



The Bulldog Bark

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



Saturday, April, 2021

Dogs Look Strong ! Team Opens Up League Play With Strong Showings

The day started a bit chilly, and later on the wind came up, but overall it was a warm spring day and a great start to the season for the Bulldogs. It was a very good backdrop for the explosion of excellence we dropped on our league in this opening meet.

Good opening marks

Every season starts with question marks, and Alhambra track is no exception to that. And today we got some very good answers. Our team, for all that it is a much smaller roster, still has talent. And in that we have a large percentage of new and young athletes, we had quite a few pleasant surprises today.

Speaking of small rosters

The year of Covid extends to all areas of our society, and team size is one. We are roughly half the size of most other years. Our opponents have the same experience. Even in our diminished presence, among our competitors in our DAL division, we still look pretty good.

Wow ! GV 4 x 100 Relay Electrifies !

Relays are always exciting. When only our GV squad and the Benicia GJV squads showed up, it seemed it might be a ho-hum affair. But when our girls were right with those boys after the 1st exchange, and pulled even with time after the next two, the entire stadium was buzzing. The Benicia boys nipped the girls at the tape, but it set a strong tone for the whole day for the Dogs.

"Unofficial" But Still Impressive Scoring Totals

These center meets are essentially qualifying events for the DAL championship meet on May 1. Nonetheless, a team tally shows that if scored we would have won 3 of the 4 divisions (BV, GV, GJV) easily, as well as being respectable in the BJV.

As a note, College Park was in evidence just to participate in the competition. However, they do not count in the DAL-Valley Division scoring.

Where did all these points come from?

Good question. Our most eye-opening area is the girl's sprints. We swept the 100, dominated the 200, dropped a great opening time in the 4x100. That was just on the varsity level. The GJV sprint squad was also strong.

The girls' strength continued into the jumps with multiple wins. Kyra was very strong in the throws. The distance and hurdle components more than held their own. We had athletes doing multiple events, so we were able to compete and score in 15 of the 16 GV events.

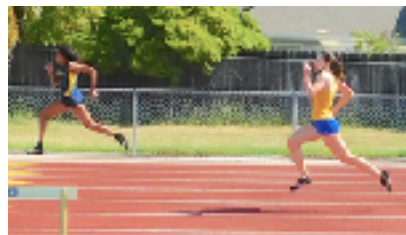
Not to mention the boys - -

Even though our boys' team is 1/3 smaller than the girls team, we were able to pull out the BV win on the on the legs of our distance squad. This was augmented by solid points in the hurdles and jumps.

Performance Of The Day !!

Sadie Outpaces League Favorite; Climbs Onto All-Time List

Running blind in the outside lane of the 200, Sadie stormed to the lead by the turn against prohibitive league favorite Katelyn Carro of Benicia. She then was able to hold off Katelyn to the finish to add her name to our impressive All-Time 200 meter list. Good going !



In the performance of the day, Sadie puts the finishing touches on her upset win over Benicia's state meet veteran Katelyn Carro in the 200.

All-Time Marks

Dogs Make Their Mark Early

Not just Sadie made the Alhambra Track High record book. Allie Watkins in the GJV high jump, and Corina Jones in the GJV pole vault also added their names to the historical fabric of Alhambra track.

Yes, It Takes a Village

Center Meets Are A Production

5 schools (well, 6 if you count College Park sending over a few athletes) are in our division. Even with smaller squads, that's still a lot of athletes.

And the officials were the participating coaches, so your loving coaches were moving hurdles, officiating events, announcing the meet, typing up entries and results, and in general joining all the other coaches in putting on the show.

It's Our Turn Next

We Host DAL Center Meet #2 Saturday April 17

The Covid concerns about distancing will still be in effect to some extent by the time we host this event, so we will still have spectator limited seating and athlete separation.

Still, we are allowed to have officials and volunteers to aid in putting on the meet. Stay tuned for details on helping out as we get closer to that event

And the results - - check it all out:

JV Boys

Team Scores

Benicia	101
Concord	56
Alhambra	51
Mt. Diablo	32
Ygnacio Valley	14

100 Meters

1	Zachary Smith	11.72	MD
2	Truedell Minnieweather	12.12	BEN
3	Kristian Tribble	13.28	BEN
4	Zion Donaville	13.77	BEN
5	Zachary McGowan	13.81	BEN
6	Anthony Poyadue	13.95	ALH
7	Aiden Torres	14.55	BEN

200 Meters

1	Zachary Smith	23.84	MD
2	Harrison Hubbard	24.48	BEN
3	Savion Martin	24.90	MD
4	Truedell Minnieweather	25.53	BEN
5	Kristian Tribble	27.95	BEN
6	Zion Donaville	28.57	BEN
7	Anthony Poyadue	28.86	ALH
8	Aiden Torres	28.88	BEN
9	Zachary McGowan	29.47	BEN
10	Foster Bowdish	33.04	CP



Tony charges hard off the turn in the 200.

400 Meters

1	Harrison Hubbard	55.27	BEN
2	Savion Martin	57.11	MD
3	Evan Torres	66.30	BEN
4	Foster Bowdish	75.60	CP

800 Meters

1	Justin Cao	2:40.02	CON
2	Dylan Roberts	2:43.78	CON
3	Benjamin Wilson	2:43.88	BEN
4	Ernesto Perez Gutierrez	2:46.16	CON
5	Ethan Muth	3:04.34	ALH

1600 Meters

1	Evan Lewis	5:38.93	CON
2	Benjamin Wilson	5:55.10	BEN
3	Erick Rosas	5:59.86	YV
4	Ernesto Perez Gutierrez	6:00.21	CON
5	Ethan Muth	6:31.85	ALH

3200 Meters

1	Evan Lewis	13:17.68	CON
2	Erick Rosas	13:27.77	YV
	no third		

110m Hurdles - 39"

no contestants

300m Hurdles - 36"

1	Caden Nakamura	48.79	CP
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4x100 Relay

1	Benicia	51.05	BEN
	no second or third		

4x400 Relay

1	Concord	4:29.60	CON
	no second or third		

Long Jump

1	Anthony Poyadue	14-04.50	ALH
2	Foster Bowditch	13-08.50	CP

Triple Jump

no contestants

High Jump

1	Cayden Nakamura	5-02	CP
2	Zachary Navarro	4-06	ALH
3	Truedell Minnieweather	4-02	BEN

Pole Vault

1	Zachary Navarro	6-00	ALH
	no second or third		

Shot Put

1	Kristian Tribble	38-05.00	BEN
2	Andre Velez	25-05.00	CP
3	Jeff Metz	18-11.00	ALH



Jeff focuses while warming up for the discus.

Discus

1	Andre Velez	63-11	COPA
2	Samuel Rentfro	59-04	BENI
3	Jeff Metz	49-09	ALHB

Varsity Boys

Team Scores:

Alhambra	105
Concord	87
Ygnacio Valley	76
Benicia	48
Mt Diablo	0

100 meters

1	Oswaldo Gomez	12.21	CON
2	Lucas Canestraro Ahnen	13.38	CON
	no third		

200 meters

1	Oliver King	23.49	YV
2	Oswaldo Gomez	24.72	CON
3	Guyvin Benedetto	26.91	CP

400 meters

1	Oliver King	52.91	YV
2	Guyvin Benedetto	61.94	CP
3	Michael Lantsov	63.63	CP



Ben puts the big hurt on his opponent to decisively win the 800 on the homestretch.

800 meters

1	Benjamin Smyers	2:06.49	ALH
2	Logan Jacobs	2:12.54	CON
3	Ryan McCauley	2:14.19	ALH
4	Nolin Searls	2:15.67	ALH
5	Aidan Donovan	2:18.28	YV
6	Zachary Willsie	2:32.01	CON
7	Ryan Willsie	2:33.53	CON

1600 meters

1	Logan Jacobs	4:55.38	CON
2	Aidan Donovan	4:59.43	YV
3	Brandon Simpson	5:30.61	CON
4	Zachary Dahl	5:34.64	CON
5	Zachary Willsie	5:53.64	CON
6	Luke Hames	6:15.84	BEN

3200 meters

1	Benjamin Smyers	10:21.17	ALH
2	Ryan McCauley	10:36.11	ALH
3	Nolin Searls	10:38.79	ALH
4	Brandon Simpson	12:05.37	CON
5	Zachary Dahl	12:13.82	CON

110 High Hurdles

1	Julien Lutz	17.63	YV
2	Isaiah Huntsinger	19.42	ALH
3	Collin Filippini	21.00	CP

300 Hurdles

1	Julien Lutz	43.80	YV
2	Lucas Canestraro Ahnen	49.39	CON
3	Isaiah Huntsinger	51.98	ALH
4	Collin Filippini	53.11	CP

4 x 100 relay

no contestants

4 x 400 Relay

1	Concord	4:15.41
2	College Park	4:17.27
3	Alhambra	4:27.18
	Nolin Searls, Ben Smyers, Ryan McCauley, Ethan Muth	

Long Jump

1	Oliver King	17-11.50	YV
2	Cody Gaudino	15-06.50	ALH
3	Oswaldo Gomez	15-04.00	CON

Triple Jump

1	Blake Harris	40-11.00	BEN
2	Julien Lutz	36-00.00	YV
	no third		

High Jump

1	Blake Harris	6-00	BEN
2	Guyvin Benedetto	5-06	CP
3	Cody Gaudino	5-00	ALH
4	Isaiah Huntsinger	4-04	ALH



Cody strides into his penultimate step for the high jump.

Pole Vault

1	Brian Radke	11-00	ALH
2	Bruce Christensen	8-00	BEN
2	Isaiah Huntsinger	8-00	ALH

Shot Put

1	Anthony Medina	40-02.25	CP
2	Lev Afonin	37-04.75	CP
3	Aiden Torres	36-06.00	BEN
4	Tyler Martin	35-01.50	CP
5	Nathan Hess	29-00.25	CP

Discus

1	Anthony Medina	102-09	COPA
2	Tyler Martin	102-05	COPA
3	Aiden Torres	95-00	BENI
4	Lev Afonine	86-06	COPA
5	Nathan Hess	83-07	COPA
6	Oliver King	66-05	YGVA

JV girls

Team Scores:

Alhambra	148
Ygnacio Valley	82
Mt. Diablo	56
Benicia	18
Concord	15

100 Meters

1	Allie Watkins	14.22	ALH
2	Leniyah Fulsom	13.89	YV
3	Marina Lipary	14.50	ALH
4	Lauren Dang	15.03	YV
5	Ellie Ridgeway	15.29	CP
6	Molly Householder	15.30	CON
7	Samantha Checke	15.42	CON
8	Marisol Contreras	15.87	ALH

200 Meters

1	Allie Watkins	29.32	ALH
2	Jenifer Castro-Alfaro	28.64	MD
3	Marina Lipary	30.67	ALH
4	Molly Householder	32.77	CON
5	Marisol Contreras	34.36	ALH



Marisol scoots to the finish line, adding points towards our runaway GJV win.

400 Meters

1	Jenifer Castro-Alfaro	66.66	MD
2	Sarah Green	77.54	CP
3	Adriana Stone	79.33	CP
4	Alaina Lipary	87.86	ALH

800 Meters

1	Trinity Maxwell	3:17.71	MD
2	Alaina Lipary	3:22.30	ALH
3	Reyna Arce	3:29.22	ALH
4	Vila Christensen	3:36.48	YV

1600 Meters

1	Mia Padrique	7:06.75	ALH
2	Sheridan Donovan-Stauder	7:20.47	YV
3	Vila Christensen	7:40.85	YV
4	Haylie Jacobs	7:42.73	CON

3200 Meters

no contestants

100m Hurdles

1	Veydi Gonzalez	20.15	MD
2	Corina Jones	30.10	ALH
	no third		

300m Hurdles

1	Lenyah Fulsom	52.78	YV
2	Veydi Gonzalez	54.19	MD
3	Mia Padrique	59.39	ALH
4	Lauren Dang	60.05	YV

4x100 Relay

no contestants

4x400 Relay

1	Relay Team	5:05.58	MD
	no second or third		

Long Jump

1	Luniyeh Fulsom	13-01.00	YV
2	Doralanie Sykes	12-10.75	YV
3	Marina Lipary	11-10.00	ALH
4	Victoria Peery	11-04.50	CON
5	Sarah Greene	11-03.00	CP

Triple Jump

1	Allie Watkins	29-07.25	ALH
	no second or third		



Allie gets off the board well in the triple jump.

High Jump

1	Allie Watkins	4-06	ALH
	(tied # 4 All-Time ALH GFS)		
2	Corina Jones	4-02	ALH
3	Lauren Dang	4-00	YV

Pole Vault

1	Corina Jones	5-00	ALH
	(# 9 All-Time ALH GFS)		
	no second or third		

Shot Put

1	Milla Krstic	22-08.50	CP
2	Doralanie Sykes	21-10.25	YV
3	Jean Ikenala	21-09.50	BEN
4	Reina Felson-Lamb	20-10.00	ALH
5	Grace Tyne	17-09.25	CP

Discus

1	Jean Ikenaga	66-10	BEN
2	Milla Kristic	59-10	CP
3	Reina Felson-Lamb	59-06	ALH
4	Daralanie Sykes	54-05	YV
5	Isabella Chow	49-06	CP

Varsity Girls

Team Scores:

Alhambra	157
Benicia	80
Ygnacio Valley	62
Concord	32
Mt. Diablo	0

100 meters

1	Desie Armstrong	12.95	ALH
2	Abigail Epps	13.67	ALH
3	Alana Burke	13.71	ALH
4	Katie Castro	14.70	ALH

200 meters

1	Sadie Parker	27.07	ALH
	(# 9 All-Time ALH GV)		
2	Katelyn Carro	27.10	BEN
3	Desie Armstrong	27.73	ALH
4	Alana Burke	27.95	ALH
5	Abigail Epps	28.45	ALH
6	Katie Castro	30.62	ALH

400 meters

1	Katelyn Carro	60.83	BEN
	no second or third		

800 meters

1	Alana Sevier	2:41.62	CON
2	Araceli Castro	2:46.07	YV
3	Sirena Saldivar	2:56.72	YV
4	Kaelyn Nguyen	2:57.08	ALH
5	Alexia Hisquierdo	3:07.10	ALH
6	Alexa Rios-Adame	3:08.64	YV

1600 meters

1	Alana Sevier	5:53.17	CON
2	Sirena Saldivar	6:16.04	YV
3	Alexia Hisquierdo	6:18.23	ALH
4	Araceli Castro	6:22.31	YV
5	Amelia Porter	6:34.83	CON
6	Alexa Rios-Adame	6:35.51	YV
7	Kaelyn Nguyen	6:51.45	ALH



Alexia tussles with her YV opponent going into the last lap of the 1600.

3200 meters

1	Amelia Porter	14:10.70	CON
	no second or third		

100 Hurdles

1	Piper Kunesh	17.77	YV
3	Renae Searls	20.34	ALH
4	Amya Raven	20.46	BEN

300 Hurdles

1	Piper Kunesh	48.79	YV
2	Isabella Laspina	53.03	BEN
	no third		



Desi is on anchor as the GV scares the Benicia boys. Good season opening time.

4 x 100 relay

1	Relay Team	52.00	ALH
	Katie Castro, Abigail Epps, Sadie Parker, Desi Armstrong		
	no second or third		

4 x 400 relay

1	Relay Team	5:19.93	ALH
	Alexia Hisquierdo, Kaelyn Nguyen, Alaina Lipary, Mia Padrique		
	no second or third.		



Everyone loves a baton, especially after winning the 4 x 400 relay.

Long Jump

1	Desi Armstrong	15-07.50	ALH
2	Piper Kunesh	14-11.00	YV
3	Amya Roua	12-11.25	BEN

Triple Jump

1	Sadie Parker	29-09.25	ALH
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no second or third

High Jump

1	Renae Searls	4-06	ALH
2	Isabella Laspina	4-06	BEN
3	Piper Kunesh	4-02	YV

Pole Vault

1	Katelyn Carro	10-00	BEN
2	Amya Raven	6-00	BEN
3	Renae Searls	5-06	ALH



Kyra scored major points in the throws for us today.

Shot Put

1	Kyra Togni	25-11.75	ALH
2	Rebecca Lindsay	25-00.50	CP
3	Haley Joseph	24-02.00	CP
4	M. Reynolds	19-03.75	BEN

Discus

1	Hayley Joseph	79-00	CP
2	Kyra Togni	78-03	ALH
3	Madalyn Reynolds	63-05	BEN
4	Rebecca Lindsay	61-07	CP



Coach Hern keeps a careful eye on the finish line.