



# UHSAA/SOUT Unified Track & Field State Championship Meet

May 18, 2022 Copper Hills High School

## Meet Information – Team Introductions at 1:30 pm

- Teams will enter their runners into RunnerCard prior to the meet, with the meet director then seeding heats in the meet. The link to enter is <https://www.runnercard.com/e/runner.Main?meet=1004284> and the password is unified2022. Please visit with Courtnie Worthen at [worthen@sout.org](mailto:worthen@sout.org) for information on the meet and entries.
- A school may only enter one team (2 athletes and 2 partners) in each event.
- An individual may only compete in a maximum of 3 events.
- Competitors in track events will report directly to the starting line when called and will be assigned a heat and lane.
- In the Long Jump, the girls’ competition will begin at 1:45. The competition will be “open pit” for one hour unless all competitors have completed their jumps in which case it will close prior to one hour. Each competitor will have four attempts. The boys’ competition will follow the girls. It is scheduled for 3:00 but will probably begin earlier.
- In the Shot Put, the boys’ competition will begin at 1:45. The competition will be “open ring” for one hour unless all competitors have completed their throws in which case it will close prior to one hour. Each competitor will have four attempts. The girls’ competition will follow the boys. It is scheduled for 3:00 but will probably begin earlier.
- Awards will be presented as results are determined, please listen for announcements. Medals will be provided to winning teams. Participation ribbons will be provided to all other participants.
- **Team Scoring:**
  - We are moving from separate boy and girl teams to a combined team competition. This will make us more in line with the Unified programs that are going on in soccer and basketball. With this change we will be adjusting how we score and enter results.
  - We will be entering all athletes on Runnercard.com and running the meet management through that website. If you need help, please talk with your school’s track coach as they have been using it for years.
  - There will be a different way of scoring then from the past. In the past, we have combined the times of the 4 runners representing each school in the meet and also had many individuals who just wanted to run that event. In the new scoring system, every one running for a team will score a point or more for their respective team. In open events like the 100 m Dash or Shot Put the top 5 will score 5 points each, the next 5 will get 3 points each and everyone else will score 1 point. We will then add up the points scored by each team in the event and divide it by the number of competitors each team had in the event. This will be the team score for the event.

Example: (This just shows scoring only, in the meet we will include actual times and distances)

Wasatch High		Copper Hills		Riverton	
Runner 1	5	Runner 1	3	Runner 1	5
Runner 2	5	Runner 2	3	Runner 2	5



*Special  
Olympics  
Utah*



Runner 3	3
Runner 4	3
Runner 5	1
Runner 6	1
Runner 7	1
Total points	19
Team score	19/7 = 2.7 points

Runner 3	1
Runner 4	1
Total Points	8
Team score	8/4 = 2

Runner 3	5
Runner 4	3
Runner 5	1
Runner 6	1
Total Points	20
Team Total	20/6 = 3.3

- In the relay events we will score it in the following manner. First place team will get 5 points, the second place team 3 points and all the rest get 1 point. Then we will be able to get a team total in a much quicker and more reliable method than we had been doing in the past.

- **Order of events:**

1:00 p.m. – Teams Arrive

1:30 p.m. – Parade of Athletes

1:45 p.m. – Field Events Open

- Boys' Shot Put, followed by Girls' Shot Put
- Girls' Long Jump, followed by Boys' Long Jump
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2:00 p.m. – Track Events Begin

- 2:00 Girls' 100 Meter Dash
- 2:15 Boys' 100 Meter Dash
- 2:30 Girls' 400 Meter Dash
- 2:45 Boys' 400 Meter Dash
- 3:00 Girls' 4x100 Meter Dash
- 3:15 Boys' 4x100 Meter Dash
- 3:30 Girls' 200 Meter Dash
- 3:45 Boys' 200 Meter Dash
- 4:00 Boys' 50 M Wheelchair Race
- 4:15 Girls' 50 M Wheelchair Race
- 4:30 Girls' 4x400 Meter Relay
- 4:45 Boys' 4x400 Meter Relay

5:00 p.m. – Team Awards/Closing