



73rd Annual Chino Relays

Fast times and high marks! It's time to set those qualifying marks in the **Shuttle Hurdle**, **800m SMR**, **1600m SMR**, **DMR** and other top relay races including an athlete favorite, the **Throwers Relay**.

- WHEN:** Saturday, March 2nd, 2024
- WHERE:** Chino High School
- ENTRY INFO:** Confirmation of entry (contract) can be emailed to our meet director, faxed or mailed to Chino High School. **All schools must return a signed contract before receiving the password to register athletes into the meet.** The fees for the meet will be **\$350** for full (boys and girls) team. **\$150** for single gender team only. **\$150** for additional "B" team. Please do not hesitate as the entries are based on a first come, first served basis.
- MEET DIRECTOR:** Jessica Parrell - Chino High School
Email: Jessica_Parrell@chino.k12.ca.us
(Subject: Chino Relays 2024)
- CHECKS PAYABLE TO:** Chino Relays
- MAIL CHECKS TO:** Chino High School
5431 Jefferson Ave
Chino, CA 91710
Attn: Jessica Parrell
- TIME:** Stadium opens to Teams at 6:00 am
Spectators gates open at 7:00 am
Coaches meeting at 8:00 am
Field events begin at 8:30 am
Running events begin at 9:00 am

Running Events Schedule 9:00 a.m.

Race #	Event	Boys/Girls
1	4x100 Hurdles	Girls
2	4x110 Hurdles	Boys
3	4x800m	Girls
4	4x800m	Boys
5	4x200	Girls
6	4x200	Boys
7	800m SMR (1-1-2-4)	Girls
8	800m SMR (1-1-2-4)	Boys
9	4x1600m	Girls
10	1600m SMR (2-2-4-8)	Girls
11	1600m SMR (2-2-4-8)	Boys
12	4x1600	Boys
13	4x100	Girls
14	4x100	Boys
15	DMR (12-4-8-16)	Girls
16	DMR (12-4-8-16)	Boys
17	4x400	Girls
18	4x400	Boys
19	Throwers Relay	Girls
20	Throwers Relay	Boys

NOTE: We will progress the meet as rapidly as possible.

No gum or food on the infield or on the track

Field Events Schedule 8:30 a.m.

POLE VAULT: Boys starting height 9-0 ; followed by Girls starting height 6-0

HIGH JUMP: Girls starting height 4-0 ; followed by boys starting height 5-0

LONG JUMP: Boys (South Pit) ; Girls (North Pit)

TRIPLE JUMP: To follow the conclusion of Long Jump.

Boys (South Pit) ; Girls (North Pit)

DISCUS: Boys followed by Girls. Please note that our discus ring is now located on the SW side of the school.

SHOT PUT: Girls followed by Boys.

NOTE: The High Jump and Pole Vault bar will not be lowered once raised. We will utilize the "FIVE ALIVE" system of competition.

All implements will be weighed in prior to the start of competition (7 a.m.) by the clerk of the course.

Field events are scored from total distances or height of the entrants **combined** (their single best effort for each of the 3 athletes). A one-minute rule exists and will be enforced on all field event athletes. It is the athletes' responsibility to report to all events at proper times in order to compete. Make officials aware if you are competing in several events at one time.

Chino Relays Awards

MEDALS: Awarded to top 4 teams per race and field event (girls and boys)

TEAM TROPHIES: Team trophy award to 1st place overall (girls and boys)

BEST FIELD ATHLETE: As a tribute to Ray "Grandpa" Ortiz who began the Chino Relays in 1921, we want to honor him and his love for field events by having all coaches nominate the field athlete of your choice to receive the **Best Field Athlete of the Meet (Girl and Boy)**. Each Girl and Boy that competes in a field event will have the chance to win this precious award.

Events to contest: Girls then Boys unless stated for running events. First heat, fastest seeds.

<u>Order of Running Events:</u>	<u>Field Events:</u>
4 x 100 shuttle hurdles	Pole Vault
4 x 110 shuttle hurdles	High Jump
4 x 800	Long Jump
4 x 200	Triple Jump
800m SMR (1-1-2-4)	Shot Put
4 x 1600 (Girls)	Discus
1600m SMR (2-2-4-8)	
4 x 1600 Boys	
4 x 100	
DMR (12-4-8-16)	
4 x 400	
Throwers Relay	

ESTIMATED TIMING OF EVENTS BASED ON 2023 (Please note, these times do not reflect the entries for this year. Use this as a rough guide and know that we will progress the meet as quickly as possible. If an athlete is late to check in or misses their race, that is on the athlete)

2023 RUNNING START TIMES

Girls 4x400m SH- 9:00am Boys 4x400m SH- 9:20am	Girls 4x100m- 12:50pm Boys 4x100m- 1:00pm
Girls 4x800m- 9:40am Boys 4x800m- 10:00am	Girls DMR- 1:13pm Boys DMR- 1:33pm
Girls 4x200m- 10:15am Boys 4x200m- 10:31am	Girls 4x400m- 1:54pm Boys 4x400m- 2:11pm
Girls 800m SMR- 10:45am Boys 800m SMR- 10:57am	Girls 4x100m Throwers Relay- 2:28pm Boys 4x100m Throwers Relay- 3:01pm
Girls 4x1600m- 11:12am	
Girls 1600m SMR- 11:46am Boys 1600m SMR- 12:07pm	
Boys 4x1600m- 12:24pm	

FREQUENTLY ASKED QUESTIONS

- Participation:** An athlete may participate in up to **4** events.
- Field events:** Composed of 3-person teams adding up the best mark from each athlete for the team's total scoring. If there is only 1 athlete for a school completing, their top mark will count towards the overall team score. (change from previous years)
- Pole vault:** Each competitor will have 3 attempts at each height. 1-minute to attempt a jump after name is called. Running 5-alive.
- Lane assignments:** Lanes will be rotated.
- Relay instructions:** Runners stay in their lanes after baton pass. Disqualification will result with thrown baton or lane violation.
- Contestants:** All contestants must remain in the stands when not competing.
- Coaches:** Use the Coaches Boxes located at the field event
- Spectators:** Tickets will be sold via Gofan.co Do NOT redeem the ticket ahead of time. The ticket must be redeemed at the door by staff. The link will be sent to coaches the week of the event.
- Etiquette in stands:** EZ Up's only allowed at the top of the stands. Do Not stand at the railings.
- 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. Located at the northwest entrance of the track.
- Scorer's table:** No coaches or athletes will be allowed at the scorer's table. Coaches will direct any concerns to the meet director(s)
- Warm up:** All athletes must warm up in the designated area. Our campus is undergoing a major facelift and space is limited. If you are not competing or warming up, you must be in the stands.
- Equipment:** Teams must furnish their own batons, throwing implements and pole vault poles.

- Trash:** Each team will receive a large trash bag in the coaches packet when they check in. Each team is responsible for cleaning up the trash in their area. Please be considerate of this throughout the meet.
- Flights:** Flights will be assigned based on verified entries. To ensure your athletes end up in the correct flight/heat, please make sure to register athletes with results from 2023-24.
- Coaches meeting:** All coaches will meet at the south end zone by the starter with the meet director at 8am.
- Snack bar:** The snack bar will offer various food and drink options (cash and card) Additional vendors will be present.
- Parking:** Parking is located by the track in the student parking lot on Park Pl. Additional parking is located off Jefferson and Tenth st.
- Restrooms:** Restrooms are located on the southeast and southwest side of the track. There is also a restroom located near the warmup area and discus
- Rain date:** The meet will be held rain or shine. There will be no refunds of entry fees or deposits.