



12440 Campo Rd Spring Valley, CA 91978 • (619) 660-3500 FAX (619) 660-7198

Boys & Girls Track and Field 2010

DATE	DAY	TIME	MEET /EVENT	SITE
Dec 6-Feb 18	M-T-TH	3-4:30 pm	Preseason Conditioning	Steele Canyon Track
February 13	Saturday	TBA	All-Comers Meet	Mt. Miguel HS
February 22	Monday	3:00 pm	Official Practice begins	Steele Canyon Track
February 27	Saturday	9:00 am	All-Comers Meet	Patrick Henry HS
March 2	Tuesday	6:00 pm	Mandatory Parent Meeting	Steele Canyon Gym
March 6	Saturday	8:00 am	The Big Dual Invitational	Vista HS
March 11	Thursday	4:00 pm	Otay Ranch/Mt. Miguel	Steele Canyon HS
March 13	Saturday	9:00 am	Bronco Invitational	Rancho Bernardo HS
March 18	Thursday	4:00 pm	Santana	Steele Canyon HS
March 20	Saturday	10:00 am	Falcon Relays	Torrey Pines HS
	Saturday	TBA	Elmer Runge Classic	Patrick Henry HS
March 25	Thursday	4:00 pm	West Hills	West Hills HS
March 27	Saturday	11:00 am	Mt. Carmel Invitational	Mt. Carmel HS
March 29-Apr 2	M-W-F	9-11 am	Spring Break (Week 1)	Varsity practice only!
April 5-9	Mon-Fri	9-11 am	Spring Break (Week 2)	Jv and Varsity Practice
April 8	Thursday	4:00 pm	Grossmont	Steele Canyon HS
April 9-10	Fri-Sat	TBA	Arcadia Invitational	Arcadia HS
April 15	Thursday	4:00 pm	Valhalla	Valhalla HS
April 22	Thursday	4:00 pm	Helix	Steele Canyon HS
April 24	Saturday	8:30 am	Mustang Invitational	Otay Ranch HS
April 28	Wednesday	4:00 pm	Granite Hills	Steele Canyon HS
April 30	Friday	4:00 pm	Escondido Invite	Escondido HS
May 1	Saturday	TBA	Frosh/Soph Invitational	El Capitan HS
May 4	Tuesday	3:00 pm	Jv Grossmont League Prelims	Mt. Miguel HS
May 7	Friday	3:00 pm	Jv Grossmont League Finals	Mt. Miguel HS
May 11	Tuesday	3:00 pm	Grossmont League Prelims	Valhalla HS
May 14	Friday	3:00 pm	Grossmont League Finals	Valhalla HS
May 22	Saturday	TBA	Cif Prelims	Mt. Carmel HS
May 25	Tuesday	6:00 pm	Track Banquet	Steele Canyon Gym
May 29	Saturday	TBA	Cif Finals	Mt. Carmel HS
June 4-5	Fri-Sat	TBA	State Championships	Fresno, Buchanan HS (Clovis)

ALL MEETS AND TIMES SUBJECT TO CHANGE

During the school week, practice is scheduled every day Monday thru Friday at the track from 3:00 - 5:30 pm.

PRINCIPAL: Dr. Craig Rocha

VICE PRINCIPAL: Jeff Kemper, Jeff Kover, Al Love, Eileen Poole

BOYS HEAD COACH: Gary Stathas (Vault)
e-mail: gstathas@guhhsd.net 619- 660-3603

GIRLS HEAD COACH: Charles Tyler (Sprints)
cityler@guhhsd.net 619-660-3682

BOYS & GIRLS ASSISTANT HEAD COACH: Pat Connolly (Distance)
e-mail: pconnolly@guhhsd.net 619-660-3605

ASSISTANTS: Dylan Fitzgerald (Vault), Alex McTrusty (Throws), Brian Barner (Hurdles), Randeek Meek (Distance), Carrie Stathas (High Jump), Rodney Van (Long/Triple Jump), Antoine Woods (Sprints)

12/8/09