

TRI TIP SEVENS



~LIFE'S A BEACH~



JK
PALADIN

Welcome from SLORFC Board of Directors

We are thrilled to have you join us for the 39th Annual Tri Tip Sevens Rugby Tournament, and we aim to make this the best one yet!



Following the historic performance of the American women in the Olympics this summer, it's the perfect time to also celebrate the 20th anniversary of the SLO Women's Rugby Club. Established by a determined group of young women in 2004, the club has come a long way.

Twenty years later, women's rugby is thriving here on the Central Coast. The SLO Women's Rugby Club played a pivotal role in launching the Cal Poly Women's Rugby program in 2017—a program that continues to amaze!

Our men's team is expanding into a D2 and D3 program this year, a true testament to the hard work and dedication the entire club has put into growing the sport locally.

We've reached a milestone that we once only dreamed of: we are now ready to offer youth rugby again, and we're enjoying a strong partnership between Cal Poly Rugby and SLO Rugby. For those who have witnessed the evolution of rugby on the coast, this is truly something to be proud of.

None of this would have been possible without the dedicated support of our volunteers, board members, supporters, sponsors, vendors, and retired players. We are forever grateful to stand on the shoulders of these giants.



****Stay Tuned:****

Next year, we'll be celebrating the 50th anniversary of SLO Rugby and the 40th anniversary of Tri Tip Sevens! We hope to see many familiar faces as we find ways to honor and celebrate our past.

The best way to stay involved or keep in touch is by joining our newsletter. Visit slorugby.org to receive updates straight from the club!

We appreciate you!



The Legend of Tri Tip 7s

The legendary Tri Tip Sevens Tournament has been a climactic end to summer sevens since 1985. First founded by Bobby "Bolt" Trudeau, the original name was the Pismo Beach Clambake. The fun continued each year on the second weekend after Labor Day until Bobby's retirement. He then handed the reins over to up-and-coming players Paul "Cap" Cappellano and Reggie Greenwood to continue the tradition.

Good times in downtown San Luis Obispo, Tri Tip BBQs, and thriving teams lead to the name change we know today, Tri Tip Sevens Rugby Tournament. Through the years, the foundation of the tournament was to keep the traditions of rugby alive and available to all.



The social component of Tri Tips creates a positive, relaxed environment without the aggressive drive for a National Sevens title. Rugby teams from Northern California, Southern California and out of state travel to the beautiful central coast for a full day of sevens rugby. The famous Tri Tip BBQ feast is unlike any other tournament fare, providing a unique experience for players and fans of all ages. Finishing out the atmosphere is the top notch beer garden.

Lift your glass, share stories with your friends, and enjoy a good day of rugby.

For SLO Rugby updates check out Instagram @[slorugby](https://www.instagram.com/slurugby)



SLO Women's Rugby: Honoring the Pioneers



In 2004, Lindsey Graf (formerly Lindsey White) and Amanda Wayson crossed paths on the Cal Poly campus, both with the ambitious goal of starting a women's rugby team in San Luis Obispo. In true rugby fashion, they quickly teamed up to gather interested players. At their very first practice, 25 women showed up, eager to be part of something new and exciting. With the support of SLO Rugby and Cal Poly Rugby, the team had an incredibly successful first season, even sending players to compete for the SCRFU Griffins.

The SLO Women's Rugby team was founded on the belief that if you have a lot of fun and build strong social connections among all members, team success will naturally follow. This philosophy has not only shaped the women's team but has also contributed to the overall success of the entire SLO Rugby Club, for both men's and women's teams over the years.



The team wasn't just known for their prowess on the field; they also brought a sense of fun and camaraderie to everything they did. They could often be found dressed as pirates at the local farmers' market and at post-tournament socials, sporting mustaches, eye patches, and cleats. Their infectious spirit was captured in their pre-game cheer: "Life's a beach, Go SLO!" Today, we

honor these pioneers and the vibrant culture they created, a legacy that continues to thrive in our community.

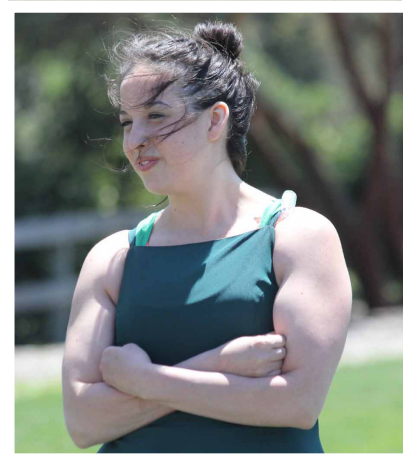
As we celebrate the 20-year anniversary of SLO Women's Rugby, we are especially grateful for the efforts of all the players and administrators who have kept the team alive through the changes and challenges that befall rugby clubs. We are also grateful that some of the original players, along with players from later years, have been able to attend this year's event, reminding us of the strong community and enduring spirit that defines our team



When I transferred to Cal Poly, it became my dream to see a women's team take the field some day. I myself never got the chance to wear the Cal Poly jersey, but it brings me to tears and deep emotion every time I see the Cal Poly and SLO teams take the pitch.



My rugby career is punctuated with glory and a series of near misses. Stops and starts in between life changes and injuries. But none of that matters, because we all love and accept one another as family and I'm always home.



Welcome to the SLO RUGBY Tri Tip 7's 2024 Tournament!

We are excited to have another fun tournament this year and have some tournament details here so you know what to expect!

Please read this document in its entirety to ensure you are prepared.

Details:

7 September 2024 8am-6pm
Damon-Garcia Sports Complex
680 Industrial Way, San Luis Obispo, CA 93401

Quick-Start Checklist:

- 1. ASAP: Make sure your team is compliant with USA Rugby Sanctioning
- 2. Print and have all players sign the Release & Indemnity Form (this will speed up your check-in process). Blank forms will be available at the table for those who don't have them. One form per team, please.
- 3. Send one representative of your team to pick up your cups & tickets. (There are 12 cups allotted per team, if you have extra players, additional cups with meal tickets can be purchased in advance or onsite until sold out.)
- 4. Check with our brackets table to get your play schedule.

Parking Guidelines:

- 1. Check in with the main lot attendant for parking instructions upon arrival.
- 2. Try to carpool to reduce strain on our parking lot.
- 3. We will be parking Buses and RVs on Industrial Way across the street after dropoffs.
- 4. There will be no parking available in the Sesloc parking lot until after 1 PM in MARKED PLACES ONLY

No Dogs, By SLO City Ordinance, this means they may ticket SO **NO DOGS** PLEASE.

Service Dogs for Disabled Persons with marked vests only. **NO THERAPY ANIMALS** as they are not exempt from tickets. Call San Luis Obispo Parks and Recreation for details on Animal rules and ordinance.

Water: Bring your own refillable water bottles. We are not allowed single use 8oz, 12oz, 16oz, etc. plastic water bottles by City Ordinance. We have refill stations for all teams needing to refill their reusable bottles.

Shade: It's supposed to be toasty this year so please make sure to bring shade! Also, we recommend bringing weights for your tents, stakes are not allowed, because sometimes it gets breezy in the afternoon. Please no tarps on the ground.

Lunchtime Options: Rugby players tend to get hungry so we have local food vendors on site for breakfast and lunch options. We also have some nearby suggestions to grab a bite if you don't want to pack lunch.

We will be serving BBQ for an early dinner around 4:30pm.

Nearby food options:

- SLO Brew Rock (855 Aerovista Lane) We suggest calling in your order for pickup
- Marigold Shopping Center across the street: Jersey Mike's, Vons grocery store, Taco Bell,
- Shalimar Indian Food, Kumi-Ko sushi, Pizza Republic, Old SLO BBQ, Carls Jr., Starbucks)
- High Street Deli (order online early: 350 High Street)
- SLO Public Market is a new venue with lots of restaurant options (3845 South Higuera)

****BBQ:** After your team finishes playing, grab your tickets and head over to the food service area by the parking lot. Winning teams will have dinner waiting for them once they finish their glorious pursuits.

Beer Garden: Make sure to bring your ID so you can get a bracelet. Bracelets distributed at the admin table and the beer garden entry. You will not be permitted into the beer garden if you are under 21/ don't have a bracelet.

Captains' Meeting: 8:40 AM before first scheduled game: Meet at the registration table. If your team doesn't send a representative to the meeting, please come by the brackets table to check in and receive that information.

Rosters: Each team competes with a roster of ten-twelve (10-12) players per match. Number of players per squad is unlimited. Players must play in at least 2 pool games to be eligible for playoff games.
****Fees** per team cover 12 players, extra beer and food will be \$25 extra per person.

Multiple Squads: If a club enters more than one team in the tournament, that club may select their strongest combined team for playoff games, should either of their teams qualify.

Substitutes: "Rolling," unlimited subs.

Touch Judges: Each team will be responsible for providing 1 touch judge per game to assist the referee, if an official is not available.

Games: A game will consist of 7 minute halves, with a 1 minute half time break. Championship games will consist of 10 minute halves with a 3 minute half time break. Conversions must be attempted by the scoring player on the field within 30 seconds of the try, or at the referees' discretion. Players may not substitute in, to attempt a conversion. Points shall be awarded for pool play as follows: Win = 2 Draw = 1 Loss = 0. Each team is guaranteed 3 games.

Tie Breakers: For pool matches there are no tie-breakers. Draws shall stand. For finals one 3-minute overtime will be played. If no result is reached, sudden death will be played until there is a winner.

Pool Ranking: If teams finish pool play with equal records, standings shall be determined by, in order: 1. Head-to-head record; or 2. The team scoring the most total points in all pool play; or 3. The team with the best point differential; or 4. Rock-Paper-Scissors or Coin Toss (captains choice).

Foul Play: If a player is sent from the field for foul play, he/she will be disqualified from the tournament, and more importantly may not be eligible for BBQ and beverages (at the discretion of the Tournament Director).

The Tournament Committee reserves the right to change any, or all of the rules at the drop of a hat.

- Rules may be modified for individual games if there is agreement between both captains and the referee in charge
- No alcohol on the fields, open container tickets will be issued to people drinking outside the beer garden area. We will have reasonable beer priced all day.
 - No ZULU or Nude runs. It is a public park and the cops will prosecute.
 - We are a college town, beware of this— our cops are well-versed in giving out DUIs, Jaywalking, Drunk in Public, etc., so plan to have fun with us in Downtown SLO after the event, and be smart!

Enjoy the TRI TIP Experience, and Have A BLAST!!!! It's a great way to celebrate a long summer of sevens and for players new to the sport to learn the game and its inherent goodwill.

Email tritipboss@slorugby.org with any questions

Cheers!

SLO Rugby Football Club

P.S.: after the tournament, the social theme will be "Life's A Beach" in honor of the 20 year anniversary of SLO Women's Rugby. Dress in your costume finery and we will see you downtown for the pub crawl, starting at [Frog and Peach Pub](#).





SLO Men's Rugby Club

Following an impressive 2023 campaign that earned them a 6th-place finish in the nation for Men's DII rugby, SLO Men continued their dominance into the 2024 XV's season. With an undefeated regular season record of 9-0, the team entered the SCRUFU DII playoffs as a top contender, enjoying the home field advantage. In a gritty first-round match against LARC, SLO Men secured a hard-fought victory, battling through icy rain to advance to the finals. However, despite a regular-season win over Oceanside, the team fell to the Oceanside Chiefs in the championship, who went on to take 2nd place in the DII national competition.



This outstanding season was made possible by the unwavering leadership of team captains, the tactical expertise of their coach, and the relentless effort from every player on the squad. Additionally, the team's success was bolstered by the support from sponsors, loyal fans, and the encouragement of friends and family who stood by them every step of the way. The spirit and camaraderie surrounding the team were essential in driving them to such remarkable achievements.

Looking ahead to 2025, the SLO Men's Rugby Club has big aspirations. With hopes of fielding teams in two divisions, they aim to continue building on their success and expanding the club's reach. The team is eager to welcome new players and supporters, as they look to grow both on and off the field, striving to make an even greater impact in the seasons to come.

With the 2024 season behind us, the San Luis Obispo Men's Rugby team is ready to welcome all future opponents into the Hurt Arena and celebrate the club's 50 year anniversary in 2025.

Join us on Instagram @[slomensrugby](https://www.instagram.com/slomensrugby)



SLO Women's Rugby Club



The SLO Women's Rugby Team is celebrating 20 incredible years as a club! This season has been one for the books, filled with determination and perseverance. Our new head coach, Glenys Jones, who joined us all the way from Wales, has infused the team with a wonderful sense of positivity and top-notch coaching. Captain Elena Strom once again led the team with exceptional skill and commitment on and off the pitch.

With a solid regular season record of 5-2, the team faced challenges from poor weather conditions, unavailable fields, and teams unable to travel to our home pitch. Dedication and hard work paid off, leading them to the semi-finals where they took on LARC in an exhilarating and stormy game. Although it was a nail-biter and ended in a close loss, the SLO team walked away proud and ready to embrace what lies ahead as they wrapped up this milestone season!

2024 welcomed back seasoned veterans: Sara "Sriracha" Dechance, Elena Strom, Rylee (Birdsall) Puccini, Morgan "Mogo" Moulis, Angelle Marshall, Devin Doyle, Mac Wilkinson




Plus, newest veterans: Guin Dechance, McKenlee Bryan, Alexis Aguirre, Alyssa Burke, Peyton Candaele, AnnaLeigh Runion

Rookies: Mads Dulisse, Anna Betts, Brooke Taylor, Ashley Fuller, Cymphonie "CeeCee" Tucker, Alyssa Toledo

We cannot forget the support from the Santa Barbara Mermaids: OG Kate Culhane, Kate "Fox" Williams, Ava Moreci, Miranda Nillo, Ivy Franks, Jenny Chiao, Analise McCully, Fiona Devlin, Olivia Duba, Daryn Green.

The growth of the team, inclusive community with the whole of SLO Rugby Club, and the bonds of sisterhood are the key tenets of the SLO Beaches. We are a melting pot of various rugby experiences, with players ranging from collegiate D1 and D2 to brand new to the sport. If you are rugby curious, talk to a SLO Beach or SLO Jazz player at Tri Tip 7s or message us on Instagram @slowomensrugby.



MEN'S POOLS 2024 TRI TIP 7s						
POOL A		POOL B		POOL C		POOL D
Fresno Rugby Club		Mission Rugby		Basel Wild Hogs		Cal Poly Green
SLO Jazzettes		Central Coast Beach Dogs B		San Jose Seahawks B		Signal Hill
Central Coast Beach Dogs A		Eagle Rock		SLO Jazzhands		Harlot Rugby Club
POOL E		POOL F		Pool E		Pool F
LA Crispy Boys		Santa Rosa Rugby		Berkeley Golden Beers		AV Rugby
San Jose Seahawks A		Cal Poly Silver		Cal Poly Alumni		South LA Soul
Kern County Tuskers		SLO Jazz		Valley Center Avengers		Chico Mighty Oaks
				Ventura Outlaws		BA Baracus
WOMEN'S POOLS 2024 TRI TIP 7s						
POOL WA		POOL WB		POOL WC		POOL WD
Patriot Rugby Club		Chico Knotty Oaks		Santa Barbara Mermaids		Amazons Second Side (SASS)
Empire Monarchs		Ventura Lady Outlaws		Berkeley All Blues		SLO Pirates
SLO Beaches		San Jose Seahawks		Cal Poly SLO		Fullerton Wolfpack
Santa Monica Shrimps		Sacramento Amazons		Fresno Golden Dogs		Fresno State
				Santa Monica Phins		LA Rugby Club
LEGENDS						
SLO Fossils		Nadi Rugby		Santa Rosa Olde Boys		

Vendors
Paladin
Vortex Rugby
Modish Rugger
Shaka Shack
Zen Dog
Within Reach Assisted Stretching

Tri Tip 7s info
Merch
Referees
Trainers
Registration

Parking

Beer Garden
Food Service

Downtown SLO

	Field A - Lower Back Corner Field			Field B - Front of Beer Garden			Field C - Lower Entrance			Field D - Upper Field		
9:00 AM	1	Ventura Outlaws BA Barucus		2	SLO Jazzettes Mission Rugby		3	Kern County Tuskars Cal Poly Silver		4	Fresno Rugby Club Central Coast Beach Dogs A	
9:20 AM	5	Cal Poly Alumni San Jose Seahawks A		6	South LA Soul SLO Jazz		7	Cal Poly SLO Fresno Golden Dogs		8	Santa Monica Phins LA Rugby Club	
9:40 AM	9	Central Coast Beach Dogs B Eagle Rock		10	SLO Jazzhands Harlot Rugby Club		11	San Jose Seahawks B Signal Hill		12	Basel Wild Hogs Cal Poly Green	
10:00 AM	13	Valley Center Avengers Chico Mighty Oaks		14	SLO Fossils Nadi Rugby		15	Berkeley Golden Beers AV Rugby		16	LA Crispy Boys Santa Rosa Rugby	
10:20 AM	17	Fullerton Wolfpack Fresno State		18	Amazon Second Side (SASS) SLO Pirates		19	San Jose Women Seahawks Ventura Lady Outlaws		20	Santa Barbara Mermaids Berkeley All Blues	
10:40 AM	21	Chico Knotty Oaks Sacramento Amazons		22	SLO Beaches Santa Monica Shrimps		23	Patriot Rugby Club Empire Monarchs		24	Fresno Rugby Club Mission Rugby	
11:00 AM	25	San Jose Seahawks A Ventura Outlaws		26	Nadi Rugby Santa Rosa Old Boys		27	SLO Jazzettes Central Coast Beach Dogs A		28	Cal Poly Silver BA Barucus	
11:20 AM	29	Fresno Golden Dogs LA Rugby Club		30	SLO Jazz Kern County Tuskars		31	Santa Monica Phins Cal Poly SLO		32	South LA Soul Cal Poly Alumni	
11:40 AM	33	Cal Poly Green San Jose Seahawks B		34	Basel Wild Hogs Slo Jazzhands		35	Central Coast Beach Dogs B Signal Hill		36	Eagle Rock Harlot Rugby	
12:00 PM	37	AV Rugby Santa Rosa Rugby		38	SLO Fossils Santa Rosa Old Boys		39	Chico Mighty Oaks LA Crispy Boys		40	Valley Center Avengers Berkeley Golden Beers	
12:20 PM	41	SLO Pirates Berkeley All Blues		42	YOUTH CLINIC - 30 MINS YOUTH CLINIC - 30 MINS		43	Santa Barabara Mermaids Fullerton Wolfpack		44	Amazon Second Side (SASS) Fresno State	
12:40 PM	45	Empire Monarchs Santa Monica Shrimps		46	SLO Beaches - Game Starts @ Patriot Rugby Club - 12:50 pm		47	Ventura Lady Outlaws Chico Knotty Oaks		48	San Jose Women Seahawks Sacramento Amazons	
1:00 PM	10 MINUTE BREAK - PLAYOFFS RESUME AT 1:10 PM											
1:10 PM	49	Bottom Women's 1 Bottom Women's 2		50	Bottom Men's 1 Bottom Men's 2		51	Bottom Men's 3 Bottom Men's 4		52	Bottom Women's 3 Bottom Women's 4	
1:30 PM	53	Men's Bowl #1 Seed Men's Bowl #8 Seed		54	Men's Bowl #4 Seed Men's Bowl #5 Seed		55	Men's Bowl #3 Seed Men's Bowl #6 Seed		56	Men's Bowl #2 Seed Men's Bowl #7 Seed	
1:50 PM	57	Men's Plate #1 Seed Men's Plate #8 Seed		58	Men's Plate #4 Seed Men's Plate #5 Seed		59	Men's Plate #3 Seed Men's Plate #6 Seed		60	Men's Plate #2 Seed Men's Plate #7 Seed	
2:10 PM	61	Women's Bowl #1 Seed Women's Bowl #8 Seed		62	Women's Bowl #4 Seed Women's Bowl #5 Seed		63	Women's Bowl #3 Seed Women's Bowl #6 Seed		64	Women's Bowl #2 Seed Women's Bowl #7 Seed	
2:30 PM	65	Women's Champ #1 Seed Women's Champ #8 Seed		66	Women's Champ #4 Seed Women's Champ #5 Seed		67	Women's Champ #3 Seed Women's Champ #6 Seed		68	Women's Champ #2 Seed Women's Champ #7 Seed	
2:50 PM	69	Men's Cup #1 Seed Men's Cup #8 Seed		70	Men's Cup #4 Seed Men's Cup #5 Seed		71	Men's Cup #3 Seed Men's Cup #6 Seed		72	Men's Cup #2 Seed Men's Cup #7 Seed	
3:10 PM	73	Men's Bowl SF #45 Men's Bowl SF #46		74	Men's Bowl SF #47 Men's Bowl SF #48		75	Men's Plate SF #49 Men's Plate SF #50		76	Men's Plate SF #51 Men's Plate SF #52	
3:30 PM	77	Women's Bowl SF #53 Women's Bowl SF #54		78	Women's Bowl SF #55 Women's Bowl SF #56		79	Women's Champ SF #57 Women's Champ SF #58		80	Women's Champ SF #59 Women's Champ SF #60	
3:50 PM				81	Men's Cup SF #77 Men's Cup SF #78		82	Men's Cup SF #79 Men's Cup SF #80				
4:10 PM				83	Men's Bowl Final #65 Men's Bowl Final #66		84	Men's Plate Final #67 Men's Plate Final #68				
4:30 PM				85	Women's Champ Final #71 Women's Champ Final #72		86	Women's Bowl Final #69 Women's Bowl Final #70				
4:50 PM				87	Men's Cup Final #85 Men's Cup Final #88							



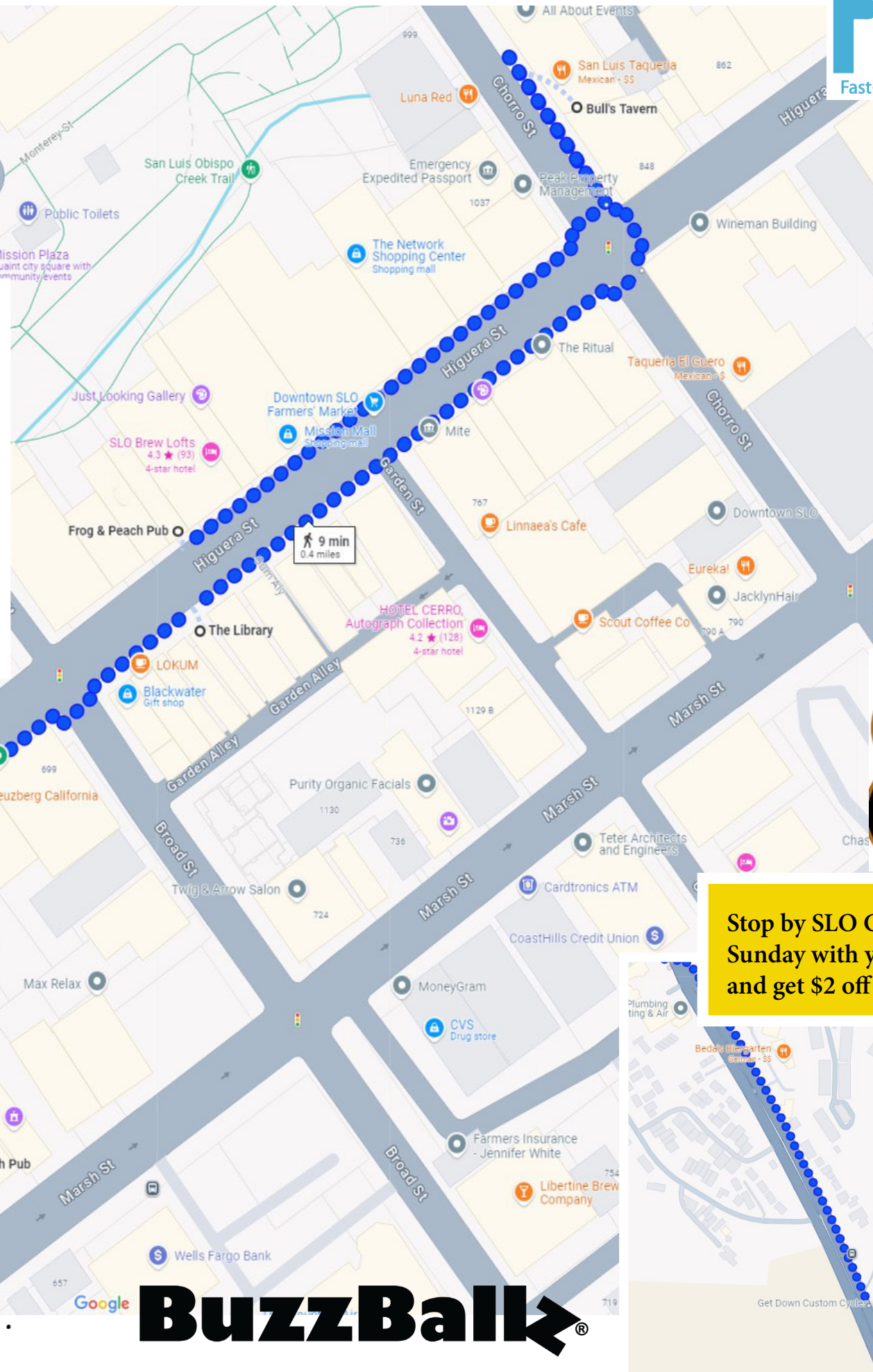


BevMo!

Map of Common Stops in Downtown San Luis Obispo

Once Tri Tips is wrapped up many players and fans enjoy a trip to downtown SLO. There are a few highlights that people enjoy the most based on past input. Many start at Frog and Peach around 9 PM and then wander to places such as Bulls, The Library (they do have a cover charge), The Mark, and finally McCarthy's to wind down the evening.

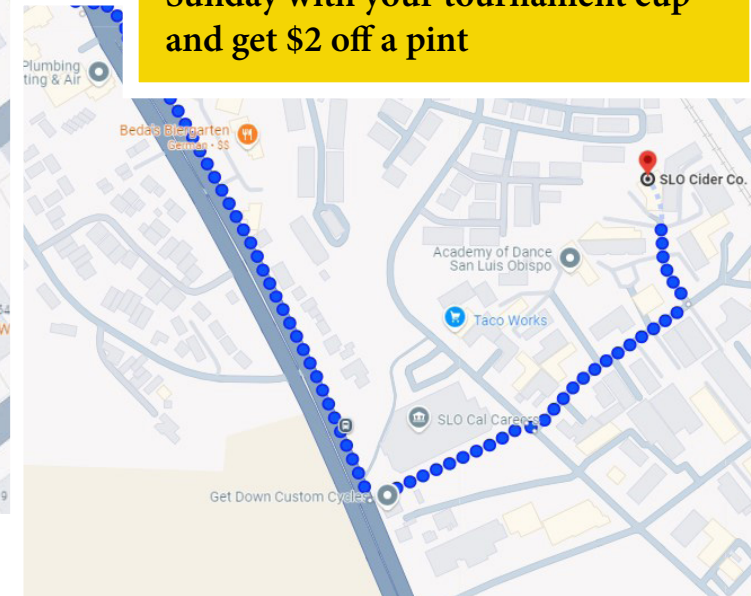
Please drink responsibly! We want you to come back year after year. Have a Designated Driver or make use of Uber and Lyft. SLO Saferide can also be booked in advance for larger groups.



Stop by SLO Cider Saturday or Sunday with your tournament cup and get \$2 off a pint



BEAR & THE WREN.





Stuff the Ball

Each year at Tri Tip 7s, SLORFC hosts Stuff The Ball for local charities or ruggers in need. Today, we would like to ask you to Stuff The Ball for Tight 5 dynamo, Jacob Nelson.

Jacob has been battling with ALS (Amyotrophic Lateral Sclerosis) since 2022. If you have been part of California Rugby in the last 20+ years, no doubt you have crossed paths with Jacob. He has proudly worn jerseys for Humbolt State, SFGG, OMBAC, and Glendale. Perhaps you have had an immense amount of fun at one of his Tight 5 Sevens tournaments.



While Jake and his beautiful bride Veronica are highly capable and strong individuals, we can't let them go this alone. ALS is a massively difficult challenge to navigate. Even moreso with their children Aila, Buxton, and Tadhg, but still, Veronica has somehow been managing the household and sustaining her own career, all without seeking assistance. Now is the time for the rugby community to come together and help.

Any donation amount is gratefully appreciated and will contribute to customized transportation, alterations to the house, and the mountain of financial obligations associated with Jacob's journey moving forward.

No cash? No problem! The QR code is Veronica's direct venmo: @Veronica-Nelson-30.

Veronica Nelson
@Veronica-Nelson-30



venmo

Thank you to Griff Lacey of JGL Images for sharing your fantastic photos of Jacob in his element!





Tri Tip 7s Mark Your Calendars! September 6, 2025

