

hank lawson

From: "Matthew Tompkins" <matthew.tompkins@tka.org>
To: "hank lawson" <hanklawtrack@gmail.com>
Sent: Wednesday, October 20, 2021 11:03 AM
Subject: Re: Thursday races?

Race Schedule -

2:30 Coaches Meeting

3:00 PM JV BOYS

3:30 PM JV Girls

4:00 pm Boys Varsity

4:30 pm Girls Varsity

On Wed, Oct 20, 2021 at 10:54 AM hank lawson <hanklawtrack@gmail.com> wrote:

What time is the first race and what is the order/time schedule of the races?

hank

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Matthew A. Tompkins
The King's Academy
World Languages Department - Spanish
Head Cross Country and Head Track and Field Coach

hank lawson

From: "Albert J. Caruana" <acaruana@csus.org>
To: "Albert Caruana" <acaruana@csus.org>
Sent: Saturday, October 16, 2021 3:21 PM
Attach: baylands.jpeg
Subject: WBAL #2 at Baylands Park Info

A reminder that the deadline to enter your athletes on athletic.net is October 19th, midnight. Any questions regarding the upcoming meet this week, please email Matt Tompkins and me.

From meet director Matt Tompkins:

Please READ VERY CAREFULLY as there are new rules we need to follow. If we lose the use of Baylands Park for not following directions, our next XC meet might be 12.5 laps around a track or we could do like the PSAL and have every meet at the Crystal Springs course.

If you have any questions, email both Matt and me. Thank you.

Finish Line Chute: All schools, please send one adult to help at the finish line. (please report to Hank Lawson)
Trainer: TKA
Trail Biker: Can we get a volunteer from any school to be the trail cyclist
Timer: Hank
Starter: Leroy

Where: Sunnyvale Baylands: [999 E Caribbean Dr. Sunnyvale, CA 94088](http://www.sunnyvaleca.gov/999-E-Caribbean-Dr-Sunnyvale-CA-94088)

- The course is a 5k course (3.1 miles) A course map is located below.
- The course will be marked only with cones and NOT CHALKED THIS YEAR!
- We will have parents and athletes at major intersections to guide runners.
- TKA WILL PROVIDE A TRAINER AND A LEAD BIKER

NEW THIS YEAR---

- 10 x 10 foot canopies are ok, BUT NO STAKES!
- PLEASE AVOID BRINGING SNACKS TO THE MEET TO LIMIT TRASH!

FYI:

- Parking is \$6.00 per vehicle. No BUS PARKING!!! Buses must park outside the park in the Tech corridor nearby and only return when teams are ready to leave.

- Please no dogs

- Please do not stake your tents into the ground. Use backpacks or sandbags to weigh them down or water barrels.
- We will have a TKA trainer providing first aid and ice to all schools
- Please keep your litter to a minimum - Please encourage your parents NOT TO BRING SNACKS TO THIS MEET
- Please HELP ASAP BY PICKING UP TRASH

We need to be very careful trash does not blow away or anywhere on the course. There will be a city employee checking on our trash and recycling areas. Please coaches remind your athletes to place recyclables only in the recycling bins and only trash in the trash bins.

I WILL HAVE MY PARENTS LOOKING OUT FOR TRASH...PLEASE HELP THEM BY DOING THE SAME.

From our contract... if we get fined for any of the below the school responsible will be fined.

--Vehicles are not allowed off of the asphalt roadways or parking lot areas. This includes deliveries and set-up/tear-down vehicles. Non-motorized wagon is allowed to transport heavier items to remote hydration station.

No stakes are allowed to be driven into the ground. All canopies, tents and structures larger than 10' x 10' must be included in the application, and only secured using water barrels, as needed.

Amplified sound must be oriented in a manner that would least impact other users of the park. Face the speakers northwest, toward the Bay. Amplified sound is allowed only between 10 a.m. and 10 p.m.

Disposal of litter and debris will be done in a timely manner by the applicant. Applicant must provide debris containers for water stations along the race course. Trails along the courses must be kept trash and debris free before, during and after the event.

Course markers should be placed in a manner that does not cause damage to turf or landscaping.

Dogs and are not allowed in the park. Balloons are not allowed in the park.

Foam (AKA "Styrofoam") food ware is not permitted at Baylands Park.

If you have any questions, just let me know.

Matthew A. Tompkins
matthew.tompkins@tka.org

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 Matthew A. Tompkins
 The King's Academy
 World Languages Department - Spanish
 Head Cross Country and Head Track and Field Coach

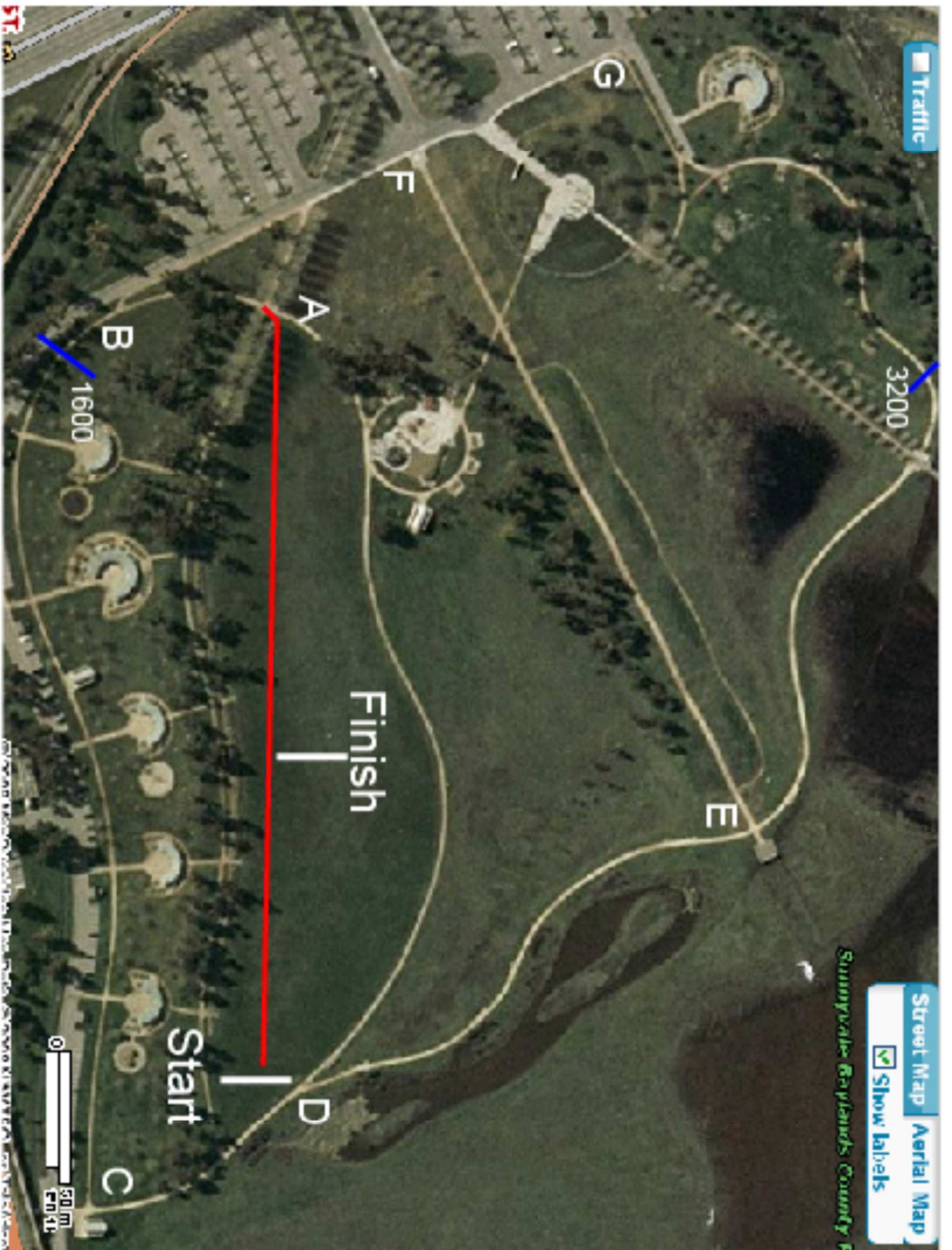
Albert Caruana

Mind Body Program Teacher
 US Director of Cross Country & Track and Field



5000 METERS

5k Course Map



Start-A-B-C-D-A-B-1600-C-D-E-F-G-3200-E-D-C-B-A-D-Finish

1041	Flo Correa Agazzi	F	9	Castilleja
1042	Natalie Goler	F	9	Castilleja
1043	Daniella Henderson	F	11	Castilleja
1044	Samira Kennedy	F	11	Castilleja
1045	Abigail Krenz	F	12	Castilleja
1046	Zoe Lee	F	9	Castilleja
1047	Perry McElhinney	F	10	Castilleja
1048	Madison Ringham	F	12	Castilleja
1049	Naya Sangoram	F	9	Castilleja
1050	Julie Sidana	F	10	Castilleja
1051	Olivia Stinson	F	10	Castilleja
1052	Celia Sullivan	F	11	Castilleja

1053	Ally Agosta Lyon	F	11	Crystal Springs Uplands
1054	Ally Agosta-Lyon	F		Crystal Springs Uplands
1055	Kaiya Brooks	F	11	Crystal Springs Uplands
1056	Allison Huh	F	9	Crystal Springs Uplands
1057	Jasmyn Mirsepahi	F	11	Crystal Springs Uplands
1058	Reilly Sheehan	F	12	Crystal Springs Uplands
1059	Malia Sladewski	F	11	Crystal Springs Uplands
1060	Sophia Stolte	F	9	Crystal Springs Uplands
1061	Chloe Wang	F	12	Crystal Springs Uplands
1062	Maya Wohl	F	10	Crystal Springs Uplands
1063	Lane Arris	M	11	Crystal Springs Uplands
1064	Tarik Baker	M	9	Crystal Springs Uplands
1065	Oliver Boesch	M	9	Crystal Springs Uplands
1066	Benjamin Bouie	M	9	Crystal Springs Uplands
1067	Sascha Chernesky	M	10	Crystal Springs Uplands
1068	Furious Clay	M	11	Crystal Springs Uplands
1069	Eldrich David	M	10	Crystal Springs Uplands
1070	Reid Dye	M	11	Crystal Springs Uplands
1071	Morgan Fisher	M	9	Crystal Springs Uplands
1072	Jack Flynn	M	10	Crystal Springs Uplands
1073	Emanuel Gomez-Lopez	M	10	Crystal Springs Uplands
1074	Lachlan Guo	M	10	Crystal Springs Uplands
1075	Josh Hikida	M	10	Crystal Springs Uplands
1076	Nicholas Jang	M	9	Crystal Springs Uplands
1077	Tyler Jang	M	11	Crystal Springs Uplands
1078	Mihir Joshi	M	9	Crystal Springs Uplands
1079	Lucas Kang	M	12	Crystal Springs Uplands
1080	Tristyn Kelly	M	11	Crystal Springs Uplands
1081	Ilya Kipkalov	M	9	Crystal Springs Uplands
1082	Dylan Miller	M	12	Crystal Springs Uplands
1083	Aidan Mornell	M	9	Crystal Springs Uplands
1084	Matthew Morris	M	10	Crystal Springs Uplands
1085	Spencer Morse-Debrier	M	9	Crystal Springs Uplands
1086	Simon Moscovici	M	10	Crystal Springs Uplands
1087	Jack Murawczyk	M	11	Crystal Springs Uplands
1088	Vidur Mushran	M	12	Crystal Springs Uplands
1089	Caleb Quartey	M	11	Crystal Springs Uplands
1090	Jacob Sutherland	M	9	Crystal Springs Uplands
1091	Liam Toscani	M	9	Crystal Springs Uplands
1092	Nicholas Wen	M	10	Crystal Springs Uplands
1093	Dean Wu	M	10	Crystal Springs Uplands

1094	Diana Asencio	F		Eastside College Prep
1095	Betsabeth Cacho	F		Eastside College Prep
1096	Jessica Cornejo	F	12	Eastside College Prep
1097	Diana Gomez	F	12	Eastside College Prep
1098	Alondra Lopez	F		Eastside College Prep
1099	Jocelyn Urbina-diaz	F		Eastside College Prep
1100	Stephany Urbina-diaz	F		Eastside College Prep
1101	Alondra Zamora	F	12	Eastside College Prep
1102	Maynor BAC	M		Eastside College Prep
1103	Edgar Bustos	M	9	Eastside College Prep
1104	Ricardo Enriquez	M	12	Eastside College Prep
1105	Angel Fernandez	M		Eastside College Prep
1106	Keven Florido	M		Eastside College Prep
1107	David Martinez	M	12	Eastside College Prep
1108	Angel Morales	M		Eastside College Prep
1109	Yoanfranco Ochoa	M	11	Eastside College Prep
1110	Billy Rosas	M	12	Eastside College Prep
1111	Tomas San Juan	M	11	Eastside College Prep
1112	Gerardo Santana	M		Eastside College Prep
1113	Christopher Valencia	M	11	Eastside College Prep
1114	Corey Walker	M		Eastside College Prep

1115	Erica Cai	F	12	Harker
1116	Emma Gao	F	10	Harker
1117	Kara Kister	F	11	Harker
1118	Hannah Levanon	F	9	Harker
1119	Sophia Liu	F	9	Harker
1120	Ada Praun-Petrovic	F	11	Harker
1121	Sofia Stojanovic	F	9	Harker
1122	Brian Chen	M	11	Harker
1123	Dawson Chen	M	12	Harker
1124	Rupert Chen	M	11	Harker
1125	Kaleb Goldin	M	9	Harker
1126	Rigo Gonzales	M	11	Harker
1127	Nelson Gou	M	9	Harker
1128	Brendon Hayes	M	9	Harker
1129	Lexing [Alex] Huang	M	9	Harker
1130	Kyle Li	M	9	Harker
1131	Aidan Lincke	M	12	Harker
1132	Alexander Liou	M	12	Harker
1133	Ethan Liu	M	10	Harker
1134	Harriss Miller	M	9	Harker
1135	Pranav Mullappalli	M	11	Harker
1136	Veyd Patil	M	10	Harker
1137	Michael Pflaging	M	11	Harker
1138	Kailash Ranganathan	M	12	Harker
1139	Adam Sayed	M	10	Harker
1140	Andrew Smith	M	10	Harker
1141	Eric Zhang	M	9	Harker
1142	Richard Zhang	M	11	Harker
1143	Anthony Zhao	M	11	Harker
1144	Maziar Ziai	M	9	Harker

1145	Eden Chuang	F	9	Menlo
1146	Betelihem Essa	F	10	Menlo
1147	Sophia Gallo	F	12	Menlo
1148	Jane Hratko	F	11	Menlo
1149	Amanda Kim	F	9	Menlo
1150	Ruiqi Liu	F	9	Menlo
1151	Alea Marks	F	11	Menlo
1152	Madison Pena	F	12	Menlo
1153	Finley Riley	F	11	Menlo
1154	Grace Tang	F	12	Menlo
1155	Audrey Tsao	F	9	Menlo
1156	Joshua Benyo Baker	M	9	Menlo
1157	Alex Boesch	M	10	Menlo
1158	Agastya Brahmhatt	M	9	Menlo
1159	Aiden Deffner	M	11	Menlo
1160	Sam Engel	M	10	Menlo
1161	Carlo Espinosa	M	11	Menlo
1162	Eric Feng	M	10	Menlo
1163	William Floyd	M	11	Menlo
1164	Geoffrey Franc	M	9	Menlo
1165	William Hauser	M	9	Menlo
1166	Derrick Ho	M	10	Menlo
1167	Colin Ho	M	10	Menlo
1168	Nik Khuntia	M	12	Menlo
1169	Ryan Li	M	10	Menlo
1170	Bryan Liu	M	9	Menlo
1171	Juan Lozada	M	9	Menlo
1172	Giovanny Magana	M	9	Menlo
1173	Clifford Palmer	M	9	Menlo
1174	Shailen Parasnis	M	9	Menlo
1175	Benjamin Park	M	9	Menlo
1176	Justin Pretre	M	11	Menlo
1177	Landon Pretre	M	9	Menlo
1178	Nishan Rajavasireddy	M	12	Menlo
1179	Jared Saal	M	9	Menlo
1180	Gabriel Sandoval	M	9	Menlo
1181	Raul Sandoval	M	9	Menlo
1182	Kayan Sunderam	M	9	Menlo
1183	Max Talwar	M	10	Menlo
1184	Sam Virsik	M	10	Menlo
1185	Connor Yagen	M	9	Menlo

1186	Coco Beck Kerzic	F	9	Mercy (Burlingame)
1187	Sophia Knapp	F	11	Mercy (Burlingame)
1188	Ysabella Matsumoto	F	9	Mercy (Burlingame)
1189	Giselle Palma	F	9	Mercy (Burlingame)
1190	Gurleen Samra	F	11	Mercy (Burlingame)
1191	Dalilah Sanchez	F	9	Mercy (Burlingame)
1192	Olivia Sim	F	11	Mercy (Burlingame)
1193	Mika Taira	F	9	Mercy (Burlingame)
1194	Elizabeth Tocci	F	9	Mercy (Burlingame)
1195	Elise Trinidad	F	11	Mercy (Burlingame)

1196	Desea Bond	F	11	Notre Dame (Belmont)
1197	Caitlin Boyce	F	9	Notre Dame (Belmont)
1198	Peyton Daley	F	12	Notre Dame (Belmont)
1199	Kathleen Davidson	F	11	Notre Dame (Belmont)
1200	Kayla George	F	12	Notre Dame (Belmont)
2561	Annette Henderson	F	10	Notre Dame (Belmont)
2562	Delaney Icard-Cullin	F	11	Notre Dame (Belmont)
2563	Maia Kawaguchi	F	9	Notre Dame (Belmont)
2564	Angela Liu	F	9	Notre Dame (Belmont)
2565	Helena Morell	F	10	Notre Dame (Belmont)
2566	Emma Nilstoft	F	12	Notre Dame (Belmont)
2567	Elle Rau	F	12	Notre Dame (Belmont)
2568	Clair Sapilewski	F	12	Notre Dame (Belmont)
2569	Megan Worry	F	10	Notre Dame (Belmont)
2570	Lauren Zerella	F	9	Notre Dame (Belmont)

2571	Grayson Aquino	F	9	Notre Dame (SJ)
2572	Brianna Bittel	F	11	Notre Dame (SJ)
2573	Tzetzangari Contreras	F	12	Notre Dame (SJ)
2574	Isabella Diaz	F	9	Notre Dame (SJ)
2575	Emily Floyd	F	9	Notre Dame (SJ)
2576	Rio Funatsu	F	9	Notre Dame (SJ)
2577	Laila Heigre	F	9	Notre Dame (SJ)
2578	Melia Hernandez	F	12	Notre Dame (SJ)
2579	Abigail Lee	F	9	Notre Dame (SJ)
2580	Cecilia Mata	F	9	Notre Dame (SJ)
2581	Aila Michiels	F	9	Notre Dame (SJ)
2582	Roxanne Oles	F	12	Notre Dame (SJ)
2583	Naomi Pacheco	F	11	Notre Dame (SJ)
2584	Natalia Padilla	F	9	Notre Dame (SJ)
2585	Cecilia Qian	F	10	Notre Dame (SJ)
2586	Fatima Ramirez	F	9	Notre Dame (SJ)
2587	Meghaa Ravichandran	F	11	Notre Dame (SJ)
2588	Sophia Sanchez-Ramos	F	9	Notre Dame (SJ)
2589	Angelina Santos	F	11	Notre Dame (SJ)
2590	Rithika Suresh	F	9	Notre Dame (SJ)
2591	Sophia Sweeney	F	9	Notre Dame (SJ)
2592	Mindy Tran	F	10	Notre Dame (SJ)
2593	Safiya Tran	F	9	Notre Dame (SJ)
2594	Analya Ulloa	F	11	Notre Dame (SJ)
2595	Isabel Vargas-Hurlston	F	11	Notre Dame (SJ)
2596	Frida Vazquez	F	10	Notre Dame (SJ)
2597	Sophia Walker	F	9	Notre Dame (SJ)
2598	Anika Yarrakonda	F	9	Notre Dame (SJ)

2599	Nicole Maneatis	F	12	Pinewood
2600	Violete Negrette	F	9	Pinewood
2601	Emily Takara	F	12	Pinewood
2602	Mehar Atwal	M	12	Pinewood
2603	Oscar Barnes	M	11	Pinewood
2604	Jared Bowman	M	9	Pinewood
2605	Vincent Chen	M	11	Pinewood
2606	Jesse Fioranelli	M	12	Pinewood
2607	Aiden Gabriel	M	9	Pinewood
2608	Shaan Kan	M	12	Pinewood
2609	Alakh Kapadia	M	9	Pinewood
2610	Sean King	M	12	Pinewood
2611	Bill Long	M	9	Pinewood
2612	Shay Mallempati	M	9	Pinewood
2613	Paul Sapilewski	M	9	Pinewood
2614	Leo Shang	M	9	Pinewood
2615	Cole Stern	M	10	Pinewood
2616	Logan Thompson	M	11	Pinewood

2617	Leah Bei	F	9	Sacred Heart Prep
2618	Lauren Bentley	F	9	Sacred Heart Prep
2619	Elizabeth Butcher	F	9	Sacred Heart Prep
2620	Jaylene Chavez	F	9	Sacred Heart Prep
2621	Elise Chee	F	10	Sacred Heart Prep
2622	Sophie Cheung	F	9	Sacred Heart Prep
2623	Emilie Kofford	F	9	Sacred Heart Prep
2624	Sophie McDade	F	9	Sacred Heart Prep
2625	Janie Morganroth	F	12	Sacred Heart Prep
2626	Lucy Paynter	F	12	Sacred Heart Prep
2627	Julia Soderbery	F	11	Sacred Heart Prep
2628	Chloe Standez	F	9	Sacred Heart Prep
2629	Avery Wagner	F	9	Sacred Heart Prep
2630	Matthew Barter	M	10	Sacred Heart Prep
2631	Omar Bazan	M	10	Sacred Heart Prep
2632	Clay Griffin	M	9	Sacred Heart Prep
2633	Nick Karros	M	10	Sacred Heart Prep
2634	JP Killmond	M	11	Sacred Heart Prep
2635	Ethan Liu	M	10	Sacred Heart Prep
2636	Arjun Singh	M	9	Sacred Heart Prep
2637	Andrew Stamos	M	9	Sacred Heart Prep
2638	Roshan Taneja	M	9	Sacred Heart Prep
2639	Alex Yansouni	M	12	Sacred Heart Prep

2640	Ivette Arriaga	F	12	King's Academy
2641	Phoebe Awender	F	11	King's Academy
2642	Sara Chamness	F	12	King's Academy
2643	Anna Collins	F	12	King's Academy
2644	Jackie Dugan	F	11	King's Academy
2645	Torie GeleyNSE	F	12	King's Academy
2646	Jiwoo Jung	F	10	King's Academy
2647	Iona Prendergast	F	10	King's Academy
2648	Catalina Quach	F	12	King's Academy
2649	Sasha Rascon	F	9	King's Academy
2650	Hana Rust	F	11	King's Academy
2651	Amelia Si	F	10	King's Academy
2652	Leah Tasker	F	12	King's Academy
2653	Allyson Ting	F	11	King's Academy
2654	Amanda Ting	F	9	King's Academy
2655	Samantha Vierra	F	10	King's Academy
2656	Kenneth Chan	M	9	King's Academy
2657	Devan Choksi	M	11	King's Academy
2658	Waren Foo	M	9	King's Academy
2659	Joshua Han	M	10	King's Academy
2660	Ian Hanna	M	12	King's Academy
2661	Kyler Hanson	M	12	King's Academy
2662	Micah Haugen	M	10	King's Academy
2663	Joseph Hirota	M	9	King's Academy
2664	Evan Jung	M	10	King's Academy
2665	Aleksei Mawdsley	M	12	King's Academy
2666	Aleksander Mazin	M	9	King's Academy
2667	Micah Mok	M	12	King's Academy
2668	Aidan Oslob	M	12	King's Academy
2669	Jaewoo Park	M	9	King's Academy
2670	Kayden Stern	M	12	King's Academy
2671	Thomas Tasker	M	10	King's Academy
2672	Silas Taylor	M	12	King's Academy
2673	Lukas Tien	M	10	King's Academy
2674	Gaurav Upadhye	M	12	King's Academy
2675	Terence Zhou	M	9	King's Academy

2676	Ava Ammari	F	11	Woodside Priory
2677	Stella Axe	F	10	Woodside Priory
2678	Willamena Bourke	F	9	Woodside Priory
2679	Neve Cetinok	F	11	Woodside Priory
2680	Romila Gargeshwari	F	12	Woodside Priory
2681	Marie Goodson	F	10	Woodside Priory
2682	Hazel Lynn	F	10	Woodside Priory
2683	Allegra Ryan	F		Woodside Priory
2684	Wenxi Zhang	F		Woodside Priory
2685	Peter Baszucki	M	9	Woodside Priory
2686	Weston Battles	M	11	Woodside Priory
2687	Conrad Brousseau	M	9	Woodside Priory
2688	Nathan Chen	M	10	Woodside Priory
2689	Ryan Cheng	M	9	Woodside Priory
2690	Sam Ding	M		Woodside Priory
2691	Miles Dobrenski	M	11	Woodside Priory
2692	Sean Genet	M		Woodside Priory
2693	Owen Gould	M	12	Woodside Priory
2694	James Heron	M	11	Woodside Priory
2695	Andrew Hurlbut	M		Woodside Priory
2696	John Hurlbut	M	10	Woodside Priory
2697	Jacob Levin	M		Woodside Priory
2698	Noah Levine	M	9	Woodside Priory
2699	Sean Nayebi	M	9	Woodside Priory
2700	Levente Palvolgyi	M		Woodside Priory
2701	Peter Ren	M	11	Woodside Priory
2702	Jack Ryan	M	12	Woodside Priory
2703	Evan Strohman	M	11	Woodside Priory
2704	Yuta Tokusei	M	10	Woodside Priory
2705	Stanley Wan	M	9	Woodside Priory
2706	Andrew Yuan	M		Woodside Priory