



SRV Track & Field Weekly Update April 20

Well, we are three weeks away from the end of the regular season. With that comes a few fun meets and a refocus on getting to the EBAL Championships in the best shape possible. That means, we need to focus and make sure we're rolling on all cylinders.

1. Speaking of **EBAL**, athletes who qualify for the EBAL championships, both frosh/soph and varsity, will continue their seasons after May 2. Any athletes who do not meet the qualifying mark before May 3 will no longer need to attend practice.
 - a. [EBAL Qualifying Standards 2026](#)
2. This week, we've got my favorite meet of the season: **The Northern California Frosh/Soph Championships**. All freshmen and sophomores will have the opportunity to compete. Some will compete in the invitational night meet, while others will compete in the open day meet. You can find the entries and meet information below. If an athlete makes the day and night meet, he or she may choose to compete in the prestigious night meet and forego the day meet. Just let your primary event coach know. Of course, athletes who qualify for both are welcome to attend both sessions.
 - a. [Frosh/Soph Champs](#)
3. Also this week, a handful of qualifiers will head to American River College for the **Sacramento Meet of Champions**. Good luck to those lucky enough to qualify!
 - a. [Sac MOC Info](#)
4. Looking forward, **next Saturday, May 2**, we will be heading to **Dougherty Valley High School for their Last Chance Meet**. Athletes may participate in up to 3 events. Additionally, we will help them run one long jump/triple jump pit and the shot put. Anyone willing to help should email TMac (tmcmullen@srvusd.net). Thanks in advance to anyone who can assist.
5. **Team Donations**- It was recently brought to my attention that we were gifted \$21,000 in team donations. **Thank you a ton to those who were able to help out.** If you do the math on that, 52.5 athletes/families out of 162 donated to the team. The program pays for entry fees, shirts, equipment, coaches, timers, starters, etc. Thus far, we have been able to enter all of the meets that we wanted to enter; however, if we don't get more donations, we may need to limit our entries for the remaining meets, and we may not be able to pay the coaches who have been out there daily for the past 2 months and change. Our ask of \$400 for the season is FAR LESS than any club sport and less than almost every other SRV sport this year. We ask that if you haven't been able to donate or just plain forgot, please consider donating soon.
 - a. [Budget Info on Parent Slides](#)
 - b. [Team Donation Link on Future Fund](#)



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6. **Congratulations** to Nik Brown and Riley McMullen who competed in the decathlon and heptathlon, respectively, last weekend. Nik garnered 6 PRs in his 10 events, while Riley earned 2 PRs in her 7 events. They finished first and second in their competitions. Congrats, multi athletes! Nik is currently ranked #5 in the country for his class!

7. Many **congratulations** to our seniors who participated in the **National Signing Day Event** at SR last Wednesday. They have all committed to compete at the college level next year. We are all very proud of you and can't wait to hear about your successes in the future!
 - a. Ben Burleson- Oberlin College
 - b. Hope Diekmann- University of California Berkeley
 - c. Kyra Hansen- St. Mary's College
 - d. Allie Long- University of Colorado @ Colorado Springs
 - e. Melia Mamoulelis- Eastern Oregon University

Have a great rest of the week and remember to pack a jacket for practice on Tuesday. It'll likely be another soggy day.

