



The Bulldog Bark



The voice of Alhambra High School
Track & Field
Monday, March 18, 2019

Loads of PR's !

3 All-Time additions !

Bulldogs Hold Their Own At Eddie Hart Invitational

For the first time this year we had excellent track weather . . . perhaps a bit too excellent as there were a few sunburns in progress as the day went along. And it was a good thing that the coaches did not enter any athletes in the later events, as meet started to drag on seriously in the early afternoon.

The Bulldogs were a bit of a mixed bag today. For the most part the troops improved, but the schedule is starting to catch up to us and a few twinges and aches emerged to dampen some performances.

There were 30+ teams in attendance from all over the Bay Area and Norther California, and the caliber of competition was significantly higher than we have seen this year, especially in the sprints. Our performances against this level are an encouraging sign as we continue to move through the middle of our season.

Again we had our share of pleasant surprises. We did not bring a full complement of athletes, and had no expectations of being a presence, so it was nice to see our kids do well in events, pick up a few medals, and establish quite a few PR's, and notch even more inroads on the all-time list.

The top three finishers in each event earned medals, and the top 6 in each event scored points for the team cause.

• = earned medal

100 Meters

GFS

30.	10	Skye McKinsey	15.37
37.	9	Kaitlin Bituen	15.63
9		Sydney Tarnowski	DNS

BFS

• 2.	9	Armani Guidry	11.85
47.	9	Hunter Kilbourn	15.02 PR

GV

6.	9	Desie Armstrong	12.97
17.	12	Claire Stone	13.58 PR
22.	9	Joy Adesida	13.85

BV

10.	11	Mister Davis	11.27
44.	10	Landon Waters	12.35
57.	12	Aaron Hern	12.59 PR

Armani nearly won it all in a great race into a slight headwind. Desie continues her string of sub-13 times. Mister's road to recovery is staying strong.

400

GFS

5.	9	Kylee Phillips	1:06.74 PR
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9.	9	Aerolon Nhingsavath	1:09.35 PR
17.	9	Denise Martinez	1:13.25 PR

BFS

6.	10	Benjamin Smyers	57.49 PR
23.	10	Kai Badavinac	1:03.34 PR

GV

23.	10	Laylah Fonseca	1:07.64 PR
34.	11	Clara Duran	1:18.05 PR

BV

13.	12	Graham Manning	54.53 SR
19.	11	Lorenzo Fonseca	55.01 PR
33.	12	Alan Kobylak	59.01 SR

Kylee was fierce today, winning her heat dramatically in a PR. Aero too looked strong. Ben picked up surprise team points. Laylah came through with an improved effort. Graham took his time, but surged well for a heat win.

1600 Meters

BFS

5.	10	Ryan McCauley	5:10.37 PR
6.	9	Nolin Searls	5:16.81
19.	9	Joaquin Hinkens	5:43.40
23.	9	Ali Sobhy	5:53.75 PR

BV

13.	9	Cristian Ruiz	5:08.93 PR
14.	10	Kai Badavinac	5:11.21 PR

The young boys all ran tough, and most of them PR'd strongly, especially Cristian and Kai on varsity. Ryan and Nolin added team points.

High Hurdles

GFS

4.	9	Aerolon Nhingsavath	21.14 PR
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BFS

6.	10	Camden Boyles	20.81 PR
10.	10	Dreyus Farrales	21.20 PR
10		Benjamin Smyers	DNS

GV

7.	11	Alexis Yu	18.74
21.	11	Katelyn Kyllo	24.22

BV

17.	12	Graham Manning	20.84
20.	12	Alan Kobylak	21.30

There was a mixup somewhere, as Ben was 2nd in his heat and third overall but got left off of the results. The best coach estimate was that he ran about 18.8. The younger hurdlers continue to show improvement.

4x100 Relay

GFS

9.		Sydney Tarnowski Denise Martinez Kaitlin Bitten Sky McKinsey	59.74
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BFS

11.		Camden Boyles Dreyus Ferrules Hunter Kilbourn Ali Sobhy	53.78
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GV

9.		Brianna Hernandez Joy Adesida Claire Stone Desie Armstrong	52.47
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BV

8.		Landon Waters Lorenzo Fonseca Aaron Hern Mister Davis	45.02
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Although the relays did not have season PR's, the time were still close to 2019 bests, and the overall trend of the times from the start of the season is consistently better.

Shot Put

GFS

14.	9	Reina Felson-Lamb	20-00.25
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BFS

9.	9	Austin Macey	28-01.50 PR
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BV

4.	12	Nick Momaney	47-04.00
23.	10	Jordan Wondrusch	36-06.25 PR
35.	12	Holden Burcell	32-06.50

Our little band of throwers is also having a series of solid moments. Nick scored our only varsity points with a fine toss. Jordan is getting much better. Austin moved to another level with his PR.

Discus

GFS

27.	9	Reina Felson-Lamb	39-10
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BV

19.	12	Nick Momaney	108-10
24.	12	Holden Burcell	99-04

The discus event dragged on and on and on, and our team marks were subsequently very subpar.

High Jump

GFS

4.	9	Kylee Phillips	3-08.00
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BFS

• 1.	10	Benjamin Smyers	5-06.00 PR
5.	10	Camden Boyles	5-02.00 PR

GV

5.	9	Joy Adesida	4-04.00
11		Alexis Yu	NH

BV

10.	10	Jordan Wondrusch	5-06.00
13.	11	Lorenzo Fonseca	5-02.00 PR

Perhaps not the best day for Alhambra high jumping, but sufficient in the competition to be close to PR's, and score points.

Pole Vault

BFS

6.	10	Camden Boyles	7-06.00
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GV

6.	9	Ashley Breeze	7-00.00
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11 Alexis Yu NH
Camden was a busy boy, hurdling and jumping and vaulting. He scored points here too. Alexis and her sore shin were not up to opening at her PR. Ashley scored for the team.

Long Jump

GFS

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|----|----|----------------|-------------|
| 7. | 10 | Sky McKinsey | 12-05.00 |
| 8. | 9 | Kaitlin Bituen | 12-04.00 PR |
| | 10 | Hannah Johnke | SCR |

BFS

- | | | | |
|------|---|---------------|-------------|
| • 1. | 9 | Armani Guidry | 20-00.00 PR |
|------|---|---------------|-------------|
- (#4 All-Time BFS Top-10 list)

GV

- | | | | |
|----|----|-------------------|-------------|
| 4. | 11 | Brianna Hernandez | 15-09.00 PR |
|----|----|-------------------|-------------|
- (#9 All-Time GV Top 10 list)
- | | | | |
|-----|----|----------------|-------------|
| 16. | 11 | Clara Duran | 13-05.00 SR |
| 21. | 11 | Briana Alvarez | 12-06.50 |

BV

- | | | | |
|-----|----|---------------|-------------|
| 9. | 12 | Mason Bituen | 20-01.00 PR |
| 20. | 10 | Landon Waters | 18-08.00 PR |
| 25. | 10 | Baron Hayes | 18-05.00 PR |

The horizontal jumpers were quite the story for us today. Coach Jeff's happy bunch grabbed a bunch of PR's, 2 additions to the All-Time lists, and Armani's 1st place.

Triple Jump

GV

- | | | | |
|----|----|-------------------|-------------|
| 4. | 11 | Brianna Hernandez | 32-08.00 PR |
|----|----|-------------------|-------------|
- (# 8 All-Time GV Top-10 list)
- | | | | |
|-----|----|----------------|-------------|
| 7. | 9 | Ashley Breeze | 31-09.25 PR |
| 12. | 10 | Laylah Fonseca | 30-01.00 PR |
| 15. | 11 | Briana Alvarez | 24-03.00 |

The jumping joy continued into the triple jump with a rash of PR's. Brianna H. moved up yet one more spot on the All-Time list.

Even though this meet was not officially scored, Coach Brewer likes to tally up the results anyway. This gives us an idea of just how we stack up in these competitions. Today, even with about half the team entered, we were able still represent well.

Team Scores:

GFS

- | | | |
|-----|-------------------------|-----------|
| 1. | Clayton Valley | 70.5 |
| 2. | Irvington | 54 |
| 3. | Vallejo | 46 |
| 4. | Pittsburg | 34 |
| 5. | Carondelet | 33 |
| 6. | Liberty | 31.75 |
| 7. | Vintage | 28.5 |
| 8. | Dixon | 28 |
| 9. | College Park | 26 |
| 10. | American Canyon | 21.75 |
| 11. | Maria Carrillo | 21 |
| 12. | California | 12 |
| 13. | Freedom | 15 |
| 14. | Antioch | 10 |
| 14. | Alhambra | 10 |
| 16. | Armijo | 8 |
| 16. | Las Lomas | 8 |
| 18. | Cal School for the Deaf | 6 |
| 19. | George Washington | 4 |
| 20. | Castlemont | 1 |

BFS

- | | | |
|----|----------------|-------|
| 1. | Pittsburg | 57.33 |
| 2. | Clayton Valley | 53 |

- | | | |
|-----|-------------------|--------------|
| 3. | American Canyon | 50.33 |
| 4. | Alhambra | 37.83 |
| 5. | Maria Carrillo | 36 |
| 6. | Middletown | 32 |
| 7. | Dixon | 26 |
| 7. | Liberty | 26 |
| 7. | Pinole Valley | 26 |
| 10. | Freedom | 23 |
| 11. | Heritage | 20 |
| 12. | George Washington | 16 |
| 13. | Maria Carrillo | 12 |
| 13. | Antioch | 12 |
| 15. | Vallejo | 11 |
| 16. | Middletown | 6 |
| 16. | California | 6 |
| 18. | Armijo | 4 |
| 19. | Casa Grande | 3 |
| 20. | DeLaSalle | 2.5 |
| 21. | College Park | 2 |
| 22. | Vintage | 1 |

GV

- | | | |
|-----|----------------------|--------------|
| 1. | Vanden | 66 |
| 2. | Pittsburg | 52 |
| 3. | Clayton Valley | 49.33 |
| 4. | Dixon | 49 |
| 5. | Rodriguez | 46.33 |
| 6. | Irvington | 32.33 |
| 7. | Miramonte | 32 |
| 8. | Las Lomas | 28 |
| 9. | Liberty | 26 |
| 10. | Middletown | 23 |
| 11. | American Canyon | 17.5 |
| 12. | Armijo | 16 |
| 12. | Heritage | 16 |
| 14. | Maria Carrillo | 15.5 |
| 15. | College Park | 15 |
| 16. | Alhambra | 12.33 |
| 17. | George Washington | 7 |
| 18. | Antioch | 6 |
| 19. | Vintage | 5 |
| 20. | Freedom | 2 |
| 20. | Casa Grande | 2 |
| 22. | Making Waves Academy | 2 |
| 23. | California | 1 |

BV

- | | | |
|-----|-------------------------|----------|
| 1. | Freedom | 73 |
| 2. | Clayton Valley | 58 |
| 3. | American Canyon | 53 |
| 4. | Vanden | 47 |
| 5. | Pittsburg | 46 |
| 6. | Dixon | 45 |
| 7. | Vallejo | 30 |
| 8. | Middletown | 27 |
| 9. | Liberty | 20 |
| 9. | Irvington | 20 |
| 11. | Maria Carrillo | 18 |
| 12. | Benicia | 12 |
| 13. | Vintage | 11.5 |
| 14. | Antioch | 11 |
| 14. | Cal School for the Deaf | 11 |
| 16. | Miramonte | 10 |
| 17. | Heritage | 9.5 |
| 18. | Las Lomas | 6 |
| 19. | Alhambra | 4 |
| 20. | College Park | 2 |
| 20. | Rodriguez | 2 |
| 20. | George Washington | 2 |
| 23. | Casa Grande | 1 |
| 23. | Pinole Valley | 1 |

1000's of runners !

Nicole & Carson Run Well At Dublin Distance Fiesta

There was just enough time from the end of the pole vault at Pittsburg High for Coach Brewer to pack everything up and scurry down the road to Dublin High to catch Nicole and Carson in the evening races at the Dublin Distance Fiesta.

This event boasts over 100 separate high schools sending over 2600 athletes to the line for only distance races. Against the backdrop of the sheer numbers and tip-top competition, our very own Nicole and Carson fared well.

Girls' 3200 (216 finishers)

- | | | | |
|-----|----|-------------|----------|
| 45. | 12 | Nicole Tria | 11:57.11 |
|-----|----|-------------|----------|

Nicole's plan was to get near the front and hang on for a chance to get another PR this week after her breakthrough race on Wednesday. The first part of the plan held on, and she was in good place in her heat near the front, but the pace was a bit slowish and she was boxed in on the rail much of the race. Still, a solid effort.

Boys' 3200 (387 finishers)

- | | | | |
|------|----|----------------|-------------|
| 154. | 11 | Carson Edwards | 10:26.76 PR |
|------|----|----------------|-------------|

Carson had a similar plan, but his was to attack laps 5 and 6 in order to keep pace with the race leaders and then see what he had left in the tank for the rest of the race. This worked pretty well, but the race pace overall was very quick for the first 4 laps and that took a step or two off the effort. Carson was still game for the strategy and came back strongly the last 1 1/2 laps to grab yet another in a season-long string of PR's.

Looking Ahead:

Wed 3/20 Concord & Mt. Diablo @ Alhambra

This is our last home meet of the year. Concord presents some challenges to us on the varsity level, so we have to be at our best against them.

Sat 3/23 Oakland Invitational

We will be off to Laney College with a full complement of athletes for an all-day event.