The Bulldog Bark

The Voice of Alhambra Track & Field

"Where Intensity is Not a Crime"

Saturday, February 29, 2020

DeLaSalle/Carondelet "Super Seven" Invitational Saturday, February 29, 2020

Even though the chill set in at the end of the day, the weather largely cooperated with lots of sunshine as the Alhambra Bulldogs competed in their first competition of the season. We were able to put 55 athletes on the track and in the field, and came away with a solid all-around level of performance across all the events.

The Bulldogs had a level of consistency that saw us able to score well in all four divisions. We were able to finish as a team "above the fold," which means that were in the upper half of the scoring teams. Not bad at all.

As our first meet of the season, the essential goal was to see just where our athletes were in terms of conditioning and make some assessments. It was a pleasant surprise to see so many quality marks emerge. Our veterans performed well, and we had some excellent marks from our rookies as well.

Varsity Boys

Team Scores

1.	Long Beach Wilson	77
2.	DeLaSalle	52
3.	Pittsburg	49
4.	Monte Vista	40
5.	Foothill	33
6.	College Park	30
7.	Napa	28
8.	Arroyo	25
9.	**Alhambra**	**19**
9.	Vacaville	19
11.	Dougherty Valley	16
12.	Acalanes	13
13.	Rodriguez	12
14.	Sonoma Valley	11
15.	Northgate	10
15.	Newark-Memorial	10
15.	Washington	10
15.	Mission San Jose	10
19.	Clayton Valley	9
20.	Antioch	8
21	Deer Valley	6
22.	Moreau Catholic	5
23.	San Leandro	4
23.	Albany	4
25.	Justin Sienna	2

100 Meters

2.	12	Mister Davis	11.20
12.	12	Lorenzo Fonseca	11.54
23.	10	Armani Guidry	11.85
46.	11	Landon Waters	12.28

Mister ran to a good early season time in taking 2nd in the BV 100.

1600 Meters

6.	12	Carson Edwards	4:45.98
		70 72 72 71	
24.	11	Kai Badavinac	5:12.20
		71 78 82 90	

3200 Meters

8.	12	Carson Edwards	10:09.29
		71 76 76 76 (4:59) 79 79 75 76	

4x100 Relay

4.	Landon Waters	
	Armani Guidry	
	Lorenzo Fonseca	
	Mister Davis	44.51

Despite a shaky handoff on the first exchange, the veterans held their compsure and raced to yet another spot on the All-Time list at #9.

4x200 Relay

5.	Armani Guidry	
	Lorenzo Fonseca	
	Landon Waters	
	Mister Davis	1:35.16

4x400 Relay

7.	Mister Davis	:56.9
	Kai Badavinac	:59.9
	Jordan Wondrusch	:55.9
	Lorenzo Fonseca	:53.6
		3:46.37

Shot Put - 12lb

4.	11	Jordan Wondrusch	39-03.50
7.	11	Alex Faatoafe	37-02.00

Discus - 1.6kg

19.	11	Alex Faatoafe	99-02.00

High Jump

7.	11	Jordan Wondrusch	5-04.00

Long Jump

18.	11	Landon Waters	17-02.00
28.	12	Elijah Tirado	14-04.00
	10	Armani Guidry	NM

Varsity Girls

Team Scores

1.	Long Beach Wilson	78
2.	Vacaville	71
3.	Pittsburg	57
4.	Carondelet	52
5.	Dougherty Valley	32
6.	Monte Vista	22
7.	Foothill	20
7.	San Leandro	20
9.	**Alhambra**	**19**
10.	College Park	15
11.	Dublin	14
12.	Deer Valley	12
13.	Clayton Valley	11
13.	Napa	11
15.	Crystal Springs Uplands	10
16.	Mission San Jose	8
16.	Northgate	8
18.	Acalanes	6
18.	Albany	6
18.	Justin Sienna	6
21.	Moreau Catholic	2
22.	Rodriguez	1
22.	Vintage	1

100 Meters

4.	10	Desie Armstrong	12.61
17.	10	Joy Adesida	13.45
24.	10	Abigail Epps	13.75
35.	11	Brianna Hutchens	14.35

Desie had quite the day, taking 4th in the 100 and then leaping to #4 on the Alhambra All-Tiime list in the long jump.

1600 Meters

28.	11	Skye McKinsey	6:22.59
		88 99 98 97	

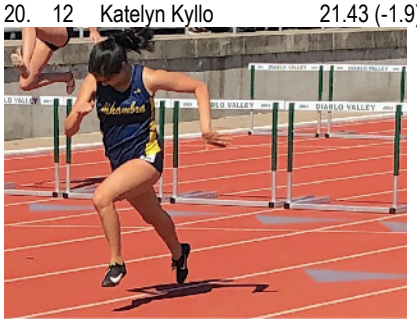
3200 Meters

3.	12	Katelyn Kyllo	15:29.29
		92 120 115 123 (7:30) 124 120 118 118	

100m Hurdles - 33"

6.	12	Alexis Yu	17.55 (-.5)
16.	11	Brianna Hutchens	20.24 (-1.9)

20. 12 Katelyn Kyllo 21.43 (-1.9)



Alexis powers over the last hurdle to nab a top spot in the high hurdles. She also vaulted further up on the All-Timie pole vault list.

300m Hurdles - 30"

17. 12 Alexis Yu 57.19

4x100 Relay

16. Joy Adesida
Abigail Epps
Brianna Hutchens
Desie Armstrong 1:01.15

4x200 Relay

7. Joy Adesida
Skye McKinsey
Brianna Hutchens
Desie Armstrong 1:54.38

Shot Put - 4kg

13. 11 Mercedes Bernhus 26-02.00

Discus - 1kg

20. 11 Mercedes Bernhus 57-10.00

High Jump

8. 10 Joy Adesida 4-06.00
11 Fabiola Gallardo NH

Pole Vault

7. 12 Alexis Yu 8-00.00
(tie for #3 on the All-Time lists)
12 Katelyn Kyllo NH

Alexis had to scurry over from the 300 hurdles just to get in a vault, and then sailed over the next height for a PR and #3 on the All-Time list

Long Jump

2. 10 Desie Armstrong 17-03.00
(#4 All-Time GV)
8. 11 Skye McKinsey 15-03.00
30. 12 Briana Alvarez 11-10.00

Triple Jump

12 Briana Alvarez NM

Frosh-Soph Boys

Team Scores

1.	Pittsburg	72
2.	Foothll	57
3.	College Park	32
4.	Monte Vista	30
5.	Northgate	28
5.	Sonoma Valley	28
7.	DeLaSalle	27
8.	Dougherty Valley	26
8.	Acalanes	26
10.	**Alhambra**	**24**
11.	Justin Sienna	23
12.	Crystal Springs Uplands	19
13.	Long Beach Wilson	18
14.	Clayton Valley	13
15.	Moreau Catholic	9
15.	Rocriguez	9
17.	Benici	8
17.	Newark-Memorial	8
19.	Napa	2
19.	San Leandro	2
19.	Sonoma Valley	2

100 Meters

47. 10 Bradley Bittner 13.19
50. 10 Angel Sanchez 13.30
51. 9 Chris Kelly 13.48
53. 10 Hunter Kilbourn 13.94

1600 Meters

44. 10 Ethan Muth 6:13.69
82 96 98 98

110m Hurdles - 39"

2. 10 Bradley Bittner 20.76 (-1.8)
6. 10 Marco Zaval 25.02 (-1.8)

Bradley took a surprising 2nd in the BFS high hurdles.

4x100 Relay

24. Bradley Bittner
Marco Zavala
Jaylen Preston
Jacob Bryson 53.58
25. Chris Kelly
Hunter Kilbourn
Angel Sanchez
Anthony Poyadue 53.93

4x400 Relay

8. Michael Lano 1:03.1
Brian Radke 1:01.8
Joaquin Hinkens 1:01.9
Sam DiBetta :58.9
4:05.77

4x800 Relay

6.	Michael Lano	70	77			2:27
	Joaquin Hinkens	72	73			2:25
	Tyler Allan	71	79			2:30
	Sam Dibetta	68	77			2:25
						9:47.08

DMR 1200-400-800-1600m

4.	Tyler Allan.	70	79	78	--	3:47.5
	Brian Radke.	61	--	--	--	1:01.1
	Sam DiBetta.	65	70	--	--	2:15.8
	Colby Thompson	69	72	79	78	5:08.6
						12:13.93

Colby puts on a great finish sprint to beat league rival Northgate.

Shot Put - 10lb

13. 10 Austin Macey 30-07.50
31. 9 Chris Breedlove 24-04.50
32. 9 Matthew Prado 24-02.00

Discus - 1.6kg

12. 10 Austin Macey 73-06.00
31. 9 Matthew Prado 53-03.00
34. 9 Chris Breedlove 47-10.00

High Jump

15. 9 Jacob Bryson 4-10.00
10 Marco Zavala NH

Pole Vault

1. 10 Brian Radke 12-00.00
(New BFS school record; old record 11-06 Paul Hodgkinson 1994)
14. 9 Nick Halfon 7-00.00

Brian was an impressive winner in the BFS vault.

Long Jump

19. 9 Anthony Poyadue 13-09.50

Frosh-Soph Girls

Team Scores

1.	Foothill	67
2.	College Park	60
3.	Monte Vista	57
4.	Long Beach Wilson	35
5.	Vacaville	32.5
6.	Clayton Valley	29
7.	Carondelet	28
8.	**Alhambra**	**25**
9.	Vintage	23
10.	Deer Valley	19
11.	Dougherty Valley	14
12.	Concord	12
13.	College Prep	10
13.	Justin Sienna	10
15.	Pittsburg	9
16.	Crystal Springs Uplands	8
17.	Acalanes	4
17.	Arroyo	4
19.	Napa	3

20.		Northgate	1
20.		Rodriguez	1
22.		Sonoma Valley	.5

100 Meters

26.	9	Camille Ramirez	14.41
32.	10	Katie Castro	14.70
50.	10	Kaitlin Bituen	15.48
54.	10	Sydney Tarnowski	15.91

Kaitlin is in full flight in the 100.

1600 Meters

6.	10	Kylee Phillips	5:59.84
		80 96 96 87	
16.	9	Alexia Hisquierdo	6:41.15
		92 109 108 95	

100m Hurdles - 33"

4.	10	Mia Padrique	20.61 (-.9)

300m Hurdles - 30"

10.	10	Mia Padrique	59.71
14.	9	Camille Ramirez	1:02.58

4x100 Relay

8.	Katie Castro	
	Sydney Tarnowski	
	Sadie Parker	
	Camille Ramirez	56.42
20.	Kaitlin Bituen	
	Marina Lipary	
	Julia Hutchens	
	Aerolon Nhingsavath	1:00.84

4x200 Relay

8.	Katie Castro	
	Marina Lipary	
	Sydney Tarnowski	
	Sadie Parker	2:01.72

4x400 Relay

4.	Aerolon Nhingsavath	1:09.9
	Julia Hutchens	1:12.5
	Mia Padrique	1:13.4
	Kylee Phillips	1:10.6
		4:46.08

These girls finished a bit out of the money at the meet, but made it to #10 on the All-Time GFS list.

4x800 Relay

5.	Julia Hutchens	2:46.2
	Alexia Hisquierdo	2:59.0
	Valeria Espinoza	3:02.1
	Kylee Phillips	2:39.1
		11:27.39

Shot Put - 4kg

7.	9	Emely Rosas	25-06.50
9.	10	Kyra Tongi	25-00.50
16.	10	Reina Felson-Lamb	20-03.00

Discus - 1kg

4.	10	Kyra Tongi	74-02.00
		(#10 All-Time GFS)	
9.	9	Emely Rosas	67-03.00
13.	10	Reina Felson-Lamb	55-10.00
17.	9	Faith Adesida	45-06.00

Pole Vault

14.	10	Ashley Breeze	6-00.00

Long Jump

15.	9	Marina Lipary	11-09.00
19.	10	Kaitlin Bituen	11-07.00

Triple Jump

1.	9	Sadie Parker	32-02.25
		(#2 All-Time GFS)	

Notes:

1. School Records and additions to the Top-10 lists are always welcome, and especially so at the very start of a season. Today was remarkable in that regard, with 4 Bulldogs making inroads on our record book:

- Brian Radke - - new school school record BFS pole vault
- Sadie Parker - - #2 All-Time GFS triple jump
- Alexis Yu - - tie #3 All-Time GV pole vault
- Desi Armstrong - - #3 All-Time GV long jump
- BV 4 x 100 - - # 9 All-Time BV
- Kyra Tongi - - #10 All-Time GFS discus
- GFS 4 x 400 - - # 10 All-Time GFS

2. Our rookies made some nice impressions today with performances. Perhaps the most notable are the contributions of our throwers today. Even with the delayed start of the events, and and the competition dragging on into darkness after all the running events were completed, the athletes stayed focused and were very competitive. Of note are the varsity marks of Mercedes and Alex, and the tosses of Kyra and Emely on frosh-soph.

3. Teamwork - - this is at times an over-used phrase, but today we saw it in action. Relay team members were diligent in making sure they checked in on time. When circumstances pulled someone away from a relay, the others took it on themselves to find replacements. Athletes were ready to accept an extra event to help out. Athletes in running and field events that overlapped were conscientious in balancing their time. When the meet ran long, Bulldogs were unfazed and stayed on to complete their obligations. And it was a real treat to have the last few competing athletes help Coach Brewer pack up the team area when it was all over and the stadium lights were going dim.

3. Love the family atmosphere - - lots of folks enjoying the meet, younger siblings running around, injured non-competing athletes in attendance to cheer on the troops - - it was quite the Alhambra festival.

4. Hidden heroes - - Coaches sometimes get caught up in all the minute-by-minute minutia of events, time schedules, athletes' concerns, the race at hand or the event in progress. Track meets are a whirlwind of constantly changing and multiple focuses. Even with all this as part of the coaching experience, at times even more is required. When the whole throws events were in disarray early on, our own assistant throws coach Selina Haefke (AHS class of 2014) stepped in to run the shot put with her baby in the stroller, and held sway for hours. Hats off.

5. Sunscreen, anyone? The chill in the air fooled more than a few Bulldogs, as athletes (and parents) misjudged the exposure to direct sunlight. By the end of the afternoon, there were quite few folks sporting some serious sunburns. It may technically still be winter, but this is California.

6. Yes, this is early season - - one of the touchiest elements of sprint relays is the handoff. And yes, with rookies and young runners, this is the bane of sprinters. And this is why we go to these early meets, to iron out these parts of the event. A few of our races saw some rough patches. Even our veterans were at times a bit on the dubious side of the excellence,

This is universal to all teams from all schools. And it is not confined to sprint relays. Distance relays also exhibited a fair amount of bobbling, hesitations, and near-disasters. Such is track.

7. And we have more in reserve. Even with 55 of our athletes in attendance (and I thought we were a small school) we have two dozen more athletes who for various reasons were left out of this meet. When they are all brought on board, and they all continue to coalesce into the team fabric, we can only get better as a total Bulldog presence at meets.

8. Even volunteers need to iron out the wrinkles - - all invitational meets need an army of volunteers, and even with the combined forces of DeLaSalle and Carondelet high schools, the meet was at times a bit rough around the edges. This is of course not unusual. Even volunteers need a meet or two to get their bearings and get comfortable with the job. The apparent chaos of the early part of today's meet was in large part smoothed out by the end of the races. With 35 schools attending this meet, a few kudos to the volunteers in handling this.

9. Full team participation - - A balanced team is always better than a lopsided team. There are always schools that can claim that they are a sprint team or a distance team, or a jumps team, or a throws team. We had all our areas contributing points - - sprints, hurdles, distance, throws, jumps, and vault - - all of the six tribes of track & field.

Looking Ahead:

At this point in the season, we need look no further than

Saturday, March 14 Martinez Relays

At this point we have 24 teams signed up, which almost twice as many as last year. So we anticipate that we are going to have a full complement of schools and athletes flooding our facility, and we need all of our families to make it work.

The signupgenius link can be found promiinently displayed on at alhambratrack.org.

And, of course, the long-range weather forecast says we'll have rain. Well, welcome to Martinez in the spring. We'll deal with it as best we can - - it is an all-weather track after all.

And a bit further down the line:

Here's our schedule for the rest of the season. We have two DAL home meets, but the rest are travel meets.

3/19 Th DAL @ YV - - all athetes
3/21 Sa Dublin Distance Fiesta - - distance
3/25 W DAL v. Benicia @ALH
3/28 Sa Bay Area Relays @ Foothill HS - all
4/1 W DAL @ Concord - - all athlete
4/3-4 F-Sa Stanford Invite - - selected
4/4 S Pole Vault Invite - - vaulters
4/8 W NorCal Decathlon @ALH - - anyone
4/15 W DAL v. College Park @ALH - - all
4/24 F Warren Relays @ Acalanes - - most
4/16 Sa Sacramento MOC Invite @ American River College - - qualifying athletes
5/2 Sa DAL Champs Trials @ Campo - - most
5/9 Sa DAL Champs Finals @ Campo
5/16 Sa NCS Tri-Valley @ Foothill
5/22-23 NCS MOC Trials-Finals @ Dublin HS
5/29-29 State Meet Trials-Finals @ Buchanan HS, Clovis