

TAAF Region 7 Regional Track Meet  
 July 14 – 16, 2016  
 Hanby Stadium  
 Mesquite, Texas

Thursday, July 14

**5:30pm COACHES MEETING ON FIELD**

**Running Events – All events are timed finals**

6:00pm	800m Run	8UG, 8UB, 10UG, 10UB, 12UG, 12UB
7:00pm	400m Relay	8UG, 8UB, 10UG, 10UB, 12UG, 12UB, 14UG, 14UB, 16UG, 16UB, 18UG, 18UB

**Field Events**     Pole Vault

4:00pm	14UG, 16UG, 18UG
5:00pm	14UB, 16UB, 18UB

Friday, July 15

**Running Events – All events are timed finals**

8:00am	3200m Run	14UG, 16UG, 18UG, 14UB, 16UB, 18UB
9:00am	1600m Run	10UG, 12UG, 10UB, 12UB
9:45am	400m Dash	8UG, 8UB, 10UG, 10UB, 12UG, 12UB
12:00pm	50m Dash	8UG, 8UB
12:30pm	80m Hurdles	12UG (8 @ 30"), 12UB (8 @ 30")
12:45pm	100m Dash	8UG, 8UB, 10UG, 10UB, 12UG, 12UB
2:30pm	200m Dash	8UG, 8UB, 10UG, 10UB, 12UG, 12UB
3:30pm	1600m Relay	10UG, 10UB, 12UG, 12UB

<b>Field Events</b>	<u>High Jump</u>	<u>Long Jump</u>	<u>Triple Jump</u>	<u>Shot Put</u>	<u>Discus</u>
8:00am	18UG		14UG	18UB	14UG
9:00am	18UB		14UB	14UB	16UG
10:00am	16UB	16UG	18UG	16UB	18UG
11:00am		14UB			
12:00pm	16UG	16UB	18UB	14UG	14UB
1:00pm	14UG	18UB	16UB	18UG	16UB
2:00pm	14UB	18UG	16UG	16UG	18UB
3:00pm		14UG			

Saturday, July 16

**Running Events – All events are timed finals**

8:00am	1600m Run	14UG, 16UG, 18UG, 14UB, 16UB, 18UB
8:45am	100m Hurdles	14UG (10 @ 30"), 16UG (10 @ 33"), 18UG (10 @ 33")
9:15am	110m Hurdles	14UB (10 @ 36"), 16UB (10 @ 39"), 18UB (10 @ 39")
9:45am	800m Run	14UG, 14UB, 16UG, 16UB, 18UG, 18UB
10:30am	100m Dash	14UG, 14UB, 16UG, 16UB, 18UG, 18UB
11:30am	400m Dash	14UG, 14UB, 16UG, 16UB, 18UG, 18UB
12:30pm	300m Hurdles	18UB (8 @ 36"), 16UB (8 @ 36"), 14UB (8 @ 30"), 18UG, 16UG, 14UG (8 @ 30")
1:30pm	200m Dash	14UG, 14UB, 16UG, 16UB, 18UG, 18UB
3:00pm	1600m Relays	14UG, 14UB, 16UG, 16UB, 18UG, 18UB

<b>Field Events</b>	<u>High Jump</u>	<u>Long Jump</u>	<u>Shot Put</u>
8:00am	12UG	8UB	10UG
9:00am	12UB	8UG	12UG
10:00am	10UG	12UB	10UB
12:00pm	10UB	12UG	12UB
1:00pm	8UG	10UB	N/A
2:00pm	8UB	10UG	N/A

**Running Events**

All runners entered into running events must report and check-in at the heating tent when their event is called. If there is a conflict with a Field Event, make sure the Heating Tent and Field Event Judge are notified. Running Events will take precedence over Field Events. Field Event participants may report late to their field event only if they are competing in a running event at the same time and the Field Event judge HAS BEEN NOTIFIED. Runners missing their assigned heats will be disqualified. Runners will be timed electronically and the finish of each race will be videotaped. All runners MUST wear a leg number corresponding to their lane which will be provided in the heating tent.

- Per TAAF and UIL Competition Rules, no participant shall be allowed to enter more than two of the following events: 400m Dash, 800m Run, 1600m Run, 3200m Run. This does not prevent participants entered in these events from running on a relay team provided he/she is not entered in more than three (3) total running events. 14U, 16U and 18U division athletes may enter a maximum of four (4) events with no more than three (3) being running events, including relays.

**Field Events**

All events will be finals with three (3) attempts per participant (exception: high jump and pole vault). All participants should be prepared to check in at their field event location 15 minutes prior to scheduled start time. All Field Event participants must finish their event within the 60 minute time limit, unless approved.

**State Meet**

The top x finishers in each event are guaranteed to advance to the 2015 TAAF State Games of Texas in College Station, July 28- 31. All state meet qualifiers must declare their acceptance by paying the state meet entry fee of \$5.00 per person, per event. This payment must be made at the awards table by the end of the Regional Meet in Mesquite.

**Admission**

Admission to the Regional Track Meet is \$5 per person, per day or \$10 per person for a weekend pass.

**Event Numbers**

	8U Girls	8U Boys	10U Girls	10U Boys	12U Girls	12U Boys	14U Girls	14U Boys	16U Girls	16U Boys	18U Girls	18U Boys
400m Relay	10	22	35	49	64	79	97	116	135	154	174	194
1600m Relays			36	50	65	80	98	117	136	155	175	195
800m Run	9	21	33	47	61	76	92	111	130	149	169	189
1600m Run			34	48	62	77	93	112	131	150	170	190
3200m Run							94	113	132	151	171	191
300m Hurdles							96	115	134	153	173	193
110m Hurdles							114		152			192
100m Hurdles							95		133		172	
80m Hurdles					63	78						
50m Dash	5	17										
100m Dash	6	18	30	44	58	73	89	108	127	146	166	186
200m Dash	7	19	31	45	59	74	90	109	128	147	167	187
400m Dash	8	20	32	46	60	75	91	110	129	148	168	188

	8U Girls	8U Boys	10U Girls	10U Boys	12U Girls	12U Boys	14U Girls	14U Boys	16U Girls	16U Boys	18U Girls	18U Boys
High Jump	3	15	28	42	56	71	87	106	125	144	164	184
Long Jump	4	16	29	43	57	72	88	107	126	145	165	185
Triple Jump							83	101	120	139	160	180
Pole Vault							84	103	122	141	161	181
Shot Put			27	41	55	70	86	105	124	143	163	183
Discus							85	104	123	142	162	182