

2024-2025



**TRACK & FIELD
COACHES' MANUAL**



Girls | Conference 1A - Roby



Boys | Conference 1A - Gordon



Girls | Conference 2A - Panhandle



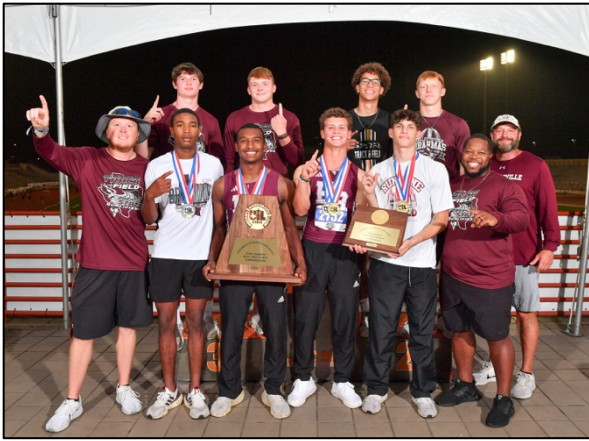
Girls | Conference 2A - Refugio



Boys | Conference 2A - Refugio



Girls | Conference 3A - Universal City Randolph



**Boys | Conference 3A –
Hallettsville**



Boys | Conference 3A – Yoakum



**Girls | Conference 4A – Iowa
Colony**



Boys | Conference 4A – Gilmer



**Boys | Conference 4A – Iowa
Colony**



Girls | Conference 5A – Lancaster



Boys | Conference 5A – FB Marshall



Girls | Conference 6A – Duncanville



Boys | Conference 6A – Humble Atascocita

Track & Field Calendar | 2024-2025

An officials start date and final track & field meet have not been set by the Legislative Council. A start date should be set by school administration.

- April 5 – District Certification
- April 12 – Area Meets
- April 18-19 – Regional Meets
- May 1-3 – State Meet

Track & Field Coaches' Checklist

UIL Rules & Guidelines

UIL Rule Amendments & Sport Plan

Section 1320: TRACK & FIELD PLAN

(a) ATHLETIC PURPOSES, CODES, PLAN APPLICABLE.

Rules in Sections 1200-1209 also apply to the Track and Field Plan.

(b) DIVISIONS.

There shall be a boys' division and a girls' division in the respective conferences. Girls' teams shall not compete against boys' teams, and vice versa.

(c) REPRESENTATION.

Each member school may enter one boys' team and one girls' team in the district meet, advancing to regional and state meets as provided in the Track and Field Manual.

(1) Number in Each Event. Each school shall be allowed a maximum of three contestants in each individual event. Only one relay team per school may be entered.

(2) Individual Events. In individual events a school may enter in the next higher meet only the same individuals and in the same events as they qualified for in the preceding meet.

(3) Alternates. If a qualified contestant cannot enter the next higher meet, then the next place winner in that event at the lower meet shall be qualified to participate.

(4) Relays. In the relay event, qualification is by school and not individual. Individuals qualifying only as a member on the relay team may not enter any individual event in the next higher meet.

(d) POINTS.

The point system in scoring high school track meets shall be the same in all meets which count on UIL standing.

(1) Points for Individual Events and Relays. Points shall be given in individual events as follows: First place 10 points, second place 8 points, third place 6 points, fourth place 4 points, fifth place 2 points, sixth place 1 point. Points for relays shall be as follows: first place 20 points, second place 16 points, third place 12 points, fourth place 8 points, fifth place 4 points, sixth place 2 points.

(2) Points to All Finishers. Points shall be awarded to all finishers (first through sixth).

(3) Individual Honors. In computing individual honors, a contestant's points on the relay team shall also be counted; i.e., each contestant on the winning relay team shall receive five points for individual honors.

(e) EVENTS.

(1) Order of Events. The events and order in which they shall be held, are:

(A) Running Events.

- (i) 3200-meter run: girls; boys
- (ii) 400-meter relay: girls; boys
- (iii) 800-meter run: girls; boys
- (iv) Girls' 100-meter hurdles (33")
- (v) Boys' 110-meter hurdles (39")
- (vi) 100-meter dash: girls, boys
- (vii) 800-meter relay: girls; boys
- (viii) 400-meter dash: girls; boys
- (ix) Girls' 300-meter hurdles (30")
- (x) Boys' 300-meter hurdles (36")
- (xi) 200-meter dash: girls; boys
- (xii) 1600-meter run: girls; boys
- (xiii) 1600-meter relay: girls; boys

(B) Girls' Field Events.

- (i) 4-kilo shot put
- (ii) Discus
- (iii) High jump
- (iv) Long jump
- (v) Triple jump
- (vi) Pole vault

(C) Boys' Field Events.

- (i) Pole vault
- (ii) High jump
- (iii) 12-pound shot put
- (iv) Long jump
- (v) Discus
- (vi) Triple jump

(2) Metric Distance Only. The 3200-meter run, the 100-meter dash and the 1600-meter run for both boys and girls shall be run at the metric distances only.

(3) Feet/Yard Equivalents. In the 400, 800 and 1600 meter relays and the 200, 400 and 800 meter dashes and runs, the equivalent yard distances may be run.

(f) EVENT LIMITATIONS.

(1) Event Limitations. A contestant shall not be allowed to compete in more than three running events, including the relays, and in not over five events total.

(2) Field Events. Contestants may enter five field events provided they are not entered in any running events.

(g) ENTRIES FOR THE DISTRICT MEET.

(1) No entries shall be allowed for district meets which are not submitted to the director on or before the fifth day before the first day of the meet.

(2) Districts may authorize a scratch meeting after the entries are submitted to allow for substitutions.

(3) Schools should be permitted to scratch and add according to approved District Executive Committee regulations. Those events that have been entered by the school on the fifth-day-prior entry form may be subject to some changes under the following suggested guidelines:

(A) Students who are not eligible 5 days prior to the meet, but may become eligible at the time of the scheduled district meet, may be listed on the entry form and assigned to events. They shall be eligible at the time they actually compete.

(B) Students entered, but who have lost their eligibility because of the academic regulations, should be permitted to be dropped or scratched.

(C) Other eligible participants should be permitted to be added to the vacated places. These substitutes should be on an eligibility form turned into the district chair prior to the contest.

(D) If a school which has not entered an event 5 days prior wishes to enter an event at the time of the scratch meeting, it would be up to the District Executive Committee's policy or authorized meet director to determine if that school could enter.

(h) QUALIFICATION.

The district director shall, subject to exceptions provided in (h)(1) below, certify the first four winners to area competition, and the first four winners at area will be certified to regional competition. The regional director shall certify first and second place winners for the state meet in accordance with the schedule provided in the Track and Field Manual.

(1) All Conferences Except in cases where the options provided for in the Track and Field Manual concerning district and area meets are adopted, four contestants qualify from each district to area; four contestants qualify from each area to region, and two contestants qualify from each region to state meet. Refer to #5 below.

(2) Qualifications are to be made in accordance with the National Federation Track and Field Rules.

(3) If a tie still exists after the application of these rules, then it will be decided by a coin toss and points split.

(4) Individual school entry forms and entry fees are not required for the state meet.

(5) After the regional meet directors have certified state qualifiers, the UIL staff will select one additional qualifier for each event to compete in the state meet. This qualifier will be the individual and/or relay team with the best overall time, mark, or height from all regional meets per classification that did not finish first or second. Ties will be broken as noted above.

(i) AREA, REGIONAL AND STATE MEET ALTERNATES.

(1) Alternates. In the event a qualified contestant is unable to compete, area, regional and state meet directors may permit the next highest place finisher to compete. Relays qualify by schools. Relay team members may be changed according to rule.

(2) Restriction. An alternate on a relay cannot participate in any other event except the relay unless the alternate qualified in another event. This rule is applicable in all area, regional meets and in the state meet.

(3) Preliminaries. A contestant in an individual event shall compete in the preliminaries in order to compete in the finals.

(j) AREA, REGIONAL AND/OR STATE QUALIFIERS MEETS.

All area, regional and/or state qualifiers, including alternates in individual events and relays, shall be eligible to participate in any event at the applicable area, regional and/or state qualifiers meet(s).

(k) REPORTING TO EVENT.

The director of the meet shall see that the preliminaries and the finals start at the scheduled times.

(1) No Excuse. No excuse shall be accepted for failure of a team or contestant to appear at the time announced for the event to start.

(2) Forfeiture. 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, in that event.

(l) NO EXTRA TRIALS FOR RECORD.

Winners in the field events at the state meet will not be allowed extra trials for a state record. Those who qualify for the finals will be allowed three additional trials, and the contestants will be credited with their best performance whether it was made in the preliminaries or in the finals.

(m) INVITATIONAL TRACK AND FIELD MEETS.

(1) Number of Meets. No student representing a member school shall participate in more than eight meets during the school year, excluding one district meet, the area meet, the regional meet, a regional qualifiers meet and the state meet. Meets which are limited to three or fewer schools, do not count as a meet for participants, provided there is no loss of school time. Each meet a school enters counts as one meet for each participating individual. Students are considered to be representing their school if they are wearing and/or using school equipment or being directed or transported by a school employee.

(2) Cancellation. A track and field meet is considered a meet when one-half or more of the field events and one-half or more of the track events are completed. If less than one-half of the field events and less than one-half of the track events are completed, and the meet cannot be continued, the meet may be canceled and does not have to count as one of the allowable eight meets, unless there was loss of school time. A canceled meet shall be counted if there was loss of school time.

(3) School Week Limitation. No student representing a member school shall participate in more than one meet per school week (the first instructional day of the week through the last school day). Exceptions: The area meet, regional and state meets, and district varsity meets postponed by weather or public disaster, may also be scheduled during the school week.

(4) Day of Week and Starting Time. Students or teams representing a member school are permitted to participate in an invitational track and field meet only as listed below:

(A) After 2:30 on Friday or the last day of the school week, or as early as the end of the academic school day for all participating schools on a day preceding a holiday or break. Exception: A student representing a member school may participate in a maximum of three meets Thursday or Friday, or the last day of the school week with no restriction on start time.

(B) Or on Saturday or school holidays;

(C) Or on any school day other than the last day of the school week with the following conditions:

(i) Events shall not begin until after the end of the academic school day for all schools involved.

(ii) Schools utilizing this option are limited to a one-day meet.

(iii) A school or student participating in this type of meet shall not enter another track and field meet during the same school week, Monday through Friday.

(iv) No event shall start after 10:00 p.m.

(5) End of District. A member school shall not enter a student or students in an invitational track and field meet after the final date for district certification of track and field representatives except those students qualifying for further competition as a qualifier, relay alternate (maximum of two alternates on any one relay team) or alternate (fourth place finisher at district) in the UIL regional or state meets. One regional qualifiers meet would not count in the allowable total of eight meets per student per year. A state qualifiers meet would count in the allowable total of eight meets per student per year.

(6) End of Season. Students and teams shall not represent a member school in any track and field meet after the date of the State Track and Field Meet.

2024-2025 UIL Rule Changes & Amendments

UIL Resources for Game Administrators (pdf)

Ineligible Player and Unattached Participation

- (c) MINIMUM PENALTY FOR USING INELIGIBLE PLAYER. In the event an ineligible contestant is used in any UIL game or contest, knowingly or unknowingly, the minimum penalty shall be forfeiture of the game, contest or event. Refer to Section 27 (c)(3).
- (d) UNATTACHED PARTICIPATION. In any UIL member school sponsored athletic contest, meet or tournament, UIL member high school students shall not be permitted to enter unattached. The penalty for violation of this rule shall be assessed against the member school(s) in violation. This provision applies to a non-enrolled (home schooled) student participating in accordance with section 33.0832 of the Texas Education Code.

Charitable Cause Guidelines. The UIL has received numerous requests from member schools to support various charitable causes in conjunction with high school athletic events. The UIL is supportive of these initiatives and has developed guidelines in regard to an athletic competition being held in the name of a charitable cause.

Schools may host a contest in recognition of a charitable cause under the following conditions:

1. The contest of competition may be held during any one week of the designated sport season (to be determined by each individual school).
2. If NFHS or NCAA rules allow, non-school colors can be worn upon mutual agreement between opponents. (ex: pink uniforms)
3. A commemorative ribbon of non-school color may be worn on the jersey or school-issued uniform.
4. Officials may be allowed to use a colored whistle or modified uniform in accordance with UIL guidelines.

Colored game balls will not be allowed, however they may be used during any warm-up period prior to the contest.

2025 NFHS Track & Field Rule Changes

Pre-Season Regulations (see Team Sport General Manual)

- Employment of Coaches
- Texas Education Code Requirements (State Law)
- Coaches Certification Program (CCP)
- UIL Eligibility for Athletic Contests
- Student Participation Required Forms

REGULAR SEASON

Track & Field Regulations

- A student or team representing a member school shall participate in no more than one contest or meet per school week.
- No student representing a member school shall participate in more than eight invitational meets (more than three schools represented) during the school year, excluding district, one regional

qualifier meet, regional and state meets. One regional qualifiers meet is allowed in addition to the allowable total of eight meets per student per year.

- Students are representing their school if they are wearing and/or using school equipment or being directed or transported by a school employee.
- Students or teams representing a participant school are permitted to participate in an invitational track and field meet scheduled on a Saturday or school holiday. A meet may occur on the last day of the school week provided the first event starts after 2:30, or as early as the end of the academic school day for all participating schools on a day preceding a holiday or break. EXCEPTION: A student representing a member school may participate in a maximum of three meets Thursday or Friday, or the last day of the school week with no restriction on start time.
- Students or teams representing a participant school are permitted to participate on any school day (other than the last day of the school week) with the following conditions:
 - Events shall not begin until after the end of the academic school day for all schools involved.
 - The meet must be limited to a one-day meet and no event shall start after 10pm.
 - The school or individual shall not enter another track and field meet until after the close of the instructional day for the school week.
 - Meets with more than three schools, it shall count as one of his/her eight track meets allowed during the school year. Meets with three or fewer schools shall count as a contest for the school week, however it does not count against the invitational meet allowance.

Track & Field Rules

National Federation Track and Field/Cross Country Rules Book shall be enforced at all UIL meets. NFHS rule books may be purchased from the NFHS Website. www.nfhs.org

Events & Scoring

A participant may be allowed to compete in a total of three running events (including relays) and no more than five events total. A participant could compete in five field events provided they are not in a running event.

- Events shall be held in the order provided in the UIL C&CR Track & Field Plan section 1320(c)(1).
- Scoring shall be 1st-6th place and points will be awarded 10-8-6-4-2-1. Relays will be 20-16-12-8-4-2.
- Fully automatic timing is recommended, and all manual times must be converted by NFHS calculation requirements.
- State records can only be set at the State Meet.
- Dual, triangular and invitational meets may determine the number of competitors to be placed in each section.
- When determining the number of competitors to be placed in each section, it is important to consider the size of the field, the quality of the performances of the competitors involved and the relationship to risk minimization.
- A section should not be so large as to create an environment that increases the risk for injury due to the competitors being too crowded and not able to freely run.

Equipment & Implements

All track and field markings and equipment must comply with the National Federation Track and Field specifications. Implements and vaulting poles must meet competitive requirements, and the meet host shall determine the procedures regarding verification.

Uniforms

Each competitor shall wear a school issued track top and bottom or one-piece uniform per the NFHS specifications.

- Male participants must wear a loose-fitting track bottom, and they must wear shorts over the one-piece suit of compression style bottoms.
- Closed leg briefs are acceptable for girls, however high-cut apparel shall not be worn.
- Bare midriffs are not allowed for participants
- Visible undergarments must be NFHS specifications including the relay members
- Jewelry and wristwatches are allowed by NFHS rule.

WHEELCHAIR DIVISION

General Guidelines

- The Wheelchair Division will include participants from any conference 1A-6A.
- The wheelchair racing and seated shot put events will be incorporated into the state meet schedule by UIL staff.
- The athletes in the Wheelchair Division will compete in separate races and field events from the traditional athletes.
- The top nine (9) performances that meet the UIL designated qualifying standards will advance to the State Championships.
- The events are considered a pilot program and will be non-scoring events, meaning these events will not count towards any team championships.
- The top three athletes in each event will receive medals. Athletes will be able to set state records at the state meet only.

Events

Wheelchair division events for students in wheelchairs, boys and girls, to be held at the State Track & Field Meet:

- 100M Dash
- 400M Dash
- Shot Put

Eligibility for Participation

- Only high school students eligible under the UIL Constitution and Contest Rules Subchapter M are eligible to compete.
- All applicable UIL rules and regulations will apply.
- Any high school student may be eligible to participate in the Wheelchair Division track and field events with a documented permanent, physical disability. Each athlete's physical disability must be verified by a licensed physician and maintained on permanent file at the school.
- Schools and athletes are responsible for all aspects of participation in the events.

Qualification Standards

Participants must meet the following standard for each event in order to submit an entry to the state meet.

EVENTS	BOYS	GIRLS
100m	:40	:45
400m	2:40	3:00
Shot Put	7'0" - 4K	7'0" - 6lbs.

Entry Requirements & Procedures

Entry Requirements.

- Participants must submit a qualifying mark or performance to be considered for participation at the state event.
- If more than nine participants submit eligible entries in any event, the UIL staff will choose the top nine performances submitted for the state meet.
- A qualifying performance may be obtained from any local competition during the regular season, district, area, regional or Paralympic events from spring 2025. Entries must be verified by official meet results.

Entry Procedures.

- School personnel will be required to submit verified qualifying performances.
- School personnel will be required to submit an official meet results document to verify the performance.
- Wheelchair Submission Form due no later than midnight on April 20, 2025.
(<https://www.uiltexas.org/machform/view.php?id=49701>)
- All state qualifiers will be posted on the UIL website at the time they become available.

100m, 400m Wheelchair Equipment and Racing Standards

Athletes will be expected to compete in their school's team uniform. Reasonable accommodations will be made when necessary. Resources for track and field equipment information can be obtained from the following link: <http://www.texasregionalparalympicsport.org>

- Manual wheelchairs only for track events, which may be specialized racing chair or an all-sport chair.
- The racing chair may have two large wheels (not to exceed 70cm in diameter) and one small wheel (not to exceed 50cm in diameter).
- The racing chair must be manually propelled by pushing on the wheels or the hand rims. The chair shall not be equipped with gears, levers or electronic steering.
- All participants must wear a racing helmet that is a hard-protective shell and should meet the safety standards of the American National Safety Institute (ANSI).
- Shoes are not required; however protective socks are recommended.
- All participants must start each event using racing gloves.
- Athletes' lower limb(s) must be secured to the track chair. Any touch of the ground by a lower limb results in disqualification from the event
- Competitors are responsible for the proper functioning of the competition chair and equipment. Athletes that experience an equipment failure may finish the event; however, no event will be delayed or rescheduled if such an incident occurs.

Shot Put Equipment and Seated Throwing Standards

Athletes will be expected to compete in their school's team uniform. Reasonable accommodations will be made when necessary. Resources for track and field equipment information can be obtained from the following link: <http://www.texasregionalparalympicsport.org>

- Implements shall meet NFHS regulations. The 4K shot put will be used for boys and 6lbs. shot put for girls.
- All participants must put the shot from a "chair" (manual wheelchair, throwing chair, power wheelchair). Scooters and "standing chairs" will not be allowed. Chairs may be designed based on the needs of the athlete.
- The upper most part of the cushion/seat on any chair may not exceed 75cm (29.5 inches) measured from the ground. The seat of the chair must be square or rectangular and flat or sloped backwards.
- The chair may not have any moving parts or articulated joints.
- No part of the throwing frame or wheelchair may be outside of the circumference of the circle.
- The chair will be considered an extension of the athlete's body. For example: Any part of the chair touching the top of the stop board is a foul.
- A coach (only) may assist the athlete in getting to the competition area.
- A coach (only) may assist the athlete in entering and exiting the circle.
- Tie-down straps for the chair are recommended and should be provided by the athlete; however, a coach (only) may hold the chair during the throwing attempt to prevent excessive movement if no straps are available.
- The athlete's body must remain in contact with the seat during the throw.

POST-SEASON

UIL Championship Structure

District sites, meet directors, required fees, entry procedures, awards and meet schedules are to be determined by the District Executive Committee. Schools should contact the DEC Chair for district information.

The District Executive Committee will set the date and time scheduled for the district meet. The following applies:

District Meets. District Deadline- April 5, 2025

Area Meets. Area Deadline- April 12, 2025

- Area sites will be facilitated by mutual agreement between the two designated districts. Unless mutually agreed otherwise, the area meet will rotate from one district to the other in each alignment. Schools should contact the DEC chair for district information.

Regional Meets. Regional Dates- April 18-19, 2025

- Regional Sites and Directors. Regional sites and directors may be found on the UIL website. <http://www.uiltexas.org/track-field/regional-sites>
- **Fees and Schedules.** Regional directors shall post a notice of entry fees for all regional activities.
- **Entries.** Qualifiers will be certified to the regional director by the district director. The regional director will certify state entries to UIL office.
- Each qualifying school should follow the entry guidelines set forth by each individual regional site.
- Relay names for the state entry will be required at the conclusion of the regional meet.

State Meet

Date. May 1-43, 2025

Site. University of Texas at Austin, Mike A. Myers Stadium.

Qualifiers. Only those qualifying through the regional meets are eligible to compete in the state meet. After the regional meet directors have certified state qualifiers, the UIL staff will select one additional qualifier for each event to compete in the state meet.

- This qualifier will be the individual and/or relay team with the best overall time, mark, or height from all regional meets per classification that did not finish first or second.
- Ties will be broken as stated by the NFHS tiebreaker procedures for each event.
- It is the responsibility of each school to visit the UIL website (www.uiltexas.org) for school and coaches' instructions as well as a list of qualifiers to the UIL State Meet.

Entries. The regional director will certify state entries to the UIL office. Schools are not required to certify their entries from regional to state. If there are scratches or misspellings of names, please use the name change form found on the UIL website (<http://www.uiltexas.org/track-field/state/scratch-forms>).

- Schedules, school meet information, lodging options, and ticket information will be provided on the UIL website on the state meet page. <http://www.uiltexas.org/track-field/state>
- No school fees are collected for the State Meet.

Off-Season Regulations (see Individual Sport General Manual)

- School Sponsored Camps
- Non-school Leagues, Camps & Clinics