

Grizzly T&F Update 2025

❖ MEETS THIS WEEK:

DUBLIN DISTANCE FIESTA
SAT., MARCH 22, ALL DAY
@ DUBLIN HS

SWENSON/WERNE INVITE
SAT., MARCH 22, ALL DAY
@ SAN RAMON VALLEY HS

❖ TEAM EVENTS:

NONE

❖ COMING SOON:

MEET VS. DUBLIN/LIVERMORE
WED., MARCH 26, 4:00
@ DUBLIN HS

BAY AREA RELAYS
SAT., MARCH 29, ALL DAY
@ FOOTHILL HS

❖ TEAM DONATION UPDATE:

2025 GOAL: \$30,000
2025 YTD: \$27,300

SUGGESTED DONATION PER
ATHLETE: \$350



A Message From Coach Karbo

No weekday meet this past week, but plenty of Grizzly athletes were still in action at Pittsburg High School at the Eddie Hart Invitational on Saturday.

Leading the way were medalists Rachael Osicka (1st – high jump), Zach Bruce (1st – discus), Grace Nudo (2nd – pole vault) and the girls 4x400 team of Lillie Love, Lola Cervantes, Mia Hong and Elise Lee (3rd). It was a long day, but also a good look at a higher level of competition in most events.

This weekend, we have a split squad going to two different invitationals.

The distance group will compete at one of their favorite meets of the year on Friday and Saturday at the Dublin Distance Fiesta at Dublin High. This is one of the largest meets in the country in terms of total entries with distance races going back to back over the course of the day.

They make it a fun event for participants as well as spectators by playing festive music during the races and giving out colorful t-shirts after each race. If you're a fan of distance running, don't miss it!

Select members from the rest of the team will be heading over to San Ramon Valley to take part in the Swenson/Werne Invitational. This will be our first time competing at this event, so it will be fun to see how it goes.

Hopefully everyone received the letter from our banquet coordinator Tanya Williams giving details about our end of the year celebration. If you haven't already, please RSVP making sure to include both athletes and guests in your RSVP number. More detailed information can be found in the flyer on our website.

Our home invitational on April 5th is coming up soon. 16 teams have signed up so far, so it's shaping up to be a good meet. We haven't had many volunteers sign up to help yet, which is getting me a little nervous. Since it's a Saturday meet, it should be easier for most parents to donate their time. There are both morning and afternoon shifts available and signups are on our website. We have over 230 members on our team, let's all help out and make this a great and well-run event!

Go Grizzlies!!

Athletes of the Week



Aaron McCord – he had a huge PR of over 12' with a throw of 143' 6" in the discus to place 5th at the Eddie Hart Invitational. That mark currently ranks him 3rd in the EBAL. He also had his second best shot put throw of the year.

Rachael Osicka – At the Eddie Hart Invite, she PR'd twice in the high jump to win the event with a jump of 5' 6". That mark leads all NCS jumpers and is tied for 3rd best in the entire state.



❖ **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, 2018

GIRLS
2009, 2010, 2011, 2013

❖ **NCS TRI-VALLEY
CHAMPIONSHIPS**

BOYS
2001, 2003, 2004, 2005,
2019

GIRLS
2009

*"You've got to look for
tough competition.
You've got to want to
beat the best"*

- Grete Waitz

Parent Help Needed

If your family is in town during spring break, please sign up to help at the East Bay Invitational which we are hosting at Cal High on April 5th. There are morning and afternoon shifts available to work in the snack bar, help with hurdle crew, and assist officials in the field events. Volunteers will be admitted to the meet free, spectators will need to pay the \$10 admission fee.

You can reserve a shift by going to the home meet volunteer SignUp Genius link on our website.

Event Spotlight – High Hurdles



Interesting Facts

- The high school height of the girl's high hurdles is 33", for the boys it's 39"
- The goal in high hurdling is to take three steps in between the hurdles
- The leg that goes over the hurdle first is called the "lead leg" and the other leg is the "trail leg"

Video

<https://www.nbcolympics.com/videos/keni-harrison-describes-process-love-hurdling>

100/110HH Records

- Women's World Record: 12.12 – Tobi Amusan, Nigeria 2022
- Men's World Record: 12.80 – Aries Merritt, USA 2012
- NCS Women's Record: 13.15 – Trinity Wilson, St. Mary's 2011
- NCS Men's Record: 13.39 – Kevin Craddock, James Logan 2004
- CHS Women's Record: 14.85 – Chelsea Kamson 2008
- CHS Men's Record: 13.69 – David Klech 2006

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

To follow us on Facebook go to: <https://www.facebook.com/groups/337430765812/>