**2019 REGION 14 TRACK AND FIELD CHAMPIONSHIPS MEET**

**Hosted by Juab High School – Nephi, Utah**

**Wednesday, May 8th 2019 @ 3:00 PM**

**And**

**Thursday May 10th 2019 @ 10:00 AM**

**General Meet Information:**

1. **Submitting Your Entries:**
2. Entries for the meet are due on Runnercard on Tuesday, 5/8 by 8:00 PM.
3. Emergency scratches and adds can be made at the Coaches meeting before the meet starts.
4. Lanes with scratches will be left empty.
5. **Number of Entries:**
6. Athletes can only participate in 4 events, including relays.
7. Teams may enter up to 4 athletes per event.
8. Teams can enter only one relay team per event.
9. **Qualifying for state:**
10. Top 5 placers in each individual/relay event at the Region 14 Championships will automatically qualify for the State Championships Meet.
11. In addition, any athlete achieving a qualifying mark in any heat/final/flight will also qualify for the State Championships Meet.
12. **Meet Scoring:**
13. Scoring will be 10, 8, 6, 4, 2, 1 – so 6 places for Individual Events.
14. Scoring will be 10, 8, 6, 4, 2 – so 5 places for Relays
15. **Games Committee:**
16. The Games committee will be comprised of the Head Coach from each school.
17. This committee may be called to meet for grievances, to dispute judgements, or to resolve other issues involving the meet.
18. **Throwing Implements:**
19. All throwing implements will be weighed and certified according to the National Federation Rules.
20. Wednesday 5/8 – Weigh in will be conducted at the shed at the North end of the track from 2:00 – 2:30 PM for the Field Events.
21. Thursday 5/9 – Weigh in will be conducted at the Table on the South Corner of the track from 9:30 – 10:00 AM for the Field Events.
22. The implements will be marked and must have this mark in order to be used in the meet.
23. **Bull Pen:**
24. The bull pen will be at the starting line for each event.
25. If an athlete does not report by the time the lane assignments are finalized, they will be scratched from the event.
26. **Field Events:**
27. All field events will be arranged into flights according to submitted entries, with the best entries in the last fight.
28. If there is a conflict with another event please communicate with the event judge to give your athlete adequate time to compete.
29. **Starting Heights for High Jump**
30. Girls High Jump – 4-04”, 4’-06” 4’-08”, 4’-10” and one-inch thereafter.
31. Boys High Jump – 5’-06”, 5-08”, 5-10”, 6’-00”, and one-inch thereafter.
32. After the initial heights the bars will rise at 1” increments at the discretion of the Event Judge.
33. **Stickers, Allies, and Three-Turn Stagger:**
34. Only the following events will be stickered: 800 M, 1600 M, 3200 M, 4x400 M Relay (last leg), and Medley Relay (last leg).
35. For the distance races (800 M, 1600 M, and 3200 M) – all starts will be done from allies. No waterfall starts.
36. We will use a Three – Turn Stagger for the 4x400 M Relay.
37. **Concessions:**
38. A concession stand will be operating at the meet both days.
39. **JV Sections:**
40. **All JV Events are non-scored.**
41. If an athlete participates in one varsity event, they are ineligible to participate in the JV sections.
42. All JV field events will be held after the varsity sections have concluded.
43. All JV running events will be held right before the varsity events.
44. The 1600 M JV Section will be run on Wednesday at the start of the meet. The rest of the JV running events will be held on Thursday.
45. No JV relays will be run.

**2019 REGION 14 TRACK AND FIELD CHAMPIONSHIPS MEET**

**Day 1: (Wednesday, 5/8) – Schedule of Events:**

* **2:00 PM** – Team Packets available at the booth. Any late additions or substitutions will be done at this time.
* **2:30 PM** – Coaches Meeting
* **2:50 PM** – National Anthem and Final call for 1600 M and Field Events
* **3:00 PM** – Meet Begins

**Coaches Meeting:**

* 2:30 PM Coaches Meeting at the Finish Line
  + Emergency Scratches, exchange zone assignments, and designate Games Committee. No additions/substitutions will be allowed at this time.

**Order of Track Events:**

\*\*All Running Events will go Girls followed by Boys.\*\*

1600 M JV

1600 M Varsity Finals

100 M Hurdles Prelims

110 M Hurdles Varsity Prelims

100 M Varsity Prelims

400 M Varsity Prelims

\*\*\* Break = 30 minutes\*\*\*

300 M Hurdles (Prelims)

Medley Relay Finals

200 M (Prelims)

**Order of Field Events:**

**\*Field events will begin promptly at 3:30 PM.\***

**\*\*Throwers and Jumpers will be allowed three attempts. Top nine athletes advance to finals for an additional three attempts. \*\***

**\*\*\*JV will be allowed 4 attempts but will have no finals.\*\*\***

Girls Long Jump

Girls Shot Put

Boys Discus

Girls Javelin

Boys High Jump

**JV Field events will follow all varsity for each event.**

**2019 REGION 14 TRACK AND FIELD CHAMPIONSHIPS MEET**

**Day 2: (Thursday, 5/9) – Schedule of Events:**

* 9:30 AM – Coaches Meeting.
* 9:50 AM – National Anthem and Final call for 3200 M and Field Events
* 10:00 – Meet Begins

Coaches Meeting:

* 9:30 AM Coaches Meeting at the finish line:
  + Emergency scratches, exchange zone assignments, and designated Game Committee. No additions/substitutions will be allowed at this time.

Order of Track Events:

* **First Running Event starts at 10:00 AM sharp.**
* All running Events will go girls followed by boys.

3200 M JV

3200 M Varsity Finals

100 M Hurdles JV

100 M Hurdles Varsity Finals

110 M Hurdles JV

110 M Hurdles Varsity Finals

100 M JV

100 M Varsity Finals

**\*\*\*Presentation of Academic All Region\*\*\***

4x100 Finals

400 M JV

400 M Varsity Finals

**\*\*\*Break = 30 minutes\*\*\***

300 M Hurdles JV

300 M Hurdles Varsity Finals

800m JV

800m Varsity Finals

200 M JV

200 M Varsity Finals

**\*\*\*Break to finalize scoring\*\*\***

4x400m Finals

**Order of Field Events:**

**\*Field events will begin promptly at 10:00 AM.\***

Boys Long Jump, Boys Shot Put, Girls Discus, Boys Javelin, Girls High Jump (JV will follow varsity)