



The Bulldog Bark

The voice of Alhambra High School
Track & Field
Saturday, March 24, 2019



- 40 PR's !
- 10 Medals !
- 5 All-Time Marks !
- Boys Team Trophy !

Pretty Good Day All Around For The Dogs At Oakland Relays

Weather cooperates

The weather, unsettled recently, finally complied and it turned out to be a beautiful spring day in Oakland. This gush of sunshine and light breezes was just the atmosphere the Bulldogs needed to unleash a torrent of PR's and strong performances.

Unlimited participation

This meet is put on by the Oakland public schools in the very nice Laney College facility, and attracts a smattering of schools from around the Bay Area. The competition is very good, but since the meet does not impose any limits on number of entrants, all competitors regardless of mark get a chance on the track.

Balanced team attack

Against this backdrop of 41 different schools in attendance, our 51 Alhambra tracksters did very well. Our sprinters had a very encouraging day, especially on the girls' side with several breakthrough performances. And we were solid in the field events, especially on the boys' side. Our hurdlers were a presence, and once again our smallish distance team, poked through to add to the team total.

Team depth propels top finishes

This meet, as do all meets, scored past just the first three, so team depth does make an impact. And since we were able to have strong performers all across the board, we were able to score well enough to match up with schools whose teams are two, three, and four times our size.

Varsity Boys

1. James Logan	259
2. Skyline	150
3. Alhambra	134
4. Berkeley	79
5. Bishop O'Dowd	64
6. College Preparatory	56
7. Heritage (Brentwood)	46

8. Oakland	42
9. Oakland Tech	40
10. Urban of San Francisco	28
11. Benicia	26
12. Madison Park Academy	22
13. Pinole Valley	16
14. Mission	14
15. McClymonds	12
16. San Marin	8
16. Miramonte	8
18. Envision Academy	6
19. Hercules	4
19. Marin Catholic	4
19. Amador Valley	4

Varsity Girls

1. James Logan	131.5
2. Skyline	100
3. Berkeley	80.5
4. Heritage (Brentwood)	56.5
5. Alhambra	54.5
6. Bishop O'Dowd	53
7. Oakland Tech	48
8. Urban of San Francisco	41
9. College Preparatory	31
10. Amador Valley	22
11. Miramonte	21
12. Envision Academy	11
13. Head-Royce	10
13. Bentley Upper	10
15. Washington	6
15. Hercules	6
17. St Joseph Notre Dame	5
17. Jefferson	5
19. Madison Park Academy	3
20. San Marin	1
20. Pinole Valley	1
20. Emery	1

100 Meters Varsity

4. 11 Mister Davis	11.45
10. 11 Lorenzo Fonseca	11.74
14. 9 Armani Guidry	11.84
21. 10 Landon Waters	12.21
43. 10 Benjamin Smyers	12.62
51. 10 Alec Ramos	12.84
54. 10 Jaycob Primer	12.86
56. 10 Camden Boyles	12.90 PR
60. 10 Anderson Keller	12.98 PR
67. 10 Dreyus Farrales	13.18
70. 9 Brian Radke	13.26
74. 12 David Nunes	13.59 PR
85. 9 Hunter Kilbourn	14.89

Mister ran well, even though his heat had adverse crosswind and chill factors.

200 Meters Varsity

6. 11 Mister Davis	23.61
8. 11 Lorenzo Fonseca	23.80
10. 9 Armani Guidry	24.23 PR
15. 10 Landon Waters	24.89
19. 12 Aaron Hern	25.01 PR
23. 10 Benjamin Smyers	25.20 PR
25. 10 Baron Hayes	25.23 PR
35. 10 Jaycob Primer	26.13 PR
39. 10 Alec Ramos	26.71 PR
50. 9 Brian Radke	27.86
12 David Nunes	DNS

The long sprint saw the rash of PR's for the sprint quad. Mister again scored for us.

400 Meters Varsity

11. 12 Graham Manning	53.65
15. 12 Aaron Hern	54.90 PR
20. 12 Alan Kobyluk	56.20

Our boys ran just at their season bests, with Aaron dropping time.

3200 Meters Varsity

5. 9 Nolin Searls	11:31.59
11 Carson Edwards	DNS

A smallish field saw Nolin tussle with some good runners and place well.

110m Hurdles - 39" Varsity

7. 10 Jonas Kobyluk	19.26
9. 10 Camden Boyles	20.71
11. 10 Dreyus Farrales	21.36

Our younger hurdlers were consistent today.



Jonas nears the end of his 300 IH race.

300m Hurdles - 36" Varsity

11. 12 Graham Manning	47.04
15. 10 Jonas Kobyluk	51.43 PR
18. 12 Alan Kobyluk	54.50
19. 10 Dreyus Farrales	1:06.78

The longer hurdles are a more challenging event for our bunch.



Lorenzo handles the stick on the 2nd leg of the 4 x 100 relay.

4x100 Relay Varsity

- 4. Landon Waters
- Lorenzo Fonseca
- Aaron Hern
- Mister Davis 44.69
- Jaycob Primer
- Anderson Keller
- Baron Hayes
- Brian Radke DQ

The "A" team is becoming consistent in that mid-44 range, and today was a top finisher.

4x400 Relay Varsity

- 5. Lorenzo Fonseca 55.7
- Jordan Wondrusch 58.7
- Aaron Hern 55.0
- Graham Manning 54.3
- 3:43.77

Capping off the meet at the end of a long day, the Dogs were still ready to step on the track and compete to add to the team total.

4x800 Relay Varsity

- Kai Badavinac
- Joaquin Hinkens
- Cristian Ruiz
- Ali Sobhy DNS

Illness and absentism robbed us of a full team here.

4x1600 Relay Varsity

- 6. Kai Badavinac 5:13
- Joaquin Hinkens 5:35
- Nolin Searls 5:20
- Cristian Ruiz 5:08
- 21:18.42

The frosh-soph squad had their hands full against some talented varsity teams, but managed to grab points nonetheless.

Shot Put - 12lb Varsity

- 1. 12 Nick Momaney 48-03.00
- 2. 10 Jordan Wondrusch 40-02.50 PR
- 9. 12 Holden Burcell 33-06.00
- 24. 9 Austin Macey 22-03.50

Nick once again topped the field. The big surprise was Jordan trotting over from his 3rd place in the high jump to hugely PR and take 2nd here.

Discus - 1.6kg Varsity

- 1. 12 Nick Momaney 139-08
 - 5. 12 Holden Burcell 108-11
 - 9. 10 Jordan Wondrusch 92-06
 - 25. 9 Austin Macey 52-07
- Nick once again won easily. Holden added points.



Camden gets over the bar at 4-10.

High Jump Varsity

- 3. 10 Jordan Wondrusch 5-08.00
- 4. 10 Benjamin Smyers 5-06.00
- 8. 10 Alec Ramos 4-10.00
- 8. 10 Camden Boyles 4-10.00
- 12 David Nunes NH
- 10 Dreyus Farrales NH
- 12 Jason Exline DNS

Not their best jumps for Jordan and Ben, but close to them. More points for cause.



Brian earns the first medal of the day for the Dogs

Pole Vault Varsity

- 3. 9 Brian Radke 9-07.00
- 5. 10 Anderson Keller 8-01.00
- 10 Camden Boyles NH
- 12 David Nunes DNS
- 10 Jonas Knopf DNS

The runway in the middle of the field was a treat, since it put the vault in the center of attention. Brian added an inch to his PR, as did Anderson. Camden was off his feed today.

Long Jump Varsity

- 4. 9 Armani Guidry 20-05.00 PR
- 11. 10 Baron Hayes 18-07.50 PR
- 19. 10 Jonas Kobylk 17-04.00 PR
- 25. 10 Landon Waters 16-06.00

- 12 Mason Bituen DNS
- 11 Chris Kyle DNS

The boys got a chance to have a genuine take-off board, and that extra bounce seemed to launch them to PR's.



The joys of coaching - - Coach Jeff checks Mason's approach in the triple jump.

Triple Jump Varsity

- 3. 10 Baron Hayes 37-10.00
- 8. 10 Jonas Kobylk 35-06.00
- 12 Mason Bituen FOUL
- 10 Anderson Keller FOUL

Baron was able to squeak into the medal picture with a near-PR leap.

100 Meters Varsity

- 1. 9 Desie Armstrong 12.62 PR
- (# 2 All-Time GV Top 10)
- 12. 12 Claire Stone 13.74
- 13. 9 Joy Adesida 13.81
- 18. 12 Emily West 14.02
- 44. 11 Christina Cortez 15.05
- 46. 11 Clara Duran 15.10
- 47. 11 Megan Jensen 15.21
- 50. 9 Kaitlin Bituen 15.60
- 52. 9 Sydney Tarnowski 15.81 PR
- 53. 11 Briana Alvarez 15.93
- 55. 10 Hannah Johnke 16.09
- 12 Jessica Cid DNS

Desie won the fast heat against a tough league rival from Miramonte, and is now #2 in Alhambra history. The rest of the girls were near their bests.



Katie is in full flight as she nears the finish line of her PR 200 race.

200 Meters Varsity

- 3. 9 Desie Armstrong 27.07 PR
- (# 7 All-Time GV Top 10)
- 9. 12 Claire Stone 28.45
- 10. 9 Joy Adesida 28.55 PR

- 20. 10 Skye McKinsey 29.95
- 24. 9 Kylee Phillips 31.06
- 25. 9 Katie Castro 31.17 PR
- 28. 9 Denise Martinez 31.56 PR
- 30. 11 Clara Duran 31.86
- 31. 11 Megan Jensen 31.93
- 34. 11 Briana Alvarez 32.96
- 35. 9 Kaitlin Bituen 32.98 PR
- 36. 9 Sydney Tarnowski 33.50 PR
- 41. 10 Hannah Johnke 35.08

As with the boys, the majority of the sprint PR's came in the longer race today. Desie finally got onto the 200 All-Time list as well.



Some freshman girls just know how to win medals.

400 Meters Varsity

- 25. 9 Aero Nhingsavath 1:07.29 PR
- 26. 9 Kylee Phillips 1:07.64
- 28. 10 Laylah Fonseca 1:08.28
- 29. 10 Skye McKinsey 1:08.50 PR
- 35. 9 Ellen Nunes 1:10.37 PR
- 37. 9 Denise Martinez 1:12.45 PR

It is a welcome sight to see the girls continue to drop significant time in this difficult race.

3200 Meters Varsity

- 1. 12 Nicole Tria 11:53.37
- Only three girls toed the line for this race, and Nicole was able to win easily. Her solo effort as a solid time as well.

100m Hurdles - 33" Varsity

- 4. 11 Alexis Yu 18.11
- 12. 9 Aero Nhingsavath 20.47 PR
- 14. 11 Katelyn Kylo 21.24
- 16. 9 Mia Padrique 21.50 PR
- 17. 10 Laylah Fonseca 22.03 PR

It was nice to see lots of Alhambra girls flood the hurdle picture today. The newer girls are improving well.

300m Hurdles - 30" Varsity

- 9. 11 Alexis Yu 55.27
- 14. 9 Mia Padrique 1:00.05 PR

This is a tough race. Alexis and Mia soldiered through.

4x100 Relay Varsity

- 4. Joy Adiseda
- Emily West
- Claire Stone

- Desie Armstrong 50.94 PR
- (# 5 All-Time GV Top-10)
- 11. Kaitlin Bituen
- Katie Castro
- Sydney Tarnowski
- Skye McKinsey 58.65

With Joy added in on lead-off, this version of the 4 x 100 blasted to a nice season best against some of the quicker teams in the area. Getting on the All-Time list is a nice bonus, too.



Claire, Emily, Joy and Desie are all smiles after their excellent 4x100 relay.

4x400 Relay Varsity

- 7. Ellen Nunes 72.9
- Mia Padrique 75.7
- Denise Martinez 76.7
- Kylee Phillips 70.6
- 4:53.00

It took some doing, but we got 4 girls to the line at the end of the meet for this relay.



Mia waits for the start of the 4 x 400 relay.

Shot Put - 4kg Varsity

- 8. 9 Reina Felson-Lamb 21-02.00
- 12 Mikela Patrick DNS

Discus - 1kg Varsity

- 10. 9 Reina Felson-Lamb 42-09
 - 12 Mikela Patrick DNS
- Reina was the sole Dog in the fight at the girls' throws.

High Jump Varsity

- 2. 9 Joy Adiseda 4-10.00 PR
 - (tie # 8 All-Time GV Top-10)
 - 10. 9 Ashley Breeze 4-04.00 PR
- Joy was having a career day, not only PRing significantly, but able to pop onto the All-Time list.



That's a very shiny medal Joy has there.

Pole Vault Varsity

- 10. 9 Ashley Breeze 7-01.00
- 11. 11 Alexis Yu 6-07.00
- 12. 11 Katelyn Kylo 6-07.00 PR

All the girls were consistent today, and Katelyn added a magic inch to her PR.

Long Jump Varsity

- 4. 12 Emily West 15-09.00 PR
- (tie # 9 All-Time GV Top-10)
- 12. 10 Laylah Fonseca 14-01.25 PR
- 16. 11 Christina Cortez 13-07.25
- 20. 11 Clara Duran 12-10.50
- 21. 9 Ellen Nunes 12-10.00 PR
- 23. 11 Briana Alvarez 12-05.25
- 24. 11 Megan Jensen 12-00.50
- 27. 12 Jessica Cid 11-09.00
- 28. 10 Hannah Johnke 11-07.50 PR
- 29. 9 Kaitlin Bituen 11-05.50
- 11 Brianna Hernandez DNS

Emily had the big leap for us today, which tied her with Brianna Hernandez on the All-Time list.

Triple Jump Varsity

- 6. 9 Ashley Breeze 31-00.25
- 11. 10 Laylah Fonseca 29-01.00
- 14. 11 Christina Cortez 28-05.50
- 15. 9 Ellen Nunes 28-03.50
- 16. 11 Briana Alvarez 26-01.75
- 11 Brianna Hernandez DNS

Ashley led the triple jump girls today. They all were consistently near their PR's.



Mister, the smile, and the 3rd place boys' team trophy are all bright spots at the end of a good day for the Bulldogs.

Notes:

1. The meet scoring was a bit odd. The boys' division and the girls' division were scored using two different scales.

The boys' score was utilized 14-12-10-8-6-4 for the top 6 places. The girls' scoring went 10-8-6-5-4-3-2-1 for the top 8 places. At least the scoring was consistent within each division. Curious.

2. The snacks showed up again. The bagels and peanut butter was a hit, as were the tangerines and the bananas. This has been a good thing all year. Let's keep it up.

3. Team spirit was strong today. It helped to have our team canopy right at the finish line so we could all roar for ours, but roving bands of Bulldogs were everywhere on the infield as providing support. Excellent.

4. Maybe some sunscreen for future meets, as the warm weather appears to be just around the corner.

Looking Ahead:

DAL Meet @ Benicia Next Wednesday

We are off to Benicia High School next week for our last dual meet of the season. Regular bus protocol is in place.

Comparison Results

The computer age has for the most part given all schools quick access to each other's results, so coaches can plan ahead on how to arranged athletes for the best results. However, with the rain causing schedule disruptions and some timing difficulties, Benicia's results have been a large blank all season until just this last week.,

How do we stack up?

The early indications are that the Benicia Panthers are a small team. Even with some very strong individuals, they are hard put to cover all the events. Still, it is never wise to overlook an opponent, especially on their own turf.

Rain

Yes, there is rain in the forecast, but we have competed in the rain already this year (Clayton Valley Invite, College Park, Martinez Relays) so we know we're not going to melt. There is a reason it's called an all-weather track. The rain may compromise a few field events.

Congratulations !

Nick & Mister Off To Prestigious Stanford Invite !

The Stanford Invitational is the premier track invitational in Northern California. Not only are the entry marks high so only the best of the best get to compete, the high school events are mixed in with college events as well.

The meet is large, covering two days and morning until night competition. The officiating is top-notch, the results are immediate, and the interaction between high school and college athletes is wonderful.

We are fortunate to have the Bulldogs represented at this meet this coming Saturday. Best of luck to our boys - - Mister in the 100, Nick in the shot put and discus.

Spring Break Workouts:

April 1-5 9:00 a.m.

Optional AM Workouts

For those of you who are not off to vacation and still want to get in some work during this time off, there will be optional drop-in workouts during Spring Break week.

Coach Brewer will be on the track each morning to monitor the athletes, direct drills, and the like.

And Looking Even Further Ahead:

Schedule Moves to Weekends Only After Spring Break

We will be done with the dual meet season this coming week, and the last third of our season will be a series of "sharpening" weekend meets.

Select Invitationals

These are meets that either have a set of qualifying standards so that only a few of our athletes will be able to compete, or meets that we will be sending just a group of our team for specific competition.

Fri 4/12 Woody Wilson Invite @ UC Davis

This is a high-end meet for our better varsity athletes in a college setting.

Fri 4/19 Bob Warren @ Acalanes HS

This is a local meet designed to give many of our athletes a final "tune-up" before we enter the league championships.

Sat 4/20 NorCal FS Champs @ Dublin HS

We will be sending the top end of our FS performers to test themselves against the best younger athletes in the area.

Sat 4/20 Sacramento MOC @ American River College

This is another premier top-end meet for the best varsity performers, and attracts athletes from all over Northern California.

Sat 4/27 & Sat 5/4 DAL Trials and Finals @ Campolindo High School

- Hurdlers ! • High Jumpers !
- Pole Vaulters ! • Distance !

Castro Valley Invitational Relays Sat March 30

Chance for a relay-formatted meet:

Even though the Spring Break is upon us, we are offering this meet as an option for some of our technique athletes to enter a relay-formatted meet.

This is an optional meet, since it is right up against the Spring Break and some families have already scheduled plans. However, it is a real chance for our athletes to get in more repetitions at those technical events.

Herns to Stanford, Brewer to Castro Valley

Coach Hern and Coach Brewer will be at Stanford with Mister and Nick, so Coach Brewer will be shepherding the troops at this event at Castro Valley High School.

The relay format is also a chance for us to demonstrate team depth. It is not always the team with the single outstanding individual that wins a relay, but the team with the depth of talent that prevails.

Let Coach Brewer know soon

The aim is to get together 4 hurdlers per gender for the shuttle hurdle event, and similarly three jumpers and three vaulters for the field event relays. Coach Brewer has already informed all the athletes in those disciplines and is awaiting feedback.

Coach Brewer: 510-919-4769

pcbrcrosscountry@yahoo.com

Sprinters and jumpers welcome too

Other athletes may also inform Coach Brewer if they are interested in forming a relay. Check out the events, and if you can get together a relay, we're good to go.

Track Events: 9:00 a.m. rolling schedule

Distance medley GFS, BFS, GV, BV
(may be combined all girls, all boys)

4 x 100 GFS, BFS, GV, BV

Shuttle HH GFS, GV, BFS, BV

4 x 800 GFS, BFS, GV, BV

(may be combined all girls, all boys)

Sprint Medley 1-1-2-4 GFS, BFS, GV, BV

*Open 300 Hurdles GFS, GV, BFS, BV

*Open 100 GFS, BFS, GV, BV

*Open 1600 GFS, BFS, GV, BV

4 x 400 GFS, BFS, GV, BV

Field Events: 8:00 am start

3 x LJ GV, BV, GFS, BFS

3 x TJ BV, GV, BFS, GFS

3 x HJ GFS, BFS, GV, BV

3 x PV GFS, GV, BFS, BV

3 x Shot GFS, BFS, GV, BV

3 x Discus BFS, GFS, BV, GV

3 x TJ FS Boys 30-0

3 x HJ Var Girls

3 x PV FS Boys

3 x Shot Var Girls

3 x Discus Var Boys