

Websites for events:

Athletic.net/events

Coachoregistration.com

Milesplit.com

Please have an emailed list of participants and events to me by the Tuesday before each Meet.

Each meet will have different entry limits with a minimum and a max requirement.

Birth Certificates for District and State.

Practices:

The middle school practices until 5:00 and the high school 5:30.

Practices will be Monday, Tuesday, and Thursdays. You can show up early to stretch until the school practices are over. Lights will be on until 7 on those dates.

Rules:

Softball throw: 8u & 10u is an 11 inch, 12u and up is 12inch

Shot put: 6lb

Age control date: December 31<sup>st</sup>, 2026

If a child is 10 and turns 11 before December 31<sup>st</sup> they must participate in 11 & 12.

Entry limit is 3 for 8 & under. 9 & up is 4 with a max number of 8 on a relay.

In the State Meet an agency may not submit more than three entries per event in each age division, but only one 4 X 100 relay and one 4 X 400 relay.

Individual competitors may not be entered in more than three individual events, two field and one running or vice versa, plus the 2 relays in that age division.

Age groups 7-8, 9-10 and 11-12 will utilize a 300-gram javelin.

The 13-14 age group will utilize a 600-gram javelin.

## Track 2026

- Practices will be Monday, Tuesday, and Thursday from 5:30 until 6:30. Can use the white field on days that we can't get over to the track just be mindful of parking.
- Birth Certificates need to be turned in no later than March 31<sup>st</sup> & can either be emailed to [Wcollins@bremenga.gov](mailto:Wcollins@bremenga.gov) or brought by in person to make a copy!
- Entries for each meet need to be turned into coach if you plan on attending no later than the Tuesday the week of the meet! (Google Doc)
- Age Control Date is December 31<sup>st</sup>, 2025. for example, if a child is 10 and turns 11 before December 31<sup>st</sup> they must participate in 11 & 12.

## District & State Info

- Athletes can participate in three (3) events (2 running and 1 field or vice versa) and may run on both relays.
- Entries to the State Meet: District 4 gets 3 entries into the State Meet, Regardless of Agency.
- Only 1 Relay from District 4 will be entered into the State Meet in the 4x100 and 4x400
- They will need volunteers to help run the events, so please bring two or three.
- In relays, two alternate runners can be listed and they are the only ones who can substitute in case of injury or sickness.

### Track Meet Schedule:

- March 10<sup>th</sup> Heard Meet  
Location: Heard County High School
- March 14<sup>th</sup> Harris  
Location: Harris County High School  
8281 SR-116 Hamilton, Ga 31811
- March 17<sup>th</sup> Bremen Meet  
Location: Bremen Middle School
- March 21<sup>st</sup> Heard Meet (Saturday 9am)  
Location: Heard County High School
- March 24<sup>th</sup> Temple Meet  
Location: Temple Middle School
- **District:** Meet April 17<sup>th</sup> and April 18<sup>th</sup>  
Location: Carrollton High School
- April 30<sup>th</sup> Bremen Meet
- **State:** Meet May 8 and 9<sup>th</sup>  
Location: Carrollton High School