**NFHS RULE ADOPTIONS – UIL EVENTS**

|  |
| --- |
| **Hurdle Specifications for High School and Junior High** |
| Distance | Division | # of Hurdles | Height | To First | Distance Between | To Finish |
| 100m | Junior High Girls | 10 | 30 in. | 13 m(42 ft., 8 in.) | 8.5 m(27 ft., 10 3⁄4 in.) | 10.5 m(34 ft., 5 1⁄2 in.) |
| 110 m | Junior High Boys | 10 | 36 in. | 13.72 m (45 ft.) | 9.14 m (30 ft.) | 14.02 m(45 ft., 10 5/8 in.) |
| 100 m | High School Girls | 10 | 33 in. | 13 m(42 ft., 8 in.) | 8.5 m(27 ft., 10 3⁄4 in.) | 10.5 m(34 ft., 5 1⁄2 in.) |
| 110 m | High School Boys | 10 | 39 in. | 13.72 m (45 ft.) | 9.14 m (30 ft.) | 14.02 m(45 ft., 10 5/8 in.) |
| 200 m | Jr. High\*may use 200m or 300m | 5 | 30 in. | 20 m | 35 m | 40 m |
| 300m | High School Boys | 8 | 36 in. | 45 m(147 ft., 71⁄2 in.) | 35 m(114 ft., 10 in.) | 10 m(32 ft., 93⁄4 in.) |
| 300 m | High School Girls | 8 | 30 in. | 45 m(147 ft., 71⁄2 in.) | 35 m(114 ft., 10 in.) | 10 m(32 ft., 93⁄4 in.) |

|  |
| --- |
| **Shot Put and Discus Specifications for High School and Junior High** |
|  | Girls 7th | Boys 7th |  | Girls 8th | Boys 8th |  | Girls High School | Boys High School |
| Shot Put | 6 lbs | 4.0 kg (8.81 lbs) | 6 lbs | 4.0 kg (8.81 lbs) | 4.0 kg (8.81 lbs) | 12 lb (5.443 kg) |
| Discus | 1 kg (2.20 lbs) | 1 kg (2.20 lbs) | 1 kg (2.20 lbs) | 1 kg (2.20 lbs) | 1 kg (2.20 lbs) | 1.6 kg (3.53 lbs) |
| Sector Line | Shot Put: 34.92°Discus: 34.92° | Shot Put: 34.92°Discus: 34.92° | Shot Put: 34.92°Discus: 34.92° | Shot Put: 34.92°Discus: 34.92° | Shot Put: 34.92°Discus: 34.92° | Shot Put: 34.92°Discus: 34.92° |

**Entry Limit Regulations for High School and Junior High**

Athletes must comply with established regulations for entry limits (NFHS modification 4-­‐2-­‐1)

* An individual may enter no more than three **(3)** running events, including the relays, and not over five **(5)** events total with up to five **(5)** field events.
* Prelims and finals in an event are considered one (1) event for the number of allowable entries.
* An athlete may be listed on an entry form as an alternate for a relay and it will not count against the allowable event limitations until participation has occurred.
* Championship meet scoring shall be awarded 1st-­‐6th place and points will be given 10-­‐8-­‐6-­‐4-­‐2-­‐1. Relays will be scored 20-­‐16-­‐12-­‐8-­‐4-­‐2.
* *JUNIOR HIGH ONLY* - No contestant shall be allowed to enter more than two **(2)** of the following individual events: 400m; 800m; 1600m; 2400m; 3200m.