

District 7-AAA Junior
High Track Meet
March 30, 2026

- The scratch meeting will be held in the weight room of the field house at Iowa Park High School at 1:00 PM. No additions will be allowed.
- Entries will be done online using MileSplit. The meet is called “**UIL 3A - District 7 - JH**” and the password is **7AAA**.
- Entries for the meet will open **Monday, March 23rd at 11:00 AM** and be locked on **Friday, March 27th at 10:00 PM**.
- All rules and guidelines provided by the UIL will be followed.
- We will wait to start running events once all field events have been completed, aiming for a start time of 5:00 PM for the 400M Relay.
- No athletic or duct tape may be used on the track surface. Tennis balls, chalk or other flat marks are allowed.
- No camps or tents will be allowed on the infield. Please use the visitor bleachers on the south side of the stadium for all team camps.
- There will be a hospitality room set up in the press box. Only workers and coaches will be allowed in the press box.
- Medals may be picked up in the press box after the meet.
- Live results can be found on MileSplit. We will have QR Codes posted at the scratch meeting and concession stand for that link.
- Email msiegert@ipcisd.net or call/text 940-631-9495 with any questions



District 7-AAA Junior High Track Meet

Schedule of Events

Scratch Meeting - 1:00PM

<u>Field Events</u> -	2:00PM	Shot Put (1) 7th Boys	Discus (1) 8th Girls
		Shot Put (2) 7th Girls	Discus (2) 8th Boys
		Long Jump (1) 8th Girls	Triple Jump (1) 7th Girls
		Long Jump (2) 8th Boys	Triple Jump (2) 7th Boys
		High Jump (1) 7th Girls	Pole Vault (1) 7/8 Girls
		High Jump (2) 8th Boys	

3:15PM	Shot Put (1) 8th Boys	Discus (1) 7th Girls
	Shot Put (2) 8th Girls	Discus (2) 7th Boys
	Long Jump (1) 7th Girls	Triple Jump (1) 8th Girls
	Long Jump (2) 7th Boys	Triple Jump (2) 8th Boys
	High Jump (1) 8th Girls	Pole Vault (1) 7/8 Boys
	High Jump (2) 7th Boys	

Running Events - 2:30PM 2400M Run

5:00PM (ASAP)

- 4x100 Relay
- 800M
- 100 Hurdles
- 110 Hurdles
- 100M
- 4x200 Relay
- 400M
- 300 Hurdles
- 200M

Running Order:

7G, 8G, 7B, 8B

- 1600M
- 4x400 Relay

Iowa Park High School

Map of Facilities



Iowa Park High School

**1 Bob Dawson Drive
Iowa Park, Texas 76367**



District 7 - AAA Junior High Track Meet 2026
Monday, March 30

Starter Rudy Hawkins

Timing System Loy Triana
Computer Naef
Computer Childers

Start Clerk Siegert/Duggins
Corral Clerk G. Green

Finish Clerk Siegert/Duggins
 *Help identify lane finishes for timer

Results Clerk Jenny Miller
 Lyndsi Moore
 Finalize Field Event placing & package medals

Announcer Swenson

Athlete Check-In J. Green
 Sidlauskis
 Make sure athletes have hip numbers before going to the corral

Cut-In Judge: Henrietta
 800M Run, 4x400 Relay

Block Transporter: Birk

Shot Put	Henrietta	Ring 1 7th Boys 8th Boys
	Henrietta	Ring 2 7th Girls 8th Girls

Discus	Bowie	Ring 1 8th Girls 7th Girls
	Bowie	Ring 2 8th Boys 7th Boys

Pole Vault	Jacksboro	7/8 Girls 7/8 Boys
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Exchange Zone 1	City View
4x100 Relay	

Exchange Zone 2	Vernon
4x100 & 4x200 Relays	

Exchange Zone 3:	Holiday
4x100 Relay	

1600 Relay Exchanges	Jacksboro
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Triple Jump	Holiday	Pit 1 7th Girls 8th Girls
	Holiday	Pit 2 7th Boys 8th Boys

Long Jump	Iowa Park	Pit 1 8th Girls 7th Girls
	Iowa Park	Pit 2 8th Boys 7th Boys

High Jump	City View	Pit 1 7th Girls 8th Girls
	Vernon	Pit 2 8th Boys 7th Boys

Hurdle Setters	
First 5 sets in 100s First 4 Sets in 300s	City View
	Jacksboro
	Vernon
Last 5 sets in 100s Last 4 Sets in 300s	Henrietta
	Holiday
	Bowie

Opening Heights	
High Jump	7G 4'0"
	8G 4'0"
	7B 4'4"
	8B 4'6"
Pole Vault	7G 5'0"
	8G 5'6"
	7B 6'0"
	8B 6'6"

Jumps and Throws	
Measure every Jump (3)	
Measure every Throw (3)	

Relay Exchange Zones	
4x100	Gold
4x200	Black/Black/Gold
4x400	Blue

Scratch Meeting:	1:00 PM
Field Events:	2:00 PM
2400:	2:30 PM
Running Finals:	5:00 PM