



April 25, 2026

## **Elementary Field Day Information**

Your school is invited to participate in either of two ODACS Elementary Field Days:

Tuesday, May 5, 10:00 a.m., Heritage Christian School, Woodbridge

Tuesday, May 5, 10:00 a.m., Temple Baptist School, Dulles

Here are some reminders about the competition.

- Field Day competition is open to students in grades 4-6.
- Separate events will be run for girls and for boys.
- Events will include the following: 50m, 100m, 200m, 400m, and 800m races; 4x100m relay races; softball throw; and standing broad jump.
- Each school may enter up to three students per category. The only exception is the relay race for which each school may enter one relay team.
- Individual competitors will be limited to two running events, two field events, and one relay.
- First, second, and third place ribbons will be awarded for each event.
- First, second, and third place school trophies will be awarded to the schools that accumulate the most points (10 points for 1<sup>st</sup>, 8 points for 2<sup>nd</sup>, 6 points for 3<sup>rd</sup>, 4 points for 4<sup>th</sup>, 2 points for 5<sup>th</sup>, and 1 point for 6<sup>th</sup>).
- There will be a fee of \$1 per entry charged for field day activities with a maximum fee of \$40 per school.
- Participants must follow the ODACS dress code for athletics as published in the ODACS Athletic Manual.

Please complete the registration form and e-mail or fax it to the ODACS office no later than Thursday, April 30.

We look forward to seeing you at the field day!

Sincerely,

Dan Zacharias  
Executive Director