

Region V Championship Track & Field Meet

Roy High School

May 7-8, 2014

Dear Coaches,

The Region V Championship Track & Field meet will be held at Roy High School on Wednesday and Thursday, May 7-8, 2014. We at Roy High School are excited to host this meet and hope that many of your athletes will be able to qualify to participate in the state meet while here. Here is some general information:

- The track is on the North-West corner of the Roy High School property. You may enter the track stadium through the North-East or South-East gates.
- Please park in the driving range directly east of the track.
- Please **do not** place tents/canopies on the South bleachers as it will inhibit the view from the press-box. Feel free to place as many canopies as you want in the North bleachers.
- A coaches meeting will take place both days at 2:45 at the finish line.
- There are 3 restrooms that may be used during the meet: Under the press-box; in the North concessions building; and on the side of the school directly east and slightly south of the track. Please do not enter the school to look for restrooms.
- The infield may be used for warming up, but please inform athletes that frisbees, footballs, and/or horse-playing on the infield is not allowed. Also, please stay out of the flagged discus area.

Registration:

- ☞ We will be using runnerecard.com.
- ☞ The deadline for **entries** into the website is **Tuesday, May 6, at 11:59 PM**. Do not delay, as it will be closed at that time.
- ☞ The password is: **Royals**.
- ☞ Each school will be allowed to enter a total of 52 individual entries and 1 relay team per race. Each athlete may be entered into a maximum of four (4) events.
- ☞ Please submit a legitimate mark for each entry, athletes with no marks will receive the lowest seed for that event.
- ☞ Since we are using runnerecard.com, there will be no need for a seeding meeting as there has been in the past. Each school will be given a meet program as they arrive at the meet on Wednesday.

Team Scoring:

- * Roy has a seven-lane track and so we will only be taking 7 individuals to finals in the sprint races. We will, however be scoring 8 places. The person that places 8th in the preliminary round will be an alternate in case one of the top 7 athletes decides not to participate in finals. If all 7 athletes ahead of them do participate, then they will score 1 point. If there is a tie for the 7th and/or 8th spot in a sprint event during preliminaries then a run-off will take place at 2:30 on Thursday, May 8.
- * Team Scoring will be as follows for each event:
1st place – 10 points 2nd place – 8 points 3rd place – 6 points
4th place – 5 points 5th place – 4 points 6th place – 3 points
7th place – 2 points 8th place – 1 point
- * Places 1 – 6 in each individual event will receive a medal. The 1st place team in each relay will receive medals. There will be a boy's and a girl's team trophy for the winning teams. The top 4 individuals and the top 4 relay teams will qualify to participate in the state championship meet.
- * There will be a non-scoring 4x800 relay before the 4x400 on day 2.

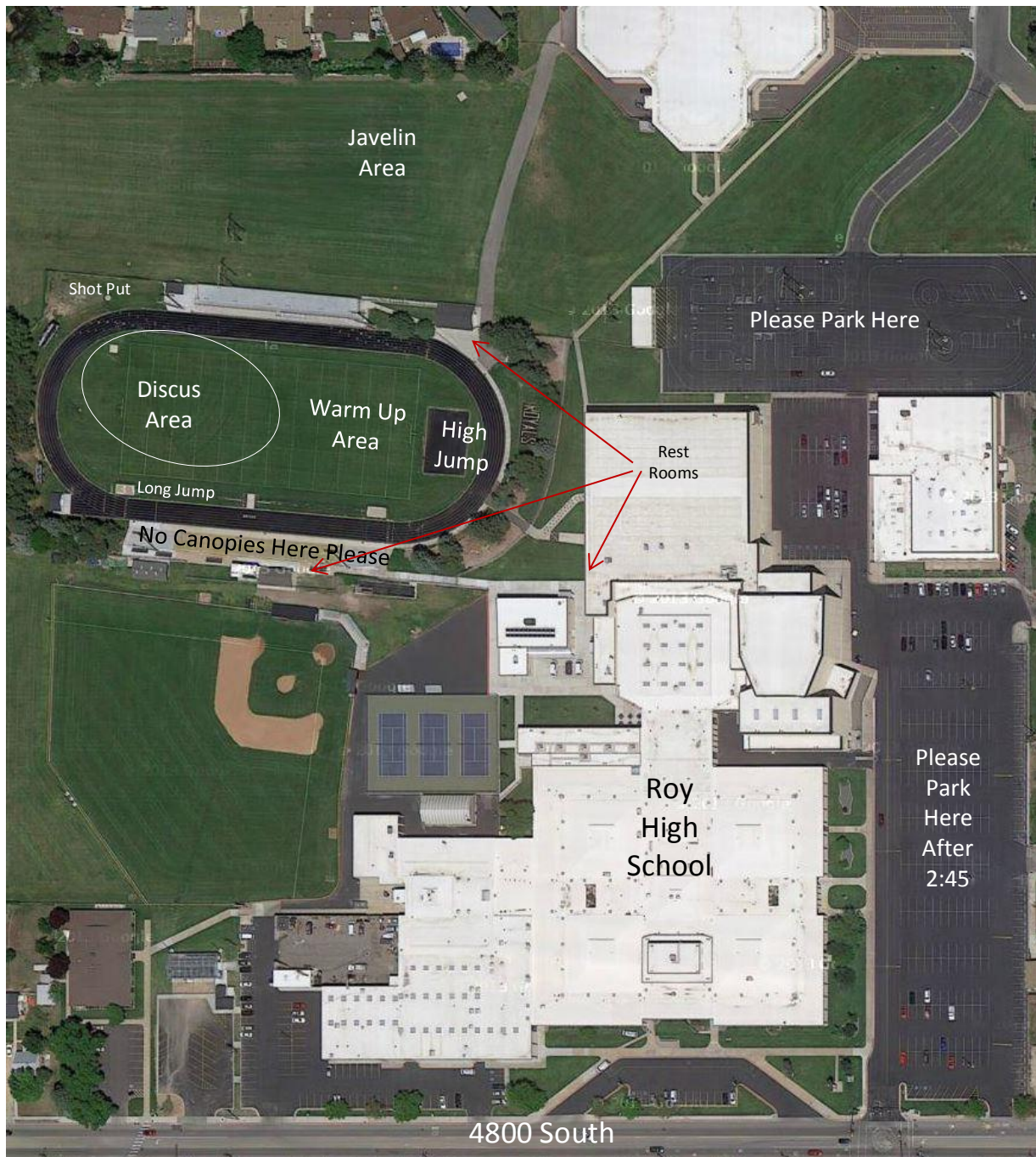
Field Events:

- Implement weigh-ins will take place on both days from 2:00 – 2:45 in the shed on the North-East corner of the stadium.
- There will be a pole-vault competition at Logan High School on Tuesday, May 6th at 3:30 PM. If you have any pole-vaulters, please have them there by 3:00 to warm up, and be sure to enter them in runnerecard.com by the deadline. It will not be a scoring event but will count as a state-qualifying competition.
- Each participant in the long jump, shot-put, javelin, and discus will get three (3) attempts. The top 9 individuals will then advance to finals for three more attempts at which point the 8 placers will be determined.
- The cross-bar for the high jump will be placed and raised as follows:
Girls: 4-04, 4-06, 4-08, 4-10, 5-00, 5-02, and one inch thereafter.
Boys: 5-04, 5-06, 5-08, 5-10, 6-00, 6-02, and one inch thereafter.

Assignments:

Event assignments are as follows. As this is a state qualifying meet, please have knowledgeable and competent individuals running your event, and bring as many helpers as is necessary. Pencils, rakes, clipboards and measuring tapes will be provided by Roy High School.

Bonneville –	Shot Put	Mountain Crest –	Javelin
Box Elder –	High Jump	Ogden –	Wind-Gauge/Weigh-in
Logan –	Discus	Roy –	Timing-System/Hurdle-Crew
Sky View –	Long Jump		



Schedule:

The meet will begin promptly at 3:00 PM. Please have all of your judges at their assigned events by 2:30 so that check-ins and warm-ups may begin. Running events will stay on schedule unless unforeseen circumstances put us behind. The schedule will be as follows:



Region V Championship Track & Field Meet

Roy High School

May 7-8, 2104

SCHEDULE OF EVENTS

Wednesday, May 7 th All times are tentative Please listen for calls		Thursday, May 8 th All times are tentative Please listen for calls	
2:00-2:45	Implement Weigh-in	2:00-2:45	Implement Weigh-in
3:00	Girls Javelin Girls Shot-Put Girls Long Jump Boys Discus Boys High Jump	3:00	Girls Discus Girls High Jump Boys Javelin Boys Shot-Put Boys Long Jump
3:00	Girls 1600 Meter Run (Finals)	3:00	Girls 3200 Meter Run (Finals)
3:20	Boys 1600 Meter Run (Finals)	3:20	Boys 3200 Meter Run (Finals)
3:35	Girls 100 M Hurdles (Trials)	3:35	Girls 100 M Hurdles (Finals)
3:45	Boys 110 M Hurdles (Trials)	3:40	Boys 110 M Hurdles (Finals)
3:55	Girls 100 M Dash (Trials)	3:50	Girls 100 M Dash (Finals)
4:05	Boys 100 M Dash (Trials)	3:55	Boys 100 M Dash (Finals)
4:20	Girls 400 M Dash (Trials)	4:10	Girls 4x100 M Relay (Finals)
4:30	Boys 400 M Dash (Trials)	4:15	Boys 4x100 M Relay (Finals)
4:45	Girls 300 M Hurdles (Trials)	4:20	Girls 400 M Dash (Finals)
4:55	Boys 300 M Hurdles (Trials)	4:25	Boys 400 M Dash (Finals)
5:10	Girls 200 M Dash (Trials)	4:30	Girls 300 M Hurdles (Finals)
5:20	Boys 200 M Dash (Trials)	4:35	Boys 300 M Hurdles (Finals)
		4:40	Girls 800 Meter Run (Finals)
		4:50	Boys 800 Meter Run (Finals)
<p>We will do everything possible to remain on schedule. Under no circumstances will we move ahead of schedule, but if we do fall behind for some reason, athletes must pay attention and check into their events as soon as they are called to do so.</p>		5:00	Girls Medley Relay (Finals)
		5:10	Boys Medley Relay (Finals)
		5:20	Girls 200 M Dash (Finals)
		5:25	Boys 200 M Dash (Finals)
		5:30	Girls 4x800M Relay (Exhibition)
		5:30	Boys 4x800M Relay (Exhibition)
		5:45	Girls 4x400M Relay (Finals)
		5:50	Boys 4x400M Relay (Finals)