

2023 Region 10 Track & Field Championships

- Date:** Wednesday May 10th, 2023 @ 4:30 pm
Thursday May 11th, 2022 @ 4:30 pm
- Location:** Dixie High School
- Registration:** Registration will be through runnercard.com. Please enter marks for your athletes to improve proper seeding. Registration deadline is Tuesday May 9th at 8:00pm. Any emergency changes/adjustments can be made prior to the meet starting. Lanes with scratches will be left empty.
- Entries:** Each team is allowed 4 entries per individual event. Each athlete is allowed 4 events, including relays. Each team is allowed 1 relay team per gender per relay event.
- State Qualifying:** Top 6 placers in each individual event and relay event will automatically qualify for the State Championships. In addition, any athlete achieving a state qualifying mark in any heat/section/flight will qualify for the State Championships.
- Scoring:** Top 8 places for individual events (10, 8, 6, 5, 4, 3, 2, 1)
Top 6 places for relay events (10, 8, 6, 4, 2, 1)
- Games Committee:** The Games Committee will be comprised of a Coach from each school, which will be established at the coaches meeting.
The Games Committee will be assembled to discuss any disputes, grievances, or issues that may arise during the meet.
- Implement Weigh-in:** All throwing implements MUST be weighed and certified according to the National Federation Rules.
- Weigh-ins will be at the table in or by the concessions at the Southwest corner of the track. All implements MUST be marked and cleared in order to be used in any athlete attempt.
- Wednesday 5/10: Weigh-in will be open from 4:00pm - 5:00pm
- Thursday 5/11: Weigh-in will be open from 4:00pm - 5:00pm
- Running Events:** Athletes are to check in near the starting line with the Meet Clerk for each running event. If an athlete does not report by the time the lanes are finalized, they will be scratched from the event.
All Running events will go Girls first followed by Boys
Sprints: All sprint events will be seeded in serpentine pattern for preliminary rounds, with lane 4 as the preferred lane. Top 8 athletes in individual sprints will advance to the final round and will be seeded with lane 4 as the preferred lane. Please enter in accurate marks for proper seeding.
Distance: All distance events and not finishing in their assigned lanes must collect an ID sticker at check-in.

- Stickered events: 800M, 1600M, 3200M. - All distance events will be seeded with a waterfall start.
- The 800M Run will be split into two sections, with the slower section running first, followed by the faster seeded section second. We will run both girls sections, followed by the boys sections.
- The 1600M Run will be seeded into one girls section and one boys section with the girls section running first, followed by boys.
- The 3200M Run will be seeded into one girls section and one boys section with the girls section running first, followed by boys.

The 4x100M Relay will be seeded with lane 4 as the preferred lane.

The 4x400M Relay will be seeded in lanes with a waterfall style start with lane 1 as the preferred lane, ran with a 3-turn stagger.

The 4x200M Relay will be seeded in lanes with lane 4 as the preferred lane, ran with a 4-turn stagger.

Field Events: All field event athletes will be allowed 3 attempts. The TOP 9 athletes will advance to the finals and receive an additional 3 attempts.

- High jump athletes will be allowed 3 attempts per height and the bar will increase in 2" increments as the competition field allows.
- Shot Put: will be contested at the Shot Put ring located in the southwest corner of the in field. Shot Put is a concrete ring.
- Javelin: will be contested on the field South of the stadium. The javelin is on a grass runway.
- Discus: will be contested on the field west of the stadium. Discus will have an enclosed cage and on a concrete ring.
- Long Jump: will be contested on the south end of the in field. Runway is rubberized with a sand jumping pit.
- High Jump: will be on the rubberized pad on the north end of the infield. Starting heights will be as follows:
 - Girls: 4-00, 4-02, 4-04, 4-06, 4-08, 4-10, 5-00, and one inch increments thereafter at the discretion of the Event Judge and the last 3 athletes in.
 - Boys: 5-00, 5-02, 5-04, 5-06, 5-08, 5-10, 6-00, and one inch increments thereafter at the discretion of the Event Judge and the last 3 athletes in.

Concessions: A concession stand will be operating at the meet both days.

Meet Contact: Greg Butterfield

Schedule of Events

Day 1: Wednesday May 10th, 2023

4:00 PM Team Packets available at the Finish Line Table.

4:30 PM Coaches Meeting

5:00 PM Meet Begins

RUNNING EVENTS

5:00 PM Girls 3200M Run Finals
Boys 3200M Run Finals
Girls 100M Hurdles Prelims
Boys 110M Hurdles Prelims
Girls 100M Dash Prelims
Boys 100M Dash Prelims
Girls 400M Dash Prelims
Boys 400M Dash Prelims
Break - 15 Minutes
Girls 300M Hurdles Prelims
Boys 300M Hurdles Prelims
Girls 200M Dash Prelims
Boys 200M Dash Prelims
Break - 15 Minutes
Girls 4x800M Relay Finals
Boys 4x800M Relay Finals
Girls 4x200M Relay Finals
Boys 4x200M Relay Finals

FIELD EVENTS

4:30 PM Girls High Jump Finals
Boys Long Jump Flights
Boys Long Jump Finals
Boys Discus Flights
Boys Discus Finals
Girls Javelin Flights
Girls Javelin Finals
Girls Shot Put Flights
Girls Shot Put Finals

Day 2: Thursday May 11th, 2023

4:30 PM Coaches Meeting

4:50 PM National Anthem

5:00 PM Meet Begins

RUNNING EVENTS

5:00 PM Girls 1600M Run Finals
Boys 1600M Run Finals
Girls 100M Hurdles Finals
Boys 110M Hurdles Finals
Girls 100M Dash Finals
Boys 100M Dash Finals
Girls 400M Dash Finals
Boys 400M Dash Finals
Unified 50M Dash/Break - 15 Minutes
Girls 300M Hurdles Finals
Boys 300M Hurdles Finals
Girls 800M Run Finals
Boys 800M Run Finals
Girls 4x100M Relay Finals
Boys 4x100M Relay Finals
Unified 4x100M Relay
Girls 200M Dash Finals
Boys 200M Dash Finals
Girls 4x400M Relay Finals
Boys 4x400M Relay Finals
Team Awards

FIELD EVENTS

4:30 PM Boys High Jump
Girls Long Jump Flights
Girls Long Jump Finals
Girls Discus Flights
Girls Discus Finals
Boys Javelin Flights
Boys Javelin Finals
Boys Shot Put Flights
Boys Shot Put Finals
Unified Shot Put After Boys Final