

Region 13 Championship Track Meet

MORGAN High School

May 11-12, 2023

Registration

- We will be using runnercard. Password is Region13
- The deadline for entries into the website is Wednesday May 10th, at 6:00pm.
- 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 Morgan High School. Event Assignments are as follows:

Grantsville – Long Jump

Ogden – High Jump

Morgan- Timing/Scoring, meet management,
implement certification

Ben Lomond – Shot Put

South Summit – Discus

LCA – Javelin

The meet will begin at 4pm on Wednesday and Thursday. Please have your event judges at their assigned events 30 minutes prior to the start time so that check-ins and warm-ups may begin.

Team Scoring

We will score 6 places per event:

1st place- 10 points

4th place- 4 points

2nd place- 8 points

5th place- 2 points

3rd place- 6 points

6th 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

- Implement certification will take place from 3:00-3:45 both days, behind the stadium.
- Each participant in the Long Jump, Shot-Put, Javelin, and Discus will get three attempts. The top nine individuals will 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

- There will be concessions available behind the stadium.
- The infield may be used for warming up but Frisbees, footballs and/or horseplay is not allowed. Athletes need to stay clear of the javelin area.
- Please only allow coaches and athletes on the infield.
- The event schedule is similar to the state meet schedule.

Region 13 Championships Schedule
Running events Girls followed by Boys

Thursday May 11, 4:00pm Start

3200m Run Finals

Girls 100m Hurdles Trials

Boys 110m Hurdles Trials

100m Dash Trials

Girls 4x200m Exhibition

400m Dash Trials

300m Hurdles Trials

200m Dash Trials

Boys 4x200m Exhibition

Medley Relay Finals

Field Events

Girls Shot Put

Boys Discus

Girls Javelin

Girls High Jump

Boys Long Jump

Friday May 12, 4:00pm Start

1600m Run Finals

Girls 100m Hurdles Finals

Boys 110m Hurdles Finals

100m Dash Finals

50m Dash Unified

Girls JV 1600m Run

4x100m Relay Unified

4x100 Relay Finals

400m Dash Finals

300m Hurdles Finals

800m Run Finals

200m Dash Finals

Boys JV 1600m Run

4x400m Relay Finals

Field Events

Boys Shot Put

Girls Discus

Boys Javelin

Boys High Jump

Girls Long Jump