

2022 Region 16 Championships

WHEN: May 11th, 2022

START TIME: 10:00 AM

Weigh-ins: 9:00am

Field Events: 10:00 am

Track Events: 10:00 am

WHERE: North Sevier High School, Salina Utah

REGISTRATION: (on Runnercard) Please have all entries in by 5 pm on Tuesday, May 10th

General Information

- Pre-entries are due by 5 PM Tuesday May 10th
 - Please make sure all athletes have a time or mark in their entry
 - There will be trials and finals in all running events 200 Meter and below
 - Top 8 runners in 200M and below races will go to finals in the afternoon
 - Individual athletes are limited to 4 events, including relays.
 - Entries are unlimited
 - Only the top 4 athletes from your school in each event can score
- *Only 4 athletes from each school can go to finals
- Field Events will be 3 throws in trials and top 8 marks go to finals
 - Bullpen for track events will be on the field (tent) on the south end of the track
 - Awards: Region medals from the state
 - Field Event participants need to check in and can be moved from flights to accommodate running or other field events.
 - Please keep tents away from press box so timing officials have good view
 - Javelin has a grass runway.
 - Concessions will be available
 - Lunch will be available for all coaches

Any other questions, please email: eric.mason@seviersd.org

-Schedule of Events-

	<u>RUNNING EVENTS</u>
10:00am	3200 M. Girls - FINAL 3200 M. Boys - FINAL
10:30am	100 Hurdles Girls-trials 110 Hurdles Boys -trials
11:00am	100 M. Girls-trials 100 M. Boys-trials
11:45am	400 M. Girls - FINAL 400 M. Boys - FINAL
12:20pm	Medley Relay Girls - FINAL Medley Relay Boys - FINAL
1:00pm	200 M. Girls -trials 200 M. Boys - trials
1:30pm	---LUNCH BREAK---
2:00pm	100 Hurdles Girls - FINAL 110 Hurdles Boys - FINAL
2:15pm	1600 Girls - FINAL 1600 Boys - FINAL
2:45pm	100 M. Girls - FINAL 100 M. Boys - FINAL
3:00pm	300 M. Hurdles Girls - FINAL 300 M. Hurdles Boys - FINAL
3:30pm	4x100 Relay Girls - FINAL 4x100 Relay Boys - FINAL
3:50pm	200 M. Girls - FINAL 200 M. Boys - FINAL 15 Minute Break
4:25pm.	800 M. Girls - FINAL 800 M. Boys - FINAL 15 Minute Break
5:15pm	4x400 Relay Girls - FINAL 4x400 Relay Boys - FINAL

*We will try to stick to the schedule as closely as possible.
We may get behind schedule, but we won't start early,
before an event's scheduled start time.*

	<u>FIELD EVENTS</u>
10:00am	Discus- GIRLS Flight 1, 2, 3 <i>(flight 3 - Top Seeded)</i> FINALS
	Long Jump - BOYS Flight 1, 2, 3 <i>(flight 3 - Top Seeded)</i> FINALS
	Shot Put - BOYS Flight 1, 2, 3 <i>(flight 3 - Top Seeded)</i> FINALS
	Javelin - BOYS Flight 1, 2, 3 <i>(flight 3 -Top Seeded)</i> FINALS
10:00am	High Jump - GIRLS followed by BOYS
Lunch Break 12:30 – 1 PM for Field Events	
1:00pm	Discus - BOYS Flight 1, 2, 3 <i>(flight 3 - Top Seeded)</i> FINALS
	Long Jump - GIRLS Flight 1,2,3 <i>(flight 3 – Top Seeded)</i> FINALS
	Shot Put - Girls Flight 1, 2, 3 <i>(flight 3 – Top Seeded)</i> FINALS
	Javelin - GIRLS Flight 1, 2, 3 <i>(flight 3 – Top Seeded)</i> FINALS

5:40pm Region Championship Trophy Presentation Girls/Boys