REGION 6 CHAMPIONSHIPS

Wednesday, May 7th and Thursday, May 8th

1. Region Seeding Meeting will be held Monday, May 5th at 6:00 pm at East High School in Room 1142. A light dinner will be served.
2. Coaches must submit their entries via RunnerCard. Entry deadline is Monday, May 5th at 12:30 p.m.
3. If no FAT time or official distance is submitted, it is considered as "no time or mark" for seeding purposes.
4. Each school will be allowed five (5) entries per school per event and one (1) relay team.
5. Top 8 times for track and top 9 for field events will advance to finals, regardless of placement in heat.
6. Individual events and relays will be scored: 10 - 8 - 6 – 5 – 4 - 3 - 2 – 1
7. All field event participants will receive marks, there will be no minimum standard.
8. Starting heights for high jump will be decided at the region seeding meeting.
9. Shot Put, Discus, Javelin and Long Jump contestants will have three attempts in the trials. The top nine will advance into the finals for an additional three attempts.
10. 800 meters and 1600 meters will be run with slowest qualifying times in first heat, faster times in the second, with split decided at seeding meeting. 3200 meters will have fastest heat as the first event of the second day, with slower heat in its regular position after 200 meter final.
11. Event Assignments- each school will be asked to staff the following events:
    Hurdle Crew- East & Highland
    Long Jump - Olympus
    High Jump – West
    Shot Put- Alta
    Javelin - Brighton
    Discus – Skyline
12. State qualifying for 2025:
    Top five individuals in each event and top five relay teams
    In addition to the above, any individual or relay team meeting the qualifying standard at a sanctioned qualifying or region meet will also qualify for the state meet.

Region 6 Track & Field Championships 2025
East High School
Schedule of Events

Wednesday, May 7th

Field Events: All Finals
2:00 Girls Javelin
Boys High Jump
Girls Long Jump

3:30 Boys Discus
Girls Shot Put

3:30 Track Events

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

Thursday, May 8th

Field Events: All Finals
2:00 Boys Javelin
Girls High Jump
Boys Long Jump

3:30 Girls Discus
Boys Shot Put

3:30 Track Events

3200 Meter Run Finals (Heat 1)
Girls 100 Hurdles Finals
Boys 110 Hurdles Finals
100 Meter Dash Finals
Academic All-Region Awards
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 Final