

# 2022 Region 4 Track & Field Championships

**Date:** May 11-12, 2:00 p.m.

**Location:** Skyridge High School, 3000 N. Center, Lehi, UT 84043

**Registration:** Registration is on runnercard.com and will close the **Monday, May 9th at 5pm** (the start of the seeding meeting). Please only enter athletes you know will be competing!

Each team will be allowed six (6) athletes in all events and one (1) relay team per relay event. A single athlete can compete in up to 4 events.

**Note:** Please make sure to use only 1/4" (or shorter) pyramid spikes to help preserve our track. All throwing implements will be weighed and certified according to the National Federation Rules. The weigh-in will be conducted at the north end of the stadium under the west bleachers from 1:00 to 2:00. Make sure your athletes are using the IAAF javelins.

- Throwers and Jumpers will be allowed three tries (top nine to finals).
- All lane events will have trials on Wednesday and finals on Thursday. Distance events are timed finals.
- The 4x200 will be a **4-turn stagger** and the 4x400 will be a 3-turn stagger.
- Javelin is a grass runway and will be located on the infield. Discus will also be competed on the infield
- The infield is being used for Javelin and Discus.....No warm ups on the infield for safety reasons!!
- Check in for events will be at the start line

Event Assignments:

Timing: American Fork

Pole Vault: Lone Peak

High Jump: Pleasant Grove

**Long Jump: 1 person from each school per day**

Shot Put: Corner Canyon

Discus: Westlake

Javelin/Hosting/Bullpen: Skyridge

Relay Exchanges: Everyone

Hurdles: Everyone

**Meet Contact:** Cody Fannesbeck (801) 259-7775 email: cfannesbeck@alpinedistrict.org

# Event Schedule Day 1 (Wednesday)

Starting @ 2pm

Starting @ 2pm

<b>Running Events</b>		<b>Field Events</b>
<b>Girls 4x200 Relay</b>		<b>Girls Pole Vault- Starting Height- 6'-0"</b> <b>Boys Pole Vault- Starting Height- 8'-0"</b>
<b>Boys 4x200 Relay</b>		<b>Boys Long Jump</b>
<b>Girls 3200m Timed Final</b>		<b>Girls High Jump Starting Height- 4'-04"</b>
<b>Boys 3200m Timed Final</b>		<b>Girls Shot Put</b>
<b>Girls 100m Hurdle Trials</b>		<b>Girls Javelin</b>
<b>Boys 110m Hurdle Trials</b>		<b>Boys Discus</b>
<b>Girls 100m Trials</b>		
<b>Boys 100m Trials</b>		
<b>Girls 400m Trials</b>		
<b>Boys 400m Trials</b>		
<b>Girls 300m Hurdle Trials</b>		
<b>Boys 300m Hurdle Trials</b>		
<b>Girls 200m Trials</b>		
<b>Boys 200m Trials</b>		
<b>Girls 4x800m Relay Final</b>		
<b>Boys 4x800m Relay Final</b>		

# Event Schedule Day 2

(Thursday)

Starting @ 2pm

Starting @ 2pm

Running Events		Field Events
Girls 4x100 Relay Final		Girls Long Jump
Boys 4x100 Relay Final		Boys High Jump Starting Height- 5'-04"
Girls 1600m Timed Final		Boys Shot Put
Boys 1600m Timed Final		Boys Javelin
Girls 100m Hurdle Final		Girls Discus
Boys 110m Hurdle Final		
Girls 100m Final		
Boys 100m Final		
Girls 400m Final		
Boys 400m Final		
Academic All-Region Presentation		
Girls 300m Hurdle Final		
Boys 300m Hurdle Final		
Girls 800m Timed Final		
Boys 800m Timed Final		
Girls 200m Final		
Boys 200m Final		
Girls 4x400m Final		
Boys 4x400m Final		

