

PANAMA-BUENA VISTA UNION SCHOOL DISTRICT TRACK & FIELD HANDBOOK 2025



**DISTRICT TRACK MEET AT BAKERSFIELD
HIGH SCHOOL**

MARCH 29TH

ENTRY \$5

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

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Age Classifications

| Age by December 31, 2024 | Beginners | Middle | Youth | Intermediate |
|--------------------------------------|-----------|-----------|-----------|--------------|
| For the 24-25 School Year | 2015-2016 | 2013-2014 | 2011-2012 | 2009-2010 |
| # of Events Allowed(Includes Relays) | 3 | 3 | 4 | 4 |

Events By Age Classifications

| | Beginners | Middle | Youth | Intermediate |
|----------------|-----------|--------|-------|--------------|
| 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- Hurdles | | X | | |
| 100- Hurdles | | | X | X |
| 110- Hurdles | | | X | X |
| 200- Hurdles | | | X | X |
| 4x100 M. Relay | X | X | X | X |
| 4x400 M. Relay | X | X | X | X |
| 4x800 M. Relay | | X | X | X |
| High Jump | X | X | X | X |
| Long Jump | X | X | X | X |
| Triple Jump | X | X | X | X |
| Shot Put | X | X | X | X |
| Discus | X | X | X | X |

The highlighted events will have finals during the District Qualifying Meet hosted at Thompson Jr. High

Important Dates

| Date | Event | Location |
|---------------------|--------------------------------|---|
| March 17-20th, 2025 | P-BVUSD Preliminary Track Meet | Thompson Jr. High 4200 Planz Rd 93309 |
| March 29th, 2025 | P-BVUSD Track Meet | Bakersfield High School, 1241 G Street 93304 |
| April 26th, 2025 | Kern County Track Meet | Liberty High School, 925 Jewetta Ave 93312 |
| May 3rd, 2025 | Valley Track Meet | TBD |

Important Dates

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 Districts qualifying and finals meets.
- Junior High athletes may wear spikes during tryouts, practice, and at the District qualifying and finals meets.
- Spikes must be 3/16" pyramid style, no needle or christmas tree. There will be a spike check at the District's qualifying and finals meets.

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.

- Voluntary Activities Participation Form Acknowledgement and Assumption of Potential Risk
- All three NCR Forms; Parent Agreement Form, Minor Release Form and Consent to Treatment, and Supervision and Transportation.

Hurdle Specifications

| Distance | Division | Hurdles | Height | To First | Interval | To Last |
|------------|-----------------|---------|--------|----------|----------|---------|
| 80 | Middle | 8 | 30" | 12.00 M | 7.50 M | 15.50 M |
| 100 Meters | Youth(G) | 10 | 30" | 13.00 M | 8.00 M | 15.00 M |
| 100 Meters | Youth(B) | 10 | 36" | 13.00 M | 8.50 M | 10.50 M |
| 100 Meters | Intermediate(G) | 10 | 33" | 13.00 M | 8.50 M | 15.00 M |
| 110 Meters | Intermediate(B) | 10 | 39" | 13.72 M | 9.14 M | 14.02 M |
| 200 Meters | Youth(G) | 5 | 30" | 20.00 M | 35.00 M | 40.00 M |
| 200 Meters | Youth(B) | 5 | 30" | 20.00 M | 35.00 M | 40.00 M |
| 200 Meters | Intermediate(G) | 5 | 30" | 20.00 M | 35.00 M | 40.00 M |
| 200 Meters | Intermediate(B) | 5 | 30" | 20.00 M | 35.00 M | 40.00 M |

Relays

- 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 the subsequent meets. The teams composition and the running order must be declared before the start of each race.
- All relay members shall wear matching shirts, preferably with the school's logo.
- 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.
- Teams violating any of the above may be disqualified.
- Relay exchange zones are now 30 meters with no acceleration zone.

High Jump - Starting Height for District Qualifying Meet Only

| Division | Boys | Girls |
|--------------|-------|-------|
| Beginners | 3'00" | 3'00" |
| Middle | 3'06" | 3'04" |
| Youth | 4'00" | 3'08" |
| Intermediate | 5'00" | 4'02" |

Measuring Guidelines

- 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.
- 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.
- 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.
- 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 less $\frac{1}{4}$ ". Example: 5'22.25, not 5'2.375
- It shall count as an unsuccessful trial if;
 - A) When the crossbar does not remain on the supports because of the competitors action while jumping.
 - B) When the humper touches the ground or landing area beyond the plane of the crossbar 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 support.
 - 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.
- 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

- Each competitor shall be allowed four jumps.
- To be eligible to participate in the finals, a competitor must have had at least one legal jump in the qualifier.
- 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.
- The jumper shall takeoff 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 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, near the scratch line then the nearest mark made in the landing pit.
- 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.
- 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 to the scratch line.
- The assistant judges shall hold the tape so the readings will be at the takeoff board. Measurements shall be to the nearest $\frac{1}{4}$ ".
- 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 type 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) | N/A | 6lbs |
| Middle(Boys & Girls) | 1.0 kg | 6lbs |
| Youth Girls | 1.0 kg | 6 lb. |
| Youth Boys | 1.0 kg | 4.0kg |
| Intermediate Girls | 1.0 kg | 4.0kg |
| Intermediate Boys | 1.6 kg | 1.0lbs |

Discus

- Each competitor shall be allowed four throws.
- To be eligible to participate in the finals, a competitor must have had at least one legal throw in the qualifier.
- It is a fell throw if the competitor, after stepping into the circle, fails to pause before starting the throw or touches the circle, not including the interface when marking band is used or the ground outside the circle before the throw is marked. It is also a fell throw if the competitor, after completing the throw, does not leave through the back half of the circle. A fall throw is not measured, but counts as a throw.
- 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, and extended circle radius and to the nearest lesser inch. The end of the tape goes to the point of contact.
- The measurements shall be recorded to the nearest lesser inch example: 121'2.25" Should be recorded as 121'2".
- 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, fourth best, etc.

Shot Put

- Each competitor shall be allowed four puts.
- To be eligible to participate in the finals, a competitor must have had at least one legal throw in the qualifier.
- 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.

- 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 interface of the stock board or the band if one is used or the ground outside the circle or the top of the top board before the put is marked. It is also a fault if the shot does not fall Within the sector lines, or if the competitor, after completing the putt, does not leave through the back half of the circle. A foul putt is not measured, but is counted as a trial.
- 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 stock board near such Mark, measured along the extended circle radius. The zero end of the tape goes to the point of contact.
- Measurements shall be recorded to the nearest lesser inch. Example: 31'2.25" Should be recorded as 31'2".
- 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.