

CAL LEAGUE CHAMPIONSHIPS

DATE: October 24, 2018

PLACE: Willow Hills XC Course
Folsom High School
1655 Iron Point Rod
Folsom, Ca 95630

GENERAL:

Students will have a staggered Early Dismissal. Frosh / Soph will have a 1:15 dismissal, Varsity will have a 2:15 dismissal. We would like all athletes at Willow Hills no later than 1 hour prior to their race start. 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!

PARKING:

Parking can be accessed through Folsom High School parking lot. Please be aware that this is a school day and you will be arriving prior to Folsom High dismissing at 3:03PM. Please allow time to park when arriving.

DIRECTIONS:

Coming from Business 50 East - Exit Prairie City Road in Folsom, turn left onto Prairie City Road, you can park in the lot on your right off Prairie City Road (Folsom High back entrance) or turn right onto Iron Point Road and right into Folsom High School (front entrance).

Time Schedule:

All Athletes will have an Early Dismissal at 1:15 or 2:15 depending on which event they are competing in. The meet schedule is listed below, this is a league meet with only 4 races total being run. Coaches want all athletes at the meet for all races to cheer on your teammates! The athlete competition roster is at the bottom of this information. We will have the Rio XC Team Tent set up in the team camp area.

Race Schedule:

- 3:00 PM – Girls Frosh / Soph 3400M
- 3:30 PM – Boys Frosh / Soph 3400M
- 4:00 PM – Girls Varsity 5000M
- 4:30 PM – Boys Varsity 5000M

Questions or Concerns?

Please Contact: Coach Anton Escay (916) 801-8110
Coach Lea Wallace (707) 225-5879

MEN'S COMPETITION ROSTER

Varsity Boys 4:30 PM 5000 Meters	
Jensen Salvatori	Conner Ettinger
Ross Gowan	Zach Chambers
Reed Moore	Nic Gorman
Ermiyas Mamo	Jack Murphy
Jack Pallesen	Nathan Witte
William Samuelson	Christian Melliza
Max Boyken	Logan Duffy
Josh Hendriksen	Nicholas Lemke
Braden Sanati	Nothan Vorhes
Boys Frosh/Soph / JV 3:30PM 3400 Meters	
Jalen Naran	Nathan Gauthier
Isaac Chock	Ryan Witte
Ethan Loomis	Nathan Dorway
David Valencia	Joseph Bender
Lucas Collins	Carter Duty
Farith Soto	Ethan Vahle
Cole Bertolani	Ryan Mood
Julian Doyle	Alex Carnefix
Tyler Macomber	

WOMEN'S COMPETITION ROSTER

Varsity Girls 4:00 PM 5000 Meters	
Emi Anzai	Samantha Frazelle
Kaylee Barnes	Annalee Gorman
Kendra Burton	Caitlin Hayden
Lauren Calcagno	Sophia Karperos
Anna Chriss	Katie Newton
Megan Dang	Lucy Prieto
Alyssa Escay	
Girls Frosh/Soph 3:00 PM 3400 Meters	
Vanessa Billingsley	Katie Hardwicke
Ella Bracchi	Neli McCrystle
Ava Cardwell	Sophia Newcomber
Annika Dengel	Josie Perez
Alex Doyle	Makenna Wenger-Johnson
Grace Ducker	Sierra Witte
Talia Friedman	Molly Knepshield