

DOUGHERTY VALLEY HIGH SCHOOL

10550 ALBION ROAD SAN RAMON, CA 94582 TELE (925) 479-6400 FAX (925) 479-6597 WWW.DVHIGH.NET

ATHLETIC DIRECTOR-BOB SPAIN

WILDCATS 2026 TRACK & FIELD SCHEDULE

<u>DATE</u>	<u>DAY</u>	<u>OPPONENT</u>	<u>LOCATION</u>	<u>TIME</u>	<u>Who</u>
2/9-13		DVHS Tryout Week	Dougherty Valley	4pm	All
2/18	Wed	T&F Parent Meeting Spring Sports mtg	Dougherty Valley commons	6pm	Parents
2/28	Sat	Skyline Invitational	Skyline HS		All
3/7	Sat	Dan Gabor Invite	Amador Valley HS	8:30a	Everyone
3/12	Thurs	Cal Dual Meet	Dougherty Valley	3:30 pm	ALL
3/14	Sat	EBAL Invitational	Dublin HS	10am	All
3/21	Sat	SRV Sprint Festival	San Ramon Valley	8 am	All S/J/T
3/20-21	Fri/Sat	Dublin Distance Fiesta	Dublin HS	8 am	Distance
3/25	Wed	Dublin/SRV Tri Meet	Dublin HS	4pm	ALL
3/28	Sat	Bay Area Relays	Foothill HS	8 am	Qualifier
4/4	Sat	East Bay Invitational	Cal HS	9 am	ALL
4/3-4	Fri/Sat	Stanford Invitational	Stanford Univ	TBD	Qualifier
4/6-10		SPRING BREAK			
4/10-11	Fri/Sat	Arcadia Invitational	Arcadia HS	TBD	Qualifier
4/18	Sat	Granada Distance & Sprint Festival	Granada HS	8 am	Qualifier
4/25	Sat	Frosh/ Soph Championships	Dublin HS	8 am	Qualifier
4/25	Sat	Sac MOC (Prom night)	American River College	10 am	Qualifier
5/2	Sat	Wildcat Invitational	Dougherty Valley	8 am	ALL
5/8	Fri	EBAL Finals Varsity	Amador Valley HS	1 pm Field 3 pm Track	Qualifier
5/9	Sat	Frosh/ Soph EBAL	Amador Valley HS	10 am	F/S Qualifier
5/16	Sat.	NCS Tri Valley Championships	Foothill HS	TBD	Qualifier
5/22-23	Fri/Sat	NCS MOC	Dublin HS	TBA	Qualifier
5/29	Fri	CIF State Meet Trials	Buchanan HS	3pm	Qualifier
5/30	Sat	CIF State Meet Finals	Buchanan HS	4:30	Qualifier

HOME OF THE WILDCATS AND TRADITIONS IN EXCELLENCE

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* These are the DVHS team members who are eligible to attend the scheduled meet. Some meets cap the no. of athletes we are allowed to enter. Abbreviations: S-Sprinters, J-Jumpers, D-Distance, T-Throwers. Coach determines who goes to meets. Qualifier means our DVHS athlete(s) must hit a certain mark or place to qualify for that meet.

DVHS Track & Field Website: <https://tinyurl.com/dvwildcattrack>

Head Coach: [Lance Butler](#) and [Ralph Gowen \(DH\)](#)

1. Register on [Athletic Clearance.com](http://AthleticClearance.com) so that you are eligible to show up to tryouts. Then register your email and your parents email with www.xcstats.com Our Password is wildcats! With the exclamation point. This web site is where you will find our schedule and results of current and past seasons.
1. Shoes: If you have trainers that are more than 1 year old, you need new shoes. Forward Motion Danville gives a 10% discount to DVHS runners. If you run in cheap shoes, you will get injured. All your hard work will be down the drain.
2. Hydrate- By the time you are thirsty, you are already dehydrated. You should have a water bottle with you at all times. Do not eat a huge breakfast and then come to practice. Food takes at least 2 hours to digest. The next 2 weeks will be very hard, make sure you are eating 3-4 full meals with lots of protein, fruits and veggies and Carbohydrates. This is true throughout the season. Your body will need lots of fuel!
3. Attendance- Practices usually start 15 minutes after the final school bell rings. Your event coach will let you know if other practice times are scheduled (sometimes in the morning). Meets are on select Saturdays or Thursdays (see schedule). Coaches will let athletes who are participating in the various meets. If you have a conflict with a race, Tell your coach Directly. If you are absent from school, email or text your team captain directly. Do not have your parents email Coach- take responsibility! Illness is the ONLY excused absence. If you have more than 3 absences, you may be removed from the roster. Make your appointments on days with morning practice or no practice.

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