

INTRAMURAL TRACK MEET INFORMATION

EVENT LOCATION

The Intramural Track meet will be held at Mike A. Myers Stadium.

MEET SCHEDULE and ORDER OF EVENTS

Field Events: Check-in for field events begins at 5:00pm. Events start at 5:30pm.

Field Events: Long Jump, Shot Put, Softball Throw – 5:30pm

Running Events: Check-in for races begins at 6:00pm. Events will start at 6:30pm. NOTE: Check-in calls will be made fifteen minutes prior to each race.

Women will run 1st. Men will run 2nd.

6:30pm – 4 x 100 m relay

6:40pm - 1500 m run

6:55pm - 100/110 m hurdles

7:10pm - 400 m run

7:20pm - 100 m dash (prelims) The top two qualifiers from each heat, plus the next best times to equal 8)

7:30pm - 800 m run

7:40pm - 200 m dash

7:50pm - 3200 m run

8:10pm - 100 m (finals)

8:15pm – 4 x 400 m relay

ELIGIBILITY TO PARTICIPATE

- 1) Only current UT students and faculty/staff with RecSports memberships are eligible.
- 2) All participants must be prepared to show a **VALID PHOTO ID** at all times during the meet.
- 3) **UNIVERSITY OF TEXAS VARSITY ATHLETES, INCLUDING WALK-ONS, RED SHIRTS, AND TRANSFERS ARE NOT ELIGIBLE FOR THE INTRAMURAL TRACK MEET.**
- 4) Former letter winners in cross-country or track at any university are NOT eligible.

EVENT REGISTRATION RULES

- 1) Each participant will participate in the meet either as a member of a team, or as an unattached individual.
- 2) Each participant is limited to a maximum of 3 running events in the meet, including relays. A team may enter a maximum of 4 participants per event.
- 3) Each participant may enter all of the field events. A team may enter a maximum of 4 participants per event.
- 4) Should fewer than four individuals or teams enter an event, it may be cancelled.
- 5) Some events may combine male and female competitors, but will separate them for points.

TEAM INFORMATION

- 1) **Teams are limited to 15 individuals.** A minimum of 4 individuals must enter and compete in at least one event in order to earn points toward the team championship.
- 2) **Each team is limited to 4 individuals per event, including field events.**
- 3) **Each team is limited to one team per relay.**
- 4) Team points will be awarded as follows: 10-8-6-5-4-3-2-1. Relays will score double points.

MEET FORMAT

- 1) All participants must show their ID and check in at the central information area and receive their participant NUMBER before participating in any events.
- 2) Participants must be prepared to show a photo ID at all times.
- 3) Participants will NOT be permitted to add or change events on site.
- 4) Unattached participants WILL be permitted to form relay teams on site.
- 5) If multiple heats are needed for an event, no more than 2 members of any one team may run in the same heat.
- 6) Team captains may select for their team members.
- 7) Participants will REPORT to the starting line for their event when called over the PA system (15/10/5 minutes before each event). DO NOT REPORT AND THEN LEAVE THE AREA AND MISS YOUR HEAT!
- 8) EACH COMPETITOR WILL RUN THE EVENT ONLY ONCE (EXCEPTION: 100 M DASH). Order of finish in events with multiple heats will be determined by time.

FIELD EVENT FORMAT

Shot Put – Flights of 5-8 will throw per round. Each participant will get 3 throws only. No finals.

Softball Throw – Each contestant will take 3 consecutive throws. The longest throw will be measured. IM softballs will be provided.

Long Jump – Each contestant will take three jumps by flights of 5 – 8 participants. Three jumps only. No finals.

EVENT T-SHIRT

All registered/paid participants will receive an event t-shirt that must be picked up at the meet. Participants can pick up their shirts starting at 5:00pm on meet day. Team captains may pick up shirts for their team, and for any team members not present.

AWARDS

- 1) Men's and Women's team champions will each receive Intramural Champion shirts and have a team photo taken for the Intramural Champion Wall of Fame. Participation in at least one event is required. NOTE: Any individuals that have earned a champion shirt for winning an event will NOT receive an additional champion shirt for being a member of the winning team.
- 2) The participant with the best time or distance overall in each event will win an Intramural Champion shirt.