

**2012 Flames H.S. Invitational @ Liberty University
Meet Schedule & Itinerary**

Coaches Gilchrist, Franks, Snead, & Beyeah

BOYS

Raaj Bhavsar- 1600m Run/1000m Run
Zach Booker- Shot Put
Aaron Carson- 55m Dash/4x200m
Sam Cohen- 500m Dash
Michael Derrios- 55m Dash/4x200m
Brandon Galindo- Shot Put
Adam Huff- 1600m Run/1000m Run
Luke Ivers- 1600m Run, 3200m Run
Miraj Khan- 1600m Run/1000m Run
Patrick Linehan- 1600m Run/1000m Run
Peter Malander- 4x800m Relay
Sean Mazloum- 500m Dash/300m Dash/LJ/TJ
Arthur McDuffy- 300m Dash/4x200/4x400/LJ
Ryan McGorty- 4x800m/3200m Run
Sean McGorty- 1600m Run/1000m Run/4x400
Logan Miller- 1600m/1000m Run/4x400m
Jose Moran- Shot Put
Eric Nguyen- 55m Hurdles/PV
Emeka Oputa- 55m/300m/LJ
Sung Woo Park- 55m Dash/HJ/LJ/TJ
Jessy Pinto-Moreira- 300m/500m Dash
Miles Ransom- 55m Hurdles/300m/PV
Carlos Reves- 55m Dash/4x200m
Faris Sakallah- 4x800m/3200m Run
Andris Sturans- 500m/4x800m/4x400m
Alek Sung- 300m/PV
Alexander Terry- 55m/300m/4x200m
Nicholas Ullom- 300m/500m/HJ

GIRLS

Carolyn Carlson- 4x800m/3200m Run
Patricia Cason- 3200m Run
Valerie Claunch- 55m Hurdles/PV
Kendall Cowne- 1600m, 1000m, 4x400
Lauren Crafton- 55m Hurdles/500m/LJ/TJ/PV
Ciana Deveau- 55m Dash/4x200m/LJ/TJ
Xaveria Hawvermale- 1600m Run
Garmai Hundley- 55m Hurdles
Kathryn Ingraham- 300m/500m
Bryanna Kerbuski- Shot Put
Danielle LeFrancois- 300m/4x200m/4x400m
Jennifer Loh- 1000m Run
Hannah Lull- 1600m Run/1000m Run
Samantha Lull- 1000m Run/4x800m/4x400m
Shannon McKinney- 55m Dash/300m/4x200m
Lauren Powell- 55m Dash/300m/4x200m
Jacqueline Plummer- 1000m Run
Nora Raheer- 4x800m/3200m Run
Lyzan Rashid- Shot Put
Ashley Scherbenske- 1600m Run/1000m Run
Jenna Scherbenske- 1600m Run/1000m Run
Ally Sieder- 1000m Run/4x800m/4x400m
Mareshah Sowah- 55m Dash
Sydney Strub- 1600m/1000m
Sylvia Tangaro- LJ/TJ
Pauline Vu- 55m Dash
Virginia Walsh- 1600m/1000m

Fees: \$50 per athlete, which helps to **partially** contribute to lodging and travel. Meals for two days (\$40?), as well as any t-shirts, etc. are additional. A check should be made out to CHS Track, and submitted to Coach Gilchrist ASAP.

Travel Attire: Boys must wear button down shirt, tie, and slacks (not jeans/sweats); girls must wear “business casual (ie: skirt, suit, etc)”. This will be required upon stopping for lunch & arriving at hotel.

ITINERARY

Liberty University- Flames H.S. Invitational
January 13-14, 2012

Friday, January 13

8:45 am Meet in gym lobby to load bus. (Students are to dress up for bus ride)
9:30 am Depart from Chantilly High School (Bus should arrive no later than 9:00 am)
9:30 am Depart for Lynchburg.
12:00 ish- Stop for lunch en route.
2:00 pm- Arrive at hotel.
3:30 pm- Depart for field house.
4:30-11:00 Competition
10:00?- Dinner following/during competition.
12:00 am- Lights Out.

Saturday, January 14

6:00 am- Wake up.
6:30 am- 7:15 am- Check out of hotel; get breakfast at hotel.
7:15 am- Depart for fieldhouse.
8:30 am- 10:00 pm?- Competition.
10:00 pm- Depart fieldhouse; stop for dinner en route.
1 am- Return to Chantilly High School.

HOTEL INFORMATION:

DAYS INN

3320 Candler's Mtn. Road (Exit 8B off US 29)
Lynchburg, VA 24502
434-847-8655

MEET LOCATION:

Liberty University's Tolsma Indoor Track Center
Liberty University North Campus
1971 University Blvd.
Lynchburg, VA. 24501

CONTACT INFO: Matt Gilchrist- 703-861-9642; MTGilchrst@aol.com

Chantilly High School Track & Field
January 13th-14th, 2012

ROOM LIST

Boys Room #1

1. Sean McGorty
2. Luke Ivers
3. Peter Malander
4. Ryan McGorty

Boy Room #2

1. Alek Sung
2. Miles Ransom
3. Eric Nguyen
4. Sam Cohen

Boys Room #3

1. Carlos Reyes
2. Jessy Pinto-Moreira
3. Aaron Carson
4. Jason Park
5. Key Derrios

Boys Room #4

1. Arthur McDuffy
2. Alex Terry
3. Sean Mazloum
4. Emeka Oputa

Boys Room #5

1. Faris Sakallah
2. Raaj Bhavsar
3. Miraj Khan
4. Patrick Linehan

Boys Room #6

1. Logan Miller
2. Andris Sturans
3. Nick Ullom
4. Adam Huff

Boys Room #7

1. Zach Booker
2. Jose Moran
3. Brandon Galindo

Girls Room #1

1. Jen Loh
2. Hannah Lull
3. Sydney Strub
4. Ciana Deveau
5. Danielle Le Francois

Girls Room #2

1. Alexandra Sieder
2. Nora Raher
3. Kendall Cowne
4. Samantha Lull

Girls Room #3

1. Patricia Cason
2. Jackie Plummer
3. Xaveria Hawvermale
4. Virginia Walsh

Girls Room #4

1. Carolyn Carlson
2. Ashley Scherbenske
3. Jenna Scherbenske
4. Lyzan Rashid
5. Sylvia Tangaro

Girls Room #5

1. Maresha Sowah
2. Kathryn Ingraham
3. Shannon McKinney
4. Lauren Crafton
5. Valerie Claunch

Girls Room #6

1. Garmai Hundley
2. Lauren Powell
3. Pauline Vu
4. Bryanna Kerbuski

Coaches Room #1

1. Coach Gilchrist
2. Coach Beyeah

Coaches Room #2

1. Coach Franks
2. Coach Snead

Drivers Room

1. Bus Driver