

Middle School Track

Girls and Boys



Philosophy

School District #11's Middle School Interscholastic Athletic Program strives to provide an opportunity for all interested students to discover and grow within the offered sports. Students will compete at a level that is developmentally appropriate for most and in an atmosphere that strives to an overall positive experience for the student.

Participation

- Open to all 6th, 7th, and 8th grade girls(Fall)/boys(Spring)

Rule Guidelines

- National Federation rules will be followed

Uniforms

- Each competitor will be attired in his competitive uniform that consists of a school-issued jersey and shorts/compression short.
- Any other visible apparel worn under the uniform must be solid white, black or color that matches the body of the uniform.
- Spandex leggings worn under or in place of shorts must be (SOLID COLOR = BLACK OR SCHOOL COLOR).
- Every effort should be made to conceal underwear according to the District Eleven dress code.
- Jewelry will be allowed
- Warm-up sweats may not be worn for competition unless a decision is announced permitting participants to wear them due to inclement weather.

Event Entries

- Schools are limited to three entries per grade level in each event.
- Schools may enter one relay team as point earners.
- Competitors may enter 4 events.
 - Running events are not to exceed a total (2810 meters) in distance per meet.
 - Exhibition events are included in the 4 event and distance total.

Exhibitions

- To create more participation opportunities, exhibition entries will be accepted in league meets for relays and the 800 and 1600-meter runs.
- Inclement weather may cancel exhibition entries.
- At the stadium, no heats will be added as a result of exhibition entries.
- Schools will be rotated alphabetically to place exhibition entries.
- Exhibition runners may be added in the 800/1600-meter runs as long as the total does not exceed 30.

Relays

- To add a “B” exhibition relay team, all “A” relays must be filled in that grade level.
- Meet officials may choose to combine any grade (6, 7, 8) levels in running events if the number of entries will allow it.

Records

- Records will be established for the District Classic Meet (prelims and finals) held in Garry Berry Stadium.

Classics

- In the District Classic, running events are not to exceed a total of (2810 meters) in distance per day.
- During the District Classic Meet, all grades will be allowed a maximum of four throws in the shot put or four jumps in the triple and long jump events. This eliminates the need for prelims and finals. All throws and jumps must be completed during the designated open pit time for that grade level.

Events

<u>Girls</u>	<u>Boys</u>
<u>Running Events</u> Medley relay 100 Hurdles 100 Dash 4 X 200 Relay 1600 Run 4 X 100 Relay 400 Dash 300 Hurdles 800 Run 200 Dash 4 X 400 relay	<u>Running Events</u> Medley relay 110 Hurdles 100 Dash 4 X 200 Relay 1600 Run 4 X 100 Relay 400 Dash 300 Hurdles 800 Run 200 Dash 4 X 400 relay
<u>Field Events</u> High jump, Long jump, Shot put, Triple jump	<u>Field Events</u> High jump, Long jump, Shot put, Triple jump

*Relay teams will be by grade level.

Open Pit time is 45 minutes for regular season meets and 1 hour for the District Classic.

Field Event Specifics

- Girls Shot Put – 6th = 6 pound, 7th & 8th = 8 pound
- Boys Shot Put – 6th = 6 pound, 7th = 8 pound, 8th = 10 pound
- Girls High Jump starting height – 6th = 3’4”, 7th = 3’6”, 8th = 3’8”
 - 2” increases until there are 5 remaining then 1” increases

- Boys High jump starting height - 6th = 3'10", 7th = 4'0", 8th = 4'2"
 - 2" increases until there are 5 remaining then 1" increases

Hurdles

- Hurdle height is 30 inches

WEATHER CANCELLATIONS

- Any time a school team misses 2 or more meets during a season due to inclement weather, that team will be given an opportunity to be added into a subsequent meet. The meet should be the next possible meet.

Home Team Responsibilities

- Move hurdles on and off the track
- Provide workers for field events and blocks (6+ helpers if possible)
- Help clean the East stands
- Concessions workers (1-2 adults, 1-4 students)