

SAN GABRIEL VALLEY TRACK & FIELD CHAMPIONSHIPS

APRIL 19TH, 2025 @ COVINA DISTRICT STADIUM



18th Annual San Gabriel Valley Track and Field Championships **Saturday April 19th, 2025**

Location: Covina District Field – 220 W. Puente Street, Covina, CA. 91723

Time: Field Events will begin at **11:00 A.M.** – Running Events will begin at **12:00 P.M.** Gates will open at 9:30 A.M.

Tickets: \$10 for adults - \$5 for students - \$3 for children.

Awards: Embroidered jacket patches will be awarded to the top 5 overall Varsity finishers in each event. Medals will be awarded to the top 5 overall Frosh/Soph finishers in each event.

Entries: ***ALL Varsity and Frosh/Soph 4x100 and 4x400 relay teams will be accepted.***

NEW: All entries will be made online through www.athletic.net Entries will close at 9:00 PM on Sunday April 13th, 2025. There are no minimum standards for entry, and you will be charged for accepted entries only. NOT ALL ENTRIES ARE ACCEPTED.

- We will give priority to documented entry marks. Documented marks must be 1) achieved in an invitational meet with publicly posted marks. 2) Dual meets recorded contemporaneously in athletic.net, prepcaltrack.com, finishedresults.com, or MilesplitCA, i.e. teams must document their season on that website.
- A list of preliminary Accepted Entries and Alternates, Meet Schedule and Opening Heights will be emailed to coaches by 9:00 P.M. on Monday, April 14th, 2025. You will have 24 hours to edit and correct your entries. The final Accepted Entries will be emailed and published on Tuesday April 15th, 2025. Your fees will be based on this FINAL list.
- **Fees:** \$10 per accepted entry (including relays), with a maximum fee of \$600 for each school - \$300 for single gender schools. Checks for the fees should be made out to "Covina High School." You must pay your fee on or before meet day.
- **Access:** Athletes are allowed on the infield and track only when competing. There will be designated coaching areas near the field events; otherwise, coaches may not enter the infield or the track. There is no team set up allowed on the infield.
- **Bus Drop Off and Parking:** Bus drop off will be in the east side lane next to the Covina District Field Stadium. Bus parking will be at Covina High School (463. S. Hollenbeck Ave., Covina CA 91723) 1/4 mile away.
- **Check-In:** Athletes must check in at the staging area by their appropriate start line or field event area when the event is called.
- **Spikes:** Please make sure all track athletes have 3/16" spikes or less. Spikes will be checked and sold at the entrance of the stadium.
- **Results:** Live results will be available on the Finished Results app. Complete results will be posted after the meet at PrepCalTrack.com and FinishedResults.com.
- **Contact Information:**
Meet Director
Kevin Glaspy
kglaspy@c-vusd.org
626-824-0852 (text preferred)
- Co-Meet Director
Erik Starkey
estark8@aol.com
909-407-0938

San Gabriel Valley Championships Time Schedule (SUBJECT TO CHANGE!)

EVENT #	START	EVENT	# OF HEATS	EVENT #	START	EVENT	# OF HEATS
1	12:00 PM	Girls 1600 Meter Run RATED Frosh Soph	2	35	5:30 PM	Girls 200 Meter Dash Frosh Soph	6
2	12:10 PM	Boys 1600 Meter Run RATED Frosh Soph	2	36	5:40 PM	Boys 200 Meter Dash Frosh Soph	6
3	12:20 PM	Girls 1600 Meter Run RATED Varsity	2	37	5:50 PM	Girls 200 Meter Dash Varsity	6
4	12:35 PM	Boys 1600 Meter Run RATED Varsity	2	38	6:00 PM	Boys 200 Meter Dash Varsity	6
5	12:45 PM	Girls 100 Meter Hurdles Frosh Soph	4	39	6:15 PM	Girls 3200 Meter Run Varsity	1
6	12:50 PM	Girls 100 Meter Hurdles Varsity	4	40	6:30 PM	Boys 3200 Meter Run Varsity	1
7	1:00 PM	Boys 110 Meter Hurdles Frosh Soph	5	41	6:45 PM	Girls 4x400 Meter Relay Frosh Soph	TBA
8	1:10 PM	Boys 110 Meter Hurdles Varsity	5	42	6:55 PM	Boys 4x400 Meter Relay Frosh Soph	TBA
9	1:15 PM	Girls 1600 Meter Run SEEDED Frosh Soph	1	43	7:00 PM	Girls 4x400 Meter Relay Varsity	TBA
10	1:20 PM	Boys 1600 Meter Run SEEDED Frosh Soph	1	44	7:10 PM	Boys 4x400 Meter Relay Varsity	TBA
11	1:25 PM	Girls 4x100 Meter Relay Frosh Soph	2	45	11:00 AM	Boys Varsity Shot Put	
12	1:30 PM	Boys 4x100 Meter Relay Frosh Soph	2	46	11:00 AM	Boys Frosh Soph Discus	
13	1:35 PM	Girls 4x100 Meter Relay Varsity	2	47	11:00 AM	Girls Frosh Soph Pole Vault	
14	1:40 PM	Boys 4x100 Meter Relay Varsity	2	48	11:00 AM	Boys Frosh Soph High Jump	
15	1:45 PM	Girls 1600 Meter Run SEEDED Varsity	1	49	11:00 AM	Boys Varsity Long Jump	
16	1:55 PM	Boys 1600 Meter Run SEEDED Varsity	1	50	11:00 AM	Boys Frosh Soph Triple Jump	
17	2:05 PM	Girls 400 Meter Dash Frosh Soph	5	51	1:15 PM	Girls Frosh Soph High Jump	
18	2:15 PM	Boys 400 Meter Dash Frosh Soph	5	52	1:15 PM	Girls Frosh Soph Discus	
19	2:25 PM	Girls 400 Meter Dash Varsity	5	53	1:15 PM	Girls Varsity Shot Put	
20	2:35 PM	Boys 400 Meter Dash Varsity	5	54	1:15 PM	Girls Varsity Pole Vault	
21	2:50 PM	Girls 100 Meter Dash Frosh Soph	6	55	1:15 PM	Girls Varsity Long Jump	
22	3:00 PM	Boys 100 Meter Dash Frosh Soph	6	56	1:15 PM	Girls Frosh Soph Triple Jump	
23	3:15 PM	Girls 100 Meter Dash Varsity	6	57	3:00 PM	Girls Varsity High Jump	
24	3:25 PM	Boys 100 Meter Dash Varsity	6	58	3:00 PM	Boys Varsity Triple Jump	
25	3:35 PM	Girls 800 Meter Run Frosh Soph	3	59	3:00 PM	Boys Frosh Soph Shot Put	
26	3:50 PM	Boys 800 Meter Run Frosh Soph	3	60	3:00 PM	Boys Varsity Discus	
27	4:00 PM	Girls 800 Meter Run Varsity	2	61	3:00 PM	Boys Frosh Soph Pole Vault	
28	4:10 PM	Boys 800 Meter Run Varsity	3	62	3:00 PM	Boys Frosh Soph Long Jump	
29	4:20 PM	Girls 300 Meter Hurdles Frosh Soph	4	63	5:00 PM	Boys Varsity High Jump	
30	4:30 PM	Girls 300 Meter Hurdles Varsity	4	64	5:00 PM	Girls Frosh Soph Shot Put	
31	4:40 PM	Boys 300 Meter Hurdles Frosh Soph	4	65	5:00 PM	Girls Varsity Discus	
32	4:50 PM	Boys 300 Meter Hurdles Varsity	4	66	5:00 PM	Boys Varsity Pole Vault	
33	5:00 PM	Girls 3200 Meter Run Frosh Soph	1	67	5:00 PM	Girls Frosh Soph Long Jump	
34	5:15 PM	Boys 3200 Meter Run Frosh Soph	1	68	5:00 PM	Girls Varsity Triple Jump	

EVENTS WILL RUN AHEAD OF SCHEDULE WHENEVER POSSIBLE. FINAL SCHEDULE TO BE CREATED

