

2025 CNUUSD INTERMEDIATE TRACK CHAMPIONSHIPS



Friday February 21, 2025

Eleanor Roosevelt High School

7447 Scholar Way Eastvale, CA 92880

Start Time: 5:00 p.m.

****Long Jump pit opens at 4:30 p.m. for practice**



Meet Information and Rules

Track Championship Event details:

The following list shows:

1. The event that will be run in black
2. The number of participants a school can enter per event in **red** (right after the event)
3. The number of heats that we will run per event.
4. The event also shows the number of medals that will be awarded for each event.

- **4 x 100 - Relay 1 team of boys and 1 team of girls.**

**Top 3 times time will medal*

- **1600m Boys - 5 entries**

**Top 3 times will medal*

- **400m - 4 boys and 4 girls entries (3 heats)**

**Top 3 times from the heats will medal*

- **100m - 4 boys and 4 girls entries (3 heats)**

**Top 3 times from the heats will medal*

- **4x200 - Relay 1 team of boys and 1 team of girls.**

** Top 3 times will medal*

- **800m - 5 boys and 5 girls entries (2 heats)**

** Top 3 times will medal*

- **200m - 4 boys and 4 girls entries (3 heats)**

** Top 3 times will medal*

- **1600m Girls - 5 entries**

** Top 3 times will medal*

- **4 x 400 - Relay 1 team of boys and 1 team of girls.**

** Top 3 times will medal*

- **Long Jump: 4 boys and 4 girls**

Qualifying distance: 12' for girls and 14' for boys

Top 3 jumps medal

Order of Events - Championship:

- Girls will go first in events, except for the 1600m which will book end the start and end of meet.
- Meet start time is 5:00 pm and there is no specific time schedule, athletes and coaches must pay attention to first and second calls for events.

- Long jump pits open at 4:00 pm for practice runs.

- **4 x 100 Relay Girls**

- **4 x 100 Relay Boys**

- **1600m Boys**

- **400m Girls**

- **400m Boys**

- **100m Girls**

- **100m Boys**

- **4x200 Relay Girls**

- **4x200 Relay Boys**

- **800m Girls**

- **800m Boys**

- **200m Girls**

- **200m Boys**

- **1600m Girls**

- **4 x 400 Relay Girls**

- **4 x 400 Relay Boys**

Awards and Meet Scoring

- Invitational Scoring will be used at Finals: *1st place – 10 pts, 2nd – 8pts, 3rd – 6pts, 4th – 5pts, 5th – 4pts, 6th – 3pts, 7th – 2pts, 8th -1pt*
- Results combined will determine overall placing
 - *Example: 1st place in slower heat beats athletes from the faster heats times, they will earn points for their teams... this will encourage athletes to give their full effort to earn points for their team in the slower heats.*
- Top 3 in *fastest heat only* will medal
- Top teams will receive trophies

Day of the Meet:

Please have a name tag for each athlete with their events listed under their names. This will help your athletes and the volunteers on the field.

- **Coaches must have the completed Emergency Information Forms for each athlete at the meet.**
- **First aid kit**
- **Relay batons**
- **Remember, all coaches must stay in the bleachers with the athletes. Only athletes are allowed on the field.**
- **Have athletes at track for warm-up at least 30 minutes before event begins**
- **Please keep your area clean; put all trash in the cans provided.**
- **Water for your team. There is a snack bar, but it's nice to have some on hand in the bleachers.**

Rules and Guidelines:

- 1) **All coaches, athletes and parents must stay in their designated seating area during competition.** There will be no on field coaching allowed during competition. One warning will be given and then points will be deducted.
- 2) Students should be from 7th and 8th grade. ***If a school contains a 6th grade level they can run here or choose to run them at the elementary track meet.***
- 3) A student may participate in a maximum of **three events: one running event, one relay, and one field event.**
- 4) **NO** student will be allowed to use **specialty shoes** that have cleats or spikes, regardless if the spikes can be removed. Specialty shoes include any type of track and field spike or cross country racing flats. When runners take their lanes, all shoes will be inspected. If a student is wearing specialty shoes he/she will be disqualified.
- 5) Participants will wear PE clothes as the team uniforms.
- 6) Athletes in running events will be required to wear a lane number sticker on their left hip. These stickers will be provided at the meet.
- 7) Roster
 - a) **Your entire roster including alternates must be entered prior to the entries deadline of February 11, 2024 - 08:00pm PST Link to register athletes will be sent separately.**
- 8) Roster Changes
 - a) Finals: all scratches need to be made 24 hours in advance of the final meet so that an alternate may be notified that they will be competing.

Specific Event Information

There are several events that require explanation. They are as follows:

4 x 100-Meter Relay:

In this event, each student runs a distance of 100 meters (4 x 100= 400 meters). It is important to help your students when coaching them with the passing of the baton. There is a passing zone of approximately 20 meters that the baton must be passed within. Your team could be disqualified if the baton is not passed within the zone. Athletes must remain in their assigned lanes through the race. **Please have your students practice this skill before the meet.**

<https://www.youtube.com/watch?v=uYgipxoSWAI>

4 x 200-meter relay

In the 4 x 200 relay, each students runs a distance of 200 meters (4x200 = 800 meters). Only the first two runners remain in the same lane for each of their 200m legs. After receiving the baton, the second runner must stay in his/her lane. The third runner may break in as soon as baton is handed off at the 400m mark, the fourth and final leg will receive the last handoff in lane 1 with the corresponding hip number for their team on their left hip. Runners will pass the baton within a 20-meter long exchange zone, similar to the zones for the 4x100 relay. Your team could be disqualified if the baton is not passed within the zone. **Please have your students practice this skill before the meet.**

<https://www.youtube.com/watch?v=aT1J2Fvuu0k>

4 x 400-meter relay

In the 4 x 400 relay, only the first runner remains in the same lane for a full lap. After receiving the baton, the second runner may leave his/her lane after the first turn. The third and fourth runners are assigned lanes based on the position of the team's previous runner when he/she is halfway around the track. Runners pass the baton within a 20-meter long exchange zone. Most cases a liberty hand off is used for the 4x400 as seen in the picture below.



Long Jump: USA track and field competition rules for youth, Article VI, Rule 302.5(d), page 169, allows for flexibility in the placement of the board. There will be two jump off places.

1. From the board (101 inches from the pit)
2. From the tape (60 inches from the pit)

Each athlete will need to tell the judge from which place they will jump before they jump and both jumps need to be from the same take-off location. We will have two cloth tape measures in place for measuring. The jump will be measured from either take-off board to where they land in the pit. Jump will not be measured from where the athlete actually jumps from *if they are behind* the board at takeoff.

800 and 1600 meter run

800m Two heats for boys and two heats for girls, no lane assignments however each athlete will need to wear a hip number

1600m One heat for boys and one heat for girls, no lane assignments however each athlete will need to wear a hip number

At the starting line of the track, there is a curved lined that starts at the start/finish line of the inside lane and curves out to a few yards ahead of the start/finish line in the outer lane. At the start, racers line up a few steps behind this curved line, and use it as their starting line. At the call of "runner's set," they take two steps forward, take set positions, and wait for the gun, with their toes behind the line. The advantages of the waterfall are a simple race. Everybody starts on the same line, and cuts in to the inside lane when they can. This can lead to some rough starts (i.e. elbowing) so please have your athletes practice with teammates and inform them of the start procedure. A second starting gun shot will be fired if the starter feels someone was put to a disadvantage in the first 50 meters or has been knocked down or has fallen.

We appreciate the extra time and commitment you will be putting toward coaching a team. Your participation at the meet is what makes it such a meaningful event for the students who participate. Please review the attached information carefully. Feel free to contact one of us if you have any questions.

Sincerely,

Bill Gunn, CNUSD District Coordinator Athletics: wgunn@cnusd.k12.ca.us

Carrie Joyce, Corona Fundamental Intermediate: cjoyce@cnusd.k12.ca.us

CORONA-NORCO UNIFIED SCHOOL DISTRICT
Intermediate School Track Meet
Emergency Information Form

Dear Parent/Guardian: Your child will be participating in the Intermediate School Track Meet. This event will take place at Roosevelt High School on 2/16/2024. Please fill out the emergency information for the coach to have on hand that day.

Student Name: _____ School _____

Student Address: _____

Home Telephone #: _____ Mobile Phone #: _____

Doctor's Name: _____ Phone #: _____

Health concerns the coach should be aware of: _____

I will be at the Track Meet with my child.

I will not be at the Track. In case of emergency, I can be reached

at _____ and _____ will be my child's guardian.

Parent/Guardian Signature

Date

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