

Region 7 Track & Field Championship May 10 and 11, 2023

Registration

Each School is allowed 5 individuals at the Region Championship in each individual event unless a school has more than 5 individuals that are already qualified for state via the automatic qualifying standard. In this case, all qualified individuals may be entered into the meet. Each School is allowed 1 scoring relay team in each relay event.

Awards

Medals will be awarded to the top 6 finishers in individual events. One medal will be awarded to each member of the top 3 relay teams. Medals will be awarded at the region meet, but additional recognition for All-Region Athletes is the responsibility of each team at their own awards banquets rather than at the Region meet.

Heat/Flight Seeding

When registering your athletes use accurate marks to ensure proper seeding.

Preliminary rounds in laned Track races will be contested on Wednesday in a serpentine fashion. 8 athletes will qualify for the finals on Thursday. **No substitutions or replacements will be made for athletes who qualify for finals, but scratch, or do not intend to run in the Final.** For Track events designated as a timed final (800m, 1600m, 3200m) sections will be seeded slowest to fastest. Field events will be alternating days by gender and will be seeded into flights with the top seeded athletes in the final flight.

Field Event Competition & Hog-lines

Horizontal Jump and Throwing Event participants will each receive 3 attempts, with the top 9 athletes advancing to the Final. Finalists will receive an additional 3 attempts. Finals will begin 10 minutes after finalists are announced.

Spectators & Team Camp Locations

Due to limited space in the facility for athletes to warm-up, absolutely NO SPECTATORS will be allowed on the in-field. Please set up camp & place your canopies on **the EAST** bleachers inside the stadium or in the grassy area in the southeast corner of the stadium.

Meet Responsibilities & Assignments:

We have tried to schedule 2 starters, and an official at each field event. If for some reason we are unable to obtain enough officials for this, we will require 2 adult volunteers to help run field events. These assignments should be filled by someone who is KNOWLEDGEABLE or experienced in the role they are volunteering for. These roles are as follows:

Cedar Valley – Track Events (Wind Gauge, Hurdles, Exchange Zones, Finish Line)

Cottonwood – High Jump

Hillcrest – Pole Vault

Payson – Long Jump

Stansbury – Shotput

Tooele – Discus

Uintah – Javelin

Track Events

Wednesday May 10 @ 3:30pm

SCHEDULE WILL ROLL AS POSSIBLE

Estimated Start Time – Event (~# of Heats)

3:30pm - 4x800m Relay Girls Final
3:45pm - 4x800m Relay Boys Final
4:00pm - 100m Hurdles Girls Trials (5)
4:15pm - 110m Hurdles Boys Trials (5)
4:30pm - 100m Dash Girls Trials (5)
4:40pm - 100m Dash Boys Trials (5)
4:50pm - 400m Dash Girls Trials (5)
5:05pm - 400m Dash Boys Trials (5)
5:20pm - 300m Hurdles Girls Trials (5)
5:35pm - 300m Hurdles Boys Trials (5)
5:50pm - 200m Dash Girls Trials (5)
6:00pm - 200m Dash Boys Trials (5)
6:10pm – 3200m Run Girls Timed Final
6:25pm – 3200m Run Boys Timed Final
6:40pm - 4x200m Relay Girls Final
6:50pm - 4x200m Relay Boys Final

Thursday May 11 @ 1:00pm

SCHEDULE WILL NOT ROLL

Estimated Start Time – Event (# of Heats)

1:00pm – 4x100m Relay Girls Final
1:10pm – 4x100m Relay Boys Final
1:20pm – 1600m Run Girls Timed Final (2)
1:40pm – 1600m Run Boys Timed Final (2)
2:00pm – 100m Hurdles Girls Final
2:05pm – 110m Hurdles Boys Final
2:15pm – 100m Dash Girls Final
2:20pm – 100m Dash Boys Final
2:35pm – 400m Dash Girls Final
2:40pm – 400m Dash Boys Final
2:55pm – 300m Hurdles Girls Final
3:05pm – 300m Hurdles Boys Final
3:15pm – 800m Run Girls Timed Final (2)
3:30pm – 800m Run Boys Timed Final (2)
3:45pm – 200m Dash Girls Final
3:50pm – 200m Dash Boys Final
4:20pm – 4x400m Relay Girls Final
4:30pm – 4x400m Relay Boys Final

ADDITIONAL TIME MAY BE ADDED BETWEEN DAY 2 EVENTS TO ALLOW FOR ADEQUATE REST & TO ENSURE THE 4x400m IS THE FINAL EVENT COMPLETED

Field Events

Wednesday May 10

3:30pm

Boys Shot
Girls Discus
Boys Javelin

Boys Long Jump
Girls High Jump

Pole Vault (Exhibition) - Coed

Thursday May 11

1:00pm

Girls Shot
Boys Discus
Girls Javelin

Girls Long Jump
Boys High Jump

Implement certification will begin at 2:00pm on Wednesday and 11:30am on Thursday and be open until 3:00pm and 12:30pm respectively.