

Grizzly T&F Update 2025

❖ MEETS THIS WEEK:

GRIZZLY CUP
WED., APRIL 17, 4:00
@ CALIFORNIA HS

SACRAMENTO MOC
SAT., APRIL 26, ALL DAY
@ AMERICAN RIVER COLLEGE

❖ TEAM EVENTS:

SENIOR DAY
WED., APRIL 17, 3:30
@ CALIFORNIA HS

❖ COMING SOON:

DV LAST CHANCE MEET
SAT., MAY 3, ALL DAY
@ DOUGHERTY VALLEY HS

❖ TEAM DONATION UPDATE:

2025 GOAL: \$30,000
2025 YTD: \$32,900

SUGGESTED DONATION PER
ATHLETE: \$350



A Message From Coach Karbo

4-0!

That's Cal High's record against Dougherty Valley in our annual San Ramon City Championship meet after beating DV 181-91 this past Thursday.

Another great day for PR's as Grizzly athletes set 169 personal bests, and won 25 of the 32 events at the meet. Double individual winners in the meet included Zach Bruce (SP, DT), Emily Bellinger (800, 1600), Darius Brown (100, 200), Olivia Horton (SP, DT), & Rachael Osicka (HJ, 100H). The updated perpetual plaque for the meet (The Crow), will be on display at our banquet in June.

More good performances at the Granada invite on Saturday, highlighted by Elise Lee (#8 400m, 59.59) and Eshaan Hussain (#9 1600m, 4:24.34) adding their names to the Cal High all-time top ten list.

This Wednesday we have our last home meet of the year, and celebrate our graduating seniors with the Grizzly Cup and Senior Day. The Grizzly Cup is our annual intra-squad scrimmage that pits each grade class against each other to see who comes

out on top. Last year the sophomores (class of 2026) won the championship by 43 points over the juniors. Can this year's juniors repeat their winning effort, or will another grade take it from them?

The seniors on the team will be celebrated at a pre-meet ceremony starting at 3:30, so get there early to check it out. We are asking parents of seniors to be there by 3:00 so we can get the event organized and start on time.

We also welcome alumni runners at this meet, so they can challenge themselves and their younger counterparts at their old stomping grounds. It's a fun day with lots of entertaining races and events! We still have some volunteer openings if you'd like to have a front row seat to all the action.

This will also likely be the last meet of the year for some of the athletes on the team who may not qualify for post season competition. Athletes who don't make it to EBALs should talk with their event coach to see when their last day of practice will be.

Go Grizzlies!!

Athletes of the Week



Wesley Wineinger/Derrick Dang – Wesley won the 300H and was on the winning 4x400 relay vs. DV; Derrick had PRs in both the shot put and discus and placed 2nd in both events vs. Dougherty Valley



Olivia Horton – she won both the shot put and discus against Dougherty Valley. Her throw of 101' 5" in the discus was a PR by over two feet, and ranks her 2nd in the EBAL



Parent Help Needed

We still need 12 volunteers for the Grizzly Cup this week. It's our last home meet of the year, please see the SignUpGenius link on our website to reserve a shift. Here's the link: <https://www.signupgenius.com/go/10C0D4AAAA728AA8-54411913-2025#/>

The team banquet will be here before you know it! If you haven't already RSVP'd, please do so and sign up to help at this link: <https://calhstrack.tripod.com/Forms/BanquetFlyer2025.pdf>

Event Spotlight – Triple Jump



Interesting Facts

- The triple jump used to be called the hop, step (or skip) and jump
- By rule, the athlete must land first on the foot they jump off with
- The longest of the three jump phases is the third, and the shortest is the second

Video

<https://www.youtube.com/watch?v=mi9KwAy5iQo>

Triple Jump Records

- Women's World Record: 51' 7½" – Yulimar Rojas, Venezuela 2022
- Men's World Record: 60' 0" – Jonathan Edwards, Great Britain 1995
- NCS Women's Record: 44' 5½" – Ke'Nyia Richardson, Holy Names 2007
- NCS Men's Record: 51' 5¾" – Nkosinza Balumba, James Logan 2005
- CHS Women's Record: 39' 2¼" – Lillianna Hebert 2015
- CHS Men's Record: 49' 3¾" – Mike Walker 1990

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/>

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

"Winning doesn't always mean getting first place, it means getting the best out of yourself"

- Meb Keflezighi