



## SRV Track & Field Weekly Update #7 (March 24)

1. **Many, many thanks** to all who helped make our Swenson/Werne Invitational a success! We got a lot of compliments on the meet, and we managed to run it on time! Thank you **Kristen Neighbor, Larisse Brown, Amber Le, Ella DeWolff, Tracy Lieb, Pete & Heather Houston, Colleen McGinnis, Erin Knapp, Staci Rodgers, Joelle Ishimaru & her sister Leslyn Cicekli, Laura Dommies, Chad Power, Yana Hansen, Robin Mock, Rei Adajar, Kyle Ryan, Dana Pingatore, Ernie Chang, Jeannine Carlberg, Jill Yee, Bill Mock, Brent Mustin, Steve Diekmann, Steve Eichten, Erin Garcia, Inez Bracken, Cindy Tai, Keturah Shelton.** We also had a ton of high school student volunteers who helped!
2. **Results** from last weekend can be found on Diablo Timing. [Diablotiming.com](http://Diablotiming.com) As always, they are also on Athletic.net. We had a ton of great performances all around! Jack Williams earned a great new PR in the 1600. The 400 crew had many 2+ second PRs: Kennedy Knapp, Sydney Spezia, Cienna Lazarus, Cole Runfolo, Riley McMullen & Chase McMullen. Connor Maurice vaulted to a great new PR of 13-6. Zo Burks ran one of the fastest times in the state for a freshman in the 200, and a host of folks garnered new PRs in the 100! Way to go, team!
3. The **team photo** and **senior banners** are up and look great! Senior parents, if you'd like to keep your athlete's photo at the end of the year, we'd love for you to help offset the cost of them. We are asking for \$50. If you'd like to contribute, fill out the form below and pay Coach Mel for the print. [Senior Banner Payment](#). Mel's payment info is on the form.
  - a. Those who ordered prints- Your pics have been distributed to your athlete.
4. **This weekend-** There is a **relay meet at Foothill High School**. The meet itself is one of the longest of the year. As such, we have entered athletes with deliberate intent based on the schedule. Additionally, the distance team is not competing, and the juniors will be preparing for junior prom. So, there are very few folks competing. We've had some last minute scratches due to athletes not communicating their lack of availability at the last minute. Please know that communication regarding availability is key. There is an absence form for all to use, so please do so. When people bail at the last minute, relay teams are left with no alternatives and must scratch. [Absence Form](#)
  - a. Diablo Timing will have a program out soon, but they do have the meet schedule on their website. [Bay Area Relays on Diablo Timing](#)
  - b. [Bay Area Relays Entries](#) (Scratched- Girls Sprint Medley. Tessa Pingatore into F/S girls 100)
5. **Next week-** We have a triangular meet at Foothill on Thursday, April 3. Athletes need to fill out the event interest form by Sunday night. We will do our best to get them into the events they want.
  - a. [Event Interest Form April 3](#)



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6. **Spring Break-** If athletes are not going to be around, they should be active on their own. Find a track, find a hill, find a gym! Those who will be here, we'll let you know when the track will be open for workouts.

Have a great weekend! Sorry that the update is a bit late this week. We're still recovering from the home invitational. Go Wolves!