**District 1-4A Championships @ Clint High School**

April 5-6, **2023**

1. Meet information will be posted on runnercard.com. Runnercard will close on Sunday, April 2nd  at 6:00 p.m.

2. UIL paper form entries due Friday, March 31, by 3:00 p.m. via email To: rosuel.martinez@clint.net, CC: michael.makeben@clint.net. Please make sure they are signed by your administrator and include your alternates.

3. Top 8 qualifying times advance to the finals on Friday.

4. The contestant can now choose from any three running events without restriction to the distance of the races.

5. Relay cards are to be submitted to Meet Director or computer tent at the time of check-in for their event.

6. An athlete may be scratched, and the alternate may be entered before competition starts for that day, with no penalty to the scratched athlete. If an athlete is scratched and an alternate replaces him/her after the competition begins for that day, then the scratched athlete may not compete for the remainder of the meet.

7. In all horizontal jumps and throws, each competitor will be allowed 3 preliminary jumps or throws and the top 8 will move to the finals for 3 subsequent jumps or throws. Athletes will be placed into flights according to the entries made by the coaches. The athletes with the best entries will be placed into the last flight. The top 8 finalists will jump or throw in reverse order, (worst to best)

8. Pole Vault certification sheets are due at weigh in. Weigh in will be in the training room. Each Varsity athlete will be weighed and must be in the uniform and have their PV poles with them at that time to make sure they are legal poles for that jumper.

9. Shot Put and Discus will be weighed and marked at the storage area by the concession stand. At the competition, all implements must be pooled.

10. A competitor in a field event that leaves to run a preliminary race must return to the field event within 10 minutes from the end of their heat. A competitor will not leave his/her field event without notifying the Field Judge for that event. Upon return, the competitor will notify the Field Judge.

11. All parents and spectators must remain in the stands. The Field Judges will instruct the coaches at the site, of the designated areas.

12. No electronic equipment is allowed on the infield, only in restricted track areas. Electronic imagery may be viewed by an athlete with their assigned coach during the competition, only in Coaches Box.

13. An athlete checked into a competition must be in full uniform. The uniform must be worn during check in.

14. All relay members must have matching uniforms. Please read Uniform Rule 4-3-1- 7.

15. Shorts must be worn at the waist and not rolled down. Skin may not be showing at the midriff when the athlete checks in.

16. Tape and tennis balls will be allowed on the track, but please have your athletes remove their marks at the conclusion of their race.

17. Chalk, tennis balls, rubber markers will be allowed for the HJ, LJ, TJ.

18. All Protests must be filed in within 15 minutes of the announcement of the event.

19. PROFANITY, AND/OR ANY UNSPORTSMANLIKE BEHAVIOR WILL NOT BE TOLERATED. An athlete that shows unsportsmanlike behavior may be disqualified from the event, and any points scores will not be awarded to the school. An athlete that addresses unsportsmanlike behavior towards another may be removed from the meet, and no points scored will be awarded.

20. No sharp objects, sand, or rocks are allowed on runways to be used as markers.

21. No food, sodas, or Gatorade are permitted on the infield or track surfaces.

**Wednesday, April 5th**

9:00am IMPLEMENT CHECK-IN/POLE VAULT CERTIFICATION

10:00 POLE VAULT ALL VARSITY Open 9th (Boys Followed by Girls)

10:00 LONG JUMP GIRLS: VARSITY Open 9th

SHOT PUT GIRLS: VARSITY Open 9th

HIGH JUMP BOYS: VARSITY Open 9th

TRIPLE JUMP BOYS: 9th Open VARSITY

DISCUS BOYS: VARSITY Open 9th

*RUNNING EVENTS – GIRLS FOLLOWED BY BOYS*

11:00 3200 ALL DIVISIONS

1:00 LONG JUMP BOYS: VARSITY Open 9th

HIGH JUMP GIRLS: 9th Open VARSITY

TRIPLE JUMP GIRLS: VARSITY Open 9th

DISCUS GIRLS: VARSITY Open 9th

SHOTPUT BOYS: VARSITY Open 9th

2:30 1600 LOWER LEVELS

110 HURDLE PRELIMS

100 HURDLE PRELIMS

100 PRELIMS

400M PRELIMS

300M HURDLE PRELIMS

200M PRELIMS

**Thursday April 6th**

\*Running Order: 9TH-JV Girls, 9TH- JV Boys, Varsity Girls, Varsity Boys *(except hurdles- all girls followed by all boys)*

4:00 Senior Recognition

4:15 Field Event Varsity Medalist Recognition

4:50 National Anthem

5:00 4X1 Relay

5:20 800 Meter Run

5:40 100 Hurdles

110 Hurdles

6:00 100 Meters

6:20 4X2 Relay

6:40 400 Meters

7:00 300 Hurdles

7:20 200 Meters

7:40 1600 Meters (VARSITY ONLY)

8:00 4X4 Relay

8:15 Team Championships Presentation

**EVENT ASSIGNMENTS:**

Discus: Riverside

Shot: Clint

Pole Vault: Mt. View

Long Jump: San Elizario

Triple Jump: Fabens

High Jump: YWLA(girls)

**4X100:** 1ST EXCHANGE: Mt. View/San Eli **Exchange Zones**:

2nd EXCHANGE: Clint/Fabens 4x100 Yellow to Yellow

3RD EXCHANGE: YWLA/Riverside

**4X200:** 1st/3rd EXCHANGE: Riverside/Clint 4x200 1ST & 2ND Green to Green /

3RD Yellow to Yellow

 2nd EXCHANGE: Mt. View/San Eli

800 BREAK-IN: CLINT

MILE RELAY BREAK: CLINT

4X400 EXCHANGES: CLINT 4x400 Blue to Blue

**Triple jump boards:** 20’ 24’ 28’ 32’ 36’

**Starting Heights:**

Pole Vault: Girls Boys High Jump: Girls Boys

9TH /JV 5’ 7’ 9TH/JV 3’10 4’10

Varsity 6’ 8’ Varsity 4’2 5’

**Coaches’ information:**

**Parking**

· Buses will park next to football field.

· We will have security to help guide you through the gate you will need to enter through.

**Security:**

· FANS will be allowed to enter the meet. They will sit in the fans designated area. (Check Image for details.)

**Bathrooms:**

· Bathrooms outside in football stadium will be open.

**Safety:**

· Trash cans will be located on the field – please have your kids clean up their area

· Workers/coaches need to bring their own tape measurer, clip board, pencils and measuring sticks to work the event assigned to you.

**Trainers:**

· Our trainers will provide water at the finish line

· Please tell your athletes to bring their own water bottles to the meet

· There will be a station for the athletes to refill their bottles as needed

· Please have your athletes taped and treated before they come to the meet. Our trainers will be there to assist any new injury at the meet but not to tape kids before they compete.

**Team Rules:**

· Tents will be allowed in the upper half of the stands.

· Each team will also have a designated warm up/cooling down area on the football field. This is the only area that they will be allowed to warm up or cool down in. NO team camps.

· Please have your kids remain in the stands when not warming up- NO camps or you will not have any room to warm up

· Please have you kids use the hurdles in their warm-up area only. Please do not move hurdles in or out of that area.

· NO food or drinks, other than water is allowed on the field at any time

**Additional Information:**

· Trash cans will be located around the field, please have your kids clean up their area

· Hospitability will be provided at the meet

· Concessions stand will be open with prepackaged food and drinks

· Please have your kids be aware of flagged area. They need to watch out for jumpers on the runways and high jump area and be careful around the throwing area

· Remind the kids that they can no longer run backwards on the runways (UIL guidelines)

· Athletes using profanity may be disqualified from the event or meet

· Tennis balls, soft small items, and tape are allowed on the track for relays- no rocks

· Kids need to report to their field events to get marks 30 minutes prior to the start of the event

· Athletes will be called from the warm-up area to the running events for check in, please have them listen and report on first call- we need to stay on schedule for the afternoon

· Blocks will be provided and located near the start of each race.

· Medals will be given to 1st -3rd.

UIL MEET ENTRY FORM <https://www.uiltexas.org/files/athletics/TF_Entry_Form.pdf>

**Track & Field Protest Form** <https://www.uiltexas.org/files/athletics/State_Tf_Protest_Form.pdf>

[**Relay Card** https://www.uiltexas.org/files/athletics/Relay\_Cards\_with\_Alternates.pdf](https://www.uiltexas.org/files/athletics/Relay_Cards_with_Alternates.pdf)

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**UIL Pole Vault Certification Form**

**In compliance with the National Federation of High Schools Track and Field Rule 6.5.3-4, this form is provided to verify pole vaulter’s weights and pole ratings prior to warm-up and competition.**

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| --- | --- |
| Vaulter’s School:  | Coach’s Name (print):  |
| Site of Competition:  | Date of Competition:  |

Vaulter’s Name: Vaulter’s Weight: lbs.

Pole #1: Length: Pole Rating Weight: lbs.

Pole #2: Length: Pole Rating Weight: lbs.

Pole #3: Length: Pole Rating Weight: lbs.

Pole #4: Length: Pole Rating Weight: lbs.

Pole #5: Length: Pole Rating Weight: lbs.

Pole #6: Length: Pole Rating Weight: lbs.

Pole #7: Length: Pole Rating Weight: lbs.

Pole #8: Length: Pole Rating Weight: lbs.

Athlete Signature: Date:

|  |  |
| --- | --- |
| Coach’s Printed Name: | Date: |
| Coach’s Signature:  | Date:  |