



The Bulldog Bark

The Voice of Alhambra Track & Field

Sunday, April 21, 2019



- **One Weekend, Three Meets !**
- **11 All-Time Marks !**

Bulldogs Tune Up For Championship Season

This was quite the weekend for Alhambra track with three meets in two days. We started off with mostly varsity at the nearby Bob Warren Relays Friday afternoon and evening at Acalanes HS. We then moved to an all-day meet at Dubin HS, which featured only the Frosh-Soph athletes. However it was divided into an elite (top 16 in each event) night meet and an everyone-else day meet.

So of course, after a short turnaround, the coaches were back at it by 8:00 a.m. Saturday morning. This one took a full 12 hours to complete the two separate groupings.

All of this as not to mention Nick Momaney, who was our single entry into the top-end Sacramento meet.

The Bulldogs, of course, did well at all three meets. Read on . . .

BOB WARREN INVITE

Fri, 4/19/2019

Acalanes HS

This traditional end-of-the-regular season meet was targeted by the coaches as the varsity "tune up" meet, where athletes could try to improve on their primary events as we head into next week's DAL Championships.

We had a nice little spate of PR's (do these kids ever stop improving?) as well as strong efforts all around. The weather helped out as the temperatures hovered in the mid to high '80's for most of the meet. Once the sun went down the temperature dropped quite a bit, but the Bulldogs were still in evidence.

BOYS' VARSITY

100 Meters Varsity

1	11	Mister Davis	11.03
7	11	Lorenzo Fonseca	11.52
36	12	Mason Bituen	12.31 PR
48	12	Aaron Hern	12.58 PR

57	12	David Nunes	13.01 PR
66	11	Chris Kyle	13.96
67	11	Caleb Banez	14.67

As always, the 100 is the one event where schools load up their athletes, and today was no exception. There were 24 total heats all divisions combined.

Mister was feeling good today, and even after a false start recall, made up ground in the last 20 meters to snag the individual win. Lorenzo was strong also, and we saw some nice PR's too.

1600 Meters Varsity

5	11	Carson Edwards	4:55.13
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Carson started strongly, and slipped back on the third lap.

110m Hurdles - 39" Varsity

12	12	Graham Manning	20.68 PR
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Graham showcased his new-found 3-step in the high hurdles, and got in 7 of the 10 barriers with that.

4x100 Relay Varsity

4		Landon Waters	
		Lorenzo Fonseca	
		Aaron Hern	
		Mister Davis	44.59

The boys are getting their time back down into the competitive range needed for the championship season.

4x400 Relay Varsity

5		Lorenzo Fonseca	
		Aaron Hern	
		Jordan Wondrusch	
		Graham Manning	3:40.75

Jordan subbed in and provided a great spark in putting the squad back into the race. Nice overall time.

Shot Put - 12lb Varsity

11	12	Holden Burcell	36'09.00
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Holden was consistent today.

Discus - 1.6kg Varsity

3	12	Nick Momaney	133'09.00
9	12	Holden Burcell	110'05.00

Nick was a bit off today, and Holden was again in his normal range.

Long Jump Varsity

5	12	Mason Bituen	19'11.00
24	10	Anderson Keller	16'06.00 PR

25	12	David Nunes	16'05.75 PR
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There was a bit of wind today, the boys took advantage of it to extend their PR's.

GIRLS' VARSITY

100 Meters Varsity

11	12	Claire Stone	13.57 PR
12	12	Emily West	13.62 SR
30	11	Megan Jensen	14.69
36	11	Clara Duran	15.09
37	11	Briana Alvarez	15.63

We also added lots of bodies to the large 100 meter event. Claire and Emily had nice late-season improvements to lead our squad.



Emily is in contemplative mode before her race.

1600 Meters Varsity

1	12	Nicole Tria	5:40.51
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Nicole found herself way in front early in the race, and with little competition a small field, cruised comfortably for the win.



Nicole's winning time shows up on the display clock.

100m Hurdles - 33" Varsity

6	11	Alexis Yu	17.73
15	11	Katelyn Kylo	21.34

Just off the pole vault, the girls were a half-step off their best.

4x100 Relay Varsity

2	Joy Adesida	
	Emily West	
	Claire Stone	
	Desie Armstrong	50.93

The girls improved, albeit by a miniscule .01 seconds. Still, a nice send-off performance in a surprisingly fast field as we segue into our championship season.



The girls' relay team, and the baton, are in full readiness.

4x400 Relay Varsity

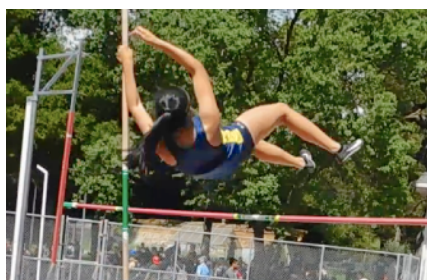
5	Aerolon Nhingsavath	
	Laylah Fonseca	
	Claire Stone	
	Kylee Phillips	4:31.99

Even with the evening chill settling in, the girls came through with another best performance of the season.

Pole Vault Varsity

7	11	Alexis Yu	7'00.00
11	11	Katelyn Kylo	6'00.00

The girls were in a tough competition, and the opening and subsequent heights were stiff. They still managed to get some good jumps in.



Alexis launches herself over 6-0.

Long Jump Varsity

6	11	Brianna Hernandez	14'10.50
7	12	Emily West	14'06.50
9	11	Christina Cortez	14'00.50 SR
10	11	Clara Duran	13'10.50 PR
14	11	Briana Alvarez	12'08.75
14	11	Megan Jensen	12'08.75 SR
17	12	Jessica Cid	10'07.50

Triple Jump Varsity

7	11	Brianna Hernandez	30'11.00
11	11	Christina Cortez	28'11.50

Our jump squad was consistent today. The marks were creditable, and it was nice to see some improvements in the group.

BOYS' FROSH-SOPH

4x800 Relay Frosh/Soph

5	Kai Badavinac	2:20.5
	Joaquin Hinkens	2:22.3
	Ryan McCauley	2:22.7
	Cristian Ruiz	2:17.3
		9:22.99

Even though this was supposed to be a varsity-only meet with the Frosh-Soph all scheduled for the next day, we had a chance to get the distance boys into seldom-run event. Kai was overly-cautious his first lap, and had to play catch-up. The rest of the boys got excited and PR'd, especially Cristian on his last leg who pulled us into scoring place.

Pole Vault Frosh/Soph

3	9	Brian Radke	10'00.00
4	10	Anderson Keller	9'06.00 PR
		(#10 tie All-Time BFS Top 10 list)	

The vaulters, who always need more repetitions, did well today with high placings and a series of quality jumps. Anderson made the All-Time list.

NORCAL FROSH-SOPH CHAMPIONSHIPS

Sat 4/20/2019

Dublin HS

The day started early, with the first events right at 9:00 a.m. And with Bulldogs in both the early "Open" division and the evening elite "Invitational" division, it became another all-day event.

The athletes were not deterred by the long day, nor the early morning drizzle and wind, nor the top-notch competition. After it was all over, our younger athletes had placed well as a team in a field of 43 total schools. And we had another raft of PR's to celebrate.

The awards structure here is a bit convoluted, as the meet management makes a big deal about separating the Open and Invitational Divisions to establish two separate meets, but then combines the two meets to hand out medals. Weird.

Still, with Desie and Joy placing well, we were a presence in the girls' Invitational scoring, and we had Armani, Jordan, Baron, Brian and Camden chip in to combine for our strong boys' scoring. Go Bulldogs!

BOYS

Team Scores

1	Dublin	75
2	St Mary's College	50
3	Amador Valley	38
3	Clayton Valley	38
5	Homestead	32
6	California (San Ramon)	28
6	Alhambra	28
8	American	24
8	Head-Royce	24
10	Monte Vista	22
11	Irvington	21
12	College Park	16.5
13	Miramonte	16
13	Oakland	16
15	Foothill (Pleasanton)	12
16	De La Salle	10
17	De Anza	8
18	Newark Memorial	6
18	Moreau Catholic	6
18	Bishop O'Dowd	6
21	Livermore	5.5
22	San Ramon Valley	5
23	Mission San Jose	3
23	Berkeley	3
25	Envision Academy	2
26	Hercules	1



Hunter hits the finish line in full stride.

100 Meters

Open Division

Heat 3			
7	9	Hunter Kilbourn	15.13 (.6)
Heat 10			
6	10	Alec Ramos	13.20 (.0)
Heat 11			
8	9	Brian Radke	13.40 (-.9)

Invitational Division

Heat 17			
7	10	Landon Waters	12.29 (-1.3)
Heat 18			
5	9	Armani Guidry	11.76 (.7)

For a sprint, the 100 often involves standing around and getting cold. This was certainly the case for the morning Open races, which subdued many of the times. For the evening race Armani pulled out a good time.

200 Meters

Open Division

Heat 1

4 9 Hunter Kilbourn 31.54 (-1.2)

Heat 8

5 9 Brian Radke 26.93 (.1)

Heat 10

6 10 Alec Ramos 26.64 (1.6)

Heat 13

8 10 Baron Hayes 33.99 (1.0)

Heat 15

6 10 Landon Waters 25.36 (1.2)

Invitational Division

Heat 16

2 9 Armani Guidry 24.46 (-1.3)

(#10 All-Time BS Top 10 list)

Again, the morning wind and chill suppressed times in the early races. Baron caught a spike and took a tumble at 190 meters. Armani again scooted to a good time and a scoring place.

800 Meters

Open Division

Heat 2

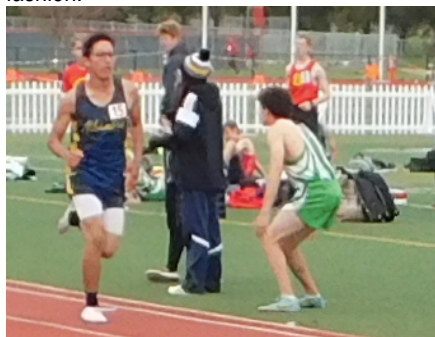
4 9 Joaquin Hinkens 2:27.65

Heat 4

1 9 Cristian Ruiz 2:15.44 PR

9 10 Kai Badavinac 2:21.46

The distance boys missed their 1600 race and their coach was not pleased, so the injunction was to run a PR here. Cristian was the one who came through in spades, winning his heat in wire-to-wire fashion.



Cristian wins his heat in a no-doubt-about-it race. Nice PR, too.

3200 Meters

Open Division

Heat 2

1 10 Ryan McCauley 10:52.57 PR

3 9 Nolin Searls 11:05.91

With field narrowed by lots of scratches, our boys found themselves in the lead early. Ryan kept the foot on the pedal for the dominating heat win. Nolin drifted back to the pack and got out-kicked at the end.



Ryan won the day meet by a huge margin.

110m Hurdles - 39"

Open Division

Heat 1

2 10 Dreyus Farrales 20.66(1.1) PR

Heat 2

2 10 Camden Boyles 19.32(-.2) PR
(#9 tie All-Time BFS Top 10 list)

Invitational Division

Heat 3

7 10 Benjamin Smyers 19.16(1.3) PR
(#7 All-Time BFS Top 10 list)

8 10 Jonas Kobylak 19.47(1.3)

Almost all the hurdlers PR'd today.

Ben and Camden moved onto the All-Time list.

300m Hurdles - 36"

Open Division

Heat 2

7 10 Dreyus Farrales 50.92

8 10 Jonas Kobylak 51.34

The longer hurdles were not kind to us today.

4x100 Relay

Open Division

Heat 1

4 Alec Ramos
Camden Boyles
Hunter Kilbourn
Brian Radke 52.48

Well, the baton got around the track in the chill and wind.

Shot Put - 10lb

Open Division

19 Austin Macey 26-03.00

Invitational Division

4 10 Jordan Wondrusch 41-09.50 PR
Jordan continues his PR assault.
Austin is still learning his craft.

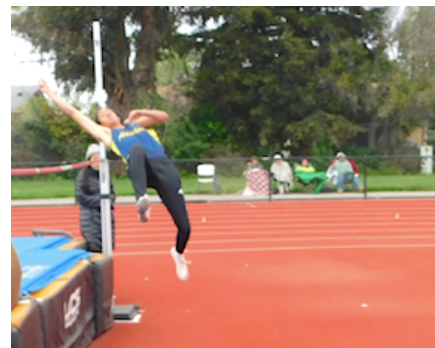
Discus - 1.6kg

Open Division

18 9 Austin Macey 58-10

Invitational Division

9 10 Jordan Wondrusch 96-05 PR
Jordan is picking up the discus quickly.
Austin is still in beginning mode.



Alec takes off in the high jump.

High Jump

Open Division

1 10 Camden Boyles 5-00.00

5 10 Alec Ramos 4-08.00

Invitational Division

2 Jordan Wondrusch 5-06.00

12 10 Benjamin Smyers 5-02.00

Again, the morning chill took the edge off of performances in the Open division. Jordan had to dash back and forth between HJ and the discus. Ben was off his feed today.

Pole Vault

Invitational Division

3 9 Brian Radke 10-06.00

6 10 Camden Boyles 10-00.00 PR
(#8 tie All-Time BFS Top 10 list)

Nice jumps by the boys today. Camden had a scare trying to clear 9-0, but sailed once past that. Both of them scored for the team.

Long Jump

Open Division

1 10 Baron Hayes 18-05.00(.0)

8 10 Landon Waters 17-05.50(-1.0)

31 10 Jonas Kobylak 15-01.75(.0)

Invitational Division

2 9 Armani Guidry 20-03.50(.2)
(#4 All-Time BFS Top 10 list)

Some nice jumps here, and Armani continues to impress. He moves onto the All-Time list.

Triple Jump

Open Division

4 10 Jonas Kobylak 35-04.25(.0)

Invitational Division

4 10 Baron Hayes 39-04.50(.4) PR
(#5 All-Time BFS Top 10 list)

Baron was unfazed by his tumble in the 200 and came back for a solid PR and points for the team. He too adds his name to the All-Time list.

GIRLS

Team scores

1	Dublin	85
2	St Mary's College	62
3	Bishop O'Dowd	56
4	College Park	52.5
5	California (San Ramon)	37
6	San Ramon Valley	31
7	Livermore	29
8	Irvington	26
9	Alhambra	22
10	Berkeley	18.5
11	Carlmont	14
12	Foothill (Pleasanton)	12
13	Clayton Valley	10
14	El Cerrito	8
15	Mission San Jose	7
16	Miramonte	6
17	Amador Valley	4
17	Skyline	4
19	Las Lomas	3
19	Monte Vista	3
21	Newark Memorial	2
21	Concord	2
21	St Lawrence Academy	2

100 Meters

Open Division

Heat 2		
1	9	Sydney Tarnowski 15.75(-1.7) PR

Heat 3		
4	9	Kaitlin Bituen 15.83(-1.5)
5	10	Hannah Johnke 15.93(-1.5)

Heat 6		
6	9	Katie Castro 14.85(.1)

Invitational Division

Heat 12		
2	9	Desie Armstrong 12.98(-1.0)
The girls all looked good. Desie snagged an impressive 2nd place here.		



Denise and Katie scurry to the finish in the 200.

200 Meters

Open Division

Heat 2		
2	9	Sydney Tarnowski 32.98(.6) PR
6	10	Hannah Johnke 33.93(.6) PR

Heat 3		
4	9	Kaitlin Bituen 33.32(-.4)

Heat 6		
3	9	Katie Castro 30.23(.0) PR
4	9	Denise Martinez 30.84(.0)

Heat 7		
4	9	Kylee Phillips 30.311.0)

Heat 8		
1	10	Skye McKinsey 28.671.8) PR

Invitational Division

Heat 14		
3	9	Desie Armstrong 27.24(-.8)
(New GFS School Record; #1 All-Time GFS Top-10 list)		

There were some nice PR's here, and even into a stiff headwind Desie powered out early and held on for 3rd and another school record.

400 Meters

Open Division

Heat 3		
4	9	Denise Martinez 1:13.44

Heat 5		
6	9	Kylee Phillips 1:11.30
Not their best times today. Blame it on the wind and cold.		

800 Meters

Open Division

Heat 3		
3	10	Skye McKinsey 2:47.05 PR
Skye was bold in her heat, taking the early lead. She suffered a bit mid-race, but held on for a PR.		



Skye takes 3rd in her heat with a PR.

100m Hurdles - 33"

Open Division

Heat 1		
2	9	Mia Padrique 21.67(-.9)

Heat 2		
1	10	Laylah Fonseca 19.19(-1.1) PR
(#6 All-Time GFS Top 10 list)		
4	9	Aerolon Nhingsavath 20.07(-1.1)

Our hurdle girls did well in the Open Division, with Laylah powering her way to a PR and the top mark for the morning hurdles, as well as a spot on the All-Time list.

300m Hurdles - 30"

Open Division

Heat 1		
2	9	Mia Padrique 55.94 PR

Heat 2		
3	10	Laylah Fonseca 54.58 PR
(#9 All-Time GFS Top 10 list)		
8	9	Aerolon Nhingsavath 56.20

Mia and Laylah continue to nibble on their PR's. Aero had problems with the last two hurdles. Laylah added a second spot on the All-Time lists.



Mia continues to improve in the longer hurdles.

4x100 Relay

Open Division

Heat 1		
4		Katie Castro
		Hannah Johnke
		Sydney Tarnowski
		Kaitlin Bituen 59.57

Essentially a practice meet. They have a faster race in them.

Shot Put - 4kg

Open Division

18	9	Reina Felson-Lamb 19-01.50
Reina was consistent today.		

Discus - 1kg

Open Division

19	9	Reina Felson-Lamb 49-06.50
Reina was consistent today.		

High Jump

Open Division

7		Kylee Phillips 4-00.00
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Invitational Division

2	9	Joy Adesida 4-08.00
(#2 tie All-Time GFS Top 10 list)		

Kylee equalled her best today, and Joy bounced to a strong 2nd place overall, and good for a top spot on the All-Time list.

Long Jump

Open Division

6	9	Ellen Nunes 12-11.50 (-1.7)
19	9	Kaitlin Bituen 10-02.00 (-3.2)
Not their best.		

Triple Jump

Open Division

11	9	Ellen Nunes 28-05.50 (1.9)
Ellen was closer to her PR in this jump.		

SACRAMENTO MEET OF CHAMPIONS INVITATIONAL

Sat 4/20/2019

American River College

Night Meet

Boys' Discus

4. 12 Nick Momaney 139-08

Boys' Shot Put

4. 12 Nick Momaney 49-06.50

Nick was our sole representative at the prestigious SAC-MOC Invite, which amounts to a preview of NorCal State Meet contenders. His discus was not what he wanted, but his shot was real near his best. He continues to be a threat for top honors in the NCS Championship series.

Notes:

Strong Young Team

The flurry of All-Time marks indicates just how strong our younger athletes are. Since many of them had been doing varsity duty all season, this was their chance to compete against their age peers. As we can all see, they did quite well not only against the other younger athletes from other teams, but also against the historical record of Alhambra track.

Now, on the championships . . .

It have seen like a long season, but now things go really quickly. This is the championship round. where every step is an elimination round the and the goal is to stay alive as long as possible through the process.

This takes us on a possible 5 week arc: 2 weeks of the Diablo Athletic League trials and finals, 1 week of the NCS Tri-Valley regional, 1 week of the the NCS Meet of Champions finals, and maybe even that last week which is the State Championships.

But first things first - - DAL Trials & Finals

This two day meet is conducted on consecutive Saturdays - - April 27 & May 4 at Campolindo High School. All 13 of the member schools chip in to help with the necessary details needed to conduct a championship meet.

The Alhambra duties are to be the shot put officiating group, and this year we are adding championship t-shirt sales as a fundraiser for ourselves. And so we ask again for assistance from the Alhambra track family.

Stay tuned for details.

Who Competes In What Events?

The process of entering athletes into the DAL Championships is itself a matter of qualifying, as only the top 32 varsity marks and the top 16 Frohs-Soph marks even get into the meet.

All the coaches will hash this out Tuesday evening and we'll know definitively by then.