

Region 22 Track Meet

Thursday May 9th, 2019

Evanston High School

Evanston, Wyoming

Coaches Meeting at 10:30am

We will review the meet, communicate scratches, and any other pertinent topics.

Field events First starting at 11:00am

Running Events Start at 12:00

Order of Events (Track: Girls followed by boys)

Track Events:

Medley Relay
100 m H Timed Final
110 m HH Timed Final
100 m Timed Final
1600 m Timed Final
4x100 m Relay

Field Events:

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

Track Events:

400 m Timed Final
300 m H Timed Final
800 m Timed Final
200 m Timed Final
3200 m Timed Final
4x400 m Relay

Field Events:

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

Participation

Three (3) athletes per event per school.

Four (4) events per athlete.

Please enter your athletes on Runnercard by Wednesday May 8th at noon. If there are any problems, contact me immediately.

Scoring

With six teams, scoring for individual events will be 10-8-6-4-2-1; relays 10-8-6-4-2.

Field Event Assignments/Management

Please bring your own clipboard, pencil and measuring tape.

Long Jump – Manila

High Jump – USDB

Discus – Mount Vernon

Javelin – Rich

Shot – Tabiona

Field Events – open jump/throw for the first 1.5 hours – 3 jumps or throws. Six finalists will be announced for the final round – another 3 jumps or throws.

For finalists, best jump/throw of all six attempts is the “best mark.”

Qualifiers for State:

Individuals - Top 5 per Event

Relays - Top 2

If you have questions or concerns, please contact:

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