



Friday and Saturday, March 12 and 13, 2010

Dan Gabor Track and Field Weekend

Amador Valley High School, Pleasanton, CA

Co-hosted by Amador Valley and San Ramon Valley High Schools

Meet Information:

- Unlimited Entries, \$6 per athlete
 - \$6 covers each athlete's entry into all of their events over both days. (ie. 200 athletes = \$1200 for as many events as you want over the WHOLE weekend!)
 - Make checks payable to Amador Valley High School
 - Entries due by Sunday, March 7
 - Entries handled through EPISports.com
- Coaches must enter a time with each athlete for seeding purposes, please be honest!

FRIDAY, March 12

- Start time: 3:30 PM.
 - We will continue from one event to the next and there will be multiple announcements regarding check-in, warm ups, etc.
 - We will run ahead of schedule. Please tell your athletes to pay attention as we will make several announcements.
- Order of Events
 - Girls 1600 (Heats of 12-18 athletes in each race)
 - Boys 1600 (Heats of 12-18 athletes in each race)
 - Girls 800 (Heats of 12-18 athletes per race, alley starts except for fastest heat(s) - lane start for first turn)
 - Boys 800 (Heats of 12-15 athletes per race, alley starts except for fastest heat(s) - lane start for first turn)
 - Girls 3200 (heats of 15-18 athletes per race)
 - Boys 3200 (heats of 15-18 athletes per race)
- Long sleeve t-shirt to first 3 finishers in each heat

SATURDAY, March 13

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| <ul style="list-style-type: none">➤ Start time: 10:00 AM➤ Order of Running Events<ul style="list-style-type: none">○ Girls 4 x 100○ Boys 4 x 100○ Girls 400○ Boys 400○ Girls 100○ Boys 100○ Girls 300 hurdles○ Boys 300 hurdles○ Girls 200○ Boys 200○ Girls 4 x 400 (3 turn stagger)○ Boys 4 x 400 (3 turn stagger)➤ Long sleeve t-shirt for winner of each heat➤ Hand timing and Finishlynx will be used in all races | <ul style="list-style-type: none">➤ Start time: 9:00 AM➤ Field Events being competed;<ul style="list-style-type: none">○ Pole Vault<ul style="list-style-type: none">▪ Girls followed by boys▪ Girls opening height = 6'0"▪ Boys opening height = 7'0"○ High Jump<ul style="list-style-type: none">▪ Boys followed by girls○ Shot Put (girls followed by boys)<ul style="list-style-type: none">▪ All girls will use an 8 lb shot▪ All boys will use an 12 lb shot○ Discus (boys followed by girls)<ul style="list-style-type: none">▪ All girls will use an 1.0 k disc▪ All boys will use an 1.6 k disc➤ Long sleeve t-shirt for top 5 in each event |
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