

2023 Region 8 Championship Track and Field Hosted by Timpanogos High

Registration on Runnercard. Registration password: region8

Registration will close at 10am Tuesday, May 9.

5A SCHOOLS

The following number of individuals and relays will qualify in each event from each Region:

Region 5	Region 6	Region 7	Region 8	Region 9
4	4	4	4	4

Schedule

Wednesday, May 10

2:00 PM Start

4 X 200 Relay (Final)

100 M Hurdles (Prelims)

110 M Hurdles (Prelims)

100 M Dash (Prelims)

1600 M Run (Finals)

400 M Dash (Prelims)

300 M Hurdles (Prelims)

200 M Dash (Prelims)

4 X 800 Relay (Final)

Wednesday, May 10

Weight Master 12:30 - 1:45 PM

Warm Ups 1:45 PM

High Jump (Girls)

Long Jump (Boys)

Shot Put (Boys)

Discus (Girls)

Javelin (Girls)

Meet Host - Timpanogos

Timing - Timpanogos

Long Jump - Lehi

High Jump - Alta

Shot Put - Orem

Discus - Mt View

Javelin - Jordan

Hurdle Crew - Timpview

Relays - Everyone

Thursday, May 11

2:00 PM Start

100 M Hurdles (Final)

110 M Hurdles (Final)

100 M Dash (Final)

50 M Dash (Unified)

3200 M Run (Final)

4X100 Relay (Final)

4X100 Relay (Unified)

400 M Dash (Final)

300 M Hurdles (Final)

Academic All Region Recognition

800 M Run (Final)

200 M Dash (Final)

4 X 400 Relay (Final)

Thursday, May 11

Weight Master 12:30 - 1:45 PM

Warm Ups 1:45 PM

High Jump (Boys)

Long Jump (Girls)

Shot Put (Girls)

Shot Put (Unified)

Discus (Boys)

Javelin (Boys)