



District 6-5A Track and Field Championships

Bill Carrico Athletic Complex
26750 E University Dr
Little Elm, TX 75068

April 6-7, 2026



Welcome UIL District 7 Class AAAAA Track & Field Participants and Coaches!

On behalf of the Denton Independent School District, we welcome you to the 2026 UIL Class 6-5A Region I Boys and Girls Track and Field District Championships. Our district is honored and grateful for the opportunity to host this prestigious event. We are confident that we will be able to provide the setting for your student-athletes to create lasting memories and to excel in their respective events.

Please use the information in this handbook as a helpful guide during this competitive event. This manual was prepared to give you information about all aspects of the district championship competition. Please direct any questions regarding the district championship meet to your district representatives, whose names are listed in the handbook.

We hope you will have an exciting and memorable experience during your time here at Bill Carrico Stadium, on the campus of Ray Braswell High School. Good luck and let's have a great district championship meet!

Sincerely,

The Denton ISD Athletic Administrative Staff



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Important Meet Dates/Deadlines

Monday, March 30	Coaches Information / Scratch Meeting at 6:30pm (via Zoom) Zoom Link
Wednesday, April 1	UIL Entry Form due to Coach Kiraly jkiraly@dentonisd.org by 10:00pm
Wednesday, April 1	Final Entries due to tx.milesplit.com by 10:00pm
Thursday, April 2	Workers Lists due to Coach Kiraly by 1:00pm
Saturday, April 4	Scratch and Scratch/Replace due to Coach Kiraly by 10:00pm *Scratch and replace but no adding – athlete must appear on the 5-day UIL Entry Form *
Monday, April 6	District Meet Day 1
Tuesday, April 7	District Meet Day 2
Wednesday, April 8	Rainout Date – Varsity Only (if necessary)



Day 1 Schedule: Monday, April 6, 2026

Running Prelims, Field Event Finals, 3200M Run Finals

7:30am – 8:15am -- Implement Check in the East Visitor Locker Room – JVB Shot, VG Disc

8:30am – 9:15am – Implement Check in East Visitor Locker Room – JVG Shot, VB Disc

8:30am – HEAD Coaches Meeting in the West Home Locker Room

8:45am – Coaches in charge of field events report and set-up

9:00am – 3200 Varsity VG/VB/JVG/JVB

9:30am – Field Events (Varsity - 3 attempts for prelims, top 8 to finals / JV - 4 attempts, no finals)

- Field events will have a **20 minute FLIGHT SPECIFIC** warm-up period prior to the published start time.
- Vertical Jumps (HJ) and PV will be given **10 minutes to set marks + 30 minute** warm-up)
- High Jump competitors and their coaches **ONLY** on the infield. **NO SPECTATORS** or other athletes.
- There will **NOT** be a warm-up period between prelims and finals **UNLESS** an athlete from the first flight qualifies and requests one.

Track open for warm-ups from the conclusion of the High Jump Competitions until 3:45pm

	Pole Vault	High Jump	Triple Jump	Long Jump	Shot Put	Discus
9:30am	VG	VB	VG		JVB	
10:00am				JVB		VG
11:00am	VB		VB		JVG	
11:30am		VG		JVG		VB

*opening heights will be adjusted to 1 progression below the lowest seed after entries are finalized

1:00pm – Lunch in the West Home Locker Room

3:30pm - Awards Ceremony for Varsity field events that have concluded

3:45pm – **Track Closed for Warm-ups – All athletes and coaches must exit the track and in-field**

4:00pm – Running Prelims (Top 8 to Finals) – Rolling Schedule

4:00pm	100M Hurdles (33")	<input type="checkbox"/>	JVG/VG
	110M Hurdles (39")	<input type="checkbox"/>	JVB/VB
	100M Dash	<input type="checkbox"/>	JVG/JVB/VG/VB
	400M Dash	<input checked="" type="checkbox"/>	JVG/JVB/VG/VB
	300M Hurdles (30" / 36")	<input type="checkbox"/>	JVG/VG/JVB/VB
	1600M - OPEN		G/B
	200M Dash	<input type="checkbox"/>	JVG/JVB/VG/VB



Day 2 Schedule: Tuesday, April 7, 2026

Running Finals, Field Event Finals

7:30am – 8:15am -- Implement Check in East Visitor Locker Room – VB Shot, JVG Disc

8:30am – 9:15am – Implement Check in East Visitor Locker Room – VG Shot, JVB Disc

8:30am – **HEAD** Coaches Meeting in the West Home Locker Room

8:45am – Coaches in charge of field events report and set-up

9:30am – Field Events (Varsity - 3 attempts for prelims, top 8 to finals / JV - 4 attempts, no finals)

Track open for warm-ups from the conclusion of the high jump competitions until 4:45pm

	Pole Vault	High Jump	Triple Jump	Long Jump	Shot Put	Discus
9:30am	JVG		JVB		VB	
10:00am		JVG		VB		JVG
11:00am	JVB		JVG		VG	
11:30am		JVB		VG		JVB

*opening heights will be adjusted to 1 progression below the lowest seed after entries are finalized

1:00pm – Lunch in the West Home Locker Room

3:30pm - Awards Ceremony for Varsity field events that have concluded and 3200M

4:00pm – Relay Declaration Cards Due

4:45pm – **Track Closed for Warm-ups – All athletes and coaches must exit the track and in-field**

4:55pm – National Anthem

5:00pm – Running Finals JVG/JVB//VG/VB (except hurdle events)

5:00pm	400M (4X100) Relay					JVG/JVB/VG/VB
5:15pm	800M Dash (Final Only – Double Alley Start)					JVG/JVB/VG/VB
5:35pm	100M Hurdles (33")					JVG /VG
5:45pm	110M Hurdles (39")					JVB/ VB
6:00pm	100M Dash					JVG/JVB/VG/VB
6:15pm	800M (4x200) Relay					JVG/JVB/VG/VB
6:30pm	400M Dash					JVG/JVB/VG/VB
6:45pm	300M Hurdles (30" / 36")					JVG/VG/JVB/VB
7:00pm	200M Dash					JVG/JVB/VG/VB
7:15pm	1600M Run (Final Only – Double Alley Start)					JVG/JVB/VG/VB
7:45pm	1600M (4x400) Relay					JVG/JVB/VG/VB
8:00pm	Relay and Team Awards					



District 6-5A School/Head Coach Directory

Argyle		
Girls	Justin Hamm	justin.hamm@argyleisd.com
Boys	Cale Nanny	addison.nanny@argyleisd.com
XC	Will Carter Devin Sterenberg	jerry.carter@argyleisd.com devin.sterenberg@argyleisd.com
Birdville		
Girls	Allen Smith	allen.smith@birdvilleschools.net
Boys	Clint Burns	clint.burns@birdvilleschools.net
XC	Jeffrey Hudak	jeffrey.hudak@birdvilleschools.net
Colleyville Heritage		
Girls	Amanda McCready	amanda.mccready@gcisd.net
Boys	Micah Kitchens	micah.kitchens@gcisd.net
XC	Nick Taylor	nicholas.taylor@gcisd.net
Denton		
Girls	Barbara Garrett	bgarrett@dentonisd.org
Boys	William Barefield	wbarefield@dentonisd.org
XC	Torie Talkington	ttalkington@dentonisd.org
Denton Ryan		
Girls	Brandon Gibson	bgibson@dentonisd.org
Boys	Janson Head	jhead@dentonisd.org
XC	Jayme Kiraly	jkiraly@dentonisd.org
Grapevine		
Girls	Bobby Holland	robert.holland@gcisd.net
Boys	Tommy Nash	Tommy.nash@gcisd.net
XC	Rick Miller	rick.miller@gcisd.net
Richland		
Girls	Tom Ryan	Thomas.ryan@birdvilleschools.net
Boys	Kerby Cromwell	kerby.cromwell@birdvilleschools.net
XC	Mark Ashley	mark.ashley@birdvilleschools.net
UIL		
UIL Asst AD	Joseph Garmon	512-471-5883 jgarmon@uiltexas.org



Meet Officials

Meet Administrator	Conroy Hines, Shane Montgomery
Meet Director	Jayme Kiraly
Referee	Brandon Lemmons
Starters	Chere Maxwell, Melanie Green
Games Committee	Jayme Kiraly, Allen Smith, Conroy Hines, Brandon Lemmons, Gary Brown, Julian Acuna, Shane Montgomery
Jury of Appeals	Head Coaches of Opposite Gender (not involved in dispute)
Finish Lynx/HyTek Operators	NTX Timing



Event Worker List

FIELD EVENT ASSIGNMENTS

Implement Inspector - Denton & Ryan

Shot Put - Denton	
Discus - Ryan	

Long Jump - Richland

Event Head (Call Board)	
Flight Coordinator (Call Names & Record)	
Laser/Rail Operator	
Raker (Adult)	
Raker (Adult)	

Triple Jump - Grapevine

Event Head (Call Board)	
Flight Coordinator (Call Names & Record)	
Laser/Rail Operator	
Raker (Adult)	
Raker (Adult)	

Shot Put - Birdville

Event Head (Call Ring)	
Laser Operator	
Reflector (2 - one for each side of sector)	
Retriever (2) (Can be students)	

Discus - Colleyville Heritage

Event Head (Call Ring)	
Laser Operator	
Reflector (2 - one for each side of sector)	
Retriever (2) (Can be students)	

High Jump - Denton & Ryan

Event Head	Cordale Miller
Flight Coordinator (Call Names & Record)	Denton
RT Standard (Help judge fouls especially w/ plane of bar)	Ryan
LT Standard (Help judge fouls especially w/ plane of bar)	Ryan

Pole Vault - Argyle

Event Head (Judges Fouls)	
Flight Coordinator	
LT Standard	
RT Standard	

TRACK EVENT ASSIGNMENTS

Umpires

*These individuals ***must be present for ALL*** of the running events during the meet

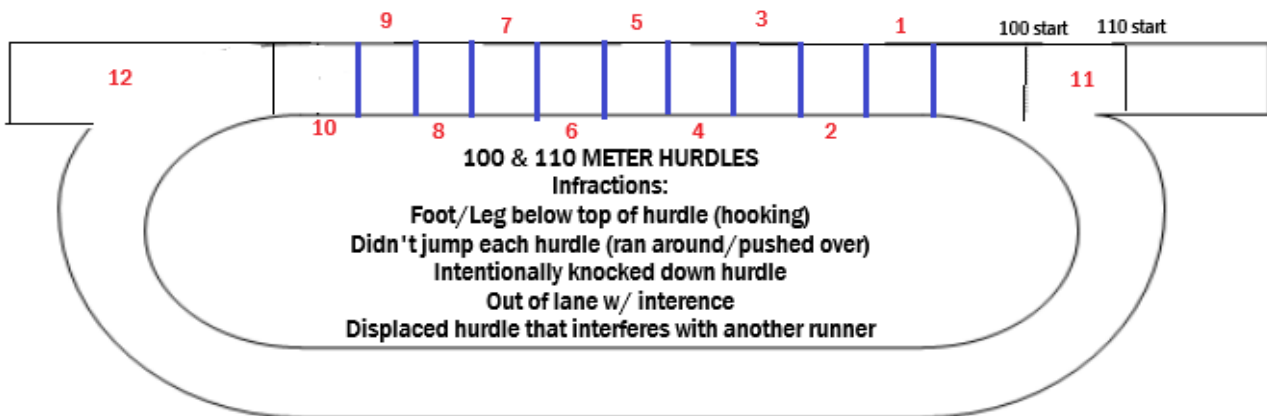
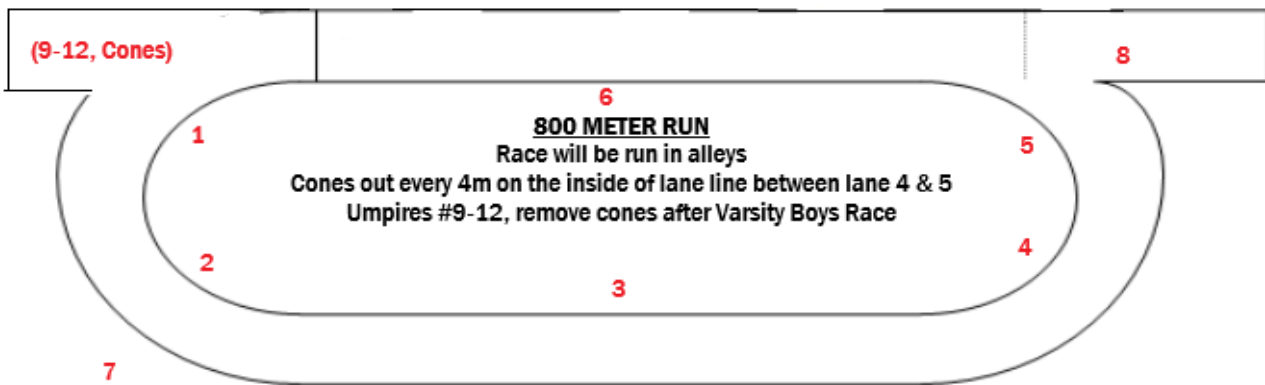
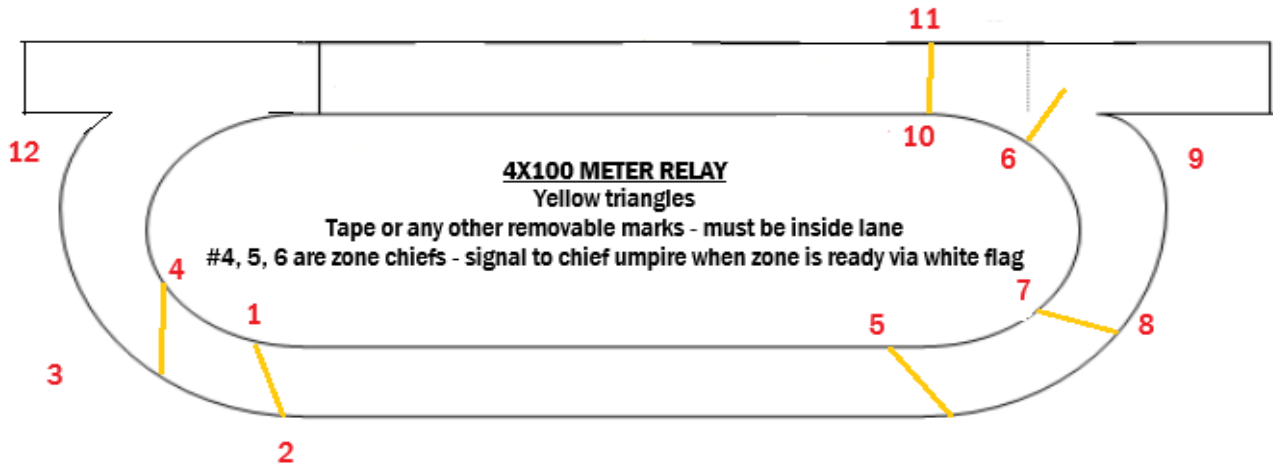
*See attached reference sheet for location/assignment for each umpire

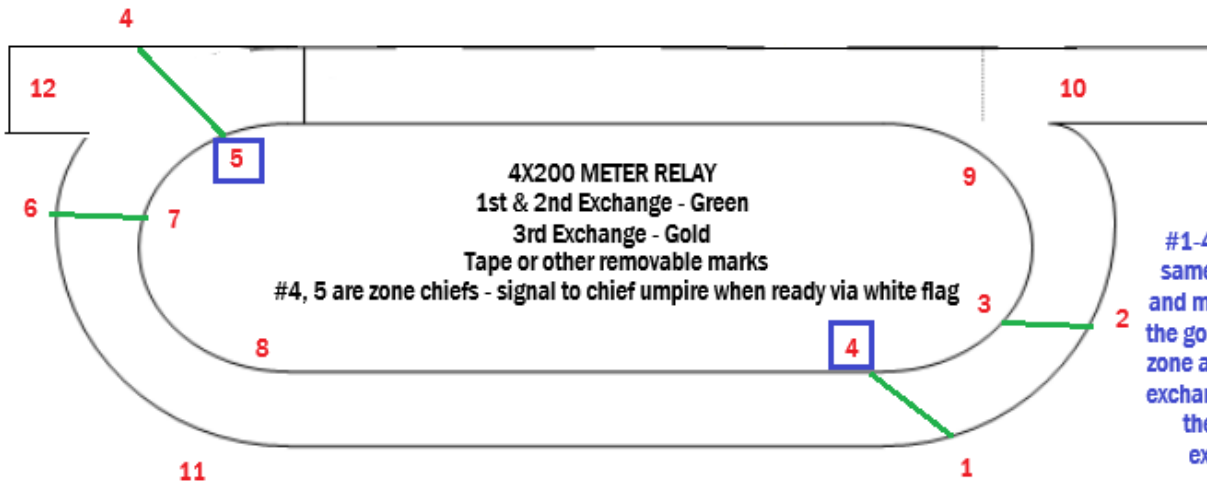
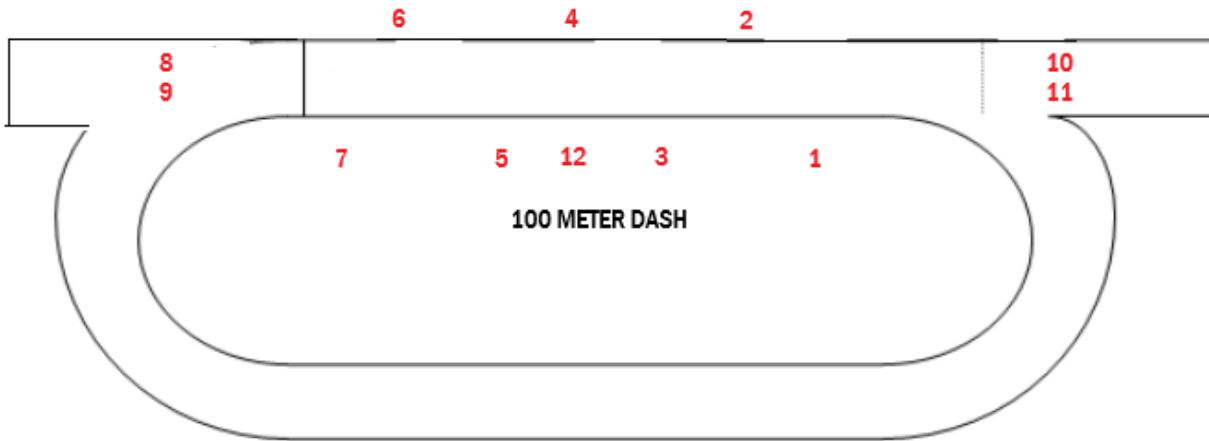
*These individuals will meet with the running referee and the head umpire at the finish line at 3:30 PM on Day 1 and 4:30 PM on Day 2

		Day 1	Day 2
		Report 3:30pm	Report 4:30pm
Umpire 1	Argyle		
Umpire 2	Birdville		
Umpire 3	Colleyville Heritage		
Umpire 4	Grapevine		
Umpire 5	Richland		
Umpire 6	Denton		
Umpire 7	Argyle		
Umpire 8	Birdville		
Umpire 9	Colleyville Heritage		
Umpire 10	Grapevine		
Umpire 11	Richland		
Umpire 12	Denton Ryan	Dianna Wager	Dianna Wager

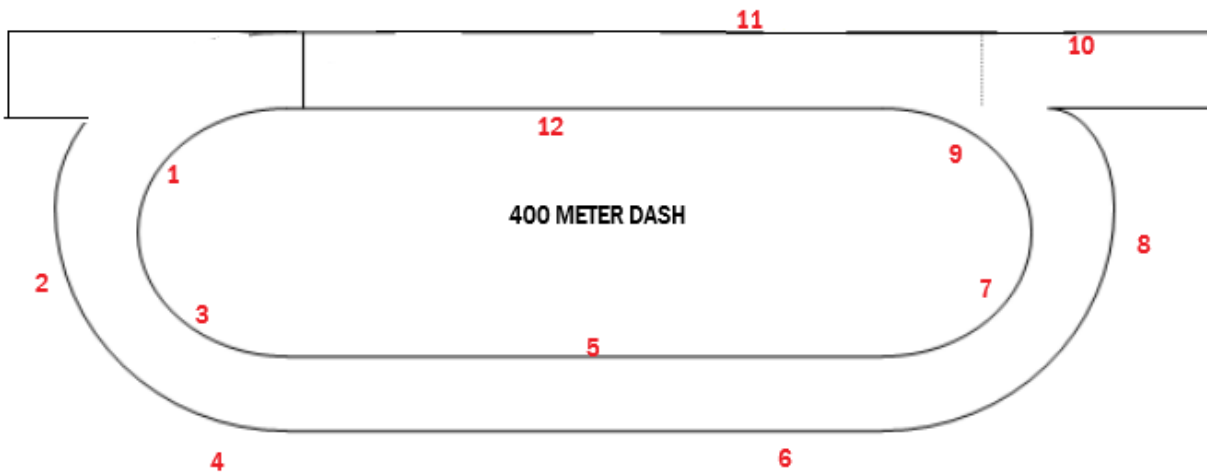
		Day 1	Day 2
		Report 3:00pm	Report 4:00pm
Check-In Clerk JV	Denton High		
Check-In Clerk Var	Denton High		
Hip Clerk JV	Denton High		
Hip Clerk Var	Denton High		
Heating Clerk 1	Denton Ryan		
Heating Clerk 2	Denton Ryan		
Start Clerk 1	Denton Ryan		
Start Clerk 2	Denton Ryan		
Finish / Lynx Clerk	Denton Ryan		
Awards Steward	Denton High		
Block Crew - Adult	Denton High		
BC Student Vol.1	Denton High		

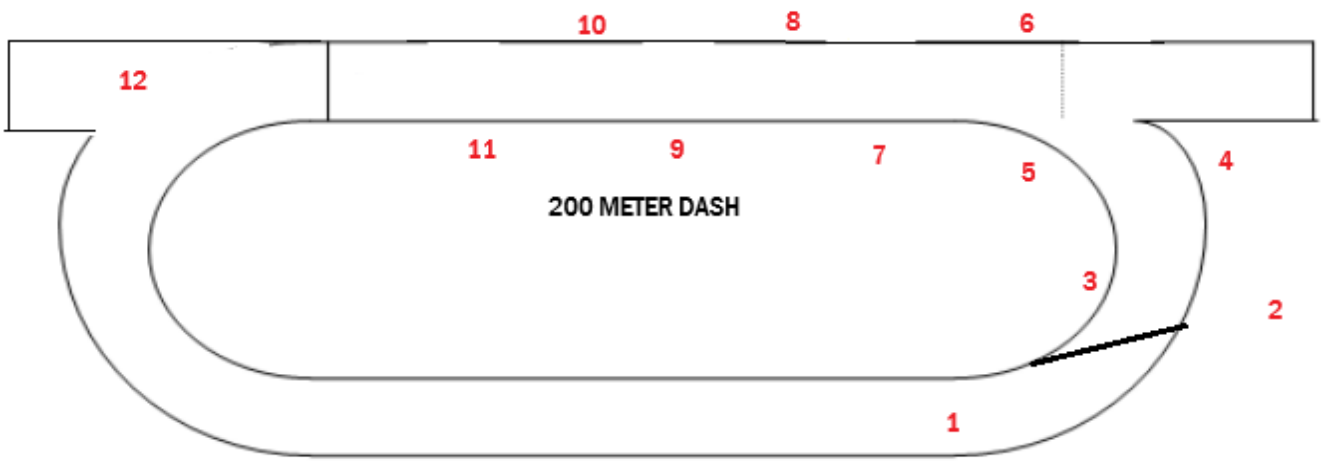
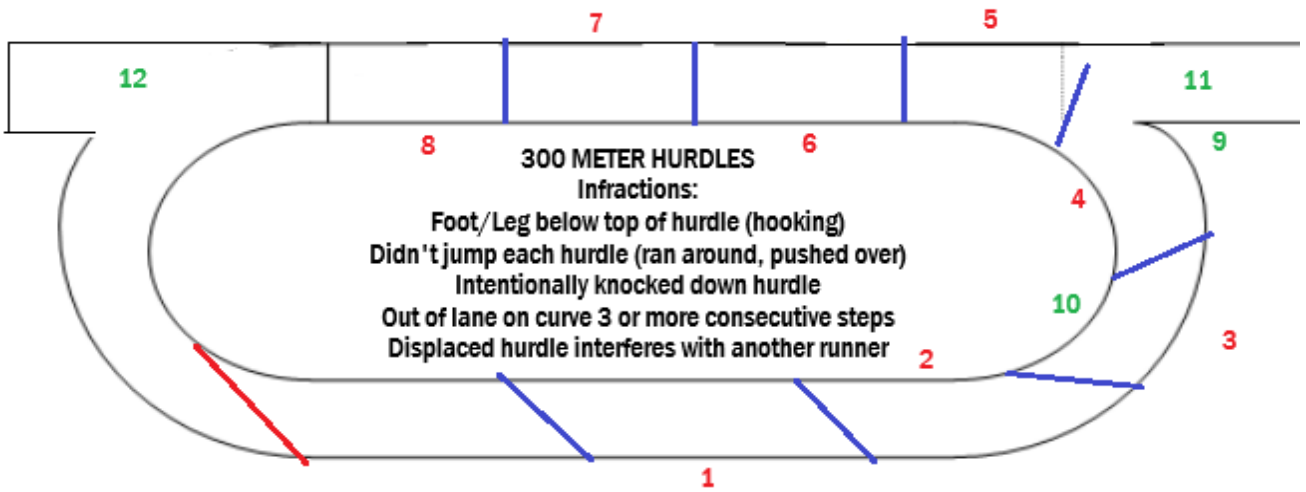
BC Student Vol.2	Denton High		
BC Student Vol.3	Denton High		
BC Student Vol.4	Denton High		
BC Student Vol.5	Denton High		
BC Student Vol.6	Denton High		
BC Student Vol.7	Denton High		
BC Student Vol.8	Denton High		
Hurdle Crew - (Adult)	Denton Ryan		
Hurdle Crew - (Adult)	Denton Ryan		
Hurdle Crew - (Adult)	Denton Ryan		
HC Student Vol.1	Denton Ryan		
HC Student Vol.2	Denton Ryan		
HC Student Vol.3	Denton Ryan		
HC Student Vol.4	Denton Ryan		
HC Student Vol.5	Denton Ryan		
HC Student Vol.6	Denton Ryan		
HC Student Vol.7	Denton Ryan		



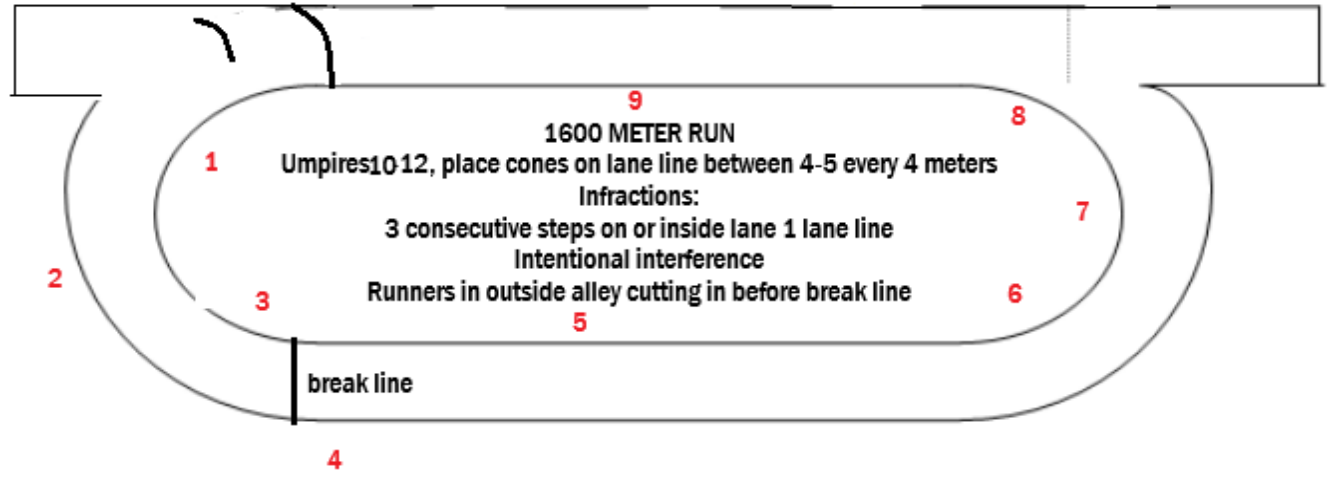


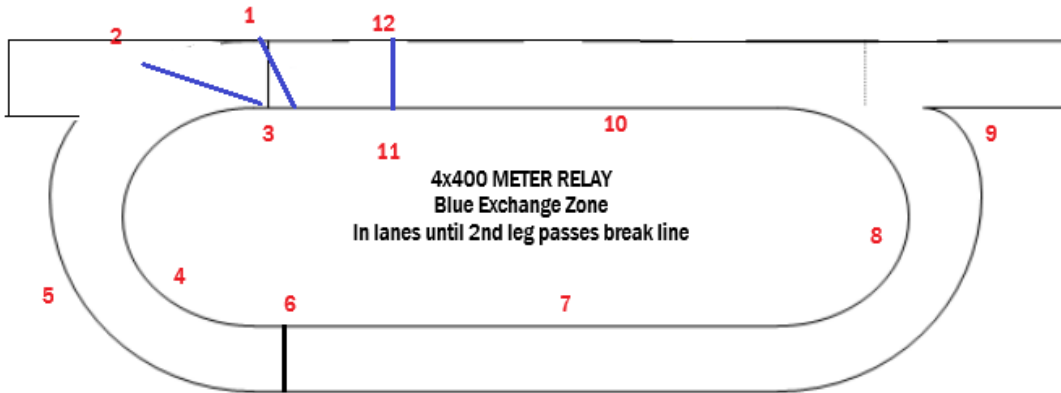
#1-4 will keep same positions and move back to the gold exchange zone after the first exchange to judge the anchor exchange





10-12 - cones





1st pass - no cones at break line

2nd pass - cones out on break line

3rd & 4th pass - no cones



District 6-5A Championship Policies and Procedures

- **Student Athlete Bag Checks:** It is the responsibility of each school to ensure that their athlete's are not in violation of Denton ISD's Drug and Weapons policies. Denton ISD maintains a strict, zero-tolerance drug and weapon policy, prohibiting the possession, use, or distribution of illegal drugs, alcohol, inhalants, and weapons (including look-alikes) on school grounds or at events.
- **Supervision of Athletes and Camps:** It is the expectation that each school has supervision of their athletes including their camping area at all times.
- **Tickets** for the meet are online only (no cash will be accepted) and can be purchased at <https://gofan.co/app/school/TX12422>. District Admin passes, THSADA, TGCA, and THSCA passes will be accepted (holder plus two). DISTRICT EMPLOYEE BADGES WILL NOT BE ACCEPTED. Admission is \$8 for adults and \$4 for students (children 4 and under are free). Two-day passes WILL NOT be available for purchase.
- **Timing** will be FAT, timed by NTX Timing and heats sheets/results will be posted on txmilesplit.com and nxttiming.com
- **SportsYou** will be the official mode of communication **between the meet referee, officials, and coaches**. Once results are posted on live results, the 30-minute clock for protests will begin. Results will be marked final at the end of that 30 minutes unless a protest is made.
- **Implements** will be turned in on the day of that event (see schedule for times). They will be inspected and pooled. **NO IMPLEMENT MAY LEAVE THE COMPETITION AREA UNTIL THE COMPETITION IS COMPLETED IN ITS ENTIRETY**. Implements will be signed out at the end of the competition from the event head. Any impounded implements may be retrieved at the conclusion of the field events on **Day 2** of the meet. **ALL IMPLEMENTS THAT WILL BE USED FOR WARM-UP OR COMPETITION MUST BE CHECKED IN**. Implements that have not gone through implement inspection may not be used for warm-ups in accordance to rule 6-2-13.
- **Entries:** Athletes must comply with established regulations for entry limits (NFHS modification 4-2-1)
 - An individual may enter no more than three (3) running events, including the relays, and not over five (5) events total with up to five (5) field events.
 - Prelims and finals in an event are considered one (1) event for the number of allowable entries.
 - An athlete may be listed on an entry form as an alternate for a relay and it will NOT count against the allowable event limitations until participation has occurred.
 - **Athletes are considered a participant when they check in with the clerk or at their field event.**
 - Schools will be permitted to scratch and add according to approved Games Committee regulations.
 - Those events that have been entered by the school on the fifth-day-prior entry form may be subject to some changes under the following guidelines.

- (a) Students who are not eligible 5 days prior to the meet, but may become eligible at the time of the scheduled district meet, may be listed on the entry form and assigned to events. They shall be eligible at the time they actually compete.
- (b) Students entered, but who have lost their eligibility, are permitted to be dropped or scratched.
- (c) Other eligible participants will be permitted to be added to the vacated places. These substitutes should be on an eligibility form turned into the district chair prior to the contest.
- (d) If a school which has not entered an event 5 days' prior, wishes to enter an event at the time of the scratch meeting, it would be up to the District Executive Committee's policy or authorized meet director to determine if that school could enter.
- **Seeding and Advancement** for running preliminaries and relays will be based on **verifiable** submitted entry times. Heat winners and next fastest times will advance to finals. In alley starts, the top 1/3 times will be in the upper alley. **JV times for relays need to be updated in MileSplit so they are not taking the time of the varsity relay.**
 - **Viewing of Video / Electronic Devices** are **not** allowed in competition areas EXCEPT in the coaching boxes. 3-2-8
 - **NFHS Rulebook:** <https://www.nfhs.org/activities-sports/track-fieldcross-country/>
 - **Throws (Shot Put/Discus):** ALL implements will be weighed and measured, then they will be marked and pooled on the morning of the competition. All implements will be delivered to the appropriate venues before warm-up begins. ALL non-compliant implements will be impounded and secured until the competition concludes. At that point, the coach will come sign out the implement from impound. Athletes will take throws in order during each round of competition. (Consecutive attempts will not be permitted). Athletes will be seeded in descending order determined by their qualifying mark. The top 8 competitors plus any ties will advance to the final round of competition. In the final round, athletes will be seeded worst to best based on their qualifying mark from the preliminary round of competition. Competitors must have at least one fair attempt in the preliminary round to advance to the finals. Ties will be broken according to UIL and NFHS Rules.
 - **Throws Safety:** Athletes may not automatically retrieve their implement after throwing. They will wait outside of the safety area until given a signal to retrieve their implements. This will not be done after each thrower, rather in batches. Volunteer athletes retrieving implements during competition will also need to wait outside of the safety zone until give a signal. No athlete shall be in the sector when another athlete is actively throwing. Only 3 athletes may have implements in their hands at any time (the athlete up, on deck, and on hold OR in warm-ups, the three throwers at the front of the line)
 - **Vertical Events (High Jump/Pole Vault):** ALL pole vault athletes should have a UIL Pole Vault Verification form filled out and signed by their coach. They will need to be turned in to the Pole Vault Event Head prior to competition. Athletes will be seeded in descending order determined by their qualifying mark. In the event of a tie, a jump-off will be held at the conclusion of the competition to determine placing for advancement. We must have six clear places for advancement purposes for the area meet. Ties will be broken highest to lowest according to UIL & NFHS Rules. The ONLY allowable marks on the runway & apron will be athletic tape. NO CHALK and NO MOVABLE MARKS.

Opening heights will be set as follows:

High Jump – 2” below lowest qualifying mark

Pole Vault – 6” below lowest qualifying mark

*In Pole Vault: During warm-ups, run throughs away from the plant box will NOT be permitted

- **Horizontal Events (Long Jump/Triple Jump):** Athletes will take their jumps in order during each round of competition (two attempts in succession not permitted). Athletes will be seeded in descending order determined by their qualifying mark. The top 8 competitors plus any ties will move on to the final round of competition. In the final round of competition, athletes will be seeded worst to best based on their qualifying mark from the preliminary round of competition. Competitors must have at least one fair attempt in the preliminary round to advance to the finals. Ties will be broken according to UIL & NFHS Rules.

*During warm-ups, run throughs away from the foul board will NOT be permitted.

- **Coaches Boxes:** Each field event venue will have a designated coaches box. Please remember, any video review ***MUST*** take place within the confines of the coaches box.
- **Spectator Areas:** Spectators will have designated areas at each field event separate from the coaches. Please share this information with your parents so they are aware of the expectation when they arrive.
- **Uniforms:**
 - Each competitor shall wear a school issued track top and bottom or one piece uniform per NFHS specifications (doesn't have to be a singlet, but does have to be a school issued 'uniform')
 - Male participants *must* wear a loose-fitting track bottom and they *must* wear shorts over one piece suit of compression style bottoms
 - Closed leg briefs are acceptable for girls, however high cut apparel shall not be worn
 - Bare midriffs are not allowed for participants
 - Knotting of Uniforms or pulling uniform tops up so that they do not meet the uniform bottoms is prohibited
 - Visible undergarments are foundation and do not have to match.
 - Jewelry allowed by NFHS rule as long as it cannot be used for communication.
 - **AHTLETES MUST WEAR UNIFORM TOPS AT ALL TIMES. REMOVING ANY PART OF THE UNIFORM ASIDE FROM SHOES IS STRICTLY PROHIBITED IN THE COMPETITION AREA.**
- **Watches, Hats, and Sunglasses:**
 - Aligning with the Regional and State Meets as well as ensuring compliance with NFHS Rules 4-6-6c and 4-3-1.8, watches, hats, and sunglasses will NOT be permitted. Head coverings for religious reasons shall abide by rule 4-3-1.8
 - 4-6-6c (NEW): Clarifies athletes are not permitted to wear any type of audio or video recording devices during a race, trial, or while in restricted areas.
 - 4-3-1.8: Head coverings worn for religious reasons are permitted. The head coverings must not be made of abrasive, hard or unyielding material and must be secured to the body and/or uniform.

- **Electronics:**
 - May only be used in unrestricted areas (coaches can review video after trials with athlete in designated area)
 - Use of headphones, cell phones and other devices are prohibited by competitors in restricted areas
 - Athletes are not permitted to wear any recording or transmitting devices during a race, trial or while in restricted areas
- **Photography:**
 - Each school may be allowed one media person (yearbook, district media, etc) to take PHOTOGRAPHS ONLY.
 - They must sign in and receive an orange vest to wear so they may have access to competition areas – they may not interfere with ongoing competitions.
 - This individual must be a current student of your school or a current employee of your school district. Parents and commercial/private media are not permitted in competition areas.
- **CROSSING 380 ON FOOT IS STRICTLY PROHIBITED**
- **Food Delivery:** All food deliveries should be delivered to the **Team Parking Lot** on the visitor's side of the stadium. **DO NOT** have any order delivered to **Braswell High School** proper.
- **All UIL & NFHS Rules will be strictly enforced (Uniforms, Conduct, Electronics, etc.)**
 - Protests must be made in writing no later than 30 minutes following results being posted on live results.
 - The referee will review and make rulings on all protests.
 - Notification to the coaches of disqualification will be made within 15 minutes of the conclusion of the event



Games Committee/Jury of Appeals

Games Committee

The Games Committee is the administrative body. The games committee is responsible for the proper conduct of a track and field or cross-country meet. The games committee shall have general supervision of the meet and shall determine the administrative procedures, terms and conditions that will govern the competition. It shall secure sanctioning for the meet from the proper authority, provide the competition areas, meet equipment, padding, and determine the time schedule. It has the authority to establish reasonable deadlines for receipt of entries in large meets. This committee also may serve as the jury of appeals.

The Games Committee for the District 6-5A Championship will consist of the District 6-5A Track and Field Sub-Chair – Allen Smith (representing the coaches), Jayme Kiraly, Conroy Hines, Brandon Lemmons, Gary Brown, and Julian Acuna.

Jury of Appeals

'While everyone involved in a Track & Field Meet wants the meet to run fairly and correctly, sometimes things do go wrong. A Jury of Appeals can be appointed prior to the meet to serve as the final board of appeals (Rule 3-5). The rule empowers meet management to appoint a Jury of Appeals, to hear a coach's protest of a Referee's decision.' - NFHS

The Jury of Appeals for the District 6-5A Championship will consist of head coaches of the opposite gender not involved in the dispute in question.

Protest and Appeal Process

Protest / Appeal Process (included in The 2026 NFHS Track and Field Pre Meet Notes)

During a track and field competition there are instances where there are disagreements with an official's call. In these cases, a protest may be made to the Meet Referee.

The referee shall review each written protest. The referee shall review all allowable evidence, such as an umpire's written report, and circumstances regarding the protest.

Video replay or television monitoring equipment, other than the official finish line equipment approved by the games committee prior to the start of competition, shall not be used to make decisions related to the meet. Video or photos from the bleachers, streaming footage or any electronic means cannot be used as part of the appeal process.

After the referee renders any decision, the referee shall notify the coach of the competitors affected by the decision and if necessary, results revised, posted and announced.

At meets where a Jury of Appeals is appointed by the games committee a coach may protest if they believe that the stated terms and conditions of competition or the application of the rule(s) have been misapplied or misinterpreted by the Referee, a written appeal may be made to the Jury of Appeals.

The following situations are subject to protest and appeal:

- a. *Misapplication of the rules which must be filed within 30 minutes after the announcement of event results.*
- b. *Correction of clerical or team scoring errors - corrected up to 48 hours after the end of the meet,
1 Another time period may be specified in advance by the games committee or meet director.*
- c. *Correction of meet results involving an ineligible participant
1 May be made at any time when discovered.*
- d. *Failure to follow a procedure contained in the terms and conditions of competition
1 This would include such items as the time schedule, the number of qualifiers to advance, number of trials, etc.*

Coaches may NOT protest:

- a. *Any judgment decision pertaining to violations or alleged violations of the rules.*
- b. *A decision made by the finish judges or timers that does not involve misapplication of a rule, or the terms and conditions of competition.*
- c. *Whether a start is fair and legal.*

District 6-5A Championship Protest Procedure

- Alert the meet director that you would like to follow a protest via phone call or text message (940) 368-4387.
- Make sure your protest falls within the protest time period.
- Review the above items a coach MAY NOT PROTEST.
- A protest form will be brought to you.

NFHS Track and Field Rules Changes – 2026

3-2-3k (NEW): Permits the Games Committee to determine takeoff board placement in horizontal jumps.

Rationale: The change gives the games committee authority to determine takeoff board placement in the long jump and triple jump aligning with existing role in setting starting heights for high jump and pole vault. The rules previously did not assign this responsibility, and clarification ensures consistency, fairness and appropriate oversight. Athletes may still change which approved takeoff board to use during competition.

3-8-6: Expands the acceptable calibers and provides flexibility for starting devices.

Rationale: Due to increased cost and limited availability .32 caliber blanks. Expanding the acceptable calibers provides flexibility for meet management while maintaining the safety and functionality required for starting devices.

4-6-5: Permits an appropriate health care professional, designated by the games committee, to evaluate a downed competitor without resulting in disqualification.

Rationale: The change permits the games committee to designate an appropriate health care professional to evaluate a downed competitor on the course without resulting in disqualification provided no assistance is given in progressing along the course. It prioritizes athlete safety by permitting on-course evaluation while preserving the integrity of the competition.

4-6-6c (NEW): Clarifies athletes are not permitted to wear any type of audio or video recording devices during a race, trial, or while in restricted areas.

Rationale: No athlete participating in a meet is permitted to wear any type of audio or video device to record or transmit in a race, trial or in restricted areas. This language aligns with other NFHS rules books.

6-2-2 NOTES (3) (NEW): Clarifies that the time limit for a consecutive attempt applies within a height and at a height change.

Rationale: The chart does not differentiate whether consecutive trials are within a height or at a height change. Adding this note will clarify the rule and establish a standard procedure.

6-3-2b4(a): Incorporates metric measurements alongside imperial to promote clarity and consistency in meet management.

Rationale: Standard metric progressions are typically in 5 cm increments, with 15 cm aligning closely to the traditional 6 inches. This change simplifies implementation, aligns with common metric practices, and supports consistency in meet management.

6-8-6 (NEW): Standardizes warm up times for athletes entering the high jump and pole vault after 60 minutes have elapsed.

Rationale: The current rule allows warm-up only after passing three consecutive heights, which can result in long periods of inactivity—sometimes over an hour—in large competitions. This can be a disadvantage and potential safety concern for athletes entering later. Changing the rule to provide a

standardized 1.5 minutes for high jump or 2 minutes for pole vault warm-up for any athlete entering after 60 minutes have elapsed promotes fairness, consistency, and risk minimization.

6-9-21: Clarifies that padding is required for hard and unyielding surfaces that are elevated relative to the ground.

Rationale: The addition of "above ground level" clarifies that the padding requirement applies specifically to hard and unyielding surfaces that are elevated relative to the ground. This refinement helps differentiate between surfaces that present a greater risk of impact during a fall (such as raised concrete, asphalt, wood, or platform extensions) versus ground-level areas that may already be accounted for with landing system setup.

6-10-5: Incorporates javelin construction specifications into the rules book for clarity and consistency.

Rationale: Moving the implement construction specifications for the javelin into the rules book provides greater clarity, consistency, and accessibility for high school coaches, athletes, and meet officials. By incorporating the construction requirements directly into the NFHS rules book, we ensure that all necessary information is readily available, specific to the high school level, and aligned with the intent of education-based athletics. This approach maintains appropriate equipment standards while promoting ease of understanding, consistent enforcement, and fairness across all levels of high school competition.

9-1-1: Adds the 200 meter dash as an option for indoor meets.

Rationale: Adding the option of the 200 or 300 meter dash in indoor meets provides states with greater flexibility to structure events based on facility size, athlete development, and meet goals. This change supports broader participation and aligns with the varied formats of indoor track and field across the country.

9-6-1: Establishes a standardized 20-meter exchange zone for indoor relays.

Rationale: A uniform 20m exchange zone in indoor track and field creates a single standard for ease of officiating.

2026 Editorial Changes

4-3-1b(8), 6-4-2, 9-1-1

UIL Modifications and Event Procedures

NFHS Rule	Subject - Topic	UIL requirements		
Level	# of athletes	800m	1600m	3200m
District	8 or less	Individual lanes	Single waterfall	Single waterfall
	9 or more	Two waterfall alley	Two waterfall alley	Two waterfall alley
Area	8	Individual lanes	Single waterfall	Single waterfall
	16	Two waterfall alley	Two waterfall alley	Two waterfall alley
State	9	Individual lanes	Single waterfall	Single waterfall
NFHS Rule	Subject - Topic	UIL requirements		
2.1.2	Championship scoring	1st-6th place and points will be given 10-8-6-4-2-1. Relays will be scored 20-16-12-8-4-2.		
3.9.8	FAT – Manual timing Conversion	calculation required		
3.17.1-2	Wind gauge	Required for national records; state records can only be set at state meet with wind gauge reading.		
4.2.1	Event allowance	Contestant is permitted no more than three (3) running events with no distance restrictions (HS only), including relays and may enter up to five (5) field events.		
4.3.1	Uniform	Male contestants must wear shorts over the one-piece suit or compression short.		
4.3.1(b-7)	Under garment	Any visible garment(s) worn underneath the uniform top and/or bottom is considered a foundation garment. Foundation garments are not subject to logo/trademark/reference or color restrictions.		
4.3.2(a)	Relay Teams	All relay teams must wear uniforms clearly indicating, through prominent color, school logo and color combination of all outer garments worn as uniform, that members are from the same team. NOTE: the official should be able to observe that all members are from the same team.		
5.6.4	Heats	Heat winner advances to finals and next best performances – usually six (6) on an eight (8) lane track.		
5.6.3	Seeding	Choice for district and area meets. Seed by qualifying performance for regional meet. State meet is preferred lanes for regional champion; random for others.		
6.3.2-3	Ties	Distance –events must be broken 1st-6th places all meets.		
7.3.1-2	Ties	Vertical jumps – events must be broken 1st- 6th place. HJ: 2” increments until 4 jumpers are left then 1” thereafter. PV: 6” increments until 4 jumpers are left then 3” thereafter.		
2.1.4 3.8.1-8	Scoring of ties	Advancement to next meet is based on all places identified 1st-6th place. Modification: Ties must be broken and award points accordingly.		



Facility Technical Information

Track Markings – Starting Lines and Exchange Zones		
Race	Starting Line	Exchange Zones / Hurdle Marks
100M	Closer Solid White Line	
100M H	Closer Solid White Line	Hurdle Markings Yellow Dashes
110M H	Further Solid White Line	Hurdle Markings Blue Dashes
200M	1 Turn Stagger Far Corner of Track – White Line / Green and White dashed line at the Common Start/Finish if track is flipped	
300M H	1 Turn Stagger – White Line Opposite Common Start/Finish	
400M	2 Turn Stagger – Yellow Line	
800M 1600M 3200 M	Two Waterfall Alley – Main waterfall and small waterfall beginning in lane 5	Break Line – white dashed line opposite common Start/Finish (100M from start)
4x100M Relay	2 Turn Stagger – Yellow Line	All Exchanges 30M Yellow Triangles
4x200M Relay	4 Turn Stagger – Green Line	Exchange 1 and 2 30M Green Triangles Exchange 3 30M Yellow Triangles
4x400M Relay	3 Turn Stagger – Blue Line	Exchange 1 20M Staggered Blue Triangles Exchanges 2&3 20M Blue Triangles
All relay participants must begin in their zone. The acceleration zone has been eliminated and replaced with 30M zones for the 4x100M and 4x200M Relays.		

Horizontal Jumps Takeoff Boards				
	North Pits		South Pits	
	East Pit	West Pit	East Pit	West Pit
Long Jump	6 ft	6 ft	6 ft	6 ft
Triple Jump	24', 28', 32', 36', 40'	24', 28', 32', 36', 40'	24', 28', 32', 36', 40'	24', 28', 32', 36', 40'

Hurdle Specifications for High School						
Distance	Division	# of Hurdles	Height	To First	Distance Between	To Finish
100m	HS Girls	10	33 in	13 m	8.5 m	10.5 m
110m	HS Boys	10	39 in	13.72 m	9.14 m	14.02 m
300m	HS Girls	8	30 in	45 m	35 m	10 m
300m	HS Boys	8	36 in	45 m	35 m	10 m

Seated Throws
The shot put rings are equipped with 4 16-inch screw in anchors at the corners

Shot Put and Discus Specifications for High School			
	Girls High School	Boys High School	Sector Line
Shot Put	4.0 kg (8.81 lbs)	12 lb (5.443 kg)	34.92°
Discus	1 kg (2.20 lbs)	1.6 kg (3.53 lbs)	34.92°



Carrico Stadium General Information

1. ONLY ¼" PYRAMID spikes may be used on the track and jumping surfaces.
2. WATER is the only liquid allowed on the track or turf surfaces. ABSOLUTELY NO COLORED DRINKS will be allowed on these surfaces by any school groups.
3. NO FOOD ITEMS will be allowed on the track or turf fields. This includes sunflower seeds, peanuts, gum, and candy.
4. NO FOREIGN MATERIALS of any kind should be placed on the track or jumping surfaces, including chalk, dusts, powder, salt, etc.
5. FLAT MARKERS OR TAPE may be used on the track or to the side of runways as markers. NO CHALK, TENNIS BALLS, ETC.
6. No tents or camps will be allowed in the infield or warm-up area. TEAMS WILL BE STATIONED IN OR BEHIND THE VISITOR STANDS.
7. Restrooms will be located on both sides of the stadium. Concessions will be located on the north side of the stadium.
8. Parents/spectators will be in the home side stands. There will be no access to the field or track for athletes allowed from the home side stands.
9. Only competing athletes in school uniform, meet officials, coaches and athletic trainers are permitted on the infield and field event areas. Coaches, please help us keep athletes in the stands when they are not participating in an event.
10. TEAM MANAGERS should time from the team stands. Team managers will not be allowed in any competition area or coaching boxes.
11. WARM UP AREA FOR ATHLETES: All athletes will warm up for events on grass fields across the street. Athletes 'On Call' will be allowed to warm up on the small turf field adjacent to the track between the West and East Field Houses
12. RUNNING EVENT CHECK-IN will be located on the South End of the turf practice field between the West and East Field Houses.
13. NO RADIOS OR SOUND SYSTEMS without earphones will be allowed in the 'On Call' warm-up area.
14. TEAM BUS PARKING will be located on the Visitor Side (East) Parking Lot.



Emergency Action Plans

- In the event of a lightening delay thunderstorms, please have your teams take shelter in your buses.
- In “shelter in place” situations, i.e. Severe weather/security lockdown, please take your teams to the nearest accessible building (east field house or west field house). See maps on pages 20-21 for more information.
- Any emergency information will be disseminated via the 6-5A Track & Field Championship SportsYou App

Facility Maps and Traffic Flow

CARRICO STADIUM TRAFFIC FLOW

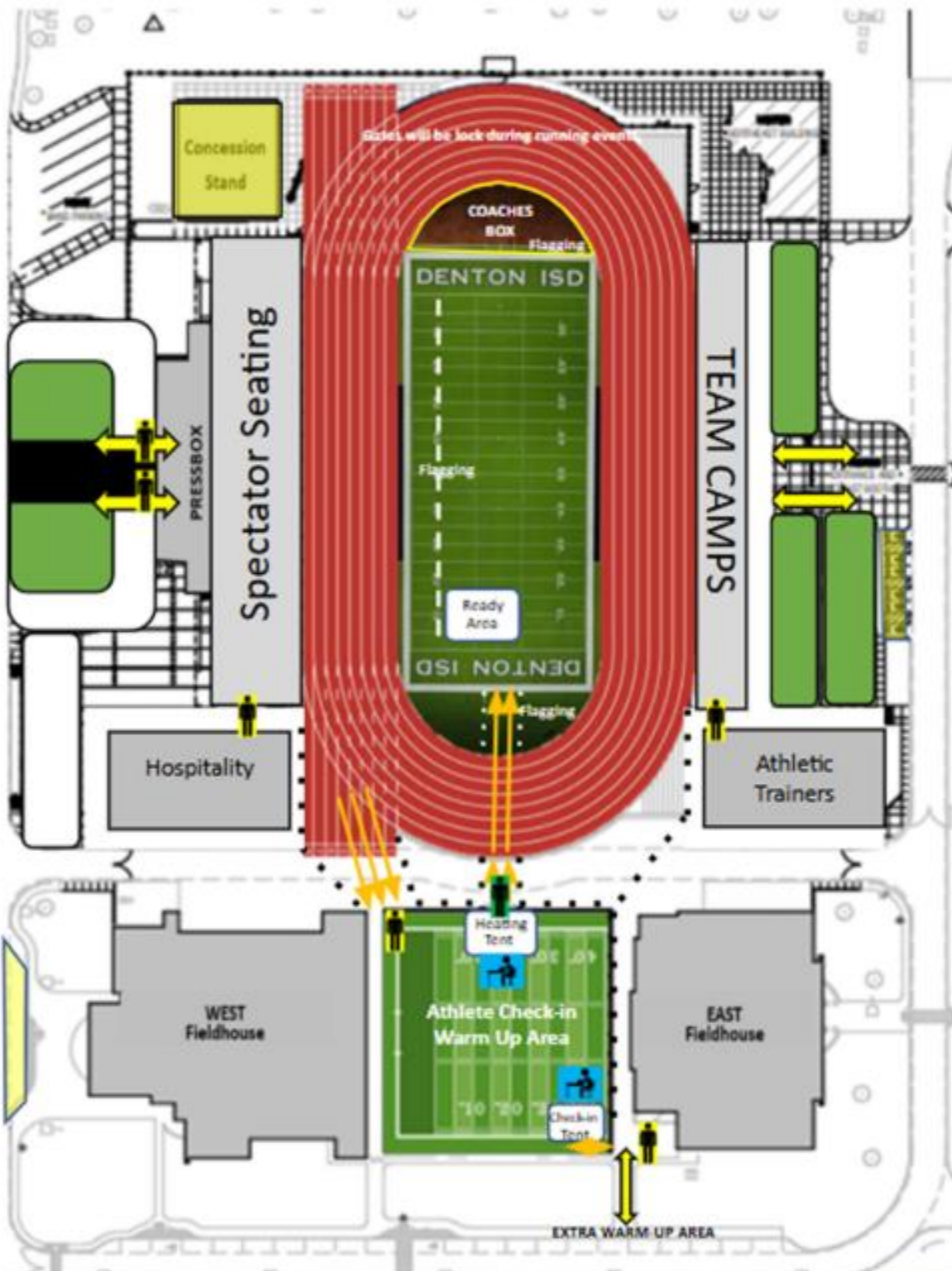
ALL BUSES will enter and exit the facility at the traffic light at the HWY 380 (University)/Navo Rd intersection. This not only helps with traffic flow during the school day, but also helps provides a much safer entry point onto HWY 380 (University Dr.)





Morning Sessions 2026

Field Set-up for 6-5A District Track





Links to Track and Field Forms

To access all track and field forms, click on the links below:

- [Meet entry form](#)
- [Pole vault certification form](#)
- [All forms](#)



District 6-5A Track & Field District Championships 2026 SportsYou Information For HEAD Coaches Only. Please do not share this with parents/athletes.

sportsYou



You've been invited to join

District 6-5A Track and Field Championships 2026

Use your **unique access code** below and follow the instructions.

Access Code

L2HG-V4T9

Join via Website

New Users

1. From your computer, phone, or tablet, visit **sportsyou.com**
2. Click **Get Started** and enter your email
3. Go to your email and click **Confirm Your Email**
4. Click **Enter Access Code** to enter code, then finish setting up your account

Existing Users

1. From your computer, phone, or tablet, go to **sportsyou.com** and log in
2. In left column, click **Join Team/Group**.
3. Click **Enter Access Code** to enter code, then **Join Team** or **Join Group**

Join via App

New Users

1. On mobile device download **sportsYou app** from the **App Store** (iOS) or **Google Play Store** (Android)
2. Open the sportsYou app and tap **Create Account**
3. Tap **Enter Access Code** to enter code, then finish set up

Existing Users

1. On mobile device log in
2. In bottom tray, tap **Teams/Groups**
3. Tap **blue +** button, then tap **Join Team/Group**
4. Enter access code and click **Join**



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