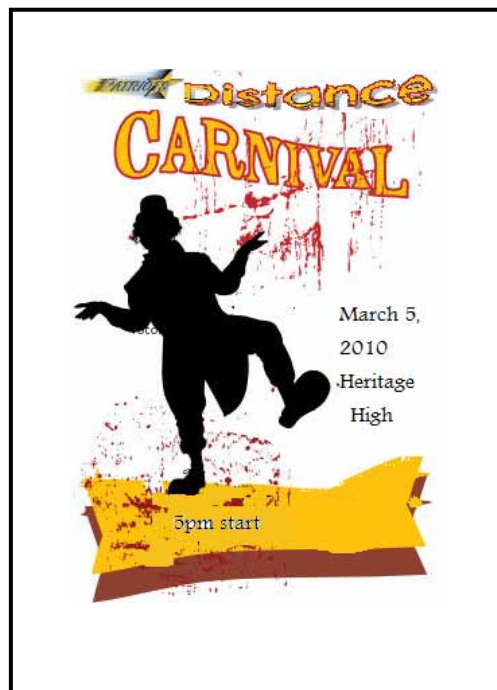


## Heritage Distance Carnival

Hello Coaches,

On Friday March 5, the Heritage High School track and field team will be hosting their inaugural Heritage Distance Carnival. The meet will feature the distance races of 800, 1600 and 3200 meters as well as a 4x800 meter coed relay. We will be seeding the meet by ability level so runners of all ability are welcome

The meet will begin at 5:00pm and the lights will be turned on. A full concession stand will be available and different genres of music will fill the evening as the runners compete. Heritage High School is located in Brentwood, CA and has an all-weather track that is about five years old. Last year we hosted the BVAL league championships and in the past the Patriot Games Middle School Invitational. There will be plenty of warm-up area – on the infield of the track and parking is free in the student gymnasium parking lot. Times will be posted after every heat and available online when the meet is over. The top two runners of each heat will be awarded a T-shirt and medals will be awarded for the top three times overall. Since this is an inaugural distance meet we are hoping that runners of all abilities will enjoy themselves and be rewarded for their hard work.



When: Friday, March 5, 2010

Where: Heritage High School  
101 American Way  
Brentwood, CA

Schedule of events:

- 1600 Girls Heats
- 1600 Boys Heats
- 800 Girls Heats
- 800 Boys Heats
- 3200 Girls Heats
- 3200 Boys Heats
- 4x800 meter relay (coed) Frosh/soph
- 4x800 meter relay (coed) varsity

\*Time schedule to be determined by the number of entries. Heat sheets and final schedule will be available Monday, March 1, 2010

Awards: T-shirts to the top 2 finishers in each heat and medals for the top three times overall

Parking: There is plenty of free parking on campus at the student gymnasium parking lot.

Facility: All-weather 8 lane track

Entry Fee: \$5 per individual for one event

\$8 per individual for two events

\$10 per individual for three events

\$10 per relay team

Make checks payable to "Heritage High School." Entry fees are due Friday, March 5, 2010.

Entries: Entry of individual athletes and relay teams to each event will be done

Registration: [www.athletic.net](http://www.athletic.net)

Email: [kevinbain2004@yahoo.com](mailto:kevinbain2004@yahoo.com) for any further questions.

Entries will be closed Sunday, February 28, 2010 at 11:59 PM.

Race Seeding: The heats will be seeded by entry times, starting with the slower heats working to the faster heats. To ensure that each race is competitive, please be accurate with your seeding times.

Day of Meet Registration: Make sure to check in at the clerk of the course located at the gate across from the concession stand to receive your race number and sticker.

Food/Souvenirs: There will be a snack bar as well as t-shirts available for \$15.

Admission: General - \$5

Results: Results for all races will be posted following each race on the "results boards" around the corner from the snack bar as well as at:

[www.athletic.net](http://www.athletic.net) and [www.dyestatcal.com](http://www.dyestatcal.com).

Meet Director: Kevin Bain

Contact number: (925)783-3969