



The Bulldog Bark

The voice of Alhambra High School
Track & Field

Tuesday, February 19, 2019



Parent Night 2/20

Wednesday, February 20 @ 5:30 p.m.
Alhambra HS Library

With the season about to enter the competition phase, it's time for our Parent Meeting. This is an important time in any program because it sets the tone for the level of success we would like for all of our athletes throughout the season.

Volunteers

We cannot do the job without the participation of the families. We need all the hands we can muster, as you are able, to put on our two home meets and our own invitational.

We also have need of larger scaled help for the whole season, which includes help with snacks, photography and videography, transportation, parent communication, fundraising, and more

SignUp Genius

Most of these areas are already up and covered in the SignUp Genius sites already established for the season. This does not mean that this is the entire list. More opportunities will arise as the season progresses, but these are a very good start.

Donations

No athletic program can survive without financial support. It takes quite a bit of outlay to make any season successful, even with the constant economizing that we have already done. Please be sure that you have ear-marked your contribution to "Alhambra Track" so that it gets directed to the track program instead to an amorphous athletic fund.

See you all there !

Stay In Touch !

We have a few ways to keep the families up to speed with our program and the day-to-day communications as they arise:

Web Page: <http://www.alhambratrack.org/>

We have a fantastic webmaster in Joel Timbrell, former Bulldog runner. He keeps the updates and results and records all organized for us right here right now.

REMIND: this app allows us to inform on a very immediate basis all athletes and families of the very latest. Sign up here by texting @dogstandf to 81010 to receive text updates.

DeLaSalle/Super 7 Invitational

First Meet Sat 2/23 @ DVC

We have our first competition of the season this Saturday at Diablo Valley College. All Bulldog track and field athletes are entered in this meet.

Be on time

8:00 Arrive at DVC
9:00 Meet starts
much later - - meet ends

Transportation

This is a weekend event, so the transport of athletes is on the families. This one is very close (Pleasant Hill) so getting to the meet on Saturday morning should not be a problem.

Entries

The coaches are working on getting all athletes into races and field events. This final entry list will be posted tomorrow.

Meet Logistics

Weekend meets are an all-day operation. With roughly two dozen schools sending athletes, and the meet offering a full slate for all 4 divisions (G Varsity, B Varsity, G Frosh-Soph, B Frosh-Soph), it takes time to get through all the races and events.

Athletes need to be at the event early to get used to the setting - - where to check in, where the bullpen is, where the field events are, the location of the bathrooms and the snack bar.

Be prepared

Since this, and all weekend meets, take hours, the athletes need to be prepared. Dress warmly. Bring a water bottle. Bring snacks. Bring homework.

March 9

Martinez Relays

Stay tuned for our very own invitational. This takes a small army of volunteers to arrange, that means our entire team plus our timing service and starters.

We will also be soliciting sponsorships from the community at large, including local businesses. These sponsorships, the entry fees charged to attending schools, and the snack bar comprise a very large part of our fundraising for the year, so we need all hands on board for this.

More information coming soon.

More Meets Coming Up

We have a string of weekend events lined up that go through the end of March. As well, we have a 4 week string of Diablo Athletic League meets. March will be a very busy month.

Transportation

We get buses for our league meets on Wednesdays. On the weekends, we have to rely on the families to get their children to the events. We have scheduled our weekend meets for schools in neighboring towns so we don't have to travel far.

Who goes where?

For all of the DAL meets, and most of the weekend meets, all of the team is expected to attend and compete.

Some of the later weekend meets require standard marks for entry. We anticipate that we will have several athletes who will be in this range of upper-echelon achievement. If we do have such qualifiers, these high end meets are in such places as Stanford University, UC Davis, and Sacramento's American River College.

Thursday & Friday

Uniform Distribution

Yes, the uniforms will be distributed before the first meet. Can't have a team without uniforms.

Coach Hern will be arranging the garment issuing on Thursday and Friday.

2019 Schedule

1/28	Mon	First day of practice	
2/23	Sat	DLS/Stocking/Super 7	DVC
3/2	Sat	Ugly Eagle Relays	Clayton Valley HS
3/6	Wed	DAL: @ College Park	College Park
3/9	Sat	Martinez Relays	Alhambra
3/13	Wed	DAL: Berean & YV @ Alh	Alhambra
3/16	Sat	Eddie Hart Invite	Pittsburg
		Dublin Distance Fiesta	Dublin HS
3/20	Wed	DAL: Con & Mt. Diablo	Alhambra
3/23	Sat	Bay Area Relays	Foothill
3/27	Wed	DAL: Alh @ Benicia	Benicia HS
3/29-30	Fri-Sat	Stanford Invitational	Stanford U
4/1 - 4/5	M-F	Spring Break	
4/12	Fri	Woody Wilson Invite	UC Davis
4/19	Fri	Bob Warren	Acalanes
4/20	Sat	NorCal Frosh-Soph	Dublin HS
		Sat Sacramento MOC	American River JC
4/27	Sat	DAL Trials	Campolindo
5/4	Sat	DAL Finals	Campolindo
5/11	Sat	NCS Tri-Valley Champs	Dublin HS
5/17-18	Fri-Sat	NCS Meet of Champs	DVC

STOCKING "SUPER SEVEN"
TRACK AND FIELD INVITATIONAL
SATURDAY, February 23, 2019
At Diablo Valley College

Order Of Events

Field Events: 9:00 AM

Pole Vault	FSG-FSB-VG-VB
Shot Put	FSB-FSG-VB-VG
Discus	FSG-FSB-VG-VB
Long Jump	FSG-FSB-VG-VB
Triple Jump	FSB-FSG-VB-VG
High Jump	FSG-VG-FSB-VB

*All athletes should check in when field event is called. They will be given their flight assignment after all athletes have checked in.

Running Events: 9:30 AM

1	4 X 100 Meter Relay	FSG-FSB-VG-VB
2	Mile Run	FSG-FSB-VG-VB
3	100 / 110 Hurdles	FSG-VG-FSB-VB
4	100 Meter Dash	FSG-FSB-VG-VB
5	Distance Medley Relay	FSB-VB-FSG-VG
6	300 IM Hurdles	FSG-VG-FSB-VB
7	4 X 800 Meter Relay	FSG-VG-FSB-VB
8	4 X 200 Meter Relay	FSG-VG-FSB-VB
9	3200 Meters	VG-VB
10	4 X 400 Meter Relay	FSG-VG-FSB-VB

*Please have your athletes ready and checked in by the first call! Heats and final lane assignments will be given on race day at check in times. Heats may be combined!