

**REGION 7 CHAMPIONSHIPS**  
**CORNER CANYON HIGH SCHOOL**  
**- WEDNESDAY, MAY 6TH & THURSDAY, MAY 7<sup>TH</sup>, 2015 -**

**MEET INFORMATION AND ENTRY INSTRUCTIONS**

1. **Registration for this meet will be done on [www.runnercard.com](http://www.runnercard.com). All teams need to have registration done by Monday, May 4 at midnight.**
2. Heat sheets and seeding will be organized and emailed out to all coaches by Tuesday, May 5<sup>th</sup> 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](mailto:dmoodxc@gmail.com)). Printed heat sheets will be available for all coaches the day of competitions.
3. Heats will be run fastest to slowest.
4. Medals will be awarded to the top 6 in Individual Events and top 3 Relay Teams.
5. There will be a limit of 6 athletes per event/per school.
6. Entry fee for spectators will be \$4.00/student, \$5.00/adult, \$20.00/family
7. Competitors will enter through the Northwest gate and have their hands stamped. The Northwest gate will close at 4:30.
8. Buses need to park in the driving range.
9. Seating is available on both sides of the stadium. Canopies must be set up only on the top rows of the bleachers or on the grass on the **north** end of the stadium. Please keep the field event areas clear. If the meet administration asks you to relocate, please do so as best you can. The infield will be for participants to warm up. Coaches and spectators are not allowed on the infield.
10. Restrooms are located south of the stadium, near concessions and right outside the fence, near the javelin area.
11. A Finish Lynx timing system will be used to time the meet. Results will be available at [www.runnercard.com](http://www.runnercard.com)
12. All events will begin at 3:30 pm.
13. Discus and Shot Put is on concrete with the Javelin runway being a track surface. All implements must be weighed in and certified at the weighmaster (located behind the stadium on the north end) before competition begins. The weigh station will be open from 2:30-4:00.
14. The uniform rule will be enforced. All competitors must be in School issued uniforms. Refer to the NFHS rule book for clarification.
15. We will have a trainer at the meet. They will have a tent set up on the South end of the track, near concessions.
16. There are no electronic devices allowed in the competition areas. If these devices are used during an event, it will result in the athlete's disqualification from that event.
17. Athletes should report to the bullpen or field event at first call. The bullpen will be located in the north section of the main bleachers. Only competitors who have been checked in at the bullpen and led out to the competition area by an official will be allowed on the infield. Any competitor who is not immediately involved in an event, and cleared through the bullpen, or receiving an award and is found on the infield may face disqualification.

18. We will present the Academic All-Region team during the meet on Thursday.  
Please bring the certificates for your team with you. Your athletic director should have them.
  
19. **Team Assignments** (please bring measuring tape for your event assignments):
  - Timpanogos – Pole Vault & 4x100 South East Exchange
  - Mt. View – Long Jump & 4x100 North East Exchange
  - Orem – High Jump & 4x100 North West Exchange
  - Olympus – Shot Put & Medley Exchange- North West
  - Skyline – Javelin
  - Murray – Discus
  - Corner Canyon – Timing, Bullpen & hurdle crew
  
20. **If you have any questions, please don't hesitate to contact Coach Mindy Wilder at [cornercanyontrack@gmail.com](mailto:cornercanyontrack@gmail.com) or you can call my cell at 801-870-8657. You can also contact Coach Devin Moody at [devin.moody@canyonsdistrict.org](mailto:devin.moody@canyonsdistrict.org) or 801-822-4490.**

# REGION 7 CHAMPIONSHIPS

## CORNER CANYON HIGH SCHOOL

- WEDNESDAY, MAY 6<sup>TH</sup> & THURSDAY, MAY 7<sup>TH</sup>, 2015 -

### ORDER OF EVENTS:

**Wednesday, May 6<sup>th</sup> – 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 7<sup>th</sup> – Starts at 3:30 PM**

- weighing of implements behind the bull pen from 2:15-4:00

#### **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

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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