

2017
REGION 7 TRACK & FIELD CHAMPIONSHIPS
HOSTED BY SKYRIDGE HIGH SCHOOL



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. All recorded times and distances entered must come from a region meet or state qualifying track meet. All times for running events below 800 meters must be FAT times or it is considered as "no time".
- c. 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.
- d.. Seed times and distances will be posted on runnercard.com by Monday May 8th at 10p.
- e. The top 8 times for track events and top 9 for field events will advance to finals, regardless of placing in heat. No alternates will be added or lanes field for the finals.
- f. Pole vault is a non-scoring event. It will be contested for boys and girls at Timpanogos High School on May 9th at 4p.
- g. Javelin is grass runway.
- h. Opening height for the high jump is as follows: Boys 5-4 Girls 4-4
- i. The host school will provide a meal for four (4) coaches each day to be covered by the region.
- j. Each school will responsible for staffing two (2) adults to run one (1) field event at the region championship.
- k. Academic All-Region:
Each school will provide their own certificates for their students to be recognized at the region championship meet. A 3.75 GPA or higher will be accepted.
- l. Our Stadium provides plenty of area for canopies etc.**

Tuesday, May 9th
4:00pm - Boys/Girls Pole Vault @ Timpanogos 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 School in charge of event

Implement check in from 2:00-3:30

Girls Javelin	Alta
Girls Shot Put	Corner Canyon
Girls Long Jump	Provo
Boys Discus	Orem
Boys High Jump (5'4" O.H.)	Mountain View

Hurdle Crew: Timpanogos, Timpview, Skyridge

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 School in charge of event

Implement check in from 2:00-3:30

Boys Javelin	Alta
Boys Shot Put	Corner Canyon
Boys Long Jump	Provo
Girls Discus	Orem
Girls High Jump (4'4" O.H.)	Mountain View

Hurdle Crew: Timpanogos, Timpview, Skyridge