

3A District 3 Track & Field Championships

DATE: Friday, May 2, 2025

PLACE: SOCORRO HIGH SCHOOL

TIME: 2:15pm SCRATCH MEETING & COACHES MEETING.

2:00-2:30pm Weigh-in at the pavilion west of the track

Event entries will be submitted on MileSplit; you may enter 4 athletes per event.

Only the top 3 athletes from each team will be scored.

****ALL ENTRIES ARE DUE BY WEDNESDAY, APRIL 30 @5PM****

There will be no late entries, only scratches on site.

All athletes must have participated in 25% of the regular track season to be eligible for district and state meets. 8th graders may compete at the HS level. They must have participated in 25% of the regular track schedule for middle school.

Entries per athlete: An athlete is allowed a maximum of 5 entries; up to 4 may be running events or field events. At most, three of the four running events can be 400 meters or longer, including relays.

**When a conflict of events occurs with the entries of an athlete, running events will take precedence over field events. If an athlete is participating in both a running/jumping & throwing event, arrangements can be made for them to take all of their throws/jumps out of order in order to make the running events.*

All running events are Finals.

Field Events: All throws, triple jump, and long jump will get 3 jumps or throws and then **Top 8 to Finals**. Pole Vault and High Jump will begin at an opening height as determined at the coaches meeting. Pole Vault and High Jump will be permitted 3 attempts per height until eliminated due to 3 misses at their highest attempt. Athletes in a field event who need to compete in another event must check out with the event official. They will have 10 minutes after the event finishes to make their attempts. The official will call their name and they will have one minute or be scratched at that time.

Scratch lines will be used. Shot-put will be 30' for boys and 20' for girls. Discus will be 80' for boys and 60' for girls. Javelin will be 90' for boys and 70' for girls. Also, remember that **only rubber-tipped javelins will be allowed in this meet.** We will share ours if you do not have any.

Please **NO FOOD OR DRINK ON THE FOOTBALL FIELD!!! WATER ONLY.** Team camps may be set up in the bleachers.

3A District 3 Track & Field Championships

SCHEDULE OF EVENTS:

2:30 - Javelin (Boys then Girls)

3:00 - Long jump (Girls-east, Boys-west)

High jump (Girls then Boys)

Shot Put (Boys then Girls)

Discus (Girls then Boys)

Pole Vault (Girls then Boys)

Triple jump (Girls-east, Boys-west)

(when long jump is finished)

(Girls followed by Boys)

3:00 - 4 x 800m Relay

4:00 - 3200m Run

4 x 100m Relay

100 / 110m Hurdles

100m Dash

800m Run

4 x 200m Relay

400m Dash

***30 minute break (Gogurt relay/Lollipop run)**

300m Hurdles

1600m Medley Relay

200m Dash

1600m Run

4 x 400m Relay