

Region 10 Championships Uintah High School Information and Assignments

- Date:** Friday May 9, 2014, 3:30 PM
Saturday May 10, 2014, 8:00 AM
- Where:** Uintah High School --- Vernal, Utah
- Awards:** Presentation of Award/Medals will be on the second day at the end of the meet.
- Qualifiers:** The top 4 finishers in both individual events and relays qualify for state.
- Website:** Registration will be open on www.runnercard.com until 8pm May 8th. We will want to have seed times and marks to create preliminary heats and flights. Scratches of athletes at 2:45 on Friday, May 9th.
- Team**
- Assignment:** Javelin- Park City, Shot- Juan Diego, LJ- Uintah, HJ- Union and Disc- Morgan. Measuring tapes and clipboards will be provided at each event.
- Weigh-in:** 2:45 Union/Juan Diego assist on Friday
8:00 Morgan/Park City assist on Saturday
- Concessions will be available:**
Coaches' meals will be available
- Email or Call** with any questions:
Richard.henderson@uintah.net (435) 828-0451
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Running Events

May 9th:

Girls 1600m Run, Final

Boys 1600m Run, Final

Girls 100m Hurdles, Prelims

Boys 110m Hurdles, Prelims

Girls 100m Dash, Prelims

Boys 100m Dash, Prelims

Girls 400m Dash, Prelims

Boys 400m Dash, Prelims

Girls 300m Hurdles, Prelims

Boys 300m Hurdles, Prelims

Girls 200m Dash, Prelims

Boys 200m Dash, Prelims

Girls 1600m Medley Relay, Final

Boys 1600m Medley Relay, Final

**** Top 8 Advance to Finals from Prelims**

Field Events starting at 3:30

Girls High Jump, Girls Shot Put

Boys Long Jump, Girls Javelin

Boys Discus

Each athlete will get three marks plus finals, Top 9 Advance to Finals

Running Events

May 10th

Girls 3200m Run, Final

Boys 3200m Run, Final

Girls 100m Hurdle, Final

Boys 110m Hurdle, Final

Girls 100m Dash, Final

Boys 100m Dash, Final

Girls 4 x 100m Relay, Final

Boys 4 x 100m Relay, Final

Girls 400m Dash, Final

Boys 400m Dash, Final

Girls 300m Hurdle, Final

Boys 300m Hurdle, Final

Girls 800m Run, Final

Boys 800m Run, Final

Girls 200m Dash, Final

Boys 200m Dash, Final

Girls 4 x 400m Relay, Final

Boys 4 x 400m Relay, Final

Field Events starting at 9:00

Boys High Jump, Boys Shot Put

Girls Long Jump, Boys Javelin

Girls Discus

Each athlete will get three marks plus finals, Top 9 Advance to Finals