

Grizzly T&F Update 2025

❖ MEETS THIS WEEK:

MEET VS. ACALANES/LIVERMORE
THURS. MARCH 6, 4:00
@ CAL HIGH

WOLFPACK RELAYS
SAT. MARCH 8, ALL DAY
@ MERRILL WEST

❖ TEAM EVENTS:

TEAM CARBO LOAD
WED. MARCH 5 6:00PM
CAL HIGH QUAD

❖ COMING SOON:

EDDIE HART INVITATIONAL
SAT. MARCH 15, ALL DAY
@ PITTSBURG HS

❖ TEAM DONATION UPDATE:

2025 GOAL: \$30,000
2025 YTD: \$15,200

SUGGESTED DONATION PER
ATHLETE: \$350



A Message From Coach Karbo

What a great start to our season on Thursday! The weather was nice and there were lots of great performances on both the track and in the field events. If that was your first experience at a Cal High track meet, then you know how exciting it can be. With multiple events going on simultaneously, it's hard to focus on just one! A big shout out to all of the parent volunteers who helped to make it a smooth meet from start to finish.

At the Dan Gabor Invitational on Saturday, lots of Grizzlies took home a coveted t-shirt for finishing as one of the top competitors in their event. As usual, it rained for part of the meet, but that didn't stop our athletes from performing well and having a great time.

This week we have a tri meet at home against Livermore and Acalanes. There will be close to 500 athletes between the three schools, so it's sure to be very competitive.

This coming Saturday, some of the team will be attending the Wolfpack Relays at Merrill West High School in Tracy. This invitational has a different format than the Gabor meet, with all of the field events being contested and a few rarely run relays. The Distance Medley Relay or DMR starts with a 1200, then a 400, followed by an 800 and finishes with a 1600. It's a fun combination of middle distance and sprints. The Sprint Medley Relay or SMR is a 100/100/200/400. Some of the handoffs can be quite challenging since they aren't the same as the 4x100 or 4x400.

Since there is a frosh-soph division at this meet, it's a great chance for some of the younger athletes on the team to bring home some invitational hardware!

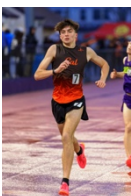
We are still only halfway to our participation donation goal of \$30,000. If you haven't yet been able to make the donation, please consider doing so to help the team cover its annual expenses. You can get to the site by visiting the Cal High Future Fund area on the school's website.

We also started our annual eTeam Sponsor fund raiser today. It's an easy way for the team to earn money by using an email campaign to request funds from donors. Athletes can also earn a free lunch by raising \$300 in donations or a duffel bag by being one of the top five fundraisers. More info on our website.

Lastly, our first team carbo load is this Wednesday at 6:00pm in the quad. It's a great way for the team to get together in a social setting, and for athletes from different events to interact. Thank you to all who donated food or to help that night to make this a fun event for the whole team.

Go Grizzlies!!

Athletes of the Week



Aidan Dube – he won the 800 against Merrill West, and at the Dan Gabor Invite, he took 3rd in the 1600 with a big PR of 4:21.17 to move up to #3 all time at Cal High.



Elise Lee – against West, she won the 100m in a best of 12.74 and was on the winning 4x100 relay. She PR'd and took 2nd in the triple jump and ran a 59.6 leg on the 4x400. At Dan Gabor, she placed in the top 15 in both the 100 & 400.



❖ **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

Parent Help Needed

We still have 13 volunteer spots needed for our meet on Thursday, most notably in the long jump, throws and hurdle crew. Please sign up to help by clicking on the SignUp Genius link on our website.

It's not too early to sign up to help at the East Bay Invitational that we are hosting on April 5th. The signups are on the home meet volunteer link on our website.

Event Spotlight – 4x100 relay



Interesting Facts

- The area in between the triangles in which the baton must be passed is called the passing zone and is 30m in length
- Runners about to receive the baton will begin running at a designated mark which allows them to accelerate up to full speed at the time of the exchange
- The relay baton weighs 1.75 ounces

Video

- <https://www.youtube.com/watch?v=wpikwbzINnk>

4x100 Records

- Women's World Record: 40.82 – USA: Madison, Felix, Knight, Jeter 2012
- Men's World Record: 36.84 – Jamaica: Carter, Frater, Blake, Bolt 2012
- NCS Women's Record: 45.13 – Berkeley 1981
- NCS Men's Record: 40.77 – Pittsburg 2024
- CHS Women's Record: 48.95 – Gai, Levy, Burg, Kamson 2008
- CHS Men's Record: 42.43 – Brown, King, Downer, Jones 1997

"If you don't have confidence, you will always find a way not to win"

- Carl Lewis

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/>