



The Bulldog Bark

The Voice of Alhambra Track & Field



Sunday, April 14, 2019

For a last minute choice of meets to attend, this one turned out to be a good one. The venue was very nice, the meet management was friendly and accommodating, the weather was sunny and warm, and the competition was good. And the ultimate purpose of attending in the first place was accomplished as multiple PR's were achieved or equalled, and all the athletes got in some late-season "tuning up" heading into the upcoming championship season.

We had a limited presence today. With this meet being a late addition to the schedule, about 1/3 of the team had schedule conflicts. Still, 41 Bulldogs competed today, and the team earned 28 medals.

We got a chance to compete against teams we normally don't see, which is always a good thing since it gives us a chance to test ourselves against a greater spectrum of competition. So American Canyon and Salesian and De Anza were there, as well as some Sacramento schools - Grant, Florin, Luther Burbank. And there was also a sprinkling of schools along the I-80 corridor - Vanden, Fairfield, Chavez.

When all the dust had settled, even with our muted presence, our team depth was in evidence and we scored high in each division, and the BFS won their meet. Good going, Dogs!

BOYS' FROSH-SOPH

1	Ahambra	80
2	American Canyon	64
3	Chavez	44
4	Vanden	42
5	Galileo Academy	30
6	Grant	28
6	DeAnza	28
6	St. Mary's (Stockton)	28
9	San Leandro	23
10	Ygnacio Valley	17
11	Chavez	14
11	Florin	14
13	Luther Burbank	13
14	Benicia	3

100 Meters Frosh/Soph

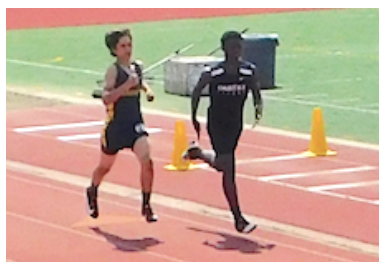
7	9	Brian Radke	12.80 (-1.1)
Brian was just off his season best.			

200 Meters Frosh/Soph

13	10	Alec Ramos	26.04 (-.4)	PR
Alec had a good finish surge to earn a PR.				

800 Meters Frosh/Soph

2	10	Kai Badavinac	2:18.92	PR
5	9	Joaquin Hinkens	2:26.33	
Kai put himself into the race early, and chopped of major time for a PR. Joaquin made his season debut at this distance.				



Kai challenges for the lead in the 800.

1600 Meters Frosh/Soph

1	9	Cristian Ruiz	5:00.88
2	9	Nolin Searls	5:06.48
Cristian once again won wire-to-wire, and Nolan discovered some latent leg speed to run down his opponent at the line for 2nd.			

110m Hurdles - 39" Frosh/Soph

1	10	Benjamin Smyers	19.26 (.3)	PR
4	10	Dreyus Farrales	21.07 (.3)	PR
Our newer hurdlers both lower their bests in this event. Ben came away with a surprise overall win.				

300m Hurdles - 36" Frosh/Soph

3	10	Dreyus Farrales	50.43	PR
Dreyus seems to like this event, and his PR was good for a medal, too				

4x400 Relay Frosh/Soph

2		Kai Badavinac	4:04.97
		Cristian Ruiz	

Dreyus Farrales

Benjamin Smyers

As teams pulled up stakes and went home, our boys were among the few to stick around. It was worth a medal.

Shot Put - 12lb Frosh/Soph

7	9	Austin Macey	25-02.00
Austin is still learning the event.			

Discus - 1.6kg Frosh/Soph

5	9	Austin Macey	52-07
Austin is still learning the event.			

High Jump Frosh/Soph

2	10	Benjamin Smyers	5-08.00
	10	Alec Ramos	NH
Ben got his PR, and Alec was stymied by opening up near his PR.			

Pole Vault Frosh/Soph

1	9	Brian Radke	10-06.00	
3	10	Anderson Keller	9-00.00	PR
Brian had the event won early, and continues to be consistent at his new level. Anderson shrugged off a sore back to get his PR.				

BOYS' VARSITY

1	St. Mary's (Stockton)	80
2	San Leandro	72
3	Vanden	66
4	American Canyon	53
5	Benicia	48
6	Alhambra	38
7	Grant	26
8	Terra Linda	18
9	Salesian	16
10	Galileo Academy	13
11	Chavez	11
11	De Anza	11
13	Florin	10
14	Vallejo	6
14	Luther Burbank	6
16	North Bay Christian	3
17	St Patrick/St. Vincent	2
18	Fairfield	1

100 Meters Varsity

6	11	Mister Davis	11.26	
10	11	Lorenzo Fonseca	11.45 (.8)	PR
16	10	Landon Waters	12.17	

The boys ran in some fast heats.
Lorenzo scooted to a nice PR.

200 Meters Varsity

5	11	Mister Davis	23.39 (-1.4)	
7	11	Lorenzo Fonseca	23.68 (1.2)	PR
16	12	Aaron Hern	25.24 (-1.8)	



Our younger athletes crowd the rail to watch the action on the track.

The sprint boys gave chase again against speedy opponents, and again Lorenzo notched a good PR.

400 Meters Varsity

11	12	Graham Manning	54.24	
16	12	Alan Kobyluk	54.71	PR
17	12	Aaron Hern	55.08	

The boys were solid in this race. Alan showed off his late-season improvement with a PR.

110m Hurdles - 39" Varsity

9	10	Jonas Kobyluk	19.13a (.1)	
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Jonas was consistent.

300m Hurdles - 36" Varsity

11	12	Graham Manning	48.19	
12	10	Jonas Kobyluk	50.63	PR

The longer hurdles are tough. Jonas squeaked out a PR.

4x100 Relay Varsity

Landon Waters
Lorenzo Fonseca
Aaron Hern
Mister Davis dropped baton

It was looking good until the bobble on the 2nd exchange.

4x400 Relay Varsity

4		Alan Kobyluk	3:40.89	
		Lorenzo Fonseca		
		Aaron Hern		
		Graham Manning		

Late in the day, the wind picking up, the stadium emptying . . . and the boys stuck out the meet to the end to compete.



Graham always gives us an exciting finish in the 4 x 400 relay.

Shot Put - 12lb Varsity

2	12	Nick Momaney	46-08.00	
7	10	Jordan Wondrusch	39-05.75	
12	12	Holden Burcell	38-01.00	PR

Consistent efforts all around, and Holden finally got some oomph into his throw.

Discus - 1.6kg Varsity

1	12	Nick Momaney	134-01	
5	12	Holden Burcell	112-00	
20	10	Jordan Wondrusch	79-10	

Nick won here, Holden is holding at his season average, and Jordan made his debut in this event.

High Jump Varsity

4	10	Jordan Wondrusch	5-08.00	
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Jordan was consistent.

Long Jump Varsity

3	12	Mason Bituen	19-03.00	
7	10	Landon Waters	17-10.00	
8	10	Baron Hayes	17-09.50	

Mason popped a nice one, and Landon and Baron were subpar today.

Triple Jump Varsity

5	12	Mason Bituen	36-06.00	
7	10	Jonas Kobyluk	35-01.00	
	10	Baron Hayes	ND	

There were some discrepancies in the triple jump officiating today, so we're not quite sure what the actual marks are.

GIRLS' FROSH-SOPH

1	Vallejo	73
2	De Anza	63
3	American Canyon	48
4	Alhambra	45
5	Galileo Academy	29
6	St. Mary's (Stockton)	28
6	Floirn	28
8	Vanden	20
8	Benicia	20
8	Ygnacio Valley	20
11	San Leandro	14
12	Grant	10
13	Chavez	13

200 Meters Frosh/Soph

18	9	Kylee Phillips	31.16 (-2.2)	
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Not her best effort, but running into a stiff headwind will do that.

400 Meters Frosh/Soph

6	10	Skye McKinsey	1:10.27	
11	9	Ellen Nunes	1:19.69	

Skye struggled after her rocket start. Ellen was too conservative early, and had to fight at the end.

800 Meters Frosh/Soph

2	10	Skye McKinsey	2:49.51	PR
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Skye put on a good show to edge out an opponent for the 2nd place. Nice time, too.

100m Hurdles - 33" Frosh/Soph

3	10	Laylah Fonseca	20.16 (-1.7)	PR
6	9	Mia Padrique	21.40 (-1.7)	PR

Our newer hurdlers dropped time today.

300m Hurdles - 30" Frosh/Soph

4	10	Laylah Fonseca	57.51	
5	9	Mia Padrique	57.70	

Again, the longer hurdles are tough, and Laylah and Mia struggled a bit.

Shot Put - 4kg Frosh/Soph

11	9	Reina Felson-Lamb	20-01.25	
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Reina was consistent.

Discus - 1kg Frosh/Soph

5	9	Reina Felson-Lamb	55-02	
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Reina was consistent.

Long Jump Frosh/Soph

5	10	Laylah Fonseca	13-11.00	
6	9	Ellen Nunes	13-09.50	PR

Laylah was right near her best, and Ellen got off a pretty good jump.

Triple Jump Frosh/Soph

1	10	Laylah Fonseca	30-03.00	PR
2	9	Ellen Nunes	29-06.50	PR

With Laylah and Ellen the only two competitors, there could be no screwup on this triple jump event. Two PR's, two medals.

GIRLS' VARSITY

1	Vanden	83
2	Alhambra	67
3	Benicia	52
4	Galileo Academy	42
5	Fairfield	36
6	San Leandro	33
6	Chavez	33
8	American Canyon	26
9	De Anza	24
9	Salesian	24
11	Venture Academy	18
12	Grant	16
13	St. Mary's (Stockton)	2
14	North Bay Christian	1

100 Meters Varsity

3	9	Desie Armstrong	12.73 (1.4)	
14	12	Emily West	13.78 (1.6)	

Solid times for the girls today.



Briana Alvarez drives to the finish in the 200.

200 Meters Varsity

4	9	Desie Armstrong	27.21 (-1.8)	
15	11	Briana Alvarez	33.02 (-.5)	

11 Clara Duran NT (-.5)

Running into a headwind is tough.



Kylee strides out at the start of the 400.

400 Meters Varsity

13	9	Aerolon Nhingsavath	1:07.20	PR
17	9	Kylee Phillips	1:12.18	

Aero had a nice run at this distance. Kylee was a step or two off her best.

100m Hurdles - 33" Varsity

3	11	Alexis Yu	18.19	
5	9	Aerolon Nhingsavath	20.04	PR

6 11 Katelyn Kylo 21.43

Aero was on a PR mission today. Alexis banged her knee in warmups and that took a step off her effort. Katelyn was consistent.

300m Hurdles - 30" Varsity

4 9 Aerolon Nhingsavath 55.72 PR

5 11 Alexis Yu 59.35

Aero got her third PR of the da. Alexis labored.

4x100 Relay Varsity

2 Briana Alvarez 54.95

Emily West

Clara Duran

Desie Armstrong

Even with two subs, the team was good enough with Desie's excellent anchor leg to snag 2nd.

High Jump Varsity

3 9 Joy Adesida 4-08.00

Joy is comfortable with her new level of performance.

Pole Vault Varsity

2 9 Ashley Breeze 7-06.00

4 11 Katelyn Kylo 7-00.00

4 11 Alexis Yu 7-00.00

The girls were all confident on the runway today.

Long Jump Varsity

3 12 Emily West 15-06.00

4 11 Brianna Hernandez 15-04.00

6 11 Clara Duran 13-10.00 PR

Emily earned a medal, Brianna was able to perform even with a lingering thigh strain, and Clara PR'd.

Triple Jump Varsity

4 11 Brianna Hernandez 30-02.50

11 Briana Alvarez ND

Again, the triple jump results are dubious.



Coach Mr. Hern is the very epitome of excitability during the meet.