



SRV Track & Field Weekly Update #12 (May 5)

It's EBAL Championship week! Congratulations to those who made it into the meets this week! Our league is one of the most competitive around, so it's quite an honor to get in.

1. **EBAL Championships at Foothill High School**- The meets are on 2 separate days.
 - a. **Varsity**- Field Events @1:00 (BLJ, GTJ, BSP, GDT, BHJ, GPV); Varsity running events begin @3:00 (Regular schedule- on sleeve of shirt)
 - i. Field event athletes will be excused at 11:30. Runners not in field events will be excused at 1:30. If athletes are in events later in the day, they should stay at school as long as possible.
 - ii. Parking on Friday will be AWFUL before 3:30. The best option is to carpool and get dropped off. Those needing to park may need to do so in the neighborhood.
 - b. **Frosh/Soph** running and field events will begin at 10:00am on Saturday morning. The schedules and orders for field events are the same as varsity.
 - c. [Meet Programs & Schedules](#) can be found at Diablotiming.com.
 - i. As always, arrive at the venue AT LEAST ONE HOUR prior to your projected start time.
 - d. [SRV Entries for EBAL](#) Some athletes got in with the "automatic qualifying standards", while others made it in by completing the field of 24, if fewer than 24 achieved the auto mark.
 - e. **Working/Volunteering at EBAL**- Each team is responsible for an event. This year, SRV has the long jump. If any parents, brothers, sisters, etc. want to help us run the LJ, we'd greatly appreciate it. You don't have to do it the whole time; any reprieve is appreciated, as the coaches would love to be able to coach, in lieu of working the pit. (Recorder, measure in sand, measure at board, rake) Email coach McMullen if you'd like to help. tmcmullen@srvus.net
2. **Budget**- After begging for donations last week, we had 10 more people donate to the team! Thank you to all who have donated! That puts our donation participation at 56%. Again, most sports (basketball, football, soccer, etc.) get 95-100% participation. We're happy for the 6% increase, but we'd still love to see more participation for your child's team. We are able to pay the coaches something, even if it's not the full stipend.
[Donation Link](#)
3. **Banquet**- The Banquet will begin at 7:00 on May 21. We will have desserts, fruit, coffee, tea, and water. **Athletes do not need to pay for their food/drinks**, but **others joining**, who want to partake in the food/drinks, need to **Venmo \$10** to Coach Traci McMullen @Traci-McMullen. Please denote your name and the number of additional guests.
 - a. We will have the same format as the years past. We will meet as a group for the overview and team awards. Then, we will break out into event groups for certificates, letters, and recognition of all athletes **in attendance**.



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- b. **Seniors** wishing to address the team and/or give speeches about the coaches will do so in the small group settings.
 - c. **Attire**- We'd love to see the athletes dressed up a bit. Put on a dress, wear a button down shirt, get out of your sweats and track clothes.
- 4. **Practices**- Those who have not qualified for EBAL do NOT need to attend practice. Athletes in good standing who want to continue to work out are welcome to join us. (Distance is continuing as a group for a bit longer.)
- 5. **Senior Banners**- Don't forget to pay coach Mel if you'd like to keep your senior banner. [Info link here](#)
- 6. **Varsity Letter Standards**- Make sure you know the difference between the varsity EBAL standards and the varsity letter standards. [Varsity Letter Standards Linked Here](#)
- 7. **Wildcat Invitational/Last Chance Meet at DVHS**- Those who competed did an excellent job! We had a lot of PRs, despite the wind, and we earned quite a few more EBAL entries because of it. Check out the [results here](#).

I hope that everyone has had a great time this season! We've still got (potentially) 4 more weeks of track! For those who are still competing, let's give it our all, do the intangibles, and be positive for our teammates. For those who are finished, best of luck as you finish out this school year! Have fun and work hard; we're almost there. See you at the banquet!

