

North Metro Track & Field Meet #1:

At Elk River: Zimmerman

At Milaca: St. Francis

Wednesday, June 15th @ 6:30PM

Field events – 6:30 PM

unlimited participation in all events

Shot Put

High Jump

Track Events:

- Track events will begin after all the field events are completed
- unlimited participation in all events

200 meter dash

50 meter dash (3rd & 4th grade)

100 meter dash (5th & 6th grade)

400 meter run

Relay Event:

- The relay will be the final event of the meet; **all** are welcome to run in a relay!

4x100 meter relay

(4 runners per relay team; each person runs 100 meters)

North Metro Track & Field Meet #2:

At Zimmerman: St. Francis

At Elk River: Milaca

Wednesday, June 22nd @ 6:30PM

Field events – 6:30 PM

unlimited participation in all events

Discus throw

Long Jump

Track Events:

- Track events will begin after all the field events are completed
- unlimited participation in all events

50 meter hurdles (18" & 24")

- o 18" = 3rd & 4th grade
- o 24" = 5th & 6th grade

50 meter dash (3rd & 4th grade)

100 meter dash (5th & 6th grade)

800 meter run

Relay Event:

- The relay will be the final event of the meet; **all** are welcome to run in a relay!

4x100 meter relay

(4 runners per relay team; each person runs 100 meters)

North Metro Championship Meet:

Elk River High School Track:

900 School St NW, Elk River, MN 55330

(All Teams Compete)

Wednesday, June 29th @ 5:30PM

Field events – 5:30 PM

Athletes are limited to compete in one 'A event' and one 'B event'

A Events:

Shot Put throw
High Jump

B Events:

Discus throw
Long Jump

Track Events:

- Track events will begin after all the field events are completed
- Athletes are limited to compete in any 2 of the following Track Events:

50 meter hurdles (18" & 24")

- o 18" = 3rd & 4th grade
- o 24" = 5th & 6th grade

400 meter run

50 meter dash (3rd & 4th grade)

100 meter dash (5th & 6th grade)

200 meter dash

800 meter run

Relay Event:

- The relay will be the final event of the meet; **all are welcome to run in a relay!**

4x100 meter relay

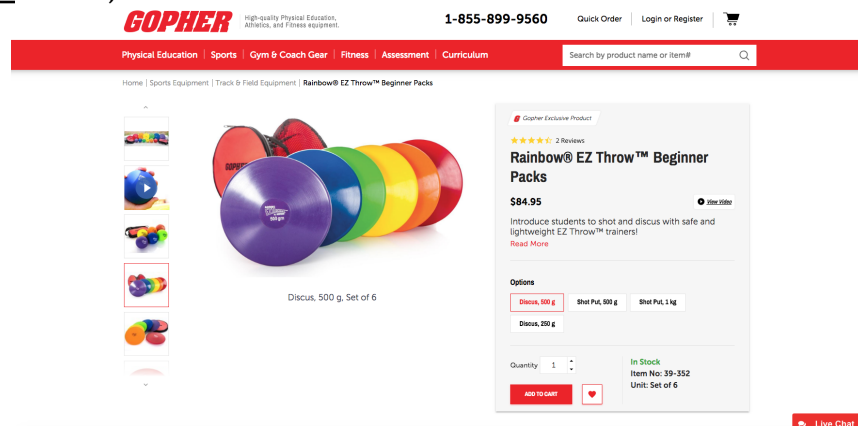
(4 runners per relay team; each person runs 100 meters)

2022 - Youth Track procedures:

Field events:

Shot Put – 4lb shot is used, 3 throws.

Discus – 500g discus is used, 3 throws.



- For shot & Disc: They throw all 3 throws at once, we mark each throw with a ½ tennis ball & measure the farthest throw only.

High Jump - 3 attempts per height

- For 3rd & 4th Start at 2' 10" - go up by 2".
- For 5th & 6th start at 3' - go up by 3" until 4' then by 2"

Long Jump – tape or chalk a takeoff board 12" from sand, **2 jumps**

Awards:

In the field events we place the top 8 (ribbons for 1 – 8) and all others receive a participation ribbon.

Competition flights are

3rd & 4th girls 5th & 6th girls
3rd & 4th boys 5th & 6th boys

Running events:

2 command start: runners set, then a **whistle**

Heats are run:

- 3rd & 4th girls followed by 3rd & 4th boys
- 5th & 6th girls followed by 5th & 6th boys

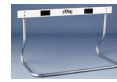
50 meter hurdles – Start line is the 5th girls 100 meter hurdle mark (I know it is a little over 50m, but it is so easy to use). 5 hurdles in the race, spaced at the remaining 5 girls' low hurdle marks.

- ribbons for 1-8 in each heat.

18” hurdles for the 3rd & 4th grade



24” for the 5th & 6th grade.



50 meter dash - Start line is the 5th girls' 100 meter hurdle mark

- ribbons for 1-8 in each heat.

100 & 200 meter dash – standard start line and stay in lanes the whole race.

- ribbons for 1-8 in each heat.

400 & 800 meter run:

Waterfall start, cut in without getting in the way of other runners.

Run the 3rd & 4th boys & girls together and then 5th & 6th ...if numbers allow

- ribbons for 1- 8 for boys and 1- 8 for girls in each heat plus participation ribbons if more than 8 runners in a gender.

Relay Event: The grand finale of the meet!

4x100 relay – standard rules.

We encourage everyone to get in a relay.

In the past we have made some of the teams competitive, we have had some teams with 5 runners (we added another exchange on the first turn) we have mixed teams between grades, genders, and even towns. Basically whatever it took to get all the kids that wanted to run in a relay, get into a relay.