

## **CAL LEAGUE MEET #2**

**Tuesday April 23<sup>rd</sup> 2019**

Del Campo High School

**4925 Dewey Drive, Fair Oaks, CA**

**Running & Field Events Start 3:30 P.M.**

Students will have an early dismissal (ED) at 2:00PM. 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.

### **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, 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 Start @ 3:30 PM**

Shot Put (4 Throws) – FSB, VB, VG

Discus (4 Throws) – VG, VB, FSB

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

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

High Jump – FSB, VB, VG

Pole Vault – VG, VB, FSB

## **Running Events Start @ 3:30 PM**

Start times in parenthesis are approximate only

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4x100M Relay (3:30 PM) FSB / VG / VB

1600M (3:50 PM) FSB / VG / VB

100MH (4:20 PM) VG-33"

110MH (4:30 PM) FSB-36" / VB-39"

400M (4:45 PM) FSB / VG / VB

100M (5:25 PM) FSB / VG / VB

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

300MH (6:20 PM) VG-30" / FSB-33" / VB-36"

200M (6:40 PM) FSB / VG / VB

3200M (7:20 PM) VG/ VB / FSB

4x400M Relay (7:45 PM) FSG / FSB / VG / VB

## **WOMEN'S COMPETITION ROSTER**

Evnika Antonova (V) LJ/PV	Molly Hernandez (V) 200M/HJ/LJ
Emi Anzi (V) 800/1600M	Morgan Hewitt (V) 300H / LJ / HJ
Elsa Awdew (V) 200M	Emma Hightower (V) 4X100M/100M
Kaylee Barnes (V) 400M / 3200M	Natalia Hurtzig-Lopez (V) 400M/200M
Vanessa Billingsley (V)100M / 200M	Sophia Karperos (V) 400M/3200M
Ella Bracchi (V) 800M/200M	Hannah Lee (V) 100M/200M
Annika Brown (V) SP/DS	Isabella Lindstrom (V) SP/DS/HJ
Zoe Buck (V) 100M/PV	Tessa Loofbourrow (V) 1600M/800M
Kendra Burton (V) 1600M/800M	Nelli McCrystal (V) 1600M/400M
Lauren Calcagno (V) 1600M/400M/4X400M	Sophia Newcomer (V) 1600M/400M
Shaila Cano (V) 400M/ 200M	Katie Newton (V) 400M/200M/4X400
Ava Cardwell (V) 400M / 200M	Josie Perez (V) 1600M/400M
Sophia Cysewski (V) 100M/200M	Nailea Perez (V) 4x100M/100M/200M
Megan Dang (V) 1600M/800M	Isabella Popejoy (V) SP/DS/200M
Annika Dengel (V) 1600M/400M	Gabby Prieto (V) 100M
Alex Doyle (V) 200M/TJ/4x400M	Lucy Prieto (V) 400M/200M/4X400M
Mia Eiremo (V) 100H/300H/HJ	Caroline Smith (V) 100H/300H/HJ
Alyssa Escay (V) 1600M/800M	Sarah Sorenson (V) 200M/HJ
Xya Ford (V) DS	Elizabeth Wang (V) 200M
Talia Friedman (V) 100M/200M	Makena Wenger-Johnson (V) 100H/PV
Dream Goodson (V) 4x100M/200M	Mckayla Wikoff (V) 4x100M/200M
Annalee Gorman (V) 1600M/400M	Isabella Winscott (V) 400M / HJ
Katie Hardwicke (V) 800M/200M	Rosalia Zubillaga (V) SP/DS
Caitlin Hayden (V) 1600M/800M	
Aurora Helfrich (V) SP/DS	

## **MEN'S COMPETITION ROSTER**

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

Joseph Bender (F/S) 1600M/800M

Cole Bertolani (F/S) 400M

Eric Bristow (F/S) SP/DS

Zach Chambers (V) 800M/3200M

Lucas Collins (F/S) 1600M/800M

Julian Doyle (F/S) 1600M/3200M

Logan Duffy (V) 400M/200M

Stefan Eiremo (V) 4x100M/200M/4X400M

Chalmer Elkridge (V) 100M/200M

Conner Ettinger (V) 800M/4X400M

Cole Fletcher (F/S) 200M/LJ

Jackson Fortin (F/S) SP/DS

Nathan Gauthier (V) 400M/200M

Zander Geisreiter (F/S) SP/DS

Aleksandr Goriunov (F/S) 1600M/800M

Nic Gorman (V) 1600M/800M

Ross Gowan (V) 400M/200M/4X400M

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

Dubem Isiah-Lim (F/S) 100M

Ricky Jauregui (V) SP/DS

Max Long (F/S) SP/DS

Ethan Loomis (F/S) 1600M/3200M

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

Tyler Maccomber (F/S) 800M/200M

Ermiyas Mamo (V) 1600M/800M

Cody Melder (V) SP/DS

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

Ryan Mood (F/S) 1600M

Reed Moore (V) 1600M/200M/4X400M

Jack Murphy (V) 400M/200M/4x400M

Jalen Naran (F/S) 800M/4x400M

Daniel Norris (F/S) 400M/PV

Jack Pallasen (V) 400M/200M/4X400M

Cameron Phillips (V) SP/DS

Logan Porter (F/S) HJ/TJ

Oliver Price (F/S) 400M/200M

Nicolas Pypers (F/S) 110H/HJ/PV

Mason Ready (F/S) 200M/PV

Amadeus Romero (V) SP/DS

Jensen Salvatori (V) 800M/4X400M

Willie Samuelson (V) 800M/3200M

Ethan Vahle (F/S) 1600M/3200M

Nathan Witte (V) 1600M/800M

Ryan Witte (V) 800M/3200M