

PANAMA-BUENA VISTA UNION SCHOOL DISTRICT

TRACK & FIELD HANDBOOK



SCHOOL - PRELIMS - FINALS - COUNTY

SPRING

GRADES 4 - 8

Track and Field is a sport that includes athletic contests based on running, jumping, and throwing skills.

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AGE CLASSIFICATIONS

Age by December 31 determines age classification, not birth date.

	Intermediate	Youth	Middle	Beginners
For the 2022-23 School Year	2008-2009	2010-2011	2012-2013	2014-2015
# of Events Allowed <i>includes relay events</i>	4	4	3	3

EVENTS BY AGE CLASSIFICATIONS

	Intermediate	Youth	Middle	Beginners
100 meters	X	X	X	X
200 meters	X	X	X	X
400 meters	X	X	X	X
800 meters	X	X	X	X
1500 meters	X	X	X	X
3000 meters	X	X	X	
80-meter Hurdles			X	
100-meter Hurdles	X	X		
110-meter Hurdles	X	X		
200-meter Hurdles	X	X		
4 x 100-meter Relay	X	X	X	X
4 x 400-meter Relay	X	X	X	X
4 x 800-meter Relay	X	X	X	
High Jump	X	X	X	X
Long Jump	X	X	X	X
Triple Jump	X	X		
Shot Put	X	X	X	X
Discus	X	X	X	

IMPORTANT DATES

Date	Event	Location
March 18 - 21, 2024	P-BVUSD Preliminary Track Meet: <ul style="list-style-type: none">• Qualifier for all laned events and jumps• Finals for 3000 meters, All Hurdles, Triple Jump, Shot Put & Discus	Thompson JHS 4200 Planz Rd 93309
April 13, 2024	P-BVUSD Track Meet: Finals for all laned events and jumps	Bakersfield High School 1241 G Street 93304
April 27, 2024	Kern County Track Meet	Liberty High School 925 Jewetta Ave 93312
May 4, 2024	Valley Track Meet	Buchanan High School 1560 N Minnewawa Clovis, CA 93619

ATHLETE'S ATTIRE

Uniform

- The District hopes all school sites have track uniforms to distribute to the athletes. If uniforms are not available, have all participants wear matching shirts with the school logo displayed.

Spikes

- Spikes are not allowed at the Elementary School track meets; however, they may wear spikes at the District's Qualifying and Finals Meets.
- Junior High Athletes may wear spikes during tryouts, practice, and at the District's Qualifying and Finals Meets.
- Spikes must be 3/16" pyramid style. No needle or Christmas tree. The District's Qualifying and Finals Meets will have a spike check.

ATHLETE'S REQUIRED FORMS

The following forms must be completed by the parent or guardian and returned to the school office before a student may compete. Forms will be distributed by the site administrator or Track & Field Coach.

Parent Permission Slip to compete on school track team and VOLUNTARY ACTIVITIES PARTICIPATION FORM ACKNOWLEDGEMENT AND ASSUMPTION OF POTENTIAL RISK

TRACK EVENTS

	Intermediate	Youth	Middle	Beginners
100 meters	X	X	X	X
200 meters	X	X	X	X
400 meters	X	X	X	X
800 meters	X	X	X	X
1500 meters	X	X	X	X
3000 meters	X	X	X	
80-meter Hurdles			X	
100-meter Hurdles	X	X		
110-meter Hurdles	X	X		
200-meter Hurdles	X	X		
4 x 100-meter Relay	X	X	X	X
4 x 400-meter Relay	X	X	X	X
4 x 800-meter Relay	X	X	X	

The **highlighted** Track events will have Finals during the District Qualifying Meet hosted at Thompson JHS.

Minimum Qualifying Times for Distance Races

RACE	BOYS	GIRLS
800 meters	3:30	3:45
1500 meters	6:45	7:30
3000 meters	15:00	16:00

Hurdle Specifications

Distance	Division	Hurdles	Height	To First	Interval	To Last
80 meters	Middle	8	30"	12.00 meters	7.50 meters	15.50 meters
100 meters	Youth (Girls)	10	30"	13.00 meters	8.00 meters	15.00 meters
100 meters	Youth (Boys)	10	33"	13.00 meters	8.50 meters	10.50 meters
100 meters	Intermediate (Girls)	10	30"	13.00 meters	8.00 meters	15.00 meters
110 meters	Intermediate (Boys)	10	36"	13.72 meters	9.14 meters	14.02 meters
200 meters	Youth (Girls)	5	30"	20.00 meters	35.00 meters	40.00 meters
200 meters	Youth (Boys)	5	30"	20.00 meters	35.00 meters	40.00 meters
200 meters	Intermediate (Girls)	5	30"	20.00 meters	35.00 meters	40.00 meters
200 meters	Intermediate (Boys)	5	33"	20.00 meters	35.00 meters	40.00 meters
400 meters	Intermediate (Girls)	10	30"	45.00 meters	35.00 meters	40.00 meters
400 meters	Intermediate (Boys)	10	36"	45.00 meters	35.00 meters	40.00 meters

Relays

1. Relay teams shall consist of four members plus up to four additional members (alternates) of the same team. Once a relay team has been entered and declared in a competition, no further athletes (other than the declared members and alternates) may be used as substitutes in the team's composition for subsequent meets. The team's composition and the running order must be declared before the start of each race.
2. All relay members shall wear matching shirts, preferably with the school's logo.
3. At meets beyond the Kern County Track Meet, participation of relay teams shall be limited to those clubs which hold current valid club membership in USA Track & Field before the Association Championships.
4. Teams violating any of the above may be disqualified.
5. Relay exchange zones are now 30 meters with no acceleration zone.

FIELD EVENTS

	Intermediate	Youth	Middle	Beginners
High Jump	X	X	X	X
Long Jump	X	X	X	X
Triple Jump	X	X		
Shot Put	X	X	X	X
Discus	X	X	X	

The **highlighted** Field events will have Finals during the District Qualifying Meet hosted at Thompson JHS.

High Jump

Starting Heights for District Qualifying Meet only

DIVISION	BOYS	GIRLS
Beginners	3'02"	3'00"
Middle	3'08"	3'02"
Youth	4'00"	3'08"

Measuring Guidelines

1. Each competitor is allowed a maximum of three trials at any one height. The competitor may elect to pass any of the trials, but they do not count as a miss. The competitor may also elect to pass an entire height, but if the competitor misses all three trials in subsequent heights, then the competitor is eliminated.
2. Competitors may attempt to clear the bar in any manner, provided the takeoff is from one foot, and no weights or artificial aids are used.
3. The crossbar shall not be lowered after the competition has started, except to determine a first place or qualifying place to county meet when a tie for the place is involved.
4. All measurements must be made perpendicularly from the ground to the lowest part of the upper side of the bar. Measurements shall be to the closest lesser $\frac{1}{4}$ ". Example: 5'2.25", not 5'2.375".
5. It shall count as an unsuccessful trial
 - a. When the crossbar does not remain on the supports because of the competitor's action while jumping.
 - b. When the jumper touches the ground or landing area beyond the plane of the crossbar, or the crossbar extends, without clearing the bar.
 - c. After clearing the bar, a competitor stumbles against the upright, and the crossbar does not remain on the supports, or the competitor steadies the bar to make the crossbar remain on the supports.
 - d. When failing to initiate a trial that is carried to completion within 1 $\frac{1}{2}$ minutes.

- e. When the competitor breaks the plane of the bar with any part of the body but does not touch the crossbar or go over the crossbar.
6. Ties shall be broken in the following order
 - a. Competitor with the lowest number of trials for the height at which the tie occurs shall be awarded the higher place.
 - b. If the tie remains, the competitor with the lowest total number of unsuccessful trials throughout the competition, up to and including the height last cleared, shall be awarded the highest place
 - c. Suppose it concerns first place or a place needed to send to the next meet. In that case, the competitors shall make one more attempt for the height at which they failed, and if no decision is reached, the crossbar shall be lowered by intervals of 1", and each competitor shall try once at each height until the place is determined.

Long Jump

Measuring Guidelines

1. Each competitor shall be allowed four jumps.
2. To be eligible to participate in the finals, a competitor must have had at least one legal jump in the qualifier.
3. No marker may be placed on the runway or landing pit. However, it is permissible to place a marker at the side of the runway or landing pit.
4. The jumper shall take off from behind the front edge of the takeoff board or tape, referred to as the scratch line. It shall count as a trial but not measured if
 - a. The competitor's shoe extends over the takeoff board or makes a mark in front of it.
 - b. A competitor runs across the takeoff board.
 - c. If, in the course of landing or leaving the pit, the competitor touches the ground outside the landing area, nearer the scratch line than the nearest mark made in the landing pit.
5. Each legal jump shall be measured perpendicularly to the front edge of the takeoff board or its extension and from that point in the pit touched by the person or apparel of the competitor nearest the scratch line.
6. The assistant judges shall hold the tape so the readings will be at the takeoff board. Measurements shall be to the nearest ¼".
7. Ties shall be broken in the following order
 - a. If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the competitor whose second-best performance is better than the second-best performance of any other competitor tied for that place
 - b. If a tie remains, go to the third-best jump, then the fourth-best, etc.

Triple Jump

Measuring Guidelines

1. Each competitor shall be allowed four jumps.
2. To be eligible to participate in the finals, a competitor must have had at least one legal jump in the qualifier.
3. No marker may be placed on the runway or landing pit. However, it is permissible to place a marker at the side of the runway or landing pit.
4. The jumper shall take off from behind the front edge of the takeoff board or tape, referred to as the scratch line. It shall count as a trial but not measured if
 - a. The competitor's shoe extends over the takeoff board or makes a mark in front of it.

- b. A competitor runs across the takeoff board.
 - c. If, in the course of landing or leaving the pit, the competitor touches the ground outside the landing area, nearer the scratch line than the nearest mark made in the landing pit.
5. In the triple jump, the hop shall be made so that the competitors shall first land upon the same foot with which they have taken off. In the step, they shall land on the other foot from which the jump is subsequently performed. The jump shall start from the landed foot of the step and end with both feet touching simultaneously. If a competitor, while jumping, touches the ground with a trailing leg, it shall be considered a trial and not measured. In all other respects, the rules for the running long jump shall apply.
6. Each legal jump shall be measured perpendicularly to the front edge of the takeoff board or its extension and from that point in the pit touched by the person or apparel of the competitor which is nearest the scratch line.
7. The assistant judges shall hold the tape so the readings will be at the takeoff board. Measurements shall be to the nearest $\frac{1}{4}$ ".
8. Ties shall be broken in the following order
 - a. If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the competitor whose second-best performance is better than the second-best performance of any other competitor tied for that place
 - b. If a tie remains, go to the third-best jump, then the fourth-best, etc.

Discus & Shot Put

DIVISION	DISCUS	SHOT PUT
Beginners (Boys & Girls)		6 lbs.
Middle (Boys & Girls)	1 kilo	6 lbs.
Youth Girls	1 kilo	6 lbs.
Youth Boys	1 kilo	4 kilo
Intermediate Girls	1 kilo	4 kilo
Intermediate Boys	1.6 kilo	10 lbs.

Discus

1. Each competitor shall be allowed four throws.
2. To be eligible to participate in the finals, a competitor must have had at least one legal throw in the qualifier.
3. It is a foul throw if the competitor, after stepping into the circle, fails to pause before starting the throw or touches the circle, not including the inner face when a marking band is used or the ground outside the circle before the throw is marked. It is also a foul throw if the competitor, after completing the throw, does not leave through the back half of the circle. A foul throw is not measured but counts as a throw.
4. The measurement of a throw shall be from the nearest edge of the first mark made by the discus to the inside edge of the throwing circle nearest such mark, measured along an extended circle radius and to the nearest lesser inch. The "zero" end of the tape goes to the point of contact.
5. Measurements shall be recorded to the nearest lesser inch. Example: 121'2.25" should be recorded as 121'2".
6. Ties shall be broken in the following order

- a. If the distance resulting from the best performance of competitors is identical, the high place is awarded to the competitor whose second performance is better than the second-best performance of any other competitor tied for that place
- b. If a tie remains, go to the third-best throw, the fourth-best, etc.

Shot Put

1. Each competitor shall be allowed four puts.
2. To be eligible to participate in the finals, a competitor must have had at least one legal throw in the qualifier.
3. A legal put shall be made from the shoulder, with one hand only, so that during the attempt, the shot does not drop behind or below the shoulder. A competitor must start from a stationary position inside the circle. The put must be made from inside the circle.
4. It is a foul if the competitor, after stepping into the circle, fails to pause before starting the put or touches the circle, not including the inner face of the stop board or the band if one is used or the ground outside the circle or the top of the stop board before the put is marked. It is also a foul if the shot does not fall within the sector lines or if the competitor, after completing the put, does not leave through the back half of the circle. A foul put is not measured but is counted as a trial.
5. The measurement of a put shall be from the nearest edge of the first mark made by the shot to the inside edge of the stop board nearest such mark, measured along the extended circle radius. The "zero" end of the tape goes to the point of contact.
6. Measurements shall be recorded to the nearest lesser inch. Example: 31'2.25" should be recorded as 31'2".
7. Ties shall be broken in the following order
 - a. If the distance resulting from the best performance of competitors is identical, the high place is awarded to the competitor whose second performance is better than the second-best performance of any other competitor tied for that place
 - b. If a tie remains, go to the third-best throw, the fourth-best, etc.

Preliminary P-BVUSD Track Meet

Qualifier for all laned events & jumps

Finals for 3000 meters, All Hurdles, Triple Jump, Shot Put & Discus

Location

Thompson JHS – 4200 Planz Rd 93309

Entry Fee

None

Check in

Monday, Tuesday, Thursday - 3:45 pm, events start at 4:00 pm

Wednesday - 2:30 pm, events start at 2:45 pm

Schedule

	March 18, 2024	March 19, 2024	March 20, 2024	March 21, 2024
Track - Qualifiers	200-meter Heats Beginners 4:00 pm Middle 4:20 pm Youth 4:40 pm Intermediate 4 x 100-meter Relays Beginners & Middle 5:15 pm Youth & Intermediate 5:30 pm	100-meter Heats Beginners 4:00 pm Middle 4:20 pm Youth 4:40 pm Intermediate 400-meter Heats Beginners 5:00 pm Middle 5:20 pm Youth 5:40 pm Intermediate		
Track - Finals			3000 meters 2:30 pm Middle Youth Intermediate	Hurdles Middle (80 meters) 4:00 pm Youth & Intermediate (200 meter) 4:20 pm Youth & Intermediate (100/110 meter) 4:40 pm
Field - Qualifiers	Long Jump 4:00 pm Youth		Long Jump 2:30 pm Middle High Jump Beginners Youth Girls 2:30 pm Youth Boys Middle 3:15 pm	Long Jump 4:00 pm Beginners
Field - Finals	Triple Jump 4:30 pm Youth Intermediate		Discus Middle 2:30 pm Youth & Intermediate 3:15 pm	Shot Put Beginners 4:00 pm Middle 4:30 pm Youth & Intermediate 5:00 pm

P-BVUSD Track Meet

Finals

Location

Bakersfield High School - 1241 G Street 93304

Entry Fee

\$5 per spectator 12 and up

Athlete and Coaches no charge

Date & Time

Saturday, April 15, 2023, gates open at 7:30 AM

First event begins at 8:30 AM ** First Calls will begin at 8:20 AM

Awards & Advancement

First through third place medals will be awarded for all events.

Fourth-place ribbons will be awarded to those in non-laned and field events (county qualifiers).

Only the top two finishers in laned events are guaranteed advancement to the County Track Meet.

The top four finishers in non-laned and field events will advance to the County Track Meet

Schedule

Events may run up to 30 minutes earlier than scheduled time

Time	Events
8:30 AM	1600 Meter Relay
8:30 AM	Field Event: Long Jump
8:30 AM	Field Event: High Jump
9:26 AM	400 Meter Relay
10:15 AM	1500 Meters
11:11 AM	100 Meters
11:45 AM	Showcase Event: Softball Throw
11:46 AM	800 Meters
12:14 PM	400 Meters
12:30 PM	Showcase Event: Standing Broad Jump
12:52 PM	200 Meters
1:13 PM	3200 Meter Relays

PBVUSD ANNUAL AREA DISTRICT TRACK MEET AT BAKERSFIELD HIGH SCHOOL

ORDER OF EVENTS for SATURDAY, April 15, 2023

(Events may run up to 30 minutes earlier than scheduled time, \$5 spectator entry fee @ the gate)

Time	Track Events	Class	Field Events	Class
8:30	1600 Meter Relay	Beginner Girls	Long Jump Pit	
8:38	1600 Meter Relay	Beginner Boys	8:30	Youth Boys
8:46	1600 Meter Relay	Middle Girls	9:00	Middle Boys
8:54	1600 Meter Relay	Middle Boys	9:30	Beginner Boys
9:02	1600 Meter Relay	Youth Girls	10:00	Int. Boys
9:10	1600 Meter Relay	Youth Boys	10:30	Youth Girls
9:18	1600 Meter Relay	Int. Girls / Boys	11:00	Middle Girls
9:26	400 Meter Relay	Beginner Girls	11:30	Beginner Girls
9:33	400 Meter Relay	Beginner Boys	12:00	Int. Girls
9:40	400 Meter Relay	Middle Girls	12:30 @Showcase standing board jump	
9:47	400 Meter Relay	Middle Boys	Showcase Softball Throw	
9:54	400 Meter Relay	Youth Girls	11:45 @ Track interior	
10:01	400 Meter Relay	Youth Boys	High Jump Pit #1	
10:08	400 Meter Relay	Int. Girls / Boys	8:30	Beginner Boys
10:15	1500 Meters	Beginner Girls	9:00	Int. Boys
10:23	1500 Meters	Beginner Boys	9:30	Youth Girls
10:31	1500 Meters	Middle Girls	10:05	Youth Boys
10:39	1500 Meters	Middle Boys	High Jump Pit # 2	
10:47	1500 Meters	Youth Girls	8:30	Beginner Girls
Shift Change- No break			9:00	Int. Girls
10:55	1500 Meters	Youth Boys	9:30	Middle Boys
11:03	1500 Meters	Int. Girls / Boys	10:05	Middle Girls
11:11	100 Meters	Beginner Girls		
11:14	100 Meters	Beginner Boys		
11:17	100 Meters	Middle Girls		
11:20	100 Meters	Middle Boys		
11:23	100 Meters	Youth Girls		
11:26	100 Meters	Youth Boys		
11:29	100 Meters	Int. Girls / Boys		
11:35	50 Meter Showcase	Boys & Girls		
11:46	800 Meters	Beginner Girls		
11:50	800 Meters	Beginner Boys		
11:54	800 Meters	Middle Girls		
11:58	800 Meters	Middle Boys		
12:02	800 Meters	Youth Girls		
12:06	800 Meters	Youth Boys		
12:10	800 Meters	Int. Girls / Boys		
12:14	400 Meters	Beginner Girls		
12:18	400 Meters	Beginner Boys		
12:22	400 Meters	Middle Girls		
12:26	400 Meters	Middle Boys		
12:30	400 Meters	Youth Girls		
12:34	400 Meters	Youth Boys		
12:48	400 Meters	Int. Girls / Boys		
12:52	200 Meters	Beginner Girls		
12:55	200 Meters	Beginner Boys		
12:58	200 Meters	Middle Girls		
1:01	200 Meters	Middle Boys		
1:04	200 Meters	Youth Girls		
1:07	200 Meters	Youth Boys		
1:10	200 Meters	Int. Girls / Boys		
1:13	3200 Meter Relay	All Classifications		

