

CHINO RELAYS 2018

March 24, 2018



CHINO HIGH SCHOOL

HOME OF THE COWBOYS 5472 PARK PLACE – CHINO, CA 91710 ~ 909-627-7351

Events to contest for Boys and Girls: **MEET IS FULL**

Order of Running Events:

4 x 100 shuttle hurdles Girls

4 x 110 shuttle hurdles Boys

***Open 200m Girls INVITE (top 18 Entries accepted)**

***Open 200m Boys INVITE (top 18 Entries accepted)**

4 x 1600 Girls

4 x 1600 Boys

4 x 200 Girls

4 x 200 Boys

4 x 800 Girls

4 x 800 Boys

4 x 100 Girls

4 x 100 Boys

Sprint Medley (2-2-4-8) Girls

Sprint Medley (2-2-4-8) Boys

4 x100 Throwers Relay Coed

Distance Medley (12-4-8-16) Girls

Distance Medley (12-4-8-16) Boys

4 x 400 Girls

4 x 400 Boys

Field Events:

Shot Put (Boys/Girls) -- **2 RINGS**

Long Jump (Boys/Girls) --**2 PITS -Same Direction**

High Jump (Boys/Girls) – **2 PITS**

Triple Jump (Boys/Girls) --**2 PITS -Same Direction**

Pole Vault (Boys/Girls)—Boys first

Discus (Boys/Girls)-- **2 CAGES**

Deadline for entry EXTENDED to March 18, 2018 7AM – Pacific Time. Please send CIF Contract ASAP

Participation: An athlete may participate in only **4** events.

B Teams: not allowed.

Field events: Composed of **3-person teams** adding up the best mark from each athlete for team's total scoring.

Throwing Implements: All throwing implements (shot put and discus) will be weighed and impounded.

Athletes will have a chance to warm up with their respective implements prior to the start of the meet.

Athletes may not borrow implements from other schools. Any attempt to remove or switch implements once the competition has started will invalidate your throws and marks. We also reserve the right to weigh any implement after a record throw.

Pole vault: Each competitor will have 3 attempts at each height. Each will get 1 minute to have a try from the time their name is called. Pole vault coaches please fill out your CIF Pole Vault Sign-in Verification forms.

***Late Addition for 2018 ---OPEN 200m INVITE** – Due to popular demand by fans and athletes we will offer an open 200m. **This Event is NOT a RELAY.** This will be a seeded event. Only the top 18 entries will be selected for Girls and Boys. That is 2 heats for Girls and 2 Heats for Boys. Medals will be given to top 6 overall Boys and Top 6 overall Girls. All times will be reported on **Finishedresults.com**

Lane assignments: Lanes will be rotated. Scratches will be accepted at 7:30 a.m.

Relay instructions: Runners stay in their lanes after baton pass. Disqualification will result with thrown baton or lane violation.

Contestants and coaches: All contestants will be in the stands when not competing

and all **coaches** must remain off the field during the meet.

Etiquette in the stands: Participants standing along the front rails of the stands face disqualification from further competition.

Clerk of the course: Competitors will receive starting instructions from the clerk of the course. All competitors will be escorted to the competition area. No athlete will be admitted without an escort.

Scorer's table: No coaches or athletes will be allowed at the scorer's table. Coaches will direct any concerns to the meet director.

Warm up: All athletes must warm up in designated area.

Trophies: There will be a 1st place team trophy for the overall girls and boys team winner and an award for the overall girls and boys field event athlete (Grandpa Ortiz Award)

Medals: Custom Made Medals will be awarded for each athlete on the relay team for places 1-6 both boys and girls. Medals will also be awarded for places 1-6 in the Field Events, and the OPEN 200 meter Invite.

COED Throwers relay (4 x100). Medals for top 6 places. Coed relay teams must have a combination of boys and girls. Coed relay teams cannot be registered online – Please email us your teams and names of those involved. **Since teams are coed they must be input manually. So please email to meet manager.**

Coach Ron –airbit@aol.com. Or Coach Dan paindoctor@aol.com

Registration of teams: use EPIsports.com or athletic.net. For meet cost and CIF contract please email airbit@aol.com or paindoctor@aol.com. **Deadline for entry March 18, 2018 7am – Pacific Time**

Timing- FAT will be offered by finishedresults.com

Equipment: Teams should furnish their own batons, throwing implements, and pole vault poles.

Trash: Each team is responsible for cleaning up the trash in their area. Please be considerate of this throughout the meet.

Flights/Heats: We will run flights/heats where times will place the order of finish. Flights/heats and lanes will be assigned.

Radios: Radios or speakers **will not be allowed on the field at any time**. Personal headphones will not be allowed on the infield during events or in competition area. CIF rules state no personal electronic devices in the competition area. Officials may disqualify you or your team if found in violation. Meet is not responsible for lost personal items.

Coaches meeting: All coaches will meet the clerk of the course and the meet director at 7:30 a.m.

Concessions Stand: The Concessions stand will offer various food (veggie burgers, hot dogs, pizza) and drinks. We will also have approved vendors on site for ice cream, and healthy options.

Athletic Massages will be offered on site by an independent vendor.

T-shirts: Shirts will be available through vendor. Price will depend on design chosen.

**** **Registration of teams:** use EPIsports.com or athletic.net. For meet cost and CIF contract please email

airbit@aol.com or paindoctor@aol.com . **Deadline for entries EXTENDED to March 18, 2018**

7AM – Pacific Time. Please send CIF Contract ASAP