

## Schedule:

**Friday, March 19** *Frosh/Soph. Girls/Boys*

**Running** 4:00pm (Check-in 3:00pm)

(Girls, then Boys)

Distance medley (1200-400-800-1600)

4 x 100

4 x 60 Shuttle High Hurdles (5 flights)

4 x 800

Sprint Medley (100-100-200-400)

\*Open 300 Hurdles

\*Open 100

\*Open 1600

4 x 400

**Field** 3:00pm (Check-in 2:00pm)

3 x LJ Girls, then Boys

3 x TJ Boys, then Girls

3 x HJ Girls, then Boys

3 x PV Boys, then Girls

3 x Shot Put Girls, then Boys

3 x Discus Boys, then Girls

**Saturday, March 20** *Varsity Girls/Boys*

9:00 am start (Check-in 8:00am)

Same schedule as the Frosh/Soph.

(Note) Varsity will run 4x110m Shuttle Hurdles.

## Questions:

Contact: Dooney Jones

Cell: 510 393 9368

Email: [runright@comcast.net](mailto:runright@comcast.net)

Mike Spencer

925 822 2133

Spencer.michael86@yahoo.com

**Track & Field**  
Castro Valley High School  
19400 Santa Maria Avenue  
Castro Valley, CA 94546

2010  
Castro Valley Track & Field

# Trojan Relays

Friday-Frosh-Soph

Saturday - Varsity

March 19-20



Featuring:

- **Frosh-Soph on Friday Evening !**
- **Varsity on Saturday Morning !**
- The meet will be highlighted with a full load of relay events in both running and the field events. It will also feature three open races: the 100, 300 Hurdles and the open 1600. We are planning for a great meet.
- **Site of the NCS Bayshore Meet !**
- **State-Of-the-Art Trojan Stadium**

**Stadium/Meet Info:**

Trojan Stadium is the site of this year's NCS Bayshore Trials and finals. The Stadium features an all-weather running and field event Surface. We also have (2) horizontal jump pits. We will continue to emphasize the Frosh/Soph competition with the Friday evening events dedicated to these youngsters.

The Varsity division will compete on Saturday using the Friday night format.

**Relay Format**

The Trojan Relays keeps its relay tradition intact, even in the field events. We welcome "A" & "B" relay teams. "C" teams will be considered as space becomes available. We will create a "C" team waiting list; first come, first served. Please notify us if you have a "C" team in any event. They all count for scoring and medals. The field events will take (2) teams maximum (6) people 3 per relay team. Single athletes are allowed to compete in the field events.

**Fees**

\$5.00 per athlete

\$15.00 per relay

\$125.00 maximum per division (GFS, BFS, etc.)

\$300.00 maximum per school

**Awards:**

Medals to top 3 track relays

Medals to top 3 field event relays

Medals to top 3 individual track events

Medals to top 3 individuals field events

Plaques to top 3 teams in each division

**Timing:**

The meet will be timed using fully automated electronic timing.

**Entries:**

Entries will be handled on-line through [www.athletic.net](http://www.athletic.net). Log on, find your school, and set up the free coach's account. Then follow the instructions on entering teams.

Please identify your athletes as team A or B. Any Adds will be finalized prior to the start of the Meet. **(Fees Included)**

The entry deadline is Saturday midnight March 26th. Payment will be made out to CVHS c/o Track & Field. Mail to Castro Valley High c/o Coach Jones

**Scoring:**

Relays: 10-8-6-4-2

Individual events: 6-4-3-2-1

**Trainer**

There will be a trainer on duty.

**Snack Bar**

There will be a concessions stand.

Additional catering By Coach Dino

**T-Shirts**

Meet T-Shirts will be on sale for \$15.00

**Canopies:**

Teams are welcome to put up team canopies in the visitors' bleachers (on the east side of the stadium). Please do not put up canopies on the homestretch to avoid blocking spectator visibility of the finish line.

**No food, drinks, seeds, or gum**

With the exception of water, no food or beverages or "spits" or gum is allowed on the track or on the turf. There will be a zero tolerance level in effect about this and the meet director will be rather humorless on this account.

**Please come dressed to run**

There will not be any changing facilities available. Please come dressed to run.

**Short Spikes only please**

1/4" or shorter spikes only please. Sets of replacement spikes will be on sale.

**Address:**

Castro Valley High School  
19400 Santa Maria Avenue  
Castro Valley, CA 94546

**Directions:**

From 580 heading east:

Go north on Redwood Road. The stadium will be on your left in about a mile.

From 580 heading west:

Take the Castro Valley Boulevard exit, head west. Turn right on to Redwood Road. The stadium will be on your left in less than a mile.