

# **2016 REGION 14 TRACK AND FIELD CHAMPIONSHIPS MEET**

Hosted by Carbon High School - Price, Utah

Wednesday, May 9th, 2018 @ 3:30 PM

and

Thursday May 10th, 2018 @ 12:00 PM

## **General Meet Information:**

### **1. Submitting Your Entries:**

- a. Entries for the meet are due on RunnerCard on Tuesday, 5/8 by 8:00 PM.
- b. Emergency scratches and adds can be made at the Coaches Meeting before the meet starts.
- c. Lanes with scratches will be left empty.

### **2. Number of Entries:**

- a. Athletes can only participate in 4 events, including relays.
- b. Teams may enter up to 4 athletes per event.
- c. Teams can enter only one relay team per relay event.

### **3. Qualifying for State:**

- a. Top 4 placers in each individual/relay event at the Region 14 Championships will automatically qualify for the State Championships Meet.
- b. In addition, any athlete achieving a qualifying mark in any heat/final/flight will also qualify for the State Championships Meet.

### **4. Meet Scoring:**

- a. Scoring will be 10,8 6,4, 2,1 – so 6 places for Individual Events.
- b. Scoring will be 10,8, 6, 4, 2 – so 5 places for Relays.

### **5. Games Committee:**

- a. The Games Committee will be comprised of the Head Coach from each school.
  - 1) This committee may be called to meet for grievances, to dispute judgments, or to resolve other issues involving the meet.

### **6. Throwing Implements:**

- a. All throwing implements will be weighed and certified according to the National Federation Rules.
  - 1) Wednesday 5/9 = Weigh in will be conducted at the table on the south corner of the track from 2:30-3:00 PM for the Field Events.
  - 2) Thursday, 5/10 = Weigh in will be conducted at the Table on the South corner of the track from 11:30-12:00 AM for the Field Events.
  - 3) The implements will be marked and must have this mark in order to be used in the meet.

### **7. Bull Pen:**

- a. The bull pen will be at the starting line for each event.
- b. If an athlete does not report by the time the lanes assignments are finalized, they will be scratched from the event.

### **8. Field Events:**

- a. All Field events will be arranged into flights according to submitted entries, with the best entries in the last flight.

- b. If there is a conflict with another event please communicate with the event judge to give your athlete adequate time to compete.

**9. Starting Heights for High Jump:**

- a. Girls High Jump - 4'03", 4'05", 4'07", 4'9", 4'11" and one inch thereafter.
- b. Boys High Jump – 5'06", 5'08", 5'10", 6'00", and one inch thereafter.
- c. After the initial heights the bars will rise at 1" increments at the discretion of the Event Judge and the last 3 Athletes in.

**10. Stickers, Allies, and Three-Turn Stagger:**

- a. Only the following events will be stickered: 800 M, 1600 M, 3200 M, 4x400 M Relay (last leg), and Medley Relay (last leg).
- b. For the distance races (800 M, 1600 M, and 3200 M) – all starts will be done from allies. No waterfall starts.
- c. We will use a Three-Turn Stagger for the 4 X 400 M Relay.

**11. Concessions:**

- a. A concession stand will be operating at the meet both days.

# 2018 REGION 14 TRACK AND FIELD CHAMPIONSHIPS MEET

## Day 1 (Wednesday, 5/9) – Schedule of Events:

- **2:30 PM** – Team Packets available at Finish Line table.
- **3:00 PM** – Coaches Meeting.
- **3:20 PM** – National Anthem and Final call for 1600 M and Field Events.
- **3:30 PM** – Meet Begins.

## Coaches Meeting:

- 3:00 PM COACHES MEETING AT THE FINISH LINE:
  - Emergency scratches, exchange zone assignments, and designate Games Committee. No additions/substitutions will be allowed at this time.

## Order of Track Events:

**\*\*All Running events will go Girls followed by Boys.\*\***

1600 M Finals

100 M Hurdles / 110 M Hurdles (Prelims)

100 M (Prelims)

400 M (Prelims)

**\*\*\*Break = 30 minutes\*\*\***

300 M Hurdles (Prelims)

Medley Relay Finals

200 M (Prelims)

## Order of Field Events:

**\*Field Events will begin promptly at 3:30 PM.\***

**\*\*Throwers and Jumpers will be allowed three attempts. Top nine athletes advance to finals for an additional three attempts.\*\***

Girls Long Jump

Girls Shot Put

Boys Discus

Girls Javelin

Boys High Jump

# 2018 REGION 14 TRACK AND FIELD CHAMPIONSHIPS MEET

## Day 2 (Thursday, 5/10) – Schedule of Events:

- **11:30 AM** – Coaches Meeting.
- **11:50 AM** – National Anthem and Final call for 3200 M and Field Events.
- **12:00 PM** – Meet Begins.

## Coaches Meeting:

- 11:30 AM COACHES MEETING AT THE FINISH LINE:
  - Emergency scratches, exchange zone assignments, and designate Games Committee. No additions/substitutions will be allowed at this time.

## Order of Track Events:

**\*First Running event starts at 12:00 AM sharp.\***

**\*\*All Running events will go Girls followed by Boys.\*\***

3200 M Finals

100 M Hurdles / 110 M Hurdles Finals

100 M Finals

**\*\*\*Presentation of Academic All Region\*\*\***

4 X 100 M Finals

400 M Finals

**\*\*\*Break = 30 minutes\*\*\***

300 M Hurdles Finals

800m Finals

200m Finals

**\*\*\*Break to finalize scoring\*\*\***

4 X 400m Finals

## Order of Field Events:

**\*Field Events will begin promptly at 12:00 PM.\***

**\*\*Throwers and Jumpers will be allowed three attempts. Top nine athletes advance to finals for an additional three attempts.\*\***

Boys Long Jump

Boys Shot Put

Girls Discus

Boys Javelin

Girls High Jump