



# WARRIOR NEWSLETTER


WEEK 7, APRIL 12, 2009




## **BREAKING NEWS...**

 **UNIFORMS:** The supplemental uniform order is due in this week. Hopefully we will have the larger sizes in by Thursday's practice.

 **HELP HANDING OUT JELLY BEANS:** There has been a shortage of people to hand out Jelly Beans and Jolly Ranchers at practice. Please go to the website and sign up to help.  
[http://www1.mysignup.com/cgi-bin/view.cgi?datafile=practice\\_week\\_7](http://www1.mysignup.com/cgi-bin/view.cgi?datafile=practice_week_7)

 **MEET DAY PICTURES:** We have a team photo website that you can access from the main page of our website or by entering the following address [www.photoshow.com/members/scetrack](http://www.photoshow.com/members/scetrack). We would love to add your pictures to the site. Turn in a disk or flash drive at practice with your name clearly marked and we will get it back to you, or email them to [scetrack@hotmail.com](mailto:scetrack@hotmail.com).

 **PICTURE NIGHT IS FINALIZED:** The 27<sup>th</sup> and 29<sup>th</sup> are our new picture nights for this season. The photographer is Coach Phil from the LA Falcons. You may remember his action shots from last season. Check out his website accessible from our website in the photos section. A new order form will be available on the website this week. Remember, the basic package is included with the fees you paid at the beginning of the season. Additional pictures are available to order. There will be samples available at picture night. Stop by Coach Phil's tent and see the great stuff he does.

## **IMPORTANT DATES**

|          |             |  |
|----------|-------------|--|
| APRIL 18 | (SATURDAY)  | <b>4<sup>TH</sup> TRACK MEET: SCE VS. LAF AT CANYON HIGH SCHOOL</b>  |
| APRIL 25 | (SATURDAY)  | <b>VYC INVITATIONAL DAY ONE ~NO GREMLINS AT GRANADA HILLS HS</b><br><i>(This meet is for Bantams, Midgets, Youths, &amp; Intermediates only)</i> |
| APRIL 26 | (SUNDAY)    | <b>VYC INVITATIONAL DAY TWO ~NO GREMLINS AT GRANADA HILLS HS</b><br><i>(This meet is for Bantams, Midgets, Youths, &amp; Intermediates only)</i> |
| APRIL 27 | (MONDAY)    | FINAL DATE FOR PICTURES ~GREMLINS AND MIDGETS  |
| APRIL 29 | (WEDNESDAY) | FINAL DATE FOR PICTURES ~BANTAMS, YOUTH AND INTERMEDIATES  |
| APRIL 30 | (THURSDAY)  | NO PRACTICE  |

## **SCE VS. LAF, 4/18 MEET**

**LOCATION:** Canyon High School

Tag distribution begins at 8:00. This is a tartan track – 3/16" pyramids are required (available for purchase at practice at \$2.00/bag). When not competing lay low and keep hydrated! Both new and returning athletes should review the attached flier on meet day information and procedure.

**MEET RESULTS** Please make an effort to review the results posted at the meet! Your athletes will be curious!! To view your meet results after the meet, go to the team website, <http://trackeast.scvaa.com> and click on the "2009 Meet Results" tab. Then, click the specific meet box in which you are interested. If you see a mistake, notify the team *immediately*, so it can be reviewed and corrected if necessary.

**ATTENDANCE** To be eligible for meet competition, athletes must attend a minimum of two practices per week (*acceptable excuses include sickness, homework, and vacation*). Don't forget to let your coach know or email the team, if you'll be gone for an extended period.



## Information for Invitational

Event limits: Bantam, Midget, & Youth may participate in up to 2 individual events plus 1 relay, or 1 individual event plus 2 relays; Intermediates: up to 3 individual events. Strictly enforced (sanction for over-eventing DQ all events participated in).

### **Running Event Schedule**

SATURDAY, April 27, first event starts 8:30 am

3000m Final (MG, MB, YG, YB, IG, IB)

80/100m Hurdles Semi-Finals (MG, MB, YG, YB, IG, IB)\*

Presentation to the 2007 Valley United Striders national medalists

100m Semi-Finals (BG, BB, MG, MB, YG, YB, IG, IB)\* *Semi-finals run on front and back side*

800m Finals (BG, BB, MG, MB, YG, YB, IG, IB)

4x100m Semi-Finals (BG, BB, MG, MB, YG, YB, IG, IB)\*

200m Timed Finals (BG, BB, MG, MB, YG, YB, IG, IB)

*\*Any Saturday Semi-Final event which have 8 or fewer participants will be run as Finals on Saturday*

SUNDAY, April 28, first event starts 8:30 am

1500m Final (BG, BB, MG, MB, YG, YB, IG, IB)

80/100m Hurdles Finals (MG, MB, YG, YB, IG, IB)

4x100m Finals (BG, BB, MG, MB, YG, YB, IG, IB)

400m Timed Finals (BG, BB, MG, MB, YG, YB, IG, IB)

100m Finals (BG, BB, MG, MB, YG, YB, IG, IB)

4x400m Relay Final (BG, BB, MG, MB, YG, YB, IG, IB)

### **Field Event Schedule**

SATURDAY

**Long Jump:** Timed Open Pit Format (Athletes are to start & finish between hours indicated)

8:30 am – 10:30 am 12:30 pm – 2:00 pm

**BB** – SW-Pit 1, **MG** – NW-Pit 2 **YB** – SW - Pit 1, **YG** – NW - Pit 2

10:30 am – 12:30 pm 2:00 pm – 3:30 pm

**MB** – SW-Pit 1, **BG** – NW-Pit 2 **IB** – SW – Pit 1, **IG** – NW - Pit 2

**Shot Put:** Timed Open Pit Format (Athletes are to start and finish between hours indicated)

9:00 am – 10:30 am 10:30 am – 1:30 pm 1:30 pm – 3:30 pm

**YG, YB, IG, IB BG & BB MG & MB**

Concurrently Concurrently Concurrently

**High Jump:**

8:45 am Start **Two Pits running concurrently**

**BG & BB**, and after those age groups then **MG & MB**, respectively

SUNDAY

**High Jump**

8:45 am Start (**IG, IB, YG, YB: age groups may be combined in discretion of meet officials**)