



The Bulldog Bark

The voice of Alhambra High School
Track & Field
Sunday February 24, 2019



3 School Records!
10 additions to Top 10 lists!
19 medals!

Good Day at the Races: Bulldogs Debut Season at DeLaSalle Invitational

It was a pretty good day for the Alhambra team Saturday at the DeLaSalle Invitational, more formally known as the Joe Stocking Super 7 Invitational. We were able to muster 39 athletes to attend. This was not close to our full team, but a rash of twinges and aches and injuries kept several athletes out, and there were quite a number of conflicting obligations that took away a number of other athletes.

Still, the Bulldogs were able to be very competitive. We had a big eye-opener as Desei Armstrong stormed to a no-doubt-about-it win in the 100 meters, which also shattered our school GFS school record. And the other big surprise was the BFS taking 2nd overall as a team against strong competition. And our medal haul was impressive as well.

Here are all the Alhambra results with commentary. The full set of results can be found at two on-line sites:

<http://www.diablotiming.com/results/2019-02-23/>

and
<https://www.athletic.net/TrackAndField/MeetResults.aspx?Meet=351881&show=all>

For reference: the medals went to the top 3 finishers in each event. Scoring goes down to the 6th place in each event. The scoring here is an unofficial tally done by Coach Brewer in a fit of statistical frenzy.

Team Scores:

GFS	
1 Northgate	65
2 Benicia	64
3 Monte Vista	63
4 Foothill	62
5 Dougherty Valley	50
6 Alhambra	31
7 Carondelet	30
8 Clayton Valley	23
9 Pittsburg	21
10 Rodriguez	16
10 Sonoma Valley	16
12 Casa Grande	10
13 San Leandro	8
14 Antioch	2

BFS	
1 Bellarmine Prep	94
2 Alhambra	69.5
3 Dougherty Valley	69
4 DeLaSalle	47
5 Pittsburg	36
6 Monte Vista	36
7 Clayton Valley	34.5
8 Foothill	30
9 Casa Grande	24
10 Antioch	15
11 Northgate	5
12 San Leandro	2
13 Rodriguez	1

GV	
1 Northgate	61
2 Pittsburg	55
2 Clayton Valley	55
4 Presentation (SJ)	46
4 Carondelet	46
6 Notre Dame (SJ)	40
7 Foothill	36
8 Monte Vista	33
9 Del Oro (Loomis)	28
10 Concord	20
11 Dougherty Valley	15
12 Rodriguez	14
13 Casa Grande	12
14 Sonoma Valley	10
15 Alhambra	5
16 Newark Memorial	4
17 Antioch	2
17 Benicia	2

BV	
1 Bellarmine Prep	90
2 Monte Vista	72
3 Del Oro (Loomis)	46
4 Clayton Valley	44
5 Foothill	31
6 Northgate	30
6 Pittsburg	30
8 Casa Grande	28
9 San Leandro	25
10 DeLaSalle	24
11 Dougherty Valley	16
12 Alhambra	14
13 Antioch	13
14 Nevada Union	12
15 Sonoma Valley	8
16 Albany	6
17 Newark-Memorial	5
18 Rodriguez	2



Clare focuses at the start of the 4 x 100

4 x 100	
GFS	
4. Alhambra "A"	58.40
(Joy Adesida, Skye McKinsey, Denise Martinez, Laylah Fonseca)	
10. Alhambra "B"	1:00.54
(Sydney Tarnowski, Kaitlen Bituen, Kylee Phillips, Ashley Breeze)	
BES	
5 Alhambra "A"	48.92
(Landon Waters, Baron Hayes, Jonas Kobylak, Armani Guidry)	
8 Alhambra "B"	50.06
(Anderson Keller, Alec Ramos, Jaycob Primer, Brian Radke)	
GV	
13 Alhambra "A"	59.97
(Clare Stone, Clara Duran, Kaitlyn Killo, Briana Alvarez)	
BV	
12. Alhambra "A"	46.48
(Aaron Hern, Lorenzo Fonseca, Jason Exline, Mister Davis)	

The objective today was to push the baton around the track and get the experience of a big. There were a few jitters and butterflies, but we managed to handle the exchanges. Both of the FS squads scored points for the cause. Kudos to the GV, having to deal with a multitude of last-minute substitutions and still managing respectable effort.



Nicole moves past an unwary opponent in the 1600.

1600	
GFS no Alhambra entries	
BFS	
14 Searls, Nolin	5:19.18
24 Ruiz, Cristian	5:40.33
25 McCauley, Ryan	5:41.50
26 Hinkens, Joaquin	5:41.62
GV	
4 Tria, Nicole	5:46.61
BV	
12. Carson Edwards	4:52.04

Nicole did well and scored varsity points for us with solid early-season time. Carson got caught in the bump and shove early in the race and knocked off his rhythm. The BFS squad needed experience. Nolin was the only one to catch some spark today.

High Hurdles	
GFS	
9 Padrique, Mia	23.32
BFS	
• 1 Kobylak, Jonas	20.02
• 3 Boyles, Camden	21.42
Brady Bartlett	DNF
GV	
6 Yu, Alexis	18.89
19 Killo, Katelyn	30.22
BV	
14. Jason Exline	19.95
16. Alan Kobylak	20.90

This event was a mixed bag for us. We picked up unexpected medals in the BFS. The veterans showed some rust, but put in the effort. However, Brady hit a hurdle early and hard, and fractured a tibia.



Desie romps to a school record and the win!

100	
GFS	
• 1 Armstrong, Desie	12.89
(school record; old school record 12.98 Divine Adesida 2008)	
10 Adesida, Joy	13.95
(#10 All-Time ALH GFS Top-10)	
24 McKinsey, Sky	14.92
29 Martinez, Denise	15.09
BFS	
• 3 Guidry, Armani	11.69
(#7 All-Time ALH BFS Top-10)	
5 Waters, Landon	12.12
23 Primer, Jaycob	12.90
GV	
25 West, Emily	13.80
26 Stone, Claire	13.84
41 Duran, Clara	15.15
45 Alvarez, Briana	15.73
BV	
7. Mister Davis	11.51
34 Lorenzo Fonseca	12.39
46. Aaron Hern	12.98

Desie! Desie! Desie! Out of lane 9 she blasted the field, set a school GFS record, and would have been 3rd in the varsity race. Joy made the top-10 list. Armani won his heat big time, and was only .02 away from the winning time of the fast heat.

Our varsity sprint veterans all ran well too, but are step or two off their bests which is to be expected in early season.

**Distance Medley
(1200-400-800-1600)**

GFS no Alhambra entries
BFS
 13 Alhambra 13:50.41
 (Joaquin Hinkens, Ali Sobhy,
 Kai Badavinac, Cristian Ruiz)
GV no Alhambra entries
BV no Alhambra entries

This was another showcase for the BFS distance boys. Kai had the most impressive portion on his 800 leg of the relay.

300 Hurdles

GFS
 9 Padrique, Mia 1:05.86
BFS
 5 Kobylak, Jonas 53.28
 6 Wondrusch, Jordan 53.79
GV
 8 Yu, Alexis 56.41
BV
 Alan Kubylik ??

The 300 hurdles are a tough race, and it showed. Our kids suffered through it.

Alan ran well, but there was some snafu with lane assignments and timing, so he didn't show up in the official results. Best guesses have him running about a 46.

4 x 800

GFS no Alhambra entry
BFS
 11 Alhambra 10:36.29
 (Ryan McCauley, Cristian Ruiz,
 Nolan Searls, Jordan
 Wondrusch)
GV no Alhambra entry
BV no Alhambra entry

Once again the BFS distance squad was called upon to field a team. Once again, it was Nolin who picked up the pace on his leg.

4 x 200

GFS
 • 3 Alhambra "A" 1:59.71
 (Joy Adesida, Skye McKinsey,
 Desi Armstrong, Laylah
 Fonseca)
 10 Alhambra "B" 2:12.28
 (Sydney Tarnowski, Kylee
 Phillips, Kaitlen Bituen, Ashley
 Breeze)
BFS
 • 3 Alhambra "A" 1:41.61
 (Brian Radke, Landon Waters,
 Baron Hayes, Armani Guidry)
 14 Alhambra "B" 1:50.82
 (Anderson Keller, Jaycob Primer,
 Alex Ramos, Hunter Killborn)

GV no Alhambra entry

BV
 12. Alhambra "A" 1:39.66
 (Alan Kobylak, Aaron Hern,
 Jason Exline, Mister Davis)
 21. Alhambra "B" 1:51.19
 (Emanuel Goodlow, Sergio
 Martinez, Chris Kyle, Lorenzo
 Fonseca)

The FS spring squads outdid themselves once again. Not only did both the GFS and BFS earn medals for themselves, their relays both set school records. Good going. The GV had to many injuries and tweaks and

twinges and had to scratch. The BV was able to get all the upperclassmen into a race for the experience.



Carson PR's in the 3200, and scores team sports.

3200 (varsity only event)

GV no Alhambra entry
BV
 5. Carson Edwards 10:32.67
 Carson came back from a lackluster 1600 race to PR here, put on a great sustained finish kick, and be only 1 of 2 Bulldogs to score points for the team.

4 x 400

GFS no Alhambra entries
BFS
 13 Alhambra 4:40.97
 (Kai Badanivac, Ali Sobhy, Ryan
 McCauley, Noli Seals)
GV no Alhambra entries
BV no Alhambra entries

Attrition and the end-of-the-meet blahs left us with just the BFS. After multiple races already for all the boys, expectations were muted for this effort. The stick went around the track.

Pole Vault

GFS
 6 Breeze, Ashley 6' 0"
 (# 7 All-Time ALH GFS Top -10)
BFS
 7 Radke, Brian 8' 0"
 10 Camden Boyles 7-0
GV
 Alexis Yu n.h.
BV no Alhambra entries

In their first meet, our young and mostly rookie squad all felt that they had underachieved a bit. The PV was a lot more competitive than past years so they were thrown into the fire, in a sense. Alexis had to deal with an opening height well over her PR, and Camden lacerated himself with his own spikes mid-air. Still, Brian made a pressure jump to equal his PR, and Ashley scored points and made the All-Time list.



Ashley launches herself into the record books.

Shot Put

GFS
 8 Felson-Lamb, Reina 18' 10.75"
BFS
 • 2 Wondrusch, Jordan 38' 8.25"
GV
 14 Patrick, Mikela 17' 5.50"
BV
 • 2. Nick Momaney 48-03.00
 (#9 All-Time ALH BV Top 10)
 20. Holden Burcell 34-04.25
 We have a very small throws squad, but they managed to hold their own. Nick PR'd, got a medal, and moved onto the All-Time list. Holden is close to his PR. Jordan medaled as well. The girls are rookies and are still learning.

Discus Throw

GFS
 9 Felson-Lamb, Reina 50' 11"
BFS no Alhambra entries
GV
 20 Patrick, Mikela 32' 1"
BV
 4 Nick Momaney 138-06.00
 18 Holden Burcell 91-11.00
 The girls are on a learning curve. Holden is getting back to form. Nick added a 2nd PR to his resume.

Long Jump

GFS
 9 Bituen, Kaitlin 11' 11"
 19 Padrique, Mia 9' 3"
BFS
 • 2 Guidry, Armani 18' 3.75"
 8 Hayes, Baron 17' 4.50"
 11 Waters, Landon 16' 7.75"
 16 Keller, Anderson 15' 6.50"
GV
 8 West, Emily 14' 5.50"
 19 Alvarez, Briana 12' 5.50"
 20 Jensen, Megan 12' 3.50"
 23 Duran, Clara 11' 10.50"
BV no Alhambra entries
 Armani continued his great day with his 3rd medal of the day. The entire Bulldog jumps squadron was competitive today.

Triple Jump

GFS
 • 2 Breeze, Ashley 29' 9"
 (# 8 All-Time ALH GFS Top-10)
BFS
 • 2 Hayes, Baron 36' 5"
 7 Keller, Anderson 34' 1"
 8 Kobylak, Jonas 33' 10.75"
GV
 11 Cortez, Christina 27' 10"
 12 Alvarez, Briana 26' 3.50"
BV no Alhambra entres
 Ashley added her name to another All-Time and got a medal to boot. Again, the jumpers were all in the mix, especially our BFS bunch who are looking very good early in the season.

High Jump

GFS
 5 Phillips, Kylee 3' 10"
 5 Adesida, Joy 3' 10"
BFS
 • 2 Wondrusch, Jordan 5' 8"

(# 6 All-Time ALH BFS Top-10)
 5 Ramos, Alec 5' 2"
 6 Boyles, Camden 5' 0"
GV
 Yu, Alexis NH

BV
 7. Jason Exline 5-06
 An official's rash decision in the GFS HJ took away chances for over half the girls in this race, as he wouldn't pause the event for the 4 x 100. Kylee and Joy came back from their races to find the bar raised up by a foot. In a small field, their early jumps were enough to score points for the team.

Jordan powered his way to an impressive PR, a medal, and a place on the All-Time list. Almost hidden were Camden and Alec with good BFS jumps as well. Alexis is still learning the event. Jason was a bit flat today.

Notes:

- For an early season meet**, this was a very good indication of our potential for the rest of the season. Our veterans are solid competitors, and today we saw a very impressive display from our younger athletes.
- There are always a few wrinkles** that need to be ironed out as the season moves along. Arranging the relays, assigning athletes to their event as befits talent and team need, and dealing with meet exigencies that's the coaches. Getting to the meet on time, calendaring the family events, volunteering where necessary . . . that's the parents. Following warmup and cooldown procedures, helping fill out relays, staying mentally prepared, sleeping and eating well . . . that's the athletes.
- We're all going to get better at all of this as the season goes along, and today's meet was an excellent start to it all.
- Wow - - look at the youngsters!** a very nice display of talent from our younger and newer athletes! Top team finishes against large powerhouse programs is always a good sign. What this means is that some of these youngsters will be called up to varsity soon as we enter the dual meet season.
- It's a process** . . . good start, but we have to continue to keep our foot on the pedal to keep up the conditioning, skills, technique and mental focus work for the rest of the season.
- Team Goal - - full participation.** We had 39 athletes make the meet. We have 71 names on the roster. Even if the roster dips a bit soon, we are still shy of having all of our athletes involved in competition.
- These Saturday meets are put on the calendar not as an optional exercise but as part of team's planned progression. We need to see every athlete each meet in this part of the season to maximize our opportunity for the best possible team outcome in the championship portion of the season.
- Snack table** - - thanks for the contribution of fruit this past weekend. We're still looking for an avalanche of

foodstuffs to keep our athletes fueled during a long day of competition. This coming weekend?

7. **The kids did a good job:** This early meet is not only a chance to see the kids in competition, but equally importantly, see them learn to handle the process of being in a meet . . . learning the layout of the events, checking in, listening to the clerk's instructions, warming up appropriately, going to the restroom, having the uniform, et cetera, et alia. Smart kids who are team players and they picked up on procedural responsibility well.

8. **Kudos - - Senior Mason Bituen,** sidelined by a sprained ankle, was held out of competition as a precaution. He then stepped into the role of acting assistant coach, and monitored the Bulldogs involved with the horizontal jumps. He personally saw to the preparation, and coaching assistance from 9:00 a.m. until the jump pits closed near the end of the meet. Now that's a Bulldog.

9. **Dealing with the moment Part 2 -** big meets come with all the issues. Bad starts, emergency substitutions, poor officiating (did the discus really have to take 4 hours?), scrapes and bruises . . . those are all part of track and field, and we all have to learn to get past the issue and focus on the competition. The Bulldogs were tough on all these issues.

10. **Dealing with the moment Part 21** - It's the competition not always the result. We had athletes finish 1st today and make the record book. We also had athletes finish last in races, or not make a mark in an event, or fall short of their expected time or mark. Again, the Bulldogs were tough in shaking off negative and looking forward to the next opportunity.

Looking Ahead:

Next Saturday March 2nd:

Ugly Eagle Invitational @ Clayton Valley HS.

9:00 field events

10:00 running events.

This first-year event promises to be a less competitive event than the DLS meet, and perhaps even a bit more disorganized. However, the meet management crew is a convivial bunch and welcomes comments. We should have a good time.

This meet also has the benefit of being close by. It also has a very civilized start time. However, this could also mean a very late finish time if things go awry. Be prepared.

Team entries for this meet will be posted by Wednesday on the track.

Saturday March 9

Martinez Relays!!!

This is our very own invitational, and we need all hands on deck for this one. All coaches are officials, all athletes are event crew, and all families are sources for volunteers.

So far we have 18 teams signed up, so this will be a mid-sized event. It

could get bigger. Our goal is to make it an enjoyable event for all participants so that will come back in future years.

So - - - be sure to go on to our website (alhambratrack.org) and log on to the SignUpGenius lists. We need you all.

Thanks in advance for this one.