

Region 6 Track & Field Championships 2024
Alta High School
Schedule of Events

Wednesday, May 8th	Thursday, May 9th
Field Events: All Finals	Field Events: All Finals
<p><u>2:30 PM</u> Girls Javelin Boys High Jump Girls Long Jump 50M Unified</p> <p><u>3:00 PM</u> Unified Shot Put</p> <p><u>3:30 PM</u> Unified 4 X 100 Relay</p> <p><u>3:30 PM</u> Girls Shot Put Boys Discus</p>	<p><u>2:00 PM</u> Boys Javelin Girls High Jump Boys Long Jump</p> <p><u>3:30 PM</u> Boys Shot Put Girls Discus</p>
Track Events	Track Events
<p><u>4:00 PM</u> 4 X 800 M Relay Finals Girls 100 Hurdles Trials Boys 110 Hurdles Trials 100 Meter Dash Trials 4 X 200 M Relay Finals 1600 Meter Run Finals 400 Meter Dash Trials 300 Meter Hurdles Trials 200 Meter Dash Trials</p>	<p><u>3:30 PM</u> 3200 Meter Run Finals (Heat 1) Girls 100 Hurdles Finals Boys 110 Hurdles Finals 100 Meter Dash Finals</p> <p style="color: red;">Break: Academic All-Region Awards</p> <p>4 x 100 Meter Relay Finals 400 Meter Dash Finals 300 Meter Hurdles Finals 800 Meter Dash Finals 200 Meter Dash Finals 3200 Meter Run Finals (Heat 2) 4 x 400 Meter Relay Finals</p>

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ALTA HIGH SCHOOL
Wednesday, May 8th and Thursday, May 9th

Guidelines for Region Meet

1. A Region Seeding Meeting will be held **Monday, May 6th at 6:00 pm** at Alta High School
2. A light dinner will be served. Coaches, please inform your region chairperson of how many coaches will be attending the seeding meeting
3. Coaches must submit their entries via Runnercard.Com. Entry deadline is Monday, May 6th at 12:00 pm. Only omissions/scratches can occur after this deadline. No additions may be added after the deadline has passed.
4. If No FAT time or official distance is submitted, it is considered as “No Time” or “Mark for seeding purpose”
5. Each school will be allowed five (5) entries per school per event and one (1) relay team
6. Top eight (8) times for track and top nine (9) for field events will advance to finals regardless of placement in heats
7. Individual event and relay will be scored: 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1
8. All field events participants will receive marks. There will be no minimum standard
9. Starting heights for high jump will be decided at the Region Seeding Meeting
10. Shot Put, Discus, Javelin, and Long Jump will have three (3) attempts in the trial. The top nine (9) will advance into the finals for an additional three (3) attempts
11. Event Assignments – each school will be asked to staff the following events:

Hurdle Crew and Hurdle Umpires – Brighton & East
(rotate crews between 100 M and 300 M events)

Long Jump – Skyline

High Jump – Olympus

Shot Put - West

Javelin – Highland

Discus – Brighton

12. State qualifying for 2024

Top four (4) individuals in each event and top four (4) relays teams. Additionally, any individual or relay team meeting the qualifying standard at a sanctioned qualifying or region meet will also qualify for the state championship