

2023 Elementary Track and Field		
Time	Event Description	Time
9:00 am - 9:15 am	Check in for all schools/ all students line up on the track. Students march around the track	9:00 am - 9:15 am
9:15 am - 9:30 am	Students seated in the bleachers by school.	9:15 am - 9:30 am
9:30 am - 9:45 am	Welcome, formal introduction, preview the day.	9:30 am - 9:45 am
9:45 am (Ongoing)	Softball Toss Welcome, formal introduction, preview the day.	9:45 am (Ongoing)
9:45 am (Ongoing)	Standing Broad Jump Students will get two attempts - the best one counts. The student's foot must not cross over the scratchboard. If this occurs, it will count as an attempted jump but the score will not be recorded. The jump will be measured from the front edge of the scratchboard to the part of the body that lands closest to the scratchboard. It is critical that students do not fall backward! First, Second, and Third (Boys and Girls)	9:45 am (Ongoing)
9:45 AM	100 Meter Run Runners must stay in assigned lanes Winner from each heat and top 8 times will advance to semifinals. Top 4 from each semifinal heat will advance to the Finals.	9:45 AM
	Boys	
	Heat IA - Heat 4B	
	Girls	
	Heat IA - Heat 4B	
10:30 AM	400 Meter Run This is a staggered start; runners must stay in their own lane. The winner of each heat and the four fastest times will advance to the Finals.	10:30 AM
	Boys	
	Heat IA - Heat 4A	
	Girls	
	Heat IA - Heat 4A	
11:00 AM	4 x 100 Relay This is a staggered start, runners must stay in assigned lanes. We do want students to be moving when making the exchange. We will not disqualify a team for exchanging the baton outside the passing zone, but of course, we prefer that the exchange take place within the zone. The winner of each heat will advance to the Finals	11:00 AM
	Boys	
	Heat IA - Heat 4B	
	Girls	
	Heat IA - Heat 4B	
11:45 AM	100 Meter Semifinals (Boys then girls.)	11:45 AM
12:00 PM	Tug of War (Middle of the field.)	12:00 PM
	Each school will have two teams of five students to compete. (A girls' team and a boys' team) The team that moves the marker over the hash mark first-Wins! No gloves or other assistive measures may be used. Single elimination bracket. The brackets will be done via a blind draw. Winners advance - just one attempt per bracket.	
12:30 PM	400 Meter Finals (Boys then girls.)	12:30 PM
12:45 PM	100 Meter Finals (Boys then girls.)	12:45 PM
1:00 PM	4 x 100 Relay Finals (Boys then girls.)	1:00 PM
1:30 PM	Awards/Closing	1:30 PM
1:45 PM	Clean up and head to buses.	1:45 PM