

# 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

5<sup>th</sup> grade Boys--600 meter

5<sup>th</sup> 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