event	100 Meter Dash (12-18 heats)
	Boy's Distance Throw	4 throws	7th Event	400 Meter Run (12 heats)
	Girl's Accuracy Throw	4 throws		200 Meter Dash (12 heats)
	Boy's Long Jump	3 jumps		60 Meter Dash (12-18 heats)
	Girl's Triple Jump	3 jumps		4 x 100 Meter Relay (6 heats)
	Boy's Cornhole	9 throws		Co-Ed Medley Relay (1 heat per grade) (100m x 100m x 200m x 400m) *Must have 2 boys and 2 girls, order of runners may be determined by the Coach.

Important Information

Entry forms will be on a Google Document that will be sent to you. Please enter your students on the Google Document. There are three areas to make special note of:

1. Enter student-athlete by FIRST NAME, then, LAST NAME. (It is easier on the “clerk-of-course” since last names can be tricky)
2. Enter your runners in the heats in order of FASTEST (1st heat) to next fastest, etc on the 2nd and 3rd heats.
3. For the CO-ED MEDLEY RELAY please enter two boys and two girls. They can be in any order.

All races will be final. If there is more than one heat of each race, the top three runners will be timed from each heat and the three fastest individuals, overall, will receive ribbons.

Guidelines for Number of Students to Enter

Our goal is to provide as much student participation as possible. **Each school may enter up to 8 participants per grade per gender for each of the running and field events.**

There is a four event limit for each participant: “No student-athlete is allowed to compete in more than four (4) events in the track meet; and, of those four (4) events, they may not be all four (4) running, or, all four field events. HOWEVER, the relays (4 x 100 and Co-ed Relay) will not count as part of the four event limit. We are trying to encourage more relay teams so a student can participate in five events provided that one of those five events is a relay.

MACCRAY TRACK DIAGRAM/ EVENT LOCATION

