



2019
Region III
Conference 2A
Track & Field Handbook



Palestine HS
1600 South Loop 256
Palestine, TX 75801

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UIL Purpose: Educational Competition

The purpose of the UIL is to organize and properly supervise contests that assist in preparing students for citizenship. It aims to provide healthy, character building, educational activities carried out under rules providing for good sportsmanship and fair play for all participants.

Sensible organized competition under proper controls has demonstrated its value and has furnished inspiration to talented students for many years. The UIL does not provide a contest for every student but does fill the need for those with the physical and intellectual capacity to excel in activities beyond the classroom. The UIL has the active support of most of the school executives, teachers, and citizens in Texas.

Statement of Purpose

The University Interscholastic League believes:

- that participation in extracurricular activities motivates students to place a high priority on attending school and making better grades.
- that most students enjoy the pursuit of excellence and seek opportunities to test themselves against their own accomplishments and the accomplishments of others,
- that such opportunities are best provided through properly conducted and equitably administered competitive activities, and
- that the classroom is enriched by the flow of student energy into the more intensified arena of competition and back into the classroom.

Therefore, we reaffirm that students are the focus of our endeavor and deserve an opportunity to:

- refine physical and mental skills,
- nurture self-realization and build self-confidence,
- feel a sense of pride and dignity,
- experience teamwork and develop a sense of fair play,
- develop the ability to lead and the willingness to follow,
- foster self-discipline and perseverance,
- appreciate that rules, consistently applied, create order and discipline,
- learn to accept graciously the decisions of judges and officials,
- affirm self-worth in times of disappointment as well as adulation,
- cultivate lifetime skills,
- complement their classwork with practice and performance,
- have fun,
- experience the joy of achieving their potential in a wholesome environment, and
- discover that ultimately the true meaning of winning is doing one's best.

Policy and Administration

Executive Director: **Dr. Charles Breithaupt**
 Department email: director@uiltexas.org
 Department fax: 512-471-5908

Deputy Director: **Jamey Harrison**
 Email: info@uiltexas.org
 Chief of Staff: **Kim Carmichael**
 Email: cos@uiltexas.org

CONTACT INFORMATION		
Name / Title	Responsibilities	Contact Email
Jamey Harrison Marketing	Corporate Sponsorship Radio & Television Contracts	Logo Usage jharrison@uiltexas.org
Nakita Guillory Waiver Officer	Four Year Rule Parent Residence Rule	Over-Age Rule Foreign Exchange Waivers waivers@uiltexas.org
Dr. Kevin Jones Policy Director	DEC Handbook / Procedures DEC Financial Form TEA-UIL Side by Side Manual	Precedent Manuals Eligibility / PAPF Question kjones@uiltexas.org
Dr. Mark Cousins Director of Eligibility and Education	Eligibility Issues UIL Portal UIL Calendar Medical Advisory Committee	TEA-UIL Side by Side Manual Questions DEC Processes & Procedures mcousins@uiltexas.org
Darryl Beasley Director of Compliance	Compliance Issues Game Violations Incident Reports	State Executive Committee (SEC) Appeals to SEC dbeasley@uiltexas.org
Kevin Johnson Director of Technology		kjohnson@uiltexas.org
Susan Doherty Executive Assistant	Regional Sites	director@uiltexas.org
Caroline Walls Event Coordinator	Meeting and Hotel Coordinator	info@uiltexas.org
Brenda Cerda Administrative Associate	Invoices Gate Receipts Membership Fees	Leaguer Subscriptions Orders for Materials finance@uiltexas.org

Athletics

Director of Athletics: **Dr. Susan Elza**

Department email: athletics@uiltexas.org

Department fax: 512-471-6589

CONTACT INFORMATION			
Name	Title	Responsibilities	Contact Email
Dr. Susan Elza	Director of Athletics	Athletic Administration Reclassification & Realignment Eligibility Catastrophic Injuries Officials	athletics@uiltexas.org
Brian Polk	Assistant Athletic Director	Cross Country Football Track & Field	bpolk@uiltexas.org
Brandy Belk	Assistant Athletic Director	Volleyball Swimming & Diving Basketball Softball Spirit	bbelk@uiltexas.org
AJ Martinez	Assistant Athletic Director	Wrestling Golf Baseball	ajmartinez@uiltexas.org
Joseph Garmon	Assistant Athletic Director	Team Tennis Basketball Soccer Tennis	jgarmon@uiltexas.org

[Link for 2019 Rules & Rule Changes](#)

2019 Official UIL Track & Field Alignment
Conference 2A – Region III
****Area Meet Director****
UIL Organizing Chair

District 17

Bosqueville

Bruceville-Eddy

Chilton

Crawford

Moody

Rosebud-Lott

Valley Mills

Waco Meyer

Spencer Sims
(405) 602-4684
spencer_sims@moodyisd.org

District 21

Alto

Cushing

Douglass

Gary

Mount Enterprise

New Summerfield

District 18

Axtell

Bremond

Dawson

Hubbard

Marlin

Mart

Riesel

Wortham

District 22

Garrison

Joaquin

Martinsville

San Augustine

Shelbyville

Tenaha

Timpson

Woden

Marty Murr
(936) 554-7665
mmurr@saisd.us

District 19

Cayuga

Frost

Italy

Itasca

Kerens

Malakoff Cross Roads

Cody Mohan
(254) 977-4073
cmohan@cayugaisd.com

District 23

Broadus

Brookeland

Colmesneil

Dallardsville Big Sandy

West Sabine

Zavalla

Patrick Sluga
(832) 623-1251
psluga@savallaisd.org

District 20

Centerville

Grapeland

Groveton

Jewett Leon

Latexo

Lovelady

Slocum

District 24

Deweyville

Evadale

Hull-Daisetta

Sabine Pass

Saratoga West Hardin

UIL Region III Conference 2A
Track and Field Meet
Contact Information

Palestine High School
1600 S. Loop 256
Palestine, Texas 75801
April 26 & 27, 2019
Phone: (903) 731-8012
Fax: (877) 655-0754

Meet Director

Robby Clark
Athletic Director
Palestine ISD
robby_clark@palestineschools.org
(903) 731-8012

Entry / Event Coordinator

Hy-Tek Meet Manager
Ty Kuhn
tkuhn@palestineschools.org
(903) 731-8012
(512) 791-0938

Administrative Assistant

Donna Jenkins
Palestine Athletic Department
djenkins@palestineschools.org
(903) 731-8012

Entry Procedures

1. **Area Meet Directors send results:**

Area meet directors send a complete set of results from your area meet in PDF format to tkuhn@palestineschools.org by noon Tuesday, April 23, 2019. Please be certain time, distance, height and finishing place for the area meet are included in the results. For questions please call Ty Kuhn at (903) 731-8012 or (512) 791-0938.

2. **Coaches of Qualifying Athletes enter athletes on the [Direct Athletics](#) website:**

Coaches enter their athlete(s) in the appropriate event(s) on the web-based meet entry service [Direct Athletics](#) no later than Wednesday, April 24th by 12:00pm. **Please be certain to include qualifying time, distance, or height for each event an athlete qualifies in.** See the next page for instructions on [Direct Athletics](#).

3. **Qualifiers who are unable to compete:**

A coach who has a qualifier who cannot compete in the regional meet must contact the director of his/her area meet before 12:00pm on Tuesday, April 23, 2019. It is also the responsibility of this coach to contact the coach of the next alternate and inform them of the open position.

4. **Alternates who move into qualifying positions:**

Coaches of alternates who have been moved up to qualifying positions must call the director of the area meet to declare that their athlete will compete. The regional meet director will enter confirmed alternates after the final entry confirmation by area meet directors. No alternates will be accepted after noon on Wednesday, April 24, 2019.

- Individual coaches of alternates may not call in changes to area meet results. Changes to area meet results or area meet qualifiers can only be made by the director of the area meet.
- It is the coaches' responsibility to inform the area meet director of any changes due to ineligibility, injury, etc.
- It is the area meet director's responsibility to report any changes from your area to the regional meet director by Wednesday, April 25, 2019 before noon.
- It is the regional meet director's responsibility to add confirmed alternates to the entry list after this confirmation process.

There will be no changes made on meet day because of someone's failure to notify the area meet director of a change or due to the area meet director's failure to notify or send in area results to the regional meet director.

Entry Procedures Cont'd Instructions for Direct Athletics

Contact Ty Kuhn at tkuhn@palestineschools.org for questions

How to Submit Entries - Track & Field:

STEP 1 - ACCESSING YOUR DIRECT ATHLETICS ACCOUNT:

Each coach must have a [Direct Athletics](#) username and password for his/her team. You will use the same account to enter all meets run through [Direct Athletics](#).

NOTE ABOUT MEN'S AND WOMEN'S ACCOUNTS:

You control only one gender at time, so you will complete the below steps for your Men, and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:

Sport: Track & Field Team: Grapeland (M)

This indicates that you are controlling the Grapeland MEN'S team (M=MEN). To switch to your Women's team, you would select "Grapeland (W)".

STEP 2--SETTING UP YOUR ONLINE ROSTER:

- 1) Before entering an athlete into a meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from previous seasons or meets) you do not need to add him or her again. Upon logging in, click the 'team' tab (New users will automatically be in the 'team' module).
- 2) If you have used [Direct Athletics](#) before, you will see your existing athletes on your roster. New users should click the green 'add athletes' link.
- 3) Click the green 'add athletes' link under the team roster header. Select an approximate number of athletes you would like to add (you can add more at any time).
- 4) Enter your athletes' first name, last name, and school year and click 'submit'.
 - Please check that all athletes' names are spelled correctly with correct capitalization (EX: John Doe is correct...**NOT** john doe or JOHN DOE)
 - The "year in school" should be included for each athlete in the following format: 09 for 9th grade, 10 for 10th grade, 11 for 11th grade, and 12 for 12th grade
- 5) You may add, edit or delete athletes on your team roster at any time by clicking the 'team' tab. To add athletes, click the green 'add athletes' link at any time. To delete or edit athletes, check the box to the left of each athlete(s) and then click the red 'delete selected' link or the blue 'edit selected' link respectively.

Entry / Admission Fees

It is the responsibility of each area meet director to inform the regional director if fees will be paid by each individual school or if the area or district chairperson will pay the entire fee for their UIL district or districts.

Entry fees should be sent to:

Palestine ISD
Attn: Robby Clark
1007 E. Park Avenue
Palestine, Texas 75801

Entry fees may be turned in at the coaches meeting preceding the regional meet.
Make checks payable to Palestine ISD

Fee Schedule:

\$15.00 per participant, per event, Relays are \$60 per relay.

Example:

School "A" qualifies the following:

1. Suzy Smith High Jump (\$15.00) AND 4 x 100 Relay (\$15.00) - \$30.00 total for Suzy Smith
2. Jill Jones Pole Vault (\$15.00) AND 4 x 100 Relay (\$15.00) - \$30.00 total for Jill Jones
3. Mary Morris 400 Meters (\$15.00) AND 4 x 100 Relay (\$15.00) - \$30.00 total for Mary Morris
4. Holley Harris 100 Meters (\$15.00) AND 4 x 100 Relay (\$15.00) - \$30.00 total for Holley Harris
5. Kris Williams Shot Put (\$15.00) \$15.00 total for Kris Williams

School "A" Girls Total Entry Fee - \$135.00

Gate Admission Prices:

1. Coaches and athletes will be provided with wrist bands that will allow them to pass through entry gates. Each school will be provided with four coaches bands and one athlete band for each participant entered by Wednesday, April 24, 2019
2. School officials, parents, and other spectators must purchase admission according to the following prices:
 - a. One day admission: \$12 adult, \$7 students
 - b. Two day admission pass: \$20 adult, \$10 students
 - c. No other passes of any kind will be accepted at the gate.

Schedule of Events

Friday April 26, 2019

Coaches meeting 12:00 pm in Wildcat Cafe

Track open for handoffs from 12:00 – 1:30, and 4:30 – 5:30

Field Event Finals:

1:30 pm	Girls Pole Vault	weigh-in 11:45 - 12:45
	Boys Long Jump	
	Girls Shot Put	weigh-in 11:45 - 12:45
4:00 pm	Boys Pole Vault	weigh-in 2:45 - 3:45 (following girl's event)
	Girls Long Jump	
	Boys Shot Put	weigh-in 2:45 - 3:45 (following girl's event)

Running Event Finals:

5:30 pm	3200 Meter Run	Girls
5:45 pm	3200 Meter Run	Boys

Awards Stand:

5:45 pm	1 st , 2 nd , & 3 rd place medals
	Boys / Girls Pole Vault
	Boys / Girls Long Jump
	Boys / Girls Shot Put

Running Events - Preliminaries:

6:30 pm	400-meter Relay	Girls
6:40 pm	400-meter Relay	Boys
7:00 pm	100-meter Hurdles	Girls
7:10 pm	110-meter Hurdles	Boys
7:20 pm	100-meter Dash	Girls/Boys
7:30 pm	800-meter Relay	Girls/Boys
7:50 pm	400-meter Dash	Girls/Boys
8:05 pm	300-meter Hurdles	Girls/Boys
8:20 pm	200-meter Dash	Girls/Boys
8:35 pm	1600-meter Relay	Girls/Boys

Note that the 800 Meter Run is a Finals only event. There will be no prelims.

Schedule of Events

Saturday April 27, 2019

Track open for handoffs from 12:00 – 2:15

Field Event Finals:

10:00 am	Boys Triple Jump Girls High Jump Girls Discus	weigh-in 8:45 - 9:45
12:30 pm	Girls Triple Jump Boys High Jump Boys Discus	weigh-in 11:15 - 12:15

Awards Stand:

2:15 pm	1 st , 2 nd , & 3 rd place medals Boys / Girls Triple Jump Boys / Girls High Jump Boys / Girls Discus
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Running Events - Finals:

2:30 pm	400m Relay	Girls
2:35 pm	400m Relay	Boys
2:45 pm	800m Run	Girls
2:50 pm	800m Run	Boys
3:00 pm	100m Hurdles	Girls
3:05 pm	110m Hurdles	Boys
3:15 pm	100m Dash	Girls
3:20 pm	100m Dash	Boys
3:35 pm	800m Relay	Girls
3:40 pm	800m Relay	Boys
3:50 pm	400m Dash	Girls
3:55 pm	400m Dash	Boys
4:05 pm	300m Hurdles	Girls
4:10 pm	300m Hurdles	Boys
4:20 pm	200m Dash	Girls
4:25 pm	200m Dash	Boys
4:35 pm	1600m Run	Girls
4:45 pm	1600m Run	Boys
4:55 pm	1600m Relay	Girls
5:00 pm	1600m Relay	Boys

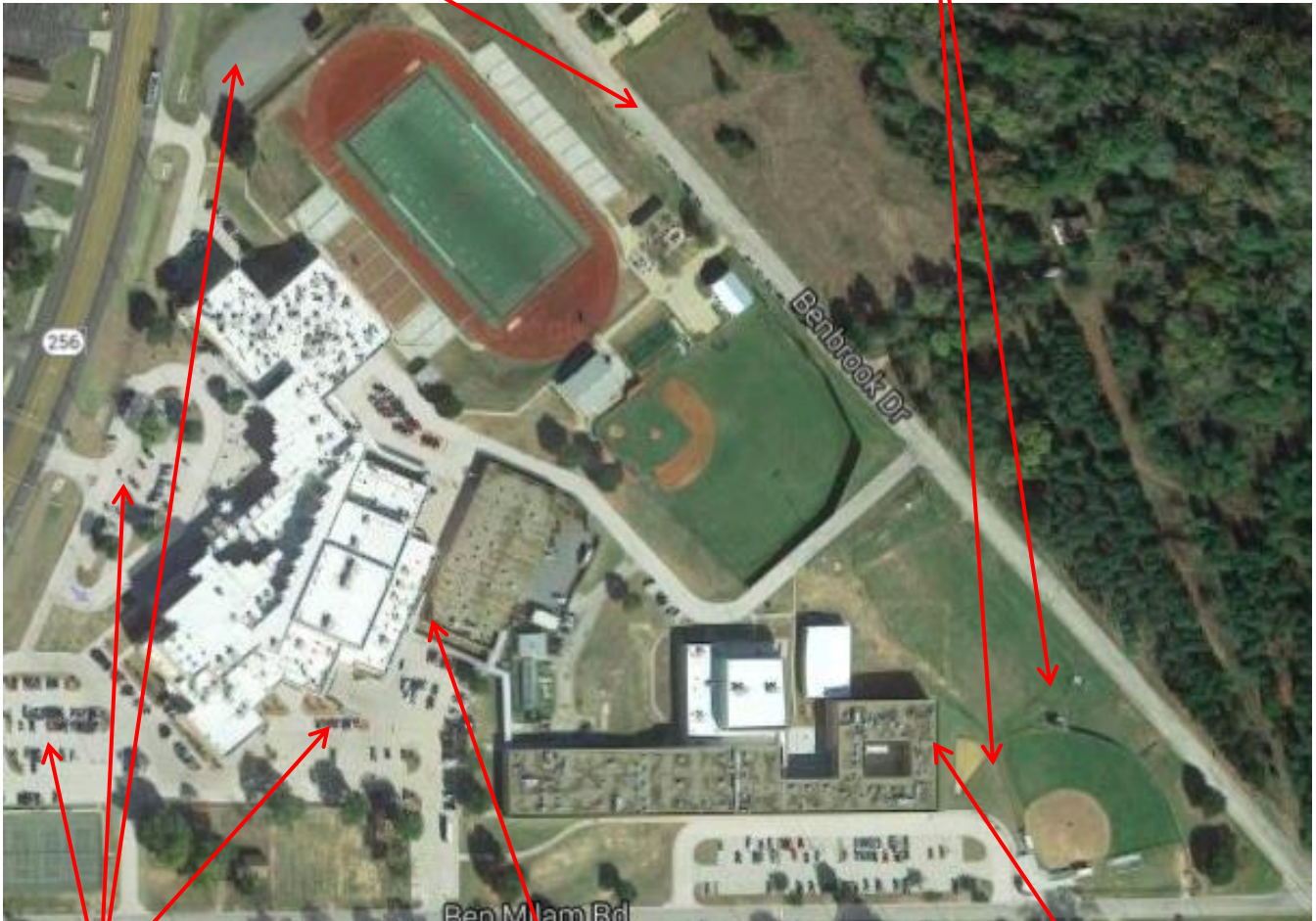
Medals will be presented at the awards stand for 1st, 2nd, & 3rd place medals.
Runners will be escorted to the awards stand immediately following each race.

Map of Complex

Bus Parking:

Along Benbrook Drive,
on visitor's side of stadium.

Shot / Discus Rings



Spectator Parking

Coaches Meeting:

Wildcat Café at corner of
Career Technology building.

Shot / Discus Weigh-In

Accommodations

Best Western of Palestine

1601 W. Palestine Avenue
903-723-4655

Comfort Suites

301 Willow Creek Parkway
903-723-0284

Days Inn and Suites

1101 E. Palestine Avenue
903-723-7300

Express Inn & Suites

1100 E. Palestine Avenue
903-726-3151

Hampton Inn & Suites

2700 S. Loop 256
903-723-0016

Holiday Inn Express

1030 E. Palestine Avenue
903-723-4884

La Quinta

3000 S. Loop 256
903-723-1387

Super 8 Palestine

2300 W. Oak St.
903-731-9495

Restaurants

ASIAN

Asian City
2111 Crockett Rd.
903-723-0384

Chopstix Asian Kitchen
1907 W. E. Oak St.
903-910-9035

King Buffet
2800 S. Loop 256
903-723-7700

BARBECUE

Rumps BBQ
120 FM 3328
903-928-2227

Shep's Bar-B-Que & Catering
1013 E. Palestine Ave.
903-729-4206

FAMILY DINING

4Js Family Restaurant
111 An County Road 1405
903-948-8849

Applebee's
2225 S. Loop 256
903-729-8888

Bird's Egg Café
1605 W. Palestine Ave.
903-729-6891

Burger King
2901 S. TX-256 Loop
866-394-2493

Chili's Grill & Bar
2210 TX-256
903-729-1122

Chip's Burger Ranch
908 W. Palestine Ave.
903-723-1016

Cotton Patch Café
1711 S. Loop 256
903-731-9220

Denny's
2350 W. Oak St.
903-723-1888

Farris' Wings, Burgers & Brew
223 W. Crawford St.
903-480-5864

Hambone's Cajun Grill
213 E. Crawford St.
903-724-4385

Hamburger Bar
502 N. Tennessee Ave.
903-729-5353

The Junction Steakhouse
555 E. Palestine Ave.
903-729-8900

Mazzio's Pizza
1929 S. Loop 256
903-723-1400

Old Magnolia Sandwich & Coffee Shop
120 W. Oak St.
903-729-4410

Pint & Barrel
302 E. Crawford St.
903-727-2711

Pizza Hut
3400 S. Loop 256
903-723-5109

Subs & Dogs
407 W. Palestine Ave.
903-729-5356

Village Seafood
2503 W. Oak St.
903-723-9705

ITALIAN

Giovanni's Italian Restaurant
2027 W. Oak St.
903-729-3595

Switch Brick Oven Pizza and Wine Bar
1615 S. Royall St.
903-729-7700

TEX-MEX/MEXICAN

Mario's Mexican Grill
1717 W. Palestine Ave.
903-729-0309

El Toro Mexican Restaurant
2111 S. Loop 256
903-729-8588

La Chaparra's Restaurant
204 N. Church St.
903-723-0271

Little Mexico
2025 W. Oak St.
903-723-3143

Taco Casa
2702 W. Oak St.
903-729-5575

Taqueria San Luis
700 W. Oak St.
903-724-6470

Tortilleria La Mia
1318 W. Palestine Ave.
903-729-0400

QUICK & EASY

Chicken Express
2117 Crockett Rd.
903-723-0339

Church's Fried Chicken
419 W. Palestine Ave.
903-729-1888

Cream & Coffee Wells Creek
305 E. Crawford St.
903-922-0006

Cream & Coffee Drive Thru
126 Crockett Rd.
903-922-7588

Dairy Queen
2101 S. Loop 256
903-729-2014

Domino's Pizza
1926-B Crockett Rd.
903-723-2200

Sonic Drive In
2727 S. Loop 256
93-731-9173

Donut Palace
2012 Crockett Rd.
903-723-0093

Subway
2006 Crockett Rd.
903-726-2062

Jack in the Box
2207 W. Oak St.
903-723-6233

Subway
9106 S. Loop 256, #102
903-731-4206

Jocelyn's Donuts
2703 W. Oak St.
903-723-8999

Subway
2607 W. Oak St.
903-729-1266

KFC
1711 W. Palestine Ave.
903-723-5515

Taco Bell
2104 Crockett Rd.
903-729-8034

Subs and Grub in Kim's
1000 S. Loop 256
903-729-5167

Toptaste Donuts
1916 W. Oak St.
903-729-7000

Little Caesar's
419 Old Elkhart Road, #130
903-723-2620

USA Donuts
321 E. Spring St.
903-731-7022

McDonald's
2120 S. Loop 256
903-729-5000

Wendy's
2215 S. Loop 256
903-729-6973

Oxbow Bakery
215 E. Crawford St.
903-723-5100

Whataburger
1717 S. Loop 256
903-729-5737

Sonic Drive In
1013 E. Palestine Ave.
903-731-9172