

DESCRIPTION OF JUNIOR OLYMPICS SCHEDULE AND EVENTS

We need to have all participants ready for opening ceremonies at 8:45AM in the MVHS main parking lot. The opening ceremony begins at 9:00 am with a parade of all district participants around the high school track. Individual events begin at 9:35 am, with the exception of the early morning 1320 run, which takes place prior to Opening Ceremonies on the day of Junior Olympics. Participants in the **1320 event** should plan to be at Mountain View High School no later than **7:30 am on April 24**. Events conclude in the early afternoon allowing all families and students to observe the relay team competitions. Participants receive a souvenir award and first through sixth place ribbons will be awarded in all events. The "Covington School Tent" will be available for students to congregate and "take a break".

Please remember, your kids need guidance in good rest, nutrition, and the benefits of training and appropriate, safe attire. And, you, our parent volunteers, are essential to ensuring that all event preparation tasks and event day activities are executed and completed successfully. We strongly encourage you to make this year's Junior Olympics a family event! **Come cheer on all of our fantastic children!**

Below is just an overview of the events. A detailed training guide will be distributed to volunteers at the Train-the-Trainers sessions and during training by P.E. Specialists. If you would like one, please see your school representative or call one of the chairpersons.

BASKETBALL FREE THROWS:

Score is counted by number of baskets made out of 12 attempts. 4th graders are allowed to use the 12 foot line, 5th graders are allowed to step or jump over the foul line (the 15 foot line) and 6th graders will use the 15 foot line. Two practice throws will be given.

CHIN-UPS:

Using either grasp (palms facing you or palms away from you, or mixed grip), hang from hands on a high horizontal bar so that the body is vertical and the extended toes not touching the floor or ground. By bending the elbows, raise body until the chin is raised above the bar. Relax arms, lower body until arms are fully extended before "chinning" the bar. Repeat until limit is reached. No swinging of body while chinning. One attempt is given.

STANDING LONG JUMP:

The feet may be placed in any position up to, but not touching, the starting line but shall leave the mat only once in making an attempt to jump. Rocking forward and backward, that is, lifting heels and toes alternately from the ground, is permitted but both feet must leave the mat at the same time. Measurement is made from the starting line to the nearest mark on the mat by any part of the body at the completion of the jump. (Use **heel**, not ball of foot in marking.) A separate area will be provided for practice jumps. Two official jumps are given. Judges must consistently double-check for false starts.

SOFTBALL THROW:

A softball is thrown from behind a line, and the distance is measured from the line to the first mark made by the fall of the ball. An unlimited run is permitted, but the thrower must not cross the line in making the throw. Two throws are allowed. An 11-inch softball is to be used.

30 SECOND ROPE JUMPING:

Student uses individual rope, hanging from hands at hips with rope touching the ground behind the feet (rope should be turned forward). On a signal, the student jumps as many times as possible within the time limit. It is important to anticipate the speed of counting and judgment of both feet clearing the rope at once for one count. **STUDENTS MAY JUMP WITH BOTH FEET SIMULTANEOUSLY OR IN A JOGGING FASHION, ALTERNATING FEET.** The rope clearing the feet is the count. If a student misses, he again starts with the rope behind his feet as at the beginning and the count is continued. Time: 30 seconds. One attempt is given, with the total number of jumps counted, regardless of the number of misses. This event requires two counters per jumper and a timer. The official score will be the average of the scores of the two counters.

RUNNING EVENTS

Note: No cleats, spikes, soccer shoes, track shoes, or bare feet. Students should warm up and stretch prior to each event.

75 YARD DASH:

A standing start, crouch, or sprinter's start may be used (no starting blocks are used). Runners must stay in lanes and should sprint through the finish line. If they veer into another lane or have a third false start they are disqualified.

60 YARD HURDLES:

Three sets of 24" hurdles are spaced 15 yards apart with a 15-yard run to the finish tape. Runners must stay in lanes and should sprint through the finish line. If they veer into another lane or have a third false start they are disqualified.

1320 YARD RUN:

Runners will run on grass and finish on the track. They need to run relaxed using a consistent pace. They do not have to stay in lanes but are not allowed to cut in front of and cause another runner to break stride. Please remember that this event takes place prior to Opening Ceremonies on the day of Junior Olympics. Participants in the **1320 event** should plan to be at Mountain View High School no later than **7:30 am on April 24.**

400 METER RELAY:

The 400 uses a staggered start, with each of the four runners going approximately 100 meters (4 x 100 = 400). Each team runs the whole race in its lane. The baton must be passed within the passing zone or the team is disqualified. A dropped baton can be retrieved and the race continued. When retrieving a baton or at any point in the race if a team member obstructs another team's runner (causes them to break stride) the team is disqualified.

TRAINING

Training will be initiated and run by the District P. E. Department at every school at the same time to insure that all students have an equal chance of success. Each school will train two times a week during regularly scheduled P.E. times. P.E. Specialists will be assisted by parent volunteers who attend a Training-the-Trainers session. P.E. Specialists will time each child at least once prior to formation of relay teams. Relay teams are trained by parent volunteers outside of school hours or during lunchtime and all schools will begin relay training at the same time. See Training Guidelines for more details.