



The Bulldog Bark

The Voice of Alhambra Track & Field
Where Intensity is Not a Crime



Monday, March 29, 2021

Concord DAL Distance Meet

Bulldogs Race Well

Our second meet of the year was another positive experience for the Alhambra distance runners. Since they have just come off the cross country season, they are already in race condition so they have had meets to showcase themselves.

This meet was a continuance of the DAL - Valley division competitions carried over from the cross country seasons. We ran against our division rivals Concord, Mt. Diablo, and Ygnacio Valley and College Park from the DAL-Foothill division dropped in.

BOYS

800 Meters

15. Ethan Muth 83 96 2:58.22

Ethan was hobbled by a tweaked ankle but did his best to record a time.

1600 Meters

3. Benjamin Smyers 65 73 75 69 4:42.99

6. Ryan McCauley 66 75 78 74 4:54.00

7. Nolin Searls 68 75 78 77 4:58.49

Ben might have dropped off on that 3rd lap, but came scorching back to drop a good time. Ryan went out strong but got tentative late. Still, a PR. Nolin was but a few steps behind.



The boys are all clustered up on the first lap.

300m Hurdles - 36"

3. Benjamin Smyers 45.72

6. Ryan McCauley 54.01

These hardy lads volunteered for a third race just to get the experience. Both ran much faster than anticipated with only one day of hurdle preparation.

DMR 1200-400-800-1600m - [12-4-8-16]

3. Benjamin Smyers 61 77 70 -- 3:28

Ethan Muth 84 -- -- -- 1:24

Ryan McCauley 65 73 -- -- 2:18

Nolin Searls 70 76 75 76 4:59

12:10.42

This race is a medley, with each athlete running a different number of laps. Ben started us off with a quick opener. Ethan did what he could, and Ryan PR'd in the 800. Nolin came through with a second mile under 5:00 on the same day.



Ethan sprints in on his leg of the medley relay.

GIRLS

800 Meters

3. Kaelyn Nguyen 81 94 2:56.62

4. Alexia Hisquierdo 84 95 2:59.84

5. Mia Padrique 86 98 3:04.41

This is a quick race, and the girls had to scurry to stay in contention. Kaelyn emerged as our top girl today in this event., with the others not far behind.



Mia, Alexia, and Kaelyn are in contention early on in the 800.

DMR 1200-400-800-1600m - [12-4-8-16]

3. Kaelyn Nguyen 86 104 101 -- 4:51

Sadie Parker 65 -- -- -- 1:05

Mia Padrique 85 103 -- -- 3:08

Alexia Hisquierdo 96 108 109 103 6:56

16:00.90



Sadie sprints to final straightaway on her excellent 400 leg of the medley relay.

Kaelyn led off well, and Sadie (called in from the sprint squad to help out) scorched a great one-lapper to keep us rolling. Mia ran within seconds of her prior 800 of the day. Alexia felt that she was not at top form today.

Overall

These distance athletes were running on short rest, after having a meet on Wednesday but still ran well in multiple races. This is precisely the type of effort that will result in quality times as we come to the end of this covid-shortened season.

Looking Ahead !

DAL-Valley Center Meet Saturday April 3 @ Ygnacio Valley HS

We will be entering our league season this Saturday. Ygnacio Valley will be hosting this event which includes the 7 DAL-Valley schools: Alhambra, Berean Christian, Benicia, Concord, Mt. Diablo, St. Vincent & St. Paul, and Ygnacio Valley.

Format

The format is that after the three center meets, the top 8 athletes in each event are invited to the Top-8 DAL-Valley championships on Sat 5/1, where they will face off against each other. Medals to the top 6.

Varsity and JV

We will be having this Top-8 format for both the Varsity and the JV divisions to make sure that each competitive group gets full opportunity for acknowledgement.

Check with your coaches

Our entries are due on Wednesday this week, so make sure you and your coaches are on task with your primary and secondary events.

Everyone competes ! !

With only 4 league meets on the schedule, we don't have any room for athletes missing meets or not being in attendance. Every athlete is expected to be at all the meets.

Hey, Coach - - What is the DAL-Valley Division, Anyway?

A good and cogent question, and one that we are glad you asked.

We belong to the Diablo Athletic League, named after Mt. Diablo which is the predominant geographic feature of our region. All of the schools involved are in fairly close proximity to each other to make transportation times less of an issue.

This league has recently morphed into somewhat of a mega-league, with 14 schools competing. In order to make competition more balanced, the league officials have two divisions - - Foothill and Valley. For each sport, the top schools by historical record are grouped together in the Foothill division, and the rest compete in the Valley division.

This year's alignment

For 2021, the Valley Division of the DAL in track is made up of Alhambra, Benicia, Berean Christian, Concord, Mt. Diablo, St. Vincent-St. Paul, and Ygnacio Valley.



Meet Details

Dawgs Take on DAL Valley Teams in First Center Meet

Our league season **FINALLY** gets started this week with the first of a series of Center Meets. All of the Valley Division schools will compete together for three weekends. For the Championships Meet, the top 8 athletes in each event will compete for medals. These top 8 athletes will be ranked on the basis of the marks they achieved in these three Center Meets.

There will also be a Top-8 series for the JV athletes as well.

Here is the Fact Sheet for this upcoming meet. Notice that the covid protocols call for separating the running events from the field events. Masking and responsible social distancing norms will be enforced.

Meet Host: Ygnacio Valley High School

- MDUSD currently allows 2 spectators per athlete with social distancing requirements
- ALL athletes, coaches, volunteers and spectators are required to wear masks.
 - Athletes can take off masks at the starting line but will immediately put masks on after each race.
- MDUSD has shut off drinking fountains to for COVID safety so please bring your own water bottles.
- Each school bring its own starting blocks, shot put, discus, and batons.
- Each school has a designated area in the home side bleachers: spectators will sit in the visitors stand.
- Both stadium restrooms and porta potties will be available.
- Athletes will check in with the clerk of the course and be assigned a lane before each race.

9:00 a.m. Track Events

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|------------------------------|------------------|
| 1. 400m Relay | JVG, VG, JVB, VB |
| 2. 1600m Run | JVG, VG, JVB, VB |
| 3. 100m High Hurdles | JVG, VG |
| 4. 110m High Hurdles | JVB, VB |
| 5. 400m Dash | JVG, VG, JVB, VB |
| 6. 100m Dash | JVG, VG, JVB, VB |
| 7. 800m Run | JVG, VG, JVB, VB |
| 8. 300m Low Hurdles | JVG, VG |
| 9. 300m Intermediate Hurdles | JVB, VB |
| 10. 200m Dash | JVG, VG, JVB, VB |
| 11. 3200m Run | JVG, VG, JVB, VB |
| 12. 1600m Relay | JVG, VG, JVB, VB |

12:00 noon Field Events

Long Jump
Triple Jump
Shot Put
Discus
High Jump
Pole vault: YV does not have a PV facility, so vaults will be held at each school and results brought to this meet.

NorCal Multi-Events 4/7

Dogs Host Unique HS Meet

We are the host to a special type of meet this year. High school athletes do not often get a chance to compete in a multi-event event. Even though this is a college, national, and Olympic event, it is often largely ignored at the high school level.

This is a chance of young athletes to try the multi-events in a low-key setting, especially the ones who are talented in several events and willing to learn a few others. College teams are eager to accept athletes who demonstrate this type of versatility.

Already we have nine area schools interested, as well as some northern schools.

Dogs Wanted

We have many multi-talented athletes who would benefit from this type of competition. We also have the smaller (pentathlon or 5-event) multis for the curious athletes who want to give it a try. Don't be surprised if your coach asks you to give one of these a try.

Volunteers

As always, putting on a meet requires helpers. This one is easy, since it is only one event at a time. But it is also all day long, so it takes stamina. Any and all bodies, regardless of experience, are welcome to lend a hand.

Spring Break !

This is deliberately scheduled during the Spring Break, so that an all-day event does not conflict with any class attendance obligations.

Special Addition ! 5K & 10K !

Most high schools do not have records for the 5K and 10K events. Not a lot of meets want to put on a 12 1/2 lap event, much less a 25 lap event. But this meet does.

So athletes arrive early, check in, toe the line, and run either the 12.5 or 25 laps. get officially timed, and walk away with a school record.

Girls' Pentathlon:

100 Hurdles
High Jump
Shot Put
Long Jump
800 Meter Run

Boys' Pentathlon:

Long Jump
200 Meters
Discus
Javelin
1500 Meter Run

Girls' Heptathlon:

100 Hurdles
High Jump
Shot Put
200 Meter Run
Long Jump
Javelin
800 Meter Run

Girls' and Boys' Decathlon:

100 meters
Long Jump
Shot Put
High Jump
400 meter
High Hurdles
Discus
Javelin
Pole Vault
1500 meters

For each event, points are assigned from an international table. The better the performance, the more points are assigned. The final result is based on the total number of points from all the events.

For the unfamiliar events (javelin, pole vault, et cetera) Coach Brewer will be having tutorials all week long for interested athletes after the regular workout.

Volunteers !

It makes our sport so much easier with family involvement. The new covid requirements have already shifted all transportation to the parents, but that doesn't change the fact that we still need bodies or our home events in order to make it all happen well.

Where do we need you all?

We have three home meets this year -- two DAL meets and the addition of the NorCal Multi-Event Championships.

For the home meets --

These meets are slated to start at 9:00 am on Saturdays, and continued into the early afternoon.

Stats -- writing down measurements for jumps and throws.

-- making copies of results for each visiting team to take home

-- helping with management for the jump and throws

Physical -- moving hurdles, moving starting blocks, moving tables and chairs, et cetera

For the NorCal Multi-Events

Stats -- taking results, finding point values on the charts, tabulating running totals for each competitor

Event helpers -- measuring efforts, raking the sand, recovering thrown implements.

This is a long meet -- early morning to late afternoon. Stamina is a must. Lunch will be served.

And just what is the rest of our schedule?

Changes !

It seems like everything is more chaotic in the year. Just when we finally got a schedule nailed, things changed again.

Here is the latest -- the change here is that Alhambra now is hosting the championship meet on May 1, and Ygnacio Valley is hosting the DAL # 3 meet on April 24.

Missed The Memo?

Here's Our Season Schedule

Wed	3/24	Distance meet	@ Campo
Sat	3/27	distance & 300H	@ Concord
Sat	4/3	DAL Meet # 1	@ YV
Wed	4/7	Multi-Events	@ Alhambra
Sat	4/17	DAL Meet # 2	@ Alhambra
Sat	4/24	DAL Meet # 3	@ YV
Sat	5/1	DAL Finals	@ Alhambra