

Region VI 2014 TRACK & FIELD SCHEDULE

DATE	DAY	TIME	EVENT	HOST/LOCATION
March 4	Mon.		Practice Begins	
April 4/5	Fri/Sat	TBA	Big "C" Relays Eielson, Hutchison, Lathrop, West Valley, Delta	Anchorage/Dome
April 12	Sat.	11:00 am 11:00 a.m.	"A" Mini Meet** Field Events Running Events	Monre /North Pole
April 19	Sat.	11:00 am 11:00 a.m.	"B" Mini Meet*** Field Events Running Events	North Pole/ North Pole
April 25	Fri.	3:30 p.m.	Field Events (7 ent./sch./event)	Lathrop/Lathrop
April 26	Sat.	11:00 am.	Track Events (7 ent./sch./event)	Lathrop/Lathrop
May 2/3	Fri/Sat	TBA	Anchorage Invite Lathrop, Delta, West Valley	Dimond/Dimond
May 2	Fri.	3:30 p.m.	Field Events (7 ent./sch./event)	Eielson & Lathrop/Lathrop
May 3	Sat	12:30 pm *	Track Events (7 ent./sch./event)	Eielson & Lathrop/Lathrop
May 9	Fri.	3:30 p.m.	Field Events (5 ent./sch./event)	Hutchison & West Valley/West Valley
May 10	Sat.	11:00 a.m.	Track Events (5 ent./sch./event)	Hutchison & West Valley/West Valley

* Delayed start due to Chena River Run

** "A" Mini Meet = **11 am**-Shot Put, Long Jump, High Jump, **11 am**-110m H/100m H, 4x200m Relay, 1600m, 100m, 400m, 4x800m Relay (unlimited entries per school per event and unofficial hand timing)

*** "B" Mini Meet = **11 am**-Discus, Triple Jump, High Jump, 300m H, 4x100m Relay, 800m, 200m, 3200m, 4x400m Relay (unlimited entries per school per event and unofficial hand timing)

REGION VI CHAMPIONSHIPS HOST: West Valley

May 16	Fri.	3:00 p.m. 3:30 p.m.	Running events/West Valley Field Events/ West Valley
May 17	Sat.	9:30 am 10:30 a.m.	Field Events/ West Valley Track Events/ West Valley

ASAA/FIRST NATIONAL BANK STATE CHAMPIONSHIPS Dimond High School, Anchorage

May 23	Fri.	10/2:15	Field Events & Track Prelims
May 24	Sat.	9/11:30	Field Events & Track Finals

Meet Event Times for Regular Season

Friday Events

Running Events

3:30 pm Girls 3200 Meter Run

3:50 pm Boys 3200 Meter Run

Field Events

3:30 pm Boys Shot put
Girls Discus
Boys Triple Jump
Girls High Jump

5:00 pm Girls Triple Jump
Boys High Jump

Saturday Events

Field Events

10 am Girls Shot Put

Boys Discus

10am Girls Long Jump

Boys Long Jump

Running Events

11:00 All (except 12:30 on May 3)

Coaches meeting will be held 30 minutes prior to listed start time.

Mini meets will be allowed unlimited entries. Times are unofficial.

First two full meets are limited to 7 entries. Field events will consist of four trials.

All other full meets are limited to 5 entries per school. Field events will consist of trials and finals.

Schools can enter an unlimited number of athletes in each event in the first two mini meets (4/12 & 4/19), seven athletes and two relay teams in the next two full meets (4/25 & 4/26, 5/2 & 5/3), and five athletes and two relay teams in each event for the last full meet before Regionals (5/9 & 5/10)

Schools can enter three athletes and one relay team for Regionals (5/16 & 5/17) UNLESS they have additional athletes ranked in the top 15 for 4A schools or top 10 for 3A schools (this season's performances not counting mini meet hand times) in the region. They can enter those athletes, so long as all athletes entered are ranked in the top 15 or top 10. i.e., If you have an entry that is not in the top 15 or top 10 and you enter them THEN YOU CANNOT apply the top 15/10 rule....which means you cannot enter more than three.