

GENERAL INFORMATION
ALL PARTICIPATING COACHES ARE MARSHALS FOR
THE NORTH EAST INVITATIONAL TRACK MEET

DATE: Thursday, March 26, 2026

PLACE: Heroes Stadium

INFORMATION MEETING: JV/Varsity – Thursday – 4:00 p.m.

Scratches Only -field and running– Home Team Dressing Room – No Additions allowed.

Varsity Shots & Discus weighed & marked at 4:00 p.m. (JV implements will be pooled)

All Pole Vaulters will be weighed, and poles certified at 4:00 p.m. - coaches must initial certification score sheet.

AWARDS: Varsity Boys and Girls

Individual Medals (1st thru 3rd place), Ribbons (4th thru 6th place)

JV Boys and Girls – Team Championship Trophy; Ribbons (1st thru 6th place). Pick up in Press Box 15 minutes after 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 MAY BE USED ON THE TRACK AND ON THE JUMPING SURFACE. ANY CONTESTANT IN VIOLATION OF THIS RULE WILL BE DISQUALIFIED.
2. Water is the only liquid allowed on the track and field. No other drinks will be permitted on the field by any group.
3. No foreign materials of any kind should be placed on the track or jumping surface areas including dusts, powder, salt, chalk etc: If temporary markers are needed on the track, only tennis ball halves or similar materials are allowed. **NO TAPE.**
4. Coaches must report to the pole vault area and initial the certification score sheet at 4:00 p.m.
5. Starting blocks will be furnished. No other blocks may be used.
6. There is no dressing area, so students should be dressed in their track attire. Valuables should not be left on the field.
7. UIL and National Federation Track & Field rules will be in force.
8. **Only competing contestants, officials, and coaches are permitted on the field.**
9. **Once your entry is submitted there will be no additions.**
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. **ALL TEAMS WILL BE CAMPED ON THE VISITOR SIDE OF STADIUM.**

North East Invitational Track Meet
Heroes Stadium
Thursday March 26, 2026

ORDER OF EVENTS

Scratch Meeting – 4:00 P.M. Home Team Dressing Room – Scratch only, No Additions

Field Events – 4:30 P.M. (All Finals)

Pole Vault – JV (B) & V (B), followed by the JV (G) & V (G)

JV Boys opening height- 9'

V Boys opening height- 10'

JV Girls opening height- 7'0"

V Girls opening height- 8'0"

High Jump – V (B) followed by V (G) – **Pit 1 - North End**

V Girls opening height- 4'6"

V Boys opening height- 5'6"

JV (G) followed by JV (B) – **Pit 2 - Middle of Field**

JV Boys opening height- 5'

JV Girls opening height- 4'

Shot Put (3 Attempts- all Divisions) V (B), V (G), JV (B), JV (G)

Discus (3 Attempts- all Divisions) V (G), V (B), JV (G), JV (B)

Long Jump (3 Attempts- all Divisions) V (B), V (G), JV (G), JV (B) - East pit, south end of stadium

Triple Jump (3 Attempts- all Divisions) V (G), V (B), JV (B), JV (G) - West pit, south end of stadium

Running Events – 4:30 P.M. (All Finals)

3200 Meter Run	JV (G), JV (B), V (G), V (B)
400 Meter Relay	JV (G), JV (B), V (G), V (B)
800 Meter Run	JV (G), JV (B), V (G), V (B)
100 Meter Hurdles	JV (G), V (G)
110 Meter Hurdles	JV (B), V (B)
100 Meter Dash	JV (G), JV (B), V (G), V (B)
800 Meter Relay	JV (G), JV (B), V (G), V (B)
400 Meter Dash	JV (G), JV (B), V (G), V (B)
300 Meter Hurdles	JV (G), V (G), JV (B), V (B)
200 Meter Dash	JV (G), JV (B), V (G), V (B)
1600 Meter Run	JV (G), JV (B), V (G), V (B)
1600 Meter Relay	JV (G), JV (B), V (G), V (B)

HEROES STADIUM

TRACK MARKINGS

GENERAL

1. The only spike that may be used is the 1/4" pyramid.
2. No foreign materials of any kind should be placed on the track or jumping surface areas, including dusts, salt, powders, chalk, etc. If temporary markers are needed, only half tennis balls or similar objects are acceptable, but should be removed as soon as the event is over. **NO TAPE**
3. The finish line for all events except the 100-M and 110-M Hurdles occurs at the southwest turn. Wind direction will determine the start/finish line.
4. The curved white line at the southeast turn designates the break at the pole.
5. The Waterfall start line at the southwest turn is to be used for long distance events in which the break occurs at the start of the event.
6. The exchange zone is 30m, which on our track begins at the large triangle and ends at the farthest large triangle. The Exchange Zone is the same location as the old acceleration triangle. The exchange should take place before reaching the last large triangle in their perspective lane. Note that the exchange zones for the 1600-M and 3200-M Relays do not carry acceleration zone markers.
7. The boys may use the white lines in the jumping pits. (12' line for long jump and 32' line for triple jump). Optional 36' yellow line or 40' blue line may be used. Each athlete must declare a take-off board at the beginning of competition. Athletes may not change their take-off board during preliminaries but may change boards for the finals.
8. The girls may use the yellow lines in the jumping pits. (8' line for long jump and 24' line for triple jump). Optional 32' white line or 36' yellow line may be used. Each athlete must declare a take-off board at the beginning of competition. Athletes may not change their take-off board during preliminaries but may change boards for the finals.

EVENT DESCRIPTIONS

<u>100-M Dash</u>	The white start line is located in the chute near the southwest turn. The white finish line is located on the west side of the track. Wind direction will determine the start/finish line.
<u>200-M Dash</u>	The white start lines are located at the north end of the track and are staggered on turn.
<u>400-M Dash</u>	The yellow start lines are located at the south end of the track and are staggered two turns.
<u>800-M Dash</u>	The white start lines are located at the south end of the track and are staggered one turn.
<u>400-M Relay</u>	The start lines are identical to those used in the 400-M Dash. The exchange zones are typical and are colored gold.

TRACK MARKING CON'T

800-M Relay The blue start lines are located at the south end of the track and are staggered four turns. The exchange zones are typical and are colored blue except for the third exchange which utilizes the second exchange zone of the 400-M Relay, which is gold.

1600-M Relay The green start lines are located at the south end of the track and are staggered three turns. The first exchange zone is typical and is colored green. The second and third exchanges take place between the broken green lines in each lane located at the southwest corner of the track.

3200-M Relay The start lines are identical to those used in the 1600-M Relay. All exchanges take place as in the second and third exchanges of the 1600-M Relay.

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 gold 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 white start line is located in the chute near the southwest turn. The finish line is identical to that used for the 100-M Dash and the 100-M Hurdles when running from south to north.

Hurdle settings are designated by blue triangles in each lane facing the direction of the finish line.

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 green triangles in each lane.

8 Hurdles @ 30"- High School Girls

8 Hurdles @ 36"- High School Boys

8 Hurdles @ 30"- Middle School Boys & Girls