

Oakmont Invite

Host Site: Johnson Springview Park

Date: Saturday, August 30th, 2025

Johnson Springview Park Address: 5480 5th St. Rocklin, CA 95677

Parking is a pain and bathrooms are limited!

Meet @ Johnson Springview Park by 7:00am / Coach & Captains by 6:45am!

Race families this week are Varsity Girls, Varsity Boys, and Sophomore Boys.

Races:

1. 8:00 am Varsity Girls, 4K (Breakfast by 5:00, Warm up by 7:20, on the line 7:50)
2. 8:30 am Varsity Boys, 4K (Breakfast by 5:30, Warm up by 7:50, on the line 8:20)
3. 9:30 am Sophomore Boys, 4K (Breakfast by 6:30, Warm up by 8:50, on the line 9:20)

Race Families

8 (*9*) Varsity Girls 8am 4K	7 Varsity Boys 8:30 am 4K	8 (*10) Soph Boys 9:30am 4K
Emmy Angelo (11)	Grady Morris (12)	Jacob Judy (9)
Sadi Angelo (9)	Devin Maldonado (10)	Austin Jones (9)
Alex Grunder (9)	Colby Woodward (12)	Dusty Smith (10)
Emma Judi (11)	Jacob Arthur (10)	Michael Alvarez-Romero (9)
Shaunaleah Roberts (12)	Gavin Scowcroft (11)	Landon Bordenave (9)
Avery Wilson (9)	Owen Jenkins (10)	Logan Scowcroft (9)
Lilliana Erwin (10)	Caleb Huckell-Savage (11)	Mason Chafer (9)
Monika Alvarez (12)		? Jackson Gilbert (10)
Maddie Mills (9) *NO RACE*		? Liam Trifiro (10)
		? Weston Lauer (10)

- ☐ **HYDRATE!** Bring plenty of water with you.
- ☐ **FUEL PROPERLY...**plan your food with when you race, pack enough.
- ☐ **Bring your warm-ups, t-shirt and shorts with your uniform, shoes and socks.**
- ☐ **Every athlete should plan on being at the meet from arrival time to dismissal (after the final race, cool down, & team meeting) approx. 10:30/11am. Know how you are getting home, your ride must be there no later than 10:30am!**
- ☐ **My Saturday race goal for is _____, _____ pace per mile.**
- ☐ **What I will focus on Saturday during the race: _____.**

OAKMONT INVITATIONAL
JOHNSON-SPRINGVIEW PARK
4K COURSE MAP

