

# ***Dan Gabor Sprint & Distance Festival***

Amador Valley High School, Pleasanton CA

Saturday, March 7, 2015

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

## **ENTRY INFORMATION**

Unlimited entries. \$6 per athlete. Capped at \$1000/school (ex: 200 athletes = \$1000)

Make check payable to AVHS

Mail to Amador Valley High School, 1155 Santa Rita Rd., Pleasanton, CA 94566, Attn: Peter Scarpelli

Coaches must enter a time with each athlete/entry for seeding purposes. **Please be honest.**

Relays are limited to one relay team per school per event

Entries due by 4:00 PM Wednesday, March 4 through EPISports.com

## **SPRINT (MORNING) SESSION, START TIME 9:00 AM**

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



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!

Prizes: Top 20 overall in individual events and Top 3 teams in relay events will receive long sleeve t-shirt

## **DISTANCE (AFTERNOON/EVENING) SESSION, IMMEDIATELY AFTER SPRINT SESSION EXCEPT NO EARLIER THAN 3:00 PM**

Girls 1600 (12-20 athletes per heat)

Boys 1600 (12-20 athletes per heat)

Girls 800 (12-18 athletes per heat)

Boys 800 (12-18 athletes per heat)

Girls 3200 (15-20 athletes per heat)

Boys 3200 (15-20 athletes per heat)



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!

Prizes: Long sleeve t-shirt to Top 3 finishers in each HEAT