



Corona Relays

We want to invite you to our 10th edition of the Corona Relays on February 24th, 2024! Our goal is to provide you with an affordable invite that does not run all day long. We open the season by introducing the relay/team aspect to all of your athletes. We want to give as many athletes as possible the opportunity to compete. Each school is allowed "B" teams for each level, per gender. Teams looking to enter events without an entire team only must pay **\$20 per relay**. Individuals can be entered at **\$10 per open event**. We will offer open events for the 100 meters and the 100/110 hurdles with each school allocated 4 entries per gender, per level. We will allow coaches to 'coach' from the infield. The meet will begin at 8:00 am with a coaches meeting followed by field events starting at 8:30 am and track events starting at 9:00am. Finished results will provide timely results that will be posted online immediately at the conclusion of the meet.

- **Location:** Corona HS (1150 W. 10th Street, Corona, CA 92880)
- **Meet Date:** February 24th, 2024
- **Entries Due:** February 21st, 2024 @ 11:00 PM
- **Free Parking,**
- **Entry cost:\$5 for adults/ \$3 for kids**
- **Varsity and Frosh/Soph Levels**
- **Early opportunity to qualify for Arcadia and Mt. Sac**
- **We accept B' team relays**
- **Trainer on Site**
- **Full Snack bar**
- **Field Events 8:30 am/Track Events 9:00 am**

● **Contracts** must be returned by **February 19th (Click [Contract-for-Athletic-Contesthere](#) for contract)**. Entries must be submitted by **Wednesday February 21st** at 11pm to www.finishedresults.com. Once entries have been submitted, final heat sheets will be sent to coaches a few days before the meet. **THERE WILL BE NO ADDING ATHLETES/RELAYS ON MEET DAY**

Each team will be allowed unlimited athletes per individual event on the track and in the field.

four relays per level (Varsity and Frosh/Soph). Best estimated times/marks for the individual events would be appreciated and will be used to seed heats/flights. No athletes will be added on the day of the meet, coaches will be **allowed to make substitutions, but names will not be changed.**

- **Full Team Entry \$600 or \$300 per gender (or \$20 per relay, or \$10 per individual events)**
AWARDS:

- Individual events-top 3 athletes from each individual event (per division)
- Relay events-top 3 teams from each relay event (per division)

- **Contact: Sonja Cooper-Sutherland sonja.coopersutherla@cnusd.k12.ca.us**
- **Coaches' Room: Coaches will have access to light food and drinks.**
- **Email CIF CONTRACT: to sonja.coopersutherla@cnusd.k12.ca.us Jeffery.Stevens@cnusd.k12.ca.us**

*****Please make Check out to: Corona High School Track and Field****

- **All fees must be paid before a team's athletes can enter the stadium (DO NOT MAIL CHECKS AFTER FEBRUARY 16th)**

Please send check and contract to:

Attn: Sonja Cooper-Sutherland

Corona High School

1150 W. 10th Street

Order of Events

Running Events will start at 9:00 am

Girls 4x1600 Relay F/S and Varsity Combined
Boys 4x1600 Relay F/S and Varsity Combined
Girls F/S 100 Hurdles
Girls Varsity 100 Hurdles
Boys F/S 110 Hurdles
Boys Varsity 110 Hurdles
Girls F/S 4x100 Relay
Boys F/S 4x100 Relay
Girls Varsity 4x100 Relay
Boys Varsity 4x100 Relay
Girls F/S 4x800 Relay
Boys F/S 4x800 Relay
Girls Varsity 4x800 Relay
Boys Varsity 4x800 Relay
Girls F/S 4x200 Relay
Boys F/S 4x200 Relay
Girls Varsity 4x200 Relay
Boys Varsity 4x200 Relay
Girls Distance Medley (1200-400-800-1600) F/S
and Varsity Combined
Boys Distance Medley (1200-400-800-1600) F/S
and Varsity Combined
Girls F/S Sprint Medley Relay (200-200-400-800)
Boys F/S Sprint Medley Relay (200-200-400-800)
Girls Varsity Sprint Medley Relay
(200-200-400-800)
Boys Varsity Sprint Medley Relay
(200-200-400-800)
Girls F/S 100 meters
Girls Varsity 100 meters
Boys F/S 100 meters
Boys Varsity 100 meters
Girls Throwers' 4x100 Relay
Boys Throwers' 4x100 Relay
Girls F/S 4x400 Relay
Boys F/S 4x400 Relay
Girls Varsity 4x400 Relay
Boys Varsity 4x400 Relay



Field Events will start at 8:30 am

Girls Varsity Discuss
Boys Varsity Shot Put
Girls F/S Discuss
Boys F/S Shot Put
Girls Varsity Shot Put
Boys Varsity Discuss
Girls F/S Shot Put
Boy F/S Discuss

Girls and Boys Varsity Long Jump
Girls and Boys F/S Long Jump

Girls and Boys Varsity Triple Jump
Girls and Boys Varsity F/S Triple Jump

*Girls F/S and Varsity Pole Vault
*Boys F/S and Varsity Pole Vault
*subject to change

Girls Varsity High Jump
Boys Varsity High Jump
Girls F/S High Jump
Boys F/S High Jump

