



The Bulldog Bark

The Voice of Alhambra Track & Field



Tuesday, May 7, 2019

Team Scores

Frosh/Soph - Girls

1	Miramonte	141
2	Campolindo	88.5
3	College Park	80
4	Clayton Valley	55.5
5	Northgate	55
6	Las Lomas	32.5
7	Ygnacio Valley	17
8	Benicia	10
9	Alhambra	8
10	Acalanes	6.5
11	Berean Christian	2
	Concord	0
	Mt. Diablo	0

Frosh/Soph - Boys

1	College Park	123
2	Northgate	78
3	Campolindo	64
4	Acalanes	52
5	Clayton Valley	46
6	Miramonte	39
7	Ygnacio Valley	33
8	Alhambra	30
9	Las Lomas	25
10	Concord	6
	Benicia	0
	Berean Christian	0
	Mt. Diablo	0

Varsity - Girls

1	Miramonte	90
2	Northgate	79
3	Campolindo	75
4	Concord	63
5	Las Lomas	58
6	Acalanes	49
7	Clayton Valley	20
8	Alhambra	18
8	College Park	18
10	Benicia	14
11	Ygnacio Valley	12
	Berean Christian	0
	Mt. Diablo	0

Varsity - Boys

1	Clayton Valley	90
2	Northgate	69
3	Acalanes	67
4	Las Lomas	62
5	College Park	53
6	Campolindo	41
7	Miramonte	40
8	Alhambra	33
9	Ygnacio Valley	8
10	Benicia	2
	Berean Christian	0
	Concord	0
	Mt. Diablo	0

DAL Prelims - - Sat, April 27

Italics indicate qualified for finals

Boys' Frosh-Soph

100 Meters

15	9	Brian Radke	12.87
Brian gave it his all but was short of his best today.			

800 Meters

21	10	Kai Badavinac	2:20.51
23	9	Joaquin Hinkens	2:21.75 PR
A deep field and a slow start kept the boys in the middle of the field. Joaquin continued his late season improvement.			

1600 Meters

15	10	Ryan McCauley	4:56.71 PR
18	9	Cristian Ruiz	4:58.93 PR
21	10	Kai Badavinac	5:02.52 PR
The longer distance seemed to suit the boys better as they all recorded good PR's. Ryan surprised himself with a spot in the finals.			

110m Hurdles - 39"

1	10	Camden Boyles	17.59 PR
(#3 All-Time BFS Top 10 list)			
8	10	Dreyus Farrales	20.49 PR
Camden finally put it all together and 3-stepped the whole race to dominate the field. Dreyus added yet another PR to his resumé. Both made the finals.			

300m Hurdles - 36"

13	10	Dreyus Farrales	53.06
Dreyus could not keep the magic up for the second hurdle race of the day.			

Girls' Frosh-Soph

200 Meters

6	10	Skye McKinsey	29.26
13	9	Katie Castro	30.83
14	9	Kylee Phillips	30.87
16	9	Denise Martinez	31.58
Skye showed a lot of range in qualifying for the finals here, shortly after qualifying for the 800. The rest of the girls just couldn't summon the zip today.			

400 Meters

4	9	Aerolon Nhingsavath	65.78 PR
(#9 All-Time GFS Top 10 list)			
7	9	Kylee Phillips	67.88
12	9	Ellen Nunes	71.29
13	9	Denise Martinez	72.56
Aero definitely opened a few eyes with her race today. The rest of the girls were solid as well, with Kylee making the finals too.			

800 Meters

12	10	Skye McKinsey	2:45.17 PR
Skye dropped a little more time in this race and it earned her a spot in the finals.			

100m Hurdles - 33"

7	9	Aerolon Nhingsavath	20.16
9	9	Mia Padrique	20.30 PR

Aero has able to squeak into the finals, and Mia came up just short in a PR effort.

300m Hurdles - 30"

7	9	Mia Padrique	57.03
Mia got a off a good race, and was fast enough to advance to next week.			

Shot Put - 4kg

13	9	Reina Felson-Lamb	21-04.00
Reina continues to be consistent.			

Discus - 1kg

14	9	Reina Felson-Lamb	54-09
Reina continues to be consistent.			

Boys' Varsity

100 Meters

5	11	Mister Davis	11.36
9	11	Lorenzo Fonseca	11.70
12	9	Armani Guidry	11.78
26	10	Landon Waters	12.33
The boys moved along en masse to the finals. Landon was a step off his best.			

200 Meters

7	11	Mister Davis	23.48
8	11	Lorenzo Fonseca	23.64
12	9	Armani Guidry	24.24
22	10	Landon Waters	24.94
27	10	Baron Hayes	25.89
The Dawgs again moved along well to the next race. Landon and Baron did well against some fast boys.			

400 Meters

12	12	Graham Manning	53.68
20	12	Aaron Hern	55.27
Graham had the scoots today to earn his place in the finals. Aaron couldn't get the jets going today.			

300m Hurdles - 36"

14	10	Jonas Kobylak	50.62
Jonas surprised himself and made the finals.			

Shot Put - 12lb

2	12	Nick Momaney	44-08.75
5	10	Jordan Wondrusch	40-07.50
17	12	Holden Burcell	37-02.75

The boys held to form to move on.

Discus - 1.6kg

1	12	Nick Momaney	151-06 PR
(#6 All Time BV Top 10 list)			
13	12	Holden Burcell	116-10
21	10	Jordan Wondrusch	98-07
Again, the boys performed to expectations.			

Long Jump

4	9	Armani Guidry	20-09.50 PR
7	12	Mason Bituen	20-07.00 PR
15	10	Baron Hayes	18-08.75
18	10	Landon Waters	18-07.00
24	10	Jonas Kobylak	16-10.75
Armani popped a nice PR. Mason is continuing his late season surge for his PR. Baron squeezed in the finals as well. Jonas didn't have the pop in his hop today.			

Girls' Varsity

100 Meters

3	9	Desie Armstrong	12.61
14	12	Claire Stone	13.58
15	9	Joy Adesida	13.63
17	12	Emily West	13.73

Almost all the girls advanced to the finals, with Emily but a few thousands of a second off.

200 Meters

6	9	Desie Armstrong	26.60
11	12	Claire Stone	28.26

Strong efforts propelled Desie and Claire into the finals.

100m Hurdles - 33"

10	11	Alexis Yu	17.82
13	10	Laylah Fonseca	19.09 PR
18	11	Katelyn Kylo	20.97 PR

Alexis performed as expected. Laylah was the surprise. Katelyn PR'd in her effort

300m Hurdles - 30"

15	10	Laylah Fonseca	56.25
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Laylah again surprised us with a qualifying effort here.

Long Jump

6	11	Brianna Hernandez	15-07.25
12	12	Emily West	14-04.00
13	10	Laylah Fonseca	14-03.00

The veterans moved along, and Laylah continued her good day at the meet with her third berth in the finals.

DAL Finals - - Saturday, May 4

Italics = qualified for NCS Tri-Valley Area meet

• = earned medal

Boys' Frosh-Soph

1600 Meters

11	10	Ryan McCauley	4:54.56 PR
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Ryan led the race for over 2 laps in his all-out do-or-die effort. He gradually got reeled in, but still lowered his PR.

3200 Meters

• 4	10	Ryan McCauley	10:27.50 PR (# 4 All-Time BFS Top 10 list)
• 6	9	Cristian Ruiz	10:37.87 PR (# 9 All-Time BFS Top-10 list)
12	9	Nolin Searls	10:51.13 PR

This was a great race for our younger distance boys who all established huge PR's. Ryan played it smarter than his 1600 race and hung with the leaders the entire race. Cristian made up ground the last two laps to grab his medal, and Nolin finished in the top third of the race.



School Record !

110m Hurdles - 39"

• 1	10	Camden Boyles	17.21(2.7) PR (School record; old record Buddy Gonzales 17.34c 2001)
7	10	Dreyus Farrales	20.49(2.7) PR

Both boys ran to PR's again, and Camden blasted to a school record in a runaway victory.

4x100 Relay

• 6	Brian Radke	48.71
	Camden Boyles	
	Anderson Keller	
	Alec Ramos	

The boys ran to a season best and medals for all.

4x400 Relay

7	Kai Badavinac	4:05.91
	Joaquin Hinkens	
	Brian Radke	
	Cristian Ruiz	

The distance boys and Brian cobbled together this relay, and narrowly missed a medal.

High Jump

9	10	Camden Boyles	5-00.00
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Camden didn't have his good legs in this event.

Pole Vault

• 2	10	Camden Boyles	10-00.00
• 2	9	Brian Radke	10-00.00
13	10	Anderson Keller	8-00.00

There were some jitters out there today. Anderson was off his feed. Camden and Brian had to rush vaults after coming back from the 4x00, and did well but wanted more.

Long Jump

10	10	Anderson Keller	16-07.00 PR
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Anderson popped a PR.

Girls' Frosh-Soph

200 Meters

	10	Skye McKinsey	SCR
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Evidently Skye had strained her leg in the long jump last week, and was unable to perform.

400 Meters

• 4	9	Aerolon Nhingsavath	66.24
7	9	Kylee Phillips	69.46

Aero ran well for her medal. Kylee got off to a slow start and couldn't make up the gap at the end.

800 Meters

	10	Skye McKinsey	SCR
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Again, Skye's injury kept her from answering the bell.

100m Hurdles - 33"

9	Aerolon Nhingsavath	DQ
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Aero got off her rhythm after the first hurdle and wobbled off of the track.

300m Hurdles - 30"

• 6	9	Mia Padrique	55.22 PR
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Mia put on her game face and ran to a PR and a medal.

4x100 Relay

9	Katie Castro	58.30
	Kaitlin Bituen	
	Hannah Johnke	
	Sydney Tarnowski	

A noble effort in the very first race of the day but the other teams were very fast.

4x400 Relay

7	Aerolon Nhingsavath	4:52.57
	Kaitlin Bituen	
	Ellen Nunes	
	Kylee Phillips	

Almost . . . the evening chill and a long day dampened our efforts in this event today.

High Jump

8	9	Kylee Phillips	4-02.00 PR
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Kylee was happy with her PR.

Long Jump

• 4	10	Skye McKinsey	13-09.25 PR
11	10	Hannah Johnke	12-03.50
12	9	Ellen Nunes	12-02.75
15	9	Kaitlin Bituen	11-03.50

Skye surprised us all with medal performance today. The other girls were off their steps.

Triple Jump

7	9	Ellen Nunes	28-04.50
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A consistent jump for Ellen, but a few inches away from a medal.

Boys' Varsity

100 Meters Varsity

• 2	11	Mister Davis	11.25 (-1.6)
8	11	Lorenzo Fonseca	11.73 (-2.8)
10	9	Armani Guidry	11.81 (-2.8)

Good races all, and Mister missed 1st place by a lean.

200 Meters Varsity

• 6	11	Mister Davis	23.26 (-1.8)
10	11	Lorenzo Fonseca	23.47 (-1.8) PR
14	9	Armani Guidry	24.09 (.2) PR

The longer sprint saw Mister pick up another medal, and Lorenzo and Armani had the nice PR's.

400 Meters Varsity

13	12	Graham Manning	54.42
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Graham was consistent today in a race with some high-powered state meet athletes.

3200 Meters Varsity

12	11	Carson Edwards	10:19.15 PR
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Carson notched a PR in his race to continue his season-long improvement.

110m Hurdles - 39" Varsity

11	10	Benjamin Smyers	18.14 (1.0) PR
12	10	Jonas Kobyluk	18.54 (1.0) PR

Even though in the slow heat, our boys both zipped to some nice PR's. This is a good indication for next year.

300m Hurdles - 36" Varsity

14	10	Jonas Kobyluk	48.92 PR
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Jonas made sure he grabbed his 2nd PR of the day to end his season on a high note.

4x100 Relay Varsity

• 4	Landon Waters	44.06
	Lorenzo Fonseca	
	Aaron Hern	
	Mister Davis	

(#6 All Time BV Top 10 list)

All eyes were on Clayton Valley rolling to a NCS-leading time, but not too far back our own squad was rolling to their season best.



Proud boys on the podium.

4x400 Relay Varsity

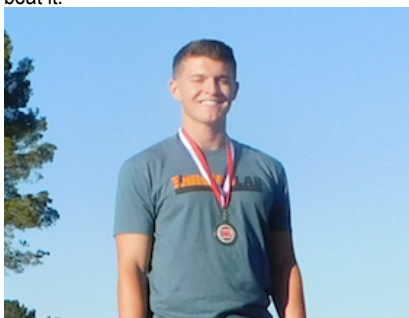
- 6 Alan Kobylík 3:36.34
- Lorenzo Fonseca
- Aaron Hern
- Graham Manning

Another season best by our relay team, and medals to boot.

Shot Put - 12lb Varsity

- 1 12 Nick Momaney 46-09.50
- 13 10 Jordan Wondrusch 38-04.00

Jordan was a bit off. Nick led the event on his first throw, and then watched as no one could beat it.



Nick! League Champion!

Discus - 1.6kg Varsity

- 3 12 Nick Momaney 137-08
- 10 12 Holden Burrell 119-02 SR

Nick was off today, but still good enough to move on. Holden has his best day of the season.

High Jump Varsity

- 8 10 Jordan Wondrusch 5-04.00
- 9 10 Benjamin Smyers 5-02.00

It was a dead-leg day for our jumpers.

Long Jump Varsity

- 5 12 Mason Bituen 20-06.00
- 6 9 Armani Guidry 20-04.00
- 8 10 Baron Hayes 19-07.00 PR

We were expecting Mason and Armani to move on, and that they did. Baron had a good PR to advance on comparison.

Triple Jump Varsity

- 7 10 Baron Hayes 38-10.50
- 11 10 Jonas Kobylík 36-08.00 PR
- 12 Mason Bituen SCR

Okay, but not great. Cold, chill, and whatever suppressed marks for all the competitors.



Mason is off to North Coast!

Girls' Varsity

100 Meters Varsity

- 9 Desie Armstrong 12.23 (.0) PR
- (New school record; old school record 12.44 Erin McGlaughlin 1987)

- 11 9 Joy Adesida 13.33 (3.3) PR

- 12 12 Claire Stone 13.33 (3.3) PR

Wow. Desie led from step one and never wavered for the upset win and the school record. Joy and Claire ended their seasons with PR's.



Desie celebrates her win and school record with Coach Alan and teammates Joy, Kylee, & Aero.

200 Meters Varsity

- 5 9 Desie Armstrong 25.63 (1.4) PR
- (#2 All Time GV Top 10 list)

- 8 12 Claire Stone 27.43 (.9) PR

More PR's and Desie advancing up on another All-Time list.

3200 Meters Varsity

- 8 12 Nicole Tria 11:58.72

100m Hurdles - 33" Varsity

- 7 11 Alexis Yu 17.08 (1.9) PR

- 12 10 Laylah Fonseca 18.61 (1.9) PR

Alexis and Laylah were in the slow heat, and had to wait it out to see how their times matched up. No medals, but time comparisons moves them both along to next week.

300m Hurdles - 30" Varsity

- 14 10 Laylah Fonseca 56.68

Not her best day.

4x100 Relay Varsity

- Joy Adesida DNF
- Emily West
- Claire Stone
- Desie Armstrong

It was looking good but the last baton exchange went wonky and the team did not finish.

High Jump Varsity

- 3 9 Joy Adesida 4-10.00

Joy once again equalled her PR in earning her medal.



Joy seems to like her medal.

Pole Vault Varsity

- 10 11 Alexis Yu 7-06.00 PR

(#5 tie All-Time GV Top 10 list)

- 13 11 Katelyn Kylo 7-00.00

- 9 Ashley Breeze SCR

The event did not start well with Ashley severely banging her ankle in warmups and having to be carried off the track. Alexis finally PR'd.

Long Jump Varsity

- 7 11 Brianna Hernandez 15-09.00

- 11 12 Emily West 15-02.00

- 13 10 Laylah Fonseca 14-03.50 PR

Solid jumps by all the girls, and Brianna advances on comparisons.

Triple Jump Varsity

- 6 11 Brianna Hernandez 31-08.75

- 9 11 Christina Cortez 29-08.50 SR

- 10 10 Laylah Fonseca 29-01.25

- 11 Briana Alvarez SCR

Brianna grabbed a medal here. Christina and Laylah were competitive.