

# Boys and Girls Region I – 2A Track Meet

Wednesday, April 29, 2026

## Participating Teams: 20 Teams

**District 1** (Calvary Baptist, D'Arbonne Woods, Green Oaks, Homer, Magnolia Charter, North Caddo, Union Parish)

**District 2** (Beekman Charter, Oak Grove, Delhi Charter, Ouachita Christian, Ferriday, Madison, Mangham, Rayville)

**District 3** (Many, Red River, Winnfield, Lakeside, Mansfield)

### Scoring

10-8-6-4-2-1 (All events)

**Location:** University of Louisiana at Monroe (Brown Stadium)

### Time Schedule

10:30 AM Implement Inspection / PV Forms and Weigh-in

11:00 AM Coaches Meeting

11:30 AM Non-competing athletes clear field event areas

2:30 PM 4x800 Relay

3:00 PM Coaches and non-competing athletes clear track and infield

### 11:30 AM Field Events

Javelin: Girls followed by boys

Discus: Boys followed by girls

Shot Put: Girls followed by boys

Pole Vault: Boys followed by girls

High Jump: Girls followed by boys

Long Jump: Boys followed by girls

Triple Jump: Girls followed by boys

\*Shot, discus, javelin, poles (vaulter weigh-in). Implements will be inspected and marked prior to the competition. Only approved and marked implements will be allowed in competition. Those implements NOT passing inspection will be held until after the competition. Verification will open at 10:30 AM at the TENT on the South Side of the bleachers.

### Opening Heights

Pole Vault: 6" under minimum submitted height High Jump: 2" under minimum submitted height

### Throws and Jumps

Each competitor will get three preliminary efforts. The top seven performers in the preliminary round will advance to the finals and get three additional efforts. All six efforts count towards the athlete's best mark. Finalists compete in reverse order (worst to best).

High Jump and Pole Vault: A competitor who passes three straight heights may take one practice attempt without the bar.

### Medal Presentations/Awards

Medals will be made to the top three finishers in each event. Field event medals will be presented before or after the 4x800 Relay depending on time. Running event medals will be presented after each running event.

A High Point Field, Track, & Overall athlete will be recognized at the conclusion of the meet for both the boys' and girls' divisions.

Team trophies will be presented to the Team Champion and Runners-Up.

# Boys and Girls Region I – 2A Track Meet

**2:30pm – 4x800 Relay** \*According to LHSAA rules, there shall be at least a 10-minute time allotment between running events.

**3:15 PM Running Events (Rolling Time)** – schools to provide their own blocks

100 meter hurdles (girls) 110 meter hurdles (boys)

100 meters (Girls followed by boys)

4x200 Relay (Girls followed by boys)

1600 meters (Girls followed by boys)

4x100 Relay (Girls followed by boys)

400 meters (Girls followed by boys)

300 hurdles (Girls followed by boys)

800 meters (Girls followed by boys)

200 meters (Girls followed by boys)

3200 meters (Girls followed by boys)

4x400 Relay (Girls followed by boys)

## Distance Races

800: one turn stagger

1600/3200: one heat each – waterfall start

**Spikes:** ¼ inch maximum

**Relay Exchange Colors** (**Only tape** allowed on track – **NO chalk, cones, or balls**)

4x100 Gold, Gold, Gold

4x200 Green, Green, Gold

4x400 three turn stagger – second runner is Blue to Blue

## Seeding / Lanes / Flights

Running against time in all heated races. Fast heat will run **last**. Distance races will be seeded from lane one Out. Other races will be seeded from lane 4 & 5 in and out.

## Check-in:

Athletes must report to the staging area (**BIG WHITE TENT**) behind the 100-meter dash start area prior to the race and no later than the final call for that race. They will be walked to the starting line by the Clerk of the Course.

## Warm-up area:

Athletes can be on the track (not the infield) until 2:10 PM. Warm-up can take place on the infield once running begins. Only two events before their event.

## RULES:

Team tents can be outside the track fence or practice field. No team areas inside the fence adjacent to the track.

No music boxes allowed in the track complex.

No foul language nor improper conduct. Please warn athletes this can result in disqualification.

All rules pertaining to events, uniforms, etc, are listed in the LHSAA handbook.

**Scratch Meeting:**

There will not be a scratch meeting for the regional track meet. Schools that qualify contestants from the district meet will be automated into the regional meet. If you have an athlete or relay team that qualifies but is unable to compete in that event for the regional meet, it will be the responsibility of that school to notify the alternate school qualifier by 12:00 noon NO LATER THAN FRIDAY, APRIL 24<sup>TH</sup>.

**Entry Fee:**

The entry fee is \$100 per boys team and \$100 per girls team (\$200 per school) to cover the cost of awards, timing, officials, rental, etc. Checks can be made payable to:

Ouachita Christian School

Attn: Coach Steven Fitzhugh

7065 Hwy. 165 N.

Monroe, LA 71203

Checks can be mailed prior to the meet or brought on the day of the meet.

If you have any questions about anything, please contact Coach Steven Fitzhugh by phone (318) 450-7855 or by email: [steven.fitzhugh@ocs.org](mailto:steven.fitzhugh@ocs.org)