

UIL Regional Athletics Meet Handbook
Region III, AAA
2024



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UIL Region III, AAA

April 19-20, 2024

Track & Field Competition Site
Midway High School





January 10, 2024

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 & Region III AAA 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



Convention & Visitors
PO Box 2570
Waco, Texas 7672-2570

T: (254) 750 5810
destinationwaco.org
wacocc.com

January 10, 2024

On behalf of the Waco Convention & Visitors Bureau, we are pleased to welcome you to Waco 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 destinationwaco.org 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, come

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



January 5, 2024

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: (Please print) | | | |
| School Name: | | | |
| Hotel Name: (if applicable) | | | |
| Tourism Impact: | #ofRooms _____ | #ofNights _____ | #Numberofpeoplein each room? 1 2 3 4 |

General Athletic Contest Information

UIL Track and Field Championships
Region III 3A



2024 REGION III, 3A EXECUTIVE COMMITTEE

DISTRICT MEET CHAIRS

| <i>District#</i> | <i>Phone</i> | <i>Email</i> | <i>Email2</i> |
|--------------------|--------------|---|---------------|
| 17Kirby Basham | 254.981.2050 | kbasham@gvisd.org | |
| 18James Young | 903.425.5299 | Angie.ellis@kempisd.org | |
| 19Denise Monzingo | 254.982.4201 | dmonzingo@rockdaleisd.net | |
| 20Melonie Menefee | 254.729.4116 | menefeems@buffaloisd.net | |
| 21Lisa Meysembourg | 409.283.3714 | Lisa.m@woodvilleeagles.org | |
| 22Scott Campbell | 409.296.4307 | Scott@eastchambers.net ; ashleyo@eastchambers.org | |
| 23Dean Schaub | 936.344.6451 | dschaub@new-waverly.k12.tx.us | |
| 24Wade 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

| | |
|--------------------------|--|
| MONEY: | There is a Chase ATM machine at the following address: 800 Hewitt Dr, Waco,TX 76712. |
| FIRST AID: | Baylor Scott & White Hillcrest Medical Center, 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. Guests are responsible for their own property. You may check at the press box lobby during the competition in case an item has been returned. |
| 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. |
| CAMPUS MAP: | A printable campus map can be found at the following web address: 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

FEE PAYMENTS:

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 1, 2024**

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 + any additional para entries at \$25.00 / per person / per event

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!1s0x864f86e82513a89b0xe9db53f8e27949ff!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.

3A Region 3 | 6A Region 2 Regional Championships Entry Procedures

Area Directors (or district if area is not contested) are required to send the official results via the UIL form immediately following the conclusion of the qualifying meet. The form should be filled out electronically if at all possible and can be found [HERE](#). This form, **in addition to a PDF of complete results**, should be sent to the following email addresses:

Hill2@outlook.com
Ruben.t@wahoo-sports.com
edews11@gmail.com

The PDF results should be separated by gender (all girls, then all boys), and should include all 8 places, and a complete field series for each field event.

Coaches of qualifiers should follow the following links to register their athletes:

3A Registration: [UIL 3A Region 3 Championships Registration - Registration \(milesplit.com\)](#)

6A Registration: [UIL 6A Region 2 Championships Registration - Registration \(milesplit.com\)](#)

Seed times/marks **MUST BE** the times/marks earned in the previous round (area, or district if area was not contested). **DO NOT** put all time best marks. Seeds will be verified using the PDF results. Enter qualifiers **ONLY**, **DO NOT** enter alternates. Each event will accept only 16 entries. Through the registration link all entries will be visible at all times.

For scratches, prior to the entry deadline, coaches should remove their athlete from the meet through the registration link, and notify the area director, who will then notify the coach of the next athlete in line. In the case that the next athlete cannot participate, you should continue to try to fill the spot until there are no more options. Alternates must come from the same Area (or district if area was not contested) as the scratching athlete. All alternates must be entered online using the registration links above, until the entry deadline. After the entry deadline, scratches/alternates should be emailed directly to all 3 email addresses above to be hand entered into the meet.

Entries on MileSplit will close at 5:00 PM on Monday, April 15, 2024. As stated above, all scratches/adds after this time must be emailed to all 3 email addresses above to be hand entered into the meet. Please make every reasonable effort to notify us, as well as the next available athlete, as soon as possible. Scratches/adds for the 3200 meter run and Friday field events will be accepted until Thursday, April 18, 5:00 PM. Scratches/adds for Saturday field events, as well as all running (except the 3200 meter run) will be accepted through email until noon on Friday, April 19.

Startlists for the first round of Friday's field events and the 3200 will be posted by 6:00 PM on Thursday, April 18. Startlists for all other field events and preliminary running events will be posted by 1:00 PM on Friday, April 19. All startlists/results can be found at wahoo-sports.com

Seeding will be as follows:

- 1) Horizontal Field events:
 - a) Prelims, flight order is worst to best, flight placement is random
 - b) Finals, top 8 from prelims, ordered worst to best based on performance in prelims
- 2) Vertical Field events: worst to best based on performance at previous round (area/district)
- 3) Running prelims: All random – per serpentine
- 4) Running finals:
 - a) Heat winners get preferred lanes based on times from prelims
 - b) Next best 6 from heats get remaining lanes based on times from prelims
- 5) 800/1600/3200: Double waterfall start, random placement

Any questions regarding MileSplit registration (claiming your team, how to register/remove athletes, etc) can be directed to carl.hornback@ntxtiming.com.

**STAY
IN WACO**



StayInWacoTX.COM

Athletic Contest Rules and Guidelines

UIL Region III 3A



2024 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 19-20, 2024

Technical Director: Mr. Doyle Shirley

Meet Director: Mr. Tom Hill

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 19 & Saturday April 20, 2024. |
| SITE: | The 2024 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 |
| COACHES' MEETING/ AND PACKETS: | There will be a coaches' scratch meeting on Friday, April 19 at 8:00 a.m. in the gym. The gym will be open for packet pick up 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 10:30a.m. - 1:00 p.m. & Saturday 9:30a.m. - 12:00p.m. This may be adjusted at the coaches' meeting. 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 **the Press Box Lobby**. 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 areas 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:
Thursday Drop Encouraged

SHOTPUT

Boys: **Thursday:** 4:00 pm – 7:00pm **Friday** 7:00a.m.-9:30a.m.,
Saturday 7:00am-8:00am

Girls: **Thursday:** 4:00 pm – 7:00pm **Friday** 7:00a.m.-9:30a.m.,
Saturday 7:00am-8:00am

DISCUS

Boys: **Thursday:** 4:00 pm – 7:00pm **Friday only** 7:00a.m.-9:30a.m.

Girls: **Thursday:** 4:00 pm – 7:00pm **Friday only** 7:00a.m.-9:30a.m.

POLEVAULT

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

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

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. 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.):

8. The athletes' warm-up area is located at Rice Field. Athletes may only access the competition in field through the gate located at the check-in tent near the scoreboard.
9. Preferred lanes: All events 4,5,3,6,2,7,1,8
10. 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.
11. Entrance gate: All officials, coaches, and trainers will enter and exit the complex from the Northeast side near the scoreboard.
12. Please contact the SWSM trainers if EMS assistance is needed.
13. 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).
14. 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.

ADDITIONAL RESOURCES:

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

Have a great visit and good luck in the competition!



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, spongerubber, 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.uil-texas.org/files/athletics/forms/tf-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 19

| | | | |
|------------|-----------------|---------|-----------------------|
| 9:30a.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 |
| 4:00p.m. | 400MeterRelay | Prelims | Girls & Boys |
| 4:40p.m. | 100MeterHurdles | Prelims | Girls |
| 4:55p.m. | 110MeterHurdles | Prelims | Boys |
| 5:10p.m. | 100Meter Dash | Prelims | Girls & Boys |
| 5:40p.m. | 800MeterRelay | Prelims | Girls & Boys |
| 6:20p.m. | 400Meter Dash | Prelims | Girls & Boys |
| 6:50p.m. | 300MeterHurdles | Prelims | Girls & Boys |
| 7:40p.m. | 200Meter Dash | Prelims | Girls & Boys |
| 8:20p.m. | 1600MeterRelay | Prelims | Girls & Boys |

TRACK & FIELD MEET (cont.)

Schedule of Events UIL Region II6A / III3A 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: 3AGirls,6AGirls,3ABoys,6ABoys

Saturday, April 20

| | | | |
|----------|------------------------|--------|-------------------|
| 9:00a.m. | Pole Vault | Finals | Girls6Athen6ABoys |
| | Triple Jump | Finals | Girls |
| | Shot Put | Finals | Boys |
| | Pole Vault | Finals | Boys6A |
| 11:00am | Shot Put | Finals | Girls |
| | Triple Jump | Finals | Boys |
| | Shot Put–Para Division | 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/Para |
| 2:45p.m. | 800MeterRelay | Finals | Girls then Boys |
| 3:05p.m. | 400MeterDash | Final | Girls/Boys/Para |
| 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, 2024

INVOICE

TO:
Region III 3A District Representatives
District 17-24

PAYABLE TO:

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

DESCRIPTION

UIL Region III3A
Track and Field Entry Fee

TOTALAMOUNT

\$2360.00

****Plus, any additional Para athlete entries at \$25.00 /per person/per event**

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

**** TOTAL \$2360.00 plus any additional para 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

| | |
|--|--------------|
| <u>ProvidenceMedicalCenter</u> | |
| 6901 Medical Parkway, 76712 | 254-751-4000 |
| <u>Baylor Scott & White Hillcrest Medical Center</u> | |
| 100HillcrestMedicalBoulevard,76712 | 254-202-2000 |

EmergencyServices(foremergencies-DIAL911)

| | | |
|-----------------------------|---------------|--------------|
| <u>WacoPoliceDepartment</u> | non-emergency | 254-750-7500 |
| <u>WacoFireDepartment</u> | non-emergency | 254-750-1740 |
| <u>ETMCEMS</u> | | 254-799-7718 |

Medical-UrgentCareCenters

| | |
|---|--------------|
| <u>PremierER&UrgentCare-Open24hours</u> | |
| 9110JordanLn#100,Woodway,TX76712 | 254-399-0740 |
| <u>PremierER&UrgentCare-Open24hours</u> | |
| 221 N Interstate 35 Frontage Rd. Waco, TX 76706 | 254-537- |
| <u>9452Express Emergency Room (ER)Open 24 hours</u> | |
| 1411 N Valley Mills Dr, Waco, TX 76710 | 254-224-5662 |
| <u>Providence Express Care</u> - Opens 9AM · Closes 9PM (Monday – Friday) | |
| 600 Franklin Ave, Waco, TX 76701 | 254-537-6000 |
| <u>Providence Express Care</u> - Opens 9AM · Closes 9PM (Monday – Friday) | |
| 7003WoodwayDr #311,Waco,TX76712 | 254-537-6000 |
| <u>CentralTexasUrgentCare-Opens8AM-Closes8PM(6PMonSunday)</u> | |
| 1135NorthLoop340,Waco,TX76705 | 254-867-1962 |
| <u>CentralTexasUrgentCare-Opens8AM-Closes8PM(6PMonSunday)</u> | |
| 1201HewittDr#203,Waco,TX76712 | 254-666-3627 |
| <u>FastMedUrgentCare-Openssoon9AM-Closes9PM(6PMonweekend)</u> | |
| 5400CrosslakePkwy#300,Waco,TX76712 | 254-420-2336 |

GroceryStores

| | | | |
|---------|-----------------------------|----------|--------------|
| HEB | 801NIH35,76705 | Main | 254-799-0253 |
| | | Pharmacy | 254-799-0219 |
| | 1821SValleyMillsDrive,76711 | Main | 254-710-9400 |
| | | Pharmacy | 254-757-3344 |
| | 9100WoodwayDr,76712 | Main | 254-751-0239 |
| | | Pharmacy | 254-751-0912 |
| Walmart | 3801N19thSt,76708 | Main | 254-752-0359 |
| | | Pharmacy | 254-753-2226 |
| | 4320FranklinAve,76710 | Main | 254-751-0464 |
| | | Pharmacy | 254-751-0301 |
| | 600HewittDr,76712 | Main | 254-666-9021 |
| | | Pharmacy | 254-666-7429 |
| | 1521NIH35FrontageRd,76705 | Main | 254-867-8084 |
| | | Pharmacy | 254-867-0211 |

SportingGoodsStores

| | | |
|-----------------------------------|-----------------------------|--------------|
| <u>AcademySports&Outdoors</u> | 210N.NewRoad,76710 | 254-399-2410 |
| <u>BicycleWorld</u> | 215SUniversityParksDr,76701 | 254-300-4448 |
| <u>Cabela's</u> | 2700Marketplace Dr | 254-870-4300 |
| <u>Dick'sSportingGoods</u> | 6001WWacoDrUnit 316 | 254-523-3510 |
| <u>HibbettSports</u> | 6001WWacoDrSpace1Suite301 | 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>Starplex 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 | |

My35

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 |

