



HARLANDALE

INDEPENDENT SCHOOL DISTRICT

Track Meet Information Sheet

Date: February 26th, 2026

LOCATION: Harlandale ISD Memorial Stadium

E-Mail: roseann.martinez@myhisd.net

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

General Information:

A field event worker meeting will be held on the track finish line at 3:30PM. 3200 M Run and all field events will start at 4:00 PM. Running events starting with the 4x100 M Relay will begin at 5:30 PM.

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 by email after the Track Meet
(PLEASE make sure we have the Track Coaches correct email address on file)
 - e. Trophies will be awarded at the conclusion of the meet.
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



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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.
8. If you are not warming up for an event or running an event, you should be upstairs in the bleachers.



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Schedule of Events

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Field Events- Starting time will be 4:00 PM (All Finals)

(3 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 Boys/Varsity Girls/JV Boys/ J.V. Girls

Discus: Varsity Girls/Varsity Boys/J.V. Girls/JV Boys

High Jump: Varsity Girls/JV Girls/Varsity Boys/JV Boys

Pole Vault: JV Boys & Varsity Boys-together followed by JV Girls & Varsity Girls together.

Field Events

- Varsity Throwers will get 3 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")

For ALL Throwing Events:

- Entry measuring throws:
- Discus- VB 80 ft, JVB 70 ft, VG 70 fr, JVG 60 ft.
- Shot Put- VB 35 ft, JVB 30 FT, VG 25 FT, JVG 20 FT

Running Events- Starting Time- 5:30 PM (All Finals)

JV. Girls/Varsity Girls/JV Boys/Varsity Boys

3200 M Run- WILL START AT 4:00 PM

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; aligned fastest to slowest
- Please have your athletes check in at their field events 1st, then go run.