

Grizzly T&F Update 2026

❖ MEETS THIS WEEK:

TRI MEET VS. LIVERMORE/AV
THURS., MARCH 26 3:30
@ CAL HIGH

BAY AREA RELAYS
SAT., MARCH 28 – ALL DAY
@ FOOTHILL HS

❖ TEAM EVENTS:

NONE

❖ COMING SOON:

EAST BAY INVITATIONAL
SAT., APRIL 4 – ALL DAY
@ CAL HIGH (\$10 ADMISSION)

❖ TEAM DONATION UPDATE:

2026 GOAL: \$30,000
2026 YTD: \$26,575

SUGGESTED DONATION PER
ATHLETE: \$350



A Message From Coach Karbo

What a weekend!

In Dublin, the distance crew braved hot temperatures to still get 23 PRs at the Dublin Distance Fiesta. Leading the way were Emily Bellinger (#3) and Kai Hamre (#4) who both made it onto the all-time top 10 list in the 3200m.

Over at SRV, Grizzlies were sprinting, hurdling, jumping and throwing their way to 35 season best performances. Highlights included a double win for Zach Bruce in the shot put and discus, Darius Brown running the 3rd best 100m time in school history (10.86), and a thrilling come from behind victory for the boys 4x400 team of Adam Hsuan, Francesco Nudo, Caleb Tung and Darius Brown.

This week we have a home meet on Thursday against Livermore and Amador Valley. Both schools have strong teams, so there will be lots of great competition in all of the events. We have lots of volunteer spots still open for this meet, so please help the team and sign up if you're available.

This Saturday, we go to Foothill for the Bay Area Relays which is a unique meet that features some events we don't see too often. In addition to the usual relays on the track, there will also be

a 4x200, a distance medley relay (1200, 400, 800, 1600), a shuttle hurdle relay, and a co-ed 4x400. All field events are contested as "relays" with team member's best marks being combined to determine placing.

Our own invitational, the East Bay Invitational, is coming to Cal High next Saturday, April 4th. This event is a major fund raiser for the team, and as of today, over 30 schools have signed up to come.

This is a meet in which we need lots of parent help to make it run smoothly. There is a separate link on our SignUpGenius page for East Bay Invitational parent volunteers. A lot of parents have told me they would like to help the team, and this is a great way to show your support.

The admission for this meet is \$10, and all Cal High parents need to pay unless they have signed up to volunteer. There are plenty of shifts you can work that will still allow you to watch your athlete perform during the meet. Last year's meet was a great success, and we want this year's version to be just as good!

Go Grizzlies!!

Athletes of the Week

Mia Hong – At the Swenson/Werne Invitational at SRV, she ran her PR of 12.91 in the 100 and helped both the 4x100 and 4x400 relays run their best times of the season.

Luke Taylor – He set his PR of 22.55 in the 200 at the Swenson/Werne Invitational and ran a strong opening leg on the 4x100, leading the team to their best time of the year.



❖ **MEET ORDER FOR RUNNING EVENTS**

4X100
1600
100/110 HH
400
100
800
300 LH
200
3200
4X400

❖ **EBAL CHAMPIONSHIPS**

BOYS
1997, 1999, 2000, 2001,
2002, 2003, 2004, 2005,
2016, 2018

GIRLS
2009, 2010, 2011, 2013

❖ **NCS TRI-VALLEY CHAMPIONSHIPS**

BOYS
2001, 2003, 2004, 2005,
2019

GIRLS
2009

Parent Help Needed

We will need lots of parent volunteers for our annual invitational track meet at Cal High. The East Bay Invitational will be on Saturday, April 4th, and there are many shifts available. Click on the SignUpGenius link on our website and find the East Bay Invitational Parent Volunteers link to sign up. Volunteers get into the meet for free, all other spectators pay \$10 admission.

Event Spotlight – Shot Put



Interesting Facts

- The women's shot put weighs 4k (8.8 lbs.)
- The men's shot put weighs 12 lbs. for varsity and 10 lbs. for frosh-soph
- The throwing sector is 35° wide

Video

<https://www.youtube.com/watch?v=uGHqaRz53QA>

Shot Put Records

- Women's World Record: 74' 10 ¼" – Natalya Lisovskaya, USSR 1987
- Men's World Record: 77' 3 ½" – Ryan Crouser, USA 2023
- NCS Women's Record: 52' 11 ½" – Kristin Heaston, Ygnacio Valley 1993
- NCS Men's Record: 69' 4 ¾" – Nathan Esparza, Amador Valley 2016
- CHS Women's Record: 39' 11 ¾" – Vosa Hingano 2011
- CHS Men's Record: 56' 4" – Ryan Lockner 2000

"To be the greatest shot putter, you need unmatched passion, natural talent, borderline insane work ethic, and self-discipline."

- Ryan Crouser

Cal High Track Online

For lots of additional information about the team, including the schedule, results, all-time top 10 list and much more, check out our website at www.calhstrack.com

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