

Mid-Valley District Track Meet

May 2, 2026

The track meet will be run AAU style, no prelims, all events are final.

1. *All camps must be set up on the WEST SIDE of the stadium.*
2. Clothing guidelines:
 - No jewelry, caps or bandanas
 - Team members must be in the school uniform
 - ***In relay races, each team member must wear the same color and design school uniform.*** When other apparel is worn under the jersey by two or more runners, that apparel must be the same for all team members wearing the extra apparel. *(A contestant who competes with an illegal uniform shall be disqualified from that event)*
3. Event limitations:
 - No contestant shall be allowed to compete in more than three running events, including the relays and no more than five total events.
 - Contestants shall not be allowed to enter more than two of the following:
*400-meter dash, 800-meter dash, 1600-meter run, or 2400-meter run. This does not prevent a 400, 800, 1600 or 2400-meter contestant from running on the relays provided he/she is entered in no more than three total running events.
 - Contestants may enter a maximum of five events with no more than three (3) running events as stated above.
 - **Three (3) entries per school per FIELD event will be allowed for the meet.**
 - **Three (3) entries per school per RUNNING event will be allowed for this meet.**
3. Remind your athletes to report to the clerk of the course as soon as their event is called.
4. Tell athletes to listen to information given at the starting line for the running of the race.
5. Remind your athletes to stay at the finish line until they are dismissed by an official. *The top 6 finishers will receive ribbons at the end of the event. (The fourth runner in each relay team will receive the ribbons for the relay team).*
6. Warm up Area – Only Coaches, contestants and workers will be allowed on the field. All parents and spectators need to stay in the bleachers and away from the fence. Coaches are asked to inform their athletes to stay away from competition areas if they are not competing in the event. *(Cooperation is expected from all coaches and participants)*
7. Track and runways are all weather. ***(The use of tape is not allowed).***
8. A trainer will be available only for ***INJURIES.***
9. Games Committee will consist of one Track Coach from each school.

Schedule of Events

- 7:00 am** **Field Event Sign In at location of the event (if they were not done on Google doc)**
- 7:30 am** **2400 Meter Run (Finals) 7th Grade followed by 8th Grade Girls-Boys**
- 8:00 am** **Field Events – Begin (3 attempts, No Finals)**
 7th Grade Shot Put followed by 8th Grade Shot Put (Northwest ring)
 8th Grade Discus followed by 7th Grade Discus (Southeast ring)
 7th Grade Long Jump followed by 8th Grade Long Jump (Northwest)
 8th Grade Triple Jump followed by 7th Grade Triple Jump (Northeast)
 8th Grade Pole Vault followed by 7th Grade Pole Vault (@ stadium)
 7th Grade High Jump followed by 8th Grade High Jump (@ stadium)

Running Events will begin after 2400m run is completed

****Girls followed by Boys****

400 Meter Relay	Girls	Boys
800 Meter Run	Girls	Boys
100 Meter Hurdles	7 th /8 th Girls	-----
110 Meter Hurdles	7 th /8 th Boys	-----
100 Meter Dash	Girls	Boys
800 Meter Relay	Girls	Boys
400 Meter Dash	Girls	Boys
300 Meter Hurdles	Girls & Boys	-----
200 Meter Dash	Girls	Boys
1600 Meter Run	Girls	Boys
1600 Meter Relay	Girls	Boys

*****GIRLS & BOYS HURDLES WILL BE RUN SIMULTANEOUSLY***

Lane assignments

School	2400 Run	400 Relay	800 Run	100 Hurdles	100 Dash	800 Relay	400 Dash	300H Hurdles	200 Dash	1600 Run	1600 Relay
B Garza	WATERFALL		3	4	5		6	7	2	WATERFALL	
Central			4	5	6		7	2	3		
Sauceda			5	6	7		2	3	4		
Chacon			6	7	2		3	4	5		
Todd			7	2	3		4	5	6		