

Section 4 Track and Field: Participants in each grade may enter five events, but not more than three running events. The host school will determine the number of contestants per event, not to exceed four contestants and two relays teams per event. Each team will be limited to entering three contestants per event and one relay team per event for the District Meet.

7TH & 8TH Grade Boys (No false start rule, first false start to the field)

- 400 meter relay
- 800 meter run
- 100 meter hurdles (36")
- 100 meter dash
- 800 meter relay
- 400 meter dash
- 300 meter hurdles (30")
- 200 meter dash
- 1600 meter run
- 1600 meter relay
- 2400 meter run – Non District - 7th Grade Boys & 7th Grade Girls together, 8th Grade Boys & 8th Grade Girls run together; At the District Meet - each division is run separately
- High Jump – Non-District 7th Grade - 4'4", 8th Grade - 4'6" / District – 7th – 4'6", 8th 4'8"
- Long Jump – Three (3) jumps, No finals
- Shot Put - Four (4) Kilo Shot, Non-District 2 x 2 Throws / District Three (3) throws, No finals
- Pole Vault – Non-District - 7th Grade - 7'0", 8th Grade - 8'0" / District – 7th -7'6", 8th - 8'6"
- Discus – Non-District 2 x 2 Throws / District Three (3) throws, No finals
- Triple jump – Three (3) jumps, No finals

7th & 8th Grade Girls (No false start rule, first false start to the field)

- 400 meter relay
- 800 meter run
- 100 meter hurdles (30")
- 100 meter dash
- 800 meter relay
- 400 meter dash
- 300 meter hurdles (30")
- 200 meter dash
- 1600 meter run
- 1600 meter relay
- 2400 meter run – Non District - 7th Grade Boys & 7th Grade Girls will run together, 8th Grade Boys & 8th Grade Girls will run together; At the District Meet - each division is run separately
- High Jump – Non-District - 7th Grade - 4'0", 8th Grade - 4'2" / District – 7th 4'2", 8th – 4'4"
- Long Jump – Three (3) jumps
- Shot Put – Six (6) pound Shot, Non-District 2 x 2 throws / District - Three (3) throws, No finals
- Pole Vault – Non-District - 7th Grade - 6'0", 8th Grade - 6'6" / District – 7th – 6'6", 8th – 7'0"
- Discus – Non-District 2 x 2 Throws / District three (3) throws, No finals
- Triple Jump – Three (3) jumps, No finals