4th Annual Valhalla Distance Carnival

The Oakmont Vikings are proud to be hosting this fourth installment of our Valhalla Distance Carnival on Friday, April 2. It will be held at Oakmont High School (home of the Glenn Poole Invitational) in Roseville, CA.

MEET INFORMATION:

- The meet will start at 5:00 PM.
- There will be two divisions to enter athletes - boys or girls.
- Races will be seeded by entered times (PRs of athletes or times entered by coaches for first time competitors)
- Entries will dictate the number of heats in each event, but we will pay close attention to safety and times when determining heat cut-offs.
- Schools will have unlimited entries in each event and will pay per individual entered into the meet.
- We plan to have food options available and to play music during races.
- Please submit all entries through www.athletic.net. Deadline to enter your team is March 26th. Deadline to make changes to your entries is March 30th at 11:59PM.
- **Note:** We will NOT accept athletes entered with "No Mark." If you plan to compete an athlete in an event that they do not have a time for, coaches are expected to estimate to the best of their abilities. This is done to avoid races with sub 5 milers running against runners trying to break 6.

ENTRY FEES

- Schools will be charged $10.00 for each athlete entered (Maximum $350/School)
- If an athlete is not going to compete, please scratch them before the March 30th Deadline if you don't wish to pay for them.
- **NOTE:** There will be no race day adds or changes so that meet management is able to set heats and provide teams with accurate heat assignments. To maintain competitive heats we need to avoid athlete no-shows. This makes it critical for all coaches (when possible) to scratch non-competing runners prior to the deadline. No one wants to sit through a heat of 8 runners because half the race didn't show up.

Make Checks payable to **Oakmont High School Track and Field**. Payment is expected to be received on or prior to race day to receive your team's packet. Team's wishing to mail their check, please send to:

Oakmont High School
C/O Ryan Nugent
1710 Cirby Way
Roseville CA, 95661