

# Viewmont 2023 Season Track Schedule

Outdoor Practices will begin Monday, February 27<sup>th</sup> at 2:35 PM on the track (Sprints/Throws)  
3:00 PM (Distance/Jumpers)

- February 15<sup>th</sup> Parent meeting in VHS Library 5:00 pm
- February 27<sup>th</sup> First day of practice- VHS track 2:45 pm
- March 15<sup>th</sup> Northridge, Woods Cross @ VHS track 3:00 pm
- March 22<sup>nd</sup> JV @ Woods Cross HS 3:00 pm
- **March 24<sup>th</sup>-25<sup>th</sup> Pineview Invitational (Valhalla Track Club Sponsored Meet)**
- **March 29<sup>th</sup> & 30<sup>th</sup> Davis District Championships @ Syracuse HS 3:00 pm (bus TBD)**

-----*Spring Break April 3<sup>rd</sup> through April 7<sup>th</sup> Practices to be Announced*-----

- **April 12<sup>th</sup> Region Relays @ Woods Cross HS 3:00 pm**  
(4x1, 4x2, 4x4, 4x8) (Medley, 110h, 4x2 B, 4x4 B, 4x8 B, 1600), 4 contestants for field events
- **April 15<sup>th</sup> Grizzly Invitational @ Logan HS 8:00 am (bus TBD)**
  - *April 17<sup>th</sup> Junior High Meet. (Centerville, Farmington, Mueller Park, Fairfield) 3:15 (early out to set up)*
- April 20<sup>th</sup> VHS, Bonneville @ Bountiful HS 3:00 pm
- **April 21<sup>st</sup> Wildcat Invitational @ Woods Cross HS 3:00 pm**
  - *April 24<sup>th</sup> Junior High Meet (Sunset, Syracuse, Legacy, West Point) 3:15 (early out to set up)*
- **April 29<sup>th</sup> Davis Invitational @ Davis HS 3:00 pm**
- May 3<sup>rd</sup> VHS, Box Elder @ Bonneville HS 3:00 pm
- **May 5<sup>th</sup> & 6<sup>th</sup> BYU Invite (select athletes)/Sentinel Twilight (Mtn Ridge HS) 2:30 pm (bus TBD)**
- **May 10<sup>th</sup> & 11<sup>th</sup> Region Championships @ Box Elder HS 3:00 pm**
- May 15<sup>th</sup> JV Region- All Schools @ VHS track 3:00 pm
- **May 18<sup>th</sup> & 20<sup>th</sup> State Championships @ BYU All Day Both Days**

BOLD ARE STATE QUALIFYING MEET. These dates are subject to change Coaches will notify prior to changes.  
We will be hosting several Junior High meets all athletes must help

## TRACK AND FIELD SUGGESTED TIME SCHEDULE FOR REGION MEETS

3:00	Girls Discus	Boys to follow
	Girls High Jump	Boys to follow
	Girls Javelin	Boys to follow
	Boys Shot Put	Girls to follow
	Boys Long Jump	Girls to follow

3:20  
Girls 4x800 Relay  
Boys 4x800 Relay

Girls 100 M Hurdles  
Boys 110 M Hurdles

Girls 100 M Dash  
Boys 100 M Dash

Boys 1600 M Run  
Girls 1600 M Run

Girls 400 M Relay  
Boys 400 M Relay

Girls 400 M Dash  
Boys 400 M Dash

Girls 300 M Hurdles  
Boys 300 M Hurdles

Girls 800 M Run  
Boys 800 M Run

Girls 4x200 Relay  
Boys 4x200 Relay

Girls 200 M Dash  
Boys 200 M Dash

Boys and Girls 3200 M Run (Combined)

Girls 4x400 M Relay  
Boys 4x400 M Relay

Events will be moved ahead of time schedule if possible. Athletes should report to the starting line or their respective field events areas by second call or they will be scratched from the event.

\*Boys and Girls 3200m Run may be separated if there are enough participate

## **MEET ADDRESS LIST**

- Box Elder High School 380 S 600 W, Brigham City
- Bonneville High School 251 E 4800 S, Washington Terrace
- Bountiful High School 695 Orchard Dr., Bountiful
- Brigham Young University 1700 N Canyon Rd, Provo
- Davis High School 325 S. Main Street, Kaysville
- Logan High School 162 W 100 S, Logan
- Mountain Ridge High School 14100 Sentinel Ridge Blvd, Herriman
- Pineview High School 2850 E. 750 N., St. George
- Syracuse High School 665 So 2000 West, Syracuse
- Woods Cross High School 600 W. 2200 So., Woods Cross