**2019 REGION 8 TRACK AND FIELD CHAMPIONSHIPS MEET**

**Hosted at Provo High School   
Wednesday, May 8th, 2019 @ 3:00 PM  
and  
Thursday May 9th, 2019 @ 3:00 PM**

**General Meet Information:**

**1. Submitting Your Entries:**

1. Entries for the meet are due on Runnercard on Tuesday, May 7th by 8:00 PM.
2. Emergency scratches and adds will not be made after this deadline—so be thorough in your entries.
3. Lanes with scratches will be left empty.

**2. Number of Entries:**

1. Athletes can only participate in 4 events, including relays.
2. Teams may enter up to 7 athletes per event.
3. Teams can enter only one relay team per relay event.

**3. Qualifying for State:**

1. Top 4 placers in each individual/relay event at the Region 8 Championships will automatically qualify for the State Championships Meet.
2. 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, 5, 4, 3, 2, 1–so 8 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, May 8th = Weigh in will be conducted on the backside of the west stadium from 2:00-2:45 PM for the Field Events.
2. Thursday, May 9th = Weigh in will be conducted at the same place, same time.
3. The implements will be marked and must have this mark in order to be used in the meet.

**7. Bull Pen:**

1. The bull pen will be at the starting line for each event.
2. 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:**

1. Girls High Jump-4'03", 4’05”, 4’07”, 4’9’’, 4’11”, 5’01”, and one inch thereafter.
2. Boys High Jump–5'06", 5’08”, 5'10", 6'00", and one inch thereafter.
3. 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:**

1. Only the following events will be stickered: 800M, 1600M, 3200M, 4x400M Relay (last leg), and Medley Relay (last leg).
2. For the distance races (800 M, 1600 M, and 3200 M) – all starts will be done from alleys and/or waterfall starts.
3. We will use a Three-Turn Stagger for the 4 X 400 M Relay.

**11. Assignments by School During the Meet:**

a. Each school will provide two volunteers to help run an event.

Timpanogos: Discus

Wasatch: High Jump

Springville: Javelin

Skyridge: Shotput

Provo: Long Jump/Hurdles

Maple Mountain: Timing

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**Day 1 (Wednesday, May 8th) – Schedule of Events:**

* ●  **2:15 PM** – Team Packets available at Finish Line table.
* ●  **2:30 PM** – Coaches Meeting in the booth.
* ●  **2:50 PM** – National Anthem and Final call for 1600 M and Field Events.
* ●  **3:00 PM** – Meet Begins.

**Coaches Meeting:**

● 2:30 PM COACHES MEETING AT THE FINISH LINE:  
 o 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 Meter (final)

100 M Hurdles / 110 M Hurdles (Prelims)

100 M (Prelims)  
400 M (Prelims)300 M Hurdles (Prelims)  
200 M (Prelims)

Medley Relay Finals

**Order of Field Events:  
Field Events will begin promptly at 3:00 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.

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**Day 2 (Thursday, May 9th) – Schedule of Events:**

* ●  **2:30 PM** – Coaches Meeting in the booth.
* ●  **3:00 PM** – Meet Begins.

**Coaches Meeting:**

● 2:30 COACHES MEETING:  
 o 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 3:00 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 = 20 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 3:00  
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.