



"Don't let anyone look down on you because you are young, but set an example for believers in speech, in life, in love, in faith and purity." 1 Timothy 4:12

We would like to invite your school to participate in the Fourth Annual Ontario Christian Small Schools Track and Field Invitational. In 2009, we anticipate that the meet will be held on the new all weather track at **Chino High School**. There are openings for twenty schools, on a first registered, first entered basis.

Registration Instructions:

- Secure your spot by contacting Larry Vanden Berge at lvandenberge@ocschools.org.
- **Early/Priority** entry deadline is Thursday, February 15, 2009.
- A registration confirmation email will be sent to you along with a contract to finalize your entry.
- Please send a check made out to Ontario Christian High School no later than March 6, 2009.
- Entry fee is non-refundable.

Meet Information:

When: Saturday, March 21, 2009.
Check in/Warm-up time - 10:00 AM, Field events - 11:00 AM,
Running Events - 12:00 noon

Where: Chino High School
5472 Park Pl
Chino, CA 91710

Cost: \$150.00 for one team (boys or girls)
\$300.00 for boys and girls team
\$15.00 per athlete for teams of 5 athletes or less.

Spectators: A snack bar will open for lunch and refreshments. A program will be provided with complete rosters.

We are looking forward to an enjoyable, competitive afternoon and hope to include your school as part of our meet.

David Parkes, Athletic Director
dparkes@ocschools.org
909-984-1756 ext. 17

Larry Vanden Berge, Athletic Coordinator
lvandenberge@ocschools.org
909-984-1756 ext. 36

Meet Information, Rules, and Procedures:

1. Participants may wear any type of shoe except those with spikes longer than 3/16". No baseball, football, or soccer type cleats will be allowed. Also, bare feet are not allowed for any of the events (including field events).
2. Only three boys and three girls may enter any one event from each school.
3. Participants may enter no more than a total of four events, including the relays.
4. Flights and Heats will be formed based on marks sent in by coaches. Flight 1 and Heat 1 will be best qualifying marks.
5. Field Events will run exclusively from 11:00 - 12:00, and then will continue until completed. Running events will begin at 12:00 and will take precedence over field events.
Practicing for Field Events can only take place from 10:00 - 11:00.
6. All participants should be alert so that they will not miss their running event. They should let the judge of the field event know when they must go to compete in another event. Participants should also let the judge know if they are in more than one field event.
7. All non-participants should stay off the infield. Participants and coaches are the only ones allowed on the track area. Parents, spectators, and participants who are finished or between events are encouraged to stay in the bleachers. After the completion of the last field event, we will ask that the infield be cleared. **Please remind all participants, coaches, and spectators that any "pacing" of participants will lead to disqualification of said participant of that event.**
8. Medals will be given to the first three places. Standings will be based on best times, regardless of the heat. Team points will be awarded as follows:
1st—10, 2nd—8, 3rd—6, 4th—5, 5th—4, 6th—3, 7th—2, 8th—1.
9. Awards will be given to the top three boys and girls teams.
10. Radios will not be allowed on the field at any time. Please bring only personal radios/ I-pods/CD players with headphones.

Order of Running Events:

4 x 100m Relay
1600m
100m Hurdles (girls)
110m Hurdles (boys)
400m
100m
800m
300m Hurdles
200m
3200m
4 x 400m Relay

Field Events:

High Jump
High Jump
Triple Jump
Long Jump
Shot Put
Discus Throw

