



**SATURDAY FEBRUARY 25, 2017**

**AT ONTARIO HIGH SCHOOL**

Welcome to the 7<sup>th</sup> annual Ontario Relays, this year's meet will be held in our brand new stadium. It features a 9 lane all-weather track with wide turns and all brand new jump pits and throwing areas. The stadium is set up so spectators can see every event from the stands. We will be running a full assortment of individual and relay races and a full schedule of field events. The first 27 teams to return a contract for the meet will be accepted. We want to continue to make this a great early season meet for everyone!!



**DIVISIONS:** This is a Varsity meet and schools will be divided as evenly as possible into 2 or 3 divisions (Large-Small schools) depending on the amount of entries. All “B” (small school’s, F/S, JV) teams will be placed in the lowest division. Divisions will be based on team strength from the previous year.

**AWARDS:** Medals will be awarded:

Individual events-top 4 athletes from each individual event (per division)

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

Team trophies will be awarded to the top scoring teams according to division and gender.

**ENTRY DEADLINE:** Contracts must be returned by February 19<sup>th</sup>. Entries must be submitted by Tuesday, February 21<sup>st</sup> at 11pm to [www.finishedresults.com](http://www.finishedresults.com). Once entries have been submitted, final heat sheets will be sent to coaches before the day of the meet. **THERE WILL BE NO ADDING ATHLETES/RELAYS ON MEET DAY**

**MEET ENTRIES:** Each team will be allowed 4 athletes per individual event on the track, 3 in the field, and one relay per school. 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.

**COST:**

On or before Feb 10<sup>th</sup>

Per gender: \$125

Team: \$250

A and B team: \$350

On or after Feb 13<sup>th</sup>

Per Gender: \$150

Team: \$350

A and B team: \$450

**\*\*\*Please make Check out to: OHS Track and Field\*\*\***

Please send check and contract to:

Attn: Guadalupe Nieves

Ontario High School

901 W. Francis St

Ontario, CA 91762

**FACILITIES:** Meet will be held at Ontario high school, which has a brand new 9 lane All-Weather Track. **Only “1/4” pyramid spikes allowed!!** Spikes will be sold at the meet, \$3 for 14 spikes. Locker rooms will not be available.

**TIMING/RESULTS:** Finished Results will manage Timing. Results will be posted after each race on a brand new 10’ x 4’ LED color billboard display at the finish line. Full results will be posted on [www.Prepcaltrack.com](http://www.Prepcaltrack.com), [www.FinishedResults.com](http://www.FinishedResults.com).

**MEET INFORMATION:** Meet will start at 9am; there will be a coaches meeting at 8:30am. A coach's pass to be on the field will be included in the packets. Teams are to enter from the east side of the stadium on Cypress Ave.

**SPECTATOR INFORMATION:** General admission is \$6 and high school students with school ID its \$3, without school ID its \$6. Children 10 years and under are free. Spectators are to enter from the west side of the stadium. Concession stands and food vendor will be available. Parking is free, main parking is off of Palmetto Ave. No pets allowed in the stadium, except service animals.

**MEDICAL:** Athletic trainer will be available to athletes. Ice and water will be provided for injured athletes only. Athletic trainer will not tape athletes prior to competition. Athletic Trainer is only available in case of injury.

**MEET SCHEDULE:** This meet will be on a rolling schedule; Please listen to announcements and check in to the designated area. Any athletes that do not check in 2 minutes after last call will be scratched NO EXCEPTIONS!! Field event athletes will have 10 minutes to report back to their field event after their running event and be ready to compete or forfeit their attempts.

**EVENTS:**

<b>4x1600m</b>	<b>300m Hurdles</b>
<b>110/100m Hurdles</b>	<b>100m</b>
<b>4x200m</b>	<b>Distance Medley</b>
<b>1600m SMR</b>	<b>200m</b>
<b>4x800m</b>	<b>Throwers Relay</b>
<b>4x100m</b>	<b>4x400m</b>
<b>Long Jump</b>	<b>Triple Jump</b>
<b>High Jump</b>	<b>Pole Vault</b>
<b>Shot Put</b>	<b>Discus</b>

**MEET MANAGER'S:** If you have any questions or concerns, please contact:

**Richard Rico**  
(760) 912-2593  
[OntarioRelays@hotmail.com](mailto:OntarioRelays@hotmail.com)  
Fax: (909) 460-5812

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