

T.A.P.P.S. District 1-4A/3A TRACK MEET

Lake Country Christian

April 19th, 2022

7050 Lake Country Drive

Fort Worth, TX. 76179



**“Let us run with perseverance the race marked out for us.
Let us fix our eyes on Jesus...”
Hebrews 12:2**

SCHEDULE OF EVENTS



T.A.P.S. District 1-4A/3A TRACK MEET

GENERAL INFORMATION

Date: Tuesday April 19th, 2022

Track Meet Site: 7050 Lake Country Drive
Fort Worth, TX. 76179

Coaches Meeting
Location: Byers Center

Host School: Lake Country Christian School

SCHEDULE

9:00 am **Coaches Meeting**

9:30 a.m. **3200 Meter Run** (3A Girls, 4A Girls, 3A Boys, 4A Boys)

9:45 a.m. **FIELD EVENTS** (*Schools listed beside field event will be responsible to run that event off for both Divisions.*)

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Pole Vault -	All Girls, All Boys	Lubbock Christian, Midland Classical
Shot -	3A Boys, 3A Girls, 4A Boys, 4A Girls	Covenant, Denton Calvary
Discus -	4A Boys, 4A Girls, 3A Boys, 3A Girls	Lake Country, FW Calvary
Long Jump -	4A Boys, 3A Boys, 4A Girls, 3A Girls	Lubbock Trinity, Harvest Christian, San Jacinto
Triple Jump -	4A Girls, 3A Girls, 4A Boys, 3A Boys	Midland Trinity, FW Temple, Dallas International
High Jump -	3A Boys, 3A Girls, 4A Boys, 4A Girls	Fellowship, Trinity Christian WP

RUNNING EVENT PRELIMS

11:15 100-110 Hurdles **Each School Provide a Flight of Hurdle setters**
11:30 100 Meters
11:45 400 Meters
12:05 300 Hurdles
12:25 200 Meters

RUNNING EVENT FINALS – 1 Hour After Conclusion of Prelims

Running Order will be 3A Girls, 4A Girls, 3A Boys, 4A Boys

400 meter relay
800 meter run
100 meter hurdles **Each School Provide a Flight of Hurdle setters**
110 meter hurdle **Each School Provide a Flight of Hurdle setters**
100 meter dash
800 meter relay
400 meter dash
300 meter hurdles
200 meter dash
1600 meter run
1600 meter relay

AWARDS

Plaques 1st Place Team
 2nd Place Team
 1st in Relays

Medals 1st, 2nd, 3rd Place in all events

TEAMS Represented

3A Teams
FW Calvary
Denton Calvary
Kennedale Fellowship
Harvest Christian
Dallas International School
Midland Classical
Amarillo San Jacinto
FW Temple

4A Teams
Colleyville Covenant
Lake Country Christian
Lubbock Christian
Lubbock Trinity
Trinity Christian Willow Park
Midland Trinity

FACILITIES

1. All team camps are to be in the grass areas as well as beside and behind the bleachers.
2. Warm-up for shot and discus at **those areas**.
3. Listen to the PA system carefully for all announcements and calls for events.
4. Use ¼” pyramid spikes. NO Christmas tree or needles spikes allowed. Shot and discus areas are concrete. Use only rubber soled shoes. **DO NOT** scratch marks on the track. Use tennis balls or plastic markers for relay marks. Please remove all tennis balls from the track immediately following each event.
5. Blocks will be provided.
6. Relay Exchange Zones

400 Meter Relay	Yellow Exchange
800 Meter Relay	Green Exchange
1600 Meter Relay	Blue Exchange
7. **NO DRINKS OR FOOD ALLOWED ON FIELD**

GENERAL RULES

1. Scoring will follow T.A.P.P.S. standards.
2. Participants may run two of the following: 400, 800, 1600, 3200 meter run.
3. **Only athletes warming up and participating in an event may be on the field. All other athletes are to be at their respective tents. The stands are reserved for spectators. Coaches serving as back up timers and whose athlete(s) are in the event being run may be on the field.**
4. **NO Gatorade or other colored sports drinks allowed on the field or track. Keep all sports drinks in the team tent area. Two water buffaloes will be provided for hydration.**
5. Athletes may participate in three running and two field events, or two running and three field events, or five field events. Relays are considered a running event.
6. The Fair Effort Rule will be strictly enforced in all final events. If an individual scratches in an event, that individual cannot participate in any other events during that meet. Any place or points earned prior to the scratch shall stand. If the scratched individual is a member of a relay, and there is no substitute for the relay, it does not prevent other relay members from competing in individual events for which they have qualified. (As per T.A.P.P.S. Manual, p. 110, Contest Rules - Athletics Section.)
7. Shots and discus will be pooled and weighed (Boys – 12 lb. & Girls – 4 kg). Weigh-in will occur on the west side of the Concession Stand. Shot and discus will be delivered to shot ring.
8. Runners are to walk back to the finish line **in their lane** after each race.
9. Appeals must go directly to the meet referee, and will be heard by an appeals committee made up of U.S.A.T.F. officials. **There will be a \$25.00 fee for appeals.**

Upon completion of the meet, the host schools will be responsible to certify their entries (the top 4 finishers in each event, including relays). If you qualify a relay for the Regional Track and Field meet, substitutions are permitted on the relays. Entries must be submitted to TAPPS using their roster form which can be found on the TAPPS website under forms. Please check the TAPPS calendar for the deadline date for these entries.