

PETER'S CHECKLIST

xeroxing wed

Week before Invitational:

Contacts:

Bob Friery -- HJ pits *call again*

Loretta Strharsky -- follow up on volunteers

John Nules & Dale Bervern -- call NCS office *call*

vw Don Sawyer and John Brosnan -- call at home

Tony Versario (American High School) -- call and get clearer faxes *done*

Singers -- national anthem before 1st race? Stephanie Rutkowski? Patterson

brothers? Sarah Liebowitz? *follow up*

Paperwork:

Press kit -- get information to Daily Review earliest -- Monday? *Tue FAX*

- Coaches packets -- large envelopes (20)
- large trash sacks
- coaches' dinner ticket
- programs
- coaches' notes
- xerox box

heat sheets -- fill out Wednesday night

teams to get info on: Redwood Christian *done*

Mt. Eden *done*

Hayward *done*

Alhambra *done*

Las Lomas *do*

Castro Valley *done*

Program -- have typed up and ready to xerox on Wednesday morning
-- include artwork?
--

Meet Management:

- Bullpen -- Clipboards
- Heat Sheets (entries, and spare blanks)
- Pencils
- chairs
- drag small bleachers over

} do wed!

T-Shirts -- table
-- chairs
-- T-Shirts and programs
-- cash box
-- marker, tape, poster material

Tickets -- table
-- chairs
-- cash box
-- marker, tape, poster material
-- ticket roll

Finish Line -- tables --order of events
-- chairs
-- small risers
-- pylons and flag
-- zone flags
-- clipboards
-- spare heat sheets
-- pencils
-- shopping cart

Field events -- clipboards
-- measuring tapes (need another tape, preferably 50' or longer)
-- pencils
-- scale for pole vault
-- tables and chairs for each event (6 total)

borrow from ME!

Press Booth -- announcer -- spare heat sheets
programs
pencils
-- awards official -- medals (packaged and spare)
-- spare letter envelopes
-- marker
-- trophies
-- computer -- computer
-- printer
-- paper

Equipment procurement :

Clerical -- envelopes (large manila and small letter)
-- markers
-- tape
-- pencils
-- poster material (bookcovers?)
-- clipboards

Equipment -- tables (10)
-- chairs (10)
-- zone flags
-- officials' risers
-- large cones, stakes and flag ropes
-- HJ pits
-- T- shirts
-- blank VHS tapes
--

Same Day setup:

- drag track
- dampen (find water outlets, get longer hoses)
- line out (8 lanes on straightaway)
- number lanes in zones and at start
- figure out shuttle hurdle markings
- dampen track again

- get Canyon's HJ pits and standards and cross bar (and tables and cones)
- set up HJ pits and standards
- set out tables and chairs
- bring up medals and trophies
- run out extension cords to film stand
- lock up gates around track
- stuff coaches packets, bring up to Press Booth
- prepare bullpen box (heat sheets, pencils, pens, spare heat sheets, program, clipboards)
- set up Press Booth -- mike, scoreboard (make note on how to use clock feature)
- clean and prep bathrooms
- line and mark throwing areas

Element	4xM	1H	3H	4xH	7x20	6x80	open	4x40	8	10	PV	SP	D
ELS	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
ALH	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
TOBY	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
E.C.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
TOLAN	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
AM	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
SRV	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
WASH	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
CV	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
RC	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
SLZ	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
LL	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
VG	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
H-N	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
ALH	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
LOW	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
TOLC	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
ARM	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
SRV	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
FR	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
ME	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
WDSH	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
HM	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
RCL	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
SLZ	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
CV	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
LL	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

545
550
540
520
2335

600
620
630
630
25:07

6:10
6:20
6:20
6:20
25:10

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 F/S competition!*

- > 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
17200 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 (*VG, FSB, FSG*) (\$75.00 if received after April 17)

150 ~~\$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
top three (3) teams in the Frosh Soph Girls

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.

Bullpen - benches or chairs
 -- 2 workers (write down all names)
 -- BOX OF ENTRY FORMS

ENTRY FORMS
 CLIPBOARDS
 PENS PENCILS

Expenses

- programs
- medals
- officials' treats
- T-shirts
- 25 ea. inv. fr
- 50 new design
- CHALK BUCKETS FOR CHALK MARKERS

Finish - video - need more batteries
 - stain for timers

EXTENSION CORDS
 TRAPDOOR

Press - MAIN P.A. SYSTEM
 PACKAGED MEDALS
 COMPUTER
 PRINTER
 PENS, PENCILS, TAPE, ETC

FINISH
 STOP WATCHES
 CLIPBOARDS
 PENS & PENCILS
 ZONE FLAGS

TRACK SET UP

WED - DRAG & LINE
 THUR - DRAG & LINE & WATER
 TEMPORA PAINT BLUE & RED & GREEN
 MARSH BOYS & GIRLS SHUTTLE HAIR
 COLORED CHALK

GENERAL NEEDS

OFFICIALS' MEDALS

- SANDWICH
- FRUIT
- COFFEE
- DRINK

TEAM PROJECTS

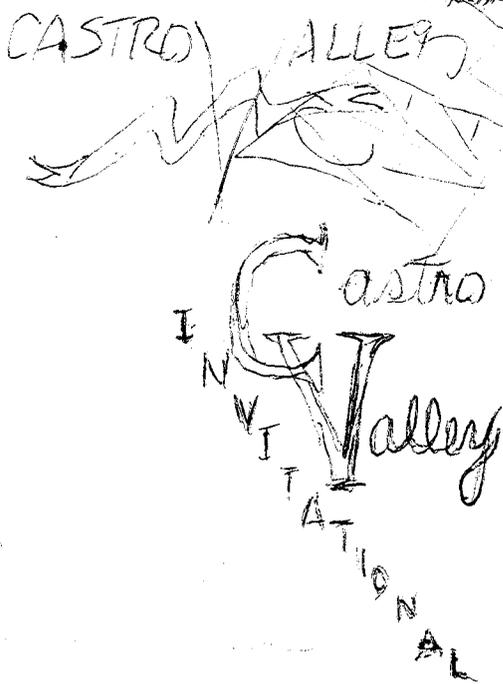
- GARBAGE LINER
- PROGRAM

TRAINER

BY ENTIRENESS

T-SHIRTS

DESIGN
 FUNDING
 SALES



FRI APRIL 13

PERSONNEL NEEDS

- BULLPEN: TIM, EDDIE
- STARTER & RETAIL: KEITH (MPLIN?)
- FINISH JUDGE PAMELA
- TIMERS PARENT VOLUNTEERS
- ACCU-TRAK NORM, etc.
- PRESS BOOTH CHUCK PETER BROOKS
- ANNOUNCER & SCORER " " "
- RESULTS " " "
- AWARDS " " "
- RUNNERS VARSITY BOYS DISTANCE
- ZONE JUDGES VARSITY BOYS SPRINTS
- VIDEO (DESIRE?)
- EVENT JUDGES
 - THROWS WEIGH-IN JIM VARSITY BOYS
 - DISCUS " " 1
 - SHOT " " 1
 - GIRLS HJ VARSITY BOY JUMPERS
 - BOYS HJ " " "
 - LONG JUMP TRIPLE JUMP " " "
 - POLE VAULT NICK + VARSITY BOYS
- WINDUP CREW ALL VAULT OFFICIALS
 ZONE OFFICIALS
 TIMERS & FINISH OFFICIALS

- \$1300 medals
- \$250 HJ SURFACE
- \$400 VAULTING, POLES
- \$85 PISTOL
- \$150 CHALK BUCKETS
- T-SHIRT SALES PARENT VOLUNTEERS

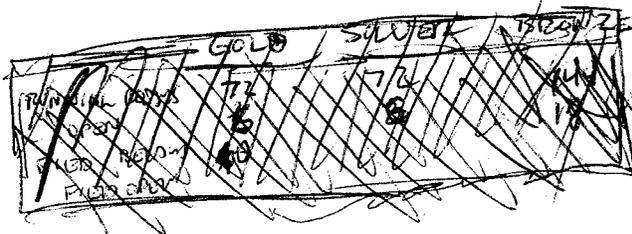
TROJAN INVITATIONAL RELAYS ORDER OF EVENTS

Event Number	Division	Event					
1.	Frosh-Soph	4 x Mile	BFS	4 x MILE	4x4		6 5 B
2.	Girls	4 x Mile	GFS	4 x MILE	4		4 4 8
3.	Frosh-Soph	4 x 100 (Prelims)	GV	4 x MILE	4		
4.	Girls	4 x 100 (Prelims)	BFS	4 x 100	4		
5.	Frosh-Soph	Open 100 (Prelims)	GFS	4 x 100	4		
6.	Girls	Open 100 (Prelims)	GV	4 x 100	4		
7.	Frosh-Soph	Shuttle Hurdles	BFS	4 x 44	4		
8.	Girls	Shuttle Hurdles	GFS	4 x 44	4		
9.	Frosh-Soph	4 x 220	GV	4 x 44	4		
10.	Girls	4 x 220	BFS	4 x 880	4		
11.	Frosh-Soph	4 x 880	GFS	4 x 880	4		
12.	Frosh-Soph	4 x 220 (Finals)	GV	4 x 880	1 1 3		
13.	Girls	4 x 100 (Finals)	BFS	OPEN 100	5		
12.	Girls	4 x 880	GFS	OPEN 100	5		
13.	Frosh-Soph	Open 100 (Finals)	GV	OPEN 100	5		
14.	Girls	Open 100 (Finals)	BFS	OPEN MILE	5		
15.	Frosh-Soph	Devil -Take-the-Hindmost Mile	GFS	OPEN MILE	5		
16.	Girls	Devil -Take-the-Hindmost Mile	GV	OPEN MILE	5		
17.	Frosh-Soph	4 x 440	BFS	4x440	4		
18.	Girls	4 x 440	GFS	4x440	4x4		
			GV	4x440	4x4		

Field Events:

17.	Girls	High Jump (Pit A)	4:00 p.m.	4x3	5	
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)	"	"	"	

ADD	GFS	HJ	GV	High Jump	PITA	4:00 P.M.
	GFS	LJ	BFS	High Jump	PITA	(AFTER GV)
	GFS	PV	BFS	High Jump	PITB	4:00 P.M.
	GFS	SP	GFS	LONG JUMP		4:00 P.M.
	GFS	D	GV	LONG JUMP		(AFTER GFS)
			BFS	TRIPLE JUMP		(AFTER GV)
			BFS	SHOT PUT		4:00 P.M.
			GV	SHOT PUT		(AFTER BFS)
			GFS	SHOT PUT		(AFTER GV)
			GV	DISCUS		4:00 P.M.
			GFS	DISCUS		(AFTER GV)
			BFS	DISCUS		(AFTER GFS)
			GFS	POLE VAULT		4:00
			GV	POLE VAULT		(SOMETIMES GFS)



	BPS			CPS			EV		
	A	S	B	A	S	B	A	S	B
4xMILE	4	4	8						
4x100	4	4	8						
4x44	4	4	8						
4x220	4	4	8						
4x880	4	4	8						
OPX 100	1	1	3						
OPX MILE	1	1	3						
4x400	4	4	8						
AD	11	3	36						
W/TJ	11	3	36						
PV	11	3	36						
SP	11	3	36						
D	11	3	36						

PU

BT

45 45 94

99 99

191

X3

573

138 GOLD
 138 SILVER
 297 BRONZE

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, 94548

Entries are due no later than Monday April 17.

TIME SCHEDULE -- SET UP

JAN SEND OUT MAILERS

NCS (EXCEPT NORTH OF SANTA ROSA)

OAK

S.F.

SN-JUGO - 80 CARROZOLTO 342

TRACY, MANTELA, Lodi (DON'T FORGET DENAIR)

▷ UPDATE FLYER

▷ FULL DIRECTIONS

▷ UPDATE FEASIBILITIES TO INCLUDE TYPE OF GPS

▷ CHANGE TO HOME FAX

JAN ORDER MEDALS

▷ STORAGE CONTAINER

JAN GET ON BOOSTERS SCHEDULE
TALK TO TRAINER

▷ VAULT RUNWAY

▷ LEVEL JUMP RUNWAY enlist help

FEB REPAINT TRACK MARKINGS

JIM HERFI

BOOSTERS - snack bar

TRAINER

PARENTS

TEACHERS - GET INVITED ON SIGN UP SHEET

MARCH

APRIL PRESS RELEASES

WORKOUTS

JUMPERS

HURLERS

VAULTERS

MEET TH P

JAN RUN & JUMP & TECHNIQUE

TIMED
CONDITIONING
RUNS

ESSENTIAL
TAKE OFF
& BALANCE

DRILLS
& PLYO'S

STARTS &
CLEARANCES

BODY STRENGTH
LONG SPRINTS

M: warm stretch

T: warm stretch

W: warm stretch

Th: "

"

F: "

"

FEB LONG SPRINTS

MORE
PLYO'S

PLANTS &
TAKE OFFS

ELEVATE HIPS
BODY SWING

work up jump/handle
orientation
sheet

JAN/FEB M J W TR F
J H J H PV

FEB/MARCH M T W TR F
J H J meet PV

swap over, then meet

- everyone gets a binder
- everyone has a file in the office
- expectations
- goals
- work ethics
- rainy day expectations
- meet ~~procedure~~ procedure
- team behavior standards

I am protesting the F/S Boys
shot put because Hayward's boys
threw a girls 9lb shot instead
of a ten pound shot. Please
allow Tokay's athletes to use
Hayward's shot, or have Hayward
use Tokay's.

Thanks,

Ken Duval
Head Track Coach
Tokay High School

appeal

Denied

P(BN)