

**Preliminary Track Meet 2025**

**AGE GROUPS:** Age by December 31st Determines age group, not actual birth date.

**Elementary:** Max of 3 events per athlete

**Jr. High:** Max of 4 events per athlete

**ANY RELAY COUNTS  
AS AN EVENT**

Beginners	Middle	Youth	Intermediate
2015-2016	2013-2014	2011-2012	2009-2010

**Important Dates:**  
 Zoom Meeting for Track Coaches  
 Wednesday, Feb. 12th at 4:00 PM

Track Entries Due **March 13th**

Preliminary District Track Meet at  
 Thompson Jr. High - March 17-20th

P-BVUSD District Track Meet at Bakersfield  
 High School - Saturday, March 29th

Kern County Track Meet at Liberty High  
 School - Saturday, April 26th

Valley Meet at **TBD** - Saturday, May 3rd

**EVENTS**

Beginners		Middle		Youth & Intermediate	
100 Meters	High Jump	100 Meters	High Jump	100 Meters	High Jump
200 Meters	Long Jump	200 Meters	Long Jump	200 Meters	Long Jump
400 Meters	Shot put	400 Meters	Shot Put	400 Meters	Triple Jump
800 Meters		800 Meters	Discus	800 Meters	Shot Put
1500 Meters		1500 Meters		1500 Meters	Discus
4x100 Relay		3000 Meters		3000 Meters	
4x400 Relay		80m Hurdles		100m Hurdles	
High Jump		4x100 Relay		200m Hurdles	
Long Jump		4x400 Relay		4x100 Relay	
Shot put		4x800 Relay		4x400 Relay	
		High Jump		4x800 Relay	

Monday, March 17	Tuesday, March 18th	Wednesday, March 19th	Thursday, March 20th
<b>Cancelled</b>	<p><b>Events:</b></p> <p><b>100m</b>                      Beginners 4:00-4:20 PM                      Middle 4:20-4:40 PM                      Youth 4:40-5:00 PM                      Intermediate if necessary</p> <p><b>Long Jump</b>                      Youth Boys &amp; Girls 4:00 PM</p> <p><b>Triple Jump Finals</b>                      Youth &amp; Intermediate boys                      &amp; Girls 4:30 PM</p>	<p><b>Events:</b></p> <p><b>3000 Finals</b>                      Middle, Youth, Intermediate                      2:30 PM</p> <p><b>200m</b>                      Beginners 4:00-4:20 PM                      Middle 4:20-4:40 PM                      Youth 4:40-5:00 PM                      Intermediate if needed</p> <p><b>4x100m Relays</b>                      Beginners &amp; Middle 5:15 PM                      Youth &amp; Intermediate if                      necessary                      5:30 PM</p> <p><b>Discuss Finals</b>                      Middle 2:30 PM                      Youth &amp; Intermediate 3:30 PM</p> <p><b>Long Jump</b>                      Middle Boys &amp; Girls 2:30 PM</p> <p><b>High Jump</b>                      Beginner Boys &amp; Girls, Youth                      Girls 2:30 PM                      Youth Boys, Middle Girls &amp;                      Boys 3:15 PM</p>	<p><b>Events:</b></p> <p><b>Hurdle Finals</b>                      80 Middle 4:00-4:20 PM                      200m Youth and Intermediate                      4:20-4:40 PM                      100m Youth &amp; Intermediate 4:                      40 PM</p> <p><b>400m</b>                      Beginners 5:00-5:20 PM                      Middle 5:20-5:40 PM                      Youth 5:40-6:00 PM                      Intermediate if necessary</p> <p><b>Shot Put Finals</b>                      Beginners 4:00 PM                      Middle 4:30 PM                      Youth &amp; Intermediate 5:00 PM</p> <p><b>Long Jump</b>                      Beginner Boys &amp; Girls 4:00                      PM</p>

**Times are needed for the following events;** 800, 1500, and 3000m Runners. Only the fastest 10 will be advanced district wide to the district finals. When entering times for a race, it will appear as 10:35 which reflects a 10 minute and 35 second time.

**Measurements for discus and shot put will also be needed**(Top 10-12) for District Finals on Wednesday and Thursday session. When entering a throw, 17'8.50 would reflect 17 feet, 8 1/2 inches.

**Top 8** in the long jump & sprint events advance to District Finals.  
 Spikes must be 3/16" pyramid style, no needle or christmas tree style are permitted.  
 Elementary & Jr. High athletes may wear spikes at District Prelims and District Meet.