

## 2026–S.H.S. Track Meet Rules

- There will be a \$200 entry fee for each school. If possible, please mail a check to Salome High School prior to the meet. Otherwise, please give the check to Mr. McCarty when you arrive to the meet.
- Field events will consist of three tries – the best of the three will be taken.
- 7<sup>th</sup> and 8<sup>th</sup> graders are one group – Junior High (JH).
- 5<sup>th</sup> and 6<sup>th</sup> graders are one group.
- There will be no preliminaries. The fastest from each school will be asked to be in the first heat of each race. The winner will be determined by time.
- Field events will begin at 9:00 a.m.
- Running events will begin at 9:30 a.m. (prior to the start of the running events the SHS track members will make themselves available to assist any athletes with the setting of blocks, and will explain the exchange zone for those who are interested).
- Field event athletes **must have** an adult coach present while warming up.
- Each school will provide their own equipment; prior arrangements **must be** made if there is a need to borrow SHS equipment.
- If you would like to try digital entry: <https://www.athletic.net/TrackAndField/meet/539597/teams>
- Athletes are ONLY allowed to participate in FOUR (4) events. If an athlete participates in more than FOUR (4) events, his or her points will be forfeited in all events.
- Each school can have up to FOUR (4) athletes in an event. Only ONE (1) relay team per school per event.
- All high jumpers are to jump off of ONE (1) leg.
- All athletes must wear appropriate athletic clothing and shoes when participating in an event.
- It is the responsibility of the teacher/coach to ensure that each athlete is wearing a sticker that lists the participant's first and last name, school, and event(s).
  - If an athlete DOES NOT PROVIDE this information at an event, his or her time/jump/throw/etc. will not be recorded!
- No water may be given to athletes while they are participating in a running event. Doing so will result in disqualification of the athlete.
- No one may run on the inside of the track, along with the participant, to encourage them. Please advise parents of this rule. Cheering for a participant is always encouraged.
- Please remind the parents that they are to remain in the stands at all times.
- In the event of an appeal, the ruling of the meet director is final.
- We hope that everyone has an enjoyable experience at the “Home of the Fighting Frogs.”

**S.H.S. Track Meet  
Order of Events  
March 31, 2026**

**Field Events:**

High Jump - Boys 5th-8th	Girls to Follow
Long Jump - Girls 5th-8th	Boys to Follow
Shot Put - Boys 5th-8th	Girls to Follow
Disc Throw - Girls 5th-8th	Boys to Follow

Note: 5th and 6th (combined) will throw/jump first, followed by the 7th and 8th (combined)

**Running Events:**

5&6	100m Dash - Boys
5&6	100m Dash - Girls
JH	100m Dash - Boys
JH	100m Dash - Girls
JH	1600m Run - Boys
JH	1600m Run - Girls
5&6	400m Relay (4x100) - Boys
5&6	400m Relay (4x100) - Girls
JH	400m Relay (4x100) - Boys
JH	400m Relay (4x100) - Girls
5&6	400m Run - Boys
5&6	400m Run - Girls
JH	400m Run - Boys
JH	400m Run - Girls
5&6	200m Dash - Boys
5&6	200m Dash - Girls
JH	200m Dash - Boys
JH	200m Dash - Girls
5&6	800m Run - Boys
5&6	800m Run - Girls
JH	800m Run - Boys
JH	800m Run - Girls
5&6	800m Relay (4x200) - Boys
5&6	800m Relay (4x200) - Girls
JH	800m Relay (4x200) - Boys
JH	800m Relay (4x200) - Girls