

REGION CHAMPIONSHIPS @ Timpview High School

DAY 1: WEDNESDAY, MAY 10TH

Running Events 3:30 (Girls then Boys, 1600 and Medley fastest heats first)

1600 Meter Finals
100/110 Meter Hurdles Trials
100 Meters Trials
400 Meters Trials
Medley Relay Finals
300 Meter Hurdles Trials
200 Meter Trials

Field Events start at 3:00

Implement check in from 2:00-3:30

Girls Javelin
Girls Shot Put
Girls Long Jump
Boys Discus
Boys High Jump (5'4" O.H.)

School in charge of event

Alta
Corner Canyon
Provo
Orem
Timpanogos

DAY 2: THURSDAY, MAY 11TH

Running Events 3:30 (Girls then Boys, 3200, 800, Relays fastest heats first)

3200 Meters Finals
100/110 Meter Hurdles Finals

100 Meters Finals
Academic All-Region Presentation

4x100 Meter Relay Finals
400 Meters Finals
300 Meter Hurdles Finals
800 Meters Finals
200 Meters Finals
4x400 Meter Relay Finals

Field Events 3:00

Implement check in from 2:00-3:30

Boys Javelin
Boys Shot Put
Boys Long Jump
Girls Discus
Girls High Jump (4'4" O.H.)

School in charge of event

Alta
Corner Canyon
Provo
Orem
Timpanogos

1. The following awards should be given.
 - a. 1 Team Region Trophy (Boys & Girls).
 - b. Region Championship Meet: Medals for the first six (6) places in individual events, and medals to the top two (2) places in relay events (Boys & Girls). Top four (4) places (relays & individual events) at Region Championship qualify for the State meet.

2. Region Championship Meet: Field Events 3pm Track Events 3:30pm
 - a. Each school will be allowed seven (7) athletes per event and one (1) relay team per event.
 - b. There will be an all-region designation given to the region champions of each event. The host school will notify the press.
 - c. All recorded times must be electronic and wind gauges used. All times for running events below 800 meters must be FAT times or it is considered as "no time".
 - d. The games committee (which will consist of a coach from each school) and/or referee will make all decisions on any protest that may occur.
 - e. Seed times and distances will be posted on runnercard.com by Monday May 9th at 10p.
 - f. The top 8 times for track events and top 9 for field events will advance to finals, regardless of placing in heats. No alternates will be added or lanes field for the finals.
 - g. Pole vault is a non-scoring event. It will be contested for boys and girls at Timpanogos High School on May 10th at 4p.
 - h. The region championship host must hire a field judge and race starter from the UHSAA who is US Track & Field certified. The region will pay the starter \$100/day and \$75 for shells as well as \$50/day for the field judge. The host school will provide a meal for four (4) coaches each day to be covered by the region. Schools will be charged \$70 to cover these region expenses.
 - i. Each school will responsible for staffing two (2) adults to run one (1) field event at the region championship.