

# Grizzly Track Update 2017

## ❖ MEETS THIS WEEK:

SAT. APRIL 22<sup>ND</sup>  
NORCAL FROSH-SOPH  
CHAMPIONSHIPS\*  
@ DUBLIN HIGH

\*SELECT MEMBERS ONLY

## ❖ TEAM EVENTS:

NONE

## ❖ COMING SOON:

GRIZZLY CUP  
THURSDAY, APRIL 27<sup>TH</sup>

SACRAMENTO MOC  
SAT., APRIL 29<sup>TH</sup>

## ❖ TEAM DONATION UPDATE:

2017 GOAL: \$33,000  
2017 YTD: \$26,915

SUGGESTED DONATION  
PER ATHLETE: \$300



## A Message From Coach Karbo

At last Thursday's meet against Monte Vista, both the girls and boys teams finished out the dual season with victories to complete a combined 9-1 regular season. Even though both meets were decided before the running of the 4x400 relay, those races featured exciting finishes to cap off a great meet.

This week we take a break from dual meets to focus on much needed work in practice and let the frosh-soph teams take the spotlight for Saturday's invitational at Dublin High. The younger Cal High squad has been having great success this year, so it will be fun to see them shine at a meet specifically designed for them.

With the close of the regular season comes preparation for our team banquet, which will be on June 6<sup>th</sup> at the San Ramon Golf Club. Wunmi Kamson is our banquet coordinator and will be sending out specific information about the event soon.

We always encourage everyone to purchase their tickets early, so we can give an accurate head count to the facility and ensure that there is enough food for everyone. You can also save a whopping \$10 per person by getting your tickets before the event!

In case you're wondering why the banquet is after school is out, that is due to the change in the start of the school year this past August. Since the track season remained the same and the school year began earlier, the track season now ends the week of finals and graduation.

If you are available to help out at the Grizzly Cup next week, there are plenty of volunteer opportunities. See the link below to sign up.

Finally, a big thank you to the Emerson's for hosting a great carbo load this past week. The kids had so much fun, they didn't want to leave at the end!

Go Grizzlies!!

## Athletes of the Week

**Kaley Burg** – won the pole vault against Monte Vista with a PR of 10' 0" which ties her for 4<sup>th</sup> all time at Cal High.

**Alex Castillo** – ran the 6<sup>th</sup> best 3200 in Cal history (9:56.7) in his win vs. Monte Vista.



## Parent Help Needed

21 volunteers are still needed for the Grizzly Cup on April 27<sup>th</sup>

Here's the link to sign up: <http://www.signupgenius.com/go/10c0d4aaaa728aa8-parent>

We also need help for the league championships at Granada on May 6<sup>th</sup> and 13<sup>th</sup>. Here's the link for helping at those meets:

<http://www.signupgenius.com/go/10c0d4aaaa728aa8-calhigh>

### ❖ MEET ORDER FOR RUNNING EVENTS

4X100  
1600  
100/110 HH  
400  
100  
800  
300 LH  
200  
3200  
4X400

### ❖ EBAL CHAMPIONSHIPS

BOYS  
1997, 1999, 2000, 2001,  
2002, 2003, 2004, 2005,  
2016

GIRLS  
2009, 2010, 2011, 2013

### ❖ NCS TRI-VALLEY CHAMPIONSHIPS

BOYS  
2001, 2003, 2004, 2005

GIRLS  
2009



## Event Spotlight – Discus

### Interesting Facts

- The boys discus weighs 1.6kg and the girls discus weighs 1.0kg
- Al Oerter is the first athlete to win the same event at four consecutive Olympics, winning the discus in 1956, 1960, 1964 & 1968
- Unlike most events, throwing a discus into a moderate headwind is actually advantageous since the wind creates more lift and keeps the discus aloft longer

### Video

<https://www.youtube.com/watch?v=6qfwfmyVymg>

### Discus Records

- Women's World Record: 251' 11.5" – Gabriele Reinsch, Germany 1988
- Men's World Record: 243' 0.5" – Jurgen Schult, Germany 1986
- NCS Women's Record: 167' 1" – Laura DeSnoo, Washington 1981
- NCS Men's Record: 205' 7" – Jeff Williams, Clayton Valley 2017
- CHS Women's Record: 141' 0" – Jennifer Ladouceur 2001
- CHS Men's Record: 168' 9" – Chris Robinette 1987

*"There is no such thing as bad weather, just soft people"*

- Bill Bowerman

## Cal High Track Online

For lots of additional information about the team, including the schedule, results, all-time top 10 list and much more, check out our website at [www.calhstrack.com](http://www.calhstrack.com)

Also, click here to see our Facebook page <https://www.facebook.com/groups/337430765812/>