

Bluejays Classic MS Track & Field Meet

Friday, April 24, 2026

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 4 singular events or 5 if part of a relay, 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

10:05-11:30–800 meter, 100 meter, 400 meter and Flight #1 of all Field Events

11:30-12:00– Lunch Break

12:05-1:45–200 meter, 60 meter, 4 x 100 relay, Co-ed Medley Relay & Flight #2 Field Events

2:00– Meet Conclusion

Field Event Schedule			Running Event Schedule			
Flight #1	Girls High Jump	3' 0" start	Approx. Start Time	*Each race will be run by grade and gender in this order: 6th girls, 6th boys, 7th girls, 7th boys, 8th girls, 8th boys		
	Boys Shot Put	3 throws				
	Girls Distance Throw	4 throws			1st Event 10:05	800 Meter Run (6 heats)
	Boys Accuracy Throw	4 throws			2nd Event 10:35	100 Meter Dash (12-18 heats)
	Girls Triple Jump	3 jumps			3rd Event 11:10	400 Meter Run (12 heats)
	Boys Long Jump	3 jumps			11:30-12:00	LUNCH BREAK
	Girls Cornhole	9 throws				
Flight #2	Boys High Jump	3' 4" start	4th Event 12:05	200 Meter Dash (12 heats)		
	Girls Shot Put	3 throws	5th Event 12:40	60 Meter Dash (12 heats)		
	Boys Distance Throw	4 throws	6th Event 1:05	4 x 100 Meter Relay (6 heats)		
	Girls Accuracy Throw	4 throws	7th Event 1:30	Co-Ed Medley Relay (3 heats) (100m x 100m x 200m x 400m)		
	Boys Triple Jump	3 jumps				
	Girls Long Jump	3 jumps				
	Boys Cornhole	9 throws				

MACCRAY TRACK DIAGRAM/ EVENT LOCATION

