



UHSAA/SOUT Unified Track & Field State Championship Meet

May 15, 2019 Copper Hills High School

Meet Information – Team Introductions at 3:15pm

- The meet is a relay carnival style meet. That is, there are no individual entries. Each athlete and/or partner is part of a four member team in each event. The four individual performances in each event are combined to determine a total time or distance which will be used to determine places in the event.
- 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.
- Included in the packet you will receive at the meet are stickers for competitors in all events. Names of competitors need to be written legibly on the stickers. Each competitor will provide the appropriate sticker to the clerk of the course or field event judge when they report and receive heat, lane or flight assignments. The final runner in the 4x400 meter relay will provide their sticker at the finish.
- 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 4:00. 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 5:30 but will probably begin earlier.
- In the Shot Put, the boys' competition will begin at 4:00. 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 5:30 but will probably begin earlier.
- Awards will be presented as results are determined, please listen for announcements. A team trophy will be awarded to the winning school and runner-up in both the boys and girls divisions.
- Bring your SOUT paperwork for both athletes and Unified Partners to turn in at registration. Links to the SOUT paperwork: <http://sout.org/uhsaa-track-field/>
- **Order of events:**
 - Field starts at 4 - Girls' Long Jump followed by boys
 - Field starts at 4 - Boys' Shot Put followed by girls
 - Track starts at 3:30 - Girls' 100 M. Dash
 - Boys' 100 M. Dash
 - Girls' 400 M. Dash
 - Boys' 400 M. Dash
 - Girls' 4x100 M. Relay
 - Boys' 4x100 M. Relay
 - Girls' 200 M. Dash
 - Boys' 200 M. Dash
 - Girls' 4x400 M. Relay
 - Boys' 4x400 M. Relay

Timeline: Team introductions start at 3:15, followed by national anthem and first track events.