

Meet Notes / Info

TROYAN INVITATIONAL RELAYS

large all-caps title

Welcome to the 1994 Trojan Invitational Relays!
Friday, April 21, 1994
Castro Valley High School
Trojan Stadium
4:00 p.m. on

The Trojan Invitational Relays, now in their second year, 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, frosh-soph events were added to further encourage competition in under-represented parts of the sport. In the spirit of the DeKlotz Relays, the Trojan Invitational Relays feature only girls' and frosh-soph boys' events. All records have, by permission of the former meet director, been forwarded from the DeKlotz Relays and are now part of this continuing event.

- left justified* *J-* (Special features of the Relays:) *ALL CAPS*
- > Girls' pole vault relay
 - > 4 X mile relays
 - > Devil-take-the-hindmost 1600
 - > "A," "B," "C" teams welcomed in all relay events (they score, too)

ENTRIES: Please fill in the attached entry forms and mail them with the appropriate fees to:

align | Chuck Backe and Peter Brewer
Castro Valley High School
19400 Santa Maria Avenue
Castro Valley, CA 94546

or fax entries to 510-582-3924.

ENTRY FEES: \$8.00 per relay *align per delimited print*
\$5.00 per individual
\$75.00 maximum per squad (girls OR boys)
\$150.00 maximum per school (girls AND boys)

Please make checks out to Castro Valley High School

ENTRY DEADLINE: Please have all entries mailed, faxed or phoned in by *Friday April 14*

SCORING: The meet will be scored 10-8-6-4-2 for the relays and 6-4-3-2-1 for the individual events. In case of a tie, the school with the most first-place finishes will be declared the winner.

AWARDS: Medals to:

- top four (4) relay teams in each track event
- top four (4) relay teams in each field event
- top five (5) individuals in each open race
- top five (5) individuals in each field event

Trophies to:

- top three (3) teams in the Varsity Girls
- top three (3) teams in the Frosh-Soph Boys

complete results will be mailed out after the meet. to each participating school

- 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. The FS high jump will be off the infield, so longer spikes may be preferable there. Bathrooms will be available, but 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.

THE TENT CITY AND ATHLETES' BIVOUAC is on the south side of the field, behind the scoreboard.

NO ATHLETES ON THE INFIELD unless in competition. Your cooperation on this point is much appreciated.

AN ATHLETE MAY COMPETE IN ONLY FOUR EVENTS (trials and finals of one event count as a single event).

~~COMMEMORATIVE~~

COMMEMORATIVE T-SHIRTS will be on sale for \$10.00.

ADMISSION WILL BE CHARGED FOR SPECTATORS:

\$4.00 for adults

\$3.00 for seniors, children under 12, and students with I.D.

- **COACHES' PACKETS** will be available at the press booth.
→ **COACHES' AND OFFICIALS' DINNERS** will be available next to the snack bar.

IN CASE OF RAIN the meet will be cancelled.

DIRECTIONS TO CASTRO VALLEY HIGH SCHOOL: 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 on time (or as close as we can) and then continue until the last event. The length of the meet will be determined by the number of entries.

DEVIL-TAKE-THE-HINDMOST 1600: There has been concern among some 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 a factor not to enter those athletes in this race. However, by far the majority of the coaches polled supported this race, and so we will not only run it, there will be a Devil to pull the last runner at each lap off the track.

indeed

ANY QUESTIONS ? CALL

CASSON WALKER HHS 510-537-5910 or
CHUCK BACKE (HHS 510-377-1905) or PETER
BROWN (HHS 10-245-8869)

I N V I T A T I O N A L R E L A Y S

DATE: Friday, April 22, 1994

TIME: 4:00 p.m. - 9:30 p.m.

LOCATION: Castro Valley High School

--> VARSITY GIRLS & FROSH-SOPH BOYS ONLY! <--

--> NO VARSITY BOYS <--

Join us for an evening of relays featuring just the girls and the younger boys!

Other features include:

- Girls' Pole Vault Relay!
- All field events are 3-person relays!
- 4 x mile relays!
- Devil-take-the-hindmost 1600's!
- lots of medals!

ENTRIES: Please fill in the attached entry sheets and mail them and the appropriate fees to:

John Brosnan, Athletic Director
Castro Valley High School
1900 Santa Maria Avenue
Castro Valley, CA 94546

Entries are due by MONDAY, APRIL 18, 1994. If entries are received after that time, there is no guarantee of being seeded appropriately into heats, and entries may be listed as alternates.

ENTRY FEES: \$8.00 per relay

\$5.00 per individual

\$75.00 maximum per squad (boys OR girls)

\$150.00 maximum per school (boys AND girls)

Make checks out to CASTRO VALLEY HIGH SCHOOL.

SCORING: The meet will be scored 10-8-6-4-2 for the relays and 6-4-3-2-1 for the individual events. In case of a tie, the school with the most first-place finishes will be declared the winner.

AWARDS:

Medals to: top four (4) relay teams in each track event
top four (4) relay teams in each field event
top five (5) individuals in each open race
top five (5) individuals in each field event

Trophies to: top three (3) teams in the Varsity Girls
top three (3) teams in the Frosh-Soph Boys

Awards and results will be available following the meet in the press booth.

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. Bathrooms will be available, and the snack bar will be open. There will be

no dressing accommodations available, so please have your athletes arrive dressed to compete.

SCRATCHES AND SUBSTITUTIONS will be handled at the bullpen.

COACHES' PACKETS: will be available at the press booth on the west side of the stadium.

AN ATHLETE MAY ENTER ONLY FOUR EVENTS.

NO ATHLETES ON THE INFIELD unless they are in the bullpen or in competition. Your cooperation in this regard is appreciated.

DIRECTIONS TO CASTRO VALLEY HIGH SCHOOL: 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 exit. Turn left (north) and follow to the school. Enter the track through the entrance on the south side.

T-SHIRTS: will be on sale for \$10.00.

ADMISSION WILL BE CHARGED for spectators: \$3.00 for seniors, children under 12 & students with I.D. ; \$5.00 for adults.

IN CASE OF RAIN the meet will be cancelled.

ANY QUESTIONS? call Peter Brewer W: 537-5910 x 470
H: 945-8869

TROJAN INVITATIONAL RELAYS
ORDER OF EVENTS

<u>Event #</u>	<u>Event</u>	
1.	FROSH-SOPH	4 X MILE
2.	GIRLS	4 X MILE
3.	FROSH-SOPH	4 X 100 (PRELIMS)
4.	GIRLS	4 X 100 (PRELIMS)
5.	FROSH-SOPH	OPEN 100 (PRELIMS)
6.	GIRLS	OPEN 100 (PRELIMS)
7.	FROSH-SOPH	SHUTTLE HURDLES
8.	GIRLS	SHUTTLE HURDLES
9.	FROSH-SOPH	4 X 220
10.	GIRLS	4 X 220
11.	FROSH-SOPH	4 X 880
--	FROSH-SOPH	4 X 100 (FINALS)
--	GIRLS	4 X 100 (FINALS)
12.	GIRLS	4 X 880
--	FROSH-SOPH	OPEN 100 (FINALS)
--	GIRLS	OPEN 100 (FINALS)
13.	FROSH-SOPH	DEVIL 1600
14.	GIRLS	DEVIL 1600
15.	FROSH-SOPH	4 X 440
16.	GIRLS	4 X 440

FIELD EVENTS:

17.	GIRLS	HIGH JUMP (PIT A)	4:00 P.M.
18.	FROSH-SOPH	HIGH JUMP (PIT B)	4:00 P.M.
19.	GIRLS	LONG JUMP	4:00 P.M.
20.	FROSH-SOPH	TRIPLE JUMP (AFTER GIRLS LONG JUMP)	
21.	FROSH-SOPH	SHOT PUT	4:00 P.M.
22.	GIRLS	SHOT PUT (AFTER GIRLS SHOT PUT)	
24.	GIRLS	DISCUS	4:00 P.M.
25.	FROSH-SOPH	DISCUS (AFTER GIRLS DISCUS)	
26.	GIRLS	POLE VAULT	4:00 P.M.
27.	FROSH-SOPH	POLE VAULT (SIMULTANEOUS WITH GIRLS)	

TROJAN INVITATIONAL RELAYS
ENTRY FORM -- BOYS

Please enter times and relay member names.

<u>EVENT</u>	<u>TIME</u>	<u>RELAY MEMBERS</u>
4 X 100	_____	_____ _____ _____
4 X 220	_____	_____ _____ _____
4 X 440	_____	_____ _____ _____
4 X 880	_____	_____ _____ _____
4 X MILE	_____	_____ _____ _____
4 X HURDLE (5 flights)	_____	_____ _____ _____
OPEN 100	_____	_____ _____ _____
DEVIL 1600	_____	_____ _____ _____
3 X HJ	_____	_____ _____ _____
3 X TJ	_____	_____ _____ _____
3 X SP	_____	_____ _____ _____
3 X DISCUS	_____	_____ _____ _____
3 X PV	_____	_____ _____ _____

Make checks out to CASTRO VALLEY HIGH SCHOOL. Mail entry forms and payments to:

John Brosnan, Athletic Director
Castro Valley High School
19400 Santa Maria High School
Castro Valley, CA 94546

ENTRY DEADLINE IS MONDAY APRIL 18TH!

Thanks,
Pete

TROJAN INVITATIONAL RELAYS
ENTRY FORM -- GIRLS

Please enter times and relay member names.

<u>EVENT</u>	<u>TIME</u>	<u>RELAY MEMBERS</u>
4 X 100	_____	_____

4 X 220	_____	_____

4 X 440	_____	_____

4 X 880	_____	_____

4 X MILE	_____	_____

4 X HURDLE (5 flights)	_____	_____

OPEN 100	_____	_____
DEVIL 1600	_____	_____
3 X HJ	_____	_____
3 X LJ	_____	_____
3 X SP	_____	_____
3 X DISCUS	_____	_____
3 X PV	_____	_____

Make checks out to CASTRO VALLEY HIGH SCHOOL. Mail entry forms and payments to:

John Brosnan, Athletic Director
Castro Valley High School
19400 Santa Maria High School
Castro Valley, CA 94546

ENTRY DEADLINE IS MONDAY APRIL 18th!

Thanks,
Peter

TROJAN INVITATIONAL RELAYS

DATE: FRIDAY APRIL 22, 1993

TIME: 4:00 P.M. — 9:30 P.M.

LOCATION: CASTRO VALLEY HIGH SCHOOL

--> VARSITY GIRLS & FROSH-SOPH BOYS ONLY <--
NO VARSITY BOYS

ENTRIES: DATE & ADDRESS RE ATTACHED SHEET

ENTRY FEES:

SCORING:

AWARDS:

FACILITIES:

SCRATCHES & SUBSTITUTIONS:

DIRECTIONS:

T-SHIRT SALES:

ADMISSION PRICE:

RAIN ? #

C

ATTACHED SHEETS:

VG ENTRY FORM

FS ENTRY FORM

ORDER OF EVENTS

Medal order: Crown Medal

Custom department

Anne: 1-800-221-1557 X 3

400 medal X 1.99 = 796.00

27.50

2.50

36.00

36.00 tax

832.00

gold	100	blue neck ribbon
silver	100	red neck ribbon
bronze	100	white neck ribbon
	100	red, white, blue neck ribbon

1.99

796.00

~~34.00~~

~~830.00~~

832.00

check list -

medals --- order 1/5/94

T-shirts --

trophies --

volunteers --

washer packets --

tie in w/ Boston

MEET PROCEDURE

ENTRIES MAILED IN

SEEDED INTO HEATS

HEAT SHEETS DRAWN UP

- HEAT SHEETS IN BULLPEN

ENTRIES CHECKED

SCRATCHES MADE

ADD'S ENTERED

- BOTTOM COPY TO ANNOUNCER

- NEXT BOTTOM COPY TO CLERK (SETS RUNNERS IN LANES)

- TOP 2 COPIES TO FINISH JUDGE

- AFTER RACE, HEAT SHEETS AT FINISH LINE

PLACES RECORDED

TIMES RECORDED

- BOTH COPIES TO BOOTH BOSS

- SECOND COPY TO ANNOUNCER

- TOP COPY TO SCORER

- XEROX MACHINE - COPIES TO ALL SCHOOLS - IN AWARDS ENVELOPES

- COPY POSTED OUTSIDE FOR ATHLETES

FINISH LINE

HURDLE CREW - 5

(DAM) FINISH JUDGE

CLIPBOARD
PENCILS

() 8 TIMERS

STOPWATCHES

BASKET BUNNIES - 5

(TIM) VIDEO OPERATOR

CAMERA
POWER
CAMERA PLATFORM

SET-UP : ALL-DAY - PITS, TRACK, ETC

STARTING LINE

(JOHN NULES) STARTER

2 GUNS & ROUNDS
BLOCKS, CART, HAMMER

TEAR-DOWN :

(KEITH) RETALL STARTER

() BLOCK PIXIE

BULLPEN(JOHN BROSNAN) CLERK OF COURSE:
CHECK-INCLIPBOARDS
PENCILS
HEAT SHEETS(OSCAR SAKAMOTO) CLERK OF COURSE:
TO START

(DON SAWYER) RUNNER

FLAGS

ROPE

CHALK

STAKES

RAKES

CONES

BROOMS

TAPE MEASURES

BLOCKS

PRESS BOOTH

(PETER JENSEN) ANNOUNCER

SOUND SYSTEM
FORMS(CHUCK) SCORER/BOOTH
BOSS

FORMS, FINISH

() AWARDS

ENVELOPES
MEDALS
RESULTS TROPHIES

() RESULTS

COPYING MACHINE
ENVELOPES

() RUNNERS

FEET

INSPECTORS(VARSITY BOY
SPRINTERS) RELAY ZONES, TURNS, FLAGS
TRACK SECURITY

(LODER +) POLE VAULT (2)

CLIPBOARD

(OATES +)
(PICETTI +) HIGH JUMP (4)

CLIPBOARD

(CANFIELD +) LONG JUMP / TRIPLE JUMP (3)

CLIPBOARD, TAPE, RAKE, BROOM

(HAUSEL +) DISCUS (3)

CLIPBOARD, TAPE

() SHOT PUT (3)

CLIPBOARD, TAPE

88 188 188 188 +13
92 92 92 92 14
MEDALS 382

order of events

EVENT

				1	2	3	4	5
1	FS 4X MILE	30	4:00	4	4	4	4	-
2	VG 4 X MILE	30	4:30	4	4	4	4	-
3	FS 4 X 100 (PRELIMS)	6	5:00	-	-	-	-	-
4	VG 4 X 100 (PRELIMS)		5:05	-	-	-	-	-
5	FS OPEN 100 (PRELIMS)		5:10	-	-	-	-	-
6	VG OPEN 100 (PRELIMS)		5:15	-	-	-	-	-
7	FS SHUTTLE HURDLES		5:20	4	4	4	4	-
8	VG SHUTTLE HURDLES		5:25	4	4	4	4	-
9	FS 4X200	10	5:30	4	4	4	4	-
10	VG 4X200		5:35	4	4	4	4	-
11	FS 4 X 880		5:40	4	4	4	4	-
12	FS 4 X 100 FINAL	5	5:45	1	1	1	1	1
13	VG 4 X 100 FINAL	5	5:50	1	1	1	1	1
14	VG 4 X 880	15	6:05	4	4	4	4	-
15	FS OPEN 100 FINAL	5	6:10	4	4	4	4	-
16	VG OPEN 100 FINAL	5	6:15	4	4	4	4	-
17	ES DEVIL MILE (1600)	10	6:25	1	1	1	1	1
18	VG DEVIL MILE (1600)	10	6:35	1	1	1	1	1
19	FS 4 X 400	7	6:41	4	4	4	4	-
20	VG 4 X 400	7	6:45	4	4	4	4	-
21	VG HJ PIT A (4:00)	7	6:52	3+1	3+1	3+1	3+1	1
22	VG LJ 1st (4:00)	7	6:56	3+1	3+1	3+1	3+1	1
23	VG SP 2nd (6:00)	7	7:02	3+1	3+1	3+1	3+1	1
24	VG D 1st (4:00)	7	7:05	3+1	3+1	3+1	3+1	1
25	VG PV SIMULTANEOUS (4:00)	7	7:10	3+1	3+1	3+1	3+1	1
26	FS HJ PIT B (4:00)	7	7:16	3+1	3+1	3+1	3+1	1
27	FS TJ 2nd (6:30)	7	7:21	3+1	3+1	3+1	3+1	1
28	FS SP 1st (4:00)	7	7:25	3+1	3+1	3+1	3+1	1
29	FS D 2nd (6:00)	7	7:30	3+1	3+1	3+1	3+1	1
30	ES PV (4:00)	7	7:36	3+1	3+1	3+1	3+1	1

Event

TOTAL RUNNING MEDALS	52	52	52	52	4
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40 40 40 40 10

325013
261715
0109

26
28
48

20
13
63

Coaches' packet

- list of participating schools
- garbage bag
- order of events
- program of activities
-

Team pamphlet

- welcome and intro
- schedule
- rainy day
- injuries - still show up
- expect soreness -- still show up
- parent volunteers
- invitationals

Computer
alarm machine

PERSONNEL

EVENT JUDGES -

TOP 8

PRESS
BOOTH

Announcer / Scoren Pete Jensen

Chief scoren Chuck

Awards } ~~Varsity boys~~ Banks

Post Results } ~~Student~~ distance

runner

PV - 2 ROTHING & LODER

BID - 2 } VARSITY
GID - 2 } BOYS JUMPERS

W/TJ - 2 } VARSITY BOY JUMPERS

SP - 2 } HANSEL & VARSITY
BOY THROWERS

BULLPEN

CLERK OF COURSE

John B. / DON Sunny

ASSISTANT CLERK

~~Don Sunny~~ / Ed Burmette

RUNNER

~~Varsity boy~~
~~Student~~ distance

STARTING
LINE

STARTER

John Nales

ASS'T STARTER
LANE PLACER

Eddie Burmette

RECALL STARTER

Keith Cordova

LABOR
POOL

FINISH
LINE

FINISH JUDGE

Pom Borg

TIMERS (8)

teachers, parents, stats

RUNNER

~~Student~~ varsity boy distance

CAMERA OPERATOR

Tim Kuta

KEVIN GIRLS DISTANCE
RUB GIRLS SPRINTS
MIKE FLS JUMP/WHEELS

DAN
EDMOND
DOMINAC
JOHN A.

MATT
JAMES
BLET
DOMINIQUE
RICKY
JEFF
MATT P.
DAN
AARON
ANDRE

ZONE OFFICIALS (6)

Varsity boy sprinters

BASKET GUINIES (4)

distance girls

PERIMETER / SECURITY (4)

Varsity boy sprinters

MILE K
ANDRES
YURI
VITALY
KEVIN C.
MATT B.
KEVIN O.

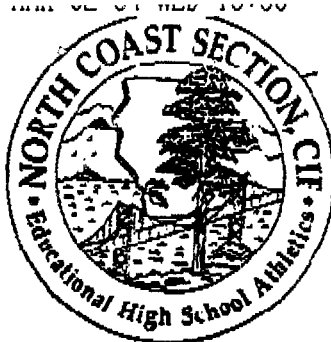
BASKETS

OR GATE / RECEIPTS / JOHN?

STOPWATCHES

CLIPBOARDS WITH PENCILS

COACHES PARKED



NORTH COAST SECTION, CIF

Paul Gaddini, Commissioner of Athletics

Mailing Address: P.O. Box 2907 • Dublin, CA 94568 • Tel. (510) 828-4900 • Fax (510) 828-5700

FAX TRANSMISSION
Tel: 510-828-4900 FAX: 510-828-5700

DATE: MARCH 2, 1994

TO: PETER BREWER, TRACK COACH

AT: CVHS (582-3924)

FROM: D. BERNEN

RE: TROJAN INVITATIONAL RELAYS
4/22/94

COMMENTS: CONFIRMING AS MEET
REFEREE, GLAD TO DO IT

JOHN NULES - OK AS STARTER,
Too.

(WE BOTH WILL BE THERE)

TOTAL NUMBER OF PAGES, INCLUDING THIS PAGE: 1

If you do not receive all of the pages, or if they are not legible,
please notify DALE immediately at 510-828-4900

Castro Valley invite job list:

Girls Distance -- Coaches Borg and Perez:

Finish line Chief: Coach Borg

Timers: 5 adults
5 girls distance
& statisticians

Runner to press booth: 1 distance girl

Sweat suit basket guardians: 5 girls distance

Other duties of finish line crew:

- keeping runners in order at finish
- handing out cards at the end of distance races
- video-tape operator at platform

Miscellaneous On-The-Spot-As-Needed Crew: Coach Kuta & the girl sprinters

Boys Sprints: Coach Cordova

Recall starter: Coach Cordova

Zone officials: 6 sprinters (2 per zone on 4 x 100 relay)
(3 per zone on 4 x 200 relay)
(1 on each turn, 2 on each
straight on the distance
races)

Perimeter Security: 1 per each corner of the stadium to keep out fence jumpers

Boys Distance: Coach Backe

Press Booth coordinator: Coach Backe

Press Booth assistant: 1 boy distance

Press booth to clerk of course runner: 2 boys

Hurdle crew: 4 boys

Boys Throwers: Coach Hausel

Discus: Coach Hausel

Discus helpers: 2 throwers

Shot put: Mike Klews and Andres Garcia

Shot put helpers: 2 throwers

Hurdlers and jumpers: Coach Brewer

Hurdle crew chief: Coach Brewer

Hurdle crew: boys distance

Girls High Jump: Kevin Oates

F/S High Jump: Kevin Kramer

Long Jump and Triple Jump: Coach Mahan

LJ and TJ helpers: Aaron Flanagan

Pole Vault: Mike Rothling

PV Helpers: Andy Randall & Brian Talmadge

Checklist:

Personnel:

Meet Directors:	Chuck Backe
	Pam Borge
	Peter Brewer
Starter --	John Nules
Recall Starter --	Keith Cordova
Referee--	Dale Berven
Clerks of the course --	John Brosnan
	Don Sawyer
Assistant Clerks --	Ed Burnette
	Raoul Perez
Finish line --	Pam Borg
	Lynn LeSage
	Varsity Boy Distance
Chief Inspectors --	Bret Victor ← RICKY HOSSIGN
	Andre Abremenko
Inspectors --	Varsity boy sprinters
Head Field Judge --	Peter Brewer
Shot and Discus --	Jim Hausel
	Janice Chrobac
	Varsity boy throwers
High Jump A --	Kevin Oates
High Jump B --	Kevin Kramer
Long/Triple Jump --	Alicia Freeman
	Varsity Boy Jumpers
Pole Vault --	Tony Moore
	Jeff Singson Varsity BOY VAULTERS
Announcer/Scorer --	Peter Jensen
Computers/Results--	Chuck Backe
Hurdle Crew Chief --	XXXXXXXXXX
Assistants --	Varsity Boy Hurdlers
Camera Operator	
Awards --	Brooks Geiken
Runner (from bullpen to pressbox) --	boys varsity distance

Snack Bar: Chuck arrange with boosters

Officials' lunches : Chuck arrange with parents (Ewings ?) We supply upfront \$\$.

T-Shirts: get Steve Atwood to do?

High Jump B pits from Canyon -- call Friery, drop a note

Trainer -- Sherri Williams (?) has been contacted -- already on contract with school,
is also student teacher on campus

Charge admission? -- need parents

Call Loretta Strharsky for volunteer organization

Gate

T-Shirts

Programs

Officials' dinners

} Pam?

Equipment:

Throws: TApe measures (2)

Jumps: Tape measure (1)
rake and shovel

Finish line: stop watches (8)
video camera
judging stands

Press Booth: sound system
computer and printer
scoreboard system

paper work preparation:
warehouse requisition forms
clipboards
medals in baggies and labeled

set
✓
✓

Checklist --Meet management
Dual Meet preparation

PHYSICAL LAYOUT:

Track --

- dragged
- lined
- hash marks

Hurdles --

- lowered to girls' height
- staged at girls' marks
- 7 hurdles per mark

Pits --

Pole Vault:

- new pits put out
- old pits placed as extra buffers
- vaulters know to put away after meet

High Jump:

- put out
- replaced

Throws--

Shot put:

- ring painted
- sector marked
- distance lines marked
- distance signs staked in

Discus:

- ring painted
- sector marked
- distance lines marked
- distance signs staked in

Blocks--

- 7 blocks placed in cart
- Hammer in cart
- blocks checked for having all the pins and hardware

FINISH LINE:

- Clipboards (3 minimum)
- finish forms duplicate (or triplicate)
50 at least
- stop watches (7-10)
- batons (4-6)
- first aid kit

- ice and ice baggies
- zone flags
- walkie talkies (from Dennis Regalado)
- pencil and pens
- spare blanks for starting pistol
- table
- 2 chairs

BATHROOMS:

- Open before meet
- Clean and stock with paper
- Turn on lights
- Lock after meet
- Sweep up debris
- Turn off lights

PRESS BOOTH:

- Open
- Set up sound system -- get from Dennis Regalado
- Set up Computer and printer -- get from Boys' P.E. Office
- Set up scoring clipboards
- have record book and meet records handy
- Order of events ready for announcer
- Set up scoreboard

FIELD LIGHTS:

- have keys to all lights
- turn on at dusk
- turn off at end of meet cleanup

FIELD EVENT CLIPBOARDS:

- PY -- 2 (girls and boys)
- LJ -- 2 (girls and boys)
- TJ -- 2 (girls and boys)
- HJ -- 2 (girls and boys)
- SP -- 2 (girls and boys)
- Discus -- 2 (girls and boys)
- each event sheet done with a carbon and a pen or pencil

FIELD EVENT TOOLS:

LJ and TJ -- shovel and rake
 tape measure
 SP and Discus -- 2 tape measures

PERSONNEL NEEDS:

Finish line:

Head judge: Pam
 timers: at least six --
 Lynn LeSage?
 Alicia Freeman?
 Parents -- Dulaney's?
 James Ewing?
 ???

Starter: Keith

Blocks: Tim

Press Booth:

Announcer: Chuck?
 Computer: Chuck?
 able student?
 Runner: ineligible?

Field Events:

LJ & TJ -- 1 (2 is better) stats
 SP & Discus -- 1 stat each
 HJ -- 1 stat
 PY -- 1 stat (or appoint a calm-
 demeanored vaulter -- I recommend Dina
 Gizatullin)

Camera: 1 stat

MEET PROCEDURE:**PRE- MEET --**

Day Before --
 drag and line track
 set up all field event and
 score clipboards
 line all throwing sectors
 stage all hurdles
 get sound equipment and
 computer to press
 booth

stage all stopwatches
 set up finish line cart

Day of:

get ice bucket and baggies
 open sheds, bathrooms
 put out high jump pits
 put out new pole vault pits
 set up sound, score, video,
 computer systems
 put out field event clipboards
 put out field event tools
 get block cart to starting line
 sweep jump runways

MEET :

Announcer gets 1st calls going by
 stated meet start time
 Hurdles get set out during 1600's
 Hurdles get moved efficaciously to
 boys marks and heights
 blocks get moved to appropriate
 starting lines
 runner gets results to announcer
 and scorer quickly
 athletes get recruited to cover for
 stat positions as needed
 hurdles get moved to intermediate
 marks and heights in a
 timely manner
 Scorer keeps up with events

POST - MEET:

Athletes stay to end of meet to
 cheer and clean up
 Litter picked up
 Bathrooms policed
 Pits put away
 Field event tools put away
 Sound, scoring, video, computer
 systems secured
 Fax results to HAAL Commish &
 The Daily Review

DUAL MEET CHECKLIST JUMPERS

All meets:

Respect: We are polite and respectful competitors, and we win graciously and lose with dignity. Our emotions are channeled to motivate our performance, and not disparage any other competitors. We cheer our teammates and encourage our competition, because we know that quality competition is what brings our quality results.

Preparation: We are physically and mentally prepared for our meets. Each practice, each workout is done as seriously as possible so we are ready for competition. We take each race, each jump, each effort with concentration and focus. If we try as hard as we can, the overall result is that we will improve over the season. Not every race or every jump or throw is going to be our best ever, but if done with top intensity, we will improve. This is going to make us better track and field athletes and competitors, and make Castro Valley a better team.

Cooperation: We are willing helpers at all meets, home and away. If help is needed measuring jumps, or moving hurdles, or holding a stop watch, we are ready to accommodate. Anything we can do to make a meet run more smoothly by pitching in makes our team better. So if you are approached by a coach or teammate during a meet to help, be ready to do your part. Cheerful cooperation is the hallmark of a quality athlete.

The day before: Be ready to compete --

1. Have your equipment ready -- uniform, shoes, step marker, sweats, snacks, drinks, etc. Optional: your own tape measure, athletic tape, bandages, athletic balm, your own workout and meet record book. Put all this in your track bag and have it ready to go. Vaulters, for away meets, have your poles boxed and ready to go along with the extenders. Get out of class and zoom up to the shed so you can get the gear on the bus.

2. Check your step -- Every jump has its own step. Run through your steps several times until you have it as good as you're going to get it. Measure your step for each jump event and mark it down in your record book.

3. Prepare the facility -- (for home meets) sweep the runway and jump approaches. Rake the sand pit. Remove debris and junk from around the runway and jump areas. Pick up trash generally to make the area look good.

4. Know your events -- the coaches will tell you what events they want you to compete in. Make sure you remember. Write them down. Each jumper is expected to compete in the maximum 4 events.

5. Know the details -- Be sure to know who the opponent is, what time the meet starts, when you get out of class, what time the bus is scheduled to leave, et cetera. The coaches will inform you -- please remember.

6. Sleep and eat right -- Proper rest and nutrition are extremely important. Get good rest the day before a meet. Also, your overall diet should not have any large amounts of animal fats, processed meats, fried foods, refined sugars or eggs. Your overall diet should include lots of complex carbohydrates (rice, pasta, potatoes, cereal grains), fruits and vegetables, and baked food. Be sure to drink plenty of water. Do not skimp on food -- the athlete who works out daily needs 30% more calories than the non-athlete.

The Day of: Actual competition

1. Arrive as early as possible. For home meets, come straight up to the track. Don't dawdle in the locker room or in the courtyard. Home meets mean we have to pull out the jump pits. It is best to do this at lunch time.

2. Bus behavior -- We have a large team, and we will be taking two busses to meets, and one bus back (this is because many parents pick up their children at the meets). Everyone rides the bus unless they get a ride from a parent or a coach. Don't even ask if you can drive yourself. While on the bus we are not rowdy, rude, or obnoxious. We are using the time to focus on the

upcoming competition, and the bus is no place to exercise the unique lack of self-control that seems to possess teen-agers when in groups.

3. Sign in for all your jumps. If the clipboard is not ready, track it down. For home meets, the clipboards are usually stored in the press booth.

4. Warmup thoroughly. A meet is a busy place, and you will be left to be individually responsible for your own warmup. Do it completely and do not skimp. As always, do 4 laps jog and 8 strides. Meet days you are allowed to cut your strides down to half distance.

5. Get your steps measured and checked. Do all your run-throughs as soon as you can. Once the running events start, you are not allowed any more run-throughs, so be very careful to take care of this.

6. Stay loose between jumps. Jog around, stretch, do high knees, bound a little. If you sit around between jumps, you will stiffen up and your performance will be affected. If you are in a particular order, as in the high jump and the pole vault, then you know when you will be jumping, so you can plan when to loosen up.

7. Stay focused -- Concentrate on your jumping. Don't get caught up in socializing or checking out the other team or having jollies with your buddies, and then find out that you've missed a jump or a race or that you have been called to your turn and you are not loose.

8. Help out -- Sometimes we do not always have enough statisticians to run the jump events. In that case, it is up to all of us to help out. Between jumps, rake the pit. Hold a tape measure. Call out the jumps for the high jump. If every one helps in a pinch, the easier it is for everyone.

9. Support your team -- Encourage all your teammates in all events. The strong team is the one that helps each other to do the best each can.

10. Hurdle moving -- There are two times during a meet when hurdles need to be moved to keep the meet moving along. It is the responsibility of the whole team, not just the hurdlers and the coaches. Every part of the team (sprinters, distance, throwers, and jumpers) is assigned a certain part of the hurdles to move. The first move is between the girls and boys short hurdle races, and the second move is from the short hurdle markings to the 300 intermediate hurdle markings.

11. Stay to the end -- The close of a meet is when we find out the scores. The home meets have other duties. We have to put away the pits, gather up the tools (rakes, shovels, tape measures), pick up the litter, et cetera. Of particular concern is the pole vault pit, which requires the most physical effort. All jumpers help put it away. Do not leave just because your events are through. The meet is not over and your team responsibilities are not completed until all is tucked away. If we are all involved in helping out, we should be done with our home meets between 6:30 and 7:00 p.m.

STARTER:

HIGH JUMP

GIRLS: KEVIN O.

BOYS: KEVIN K.

LONG JUMP/T: COACH MANNAN
AARON

PV: ROTHLINE

ZONE JUDGES: ANDRE
JAMES
MATT
BRET
PICKY

SP: KLEWS
ANDRES
VITALY

D: HAUSEL
YURI
BATHIE
CLAAS

RUNNERS: FINISH LINE TO PRESS BOOTH
BULLPEN TO ANNOUNCER

TRUSAN RELAYS ORDER OF EVENTS

F/S 4 X MILE	4:00	(16)
VG 4 X MILE	:30	(16)
FS 4 X 100 HT 1	5:00	
2	:05	
3	:10	
VG V X 100 HT 1	:15	
2	:20	
3	:25	
FS OPEN 100 1	:30	
2	:35	
3	:40	
VG OPEN 100 1	:45	
2	:50	
3	:55	
FS SHUTTLE HURDLES 1	6:15	(16)
2	:20	
3	:25	
VG SHUTTLE HURDLES 1	:40	(16)
2	:45	
3	:50	
FS 4 X 100 FINALS	7:05	(16)
VG 4 X 100 FINALS	:10	(16)
FS 4 X 800	:15	(16)
FS OPEN 100 FINALS	:30	(5)
VG OPEN 100 FINALS	:35	(5)
VG 4 X 800	:40	(16)
FS 4 X 200 HT 1	:55	(16)
2	8:00	
3	:05	
VG 4 X 200 HT 1	:10	(16)
2	:15	
3	:20	
FS DEVIL MILE	:25	(5)
VG DEVIL MILE	:35	(5)
FS 4 X 400 HT 1	:45	(16)
2	:50	
3	:55	
VG V X 400 HT 1	9:00	(16)
2	:05	
3	:10	

FIELD EVENTS (ALL RELAYS)

4:00 P.M.

VG SHOT (12+5)

FS DISCUS (12+5)

VG LONG JUMP (12+5)

VG HIGH JUMP (12+5)

FS HIGH JUMP (12+5)

VG PV (12+5)

FS PV (12+5)

$$16 \times 12 = 192$$

$$5 \times 11 = 55$$

$$12 \times 7 = 84$$

331

	48	21	11		
1 ST	(12 x 4)	+	(7 x 3)	+	(11 x 1) = 80
2 ND	(12 x 4)	+	(7 x 3)	+	(11 x 1) = 80
3 RD	(12 x 4)	+	(7 x 3)	+	(11 x 1) = 80
4 TH	(12 x 4)	+	(7 x 3)	+	(11 x 1) = 80
5 TH				+	(11 x 1)
					<u>331</u>

Event #10

WAREHOUSE REQUISITION

Castro Valley Unified School District

REQUISITION NUMBER

GIRLS 4 X 220 RELAY

SCHOOL OR DEPARTMENT		SCHOOL NUMBER	REQUISITION DATE
AREA LOCATION AND NAME		DELIVER TO	DATE REQUIRED
PRINCIPAL OR DEPARTMENT HEAD (Signature)		ORIGINATOR	DATE APPROVED
OFFICE USE ONLY	DATE RECEIVED	DATE PROCESSED	ACCOUNT NUMBER (For Warehouse Items Only)

T
A
CV
UV
W

Warehouse Catalog No.	Description	Quantity Ordered	Unit of Measure	Unit Cost	TOTAL	Filled	Back Ordered	Filled B.O.
LANE	NAME	TIME			PLATE			
1	MT EDEN							
2	HAYWARD							
3 1	ALHAMBRA	1:57.11			2nd			
4 2	FREMONT	1:57.50			4th			
5 3	TECH	1:52.37			1st			
6 4	LAS LOMAS 205	2:02.0			6th			
7 5	CASTRO VALLEY A	1:57.41			3rd			
8 6	ALT: CV "B"	2:01.6			5th			

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TOTAL \$

NOTE: Turn in all copies to the Purchasing Office.

R

Castro Valley Unified School District

4 x 880 RELAY

PLS
CV
LL
ME
ALA
AL

TOTAL \$

F-13 (rev. 6/88)

#12

WAREHOUSE REQUISITION

Castro Valley Unified School District

GIRLS 4/800 Relay

REQUISITION NUMBER

SCHOOL OR DEPARTMENT

SCHOOL NUMBER

REQUISITION DATE

AREA LOCATION AND NAME

DELIVER TO

DATE REQUIRED

PRINCIPAL OR DEPARTMENT HEAD (Signature)

ORIGINATOR

DATE APPROVED

OFFICE
USE
ONLY

DATE RECEIVED

DATE PROCESSED

ACCOUNT NUMBER (For Warehouse Items Only)

Warehouse Catalog No.	Description	Quantity Ordered	Unit of Measure	Unit Cost	TOTAL	Filled	Back Ordered	Filled B.O.
1	Oakl. Tech DAVIS, Lu Potter, Lumumba			12:34.0		5th		
2	C.V. 'B' Nickolopoulos, Wong Marques, Bingham			11:36.3		4th		
3	San Lorenzo Perkins, Gregersen Osborne, OMARKHIL			12:52.4		7th		
4	Las Lomas HSU, Robinson Gallagher, Miller			11:11.7		2nd		
5	Alhambra 'A' Flores, DeLeon RAYMOND, Webster			11:24.7		3rd		
6	CASTRO VALLEY 'A' SHAI, Ewing Greene, Lim			10:44.0		1st		
7	MT. Eden							
8	Alhambra 'B' RAWLINSON, F. Rawlinson Suti, Rudiger			13.284		8th		
	C.V. 'C' LACEY, Parker SACKMANN, Dewitt			12:41.4		6th		

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WAREHOUSE REQUISITION

Castro Valley Unified School District

REQUISITION NUMBER

FROSH--SOPH DEVIL--TAKE-THE-HINDMOST 1600

SCHOOL OR DEPARTMENT		SCHOOL NUMBER	REQUISITION DATE
AREA LOCATION AND NAME		DELIVER TO	DATE REQUIRED
PRINCIPAL OR DEPARTMENT HEAD (Signature)		ORIGINATOR	DATE APPROVED
OFFICE USE ONLY	DATE RECEIVED	DATE PROCESSED	ACCOUNT NUMBER (For Warehouse Items Only)

Warehouse Catalog No.	Description	Quantity Ordered	Unit of Measure	Unit Cost	TOTAL	Filled	Back Ordered	Filled B.O.
LANE	SCHOOL & NAME		TIME		PLACE			
	RYAN SCHRADER (DUB)			5:41.7	12			
	HIRDEPRATE KALILRAI (DUB)			5:47.4	13			
	BERNAL (H)							
	JENSEN (ALH)			5:09.6	3rd			
	RILEY (ALH)			5:14.3	6			
	RUDY ORTA (ARROYO)			5:16.9	5			
	ERIC PINES (ARROYO)			5:16.0	4			
	ANDY SCHMIDT (LL)							
	ERIC BREWER (LL)			5:04.8	2nd			
	JUD QUIGGLE (LL)				15			
	JAY SILVA (SLZ)			5:23.4	8			
	ROB ELLING (SLZ)			5:33.6	10			
	STEVE RENO (CV)							
	SETH MELLON (CV)							
	LARRY CHIU (CV)							
	ANDY RANDALL (CV)							
	JEFF SINGSON (CV)							
	MIKE BORUTA (CV)							
	CLICK (DLS) Coffee			5:014	1st			
	GEORGE (DLS)							

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TOTAL \$

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Event #14

WAREHOUSE REQUISITION

Castro Valley Unified School District

GIRLS DEVIL-TAKE-THE-HINDMOST 1600

REQUISITION NUMBER

SCHOOL OR DEPARTMENT		SCHOOL NUMBER	REQUISITION DATE
AREA LOCATION AND NAME		DELIVER TO	DATE REQUIRED
PRINCIPAL OR DEPARTMENT HEAD (Signature)		ORIGINATOR	DATE APPROVED
OFFICE USE ONLY	DATE RECEIVED	DATE PROCESSED	ACCOUNT NUMBER (For Warehouse Items Only)

Warehouse Catalog No.	Description	Quantity Ordered	Unit of Measure	Unit Cost	TOTAL	Filled	Back Ordered	Filled B.O.
LANE	SCHOOL & NAME	TIME			PLACE			
	SHANON PERKINS (SLZ)	6	48.0		6			
	JAMIE MILLER (LL)	6	20.7		4			
	AMBER ROBINSON (LL)	5	40.1		15 ^h			
	CARLA WEBSTER ^{SUN} (ALH)	7	26.2		9			
	ANNA RAYMOND ^{Andie} (ALH)	7	49.1		10			
	JENNIFER ^{Jenny} EWING (CV)	5	46.2		2			
	VAL LIM ^{Blair} (CV)	7	01.9		8			
	MICHELLE MARQUES (CV)							
	DANA MATRANGA (CV)	6	36.0		5			
	JAMIE NICKOLPOULOS (CV)							
	RACHELLE COHEN (CV)							
	BECKY LACEY (CV)							
	DAPHNE BRATT (CV)							
	MEG PARKER (CV)							
	JOCELYN DEWITT (CV)	8	29.5		11			
	CERINE SACKMAN (CV)	8	29.6		12			
	JESSICA ROETHL (CV)							
	MELISSA SIGARS (ME)							
	MARILYN OJOI (ME)							
	SIMONE SHIN (CV)	6	09.22		3			

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TOTAL \$

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Event # 15

WAREHOUSE REQUISITION

Castro Valley Unified School District

REQUISITION NUMBER

FROSH - SOPH 4X440

SCHOOL OR DEPARTMENT		SCHOOL NUMBER	REQUISITION DATE
AREA LOCATION AND NAME		DELIVER TO	DATE REQUIRED
PRINCIPAL OR DEPARTMENT HEAD (Signature)		ORIGINATOR	DATE APPROVED
OFFICE USE ONLY	DATE RECEIVED	DATE PROCESSED	ACCOUNT NUMBER (For Warehouse Items Only)

Warehouse Catalog No.	Description	Quantity Ordered	Unit of Measure	Unit Cost	TOTAL	Filled	Back Ordered	Filled B.O.
LANE	NAME	TIME			PLACE			
	HAYWARD							
21	LAS LOMAS	3:47.6			1			
32	MT EDEN	3:54.6			5			
43	ALHAMBRA	3:53.9			3			
54	DELA SALLE	3:48.9			2			
65	CASTRO VALLEY	3:58.5			6			
76	DUBLIN	3:54.5			4			
7	ALT: CV "B"	4:33 5:28			7			
	CV "B"							

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TOTAL \$

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WAREHOUSE REQUISITION

Castro Valley Unified School District

GIRLS ~~IN~~ 4 x 440

SCHOOL OR DEPARTMENT		SCHOOL NUMBER	REQUISITION DATE
AREA LOCATION AND NAME		DELIVER TO	DATE REQUIRED
PRINCIPAL OR DEPARTMENT HEAD (Signature)		ORIGINATOR	DATE APPROVED
OFFICE USE ONLY	DATE RECEIVED	DATE PROCESSED	ACCOUNT NUMBER (For Warehouse Items Only)

[illegible]

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WAREHOUSE REQUISITION

Castro Valley Unified School District

GIRLS HIGH JUMP

O = miss
X = make

REQUISITION NUMBER

SCHOOL OR DEPARTMENT		SCHOOL NUMBER	REQUISITION DATE
AREA LOCATION AND NAME		DELIVER TO	DATE REQUIRED
PRINCIPAL OR DEPARTMENT HEAD (Signature)		ORIGINATOR	DATE APPROVED
OFFICE USE ONLY	DATE RECEIVED	DATE PROCESSED	ACCOUNT NUMBER (For Warehouse Items Only)

Warehouse Catalog No.	Description		Quantity Ordered	Unit of Measure	Unit Cost	TOTAL	Filled	Back Ordered	Filled B.O.	
SCHOOL	NAMES	3-10	4-10	4-2	4-4	4-6	4-8	4-10	5--0	total
ALH	Jill Fowler X	000								3'10"
ALH	AMY R X	X	X	X	000					4'4"
ALH	TRACI BANKS -	-	-	-	-	X	X	000		4'10"
CV"A"	MEG PARKER X	X	0X	000						4'2"
CV"A"	Amy Kohl -	X	X	X	X	00X	0X	000		4'10"
CV"A"	Kristy Hild -	X	X	X	X	000				4'6"
DUB	Katy Millet 000									-
DUB	Katy ^{locus} 000000 X	X	X	000						4'2"
DUB	Tiana Chiu 0 X	000								3'10"
FRE	Crystal Colbert -	X	-	-	-	-	00X	000		4'10"
FRE										
FRE										
LL	April Fortier -	-	-	-	00X	0X	00X	000		4'8"
LL										
LL										
CV"B"	Tara Clancy 000	C.V.			1					13'6"
CV"B"	^{Lisa clancy} Meg Parker 00X	ALH			2					13'0"
CV"B"	Jill Shmitz	Dub			3					8'0"
		Fre			4					4'10"
		L.H.			5					4'8"

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