



Friday and Saturday, March 9 and 10, 2012

Dan Gabor Track and Field Weekend

Amador Valley High School, Pleasanton, CA

Co-hosted by Amador Valley and San Ramon Valley High Schools

Meet Information:

- Unlimited Entries, \$6 **per athlete**; i.e. 100 athletes = \$600.00 (Capped at \$1000)
 - Entries due by Tuesday, March 6th
 - Entries handled through EPISports.com
 - Make check payable to AVHS
 - Mail payment to 1155 Santa Rita Rd, Pleasanton, 94566, attn: Peter Scarpelli
- Coaches must enter a time with each athlete for seeding purposes, please be honest!

FRIDAY, March 9

- Start time: 3:30 PM.
 - We will continue from one event to the next and there will be multiple announcements regarding check-in, warm ups, etc.
 - We will run ahead of schedule. Please tell your athletes to pay attention as we will make several announcements.
- Order of Events
 - Girls 1600 (Heats of 12-18 athletes in each race)
 - Boys 1600 (Heats of 12-18 athletes in each race)
 - Girls 800 (Heats of 12-18 athletes per race, alley starts except for fastest heat(s) - lane start for first turn)
 - Boys 800 (Heats of 12-15 athletes per race, alley starts except for fastest heat(s) - lane start for first turn)
 - Girls 3200 (heats of 15-18 athletes per race)
 - Boys 3200 (heats of 15-18 athletes per race)
- Long sleeve t-shirt to **first 3 finishers in each heat**

SATURDAY, March 10

➤ RUNNING EVENTS

- Start time - 10:00 AM
- Order of Running Events
 - Girls 4 x 100
 - Boys 4 x 100
 - Girls 400
 - Boys 400
 - Girls 100
 - Boys 100
 - Girls 300 hurdles
 - Boys 300 hurdles
 - Girls 4 x 400 (3 turn stagger)
 - Boys 4 x 400 (3 turn stagger)
- Long sleeve t-shirts to **top 25 overall in individual events (top 5 teams for relays)**

➤ FIELD EVENTS

- limited to **2 entries per gender** per school
- Capped at **30 athletes per gender**
- Start time - 10:00 AM
- Order of Field Events
 - Pole Vault (low to high)
 - High Jump (boys followed by girls 5 alive format)
 - Long Jump (girls followed by boys)
 - Shot Put (girls followed by boys)
 - Discus (boys followed by girls)
- Long sleeve t-shirts for **top 5 in each event**