**Burchell/Armstrong Memorial City-County Track Meet**

**Ben Lomond High School**

**March 29-30, 2023**

The annual Burchell/Armstrong Memorial City-County Track meet will be held at Ben Lomond High School on Wednesday and Thursday March 29-30, 2023, starting each day promptly at 3pm. This will be a State Qualifying meet.

**Registration**

* Entries will be entered on Runnercard. (For those of you with pole vaulters, Fremont will host the pole vault on Monday, March 27, 2023 at 3pm. It will be a non-scoring event, but will give kids the opportunity to vault in a qualifying meet. It will count toward an athlete’s 4 events.)
* 4 athletes per event –Athletes are limited to 4 events.

**School Assignments**

Please have knowledgeable and competent adults running your event. Bring as many helpers and/or students as necessary, but an adult should run the event. Clipboards, pencils, rakes, and measuring tapes will be provided by Ben Lomond High School. Event assignments are as follows:

**Ben Lomond** – Meet management/wind gauges **Ogden** – High Jump **Roy** – Javelin

**Bonneville** – Discus **Weber** –Long Jump **Fremont** – Pole Vault **St. Joseph/UMA** –Shot put

The meet will begin promptly at 3pm each day. Please have your event judges at their assigned events 30 minutes prior to the start of the event so that check-ins and warm-ups may begin.

**Team Scoring**

1st place – 10 points 5th place – 2 points

2nd place – 8 points 6th place – 1 points

3rd place – 6 points

4th place – 4 points

The **top 8** individuals in preliminary running events will advance to finals and the **top 9** in each field event will advance. If there is a tie for the 8th spot in a lane event, a run-off will take place at 6:15 on Wednesday at the conclusion of the meet.

**Field Events**

* Weigh-ins will take place on both days from 2:00-2:30pm on the south end of the concession stand on the SW corner of the track.
* Each participant in the long jump, shot put, javelin, and discus will get three (3) attempts. The top eight (9) individuals will advance to finals for three (3) more attempts.
* The crossbar for the high jump will be raised as follows:
  + Girls- 4-04, 4-06, 4-08, 5-0, and one inch thereafter
  + Boys- 5-04, 5-06, 5-08, 5-10, 6-00, and one inch thereafter

**Awards**

* Places 1-3 in each event will receive a medal. The 1st place team in each relay will receive a medal. There is a boys’ and girls’ team traveling trophy, and plaques for the top male and female performers.
* Following the 4x400 on day 2, there will be a coaches meeting to vote on the athlete of the meet.

**Other Item**s

* Concessions will be sold in the main concession stand at the SW end of the field.
* The discus and javelin will be thrown on the baseball field to the south of the stadium.
* The MEDLEY, 4x200, and 4x800 relays will be exhibition events. It will give schools an opportunity to qualify for state but those events will not be scored as not all schools participate in those events in their classification. Like the pole vault, participation in the relays count as one of the athlete’s events in the 4-event limit
* The 4x100 and the 4x400 relays will be scored..

**Burchell-Armstrong Memorial City-County Track and Field Championships**

**March 29-30, 2023**

**Order of Events**

WEDNESDAY SCHEDULE

2:00-2:30 – Implement Weigh-In

2:30 – Coaches Meeting (Finish Line)

3:00 – Girls Javelin Trials and Finals Girls Shot Put Trials and Finals

Girls High Jump Finals

Boys Discus Trials and Finals Boys Long Jump Trials and Finals

3:00 – Girls 3200m Run Finals

3:15 – Boys 3200m Run Finals

3:30 – Girls 100m Hurdles Trials

3:40 – Boys 110m Hurdles Trials

3:50 – Girls 100m Dash Trials

4:00 – Boys 100m Dash Trials

4:10 – Girls 400m Dash Trials

4:20 – Boys 400m Dash Trials

4:30 – Girls 300m Hurdles Trials

4:40 – Boys 300m Hurdles Trials

4:50 – Girls 200m Dash Trials

5:00 – Boys 200m Dash Trials

5:15 – Girls Medley Relay Exhibition

5:25 – Boys Medley Relay Exhibition

5:35 – Girls 4x800m Relay Exhibition

5:50 – Boys 4x800m Relay Exhibition

6:00 – Girls 4x200m Relay Exhibition

6:05 – Boys 4x200m Relay Exhibition

6:15 – Runoffs if necessary

*Wednesday’s event times are tentative. Listen for calls.*

THURSDAY SCHEDULE

2:00-2:30 – Implement Weigh-In

2:30 – Coaches Meeting (Finish Line)

3:00 – Girls Discus Trials and Finals

Girls Long Jump Trials and Finals

Boys Javelin Trials and Finals

Boys Shot Put Trials and Finals

Boys High Jump Finals

3:00 – Girls 1600m Run Finals

3:15 – Boys 1600m Run Finals

3:30 – Girls 100m Hurdles Finals

3:35 – Boys 110m Hurdles Finals

3:40 – Girls 100m Dash Finals

3:45 – Boys 100m Dash Finals

3:50 – Girls 400m Dash Finals

3:55 – Boys 400m Dash Finals

4:00 – Girls 300m Hurdles Finals

4:05 – Boys 300m Hurdles Finals

4:10 – Girls 800m Dash Finals

4:20 – Boys 800m Dash Finals

4:30 – Girls 4x100m Relay Finals

4:35 – Boys 4x100m Relay Finals

4:40 – Girls 200m Dash Finals

4:45 – Boys 200m Dash Finals

5:00 – Girls 4x400m Relay Finals

5:10 – Boys 4x400m Relay Finals

5:25 – Presentation of Team Awards

*Thursday’s Portion of the meet will not be run ahead of schedule.*