

# JUNIOR OLYMPICS EVENTS

All contestants are to remain in their assigned area until called to the staging area. Respect the views of those around you and stay within the roped areas for viewing purposes. Please encourage adults, other than coaches, to do the same because creeping out of the areas has a compounding effect as it goes down the row.

A student may participate in two events maximum which can include two relays if one is the coed shuttle run. Otherwise a student is limited to one relay.

Each school may select two participants of each gender for each mile race.

## EVENT GUIDELINES

### MILE RUN

This event is run by grade level with boys and girls running together. Encourage students to pace themselves and not to go out too fast. Care must be taken not to interfere with other runners. **(All participants must be pre-qualified and enrolled)**

### 50 YARD DASH

Contestants must run in their lane throughout the entire race. Encroachment into another's lane may result in disqualification of the offender. Races are grade and gender specific.

### 880 RELAY

This relay will have a staggered start and must be run in lanes for the first lap (positions) 1 and 2.

The third (3rd) runner may break to the inside lane after receiving the baton. Caution must be exercised not to interfere with another runner.

The fourth (4th) runner will receive the baton according to team position. If a team is in first upon approaching the fourth position the fourth runner will line up in the inside lane for the baton pass, etc.

## MILE RELAY

This relay will have a staggered start and the first runner must stay in his lane for the first lap. Runners 2, 3, and 4 may go to the curb.

## COED SHUTTLE

This is an eight (8) person relay with an equal number of boys and girls. Contestants are to stay in their lanes and not pass the line until they receive the baton.

## STANDING BROAD JUMP

Jumpers will get two jumps and the best jump of the two will determine the winner. A jump is considered zero distance if the jumper exceeds the front edge of the take-off board.

## SOFTBALL THROW

Contestants will be permitted two throws, and the best of the two will be used to determine the winners. Both distance and accuracy will be used to determine the distance of each throw.

## Junior Olympics Code of Conduct

1. All spectators (parents and student) will remain in their assigned areas during the competition. Students will NOT be allowed to sit in areas designated for other schools, on stairways or standing next to the fence separating the field from the stands. Parents are to remain in the stands on either side of the track.
2. All participants will remain in their assigned areas, within the confines of the ropes, during the competition.
3. Students can and should bring beverages in paper (juice) or plastic (water) containers. **NO GLASS BOTTLES** are allowed either on the field or in the stands. Classes and Teams may bring large containers of liquid and cups to serve their students.
4. If a student needs to use the restroom, he/she should obtain permission from his/her teacher. Only one student at a time per class should be excused to use the restroom. Team members should be escorted across the track to insure no interference in ongoing events.
5. Students will be the guest of the Victor Valley High School District and should be on their best behavior. Good manners and a good sportsmanship attitude should be displayed during this annual event. Cheering is encouraged, as are positive, constructive comments to all participants.
6. Students will clean up their assigned areas on the field and in the stands. Students should place all trash in designated trash containers. Participants and observers are encouraged to bring garbage bags to insure we leave Victor Valley cleaner than we found it. A general clean up of the area should be done before students leave the stands and or field area at the end of the competition.