



Dan Gabor Sprint & Distance Festival

Hosted by Amador Valley High School, Brought to You by Fleet Feet Pleasanton

Date: Saturday, March 7, 2020

Time: Sprint Session starts 8:30am. Distance Session starts ≈3:00pm.

Field Events start 9:00am.

Distance Session starts no earlier than 3:00 PM

Location: Amador Valley High School, Pleasanton CA

ENTRY INFORMATION

All entries will be done through Athletic.net. Coaches **MUST** enter a mark for each athlete/entry for seeding purposes. **Please enter the mark that you believe that the athlete can achieve at the time of the meet (not necessarily his or her PR). Please be honest.**

Entry Fees: \$7 per athlete. Capped at \$500/gender.

Number of Entries: Unlimited entries per school. Athletes are limited to four events.

Entries Due: 11:59 pm, Monday, March 2nd

Payment: Checks should be payable to **AVHS Boosters**

Mail checks to Amador Valley High School, 1155 Santa Rita Rd., Pleasanton, CA 94566,
Attn: Jason Oswalt

SPECTATORS

There will be an \$8 entrance fee for adults and \$5 for students and seniors. Concessions will be available on site.

SPRINT (MORNING) SESSION, Start Time 8:30am

Girls 400m
Boys 400m
Girls 100m
Boys 100m
Girls 300m Hurdles
Boys 300m Hurdles

We will immediately move to the next event upon completion of an event.

Multiple announcements will be made regarding check-in, warm-ups, etc.

Advise your athletes to listen for announcements and pay attention to meet officials. We move quickly!

Awards

The Top 20 overall finishers in individual sprint events and top 8 in each field event

DISTANCE (AFTERNOON/EVENING) SESSION, Start Time ≈3:00pm (immediately after sprint session though no earlier than 3:00 pm)

Girls 1600m
Boys 1600m
Monica Van Wegen Girls 800m
Dan Gabor Boys 800m
Girls 3200m
Boys 3200m

We will immediately move to the next event upon completion of an event.

Multiple announcements will be made regarding check-in, warm-ups, etc.

Advise your athletes to listen for announcements and pay attention to meet officials. We move quickly!

Awards

The Top 3 finishers in each Distance Heat will receive a long sleeve t-shirt

FIELD EVENTS, Start Time 9:00am

Field Event Entries Are Limited. Events will be open 30 minutes prior to start time for run-throughs/warm-ups.

Girls' Pole Vault: 9:00am (Top 24 entries)

Boys' Pole Vault: 30 minutes after the conclusion of the girls' pole vault (Top 24 Entries)

Girls' Long Jump: 9:00am (Top 32 Entries)

Boys' Long Jump: 30 minutes after the conclusion of the girls' long jump (Top 32 Entries)

Boys' Shot Put: 9:00am (Top 50 Entries)

Girls' Shot Put: 30 minutes after the conclusion of the boys' shot put (Top 50 Entries)

Girls' Discus: 9:00 am (Top 50 entries)

Boys' Discus: 30 minutes after the conclusion of the girls' discus (Top 50 Entries)

Girls' High Jump: 2:00pm (Top 24 Entries)

Boys' High Jump: 30 minutes after the conclusion of the girls' high jump (Top 24 Entries)

Pole Vault: Girls starting height 6 inches below lowest accepted entry. The bar will be raised in increments of 6 inches. Boys starting height will be 6 inches lower than the lowest accepted entry. The bar will be raised in increments of 6 inches. 5 Alive.

Shot Put/Discus: We will offer five flights of 10 athletes. Each athlete will take 4 throws.

High Jump: Girls' starting height will be no lower than 4 feet, 4 inches. The bar will be raised in increments of 2 inches. The boys' starting height will be no lower than 5 feet, 0 inches. The bar will be raised in increments of 2 inches. 5 Alive.

Long Jump: We will offer 4 flights of 8 athletes. Each athlete will receive 4 attempts.

Awards: The Top 6 finishers in each Field event will receive a long sleeve t-shirt



PLEASANTON