Regional Track & Field
4A & 5A Championships

Meet Director: Mike Meeks
Lubbock ISD Athletic Office: (806) 219-0103
mikemeeks@lubbockisd.org

Send DISTRICT or AREA meets
Track & Field Results to:
E-Mail: mikemeeks@lubbockisd.org

Regional Meet Date / Official Time:
Friday & Saturday; April 23rd & 24th. Official time viewed at www.time.gov/

Regional Entries:
Online Entries will be accepted on Direct Athletics:
UIL Region 1 4A/5A Track & Field (Lubbock, Texas)

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 through 5:00 pm, Monday, April 22nd.

Meet's Host:
Texas Tech University; Box 45035, Lubbock, 79409; 806.742-2350

Competition Venue:
PlainsCapital Park; 66th & Avenue P.; Lubbock, 79412

Information:
Additional regional spring meet information may be viewed at www.depts.ttu.edu/UIL/

General Admission:
Daily admittance shall be $20 for adults and $10 for K-12 school age. Entry into the meet will begin at 7:30 am both days.
Payment must be cash or check. Make checks payable to Texas Tech UIL.

Buses:
Bus parking will be in the NORTH EAST parking lot.

Relay Declarations:
Schools shall declare their relay teams by 5:00 pm, Monday, April 19th by submitting the appropriate declaration form.

Race Packets:
Coaches’ meet packets may be picked up Thursday, April 22nd, 7:00 – 9:00 p.m. at the Southwest gate (Gate 2) of PlainsCapital Park at 66th Street & Avenue P …or Friday morning, after 7:30 a.m. at Northeast Gate (Gate #3) athletes gate located northeast at PlainsCapital Park.
General Notes:

- **ATHLETIC TAPE** shall 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!

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

- If the 1st, 2nd, 3rd or 4th place out of the area meet will not compete at regional, the coach should notify the fifth place winner’s coach in order that the vacancy may be filled.
  - Both coaches need to submit and notify the meet director ASAP of the change.
  - Phone: (806) 219-0103; Fax: 806/742-1660 for Mike Meeks, Meet Director.

- **Thursday workouts are allowed at the regional venue from 2:00 pm to 8:00 pm.**

- **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.

- **Field event contestants** shall assemble 1 hour prior to their event at the staging area by the South football goal post.

- **Races with 2 heats** will have the 1st place in each heat plus the next 6 best times qualifying for the finals.

- 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.

- **PlainsCapital Park Track**: Coaches will NOT be allowed on the track or infield during competition.

  **EXCEPTIONS**: Coaches may assist students with their mark high jump prior to the first call for the field events. Coaches may assist their students with relay marks between the conclusion of the morning program and the first call for the afternoon running events.

- Pole vaulters shall weigh in and poles inspections shall begin 1 hour and 45 minutes prior to their scheduled vaulting event at the trainers 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.

- **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.**
  - Dress and shower facilities will NOT be available.
  - The “no false start rule” is in effect. Runners shall be disqualified on their first false start.
  - All protests MUST be filed in writing within 15 minutes of the announcement of an event.

- **Coaches may NOT review pictures of finishes.** If coaches have a question, they must request the Meet Referee to check the picture.

- **Radios, tape recorders, walkie-talkies or other sound producing devices are not allowed in the stands or on the field of competition.**

- **General admission will be at the west gate #1 and east side gate #3**

- **Media admission will be at the west gate #1.** The media must present their media credentials to gain entry and receive UIL credentials.

- **Regional qualifiers & coaches entry into the park will be at gate #3 located on the west side of the park.** Coaches must have a ticket and qualifiers must present their numbered bib. Neither district coaches’ passes nor state coaches’ association passes will be honored at regionals.

- **School qualifiers may set up in the EAST stands; NO camps or tents in the West side stands**

- **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

Specific meet questions should be directed to the meet director,

Mike Meeks at (806) 219-0103 or mikemeeks@lubbockisd.org.