

Ontario-Montclair Middle School Championships

Saturday April 30, 2022

At Ontario High School

Welcome to the Ontario-Montclair Middle School Championships, this year's meet will be held in our stadium, our 9 lane all-weather track will have wide turns for faster times. The stadium is set up so spectators can see every event from the stands. We want to make this a great meet for everyone to enjoy.

AWARDS: Medals will be awarded to the overall top 3 athletes from each individual event per division. Top 3 teams in the relay events will medal. Relay medals will be given out after each race and medals for field athletes will be awarded at the completion of the event. Individual race medals will be given out at the awards table, 15 minutes after the event ends. Team trophies will be awarded to the top 3 teams after combining 7th & 8th grade team points.

ENTRY DEADLINE: Entries will be handled by MileSplit and must be submitted by Wednesday, April 27th at 11pm to <https://ca.milesplit.com> Once entries have been submitted, final heat sheets will be sent to coaches before the day of the meet. Maximum events allowed per athletes are 3 events. **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.

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. Results will also be posted on the Finished Results App.

MEET INFORMATION: Meet will start at 4:00pm, there will be a coaches meeting at 3:30 pm. We want to keep the field as cleared as possible. Teams are to enter from the east side of the stadium on Cypress Ave. Athletes will not be allowed to use spikes to race. NO blocks will be allowed in the sprint events.

SPECTATOR INFORMATION: General Admission is free for everyone. Spectators are to enter from the west side of the stadium. Concession stands will be open. Parking is free, main parking is off 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:

4x100m, 1600m, 400m, 100m, 800, 200m, 4x400m, Long Jump, Softball Throw

Order of events will be sent out to coaches a month before the meet.

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

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