

REGION IV TRACK & FIELD SCHEDULE 2023

Tues, Mar 14th, 2023	"A"	CC, Westlake @ American Fork	LP, Pleasant Grove @ Skyridge
Tues, Mar 21st, 2023	"B"	Pleasant Grove, Westlake @ CC	Skyridge, American Fork @ LP
Tues, Mar 28th, 2023	"A"	Westlake, Skyridge @ LP	American Fork, CC @ PG
Tues Apr 11th, 2023	"B"	PG, Westlake @ American Fork	Corner Canyon, LP @ Skyridge
Tues, Apr 25th, 2023	Full	JV Region @ Corner Canyon	
Wed/Thurs, May 10/11, 2023	2 Day	Region Championships @ Westlake	

TRI-MEET SCHEDULE		
SCHEDULE "A"	SCHEDULE "B"	FIELD EVENTS (3 ATTEMPTS)
Starts @ 2:30pm	Starts @ 2:30pm	
300m Hurdles 200m 3200m 100m 100/100m Hurdles 800m *4x200m *4x400m	100/110m Hurdles 100m 1600m 400m 300m Hurdles 200m 800m *4x100m *4x800m	2:30pm Girls High Jump Boys Pole Vault 3:30pm Boys High Jump Girls Pole Vault Open Pit - 2:30pm to 4:30pm Javelin Shot Put Discus Long Jump

**If there is time remaining in the schedule*

REGION CHAMPIONSHIPS SCHEDULE		JV REGION SCHEDULE
DAY 1	DAY 2	FULL SCHEDULE
Starts @ 2:00pm	Starts @ 2:00pm	Starts @ 2:00pm
4x200m Finals 1600m Finals 100/110m Hurdles Trials 100m Trials 400m Trials 300m Hurdles Trials 300m Hurdles 200m Trials 4x800m Finals Girls Pole Vault (Starting at 6') Boys Pole Vault (Starting at 8') Girls High Jump (Starting at 4'04") Boys Long Jump Girls Shot Put Girls Javelin Boys Discus	4x100m Finals 3200m Finals 100/110m Hurdles Finals 100m Finals 400m Finals Academic All-Region Presentation 300m Hurdle Finals 800m Finals 200m Finals 4x400m Finals Boys High Jump (Starting at 5'04") Girls Long Jump Boys Shot Put Boys Javelin Girls Discus	Starts @ 2:00pm 4x200m 4x800m 100/110m Hurdles 100m 1600m 400m 300m Hurdles 4x100m 800m 200m 3200m 4x400m
		Starts @ 2:00pm Girls High Jump Girls Shot Put Girls Javelin Boys Long Jump Boys Discus Boys Pole Vault Followed by: Boys High Jump Boys Shot Put Boys Javelin Girls Long Jump Girls Discus Girls Pole Vault

Event Assignments for Region	Pole Vault - Lone Peak High Jump - Pleasant Grove Long Jump - American Fork Shot Put - Corner Canyon Discus - Westlake Skyridge - Javelin Relay Exchanges/Hurdles - Everyone
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