

Chino 69th Annual Track and Field Relays

Coaches meeting



CHINO HIGH SCHOOL

Time Schedule

1. Gates open 6:30am
2. Coaches packet pickup – FRONT GATE
3. Coaches meeting with Meet Director 7:30
4. **National Anthem – 7:55am** by athlete - Emily Gutierrez
5. Meet starts at 8am Sharp
6. Order of Events
7. Racing Events
 - a. Shuttle Hurdle Relays --- **8am**
 - Girls 100 shuttle relay
 - Boys 110 shuttle relay
 - Open Girls 200m
 - Open Boys 200m
 - Invitational Girls 200m (2 heats)
 - Invitational Boys 200m (2 heats)
 - 200m Invite Awards Ceremony** – to be presented by Chino Coach Raymond Booker (50 yard line) – The meet will pause for 2 minutes but athletes will continue to check in for next races
 - 4 x 1600 Girls relay
 - 4x 1600 Boys relay
 - 4 x 200 Girls relay
 - 4 x 200 Boys relay
 - 4 x 800 Girls relay
 - 4 x 800 Boys relay
 - 4 x 100 Girls relay
 - 4 x 100 Boys relay
 - SMR (2-2-4-8) Girls relay
 - SMR (2-2-4-8) Boys relay

4 x 100 Throwers relay – Please sign up with Meet Director to add your team if not done

DMR (12-4-8-16) Girls relay

DMR (12-4-8-16) Boys relay

4 x 400 Girls relay

4x 400 Boys relay

Brief Trophy Awards Ceremony –Team (M/F) and Overall Field event athlete (M/F)

8. Field Events

- a. Shot Put – 7:30 warm ups and weigh-in of Implements ---Boys and Girls
 - b. Implements will be weighed at 7:45am-- Impounded at 8am once the meet starts
 - c. Near SP – Boys, Far – closest to away stands Girls
 - d. We will run all the heats as fast as possible (8am-10am). When Complete.. head to discus and repeat.
 - e. Discus – Implements will be weighed as soon as shot put is done. Impounded once competition starts
 - f. Start time for Competition of discus 10:30am
 - g. Long jump – 2 pits. Boys closest to Goal Post, Girls – closest to track. We start jumps at 8:15am.
 - h. Triple Jump – 2 pits--- to follow long jump most likely 10:30am
 - i. High Jump – 1 pit – competition, 1 pit for warm ups—this will keep us moving.
 - i. Girls will start at 8:30am – 10am
 - ii. Boys will follow start at 10:30am
 - j. Pole Vault – in far corner of track closest to home stands/ clerk of the course
 - i. Boys first start time at 8am- warm ups
 - ii. Jumps start at 8:30am
 - iii. Girls to follow
9. Medals will be at center table following your events for pick up.
10. Only Athletes competing will be allowed on the infield.
11. No Spectators on Infield
12. Each Coach will receive 2 passes per team for access to Infield
13. Spikes 3/16 pyramid –will be checked prior to entry. Spikes will be sold at concessions.
14. We will attempt to run a tight meet and where possible go early.
15. Meet Schedule to follow