Regional Track & Field Coach:

Texas Tech University congratulates your qualifying athletes. Please list all qualifiers (name only) in alphabetical order.

Also, if you have a qualifier(s) who cannot participate in the regional meet, please notify your district director, the school, and Regional Meet Director Mike Meeks of the replacement.

All changes should be made by **5:00 pm, Monday, April 22nd**. Please fax it to (806) 766-2202.

Coaches may pick up their coaches’ packet on Thursday from 7:00 – 8:00 pm at PlainsCapital Park Track at southwest gate #2 or on Friday morning any time after 7:30 am at northeast Gate #3 of the track.

### REGIONAL QUALIFIERS

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__________________________  ____________________
Head Coach                 School

Return to: Mike Meeks  
Texas Tech University  
Box 45035  
Lubbock, TX  79409

mikemeeks@lubbockisd.org  
FAX 806/766-2202

__________________________  ____________________  ____________________
School (______)  
Coaches Cell Phone (______)  
Coaches Home Phone (______)  
Coaches E-Mail Address
Track & Field Regional
Fax Scratch to… (806) 766-2202
*Please Submit by 5:00pm Monday, April 22nd*

**District _____**
(Circle) 4A 5A

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<th>Coach</th>
<th>School</th>
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Fax to… (806) 766-2202 by Noon Monday, April 22nd
Track & Field Regional
REGION 1 - RELAY DECLARATION

☐ BOYS  ☐ GIRLS
☐ 4A  ☐ 5A
☐ 4 X 100 M RELAY  ☐ 4 X 200 M RELAY  ☐ 4 X 400 M RELAY

SCHOOL ______________________  COACH ___________________

1. _____________________________________
2. _____________________________________
3. _____________________________________
4. _____________________________________
Alt _____________________________________
Alt _____________________________________

Please list in the order in which they will run.

Track & Field Regional
REGION 1 - RELAY DECLARATION

☐ BOYS  ☐ GIRLS
☐ 4A  ☐ 5A
☐ 4 X 100 M RELAY  ☐ 4 X 200 M RELAY  ☐ 4 X 400 M RELAY

SCHOOL ______________________  COACH ___________________

1. _____________________________________
2. _____________________________________
3. _____________________________________
4. _____________________________________
Alt _____________________________________
Alt _____________________________________

Please list in the order in which they will run.
Regional Track and Field Meet 2019

Coaches Compliance Form

District________Classification_________

High School ____________________________________________

Head Coach______________________________________________

By my signature, I verify that all my team’s athletes are properly equipped and in compliance with all 2018 National Federation Rules regulating Track & Field.

Cell # (_____)______________________________

Signature___________________________________________

★★ THIS FORM MUST BE SIGNED AND SUBMITTED WHEN A SCHOOL’S PACKET(S) ARE PICKED UP!
Regional Coaches’ Information

- Coaches’ packets may be picked up **Thursday, April 25th, 7:00 p.m. – 8:00 p.m.** at the west side of PlainsCapital Park-Lowrey Field; 66th & Avenue P … or **Friday morning, any time after 7:30 a.m.** at ticket window #3 on the east side.

- Schools with participants in the regional meet will receive **THREE COACHES’ PASSES** in their coaches’ packet for Friday and Saturday. All other school personnel (alternates, administrators, managers, trainers, etc.) will be required to purchase a ticket. **Adults - $10… Students - $5.**
  No passes (District or Coaches’ Association) will be honored at the Regional or State Meet.

- **ALL REGIONAL PARTICIPANTS MAY ENTER** at the SOUTHWEST & NORTHEAST GATES.
  THIS MAY BE A LENGTHY PROCESS, so please arrive early.
  Athletes will be admitted if they are attired in their track gear AND have their Regional Bib. No number – No entry.
  Coaches may enter at the main gate or the athlete gates with a ticket.
  Participants should have all shoes properly spiked (¼ inch pyramid) before they will be allowed to enter the Track.
  Please be early… coaches should allow plenty of time.

- **COACHES WILL NOT BE NOT ALLOWED** on the track or infield during regional competitions.
  Coaches may assist students with their mark in long jump, triple jump, pole vault and high jump prior to the first call for the field events. Also, coaches may assist their athletes with relay marks between the conclusion of the morning program and the first call for the afternoon running events.

- **TRAINER’S SERVICES** will be available to schools at the regional venue.
  Schools should provide their own tape, under wrap, etc.

- **ATHLETIC TAPE** shall be used to spot take off markings for relays and all markings for the high jump, triple jump, long jump, and pole vault. Other markings (i.e. half tennis balls, chalk, etc.) are prohibited.