



# The Bulldog Bark



The voice of Alhambra High School  
Track & Field

Thursday, March 21, 2019

## DAL # 3

### Bulldogs Split with Concord; Boys Win, Girls Take Loss

Concord has been a team on the rise the past few years, and certainly is a worthy opponent. This year especially on the girls' side has seen them become more of a force than before. Their two studdettes, Rayna Stanziano the distance ace and Airiana Dargan the sprinter/jumper, are state caliber athletes and between just the two of them accounted for 40 points.

The coaches had projected that if everything possible went our way, we'd be with a few points and maybe even pull out a win. However, the relays didn't go our way, and a few points slipped away here and there for the final tally.

The boys had an easier time of it, even with a few athletes sitting out the meet, and Concord surprising us with varsity pole vaulters. Our firepower in the sprints and throws, and balance in the rest of the events was more than enough to take the boys' win over the Minutemen.

The Frosh-Soph divisions followed similar lines. Even with several BFS moved up to secure the BV win, we were able to sneak by for the win. The GFS, already thin, was not really a match for Concord's younger girls.

Mt. Diablo was the third team today, and even with a small squadron, was able to field some sprinters and went 1-2 in the BV triple jump;

#### Team Scores:

##### GFS

Concord 63, Alhambra 26  
Alhambra 48, Mt. Diablo 0

##### BFS

Alhambra 61, Concord 58  
Alhambra 74, Mt. Diablo 8

##### GV

Concord 80, Alhambra 54  
Alhambra 104, Mt. Diablo 15

##### BV

Alhambra 93, Concord 40  
Alhambra 113, Mt. Diablo 10

#### DAL (Valley Division) Standings:

GFS 3-2

BFS 4-1

GV 3-2

BV 4-1

## BOYS

### 100 Meters Frosh Soph

1.	10	Hunter Baker	11.90	CON
2.	9	Brian Radke	12.40	ALH
2.	10	Alec Ramos	12.40	ALH

2.	10	Jeramyah Hodrick	12.40	MD
5.	10	Trayjen Jones	12.80	CON
5.	9	Julian Silva	12.80	CON
7.	9	Marquis Braggs	12.90	MD
8.	10	Shawn Gutierrez	13.00	MD
9.	10	Devin Foo	13.40	MD
10.	9	D'Antonio Jerome	13.80	MD
11.	9	Hunter Kilbourn	14.10	ALH
12.	10	Bradley Leung	14.60	CON
13.	11	Cooper Collins	17.90	CON

All of our boys PR's today in this race.

### 100 Meters Varsity

1.	11	Mister Davis	11.16	ALH
2.	11	Lorenzo Fonseca	11.70	ALH
3.	9	Armani Guidry	11.72	ALH
4.	11	Abrham Cortes	12.51	MD
5.	10	Landon Waters	12.54	ALH
6.	10	Benjamin Smyers	12.64	ALH
7.	12	Austin Williams	12.73	CON
8.	11	William Huynh	12.80	MD
9.	10	Jaycob Primer	12.84	ALH
10.	12	Mason Bituen	12.93	ALH
11.	12	Erick Castro	12.94	MD
12.	11	Cortez Quiambao	12.97	CON
13.	11	Nicolas Rios	13.30	CON
14.	11	Selvin Ayala	13.83	MD
15.	11	Chris Kyle	13.99	ALH
16.	9	Kellen Votaw	14.06	CON
17.	11	Caleb Banez	15.04	ALH

The sweep here was a nice statement.  
Lorenzo etched a nice PR.

### 200 Meters Frosh Soph

1.	10	Hunter Baker	25.78	CON
2.	9	Brian Radke	26.67	ALH
3.	10	Trayjen Jones	26.78	CON
4.	10	Jeramyah Hodrick	27.11	MD
5.	10	Alec Ramos	27.18	ALH
6.	10	Devin Foo	28.00	MD
7.	9	D'Antonio Jerome	28.39	MD
8.	9	Julian Silva	29.83	CON
9.	9	Hunter Kilbourn	31.20	ALH
10.	10	Bradley Leung	31.65	CON

The competition was stiffer in the longer sprint. Brian HUnter took home more PR's.

### 200 Meters Varsity

1.	11	Mister Davis	23.44	ALH
2.	11	Lorenzo Fonseca	23.97	ALH
3.	11	Calvin De Ramos	24.41	CON
4.	12	Brandon Fontes	24.51	CON
5.	10	Ko Williams	24.57	CON
6.	10	Landon Waters	24.75	ALH
7.	9	Armani Guidry	25.01	ALH
8.	12	Aaron Hern	25.19	ALH
9.	12	Cole Arabian	25.72	CON
10.	11	Abrham Cortes	25.82	MD
11.	10	Jaycob Primer	26.36	ALH
12.	11	Nicolas Rios	27.67	CON
13.	11	Selvin Ayala	27.78	MD

14.	12	David Nunes	27.86	ALH
15.	11	Cortez Quiambao	28.20	CON
16.	11	Chris Kyle	28.86	ALH
17.	11	Caleb Banez	31.95	ALH

Mister continues his remarkable comeback with a strong 2nd sprint of the day. Again, 1-2 finish scored major impressive points.

### 400 Meters Frosh Soph

1.	10	Samuel Daynes	1:01.08	CON
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no second or third

### 400 Meters Varsity

1.	12	Graham Manning	54.45	ALH
2.	11	Calvin De Ramos	54.95	CON
3.	12	Alan Kobyluk	55.43	ALH
4.	12	Cole Arabian	56.15	CON
5.	12	Aaron Hern	56.59	ALH
6.	10	Jordan Wondrusch	58.10	ALH

Graham waited and pounced for the win, and made it look easy. Alan ran his best time of the year.

### 800 Meters Frosh-Soph

1.	9	David Ojer	2:29.66	CON
2.	10	Adrian Ferretiz	2:47.89	CON
3.	10	Justin Cao	2:48.56	CON
4.	10	Brandon Simpson	2:50.41	CON

### 800 Meters Varsity

1.	10	Ko Williams	2:09.10	CON
2.	11	Diego Huerta	2:16.18	CON
3.	11	Carson Edwards	2:20.80	ALH
4.	10	Kai Badavinac	2:22.73	ALH
5.	10	Logan Jacobs	2:23.24	CON
6.	11	Ezra Lara	2:27.33	CON
7.	11	Joseph Anderson	2:30.59	CON

Carson was on the middle of the distance trifecta, and held on for a point. Kai got a PR today in his promotion from FS.

### 1600 Meters Frosh Soph

1.	9	Cristian Ruiz	5:09.24	ALH
2.	9	David Ojer	5:32.49	CON
3.	9	Joaquin Hinkens	5:33.39	ALH
4.	10	Jason Gallo Diaz	5:35.93	MD
5.	10	Ernesto Gutierrez	5:37.84	CON
6.	10	Justin Cao	5:53.74	CON
7.	10	Brandon Simpson	5:54.35	CON
8.	9	Ali Sobhy	5:57.09	ALH
9.	10	Adrian Ferretiz	5:57.19	CON

Cristian is now comfortable with his new-founded level in winning this race. Joaquin PR'd

### 1600 Meters Varsity

1.	11	Carson Edwards	4:51.15	ALH
2.	11	Diego Huerta	5:00.60	CON
3.	10	Logan Jacobs	5:09.39	CON
4.	10	Ryan McCauley	5:13.20	ALH
5.	9	Nolin Searls	5:24.72	ALH
6.	11	Ezra Lara	5:38.49	CON

7. 11 Joseph Anderson 5:40.44 CON
  8. 12 Paul Diaz 5:53.64 CON
- Carson ran away with race with 1 1/2 laps to go. Ryan and Nolin fell of the pace early.

### 3200 Meters Frosh Soph

1. 10 Ernesto Gutierrez 12:33.32 CON
2. 10 Brandon Simpson 13:22.37 CON
3. 10 Adrian Ferretiz 14:31.23 CON
4. 10 Justin Cao 14:32.37 CON

### 3200 Meters Varsity

1. 11 Carson Edwards 10:39.42 ALH
2. 11 Diego Huerta 10:56.16 CON
3. 10 Ryan McCauley 11:18.47 ALH
4. 9 Nolin Searls 11:18.51 ALH
5. 10 Logan Jacobs 12:16.00 CON
6. 11 Selvin Ayala 13:19.24 MD

Carson breezed through the race. Ryan and Nolin both PR'd in their close rivalry.

### 110m Hurdles - 39" Frosh Soph

1. 10 Camden Boyles 20.61 ALH
2. 10 Dreyus Farrales 21.82 ALH

no second or third  
Nice PR for Camden in the win. Dreyus was solid.

### 110m Hurdles - 39" Varsity

1. 10 Jonas Kobylík 19.07 ALH
2. 10 Benjamin Smyers 19.88 ALH
3. 9 Ian Maghoney 22.96 CON

Jonas and Ben made the most of their varsity status to both PR

### 300m Hurdles - 36" Frosh Soph

1. 10 Dreyus Farrales 52.63 ALH
2. 10 Samuel Daynes 53.87 CON
3. 9 D'Antonio Jerome 54.99 MD

Dreyus looked strong, especially at the end of the race where he knew he was in the lead. A big PR.

### 300m Hurdles - 36" Varsity

1. 11 Anthony Fuller 45.18 CON
2. 12 Graham Manning 47.92 ALH
3. 12 Erick Castro 52.04 MD
4. 10 Jonas Kobylík 52.10 ALH
5. 11 Hunter Kelly 52.40 MD
6. 12 Paul Diaz 54.50 CON
7. 11 Selvin Ayala 55.70 MD
8. 12 Alan Kobylík 57.64 ALH

Our boys looked a bit off the pace in the longer hurdles. Graham held on for points for the team.

### 4x100 Relay Frosh Soph

1. Anderson Keller  
Hunter Killbourn  
Alec Ramos  
Brian Radke n.t. ALH
2. Relay Team 56.20 MD
3. Relay Team 1:00.90 CON

There were clock and camera problems for the relays, but the boys got the stick around the track for the win.

### 4x100 Relay Varsity

1. Landon Waters  
Lorenzo Fonseca  
Aaron Hern  
Mister Davis 45.32 ALH

2. Relay Team 45.97 CON
3. Jaycob Primer  
Caleb Banez  
Chris Kyle  
Mason Bituen 51.65 ALH

A bit of a bobble on an early exchange put us in arrears, but Mister blasted the anchor for an exciting comeback win.

### 4x400 Relay Frosh Soph

1. Relay Team 4:21.36 CON

### 4x400 Relay Varsity

1. Alan Kobylík  
Lorenzo Fonseca  
Aaron Hern  
Graham Manning 3:42.81 ALH
2. Relay Team 3:54.87 CON

After the second leg the race was ours, and Aaron and Graham closed it out convincingly.

### Shot Put - 12lb Frosh Soph

1. 10 Boonyarit Seemung 29'09.00 CON
2. 9 Austin Macey 26'05.50 ALH

no third  
Austin added to his PR toda.

### Shot Put - 12lb Varsity

1. 12 Nick Momaney 46'11.00 ALH
2. 12 Gabe Kent 35'11.75 CON
3. 10 Jordan Wondrusch 35'08.25 ALH
4. 12 Paul Diaz 33'02.00 CON
5. 12 Holden Burcell 31'06.50 ALH
6. 11 Missael Sanchez 29'08.00 CON
7. 12 Alejandro Escobedo 24'05.00 CON
8. 12 Isaac Banuelos 21'00.00 CON
9. 9 Ian Maghoney 20'04.00 CON
10. 11 Alex Watts 19'09.50 CON
11. 12 Vincent Renghini 12'02.50 CON

Even with their army of throwers, Concord was no match for ours. Nick had a good day in the ring.

### Discus - 1.6kg Frosh Soph

1. 10 Boonyarit Seemung 73'05.00 CON
2. 9 Austin Macey 52'09.00 ALH

no third  
Austin added another PR to his resumé.

### Discus - 1.6kg Varsity

1. 12 Nick Momaney 140'08.00 ALH
2. 12 Gabe Kent 115'06.00 CON
3. 12 Holden Burcell 106'04.00 ALH
4. 12 Paul Diaz 87'04.00 CON
5. 11 Missael Sanchez 70'06.00 CON
6. 12 Alejandro Escobedo 63'03.50 CON
7. 12 Isaac Banuelos 62'06.00 CON
8. 11 Alex Watts 57'02.00 CON
9. 12 Ethan Cruz 52'05.00 CON
10. 11 Cortez Quiambao 46'00.00 CON
11. 12 Vincent Renghini 42'00.00 CON

Nick and Holden repelled the onslaught of Concord throwers again.

### High Jump Frosh Soph

1. 10 Alec Ramos 4'10.00 ALH

no second or third  
Alex was near his best, albeit all alone,.

### High Jump Varsity

1. 10 Jordan Wondrusch 5'04.00 ALH
2. 10 Benjamin Smyers 5'02.00 ALH

no third  
subpar performances, but still good points for the team.

### Pole Vault Frosh Soph

1. 9 Brian Radke 9'00.00 ALH
2. 10 Camden Boyles 9'00.00 ALH
3. 10 Anderson Keller 8'06.00 ALH
4. 9 Kellen Votaw 6'06.00 CON

PR's for Camden and Anderson, and a sweep for the boys

### Pole Vault Varsity

1. 12 Brandon Fontes 8'06.00 CON
2. 9 Ian Maghoney 7'00.00 CON
3. 9 Kellen Votaw 6'06.00 CON

Concord showed up with vaulters. Turns out they coaxed the former coach out of retirement and he's all jazzed about the new track facilities they have.

### Long Jump Frosh Soph

1. 10 Anderson Keller 15'08.50 ALH
2. - Connor Cooper 9'00.00 CON

no third  
Anderson upheld Alhambra power with a PR jump.

### Long Jump Varsity

1. 9 Armani Guidry 18'11.00 ALH
2. 12 Mason Bituen 17'10.00 ALH
3. 12 Brandon Fontes 17'06.50 CON
4. 11 Hunter Kelly 16'05.50 MD
5. 10 Jonas Kobylík 16'03.50 ALH
6. 10 Landon Waters 15'09.50 ALH
7. 10 Trayjen Jones 15'04.50 CON
8. 12 David Nunes 14'10.50 ALH
9. 9 Ian Maghoney 14'02.50 CON
10. 11 Joseph Anderson 13'07.00 CON
11. 11 Nicolas Rios 13'06.00 CON
12. 11 Caleb Banez 12'06.00 ALH

A 1-2 finish is always a welcome thing.

### Triple Jump Frosh Soph

1. 10 Anderson Keller 32'02.00 ALH

no second or third  
Anderson took home his 2nd win of the day.

### Triple Jump Varsity

1. 11 William Huynh 36'03.00 MD
2. 12 Mason Bituen 35'06.50 ALH
3. 12 Erick Castro 34'11.00 MD
4. 10 Jonas Kobylík 33'11.00 ALH
5. 10 Jason Gallo Diaz 33'10.00 MD

And in one of the biggest eyeopeners of the meet, humble little Mt. Diablo is now a triple jump power.



Nicole ran 14 laps of races for us while chasing Concord's All-State Stanziano.

## GIRLS

### 100 Meters Frosh Soph

1.	9	Molly Householder	13.93	CON
2.	9	Samantha Fitzgerald	14.46	CON
3.	9	Katie Castro	14.69	ALH
4.	10	Addison Paris	15.10	CON
5.	9	Skye Johnson	15.29	CON
6.	9	Kaitlin Bituen	15.52	ALH
7.	10	Hannah Johnke	15.87	ALH
8.	9	Sydney Tarnowski	16.15	ALH
9.	9	Martha Hilda Kamau	16.40	MD
10.	10	Sujey Hernandez	16.50	MD
11.	10	Alexa Huston	16.60	CON
12.	9	Claire Colgan	16.63	CON
13.	10	Mickaylah Mehari	17.97	MD

Our young girls ran into a buzzsaw of Concord sprint girls today.



The varsity girls are set at the start of the 100.

### 100 Meters Varsity

1.	11	Airiana Dargan	12.94	CON
2.	9	Desie Armstrong	13.06	ALH
3.	9	Joy Adesida	13.71	ALH
4.	11	Marcela Grande	13.80	CON
5.	12	Emily West	13.81	ALH
6.	11	Clara Duran	13.81	ALH
7.	11	Megan Jensen	13.95	ALH
8.	11	Christina Cortez	14.09	ALH
9.	12	Micaela Bautista	14.22	CON
10.	11	Melani Ramirez Vera	14.31	CON
11.	11	isabella Sanchez	14.35	MD
12.	11	Briana Alvarez	14.71	ALH
13.	11	Vanessa Hawley	14.86	CON
14.	11	Alondra Funes	14.89	CON
15.	11	Daine Estrada	15.91	MD

Concord's Dargan is the real deal, and powered to the individual win.

### 200 Meters Frosh Soph

1.	9	Molly Householder	30.10	CON
2.	9	Samantha Fitzgerald	31.31	CON
3.	9	Denise Martinez	32.43	ALH
4.	9	Sydney Tarnowski	33.94	ALH
5.	9	Martha Hilda Kamau	34.84	MD
6.	10	Sujey Hernandez	35.08	MD
7.	10	Hannah Johnke	35.83	ALH

More Concord dominance, even though all of our girls PR'd in the effort.

### 200 Meters Varsity

1.	11	Airiana Dargan	26.73	CON
2.	9	Desie Armstrong	27.80	ALH
3.	12	Jessica Arana Deza	29.45	CON
4.	11	isabella Sanchez	29.91	MD
5.	11	Brianna Hernandez	30.06	ALH
6.	10	Sky McKinsey	30.17	ALH
7.	9	Kylee Phillips	30.96	ALH
8.	11	Marcela Grande	30.99	CON
9.	11	Clara Duran	31.58	ALH
10.	11	Megan Jensen	31.63	ALH
11.	11	Briana Alvarez	32.91	ALH
12.	11	Vanessa Hawley	34.30	CON

Great contest upfront, with Dargan once again getting the jump on Desie.

### 400 Meters Frosh Soph

1.	9	Denise Martinez	1:13.51	ALH
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Denise was alone in the FS division.

### 400 Meters Varsity

1.	12	Jessica Arana Deza	1:06.61	CON
2.	9	Kylee Phillips	1:08.00	ALH

no third

A good effort by Kylee in staying close.

### 800 Meters Frosh Soph

1.	9	Hillary Alvarez	3:08.98	CON
2.	10	Valeria Solis	3:15.79	CON

### 800 Meters Varsity

1.	12	Rayna Stanziano	2:23.99	CON
2.	12	Nicole Tria	2:43.21	ALH
3.	9	Amelia Porter	2:48.20	CON
4.	11	Kassandra Serrano	2:50.97	MD

Nicole had to settle for yet another 2nd behind State Meet medalist Stanziano.

### 1600 Meters Frosh Soph

1.	9	Hillary Alvarez	6:48.40	CON
2.	10	Valeria Solis	7:18.90	CON
3.	10	Citlalyth Hernandez	7:29.0	CON

### 1600 Meters Varsity

1.	12	Rayna Stanziano	5:16.60	CON
2.	12	Nicole Tria	5:36.70	ALH
3.	9	Amelia Porter	6:12.00	CON
4.	12	Hannah Jenevein	6:43.10	CON

Nicole pushed the pace a bit in her first race, and was comfortable throughout.

### 3200 Meters Varsity

1.	12	Rayna Stanziano	11:26.96	CON
2.	12	Nicole Tria	12:32.80	ALH
3.	12	Hannah Jenevein	15:28.48	CON

Nicole completed the distance trifecta with a nice pace.



Coach Hern communes with the boy sprinters.

### 100m Hurdles - 33" Frosh Soph

1.	9	Mia Padrique	21.94	ALH
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no second or third

Mia upheld Alhambra pride in her PR win.

### 100m Hurdles - 33" Varsity

1.	11	Alexis Yu	17.61	ALH
2.	9	Julia Morgan	18.44	CON
3.	9	Aerolon Nhingsavath	21.13	ALH
4.	11	Katelyn Kylo	21.27	ALH

Alexis had her best race of the season with the win. Aero PR's. Katelyn improved on her season best.

### 300m Hurdles - 30" Frosh Soph

1.	9	Mia Padrique	1:07.79	ALH
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no second or third

Mia ran safely for her 2nd win.

### 300m Hurdles - 30" Varsity

1.	9	Julia Morgan	54.92	CON
2.	9	Aerolon Nhingsavath	57.01	ALH
3.	11	Alexis Yu	1:00.63	ALH
4.	11	Katelyn Kylo	1:04.54	ALH

This race has a number of mishaps, including a missing hurdle and two impressive hurdle spills on the finish straightaway.

### 4x100 Relay Frosh Soph

1.	Relay Team	56.20	CON
2.	Kaitlin Bituen Sydney Tarnowski Katie Castro Denise Martinez	1:00.90	ALH

The girls are game, but Concord brought the goods today.

### 4x100 Relay Varsity

1.	Relay Team	54.10	CON
2.	Brianna Hernandez Emily West Joy Adesida Desie Armstrong	57.10	ALH

A boffed handoff cost us the race, and put us in an early hole for a possible team win.

### 4x400 Relay Frosh Soph

1.	Relay Team	5:08.70	CON
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### 4x400 Relay Varsity

1.	Relay Team	4:33.20	CON
2.	Laylah Fonseca Skye McKinsey Aero Nhingsavath Kylee Phillips	4:39.10	ALH

The time was reasonable and the effort strong, but Concord had all the answers today.

### Shot Put - 4kg Frosh Soph

1.	9	Polamonserrat Cinco	15'05.50	CON
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no second or third

### Shot Put - 4kg Varsity

1.	11	Magdalena Soltero	29'02.00	CON
2.	9	Ashley Breeze	24'07.00	ALH
3.	10	Ashley Castro	24'05.75	MD
4.	12	Mary Bettencourt	23'01.50	CON
5.	9	Reina Felson-Lamb	21'07.00	ALH
6.	12	Selene Shevchenko	19'05.50	CON
7.	12	Chavely Comejo	19'04.50	CON

A bright spot was Ashley's 2nd place in her first-ever shot competition. Reina was promoted from FS to see what she could do.,

### Discus - 1kg Frosh Soph

1.	9	Polamonserrat Cinco	46'02.00	CON
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no second or third

### Discus - 1kg Varsity

1.	12	Mary Bettencourt	86'00.00	CON
2.	11	Magdalena Soltero	84'10.00	CON
3.	10	Ashley Castro	68'02.00	MD
4.	12	Chavely Comejo	55'01.00	CON
5.	12	Selene Shevchenko	53'02.00	CON
6.	9	Reina Felson-Lamb	48'06.00	ALH

### High Jump Frosh Soph

- |    |   |                    |         |     |
|----|---|--------------------|---------|-----|
| 1. | 9 | Skye Johnson       | 4'00.00 | CON |
|    |   | no second or third |         |     |

### High Jump Varsity

- |    |   |               |         |     |
|----|---|---------------|---------|-----|
| 1. | 9 | Joy Adesida   | 4'06.00 | ALH |
| 2. | 9 | Amelia Porter | 4'00.00 | CON |
|    |   | Ashley Breeze | n.h.    | ALH |

Joy is consistent at this height, and it was good enough for the win.

### Pole Vault Varsity

- |    |    |               |         |     |
|----|----|---------------|---------|-----|
| 1. | 9  | Ashley Breeze | 7'06.00 | ALH |
| 2. | 11 | Alexis Yu     | 6'06.00 | ALH |
| 3. | 11 | Katelyn Kylo  | 6'00.00 | ALH |
| 4. | 10 | Alexa Huston  | 5'00.00 | CON |

We swept the event for the points, and Ashley moves to a 6-way tie for 5th place on the All-Time ALH list.

### Long Jump Frosh Soph

- |    |    |                  |          |     |
|----|----|------------------|----------|-----|
| 1. | 9  | Skye Johnson     | 12'08.00 | CON |
| 2. | 9  | Ellen Nunes      | 12'02.50 | ALH |
| 3. | 9  | Kaitlin Bituen   | 10'08.50 | ALH |
| 4. | 10 | Hannah Johnke    | 10'06.50 | ALH |
| 5. | 10 | Sujey Hernandez  | 9'06.00  | MD  |
| 6. | 10 | Mickaylah Mehari | 9'03.50  | MD  |
- Ellen continues to be our lead FS jumper.



Coach Jeff is a constant source of infectious enthusiasm.

### Long Jump Varsity

- |     |    |                   |          |     |
|-----|----|-------------------|----------|-----|
| 1.  | 11 | Airiana Dargan    | 16'07.50 | CON |
| 2.  | 11 | Brianna Hernandez | 14'10.50 | ALH |
| 3.  | 10 | Laylah Fonseca    | 13'07.00 | ALH |
| 4.  | 12 | Emily West        | 13'06.00 | ALH |
| 5.  | 11 | Clara Duran       | 12'09.00 | ALH |
| 6.  | 11 | Briana Alvarez    | 12'08.00 | ALH |
| 7.  | 11 | Alondra Funes     | 12'00.50 | CON |
| 8.  | 11 | Christina Cortez  | 11'10.50 | ALH |
| 9.  | 12 | Micaela Bautista  | 11'07.00 | CON |
| 10. | 10 | Sky McKinsey      | 11'03.50 | ALH |
| 11. | 11 | Megan Jensen      | 11'02.50 | ALH |

Our girls had to contend with Dargan, who is the North Coast leader in this event.

### Triple Jump Frosh Soph

- |    |   |                    |          |     |
|----|---|--------------------|----------|-----|
| 1. | 9 | Ellen Nunes        | 29'01.00 | ALH |
|    |   | no second or third |          |     |
- Ellen continues to improve here. Nice PR.

### Triple Jump Varsity

- |    |    |                |          |     |
|----|----|----------------|----------|-----|
| 1. | 11 | Airiana Dargan | 36'07.00 | CON |
| 2. | 9  | Ashley Breeze  | 31'09.50 | ALH |

- |    |    |                   |          |     |
|----|----|-------------------|----------|-----|
| 3. | 10 | Laylah Fonseca    | 29'02.50 | ALH |
| 4. | 11 | Christina Cortez  | 27'08.50 | ALH |
| 5. | 12 | Micaela Bautista  | 25'06.00 | CON |
|    | 11 | Brianna Hernandez | n.d.     | ALH |

Again the girls could only do there best behind Dargan, the North Coast leader in this event as well.



Alexis launches herself in the vault.

## Looking Ahead

### Oakland Relays This Saturday

- Laney College, Oakland
- Schedule:
  - 8:30 Field events start
  - 9:00 Running events start
- The entry list is posted. Almost all the team is entered. Check the list for your assignments.
- Parking is brutal. Arrive early, or enjoy the hike to the stadium.
- Spectators will be charged for admission.
- Look for the Alhambra canopy in the bleachers by the finish line.
- Snack table is always a welcome addition. Thanks for helping out on that.