

CAL LEAGUE MEET 2

Thursday April 19th 2018

Casa Roble High School

9151 Oak Ave, Orangevale, CA

Events Start 3:30P.M.

Students will get out at the normal Thursday dismissal which is 1:40. We would like all athletes at Casa Roble High School by 2:45! There is no school provided transportation for this meet, please coordinate transportation for your athlete. School Administration has asked us to remind parents that it discourages students giving other students a ride. If you are having your student athlete get a ride from another student, you must have a note from a parent of both parties authorizing this. Additionally, please remember California State Law requires a driver have their license for 1 year prior to driving with others in the vehicle. 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!

Due to construction at Casa Roble, the **Shot Put** and **Discus** events will be held on **Friday April 20th at Christian Brothers High School**. There will be no throwing events at the Thursday Meet.

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).

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

Time Schedule:

The CAL League Meet will be a rolling start format. We have added estimates of starts to the order of events below but these can change significantly, especially as the meet progresses.

Long Jump VB / FSB / VG	Open pit from 3:30 to start of 100M dash races (approximately 5:35PM, pay attention to progress of running events)		
Triple Jump VG / VB / FSB	Open pit starting at beginning of 100m dash races (approximately 5:35PM)		
High Jump	VG (3-10)	FSB (4-8)	VB (5-0)
	3:30 Group	2 nd Group	3 rd Group
Three attempts each height, opening heights as noted above in parenthesis			

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

WOMEN'S COMPETITION ROSTER

Alexandra Accinelli (V) SP/DS

Evnika Antonova (V) SP/DS/LJ/PV

Emi Anzi (V) 1600M/800M

Katie Borg (V) 100M/LJ

Ella Bracchi (V) 300LH

Georgia Bracchi (V) 300LH

Ajee Brooks (V) 4X100M/100M/TJ

Lauren Calcagno (V) 1600M/400M/4X400M

Megan Dang (V) 300LH

Ale Doyle (V) 4X100M/400M

Alyssa Escay (V) 1600M/800M

Katie Hardwicke (V) 1600M/800M

Mykayla Harris (V) SP/DS

Caitlin Hayden (V) 1600M/300LH

Aurora Helfrich (V) SP/DS

Sophia Karperos (V) 800M/4X400M

Talya Kurzrock (V) 100M

Anabel Lewis (V) 4X100/200M

Isabella Lindstrom (V) 100M/200M/HJ

Tessa Loofbourrow (V) 1600M/800M

Meghan Mahoney (V) 800M/3200M

Katie Newton (V) 4X100/400M/200M/4X400

Gabby Prieto (V) 100M/LJ

Lucy Prieto (V) 400M/200M/4X400M/LJ

Naira Rueckert (V) 100HH/300LH

Natalie Siliman (V) 800M/3200M

Willow Ward (V) SP/DS

Makena Wenger-Johnson (V)
100HH/100M/300LH/PV

Rosalia Zubillaga (V) SP/DS

MEN'S COMPETITION ROSTER

Jordan Baker (V) SP/DS	Quinn Loofbourrow (V) SP/DS
Joseph Bender (F/S) 1600M/800M	Ethan Loomis (F/S) 1600M/400M
Zach Chambers (V) 1600M/800M	Antonio Lopes (V) 4X100M/100M/200M/LJ
Ty Contreras (F/S) SP/DS	Tyler Maccomber (F/S) 800M
Jacob Crull (F/S) 100M/200M	Ermiyas Mamo (F/S) 1600M/800M/3200M
Nathan Daly (F/S) 100M	Cody Meider (F/S) SP/DS
Thomas Daly (V) 110HH/LJ	Christian Melliza (V) 100M
Chris Delacruz (V) LJ	Jose Miranda (F/S) SP/DS
Stefan Eiremo (V) 400M/200M	Reed Moore (V) 400M/200M/4X400M
Conner Ettinger (V) 1600M/800M	Jalen Naran (V) 800M/HJ
Nathan Gautier (V) 300LH	Joeseeph Nava (F/S) 200M
Zachary Gonzalez (V) 4X100M/100M/200M	Jack Nordman (V) 100M/200M
Nic Gorman (V) 1600M/800M	Jack Pallasen (V) 400M/200M/4X400M
Ross Gowan (V) 400M/200M/4X400M	Cameron Phillips (F/S) SP/DS
Matthew Grossman (V) 300LH / TJ	Savion Ponce (V) 4X100M/100M/200M/LJ
Brynan Hare (V) 4X100M/100M/200M	Amadeus Romero (F/S) SP/DS
Ricky Jauregui (F/S) SP/DS	Jensen Salvatori (V) 3200M
Wyatt Kaio (F/S) SP/DS	Willie Samuelson (V) 1600M/800M/3200M
Samuel Kirkwood (V) 110HH / HJ	David Valencia (F/S) 800M
Jake Leatherman (F/S) SP/DS	Jonathan Waldmire (V) 100M/200M
Sean Lindholm (V) 4X100/400/200/4X400	Nathan Witte (V) HJ
Max Long (F/S) SP/DS	