

REGION 7 CHAMPIONSHIPS

CORNER CANYON HIGH SCHOOL

- Wednesday, May 6th & Thursday, May 7th, 2015 -

Dear Coaches,

All registration will be done through Runnercard. Registration ends Monday, May 4th at midnight. Heat sheets and seeding will be organized and emailed out to all coaches by Tuesday, May 5th at 3:00pm. If there are any issues or changes that need to be made email Coach Moody before midnight on Tuesday (dmoodxc@gmail.com). Printed Heat Sheets will be available for all coaches the day of competitions.

The warm-up area will be reserved for athletes who are in between the time of their bull pen check-in and the start of their race. All other athletes and coaches should stay off the track and infield.

The following responsibilities will be given to each school in the Region to cover an event:

(Measuring tapes should be brought by schools in charge of long jump and throws)

Timpanogos – Pole Vault & SouthEast exchange of the 4x100
Orem - Long Jump (there are two pits if you would like to use both)
Mt. View – High Jump & NorthEast exchange of the 4x100
Skyline – Shot Put & NorthWest exchange of the 4x100
Olympus – Javelin
Murray – Discus

Medals will be awarded to the top 6 in Individual Events and top 3 Relay Teams.

ORDER OF EVENTS:

Wednesday, May 6th – Starts at 3:30 PM

- weighing of implements behind the bull pen from 2:15-3:30

Running Events (Girls/Boys)

1600 Meter Finals
100/110 Meter Hurdles Trials
100 Meters Trials
400 Meters Trials
Medley Relay Finals
300 Meter Hurdles Trials
200 Meter Trials

Field Events

Pole Vault
Girls Javelin
Girls Long Jump
Boys Discus
Boys High Jump (5'4" O.H.)
Girls Shot Put

Thursday, May 7th – Starts at 3:30 PM

- weighing of implements behind the bull pen from 2:15-3:30

Running Events (Girls/Boys)

3200 Meters Finals
100/110 Meter Hurdles Finals
100 Meters Finals
Academic All-Region Presentation
4x100 Meter Relay Finals
400 Meters Finals
300 Meter Hurdles Finals
800 Meters Finals
200 Meters Finals
4x400 Meter Relay Finals

Field Events

Boys Javelin
Boys Long Jump
Girls Discus
Girls High Jump (4'4" O.H.)
Boys Shot Put

*Heats will be run fastest to slowest

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DISCUS

JAVELIN

POLE VAULT

BATHROOMS
CONCESSIONS

WARM-UP
AREA

AWARDS
AREA

FOR ATHLETES COMING
FROM THE BULL PEN ONLY

RESULTS POSTED
ON BACKSIDE
OF STANDS

AREA FOR
TEAMS TO
SET UP
CAMP

LONG JUMP

HIGH JUMP

BULL PEN

WEIGH-IN
FOR
IMPLEMENTS

SHOT PUT