

Grizzly T&F Update 2026

❖ MEETS THIS WEEK:

NCS MEET OF CHAMPIONS
FRI/SAT, MAY 22/23 - ALL DAY
@ DUBLIN HS

❖ TEAM EVENTS:

NONE THIS WEEK

❖ COMING SOON:

CIF STATE MEET
FRI/SAT, MAY 29/30 - ALL DAY
@ BUCHANAN HS

TEAM AWARDS BANQUET
TUES., JUNE 2 6:00PM
CAL HIGH COMMONS

❖ TEAM DONATION UPDATE:

2026 GOAL: \$30,000
2026 YTD: \$28,849

SUGGESTED DONATION PER
ATHLETE: \$350



A Message From Coach Karbo

The NCS Tri-Valley meet was extremely competitive as usual, with several of the state's top athletes on display. Cal High athletes showed out well, as 19 Grizzlies qualified for this week's NCS Meet of Champions at Dublin High School.

Top placing performers qualifying for MOCs were Rachael Osicka (1st place high jump, 1st place long jump, 2nd place triple jump), Elise Lee (1st place triple jump), Zach Bruce (2nd place shot put, 5th place discus), the unified team of Cooper Waters and Rohan Prabhu (2nd place 100m, 5th place long jump), Darius Brown (3rd place 400m), Emily Bellinger (4th place 1600m), Sanjana Ginjupalli (5th place shot put), Kai Hamre (5th place 3200m), the boys 4x400 team of Aiden Williams, Francesco Nudo, Capone Garrick and Darius Brown (5th place), and the boys 4x100 team of Aiden Williams, Luke Taylor, Capone Garrick and Darius Brown (6th place).

Additional qualifiers on time and placing were Lillie Love (100h & 300h), Haley Holmes (discus), Saya Chanyontpatanakul (pole vault),

the girls 4x100 team of Elise Lee, Jackie Dalmada, Mia Hong and Lillie Love, and the girls 4x400 team of Runo Shokare, Emily Bellinger, Lillie Love and Elise Lee.

Our team banquet is only two weeks away! If you plan on attending and haven't RSVP'd yet, please contact our banquet coordinator Jenny Crosby at jcrosby1024@gmail.com to see if there is still room available.

On a personal note, I was recently notified that I have been chosen as the recipient of this year's NCS Honor Coach Award for track & field, which will be presented to me during Saturday's meet. I am truly thankful for the many excellent coaches I have been able to work with and learn from over my 32 years of coaching at Cal High, and for the opportunity to work at a great school with a very supportive parent community.

Go Grizzlies!!

Athletes of the Week

Capone Garrick – He ran on the 4x100 and 4x400 relays at NCS Tri-Valley helping both squads qualify for MOCs. The 4x100 team broke their own school record running 42.13.

Saya Chanyontpatanakul – She beat her old PR by 5" vaulting 8' 11" at Tri-Valley, which qualified her for the NCS Meet of Champions this week.



❖ **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

If you haven't yet RSVPd for the team banquet, please do so ASAP. The link is in the parent info section of our website.

Event Spotlight – Pole Vault



Interesting Facts

- Most pole vault poles today are made of carbon fiber or fiberglass
- Poles are rated according to the vaulter's maximum weight, but can vary in length and flexibility
- Before mats were invented, vaulters used to land in sawdust

Video

<https://www.youtube.com/watch?v=HszwIR-BVec>

Pole Vault Records

- Women's World Record: 16' 7" – Yelena Isinbayeva, Russia 2009
- Men's World Record: 20' 8¼" – Armand Duplantis, Sweden 2026
- NCS Women's Record: 14' 4" – Jathiyah Muhammad, Pittsburg 2024
- NCS Men's Record: 17' 10½" – Khaliq Muhammad, Pittsburg 2025
- CHS Women's Record: 11' 3" – Sabrina Contreras 2021
- CHS Men's Record: 17' 0" – Justin Miller 2008

"If I feel like I am becoming stagnant then I will try something new. I am always going to be trying to get to a new level."

Armand Duplantis

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

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