



4A-5A Region 1

Track & Field Championships

Friday & Saturday, April 18-19, 2025

Lowrey Field at PlainsCapital Park, Lubbock

1301 66th Street, Lubbock

 Lowrey Field at Plains Capital Park



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
custom clothing



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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](#)



Meet Director:	Mike Meeks O 806-219-0102 M 806-239-4791	Lubbock ISD mike.meeks@lubbockisd.org
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Regional Director:	Texas Tech University-UIL 806-742-2350 Tommy Simmons M: 806-549-7773 Kyle Bean M: 806-241-4700	tommy.simmons@ttu.edu kybean@ttu.edu
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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 AREA or DISTRICT Results **pdf. copy** to Email:

mike.meeks@lubbockisd.org

Please enter your athletes on Direct Athletics

Race Packets

- Coaches' meet packets may be picked up at one of two times.
 - Thursday, April 17, 2025 from 7:00 – 9:00 PM at the Southwest gate (Gate 2) of PlainsCapital Park at 66th Street & Avenue P
 - Friday morning, April 18, 2025 after 7:30 a.m. at the Northeast Gate (Gate #3) athletes gate located northeast at PlainsCapital Park
- **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

COACH'S REPORT / FORMS

[Coaches Compliance Form](#) * [Relay Declaration Form](#) * [Roster Form](#) * [Scratch/Add Form](#)

All Coach's Forms are available on the website below. Please print the forms, fill them out, and scan in an email to:
mike.meeks@lubbockisd.org

Texas Tech University - University Interscholastic League [Website HERE](#)

<https://www.depts.ttu.edu/access-engagement/university-interscholastic-league/>

Roster:

- DUE MONDAY, APRIL 14, 2025 at 5:00PM

Relay Declarations:

- Relay Teams must be declared by 5:00 PM, Monday, April 14, 2025 by submitting the Relay Declaration Form.

Coaches Compliance Form:

- Please fill out one per school and submit at packet pickup

[Click here for Plains Capital Park Map](#)

Scratches / Adds:

- DUE MONDAY, APRIL 14, 2025 at 5:00PM
- Scratch/Adds made after Monday will not be included in the 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/Adds made by coaches prior to the Monday, April 14, 2025, at 5:00 PM deadline should be entered into DirectAthletics before closing. A Scratch/Add form must still be submitted.

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
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- Pole Vaulters:
 - Weigh in and poles inspection shall begin 1 hour and 45 minutes prior to the scheduled vaulting event at the southeast corner by the pole vault pits.
 - 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 hand-hold position renders the pole illegal for use in competition.
 - Etchings, serial numbers, etc., although containing pole marks from 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.
 - **Early Bird Weigh In: Thursday 4:00 PM - 6:00 PM**
 - Weigh in poles inspection shall begin 1 hour and 45 minutes prior to the scheduled vaulting event at the southeast corner by the pole vault pits

Warm-Up Area:

[Click here for Athlete Warm-Up and Check-In Procedure](#)



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