

**6<sup>th</sup> Grade Pre-Athletics Track Meet**  
**BISD Stadium 5:45 PM Thur. May 9<sup>th</sup>**

**GENERAL INFORMATION:**

- \*Athletes will arrive between 5:00-5:15. Warm-Up will begin at 5:20pm.
- \*Must be in Pre-Athletics to participate.
- \*Parents/Spectators must remain in the stands and are not allowed on the field/track.
- \*Athletes may leave with parents at the conclusion of their last event. No sign-out required.
- \*Long Jump begins at 5:45pm, Mile begins at 6:00pm.
- \*4x100 will start when LJ is over.
- \*1600 M participants cannot Long Jump.
- \*Awards: Ribbons will be awarded for places 1-6, every heat will receive ribbons.
- \*PARTICIPATION LIMITATIONS:
  - 2 event maximum - Long Jump does not count against participation total, therefore those athletes may have 3 events.
  - Organized from fastest to slowest athlete (the first heat will be the fastest).
- \*Each school is responsible for their entries from fastest to slowest.
- \*Coaches from each school will help heat and lane athletes.
- \*No times on athletes (ribbon meet).
- \*No Blocks-Whistle will replace starting pistol to start events.
- \*Wear Pre-Athletic Uniform.

**ORDER OF EVENTS:**

- Long Jump @ 545pm
  - 6 athletes per gender
- 1600M Run @ 6pm
  - 10 athletes per gender ○ Double Waterfall (15 outer / 15 inner)
  - Time cap of 10:00 is our goal for assigning this event
- 4x100M Relay
  - Minimum ONE team - max TWO teams per gender
  - Yellow Exchange Zones ○ Lane Assignments - North 1 & 4, South 2 & 5, Voss 3 & 6
- 100M Hurdles
  - 8 athletes per gender (24 total per/4 heats) - fastest to slowest
  - Lanes 1 - 6 (4 heats per gender - 8 total heats)
  - Hurdles 1,3,5,7,9 only (5 total) fastest to slowest organized
- 100M Run
  - 11 athletes per gender - fastest to slowest
- 4x200M Relay
  - Minimum ONE team max TWO teams per gender

- Green Exchange Zones leg #2 & leg #3 - Yellow Exchange Zone leg #4
- Lane Assignments - North 1 & 4, South 2 & 5, Voss 3 & 6
  
- 400M
  - 11 athletes per gender - fastest to slowest
  
- 200M Hurdles
  - 8 athletes per gender (24 total per/4 heats)
  - Lanes 1 - 6 (4 heats per gender - 8 total heats)
  - 300m hurdle # 4,5,6,7,8 only (5 total) - White triangles
  
- 200M
  - 11 athletes per gender - fastest to slowest
  
- 800M
  - 7 athletes per gender - fastest to slowest
  - 3 per lane - break in at 100m mark
  
- 4x400M Relay
  - Minimum ONE team max TWO teams per gender
  - Blue exchange zones ○ Lane Assignments - North 1 & 4, South 2 & 5, Voss 3 & 6

Thanks,

Pre-Athletic Coaches

Coach Ballenger- [jack.ballenger@boerneisd.net](mailto:jack.ballenger@boerneisd.net)

Coach Alcala- [alexandro.alcala@boerneisd.net](mailto:alexandro.alcala@boerneisd.net)