**Region 11 Championship Track Meet**

**Ben Lomond High School**

**May 9-10, 2018**

Registration

* We will be using runnercard.
* The deadline for entries into the website is Monday, May 7th, at noon. There will then be a 24 hr protest period.
* Each school is allowed 4 athletes per event.

School Assignments

Please have knowledgeable and competent individuals running your event. Bring as many helpers as necessary. Clipboards, pencils, rakes, and measuring tapes will be provided by Ben Lomond High School. Event Assignments are as follows:

**Ben Lomond**- Timing **Park City-** Javelin

**Bonneville**- Discus **Stansbury**-Shot Put

**Juan Diego-** High Jump **Tooele**-Implement certification

**Ogden**- Long Jump

The meet will begin promptly at 3pm. Please have your event judges at their assigned events by 2:30 so that check-ins and warm-ups may begin.

Team Scoring

Ben Lomond has a eight lane track. We will score 8 places per event:

1st place- 10 points 5th place- 4 points

2nd place- 8 points 6th place- 3 points

3rd place- 6 points 7th place- 2 point

4th place- 5 points 8th place- 1 point

The **top 8** individuals in preliminary running events will advance to finals and the **top 9** in each field event will also advance. If there is a tie for the 8th spot in a lane event, a run-off will take place at the end of the meet on Wednesday at the conclusion of the Medley Relay.

Field Events

* Weigh-ins will take place on both days from 2:00-2:45 in the Southwest corner of the stadium.
* Each participant in the Long Jump, Shot-Put, Javelin, and Discus will get three attempts. The top nine individuals will the advance to finals for three more attempts.
* The crossbar for the high jump will be raised as follows:
  + Girls- start at 4-0 and go up 2 inches at a time.
  + Boys- start at 5-0 and go up 2 inches at a time.

Other Items

* Please do not place tents/canopies on the west bleachers as it will inhibit the view from the press box. Feel free to place them in the east bleachers.
* We will have concessions on the southwest side of the track.
* The infield may be used for warming up but Frisbees, footballs and/or horseplay is not allowed.
* The same schedule being used for State is what we will follow.

Region 11 Championships Schedule

Wednesday May 9

Girls 3200m Run Finals

Boys 3200m Run Finals

Girls 100m Hurd Trials

Boys 110m Hurd Trials

Girls 100m Dash Trials

Boys 100m Dash Trials

Girls 400m Dash Trials

Boys 400m Dash Trials

Girls 300m Hurd Trials

Boys 300m Hurd Trials

Girls 800m Run Finals

Boys 800m Run Finals

Girls 200m Dash Trials

Boys 200m Dash Trials

Girls Med Rel Finals

Boys Med Rel Finals

Girls Shot Put

Boys Discus

Girls Javelin

Boys High Jump

Girls Long Jump

Thursday May 10

Girls 1600m Run Finals

Boys 1600m Run Finals

Girls 4x100m Rel Finals

Boys 4x100m Rel Finals

Girls JV 1600m Run

Girls 100m Hurd Finals

Boys 110m Hurd Finals

Girls 100m Dash Finals

Boys 100m Dash Finals

Boys JV 1600m Run

Girls 400m Dash Finals

Boys 400m Dash Finals

Girls 300m Hurd Finals

Boys 300m Hurd Finals

Girls 200m Dash Finals

Boys 200m Dash Finals

Girls 4x400m Rel Finals

Boys 4x400m Rel Finals

Boys Shot Put

Girls Discus

Boys Javelin

Girls High Jump

Boys Long Jump