




Coach	Mr. O’Neil (Room 76) Mr. Mancillas (Room 22) Miss Dames (Room 35)	Principal: Kim Tovar Vice Principal: I-Esha Scott	
Season	March 6 th , 2022 thru May 1 st		
Event Date: #1	<u>Track and Field</u> Tuesday, April 4, 2023 @ District (Briggs) Center 950 W. D St, Ontario, CA 10:00 AM—12:00 PM		
Event Date: #2	<u>Cross Country</u> Saturday, April 29, 2023@ Ontario High School: 901 W Francis St, Ontario, CA 3:00 PM—8:00 PM (Bus Transportation will be Provided)		
Divisions	7 th Grade	Girls	
	7 th Grade	Boys	
	8 th Grade	Girls	
	8 th Grade	Boys	
Track Events	Order of events		
Please return permission slips by March 06 th Room 76 Practice March: 6 th , 10 th ,13 th , 20 th , 24 th April: 3 rd , 7 th , 10 th , 14 th , 17 th , 21 st , 24 th , 28 th , All practices 2:30—4:00	4x100 meter relay 1600 meters 100 meters 400 meters 800 meters 200 meters 4x400=1600-meter relay 	Relay 4 1/4 1 2 1/2 4	4 runners 100m each Laps Lap Lap Laps Lap 4 runners each will run 1 lap
Field Events	Long Jump Soft ball Throw		

7 th Grade Boys Track	7 th Grade Girls Track

8 th Grade Girls Track	8 th Grade Boys Track

8th Grade Girls Track

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