

SEVENTH ANNUAL CAPITAL ATHLETIC LEAGUE TRACK AND FIELD INVITATIONAL

The schools of the Capital Athletic League (C.A.L.) would like to invite you to the 2009 C.A.L. Track and Field Invitational on Saturday, March 7. The meet will be held at **Bella Vista High School** site of the 2009 Sac Joaquin Section Division 2 Trials and Finals. In order to ensure that the fields for each event are reasonably sized, the number of schools entering full teams will be limited to approximately thirty (30), determined on a "first come-first served" basis.

There will be three (3) athlete classifications – freshmen/sophomore (frosh/soph) boys, varsity girls, and varsity boys. For a list of events and entry limits go to www.bvtrack.com and click on the "C.A.L. Invitational" button. All track events will be run (as necessary) in "slow" and "fast" heats as finals. Timing will be fully automatic (Finish Lynx), but because this is such an early season meet athletes will be "seeded at the line" so you will not need to send in athletes names and marks.

Distinctive medals will be awarded to the top five (5) finishers in both track and field events. In multiple heat finals the medals will be awarded based on time. Team scoring will be determined for each classification with awards presented to the top two (2) schools in each classification.

Entry fees for the meet will be \$200.00 per school (\$75.00 per classification - \$150 for a school competing in two classifications and \$200.00 for a school competing in all three [3] classifications).

REMEMBER – Only the first thirty (30) schools entering full teams will be considered so send in your response email to daveu@surewest.net as soon as possible. Please include in your email the following information:

- 1. School name and intent to compete.**
- 2. Divisions you are entering. Full school = (frosh/soph boys, varsity girls, varsity boys)**
- 3. Coach or contact name.**
- 4. Coach or contact phone.**
- 5. Coach or contact email.**

You will receive an email confirming if you are entered in the meet or if the meet is already full.

For further information regarding the meet, please contact:

Dave Unterholzner at (916) 971-5032 [Bella Vista High School; 8301 Madison Avenue; Fair Oaks, CA 95628-3896]; - e-mail – daveu@surewest.net. More information at <http://www.bvtrack.com>

We look forward to your participation in the Seventh Annual C.A.L. Track and Field Invitational.