Region 16 ChampionshipHosted by North Summit May 11, 2016 Coalville, UT

**General Meet Information**

All throwing implements will be weighed and certified according to the National Federation Rules. Make sure your athletes are using the IAAF javelins, and other throwing implements meet the standards.

Individual entries are limited to four events per athlete.Schools are limited to 3 athletes per eventSchools should dress before arriving at the meetThrowers and Jumpers will be allowed three attempts (top 7 will advance to finals for an additional three attempts).The crossbars for the High Jump will be raised as follows:

Girls HJ- 4’0” 4’02”, 4’04”, 4’06”, 4’08”, one inch thereafterBoys HJ- 5’0” 5’2” 5’04”, 5’06”, 5’08”, 5’10”, 6’0”, one inch thereafter

Entries are due Tuesday May 10, 2016 by 11:30 p.m. Heats and flights will be seeded according to times so please be accurate. **Emergency** changes can me made at the 9:30 am coaches meeting. Only scratches accepted after that time. Athletes will report to the starting line (no official bull Pen).

**Order of events**Order of running events. (Girls will compete first in all running events) Running events start @ 10:00 a.m. sharp.

3200 m run final

100m Hurdles Prelim

110m Hurdles Prelim

100 m dash Prelim 400 m dash prelim300 m Hurdles Prelim 200 m dash Prelim

Break 1 Hour

100m hurdles Final

110m hurdles final

100 m dash final

1600 m run final

4x100 m relay final

400 m dash final

300 m hurdles final

800 m run final

1600 medley relay final

200 m dash final 1600 m relay (4x400)Field events will begin promptly at 10:00. There will be a break for the officials before the afternoon events start.

Morning Field Events Afternoon Field Events

Boys Javelin Girls Javelin

Girls High Jump Boys High Jump

Boys Long Jump Girls Long JumpGirls Discus Boys DiscusBoys Shot Put Girls Shot Put