

REGION 7 CHAMPIONSHIPS

@ CORNER CANYON HIGH SCHOOL

Wednesday, May 8th & Thursday, May 9th, 2019

Dear Coaches,

Registration for the Region 7 Championships will be done through RunnerCard. Registration will close on **Monday, May 6th at midnight**. There will be no changes allowed following the end of the registration window. Each school will be allowed up to 6 entries per individual event and 1 relay entry.

Following the end of registration, athletes will be seeded and organized into flights and heats. A copy of the "proposed flights and heats" will be emailed to all the coaches no later than Tuesday, May 7th @ 3:00pm. Instead of a seeding meeting, coaches can request any changes to the flights or heats by emailing Coach Moody at coachdevinmoody@gmail.com up until Tuesday at 10:00pm.

The final Heat Sheets will be emailed out on Wednesday morning and will be available for all coaches the day of competitions.

The following responsibilities will be given to each school to cover an event (measuring tape and clipboards provided)

Cottonwood – Javelin

Jordan – Shot Put

Brighton – Discus

Timpview – Long Jump

Cottonwood – High Jump

Alta – Pole Vault

The bull pen will be on the north side of the football field for all Track events. Field events should report directly to their event location. The football field will function as a warm-up area only for athletes who have checked in for an event. All other athletes and coaches should spectate and cheer around the perimeter of the track.

Underneath the northside of the stadium there will be a room open to coaches throughout the event stocked with snack and drinks. At 5:00pm on both days the room will also have a potluck dinner made by parents. Coaches can come at anytime to take a break and get some food and drink.

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ORDER OF EVENTS

WEDNESDAY, MAY 8TH – Starts at 3:00 PM

- weigh implements on the southside of the stadium from 2:00-3:00pm
- track events will be girls first, then boys
- distance races will be slowest heat first

Running Events (Girls/Boys) – Estimated Times

3:00pm	1600 Meter Finals
3:35pm	100/110 Meter Hurdles Trials
3:55pm	100 Meters Trials
4:15pm	400 Meters Trials
4:35pm	Medley Relay Finals
4:55pm	300 Meter Hurdles Trials
5:10pm	200 Meter Trials
5:30pm	Awards for all Wednesday Finals

Field Events @ 3:00pm

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

THURSDAY, MAY 9TH – Starts at 3:00 PM

- weigh implements on the southside of the stadium from 2:00-3:00pm
- track events will be girls first, then boys
- distance races will be slowest heat first

Running Events (Girls/Boys) – Estimated Times

3:00pm	3200 Meters Finals
3:40pm	100/110 Meter Hurdles Finals
3:50pm	100 Meters Finals
4:00pm	400 Meters Finals
4:15pm	4x100 Meter Relay Finals
4:25pm	Break / Awards for concluded Finals
4:45pm	300 Meter Hurdles Finals
4:55pm	800 Meters Finals
5:10pm	200 Meters Finals
5:20pm	4x400 Meter Relay Finals
5:30pm	Awards for remaining Finals / Team Awards

Field Events @ 3:00pm

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

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EVENT MAP

