



Track and Field Modifications and Event Procedures

NFHS Rule	Subject - Topic	UIL requirements
1.2.3(b)	Event order - 3200m	3200m race event order is local decision for a district or area meet. 3200m is required to be held as the first event for a regional meet schedule, which could be separated in a session prior to the beginning of preliminaries. Prelims and finals in an event are considered one (1) event for the number of allowable entries.
1.2.3(b) 5.3.2	Prelim - 800m Alley start	Local decision for district meet; final race only for regional meet with alley start. Meet directors may account for meet schedule to have a short break in the prelims inserted into the normal 800m order.
2.1.2	Championship scoring	1st-6th place and points will be given 10-8-6-4-2-1. Relays will be scored 20-16-12-8-4-2.
3.9.8	FAT - Manual timing	Conversion calculation required
3.17.1-2	Wind gauge	Required for national records; state records can only be set at state meet.
4.2.1 5.10.2	Event limitations Relay alternates	Contestant is permitted no more than three (3) running events, including relays and may enter up to five (5) field events. <ul style="list-style-type: none"> • 2016 last year - No contestant shall be allowed to enter more than two (2) of the following individual events: 400m; 800m; 1600m; 2400m; 3200m. (This does not bar a contestant from relays.) *Note: A contestant listed as an alternate for a relay does not count against total number of events.
4.3.1(c)	Uniform	Each competitor shall wear a track bottom or one-piece uniform. Male contestants must wear shorts over the one-piece suit or compression short. Relays must wear same design of uniform except the undergarment (if worn).
4.3.2(b)	Under garment	Visible undergarments that drop below the knee must be a solid color. Relay team members must all be in same undergarment color (if worn) and length of sleeve or leg garment does not matter. Proactive officiating (clerk) should eliminate uniform penalties.
5.5.2	Heats	Heat winner advances to finals and next best performances - usually six (6) on an eight (8) lane track.
5.6.3	Seeding	Choice for district and area meets. Seed by qualifying (district/area meet) performance for regional meet. State meet is preferred lanes for regional champion; random for others.
6.3.2-3	Ties	Distance - events must be broken 1 st -6 th places all meets.
7.3.1-2	Ties	Vertical jumps - events must be broken 1 st - 6 th place. HJ: 2" increments until 4 jumpers are left then 1" thereafter. PV: 6" increments until 4 jumpers are left then 3" thereafter.
2.1.4 3.8.1-8	Scoring of ties	Advancement to next meet is based on all places identified 1 st -6 th place. Modification: Ties must be broken and award points accordingly.

