



**City of Kent Park, Recreation, and Community Services**  
**2018 Youth Track Program**

**YOUTH TRACK SCHEDULE OF EVENTS**

4:15pm Field event sheets due from coaches

4:25pm Announcements

4:30pm Softball Throw/ Running Long Jump  
4<sup>th</sup> grade girls  
4<sup>th</sup> grade boys  
5<sup>th</sup> grade girls  
5<sup>th</sup> grade boys  
6<sup>th</sup> grade girls  
6<sup>th</sup> grade boys

4:55pm 75 Yard Dash  
4<sup>th</sup> grade girls  
4<sup>th</sup> grade boys  
4<sup>th</sup> grade open  
5<sup>th</sup> grade girls  
5<sup>th</sup> grade boys  
5<sup>th</sup> grade open  
6<sup>th</sup> grade girls  
6<sup>th</sup> grade boys  
6<sup>th</sup> grade open

5:10pm 4 x 75 Yard Relay  
4<sup>th</sup> grade girls  
4<sup>th</sup> grade boys  
4<sup>th</sup> grade open  
5<sup>th</sup> grade girls  
5<sup>th</sup> grade boys  
5<sup>th</sup> grade open  
6<sup>th</sup> grade girls  
6<sup>th</sup> grade boys  
6<sup>th</sup> grade open

5:35pm 600 Yard Dash  
4<sup>th</sup> grade girls  
4<sup>th</sup> grade boys  
4<sup>th</sup> grade open  
5<sup>th</sup> grade girls  
5<sup>th</sup> grade boys  
5<sup>th</sup> grade open  
6<sup>th</sup> grade girls  
6<sup>th</sup> grade boys  
6<sup>th</sup> grade open

**6:00pm – 6:15pm Final Announcements**

(All times are approximate meets may vary depending on unforeseeable circumstances)

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**Track Meet Information**

- ✓ All participants must be registered with the City of Kent Parks, Recreation and Community Services.
- ✓ Participants must compete in their own grade bracket, no exceptions.
- ✓ Participants may compete in a maximum of three events: 1 running, 1 event field event and/ or relay.
- ✓ **Participants who compete in the “point” event are prohibited in running the “open” for the same event.**
- ✓ The open race events are strictly for those who didn’t compete in the scored event.
- ✓ All participants are to stay behind the fence until called to their event.
- ✓ All spectators are to stay behind the fence and in the concrete spectator area.
- ✓ Tennis shoes or rubber molded cleats are the only approved shoes allowed. No track shoes with any type of spikes are allowed. Metal cleats, spikes, or shoes with the cleat/ spike removed are not allowed. Violators may be expelled from facility.

**THERE IS ABSOLUTELY NO SMOKING  
ALLOWED AT WILSON PLAYFIELDS**



## City of Kent Park, Recreation, and Community Services

### 2018 Youth Track Program

# Structure of Track Meets

## 1. General Information

- a. Coaches will have 4 field passes for the season. Only coaches with field passes will be allowed on the field. These will be used for the Junior Olympics as well.
- b. Parents, spectators and teammates will not be allowed inside the fence or on the red track surface for any event.
- c. It is advisable to have a coach or team parent outside the fence in order to make sure that participants are reporting to their event.
- d. While in line for an event, a shoe check is performed. Any participant not abiding by the rules by wearing an illegal shoe will have to take them off and be escorted off the field and not allowed to participate in that event.

## 2. Field Events

- a. **BEFORE opening ceremonies all participants competing in field events need to be at their event to begin immediately after the end of announcements.**
- b. Softball Throw: All participants will line up at their respective cone located behind the throwing area. All spectators will view from behind the fence, this includes teammates and parents.
- c. Running Long Jump: Participants will line up at the end of the running lane. 5<sup>th</sup> and 6<sup>th</sup> graders will line up behind them. Only participants and coaches are allowed inside the long jump area. All teammates, parents and spectators must view from outside the fence.

## 3. 75 Yard Dash

- a. 4<sup>TH</sup> grade girls will line up at the start line.
- b. 4<sup>th</sup> grade boys, open, and all 5<sup>th</sup> & 6<sup>th</sup> grade girls, boys, and open participants line up at their respective cone.
- c. **ONLY those not running in the "point" event for the dash are eligible for the open dash.**

## 4. 4 x 75 Yard Relay

- a. Once their dash event is done, the relay teams can line up at their respective cone at the north end of the field.
- b. After the last dash event is over, the 4<sup>th</sup> grade girls relay teams will line up for their event. All participants should be present and lined up in order.
- c. **ONLY those not running in the "point" event for the relay are eligible for the open relay.**
- d. All open teams will stay at their respective cones. If we do not have enough of one grade we will combine them with the next grade.
- e. Be sure that relay team participants know that they are in the relay. We will not hold up the meet because of unorganized participants and teams.

## 5. 600 Yard Dash

- a. Once the relay event for their grade/ gender is complete, the 600 runners will lineup at their respective cone near the 600-start line.
- b. All 600 runs will begin with the starting pistol.
- c. After the previous run has gone past the start line on their last lap, the next group will line up at the start line.



**City of Kent Park, Recreation, and Community Services**

**2018 Youth Track Program**

**Daily Track & Field Rules**

Field Events	Running Events	Relay
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Running Long Jump Softball Throw	75 Yard Dash 600 Yard Dash	4 x 75 Yard Shuttle Relay
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1. Boys and Girls in 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> grade who are registered through Kent Parks, Recreation and Community Services are eligible to participate in track meets.
2. Any participant suspended or expelled from school during any part of the Track Season is ineligible to participate in any further practices, track meets and the Junior Olympics. Participant is not eligible for program refund.
3. Tennis shoes or rubber molded cleats are the only approved shoes allowed. **No track shoes with any type of spikes are allowed.** Metal cleats, spikes, or shoes with the cleats/ spikes removed are not allowed.
4. Participants must compete in their own grade bracket. All points for the event will be forfeited if an entry is in the wrong grade bracket.
5. An individual may participate in three events: 1 field, 1 running event and/ or relay.
6. Teams are limited to three contestants in each field event, two for the 75 yard dash, two teams of four for relays, and three 600 yard run competitions. Again, contestants must compete in appropriate grade bracket. (NO EXCEPTIONS)
7. In the running long jump, the contestant will have two (2) jumps on regulations 70-foot runway, plank and sandpit.
8. A flat-seamed, rubber-covered 12” softball will be used for boys and 11” softball for girls. The contestant will have two (2) consecutive throws and cannot touch or cross the restraining line. The ball must land in a 30 foot wide zone. This zone is two parallel lines, 30 feet apart, running perpendicular to the restraining line. Only the softball furnished by the meet director is to be used.
9. After two false starts, the contestant or relay team will be disqualified.
10. The shuttle relay team will carry a baton. Number 2, 3, and 4 runners will start when the baton is received. Crossing the start line before receiving the baton or running out of their lane disqualifies the team.
11. **Open events are ONLY for those who did not compete in the “point” event. Open relay teams can combine boys, girls, and grades.**
12. Any participant/ relay team that exhibits unsportsmanlike behavior, including but not limited to showboating, abusive/ derogatory language, throwing the baton during or at the conclusion of the race whether in joy or anger, or any other behaviors deemed unsportsmanlike by Track Staff will be disqualified from their event regardless of the result and may result in expulsion from the meet and/ or program.
13. Any dispute as to the eligibility of an entry in the track meets shall be decided by the Meet Director. If such an error is discovered, the team’s points for the event(s) will be forfeited.
14. Scoring shall be as follows

- 1<sup>st</sup> = 6 points
- 2<sup>nd</sup> = 5 points
- 3<sup>rd</sup> = 4 points
- 4<sup>th</sup> = 3 points
- 5<sup>th</sup> = 2 points
- 6<sup>th</sup> = 1 point