

2018 Cassel's XBC Track Experience DUTY ROSTER

Check-In

(Basketball court; Captain Siragusa will explain duties)

6:40 am-12pm: (3) Emma Lenz, Angela Lee, Mya Diffin

12pm-4pm: (3) Ellie Colonna, Vaneeza Rana, Sarah Raza

4pm- end of meet- (3) Keoni Puhok, Akshay Ganta, Andrew Perry

AM Session Hurdle Crew (see also AM Starting Blocks Crew below)

(100m/110m; Set up hurdles, reset between heats; move to 300m locations)

6:40am-end of hurdle trials: (11) Anupama Iyer, Prakash Jawahar, Shruthi Kalathur, Rohin Nana, Sathvik Narayana, Khoi Nguyen, Rithu Omtri, Zoe Perkins, Harry Rui, Samantha Sudama, Srimanth Tangedipalli

AM Starting Blocks Crew (see also AM Hurdle Crew above)

(Place blocks for 100m/110m hurdles ; move to 400m dash start; return to 100m dash)

6:40am -end of 400m trials: (11) : Anupama Iyer, Prakash Jawahar, Shruthi Kalathur, Rohin Nana, Sathvik Narayana, Khoi Nguyen, Rithu Omtri, Zoe Perkins, Harry Rui, Samantha Sudama, Srimanth Tangedipalli

PM Hurdles Crew (see also 4PM-end of meet Starting Blocks Crew below)

(300m Finals; Set up hurdles. Reset between heats, store after event) (8) **Marcus Lovett, Sydnev Fish, Hannah Ehlers, Akash Girdhar, Amelia LaBar, Katya Orlov, Mastan Rashid, Namkhang Le, Mark Robinson**

PM Starting Blocks Crew (12:00 pm- 4 pm) (May also be moved if needed elsewhere)

(Place blocks for, in order, 100m Dash, 4x100m relay/400m, 300m hurdles, 200m dash, 4x400m relay)- **Josie Allamby, Lindsay Lim, Tobey Phan, Yannie Wu**

Results Runners/Awards

(Run results from track shed to announcer, awards table; post results)- Help w/Hurdle Crew during Hurdles

6:40am -11am: (3) Nick Carper, Josh Haug, Donny Nguyen

11am-3pm: (4) BJ Thapa, Cameron Hadley (12-4), Bruce LeMasters (12-4)

3pm- end of meet: (3) Allison Senio, Shruti Elango, Stephanie Fang

Trash pickup

(Remove trash from all trash cans near bleachers, hospitality (basketball courts), and concessions to dumpsters behind loading dock; replace trash bags)**8am-end of meet: All competitors as needed**

Saturday Breakdown

(Meet cleanup as assigned by coaches)

6pm- close: ABSOLUTELY ALL COMPETING ATHLETES (not assigned to an earlier duty)

Lunch/Refreshment Delivery

(Deliver lunch from concessions/hospitality to meet officials as requested)

11am-3pm- (5) Sarah Ahmed, Sara Awad, Julia Cheng, Joanne Rachel Dhanagar, Rhea Khurana

3pm-end- (3)- Zoe Roby, Maansi Taori, Thuy-Trang Trinh

High Jump (Boys then Girls)

(As directed by Mr. Muzzio)

6:40am -end of event: Marcus Barreto, Garrett Jones (boys) Ethan Do, Nicholas Lim (girls) (2 per gender)

Pole Vault (Girls then Boys)

As directed by Mr. Ransom

6:40am - end of event: Kyle Beene, Craig McClelland (Girls); Connor Canavan, Kanav Bhardwaj, Maher Vilone(Boys) (NOTE: All vaulters are expected, at the conclusion of the day, to assist Coach Ransom with storing mats & equipment)

Long Jump (Boys and Girls)

(As directed by Mr. Beyeah/Mr. Robinson)

6:40am -end of event: (raking) Sam Brunner (Boys); Ryan Swindell (Girls): (Performance Board/ Tape Puller) Jaden Chavez-Lizama (Boys) Ryan Boehlert (Girls)

Triple Jump (Boys and Girls)

(As directed by Mr. Beyeah/Mr. Robinson)

Following Long Jump- end of event: (raking); David Westrate (Girls); Matthew Harper (Boys) (Performance Board/ Tape Puller) Charles Boxley (Boys) Adian Bliss (Girls)

Shot Put (Boys and Girls)

(As directed by Mr. Sykes/Mr. Miles)

6:40am - end of event (Girls then Boys)-

(Girls) ((Charlotte Ashby (Tape Puller)/ Brithany Bustillos (Performance Board); Melanie Hardmon(Retriever)

(Boys) (Bryan Rogers)Tape Puller/ Brianna Rogers (Performance Board) Carson McFerren (Retriever)

Discus (Boys and Girls)

(As directed by Ms. Rashid /Mr. Geraty)

6:40am - end of event (Boys then Girls):

(Boys) (King Arciaga (Tape Puller)/ Shelby Davis (Performance Board) Barrett Kinnier, Ronmel Vasquez(Retrievers)

(Girls) (Isabelle Susin Tape Puller/ Alani Bumgardner Performance Board); Denilson Moreno, Liam Reardon (Retrievers)

Floater

Responsible for filling if people don't show, or running various errands from meet management, or fulfilling jobs assigned by meet management (ie: replacing trash bags, putting more toilet paper in port-a-jons, helping to set-up (morning) or break down (later in day).

Set-up/Floating: (6:40-11 am): Steven Yoon, Tobey Phan

Floater: (11 am- 3 pm): Lindsay Lim, Yannie Wu

Floater/Breakdown (3:00- End): Pranav Kode, Jack Madaj

Distance/Relay Splits:

Help record splits for distance events, and 4x800 & 4x400m relays- Melida Umana, Coach S, Momiji Barlow

Friday Setup (Rain or shine) (Meet setup as assigned by coaches)

We will do setup at school directly after practice.

NOTE: ALL CHS Throwers are expected to help out throws crew AFTER they are done competing. In addition, when you are not competing in your flight, please rotate using the performance indicator. This means rotating in with other workers to retrieve shots & discs & working the performance boards. They are also responsible for returning all impliments and performance boards to the sheds after the meet.

Each person is expected to be in their place, when they are supposed to be there, on time. Upon arrival, please see the student assignment coordinator (Shakita Robinson) to sign in. There will be a place to sign in, and sign out.

ALL ATHLETES COMPETING are expected to be here at the conclusion of the meet to help break down the meet. This will involve putting the equipment away, returning bleachers, and picking up trash. We will take attendance before and afterwards. If you leave CHS before the end of the meet, plan on return by 4:30 pm. Breaking down can take less than 1 hour if everyone cooperates productively. This can also be expedited by helping to put away mats, hurdles, performance boards, etc as events end.

Everyone has been given an assignment. If you are competing, you may or may not have a specific assignment, depending upon when/how many events you are in. Some are more labor intensive or longer than others, but all are important. You are responsible for your own shift and your own assignment, but if you see something that needs to be done, or if you are directed to do something, please DO NOT argue, or leave it for someone else. We really want this meet to go smoothly as it has in the past.

Because some jobs are longer and more labor intensive, those positions will be rewarded with a free lunch, and/or t-shirt. They will include:

- Anyone working a field event (and not competing in it) (shirt & lunch)
- Anyone working a 4 hour shift as a results runner, check-in, awards, or hospitality/concession (shirt & lunch)
- Hurdle crew/Blocks Crew- (lunch only)

You are expected to wear your shirt in these positions, and you will receive your lunch by checking w/Mrs. Robinson at the concession stand. At the end of the meet, we will be opening up the hospitality to everyone for whatever is left, but during the meet, it is for coaches, officials, and workers.

ANYONE WHO DOES NOT SHOW UP FOR THEIR SHIFT WILL NOT BE RUNNING THE NEXT MEET. ANY CHANGES MUST BE MADE ONLY WITH COACH GILCHRIST BY WEDNESDAY, 4/25, AND WITH BOTH PARTIES PRESENT!!!!

Last	First	Group	Grade	Competing Event	Duty
Ahmed	Sarah	SPR	SO	n/a	11-3 Lunch
Alderman	Haley	SPR	SR	100m, LJ	Prom
Allamby	Josephine	SPR	JR	High Jump	12-4 Blocks
Amos	Tyler	DIST	SR	3200m	Prom
Applegate	Colton	DIST	SR	1600m	Prom
Arciaga	King	SPR	SR	n/a	Boys Discus (Tape Puller)
Aronhime	Caroline	SPR	SO	PV, 300mH, 200m, 4x4	6 pm Cleanup
Ashby	Charlotte	THR	FR	n/a	Girls Shot (Tape Puller)
Awad	Sara	SPR	FR	n/a	11-3 Lunch
Bacon	Cecelia	SPR	SR	High Jump	Prom
Barbero	Marissa	SPR	SO	100mH, 300mH, TJ	6 pm Cleanup
Barlow	Momiji	DIST	SO	n/a	Distance Splits
Barreto	Marcus	SPR	SO	n/a	Boys HJ
Beene	Kyle	SPR	SO	n/a	Girls Pole Vault
Bhardwaj	Kanav	DIST	JR	1600m	Boys Pole Vault
Bippert	Brian	DIST	FR	1600m Freshman	6 pm Cleanup
Bliss	Aidan	SPR	JR	HJ, LJ	Girls TJ (Tape/Perf Board)
Boehlert	Ryan	SPR	FR	n/a	Girls LJ (Perf Board/Tape Puller)
Boucher	Dylan	SPR	SO	110mH, 300mH, 4x4	6 pm Cleanup
Boxley	Charles	SPR	SO	LJ	Boys TJ (Tape/Perf Board)
Brown	Davonte	SPR	JR	100m, 4x1, 200m, HJ, LJ, TJ	6 pm Cleanup
Brunner	Sam	DIST	SO	n/a	Boys LJ- Raking
Bumgardner	Alani	THR	FR	n/a	Girls Discus (Perf Board)
Bush	Kendra	SPR	FR	100m, 4x100, 200m	6 pm Cleanup
Bustillos	Brithany	THR	JR	n/a	Girls Shot (Perf. Board)
Canavan	Connor	DIST	JR	1600m	Boys Pole Vault
Cao-Dao	Vivian	DIST	SO	800m Run	6 pm Cleanup
Carlisle	Alexa	THR	SR	SP, Disc	Prom
Carper	Nick	SPR	SR	n/a	6:40 -11 am- Runner/Awards
Carter-Ogden	Nyla	SPR	SO	400m, 200m, 4x4	6 pm Cleanup
Carter-Ogden	Ruby	SPR	SO	400m, 200m, 4x4, LJ, TJ	6 pm Cleanup
Chavez-Lizama	Jaden	SPR	SO	n/a	Boys LJ- (Perf Board/Tape Puller)
Cheng	Julia	SPR	SO	n/a	11-3 Lunch
Clark	Jason	THR	JR	Shot Put, Disc	Prom
Colonna	Ellen	DIST	FR	n/a	12-4 Check In
Cooper	Emera	SPR	FR	100m, 200m, 4x1, SP	6 pm Cleanup
Culver	Mattison	DIST	SO	1600m, 800m	6 pm Cleanup
Cyr	Wyatt	DIST	JR	1600m, 800m	Prom
Davenport	Trosoadas	SPR	FR	4x1, 400m, 4x4, LJ	6 pm Cleanup
Davis	Alexander	SPR	SO	110mH, 300mH, 4x4, LJ	6 pm Cleanup
Davis	Shelby	THR	FR	n/a	Boys Discus (Perf Board)

Dhanagar	Joanne Rachel	SPR	JR	n/a	11-3 Lunch
Diffin	Mya	DIST	JR	n/a	6:40- 12 noon- Checkin
D'imperio	Lindsay	THR	JR	Disc	Prom
Do	Ethan	DIST	FR	n/a	Girls HJ
Duran-Diaz	Jonathan	SPR	SR	n/a	Prom
Eaton	Amaya	SPR	JR	100mH, 4x1, 300mH, LJ, TJ	6 pm Cleanup
Ehlers	Hannah	SPR	JR	Disc	PM Hurdle Crew- 2
Elango	Shruti	SPR	SO	n/a	3- 6 pm- Runners/Awards
Fang	Stephanie	SPR	FR	n/a	3- 6 pm- Runners/Awards
Fish	Sydney	THR	FR	Disc	PM Hurdle Crew- 2
Fitzhugh	Samuel	SPR	FR	110mH, LJ, TJ	6 pm Cleanup
French	Benjmain	DIST	FR	1600m Freshman	6 pm Cleanup
Ganta	Akshay	DIST	SO	1600m	4- close Check-In
Girdhar	Askash	THR	SR	Disc	PM Hurdle Crew- 2
Green	Meredith	SPR	FR	300mH	6 pm Cleanup
Hadley	Cameron	DIST	SO	1600m	12 - 4 pm- Runners/Awards
Han	Alice	SPR	SR	100m, LJ, TJ	Prom
Hardmon	Melanie	THR	JR	n/a	Girls Shot (Retriever)
Harper	Matthew	SPR	FR	LJ	Boys TJ (Raking)
Haug	Josh	DIST	SO	n/a	6:40 -11 am- Runner/Awards
Haug	Julia	DIST	SR	3200m	Prom
Huynh	D.J	SPR	JR	100m, 4x1, 200m	6 pm Cleanup
Iyer	Anupama		JR	n/a	AM Hurdle/Blocks
Jawahar	Prakash	SPR	SO	n/a	AM Hurdle/Blocks
Jaynes	Adam	DIST	SO	1600m, 800m	6 pm Cleanup
Jones	Claire	DIST	SO	100m, 4x1, 200m, TJ	6 pm Cleanup
Jones	Garrett	SPR	FR	n/a	Boys HJ
Kalathur	Shruthi	SPR	FR	n/a	AM Hurdle/Blocks
Khurana	Rhea	SPR	SO	n/a	11-3 Lunch
Kinnier	Barrett	THR	SO	n/a	Boys Discus (Retriever)
Kode	Pranav	SPR	SO	TJ	Floater- 3- End
LaBar	Amelia	THR	JR	Disc	PM Hurdle Crew- 2
Le	Namkhang	SPR	SO	100m	PM Hurdle Crew- 2
Lee	Angela	SPR	SO	n/a	6:40- 12 noon- Checkin
LeMasters	Bruce	DIST	JR	1600m	12 - 4 pm- Runners/Awards
Lenz	Emma	DIST	FR	n/a	6:40- 12 noon- Checkin
Lim	Nicholas	DIST	FR	n/a	Girls HJ
Lim	Lindsay	DIST	FR	n/a	Floater/Blocks- 11-3
Lin	Aaron	SPR	FR	n/a	2 pm- finish/10-3
Lobrin	Karl	SPR	SR	100m, 4x1, 200m	6 pm Cleanup
Lovett	Marcus	THR	SR	Shot Put	PM Hurdle Crew- 2
Luy	Justin	SPR	SR	100m, PV	Prom

Madaj	John	THR	JR	Shot Put	Floater- 3- End
Malazo	Joseph	SPR	SR	110mH, 300mH	6 pm Cleanup
Marlow	Patrick	DIST	JR	1600m	Prom
Mason	Adam	SPR	SR	100m, 400m, 200m	6 pm Cleanup
McClelland	Craig	SPR	FR	n/a	Girls Pole Vault
McFerren	Carson	THR	SO	n/a	Boys Shot Put (Retriever)
Monson	James	DIST	JR	3200m	Prom
Moreno	Denilson	THR	SO	Disc	Girls Discus (Retriever)
Nana	Rohin	SPR	FR	n/a	AM Hurdle/Blocks
Narayana	Sathvik	SPR	FR	n/a	AM Hurdle/Blocks
Nguyen	Donny	SPR	FR	n/a	6:40 -11 am- Runner/Awards
Nguyen	Khoi	SPR	FR	n/a	AM Hurdle/Blocks
Omtri	Rithu	SPR	FR	n/a	AM Hurdle/Blocks
Orlov	Katherine	THR	SO	Disc	PM Hurdle Crew- 2
Perkins	Zoe	SPR	FR	n/a	AM Hurdle/Blocks
Perry	Andrew	DIST	SO	1600m	4- close Check-In
Phan	Tobey	SPR	SO	n/a	Floater/Blocks- 11-3
Puhek	Joshua	DIST	SO	3200m, 4x800	4- close Check-In
Rana	Vaneeza	SPR	SO	n/a	12-4 Check In
Rashid	Mastan	THR	JR	Disc	PM Hurdle Crew- 2
Raza	Sarah	SPR	SO	n/a	12-4 Check In
Re	Nicole	DIST	JR	1600m, HJ	Prom
Reardon	Liam	THR	SO	n/a	Girls Discus (Retriever)
Robinson	Mark	SPR	JR	100m	PM Hurdle Crew- 2
Roby	Zoe	SPR	JR	n/a	3-6 pm Lunch
Rogers	Brianna	THR	JR	Shot Put	Boys Shot Put (Perf Board)
Rogers	Bryan	THR	FR	Disc	Boys Shot Put (Tape Puller)
Rui	Harry	SPR	JR	n/a	AM Hurdle/Blocks
Saben	Clark	SPR	SO	4x400m	6 pm Cleanup
Senio	Allison	SPR	FR	n/a	3- 6 pm- Runners/Awards
Shay	Harrison	DIST	SR	1600m, 4x800	Prom
Soumahro	Jenay	SPR	SO	100mH, 300mH, 4x4, LJ	6 pm Cleanup
Sudama	Samantha	SPR	FR	n/a	AM Hurdle/Blocks
Susin	Isabella	THR	FR	n/a	Girls Shot (Tape Puller)
Swindell	Ryan	DIST	SO	n/a	Girls LJ- Raking
Tam	Andrew	SPR	SR	400m, 4x4	6 pm Cleanup
Tangedipalli	Srimanth	SPR	SO	n/a	AM Hurdle/Blocks
Taori	Maansi	SPR	FR	n/a	3-6 pm Lunch
Thapa	Abijaya	SPR	JR	n/a	11 am- 3 pm- Runners/Awards
Trinh	Thuy-Trang	DIST	SO	n/a	3-6 pm Lunch
Tsai	Eric	SPR	SR	110mH, PV, LJ	6 pm Cleanup
Vasquez	Rommel	THR	SR	n/a	Boys Discus (Retriever)
Vilone	Maher	SPR	JR	Pole Vault	Boys Pole Vault (after competing)

Westrate	David	DIST	SO	n/a	Girls TJ- Raking
Wigle	Kayla	DIST	SR	3200m	Prom
Wu	Cindy (Haoyu)	DIST	FR	1600m Freshman	6 pm Cleanup
Wu	Elizabeth	DIST	FR	1600m, 800m	6 pm Cleanup
Wu	Yannie	SPR	SO	n/a	Floater/Blocks- 11-3
Yadav	Pratistha	SPR	JR	100m	Prom
Yang	Louis	DIST	SO	1600m, 800m	6 pm Cleanup
Yoon	Steven	SPR	SO	n/a	Floater- 6:40- 11