

2019 PAL Frosh/Soph Championships - 4/27/2019**Terra Nova High School****Results - All Events****Girls 100 m**

| Name | Year School | Finals | Wind | H# | Points |
|---------------------------|---------------------|--------|------|----|----------|
| Finals | | | | | |
| 1 Snodgrass, Grace | Hillsdale | 13.45 | -1.0 | 5 | 10 |
| 2 Daniels, Brook-Lynn | Jefferson | 13.51 | -1.0 | 5 | 8 |
| 3 Benway, Heather | Sequoia | 13.60 | -1.0 | 5 | 6 13.597 |
| 4 Noble Dean, Heart | Westmoor | 13.60 | -1.0 | 5 | 4 13.600 |
| 5 Sheldon, Katherine | Woodside | 13.61 | -1.0 | 5 | 2 |
| 6 Poon, Amanda | Aragon | 13.75 | -1.0 | 5 | 1 |
| 7 Ofitserova, Nina | San Mateo | 13.76 | -1.0 | 5 | |
| 8 Barlett, Ella | Aragon | 13.95 | -1.4 | 4 | 13.947 |
| 9 Ichiuji, Halle | Aragon | 13.95 | -1.4 | 4 | 13.949 |
| 10 Yee, Christie | Hillsdale | 14.08 | -1.4 | 4 | |
| 11 Feccia, Triana | Capuchino | 14.13 | -1.4 | 4 | |
| 12 Bravo, Leila | Oceana | 14.25 | -1.4 | 4 | |
| 13 Kissane, Ailish | Hillsdale | 14.34 | -1.4 | 4 | |
| 14 Fisch, Charlotte | Sequoia | 14.38 | -0.1 | 3 | |
| 15 Shafer, Coral | Oceana | 14.40 | -1.4 | 4 | |
| 16 Labson, Rylee | Mills | 14.49 | -0.1 | 3 | |
| 17 Bierman, Kayla | Burlingame | 14.53 | -1.0 | 5 | |
| 18 San Miguel, Shermaine | San Mateo | 14.55 | NWI | 2 | |
| 19 Nickas, Lola | Burlingame | 14.57 | -1.0 | 5 | |
| 20 Delmoral, Lauryn | Terra Nova | 14.60 | NWI | 2 | |
| 21 Ou, Kimmy | Westmoor | 14.61 | -0.1 | 3 | 14.601 |
| 22 Humke, Emily | Sequoia | 14.61 | -1.4 | 4 | 14.609 |
| 23 Gower, Leanna | Carlmont | 14.65 | -1.4 | 4 | 14.646 |
| 24 San Jose, Sarah | Terra Nova | 14.65 | -0.1 | 3 | 14.648 |
| 25 Metis, Justine | Carlmont | 14.65 | -0.1 | 3 | 14.649 |
| 26 Carroll, Christina | Carlmont | 14.75 | -0.1 | 3 | |
| 27 Mallinckrodt, Amanda | Woodside | 15.02 | -0.1 | 3 | |
| 28 Guan, Ivy | Jefferson | 15.24 | NWI | 2 | |
| 29 Chin, Annabelle | El Camino | 15.29 | NWI | 2 | |
| 30 Vendel, Audrey | San Mateo | 15.64 | NWI | 2 | |
| 31 Del Rosario, Cassandra | El Camino | 15.84 | -0.1 | 1 | |
| 32 Chan, Karine | Mills | 15.97 | -0.1 | 1 | |
| 33 Orillaza, Alysa Mai | South San Francisco | 15.98 | NWI | 2 | |
| 34 Lee, Kimi | El Camino | 16.27 | -0.1 | 1 | |
| 35 Sanchez, Princess | Jefferson | 16.86 | -0.1 | 1 | |
| -- Ngai, Shannon | Oceana | DQ | NWI | 2 | 5-12-1d |

Girls 200 m

| Name | Year School | Finals | Wind | H# | Points |
|-----------------------|-------------|--------|------|----|--------|
| 1 Hom, Symantha | Jefferson | 27.39 | 2.3 | 4 | 10 |
| 2 Snodgrass, Grace | Hillsdale | 27.86 | 2.3 | 4 | 8 |
| 3 Daniels, Brook-Lynn | Jefferson | 27.87 | 2.3 | 4 | 6 |
| 4 Noble Dean, Heart | Westmoor | 28.01 | 2.3 | 4 | 4 |
| 5 Jaggi, Harbani | Aragon | 28.14 | 2.3 | 4 | 2 |
| 6 Waring, Tianna | Hillsdale | 28.28 | 2.3 | 4 | 1 |
| 7 Ofitserova, Nina | San Mateo | 28.34 | 0.3 | 3 | |
| 8 Blodgett, Maya | Carlmont | 28.49 | 2.3 | 4 | |
| 9 Benway, Heather | Sequoia | 28.51 | 2.3 | 4 | |
| 10 Herrera, Ariadna | Westmoor | 28.62 | 0.3 | 3 | |
| 11 Chio, Gwynn | San Mateo | 28.72 | 0.3 | 3 | |

2019 PAL Frosh/Soph Championships - 4/27/2019
Terra Nova High School
Results - All Events

....Girls 200 m

| | | | | |
|-------------------------|---------------------|-------|-----|---|
| 12 Shafer, Coral | Oceana | 29.09 | 0.3 | 3 |
| 13 Benchohia, Zena | Jefferson | 29.66 | 0.3 | 3 |
| 14 Cox, Bailey | Aragon | 29.81 | 0.3 | 3 |
| 15 Bravo, Leila | Oceana | 29.88 | 0.3 | 3 |
| 16 Bacigalupi, Miriam | Carlmont | 30.09 | 0.1 | 2 |
| 17 Feccia, Triana | Capuchino | 30.11 | 0.1 | 2 |
| 18 Labson, Rylee | Mills | 30.81 | 0.1 | 2 |
| 19 Morrow, Isabel | Terra Nova | 30.82 | 1.0 | 1 |
| 20 Chin, Annabelle | El Camino | 30.87 | 1.0 | 1 |
| 21 Astanehe, Tiffany | El Camino | 30.98 | 0.1 | 2 |
| 22 Kaliski, Caitlin | Aragon | 31.00 | 0.1 | 2 |
| 23 Golimlim, Leigh | Westmoor | 32.07 | 0.1 | 2 |
| 24 Orillaza, Alysya Mai | South San Francisco | 32.74 | 1.0 | 1 |
| 25 Chan, Karine | Mills | 33.29 | 1.0 | 1 |
| 26 Lee, Kimi | El Camino | 33.80 | 1.0 | 1 |
| 27 lee, kayli | Mills | 33.91 | 1.0 | 1 |

Girls 400 m

| Name | Year School | Finals | H# | Points |
|------------------------|---------------|---------|----|--------|
| 1 Hom, Symantha | Jefferson | 1:00.83 | 4 | 10 |
| 2 Daniels, Brook-Lynn | Jefferson | 1:02.01 | 4 | 8 |
| 3 Herrera, Ariadna | Westmoor | 1:03.74 | 4 | 6 |
| 4 Krzesniak, Isabella | Aragon | 1:03.85 | 4 | 4 |
| 5 Jaggi, Harbani | Aragon | 1:04.82 | 4 | 2 |
| 6 Clancy, Aisling | Oceana | 1:05.54 | 4 | 1 |
| 7 Chio, Gwynn | San Mateo | 1:05.60 | 3 | |
| 8 Cox, Bailey | Aragon | 1:06.41 | 3 | |
| 9 Ortiz, Esmeralda | Mills | 1:06.61 | 4 | |
| 10 Huazano, Katalina | Terra Nova | 1:07.16 | 3 | |
| 11 Siler, Catlin | Hillsdale | 1:07.42 | 3 | |
| 12 Manning, Hanne | Carlmont | 1:07.84 | 3 | |
| 13 Minkstein, Julia | Half Moon Bay | 1:08.49 | 1 | |
| 14 Hopewell, Isabella | Carlmont | 1:08.87 | 2 | |
| 15 Lee, Phoebe | Mills | 1:09.40 | 2 | |
| 16 Hsieh, Kendall | Hillsdale | 1:09.44 | 2 | |
| 17 Heith, Penelope | Carlmont | 1:09.59 | 3 | |
| 18 Simon, Isabelle | Sequoia | 1:09.75 | 1 | |
| 19 Chan, Sally | El Camino | 1:10.28 | 1 | |
| 20 Longhitano, Rinoa | Westmoor | 1:11.64 | 3 | |
| 21 Lum, Erin | Mills | 1:11.89 | 2 | |
| 22 Pitchkhadze, Anfisa | San Mateo | 1:13.78 | 2 | |
| 23 Gramiling, Simone | Oceana | 1:13.87 | 3 | |
| 24 Astanehe, Tiffany | El Camino | 1:16.53 | 2 | |

Girls 800 m

| Name | Year School | Finals | H# | Points |
|--------------------|-------------|---------|----|--------|
| 1 Robinson, Morgan | Hillsdale | 2:27.98 | 2 | 10 |
| 2 Wachhorst, Molly | Burlingame | 2:29.23 | 2 | 8 |
| 3 Cassidy, Jasmine | Carlmont | 2:29.43 | 2 | 6 |
| 4 Davis, Juliana | Terra Nova | 2:30.06 | 2 | 4 |
| 5 Blodgett, Maya | Carlmont | 2:30.65 | 2 | 2 |

2019 PAL Frosh/Soph Championships - 4/27/2019**Terra Nova High School****Results - All Events****....Girls 800 m**

| | | | | | | |
|----|--------------------------|---------------------|---------|---|---|----------|
| 6 | Torres, Mary | Aragon | 2:32.96 | 2 | 1 | |
| 7 | Lucey, Clare | Hillsdale | 2:33.04 | 2 | | |
| 8 | Leake, Izzy | Menlo-Atherton | 2:34.58 | 2 | | |
| 9 | Teng, Natalie | Aragon | 2:38.60 | 2 | | |
| 10 | Bodas, Jayda | Half Moon Bay | 2:39.54 | 2 | | |
| 11 | Bacigalupi, Miriam | Carlmont | 2:41.64 | 2 | | |
| 12 | Surmaitis, Sabina | Terra Nova | 2:44.23 | 1 | | |
| 13 | Hansen, Katherine | Menlo-Atherton | 2:44.61 | 2 | | |
| 14 | Lam, Jessica | Jefferson | 2:45.53 | 1 | | |
| 15 | Wong, Madison | Mills | 2:45.59 | 2 | | |
| 16 | Castro, Camille Tamy | Burlingame | 2:46.10 | 1 | | 2:46.092 |
| 17 | Curthoys, Natalie | Half Moon Bay | 2:46.10 | 1 | | 2:46.095 |
| 18 | Sipes, Danielle | Aragon | 2:46.84 | 2 | | |
| 19 | Tam, Risa | Westmoor | 2:47.56 | 1 | | |
| 20 | Gonzales, Princess | Jefferson | 2:49.10 | 1 | | |
| 21 | Brignardello, Myla | Capuchino | 2:50.33 | 1 | | |
| 22 | Celarie, Ryann | Oceana | 2:51.97 | 1 | | |
| 23 | Bomya, Sumon | Sequoia | 2:52.19 | 1 | | |
| 24 | Heimann, Aimee | Terra Nova | 2:54.65 | 1 | | |
| 25 | Olsen, Marta | Sequoia | 2:54.89 | 1 | | |
| 26 | Hayduk-Jones, Rita | Oceana | 2:56.26 | 1 | | |
| 27 | Harris, Amelia | Burlingame | 2:57.43 | 1 | | |
| 28 | Eusantos, Princess | Westmoor | 2:58.33 | 1 | | |
| 29 | Rodriguez Stangle, Chloe | Woodside | 2:59.11 | 1 | | |
| 30 | Oblea, Rucel | Oceana | 2:59.88 | 1 | | |
| 31 | Yuson, Virginia | Westmoor | 3:12.58 | 1 | | |
| 32 | Arevalo Fuentes, Angela | South San Francisco | 3:23.78 | 1 | | |

Girls 1600 m

| Name | Year | School | Finals | H# | Points |
|------|--------------------|----------------|---------|----|--------|
| 1 | Cassidy, Jasmine | Carlmont | 5:39.38 | 2 | 10 |
| 2 | Reddy, Niyati | Aragon | 5:41.13 | 2 | 8 |
| 3 | Boyle, Madeleine | Menlo-Atherton | 5:41.34 | 2 | 6 |
| 4 | Bodas, Jayda | Half Moon Bay | 5:41.92 | 2 | 4 |
| 5 | Van Voorhis, Chloe | San Mateo | 5:42.23 | 2 | 2 |
| 6 | Surmaitis, Sabina | Terra Nova | 5:47.08 | 2 | 1 |
| 7 | Leake, Izzy | Menlo-Atherton | 5:49.40 | 2 | |
| 8 | Kwan, Ashlyn | Carlmont | 5:51.82 | 2 | |
| 9 | Gemello, Delilah | Woodside | 5:54.97 | 2 | |
| 10 | Sampson, Eloise | Woodside | 5:54.98 | 2 | |
| 11 | Curthoys, Natalie | Half Moon Bay | 5:56.98 | 2 | |
| 12 | Brignardello, Myla | Capuchino | 5:57.17 | 1 | |
| 13 | Chan, Eliana | Westmoor | 5:58.20 | 1 | |
| 14 | Xu, Chloe | Mills | 6:01.38 | 1 | |
| 15 | Blaney, Ella | Sequoia | 6:03.03 | 1 | |
| 16 | Seyer, Sydney | Terra Nova | 6:04.07 | 2 | |
| 17 | Lam, Jessica | Jefferson | 6:04.37 | 2 | |
| 18 | Emery, Kaia | Hillsdale | 6:05.72 | 2 | |
| 19 | Roncal, Syd | Burlingame | 6:07.56 | 1 | |
| 20 | Allen, Hollie | Burlingame | 6:10.43 | 1 | |
| 21 | Lee, Sam | Terra Nova | 6:11.21 | 1 | |
| 22 | Eusantos, Princess | Westmoor | 6:14.94 | 1 | |
| 23 | Celarie, Ryann | Oceana | 6:17.23 | 1 | |

2019 PAL Frosh/Soph Championships - 4/27/2019**Terra Nova High School****Results - All Events****....Girls 1600 m**

| | | | | | |
|----|--------------------------|---------------------|---------|---|--------|
| 24 | Leon, Valeria | Oceana | 6:20.97 | 1 | |
| 25 | Gonzales, Princess | Jefferson | 6:25.27 | 1 | |
| 26 | Rodriguez Stangle, Chloe | Woodside | 6:33.75 | 1 | |
| 27 | Marlow, Anne | Sequoia | 6:34.70 | 1 | |
| 28 | Masterson, Erica | Burlingame | 6:35.88 | 1 | |
| 29 | Sawyer, Alyssa | Sequoia | 6:41.50 | 1 | |
| 30 | Urbina, Milani | Oceana | 6:46.63 | 1 | |
| 31 | Yuson, Virginia | Westmoor | 6:48.03 | 1 | |
| 32 | Arevalo Fuentes, Angela | South San Francisco | 7:25.00 | 1 | |
| -- | Torres, Mary | Aragon | DQ | 2 | 5-12-2 |

Girls 3200 m

| Name | Year School | Finals | Points |
|------|--------------------|----------------|-------------|
| 1 | Boyle, Madeleine | Menlo-Atherton | 12:44.02 10 |
| 2 | Reddy, Niyati | Aragon | 12:48.73 8 |
| 3 | Van Voorhis, Chloe | San Mateo | 12:55.83 6 |
| 4 | Bodas, Jayda | Half Moon Bay | 12:58.62 4 |
| 5 | Teng, Natalie | Aragon | 13:00.01 2 |
| 6 | Brignardello, Myla | Capuchino | 13:02.75 1 |
| 7 | Chan, Eliana | Westmoor | 13:04.56 |
| 8 | Sampson, Eloise | Woodside | 13:09.88 |
| 9 | Seyer, Sydney | Terra Nova | 13:20.69 |
| 10 | Sipes, Danielle | Aragon | 13:23.18 |
| 11 | Gemello, Delilah | Woodside | 13:24.78 |
| 12 | Surmaitis, Sabina | Terra Nova | 13:27.13 |
| 13 | Xu, Chloe | Mills | 13:31.16 |
| 14 | Lee, Sam | Terra Nova | 13:44.50 |
| 15 | Taylor, Katherine | Carlmont | 14:01.08 |
| 16 | Leon, Valeria | Oceana | 14:17.37 |
| 17 | Lin, Amber | Hillsdale | 14:29.99 |
| 18 | Joe, Amanda | Carlmont | 14:32.05 |
| 19 | Stitzlein, Ella | Burlingame | 14:35.83 |
| 20 | Luna, Erin | Carlmont | 15:36.46 |

Girls 100 m Hurdles

| Name | Year School | Finals | Wind | H# | Points |
|------|---------------------|---------------|-------|--------|--------|
| 1 | Huie, Alyssa | Aragon | 17.16 | 1.1 3 | 10 |
| 2 | Moore, Abigail | Terra Nova | 17.74 | 1.1 3 | 8 |
| 3 | Sendino, Mikaela | Half Moon Bay | 18.40 | 1.1 3 | 6 |
| 4 | Zygarewicz, Sophia | Terra Nova | 18.51 | -1.0 2 | 4 |
| 5 | Sheldon, Katherine | Woodside | 18.58 | -1.0 2 | 2 |
| 6 | Lin, Erica | Aragon | 18.75 | 1.1 3 | 1 |
| 7 | Nickas, Lola | Burlingame | 18.79 | 1.1 3 | 18.781 |
| 8 | Kissane, Ailish | Hillsdale | 18.79 | -1.1 1 | 18.784 |
| 9 | Rantisi, Brianna | Capuchino | 18.90 | 1.1 3 | |
| 10 | Takatoku, Shiho | Aragon | 19.20 | 1.1 3 | |
| 11 | McCann, Mia | Terra Nova | 19.25 | -1.0 2 | |
| 12 | Martindale, Delilah | Capuchino | 19.84 | 1.1 3 | |
| 13 | Chin, Serena | Westmoor | 19.98 | 1.1 3 | |
| 14 | Gastinel, Sky | Woodside | 20.05 | -1.1 1 | |
| 15 | Tsang, Wing Chiu | Westmoor | 20.70 | -1.0 2 | |

2019 PAL Frosh/Soph Championships - 4/27/2019
Terra Nova High School
Results - All Events

....Girls 4x400 m Relay

| | | |
|------------------|---------|---|
| 9 Menlo-Atherton | 4:47.45 | 2 |
| 10 Mills | 4:49.07 | 2 |
| 11 Capuchino | 4:56.98 | 1 |
| 12 Sequoia | 5:05.87 | 2 |

Girls High Jump

| Name | Year School | Finals | Points |
|---|---------------|---------|--------|
| 1 Fayet-Faber, Sophie | Aragon | 5-00.00 | 10 |
| 4-00 4-02 4-04 4-06 4-08 4-10 5-00 5-01 | | | |
| 0 XO 0 XO 0 | | | |
| 2 Barmore, Hailey | Half Moon Bay | 4-06.00 | 8 |
| 4-00 4-02 4-04 4-06 4-08 | | | |
| 0 0 XO 0 XXX | | | |
| 3 Mallinckrodt, Amanda | Woodside | 4-06.00 | 6 |
| 4-00 4-02 4-04 4-06 4-08 | | | |
| 0 0 0 XXO XXX | | | |
| 4 Chio, Gwynn | San Mateo | 4-04.00 | 4 |
| 3-10 4-00 4-02 4-04 4-06 | | | |
| 0 0 0 XO XXX | | | |
| 5 Ortiz, Esmeralda | Mills | 4-02.00 | 2 |
| 3-08 3-10 4-00 4-02 4-04 | | | |
| 0 0 0 0 XXX | | | |
| 6 Rebuelta, Jackeline | Woodside | 4-02.00 | 1 |
| 3-10 4-00 4-02 4-04 | | | |
| 0 XO 0 XXX | | | |
| 7 Zygarewicz, Sophia | Terra Nova | 4-02.00 | |
| 3-10 4-00 4-02 4-04 | | | |
| 0 0 XO XXX | | | |
| 8 Jones, Ruby | Hillsdale | 4-02.00 | |
| 4-00 4-02 4-04 | | | |
| XO XXO XXX | | | |
| 8 Kyaw, Tyra | Westmoor | 4-02.00 | |
| 3-08 3-10 4-00 4-02 4-04 | | | |
| 0 0 XO XXO XXX | | | |
| 10 Santana, Alijah | Westmoor | 4-00.00 | |
| 3-08 3-10 4-00 4-02 | | | |
| 0 0 XO XXX | | | |
| 11 Tam, Risa | Westmoor | 3-08.00 | |
| 3-06 3-08 3-10 | | | |
| 0 0 XXX | | | |
| 12 Bradford, Soledad | Mills | 3-06.00 | |
| 3-04 3-06 3-08 | | | |
| XO XO XXX | | | |
| -- Rohlfes, Erika | Woodside | NH | |
| 4-00 | | | |
| XXX | | | |
| -- Henderson, Stephanie | Aragon | NH | |
| 4-00 | | | |
| XXX | | | |

2019 PAL Frosh/Soph Championships - 4/27/2019
Terra Nova High School
Results - All Events

Girls Pole Vault

| Name | Year | School | Finals | Points |
|--------------------|------|------------------------------------|---------|--------|
| 1 Huie, Alyssa | | Aragon | 8-00.00 | 10 |
| | 5-00 | 5-06 6-00 6-06 7-00 7-06 8-00 8-06 | | |
| | O | PPP O O O O O XXX | | |
| 2 Moore, Abigail | | Terra Nova | 8-00.00 | 8 |
| | 5-00 | 5-06 6-00 6-06 7-00 7-06 8-00 8-06 | | |
| | O | PPP P P XO XO O XXX | | |
| 3 Tai, Courtney | | Aragon | 7-06.00 | 6 |
| | 5-00 | 5-06 6-00 6-06 7-00 7-06 8-00 | | |
| | O | PPP O O O O XXX | | |
| 4 Fisch, Charlotte | | Sequoia | 7-06.00 | 4 |
| | 6-00 | 6-06 7-00 7-06 8-00 | | |
| | O | O O XO XXX | | |
| 5 Humke, Emily | | Sequoia | 7-00.00 | 2 |
| | 5-06 | 6-00 6-06 7-00 7-06 | | |
| | O | O O O XXX | | |
| 6 Goropse, Amanda | | Westmoor | 7-00.00 | 1 |
| | 5-00 | 5-06 6-00 6-06 7-00 7-06 | | |
| | O | PPP O O XO XXX | | |
| 7 Li, Kayla | | Aragon | 6-06.00 | |
| | 5-00 | 5-06 6-00 6-06 7-00 | | |
| | O | PPP O XO XXX | | |

Girls Long Jump

| Name | Year | School | Finals | Wind | Points |
|-------------------------|------|----------------|-----------|------|--------|
| 1 Sheldon, Katherine | | Woodside | 16-02.50 | NWI | 10 |
| 2 Benway, Heather | | Sequoia | 15-10.00 | NWI | 8 |
| 3 Fayet-Faber, Sophie | | Aragon | 14-11.00 | NWI | 6 |
| 4 Takatoku, Shiho | | Aragon | 14-04.50 | NWI | 4 |
| 5 Bierman, Kayla | | Burlingame | 14-03.00 | NWI | 2 |
| 6 Barmore, Hailey | | Half Moon Bay | 14-02.00 | NWI | 1 |
| 7 Labson, Rylee | | Mills | 13-02.75 | NWI | |
| 8 Ou, Kimmy | | Westmoor | 13-02.50 | NWI | |
| 9 Kissane, Ailish | | Hillsdale | 13-02.00 | NWI | |
| 10 Sacramento, Jazene | | Aragon | 13-00.00 | NWI | |
| 11 Mallinckrodt, Amanda | | Woodside | 12-11.75 | NWI | |
| 12 Waring, Tianna | | Hillsdale | 12-08.75 | NWI | |
| 13 Hansen, Katherine | | Menlo-Atherton | 12-07.50 | NWI | |
| 14 Pitchkhadze, Anfisa | | San Mateo | 12-02.00 | NWI | |
| 15 Vendel, Audrey | | San Mateo | 12-00.75 | NWI | |
| 16 Lau, Lia | | Westmoor | 11-07.25 | NWI | |
| 17 Gabriel, Beyonce | | Terra Nova | 11-02.75 | NWI | |
| 18 lee, kayli | | Mills | 11-00.25 | NWI | |
| 19 Longhitano, Rinoa | | Westmoor | 10-10.25 | NWI | |
| 20 Lowe, Brynn | | Burlingame | J10-10.25 | NWI | |
| 21 Warnke, Amber | | Terra Nova | 10-00.25 | NWI | |

Girls Triple Jump

| Name | Year | School | Finals | Wind | Points |
|----------------------|------|----------|----------|------|--------|
| 1 Sheldon, Katherine | | Woodside | 31-01.50 | NWI | 10 |

2019 PAL Frosh/Soph Championships - 4/27/2019
Terra Nova High School
Results - All Events

....Girls Triple Jump

| | | | | | |
|----|----------------------|----------------|-----------|-----|---|
| 2 | Fayet-Faber, Sophie | Aragon | 30-00.00 | NWI | 8 |
| 3 | Ichiuji, Halle | Aragon | 29-07.00 | NWI | 6 |
| 4 | Barmore, Hailey | Half Moon Bay | 29-06.50 | NWI | 4 |
| 5 | Lau, Lia | Westmoor | 27-09.00 | NWI | 2 |
| 6 | lee, kayli | Mills | 25-00.00 | NWI | 1 |
| 7 | Hansen, Katherine | Menlo-Atherton | J25-00.00 | NWI | |
| 8 | Longhitano, Rinoa | Westmoor | 24-11.00 | NWI | |
| 9 | Mallinckrodt, Amanda | Woodside | 24-08.50 | NWI | |
| 10 | Bradford, Soledad | Mills | 20-09.00 | NWI | |

Girls Shot Put

| Name | Year | School | Finals | Points |
|------|-------------------------|------------|----------|--------|
| 1 | Livai, Ofa | Mills | 31-01.00 | 10 |
| 2 | Meleane Haungatau, Emma | Capuchino | 30-02.00 | 8 |
| 3 | Ashdown, Elizabeth | Aragon | 25-09.50 | 6 |
| 4 | Ramos, Hannah | Westmoor | 25-05.50 | 4 |
| 5 | Taufahema, Ane | Aragon | 25-03.50 | 2 |
| 6 | Diaz, Rachel | Westmoor | 23-08.00 | 1 |
| 7 | Delmoral, Lauryn | Terra Nova | 22-10.50 | |
| 8 | McCann, Shayla | Terra Nova | 22-06.00 | |
| 9 | Duran, Nayeli | Sequoia | 21-07.00 | |
| 10 | Lauofo, Tiari | Jefferson | 21-06.00 | |
| 11 | Lowe, Brynn | Burlingame | 20-10.00 | |
| 12 | San Jose, Sarah | Terra Nova | 20-09.50 | |
| 13 | Gupta, Riya | Carlmont | 20-08.50 | |
| 14 | Fenwick, Charlotte | Hillsdale | 20-08.00 | |
| 15 | Yu, Rachel | Westmoor | 17-10.00 | |
| 16 | Ngai, Shannon | Oceana | 17-07.50 | |
| 17 | Polasek, Aeres | Burlingame | 16-03.00 | |

Girls Discus Throw

| Name | Year | School | Finals | Points |
|------|-------------------------|------------|--------|--------|
| 1 | Meleane Haungatau, Emma | Capuchino | 90-07 | 10 |
| 2 | Livai, Ofa | Mills | 90-03 | 8 |
| 3 | Taufahema, Ane | Aragon | 84-01 | 6 |
| 4 | Ramos, Hannah | Westmoor | 83-10 | 4 |
| 5 | Diaz, Rachel | Westmoor | 65-08 | 2 |
| 6 | Delmoral, Lauryn | Terra Nova | 64-05 | 1 |
| 7 | Ashdown, Elizabeth | Aragon | 61-07 | |
| 8 | Mullan, Micaela | El Camino | 59-09 | |
| 9 | Vilena, Evelyne | Westmoor | 58-07 | |
| 10 | Duran, Nayeli | Sequoia | 54-09 | |
| 11 | San Jose, Sarah | Terra Nova | 54-06 | |
| 12 | Ngai, Shannon | Oceana | 52-10 | |
| 13 | Lauofo, Tiari | Jefferson | 49-06 | |
| 14 | Morrow, Isabel | Terra Nova | 48-08 | |
| 15 | Singh, Taajvi | El Camino | 47-01 | |
| 16 | Fenwick, Charlotte | Hillsdale | 46-05 | |
| 17 | Gupta, Riya | Carlmont | 41-00 | |
| 18 | Yeung, Athena | Burlingame | 37-04 | |

2019 PAL Frosh/Soph Championships - 4/27/2019**Terra Nova High School****Results - All Events****Boys 100 m**

| Name | Year School | Finals | Wind | H# | Points |
|-----------------------------|---------------------|--------|------|----|--------|
| 1 Castillo, Lucas | San Mateo | 11.68 | -0.4 | 6 | 10 |
| 2 Ferris, Kyle | Woodside | 11.93 | -0.4 | 6 | 8 |
| 3 Dohrmann, Avery | Woodside | 11.98 | -0.4 | 6 | 6 |
| 4 St. Onge, Jered | Westmoor | 12.04 | -0.4 | 6 | 4 |
| 5 Angeles, Isaiah | Oceana | 12.10 | -0.4 | 6 | 2 |
| 6 Baldwin, Marc | Hillsdale | 12.27 | -0.4 | 6 | 1 |
| 7 Chu, Pierce | Terra Nova | 12.28 | -1.0 | 5 | |
| 8 Chan, Ryan | Aragon | 12.32 | -1.0 | 5 | |
| 9 Steinbrecher, Cagn | San Mateo | 12.33 | 1.9 | 4 | |
| 10 Martin, Marco | San Mateo | 12.37 | -1.0 | 5 | |
| 11 Cunanan, Ervin | Westmoor | 12.41 | -0.4 | 6 | |
| 12 Melendez, Miles | El Camino | 12.44 | -0.3 | 2 | |
| 13 Trevor, Nicholas | Burlingame | 12.45 | 1.9 | 4 | |
| 14 Andrade, Chris | Woodside | 12.59 | -1.0 | 5 | 12.584 |
| 15 Thomas, Skyler | Menlo-Atherton | 12.59 | -1.0 | 5 | 12.590 |
| 16 Johnson, Adrian | Hillsdale | 12.61 | 1.9 | 4 | 12.604 |
| 17 Valente, Henry | Sequoia | 12.61 | 1.9 | 4 | 12.606 |
| 18 Houe, Albert | Westmoor | 12.62 | -0.4 | 6 | 12.611 |
| 19 Lei, Oscar | Jefferson | 12.62 | +0.0 | 3 | 12.617 |
| 20 Macahilas, John | Jefferson | 12.65 | +0.0 | 3 | |
| 21 Moussa, Ethan | Carlmont | 12.66 | 1.9 | 4 | |
| 22 Villarosa, Alexander | Mills | 12.74 | -1.0 | 5 | |
| 23 Taguam, Romien | Jefferson | 12.76 | 1.9 | 4 | |
| 24 Heng, Dylan | Capuchino | 12.78 | +0.0 | 3 | |
| 25 Lasala, Bronsen | Carlmont | 12.79 | -1.0 | 5 | |
| 26 Tsang, Justin | Terra Nova | 12.80 | -1.0 | 5 | |
| 27 Marzan, Kyle | El Camino | 12.82 | +0.0 | 3 | |
| 28 Cheta, Horatius | Menlo-Atherton | 12.85 | +0.0 | 3 | |
| 29 Ng, Caleb | Mills | 12.88 | -0.3 | 2 | |
| 30 Thomasian, Caspian | Sequoia | 12.93 | -0.3 | 2 | |
| 31 Sun, Caleb | Oceana | 12.95 | +0.0 | 3 | 12.946 |
| 31 Hsieh, Toby | Aragon | 12.95 | 1.9 | 4 | 12.946 |
| 33 Lam, Kellan | South San Francisco | 13.06 | 1.9 | 4 | |
| 34 Hay, Kristian | Burlingame | 13.11 | -0.3 | 2 | |
| 35 McAfee, Ryan | Sequoia | 13.12 | +0.0 | 3 | |
| 36 Hernandez Ferman, Daniel | South San Francisco | 13.19 | -0.3 | 2 | |
| 37 Louie, Charles | Mills | 13.25 | -0.3 | 2 | 13.241 |
| 38 Sarino, Bienne | El Camino | 13.25 | 1.5 | 1 | 13.248 |
| 39 Lagbao, Mark | Oceana | 13.72 | -0.3 | 2 | |
| 40 Collins, Garrett | Burlingame | 13.98 | +0.0 | 3 | |
| 41 Martinez Chavez, Cooper | South San Francisco | 14.14 | 1.5 | 1 | |
| -- Keyhan, Ryan | Carlmont | FS | -0.4 | 6 | |

Boys 200 m

| Name | Year School | Finals | Wind | H# | Points |
|-------------------|-------------|--------|------|----|--------|
| 1 Castillo, Lucas | San Mateo | 23.59 | 1.6 | 6 | 10 |
| 2 Murphy, Dylan | Carlmont | 24.29 | 1.6 | 6 | 8 |
| 3 St. Onge, Jered | Westmoor | 24.48 | 1.6 | 6 | 6 |
| 4 Cuevas, Michael | Westmoor | 24.60 | 1.6 | 6 | 4 |
| 5 Dohrmann, Avery | Woodside | 24.77 | 2.0 | 1 | 2 |
| 6 Martin, Marco | San Mateo | 24.79 | 1.6 | 6 | 1 |

2019 PAL Frosh/Soph Championships - 4/27/2019**Terra Nova High School****Results - All Events****....Boys 200 m**

| | | | | | | |
|----|--------------------------|---------------------|-------|-----|---|--------|
| 7 | Angeles, Isaiah | Oceana | 24.92 | 1.6 | 6 | |
| 8 | Baldwin, Marc | Hillsdale | 24.98 | 1.6 | 6 | |
| 9 | Cunanan, Ervin | Westmoor | 25.05 | 1.6 | 6 | |
| 10 | Chu, Pierce | Terra Nova | 25.10 | 1.6 | 6 | |
| 11 | Privado-Baker, Anthony | Burlingame | 25.15 | 2.1 | 5 | |
| 12 | Lasala, Bronsen | Carlmont | 25.25 | 1.9 | 3 | |
| 13 | McCauley, Deon | San Mateo | 25.26 | 2.1 | 5 | |
| 14 | Dahlberg, Hunter | Carlmont | 25.46 | NWI | 4 | |
| 15 | Valente, Henry | Sequoia | 25.60 | NWI | 4 | |
| 16 | Ferris, Kyle | Woodside | 25.65 | 2.1 | 5 | |
| 17 | Johnson, Adrian | Hillsdale | 25.84 | NWI | 4 | |
| 18 | Garcia, Erik | Half Moon Bay | 25.89 | 2.1 | 5 | |
| 19 | Pigot, Benjamin | Sequoia | 25.90 | 1.9 | 3 | |
| 20 | Heng, Dylan | Capuchino | 25.97 | 2.1 | 5 | |
| 21 | Macahilas, John | Jefferson | 25.98 | 1.9 | 3 | |
| 22 | Cheta, Horatiu | Menlo-Atherton | 25.99 | 1.9 | 3 | |
| 23 | Taguam, Romien | Jefferson | 26.07 | 2.1 | 5 | |
| 24 | Soto. Vazquez, Andres | Capuchino | 26.22 | NWI | 4 | |
| 25 | Tsang, Justin | Terra Nova | 26.29 | 1.5 | 2 | |
| 26 | Lei, Oscar | Jefferson | 26.31 | 1.9 | 3 | |
| 27 | Villarosa, Alexander | Mills | 26.34 | 2.1 | 5 | 26.340 |
| 27 | Collins, Garrett | Burlingame | 26.34 | NWI | 4 | 26.340 |
| 29 | Lee, John Michael | El Camino | 26.47 | 1.9 | 3 | 26.463 |
| 30 | Tam, Wesley | Mills | 26.47 | 1.9 | 3 | 26.465 |
| 31 | Kennedy, Dawson | Menlo-Atherton | 26.51 | NWI | 4 | |
| 32 | Jung, Samuel | Mills | 26.54 | 1.5 | 2 | |
| 33 | Lam, Kellan | South San Francisco | 26.60 | NWI | 4 | |
| 34 | Cheng, Zachary | El Camino | 26.83 | 1.5 | 2 | |
| 35 | Javier, Lucas | Capuchino | 26.89 | NWI | 4 | |
| 36 | Mills, Walker | Sequoia | 27.18 | 1.5 | 2 | |
| 37 | Hernandez Ferman, Daniel | South San Francisco | 27.40 | 1.5 | 2 | |
| 38 | David, Lanz | Oceana | 27.42 | 2.0 | 1 | |
| 39 | Lu, William | Oceana | 28.11 | 2.0 | 1 | |
| 40 | Hay, Kristian | Burlingame | 28.13 | 1.5 | 2 | |
| 41 | Makropoulos, Christos | Aragon | 28.29 | 1.5 | 2 | |
| 42 | Sarmiento, Matthew | Aragon | 28.60 | 1.5 | 2 | |
| 43 | Diaz, Mathew | El Camino | 29.67 | 2.0 | 1 | |
| 44 | Rodriguez, Angel | South San Francisco | 30.40 | 1.5 | 2 | |

Boys 400 m

| Name | Year | School | Finals | H# | Points |
|------|--------------------|----------------|--------|----|--------|
| 1 | Murphy, Dylan | Carlmont | 52.77 | 4 | 10 |
| 2 | Cuevas, Michael | Westmoor | 53.48 | 4 | 8 |
| 3 | Kagedal, Sven | San Mateo | 54.08 | 4 | 6 |
| 4 | Voss, Anders | San Mateo | 54.19 | 3 | 4 |
| 5 | Garcia, Erik | Half Moon Bay | 55.91 | 4 | 2 |
| 6 | Scott, Brandon | Menlo-Atherton | 56.15 | 4 | 1 |
| 7 | Chin, Aaron | Mills | 56.42 | 3 | |
| 8 | Lasala, Bronsen | Carlmont | 56.44 | 3 | |
| 9 | Gaudat, Nishant | Mills | 56.62 | 4 | |
| 10 | Cottureau, Timothe | Carlmont | 56.75 | 3 | |
| 11 | Del Corro, Derrick | Jefferson | 57.16 | 3 | |
| 12 | Barrios, Edan | Aragon | 57.23 | 4 | |

2019 PAL Frosh/Soph Championships - 4/27/2019**Terra Nova High School****Results - All Events****....Boys 400 m**

| | | | | |
|----|--------------------------|---------------|---------|---|
| 13 | Javier, Lucas | Capuchino | 57.93 | 3 |
| 14 | Pigot, Benjamin | Sequoia | 58.06 | 3 |
| 15 | Rohlfes, Robert | Woodside | 58.35 | 3 |
| 16 | Playda, James | Jefferson | 58.80 | 3 |
| 17 | De La Rosa, Isaiah | El Camino | 58.89 | 4 |
| 18 | Apshely, Daniel | Hillsdale | 1:00.02 | 2 |
| 19 | Moreno Valdivia, Brandy | Jefferson | 1:00.58 | 2 |
| 20 | Minn, Wai | El Camino | 1:00.68 | 2 |
| 21 | Peters, Owen | Terra Nova | 1:00.82 | 2 |
| 22 | Hom, Parker | El Camino | 1:01.21 | 1 |
| 23 | Billington, Johnathan | Half Moon Bay | 1:01.25 | 2 |
| 24 | Chung, Tyree | Hillsdale | 1:01.94 | 2 |
| 25 | Ramirez Perez, Bryan | Sequoia | 1:03.16 | 1 |
| 26 | Barberena Mendoza, Joshu | Mills | 1:04.07 | 2 |
| 27 | Mills, Walker | Sequoia | 1:04.36 | 1 |
| 28 | Tiomico, Aaron | Westmoor | 1:06.16 | 2 |
| 29 | Prasad, Anirudh | San Mateo | 1:08.04 | 1 |

Boys 800 m

| Name | Year | School | Finals | H# | Points |
|------|--------------------------|----------------|---------|----|--------|
| 1 | Mercado, Gabriel | Jefferson | 2:08.35 | 3 | 10 |
| 2 | Voyles, Daniel | Aragon | 2:08.41 | 3 | 8 |
| 3 | Dennis, William | Menlo-Atherton | 2:08.57 | 3 | 6 |
| 4 | Masters, Blake | Carlmont | 2:09.14 | 3 | 4 |
| 5 | Habash, Jason | Mills | 2:09.19 | 3 | 2 |
| 6 | Chan, Cosmo | Oceana | 2:09.96 | 3 | 1 |
| 7 | Gosler, Jackson | Menlo-Atherton | 2:10.20 | 3 | |
| 8 | Nightengale, Aiden | Hillsdale | 2:10.31 | 3 | |
| 9 | Alvarez, Jed | Menlo-Atherton | 2:10.47 | 3 | |
| 10 | Colina, Sean | Mills | 2:11.99 | 3 | |
| 11 | Yertzell, Christian | Terra Nova | 2:12.85 | 2 | |
| 12 | Thompson, Leo | Aragon | 2:14.16 | 2 | |
| 13 | Ferfas, Alex | Sequoia | 2:15.65 | 2 | |
| 14 | Hart, Satchel | Half Moon Bay | 2:16.14 | 3 | |
| 15 | Ghazouli, Andrew | Carlmont | 2:17.12 | 3 | |
| 16 | Pena, Jacob | Terra Nova | 2:17.79 | 1 | |
| 17 | Altamirano Sanchez, Jare | Hillsdale | 2:18.76 | 2 | |
| 18 | Sheridan, Anthony | Westmoor | 2:19.41 | 3 | |
| 19 | Grush, Aaron | San Mateo | 2:19.53 | 1 | |
| 20 | Gee, Kevin | Hillsdale | 2:19.95 | 2 | |
| 21 | Bautista, Jericho Tyler | Jefferson | 2:20.10 | 2 | |
| 22 | Holquin, Dominic | Capuchino | 2:21.41 | 1 | |
| 23 | Urista, Daniel | Jefferson | 2:21.66 | 2 | |
| 24 | Patil, Mayank | San Mateo | 2:22.39 | 3 | |
| 25 | Schembri, Benjamin | Sequoia | 2:22.62 | 2 | |
| 26 | Nelson, Nicolas | Oceana | 2:22.70 | 2 | |
| 27 | Doong, Tian | San Mateo | 2:22.79 | 2 | |
| 28 | Quemuel, Alexander | El Camino | 2:23.49 | 1 | |
| 29 | Carlson, James | Carlmont | 2:23.72 | 1 | |
| 30 | Carreon, Otoniel | Woodside | 2:24.01 | 1 | |
| 31 | Jamaly, Iyad | Capuchino | 2:25.70 | 1 | |
| 32 | Roe, Taylor | Woodside | 2:25.78 | 2 | |
| 33 | Martinez, Francisco | El Camino | 2:26.12 | 1 | |

2019 PAL Frosh/Soph Championships - 4/27/2019**Terra Nova High School****Results - All Events****....Boys 800 m**

| | | | | |
|----|-------------------------|---------------|---------|---|
| 34 | Gosling, Justin | Woodside | 2:26.37 | 2 |
| 35 | Smith, Elias | Sequoia | 2:26.47 | 2 |
| 36 | Kang, Aaron | Aragon | 2:26.51 | 1 |
| 37 | Cruz Vasquez, Bryant | Capuchino | 2:29.67 | 1 |
| 38 | Lagarto, Jeremy | Westmoor | 2:32.52 | 1 |
| 39 | Laureano-Willis, Jordan | El Camino | 2:32.62 | 1 |
| 40 | Fathergill, Santo | Half Moon Bay | 2:37.85 | 1 |
| 41 | Dransart, Dylan | Terra Nova | 2:44.90 | 1 |

Boys 1600 m

| Name | Year | School | Finals | H# | Points | |
|------|------|-------------------------|----------------|---------|--------|----|
| 1 | | Dimick, Aidan | Carlmont | 4:43.17 | 3 | 10 |
| 2 | | Peacock, Jack | Carlmont | 4:43.33 | 3 | 8 |
| 3 | | Habash, Jason | Mills | 4:43.41 | 3 | 6 |
| 4 | | Gosler, Jackson | Menlo-Atherton | 4:44.44 | 3 | 4 |
| 5 | | Voyles, Daniel | Aragon | 4:46.30 | 3 | 2 |
| 6 | | Marquez, Dominic | Hillsdale | 4:49.19 | 3 | 1 |
| 7 | | Hart, Satchel | Half Moon Bay | 4:49.70 | 3 | |
| 8 | | Dennis, William | Menlo-Atherton | 4:54.51 | 3 | |
| 9 | | Urista, Daniel | Jefferson | 4:55.12 | 2 | |
| 10 | | McGuffin, Christopher | Carlmont | 4:55.53 | 3 | |
| 11 | | Low, Zachary | Aragon | 4:55.68 | 3 | |
| 12 | | Ramirez, Fernando | Half Moon Bay | 4:56.88 | 2 | |
| 13 | | Seyer, Connor | Terra Nova | 4:56.95 | 2 | |
| 14 | | Patil, Mayank | San Mateo | 4:57.41 | 2 | |
| 15 | | Holquin, Dominic | Capuchino | 4:58.54 | 2 | |
| 16 | | Kumar, Lokesh | Mills | 4:59.09 | 3 | |
| 17 | | Grush, Aaron | San Mateo | 5:00.19 | 3 | |
| 18 | | Tam, Jeremiah | Mills | 5:00.76 | 3 | |
| 19 | | Schatt, Demian | Hillsdale | 5:04.26 | 2 | |
| 20 | | Osterberg, Lars | Menlo-Atherton | 5:04.40 | 3 | |
| 21 | | Chan, Cosmo | Oceana | 5:04.53 | 2 | |
| 22 | | Roe, Taylor | Woodside | 5:07.28 | 2 | |
| 23 | | Pena, Jacob | Terra Nova | 5:09.18 | 2 | |
| 24 | | Mercado, Gabriel | Jefferson | 5:10.69 | 2 | |
| 25 | | Lively, Robert | Sequoia | 5:10.89 | 2 | |
| 26 | | Taylor, Andrew | Hillsdale | 5:11.14 | 2 | |
| 27 | | Jamaly, Iyad | Capuchino | 5:11.73 | 1 | |
| 28 | | McKillop, Ethan | Sequoia | 5:12.67 | 1 | |
| 29 | | Park, Aria | Westmoor | 5:13.70 | 1 | |
| 30 | | Wooliever, Owen | Half Moon Bay | 5:13.79 | 3 | |
| 31 | | Lund, Samuel | Oceana | 5:14.24 | 2 | |
| 32 | | Bautista, Jericho Tyler | Jefferson | 5:14.73 | 1 | |
| 33 | | Quemuel, Alexander | El Camino | 5:14.95 | 1 | |
| 34 | | Percia, Chris | Burlingame | 5:15.21 | 1 | |
| 35 | | Nelson, Nicolas | Oceana | 5:15.77 | 2 | |
| 36 | | Fallorina, Albert | San Mateo | 5:15.80 | 1 | |
| 37 | | Gosling, Justin | Woodside | 5:16.67 | 2 | |
| 38 | | Batsuuri, Daniel | El Camino | 5:19.36 | 1 | |
| 39 | | Cruz Vasquez, Bryant | Capuchino | 5:23.15 | 1 | |
| 40 | | Kang, Aaron | Aragon | 5:25.44 | 1 | |
| 41 | | Carreon, Otoniel | Woodside | 5:26.46 | 3 | |
| 42 | | Lin, Matthias | Burlingame | 5:27.25 | 1 | |

2019 PAL Frosh/Soph Championships - 4/27/2019**Terra Nova High School****Results - All Events****....Boys 1600 m**

| | | | |
|----------------------------|-----------|---------|---|
| 43 Laureano-Willis, Jordan | El Camino | 5:29.29 | 1 |
| 44 Keitz, Miles | Sequoia | 5:51.76 | 1 |

Boys 3200 m

| Name | Year School | Finals | Points |
|----------------------|----------------|----------|--------|
| 1 Low, Zachary | Aragon | 10:38.67 | 10 |
| 2 Thompson, Leo | Aragon | 10:43.82 | 8 |
| 3 Roe, Taylor | Woodside | 10:59.00 | 6 |
| 4 Kumar, Lokesh | Mills | 10:59.66 | 4 |
| 5 Lunt, Dallin | Menlo-Atherton | 11:00.44 | 2 |
| 6 Nash, Harrison | Half Moon Bay | 11:07.41 | 1 |
| 7 Tam, Jeremiah | Mills | 11:10.03 | |
| 8 Wang, Dylan | Menlo-Atherton | 11:32.97 | |
| 9 Lund, Samuel | Oceana | 11:35.33 | |
| 10 Fallorina, Albert | San Mateo | 11:35.99 | |
| 11 Park, Aria | Westmoor | 11:37.57 | |
| 12 Suzuki, Hayato | San Mateo | 11:37.92 | |
| 13 Vyas, Nikhil | Carlmont | 11:40.11 | |
| 14 Wooliever, Owen | Half Moon Bay | 11:46.27 | |
| 15 Batsuuri, Daniel | El Camino | 11:46.75 | |
| 16 Evans, Ray | Sequoia | 11:51.23 | |
| 17 Kramer, Griffin | Carlmont | 11:59.31 | |
| 18 Greer, Benjamin | Capuchino | 11:59.53 | |
| 19 Jamaly, Iyad | Capuchino | 12:01.37 | |
| 20 Nakai, Jona | Aragon | 12:17.66 | |
| 21 Bitar, Wasseem | Terra Nova | 12:21.42 | |
| 22 Gillet, Charlie | Sequoia | 12:24.73 | |
| 23 Gosling, Justin | Woodside | 12:36.99 | |
| 24 Chin, Aaron | Hillsdale | 12:40.21 | |
| 25 Chin, Benjamin | Hillsdale | 12:48.86 | |
| 26 Carreon, Otoniel | Woodside | 13:05.15 | |
| 27 Cornejo, Ivan | Sequoia | 13:05.17 | |
| 28 Pineda, Noah | Hillsdale | 15:30.17 | |

Boys 110 m Hurdles

| Name | Year School | Finals | Wind | H# | Points |
|-------------------------|-------------|--------|------|----|--------|
| 1 Rohde, Brevan | Westmoor | 17.26 | 2.9 | 3 | 10 |
| 2 Perez, Aaron | Jefferson | 17.63 | 2.9 | 3 | 8 |
| 3 O'Connell, Brendan | Westmoor | 18.49 | 2.9 | 3 | 6 |
| 4 Acosta, Sargent | Mills | 18.91 | 2.9 | 3 | 4 |
| 5 Jeong, Nicolas | Woodside | 19.40 | 2.9 | 3 | 2 |
| 6 Tam, Tyler | Westmoor | 19.45 | 2.9 | 3 | 1 |
| 7 Tolentino, Joash | Capuchino | 19.52 | 1.1 | 2 | |
| 8 Murphy, Joe | Terra Nova | 19.62 | 2.9 | 3 | |
| 9 Scher, Zach | Woodside | 19.93 | 1.1 | 2 | |
| 10 Heng, Dylan | Capuchino | 20.30 | 1.1 | 2 | |
| 11 Brown, Cameron | Oceana | 20.72 | 1.0 | 1 | |
| 12 Lou, Alexander | Mills | 20.82 | 1.1 | 2 | |
| 13 Reyes, Blas | Aragon | 21.39 | 1.1 | 2 | |
| 14 Aristakessian, Nareg | Mills | 21.50 | 1.1 | 2 | |
| 15 Pedrin, Rhett | Woodside | 21.60 | 1.1 | 2 | |

2019 PAL Frosh/Soph Championships - 4/27/2019**Terra Nova High School****Results - All Events****....Boys 110 m Hurdles**

| | | | | |
|---------------------|------------|-------|-----|---|
| 16 Hay, Aidan | Burlingame | 22.08 | 2.9 | 3 |
| 17 Yang, Jeremy | San Mateo | 22.49 | 1.0 | 1 |
| 18 Yau, Parker | San Mateo | 22.62 | 1.1 | 2 |
| 19 David, Lanz | Oceana | 22.70 | 1.0 | 1 |
| 20 Feune, Sebastian | Carlmont | 23.76 | 2.9 | 3 |

Boys 300 m Hurdles

| Name | Year School | Finals | H# | Points |
|---------------------------|-------------|--------|----|--------|
| 1 Rohde, Brevan | Westmoor | 45.10 | 4 | 10 |
| 2 Leighton, Zachary | Hillsdale | 45.28 | 4 | 8 |
| 3 Gaudat, Nishant | Mills | 45.98 | 4 | 6 |
| 4 Perez, Aaron | Jefferson | 46.54 | 3 | 4 |
| 5 Wu, Lawrence | Westmoor | 46.90 | 4 | 2 |
| 6 Acosta, Sargent | Mills | 47.01 | 4 | 1 |
| 7 Grush, Aaron | San Mateo | 47.09 | 4 | |
| 8 Chin, Aaron | Mills | 47.70 | 3 | |
| 9 O'Connell, Brendan | Westmoor | 47.92 | 4 | |
| 10 Fabiani-Wyatt, Dimitri | Terra Nova | 48.02 | 3 | |
| 11 Jeong, Nicolas | Woodside | 48.10 | 4 | |
| 12 Del Corro, Derrick | Jefferson | 49.82 | 3 | |
| 13 Reyes, Blas | Aragon | 51.41 | 2 | |
| 14 Doong, Tian | San Mateo | 51.80 | 2 | |
| 15 Brown, Cameron | Oceana | 51.92 | 2 | |
| 16 Tolentino, Joash | Capuchino | 51.93 | 2 | |
| 17 Murphy, Joe | Terra Nova | 52.11 | 3 | |
| 18 Ruiz, Karel | Woodside | 52.47 | 1 | |
| 19 Nishikawa, Jarett | Carlmont | 52.93 | 2 | |
| 20 Scher, Zach | Woodside | 53.27 | 3 | |
| 21 Heng, Dylan | Capuchino | 55.26 | 3 | |
| 22 Yau, Parker | San Mateo | 55.79 | 2 | |
| 23 Gossage, Kyle | Terra Nova | 58.33 | 1 | |

Boys 4x100 m Relay

| School | Finals | H# | Points |
|------------------------|--------|----|--------|
| 1 San Mateo | 45.96 | 2 | 10 |
| 2 Westmoor | 46.36 | 2 | 8 |
| 3 Carlmont | 47.06 | 1 | 6 |
| 4 Hillsdale | 47.47 | 2 | 4 |
| 5 Jefferson | 47.87 | 1 | 2 |
| 6 Woodside | 47.95 | 2 | 1 |
| 7 Mills | 48.20 | 1 | |
| 8 Terra Nova | 48.50 | 2 | |
| 9 El Camino | 49.05 | 2 | 49.043 |
| 10 Menlo-Atherton | 49.05 | 2 | 49.047 |
| 11 Sequoia | 49.39 | 2 | |
| 12 South San Francisco | 52.67 | 1 | |
| -- Aragon | FS | 2 | |

2019 PAL Frosh/Soph Championships - 4/27/2019**Terra Nova High School****Results - All Events****Boys 4x400 m Relay**

| School | Finals | H# | Points |
|------------------|---------|----|--------|
| 1 Westmoor | 3:44.27 | 2 | 10 |
| 2 Mills | 3:48.39 | 2 | 8 |
| 3 Menlo-Atherton | 3:48.63 | 2 | 6 |
| 4 Carlmont | 3:52.30 | 2 | 4 |
| 5 Aragon | 3:52.67 | 2 | 2 |
| 6 Hillsdale | 3:56.12 | 2 | 1 |
| 7 Jefferson | 3:56.51 | 1 | |
| 8 Sequoia | 3:57.32 | 2 | |
| 9 Oceana | 3:57.69 | 1 | |
| 10 Terra Nova | 4:02.30 | 2 | |
| 11 El Camino | 4:05.50 | 2 | |
| 12 Woodside | 4:09.58 | 1 | |
| 13 Capuchino | 4:09.78 | 1 | |
| -- San Mateo | DQ | 1 | 5-11-2 |

Boys High Jump

| Name | Year School | Finals | Points |
|--------------------------|----------------|----------|--------|
| 1 Ciardella, Joseph | Hillsdale | 5-06.00 | 9 |
| 1 Lane, Ryan | Hillsdale | 5-06.00 | 9 |
| 3 Gong, Shoryoung | Aragon | 5-04.00 | 5 |
| 3 Kwok, Matthew | Aragon | 5-04.00 | 5 |
| 5 Thomas, Skyler | Menlo-Atherton | J5-04.00 | 2 |
| 6 Grush, Aaron | San Mateo | 5-02.00 | 1 |
| 7 Privado-Baker, Anthony | Burlingame | J5-02.00 | |
| 7 Ferris, Kyle | Woodside | J5-02.00 | |
| 9 Minamin, Lill Godfrey | Westmoor | J5-02.00 | |
| 10 Scott, Brandon | Menlo-Atherton | J5-02.00 | |
| 11 Wheeler, Ethan | Hillsdale | 5-00.00 | |
| 12 Pedrin, Rhett | Woodside | 4-10.00 | |
| 12 Yertzell, Christian | Terra Nova | 4-10.00 | |
| 12 Nash, Harrison | Half Moon Bay | 4-10.00 | |
| 12 Berania, Jonathan | Westmoor | 4-10.00 | |
| 16 Fromm, Christopher | Carlmont | 4-08.00 | |
| 17 Chin, Aaron | Mills | J4-08.00 | |
| 18 Pena, Jacob | Terra Nova | 4-06.00 | |
| 19 Tiomico, Aaron | Westmoor | J4-06.00 | |
| 20 Aristakessian, Nareg | Mills | J4-06.00 | |
| -- Doong, Tian | San Mateo | NH | |
| -- Yamagashi, Jacob | Burlingame | NH | |
| -- Kaye, Dylan | Aragon | NH | |

Boys Pole Vault

| Name | Year School | Finals | Points |
|------|-------------|--------|--------|
|------|-------------|--------|--------|

2019 PAL Frosh/Soph Championships - 4/27/2019**Terra Nova High School****Results - All Events****....Boys Pole Vault**

| | | | | |
|----|---|----------------|----------|----|
| 1 | Kagedal, Sven | San Mateo | 11-00.00 | 10 |
| | 10-00 10-06 11-00 11-06 | | | |
| | 0 XO 0 XXX | | | |
| 2 | Fabiani-Wyatt, Dimitri | Terra Nova | 11-00.00 | 8 |
| | 10-00 10-06 11-00 11-06 | | | |
| | 0 0 XO XXX | | | |
| 3 | Sipes, Michael | Aragon | 10-06.00 | 6 |
| | 8-06 9-00 9-06 10-00 10-06 11-00 | | | |
| | 0 0 0 0 0 XXX | | | |
| 4 | Judas, Sam | Menlo-Atherton | 10-06.00 | 4 |
| | 7-00 7-06 8-00 8-06 9-00 9-06 10-00 10-06 11-00 | | | |
| | 0 0 0 0 0 0 XXO XO XXX | | | |
| 5 | Gong, Shoryoung | Aragon | 10-00.00 | 2 |
| | 9-00 9-06 10-00 10-06 | | | |
| | 0 0 0 XXX | | | |
| 6 | Gosler, Jackson | Menlo-Atherton | 10-00.00 | 1 |
| | 8-00 8-06 9-00 9-06 10-00 10-06 11-00 | | | |
| | 0 0 0 XO XXO PPP XXX | | | |
| 7 | Sheridan, Anthony | Westmoor | 10-00.00 | |
| | 8-00 8-06 9-00 9-06 10-00 10-06 | | | |
| | 0 0 XXO 0 XXO XXX | | | |
| 8 | Schoenherr, Owen | Aragon | 9-06.00 | |
| | 8-06 9-00 9-06 10-00 | | | |
| | 0 0 0 XXX | | | |
| 9 | Ruiz, Karel | Woodside | 9-00.00 | |
| | 8-06 9-00 9-06 | | | |
| | 0 0 XXX | | | |
| 10 | Voss, Anders | San Mateo | 9-00.00 | |
| | 7-06 8-00 8-06 9-00 9-06 | | | |
| | 0 0 XO XO XXX | | | |
| 11 | Xie, Jack | Mills | 8-06.00 | |
| | 6-00 7-00 7-06 8-00 8-06 9-00 | | | |
| | 0 0 0 0 0 XXX | | | |
| 11 | Mauvais, Aymeric | Menlo-Atherton | 8-06.00 | |
| | 7-06 8-00 8-06 9-00 | | | |
| | 0 0 0 XXX | | | |
| 13 | Parmer Lohan, Greg | Sequoia | 8-06.00 | |
| | 7-00 7-06 8-00 8-06 9-00 | | | |
| | 0 XO XO 0 XXX | | | |
| 14 | Hotovec, Trenton | Woodside | 8-06.00 | |
| | 7-06 8-00 8-06 9-00 | | | |
| | 0 0 XO XXX | | | |
| 15 | Kupfer, Lawrence | San Mateo | 8-00.00 | |
| | 7-00 7-06 8-00 8-06 | | | |
| | 0 XO XXO XXX | | | |
| 16 | Lagarto, Jeremy | Westmoor | 7-00.00 | |
| | 6-00 7-00 7-06 | | | |
| | 0 XO XXX | | | |
| -- | Lynch, Ryan | Mills | | NH |
| | 6-00 | | | |
| | XXX | | | |
| -- | Garrett, Henry | Mills | | NH |
| | 7-00 | | | |
| | XXX | | | |

2019 PAL Frosh/Soph Championships - 4/27/2019**Terra Nova High School****Results - All Events****Boys Long Jump**

| Name | Year School | Finals | Wind | Points |
|---------------------------|----------------|-----------|------|--------|
| 1 Berania, Jonathan | Westmoor | 19-03.00 | NWI | 10 |
| 2 Dohrmann, Avery | Woodside | 19-00.50 | NWI | 8 |
| 3 Caston, Javian | El Camino | 18-04.50 | NWI | 6 |
| 4 Lou, Alexander | Mills | 17-09.00 | NWI | 4 |
| 5 Houe, Albert | Westmoor | 17-05.75 | NWI | 2 |
| 6 Xie, Jack | Mills | 17-05.50 | NWI | 1 |
| 7 Yang, Jeremy | San Mateo | 17-03.00 | NWI | |
| 8 Duran, Ben | Sequoia | J17-03.00 | NWI | |
| 9 Cole, Kellen | Sequoia | J17-03.00 | NWI | |
| 10 Kaye, Dylan | Aragon | 17-02.00 | NWI | |
| 11 Privado-Baker, Anthony | Burlingame | 16-11.00 | NWI | |
| 12 McCauley, Deon | San Mateo | 16-08.25 | NWI | |
| 13 Rice, Will | Menlo-Atherton | 16-07.75 | NWI | |
| 14 Yeh, Eric | El Camino | 16-06.00 | NWI | |
| 15 Villarosa, Alexander | Mills | 16-05.00 | NWI | |
| 16 Macahilas, John | Jefferson | 16-01.50 | NWI | |
| 17 Hsieh, Toby | Aragon | 15-10.75 | NWI | |
| 18 Lei, Oscar | Jefferson | 15-05.75 | NWI | |
| 19 Tsang, Justin | Terra Nova | 15-04.25 | NWI | |
| 20 Hulman, Daniel | Hillsdale | 15-03.50 | NWI | |
| 21 Louie, Henry | Aragon | 15-00.00 | NWI | |
| 22 Ponce, Jurel | El Camino | 14-06.25 | NWI | |
| 23 Verdusco, Avel | Woodside | 14-06.00 | NWI | |
| 24 Parmer Lohan, Greg | Sequoia | 14-05.00 | NWI | |
| 25 Lagbao, Mark | Oceana | 14-04.00 | NWI | |
| 26 Hussain, Sheikh | Oceana | 12-09.75 | NWI | |
| -- Chu, Pierce | Terra Nova | FOUL | | |
| -- Cirimele, Phillip | Carlmont | FOUL | | |
| -- Tam, Tyler | Westmoor | FOUL | | |

Boys Triple Jump

| Name | Year School | Finals | Wind | Points |
|--------------------------|----------------|----------|------|--------|
| 1 Gulchin, Gabriel | San Mateo | 39-03.50 | NWI | 10 |
| 2 Berania, Jonathan | Westmoor | 39-00.25 | NWI | 8 |
| 3 Duran, Ben | Sequoia | 38-02.00 | NWI | 6 |
| 4 Xie, Jack | Mills | 37-10.50 | NWI | 4 |
| 5 Lou, Alexander | Mills | 35-07.50 | NWI | 2 |
| 6 Wu, Lawrence | Westmoor | 35-02.00 | NWI | 1 |
| 7 Kennedy, Dawson | Menlo-Atherton | 35-00.75 | NWI | |
| 8 Privado-Baker, Anthony | Burlingame | 34-09.50 | NWI | |
| 9 Minamin, Lill Godfrey | Westmoor | 34-05.50 | NWI | |
| 10 Leung, Matthew | Mills | 34-02.75 | NWI | |
| 11 Lau, Niko | San Mateo | 34-00.00 | NWI | |
| 12 Guido, Christian | Terra Nova | 33-09.50 | NWI | |
| 13 Rice, Will | Menlo-Atherton | 33-08.00 | NWI | |
| 14 Feune, Sebastian | Carlmont | 32-11.00 | NWI | |
| 15 Verdusco, Avel | Woodside | 32-00.00 | NWI | |
| 16 Yang, Jeremy | San Mateo | 31-08.00 | NWI | |
| 17 Kaye, Dylan | Aragon | 31-07.50 | NWI | |
| 18 Crew, Zach | Sequoia | 28-10.00 | NWI | |

2019 PAL Frosh/Soph Championships - 4/27/2019**Terra Nova High School****Results - All Events****Boys Shot Put**

| Name | Year School | Finals | Points |
|--------------------------|---------------|----------|--------|
| 1 Costello, Micheal | Hillsdale | 41-11.50 | 10 |
| 2 Liu, Wilson | Mills | 39-02.00 | 8 |
| 3 Pomianek, Patrick | Hillsdale | 37-10.00 | 6 |
| 4 Gillan, Jack | Terra Nova | 37-00.50 | 4 |
| 5 Cava, David | Westmoor | 36-07.50 | 2 |
| 6 Cheung, Justin | Mills | 36-07.00 | 1 |
| 7 Paningbatan, Renz Dale | Westmoor | 35-01.50 | |
| 8 Leua, Sionatane | Capuchino | 34-09.00 | |
| 9 Sandoval, Joshue | Sequoia | 34-08.00 | |
| 10 Martinez, Miguel | Carlmont | 34-05.00 | |
| 11 Green, Charles | Jefferson | 34-01.00 | |
| 12 Murphy, Joe | Terra Nova | 33-06.50 | |
| 12 Sherwin, Dillon | Aragon | 33-06.50 | |
| 14 Auten Smith, Tyler | Half Moon Bay | 32-10.50 | |
| 15 Delgado, Vincent | Oceana | 32-05.00 | |
| 16 Heath, Spencer | Half Moon Bay | 32-01.50 | |
| 16 Tamburina, Vinny | Carlmont | 32-01.50 | |
| 18 Rosoff, Jeremy | Half Moon Bay | 32-01.00 | |
| 19 Ennis, Robert | Burlingame | 31-08.00 | |
| 20 Estipona, Jussel | Westmoor | 31-04.50 | |
| 21 Crum, Wilson | Sequoia | 30-10.00 | |
| 22 Tamura, Koa | Oceana | 30-03.50 | |
| 23 Mesaros, Jorge | Burlingame | 29-07.00 | |
| 24 Pratt, Tyler | Burlingame | 29-05.00 | |
| 25 Velez, Matthew | Woodside | 28-10.00 | |
| 26 Hidajat, Ethan | Aragon | 27-09.00 | |
| 27 Marcelino, Mariano | Oceana | 24-04.50 | |
| 28 Joshua, Szu | Mills | 21-10.00 | |

Boys Discus Throw

| Name | Year School | Finals | Points |
|--------------------------|---------------|--------|--------|
| 1 Pomianek, Patrick | Hillsdale | 118-06 | 10 |
| 2 Paningbatan, Renz Dale | Westmoor | 117-03 | 8 |
| 3 Green, Charles | Jefferson | 101-01 | 6 |
| 4 Cheung, Justin | Mills | 100-08 | 4 |
| 5 Gillan, Jack | Terra Nova | 96-01 | 2 |
| 6 Martinez, Miguel | Carlmont | 90-02 | 1 |
| 7 Cava, David | Westmoor | 87-09 | |
| 8 Crum, Wilson | Sequoia | 83-11 | |
| 9 Costello, Micheal | Hillsdale | 82-03 | |
| 10 Leua, Sionatane | Capuchino | 79-04 | |
| 11 Heath, Spencer | Half Moon Bay | 78-10 | |
| 12 Tamura, Koa | Oceana | 77-06 | |
| 13 Auten Smith, Tyler | Half Moon Bay | 71-05 | |
| 14 Pratt, Tyler | Burlingame | 70-05 | |
| 15 Sandoval, Joshue | Sequoia | 69-10 | |
| 16 Hidajat, Ethan | Aragon | 69-09 | |
| 17 Liu, Wilson | Mills | 69-03 | |
| 18 Delgado, Vincent | Oceana | 66-09 | |
| 19 Tamburina, Vinny | Carlmont | 65-05 | |
| 20 Tiomico, Asier | Westmoor | 63-02 | |

2019 PAL Frosh/Soph Championships - 4/27/2019
Terra Nova High School
Results - All Events

....Boys Discus Throw

| | | |
|------------------------|---------------|-------|
| 20 Velez, Matthew | Woodside | 63-02 |
| 22 Farnsworth, Donovan | Half Moon Bay | 61-01 |
| 23 Hussain, Sheikh | Oceana | 58-09 |
| 24 Ennis, Robert | Burlingame | 54-09 |
| 25 Mesaros, Jorge | Burlingame | 54-00 |
| 26 Joshua, Szu | Mills | 53-05 |

=====

Women - Team Rankings - 16 Events Scored

=====

| | | | |
|--------------------|-----|------------------|----|
| 1) Aragon | 125 | 2) Jefferson | 52 |
| 3) Hillsdale | 47 | 4) Terra Nova | 35 |
| 5) Westmoor | 34 | 6) Woodside | 31 |
| 7) Burlingame | 29 | 8) Half Moon Bay | 28 |
| 9) Sequoia | 22 | 10) Mills | 21 |
| 11) Capuchino | 19 | 12) Carlmont | 18 |
| 13) Menlo-Atherton | 16 | 14) San Mateo | 12 |
| 15) Oceana | 7 | | |

=====

Men - Team Rankings - 16 Events Scored

=====

| | | | |
|-------------------|-----|----------------|----|
| 1) Westmoor | 100 | 2) San Mateo | 62 |
| 3) Hillsdale | 59 | 4) Mills | 55 |
| 5) Carlmont | 51 | 6) Aragon | 48 |
| 7) Woodside | 33 | 8) Jefferson | 30 |
| 9) Menlo-Atherton | 26 | 10) Terra Nova | 14 |
| 11) El Camino | 6 | 11) Sequoia | 6 |
| 13) Half Moon Bay | 3 | 13) Oceana | 3 |