

# **CAL LEAGUE CHAMPIONSHIP**

**Thursday May 2<sup>nd</sup> 2019**

El Camino High School

**4300 El Camino Ave, Sacramento, CA**

**Field Events Start 2:00 P.M. / Running Events Start 2:30 P.M.**

Students will have an early dismissal (ED) at 12:23pm beginning of lunch. 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. This is the final meet of the season for some of our Student Athletes! The top 4 finishers at move on to Sectionals.

## **PARKING:**

There is an additional parking lot in front of the Performing Arts building which is located on Eastern Ave.

## **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, granola bar, peanut butter and crackers, chocolate milk)

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

## **Questions or Concerns?**

Please Contact:                      Coach Trevor Boler: [trevor.boler@sanjuan.edu](mailto:trevor.boler@sanjuan.edu) or Text (530) 400-5317  
Coach Anton Escay (916) 801-8110

## **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.

# **ORDER OF EVENTS**

## **Field Events – 2:00 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- 2:30 PM**

Start times in parenthesis are approximate only

---

4x100M Relay (2:30 PM) FSG / FSB / VG / VB

1600M (2:45 PM) FSG / FSB / VG / VB

100MH (3:20 PM) FSG / VG

110MH (3:30 PM) FSB / VB

400M (3:45 PM) FSG / FSB / VG / VB

100M (4:10 PM) FSG / FSB / VG / VB

800M (4:40 PM) FSG / FSB / VG / VB

300MH (5:00 PM) FSG / VG / FSB/ VB

200M (5:15 PM) FSG / FSB / VG / VB

3200M (5:50 PM) FSG&FSB/ VG/ VB

4x400M Relay (6:35 PM) FSG / FSB / VG / VB

## **WOMEN'S COMPETITION ROSTER**

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

Emi Anzi (V) 1600M

Elsa Awdew (V) 200M

Kaylee Barnes (V) 1600M / 3200M

Vanessa Billingsley (F/S) 100M

Ella Bracchi (F/S) 1600M/400M

Annika Brown (F/S) SP/DS

Zoe Buck (V) 100M/PV

Kendra Burton (V) 1600M

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

Shaila Cano (F/S) 400M

Ava Cardwell (F/S) 1600M / 800M

Sophia Cysewski (F/S) 100M/200M

Megan Dang (V) 1600M

Annika Dengel (F/S) 3200M

Alex Doyle (V) 400M/TJ/4x400M

Mia Eiremo (V) 4X100M/100H/300H/HJ

Alyssa Escay (V) 1600M/3200M

Xya Ford (FS) DS

Talia Friedman (V) 100M/200M

Dream Goodson (V) 4x100M/100M/200M

Annalee Gorman (V) 800M

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

Caitlin Hayden (V) 1600M

Aurora Helfrich (V) SP/DS

Molly Hernandez (F/S) 200M/LJ

Morgan Hewitt (V) 300H/200M/HJ

Emma Hightower (V) 4X100M/100M/200M

Natalia Hurtzig-Lopez (V) 4X100M/400M

Sophia Karperos (V) 1600M/3200M

Hannah Lee (F/S) 200M

Grace Lesser (F/S) 200M

Isabella Lindstrom (V) SP/DS/HJ

Tessa Loofbourrow (F/S) 800M

Nelli McCrystal (F/S) 1600M/800M

Sophia Newcomer (F/S) 3200M

Katie Newton (V) 800M/4X400

Josie Perez (F/S) 1600M/400M

Nailea Perez (V) 4x100M/100M/200M

Isabella Popejoy (V) SP/DS/100M

Gabby Prieto (V) 100M

Lucy Prieto (V) 800M/4X400M

Caroline Smith (V) 100H/300H/HJ

Sarah Sorenson (V) HJ

Elizabeth Wang (V) 200M

Makena Wenger-Johnson (V) 100H/PV/300H

Mckayla Wikoff (V) 4x100M/100M/200M

Isabella Winscott (V) 400M / HJ

## **MEN'S COMPETITION ROSTER**

Ayman Assim (V) 110H/300H/TJ

Joseph Bender (F/S) 1600M

Cole Bertolani (F/S) 800M

Eric Bristow (V) SP/DS

Zach Chambers (V) 1600M/3200M

Lucas Collins (F/S) 1600M

Julian Doyle (F/S) 1600M

Stefan Eiremo (V) 4x100M/400M/4X400M/HJ

Chalmer Elkridge (V) 100M/200M

Conner Ettinger (V) 3200M

Cole Fletcher (F/S) 200M/LJ

Jackson Fortin (F/S) SP/DS

Nathan Gauthier (V) 400M/200M

Zander Geisreiter (F/S) SP/DS

Nic Gorman (V) 3200M

Ross Gowan (V) 1600M/800M/4X400M

Brynan Hare (V) 4X100/100M/200M

Dubem Isiah-Lim (F/S) 100M

Ricky Jauregui (V) SP/DS

Max Long (V) SP/DS

Ethan Loomis (F/S) 1600M/800M

Antonio Lopes (V) 4X100M/100M/LJ/200M

Tyler Maccomber (F/S) 800M

Ermiyas Mamo (F/S) 1600M/800M

Cody Melder (V) SP/DS

Christian Melliza (V) 4x100M/100M/200M

Ryan Mood (F/S) 800M

Reed Moore (V) 800M/4X400M

Jack Murphy (V) 800M/3200M

Jalen Naran (V) 400M/200M

Daniel Norris (V) 200M/PV/LJ

Jack Pallesen (V) 800M/200M/4X400M

Cameron Phillips (V) SP/DS

Savion Ponce (V) 4X100M/100M/400M/4X400

Logan Porter (V) HJ/TJ

Nicolas Pypers (V) HJ/PV

Amadeus Romero (V) SP/DS

Jensen Salvatori (V) 1600M

Willie Samuelson (V) 3200M

Ethan Vahle (F/S) 3200M

Nathan Witte (V) 1600M

Ryan Witte (V) 1600M/3200M