

## **LISD MS Track and Field Notes and Procedures**

### Meet Start Time:

- Field Events: 4:30 PM
- 2400M Run: 5:00 PM

### Entries:

- Athletics will send entry emails from Athletic.net by the Thursday preceding the each meet
- Entries must be finalized by Noon on the day of the meet, they will be sent to HS track coaches for scratch meeting at 1:00 PM.
- Entry Guidelines:
  - No athlete may enter more than 3 running events including relays
  - No athlete may enter more than 5 total events (an athlete may enter 5 field events with no running)
  - No athlete shall be allowed to enter more than two of the following individual events: 400m; 800m; 1600m; 2400m (UIL added 400M to the list this year)
  - Meet #1 - 4 entries per team per event
  - Meet #2-Meet #4 - 3 entries per team per event
- District Meet Entries
  - Top 8 efforts from all meets will be used to compile the District Meet participants.
  - All ties will be broken using best previous recorded attempt
    - Field Events - next best height/distance
    - Running Events - next fastest recorded time
  - No school can have more than 3 participants in each event per grade level
  - Coaches will have the ability to scratch participants from events in the days leading up to the meet.

### Participation in Multiple Field Events:

- Athletes should be allowed to participate in multiple field events.
- Coaches should communicate with meet officials if a student is participating in another event. That student should have the ability to complete their trials after their other event has concluded.
- If athletes are running the 2400M and participating in a field event every effort should be made by meet officials to ensure they can compete in their field event after/before finishing their race.

### Throwing Implements

- All throwing implements should be pooled for use by all participants.
- Implements should be clearly marked to avoid loss.
- The use of a rubber discus is allowed.

### Awards

- Athletics will compile ribbons from each meet and send them to individual campuses thru interoffice mail
- Meet team results will be sent by Athletics on the Friday following each meet.
- District Champion and District Runner-Up trophies will be delivered to campus the week(s) following the District Track Meet.