

TRACK & FIELD

PARTICIPANT REGISTRATION CATEGORIES

Grade 5 BOYS
Grade 5 GIRLS
Grade 6 BOYS
Grade 6 GIRLS

The GMAA is an inclusive organization and recognizes some students may be placed in a category based on how they identify.

EVENTS

TRACK

80m Sprint
150m Run
800m Run
60m Hurdles
Relay

FIELD

High Jump
Long Jump
Shot Put (2 kg)
Javelin (Turbojav 400g)

MAXIMUM NUMBER OF PARTICIPANTS PER EVENT:

TRACK EVENTS	Max # of participants	FIELD EVENTS	Max # of participants
80 m sprint	4	Shot Put	3
150 m run	4	Javelin	3
60 m hurdles	4	High Jump	3
800m run	2	Long Jump	3
Relay	1 team per category		

It is recommended that students attending the Track and Field meet participate in at least two events.

COST

\$3.00 per student

AWARDS

Ribbons will be distributed to the top 3 runners in each heat for the track events.

Ribbons will be distributed to the top 6 overall for the field events.

Participation ribbons will be handed out to all participants.

*****IMPORTANT*****

Students who are participating in the Track and Field meet **MUST BE PREPARED AHEAD OF TIME.** We recommended a track and field unit within Physical Education classes and/or an extensive extra-curricular program to allow students to become familiar with the events and event rules. It is not the role of the meet officials to teach the students how to do the events. If students are not properly prepared to participate in their events with appropriate technique, they will not be permitted to compete. There are many resources available to support instruction in Track and Field, please make sure your students are properly trained before registering them for their events.

COMPETITION RULES

1. **Spiked shoes are not permitted.**
2. TRACK EVENTS: Students **must** check in with the clerk of course **10 minutes before** the start of the track events. At the start line, students must line up by school, they will be assigned a heat and lane randomly at that time.
3. FIELD EVENTS: Students **must** check in with the field event officials **10 minutes before** the start of the field events. They will be given their order at that time.
4. **Please see following page for technical rules for all events**

SUPERVISION AND VOLUNTEERS

Each participating school is required to have at least 1 adult supervisor/coach for their students AND provide, upon request, 2 adult officials to help for the entire event. Adult officials will be assigned to an event and are expected to help at that event for the day.

Upon arrival, designate a “meeting spot” for your students. Please leave the area clean.

COACHES MEETING

There will be a coaches meeting prior to the start of the day (9:00am). The Meet Director will go over some important details, so please make sure your school is represented.

CLOTHING

Each school must have their students clearly and easily identifiable with a school t-shirt.

Please make sure that students are dressed appropriately for the weather and make sure to come prepared for rain. It is recommended that students have warm clothes to wear before and after their events.

ATHLETIC THERAPIST AND FIRST-AID

There will be an athletic therapist on site. Regardless, schools should have a first aid kit, as well as the appropriate telephone and Medicare numbers for their participants

EVENT SPECIFICATIONS

FIELD EVENTS

JAVELIN

- The run up distance is 10-15 feet.
- All students use the 400g plastic javelin
- Participants may not cross the line at any time.
- Tip of javelin must touch the ground first for throw to count
- Participants have three (3) tries, time permitting.
- Javelin must be thrown in a straight line, like an arrow (and NOT go end over end or helicopter)
- Throw for distance, measure from the spot where the javelin tip first touches the ground.

SHOT PUT

- The circle is 2 meters in diameter.
- Participants use a 2 kg shot put
- Participants may not cross the *stop board* at any given time and must exit from the rear of the circle.
- Participants have three (3) tries, time permitting.
- Shot must be pushed - not thrown. That is, the competitor should not be leading with his/her elbow (*the elbow should be pointing downwards or sideways, not forward*).
- The shot may not be brought behind the line of the shoulder.

*N.B. If a participant **throws** the shot, it is considered a fault and the attempt is disallowed. Aside from the risk of injury to the shoulder, it places the participant who uses proper technique at a great disadvantage.*

A safety official should be designated to marshal students around and not through this area. This official should be separate from the two officials measuring. (Pylons and barriers to be set up around the Shot area.)

LONG JUMP

- Jumper has two (2) tries. Jumper will be awarded an extra if necessary to record a legal jump.
- Jumpers must have a toe on or behind the board - NOT OVER.

- If a jumper passes the board, oversteps take-off point, the distance will not be recorded for that try.
- Measurement is taken from the take-off board to the part of the body closest to the starting line or board (if a competitor falls or steps backwards, the mark made by doing so is the one to be measured)
- It is a foul if the competitor:
 - Steps past the edge of the board or line on take-off
 - Touches the ground beyond the board or line during the run-up (however they are permitted to stop their run before the board or line and re-start the attempt)
 - After a completed jump, walks back through the landing area (towards the take-off point)

HIGH JUMP

The starting heights are the following:

- Grade 5: 90 cm (39")
- Grade 6: 95 cm (40")
- Each participant has three (3) tries at the "starting standard" height, followed by two tries only at all subsequent heights. Each student must have jumped at the same height before a jumper can jump for the second and third tries (*if necessary*), UNLESS the jumper is at another event.
- The bar is raised 5 cm (2") in each round until there are 5 jumpers left in competition. At this time, the bar is raised 2.5 cm (1").
- Two (2) consecutive misses after the initial jump height and the student is eliminated from further competition.
- If a tie occurs at the end of the competition, the competitor with the least number of failures at the "last" height that was successfully jumped, wins.
- If a tie still occurs, the jumper with the lowest total number of jumps (*whether successful or not*) throughout the competition — up to and including the height last cleared — shall be forwarded to the higher place.

TRACK EVENTS

80 METRE SPRINT

- Runners must stay in their lanes for the complete duration of the run
- Please train runners to stay in their lanes upon completion of the run until they are sure that they will not be cutting off other runners when exiting the track.

150 METRE RUN

- This will be a staggered start
- Runners must stay in their lanes for the duration of the run.

800 METRE RUN

- **IMPORTANT:** Please train your runners well. This is a tough race! While other distances can be inclusive to a variety of running levels, students entered in the 800 meter event should be proficient runners.
- Only two boys and two girls will be permitted at each age group.
- This will be a group start. Runners are allowed to cut in only after reaching the first corner. (*Penalty: Disqualification*)

60 METRE HURDLES

- 5 hurdles are spaced 7.5 meters apart (e.g. *start 12 metre run - 5 hurdles - 13 metre finish*)
- Hurdle height (for Grade 5 & 6) - 27 inches

4 X 100 METRE RELAY

- The teams consist of 4 boys and 4 girls per grade level (boys' team, girls' team).
- No individual may participate in more than one Relay.
- Relay team members must know and have practiced their running order in advance (Lead, 2nd runner, 3rd runner, anchor)
- Relay participants must know, in advance, the lane and heat that has been designated for their school and their number- the order they are running in (number 1 starts race, anchor is number 4 runner).
- Runners must stay in their lanes until all other runners have passed (*especially immediately after making baton transfers*). Disqualification for not staying in lanes or cutting off a runner after the exchange.
- Anchor person is responsible for picking up ribbons (1st, 2nd, 3rd) to hand out to the rest of his/her team.
- Make sure to bring your own batons, preferable one for each relay team.

2026 Track & Field Planning Sheet (Boys)

Track Event	#	Gr 5 Boys	Grade 6 Boys
60 M HURDLES	1		
	2		
	3		
	4		
80 M SPRINT	1		
	2		
	3		
	4		
150 M RUN	1		
	2		
	3		
	4		
800 M	1		
	2		
4 x 100 M	R1		
	R2		
	R3		
	R4		
	A1		
	A2		
FIELD EVENT	#		
HighJump	1		
	2		
	3		
	4		
LongJump	1		
	2		
	3		
	4		
Shot Put	1		
	2		
	3		
	4		
Javelin	1		
	2		
	3		
	4		

2026 Track & Field Planning Sheet (GIRLS)

Track Event	#	Gr 5 GIRLS	Grade 6 GIRLS
60 M HURDLES	1		
	2		
	3		
	4		
80 M SPRINT	1		
	2		
	3		
	4		
150 M RUN	1		
	2		
	3		
	4		
800 M	1		
	2		
4 x 100 M	R1		
	R2		
	R3		
	R4		
	A1		
	A2		
FIELD EVENT	#		
HighJump	1		
	2		
	3		
	4		
LongJump	1		
	2		
	3		
	4		
Shot Put	1		
	2		
	3		
	4		
Javelin	1		
	2		
	3		
	4		