

CAL CENTER MEET #1

Thursday March 15th 2018

Vista Del Lago High School

1970 Broadstone Parkway, Folsom, CA

Field Events Start: 3:30 P.M.

Running Events Start 4:00 P.M.

We have been informed that with classes ending at 1:40P.M. on Thursdays, we should have enough time to get to the meet without requiring early dismissal. We will **NOT** be having an **early dismissal**. There is **no school provided transportation**, please coordinate transportation for your athlete. All athletes are requested to be at the meet by 2:45P.M., ready to warm up with the team. You will find the order of events and approximate times listed below. The meet management is predicting the meet will end by 7:30, we are requesting all athletes stay for the whole meet to cheer on their team. We will have a tent set up in bleachers for athletes and parents to be together and cheer on the team. Look for the Rio Raiders tent! We will compete rain or shine (unless there is lightening)

Uniforms and Gear:

Athletes must compete in the team uniform.

All members of a relay must be dressed the same (matching jersey and shorts).

If competing in spikes, spikes must be ¼" pyramid only (no needles, or christmas tree).

DRESS WARM!!!! Bring Rain Gear!!! Pack Layers!!! (Forecast is cold and raining)

Also Bring:

Water and a sports drink

A healthy snack (ex. Turkey sandwich, banana, yogurt, granola bar, trail mix, peanut butter and crackers, chocolate milk)

Homework/book

Music (No devices are allowed on the infield)

Questions or Concerns?

Please Contact: Coach Lea Wallace (707) 225-5879

Coach Trevor Boler (530) 400-5317

MEN'S COMPETITION ROSTER

Jordan Baker (V)	SP/DS	Ethan Loomis (F/S)	400M/200M
Shane Becker (v)	400M/200M/4x400M	Antonio Lopes (V)	4X100M/100M/LJ
Joseph Bender (F/S)	1600M/800M	Tyler Maccomber (F/S)	400M/800M
Zach Chambers (V)	1600M/800M	Ermiyas Mamo (F/S)	1600M/3200M
Ty Contreras (F/S)	SP/DS	Cody Meider (F/S)	SP/DS
Jacob Crull (F/S)	100M/200M	Christian Melliza (V)	400M/100M/200M
Nathan Daly (F/S)	100M/200M/LJ	Jose Miranda (F/S)	SP/DS
Thomas Daly (V)	110HH/300LH/LJ	Reed Moore (V)	800M/200M/4X400M
Stefan Eiremo (V)	400M/300LH/200M/4X400M	Jalen Naran (V)	800M/200M/4X400M/HJ
Conner Ettinger (V)	1600M/800M/3200M	Joeseeph Nava (F/S)	100M/200M/LJ
Micaiah Gautier (V)	4X100M/100M/200M	Jack Norton (V)	100M/200M
Nathan Gautier (V)	800M/200M/4X400M	Jack Pallasen (V)	800M/200M/4X400M
Zachary Gonzalez (V)	4X100M/100M/200M	Cameron Phillips (F/S)	SP/DS
Ross Gowan (V)	800M/200M/4X400M	Peyman Rajabi (V)	SP/DS
Matthew Grossman (V)	300LH / TJ	Amadeus Romero (F/S)	SP/DS
Brynan Hare (V)	4X100M/100M/200M/LJ	Jensen Salvatori (V)	1600M/800M
Ricky Jauregui (F/S)	SP/DS	Willie Samuelson (V)	800M/200M/3200M
Wyatt Kaio (F/S)	SP/DS	Austin Scott (F/S)	SP/DS
Samuel Kirkwood (V)	110HH / HJ	Jalen Taylor (V)	4X100M/100M/200M/LJ
Sean Lindholm (V)	4X100M/400M/100M/4X400M	David Valencia (F/S)	400M/200M
Max Long (F/S)	SP/DS	Jonathan Waldmire (V)	4X100M/100M/200M
Quinn Loofbourrow (V)	SP/DS	Nathan Witte (V)	1600M/3200M/HJ
		Davyd Yalansky (V)	SP/DS

WOMEN'S COMPETITION ROSTER

Alexandra Accinelli (V)	SP/DS	Talya Kurzrock (V)	100M
Evnika Antonova (V)	4x100M/SP/LJ/PV	Anabel Lewis (V)	4X100/400M/200M/LJ
Emi Anzi (V)	1600M/800M	Isabella Lindstrom (V)	4X100/400M/200M/HJ
Katie Borg (V)	100M/TJ	Tessa Loofbourrow (V)	1600M/800M
Ella Bracchi (V)	1600M/800M	Meghan Mahoney (V)	1600M/3200M
Georgia Bracchi (V)	1600M/800M/3200M	Katie Newton (V)	800M/200M/4X400M
Ajee Brooks (V)	4X100M/100M/TJ	Gabriela Perez (V)	100HH/300LH
Lauren Calcagno (V)	800M/200M/4X400M	Nailea Perez (V)	4X100M/100M
Mya Chavis (V)	4X100M/100M/200M	Gabby Prieto (V)	100M/LJ
Megan Dang (V)	1600M/800M/3200M	Lucy Prieto (V)	800/200M/4X400M/LJ
Ale Doyle (V)	400M/200M/4X400M	Anaiah Renteria (V)	4X100/100M/200M/TJ
Alyssa Escay (V)	800M/200M/4X400M	Naira Rueckert (V)	100HH/300LH/200M
Frankie Gonzalez (V)	800M	Natalie Siliman (V)	1600M/800M/3200M
Katie Hardwicke (V)	800M/3200M	Willow Ward (V)	SP/DS
Mykayla Harris (V)	SP/DS	Makena Wenger-Johnson (V)	100H/100M/300LH/PV
Caitlin Hayden (V)	800M/3200M	Isabella Winscott (V)	4X100/400/200/4X400
Aurora Helfrich (V)	SP/DS	Rosalia Zubillaga (V)	SP/DS
Sophia Karperos (V)	800M/200M/4X400M		

Order of Events- CAL League Center Meet #1

Field Events

	<u>3:30 Group</u>	<u>2nd Group</u>	<u>3rd Group</u>
Shot Put (see note a)	VB	FSB	VG
Discus (see note a)	VG	VB	FSB
Long Jump (see note b,c)	VB / FSB / VG		
Triple Jump (see note b,d)	VG / VB / FSB		
High Jump (see note e)	VG (3-10)	FSB (4-8)	VB (5-0)
Pole Vault (see note e, f)	VG (6-0)	FSB (8-0)	VB (9-0)

a. Four throws, no finals

b. Four Jumps, no finals

c. Open pit from 3:30 to start of 100m dash races (approximately 5:35PM, **pay attention to progress of running events**)

d. Open pit starting at beginning of 100m dash races (approximately 5:35PM)

e. Three attempts each height, opening heights as noted above in parenthesis

f. Competition will be one continuously moving bar with all divisions competing together.

Running Events- 4:00 PM

Start times in parenthesis are approximate only

4x100M Relay (4:00 PM)	FSB	VG	VB
1600M (4:10 PM)	FSB	VG	VB
100MH (4:40 PM)	VG		
110MH (4:55 PM)	FSB	VB	
400M (5:15 PM)	FSB	VG	VB
100M (5:35 PM)	FSB	VG	VB
800M (5:55 PM)	FSB	VG	VB
300MH (6:10 PM)	FSB	VG	VB
200M (6:25 PM)	FSB	VG	VB
3200M (6:50 PM)	VG / FSB / VB		
4x400M Relay (7:10 PM)	FSB	VG	VB