

2023 JV Region 10 Championships

State Qualifying Track and Field Meet

Start Time: Tuesday, May 2nd, 2023 @ 2:00 PM

Place: Desert Hills High School Track (828 E. Desert Hills Drive, St. George, UT 84790)

Awards: Medals for top 3 finishers, including relays

Registration: Registration will be online through www.runnercard.com. **Deadline for entries is Monday, May 1st, 2023 @ 8:00 PM.** Please submit legitimate times and marks for all events.

*Each athlete will be limited to 4 events. Unlimited athlete entries per individual event and limited (2) relay teams per relay event. Only relay Team A will be scoring.

Scoring: Top 8 Places (10,8,6,5,4,3,2,1)

Contact Info: Logan Fielding (logan.fielding@washk12.org)

-Schedule of Events

RUNNING EVENTS

*Starts at 2:00pm

1600 Meter Run
100 Meter Hurdles
110 Meter Hurdles
100 Meter Dash
4x800 Meter Relay
4x100 Meter Relay
400 Meter Dash
300 Meter Hurdles
800 Meter Run
4x200 Meter Relay
3200 Meter Run
200 Meter Dash
4x400 Meter Relay

**All running events will go girls first then boys*

**Distance events will go all girls fast to slow, then all boys fast to slow*

FIELD EVENTS

*Starts at 2:00pm

Girls High Jump
Girls Javelin
Boys Long Jump
Girls Shot Put
Boys Discus
*Starts at 3:30pm
Boys High Jump
Boys Javelin
Girls Discus
Girls Long Jump
Boys Shot Put

**Athletes will be given 4 attempts as finals. We will try field events with flights but may go to open pit so athletes can come and go as their events allow. Please make sure athletes are checking in and notifying the official if they need to leave for another event. Athletes MUST check back in to the field event official immediately after their other event is complete, then they will be given adequate time to get ready for their attempts.*