



# The Bulldog Bark

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



Saturday, June 5, 2021

## PR's!

**Top-10 List additions!**

**Individual Winners!**

**School and Meet Record!**

## Bulldogs Shine At Skyline HS Meet

The Alhambra track team was represented by only 4 athletes at this competition, but these young athletes carried the Bulldog banner well with fine performances all around. Each of the four established personal bests, earned spots on the Alhambra Top-10 lists, and Desi added a meet and school record in the long jump.

### Pole vault

The day started off early with the vault. Corina overcame a bit of initial timidity early on to add 7" to her PR by clearing 7-07 on her first attempt. This mark places her 6th on the GV All-Time list in this event. It was also the 2nd straight week that she has PR'd. Just 8 days ago 6-06 was her best.

Brian was a bit spooked by the undersized landing pads, but as per usual overcame his jitters once competition started. He maintained his new-found consistency at the 12 foot plus range, and even added another inch to his PR with his leap of 12-07. This gives him sole possession of 5th place on the All-Time list.



Brian has a no-doubt-about-it clearance at his opening height.

### High Jump

Corina segued from the vault to the high jump, and cleared 4-00. Her attempts at 4-02 were oh-so-close.

### Long Jump

Desi, despite starting with two scratches and a careful 3rd jump, uncorked a monster effort of 18-01.50 on her last jump to add almost a foot to her best. This also launched her to the school record, as well as the meet record.

### 1600 meters

Renae has been on a tear since she started coming back from her ferritin deficiency. From the DAL-Valley championship meet to today (a 4 week span) she has dropped a staggering 22 seconds in her mile time. Today, she took the lead on the 2nd lap, held off challenges on the 3rd lap, and with 300 to go took off and built a strong lead the other girls could not cover. Renae's 5:19.50 further cements her 8th place on the Top-10 list.



Renae thunders down the homestretch to seal her decisive win.

### 100 meters

Desi had a bit of a stumble out of the blocks and it cost her time, but she recovered to still run aggressively and finish 3rd overall. Her 12.75 is an impressive time considering the start.

### 100 Hurdles

Corina is caught in the improvement gap between 5-stepping and 4-stepping in the hurdles. At hurdle 7 she had accelerated to where she was too close for the 5-step and too far for the 4 step and came to a complete stop. To her credit, she backed up, cleared the hurdle, and finished the race regardless.



Corina is in full flight over the hurdles.

### 200 meters

Desi capped the Alhambra day with a fine effort in the deuce. She took second with a 26.25, her fastest time of the year in the long sprint.



Desi closed for a strong 2nd in the 200.

## And For the Stat Freaks

Here is the raw data in all the events. The entire meet is archived online at: <http://atwresults.com/atwupload/20210605/>

### Boys' Pole Vault

3 Radke, Brian	12-07.00
11-01 11-07 12-00 12-07 13-01	
O XO O XO XXX	

### Girls' Pole Vault

3 Corina Jones	7-07.00
6-07 7-01 7-07 8-01	
O O O XXX	

### Girls' Long Jump

1 Armstrong, Desie	18-01.50
FOUL FOUL 16-05.75(0.2) 18-01.50(+0.0)	

### Girls' High Jump

3 Corina Jones	4-00
3-06 3-08 3-10 4-00 4-02	
O O O XXO XXX	

### Girls' 100 meters

3 Armstrong, Desie	12.75 (-0.1)
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### Girls' 200 meters

2 Armstrong, Desie	26.25 (-1.5)
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### Girls' 100 hurdles

3 Jones, Corina	28.35 (0.8)
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### Girls' 1600 meters

1 Searls, Renae	5:19.50
81.8. 82.4. 82.4. 72.9	



Coach Hern chills with Desie's parents in the bleachers.

### Eye-Opening !

## Team Scores Near Top

#### Girls:

1	Skyline	95
2	Turlock	78
<b>3</b>	<b>Alhambra</b>	<b>52</b>
4	American	39
5	Oakland Tech	33
6	St Mary's	26
7	Oakland Military Institute	20
8	Justin-Siena	18
9	Central Valley	17
10	Fort Bragg	16
11	San Leandro	10
11	The King's Academy	10
13	Albany	7
13	Monterey Trail	7
15	Mt Diablo	6
16	Castlemont	4
16	El Cerrito	4

Well well. 3 girls managed to grab 3rd overall in the team scoring out of the 17 teams that did score.

Scoring in big meets goes down to the top 6 finishers: 10-8-6-4-2-1. So our small but mighty contingent managed to muscle our way near the top of pile with a slew of top finishes.

#### Bonus Feature

The meet management also kept a combined score. This means that the boys' and girls' marks were tallied and scored together. Adding in Brian's points in the vaults, we ended up 5th overall in overall team presence. Again, impressive.

Here's the point tally by athlete:

Desie: 24 points

1st Long Jump	10 pts
3rd 100 meters	6 pts
2nd 200 meters	8 pts

Corina: 18 points

3rd Pole Vault	6 pts
3rd 100 Hurdles	6 pts
3rd High Jump	6 pts

Rena: 10 points

1st 1600 meter	10 pts
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Brian: 6 points

3rd Pole Vault	6 pts
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## Just In Case You Were Wondering Yes, All These Bulldog Stars Return For Next Year

This late season surge in performances is a welcome boost to our expectations for 2022. Our performers today showed what diligence, effort, competitive spirit, and hard workouts can accomplish.

Clearly, if this is a sample of the overall Alhambra talent, we are already in good shape for the season to come. And we have all of today's Bulldogs coming back next year. I'd call this grounds for optimism.

### OK, OK, OK . . .

#### A Bit Of A Reality Check

Even though this was a highly touted meet, and even though the top marks were very very good, it was impossible to ignore the reduced field sizes.

Lots of schools evidently signed up, but as the Covid year has proven, that's no indication folks will actually show up. Today proved that, as fully half of the events had significant no-shows to shrink the competitive pool.

#### And ?

What this means is that just by showing up we scored points. This is not to mean that we do not dignify the quality of the marks, but rather we take advantage of the quality of the team commitment not totally evident in other schools.

## End of Season

And so winds down the Alhambra track season, with some very gratifying performances. This last series of post-league meets has really allowed some of our athletes to put a fine exclamation point on what started out as a chaotic and uncertain enterprise.

Desie, depending on her interests, may still compete in one or more all-star meets, as befits her ongoing high level performances. But for the rest of our squad the 2021 Alhambra track season is in the books.

#### We Didn't See This Coming

Back just a few months ago, when Covid levels were still peaking, there was no apparent possibility at all that sports would even happen. Just the idea of making some plans "just in case" seemed out of the question to many.

And even when there as a glimmer of hope of some sort of season, the governing bodies from the State CIF through North Coast Section down to our own Diablo Athletic League all threw in the towel and did away with any attempt at scheduling and oversight. "You're on your own" was the mantra.

This meant that individual schools, and at times just the individual coaches, were left to do any organizing at all. It did not look good at all for any real competitions.

#### Somehow, Some Way, Something Happened

Hats off to Ygnacio Valley coach Mark Tran, who with infectious enthusiasm, rallied our Valley division of the DAL to combine forces and resources, and put on both a full cross country season and a full track season.

The Bulldogs were instrumental in being a strong part of this, as we hosted our share of meets, including the championship meets, complete with regalia, announcing, scoring, and medals.

#### Object Of Envy

Not all leagues and schools had this level of reliance in getting together to produce a reasonable semblance of a season. Many in our area had to scramble and improvise and had to settle for just a few scrimmages and time trials.

#### And Voila !

And not only did we have a season, we had a very good season. Even with only about 1/2 of a full squad in numbers, the athletes that did turn out did the work, put on their competitive attitude, and maximized their opportunities.

We were able to easily capture league titles in both varsity divisions for track. We made serious incursions into the top-10 lists, with no fewer than 11 athletes making, or moving up on, the lists. And Desie's school record today was more icing on the cake.