

# Grizzly T&F Update 2026

## ❖ MEETS THIS WEEK:

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

## ❖ TEAM EVENTS:

NONE

## ❖ COMING SOON:

TRI MEET VS. SRV/FOOTHILL  
WED., APRIL 15 3:30  
@ SAN RAMON VALLEY HS

DISTANCE & SPRINT FEST  
SAT., APRIL 18 – ALL DAY  
@ GRANADA HS

## ❖ TEAM DONATION UPDATE:

2026 GOAL: \$30,000  
2026 YTD: \$26,608

SUGGESTED DONATION PER  
ATHLETE: \$350



## A Message From Coach Karbo

Another exciting week of Cal High Track & Field this past week as two meets were filled with some great performances.

Thursday's meet against Livermore & Amador Valley produced the most PRs in any meet this season, with 148. Multiple winners were Rachael Osicka (HJ/TJ/100h), Darius Brown (200/400), and Zach Bruce (SP/DT).

In another great showing by the frosh-soph teams on Saturday, both the boys and girls won the team championships at the Bay Area Relays at Foothill.

The girls team had the meet in hand early, led by Sanjana Ginpalli who won both the shot put and discus competitions.

The boys title came down to the final event as the 4x400 relay of Pinkela, Okorie, Crosby and Davis came from behind in a thrilling victory over De La Salle to set the meet record and clinch the team title. Other winning efforts were posted by Jett Bowen in the pole vault and the 4x200 relay.

On the varsity side, Zach Bruce had another strong performance winning the shot put and placing 2<sup>nd</sup> in the discus.

This Saturday it's Cal High's turn to play host at an invitational as we put on the East Bay Invitational for the 2<sup>nd</sup> year in a row. This looks to be a big meet as 42 schools have registered so far with over 1200 entries! As I've mentioned previously, we need lots of parent help at this meet since there are only so many jobs our excellent coaching staff can do. We've had great involvement this year, and several parents have already volunteered, but we need more help, particularly in the afternoon field events. The SignUpGenius link on our home page will list all of the openings that are available for parent volunteers.

There was a phenomenal response to the request for additional food for the snack shack yesterday. All of our requested items have been donated. We appreciate your support!

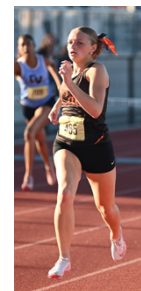
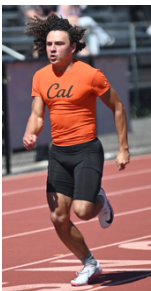
We got a chance at Thursday's meet to see our seniors on display as all of the senior banners were hung on the track's perimeter by the finish line. The banners are hung with velcro strips, so they are easy to take down and put back up if you are concerned about leaving them up during spring break.

Go Grizzlies!!

## Athletes of the Week

**Trevor Davis** – Ran great legs on the winning 4x200 & 4x400 relays at the Bay Area Relays to help them win both events and clinch the frosh-soph boys team championship at the meet. His 51.9 anchor leg helped the 4x400 team set the meet record.

**Lillie Love** – She set a PR of 47.52 in the 300 hurdles against Livermore/AV to move up to #7 all time at Cal High in that event. She also took 2<sup>nd</sup> in the 100h, tying her PR of 16.74.



❖ **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

*"It is better to look ahead  
and prepare than to look  
back and regret."*

*- Jackie Joyner-Kersey*

## 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 4<sup>th</sup>, 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 – 4x400 Relay



### Interesting Facts

- Most teams use a visual handoff in the 4x400 where the runners passing the baton are both watching the exchange
- Since it's the final running event, the 4x400 usually generates a lot of excitement at most meets
- The first runner in the 4x400 stays in their lane the entire way, the second runner can cut to the inside after the first turn

### Video

<https://www.youtube.com/watch?v=bh8ZlxfwC-0>

### 4x400 Records

- Women's World Record: 3:15.17 – USSR 1988
- Men's World Record: 2:54.29 – USA 1993
- NCS Women's Record: 3:37.88 – James Logan 2004
- NCS Men's Record: 3:08.94 – Berkeley 1981
- CHS Women's Record: 3:53.90 (Carr, Groleau, Villafuerte, Brewer) 2015
- CHS Men's Record: 3:17.34 (Brown, Smith, Cogdill, Downer) 1997

## 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](http://www.calhstrack.com)

To follow us on Facebook go to: <https://www.facebook.com/groups/337430765812/>