

Welcome to the 1995 Trojan Invitational Relays!

Friday, April 21, 1995
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 DeKotz 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.

Special features of the Relays:

- > 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:

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

or fax entries to 510-582-3924. Entries due Monday, April 17, 1995.

ENTRY FEES: \$8.00 per relay

\$5.00 per individual

\$60.00 maximum per squad, girls OR F/S (\$75.00 if received after April 17)

\$120.00 maximum per school, girls AND F/S (\$150.00 if received after April 17)

Please 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.

Please note: An athlete may compete in a field event individually. "B" and "C" teams will score and be eligible for medals also. However, they may be alternates as determined by entries.

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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 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.

ANY QUESTIONS? Please feel free to call us : CVHS 510-537-5910, or Chuck Backe (H) 510-317-1905 or Peter Brewer (H) 510-945-8869.

**TROJAN INVITATIONAL RELAYS
ORDER OF EVENTS**

Event

Number Division Event

Track Events:

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 -Take-the-Hindmost Mile	
14.	Girls	Devil -Take-the-Hindmost Mile	
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 Frosh-Soph shot put)
23.	Girls	Discus	4:00 p.m.
24.	Frosh-Soph	Discus	(After Girls' Discus)
25.	Girls	Pole Vault	4:00 p.m.
26.	Frosh-Soph	Pole Vault	(same time as Girls' Pole Vault)

TROJAN INVITATIONAL RELAYS**ENTRY FORM****GIRLS' VARSITY**

School _____ Coach _____ Home Phone _____

Relay Events:

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

Field Event	Mark	Names
3 x High Jump	_____	_____
3 x Long Jump	_____	_____
3 x Pole Vault	_____	_____
3 x Shot Put	_____	_____
3 x Discus	_____	_____

Individual Events:

Event	Time	Name
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 will long jump; frosh-soph will triple jump.
4. You may enter more than two runners in the open 100 if you have an outstanding third athlete. Your runner may be listed as an alternate depending on entries. You may enter as many athletes as you wish in the Devil Mile.

Please mail entries and fees to: Chuck Backe or Peter Brewer
 c/o Castro Valley High School
 19400 Santa Maria Avenue
 Castro Valley, 94546

Entries due no later than Monday, April 17

TROJAN INVITATIONAL RELAYS**ENTRY FORM****BOYS' FROSH SOPH**

School _____

Coach _____

Home Phone _____

Relay Events:

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

Field Event	Mark	Names
3 x High Jump	_____	_____
3 x Triple Jump	_____	_____
3 x Pole Vault	_____	_____
3 x Shot Put	_____	_____
3 x Discus	_____	_____

Individual Events:

Event	Time	Name
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 will long jump; 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 mail entries and fees to: Chuck Backe or Peter Brewer
 c/o Castro Valley High School
 19400 Santa Maria Avenue
 Castro Valley , 94546

Entries are due no later than Monday April 17.

**TROJAN INVITATIONAL
RELAYS**

**Castro Valley High School
Friday, April 21, 1995**

Check the following list very carefully. Remember, this is for girls, and frosh-soph boys. Jr. and Sr. boys do not compete, but they are very valuable officials. Check the Officials list to see what your assignments are.

The meet starts at 4:00 p.m. and will most likely run to about 11:00 p.m. Be prepared. Bring a tent and warm clothes.

We are hosts and therefore we have the responsibility of being courteous and helpful. This means also that we are neat and clean, so help pick up litter and trash as it happens.

4 x mile :

F/S :

A: Shane, Peter, Damien, Mike
B: Andy, Josh K., Justin,
Redmond

Girls :

A: Jennie E, Michelle, III,
Simone
B: Kristy, Micheline, Mary Ann,
Daphney
C: Amber, Angela, Stephanie,
Jennie C.

4 x 100 --

F/S

A: Ben, Genna, Mike M., Reggie
B: John, Joe, Darryl, Ron
C: Ricky, Brandon, Steve, Brian
C.

Girls :

A: Marisa, Nicole, Jenny F.,
Jenny R
B: Jaime Y., Chrissy, Dezire,
Becky
C: Deanna, Maressa, Stacy,
Ronna
D: Janell, Erica, Chrystal,
Susan

Open 100 --

F/S :Genna, Reggie, Ben

Girls : Jennie R., Nicole, Deanna

Shuttle Hurdles -- (5 flights)

F/S :

A: Phil F., Phil G., Mike P., Ryan
C.

B: P.J., Dave, Rajesh, Josh M.

Girls :

A: Annie, Marisa, Lisa, Meg
B: Shannon, Becky, April, Maya
C: Melissa, Jill, Jessica, May

4 x 220 --

F/S

A: Ben, Reggie, Mike M., Steve

B: John, Joe, Ron, Darryl

C: Ricky, Brandon, Brian C., ?

Girls :

A: Heather, Jenny F., Chrissy,
Jenny R.
B: Nicole, Stacy, Deanna,
Maressa
C: Erin, Desire, Janet, Jaime Y.
D: Ronna, Jamie N., Erica,
Jackie
E: Janell, Crystal, Kerrie,
Susan

4 x 880 --

F/S :

A: Redmond, Damien, Mike B.,
Peter

B: Seth, Andy, Josh K., Justin

Girls :

A: Jennie E., Michelle, III,
Simone
B: Kristy, Micheline, Mary Ann,
Daphney
C: Amber, Angela, Stephanie,
Jennie C.

Devil Mile --

F/S :

Peter, Damien, Andy, Josh K.,
Justin, Seth, Larry

Girls : Jennie E., Michelle, III,
Simone, Kristy, Micheline,
Mary Ann, Daphney, Amber,
Angela, Stephanie, Jennie C.,
Shereen, Monica

4 x 440 --

F/S :

A: Steve, Mike M., Ben, Genna

B: John, Joe, Darryl, Ron

C: Ricky, Brandon, Brian, ?

Girls :

A: Jamie N., Jenny F., Janet,
Jenny R.

B: Heather, Dezire, Stacy,

Maressa

C: Nicole, Erica, Crystal, Jackie

High Jump --

F/S :

A: Ryan C., Phil F., P.J.

B: Brian S., Rajesh, Josh M.

Girls :

A: Amy K, Maya, Elizabeth

B: Meg, Ronna, Angela

C: April, Dina, Becky

D: Jill, Lisa, Jessica

Long Jump -- Girls :

A: Amy K., Micheline, Simone

B: Nicole, Dina, Erin

C: Meg, Maya, Jocelyn

D: April, Shannon, Jill

E: May, Kathy, Jessica

Triple Jump -- F/S :

A: Reggie, Phil F. Ryan C.

B: P.J., Josh M., Mike P.

C: Brian S., Rajesh, Phil G.

Shot Put --

F/S :

Ryan J., Robert, Adam A.

Girls :

A: Barbara, Nicole, Joanie

B: Tashena, Kamaria, Leslie

Discus --

F/S :

Ryan J., Robert, Adam A.

Girls :

A: Barbara, Tashena, Joanie

B: Kamaria, Nicole, Leslie

Pole Vault --

Boys :

A: Ryan, P.J., Phil G.

B: Josh M., Brian S., Rajesh

Girls :

A: Dina, Elizabeth, Amber

B: Lisa, Jamie III, Jessica

TROJAN INVITATIONAL RELAYS

ORDER OF EVENTS

Event
Number Division Event

Track Events:

30	1.	30	Frosh-Soph	4 x Mile	
30	2.	30	Girls	4 x Mile	
5+5	3. (2)	10	Frosh-Soph	4 x 100	(Prelims)
5+5+5	4. (3)	15	Girls	4 x 100	(Prelims)
5+5+5	5. (3)	15	Frosh-Soph	Open 100	(Prelims)
5+5+5	6. (3)	15	Girls	Open 100	(Prelims)
10+5+5	7. (2)	20	Frosh-Soph	Shuttle Hurdles	
10+5+5+5	8. (3)	25	Girls	Shuttle Hurdles	
5+5	9. (2)	10	Frosh-Soph	4 x 220	
5+5+5	10. (3)	15	Girls	4 x 220	
15	11. (1)	15	Frosh-Soph	4 x 880	
5	- (1)	5	Frosh-Soph	4 x 100	(Finals)
5	- (1)	5	Girls	4 x 100	(Finals)
15	12. (1)	15	Girls	4 x 880	
5	- (1)	5	Frosh-Soph	Open 100	(Finals)
5	- (1)	5	Girls	Open 100	(Finals)
10	13. (1)	10	Frosh-Soph	Devil -Take-the-Hindmost Mile	
10	14. (1)	10	Girls	Devil -Take-the-Hindmost Mile	
7+7	15. (2)	14	Frosh-Soph	4 x 440	
7+7+7	16. (3)	21	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)	
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25.	Girls	Pole Vault		4:00 p.m.
26.	Frosh-Soph	Pole Vault	(same time as Girls' Pole Vault)	