

**MOODY FAMILY YMCA  
Community Track Meet**

**Track & Field Rules & Guidelines**

**2025**

**FOREWARD**

These rules and guidelines will govern how the Moody Family YMCA Community Track Meets (the “Track Meets”) will be conducted at Germany Park for 2025. They are written for girls and boys from the 1<sup>st</sup> grade through the 6<sup>th</sup> grade and they conform, whenever practical, to the track and field rules currently used by the National Federation of State High School Associations (“NFHS”).

For the 6<sup>th</sup> grade participants these rules and guidelines have been specifically adapted to more closely follow NFHS rules in order to better acquaint those 6<sup>th</sup> graders with how their track meets will typically be administered beginning in the 7<sup>th</sup> grade at their respective schools.

This year’s Track Meets will hopefully allow around 1,000 girls and boys to have fun while they nurture their athletic potential in the world’s oldest organized sport and the one sport that has the highest individual participation in both junior highs and high schools nationwide.

**SPONSORSHIP OPPORTUNITIES:** the overwhelming popularity of the Track Meets provides a cost-effective way for patrons and local-area businesses to both advertise and provide their support. Please see the Sponsorship form attached as Appendix A and contact Mona Callaghan (Office: 214.526.7293 / Email: [mcallaghan@ymcadallas.org](mailto:mcallaghan@ymcadallas.org)) with any questions and/or to secure a sponsorship.

The Moody Family YMCA is very excited and proud to once again sponsor this annual event for the community as it helps to fulfill its overall mission of youth development, healthy living and social responsibility.

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Please direct all questions about any rule or regulation to the attention the Meet Director and/or the Meet Referee (see Appendix G for their contact information).

### **TRACK MEETS: General Information**

The 2025 Track Meets will consist of various age-appropriate running and field events for girls and boys from 1<sup>st</sup> – 6<sup>th</sup> grade which will be broken down by school, grade and gender and held on successive days after school at Germany Park located at University Blvd and Lomo Alto Drive as follows.

The 1<sup>st</sup> and 2<sup>nd</sup> grade girls and boys will have their Track Meet on Friday, May 9<sup>th</sup>, followed by the 3<sup>rd</sup> -6<sup>th</sup> grade girls and boys on Saturday, May 10<sup>th</sup>.

In prior years it has been the practice to combine teams from the four HPISD elementary schools once the girls and boys begin middle school. This was necessary because the introduction of competing middle school and club sports/activities including soccer, football, basketball, lacrosse, volleyball, and cheer dramatically reduced how many girls and boys could/would participate in track. The solution was the aforementioned combination; however, with the recent addition of a 5<sup>th</sup> HPISD elementary school makes this is no longer possible. Therefore, continuing this year the 5<sup>th</sup> and 6<sup>th</sup> grade girls and boys who participate in the Track Meets will be grouped together based on their originating elementary school. For example: all 5<sup>th</sup> grade girls who previously attended Hyer Elementary will be put on that team and compete together. Note: any middle schoolers who didn't previously attend a HPISD elementary school will be assigned to a team based upon where they live within the geographic district lines for each elementary school. Using this revised approach the 5<sup>th</sup> and 6<sup>th</sup> grade girls and boys will wrap their practices up on Thursday, May 8<sup>th</sup>.

Track Meet Registration: Participants can be registered in person at the Moody Family YMCA or on line at [Track Meet | YMCA of Metropolitan Dallas \(ymcadallas.org\)](https://www.ymcadallas.org)

Germany Park Site Plan: Everyone is or will become aware of Germany Park's track set up since this is where all of the team practices leading up to the track meet will be held and you can click on the link located in Appendix A entitled "Germany Park Google Map" to view the site. Germany Park is located at the southwest corner of University Blvd and Lomo Alto Drive. The track has six lanes with a dual long jump area located at the south end, the softball area within the infield and the high jump area self-contained and located just off the northeast curve of the track.

Head Coaches' Meeting: Prior to the Track Meets there will be one quick coaches' meeting held on Wednesday, May 7<sup>th</sup>, where attendees will receive a Coach's Packet containing the Order of Events, final team roster with assigned numbers for each Participant, matching bib sheets with those numbers for each Participant, safety pins to attach those bibs to the front of each Participant's shirt, and a set number of coach's wristbands that each coach must wear to be allowed access to the infield area for the Track Meets. (Note: The Track Meets will provide one coach's wristband for every five Participants. That means a team with 20 Participants will get 4 coach's wristbands while a team with 21 Participants will get 5 coach's wristbands.)

Germany Park Track Practice: This is the only dedicated track facility for all teams to share. Beginning this year the track will be open for teams to practice at their discretion provided no practices can begin during the weekdays until 6:00 to allow for the HPHS track teams to conduct their track team practices. The weekends are also open with the exception of Saturday mornings between 9:00am – noon which has been set aside for the 1<sup>st</sup> and 2<sup>nd</sup> graders to practice. Head Coaches should become familiar with the markings for Germany (see Appendix D entitled "Germany Park Track Markings").

Day of the Track Meets: TENTS WILL BE ALLOWED at the Germany Park Track Meet provided they are located on the grassy area located on the west side of the track. Teams that wish to do so must arrive on the day of the meet before the Germany Track Meet starts to put up those tents. Once those teams' portion of the Germany Track Meet is over then their tents need to be promptly removed and the area under and around the tent cleaned up.

There will be no concessions sold during Track Meets so each team should consider providing plenty of water, snacks/refreshments, extra sunscreen, etc. for their Participants, especially for those teams that compete during the heat of the afternoon. Restrooms at Germany are located at the southwest end of the track and at the northwest end of the track adjacent to the storage building near the high jump area. Head Coaches should monitor when Participants are allowed to go to these restrooms so that they don't potentially run the risk of missing their assigned Preliminary Heat or even a race final. Parking for the Track Meet at Germany is provided at the north and south ends of the track and on the surrounding neighborhood roads. There will be assigned YMCA personnel available at the Track Meet entrances to help direct traffic.

The 1<sup>st</sup> and 2<sup>nd</sup> graders will start off their Track Meet at Germany on Friday, May 9th. Please see Rule 1. Order of Events for how each grade's meet will proceed. Head Coaches' should make certain that all of their Participants arrive early enough to get their bib numbers safety pinned to the front of their shirts/jersey, and they have sufficient time to get properly warmed up and ready for their first event.

Inclement Weather: The Track Meet Directors will determine if bad weather results in the delay or postponement of the start of any Track Meet. Head Coaches and parents will be able to access this information by calling 972.738.9400 and/or by checking the Moody Family YMCA website at [www.moodyfamilyymca.org](http://www.moodyfamilyymca.org) . If bad weather occurs during the operation of either Track Meet then the Meet Director will make the decision and provide for a public address announcement about delaying or postponing the remainder of either Track Meet as well as other instructions designed for the safety of all Participants and attendees at either Track Meet.

Medical Tent on Site: Preparations have been made during the Track Meets to have a medical tent and personnel on site and located within the shot put area at the southern end of the track infield. It is recommended that any Participant who has sustained a medical emergency should utilize this medical service. For serious potential injuries like a concussion any Participant who is showing signs, symptoms (such as headaches or dizziness) or behavior (such as confusion or balance problems) which may be consistent with a concussion shall be immediately removed from any further competition by that Participant's Head Coach, and his condition should be reported to the Meet Director. It is also the responsibility of the Head Coach to report in advance to the Meet Director any Participant who will be wearing a protective cast and intends to compete at the Track Meets. Such report will need to be accompanied by hardcopy evidence that the Participant has been medically cleared to compete. Any injuries during the Track Meets to any Participant should be reported by the Head Coach to the Meet Director, Meet Referee and that Participants parent(s).

After the Track Meets: The Moody Family YMCA will post the official team results within a few days following the conclusion of the Track Meets. Included will be all of the individual results for both the running and field events. These final results will be emailed to each Head Coach, and they will also be available on the [www.moodyfamilyymca.org](http://www.moodyfamilyymca.org). Once the results are final the Moody Family YMCA will prepare individual Team Packets for the 3<sup>rd</sup> – 6<sup>th</sup> grades that will include a commemorative t-shirt for each Participant and any 1<sup>st</sup> – 3<sup>rd</sup> place medals that were achieved during the Track Meet. The 1<sup>st</sup> and 2<sup>nd</sup> grade will receive their commemorative t-shirts and participation medallions from their Head Coach who will pick them up at the coaches’ meeting on Wednesday, May 7<sup>th</sup>.

Head Coaches’ Checklist: Throughout these rules and guidelines there are numerous reminders for all Head Coaches. They are intended to prevent any problems or confusion when interpreting or explaining these rules and guidelines to other coaches, parents or the team and to hopefully make everything from the practices to the actual Track Meet experience more productive and enjoyable. These reminders have been extracted` and condensed for ease of review (see Appendix E entitled “Head Coaches’ Checklist”).

## **Rule 1. Order of Events**

### **Section 1: Order of Events**

Following are the Order of Events for the 1<sup>st</sup> - 2<sup>nd</sup> girls and boys and the 3<sup>rd</sup> – 4<sup>th</sup> grades together with their corresponding arrival, start and estimated finish times:

Grade:	<b>1<sup>st</sup> Grade Girls</b>	<b>1<sup>st</sup> Grade Boys</b>
Arrival Day/Time:	Friday (9 <sup>th</sup> ) / 4:00pm	Friday (9 <sup>th</sup> ) / 4:00pm
Start Time:	4:30	4:30
Est. Finish Time:	6:00	6:00
Events:	<u>Running Events First:</u> 50m Girls’ Races 100m Girls’ Races <u>Field Events Second:</u> Girls’ Long Jump or Baseball Throw	<u>Field Events First:</u> Boys’ Long Jump or Baseball Throw <u>Running Events Second:</u> 50m Boys’ Races 100m Boys’ Races
Grade:	<b>2<sup>nd</sup> Grade Girls</b>	<b>2<sup>nd</sup> Grade Boys</b>
Arrival Day/Time:	Friday (9 <sup>th</sup> ) / 5:45pm	Friday (9 <sup>th</sup> ) / 5:45pm
Start Time:	6:15	6:15
Est. Finish Time:	8:00	8:00
Events:	<u>Running Events First:</u> 50m Girls’ Races 100m Girls’ Races 400m Girls’ Races  <u>Field Events Second:</u> Girls’ Long Jump or Baseball Throw	<u>Field Events First:</u> Boys’ Long Jump or Baseball Throw  <u>Running Events Second:</u> 50m Boys’ Races 100m Boys’ Races

400m Boys' Races

Grade: **3<sup>rd</sup> Grade Girls**  
Arrival Day/Time: Saturday (10<sup>th</sup>) / 7:30am  
Start Time: 8:00am  
Est. Finish Time: 11:15am  
Events: Running Events First:  
100m Preliminary Heats  
400m Final Races  
100m Final Race  
50 Preliminary Heats  
200m Final Races  
50m Final Race  
4x100m Relay ("B" – "A")  
Field Events Second:  
High Jump, Long Jump &  
Softball Throw

**3<sup>rd</sup> Grade Boys**  
Saturday (01<sup>th</sup>) / 7:30am  
8:00am  
11:15am  
Field Events First:  
High Jump, Long Jump &  
Softball Throw  
Running Events Second:  
100m Preliminary Heats  
400m Final Races  
100m Final Race  
50m Preliminary Heats  
200m Final Races  
50m Final Race  
4x100m Relay ("B" – "A")

Grade: **4<sup>th</sup> Grade Girls**  
Arrival Day/Time: Saturday (10<sup>th</sup>) / 11:00am  
Start Time: 11:30am  
Est. Finish Time: 2:45pm  
Events: Running Events First:  
100m Preliminary Heats  
400m Final Races  
100m Final Race  
50m Preliminary Heats  
200m Final Races  
50m Final Race  
4x100m Relay ("B" – "A")  
Field Events Second:  
High Jump, Long Jump &  
Softball Throw

**4<sup>th</sup> Grade Boys**  
Saturday (10<sup>th</sup>) / 11:00am  
11:30am  
2:45pm  
Field Events First:  
High Jump, Long Jump &  
Softball Throw  
Running Events Second:  
100m Preliminary Heats  
400m Final Races  
100m Final Race  
50m Preliminary Heats  
200m Final Races  
50m Final Race  
4x100m Relay ("B" – "A")

Following is the corresponding arrival, start and estimated finish times for girls and boys grades 5<sup>th</sup> – 6<sup>th</sup> on Saturday, May 20<sup>th</sup>:

Grade: **5<sup>th</sup> & 6<sup>th</sup> Grade Girls**  
Arrival Day/Time: Saturday (10<sup>th</sup>) / 2:30pm  
Start Time: 3:00pm  
Est. Finish Time: 8:00pm

**5<sup>th</sup> & 6<sup>th</sup> Grade Boys**  
Saturday (11<sup>th</sup>) / 2:30pm  
3:00pm  
8:00pm

See Appendix F entitled "Order of Events for 5<sup>th</sup> – 6<sup>th</sup> Grade Girls & Boys." Regardless of the grade attended, all running and field events at the Track Meets are separately contested between the girls and between the boys.

The 3<sup>rd</sup> – 6<sup>th</sup> grade girls' and boys' teams may, at their Head Coach's discretion, field two 4x100m relay teams (teams "A" and "B"). Team "B" will race first against all of the

other “B” teams followed by the Team “A” race. Depending on the number of teams participating, the Meet Director will determine whether each group competes individually or against each other in the same race.

**All Relay Teams (if you are going to have one) must be submitted at the Final Coaches Meeting on Wednesday, May 7<sup>th</sup> using the form attached as Appendix H.**

During this Track Meet all of the relay teams will compete against each other (by grade and gender) to determine the fastest teams from 1<sup>st</sup> – 8<sup>th</sup> place; however, the points for each place will be awarded so that each team’s fastest relay team will receive their points before the second fastest team from the same school is awarded theirs. Once each team has had their fastest relay team awarded their points then the remaining points will be awarded in the same fashion beginning with each teams’ second fastest relay team.

Following is a hypothetical example of how this works:

<u>Team</u>	<u>Place</u>	<u>Points</u>	<u>Explanation</u>
UP/Arm B	1 <sup>st</sup>	18	First place points for having fastest time among teams first go-round
UP/Arm A	3 <sup>rd</sup>	8	Fifth place points for having fastest time second go-round once all teams accounted for
UP/Arm C	8 <sup>th</sup>	0	No points since 1 <sup>st</sup> – 8 <sup>th</sup> have already been allocated
Hyer/Brad A	4 <sup>th</sup>	12	Third place points for having fastest time among remaining teams not already accounted for first go-round
Hyer/Brad B	7 <sup>th</sup>	4	Seventh place points for having next fastest time after all teams second go-round
ESD A	2 <sup>nd</sup>	14	Second place points for having 2 <sup>nd</sup> fastest time first go-round
ESD B	6 <sup>th</sup>	6	Sixth place points for having next fastest time after all teams second go-round
Prov. A	5 <sup>th</sup>	10	Fourth place points for having next fastest time for the remaining team not accounted first go-round
Prov. B	9 <sup>th</sup>	2	Eighth place points for having fastest time second go-round

(Note: this process of allocating points is intended to equally recognize the contribution that the Participants make as members of each relay team. It is likewise not intended to unfairly penalize any school which does not field additional relay teams.)



Beginning this year all field events and the 50m, 200m, 400m, 800m and 1600m races are performed as finals whereby the top eight (8) performances from each event are awarded points. Treatment of just the 100m running events as either Preliminary Heats or Final Races for the 3<sup>rd</sup> – 6<sup>th</sup> grades is subject to the number of Participants entered for those events (see Rule 5. Running Events, Section 2.).

## **Rule 2. Scoring**

### **Section 1. Track Meet Scoring**

Team points are awarded to the top eight (8) place winners (excluding any ties) for each running and field event. If any Participant(s) who placed in an event is subsequently disqualified before the meet results become official then the lower place winner(s) will move up to fill the vacated place.

<u>Place</u>	<u>Individual Scoring</u>	<u>Relay Scoring</u>
First	9	18
Second	7	14
Third	6	12
Fourth	5	10
Fifth	4	8
Sixth	3	6
Seventh	2	4
Eighth	1	2

A tie occurs when two or more Participants in any (a) running event (including relays) cross the finish line with identical times or (b) field event when they achieve identical heights in the high jump or distances in the long jump or softball throw. When a tie occurs then the points for the tied places are added together and divided by the number of Participants involved. (Example: A three-way tie for 6<sup>th</sup> in the high jump would result in the points for 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> place being added together (3+2+1=6) and divided by three so each Participant is awarded three (2) points.) During the Track Meet the top eight (8) places awarded in each running and field event will be posted on a sheet of paper and affixed to tables located on the west side of the infield between the scorer's tent and the heat bench. This will allow everyone who is participating in or attending the Track Meet a place to view the final results of each running and field event by grade for the girls' and boy's teams. Additionally, there will be a timely public address announcement providing these same results for everyone to hear. And in conjunction with these public announcements beginning this year the Track Meet for 3<sup>rd</sup> – 6<sup>th</sup> grade will recognize the top 3 Participants from the final results in each event by having a brief podium ceremony located just north of the scorer's tent. (Note: Any changes to the official Track Meet results related to a disqualified Participant can be made at any time during or following the conclusion of the Track Meet.)

Any questions or appeals regarding the application of these rules and guidelines during the Track Meet are to be made to the Meet Director and Meet Referee by the team's Head Coach. The Meet Director's and/or the Meet Referee's decision will be final.

### **Rule 3. Track Meet Officials and Their Duties**

#### **Section 1: Track Meet Officials**

The listed officials are comprised of Moody Family YMCA employees, Sports Committee members and contract service personnel. The numerous other positions required to successfully operate this Track Meet are provided by the generous support of volunteers. Everyone is supervised by the Meet Director.

#### Track Meet Officials:

Meet Director.....	Matt Feldman
Associate Meet Director.....	Mona Callaghan
Meet Coordinators:.....	TBD
Meet Referee.....	Matt Feldman
Starters.....	Andy Feldman and Jack Feldman
Timing Devise Operator.....	Stacy Wells
Field Event Judges.....	TBD

For routine access to select officials above please see Appendix F entitled “Key Personnel Contact Information.”

#### **Section 2. Meet Director**

The Meet Director will be in charge of the general operation and supervision of the Track Meets including, but not limited to, (a) dealing with questions, comments and issues raised by parents and coaches including registration matters, (b) finalizing the design and receipt date for the commemorative t-shirts provided to all Participants, (c) helping prepare for and overseeing all coaches’ meetings, (d) coordinating pre-meet arrangements and track setup the day before and prior to the start of the Track Meets and teardown following the Track Meets, (e) interacting with Track Meet officials during the normal performance of their duties, (f) dealing with any injuries to a Participant, (g) deciding on the proper course of action should there be weather-related issues prior to or during the Track Meets, and (h) insuring the timely production and distribution of the final Track Meet results and team packets.

#### **Section 3. Associate Meet Director**

The Associate Meet Directors will, in addition to working closely with the Meet Director in the execution of her duties, (a) prepare the Coaches’ Packets, (b) assemble and verify the times from the Preliminary Heats to identify the Participants for the Final Races, (c) tabulate and post the final results for each running and field event during the Track Meet, (d) calculate the official final individual and team results after the conclusion of the Track Meet and distribute those results (including the recorded times for the 1<sup>st</sup> – 2<sup>nd</sup> grade running events) to the Head Coaches, (e) update, as necessary, the Girls’ or Boys’ Track Meet Records and distribute them to any Head Coach upon request, and (f) help prepare the Team Packets.

#### **Section 4. Meet Coordinators**

The Meet Coordinators will, in addition to working with the Associate Director, help with (a) input of the time sheets for each running event and field event and crosscheck

their accuracy, (b) overseeing the general operation of the 1<sup>st</sup> – 2<sup>nd</sup> grade running events including the timing and record keeping plus the distribution of the related participation medals/medallions and commemorative t-shirts, and (c) the preparation and distribution of the Team Packets for grades 3<sup>rd</sup> – 6<sup>th</sup> once the final team results have been tabulated.

### **Section 5. Meet Referee**

The Meet Referee is directly responsible for the overall timely operation of the meet including, but not limited to, (a) pre-meet communications to all head coaches on matters relating to the Track Meets including good sporting behavior, (b) pre-meet briefing sessions with the Field Event Judges and all other key personnel involved in the operation of the meet, (c) setting up and running the heat bench for all Preliminary Heats and Final Races, (d) answering ad hoc questions from track meet officials and coaches, (e) determining whether a race or field event is to be redone, (f) issuing disqualification notices, as warranted, to any Participant and the Participant's Head Coach, (g) ruling on infractions not specifically covered within these rules and regulations, (h) dealing with any appeals or protests during the meet, (i) communicating, on behalf of himself and the Moody Family YMCA, a note of appreciation to all of the coaches after the Track Meet, and (j) providing a debrief assessment after the Track Meets to the Meet Director about how to improve next year's meet.

### **Section 6. Announcer**

The Announcer will provide timely notice via the public address system to the general public and specifically all Participants to (a) assist them in reporting to the heat bench and their respective field event, (b) inform them about specific event results and (c) communicate any weather-related information in the delay or postponement of the meet.

### **Section 7. Marshalls**

The Marshalls will be stationed at the two entrances located at the northeast and southeast areas of the track next to the stands. They are responsible for making sure once the Track Meet officially begins that (a) only the Moody Family YMCA officials, Participants and authorized coaches are allowed access to the Track Meets' areas that lie outside the track and (b) all access to the infield areas will be prohibited including when any running event is in process that requires Participants to use those portions of the track adjacent to these two entrances. All Head Coaches, Participants and parents should recognize the importance of the Marshalls' duties and treat them with respect while abiding by their instruction.

### **Section 8. Starters**

The Starters are initially responsible for making sure each Participant remains in his/her correctly assigned Preliminary Heat, Final Race(s) and lane. The Starters will remind the Participants about any race-specific rules to limit any confusion during a given running event. (Example: That the 400m starts on a stagger and is one full lap around the track where each Participant stays in his/her lane.) The Starters are then solely responsible for each Participant at the starting line and at the actual start of a given Preliminary Heat or Final Race(s). The Starters shall determine whether each start is fair or whether a Participant(s) shall be deemed to have committed a false start. The Starters are also responsible for stopping any race and recalling the Participants if there is an unfair start.

(Note: Participants will not be disqualified for any unfair start. See Rule 5. Section 4. for more information pertaining to the start.)

**Section 9. Starting Devise Operator**

The Starting Devise Operator is responsible for recording a video of each 100m Preliminary Heat and Final Race(s) to help determine the proper order of finish for each Participant together with his/her associated time. This video is then reviewed to crosscheck the order of finish and match that result to the appropriate Participants.

**Section 10. Hand Timers**

Again this year all Participants in grades 1<sup>st</sup> – 6<sup>th</sup> will have their individual times recorded for their chosen race in all running events. Hand Timers will be stationed near the finish line to (a) record the individual times for each Participant and (b) help keep all Participants in their respective lanes to match up the bib numbers with their recorded times. The official start for each 1<sup>st</sup> & 2<sup>nd</sup> grade races will be when the “Go” command is provided by the Starter. For grades 3<sup>rd</sup> – 6<sup>th</sup> the Starter will fire a blank shot from his starter’s pistol. (See Rule 5. Section 4 for more information related to these starts). These handheld times for each Participant will be provided to the Head Coaches within a few days following the Track Meet.

**Section 11. Field Event Judges**

Field Event Judges will be stationed at each field event. The Field Event Judge for the High Jump, Softball Throw and the Long Jump will be determined. Each Field Event Judge is responsible for reviewing their specific Field Event Summary (excerpted from the field event rules and guidelines) in order to (a) understand the complete operation of their field event prior to the start of the Track Meets (b) see that their event starts on time and continues without unnecessary delay, (c) check and maintain any apparatus and/or equipment used in their event, (d) make sure all Participants are wearing accepted clothing and shoes, (e) accurately measure and record the legal trial for each Participant, and (f) forward these records on to the Associate Meet Director.

**Rule 4. Participants and Competition**

**Section 1. Participants**

All Participants in the Track Meets must first complete the track registration form (see Appendix H entitled “Moody Family YMCA Community Track Registration-2025”) and pay the regular track registration fees as follows:

<u>Membership Type:</u>	<u>Family Member</u>	<u>Activity/Non Member</u>
1 <sup>st</sup> – 2 <sup>nd</sup> Grade	\$39.00	\$60.00
3 <sup>rd</sup> – 6 <sup>th</sup> Grade	\$59.00	\$90.00

Registration needs to be completed and the fee paid before any Participant can begin practicing with their team or compete in the Track Meets. The regular Registration Deadline is Friday, April 25<sup>th</sup>. After that date there is a twelve day Late Registration period which ends on Wednesday, May 7<sup>th</sup>. Any Participant, regardless of grade or

membership status, will be charged an additional \$50.00 Late Registration Fee during this period. THERE WILL BE NO REGISTRATIONS ACCEPTED AFTER THE (5/9) LATE REGISTRATION DEADLINE.

Each Head Coach may visit the website [moodyfamilyymcasports.playerspace.com](http://moodyfamilyymcasports.playerspace.com) for updated information about their participants who have successfully registered for the Track Meets. After registering each Participant will then have to meet the general eligibility guidelines established in order to participate in both any team-related track practices and the Track Meets. Each Participant, through their Head Coach, will receive a participation bib number to be worn on the front of their shirt/jersey. Each Participant will officially become a competitor when they have reported to the heat bench for their running event(s) or to the respective Field Event Judge for their field event.

**Section 2. Event Entry Limitations**

Participants in the 1<sup>st</sup> and 2<sup>nd</sup> grade may do both running events and one field event. Participants in the 3<sup>rd</sup> – 6<sup>th</sup> grades may choose up to three events excluding the relay races. Each 3<sup>rd</sup> – 6<sup>th</sup> grade Participant can choose (a) two running events and one field event or (b) one running event and two field events. Certain Participants in the 3<sup>rd</sup> – 6<sup>th</sup> grades may, upon the decision of their Head Coach, participate in one of the relay races. Following are the events from which Participants in each grade can choose:

<u>EVENTS</u>	<u>1<sup>st</sup></u>	<u>2<sup>nd</sup></u>	<u>3<sup>rd</sup></u>	<u>4<sup>th</sup></u>	<u>5<sup>th</sup></u>	<u>6<sup>th</sup></u>
50m	X	X	X	X	X	X
100m	X	X	X	X	X	X
200m			X	X	X	X
400m		X	X	X	X	X
1600m					X	X
100m Relay-A			X	X	X	X
100m Relay-B			X	X	X	X
100m Relay-C					X	X
High Jump			X	X	X	X
Long Jump	X	X	X	X	X	X
Base/Softball Throw	X	X	X	X	X	X

Participation in more than these allowed events will disqualify the Participant from the competition and he/she will forfeit any individual places and points awarded during any event, including any relay, during the Track Meet.

**Section 3. Participants’ Clothes**

In order to be able to participate in the Track Meets all Participants shall wear shorts/pants and a shirt/jersey (which are not objectionable in the sole opinion of the Meet Referee) and shoes (with or without spikes). Socks are not mandatory. Shorts may be worn over leggings. Bodysuits are prohibited unless covered by shorts and a shirt/jersey. Team uniforms are encouraged. Bare midriff tops, biker shorts and jewelry are not allowed. Medical Alerts, religious medals, watches, and unadorned items such as

bobby pins, barrettes, hair clips, and headbands may be worn but should be fastened securely to the body. An integral part of each Participant's clothing is the bib sheet with that Participant's number securely pinned to the front of the Participant's shirt/jersey. Any Participant failing to meet these clothing standards will be required to make the necessary changes in order to participate in the Track Meets.

#### **Section 4. Disqualification**

Both coaches and Participants are subject to being disqualified from the Track Meets for unsporting conduct such as flagrant or unethical behavior whose purpose is to gain an unfair advantage, intentional contact with a Track Meet official or the use of profanity towards a Track Meet official.

#### **Section 5. Event Start & Conclusion**

A running event begins after the Participants have reported to the heat bench and it becomes official once the Participants are at the starting line. It ends when the times for each Participant have been recorded at the finish line.

A field event begins at the time so designated by the Field Event Judge and it ends when all of the Participants have finished and the Field Event Judge has a record of all of the results.

### **Rule 5. Running Events**

All running events will be performed on the Germany track. This 6 lane, 400m track meets the official standards established by the National Collegiate Athletic Association and USA Track and Field. Races for the 3<sup>rd</sup> – 6<sup>th</sup> grades that involve a curve(s) including the 200m, 400m and 4x100m relays will use staggered starting lines to ensure that each Participant or relay team runs the same race distance while staying in their respective lanes the entire race. The 400m for 1<sup>st</sup> & 2<sup>nd</sup> grades and 1600m races for 5<sup>th</sup> & 6<sup>th</sup> grades will use a solid, white, waterfall start-line to allow more than 8 Participants if necessary to race at the same time. Once the race starts each runner will converge into the inside of the track. Head Coaches should instruct their runners on how to merge safely into the inside lane so no injuries or race infractions occur.

#### **Section 1. Participant's Track Equipment**

Since the use of starting blocks is prohibited the only track equipment that's permissible are relay batons. Any kind, make or color are allowed and, at the individual team's discretion, they may be tightly wrapped to make them less slippery and/or for decorative purposes.

#### **Section 2. Preliminary Heats and Final Race(s)**

There are no Preliminary Heats for the 1<sup>st</sup> and 2<sup>nd</sup> grade running events. All races are final where individual times will be recorded for each Participant but no official places will be noted.

Provided there are enough Participants there will be Preliminary Heats in only the 100m races for the 3<sup>rd</sup> – 6<sup>th</sup> grades to determine the eight (8) Participants with the fastest times from all of the Preliminary Heats for a given running event. From those eight (8) fastest

Participants 2 points will be awarded to the 7<sup>th</sup> fastest Participant and 1 point will be awarded to the 8<sup>th</sup> fastest. The remaining 6 Participants will have qualified to compete in that running event's Final Race. Therefore, all Participants should know that they are effectively racing against the clock. All Head Coaches should let their Participants and their parents know before the Track Meet that just because a Participant wins his/her Preliminary Heat doesn't mean he/she is automatically in the Final Race.

Should there be no more than six total Participants (by grade for any girls' or boys' team) for the 100m Preliminary Heats then that race will be reclassified as the Final Race for that running event. In such case the Meet Referee will make that determination and inform the Participants and those coaches positioned by the heat bench that their race is being treated as the Final Race. There will also be an announcement over the public address system to inform all parents and attendees in advance about the change in status of a particular race from being a Preliminary Heat to a Final Race.

Should any ties occur within the top 6 fastest Participants then the Meet Director will take the appropriate steps to run two Final Races and ensure the points allocated to each 1<sup>st</sup> – 8<sup>th</sup> Participant are correct. Also, should any Participant who qualified for a Final Race be unable to compete then the Meet Director will determine the best course of action to run the Final Race and ensure each Participant is treated fairly. Head Coaches should review all of these Preliminary Heat and Final Race rules with their Participants.

### **Section 3. Forming Preliminary Heats and Final Race(s)**

A heat bench will be located at the northwest end of the Germany track's infield area prior to the start of the respective Track Meets. Following the public address announcement to report to the heat bench for a specific race all Participants in that running event will meet at the heat bench. It is the responsibility of each team's Head Coach to make sure all Participants for that race are at the heat bench at the appropriate time, and they form a single file line. The fastest Participant is positioned at the head of the line and stands right behind the heat bench. The remaining Participants are lined up from fastest to slowest in single file order.

Once all of the teams have their Participants correctly lined up the Meet Referee will call Participants from the single file lines to form each Preliminary Heat or Final Race. Those Participants will be assigned their lanes by the Meet Referee and then they will be escorted to the staging area on the track to await their respective Preliminary Heat. Each team should, subject to the number of Participants they have competing, have a coach more or less dedicated to the heat bench area to make sure all Participants are correctly called and available at the heat bench for their respective running events. Those coaches should have a list of all Participants and their events to be run. They should also have a copy of the assigned bib numbers for each Participant to be able to quickly identify any Participant who qualifies for a Final Race in the 100m event.

The operation of the heat bench for the 100m Final Races is similar to those above. Once all of the Preliminary Heats have been run and the six(6) fastest runners have been determined then a written list of their bib numbers and times are hand delivered from the Scorers' table to the Meet Referee. The Meet Referee will then inform the coaches

situated near the heat bench that Participants (identified by their bib numbers) have qualified for the Final Race. Those coaches are responsible for matching the bib numbers to their Participants and promptly getting them to the heat bench. After all of the Participants are at the heat bench the Meet Referee will call each of them forward to pick the lane they want to run in. The Participants will then be escorted to the staging area on the track to prepare for their Final Race.

#### **Section 4. The Start**

All races for the 1<sup>st</sup> and 2<sup>nd</sup> grades will use a combination of voice and arm commands to start each race and not a starter's pistol. The 3<sup>rd</sup> – 6<sup>th</sup> grades will use a starter's pistol.

The voice commands leading up to the start for all grades will begin with "On your marks." At this command the Starters will make sure the Participants are in their proper lane and position behind the starting line. For the 1<sup>st</sup> and 2<sup>nd</sup> grade teams the Starter will extend his right arm out to the side of his body and parallel to the ground. The Starter will then raise his arm above his head and say "Set." At this point all of the Participants will, without delay, get into their full and final set position making sure that no part of their body is touching on or over the starting line. After all Participants are set and not moving the Starter will (a) loudly say "GO" simultaneously with dropping his arm to his side for the 1<sup>st</sup> and 2<sup>nd</sup> graders and Diversity kids, and (b) leave his arm extended skyward and fire the starter's pistol for all 3<sup>rd</sup> – 6<sup>th</sup> graders.

A starting violation occurs when any Participant (a) fails to comply with the Starter's commands, (b) has any part of his/her body touching on or over the starting line prior to the start, and (c) fails to remain still after getting in the set position. The occurrence of a starting violation(s) does not result in a disqualification. (Note: All Head Coaches should review these starting procedures with their teams to ensure compliance.)

If an unfair start occurs, in the sole estimation of the Starters, then the Starters will recall the Participants by voice command for the 1<sup>st</sup> and 2<sup>nd</sup> grades and by firing the Starter's pistol a second time for the 3<sup>rd</sup> – 6<sup>th</sup> grades. (Note: All Head Coaches should remind their Participants about these false start procedures so that each Participant knows when to stop running.)

#### **Section 5. The Finish**

The Finish Line for all races is a solid white line running across the entire width of the track located near the south end of the straightaway running on the west side of the track and adjacent to the infield stands. Two 18 inch, bright, orange cones will be placed a few feet beyond the Finish Line on both sides of the track to help (a) each Participant better understand where the Finish Line is and (b) prevent each Participant from slowing down too near the finish of each race (a natural inclination for most inexperienced runners).

#### **Section 6. Race Infractions**

Any action by a Participant such as intentionally bumping into or running across another Participant's lane which unduly interferes with another Participant(s) and unfairly changes the outcome of a race will be deemed an infraction. (Note: The first few meters of each lane of the 100m race on the Germany track are marked off with dashes and not a solid white line. Head Coaches should note that some inexperienced Participants could



have trouble initially staying in their lanes because there are solid white lines denoting the lanes for each part of the final curve which cross over these dashed lines. In prior meets some Participants have mistakenly followed these solid white lane markings and subsequently run out of their assigned lanes.)

### **Section 7. Relays**

**All Coaches must turn in their relay teams sheet at the Final Coaches Meeting on Wednesday, May 7<sup>th</sup>.**

The Track Meet includes 4x100m relay races for various age group participants (see Participant event breakdown on page 14). Relays are races where each team has four runners that run a somewhat equal portion of the race distance (a “leg”) and use a baton to hand off from one runner to the next. These races are run in lanes and each runner should remain in his/her lane after the baton is passed so that they don’t interfere with runners in other lanes when they depart the track. The track is marked with both Exchange Zones and Acceleration Zones. The Exchange Zone for the 4x100m relay is marked by two large, solid yellow triangles that are 20m apart. The Acceleration Zone is marked by one small, solid, yellow triangle which is situated 10m ahead of the first Exchange Zone triangle. This 10m area is where the outgoing runners for legs 2, 3 and 4 can start to run to build up speed before receiving the baton. The use of the Acceleration Zone is discretionary and is up to each Head Coach. This combined 30m area is where the baton should be handed off between the incoming runner (the runner with the baton) and the outgoing runner (the runner who is going to receive the baton). If a baton is dropped it should be picked up by either runner as quickly as possible without interfering with any other runner and the runner responsible for that portion of the race should continue to run with the retrieved baton.

A team or individual runner may use small pieces of tape or tennis balls cut in half to mark off where and when each runner should start running provided those marks/tennis balls are within their lane and they are promptly removed after the conclusion of the race. (Note: Head Coaches should become familiar with how relay races are run and how the track is laid out with respect to the Exchange and Acceleration Zones.)

### **Section 8. Relay Infractions**

Relay infractions occur when a team (a) uses fewer than four runners who should each run approximately the same distance, (b) runner(s) intentionally throws the baton or (c) runner(s) unduly interferes with another runner and, in doing so, unfairly changes the outcome of the race. The penalty for any infraction is disqualification. (Note: subject to the Meet Director’s sole discretion it is not an infraction if a team fails to pass the baton within the reasonable limits of the 30m Exchange Zone.)

## **Rule 6. Field Events**

The Field Events depending on the age group are the High Jump, Long Jump and Baseball/Softball Throw. The 1<sup>st</sup> – 2<sup>nd</sup> graders get to choose between Long Jump and/or throwing a smaller baseball. The 3<sup>rd</sup> – 6<sup>th</sup> graders can do the long jump, softball throw and they also have the option of participating in the high jump.

The Long Jump and Baseball/Softball Throw events are located within the infield area of the track. Long Jump is at the south end and the Baseball/Softball throw is adjacent to LJ and towards the center of the infield. The High Jump event will take place on a separate apron situated just outside the northeast entrance to the track.

**Section 1. Order of Field Events**

All Participants doing field event(s) will be called via a public address announcement to the field event staging area next to the long jump runways. Once the Participants are together they will receive instruction from the Field Event Judges for their subsequent participation in each Field Event.

For any Participant who has entered two field events the High Jump is always the first event that’s undertaken. That Participant or his/her Head Coach should notify (check in with) the applicable Long Jump or Softball Throw Field Event Judge before the start of the field events about that Participant’s first doing the high jump. Once the Participant has completed the high jump competition then he/she rotates to their second field event whether it is the Long Jump or Softball Throw and reports to that event’s Field Event Judge.

Participants who are only doing one field event will report directly to that event. For each field event the Participants will be supervised by that event’s designated Field Event Judge.

Continuing this year for the 5<sup>th</sup> and 6<sup>th</sup> grade girls and boys the order of field events will be designed to keep all of the Participants together so they can cheer on each other as they rotate through their respective events. First up will be high jump followed by the softball throw and then finish up with long jump. Continuing this year is that long jump will be contested using preliminary jumps to identify the top 8 jumpers. New this year from those 8 jumpers the Participants placing 4<sup>th</sup> – 8<sup>th</sup> will be recorded and the top 3 jumpers from the preliminary round will then have a finals jump off. The results from this final round of jumps will determine the order of finish.

**Section 2. High Jump**

The high jump area is oval shaped and there is sufficient depth for high jumpers to execute their approach. Participants may use small pieces of tape or chalk marks to mark where they will begin their approach provided they don’t interfere with any other jumpers and they are promptly removed once the Participant has completed the event.

The number of optional practice jumps before the competition begins and number of real jumps for each height for each grade are as follows. These optional practice and real jumps will not be taken back-to-back by the Participant but in sequential order by each Participant on the team:

<u>Grade</u>	<u>Total Practice Jumps</u>	<u>Real Jumps at Each Height</u>
3 <sup>rd</sup> – 5 <sup>th</sup>	1	2
6 <sup>th</sup>	2	3

Participants are allowed to clear the crossbar in any way possible provided that their take-off is from one foot and their entire body goes over the crossbar.

Following are the beginning heights for each grade:

<u>Grade</u>	<u>Boys</u>	<u>Girls</u>
3 <sup>rd</sup>	3'2"	3'0"
4 <sup>th</sup>	3'4"	3'2"
5 <sup>th</sup>	3'6"	3'4"
6 <sup>th</sup>	3'8"	3'6"

Once the high jump event has started the crossbar will be raised in 2 inch increments for each succeeding round and the crossbar will not be lowered at any time unless the Field Event Judge deems it necessary. For the 3<sup>rd</sup> – 5<sup>th</sup> grades each Participant will be obligated to jump and clear the beginning height and then each successive height in order to remain in the competition. 6<sup>th</sup> grade Participants can use all three (3) real jumps in an attempt to clear each successive height or he/she can choose to pass and not use any of those three (3) jumps at any given height at any point in the competition provided the Participant must inform the Field Event Judge before his/her jump that he/she is electing to do so. Example: A 6<sup>th</sup> grade high jumper could choose to pass (or not jump at all) at the opening height of 3'6" and instead start jumping at 3'8". (Note: Head Coaches should make sure their 6<sup>th</sup> grade high jumpers are aware of this new high jump rule and their obligation to inform the Field Event Judge in advance that they are not going to jump at a given height.)

Each Participant is entitled to use one balk (as interpreted by the Field Event Judge) during the entire period they are competing. A "balk" occurs when a Participant begins the full approach but decides not to attempt a real jump and instead either stops his/her full approach or runs on through the takeoff without touching the high jump standards, crossbar or mat. Should the Participant touch any of this high jump equipment then the balk will now be counted as a foul against the Participant's remaining number of real jumps for a given height. A second balk by that Participant is automatically considered a foul regardless of whether any high jump equipment was touched or not. (Note: Head Coaches should make sure they communicate this information about balks to their high jumpers.)

At the sole discretion of the Field Event Judge a (a) balk is not committed if the wind causes the crossbar to fall prior to the Participant's takeoff, (b) real jump has not been attempted should the wind cause the crossbar to fall during the Participant's jump but prior to clearing the crossbar and (c) foul is not called if the wind displaces the crossbar after the Participant has completed a fair and successful jump or if the crossbar falls after the Participant has gotten off the mat. (Note: Head Coaches should instruct their high jumpers to always scamper off the side or back of the mat as quickly as possible after they jump. They should never attempt to exit the front of the mat by trying to duck under the crossbar.)

The Field Event Judge will call a foul or scratch if a Participant (a) commits a balk that results in the touching of any high jump equipment, (b) commits a second balk, (c) jumps off two feet, (d) fails to have his/her whole body go over the crossbar, (e) knocks off the

crossbar in an attempt to clear it, or (f) makes contact with the crossbar or standard that displaces or steadies the crossbar after a successful jump. Unsuccessful jumps are counted but not recorded.

Ties for any place are determined only by the Participant(s) final height cleared and not by accumulated misses.

When only the winning Participant(s) remains then he/she has the option to continue jumping in an effort to tie and then set a new record for his/her age group. The jumping protocols will remain the same during these voluntary attempts to tie and/or set a new record; however, a jumper may waive the requirement that the bar be sequentially raised in 2” increments and, instead, request that the bar be set at any increased height (in whole inches) at or above the existing record. For example: a jumper has finished first in his/her age group with a jump that is 3” from his/her age group record. That jumper has the option to request that the Field Event Judge set the bar 3 or more inches higher in order to attempt his/her jumps to either tie or break the record. Should that jumper complete a successful jump then he/she has the option to continue jumping to establish a new record.

### Section 3. Baseball and Softball Throw

The official Baseball/Softball throwing area at Germany is located next to the long jump runways at the south end of the track. The border area for the baseball and softball throw will be chalked off at approximately 45 feet wide and over 150 feet in length. Two tape measures will be affixed to the east and west perimeter boundaries running from north to south. The starting line for each throw will be a solid white chalk line running east to west at the northern perimeter. There will be a run up area of about 20 feet in length that can be used by any Participant for their optional practice and real throws. **The 1<sup>st</sup> – 2<sup>nd</sup> grades will use regulation sized baseballs instead of size 11 softballs.** These baseballs will be easier to hold and throw and will provide a more enjoyable experience for these young throwers. The 3<sup>rd</sup> – 6<sup>th</sup> grades will continue to use size 11 softballs. The baseballs and softballs for the Track Meets will be supplied by the Moody Family YMCA.

The number of optional practice throws and real throws for each grade are as follows:

<u>Grade</u>	<u>Practice Throws</u>	<u>Real Throws</u>
1 <sup>st</sup> – 2 <sup>nd</sup>	1	2
3 <sup>rd</sup> – 4 <sup>th</sup>	1	2
5 <sup>th</sup> – 6 <sup>th</sup>	2	3

The Field Event Judge will determine the order in which each team will throw. By team each Participant will perform their optional practice throws followed by their real throws. The Field Event Judge may change the order in which the Participants throw to accommodate those Participants who have previously competed in the high jump.

All Participants will take all of their optional practice and real throws back-to-back.

Each Participant must make their throws without crossing the starting line. Participants are allowed to use the infield area prior to the starting line for purposes of a run up. The length of each real throw is measured as the perpendicular distance that the softball flies in the air from the starting line. Each of the Participant’s (including those in the 1<sup>st</sup> – 2<sup>nd</sup> grades) real throws will be marked for distance and the longest real throw is the one that

is measured and recorded. Gloves and the taping of any part of the throwing hand (unless there is an injury that requires the use of tape for protection) are not permitted.

Throwing Infractions occur when (a) the Participant makes a real throw using a baseball or softball not provided by the Track Meet, (b) the Participant has any part of his/her body touching on the starting line or over the starting line and on the infield surface at any point during or after his/her throw or (c) the flight of the softball results in its landing on the fly outside the officially marked throwing area. The penalty for any throwing infraction is a voided real throw.

#### **Section 4. Long Jump**

The Germany track has two long jump areas that consist of a runway and sand pit. The length of each runway is more than sufficient for all of the Participants to execute their respective approaches. A single measuring tape will be affixed in between the two runways to denote the distance in feet from the furthest edge of the takeoff board back for a distance of 90'. The takeoff board is a rectangular shaped, solid white, orange or yellow tape mark which is approximately 8 inches wide and situated approximately 3 feet from the inside edge of the sand pit. Participants may use small pieces of tape, chalk marks or tennis balls cut in half to mark where they will begin their approach provided they are put down on the outside of the measuring tape and they are promptly removed once the Participant has completed the event.

The number of optional practice jumps and real jumps for each grade are as follows, and these jumps will not be taken back-to-back by the Participant but in sequential order by each team:

<u>Grade</u>	<u>Practice Jumps</u>	<u>Real Jumps</u>
1 <sup>st</sup> – 2 <sup>nd</sup>	1	2
3 <sup>rd</sup> – 4 <sup>th</sup>	1	2
5 <sup>th</sup> - 6 <sup>th</sup> (prelim & final)	2	3

The simultaneous use of the two long jump areas will be determined by the total amount of Participants from each team.

The Field Event Judge will determine the order in which each team will jump. By team each Participant will perform their optional practice jumps followed by their real jumps. The Field Event Judge may change the order in which the Participants jump to accommodate those Participants who have previously competed in the high jump.

Practice jumps are not measured. The foul or scratch line is the edge of the takeoff board nearest the pit. Each real jump is measured, using a taught measuring tape, from the foul line to that point in the sand pit touched by the Participant that is perpendicular to and nearest the foul line. The measurement will be to the nearest ¼ of an inch and it will be made so that the distance jumped will be read at the foul line. An unsuccessful real jump is counted but not recorded.

A foul, scratch or unsuccessful real jump occurs if a Participant's (a) shoe extends over the foul line, (b) intended jump turns out to be a run across the foul line, (c) ignores the

Field Event Judge's instruction and departs the sand pit behind the existing mark nearest the foul line when leaving the pit, or (d) fails to take his/her real jump after repeated instruction to do so by the Field Event Judge.

(Note: In order to provide for the maximum enjoyment of both the 1<sup>st</sup> and 2<sup>nd</sup> graders plus those 3<sup>rd</sup> – 6<sup>th</sup> graders with lesser ability the Meet Referee will instruct the Field Event Judge to correctly observe whether a jump was successful or not but he/she will not loudly call out a foul or scratch in conjunction with recording the result of the jump.)

## **Rule 7. Final Track Meet Results**

### **Section 1. Running Event Results**

As soon as reasonably possible after the Final Race(s) for each running event in the 3<sup>rd</sup> – 6<sup>th</sup> grades have been completed and the official, final results have been input, crosschecked and verified then they will be posted by grade, gender and individual event on a table situated between the scorer's tent and the heat bench.

### **Section 2. Field Event Results**

Beginning this year the official, final field event results for the High Jump, Long Jump and Baseball/Softball Throw will likewise be posted after the conclusion of those field events and the validation of the recorded results have completed. Additionally, there will be a timely public address announcement providing these same results for everyone to hear. And in conjunction with these public announcements continuing this year the Track Meet will recognize the top 3 Participants from the final results in each event by having a brief podium ceremony in an area just north of the scorer's tent.

### **Section 3. Final Team Results**

The Moody Family YMCA will tabulate and confirm the official, final team results for the 3<sup>rd</sup> – 6<sup>th</sup> grades as soon as reasonably practical following the conclusion of the Track Meet. When completed those results will be emailed to all Head Coaches and put on the [www.moodyfamilyymca.org](http://www.moodyfamilyymca.org) link.

(Note: All Head Coaches, Participants and parents should understand that dedicated Moody Family YMCA employees will be working as diligently as possible throughout and following the Track Meets to provide fair and accurate, official, final results for both the individual events and teams. As such it would be greatly appreciated if they could perform their duties with a minimum of interruption during both the Track Meets and afterwards.)

## **Rule 8. Records**

### **Section 1. Track Meet Conditions**

The Track Meets are intended first and foremost for the overall enjoyment of the Participants and its operation is not intended to comply with the rules and regulations of a sanctioned track meet event. Accordingly, any fair result that either ties or produces a new record in any running or field event is, at the sole discretion of the Meet Director, considered official regardless of the conditions under which they were achieved.

(Example: Any wind-aided results will be treated no differently than those results which were not wind aided.)

**Section 2. Records**

Separate lists of the existing official records in each event from prior track meets for both the boys' and girls' teams in the 3<sup>rd</sup> – 6<sup>th</sup> grade are available (see Appendix H entitled “Girls’ and Boys’ Track Meet Records”). The Moody Family YMCA maintains these records and it is responsible, if necessary, for updating them within a reasonable amount of time following the Track Meet. Copies of these updated official records will be provided to any Head Coach who requests them.

Moody Family YMCA  
6000 Preston Road  
Dallas, Texas 75205  
214.526.7293  
[www.ymcadallas.org/moody](http://www.ymcadallas.org/moody)

## Appendix A Sponsorship Form



### Moody Family YMCA Community Track Meet



The Moody Family YMCA Annual Track Meet has been a tradition in the Park Cities community for over 40 years. Kids from grade 1-6 represent their school in running, jumping and throwing events. We serve approximately 1000 kids and their families for two fun filled days of fun competition between local schools. We offer several opportunities to highlight your generosity and participation in this historic community event.

Sponsorship Level	Benefits
<b>GOLD SPONSOR</b> <b>\$2,500</b>	<ul style="list-style-type: none"> <li>Preferred sponsorship recognition on shirt (sleeve or larger logo)</li> <li>1000 tshirts distributed to participants, coaches, volunteers and staff</li> <li>Sponsorship table / tent for two days</li> <li>Friday (1st &amp; 2nd Grade) 450 participants and their families</li> <li>Saturday (3rd – 6th Grade) 550 participants and their families</li> <li>Recognition on all communications to track participants during the season</li> <li>Banner recognition on donor wall at Moody Y</li> <li>Recognition on pop up banner displayed during season</li> </ul>
<b>SILVER SPONSOR</b> <b>\$1,500</b>	<ul style="list-style-type: none"> <li>Company name / logo on back of shirt</li> <li>1000 tshirts distributed to participants, coaches, volunteers and staff</li> <li>Sponsorship table / tent for 1 day</li> <li>Friday (1st &amp; 2nd Grade) approximately 450 participants and their families</li> <li>Banner recognition on donor wall at Moody Y</li> <li>Recognition on pop up banner displayed during season</li> </ul>
<b>BRONZE SPONSOR</b> <b>\$500</b>	<ul style="list-style-type: none"> <li>Company name / logo on back of shirt</li> <li>1000 tshirts distributed to participants, coaches, volunteers and staff</li> </ul>



## **Appendix B**

### **Germany Track Meet Site Plan**

Please click on this Google Map link to view the Germany Park site:

<https://www.google.com/maps/place/Germany+Park/@32.841614,-96.8126759,831m/data=!3m1!1e3!4m5!3m4!1s0x0:0x9d9d56e7b8cc2ea6!8m2!3d32.843668!4d-96.8134177>

## **Appendix C**

### **Important 2021 Germany Track Meet Dates**

Monday, January 20 <sup>th</sup> :	Registration opened.
Wednesday, March 5 <sup>th</sup> .	First meeting at the Moody Family YMCA from 5:30-6:00 For 1 <sup>st</sup> & 2 <sup>nd</sup> grade coaches and from 6:00-6:30 for 3 <sup>rd</sup> – 6 <sup>th</sup> grade coaches.
Monday, March 17 <sup>th</sup> :	First day of weekly scheduled practices for 3 <sup>rd</sup> – 6 <sup>th</sup> grade teams. This gives the 3 <sup>rd</sup> – 6 <sup>th</sup> grade teams’ seven weeks of practice.
Saturday, March 22 <sup>nd</sup> :	First Saturday of practice for 1 <sup>st</sup> and 2 <sup>nd</sup> grades. Note: 9am-noon on Saturday is reserved for 1 <sup>st</sup> and 2 <sup>nd</sup> grades.
Sunday, March 24 <sup>th</sup> .	First all-athletes training session with Coach RJ at Germany park from 4:00 – 5:00.
Friday, April 25 <sup>th</sup> :	Regular Registration Deadline for all grades. After this date a 12 day Late Registration period (including a \$50 late fee) for all grades begins and ends on Wednesday, May 7 <sup>th</sup> .
Wednesday, May 7 <sup>th</sup> :	A quick “final” Coaches’ Meeting at Moody Family YMCA from 5:30 – 6:00 for 1 <sup>st</sup> & 2 <sup>nd</sup> grade coaches and from 6:00 – 6:30 for 3 <sup>rd</sup> – 6 <sup>th</sup> grade coaches. Team Coaches’ Packets will be handed out with Order of Events, final roster with Participants’ assigned numbers, Participants’ bibs to attach to front of shirt, safety pins, and coaches wristbands. 1 <sup>st</sup> and 2 <sup>nd</sup> grades will get their Event t-shirts and teams medals.
Wednesday, May 7 <sup>th</sup> :	Late Registration ends – this is also the Late Registration Deadline beyond which no registrations will be accepted.
Friday, May 9 <sup>th</sup> :	Track Meet at Germany starts for 1 <sup>st</sup> grade girls and boys who can begin reporting at 4:00. Their portion of the Track Meet will begin at 4:30 and is expected to end about <b>6:0.</b> Then the 2 <sup>nd</sup> grade girls and boys portion of the track will follow with the kids able to start reporting at 5:45. Their Track Meet will begin at 6:15 and end around 8:00.
Saturday, May 10 <sup>th</sup> :	The Track Meet for 3 <sup>rd</sup> -6 <sup>th</sup> Grades at Germany Park 8:00am for 3 <sup>rd</sup> Grade

Wednesday, May 14<sup>th</sup>:

11:30am for 4<sup>th</sup> Grade  
3:00pm for 5<sup>th</sup> and 6<sup>th</sup> Grade

The Moody Family YMCA expects to have the (a) official team and individual meet results for the 3<sup>rd</sup> – 6<sup>th</sup> grades, (b) recorded times for the 1<sup>st</sup> – 2<sup>nd</sup> grade running events and distances for their long jump and baseball throw, and (c) revisions to the Track Meet Records lists completed.

The Track Meet results will be emailed to the Head Coaches and the official team results for the 3<sup>rd</sup> – 6<sup>th</sup> grades will also be available on [www.moodyfamilyymca.org](http://www.moodyfamilyymca.org). The updated Track Meet records, if applicable, will be available to the Head Coaches upon their request.

Individual Team Packets will be available on the second floor for pick up by each 3<sup>rd</sup> – 6<sup>th</sup> grade team. These Team Packets will include (a) a commemorative t-shirt provided by the Moody Family YMCA for all Participants and (b) medals for any Participant who placed 1<sup>st</sup> – 3<sup>rd</sup> in any field event and/or in the Final Race(s) of any running event (including all Participants in the 4x100m relays).

The commemorative t-shirts will not be individually sized – only one size provided for each Participant. The medals will not be inscribed with the Participant's name.

(Note: Participants on the 1<sup>st</sup> – 2<sup>nd</sup> grade will receive their t-shirts and generic participation medallions Wednesday, May 7<sup>th</sup> at the Final Coaches' Meeting.)

## **Appendix D**

### **Germany Park Track Practice Markings**

#### **100 METER DASH:**

When starting at the northwest corner straightaway of the track begin at the solid White Line located 10m south of another solid white line situated right next to the lane numbers imprinted on the track and adjacent to the pole vault runway. Finish at the solid White Line adjacent to the infield stands. Race is run in lanes and in either direction.

Confirmation of these referenced lines is provided by small red-painted triangles located on the bare concrete inside border of the track. These triangles are located every 50m around the track but they were not repainted when the track was recently refinished so look closely for them since they're faded but still visible.

(Note: races on the opposite side of the track beginning at the Staggered White Line next to the long jump pit to the solid white line right next to the pole vault shed measures 110m. Also note that out of the red triangles mentioned above the one next to white line at the pole vault shed was concreted over and is missing.)

#### **50 METER DASH:**

This race can be run on either straightaway using the solid White Lines noted above for the 100m dash but requires an ad hoc finish line that each Head Coach can make adjacent to the location of the small red 50m triangle noted above.

#### **200 METER DASH:**

Running North to South: Start at the White Staggered lines in each lane next to the pole vault pit and Finish at the solid White Line adjacent to the infield stands. Race is run in lanes.

Running South to North: Start at the White Staggers near the infield stands and Finish at the Solid White Line adjacent to the pole vault shed. Race is run in lanes.

#### **400 METER RUN:**

Start at the Yellow Staggered lines in each lane near the infield stands and Finish at the solid White Line adjacent to the infield stands. Race is run in lanes.

#### **1600 METER RUN:**

Start on the White Waterfall Stagger near the infield stands. Race is run in lanes until the dashed White Staggered Line at the end of the first curve where all runners may converge to the inside of the track. After four (4) laps finish at the solid White Line adjacent to the infield stands. New this year there will be a standard completion time of 10 minutes or less in order to score points for a top 8 finish.

#### **4 x 100 METER RELAY:**

Start on the Yellow Staggered lines in each lane near the infield stands and Finish at the solid White Line adjacent to the infield stands. The three 20 meter Exchange Zones are marked by Large Yellow Triangles. The first Exchange Zone is located around the first curve and beginning of the back straightaway. The second Exchange Zone is located at the end of the back straight and near the pole vault shed. The third and final Exchange Zone is towards the end of the final curve and near the pole vault runway. Each Exchange Zone has a 10 meter Acceleration Zone which is marked by a Small Yellow Triangle. The baton exchange can be made at any point over the 30m total distance comprised of the Acceleration and Exchange Zones. The race is run in lanes.

## **Appendix E**

### **Head Coaches' Checklist**

**Germany Park Track Practice** (page 4): Head Coaches should become familiar with the markings for both tracks (see Appendix D entitled “Germany Park Track Markings”).

**Germany Park Track Practice** (page 4): Moody Family YMCA will make arrangements to have the high jump and long jump areas open on Saturday and Sunday from 9:00 – 6:00.

**Day of the Track Meets** (page 5): Head Coaches should monitor when Participants are allowed to go to these restrooms so that they don’t potentially run the risk of missing their assigned Preliminary Heat or even a race final.

**Day of the Track Meets** (page 5): Access to the parking area is available at the northern and southern entrances to the track plus the surrounding neighborhood.

**Day of the Track Meets** (page 5): Head Coaches’ should make certain that all of their Participants arrive early enough to get their bib numbers safety pinned on to the front of their shirts/jersey, and they have sufficient time to get properly warmed up and ready for their first event.

**Injuries** (page 5): It is also the responsibility of the Head Coach to report in advance to the Meet Director any Participant who will be wearing a protective cast and intends to compete at the Track Meets. Such report will need to be accompanied by hardcopy evidence that the Participant has been medically cleared to compete. Any injuries during the track meet to any Participant should be reported by the Head Coach to the Meet Director, Meet Referee and that Participants parent(s).

**After the Track Meet** (page 6): The 1<sup>st</sup> and 2<sup>nd</sup> grade Participants will receive their commemorative t-shirts and participation medallions from their Head Coach who will pick them up at the coaches’ meeting on Wednesday, May 8<sup>th</sup>.

**Participants’ Clothes** (page 14): Any Participant failing to meet these clothing standards will be required to make the necessary changes in order to participate in the Track Meet.

**Preliminary Heats and Final Race(s)** (page 15): All Head Coaches should let their Participants and their parents know before the Track Meet that just because a Participant wins his/her Preliminary Heat doesn’t mean they’re automatically in the Final Race.

**Preliminary Heats and Final Race(s)** (page 15): Head Coaches should review all of these Preliminary Heat and Final Race rules with their Participants.

**Forming Preliminary Heats and Final Race(s)** (page 16): It is the responsibility of each team’s Head Coach to make sure all Participants for that race are at the heat bench at the appropriate time and that they form a single file line. The fastest Participant is positioned at the head of the line and stands right behind the heat bench. The remaining Participants are lined up from fastest to slowest in single file order.

**Forming Preliminary Heats and Final Race(s)** (page 17): Each team should, subject to the number of Participants they have competing, have a coach more or less dedicated to

the heat bench area to make sure all Participants are correctly called and available at the heat bench for their respective running events.

**The Start** (page 17): All Head Coaches should review these starting procedures with their teams to ensure compliance.

**The Start** (page 17): All Head Coaches should remind their Participants about these false start procedures so that each Participant knows when to stop running.

**Race Infractions** (page 17): The first few meters of each lane of the 100m race on the track are marked off with dashes and not a solid white line. Some inexperienced Participants could have trouble initially staying in their lanes because there are solid white lines denoting the lanes for each part of the final curve which cross over these dashed lines. In prior meets some Participants have mistakenly followed these solid white lane markings and subsequently run out of their assigned lanes.

**Relays** (page 18): Head Coaches should become familiar with how relay races are run and how the track is laid out with respect to the Exchange and Acceleration Zones for the 4x100m relay races.

**Relays** (page 18): It is not an infraction if a team fails to pass the baton within the strict limits of the 30m Acceleration and Exchange Zones.

**Order of Field Events** (page 19): For any Participant who has entered two field events the High Jump is always the first event that's undertaken. That Participant or his/her Head Coach should notify (check in with) the applicable Long Jump or Softball Throw Field Event Judge before the start of the field events about that Participant's first doing the high jump. Once the Participant has completed the high jump competition then he/she rotates to their second field event whether it is the Long Jump or Softball Throw and reports to that event's Field Event Judge. Please note the changes this year to how the field events are contested for the 5<sup>th</sup> and 6<sup>th</sup> grades as detailed in Appendix F.

**High Jump** (page 19): Head Coaches should make sure their 6<sup>th</sup> grade high jumpers are aware of this new high jump rule and their obligation to inform the Field Event Judge in advance that they are not going to jump at a given height.

**High Jump** (page 20): Head Coaches should make sure they communicate this information about balks to their jumpers.

**High Jump** (page 20): Head Coaches should instruct their high jumpers to always scamper off the side or back of the mat as quickly as possible after they jump. They should never attempt to exit the front of the mat by trying to duck under the crossbar.





# May 9th at Germany Park

## 1st and 2nd Grade Order of Events

1st Grade (4:30pm, arrive 4:00pm)	2nd Grade (6:15pm, arrive 5:45pm)
<u>Girls Field - Boys Track</u>	<u>Girls Field - Boys Track</u>
50m Race	50m Race
100m Race	100m Race
	400m Race
Field	
Long Jump OR Baseball Throw	Field
	Long Jump OR Baseball Throw
Athletes can do BOTH the 50m and the 100m	
Once they finish their 50m they can go line up for the 100m	
There will not be a second call to the Heat Bench for the 100m	
2nd Grade 400m Participation Limits	
Each Team will get one(1) athlete automatically	
Teams with 6-12 registered athletes will get the option to have 2 runners	
Teams with 13-19 registered athletes will get the option to have 3 runners	
Teams with 20+ registered athletes will get the option to have 4 runners	

**May 10th at Germany Park**  
**3<sup>rd</sup> – 6<sup>th</sup> Grade Order of Events**

**3rd Grade Order of Events (8:00am, arrive 7:30am)**

3rd Grade Girls	3rd Grade Boys
<u>Running Events First</u>	<u>Field Events First</u>
100m Preliminary Heats	100m Preliminary Heats
400m Final Races	400m Final Races
100m Final Race	100m Final Race
50 Preliminary Heats	50 Preliminary Heats
200m Final Races	200m Final Races
50m Final Race	50m Final Race
4x100 Relay ("B" then "A")	4x100 Relay ("B" then "A")

**4th Grade Order of Events (11:30am, arrive 11:00am)**

4th Grade Girls	4th Grade Boys
<u>Running Events First</u>	<u>Field Events First</u>
100m Preliminary Heats	100m Preliminary Heats
400m Final Races	400m Final Races
100m Final Race	100m Final Race
50 Preliminary Heats	50 Preliminary Heats
200m Final Races	200m Final Races
50m Final Race	50m Final Race
4x100 Relay ("B" then "A")	4x100 Relay ("B" then "A")

<b>5th and 6th Grade Order of Events (3:00pm, arrive 2:00pm)</b>		
5th Grade Girls & Boys	6th Grade Girls & Boys	
<u>Running Events First</u>	<u>Field Events First</u>	
100m Girls Pre-lim Heats	100m Girls Pre-lim Heats	
100m Boys Pre-lim Heats	100m Boys Pre-lim Heats	
400m Girls Finals Races	400m Girls Finals Races	
400m Boys Finals Races	400m Boys Finals Races	
50m Girls Timed Heats*	50m Girls Timed Heats*	
50m Boys Timed Heats*	50m Boys Timed Heats*	
100m Girls Finals (Top 6 times)	100m Girls Finals (Top 6 times)	
100m Boys Finals (Top 6 times)	100m Boys Finals (Top 6 times)	
200m Girls Finals Races	200m Girls Finals Races	
200m Boys Finals Races	200m Boys Finals Races	
Girls 1600m (10 min cut-off)	Girls 1600m (10 min cut-off)	
Boys 1600m (10 min cut-off)	Boys 1600m (10 min cut-off)	
Girls 4x100 Relay	Girls 4x100 Relay	
Boys 4x100 Relay	Boys 4x100 Relay	
<b>Please Note the close proximity of the events and how it affects your athletes</b>		
<b>Any Prelim Races with 6 or less participants will be run as the Final</b>		
<b>Runner can only run on one relay team</b>		
<b>*50M finals for 5th &amp; 6th are determined by time in Timed Heats-NO FINALS RACE</b>		

\* Please Note the close proximity of the events and how it affects your athletes

\* Any Prelim Races with 6 or less participants will be run as the Final

\* An athlete can only run on one relay team

## **Appendix F**

## **Appendix G**

### **Key Personnel Contact Information**

Meet Director: Matt Feldman  
Cell: 214.356.5349  
Email: [matt.feldman3@yahoo.com](mailto:matt.feldman3@yahoo.com)

Associate Meet Directors: Mona Callaghan  
Office: 214.526.7293  
Email: [mcallaghan@ymcadallas.org](mailto:mcallaghan@ymcadallas.org)

Meet Coordinators: TBD

## Appendix H

### Relay Form

- \* If only have one team but want to be in the "B" race please make a note on your sheet
- \* If you do not have a team, please turn in the sheet with a note that you will not have a team competing.

School/Team: \_\_\_\_\_

Gender: Boys or Girls

Grade: \_\_\_\_\_

"A" Team


"B" Team


**\*\* To be turned in at the Final Coaches meeting on May 11th.**

Athletes can change, please put down who you believe will be racing.

**Appendix I**  
**Girls' and Boys' Track Meet Records**

This appendix is attached as a separate spreadsheet file.

PCYMCA GIRLS' TRACK MEET RECORDS		Appendix H			
<b>SOFTBALL THROW</b>					
3RD GRADE	MEGAN GITTENS	HYER	95'1"	2003	
4TH GRADE	MAIK SENDA	UNIVERSITY PARK	125'4"	1991	
5TH GRADE	Meg Wilson	ESD	138'	2013	
6TH GRADE	Storie Sexton	Hyer/Arm	172'3"	2017	
<b>LONG JUMP</b>					
3RD GRADE	LEAH MERCANTI	ARMSTRONG	12' 7 3/4"	1985	
4TH GRADE	BROOKE BLESSING	ARMSTRONG	13'4 1/2"	1988	
5TH GRADE	ANNE BELLAMY	ARMSTRONG	14' 7"	1992	
6TH GRADE	ANNE BELLAMY	ARMSTRONG	15' 9"	1993	
<b>HIGH JUMP</b>					
3RD GRADE	BROOKE MEANEY	UNIVERSITY PARK	3' 11"	2019	
4TH GRADE	BROOKE SANDS	ST. MICHAELS	4' 3"	1989	
5TH GRADE	KENDALL JORDAN	BRADFIELD	4' 9"	1980	
5TH GRADE	Ella Patterson	UP/ARM	4' 9"	2014	
6TH GRADE	Ella Patterson	UP/ARM	5'0"	2015	
<b>50 METERS</b>					
3RD GRADE	RACHEL WASSERMAN	UP	7.30	2010	
4TH GRADE	GROGANNIE RODMAN	UNIVERSITY PARK	7.34	1992	
5TH GRADE	RACHEL MEEK	PROVIDENCE	6.73	1999	
6TH GRADE	KAY MERRITT	ESD	7.09	2010	
<b>100 METERS</b>					
3RD GRADE	TIANKIWA HAYWOOD	ST. PHILLIPS	14.80	1994	
4TH GRADE	Anna Hubbard	Bradfield	14.25	2023	
5TH GRADE	TRACY DANOHO	BRADFIELD	13.66	1984	
6TH GRADE	ANNABELLE DUNN	HYER/ARM	13.16	2019	
<b>200 METERS</b>					
3RD GRADE	TIANKIWA HAYWOOD	ST. PHILLIPS	30.99	1994	
4TH GRADE	TRACY DANOHO	BRADFIELD	30.51	1983	
5TH GRADE	ASHLEY MARYNICK	BRADFIELD	29.02	1988	
6TH GRADE	Isabella Mendoza	Hyer/Brad	27.16	2016	
<b>400 METERS</b>					
3RD GRADE	JERRKIA CHAPPLE	ST. PHILLIPS	01:11.5	1994	
4TH GRADE	Margaret Thompson	Providence	1:08.45	2016	
5TH GRADE	Alyssa Jackson	ESD	1:03.81	2016	
6TH GRADE	Megan Olomu	ESD	01:02.7	2013	
<b>600 METERS</b>					
4TH GRADE	KRISTI STANSELL	BRADFIELD	01:55.9	1988	
5TH GRADE	HADLEIGH HENDERSON	HYER	01:50.4	1992	



6TH GRADE	LESLIE CLARK	UNIVERSITY PARK	01:49.9	1989
<b>800 METERS</b>				
5TH GRADE	HANNAH KUPFERSCHMID	ARM/UP	02:35.4	2009
6TH GRADE	HANNAH KUPFERSCHMID	ARM/UP	02:30.57	2010
<b>1600 METERS</b>				
5th Grade	Margaret Thompson	Providence	5:49.42	2017
6TH GRADE	Emily-Jane Cox	Providence	05:35.6	2015
<b>4 x 100 M RELAY</b>				
3RD GRADE		ST. PHILLIPS	01:03.6	1994
4TH GRADE		BRADFIELD	01:00.0	1983
5TH GRADE		UP A	57.1	2021
6th Grade		ESD	55.31	2017
<b>4 x 200 M RELAY</b>				
4TH GRADE		ARMSTRONG	02:13.6	2004
5TH GRADE		HYER/UP	02:05.72	2011
6TH GRADE		Hyer/Brad	02:00.20	2016

**Appendix H  
PCYMCA BOYS' TRACK MEET RECORDS**

<u>SOFTBALL THROW</u>				
3RD GRADE	MATHEW STAFFORD	UNIVERSITY PARK	149'6"	1997
4TH GRADE	Sawyer Addison	Hyer	174'11"	2017
5TH GRADE	JAKE FELDT	BRADFIELD	210'	1999
6TH GRADE	WILL GRAHAM	ARMSTRONG	212'2"	1992
<u>LONG JUMP</u>				
3RD GRADE	MASON SHAW	UNIVERSITY PARK	13'5"	2003
	PRESTON MILLER	HYER	13'5"	2003
4TH GRADE	PRESTON MILLER	HYER	14'11"	2004
5TH GRADE	PRESTON MILLER	HYER	16'2"	2005
6TH GRADE	Henry Richter	Hyer/UP	16'10"	2018
<u>HIGH JUMP</u>				
3RD GRADE	SETH GARDNER	BRADFIELD	4'4"	1999
4TH GRADE	Ray Saafeld	BRADFIELD	4'6"	2014
5TH GRADE	JOHN HOPKINS	ARMSTRONG	5'2"	1980
6TH GRADE	MITCHELL ROBERTSON	HYER	5'3"	1999
<u>50 METERS</u>				
3RD GRADE	Sebastian Faulk	HYER	7.04	2023
4TH GRADE	WILLIAM WEBB	HYER	6.99	1999
5TH GRADE	JOSH MEREDETH	BRADFIELD	6.59	1999
6TH GRADE	PRESTON MILLER	MC/BBLUE	6.47	2006
<u>100 METERS</u>				
3RD GRADE	Sebastian Faulk	Hyer	14.09	2023
4TH GRADE	Matthew White	ARMSTRONG	13.31	2018
5TH GRADE	JOHN WEST	BRADFIELD	12.16	1996
6TH GRADE	ERIC FLORENCE	UNIVERSITY PARK	12.21	1996
<u>200 METERS</u>				
3RD GRADE	Jett Drusch	ESD	30.27	2018
4TH GRADE	BEN CROSLAND	ARMSTRONG	28.99	1983
5TH GRADE	JAKE FELDT	BRADFIELD	27.58	1999
6TH GRADE	WILLIAM WEBB	MCCULLOCH	25.75	2001
<u>400 METERS</u>				
3RD GRADE	Beau Lilly	ARMSTRONG	01:06.7	2014
4TH GRADE	Beau Lilly	ARMSTRONG	01:05.36	2015
5TH GRADE	Beau Lilly	Armstrong	1:01.76	2016
6TH GRADE	MITCHELL ROBERTSON	HYER	59.08	1999
<u>600 METERS</u>				
4TH GRADE	GRANT SUMNER	ARMSTRONG	01:49.8	1989
5TH GRADE	WILL GRAHAM	ARMSTRONG	01:43.1	1991
6TH GRADE	WILL GRAHAM	ARMSTRONG	01:38.4	1992
<u>800 METERS</u>				
5TH GRADE	SAM VAN AMBURG	HYER	02:32.3	1997
6TH GRADE	SAM VAN AMBURG	HYER	02:29.3	1998
6th GRADE	Emmett Berger	Hyer/UP	02:29.3	2013
<u>1600 METERS</u>				
5th Grade	Henry Beckman	GSES	5:43.41	2017
6TH GRADE	Henry Beckman	GSES	5:31.40	2018
<u>4 x 100 M RELAY</u>				
3RD GRADE		UP	1:00.06	2013
4TH GRADE		ARMSTRONG	57.06	1991
5TH GRADE		BRADFIELD	55	1999
6TH GRADE		BRADFIELD	53.07	1980
<u>4 x 200 M RELAY</u>				
4TH GRADE		UNIVERSITY PARK	02:12.0	?
5TH GRADE		Hyer/Brad	2:00.08	2016
6TH GRADE		Arm/UP	1:59.85	2016