

# Jr. Olympics



Los Altos School District

## Welcome to the Junior Olympics!

**Mountain View High School**  
**Saturday, April 30, 2011**  
**8:15 am – 4 pm**

The Junior Olympic Committee has been hard at work for many months to ensure a great day for our students and their families. The Junior Olympics will be held at **MOUNTAIN VIEW HIGH SCHOOL**. Due to limited parking at the high school, we recommend that families walk, bike, and carpool as much as possible and plan to arrive early.

**Parking** — There is parking along the streets, in the two school parking lots, in the nearby church parking lot and at Oak School. Please **DO NOT** park in any of the red emergency-vehicle zones.

**Event Details** — An event map, schedule and snack bar menu are attached to this memo. It's advised to review your child's events ahead of time to plan out your day. Do not forget your child's Gardner Bullis JO t-shirt! There will be a few extra shirts at the Gardner Bullis tent to borrow for the event if needed. Maps

and schedules are also on the Gardner Bullis website and can be found in the program available for sale at the Junior Olympics.

- **Mountain View High School has a beautiful all-weather track. Please, no food, GUM, or drink on the track.**
- **Parents or guardians must accompany their children throughout the day. Parents will not be allowed on the track and can meet their child at the track exit after their event.**
- **Please leave your pets at home.**
- **Please dispose of your trash responsibly. Recycling receptacles will be available.**

**4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> graders** — In order to compete, athletes must be dressed in their school t-shirt and wearing tennis or running shoes (no cleats, no bare feet, no sandals). Your child's permission slips should have been returned to school – no permission slip – no JO. Students should wear comfortable running clothes, layered for temperature variations, and bring water and sunscreen. Breakfast and lunch items, snacks and beverages will be available for purchase throughout the day. Each school has a school tent set up on the practice fields where students and parents can meet and connect throughout the day. Bring a cooler for water, drinks, a blanket/umbrella, \$\$ to buy food.

**IMPORTANT:** Please remind athletes to keep drinking water throughout the day, especially before their event. The weather is usually hot, and there's little shade at MVHS. Often times, they will wait 5-20 minutes before their turn to compete.

**Sportsmanship** — JO is a friendly competition. Any unsportsmanlike behavior (fighting, cursing, arguing with judges, taunting, etc.) will subject athlete to disqualification or removal from JO.

## **RUNNING EVENTS**

NO cleats, spikes, soccer shoes, track shoes, track shoes with spikes removed, or bare feet. Students should warm up and stretch prior to each event. **The 1320 run will be held at 8:15 a.m. (1320 runners should plan to arrive by 7:45 am.)**

**Opening Ceremony** — **The Opening Ceremony will begin promptly at 9:00 am (Students arrive by 8:30 am).** Students should assemble near their school's colored balloons on the practice fields of the high school, next to the track. After the ceremony, students will exit the track near the school tents. Please arrange to meet your child at your school tent. All field volunteers should check in at the Information Booth to pick up their field passes. All other volunteers should report directly to your scheduled area.

**New this year: track results online!** — In addition to being posted on the track fence, results from the electronically-timed events (Dash/Hurdles/Relays) will be available online at [www.losaltostrack.com/JO](http://www.losaltostrack.com/JO). Dash and hurdles finals' qualifiers will be posted as soon as they are known. Final results will be posted at the conclusion of each afternoon race.

**GO GREEN!** — With the help of Recology and the Mountain View HS Green Team, the JO's goal is to go Ultra Green this year. Please do your part by putting your recyclables in the proper bins. We will have receptacles for paper, plastic, etc. all over the venue, so help your kids Go Green!

The Junior Olympics is a fun-filled event that includes almost 1500 participants, hundreds of cheering fans and tremendous community support. We look forward to seeing all of the athletes achieve their personal best on this day!

Anne-Sophie Stephan  
Gardner Bullis Junior Olympics Chair 2011

## **JUNIOR OLYMPICS Food Menu**

### **Breakfast Served from 8:00am to 11:00am**

*Regular & Decaf Coffee, Hot Tea, Starbucks* \$ 1.00  
*Bagels with Cream Cheese, House of Bagels* \$ 2.00

### ***Snacks Served All Day***

*Apples and Bananas, DeMartini's Orchards* \$ 0.50  
*Baked Goods (Homemade)* \$ 0.50  
*Energy Bars, Whole Foods Market* \$ 1.00

### ***Lunch begins at 10:30am and ends at 2:00pm***

*Chinese Chicken Salad, Su Hong Eatery* \$ 4.00  
*Cheese or Pepperoni Pizza Slice, Skip's Pizza* \$ 2.50/slice  
*Turkey & Cheese Sandwich 6", Subway* \$ 4.00  
*Roast Beef & Cheese Sandwich 6", Subway* \$ 4.00  
*Veggie Sandwich 6", Subway* \$ 4.00  
*Soft Drinks, Juice and Bottled Water, Safeway* \$ 1.00  
*Jamba Juice (16 oz.)* \$ 4.00

We can accept **cash only**. Please Recycle! Go Green!

## **DESCRIPTION OF JUNIOR OLYMPICS EVENTS**

All of the children have been practicing the following sporting activities over the last few months and they have selected three events. In addition, relay teams were selected based on timed tryouts. Listed below is an overview of events:

### **BASKETBALL FREE THROWS:**

Participants have 12 attempts to shoot basketball free throws. Their final score is the number of baskets made out of these 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 use the 15-foot line. Students are allowed two practice throws before they begin.

### **CHIN-UPS:**

Students can use any grasp (palms facing the student, palms away from the student, or mixed grip), to hang from hands on a high horizontal bar so that their body is vertical and the extended toes do not touch the floor or ground. They should bend their elbows and raise their body until the chin is raised above the bar. Then they relax their arms and lower their body until arms are fully extended before "chinning" the bar. Repeat until limit is reached. No swinging of body while chinning.

Participants are allowed on attempt to do as many chin ups as they can.

### **STANDING LONG JUMP:**

Long jumpers may place their feet 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 foot faults.

### **SOFTBALL THROW:**

Participants throw a softball 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 throwers must not cross the line in making the throw. Two throws are allowed using an 11-inch softball.

### **30 SECOND ROPE JUMPING:**

Students use individual rope, hanging from hands at hips with rope touching the ground behind the feet (rope should be turned forward). On a signal, the students jump 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 students miss, they start again with the rope behind their 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 three counters.

### **75 YARD DASH:**

Runners may use a standing start, crouch, or sprinter's start (no starting blocks are used). They must stay in their individual 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 22" hurdles are spaced 15 yards apart with a 15-yard run to the finish tape. Runners must stay in their individual lanes and should sprint through the finish line. If they veer into another lane or have a third false start they are disqualified.

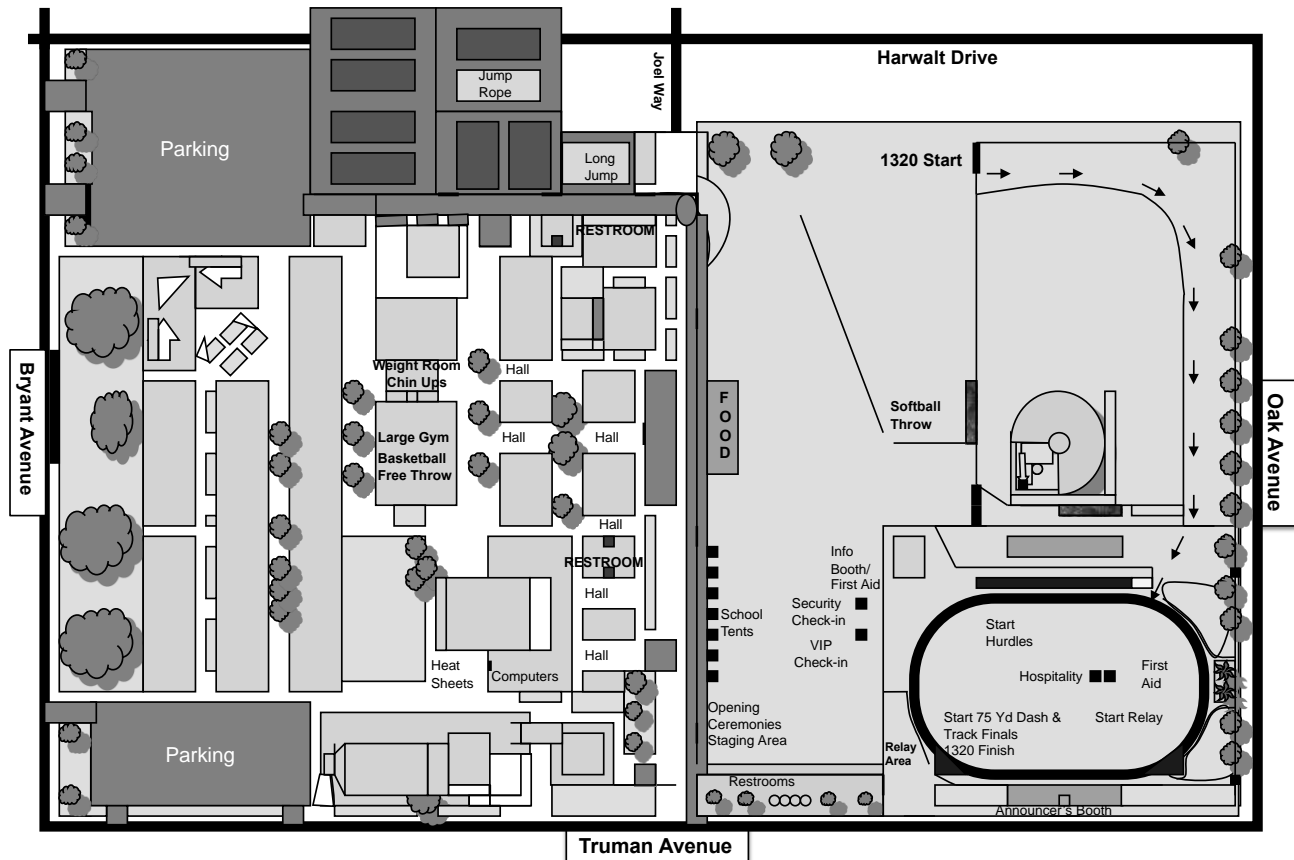
### **1320 YARD RUN:**

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.

### **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 designated lane. Baton must be passed within the 22-yard 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.

**NOTE FOR RUNNING EVENTS:** NO cleats, spikes, soccer shoes, track shoes, track shoes with spikes removed, or bare feet. Students should warm up and stretch prior to each event.



Mountain View High School -- 3535 Truman Avenue

### Los Altos School District Junior Olympics Schedule of Events

Event	8:15	9:00	9:35	10:15	10:55	11:35	12:15	12:55	1:30	1:45	2:15	2:40	3:05	3:25
1320 Yd Run	6,5,4 G/B													
Opening Ceremony		All												
75 Yard Dash			6B	4G	4B	5G	5B	6G						
60 Yd Hurdles			6G	6B	4G	4B	5G	5B						
Softball Throw			5B	6G	6B	4G	4B	5G						
30 Sec Jump Rope			5G	5B	6G	6B	4G	4B						
Standing Long Jump			4B	5G	5B	6G	6B	4G						
Basketball Free Throw			4G	4B	5G	5B	6G	6B						
Mascot Mania									*					
400m Relay-Blue										5,4,6 G/B				
Finals: 75 Yd Dash											5,4,6 G/B			
Finals: 60 Yd Hurdles												5,4,6 G/B		
400m Relay-White													5,4,6 G/B	
400m Relay-Red														5,4,6 G/B
Chin Ups			9:35 - 12:15 OPEN TO ALL											