

RUNNING WARRIORS NEWSLETTER

WEEK 8, APRIL 21, 2008



IMPORTANT DATES

APRIL 24, THURSDAY PRACTICE WILL BEGIN AT THE CONCLUSION OF CANYON HIGH'S TRACK MEET
APRIL 26-27, SAT. & SUN. 2008 VALLEY UNITED ANNUAL INVITATIONAL
MAY 1, THURSDAY SCHOLASTIC FORMS DUE

4/26 & 4/27, 2008 VALLEY UNITED ANNUAL INVITATIONAL

This meet is for Bantams, Midgets, Youths, & Intermediates only – sorry, no Gremlins.

Spikes: 3/16" needle.

Directions: The Invitational will be held at Birmingham High School located at 17000 Haynes Street (track located at corner of Balboa and Victory Blvds.) in Van Nuys. Take I-5 south to I-405 south. Take the Victory Blvd./Van Nuys exit and make a left turn onto Haskell Ave. Turn right onto Victory Blvd. Turn right onto Balboa Blvd. and make a left onto Haynes St. The stadium is located just past Balboa on the right side.

Parking: This is a very large meet with many teams, so expect the parking lots and stands to be crowded. Please do not park in the emergency lane or block entrances – i.e, beyond the yellow caution tape. We suggest that you park in the school lots off Haynes (from Balboa) or in the Orange Line "park and ride" lot across the intersection.

Events: Tag distribution will begin at 8:00 am sharp. Athletes may sign-up for up to three events only (two individual and one relay OR one individual and two relay). Intermediates will be allowed to compete in three individual events. This limit will be strictly enforced by meet officials, and over-evented athletes will be disqualified from all events. This meet is spread over two days, so **please** check the attached schedule of events to see on which day(s) your events are held.

Volunteers: *Our team has been assigned the following meet responsibilities:* two 7:00 set-up helpers, announcer, run high jump, three relay zone judges, tag pullers, and two clean-up helpers – we need people in all positions both Saturday and Sunday. Please contact Geni Peterson Henry at practice, email her at gnpheny@aol.com, or sign-up on the sheet at the coaches' table. **Important:** Set-up and clean-up volunteers, please make sure to sign-in and out on the attendance sheets provided at the Invitational, as our team will be fined if we fail to provide the assigned helpers.

More info: The infield is completely closed to all persons except meet workers and competitors. The weather is predicted to be warm in the high 80s, so be prepared with plenty of water and when not competing make sure to hydrate and rest. Remember you must be in official team uniform to compete. Black green, or white under armor may be worn under uniform shorts. Undershirts should be free of logos, words, and/or pictures and can be white, black, green, yellow, or gold. No jewelry is allowed during competition. Please see the attached flier for more important details about this exciting two-day event.

4/19, SCE VS. STORM

*Congratulations athletes and families on a fantastic home meet!
It was a great team effort and we thank everyone for all the support!*

Revised meet results have been re-posted as of Sunday night, 4/20: <http://trackeast.scvaa.com>. Please report any suspected errors immediately to your coach or scetrack@hotmail.com.

REMINDERS

• **Lap-A-Thon:** If you have not yet turned-in your Lap-A-Thon money, it is now past due. This is a mandatory team fundraiser, so please contact our Treasurer, Melanie Cotterell, at practice or scetrack@hotmail.com as soon as possible. Only athletes in good financial standing with the team and SCVAA are allowed to participate in this weekend's invitational meet.