**Burchell/Armstrong Memorial City-County Track Meet**

**Ogden High School**

**March 26-27, 2019**

The annual City-County Track meet will be held at Ogden High School on Tuesday and Wednesday March 26-27 2019. This will be a State Qualifying meet.

**Registration**

● We will be using runnercard.

● The deadline for entries into the website is Monday, March 25th, at noon. The password is: **citycounty**

● 4 athletes per event.

● There is a $150 entry fee per school payable to Ogden High School.

**School Assignments**

Please have knowledgeable and competent individuals running your event. Bring as many helpers as necessary. Clipboards, pencils, rakes, and measuring tapes will be provided by Ogden High School. Event Assignments are as follows:

**Ben Lomond**- Javelin **Roy**- Shot Put

**Bonneville**- Discus **St. Joseph**- Wind Gauges / Help with Hurdles

**Fremont**- High Jump **Weber**- Long Jump

The meet will begin promptly at 3pm each day. Please have your event judges at their assigned events 30 minutes prior to the start of the event so that check-ins and warm-ups may begin.

**Team Scoring**

1st place- 10 points 5th place- 4 points

2nd place- 8 points 6th place- 3 points

3rd place- 6 points 7th place- 2 points

4th place- 5 points 8th place- 1 point

The **top 8** individuals in preliminary running events will advance to finals and the **top 9** in each field event will also advance. If there is a tie for the 8th spot in a lane event, a run-off will take place at 5:30 on Tuesday at the conclusion of the Medley Relay.

**Field Events**

● Weigh-ins will take place on both days from 2:00-2:30 near the building at the SW corner of the track (across the track from the discus cage)

● Each participant in the Long Jump, Shot-Put, Javelin, and Discus will get three attempts. The top nine individuals will advance to finals for three more attempts.

● The crossbar for the high jump will be raised as follows:

o Girls- 4-04, 4-06, 4-08, 4-10, 5-0, and one inch thereafter

o Boys- 5-04, 5-06, 5-08, 5-10, 6-00, and one inch thereafter

**Awards**

● Places 1-3 in each event will receive a medal. The 1st place team in each relay will receive medals. There will be a boys’ and girls’ team plaque, and plaques for the top male and female performers.

● Following the 4x400 on day 2, there will be a coaches meeting to vote on the athlete of the meet.

**Other Items**

● Please do not place tents/canopies on the east bleachers. Feel free to place them in the west bleachers, but not in the center section in front of the press box.

● We will have concessions in the main concession stand at the NE corner of the track.

● We throw the discus on the football field. The discus skips differently on turf than it does on grass. There will be barriers up, but please have your athletes stay clear of the discus sector.

* The Javelin will be thrown on the baseball outfield, NW of the track.

**Burchell/Armstrong Memorial City-County Championships**

**March 26 and 27, 2019**

**Order of Events**

**TUESDAY SCHEDULE**

2:00-2:30- Implement Weigh-In

2:30- Coaches Meeting (Finish Line)

3:00- Girls Shot Put Trials and Finals

Girls Long Jump Trials and Finals

Boys High Jump Finals

Boys Discus Trials and Finals

Girls Javelin Trials and Finals

3:00- Girls 1600m Run Finals

3:15- Boys 1600m Run Finals

3:30- Girls 100m Hurdles Trials

3:40- Boys 110m Hurdles Trials

3:50- Girls 100m Dash Trials

4:00- Boys 100m Dash Trials

4:10- Girls 400m Dash Trial

4:20- Boys 400m Dash Trials

4:30- Girls 300m Hurdles Trial

4:40- Boys 300m Hurdles Trials

4:50- Girls 200m Dash Trials

5:00- Boys 200m Dash Trials

5:10- Girls Medley Relay Finals

5:20- Boys Medley Relay Finals

5:30- Runoffs if necessary

Tuesday’s event times are tentative. We will roll the schedule if possible. Listen for calls.

**WEDNESDAY SCHEDULE**

2:00-2:30- Implement Weigh-In

2:30 Coaches Meeting (Finish Line)

3:00- Girls High Jump Finals

Girls Discus Trials and Finals

Boys Shot Put Trials and Finals

Boys Long Jump Trials and Finals

Boys Javelin Trials and Finals

3:00- Girls 3200m Run Finals

3:15- Boys 3200m Run Finals

3:30- Girls 100m Hurdles Finals

3:35- Boys 110m Hurdles Finals

3:40- Girls 100m Dash Finals

3:45- Boys 100m Dash Finals

3:50- 5 minute break

3:55- Girls 4x100m Relay Finals

4:00- Boys 4x100m Relay Finals

4:05- Girls 400m Dash Finals

4:10- Boys 400m Dash Finals

4:15- Girls 300m Hurdles Finals

4:20- Boys 300m Hurdles Finals

4:25- Girls 800m Run Finals

4:35- Boys 800m Run Finals

4:45- Girls 200m Dash Finals

4:50- Boys 200m Dash Finals

4:55- Girls 4x400m Relay Finals

5:05- Boys 4x400m Relay Finals

5:20- Presentation of Team Awards

Wednesday’s Portion of the meet will not be run ahead of schedule.