



The Bulldog Bark

The Voice of Alhambra High Track & Field
Where Intensity is Not a Crime



Saturday, January 28, 2022

Early Track Results: Girls' Frosh-Soph Records Fall

Corina Jones Continues PV Success !!

Corina and her family made the trek to Reno January 13-14 for the annual national Pole Vault Summit. Featuring an array of the best vaulters in the nation at one end, the Summit is primarily an educational experience for athletes and coaches of all levels of experience.

The top-end athletes coach up all the rest of the vaulters in the first day, which culminates in the high-end competition. The next day is where the full array of younger vaulters, mostly high schoolers, compete within their competitive band on 12 side-by-side sets of pads in the Reno Livestock Center.

Corina ended up on pit # 12, and cleared 7-04 to finish 9th out of 16 in her group. A bit shy of her best, it is still a top mark for Alhambra GFS and places her 4th on the all-time Alhambra list for GFS. This is in addition to her PR of 7-07 which has her #6 on the varsity list. She ended the meet with a very creditable attempt at 7-10.



Corina clears 7-04 easily.

Renae Searls Sets Yet Another School Record !!

Renae decided to enter the All-Comers meet at UC Berkeley Saturday, January 28. She ran the 1500, and ran away from the crowd in winning her heat. Her time of 5:04.92 is a GFS school record for the distance, adding to her array of school records and top-10 lists she is now on.

Lap splits:

1 - 300 60

2 - 400 80

3 - 400 84

4 - 400 80



Renae scurries to the lead early in the race.

2022 Alhambra Track Schedule

Date	Meet Name	Location	time
Mon, Feb 7	1st Day of Practice		3:15 PM
Sat, Feb 26	Stocking Super 7 Invitational	Diablo Valley College	9:00 PM
Sat, Mar 5	Clayton Valley Relays	Clayton Valley HS,	9:00 AM
Sat, Mar 12	Martinez/Tim Bruder Relays	Alhambra HS,	9:00 AM
Wed, Mar 16	Alhambra/Mt Diablo @ Concord	Concord HS	3:30 PM
Fri, Mar 18	Dublin Distance Fiesta	Dublin HS, Dublin	TBA
Sat, Mar 19	Eddie Hart Invitational	Pittsburg HS	9:30 AM
Wed, Mar 23	Alhambra/Berean @ Ygnacio	Ygnacio Valley HS	3:30 PM
Wed, Mar 30	Benicia @ Alhambra	Alhambra HS	3:30 PM
Sat, Apr 16	Bob Warren/Charlie Eaton Relays	Acalanes HS	6:00 PM
Wed, Apr 20	College Park @ Alhambra	Alhambra HS	3:30 PM
Sat, Apr 30	DAL Championship Trials	Campolindo HS	10:00 AM
Sat, May 7	DAL Championship Finals	Campolindo HS	TBA