

# 2019 Region 9 Championships

## Track & Field

- Location:** Snow Canyon High School  
1385 North Warrior Way, St. George UT 84770
- Time:** Wednesday, May 8th, 2019 - 4:00 PM  
Thursday, May 9th, 2019 - 4:00 PM
- Awards:** Medals will be awarded to the top 3 finishers in each individual event and top 3 finishers in each relay event. Team trophies will be awarded to the meet champions.
- Registration:** Registration will be online at [www.runnercard.com](http://www.runnercard.com). **Deadline for entries will be Tuesday, May 7th, 2019 at 8:00 PM.** Please submit legitimate times and marks for all events.
- Entries:** Four entries per team per event, four events per athlete and one relay team per relay event.
- Scoring:** Top 8 places: 10, 8, 6, 5, 4, 3, 2, 1
- Seeding:** Seeding will be as follows: (again, please submit legitimate times and marks to ensure each athlete is placed in the proper heat/section/flight)
- Distance:** Distance events will be Timed Finals and will be ran as follows:  
800m run will be ran in alleys and split into two sections of 10-14 athletes, with the girls seeded section 1 first, then girls section 2, followed by the boys seeded section 1, then boys section 2.  
1600m run will be ran in alleys and seeded into one girls section and one boys section with the girls section first, followed by boys.  
3200m run will be ran in alleys and seeded into one girls section and one boys section with the girls section first, followed by boys.
- Sprints/Hurdles:** Sprints/Hurdles will be ran with prelims and finals, with the top 8 timed performances advancing to finals. Each event will be seeded in a serpentine style heat order with a maximum of 4 heats per event.
- Relays:** Relays will be Timed Finals and will be ran as follows: (with only one section per gender)

The 4x100m relay will be seeded in serpentine order with the fastest seeded team in lane 4.

The Medley relay will be seeded in waterfall order with the fastest seeded team in lane 1. 400m runner may cut into lane one after he/she has received the baton and has crossed the finishline. 800m runner will file in line in the order that each team comes in.

The 4x400m relay will be seeded in waterfall order with the fastest seeded team in lane 1 and will be ran with a 3-turn stagger. 2nd leg runner must stay in their lane and can cut into lane 1 after the break line at the 300m mark. Legs 3 and 4 will file in line in the order that each team comes in.

Field Events: Field events will be ran with trials and finals, with the top 9 marked performances advancing to finals.

Throwing events will be seeded into two flights of 10-14 athletes, with the top seeded athlete in each flight performing last and the top seeded flight competing last. Each athlete will be given 3 attempts in trials. Top 9 performances advance to finals and will receive an additional 3 attempts.

Long jump will be seeded into two flights of 10-14 athletes, with the top seeded athlete in each flight performing last and the top seeded flight competing last. Each athlete will be given 3 attempts in trials. Top 9 performances advance to finals and will receive an additional 3 attempts.

High jump will be seeded into one flight per gender with the top seeded athlete performing last. Each athlete will receive up to 3 attempts per height and will increase in height as follows:

Girls: start at 4-00, then increases by 2" increments

Boys: start at 5-00, then increases by 2" increments

General Info: This is a brand new rubberized track, **please use only 1/8" needle spikes.**

Shot Put and Discus rings are concrete.

Long jump and high jump are on rubberized surfaces.

Javelin will be contested on a grass runway.

# Region 9 Meet Schedule

Wednesday May 8th - Thursday May 9th, 2019

Snow Canyon High School

Wednesday May 8th

Running Events:

Starts at 4:00 PM

Girls 3200M Run Finals  
Boys 3200M Run Finals  
Girls 100M Hurdles Trials  
Boys 110M Hurdles Trials  
Girls 100M Dash Trials  
Boys 100M Dash Trials  
Girls 400M Dash Trials  
Boys 400M Dash Trials  
Girls 300M Hurdles Trials  
Boys 300M Hurdles Trials  
Girls 800M Run Finals  
Boys 800M Run Finals  
Girls 200M Dash Trials  
Boys 200M Dash Trials  
Short 10-15 minute break  
Girls Medley Relay Finals  
Boys Medley Relay Finals

Field Events:

Starts at 4:00 PM

Boys Shot Put  
Girls Discus  
Boys Javelin  
Boys High Jump  
Girls Long Jump

Thursday May 9th

Running Events:

Starts at 4:00 PM

Girls 1600M Run Finals  
Boys 1600M Run Finals  
Girls 100M Hurdles Finals  
Boys 110M Hurdles Finals  
Girls 100M Dash Finals  
Boys 100M Dash Finals  
Girls 4x100M Relay Finals  
Boys 4x100M Relay Finals  
Girls 400M Dash Finals  
Boys 400M Dash Finals  
Girls 300M Hurdles Finals  
Boys 300M Hurdles Finals  
Girls 200M Dash Finals  
Boys 200M Dash Finals  
Short 10-15 minute break  
Girls 4x400M Relay Finals  
Boys 4x400M Relay Finals  
Awards Ceremony

Field Events:

Starts at 4:00 PM

Girls Shot Put  
Boys Discus  
Girls Javelin  
Girls High Jump  
Boys Long Jump