

Lancer Invitational

Saturday March 16th 2019

Cordova High School

2239 Chase Dr., Rancho Cordova, 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!

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)

Homework/book/Music (No devices are allowed on the infield)

Time Schedule:

The Lancer 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.

Questions or Concerns?

Please Contact: Coach Trevor Boler trevor.boler@sanjuan.edu (530) 400-5317 text 1st, call if emergency.

Athlete	Arrival Time	Event 1st/2nd/3rd
Christian M	8:00 AM	4x100, 100, 200, LJ
Brynan H	8:00 AM	4x100, 200
Mia E	8:00 AM	HJ, 4x100, 100 hurd
Molly H	8:00 AM	HJ, LJ?
Ayman A	8:00 AM	LJ, HJ, 100, 300 hurd
Zoe B	8:00 AM	PV, LJ?
Eric B	8:00 AM	Throwers
Zander G	8:00 AM	Throwers
Ricky J	8:00 AM	Throwers
Cody M	8:00 AM	Throwers
Jose M	8:00 AM	Throwers
Amadeus R	8:00 AM	Throwers
Evnika A	8:00 AM	Throwers
Annika B	8:00 AM	Throwers
Isabella L	8:00 AM	Throwers
Isabella P	8:00 AM	Throwers
Makenna W-J	8:00 AM	Vault, 100 hurd, 300 hurd
CJ	8:45 AM	4x100, 100
Jalen T	8:45 AM	4x100, 100
Sophia C	8:45 AM	4x100, 100
McKayla W	8:45 AM	4x100, 100
Hannah L	8:45 AM	4x100, 200
Nailea P	8:45 AM	4x100, LJ?
Caroline S	8:45 AM	HJ, 4x100, 300 hurd
Emma H	9:00 AM	100
Elsa A	9:00 AM	400
Shaila C	9:00 AM	400
Alex D	9:00 AM	400
Nathan G	9:00 AM	200, 400
Talia F	9:00 AM	4x100
Natalia H-L	9:00 AM	4x100, 300 hurd
Isabella W	9:00 AM	HJ, 400
Isiah D	9:15 AM	100
Vanessa B	9:15 AM	100
Oliver P	9:15 AM	100, 200
Morgan H	9:30 AM	200, LJ?
Grace L	10:00 AM	200
Mason R	10:00 AM	200, 400

2019 Lancer Invite Order of Events

<u>EVENT</u>	<u>ESTIMATED START</u>	<u>ATHLETE ARRIVAL</u>	<u>CLASSIFICATION</u>		
100M LH	9:00 AM	8:00 AM	VG		
110M IH	9:10 AM	8:00 AM	JVB	VB	
1600M	9:20 AM	8:00 AM	JVB	VG	VB
4x100M Relay	10:00 AM	8:30 AM	JVB	VG	VB
400M	10:30 AM	9:00 AM	JVB	VG	VB
100M	11:15 AM	9:45 AM	JVB	VG	VB
800M	12:00 PM	10:30 AM	JVB	VG	VB
300MH	12:30 PM	11:00 AM	JVB	VG	VB
200M	12:50 PM	11:15 AM	JVB	VG	VB
3200M	1:35 PM	12:00 PM	JVB	VG	VB
4x400M Relay	2:20 PM	1:00 PM	JVB	VG	VB

Field Events (Start at 9:00 a.m.)

LONG JUMP - PIT # 1

VARSITY BOYS - 9:00AM
 FROSH/SOPH B - at completion of VB
 VARSITY GIRLS - at completion of F/SB

HIGH JUMP

FROSH/SOPH boys - 9:00am
 VARSITY GIRLS - at completion of F/SB
 VARSITY BOYS - at completion of VG

DISCUS

VARSITY GIRLS - 9:00AM, RING # 1
 VARSITY BOYS - at completion of VG
 FROSH/SOPH Boys- at completion of VB

SHOT PUT

VARSITY BOYS - 9:00AM, Ring # 1
 FROSH/SOPH Boys- after the completion VB
 VARSITY GIRLS - after the completion JVB

TRIPLE JUMP - PIT #2

VARSITY GIRLS - 9:00AM
 VARSITY BOYS - at completion of VG
 FROSH/SOPH boys - at completion of VG

POLE VAULT

VARSITY GIRLS – 9:00am
 FROSH/SOPH boys - at completion of VG
 VARSITY BOYS - at completion of F/SB