

Tom Watson Middle School Track and Field Championship

Saturday April 27, 2019

Oceanside High School - 1 Pirates Cove Oceanside, CA 92054

Welcome to the Tom Watson Middle School Track and Field Championship (formerly known as the Optimist Meet). The name of the meet has changed to honor Tom Watson, the original founder of this meet.

How to Enter:

- Athletes may compete in single or multiple events.
- An athlete may compete in 2 running + 1 field + 1 relay or 2 field + 1 running + 1 relay.
- 1 relay team per division. Relays must be of the same gender and grade level.

Awards:

There will be medals to the top 3 and ribbons to 4th – 9th place in each final. Awards will be issued immediately after conclusion of all heats.

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 allowed on the infield.**

Athletic Trainer:

An athletic trainer will be on the premises.

Spikes:

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

Starting Blocks:

There will be no starting blocks.

Field Events:

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".

Shot Put– Each entry will be given 3 attempts. 8th grade boys will "put" the 8 lb. shot, and all other divisions will put the 6 lb shot.

Long Jump– Each entry will be given three (3) attempts.

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, coaches, and **spectators 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.