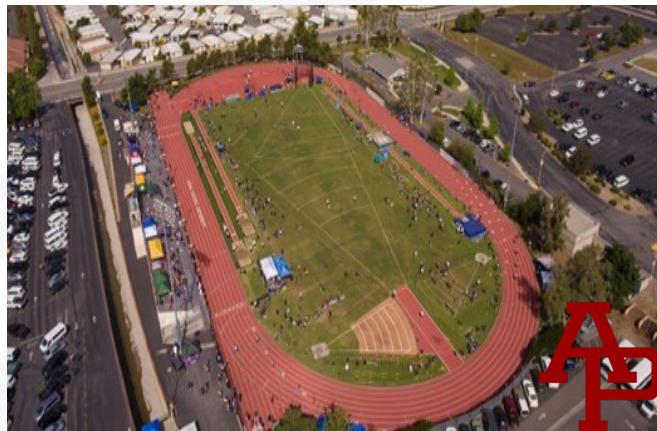
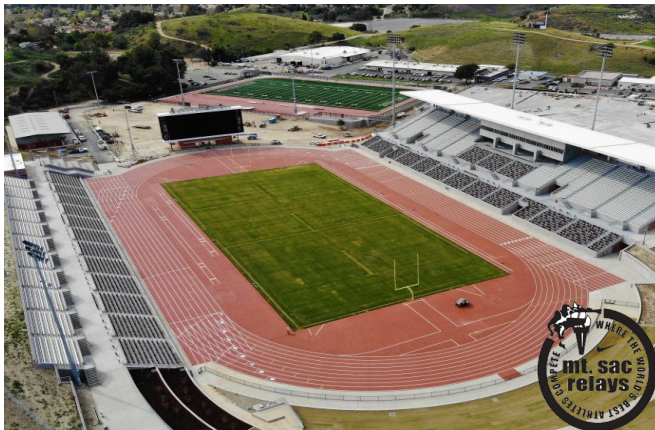


# AIR FORCE TRACK AND FIELD ITINERARY



**MT. SAC RELAYS/ BEACH INVITATIONAL / BRYAN CLAY INVITATIONAL**  
MT. SAN ANTONIO COLLEGE / LONG BEACH STATE / AZUSA PACIFIC  
APRIL 13TH - 16TH

**Hampton Inn LA/West Covina**  
3145 E Garvey Ave N, West Covina, CA 91791

**Hilmer Lodge Stadium**  
Mt. SAC, 1100 N Grand Ave, Walnut, CA 91789

**Jack Rose Track**  
Long Beach, CA 90840

**Cougar Athletic Stadium**  
901 E. Alostia Ave., Azusa, CA 91702

**#GOFALCONS**

# AIR FORCE TRACK AND FIELD

## TRAVEL LOGISTICS

### PRE-TRAVEL LOGISTICS

Hampton Inn LA/West Covina: 3145 E Garvey Ave N, West Covina, CA 91791

Hilmer Lodge Stadium: Mt. SAC, 1100 N Grand Ave, Walnut, CA 91789

Jack Rose Track: 1250 North Bellflower Blvd., Long Beach, CA 90815

Cougar Athletic Stadium: 901 E. Alostia Ave., Azusa, CA 91702

### WEDNESDAY, APR. 13

Depart COS @ 1:30pm MT on MilAir; arrive at March ARB @ 2:30pm PT

55 Cadet-Athletes + 3 Managers + 6 Coaches = 64 total

7:00am	SCA #15-25 begins
10:15am	Lunch Delievered (Chick-Fil-A)
11:30am	Come to Field House to load bus UOD: Travel Suit
12:00pm	Bus departs to COS
~12:30pm	Bus arrives at COS Unload bus and load plane
1:30pm	Departs COS to March ARB
2:30pm	Arrive at March ARB
~3:00pm	Depart to Hilmer Lodge Stadium
~4:00pm	Arrive at Hilmer Lodge Stadium
~5:15pm	Depart to hotel
~5:30pm	Arrive at the hotel
6:30pm	Depart for Team Dinner (BJ's Restaurant)

### SATURDAY, APR. 16

Depart MilAir @ 9:00pm PT on MilAir; arrive at COS @ 11:59pm MT

5:45pm	Load bus and vans for departure from Long Beach UOD: Travel Suit
6:00pm	Bus and vans depart to March ARB
~7:15pm	Arrive at March ARB
9:00pm	Departs March ARB to COS
11:59pm	Arrive at COS Unload and get on bus
~12:15am	Depart for USAFA
~12:45am	Arrive at USAFA

### ROOMING LIST

(27 DOUBLES / 12 SINGLES)

Cole (coach)  
Steffan (coach)  
Graf (coach)  
Hightower (coach)  
Imdieke (coach)  
Kedge (coach)  
Saiz (DO)  
Trudo (AT)  
Bullock / Pittman  
Glenn / Tamminga  
Boyle / Johnson  
Sc. Maison / Se. Maison  
Blenkush / Gilman  
Combs / Marshall  
Hall / Schulz  
Charlebois / Postell  
Meador / Aiu  
Harris / Hackett  
Colizzi / Stevens-Long  
Connelly  
Dimnwaobi / Larrier  
Taylor / Breier  
Hundl / Rivers  
Prete / Lentz  
Gardner / Macktinger  
Bennett  
Walker  
Pitman  
Floyd  
O'Connell / Proesch  
Iwu / Rioux  
Roca / Thompson  
Peterson / Towler  
Wilder / Fruchey  
Martinez / Porambo  
A. Brown / Stauffer  
Schlather / Willis  
Weaber / Gilliana  
Hamilton / Kill

# MT. SAC MEET LOGISTICS

## GENERAL INFORMATION

Our Team Tent will in the grass area loacted behind the stadium

Warm-up: grass field behind stadium

Check-in: Field events—45' prior w/event judge

Check-in: Track events—NLT 30' prior w/clerk of the course at the south end of the track  
15' prior report to the hipping area at the south end of the track

Spikes may be 1/4" pyramid!

## THURSDAY, APR. 14

### MT. SAC RELAYS

#### FIELD EVENTS

11:00am	M's Discus	Prelim		Bullock
3:00pm	M's Shot Put	Prelim	Flight 3	Bullock, Tamminga

#### TRACK EVENTS

6:00pm	W's 3000 Steeple	Final	Section 3	Fruchey
7:10pm	M's 3000 Steeple	Final	Section 5	Boyle

## FRIDAY, APR. 15

### MT. SAC RELAYS

#### FIELD EVENTS

10:00am	M's Javelin	Final	Flight 1	Glenn
11:00am	W's Pole Vault	Final	Collegiate C	Porambo, Schlather, Willis
11:00am	M's Pole Vault	Final	Collegiate C	Charlebois, Postell, Macktinger
12:00pm	W's High Jump	Final	-	Martinez
12:30pm	W's Javelin	Final	Flight 1	Stauffer, A. Brown
2:00pm	M's Hammer	Prelim	Flight 2	Prete
2:00pm	M's Pole Vault	Final	Collegiant B	Gardner
3:45pm	M's High Jump	Final	Flight 1	Hall, Schulz, Rivers

#### TRACK EVENTS

10:45am	M's 4x100 Relay	Invite Prelim	Section 3	Hackett, Connelly, Dimnwoabi, Larrier
1:05pm	W's 400 Hurdles	Final	Section 4	Roca
1:25pm	M's 400 Hurdles	Final	Section 2	Hackett
			Section 3	Aiu
2:40pm	M's 400 Meters	Final	Section 1	Larrier
3:35pm	M's 800 Meters	Final	Section 2	Blenkush
4:35pm	M's 200 Meters	Final	Section 6	Larrier
9:20pm	W's 5000 Meters	Final	-	Hamilton
9:40pm	M's 5000 Meters	Final	Section 1	Combs, Sc. Maison, Se. Maison, Marshall
			Section 2	Johnson
10:20pm	M's 5000 Meters	Invite Final	-	Gilman

## SATURDAY, APR. 16

### MT. SAC RELAYS

#### TRACK EVENTS

12:30pm	M's 4x100 Relay	Final		
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# AIR FORCE TRACK AND FIELD

## LONG BEACH MEET LOGISTICS

### GENERAL INFORMATION

Our Team Tent will be on the perimeter grass of the baseball outfield

Warm-up: Baseball field; NE side of the track complex

Check-in: Field events—60' prior at the field clerks tent located at the south end of Long/Triple jump runways

Check-in: Track events—NLT 60' prior at the clerks tent on the right field Baseball Bullpen

Spikes may be 1/4" pyramid!

**FRIDAY, APR. 15**

**LONG BEACH**

### FIELD EVENTS

9:00am	M's Hammer	North Ring-Outfield	Prete, Pittman, Bullock
3:45pm	M's Javelin	South Runway	Glenn

**SATURDAY, APR. 16**

**LONG BEACH**

### FIELD EVENTS

9:00am	M's High Jump	Dual Sites	Hall, Hundl, Rivers, Schulz
9:30am	W's Long Jump	East Runway	Thompson
9:30am	M's Long Jump	West Runway	Hackett, Stevens-Long, Colizzi, Taylor
10:30am	W's Pole Vault	Dual Sites	Porambo, Schlather, Willis
10:30am	M's Pole Vault	Dual Sites	Charlebois, Gardner, Macktinger, Postell
11:00am	M's Shot Put	East Ring	Bullock, Tamminga
12:30pm	W's High Jump	Dual Sites	Martinez
2:30pm	M's Triple Jump	West Runway	Colizzi, Taylor
3:00pm	M's Discus	North Ring-Outfield	Bullock, Prete, Pittman, Tamminga

### TRACK EVENTS

10:15am	National Anthem		
<b>10:20AM</b>	<b>SPECIAL EVENT: BEACH INVITATIONAL HALL-OF-HONOR INDUCTION OF RALPH LINDEMAN (CLASS OF 2022)</b>		
10:57am	M's 4x100 Relay		Connelly, Hackett, Dimnwoabi, Larrier
12:18pm	M's 110 Hurdles		Hackett, Harris, Holcombe, Hundl, Meador
12:51pm	W's 400 Meters		O'Connell, Proesch, Rioux
1:30pm	M's 400 Meters		Geither, Larrier
2:06pm	W's 100 Meters		Iwu
2:45pm	M's 100 Meters		Connelly, Dimnwoabi, Murphy, Stevens-Long
3:51pm	M's 800 Meters		Blenkush
4:16pm	W's 400 Hurdles		Roca
4:50pm	M's 400 Hurdles		Aiu, Breier, Hundl, Meador
5:23pm	W's 200 Meters		Iwu, Proesch, Rioux

## AZUSA MEET LOGISTICS

### GENERAL INFORMATION

Warm-up: Dillion Field

Check-in: Track events—NLT 30' prior w/clerk SW corner of track entry gate near 100m start

Spikes may be 1/4" pyramid!

**THURSDAY, APR. 14**

**AZUSA**

### TRACK EVENTS

2:55pm	W's 800 Meters	Open	Heat 9	O'Connell
6:30pm	W's 5000 Meters	Open	Heat 3	Wilder
7:11pm	W's 5000 Meters	Open	Heat 4	Towler
10:01pm	M's 5000 Meter	Invite	Heat 3	Bennett
10:16pm	W's 5000 Meter	Invite	Heat 4	Peterson

**FRIDAY, APR. 15**

**AZUSA**

### TRACK EVENTS

10:05am	M's 110 Hurdles	Open		Meador
2:05pm	M's 200 Meters	Open		Connelly
2:50pm	W's 200 Meters	Open		Iwu, Proesch, Rioux
8:10pm	W's 1500 Meters	Open		Gilliana, Kill, Weaber
9:20pm	M's 1500 Meters	Open		Lentz

# LOCAL LOGISTICS

\*\*\*ALL TIMES ARE LOCAL\*\*\*

THURSDAY, APRIL 14

MEET DAY

6:00-9:00am Breakfast at hotel  
 NLT 9:15am Depart to Hilmer Lodge Stadium- Dan  
 (Bullock, Trudo, Hightower, Prete, Pittman, Pitman)  
 Tents, Tarps, Water, Gatorade  
 9:25am Arrive at Hilmer Lodge Stadium  
 9:45am Depart to Hilmer Lodge Stadium for Practice  
 Please check with your event coach  
 9:55am Arrive at Hilmer Lodge Stadium  
 11:00am Lunch on your own (per diem)  
 1:00pm Depart to Hilmer Lodge Stadium - Dan  
 (Tamminga)  
 Depart to Cougar Athletic Stadium- Jacob (pick up packet)  
 (O'Connell, Hightower)  
 1:10pm Arrive at Hilmer Lodge Stadium  
 ~1:30pm Arrive at Cougar Athletic Stadium  
 3:45pm Depart to Hilmer Lodge Stadium - Dan  
 (Fruchey, Cole)  
 3:55pm Arrive at Hilmer Lodge Stadium  
 4:30pm Depart to Hilmer Lodge Stadium - Dan  
 (Boyle)  
 4:40pm Arrive at Hilmer Lodge Stadium  
 4:30pm Depart to Cougar Athletic Stadium- Jacob  
 (Towler, Wilder, Kedge)  
 5:00pm Arrive at Cougar Athletic Stadium  
 5:30pm Dinner on your own (per diem)  
 8:00pm Depart to Cougar Athletic Stadium- Jacob  
 (Peterson, Bennett, Cole, Kedge)  
 8:30pm Arrive at Cougar Athletic Stadium

FRIDAY, APRIL 15

MEET DAY

6:00-9:00am Breakfast at hotel  
 6:00-7:45am Treatment with Jeff  
 6:30am Depart to Jack Rose Track- Jacob (pickup packet)  
 (Prete, Pittman, Tamminga)  
 ~7:30am Arrive at Jack Rose Track  
 8:00am Depart to Cougar Athletic Stadium - Aric  
 (Meador)  
 8:20am Depart to Hilmer Lodge Stadium - Dan, Scottie  
 (Glenn, Porambo, Schlather, Willis, Postell, Bullock,  
 Martinez, Hackett, Connelly, Dimnwoabi, Larrier, Hundl,  
 Harris, Charlebois, Macktinger, Trudo, Hightower,  
 Imdieke)  
 8:30am Arrive at Hilmer Lodge Stadium  
 Arrive at Cougar Athletic Stadium  
 10:30am Depart to Hilmer Lodge Stadium - Dan  
 (Stauffer, Brown)  
 10:40am Arrive at Hilmer Lodge Stadium  
 11:00am Lunch on your own (per diem)  
 Depart to Hilmer Lodge Stadium - Dan  
 (Gardner, Aiu, Roca)  
 11:10am Arrive at Hilmer Lodge Stadium  
 11:15am Return from Hilmer Lodge Stadium - Dan  
 (Hightower, Dimwoabi, Larrier, Connelly)

11:30am Depart from Jack Rose Track to Hilmer Lodge Stadium -  
 Jacob  
 (Prete, Pittman, Tamminga)  
 12:00pm Depart to Cougar Athletic Stadium- Aric  
 (Connelly, Iwu, Proesch, Rioux, Hightower)  
 12:30pm Arrive at Cougar Athletic Stadium  
 1:00pm Depart to Jack Rose Track - Pitman  
 (Glenn)  
 1:20pm Depart to Hilmer Lodge Stadium - Dan  
 (Hall, Schulz, Rivers, Blenkush, Larrier, Graf)  
 Arrive at Hilmer Lodge Stadium  
 1:30pm Arrive at Jack Rose Track  
 ~2:00pm Dinner on your own (per diem)  
 6:30pm Depart to Cougar Athletic Stadium- Aric  
 (Kill)  
 4:15pm Arrive at Cougar Athletic Stadium  
 5:45pm Depart to Cougar Athletic Stadium- Dustin  
 (Gilliana, Weaber)  
 6:15pm Arrive at Cougar Athletic Stadium  
 7:15pm Depart to Cougar Athletic Stadium - Dustin  
 (Lentz)  
 7:45pm Arrive at Cougar Athletic Stadium  
 7:50pm Depart to Hilmer Lodge Stadium -Dan  
 (Hamilton, Combs, Gilman, Johnson, Se. Maison,  
 Sc. Maison, Marshall)  
 8:00pm Arrive at Hilmer Lodge Stadium

SATURDAY, APRIL 16

MEET DAY AND TRAVEL DAY

6:00-9:00am Breakfast at hotel  
 Check-out of hotel  
 6:30am Depart for Jack Rose Track - Dan, Scottie, Jeff  
 (Coach Graf, Jeff, Martinez, Schulz, Hall, Rivers, Hundl,  
 Connelly, Harris, Dimnwoabi, Larrier, Thompson,  
 Hackett, Stevens-Long, Colizzi, Taylor, Charlebois,  
 Gardner, Macktinger, Postell)  
 8:00am Arrive at Jack Rose Track  
 Bus departs hotel to Jack Rose Track  
 (Remainder of Team)  
 9:00am Long Beach Invitational Begins  
 9:30am Arrive at Jack Rose Track  
 10:00am Prete Departs for Hilmar Lodge Stadium  
 10:10am Arrive at Hilmar Lodge Stadium  
 10:20AM SPECIAL EVENT: BEACH INVITATIONAL HALL-OF-HONOR  
 INDUCTION OF RALPH LINDEMAN (CLASS OF 2022)  
 11:30am Lunch Delivered to Jack Rose Track (Ike's Subs)  
 5:30pm Dinner Delivered to Jack Rose Track (Olive Garden)  
 5:45pm Load bus and vans for departure  
 UOD: Travel Suit  
 6:00pm Bus and vans depart to March ARB  
 8:00pm Showtime  
 9:00pm Departs COS to March ARB  
 11:59pm Arrive at COS  
 Unload and get on bus  
 ~12:15am Depart for USAFA  
 ~12:45am Arrive at USAFA

## KEY:

Mt. Sac Hilmer Lodge Stadium - Driver Dan Walker

Long Beach Jack Rose Track - Jacob Pittman

Azusa Cougar Athletic Stadium - Coach Kedge

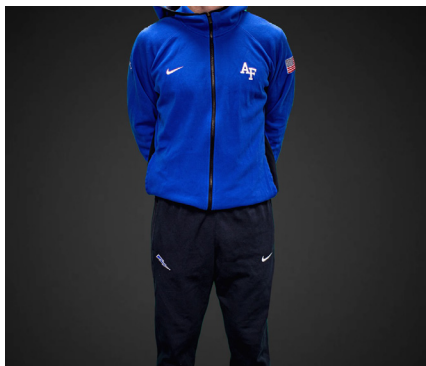
Lunch and Dinner



# AIR FORCE TRACK AND FIELD

## PACKING LIST

### TRAVEL GEAR



PLANE  
SHOWTIME JACKET AND PANT



OUTBOUND  
BLUE AF TEE



RETURN  
BLUE AIR FORCE TEE

### COMPETITION GEAR



EVERYDAY  
WARM-UP JACKET AND PANTS



SATURDAY  
WARM-UP RL SHIRT



THURSDAY  
GREY AIR FORCE SINGLET  
AND BLUE BOTTOMS



FRIDAY  
DIGITAL AIR FORCE SINGLET  
TOP AND BOTTOMS



SATURDAY  
BLUE AF SINGLET TOP AND  
BOTTOMS OR BODYSUIT

**PLEASE PACK  
FOR CHILLY  
WEATHER.**

# TRAVEL POLICY

- Always represent yourself, your team and the United States Air Force Academy in a professional manner.
- Obey ALL local and civil laws, the UCMJ, NCAA Guidelines and AD policy.
- NO drinking or possession of alcohol and NO tobacco products at ANY time.
- Please see packing list with descriptions above
- Absolutely NO males in females' rooms, or vice versa.

## TRAVEL SQUAD

55 CADET-ATHLETES + 3 MANAGER + 8 STAFF = 66 TOTAL

Coach Cole (Coach)	989-750-2523	Kill, Jenna	419-708-8238
Coach Steffan (Coach)	719-339-3285	Larrier, Zachary	916-996-9759
Coach Hightower (Coach)	719-640-8328	Lentz, Bryce	360-409-3153
Coach Imdieke (Coach)	719-640-8222	Macktinger, Caiden	916-458-2243
Coach Graf (Coach)	719-649-2278	Maison, Scott	331-202-5432
Sara Saiz (Dir of Ops)	719-922-1411	Maison, Sean	331-202-5431
Jeff Trudo (AT)	719-337-5500	Marshall, Ethan	913-777-8206
Aiu, La'a	808-594-6285	Martinez, Ari	505-967-9669
Blenkush, Garret	801-244-9694	Meador, Seth	940-395-0810
Bennett, Eli	703-853-6903	O'Connell, Brid	914-589-6500
Boyle, Aiden	925-989-9479	Peterson, Ally	360-977-0677
Breier, Cameron	509-380-6994	Pitman, Jacob (Mgr.)	828-226-3826
Brown, Alexxis	858-414-6938	Pittman, Jace	907-580-4993
Bullock, Hayden	937-789-7776	Porambo, Frankie	908-917-1859
Charlebois, Ben	401-302-9631	Postell, Robert	713-504-2118
Colizzi, John	804-709-6566	Prete, Jaret	734-347-8643
Combs, Luke	765-606-1739	Proesch, Grace	563-940-7099
Connelly, Jackson	832-262-0402	Rioux, Taylor	661-817-3421
Dimnwaobi, CJ	770-712-1121	Rivers, Janan	281-770-1398
Floyd, Chris (Mgr. Video)	630-347-8433	Roca, Michelle	251-533-6699
Fruchey, Rayna	260-633-8859	Schlather, Katie	713-897-1695
Gardner, Ethan	660-227-0145	Schulz, Collin	717-353-2472
Geither, Sean	440-590-3106	Stauffer, Allyson	717-571-5282
Gilliana, Ava	219-242-4402	Stevens-Long, Travon	347-743-0911
Gilman, Sam	843-304-5902	Tamminga, Gerrit	720-618-5484
Glenn, Teagun	505-604-5757	Taylor, LaShawn	210-739-2511
Hackett, Darek	281-773-1367	Thompson, Katie	402-217-7521
Hall, Jake	928-240-3730	Towler, Tiaree	480-313-6770
Hamilton, Halle	419-688-0383	Walker, Dan (Mgr.)	631-988-0396
Harris, Cameron	720-459-2122	Weaber, Sydney	760-815-6383
Hundl, Philip	979-253-0862	Wilder, Adrianna	303-888-2174
Iwu, Zoe	832-574-0423	Willis, Erika	719-377-1476
Johnson, Ryan	720-545-5472	Wittig, Joe	479-226-1320

### \*\*\*\*\* THE "DO'S" \*\*\*\*\*

\*DO WEAR YOUR UNIFORM CORRECTLY FOR MILAIR TRAVEL \*DO INTRODUCE FAMILY & FRIENDS TO HEAD COACH AND EVENT COACH \*DO COMMUNICATE WITH YOUR EVENT COACH ABOUT INJURIES & "SCRATCHES" FROM YOUR EVENTS \*DO RESPECT THE PRIVACY AND RIGHT TO QUIET OF OTHERS, INCLUDING YOUR OWN ROOMMATE \*DO MAKE "SMART CHOICES" RE: WHAT YOU EAT \*DO WEAR ONLY AD-ISSUED UNIFORMS IN COMPETITION \*DO USE YOUR FREE TIME WISELY—STUDY WHEN FITTING \*DO SAY "PLEASE" & "THANK YOU" TO VAN DRIVERS, WAITRESSES, BUSBOYS, HOTEL MAIDS & FRONT DESK PERSONNEL \* DO SMILE & HAVE FUN \*

### \*\*\*\*\* THE "DON'T'S" \*\*\*\*\*

\*DON'T BE LATE FOR ANYTHING \*DON'T LEAVE YOUR "STUFF" (UNIFORMS, SHOES, WARM-UPS, TAPE MEASURES) LYING AROUND \*DON'T USE ANY ELECTRONICS—CAMERAS, HEADPHONES, CELL PHONES— IN COMP. AREA \*DON'T USE FOUL LANGUAGE \*DON'T WEAR T-SHIRTS, CUT-OFFS, FLIP-FLOPS OR "PAJAMAS" TO TEAM DINNERS \*DON'T FORGET TO CALL YOUR FAMILY \*DON'T LEAVE TRASH OR GARBAGE IN VANS OR AROUND TEAM AREA \*DON'T SWITCH ROOMMATES W/O COORDINATING WITH HEAD COACH \* DON'T DEVIATE FROM OUR PUBLISHED ITINERARY WITHOUT HEAD COACH'S PERMISSION \*DON'T FORGET TO THANK MEET OFFICIALS! \*

