

45<sup>th</sup> Annual Muscogee (Creek) Nation  
Junior Olympics  
List of Events

Track

1. 1Mile \_\_\_\_\_ Girls 12-13/14-15
2. 1Mile \_\_\_\_\_ Boys 12-13-/14-15
3. 400 Meter Relay \_\_\_\_\_ 8-9-/10-11/12-13/14-15 Girls
4. 400 Meter Relay \_\_\_\_\_ 8-9-/10-11/12-13/14-15 Boys
5. 400 Meter Dash \_\_\_\_\_ 12-13/14-15 Girls
6. 400 Meter Dash \_\_\_\_\_ 12-13/14-15 Boys
7. 200 Meter Dash \_\_\_\_\_ 10-11/12-13/14-15 Girls
8. 200 Meter Dash \_\_\_\_\_ 10-11/12-13/14-15 Boys
9. 100 Meter Dash \_\_\_\_\_ 8-9/10-11/12-13/14-15 Girls
10. 100 Meter Dash \_\_\_\_\_ 8-9/10-11/12-13/14-15 Boys
11. 50 Meter Dash \_\_\_\_\_ 6-7/8-9/10-11/12-13 Girls
12. 50 Meter Dash \_\_\_\_\_ 6-7/8-9/10-11/12-13 Boys
13. 30 Meter Dash \_\_\_\_\_ 6-7/8-9 Girls
14. 30 Meter Dash \_\_\_\_\_ 6-7/8-9 Boys

THE START

- All races shall start with a firing of a starting pistol or a whistle.
- The starting commands for the races shall be.
  1. **“On your mark”**
  2. **“Set”**, at this command all competitors will at once and without delay, assume their full and final set position in such a manner that no part of their bodies touch on or over the starting line. When all competitors are set and motionless, the starter shall fire the pistol or blow the whistle. The interval between the set command and the firing of the gun is usually on to two seconds. After a starter shall not fire the pistol.
  3. Starting violations which constitute a false start include:
    - a. Failures to comply with the starters commands.
    - b. A competitor who commits a false start shall be given one warning; a second false start will be disqualified.
    - c. If there is an unfair start, the starter or the assistant will recall the contestants by firing of a second shot.
  4. Coaches and team personnel will not be allowed in the starting area.

THE FINISH

- The competitors placed in the order in which any part of their body's torso as distinguished from head, neck, legs, feet or hand reaches the edge of the finish line.
- **Coaches parents and team personnel will not be allowed in the finish line area or by the time keepers.**
- **All the awards will be picked up and signed for by coaches at the end of the track and field events. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place team trophies will only be presented. If you cannot pick up awards they will be mailed to you.**

Relay

- Relay events, includes four (4) primary participants and one (1) alternate.
- All exchanges of the batons shall be made in the exchange zone only.
- Violation of this rule will be disqualification from the event.
- After the passing of the baton the relieved runner will stand still or jog straight ahead and step off the track when clear.

## Field Events

1. Softball Throw 6-7/8-9/10-11 Girls and Boys
2. Football Throw 10-11/12-13/14-15 Girls and Boys
3. Jump Rope 6-7/8-9/10-11 Girls and Boys
4. Tug of War 6-7/8-9 Girls and Boys
5. Long Jump 6-7/8-9/10-11/12-13/14-15 Girls and Boys

\*\*The field events will run simultaneously with track events\*\*

### **1. Softball Throw**

- Participants will have two throws from behind the line. Crossing the line will result in a scratch. The farthest spot where the softball lands in the designated area will be marked. All participants will use 11u softballs.

### **2. Football Throw**

- Participants will have two throws from behind the line. Crossing the line will result in a scratch. The farthest spot where the football lands will be marked. All throws must land on the football field between the hash marks. Ages 10-13 will use youth size football. Age 14/15 will use a regulation size football.

### **3. Jump Rope**

- Participants will jump rope for one minute. Each time the rope goes under the feet counts as one revolution. Most revolutions after one minute wins.

### **4. Tug of War**

- Tug of war includes four (4) primary participants and one (1) alternate.
- There is a mark in the middle of the rope. Another mark is made 6 feet from the center mark on either sides of the rope. The game is won when either side when the 6-foot mark crosses the center point.
- Contestants must be behind the 6-foot mark while competing. Pulling on the rope between center mark and 6-foot mark will result in disqualification.
- As mentioned earlier, the center of the rope should align with the center marked on the ground. As soon as the referee blows the whistle, each team can start pulling the rope into their territory. The objective of the game is for each team to pull the rope along with the members of opposition team to their side. As soon as the second mark on the rope from the center red mark crosses over to center line, the team to pull the rope to their area wins the game.
- The tug of war competition requires a judge. There are 3 different commands that the judge gives to the players. The judge will blow a whistle to indicate when to start pulling. The judge will also blow the whistle to indicate the event has been won.
- Gloves may be worn while competing.
- Knees or elbows cannot touch the ground.
- No wrapping of the rope around any body part during pull. This is for the safety of our athletes. **NO EXCEPTIONS!**

### **5. Long Jump**

- Each participant will get two running jumps in the long jump pit. Starting the jump from across the line will result in a scratch. The closest point of contact with their body in the long jump pit will be marked.
- Example- if they land in the pit with two feet, the back of the heel will be marked. If they land and fall backwards, the closest point will be marked.