

Santa Cruz Coast Relays - 3/7/2015
Aptos High School
Results

Girls 4x100 Meter Relay Varsity

Team	Relay	Finals
Finals		
1 Santa Cruz	A	51.96
2 Soquel High School	A	52.24
3 Aptos High School	A	53.59
4 San Benito	A	54.73
5 San Benito	B	x55.82
6 N.M.C.	A	56.84
7 Soquel High School	B	x56.99
8 Casa Roble	A	57.02
9 Carmel High School	A	57.58
10 St. Francis Ccc	A	1:01.16

Girls 4x200 Meter Relay Varsity

Team	Relay	Finals
Finals		
1 Soquel High School	A	1:53.70
2 Santa Cruz	A	1:56.43
3 Aptos High School	A	1:56.71
4 San Benito	B	1:59.32
5 Casa Roble	A	2:00.91
6 San Benito	A	x2:03.81
7 Soquel High School	B	x2:03.90
8 N.M.C.	A	2:08.52
9 Santa Cruz	B	x2:09.24
10 Carmel High School	A	2:46.10

Girls 4x400 Meter Relay Varsity

Team	Relay	Finals
Finals		
1 San Benito	A	4:11.02
2 Soquel High School	A	4:24.84
3 Aptos High School	B	4:39.15
4 Aptos High School	A	x4:50.90
5 Casa Roble	A	4:51.16
6 San Benito	B	x4:53.83
7 N.M.C.	A	4:58.54
8 Casa Roble	B	x5:10.26

Girls 4x800 Meter Relay Varsity

Team	Relay	Finals
Finals		
1 Aptos High School	A	10:15.71
2 San Benito	A	10:33.97
3 Soquel High School	A	10:43.42
4 Aptos High School	B	x11:02.28
5 Casa Roble	A	11:12.91
6 N.M.C.	A	11:55.85
7 Casa Roble	B	x12:30.17
--- St. Francis Ccc	A	NT

Girls 1600 Sprint Medley Varsity

Team	Relay	Finals
Finals		
1 San Benito	A	4:46.83
2 Aptos High School	A	4:57.59
3 Casa Roble	A	5:07.02
4 N.M.C.	A	5:21.86

Girls Distance Medley Varsity

Team	Relay	Finals
Finals		
1 Santa Cruz	A	13:00.79
2 Aptos High School	B	13:09.82
3 San Benito	A	13:24.20
4 Aptos High School	A	x14:20.09
5 Soquel High School	A	14:36.65
6 Casa Roble	A	14:46.44
7 N.M.C.	A	15:38.39
8 Carmel High School	A	16:13.50

Girls 4x100 Meter Shuttle Hurdle Varsity

Team	Relay	Finals
Finals		
1 Santa Cruz	A	1:13.59
2 San Benito	A	1:24.96
3 N.M.C.	A	1:25.12
4 Casa Roble	A	1:29.33

Girls 3x300 Meter Shuttle Hurdle Varsity

Team	Relay	Finals
Finals		
1 Santa Cruz	A	2:39.32
2 N.M.C.	A	2:47.07
3 San Benito	A	3:05.55
--- Carmel High School	A	NT
--- Casa Roble	A	NT

Girls High Jump Varsity

Name	School	Finals
Finals		
1 A, San Benito	San Benito	14-08.00
2 A, N.M.C.	N.M.C.	12-10.00
3 A, Santa Cruz	Santa Cruz	5-04.00
4 A, Aptos	Aptos	4-02.00

Girls Pole Vault Varsity

Name	School	Finals
Finals		
1 A, Soquel	Soquel	23-00.00
2 A, Aptos	Aptos	19-06.00
3 A, San Benito	San Benito	19-00.00

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Girls Long Jump Varsity

Name	School	Finals
Finals		
1 A, Santa Cruz	Santa Cruz	42-10.50
2 A, San Benito	San Benito	42-08.50
3 A, Aptos	Aptos	41-05.75
4 A, Carmel	Carmel	40-11.75
5 B, San Benito	San Benito	x40-02.25
6 B, Aptos	Aptos	x35-04.00
7 B, N.M.C.	N.M.C.	34-00.75
8 A, N.M.C.	N.M.C.	x26-04.50
9 A, St. Francis	St. Francis Ccc	23-10.00

Girls Triple Jump Varsity

Name	School	Finals
Finals		
1 A, San Benito	San Benito	99-08.50
2 A, Aptos	Aptos	87-03.50
3 B, San Benito	San Benito	x85-10.50
4 A, N.M.C.	N.M.C.	85-10.00
5 A, Casa Roble	Casa Roble	29-07.50
6 A, St. Francis	St. Francis Ccc	24-07.50

Girls Shot Put Varsity

Name	School	Finals
Finals		
1 A, N.M.C.	N.M.C.	80-08.00
2 A, San Benito	San Benito	80-05.00
3 B, San Benito	San Benito	x72-02.00
4 A, Santa Cruz	Santa Cruz	71-01.00
5 A, Aptos	Aptos	70-10.00
6 B, N.M.C.	N.M.C.	x64-06.00
7 A, St. Francis	St. Francis Ccc	63-03.00
8 B, Aptos	Aptos	x56-02.00

Girls Discus Throw Varsity

Name	School	Finals
Finals		
1 A, San Benito	San Benito	241-03
2 A, Soquel	Soquel	219-02
3 A, Aptos	Aptos	217-09
4 A, Santa Cruz	Santa Cruz	203-07
5 A, N.M.C.	N.M.C.	199-05
6 B, San Benito	San Benito	x169-08
7 B, N.M.C.	N.M.C.	x165-09
8 B, Aptos	Aptos	x135-09
9 A, Carmel	Carmel	45-00

Boys 4x100 Meter Relay Varsity

Team	Relay	Finals
Finals		
1 San Benito	A	44.89
2 Aptos High School	A	45.24
3 Casa Roble	A	45.73
4 Soquel High School	A	45.82
5 San Benito	B	x46.93
6 St. Francis Ccc	A	47.66
7 Soquel High School	B	x47.84
8 Casa Roble	B	x47.92
9 N.M.C.	A	49.06
10 Aptos High School	B	x49.51
11 Carmel High School	A	51.16

Boys 4x200 Meter Relay Varsity

Team	Relay	Finals
Finals		
1 Aptos High School	A	1:35.06
2 Soquel High School	A	1:37.56
3 San Benito	A	1:37.57
4 Casa Roble	A	1:37.81
5 Casa Roble	C	x1:43.82
6 N.M.C.	A	1:43.97
7 St. Francis Ccc	A	1:45.18
8 Casa Roble	B	x1:48.02

Boys 4x400 Meter Relay Varsity

Team	Relay	Finals
Finals		
1 San Benito	A	3:39.01
2 Aptos High School	A	3:41.94
3 N.M.C.	A	3:42.73
4 Soquel High School	A	3:52.39
5 St. Francis Ccc	A	4:08.67
6 Carmel High School	A	4:11.34
7 St. Francis Ccc	B	x4:32.02
8 Casa Roble	A	4:36.70

Boys 4x800 Meter Relay Varsity

Team	Relay	Finals
Finals		
1 San Benito	A	8:31.44
2 N.M.C.	A	8:47.82
3 Aptos High School	A	8:59.90
4 Casa Roble	A	10:00.50
5 Casa Roble	B	x10:08.43
--- Santa Cruz	A	NT

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Boys 1600 Sprint Medley Varsity

Team	Relay	Finals
Finals		
1 Santa Cruz	A	3:47.96
2 St. Francis Ccc	A	3:58.81
3 N.M.C.	A	4:01.73
4 Soquel High School	A	4:05.33
5 San Benito	A	4:12.79
6 Aptos High School	A	4:25.24
7 Casa Roble	A	4:31.41
8 St. Francis Ccc	B	x4:35.37

Boys Long Jump Varsity

Name	School	Finals
Finals		
1 A, Aptos	Aptos	53-01.50
2 B, Casa Roble	Casa Roble	52-06.50
3 A, San Benito	San Benito	52-02.75
4 A, Casa Roble	Casa Roble	x51-06.00
5 A, Carmel	Carmel	51-05.00
6 B, San Benito	San Benito	x51-02.00
7 B, Aptos	Aptos	x50-02.50
8 A, St. Francis	St. Francis Ccc	45-07.00
9 A, N.M.C.	N.M.C.	33-01.00

Boys Distance Medley Varsity

Team	Relay	Finals
Finals		
1 San Benito	A	11:13.99
2 Aptos High School	A	11:30.36
3 Santa Cruz	A	11:32.58
4 N.M.C.	A	11:58.58
5 Casa Roble	A	12:09.07
6 San Benito	B	x12:18.20
7 Carmel High School	A	13:15.49
8 Casa Roble	B	x13:51.56

Boys Triple Jump Varsity

Name	School	Finals
Finals		
1 A, N.M.C.	N.M.C.	112-08.00
2 A, San Benito	San Benito	108-06.50
3 A, Aptos	Aptos	106-07.00
4 A, St. Francis	St. Francis Ccc	62-02.00
5 A, Carmel	Carmel	40-10.50

Boys 4x110 Meter Shuttle Hurdle Varsity

Team	Relay	Finals
Finals		
1 N.M.C.	A	1:19.03

Boys Shot Put Varsity

Name	School	Finals
Finals		
1 A, Santa Cruz	Santa Cruz	110-04.00
2 A, N.M.C.	N.M.C.	108-11.00
3 A, Aptos	Aptos	102-08.00
4 A, San Benito	San Benito	97-01.00
5 A, Carmel	Carmel	83-02.00
6 A, St. Francis	St. Francis Ccc	23-04.00

Boys 3x300 Meter Shuttle Hurdle Varsity

Team	Relay	Finals
Finals		
1 Soquel High School	A	2:16.65
2 N.M.C.	A	2:24.98
--- Casa Roble	A	NT
--- San Benito	A	NT

Boys Discus Throw Varsity

Name	School	Finals
Finals		
1 A, Santa Cruz	Santa Cruz	359-01
2 A, Aptos	Aptos	330-04
3 A, San Benito	San Benito	318-08
4 A, N.M.C.	N.M.C.	252-03
5 B, San Benito	San Benito	x251-02
6 A, Soquel	Soquel	231-02
7 B, Aptos	Aptos	x221-04
8 A, Carmel	Carmel	210-08

Boys High Jump Varsity

Name	School	Finals
Finals		
1 A, Carmel	Carmel	17-02.00
2 A, N.M.C.	N.M.C.	16-02.00
3 A, San Benito	San Benito	15-10.00
3 A, Casa Roble	Casa Roble	15-10.00
5 A, Aptos	Aptos	14-08.00
6 A, St. Francis	St. Francis Ccc	10-10.00

Boys Pole Vault Varsity

Name	School	Finals
Finals		
1 A, Aptos	Aptos	29-06.00
2 A, Carmel	Carmel	26-06.00
3 A, N.M.C.	N.M.C.	26-06.00
4 A, San Benito	San Benito	19-00.00
5 A, St. Francis	St. Francis Ccc	19-00.00
6 A, Soquel	Soquel	10-00.00

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Women - Varsity - Team Rankings - 14 Events Scored

1) San Benito High School	108
2) Aptos High School	80
3) Santa Cruz High School	74
4) Soquel High School	54
4) North Monterey County HS	54
6) Casa Roble High School	27
7) St. Francis Central Coast Cath	5
7) Carmel High School	5

Men - Varsity - Team Rankings - 14 Events Scored

1) Aptos High School	83
2) North Monterey County HS	82
3) San Benito High School	81
4) Santa Cruz High School	36
5) Soquel High School	33
6) Carmel High School	29
6) Casa Roble High School	29
8) St. Francis Central Coast Cath	23