

**Harlandale Independent School District
Track Meet Information Sheet**

**LOCATION CHANGE: The Meet will take place at
SW LEGACY HS**

Date: Feb 7, 2024

E-Mail: roseann.martinez@myhisd.net

Admission: Adults-\$5.00, Students-\$3.00 (Cash Only)

General Information:

A Coaches Meeting will take place on the track finish line at 4:30PM

1. Athletes will be heated on the track. 3 Runners allowed per race
2. Practice throws from the throwing rings will NOT be allowed once the shot and discus competitions begin.
3. We will pull shot puts and discus for competition only.
4. There will be an assigned area for Coaches at the starting line, on the HOME SIDE of the bleachers.
 - a. Please help us run an efficient Meet by reminding your athletes about common track etiquette (i.e., crossing the track, runways, and throwing areas)
5. Radios/sound systems will not be allowed in the stadium. Please do not allow your athletes to wear their spikes in the stands
6. Awards: -Trophies for Boys and Girls Team Champions.
 - a. Varsity
 - i. Medals for 1st, 2nd, and 3rd place (Varsity Only) and ribbons for 4th, 5th and 6th place
 - b. JV
 - i. Ribbons for 1st, 2nd, 3rd, 4th, 5th and 6th Place
 - c. Packets may be picked up at the conclusion of the 1600-meter relay inside the Home Side Locker Room
 - d. Final results will be sent through email after the Track Meet (PLEASE make sure we have your correct email address on file)
 - e. Trophies will be awarded at the conclusion of the meet.

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7. There will be a full-service concession stand.
8. Please bring your own towels, trainer bags, and water bottles.
9. HISD trainers will be available on site

**ALL-WEATHER TRACK GENERAL INFORMATION
REGULATIONS FOR TURF & TRACK USE**

1. WATER is the ONLY liquid allowed on the field/track. Sport Drinks (electrolyte, soft drinks, etc) are not allowed on the field or the track.
2. Food, tobacco, gum, sunflower seeds, peanuts and other similar products are not allowed on the field area.
3. Glass containers are not allowed in the stadium.
4. All equipment such as training tables and chairs must be on the natural grass or cement
5. The use of track spikes over ¼” are prohibited.
- 6..Only official personnel of the school in uniform will be allowed on the field
7. Please ask your athletes to clean up their areas when the meet is over.

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Schedule of Events
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Field Events- Starting time will be 5:00 PM (All Finals)
(4 Attempts – Varsity/ 3 Attempts - JV)

Long Jump: Varsity Boys/ JV Boys/Varsity Girls/JV Girls
Triple Jump: Varsity Girls/JV Girls/Varsity Boys/JV Boys
Shot Put: Varsity Girls/JV Girls/Varsity Boys/ J.V. Boys
Discus: Varsity Boys/JV Boys/ Varsity Girls/J.V. Girls
High Jump: Varsity Girls/JV Girls/Varsity Boys/JV Boys Pole Vault:
JV Boys & Varsity Boys-together followed by JV Girls & Varsity Girls together.

Running Events- Starting Time- 5:00 PM (All Finals)
JV. Girls/Varsity Girls/JV Boys/Varsity Boys

3200 Meter Run
400 Meter Relay
800 Meter Run
100 Meter Hurdles
110 Meter High Hurdles
100 Meter Dash
800 Meter Relay
400 Meter Dash
300 Meter Hurdles
200 Meter Dash
1600 Meter Run
1600 Meter Relay

Running Events

- Events will be heated and lined up on the track.
- Athletes will categorize themselves as runner, 1, 2, 3 for their respectful school.
- Ask your fastest runners to get into the earlier heats. ● Running events take precedent over field events; please have your athletes check in at their field events first, then go run.

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Field Events

- Varsity Throwers will get 4 attempts
 - (2 entry throws should be taken each time)
- JV Throwers will get 3 attempts
 - (2 entry throws should be taken each time)

For ALL Jumping Events:

- The starting heights for the jumping events will be: (Varsity BHJ- 5'4" / GHJ- 4'2") (Varsity BPV- 6'0" / GPV- 6'0") (J.V. BHJ-5'2" / J.V. GHJ- 4'0")(J.V. BPV- 6'0" / J.V.GPV- 6'0")