

2008
Castro Valley Track & Field

Trojan Relays

Friday-Frosh-Soph
Saturday - Varsity
March 14 & 15



New for 2008:

- Frosh-Soph on Friday Evening !
- Varsity on Saturday Morning !!
- The meet will retain its relay oriented theme, but adds a Saturday component just for the varsity.
- All in the brand new Trojan Stadium on the new track !!

New Stadium !!

The brand-new Trojan stadium is the site of this year's version of the Trojan Relays. For the last 15 years we have emphasized the Frosh-Soph portion, and we will continue to do so with a two-night section dedicated to these young athletes on Friday afternoon-evening.

We are adding an extended Varsity meet on Saturday to have full team representation.

Relay Format

The Trojan Relays keeps its relay tradition intact, even in the field events. We welcome "B," "C," "D," relay teams -- as many as a school can field. They all count for scoring and medals, too.

Track relays are four person relays, while field events will take three people to complete a relay. Individuals are allowed to compete in the field events

Fees

\$15.00 per relay

\$125.00 maximum per division (GFS, BFS, etc.)

\$300.00 maximum per school

Awards:

Medals to top 4 track relays

Medals to top 4 field event relays

Medals to top 5 individual events

Medals to top 4 individuals in field events

Plaques to top 3 teams in each division

Timing:

The meet will be timed using fully automated electronic timing.

Entries:

Entries will be handled on-line through www.athletic.net. Log on, find your school, and set up the free coach's account. Then follow the instructions on entering teams.

For field event relays, enter your athletes and we will then place them into the three-person relays.

The entry deadline is Saturday midnight March 8th.

Scoring:

Relays: 10-8-6-4-2

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

Trainer

There will be a trainer on duty.

T-Shirts

Meet T-Shirts will be on sale for \$15.00

Snack Bar

There will be a concessions stand.

Canopies:

Teams are welcome to put up team canopies in the visitors' bleachers (on the east side of the stadium). Please do not put up canopies on the homestretch to avoid blocking spectator visibility of the finish line.

Coaches' Hospitality:

There will be a hospitality area set aside just for coaches and officials. Food and beverages will be provided.

No food, drinks, seeds, or gum

With the exception of water, no food or beverages or "spits" or gum is allowed on the track or on the turf. There will be a zero tolerance level in effect about this and the meet director will be rather humorless on this account.

Please come dressed to run

There will not be any changing facilities available. Please come dressed to run.

Short Spikes only please

1/4" or shorter spikes only please. Sets of replacement spikes will be on sale.

Address:

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

Directions:

From 580 heading east:

Go north on Redwood Road. The stadium will be on your left in about a mile.

From 580 heading west:

Take the Castro Valley Boulevard exit, head west. Turn right on to Redwood Road. The stadium will be on your left in less than a mile.

Questions:

Contact Peter Brewer

H: 925-945-8869

cell: 510-919-4769

pcb@ifn.net

Schedule:

Friday, March 14

Frosh-Soph Girls and Boys

4:00 p.m. start

(Girls, then Boys)

4 x 1600

4 x 100

4 x High Hurdles (5 flights)

4 x 200

4 x 800

Open 300 Hurdles

Open 100

Open 1600

4 x 400

3 x LJ Girls, then Boys

3 x TJ Boys, then Girls

3 x HJ Girls, then Boys

3 x PV Boys, then Girls

3 x Shot Put Girls, then Boys

3 x Discus Boys, then Girls

Saturday, March 15

Varsity Girls and Boys

9:00 a.m. start

Same schedule as the Frosh-Soph;
the 4 x High Hurdles will be 10 flights