

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

Name	Year School	Prelims	Wind	H#
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
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

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

Name	Year School	Prelims	H#
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 800 m**12 Advance: Top 1 Each Heat plus Next 10 Best Times**

Name	Year School	Prelims	H#
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 1600 m**12 Advance: Top 1 Each Heat plus Next 10 Best Times**

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

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

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

Name	Year School	Prelims	Wind	H#
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 300 m Hurdles**8 Advance: Top 1 Each Heat plus Next 6 Best Times**

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

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

Name	Year School	Finals	Wind	Points
Finals				
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	
12 Willkom, Zairah	Westmoor	12-08.00	NWI	
13 Dsouza, Johanna	Westmoor	11-10.00	NWI	
-- Longo, Sophia	Menlo-Atherton	FOUL		

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	

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

2019 Peninsula Athletic League Championships - 4/26/2019 to 5/4/2019**Menlo-Athleton High School****Results - Trials****....Boys 100 m**

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	Verghese, 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 200 m**8 Advance: Top 1 Each Heat plus Next 3 Best Times**

Name	Year	School	Prelims	Wind	H#	
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	

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

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

Name	Year School	Prelims	H#
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 800 m**12 Advance: Top 1 Each Heat plus Next 9 Best Times**

Name	Year School	Prelims	H#
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
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

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

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

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

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

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

Name	Year School	Prelims	Wind	H#
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

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

Name	Year School	Prelims	H#
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

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

17 Pak, Anthony	Westmoor	51.03	3
18 Su, Jonathan	Jefferson	52.06	3

Boys High Jump

Name	Year School	Finals	Points
Finals			
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	

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
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 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

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

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

Women - Team Rankings - 2 Events Scored

1)	San Mateo	12	2)	Terra Nova	10
2)	Sequoia	10	4)	Mills	9
5)	Menlo-Atherton	8	6)	Carlmont	5
7)	Westmoor	4	8)	Hillsdale	2
8)	El Camino	2			

Men - Team Rankings - 3 Events Scored

1)	Menlo-Atherton	28	2)	Sequoia	18
3)	Carlmont	12	4)	Westmoor	10
4)	Hillsdale	10	6)	Aragon	7
7)	Mills	6	8)	Burlingame	1
8)	Half Moon Bay	1			