

**Hillsdale Knight Relays - 3/12/2022****Hillsdale High School****Results****Girls 1500 Meter Run Varsity**

Name	School	Finals
<b>Finals</b>		
1 Julia Soderbery	Sacred Heart	4:45.78
2 Elle Marsyla	Woodside	4:55.53
3 Colleen Lucey	Hillsdale	5:01.71
4 Chloe Van Voorhis	San Mateo	5:14.44
5 Virginia Pistilli	Woodside	5:15.69
6 Kelly Poon	Nueva	5:21.63
7 Alyssa Horng	Nueva	5:24.64
8 Natalie Teng	Aragon	5:32.21
9 Maria Duquette	Mills	5:56.19
10 Clara Sapugay	San Mateo	5:59.67
11 Elaine Jiang	Aims College	6:30.38

**Girls 4x100 Meter Relay Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 Lick Wilmerding	A	51.01
2 Sacred Heart Prep	A	52.61
3 Aragon	A	55.58
4 San Mateo	A	55.84
5 Carlmont	A	57.02
6 Hillsdale	A	1:00.31
7 Mills	B	1:02.87
--- Jefferson	A	DQ
--- Mills	A	DQ

**Girls 4x200 Meter Relay Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 Sacred Heart Prep	A	1:54.60
2 Nueva	A	2:00.61
3 Jefferson	A	2:01.17
4 Carlmont	A	2:03.08
5 Mills	A	2:03.25
6 Aragon	A	2:04.14
7 Mills	B	2:16.66

**Girls 4x400 Meter Relay Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 Mills	A	4:38.96

**Girls 4x800 Meter Relay Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 Bay School S.F.	A	10:59.60
2 Carlmont	A	11:16.54
3 Nueva	A	11:49.49

**Girls 800 Sprint Medley Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 Lick Wilmerding	A	1:55.31
2 Jefferson	A	2:01.31
3 Sacred Heart Prep	A	2:01.34
4 Aragon	A	2:07.21
5 Nueva	A	2:11.94
6 Mills	A	2:13.21
7 Carlmont	A	2:14.43

**Girls Distance Medley Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 Bay School S.F.	A	14:02.23
2 Lick Wilmerding	A	14:34.59
3 Half Moon Bay	A	16:14.09

**Girls 1500 Meter Run Frosh-Soph**

Name	School	Finals
<b>Finals</b>		
1 Naia Hsieh	Hillsdale	5:28.07
2 Marlee Cherkas	Aragon	5:37.50
3 Mildred Fernandez	San Mateo	5:38.00
4 Sasha Cocquyt	Nueva	5:42.61
5 Abigayl Habte	Aims College	5:50.88
6 Nalini Kotecha	Design Tech	5:52.38
7 Kate Young	Aragon	5:56.98
8 Jeslyn Wong	Bay School S.F.	6:13.98
9 Ella Andrzejek	Bay School S.F.	6:33.70

**Girls 4x100 Meter Relay Frosh-Soph**

Team	Relay	Finals
<b>Finals</b>		
1 San Mateo	A	54.96
2 Aragon	A	55.47
3 Carlmont	A	58.01
4 Woodside	A	59.11
5 Sacred Heart Prep	A	59.18
6 Sacred Heart Prep	B	1:00.32
7 Hillsdale	A	1:03.72
8 Jefferson	A	1:04.17

**Girls 4x200 Meter Relay Frosh-Soph**

Team	Relay	Finals
<b>Finals</b>		
1 Aragon	A	2:06.32
2 Sacred Heart Prep	A	2:07.24
3 San Mateo	A	2:08.89
4 Carlmont	A	2:11.12
5 Nueva	A	2:12.40
6 Jefferson	A	2:16.62

**Hillsdale Knight Relays - 3/12/2022****Hillsdale High School****Results****Girls 4x400 Meter Relay Frosh-Soph**

Team	Relay	Finals
<b>Finals</b>		
1 San Mateo	A	4:48.27
2 Carlmont	A	4:50.27

**Girls 4x800 Meter Relay Frosh-Soph**

Team	Relay	Finals
<b>Finals</b>		
1 Hillsdale	A	11:47.69
2 Sacred Heart Prep	A	11:49.12
3 Aims College Prep	A	13:50.37

**Girls 800 Sprint Medley Frosh-Soph**

Team	Relay	Finals
<b>Finals</b>		
1 Carlmont	A	2:10.26
2 San Mateo	B	2:13.14
3 Aragon	A	2:13.96
4 Sacred Heart Prep	A	2:15.43
5 Sacred Heart Prep	B	2:16.47
6 Half Moon Bay	A	2:23.23
7 Aims College Prep	A	2:37.50

**Girls Distance Medley Frosh-Soph**

Team	Relay	Finals
<b>Finals</b>		
1 Half Moon Bay	A	14:02.11
2 Sacred Heart Prep	A	15:06.86
3 Hillsdale	A	15:19.20
4 Aims College Prep	A	17:28.08

**Boys 1500 Meter Run Varsity**

Name	School	Finals
<b>Finals</b>		
1 Andrew Taylor	Hillsdale	4:22.17
2 Dominic Marquez Jr	Hillsdale	4:36.71
3 Aiden Nightengale	Hillsdale	4:39.28
4 Remy Palomo	Mills	4:42.49
5 Kai Steiner	Woodside	4:42.76
6 Ethan Levine	San Mateo	4:43.19
7 Joshua Rezneck	Nueva	4:44.17
8 Tian Doong	San Mateo	4:45.79
9 Ryan DeSantis	Nueva	4:48.63
10 Justin Gosling	Woodside	4:50.98
11 Zachary Zane	Aragon	5:25.43
12 Robert Picardo	Jefferson	5:32.06
13 Jerwey Guo	Aims College	5:42.75

**Boys 4x100 Meter Relay Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 Lick Wilmerding	A	44.62
2 San Mateo	A	45.55
3 Mills	A	46.06
4 Sacred Heart Prep	A	46.49
5 Woodside	A	47.15
6 Hillsdale	A	47.26
7 Jefferson	A	47.93
8 Carlmont	A	48.43
9 Mills	B	48.83
10 Aragon	A	49.05
11 San Mateo	B	49.30
12 Carlmont	B	52.87

**Boys 4x200 Meter Relay Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 Lick Wilmerding	A	1:37.57
2 San Mateo	A	1:41.43
3 Hillsdale	A	1:43.04
4 Mills	A	1:44.95
5 Jefferson	A	1:47.51
--- Carlmont	A	DNF
--- Aragon	B	DQ

**Boys 4x400 Meter Relay Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 Mills	A	3:41.40
2 Nueva	A	3:41.72
3 San Mateo	A	3:42.72
4 Mills	B	4:08.69
5 Aims College Prep	A	4:38.79

**Boys 4x800 Meter Relay Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 Woodside	A	9:00.68
2 Aragon	A	9:10.83
3 Nueva	A	9:26.10
4 Carlmont	A	9:54.74
5 Hillsdale	A	10:27.31

**Hillsdale Knight Relays - 3/12/2022****Hillsdale High School****Results****Boys 800 Sprint Medley Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 Lick Wilmerding	A	1:42.02
2 San Mateo	A	1:43.97
3 Sacred Heart Prep	A	1:45.03
4 Aragon	A	1:46.07
5 Hillsdale	A	1:46.89
6 Mills	A	1:47.35
7 Jefferson	A	1:49.82
8 Mills	B	1:51.69
9 South San Francisco	A	1:52.48
10 San Mateo	B	1:54.09
11 Carlmont	A	1:55.11

**Boys 4x100 Meter Relay Frosh-Soph**

Team	Relay	Finals
<b>Finals</b>		
1 Sacred Heart Prep	A	46.33
2 Aragon	A	48.66
3 Mills	A	48.78
4 Woodside	A	50.00
5 South San Francisco	A	50.23
6 San Mateo	A	50.46
7 Mills	B	51.23
8 Aragon	B	51.28
9 Sacred Heart Prep	B	51.33
10 Carlmont	B	51.49
11 Hillsdale	B	52.30
12 Carlmont	A	52.35
13 Jefferson	A	52.54
14 Hillsdale	A	53.29

**Boys Distance Medley Varsity**

Team	Relay	Finals
<b>Finals</b>		
1 Nueva	A	11:11.13
2 Woodside	A	11:23.49
3 Mills	A	11:29.45
4 Hillsdale	A	11:44.32
5 Half Moon Bay	A	11:54.30
6 Aragon	A	12:02.70
7 Nueva	B	12:22.34
8 Hillsdale	B	12:26.88
9 Carlmont	A	12:52.24
10 Mills	B	13:06.49

**Boys 4x200 Meter Relay Frosh-Soph**

Team	Relay	Finals
<b>Finals</b>		
1 Sacred Heart Prep	A	1:39.53
2 Mills	A	1:42.16
3 Mills	B	1:47.44
4 Aragon	B	1:48.32
5 Aragon	A	1:48.86
6 San Mateo	A	1:49.29
7 Hillsdale	A	1:49.66
8 Carlmont	A	1:52.24
9 Jefferson	A	1:52.93
10 Carlmont	B	1:55.27
11 Nueva	A	1:56.48
12 Hillsdale	B	1:58.42

**Boys 1500 Meter Run Frosh-Soph**

Name	School	Finals
<b>Finals</b>		
1 Teddy Mendonca	Hillsdale	4:47.64
2 Mateo Chen	Woodside	4:48.49
3 Marco Strassia	Aragon	4:53.55
4 Mariano Beas	South S.F.	4:56.97
5 Matthew Nowell	Woodside	4:57.10
6 Calvin Motamed	Hillsdale	5:05.16
7 Declan McElarney	Aragon	5:13.88
8 Sessany Yonas	Aims College	5:34.95
9 John Broussard	Mills	5:39.43
10 Jesse Abude	Jefferson	5:40.48
11 Tyler Cowan	Woodside	5:41.20
12 Andrew Chin	Mills	5:57.28
13 Bruce Zhang	San Mateo	6:01.62
14 Jonas Mukund	San Mateo	6:01.79

**Boys 4x400 Meter Relay Frosh-Soph**

Team	Relay	Finals
<b>Finals</b>		
1 Aragon	A	4:03.97
2 Design Tech	A	4:07.03
3 Carlmont	A	4:13.25
4 San Mateo	A	4:22.16
5 Mills	B	4:23.05
6 Hillsdale	A	4:24.98
7 Aragon	B	4:25.64

**Hillsdale Knight Relays - 3/12/2022**  
**Hillsdale High School**  
**Results**

**Boys 4x800 Meter Relay Frosh-Soph**

<b>Team</b>	<b>Relay</b>	<b>Finals</b>
<b>Finals</b>		
1 Woodside	A	9:34.80
2 Aragon	A	9:36.92
3 Hillsdale	A	9:38.06
4 Carlmont	A	9:38.08
5 Bay School S.F.	A	9:53.94
6 San Mateo	A	9:56.88
7 Sacred Heart Prep	A	10:09.35
8 Mills	A	10:33.53
9 Hillsdale	B	10:50.59

**Boys 800 Sprint Medley Frosh-Soph**

<b>Team</b>	<b>Relay</b>	<b>Finals</b>
<b>Finals</b>		
1 Sacred Heart Prep	A	1:46.64
2 Mills	A	1:49.22
3 Hillsdale	A	1:51.42
4 South San Francisco	A	1:51.47
5 San Mateo	A	1:52.17
6 Jefferson	A	1:53.27
7 Aragon	A	1:53.31
8 Sacred Heart Prep	B	1:53.90
9 Carlmont	A	1:59.58
10 Aims College Prep	A	1:59.80
11 Nueva	A	2:02.74
12 Hillsdale	B	2:16.12
--- Mills	B	DQ

**Boys Distance Medley Frosh-Soph**

<b>Team</b>	<b>Relay</b>	<b>Finals</b>
<b>Finals</b>		
1 Woodside	A	12:05.22
2 Carlmont	A	12:14.54
3 Aragon	A	12:15.25
4 Hillsdale	A	12:25.99
5 San Mateo	A	12:44.74
6 Sacred Heart Prep	A	12:45.29
7 Bay School S.F.	A	12:46.54
8 Mills	A	13:58.49
9 Aims College Prep	A	14:59.29

**Hillsdale Knight Relays - 3/12/2022**  
**Hillsdale High School**  
**Results**

**Girls High Jump Relay Varsity**

Name	School	Finals	
<b>Finals</b>			
1 Gwynn Chio	San Mateo	4-10.00	
2 Kaitlyn Fong	Carlmont	4-06.00	
2 Elaine Hyunh	Aragon	4-06.00	
4 Sophie Hohmann	Mills	4-04.00	1
4 Brooke Moorhead	Woodside	4-04.00	
4 Alyssa Draheim	Mills	4-04.00	1
--- Phoebe Lin	Aragon	NH	

**Girls Long Jump Relay Varsity**

Name	School	Finals	
<b>Finals</b>			
1 Amaryllis Gao	Design Tech	15-02.50	2
2 Halle Ichuji	Aragon	14-05.25	1
3 Naomi Metzler	Carlmont	13-10.50	6
4 Elaine Hyunh	Aragon	13-00.00	1
5 Jamie Eu	Lick Wilmerding	12-08.25	
5 Shiho Takatoku	Aragon B	12-08.25	3
7 Crystal Chu	Aragon B	12-06.00	3
8 Ione Thompson	Mills	12-05.25	4
9 Anfisa Pitchkhadze	San Mateo	12-04.00	5
10 Emy Lapedis	Design Tech	12-02.50	2
11 Danielle Louie	Mills	11-05.25	4
12 Brooke Moorhead	Woodside	11-02.00	
13 Audrey Vendel	San Mateo	10-10.75	5
14 Miriya Mayenkar	Carlmont	9-01.75	6

**Girls Shot Put Relay Varsity**

Name	School	Finals	
<b>Finals</b>			
1 Bridget Reynolds	Woodside	31-09.50	
2 Ane Taufahema	Aragon	30-06.00	1
3 Fia Fia	Aragon	25-06.00	1
4 Ione Thompson	Mills	24-11.00	2
5 Ariana Molinare	Mills	23-07.75	2
6 Sujean Doo	Lick Wilmerding	22-09.25	3
7 Emma Yin	Lick Wilmerding	18-09.75	3

**Girls Long Jump Relay Frosh-Soph**

Name	School	Finals	
<b>Finals</b>			
1 Delaney Brown	San Mateo	14-06.50	
2 Katelyn Fung	Woodside	11-00.00	1
3 Alexis Kolotouros	Woodside	10-08.50	1
4 Rehana Yu	Aims College	10-07.25	
5 Joyce Whaley	Woodside	9-09.50	
6 McKenna Muller	Hillsdale	8-10.50	
--- Sydney Shoor	Hillsdale	FOUL	

**Girls Shot Put Relay Frosh-Soph**

Name	School	Finals	
<b>Finals</b>			
1 Amanda Sheldon	Hillsdale	21-07.00	1
2 Leilani Muneno	Hillsdale	17-09.00	1

**Boys High Jump Relay Varsity**

Name	School	Finals	
<b>Finals</b>			
1 Frankie Solinsky-Duryea	Lick Wilmerding	5-10.00	
1 Zeke Syme	Half Moon Bay	5-10.00	1
3 Tian Doong	San Mateo	5-06.00	2
3 Ian De Oliveira	Woodside	5-06.00	
5 Nareg Aristakessian	Mills	5-04.00	3
6 Jarod Nunnemaker	Aragon	5-02.00	3
7 Ethan Gustin	Half Moon Bay	5-00.00	1
8 Zachary Kuo	Carlmont	4-10.00	
9 Kain Nakai	Aragon	4-08.00	3
9 Noah Gagne	San Mateo	4-08.00	2
11 Johnathon Zheng	Mills	4-06.00	3
--- Remy Palomo	Mills	NH	

**Boys Long Jump Relay Varsity**

Name	School	Finals	
<b>Finals</b>			
1 Bryan Kwan	Aragon	18-08.75	2
2 Alfonso Ortega	Mills	17-09.00	3
3 Minh Ly	Lick Wilmerding	17-06.50	1
4 Kevin Guevarra	Lick Wilmerding	17-05.25	1
5 Isaac Abraham	Aims College	16-04.00	
6 Brandon Hsing	Sacred Heart	15-11.75	
7 Remy Palomo	Mills	15-10.25	3
8 Jarod Nunnemaker	Aragon	15-09.25	2
9 Kyan Barry	San Mateo	15-07.00	4
10 Stanley Chu	San Mateo	13-08.75	4
--- Andrew Latu	Sacred Heart	FOUL	

# Hillsdale Knight Relays - 3/12/2022

## Hillsdale High School

### Results

#### Boys Shot Put Relay Varsity

Name	School	Finals	
<b>Finals</b>			
1 Matthew Tan	Mills	39-04.50	1
2 Albert Zheng	Aragon	37-01.50	2
3 Charles Green	Jefferson	36-07.25	3
4 Vincent Tessier	San Mateo	34-01.75	4
5 Donovan Farnsworth	Half Moon Bay	32-11.75	6
6 Cody Barton	Aragon	31-03.75	2
7 Max Lee	Woodside	31-02.25	5
8 Jeshua Ambrosio	Mills	30-03.75	1
9 Theo Dulworth	Lick Wilmerding	30-01.75	7
10 Justin Pailano	Jefferson	29-11.25	3
11 Nathan Usher	Woodside	27-07.25	5
12 Keani Cervantes	San Mateo	27-02.50	4
13 Joshua Lau	Hillsdale	26-02.00	8
14 Bo Volynsky-Krug	Half Moon Bay	25-06.75	6
15 Joaquin Martinez	Lick Wilmerding	24-11.00	7
16 Aris Vilan	Jefferson	24-10.25	
17 Max Stirling	Woodside	23-09.00	
18 Noah Braunstein	Carlmont	23-07.75	9
19 Joshua Shiel	Hillsdale	20-05.50	8
20 Angel Garcia	Carlmont	16-02.50	9

#### Boys Shot Put Relay Frosh-Soph

Name	School	Finals	
<b>Finals</b>			
1 Aseli Fangupo	Sacred Heart	39-09.75	2
2 Ethan Vuong	Mills	36-03.25	1
3 Jose Rebellar	Woodside	34-07.75	3
4 Hendrick Liu	Mills	31-03.50	1
5 Gavin Blos	Hillsdale	29-08.50	5
6 Tyler Vuong	Mills	27-06.00	
7 Roshan Teneja	Sacred Heart	27-05.50	2
8 Jiawei Zheng	Mills	25-03.25	
9 Kentaro Childs	Carlmont	24-11.50	6
10 Daniel Cavigioli	Aragon	24-01.75	4
11 Zach Rahman	Aragon	23-10.75	4
12 Warner Baker	Carlmont	20-11.50	6
13 Nathan Castro	Jefferson	20-00.50	
14 Michael Avila	Carlmont	19-05.00	
15 Parker Isom	Woodside	19-00.25	3
16 Zachary DeCasas	Hillsdale	16-03.25	5
17 Haiden Alister Barnuevo	Woodside	15-11.25	

#### Boys High Jump Relay Frosh-Soph

Name	School	Finals	
<b>Finals</b>			
1 Enzo Belluomini	San Mateo	4-10.00	1
1 Lucas Ferrell	Woodside	4-10.00	
1 Lorenz Audi	San Mateo	4-10.00	1
4 Ryan Pun	Carlmont	4-08.00	
4 Thijs Van Eldik Thieme	Mills	4-08.00	2
6 John Broussard	Mills	4-06.00	2
--- Andrew Chin	Mills	NH	

#### Boys Long Jump Relay Frosh-Soph

Name	School	Finals	
<b>Finals</b>			
1 Nate Mooney	Woodside	15-09.75	1
2 Carmel Mendes	Woodside	15-01.75	1
3 Jeremy Gosch	Aragon	15-00.75	2
4 Ryan Pun	Carlmont	14-11.75	
5 Lorenz Audi	San Mateo	14-10.00	3
6 Quincey Teng	Aragon	14-03.75	2
7 Milo Pitera	Woodside	13-05.75	
8 Zidane Auzarang	San Mateo	12-04.50	3