

Granada Distance & Sprint Festival
Saturday, April 18, 2020
Granada High School, Livermore, CA

Greetings Coaches,

We'd like to invite your team to the 3rd annual Granada Distance & Sprint Festival. This will be an excellent opportunity for runners to earn fast times as they test their fitness against some of California's top athletes. The meet design is ideal for **FAST TIMES**:

- Athletes are seeded by like ability creating intense head-to-head competition.
- The morning Distance session will offer cooler temperatures.
- The afternoon Sprint session benefits dashers as conditions heat up.
- The mid-April date enables training to have a huge impact on performance.
- Athletes will be gunning for fast times to qualify for league championship meets.

NEW FOR 2020: We have added more field events. See below.

TRACK EVENTS

Morning Distance Session: 3200, 800, 1600

Afternoon Sprint Session: 4 x 100, 400, 100, 100/110 Hurdles

FIELD EVENTS

Shot Put, Discus Throw, High Jump, Long Jump, Pole Vault (we will run two PV pits)

DIVISIONS: Girls and Boys.

SEEDING: The track heats will be seeded by entry times, starting with the slower heats and working towards the faster heats. We will accept the top 40 entries in the field events.

ENTRY INFORMATION

All entries will be done through Athletic.net. Coaches must enter a mark for each entry for seeding purposes. *Entries will close Saturday, April 11 at 11:59 PM.* Athletes entered without entry marks will be placed in heats by the discretion of the meet director.

NUMBER OF EVENTS: Unlimited entries per team. Athletes may compete in up to 4 events.

RESULTS/TIMING: diablotiming.com

FACILITY: All-weather 9 lane track resurfaced summer 2017. Brand new, expanded stadium bleachers installed fall 2018.

ENTRY FEES: \$7 per athlete per individual event. \$20 per relay team. \$750 max per school. Payment should be made to: Granada High School. You may pay on meet day at check-in, or mail checks to: Granada High School, 400 Wall Street, Livermore, CA 94550, Attention: Noel Mattern.

AWARDS: The top 3 finishers in distance races will earn t-shirts, while the top finisher in each lane race will earn a t-shirt. The winner of each field flight will earn a t-shirt.

SCHEDULE OF EVENTS: Distance Festival starts at 8:00 AM. The Sprint session will begin at approximately 1:00 PM based on entries. Field events start at 9:00 AM.

GIRLS 3200
BOYS 3200
GIRLS 800
BOYS 800
GIRLS 1600
BOYS 1600
GIRLS 4 x 100
BOYS 4 x 100
GIRLS 400
BOYS 400
GIRLS 100
BOYS 100
GIRLS 100 Hurdles
BOYS 110 Hurdles

WARM-UP AREA: Warm-ups may be done on the baseball field and on the track infield.

PARKING: Free parking at Granada High School as well as on the street.

FOOD/SOUVENIRS: The snack bar will be open, and t-shirts will be on sale.

ADMISSION: General admission - \$10. Senior-citizens, children 5-13, and students with school ID - \$5.

MEET DIRECTOR: Noel Mattern
Contact number: (925) 980-1766
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