

Event	Frosh/Soph Girls	Varsity Girls	Frosh/Soph Boys	Varsity Boys	Warm-up
4x100	Hung, Katunatic, Nijjar & Rowland	Tragesser-Bouchard-Pena-Chin		Coulbourne-Ikegami-Moodie-Durst	Coach Scarpelli
1600	Chen, Goldfarb & Trolan	Furtado, Gamboa, Kim, Nielson, Prenton & Wix	Bajwa, Dhillon, Koppanathi, Kumar, Lampi, Louis, Morrison, Santhosh Kumar, Shah, Trolan & Vaidyanathan	Garcia, Koay, Lin, Phanse, Salazar & Surapaneni	G- 2:55/ B- 3:05
100/110HH		Brandon (a5), Mendiola (a1), Tragesser (a7) & Williams (a3)		Luu (a3), Moon (a7) & Shaw (a5)	G- 3:20/ B- 3:25
400		Acuna Bravo (a5), Feng (a3), Leca (a7) & Tontiwattananan (a1)		Brown (a7), Colwell (a3), Durst (a5) & Grant (a1)	Coach Scarpelli
100	Aiyub, Chu, Eslampour, Haubert, Hung (a7), Katunatic (a3), Minasyan (a1), Rowland (a5) & Shiu	Bouchard (a5), Burks (a1), Chia, Pena (a7), Spooner & Tragesser (a3)	Hwang (a3) & Ngo (a5)	Ikegami (a5), Moodie (a3), Smith (a1) & Tran (a7)	Coach Scarpelli
800	Bostic & Rocchi	Gurusiddaiah, Huang, Kim & Morehead		Chapman, Heinbaugh, Salazar, Schroeder & Zamboanga	B110HH
300H	Chu (a3) & Nijjar (a5)	Amante (a1), Chen, Masaki (a7), Mendiola (a3) & Williams (a5)		Barenas (a3), Luu (a7), Omo, Shaw (a5) & Ureta (a1)	G- B400/ B- B100
200	Aiyub, Eslampour (a7), Hung (a3), Katunatic (a1), Minasyan, Rowland (a5) & Shiu	Bouchard (a5), Brandon (a3), Burks (a7), Chia, Feng, Furtado, Spooner & Tontiwattananan	Hwang (a3) & Ngo (a5)	Coulbourne (a3), Durst (a5), Garcia, Heinbaugh, Ikegami (a1), Martinez, Moodie (a7), Smith & Tran	Coach Scarpelli
3200	Bouchard, Brunckhorst, Matheny, Piegaro, Remolina, Verzosa & Xu	Gamboa, Huang, Kim & Prenton	Dang, Goldfarb, Jiang, Lee, Mentink, Nguyen, Patterson, Prenton, Savellano, Scomparin, Shaikh, Shangle & Yasar	Casasos, Chen, Colunga, Gamboa, Mathur, Phanse, Salazar, Schroeder, Surapaneni, Valle & Zamboanga	B800
4x400	A (Chu-Goldfarb-Bostic-Rocchi) alt (Chen)	A (Acuna Bravo, Bouchard, Leca & Williams) B (Pena-Tragesser-Masaki-Chen) C (Wix-Amante-Gurusiddaiah-Spooner) alt (Furtado-Chia)	A (Lampi-Kumar-Morrison-Trolan) B (Bajwa-Vaidyanathan-Dhillon-Shah) alt (Santhosh Kumar-Koppanathi-Louis)	A (Colwell, Durst, Grant & Moodie) B (Chapman-Brown-Coulbourne-Koay) C (Ureta-Heinbaugh-Martinez-Lin) alt (Garcia-Omo)	Sprinters Coach Scarpelli Distance G-G200 Distance B-B200

- If you are in a non-distance event, the letter and number after your name is the heat and lane I am assigning for you. When you check-in, tell them you are in the fastest heat (A) and you want that lane.
- If you do not have a letter and number after your name, when you check-in, tell them you are NOT in the faster heats and take whatever lane is available in the NON-faster heats.
- Relay teams check-in as the letter of your team. “A” teams make sure you check in for the fast heat!