

# 2022 Region 12 Track & Field Championships

- Date: Tuesday May 10th, 2022 @ 4:00pm  
Wednesday May 11th, 2022 @10:00am
- Location: Canyon View High School 166 W 1925 N Cedar City UT 84721
- Registration: Registration will be through runnercard.com. Please enter marks for your athletes to improve proper seeding. **Registration deadline is Monday 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 4** 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 4 places for relay events (8, 6, 4, 2)
- 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 on the North West Entrance of the stadium. All implements **MUST** be marked and cleared in order to be used in any athlete attempt.  
- Tuesday 5/10: Weigh-in will be open from 3:30pm - 4:00pm  
- Wednesday 5/11: Weigh-in will be open from 9:30am - 10:00am
- 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 relays not finishing in their assigned lanes must collect an ID sticker at check-in.  
- Stickered events: 800M, 1600M, 3200M, Medley Relay (last leg), 4x400M Relay (last leg).  
- All distance events will be seeded with a waterfall start.  
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 Medley Relay will be seeded in lanes with a waterfall style start with lane 1 as the preferred lane.
- 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 southeast corner of the infield. Shot Put is a concrete ring.
- Javelin: will be contested on the south side of the field west of the stadium. The javelin is on a grass runway.
- Discus: will be contested on the south side of the field west of the stadium. Discus will have an enclosed cage and on a concrete ring.
- Long Jump: will be contested on the southside of the infield. Runway is rubberized with a sand jumping pit.
- High Jump: will be on the rubberized pad on the westside 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: Mariam Steffensen (msfive@gmail.com)

# Schedule of Events

Day 1: Tuesday May 10th, 2022

3:00 PM Team Packets available at the Finish Line Table.  
3:30 PM Coaches Meeting  
4:00 PM Meet Begins

## RUNNING EVENTS

4:00 PM Girls 1600M Run Finals  
Boys 1600M 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 - 30 Minutes\*\*\***  
Girls 300M Hurdles Prelims  
Boys 300M Hurdles Prelims  
Girls Medley Relay Finals  
Boys Medley Relay Finals  
Girls 200M Dash Prelims  
Boys 200M Dash Prelims

## FIELD EVENTS

4:00 PM Girls High Jump  
Boys Long Jump  
Girls Discus  
Boys Javelin  
Boys Shot Put

Day 2: Wednesday May 11th, 2022

9:30 AM Coaches Meeting  
9:50 AM National Anthem  
10:00 AM Meet Begins

## RUNNING EVENTS

10:00 AM Girls 3200M Run Finals  
Boys 3200M Run Finals  
Girls 100M Hurdles Finals  
Boys 110M Hurdles Finals  
Girls 100M Dash Prelims  
Boys 100M Dash Prelims  
**\*\*\*Presentation of Academic All-Region\*\*\***  
Girls 4x100M Relay Finals  
Boys 4x100M Relay Finals  
Girls 400M Dash Finals  
Boys 400M Dash Finals  
**\*\*\*Break - 30 Minutes\*\*\***  
Girls 300M Hurdles Finals  
Boys 300M Hurdles Finals  
Girls 800M Run Finals  
Boys 800M Run Finals  
Girls 200M Dash Finals  
Boys 200M Dash Finals  
**\*\*\*Break to finalize scoring\*\*\***  
Girls 4x400M Relay Finals  
Boys 4x400M Relay Finals

## FIELD EVENTS

10:00 AM Boys High Jump  
Girls Long Jump  
Boys Discus  
Girls Javelin  
Girls Shot Put