

**Randy Sturgeon Invitational
Saturday, March 10th, 2018**

Granite Bay High School
1 Grizzly Way, Granite Bay, CA 95746

Men's Competition Roster:

Jordan Baker SP/DS
Zach Chambers 1600/800/3200
Ty Contreras SP/DS
Sam Cooperman Earl 4x100m
Jacob Crull 4x100m
Thomas Daly 110H/TJ/LJ
Stefan Eiremo 800m/4x400m
Micaiah Gautier 4x100m
Nathan Gautier 55.35
Zachary Gonzalez 100/200/4x100/4x400
Nic Gorman 800m/1600m
Ross Gowan 400m
Matthew Grossman 200m/4x400/LJ
Brynan Hare 100m/200/4x100m/LJ
Samuel Kirkwood 110mHH/HJ
Jaden Lenox 100m/4x100
Sean Lindholm 200m/400m/4x100m/4x400m
Quinn Loofbourrow SP/DS
Ethan Loomis 800m
Antonio Lopes 100m/4x100m/LJ
Tyler Maccomber 1600m
Ermiyas Mamo 3200m
Christian Melliza 100m/4x400m
Jose Miranda SP/DS
Reed Moore 400m/1600m
Jalen Naran 400m
Joseph Nava 200m
Jack Pallesen 400m
Peyman Rajabi SP/DS
Amadeus Romero SP/DS
Jensen Salvatori 1600m
Jalen Taylor 200m/4x100m/LJ
Jonathan Waldmire 100m/LJ
Nathan Witte 1600m/HJ

Women's Competition Roster:

Alexandra Accinelli SP/DS
Evnika Antonova SP/DS/4x100m
Emi Anzai 800m
Ajee Brooks 100m/TJ/4x100m
Lauren Calcagno 1600m/400m
Alyssa Escay 1600m/400m
Katie Hardwicke 1600m
Mykayla Harris SP/DS
Caitlin Hayden 1600m
Aurora Helfrich SP/DS
Sophia Karperos 1600m/400m
Annabel Lewis 4x100m/400m/LJ
Isabella Lindstrom 100m/200m/4x100m/HJ
Meghan Mahoney 1600m
Katie Newton 400m
Nailea Perez 4x100m
Gabby Prieto 100m/LJ
Lucy Prieto 1600m/400m
Natalie Silliman 800m/3200m
Willow Ward SP/DS
Makenna Wenger-Johnson PV/4x100m
Rosalia Zubillaga SP/DS

***Rolling Competition Schedule (Running Events begin at 9:00am):**

1) Varsity Boys 110 HH	13) FS Boys 400	27) FS Boys 800
2) FS Boys 110 HH	14) FS Girls 400	28) FS Girls 800
3) FS Girls 100 HH	15) Varsity Girls 400	29) Varsity Girls 800
4) Varsity Girls 100 LHH	16) Varsity Boys 400	30) Varsity Boys 800
5) FS Boys 1600	17) FS Boys 100	31) FS Boys 200
6) FS Girls 1600	18) FS Girls 100	32) FS Girls 200
7) FS Boys 4 x 100	19) Varsity Girls 100	33) Varsity Girls 200
8) FS Girls 4 x 100	20) Varsity Boys 100	34) Varsity Boys 200
9) Varsity Girls 4 x 100	21) FS Boys 3200	35) Varsity Girls 3200
10) Varsity Boys 4 x 100	22) FS Girls 3200	36) Varsity Boys 3200
11) Varsity Girls 1600	23) FS Girls 300 LH	37) FS Boys 4 x 400
12) Varsity Boys 1600	24) Varsity Girls 300 LH	38) FS Girls 4 x 400
	25) FS Boys 300 LH	39) Varsity Girls 4 x 400
	26) Varsity Boys 300 LH	40) Varsity Boys 4 x 400

*The Randy Sturgeon Invitational uses a rolling schedule. This means that meet management will begin the first event at 9:00am and roll through the scheduled events.

There is no way to know EXACTLY when the start of your race will be. Arrive early and allow enough time to go to the bathroom, get acclimated to the venue, and relax before beginning your warm-up.

We will have a tent set up in the warm up area for athletes as well as a tent in the bleachers for parents to be together and cheer on the athletes. Look for the Rio Raiders tent!

Field Events Begin at 8:30am:

Long Jump: Open Pit 4 Jumps – No Finals

8:30am-10:30am Varsity Boys Pit (A)
10:30am-12:30pm Varsity Girls (A)

8:30am-10:30am FS Boys Pit (B)
10:30am-12:30pm FS Girls (B)

High Jump

8:30 am Varsity Girls @ Pit A
FS Boys @ Pit B
12:00pm FS Girls @ Pit A
Varsity Boys @ Pit B

Triple Jump: Open Pit 4 Jumps - No Finals

1:00pm-3:00pm Varsity Boys Pit (A)
3:00pm-4:30pm Varsity Girls Pit (A)
1:00pm-3:00pm FS Boys (B)
3:00pm-4:30pm FS Girls (B)

Shot Put:

8:30am **4 Throws - No Finals**
FS Girls @ Ring A
Varsity Girls @ Ring B
12:00pm FS Boys @ Ring A
Varsity Boys @ Ring B

Pole Vault

8:30am FSG, FSB, VG, VB

Discus:

8:30am **4 Throws - No Finals**
Varsity Boys @ Ring A

12:00pm FS Boys @ Ring B
Varsity Girls @ Ring A
FS Girls @ Ring B

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 1/4" pyramid only (no needles, or christmas tree).

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

Track Meets can be an all day affair

Also Bring:

Water and a sports drink

A healthy snack/lunch (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
Coach Jorge Prieto (916) 284-5479