

**UHSAA Region 14 Track & Field Championships
McCarthy Family Track & Field Complex, University of Utah
Wednesday 29 April 2015**

Schedule

Implement Inspection & Weigh-In: 2:00-2:45 p.m.

Coaches' Meeting: 2:15 p.m.

Discus Start Time: 3:00 p.m.

All Other Events Start Time: 3:30 p.m.

Dear Region 14 Coaches:

Following is detailed information regarding registration and meet logistics. *Please review pertinent information with your athletes; sharing this information goes a long way in helping our meet run smoothly.*

Because our meet is a one-day competition and because we couldn't secure the track for an earlier starting time, I'd like to layout many of the items we generally discuss in a pre-meet coaches' meeting. Please be aware of the information contained here so that we may begin without delay. However, that said, by all means, please let's be in touch over anything that needs clarification before the day of the meet. We will also have a coaches' meeting at 2:15 on the infield by the starting line.

REGISTRATION & SEEDING

- All entries must be made via Runnercard web registration service at <http://www.runnercard.com/e/runner.Main>
- **Deadline for entries is Monday 27 April, 12:00 midnight.**
- Athletes may compete in a total of 4 events (Note: a relay counts as an event).
- Schools may register 4 athletes per event.
- Runnercard Timing Services will be handling or timing needs.
- Heat and flight assignments will be set once registration is closed.
- No race-day changes, substitutions, or late entries in *individual* events will be accepted. Please plan carefully.
- Scratches will be done at the coaches' meeting.
- Due to all events being contested as timed- and / or measured-finals, only F.A.T. marks shown on Runnercard's descending order list when registering may be submitted for the seeding of races. If an athlete has no verifiable mark (time, distance, height) from a sanctioned 2015 meet, NM (no mark) will be entered at registration.
- Athletes will be seeded according to the F.A.T. times submitted. The athletes with the best marks will be placed in the last heats / flights.
- Lane assignments: preferred lane order is 4-5-3-6-2-7-1-8; the 800-, 1600-, and 3200-meter races will be started on a waterfall, with the fastest seed times from the inside outward.

OFFICIATING, SCORING, & ADVANCEMENT TO STATE

- The meet will be run under NFHS Rules.
- USATF officials will officiate the meet.
- Scoring (assuming 4 participating schools at this time): Individual events will be scored: 6-4-3-2-1, and Relays will be scored 6-4-2.
- *Note: We welcome American Preparatory and Providence Hall to our region meet this year with the understanding that they will be competing under the same guidelines, but will not figure into the scoring both at the individual and team levels, nor will they be advancing athletes to the state meet.*
- The top three athletes from individual events, and the top three relay teams will advance to the state meet.
- Notes regarding state qualifying *prior to the region contest* can be found on UHSAA's website.
- The uniform rule will be enforced.

FACILITY POLICIES & GUIDELINES

- Please do not allow your bus drivers to idle their buses.
- **Only 1/8" pyramid spikes are allowed on the track.**
- The infield area (inside the track) is off limits to *everyone* except meet officials and athletes competing and warming up at that time. Note: this area will be closed off completely when the javelin is being contested.
- All spectators should remain on the grassy area east of the track.
- No pets, except for service animals, are allowed within the track complex.
- No drinks, gum, or food are permitted in the competition areas.
- Water is permitted, but please, no glass bottles.
- Facility access is through the north gate adjacent to the parking lot.
- There are no changing areas available at the venues; athletes should come dressed for competition.

TRACK EVENTS

- Athletes in running events must report to the starting line for their respective race upon first call.
- The course clerk will review lane assignments for each event with participants.
- If an athlete does not report when lane assignments are finalized, they will be scratched from the event.
- Relay check-in: At least one member of each relay team must report on first call.
- The 800-, 1600-, and 3200-meter races will require athletes to have a sticker, which will be provided at check-in (no stickers, hip numbers or bib numbers are required for races run in lanes).
- Only athletes in an event and meet officials are permitted inside the track's perimeter.
- Coaches: Please help us keep non-competing team members, coaches, and parents out of the competition areas.

FIELD EVENTS

- Field event contestants shall report promptly to the head event judge at the designated location when the event is announced.
- Field events will be given 4 trials as finals.
- The starting heights for the high jump are: 4'-0" for girls' and 4'-6" for boys.
- Only athletes in an event and meet officials are permitted inside the track's perimeter.
- Coaches: Please help us keep non-competing team members, coaches, and parents out of the competition areas.

NOTES ON THROWING EVENTS

- All throwing implements must be inspected and weighed between 2:00 and 2:45 p.m. at the north end of the track.
- Each team must provide their own throwing implements.
- The inspection station will close promptly at 2:45 p.m.
- Discus competition will begin promptly at 3:00 p.m.
- The discus will be contested at the corner of Guardsman Way and 500 South (just north of the George S. Eccles Tennis Center, 550 S. 1580 E. Guardsman Way).
- Teams: Please plan your transportation to and from this venue. Please remember that all implements must be weighed and inspected at the track facility between 2:00 and 2:45 p.m. (before going to the discus venue).
- The shot put and javelin will be contested at the McCarthy Track Complex.
- Only Javelins with protective rubber tips may be used on the infield. We will have protective rubber tips available for each athlete's use.
- Throwing implements must not be thrown anywhere except within the confines of the appropriate throwing venue and then must only be thrown when supervised by an event official or the contestant's coach.
- At the conclusion of any field event, there shall be no further practice and implements shall be removed from the area.
- Only athletes in an event and meet officials are permitted inside the track's perimeter.
- Coaches: Please help us keep non-competing team members, coaches, and parents out of the competition areas.

DRIVING DIRECTIONS

- **I-15** to 600 South Exit East. Turn left on 700 East. Turn right on 400 South. Stay on 400 South which turns into 500 South until you get to Mario Capecchi Drive. Turn left onto Mario Capecchi Drive and keep driving underneath the white Eccles Legacy Bridge. Turn left at the signal immediately past the bridge. The track will be on your left with parking just to the north between the track and softball field complex.
- **I-80** to Foothill Blvd. Exit. Once on Foothill Blvd. continue until you reach Mario Capecchi Drive. Turn right onto Mario Capecchi Drive. Keep driving underneath the white Eccles Legacy Bridge and turn left at the signal immediately past the bridge. The track will be on your left with parking just to the north between the track and softball field complex.

Time Schedule & Order of Events

2:00-2:45—Implement Inspection and Weigh-In (north end of the track complex)

2:15—Coaches' Meeting (Infield near starting line)—Please be prepared to report all scratches at this time.

3:00—Discus (venue is located at the corner of Guardsman Way and 500 South (just north of the George S. Eccles Tennis Center, 550 S. 1580 E. Guardsman Way)

3:30—Track and other field events begin

Running Events Starting at 3:30 p.m.

Girls' 100-meter hurdles
Boys' 110-meter hurdles
Girls' 100-meter
Boys' 100-meter
Girls' 1600-meter
Boys' 1600-meter
Girls' 4 x 100-meter relay
Boys' 4 x 100-meter relay
Girls' 400-meter
Boys' 400-meter
Girls' 300-meter hurdles
Boys' 300-meter hurdles
Girls' 800-meter
Boys' 800-meter
Girls' Medley Relay
Boys' Medley Relay
Girls' 200-meter
Boys' 200-meter
Girls' 3200-meter
Boys' 3200-meter
Girls' 4 x 400-meter relay
Boys' 4 x 400-meter relay

Field Events

Starting at 3:00 p.m.

Discus—Boys' followed by Girls'

Starting at 3:30 p.m.

High Jump—Girls' followed by Boys'
Long Jump—Boys' followed by Girls'
Javelin—Girls' followed by Boys'
Shot Put—Girls' followed by Boys'