

Region 6 Track & Field Championships 2024
Alta High School
Schedule of Events (updated as of May 2, 2024)

Wednesday, May 8th	Thursday, May 9th
Field Events: All Finals	Field Events: All Finals
<p><u>2:30 PM</u> Girls Javelin Boys High Jump Girls Long Jump</p> <p><u>3:00 PM</u> Unified Shot Put</p> <p><u>3:30 PM</u> (or after Girls Long Jump Event) Unified Long Jump</p> <p><u>3:30 PM</u> Girls Shot Put Boys Discus</p>	<p><u>2:00 PM</u> Boys Javelin Girls High Jump Boys Long Jump</p> <p><u>3:30 PM</u> Boys Shot Put Girls Discus Unified Javelin</p>
Track Events	Track Events
<p><u>4:00 PM</u> Unified 4 X 400 Relay</p> <p>4 X 800 Relay Finals Girls 100 Hurdles Trials Boys 110 Hurdles Trials 100 Meter Dash Trials 4 X 200 Relay Finals 1600 Meter Run Finals 400 Meter Dash Trials 300 Meter Hurdles Trials 200 Meter Dash Trials</p>	<p><u>3:30 PM</u> 3200 Meter Run Finals (Heat 1) Girls 100 Hurdles Finals Boys 110 Hurdles Finals 100 Meter Dash Finals</p> <p>Break: Academic All-Region Awards</p> <p>Unified 4 X 100 Relay</p> <p>4 x 100 Meter Relay Finals 400 Meter Dash Finals 300 Meter Hurdles Finals 800 Meter Dash Finals 200 Meter Dash Finals 3200 Meter Run Finals (Heat 2) 4 x 400 Meter Relay Finals</p>

Region 6 Track & Field Championships 2024
ALTA HIGH SCHOOL
Wednesday, May 8th and Thursday, May 9th

Guidelines for Region Meet

1. A Region Seeding Meeting will be held **Monday, May 6th at 4:30 pm** at Alta High School
2. A light dinner will be served. Coaches, please inform your region chairperson of how many coaches will be attending the seeding meeting
3. Coaches must submit their entries via Runnercard.Com. Entry deadline is Monday, May 6th at 12:00 pm. Only omissions/scratches can occur after this deadline. No additions may be added after the deadline has passed.
4. If No FAT time or official distance is submitted, it is considered as “No Time” or “Mark for seeding purpose”
5. Each school will be allowed five (5) entries per school per event and one (1) relay team per relay event
6. Top eight (8) times for track and top nine (9) for field events will advance to Region finals regardless of placement in heats
7. Individual event and relay will be scored: 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1
8. All field events participants will receive marks. There will be no minimum standard
9. Starting heights for high jump will be decided at the Region Seeding Meeting
10. Shot Put, Discus, Javelin, and Long Jump will have three (3) attempts in the trial. The top nine (9) will advance into the Region finals for an additional three (3) attempts
11. Event Assignments – each school will be asked to staff the following events:
 - Hurdle Crew and Hurdle Umpires – Brighton & East
(rotate crews between 100 M and 300 M events)
 - Long Jump – Skyline
 - High Jump – Olympus
 - Shot Put - West
 - Javelin – Highland
 - Discus – Brighton
12. State qualifying for 2024 (refer to UHSAA Guidebook)

For Region VI, the top six (6) individuals in each event and top six (6) relays teams qualify for the state championship meet. Additionally, any individual or relay team meeting the qualifying standard at a sanctioned qualifying or region meet will also qualify for the state championship meet
13. No pop-up tents may be placed in the infield nor in the west stadium seats. Teams camps (“hang out spots”) are allowed only in the outfield of the baseball field located south of the stadium. Gates will be open for ease of access between the stadium and the baseball field

Region 6 Track & Field Seeding Meeting Agenda
ALTA HIGH SCHOOL
Monday, May 6, 2024 at 4:30 PM

4:30-4:50 PM

Dinner served

Agenda Items

- Review submissions are entered on Runner Card
- Obtain names of Unified Athletes and their coaches/advisors from each school for each of the Unified events. These participants should not be listed in Runner Card and do not contribute to a team score. Names are needed so announcer can recognize their participation. Unified events will be Shot Put, Long Jump, Javelin, 4x400 M Relay, and 4x100 M Relay
- Discuss site logistics and locations including: bus drop off area, bus parking, patron parking, Aid/Trainers location, location of team tents in the outfield of the baseball field, coaches' hospitality area, restrooms, access points to track and turf areas, bullpen location, timer locations, wind gauge locations, weights master location, and awards stage location.
- Discuss safety concerns, particularly safety areas for Shot Put and Discus events
- Concessions will be available. Water for coolers and ice are available at Concessions
- Review Schedule of Events for the Region Meet
- Review the event assignments for each school and the items/people needed for each event
- Discuss logistics for each event. Particular discussions about the distance events (800, 1600, 3200) and starting heights for high jumps
- Submit names for Exchange Zone judges. One from each school, preferable a coach or trustworthy adult
- Discuss awards process and distributing medals for event placers. Parents and spectators will need to stay outside of the track area and away from the turf field
- Obtain names and certificates for Academic All Region honorees
- Schools may bring their own photographer as long as UHSAA Media Credentials are worn
- No pop-up tents may be placed in the infield nor in the west stadium seats. Team tents may be set up in the outfield of the baseball field

Looking Ahead to 2025

- Pass out the draft of the 2025 Region 6 Track Schedule proposal. This schedule will be proposed to the Region Board of Managers (aka principals). Input needs to be sent to region chairperson (kalisi.ulave@canyonsdistrict.org)