

2023 Region 4 Championship

Westlake High School
 Wednesday May 10th and Thursday May 11th @ 2 PM

We are excited to be hosting the 2023 Region 4 Championships at Westlake High School.

MEET START TIME: 2:00 PM // WARM UPS OPEN 1:00 PM

Wednesday May 10th	Thursday May 11th
<p style="text-align: center;">4x200m Finals 1600m Finals 100m / 110m Hurdles Trials 100m Trials 400m Trials 300m Hurdles Trials 200m Trials 4x800m Finals</p> <hr/> <p>Field Events</p> <p>Girls High Jump (Starting at 4’04”) Boys Long Jump Girls Shot Put Girls Javelin Boys Discus</p>	<p style="text-align: center;">4x100m Finals 4x100m Finals (Unified) 3200m Finals 100m / 110m Hurdles Finals 100m Finals 50m Dash (Unified) 400m Finals Academic All-Region Presentation 300m Hurdles Finals 800m Finals 200m Finals 4x400m Finals</p> <hr/> <p>Field Events</p> <p>Boys High Jump (Starting at 5’04”) Girls Long Jump Boys Shot Put (Unified in 1st or 2nd flight) Boys Javelin Girls Discus</p>

NOTE: Pole Vault will be contested on Tuesday May 9th at Lone Peak High School at 1 pm.

ADDITIONAL INFORMATION

We will need everyone's help to ensure the meet runs as smoothly and timely as possible. We will start on time.

- Coaches meeting will be at 1:45 PM at the finish line.
- Each team will be allowed: six (6) entries in each individual running event, six (6) entries in each field event, and one (1) relay team per relay event.
- Please have all your registrations done by **Monday, May 8th at 5:00 PM.**
- **Coaches seeding meeting will be held on Monday May 8th at 5:30 PM.**

- Girls will go first in all running events, followed by the boys.
- There will be medals awarded at the meet for the first 6 places in individual events and first 3 places in relays.

Crossbar Progressions

High Jump and the Pole Vault will be raised:

Girls HJ - 4'4" - 5'4" two inch increments. One inch thereafter.

Boys HJ - 5'4" - 6'4" two inch increments. One inch thereafter.

Boys PV - 8'0" - 12'0" six inch increments. Three inches thereafter.

Girls PV - 6'0" - 10" six inch increments. Three inches thereafter

Team Assignments

Bullpen // Maple Mountain	Discus // Westlake
High Jump // Pleasant Grove	Pole Vault // Lone Peak
Javelin // Skyridge	Relay Exchanges // Everyone
Long Jump // American Fork	Hurdle Crew // Everyone
Shot Put // Corner Canyon	