



SATURDAY FEBRUARY 22, 2020

AT ONTARIO HIGH SCHOOL

Welcome to the 10th annual Ontario Relays. We feature a 9 lane all-weather track with wide turns, jump pits and throwing areas 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. The lowest division will consist of JV, F/S, B teams, and small schools. 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 8th. Entries must be submitted by Monday, February 17th 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**

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 10th

Per gender: \$125

Team: \$250

A and B team: \$350

On or after Feb 11th

Per Gender: \$175

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 9 lane All-Weather Track. **Only "3/16" 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 10' x 4' LED color billboard display at the finish line. Live results will be available on the app for Finished Results. Full results will be posted on www.Prepcaltrack.com, www.FinishedResults.com, and www.Athletic.net.

MEET INFORMATION:

Meet will start at 9am; there will be a coaches meeting at 8:15 am. 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 \$7 and high school students with school ID its \$3, without school ID its \$7. Children 10 years and under are free. Spectators are to enter from the west side of the stadium. Concession stands 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:

4x1600m	300m Hurdles
110/100m Hurdles	100m
4x200m	Distance Medley
1600m SMR	200m (Elite 18)
4x800m	4x400m
4x100m	
Long Jump	Triple Jump
High Jump	Pole Vault
Shot Put	Discus

RUNNING EVENT CHECK-IN PROCEDURE

Athletes or their Coaches/Managers may check-in up to 1.5 HOURS PRIOR BUT NO LATER than the event before your scheduled event. All other entries WILL BE SCRATCHED from that race. 15 minutes prior to race time, athletes who have checked in/declared must report to the "Hipping Area," just south of the Clerk of the Course to receive their heat, lane assignment and hip number.

FIELD EVENT CHECK-IN

Field event athletes must check-in at the Field Event they are competing in. Entry and exit into and out of the stadium for field events will be via the South East corner gate of the track.

Weighing Implements

We will start weighing implements as soon as the stadium opens to avoid start delays, the throwing events will start on time.

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

Richard Rico
(760) 912-2593
OntarioRelays@hotmail.com
richard.rico@cjuhsd.net

Guadalupe Nieves
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