

K-Bell Updates

1) This year, thanks to a generous loan of an official scale from Jim Marheineke and the Serra track program, we will weigh all implements prior to competition. Athletes and coaches please look for the weigh-in station upon arrival at LGHS on Saturday morning.

2) This year, thanks to a generous loan from Steve Nelson and the SJCC track program, we will have enough wind gauges to take a reading for every heat of the 100/200/HH and all LJ and TJ attempts! Both the implement weigh-ins and the wind readings will allow all marks at K-Bell to be eligible for use as entry marks for Arcadia as well as State leader lists.

3) A reminder that while K-Bell is a long and large meet, 100% of proceeds go to charity. The Kiwanis use half the proceeds to fund their second chance education fund/mentoring program for young adults in Santa Clara county trying to restart their education, and Bellarmine's half of the proceeds go directly to tuition assistance; BCP gives out 4.4 million annually in tuition assistance in the hopes that all students who want to can attend the school. So, we appreciate your patience as we try to get as many young student-athletes as possible on the track, runway, and ring during the day!!

Peace, good luck and good health,
Patrick McCrystle
Head Coach Track and Field/Cross Country
Bellarmine College Prep