



2019 Youth Track and Field:

Meet Dates

K-4th: 4/4, 4/25, 5/9

5th-8th: 4/11, 5/2, 5/16

(No meets 4/15-4/19 due to Spring Break)

Ribbon Meet: Saturday 5/18 **K-4th** 9:00 AM, **5-8th** 11:30 AM

Where/When

Harrison Stadium 1674 3rd Ave, Oroville, CA 95965

Event will start at 4:00 PM sharp, please have runners warmed up and ready to run by 3:50 PM.

School Team Volunteers

Every school **must** provide **3 volunteers per meet**. This volunteer can be an assistant coach, parent, young adult, etc. Volunteers will help coordinate the event by timing runners, measuring distances for field events and helping get the participants ready for their race.

Process

All participants will receive a runners bib with a number on it at the first meet from their coach or an FRRPD staff member. This number will be our way of knowing who the participant is, they must wear the bib at every track meet throughout the season. Participants will only be assigned **1** number for the entire season, if lost it will need to be replaced. Each participant can participate in at most 4 individual events per meet. We will always go in the same order of races. This order is in the same order as listed below. The field events can be done during any open period during the meet.

Rules

All Relay races will be broken up by male/female and grade **except** for the 4x100 Meter Relay. This events will be for K-4th grade runners who want to participate and more of a 'for fun' team event. Ribbons will not be given out for the relay at final meet.

Events

<u>K-4th</u>	<u>5th-8th</u>	<u>Grade Break Up</u>
50 Meter Dash	100 Meter Dash	K
100 Meter Dash	1600 Meter Run	1-2
200 Meter Dash	200 Meter Dash	3-4
4x100 Meter Relay	400 Meter Dash	5-6
Softball Throw	4x100 Meter Relay	7-8
Long Jump	Long Jump	
	Triple Jump	
	Shot Put	