



2023 TAAF REGION 5 REGIONAL Track & Field Meet & Region 3 & 11 Regional Track & Field Meet



DATE: Friday, July 14 and Saturday, July 15, 2023

LOCATION: Hart-Patterson Track and Field Complex
3113 Clay Ave., Waco, TX

REGION 5 TRACK & FIELD CONTACTS:

Cynthia Simms, TAAF Region 5 Track & Field Commissioner
City of Waco Parks & Recreation
Phone: 254-750-8071 / Email: cynthias@wacotx.gov

COACHES INFORMATION:

A performance list of all registered athletes will be posted on the TAAF website at taaf.com no later than **July 1, 2023**. Coaches, please review the list and email Cynthia Simms at cynthias@wacotx.gov with any and all event and/or athlete changes as well as any corrections no later than **July 3rd @ 10:00AM**. Also, please inform us of any athletes who will no longer be participating in the Regional Meet, as this will assist in allowing us to combine heats and be able to keep the meet flowing at a steady pace.

NO COACHES MEETING: There will be no formal coaches meeting. Coaches may pick up their pass and wristband at the Coach Pass Pick-up booth. Coaches must be on the approved coaches list posted on www.taaf.com and must have a valid ID to pick up pass. Each team will receive one coach's pass/wristband for every ten athletes registered. Only two (2) lanyard passes will be given per team, that will allow infield entrance for the designated events when coaches can assist the younger age divisions with marks.

Relay Declaration Forms **MUST be turned in 30 minutes prior to the start of running events, by 8:30AM each day.** Relay Declaration forms must be turned in by that time, and if there is no relay declaration form on file prior to the event the team will not be allowed to compete in the regional meet.

Infield access is strictly prohibited, except for the designated time that coaches are allowed to come on for 8U & 10U jumping marks. At this time, the coach's lanyard will allow you to assist the younger age groups with jumping marks. But this is the **ONLY** time infield access is permitted. **ONLY** Meet Staff and approved volunteers will be allowed on the infield of the track.

Two (2) team coolers will be permitted per team, but they **MUST** be checked in near the front gate tent next to the admission booth. Individual water jugs and small handheld coolers are allowed for spectators, but large coolers are **ONLY** allowed for teams.

ATHLETE ELIGIBILITY:

All participants in this meet must be a member of a TAAF Regions 3, 5, or 11 team, or be an unattached individual residing within the boundaries of TAAF Regions 3, 5, or 11. Participants must have previously registered with TAAF and have received a TAAF ID number no later than the deadline.

Athletes may choose to compete in a higher age division. However, once they compete in one (1) higher age division, they must compete in that age division for all events. Each team must have a copy of the participant's birth certificates and T.A.A.F. waiver form on hand for each of their athletes. All unattached participants must possess a copy of his/her birth certificate in case of an eligibility protest.

REGIONAL MEET ENTRY FEES:

All participants must register and be entered online into their events at www.taaf.com by Friday, June 30th at 6pm. Please check the box for "exhibition" athlete if they do not plane to advance to state. All regional entries must be in and paid for online by 6:00PM on June 30th, 2023. THIS IS FOR ALL 3 REGIONS, 3, 5, 11. The TAAF State office closes at 4:30pm so if you have any computer entry issues after 4:30pm there will be no assistance. **SUGGESTION** ... Get them done prior to 12:00pm on 6/30/2023.

The entry fee varies, depending on which region an athlete is registered in:

REGION 3 ENTRY FEES: \$12/event/person

REGION 5 ENTRY FEES: \$10/event/person

REGION 11 ENTRY FEES: \$12/event/person

Any and all **additional** corrections after **July 3rd @ 10:00AM** will be assessed an **additional late correction fee of \$10 per person** in addition to the per event entry fee. **Absolutely no additional entries and no changes will be allowed after July 6, 2023.**

TEAM PACKET PICK-UP & SCRATCH MEET INFO.:

Packet pick-up is Friday, July 14th, from 7:00AM – 12:00PM at the front gate. All athletes must be wearing their bib number in order to enter the stadium and compete.

Scratches will be made each day during the time designated on the schedule. Any scratches made after the specified time frame will cost **\$5.00** each.

EVENT LIMITATIONS:

6U & divisions may compete in ONLY two (2) events...50M and 100M.

8U, 10U, 12U divisions may only compete in three (3) events total, including relays.

14U, 16U, 18U divisions shall not be allowed to compete in more than three running events, including the relays, and in not over five events total. Contestants may enter five field events provided they are not entered in any running events. As per UIL Constitution and Contest Rule allows participants to choose from any 3 running events without restriction to the distance of races. Note: Being listed as a relay runner does not count as an event until the individual checks in with the event clerk and actually participates as a relay team member in either the prelims or finals.

REGIONAL MEET ADMISSIONS: CASH ONLY

Coaches ~ Each team will receive one free coach's pass/wristband for every ten athletes registered.

Participants ~ Your bib/race number will be used as your entrance pass.

Spectators ~ Entry fees will **be \$7.00 per day.**

Children 5 & Under will be admitted FREE.

SPECTATOR INFORMATION:

Tents will only be allowed in the following places: (1) top row of bleachers on the parking lot side AND top of bleachers on home side in the middle & far right bleachers, in sections 1, 2, 3, & 4. (2) in the grass area provided outside of the stadium in "Tent City." Tents must be secured or will have to be removed. Umbrellas are ONLY allowed on the top section of the bleachers on the parking lot side of the track and in sections 1, 2, 3, & 4 on the home side of the stadium. NO TENTS OR UMBRELLAS IN THE PRESSBOX BLEACHER SECTION AT ALL.

Individual water jugs and small handheld coolers are allowed for spectators, but large coolers are ONLY allowed for teams.

RELAY TEAM INFORMATION:

ATTIRE: Relay teams are required to wear shirts that are matching in color. To replace any member of the relay team, the replacement MUST be listed as an alternate on the official registration. ONLY official listed alternates will be allowed to substitute/replace a runner on a relay. The TAAF registration software allows you to list alternates, so we highly suggest when registering your relay teams, that you list alternates at that time, as they must show up on the

released performance list. If your alternates are not listed, please be sure to inform Mrs. Cynthia Simms when discussing your changes/corrections BEFORE the deadline.

As set forth by TAAF, relay runners must register on either Team A or B for both the 4x100 and 4x400 race and must remain on that team throughout the regional and state meets. This includes alternate relay runners.

EXAMPLE

If an athlete runs the 4x100 on Team A at the regional level, they must also run the 4X100 on Team A at the Games of Texas as well. They may not run the 4x100 on Team B at either meet.

*The track will be available for warm-ups from 7:00AM - 8:30AM on both Friday, July 14th and Saturday, July 15th. The track will be closed after these times. Additional warm-ups will need to take place in the designated warm-up area. The field located behind the green heating tent will serve as the warm-up area throughout the duration of the meet.

AWARDS:

Gold, silver, and bronze medals will be awarded for 1st, 2nd & 3rd places, respectively. Ribbons will be awarded for places 4th – 8th. Awards may be picked up at the awards table area after the results are posted and must be picked up by the conclusion of the meet. Live results can be found at: www.liverunningresults.com

PROTESTS:

*ONLY Team Head Coaches will be allowed to protest a particular event. Protests may only be accepted for errors in recording data, scoring eligibility and misinterpretations of TAAF Track & Field or the current NFSHS Track & Field Rules. PROTESTS CONCERNING JUDGMENT WILL NOT BE ALLOWED. FILM AND/OR VIDEO WILL NOT BE CONSIDERED IN PROTEST.

*Protests MUST be made within 30 minutes of the completion of the event.

*A \$75.00 CASH protest fee must be presented with a completed protest request form and will be returned if the final ruling is in the requestor's favor.

*ONLY cash will be accepted for protests.

LOST BIB/RACE NUMBERS:

A \$5 fee will be charged to replace lost bib numbers. Bib numbers will be issued at the time of check-in on the first day of the meet. Please verify your bib numbers before walking away from the check-in table. Please remind athletes not to discard bib numbers until the completion of the meet.

STATE DECLARATION:

All 'declarations of intent' for those athletes that qualify for the Games of Texas State meet **must** be made by the conclusion of the regional meet on Saturday. The declaration must be accompanied with payment, \$10.00 per event per athlete (cash or money order ONLY) and a copy of birth certificate. NO PERSONAL CHECKS WILL BE ACCEPTED. A coach from each team will be given a report at the end of each day so they can verify all athletes that are advancing to state and make payment for the entire team at one time.

*Coaches, please visit the State Declaration table to register your athletes for state.

For a 2023 T.A.A.F. State Track and Field Meet
Schedule of Events Please visit
WWW.TAAF.COM



ALOFT HOTEL WACO 900 S 11TH ST WACO, TX \$159.00

Mention "TAAF REGIONAL TRACK AND FIELD MEET" when booking. Book by DEADLINE 6/30 to guarantee the price. After this date, it will be based on availability.



SLEEP INN & SUITES 209 E. ENTERPRISE BLVD HEWITT, TX \$107.49

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HILTON WACO 113 S UNIVERSITY PARKS DR.



Comfort Suites Waco Near University Area 2700 LASALLE WACO, TX 76706

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