

# **TEXAS AMATEUR ATHLETIC FEDERATION**

## **REGION 4 2010 TRACK & FIELD REGIONAL MEET**



**FRIDAY, JULY 23 & SATURDAY, JULY 24, 2010**

**LAKE DALLAS HIGH SCHOOL  
3016 PARKRIDGE  
CORINTH, TX 76210**

**Texas Amateur Athletic Federation  
Region 4  
2010 Regional Track Meet  
Friday, July 23 and Saturday July 24, 2010  
Lake Dallas High School  
Corinth, TX**

**REGION 4 TRACK AND FIELD CONTACT:**

Mark Long  
Town of Flower Mound Parks & Recreation  
972-874-6271  
mark.long@flower-mound.com

**PARTICIPANTS ELIGIBILITY:**

Participants must be a member of a TAAF Region 4 Track team or an individual residing within the boundaries of TAAF Region 4. Participants must have a TAAF Individual Sports Card and the participant and his/her parents must have signed the "Individual Sports Participants Release and Waiver of Liability". Participants must be registered in the correct age division set forth by TAAF. Individuals may choose to compete in a higher age division. However, once they compete in 1 higher age division they must compete in that age division for all events. Each participant must possess a copy of his/her birth certificate in the case of eligibility protest. All participants must be entered for the regional track meet by Sunday, July 18, 2010.

**PARTICIPANT REGIONAL MEET ENTRY:**

All participants must register/enter on-line at [www.taafregistration.com](http://www.taafregistration.com) by Sunday, July 18. Entry fee is \$6/event/person. Any and all late entries after Sunday, July 18 will be at \$25/event/person (including late fee). No entries will be accepted after Wednesday, July 21. Participants in 8U, 10U & 12U may only enter 3 events including relays. Participants in 14U, 16U & 18U may compete in 4 events, including relays of which only 3 may be running events. As per UIL Constitution and Contest Rule, no contestant shall be allowed to enter more than 2 of the following events: 400m, 800m, 1600m or 3200m. This does not prevent from running on the relays, provided he/she is entered in no more than 3 running events. **Note: Being listed as an alternate does not count as an event.**

### **COACHES MEETING:**

There will be NO COACHES MEETING. A Performance List of all registered athletes will be posted at [www.taafregion4.org](http://www.taafregion4.org) on Mon, July 19 by 5pm. Coaches, please review the list and email [mark.long@flower-mound.com](mailto:mark.long@flower-mound.com) with any scratches by Weds, July 21 @ 5pm. Please help inform us of any participants that you know will not be participating at the regional meet. This will help us combine Heats and speed things up.

### **ADMISSION:**

Coaches (with official Coaches Pass), participants in uniform and children 5 & Under will be admitted without charge. All others will be charged \$4/Day or \$6/Weekend Pass.

### **RELAY TEAMS:**

Relay team members are required to wear shirts that are matching in color. To replace any member of the relay team, the person substituting must be listed as an alternate on the official registration. Only officially listed alternates will be allowed to substitute.

### **AWARDS:**

Gold, Silver and Bronze medals will be awarded for first, second and third places respectively. Ribbons will be awarded for 4<sup>th</sup>-8<sup>th</sup> places. Awards may be picked up at the awards area.

### **PROTEST:**

Team Head Coaches and only Team Head Coaches will be allowed a protest of a particular event. Protests may only be accepted for errors in recording data, scoring eligibility and misinterpretations of TAAF Track and Field Rules or the current NFSHS Track and Field Rules. Protests concerning judgment will not be allowed. Film and/or video will not be considered in protest.

All protests must be submitted in writing on an official TAAF Region 4 Protest Form along with \$50 Cash within 15 minutes of the concluded event. If the protest is upheld the \$50 will be returned.

### **FIELD ACCESS:**

Infield access is strictly prohibited. Only Meet Staff, Coaches with an official 2010 coach's pass and individuals preparing to participate in an event will be allowed on the infield of the track.

# YEAR 2010 – TAAF REGION 4

## Regional Track & Field Meet

Friday – Saturday, July 23-24, 2010 @ Lake Dallas High School – Corinth, Texas 76210

Admission Charge: Spectators- \$4.00 per person, per day or \$6/weekend pass

The following is a rolling schedule. Schedule of events will begin as time allows!

**\*\*\*ALL RUNNING EVENTS ARE TIMED FINALS\*\*\***

### FRIDAY, JULY 23

#### **ALL GIRLS RUNNING EVENTS (EXCEPTION: BOYS 3200M RUN):**

10:00 a.m.	3200M Boys Run	(Final)	14UB, 16UB, 18UB
	400M Girls Relay	(Final)	8U, 10U, 12U, 14U, 16U & 18U
	800M Girls Run	(Final)	8U, 10U, 12U, 14U, 16U, 18U
	80M Girls Hurdles	(Final)	12U (8@30")
	100M Girls Hurdles	(Final)	14U (10@30"), 16U (10@33"), 18U (10@33")
	100M Girls Dash	(Final)	8U, 10U, 12U, 14U, 16U, 18U
	400M Girls Dash	(Final)	8U, 10U, 12U, 14U, 16U, 18U
	50M Girls Dash	(Final)	8U
	300M Girls Hurdles	(Final)	14U, 16U, 18U (8@30")
	200M Girls Dash	(Final)	8U, 10U, 12U, 14U, 16U, 18U
	1600M Girls Run	(Final)	10U, 12U, 14U, 16U, 18U
	1600M Girls Relay	(Final)	10U, 12U, 14U, 16U, 18U

All Friday events completed

All runners entered in running events must report and physically check-in at the heating area when their event is called. Once a runner has checked-in they must stay in the heating area until their heat is taken to the starting line. The heating clerk will set the heat and physically walk each heat to the starting line. Runners will not be allowed to check-in at the starting line. Races will not be held for individuals showing up at the starting line. All races will be timed electronically with the finish of each race photographed. All runners MUST wear a hip number corresponding to their lane assignment. The numbers are only given to participants that check-in at the heating tent. Hip numbers will not be given at the starting line. These numbers and instructions on where they are to be placed on their uniform will be supplied to each individual participant at the heating area.

#### **ALL BOYS FIELD EVENTS:**

All Field Events will be Prelims (3 attempts) with the top 8 advancing to Finals (3 attempts) – Exception: High Jump & Pole Vault. All participants should be prepared to check in at the pit / location 15 minutes prior to scheduled start time. All Finals will begin at the conclusion of All Prelims.

8:00 a.m.	<b><u>Pole Vault</u></b>					
	14U Boys					
	16U Boys					
	18U Boys					
10:00 a.m.	<b><u>High Jump (#1)</u></b>	<b><u>High Jump (#2)</u></b>	<b><u>Long Jump (#1)</u></b>	<b><u>Long Jump (#2)</u></b>	<b><u>Shot Put</u></b>	<b><u>Discus</u></b>
	14U Boy	12U Boy	18U Boy	8U Boy	10U Boy	18U Boy
	16U Boy	10U Boy	16U Boy	10U Boy	12U Boy	16U Boy
	18U Boy	8U Boy	14U Boy	12U Boy	14U Boy	14U Boy
			<b><u>Triple Jump</u></b>		16U Boy	
			18U Boy		18U Boy	
			16U Boy			
			14U Boy			

- Per TAAF and UIL Competition Rules, no participant shall be allowed to enter more than two of the following events: 400 meter Dash, 800 meter Run, 1600 meter Run, 3200 meter Run. This does not prevent a participant entered in these events from running on a relay team provided she is not entered in more than three (3) total running events. 14 & Under, 16 & Under, and 18 & Under division athletes may enter a maximum of four (4) events with no more than three (3) being running events.
- Only the top five (5) finishers in each event will advance to the 2010 TAAF State Games of Texas in Waco, August 5 – 8. All State Meet qualifiers must declare their acceptance or denial, and if accepting must pay the State Meet entry fee of \$5.00 per person, per event. This payment should be made as soon as possible after the final event, but must be paid by the end of the Regional Meet in Corinth Saturday, July 24. **No Checks will be accepted!**
- No substitutions allowed for State Meet Entries. If a State Meet Qualifier declines the berth earned at the Regional Meet, the next place finisher WILL NOT be offered that berth. Only the top five (5) finishers in each event will qualify for the State Meet.

**YEAR 2010 – TAAF REGION 4**  
**Regional Track & Field Meet**  
**Friday – Saturday, July 23 – 24, 2010 @ Lake Dallas High School, - Corinth, Texas 76201**

Admission Charge: Spectators - \$4.00 per person, per day

**The following is a rolling schedule. Schedule of events will begin as time allows!**

**\*\*\* ALL RUNNING EVENTS ARE TIMED FINALS \*\*\***

**SATURDAY, JULY 24**

**ALL BOYS RUNNING EVENTS (EXCEPTION: GIRLS 3200M RUN):**

<b>10:00am</b>	3200M <b>Girls</b> Run	(Final)	14UG, 16UG, 18UG
	400M Boys Relay	(Final)	8U, 10U, 12U, 14U, 16U, 18U
	800M Boys Run	(Final)	8U, 10U, 12U, 14U, 16U, 18U
	80M Boys Hurdles	(Final)	12U (8@30")
	110M Boys Hurdles	(Final)	14U (10@36"), 16U (10@39"), 18U (10@39")
	100M Boys Dash	(Final)	8U, 10U, 12U, 14U, 16U, 18U
	400M Boys Dash	(Final)	8U, 10U, 12U, 14U, 16U, 18U
	50M Boys Dash	(Final)	8U
	300M Boys Hurdles	(Final)	14U (8@30"), 16U (8@36"), 18U (8@36")
	200M Boys Dash	(Final)	8U, 10U, 12U, 14U, 16U, 18U
	1600M Boys Run	(Final)	10U, 12U, 14U, 16U, 18U
	1600M Boys Relay	(Final)	10U, 12U, 14U, 16U, 18U

All Saturday events completed

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**All runners entered in running events must report and physically check-in at the heating area when their event is called. Once a runner has checked-in they must stay in the heating area until their heat is taken to the starting line. The heating clerk will set the heat and physically walk each heat to the starting line. Runners will not be allowed to check-in at the starting line. Races will not be held for individuals showing up at the starting line. All races will be timed electronically with the finish of each race photographed. All runners MUST wear a hip number corresponding to their lane assignment. The numbers are only given to participants that check-in at the heating tent. Hip numbers will not be given at the starting line. These numbers and instructions on where they are to be placed on their uniform will be supplied to each individual participant at the heating area.**

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<b>8:00 a.m.</b>	<b><u>Pole Vault</u></b>					
	14U Girls					
	16U Girls					
	18U Girls					
<b>10:00 a.m.</b>	<b><u>High Jump (#1)</u></b>	<b><u>High Jump (#2)</u></b>	<b><u>Long Jump (#1)</u></b>	<b><u>Long Jump (#2)</u></b>	<b><u>Shot Put</u></b>	<b><u>Discus</u></b>
	14U Girl	12U Girl	18U Girl	8U Girl	10U Girl	18U Girl
	16U Girl	10U Girl	16U Girl	10U Girl	12U Girl	16U Girl
	18U Girl	8U Girl	14U Girl	12U Girl	14U Girl	14U Girl
			<b><u>Triple Jump</u></b>		16U Girl	
			18U Girl		18U Girl	
			16U Girl			
			14U Girl			

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