



2026 TRACK & FIELD RULES & PROCEDURES

Revised 4/15/26

Order of Race Events

Hurdles, 1600m, 100m, 400m, **800m, 200m**,
4x100m Relays (one relay team per grade per gender)

Order of Runners

Girls 8th \ Boys 8th \ Girls 6th & 7th \ Boys 6th & 7th

Check In Process

Runners check in at the Check In Tent **prior** to their race to receive their **HIP NUMBERS** - worn on **left** hip pocket. Field Event check in is at the Field Event.

High Jump

- Girls must get their jumps in within the **first 90 minutes** of the Meet. Boys must get their jumps in the **last 90 minutes** of the Meet.
- *For example:* Meet starts at 9am - Girls jump from 9-10:30am and Boys jump from 10:30am-12pm.
- 1 practice jump and 2 attempts - must be taken **consecutively**.
- Jumper stays until they don't clear after 2 attempts. **Opening height** for girls is 3'6" and 3'.8" for boys. The bar is raised 1" per round.

Long Jump

- Girls must get their jumps in within the **first 90 minutes** of the Meet. Boys must get their jumps in the **last 90 minutes** of the Meet.
- *For example:* Meet starts at 9am - Girls jump from 9-10:30am and Boys jump from 10:30am-12pm.
- 1 practice jump and 2 attempts - must be taken **consecutively**.
- Jumps are measured from the nearest edge of the **takeoff board** to the nearest **break** in the sandpit, made by any part of the body.

Shot Put

- Girls must get their throws in within the **first 90 minutes** of the Meet. Boys must get their throws in the **last 90 minutes** of the Meet.
- *For example:* Meet starts at 9am - Girls throw from 9-10:30am and Boys throw from 10:30am-12pm.
- **No practice** throws. 2 throws allowed - must be taken **consecutively**.
- Girls throw 6lbs shot put, Boys throw 8lbs shot put
- Throws are measured from the **inside edge** of the stopboard/metal ring to the nearest edge of the landing mark



For more details and updates about these events, please email Trish Figueroa @ tfigueroa@BGCGreaterTogether.org

GREAT ATHLETES START HERE.