

2023 Region 19 Track & Field Championships

- Date: Wednesday, May 10th, 2023 @ 10:00 am
- Location: Southern Utah University Eccles Coliseum 99 S 1100 W, Cedar City, UT 84720
- Registration: Registration will be through runnercard.com. Please enter marks for your athletes to improve proper seeding. Registration deadline is Tuesday, May 9th at 6:00 pm. Any emergency changes/adjustments can be made prior to the meet starting. Lanes with scratches will be left empty.
- Entries: Each team is allowed 4 entries per individual event. Each athlete is allowed 4 events, including relays. Each team is allowed 1 relay team per gender per relay event.
- State Qualifying: Top 4 placers in each individual event and relay event will automatically qualify for the State Championships. In addition, any athlete achieving a state qualifying mark in any heat/section/flight will qualify for the State Championships.
- Scoring: Top 8 places for individual events (10, 8, 6, 5, 4, 3, 2, 1)
Top 4 places for relay events (8, 6, 4, 2)
- Games Committee: The Games Committee will be comprised of a Coach from each school, which will be established at the coaches meeting. The Games Committee will be assembled to discuss any disputes, grievances, or issues that may arise during the meet.
- Implement weigh-in: All throwing implements MUST be weighed and certified according to the National Federation Rules. All implements MUST be marked and cleared in order to be used in an athlete attempt. Weigh-ins will be at the table at the North West Entrance of the stadium.
- Wednesday 5/10: Weigh-in will be open from 9:30 am - 10:00 am
- Running Events: Athletes are to check in near the starting line with the Meet Clerk for each running event. If an athlete does not report by the time the lanes are finalized, they will be scratched from the event.
All Running events will go Girls first followed by Boys
Sprints: All sprint events will be seeded in a serpentine pattern for preliminary rounds, with lane 4 as the preferred lane. Top 8 athletes in individual sprints will advance to the final round and will be seeded with lane 4 as the preferred lane. Please enter an accurate mark for proper seeding.
Distance: All distance events and relays not finishing in their assigned lanes must collect an ID sticker at check-in. - Stickered events: 800M, 1600M, 3200M, Medley Relay (last leg), 4x400M Relay (last leg). - All distance events will be seeded with a waterfall start.
The 4x100M Relay will be seeded with lane 4 as the preferred lane.
The 4x400M Relay will be seeded in lanes with a waterfall-style start with lane 1 as the preferred lane, ran with a 3-turn stagger.
The Medley Relay will be seeded in lanes with a waterfall-style start with lane 1 as the preferred lane.
Field Events: All field event athletes will be allowed 3 attempts. The TOP 9 athletes will advance to the finals and receive an additional 3 attempts.
High jump athletes will be allowed 3 attempts per height and the bar will increase in 2" increments as the competition field allows.
- Shot Put: will be contested at the Shot Put ring located in the northwest corner of the stadium. Shot Put is a concrete ring.
- Javelin: will be contested on the field west of the stadium. The javelin is on a grass runway.
- Discus: will be contested on the east side of the stadium. Discus will have an enclosed cage and on a concrete ring.
- Long Jump: will be contested on the east of the infield. The runway is rubberized with a sand jumping pit.
- High Jump: will be on the rubberized pad on the north side of the stadium. Starting heights will be as follows:
 - Girls: 4-00, 4-02, 4-04, 4-06, 4-08, 4-10, 5-00, and one-inch increments thereafter at the discretion of the Event Judge and the last 3 athletes in.
 - Boys: 5-00, 5-02, 5-04, 5-06, 5-08, 5-10, 6-00, and one-inch increments thereafter at the discretion of the Event Judge and the last 3 athletes in.
- Concessions: A concession stand will be operating at the meet.
- Meet Contact: Shaquel Benson (shaquelbenson@live.com)

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Revised: 5/3/2023

Schedule of Events

Wednesday May 10, 2023

Time Running Events

10:00 AM Region 19 Girls 3200M Run Finals
10:19 AM Region 19 Boys 3200M Run Finals
10:36 AM Region 19 Girls 100M Hurdles Heats
10:44 AM Region 19 Boys 110M Hurdles Heats
10:52 AM Region 19 Girls 100M Dash Heats
10:59 AM Region 19 Boys 100M Dash Heats
11:09 AM Region 19 Girls 400M Dash Finals
11:16 AM Region 19 Boys 400M Dash Finals
11:26 AM Region 19 Girls Medley Relay Finals
11:35 AM Region 19 Boys Medley Relay Finals
11:45 AM Region 19 Girls 200M Dash Heats
11:52 AM Region 19 Boys 200M Dash Heats
12:00 PM Region 12 Girls 1600M Run Finals
12:09 PM Region 12 Boys 1600M Run Finals
12:19 PM Region 19 Girls 100M Hurdles Finals
12:22 PM Region 12 Girls 100M Hurdles Heats
12:30 PM Region 19 Boys 110M Hurdles Finals
12:33 PM Region 12 Boys 110M Hurdles Heats
12:41 PM Region 19 Girls 1600M Run Finals
12:50 PM Region 19 Boys 1600M Run Finals
1:00 PM Region 19 Girls 100M Dash Finals
1:03 PM Region 19 Boys 100M Dash Finals
1:06 PM Region 12 Girls 100M Dash Heats
1:13 PM Region 12 Boys 100M Dash Heats
1:20 PM Region 12 Girls 400M Dash Heats
1:27 PM Region 12 Boys 400M Dash Heats
1:37 PM Region 19 Girls 300M Hurdles Finals
1:42 PM Region 12 Girls 300M Hurdles Heats
1:52 PM Region 19 Boys 300M Hurdles Finals
1:57 PM Region 12 Boys 300M Hurdles Heats
2:06 PM Region 19 Girls 4x100M Relay Finals
2:11 PM Region 19 Boys 4x100M Relay Finals
2:16 PM Region 12 Girls Medley Relay Finals
2:24 PM Region 12 Boys Medley Relay Finals
2:32 PM Region 19 Girls 800M Run Finals
2:37 PM Region 19 Boys 800M Run Finals
2:45 PM Region 19 Girls 200M Dash Finals
2:50 PM Region 19 Boys 200M Dash Finals
2:55 PM Region 12 Girls 200M Dash Heats
3:02 PM Region 12 Boys 200M Dash Heats
3:09 PM Region 19 Girls 4x400M Relay Finals
3:19 PM Region 19 Boys 4x400M Relay Finals
3:34 PM **Region 19 Team Awards**
Region 12 Day 1 Complete

Wednesday May 10, 2023

Field Events

Time	High Jump	Long Jump	Discus	Javelin	Shot Put
10:00 AM	Region 19 Girls	Region 19 Boys Flight 1	Region 19 Boys Flight 1	Region 19 Girls Flight 1	Region 19 Girls Flight 1
10:12 AM					
10:24 AM					
10:36 AM		Region 19 Boys Flight 2	Region 19 Boys Flight 2	Region 19 Girls Flight 2	Region 19 Girls Flight 2
10:48 AM					
11:03 AM					
11:18 AM					
11:30 AM		Region 19 Boys Finals	Region 19 Boys Finals	Region 19 Girls Finals	Region 19 Girls Finals
11:45 AM					
12:00 PM	Region 19 Boys	Region 19 Girls Flight 1	Region 19 Girls Flight 1	Region 19 Boys Flight 1	Region 19 Boys Flight 1
12:12 PM					
12:24 PM					
12:36 PM		Region 19 Girls Flight 2	Region 19 Girls Flight 2	Region 19 Boys Flight 2	Region 19 Boys Flight 2
12:48 PM					
1:03 PM					
1:18 PM					
1:30 PM		Region 19 Girls Finals	Region 19 Girls Finals	Region 19 Boys Finals	Region 19 Boys Finals
1:45 PM					
2:00 PM	Region 12 Girls	Region 12 Boys Flight 1	Region 12 Boys Flight 1	Region 12 Girls Flight 1	Region 12 Girls Flight 1
2:12 PM					
2:24 PM					
2:36 PM		Region 12 Boys Flight 2	Region 12 Boys Flight 2	Region 12 Girls Flight 2	Region 12 Girls Flight 2
2:48 PM					
3:03 PM					
3:18 PM					
3:30 PM		Region 12 Boys Finals	Region 12 Boys Finals	Region 12 Girls Finals	Region 12 Girls Finals
3:45 PM					