



TRACK & FIELD



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TRACK & FIELD



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Must Haves-

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2 signatures

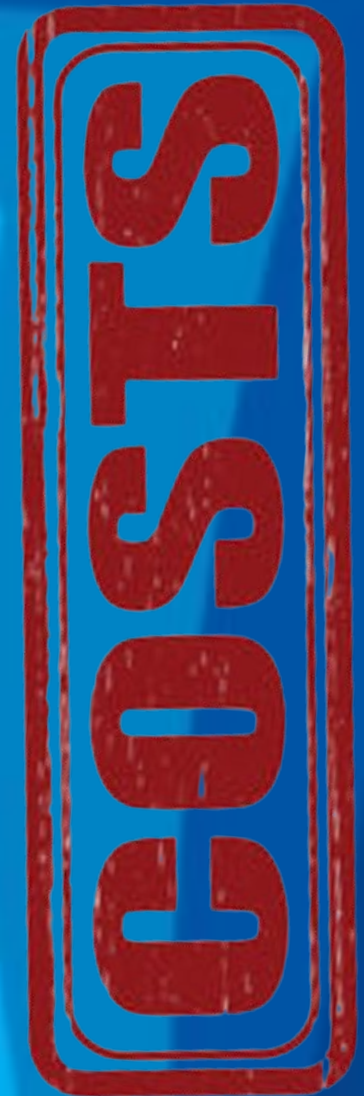
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March 2023				
Wed	Thu	Fri	Sat	
Grades K-2 1:00-1:15			Grades 4-6 1:45-2:15	Grades K-6 Tap 2:30-3:00 (all ages)
Grades K-2 1:45-2:00			Grades 4-6 2:45-3:15	
Grades K-2 2:15-2:30			Grades 4-6 3:45-4:15	Grades K-6 Tap 4:30-5:00 (all ages)
Grades K-2 2:45-3:00			Grades 4-6 4:45-5:15	
Grades K-2 3:15-3:30			Grades 4-6 5:45-6:15	
Grades K-2 3:45-4:00			Grades 4-6 6:45-7:15	

April 2023			
Sat	Thu	Fri	Sat
			Shirley A. 7:00p
			Shirley A. 10:00-11:00
APR 10 10:00-11:00		Shirley A. 10:00-11:00	
Shirley A. 10:00-11:00			7:00AM-10:00 10:00-11:00 11:00AM-1:00P

WAIVER & FEE DUE FRIDAY, FEBRUARY 24TH

- \$30 ~ K - 8th Grade
 - Cost Includes
 - Track Shirt
 - City of Chino Fee (\$12)
 - Pizza Party
 - Wednesday, TBA
 - *Optional*
 - *Track Sweatshirt - additional \$20*



PRACTICE

- 4th - 8th Grade
 - Mondays & Fridays, 2:50 - 4:20
 - Meet by the volleyball court
- K - 3rd Grade
 - Wednesdays, 11:40 - 1:10
 - Meet in front of empty portables by the volleyball court
- Volunteers welcome
 - At practice
 - Day of event
- PRACTICE @ Don Lugo (Saturday)
 - See calendar
 - May be cancelled for HS field use



CITY OF CHINO
SAVE THE DATE
YOUTH TRACK & FIELD MEET



Saturday, 4/15/23

VOLUNTEERS NEEDED TO HELP SET UP (5:30 AM)

- City of Chino
 - All K - 8th grade Athletes
 - Compete according to BIRTH YEAR
 - City of Chino Waiver
 - Qualifying Meet
 - 1st - 3rd Warren High School, Downey, TBA
- Saturday, April 15th (own transportation)
- 7 am - 3 pm
- Don Lugo High School

KNOW THE RULES!

- Parents are NOT allowed on the track!!!
 - Please see GENERAL RULES & REGULATIONS for the track & field meet
- ALL athletes MUST follow ALL school/district rules & dress code
 - Discipline will be according to school protocol
 - Removal from the team

2019 CHINO YOUTH TRACK & FIELD MEET

GENERAL RULES & REGULATIONS

UNIFORMS

- 1) Shoes - All participants must wear shoes in competition. The use of supports or socks does not meet the requirement.
- 2) Glasses - Track and field glasses are not permitted. Track glasses designed for optics are also not allowed, even if the glasses are broken.
- 3) Participants may not wear jewelry and hair beads or decorations or sunglasses (unless prescribed).

AWARDS

- 1) Awards will be given to the First (1st), Second (2nd), and Third (3rd) place finishers in each event, with participants returning to all events.
- 2) Achievement: The First (1st) through Third (3rd) place finishers in each event will be eligible to advance to the SCMAF Youth Valley's Track and Field Meet. Coaches are responsible to submit registration paperwork to Sports Office as indicated in the advancement order.

GOVERNING RULES AND MODIFICATIONS

The official SCMAF Youth Sports Rules shall govern all SCMAF Track and Field competitions. SCMAF has created these rules based upon National Federation of State High School Associations (NFHS) and the California Interscholastic Federation (CIF) NFHS and CIF rules that be employed except when they are in conflict with the SCMAF Youth Sports Rules. In such cases, the official SCMAF Youth Sports Rules shall apply.

- 1) A runner committing two (2) false starts shall be disqualified.
- 2) A runner may be disqualified for false starts, disqualification or gains an advantage over another runner or runner, otherwise are not disqualified for wearing assigned series if no advantage is gained.
- 3) Long jump participants will be allowed three (3) official jumps. Due to time constraints, no warm-up jumps are allowed.
- 4) Coaches: Three participants will be allowed (3) consecutive official throws. No warm-up throws are allowed (12" neither allowed).
- 5) The 50 meter and 100 meter dashes will run qualifying heats leading into the final, provided there are more than 8 participants.
- 6) The 200 meter dash will be run in one (1) flight (overall best time wins). All 200 meter dashes will run on a curve.
- 7) The 400 meter and 800 meter runs will be run in one (1) flight (overall best time wins).
- 8) The 1600 meter and 3200 meter runs will be run in one (1) flight (overall best time wins).
- 9) Runners may be used at the discretion of the meet director.
- 10) For the relay heats, two members from any seven age division may run in the relay division.
- 11) Participants may not wear watches or timing devices during competition.

A fight is a free general rule. In the target discipline, heads are required with rights. There may be severe rights at a particular time for individual participants and competing. The time is taken for each referee and placed in order of readiness to announce the results of each runner. If a third thrower is in the fight, that doesn't necessarily mean that the time is the fastest overall.

Parents/Coaches will NOT be allowed on the track.

Questions should be directed to your team representative/coach.

THANK YOU!

- Questions?
- Clarifications?
- Comments?



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