

SCHEDULE OF EVENTS

TRACK EVENTS

(first event starts at 3:30)

1. BFS 4 X MILE
2. GFS 4 X MILE (run with GV 4 x Mile)
3. GV 4 X MILE (run with GFS 4 x Mile)
4. BFS 4 X 100
5. GFS 4 X 100
6. GV 4 X 100
7. BFS SHUTTLE HURDLES 39"
8. GFS SHUTTLE HURDLES 33"
9. GV SHUTTLE HURDLES 33"
10. BFS 4 X 220
11. GFS 4 X 220
12. GV 4 X 220
13. BFS 4 X 880
14. GFS 4 X 880
15. GV 4 X 880
16. BFS OPEN 100
17. GFS OPEN 100
18. GV OPEN 100
19. BFS DEVIL-TAKE-THE-HINDMOST MILE
20. GFS DEVIL-TAKE-THE-HINDMOST MILE
21. GV DEVIL-TAKE-THE-HINDMOST MILE
22. BFS 4 X 440
23. GFS 4 X 440
24. GV 4 X 440

FIELD EVENTS

25. GV HIGH JUMP (PIT A) 4:00 PM
26. GFS HIGH JUMP (PIT A) AFTER GV
27. BFS HIGH JUMP (PIT B) 4:00 PM
28. GFS LONG JUMP 4:00 PM
29. GV LONG JUMP AFTER GFS
30. BFS TRIPLE JUMP AFTER GV
31. BFS SHOT PUT (RING A) 4:00 PM
32. GV SHOT PUT (RING A) AFTER BFS
33. GFS SHOT PUT (RING B) 4:00 PM
34. GV DISCUS 4:00 PM
35. GFS DISCUS AFTER GV
36. BFS DISCUS AFTER GFS
37. GFS POLE VAULT 4:00 PM
38. GV POLE VAULT SAME TIME AS GFS
39. BFS POLE VAULT AFTER GV

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

1999

**CASTRO VALLEY
 INVITATIONAL**

RELAYS

Friday April 23, 1999

Trojan Stadium
 Castro Valley High School
 3:30 p.m.

Featuring:

- full range of Girls' events !
- Girls' Frosh-Soph division !
- no Boys' Var (just Boys' FS) !
- 4 x mile relays !
- Girls' pole vault !
- Devil-Take-the-Hindmost miles !
- 3 person field event relays !
- "B", "C", etc. teams welcome !
- medals galore !
- all under the lights !

Join us for an evening of great competition geared for the girls and the younger athletes on your team.

TROJAN INVITATIONAL RELAYS

WELCOME:

to the 1999 Trojan Invitational Relays! Now in their 5th year, they are a continuation of the long-running DeKlotz Relays (1973-1989) which were held at Las Lomas High School. The DeKlotz Relays were the first track and field relays in Northern California set up expressly for girls' competition. Later, boys' frosh-soph events were added to further encourage competition in under-represented parts of the sport. In 1996 we added girls' frosh-soph events as well. All records, by permission of the former meet director, have been forwarded from the DeKlotz Relays and are now a part of this continuing event.

ENTRIES:

Please fill in the attached entry form (xerox as many as you need) and mail them with the appropriate fees to: Trojan Invitational Relays

Peter Brewer

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

You may also fax entries:

School: 510-582-3924 Home: 925-945-1510

or e-mail: pcb@internet-frontier.net

Entry deadline is Monday, April 19, 1999.

ENTRY FEES:

\$8.00 per relay

\$5.00 per individual

\$60.00 maximum per squad (GV, GFS, or BFS)

\$150.00 maximum per school (all 3 divisions)

Late Fees: Add \$10.00 for entries after April 19

Make checks out to **Castro Valley High School**

SCORING:

Relays: 10-8-6-4-2

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

In case of a tie, the school with the most first place finishes will be declared the winner.

AWARDS:

Medals:

to top 4 relay teams in each track event
to top 4 relay teams in each field event
to top 5 individuals in each open race
to top 5 individuals in each field event

Trophies:

to top 3 teams in the Girls' Varsity
to top 3 teams in the Girls' Frosh-Soph
to top 3 teams in the Boys' Frosh-Soph

Awards and results will be available following the meet in the press booth. Please note: an athlete may compete in a field event individually.

FACILITIES:

The Castro Valley High School track is a 7 lane dirt track. The runways have an artificial surface. 1/4 inch spikes are recommended for the runways and takeoff areas. Bathrooms will be available. There are no dressing facilities. There will be a snack bar in operation, and there will be a trainer on duty.

SCRATCHES AND SUBSTITUTIONS

will be handled at the bullpen.

TENT CITY AND ATHLETES' BIDOUAC

is on the south side of the field, behind the scoreboard.

PLEASE, NO ATHLETES ON THE INFIELD DURING COMPETITION --

your cooperation on this point is greatly appreciated.

AN ATHLETE MAY COMPETE IN ONLY 4 EVENTS

T-SHIRTS

will be on sale for \$10.00.

IN CASE OF RAIN

the meet will be cancelled.

DIRECTIONS

to Castro Valley High: The track is located on Redwood Road 3/4 of a mile north of 580. From 580 West take the Castro Valley Boulevard exit and go west until Redwood Road. Turn right (north) and follow to the school. From 580 East take the Redwood Road exit. Turn left (north) and follow to the school. Enter the track through the entrance on the south side.

MEET MANAGEMENT:

The meet will be run according to National Federation rules. There will be a Meet Referee in case of appeals, and a Jury of Review consisting of the Head Starter, the Head Finish Judge, and the Chief Inspector. All races will be videotaped. The meet will start at 3:30 p.m. and then continue until the last event. The length of the meet will be determined by the number of entries.

DEVIL-TAKE-THE-HINDMOST MILE:

There has been concern among coaches that this event is demeaning, or at the very least embarrassing for the athletes that get pulled from the track at the end of each lap. Out of concern for these athletes, we advise coaches who feel that this may be factor not to enter those athletes in this race. However, the majority of the coaches polled supported this race, and so we will not only run it, there will be a Devil to pull off the last runner at each lap off the track.

QUESTIONS:

Please feel free to call:

Peter Brewer (H) 925-945-8869

CVHS 510-537-5910 x470

e-mail: pcb@internet-frontier.net

1999 TROJAN INVITATIONAL RELAYS

ENTRY FORM: (duplicate as necessary) **BFS** **GFS** **GV** (circle one)

School _____ Coach _____ Home Phone _____

Relay Events:

<u>Running Event</u>	<u>Time</u>	<u>Names</u>	
4 x 100	_____	_____	_____
4 x 220	_____	_____	_____
4 x 440	_____	_____	_____
4 x 880	_____	_____	_____
4 x Mile	_____	_____	_____
4 x Hurdles (5 flights)	_____	_____	_____

<u>Field Event</u>	<u>Mark</u>	<u>Names</u>		
3 x High Jump	_____	_____	_____	_____
3 x LJ (Girls)	_____	_____	_____	_____
3 x TJ (Boys)	_____	_____	_____	_____
3 x Pole Vault	_____	_____	_____	_____
3 x Shot Put	_____	_____	_____	_____
3 x Discus	_____	_____	_____	_____

Individual Events:

<u>Event</u>	<u>name & time</u>	<u>name & time</u>
Open 100 meters	_____	_____
Devil-take-the-hindmost Mile	_____	_____

- Notes:** 1. "B" teams are welcome in any relay event. So are "C" and "D" teams, et cetera. All teams are eligible to score.
 2. Individuals may enter the field event relays, and are eligible for individual medals.
 3. There is only one horizontal jump facility, so for the sake of time there will be only one jump relay for each division. Girls (varsity and frosh-soph) will long jump; boys' frosh-soph will triple jump.
 4. You may enter more than two individuals in the open 100 if you have a third outstanding athlete. Your runner may be an alternate depending on number of entries. You may enter as many runners as you wish in the Devil Mile.

Please send entries and fees to: Peter Brewer, c/o Castro Valley High School, 19400 Santa Maria Ave, Castro Valley, 94546

Or FAX : 925-945-1510 or **e-mail:** pcb@internet-frontier.net

Entries are due no later than Monday April 19.