



**UIL Region 1-3 A  
Track Tournament  
2024 Guide  
April 19-20, 2024**



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## WELCOME

Coaches, Players, and Parents,

On behalf of Abilene Christian University and the Wildcat Track & Field program, we are proud to host the 2024 UIL Region 1-3A Track & Field Championship. We hope you enjoy the city of Abilene, the campus of Abilene Christian University, and Elmer Gray Stadium during your stay.

The material provided in this team guide is intended to familiarize you all with the various attributes and operational standards here at Abilene Christian University and Elmer Gray Stadium. We hope you find the enclosed information useful and informative.

If you have any specific questions or concerns, please contact Jessica Campbell, the Spring Regional Meet Director at [jrc21f@acu.edu](mailto:jrc21f@acu.edu) or by phone at 719-553-7162, or Michael Rasor the Track & Field Meet Director, at [michael.rasor@acu.edu](mailto:michael.rasor@acu.edu) or by phone at 806-368-1474.

On behalf of ACU Track & Field, Wildcat Athletics, and the city of Abilene, we wish you all the best for a pleasant stay in the Big Country.

Regards,

Zack Lassiter  
Vice President of Athletics  
Abilene Christian University



## KEY CONTACTS

### Director of Spring Regional Meets

*Jessica Campbell*

jrc21f@acu.edu

(719) 553-7162

### Track & Field Director

*Michael Rasor*

mor08a@acu.edu

(806) 368-1474

### Twitter Account

*For Schedule changes/ Weather updates*

@regioniaaa

### Emergency Contacts

ACU Campus Police – (325) 674-2911

Abilene City Police – (325) 674-8331

Taylor County Police – (325) 674-1300

Abilene Regional Medical Center – (325) 428-1000

Hendrick Medical Center – (325) 670-2000



## ATHLETIC TRAINERS

Abilene Christian University is **not** responsible for providing athletic training services to the regional track meet. The ACU training staff will provide water for the competition. Our training staff is not allowed to examine, evaluate, or provide treatment to high school athletes except in emergency situations. Please provide your own athletic trainers for the competition.

## DISTRICT ASSIGNMENTS

*Meet Helpers will not be designated as a Head Official*

As we have done in the past, we are asking that each district provide workers to aid in the running events and field events. Please let us know by April 14<sup>th</sup> who will be working in each spot. You can rotate your coaches throughout the weekend. Each worker will receive an all-meet pass wristband.

### Assignments:

- District 1 – Boys & Girls Running Events, Block Setters (4 Individuals Per)
- District 2 – Boys & Girls Shot Put (3 Individuals Per)
- District 3 – Boys & Girls Discus Throw (3 Individuals Per)
- District 4 – Boys & Girls Long Jump (3 Individuals Per)
- District 5 – Boys & Girls Triple Jump (3 Individuals Per)
- District 6 – Boys & Girls High Jump (3 Individuals Per)
- District 7 – Hurdle Setters for 100, 110, & 300 Hurdles (4-6 Individuals)
- District 8 – Boys & Girls Vault (3 Individuals Per)

## ENTRIES

A **FULL** result copy of Area meet results will need to be emailed to

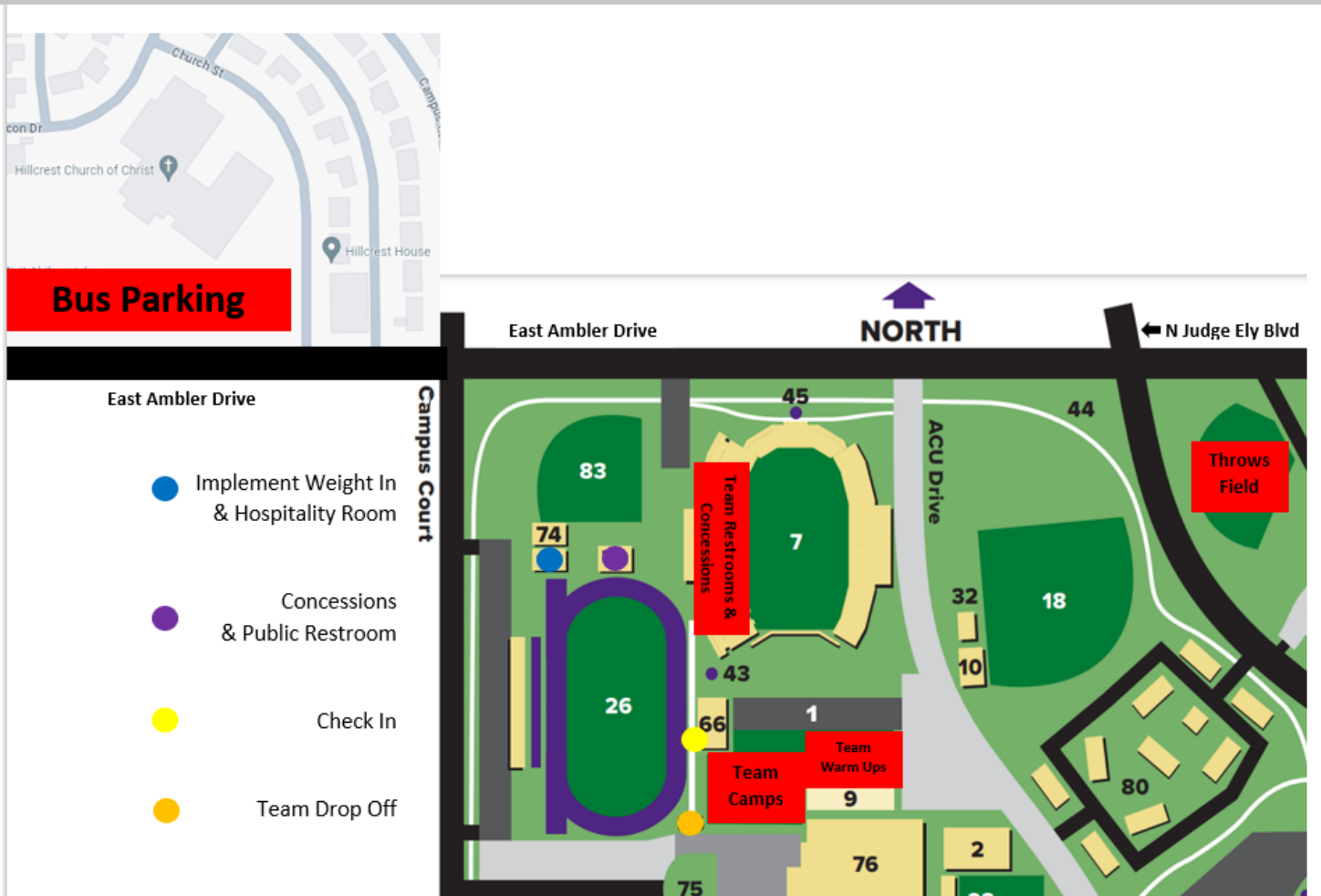


michael.rasor@acu.edu. An advancer file from Hy Tek or Meet Mate will also need to be emailed to michael.rasor@acu.edu. Substitutions will be closed on Tuesday, April 16<sup>th</sup>. Per the UIL, all Districts/Areas are required to provide all qualified athletes current grade level. If this is not done we will need you to fill in that information upon packet pickup.

### Creating an Advancer File in Hy Tek:

- To generate the Advancer File use: File, Export, Advancers, or Select All
- Top How Many From Each Event – 4
- Maximum Qualifiers per Event – **Leave Blank**
- Include Relay Athlete Names – **Check**
- Custom Select Advancers – **Leave Blank**

## FACILITY MAP



## HOTELS

Hotel Booking Link: <https://reservations.aresttravel.com/hotel/list/8941>

*ACU Athletics Preferred Partners*



**Courtyard by Marriott** – 4350 Ridgemont Dr, Abilene, TX 79606 – (325) 695-9600



**DoubleTree by Hilton Abilene Downtown** – 500 Cypress St, Abilene, TX 79601 – (325) 999-1878



**Fairfield Inn** – 3902 Turner Plaza, Abilene, TX 79606 – (325) 695-2448



**Hampton Inn** - 3917 Ridgemont Dr, Abilene, TX 79606 – (325) 695-0044



**Holiday Inn - N. College** - 3525 West Lake Rd, Abilene, TX 79601 – (325) 673-1400



**Residence Inn** - 1641 Musgrave Blvd, Abilene, TX 79601 – (325) 677-8700

## IMPORTANT TIMES

### Athlete Check-In:

Athletes will need to check-in 30 minutes prior to each event. The announcer will call 1st, 2nd, and 3rd calls for each event. Athletes will receive their hip numbers at check-in. Relay cards should be turned in to the clerk at this time. All running athletes and relays will be escorted out to their designated starting locations prior to the event. Field event participants may check-in at the event site.



### Implement Weigh-In:

Implement weigh-ins will be on Friday and Saturday from 8:30 AM until 11:00 AM. Please have your implements weighed in at least 45 minutes prior to your event. Implements will be checked out to the athletes at the completion of the throwing event. Any implements that are left will be available to pick up at the weigh-in station. The weigh-in station will be located in the Track fieldhouse.

### Packet Pick-Up:

There will be a packet pick-up on Thursday, April 18<sup>th</sup>, in the meeting room at the Track and Field offices located at the northwest corner of the track stadium, from 5:30 pm until 7:30 pm. You may also pick up your packet upon arrival at the headquarters table located on the outside of the south side of the track and field offices. Coaches may leave their throwing implements with the weigh-in official located in the same room as the packet pick-up on Thursday.

## MEET INFORMATION

### Awards:

The top three in each event will receive medals immediately after the event at the awards presentation on the track infield.

### Electronics:

No radios, tape recorders, walkie-talkies, cell phones, or CBs are allowed in the warm up, competition area, or on the field. This includes listening to headphones while warming up in the competition area.

### Entry to Meet:

A wristband is necessary to gain entry to the meet. Team packets will include three coaches' wristbands only (3 for girls team, 3 for boys team). Please have your buses





drop off athletes in the Teague Parking lot at the entrance to Wildcat Way (see map). Athletes and coaches must first enter at the main entrance to the track stadium to get packets with wristbands. Coaches can purchase additional coaching wristbands for the general admission price. District workers will be provided with a free all-meet pass wristband.

### Facilities:

Dress and shower facilities will not be available at the track.

### General Public Ticket Prices:

- Adults - \$12/day
- Children (5 and up) - \$10/day
- Children 5 and under are free
- Meet Pass - \$20 for adults, \$15 for children

### Heat Sheets and Live Results:

Heat sheets will be available upon arrival at the Regional Track meet. See packet pick up below for more information. There will be online live results on Athletic.net, with the exact link shared closer to the start of the meet.

### Inclement Weather Procedure:

We are continuously monitoring the forecast. Should any issues arise we will communicate with you immediately. Should there be lightning within an 8-mile radius of ACU Athletic facilities, there will be a mandatory delay. The meet will resume 30 minutes after the most recent lightning strike. We are asking that all athletes and coaches head to Moody Coliseum until the weather permits.

### Location:

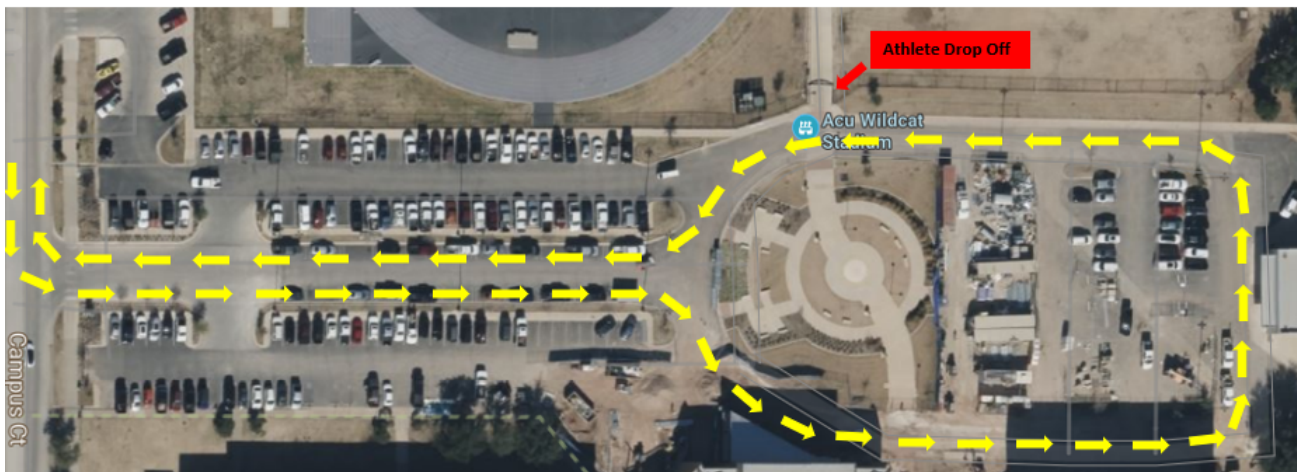
Elmer Gray Stadium: 2117 Campus Court, Abilene, TX 79699



### Parking/ Athlete Drop-Off:

Bus parking will be at HillCrest Church of Christ and the athlete drop off will be in front of Wildcat Way. Please refer to the Facility Map section in this guide. Below is a flow chart to show how to get through the parking lot and prevent possible congestion.

## Athlete Drop Off Flow Chart



### Practice Time:

Elmer Gray Stadium will be open for teams to practice on the Track and Field event areas on Thursday, April 18th, from 5:30pm-7:30pm, during packet pickup. The soccer game field is off-limits for warm-ups and congregating during this time.

### Prelims/ Final Qualifications:

There will be no prelims in the 800m run, 1600m run or the 3200m run. The 3200m run final will be held on Friday morning, April 19<sup>th</sup>. The top eight contestants will qualify to the finals in all events. In running events, qualification will be by heat winner, then next



six times (8 total).

### Relay Hand Off Practice:

Relay teams may practice relay handoffs on Friday, April 19<sup>th</sup> at the conclusion of the Boys 3200m race. Relays may practice relay handoffs one hour prior to the beginning of their regional running finals on Saturday, April 20<sup>th</sup>.

### Running Finals:

The running finals, with the exception of the Boys and Girls 3200m race on Friday morning, will be contested Saturday, April 20<sup>th</sup>. The running finals will be run on a time schedule, prelims on a rolling schedule. There will be no prelims for the 800m Run or 1600m Runs

### Substitution:

If any of the top four places in the area will not be able to compete, the coach or school administrator whose athlete will not compete should notify the coach or school administrator of the fifth place winner in order that the vacancy may be filled. Also, email [michael.rasor@acu.edu](mailto:michael.rasor@acu.edu) the regional meet office of any changes. All substitutions must be made final by 5:00 pm on Tuesday, April 16<sup>th</sup>.

### Team Camps:

Team camps will ONLY be allowed at the warm-up field located directly east of the track. Please put all tents and camps on the interior fence perimeter of the warm-up field. NO camps or tents will be allowed inside the track stadium or in the Football Stadium.

## RESTURANTS

*ACU Athletics Preferred Partners*





Buffalo Wild Wings – 1010 East Overland Trail, Abilene, TX 79601 – (325) 704-5480



Domino's Pizza – 1124 EN 10<sup>th</sup> Street, Abilene, TX 79601 – (325) 677-3030



Jason's Deli – 1772 TX-351, Abilene, TX 79601 – (325) 672-4232



Miguel's Mex-Tex Café – 3301 South Danville Drive, Abilene, TX 79605 – (325) 698-8100



Raising Canes – 1602 E Overland Trail, Abilene, TX 79601 – (325) 670-9941



Rosa's Café & Tortilla Factory – 1026 N Judge Ely Blvd, Abilene, TX 79601 – (325) 675-6520



The Shed Market – 6382 Buffalo Gap Rd, Abilene, TX 79606 – (325) 692-7433



Wing Stop – 1813 TX-351, Abilene, TX 79601 – (325) 677-3030

## RULINGS

### False Starts:

The no-false-start rule is in effect. Runners will be disqualified upon the first false start.

### Ties:

All ties must be broken through 6th place. There will be a wild-card entry going to State and all ties must be broken in order to do the call-up from any Region.

### Protest:



Protests must be filed in writing within 15 minutes of when the results of the event are announced. Please file your protest with the appropriate officials, who will have the protest paperwork on hand.

A Jury of Appeals will be selected prior to the meet for coaches to challenge the Meet Referee's decision. All decisions by the Jury of Appeals are final, no exceptions.

