



The Bulldog Bark

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



Sunday April 18, 2021

DAL-Valley #2

Bulldogs Romp At Home Meet: Sweep All 4 Divisions

A gorgeous spring day was on hand for the Alhambra sweep of all four divisions here on our home track nestled into the Martinez hills. Even in a limited Covid year, we were able to muster enough firepower to thwart any efforts of the rest of our division to beat us at any level.

Great League Cooperation

Yes, it does take a village to run a meet, and all the participating schools chipped in. Ygnacio was in force holding down the jumps, College Park & Benicia manged the throws and the vault, Mt. Diablo was moving hurdles, and Alhambra handled starts and clerking and announcing - - and block carts and setup and cleanup.

Great Timing Today

We were gifted with the presence of Sean Laughlin of Reord Timing doing our meet today. Despite all the disruptions and chaos of a small meet, he handled it all with equanimity, great humor, and immediate results. Even the power interruption right before the meet didn't faze him, as he pulled a generator out of his truck and went on with his business.

Yes, We Were The Power

Just by looking at our smallish team size, it doesn't really seem that the Dogs are really all that strong. However, we have our areas of strength, a fair amount of depth, and many multi-talented athletes. This all showed up in the scoring, as we won all four divisions by comfortable margins.

In Case You Were Wondering . .

We don't score College Park in the results, even though they were here competing. They are part of the DAL-Foothill division, and those schools elected to only set up a series of dual meets. College Park joins us to get more of their team into events. They will not be a part of our championship meet on May 1.

Girls' JV

Team Scores:

1. Alhambra	146
2. Ygnaco Valley	42
3. Concord	37
4. Mt. Diablo	30
Benicia	0

With only 8 JV girls, we were still able to put athletes in nearly every event, which was more than the other schools could even come close to. Still, we didn't expect to so completely dominate the Girls' JV division.

100 Meters Girls' JV

1. 10 Veydi Gonzalez	14.01	MtD
2. 10 Marina Lipary	14.21	ALH
3. 10 Karla Hernandez	14.37	CON
4. 9 Jane Micle	14.46	CP

5. 11 Molly Householder	14.46	CON
6. 10 Evelyn Frias Valadez	14.83	CON
7. 10 Ellie Ridgeway	15.15	CP
8. 9 Isabella Chow	15.66	CP

200 Meters Girls' JV

1. 9 Jane Micle	29.82	CP
2. 10 Karla Hernandez	30.10	CON
3. 11 Molly Householder	31.28	CON
4. 10 Marina Lipary	31.57	ALH
5. 10 Evelyn Frias Valadez	31.68	CON
6. Sonia	35.00	CP

800 Meters Girls' JV

1. 11 Kaelyn Nguyen	3:00.17	ALH
2. 10 Sheridan Donovan-Stauder	3:15.91	YV
3. 10 Alaina Lipary	3:20.09	ALH
4. 9 Vila Christensen	3:37.47	YV

1600 Meters Girls' JV

1. 10 Alaina Lipary	7:11.86	ALH
2. 10 Sheridan Donovan-Stauder	7:15.20	YV
3. 11 Reyna Arce	7:24.75	ALH
4. 9 Vila Christensen	7:31.69	YV
5. 10 Haylie Jacobs	7:41.98	CON
6. 12 Citlalyth Hernandez	7:56.87	CON

3200 Meters Girls' JV

1. 11 Kaelyn Nguyen	16:04.28	ALH
2. 11 Reyna Arce	17:32.31	ALH

100m Hurdles - 33" Girls' JV

1. 10 Veydi Gonzalez	20.54	MtD
2. 11 Mia Padrique	22.07	ALH
3. 9 Corina Jones	24.06	ALH

300m Hurdles - 30" Girls' JV

1. 10 Veydi Gonzalez	57.06	MtD
2. 11 Mia Padrique	62.41	ALH
3. 10 Sarah Green	68.40	CP
4. 9 Corina Jones	75.55	ALH

4 x 400 Relay

1. Mia Padrique Alaina Lipary Kaelyn Nguyen Rey Arce	5:50.40	ALH
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Shot Put - 4kg Girls' JV

1. 9 Milla Krstic	21-09.75	CP
2. 9 Kianna Zaragoza Pardo	21-03.75	YV
3. 11 Reina Felson-Lamb	19-01.50	ALH
4. 9 Grace Tymo	17-04.50	CP

Discus - 1kg Girls' JV

1. 11 Reina Felson-Lamb	59-03	ALH
2. 9 Milla Krstic	57-05	CP
3. 9 Isabella Chow	57-03	CP
4. 9 Kianna Zaragoza Pardo	37-09	YV

High Jump Girls' JV

1. 9 Corina Jones	4-00.00	ALH
2. 10 Sarah Green	3-10.00	CP

Pole Vault Girls' JV

1. 9 Katarina Muellerleile	5-00.00	CP
1. 9 Corina Jones	5-00.00	ALH
10 Ellie Ridgeway		NH CP

Long Jump Girls' JV

1. 10 Marina Lipary	13-04.00	ALH
2. 10 Sarah Green	11-03.00	CP

Boys' JV

Team Scores:

1. Alhambra	82
2. Benicia	72
3. Mt. Diablo	30
4. Concord	28
Ygnacio Valley	0

4 Alhambra boys all covered multiple events and that was enough to take the win in the Boys' JV division. Tony had a big PR in the 100 while covering the bases for us in the sprints, Ethan held down the distance side of things, Zach added the 400 to the hurdles and vault, and Jeff won the throws. It all added up today.

100 Meters Boys' JV

1. 10 Savion Martin	12.09	MtD
2. 10 Anthony Poyadue	12.98	ALH
3. 10 Zion Donaville	13.30	BEN
4. 10 Evan Torres	13.33	BEN
5. 9 Nasir Mason	13.73	BEN
6. 10 Foster Bowdish	13.99	CP

200 Meters Boys' JV

1. 10 Savion Martin	24.33	MtD
2. 10 Evan Torres	26.84	BEN
3. 10 Zion Donaville	27.00	BEN
4. 10 Anthony Poyadue	27.16	ALH
5. 10 Foster Bowdish	28.65	CP
6. 9 Nasir Mason	28.68	BEN
9 Zachary McGowan		DNS BEN

400 Meters Boys' JV

1. 10 Savion Martin	57.68	MtD
2. 9 Keisi Mandernack	61.88	CP
3. 9 Zachary Navarro	65.28	ALH
4. 12 Dylan Roberts	66.57	CON

800 Meters Boys' JV

1. 12 Justin Cao	2:40.98	CON
2. 9 Benjamin Wilson	2:41.83	BEN
3. 12 Ryan Wilsie	2:45.18	CON
12 Ernesto Perez Gutierrez		DNS CON
12 Dylan Roberts		DNS CON

1600 Meters Boys' JV

1. 9 Luka Afonine	5:04.36	CP
2. 12 Nicholas Guliaev	5:15.81	CP
3. 9 Benjamin Wilson	5:55.39	BEN
4. 11 Ethan Muth	6:22.84	ALH
5. 12 Ernesto Perez Gutierrez	7:52.55	CON

3200 Meters Boys' JV

1. 10 Andrew Hill	12:42.66	BEN
2. 11 Ethan Muth	15:37.72	ALH

300m Hurdles - 36" Boys' JV

1. 10 Caden Nakamur	48.85	CP
2. 9 Zachary Navarro	60.19	ALH

4x100 Relay Boys' JV

1. Nasir Mason Zachary McGowan Evan Torres Zion Donaville	49.37	BEN
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Shot Put - 10lb Boys' JV

1. - Andre Velez	27-08.00	CP
2. 12 Jeff Metz	26-01.25	ALH

Discus - 1.6kg Boys' JV

1. 12 Jeff Metz	67-07	ALH
2. 10 Samuel Rentfro	66-08	BEN
3. - Andre Velez	65-06	CP

High Jump Boys' JV

1. 10 Caden Nakamur	5-00.00	CP
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Pole Vault Boys' JV

1. Mike Lanslav	8-06.00	CP
2. 9 Zachary Navarro	6-00.00	ALH

Long Jump Boys' JV

1. 10 Foster Bowdish	12-11.00	CP
2. 10 Anthony Poyadue	12-07.50	ALH

Girls' VarsityTeam Scores:

1. Alhambra	128
2. Ygnacio Valley	110
3. Benicia	72
4. Concord	36
5. Mt. Diablo	14

The Varsity girls had a bit of a nail-biter today. The distance squad had injuries and was not a presence and the short relay dropped the baton, so we were down lots of points to even start. Still we prevailed over an inspired Ygnacio Valley squad on the basis of solid individual marks across the board.

Sadie Parker dropped a pair of solid PR's on the meet today. After nearly taking down the school record with an excellent triple jump (#2 all-Time), she raced State Meet veteran Benicia's Katelyn Carro step-for-step to jump to #4 on the All-Time list in the 200.

Desi Armstrong won the 100 and long jump in excellent marks, and Kyra Togni improved by over 4 feet in winning the shot put. Renae, Laylah, and Aero all scored in multiple events to add points to our total. Abigail and Katie added points in the sprints.

100 Meters Girls' Varsity

1. 11 Desie Armstrong	12.61	ALH
2. 12 Katelyn Carro	12.73	BEN
3. 11 Abigail Epps	13.31	ALH
4. 12 Katerina Puglisi	13.46	CP
5. 11 Naomi Quimzon	13.81	CP
6. 12 Jordan Fletcher	14.21	CP
7. 11 Katie Castro	14.26	ALH

200 Meters Girls' Varsity

1. 12 Katelyn Carro	25.82	BEN
2. 10 Sadie Parker	26.19	ALH
3. 11 Desie Armstrong	27.07	ALH
4. 12 Katerina Puglisi	27.92	CP
5. 11 Abigail Epps	28.26	ALH
6. 9 Jenifer Castro-Alfaro	28.54	MtD
7. 11 Naomi Quimzon	29.07	CP
8. 11 Katie Castro	30.03	ALH

400 Meters Girls' Varsity

1. 9 Jenifer Castro-Alfaro	67.42	MtD
2. 11 Aerolon Nhingsavath	75.90	ALH

800 Meters Girls' Varsity

1. 10 Alana Sevier	2:42.27	CON
2. 10 Mae Gunter	2:45.59	CP
3. 12 Araceli Castro	2:48.17	YV
4. 11 Sirena Saldivar	2:54.82	YV
5. 11 Amelia Porter	3:03.96	CON
6. 12 Alexa Rios-Adame	3:13.75	YV

1600 Meters Girls' Varsity

1. 10 Alana Sevier	6:01.98	CON
2. 11 Sirena Saldivar	6:27.78	YV
3. 11 Amelia Porter	6:34.85	CON
4. 12 Alexa Rios-Adame	6:39.31	YV

3200 Meters Girls' Varsity

1. 12 Quinn Whiteley	14:26.50	YV
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100m Hurdles - 33" Girls' Varsity

1. 12 Piper Kunesh	17.64	YV
2. 10 Leniyah Fulsom	18.90	YV
3. 9 Renae Searls	19.78	ALH
4. 12 Laylah Fonseca	19.83	ALH
5. 12 Amya Raven	20.85	BEN
6. 10 Lauren Dang	22.24	YV

300m Hurdles - 30" Girls' Varsity

1. 12 Piper Kunesh	49.83	YV
2. 12 Isabella Laspina	51.93	BEN
3. 10 Leniyah Fulsom	54.13	YV
4. 9 Renae Searls	58.87	ALH
5. 10 Lauren Dang	61.03	YV

4x100 Relay Girls' Varsity

1. Evi Anderson Lea Fromm Gianna Myer Katerina Puglisi Katie Castro Abigail Epps Sadie Parker Desie Armstrong	51.52	CP
		DQ ALH

4x400 Relay Girls' Varsity

1. Lea Fromm Gianna Myer Evi Anderson Jessica Chisar	4:13.88	CP
2. Aerolyn Nhingsavath Leylah Fonseca Sadie Parker Renae Searls	4:44.72	ALH
3. Araceli Castro Leniyah Fulsom Sirena Saldivar Piper Kunesh	4:45.81	YV
4. Relay Team	4:56.11	CON

Shot Put - 4kg Girls' Varsity

1. 11 Kyra Togni	30-03.00	ALH
2. 11 Daralanie Sykes	24-10.25	YV
3. 10 Jean Ikenag	24-05.50	BEN
4. 11 Zeena Ali	24-04.00	CP
5. 12 Piper Kunesh	21-00.00	YV

Discus - 1kg Girls' Varsity

1. 10 Jean Ikenag	79-11	BEN
2. 11 Kyra Togni	71-09	ALH
3. 11 Daralanie Sykes	61-03	YV
4. 11 Zeena Ali	60-01	CP
12 Gwenivere Reynolds	DNS	BEN

High Jump Girls' Varsity

1. 12 Jordan Fletcher	4-10.00	CP
2. 12 Isabella Laspina	4-08.00	BEN
3. 9 Renae Searls	4-04.00	ALH
4. 10 Lauren Dang	4-02.00	YV
11 Brooke Mahay	NH	CP

Pole Vault Girls' Varsity

1. 12 Katelyn Carro	8-06.00	BEN
2. 12 Amya Raven	6-06.00	BEN
3. 9 Renae Searls	6-06.00	ALH

Long Jump Girls' Varsity

1. 11 Desie Armstrong	16-08.50	ALH
2. 12 Lea Fromm	15-02.75	CP
3. 12 Leylah Fonseca	12-09.75	ALH

Triple Jump Girls' Varsity

1. 10 Sadie Parker	35-00.75	ALH
2. 12 Lea Fromm	31-11.75	CP
3. 12 Araceli Castro	27-01.00	YV

Boys' VarsityTeam Scores:

1. Alhambra	174
2. Benicia	86
3. Concord	63
4. Ygnacio Valley	50
5. Mt. Diablo	20

It was nice to see Baron (horizontal jumps) and Jordan (throws and HJ) back on the track for us. They combined for 46 points along for us today. What with the continued dominance of the distance squad along with strong points in the vault and hurdles (and Alex giving us more power in the throws) we more than compensated for almost no sprint presence to easily outdistance the rest of the field.

100 Meters Boys' Varsity

1. 10 Zachary Smith	11.38	MtD
2. 9 Truedell Minnieweather	11.78	BEN
3. 11 Oswaldo Gomez	11.81	CON
4. 11 Jesse Dietrick	12.18	CP
5. 9 Kristian Tribble	12.55	BEN
6. 12 Jordan Wondrusch	12.78	ALH

200 Meters Boys' Varsity

1. 10 Zachary Smith	23.29	MtD
2. 10 Harrison Hubbard	23.30	BEN
3. 9 Truedell Minnieweather	24.19	BEN
4. 11 Jesse Dietrick	24.31	CP

5. 11	Oswaldo Gomez	24.61	CON
6. 12	Alexander Ridgeway	27.31	CP
7. 11	Brian Radke	27.50	ALH
8. 11	Noah Velasquez	27.96	CP

400 Meters Boys' Varsity

1. 10	Harrison Hubbard	52.92	BEN
2. 12	Oliver King	52.92	YV
3. 11	Lev Afonine	54.73	CP
4. 11	Diego Flores	59.90	CP
5. 9	Luka Afonine	62.16	CP
6. 11	Noah Velasquez	63.61	CP
7. 11	Brian Radke	64.83	ALH

800 Meters Boys' Varsity

1. 12	Benjamin Smyers	2:05.18	ALH
2. 12	Logan Jacobs	2:18.51	CON
3. 11	Diego Flores	2:26.59	CP
4. 10	Zachary Willsie	2:41.16	CON
5. 11	Noah Velasquez	3:07.16	CP

1600 Meters Boys' Varsity

1. 12	Logan Jacobs	4:50.41	CON
2. 12	Ryan McCauley	4:52.66	ALH
3. 11	Nolin Searls	4:52.84	ALH
4. 12	Aidan Donovan	4:53.00	YV
5. 12	Brandon Simpson	5:20.48	CON
6. 9	Cameron Crow	5:20.51	CON
7. 11	Zachary Dahl	5:39.28	CON
8. 10	Zachary Willsie	5:54.82	CON
9. 11	Erick Rosas	5:57.74	YV
10.11	Luke Hames	6:10.82	BEN

3200 Meters Boys' Varsity

1. 12	Benjamin Smyers	10:31.70	ALH
2. 12	Ryan McCauley	10:33.15	ALH
3. 12	Aidan Donovan	10:47.17	YV
4. 11	Nolin Searls	10:51.11	ALH
5. 9	Cameron Crow	12:01.35	CON
6. 12	Brandon Simpson	12:29.68	CON
7. 11	Zachary Dahl	12:40.01	CON
8. 11	Erick Rosas	13:32.05	YV

110m Hurdles - 39" Boys' Varsity

1. 12	Julien Lutz	17.13	YV
2. 12	Isaiah Huntsinger	19.09	ALH
3. 12	Alexander Ridgeway	20.12	CP
4. 12	Cody Guadino	20.42	ALH

300m Hurdles - 36" Boys' Varsity

1. 12	Julien Lutz	43.17	YV
2. 11	Lev Afonine	45.85	CP
3. 11	Guyvin Benedetto	49.15	CP
4. 11	Lucas Canestraro Ahnen	49.67	CON
5. 12	Isaiah Huntsinger	49.97	ALH
6. 12	Cody Guadino	50.55	ALH

4x400 Relay Boys' Varsity

1.	Relay Team	4:14.34	CP
2.	Brian Radke Nolin Searls Ryan McCauley Benjamin Smyers	4:18.01	ALH
3.	Oswaldo Gomez Logan Jacobs Lucas Canestraro Ahnen Zachary Willsie	4:18.03	CON

Shot Put - 12lb Boys' Varsity

1. 12	Jordan Wondrusch	42-10.50	ALH
2. 11	Anthony Medin	42-05.50	CP
3. 12	Alex Faatoafe	36-05.50	ALH

4. 11	Tyler Martin	36-01.25	CP
5. 11	Nathan Hess	33-07.50	CP
6. 9	Kristian Tribble	33-04.50	BEN

Discus - 1.6kg Boys' Varsity

1. 11	Anthony Medin	114-02	CP
2. 11	Tyler Martin	105-06	CP
3. 12	Jordan Wondrusch	102-05	ALH
4. 12	Alex Faatoafe	99-04	ALH
5. 11	Nathan Hess	85-04	CP
6. 11	Lev Afonine	65-06	CP

High Jump Boys' Varsity

1. 12	Blake Harris	6-03.00	BEN
2. 12	Jordan Wondrusch	5-06.00	ALH
3. 11	Guyvin Benedetto	5-04.00	CP
4. 12	Robert Clegg	5-04.00	CP
	12 Jamison Nagle	NH	BEN

Pole Vault Boys' Varsity

1. 11	Brian Radke	12-00.00	ALH
2. 12	Alexander Ridgeway	11-00.00	CP
3. 12	Isaiah Huntsinger	8-06.00	ALH

Long Jump Boys' Varsity

1. 11	Lev Afonine	18-11.00	CP
2. 12	Robert Clegg	18-08.25	CP
3. 12	Baron Hayes	18-05.50	ALH
4. 12	Oliver King	18-04.25	YV
5. 12	Blake Harris	18-01.25	BEN
6. 11	Oswaldo Gomez	16-07.75	CON
7. 12	Cody Guadino	16-05.00	ALH
8. 12	Jamison Nagle	14-03.75	BEN

Triple Jump Boys' Varsity

1. 12	Blake Harris	42-03.00	BEN
2. 12	Baron Hayes	38-00.50	ALH
3. 11	Lucas Canestraro Ahnen	38-00.25	CON
4. 12	Julien Lutz	37-01.75	YV