

# **Sheldon Distance & Carnival**

**Friday April 27<sup>th</sup> 2018**

Sheldon High School

**8333 Kingsbridge Dr., Sacramento, CA**

**Events Start 4:30P.M.**

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!

## **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)

## **Time Schedule:**

The order of events is listed below with a time schedule. We would like all athletes to check in with their coach at the meet 90 minutes before the start of their race. The start times can change, especially as the meet progresses. If the meet gets ahead of schedule they will not slow down, please do not miss your event!

## **Check In:**

Seeding will be done at the meet. Your athletes will check in with the clerk, where they'll be given a tag to write their name, school & grade. They can pin the tag to their uniform. They'll gather in the staging area prior to their race, where they'll be seeded into heats. When they finish their race, they'll be directed thru a finish chute. Your athletes need to stay in the order that they finished until their tags are collected at the end of the chute. We'll run fast heats first, then slower heats.





















## **Questions or Concerns**

Please Contact:

Coach Lea Wallace (707) 225-5879

Coach Trevor Boler (530) 400-5317

### ORDER OF EVENTS

<b>1600 Meters</b>	 Middle School Girls	Finals	4:00 PM
	 Middle School Boys	Finals	4:15 PM
	 Frosh/Soph Girls	Finals	4:30 PM
	 Frosh/Soph Boys	Finals	4:58 PM
	 Varsity Girls	Finals	5:30 PM
	 Varsity Boys	Finals	5:57 PM
<b>DMR 1200-400-800-1600m</b>	 Frosh/Soph Boys	Finals	6:26 PM
	 Varsity Girls	Finals	6:41 PM
	 Varsity Boys	Finals	6:58 PM
<b>800 Meters</b>	 Middle School Girls	Finals	7:13 PM
	 Middle School Boys	Finals	7:21 PM
	 Frosh/Soph Girls	Finals	7:30 PM
	 Frosh/Soph Boys	Finals	7:44 PM
	 Varsity Girls	Finals	8:01 PM
	 Varsity Boys	Finals	8:15 PM
<b>3200 Meters</b>	 Frosh/Soph Girls	Finals	8:32 PM
	 Frosh/Soph Boys	Finals	8:48 PM
	 Varsity Girls	Finals	9:18 PM
	 Varsity Boys	Finals	9:36 PM
<b>4x800 Relay</b>	 Frosh/Soph Boys	Finals	9:50 PM
	 Varsity Girls	Finals	10:02 PM
	 Varsity Boys	Finals	10:15 PM

**MEN'S COMPETITION ROSTER**

Zach Chambers (V)	DMR/800M
Stefan Eiremo (V)	800M
Conner Ettinger (V)	DMR/800M
Nathan Gautier (V)	DMR/800M
Nic Gorman (V)	DMR/800M
Ethan Loomis (F/S)	1600M/800M
Tyler Maccomber (F/S)	800M
Ermiyas Mamo (V)	DMR/1600M/800M
Christian Melliza (V)	800M
Reed Moore (V)	DMR/800M
Jalen Naran (V)	DMR/800M
Jensen Salvatori (V)	DMR/1600M
Willie Samuelson (V)	1600M/800M

**WOMEN'S COMPETITION ROSTER**

Emi Anzi (F/S)	1600M
Ella Bracchi (F/S)	800M
Georgia Bracchi (V)	DMR/800M
Megan Dang (V)	800M
Alex Doyle (F/S)	800M
Alyssa Escay (V)	DMR/800M
Katie Hardwicke (F/S)	800M
Caitlin Hayden (F/S)	800M
Annabel Lewis (F/S)	800M
Tessa Loofbourrow (F/S)	800M
Katie Newton (V)	DMR/800
Lucy Prieto (V)	DMR/800M
Natalie Siliman (V)	1600M