



Dan Gabor Sprint & Distance Festival

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

Date: Saturday, March 4, 2017

Time: Sprint Session starts 9:00am. Distance Session starts ≈3:00pm.
Field Events start 9:30am.

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: \$6 per athlete. Capped at \$500/gender.

Number of Entries: Unlimited entries per school. Relays are limited to one relay team per school per event. Athletes are limited to four events.

Entries Due: 4:00pm, Wednesday, March 1

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

SPRINT (MORNING) SESSION, Start Time 9:00am

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!

Awards

The Top 20 overall finishers in individual Sprint events and members of the Top 3 teams in relay events will receive a long sleeve t-shirt

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

Girls 1600 (12-24 athletes per heat)
Boys 1600 (12-24 athletes per heat)
Girls 800 (12-24 athletes per heat)
Boys 800 (12-24 athletes per heat)
Girls 3200 (15-30 athletes per heat)
Boys 3200 (15-30 athletes per heat)

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 9:30am

Only the Top 24 Entries for each gender will be accepted. Events will be open 30 minutes prior to start time for run-throughs/warm-ups.

Girls Pole Vault: 9:30am

Boys Pole Vault: 30 minutes after the conclusion of the girls pole vault

Girls Long Jump: 9:30am

Boys Long Jump: 30 minutes after the conclusion of the girls long jump

Boys Shot Put: 12:00pm

Girls Shot Put: 30 minutes after the conclusion of the boys shot put

Girls High Jump: 2:00pm

Boys High Jump: 30 minutes after the conclusion of the girls high jump

Pole Vault: Girls starting height no lower than 6 feet. The bar will be raised by increments of 6 inches. Boys starting height will be no lower than 8 feet. The bar will be raised by increments of 6 inches. 5 Alive.

Shot Put: We will offer three flights of 8 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 3 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

