



The Bulldog Bark

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

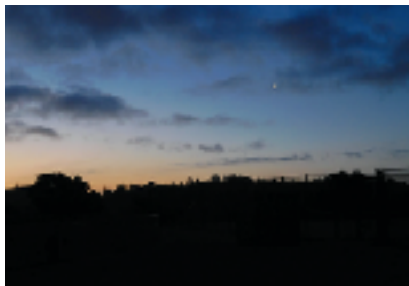


Wednesday, April 7, 2021

2021 NorCal 5K/10K & Multi-Event Championships

Alhambra High hosted the 6th annual event of the high school multi-event championships. Staged during Spring Break, this meet allows high school athletes a chance to try the multi-event competition, even on a beginning basis.

We had 14 athletes spread out over the 4 different versions of the event, with another 10 athletes in the 5K/10K races. 8 schools were represented. 5 Alhambra volunteers were on hand, in addition to the 8 Alhambra distance runners, to handle the long hours of officiating the field events and doing the timing.



It was early but beautiful when Coach Brewer and Coach Searls arrived to start the final setup in the early a.m.

Veteran area coaches were on hand to handle officiating, including George Francis and Mark Tran of Ygnacio Valley for the long jump and high jump, and Ed Miller (retired) of UC Berkeley who acted as the overall field event marshal and managed the shot put. Our own Kevin Searls ran the microphone as well as supervised the volunteers, and our Angela Paradise was an organizational whiz in handling the nerve center of the operation: the registration desk and the ongoing scoring.



7:00 a.m. and ready to warm up for the 5K and 10K

The chummy and convivial atmosphere prevailed during the day, with coaches and parents stepping in to help out an event or two, and moving hurdles. Special thanks to Coach Matt from Piedmont who gladly handled the javelin and discus events and our own Drew Radke who managed the pole vault.

The arrival of the Subway sandwiches, along with the coolers full of water and oranges at every event location, kept the athletes, volunteers, and spectators fed and hydrated throughout the day.



Corina, Savannah, Mason, and Ryan were but some of our volunteers who handled the measuring and retrieving at all of the throwing events.

And when it was all done, with only the decathlon 1500 left to go, the highly efficient crew had cleaned up the field, tucked away all the flags and stakes and cones and markers, and all that remained was the group victory lap by all the competitors.



Coach Searls and the timing crew took care of the finish line for us. Reina was in charge of the stop watches.

Everyone there was effusive in their enthusiasm for the event, the enjoyment of participating, and their eagerness to do it again next year.



Renae was in charge of the medals at the awards ceremonies.

Results

Girls' 5K

1. Alexa Rios Adame	YV	24:22.1
2. Kaelyn Nguyen	ALH	24:33.3
3. Rey Arce	ALH	25:50.2
4. Alaina Lipary	ALH	26:47.0
5. Mia Padrique	ALH	24:47.9



Boys' 5K

1. Ethan Arnold-Muth	ALH	24:28.0
----------------------	-----	---------



Girls' 10K

1. Marlo Taylor	CP	45:08.5
-----------------	----	---------



Boys' 10K

1. Ben Smyers	ALH	36:13.0
2. Nolin Searls	ALH	36:20.0
3. Ryan McCauley	ALH	36:55.0



3. Olivia Fox		Del Campo	
100H	22.74	126	126
HJ	1.23 (4-00.50)	340	466
SP	6.83 (22-05.00)	325	791
200	32.00	351	1142
LJ	3.55 (11-08.00)	210	1352
JT	12.77 (41-11)	156	1508
800	2:56.44	399	1907



Boys' Decathlon

1. Jackson Moseley		Redwood	
100	11.24	808	808
<i>(New 100 event record: old record 11.55 by Cade Becker of Piedmont 2017)</i>			
LJ	5.99 (19-08.00)	584	1392
SP	11.79 (38-08.00)	594	1986
HJ	1.65 (5-05.00)	504	2490
400	did not start	0	2490
110H	17.14	610	3100
DT	34.26 (112-05)	610	3100
JT	41.50 (136-02)	464	4113
<i>(new JT event meet record: old record 39.32 (129-00) by Kyle Bean of Napa 2013)</i>			
PV	3.97 (13-00.00)	609	4722
1500	5:42.20	339	5061

2. Everett Baeder		Del Campo	
100	12.44	567	567
LJ	5.76 (18-11.00)	535	1102
SP	10.00 (32-10)	486	1588
HJ	1.75 (5-08.75)	585	2173
400	57.74	493	2666
110H	20.54	308	2974
DT	22.40 (73-06)	317	3291
JT	29.15 (95-03)	287	3578
PV	2.44 (8-00.00)	229	3807
1500	6:01.20	260	4067

Girls' Pentathlon

1. Piper Kunesh		Ygnacio Valley	
100H	23.30	87	87
HJ	1.28 (4-02.50)	389	476
SP	6.77 (22-05.50)	320	796
LJ	4.61 (15-01.50)	456	1252
<i>(new LJ event meet record: old meet record 4.58 (15-0.50) Naimah Hameed of James Logan 2016)</i>			
800	2:43.04	538	1790

2. Lauren Dang		Ygnacio Valley	
110H	21.74	174	174
HJ	1.18 (3-10.50)	293	467
SP	4.85 (16-00.05)	199	666
LJ	scratch	0	666
800	3:10.44	274	940



Boys' Pentathlon

1. Lev Afonine		College Park	
<i>(new meet scoring record total points: old record 2498 by Damani Sistena of James Logan 2016)</i>			
LJ	5.78 (18-11.50)	540	540
200	24.74	628	1168
DT	23.62 (77-06)	341	1509
JT	27.85 (91-03)	269	1778
1500	4:22.74	793	2571
<i>(new 1500 event meet record: old record: 4:28.19 by Arman Pabla of James Logan 2016)</i>			

2. Oliver King		Ygnacio Valley	
LJ	5.62 (18-05.00)	506	506
200	23.10	753	1259
<i>(new 200 event meet record: old record 23.73 by Damani Sistena of James Logan 2016)</i>			
DT	19.08 (62-07)	255	1514
JT	30.07 (98-08)	300	1814
1500	5:11.04	498	2312

3. Elias Baeder		Del Campo	
LJ	5.01 (16-04.75)	384	384
200	24.60	620	1005
DT	23.29 (77-06)	334	1338
JT	34.27 (112-05)	360	1698
1500	5:17.24	465	2163

4. Julien Lutz		Ygnacio Valley	
LJ	5.32 (17-05.50)	445	445
200	24.60	620	1065
DT	8.88 (61-11.50)	251	1316
JT	28.20 (92-06)	274	1590
1500	5:01.14	553	2143



3. Gavin Horne		Piedmont	
100	12.74	513	513
LJ	5.39 (17-08.25)	459	972
SP	8.60 (28-02.50)	402	1374
HJ	1.60 (5-03.00)	464	1838
400	55.94	562	2400
110H	21.64	231	2631
DT	22.50 (72-08)	313	2944
JT	25-05 (82-02)	230	3174
PV	2.29 (7-06.00)	197	2271
1500	5:14.80	479	3850

4. Parker Terrill		Piedmont	
100	12.84	495	495
LJ	5.44 (17-10.25)	469	964
SP	9.52 (31-03.00)	457	1431
HJ	1.75 (5-08.75)	585	2006
400	59.14	443	2449
110H	22.74	165	2614
DT	24.14 (79-02)	351	2965
JT	33.99. (111-06)	356	3321
PV	no mark	0	3321
1500	5:35.70	372	3693

Girls' Heptathlon

1. Gianna Myer		College Park	
100H	19.94	307	307
HJ	1.23 (4-00.50)	340	647
SP	6.42 (21-00.50)	298	945
200	27.60	663	1608
LJ	4.67 (15-03.75)	472	2080
JT	13.25 (43-10)	165	2245
800	2:51.55	448	2693

2. Daphne Carstens		El Camino	
100H	21.44	194	194
HJ	1.38 (4-06.25)	491	685
SP	6.44 (31-01.50)	299	984
200	31.54	380	1462
LJ	4.57 (15-00.00)	446	1908
JT	16.30 (59-02)	220	2128
800	3:35.64	106	2234

5. Brian Radke		Alhambra	
100	12.74	513	513
LJ	16-06.50	390	903
SP	8.78 (28-10.00)	413	1316
HJ	1.45 (4-09.00)	352	1668
400	61.64	359	2027
110H	22.94	154	2181
DT	22.26 (73-00)	315	2496
JT	30.19 (99-00)	344	2840
PV	3.51 (11-06)	485	3325
1500	5:44.40	332	3657

6. Loucas Xenakis		Head Royce	
100	11.94	663	663
LJ	6.13 (20-01.50)	615	1278
SP	10.82 (35-06.00)	535	1813
HJ	1.70 (5-07.00)	544	2357
400	53.54	659	3016
110H	did not run	0	3016

DT 34.20 (112-02) 548 3564
JT withdrew from competition
PV
1500



And the finale - - all the boys' decathletes, along with Olivia who hung around to the end, pose before the group victory lap.

