

# ORLANDO GRADE SCHOOL

## CYS TRACK & FIELD

Updated 2/1/20

### MINI EVENTS:

Individual Events:

50m, 100m, 200m, 400m, 800m, 1600m, Long Jump, Vortex/Javelin, Shot Put  
Mini meets not scored for team awards. Therefore, the scoring not used on mini meets.  
Award provided to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place finishers in each event.

### MAIN MEET SCORING:

Individual Events:

50m, 100m, 200m, 400m, 800m, 1600m, Long Jump, Vortex/Javelin, Shot Put  
**1<sup>st</sup> = 10 points, 2<sup>nd</sup> = 8 points, 3<sup>rd</sup> = 6 points, 4<sup>th</sup> = 5 points,  
5<sup>th</sup> = 4 points, 6<sup>th</sup> = 3 points, 7<sup>th</sup> = 2 points, 8<sup>th</sup> = 1 point**

Relay Events (Points are doubled) 4 x 50 and 4 x 100  
**1<sup>st</sup> = 20 points, 2<sup>nd</sup> = 16 points, 3<sup>rd</sup> = 12 points, 4<sup>th</sup> = 10 points,  
5<sup>th</sup> = 8 points, 6<sup>th</sup> = 6 points, 7<sup>th</sup> = 4 points, 8<sup>th</sup> = 2 point**

#### Mixed Relays

A CYS only event is a 4 x 100 relay for kids of any ages that is not scored. Only Run at Main Meet

#### SCORING TIES IN RUNNING EVENTS

If there is a tie the points are split. **Example:** A tie for 1st awards both athletes 9 points and no 2nd place is awarded. Example: A tie for 2nd place is worth 7 points each and no 3rd place awarded. **Example:** A tie for 3rd place is worth 3 points each. If more than 2 athletes tie, the points are divided by the number of athletes involved in the tie.

#### SCORING TIES IN FIELD EVENTS

In field events (shot put, long jump, vortex/javelin) the second-best distance of the tied athletes breaks the tie. If the second distance of those 2 athletes is also a tie, their third distance breaks the tie. If all 3 are the same, a tie is awarded, and the points split.

#### GOVERNING RULES

The general rules CYS will go by is the National Federation of High School Association (NFHS) Track & Field Rule Book. Copies are available online for purchase at [www.nfhs.org/rules-track.htm](http://www.nfhs.org/rules-track.htm). Exceptions to the rule book are made to best suit our young athletes. Rules may be changed during the season to best suit the young athletes.

## MEET PARTICIPATION:

- Up to 4 athletes per grade/gender/event can compete in each event for the mini-meet. Each team may have up to 2 athletes per grade/gender/event for the championship meet.
- Each athlete may participate in up to 4 events.
- An athlete may not participate in the same event for two different grade levels. (i.e. If someone does the 4th grade long jump, that person may not do the 5th grade long jump as another of his/her 4 events.) The discretion of the coach should be used on the ability of the child to play up.
- “Mixed Age Relay” is a CYS only event. It is extra, non-scoring 4x100 relay teams that allow greater participation in the CYS track program. In the spirit of the mixed relay please try to put same-age athletes in the same heats. Although no points are awarded, the children receive ribbons. It is only run at the main meet.
- CYS Track and Field is the first taste of track for most of our young athletes. Combing the rule book and disqualifying kids should not be the practice of coaches or meet directors. If no advantage is gained during violation of a rule, the event should be left alone.

EXAMPLE: Pacing. Pacing is when a runner not racing in the event runs alongside a runner who is racing. Grade school athletes have no idea how to pace or how to take advantage of pacing. An athlete who runs alongside a competing runner cheering is not giving that runner an advantage over the rest of the field. **No coaches should be running alongside their athletes. The runner will be disqualified if a coach is pacing.**

## SUBMITTING MEET ENTRIES:

- All entries are to be entered in Florida Runners website by the time specified by CYS, usually the WEDNESDAY or THURSDAY before your mini-meet.
- Substitutions and additions can be made at mini-meets at the starting line.
- Meet results are to be scanned by each meet clerk to participating schools on Monday after the meet so coaches can begin compiling their data for the next meet.
- DO NOT LOSE YOUR ORIGINAL MEET RESULTS. Original meet results and score sheets are to be supplied by each mini-meet clerk to the CYS Track Director after each mini-meet.

## RUNNING EVENT INFORMATION

Finishes are determined by the athlete’s torso crossing the finish line – NOT their head, neck, foot or hand crossing the line first.

The eyeball of a race is the final call on the places awarded for that event, not the timers. Each mini-meet should have 2-3 objective volunteers assigned to “eyeball” the finish line. They stand at the finish line and call out the top 3-4 lanes as they finish. For example, “4-6-1-2” means lane 4 finished 1st, lane 6 finished 2nd, lane 1 finished next, and then lane 2.

Encourage athletes upon completing their “laned” races (100, 200, 400, 4x100) to turn and walk back to the finish line and wait there until all times are recorded by the finish line recorder from the timers and any discrepancies taken care of.

The timer will stop the watch for each runner crossing, 2 volunteers will record the school crossing and name.

## FIELD EVENT INFORMATION

HINT: Volunteers confirm the name of the athlete and their school as they prepare to throw or jump and again as you record their score. This eliminates problems with scoring.

### **VORTEX/JAVELIN (4 Volunteers)**

The vortex/javelin throw is a measure of distance and accuracy. A 300 ft tape measure is placed on the infield of the track. There is a starting line (spray painted is fine) that if crossed is marked as a scratch (foul). One practice throw followed by 2 measured throws.

MEASURING: The vortex/javelin throw is measured as a raw distance and the thrown must land within the throw area. Any throws outside of the throw area is marked as a scratch.

### **Shotput Grade School (4 Volunteers)**

Competitors take their throw from inside a circle 7 feet (2.13 m) in diameter, with a toe board approximately 4 inches (0.10 m) high at the front of the circle.

- **Grades K-2 will use a 600-gram (16oz) shotput,**
- **Grades 3-5 will use a 2KG or 4-pound shotput.**

Athlete can enter the ring from any side. The athlete must rest the shot close to the neck and keep it tight to the neck while throwing. Athlete can touch the inside edge of the circle but must not touch the top or outside of the toe board. Shot put must land in a legal vector of the throwing area. The shot must be pushed, not thrown. Athlete must exhibit a controlled exit using the rear half of the circle, which we adjust in CYS (see below for clarification). One practice throw followed by two measured throws. Foul throws may occur when an athlete:

- Does not exit from the rear half of the circle. (CYS GRADE SCHOOL ADJUSTMENT – NO FOUL WILL RESULT – JUST REMIND THE ATHLETE THAT IN MIDDLE AND HIGH SCHOOL THIS WILL RESULT IN A FOUL.)
- Fouls if any part of the athlete's shoe, body, etc. touches
  - The top of the toe board
  - The top of the iron ring
  - Anywhere outside the circle after having entered it.
  - Throws a shot which falls outside the throwing sector. (This will be enforced.)

MEASURING: The distance thrown is measured from the inside of the circumference of the circle to the nearest disturbance of the soil caused by the shot's impact.

Shot size: Grades 3-5 will use a 2.2kg or 4# pounds Grades K-2 will use a 1-pound shot

### **STANDING LONG JUMP (4 Volunteers)**

Athletes should be lined up in groups of 10 at a time (flights) and allowed to jump and rotate back through the line until they get their 3 jumps in. As they finish get another group of 10 athletes and do the same. The groups do not need to be in the same age group or sex. Most kids will just be hanging around waiting to jump. This will save a lot of time and the athletes are not jumping cold each time.

MEASURING: The long jump is measured from the closest point indented in the sand to the front edge of the take-off board. One practice jump followed by two measured jumps.

### **TRACK INFORMATION (24 Volunteers)**

50 Meter (K, 1, 2)

100 Meter (All Grades)

200 Meter (K,1,2, 3, 4, 5)

400 Meter (3, 4, 5)

800 Meter (3, 4, 5)

1600 Meter (3, 4, 5)

4 x 100 Meter Relay (2, 3, 4, 5)

4 x 100 Mixed Relays (K, 1, 2, 3, 4, 5)

All Runners to stay in their lane except break in after 100 meters in the following races: 1600 Meter, 800 Meter

**Order of Events: 50m, 100m, Mile, 4x50m, 4x100m, 400m, Mixed Relay (Main Meet only), 800m, 200m**