

P.A.L. Varsity Track & Field Championships 2013

Terra Nova HS

Trials Results - Friday, May 3, 2013

Event 1 Boys 1600 Meter Run Varsity			
Name	Yr	School	Prelims
Preliminaries			
1	George Baier	12 Menlo-Atherton	4:22.84 Q
2	Logan Marshall	11 Half Moon Bay	4:24.42 Q
3	Rory Beyer	12 Aragon	4:23.27 Q
4	Daniel Bereket	12 Carlmont	4:27.70 Q
5	Gerardo Castro	11 El Camino	4:24.61 Q
6	Tim Layten	12 Carlmont	4:29.16 Q
7	Gabe Silveira	11 Half Moon Bay	4:31.18 q
8	Michael Ward	11 Terra Nova	4:31.22 q
9	Mark Vingralek	10 Carlmont	4:36.54 q
10	Ryan Dimick	11 Carlmont	4:37.57 q
11	Sam Sokolsky	12 Aragon	4:41.23 q
12	Atzin Cardiel	12 Westmoor	4:42.57 q
13	Daniel Goldin	12 Aragon	4:46.04 q
14	Adam Scandlyn	10 Menlo-Atherton	4:47.19 q
15	Taylor Wong	12 Mills	4:51.52 q
16	Chris Jacobson	11 Half Moon Bay	4:52.61
17	Brandon Ng	11 El Camino	4:53.23
18	David Perez	12 South S.F.	4:54.74
19	Brian Bowditch	11 Hillsdale	4:55.28
20	Brendan Hui	11 Mills	4:59.64
21	Forrest Sill	11 Woodside	5:04.97
22	John Lovegren	12 Menlo-Atherton	5:05.70
23	Tim Brown	10 Woodside	5:06.40
24	Brandon Lazo	11 Jefferson	5:07.40
25	John Villaherrosa	12 Westmoor	5:09.59
26	Noah Gerber	11 San Mateo	5:12.67
27	Robert Smith	11 Burlingame	5:13.43
28	Edison Asuncion	11 Jefferson	5:20.14

Event 2 Girls 1600 Meter Run Varsity			
Name	Yr	School	Prelims
Preliminaries			
1	Kylie Goo	12 Westmoor	5:16.46 Q
2	Annalisa Crowe	09 Menlo-Atherton	5:22.56 Q
3	Taylor Fortnam	11 Menlo-Atherton	5:22.14 Q
4	catherine lowdon	12 Burlingame	5:23.61 Q
5	Megan Guillermo	12 Terra Nova	5:23.78 Q
6	Kat Chinn	12 Aragon	5:24.56 Q
7	Carmen Zafra	09 Half Moon Bay	5:25.33 q
8	Kaley James	09 Woodside	5:26.64 q
9	Katie Hall	10 Terra Nova	5:29.75 q
10	Mariana Frey	12 Sequoia	5:30.29 q
11	allison Lee	12 Hillsdale	5:35.18 q
12	Madeleine Baier	09 Menlo-Atherton	5:37.18 q
13	Carmen Contreras	11 Half Moon Bay	5:38.47 q
14	Emily Laubscher	11 San Mateo	5:48.37 q
15	Cristina Ashbaugh	11 Aragon	5:48.46 q
16	Jessica Wright	12 Burlingame	5:57.93
17	Gaia Bouchard-Hall	12 Sequoia	6:00.70
18	Charlene Puno	11 El Camino	6:06.60
19	Vivian Chuang	11 San Mateo	6:08.97
20	Corin Soelberg	12 Carlmont	6:37.27

Event 3 Girls 100 Meter Hurdles Varsity			
Name	Yr	School	Prelims
Preliminaries			
1	Savanna Kiefer	12 Aragon	16.41 Q
2	Emma Martino	12 Sequoia	17.03 Q
3	Mimi Chang	10 Westmoor	17.44 Q
4	Abby Taussig	10 Woodside	17.22 q
5	Julie Canta	12 Westmoor	17.67 q
6	Greer Chrisman	11 Burlingame	18.00 q
7	Magali de Sauvage	09 Aragon	18.03 q
8	Molly Shea	11 Sequoia	18.94 q
9	Marie Oliveros	12 Westmoor	18.95 q
10	Lindsay Block	10 Aragon	19.01
11	Morgan Mathers	12 Woodside	19.05
12	Ursula Jongebloed	11 Menlo-Atherton	19.53
13	Natalie Smith	10 Woodside	19.64
14	Kristina Smathers	11 Terra Nova	20.23
15	Sophie Elliot	11 San Mateo	20.37
16	Ayako Ota	12 Hillsdale	20.77
17	Cindy Mae Angot	11 Jefferson	20.91
18	Jana Wong	11 Mills	21.23
19	Ana Loaisiga	11 Carlmont	21.27

Event 4 Boys 110 Meter Hurdles Varsity			
Name	Yr	School	Prelims
Preliminaries			
1	Jimmy Garcia	12 Aragon	15.93 Q
2	Franklin Rice	11 Carlmont	16.14 Q
3	Alex Kumamoto	11 Carlmont	16.47 Q
4	Caleb Sin	12 Westmoor	16.71 q
5	Liam Richardson	11 Aragon	17.00 q
6	Jerry Dudum	12 Mills	17.36 q
7	Alvin Tiletile	11 Westmoor	17.70 q
8	Alec Tabiante	11 Capuchino	18.51 q
9	Kenneth Caragan	10 Jefferson	18.67 q
10	Robert Pollock	12 Aragon	18.77
11	Daniel Conceicao	11 Hillsdale	18.93
12	Thomas Carpio	12 El Camino	19.17
13	Juan Sarno	11 El Camino	19.32
14	Evan Yenwei Schulz	11 Sequoia	19.47
15	Joey Mozian	11 Terra Nova	19.58
16	Joel Reynada	11 Menlo-Atherton	19.75
17	Andres Abarca	10 El Camino	24.19

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Trials Results - Friday, May 3, 2013

Event 5 Boys 400 Meter Dash Varsity

Name	Yr	School	Prelims
Preliminaries			
1 Michael Beery	12	San Mateo	49.18 Q
2 Jeremy Wright	11	Terra Nova	49.57 Q
3 Zack Plante	11	Menlo-Atherton	50.76 Q
4 Liam Martinez	11	Burlingame	51.64 Q
5 John Rodriguez	12	Woodside	52.10 q
6 Andrew Qare	12	San Mateo	53.03 q
7 Kevin Ochoa	11	El Camino	53.11 q
8 Connor Lindquist	12	Menlo-Atherton	53.36 q
9 Enmanuel Sanchez	11	Jefferson	53.82 q
10 Tynan Dewes	11	Sequoia	53.88
11 Ethan Gentry	11	Woodside	53.95
12 Andrew Chow	12	Westmoor	54.25
13 Ben Prudhomme	12	Menlo-Atherton	54.34
14 Ranier Plantinos	12	Aragon	54.35
15 Yazan Abdeheilim	12	Jefferson	54.83
16 Tommy Cook	11	Woodside	55.38
17 John Pablo	12	Jefferson	57.50
18 David Ortega	10	Capuchino	57.78
19 Genesis Ponce	12	El Camino	57.87
20 Daniel Goldin	12	Aragon	58.53
21 Jeff Wu	12	Westmoor	1:00.76
22 Aaron Kho	11	Westmoor	1:02.15

Event 6 Girls 400 Meter Dash Varsity

Name	Yr	School	Prelims
Preliminaries			
1 Anaya Alexander	09	Carlmont	58.90 Q
2 Cassie Stansberry	12	Menlo-Atherton	1:00.92 Q
3 Alexa Smith	12	Aragon	59.99 q
4 Annie Harrier	10	Menlo-Atherton	1:01.16 q
5 Katie Kissner	10	Burlingame	1:01.39 q
6 Willa Friedl Gruver	11	Sequoia	1:01.65 q
7 Allison Dong	11	San Mateo	1:03.13 q
8 Karen Carino	10	Westmoor	1:03.15 q
9 Michele Day	12	Mills	1:04.47 q
10 Allegra Stangvik	09	Woodside	1:05.77
11 Demi Latham	12	Woodside	1:06.14
12 Bridget Okugbe	10	Westmoor	1:07.17
13 Audrey Wilde	09	Woodside	1:07.93

Event 7 Boys 100 Meter Dash Varsity

Name	Yr	School	Prelims
Preliminaries			
1 Julius Elzie	12	Aragon	11.40 Q
2 Clark Tolero	12	Terra Nova	11.53 Q
3 Martin Escobar	12	South S.F.	11.55 Q
4 Justin Borjon	10	Woodside	11.59 Q
5 Justin Kelly	11	Hillsdale	12.06 Q
6 Blake Turner	12	El Camino	11.57 q
7 Faraaz Rashidi	11	Burlingame	11.61 q
8 Kadri Green	12	Menlo-Atherton	11.78 q
9 Parker Huang	12	Aragon	11.79 q
10 Brandon Gip	11	El Camino	11.84
11 Antony Cabuslay	10	Aragon	11.86
12 Orlando Garcia	11	South S.F.	12.02
13 Joseph Shinshiro	12	Sequoia	12.09

14 Charles Simmons	12	Sequoia	12.13
15 Aladdin Awadalla	12	Capuchino	12.15
16 Paea Dawe	12	Capuchino	12.18
17 Collin Chew	12	San Mateo	12.20
18 Madien Abdulla	11	Jefferson	12.27
19 Paolo Hidalgo	11	Burlingame	12.29
20 Jose Luiz Sanchez	12	El Camino	12.29
20 Alvin Sung	12	Mills	12.29
22 Julian Miranda	10	South S.F.	12.32
23 Anders Ward	11	Menlo-Atherton	12.38
24 Maher Rashid	12	Capuchino	12.38
25 Jason Manila	11	Westmoor	12.39
26 Gerber Gustavo Aguilar Esquivel	11	Sequoia	12.51
27 JP Leyson	12	Jefferson	12.64
28 Felix Valezquez	12	Menlo-Atherton	12.68
29 Semanu Attiogbe	09	Woodside	12.72
30 Brodie Miller	11	Half Moon Bay	12.82
31 Shen Pang	12	Westmoor	12.93
32 Johnathan Uy	12	Jefferson	13.00
33 Miguel Guevara	11	Half Moon Bay	13.07
34 Alvin Huang	12	Hillsdale	13.34
35 Jeremy Lagrisola	11	Westmoor	13.44

Event 8 Girls 100 Meter Dash Varsity

Name	Yr	School	Prelims
Preliminaries			
1 Anaya Alexander	09	Carlmont	13.29 Q
2 Mikayla Miller	09	Terra Nova	13.36 Q
3 Alexandra Bliss	12	Sequoia	13.42 Q
4 Alyssa Bliss	12	Sequoia	13.59 Q
5 Miranda Simes	09	Menlo-Atherton	13.47 q
6 Abby Taussig	10	Woodside	13.58 q
7 Millicent Bangura	11	Jefferson	13.64 q
8 Adaora Obegoly	11	Carlmont	13.68 q
9 Megan Bartoshuk	12	Sequoia	13.68 q
10 Addy Eveslage	12	Aragon	13.72
11 Maddy Warman	10	Woodside	13.77
12 Hallecka Valdez	11	Jefferson	13.80
13 Megan Kurtz	11	Menlo-Atherton	13.80
14 Sophie Litton	11	Carlmont	13.85
15 Marie Oliveros	12	Westmoor	13.88
16 Lexus Bernard	12	Woodside	13.90
17 Naomi Tovar	11	Menlo-Atherton	14.06
18 Tarrea Tolbert	11	El Camino	14.09
19 Veronica SanFelipe	12	Capuchino	14.09
20 Genevieve Duran	12	San Mateo	14.41
21 Bella Mercado	11	Hillsdale	14.47
22 Jew Amanda	10	Hillsdale	14.70
23 Alizajah Freeman	11	El Camino	14.74
24 Lina Severino	11	South S.F.	14.93
25 Chelsea Guevarra	11	Jefferson	15.08
26 Franchezka Pumarada	11	Westmoor	15.17
27 Michelle Chinn	12	Mills	15.45
28 Victoria Pangilinan	12	Westmoor	15.58
29 Nestle Magat	11	South S.F.	15.64
30 Celeste Misa	11	South S.F.	16.39

P.A.L. Varsity Track & Field Championships 2013**Terra Nova HS****Trials Results - Friday, May 3, 2013****Event 9 Boys 800 Meter Run Varsity**

Name	Yr	School	Prelims
Preliminaries			
1 Gerardo Castro	11	El Camino	1:57.03 Q
2 George Baier	12	Menlo-Atherton	1:59.51 Q
3 Tim Layten	12	Carlmont	1:57.84 Q
4 Michael Ward	11	Terra Nova	1:59.91 Q
5 Logan Marshall	11	Half Moon Bay	1:59.75 q
6 Rory Beyer	12	Aragon	1:59.80 q
7 Galdino Bravo	11	Sequoia	2:03.05 q
8 Gabe Silveira	11	Half Moon Bay	2:03.87 q
9 Connor Lindquist	12	Menlo-Atherton	2:04.50 q
10 Ethan Gentry	11	Woodside	2:05.02 q
11 Will Rivera	11	Aragon	2:06.07 q
12 Adam Scandlyn	10	Menlo-Atherton	2:06.27 q
13 Taylor Wong	12	Mills	2:07.87
14 Reese Dickson	12	Carlmont	2:08.91
15 Brendan Hui	11	Mills	2:08.99
16 David Perez	12	South S.F.	2:10.99
17 Brandon Ng	11	El Camino	2:11.80
18 Nick Tolfia	11	Aragon	2:12.37
19 Ben Urzua	12	El Camino	2:13.77
20 Brian Bowditch	11	Hillsdale	2:14.63
21 Quentin Karn	12	Burlingame	2:15.00
22 Forrest Sill	11	Woodside	2:15.76
23 Brandon Lazo	11	Jefferson	2:16.19
24 Tim Brown	10	Woodside	2:16.28
25 Chris Camacho	11	Westmoor	2:16.48
26 Giovanni Pinneda	12	Jefferson	2:16.74
27 Chris Chu	11	Westmoor	2:18.14
28 John Villahermosa	12	Westmoor	2:18.26
29 Anteneh Hailu	11	South S.F.	2:19.14
30 Noah Gerber	11	San Mateo	2:24.19

Event 10 Girls 800 Meter Run Varsity

Name	Yr	School	Prelims
Preliminaries			
1 Kylie Goo	12	Westmoor	2:19.32 Q
2 Annalisa Crowe	09	Menlo-Atherton	2:20.90 Q
3 Kylie Freeburg	11	Half Moon Bay	2:23.21 Q
4 Madeleine Baier	09	Menlo-Atherton	2:27.00 Q
5 Kat Chinn	12	Aragon	2:24.58 q
6 Cat DePuy	09	Menlo-Atherton	2:28.06 q
7 Kaley James	09	Woodside	2:29.15 q
8 Kassi Stephenson	12	Burlingame	2:29.88 q
9 Katie Hall	10	Terra Nova	2:30.27 q
10 catherine lowdon	12	Burlingame	2:31.09 q
11 Demi Latham	12	Woodside	2:33.09 q
12 anika rianzares	11	Burlingame	2:34.21 q
13 Mariana Frey	12	Sequoia	2:35.23
14 Cristina Ashbaugh	11	Aragon	2:37.51
15 Emma Ohara	09	Sequoia	2:38.82
16 Emily Laubscher	11	San Mateo	2:39.12
17 Vivian Chuang	11	San Mateo	2:39.38
18 Charlene Puno	11	El Camino	2:41.54
19 Abigayle Haguisan	11	Westmoor	2:46.33
20 Julia Pokorny	12	Sequoia	2:46.92

21 Audrey Wilde	09	Woodside	2:48.73
22 Reyjane Donaie	11	Jefferson	2:51.76
23 Carolyn Wong	11	San Mateo	2:55.14
24 Corin Soelberg	12	Carlmont	2:57.27

Event 11 Boys 300 Meter Hurdles Varsity

Name	Yr	School	Prelims
Preliminaries			
1 Kadri Green	12	Menlo-Atherton	40.51 Q
2 Jimmy Garcia	12	Aragon	41.20 Q
3 Franklin Rice	11	Carlmont	41.44 Q
4 Alex Kumamoto	11	Carlmont	41.68 q
5 Evan Yenwei Schulz	11	Sequoia	42.94 q
6 Andres Abarca	10	El Camino	43.22 q
7 Caleb Sin	12	Westmoor	43.80 q
8 Joel Reynada	11	Menlo-Atherton	44.02 q
9 Liam Richardson	11	Aragon	44.09 q
10 Robert Pollock	12	Aragon	44.90
11 Konrad vonMayrhaus	11	Mills	45.10
12 Thomas Carpio	12	El Camino	45.25
13 Juan Sarno	11	El Camino	45.49
14 Alvin Tiletile	11	Westmoor	45.61
15 Joey Mozian	11	Terra Nova	46.45
16 Kenneth Caragan	10	Jefferson	48.36
17 Omar Silva	11	Jefferson	55.78
18 Adrian Contreras	11	Woodside	56.93

Event 12 Girls 300 Meter Hurdles Varsity

Name	Yr	School	Prelims
Preliminaries			
1 Greer Chrisman	11	Burlingame	48.07 Q
2 Abby Taussig	10	Woodside	48.58 Q
3 Savanna Kiefer	12	Aragon	50.16 Q
4 Magali de Sauvage	09	Aragon	50.90 q
5 Mimi Chang	10	Westmoor	51.17 q
6 Julie Canta	12	Westmoor	51.89 q
7 Megan Sandberg	11	Terra Nova	52.50 q
8 Morgan Mathers	12	Woodside	52.90 q
9 Olivia Stangvik	11	Woodside	53.97 q
10 Jana Wong	11	Mills	54.01
11 Emma Martino	12	Sequoia	54.48
12 Molly Shea	11	Sequoia	54.95
13 Ursula Jongebloed	11	Menlo-Atherton	55.08
14 Terri Ngai	11	Westmoor	55.59
15 Sophie Elliot	11	San Mateo	56.74
16 Cindy Mae Angot	11	Jefferson	1:00.05

P.A.L. Varsity Track & Field Championships 2013**Terra Nova HS****Trials Results - Friday, May 3, 2013****Event 13 Boys 200 Meter Dash Varsity**

Name	Yr	School	Prelims
Preliminaries			
1 Michael Beery	12	San Mateo	22.74 Q
2 Zack Plante	11	Menlo-Atherton	22.88 Q
3 Clark Tolero	12	Terra Nova	22.95 Q
4 Liam Martinez	11	Burlingame	23.37 Q
5 Deverick Meacham	11	Menlo-Atherton	23.62 Q
6 Julius Elzie	12	Aragon	23.13 q
7 Blake Turner	12	El Camino	23.34 q
8 Parker Huang	12	Aragon	23.44 q
9 Faraaz Rashidi	11	Burlingame	23.63 q
10 Andrew Qare	12	San Mateo	23.70
11 Martin Escobar	12	South S.F.	23.83
12 Brandon Gip	11	El Camino	23.84
13 Gabe Campos	10	Capuchino	23.94
14 Antony Cabuslay	10	Aragon	24.06
15 Justin Kelly	11	Hillsdale	24.10
16 Justin Borjon	10	Woodside	24.29
17 John Rodriguez	12	Woodside	24.39
18 Julian Miranda	10	South S.F.	24.53
19 Collin Chew	12	San Mateo	24.62
20 Jose Luiz Sanchez	12	El Camino	24.68
21 Donovan Dow	12	Menlo-Atherton	24.88
22 Neil Jay Chan	11	Sequoia	24.90
23 Alvin Sung	12	Mills	25.04
24 Arnel Dolores	11	Westmoor	25.28
25 Madien Abdulla	11	Jefferson	25.42
26 Jomari Geronimo	12	Westmoor	25.47
27 Isaac Joshua	11	Mills	25.47
28 Tommy Cook	11	Woodside	25.68
29 JP Leyson	12	Jefferson	25.72
30 Michael Lauigan	12	South S.F.	25.77
31 Yazan Abdeheilim	12	Jefferson	25.79
32 Brodie Miller	11	Half Moon Bay	25.80
33 DeShane Wyatt	11	Terra Nova	26.22
34 Brendan Hui	11	Mills	26.29
35 Alvin Huang	12	Hillsdale	26.91
36 Jay Muliufi	12	Terra Nova	28.24

Event 14 Girls 200 Meter Dash Varsity

Name	Yr	School	Prelims
Preliminaries			
1 Anaya Alexander	09	Carlmont	26.13 Q
2 Willa Friedl Gruver	11	Sequoia	26.92 Q
3 Annie Harrier	10	Menlo-Atherton	27.32 Q
3 Miranda Simes	09	Menlo-Atherton	27.32 Q
5 Alexa Smith	12	Aragon	27.08 q
6 Cassie Stansberry	12	Menlo-Atherton	27.40 q
7 Alexandra Bliss	12	Sequoia	27.42 q
8 Katie Kissner	10	Burlingame	27.53 q
9 Alyssa Bliss	12	Sequoia	27.53 q
10 Millicent Bangura	11	Jefferson	27.55
11 Addy Eveslage	12	Aragon	27.57
12 Maddy Warman	10	Woodside	27.73
13 Allison Dong	11	San Mateo	27.91
14 Hallecka Valdez	11	Jefferson	28.21
15 Mikayla Miller	09	Terra Nova	28.31
16 Michele Day	12	Mills	28.34
17 Alyssa Jauregui	09	Woodside	28.44
18 Bridget Okugbe	10	Westmoor	28.57
19 Tarrea Tolbert	11	El Camino	28.85
20 Sophie Litton	11	Carlmont	28.89
21 Mackenzie Person	10	Woodside	29.00
22 Veronica SanFelipe	12	Capuchino	29.23
23 Stephanie Levine	11	Carlmont	29.77
24 Jew Amanda	10	Hillsdale	29.83
25 Alizajah Freeman	11	El Camino	30.04
26 Elizabeth Ramirez	12	Capuchino	30.49
27 Gina Guglielmoni	11	El Camino	30.90
28 Franchezka Pumarada	11	Westmoor	31.29
29 Lina Severino	11	South S.F.	31.45

P.A.L. Varsity Track & Field Championships 2013**Terra Nova HS****Trials Results - Friday, May 3, 2013****Event 23 Boys Pole Vault Varsity**

Name	Yr	School	Finals
Finals			
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 Boukhaill	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

Event 28 Boys Triple Jump Varsity

Name	Yr	School	Finals
Finals			
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

Event 26 Girls High Jump Varsity

Name	Yr	School	Finals
Finals			
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

Event 29 Boys Discus Throw Varsity

Name	Yr	School	Finals
Finals			
1	Julian Bertero	12 Sequoia	153-11
2	Jephta Zapata	11 Mills	140-08
3	Sam Smith	11 Hillsdale	134-00
4	Ayman Alazzeah	12 Mills	123-05
5	Daniel Bridger	12 Hillsdale	122-07
6	Amien Alazzeah	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

P.A.L. Varsity Track & Field Championships 2013

Terra Nova HS

Trials Results - Friday, May 3, 2013

Event 30 Girls Long Jump Varsity

Name	Yr	School	Finals
Finals			
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 Haguian	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

Women - Varsity - Team Rankings - 3 Events Scored

1) Sequoia	22
2) Terra Nova	13
2) Westmoor	14
4) Mills	11
5) Capuchino	10
6) Woodside	6
6) San Mateo	6
8) Menlo-Atherton	5
9) Carlmont	4
10) Aragon	2

Men - Varsity - Team Rankings - 3 Events Scored

1) Carlmont	19
2) Aragon	18
3) Mills	17
4) Westmoor	12
5) Sequoia	10
6) Hillsdale	8
7) Menlo-Atherton	7
8) Woodside	2

Event 31 Girls Shot Put Varsity

Name	Yr	School	Finals
Finals			
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