

**70<sup>th</sup> Annual**  
**CHINO RELAYS 2019**  
**MARCH 2, 2019**



**CHINO HIGH SCHOOL**

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

Events to contest for Boys and Girls:

**Order of Running Events:**

4 x 100 shuttle hurdles Girls  
4 x 110 shuttle hurdles Boys  
Open 200m Girls  
Open 200m Boys  
Invite 200m Girls (2 Heats only)  
Invite 200m Boys (2 Heats only)  
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  
Distance Medley (12-4-8-16) Girls  
Distance Medley (12-4-8-16) Boys  
4 x 400 Girls  
4 x 400 Boys  
4 x100 Throwers Relay Coed

**Field Events:**

Shot Put (Boys/Girls) (2 rings)  
Long Jump (Boys/Girls) (2 pits)  
High Jump (Boys/Girls) (2 pits)  
  
Triple Jump (Boys/Girls) (2 pits)  
  
Pole Vault (Boys/Girls) (2 pits)  
  
Discus (Boys/Girls) (2 rings)

**ESTIMATED MEET TIME: 8AM TO 3PM – we will attempt to finish earlier if possible**

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

**B Teams:** allowed but must pay a **additional fee since they will not be scored. B-team not eligible for overall team score**

**Single event athletes:** if you have 4 or less athletes please **email for fee. All others pay full amount**

**Medals: In Honor of the 70<sup>th</sup> Annual Chino Relays** --- Medals will be awarded for each athlete on the relay team for places 1- 7 both boys and girls.

**Also in Honor of the 70<sup>th</sup> Annual Chino Relays**—Each School will receive a monumental **souvenir**.

**Field events:** Composed of **3-person teams** adding up the best mark from each athlete for team's total scoring. We realize that some schools may not have a 3 person team. In addition, we will have a first place ONLY award for shot put, discus, pole vault, long jump, high jump and triple jump boys and girls. This will be the Grandpa Ortiz Field Event Individual Champion. The field events will have two listings, one for the team awards and one for the individual field event.

**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. There will be 2 pole vault pits.

**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. **Only Pole Vault Coaches** will be allowed on the field.

**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 1<sup>st</sup> place team trophy for the overall girls and boys team winner.

**Coed relays:** There will be a 4 x 100 Throwers relay. Medals for top 7 places.

Coed relay teams cannot be registered online. **Please register your team at the coaches meeting or see meet director. We will have this race at the end of the meet to assure all throwers have completed their field events. Throwers relays can only be composed of throwers. Must have at least one member of the opposite sex.**

**Registration of teams:** use **Finishedresults.com**. For meet cost and CIF contract please download form from [prepcaltrack.com](http://prepcaltrack.com).

You can also request by email [paindoctor@aol.com](mailto:paindoctor@aol.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.

**Snack bar:** The snack bar will offer various food and drink. **No outside large coolers will be allowed.**

**T-shirts:** Shirts will be available through vendor.

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You can also download the CIF form from [prepcaltrack.com](http://prepcaltrack.com)