

~ TRACK & FIELD REGULAR SEASON REGULATIONS ~

~ GENERAL INFORMATION ~

General Information

Divisions. There shall be one division for high school boys and one division for high school girls in each conference. Boys may not compete on girls' teams or against girls' teams and vice versa. If a school offers track and field for members of one gender, they must offer this activity for members of the other gender, if any student of that gender wishes to compete.

Number of Track and Field Meets.

- a. No student representing a member school shall participate in more than eight meets during the school year, excluding district, conference 1A area, 1 regional qualifiers, regional and state meets.
- b. Any time a student represents his/her school in a meet with more than three schools, it shall count as one of his/her eight track meets allowed during the school year.
- c. Each meet a school team enters will count as one meet for each participating individual (with or without loss of school time). Students are considered to be representing their school if they are wearing and/or using school equipment or being directed or transported by a school employee.
- d. A track and field meet is considered a meet when one-half or more of the field events and one-half or more of the track events are completed. If less than one-half of the field events and less than one-half of the track events are completed, and the meet cannot be continued, the meet shall be cancelled and does not have to count as one of the allowable eight meets. **(If there was loss of school time, the meet must be counted.)**
- e. School Week. A student or team representing a member school shall participate in no more than one contest, meet, or tournament per school week. Exceptions: Post-season competition, as well as district meets. School week means the week beginning at 12:01 am on the first instructional day of a calendar week and ending at the close of instruction on the last instructional day of the calendar week, excluding holidays.

Playing Rules. The current National Federation Track and Field Rules shall govern UIL Track and Field. These rule books may be ordered from the National Federation office, 1-800-776-3462.

Day of Week and Starting Time Regulation.. Students or teams representing a participant school are permitted to participate in an invitational track and field meet only as listed below:

- a. After 2:30 on Friday or the last day of the school week, or as early as the end of the academic school day for all participating schools on a day preceding a holiday or break. EXCEPTION: A student representing a participant school may participate in a maximum of two meets which start no earlier than 12:00 noon on Friday.
- b. Or on Saturday or school holidays;
- c. Or on any school day other than the last day of the school week with the following conditions:
 - (i) Students shall not miss any school time other than the in-school athletic class period.
 - (ii) Events shall not begin until after the end of the academic school day for all schools involved.
 - (iii) Schools utilizing this option are limited to a one day meet.
 - (iv) A school or student participating in this type of meet shall not enter another track and field meet during the same school week, Monday through Friday.
 - (v) No event shall start after 10:00 p.m.
- d. Eighth grade and below may not participate in track meets (to include the district meet) until after school on any school day. (Travel is permitted before school is out, but the meet shall not begin until school is out for all schools involved.)

Jurisdiction of Interdistrict Disputes. The State Executive Committee shall have jurisdiction in all disputes arising between district representatives that have been duly certified.

Representation. Each member school may enter one boys' team and one girls' team in the district meet.

- a. In individual events, a school may enter in the next higher meet only the individuals that qualified and only in that particular event.
- b. If a qualified contestant cannot enter the next higher meet, then the alternate (4th place or next eligible finisher) shall be eligible to participate.
- c. In relay events, qualification is by school and not by the individual. Individuals who qualify only on a relay team may not enter an individual event in the next higher meet unless they qualify for that individual event.

Relays. In relay events, six individuals may be listed as entries, any four of whom may compete.

- a. Being listed as a relay member does not count as an event until the individual checks in with the event clerk.
- b. It is not necessary to use the same four runners in the finals who competed in the preliminary round(s).
- c. If fewer than six runners are listed as members of a relay, additions to entries may be made provided they are made prior to entry and/or scratch deadlines as specified by the meet director.

Points. The point system in scoring high school track meets shall be the same in all district, regional and state meets.

- a. Points are as follows:

1st place - 10 points	2nd place - 8 points
3rd place - 6 points	4th place - 4 points
5th place - 2 points	6th place - 1 point
- b. The scoring exception is in the relays, where:

1st place - 20 points	2nd place - 16 points
3rd place - 12 points	4th place - 8 points
5th place - 4 points	6th place - 2 points
- c. To compute individual honors, add individual points as well as points scored on a relay team. (Example: Each participant on the first place relay teams receives five points for individual honors.)
- d. Points may be given for last place. For example: If six enter an individual event, points shall be allowed for sixth place. If six individuals enter an event, and one withdraws, points shall be awarded to five places.

Uniforms.

National Federation Track and Field Rule Book

Rule 4, Section 3 Competitors Uniform

Article 1 The competitor's uniform shall be worn as intended by the manufacturer, and have the following restrictions:

- a. Each competitor shall wear shoes.
 1. A shoe is a covering for the foot.
 2. Shoes shall be worn on both feet and shall have an upper and definitely recognizable sole and heel.
 3. The (shoe) upper must be designed so that it can be fastened securely to the foot.
 4. The use of slippers or socks does not meet the requirements of the rule.
- b. Each competitor shall wear a track top or one piece uniform issued by the school.

UIL Exception: For boys, body suits may only be worn under the shorts, but not in lieu of shorts.

1. Each competitor shall wear his/her assigned unaltered contestant number, when numbers are used.
2. The top and shorts may have the school identification and the top may have the competitor's name.
3. The top shall not be knotted or have a knot-like protrusion.
4. A single manufacturer's logo/trademark, no more than 2 1/4 square inches with no dimension more than 2 1/4 inches, is permitted on the top or one piece uniform.
5. The American Flag, not exceeding 2 x 3 inches and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top.
6. Bare midriff tops are not allowed.
7. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.

- c. Each competitor shall wear a track bottom and/or one piece uniform issued by the school.
UIL Exception: For boys, body suits may only be worn under the shorts, but not in lieu of shorts.
 1. The bottom may have the school identification.
 2. Loose-fitting, boxer-type shorts are permitted for boys and girls
 3. The waistband of a competitor's bottom shall be worn above the hips.
- d. Visible Undergarments
 1. Any visible garment(s) worn under the uniform top or bottom shall be a single, solid color and unadorned except for:
 - a. A single school name or insignia no more than 2 1/4 square inches with no dimension more than 2 1/4 inches.
 - b. A single, visible manufacturer's logo as per NFHS rules.
 2. If more than one garment is worn under the uniform top or bottom all must be the same color under the uniform piece.

Article 2 Additional restrictions for relay races and cross country competition.

- a. In relay races and cross country competition, each team member shall wear the same color and design of school uniform although the length of the bottom may vary.
- b. Any visible garment(s) worn under the top or bottom shall be a single color and the same color as those worn by other members of the relay team. **(Exception: If shorts are worn over a body suit, the body suit does not have to be a single color, but must be the same for all members of a relay team.)**

Article 3 Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the athlete will be disqualified from further competition in the meet.

Article 4 Jewelry shall not be worn, except for religious or medical medals. A religious medal must be taped and worn under the uniform. A medical alert must be taped and may be visible.

Penalty (All Articles) For an illegal uniform or wearing jewelry the competitor is disqualified from the event.

Clothing.

- a. Extra clothing and hats and/or gloves may be worn in inclement weather with the meet director's prior approval.
- b. —Any protest of objectionable jewelry or head wear being worn by a runner must be called to the attention of the officials prior to the race. When objectionable jewelry or head wear is discovered on a competitor in a field event, the objectionable material must be removed before the competitor can resume competition.
 —The track and field uniform consists of a school issued top and bottom, which are not objectionable, and shoes, which may be supplied by the contestant. Socks are not part of the uniform. While tops of body suits may be considered tops, uniforms still require that bottoms, which are not objectionable, be worn over the body suit for the boys.
—Each competitors uniform shall consist of a full-length track top (singlet). A singlet is defined as a school issued top. The top may be long-sleeved, short-sleeved or tank style. A t-shirt is not considered to be a top. Tops with cut-off sleeves are prohibited. Bare midriff tops are not acceptable. The top (singlet) must hang below or be tucked into the waistband of the bottoms when the competitors is standing erect.
- c. Team members shall wear the school uniform. A competitor must be in the proper track uniform and wearing the assigned contestant number when numbers are used.
- d. In relay races, each team member shall wear the same color and design of school uniform although the length of the bottoms may vary. (Exception: If shorts are worn over a body suit, the body suit does not have to be a single color, but must be the same for all members of a relay team.)
- e. In individual events, when more than one visible undergarment is worn by the competitor, all must be the same color.
- f. A contestant who competes with an illegal uniform, or is charged with unacceptable conduct, shall be disqualified from that event.

~ TRACK & FIELD POST SEASON REGULATIONS ~

~ DISTRICT MEETS ~

Note: Dates for District, Regional and State Spring Meet athletic events (Golf, Tennis and Track & Field) are tentative, based on TAKS Tests being administered on April 28-May 1.

April 6-11	Track & Field: First week for district meets, 2A, 3A, 4A, & 5A.
April 11	Track & Field: District certification deadline, 1A.
April 13-18	Track & Field: Last week for district meets, 2A, 3A, 4A, 5A.
April 18	Track & Field: Area certification deadline, 1A.
May 1-2	Track & Field: Regional meets.
May 15-16	Track & Field State Meet.

Qualifiers.

- In 2A, 3A, 4A, and 5A three contestants shall qualify for the regional meet. In Conference 1A four contestants shall advance to the area meet and four contestants from the area meet advance to the regional meet. Two contestants advance from the regional meet to the state meet.
- Determining qualifiers and breaking ties are to be in accordance with National Federation Track and Field Rules. Exception: District and regional meet directors shall use the method of breaking a first place tie to decide second and third place when there is a clear first place winner and a tie for second and third place. In Conference 1A ties from first through fourth place must be broken at district meets.
- If a tie still exists after the application of this rule, then it will be decided by a coin toss (except in high jump and pole vault where a jump-off is required). **All ties for 1st, 2nd and 3rd place must be broken.** (Conference 1A--all ties from first through fourth place must be broken.)
- If each discus and shot put attempt is not measured, the tie shall be broken by a coin toss and points split.

Entries.

- Deadline.** No entries shall be allowed for district meets which are not submitted to the director at least ten days before the first day of the meet unless district rules stipulate otherwise.
- Districts may authorize a scratch meeting after the entries are submitted to allow for substitutions.
- Schools should be permitted to scratch and add according to approved district executive committee regulations determined before the season starts. Those individual events or relay events that have been entered by a school on the ten day prior entry form will be subject to some changes under the following suggested guidelines.
 - Students who are not eligible at ten days prior to the meet, but may become eligible at the time of the scheduled district meet, may be listed on the entry form and assigned to events. They must be eligible at the time they actually compete.
 - Students entered, but who have lost their eligibility because of academic regulations, should be permitted to be dropped or scratched.
 - Other eligible participants may be added to the vacated places. These substitutions should be on an eligibility form turned into the district director prior to the contest, submitted no later than the day of the meet.
 - If a school which has not entered an event ten days prior wishes to enter an event at the time of the scratch meeting, it should be up to the district executive committee to establish a policy or designated district director to determine if that school can enter.

- d. Relays. Six runners may be entered for each relay team qualified, but no alternates are allowed for individual entries. An alternate on a relay cannot participate in any other individual event except the relay unless he/she is qualified in another event for the next series of meets. This rule is applicable in all regional meets and in the state meet.

School Event Limitations. Each school may enter up to and no more than three contestants in each event, except the relay (which requires four to six contestants). Each school may enter one relay team.

Individual Event Limitations.

- a. An individual may enter no more than three running events, including the relays, and not over five events total.
- b. A contestant is permitted to enter up to five field events.
- c. No contestant shall be allowed to enter more than two of the following individual events: 400-meter dash; 800-meter run; 1600-meter run; 3200-meter run. (This does not bar a 400, 800, 1600 or 3200-meter contestant from relays.)

Reporting. The director of the meet shall see that events start at the time announced.

- a. No excuse shall be accepted for late arrival at an event.
- b. Any contestant who fails for any reason to report at the time an event is announced shall forfeit his/her right to compete.

Officials. The district meet directors shall have charge of the district meets. The University Interscholastic League Athletic Director shall have general charge of the state meet.

- a. Directors are responsible for providing officials, securing entries, heating and seeding, arranging for programs, and other such matters as may be required for the proper conduct of the meet.
- b. Each meet shall be under the direction of a meet director. One referee, two or more inspectors, three or more field judges, four or more judges at the finish, three or more timekeepers, one starter, one clerk of the course, one scorer, one clerk of the field, one marshal, one announcer and such assistants to these officials as may be necessary shall be provided.
- c. A games committee should be appointed and their jurisdiction determined and announced prior to the start of the meet.

Clothing.

- a. Extra clothing and hats and/or gloves may be worn in inclement weather with the meet director's prior approval.
- b. Any protest of objectionable jewelry or head wear being worn by a runner must be called to the attention of the officials prior to the race. When objectionable jewelry or head wear is discovered on a competitor in a field event, the objectionable material must be removed before the competitor can resume competition.

The track and field uniform consists of a school issued top and bottom, which are not objectionable, and shoes, which may be supplied by the contestant. Socks are not part of the uniform. While tops of body suits may be considered tops, uniforms still require that bottoms, which are not objectionable, be worn over the body suit for the boys.

- c. Team members shall wear the school uniform. A competitor must be in the proper track uniform and wearing the assigned contestant number when numbers are used.
- d. In relay races, each team member shall wear the same color and design of school uniform although the length of the bottoms may vary. **(Exception: If shorts are worn over a body suit, the body suit does not have to be a single color, but must be the same for all members of a relay team.)**
- e. In individual events, when more than one visible undergarment is worn by the competitor, all must be the same color.

- f. A contestant who competes with an illegal uniform, or is charged with unacceptable conduct, shall be disqualified from that event.

Order of Events.	a. <i>Running Events</i>	Girls	Boys'
		3200-meter run	3200-meter run
		400-meter relay	400-meter relay
		800-meter run	800-meter run
		100-meter hurdles (33")	110-meter hurdles (39")
		100-meter dash	100-meter dash
		800-meter relay	800-meter relay
		400-meter dash	400-meter dash
		300-meter hurdles (30")	300-meter hurdles (36")
		200-meter dash	200-meter dash
		1600-meter run	1600-meter run
		1600-meter relay	1600-meter relay

In the following events, schools may compete in district or regional at the yard distance: 400-meter relay, 800-meter run; 800-meter relay; 400-meter dash; 200-meter dash; 1600-meter relay.

b. <i>Field Events</i>	Girls'	Boys'
	Discus (34.92 degree sector at state)	Pole Vault
	4-kilo Shot Put (34.92 degree sector at state)	12-lb. Shot Put (34.92 degree sector at state)
	High Jump	High Jump
	Long Jump	Long Jump
	Triple Jump	Discus (34.92 degree sector at state)
	Pole Vault	Triple Jump

~ REGIONAL MEETS ~

Regional Sites and Directors. Regional sites and directors may be found on the UIL website (www.uil.utexas.edu) under golf, tennis or track & field.

Workouts. To cooperate with statewide efforts to reduce loss of school time, regional directors should not schedule events on school time. Workouts or practice sessions will not be scheduled at the regional site.

Fees. Regional directors should send notice of entry fees for all regional activities. Schools should be notified well in advance as to fees and method of payment.

Entries. Qualifiers will be certified to the regional director by the district director. If the regional directors require an individual school entry blank, schools must be notified by the regional director.

Schools which qualify track relay teams may change personnel from district meet to the regional meet before the meet begins. Schools shall be notified by the regional director as to how the regional director may be reached or how these changes may be made.

Heating. If qualifiers are not selected to the final heat on the basis of time from the preliminary heats, qualification to the finals shall be: the top finisher from each of the three preliminary heats plus the next five fastest times shall qualify to the finals.

Lodging. Schools will be required to make their own lodging arrangements.

Schedule. Schools will be notified as soon as possible as to the regional spring meet schedule. If this notification is not received, the school should contact the regional director.

Disputes. A spring meet regional executive committee shall decide questions of qualification and entry if clerical disputes arise at a spring regional meet.

Coaches Not Allowed On Field. At the regional and state meet, coaches and other school officials will not be allowed on the field. Districts may also enforce this rule.

District/Regional Meets. By Legislative Council policy, district and regional meets in track and field should be held on Friday afternoon-evening and/or Saturday.

Qualifiers Meet. One regional qualifiers meet would not count in the allowable total of eight meets per student per year. A state qualifiers meet would count in the allowable total of eight meets per student per year.

- a. In individual events, a school may enter in the next higher meet those students qualifying for further competition as a qualifier, relay alternate (maximum of two alternates on any one relay team) or alternate (fourth place finisher at district) in the UIL regional or state meets.
- b. In relay events, qualification is by school and not by the individual. Individuals who qualify only on a relay team may not enter an individual event in the next higher meet unless they qualify for that individual event.

~ STATE MEET ~

Individuals/Teams Eligible to Compete. Only those qualifying through the regional meets are eligible to compete in the state meet.

Certification. The regional director will certify state entries to the League office. Schools are not required to certify their entries from regional to state. *It is the responsibility of each school to look on the UIL web site (www.uil.utexas.edu) for qualifiers to the UIL State Meet. Relay names will be requested at that time. If there are misspellings of names, please contact the UIL with the correct spelling.*

Date/Site. Dates for the Boys' and Girls' State Track and Field Meet are May 15 and 16, 2009. The site for the state meet will be the University of Texas at Austin, Myers Stadium.

Schedule. A schedule is included in this manual.

Packets. Contestants may begin picking up packets on Thursday beginning at 2:00 pm or on Friday and Saturday beginning at 7:00 am. The location will be announced on the UIL website.

Lodging Regulations. Schools are responsible for making their own hotel reservations. Coaches are responsible for the proper conduct of their players at hotels.

No Extra Trials for Records. Winners in the field events at the state meet will not be allowed extra trials for a record.

Workouts. Once a team/individual is qualified for the state track meet, the team or individual may not workout at the state meet site. Coaches will be able to help students put down jumping marks before competition begins (triple jump, long jump and high jump). No workouts will be available on the track or at any of the field event areas any time Thursday. The schedule mailed in the spring will indicate practice time, if available, on Friday and Saturday.

Stretching/Ready Area. Athletes will report to a designated area to stretch, warm-up or jog during competition.

Tickets. Each participating track team (boys or girls) receives two (2) coaches tickets. All other assistant coaches, managers, trainers, spouses, etc. must purchase tickets. Contestants for track will be admitted with their assigned numbers. If they forget their numbers for any reason, they must purchase a ticket.

Jury of Appeals. A jury of appeals, if appointed, shall serve as the final board of appeals. A coach first appeals to the referee. If the coach still feels that the terms and conditions of competition or the application of the rules have been misapplied or misinterpreted, a written appeal shall be made to the jury.

Situations which are subject to appeal include, but are not limited to:

- a. Misapplication of the rules which must be filed within 30 minutes after the announcement of event results.
- b. Correction of clerical or team scoring errors which may be corrected up to 48 hours after the end of the meet, unless another time period is specified in advance by the games committee or meet director.
- c. Correction of meet results involving an ineligible participant which may be made at any time when discovered.
- d. Failure to follow a procedure contained in the terms and conditions of competition announced in advance by the games committee or meet director. This would include such items as the time schedule, the number of qualifiers to advance, number of trials, etc.

Non-appealable situations:

- a. Any judgment decision pertaining to violations or alleged violations of the rules.
- b. A decision made by the finish judges or timers that does not involve misapplication of a rule, or the terms and conditions of competition.
- c. Whether a start is fair and legal.

Shot and Discus. Shot and discus will be weighed and (if within legal specifications) marked in the specified check-in area at least one hour prior to the assigned event time.

Unsportsmanlike Conduct. During the state track and field meet, National Federation Track and Field Rules regarding unsportsmanlike conduct will be enforced. Acts such as: refusal to take places on the awards stand; throwing clothing, equipment, medals, etc. on the field; use of profanity; addressing an official disrespectfully; or displaying any action which brings discredit to participants or their school could bring disqualification to a competitor.

The penalty for unsportsmanlike conduct is disqualification in the event and further participation in the meet. In the event that such acts occur following the event, the medal will go to the next place winner in that event.

Programs. One state meet program will be provided to each school team. Please plan to purchase extra programs from the program sellers at the meet.

Medals. A schedule of the award ceremonies will be in your packet.

Scratching. A scratch in any event should be reported in writing to a UIL Official prior to the start of the meet.

Discus and Shot Put. A 34.92 degree sector will be used at the state meet.

All coaches and competitors should read carefully Section 8 of the National Federation Rules. The National Federation rule regarding uniforms will be enforced.

Pole Vault. Each contestant and his/her pole will be weighed at the time of their event.

TENTATIVE TRACK AND FIELD STATE CHAMPIONS

2009 MEET SCHEDULE

Sessions & Running Events

- 8:00 a.m.: Friday, June 5 - 1st Session: 3200-Meter Runs - 2A, 4A, 1A, 3A
6:00 p.m.: Friday, June 5 - 2nd Session: 2A & 4A
8:00 a.m.: Saturday, June 6 - 3rd Session: 3200-Meter Run- 5A
12:00 noon: Saturday, June 6 - 3rd Session: 1A & 3A
6:00 p.m.: Saturday, June 6 - 4th Session: 5A

Friday, June 5

Field Events

- 9:00 a.m. Girls': 2A Long Jump; 1A Pole Vault-e
Boys': 2A Discus; 2A Long Jump; 1A Pole Vault-w
10:00 a.m. Boys': 2A High Jump
10:30 a.m. Girls': 2A Discus; 4A Long Jump
Boys': 4A Long Jump
12:00 noon Girls': 4A Discus; 1A Long Jump; 2A Pole Vault-e
Boys': 1A Long Jump; 2A Pole Vault-w
12:10 p.m. Girls': 2A High Jump
1:30 p.m. Girls': 3A Long Jump
Boys': 4A Discus; 3A Long Jump
2:00 p.m. Boys': 4A High Jump
3:00 p.m. Girls': 1A Discus; 4A Pole Vault; 2A Triple Jump
Boys': 2A Triple Jump
4:00 p.m. Girls': 4A High Jump
Boys': 2A Shot Put
4:30 p.m. Girls': 4A Triple Jump
Boys': 1A Discus; 4A Triple Jump
5:00 p.m. Girls': 2A Shot Put
6:00 p.m. Girls': 1A High Jump; 4A Shot Put
Boys': 4A Pole Vault
7:00 p.m. Girls': 3A Triple Jump
Boys': 4A Shot Put; 3A Triple Jump
8:00 p.m. Boys': 1A High Jump

Track Events - 3200 Meter Run

- 8:00 a.m. Girls' 2A 3200-meter run
8:20 a.m. Boys' 2A 3200-meter run
8:40 a.m. Girls' 4A 3200-meter run
9:00 a.m. Boys' 4A 3200-meter run
9:20 a.m. Girls' 1A 3200-meter run
9:40 a.m. Boys' 1A 3200-meter run
10:00 a.m. Girls' 3A 3200-meter run
10:20 a.m. Boys' 3A 3200-meter run

2A & 4A Track Events

(Schools will compete in the order 2A, 4A)

- 6:00 p.m. Girls' 400-meter relay
6:10 p.m. Boys' 400-meter relay
6:20 p.m. Girls' 800-meter run
6:30 p.m. Boys' 800-meter run
6:45 p.m. Girls' 100-meter high hurdles
6:55 p.m. Boys' 110-meter high hurdles
7:05 p.m. Girls' 100-meter dash
7:15 p.m. Boys' 100-meter dash
7:25 p.m. Girls' 800-meter relay
7:35 p.m. Boys' 800-meter relay
7:45 p.m. Girls' 400-meter dash
7:55 p.m. Boys' 400-meter dash
8:05 p.m. Girls' 300-meter low hurdles
8:15 p.m. Boys' 300-meter intermediate hurdles
8:25 p.m. Girls' 200-meter dash
8:35 p.m. Boys' 200-meter dash
8:45 p.m. Girls' 1600-meter run
8:55 p.m. Boys' 1600-meter run
9:05 p.m. Girls' 1600-meter relay
9:15 p.m. Boys' 1600-meter relay

Saturday, June 6

Field Events

- 9:00 a.m. Girls': 3A Pole Vault
Boys': 3A Discus
10:00 a.m. Girls': 1A Shot Put; 1A Triple Jump
Boys': 3A High Jump; 1A Triple Jump
10:30 a.m. Girls': 3A Discus
11:00 a.m. Boys': 1A Shot Put
11:30 a.m. Girls': 5A Long Jump
Boys': 5A Long Jump
12:00 noon Girls': 3A High Jump
Boys': 3A Pole Vault
1:00 p.m. Girls': 3A Shot Put
2:00 p.m. Boys': 3A Shot Put
2:30 p.m. Girls': 5A Discus
3:00 p.m. Girls': 5A Pole Vault
4:00 p.m. Girls': 5A Triple Jump
Boys': 5A Discus; 5A Triple Jump
5:00 p.m. Girls': 5A High Jump
6:00 p.m. Boys': 5A Pole Vault; 5A Shot Put
7:00 p.m. Girls': 5A Shot Put
Boys': 5A High Jump

Track Events - 3200 Meter Run

- 8:00 a.m. Girls' 5A 3200-meter run
8:20 a.m. Boys' 5A 3200-meter run

1A & 3A Track Events

(Schools will compete in the order 1A, 3A)

- 12:00 noon Girls' 400-meter relay
12:10 p.m. Boys' 400-meter relay
12:20 p.m. Girls' 800-meter run
12:30 p.m. Boys' 800-meter run
12:45 p.m. Girls' 100-meter high hurdles
12:55 p.m. Boys' 110-meter high hurdles
1:05 p.m. Girls' 100-meter dash
1:15 p.m. Boys' 100-meter dash
1:25 p.m. Girls' 800-meter relay
1:35 p.m. Boys' 800-meter relay
1:45 p.m. Girls' 400-meter dash
1:55 p.m. Boys' 400-meter dash
2:05 p.m. Girls' 300-meter low hurdles
2:15 p.m. Boys' 300-meter intermediate hurdles
2:25 p.m. Girls' 200-meter dash
2:35 p.m. Boys' 200-meter dash
2:45 p.m. Girls' 1600-meter run
2:55 p.m. Boys' 1600-meter run
3:05 p.m. Girls' 1600-meter relay
3:15 p.m. Boys' 1600-meter relay

5A Track Events

- 6:00 p.m. Girls' 400-meter relay
6:05 p.m. Boys' 400-meter relay
6:10 p.m. Girls' 800-meter run
6:15 p.m. Boys' 800-meter run
6:25 p.m. Girls' 100-meter high hurdles
6:30 p.m. Boys' 110-meter high hurdles
6:35 p.m. Girls' 100-meter dash
6:40 p.m. Boys' 100-meter dash
6:45 p.m. Girls' 800-meter relay
6:50 p.m. Boys' 800-meter relay
6:55 p.m. Girls' 400-meter dash
7:00 p.m. Boys' 400-meter dash
7:10 p.m. Girls' 300-meter low hurdles
7:15 p.m. Boys' 300-meter intermediate hurdles
7:25 p.m. Girls' 200-meter dash
7:30 p.m. Boys' 200-meter dash
7:35 p.m. Girls' 1600-meter run
7:45 p.m. Boys' 1600-meter run
7:55 p.m. Girls' 1600-meter relay
8:05 p.m. Boys' 1600-meter relay