

**P.A.L. Varsity T&F Championships 2013**  
**Terra Nova HS**  
**Meet Program - Varsity Finals**

**Event 1 Boys 4x100 Meter Relay Varsity**

Lane	Team	Seed Time
<b>Section 1 of 2 Finals</b>		
3	Mills	46.50
4	Sequoia	46.00
5	South S.F.	45.38
6	Capuchino	45.48
7	Westmoor	46.20
8	Jefferson	46.90
<b>Section 2 of 2 Finals</b>		
2	Terra Nova	45.20
3	Aragon	44.93
4	Menlo-Atherton	44.51
5	El Camino	43.78
6	San Mateo	44.28
7	Burlingame	44.80
8	Woodside	45.12

**Event 2 Girls 4x100 Meter Relay Varsity**

Lane	Team	Seed Time
<b>Section 1 of 2 Finals</b>		
3	Mills	54.88
4	Jefferson	54.50
5	Burlingame	52.80
6	Terra Nova	53.89
7	Carlmont	54.62
8	Capuchino	54.90
<b>Section 2 of 2 Finals</b>		
3	Woodside	52.50
4	Aragon	51.31
5	Menlo-Atherton	50.39
6	Sequoia	50.75
7	El Camino	51.80
8	Westmoor	52.72

**Event 3 Boys 1600 Meter Run Varsity**

Lane	Name	Yr	School	Prelims
<b>Section 1 of 1 Finals</b>				
1	George Baier	12	Menlo-Atherton	4:22.84
2	Rory Beyer	12	Aragon	4:23.27
3	Logan Marshall	11	Half Moon Bay	4:24.42
4	Gerardo Castro	11	El Camino	4:24.61
5	Daniel Bereket	12	Carlmont	4:27.70
6	Tim Layten	12	Carlmont	4:29.16
7	Gabe Silveira	11	Half Moon Bay	4:31.18
8	Mark Vingralek	10	Carlmont	4:36.54
9	Ryan Dimick	11	Carlmont	4:37.57
10	Sam Sokolsky	12	Aragon	4:41.23
11	Atzin Cardiel	12	Westmoor	4:42.57
12	Daniel Goldin	12	Aragon	4:46.04
13	Adam Scandlyn	10	Menlo-Atherton	4:47.19
14	Taylor Wong	12	Mills	4:51.52
15	Chris Jacobson	11	Half Moon Bay	4:52.61

**Event 4 Girls 1600 Meter Run Varsity**

Lane	Name	Yr	School	Prelims
<b>Section 1 of 1 Finals</b>				
1	Kylie Goo	12	Westmoor	5:16.46
2	Taylor Fortnam	11	Menlo-Atherton	5:22.14
3	Annalisa Crowe	09	Menlo-Atherton	5:22.56
4	catherine lowdon	12	Burlingame	5:23.61
5	Megan Guillermo	12	Terra Nova	5:23.78
6	Kat Chinn	12	Aragon	5:24.56
7	Carmen Zafra	09	Half Moon Bay	5:25.33
8	Kaley James	09	Woodside	5:26.64
9	Katie Hall	10	Terra Nova	5:29.75
10	Mariana Frey	12	Sequoia	5:30.29
11	allison Lee	12	Hillsdale	5:35.18
12	Madeleine Baier	09	Menlo-Atherton	5:37.18
13	Carmen Contreras	11	Half Moon Bay	5:38.47
14	Cristina Ashbaugh	11	Aragon	5:48.46
15	Gaia Bouchard-Hall	12	Sequoia	6:00.70

**Event 5 Girls 100 Meter Hurdles Varsity**

Lane	Name	Yr	School	Prelims
<b>Section 1 of 1 Finals</b>				
1	Marie Oliveros	12	Westmoor	18.95
2	Magali de Sauvage	09	Aragon	18.03
3	Julie Canta	12	Westmoor	17.67
4	Abby Taussig	10	Woodside	17.22
5	Savanna Kiefer	12	Aragon	16.41
6	Emma Martino	12	Sequoia	17.03
7	Mimi Chang	10	Westmoor	17.44
8	Greer Chrisman	11	Burlingame	18.00
9	Molly Shea	11	Sequoia	18.94

**Event 6 Boys 110 Meter Hurdles Varsity**

Lane	Name	Yr	School	Prelims
<b>Section 1 of 1 Finals</b>				
1	Kenneth Caragan	10	Jefferson	18.67
2	Alvin Tiletile	11	Westmoor	17.70
3	Liam Richardson	11	Aragon	17.00
4	Alex Kumamoto	11	Carlmont	16.47
5	Jimmy Garcia	12	Aragon	15.93
6	Franklin Rice	11	Carlmont	16.14
7	Caleb Sin	12	Westmoor	16.71
8	Jerry Dudum	12	Mills	17.36
9	Alec Tabiante	11	Capuchino	18.51

**Event 7 Boys 400 Meter Dash Varsity**

Lane	Name	Yr	School	Prelims
<b>Section 1 of 1 Finals</b>				
1	Enmanuel Sanchez	11	Jefferson	53.82
2	Kevin Ochoa	11	El Camino	53.11
3	John Rodriguez	12	Woodside	52.10
4	Zack Plante	11	Menlo-Atherton	50.76
5	Michael Beery	12	San Mateo	49.18
6	Jeremy Wright	11	Terra Nova	49.57
7	Liam Martinez	11	Burlingame	51.64
8	Andrew Qare	12	San Mateo	53.03
9	Connor Lindquist	12	Menlo-Atherton	53.36

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**Event 8 Girls 400 Meter Dash Varsity**

Lane	Name	Yr	School	Prelims
<b>Section 1 of 1 Finals</b>				
1	Michele Day	12	Mills	1:04.47
2	Allison Dong	11	San Mateo	1:03.13
3	Katie Kissner	10	Burlingame	1:01.39
4	Cassie Stansberry	12	Menlo-Atherton	1:00.92
5	Anaya Alexander	09	Carlmont	58.90
6	Alexa Smith	12	Aragon	59.99
7	Annie Harrier	10	Menlo-Atherton	1:01.16
8	Willa Friedl Gruver	11	Sequoia	1:01.65
9	Karen Carino	10	Westmoor	1:03.15

**Event 9 Boys 100 Meter Dash Varsity**

Lane	Name	Yr	School	Prelims
<b>Section 1 of 1 Finals</b>				
1	Justin Kelly	11	Hillsdale	12.06
2	Kadri Green	12	Menlo-Atherton	11.78
3	Justin Borjon	10	Woodside	11.59
4	Martin Escobar	12	South S.F.	11.55
5	Julius Elzie	12	Aragon	11.40
6	Clark Tolero	12	Terra Nova	11.53
7	Blake Turner	12	El Camino	11.57
8	Faraaz Rashidi	11	Burlingame	11.61
9	Parker Huang	12	Aragon	11.79

**Event 10 Girls 100 Meter Dash Varsity**

Lane	Name	Yr	School	Prelims
<b>Section 1 of 1 Finals</b>				
1	Megan Bartoshuk	12	Sequoia	13.68
2	Millicent Bangura	11	Jefferson	13.64
3	Abby Taussig	10	Woodside	13.58
4	Alexandra Bliss	12	Sequoia	13.42
5	Anaya Alexander	09	Carlmont	13.29
6	Mikayla Miller	09	Terra Nova	13.36
7	Miranda Simes	09	Menlo-Atherton	13.47
8	Alyssa Bliss	12	Sequoia	13.59
9	Adaora Obegoly	11	Carlmont	13.68

**Event 11 Boys 800 Meter Run Varsity**

Lane	Name	Yr	School	Prelims
<b>Section 1 of 1 Finals</b>				
1	Gerardo Castro	11	El Camino	1:57.03
2	Tim Layten	12	Carlmont	1:57.84
3	George Baier	12	Menlo-Atherton	1:59.51
4	Michael Ward	11	Terra Nova	1:59.91
5	Galdino Bravo	11	Sequoia	2:03.05
6	Gabe Silviera	11	Half Moon Bay	2:03.87
7	Connor Lindquist	12	Menlo-Atherton	2:04.50
8	Ethan Gentry	11	Woodside	2:05.02
9	Will Rivera	11	Aragon	2:06.07
10	Adam Scandlyn	10	Menlo-Atherton	2:06.27
11	Taylor Wong	12	Mills	2:07.87
12	Reese Dickson	12	Carlmont	2:08.91

**Event 12 Girls 800 Meter Run Varsity**

Lane	Name	Yr	School	Prelims
<b>Section 1 of 1 Finals</b>				
1	Kylie Goo	12	Westmoor	2:19.32
2	Annalisa Crowe	09	Menlo-Atherton	2:20.90
3	Kylie Freeburg	11	Half Moon Bay	2:23.21
4	Madeleine Baier	09	Menlo-Atherton	2:27.00
5	Cat DePuy	09	Menlo-Atherton	2:28.06
6	Kaley James	09	Woodside	2:29.15
7	Kassi Stephenson	12	Burlingame	2:29.88
8	Katie Hall	10	Terra Nova	2:30.27
9	Demi Latham	12	Woodside	2:33.09
10	anika rianzares	11	Burlingame	2:34.21
11	Mariana Frey	12	Sequoia	2:35.23
12	Emily Laubscher	11	San Mateo	2:39.12

**Event 13 Boys 300 Meter Hurdles Varsity**

Lane	Name	Yr	School	Prelims
<b>Section 1 of 1 Finals</b>				
1	Liam Richardson	11	Aragon	44.09
2	Caleb Sin	12	Westmoor	43.80
3	Evan Yenwei Schulz	11	Sequoia	42.94
4	Franklin Rice	11	Carlmont	41.44
5	Kadri Green	12	Menlo-Atherton	40.51
6	Jimmy Garcia	12	Aragon	41.20
7	Alex Kumamoto	11	Carlmont	41.68
8	Andres Abarca	10	El Camino	43.22
9	Joel Reynada	11	Menlo-Atherton	44.02

**Event 14 Girls 300 Meter Hurdles Varsity**

Lane	Name	Yr	School	Prelims
<b>Section 1 of 1 Finals</b>				
1	Olivia Stangvik	11	Woodside	53.97
2	Megan Sandberg	11	Terra Nova	52.50
3	Mimi Chang	10	Westmoor	51.17
4	Savanna Kiefer	12	Aragon	50.16
5	Greer Chrisman	11	Burlingame	48.07
6	Abby Taussig	10	Woodside	48.58
7	Magali de Sauvage	09	Aragon	50.90
8	Julie Canta	12	Westmoor	51.89
9	Morgan Mathers	12	Woodside	52.90

**Event 15 Boys 200 Meter Dash Varsity**

Lane	Name	Yr	School	Prelims
<b>Section 1 of 1 Finals</b>				
1	Faraaz Rashidi	11	Burlingame	23.63
2	Parker Huang	12	Aragon	23.44
3	Blake Turner	12	El Camino	23.34
4	Clark Tolero	12	Terra Nova	22.95
5	Michael Beery	12	San Mateo	22.74
6	Zack Plante	11	Menlo-Atherton	22.88
7	Julius Elzie	12	Aragon	23.13
8	Liam Martinez	11	Burlingame	23.37
9	Deverick Meacham	11	Menlo-Atherton	23.62

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**Event 16 Girls 200 Meter Dash Varsity**

Lane	Name	Yr	School	Prelims
<b>Section 1 of 1 Finals</b>				
1	Alyssa Bliss	12	Sequoia	27.53 _____
2	Alexandra Bliss	12	Sequoia	27.42 _____
3	Miranda Simes	09	Menlo-Atherton	27.32 _____
4	Alexa Smith	12	Aragon	27.08 _____
5	Anaya Alexander	09	Carlmont	26.13 _____
6	Willa Friedl Gruver	11	Sequoia	26.92 _____
7	Annie Harrier	10	Menlo-Atherton	27.32 _____
8	Cassie Stansberry	12	Menlo-Atherton	27.40 _____
9	Katie Kissner	10	Burlingame	27.53 _____

**Event 19 Girls 4x400 Meter Relay Varsity**

Lane	Team	Seed Time
<b>Section 1 of 2 Finals</b>		
4	El Camino	4:40.10 _____
5	San Mateo	4:34.40 _____
6	Jefferson	4:40.00 _____
7	Terra Nova	5:01.00 _____
<b>Section 2 of 2 Finals</b>		
3	Aragon	4:21.04 _____
4	Sequoia	4:16.00 _____
5	Menlo-Atherton	4:10.03 _____
6	Westmoor	4:12.32 _____
7	Woodside	4:19.00 _____
8	Burlingame	4:24.00 _____

**Event 17 Boys 3200 Meter Run Varsity**

Lane	Name	Yr	School	Seed Time
<b>Section 1 of 1 Finals</b>				
1	Daniel Bereket	12	Carlmont	9:09.12 _____
2	Rory Beyer	12	Aragon	9:18.79 _____
3	Logan Marshall	11	Half Moon Bay	9:26.83 _____
4	Tim Layten	12	Carlmont	9:40.53 _____
5	Ryan Dimick	11	Carlmont	9:43.09 _____
6	Chrstian Pedro	12	Aragon	9:43.70 _____
7	Mark Vingralek	10	Carlmont	9:47.59 _____
8	John Lovegren	12	Menlo-Atherton	9:53.60 _____
9	Gerardo Castro	11	El Camino	10:04.33 _____
10	Atzin Cardiel	12	Westmoor	10:05.00 _____
11	Brandon Ng	11	El Camino	10:05.00 _____
12	Sam Sokolsky	12	Aragon	10:27.74 _____
13	Chris Jacobson	11	Half Moon Bay	10:32.51 _____
14	Eric Snyder	11	Menlo-Atherton	10:38.00 _____
15	John Sorfleet	11	Half Moon Bay	10:46.00 _____
16	Mark Bredall	11	Terra Nova	11:19.00 _____
17	Alejandro Daniel Valencia	11	Sequoia	11:27.00 _____
18	philip masterson	11	Burlingame	11:30.00 _____
19	Christopher Tait	11	Hillsdale	11:48.23 _____
21	David Feng	11	San Mateo	12:33.00 _____
22	Gregory Yee	12	Mills	12:49.34 _____

**Event 20 Boys 4x400 Meter Relay Varsity**

Lane	Team	Seed Time
<b>Section 1 of 2 Finals</b>		
3	Jefferson	3:49.00 _____
4	Burlingame	3:43.00 _____
5	Westmoor	3:42.00 _____
6	Carlmont	3:42.60 _____
7	Sequoia	3:43.00 _____
8	Capuchino	3:58.90 _____
<b>Section 2 of 2 Finals</b>		
2	San Mateo	3:41.00 _____
3	Woodside	3:38.00 _____
4	Terra Nova	3:37.52 _____
5	Menlo-Atherton	3:28.52 _____
6	El Camino	3:30.52 _____
7	Aragon	3:37.67 _____
8	Mills	3:40.00 _____

**Event 18 Girls 3200 Meter Run Varsity**

Lane	Name	Yr	School	Seed Time
<b>Section 1 of 1 Finals</b>				
1	Kat Chinn	12	Aragon	11:31.66 _____
2	Kylie Goo	12	Westmoor	11:32.00 _____
3	Taylor Fortnam	11	Menlo-Atherton	11:50.24 _____
4	catherine lowdon	12	Burlingame	12:00.00 _____
5	Megan Guillermo	12	Terra Nova	12:04.10 _____
6	Madeleine Baier	09	Menlo-Atherton	12:13.00 _____
7	Annika Roise	11	Menlo-Atherton	12:15.67 _____
8	Carmen Contreras	11	Half Moon Bay	12:16.53 _____
9	Gaia Bouchard-Hall	12	Sequoia	12:24.00 _____
10	Carmen Zafra	09	Half Moon Bay	12:45.00 _____
11	Cristina Ashbaugh	11	Aragon	12:53.26 _____
12	Zoe Rose Kriegler-Wenk	11	Sequoia	12:59.00 _____
13	Kathryn De Witt	12	Aragon	13:16.15 _____
14	Bridget Martinez	11	Burlingame	13:45.00 _____
15	Jessica Wright	12	Burlingame	13:45.00 _____
16	Hazel Petrinovich	12	San Mateo	14:22.00 _____
17	Corin Soelberg	12	Carlmont	14:29.91 _____

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**Event 21 Boys Long Jump Varsity**

Pos	Name	Yr	School	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	Reggie Chatman	11	Carlmont	17-10.00
2	Corey Cilia	11	Half Moon Bay	18-02.00
3	Pierre Alexander	11	Terra Nova	18-05.00
4	Matt Nagle	11	Aragon	18-08.00
5	Dominic Holmes	11	Jefferson	18-08.00
6	Benjamin Glikbarg	11	Hillsdale	18-09.00
7	Gerber Gustavo Aguilar Esquivel	11	Sequoia	18-10.00
8	Jason Manila	11	Westmoor	18-10.00
9	Seamus Gill	11	Burlingame	18-10.00
10	Danny Falore	12	Woodside	18-11.00
11	Ivan Szeto	12	Westmoor	18-11.00
12	Collin Chew	12	San Mateo	19-01.00
13	Arnel Dolores	11	Westmoor	19-02.00
14	Cairo Spencer	11	San Mateo	19-02.00
15	Orlando Garcia	11	South S.F.	19-02.00
16	Garrett Lew	12	Mills	19-04.00
17	Justin Louie	11	El Camino	19-08.00
18	Gabe Campos	10	Capuchino	19-09.00
19	Paolo Hidalgo	11	Burlingame	19-10.00
20	Hector Santana	12	Menlo-Atherton	19-10.00
21	Kadri Green	12	Menlo-Atherton	20-03.00
22	Jerry Dudum	12	Mills	20-04.00
23	Tyler Vanson	12	Aragon	20-06.50
24	Brandon Gip	11	El Camino	20-11.00
25	Anthony Hines	12	El Camino	21-03.00
26	Deverick Meacham	11	Menlo-Atherton	21-04.00
27	Julius Elzie	12	Aragon	22-00.00

**Event 22 Boys Shot Put Varsity**

Pos	Name	Yr	School	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	Nicholas Newberry	11	Carlmont	30-06.00
2	Sean Oey	11	San Mateo	32-04.00
3	Joe Lowman	12	Half Moon Bay	36-09.00
4	Regino Rojas	11	Jefferson	38-04.00
5	Ahmed Alansi	12	Westmoor	38-05.00
6	Manual Godinez	12	Jefferson	38-05.00
7	Sam Smith	11	Hillsdale	38-05.00
8	Justin Ewing	12	Capuchino	38-06.00
9	Brandon Loria	11	Capuchino	38-10.00
10	Andrew So	12	Westmoor	39-02.00
11	Omar Gomez	11	El Camino	39-04.00
12	Godfrey Ng	12	Westmoor	39-06.00
13	Alex Ayag	11	Terra Nova	39-07.00
14	Will Rogers	12	Burlingame	40-08.00
15	Alvin Sung	12	Mills	42-00.00
16	Ayman Alazzeh	12	Mills	42-01.50
17	Malik DeMartha	10	El Camino	42-08.00
18	Nick Peluso	11	El Camino	43-00.00
19	Nicholas Montalbano	10	Woodside	43-01.00
20	Hunter Mitchell	11	Sequoia	43-03.00
21	Julian Bertero	12	Sequoia	43-08.00
22	Jephta Zapata	11	Mills	48-00.00

**Event 24 Girls Triple Jump Varsity**

Pos	Name	Yr	School	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	Ayako Ota	12	Hillsdale	27-05.00
2	Genevieve Duran	12	San Mateo	28-05.00
3	Elizabeth McSherry	12	Aragon	28-08.00
4	Miranda Santana	12	Carlmont	29-06.00
5	Jana Wong	11	Mills	29-06.00
6	Mable Attiogbe	10	Woodside	29-07.00
7	Tiffany Yang	11	Menlo-Atherton	29-07.00
8	Mia Diliberto	09	Mills	29-07.00
9	Kristina Smathers	11	Terra Nova	30-01.50
10	Victoria Pangilinan	12	Westmoor	30-02.00
11	Megan Kurtz	11	Menlo-Atherton	30-06.50
12	Lauren Schott	10	Woodside	30-07.00
13	Abigayle Haguisan	11	Westmoor	30-09.00
14	Adaora Obegoly	11	Carlmont	31-09.00
15	Mindy Yang	12	Carlmont	32-00.00
16	Michelle Chinn	12	Mills	32-00.00
17	Claire Dominique Saitta	11	Sequoia	32-02.00
18	Emma Ohara	09	Sequoia	32-06.00
19	Seira Tanaka	12	Westmoor	32-08.00
20	Samantha Bhaumik	10	Aragon	32-08.25

**Event 25 Girls Discus Throw Varsity**

Pos	Name	Yr	School	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	Giula Pollitri	11	Carlmont	66-00
2	Evangelina Hernandez	09	Woodside	75-06
3	Bianca Flores	11	El Camino	84-00
4	Uainani Pikula	11	San Mateo	84-03
5	Vanessa Hoe	11	Westmoor	85-07
6	Angelica Petelo	11	San Mateo	86-02
7	Natalia Tatola	11	Sequoia	86-05
8	Sara Opiel	12	Aragon	89-11
9	Egan Becky	12	Hillsdale	90-03
10	Ogechi I	12	Terra Nova	92-06
11	Karen Henriquez	12	Mills	92-08
12	Tiara Cobbins	10	Westmoor	96-05
13	Mele Mapa	11	Mills	97-08
14	Lisanne Horwitz	11	Menlo-Atherton	106-08
15	Sabrina Mendoza	12	Mills	118-08

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**Event 27 Boys High Jump Varsity**

Pos	Name	Yr	School	Seed Mark	
<b>Flight 1 of 1 Finals</b>					
1	Pierre Alexander	11	Terra Nova	4-10.00	_____
2	Peter Michael Bugos	11	Sequoia	5-00.00	_____
3	Shen Pang	12	Westmoor	5-00.00	_____
4	Reggie Chatman	11	Carlmont	5-00.00	_____
5	Luka Cargonja	11	Carlmont	5-00.00	_____
6	Nicholas Joseph Polati	11	Sequoia	5-02.00	_____
7	Daniel Hoffman	11	Mills	5-02.00	_____
8	Stephen Hua	11	Hillsdale	5-04.00	_____
9	Mitchell Cockrum	10	Woodside	5-04.00	_____
10	Walter Johnson	12	Burlingame	5-04.00	_____
11	Seamus Gill	11	Burlingame	5-04.00	_____
12	David Svetov	11	Burlingame	5-04.00	_____
13	Jomari Geronimo	12	Westmoor	5-06.00	_____
14	C.J. Tait	11	Hillsdale	5-06.00	_____
15	Anthony Mejia	10	San Mateo	5-06.00	_____
16	Matt Nagle	11	Aragon	5-06.00	_____
17	Carson Predovich	11	Sequoia	5-06.00	_____
18	Benjamin Glikbarg	11	Hillsdale	5-06.00	_____
19	Gabe Campos	10	Capuchino	5-08.00	_____
20	Hector Santana	12	Menlo-Atherton	5-08.00	_____
21	Lucas Silva	11	San Mateo	5-08.00	_____
22	Chase Waterman	11	Half Moon Bay	5-08.00	_____
23	Sam Phillips	11	San Mateo	5-08.00	_____
24	Noah Schneider	11	Menlo-Atherton	5-08.00	_____
25	Anthony Balancio	12	Westmoor	5-10.00	_____
26	Conner Swan	11	Woodside	5-10.00	_____
27	James Mickelson	12	Woodside	6-00.00	_____
28	Ben Urzua	12	El Camino	6-00.00	_____
29	David Werner	11	El Camino	6-00.00	_____
30	Anthony Hines	12	El Camino	6-02.00	_____

**Event 32 Girls Pole Vault Varsity**

Pos	Name	Yr	School	Seed Mark	
<b>Flight 1 of 1 Finals</b>					
1	Megan Sandberg	11	Terra Nova	6-00.00	_____
2	Mia Diliberto	09	Mills	6-06.00	_____
3	Marichel Mendoza	11	Westmoor	7-00.00	_____
4	Victoria Pangilinan	12	Westmoor	7-00.00	_____
5	Isabel Cervantes	11	South S.F.	7-06.00	_____
6	Maggie Tsang	12	Carlmont	8-06.00	_____
7	Daria Perkova	12	Carlmont	8-06.00	_____
8	Tiffany Yang	11	Menlo-Atherton	8-06.00	_____
9	Kathryn Mohr	09	Menlo-Atherton	9-00.00	_____
10	Alyssa Sterns	12	Woodside	9-06.00	_____
11	Erin Hutzinger	11	Westmoor	10-00.00	_____

**COMPLETED FIELD EVENTS:**

**Girls High Jump Varsity**

Name	Yr	School	Finals
<b>Finals</b>			
1 Farideh Louise Loveless	11	Sequoia	4-10.00
2 Katie Pilster	12	Capuchino	4-10.00
3 Jessica Page	12	Woodside	4-08.00
4 Rachel Bellin	12	Carlmont	4-06.00
5 Zoe Kiely	11	Capuchino	4-06.00
6 Erin Hutzinger	11	Westmoor	4-06.00
7 Chanelle Del Rozario	11	Capuchino	4-04.00
7 Mindy Yang	12	Carlmont	4-04.00
9 Julia Pokorny	12	Sequoia	4-04.00
10 Jessica Wright	12	Burlingame	4-04.00
11 Egan Becky	12	Hillsdale	4-04.00
12 Kristina Smathers	11	Terra Nova	4-04.00
13 Molly Shea	11	Sequoia	4-02.00
13 Stephanie Cerini	12	Woodside	4-02.00
13 Courtney Lucas	12	Woodside	4-02.00
13 Georgia Reid	11	Menlo-Atherton	4-02.00
17 Marie Oliveros	12	Westmoor	4-00.00
17 Josi Flynn	12	Carlmont	4-00.00
17 Gina Guglielmoni	11	El Camino	4-00.00
20 Paige Williamson	12	Half Moon Bay	3-10.00
--- Tiffany Yang	11	Menlo-Atherton	NH

**P.A.L. Varsity T&F Championships 2013**  
**Terra Nova HS**  
**Meet Program - Varsity Finals**

**Girls Long Jump Varsity**

Name	Yr	School	Finals
<b>Finals</b>			
1 Claire Dominique Saitta		11 Sequoia	15-10.50
2 Karen Carino		10 Westmoor	15-10.50
3 Megan Sandberg		11 Terra Nova	15-08.00
4 Naomi Tovar		11 Menlo-Atherton	15-06.25
5 Emma Ohara		09 Sequoia	15-02.00
6 Megan Kurtz		11 Menlo-Atherton	15-01.50
7 Seira Tanaka		12 Westmoor	15-01.25
8 Megan Pockalny		11 Woodside	15-00.00
9 Jessica Page		12 Woodside	14-11.25
10 Willa Friedl Gruver		11 Sequoia	14-08.00
11 Rachel Bellin		12 Carlmont	14-06.75
12 Mindy Yang		12 Carlmont	14-06.50
13 Adaora Obegoly		11 Carlmont	14-01.75
14 Mia Diliberto		09 Mills	14-00.00
15 Genevieve Duran		12 San Mateo	13-10.25
16 Ayako Ota		12 Hillsdale	13-06.75
17 Abigayle Haguisan		11 Westmoor	13-06.25
18 Elizabeth McSherry		12 Aragon	13-03.00
19 Michelle Chinn		12 Mills	12-11.50
20 Christine Flock		12 Woodside	12-06.00
21 Gina Guglielmoni		11 El Camino	12-00.25

**Girls Shot Put Varsity**

Name	Yr	School	Finals
<b>Finals</b>			
1 Sabrina Mendoza		12 Mills	41-01.25
2 Ogechi I		12 Terra Nova	33-04.75
3 Angelica Petelo		11 San Mateo	32-10.50
4 Tiara Cobbins		10 Westmoor	31-04.00
5 Elizabeth Fonua		11 Aragon	30-08.50
6 Karen Henriquez		12 Mills	29-11.00
7 Uainani Pikula		11 San Mateo	29-08.50
8 Lisanne Horwitz		11 Menlo-Atherton	28-02.00
9 Mele Mapa		11 Mills	26-11.00
10 Cynthia Lin		12 Westmoor	26-09.00
11 Evangelina Hernandez		09 Woodside	25-03.50
12 Bianca Flores		11 El Camino	24-08.00
13 Lauren Schott		10 Woodside	24-06.75
14 Egan Becky		12 Hillsdale	23-03.25

**Boys Pole Vault Varsity**

Name	Yr	School	Finals
<b>Finals</b>			
1 Dominic Chavarria		11 Westmoor	12-07.00
2 Nick Korjeff		10 Carlmont	12-01.00
2 Bobby Nicholson		11 Aragon	12-01.00
4 Luka Cargonja		11 Carlmont	12-01.00
5 Ivan Szeto		12 Westmoor	11-07.00
6 Sean Smith		12 Menlo-Atherton	11-07.00
7 Kevin Wu		12 San Mateo	11-01.00
8 Abdo Boukhail		12 Aragon	11-01.00
9 Chandler Womack		12 Sequoia	10-07.00
9 Alex Hsieh		11 Burlingame	10-07.00
11 James Donegan		11 South S.F.	10-07.00
12 Chris Camacho		11 Westmoor	10-01.00
12 Charlie Spira		11 Burlingame	10-01.00

12 Konrad vonMayrhaus	11 Mills	10-01.00
12 Eliezar Mayer Vigdorchik	11 Sequoia	10-01.00
16 Chris Chu	11 Westmoor	x9-01.00
16 Danny Falore	12 Woodside	9-01.00
16 Christopher Toy	12 Mills	9-01.00
16 Arthur Georgiyev	12 South S.F.	9-01.00
--- Aaron Kho	11 Westmoor	NH

**Boys Triple Jump Varsity**

Name	Yr	School	Finals
<b>Finals</b>			
1 Tyler Vanson		12 Aragon	42-07.00
2 Franklin Rice		11 Carlmont	41-06.75
3 Hector Santana		12 Menlo-Atherton	41-00.75
4 Garrett Lew		12 Mills	40-11.50
5 Conner Swan		11 Woodside	40-04.00
6 Luis Hernandez		11 Aragon	40-03.00
7 Mitchell Cockrum		10 Woodside	40-01.00
8 Jerry Dudum		12 Mills	38-09.75
9 Jeremy Wright		11 Terra Nova	38-08.50
10 Cairo Spencer		11 San Mateo	38-08.00
11 Adam Scandlyn		10 Menlo-Atherton	37-11.00
11 Semanu Attiogbe		09 Woodside	37-11.00
13 Noah Schneider		11 Menlo-Atherton	37-06.50
14 Ivan Szeto		12 Westmoor	36-11.00
15 Reggie Chatman		11 Carlmont	35-08.50
16 Marc Jonathan Berghouse		09 Sequoia	35-03.75
17 Jonathan Chen		11 Sequoia	35-00.50
18 Andrew Chow		12 Westmoor	34-06.50
19 Nathan Depante		12 Westmoor	34-00.50
20 Daniel Conceicao		11 Hillsdale	33-00.50

**Boys Discus Throw Varsity**

Name	Yr	School	Finals
<b>Finals</b>			
1 Julian Bertero		12 Sequoia	153-11
2 Jephtha Zapata		11 Mills	140-08
3 Sam Smith		11 Hillsdale	134-00
4 Ayman Alazze		12 Mills	123-05
5 Daniel Bridger		12 Hillsdale	122-07
6 Amien Alazze		11 Mills	120-10
7 Nicholas Montalbano		10 Woodside	117-00
8 Joe Lowman		12 Half Moon Bay	105-06
9 Nick Peluso		11 El Camino	101-11
10 Dominic Gulli		12 South S.F.	98-02
11 Nicholas Stathas		11 Hillsdale	97-07
12 Andrew So		12 Westmoor	93-00
13 Ahmed Alansi		12 Westmoor	87-11
14 Regino Rojas		11 Jefferson	85-03
15 Sean Oey		11 San Mateo	85-01
15 Justin Ewing		12 Capuchino	85-01
17 Manual Godinez		12 Jefferson	77-04
18 Alex Ayag		11 Terra Nova	73-02
19 Omar Gomez		11 El Camino	68-02
20 Godfrey Ng		12 Westmoor	65-11
21 Malik DeMartha		10 El Camino	64-08