

APPENDIX 5- TRACK & FIELD

- A.** Students in 4th-8th grade enrolled in HISL member schools are eligible to participate.
- B.** A student may enter no more than four running and/or field events total.
1. For example, a student may participate in two running and two field events, or any combination so long as they do not exceed four events per meet.
- C.** A school may enter no more than two students in the same event except relays.
- D.** Schools may enter only one relay team for each relay event.
- E.** A maximum of two females may be added to a male's relay team to complete a team of four, but males may not be added to female teams. Please only make the addition of a female if there is not a male available.
- F.** Competition shall be separated between grade and gender (5th & 6th and 7th & 8th; boys and girls)
1. Longer running events may combine boys and girls but will maintain the rule of two per gender and age group. These events include but are not limited to the 800 meter run and 1600 meter run.
- G.** Participants should remain in the event area until the judges release them.
- Failure to do so may result in disqualification.
- H.** After checking in, all participants in field events are allowed up to three practice jumps/throws under adult supervision at the event site prior to official marks are made.
- I.** 1st-3rd place winners in each event will be determined by the longest throws/jumps and fastest times.

1. Team scoring will go as follows in each event.

1st Place – 10 Points

2nd Place – 8 Points

3rd Place – 6 Points

4th Place – 5 Points

5th Place – 4 Points

6th Place – 3 Points

7th Place – 2 Points

8th Place – 1 Point

J. A list of participants for each event must be turned in to the entry/recorder's table before competition begins.

K. Substitutions or scratches must be made by a coach no later than 5 minutes prior to the event.

L. In the Long Jump:

1. Each participant will get three runs total.
2. Judges will record all jumps where there no foul was committed, and use the longest jump to score the competition.
 - a. Marks recorded should be measured from the closest mark to the front of the board.
3. Fouls consist of participants placing their foot over the marked line, displacing the board, or if they fail to make it into the sand pit.

M. In the High Jump:

1. Each participant will be given 2 attempts at each height.
2. Starting heights:
 - a. 4th Grade (Boys and Girls) – 2'
 - b. 5th & 6th. (Boys and girls) - 3'
 - c. 7th & 8th Girls - 3'
 - d. 7th & 8th Boys – 3.5'

3. Fouls will be called if a participant fails to clear the bar by knocking it off.

* - Coaches may run their athletes in older age groups if they see fit.

Running Event List

50 Meter Dash- 4 th Grade Girls	800 Meter Dash – 5/6 th Grade Girls
50 Meter Dash- 4 th Grade Boys	800 Meter Dash – 5/6 th Grade Boys
100 Meter Dash- 4 th Grade Girls	800 Meter Run – 7/8 th Grade Girls
100 Meter Dash- 4 th Grade Boys	800 Meter Run – 7/8 th Grade Boys
100 Meter Dash- 5/6 th Grade Girls	1600 Meter Run – 4 th Grade Girls & Boys
100 Meter Dash- 5/6 th Grade Boys	1600 Meter Run – 5/6 th Grade Girls
100 Meter Dash – 7/8 th Grade Girls	1600 Meter Run – 5/6 th Grade Boys
100 Meter Dash – 7/8 th Grade Boys	1600 Meter Run - 7/8 th Grade Girls
200 Meter Dash – 4 th Grade Girls	1600 Meter Run – 7/8 th Grade Boys
200 Meter Dash – 4 th Grade Boys	4 x 100 Meter Relay – 4 th Grade Girls
200 Meter Dash- 5/6 th Grade Girls	4 x 100 Meter Relay – 4 th Grade Boys
200 Meter Dash- 5/6 th Grade Boys	4 x 100 Meter Relay – 5/6 th Grade Girls
200 Meter Dash – 7/8 th Grade Girls	4 x 100 Meter Relay – 5/6 th Grade Boys
200 Meter Dash – 7/8 th Grade Boys	4 x 100 Meter Relay – 7/8 th Grade Girls
400 Meter Dash – 4 th Grade Girls	4 x 100 Meter Relay – 7/8 th Grade Boys
400 Meter Dash- 5/6 th Grade Girls	4 x 400 Meter Relay – 5/6 th Grade Girls
400 Meter Dash- 5/6 th Grade Boys	4 x 400 Meter Relay – 5/6 th Grade Boys
400 Meter Dash – 7/8 th Grade Girls	4 x 400 Meter Relay – 7/8 th Grade Girls
400 Meter Dash – 7/8 th Grade Boys	4 x 400 Meter Relay – 7/8 th Grade Boys

Field Events

Long Jump (or Board Jump if LJ is not available) - 4th Grade Girls

LJ – 4th Grade Boys

LJ – 7/8th Grade Girls

LJ – 5/6 Grade Girls

LJ – 7/8th Grade Boys

LJ- 5/6 Grade Boys

Softball Throw

SB – 4th Grade Girls

SB – 5/6 Grade Boys

SB – 4th Grade Boys

SB – 7/8th Grade Girls

SB – 5/6 Grade Girls

SB – 7/8th Grade Boys

Shot Put (* Weights for Shot Put are as follows; Girls – 6lbs, Boys – 8lbs)

SP – 7/8th Grade Girls

SP – 7/8th Grade Boys