

2022 Region 9 Championships

Salem Hills High School

Wed, May 11th - Thursday May 12th

WEDNESDAY MAY 11th

ORDER OF RUNNING EVENTS (Starting at 3:30) Girls first in all running events. Slowest to fastest.	FIELD EVENTS (Starting at 3:30)
4x200 Final	Shot Put - Boys
1600m Final	Discus - Girls
100m/110m Hurdles Prelims	Javelin - Boys
100m Prelims	High Jump - Girls
400m Prelims	Long Jump - Boys
300m Hurdles Prelims	
200m Prelims	
4x800 Final	

THURSDAY MAY 12th

ORDER OF RUNNING EVENTS (Starting at 3:30) Girls first in all running events. Slowest to fastest.	FIELD EVENTS (Starting at 3:30 PM)
100m/110m Hurdles Final	Shot Put - Girls
100m Final	Discus - Boys
3200 Final	Javelin - Girls
4x100 Final	High Jump - Boys
400m Final	Long Jump - Girls
300m Hurdles Final	Pole Vault (Combined)
800m Final	
200m Final	
15 minute break (if any in 200m final are in 4x400)	
4x400 Final	

ADDITIONAL INFORMATION

- The top four (as determined by UHSAA guidelines) in each individual event in the Region Championship Meet and the top four finishers in each relay will qualify for the State Championship Meet.
- The winner of the Region Championship trophy will be determined by team scores at the Region Championship Meet. The top 6 individual places (top 5 in relays) will be scored at the Region Championships (scores will be 10-8-6-4-2-1 for individual events and 10-8-6-4-2 for relays)
- Medals will be awarded at the Region Championships for the top 6 finishers in individual events and top 3 relays for both boys and girls events.
- Each school will be responsible to provide sufficient volunteers to officiate an event at the Region Meet.
- Each school will be allowed seven (7) individuals at the Region Championship Meet in each event. If a school has more than seven individuals qualified for State, all qualified individuals can participate at the Region Championships. Each school will be allowed one (1) relay team in each relay.
- The top eight (8) times for lane events (regardless of heat placing) and top nine (9) marks for field events will advance to the finals at the Region Championships.
- At the Region Championship Meet, all athletes must be in full uniform, which consists of a school issued track & field top and bottom, which declares school affiliation (See NFHS handbook Rule 4-3).
- Pole vault is a non-scoring event, although medals will be awarded. The top four do not automatically qualify for the State Championships-- they must achieve the state qualifying standard. Additionally, competing in pole vault counts toward an athlete's four event maximum.
- The Region coaches will select an All-Region Academic Team composed of senior athletes with a cumulative GPA of 3.7 or higher.
- In the event there is a tie between two or more athletes that will impact State Championship qualifications (4th place), the NFHS tie-breaking rules will apply for field events, a run-off will occur for any laned events, and a coin toss will be used for distance events (800m or greater).

- Coaches meetings will be at **2:45 PM** each day.
- Please have all your registrations done by **Tuesday, May 10th at 6 PM.**
- Concessions will be available (all coaches will be given meal tickets)

Crossbar Progressions

High Jump and the Pole Vault will be raised:

Girls HJ (State Qualifying: 4'11") //	4'1" - 5'1" two inch increments. One inch thereafter.
Boys HJ (State Qualifying: 6') //	5'2" - 6' two inch increments. One inch thereafter.
Boys PV (State Qualifying: 10') //	6'0" - 10'6" six inch increments. Three inches thereafter.
Girls PV (State Qualifying: 7'6") //	6'0" - 10'6" six inch increments. Three inches thereafter.

Team Assignments

Please note that you are fully responsible for your assignment for both genders.

Weigh Master // Provo Bullpen // Salem Hills High Jump // Springville Javelin // Salem Hills Long Jump // Wasatch	Shot Put // Spanish Fork Discus // Maple Mountain Pole Vault // Salem Hills Relay Exchanges // Provo Hurdle Crew // ALL
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Contact Salem Hills Head Coach Jeff Hansen with questions:

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