



12440 Campo Rd Spring Valley, CA 91978 • (619) 660-7100 FAX (619) 660-7198

### Boys & Girls Track and Field 2009

<b>DATE</b>	<b>DAY</b>	<b>TIME</b>	<b>MEET /EVENT</b>	<b>SITE</b>
Jan 21-Feb 12	M-W-TH	3-4:30 pm	Preseason Conditioning	Steele Canyon Track
February 23	Monday	10-11 am	Practice begins	Steele Canyon Track
March 3	Tuesday	6:00 pm	Mandatory Parent Meeting	Steele Canyon Gym
<b>March 7</b>	<b>Saturday</b>	<b>8:00 am</b>	<b>The Big Dual Invitational</b>	<b>Vista HS</b>
March 11	Wednesday	4:00 pm	El Capitan	El Capitan HS
<b>March 14</b>	<b>Saturday</b>	<b>9:00 am</b>	<b>Bronco Invitational</b>	<b>Rancho Bernardo HS</b>
March 19	Thursday	3:30 pm	Otay Ranch	Steele Canyon HS
<b>Mar 21</b>	<b>Saturday</b>	<b>10:00 am</b>	<b>Falcon Relays</b>	<b>Torrey Pines HS</b>
Mar 25	Wednesday	4:00 pm	Monte Vista	Steele Canyon HS
<b>Mar 28</b>	<b>Saturday</b>	<b>11:00 am</b>	<b>Mt. Carmel Invitational</b>	<b>Mt. Carmel HS</b>
Apr 1	Wednesday	4:00 pm	Mt. Miguel	Mt. Miguel HS
April 6-10	M-W-F	9-11 am	Spring Break (Week 1)	Varsity practice only!
<b>April 10-11</b>	<b>Fri-Sat</b>	<b>TBA</b>	<b>Arcadia Invitational</b>	<b>Arcadia HS</b>
April 13-17	Mon-Fri	9-11 am	Spring Break (Week 2)	Practice Jv & Varsity!
<b>April 18</b>	<b>Saturday</b>	<b>9:00 am</b>	<b>Mt. Sac Invitational</b>	<b>Mt. Sac JC/Walnut CA</b>
April 22	Wednesday	4:00 pm	Valhalla	Steele Canyon HS
<b>April 25</b>	<b>Saturday</b>	<b>TBA</b>	<b>Mustang Invitational</b>	<b>Otay Ranch HS</b>
April 29	Wednesday	4:00 pm	Helix	Helix HS
<b>May 1</b>	<b>Friday</b>	<b>4:00 pm</b>	<b>Escondido Invitational</b>	<b>Escondido HS</b>
<b>May 2</b>	<b>Saturday</b>	<b>8:00 am</b>	<b>Frosh/Soph Invitational</b>	<b>El Capitan HS</b>
May 6	Wednesday	4:00 pm	Granite Hills	Granite Hills HS
<b>May 9</b>	<b>Saturday</b>	<b>2:00 pm</b>	<b>JV Grossmont League Prelims</b>	<b>El Capitan HS</b>
<b>May 12</b>	<b>Tuesday</b>	<b>3:30 pm</b>	<b>Grossmont League Prelims</b>	<b>Valhalla HS</b>
<b>May 15</b>	<b>Friday</b>	<b>3:00 pm</b>	<b>Grossmont League Finals</b>	<b>Valhalla HS</b>
<b>May 16</b>	<b>Saturday</b>	<b>2:00 pm</b>	<b>JV Grossmont League Finals</b>	<b>El Capitan HS</b>
<b>May 23</b>	<b>Saturday</b>	<b>TBA</b>	<b>Cif Prelims</b>	<b>Mt. Carmel HS</b>
May 28	Thursday	6:00 pm	Track Banquet	Steele Canyon Gym
<b>May 30</b>	<b>Saturday</b>	<b>TBA</b>	<b>Cif Finals</b>	<b>Mt. Carmel HS</b>
<b>June 5-6</b>	<b>Fri-Sat</b>	<b>TBA</b>	<b>State Championships</b>	<b>Fresno</b>

ALL MEETS AND TIMES SUBJECT TO CHANGE

During the school week, practice is scheduled every day Monday thru Friday at the track from 3:00 - 5:30 pm.

**PRINCIPAL:** Dr. Craig Rocha

**VICE PRINCIPAL:** Jeff Kemper  
Al Love

Jeff Kover  
Eileen Poole

**BOYS HEAD COACH:** Gary Stathas (Vault)  
e-mail: [gstathas@guhsd.net](mailto:gstathas@guhsd.net) 619- 660-3603

**GIRLS HEAD COACH:** Charles Tyler (Sprints)  
[cft Tyler@guhsd.net](mailto:cft Tyler@guhsd.net) 619-660-3682

**ASSISTANTS:** Dan Ames (Throws), Brian Barmer (Hurdles) Pat Connolly (Distance), Tim Fuchs (Vault), Tyler Ludwig (Distance) Randeek Meek (Distance), Jackson Reeves (Throws), Carrie Stathas (High Jump), Rodney Van (Long/Triple Jump), Antoine Woods (Sprints)

3/2/09