

# 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> Grade Boys and Girls G.T.A.Y.A.L. Track & Field

The Children's House will be participating in the new Grand Traverse Area Youth Athletic League (G.T.A.Y.A.L.) track program this spring. G.T.A.Y.A.L. includes Elementary schools from all over Traverse City and Grand Traverse Region.

- The Clinic on April 12<sup>th</sup> is for Field from 4:30 until 5:30 at Saint Elizabeth Ann Seaton Junior High School.
- The meets will begin the week of April 22<sup>nd</sup>-May 17<sup>th</sup> 5:30-7:30PM
- All meets begin at 5:30pm and are held at Saint Elizabeth Ann Junior High. Students should plan to arrive 20-30 minutes before hand to get warmed up and check in.
- All League Meet is the week of May 20<sup>th</sup>, 21<sup>st</sup>, & 22<sup>nd</sup> (M, T, and W) and Thursday May 23<sup>rd</sup> is the rain day if needed.
  - The All League Meet format has been modified to have all 4<sup>th</sup> graders run Monday, then all 5<sup>th</sup> graders on Tuesday and 6<sup>th</sup> graders on Wednesday. Each grade will have their own meet which should make these meets move as quickly as the regular season meets and improve competition for each grade level and give athletes more opportunities to medal. If it should rain on a particular grade's meet we will run that meet on Thursday.
- Cost is \$25 per athlete, and each due by April 5.

## EVENTS:

One person may enter no more then 3 events and no more then one event per group (A, B, C, D)

A	B	C	D
55M Hurdles	400M Run	Long Jump	4 <sup>th</sup> Grade Relay
55M Dash	800M Run	Triple Jump	200M Relay
100M Dash	1 Mile Run	Shot Put	400M Relay
200M Dash			800M Relay

## Rules:

- Starting blocks mandatory for hurdles, 55M and 100M dashes and strongly encouraged for 200M
- Field event participants will receive 3 attempts, and will be run in flights of 5 athletes at a time
- All athletes off the track unless competing. Athletes are to wait in the corral near the starting line
- Long hair should be in a ponytail with a rubber band, no bobby pins, but barrettes are acceptable
- No hats, jewelry or bandanas. Post or starter ear rings are allowed, but no dangly or hoop style ear rings
- no spikes

## Order of Events

1. Field Events begin at 5:15pm
2. 1600 meter run (1 mile)
3. 55 meter hurdles
4. 55 meter dash
5. 100 meter dash
6. 200 meter dash
7. 4<sup>th</sup> grade relay (200M)
8. 200 meter relay
9. 400 meter relay
10. 400 meter run
11. 800 meter run (1/2 mile)
12. 800 meter relay