

CAL LEAGUE CHAMPIONSHIP

Thursday May 10th 2018

El Camino High School

4300 El Camino Ave, Sacramento, 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 El Camino 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!

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 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.

Field Events – 3:30 PM

Shot Put (4 Throws) – FSB, VB, VG, FSG

Discus (4 Throws) – FSG, VG, VB, FSB

Long Jump (4 Jumps) – VB, FSB, VG, FSG (Open Pit until 100M start)

Triple Jump (4 Jumps – VG, FSG, VB, FSB (Open Pit 100M to 4x400 start)

High Jump – FSB, VB, VG, FSG

Pole Vault – FSG, VG, VB, FSB

Running Events- 4:00 PM

Start times in parenthesis are approximate only

4x100M Relay (4:00 PM) FSG / FSB / VG / VB

800M (6:00 PM) FSG / FSB / VG / VB

1600M (4:15 PM) FSG / FSB / VG / VB

300MH (6:20 PM) FSG / FSB / VG / VB

100MH (4:45 PM) FSG / VG

200M (6:35 PM) FSG / FSB / VG / VB

110MH (4:55 PM) FSB / VB

3200M (7:10 PM) VG / VB / FSG&FSB

400M (5:15 PM) FSG / FSB / VG / VB

4x400M Relay (7:55 PM) FSG / FSB / VG / VB

100M (5:40 PM) FSG / FSB / VG / VB

WOMEN'S COMPETITION ROSTER

Alexandra Accinelli (V) SP/DS

Sophia Karperos (V) 1600M/800M/4X400M

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

Talya Kurzrock (V) 100M/TJ

Emi Anzi (F/S) 1600M/800M

Anabel Lewis (V) 4X100/400M/200M

Katie Borg (V) 100M/LJ

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

Ella Bracchi (FS) 400M/800M

Tessa Loofbourrow (F/S) 1600M/800M

Georgia Bracchi (V) 800M/300LH

Meghan Mahoney (V) 3200M

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

Katie Newton (V) 800M/200M/4X400

Lauren Calcagno (V) 800M/200M/4X400M

Gabby Prieto (F/S) 100M/LJ

Megan Dang (V) 1600M/300LH

Lucy Prieto (V) 800M/200M/4X400M

Alex Doyle (V) 4X100M/400M/200M

Naira Rueckert 100HH/100M/200M

Alyssa Escay (V) 100M/200M

Natalie Siliman (V) 3200M

Katie Hardwicke (F/S) 1600M/800M

Willow Ward (F/S) SP/DS

Mykayla Harris (F/S) SP/DS

Makena Wenger-Johnson (V) 4X100/100HH/PV

Caitlin Hayden (F/S) 800M/300LH

Rosalia Zubillaga (F/S) SP/DS

Aurora Helfrich (V) SP/DS

MEN'S COMPETITION ROSTER

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