

UIL Regional Athletics Meet Handbook
Region III, AAA
2021



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UIL Region III, AAA

April 23, 2021

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



RUN  EM
SPORTS





February 24, 2021

Dear UIL Sponsors and Participants,

Greetings and welcome to Waco. What a privilege it is for Waco to host the fifth annual UIL Region III, AAA Spring Track & Field Championships. We are grateful for the opportunity. It is our goal to provide the best possible personnel for the students to excel in their competitions.

Please use this online handbook as a guide for the UIL competitions. This resource is created to provide information concerning all aspects of the spring athletic track and field competition. Should you have any questions, please contact your district representative listed at the top of page six. If he/she cannot help you, you may contact Tom Hill, the Regional Athletic Director at (254) 749-0393 / Tom_Hill2@outlook.com.

An experienced staff of professionals and officials will again directly oversee and provide quality support for the Track and Field competition.

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

Sincerely,

Greater Waco Sports Commission





**Waco Convention & Visitors Bureau
Waco Convention Center**

Post Office Box 2570
Waco, Texas 76702-2570
Visitor Information: 800.922.6386

February 24, 2021

On behalf of the City of Waco and our local hospitality community, we are pleased to welcome you to the Heart of Texas for the 2021 UIL Regional Championships. Waco will serve as the perfect backdrop for your attendees to gather for both competition and fellowship.

During your stay in Waco, we hope you will take time to enjoy the Texas Sports Hall of Fame, Dr Pepper museum & Free Enterprise Institute, Texas Ranger Hall of Fame & Museum, Cameron Park Zoo, the Waco Mammoth National Monument, and the Magnolia Market complex, home to a bakery, coffee shop, retail market, and plenty of free outdoor activities.

We are pleased to have you as our guests, and we wish you all every success.

Sincerely,

Galen Price

Galen Price
Interim Assistant City Manager
Waco Convention and Visitors Bureau
Waco Convention Center

For visitor information, please visit wacoheartoftexas.com

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:	# 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



2021 REGION III, 3A EXECUTIVE COMMITTEE
DISTRICT MEET CHAIRS

District #	Phone	Email	Email 2
17 Ricky Stephens	817.774.5201	rstephens@keeneisd.org ; rmontgomery@keeneisd.org	
18 Randy Perry	903.489.1152	Randy.Perry@Malakoffisd.org ; adira.Chairez@Malakoffisd.org	
19 Denise Monzingo	512.430.6000	DMonzingo@Rockdaleisd.net ; Dshelander@Rockdaleisd.net	
20 Bill Chapman	512.746.2124	Bill.Chapman@jarrellisd.org ; Brenda.cooper@jarrellisd.org	
21 Blake Morrison	936-829-5626	JMorrison@dibollisd.org	
22 Scott Campbell	409.296.4307	Scott@eastchambers.net ; ashleyo@eastchambers.org	
23 Darol Hail	936-344-6751	dhail@newwaverly.k12.tx.us	
24 Bryan Blonar	979.657.2770	bblonar@bolingisd.net	

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
2624 Austin Ave
Waco, TX 76710

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Baylor Campus GENERAL INFORMATION

- BAYLOR BOOKSTORE:** Come visit the Baylor Bookstore!
Operating Hours:
9:00a.m.– 5:00 p.m. Monday – Friday
10:00 a.m.– 4:00 p.m. on Saturdays
The bookstore is located on the ground level of the 5th street parking garage (please see campus map found on page 39)
- FOOD:**
- SUB Food Court (located in the Bill Daniel Student Center)
Chick-fil-a
Friday: 10:30am – 8:00pm
Saturday: 11:00am – 8:00pm
Panda Express
Friday: 10:30am-3:00pm
Saturday: 2:00pm-6:00pm
Steak and Shake
Friday: 7am-8:00pm
Saturday: 11am-8:00pm
- Penland Food Court
Buffet Style
Friday: 11:00am-3:00pm and 5:00pm-9:00pm
Saturday: 11:00am-9:00pm
- Starbucks—Moody Library
Friday: 7:00am-10:30pm
Saturday: 9:00am-9:00pm
- MONEY:** There is an ATM machine on the first floor of the Bill Daniel Student Center in the mailroom area.
- FIRSTAID:** 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 University; participants.
Guests are responsible for their own property.
- BAYLOR POLICE:** Baylor Department of Public Safety, Baylor, (254)710-2222,
Speight Plaza Parking Garage: 1521 S. 4th Street.
- 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 University.
- CAMPUS MAP:** A printable campus map can be found at the following web address:
www.baylor.edu/map or on page 39 of this handbook.

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: 2624 Austin Avenue, Waco, TX 76710 by Monday, April 12, 2021.**

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: 2624 Austin 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 \$5.00 for students and \$10.00 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@WacoSports.org or 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 add 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.**

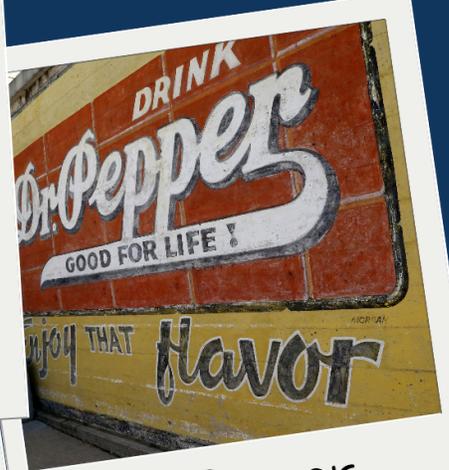




Magnolia



Hawaiian Falls



Dr Pepper



TX Ranger HOF

#WACOTX
Waco
— HEART ♥ TEXAS —



CP Zoo



Nexus Esports



Urban Air Park

APPLE



Download our App!



ANDROID

Athletic Contest Rules and Guidelines

UIL Region III 3A



2021 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 23, 2021

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 23, 2021.**
- SITE:** The 2021 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 12, 2021, 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: 2624 Austin 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 23 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 and Timing 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 \$5.00 for students and \$10.00 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** 7:00am- 8:00am

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

DISCUS

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

Girls: **Friday only** 7:00 a.m. - 9:30 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 shot put / discus site.

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 add in-formation. 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!



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/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 Boys, 3A Boys, 6A Boys

Friday, April 23

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
1:00 p.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 Boys, 3A Boys, 6A Boys

Saturday, April 24

9:00 a.m.	Pole Vault	Finals	Girls 6A Only
	Triple Jump	Finals	Girls
	Shot Put	Finals	Boys
11:00 a.m.	PV after girls	Finals	Boys 6A
	Shot Put	Finals	Girls
	Triple Jump	Finals	Boys
	Shot Put – Wheelchair Division	Finals	Girls/Boys
1:30 p.m.	400 Meter Relay	Finals	Girls then Boys
1:50 p.m.	800 Meter Run	Finals	Girls then Boys
2:10 p.m.	100 Meter Hurdles	Finals	Girls
2:20 p.m.	110 Meter Hurdles	Finals	Boys
2:30 p.m.	100 Meter Dash	Finals	Girls/Boys/Wheelchair
2:45 p.m.	800 Meter Relay	Finals	Girls then Boys
3:05 p.m.	400 Meter Dash	Final	Girls/Boys/Wheelchair
3:25 p.m.	300 Meter Hurdles	Finals	Girls then Boys
3:45 p.m.	200 Meter Dash	Finals	Girls then Boys
4:00 p.m.	1600 Meters	Finals	Girls then Boys
4:30 p.m.	1600 Meter Relay	Finals	Girls then Boys



Health and Safety Protocols

****These athletic contests adhere to UIL procedures and protocols. Please find below the 2020-2021 UIL COVID-19 Risk Mitigation Guidelines as of 12/4/2020. These can also be found on their website at: <https://www.uiltexas.org/policy/covid-19/>***

"2020-2021 UIL COVID-19 Risk Mitigation Guidelines Updated December 4, 2020

The following guidance related to UIL activities, based on the public health situation as we understand it today, applies to the 2020-2021 school year. This guidance is effective immediately. Changes to the public health situation in the coming months may necessitate changes to this guidance.

Given the varying numbers of COVID-19 cases across different areas of the state, and the vast geographic area in the state of Texas, UIL is presenting modifications for the 2020-21 school year that reflect the situation at this time. UIL will continue to work with state officials and monitor CDC and other federal guidance to determine any potential modifications that may become necessary. Schools should be prepared for the possibility of interruptions in contest schedules. District Executive Committees should work and plan to accommodate, as best possible, for these interruptions.

These guidelines are in addition to guidance issued by the Texas Education Agency (TEA) and intended to be implemented along with [TEA guidance](#), which applies to academic and extracurricular non-UIL activities. The information below includes a requirement for schools to develop a plan for mitigating risk of COVID-19 spread during UIL activities. Schools should take their local context into account and follow all state requirements when considering UIL activities.

It is recommended that each school identify a staff member or group of staff members to serve as compliance officer(s) to oversee effective use of these protocols. Schools must follow all requirements of state authorities in addition to the requirements below.

Face Coverings- Executive Order GA-29

Executive Order GA-29, regarding face coverings, applies to all UIL activities effective July 3, 2020. This includes the 2020-2021 school year. As the public health situation changes, and/or if subsequent Executive Orders are issued by Governor Greg Abbott, these guidelines may be further modified.

1. For the purposes of this document, face coverings include non-medical grade disposable face masks, cloth face coverings (over the nose and mouth), or full-face shields to protect eyes, nose, and mouth.
2. All employees, parents, visitors and students ten years of age or older must wear face coverings or face shields upon entry to an area where UIL activities are being conducted and when not actively practicing or playing in the contest, unless an exception listed below applies.
3. The face coverings requirements do not apply to a school in a county that meets the requirements of paragraph 11 of [Executive Order GA-29](#), unless the local school system chooses to implement these requirements locally. Even in these circumstances, the wearing of face coverings or face shields is strongly encouraged.

Exceptions to the wearing of face coverings or face shields include:

- Any person with a medical condition or disability that prevents wearing a face covering;
- While a person is consuming food or drink;
- While the person is in a swimming pool, lake, or similar body of water.
- When a congregating group of persons maintains at least 6 feet of social distancing; or
- Any other reason or circumstance indicated under [Executive Order GA-29](#).

General Operational Guidelines

REQUIRED OF ALL SCHOOLS:

TEA requires all school systems to develop a plan for mitigating COVID-19 spread in schools. UIL guidelines require schools to include UIL activities for the 2020-2021 school year as part of this plan and carefully plan for mitigating risk of spread as students and staff participate in them. Schools must post these plans on the homepage of the school website or other easily accessible area of the school website. These plans do not require UIL or TEA approval.

PREVENT: Practices to Prevent the Virus from Entering the School

Stay-at-Home Period for Close Contacts of Individuals Who Tested Positive

For individuals who are close contacts to individuals who tested positive, a 14-day stay-at-home period was previously advised by the CDC based on the incubation period of the virus.

As of December 2, 2020, the CDC amended their guidance to allow two shorter options for the stay-at-home period. Based on current CDC guidance, the stay-at-home period can end for individuals experiencing no symptoms:

- On Day 10 after close contact exposure without testing,
- On Day 7 after close contact exposure and after receiving a negative test result.

If individuals return to school from these shorter stay-at-home windows, they should regularly monitor themselves for symptoms to ensure they remain symptom-free and take appropriate precautions (e.g., more consistent mask usage) for the duration of the 14-day incubation period.

Finally, the CDC has also advised that critical infrastructure services—which includes schools—may permit close contact staff members who are asymptomatic to continue to work in select instances when it is necessary to preserve school operations. Per the CDC, this option should be used only in limited circumstances. When using this option, school systems may consider adding additional protocols to increase monitoring for these individuals, which might include the use of COVID-19 tests (e.g., on Day 3 and/or Day 7 after the close contact exposure).

Taking into account all of the above, school systems may apply any of the following stay-at-home periods to those individuals who are identified as close contacts. Specifically, the stay-at-home period can be:

- 10 days after the last close contact, so long as they continue to monitor themselves daily for symptoms and take appropriate precautions through day 14
- 7 days after the last close contact, after receiving a negative test result (administered at least 5 days after the last close contact), so long as they continue to monitor themselves daily for symptoms and take appropriate precautions through day 14
- For staff who are necessary to preserve school operations, school systems can choose not to require any stay-at-home period, so long as the affected staff continue to monitor themselves daily for symptoms and take appropriate precautions through day 14, and schools can consider the use of rapid tests for these individuals
- 14 days after the last close contact.

Required Screening

Required Screening before attending or participating in activities:

If staff have not been screened by the school for purposes of participating in instructional activities, schools must implement these screening protocols before allowing staff to participate in UIL activities.

1. Schools must require staff to self-screen for COVID-19 symptoms before participating in UIL activities or entering areas where UIL activities are being conducted. Symptoms are listed at the end of this document. The self-screening should include staff taking their own temperature. Staff must report to the school if they themselves have COVID-19 symptoms or are test-confirmed with COVID-19, and, if so, they must remain off-campus and away from areas where UIL activities are being conducted until they meet the criteria for re-entry as noted below. Additionally, they must report to the school if they have

had close contact with an individual who is test-confirmed with COVID-19, as defined at the end of this document, and, if so, must follow school system policy for the stay-at-home period, aligned to guidance in this document.

2. Parents must ensure they do not send a student to participate in UIL activities if the student has COVID-19 symptoms (as listed in this document) or is test-confirmed with COVID-19 until the end of the school system's stay-at-home period, if no symptoms have been reported. School systems may consider screening students for COVID-19 as well. Screening is accomplished by asking questions by phone or other electronic methods and/or in person. The screening questions should also be asked of a student's parent if that parent will be dropping off or picking up their student from inside areas where UIL activities are being conducted.
3. Before visitors are allowed access to areas where UIL activities are being conducted, school systems must screen all visitors to determine if they themselves have COVID-19 symptoms (as listed in this document) or are test-confirmed with COVID-19. When practical, screening questions could be supplemented with temperature checks of adults. If a visitor has symptoms of COVID-19, or is test-confirmed positive with COVID-19, they must remain off-campus and away from areas where UIL activities are being conducted until they meet the criteria for re-entry as noted below. Additionally, school systems must screen to determine if visitors have had close contact with an individual who is test-confirmed with COVID-19, and if so the visitor must follow school system policy regarding the stay-at-home period, aligned to guidance in this document.
4. Schools are permitted to prevent any individual who fails the screening criteria from being admitted into school facilities or sites where UIL activities are being conducted until they meet the criteria for re-entry as described below. Any individual for whom screening cannot be confirmed should be presumed symptomatic until confirmed otherwise.

Individuals Confirmed or Suspected with COVID-19

- Any individuals who themselves either: (a) are test-confirmed to have COVID-19; or (b) experience the symptoms of COVID-19 (listed below) must stay at home throughout the infection period, and cannot return to campus until the school system screens the individual to determine any of the below conditions for campus re-entry have been met:
 - In the case of an individual who was diagnosed with COVID-19, the individual may return to school when all three of the following criteria are met:
 - at least one day (24 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications);
 - the individual has improvement in symptoms (e.g., cough, shortness of breath); and
 - at least ten days have passed since symptoms first appeared.
- In the case of an individual that is asymptomatic but has received a positive COVID-19 test result, the individual may not return to the campus until ten days have passed since a positive test.
- In the case of an individual who has symptoms that could be COVID-19 and who is not evaluated by a medical professional or tested for COVID-19, such individual is assumed to have COVID-19, and the individual may not return to the campus until the individual has completed the same three-step set of criteria listed above.
- If the individual has symptoms that could be COVID-19 and wants to return to school before completing the above stay at home period, the individual must either (a) obtain a medical professional's note clearing the individual for return based on an alternative diagnosis, though for health privacy reasons the note does not need to indicate what the alternative diagnosis is, or (b) obtain an acute infection test (at a physician's office, [approved testing location](#), or other site) that comes back negative for COVID-19.
- In addition to the criteria and processes described above, a student who has been diagnosed with COVID-19 must receive clearance from a physician prior to returning to participation in UIL marching band or athletic activities.
- If the individual has tested positive for COVID-19 and believes the test was a false positive, and wants to return to school before completing the above stay at home period, the individual must either (a) obtain a medical professional's note clearing the individual for return based on an alternative diagnosis, though for health privacy reasons the note does not need to indicate what the alternative diagnosis is,

or (b) obtain two PCR acute infection tests (at a physician's office, [approved testing location](#), or other site) at least 24 hours apart that come back negative for COVID-19.

Identifying Possible COVID-19 Cases on Campus

- Schools must immediately separate any student who shows COVID-19 symptoms while at school until the student can be picked up by a parent or guardian.
- Schools should clean the areas used by the individual who shows COVID-19 symptoms while at school (student, teacher, or staff) as soon as is feasible.
- Students who report feeling feverish should be given an immediate temperature check to determine if they may be symptomatic for COVID-19.

Close Contact

This document refers to "close contact" with an individual who is test-confirmed to have COVID-19. The definition of close contact is evolving with our understanding of COVID-19, and individual scenarios should be determined by an appropriate public health agency. In general, close contact is defined as:

- being directly exposed to infectious secretions (e.g., being coughed on); or
- being within 6 feet for a total of approximately 15 minutes throughout the course of a day; however, additional factors like case/contact masking (i.e., both the infectious individual and the potential close contact have been consistently and properly masked), ventilation, presence of dividers, and case symptomology may affect this determination.

Either (a) or (b) defines close contact if it occurred during the infectious period of the case, defined as two days prior to symptom onset to 10 days after symptom onset. In the case of asymptomatic individuals who are test-confirmed with COVID-19, the infectious period is defined as two days prior to the confirming lab test and continuing for 10 days following the confirming lab test.

Required Actions if Individuals with Test-confirmed Cases Have Been in a School or in an Area Where UIL Activities Are being Conducted

1. If an individual who has been in areas where UIL activities have been conducted is test-confirmed to have COVID-19, the school must notify its local health department, in accordance with applicable federal, state and local laws and regulations, including confidentiality requirements of the Americans with Disabilities Act (ADA) and Family Educational Rights and Privacy Act (FERPA).
2. Schools must close off areas that are heavily used by the individual with the test-confirmed case (student, teacher, or staff) until the non-porous surfaces in those areas can be disinfected, unless more than 7 days have already passed since that person was on campus.
3. Consistent with school notification requirements for other communicable diseases, and consistent with legal confidentiality requirements, schools must notify all teachers, staff, and families of all students in a school if a test-confirmed COVID-19 case is identified among students, teachers or staff who participate in any UIL activities. If the person who is test-confirmed to have COVID-19 participated in a contest against another school(s), the school must notify other school(s) and sports/contest officials involved in the contest.
4. Upon receipt of information that any teacher, staff member, student, or visitor at a school is test-confirmed to have COVID-19, the school must submit a report to the Texas Department of State Health Services via an online form. The report must be submitted each Monday for the prior seven days (Monday-Sunday).

COVID-19 Symptoms

In evaluating whether an individual has symptoms consistent with COVID-19, consider the following question:

Have they recently begun experiencing any of the following in a way that is not normal for them?

- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- Loss of taste or smell
- Cough
- Difficulty breathing
- Shortness of breath
- Fatigue
- Headache
- Chills
- Sore throat
- Congestion or runny nose
- Shaking or exaggerated shivering
- Significant muscle pain or ache
- Diarrhea
- Nausea or vomiting

Screening Questionnaire Information

1. When asking individuals if they have symptoms for COVID-19, school systems must only require the individual to provide a “Yes” or “No” to the overall statement that they are symptomatic for COVID-19, as opposed to asking the individual for specific symptom confirmation. School systems are not entitled to collect information during screening on the specific health information of an individual beyond that they are symptomatic.
2. Once it is determined that individuals who responded “Yes” to either of these questions have met the criteria for re-entry, school systems must destroy those individuals’ responses.

Performance Areas, Band Halls, Locker Rooms and Other Congregate Settings

1. Schools should make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available in these areas.
2. All congregate areas should be regularly and frequently cleaned and disinfected including all frequently touched surfaces such as doorknobs, tables, chairs, lockers, and restrooms.
3. Any equipment that will be kept in student lockers and/or in these areas should be thoroughly cleaned and disinfected each day prior to students accessing these areas. Schools should develop a plan for managing the storage, cleaning and disinfecting, and redistribution of student equipment.
4. Schools should consider identifying staff to monitor locker rooms and other areas where students may congregate to ensure effective use of school protocols. When possible, schools should open windows and/or doors or otherwise work to improve airflow by allowing outside air to circulate in these areas.
5. Schools must require staff and students to wear face coverings while inside locker rooms, meeting rooms, training rooms, band halls and other areas where students may congregate other than shower facilities.
6. As part of their overall plan, schools should develop a plan for mitigating risk of spreading COVID-19 when disinfecting, cleaning, and laundering items such as towels, practice clothes, and uniforms. This plan should include protocols for redistributing these items to students. Involved staff should be trained specifically on these protocols.

Practice and Rehearsal Activities

In addition to the above general guidelines and rules in the UIL Constitution and Contest Rules and UIL manuals and handbooks, the following applies to practice activities during the 2020-2021 school year.

1. All surfaces in practice areas should be thoroughly disinfected throughout and at the end of each day.
2. Any equipment should be regularly disinfected before, during, and after practice sessions.
3. Schools may provide food, water or other drinks. If they provide these items, schools should do so in a manner that ensures students are not sharing these items.

Game, Contest, and Event Management

In addition to the above guidelines and rules in the UIL Constitution and Contest Rules and UIL manuals and handbooks, the following applies to games, scrimmages, and events:

Teams and Participants

1. If the school is planning to offer transportation for students, schools should follow [TEA guidance](#) related to such transportation.
2. Teams and participants are required to wear face coverings as described in Executive Order GA-29.
3. The host site should designate a cleaned and disinfected area for teams to unload and load buses separate from fans, spectators, and other individuals not essential to the team or group.
4. Visiting team /group locker rooms should be cleaned and sanitized by the host site before the visiting team arrives. Visiting teams/groups are responsible for cleaning and disinfecting equipment once it is unloaded. Schools should limit access to these facilities to only students and staff essential for the game, contest, or event.
5. Before each game, contest, or event, schools should follow the screening protocols described above to screen all staff members, contractors, volunteers, sports officials, contest judges, and any individuals otherwise involved in working the event. These individuals should also self-screen as described in these screening protocols.
6. Fan and spectator areas including bleachers, stands, walkways, and other spectator areas should be at least six feet from team /group areas such as team benches or performance areas. Where distancing is not feasible, other methods should be utilized to slow the spread of COVID-19, such as face coverings, implementing engineered controls such as physical barriers, or other risk mitigation efforts the school deems appropriate.
7. As previously indicated, water or other drinks and/or food may be provided. Schools or host sites should consider doing so in a manner that ensures students are not sharing these items.
8. Other areas used by participants, such as press box areas, should be cleaned and disinfected prior to and after use. Sites should develop plans for providing access to these areas that limit or remove potential contact between participants and non-participants.
9. The host site should provide sports and contest officials an area to enter and exit separate from fans when possible. Officials should be provided a dressing and meeting area, if applicable, that has been cleaned and disinfected prior to their arrival.
10. Pregame or pre-event meetings between teams and/or sports and contest officials should be planned to allow appropriate distancing between individuals.
11. Pregame and post-game gestures of sportsmanship should be conducted between teams and sports and contest officials in ways planned to help reduce the risk of spread of COVID-19.
12. All participants should be provided with entry and exit plans for contest areas that maintain separation from non-participants and fans. Individuals not essential to the team or group should not be given access to contest areas, performance areas, courts, or fields at all before, during, or after contests and events.”



WAHOO SPORTS & ENTERTAINMENT

2624 AUSTIN Avenue, Waco Texas 76710

February 1, 2021

INVOICE

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

PAYABLE TO:
Wahoo Sports & Entertainment
2624 Austin 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

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

Emergency Services (for emergencies – DIAL 911)

<u>Waco Police Department</u> non-emergency	254-750-7500
<u>Waco Fire Department</u> non-emergency	254-750-1740
<u>ETMC EMS</u>	254-799-7718

Medical – Urgent Care Centers

<u>Premier ER & Urgent Care</u> - Open 24 hours 9110 Jordan Ln #100, Woodway, TX 76712	254-399-0740
<u>Premier ER & Urgent Care</u> - Open 24 hours 221 N Interstate 35 Frontage Rd. Waco, TX 76706	254-537-9452
<u>Express Emergency Room (ER)</u> Open 24 hours 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) 7003 Woodway Dr #311, Waco, TX 76712	254-537-6000
<u>Central Texas Urgent Care</u> - Opens 8AM · Closes 8PM (6PM on Sunday) 1135 North Loop 340, Waco, TX 76705	254-867-1962
<u>Central Texas Urgent Care</u> - Opens 8AM · Closes 8PM (6PM on Sunday) 1201 Hewitt Dr #203, Waco, TX 76712	254-666-3627
<u>FastMed Urgent Care</u> - 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
Walmart	3801 N 19th St, 76708	Main	254-752-0359
		Pharmacy	254- 753-2226
	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

<u>Academy Sports & Outdoors</u>	210 N. New Road, 76710	254-399-2410
<u>Bicycle World</u>	215 S University Parks Dr, 76701	254-300-4448
<u>Cabela's</u>	2700 Marketplace Dr	254- 870-4300
<u>Dick's Sporting Goods</u>	6001 W Waco Dr Unit 316	254-523-3510
<u>Hibbett Sports</u>	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>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	

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



