



## BCRD Track Meet Guidelines:

### Relays

- Participants on relay teams must be the correct age and gender for the event; the only exception will be a participant racing up in age.
- Substitutions of team members the day of the event are limited to emergencies.
- Teams must be submitted prior to Wednesday before the meet. No teams will be added to the starting list the day of the event.

### Hand off Relay

- Arrows on track indicate hand off zone of baton. If a baton drops, pick it up and keep going. If it drops wildly outside of the zone, it may not qualify as a time or placement.

### Lanes

- Running out of a lane: DQ
- Only event that kids can cut into lanes: 800

### Softball throw

- Throws will be measured based on where the ball hits the ground.
- Participants will be required to stay behind the throw line.
- Each Participant will get two attempts and will be scored on the longest throw.

### Long jump:

- Each participant will get two back-to-back attempts and will be scored on the longest Jump.
- Standing long jump (1<sup>st</sup>/2<sup>nd</sup> graders): Participants must stand behind a designated line or marker before attempting the jump. The jump should be with both feet together, without a run-up or step before the jump. All jumps will be scored from the jump line to the first contact with the sand.

- Running long jump (3<sup>rd</sup> – 6<sup>th</sup> graders): Participants can jump with a run-up and step, which must take place behind the line. Jump is marked from the point of contact closest to the jump line. If the jumper falls backwards, onto hands, jump is measured to handprints.

False start:

- False starts will be called by the starter. In the event of a false start, participants will be sent back to the start line.

Timing of event:

- The event schedule will be posted the week of the Track Meet based on registration numbers. We ask that you use this as a guideline as things are likely to run ahead or behind schedule.