UNIVERSITY INTERSCHOLASTIC LEAGUE BOYS AND GIRLS OFFICIAL TRACK AND FIELD ENTRY FORM

Make one copy for your meet director and one for your files. *Do not return to the League office*. Directors of district, area and regional meets will certify representatives per each site director's instructions.

2024 NFHS Track and Field Rules

Electric or digital timers which measure one one-hundredth of a second must be used. However, unless it is a fully automatic system, times registered in one one-hundredth of a second shall be rounded up to the next tenth of a second. (Example: 10.42 will be recorded as 10.5 unless a FAT system is used.) If the FAT and manual times must be integrated, the hand-held times shall first be rounded up to the slower one-tenth of a second. Then a conversion factor of .24 must be added (i.e. MT+.24 = FAT). A record shall not be granted unless the time is recorded by FAT.

Date	Conference			District Meet	
				Area Meet	
				Regional Meet	
Check One:	Boys	Girls			
Coach	School		City		
Coach Email	Cell #		School Work #		
RUNNING EVENTS					
1. 3200-Meter Run	1	2	·	3.	
2. 400-Meter Relay	1	2		3	
	4	5		5	
3. 800-Meter Run	1	2	:	3	
4. 100-Meter High Hurdles	1	2	:	3	
4. 110-Meter High Hurdles	1	2		3	
5. 100-Meter Dash	1	2	:	3	
6. 800-Meter Relay	1	2	:	3	
	4.	5		5	

(Superintenden	t or designated administrator)		(Coach)
Signature		Signature	
6. Pole Vault	1	_ 2	3
5. Triple Jump	1	_ 2	3
4. Shot Put	1	_ 2	3
3. Long Jump	1	2	3
2. High Jump	1	2	3
FIELD EVENTS 1. Discus	1	2	3
	4	_ 5	6
11. 1600-Meter Relay	1	2	3
10. 1600-Meter Run	1	2	3
9. 200-Meter Dash	1	2	3
8. 300-Meter Inter. Hurdles	1	2	3
7. 400-Meter Dash	1	_ 2	3