

REGION IV 5A-6A
FRIDAY, May 1, 2026
8:00 A.M. – Gates will open for the

5A
AAAAA Field Events:

		<u>WEIGH-IN TIMES & LOCATION</u>
9:00 am	Boys Pole Vault	<u>EASTSIDE STORAGE ROOM.</u> 7:00-8:00 am
	Girls High Jump	
	Girls Long Jump	<u>HOME TEAM DRESSING ROOM</u> 7:00-8:00 am
	Girls Discus	
	Boys Shot Put	
	Boys WC Div	
	Boys Triple Jump	
11:30 am	Boys Discus	<u>HOME TEAM DRESSING ROOM</u> 9:30 -10:30 am
	Boys High Jump	
	Boys Long Jump	
	Girls Triple Jump	<u>HOME TEAM DRESSING ROOM</u> 9:30-10:30 am
	Girls Shot Put	
	Girls WC Div	
	Girls Pole Vault	

6A
AAAAAA Field Events:

		<u>WEIGH-IN TIMES & LOCATION</u>
2:30pm	Boys Pole Vault	<u>EASTSIDE STORAGE ROOM</u> 12:30-1:30 pm
	Girls High Jump	
	Girls Long Jump	<u>HOME TEAM DRESSING ROOM</u> 12:30-1:30 pm
	Girls Discus	
	Boys Shot Put	
	Boys WC Div	
	Boys Triple Jump	
5:00pm	Boys Discus	<u>HOME TEAM DRESSING ROOM</u> 3:00-4:00 pm
	Boys High Jump	
	Boys Long Jump	
	Girls Triple Jump	<u>HOME TEAM DRESSING ROOM</u> 3:00-4:00 pm
	Girls Shot Put	
	Girls WC Div	
	Girls Pole Vault	

RUNNING EVENTS: AAAAA and AAAAAA GIRLS AND BOYS PRELIMINARIES
3200 METER GIRLS AND BOYS ARE FINALS

Qualifying Procedures:

Prelims: Heat and lane assignments are generated *randomly* by the Hy-Tek computerized program.

Finals : The winner of each heat and the next 6 fastest times will advance to the finals. Lane assignments are based on times run in prelims. (Lanes 4-5-3-6-2-7-1-8)

9:00 a.m. 3200 Meter Run Finals: 5A Girls & Boys followed by 6A Girls & Boys
All 6A relay entry cards & scratches due at the Heroes ticket booth.

6A

AAAAAA PRELIMS:

9:30 a.m. (6A 4x100 Relays report/uniform check)

10:00 a.m. 4X100 Meter Relay (Girls & Boys)

10:30 a.m. 100 Meter Hurdles (33") (Girls)

10:40 a.m. 110 Meter Hurdles (39") (Boys)

10:50 a.m. 100 Meter Dash (Girls & Boys)

11:10 a.m. 4X200 Meter Relay (Girls & Boys)

11:30 a.m. 400 Meter Dash (Girls & Boys)

11:50 a.m. 300 Meter Hurdles (30") (Girls)

12:00 p.m. 300 Meter Int. Hurdles (36") (Boys)

12:10 p.m. 200 Meter Dash (Girls & Boys)

12:30 p.m. 4X400 Meter Relay (Girls & Boys)

*****THE ABOVE TIMES ARE APPROXIMATE FOR RUNNING PRELIMS.
*****JUDGE YOUR WARM-UP ON EVENTS, NOT TIMES

REGION IV 5A-6A

FRIDAY, MAY 1, 2026

CONTINUED

2:30 p.m. All 5A relay entry cards & scratches due at the Heroes ticket booth.

5A

AAAAA PRELIMS:

3:00 p.m. (5A 4x100 Relays report/uniform check)

3:30 p.m. 4x100 Meter Relay (Girls & Boys)

4:00 p.m. 100 Meter Hurdles (33") (Girls)

4:10 p.m. 110 Meter Hurdles (39") (Boys)

4:20 p.m. 100 Meter Dash (Girls & Boys)

4:40 p.m. 4x200 Meter Relay (Girls & Boys)

5:00 p.m. 400 Meter Dash (Girls & Boys)

5:20 p.m. 300 Meter Hurdles (30") (Girls)

5:30 p.m. 300 Meter Int. Hurdles (36") (Boys)

5:40 p.m. 200 Meter Dash (Girls & Boys)

6:00 p.m. 4X400 Meter Relay (Girls & Boys)

*******THE ABOVE TIMES ARE APPROXIMATE FOR RUNNING PRELIMS.**

*******JUDGE YOUR WARM-UP ON EVENTS, NOT TIMES.**

REGION IV 5A-6A
SATURDAY, MAY 2, 2026
8:00 A.M. – Gates will open for the public

7:00 a.m. Finals packets will be available at the Heroes ticket booth. RUNNING

EVENTS: AAAAA and AAAAAA GIRLS AND BOYS FINALS

PLEASE NOTE: AAAAA teams will run before AAAAAA teams in the Girls and Boys divisions.

- 8:30 a.m.** (4X100 M Relay report/uniform check)
9:00 a.m. 4X100 Meter Relay (Girls and Boys AAAAA and AAAAAA)
9:20 a.m. 800 Meter Run (Girls and Boys AAAAA and AAAAAA)
9:40 a.m. 100 Meter Low Hurdles (33") (Girls AAAAA and AAAAAA)
9:50 a.m. 110-Meter-High Hurdles (39") (Boys AAAAA and AAAAAA)
10:00 a.m. 100 Meter Dash (Girls and Boys AAAAA and AAAAAA)
10:05 a.m. 100 Meter Dash (Girls and Boys AAAAA and AAAAAA Wheelchair Division)
10:20 a.m. 4X200 Meter Relay (Girls and Boys AAAAA and AAAAAA)
10:40 a.m. 400 Meter Dash (Girls and Boys AAAAA and AAAAAA)
10:50 a.m. 400 Meter Dash (Girls and Boys AAAAA and AAAAAA Wheelchair Division)
11:05 a.m. 300 Meter Hurdles (30") (Girls AAAAA and AAAAAA)
11:15 a.m. 300 Meter Int. Hurdles (36") (Boys AAAAA and AAAAAA)
11:25 a.m. 200 Meter Dash (Girls and Boys AAAAA and AAAAAA)
11:45 a.m. 1600 Meter Run (Girls and Boys AAAAA and AAAAAA)
12:25 p.m. 4X400 Meter Relay (Girls and Boys AAAAA and AAAAAA)
1:10 p.m. **AWARDS TO TEAM CHAMPIONS**

TRACK AND FIELD EVENTS GENERAL INFORMATION

- I. Track and Field information packets will include the following items and will be made available at Heroes Stadium Ticket Booth, 4799 Thousand Oaks, San Antonio, TX 78233 on Thursday, April 30, 2026. Packets will be available for pick up between 2:00 pm and 5:00 pm. Packets may also be picked up at the Heroes Stadium Ticket Booth on Friday from 7:30 am to 3:30 pm and Saturday from 10:00 am to 1:00 pm.
- Field Event Entries
 - Schedule of Events
 - 3 coaches passes per school (Full time employees of the school district)
 - Heat and Lane assignments
 - Relay cards
- II. **CONTESTANTS:** *All NFHS and UIL rules will govern the events at the regional meet.*
- A. Team camps are located on the east side of the stadium only.
 - B. Will not be allowed on the track and/or infield before the first call for their event.
 - C. Must remain in the stands when not participating in event or warming up. All participants will use the ramps on the Northeast and Southeast side of the stadium for track entrance.
 - D. The first, second and third place winners must report to the awards stand immediately after their event.
 - E. Field Events: When a competitor has qualified in more than one field event:
 - a. He - She must inform the official upon check-in.
 - b. Upon leaving one event to compete in another, he/she must inform the official of time leaving and has 10 minutes to return.
 - c. Trials may be taken in succession.
 - F. The Shot and Discus weigh-in station will be in the Home Team Dressing Room. 5A boys shot put & 5A girls discus, from 7:00 am until 8:00 am. 5A Boys' discus and 5A Girls shot put from 9:30 am until 10:30 am. 6A Boys shot put and 6A Girls' discus from 12:30 pm until 1:30 pm. 6A Girls shot put and 6A Boy's discus from 3:00 pm until 4:00 pm. All implements weighed in will be impounded and only certified implements will be placed in the pool for competition. All implements may be picked up at the weigh-in station. 5A from 1:45-2:15 pm and 6A from 6:30-7:00 pm, Friday, May 1st. Athletes will be allowed to warm up by flight prior to the start of competition with **approved** implements and under the supervision of an official.
 - G. Pole Vault weigh-in will be in the east side storage room. 5A boys weigh-in from 7:00-8:00 a.m. and 5A girls 9:30-10:30 a.m., 6A boys weigh-in from 12:30-1:30 p.m. and 6A girls 3:00 – 4:00 p.m. It is the responsibility of the coach to verify that the competitor will use a legal pole rated at or above his/her weight by submitting the **pole vault weight rating sheet** contained in this handbook at weigh-in time. Each athlete will be weighed prior to pole vault competition to make sure that pole weight and competitor weight correlate with the rules. **There will be no variance.**
 - H. No loud radios will be allowed in the stadium.
 - I. Automatic timing system and video will be used for all running events.
 - J. In running events with prelims, qualifying for the finals will be the winner of each heat and the next 6 fastest times.
 - K. FOR RUNNING EVENT PRELIMS, ATHLETES SHOULD JUDGE THEIR WARM-UP ON EVENTS, BECAUSE TIMES ARE APPROXIMATE.
 - L. Designated uniforms for shot & discus participants must follow NFHS rules as specified.
 - M. Only 1/8-or-1/4-inch spikes will be allowed

- N. NO chalk, pins, powder, paint, duct tape or any items that may cause injury may be used as marks for field events and relays. ONLY white athletic tape will be allowed on the track and runways and must be removed immediately after the relay race and/or field event competition.
- O. No cell phone usage or other wireless devices used for communication will be allowed on the field or during competition. However, electronic devices may be used in unrestricted areas and the designated coaches' boxes.
 - a. Electronic devices shall not be used to transmit information to the competitor during the race or trial.
 - b. Electronic devices shall not be used for any review of an official's decision.
- P. Starting heights for the Pole Vault and High Jump will be determined by the Head Referee and the Meet Director before the meet based on District/Area entries. They will be available on the NEISD website on Tuesday, April 28th and in the coach's packet upon check-in.

III. UNIFORMS: COMPETITOR'S UNIFORM IN TRACK AND FIELD AND CROSS COUNTRY

NOTE: The wearing of medical alert with the alert visible is encouraged for risk minimization. The ultimate responsibility to have each competitor compliant with uniform rules and other reasonable and legal items is with the coach.

ART.1 ... The competitor's uniform shall be school-issued or school-approved, worn as intended by the manufacturer, and meet the following requirements and restrictions:

- A. Each competitor shall wear shoes on both feet.
 - 1. The shoes shall have an upper and recognizable sole and heel.
 - 2. The (shoe) upper must be designed so that it can be fastened securely to the foot.

NOTE: The games committee may also determine the length of spikes allowed on all-weather surface. (3-2-4a)

- 4. The use of slippers or socks does not meet the requirements of the rule.
- B. Each competitor shall wear a school-issued or school-approved full-length track top and track bottom or one-piece uniform. Any outer garment (e.g., t-shirt, sweatpants, tights) that is school issued or school-approved becomes the official uniform, when worn.
 - 1. When numbers are used, each competitor shall wear his/her assigned, unaltered contestant number.
 - 2. The top and/or bottom or one-piece uniform may have school name, school logo, school nickname and/or competitor's name.
 - 3. The top shall not be knotted or have a knot-like protrusion. Bare midriff tops are not permitted. The top must hang below or be tucked into the waistband of the uniform bottom when the competitor is standing upright.
 - 4. Loose-fitting boxer-type bottoms or compression-style bottoms are permitted for boys and girls, however, **boys must wear a loose-fitting track bottom, and they must wear shorts over the one-piece suit or compression style bottoms according to the UIL Manual.** Closed-leg briefs are acceptable for girls. French or high-cut apparel shall not be worn in lieu of the uniform bottom. The waistband of a competitor's bottom shall be worn above the hips.
 - 5. A single manufacturer's logo/trademark/reference, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches, is permitted on the top and bottom or one-piece uniform.

6. One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.
7. Any visible garment(s) worn underneath the uniform top and/or bottom is considered a foundation garment. Foundation garments are not subject to logo/trademark/reference or color restrictions.

ART. 2... Additional restrictions for relay teams and cross-country teams.

- A. All relay and cross-country team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team.

NOTE: The official should be able to observe that all members are from the same team.

PENALTY: (Articles 1, 2) For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition and shall be issued a warning that A subsequent violation shall result in a disqualification from the event. The referee shall be notified of the violation by the observing meet official, and the referee shall then notify or cause to be notified the head coach of the offending school of the competitor's violations and warning.

ART. 3... Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal.

PENALTY: This shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs; the competitor will be disqualified from further competition in the meet.

IV. COACHES: *All NFHS and UIL rules will govern the events at the regional meet.*

- A. No district passes or TGCA or THSCA membership passes will be honored.
- B. A Wrist Band identifying Region IV coaches (Full-Time employee of the School District) with qualifying participants will be given out in the information packets and must be worn at all times at all sites. Do not remove the wristband if you plan on returning on Saturday. (three wristbands per team).
- C. All scratches/substitutes for events must be certified by the District/Area Track Meet Director by submitting the changes in writing to Jay Govan by e-mail to jgovan@neisd.net *Please use the form in the Regional Meet Handbook Titled Track & Field Substitute Certification Form.*
- D. **NO SUBSTITUTIONS WILL BE ACCEPTED AFTER 10:00 A.M. ON TUESDAY, APRIL 28, 2026.**

- E. Relay cards are due on Friday, May 1st at the Heroes ticket booth at the following times:

5A – 9:00 am and 6A – 2:30 pm. Names cannot be added or changed after the deadline.
Relay teams will be subject to disqualification if relay cards are not turned in on time.

- F. Appeals must be made by the coach in written form and submitted to a referee at the finish line **no later than 30 minutes** after the announcement of the event results. Forms will be provided in the coaches' packet and at the referee's table.

Situations which are subject to appeal include, but are not limited to:

1. Misapplication of the rules
2. Correction of clerical or team scoring errors which must be corrected up to 48 hours after the end of the meet, unless another time is specified in advance by the games committee or meet director.
3. Correction of meet results involving an ineligible participant which may be made at any time.
4. Failure to follow a procedure contained in the terms and conditions of competition announced in advance by the games committee or meet director. This would include such items as the time schedule, the number of qualifiers to advance, number of trials, etc.

Non-appealable situations:

1. Any judgment decision pertaining to violations or alleged violations of the rules.
2. A decision made by the finish judges or timers that does not involve misapplication of a rule or the terms and conditions of competition.
3. Whether a start is fair and legal.

NOTE: SECTION 3-4: The referee has the sole authority for ruling on infractions or irregularities not covered within the rules.

- G. No coaches will be allowed on the field of competition during running events unless summoned by the referee or filing an appeal. A field marshal will escort the coach to the referee's table.
- H. A coach's box will be provided at all field event sites for coaches, 1 coach per team with approved UIL wristband AND meet issued colored wristband and only while their athlete competes.
- I. Video equipment authorized by the meet director and games committee may be used to review appealable infractions. The replay may be viewed only by the meet referee and/or the jury of appeals
- J. Trainers Station - Trainers will be on duty at the North end of the stadium and at the finish line. The host site trainers will be allowed on the track during distance races and if they are called to administer an athlete. Trainers may not take pictures or review videos with athletes.

V. **SCORING**

A. Individual field and running events: (10-8-6-4-2-1)

B. Relays: (20-16-12-8-4-2)

VI. **ADMISSION PRICES:**

Students: \$5.00 one day

Adults: \$10.00 one day

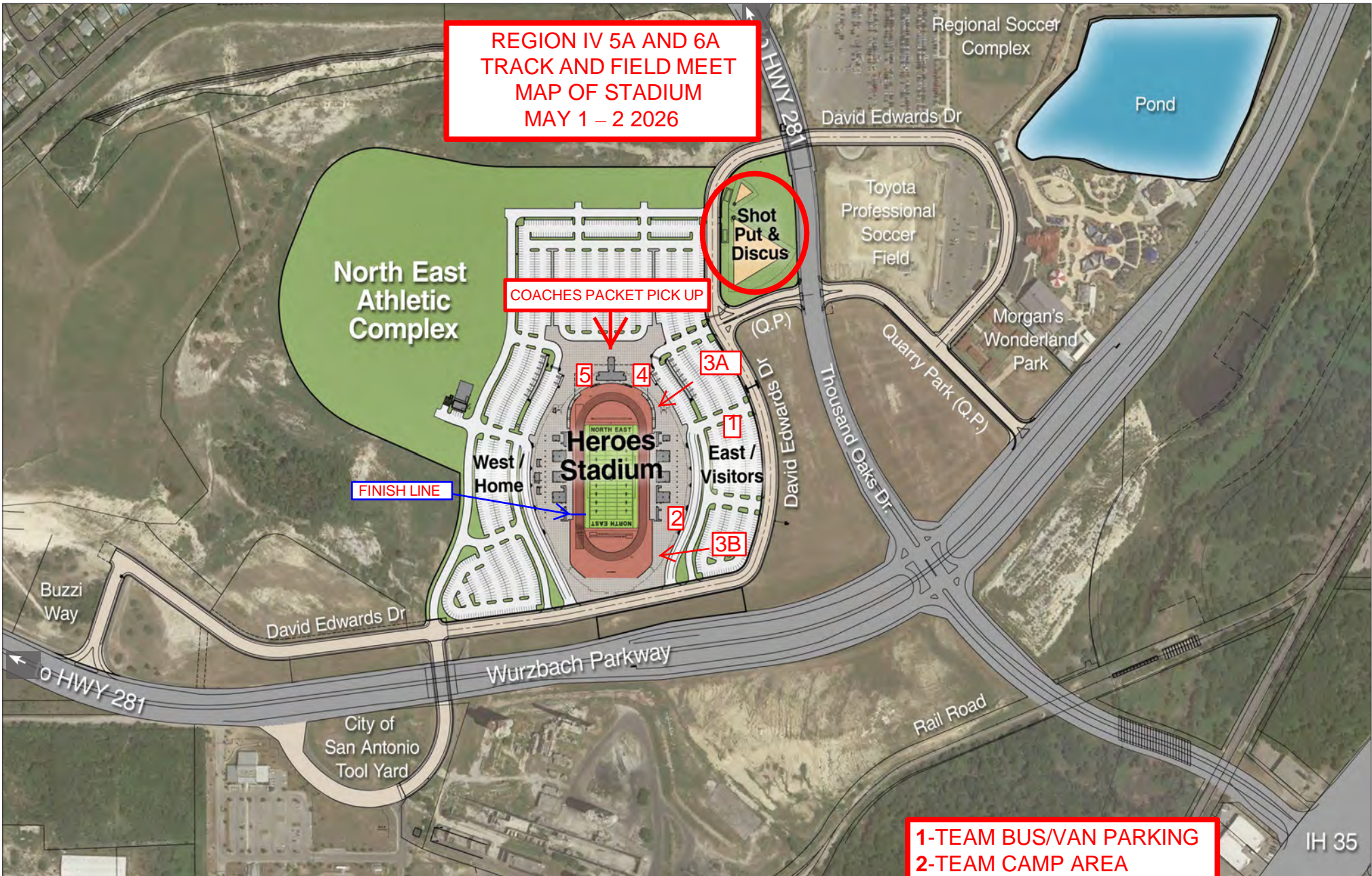
- VII. All tickets will be sold online at <https://events.hometownticketing.com/boxoffice/neisd/entity/schools/89>.

VIII. **THERE WILL BE NO PRELIMS IN THE FOLLOWING EVENTS**

A. 5A Girls and Boys – 800, 1600 and 3200 Meter Runs

B. 6A Girls and Boys – 800, 1600 and 3200 Meter Runs

**REGION IV 5A AND 6A
TRACK AND FIELD MEET
MAP OF STADIUM
MAY 1 – 2 2026**



- 1-TTEAM BUS/VAN PARKING**
- 2-TTEAM CAMP AREA**
- 3A-NE TRACK ENTRANCE**
- 3B-SW TRACK ENTRANCE**
- 4-PV WEIGH IN**
(East side storage room)
- 5-SHOT/DISCUS WEIGH IN**
(West side storage room)



HEROES STADIUM
4707 David Edwards Drive
San Antonio, Texas 78233



HEROES STADIUM TRACK MARKINGS

GENERAL

1. The longest spike that may be used is the 1/4" pyramid.
2. No foreign materials of any kind should be placed on the track or jumping surface areas, including dust, salt, powders, etc. If temporary markers are needed, the use of plastic or adhesive tape is acceptable, but should be removed as soon as the event is over.
3. The finish line for all events except the 100-M and 110-M Hurdles occurs at the southwest turn.
4. The curved white line at the southeast turn designates the break at the pole.

EVENT DESCRIPTIONS

100-M Dash The white start line is located in the chute near the southwest turn. The white finish line is located on the west side of the track.

200-M Dash The white start lines are located at the north end of the track and are staggered on turn.

400-M Dash The yellow start lines are located at the south end of the track and are staggered two turns.

800-M Dash The white start lines are located at the south end of the track and are staggered one turn.

400-M Relay The start lines are identical to those used in the 400-M Dash. The exchange zones are typical and are colored gold.

800-M Relay The blue start lines are located at the south end of the track and are staggered four turns. The exchange zones are typical and are colored blue except for the third exchange which utilizes the second exchange zone of the 400-M Relay, which is gold

1600-M Relay The green start lines are located at the south end of the track and are staggered three turns. The first exchange zone is typical and is colored green. The second and third exchanges take place between the broken green lines in each lane located at the southwest corner of the track.

100-M Hurdles The start and finish lines are identical to those used in the 100-M Dash when running south to north. Hurdle settings are designated by gold triangles in each lane facing the direction of the finish line.

10 Hurdles @ 33"- High School Girls

110-M Hurdles The white start line is located in the chute near the southwest turn. The finish line is identical to that used for the 100-M Dash and the 100-M Hurdles when running from south to north.

Hurdle settings are designated by blue triangles in each lane facing the direction of the finish line.

10 Hurdles @ 39"- High School Boys

300-M Hurdles The white start lines are located near the southeast turn and are staggered one turn.

Hurdle settings are designated by green triangles in each lane.

8 Hurdles @ 30"- High School Girls

8 Hurdles @ 36"- High School Boys

NEISD HEROES STADIUM RUNWAY BOARDS

LJ & TJ PIT BOARDS

8' Yellow

12' White

20' Blue

24' Yellow

28' White

32' Blue

36' Yellow

40' Blue

TRACK & FIELD SUBSTITUTE CERTIFICATION FORM

(FOR USE BY COACH TO INFORM DISTRICT/AREA DIRECTOR OF SCRATCH)

_____ School	_____ Coach	_____ District – Conference EX: 29 – 5A
_____ Name of Athlete	_____ Event Scratched	_____ Place in District/Area

(FOR USE BY DISTRICT/AREA DIRECTOR TO INFORM REGIONAL DIRECTOR OF ADD)

District /Area Director may email form to jgovan@neisd.net

_____ Name of Athlete Added	_____ Event	_____ Original Place in District/Area Meet
_____ School	_____ Coach	_____ District/Area Director Signature

DEADLINE FOR CHANGES: TUESDAY, APRIL 28, 2026 @ 10:00 AM

Date Submitted to Regional Director

TRACK & FIELD SUBSTITUTE CERTIFICATION FORM

(FOR USE BY COACH TO INFORM DISTRICT/AREA DIRECTOR OF SCRATCH)

_____ School	_____ Coach	_____ District – Conference EX: 29 – 5A
_____ Name of Athlete	_____ Event Scratched	_____ Place in District/Area

(FOR USE BY DISTRICT DIRECTOR/AREA TO INFORM REGIONAL DIRECTOR OF ADD)

District/Area Director may email form to jgovan@neisd.net

_____ Name of Athlete Added	_____ Event	_____ Original Place in District/Area Meet
_____ School	_____ Coach	_____ District/Area Director Signature

DEADLINE FOR CHANGES: TUESDAY, APRIL 28, 2026 @ 10:00 A.M.

Date Submitted to Regional Director



UIL Pole Vault Certification Form

In compliance with the National Federation of High Schools Track and Field Rule 7-5-3, this form is provided to verify pole vaulter's weights and pole ratings prior to warm-up and competition.

Vaulter's School:	Coach's Name (print):
Site of Competition:	Date of Competition:

Vaulter's Name:	Vaulter's Weight:	lbs.
Pole #1: Length:	Pole Rating Weight:	lbs.
Pole #2: Length:	Pole Rating Weight:	lbs.
Pole #3: Length:	Pole Rating Weight:	lbs.
Pole #4: Length:	Pole Rating Weight:	lbs.
Pole #5: Length:	Pole Rating Weight:	lbs.
Pole #6: Length:	Pole Rating Weight:	lbs.
Pole #7: Length:	Pole Rating Weight:	lbs.
Pole #8: Length:	Pole Rating Weight:	lbs.
Athlete Signature:	Date:	

Coach's Printed Name:	Date:
Coach's Signature:	Date:



UIL Pole Vault Certification Form

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Vaulter's School:	Coach's Name (print):
Site of Competition:	Date of Competition:

Vaulter's Name:	Vaulter's Weight:	lbs.
Pole #1: Length:	Pole Rating Weight:	lbs.
Pole #2: Length:	Pole Rating Weight:	lbs.
Pole #3: Length:	Pole Rating Weight:	lbs.
Pole #4: Length:	Pole Rating Weight:	lbs.
Pole #5: Length:	Pole Rating Weight:	lbs.
Pole #6: Length:	Pole Rating Weight:	lbs.
Pole #7: Length:	Pole Rating Weight:	lbs.
Pole #8: Length:	Pole Rating Weight:	lbs.
Athlete Signature:	Date:	

Coach's Printed Name:	Date:
Coach's Signature:	Date:

The following are NFHS Track and Field Rules relevant to pole vault safety:

Rule 7-5-2: The vaulting pole may be of any material and of length and diameter. It may have a binding of not more than two layers of adhesive tape of uniform thickness. However, the bottom of the pole may be protected by several layers of tape, PVC, metal, sponge rubber, or other suitable material to protect it when placed in the planting box.

Rule 7-5-3: The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturers must include on each pole: the pole rating that shall be a minimum of $\frac{3}{4}$ inch in a contrasting color located within or above the top hand-hold position; a 1-inch circular band indicating the maximum top hand-hold position with the position being determined by the manufacturer. Prior to the competition, the Coach must verify that all of the schools' pole vaulters meet these requirements.

7-5-4: A competitor shall not use a variable weight pole, a pole which is improperly marked, or a pole rated below his/her weight, or any other equipment that is not legal during warm-up or competition. **NOTE:** Altering the pole in any fashion renders it illegal. **PENALTY: Disqualification from the event.**

7-5-5: Prior to warm-up, the field referee, head field judge, or assigned inspector of implements shall inspect each pole to be used in the competition to verify that the poles are legal equipment, per Rule 7-5-3. This includes checking the placement of a top hand-hold band, numerical pole ratings a minimum of $\frac{3}{4}$ -inches in a contrasting color located within or above the top hand-hold band, and the proper binding of not more than two layers of adhesive tape of uniform thickness. The binding shall not be on or above the top handhold band.

7-5-23: A competitor shall not be allowed to use the pole of another individual without the consent of the owner. The event judge shall approve the use and verify that the pole is rated weight appropriate. **PENALTY: Disqualification from the event.**

Rule 7-5-29h: It is a foul if the competitor grips the pole above the top handhold band. **PENALTY: An unsuccessful trial is charged but not measured.**

The following are NFHS Track and Field Rules relevant to pole vault safety:

Rule 7-5-2: The vaulting pole may be of any material and of length and diameter. It may have a binding of not more than two layers of adhesive tape of uniform thickness. However, the bottom of the pole may be protected by several layers of tape, PVC, metal, sponge rubber, or other suitable material to protect it when placed in the planting box.

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7-5-4: A competitor shall not use a variable weight pole, a pole which is improperly marked, or a pole rated below his/her weight, or any other equipment that is not legal during warm-up or competition. **NOTE:** Altering the pole in any fashion renders it illegal. **PENALTY: Disqualification from the event.**

7-5-5: Prior to warm-up, the field referee, head field judge, or assigned inspector of implements shall inspect each pole to be used in the competition to verify that the poles are legal equipment, per Rule 7-5-3. This includes checking the placement of a top hand-hold band, numerical pole ratings a minimum of $\frac{3}{4}$ -inches in a contrasting color located within or above the top hand-hold band, and the proper binding of not more than two layers of adhesive tape of uniform thickness. The binding shall not be on or above the top handhold band.

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TIME: _____

OFFICE OF ATHLETICS

APPEAL FORM

TIME OF EVENT: _____ A.M. P.M. TIME OF FILING: _____ A.M. P.M.

Describe in detail the reason for this appeal: _____



Identify your approximate position at the time of the violation with "X".
Identify the location of the violation with "V". Identify other witness with "W".

Names of Witnesses: _____

Please identify what rule was specifically violated:
Rule# _____, Section _____ Article _____

SIGNATURE OF HEAD COACH

Hy-Tek Procedures for District/Area Track Meet Director 2026:

If you use Hy-Tek, *immediately after your meet*, export the advancers, and email them to the Hy-Tek Official at hillcountrytiming@gmail.com

Data Entry Checklist:

1. Please check that all athlete names are spelled correctly with correct capitalization (ex. John Doe is correct...not john doe or JOHN DOE.)
2. The “year in school” should be included for each athlete in the following format: 09 for 9th grade, 10 for 10th grade, 11 for 11th grade and 12 for 12th grade.
3. Input names of the relay team members under each relay, including the relay alternates (maximum of 6 names).
4. Field event results must resolve all ties through 6th place using NFHS tiebreaker rules.

Creating the District Meet Using Hy-Tek Windows Meet Manager:

1. Divisions: Under “Meet Setup” choose “Divisions by Event.” Also, click Set-up: “Division/Region Names” and choose “Divisions.” Use your conference as listed in the chart below. This set up will put your conference in the correct events when imported.

This is a very important step.

Div#	Code	Division Name
5	5A	5A
6	6A	6A

2. Event Numbers: **The attached event numbers must be used to ensure that we can merge your meet with ours.** Be sure and use your conference event numbers. Be sure the person in charge of computer scoring gets these event numbers.

6A Codes

601 – Women 3200 Meter Run 4A
602 – Men 3200 Meter Run 4A
603 – Women 4x100 Meter Relay 4A
604 – Men 4X100 Meter Relay 4A
605 – Women 800 Meter Run 4A
606 – Men 800 Meter Run 4A
607 – Women 100 Meter Hurdles 4A
608 – Men 110 Meter Hurdles 4A
609 – Women 100 Meter Dash 4A
610 – Men 100 Meter Dash 4A
611 – Women 4x200 Meter Relay 4A
612 – Men 4x200 Meter Relay 4A
613 – Women 400 Meter Dash 4A
614 – Men 400 Meter Dash 4A
615 – Women 300 Meter Hurdles 4A
616 – Men 300 Meter Hurdles 4A

5A Codes

501 – Women 3200 Meter Run 5A
502 – Men 3200 Meter Run 5A
503 – Women 4x100 Meter Relay 5A
504 – Men 4X100 Meter Relay 5A
505 – Women 800 Meter Run 5A
506 – Men 800 Meter Run 5A
507 – Women 100 Meter Hurdles 5A
508 – Men 110 Meter Hurdles 5A
509 – Women 100 Meter Dash 5A
510 – Men 100 Meter Dash 5A
511 – Women 4x200 Meter Relay 5A
512 – Men 4x200 Meter Relay 5A
513 – Women 400 Meter Dash 5A
514 – Men 400 Meter Dash 5A
515 – Women 300 Meter Hurdles 5A
516 – Men 300 Meter Hurdles 5A

617 – Women 200 Meter Dash 4A	517 – Women 200 Meter Dash 5A
618 - Men 200 Meter Dash 4A	518 – Men 200 Meter Dash 5A
619 – Women 1600 Meter Run 4A	519 – Women 1600 Meter Run 5A
620 – Men 1600 Meter Run 4A	520 – Men 1600 Meter Run 5A
621 – Women 4x400 Meter Relay 4A	521 – Women 4x400 Meter Relay 5A
622 – Men 4x400 Meter Relay 4A	522 – Men 4X400 Meter Relay 5A
623 – Women Discus Throw 4A	523 – Women Discus Throw 5A
624 – Men Discus Throw 4A	524 – Men Discus Throw 5A
625 – Women High Jump 4A	525 – Women High Jump 5A
626 – Men High Jump 4A	526 – Men High Jump 5A
627 – Women Long Jump 4A	527 – Women Long Jump 5A
628 – Men Long Jump 4A	528 – Men Long Jump 5A
629 – Women Pole Vault 4A	529 – Women Pole Vault 5A
630 – Men Pole Vault 4A	530 – Men Pole Vault 4A
631 – Women Shot Put 4A	531 – Women Shot Put 4A
632 – Men Shot Put 4A	532 – Men Shot Put 5A
633 – Women Triple Jump 4A	533 – Women Triple Jump 5A
634 – Men Triple Jump 4A	534 – Men Triple Jump 5A

3. School Codes: The UIL school codes must be used for the Hy-Tek program to work properly. The school code and the school code name must be the same as listed on the UIL list. *DO NOT put HS or High School*** after the school names.**

The Hy-Tek program does not identify the school unless both of these items are typed correctly.

Be sure the person in charge of computer scoring gets these school codes. The schools and codes can be found on the UIL Website on this link:

<http://www.uiltexas.org/track-field/school-codes>

Instructions for Exporting Advancers from Hy-Tek Windows Meet Manager to the Regional Meet Director:

Advancers: Follow the steps below to export advancers to Regional Meet.

1. Under “File” choose “Export” then choose “Advancers”.
2. Under Advancers you will select all events.

From District to Regionals:

Top How Many from Each Event Advance: 2

From Area to Regionals:

Top How Many from Each Event Advance: 4

Maximum Qualifiers per Event: Leave Blank

Include Relay Names Check this (we NEED relay names)

Custom Select Advancers Leave Blank

3. Then create the export.
4. Email this report to Regional Meet Manager at: hillcountrytiming@gmail.com
5. The results ***DO NOT*** need to be typed on the UIL Track and Field District Result Form. You may use the Hy-Tek results format.

2025 Region IV-5A/6A Track & Field School Names & Codes

School Name	School Code	Conference	District	Region
Buda Hays	BUDA	5A	25	4
Leander	LEAN	5A	25	4
Liberty Hill	LIHI	5A	25	4
Lockhart	LOCK	5A	25	4
Cedar Park	CEPA	5A	25	4
Kyle Lehman	KYLE	5A	25	4
Leander Rouse	LROU	5A	25	4
Leander Glenn	LEGL	5A	25	4
Comal Canyon	NEBC	5A	26	4
Comal Smithson Valley	SBSV	5A	26	4
Kerrville Tivy	KERR	5A	26	4
San Antonio Wagner	SAWG	5A	26	4
Seguin	SEGU	5A	26	4
Boerne Champion	BOCH	5A	26	4
SA Veterans Memorial	JUVM	5A	26	4
Comal Pieper	COPI	5A	26	4
SA Alamo Heights	SAAH	5A	27	4
SA Brackenridge	SABR	5A	27	4
San Antonio Burbank	SABU	5A	27	4
San Antonio Edison	SAED	5A	27	4
San Antonio Highlands	SAHI	5A	27	4
San Antonio Houston	SAHO	5A	27	4
San Antonio Jefferson	SAJE	5A	27	4
San Antonio Lanier	SALA	5A	27	4
San Antonio MacArthur	SAMR	5A	27	4
Eagle Pass Winn	EPWI	5A	28	4
San Antonio Harlandale	SAHA	5A	28	4
San Antonio McCollum	SAMC	5A	28	4
Castroville Medina Valley	CAMV	5A	28	4
South San Antonio	SOSA	5A	28	4
San Antonio Southside	SASS	5A	28	4
San Antonio Southwest	SASW	5A	28	4
Southwest Legacy	SASL	5A	28	4
SA SW CAST STEM HS	SASC	5A	28	4
CC Carroll	CCCR	5A	29	4
CC Flour Bluff	CCFB	5A	29	4
Gregory-Portland	GREG	5A	29	4
Corpus Christi King	CCKI	5A	29	4
Corpus Christi Miller	CCMI	5A	29	4
Corpus Christi Moody	CCMO	5A	29	4
Corpus Christi Ray	CCRA	5A	29	4
Victoria East	VICE	5A	29	4
Victoria West	VICW	5A	29	4
CC Veterans Memorial	CCVM	5A	29	4

Laredo Cigarroa	LACI	5A	30	4
Laredo Martin	LARM	5A	30	4
Laredo Nixon	LANI	5A	30	4
Rio Grande City	RGCI	5A	30	4
Roma	ROMA	5A	30	4
Mission Veterans Memorial	MVEM	5A	30	4
La Joya Juarez-Lincoln	LJL	5A	30	4
La Joya Palmview	LJPA	5A	30	4
McAllen	MCAL	5A	31	4
McAllen Memorial	MCME	5A	31	4
PSJA Memorial	PJAM	5A	31	4
PSJA North	PJAN	5A	31	4
McAllen Rowe	MCRO	5A	31	4
Mission Sharyland	MISH	5A	31	4
Pharr Valley View	PHVV	5A	31	4
PSJA Southwest	PJAS	5A	31	4
Edinburg Vela	EDVL	5A	31	4
Sharyland Pioneer	MSHP	5A	31	4
Donna	DONN	5A	32	4
Edcouch-Elsa	EDEL	5A	32	4
Harlingen South	HASO	5A	32	4
Brownsville Lopez	BRLO	5A	32	4
Mercedes	MERC	5A	32	4
Brownsville Pace	BRPA	5A	32	4
Brownsville Porter	BRPO	5A	32	4
Weslaco East	WEEA	5A	32	4
Brownsville Veterans Memorial	BRVE	5A	32	4
Donna North	DONO	5A	32	4
Manor	MANO	6A	25	4
Round Rock McNeil	RRMC	6A	25	4
Round Rock	RORO	6A	25	4
Round Rock Westwood	RRWE	6A	25	4
Round Rock Stony Pt.	RRSP	6A	25	4
Cedar Park Vista Ridge	CPVR	6A	25	4
Austin Vandegrift	AUVA	6A	25	4
RR Cedar Ridge	RRCR	6A	25	4
Austin Anderson	AUAN	6A	26	4
Austin	AUST	6A	26	4
Austin Bowie	AUBO	6A	26	4
Del Valle	DEVA	6A	26	4
Dripping Springs	DRIP	6A	26	4
Austin Lake Travis	AULT	6A	26	4
Austin Akins	AUAK	6A	26	4
Austin Westlake	AUWL	6A	26	4
Buda Johnson	BUJO	6A	26	4
Schertz Clemens	SCCL	6A	27	4

San Antonio E. Central	SAEC	6A	27	4
Converse Judson	COJU	6A	27	4
New Braunfels	NEBR	6A	27	4
San Marcos	SANM	6A	27	4
Cibolo Steele	CIST	6A	27	4
San Antonio Churchill	SACH	6A	28	4
Northside Clark	NOCL	6A	28	4
San Antonio Madison	SAMD	6A	28	4
Northside Marshall	NOMA	6A	28	4
San Antonio Roosevelt	SARO	6A	28	4
San Antonio Reagan	SARE	6A	28	4
Northside Brandeis	NOBR	6A	28	4
San Antonio Johnson	SAJO	6A	28	4
San Antonio LEE	SALE	6A	28	4
Northside Health Careers	NOHC	6A	29	4
Northside Holmes	NOHO	6A	29	4
Northside Jay	NOJA	6A	29	4
Northside Taft	NOTA	6A	29	4
Northside O'Connor	NOOC	6A	29	4
Northside Warren	NOWA	6A	29	4
Northside Stevens	NOST	6A	29	4
Northside Brennan	NBRE	6A	29	4
Northside Harlan	NSHA	6A	29	4
Northside Sotomayor	NSOT	6A	29	4
Laredo Alexander	LAAL	6A	30	4
Del Rio	DERI	6A	30	4
Laredo United	LAUN	6A	30	4
Laredo United South	LAUS	6A	30	4
Laredo Johnson	LAJH	6A	30	4
Eagle Pass	EAPA	6A	30	4
Edinburg	EDIN	6A	31	4
Edinburg North	EDNO	6A	31	4
La Joya	LAJO	6A	31	4
Mission	MISS	6A	31	4
Pharr-San Juan-Alamo	PSJA	6A	31	4
Edinburg Economedes	EDEC	6A	31	4
Brownsville Hanna	BRHA	6A	32	4
Harlingen	HARG	6A	32	4
Los Fresnos	LOFR	6A	32	4
Brownsville Rivera	BRRI	6A	32	4
San Benito	SABE	6A	32	4
Weslaco	WESL	6A	32	4

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Cedar Park	CEPA	5A	25	4
Kyle Lehman	KYLE	5A	25	4
Leander Rouse	LROU	5A	25	4
Leander Glenn	LEGL	5A	25	4
Comal Canyon	NEBC	5A	26	4
Comal Smithson Valley	SBSV	5A	26	4
Kerrville Tivy	KERR	5A	26	4
San Antonio Wagner	SAWG	5A	26	4
Seguin	SEGU	5A	26	4
Boerne Champion	BOCH	5A	26	4
SA Veterans Memorial	JUVM	5A	26	4
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SA Alamo Heights	SAAH	5A	27	4
SA Brackenridge	SABR	5A	27	4
San Antonio Burbank	SABU	5A	27	4
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San Antonio Jefferson	SAJE	5A	27	4
San Antonio Lanier	SALA	5A	27	4
San Antonio MacArthur	SAMR	5A	27	4
Eagle Pass Winn	EPWI	5A	28	4
San Antonio Harlandale	SAHA	5A	28	4
San Antonio McCollum	SAMC	5A	28	4
Castroville Medina Valley	CAMV	5A	28	4
South San Antonio	SOSA	5A	28	4
San Antonio Southside	SASS	5A	28	4
San Antonio Southwest	SASW	5A	28	4
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CC Carroll	CCCR	5A	29	4
CC Flour Bluff	CCFB	5A	29	4
Gregory-Portland	GREG	5A	29	4
Corpus Christi King	CCKI	5A	29	4
Corpus Christi Miller	CCMI	5A	29	4
Corpus Christi Moody	CCMO	5A	29	4
Corpus Christi Ray	CCRA	5A	29	4
Victoria East	VICE	5A	29	4
Victoria West	VICW	5A	29	4
CC Veterans Memorial	CCVM	5A	29	4

Laredo Cigarroa	LACI	5A	30	4
Laredo Martin	LARM	5A	30	4
Laredo Nixon	LANI	5A	30	4
Rio Grande City	RGCI	5A	30	4
Roma	ROMA	5A	30	4
Mission Veterans Memorial	MVEM	5A	30	4
La Joya Juarez-Lincoln	LJLJ	5A	30	4
La Joya Palmview	LJPA	5A	30	4
McAllen	MCAL	5A	31	4
McAllen Memorial	MCME	5A	31	4
PSJA Memorial	PJAM	5A	31	4
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McAllen Rowe	MCRO	5A	31	4
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Pharr Valley View	PHVV	5A	31	4
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Edinburg Vela	EDVL	5A	31	4
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Donna	DONN	5A	32	4
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Round Rock Westwood	RRWE	6A	25	4
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Del Valle	DEVA	6A	26	4
Dripping Springs	DRIP	6A	26	4
Austin Lake Travis	AULT	6A	26	4
Austin Akins	AUAK	6A	26	4
Austin Westlake	AUWL	6A	26	4
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Northside Holmes	NOHO	6A	29	4
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Northside Taft	NOTA	6A	29	4
Northside O'Connor	NOOC	6A	29	4
Northside Warren	NOWA	6A	29	4
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Laredo United South	LAUS	6A	30	4
Laredo Johnson	LAJH	6A	30	4
Eagle Pass	EAPA	6A	30	4
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Mission	MISS	6A	31	4
Pharr-San Juan-Alamo	PSJA	6A	31	4
Edinburg Economedes	EDEC	6A	31	4
Brownsville Hanna	BRHA	6A	32	4
Harlingen	HARG	6A	32	4
Los Fresnos	LOFR	6A	32	4
Brownsville Rivera	BRRI	6A	32	4
San Benito	SABE	6A	32	4
Weslaco	WESL	6A	32	4



**2025-26 OFFICIAL DISTRICT ALIGNMENT
SPRING ATHLETICS
CONFERENCE 6A**

Region 1

Region 2

Region 3

Region 4

District 1 El Paso Coronado El Paso Eastlake El Paso Eastwood El Paso Franklin El Paso Montwood El Paso Pebble Hills El Paso Socorro	District 5 Coppell Denton Braswell Denton Guyer Lewisville Lewisville Flower Mound Lewisville Hebron Lewisville Marcus Little Elm	District 9 Garland Garland Lakeview Cent Garland Naaman Forest Garland Rowlett Garland Sachse North Garland South Garland Wylie Wylie East	District 13 Cleveland Conroe Conroe Caney Creek Conroe Grand Oaks Conroe Oak Ridge Conroe The Woodlands Conroe Woodlands College Park New Caney Willis	District 17 Cy-Fair Cyp. Creek Cyp. Falls Cyp. Ridge Houston Memorial Houston Northbrook Houston Stratford Jersey Village	District 21 Fort Bend Austin Fort Bend Bush Fort Bend Clements Fort Bend Dulles Fort Bend Elkins Fort Bend Hightower Fort Bend Ridge Point Fort Bend Travis	District 25 Austin Vandegrift Cedar Park Vista Ridge Hutto Manor Round Rock Round Rock McNeil Round Rock Stony Pt. Round Rock Westwood RR Cedar Ridge	District 29 Buda Johnson Cibolo Steele Comal Canyon Converse Judson San Antonio E. Central San Marcos Schertz Clemens
District 2 Midland Midland Legacy Odessa Odessa Permian San Angelo Central Wolfforth Frenship	District 6 Allen McKinney McKinney Boyd Plano Plano East Plano West Princeton Prosper Prosper Rock Hill	District 10 Forney Longview North Forney Rockwall Rockwall Heath Royse City Tyler Legacy	District 14 Houston Aldine Houston Benjamin Davis Sr Houston Eisenhower Houston MacArthur Houston Nimitz Spring Spring Dekaney Spring Westfield	District 18 H Bellaire H Chavez H Heights H Lamar H Math Sci. & Tech H Westside H Wisdom	District 22 Alvin Alvin Shadow Creek Manvel Pasadena Dobie Pasadena Memorial Pasadena Rayburn Pasadena South Houston Pearland Pearland Dawson	District 26 Austin Austin Akins Austin Bowie Austin Lake Travis Austin Westlake Del Valle Dripping Springs	District 30 Castroville Medina Valley Del Rio Eagle Pass Laredo Alexander Laredo Johnson Laredo United Laredo United South
District 3 Crowley Ft Worth Boswell Mansfield Mansfield Lake Ridge Mansfield Legacy North Crowley Weatherford	District 7 Dallas Jesuit Irving Irving MacArthur Irving Nimitz Richardson Richardson Berkner Richardson Lake Highlands Richardson Pearce	District 11 Cedar Hill Dallas Skyline De Soto Duncanville Lancaster Mesquite Mesquite Horn Waxahachie	District 15 Klein Klein Cain Klein Collins Klein Forest Klein Oak Magnolia Magnolia West Tomball Tomball Memorial	District 19 Katy Katy Cinco Ranch Katy Jordan Katy Mayde Creek Katy Morton Ranch Katy Paetow Katy Seven Lakes Katy Taylor Katy Tompkins	District 23 Baytown Goose Crk Mem Channelview Galena Park North Shore Humble Humble Atascocita Humble Kingwood Humble Summer Creek Sheldon King	District 27 Northside Brandeis Northside Clark San Antonio Churchill San Antonio Johnson San Antonio LEE San Antonio Madison San Antonio Reagan San Antonio Roosevelt	District 31 Edinburg Edinburg Economedes Edinburg North La Joya Pharr-San Juan-Alamo Weslaco
District 4 Eules Trinity Hurst Bell Keller Keller Central Keller Timber Creek Northwest Northwest Eaton Northwest Nelson Southlake Carroll	District 8 Arlington Arlington Bowie Arlington Houston Arlington Lamar Arlington Martin Grand Prairie Haltom City Haltom South Grand Prairie	District 12 Bryan Copperas Cove Killeen Killeen Harker Heights Killeen Shoemaker Temple Waco Midway	District 16 Bridgeland Cyp. Lakes Cyp. Park Cyp. Ranch Cyp. Springs Cyp. Woods Langham Creek Waller	District 20 Alief Elsik Alief Hastings Alief Taylor Houston Strake Jesuit Lamar Fulshear Richmond Foster Richmond George Ranch	District 24 Clute Brazoswood Deer Park Dickinson Frndswd Clear Brook Houston Clear Lake LC Clear Creek LC Clear Falls LC Clear Springs	District 28 Northside Brennan Northside Harlan Northside Health Careers Northside Holmes Northside Marshall Northside O'Connor Northside Sotomayor Northside Stevens Northside Taft Northside Warren	District 32 Brownsville Hanna Brownsville Veterans Memorial Harlingen Los Fresnos San Benito



WHEELCHAIR DIVISION

Wheelchair division events for students in wheelchairs, boys and girls, to be held at the State Track & Field Meet:

- 100M Dash
- 400M Dash
- Shot Put

General Guidelines.

- The Wheelchair Division will include participants from any conference 1A-6A.
- The wheelchair racing and seated shot-put events will be incorporated into the state meet schedule by UIL staff.
- The athletes in the Wheelchair Division will compete in separate races and field events from the traditional athletes.
- The top nine (9) performances that meet the UIL designated qualifying standards will advance to the State Championships.
- The events are considered a pilot program and will be non-scoring events, meaning these events will not count towards any team championships.
- The top three athletes in each event will receive medals. Athletes will be able to set state records at the state meet only. We recommend the same procedure for medals be used for all school invitational meets, including District, Area, and Regional meets.

Eligibility For Participation In The Wheelchair Division.

- Only high school students eligible under the UIL Constitution and Contest Rules Subchapter M are eligible to compete.
- All applicable UIL rules and regulations will apply.
- Any high school student may be eligible to participate in the Wheelchair Division track and field events with a documented permanent, physical disability. Each athlete's physical disability must be verified by a licensed physician and maintained on permanent file at the school.
- Schools and athletes are responsible for all aspects of participation in the events.

Wheelchair Division Qualification Standards. Participants must meet the following standard for each event in order to submit an entry to the state meet.

EVENT	BOYS	GIRLS
100M	:40	:45
400M	2:40	3:00
SHOT PUT	7'0" - 4K	7'0" - 6lbs.



Entry Requirements.

- Participants must submit a qualifying mark or performance to be considered for participation at the state event. Performances will only be accepted through the UIL website at www.uiltexas.org no later than midnight on May 4, 2026.
- If more than nine participants submit eligible entries in any event, the UIL staff will choose the top nine performances submitted for the state meet.
- A qualifying performance may be obtained from any local competition during the regular season, district, area, regional or Paralympic events from spring 2018. Entries must be verified by official meet results.

Entry Procedures.

- School personnel will be required to submit verified qualifying performances.
- School personnel will be required to submit an official meet results document to verify the performance.
- A designated entry process will be provided on the UIL website www.uiltexas.org and due no later than May 4, 2026.
- All state qualifiers will be posted on the UIL website at the time they become available.

100m, 400m Wheelchair Equipment and Racing Standards. Athletes will be expected to compete in their school's team uniform. Reasonable accommodation will be made when necessary. Resources for track and field equipment information and adaptive coaching education can be obtained from the following link: <https://texasregionalsport.org/uil-sports/>

- Manual wheelchairs only for track events, which may be a specialized racing chair or an all-sport chair.
- Texas Regional Para Sport has a very active racing chair and coaching education program in place to assist athletes across the state. See contact information below for the representative in your area.
- The racing chair shall have two large wheels (not to exceed 70cm in diameter) and one small wheel (not to exceed 50cm in diameter). Specialized track chair specifications can be found at the WASUSA.org rules link above.
- The wheelchair must be manually propelled by pushing on the wheels or the hand rims (no gears, levers or electronic steering).
- All participants must wear a racing helmet for both practice and competitions that is a hard protective shell and should meet the safety standards of the American National Safety Institute (ANSI).
- Shoes are not required; however protective socks are recommended.
- All participants must start each event with racing gloves.
- Athletes' lower limb(s) must be secured to the track chair. Any touch to the ground by a lower limb results in disqualification from the event.
- Competitors are responsible for the proper functioning of the track chair and equipment. Athletes that experience an equipment failure may finish the event; however, no event will be delayed or rescheduled if such an incident occurs.

Shot Put Equipment And Seated Throwing Standards. Athletes will be expected to compete in their school's team uniform. Reasonable accommodations will be made when necessary. Resources for track and field equipment information and adaptive coaching education can be obtained from the following link: <https://texasregionalsport.org/uil-sports/>

- Implements shall meet NFHS regulations. The 4K shot put will be used for boys and 6lbs. shot put for girls.



- All participants must put the shot from a "chair" (manual wheelchair, throwing chair, standard chair). Scooters and "standing chairs" will not be allowed. Chairs may be designed based on the needs of the athlete.
- It is recommended that a school district purchase or build a field chair. The chair is versatile to different size athletes and can be used at different campuses as needed for many years. Specifications and vendors can be requested through Texas Regional Para Sport, see regional contacts listed below.
- The uppermost part of the cushion/seat on any chair may not exceed 75cm (29.5 inches), measured from the ground. The seat of the chair must be square or rectangular and flat or sloped backwards.
- The chair may not have any moving parts or articulated joints.
- If the frame has a holding bar, it must be rigid without joints.
- No part of the throwing frame or wheelchair may be outside of the circumference of the circle.
- The chair will be considered an extension of the athlete's body. For example: Any part of the chair touching the top of the stop board is a foul.
- A coach (only) may assist the athlete in getting to the competition area.
- A coach (only) may assist the athlete in entering and exiting the circle.
- Tie-down straps for the chair are necessary and should be provided by the athlete, however a coach (only) may hold the chair during the throwing attempt to prevent excessive movement if throwing pit does not have tie down capabilities.
- The athlete's body must remain in contact with the seat during the throw.

Resources For Coaching Education, Events, Information And Equipment:

<https://texasregionalsport.org/uil-sports/>

- CENTRAL, SOUTH AND WEST TEXAS REGION
Wendy Gumbert 512-914-3152 (cell)
wgumbert@hotmail.com
- DALLAS/FORT WORTH METROPLEX & EAST TEXAS REGION
Darlene Hunter 248-535-4134 (cell)
darlene.e.hunter@gmail.com
- HOUSTON & GULF COAST REGION
Peggy Turner 832-567-4832 (cell)
peggy.turner@tirmemorialhermann.org
- NORTH TEXAS & PANHANDLE REGION
Joe Chris Rodriguiz 806- 683-6978(cell)
joe@onechairatatime.com

Frequently Asked Questions.

1. Who is eligible to compete in the Wheelchair Division?

All athletes with a permanent physical disability on file with the school and in grades 9-12 who meet the eligibility standards in the C&CR Subchapter M may be eligible. The mobility of a student participant may or may not include or require the full use of a wheelchair.

2. Where can athletes with physical disabilities compete?



Wheelchair events may be held at any UIL or school sanctioned meet. Additional competition opportunities are available through community Paralympic competitions. Resources for track and field meet event information can be obtained from the link: www.texasregionalparasport.org

3. How does an athlete with a physical disability participate for their high school track and field team? The athlete must follow the same procedures at their school established for traditional athletes competing in track and field.

4. Can wheelchair contestants compete against traditional athletes in the same race?

Yes, in the 100M and the 400m it is recommended that if this occurs the wheelchair athlete is designated to compete in the inside lane. Wheelchair athletes are coaches to finish any race by following the curve of the track and need more than 20m to stop forward motion. Boys and Girls' heats may be combined for competition and separated at the conclusion to determine results and places for each gender and/or division.

5. Can wheelchair contestants compete against traditional athletes in the same race?

Yes, the wheelchair athlete may be flighted with the traditional athletes for the seated shot-put throw. Physically challenged participants may choose to take all throws after entering the ring. The athlete's choice of type of "throwing chair" may determine if this is possible or if the athlete needs to be flighted before or after the traditional athlete.

6. How does a coach enter an athlete in the state meet?

The athlete must be entered into the state meet through an online entry form available on the track page on the UIL website. Performance results will be required in order to complete the online entry process.

7. Can athletes racing on the track receive assistance from coaches or other personnel?

No, athletes may only propel themselves forward through their own pushing of the wheels or hand rims.

8. Can athletes throwing the shot put receive assistance from the coaches or other personnel?

A coach (only) may assist the athlete in getting to the competitive area and may also assist the athlete in entering and leaving the circle. Also, for throwing events, the school shall provide tie-down straps. When no straps are available, a coach may hold the chair during the throwing attempt to prevent excessive movement.

9. Are the uniform rules in place for an athlete in a wheelchair?

Yes, all uniforms rules and regulations are in effect just as with the traditional athletes. Some exceptions may need to be considered and presented to meet officials for clarification.

10. Who is responsible for the athlete's equipment?

The athlete is responsible for the equipment needed. Schools may provide equipment and assistance may be available through Texas Regional Para Sports upon request. Resources for track and field equipment information can be obtained from the following link: <http://www.texasregionalparasport.org>

11. Where can coaches get more information about training?

Information regarding training and professional development can be utilized through the regional contacts with Texas Regional Para Sport (listed above).



NO PURSES. NO BAGS.

NEISD BAC PURSE/BAG POLICY



Prohibited Bags

PROHIBITED ITEMS INCLUDE, BUT ARE NOT LIMITED TO:

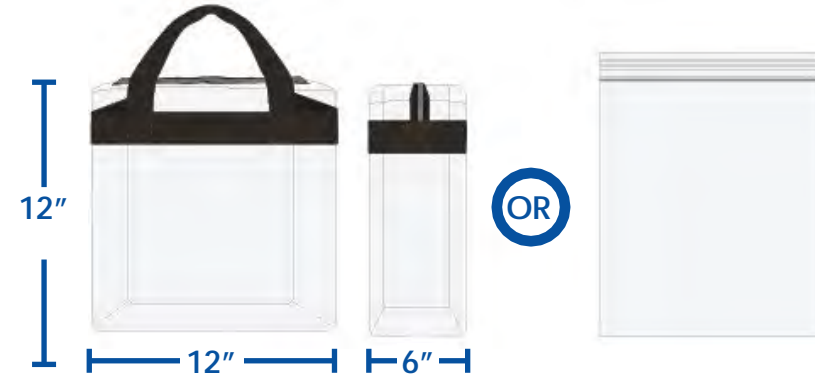
- All purses, bags or containers larger than a small clutch bag
- Backpacks
- Binocular case – Binoculars may be worn around the neck
- Briefcases
- Camera bags
- Cinch bags
- Computer bags
- Coolers
- Fanny packs
- Luggage of any kind



Approved Bags

CLEAR TOTE
Plastic, vinyl or PVC –
not exceeding 12" x 6" x 12"

PLASTIC STORAGE BAG
Clear, one (1) gallon,
re-sealable



SMALL CLUTCH PURSE

Approximately the size of your hand, but absolutely no larger than 5.5" x 8.5" (see our small guide sheet) with or without a handle or strap. Can be carried separately or within an approved plastic bag shown above.



Exceptions will be made for:

- Bags for medically necessary items
- News media equipment (for credentialed media)
- Official team and other field photographers

- Booster clubs selling items
- Diaper bags

REGION IV TRACK & FIELD MEET 2025 - 4/18/2025 to 4/19/2025**North East ISD - Heroes Stadium****REGION IV - Records**

501	Women 3200 Meter Run 5A	10:00.88	4/19/2024	Elizabeth Leachman - Champion
502	Men 3200 Meter Run 5A	9:09.68	4/23/2021	Foster Wilfong - Boerne Champion
503	Women 4x100 Meter Relay 5A	46.75	2017	Austin Johnson - Austin Johnson D Gilbert, R Horowitz, S Porter, H Porter
504	Men 4x100 Meter Relay 5A	41.08	4/27/2018	ANGLETON - ANGLETON E HAWKINS, C Bowie, M Ross, T Williams
505	Women 800 Meter Run 5A	2:06.53	4/30/2022	Isabel Conde De Frankenberg - Cedar Park
506	Men 800 Meter Run 5A	1:53.12	2015	Reagan Olguin - Edinburg Vela
507	Women 100 Meter Hurdles 5A	13.84	4/18/2025	Dariana Luna - McAllen
508	Men 110 Meter Hurdles 5A	14.13	4/19/2025	Temoc Zamora - CC Vet. Mem.
509	Women 100 Meter Dash 5A	11.39	4/18/2025	Daisha Shular - Seguin
510	Men 100 Meter Dash 5A	10.37	4/29/2023	Gael Romo - Weslaco East
511	Women 4x200 Meter Relay 5A	1:38.35	4/28/2023	Comal Smithson Valley - Smithson Valley J Rolle, F Uduji, J Mobley, A Jones
512	Men 4x200 Meter Relay 5A	1:26.20	2013	Corpus Christi Flour Bluff - CC Flour Bluff R Mendoza, J Pradia, A Dilworth, T Martin
513	Women 400 Meter Dash 5A	54.75	4/20/2024	Jazmyn Singh - Smithson Valley
514	Men 400 Meter Dash 5A	47.81	2013	Steven Champlin - Medina Valley
515	Women 300 Meter Hurdles 5A	42.36	4/30/2022	Sidney Kinnison - Buda Johnson
516	Men 300 Meter Hurdles 5A	37.88	2008	Andre Sanders - Cedar Park Vista
517	Women 200 Meter Dash 5A	23.78	4/29/2023	Alyssa Jones - Smithson Valley
518	Men 200 Meter Dash 5A	20.99	4/20/2024	Jaeden Servantez - Houston
519	Women 1600 Meter Run 5A	4:37.17	4/20/2024	Elizabeth Leachman - Champion
520	Men 1600 Meter Run 5A	4:11.69	4/30/2022	Ayden Granados - McAllen Memorial
521	Women 4x400 Meter Relay 5A	3:48.47	4/19/2025	Comal Smithson Valley - Smithson Valley I Sutherland, A Miller, A Briscoe, M Perez
522	Men 4x400 Meter Relay 5A	3:15.57	4/19/2025	McAllen - McAllen J Rivas, A Sakalys, J Ahlman, S Enriquez
523	Women Discus Throw 5A	156-09	1979	Dana Olson - Austin Westlake
524	Men Discus Throw 5A	199-00	2002	Derek Randall - Beeville Jones
525	Women High Jump 5A	6-00	1993	Amy Acuff - C C Calallen
526	Men High Jump 5A	6-11	1998	Ryan Harlan - Waco Midway
527	Women Long Jump 5A	20-00.75	2005	Brandi Stanfield - Pflugerville Connally
528	Men Long Jump 5A	23-11.50	1995	Tanyana McCray - Flour Bluff
529	Women Pole Vault 5A	13-09	4/27/2018	Riley Floerke - GREGORY-PORTLAND
530	Men Pole Vault 5A	16-03.50	2008	Kaleb Sharder - Gregory-Portland
531	Women Shot Put 5A	50-01	1999	Ibie Benido - C C Calallen
532	Men Shot Put 5A	65-02.50	1987	Lance Wilson - Pflugerville
533	Women Triple Jump 5A	41-09.75	2005	Brandi Stanfield - Pflugerville Connally
534	Men Triple Jump 5A	48-07.50	2017	Vonte Davis - Rosenberg Terry
601	Women 3200 Meter Run 6A	10:18.37	2015	Devin Clark - Smithson Valley
602	Men 3200 Meter Run 6A	8:59.14	4/29/2022	Kevin Sanchez - Aus Vandergrift
603	Women 4x100 Meter Relay 6A	45.60	4/24/2021	San Antonio Reagan - Reagan M McElroy, T Wise, A Quinones Mixon, J Montgomery
604	Men 4x100 Meter Relay 6A	40.96	4/18/2025	Cibolo Steele - Cibolo Steele L Smith, I Wray, S Harris, D Langston
605	Women 800 Meter Run 6A	2:08.64	4/20/2024	San Juanita Leal - Edinburg North
606	Men 800 Meter Run 6A	1:49.68	2017	Sam Worley - Canyon
607	Women 100 Meter Hurdles 6A	13.89	4/29/2023	Isabella Dagrosa - Reagan
608	Men 110 Meter Hurdles 6A	13.62	4/29/2023	Malik White - Taft
609	Women 100 Meter Dash 6A	11.36	4/29/2022	Saniya Friendly - Schertz Clemens
610	Men 100 Meter Dash 6A	10.08	4/18/2025	Tate Taylor - NS Harlan
611	Women 4x200 Meter Relay 6A	1:37.36	2015	Converse Judson - Judson K James, M Kuykendoll, K Pickens, K Horton
612	Men 4x200 Meter Relay 6A	1:24.83	2017	Converse Judson - Judson J West, C Mills II, S Richburg, K Morgan
613	Women 400 Meter Dash 6A	53.15	4/19/2024	Faith Franklin - Harlingen

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614	Men 400 Meter Dash 6A	47.09	4/20/2024	Elijah Hernandez - Sotomayor
615	Women 300 Meter Hurdles 6A	41.57	4/19/2024	Isabella Dagrosa - Reagan
616	Men 300 Meter Hurdles 6A	36.39	4/27/2018	Tre'Bien Gilbert - JUDSON
617	Women 200 Meter Dash 6A	23.52	2015	Kiana Horton - Judson
618	Men 200 Meter Dash 6A	20.74	4/19/2024	Tate Taylor - Harlan
619	Women 1600 Meter Run 6A	4:45.91	2015	Devin Clark - Smithson Valley
620	Men 1600 Meter Run 6A	4:08.37	4/19/2025	Gavin Chapa - SA Reagan
621	Women 4x400 Meter Relay 6A	3:46.11	2015	Converse Judson - Judson M Kuykendoll, Z Dickerson, T Mack, D Gibson
622	Men 4x400 Meter Relay 6A	3:13.86	4/20/2024	Round Rock - Round Rock Z Evans, J Ferrell, J Evans, M Page
623	Women Discus Throw 6A	158-03.75	4/28/2023	Chesni Scott - CP Vista Ridge
624	Men Discus Throw 6A	192-11.50	1983	David Stanley - Angleton
625	Women High Jump 6A	6-00	2010	Michaela Palu - SA Marshall
626	Men High Jump 6A	7-02	1990	Russell Garcia - Alice
627	Women Long Jump 6A	20-04	1993	Tameka Roberts - CC Moody
628	Men Long Jump 6A	24-06	1959	Dudley Haas - CC Ray
629	Women Pole Vault 6A	13-02	2014	Sara Kathryn Stevens - New Braunfels
630	Men Pole Vault 6A	17-03	4/19/2024	Samuel Abati - Reagan
631	Women Shot Put 6A	46-01.50	2009	Taylor Rosser - Converse Judson
632	Men Shot Put 6A	72-06.25	2009	Stephen Saenz - Rio Grande City
633	Women Triple Jump 6A	41-10.75	4/19/2024	Iyanna Webb - Harlan
634	Men Triple Jump 6A	50-09.25	4/18/2025	John Williams III - Cibolo Steele
701	Women 100 Meter Dash WC WC	18.38	4/19/2025	Izzy Crew - Dripping Springs
702	Men 100 Meter Dash WC WC	16.82	4/29/2023	Ephraim Tonn-Bourg - Champion
703	Women 400 Meter Dash WC WC	1:06.10	4/19/2025	Izzy Crew - Dripping Springs
704	Men 400 Meter Dash WC WC	1:01.64	4/30/2022	Carlo Uglow - Buda Hays
705	Women Shot Put WC WC	18-08.75	4/29/2022	Elicia Meairs - NS Stevens
706	Men Shot Put WC WC	17-04	2017	Bryan Prado - C C Veterans Mem