

2019 Tom Watson Middle School Track and Field Championship

Welcome to the Tom Watson Middle School Track and Field Championship (formerly known as the Optimist Meet). We are excited for a great day of competition! Any questions please contact Lita Esposito.

Date:

Saturday April 27, 2019

Location:

Oceanside High School 1 Pirates Cove Oceanside, CA 92054

Parking:

Limited parking will be available on campus. Parking is also available in the residential areas that surround the school. Do not park in the shopping center across from the school, they will enforce towing.

Spectator Entry Fee:

\$5 for all adults (18 years and older). All children are free.

Adds/ Changes:

After the registration deadline there will be no more adds or changes. There will NOT be any meet day adds/changes. Another athlete may compete in the place of a registered athlete. However, the athlete must be of the same gender and grade level. Once results have been posted, it will be up to the coach to make any name changes on athletic.net

Team Registration Fee:

\$5/athlete, fees not to exceed \$200/team. Please make checks payable to **OHS BOOSTERS C/O TRACK AND FIELD**. Pay on meet day when you pick up your team packet.

Awards:

There will be medals to the top 3 and ribbons to 4th – 9th place in each final. Awards will be available for pick up by the timing tent.

Clerk of the Course:

The clerk of the course will be located on the infield. Athletes may enter the field from the north gate. Only athletes checking in and competing will be allowed on the field. No parents and/or non-competing students allowed on the infield.

Spikes:

Spikes will be allowed. Please make sure your athlete has needle spikes (3/16") for an all-weather track. A limited amount of spikes will be available for sale at the meet. You may also purchase spikes at The Running Center or Dick's Sporting Goods.

Starting Blocks:

There will be no starting blocks.

Concessions:

There will be a full service concession stand.

Canopies:

Teams are encouraged to bring a canopy to provide shade. All canopies however will need to be placed at the upper level of the stadium bleachers as not to impede on a spectator's view. Please clean up your team area before departing the meet.

Race Violations:

We will attempt to follow CIF rules as close as possible but do recognize that we are a developmental meet. Disqualifications will be issued for blatant acts of interference during the event and zone violations during the relays.

Code of Conduct:

All athletes, spectators, and coaches are expected to behave in a respectful manner to meet officials and their competitors. An athlete causing harm or disruption will be disqualified from the meet.

Meet order:

All running events will run in the following order:

- 6th grade girls
- 6th grade boys
- 7th grade girls
- 7th grade boys
- 8th grade girls
- 8th grade boys

Meet Schedule - 8:30 start:

- 65m Hurdles
- 1600m
- 100 m PRELIMS
- 400 m
- 100 m FINALS
- 800 m
- 200m
- 4x100 m

Field Events - 8:00 start:

- Long jump: 2 pits - 3 attempts per athlete
 - Order: 6, 7, 8 grades

- High jump: Three misses at each height. The bar will be raised two inches each jump. 6th grade girls and boys & 7th grade girls start at 3'8", 8th grade girls and 7th grade boys start at 3'10", and 8th grade boys start at 4'2".
 - Order: 8, 6, 7 grades

- Shot put: 3 attempts per athlete. 8th grade boys will "put" the 8 lb. shot, and all other divisions will put the 6 lb shot.
 - Order: 6, 7, 8 grades