

REGION IX TRACK AND FIELD CHAMPIONSHIPS

May 6, 7 2015

Wednesday May 6, Trials Start at 4:00 PM

Running Events:

1600 M Run Finals

100 M Hurdles

110 M Hurdles

100 M Dash

JV 800 Meter Run

400 M Dash

JV 3200

300 M Hurdles

1600 M Medley Relay Finals

JV Medley

200 M Dash

Field Events:

All Field events start at 4:00 PM

***JV will follow varsity**

Boys Long Jump

Boys Shot put

Boys Javelin

Girls Discus

Girls High Jump

Thursday May 7, Finals start at 4:00 PM

Running Events:

3200 M Run

100 M Hurdles

JV 100 M Hurdles

110 M Hurdles

JV 110 M Hurdles

100 M Dash

JV 100 M Dash

JV 1600 M Run

4 x 100 M Relay

JV 4 x 100 M Relay

400 M Dash

JV 400 M Dash

300 M Hurdles

JV 300 M Hurdles

800 M Run

200 M Dash

JV 200 Meter Dash

JV 1600 Meter Relay

1600 M Relay

Field Events:

All field events start at 4:00 PM

***JV will follow Varsity**

Girls Long Jump

Girls Shot put

Girls Javelin

Boys Discus

Boys High Jump

Notes:

Event officiating assignments

Shot Cedar / Dixie, **Disc** Canyon View / Dixie, **Javelin** Snow Canyon, **High Jump** Hurricane,

Long Jump Desert Hills / Pine View

*Location Dixie High

* Girls followed by boys in all running events.

*Limit 4 Varsity athletes per event, (unlimited for JV).

*Limit 4 events per athlete, (JV and Varsity)

*Limit 1 of each relay per Varsity team, (unlimited for JV).

*Top 4 athletes and top 4 relay teams qualify for state.

*Scoring will be 7 places 10, 8, 6, 4, 3, 2, 1.

* An athlete may participate in JV or Varsity not both.

*Medals will be awarded to the top 3 finishers in individual events and to the top 3 relay teams (Varsity) and the top 3 finishers in individual events and the top relay team (JV). (We will split the cost of the JV medals as per previous agreement)