

5th annual NorCal Multi-Event Championships: One-Day Decathlon/Heptathlon/Pentathlon

-- And! --

NorCal 10K Championship

Wednesday April 5, 2017 Northgate High School 425 Castle Rock Road Walnut Creek, Ca 94598

Ongoing objective: To provide California high school track athletes exposure to the full range of track events. There are very few multi-events for prep athletes, especially at a non-elite level. The 10K on the track is also seldomly contested at the high school level.

This meet condenses the 2-day competition into a single day, so it is a long all-day event. We stage it on the Wednesday of spring break, but Northgate High's spring break may not coincide with other school districts' calendars.

Multi-events: We offer the full decathlon for both boys and girls (yes, women have decathlon scoring tables), as well as the girls' heptathlon. Additionally, we also put on the outdoor pentathlon for boys and girls. .

10K: Many high school distance runners do not have the chance to get an official track race at this distance. This is a chance to establish a mark (often a school record!) and test the waters for possible future collegiate running potential.

Rules: *USATF Combined Events Officiating Monograph* - - by George Kleeman, senior USATF official

Implements: We will be using high school implements. All implements will be provided, including javelins.

Registration: We are using athletic.net for entries. Walk-up entries are accepted too.

Fees: 10K: \$15 per athlete
Multis: \$35 per athlete
Make checks to "Northgate Boosters Track"
Mail to: Northgate High School
425 Castle Rock Road
Walnut Creek, CA 94598

or bring to event

There will be a **snack bar**.

Commemorative t-shirts will be on sale for \$15

Coaches will be asked to assist in the officiating.

Awards: There will be medals to the top three in each event. For the 10K, there will be medals for the top three in each gender.

Any Questions? Contact Peter Brewer
pcbrcrosscountry@yahoo.com
510-919-4769

Schedule:

7:00 10K check in
7:30 10K combined genders
8:00 Multi-event check-in
9:00 Multi-event starts - - rolling schedule.

Mult-Event Schedule: *Events will be combined for the sake of time as the competition allows.*

	Deca - M & F	Hep	Boys Penta	Girls Penta
9:00	100		Long Jump	
	Long Jump	100 H		100 H
		High Jump		High Jump
	Shot Put	Shot Put		Shot Put
	High Jump			
	400	200	200	
	100 H	Long Jump		Long Jump
	Discus		Discus	
	Javelin	Javelin	Javelin	
	Pole Vault			
	1500	800	1500	800

Previous Winners:

Year	Winner	School	points
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Boys' Decathlon

2013	Dion Shattuck	Santa Cruz	5702
2014	Nick Zandes	Stockdale	5013
2015	Johnny Marquez	Mt. Pleasant	4817
2016	Jason Kelly	Logan	5322

Girls' Decathlon

2013	Amy Boucher	Northgate	3168
2014	Haley Sutton	Northgate	3859
2015	no entries		
2016	Amy Christensen	Northgate	3907

Girls' Heptathlon

2013	Kenzie Rice	Fortuna	3219
2014	no entries		
2015	Arlevia Livingston	Logan	3459
2016	Alexandra Newsom	Logan	2263

Boys' Pentathlon

2013	Jake Crumpler	Northgate	1537
2014	Peter Master	Northgate	2297
2015	Damani Sistena	Logan	2443
2016	Damani Sistena	Logan	2498

Girls' Pentathlon

2013	Caitlyn Mundrane	Northgate	1728
2014	Isabella Blaney	Northgate	1492
2015	Tyanna Oates	All-In Training Club	1973
2016	Naimah Hameed	Logan	3656

Individual Event Records

Boys' Decathlon

100	11.78	Payton Young	Logan	2016
LJ	6.53 (21-2.5)	Dion Shattuck	Santa Cruz	2013
Shot	13.36 (40-6.5)	Michael Chatman	Pittsburg	2015
HJ	1.90 (6-2.75)	Dion Shattuck	SantaCruz	2013
400	52.06	Jason Kelly	Logan	2016
110H	16.09	Roger Blackburn	Concord	2013
Disc	42.01 (137-10)	Jason Kelly	Logan	2016
PV	4.27 (14-0)	Noah Hurley	College Park	2016
Jav	39.32 (129-0)	Kyle Beam	Napa	2013
1500	4:34.67	Noah Hurley	College Park	2016

Girls' Decathlon

100	13.32	Jessica Dong	Northgate	2016
LJ	4.47 (14-8)	Jessica Dong	Northgate	2016
Shot	7.13 (23-4.5)	Gabby Anderson	Northgate	2016
HJ	1.43 (4-8)	Haley Sutton	Northgate	2014
400	1:04.69	Amy Christensen	Northgate	2016
100H	17.65	Amy Christensen	Northgate	2016
Disc	23.29 (76-5)	Gabby Anderson	Northgate	2016
PV	2.75 (9-0)	Haley Sutton	Northgate	2014
Jav	17.12 (56-2)	Gabby Anderson	Northgate	2016
1500	5:09.71	Amy Boucher	Northgate	2013

Girls' Heptathlon

100H	16.14	Arlevia Livingston	Logan	2015
HJ	1.42 (4-7.75)	Jayden LeBlanc	All-In Training Club	2015
Shot	8.59 (28-2.25)	Arlevia Livingston	Logan	2015
200	27.44	Arlevia Livingston	Logan	2015
LJ	4.97 (16-3.75)	Arlevia Livingston	Logan	2015
Jav	18.12 (59-5.25)	Jessica Allegria	Northgate	2016
800	2:21.09	Alexandra Newsom	Logan	2016

Boys' Pentathlon

LJ	5.85 (198-2.50)	Damani Sistena	Logan	2015
200	23.73	Damani Sistena	Logan	2016
Disc	33.63 (110-4)	Vedparkash Singh	Logan	2015
Jav	39.60 (129-11)	Damani Sistena	Logan	2016
1500	4:28.19	Arman Pabla	Logan	2016

Girls' Pentathlon

100H	16.53	Naimah Hameed	Logan	2016
HJ	1.50 (4-11)	Naimah Hameed	Logan	2016
SP	8.92 (29-3.25)	Isabella Blaney	Northgate	2014
LJ	4.58 (15-0.50)	Naimah Hameed	Logan	2016
800	2:41.67	Caitlyn Mundrane	Northgate	2013