

# Rocklin Thunder Invitational

**Saturday April 7<sup>th</sup> 2018**

Rocklin High School

**5301 Victory Ln., Rocklin, CA**

**Events Start 9:00 A.M.**

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)

## **Time Schedule:**

The Thunder Invitational 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. This will be an all-day event, cheer on your fellow teammates and bring some homework! We provide estimates to try and help you gauge inviting friends and family to watch but things can change and you don't want to miss your event.

## **Check in:**

All athletes should check in with the "Clerk of the Course" for their races when called to do so. The "Clerk of the Course" will assign you a "hip number" when you check in for your race. The "hip number" should be worn on the left side of your shorts. Please do not obscure your "hip number" by having your singlet outside of your shorts.

Field Event Check In: Athletes should check in with the official in the field event area prior to the start of the division your athlete is competing in.

## **Warm-ups:**

Only competing athletes and officials (no spectators) are allowed on the infield. Coaches are welcome on the infield while their athlete is competing in the given field event

## **Results:**

Will be posted on boards at the main gate entrance and live at [www.redcaptiming.com](http://www.redcaptiming.com).

## **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	Antonio Lopes (V)	4X100M/100M/200M/LJ
Zach Chambers (F/S)	800M	Ermiyas Mamo (F/S)	3200M
Ty Contreras (F/S)	SP/DS	Cody Meider (F/S)	SP
Nathan Daly (F/S)	100M/200M	Christian Melliza (V)	200M
Thomas Daly (V)	110HH/LJ	Jose Miranda (V)	SP/DS
Stefan Eiremo (V)	4X100M/400M/4X400M	Jalen Naran (F/S)	400M/HJ
Nathan Gautier (V)	400M/4X400M	Jack Pallasen (V)	800M/4X400M
Zachary Gonzalez (V)	4X100M/100M/200M	Cameron Phillips (F/S)	SP/DS
Nic Gorman (F/S)	800M	Amadeus Romero (V)	SP/DS
Ross Gowan (V)	400M/4X400M	Jensen Salvatori (V)	800M
Matthew Grossman (V)	800M / TJ	Willie Samuelson (V)	3200M
Brynan Hare (V/FS)	4X100M/100M/200M	Jalen Taylor (F/S)	100M/LJ
Ricky Jauregui (F/S)	DS	Jonathan Waldmire (V)	100M
Samuel Kirkwood (V)	110HH / HJ	Nathan Witte (F/S)	1600M/HJ

### **WOMEN'S COMPETITION ROSTER**

Alexandra Accinelli (V)	SP/DS	Anabel Lewis (F/S)	400M/LJ
Evnika Antonova (F/S)	SP/DS	Isabella Lindstrom (F/S)	100M/200M/HJ
Ella Bracchi (F/S)	800M	Tessa Loofbourrow (F/S)	1600M
Georgia Bracchi (V)	800M	Meghan Mahoney (V)	3200M
Ajee Brooks (V)	100M/TJ	Katie Newton (V)	1600M/4X400M
Lauren Calcagno (V)	400M/200M/4X400M	Lucy Prieto (V)	1600M/4X400M/LJ
Ale Doyle (F/S)	4X400M	Natalie Siliman (V)	1600M
Alyssa Escay (F/S)	1600M/4X400M	Willow Ward (F/S)	SP/DS
Annalee Gorman (F/S)	300MH/4X400M	Makena Wenger-Johnson (F/S)	100H/PV
Katie Hardwicke (F/S)	800M/4X400M	Rosalia Zubillaga (V)	DS
Mykayla Harris (F/S)	SP/DS		
Caitlin Hayden (F/S)	1600M		
Aurora Helfrich (V)	SP/DS		
Sophia Karperos (V)	800M/4X400M		
Talya Kurzrock (V)	LJ		

## 2018 Thunder Invite Order of Events

<u>EVENT</u>	<u>ESTIMATED START</u>	<u>ATHLETE ARRIVAL</u>	<u>CLASSIFICATION</u>			
4x100M Relay	9:00 AM	7:45 AM	FSG	FSB	VG	VB
1600M	9:45 AM	8:15 AM	FSG	FSB	VG	VB
110MH	10:30 AM	9:00 AM	FSB	VB		
100MH	10:45 AM	9:00 AM	FSG	VG		
400M	11:00 AM	9:30 AM	FSG	FSB	VG	VB
100M	12:00 PM	10:30 AM	FSG	FSB	VG	VB
800M	1:15 PM	11:30 AM	FSG	FSB	VG	VB
300MH	2:15 PM	12:00 PM	FSG	VG	FSB	VB
200M	3:00 PM	1:00 PM	FSG	FSB	VG	VB
3200M	3:45 PM	2:00 PM	FSG	FSB	VG	VB
4x400M Relay	4:45 PM	2:45 PM	FSG	FSB	VG	VB

### FIELD EVENTS (START 9AM)

#### DISCUS

9:00am VG - ring 1 VB to follow  
 9:00am F/S Girls - ring 2 F/S Boys to follow  
*(Finals will immediately follow trials)*  
*3 throws in trials, top 9 get 3 throws in finals)*

#### SHOT PUT

9:00am VB - ring 1 VG to follow  
 9:00am F/S Boys - ring 2 F/S Girls to follow  
*(Finals will immediately follow trials)*  
*3 throws in trials, top 9 get 3 throws in finals)*

### **LONG JUMP/TRIPLE JUMP**

4 Jumps – Open Pit First letter of last name will be used to determine pit time

The first legal jump will be measure Ensuing attempts must meet the minimum marks

#### **South Pit (scoreboard end)**

9:00 – 10:00 Var. Boys Long Jump (18 ft, A-K)  
 10:00 – 11:00 Var. Boys Long Jump (18 ft, L-Z)  
 11:00 – 12:30 F/S Girls Long Jump (12 ft, All)  
 12:30 – 1:30 F/S Boys Long Jump (16 ft, A-K)  
 1:30 – 2:30 F/S Boys Long Jump (16 ft, L-Z)  
 2:30 – 3:30 Varsity Girls Long Jump (14 ft, A-J)  
 3:30 – 4:30 Varsity Girls Long Jump (14 ft, K-Z)

#### **North Pit (near discus)**

9:00 – 10:30 F/S Boys Triple Jump (33 ft, All)  
 10:30 – 12:00 Varsity Girls Triple Jump (28 ft, All)  
 12:00 - 1:30 Var. Boys Triple Jump (35 ft, A-K)  
 1:30 – 3:00 Var. Boys Triple Jump (35 ft, L-Z)  
 3:30 – 4:30 F/S Girls Triple Jump (26 ft, All)

### **POLE VAULT**

9:00am – Center Pit: VG (VB to follow)

9:00am – Sideline Pit: F/S Girls (F/S Boys to follow)

*Opening Heights:*

*F/S G-6', VG-7', F/S B-8', VB-9'*

*F/S Girls – One foot increments until 7', then 6" increments*

*V Girls – One foot increments until 8', then 6" increments*

*F/S Boys – One foot increments until 9', then 6" increments*

*V Boys – One foot increments until 10', then 6" increments*

### **HIGH JUMP**

9:00am - Pit #1: Varsity Girls (Varsity Boys to follow)

9:00am - Pit #2: F/S Girls (F/S Boys to follow)

*Opening Heights: F/S G -3'8", VG-4', F/S B-4'6", VB-5'*