

East Bay Invitational  
April 5, 2025  
California High School

**Time:** Meet begins at 9:00am.

**Entries:** Each school is limited to three individual entries per event per division, and one relay per division. Additional entries over the limit will not be entered into the meet. For the 400H, please enter 300H times. All entries will be done through MileSplit. Entries are due by April 1, 2025 at 11:59pm.

**Entry Fees:** \$25 per relay / \$10 per individual event / \$400 max per school  
Entry fees need to be received by meet day in order for your team to compete. Make checks payable to Cal High Track & Field.

**Payment:** Send checks to:  
California High School  
Attn: Mark Karbo, Track Coach  
9870 Broadmoor Drive  
San Ramon, CA 94583

**Awards:** Top 3 in each event in each division will receive custom medals.

**Gate:** Admission fee for all spectators is \$8 through GoFan

**Contacts:**  
Mark Karbo at [thekarbos@aol.com](mailto:thekarbos@aol.com)  
Tim Hunter at [trackboss2016@yahoo.com](mailto:trackboss2016@yahoo.com)

**Results:** Results will be posted on Diablotiming.com promptly after each event concludes, as well as on athletic.net and this site following the meet.

**Trainer:** Trainer on site provided by California High School.

**Timing:** FinishLynx timing by Diablo Timing.

**Concessions:** Snack shack will be open with great food.

**Souvenirs:** Custom 2025 EBI t-shirts will be on sale at the meet.

## **Schedule:**

### **Field Events**

#### **9:00**

Shot Put FSB, then VB  
Discus FSG, then VG  
Triple Jump FSG, then VG Pit 1  
Triple Jump FSB, then VB Pit 2  
Pole Vault FSG, then VG  
High Jump FSG, then VG

#### **1:00**

Shot Put FSG, then VG  
Discus FSB, then VB  
Long Jump FSG, then VG Pit 1  
Long Jump FSB, then VB Pit 2  
Pole Vault FSB, then VB  
High Jump FSB, then VB

### **Running Events**

Event Order, starting at 9:00 - a detailed time schedule will be posted a few days prior to the meet, once we receive all entries

3200 FSG, FSB, VG, VB  
4x100 FSG, FSB, VG, VB  
100H/110H FSG, VG, FSB, VB  
400 FSG, FSB, VG, VB  
100 FSG, FSB, VG, VB  
4x800 FSG, FSB, VG, VB  
400H FSG, FSB, VG, VB  
1600 FSG, FSB, VG, VB  
4x400 FSG, FSB, VG, VB