

2021 Region 14 Championships

- Place:** Union High School Track
850 Lagoon St. Roosevelt, UT
- Check-Ins:** There will be **no** check-ins. The meet program for the first day will be emailed to coaches on May 10th at 9pm. The meet program for the second day will be emailed to coaches on May 12th after the meet.
- Scoring:** Top 8 Places (10,8,6,5,4,3,2,1)
Top 9 to Finals in both Track and Field events.
- Registration:** Register online through runnercard.com.
Deadline: Monday, May 10 @ 8pm.
Meet Day Registration Changes are NOT allowed.
Each team is allowed 5 individuals in each event and 1 relay team per relay.
- Team Packet:** Your team will be given a packet the first day at the coaches Meeting. It will include a meet program, stickers for your distance runners, and a meet schedule.
- Awards:** The award ceremony will be held directly after each event.
Medals for top 3.
- Help Needed:** We will need help with flaggers for relays.
We want to have a coach at every set of hurdles during the hurdles races.
- Games Committee:** The games committee will consist of the head coach from each team.
- We will be recording the entire meet from the booth so we will have video to reference if needed.

2021 Region 14 Championships Schedule

Wednesday, May 12

Coaches Meeting @ 3:00pm

Running Events

- 3:30 pm:** Girls 3200m Final
- 3:50 pm:** Boys 3200m Timed Finals
- 4:20 pm:** Girls 100m Hurdles Trials
- 4:40 pm:** Boys 110m Hurdles Trials
- 4:55 pm:** Girls 100m Trials
- 5:05 pm:** Boys 100m Trials
- 5:30 pm:** Girls 400m Trials
- 5:50 pm:** Boys 400m Trials
- 6:30 pm:** Girls 300m Hurdles Trials
- 6:50 pm:** Boys 300m Hurdles Trials
- 7:15 pm:** Girls 200m Trials
- 7:25 pm:** Boys 200m Trials
- 7:50 pm:** Girls Medley Relay Final
- 8:00 pm:** Boys Medley Relay Final

Field Events

Weigh Ins from 2:30-3:30pm

Starting at 3:30pm (Finals Follow)

Girls Shot Put

Girls High Jump

Boys Long Jump

Boys Discus

Starting at 5:45pm (Finals Follow)

Girls Javelin

2021 Region 14 Championships Schedule

Thursday, May 13

Coaches Meeting @ 9:30am

Running Events

- 10:00 am:** Girls 1600m Timed Finals
- 10:30 am:** Boys 1600m Timed Finals
- 11:10 am:** Girls 100m Hurdles Final
- 11:25 am:** Boys 110m Hurdles Final
- 11:45 am:** Girls 100m Final
- 12:00 pm:** Boys 100m Final
- 12:20 pm:** Girls 400m Final
- 12:30 pm:** Boys 400m Final
- 1:20 pm:** Girls 300m Hurdles Final
- 1:35 pm:** Boys 300m Hurdles Final
- 2:00 pm:** Girls 4x100m Final
- 2:10 pm:** Boys 4x100m Final
- 2:30 pm:** Girls 800m Final
- 2:45 pm:** Boys 800m Final
- 3:10 pm:** Girls 200m Final
- 3:20 pm:** Boys 200m Final
- 3:40 pm:** Girls 4x400m Final
- 3:50 pm:** Boys 4x400m Final
- 4:00 pm:** Team Awards Ceremonies (**Individual Awards will directly follow each event**)

Field Events

Weigh Ins from 9:00-10:00am

Starting at 10:00am (Finals Follow)

Boys Shot Put

Boys High Jump

Girls Long Jump

Girls Discus

Starting at 12:30pm (Finals Follow)

Boys Javelin