



Northside ISD Athletic Department

NORTHSIDE SPORTS GYM

8400 N. Loop 1604 West • San Antonio, Texas 78249 • (210) 397-7509 • FAX (210) 558-3876

To: Head Track Coaches

From: Fetima Jordan, Assistant Director of Athletics

Date: January 22, 2025

Subject: NISD Track & Field Meet – Thursday, February 20, 2025 - (JV & VARSITY)

Entries: The NISD Track & Field Meet will be held at Gustafson Stadium on Thursday, February 6, 2025. We look forward to your team's participation in this meet. Teams entered are Burbank, Churchill, East Central, Health Careers, Jefferson, Marshall, O'Connor, Southside, and Warren.

All Entries will be submitted online through MileSplit. Head coaches should have received an invite email from MileSplit for you to enter your athletes. **The deadline for the online entries will be Wednesday, February 19th, at 12:00 noon; at that time, it will close.** After the entries are locked, only scratches will be permitted; no additions will be allowed. Please double-check your entries to ensure that all athletes are correctly listed. We will only be able to make emergency changes, please email susan.daniel@nisd.net.

If the entries are not completed online, your team will not be allowed to compete. If you need assistance, please feel free to contact Fetima Jordan at fetima.jordan@nisd.net.

Packets: Heat sheets will be emailed on the day of the track meet.

Included: General meet information, meet schedule, and track markings at Gustafson Stadium

Thank you for coming. We look forward to seeing you and your teams. Have a great season! If you have any questions, please call 210-397-7552

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General Information

Date: Thursday, February 20, 2025 (JV/Varsity)

Site: Gustafson Stadium
7001 Culebra Rd, San Antonio, TX 7238

Results &

Awards: Varsity Boys & Girls: Team Championship Plaque
Individual Medals 1st through 3rd place. Ribbons 4th through 6th place.
JV Boys & Girls: Team Championship Plaque, Individual Ribbons 1st through 6th place
Coaches may pick up awards in the press box at the conclusion of the meet.

Scoring: Individual Points: 10, 8, 6, 4, 2, 1
Relay Points 20, 16, 12, 8, 4, 2

General:

- 1) Only ¼" pyramid spikes on the track and jumping surface may be used.
- 2) Water is the only liquid allowed on the track and field. No food, gum, sunflower seeds.
- 3) No foreign substances of any kind should be placed on the track or jumping surface areas including dust, powder, salt, etc. Tennis ball halves or similar objects are allowed. **NO TAPE**
- 4) **Only competing contestants, High School Track Coaches, and officials are permitted on the field.**
- 5) UIL and National Federation Track and Field rules will be enforced.
- 6) Starting blocks will be furnished. No other blocks may be used.
- 7) There is no dressing area, so students should be dressed in their track attire. Valuables should not be left on the field.
- 8) All Pole Vaulters will be weighed and poles certified at 4:00 pm – coaches must initial the certification score sheet. **Coaches must report to the pole vault area and initial the certification score sheet at 4:00 pm.**
- 9) Varsity Shot & Discus weighed in and marked by 4:00 pm (JV implements will be pooled). Home dressing room near the finish line. No Exceptions.
- 10) Each athlete is responsible for reporting to the event, checking in, and completing all of his/her throws or jumps in the allotted time.
- 11) Contestants should remain in the stands except when reporting to the field for warm-up or competition.
- 10) No radios or sound systems without earphones will be allowed in the stands. No cell phones or other communication devices will be allowed on the track and/ or on the field.
- 11) Student Photographers must have campus credentials.



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12) **ALL TEAMS WILL BE CAMPED ON THE VISITOR SIDE OF THE STADIUM.**

Northside ISD Track & Field Meet

ORDER OF EVENTS

Field Events – 4:45 P.M. (All Finals)

Pole Vault

V (G), V (B), JV (G), JV (B)
JV Girls opening height- 6'
V Girls opening height- 7'
JV Boys opening height- 9'
V Boys opening height- 10'

High Jump #1

V (G) followed by V (B)
V Girls opening height- 4'6"
V Boys opening height- 5'6"

High Jump #2

JV (B) followed by JV (G) - middle of the field
JV Boys opening height- 5'
JV Girls opening height- 4'

Shot Put

WC, V (B), V (G), JV (B), JV (G) (3 Attempts – all divisions)
Measurement Marks – JVG -20', VG-25', JVB-30', VB-35'

Discus

V (G), V (B), JV (G), JV (B) (3 Attempts – all divisions)
Measurement Marks – JVG -70', VG-80', JVB-90', VB-100'

Long Jump

V (G), V (B), JV (G), JV (B) (3 Attempts- all divisions)
Measurement Marks – JVG -13', VG-14', JVB-16', VB-17'

Triple Jump

V (B), V (G), JV (B), JV (G) (3 Attempts- all divisions)
Measurement Marks – JVG -25', VG-30', JVB-34', VB-38'

Running Events – 4:30 P.M.

3200 Meter Run	JV (G), V (G), JV (B), V (B)
4 x 100m Meter Relay	JV (G), V (G), JV (B), V (B)
800 Meter Run	JV (G), V (G), JV (B), V (B)
100 Meter Hurdles	JV (G), V (G)
110 Meter Hurdles	JV (B), V (B)
100 Meter Dash	JV (G), V (G), JV (B), V (B), WC
4 x 200 Meter Relay	JV (G), V (G), JV (B), V (B)
400 Meter Dash	JV (G), V (G), JV (B), V (B), WC
300 Meter Hurdles	JV (G), V (G), JV (B), V (B)
200 Meter Dash	JV (G), V (G), JV (B), V (B)



1000 Meter Run
4 x 400 Meter Relay

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JV (G), V (G), JV (B), V (B)
JV (G), V (G), JV (B), V (B)

Gustafson Stadium Track Markings

1. The only spike that may be used is the ¼" pyramid
2. No foreign materials of any kind should be placed on the track or jumping surface areas, including dust, salt, powders, etc. **If temporary markers are needed, only half tennis balls or similar objects are acceptable but should be removed as soon as the event ends. NO TAPE**
3. The finish line for all events except the 100 meter and 110 meter hurdles occurs at the southeast turn. Wind direction will determine the start/finish line.
4. The dotted line at the southwest run designates the break at the pole.
5. The waterfall start line at the southwest turn will be used for long-distance events where the break occurs at the event's start.
6. A typical exchange zone is 30m which on our track begins at the large triangle and ends at the farthest large triangle. Note that the exchange zones for the 1600-M and 3200-M Relays do not carry acceleration zone markers.

EVENT DESCRIPTIONS

- 100-M Dash** The white start line is located near the southwest turn. The white finish line is located on the north side of the track. Wind direction will determine the start/finish line.
- 200-M Dash** The white start lines are located northeast of the track and staggered turn.
- 400-M Dash** The yellow start lines are located at the south end of the track and are staggered two turns.
- 800-M Dash** The white start lines are located at the south end of the track and are staggered one turn.
- 4x100-M Relay** The yellow start lines are located at the south end of the track. The exchange zones are all-around colored yellow triangles.
- 4x200-M Relay** The green start lines are located at the south end of the track. The 1st and 2nd exchange zones are colored green triangles, and the 3rd exchange zone is colored yellow triangles.
- 4x400-M Relay** The blue start lines are located at the south end of the track. The 1st exchange zones are colored blue triangles. The 2nd and 3rd exchange zones are colored green triangles.



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Track Marking continues:

100-M Hurdles The start and finish lines are identical to those used in the 100-M Dash when running south to north. Hurdle settings are designated by yellow triangles in each lane facing the direction of the finish line.

10 Hurdles @ 33"- High School Girls

10 Hurdles @ 30"- Middle School Girls

10 Hurdles @ 33"- Middle School Boys

110-M Hurdles The blue start line and the blue finish line. Hurdle settings are designated by blue tabs in each lane.

10 Hurdles @ 39"- High School Boys

300-M Hurdles The white start lines are located near the southeast turn and are staggered one turn. Hurdle settings are designated by yellow tabs in each lane.

8 Hurdles @ 30"- High School Girls

8 Hurdles @ 36"- High School Boys

8 Hurdles @ 30"- Middle School Boys & Girls