

**STOCKING “SUPER SEVEN”
TRACK AND FIELD INVITATIONAL
SATURDAY, February 25, 2017
At Diablo Valley College**

Dear Track Coaches,

We are pleased to announce that the 19th annual Stocking Super Seven Invitational (hosted by De La Salle and Carondelet track and field teams) will be held on Saturday, February 25, 2017 at Diablo Valley College.

We are excited to welcome the 2016 California Girls State Team Champions Carson High School and Southern Cal powerhouse Long Beach Wilson to this year's meet.

We have changed the format of the meet to make it more competitive and exciting for the participants and spectators. Please see the new order of events. The new format of the meet gives the kids an opportunity to get early season marks for upcoming meets in March.

Please note that we have changed the format of the meet to allow more athletes and relays to participate in the meet. This is an early season meet and we feel it is important to allow more teams the ability to get their kids in events. This change should not effect the length of the meet.

This year we need all teams to confirm their participation in the meet by Wednesday February 1, 2017. The new format is geared towards the larger teams that can field kids at all four levels. This will help with the seeding process for the meet.

I look forward to seeing you on meet day.

Please contact me if you have any questions.

Sincerely,

John Harvey, Meet Director and De La Salle Head Coach
email: HarveyJ@dlshs.org
phone: (925) 288-8100 Ext. 7058
cell: (209) 988-1287

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Order of Events

Field Events: 9:00 AM

Pole Vault FSG-VG-FSB-VB

Shot Put FSB-VB-VG-FSG

Discus VG-FSG-FSB-VB .

Long Jump VB-VG-FSB-FSG

Triple Jump VB-VG-FSB-FSG

Following the completion of the Long Jump estimated time 12:00 pm

High Jump FSG-VG-FSB-VB

*All athletes should check in when field event is called. They will be given their flight assignment after all athletes have checked in.

Running Events: 9:30 AM

1	4 X 100 Meter Relay	FSG-FSB-VG-VB
2	Mile Run	FSG-FSB-VG-VB
3	100 / 110 Hurdles	FSG-FSB-VG-VB
4	100 Meter Dash	FSG-FSB-VG-VB
5	Distance Medley Relay	FSB-VB-FSG-VG
6	300 IM Hurdles	FSG-FSB-VG-VB
7	4 X 800 Meter Relay	FSG-FSB-VG-VB
8	4 X 200 Meter Relay	FSG-FSB-VG-VB
9	3200 Meters	VG-VB
10	4 x 400 Meter Relay	FSG-FSB-VG-VB

*Please have your athletes ready and checked in by the first call! Heats and final lane assignments will be given on race day at check in times. Heats may be combined.

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TIME SCHEDULE: 9:00 AM- All field events will begin.
9:30 AM- Running events and all other field events will begin.
An order of events is on the following page.

LOCATION: **Diablo Valley College
321 Golf Club Road
Pleasant Hill, CA 94523**

AWARDS: Places 1-3 in each event will receive medals. Team plaques will be awarded to the top two teams in each division.

ADMISSION: Athletes and coaches should check in at the Team Entry Gate. There will be a \$5.00 admission charge for all adult spectators, and \$3.00 admission for children over the age of 5 years old.

SPIKES: Diablo Valley College's all weather track and runways require 3/16" needle spikes. Spikes will be checked at the gate. Replacement spikes will also be sold at the gate.

ENTRY DEADLINE: **Monday, February 20, 2017**

- All entries will be done on: **www.episports.com**
- Please go to episports.com, select this meet, and enter your team
- Entry fees are as follows:
- **\$100.00 per division/ \$350 maximum for all four teams or \$15.00 per individual/ \$30.00 per relay.**

**CHECKS PAYABLE TO:
DE LA SALLE HIGH SCHOOL**
Attn: John Harvey
1130 Winton Drive
Concord, CA 94518

Entry Guidelines:

Each school is entitled to **4** athletes (per division) in all field events.
Each school is entitled to **4** athletes (per division) in the open events and hurdles.
Each school is entitled to **three relay teams** per division in the 4 x 100, 4 x 200, and 4 x 400.
Each school is entitled to **three relay teams** per division in the 4 x 800 and distance medley relays.
Please submit accurate 2016 marks if current season marks are unavailable.
You do NOT need to enter the names of athletes in relays only.

Please go to episports.com, create your password, select our meet, and enter your team.

GENERAL MEET QUESTIONS, ENTRY INFORMATION PLEASE CONTACT:
John Harvey (925) 288-8100 Ext.7058 or HarveyJ@dlshs.org or (209) 988-1287 cell

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Directions to Diablo Valley College

From 680, exit Willow Pass Road and go west to Contra Costa Blvd. Turn right on Contra Costa Blvd. and then left on Viking Drive. The track will be on your right (across the street from College Park HS).

For further information, go to maps.google.com and type in "Diablo Valley College, Pleasant Hill, CA."