

Region 7 Track & Field Championships 2022

On the following pages, you will find the information for the region track & field championship, including the championship meet guidelines as approved by the Region 7 Board of Managers and the order of events. Uintah High School is hosting the meet and will take it from here. Tweaks might be made.

- The winner of the region trophy will be determined by team scores at the Region Championship Meet.
- Medals will be awarded to the top six (6) finishers at the Region Championship Meet in each individual event. One medal will be awarded to each member of the top three (3) relay teams for both girls and boys relay events.
- Each school will provide **One adult** volunteer to help run events at the Region Championship Meet.
- The Region will pay for a head starter and four other officials at the Region Championship Meet, most likely to include a second starter, a head field event judge, and others.
- Scoring at the Region Championship Meet will be as follows: 10,8,6,5,4,3,2,1 points for individual events and 10,8,6,5,4,3 for relays.
- Each school will be allowed five (5) individuals at the region meet in each event. Each school will be allowed one (1) scoring relay team.
- Any changes in the Region schedule must be approved by the affected schools' administration. Please inform the Region Representative over Track and Field.
- At the Region Championship Meet all athletes must be in uniform, which consists of a school issued track and field top and bottom, which declares school affiliation (See federal handbook Rule 4, Section 3, Article 1-4)
- The region coaches will select an All-region Academic Team composed of senior varsity athletes who have a cumulative GPA of 3.75 or higher.
- Region 7 Championship Track & Field Meet will be hosted by Uintah H.S. on May 11-12
- Pole Vault to be hosted at an alternate site the day before: either Hillcrest or Cedar Valley
- Order of events will follow the state meet schedule, unless otherwise agreed upon (see below).

Region 7 Championships Track & Field Meet - Order of Events

DAY 0, May 10, Hillcrest or Cedar Valley (TBD), Start Time TBD

Pole Vault - Boys and Girls

DAY 1, May 11, Uintah High School, Start Time 3:30 PM

Track Events

4x800 Relay - Finals

100 Meter hurdles (girls) - Trials

110 Meter hurdles (boys) - Trials

100 Meters - Trials

400 Meters - Trials

300 Meter hurdles - Trials

200 Meters - Trials

3200 Meters - Finals

4x200 Relay - Finals

Field Events

Long Jump - Boys

High Jump - Girls

Shot Put - Boys

Discus - Girls

Javelin - Boys

DAY 2, May 12, Uintah High School, Start Time 11:00 AM

Track Events

4x100 Relay - Finals

1600 Meters - Finals

100 Meter hurdles (girls) - Finals

110 Meter hurdles (boys) - Finals

100 Meters - Finals

400 Meters - Finals

300 Meters - Finals

800 Meters - Finals

200 Meters - Finals

4x400 Relay - Finals

Field Events

Long Jump - Girls

High Jump - Boys

Shot Put - Girls

Discus - Boys

Javelin - Girls