



SWCAA Spring Track and Field Invitational

**Austin High School
April 17th & 18th 2026**

On behalf of El Paso Christian Homeschool, I would like to welcome you and your team to the 2026 SWCAA Spring Track and Field Invitational. The meet will be held at Austin High School Football Stadium on April 17th and 18th 2026. Friday April 17th will be field events starting at 5 pm and Saturday April 18th running events will start at 8:30 am. Medals will be awarded for the first three places. First and second place trophies will be awarded in the Junior High and Varsity divisions.

TX Milesplit will be used to register your athletes. Please create your team and add your athletes to this website to make the process easier. Entry fee will be \$10 per athlete that are registered. Please make payments payable to El Paso Homeschool and turn in on Friday/Saturday to the awards table. This is where you will get your receipt.

Divisions: 6/7th grade, 8th grade, and Varsity – Boys and Girls for each division

Please submit your entries via TX Milesplit by Wednesday, April 15 by 11:59 pm. If you need help doing this, please let me know.

1. Please set up canopies in the upper part of the stands so fans can see. No canopies will be allowed on the infield except for workers.
2. Please only athletes and coaches on the infield.
3. People can watch field events but please respect athletes and coach's space. Remind your parents about being mindful of flying object – shot put and discus. Coaches have final decision-making for the events they are working.
4. Please use tape or tennis balls when marking for relays and field events.
5. Trash cans will be located around the stadium. Please keep this facility clean so we can use it in the future.
6. Please be sure to bring your own measuring device and cane if you are working a field event.
7. Bring your own first aid kit so you can provide any treatment to your athletes. We will have limited resources available.

8. Order of running events: 6/7th, 8th, and Varsity - Girls and then Boys
9. Participants can enter 5 events with a maximum of 4 running events (including relays).
10. There will be a maximum of 5 entries in each event in each division per school. Teams can enter more than 1 relay team in a division (Team A and Team B).
11. There must be at 3 athletes entered (per division) in each event for the event to occur. Your athletes need to know how to do an event before the track meet. If a coach running a field event deems that the athlete does not know how to do it, they have the right to scratch that athlete.
12. Some races may be combined like 2400m and 3200m.

4:15 pm – Friday: Track/Field will open

4:30 pm – Coaches/scratches meeting – Finish line area

5:00 pm - Field Events (3 jumps/3 throws – No Finals)

7:30 am Saturday – Track will open

8:00 am - Coaches/scratches meeting – Finish line area

8:30 am - 2400/3200m.

Triple jump - VG, VB, JHG, JHB (After long jump – will use both pits)

Long Jump - JHG, VG, JHB, VB (Will use both pits for junior high and then run HS)

High Jump - VG, VB (High school only – will be 8:30 Saturday morning)

Discus - JHB, VB, JHG, VG

Shot put - VB, JHB, VG, JHG

***ALL RUNNING EVENTS WILL START at 8:30. ALL RUNNING EVENTS ARE TIMED FINALS.**

- 1. 4 X 100 METER RELAY**
- 2. 800 METER RUN**
- 3. 100 LH/110 METER HURDLES**
- 4. 100 METER DASH**
- 5. 4 X 200 METER RELAY**
- 6. 400 METER DASH**
- 7. 300 HURDLES**
- 8. 200 METER DASH**
- 9. 1600 METER RUN**

10. 4 X 400 METER RELAY

TRACK MARKINGS:

- **4 x 100 Relay: Yellow Triangles**
- **4 x 200 Relay: White Triangles-1st exchange / Yellow for 2nd and 3rd exchanges**

- **4 x 400 Relay: Blue Triangles**

- **Blue Marks: Boys 110 Hurdles / JH 1st notch & HS 4th notch**
- **Yellow Marks: Girls 100 Hurdles / JH No notches & HS 2nd notch**

- **Green Marks: 300 Hurdles (Girls-1st notch / Boys-3rd notch)**

Working Assignments:

Please make sure you have your measuring device and measuring cane. We will be running multiple field events at one time.

(For long jump, use both pits at one time 6/7th on one and 8th and then HS on the other. Hope to finish this event faster.)

Long Jump (Girls)– IDEA Mesa Hills (6/7th grade) and St. Clements (8th grade and HS)

Long Jump (Boys) – Jesus Chapel (6/7th grade) and Homeschool (8th grade and HS)

Triple Jump – Jesus Chapel

High Jump – Jesus Chapel

Discus – Homeschool/Keystone

Shot Put – Jesus Chapel/St. Marks

Jesus Chapel will have Shot Put and Discus for schools that may not have one.

4x100 relay:

1st Exchange and 800 Break line – Immanuel

2nd Exchange – Radford or Job Corps

3rd Exchange – Homeschool

4x200 relay:

1st and 3rd exchange – Radford or Job Corps

2nd exchange – Homeschool

Medals – Homeschool

Check in clerk – Homeschool

Asst. Starting clerk/Finishing clerk/Timing helper – Homeschool

Hurdle setters – All schools

Starter – Homeschool

Announcer – Homeschool

If you have any questions, please feel free to text/call me at 903-245-6039 or email me at rrouse@firstlightfcu.org. If I do not answer, please leave a message. Email and text will be the fastest way to contact me.

Blessings,
Ronnie Rouse
Athletic Director/Track and Field Head Coach