



## Castro Valley Relays

### 3/26/2022

#### Stadium/Meet Info:

Welcome to the Castro Valley Relays. Along with the many Relays, The Trojan meet also offers 3 open races. (Listed below.) Trojan Stadium features an all-weather running and field event surface. We also offer the High Jump and Pole Vault

#### Relay Format

The Trojan Relays keeps its relay tradition intact, even in the field events. We welcome "A", "B", "C," relay teams.

#### Field Event Format

Field events will be 3 per relay team. For Multiple teams registration, please identify your A,B,C teams Athletes in the notes. For Safety and Timeline, Please observe the minimum standards for the Horizontal Jumps

#### Individual Running Format

##### Races to include:

100m  
1600m  
300mH  
Max 6 per level/gender

#### Fees

\$10.00 per athlete/Individual Event  
\$20.00 per relay  
\$150.00 max per division (GFS, BFS, etc.)  
\$350.00 maximum per school

Payment should be made out to:

CVHS Track & Field

#### Mail to:

Castro Valley High School  
19400 Santa Maria Avenue  
Castro Valley, CA 94546  
c/o Coach Dooney Jones

#### Awards:

Medals: top 3 track relays  
top 3 field event relays  
top 3 individuals, Open track events  
top 3 individuals, field events

Plaques to top 2 teams in each division

Scoring: Relays: 10-8-6-4-2

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

Trainer: Yes

Snack Bar

There will be a concessions stand.

**T-Shirts** On sale for \$15.00

#### Infield

Only athletes in competition and coaches will be allowed on the infield. Please, no spectators, parents or non competing persons on the infield. Coaches will be identified by Issued Wristband. For Check-in, Field Events and Warm-up Only. All others will be removed.

#### Canopies:

Teams are welcome to put up team canopies on both sides of the Stadium. Please place canopies at the highest point of the Bleaches to avoid blocking spectator visibility at the lower levels and the finish line or the start of the 100's.

#### No food, drinks, seeds, or gum

With the exception of Sports Drinks and water, Absolutely no Food or can drinks are allowed on the track or in the turf/grass area.

#### 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.

#### Directions:

From 580 :  
Exit on Redwood Road  
Go north approximately 3/4 of a mile  
Castro Valley HS stadium is on the left

**Entries** will be handled on-line through [www.athletic.net](http://www.athletic.net).

**Questions:** Contact: Dooney Jones

Cell: 510-393-9368

Email: [runright@comcast.net](mailto:runright@comcast.net)

#### Schedule of Events

#### Field Events:

##### 8:00 a.m. minimum mark

3 x LJ	Var Girls	14-4
3 x TJ	Var Boys	34-0
3 x HJ	FS Girls	
3 x PV	FS Girls	
3 x Shot	FS Girls	
3 x Discus	FS Boys	

##### 10:00 a.m.

3 x LJ	Var Boys	16-5
3 x TJ	Var Girls	27-0
3 x HJ	FS Boys	
3 x PV	Var Girls	
3 x Shot	FS Boys	
3 x Discus	FS Girls	

##### 12:00 noon

3 x LJ	FS Girls	12-10
3 x TJ	FS Boys	30-0
3 x HJ	Var Girls	
3 x PV	FS Boys	
3 x Shot	Var Girls	
3 x Discus	Var Boys	

##### 2:00 p.m.

3 x LJ	FS Boys	15-0
3 x TJ	FS Girls	24-0
3 x HJ	Var Boys	
3 x PV	Var Boys	
3 x Shot	Var Boys	
3 x Discus	Var Girls	

#### Track Events:

##### 9:00 a.m. rolling schedule

Distance medley	GFS, BFS, GV, BV
(may be combined all girls, all boys)	
4 x 100	GFS, BFS, GV, BV
Shuttle HH	GFS, GV, BFS, BV
4 x 800	GFS, BFS, GV, BV
(may be combined all girls, all boys)	
Sprint Medley 1-1-2-4	GFS, BFS, GV, BV
*Open 300 Hurdles	GFS, GV, BFS, BV
*Open 100	GFS, BFS, GV, BV
*Open 1600	GFS, BFS, GV, BV
4 x 400	GFS, BFS, GV, BV