

## Dedications

The Mission Valley Track & Field Combined Events Meet is dedicated in memory of **Arlevia Livingston** (1998 to 2016), former James Logan High School student and athlete and school record holder in the Heptathlon. We would like to remind athletes, parents, coaches, supporters of the importance of **anti-bullying and suicide awareness**. Please wear a **green heart** or something **green** to signify anti-bullying and suicide awareness. This was Arlevia's favorite color-**Green**.



The **Open 100 meter** is dedicated to former James Logan High School and Mission Valley Track & Field Club **Coach, Pope Powell**. Coach Powell was instrumental in building the Mission Valley Club, recruiting and inspiring the Youth in the Sport of Track & Field. He loved to be on the track and help the youth. He had 4 daughters who all participated for the Mission Valley Track and Field Club. He now has a granddaughter competing for Mission Valley Track and Field Club.

The **Open 1500 meters** is dedicated to **Bob Shor**, a longtime Santa Rosa Track & Field official, Cross Country official and coach. Bob was a regular USATF Pacific Association official and starter at Track & Field and Cross Country Meets for over many years. He was a true **legend** to the sport of Track and Field with an unmatched knowledge of all aspects of the sport. Bob was a decorated **Army Captain** and **Vietnam Veteran**. Bob **dedicated his life** to changing our youths' lives forever!



The **Para Olympian 400 meter** race is dedicated to **Zac Grow** and his family. Zac was a devoted Special Olympian and true friend to his fellow athletes and teammates. We can never forget Zac as he smiled and waved to the crowd while using one arm to propel his wheelchair to the finish line!

The **Special Olympics 100 meter** race is dedicated to **Anthony McIntrye**. His true joy and dedication to the sport of Track and Field was truly a blessing. He was also involved in every Special Olympic sport that was offered. We miss him dearly!!



The **Turbo Jav/Aero Jav** will be dedicated to **Tom Petranoff**. Inventor of the Turbo Javelin, **2-Time Olympian and former World Record Holder**. Tom has dedicated his whole life to the javelin and the success of many people at all levels of throwing the javelin is a tribute to him and his great work.

Bullying is Never OK. If you or someone you know needs support now, call or text 988 or chat 988lifeline.org.

# ARLEVIA LIVINGSTON COMBINED EVENTS/OPEN MEET

June 16 to 17, 2023 (Fri/Sat) James Logan High School






BELIEVE TO ACHIEVE!!

**Register & meet info packet at [athletic.net](https://athletic.net)**  
 Deadline to register is June 15th  
 Visit us at <https://www.missionvalleytrackandfield.com>  
 Contact Coach Lee Webb, (510) 304-7172, [lwebb@nhusd.k12.ca.us](mailto:lwebb@nhusd.k12.ca.us)

**Events**

- Heptathlon (Age 15+)
- Decathlon (Age 15+)
- Pentathlon (Age 11-12, 13-14)
- Triathlon (Age 6 and under, 7-8, 9-10)
- Open 100m (All Ages)
- Special Olympics 100m
- Para Olympic 400m
- Open 1500m (All Ages)
- 50m Dash (Ages 1 to 5)
- Javelin (Age 6 and under, 7-8, 9-10, 11-12)

**Thank You to Our Sponsors!**



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**Event Registration:** Register at [athletic.net](http://athletic.net). Online registration will close on June 15th. Same-day, on-site registration will also be available.

**Combined Events have a maximum 30 minutes between events.** If agreed upon by all athletes, the time can be less.

**Day 1, Friday, June 16th, 2023 (Estimated Start Times Listed Below)**

- Heptathlon 100 Hurdles Shot Put, High Jump, 200m - **12:00pm**
- Decathlon 100m, Long Jump, Shot Put, High Jump, 400m - **12:00pm**
- Triathlon Ages 6 and Under **Boys and Girls** Shot Put, Long Jump, 200 Meters - **12:00 pm**
- Triathlon Ages 7,8 **Girls** Shot Put, Long Jump, 200 Meters - **1:00 pm**
- Triathlon Ages 7,8 **Boys**, Shot Put, Long Jump, 200 Meters - **1:00 pm**
- Triathlon Ages 9, 10 **Girls** Shot Put, High Jump, 200 Meters - **2:00 pm**
- Triathlon Ages 9,10 **Boys** Shot Put, High Jump, 400 Meters - **2:00 pm**
- **Tom Petranoff** Javelin 6 and under, 7/ 8, 9/10, 11/12 - **2:00 pm**

**Day 2, Saturday, June 17th, 2023 (Estimated Start Times Listed Below)**

- Decathlon 110 Hurdles, Discus, Pole Vault, Javelin, 1500m - **10:00am**
- Heptathlon Long Jump, Javelin, 800M - **10:00am**
- Pentathlon 11 to 12 Girls 80 Hurdles, Shot Put, High Jump, Long Jump, 800m - **10:30am**
- Pentathlon 11 to 12 Boys 80 Hurdles, Shot Put, High Jump, Long Jump, 1500m - **11:00 am**
- Pentathlon 13 to 14 Girls 100 Hurdles, Shot Put, High Jump, Long Jump 800m - **11:30 am**
- Pentathlon 13 to 14 Boys 100 Hurdles, Shot Put, High Jump, Long Jump, 1500m - **12:00 pm**



- **Celebrity 100m - 12:55 pm**
- **Pope Powell** Open 100m All ages - **1:00 pm**
- **Anthony McIntrye** Special Olympics 100m - **2:00 pm**
- **Bob Shor** 1500m All Ages - **2:30 pm**
- **Zac Grow** Para Olympic & Open 400m - **4:00 pm**
- **Believe To Achieve!! 50 Meters Ages 1-5 Awards To All - 4:00 pm**



**Pacific Association Combined Events Records**

Group	G/B	Athlete's Name	Affiliation	Score	Year
Group 0	Girls	Serena Grewal	Mission Valley	22	2022
Group 0	Boys	Shaunak Vichare	Mission Valley	106	2022
Group 1	Girls	Josi Bloom	Peninsula Flyers	168	2017**
Group 1	Girls	Kyra Turner	Top Pacers	419	2016*
Group 1	Boys	Shiv Kadu	Umoja	258	2022**
Group 1	Boys	Christian Dixon	Oakland PAL	172	2016*
Group 2	Girls	Desirae Payton	Speed City	1,355	2001
Group 2	Boys	Austin George	Westwind Flyers	1,677	1995
Group 3	Girls	Ericka LeBlanc	Unattached	2,729	2019
Group 3	Boys	Rudy Barton	Unattached	2,532	1992
Group 4	Girls	Amy Thuesen	Umoja	3,072	2017
Group 4	Boys	Miles Roberts	Umoja	3,313	2019
Group 5	Girls	Eve King	City Track Club	4,068	2005
Group 5	Boys	William Holden	Wingate Marin Waves	5,514	2019
Group 6	Girls	Tatum Souza	Napa Track Club	4,641	2009
Group 6	Boys	Jonathan Ply	Unattached	6,904	2017

\* Group 1 record with High Jump

\*\* Group 2 record with Long Jump

**Age Groups:** Group 0 (6 and under); Group 1 (7 to 8); Group 2 (9 to 10); Group 3 (11 to 12); Group 4 (13 to 14); Group 5 (15 to 16); Group 6 (17 to 18)

