Friday & Saturday, April 19-20, 2024

Lowrey Field at PlainsCapital Park, Lubbock
1301 66th Street, Lubbock

Meet Schedule:  [Click here for Meet Schedule]

General Admission Only:
Adult $10 / Student $5

Cashless Entry Only:  [Advanced Ticket Link Here]

Clear Bag Policy in Effect (Click here for Details)

Gates:
- Spectators-Gate 1 on the WEST side
- Coaches-Gate 3 EAST side/Gate 2 WEST side  
  ([wristband required for free admission])
- Qualifiers-Gate 3 EAST side  ([must show Race Bib])
- No Passes Accepted

Spectator Seating:
- WEST side bleachers (East side bleachers for Team Camps)
- All sound producing electronic devices will be prohibited in the bleachers.
- NO banners, posters, signs, megaphones, pep bands or instruments, horns, mechanical noisemakers, large flags, flash cameras, glitter, confetti, etc.
- TTU and LISD shall not be responsible for lost, stolen, or damaged property.
- No spectators allowed on the field at any time.

T-Shirts and Merchandise:
[SHOP | UIL and School]

[Design Warehouse]
Media Requests:

- All press members must present credentials at Gate 1 WEST side.
- To arrange for press clearance, please contact Tommy Simmons
  O:806-742-2350   M:806-549-7773   tommy.simmons@ttu.edu

UIL Directive: No live streaming permitted unless approved by TTUIL Office. Media outlets interested in telecasting a playoff contest in any sport except for football must complete this form before noon the day before the contest. Non-Football Sublicensee Playoff Telecast Request

Meet Officials & Staff Meals Provided by:  Lubbock Sports

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<tr>
<th>Meet Director:</th>
<th>Mike Meeks</th>
<th>Lubbock ISD</th>
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<td>O 806-219-0102</td>
<td><a href="mailto:mike.meeks@lubbockisd.org">mike.meeks@lubbockisd.org</a></td>
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<td>M 806-239-4791</td>
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<tr>
<th>Regional Director:</th>
<th>Texas Tech University-UIL</th>
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Bus Parking: Bus parking will be in the NORTHEAST parking lot.

Official Time: All times are central standard time. Official time can be found at Time.gov

Practice Times at Lowrey:
- 2:00 PM – 8:00 PM Gates will be open for workouts.

🌟Area Meet Directors:
- Online Entries will be accepted on DirectAthletics.com Upcoming Meets
- UIL Region 1 4A/5A Track & Field (Lubbock, Texas)
  Click here UIL Track & Field Wheelchair Division Entry Form
Coaches
Send DISTRICT or AREA meets Track & Field Results click here(pdf)
Email: mike.meeks@lubbockisd.org

Race Packets:
- Coaches’ meet packets may be picked up at one of two times.
  - Thursday, April 18, 2024 from 7:00 – 9:00 PM at the Southwest gate (Gate 2) of PlainsCapital Park at 66th Street & Avenue P
  - Friday morning, April 19, 2024 after 7:30 a.m. at the Northeast Gate (Gate #3) athletes gate located northeast at PlainsCapital Park

Coaches Reports:
All Forms are provided in the links below

- Notifying Alternates:
  - Coaches if you have a qualifier that will not compete in the qualifying event at regionals, it is your responsibility to contact the coach of the 5th place contestant from the area meet in order to fill the vacancy.
  - Both coaches must contact the Meet Director ASAP
    Mike Meeks 806-219-0103

- Roster:
  - DUE MONDAY, APRIL 15, 2024 at 5:00PM
    Click here for Roster Form

- Relay Declarations:
  - Relay teams must be declared by 5:00 pm, Monday, April 24, 2023, by submitting the appropriate declaration form.
    Click here for Relay Declaration Form

Coaches Compliance Form:
*Please fill out one per school and submit at packet pickup
Click here for Coaches Compliance Form

Facility Map:
Click here for PlainsCapital Park Map
Scratches / Adds:
- DUE MONDAY, APRIL 15, 2024 at 5:00PM
- Any scratch/adds after Monday will not be included in the Regional Media guide.
- Coaches who scratch an athlete are responsible for notifying the next place qualifying athlete’s coach of the scratch. Both coaches should submit a scratch/add form.
- Scratch/Add made by coaches prior to the Monday, April 25th 5:00 pm deadline can be entered into Direct Athletics before closing. A Scratch/Add form must still be submitted.
  
  Click here for Scratch/Add Form

UIL regional qualifiers who were scratched and relinquished their spot to an alternate are not eligible to be reinstated. Scratches or changes, for any reason, cannot be reversed.

**Exception:** Relays qualify as a school. Therefore, relay substitutions shall be allowed.

**PlainsCapital Park Track:**
- Coaches will not be allowed on the track or infield during competition.
  - EXCEPTIONS:
    - Coaches may assist with HJ marks until 1st call for field events.
    - Coaches may assist with relay marks from the end of the morning session until 1st call for running events in the afternoon session.
- Coaches may not review pictures of finishes. The Meet Referee must be contacted to resolve discrepancies or photo finishes.
- Protests must be filed in writing within 15 min. of announcement of event.

**Uniforms:**
- UIL uniform rules will apply amended from the National High School Federation Rules of the current year.
- Boys must wear shorts.

**Athletic Tape:**
- Must be used to spot take off markings for relays and all markings for high jump, triple jump, long jump, and pole vault!
- **Other markings (i.e. half tennis balls, chalk, etc.) are prohibited!**
Team Camp Tents:

- Qualifying teams set up camps in the EAST stands; NO camps or tents in the West side stands.

No Locker Rooms Available:

- Dress and shower facilities will not be available.

Trainers: Certified trainers will be available on site.

Running Event Notes:

- Starting blocks will be provided at the track or athletes may bring their own.
- The 200 Meter Dash will be run on the turn.
- The 800-meter runs are run on Saturday as finals.
- The 800m Run will start from an alley start.
- The 3200-meter runs will be run Friday morning at 10:30am.
- The 1600-meter runs will be run as finals after the 200-meter dashes on Saturday.
- The ‘no false start rule’ is in effect. Runners shall be disqualified on their first false start.
- Races with 2 heats will have the 1st place in each heat plus the next 6 best times qualifying for the finals.

Field Event Notes:

- Field event contestants shall assemble 1 hour prior to their event at the staging area by the south football goal post.
- Girl's triple jump will be a 28'/32' board; boy's triple jump will be a 36'/40' board.
- DISCUS and SHOT VENUE: Both 4A & 5A discus and shot shall be weighed between 7:30 and 8:30 am, at the Southwest Garage.
- The rings for Shot and Discus are concrete and require rubber sole shoes.
- A 34.92-degree sector will be used for shot and discus competition.
- Discus Throw Venue is located on the northeast side of PlainsCapital Park.
- Shot Throw Venue is located on the southwest corner of PlainsCapital Park by gate #3
● Pole Vaulters:
  ○ Weigh in and poles inspections shall begin 1 hour and 45 minutes prior to their scheduled vaulting event at the trainer’s station.
  ○ Only Manufacturer’s Pole Rating Marks are acceptable. The manufacturer’s pole rating is to be included on the pole in a contrasting color, a minimum size of 3/4 inch, on or above the top hand-hold band.
  ○ The failure to have the manufacturer’s 3/4-inch contrasting color weight rating band on or above the top handhold position renders the pole illegal for use in competition.
  ○ Etchings, serial numbers, etc., although containing pole characteristics for the manufacturer, shall not replace the pole rating manufacturer’s mark. Homemade marks placed on poles are not acceptable...this includes pre-1995 poles.
  ○ Emphasis... a pole altered “in any fashion” shall render the pole illegal for use in competition; this applies most specifically to poles that have been cut.

Warm-Up Area:

Click here for Athlete Warm-Up and Check-In Procedure
Region 1

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806-740-9960
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FLEXIBLE MEETING SPACE
MICROWAVE & MINI FRIDGES
STREAMING CHANNELS
STARBUCKS
1 MILE TO DOWNTOWN

EVERYTHING YOU NEED to move Forward

BOOK YOUR STAY NOW!
Partnering with TTU to provide group housing for University Interscholastic League competitions.

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Meagan Meadows, Area Director of Sales
806.999.1549 | Meagan.Meadows@aimbridge.com

**Hotels In Your Area**

**COURTYARD BY MARRIOTT® LUBBOCK**
4011 South Loop 289
Lubbock, TX 79423
806-795-1633

**FAIRFIELD BY MARRIOTT® LUBBOCK**
4007 South Loop 289
Lubbock, TX 79423
806-795-1288

**HAMPTON BY HILTON® LUBBOCK**
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806-795-1080