

District Elementary Track Meet – RULES (2024)

No Spikes / Cleats allowed

Basketball Shoot

One attempt. Time limit = 1 minute. Begin by shooting foul shot, if ball goes in 5 points, if rebound take second shot from point of rebound, if goes in 3 points. If ball rolls off surface contestant will start from foul line. If the first shot is an airball, the 2nd shot is taken from the foul line for a possible 3 points. The contestant rebounds. Shooting is continuous to the end of 1 minute time limit. Any type of shot may be taken. Each ball that goes in scores 1 point. No other student may assist in retrieving ball

Jump Rope

Student will jump for 1 minute. Any style is permitted. NO jump ropes with ball bearings in handle.

Pull Up

One attempt. Any grip, complete extension to chin over bar – count out loud.

Softball Throw

Two attempts. Measure distance for each throw and record score. Overhand throws only

Standing Long Jump

Two attempts, measure to back of heels OR whatever body part lands closest to the start line if student falls back

Triple Jump

Two attempts. Start from a one foot take off land on same foot, step opposite, jump and land on both feet – no running approach. “Same, Opposite, Both”

May not push off from one foot (Back foot)

Tug of War

No cleats/spikes allowed.

ORDER OF EVENTS

5th grade Boys--600 meter

5th grade Girls – 600 meter

Home Side Track

5th grade Boys--50 meter dash

5th grade Boys--75 meter dash

5th grade Boys--100 meter dash

5th grade Boys--200 meter

5th grade Girls--200 meter

5th grade Boys--400 meter

5th grade Girls--400 meter

5th grade Boys--400 meter relay

5th grade Girls--400 meter relay

Visitor Side Track

5th grade Girls--50 meter dash

5th grade Girls--75 meter dash

5th grade Girls--100 meter dash