

# *Inaugural Corona Relays*

We want to invite you to our 1<sup>st</sup> edition of the Corona Relays on the first official weekend of the 2014 season! Our goal is to provide you with an affordable invite that does not run all day long. We open the season by introducing the relay/team aspect to all of your athletes. We also want to give as many athletes as possible the opportunity to compete. Each school is allowed "B" teams for each level, per gender. "C" teams can be entered also be entered at any level. **We are only charging \$100 per gender for both levels.** Teams looking to enter events without an entire team only have to pay \$20 per relay. Individuals can be entered at \$5 per event.

This first season, we will offer Frosh/Soph and Varsity divisions. Field event athletes will receive four attempts in the throws and the horizontal jumps. We will open the vertical jumps at early season heights that allow more to receive a qualifying height.

We will offer open events for the 100 meters and 100/110 Hurdles with each school allocated with four entries per gender, per level. Heats will be based on coaches' submitted marks, concluding with the fastest heats.

We will allow coaches to 'coach' from the infield as well with each school receiving 'track' access depending on the number of their entries. The meet will begin at 8 am with our coaches' meeting at 7:30 am.

Finished Results will provide timely results that will be posted online immediately at the conclusion of the meet.

## **Order of Events**

Girls 4x1600 F/S and VAR combined

Boys 4x1600 F/S and VAR combined

Girls F/S 100 Hurdles

Girls Varsity 100 Hurdles

Boys F/S 110 Hurdles

Boys Varsity 110 Hurdles

Girls F/S 4x200 Relay

Boys F/S 4x200 Relay

Girls Varsity 4x200 Relay

Boys Varsity 4x200 Relay

Girls F/S Sprint Medley Relay (200-200-400-800)

Boys F/S Sprint Medley Relay

Girls Varsity Sprint Medley Relay

Boys Varsity Sprint Medley Relay

Girls F/S 4x800

Boys F/S 4x800

Girls Varsity 4x800

Boys Varsity 4x800

Girls F/S 4x100 Relay

Girls Varsity 4x100 Relay

Boys Varsity 4x100 Relay

### **LUNCH BREAK**

Girls F/S 100 meters

Boys F/S 100 meters

Girls Varsity 100 meters

Boys Varsity 100 meters

Girls Distance Medley Relay

F/S and VAR combined (1200-400-800-1600)

Boys Distance Medley Relay

F/S and VAR combined (1200-400-800-1600)

Girls Throwers' 4x100 Relay

Boys Throwers' 4x100 Relay

Girls F/S 4x400 Relay

Boys F/S 4x400 Relay

Girls Varsity 4x400 Relay

Boys Varsity 4x400 Relay



8:00 am	Girls Varsity Discus
8:00 am	Boys Varsity Shot Put
10:00 am	Girls F/S Discus
10:00 am	Boys F/S Shot Put
12:00 pm	Girls Varsity Shot Put
12:00 pm	Boys Varsity Discus
2:00 pm	Girls F/S Shot Put
2:00 pm	Boys F/S Discus
8:00 am	Girls and Boys Varsity Long Jump
10:00 am	Girls and Boys F/S Long Jump
12:00 pm	Girls and Boys Varsity Triple Jump
2:00 pm	Girls and Boys F/S Triple Jump
9:00 am	Girls F/S and Varsity Pole Vault (6-0 starting height)
12:00 pm	Boys F/S and Varsity Pole Vault (7-0 starting height)
8:00 am	Girls Varsity High Jump (4-0 starting height)
10:00 am	Boys Varsity High Jump (4-10 starting height)
12:00 pm	Girls F/S High Jump (3-6 starting height)
2:00 pm	Boys F/S High Jump (4-6 starting height)



**COACHES' ROOM:** Coaches will have access to their own results (without fighting the crowds). Drinks and food will be served there throughout the day. Coaches will also have access to their own restrooms. Each team will be allocated 2-3 coaches' wristbands for *on the track access* so they can assist their younger athletes.

**FIELD EVENTS:** All field events will be contested while we offer the discus in the middle of the field.

**AWARDS:** The top three teams per event, per level will receive medals. Medals can be picked up throughout the meet. (no need to wait until the end). The top three teams will receive team trophies.

**ENTRIES:** Entries will be submitted online through [www.episports.com](http://www.episports.com). All 'C' teams will be submitted through the meet director.

**CONTACT:** Email Mark Gardner at [mgardner@cnusd.k12.ca.us](mailto:mgardner@cnusd.k12.ca.us) or call at (951) 529-1056 for more info. We will send you a meet contract immediately.

**ENTRY FEES:** Please submit checks to Corona Track & Field Boosters.

