Region 22 Track Meet

Thursday May 6th, 2021 Evanston High School Evanston, Wyoming

# Coaches Meeting at 9:30am

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

# Field events First starting at 10:00am Running Events Start at 10:30

**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 5th 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

If you have questions or concerns, please contact:

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