

UIL Regional Championship
2A- Region 3
Palestine High School
April 18-19, 2025

All District Meet Directors and Coaches of qualifying athletes should read this carefully. A copy of this information should be given to coaches of all qualifiers.

Palestine Athletic Office

Email: jreyes@palestineschool.org and dprice@palestineschools.org

James Reyes, Athletic Director, Palestine ISD – Region III, 2A Track Meet Director

Don Ford - Meet Referee

Parking : Please refer to the last page for the map of parking and location of scratch meeting. All buses will need to park on Benbrook Road (road running behind the visitor stands)

ENTRY FEES: Each UIL District will pay a flat fee of \$2000. The individual DEC's can then determine how to split the costs among the districts.

Example: District 17 will send a check for \$2000. The DEC can then determine how to split the cost up.

Important Deadlines:

Monday April 14th by 12:00 PM – **Results from area meet sent by area directors**

Tuesday April 15th by 12:00 PM – **Athletes names entered into milesplit with their area results (time/distance, height, not their best from the year, but what they did at the area meet)**

ENTRY PROCEDURES:

1. a. **AREA MEET DIRECTORS EMAIL AREA (2A) RESULTS TO DANIEL PRICE AT PALESTINE HIGH SCHOOL.**

Area Meet Directors MUST send a complete set of results from your area meet so that they arrive by Noon, Monday, April 14th. Emailed copies are preferred. Ensure that time, distance, height, and finishing place for the district/area meet are included in the results. These results need to be sent directly to Daniel Price.

Email: dprice@palestineschools.org

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b. COACHES OF QUALIFYING ATHLETES MUST ENTER THEIR ATHLETES ON THE TX.MILESPLIT.COM MEET ENTRY WEBSITE.

The coach of each qualifying athlete must enter his/her athlete(s) in the appropriate event(s) on the web-based meet entry service tx.milesplit.com. Entries are due no later than Tuesday, April 15th at 12:00 pm. Coaches must enter athlete's performances from the District/Area meets for seeding purposes. See the attached instructions for use of the tx.milesplit.com entry service. **DO NOT USE ATHLETE'S SEASON-BEST PERFORMANCE UNLESS IT WAS OBTAINED AT AREA MEET!**

2. QUALIFIERS WHO CANNOT COMPETE:

A coach who has a qualifier who cannot compete in the regional championship meet must contact the director of his or her area meet no later than Monday, April 14th before noon. It is also the responsibility of this coach to contact the coach of the next alternate and inform them of the open position.

3. 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.

4. FINAL ENTRY CONFIRMATION PROCEDURES:

INDIVIDUAL COACHES OF ALTERNATES MAY NOT CALL IN CHANGES, CHANGES CAN ONLY BE MADE BY THE AREA MEET DIRECTOR!!! It is the coaches' responsibility to inform the Area Meet Director of any changes due to ineligibility, injury, etc. It is the Area Meet Directors' responsibility to report ALL changes from your Area to the Palestine Athletic Office by Tuesday, April 15th by Noon. It is the 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 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 Palestine Athletic Office. All correspondence needs to be sent directly to the meet director.

EACH COACH SHOULD CAREFULLY REVIEW ALL PROCEDURES AND TIME SCHEDULES OUTLINED HERE.

COACHES' MEETINGS:

We will have MANDATORY coaches' meetings according to the following schedule on the southside weightroom of Wildcat Stadium. -Friday, April 18th 9:00 am

All meet information will be reviewed and any questions that you may have will be answered at this meeting. We intend to have heats and flights available to hand out to you at this time.

ENTRY GATE:

5 Gate Entries. 3 to the Main Stadium and 2 for the shot and disc rings.

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JUMP EVENT COACHES TO ASSIST IN WARM-UPS:

Coaches with Athletes competing in the Vertical or Horizontal jump will be provided an additional credential at the time of check-in. This will allow coaches to enter the track area and assist during warm-ups. Officials will ask coaches without this credential to leave the area.

LANE ASSIGNMENTS FOR FINALS:

The lane assignments for the finals of the running events will be based upon the following formula

Preferred Lanes: 4

5

3

6

2

7

1

8

FIELD EVENT QUALIFYING:

The top eight preliminary performances in the jumps and throws will advance to the finals and will be arranged in reverse order (with the best performance last). The high jump will progress in two-inch increments until there are 4 athletes left, then it will be one-inch increments. The pole vault will progress in six-inch increments until there are 4 athletes left, then it will be three-inch increments.

POLE VAULTER WEIGH-IN:

PLEASE NOTE: THE UIL REQUIRES THAT ALL VAULTERS BE WEIGHED AT THE MEET AND VAULT ON THE CORRESPONDING APPROPRIATE SIZE POLE.

SCHEDULES FOR VAULTERS WEIGH-IN:

Girls Vaulters Weigh in 8:00 AM – 9:00 AM

Boys will weigh in after the girls complete their competition.

THROWING EVENTS:

All throwing areas are located on the southside of Wildcat Stadium between the baseball and softball fields.

IMPLEMENT WEIGH-IN:

At the Throwing Venue, all implements will be checked in and measured. Legal implements will be marked and ushered to the proper circle by an official before the start of warm-ups. Implements that do not weigh-in will be impounded. After the competition is over, it is the athlete's responsibility to check out their implements from an official. Please follow the weigh-in schedule to prevent any delays.

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Weigh-in Schedule:

Friday: 8:30 AM-9:30 AM

Shot weigh-in
will report to shot
ring for weigh in
Discus weigh-in

Saturday: 9:15 AM

PACKET PICK UP:

Coaches should pick up the team packet at the coaches' meeting Friday morning (9:00 AM) in Wildcat Stadium. If you are not at the coaches' meeting you can pick up the packet at the timing tent.

ADMISSION:

Ticket prices will be \$10.00. 2 day passes are available for \$15. You can pre-order your ticket online using this [link](#). You can also use the QR Code link below if you would like to pre-order your ticket. NO CASH WILL BE ACCEPTED AT THE GATE!!

Day 1 - 4/18/25 Link will run 4/13-18/25

secure.payk12.com/school/Palestine-High-School/983/item/265246

Day 2 - 4/19/25 Link will run 4/13-19/25

secure.payk12.com/school/Palestine-High-School/983/item/265249

2-Day Pass Link will run 4/13-18/25

secure.payk12.com/school/Palestine-High-School/983/item/265252

RESULTS:

Results and qualifiers for all events will be posted as soon as they are available on tx.milesplit.com. Live results are available via tx.milesplit.com.

AWARD PRESENTATIONS:

Awards for all event finals will be given out immediately after the event is completed. Officials will escort the top three finishers to the awards stand.

We will not hold up awards ceremonies if athletes do not show up and awards will NOT be mailed. Please inform your athletes of this procedure.

SEATING:

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No seating for spectators will be allowed on the Visitor side of Wildcat Stadium. All spectator seating must be in the stadium bleachers on the home side of Wildcat Stadium. Tents may be used in the team area.

DRESSING AREA:

None Available.

PARKING FOR TEAMS:

Team Buses and Vans will park behind the visitor stands on Benbrook Dr.

UIL MEET RULES:

- The first and second place finishers in each event qualify for the State Meet.
- Contestants must report on time to be entered in any event
- No excuse shall be accepted for failure of a team or contestant to appear at the time announced for the event to start
- Any contestant who fails for any reason to be on hand at the time of the preliminaries shall forfeit the right to compete in the preliminaries and the finals of that event. UIL Plan Section 1320-J.
- All prelims will be drawn by the computer and run against time

PROTESTS:

Any protests must be filed IN WRITING and within 30 minutes of the official results for that event being posted and/or announced. Protests cards will be in your packet. Protest cards need to be given to meet director (James Reyes) or Meet official (Don Ford). The written protest will be taken from there to the meet referee for a decision. If your protest is not in writing or not filed within the 30-minute time frame following that particular event, it will be automatically disallowed. Protest sheets will be provided in your team packets.

SPECIAL MEET RULES:

- No radios or portable stereos will be allowed in Wildcat Stadium. Please remind your athletes of this policy. ONLY THE DESIGNATED COACHES DURING THE FIELD EVENTS ARE ALLOWED TO USE ELECTRONIC DEVICES TO COACH THEIR STUDENT ATHLETES FROM THE COACHES' AREA.
- In case of inclement weather (Please Listen for Emergency Sirens), it is important to take cover in your bus or vehicle

RELAY CARDS (In Coaches' Packet):

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If any name on your relay (primary or alternate) has changed from your web-based entry before the meet, turn in a relay card up to 30 minutes before the race at the staging tent. This is to confirm the names of the relay members are in accordance with UIL rules. If your relay team qualifies for the state meet, you must declare the names of your possible eight runners on the UIL website by Thursday following the regional meet.

IMPORTANT PHONE NUMBERS/EMAILS
Palestine High School Athletic Department
903-731-8012

TX.MILESPLIT.COM ENTRY PROCEDURES

How to Submit Entries To tx.mileplit.com -Track & Field

STEP 1-ACCESSING YOUR TX.MILESPLIT.COM ACCOUNT

Each coach must have a tx.milesplit.com username and password for his or her team. If you don't have a username and password, you will need to create an account. You will use the same account to enter all meets run through tx.milesplit.com.

STEP 2-SETTING UP YOUR ONLINE ROSTER

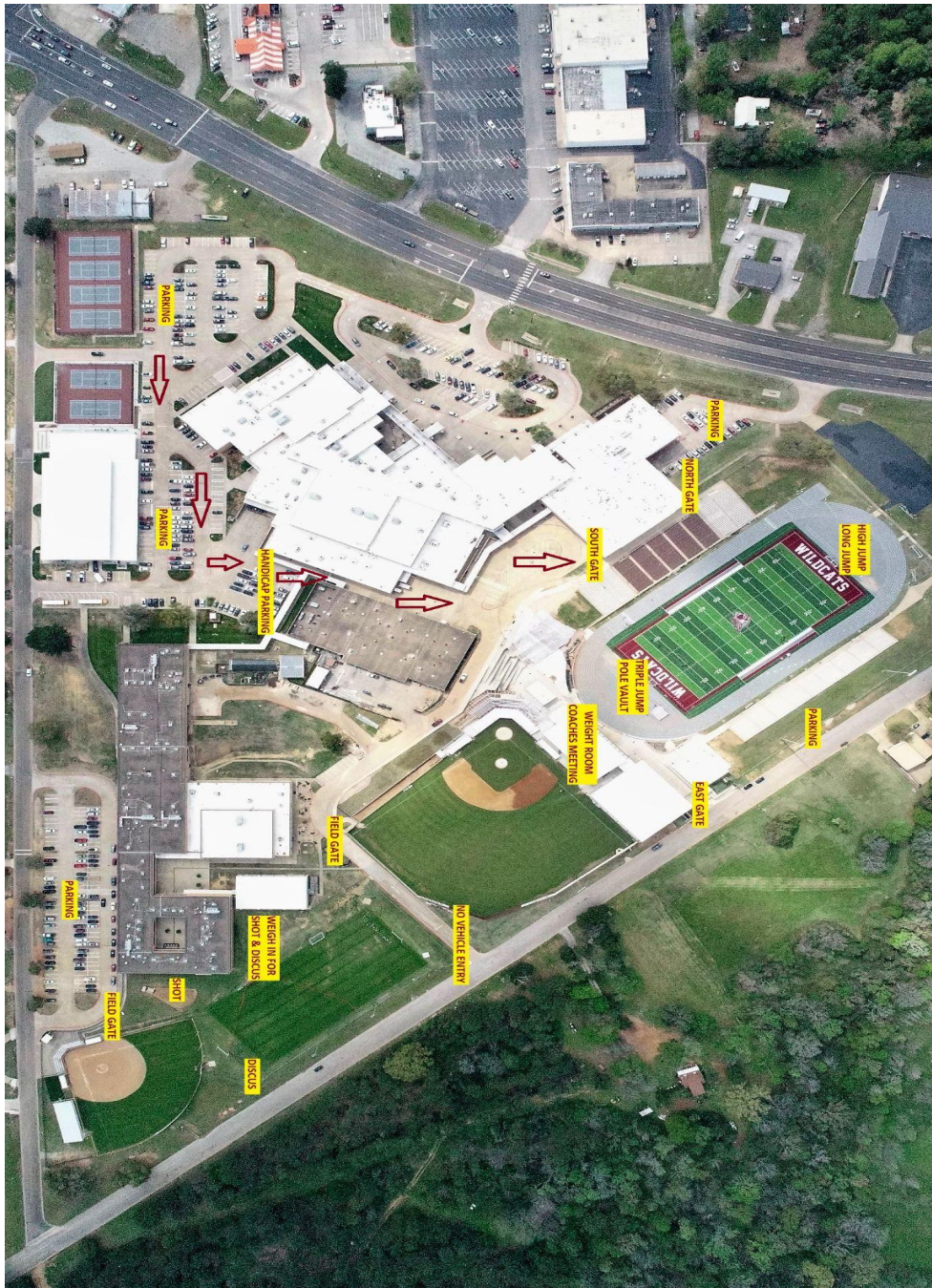
Before entering an athlete into a meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from previous seasons or meets) you do not need to add him/her again.

STEP 3-SUBMITTING ONLINE MEET ENTRIES

Use the provided link for online meet entry instructions.

<https://tx.milesplit.com/meets/675351-uil-region-3-2a-track-and-field-championships-2025>

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**2A REGION 3 REGIONAL TRACK MEET
2025 SCHEDULE OF EVENTS**

FRIDAY, APRIL 18TH, 2025

9:00 AM. Coaches Meeting Indoor Facility

8:00-9:45 & 2:30-3:45 Track will be open for Handoffs

***Field Events – Finals**

10:00 a.m. Girls Pole Vault followed by Boys Pole Vault

(Girls Vaulters will have to weigh in from 8:00-9:00 am. Boys will weigh in after the Girls Vaulting competition is complete)

10:30 am. Boys Long Jump followed by Girls

10:30 am. Girls Shot Put followed by Boys

(Weigh in all Shots Boys & Girls -From 8:30 AM-9:30 AM – weigh in at Shot Ring)

3:40 – 1st, 2nd & 3rd Place Medals Awarded at Awards Stand - Boys and Girls Pole Vault, Boys and Girls Long Jump, Boys and Girls Shot

***Running Events-Finals**

10:00 AM. **3200-meter Run** **Girls**

10:15 AM **3200-meter Run** **Boys**

***Running Events-Preliminaries** **8:00-9:45 & 2:30-3:45** Track will be open for Handoffs

4:00 p.m. 4 x 100-meter Relay Girls

4:35 p.m. 100-meter Hurdles Girls

4:45 p.m. 110-meter Hurdles Boys

5:00 p.m. 100-meter Dash Girls/Boys

5:20 p.m. 4 x 200-meter Relay Girls/Boys

5:45 p.m. 400 meter Dash Girls/Boys

5:55 p.m. 300-meter Hurdles Girls/Boys

6:10 p.m. 200-meter Dash Girls/Boys

6:35 p.m. 4 x 400 meter Relay Girls/Boys

2A REGION 3 REGIONAL TRACK MEET

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2025 SCHEDULE OF EVENTS

SATURDAY, APRIL 19TH, 2025

9:00 AM Finals Packet Pickup

*Field Events-Finals

10:00a.m. Boys Triple Jump followed by Girls

10:00a.m. Girls High Jump followed by Boys

10:00a.m. Girls Discus followed by Boys

(Weigh in all Discus Boys and Girls by 9:15 AM . Weigh in at Discus Ring)

12:00-2:15 Track will be open for Handoffs

2:15 – 1st, 2nd & 3rd Place Medals Awarded at Awards Stand – Boy & Girls T. Jump, Boys & Girls H. Jump, Boys & Girls

Discus

***Running Events-Finals Medals will be presented at the Awards Stand for 1st, 2nd & 3rd place. Runners will be escorted to the Awards Stand immediately following each Race.**

2:30 p.m.	4 x 100-meter Relay	Girls/Boys
2:45 p.m.	800-meter Run	Girls/Boys
3:00 p.m.	100-meter Hurdles	Girls
3:05 p.m.	110-meter Hurdles	Boys
3:15 p.m.	100-meter Dash	Girls/Boys
3:35 p.m.	4 x 200-meter Relay	Girls/Boys
3:50 p.m.	400-meter Dash	Girls/Boys
4:05 p.m.	300-meter Hurdles	Girls/Boys
4:20 p.m.	200-meter Dash	Girls/Boys
4:35 p.m.	1600-meter Run	Girls/Boys
4:55 p.m.	1600-meter Relay	Girls/Boys