



The Bulldog Bark

The Voice of Alhambra High Track & Field
Where Intensity is Not a Crime



Saturday May 1, 2021

2021 DAL-Valley Finals

Bulldogs Rampage In League Championships

The 2021 season of covid ended on a high note for the Alhambra Bulldogs. We took home league titles in three of the four divisions (GV, BV, GJV), and were second in the fourth one (BJV).

In so doing we had a slew of individual winners, a few multiple winners, and lots and lots of medals for scoring places.

Dogs host the meet

We put on the championships and were in charge of all the usual meet preparation, equipment staging, arranging for the timer and the starter, and taking care of the clerical end. Our cadre of athletes and parent volunteers set up canopies, moved hurdles and blocks, announced, awarded medals, et cetera.

With all of the other schools chipping in to help move hurdles, officiate events, flag zones, et cetera, we were able to have a smoothly run meet, and clean it all up quickly afterward.

Bonus Feature

Coach Mrs. Hern smoothly inserted our senior recognition event between the field events and running events, so we were able to give credit and due to our graduating athletes and still keep the meet moving along.

Boys' Junior Varsity

All the teams had only a few boys at best in the JV division, and as well as ours did, Benicia had a few more than we did.

Team Scores

| | |
|---------------------|-----|
| 1. Benicia | 135 |
| 2. Alhambra | 86 |
| 3. Mt. Diablo | 24 |
| 4. Concord | 18 |
| 5. Ygnacio Valley | 16 |
| 6. Berean Christian | 9 |

100 Meters

| | | | | |
|---|----|------------------------|-------------|-----|
| 1 | 9 | Truedell Minnieweather | 12.03(-2.5) | BEN |
| 2 | 10 | Savion Martin | 12.60(-2.5) | MD |
| 3 | 9 | Kristian Tribble | 12.81(-2.5) | BEN |
| 4 | 10 | Evan Torres | 13.26(-2.5) | BEN |
| 5 | 10 | Anthony Poyadue | 13.28(-2.5) | ALH |
| 6 | 10 | Zion Donaville | 13.33(-2.5) | BEN |
| 7 | 9 | Daniel Mleziva | 13.34(-2.5) | BC |
| 8 | 9 | Zachary McGowan | 13.41(-2.5) | BEN |

200 Meters

| | | | | |
|---|----|------------------|------------|-----|
| 1 | 10 | Harrison Hubbard | 23.60(-.3) | BEN |
|---|----|------------------|------------|-----|

| | | | | |
|---|----|------------------------|------------|-----|
| 2 | 10 | Savion Martin | 24.20(-.3) | MD |
| 3 | 9 | Truedell Minnieweather | 24.60(-.3) | BEN |
| 4 | 10 | Evan Torres | 26.50(-.3) | BEN |
| 5 | 9 | Daniel Mleziva | 26.56(-.3) | BC |
| 6 | 9 | Ryan Hill | 26.71(-.3) | BC |
| 7 | 10 | Zion Donaville | 26.71(-.3) | BEN |
| 8 | 10 | Anthony Poyadue | 27.10(-.3) | ALH |

400 Meters

| | | | | |
|---|----|------------------|----------|-----|
| 1 | 10 | Harrison Hubbard | 52.61a | BEN |
| 2 | 10 | Savion Martin | 55.71a | MD |
| 3 | 9 | Ryan Hill | 58.09a | BC |
| 4 | 9 | Zachary Navarro | 1:09.56a | ALH |

800 Meters

| | | | | |
|---|----|-----------------|----------|-----|
| 1 | 9 | Benjamin Wilson | 2:32.52a | BEN |
| 2 | 10 | Zachary Willsie | 2:41.50a | CON |
| 3 | 11 | Ethan Muth | 2:58.51a | ALH |

1600 Meters

| | | | | |
|---|----|-----------------|----------|-----|
| 1 | 10 | Zachary Willsie | 5:45.75a | CON |
| 2 | 11 | Erick Rosas | 5:48.84a | YV |
| 3 | 9 | Benjamin Wilson | 5:58.58a | BEN |
| 4 | 11 | Ethan Muth | 6:04.37a | ALH |

3200 Meters

| | | | | |
|---|----|-------------|-----------|-----|
| 1 | 10 | Andrew Hill | 12:28.70a | BEN |
| 2 | 11 | Erick Rosas | 12:57.49a | YV |

110m Hurdles - 39"

| | | | | |
|---|---|-------------|-------------|-----|
| 1 | 9 | Mason Jones | 23.17(-1.1) | ALH |
|---|---|-------------|-------------|-----|

300m Hurdles - 36"

| | | | | |
|---|---|-----------------|--------|-----|
| 1 | 9 | Zachary Navarro | 52.16a | ALH |
| 2 | 9 | Mason Jones | 57.83a | ALH |



Zach's 30 points in 4 events led the BJV cause today.

4x100 Relay

| | | | |
|---|------------|--------|-----|
| 1 | Relay Team | 48.13a | BEN |
|---|------------|--------|-----|

4x400 Relay

| | | | |
|---|------------|----------|-----|
| 1 | Relay Team | 4:10.22a | BEN |
|---|------------|----------|-----|

Shot Put - 10 lb

| | | | | |
|---|----|----------------|---|-----|
| 1 | 10 | Samuel Rentfro | ? | BEN |
| 2 | 12 | Jeff Metz | ? | ALH |

Discus - 1.6kg

| | | | | |
|---|----|----------------|----------|-----|
| 1 | 10 | Samuel Rentfro | 68'05.00 | BEN |
| 2 | 12 | Jeff Metz | 56'09.00 | ALH |

High Jump

| | | | | |
|---|----|-----------------|---------|-----|
| 1 | 10 | Evan Torres | 5'02.00 | BEN |
| 2 | 9 | Benjamin Wilson | 5'00.00 | BEN |
| 3 | 9 | Zachary Navarro | 4'04.00 | ALH |

Pole Vault

| | | | | |
|---|---|-----------------|---------|-----|
| 1 | 9 | Zachary Navarro | 7'00.00 | ALH |
|---|---|-----------------|---------|-----|

Long Jump

| | | | | |
|---|----|-----------------|----------|-----|
| 1 | 10 | Anthony Poyadue | 13'03.00 | ALH |
|---|----|-----------------|----------|-----|

Triple Jump

event not contested

Girls' Junior Varsity

This was an unexpected win, as YV has some strong individuals across most of the events and were penciled in as the definite team favorite. However, they had an injury, a few subpar performances, and we were the beneficiary of some surprises. Alaina in particular with her win in the 1600 was an eye-opener, and with Corina holding down the hurdles and vertical jumps and Reina winning the throws, we managed to scrounge enough points to eke out the team win.

Team Scores

| | |
|---------------------|----|
| 1. Alhambra | 90 |
| 2. Ygnacio Valley | 81 |
| 3. Concord | 62 |
| 4. Mt. Diablo | 50 |
| 5. Berean Christian | 16 |

100 Meters

| | | | | |
|---|----|-----------------------|-------------|-----|
| 1 | 10 | Veydi Gonzalez | 14.47(-2.7) | MD |
| 2 | 11 | Molly Householder | 14.69(-2.7) | CON |
| 3 | 10 | Evelyn Frias Valadez | 15.11(-2.7) | CON |
| 4 | 10 | Samantha Checke | 15.70(-2.7) | CON |
| 5 | 9 | Michelle Chavez Pardo | 16.64(-2.7) | YV |

200 Meters

| | | | | |
|---|----|-----------------------|------------|-----|
| 1 | 9 | Jenifer Castro-Alfaro | 28.93(-.6) | MD |
| 2 | 9 | Alexis Kluznik-Ashley | 29.84(-.6) | BC |
| 3 | 11 | Molly Householder | 30.52(-.6) | CON |
| 4 | 10 | Evelyn Frias Valadez | 31.13(-.6) | CON |
| 5 | 10 | Samantha Checke | 31.94(-.6) | CON |

400 Meters

| | | | | |
|---|---|-----------------------|----------|----|
| 1 | 9 | Jenifer Castro-Alfaro | 1:05.25a | MD |
| 2 | 9 | Alexis Kluznik-Ashley | 1:08.62a | BC |

800 Meters

| | | | | |
|---|----|--------------------------|----------|-----|
| 1 | 10 | Lauren Dang | 3:08.84a | YV |
| 2 | 10 | Sheridan Donovan-Stauder | 3:10.20a | YV |
| 3 | 10 | Alaina Lipary | 3:17.12a | ALH |
| 4 | 11 | Reyna Arce | 3:26.08a | ALH |
| 5 | 9 | Vila Christensen | 3:28.75a | YV |
| 6 | 9 | Casey Gassner | 3:36.72a | YV |

1600 Meters

| | | | | |
|---|----|--------------------------|----------|-----|
| 1 | 10 | Alaina Lipary | 6:54.26a | ALH |
| 2 | 10 | Sheridan Donovan-Stauder | 7:03.30a | YV |
| 3 | 11 | Reyna Arce | 7:04.14a | ALH |
| 4 | 9 | Vila Christensen | 7:28.69a | YV |
| 5 | 10 | Haylie Jacobs | 7:36.25a | CON |

3200 Meters

event not contested

100m Hurdles - 33"

| | | | | |
|---|----|----------------|-------------|-----|
| 1 | 10 | Veydi Gonzalez | 20.26(-2.0) | MD |
| 2 | 10 | Lauren Dang | 21.39(-2.0) | YV |
| 3 | 9 | Corina Jones | 22.88(-2.0) | ALH |



Corinna was the queen of the GJV today. Her 34 total points in 4 events were over 1/3 of the team's total tally.

300m Hurdles - 30"

| | | | | |
|---|----|----------------|----------|-----|
| 1 | 10 | Veydi Gonzalez | 57.89a | MD |
| 2 | 9 | Corina Jones | 1:06.74a | ALH |

4x100 Relay

| | | | |
|---|------------|--------|-----|
| 1 | Relay Team | 59.17a | CON |
|---|------------|--------|-----|

4x400 Relay

| | | | |
|---|------------|----------|-----|
| 1 | Relay Team | 6:11.60a | ALH |
|---|------------|----------|-----|

Shot Put - 4kg

| | | | | |
|---|----|-----------------------|----------|-----|
| 1 | 11 | Reina Felson-Lamb | 22'10.75 | ALH |
| 2 | 9 | Kianna Zaragoza Pardo | 22'00.00 | YV |

Discus - 1kg

| | | | | |
|---|----|-----------------------|----------|-----|
| 1 | 11 | Reina Felson-Lamb | 58'10.00 | ALH |
| 2 | 9 | Kianna Zaragoza Pardo | 49'03.00 | YV |

High Jump

| | | | | |
|---|----|--------------|---------|-----|
| 1 | 9 | Corina Jones | 4'00.00 | ALH |
| 2 | 10 | Lauren Dang | 3'08.00 | YV |

Pole Vault

| | | | | |
|---|---|--------------|---------|-----|
| 1 | 9 | Corina Jones | 6'06.00 | ALH |
|---|---|--------------|---------|-----|

Long Jump

| | | | | |
|---|----|-----------------------|----------|-----|
| 1 | 10 | Olivia Delucchi | 11'09.00 | CON |
| 2 | 9 | Michelle Chavez Pardo | 11'05.25 | YV |
| 3 | 10 | Lauren Dang | 11'00.75 | YV |

Triple Jump

| | | | | |
|---|----|-----------------|----------|-----|
| 1 | 10 | Olivia Delucchi | 24'01.00 | CON |
|---|----|-----------------|----------|-----|

Boys' Varsity

This strong team win was a forgone conclusion before the meet, but the margin of victory was much larger than anticipated. Led by double winners Baron Hayes (LJ & TJ) and Ben Smyers (1600 & 800) along with many other multiple medalists, the Alhambra horde had the meet won with just the field events.

Team Scores

| | | |
|----|------------------|-----|
| 1. | Alhambra | 195 |
| 2. | Ygnacio Valley | 80 |
| 3. | Concord | 54 |
| 4. | Berean Christian | 22 |
| 5. | Mt. Diablo | 20 |
| 6. | Benicia | 16 |

100 Meters

| | | | | |
|---|----|-------------------|-------------|-----|
| 1 | 10 | Zachary Smith | 11.69(-3.7) | MD |
| 2 | 12 | Landon Waters | 12.05(-3.7) | ALH |
| 3 | 11 | Oswaldo Gomez | 12.19(-3.7) | CON |
| 4 | 11 | Lucas Hilderbrand | 12.37(-3.7) | BC |
| 5 | 11 | Brian Radke | 12.77(-3.7) | ALH |
| 6 | 10 | Brandon Islas | 12.91(-3.7) | CON |
| 7 | 12 | Trayjen Jones | 13.18(-3.7) | CON |
| 8 | 11 | Oswaldo Salguero | 13.81(-3.7) | BC |

200 Meters

| | | | | |
|---|----|-------------------|-----------|-----|
| 1 | 10 | Zachary Smith | 23.35(.2) | MD |
| 2 | 12 | Oliver King | 23.36(.2) | YV |
| 3 | 12 | Landon Waters | 24.33(.2) | ALH |
| 4 | 11 | Oswaldo Gomez | 24.74(.2) | CON |
| 5 | 11 | Lucas Hilderbrand | 24.96(.2) | BC |
| 6 | 10 | Brandon Islas | 25.87(.2) | CON |
| 7 | 12 | Trayjen Jones | 26.02(.2) | CON |
| 8 | 11 | Oswaldo Salguero | 28.12(.2) | BC |

400 Meters

| | | | | |
|---|----|---------------|----------|-----|
| 1 | 12 | Oliver King | 53.41a | YV |
| 2 | 12 | Dylan Roberts | 1:02.26a | CON |
| 3 | 12 | Justin Cao | 1:06.08a | CON |

800 Meters

| | | | | |
|---|----|-----------------|----------|-----|
| 1 | 12 | Benjamin Smyers | 2:04.51a | ALH |
| 2 | 12 | Aidan Donovan | 2:16.49a | YV |
| 3 | 10 | Benjamin French | 2:19.05a | BC |

1600 Meters

| | | | | |
|---|----|-----------------|----------|-----|
| 1 | 12 | Benjamin Smyers | 4:43.94a | ALH |
| 2 | 12 | Ryan McCauley | 4:48.16a | ALH |
| 3 | 12 | Aidan Donovan | 4:48.80a | YV |
| 4 | 11 | Nolin Searls | 4:54.28a | ALH |
| 5 | 9 | Cameron Crow | 4:59.15a | CON |
| 6 | 12 | Brandon Simpson | 5:12.62a | CON |
| 7 | 10 | Zachary Dahl | 5:14.34a | CON |

3200 Meters

| | | | | |
|---|----|-----------------|-----------|-----|
| 1 | 1 | Ryan McCauley | 10:17.67a | ALH |
| 2 | 12 | Aidan Donovan | 10:47.18a | YV |
| 3 | 11 | Nolin Searls | 10:55.36a | ALH |
| 4 | 12 | Benjamin Smyers | 11:05.31a | ALH |
| 5 | 9 | Cameron Crow | 11:45.48a | CON |
| 6 | 12 | Brandon Simpson | 11:59.95a | CON |

| | | | | |
|---|----|--------------|-----------|-----|
| 7 | 10 | Zachary Dahl | 12:17.33a | CON |
|---|----|--------------|-----------|-----|

110m Hurdles - 39"

| | | | | |
|---|----|-------------------|-------------|-----|
| 1 | 12 | Julien Lutz | 17.10(-1.1) | YV |
| 2 | 12 | Isaiah Huntsinger | 18.68(-1.1) | ALH |
| 3 | 11 | Brian Radke | 20.92(-1.1) | ALH |

300m Hurdles - 36"

| | | | | |
|---|----|------------------------|--------|-----|
| 1 | 12 | Julien Lutz | 45.13a | YV |
| 2 | 11 | Lucas Canestraro Ahnen | 47.91a | CON |
| 3 | 12 | Isaiah Huntsinger | 48.10a | ALH |
| 4 | 12 | Cody Guadino | 50.68a | ALH |

4x400 Relay

| | | | |
|---|------------|----------|-----|
| 1 | Relay Team | 3:57.49a | BC |
| 2 | Relay Team | 4:09.81a | CON |
| 3 | Relay Team | 4:20.69a | ALH |

Shot Put - 12lb

| | | | | |
|---|----|------------------|----------|-----|
| 1 | 12 | Jordan Wondrusch | 42'02.00 | ALH |
| 2 | 12 | Alex Faatoafe | 38'08.25 | ALH |
| 3 | 12 | Aiden Torres | 34'11.50 | BEN |

Discus - 1.6kg

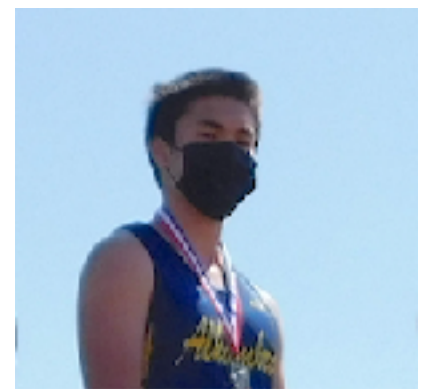
| | | | | |
|---|----|------------------|-----------|-----|
| 1 | 12 | Aiden Torres | 100'00.50 | BEN |
| 2 | 12 | Jordan Wondrusch | 100'00.00 | ALH |
| 3 | 12 | Alex Faatoafe | 96'04.00 | ALH |

High Jump

| | | | | |
|---|----|------------------|---------|-----|
| 1 | 12 | Cody Guadino | 5'06.00 | ALH |
| 2 | 12 | Jordan Wondrusch | 5'06.00 | ALH |

Pole Vault

| | | | | |
|---|----|-------------------|----------|-----|
| 1 | 11 | Brian Radke | 11'06.00 | ALH |
| 2 | 12 | Isaiah Huntsinger | 8'00.00 | ALH |



Baron was a quiet assassin for us today, easily taking wins in the horizontal jumps to jumpstart our convincing win today.

Long Jump

| | | | | |
|---|----|------------------|----------|-----|
| 1 | 12 | Baron Hayes | 18'09.25 | ALH |
| 2 | 12 | Oliver King | 18'01.50 | YV |
| 3 | 12 | Landon Waters | 17'10.50 | ALH |
| 4 | 12 | Julien Lutz | 17'07.75 | YV |
| 5 | 12 | Cody Guadino | 17'02.50 | ALH |
| 6 | 12 | Jordan Wondrusch | 16'09.75 | ALH |
| 7 | 12 | Trayjen Jones | 16'08.00 | CON |
| 8 | 10 | Brandon Islas | 16'02.50 | CON |
| 9 | 11 | Oswaldo Gomez | 15'10.50 | CON |

Triple Jump

| | | | | |
|---|----|------------------------|----------|-----|
| 1 | 12 | Baron Hayes | 39'01.00 | ALH |
| 2 | 12 | Julien Lutz | 38'05.50 | YV |
| 3 | 11 | Lucas Canestraro Ahnen | 36'11.75 | CON |

Girls' Varsity

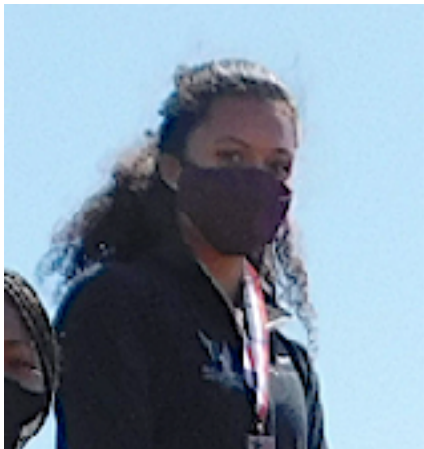
The athlete of the meet was Benica's Katelyn who dominated the long sprints with quality marks even on a windy day, and added the pole vault as her third win. The Dogs had more than enough athletes though to counter her, and rolled to a convincing team win. Desi was a double individual winner for us (100 & LJ) with Sadie (TJ), Kyra (Shot), Kylee (800), and Renae (1600) also leading the showcase of team strength in their individual wins.

Team Scores

| | |
|---------------------|-----|
| 1. Alhambra | 180 |
| 2. Benicia | 92 |
| 3. Ygnacio Valley | 53 |
| 4. Concord | 31 |
| 5. Berean Christian | 20 |

100 Meters

| | | | | |
|---|----|-----------------|------------|-----|
| 1 | 11 | Desie Armstrong | 12.84(-.2) | ALH |
| 2 | 9 | Alana Burke | 13.38(-.2) | ALH |
| 3 | 11 | Abigail Epps | 13.47(-.2) | ALH |
| 4 | 11 | Julia Morgan | 13.94(-.2) | CON |
| 5 | 11 | Katie Castro | 14.07(-.2) | ALH |
| 6 | 10 | Marina Lipary | 14.50(-.2) | ALH |



Des stood at the top step of the podium three times for us today (LJ, 100, 4x100) to be the anchor athlete for our dominating win in the GV today.

200 Meters

| | | | | |
|---|----|-----------------|-------------|-----|
| 1 | 12 | Katelyn Carro | 26.54(-1.4) | BEN |
| 2 | 10 | Sadie Parker | 26.71(-1.4) | ALH |
| 3 | 11 | Desie Armstrong | 27.19(-1.4) | ALH |
| 4 | 9 | Alana Burke | 27.47(-1.4) | ALH |
| 5 | 11 | Abigail Epps | 28.91(-1.4) | ALH |
| 6 | 11 | Katie Castro | 29.75(-1.4) | ALH |
| 7 | 10 | Marina Lipary | 31.12(-1.4) | ALH |

400 Meters

| | | | | |
|---|----|---------------------|----------|-----|
| 1 | 1 | Katelyn Carro | 59.67a | BEN |
| 2 | 11 | Aerolon Nhingsavath | 1:10.89a | ALH |

800 Meters

| | | | | |
|---|----|------------------|----------|-----|
| 1 | 11 | Kylee Phillips | 2:42.00a | ALH |
| 2 | 9 | Renae Searls | 2:46.18a | ALH |
| 3 | 11 | Kaelyn Nguyen | 2:49.04a | ALH |
| 4 | 10 | Sunny Ray | 2:52.71a | BC |
| 5 | 11 | Sirena Saldivar | 2:56.08a | YV |
| 6 | 12 | Quinn Whiteley | 3:01.27a | YV |
| 7 | 12 | Alexa Rios-Adame | 3:10.29a | YV |

1600 Meters

| | | | | |
|---|----|-------------------|----------|-----|
| 1 | 9 | Renae Searls | 5:41.97a | ALH |
| 2 | 10 | Alana Sevier | 5:44.65a | CON |
| 3 | 10 | Alexia Hisquierdo | 6:17.29a | ALH |
| 4 | 11 | Sirena Saldivar | 6:18.70a | YV |
| 5 | 10 | Sunny Ray | 6:20.04a | BC |
| 6 | 11 | Amelia Porter | 6:20.49a | CON |
| 7 | 12 | Quinn Whiteley | 6:23.20a | YV |
| 8 | 12 | Alexa Rios-Adame | 6:41.77a | YV |

3200 Meters

| | | | | |
|---|----|-------------------|-----------|-----|
| 1 | 10 | Alana Sevier | 12:52.02a | CON |
| 2 | 11 | Amelia Porter | 13:50.01a | CON |
| 3 | 12 | Quinn Whiteley | 14:04.33a | YV |
| 4 | 9 | Jayda Amaya | 14:08.18a | BC |
| 5 | 11 | Leah Venegas | 14:08.87a | BC |
| 6 | 10 | Alexia Hisquierdo | 14:10.47a | ALH |
| 7 | 11 | Sirena Saldivar | 14:15.40a | YV |
| 8 | 12 | Alexa Rios-Adame | 14:30.68a | YV |
| 9 | 11 | Kaelyn Nguyen | 14:58.27a | ALH |

100m Hurdles - 33"

| | | | | |
|---|----|----------------|------------|-----|
| 1 | 12 | Piper Kunesh | 17.78(1.4) | YV |
| 2 | 12 | Laylah Fonseca | 18.32(1.4) | ALH |
| 3 | 12 | Amya Raven | 20.11(1.4) | BEN |

300m Hurdles - 30"

| | | | | |
|---|----|------------------|--------|-----|
| 1 | 12 | Piper Kunesh | 49.10a | YV |
| 2 | 12 | Isabella Laspina | 52.24a | BEN |

4x100 Relay

| | | | | |
|---|--|------------|--------|-----|
| 1 | | Relay Team | 51.11a | ALH |
|---|--|------------|--------|-----|

4x400 Relay

| | | | | |
|---|--|------------|----------|-----|
| 1 | | Relay Team | 4:56.98a | ALH |
|---|--|------------|----------|-----|

Shot Put - 4kg

| | | | | |
|---|----|------------------|----------|-----|
| 1 | 11 | Kyra Togni | 29'07.00 | ALH |
| 2 | 10 | Jean Ikenaga | 25'09.50 | BEN |
| 3 | 11 | Daralonie Sykes | 25'07.50 | YV |
| 4 | 12 | Piper Kunesh | 21'10.50 | YV |
| 5 | 12 | Madalyn Reynolds | 19'02.25 | BEN |

Discus - 1kg

| | | | | |
|---|----|------------------|----------|-----|
| 1 | 10 | Jean Ikenaga | 94'07.00 | BEN |
| 2 | 11 | Kyra Togni | 87'08.00 | ALH |
| 3 | 11 | Daralonie Sykes | 65'04.00 | YV |
| 4 | 12 | Madalyn Reynolds | 61'00.00 | BEN |

High Jump

| | | | | |
|---|----|------------------|---------|-----|
| 1 | 12 | Isabella Laspina | 4'10.00 | BEN |
|---|----|------------------|---------|-----|

Pole Vault

| | | | | |
|---|----|---------------|----------|-----|
| 1 | 12 | Katelyn Carro | 10'03.00 | BEN |
| 2 | 12 | Amya Raven | 7'00.00 | BEN |
| 3 | 9 | Renae Searls | 6'00.00 | ALH |

Long Jump

| | | | | |
|---|----|------------------|----------|-----|
| 1 | 11 | Desie Armstrong | 17'00.50 | ALH |
| 2 | 11 | Bianca Gaston | 14'02.00 | BC |
| 3 | 12 | Isabella Laspina | 14'02.00 | BEN |
| 4 | 12 | Piper Kunesh | 14'01.50 | YV |
| 5 | 12 | Laylah Fonseca | 13'05.50 | ALH |
| 6 | 10 | Marina Lipary | 12'08.25 | ALH |

Triple Jump

| | | | | |
|---|----|---------------|----------|-----|
| 1 | 10 | Sadie Parker | 32'02.50 | ALH |
| 2 | 9 | Allie Watkins | 31'05.75 | ALH |

Notes:

1. Small teams - - we are in the Valley Division of the DAL, which consists of the 6 schools with traditionally small track programs. Normally the Alhambra track roster is at least 60 people. This year we were able to get 34 people out by the end of the season.

That may be only half a regular team, but compared to the final competitors (the ones in the meet) from the other schools, we are a giant. Here's the comparison tally of each teams total competing athlete today:

| | | |
|------------------|----|----|
| Concord | -- | 19 |
| Benicia | -- | 15 |
| Ygnacio Valley | -- | 13 |
| Berean Christian | -- | 10 |
| Mt. Diablo | -- | 4 |

2. An Actual Season - - due almost entirely to the energies of Mark Tran, Ygnacio Valley athletic director and track coach, our brave band of small programs was able to put together a complete season and a championship meet while most other surrounding schools and leagues were not able to coordinate any similar set of meets aside from a few "pickup" meets, or competitions with only half the events. Hurray for us!

3. We're not done yet - - a few athletes will be asked to extend their season to the 4/15 Pittsburg Relays. This is where we can participate in a large meet (40 different schools) to test ourselves against a wider array of competition.

4. Rankings - - we may a small team coming out of a small league, but we are still able to use the internet to compare marks with all the other schools around us. Here are all of our athletes who currently rank in the top 25 in their event, out of the 125 schools that make up the North Coast Section:

Boys' NCS Rankings:

| | | | |
|-------|-------------------|------|----------|
| 800 | Ben Smyers | 13th | 2:00.60 |
| 110HH | Isaiah HUntsinger | 25th | 18.68 |
| Shot | Jordan Wondrusch | 12th | 42-10.50 |
| Vault | Brian Radke | 8th | 12-00 |
| TJ | Baron Hayws | 22nd | 29-1 |

Girls' NCS Rankings:

| | | | |
|--------|----------------|------|----------|
| 100 | Desi Armstrong | 6th | 12.61 |
| 200 | Sadie Parker | 7th | 26.19 |
| | Desi Armstrong | 15th | 26.73 |
| | Alana Burke | 23rd | 27.01 |
| 100H | Laylah Fonseca | 23rd | 18.32 |
| 4x100 | | 8th | 51.11 |
| Shot | Kyra Togni | 16th | 30-03.00 |
| Discus | Kyra Togni | 22nd | 87-08 |
| LJ | Desi Armstrong | 6th | 17-00.50 |
| TJ | Sadie Parker | 6th | 35-00.50 |

5. All-League

In a traditional year, All-League honors go to the top 3 finishers in each varsity event. Here are our All-League honorees for this year:

Girls:

| | | |
|-----|----------------|-------------------|
| 100 | Desi Armstrong | 1st team |
| | Alana Burke | 2nd Team |
| | Abigail Epps | Honorable Mention |
| 200 | Sadie Parker | 2nd team |
| | Desi Armstrong | Honorable Mention |
| 800 | Kylee Phillips | 1st Team |

| | | |
|-------|---------------------|-------------------|
| | Renae Searls | 2nd Team |
| | Kaelyn Nguyen | Honorable Mention |
| 1600 | Renae Searls | 1st Team |
| | Alexia Hisquierdo | Honorable Mention |
| 100H | Laylah Fonseca | 2nd Team |
| 4x100 | Marina Lipary | 1st Team |
| | Abigail Epps | 1st Team |
| | Sadie Parker | 1st Team |
| | Desi Armstrong | 1st Team |
| 4x400 | Aerolyn Nhingsavath | 1st Team |
| | Laylah Fonseca | 1st Team |
| | Kyilee Phillips | 1st Team |
| | Renae Searls | 1st Team |
| SP | Kyra Togni | 1st Team |
| DT | Kyra Togni | 2nd team |
| PV | Renae Searls | Honorable Mention |
| LJ | Desi Armsgrong | 1st team |
| TJ | Sadie Armstrong | 1st Team |
| | Allie Watkin | 2nd Team |

Boys:

| | | |
|------|-------------------|-------------------|
| 100 | Landon Waters | 2nd team |
| 200 | Landon Waters | Honorable Mention |
| 800 | Benjamin Smyers | 1st Team |
| 1600 | Benjamin Smyers | 1st Team |
| | Ryan McCauley | 2nd Team |
| 3200 | Ryan McCauley | 1st team |
| | Nolin Searls | Honorable Mention |
| 110H | Isaiah Huntsinger | 2nd Team |
| | Brian Radke | Honorable Mention |
| 300H | Isaiah Huntsinger | Honorable Mention |
| SP | Jordan Wondrusch | 1st Team |
| | Alex Faatoafe | 2nd Team |
| DT | Jordan Wondrusch | 2nd Team |
| | Alex Faatoafe | Honorable Mention |
| HJ | Cody Guadino | 1st Team |
| | Jordan Wondrush | 2nd Team |
| PV | Brian Radke | 1st Team |
| | Isaiah Huntsinger | 2nd Team |
| LJ | Baron Hayes | 1st Team |
| | Landon Wanters | Honorable Mention |
| TJ | Baron Hayes | 1st Team |

5. And Cross Country summer running starts in just a few weeks . . . stay tuned for that information, too.