

# Region 22 Track Meet

Tuesday May 10<sup>th</sup>, 2022

Union High School  
Roosevelt, Utah

## Coaches Meeting at 10:00am

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

## Field events First starting at 11:00am

## Running Events Start at 11:30

**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

Four(4) athletes per event per school. Four  
(4) events per athlete.

Please enter your athletes on Runnercard by Wednesday May 5<sup>th</sup> at noon. If there are any problems, contact me immediately.

## **Scoring**

With Four teams, scoring for individual events will be 6-4-3-2-1; relays 6-4-2.

## **Field Event Assignments/Management**

**Please bring your own clipboard, pencil and measuring tape.**

Long Jump – Manila

HighJump - Rich

Discus MountVernon

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 3 per Event

Relays - Top 2