

Viewmont 2024 Season Track Schedule

Outdoor Practices will begin Monday, February 26th at 2:35 PM on the track (Sprints/Throws/Jumpers)
3:00 PM (Distance)

- February 5th Parent meeting in VHS Library 5:00 pm
- February 26th First day of practice- VHS track 2:45 pm
- March 13th Bountiful @ VHS track 3:00 pm
- **March 27th & 28th** **Davis District Championships @ Syracuse HS 3:00 pm (bus TBD)**

-----*Spring Break April 1st through April 5th Practices to be Announced*-----

- **April 10th** **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 12th** **Phoenix Invitational @ Farmington HS 2:00 pm**
 - *April 15th Junior High Meet. (Centerville, Bountiful, Millcreek, Mueller Park) 3:15 (early out to set up)*
- April 18th VHS, Bonneville, Roy @ Northridge HS 3:00 pm (bus TBD)
- **April 20th** **Davis Invitational @ Davis HS 9:00 am**
- April 25th WX, Bonneville, Clearfield @ Viewmont 3:00 pm
- **April 26th** **Wildcat Invitational @ Woods Cross HS 3:00 pm**
- May 2nd VHS, Northridge @ Clearfield HS 3:00 pm (bus TBD)
- **May 3rd & 4th** **BYU Invite (select athletes)/Sentinel Twilight (Mtn Ridge HS) 2:30 pm (bus TBD)**
- **May 8th & 9th** **Region Championships @ VHS 3:00 pm**
- May 13th JV Region- All Schools @ Roy HS 3:00 pm (bus TBD)
- **May 16th & 18th** **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

- Brigham Young University 1700 N. Canyon Rd., Provo
- Clearfield High School 931 S. 1000 E., Clearfield
- Davis High School 325 S. Main Street, Kaysville
- Farmington High School 548 W. Glovers Ln., Farmington
- Mountain Ridge High School 14100 Sentinel Ridge Blvd., Herriman
- Northridge High School 2430 N. Hill Field Rd., Layton
- Pineview High School 2850 E. 750 N., St. George
- Roy High School 2150 W. 4800 S., Roy
- Syracuse High School 665 S. 2000 W., Syracuse
- Woods Cross High School 600 W. 2200 So., Woods Cross