

## TAIAO South Regionals

PLEASE read ALL this information as it is very important!!!

- TIME CHANGE!!!! We will be fighting the weather on Saturday. We are planning on starting at 8:30 instead of 9:00. Please make sure your athletes are ready to go. We will move as quickly as we can in this meet as I do not know how long the weather will hold off. We will move quickly through the field events and when one is done, we will keep moving forward. EVERYTHING will be a rolling start. We are doing this to try to make sure everyone has a chance to compete in their event.
- Coaches meeting will be by the press box at 8:00.
- I will be including heat sheets in the meet info section on athletic.net as soon as everything is finalized. Please check over your entries and email Seth Brower by 1:00 on Friday for any changes that need to be made. After that point there will be no changes. Please print them off and bring them with you. We will have some but not enough for every coach.
- We will be combining heats to help move the meet faster. \*See Below Do not worry, they will be scored separately.
- I will also include a QR code for the live results.

Additional Information:

- Spectator and coach wrist bands (only online) Go to <https://taiao.org/2024/03/2024-regional-track-meet-detailed-information> to purchase spectator bands
- Bring your own water! There will be a food truck there but I do not know if they will have enough water for everyone. Please, bring LOTS of water!
- There will be no balls, camps, or parents on the field.
- Camp tents can be placed by the track and behind the stadium near the long jump pits (see map below).
- Every team will be assigned a job or jobs. If you have a particular job you want, please sign up on the website above in order to sign up for that job. If that job is already taken, then we will assign you another job. This document will be updated before the meet to let all teams their assigned jobs.
- Pole Vault – all athletes will be weighed and apparatus checked to make sure they are legal (the pounds on the pole should never be covered up) \*Checking station will be in the parking lot by the food trucks and the field house.
- Shot put and discus apparatuses must be checked in and weighed. \*Checking station will be in the parking lot by the food trucks and the field house.
- Colors for relays:
  - 400 Relay (4x100) = Gold
  - 800 Relay (4x200) = Green, Green, Gold
  - 1600 Relay (4x400) = Blue
  - Please note – we are using international rules, which means athletes can go from the small triangle to the last large triangle. Also, if an athlete drops a baton, they can pick it up as long as there is no impeding another athlete and they do not run a shorter

distance. If an athlete runs in another lane or they impede another athlete in anyway (example – after passing off the baton they run into another lane and impedes an athlete they will be disqualified).

Here is the list of schools working each event:

#### Middle School

Shot – Patriots, Light Christian

Discus – Gloria Deo

Javelin – Gloria Deo

High Jump – Gloria Deo

Long Jump – Crestmont

Triple Jump – Crestmont

400 Relay – 1<sup>st</sup> curve – Winston, 2<sup>nd</sup> curve – Patriots, 3<sup>rd</sup> curve - BACH

800 Relay – 1<sup>st</sup> curve – BACH, Austin Royals, 2<sup>nd</sup> curve – Faith Academy, El Paso

1600 Relay – Patriots

#### High School

Shot – KOR, Patriots

Discus – Patriots

Javelin – Patriots

High Jump – Austin Royals

Long Jump – Austin Royals

Triple Jump – Victoria Gators

400 Relay – 1<sup>st</sup> curve – Winston, 2<sup>nd</sup> curve – Patriots, 3<sup>rd</sup> curve - BACH

800 Relay – 1<sup>st</sup> curve – BACH, Austin Royals, 2<sup>nd</sup> curve – Faith Academy, El Paso

1600 Relay – Patriots