



The Bulldog Bark

The voice of Alhambra High School
Track & Field
Sunday, March 3, 2019



Clayton Valley Invite

Bulldogs Shine In Rainy Meet

•• = earned medal
• = earned ribbon

As promised, it rained at the start of the meet and it didn't look good for the rest of the meet. The sun never did quite come out, but the rain abated and the meet was able to go off in good order.

The affair, as a new meet this year was a smallish affair to begin with. The rain apparently scared off some schools, so only a dozen teams showed up, and of those, only about 7 or 8 were in full strength across all events.

This made for a much better early season experience as all the races were a bit smaller, the meet moved along on schedule, and the coaches were able to get athletes into multiple events to continue to assess the team's progress.

As it turned out, we were able to get 45 athletes into competition and we earned 46 medals and 28 ribbons in the process. Not a bad haul at all.



The day started out a bit soggy and a lot cold. The Alhambra enclave looked more like Arctic expedition at times. It got drier as the day went on.

BOYS' VARSITY

4x100 Relay

- 4. Landon Waters, Armani Guidry, Aaron Hern, Mister Davis 46.11
- 11. Lorenzo Fonseca, Jason Exline, Caleb Banez, Chris Kyle 53.43

1600 Meters

- 8. 11 Carson Edwards 4:57.99

110m Hurdles - 39"

- 4. 12 Jason Exline 19.76

SMR 100-100-200-400m

- 7. Lorenzo Fonseca, Chris Kyle, Jonas Knopf, Jordan Wondrusch 1:54.22

300m Hurdles - 36"

- 7. Graham Manning 48.77

SMR 1600m - [2-2-4-8]

- 7. Chris Kyle, Jonas Knopf, Jordan Wondrusch, Carson Edwards 4:20.61

4x200 Relay

- 3. Landon Waters, Aaron Hern, Lorenzo Fonseca, Mister Davis 1:38.44

4x400 Relay

- 4. Aaron Hern, Ben Smyers, Lorenzo Fonseca, Graham Manning 3:53.02

Shot Put - 12lb

- 2. Nick Momaney 43'11.00
- 12. Holden Burcell 35'03.75
- 13. Jordan Wondrusch 34'02.50

Discus - 1.6kg

- 4. Nick Momaney 126'10.25
- 9. Holden Burcell 95'09.00

High Jump

- 4. Jordan Wondrusch 5'04.00
- 5. Jason Exline 5'04.00



Jason unwisely lifts his head mid-jump.

Long Jump

- 3. Armani Guidry 19'02.75
- 7. Mason Bituen 17'07.50
- 8. Landon Waters 16'10.00



Alec and Brian get their updated relay assignments from Coach Hern.

BOYS' FROSH-SOPH

4x100 Relay

- 9. Anderson Keller, Hunter Kilbourn, Alec Ramos, Brian Radke 54.95

1600 Meters

- 3. Nolin Searls 5:13.93
- 6. Cristian Ruiz 5:19.97
- 9. Kai Badavinac 5:30.76
- 11. Ryan McCauley 5:31.07
- 12. Joaquin Hinkens 5:35.16



Nolin surges into the final straightaway with the race leaders.

110M Hurdles - 39"

- 3. Jonas Kobylak 20.50
- 5. Camden Boyles 21.12

SMR 100-100-200-400m

- 7. Hunter Kilbourn, Anderson Keller, Brian Radke, Alec Ramos 1:58.37

4x800 Relay

- 3. Ryan McCauley, Kai Badavinac, Joaquin Hinkens, Cristian Ruiz 10:03.61



Camden launches himself in the high jump.

High Jump

- 1. Alec Ramos 5'02.00
- 2. Ben Smyers 5'02.00
- 4. Camden Boyles 5'00.00

Pole Vault

- 2. Brian Radke 11'00.00
- 3. Camden Boyles 7'00.00
- Jonas Knopf n.h.

Long Jump

- 2. Jonas Kobylak 15'07.75

- 4. Anderson Keller 15'04.00

Triple Jump

- 2. 10 Anderson Keller 32'09.50

GIRLS' VARSITY

4x100 Relay

- 4. Brianna Hernandez, Emily West, Claire Stone, Joy Adesida 54.44
- 7. Christina Cortez, Megan Jensen, Briana Alvarez, Clara Duran 59.84

1600 Meters

- 2. Nicole Tria 5:39.43



Nicole scores another top place for the Bulldogs with a good early season time.

100 m Hurdles

- 4. Alexis Yu 18.32

SMR(1-1-2-4)

- 6. Emily West, Briana Alvarez, Brianna Hernandez, Claire Stone 2:08.69

300m Hurdles - 30"

- 4. Alexis Yu 57.62

4x200 Relay

- 3. Claire Stone, Brianna Hernandez, Joy Adesida, Clara Duran 2:00.10

Long Jump

- 3. Brianna Hernandez 14'09.25
- 8. Emily West 13'04.50
- 11. Clara Duran 12'02.75
- 13. Briana Alvarez 11'11.25
- 15. Christina Cortez 11'08.50

Shot Put - 4kg

- 8. Mikela Patrick 16'05.75

Discus - 1kg

- 11. Mikela Patrick 32'05.00

High Jump

- 1. Joy Adesida 4'06.00

Pole Vault

- 9. Alexis Yu 6'00.00

Triple Jump

- 1. Brianna Hernandez 31'02.00
- 5. 1Christina Cortez 27'06.25

GIRLS' FROSH-SOPH

4x100 Relay

- 3. Sydney Tarnowski, Laylah Fonseca, Kaitlin Bituen, Katie Castro 1:01.51



Kaitlin is apparently unfazed by the inclement weather early in the meet.

100 Hurdles

- 3. 9 Aerolon Nhingsavath 21.49
- 4. 9 Mia Padrique 22.26

SMR 100-100-200-400m

- 3. Laylah Fonseca, Kaitlin Bituen, Sydney Tarnowski, Katie Castro 2:20.41

300m Hurdles - 30"

- 2. 9 Aerolon Nhingsavath 59.27
- 3. 9 Mia Padrique 1:08.22

4x200 Relay

- 3. Laylah Fonseca, Kaitlin Bituen, Sydney Tarnowski, Kylee Phillips 2:09.50



Laylah and Kaitlin in full flight on their handoff.

4x400 Relay

- 3. Mia Padrique, Kylee Phillips, Aerolon Nhingsavath, Sydney Tarnowski 4:57.98

Shot Put - 4kg

- 5. 9 Reina Felson-Lamb 19'07.00

Discus - 1kg

- 4. 9 Reina Felson-Lamb 51'10.50

High Jump

- 4. 9 Kylee Phillips 3'08.00

Pole Vault

- 2. 9 Ashley Breeze 6'06.00

Long Jump

- 11. 9 Kaitlin Bituen 11'01.25

Triple Jump

- 4. 10 Laylah Fonseca 28'08.00



Ashley gets bend in her pole for the first time. Exciting.

Notes:

1. **Snack table** - - the word went out, and the team responded - - a plentitude of fruit and snacks arrived for the team to gub on all day, and we even had a bit left over. Thanks ! Let's keep this up !

2. **Our participation numbers** inched up this meet, even with the rain and showers and cold. We can still do better for our Saturday meets.

3. **What rain?** Several other schools did not even show at all, and others only sent a few athletes in specific events. It turns out that the Bulldogs were one of just a few teams that showed up in full force (James Logan, DeLaSalle, Carondelet, and of cours the home team Clayton). Good going.

4. **Again, team readiness** . . . no meet ever goes exactly according to plan, so there will always be adjustments as the day goes along. And again, our athletes were ready and able to jump in and help out when there was a gap in a relay.

5. **Big week coming up !**

Wed 3/6 - - DAL opener v. College Park

This is our first league meet of the season, and our toughest. We will have to be at our best just to get close them. They are a large team, and have a strong tradition of success.

Sat 3/9 - - Martinez Relays

This is our invitational, and it requires all hands on deck. Yes it does. It's fun, too.

6. **And more big weeks after that !**

We have a four week stretch of Wednesday - Saturday meets. After 5 weeks of conditioning, drills, and skills, we get to see just what sort of team we really are. Early indications are very encouraging, but this will be a challenging stretch for us.