

**PINER HIGH SCHOOL
TRACK & FIELD
2009-2010**

DAY	DATE	OPPONENT	LOCATION	TIME	RELEASE TIME
Tuesday	February 9	Practice begins	Piner	3:20 PM	
Wednesday	February 24	Piner Maroon & Gold Inter-Squad Meet	Piner	3:20 PM	
Saturday	February 27	Team bonding & BBQ	Piner	10:00 AM	
Saturday	March 6	Big Cat Invitational	Santa Rosa	9:00 AM	
Wednesday	March 10	El Molino & Windsor	Piner	3:45 PM	
Saturday	March 13	San Rafael Twilight Relays	San Rafael	4:00 PM	
Tuesday	March 16	Piner Run-A-Thon	Piner	3:20 PM	
Saturday	March 20	Gold Rush Relays	Piner	9:00 AM	
Wednesday	March 24	Sonoma & Piner	Newman	3:15 PM	
Fri-Sat	March 26-27	*Stanford Invitational	Stanford	TBA	
Mon-Fri	March 29-April 2	Spring Break			
Fri-Sat	April 9-10	*Arcada Invitational	L.A.	TBA	
Wednesday	April 14	Maria Carrillo & Elsie Allen	Piner	3:45 PM	
Saturday	April 17	*West Coast Relays	Fresno	TBA	
Saturday	April 17	Bear Cat Relays	San Mateo	8:30 AM	
Wednesday	April 21	Cardinal Newman	Piner	3:45 PM	
Saturday	April 24	Viking Classic	Montgomery	9:00 AM	
Wednesday	April 28	Montgomery & Piner	Santa Rosa	3:45 PM	
Wednesday	May 5	Rancho Cotate & Piner	Ukiah	3:45 PM	
Friday	May 7	All City	Santa Rosa	TBA	
Wednesday	May 12	NBL Trials	Santa Rosa	4:00 PM	
Friday	May 14	NBL Finals	Santa Rosa	3:00 PM	
Saturday	May 22	*NCS Redwood Empire	TBA	TBA	
Fri-Sat	May 28-29	*NCS Meet of Champions	Berkeley	TBA	
Fri-Sat	June 4-5	*State Championship	TBA	TBA	

*only for athletes who qualify

Head Coach: Melissa Guanella 707-292-2005 (cell)
Luis Rosales 707-326-3610

Assistant: Melanie Rosales & Doug Emery

Principal: Mary Beth Halsey - 528-5245

March 4, 2010