

2019 Peninsula Athletic League Championships - 4/26/2019 to 5/4/2019**Menlo-Atherton High School****Results****Girls 100 m****8 Advance: Top 1 Each Heat plus Next 4 Best Times**

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 Eagle, Jessica		Menlo-Atherton	12.33Q	1.6	3
2 Collinsworth, Lauren		Menlo-Atherton	12.71Q	0.7	1
3 Hardy, Autriyana		Menlo-Atherton	12.85Q	0.9	2
4 Skoufos, Alexandra		Terra Nova	13.11q	1.6	3
5 Pargas, Malia		Carlmont	13.29q	0.7	1
6 Wong, Madison		Carlmont	13.31q	1.6	3
7 Konidaris, Konstantina		Capuchino	13.51q	0.9	2
8 Colombo, Gianna		Sequoia	13.52q	0.7	1 13.515
9 Tano, Elaine		El Camino	13.52	1.6	3 13.517
10 Sarah, Muldowney		Capuchino	13.55	0.9	2
11 Keeley, Zoe		Burlingame	13.58	0.7	1
12 Quach, Sabrina		El Camino	13.61	0.7	1
13 de Oliveira, Isabel		Woodside	13.64	0.9	2
14 Kaliski, Mikayla		Aragon	13.84	1.6	3
15 Newton, Savanna		Sequoia	13.90	0.9	2
16 Willkom, Zairah		Westmoor	13.94	0.9	2
17 Cano, Alyssa		Hillsdale	14.01	1.6	3
18 Dinglasah, Peaches		Hillsdale	14.10	1.6	3
19 Pedemonte, Aida		South San Francisco	14.68	0.7	1
-- Reyes, Vanessa		South San Francisco	FS	1.6	3

Girls 100 m

Name	Year	School	Finals	Wind	Points
Finals					
1 Eagle, Jessica		Menlo-Atherton	12.26	1.5	10
2 Hardy, Autriyana		Menlo-Atherton	12.85	1.5	8
3 Collinsworth, Lauren		Menlo-Atherton	12.95	1.5	6
4 Skoufos, Alexandra		Terra Nova	13.09	1.5	4
5 Wong, Madison		Carlmont	13.29	1.5	2
6 Pargas, Malia		Carlmont	13.43	1.5	1
7 Konidaris, Konstantina		Capuchino	13.47	1.5	
8 Colombo, Gianna		Sequoia	13.90	1.5	

Girls 200 m**8 Advance: Top 1 Each Heat plus Next 4 Best Times**

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 Eagle, Jessica		Menlo-Atherton	25.99Q	1.3	3
2 Hardy, Autriyana		Menlo-Atherton	26.26Q	1.4	1
3 Latu, Malia		Menlo-Atherton	26.60Q	1.5	2
4 Bannag, Alyssa		Terra Nova	27.36Q	0.1	4
5 Skoufos, Alexandra		Terra Nova	27.55q	1.4	1
6 Pargas, Malia		Carlmont	27.68q	1.5	2
7 Masterson, Jessica		Burlingame	27.86q	1.3	3
8 Chavez, Sarah		Capuchino	28.23q	1.3	3
9 Johnson, Janice		El Camino	28.33	1.5	2
10 Perez, Rochelle		El Camino	28.34	1.4	1

2019 Peninsula Athletic League Championships - 4/26/2019 to 5/4/2019**Menlo-Atherton High School****Results****....Girls 200 m**

11	Lynagh, Isabelle	Carlmont	28.44	1.3	3
12	Chen, Tessa	Mills	28.47	1.4	1
13	Contreras, Evelyn	San Mateo	28.67	1.3	3
14	Quach, Sabrina	El Camino	28.76	1.5	2
15	Keeley, Zoe	Burlingame	28.97	0.1	4
16	Dinglasah, Peaches	Hillsdale	29.31	0.1	4
17	Salgado, Angelina	Sequoia	29.39	1.4	1
18	Pedemonte, Aida	South San Francisco	29.62	1.3	3
19	Killian, Kaitlin	Oceana	30.04	1.5	2
20	Cano, Alyssa	Hillsdale	30.26	1.4	1
21	Reyes, Vanessa	South San Francisco	31.50	1.5	2
22	Madriaga, Jan Valerie	Westmoor	31.95	0.1	4

Girls 200 m

Name	Year School	Finals	Wind	Points
Finals				
1	Eagle, Jessica	Menlo-Atherton	25.07	3.5 10
2	Latu, Malia	Menlo-Atherton	26.03	3.5 8
3	Hardy, Autriyana	Menlo-Atherton	26.23	3.5 6
4	Bannag, Alyssa	Terra Nova	26.81	3.5 4
5	Pargas, Malia	Carlmont	27.01	3.5 2
6	Skoufos, Alexandra	Terra Nova	27.38	3.5 1
7	Masterson, Jessica	Burlingame	27.65	3.5
8	Chavez, Sarah	Capuchino	28.26	3.5

Girls 400 m**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

Name	Year School	Prelims	H#
Preliminaries			
1	Latu, Malia	Menlo-Atherton	1:00.50Q 2
2	Chavez, Sarah	Capuchino	1:02.59Q 3
3	Masterson, Jessica	Burlingame	1:03.30Q 1
4	Block, Caroleene	Carlmont	1:02.14q 2
5	Kibrom, Aster	Menlo-Atherton	1:02.69q 3
6	Lynagh, Isabelle	Carlmont	1:03.56q 3
7	Ver Ploeg, Lauren	Menlo-Atherton	1:05.72q 1
8	Salgado, Angelina	Sequoia	1:05.85q 1
9	Johnson, Janice	El Camino	1:08.09 2
10	Hernandez, Emilin	El Camino	1:08.99 3
11	Luz, Mikaila	El Camino	1:09.85 3
12	Killian, Kaitlin	Oceana	1:10.60 1
13	Madriaga, Jan Valerie	Westmoor	1:13.29 2

Girls 400 m

Name	Year School	Finals	Points
Finals			
1	Latu, Malia	Menlo-Atherton	59.36 10
2	Block, Caroleene	Carlmont	1:01.75 8
3	Masterson, Jessica	Burlingame	1:02.58 6

2019 Peninsula Athletic League Championships - 4/26/2019 to 5/4/2019**Menlo-Atherton High School****Results****....Girls 400 m**

4	Chavez, Sarah	Capuchino	1:03.26	4
5	Kibrom, Aster	Menlo-Atherton	1:03.39	2
6	Lynagh, Isabelle	Carlmont	1:04.88	1
7	Johnson, Janice	El Camino	1:05.39	

Girls 800 m**12 Advance: Top 1 Each Heat plus Next 10 Best Times**

Name	Year	School	Prelims	H#
Preliminaries				
1	Mansukhani, Kendall	Half Moon Bay	2:19.13Q	2
2	Yerby, Claire	Half Moon Bay	2:20.74Q	1
3	Chen, Tessa	Mills	2:19.98q	2
4	Kibrom, Dina	Menlo-Atherton	2:21.83q	2
5	Osterberg, Sara	Menlo-Atherton	2:23.40q	1
6	Cattalini, Gabrielle	Sequoia	2:23.55q	2
7	Hitchcock, Mandy	Carlmont	2:24.00q	2
8	Fazio, Sarah	Sequoia	2:27.11q	1
9	Perry, Sarah	Woodside	2:27.50q	2
10	Franco, Jocelynn	Capuchino	2:29.38q	1
11	Longo, Sophia	Menlo-Atherton	2:30.40q	1
12	Dorn, Shannen	Westmoor	2:32.08q	2
13	Arana, Elise	Woodside	2:33.21	2
14	Marsyla, Elle	Woodside	2:36.10	1
15	Roseborough, Veronica	Carlmont	2:36.50	2
16	Cedillos, Monica	Westmoor	2:37.22	1
17	Yasuda, Namiha	Burlingame	2:44.29	2
18	Ng, Michelle	Westmoor	2:52.17	1
19	Seto, Desiree	Oceana	3:14.00	1

Girls 800 m

Name	Year	School	Finals	Points
Finals				
1	Mansukhani, Kendall	Half Moon Bay	2:18.55	10
2	Chen, Tessa	Mills	2:21.23	8
3	Kibrom, Dina	Menlo-Atherton	2:21.93	6
4	Cattalini, Gabrielle	Sequoia	2:23.36	4
5	Hitchcock, Mandy	Carlmont	2:24.29	2
6	Fazio, Sarah	Sequoia	2:25.58	1
7	Longo, Sophia	Menlo-Atherton	2:31.67	
8	Cedillos, Monica	Westmoor	2:37.20	
9	Yasuda, Namiha	Burlingame	2:42.78	
10	Seto, Desiree	Oceana	3:11.04	

Girls 1600 m**12 Advance: Top 1 Each Heat plus Next 10 Best Times**

Name	Year	School	Prelims	H#
Preliminaries				
1	Gescuk, Kaimei	Carlmont	5:04.08Q	1
2	Mansukhani, Kendall	Half Moon Bay	5:06.35Q	2

2019 Peninsula Athletic League Championships - 4/26/2019 to 5/4/2019**Menlo-Atherton High School****Results****....Girls 1600 m**

3	Osterberg, Sara	Menlo-Atherton	5:06.74q	2
4	Madgic, Emma	Aragon	5:10.93q	1
5	Brien Miller, Yvonne	Sequoia	5:15.12q	1
6	Jackson, Sabrina	Carlmont	5:16.07q	2
7	Dommen, Sonja	Burlingame	5:16.82q	2
8	Yerby, Claire	Half Moon Bay	5:17.56q	1
9	Gold, Beata	Aragon	5:17.98q	2
10	Perry, Sarah	Woodside	5:18.07q	2
11	Dorn, Shannen	Westmoor	5:23.99q	1
12	Marsyla, Elle	Woodside	5:25.63q	2
13	Longo, Sophia	Menlo-Atherton	5:26.19	2
14	Snyder, Alison	Menlo-Atherton	5:26.87	1
15	Arana, Elise	Woodside	5:28.30	1
16	Beebe, Claire	Menlo-Atherton	5:28.71	1
17	Ayers, Allie	Carlmont	5:33.49	2
18	Patrick, Bridget	Menlo-Atherton	5:33.58	2
19	Kayhan, Zarah	Terra Nova	5:39.38	2
20	Roseborough, Veronica	Carlmont	5:46.45	2
21	Bugos, Brighid	Sequoia	6:04.86	1
22	Bright, Maggie	Hillsdale	6:11.87	2

Girls 1600 m

Name	Year School	Finals	Points
=====			
Finals			
1	Gescuk, Kaimei	Carlmont	5:01.63 10
2	Madgic, Emma	Aragon	5:05.83 8
3	Yerby, Claire	Half Moon Bay	5:07.10 6
4	Osterberg, Sara	Menlo-Atherton	5:10.45 4
5	Jackson, Sabrina	Carlmont	5:21.39 2
6	Longo, Sophia	Menlo-Atherton	5:28.24 1
7	Kayhan, Zarah	Terra Nova	5:46.57
8	Bugos, Brighid	Sequoia	6:06.37
9	Bright, Maggie	Hillsdale	6:24.03
--	Mansukhani, Kendall	Half Moon Bay	DNF
--	Gold, Beata	Aragon	DNF

Girls 3200 m

Name	Year School	Finals	Points
=====			
1	Gescuk, Kaimei	Carlmont	11:02.63 10
2	Brien Miller, Yvonne	Sequoia	11:09.22 8
3	Osterberg, Sara	Menlo-Atherton	11:21.93 6
4	Dommen, Sonja	Burlingame	11:23.43 4
5	Perry, Sarah	Woodside	11:27.29 2
6	Dorn, Shannen	Westmoor	11:28.72 1
7	Arana, Elise	Woodside	11:35.11
8	Diep, Noelle	El Camino	11:36.68
9	Marsyla, Elle	Woodside	11:39.58
10	Snyder, Alison	Menlo-Atherton	11:41.67
11	Beebe, Claire	Menlo-Atherton	11:54.05
12	Ayers, Allie	Carlmont	12:11.48
13	Kim, Audrey	Mills	12:16.27

2019 Peninsula Athletic League Championships - 4/26/2019 to 5/4/2019**Menlo-Atherton High School****Results****....Girls 3200 m**

14 Patrick, Bridget	Menlo-Atherton	12:18.53
15 Gantulga, Suvdantsetseg	Capuchino	12:57.22
16 Franco Ramirez, Brittany	Capuchino	13:10.66
17 Wong, Carissa	Carlmont	13:15.39
18 Litvak, Maya	Carlmont	13:19.38
19 Coan, Shannon	Sequoia	13:21.38
20 Bugos, Brighid	Sequoia	13:45.13
-- Yerby, Claire	Half Moon Bay	DNF
-- Chen, Tessa	Mills	DNF

Girls 100 m Hurdles**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Mcdowall, Alexandra	Woodside	16.68Q	0.9	3
2 Flores, Jaeda	Capuchino	17.12Q	0.5	2
3 Sobajima, Ruka	Hillsdale	17.65Q	3.1	1
4 Raphael, Elise	Hillsdale	16.82q	0.9	3
5 Coberly, Maile	Menlo-Atherton	17.47q	0.9	3
6 Colombo, Gianna	Sequoia	17.51q	0.5	2
7 Leon, Nicole	Mills	18.25q	0.5	2
8 Wagner, Annie	Menlo-Atherton	18.29q	0.5	2
9 Ganem, Zahra	Mills	18.41	0.9	3
10 Fortin, Raven	Half Moon Bay	18.50	3.1	1
11 Abad, Amy	Sequoia	18.65	0.9	3
12 Roytenberg, Zoe	Woodside	18.97	0.9	3
13 Paminiano, Amber	Terra Nova	19.09	0.5	2
14 Harvey, Sarah	Terra Nova	19.39	3.1	1
15 Abad, Katrina	Terra Nova	19.65	3.1	1
16 Fong, Bettina	Westmoor	20.61	3.1	1
17 Shaw, Christina	Aragon	20.70	3.1	1

Girls 100 m Hurdles

Name	Year School	Finals	Wind	Points
Finals				
1 Raphael, Elise	Hillsdale	16.86	0.4	10
2 Mcdowall, Alexandra	Woodside	17.12	0.4	8
3 Flores, Jaeda	Capuchino	17.16	0.4	6
4 Coberly, Maile	Menlo-Atherton	17.47	0.4	4
5 Sobajima, Ruka	Hillsdale	17.48	0.4	2
6 Colombo, Gianna	Sequoia	18.11	0.4	1
7 Wagner, Annie	Menlo-Atherton	18.26	0.4	
8 Leon, Nicole	Mills	18.45	0.4	

Girls 300 m Hurdles**8 Advance: Top 1 Each Heat plus Next 6 Best Times**

Name	Year School	Prelims	H#
Preliminaries			
1 Wagner, Annie	Menlo-Atherton	48.77Q	1

2019 Peninsula Athletic League Championships - 4/26/2019 to 5/4/2019**Menlo-Atherton High School****Results****....Girls 300 m Hurdles**

2	Leon, Nicole	Mills	50.07Q	2
3	Demafeliz, Elizabeth	Terra Nova	51.33q	2
4	Areff, Cassandra	Carlmont	51.40q	2
5	Flores, Jaeda	Capuchino	52.45q	1
6	Holden, Abigail	Terra Nova	53.94q	1
7	Fortin, Raven	Half Moon Bay	55.12q	1
8	Abad, Amy	Sequoia	55.65q	2

Girls 300 m Hurdles

Name	Year School	Finals	Points
Finals			
1	Demafeliz, Elizabeth	Terra Nova	49.54 10
2	Areff, Cassandra	Carlmont	50.72 8
3	Leon, Nicole	Mills	51.50 6
4	Flores, Jaeda	Capuchino	52.01 4
5	Abad, Amy	Sequoia	52.55 2
6	Fortin, Raven	Half Moon Bay	52.81 1
7	Holden, Abigail	Terra Nova	53.69
8	Wagner, Annie	Menlo-Atherton	1:03.66

Girls 4x100 m Relay

School	Finals	H#	Points
1 Menlo-Atherton	49.38	2	10
2 Terra Nova	50.85	2	8
3 El Camino	51.78	2	6
4 Capuchino	52.16	2	4
5 Aragon	53.42	2	2
6 Burlingame	54.20	1	1
7 Westmoor	55.71	1	
-- Carlmont	DNF	2	

Girls 4x400 m Relay

School	Finals	H#	Points
1 Menlo-Atherton	4:11.41	2	10
2 Carlmont	4:14.60	2	8
3 Aragon	4:16.44	2	6
4 Capuchino	4:22.13	2	4
5 Burlingame	4:28.36	1	2
6 El Camino	4:31.12	2	1
7 Sequoia	4:34.31	2	
8 Westmoor	4:43.35	2	
9 Terra Nova	4:44.53	1	

Girls High Jump

Name	Year School	Finals	Points
1 Belforte, Bianca	Hillsdale	4-08.00	10
2 Ryder, Kate	Terra Nova	J4-08.00	8

2019 Peninsula Athletic League Championships - 4/26/2019 to 5/4/2019**Menlo-Atherton High School****Results****....Girls High Jump**

3	Meade, Katherine	Woodside	4-06.00	6
4	Blondino, Katie	Carlmont	J4-06.00	4
5	Bender, Karina	Sequoia	4-02.00	2
6	Bollinger, Olivia	Burlingame	4-00.00	1
7	Dsouza, Johanna	Westmoor	3-08.00	
--	Pompen, Sofia	Sequoia	NH	
--	Goudey, Abby	Menlo-Atherton	NH	

Girls Pole Vault

Name	Year	School	Finals	Points
1 Trundle, Julie		Sequoia	9-06.00	10
9-00 9-06 10-00				
XO O XXP				
2 Nitafan, Trinity		Westmoor	9-00.00	8
8-06 9-00 9-06				
O O XXX				
3 Mcdowall, Alexandra		Woodside	9-00.00	6
8-00 8-06 9-00 9-06				
O XO XO XXX				
4 Brook, Samantha		Woodside	9-00.00	4
7-00 8-00 8-06 9-00 9-06				
O O PPP XXO XXX				
5 de Oliveira, Isabel		Woodside	8-06.00	2
8-00 8-06 9-00				
O O XXX				
6 Palmer, Joya		Terra Nova	6-06.00	1
5-00 5-06 6-00 6-06 7-00				
XO O O O XXX				
7 Fong, Bettina		Westmoor	6-00.00	
5-00 5-06 6-00 6-06				
O O O XXX				
8 Fakrai, Donya		Menlo-Atherton	5-06.00	
5-00 5-06 6-00				
O O XXX				
-- Stampleman, Sarah		Sequoia	NH	
8-00				
XXX				

Girls Long Jump

Name	Year	School	Finals	Wind	Points
1 Newton, Savanna		Sequoia	14-11.50	NWI	10
2 Meyer, Callie		Menlo-Atherton	14-10.25	NWI	8
3 Contreras, Evelyn		San Mateo	14-10.00	NWI	6
4 Wong, Madison		Carlmont	14-09.75	NWI	4
5 Pon, Jasmine		El Camino	14-08.50	NWI	2
6 Lee, Megan		Mills	14-07.75	NWI	1
7 Bannag, Alyssa		Terra Nova	14-04.00	NWI	
8 Ye, Kai Lin		Westmoor	13-07.75	NWI	
9 Muldowney, Sarah		Capuchino	13-07.50	NWI	
10 Block, Caroleene		Carlmont	13-06.25	NWI	
11 Booker, Kimberly		Sequoia	13-01.75	NWI	

2019 Peninsula Athletic League Championships - 4/26/2019 to 5/4/2019**Menlo-Atherton High School****Results****....Girls Long Jump**

12 Willkom, Zairah	Westmoor	12-08.00	NWI
13 Dsouza, Johanna	Westmoor	11-10.00	NWI
-- Longo, Sophia	Menlo-Atherton	FOUL	

Girls Triple Jump

Name	Year School	Finals	Wind	Points
1 Contreras, Evelyn	San Mateo	32-11.25	NWI	10
2 Colombo, Gianna	Sequoia	32-09.00	NWI	8
3 Block, Caroleene	Carlmont	31-10.75	NWI	6
4 Ye, Kai Lin	Westmoor	31-04.00	NWI	4
5 Newton, Savanna	Sequoia	30-09.50	NWI	2
6 Meyer, Callie	Menlo-Atherton	30-08.50	NWI	1
7 Fong, Bettina	Westmoor	28-01.25	NWI	
8 Dsouza, Johanna	Westmoor	25-11.75	NWI	

Girls Shot Put

Name	Year School	Finals	Points
1 Watts, Carly	Terra Nova	44-01.50	10
2 Ikahihifo, Nane	Mills	39-09.00	8
3 Hafoka, Akanesi	San Mateo	28-05.00	6
4 Kyaw, Tamara	Westmoor	28-01.00	4
5 Tobin, Jenna	Hillsdale	27-10.50	2
6 Kirkes, Kaitlin	Carlmont	25-01.50	1
7 Corona, Danny	Half Moon Bay	24-11.00	
8 Contreras, Leslie	Jefferson	24-01.00	
9 Aaberg, Ida	Menlo-Atherton	23-05.00	
10 Coe, Casey	Half Moon Bay	23-00.50	
11 Chan, Honestie	Westmoor	22-10.00	
12 Sanchez, Stephanie	Jefferson	22-09.50	
13 Guadalupe, Rosas	South San Francisco	18-05.50	
14 Iniguez, Jeanette	Jefferson	16-08.00	

Girls Discus Throw

Name	Year School	Finals	Points
1 Watts, Carly	Terra Nova	152-10	10
2 Ikahihifo, Nane	Mills	124-04	8
3 de Oliveira, Isabel	Woodside	95-06	6
4 Aaberg, Ida	Menlo-Atherton	93-10	4
5 Corona, Danny	Half Moon Bay	88-07	2
6 Kirkes, Kaitlin	Carlmont	88-06	1
7 Hemmat, Leila	Aragon	86-00	
8 Hemmat, Sara	Aragon	82-08	
9 Hafoka, Akanesi	San Mateo	80-00	
10 Contreras, Leslie	Jefferson	68-08	
11 Chan, Honestie	Westmoor	61-11	
12 Iroma, Janelle	Jefferson	60-06	
13 Desuasido, Kelly	Jefferson	53-03	
14 Rosas, Guadalupe	South San Francisco	51-07	

2019 Peninsula Athletic League Championships - 4/26/2019 to 5/4/2019**Menlo-Atherton High School****Results****Boys 100 m****8 Advance: Top 1 Each Heat plus Next 2 Best Times**

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1		Norton, Jack	Carlmont	11.12Q	1.8 1
2		Sanchez, Francisco	Menlo-Atherton	11.13Q	NWI 4
3		Mata, Nathaniel	Hillsdale	11.24Q	2.2 5
4		Poulos, Connor	Sequoia	11.36Q	2.6 3
5		Braunstein, Isaac	Carlmont	11.41Q	3.3 6
6		Natividad, Jonathan	Capuchino	11.59Q	0.8 2
7		Duncan, Trayvon	Menlo-Atherton	11.55q	NWI 4
8		Williams, Danny	Aragon	11.60q	3.3 6
9		Rodriguez, Nikolas	Carlmont	11.63	2.6 3
10		Hawkins, Deston	Menlo-Atherton	11.65	1.8 1
11		Yee, Mitchell	Aragon	11.76	2.6 3
12		Turbes, Waylon	San Mateo	11.77	0.8 2
13		Peterson, Joshua	Woodside	11.79	0.8 2
14		O'Brien, Vincent	Terra Nova	11.85	2.2 5
15		Delrooz, Naveed	Carlmont	11.86	3.3 6
16		Thich, Allen	Hillsdale	11.89	2.2 5
17		Broussard, Roderick	San Mateo	11.93	3.3 6
18		Lowe, Ryan	Burlingame	11.99	2.2 5
19		Iskander, Nathan	Hillsdale	12.03	2.6 3
20		Adamson, Lucas	Sequoia	12.05	1.8 1
21		Claybon, Jonathan	El Camino	12.08	2.6 3
22		Shihadeh, Mahdi	Burlingame	12.14	3.3 6
23		Zielin, Jacob	Terra Nova	12.17	1.8 1
24		Tuason, Darren	Capuchino	12.19	1.8 1
25		Zeliger, William	Sequoia	12.21	NWI 4
26		Cataquis, Rovik	Westmoor	12.22	NWI 4
27		Perez, Daniel	El Camino	12.30	2.6 3
28		Slie, Justin	South San Francisco	12.31	NWI 4 12.307
29		Tomooka, Ryan	Aragon	12.31	2.2 5 12.309
30		Kraus, Jacob	Woodside	12.40	0.8 2
31		Tam, Mark	Jefferson	12.43	NWI 4
32		Vergheze, Joshua	Burlingame	12.57	2.2 5
33		Huynh, Sunny	Jefferson	12.85	0.8 2
34		Sanchez, Aldo	South San Francisco	12.91	3.3 6
35		Choi, Timothy	Westmoor	13.12	0.8 2
36		Montalban, Lawrence	South San Francisco	13.51	1.8 1

Boys 100 m

Name	Year	School	Finals	Wind	Points
Finals					
1		Sanchez, Francisco	Menlo-Atherton	10.95	1.5 10
2		Norton, Jack	Carlmont	11.01	1.5 8
3		Mata, Nathaniel	Hillsdale	11.16	1.5 6
4		Braunstein, Isaac	Carlmont	11.44	1.5 4
5		Poulos, Connor	Sequoia	11.53	1.5 2
6		Natividad, Jonathan	Capuchino	11.67	1.5 1
7		Duncan, Trayvon	Menlo-Atherton	11.72	1.5

2019 Peninsula Athletic League Championships - 4/26/2019 to 5/4/2019**Menlo-Atherton High School****Results****Boys 200 m****8 Advance: Top 1 Each Heat plus Next 3 Best Times**

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1		Koe, Ian	Aragon	22.95Q	1.6 3
2		Sanchez, Francisco	Menlo-Atherton	23.07Q	1.3 2
3		Mata, Nathaniel	Hillsdale	23.13Q	NWI 5
4		Prokopos, Dimitri	Terra Nova	23.42Q	1.5 4
5		Rose, Daniel	Aragon	23.81Q	0.9 1 23.804
6		Rodriguez, Nikolas	Carlmont	23.68q	1.5 4
7		Braunstein, Isaac	Carlmont	23.70q	NWI 5
8		Poulos, Connor	Sequoia	23.71q	NWI 5
9		Hawkins, Deston	Menlo-Atherton	23.81	1.6 3 23.805
10		O'Brien, Vincent	Terra Nova	23.87	1.3 2
11		Peterson, Joshua	Woodside	24.05	1.3 2
12		Bautista, Calvin	Westmoor	24.06	0.9 1
13		Lowe, Ryan	Burlingame	24.17	1.5 4
14		Mandorf, Noa	San Mateo	24.31	NWI 5
15		Simon, Michael	Sequoia	24.33	1.3 2
16		Thich, Allen	Hillsdale	24.35	1.3 2
17		Graville, Brendon	Hillsdale	24.39	1.5 4
18		Turbes, Waylon	San Mateo	24.45	1.6 3
19		Liu, Chenwei	Carlmont	24.84	1.6 3
20		Zielin, Jacob	Terra Nova	24.93	0.9 1
21		Hadidi, Alex	Woodside	25.13	1.3 2
22		Perez, Daniel	El Camino	25.15	1.5 4
23		Verghese, Joshua	Burlingame	25.18	0.9 1
24		Slie, Justin	South San Francisco	25.50	NWI 5
25		Broussard, Roderick	San Mateo	25.66	0.9 1
26		Posten, Reese	Sequoia	25.85	NWI 5
27		Tam, Mark	Jefferson	25.91	0.9 1
28		Kraus, Jacob	Woodside	26.01	1.5 4
29		Sanchez, Aldo	South San Francisco	26.21	1.3 2
30		Ferraris, Vincent	Jefferson	26.39	1.6 3
31		Wilson, Andrew	Westmoor	26.71	0.9 1
32		Huynh, Sunny	Jefferson	27.06	0.9 1
33		Bautista, Nathan	Westmoor	27.86	1.6 3

Boys 200 m

Name	Year	School	Finals	Wind	Points
Finals					
1		Sanchez, Francisco	Menlo-Atherton	22.29	2.1 10
2		Koe, Ian	Aragon	22.58	2.1 8
3		Mata, Nathaniel	Hillsdale	22.66	2.1 6
4		Braunstein, Isaac	Carlmont	23.49	2.1 4
5		Prokopos, Dimitri	Terra Nova	23.56	2.1 2
6		Rodriguez, Nikolas	Carlmont	23.65	2.1 1
7		Poulos, Connor	Sequoia	23.69	2.1
8		Rose, Daniel	Aragon	23.78	2.1

2019 Peninsula Athletic League Championships - 4/26/2019 to 5/4/2019**Menlo-Atherton High School****Results****Boys 400 m****8 Advance: Top 1 Each Heat plus Next 4 Best Times**

Name	Year School	Prelims	H#
Preliminaries			
1 Koe, Ian	Aragon	51.44Q	4
2 Roberts, Yutaka	El Camino	51.55Q	1
3 Chavez, Jacob	Menlo-Atherton	52.15Q	2
4 Kuhn, Jonaven	Carlmont	52.29Q	3
5 Cotton, Sean	Hillsdale	52.34q	2
6 Goode, Johnny	Hillsdale	52.62q	3
7 Ahn, Caleb	Carlmont	52.97q	2
8 Mandorf, Noa	San Mateo	53.38q	4
9 Rose, Daniel	Aragon	53.52	3
10 Vendel, Michael	San Mateo	53.70	1
11 Steere, Andrew	Menlo-Atherton	53.75	4
12 Pucci, Matthew	Terra Nova	53.90	4
13 Chan, Connor	Oceana	54.14	1
14 Park, Juwon	Burlingame	54.30	3
15 Simon, Michael	Sequoia	55.41	2
16 Morrison, Brendon	Terra Nova	55.66	3
17 Wilcox, Nicholas	Aragon	56.01	4
18 Hadidi, Alex	Woodside	56.13	3
19 Louie, Christopher	Mills	57.27	1
20 Biddle, Ethan	Burlingame	58.40	3
21 Sta Ana, Francis	Jefferson	59.52	1
22 Wilson, Andrew	Westmoor	1:00.06	2
23 Ferraris, Vincent	Jefferson	1:03.43	1
-- Minamin, Jermaine	Westmoor	FS	4

Boys 400 m

Name	Year School	Finals	Points
Finals			
1 Koe, Ian	Aragon	50.20	10
2 Kuhn, Jonaven	Carlmont	50.74	8
3 Roberts, Yutaka	El Camino	50.95	6
4 Chavez, Jacob	Menlo-Atherton	52.80	4
5 Cotton, Sean	Hillsdale	52.83	2
6 Goode, Johnny	Hillsdale	53.15	1
7 Mandorf, Noa	San Mateo	53.76	
8 Rose, Daniel	Aragon	54.87	

Boys 800 m**12 Advance: Top 1 Each Heat plus Next 9 Best Times**

Name	Year School	Prelims	H#
Preliminaries			
1 Gonzales, Alonso	Sequoia	2:00.17Q	2
2 Roberts, Yutaka	El Camino	2:00.41Q	3
3 Hsu, Justin	Carlmont	2:02.06Q	1
4 Metzler, Caleb	Carlmont	2:01.33q	2
5 Coot, Jonathon	Menlo-Atherton	2:02.84q	3
6 Bhat, Eeshan	San Mateo	2:03.76q	3

2019 Peninsula Athletic League Championships - 4/26/2019 to 5/4/2019**Menlo-Atherton High School****Results****....Boys 800 m**

7	Warner-Carey, Josh	Half Moon Bay	2:04.28q	2
8	Sanchez, Elias	Terra Nova	2:04.34q	2
9	Dodge, Owen	Aragon	2:04.52q	3
10	Scandlyn, Luke	Menlo-Atherton	2:04.63q	1
11	Hafer, Nicholas	Menlo-Atherton	2:05.01q	2
12	Jones, Kenneth	Half Moon Bay	2:05.33q	1
13	Schulz, Bradley	Sequoia	2:05.54	1
14	DiMaio, Luca	Mills	2:05.83	3
15	Arriola, Andrew	Mills	2:06.89	3
16	Neri, Kevin	Terra Nova	2:07.66	3
17	Orton, Casey	Woodside	2:08.23	1
18	Chan, Connor	Oceana	2:08.78	3
19	Sanai, Suren	Oceana	2:08.85	3
20	Lucey, Patrick	Hillsdale	2:08.87	1
21	Ma, Alex	Aragon	2:09.30	1
22	Au-Yeung, Jacky	Mills	2:10.87	2
23	Longo, Daniel	Woodside	2:10.96	1
24	Moskovitz, Aaron	Carlmont	2:12.70	2
25	Burt, Thomas	Sequoia	2:13.42	2
26	De Castro, Jacob	Westmoor	2:14.02	2
27	Reynolds, Blaine	Aragon	2:14.05	1
28	Chang, Nathaniel	Oceana	2:14.49	3
29	Herenandez, Luis	Capuchino	2:14.70	1
30	Griffin, Adam	Sequoia	2:15.17	2
31	Wong, Ethan	Westmoor	2:15.58	1
32	De Castro, Joshua	Westmoor	2:18.22	3
33	Rojas, Kevin	Jefferson	2:25.21	1
34	Rogers, Miles	Half Moon Bay	2:26.50	3

Boys 800 m

Name	Year School	Finals	Points
Finals			
1	Roberts, Yutaka	El Camino	1:58.38 10
2	Hsu, Justin	Carlmont	1:59.51 8
3	Hafer, Nicholas	Menlo-Atherton	2:00.17 6
4	Gonzales, Alonso	Sequoia	2:00.64 4
5	Warner-Carey, Josh	Half Moon Bay	2:01.17 2
6	Coot, Jonathon	Menlo-Atherton	2:01.42 1
7	Bhat, Eeshan	San Mateo	2:02.19
8	Jones, Kenneth	Half Moon Bay	2:02.79
9	Sanchez, Elias	Terra Nova	2:04.65
10	Scandlyn, Luke	Menlo-Atherton	2:06.21
11	Dodge, Owen	Aragon	2:06.60
12	Metzler, Caleb	Carlmont	2:12.42

Boys 1600 m**12 Advance: Top 1 Each Heat plus Next 9 Best Times**

Name	Year School	Prelims	H#
Preliminaries			
1	Scandlyn, Luke	Menlo-Atherton	4:28.76Q 3
2	Mediratta, Cole	Menlo-Atherton	4:29.72Q 2

2019 Peninsula Athletic League Championships - 4/26/2019 to 5/4/2019**Menlo-Atherton High School****Results****....Boys 1600 m**

3	Sanchez, Elias	Terra Nova	4:34.37Q	1
4	Hsu, Justin	Carlmont	4:30.01q	3
5	Metzler, Caleb	Carlmont	4:30.75q	3
6	Burt, Thomas	Sequoia	4:35.82q	3
7	McEachen, James	Half Moon Bay	4:36.69q	1
8	Orton, Casey	Woodside	4:36.78q	2
9	Mimeles, Ethan	Menlo-Atherton	4:38.07q	1
10	Reynolds, Blaine	Aragon	4:39.14q	2
11	Vauclair, Noah	Sequoia	4:41.00q	1
12	Schech, Jason	Burlingame	4:41.58q	1
13	Creeks, Brendan	Burlingame	4:46.15	2
14	Sanai, Suren	Oceana	4:46.91	3
15	Oshinsky, Ryan	Aragon	4:51.24	1
16	Louie, Christopher	Mills	4:51.30	3
17	Longo, Daniel	Woodside	4:53.32	2
18	Schroeder, Leo	Mills	4:53.82	3
19	Wong, Ethan	Westmoor	4:54.15	3
20	Chang, Nathaniel	Oceana	4:54.40	2
21	Herenandez, Luis	Capuchino	4:55.10	2
22	Ly, Gordon	Oceana	4:56.07	1
23	Hafer, Nicholas	Menlo-Atherton	4:56.50	1
24	Shapiro, Andrey	Carlmont	4:56.80	1
25	Vizcarra, Adrian	Terra Nova	4:57.52	3
26	Habelt, Mark	Burlingame	4:58.69	1
27	Strause, Noah	Aragon	5:00.00	1
28	Nguyen, Corey	Mills	5:00.42	1
29	Shek, Carson	Hillsdale	5:01.27	3
30	Moskovitz, Aaron	Carlmont	5:03.76	2
31	Martinez, Carlos	Half Moon Bay	5:05.02	2
32	De Castro, Jacob	Westmoor	5:05.56	3
33	Pacini, Marco	Hillsdale	5:08.32	3
34	Thomas, Luke	San Mateo	5:30.47	3
35	Bojeh, Ehab	El Camino	5:34.17	1
36	Rojas, Kevin	Jefferson	5:35.48	2
37	Abrena, Jenard	Westmoor	5:51.59	2
--	Moore, Nick	Half Moon Bay	DQ	2 5-9-1

Boys 1600 m

Name	Year	School	Finals	Points	
Finals					
1		Mediratta, Cole	Menlo-Atherton	4:23.87	10
2		Metzler, Caleb	Carlmont	4:25.63	8
3		Sanchez, Elias	Terra Nova	4:28.04	6
4		Reynolds, Blaine	Aragon	4:29.13	4
5		Scandlyn, Luke	Menlo-Atherton	4:29.68	2
6		Burt, Thomas	Sequoia	4:30.39	1
7		Orton, Casey	Woodside	4:32.05	
8		Mimeles, Ethan	Menlo-Atherton	4:35.25	
9		Sanai, Suren	Oceana	4:40.50	
10		Vauclair, Noah	Sequoia	4:43.96	
11		Louie, Christopher	Mills	4:45.91	
12		Wong, Ethan	Westmoor	4:57.52	

2019 Peninsula Athletic League Championships - 4/26/2019 to 5/4/2019**Menlo-Atherton High School****Results****Boys 3200 m**

Name	Year School	Finals	Points
1 Mediratta, Cole	Menlo-Atherton	9:50.18	10
2 Hsu, Justin	Carlmont	9:53.66	8
3 Mimeles, Ethan	Menlo-Atherton	9:54.56	6
4 McEachen, James	Half Moon Bay	9:55.45	4
5 Moore, Nick	Half Moon Bay	9:59.16	2
6 Schech, Jason	Burlingame	10:01.55	1
7 Lo, Joshua	Sequoia	10:03.43	
8 Schroeder, Leo	Mills	10:06.62	
9 Gonzales, Alonso	Sequoia	10:12.53	
10 Reynolds, Blaine	Aragon	10:17.99	
11 Leong, Anthony	Capuchino	10:18.07	
12 Jackson, Eric	Carlmont	10:18.43	
13 Johnson, Luca	Menlo-Atherton	10:27.37	
14 Sanai, Suren	Oceana	10:32.64	
15 Vizcarra, Adrian	Terra Nova	10:35.00	
16 Longo, Daniel	Woodside	10:39.94	
17 Orton, Casey	Woodside	10:42.73	
18 Oshinsky, Ryan	Aragon	10:42.79	
19 Wong, Ethan	Westmoor	10:49.40	
20 Creeks, Brendan	Burlingame	10:58.35	
21 Moskovitz, Aaron	Carlmont	10:59.82	
22 Shek, Carson	Hillsdale	11:01.70	
23 Chang, Nathaniel	Oceana	11:06.01	
24 Lafayette, Miles	Hillsdale	11:06.63	
25 Hafter, Joshua	Capuchino	11:12.51	
26 Gossage, Alec	Terra Nova	11:15.64	
27 Wai, Alex	San Mateo	11:29.60	
28 De Castro, Joshua	Westmoor	11:43.22	
29 Wong, Matthew	Westmoor	11:59.16	
-- Vail, Charlie	Half Moon Bay	DNF	
-- Louie, Christopher	Mills	DNF	

Boys 110 m Hurdles**8 Advance: Top 1 Each Heat plus Next 6 Best Times**

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Natividad, Jonathan	Capuchino	15.70Q	1.2	2
2 Shreve, Brendon	Hillsdale	17.15Q	1.4	1
3 Glavin, Cooper	Burlingame	17.68q	1.4	1
4 Banks, Lareak	Terra Nova	17.86q	1.2	2
5 Chu, Nathan	Aragon	17.89q	1.4	1
6 Gauthier, Justin	Terra Nova	17.96q	1.2	2
7 Ong, Cameron	Aragon	17.97q	1.4	1
8 Cruz, Enrico	Mills	18.04q	1.4	1
9 George, Aaron	Carlmont	18.74	1.2	2 18.733
10 LI, Eugene	Westmoor	18.74	1.4	1 18.739
11 Su, Jonathan	Jefferson	19.24	1.2	2
12 Vergara, Robert	Westmoor	19.44	1.2	2
13 Noguera, Justin	Westmoor	19.65	1.4	1
14 Wong, Matthew	Hillsdale	20.30	1.2	2
15 Culverhouse, Lucas	Sequoia	20.52	1.4	1

2019 Peninsula Athletic League Championships - 4/26/2019 to 5/4/2019**Menlo-Atherton High School****Results****Boys 110 m Hurdles**

Name	Year School	Finals	Wind	Points
Finals				
1 Natividad, Jonathan	Capuchino	15.60	1.8	10
2 Cruz, Enrico	Mills	15.64	1.8	8
3 Shreve, Brendon	Hillsdale	17.06	1.8	6
4 Ong, Cameron	Aragon	17.22	1.8	4
5 Banks, Lareak	Terra Nova	17.29	1.8	2
6 Chu, Nathan	Aragon	17.38	1.8	1
7 Gauthier, Justin	Terra Nova	17.43	1.8	
8 Glavin, Cooper	Burlingame	17.49	1.8	

Boys 300 m Hurdles**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

Name	Year School	Prelims	H#
Preliminaries			
1 Glavin, Cooper	Burlingame	42.68Q	2
2 Gauthier, Justin	Terra Nova	44.00Q	1
3 Cruz, Enrico	Mills	44.49Q	3
4 Chu, Nathan	Aragon	44.59q	3
5 Ong, Cameron	Aragon	45.12q	2
6 Natividad, Jonathan	Capuchino	45.21q	3
7 Miranda-Cuadra, Kenneth	Terra Nova	45.25q	2
8 George, Aaron	Carlmont	46.54q	1
9 LI, Eugene	Westmoor	46.85	1
10 Vail, Charlie	Half Moon Bay	47.31	1
11 Bal, Narayan	Hillsdale	47.42	3
12 Banks, Lareak	Terra Nova	48.05	2
13 Schlager, Adlai	Sequoia	48.35	1
14 Vergara, Robert	Westmoor	48.36	1
15 Wong, Matthew	Hillsdale	49.49	2
16 Kontonis, Robert	Mills	49.57	2
17 Pak, Anthony	Westmoor	51.03	3
18 Su, Jonathan	Jefferson	52.06	3

Boys 300 m Hurdles

Name	Year School	Finals	Points
Finals			
1 Glavin, Cooper	Burlingame	42.16	10
2 Chu, Nathan	Aragon	43.32	8
3 Natividad, Jonathan	Capuchino	43.75	6
4 Gauthier, Justin	Terra Nova	44.39	4
5 Ong, Cameron	Aragon	45.25	2
6 Cruz, Enrico	Mills	45.62	1
7 Miranda-Cuadra, Kenneth	Terra Nova	46.35	
8 LI, Eugene	Westmoor	47.28	

2019 Peninsula Athletic League Championships - 4/26/2019 to 5/4/2019**Menlo-Atherton High School****Results****Boys 4x100 m Relay**

School	Finals	H#	Points
1 Carlmont	43.58	2	10
2 Menlo-Atherton	43.64	2	8
3 Sequoia	44.78	2	6
4 Aragon	44.79	2	4
5 Westmoor	45.53	2	2
6 Terra Nova	45.74	2	1
7 El Camino	46.44	1	
8 San Mateo	46.58	2	
9 Jefferson	47.35	2	
10 South San Francisco	50.66	1	
-- Hillsdale	DQ	1	5-10-7 Zone 1

Boys 4x400 m Relay

School	Finals	H#	Points
1 Carlmont	3:31.86	2	10
2 San Mateo	3:32.98	2	8
3 Menlo-Atherton	3:33.43	2	6
4 Westmoor	3:37.42	2	4
5 Hillsdale	3:38.94	2	2
6 Burlingame	3:40.26	1	1
7 Sequoia	3:40.78	2	
8 Terra Nova	3:43.20	2	
9 Mills	3:43.34	1	
10 El Camino	3:45.06	1	
11 Oceana	3:50.59	1	
12 Jefferson	4:05.26	1	

Boys High Jump

Name	Year School	Finals	Points
1 Utecht, John	Sequoia	6-00.00	10
2 Koch, Caleb	Hillsdale	5-10.00	8
3 Shitamoto, Sean	Carlmont	5-08.00	6
4 Pagaduan, Phoenix	Westmoor	5-06.00	4
5 Vaughn, Thomas	Hillsdale	J5-06.00	2
6 Lincoln, Teo	Half Moon Bay	J5-06.00	1
7 Lin, Ethan	Carlmont	5-04.00	
8 Moore, Nick	Half Moon Bay	J5-04.00	
8 Vejvoda, Luke	Hillsdale	J5-04.00	
10 Guduri, Bharath	Aragon	J5-04.00	
11 Montalbano, Nino	Woodside	J5-04.00	
12 O'Sullivan, Aidan	Burlingame	5-02.00	
13 Kholodenko, Daniel	Carlmont	J5-02.00	
14 Lee, Matthew	Sequoia	J5-02.00	
15 Schenone, Joe	Burlingame	5-00.00	
16 Davis-Mena, Thomas	Westmoor	J5-00.00	
17 Campos, Joseph	Westmoor	J5-00.00	
-- Steere, Andrew	Menlo-Atherton	NH	

2019 Peninsula Athletic League Championships - 4/26/2019 to 5/4/2019**Menlo-Atherton High School****Results****Boys Pole Vault**

Name	Year School	Finals	Points
1 Horan, John	Sequoia	14-07.00	10
2 Hadidi, Alex	Woodside	12-00.00	8
3 Tam, Dawson	Westmoor	11-06.00	5
3 Guduri, Bharath	Aragon	11-06.00	5
5 Wong, Justin	Aragon	J11-06.00	2
6 Lai, Justin	San Mateo	J11-06.00	1
7 Soriano, Jeff-Ryan	Westmoor	10-06.00	
8 Neri, Kevin	Terra Nova	J10-06.00	
9 Engler, Evan	Aragon	10-00.00	
10 Parmer Lohan, Bradley	Sequoia	9-06.00	
11 Siu, Edwin	Westmoor	J9-06.00	
12 Li, Wilson	Westmoor	8-06.00	
13 Tinmaz, Ege	Aragon	J8-06.00	
14 Lew, Ryan	San Mateo	7-00.00	
-- Forney Jr, Stephen	Woodside	NH	

Boys Long Jump

Name	Year School	Finals	Wind	Points
1 Utecht, John	Sequoia	20-09.50	NWI	10
2 Kuhn, Jonaven	Carlmont	20-09.25	NWI	8
3 Ahn, Caleb	Carlmont	20-06.50	NWI	6
4 Shihadeh, Mahdi	Burlingame	19-10.25	NWI	4
5 Vendel, Michael	San Mateo	19-09.50	NWI	2
6 Lee, Justin	Jefferson	19-07.00	NWI	1
7 Mollenkamp, Shoh	Mills	J19-07.00	NWI	2nd best 19-5.50
8 Lowe, Ryan	Burlingame	19-04.00	NWI	2nd best 19-5.00
9 Bautista, Calvin	Westmoor	18-11.50	NWI	
10 O'Sullivan, Aidan	Burlingame	18-11.00	NWI	
11 O'Brien, Vincent	Terra Nova	J18-11.00	NWI	
12 Schnur, Tristan	Woodside	18-07.50	NWI	
13 Morin, Julian	Carlmont	18-04.25	NWI	
14 Scott, Andrew	Menlo-Atherton	18-03.00	NWI	
15 Lincoln, Teo	Half Moon Bay	18-00.50	NWI	
16 Montalbano, Nino	Woodside	17-10.00	NWI	
17 Lee, Matthew	Sequoia	J17-10.00	NWI	
18 Amante, Andre	Westmoor	17-08.25	NWI	
19 Minamin, Jermaine	Westmoor	17-00.50	NWI	
20 Tam, Mark	Jefferson	16-04.00	NWI	
21 Sanchez, Aldo	South San Francisco	15-10.25	NWI	
22 Chung, David	San Mateo	15-06.00	NWI	
23 Lorino, Diego	Oceana	15-02.00	NWI	
24 Montalban, Lawrence	South San Francisco	13-11.50	NWI	
-- Uzair, Mohammad	Mills	FOUL		

Boys Triple Jump

Name	Year School	Finals	Wind	Points
1 Scott, Andrew	Menlo-Atherton	42-03.25	NWI	10
2 Utecht, John	Sequoia	42-02.50	NWI	8
3 Ahn, Caleb	Carlmont	41-01.50	NWI	6

2019 Peninsula Athletic League Championships - 4/26/2019 to 5/4/2019**Menlo-Atherton High School****Results****....Boys Triple Jump**

4	Amante, Andre	Westmoor	40-02.00	NWI	4
5	Mollenkamp, Shoh	Mills	39-05.50	NWI	2
6	O'Sullivan, Aidan	Burlingame	38-07.25	NWI	1
7	Lee, Matthew	Sequoia	37-11.75	NWI	
8	Scandlyn, Luke	Menlo-Atherton	37-11.00	NWI	
9	Torres, Norberto	Westmoor	37-08.25	NWI	
10	Lee, Justin	Jefferson	37-07.00	NWI	
11	Tam, Dawson	Westmoor	36-02.75	NWI	
12	Bal, Narayan	Hillsdale	35-11.00	NWI	
--	Tran, Adrian	Mills	FOUL		

Boys Shot Put

Name	Year	School	Finals	Points
1	Laughlin, Liam	Aragon	47-05.00	10
2	Ngalu, Noah	Menlo-Atherton	45-09.00	8
3	Jian, Robert	Mills	44-06.00	6
4	Eke, Songi	Menlo-Atherton	43-07.00	4
5	Laiwa, Ka-ah-shun	Terra Nova	42-11.50	2
6	Tafuna, David	Menlo-Atherton	42-05.00	1
7	Poon, Andre	Mills	42-02.00	
8	Antiporda, Raphael	Aragon	J42-02.00	
9	Romashko, Vlad	Terra Nova	40-05.50	
10	Lester, Bobby	Half Moon Bay	40-04.50	
11	Nembhard, Benjamin	Aragon	39-09.50	
12	Tutoe, Alipate	Capuchino	38-07.00	
13	Shatrat, Khalid	Westmoor	J38-07.00	
14	Filimoehala, Siope	Mills	36-06.00	
15	Jimenez, Adrian	Westmoor	35-06.50	
16	La Grill, John	Carlmont	34-02.50	
17	Ortiz, Justin	San Mateo	31-02.50	
18	Atkinson, George	Half Moon Bay	30-11.00	
19	Savage, Dominic	Hillsdale	29-07.50	
20	Bautista, Romilo	Jefferson	26-02.00	

Boys Discus Throw

Name	Year	School	Finals	Points
1	Eke, Songi	Menlo-Atherton	148-10	10
2	Ngalu, Noah	Menlo-Atherton	138-09	8
3	Laughlin, Liam	Aragon	134-01	6
4	Poon, Andre	Mills	132-08	4
5	Shatrat, Khalid	Westmoor	132-00	2
6	Antiporda, Raphael	Aragon	129-02	1
7	Daskarolis, Michael	Sequoia	124-00	
8	Tafuna, David	Menlo-Atherton	118-00	
9	Tutoe, Alipate	Capuchino	111-09	
10	Lester, Bobby	Half Moon Bay	106-05	
11	Filimoehala, Siope	Mills	100-02	
12	Jian, Robert	Mills	94-04	
13	La Grill, John	Carlmont	93-02	
14	Savage, Dominic	Hillsdale	87-05	
15	Bautista, Romilo	Jefferson	86-07	

2019 Peninsula Athletic League Championships - 4/26/2019 to 5/4/2019**Menlo-Atherton High School****Results****....Boys Discus Throw**

16 Ortiz, Justin	San Mateo	79-10
17 Delgado, Santino	Oceana	76-09

 Women - Team Rankings - 16 Events Scored

1) Menlo-Atherton	114	2) Carlmont	70
3) Terra Nova	56	4) Sequoia	48
5) Woodside	34	6) Mills	31
7) Hillsdale	24	8) Capuchino	22
8) San Mateo	22	10) Half Moon Bay	19
11) Westmoor	17	12) Aragon	16
13) Burlingame	14	14) El Camino	9

 Men - Team Rankings - 16 Events Scored

1) Menlo-Atherton	114	2) Carlmont	95
3) Aragon	65	4) Sequoia	51
5) Hillsdale	33	6) Mills	21
6) Westmoor	21	8) Burlingame	17
8) Capuchino	17	8) Terra Nova	17
11) El Camino	16	12) San Mateo	11
13) Half Moon Bay	9	14) Woodside	8
15) Jefferson	1		