Region 21 Track Meet

Saturday May 11,2013

Uintah High School

Vernal, Utah

**Coaches Meeting at 11:30 am**

We will review the meet, communicate scratches, look at heats and decide if there needs to be just finals in a particular event, and any other pertinent topic.

**First event at 12:00 pm**

**Order of events** (Track: Girls followed by boys)

Track Events Field Events

3200m Timed Final LJ—Girls

100m H (33) Prelims HJ--Boys

110m HH (39) Prelims Discus--Girls

100m Prelims Javelin--Boys

400m timed Finals Shot--Girls

300m LH (30/36) Prelims

200m Prelims

Medley Relay

**Possibility of 30-60 minute break**

Track Events Field Events

1600m Timed Finals LJ--Boys

100m H Finals HJ—Girls

110m HH Finals Discus--Boys

100m Finals Javelin--Girls

4x100 Relay Shot—Boys

300LH Finals

800m

200m Finals

4x400 Relay

**Participation**

Three (3) athletes per event per school.

Four (4) events per athlete.

Please enter your athletes on Runnercard by Friday noon. If there are any problems, contact Guy Gonder or Bruce Northcott at Daggett School District immediately.

**Scoring**

With five teams, scoring for individual events will be 8-6-4-2-1; relays 8-6-4-2.

**Field Event Assignments/Management**

Bring your own clip board, pencil, measuring tape.

Long Jump Manila

High Jump Duchesne

Discus Altamont

Javelin Rich

Shot Tabiona

Field Events—open jump/throw for the first 1.5 hours—3 jumps or throws. Six finalists will be announced for the final round—another 3 jumps or throws.

For finalists, best jump/throw of all six attempts is the “best mark.”

Qualifiers for State:

Individuals top 3

Relays top 2

There will be no concessions at the meet.

**Remember to inform your spectators that the region charges a gate for region track now**.