

UNIVERSITY INTERSCHOLASTIC LEAGUE BOYS AND GIRLS OFFICIAL TRACK AND FIELD ENTRY FORM

Make one copy for your meet director and one for your files. *Do not return to the League office.* Directors of district, area and regional meets will certify representatives per each site director's instructions.

2019 NFHS Track and Field Rules 3-9-8

Electric or digital timers which measure one one-hundredth of a second must be used. However, unless it is a fully automatic system, times registered in one one-hundredth of a second shall be rounded up to the next tenth of a second. (Example: 10.42 will be recorded as 10.5 unless a FAT system is used.) If the FAT and manual times must be integrated, the hand-held times shall first be rounded up to the slower one-tenth of a second. Then a conversion factor of .24 must be added (i.e. $MT + .24 = FAT$). A record shall not be granted unless the time is recorded by FAT.

Date _____ Conference _____

District Meet
Area Meet
Regional Meet

Check One: Boys Girls

Coach _____ School _____ City _____

Coach Email _____ Cell # _____ School Work # _____

RUNNING EVENTS

1. 3200-Meter Run 1. _____ 2. _____ 3. _____

2. 400-Meter Relay 1. _____ 2. _____ 3. _____

4. _____ 5. _____ 6. _____

3. 800-Meter Run 1. _____ 2. _____ 3. _____

4. 100-Meter High Hurdles 1. _____ 2. _____ 3. _____

4. 110-Meter High Hurdles 1. _____ 2. _____ 3. _____

5. 100-Meter Dash 1. _____ 2. _____ 3. _____

6. 800-Meter Relay 1. _____ 2. _____ 3. _____

4. _____ 5. _____ 6. _____

7. 400-Meter Dash 1. _____ 2. _____ 3. _____

8. 300-Meter Inter. Hurdles 1. _____ 2. _____ 3. _____

9. 200-Meter Dash 1. _____ 2. _____ 3. _____

10. 1600-Meter Run 1. _____ 2. _____ 3. _____

11. 1600-Meter Relay 1. _____ 2. _____ 3. _____

4. _____ 5. _____ 6. _____

FIELD EVENTS

1. Discus 1. _____ 2. _____ 3. _____

2. High Jump 1. _____ 2. _____ 3. _____

3. Long Jump 1. _____ 2. _____ 3. _____

4. Shot Put 1. _____ 2. _____ 3. _____

5. Triple Jump 1. _____ 2. _____ 3. _____

6. Pole Vault 1. _____ 2. _____ 3. _____

Signature _____ Signature _____
(Superintendent or designated administrator) (Coach)