

UIL Regional Athletics Meet Handbook

Region III, 1A

2025



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UIL Region III, 1A

April 18-19, 2025

Track & Field Competition Site
Midway High School



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. 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. Additionally, Waco has grown into a destination city with so much to do. It is our goal that you will not only be able to have unparalleled athletic success while in Waco, but also be able to have an opportunity to enjoy all of the 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 76702-2570

T: (254) 750 5810
wacocc.com
wacoheartoftexas.com

January 2025

We are thrilled that you're coming to Destination Waco for the 2024-2025 UIL Track and Field season!

While you're here, there's so much to see and do. Explore the world-famous Magnolia Market at the Silos, visit Waco's award-winning Dr Pepper Museum, and discover a variety of exciting attractions. Savor incredible dining at spots like Terry Black's BBQ, Opal's Oysters, Red Herring, or The Brasserie at Hotel 1928. For live entertainment, check out The Backyard and many other unique venues.

Plan your "must-do" list by visiting www.DestinationWaco.org or downloading our app.

The Waco Convention & Visitors Bureau is here to help make your visit unforgettable. We are incredibly proud of our city, and we know you'll see why as soon as you arrive!

Once you explore a bit, you'll likely be thinking two things: *What took me so long to get to Waco?* And, *how soon can I come back?*

We hope you have an amazing time in Waco-welcome home!

Sincerely,

A handwritten signature in blue ink that reads 'Rhonda Sullivan'.

Rhonda Sullivan
Assistant Director of Conventions



January 29, 2025

Dear UIL Participants, Sponsors, and Partners,

The hotels of the Waco Tourism Public Improvement District are all 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. You can learn more about us at:

Good luck to you all, and we hope you take some time out from your busy schedule to enjoy Waco's attractions, restaurants, and natural beauty.

Sincere Best Wishes,

Carla Pendergraft

Carla Pendergraft
Executive Director
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:	# of Rooms _____	# of Nights _____	#Number of people in each room? 1 2 3 4

General Athletic Contest Information

UIL Region III 1A

GREATER



COMMISSION





DISTRICT MEET CHAIRS

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, Texas 76710

Midway Campus GENERAL INFORMATION

MONEY:

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

FIRST AID:

BaylorScott&WhiteHillcrestMedicalCenter,100 Hillcrest Medical Blvd:
(254)202-2000. ProvidenceHealthCenter,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 athletic entries and fees should be sent to the Regional Executive Committee member who represents your district. 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 Tuesday, April 2, 2025. ENTRY FEES

MUST BE RECEIVED PRIOR TO COMPETITION.

TRACK & FIELD FEES:

Each contestant is required to pay **\$25.00** as an entry fee per person. Relays will be **\$80/relay**. This should be sent to the District Chair 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.**

FEE per DISTRICT for Track and Field IS: \$2360.00 + (\$25.00 /para athlete / entry)

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 20-26)

*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:0xe9db53fbe27949ff!8m2!3d31.4840095!4d-97.1991769>

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

ELIGIBILITY AND CERTIFICATION

1A 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:

Tom@wahoo-sports.com
edews11@gmail.com
carl.hornback@ntxtiming.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:

1A Registration: [UIL 3A Region 3 Championships Registration - Registration](#)

6A Registration: [UIL 6A Region 2 Championships Registration - Registration](#)

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, 2025. 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 1A



2025 REGION III, 1A ATHLETIC EXECUTIVE COMMITTEE

Athletic Director: Mr. Tom Hill
(254) 749-0393
Tom@wahoo-sports.com

TRACK & FIELD

BOYS & GIRLS

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

Date: April 18-19, 2025

Technical Director: Mr. Doyle Shirley

Meet Director: Mr. Tom Hill

Referees: Dr. Margaret Woody

Starters: Andre Warren

Entries / Scorer: Mr. Nils Holgersson

BOYS' & GIRLS' TRACK & FIELD

DATE: The boys' and girls' UIL Region III, 1A Track & Field competition will be held Friday 18 & Saturday 19 April, 2025.

SITE: The 2025 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:5!4d-97.1991769> MEETDIRECTOR: Mr. Tom Hill, (254)

MEET REFEREE: Ken Weithorn

STARTER: Andre Warren

ENTRIES & FEES: Entry fees must be sent to your district's Regional Executive Committee Member. Please send all entry information to Tom Hill, Regional Athletic Director for UIL Region III, 1A at Tom_Hill2@outlook.com and Nils_Holgersson@baylor.edu no later than Monday, April 14, 2025, by 5:00 p.m. Hy-Tech Advancer File or Excel. No faxes will be accepted. District Representatives should send fees to: Tom Hill. 2625 Franklin Avenue, Waco, TX 76710. Check made payable to Wahoo Sports & Entertainment. Track and Field total is \$2360.00 (plus \$25.00 / disabled athlete / entry) per district.

COACHES' MEETING: There will be a coaches' scratch meeting on be open for packet pickup prior to coaches meeting if 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/day and may be used by 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 plus any online additional ticketing fees. Only o ALLPARKING: 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. Only one institutional representative 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. and 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 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. 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.

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's 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

Boys: **Thursday:** 4:00 pm – 7:00pm **Friday** only 7:00a.m.-11:00am

Girls: **Thursday:** 4:00 pm – 7:00pm **Friday** only 7:00a.m.-09:00a.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 is located in the maintenance room just outside the track near 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.
8. 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.
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.

ENTRYCHANGES:

If someone knows of an athlete that is ineligible or cannot fill their entry in to 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 is 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.**

AWARDS: ANY AWARDS NOT RETRIEVED AT THE MEET SITE WILL BE SHIPPED COD TO THE SCHOOL

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: _____

Additional copies of this form can be found at:

[http://www.uiltexas.org/files/athletics/State Tf Protest Form.pdf](http://www.uiltexas.org/files/athletics/State_Tf_Protest_Form.pdf)

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 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 mark each pole: the pole rating that shall be a minimum of 3/4 inch in a contrasting color located within or above the handhold position; and a circular band indicating the maximum top 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 the competitor's weight, or any other equipment that is not legal during 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.~~ **Penalty:** Includes checking the placement of a top handhold band, numerical pole ratings a minimum of 3/4 inch in a contrasting color located within or above the top handhold 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 legal equipment.~~ **PENALTY: Disqualification from the event.**

Rule 6.5.27: ~~It is a foul if the competitor grips the pole above the top handhold.~~ **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 1A
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: 1A Girls, 6A Girls, 1A Boys, 6A Boys

Friday, April 18

9:30 a.m.	3200m	Finals	Girls then boys
	Pole Vault	Finals	Girls then 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 1A 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: 1A Girls, 6A Girls, 1A Boys, 6A Boys

Saturday, April 19

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



WAHOO SPORTS & ENTERTAINMENT

2625 Franklin Avenue, Waco Texas 76710

February 1, 2025

INVOICE

TO:

Region III 1A District Representatives
District 17-24

PAYABLE TO:

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

DESCRIPTION

UIL Region III 1A Total Track and Field Entry Fee - \$2360.00 Plus \$25.00 / athlete / per para athlete entry

TOTAL AMOUNT

\$2360.00 / District

** plus any additional para athlete entries at \$25.00 / per person / per entry

**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

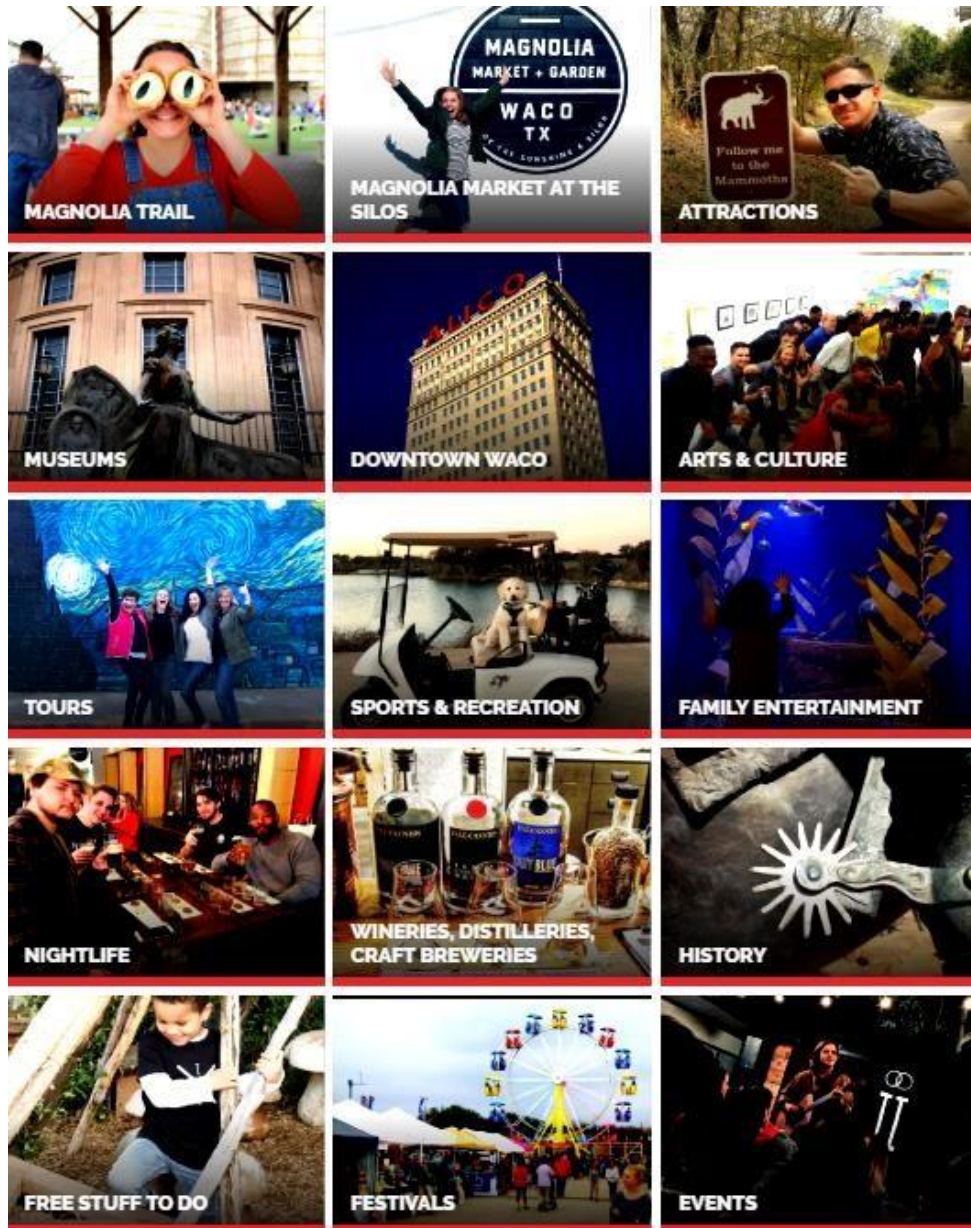
**** TOTAL \$2360.00 plus any para athlete / event amounts**

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
<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
		Main	254-751-0239
	9100 Woodway Dr, 76712		
		Pharmacy	254-751-0912
		Main	254-752-0359
	3801 N 19th St, 76708		
		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
		Main	254-867-8084
	1521 N IH35 Frontage Rd, 76705		
		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

Intellicastwww.intellicast.com
National Weather Servicewww.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