

TRACK AND FIELD MEET-4A
RATLIFF STADIUM
FRIDAY, MAY 15, 2009

GATES OPEN AT 7:30 A.M.

Field Events

9:30 a.m.	High Jump	Boys
	Long Jump	Girls
	Discus	Girls
	Pole Vault	Girls
	Shot Put	Boys
12:00 p.m.	High Jump	Girls
	Discus	Boys
	Long Jump	Boys
	Shot Put	Girls

Final Running Events

9:30 a.m.	3200 Meter	Girls
	3200 Meter	Boys
(1 heat alley start)		

Preliminary Running Events (rolling schedule)

3:00 p.m.	400 Meter Relay	Girls
	400 Meter Relay	Boys
	800 Meter Run	Girls
	800 Meter Run	Boys
	100 Meter Hurdles (33 inch)	Girls
	110 Meter High Hurdles	Boys
	100 Meter Dash	Girls
	100 Meter Dash	Boys
	800 Meter Relay	Girls
	800 Meter Relay	Boys
	400 Meter Dash	Girls
	400 Meter Dash	Boys
	300 Meter Intermediate Hurdles	Girls
	300 Meter Intermediate Hurdles	Boys
	200 Meter Dash	Girls
	200 Meter Dash	Boys
There will be a 30 minute break after this event.		
	1600 Meter Relay	Girls
	1600 Meter Relay	Boys

Three qualifiers from each district

TRACK AND FIELD MEET-2A
RATLIFF STADIUM
SATURDAY, MAY 16, 2009

GATES OPEN AT 7:30 A.M.

Field Events

9:00 a.m.	Triple Jump	Girls
	Triple Jump	Boys
	Pole Vault	Boys

Final Running Events

1:15 p.m.	400 Meter Relay	Girls
1:25 p.m.	400 Meter Relay	Boys
1:35 p.m.	800 Meter Run	Girls
1:45 p.m.	800 Meter Run	Boys
1:55 p.m.	100 Meter Hurdles (33 inch)	Girls
2:05 p.m.	110 Meter High Hurdles	Boys
2:15 p.m.	100 Meter Dash	Girls
2:25 p.m.	100 Meter Dash	Boys
2:35 p.m.	800 Meter Relay	Girls
2:45 p.m.	800 Meter Relay	Boys
2:55 p.m.	400 Meter Dash	Girls
3:05 p.m.	400 Meter Dash	Boys
3:15 p.m.	300 Meter Intermediate Hurdles	Girls
3:25 p.m.	300 Meter Intermediate Hurdles	Boys
3:35 p.m.	200 Meter Dash	Girls
3:45 p.m.	200 Meter Dash	Boys
3:55 p.m.	1600 Meter Run	Girls
4:05 p.m.	1600 Meter Run	Boys
4:15 p.m.	1600 Meter Relay	Girls
4:25 p.m.	1600 Meter Relay	Boys

ATHLETIC INFORMATION

GENERAL ATHLETIC INFORMATION

Except for substitutions allowed by the rules, a contestant may enter the Regional Meet only in the events in which he/she qualified in the District Meet.

Contestants must report on time in order to participate in an event. Video-taping of athletic competition is permitted. If filming interferes with competition, officials will ask that all taping cease.

TRACK & FIELD INFORMATION

DON WRIGHT CHAIRMAN

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1. All track events will be held at Ratliff Stadium. All events will be held on all weather surfaces.
2. Outside exceptions listed in the UIL Constitution and Contest Rules, The National Federation Official Rules will govern Track and Field events at the Region Meet.
3. Coaches will not be permitted on the track during the Regional Meet. There will be no exceptions to this ruling. All unauthorized personnel must remain completely away from the field, and observers must be in the stands at the stadium. The Odessa College trainer will be available at the meet for injuries and other needs. Trainers will be permitted to assist the Odessa College training staff.
4. The shot put area and runway to the discus will not be open to anyone. Any coach on the track or field or in the above closed areas will have his/her team disqualified.
5. All protest must be made in writing to the referee. The final line of appeals rest with the Jury of Appeals to be established by the regional committee.
6. Only two contestants will qualify for the State Meet. Ties will be broken according to official rules and, only if necessary, by the drawing of lots.
7. Admission to Track and Field events will be \$5.00 for adults and \$3.00 for students and senior citizens. Admission will be valid for the entire day. There will also be tournament passes - \$8.00 for adults and \$5.00 for students and senior citizens. Participants will not be charged admission. Coaches' passes will be distributed in the coaches' packets.

8. In accordance with UIL regulations, no workouts will be permitted at Ratliff Stadium prior to the meet. Gates will open at 7:30 a.m. on Friday and 7:30 a.m. on Saturday.
9. Coaches' packets will be available 8:00 a.m. the first day of the meet at Ratliff Stadium. No packets or heat sheets will be prepared for final events. Coaches' packets will contain two (2) passes.
10. No preliminaries will be held for **the 1600 meter run** or the **3200 meter run**. The finals for these two races will begin with an alley start.
11. The **800 meter run** will be run in lanes around the first curve and break at the flag when one stride ahead (3 heats of 8 with first of each heat and next 5 fastest times qualify for the finals).
12. The 400 meter relay, 800 meter relay, and 400 meter dash will be run in lanes all the way.
13. The **1600 meter relay** will use a three turn stagger. The first lap will be run in lanes all the way. The second runner breaks for the pole after the first curve.
14. Lane assignments will be posted on the Odessa College website. The qualifiers to the final heats will include the top finisher from each preliminary heat and the next five best times from the preliminaries.
15. Food, soft drinks, suntan lotion, "warm-ups," jam boxes, and glass containers are not allowed on the field.
16. Spectator seating is allowed on the west side of the stadium only. Special provisions for east side seating will be made for selected events.
17. Contestant ID's are required for admission through the contestants' gate.
18. The Appeals Committee will be available in the press box for both days of competition.
19. Since we have three heats, we will take the top finisher in each heat and the next five fastest times.
20. All camps must be set up in the east stands. Enter through the northeast gate. Buses can be parked on the eastside.

21. Relay cards – first runner will turn in a relay card (provided in your team packet) at the staging area before each relay. This is to confirm the names of the relay members in accordance with UIL rules. You must declare the names of six (6) runners.
22. Heat & lane assignments will be posted on the Odessa College web page.