



The Bulldog Bark

The Voice of Alhambra Track & Field



Sunday, May 12, 2019

NCS Tri-Valley Area Championships

Dublin HS

Saturday May 11, 2019

**3 Advancers to NCS-MOC !
1 School Record !**

Bulldogs Advance Their Season To the Next Level

• = advancing to NCS-MOC next week

The Bulldogs took 16 athletes in 13 events to the NCS Tri-Valley Championships, which already an impressive array of competitors. These youngsters had to face perhaps the stiffest competition of all the four Area Championships in NCS, and the Bulldogs comported themselves well.

Even though the level of competition was high, and some of the emotional intensity of the DAL Championships had ebbed, the Alhambra effort was strong all around.

We advance 3 athletes in 4 events on to the next level meet, which is the overall NCS Championships. This NCS Meet of Champions is the gateway meet to the California State Championships, which is the best high school meet in the country. To make it to this meet, one step away from the Sate Meet, is a pinnacle accomplishment in itself.

Our top sprinters Mister and Desie put on quite a show. Mister now shows absolutely no effects from his catastrophic broken leg injury from last October and sped to his best-ever electronic wind-legal time. Desie dropped her school record once again.



The early-bird field events show up before 8:00 a.m. They all have their game face on early.

Boys' 4 x 100 Meter Relay

13 Alhambra 44.47

- 1) Waters, Landon (10)
- 2) Fonseca, Lorenzo (11)
- 3) Hern, Aaron (12)
- 4) Davis, Mister (11)

The time was consistent with this squad's best all season, but this meet brought the area's quickest out to compete.



Landon and his hair await the start of the 4 x 100.



Aaron, Alan, Graham, Lorenzo - - the 4 x 400 relay team takes to the track.

Boys' Discus

Flight 2

9. Momaney, Nick (12) 132-10.00

2 in Flight 2, 9th overall

124-03 132-10 132-08

Nick was hard put to get untracked in the discus today.

Boys' Shot

• 3. Momaney, Nick (12) 47-01.25

3rd in Flight 3, 3rd overall

Flight 3: 46-11.25 FOUL 47-01.25

Finals: FOUL FOUL FOUL

After making the finals and assured of moving on, Nick pressed for more on his final three throws.

Boys' Long Jump

10. Armani Guidry (9) 20-01

FOUL FOUL 20-01 (+1.9)

16. Mason Bituen (12) 19-04

19-04 (+0.0) FOUL FOUL

17. Baron Hayes (10) 19-02

FOUL 19-02.50(NWI) 18-11.75(NWI)

The boys all jumped a bit under their season best.

Girls' 100 Hurdles

15 Yu, Alexis (11) 17.32 (+2.7)

(tie breaker to thousandths 17.311)

21 Fonseca, Laylah (10) 18.78 (+1.6)

Alexis hit the first and the last hurdle and still managed to run well. Laylah proved she belonged in the meet by beating people and running near her PR.

Girls' 100 Meters

• 5 Armstrong, Desie (9) 12.17 (+0.9)

(NCS auto-qualifying time)

(New school record: old record 12.23 Desie Armstrong 2019)

Wow. In the fastest area meet in the NCS, Desie held her own and lopped even more time off of her already impressive school record.

Boys' 100 Meters

• 3 Davis, Mister (11) 10.99 (+1.9)

(NCS auto-qualifying time)

Mister continues to cement his career as the best sprinter in school history with his quickest wind-legal electronic time. And he moves on to the next level

Boys' 200 Meters

• 8 Davis, Mister (11) 22.85 (+3.6)

17 Fonseca, Lorenzo (11) 23.58 (+3.6)

Mister won the slow heat hugely, and his time held up until the fast heat. Just one place away from moving on. But wait ! . . . after a scratch, he moved up that one place and lives to run again in this race.

Lorenzo was just a notch off his PR.

Boys' 4 x 400 Meter Relay

15 Alhambra 3:36.41

- 1) Kobyluk, Alan (12)
- 2) Fonseca, Lorenzo (11)
- 3) Hern, Aaron (12)
- 4) Manning, Graham (12)

The boys ran within a fraction of their best time of the season, which was good enough to be competitive in the middle of the pack.

Girl's 200 Meters

11 Armstrong, Desie (9) 25.75 (+2.0)
Desie was very close to her PR, but the field of runners is exceptionally fast this year.

Girls' 3200 Meters

17 Tria, Nicole (12) 12:06.21
1:25.28
1:26.27
1:28.37
1:29.52. 5:49.45
1:32.27
1:35.69
1:35.69
1:33.09. 12:06.21

The timing service is remarkable, and provided these excellent spits for all the competitors. She was on oace to break her PR for the first half of the race, but the magic didn't happen today.



Nicole is on a PR pace early in the race.

Girls' Triple Jump

21 Hernandez, Brianna (11) 30-11.00 (+0.0)
30-10(+1.9) 30-04.50(+0.6) 30-11(+0.0)
Brianna had a consistent series.

Girls' Long Jump

18 Hernandez, Brianna (11) 15-04.50 (NWI)
14-09.50(NWI) 14-04.25(NWI) 15-04.50(NWI)
It took Brianna until her last jump to come up to her competitive level.

Girls' High Jump

13 Adesida, Joy (9) J4-08.00
4-04 4-06 4-08 4-10
P O XO XXX

The competition was stiff today, with almost all the girls at the same competitive level. Joy was in the mix.

Team Scores:

Girls

1) Pittsburg	55
2) Amador Valley	44
3) Dublin	41
4) Concord	40
4) Las Lomas	40
6) Campolindo	38
7) Granada	32
7) Carondelet	32
9) Foothill	30
10) Miramonte	26
11) Acalanes	19
12) Monte Vista	18
13) California	16
14) Northgate	14
15) Benicia	9
16) San Ramon Valley	8
17) College Park	7.50
18) Livermore	4

18) Freedom	4
20) Clayton Valley	2
20) Alhambra	2
22) Ygnacio Valley	1
23) Heritage	0.50

Boys

1) California	69
2) Clayton Valley	68
3) Dublin	56
4) Amador Valley	51
4) Pittsburg	51
6) Foothill	37
7) DeLaSalle	34
8) Northgate	32
9) Antioch	21
10) Acalanes	20
11) Granada	19
12) Freedom	16
13) Monte Vista	15
14) Las Lomas	13
15) Alhambra	12
16) Miramonte	8
16) San Ramon Valley	8
16) Dougherty Valley	8
16) College Park	8
20) Heritage	5
21) Liberty	4
22) Deer Valley	2
23) Campolindo	1

Notes:

1. **Team balance:** We were able to take athletes to this championship level in almost all the major event categories - sprints, relays, hurdles, jumps, and throws. Still missing from our team repertoire is representation in the long sprints, middle distance, and the vault. Nonetheless, this shows that as a team we are well-balanced, and more so than many other schools.

2. **And we are making strides** in continuing to build up a foundation in those other events, with improvements in the lower ranks in the vault and the distance.

3. **Young Team** - - we may be graduating 13 seniors this year, but we have an outstanding crop of youngsters still with us. While the future is never certain, this is strong foundation to continue to build upon.

4. **Student Volunteers** - - Coach Brewer is the high jump official at this upcoming meet of champions, and he can always use student volunteers to help make running this event efficiently. This would be for both Friday 5/17 and Saturday 5/18, 9:00 a.m.. until 1:00 p.m.

This is acceptable for volunteer hours. Student volunteers also get event t-shirts and lunch.

The meet will be held at Diablo Valley College this year, so the venue is conveniently close by.

Contact Coach Brewer if you are are interested - - 510-919-4769; pcbcrosscountry@yahoo.com

A bit of Philosophic Meandering Very Good Year ! - - Looking Forward

Big Team/Small Team dynamic - - as well as we placed in the invitationals this year against teams of all sizes, it remains a fact that our team size is on the smallish end of the truly competitive teams in our area. And yes, Alhambra is a small-enrollment school (1236 students). This does not mean that we skimp on our recruitment nor throttle back on our expectations.

All the positives are in place - - our senior class showed determination and dedication and responsibility, which set a strong example for the rest of the team. For our team size, daily attendance was high. This is a very strong indicator of overall commitment. Team energy and overall squad esprit-de-corps was very good at all times, which shows not just team spirit but team unity.

And the entire season was a whirlwind of improvement. The record book took a real beating with all of the additions. Athletes showed a huge range of PR's throughout the season, and most of them at the end when performances took on more importance.

Continuity - - the challenge is to look ahead. A strong goal is continue to increase team size so we have a deeper squad. Another is to also still work on achieving overall excellence in all event areas. And of course, keeping up a positive team experience is paramount.

Looking forward to a great 2020 track season !

And to sum up the team season:

A Quick Look Back

Here is a general summary of our team placings in all the meets over the course of the season leading up to this championship phase we're in. With no real expectations at the start of the season, we were pleasantly surprised all season long by the consistently strong presence the Bulldogs had.

DeLaSalle Super 7 Invitational

Diablo Valley College
Saturday, February 23
GFS 6th of 14
BFS 2nd of 13
GV 15th of 18
BV 12th of 18

As the first meet of the season this was more of an exploration of team potential rather than an attempt to impress other schools. Our younger boys especially made an impact.

Clayton Valley Invitational

Clayton Valley High School
Saturday, March 2
GFS 4th of 5
BFS 3rd of 8
GV 4th of 10
BV 5th of 12

This is a new relay event, and it was drizzling rain all day. We did some more exploration of our talent base.

DAL # 1 v. College Park

Wednesday March 6
 College Park High School
 GFS CP 76, ALH 35
 BFS CP 107, ALH 28
 GV CP 92.5, ALH 43.5
 BV CP 82, ALH 53

The wet weather didn't help, and College Park has twice the number of athletes. We got trounced in our league opener.

Martinez Relays

Alhambra High School
 Saturday, March 9
 GFS 5th of 9
 BFS 8th of 11
 GV 1st of 11
 BV 2nd of 12

Our own invitational started in a downpour and ended in sunshine. The big surprise was that we scored lots of points against good teams for top varsity places.

DAL # 2 v. Ygnacio Valley & Berean Christian

Alhambra High School
 Wednesday, March 13
 GFS ALH 76, YV 0
 ALH 67, BC 17
 BFS ALH 78, YV 0
 ALH 78, BC 0
 GV ALH 82, YV 42
 ALH 82, BC 27
 BV ALH 91, YV 44
 ALH 90, BC 25

We took care of business against the smaller teams.

Eddie Hart Invitational

Pittsburg High School
 Saturday March 16
 GFS 14th of 20
 BFS 4th of 22
 GV 16th of 23
 BV 19th of 24

All we really wanted to do here was get in some events and then go home early. That was accomplished, but we also ended up with a surprisingly high BFS placing.

DAL # 3 v. Concord & Mt Diablo

Alhambra High School
 Wednesday, March 20
 GFS Con 63, ALH 26
 ALH 48, MD 0
 BFS ALH 61, Con 58
 ALH 74, MD 8
 GV Con 80, ALH 54
 ALH 104, MD 14
 BV ALH 93, Con 40
 ALH 113, MD 0

Concord took our measure in the girls' division, but the Dogs prevailed in the BV and BFS.

Oakland Invitational

Laney College
 Saturday March 23
 GV 5th of 22
 BV 3rd of 21

This was a last-minute change to the schedule, and with only a single division everyone was automatically varsity. And as the long day dwindled participation, the stalwart Dogs stuck around and picked up top places.

DAL # 4 v. Benicia

Benicia High School
 Wednesday March 27
 GFS Ben 60, ALH 36
 BFS ALH 55, Ben 34
 GV ALH 81, Ben 50
 BV ALH 92, Ben 43

After some jitters, the Dogs settled down to take 3 of 4 divisions from Benicia.

Castro Valley Invitational

Castro Valley High School
 Saturday, March 30

We only ran a few hurdlers, some BFS distance, and a couple others, so there was no real team presence.

Stanford Invitational

Stanford University
 Saturday, March 30

Nick and Mister made the qualifying marks to this elite meet, and performed to their level.

Shimansky Pole Vault Invitational

San Ramon High School
 Saturday, April 6

Only Brian was in attendance, but he did win the BFS division in this single event meet.

Fred Faucett Invitational

Vallejo High School
 Saturday April 13
 GS 4th of 13
 BFS 1st of 14
 GV 2nd of 14
 BV 6th of 18

Another late schedule change, when the Woody Wilson was canceled, saw us shift to this local meet in nearby Vallejo. The meet change was a good one as we scored very well overall at all team levels.

Bob Warren Relays

Acalanes High School
 Friday April 19
 GV 7th of 16
 BV 6th of 16

We gave the FS the day off since they were all in a meet the next day, and not all of our varsity were entered here. Regardless, we once again surprised ourselves with good team finishes.

NorCal Frosh-Soph Championships**Invitational**

Dublin High School
 Saturday April 20
 GFS 9th of 21
 BFS 6th of 26

Even with only a few athletes scoring, that was good for us in the this meet with deep talent at the frosh-soph age level. This is an excellent snapshot of our future success.

Sacramento Meet of Champions Invitational

American River College
 Saturday April 20

Nick represented us well at this elite late-season invitational, finishing high in the invite-only night portion.

DAL Valley Dual Meet Season Standings

GFS 3-3, 4th of 7
 BFS 5-1, 2nd of 7
 GV 4-2, 3rd of 7
 BV 5-1, 2nd of 7

After the dual meet season, and before the overall DAL championships, the Division standings were determined by the dual meet records. College Park took all the titles, but we were able to establish 2nd place league finishes in the boys' divisions.

All the complete results, with commentary, are archived on the team web page. Click on the "Bulldog Bark Newsletter" link.

alhambratrack.org