



2018 LHS Track Schedule

(REVISED and updated 01/31/18)

| <u>Day</u> | <u>Date</u> | <u>Meet name</u> | <u>Meet Location</u> | <u>Time/Transport.</u> |
|-------------------|--------------------|-----------------------------------------------------------------------------|------------------------------|-------------------------------|
| Sat | 02/24/18 | Clarke Massey Relays | Cordova High School | Bus 6:45 am departure |
| Fri | 03/02/18 | Steve March Relays | Del Oro High School | Bus 1:15 pm departure |
| Sat | 03/03/18 | Sac State Classic 14th Annual | CSU Sacramento | Bus 8:00 am departure |
| Sat | 03/10/18 | Sturgeon Invitational | Granite Bay High School | Meet at GB at 8:00 am |
| Fri | 03/23/18 | Bronco Roundup Distance (Distance and Pole Vault only - 800, 1600, 3200) | Bella Vista High School | Bus 2:15 pm departure |
| Sat | 03/24/18 | Glenn Poole Invitational | Oakmont High School | Meet at Oakmont 8:00 am |
| Wed | 04/04/18 | PVL: Center @ Lincoln | LHS | Release from class 2:30 |
| Sat | 04/07/18 | Thunder Invitational | Rocklin High School | Meet at Rocklin _____ |
| Wed | 04/11/18 | PVL: Lincoln @ Bear River | Bear River High School | Bus 1:30 pm departure |
| Sat | 04/14/18 | Bella Vista Bronco Invitational | Bella Vista High School | Bus 7:00 am departure |
| Wed | 04/18/18 | PVL: Lincoln @ Placer | Placer High | Bus 1:30 pm departure |
| Fri | 04/20/18 | Del Oro Invitational 50th Anniv | Del Oro High School | Bus 11:00 am departure |
| Wed | 04/25/18 | PVL: Lincoln @ Colfax | Colfax LHS | Bus 1:30 pm departure |
| Wed | 04/25/18 | GEMS/TBMS Co-host Meet | Lincoln HS Track | |
| Fri | 04/27/18 | SacTown Races | Whitney High School | Meet at Whitney 2:30 pm |
| Wed | 05/02/18 | PVL: Lincoln @ Foothill | Foothill High School | Bus 1:30 pm departure |
| Fri | 05/04/18 | Kay's Ostrom Invitational | Nevada Union, Grass Vly | Bus 8:45 am departure |
| Sat | 05/05/18 | Lincoln Pace Race | Sun City Lincoln Hills | Meet at Sun City 7:00 am |
| Tues | 05/08/18 | PLV League Trials | Lincoln High School | |
| Thurs | 05/10/18 | PVL League Finals | Lincoln High School | |
| | 05/15 & 05/17/18 | Div IV Section Trials / Finals | CSU Stanislaus, Turlock | |
| | 05/24 & 05/25/18 | Div IV Section Masters | Elk Grove High School | |
| Fri | 06/01/18 | California State Championships | Buchanon High School, Clovis | |

Contact Information on Reverse Side

Coaches/Contact Info (text or email or Schoology) Room #37 LHS

Head Coach Daniel Friese (916) 995-1267 d.friese11@gmail.com
Admin Coach Sylvia Ward (408) 616-0650 sward@wpusd.k12.ca.us
Team Parent Mgr Aubrey Tenney (916) 768-7408 aub10e@att.net
Throws – Andre Berg (916) 475-4818 anberg@wpusd.k12.ca.us
Print Coach - Rick Brown (408) 838-6726 coachrick01@hotmail.com
High Jump – Heather Stokes (402) 238-7388 heatherstokes12@gmail.com
Hurdles – Anthony Hinojosa (916) 601-6127 only1hinojosa@aol.cm
Distance –
Pole Vault – Rich Snook

Team Parents – Mrs. Smith
Mrs. Hopping

Team Managers

Karina Mauricio
Veronica Vazquez
Alexandra Morrison
Lauryn Mahoney
Alex Bryson

WE NEED MORE TEAM PARENTS - if interested contact one of the coaches.