

2004

SCHEDULE OF EVENTS

CV Inv

TRACK EVENTS

(first event starts at 3:30)

1	BFS	4 X MILE
2	GFS	4 X MILE (run with GV 4 x Mile)
3	GV	4 X MILE (run with GFS 4 x Mile)
4a	Boys Jr. Hi	4 X 100
4b	Girls Jr. Hi.	4 x 100
5	BFS	4 X 100
6	GFS	4 X 100
7	GV	4 X 100
8	BFS	SHUTTLE HURDLES 39"
9	GFS	SHUTTLE HURDLES 33"
10	GV	SHUTTLE HURDLES 33"
11	BFS	4 X 220
12	GFS	4 X 220
13	GV	4 X 220
14	BFS	4 X 880
15	GFS	4 X 880
16	GV	4 X 880
17a	Boys Jr. Hi	OPEN 100
17b	Girls Jr. Hi	OPEN 100
18	BFS	OPEN 100
19	GFS	OPEN 100
20	GV	OPEN 100
21a	Boys Jr. Hi	MILE (no Devil)
21b	Girls Jr. Hi	MILE (no Devil)
22	BFS	DEVIL-TAKE-THE-HINDMOST MILE
23	GFS	DEVIL-TAKE-THE-HINDMOST MILE
24	GV	DEVIL-TAKE-THE-HINDMOST MILE
25	BFS	4 X 440
26	GFS	4 X 440
27	GV	4 X 440

FIELD EVENTS

(field events start at 4:00 p.m.)

28	GV	HIGH JUMP (PIT A)	4:00 PM
29	GFS	HIGH JUMP (PIT A)	5:30 PM
30	BFS	HIGH JUMP (PIT B)	AFTER GV
31	GFS	LONG JUMP	4:00 PM
32	GV	LONG JUMP	5:30 PM
33	BFS	TRIPLE JUMP	7:00 PM
34	BFS	SHOT PUT (RING A)	4:00 P.M.
35	GV	SHOT PUT (RING A)	AFTER BFS
36	GFS	SHOT PUT (RING B)	AFTER GFS DISCUS
37	GV	DISCUS (RING A)	4:00 PM
38	GFS	DISCUS (RING B)	4:00 PM
39	BFS	DISCUS (RING A)	AFTER GV
40	GFS	POLE VAULT (PIT B)	4:00 PM
41	GV	POLE VAULT (PIT A)	4:00 PM
42	BFS	POLE VAULT (PIT A)	AFTER GV

Castro Valley Invite -- CV entries

Meet starts at 3:30 (running events) 4:00 (field events)
Meet ends with the 4 x 440, which may be late or very late
You get out of class at 2:30.

GO IMMEDIATELY to the track and do not be late.
All running events need to check in at the bullpen.

All field events check in at the event.

If you think there is a mistake be sure to see your coaches

Boys' Frosh Soph

4 x Mile
"A" See Dino
"B" See Dino

4 x 100
"A" Nate, Kurt, Ivan, Ryan
"B" Lawrence, Stryko, Sergio, Justin

4 x Hurdles
"A" Nate, Turner, Williams, Drew

4 x 220
"A" Nate, Kurt, Ivan, Ryan
"B" Lawrence, Stryko, Sergio, Justin

4 x 880
"A" See Dino
"B" See Dino

Open 100
Richie
Ivan

Devil Mile
see Dino

4 x 440
"A" Kurt, Josh, Nick, Richie
"B" Lawrence, Wes, Sergio, Justin

3 x High Jump
Drew, ? , ?

3 x Triple Jump
"A" Ryan, Lawrence, Ivan
"B" Kurt, Justin, Sergio

3 x Shot Put
"A" See Klews

3 x Discus
"A" See Klews

3 x Pole Vault
"A" Ryan, Mike, Dave
"B" Eng

Girls' Frosh Soph

4 x Mile
"A" See Raoul
"B" See Raoul

4 x 100
"A" Rebecca, Brianna, Kandace, Eliz
"B" Beth, Paula, Kayla, Pendleton
"C" Lemos, Toshia, Jill, Corina
"D" Kai, Wu, Lee, Wong

4 x Hurdles
"A" see Mel
"B" see Mel

4 x 220
"A" Rebecca, Brianna, Kandice, Eliz
"B" Beth, Paula, Kayla, Pendleton
"C" Lemos, Toshia, Jill, Corina
"D" Kai, Wu, Lee, Wong
alternates: Alex

4 x 880
"A" See Raoul
"B" See Raoul
"C" See Raoul

Open 100
Elizabeth
Kandice

Devil Mile
see Raoul

4 x 440
"A" Eliza, Francesca, Andrea, Kelsey
"B" Pauline, Hebert, Inna, Alena

3 x High Jump
"A" Paula, Pauline, Alena
"B" Hana, Kayla, Rebecca
"C" Francesca, Hana, Alex

3 x Long Jump
"A" Pauline, Kelsey, Alex
"B" Anita, Alena, Hana

3 x Shot Put
"A", "B", "C", "D" See Klews

3 x Discus
"A", "B", "C", "D" See Klews

3 x Pole Vault
"A" Ryan, Mike, Dave
"B" Eng

Girls' Varsity

4 x Mile
"A" See Raoul

4 x 100
"A" Chan, Chin, Gistand, Chan

4 x Hurdles
"A" see Mel

4 x 220
"A" Chan, Chin, Gistand, Chan

4 x 880
"A" See Raoul
"B" See Raoul

Open 100
Charis
Michelle C.

Devil Mile
see Raoul

4 x 440
"A" Charis, Carolyn, Michelle C., Alicia

3 x High Jump
"A" Lauren, Tisha, Analisa

3 x Long Jump
"A" Tisha, Lauren, Charis ?
"B" Jessica, Felicia, Saunders

3 x Shot Put
"A", "B" See Klews

3 x Discus
"A", "B" See Klews

3 x Pole Vault
"A" Stephanie, Analisa, Nicole
"B" Saunders, Aileen

**Entries:
Castro Valley High
Castro Valley Invitational
Friday April 8, 2004
3:30 - 9:30**

Here are the assignments and entries for the Castro Valley Invitational. EVERYBODY is either competing or working the meet. There are no exceptions. This meet is our major fundraiser, and it pays for uniforms, sweats, meet entry fees, and all the equipment. So all of us have to work at this particular meet.

Junior and Senior Boys: ALL of you are now officials. Brewer will be handing out the specific details of the assignments, but here are the assignments themselves:

Rene McCoy:	Clerk Of The Course
Nate Mopas:	Bullpen
Lester Mopas:	Bullpen
Jon Hui	Bullpen
Brian Yip:	Chief Inspector (Zones)
Matt Mitchell:	Assistant Chief inspector
Hugo Derosa	Inspector
David Byrd	Inspector
Russell Johnson	Inspector
Norman Wong	Inspector
Evan Ballar	Jump Pit
Talent Lau	Jump Pit
Kirk Marciel	Girls' High Jump
Marc Lassalle	Boys' High Jump
Brandon Burnette	Boys' High Jump
Darwin Tsang	Shot Put
Chris Allen	Shot Put
Jeremy Garcia	Shot Put
Danny Feucht	Discus
Danny McHugh	Discus
Luan Mai	Discus
Mike Ma	Discus
Manuel Jeung	Hurdle Crew
Mike Siegel	Hurdle Crew
Justin Taylor	Hurdle Crew
Brandon McDonough	Hurdle Crew
Chris Casey	Pole Vault Pit B
Kevin Teel	Pole Vault Pit B
Kevin Turner	Pole Vault Pit A
Scott Clark	Devil
Jordan Bailey	Devil
Elliot Nicholson	Courier
Matt Rossillon	Courier
Michael Chen	Courier
Tim Cole	Announcer/Scorer
Mike Sene	Vice-announcer/Awards

Everyone else is competing in at least one event, and most likely two or three. If you are injured, and cannot compete, then you become an official someplace like all of the junior and senior boys.

Boys' Frosh-Soph

4 x Mile "A"	20:40
"B"	23:30
4 x 100 "A"	47.5
"B"	48.5
"C"	50.0
4 x HH "A:	44.5

"B"	47.0
4 x 200 "A"	1:40.0
"B"	1:42.0
"C"	1:45.0
4 x 800 "A"	9:00
"B"	9:45
"C"	10:30
Open 100	Joe Mitchell

Open Mile	Ryan Schilling
see Dino	
4 x 400 "A:	3:55.0
"B"	4:00.0
"C"	4:05.0
"D"	4:20.0
3 x HJ "A"	15-0
3 x TJ "A"	110-0
"B"	96-0
3 x Shot "A"	90-0
3 X Disc "A"	225-0
3 x PV "A"	24-0
"B"	n.h.

Girls' Frosh-Soph

4 x Mile "A"	22:30
"B"	26:00
4 x 100 "A"	54.0
"B"	56.5
"C"	59.5
"D"	62.0
4 x HH "A"	42.0
"B"	45.0
4 x 200 "A"	1:57.5
"B"	2:02.5
"C"	2:08.0
"D"	2:10.0
4 x 800 "A"	10:40
"B"	11:30
"C"	12:00
Open 100:	Kandice Douglas
	Elizabeth Littlejohn
Open Mile:	See Dino
4 x 440: "A"	4:40.0
"B"	5:00.0
3 x HJ "A"	13-8
"B"	12-6
"C"	12-0
3 x LJ "A"	39-0
"B"	36-0
3 x Shot "A"	70-0
"B"	65-0
"C"	55-0
"D"	55-0
3 X Disc "A"	180-0
"B"	140-0
"C"	120-0
"D"	120-0
3 x PV "A"	n.h.

Girls' Varsity:

4 x Mile "A"	26:00
4 X 100 "A"	51.7
"B"	56.0
4 X HH "A"	42.0
4 X 200 "A"	1:52.0
"B"	2:02.0
4 x 800 "A"	10:40
"B"	12:00
Open 100	Charis Chan
	Michelle Chan
Open Mile:	See Raoul
4 x 400 "A"	4:15.0
"B"	4:30.0
3 x HJ "A"	14-0

3 x LJ "A"	44-0
"B"	30-0
3 x Shot "A"	95-0
"B"	65-0
3 x Disc "A"	250-0
"B"	n.d.
3 x PV "A"	24-0

Check with your individual coach to see what relays in particular you are in. Do not think that you will be in only one race or one event -- your coaches are trying to maximize the CV impact on this, our own invitational so will be asking a number of you to try events that you may not be familiar with or even particularly good at. We just want you to help the team get as many points as possible.

Sprints and jumps:	Brewer
Boys' Distance:	Dino
Girls' Distance:	Raoul
Hurdles:	Mel
Throws:	Klews
Pole Vault:	McGallian/Brewer

Notes:

1. You will get out of class at 2:30. Do not hang around and dawdle and think that you are entitled to just arrive "whenever." Get up to the track, and get ready to compete.
2. We will have a bullpen, and you are expected to check yourself in and be ready to run on your own.
3. If there is some emergency, and you are down a person on your relay, do not automatically assume that you can all just go home. NO. Ask around, and find someone else to fill in. Be creative.
4. Do not assume that just because you "feel tired" or "feel sore" that you can just leave and go home. All competitors who push themselves feel that way. And then they compete again.
5. EVERYONE is on the CV garbage crew. That means everyone on the team is constantly picking up trash throughout the meet and putting it into the nearest can. This is ALL garbage, including garbage put on the ground by other people.
6. If you feel that you have misplaced in relays (left off or put in accidentally) be sure to talk with your individual coach. Remember, we are asking all athletes to be prepared to do events that they are not strong in, if it gives us more relays to compete with.
7. ALL RELAYS score and are eligible for points and medals. "A", "B", et cetera are all in the mix. Medals go to top 4 teams, and field events also have individual medals to the top 5 athletes.
8. As always, you can call Brewer: home: 925-945-8869 cell: 510-919-4769

Prizes for the Top Three Sellers

Advertising Information
(business cards) and checks due
back to Brewer in envelope by
Tuesday, 10/5/04, for athlete
to be eligible for prizes.

Questions? Just ask a "Program"
committee member: Katy Marciel
427-9444, Lori Diaz 889-7074,
or Brewer. Thanks!

Castro Valley High School

Coach Brewer
Castro Valley High School
19400 Santa Maria Avenue
Castro Valley, CA 94546
Home: 925-945-8869
Cell: 510-919-4769
pcb@ifn.net

Castro Valley High School

Trojan Invitational Program Ad Sales Information



We Love to Run . . .

2004 Castro Valley Invitational Program — Sponsorship Sales

Order Form — 2004 Invitational Ad

All Runners are Expected to Sell at Least One Ad

The 2004 Invitational is quickly approaching and there are many details to address. The 2004 Invitational Program Committee has determined that there is not sufficient time for one or two adults to sell enough ads to make this 2004 Invitational Program as successful as it could be. We need your help!

Some sports leagues expect their players to sell \$450.00 worth of ad space ~ we won't do that. What we are asking is that each athlete sell at least one ad.

The ads range in price depending on the size of the ad and the level of sponsorship.

WHO: CVHS Cross Country Team Members

WHAT: Sell Ad Space for the Invitational Program that is given (1 per team in packet) and is sold at the meet for a nominal price.

WHERE: Local merchants, your neighbors, friends or relatives with a business . . . hey maybe your parents could even buy the space to just say good luck to the team.

WHEN: Preferably by Friday, 10/1/04. Turn your envelope in to Brewer with ad information (business cards) and checks for the appropriate amount. Last date to turn in ads and checks is Tuesday, 10/5/04.

WHY: To raise funds to offset the cost of future invitational entry fees for the team.

HOW: As creatively as possible ~ prizes for the top three sellers. We even heard rumor that there may be **slurpees** in the future for those who sell 3 or more ads!

Gold Sponsorships (10 available)

Cost: \$100.00

The Gold Sponsorships are special because they are limited. They represent the top contributors to the Invitational Program.

They can sponsor one of the following races:

1. Alumni, Coaches' & Parents'
2. Girls' Junior High
3. Boys' Junior High
4. Boys' Frosh
5. Girls' Frosh-Soph
6. Boys' Frosh-Soph
7. Girls' Junior Varsity
8. Boys' Junior Varsity
9. Girls' Varsity
10. Boys' Varsity

Each sponsor receives:

- Banner Ad on Race Page; lists Event Times, Awards, Top 25 Individuals and Top 25 Teams.
- They also receive a Business Card size ad at the back of the program.

Green Sponsorships (Unlimited)

Cost: \$50.00

Green Sponsorships are unlimited. They represent the second highest contributors to the program. The ad space or enlarged business card will be 1/2 page or approximately 4 1/4 x 5 1/2.

White Sponsorships (Unlimited)

Cost: \$35.00

White Sponsorships are unlimited. The ad space is simply a business card.

Gold Green White (Circle one)

Special Instructions (if any):

Total: _____

Sponsor Name _____

Sponsor Address _____

Sponsor Phone _____

Check off list:

- Check Enclosed
 Business Card Enclosed
 Special Instructions, if any
 Completed Sponsor & Athlete Information

Athlete who Sold Advertising Space _____

Date _____

Athlete Phone Number _____

Castro Valley High School

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Castro Valley, CA 94546

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