

**STOCKING “SUPER SEVEN”
TRACK AND FIELD INVITATIONAL
SATURDAY, February 27, 2010**
At Diablo Valley College

Dear Coaches,

We are pleased to announce that the 12th annual Stocking Super Seven Invitational (hosted by De La Salle and Carondelet track and field teams) will be held on Saturday, February 27, 2010 at Diablo Valley College. In the summer of 2008, Diablo Valley College completely renovated their facility by re-landscaping the field and installing a beautiful 8-lane track.

Holding the invitational at Diablo Valley College means that we can provide participating student-athletes, coaches, and supporters with a great venue for competition and spectating. Diablo Valley College has ample parking and large warm up and team area spaces.

Please check the meet website (<http://www0.dlshs.org/webpages/selbyk/super7/super7.cfm>) for updates, photos of the facility at Diablo Valley College, and more information as the meet draws closer. I look forward to seeing you on meet day. Please contact me if you have any questions.

Sincerely,

Kevin Selby, Meet Director and De La Salle Head Coach
email: selbyk@dlshs.org
phone: 925 288 8151

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TIME SCHEDULE: 8:30 AM- All field events will begin.
9:00 AM- Running events and all other field events will begin.
An order of events is on the following page.

LOCATION: **Diablo Valley College
321 Golf Club Road
Pleasant Hill, CA 94523**

AWARDS: Places 1-5 in each event will receive medals. Team plaques will be awarded to the top two teams in each division.

ADMISSION: Athletes and coaches should check in at the Team Entry Gate. There will be a \$5.00 admission charge for all spectators over the age of 12.

SPIKES: Diablo Valley College’s all weather track and runways require 3/16” needle spikes. Spikes will be checked at the gate. Replacement spikes will also be sold at the gate.

ENTRY DEADLINE: **Monday, February 22, 2010**

- All entries will be done on: **www.episports.com**
- Please go to episports.com, create your own password, select this meet, and enter your team
- Entry fees are as follows:
- **\$80.00 per division/ \$275 maximum for all four teams or \$10.00 per individual/ \$20.00 per relay.**

CHECKS PAYABLE TO:
DE LA SALLE HIGH SCHOOL
Attn: Kevin Selby
1130 Winton Drive
Concord, CA 94518

Entry Guidelines:

- Each school is entitled to **2** athletes (per division) in all field events, the 3000 meters.
- Each school is entitled to **2** athletes in the open 100 meters and the 300 hurdles.
- Each school is entitled to **1** relay team in the 4 x 100, 4 x 200, and 4 x 400.
- Each school is entitled to **UNLIMITED** relay teams in the 4 x 800 and distance medley relays.
- Please submit accurate 2009 marks if current season marks are unavailable.
- You do NOT need to enter the names of athletes in relays only.
- Please go to episports.com, create your password, select our meet, and enter your team.

GENERAL MEET QUESTIONS, ENTRY INFORMATION, AND EZ MEET PASSWORDS:

Kevin Selby 925 288 8151 or selbyk@dlshs.org

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Order of Events

Field Events: 8:30 AM

Pole Vault	FSG-VG-FSB-VB	
Shot Put	FSB-VB-VG-FSG	
Discus	VG-FSG-FSB-VB	
	<i>"Super Seven Discus Championship"</i>	
	<i>The top seven will advance to a final round. A special award will be given to winning throwers.</i>	
Long Jump	VB-VG-FSB-FSG	
Triple Jump	VB-VG-FSB-FSG	Following the completion of the Long Jump. Estimated time: 1:00 PM
High Jump	FSG-VG-FSB-VB	

*All athletes should check in when field event is called. They will be given their flight assignment after all athletes have checked in.

Running Events: 9:00 AM

1	3000 Meters	FSG-FSB
2	4 X 100 Meter Relay	FSG-FSB-VG-VB
3	Distance Medley Relay	FSG-FSB-VG-VB
4	300 IM Hurdles	FSB-VB-FSG-VG
5	100 Meter Dash	FSG-FSB-VG-VB
6	4 X 800 Meter Relay	FSG-FSB-VG-VB
7	4 X 200 Meter Relay	FSG-FSB-VG-VB
8	3000 Meters	VG-VB
9	4 x 400 Meter Relay	FSG-FSB-VG-VB

*Please have your athletes ready and checked in by the first call! Heats and final lane assignments will be given on race day at check in times. Heats may be combined.