

2021 Region 4 Championships

Date: May 12-13, 2:00 p.m.

Location: American Fork High School, 510 N Cavemen Blvd, American Fork, UT 84003

Registration: Registration is on runnercard.com and will close the **Monday, May 10 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 new 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 **2-turn stagger** and the 4x400 will be a 3-turn stagger.
- Javelin is a grass runway and is located on the field just south of the main building and parking lot.
- Spectators must wear masks on entry and exit of the facility as well as during the meet. Those sitting at least 6 feet from others may remove the mask.

Event Assignments:

Host/Timing/Bullpen: American Fork

Pole Vault: Lone Peak

High Jump: Pleasant Grove

Long Jump: 1 person from each school per day (excluding AF)

Shot Put: Corner Canyon

Discus: Westlake

Javelin: Skyridge

Relay Exchanges: Everyone

Hurdles: Everyone

Meet Contact: Brett Myrup (435) 512-3116

email: bmyrup@alpinedistrict.org

Event Schedule Day 1

(Times and heat #'s are estimation only.)

Estimated Start Time	Event	# of Heats	Start Time	Event	# of Flights
2:00 pm	Girls 3200m Timed Final	1	2:00 pm	Boys Pole Vault	1
2:15 pm	Boys 3200m Timed Final	1	2:00 pm	Boys Long Jump	2-3
2:30 pm	Girls 100m Hurdle Trials	4-5	2:00 pm	Girls High Jump	1
2:50 pm	Boys 110m Hurdle Trials	4-5	2:00 pm	Girls Shot Put	2-3
3:10 pm	Girls 100m Trials	4-5	2:00 pm	Girls Javelin	2-3
3:25 pm	Boys 100m Trials	4-5	2:00 pm	Boys Discus	2-3
3:40 pm	Girls 400m Trials	4-5			
3:55 pm	Boys 400m Trials	4-5			
4:15 pm	Girls 300m Hurdle Trials	4-5			
4:35 pm	Boys 300m Hurdle Trials	4-5			
4:55 pm	Girls 200m Trials	4-5			
5:10 pm	Boys 200m Trials	4-5			
5:30 pm	Girls 4x800m Final	1			
5:45 pm	Boys 4x800m Final	1			
6:00 pm	Girls 4x200m Final	1			
6:05 pm	Boys 4x200m Final	1			

Event Schedule Day 2

Estimated Start Time	Event	# of Heats	Start Time	Event	# of Flights
2:00 pm	Girls 1600m Timed Final	2	2:00 pm	Girls Pole Vault	1
2:15 pm	Boys 1600m Timed Final	2	2:00 pm	Girls Long Jump	2-3
2:30 pm	Girls 100m Hurdle Final	1	2:00 pm	Boys High Jump	1
2:40 pm	Boys 110m Hurdle Final	1	2:00 pm	Boys Shot Put	2-3
2:50 pm	Girls 100m Final	1	2:00 pm	Boys Javelin	2-3
2:55 pm	Boys 100m Final	1	2:00 pm	Girls Discus	2-3
3:00 pm	Girls 400m Final	1			
3:05 pm	Boys 400m Final	1			
3:10 pm	Presentation of Academic All Region Awards				
3:30 pm	Girls 4x100m Final	1			
3:35 pm	Boys 4x100m Final	1			
3:45 pm	Girls 300m Hurdle Final	1			
3:55 pm	Boys 300m Hurdle Final	1			
4:05 pm	Girls 800m Timed Final	2			
4:15 pm	Boys 800m Timed Final	2			
4:25 pm	Girls 200m Final	1			
4:30 pm	Boys 200m Final	1			
4:40 pm	Girls 4x400m Final	1			
4:50 pm	Boys 4x400m Final	1			
5:00 pm	Presentation of Team Awards				

