

REGION 7 CHAMPIONSHIPS

@ CORNER CANYON HIGH SCHOOL

Wednesday, May 8th & Thursday, May 9th, 2019

Dear Coaches,

Registration for the Region 7 Championships will be done through RunnerCard. Registration will close on **Monday, May 6th at midnight**. There will be no changes following the end of the registration window. Each school will be allowed up to 6 entries per individual event and 1 relay entry.

Following the end of registration, athletes will be seeded and organized into flights and heats. A copy of the "proposed flights and heats" will be emailed to all the coaches no later than Tuesday, May 7th @ 3:00pm. Instead of a seeding meeting, coaches can request any changes to the flights or heats by emailing Coach Moody at coachdevinmoody@gmail.com up until Tuesday at 10:00pm.

The final Heat Sheets will be emailed out on Wednesday morning and will be available for all coaches the day of competitions.

The following responsibilities will be given to each school to cover an event (measuring tape and clipboards will be provided)

Cottonwood – Javelin

Jordan – Shot Put

Brighton – Discus

Timpview – Long Jump

Cottonwood – High Jump

Alta – Pole Vault

The bull pen will be on the north side of the football field for all Track events (map included). Field events should report directly to their event location. The football field will function as a warm-up area only for athletes who have checked in for an event. All other athletes and coaches should spectate and cheer around the perimeter of the track.

Underneath the northside of the stadium there will be a room open to coaches throughout the event stocked with snack and drinks. At 5:00pm on both days the room will also have a potluck dinner made by parents. Coaches can come at anytime to take a break and get some food and drink.

REGION 7 CHAMPIONSHIPS

ORDER OF EVENTS

TUESDAY, MAY 7TH – Starts at 3:30 PM @ Alta HS

3:30pm Girls & Boys Pole Vault @ Alta HS

WEDNESDAY, MAY 8TH – Starts at 3:00 PM

- weigh implements on the southside of the stadium from 2:00-3:00pm
- track events will be girls first, then boys (slowest heat first in distance races)
- events will not start before the listed time

Running Events (Girls/Boys) – Estimated Times

3:00pm 100/110 Meter Hurdles Trials
3:25pm 100 Meters Trials
3:50pm 1600 Meter Finals (2 Heats of 18)
4:20pm 400 Meters Trials
4:45pm 300 Meter Hurdles Trials
5:10pm 200 Meter Trials
5:35pm Medley Relay Finals
5:45pm Awards for all Wednesday Finals

Field Events @ 3:00pm

Girls Shot Put
Girls Javelin
Girls Long Jump
Boys Discus
Boys High Jump (5'4" O.H.)

THURSDAY, MAY 9TH – Starts at 3:00 PM

- weigh implements on the southside of the stadium from 2:00-3:00pm
- track events will be girls first, then boys (slowest heat first in distance races)
- events will not start before the listed time

Running Events (Girls/Boys) – Estimated Times

3:00pm 100/110 Meter Hurdles Finals
3:15pm 100 Meters Finals
3:25pm 3200 Meter Finals (2 Heats of 18)
4:20pm 400 Meters Finals
4:30pm Break – Awards for completed Finals
4:45pm 300 Meter Hurdles Finals
5:00pm 4x100 Meter Relay Finals
5:10pm 800 Meters Finals (3 Heats of 12)
5:35pm 200 Meters Finals
5:45pm Break - Awards for completed Finals
5:55pm 4x400 Meter Relay Finals
6:05pm Team Awards

Field Events @ 3:00pm

Boys Shot Put
Boys Javelin
Boys Long Jump
Girls Discus
Girls High Jump (4'4" O.H.)

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EVENT MAP

