



➤QUALIFICATIONS FOR THE STATE MEET

Teams and individual athletes must qualify for the state meet by competition in a regional meet (or by invitation on a year-by-year basis). The top (3) finishers at the regional meet shall advance to the state meet. The district chair shall certify the state qualifiers to the T★CAL office by the given deadline on the calendar of events.

➤ENTRY LIMITS (District, Region and State)

No contestant is allowed to compete in more than (3) RUNNING events (including relays), and a maximum of (5) events. All (5) can be FIELD events if desired. No contestant will be allowed to participate in more than (2) of the following running events: 400M Dash, 800M Dash, 1600M Run, 3200 M Run (This does not prevent the athlete from competing in the relay events). Relay Members may be substituted throughout the competition and prior to the State Track & Field Championship Competition as long as it does not exceed the three running event limit.

➤EVENTS

Athletes will compete in the following UIL/ T★CAL standard events: (Running Events) 100 M, 200 M, 400M, 800M, 1600M, 3200M; (Hurdles) 100M, 110M, 300M; (Relays) 4x100M, 4x200M, 4x400M; (Field Events) Shot Put, Discus, Long Jump, Triple Jump, High Jump, and Pole Vault.

➤RULES & SCORING

National Federation of State High Schools' Rules will govern ALL meets. Any exceptions to those rules are outlined in the T★CAL Track & Field Athletic Plan. All rules will be upheld as interpreted by the Meet Directors. Valid protests must be written and submitted along with a \$20 fee to the meet director at the press box.

Scoring is as follows:

(Individual Events)

1st = 10 points

2nd = 8

3rd = 6

4th = 4

5th = 2

6th = 1

(Relay Events)

1st = 20

2nd = 16

3rd = 12

4th = 8

5th = 4

6th = 2

➤RECORDS

Existing T★CAL records will be marked with a large red marker, visible to the contestants along the right side of the designated area for all field events.

ALL FANS AND SCHOOL PERSONNEL (INCLUDING CONTESTANTS AND COACHES NOT DIRECTLY INVOLVED AT ANY GIVEN TIME) IN THE EXECUTION OF OR PREPARATION FOR THE MEET, MUST

BE IN THE STANDS AND REMOVED FROM THE INFIELD AREA. THIS INCLUDES ALL FIELD AND RUNNING EVENTS, PRELIMINARIES AND FINALS.