



Corona Fresh/ Soph Showdown April 29th, 2023

We want to invite you to our annual Frosh/Soph Showdown on April 29th, 2023! Our goal is to showcase our best young talent and provide them with their own end of the season stage. We want to give your future stars an opportunity to accomplish season long goals. Many programs face limited entries for their league finals as this will be an ideal environment to excel. Each school is allowed "B" teams for each gender. **We are charging \$600 for a full squad! If you are not bringing a squad, it will be \$10 per individual event or \$20 per relay.** You will be allocated 10 entries for sprint events, 8 entries per field event, and 12 per distance event. We will allow coaches to 'coach' from the infield. The meet will begin at 8:00 am with a coaches meeting followed by field events starting at 8:30 am and track events starting at 9:00am. Finished results will provide timely results that will be posted online immediately at the conclusion of the meet.

- **Location:** Corona HS
- **Meet Date:** April 29th, 2023
- **Entries Due:** April 26th, 2023
- **Trainer on Site**
- **Full Snack bar**
- **Full Team Entry \$600 or \$300 per gender (or \$20 per relay or \$10 per individual events)**
 - [\(Click here for contract\)](#)
- **Free Parking, \$5 for adults/ \$3 for students /kids under 3 free**
- **Frosh/Soph Levels only**
- **We accept B' team relays**
- **Field Events 8:30 am**
- **Track Events 9:00 am**
- **Top 5 relay teams per event, per level will receive medals. Top 5 individuals in the individual events, per level will receive medals.**
- **Entries submitted through <http://www.finishedresults.com/>**
- **Contact: Sonja Cooper-Sutherland sonja.coopersutherla@cnusd.k12.ca.us**
- **Make payments to: Corona High Track & Field**

- **Send to :Corona High School**
Attn: Sonja Cooper-Sutherland
1150 W. 10th Street
Corona, CA 92880
- **Coaches' Room: Coaches will have access to light food and drinks.**
- **CIF CONTRACT: Send [contract](#) to sonja.coopersutherla@cnusd.k12.ca.us and Jeffery.Stevens@cnusd.k12.ca.us**
- **All fees must be paid before a team's athletes can enter the stadium- bring checks to the meet or send them. (DO NOT SEND CHECKS AFTER April 22nd)**

Order of Events – CIF Order

Running Events will start at 9:00 am

Girls 400 m Relay
Boys 400 m Relay
Girls 1600 m
Boys 1600 m
Girls 100m hurdles
Boys 110m hurdles
Girls 400 m
Boys 400 m
Girls 100 m
Boys 100 m
Girls 800 m
Boys 800 m
Girls 300 m hurdles
Boys 300 m hurdles
Girls 200 m
Boys 200 m
Girls 3200 m
Boys 3200 m
Girls 1600 m Relay
Boys 1600 m Relay



Field Events will start at 8:30 am

Girls F/S Discus
Boys F/S Shot Put
Girls F/S Shot Put
Boy F/S Discuss

Girls F/S Long Jump
Boys F/S Long Jump

Girls Triple Jump
Boys Triple Jump

Girls F/S High Jump
Boys F/S High Jump