

East Bay Invitational
April 4, 2026
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 March 31, 2026 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 2026 EBI medals.

Timing: FinishLynx timing by Diablo Timing.

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.

Gate: Admission fee for all spectators is \$10 through GoFan*

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

Souvenirs: Custom 2026 EBI t-shirts will be on sale at the meet.*

***NOTE* The East Bay Invitational is a cashless event. Only credit/debit cards will be accepted for food, admission and t-shirt sales**

Contact:

Mark Karbo at thekarbos@aol.com

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 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