

Track 2024

AGE GROUPS: Age by Dec 31 determines age group; not actual birth date. **Elementary:** max 3 events per athlete. **Junior High:** 4 events. Any relay counts as an event.

<u>Beginners</u> 2014-2015	<u>Middle</u> 2012-2013	<u>Youth</u> 2010-2011	<u>Intermediate</u> 2008-2009
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EVENTS:

<u>Beginners</u>	<u>Middle</u>	<u>Youth & Intermediate</u>
100 meters	100 meters	100 meters
200 meters	200 meters	200 meters
400 meters	400 meters	400 meters
800 meters	800 meters	800 meters
1500 meters	1500 meters	1500 meters
4 x 100 relay	3000 meters	3000 meters
4 x 400 relay	80m Hurdles	100m/110m Hurdles
High Jump	4 x 100 relay	200m Hurdles
Long Jump	4 x 400 relay	4 x 100 relay
Shot Put	4 x 800 relay	4 x 400 relay
	High Jump	4 x 800 relay
	Long Jump	High Jump
	Shot Put	Long Jump
	Discus	Triple Jump
	No Triple Jump	Shot Put
		Discus

DATES:

Tuesday (4 pm @ Actis)	February 20	All Track Coaches at Actis MPR
Tuesday	March 12	District Track Entries due & grade check
Monday-Thursday	March 18-21	Preliminary District Track Meet
See schedule below. Qualifier for all laned events & jumps. Finals 3000m, hurdles, Shot put, Discus (Thompson)		
Monday-Monday	March 25-April 1	Spring Break
Saturday	April 13	P-BV District Track BHS
Saturday	April 27	Kern County Track Meet-Liberty High
Saturday	May 4	Valley Track Meet (Buchanan High)

Monday March 18	Tuesday March 19	Wed. March 20	Thursday March 21
Events: 1. 200m Heats Beginners 4:00- 4:20 Middle 4:20-4:40 Youth 4:40-5:00 pm Intermediates if necessary 2. 400m Relays (4x100) Beginners & Middle 5:15 Youth & intermediates if necessary 5:30 3. Long Jump Youth Boys & Girls 4:00 4. Triple Jump Finals (Youth & intermediate boys & girls) 4:30	Events: 1. 100m Beginners 4:00-4:20 Middle 4:20- 4:40 Youth 4:40-5pm Int if necessary 2. 400m Beginners 5:00-5:20 Middle 5:20- 5:40 Youth 5:40-6:00 Intermediates if necessary	Events: 1. 3000 Finals 2:30 Middle, Youth, Int (200 Hurdles maybe 3:15) 2. Discus Finals Middle 2:30 Youth & Int 3:30 3. Long Jump Middle boys & girls 2:30 4. High Jump Beginners boys & girls, Youth girls 2:30 Youth boys, Middle girls & boys 3:15	Events: 1. Hurdles Finals- 80m Middle 4-4:20 200m Youth & Int 4:20-4:40 100/110 Youth & Int 4:40 2. Shot Put Finals Beginners 4:00 Middle 4:30 Youth & Int 5:00 3. Long Jump Beginners boys & girls 4:00

When doing team registration, **I will need the times for all 800, 1500, 3000 meter runners.** Their times will be compared to everyone else, **only the fastest 10 will be advanced district wide to the district Finals.** **Also will require measurements in the discus and shot put for selection (top 10-12) for district finals on Wed & Thursday.** When inputting the times for the races above into team registration it will look like: **10:35** which means 10 minutes, 35 seconds ... or for a throw **17'8.50"** for 17 feet, 8 ½ inches.

Only top 8 advance to long jump district finals, top 8 finish in the sprints to district finals

SPIKES NO LONGER THAN 1/4" ARE PERMITTED

No spikes are allowed for elementary school track meets. Elementary athletes may wear spikes at Thompson for the District Prelims in April and the District Meet at BHS.

Junior High Athletes may wear spikes in try outs and practice and in the District Prelims and District Meet .