4th Grade Score Sheet

Team Name

Coach

Date

Athlete		High Jump											Running Long Jump			Shot Put			800M	100M Hurdles	Medley Relay	100M	400M	200M	4x100 Relay	Mile
		Made / Miss	Ft 3	Inches 2	Inches 4	Inches 6	Inches 8	Inches 10	Inches 12	Ft 4	Inches 2	Inches 4	Inches 6	Inches 8	1st	2nd	3rd	1st	2nd	3rd							
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Coach's Meet Day Notes

Be sure to do "Warm-up" exercises first.

Complete Field Events First, Running Events will Follow.

Encourage athletes to participate in at least 2 field events and 3 track events.

Shot Put

4lb shot for 4th grade; 6lb shot for 5th and 6-8th grade.
Each athlete takes three consecutive throws. Measure and record best throw.
Ribbons - 1st thru 3rd By Gender, By Grade Category.

Long Jump

Three Jumps. Circle Best Jump.
Ribbons - 1st thru 3rd By Gender, By Grade Category.

Track Events

Follow schedule - see list above.
4th grade girls / boys, 5th grade girls / boys, etc.
Ribbons - 1st thru 3rd by Heat.

High Jump

Each athlete is allowed **2 misses** for the **event**.
Each athlete must clear a height before attempting next height.
Ribbons - 1st thru 3rd By Gender, By Grade Category.

Sprint Medley Relay

1st leg 100M 2nd leg 100M 3rd leg 200M 4th leg 400M.
If you have "extra" runners, feel free to combine with other teams.
Ribbons - 1st thru 3rd by Heat.

4x100M Relay

All four legs 100M.
If you have "extra" runners, feel free to combine with other teams.
Ribbons - 1st thru 3rd by Heat.

5th Grade Score Sheet

Team Name

Coach

Date

Athlete	Shot Put			High Jump													Long Jump			800M	100M Hurdles	Medley Relay	100M	400M	200M	4x100 Relay	Mile
	1st	2nd	3rd	Made	Ft	Inches						Ft	Inches				1st	2nd	3rd								
				Miss	3	2	4	6	8	10	12	4	2	4	6	8											
				Made																							
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Coach's Meet Day Notes

Be sure to do "Warm-up" exercises first.

Complete Field Events First, Running Events will Follow.

Encourage athletes to participate in at least 2 field events and 3 track events.

Shot Put

4lb shot for 4th grade; 6lb shot for 5th and 6-8th grade.
Each athlete takes three consecutive throws. Measure and record best throw.
Ribbons - 1st thru 3rd By Gender, By Grade Category.

High Jump

Each athlete is allowed **2 misses** for the **event**.
Each athlete must clear a height before attempting next height.
Ribbons - 1st thru 3rd By Gender, By Grade Category.

Long Jump

Three Jumps. Circle Best Jump.
Ribbons - 1st thru 3rd By Gender, By Grade Category.

Sprint Medley Relay

1st leg 100M 2nd leg 100M 3rd leg 200M 4th leg 400M.
If you have "extra" runners, feel free to combine with other teams.
Ribbons - 1st thru 3rd by Heat.

Track Events

Follow schedule - see list above.
4th grade girls / boys, 5th grade girls / boys, etc.
Ribbons - 1st thru 3rd by Heat.

4x100M Relay

All four legs 100M.
If you have "extra" runners, feel free to combine with other teams.
Ribbons - 1st thru 3rd by Heat.

6-8th Grade Score Sheet

Team Name

Coach

Date

Athlete	Long Jump			Shot Put			High Jump												800M	100M Hurdles	Medley Relay	100M	400M	200M	4x100 Relay	Mile
	1st	2nd	3rd	1st	2nd	3rd	Made	Ft	Inches						Ft	Inches										
							Miss	3	2	4	6	8	10	12	4	2	4	6	8							
							Made																			
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Coach's Meet Day Notes

Be sure to do "Warm-up" exercises first.

Complete Field Events First, Running Events will Follow.

Encourage athletes to participate in at least 2 field events and 3 track events.

Shot Put

4lb shot for 4th grade; 6lb shot for 5th and 6-8th grade.
Each athlete takes three consecutive throws. Measure and record best throw.
Ribbons - 1st thru 3rd By Gender, By Grade Category.

High Jump

Each athlete is allowed **2 misses** for the **event**.
Each athlete must clear a height before attempting next height.
Ribbons - 1st thru 3rd By Gender, By Grade Category.

Long Jump

Three Jumps. Circle Best Jump.
Ribbons - 1st thru 3rd By Gender, By Grade Category.

Sprint Medley Relay

1st leg 100M 2nd leg 100M 3rd leg 200M 4th leg 400M.
If you have "extra" runners, feel free to combine with other teams.
Ribbons - 1st thru 3rd by Heat.

Track Events

Follow schedule - see list above.
4th grade girls / boys, 5th grade girls / boys, etc.
Ribbons - 1st thru 3rd by Heat.

4x100M Relay

All four legs 100M.
If you have "extra" runners, feel free to combine with other teams.
Ribbons - 1st thru 3rd by Heat.

Sample Track and Field Score Sheet

Team Name

Coach

Date

Athlete		High Jump												Shot Put			Running Long Jump			800M	100M Hurdles	Sprint Medley Relay	100M	400M	200M	4x100 Relay	1600M
		Ft	Inches						Ft	Inches																	
		3	2	4	6	8	10	12	4	2	4	6	8	1st	2nd	3rd	1st	2nd	3rd								
Sample Trackster	Made		x	x	x									16' 8"	18' 2"	17' 5"	11'	10' 9"	12' 2"		X	X		X			X
	Miss			✓		✓																					
	Made																										
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Coach's Meet Day Notes

Be sure to do "Warm-up" exercises first.

Complete Field Events First, Running Events will Follow.

Encourage athletes to participate in at least 2 field events and 3 track events.

Team Warm-up: 10-12 minutes @ "Easy" Effort

400M jog (2 1/2 to 3 minutes).

Motion

"A-Kicks" 30-40 meters.
"A-Skips" 30-40 meters.
"B-Kicks" 30-40 meters.
Karaoke 30-40 meters.

Static

Head, Hip and Arm Circles.
Legs together, bend @ waist, touch ground.
Right over left, bend @ waist, touch ground; switch legs.
Butterfly - sit, feet together, bend over - stretch groin.
Hurdler - one leg forward, other back - lean forward, then back; both legs.
Supine - grab bent left leg to chest; both legs.
Achilles stretch against fence - left and right.

Field Events

Allow and encourage a practice attempt.

Shot Put

4lb shot for 4th grade; 6lb shot for 5th and 6-8th grade.
Three throws. Circle Best Jump.
Ribbons - 1st thru 3rd By Gender, By Grade Category.

Long Jump

Three Jumps. Circle Best Jump.
Ribbons - 1st thru 3rd By Gender, By Grade Category.

High Jump

Each athlete is allowed **2 misses** for the **event**.
Ribbons - 1st thru 3rd By Gender, By Grade Category.

Track Events

Follow schedule - see list above.
4th grade girls / boys, 5th grade girls / boys, etc.
Ribbons - 1st thru 8th by Heat.

Sprint Medley Relay

1st leg 100M 2nd leg 100M 3rd leg 200M 4th leg 400M.
If you have "extra" runners, feel free to combine with other teams.
Ribbons - 1st thru 8th by Heat.

4x100M Relay

All four legs 100M.
If you have "extra" runners, feel free to combine with other teams.
Ribbons - 1st thru 8th by Heat.