*6-8 TRACK AND FIELD*

[**IAAF rules**](file:///C:\Users\cdueck\Downloads\IAAF%20Competition%20Rules%202016-2017,%20in%20force%20from%201%20November%202015.pdf)

**A. Meet Format**

1. Grades 6 to 8 only for participants.
2. Separate North and South competitions with no crossover championship.
3. Approximate date: Second week of June

**Whitemouth** competes against the North for this sport competition only.

**B. Meet Entries**

* No changes, substitute runners or late entries will be accepted on the day of the track meet.

**Categories have students participating in grade levels**

* **Events:**

**Grade 6**: 100, 200, 400, 800, 1500, LJ, TJ, HJ, 4 x 100 relay, Shot put, Discus

**Grade 7**: 100, 200, 400, 800, 1500, LJ, TJ, HJ, shot, discus, 4 x 100 relay.

**Grade 8**: Same as grade 7 category. Can spin for discus throw.

* In the south: students can do four individual events, plus one relay,

and schools are permitted four entries per event, except high jump. where three entries per school are permitted.

* In the north, students can do four individual events plus one relay,

and schools are permitted four entries per event for all events.

**C. Event Format**

1. Heats and finals for sprints (100 m, 200m) will be run separately with a reasonable break in between.

2. Schools can enter two relay teams per gender, per grade.

3. It is recommended that an adult with knowledge in the field events should be present to help run and officiate the various sites.

4. Throwing implements

Grade 6: 4lb shot, 750g disc

Grade 7: 6lb shot, 1kg disc

Grade 8 girls: 6lb shot, 1kg disc

Grade 8 boys: 8 lb shot, 1kg disc

5. For field events, if a competition at an age category level finishes early, a grace period of 5 minutes should be available before the next category begins in order to accommodate any athletes who are competing at a track event.

6. Coaches should remind their athletes to be aware of times and events and use a buddy system to help monitor their participation when a track event interferes with marshalling for a field event or the actual field competition.

7. High jump

* Athletes who leave the event to run a track event will jump at the height set when they arrive back at the high jump venue. No practice jumps will be allowed on their return. The bar will not be lowered.
* Only “flop” and “scissor” permitted.
* Starting bar height for each category:

Grade 6 girls .9 m grade 7 girls’ 1.0 m grade 8 girls 1.1m

Grade 6 boys 1.0 m grade 7 boy’s 1.1 m grade 8 boys 1.2m

8. Ribbons go out to the first, second, and third place finishers.

Banner will be given out to the team with the highest total of points at each grade level.

9. School uniforms should be worn. No hats allowed while competing.

10. Point Scoring system for Track and Field is as follows:

First place – 5 points

Second place – 3 points

Third place – 1 point