

UIL Regional Athletics Meet Handbook
Region III, AAA
2023



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UIL Region III, AAA

April 28-29, 2023

Track & Field Competition Site
** Midway High School **





February 2, 2023

Dear UIL Sponsors and Participants,

Greetings and welcome to Waco. What a privilege it is for Waco to host the fifteenth annual UIL Region II, AAAAAA Spring Athletic Championships. We are grateful for another opportunity to host this spectacular Championship and all the families and friends that come to support these athletes. It is our goal to provide the best possible personnel for the students to excel in their competitions.

While Waco has been the home for this Championship event for many years, we have continued to see the highest level of athletes and competition year in and year out. Waco transformed into a destination city over the years and with so much to do. Our goal is that you have athletic success while in Waco and that you will be able to have an opportunity to enjoy all of the new and wonderful sites and activities we have grown to love here as well!

An experienced staff of professionals and officials have again been assembled for the athletic championships and they will directly oversee and provide quality support for all events. Please be sure to call upon Tom Hill, the Athletic Director if there are any questions during your stay.

Best of luck during your competition! We hope your visit to Waco is exciting and memorable.

Sincerely,

Mike Vogelaar
Executive Director
Greater Waco Sports Commission



Waco Convention & Visitors Bureau

Post Office Box 2570
Waco, Texas 76702-2570
254 / 750-5810

January 5, 2023

On behalf of the Waco Convention & Visitors Bureau, we are pleased to welcome you to the Heart of Texas for your UIL Regional Championships. Waco serves as the perfect location to gather for both competition and fellowship.

During your stay in Waco, we hope you will take time to enjoy our many fine attractions: the Texas Sports Hall of Fame, Dr Pepper Museum, Cameron Park Zoo, Texas Ranger Hall of Fame & Museum, the Waco Mammoth National Monument, and the world-famous Magnolia Market at the Silos.

We hope you will visit our website at wacoheartoftexas.com to learn more about shopping, dining, and our attractions. A complete list of area accommodations can also be found on our website.

Warm regards,

Dan Quandt, CTE, CSEE, CDME

Director of Conventions and Tourism
City of Waco, TX
danq@wacotx.gov



January 5, 2023

As Chairman of the Waco Tourism Public Improvement District, I am delighted to welcome you to Waco, Texas.

We represent the hotels of Waco who have joined together to invite groups and sports planners to consider Waco for their event.

We hope you will book one of our fine hotels at the site below:

<https://stayinwacotx.com>

Sincere Best Wishes,

Justin Edwards

Chair

Waco Tourism Public Improvement District Corporation

Coach,

Please be prepared to turn in the following Hotel Room Survey for your participating school to finalize your registration process for this UIL event.



UIL Hotel Room Survey



Thank you for supplying the following information. The sole purpose of this information is to assist in determining the estimated tourism impact of UIL events held in Waco.
Please complete this form and turn in at packet pickup.

Advisor's Name: (Pleaseprint)			
School Name:			
Hotel Name: (if applicable)			
Tourism Impact:	# of Rooms _____	# of Nights _____	#Number of people in each room? 1 2 3 4

General Athletic Contest Information

UIL Track and Field Championships
Region III 3A



2023 REGION III, 3A EXECUTIVE COMMITTEE
DISTRICT MEET CHAIRS

<i>District #</i>	<i>Phone</i>	<i>Email</i>	<i>Email 2</i>
17 David Woodard	254.981.2050	dwoodard@westisd.net	
18 Coy Holcombe	903.425.5299	cholcombe@eustaceisd.net	
19 Jared Hunt	254.982.4201	jared.hunt@academyisd.net	
20 Jerry Bomar	254.729.4116	jerry.bomar@groesbeckisd.net	
21 Ty Robinson	409.283.3714	ty.robinson@woodvilleeagles.org	
troy.carrell@woodvilleeagles.org			
22 Scott Campbell	409.296.4307	Scott@eastchambers.net ; ashleyo@eastchambers.org	
23 Dean Schaub	936.344.6451	dschaub@new-waverly.k12.tx.us	
24 Wade Bosse	979.335.7519	wade.bosse@ebisd.org	

REGIONAL SPRING CHAMPIONSHIPS

Regional Athletics Director

Tom Hill
PHONE: (254) 749-0393
Tom_Hill2@outlook.com

Overnight Shipments

Wahoo Sports & Entertainment
c/o Tom Hill
2625 Franklin
Ave
Waco, TX 76710



**Midway Campus
GENERAL INFORMATION**

FOOD:

MONEY:

There is a Chase ATM machine at the following address: 800 Hewitt Dr, Waco, TX 76712.

FIRSTAID:

BaylorScott&WhiteHillcrestMedicalCenter,100 Hillcrest Medical Blvd:(254)202-2000.
Providence Health Center, 6901 Medical Parkway:(254) 751-4000.

LOST & FOUND:

Lost and Found services are not provided by the High School; participants.
Guests are responsible for their own property.

MIDWAY POLICE:

The Woodway Police Department is 8 minutes away at the following address:
920 Estates Dr, Woodway, TX 76712. They can be reached at this phone number:
+12547724470

SMOKING POLICY:

Smoking and the use of all tobacco products are banned on all property that is
owned, operated, leased, occupied, or controlled by the High School.

CAMPUSMAP:

A printable campus map can be found at the following webaddress:
https://www.midwayisd.org/cms/lib/TX01000662/Centricity/Domain/264/Directions_to_Midway_High_School.pdf

Have a great visit and good luck in the competition!

ENTRY FEES

FEEPAYMENTS:

All regional Track & Field entries and fees should be sent to the Regional Executive Committee member who represents your district (see page 8). The District Director will confirm that a check for all fees in his or her district is sent and made PAYABLE TO: **Wahoo Sports & Entertainment** and received at **Wahoo Sports & Entertainment, c/o Tom Hill: 2625 Franklin Avenue, Waco, TX 76710 by Monday, April 10, 2023**

TRACK & FIELD FEES:

Each contestant is required to pay **\$25.00** as an entry fee per person / per event. **Relays will be \$80/relay.** This should be sent to the District Director for your district along with an entry list of your team. The District Director will send the entire district fee to: **Tom Hill: 2625 Franklin Avenue, Waco, TX 76710 with a check made payable to Wahoo Sports & Entertainment.** W-9 information sent upon request. **ENTRY FEES MUST BE RECEIVED PRIOR TO COMPETITION.**

TOTAL ENTRY FEE per DISTRICT IS: \$2360.00

IF YOU QUALIFY FOR THE REGIONAL CHAMPIONSHIPS USING AN AREA MEET, EACH TEAM IN THE AREA MEET WILL NEED TO PAY THEIR DISTRICT REPRESENTATIVE THE AGREED UPON AMOUNT FOR THEIR RESPECTIVE TEAM ACCORDING TO HOW THE AREA / DISTRICT IS ADMINISTERED. IT IS THE RESPONSIBILITY OF EACH DISTRICT IN THE REGION TO MAKE A TOTAL PAYMENT BY DISTRICT FOR THE REGIONAL CHAMPIONSHIPS

(See Track & Field Information on page 15-21)

Note: Spectator admission is \$6.00 for students and \$12.00 for adults each day plus any online additional ticketing fees. Only online ticket sales will be available on day of meet.

Location: 8200 Mars Drive, Waco, Texas 76712

Copy and paste below for map:

<https://www.google.com/maps/place/8200+Mars+Dr,+Waco,+TX+76712/@31.4821064,-97.2053674,17z/data=!4m5!3m4!1s0x864f86e82513a89b:0xe9db53f8e27949ff!8m2!3d31.4840095!4d-97.1991769>

Wahoo Sports & Entertainment – W-9 Information sent upon request.

ADDITIONAL RESOURCES:

Additional event day information may be acquired through www.wahoo-sports.com.

ELIGIBILITY AND CERTIFICATION

ENTRIES: The District Meet Results form serves as the only official entry form for all athletic entries. Each District Chair is responsible for sending the athletic form to the regional site immediately following the District or Area Championship. Send the track and field forms via e-mail to Nils_Holgersson@baylor.edu and Tom_Hill2@outlook.com. **No faxes will be accepted.**

ELIGIBILITY: The eligibility of a student competing at the regional championship is the responsibility of the individual school.

WITHDRAWALS/ALTERNATES: If a regional contestant cannot attend the Regional Spring Meet, the contestant's coach must notify the District Director of their district and request that he/she contact the alternate and the Regional Athletic Director at Tom_Hill2@outlook.com as well as Nils_Holgersson@baylor.edu

ENTRY CHANGES: If someone knows of an athlete that is ineligible for track and field or cannot fill their entry into the track and field meet they need to follow the below steps:

- a. This person needs to send written correspondence to the District Chair, Nils Holgersson, Tom Hill, the coach of the team who has the ineligible athlete, and the coach who has the new athlete entry. Please include the change and the additional information.
- b. Any discussion should take place prior to this written communication being sent as noted above. Once all parties have been notified in writing and the above process satisfied by this e-mail loop, Nils will respond with received or accepted and the change will be made.

Changes for Friday morning field events will need to be submitted prior to 5pm on Thursday before the meet. The deadline for making any changes and updates to Saturday field events and all running event changes should be made no later than noon on Friday.

****Please submit all entries via e-mail, **faxes will not be accepted.** The format to send entries should be via the Hy-Tech Advancer File or Excel. No other format accepted.**





BOOK IT



COME EXPERIENCE IT ALL. SCAN THE CODE TO START PLANNING YOUR TRIP AND SEE EVENT SCHEDULES. | wacoheartoftexas.com



Athletic Contest Rules and Guidelines

UIL Region III 3A



2023 REGION III, AAA EVENT COMMITTEE

Athletic Director: Mr. Tom Hill Wahoo Sports &
Entertainment(254) 749-0393 cell
Tom_Hill2@outlook.com

Region III 3A TRACK & FIELD

BOYS & GIRLS

Site: Midway High School
8200 Mars Drive, Waco, 76712

Date: April 28-29,2023

TechnicalDirector: Mr. Doyle Shirley

MeetDirector: Mr. TomHill

Referees: Mike Sheaner and Dr. Margaret Woodydy

Starter: Mr. Raymond Pierre

Scorer: Mr. Nils Holgersson



BOYS' & GIRLS' TRACK & FIELD

- DATE:** The boys' and girls' UIL Region III, AAA Track & Field competition will be held **Friday, April 28 & Saturday April 29, 2023.**
- SITE:** The 2023 Track & Field meet will be held at MIDWAY HIGH SCHOOL.
8200 Mars Drive, Waco, Texas 76712
- Copy and paste below for map:
<https://www.google.com/maps/place/8200+Mars+Dr,+Waco,+TX+76712/@31.4821064,-97.2053674,17z/data=!4m5!3m4!1s0x864f86e82513a89b:0xe9db53fbe27949ff!8m2!3d31.4840095!4d-97.1991769>
- MEET DIRECTOR:** Mr. Tom Hill, (254) 749-0393, Tom_Hill2@outlook.com
- MEET REFEREE:** Dr. Margaret Woody and Mike Sheaner
- STARTER:** Mr. Raymond Pierre
- ENTRIES & FEES:** Entries and a fee of \$25.00 per person per event, must be sent to your district's Regional Executive Committee Member (see page 8) (Relays will be **\$80/relay**.) Please send all seeding information to Tom Hill, Regional Athletic Director for UIL Region III, AAA at Tom_Hill2@outlook.com or Nils_Holgersson@baylor.edu no later than Monday, April 10, 2023, by 5:00 p.m. **All entries must be submitted via e-mail in either the Hy-Tech Advancer File or Excel. No faxes will be accepted.** Send fees to: **Tom Hill: 2625 Franklin Ave., Waco, TX 76710. Check made payable to WAHOO SPORTS & ENTERTAINMENT.** W-9 information sent upon request. **ENTRY FEES MUST BE RECEIVED PRIOR TO COMPETITION.**
- COACHES' MEETING/ AND PACKETS:** There will be a coaches' scratch meeting on **Friday, April 28 at 8:00 a.m. in the gym.** The gym will be open for packet pickup prior to the coaches meeting in case you arrive early. Packets (including meet information, numbers, etc.) will be available at this time. After this meeting, packets may be picked up at **The Press Room. Coaches' packets will include two coaches' passes per team.** Additional passes may be purchased at \$10.00 each and may be used by institutional staff only. Athletes will be admitted using their numbers as identification. The Coaches meeting will be held in the Middle School Gymnasium.
- SPECTATOR ADMISSION:** Admission fee is \$6.00 for students and \$12.00 for adults each day for adults each day plus any online additional ticketing fees. Online ticket sales available only on day of meet.
- ALL PARKING:** **Buses will have a drop off location at the Rice Field and will be directed to park along the road in the back. See parking and field event map. Visitors should park in the South lot.**
- AWARDS:** Awards will be given when results are official. Awards will be given when results are official. **Only one institutional representative** for each school will be permitted to pick up individual/team awards to be designated at the coaches meeting. Location will be at officials check in tent. **ANY AWARDS NOT RETRIEVED AT THE SITE WILL BE SHIPPED COD TO THE SCHOOL with a \$20 handling fee invoiced.**
- TRACK USAGE & SCHEDULING:** Limited use of the competition running track will be available Friday from 10:30 a.m. - 1:00 p.m. & Saturday 9:30 a.m. - 12:00 p.m. Areas of use will be discussed at the Coaches' Meeting.

BOYS' & GIRLS' TRACK & FIELD (cont.)

PROTEST PROCEDURES:

All protests relating to matters which develop during the meet should be made at once and not later than 30 minutes after the result has been officially announced, or within 15 minutes in a preliminary round. Any such protest must be made in **WRITING** (including a \$25.00 fee)

by the head coach and submitted at the protest table. The protest area will be located at the Officials' Check-In location on **the North side of the track at a concession stand.** Verbal protest will not be accepted. The decision made by the referee will be **FINAL**. In matters related to officiating pictures, the coach may ask to review the photo with the referee at an appropriate time that will not impact the meet schedule but the protest fee will be applied.

RULES:

Rules are as follows:

1. National Federation Track & Field Rules with the UIL supplement will govern the Track & Field meets.
2. Spikes no longer than ¼ inch are permitted, and only white athletic tape may be used for marking. All tape should be immediately removed after the event.
3. Shot put and discus circles are concrete, so plan for appropriate footwear. The throwing sector will be limited by the facilities.
4. Implements should be marked with the school name. They should be submitted to the appropriate official at the implement check-in area no later than the designated times:

SHOT PUT

Boys: **Friday** 7:00 a.m. - 9:30 a.m., **Saturday** 7:00 a.m. - 8:00 a.m.

Girls: **Friday** 7:00 a.m. - 9:30 a.m., **Saturday** 7:00 a.m. - 8:00 a.m.

DISCUS

Boys: **Friday only** 7:00 a.m. - 9:30 a.m.

Girls: **Friday only** 7:00 a.m. - 9:30 a.m.

POLE VAULT

Girls: 7:00 a.m. - 8:30 a.m.

Boys: 7:00 a.m. - 11:00 a.m.

Implements shall be impounded at the above times and delivered to the site prior to the event. Implements will not be released until the final in each event is concluded. **The implement weigh-in area is located at the maintenance building across from the score board.**

Implements that do not qualify will remain in the impound area until the competition is over. They may be reclaimed after the event is over. Any implement that is not claimed will be taken to the award pick up area.

5. All eight competitors listed in each throwing flight will throw together.
6. Field event check-in is 30 minutes prior to the event at the event site.
7. Vertical events will run 5 alive.
8. Running event check-in is 30 minutes prior to event. Athletes will not be permitted on the infield prior to this time. Hip numbers and bib numbers must be visible.

BOYS' & GIRLS' TRACK & FIELD (cont.)

Rules (cont.):

9. The athletes' warm-up area is located at Rice Field. Athletes may only access the competition infield through the gate located at the check-in tent near the scoreboard.
10. Preferred lanes: All events 4, 5, 3, 6, 2, 7, 1, 8
11. Properly assigned competitor numbers must be worn on the front of the uniform. Competitor numbers will be included in the team packet and will admit athletes into the Track Complex.
12. Entrance gate: All officials, coaches, and trainers will enter and exit the complex from the Northeast side near the scoreboard.
13. Please contact the SWSM trainers if EMS assistance is needed.
14. Team area is located on the Northeast side of the track near and at Rice Field. Limited area will continue toward the throwing area. Tents will not be permitted in the spectator areas (e.g., bleacher areas).
15. Please note that the 3200 meter run, both boys and girls, has been placed early in the order of events and will be run as a final from a waterfall start with alleys. The same treatment applies for the 1600 meter run, which will be Saturday as a final with a waterfall start.

ENTRY CHANGES:

If someone knows of an athlete that is ineligible or cannot fill their entry into the meet they need to follow the below steps:

- a. This person should send written correspondence to the District Chair, Nils Holgerson, Tom Hill, the coach of the team who has the ineligible athlete, and the coach who has the new athlete entry. Please include the change and the additional information. All correspondence should be via email.
- b. Any discussion should take place prior to this communication being sent as noted above. Once all parties have been notified in writing and the above process satisfied by this e-mail loop, Nils will respond with received or accepted and the change will be made.

Changes for Friday morning field events will need to be submitted prior to 5pm on Thursday before the meet. The deadline for making any changes and updates to Saturday field events and all running event changes should be made no later than noon on Friday.

****Please submit all entries via e-mail. Faxes will not be accepted. The format to send entries should be via the Hy-Tech Advancer File or Excel. No other format accepted.**

ADDITIONAL RESOURCES:

Additional event day information may be acquired through www.wahoo-sports.com.

Have a great visit and good luck in the competition!

Meal Order Coaches and Players

This year Wahoo Sports is giving Coaches and Players the option to pre order their meals for the Regional Championship. The meals will be available for pick up at the Track any time of day that you want.

Look at all the different options and order here:

wahoo-sports.com/meal-order





STATE TRACK AND FIELD RULES PROTEST FORM



In order to file a protest of an official ruling the following guidelines must be followed:

All protests of a referee's decision must be submitted in writing to one of the meet directors.

The protest must be filed within **30 minutes** following the official posting of results. The form must be turned in to an UIL official **located in the awards area.**

The information below must be fully completed in order for the protest to be considered:

Coach Name: _____ School: _____

Coach's Signature: _____ Cell #: _____

Circle one: Girls Boys

Event: _____ Date: _____ Time: _____

Athlete(s) Involved: (If applicable)

School: _____ Bib Number: _____ Hip Number: _____

School: _____ Bib Number: _____ Hip Number: _____

Description of Infraction/Dispute:

NFHS Rule Book Reference: Be exact in your rule reference number and page. (Example: NFHS Rule 2 Scoring Art. 2...The number of the places...).

Official Time Protest was Filed: _____ Received by: _____

Appeals Committee Action:

Meet Director's Signature: _____

Pole Vault Compliance Form

Per the National Federation of State High School Associations 2013 Track & Field Rule Book under Rule 7, Section 5 Pole Vault, Article 3, page 57:

“The competitor’s weight shall be at or below the manufacturer’s pole rating. The manufacturers must include on each pole: the pole rating that shall be a minimum of $\frac{3}{4}$ -inch in a contrasting color located within or above the top hand-hold position; a 1-inch circular band indicating the maximum top hand-hold position with the position being determined by the manufacturer. Prior to competition, the coach must verify that all the school’s pole vaulters and poles meet these requirements.

NOTES:

1. Etchings, serial numbers, etc. that may appear on poles shall not replace the requirement of the manufacturer’s pole rating of the minimum $\frac{3}{4}$ -inch marking in contrasting color on each pole. (7-5-3)
2. Each state association shall determine its own procedure regarding coaches verification.”

I, _____, hereby verify that all my competing pole vaulters and poles are in compliance with Rule 7, Section 5 Pole Vault, Article 3, page 57 (stated above).

School: _____

Signature: _____

Date: _____

More information regarding this form and the complete NFHS Handbook can be found at:

http://www.amsacs.org/pdf/sports/track%20and%20field/2013_NFHS_Rule_Book.pdf



UIL Pole Vault Certification Form

In compliance with the National Federation of High Schools Track and Field Rule 7-5-3, this form is provided to verify pole vaulter's weights and pole ratings prior to warm-up and competition.

Vaulter's School:	Coach's Name (print):
Site of Competition:	Date of Competition:

Vaulter's Name:	Vaulter's Weight:	lbs.
Pole #1: Length:	Pole Rating Weight:	lbs.
Pole #2: Length:	Pole Rating Weight:	lbs.
Pole #3: Length:	Pole Rating Weight:	lbs.
Pole #4: Length:	Pole Rating Weight:	lbs.
Pole #5: Length:	Pole Rating Weight:	lbs.
Pole #6: Length:	Pole Rating Weight:	lbs.
Pole #7: Length:	Pole Rating Weight:	lbs.
Pole #8: Length:	Pole Rating Weight:	lbs.
Athlete Signature:	Date:	

Coach's Printed Name:	Date:
Coach's Signature:	Date:

The following are NFHS Track and Field Rules relevant to pole vault safety:

Rule 6.5.2: *The vaulting pole may be of any material and of length and diameter. It may have a binding of not more than two layers of adhesive tape of uniform thickness. However, the bottom of the pole may be protected by several layers of tape, PVC, metal, sponge rubber, or other suitable material to protect it when placed in the planting box.*

Rule 6.5.3: *The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturers must include on each pole: the pole rating that shall be a minimum of 3/4 inch in a contrasting color located within or above the top hand-hold position; a 1-inch circular band indicating the maximum top hand-hold position with the position being determined by the manufacturer. Prior to the competition, the Coach must verify that all of the schools' pole vaulters meet these requirements.*

6.5.4 : *A competitor shall not use a variable weight pole, a pole which is improperly marked, or a pole rated below his/her weight, or any other equipment that is not legal during warm-up or competition. **NOTE:** Altering the pole in any fashion renders it illegal. **PENALTY: Disqualification from the event.***

6.5.5 : *Prior to warm-up, the field referee, head field judge, or assigned inspector of implements shall inspect each pole to be used in the competition to verify that the poles are legal equipment, per Rule 7-5-3. This includes checking the placement of a top hand-hold band, numerical pole ratings a minimum of 3/4-inches in a contrasting color located within or above the top hand-hold band, and the proper binding of not more than two layers of adhesive tape of uniform thickness. The binding shall not be on or above the top handhold band.*

6.5.21: *A competitor shall not be allowed to use the pole of another individual without the consent of the owner. The event judge shall approve the use and verify that the pole is rated weight-appropriate. **PENALTY: Disqualification from the event.***

Rule 6.5.27: *It is a foul if the competitor grips the pole above the top handhold band. **PENALTY: An unsuccessful trial is charged, but not measured.***

Additional copies of this form can be found at:

<https://www.uiltexas.org/files/athletics/forms/uf-pole-vault-certification.pdf>

TRACK & FIELD MEET

MIDWAY HIGH SCHOOL

Schedule of Events UIL Region II 6A/III 3A Boys & Girls Track & Field

Schedule is approximate and rolling and is subject to change; times will be adhered to as closely as possible.

Running Order: 3A Girls, 6A Girls, 3A Boys, 6A Boys

Friday, April 28

9:30 a.m.	3200m	Finals	Girls then boys
	Pole Vault	Finals	3A Girls then 3A boys
10:30 a.m.	Long Jump	Finals	Boys
	High Jump	Finals	Girls
	Discus	Finals	Boys
1:00p.m.	Long Jump	Finals	Girls
	High Jump	Finals	Boys
	Discus	Finals	Girls
4:00 p.m.	400 Meter Relay	Prelims	Girls & Boys
4:40 p.m.	100 Meter Hurdles	Prelims	Girls
4:55 p.m.	110 Meter Hurdles	Prelims	Boys
5:10 p.m.	100 Meter Dash	Prelims	Girls & Boys
5:40 p.m.	800 Meter Relay	Prelims	Girls & Boys
6:20 p.m.	400 Meter Dash	Prelims	Girls & Boys
6:50 p.m.	300 Meter Hurdles	Prelims	Girls & Boys
7:40 p.m.	200 Meter Dash	Prelims	Girls & Boys
8:20 p.m.	1600 Meter Relay	Prelims	Girls & Boys

TRACK & FIELD MEET (cont.)

Schedule of Events UIL Region II 6A/III 3A Boys & Girls Track & Field

Schedule is approximate and rolling and is subject to change; times will be adhered to as closely as possible.

Running Order: 3A Girls, 6A Girls, 3A Boys, 6A Boys

Saturday, April 29

9:00a.m.	PoleVault	Finals	Girls 6A then 6A Boys
	TripleJump	Finals	Girls
	Shot Put	Finals	Boys
PV after girls	Pole Vault	Finals	Boys 6A
11:00 am	Shot Put	Finals	Girls
	TripleJump	Finals	Boys
	Shot Put –WheelchairDivision	Finals	Girls/Boys
1:30p.m.	400MeterRelay	Finals	Girls then Boys
1:50p.m.	800MeterRun	Finals	Girls then Boys
2:10p.m.	100MeterHurdles	Finals	Girls
2:20p.m.	110MeterHurdles	Finals	Boys
2:30p.m.	100MeterDash	Finals	Girls/Boys/Wheelchair
2:45p.m.	800MeterRelay	Finals	Girls then Boys
3:05p.m.	400MeterDash	Final	Girls/Boys/Wheelchair
3:25p.m.	300MeterHurdles	Finals	Girls then Boys
3:45p.m.	200MeterDash	Finals	Girls then Boys
4:00p.m.	1600Meters	Finals	Girls then Boys
4:30p.m.	1600MeterRelay	Finals	Girls then Boys



February 1, 2023

INVOICE

TO:

Region III 3A District Representatives
District 17-24

PAYABLE TO:

Wahoo Sports & Entertainment
2625 Franklin Avenue, Waco, Texas
76710

DESCRIPTION

UIL Region III 3A
Track and Field Entry Fee

TOTAL AMOUNT

\$2360.00

**** Plus any additional wheelchair entries at \$25.00 / per person / per event**

- Track and Field
 - Girls \$1180.00
 - Boys \$1180.00
 - Wheelchair \$ 25.00 / athlete / event
 - For example, if you have 1 wheelchair athlete that competes in 2 events - \$50.00

**** TOTAL \$2360.00 plus any additional wheelchair entries @ \$25.00 / athlete / per event**

Welcome to Waco

Waco offers enough to keep visitors busy for days! Mountain bike or hike in Cameron Park, shop downtown where you'll find Magnolia Market, antiques stores, and wonderful local finds. Stroll through our cultural and historic district that extends from Austin Avenue through Elm Avenue, across the mighty Brazos River. Walk across the historic Suspension Bridge, built in 1870, where the clopping hooves of cattle followed the Chisholm and Shawnee Trails up north. We encourage you to explore all that Waco has to offer during your stay for the UIL Regional Championships.

Your best resource for everything Waco: www.wacoheartoftexas.com

- ✓ Booking Rooms
- ✓ Things To Do
- ✓ Dining
- ✓ Shopping
- ✓ Calendar Of Events



Medical - Hospitals

Providence Medical Center

6901 Medical Parkway, 76712 254-751-4000

Baylor Scott & White Hillcrest Medical Center

100 Hillcrest Medical Boulevard, 76712 254-202-2000

Emergency Services (for emergencies – DIAL 911)

Waco Police Department non-emergency 254-750-7500

Waco Fire Department non-emergency 254-750-1740

ETMC EMS 254-799-7718

Medical – Urgent Care Centers

Premier ER & Urgent Care - Open 24 hours

9110 Jordan Ln #100, Woodway, TX 76712 254-399-0740

Premier ER & Urgent Care -Open 24 hours

221 N Interstate 35 Frontage Rd. Waco, TX 76706 254-537-9452

Express Emergency Room (ER)Open 24 hours

1411 N Valley Mills Dr, Waco, TX 76710 254-224-5662

Providence Express Care - Opens 9AM · Closes 9PM (Monday – Friday)

600 Franklin Ave, Waco, TX 76701 254-537-6000

Providence Express Care - Opens 9AM · Closes 9PM (Monday – Friday)

7003 Woodway Dr #311, Waco, TX 76712 254-537-6000

Central Texas Urgent Care- Opens 8AM · Closes 8PM (6PM on Sunday)

1135 North Loop 340, Waco, TX 76705 254-867-1962

Central Texas Urgent Care - Opens 8AM · Closes 8PM (6PM on Sunday)

1201 Hewitt Dr #203, Waco, TX 76712 254-666-3627

FastMed Urgent Care - Opens soon 9AM · Closes 9PM (6PM on weekend)

5400 Crosslake Pkwy #300, Waco, TX 76712 254-420-2336

Grocery Stores

HEB 801 N IH 35, 76705 Main 254-799-0253

Pharmacy 254-799-0219

1821 S Valley Mills Drive, 76711 Main 254-710-9400

Pharmacy 254-757-3344

9100 Woodway Dr, 76712 Main 254-751-0239

Pharmacy 254-751-0912

3801 N 19th St, 76708 Main 254-752-0359

Pharmacy 254-753-2226

Walmart 4320 Franklin Ave, 76710 Main 254-751-0464

Pharmacy 254-751-0301

600 Hewitt Dr, 76712 Main 254-666-9021

Pharmacy 254-666-7429

1521 N IH35 Frontage Rd, 76705 Main 254-867-8084

Pharmacy 254-867-0211

Sporting Goods Stores

Academy Sports & Outdoors 210 N. New Road, 76710 254-399-2410

Bicycle World 215 S University Parks Dr, 76701 254-300-4448

Cabela's 2700 Marketplace Dr 254- 870-4300

Dick's Sporting Goods 6001 W Waco Dr Unit 316 254-523-3510

Hibbett Sports 6001 W Waco Dr Space 1 Suite 301 254-399-6814

Office Services

<u>Accent Printing & Copy Center</u>	512 N. New Road, 76710	254-776-8247
<u>Fed-Ex Print & Ship Center</u>	5912 Bosque Blvd #349, 76710	254-776-7763
<u>Office Depot</u>	5524 Bosque Blvd, 76710	254-776-8891
<u>Office Depot</u>	4627 S. Jack Kultgen Frwy, 76706	254-662-0939
<u>Office Max</u>	4328 W. Waco Drive, 76710	254-772-7762

Movie Theaters

<u>Hollywood Jewel 16</u>	7200 Woodway Dr, 76712	254-399-9500
<u>Premiere Cinema 6</u>	410 N Valley Mills Dr, 76710	254-772-2225
<u>Starplox Galaxy 16</u>	333 S Valley Mills Dr, 76710	254-772-5333
<u>The Waco Hippodrome</u>	724 Austin Ave, 76701	254-227-6723

Emergency Travel Numbers

<u>Texas Highway Patrol</u>		806-747-4491
www.txdps.state.tx.us/HighwayPatrol		
<u>Stranded Motorist Hotline</u>		800-525-5555
http://www.dps.texas.gov/director_staff/public_information/strandedmotoristhotline.htm		
<u>Road Conditions</u>		800-452-9292
http://conditions.drivetexas.org/current		

My 35 www.my35.org/waco

Weather

Intellicast www.intellicast.com
National Weather Service www.srh.noaa.gov/fwd

Car Rental

<u>Avis</u>	www.avis.com	800-633-3469
	Avis, Waco Regional Airport Terminal, 76708	254-756-1921
<u>Enterprise</u>	www.enterprise.com	800-261-7331
	Waco Regional Airport Terminal, 76708	254-755-8324
	4401 W Waco Drive, 76710	254-776-2050
	1701 W Loop 340, 76712	254-666-9591
	1601 Jack Kultgen Freeway, 76706	254-714-1131
<u>Hertz</u>	www.hertz.com	800-654-3131
	Waco Regional Airport Terminal, 76708	254-296-4153
	1625 North Valley Mills Drive, 76710	254-754-1869
	201 West Loop 340, 76712	254-399-6409

