

CENTRAL COAST SECTION



56th Annual TRACK & FIELD CHAMPIONSHIPS

MAY 13, 2023 - Semifinals
MAY 20, 2023 - Finals
@ Gilroy High School

CENTRAL COAST SECTION

Dave Grissom – Commissioner

Marco Sanchez – Assistant Commissioner

Michael Mancuso – Director of Athletic Administration

Xolan Brown – Assistant Administrator

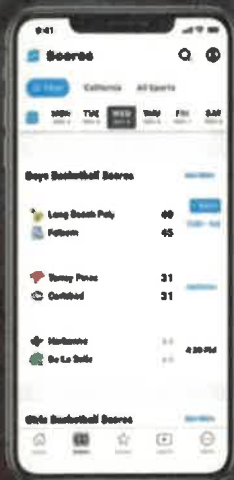
Ray Mialovich – Events Coordinator

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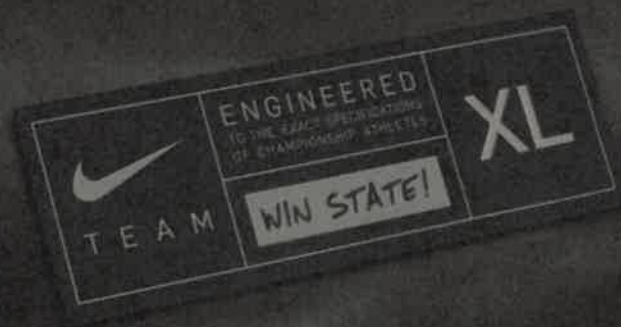
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CENTRAL COAST SECTION

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Welcome to the Central Coast Section Championships,

I would like to congratulate all of our student athletes, coaches and schools for their accomplishments this school year. For the thousands of athletes that compete in the Central Coast Section each year, the CCS playoffs and championships remain the standard for academic and athletic excellence. The Central Coast Section wants to recognize each and every athlete that has reached this standard and we celebrate your hard work and dedication to your sport, team and school.

Sectional Playoffs should reflect good sportsmanship of all the participants and spectators. These playoffs give special recognition of athletic achievement to athletes and teams throughout the section. It is important to remember that each athlete and team represents not only themselves, but they represent their schools and their community as well. We hope that our student athletes and spectators will take special pride in their achievements this season. ***And most importantly, enjoy every second of the playoff experience.***

I would like to wish each and every person that is involved with our playoffs the best of luck in this post season. The athletes that we see in our playoffs today represent only a handful of the many athletes across the Central Coast Section. They are truly the best in this section and we wish them nothing but the best in this experience.

Sincerely,

Steve Sell
Athletic Director, Aragon High School
President, Central Coast Section

56th Annual
CENTRAL COAST SECTION
TRACK & FIELD CHAMPIONSHIPS
Saturday, May 13 & Saturday, May 20, 2023
Gilroy High School

MEET OFFICIALS

CCS Track & Field Liaison

Meet Director

Games Committee

Meet Referee

Jury of Appeals

Head Umpire

Head Field Judge

Head Throws Judge

Head Marshal

Wind Gauge Supervision

Clerk of the Course

Head Finish Judge

Finish Judges/Recorders

Starters

Meet Announcers

Awards Announcer

Inspectors of Implements

Seeding & Results

Awards Presentation

Xolan Brown

Steve Filios

Jeff Myers, Derek Bell, Scott Young, Alan Green

J.R. Herbele

Tom Tuite, Terry Ward, Monty Steadman, Hal Daner

Al Hernandez

Derek Bell

Thad Moren

Gaspar Torregroza

Dr. Leon Glover

Ken Wilner

Hal Daner

Don Van Buren

Dino Certa, Tyrone Taylor & Lori Paulson

Peter Jensen & Alejandra Flores

Jim Scattini

Al Hernandez, Kelly Weston

Mark McConnell, Dane Boulton, Rodney Niles

Dr. Marco Sanchez, CCS Assistant Commissioner

SPECIAL THANKS TO

- The OUTSTANDING USATF OFFICIALS who volunteer their services for the love of the sport.
- The DEVOTED, EXCEPTIONAL Track & Field Coaches and Volunteers who serve as officials, inspectors and judges and strive to make the CCS Championships the highest quality event possible.
- Gilroy High School: Gilroy Principal: Greg Kapaku, Athletic Director: Tim Pierleoni, Gilroy Head Track Coach Matthew Castillo & the Gilroy Track Coaching Staff and the Gilroy student-athletes serving as work-crew.
- Christopher High School: Head Track Coach Jeff Myers & the Christopher Coaching Staff and the Christopher student-athletes serving as work-crew.
- Tim Violago & Palo Alto Medical Foundation Training Staff

2023 CENTRAL COAST SECTION TRACK & FIELD CHAMPIONSHIPS

Meet Schedules

Note: Semifinal time schedule may be affected if extra heats/competitors are added due to at-large qualifiers

RUNNING EVENTS				FIELD EVENTS		
Semifinals: Sat, May 13 @ Gilroy HS	Finals: Sat, May 20 @ Gilroy HS	Gender	EVENT	Semifinals: Sat, May 13 @ Gilroy HS	Finals: Sat, May 20 @ Gilroy HS	EVENT
11:00	4:45	Girls	4x100 M Relay	10:00	3:00	Girls Pole Vault
11:20	4:50	Boys				
11:40	5:00	Girls	1600 M	10:00	3:05	Boys Discus
12:00	5:10	Boys				
12:20	5:25	Girls	100/110 M Hurdles	10:05	3:10	Boys Long Jump
12:40	5:35	Boys				
-	5:45	Para/Am	400 M	10:10	3:15	Girls Long Jump
1:00	5:50	Girls				
1:20	5:55	Boys				
1:40	6:05	Girls	100 M	10:15	3:20	Girls Shotput
1:55	6:10	Boys		-	4:20	Wheelchair Shotput
-	6:15	Para/Am		-	4:30	Para/Am. Shotput
2:15	6:20	Girls	800 M	-	5:00	Unified Shotput
2:30	6:30	Boys				
2:45	6:40	Girls	300 M Hurdles	10:20	3:25	Boys High Jump
-	6:50	Boys				
-	7:00	Unified	4 x100 M Relay	1:50	5:30	Boys Pole Vault
3:20	7:10	Girls	200 M	2:00	5:35	Girls Discus
3:35	7:15	Boys				
-	7:20	Para/Am				
-	7:25	Girls	4x800 M Relay	2:00	5:40	Girls High Jump
-	7:40	Boys				
-	7:55	Unified	100 M	2:05	5:40	Girls Triple Jump
3:50	8:05	Girls	3200 M	2:10	5:45	Boys Triple Jump
4:20	8:25	Boys				
4:50	8:40	Girls	4x400 M Relay	2:15	5:55	Boys Shotput
5:20	8:50	Boys				
IMPLEMENT CERTIFICATION						
Semifinals: Sat, May 13: 9:00-10:15 & 1:00-2:15				Finals: Sat, May 20: 2:00-3:20 & 4:35-5:55		

State Meet Qualifying

The Top 3 finishers in each of the following events advance automatically to the CIF State Meet:

- 100, 200, 400, 800, 1600, 3200, 100/110H, 300H, 4x100 Relay, 4x400 Relay, LJ, TJ, HJ, PV, SP and DT

The Top 2 finishers in the following event advance automatically to the CIF State Meet:

- 4x800 Relay

The Top finisher in the following events advance automatically to the CIF State Meet:

- Unified 100, Unified 4x100 Relay, Unified Shotput

Additional at-large qualifiers will advance if the CIF At-Large Standard is achieved in an event at the CCS Finals

2023 CIF At-Large Standards

	Boys:	Girls:		Boys:	Girls:
100	10.66	11.96	4x100R	41.85	47.90
200	21.66	24.50	4x400R	3:19.48	3:53.17
400	48.53	55.84	LJ	22-07	18-07
800	1:53.96	2:13.20	TJ	45-11	38-06
1600	4:13.89	4:52.85	HJ	6-05	5-05
3200	9:05.52	10:29.56	PV	15-00	12-03
100/110H	14.36	14.56	Shot Put	56-05	41-05
300H	38.66	43.92	Discus	171-0	139-06

Note: There are no at-large entries in the 4x800 or Unified Events

CCS Track & Field Championships - 5/13/2023 to 5/20/2023

Gilroy High School

Meet Program - Running Event Trials

Event 17 Girls 4x100 Meter Relay

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

Lane	Team	Relay	Seed Time
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Heat 1 of 4 Prelims

1	Crystal Springs		51.68
	1) Braithwaite, Sophie 11	2) Park-Beardsley, Kate 9	
	3) Meier, Hannah 10	4) Fleshman, Lauryn 9	
	5) Mirsepahi, Jasmyn 12	6) Avina, Heidi 9	
2	Fremont		51.05
3	Sacred Ht. Cath.		50.45
	1) Borek, Katherine 11	2) Guzman, Isabella 10	
	3) Colwick, Vivien 10	4) Thorpe, Chloe 11	
	5) Wehrle, Tessa 9		
4	St. Ignatius		48.83
	1) DeSouza, Izzy 12	2) Goldman, Odavia 10	
	3) Boudraa, Sophia 9	4) McCuskey-Hay, Ellie 9	
	5) Glaspie, Breion 9	6) Campbell, Cariana 10	
5	Santa Cruz		50.38
	1) Zumaya Long, Victoria 12	2) Hildale, Joy 9	
	3) Byram, Clare 12	4) Cavazzuti, Greta 12	
	5) Garces, Francesca	6) Nee, Meilia 10	
6	Gunn		50.96
7	Santa Catalina		51.57
	1) Aligawesa, Nadia 12	2) Kosmont, Juliette 12	
	3) Borgert, Supriya	4) Coronado, Jazzy 9	
8	Nueva		53.93
9	Design Tech		56.84

Heat 2 of 4 Prelims

1	Salinas		51.75
	1) Retterer, Sydney 11	2) Moore, Sabrina 11	
	3) Jauregui, Tatiana 9	4) Rodriguez, Annabella 9	
2	Silver Creek		51.07
	1) Alvarez, Maryjane 11	2) Day, Makayla 11	
	3) Niebles, Natalia 10	4) Tomasetti, Shayana 12	
	5) Huynh, Kristy 12	6) Shirakawa, Marley 10	
	7) Tran, Faith 9		
3	Rancho San J		50.71
	1) Garcia, Savannah 11	2) Emerson, Jenna 11	
	3) Muratalla, Nayely 12	4) Medina, Angelica 11	
	5) Kuramura, Kyrsten 9	6) Morales, Natalee 10	
4	Archbishop Mitty		49.18
	1) Tsioutsoulkli, Alice 12	2) Simpson, Laniah 10	
	3) Oden, Taylor 11	4) Macias, Analyse 12	
	5) James, Abigail 9	6) Osuna, Tiana 11	
	7) Robinson, Jacqueline 9		
5	Soquel		50.30
	1) Heitmeyer, Hannah 11	2) Scott, Jonelle 11	
	3) Price, Madalyn 11	4) Smith, Indy 9	
	5) McGilvray, Chloe 10		
6	Mountain View		50.95
7	Sobrato		51.53
	1) Boles, Gracelynn 12	2) Delos Santos, Sophia 10	
	3) Tuua, Shaunise 10	4) Valone, Ana 10	
	5) Ortiz, Yarezi 9	6) Howard, Veronica 11	
	7) Patel, Yashila 9	8) Tran, Sara 12	
8	Mills		53.22
	1) Hohmann, Sophie 10	2) Yee, Katie 10	
	3) Khalasi, Ria 10	4) Ivankov, Alexis 9	
	5) Cho, Chloe	6) Kwan, Jocelyn	

CCS Track & Field Championships - 5/13/2023 to 5/20/2023

Gilroy High School

Meet Program - Running Event Trials

Heat 3 of 4 Prelims...(Event 17 Girls 4x100 Meter Relay)

1	Monterey	52.26
	1) De Los Santos, Kate 11	
	3) Landrum, Zillah 10	
2	Saratoga	51.11
3	Hillsdale	50.75
	1) Kusumoto, Sara 12	
	3) Lim, Katherine 12	
	5) Palmieri, Alexa 12	
	7) Elari, Rona 9	
4	Menlo-Atherton	49.50
	1) Chu, Jolene 11	
	3) Nordlund, Sara 10	
	5) Hamzawi, Zaina 12	
	7) Stewart, Yael 11	
5	Christopher	50.29
	1) Ihenacho, Adanna 11	
	3) Holt, Caitlynn 11	
	5) Coetzee, Lola 12	
	7) Baxter, Gabriela 12	
6	Hollister	50.92
	1) Thatcher, Ava 12	
	3) Bocanegra, Hannah 10	
	5) Heckman, McKenzie 12	
7	King's Academy	51.37
	1) Heeren, Marin 11	
	3) Wu, Estella 11	
	5) Hewitt, Kathryn 12	
8	Woodside	52.64
	1) Ponce, Jane 11	
	3) Brooks, Ava 11	

Heat 4 of 4 Prelims

1	San Mateo	52.38
	1) Brown, Delaney 11	
	3) Nguyen, Nguyet 11	
	5) Liang, Avelyn 11	
2	Westmont	51.17
	1) York, Sadie 9	
	3) Berntsen, Rachel 9	
	5) Schwarz, Sophie 10	
3	Piedmont Hills	50.77
	1) Kha, Jocelyn 11	
	3) Gonzalez, Cyndee 12	
	5) Tran, Christa 10	
4	Los Altos	49.78
	3) Vaswani, Ananya 9	
	5) MacKenzie, Megan 12	
5	Santa Teresa	50.27
	1) Scott, Nevaeh 11	
	3) Lacy, Nevaeh 11	
	5) McQueen, Azaria 9	
	7) Robledo, Maya 12	
6	Los Gatos	50.81
7	Live Oak	51.27
	1) Stephan, Anaya 11	
	3) Stephan, Vanessa 11	
8	Stevenson	52.39
	1) Mosley, Ko'Oolina 11	
	3) Ong, Siobhan 10	

CCS Track & Field Championships - 5/13/2023 to 5/20/2023

Gilroy High School

Meet Program - Running Event Trials

Event 1 Boys 4x100 Meter Relay

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

Lane	Team	Relay	Seed Time
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Heat 1 of 4 Prelims

1	Watsonville		45.01
	1) Miller-Brown, Patrick 10	2) Rivas, Adan 12	
	3) Urbina, Isaac 11	4) Mora, Ruben 11	
	5) Guerrero, Jovani 11	6) Mendoza, Angel 12	
2	Palma		43.94
	1) Iverson, Matthew 12	2) Chisum, Weldon 10	
	3) Martinez, Gavin 11	4) Saldate, Logan 11	
	5) Ballestrieri, Pierce 12	6) Molinari, Drew 11	
3	St. Francis		43.14
	1) Quinn, Declan 12	2) Julien, Kamau 12	
	3) Nguyen, Vincent 12	4) Kenney, John 12	
	5) Saso, Michael 12	6) Steciw, Roman 9	
	7) Walsh, Sean 9	8) Velasco, Kyle 10	
4	Sacred Heart Pre		42.21
	1) Macaluso, Tynan 12	2) Shaw, Carter 12	
	3) Maxwell, Luke 12	4) Mustarde, James 10	
	5) Stevens, Jack 11		
5	Hollister		43.11
	1) Zabala, Malachi 12	2) Breen, James 12	
	3) Jamal, Shaun 10	4) Tommy, Donovan 12	
	5) Villalpando, Diego 12	6) Loza, Savion 10	
6	Aptos		43.71
	1) Ellis, Wade 11	2) Gomez, DeSean 9	
	3) McGibben, Joseph 11	4) Woods, Tosh 12	
7	Independence		45.01
	1) Chatman, Cameron 11	2) Lee, Timothy 12	
	3) Tsang, Ben Kin Ho 12	4) Dao, Terrian 11	
	5) Inocencio, Rovic Simon 12	6) Taa, Ethan 12	
8	Nueva		45.88
9	Kipp San Jose		48.77

Heat 2 of 4 Prelims

1	Leigh		45.04
	1) Griffiths, Jake 11	2) Ramirez, Jackson 12	
	3) Varnel, Ben 11	4) Hawkins, Luke 9	
	5) Park, Evan 10	6) Kanoa, Borak 10	
2	Menlo-Atherton		44.15
	1) Garcia-Standlee, Noah 12	2) Smith, Sherrod 12	
	3) Moss, Jayden 12	4) Johnson, Cameron 12	
	5) Riviello, Anthony 12		
3	Soquel		43.20
	1) McCord, Jordan 11	2) Noble, Braylon 11	
	3) Walters, Logan 10	4) Staley, Brody 12	
4	Los Altos		42.26
5	Bellarmine		42.96
	1) Levonduskie, Tyler 12	2) Threath, Parker 11	
	3) Gigliotti, James 12	4) Nguyen, Alex 11	
	5) Mendoza, Jack 9	6) Orman, Sheamus 12	
	7) Swall, Charles 10	8) Facione, Marcus 10	
6	Lynbrook		43.62
7	Aragon		44.92
	1) Harger, Charles 9	2) Livingston, Robert 11	
	3) Rose, Tom 11	4) Rife, Marcus 10	
	5) Tang, Gavin 11	6) Orton, Jacob 11	
8	Piedmont Hills		45.37
	1) Thompson, Lovelle 10	2) O'Connell, Aidan 11	
	3) Bermudez, Zachary 9	4) Cortez, Mateo 11	
	5) Petty, Jonas 10	6) Cruz, Maddox 11	
	7) Nguyen, Dawson 12		

CCS Track & Field Championships - 5/13/2023 to 5/20/2023

Gilroy High School

Meet Program - Running Event Trials

Heat 3 of 4 Prelims...(Event 1 Boys 4x100 Meter Relay)

1	Stevenson	45.08
	1) Kobrak, Kai 12	2) Glover, Nile 11
	3) Fung, Harrison 12	4) Forgas, Audon 12
2	Carlmont	44.17
	1) Cappa, Leonard 12	2) Shen, Ethan 10
	3) Sagon Jr, Brian 10	4) Campbell Rodriguez, Antoni
	5) Lee, Sean 11	6) Olvera, Juan 11
	7) Holoyda, Ryan 12	8) Phillips, Cooper 12
3	Palo Alto	43.21
4	Harker	42.45
	1) Vakath, Zain 12	2) Fu, Andrew 12
	3) Gonzales, Rigo 12	4) Thakker, Armaan 12
	5) Tse, Brady 9	6) Chang, Michael 11
	7) Chang, Spencer 9	8) Jaiswal, Rushil 10
5	Valley Christian	42.93
	1) Craft, Jonathan 10	2) Adams, Sebastian 11
	3) Aburano, Andrew 11	4) Leggett, Marcel 10
	5) Foster, Jay 10	
6	Hillsdale	43.62
	1) Hua, Kingston 10	2) King, Trajan 11
	3) McCann, Tripp 11	4) Andrabadu, Sineth 10
	5) Nessel, Luke 12	6) Weaver, Brayden 12
	7) Allendorf, Dante 10	8) Bell, Jonas 9
7	Carmel	44.89
	1) Bone, Connor 9	2) Brown, Simeon 10
	3) Foreman, Bennett 10	4) Rees, Ashton 10
8	Westmont	45.36
	1) Park, Joseph 12	2) Ding, Youyi 10
	3) Bet-Varda, Demsin 11	4) Herzinger, Sovin 12

Heat 4 of 4 Prelims

1	Silver Creek	45.17
2	Sequoia	44.20
	1) Hansen, Dru 11	2) Pigot, Alexander 10
	3) Tetelbaum, Ben 11	4) Makasini, Leimana 12
	5) Shafer, Brian 12	
3	Leland	43.27
	1) Gabriel, Marc Angel 12	2) Roberts, Miles 12
	3) Cutaran, Jordan 11	4) Teeple, Ryan 12
	5) Nair, Madhav 12	6) Kim, Ethan 12
4	Serra	42.64
	1) Igtanloc, Jaxon 12	2) Harrison, Parker 12
	3) Olson, Peter 12	4) Green, Jaden 11
	5) Barrett, Jermaine 10	6) Vinson, Jusiah 10
	7) Meade, Nicholas 12	8) Moeckel, Nathan 10
5	Los Gatos	42.77
6	Homestead	43.41
7	Monterey	44.86
	1) Del Rosario, Joshua 12	2) Thomas, Jkai
	3) Duque, Nicholas 11	4) Collins, Kavon 10
8	Evergreen Val.	45.20
	1) Truong, Jaden 12	2) Meza, Hector 12
	3) Mann, Logan 10	4) Okamoto, Yuki 10
	5) Brown, Brandon 11	6) Tieu, Aydin 9
	7) Le, Kevin 12	8) Luu, Nathan 12

Event 18 Girls 1600 Meter Run

12 Advance: Top 4 Each Heat plus Next 4 Best Times

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Prelims				
1	Fawcett, Anna	12	St. Francis	4:59.60
2	Sidhu, Jasleen	11	Los Altos	5:00.89
3	Boothby, Ashlyn	11	Scotts Valley	5:01.62
4	Salter, Anna	9	Crystal Springs	5:03.45
5	Tau, Sophie	12	Los Gatos	5:03.92
6	Zanetto, Sabrina	10	St. Francis	5:09.59
7	Backholm, Olivia	11	Mountain View	5:09.81
8	Murata, Colleen	12	S.L.V.	5:16.89
9	Newman, Stella	9	Burlingame	5:18.29
10	Riggs, Isabella	10	Willow Glen	5:21.48
11	Barranco, Dahlia	12	Watsonville	5:22.87
12	Howard, Mary	12	Silver Creek	5:24.92
13	Olivo, Roselyn	12	Everett Alvarez	5:25.77
14	Orsetti, Daniela	9	Hollister	5:30.52
15	Macias, Melissa	11	N.M.C.	5:34.57
16	Schlamp, Julia	9	Nueva	5:50.20
Heat 2 of 2 Prelims				
1	Pflaum, Annie	11	Menlo-Atherton	4:59.79
2	Czajkowska, Kinga	10	Palo Alto	5:00.51
3	Hoornaert, Kylie	10	Prospect	5:02.06
4	Kennedy, Samira	12	Castilleja	5:02.43
5	Soobrian, Emily	10	Los Altos	5:07.30
6	Herning, Lola	10	Willow Glen	5:09.14
7	Peacock, Katherine	10	Carlmont	5:10.19
8	Fadil, Ella	12	Los Altos	5:12.59
9	Pan, Jacqueline	11	Mills	5:20.71
10	Ruiz, Katelynn	10	Watsonville	5:21.14
11	Kaur, Ramneek	10	Evergreen Val.	5:23.24
12	Hsieh, Naia	10	Hillsdale	5:24.70
13	Hill, Clarissa	12	Lincoln	5:26.44
14	Forster, Maria	12	Leland	5:26.45
15	Glazier, Lila	9	Carmel	5:35.54
16	Yedidia, Ariane	11	Nueva	5:43.93

CCS Track & Field Championships - 5/13/2023 to 5/20/2023

Gilroy High School

Meet Program - Running Event Trials

Event 2 Boys 1600 Meter Run

12 Advance: Top 4 Each Heat plus Next 4 Best Times

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Stefanopoulos, Aydon	10	Los Gatos	4:13.90
2	Hauser, William	10	Menlo School	4:16.27
3	Morgenfeld, Grant	11	Palo Alto	4:16.78
4	Kippes, Tristan	10	Wilcox	4:21.51
5	Tiscareno, Isaac	12	Fremont	4:21.91
6	Muller, Nikolas	12	St. Francis	4:24.53
7	Cook, Miles	10	Sacred Ht. Cath.	4:25.01
8	Lin, Aaron	11	Homestead	4:25.86
9	Aldi, Mack	10	Carmel	4:26.31
10	Hedlund, Jeffrey	12	Pioneer	4:28.58
11	Doherty, Thomas	11	Willow Glen	4:28.84
12	Srivatsa, Abhyuday	12	Evergreen Val.	4:29.02
13	Wong, Ian	10	Carlmont	4:30.15
14	Irwin, Zachary	12	Westmont	4:31.56
15	Ordiano, Harry	12	Alisal	4:32.67
16	Reed, Nicolas	12	Oak Grove	4:36.39
17	Fitzpatrick, Ryan	9	Nueva	4:43.95

Heat 2 of 2 Prelims

1	Hedlund, Carson	10	Pioneer	4:15.63
2	Pretre, Justin	12	Menlo School	4:16.19
3	Palvolgyi, Levente	12	Woodside Pr.	4:18.96
4	Baker, Tarik	10	Crystal Springs	4:21.43
5	Ponzio, James	12	M.V.C.	4:22.77
6	Tarantino, Aiden	12	Carmel	4:23.70
7	Wright, Trey	10	St. Ignatius	4:25.34
8	Bae, Ethan	12	Sequoia	4:25.71
9	Henige, Rowan	11	Sequoia	4:26.81
10	Perez, Gustavo	10	Alisal	4:28.58
11	Lorang, Duncan	9	Willow Glen	4:28.91
12	Song, Jae Ik	10	San Mateo	4:28.99
13	Hohendorf, Maximilian	12	Woodside	4:30.31
14	Navarro, Irineo	12	N.M.C.	4:31.54
15	Ratliff, Jim	12	Santa Cruz	4:32.77
16	Van der Meer, Kees	11	Santa Cruz	4:34.98
17	Byun, Joshua	12	Nueva	4:44.09

Event 19 Girls 100 Meter Hurdles

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

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Prelims

1	Lohse, Caroline	12	Palo Alto	17.51
2	Torres, Natalia	12	Notre Dame Sal	16.99
3	Brown, Maya	12	Salinas	16.05
4	Simpson, Laniah	10	Archbishop Mitt	15.33
5	Tomasetti, Shayana	12	Silver Creek	15.79
6	Steiner, Lucinda	12	Santa Cruz	16.98
7	Mydell, Alexis	10	Gilroy	17.50
8	Everett, Grace	9	Nueva	19.32
9	Bumb, Natalie	11	Thomas Moore	19.48

Heat 2 of 4 Prelims

1	Wang, Kristy	12	Lynbrook	17.52
2	Chen, Riley	11	Lynbrook	17.05
3	Chan, Bethany	12	Lynbrook	16.09
4	Osuna, Tiana	11	Archbishop Mitt	15.34
5	Harrigan, Jalyne	12	Saratoga	15.78
6	Sun, Katelyn	12	Oceana	16.86
7	Berntsen, Rachel	9	Westmont	17.45
8	Hughes, Daniela	9	Los Altos	17.80

Heat 3 of 4 Prelims

1	Hewitt, Kathryn	12	King's Academy	17.58
2	Eastham-Anderson, Abiga	10	Terra Nova	17.23
3	Passamani, Milana	10	Branham	16.23
4	Manchester, Lena	12	Aptos	15.54
5	Lamprecht, Kamryn	11	Half Moon Bay	15.77
6	Coetzee, Lola	12	Christopher	16.73
7	Cabatcha, Micah	12	Del Mar	17.40
8	Madrigal, Lauryn	11	El Camino	17.63

Heat 4 of 4 Prelims

1	Lomeli, Nikki	11	Alisal	17.62
2	Huynh, Nancy	12	Andrew Hill	17.26
3	Domingo, Sydney	9	Mercy Burl	16.43
4	Oden, Taylor	11	Archbishop Mitt	15.64
5	Nordlund, Sara	10	Menlo-Atherton	15.70
6	Emerson, Jenna	11	Rancho San J	16.59
7	Beck, Emma	10	Salinas	17.29
8	Hernandez, Kassandra	12	Watsonville	17.62

Event 3 Boys 110 Meter Hurdles

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

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Prelims

1	Rife, Marcus	10	Aragon	16.95
2	Buzzard, Crusoe	10	Lincoln	16.56
3	Salazar, Richard	12	Santa Teresa	15.89
4	Buellesbach, James	11	Bellarmine	14.70
5	Tanguay, Luke	11	Santa Cruz	15.86
6	Lu, Ethan	11	Monta Vista	16.52
7	Picciuto, Nicco	10	Salinas	16.91
8	Kalos, Connor	12	Half Moon Bay	17.99
9	Weis, Aden	9	Design Tech	18.29

Heat 2 of 4 Prelims

1	Morin, Isaias	11	Hollister	16.96
2	Jackson, Malachi	11	Milpitas	16.58
3	Rose, Evan	11	San Mateo	15.92
4	Olson, Peter	12	Serra	14.72
5	Morrison, Luca	12	St. Ignatius	15.68
6	Chang, Alex	12	Los Altos	16.37
7	Godoy, Osbaldo	9	Palma	16.84
8	Okemwa, Brian	10	Eastside C.P.	17.70
9	Smith, Andrew	11	Harker	18.56

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Heat 3 of 4 Prelims...(Event 3 Boys 110 Meter Hurdles)

1	Piscerchio, Jonah	12	Mills	16.97
2	Gabrielson, Joshua	11	S.L.V.	16.71
3	Fung, Harrison	12	Stevenson	15.97
4	Roberts, Miles	12	Leland	14.97
5	Velasco, Kyle	10	St. Francis	15.62
6	Ulat, Richard	12	Independence	16.24
7	Herzinger, Sovin	12	Westmont	16.84
8	Olivas, Tajin	12	Watsonville	17.37
9	Cox, Cody	9	Design Tech	19.50

Heat 4 of 4 Prelims

1	Teufel, Yannis	11	Andrew Hill	17.08
2	Meza, Bryan	12	Alisal	16.78
3	Gladney, Matthew	11	Los Gatos	16.03
4	Zang, Thomas	11	St. Ignatius	15.21
5	Buchango-Babalola, Princ	9	Archbishop Mitt	15.22
6	Ganguly, Shyon	12	Lynbrook	16.03
7	Petty, Jonas	10	Piedmont Hills	16.81
8	Gosch, Jeremy	11	Aragon	17.22

Event 20 Girls 400 Meter Dash**8 Advance: Top 1 Each Heat plus Next 4 Best Times**

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Prelims

1	Castro, Erika	9	Alisal	1:01.84
2	Gianella, Gabby	9	ND San Jose	1:00.91
3	Yella, Anjali	11	Harker	58.75
4	Rutherford, Hannah	10	Mountain View	55.66
5	Decleve, Ava	9	Scotts Valley	58.60
6	Ross, Madeline	10	Los Altos	1:00.74
7	Overhulse, Ella	9	Pioneer	1:01.75
8	Lok, Chloe	9	Design Tech	1:03.32

Heat 2 of 4 Prelims

1	Scott, Nevaeh	11	Santa Teresa	1:01.86
2	Mitchell, Tauren	11	Westmont	1:01.09
3	Cavazzuti, Greta	12	Santa Cruz	58.98
4	Middleton, Melia	12	Christopher	56.49
5	Adelman, Avery	11	Gunn	58.51
6	Anastacio, Nadia Angeliqu	10	N.M.C.	1:00.38
7	Mejia-Martinez, Luz	10	Alisal	1:01.62
8	Fletes, Zamantha	11	King City	1:02.93

Heat 3 of 4 Prelims

1	Rowan, Katelynne	10	Leigh	1:01.86
2	Chadalavada, Anusha	11	Fremont	1:01.38
3	Reichow, Avah	11	Burlingame	59.21
4	Kha, Jocelyn	11	Piedmont Hills	57.97
5	Tsioutsouloukli, Alice	12	Archbishop Mitt	58.44
6	Draheim, Alyssa	11	Mills	1:00.37
7	Goswami, Isha	12	Saratoga	1:01.60
8	Vercellino, Kate	12	Nueva	1:02.78

Heat 4 of 4 Prelims

1	Ruelas, Rose	9	King City	1:02.18
2	Dhanish, Ananya	9	Leigh	1:01.55
3	James, Abigail	9	Archbishop Mitt	1:00.00
4	Haggarty, Cora	11	Burlingame	58.19
5	Wilmurt, Kira	12	Hillsdale	58.23
6	Neely, Xochitl	12	Homestead	1:00.20
7	Lim, Caroline	12	Hillsdale	1:01.59
8	Minkel, Madison	10	Hollister	1:02.51

Event 4 Boys 400 Meter Dash**8 Advance: Top 1 Each Heat plus Next 4 Best Times**

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Prelims

1	Lee, Nathan	10	Leigh	52.37
2	Lin, Joshua	12	King's Academy	51.17
3	Bussey, Kai	12	Palo Alto	49.86
4	Brennan, Wil	12	Los Gatos	48.06
5	Schwarzkopf, Avinash	12	Aragon	49.75
6	Joudieh, Dylan	12	Serra	50.82
7	Harger, Charles	9	Aragon	51.89
8	Killmon, Gabriel	9	Design Tech	53.88
9	Boyanov, Calin	10	Design Tech	55.63

Heat 2 of 4 Prelims

1	Hawkins, Luke	9	Leigh	52.38
2	Frank, Raymond	11	Burlingame	51.50
3	Freeman, Sam	12	Scotts Valley	50.41
4	Harrison, Parker	12	Serra	48.88
5	Kamali, Brady	12	Los Gatos	49.42
6	Han, Joshua	11	King's Academy	50.80
7	Parker, Saleem	11	Westmoor	51.89
8	Nguyen, Arthur	11	Evergreen Val.	52.71

Heat 3 of 4 Prelims

1	Manriquez, Eduardo	11	Rancho San J	52.48
2	Butts, Da'Quan	11	Silver Creek	51.68
3	Joyce, Ryan	11	Sacred Ht. Cath.	50.52
4	Romero, Levi	12	Los Gatos	49.19
5	Ye, Spencer	12	Homestead	49.40
6	Bohane, Jake	11	Los Gatos	50.79
7	Rivera, Isaiah	12	Seaside	51.80
8	Bogale, Daanesh	12	Christopher	52.69

Heat 4 of 4 Prelims

1	Varnel, Ben	11	Leigh	52.59
2	Hendricks, Trent	11	M.V.C.	51.69
3	Tapia, Devin	11	Alisal	50.58
4	Johnson, Cameron	12	Menlo-Atherton	49.20
5	Staley, Brody	12	Soquel	49.25
6	Brown, Brandon	11	Evergreen Val.	50.68
7	Ealey, Keon	10	Seaside	51.71
8	Freitas, Logan	10	Hollister	52.63

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Event 21 Girls 100 Meter Dash

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

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Prelims

1	Lacy, Nevach	11	Santa Teresa	13.19
2	Thrasher, Lillian	12	Hollister	13.04
3	Retterer, Morgan	9	Salinas	12.88
4	McCuskey-Hay, Ellie	9	St. Ignatius	12.00
5	Nichet, Joyce	11	Evergreen Val.	12.88
6	Ellis, De'Auri	11	Menlo-Atherton	13.01
7	Medina, Angelica	11	Rancho San J	13.16
8	Hathorne, Arianna	12	Oceana	13.36
9	Rumford, Alexandra	12	Wilcox	13.40

Heat 2 of 4 Prelims

1	Thomas, Taelynn	10	Willow Glen	13.20
2	Brown, Delaney	11	San Mateo	13.08
3	Fraisse, Maelys	12	Fremont	12.89
4	Kosmont, Juliette	12	Santa Catalina	12.14
5	Talton, Kei'Niyah	9	Menlo-Atherton	12.78
6	Heitmeyer, Hannah	11	Soquel	12.98
7	Arbitaylo, Emma	10	Los Gatos	13.15
8	Khanna, Ananya	12	Gunn	13.36

Heat 3 of 4 Prelims

1	Cho, Pia	11	Aragon	13.23
2	Drago, Ashley	9	M.V.C.	13.09
3	Kasso, Paige	12	Los Altos	12.89
4	Sonsini, Anna	12	Sacred Heart Pre	12.58
5	Bitonio, Hannah	12	Riordan	12.76
6	Heeren, Marin	11	King's Academy	12.97
7	Okeke, Chioma	9	Christopher	13.15
8	Tavares, Mia	12	Nueva	13.26

Heat 4 of 4 Prelims

1	Guinto, Kirin		Design Tech	13.24
2	Kakes, Malia	9	Leigh	13.12
3	Kosmont, Anna	10	Stevenson	12.90
4	Tomasetti, Shayana	12	Silver Creek	12.66
5	Thorpe, Chloe	11	Sacred Ht. Cath.	12.75
6	Hamilton, Mia	12	S.L.V.	12.93
7	Hughes, Daniela	9	Los Altos	13.14
8	Valone, Ava	10	Sobrato	13.25

Event 5 Boys 100 Meter Dash

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

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Prelims

1	Goebel, Leopold	12	Los Altos	11.35
2	McCord, Jordan	11	Soquel	11.09
3	Chatman, Cameron	11	Independence	10.94
4	Fu, Andrew	12	Harker	10.74
5	Keishk, Isaiah	12	Sacred Ht. Cath.	10.93
6	Green, Jaden	11	Serra	11.07
7	Klemm, Kevin	12	Mountain View	11.30
8	Makasini, Leimana	12	Sequoia	11.45
9	Griffiths, Jake	11	Leigh	11.48

Heat 2 of 4 Prelims

1	Reber, Myles	12	Santa Cruz	11.36
2	Mustarde, James	10	Sacred Heart Pre	11.09
3	Tommy, Donovan	12	Hollister	10.96
4	Hauge, Christian	11	Live Oak	10.75
5	Jones, Zachary	12	Riordan	10.88
6	Thakker, Armaan	12	Harker	11.07
7	Andrabadu, Sineth	10	Hillsdale	11.25
8	Truong, Jaden	12	Evergreen Val.	11.44
9	Smith, Sherrod	12	Menlo-Atherton	11.49

Heat 3 of 4 Prelims

1	Tutor, Lincoln	12	Palo Alto	11.37
2	Sanders, Kendric	12	Sacred Ht. Cath.	11.13
3	Rivas, Adan	12	Watsonville	11.00
4	Teeple, Ryan	12	Leland	10.76
5	Petty, Jonas	10	Piedmont Hills	10.84
6	Maku, Toju	11	Archbishop Mitt	11.07
7	Bonney, Jax	11	Capuchino	11.23
8	Lee, Ryan	12	Homestead	11.40
9	Coquilla, Christopher	12	University Prep	11.59

Heat 4 of 4 Prelims

1	Hua, Kingston	10	Hillsdale	11.37
2	Jamal, Shaun	10	Hollister	11.18
3	Saldate, Logan	11	Palma	11.01
4	Morfin, Eduardo	12	Rancho San J	10.81
5	Shaw, Carter	12	Sacred Heart Pre	10.83
6	Fagin, Zachary	12	Los Altos	11.04
7	Zabala, Malachi	12	Hollister	11.19
8	Derhammer, Dylan	11	Branham	11.40
9	Lawson, Bryce	11	Mid Peninsula	11.67

Event 22 Girls 800 Meter Run

12 Advance: Top 3 Each Heat plus Next 3 Best Times

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

1	Seigle, Kaitlin	12	S.L.V.	2:15.39
2	Symon, Lily	9	Los Altos	2:17.16
3	Hoops, Rachel	11	Aptos	2:18.59
4	Kennedy, Samira	12	Castilleja	2:22.49
5	Olesen, Tatum	11	Menlo-Atherton	2:22.86
6	Yee, Katie	10	Mills	2:26.13
7	Romero, Gabriella	12	Hollister	2:26.99
8	Howard, Mary	12	Silver Creek	2:29.40
9	Olivo, Roselyn	12	Everett Alvarez	2:30.40
10	Peters, Lauren	12	Branham	2:32.87
11	Lee, Kailyn	12	South S.F.	2:34.00

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Heat 2 of 3 Prelims...(Event 22 Girls 800 Meter Run)

1	Randall, Madeline	11	Los Altos	2:15.53
2	Bharadwaj, Amaya	9	Palo Alto	2:16.14
3	Beedon, Emma	9	Los Altos	2:18.62
4	D'Arcangelo, Kiarra	11	Westmont	2:22.32
5	Henderson, Daniella	12	Castilleja	2:24.96
6	Guardanapo, Katelynn	12	Willow Glen	2:25.66
7	Le, Sophie	9	Piedmont Hills	2:27.98
8	Barranco, Dahlia	12	Watsonville	2:29.10
9	Riggs, Abigail	11	Willow Glen	2:30.72
10	Hill, Clarissa	12	Lincoln	2:32.75
11	Poon, Kelly	11	Nueva	2:34.37

Heat 3 of 3 Prelims

1	Studdert, Hillary	12	Palo Alto	2:15.76
2	Zanetto, Sabrina	10	St. Francis	2:16.05
3	Patel, Samantha	11	Los Altos	2:18.70
4	Yamamoto, Hinako	12	St. Francis	2:18.84
5	Mariscal, Jasayla	10	Hollister	2:25.01
6	Pflaum, Annie	11	Menlo-Atherton	2:25.39
7	Matsumoto, Lauryn	10	Hillsdale	2:28.42
8	Ruiz, Ana	12	Watsonville	2:28.68
9	Anastacio, Nadia Angeliqu	10	N.M.C.	2:31.03
10	Feland, Anna	11	Nueva	2:32.01

Event 6 Boys 800 Meter Run**12 Advance: Top 3 Each Heat plus Next 3 Best Times**

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

1	Gardner, Evan	10	Homestead	1:56.71
2	Clay, Furious	12	Crystal Springs	1:58.67
3	Murphy, Michael	12	Palo Alto	1:58.76
4	Lantz, Mason	11	Scotts Valley	2:00.09
5	Kammerer, Jonathan	10	James Lick	2:00.51
6	Koontz, Spencer	11	Pacific Coll	2:01.73
7	Loof, Nathan	11	Half Moon Bay	2:01.74
8	Soni, Aaron	10	Westmont	2:02.58
9	Craig, Dylan	12	Carmel	2:02.64
10	Ly, Donovan	10	Silver Creek	2:03.95
11	Hsu, Owen	12	Nueva	2:04.83

Heat 2 of 3 Prelims

1	Snyckerski, Tommy	12	Bellarmine	1:57.20
2	Sirey, Boden	12	Los Altos	1:58.45
3	Sood, Vasumanas	12	Cupertino	1:58.87
4	Nosky, Trent	12	Aptos	1:59.87
5	Rosales-Hasek, Romer	12	Burlingame	2:01.03
6	Lorang, Duncan	9	Willow Glen	2:01.69
7	Godinez, Gael	12	N.M.C.	2:02.18
8	Aldi, Mack	10	Carmel	2:02.40
9	Conley, Sean	10	Carlmont	2:02.66
10	McKenzie, Jack	11	Sobrato	2:03.93
11	Byun, Joshua	12	Nueva	2:07.98

Heat 3 of 3 Prelims

1	Pretre, Justin	12	Menlo School	1:57.82
2	Dong, Denny	11	Monta Vista	1:58.08
3	Muller, Nikolas	12	St. Francis	1:59.16
4	Lowe, Sonny	12	Bellarmine	1:59.48
5	Limosnero, Israel	12	King City	2:01.06
6	Henige, Rowan	11	Sequoia	2:01.08
7	Mosher, Ethan	11	Pioneer	2:02.27
8	Michelsen, Moss	12	Half Moon Bay	2:02.31
9	Folkers, Luis	12	Prospect	2:03.18
10	Gilliam, Conor	9	M.V.C.	2:03.34

Event 23 Girls 300 Meter Hurdles**8 Advance: Top 1 Each Heat plus Next 4 Best Times**

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Prelims

1	Chen, Yvonne	12	Monta Vista	50.08
2	Lamprecht, Kamryn	11	Half Moon Bay	49.21
3	Nordlund, Sara	10	Menlo-Atherton	48.20
4	Middleton, Melia	12	Christopher	44.10
5	Osuna, Tiana	11	Archbishop Mitt	47.54
6	Shoemaker, Ella	11	Aptos	49.17
7	Flower, Taylan	12	Salinas	50.04
8	Everett, Grace	9	Nueva	54.20

Heat 2 of 4 Prelims

1	Berntsen, Rachel	9	Westmont	50.13
2	Liang, Avelyn	11	San Mateo	49.40
3	Brooks, Chloe	11	St. Ignatius	48.54
4	Reichow, Avah	11	Burlingame	45.26
5	Adelman, Avery	11	Gunn	47.49
6	Tomasetti, Shayana	12	Silver Creek	49.16
7	Wick, Ava	12	Sacred Heart Pre	49.68
8	Wilson, Jewel	10	Design Tech	53.93

Heat 3 of 4 Prelims

1	Schwarz, Amanda	10	Westmont	50.61
2	Kriege, Hayden	9	Santa Cruz	49.50
3	Huynh, Nancy	12	Andrew Hill	48.57
4	Holt, Caitlynn	11	Christopher	46.59
5	Harrigan, Jalyn	12	Saratoga	47.19
6	Li, Jeanette	12	Los Gatos	49.07
7	Sun, Katelyn	12	Oceana	49.66
8	Chan, Jaylee	10	Hollister	51.45

Heat 4 of 4 Prelims

1	Sargenti, Elsie	9	Notre Dame Sal	50.92
2	Worry, Megan	11	Notre Dame Bel	49.54
3	Chan, Chloe	10	Lynbrook	48.71
4	Emerson, Jenna	11	Rancho San J	46.60
5	Gilliam, Caelan	12	M.V.C.	46.95
6	Rumford, Alexandra	12	Wilcox	48.78
7	Orozco, Emily K	12	Rancho San J	49.62
8	Cabatcha, Micah	12	Del Mar	50.94

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Event 7 Boys 300 Meter Hurdles

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

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Prelims

1	Kalos, Connor	12	Half Moon Bay	43.35
2	Souza, Owen	12	Pioneer	42.50
3	Buellesbach, James	11	Bellarmine	41.08
4	Olson, Peter	12	Serra	39.27
5	Buchango-Babalola, Princ	9	Archbishop Mitt	40.90
6	Rivera, Isaiah	12	Seaside	42.41
7	Godoy, Osbaldo	9	Palma	43.33
8	Weis, Aden	9	Design Tech	47.16
9	Cox, Cody	9	Design Tech	48.47

Heat 2 of 4 Prelims

1	Rife, Marcus	10	Aragon	43.39
2	Buzzard, Crusoe	10	Lincoln	42.76
3	Chen, Dave	11	Gunn	41.34
4	Salazar, Richard	12	Santa Teresa	39.78
5	Fung, Harrison	12	Stevenson	40.36
6	Brown, Gregory	12	Homestead	42.28
7	Bivins, Isiah	11	Seaside	43.07
8	Smith, Andrew	11	Harker	44.21

Heat 3 of 4 Prelims

1	Meza, Bryan	12	Alisal	43.41
2	Buckler, Aidan	12	Aptos	42.81
3	Ganguly, Shyon	12	Lynbrook	41.37
4	Balakrishnan, Kathir	12	Fremont	39.80
5	Zang, Thomas	11	St. Ignatius	40.24
6	Mora, Ruben	11	Watsonville	42.15
7	Xu, Daniel	11	Leland	43.00
8	Sacco, Antonio	12	Mills	44.12

Heat 4 of 4 Prelims

1	Okemwa, Brian	10	Eastside C.P.	43.67
2	Mckittrick, Brendan	11	Jefferson	42.83
3	Chang, Alex	12	Los Altos	41.60
4	Tsang, Ben Kin Ho	12	Independence	39.90
5	Roberts, Miles	12	Leland	40.11
6	Teufel, Yannis	11	Andrew Hill	42.12
7	Tanguay, Luke	11	Santa Cruz	42.96
8	Songco, Anthony	12	South S.F.	43.98

Event 24 Girls 200 Meter Dash

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

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Prelims

1	Ruelas, Rose	9	King City	27.12
2	Ellis, De'Auri	11	Menlo-Atherton	26.77
3	Cavazzuti, Greta	12	Santa Cruz	26.16
4	McCuskey-Hay, Ellie	9	St. Ignatius	24.89
5	Thorpe, Chloe	11	Sacred Ht. Cath.	26.07
6	Hughes, Daniela	9	Los Altos	26.77
7	Bocanegra, Hannah	10	Hollister	26.99
8	Lok, Chloe	9	Design Tech	27.68
9	Chang, Patricia	12	Lynbrook	27.85

Heat 2 of 4 Prelims

1	Fraisie, Maelys	12	Fremont	27.16
2	Kasso, Paige	12	Los Altos	26.80
3	Haggarty, Cora	11	Burlingame	26.19
4	Yella, Anjali	11	Harker	25.31
5	Sonsini, Anna	12	Sacred Heart Pre	26.01
6	Coronado, Jazzy	9	Santa Catalina	26.74
7	Cho, Pia	11	Aragon	26.99
8	Johnson, Kiara	12	Santa Clara	27.61

Heat 3 of 4 Prelims

1	Lacy, Nevaeh	11	Santa Teresa	27.19
2	Okeke, Chioma	9	Christopher	26.83
3	Nichet, Joyce	11	Evergreen Val.	26.29
4	Kosmont, Juliette	12	Santa Catalina	25.37
5	Talton, Kei'Niyah	9	Menlo-Atherton	25.92
6	Retterer, Morgan	9	Salinas	26.63
7	Kakes, Malia	9	Leigh	26.93
8	Overhulse, Ella	9	Pioneer	27.55

Heat 4 of 4 Prelims

1	Garcia, Savannah	11	Rancho San J	27.20
2	Hamilton, Mia	12	S.L.V.	26.88
3	Wilmurt, Kira	12	Hillsdale	26.48
4	Tsioutsouloukli, Alice	12	Archbishop Mitt	25.52
5	Rutherford, Hannah	10	Mountain View	25.54
6	Jacinto, Nathalia	11	Santa Teresa	26.50
7	Dolida, Bryanna	12	Santa Teresa	26.92
8	Vercellino, Kate	12	Nueva	27.20

Event 8 Boys 200 Meter Dash

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

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Prelims

1	Lehane, Dominic	12	Nueva	23.01
2	Zabala, Malachi	12	Hollister	22.63
3	Thakker, Armaan	12	Harker	22.39
4	Fu, Andrew	12	Harker	21.73
5	Hauge, Christian	11	Live Oak	22.14
6	Rivas, Adan	12	Watsonville	22.63
7	Goebel, Leopold	12	Los Altos	22.99
8	Campbell Rodriguez, Antc	11	Carlmont	23.52
9	Coquilla, Christopher	12	University Prep	24.06

Heat 2 of 4 Prelims

1	Derhammer, Dylan	11	Branham	23.07
2	McCord, Jordan	11	Soquel	22.65
3	Tommy, Donovan	12	Hollister	22.40
4	Shaw, Carter	12	Sacred Heart Pre	21.76
5	Reese, Arnado	12	Trinity Chri	22.13
6	Andrabadu, Sineth	10	Hillsdale	22.62
7	Guillory, Nathaniel	11	Los Altos	22.84
8	Kamali, Brady	12	Los Gatos	23.41

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Meet Program - Running Event Trials

Heat 3 of 4 Prelims...(Event 8 Boys 200 Meter Dash)

1	Klemm, Kevin	12	Mountain View	23.15
2	Ballestrieri, Pierce	12	Palma	22.66
3	Brown, Brandon	11	Evergreen Val.	22.41
4	Teeple, Ryan	12	Leland	21.80
5	Keishk, Isaiah	12	Sacred Ht. Cath.	22.09
6	Freeman, Sam	12	Scotts Valley	22.61
7	Okoronkwo, Kingsley	12	Christopher	22.80
8	Bussey, Kai	12	Palo Alto	23.38

Heat 4 of 4 Prelims

1	Butts, Da'Quan	11	Silver Creek	23.19
2	Schwarzkopf, Avinash	12	Aragon	22.70
3	Green, Jaden	11	Serra	22.45
4	Harrison, Parker	12	Serra	21.94
5	Petty, Jonas	10	Piedmont Hills	22.08
6	Godinez, Gael Reynol	12	Everett Alvarez	22.58
7	Bonney, Jax	11	Capuchino	22.75
8	Johnson, Cameron	12	Menlo-Atherton	23.22

Event 25 Girls 3200 Meter Run**12 Advance: Top 4 Each Heat plus Next 4 Best Times**

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Soobrian, Lauren	12	Los Altos	10:49.66
2	Anderson, Lydia	9	Los Altos	10:54.72
3	Kippes, Mircea	12	Wilcox	11:01.52
4	Draper, Lauren	9	St. Francis	11:11.39
5	Bodkin, Fiona	12	Los Altos	11:12.56
6	Mullane, Katie	9	St. Francis	11:23.61
7	Herning, Lola	10	Willow Glen	11:26.92
8	Kaur, Ramneek	10	Evergreen Val.	11:41.12
9	Mitchell, Tauren	11	Westmont	11:43.28
10	Nieto, Raven	12	Willow Glen	11:45.66
11	Kuo, Felisha	12	Piedmont Hills	11:47.48
12	Hsieh, Naia	10	Hillsdale	11:53.30
13	Ghio, Ava	10	Carmel	11:55.08
14	Dye, Kira	9	Crystal Springs	12:01.09
15	Melani, Sofia	11	Menlo-Atherton	12:03.66
16	Yedidia, Ariane	11	Nueva	12:27.68
17	Flores, Alexa	11	King City	12:28.49
18	Riniti, Sophia	12	Soquel	14:14.11

Heat 2 of 2 Prelims

1	Czajkowska, Kinga	10	Palo Alto	10:52.26
2	Sidhu, Jasleen	11	Los Altos	10:52.46
3	Marheineke, Evangeline	10	Archbishop Mitt	11:03.19
4	Fadil, Ella	12	Los Altos	11:10.03
5	Brooks, Kaiya	12	Crystal Springs	11:17.03
6	Kiessling, Romy	10	Palo Alto	11:22.61
7	Elmore, Shea	10	Los Gatos	11:28.92
8	Rehkopf, Cleo	11	Menlo-Atherton	11:40.61
9	Riggs, Isabella	10	Willow Glen	11:44.05
10	Pan, Jacqueline	11	Mills	11:45.08
11	Scanziani-Grijalvo, Lara	10	Oceana	11:47.97
12	Moret, Isabelle	12	Branham	11:51.33
13	Ruiz, Katelynn	10	Watsonville	11:55.63
14	Willoughby, Brooke	12	Aptos	11:56.39
15	Orsetti, Daniela	9	Hollister	12:04.78
16	Macias, Melissa	11	N.M.C.	12:07.96
17	Hoffmeister, Zola	12	York	12:37.83
18	Schlamp, Julia	9	Nueva	12:42.61

Event 9 Boys 3200 Meter Run**12 Advance: Top 4 Each Heat plus Next 4 Best Times**

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Pretre, Landon	10	Menlo School	9:08.72
2	Iyer, Adarsh	11	Lynbrook	9:17.64
3	Cooper, John	12	Wilcox	9:17.83
4	Cooper, Robert	12	Wilcox	9:28.26
5	Gao, Alex	12	Palo Alto	9:30.54
6	Zeljak, Spencer	12	Branham	9:40.23
7	Chettiar, Shrey	10	Bellarmine	9:42.21
8	Fitchen-Young, Eli	10	Santa Cruz	9:43.76
9	Palvolgyi, Levente	12	Woodside Pr.	9:44.00
10	Boothby, Aiden	12	Scotts Valley	9:50.80
11	Murillo, Alijah	9	Branham	9:50.95
12	Srivatsa, Abhyuday	12	Evergreen Val.	9:54.48
13	Barty, Dominic	11	Woodside	9:57.98
14	Perez, Gustavo	10	Alisal	10:00.32
15	Raymond, David	10	Sequoia	10:00.59
16	Hernandez, Leyder	Jr	Greenfield	10:01.97
17	Nowell, Matthew	10	Woodside	10:02.06

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Meet Program - Running Event Trials

Heat 2 of 2 Prelims...(Event 9 Boys 3200 Meter Run)

1	Stefanopoulos, Aydon	10	Los Gatos	9:16.78
2	Morgenfeld, Grant	11	Palo Alto	9:17.53
3	Markelz, Evan	12	Mountain View	9:19.21
4	Althouse, Alex	12	Milpitas	9:21.69
5	Dalziel, Shane	11	Westmont	9:33.11
6	Cribari, Landon	10	Westmont	9:35.59
7	Roberts, Luciano	11	St. Ignatius	9:42.27
8	Wright, Trey	10	St. Ignatius	9:42.36
9	Seefeldt, Andrew	11	Branham	9:46.15
10	Guzman, Joshua	10	Gilroy	9:48.61
11	Song, Jae Ik	10	San Mateo	9:51.95
12	Tarantino, Aiden	12	Carmel	9:53.31
13	Ponzio, James	12	M.V.C.	9:58.93
14	Harris, Toby	11	Aragon	9:59.74
15	Luna, Erik	11	Alisal	10:00.77
16	Ordiano, Harry	12	Alisal	10:01.63
17	Fitzpatrick, Ryan	9	Nueva	10:22.74
18	Gaillard, Teddy	10	Nueva	10:23.65

Event 26 Girls 4x400 Meter Relay**8 Advance: Top 1 Each Heat plus Next 4 Best Times**

Lane	Team	Relay	Seed Time
Heat 1 of 4 Prelims			
1	Los Gatos		4:20.02
2	Rancho San J		4:15.08
	1) Garcia, Savannah 11	2) Medina, Angelica 11	
	3) Orozco, Emily K 12	4) Emerson, Jenna 11	
	5) Muratalla, Nayely 12	6) Kuramura, Kyrsten 9	
3	Crystal Springs		4:11.53
	1) Salter, Anna 9	2) Avina, Heidi 9	
	3) Braithwaite, Sophie 11	4) Fleshman, Lauryn 9	
	5) Brooks, Kaiya 12	6) Park-Beardsley, Kate 9	
	7) Mirsepahi, Jasmyn 12		
4	St. Francis		4:01.36
	1) Yamamoto, Hinako 12	2) Fawcett, Anna 12	
	3) Jimenez, Maia 10	4) Zanetto, Sabrina 10	
	5) Kaelber, Lillian 11	6) Mullane, Katie 9	
	7) Swanson, Devon 12	8) Wagner, Payton 9	
5	Saratoga		4:11.22
	1) Zaragoza, Natalie 10		
6	Menlo-Atherton		4:14.84
	1) Nordlund, Sara 10	2) Talton, Kei'Niyah 9	
	3) Stewart, Yael 11	4) Olesen, Tatum 11	
	5) Hamzawi, Zaina 12	6) Cowart, Sailor 9	
	7) Pflaum, Annie 11	8) Ellis, De'Auri 11	
7	Westmont		4:19.41
	1) Kogan, Agatha 9	2) Berntsen, Rachel 9	
	3) Doan, Sophia 9	4) D'Arcangelo, Kiarra 11	
8	Carmel		4:28.08
	1) Kvitek, Chiara 11	2) Varjian, Phoebe 12	
	3) Galicia, Lauren 9	4) Teague, Ryleigh 12	

Heat 2 of 4 Prelims

1	Watsonville	4:20.11
	1) Rodriguez, Edith 12	2) Ruiz, Ana 12
	3) Hernandez, Kassandra 12	4) Barranco, Dahlia 12
	5) Guzman, Jocelyn 10	6) Jacinto, Raquel 12
	7) Gutierrez-Gutierrez, Joselyn	8) Gomez Abrica, Lizbeth 9
2	Alisal	4:15.29
	1) Tena, Valerie 11	2) Ward, Terra 12
	3) Castro, Erika 9	4) Mejia-Martinez, Luz 10
3	Leigh	4:11.87
	1) Kakes, Malia 9	2) Dhanish, Ananya 9
	3) Pierre, Miya 10	4) Rowan, Katelynne 10
	5) Habermann, Ariana 11	6) Mincey, Jordan 10
	7) Buonomo, Amber 11	8) Page, Karly 11
4	Burlingame	4:06.83
	1) Reichow, Avah 11	2) Spenner, Elise 11
	3) Gonzalez, Lauren 11	4) Haggarty, Cora 11
	5) Newman, Stella 9	
5	Hollister	4:09.90
	1) Rivera, Zamaya 9	2) Romero, Gabriella 12
	3) Minkel, Madison 10	4) Mariscal, Jasayla 10
	5) Castro, Eva 10	
6	ND San Jose	4:14.51
	1) Gianella, Gabby 9	2) Dunbar, Megan 10
	3) Agossa, Amaris 10	4) Salazar, Lluvy 11
	5) Bonesteel, Kassia 12	6) Tran, Mindy 11
7	Prospect	4:18.72
	1) Dasalla, Abigail 11	2) Lee, Jillian 9
	3) Dasalla, Amanda 11	4) Hoornaert, Kylie 10
	5) Cody, Maben 9	6) Stringer, Kira 11
	7) McCormick, Marguerite 9	8) Kirkendall, Kayla 10
8	King City	4:27.09
	1) Ruelas, Rose 9	2) Valencia, Eva 9
	3) Garcia, Natalie 11	4) Fletes, Zamantha 11

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Heat 3 of 4 Prelims...(Event 26 Girls 4x400 Meter Relay)

1	Santa Cruz	4:21.77
	1) Kriege, Hayden 9	2) Hilldale, Joy 9
	3) Hood, Chloe 9	4) Cavazzuti, Greta 12
	5) Burchell, Meris 11	6) Kingsley, Maya 11
2	Hillsdale	4:16.44
	1) Lim, Caroline 12	2) Matsumoto, Lauryn 10
	3) Lim, Katherine 12	4) Wilmurt, Kira 12
	5) Flores, Sophia 9	6) Elan, Rona 9
3	Pioneer	4:11.91
	1) Morales, Sarah 11	2) Murray, Naima 10
	3) Corcoran, Ava 9	4) Overhulse, Ella 9
	5) Lemus, Nylah 12	6) Maccioni, Sara 10
	7) Itatani, Cassie 9	8) Ayala, Andrea 11
4	Christopher	4:06.96
	1) Baxter, Gabriela 12	2) Holt, Caitlynn 11
	3) Okeke, Chioma 9	4) Middleton, Melia 12
	5) Arcelo, Sarah 12	6) Stewart, Kaiya 12
5	Archbishop Mitty	4:08.61
	1) Tsioutsouloukli, Alice 12	2) James, Abigail 9
	3) Oden, Taylor 11	4) Osuna, Tiana 11
	5) Pellegrini, Christina 11	6) Robinson, Jacqueline 9
	7) Simpson, Laniah 10	
6	S.L.V.	4:12.83
	1) Seigle, Kaitlin 12	2) Finley, Haven 12
	3) Murata, Colleen 12	4) Evans, Ruby 10
7	Mills	4:17.42
	1) Draheim, Alyssa 11	2) Yee, Katie 10
	3) Ivankov, Alexis 9	4) Amayun, Chloe 9
	5) Khalasi, Ria 10	6) Roach, Reece 10
8	Nueva	4:26.74

Heat 4 of 4 Prelims

1	Santa Clara	4:21.98
2	Santa Teresa	4:16.96
	1) McQueen, Azaria 9	2) Scott, Nevaeh 11
	3) Partsch, Jane 12	4) Dolida, Bryanna 12
	5) Jacinto, Nathalia 11	6) Le, Kim 10
3	Sacred Ht. Cath.	4:12.02
	1) Wehrle, Tessa 9	2) Borek, Katherine 11
	3) Thorpe, Chloe 11	4) Colwick, Vivien 10
	5) Guzman, Isabella 10	
4	Mountain View	4:07.08
5	Los Altos	4:07.83
6	Palo Alto	4:12.60
7	Leland	4:17.08
	1) Bui, Amanda 12	2) Waldschmidt, Amanda 9
	3) Montgomery, Lillian 11	4) Forster, Maria 12
	5) Shinmoto, Maile 9	6) Prabhoo, Sonya 11
8	Carlmont	4:23.29
	1) Cottell, Skylar 11	2) Gordon, Charlotte 11
	3) Metzler, Anita 10	4) Metzler, Naomi 12
	5) Peacock, Katherine 10	6) Barriga Rojas, Aimee 11

Event 10 Boys 4x400 Meter Relay**8 Advance: Top 1 Each Heat plus Next 4 Best Times**

Lane	Team	Relay	Seed Time
Heat 1 of 4 Prelims			
1	M.V.C.		3:34.65
	1) Pallott, Connor 11	2) Gilliam, Conor 9	
	3) Ponzio, James 12	4) Hendricks, Trent 11	
	5) Tepoorten, Joshua 10	6) Ashe, Boston 9	
	7) Beckmen, Gavin 9	8) Robinson, Ethan 12	
2	Westmoor		3:32.98
	1) Ozuna, Edward 11	2) Yu, Wesley 12	
	3) Young, Jericho 12	4) Parker, Saleem 11	
	5) Rivera, Shaun 12	6) Lei, Kelvin 11	
3	Sacred Heart Pre		3:30.92
	1) Macaluso, Tynan 12	2) Maxwell, Luke 12	
	3) Killmond, JP 12	4) Shaw, Carter 12	
	5) Bulchandani, Aneel 11		
4	Los Gatos		3:26.14
5	Bellarmine		3:30.17
	1) Iburg, Austin 11	2) Sikaffy, Musa 12	
	3) Soo, Gary 12	4) Snyckerski, Tommy 12	
	5) Mendoza, Jack 9	6) Csubak, Michael 11	
	7) Lowe, Sonny 12	8) Lee, Ciaran 10	
6	Leigh		3:32.87
	1) Piccotto, Liam 10	2) Lee, Nathan 10	
	3) Varnel, Ben 11	4) Hawkins, Luke 9	
	5) Abel, Kiyan 12	6) Ramirez, Jackson 12	
7	Leland		3:34.59
	1) Nair, Madhav 12	2) Kim, Ethan 12	
	3) Cutaran, Jordan 11	4) Teeple, Ryan 12	
	5) Dring, Carson 11	6) Roberts, Miles 12	
	7) Jackson, Brian 12		
8	Branham		3:40.28
	1) Derhammer, Dylan 11	2) Jarreau, Cayman 11	
	3) Bollini, Donovan 10	4) Houston, Lleyton 11	
	5) Nguyen, Anthony 10	6) Cheyer, Daniel 9	
	7) Zeljak, Spencer 12		
9	Nueva		3:46.13

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Heat 2 of 4 Prelims...(Event 10 Boys 4x400 Meter Relay)

1	Watsonville	3:34.90
	1) Rivas, Adan 12	2) Guerrero, Jovani 11
	3) Urbina, Isaac 11	4) Mora, Ruben 11
	5) Miller-Brown, Patrick 10	6) Olivas, Tajin 12
	7) Barranco, Rodrigo 10	
2	Scotts Valley	3:33.46
	1) Abel, Samuel 11	2) Lantz, Mason 11
	3) Jory, Ian 10	4) Freeman, Sam 12
	5) George, Ben 11	
3	King's Academy	3:31.04
	1) Vu, Timothy 11	2) Lin, Joshua 12
	3) Tasker, Thomas 11	4) Han, Joshua 11
	5) Barnett, Xavier 9	6) Barnett, Tylek 12
4	Serra	3:26.71
	1) Igtanloc, Jaxon 12	2) Joudieh, Dylan 12
	3) Green, Jaden 11	4) Harrison, Parker 12
	5) Olson, Peter 12	6) Labrador, Aidan 9
	7) Buret, Aidan 10	8) Castricone, Tyler 10
5	St. Francis	3:29.92
	1) Kenney, John 12	2) Walsh, Sean 9
	3) Julien, Kamau 12	4) Muller, Nikolas 12
	5) Poole, James 10	6) Quinn, Declan 12
	7) Nguyen, Vincent 12	8) Butler, Ethan 10
6	Carlmont	3:32.57
	1) Shekhar, Avi 11	2) Mansfield, Quinn 12
	3) Madrigal, Victor 11	4) Fedronic, Lucas 12
	5) Conley, Sean 10	6) Wong, Ian 10
	7) Schaefer, Landon 9	8) Sutton, Frederick 11
7	Rancho San J	3:34.54
	1) Manriquez, Adrian 11	2) Duff, Jacob 12
	3) Morfin, Eduardo 12	4) Manriquez, Eduardo 11
	5) Sanchez, Anthony 11	6) Geng, Shilong 11
8	Independence	3:39.21
	1) Chen, Ethan 10	2) Lee, Timothy 12
	3) Todd, Dominic 11	4) Taa, Ethan 12
	5) Tsang, Ben Kin Ho 12	6) Ulat, Richard 12
9	Design Tech	3:53.16

Heat 3 of 4 Prelims

1	Evergreen Val.	3:36.32
	1) Brown, Brandon 11	2) Gingras, Brandon 11
	3) Nguyen, Arthur 11	4) Le, Kevin 12
	5) Kaliki, Nagaashrith 10	6) Srivatsa, Abhyuday 12
	7) Gorantla, Manu 11	8) Meza, Hector 12
2	Los Altos	3:33.54
3	Aragon	3:31.14
	1) Harger, Charles 9	2) Jaen, Alex 11
	3) Tang, Gavin 11	4) Schwarzkopf, Avinash 12
	5) Tang, Galen 11	6) Orton, Jacob 11
4	St. Ignatius	3:28.11
	1) Zang, Thomas 11	2) Woo, Jake 12
	3) Cumiskey, Carter 11	4) Weltzien, Christopher 11
	5) Sahota, Sohan 10	6) Filinski, Ryder 9
5	Palo Alto	3:29.41
6	Fremont	3:32.23
7	Aptos	3:34.13
	1) Bliesner, Brady 9	2) Kilian, Owen 10
	3) Plascencia, Kaleb 11	4) Nosky, Trent 12
	5) Swertfager, Brett 10	
8	Westmont	3:38.40
	1) Park, Joseph 12	2) Ding, Youyi 10
	3) Chuang, Ethan 11	4) Soni, Aaron 10

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Meet Program - Running Event Trials

Heat 4 of 4 Prelims...(Event 10 Boys 4x400 Meter Relay)

1	Alisal	3:36.54
	1) Coronado Esparza, Jose 9	2) Quintero, Xavier 11
	3) Meza, Bryan 12	4) Tapia, Devin 11
2	Burlingame	3:34.01
	1) Alberts, Tanat 11	2) Rothstein, Jacob 11
	3) Frank, Raymond 11	4) Lane, Harrison 11
	5) Lane, Charles 11	6) Purev-Chang, Ariunbold 11
3	Santa Teresa	3:31.49
	1) Robledo, Carlos 10	2) Wong, Kyle 9
	3) Rivero, Austyn 10	4) Salazar, Richard 12
	5) Nakanishi, Malakai 11	6) Meza Matasol, Adrian 11
	7) Nguyen, Preston 11	8) Lawson, Kayin 10
4	Archbishop Mitty	3:28.24
	1) Bautista, Elijah 11	2) Lau, Nathan 12
	3) Biebal, Aaron 11	4) Swanagan, Xavier 11
	5) Buchango-Babalola, Prince 9	6) Maku, Toju 11
	7) Marshall, Marquis 9	8) Saxton, Liam 11
5	Homestead	3:28.58
6	Hillsdale	3:31.77
	1) Andrabadu, Sineth 10	2) Kim, Miles 10
	3) Hua, Kingston 10	4) Adenekan, Tomi 11
	5) Fernando, Andrew 11	6) Weaver, Brayden 12
	7) McCann, Tripp 11	8) Lee, Calvin 12
7	Seaside	3:34.03
	1) Rivera, Isaiah 12	2) Ealey, Keon 10
	3) Bartlett, Matthew 10	4) Bivins, Isiah 11
	5) Turner, Hezekiah 10	
8	Hollister	3:36.64
	1) Arreola, Noah 10	2) Loza, Savion 10
	3) Breen, James 12	4) Freitas, Logan 10
	5) Zander Brister, Alexander	6) Mendoza, Anthony 12

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Meet Program - Field Event Trials

Event 28 Girls Pole Vault

Top 12 Advance by Mark

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Prelims

1	Cohen, Mika	10	Homestead	7-06.00
2	Richter, Kati	12	ND San Jose	7-09.00
3	Yoo, Maya	11	Aragon	8-00.00
4	Shao, Elaina	10	Aragon	8-00.00
5	Duncan, Lennay	11	Hollister	8-00.00
6	Aquino, Grayson	10	ND San Jose	8-00.00
7	Stone, Hailey	11	Los Gatos	8-06.00
8	Church, Sidney	11	Salinas	8-06.00
9	Hunt, Mia	12	Sequoia	8-06.00
10	Sheynin, Jay	12	Sequoia	8-06.00
11	Arredondo, Jayleen	10	Watsonville	8-06.00
12	Dreux, Justine	12	Branham	9-00.00
13	Yem, Carlie	12	Pioneer	9-00.00
14	Jacinto, Nathalia	11	Santa Teresa	9-00.00
15	Abel, Quinlyn	10	Leigh	9-00.00
16	MacAvoy, Charlotte	11	San Mateo	9-00.00
17	Zamora, Emily	12	Willow Glen	10-00.00
18	Egan, Alexa	12	St. Francis	10-00.00
19	Ong, Siobhan	10	Stevenson	10-00.00
20	Ferrell, Ariel	11	Santa Cruz	10-00.00
21	Purohit, Dhanashri	12	Leigh	10-00.00
22	Ortega, Bella	10	Carmel	10-06.00
23	Floering, Katherine	12	St. Francis	10-06.00
24	Guth, Katharina	12	Pacific Coll	10-06.00
25	Nee, Meilia	10	Santa Cruz	10-06.00
26	Scott, Jonelle	11	Soquel	11-00.00
27	Williams, Kendra	11	Branham	11-00.00

Event 31 Girls Discus Throw

Top 12 Advance by Mark

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 4 Prelims

1	Villanueva, Estafani	12	Downtown C.P.	73-09
2	Andrade, Tania	12	Latino C.P.	82-04
3	Mazzeta, Serena	11	Mills	83-08
4	Srinivasan, Suj	12	ND San Jose	87-01
5	Chandra, Anjali	11	King's Academy	87-04
6	Matys, Ashley	11	Aptos	87-09
7	Spencer, Stephanie	12	Half Moon Bay	89-01
8	Soetaert, Mikayla	11	N.M.C.	89-04

Flight 2 of 4 Prelims

1	Sofeni, Kamea	12	Lincoln	89-11
2	Ayozie, Angela	10	Everett Alvarez	89-11
3	Tulua, Kaimi	11	Seaside	90-07.50
4	Wong, Serene	12	South S.F.	91-04
5	Holland, Angelina	12	Santa Teresa	91-08
6	Santaella, Mikayla	12	Aptos	95-05
7	Moseley, Brielle	10	Silver Creek	96-02
8	Castillo-Denker, Yara	11	Gunn	96-06

Flight 3 of 4 Prelims

1	Anderson, Autumn	12	Leigh	98-02
2	Fox-Araya, Sapphire	11	Santa Teresa	100-01
3	Morelle, Chloe	12	Los Altos	101-01
4	Huffer, Desiree	10	Sequoia	101-10
5	Sizelove, Rachel	11	Valley Christian	104-11
6	White, Laura	12	Hollister	105-10.50
7	Barrett, Isolina	12	Notre Dame Sal	106-00
8	Levonius, Emilie	12	Santa Teresa	107-09

Flight 4 of 4 Prelims

1	Guth, Katharina	12	Pacific Coll	112-04
2	Leuenberger, Tatum	12	Homestead	114-01
3	Steiner, Nicole	10	Los Gatos	114-03
4	Tippetts, Mika	12	Saratoga	115-02
5	Reynolds, Bridget	11	Woodside	119-06
6	Smith, Samantha	12	Santa Teresa	120-04
7	Ifo Desai, Maya	10	Archbishop Mitt	122-07
8	O'Brien, Ningning	12	Homestead	141-04

Event 14 Boys Triple Jump

Top 12 Advance by Mark

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 4 Prelims

1	Sarvepally, Siddhartha	12	University Prep	33-03.50
2	Herlitz, Oskar	9	Sacred Heart Pre	37-02.50
3	Boyanov, Calin	10	Design Tech	38-01.00
4	Comilang, Ben	9	Aptos	38-01.75
5	Jacinto, Rogelio	10	Alisal	38-11.00
6	Ponce, Gianni	11	Palma	39-05.00
7	Wang, Kyan	10	Leland	39-07.50
8	Padilla, Nicolas	10	Alisal	39-10.00

Flight 2 of 4 Prelims

1	Crosslin, Chance	12	Soquel	40-00.25
2	Woods, Evan	12	Pacific Grove	40-01.00
3	Young, Jericho	12	Westmoor	40-02.00
4	Bluford, Amari	11	Christopher	40-02.00
5	Martinez, Markos	11	Everett Alvarez	40-03.00
6	Garcia, Zachary	12	Westmoor	40-04.50
7	Zieger, Blake	12	Crystal Springs	40-05.00
8	Leung, Anthony	12	Burlingame	40-10.50

Flight 3 of 4 Prelims

1	Chang, Patrick	12	Gunn	41-01.00
2	Kim, Jackson	12	Mountain View	41-04.00
3	Rose, Aaron	11	Los Altos	41-04.00
4	Lawson, Kayin	10	Santa Teresa	41-05.00
5	Nguyen, Preston	11	Santa Teresa	41-06.50
6	Varamballi, Samith	11	Los Altos	41-10.00
7	Vincent, Joshua	11	Hollister	41-10.00
8	Lakkaraju, Colin	11	Bellarmine	42-03.00
9	Gonzalez, Noah	10	St. Ignatius	42-06.00

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Flight 4 of 4 Prelims...(Event 14 Boys Triple Jump)

1	Marla, Mihir	11	Mountain View	42-07.00
2	Mikles, Joey	12	Bellarmine	42-09.00
3	Oliveira, Casey	12	Carlmont	42-10.50
4	Weaver, Brayden	12	Hillsdale	42-10.75
5	Kimura, Kazu	11	Branham	43-03.50
6	Chatman, Cameron	11	Independence	43-09.00
7	Okoronkwo, Kingsley	12	Christopher	44-08.00
8	Tucker, Kenneth	11	Bellarmine	46-01.00
9	Barnum, Monroe	11	St. Ignatius	46-04.50

Event 29 Girls Long Jump**Top 12 Advance by Mark**

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 4 Prelims

1	Bumb, Natalie	11	Thomas Moore	14-04.50
2	Turean, Sophia	11	Gunn	14-11.25
3	Yang, Isabella	12	Lynbrook	15-03.50
4	Skeen, Kate	9	Palo Alto	15-05.00
5	Ivankov, Alexis	9	Mills	15-05.50
6	Rodden, Anna	11	Gunn	15-05.75
7	Kusumoto, Sara	12	Hillsdale	15-06.25
8	Smith, Kenzie	9	Aptos	15-06.50

Flight 2 of 4 Prelims

1	Zhou, Jessica	12	Monterey	15-08.00
2	Zheng, Eliza	11	Willow Glen	15-09.50
3	Metzler, Naomi	12	Carlmont	15-09.50
4	Drake, Julianne	12	King's Academy	15-10.50
5	Kosmont, Juliette	12	Santa Catalina	16-00.00
6	Brown, Delaney	11	San Mateo	16-00.00
7	De Los Santos, Kate	11	Monterey	16-02.00
8	Heeren, Marin	11	King's Academy	16-03.50

Flight 3 of 4 Prelims

1	Laruelle, Lelani	9	Monta Vista	16-04.00
2	Guinto, Kirin		Design Tech	16-04.50
3	Oun, Kiara	12	Yerba Buena	16-04.50
4	Rugnao, Jade	10	Branham	16-05.00
5	Hamilton, Mia	12	S.L.V.	16-05.00
6	Vincent, Hannah	10	Hollister	16-05.50
7	Garcia, Savannah	11	Rancho San J	16-06.00
8	Coetzee, Lola	12	Christopher	16-06.50
9	Liah, Kristina	12	Santa Clara	16-07.00

Flight 4 of 4 Prelims

1	Prabhuram, Rithika	11	Evergreen Val.	16-07.00
2	Drago, Ashley	9	M.V.C.	16-09.00
3	Floering, Katherine	12	St. Francis	16-10.50
4	Huynh, Kristy	12	Silver Creek	16-11.00
5	Huynh, Jenny	11	Andrew Hill	16-11.00
6	Rocca, Mariel	12	St. Ignatius	17-01.25
7	Newman, Suraya	11	St. Ignatius	17-02.50
8	Cho, Pia	11	Aragon	17-07.00
9	McCuskey-Hay, Ellie	9	St. Ignatius	18-04.50

Event 27 Girls High Jump**Top 12 Advance by Mark**

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Prelims

1	Cacianti, Sophia	10	Capuchino	4-06.00
2	Schaper, Melanie	11	Thomas Moore	4-06.00
3	Sheynin, Jay	12	Sequoia	4-06.00
4	Schoene, Tiffany	12	Silver Creek	4-07.00
5	Hornsby, Addison	11	El Camino	4-08.00
6	Ramirez, Paige	10	N.M.C.	4-08.00
7	Thomas, Taelynn	10	Willow Glen	4-08.00
8	Valenzuela, River	12	Hollister	4-08.00
9	Bumb, Natalie	11	Thomas Moore	4-08.00
10	Pesola, Selma	12	Willow Glen	4-10.00
11	Bald, Meagan	12	Pioneer	4-10.00
12	Anderson, Autumn	12	Leigh	4-10.00
13	Brown, Maya	12	Salinas	4-10.00
14	Caruso, Gabriella	10	Capuchino	4-10.00
15	Zheng, Eliza	11	Willow Glen	4-10.00
16	Young, Summer	11	Menlo School	4-10.00
17	Draheim, Alyssa	11	Mills	4-10.00
18	Miller, Ava	12	Hollister	4-10.00
19	Eze, Kylee	12	Soquel	5-00.00
20	Byram, Clare	12	Santa Cruz	5-00.00
21	Baxter, Gabriela	12	Christopher	5-00.00
22	Yu, Lucie	11	St. Ignatius	5-00.00
23	Lew, Sophia	9	Mountain View	5-00.00
24	Castelli, Melanie	12	Notre Dame Bel	5-00.00
25	Laruelle, Lelani	9	Monta Vista	5-00.00
26	Black, Dominayah	12	North Salinas	5-00.00
27	Lo, Abigail	12	Los Gatos	5-00.00
28	Thrasher, Lillian	12	Hollister	5-02.00
29	Johnson, Hayley	11	Fremont	5-02.00
30	Fan, Clara	10	Monta Vista	5-02.00
31	Wade, Jamie	11	St. Francis	5-04.00
32	Slover, Hannah	12	Los Gatos	5-06.00
33	Wakenshaw, Liliana	11	Palo Alto	5-06.00

Event 16 Boys Shot Put**Top 12 Advance by Mark**

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 4 Prelims

1	Vega, Fernando	12	Downtown C.P.	36-04.25
2	Raphael, Ralston	12	Menlo School	39-05.50
3	Zheng, Albert	12	Aragon	39-07.00
4	Nava, Juan	12	Latino C.P.	40-11.75
5	Koehler, Owen	11	Gunn	41-05.25
6	Pohlmann, Franz	12	Santa Cruz	41-11.50
7	Gonzalez, Lorenzo	11	Scotts Valley	42-01.00
8	Pacheco, Luis	12	Greenfield	42-03.00

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Flight 2 of 4 Prelims...(Event 16 Boys Shot Put)

1	Vuong, Ethan	11	Mills	42-07.00
2	Abarca, Anthony	11	Rancho San J	42-07.00
3	McGilashan, Ryan	12	Sobrato	43-03.50
4	Ishimaru, Aiden	11	Salinas	43-04.00
5	Lujano, Juan	12	Hollister	43-05.00
6	Gomez, Marcos	10	Hollister	43-10.00
7	Tan, Matthew	12	Mills	43-11.00
8	Williamson, Roland	12	Santa Clara	44-00.25

Flight 3 of 4 Prelims

1	Morelle, Maxime	9	Los Altos	44-02.25
2	Wurz, Jackson	11	Gunderson	44-03.00
3	Headley, Kyler	11	Silver Creek	44-06.00
4	Woods, Evan	12	Pacific Grove	44-09.00
5	Quezada-Padilla, Edgar	12	Gunderson	44-10.50
6	Taylor, Joshua	10	King's Academy	45-06.50
7	Saludo, Leonidas	10	Piedmont Hills	45-07.00
8	Shabazz, Nasir	12	San Mateo	45-07.75

Flight 4 of 4 Prelims

1	Li, Jonathan	10	Leland	45-10.00
2	Leder, Jay	10	Serra	45-10.25
3	Brennan, Liam	12	Santa Clara	46-04.25
4	Gonzales, Kaiden	10	Gilroy	46-11.00
5	Reilly, Tom	11	Bellarmine	47-11.25
6	La Grill, Richard	12	Carlmont	49-11.75
7	Garcia, Mateo	12	Santa Clara	51-03.00
8	Lewis, Luke	10	Serra	55-03.25

Event 12 Boys Pole Vault**Top 12 Advance by Mark**

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Prelims				
1	Sherman, Jacob	10	Los Gatos	8-00.00
2	Hong, Calvin	10	Aragon	10-06.00
3	Santana, Leo	11	Palma	11-00.00
4	Adasiewicz, Cal	11	Woodside	11-00.00
5	Owen, Samuel	10	Rancho San J	11-00.00
6	Sampson, Rylan	12	Aptos	11-00.00
7	Brown, Henry	12	Palma	11-06.00
8	Egan, Justin	12	Hollister	11-06.00
9	Cordeiro, Dylan	12	Bellarmine	11-06.00
10	DaQuino, Blake	11	Westmont	11-06.00
11	Heafey, Jack	11	St. Ignatius	12-00.00
12	Ho, Nathan	12	Westmoor	12-00.00
13	Welch, David	12	Soquel	12-00.00
14	Piccotto, Liam	10	Leigh	12-00.00
15	Kobrak, Kai	12	Stevenson	12-06.00
16	Herzinger, Sovin	12	Westmont	12-06.00
17	Nolan, M Jack	11	Salinas	12-06.00
18	Radig, Dietrich	11	Santa Teresa	12-06.00
19	Le, Thomas	11	Westmont	12-06.00
20	Grant, Dakota	11	Branham	12-06.00
21	Hilbert, Jacob	11	Gunn	12-07.00
22	Abel, Kiyan	12	Leigh	13-06.00
23	Dodge, Erik	12	Aragon	14-00.00
24	Nunnemaker, Jarod	11	Aragon	14-00.00
25	Lehnert, Lexington	11	St. Ignatius	14-00.00
26	Floyd, William	12	Menlo School	14-04.00

Event 32 Girls Shot Put**Top 12 Advance by Mark**

Pos	Name	Yr	School	Seed Mark
Flight 1 of 4 Prelims				
1	Jones, Kylie	11	Design Tech	24-09.50
2	Salles, Olivia	11	San Mateo	26-04.00
3	Santaella, Mikayla	12	Aptos	27-11.00
4	Ivey, Olivia	10	Silver Creek	27-11.25
5	Petelo, Mele	12	Hillsdale	27-11.25
6	Mazzeta, Serena	11	Mills	27-11.75
7	Huffer, Desiree	10	Sequoia	28-00.75
8	Andrade, Tania	12	Latino C.P.	28-05.00
Flight 2 of 4 Prelims				
1	Pineda, Ula	10	Eastside C.P.	28-06.00
2	Phillips, Peyton	10	N.M.C.	28-07.00
3	Sofeni, Kamea	12	Lincoln	28-08.75
4	Thayer, Lily	12	Soquel	28-11.00
5	Holland, Angelina	12	Santa Teresa	29-06.00
6	Blacks, Allyssa	12	King City	30-02.00
7	Moseley, Brielle	10	Silver Creek	30-05.50
8	Vallejos, Shiloh	10	Christopher	30-08.50

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Flight 3 of 4 Prelims...(Event 32 Girls Shot Put)

1	Gourvennec, Alexia	10	Westmont	30-11.00
2	Tonascia, Natalie	11	Hollister	31-03.00
3	Ayozie, Angela	10	Everett Alvarez	31-06.00
4	Levonius, Emilie	12	Santa Teresa	31-08.00
5	Crum, Jade	12	Milpitas	31-11.75
6	Tulua, Kaimi	11	Seaside	32-01.00
7	Tippetts, Mika	12	Saratoga	32-04.25
8	Mila, Evelini	11	Sacred Heart Pre	32-11.00

Flight 4 of 4 Prelims

1	Leuenberger, Tatum	12	Homestead	33-03.00
2	Filios, Savannah	10	St. Francis	34-02.00
3	Reynolds, Bridget	11	Woodside	34-06.75
4	Morelle, Chloe	12	Los Altos	34-10.25
5	O'Brien, Ningning	12	Homestead	35-02.00
6	Demby, Golda	10	Hollister	37-03.00
7	Ifo Desai, Maya	10	Archbishop Mitt	38-02.75
8	Steiner, Nicole	10	Los Gatos	38-09.00

Event 11 Boys High Jump

Top 12 Advance by Mark

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Prelims

1	Chavez, Josh	11	Downtown C.P.	5-00.00
2	Markegard, Larry	10	Pescadero	5-02.00
3	Herlitz, Oskar	9	Sacred Heart Pre	5-04.00
4	King, Trajan	11	Hillsdale	5-06.00
5	Barnett, Tylek	12	King's Academy	5-06.00
6	Oleary, Patrick	12	Lincoln	5-08.00
7	Singh, Anik	10	Leigh	5-08.00
8	Tchir, Cameron	11	Leigh	5-08.00
9	Kimura, Kazu	11	Branham	5-08.00
10	Fearnley, Edan	11	Leigh	5-08.00
11	Ott, Ethan	12	Bellarmino	5-10.00
12	Holly, Kain	11	Everett Alvarez	5-10.00
13	Spitzer-Wu, Tyler	12	San Mateo	5-10.00
14	Radig, Dietrich	11	Santa Teresa	5-10.00
15	Spence, Chad	11	Pioneer	5-10.00
16	Ely, James	10	San Mateo	5-10.00
17	Ames, Emerson	12	Gunn	5-10.00
18	Glover, Nile	11	Stevenson	5-10.00
19	Tari I, Wyatt	12	Hollister	5-10.00
20	Reese, Amado	12	Trinity Chri	5-10.00
21	Calfee, Mateo	11	Aptos	5-10.00
22	Woods, Evan	12	Pacific Grove	5-10.00
23	Rees, Ashton	10	Carmel	5-10.00
24	Haven, Joshua	9	Bellarmino	6-00.00
25	Dillon, Alexandar	10	Milpitas	6-00.00
26	Miller, Philip	12	Bellarmino	6-00.00
27	Noble, Braylon	11	Soquel	6-00.00
28	Sebisanovic, Luka	10	San Mateo	6-00.00
29	Adenekan, Tomi	11	Hillsdale	6-00.00
30	Louie, Dylan	11	Mountain View	6-00.00
31	Kamali, Brady	12	Los Gatos	6-00.00
32	Fagin, Zachary	12	Los Altos	6-02.00

Event 15 Boys Discus Throw

Top 12 Advance by Mark

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 4 Prelims

1	Barros, Chris	12	Latino C.P.	98-01
2	Zhang, Eddy	11	King's Academy	113-03
3	Nava, Juan	12	Latino C.P.	117-04
4	Lujano, Juan	12	Hollister	120-01
5	Zheng, Albert	12	Aragon	120-04
6	Lujano, Christian	10	Hollister	123-05
7	Macalino, Nathan	11	El Camino	125-09
8	Na, Joshua	10	Salinas	128-03

Flight 2 of 4 Prelims

1	Woods, Evan	12	Pacific Grove	128-04
2	Perez, Tony	11	Aptos	128-06
3	Romero, Angel	11	King City	128-08
4	La Grill, Richard	12	Carlmont	130-10
5	Gomez, Adam	12	Santa Teresa	131-01
6	Gonzales, Kaiden	10	Gilroy	131-02
7	Kanegan, Jackson	11	Gunn	131-02
8	De Alfaro Lopez, Jesus	12	North Salinas	131-07.50

Flight 3 of 4 Prelims

1	Wurz, Jackson	11	Gunderson	132-03
2	Koehler, Owen	11	Gunn	133-08
3	Folau, Taniela	11	Serra	133-08
4	Taylor, Joshua	10	King's Academy	134-10
5	Celso, Julani	11	Silver Creek	135-02
6	Reilly, Tom	11	Bellarmino	135-04
7	Garcia, Mateo	12	Santa Clara	135-07
8	Findley, Tyler	11	Valley Christian	137-08
9	Lewis, Luke	10	Serra	137-09

Flight 4 of 4 Prelims

1	Brantley, Logan	10	Aptos	138-02
2	Jeter, Ty	12	Wilcox	138-04
3	Dewerk, Ryan	12	Silver Creek	140-06
4	Ward, Frank	12	Terra Nova	140-08
5	Headley, Kyler	11	Silver Creek	142-06
6	Walter, Lloyd	12	Aragon	143-02
7	DaQuino, Blake	11	Westmont	147-00
8	Campagna, Jimmy	10	Bellarmino	150-09
9	Brennan, Liam	12	Santa Clara	166-08

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Meet Program - Field Event Trials

Event 13 Boys Long Jump

Top 12 Advance by Mark

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 4 Prelims

1	Boyanov, Calin	10	Design Tech	18-02.00
2	Chang, Logan	10	Sacred Heart Pre	19-11.00
3	Nguyen, Preston	11	Santa Teresa	19-11.75
4	Inocencio, Rovic Simon	12	Independence	20-02.50
5	Crosslin, Chance	12	Soquel	20-03.00
6	Woods, Tosh	12	Aptos	20-03.75
7	Lawson, Bryce	11	Mid Peninsula	20-04.00
8	Garcia-Standlee, Noah	12	Menlo-Atherton	20-04.25
9	Ames, Emerson	12	Gunn	20-05.50

Flight 2 of 4 Prelims

1	Chung, Caleb	12	Palma	20-06.00
2	Glover, Nile	11	Stevenson	20-06.00
3	Craft, Jonathan	10	Valley Christian	20-08.50
4	Travaille, Travis	9	Pacific Grove	20-10.00
5	Hansen, Dru	11	Sequoia	21-00.25
6	Roberts, Miles	12	Leland	21-00.75
7	Chaidez, Dominic	10	Palma	21-01.00
8	Lin, Kurtis	11	Cupertino	21-01.00
9	Tucker, Kenneth	11	Bellarmine	21-01.00

Flight 3 of 4 Prelims

1	Kimura, Kazu	11	Branham	21-01.00
2	Kung, Jacob	11	Los Altos	21-01.00
3	Chatman, Cameron	11	Independence	21-01.50
4	Oliveira, Casey	12	Carlmont	21-02.25
5	Bluford, Amari	11	Christopher	21-02.25
6	Bonilla, Tyson	11	Wilcox	21-05.00
7	Steciw, Roman	9	St. Francis	21-06.00
8	Fu, Andrew	12	Harker	21-06.50
9	Weaver, Brayden	12	Hillsdale	21-06.50

Flight 4 of 4 Prelims

1	Fagin, Zachary	12	Los Altos	21-06.50
2	Barnum, Monroe	11	St. Ignatius	21-07.50
3	Biebal, Aaron	11	Archbishop Mitt	21-10.00
4	Smith, Sherrod	12	Menlo-Atherton	21-10.50
5	Nguyen, Vincent	12	St. Francis	21-11.00
6	Reese, Amado	12	Trinity Chri	21-11.00
7	Jones, Zachary	12	Riordan	22-03.00
8	Saldate, Logan	11	Palma	22-04.00
9	Okoronkwo, Kingsley	12	Christopher	22-04.00

Event 30 Girls Triple Jump

Top 12 Advance by Mark

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 4 Prelims

1	Wilson, Jewel	10	Design Tech	28-10.00
2	Ren, Jasmine	11	Westmoor	30-11.00
3	Elan, Rona	9	Hillsdale	31-05.00
4	Yoo, Maya	11	Aragon	31-11.25
5	Roach, Reece	10	Mills	32-01.00
6	Turean, Sophia	11	Gunn	32-02.25
7	Ponce, Micaela	10	ND San Jose	32-07.00
8	Gomez, Aaliysah	11	St Francis C.C.	32-08.00

Flight 2 of 4 Prelims

1	Rodden, Anna	11	Gunn	33-02.25
2	De Los Santos, Kate	11	Monterey	33-03.00
3	Liah, Kristina	12	Santa Clara	33-06.25
4	Gil-Silva, Nayeli	9	Alisal	33-06.50
5	Drake, Julianne	12	King's Academy	33-07.00
6	Guinto, Kirin		Design Tech	33-10.50
7	Coetzee, Lola	12	Christopher	34-01.50
8	Manchester, Lena	12	Aptos	34-01.75

Flight 3 of 4 Prelims

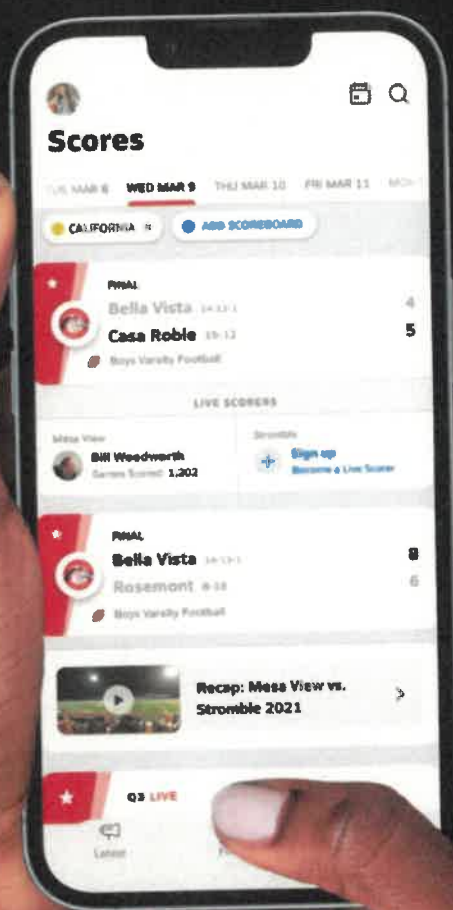
1	Huynh, Jenny	11	Andrew Hill	34-03.25
2	Beck, Emma	10	Salinas	34-03.50
3	Bald, Meagan	12	Pioneer	34-03.50
4	Metzler, Naomi	12	Carlmont	34-04.00
5	Churchill, Ava	11	Aptos	34-04.50
6	Purohit, Dhanashri	12	Leigh	34-07.50
7	Fan, Clara	10	Monta Vista	34-08.00
8	Newman, Suraya	11	St. Ignatius	34-10.50

Flight 4 of 4 Prelims

1	Rocca, Mariel	12	St. Ignatius	34-10.50
2	Lo, Abigail	12	Los Gatos	35-00.25
3	Franks, Emma	10	Hollister	35-01.00
4	Robledo, Maya	12	Santa Teresa	35-01.50
5	Prabhuram, Rithika	11	Evergreen Val.	35-06.50
6	Oun, Kiara	12	Yerba Buena	35-08.50
7	MacKenzie, Megan	12	Los Altos	36-04.50
8	Vincent, Hannah	10	Hollister	36-06.00



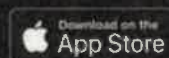
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Central Coast Section Track & Field Meet Records

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
<i>4 x 100 Relay</i>	Bellarmine (Devon Buenrostro, Kyle Macauley, Troy Martig, Earvin DaSilva), 41.37, 2016	Mt. Pleasant (Vashti Thomas, Jeneba Tarmoh, Marshay Brown, Diedre Pettigree), 46.55, 2006
<i>1600 M</i>	Nolan Topper, Bellarmine, 4:07.97, 2021	Anna Maxwell, 4:42.57, San Lorenzo Valley, 2013
<i>110HH/100HH</i>	Arend Watkins, 13.84c, Silver Creek, 1997	Vashti Thomas, 13.52, Mt. Pleasant, 2008
<i>400 M</i>	Calvin Harrison, 46.23, North Salinas, 1993	Leslie Maxie, 53.92, Mills, 1982
<i>100 M</i>	Tony Miller, 10.41, Archbishop Riordan, 1987	Khrystal Carter, 11.57, Valley Christian, 2005
<i>800 M</i>	Rick Brown, 1:50.7, Los Altos, 1970	Alicia Follmar, 2:07.79, Saratoga, 2005
<i>300 IH/300LH</i>	John Montgomery, 36.60, Independence, 1988	Leslie Maxie, 41.15c, Mills, 1984
<i>200 M</i>	Rubin Williams, 20.84, Valley Christian-SJ, 2002	Khrystal Carter, 23.69, Valley Christian, 2005
<i>3200 M</i>	Gordon MacMitchell, 8:58.7c, Gunn, 1973	Cory Shubert, 10:09.5, Del Mar, 1983
<i>4 x 400 Relay</i>	Los Altos (Bob Thompson, Larry Davis, Jim Andrews, Rick Brown), 3:15.8, 1970	Piedmont Hills (Timarya Baynard, Ellisa Bryant, Alexandra Diaz, Bianca Bryant), 3:48.98, 2012
<i>Long Jump</i>	Johnny Cleveland, 25'0, Soquel, 1984	Tisha Ponder, 20'06, Del Mar, 1996
<i>Triple Jump</i>	Harold Rucker, 50'11.5, Silver Creek, 1986	Vashti Thomas, 43'01.5., Mt. Pleasant, 2008
<i>High Jump</i>	Jeff Rogers, 7'3, Overfelt, 1985	Jenna Grimaldi, 6'0, St. Ignatius, 2001 Wendy Brown, 6'0, Woodside, 1984
<i>Pole Vault</i>	Nico Weiler, 17'06.25, Los Gatos, 2007	Erika Malaspina, 13'9, Pacific Collegiate, 2016
<i>Discus</i>	Nik Kay, 204'10, Los Gatos, 2003	Elena Bruckner, 168'8, Valley Christian, 2016
<i>Shotput</i>	Steve Wilhelm, 63' 8.5, Fremont, 1967	Elena Bruckner, 53'8.25, Valley Christian, 2016
<i>Ambulatory 100</i>	Ashton Pluckhan, 14.96, Christopher, 2022	Ella Rodriguez, 16.10, Christopher, 2022
<i>Ambulatory 200</i>	Ashton Pluckhan, 34.18, Christopher, 2022	Isabella Browne, 40.53, Christopher, 2022
<i>Ambulatory 400</i>	Ashton Pluckhan, 1:20.08, Christopher, 2022	Isabella Browne, 1:39.21, Christopher, 2022
<i>Ambulatory Shot</i>	Ashton Pluckhan, 16' 8, Christopher, 2022	Ella Rodriguez, 29' 5, Christopher, 2022
<i>Wheelchair 100</i>	Brandon Louie, 21.52, Los Altos, 2022	-
<i>Wheelchair 200</i>	Brandon Louie, 40.72, Los Altos, 2022	-
<i>Wheelchair 400</i>	Brandon Louie, 1:22.69, Los Altos, 2022	-
<i>Wheelchair Shot</i>	Brandon Louie, 15'11.5, Los Altos, 2022	-

CCS Track Field Champions

BOYS	100	220/200	440/400	880/800
1966	Jim Marshall, Ravenswood, 9.9 (100y)	Cal Robinson, Overfelt, 21.6 (220 yd)	Bill Chapman, Los Altos, 49.8 (440y)	Fred James, Seaside, 1:55.7 (880y)
1967	Brad Lyman, Los Altos, 9.7 (100y)	Byron Wilson, Santa Cruz, 21.7 (220 yd)	Randy White, Mills, 49.6 (440y)	Jerry Tompsett, Cupertino, 1:58.9 (880y)
1968	Brad Lyman, Los Altos, 9.9 (100y)	Brad Lyman, Los Altos, 21.7 (220 yd)	Frank Hughes, Cupertino, 49.5 (440y)	Rick Brown, Los Altos, 1:54.2 (880y)
1969	Al Marshall, Santa Cruz, 10.2	Al Marshall, Santa Cruz, 22.7 (220 yd)	Benny Brown, Sunnyvale, 48.5 (440y)	Rick Brown, Los Altos, 1:55.9 (880y)
1970	Chuck Bommarito, Crestmoor, 9.7 (100y)	Chuck Bommarito, Crestmoor, 21.4 (220 yd)	Rick Brown, Los Altos, 47.1 (440y)	Rick Brown, Los Altos, 1:50.6 (880y)
1971	Chuck Bommarito, Crestmoor, 9.8 (100y)	Chuck Bommarito, Crestmoor, 21.4 (220 yd)	Benny Brown, Sunnyvale, 48.2 (440y)	Mike Tyrell, Saratoga, 1:52.2 (880y)
1972	Millard Hampton, Silver Creek, 9.7 (100y)	Millard Hampton, Silver Creek, 21.5 (220 yd)	Ken Williams, Mount Pleasant, 48.7 (440y)	Jack Wandro, Serra, 1:55.3 (880y)
1973	Millard Hampton, Silver Creek, 9.7 (100y)	Millard Hampton, Silver Creek, 21.6 (220 yd)	John Siirila, Buchser, 49.1 (440y)	Jeff Cleary, R.L. Stevenson, 1:53.2 (880y)
1974	Millard Hampton, Silver Creek, 9.8 (100y)	Millard Hampton, Silver Creek, 20.9 (220 yd)	Don MacKenzie, Menlo-Atherton, 49.5 (440y)	Dave Hamilton, Leigh, 1:53.4 (880y)
1975	Keith Taylor, Piedmont Hills, 9.6 (100y)	Keith Taylor, Piedmont Hills, 21.5 (220 yd)	Don Coulter, Harbor, 48.2 (440y)	Conrad Suhr, Leigh, 1:51.4 (880y)
1976	Glenn Cannon, Mount Pleasant, 9.8 (100y)	Glenn Cannon, Mount Pleasant, 21.6 (220 yd)	Keith Taylor, Piedmont Hills, 47.8 (440y)	Tom Light, Pacific Grove, 1:52.9 (880y)
1977	Dwayne Green, Ayer, 10.3 (100y)	Mark Stewart, Camden, 21.6 (220 yd)	Patrick Holcombe, Hill, 49.99 (440y)	Bruce Jensen, Buchser, 1:53.12 (880y)
1978	Dwayne Taylor, Overfelt, 9.7 (100y)	Bill Green, Cubberley, 21.5 (220 yd)	Bill Green Cubberley, 47.0 (440y)	Benny Trujillo, Gilroy, 1:55.4 (880y)
1979	Bill Green, Cubberley, 9:56 (100y)	Carl Montgomery, SSF., 21.68 (220 yd)	Bill Green, Cubberley, 46.73 (440y)	Benny Trujillo, Gilroy, 1:55.3 (880y)
1980	Eric Washington, Woodside, 10.75	Eric Washington, Woodside, 21.35	Antony Toney, North Salinas, 47.79	Scott Oliver, Los Gatos, 1:53.62
1981	Reggie Grimes, Hill, 10.81	Reggie Grimes, Hill, 21.52	Kerry Threats, Westmoor, 48.39	Oran Woods, Milpitas, 1:53.8
1982	Tom Meil, Gunn, 11.05	Joe Price, Seaside, 22.14	Kerry Threats, Westmoor, 48.79	Randy Pangelina, Lick, 1:53.8
1983	Anthony Hodges, Menlo-Atherton, 10.80	Jim Reyes, Independence, 21.80	Mike Davidson, St. Francis, 48.17	Bowe, Pacific Grove, 1:53.4
1984	Henry Barba, Lick, 10.69	Louis Fortman, Milpitas, 21.5	Mike Davidson, St. Francis, 48.25	Keith Allen, Bellarmine, 1:52.94
1985	Henry Barba, Lick, 10.75	Henry Barba, Lick, 21.6	Andre Taylor, Woodside, 48.6	Neil Fitzgerald, St. Ignatius, 1:54.3
1986	Chip Vargas, Wilcox, 10.61	Tony Miller, Riordan, 21.57	Floyd Barco, Monterey, 47.47	Neil Fitzgerald, St. Ignatius, 1:54.1
1987	Tony Miller, Riordan, 10:41w	Tony Miller, Riordan, 21.06w	Robert Myles, North Monterey County, 48.62	Joe Amendt, Lick, 1:53.9
1988	Benari Burroughs, Independence, 10.42	Benari Burroughs, Independence, 21.20	Brian Flawellen, Riordan, 48.53	Joe Amendt, Lick, 1:53.9
1989	Terrence Hill, Oak Grove, 10.86	Terrence Hill, Oak Grove, 21.93	Curtis Shearer, Silver Creek, 48.74	Craig Magness, Santa Teresa, 1:53.33
1990	Terrance Hill, Oak Grove, 10.97	Terrance Hill, Oak Grove, 22.20	Curtis Shearer, Silver Creek, 48.36	Craig Magness, Santa Teresa, 1:53.79
1991	Ato Boldon, Piedmont Hills, 10.57	Ato Boldon, Piedmont Hills, 21.49	Shante Williams, Independence, 47.78	Nick Green, Los Gatos, 1:55.1
1992	Shon Lewis, Wilcox, 10.67	Richard Dupree, Mount Pleasant, 21.43	Richard Dupree, Mount Pleasant, 47.43	Mitchell, Monterey, 1:53.13
1993	Shon Lewis, Wilcox, 10.66	Calvin Harrison, North Salinas, 20.95	Calvin Harrison, North Salinas, 46.23	Jason Williams, Gunn, 1:53.57
1994	Shaun Williams, Silver Creek, 10.74	Felton Charles, Westmoor, 21.31	Felton Charles, Westmoor, 47.73	Jason Williams, Gunn, 1:55.88
1995	Bashir Livingston, Seaside, 10.69	Bashir Livingston, Seaside, 21.41	Mike Ward, Alisal, 48.38	Jeremy Riddle, Gunn, 1:54.14
1996	Damon Hamm, Milpitas, 10.57	Damon Hamm, Milpitas, 21.52	Curtis Napoleon, Del Mar, 48.63	Kareem Morrell, San Jose, 1:54.8
1997	Chris Vivit, North Monterey County, 10.5	Kenny Slaton, Oak Grove, 21.53	Ernesto Salinas, Gilroy, 48.18	Brendan Fitzgibbon, St. Ignatius, 1:53.15
1998	Donte Mack, Del Mar, 10.96	Tyrol Springs, North Salinas, 21.87	Ernest Salinas, Gilroy, 47.78	Temo Trujillo, North Monterey County, 1:54.82
1999	Khari Jones, Gunn, 10.92	Hung Nguyen, Silver Creek, 22.03	Benyam Mulugeta, Palo Alto, 49.02	Stephen Nestinger, Santa Clara, 1:54.86
2000	Antwon Guidry, Leigh, 10.85	Antwon Guidry, Leigh, 21.96	Juan Cruz, Palma, 48.69	Matt Bates, Los Gatos, 1:54.12
2001	Antwon Guidry, Atlanta, 10.61	Antwon Guidry, Atlanta, 21.39	Brian Edwards, Los Gatos, 48.69	Matt Bates, Los Gatos, 1:52.35
2002	Rubin Williams, Valley Christian, 10.37w	Rubin Williams, Valley Christian, 20.84	Daniel Mello, Leland, 48.52	Jacob Evans, Aptos, 1:55.30
2003	Ronnie Drummer, North Salinas, 10.65	Ronnie Drummer, North Salinas, 21.36	Angelo Fobbs-Valentino, Serra, 48.66	Jacob Evans, Aptos, 1:54.02
2004	Ronnie Drummer, North Salinas, 10.55	Ronnie Drummer, North Salinas, 21.47	Taimur Khan, Lymbrook, 48.28	Francis Gadayana, Riordan, 1:55.10
2005	Mark Ilarina, Riordan, 10.84;	Tyrone McGraw, Riordan, 21.99;	Don Gaspar, Los Gatos, 48.64;	Miguel Camarena, Salinas, 1:54.80;
2006	Dominique Hunsucker, Valley Christian, San J	Michel Phillips, Monterey, 21.66	Michael Phillips, Monterey, 48.40	Sam Pompei, St. Francis-Mtn. View, 1:56.28
2007	Reggis Topps, North Monterey County, 10.97	Michael Avila, Seaside, 21.89	Thomas Phillips, Bellarmine, 49.16	Sebastian Sam, Oak Grove, 1:54.67
2008	Kendall Spencer, San Mateo, 10.81	Joel Kemper, Monterey, 22.00	Joel Kemper, Monterey, 48.61	Sebastian Sam, Oak Grove, 1:53.29
2009	Kendall Spencer, San Mateo, 10.89	Kendall Spencer, San Mateo, 21.72	Josh Tran, Independence, 49.20	Nathan Strum, Pioneer, 1:54.84
2010	Bryon Marshall, Valley Christian, 10.67	Julius Travis, Gilroy, 21.83	Benhamin Knight, Overfelt, 49.45	Nathan Strum, Pioneer, 1:53.00
2011	Jourdan Soares, Gilroy, 10.66	JTier Favors, Gunderson, 21.84	Andre Chapman, Bellarmine, 49.09	Chris Waschura, Woodside, 1:56.61
2012	E.J. Floreal, Palo Alto, 10.81	E.J. Floreal, Palo Alto, 21.84	Elit Surovell, Carlmont, 48.98	Cody Johnson, San Lorenzo Valley, 1:53.49
2013	Khalid Johnson, St. Francis, 10.71	Sumit Minocha, Harker, 21.43	Michael Beery, San Mateo, 48.78	David Aguilar, Oak Grove, 1:52.15
2014	Eli Givens, Palo Alto, 10.83	Alex Morris, Santa Cruz, 21.73	Jeremy Wright, Terra Nova, 47.01	Jesus Covarrubias, Wilcox, 1:54.11
2015	Eli Givens, Palo Alto, 10.91	Eli Givens, Palo Alto, 21.54	Shraee Harrison, San Benito, 49.79	Draven Hawk, Scotts Valley, 1:55.87
2016	Jared Geredes, Los Gatos, 10.71	Eli Givens, Palo Alto, 21.64	Zack Miller, Pacific Grove, 48.57	Benjamin Micallef, Bellarmine, 1:52.29
2017	Brandon Bains, St. Francis, 10.75	Brandon Baines, St. Francis, 22.00	Andy Buchanan, Milpitas, 49.29	Alex Scales, Bellarmine, 1:52.34
2018	Nikolas Trofort, Valley Christian, 10.90	Nikolas Trofort, Valley Christian, 21.94	Adam Saleh, Branham, 48.81	Jason Gomez, Westmont, 1:52.89
2019	Azjani McGill, Monterey, 10.82	Azjani McGill, Monterey, 21.56	Omodiaogbe Oboh, Santa Teresa 48.71	Garrett MacQuiddy, Westmont 1:54.83
2020	no meet was held	no meet was held	no meet was held	no meet was held
2021	Evan Johnson, Stevenson, 10.85	Evan Johnson, Stevenson, 22.10	Yutaka Roberts, El Camino, 49.56	Yutaka Roberts, El Camino, 1:53.32
2022	Evan Johnson, Stevenson 10.54	Evan Johnson, Stevenson 21.49	Jeremiah Earby, Menlo-Atherton 49.35	Jeremy Kain, Scotts Valley 1:51.32

CCS Track Field Champions

GIRLS	100y / 100m	220y / 200m	440y / 400m	880y / 800m
1974	Beverly James, Silver Creek, 11.5 (100y)	Sue Hanley, Pioneer, 25.6 (220y)	Sharon Nichols, Menlo Atherton 59.8 (440y)	Amy Huyck, Aptos 2:24.7 (880y)
1975	Mary Ellis, Yerba Buena 11.1 (100y)	Mary Ellis, Yerba Buena 25.3 (220y)	Lenzi. Peterson, Harbor 57.4* (440y)	Ann Huyck, Aptos 2:19.9 (880y)
1976	Kris Costello, Lynbrook, 11.2 (100y)	Kris Costello Lynbrook 25.4 (220y)	Marquita Belk, Silver Creek 56.0 (440y)	Becky Barrett, Branham 2:18.9 (880y)
1977	Eloise Mallory, Silver Creek 11.8 (100y)	Kris Costello, Lynbrook 24.79 (220y)	Marquita Belk, Silver Creek 56.12 (440y)	Ann Regan, Camden, 2:11.30 (880y)
1978	Kelia Bolton, Andrew Hill 11.4 (100y)	Kelia Bolton, Andrew Hill, 23.9 (220y)	Marquita Belk, Silver Creek 55.7 (440y)	Ann Regan, Camden 2:10.3 (880y)
1979	Lola Rockwell, Gunn 11.16 (100y)	Vanessa Woods, Jefferson 25.03 (220y)	Sherrill Miller, Fremont 56.79 (440y)	Ann Regan, Camden 2:09.0 (880y)
1980*	Gurtha Pounds, Live Oak 12.38	Gurtha Pounds, Live Oak 25.11	Sherrill Miller, Fremont 54.99	Marla King, Ayer 2:09.87
1981	Julie Middleton, San Mateo, 11.9	Ronda Robinson, San Carlos, 24.54	Brenda Brewer, Hillsdale, 55.74	Tracy Weber, Lynbrook, 2:08.6
1982	Gurtha Pounds, Live Oak 12.19	Brenda Brewer, Hillsdale 24.64	Leslie Maxie, Mills 53.92	Sharon Yaninek, Presentation 2:11.2
1983	Mina Hutchins, Independence 12.02	Johnson, Aptos 24.77	Leslie Maxie, Mills 54.82	Kristen Dowell, Santa Teresa 2:10.5
1984	Karen Lawson, St. Francis 12.06	Nicole Caldwell, Redwood Chris. 25.13	Kristen Dowell, Santa Teresa 56.47	Kristen Dowell, Santa Teresa 2:08.04
1985	LaShun Peters, Woodside 12.0	Leslie Maxie, Mills 24.83	Andreen Alvarenga, Mitty 56.66	Kristen Dowell, Santa Teresa 2:10.0
1986	Nicole Caldwell, Redwood Christian 12.08	Roslyn Mack, St. Francis 25.01	Andreen Alvarenga, Mitty 55.71	Alicia Guckenheimer, Westmont 2:15.1
1987	Karen Lawson, St. Francis 12.11	Andreen Alvarenga, Mitty 24.78	Roslyn Mack, St. Francis 56.3	Janet Bowie, Woodside 2:17.8
1988	Annette Coleman Carlmont 11.95	Roslyn Mack, St. Francis 24.29	Roslyn Mack, St. Francis 55.29	Tasha Handy, Mitty 2:15.6
1989	Annette Coleman, Carlmont 11.92	Annette Coleman Carlmont 24.15	Roslyn Mack, St. Francis 55.63	Beth Bartholomew, Fremont 2:14.27
1990	Michelle Ferguson, Independence, 12.44	Angie Nurisso, St. Francis 25.32	Angie Nurisso, St. Francis 57.51	Beth Bartholomew, Fremont 2:15.59
1991	Lisa Bittner, Leigh 12.32	Rachael Parrish, Wilcox 25.04	Rachel Parrish Wilcox 56.82	Meg Veeder, Los Gatos 2:17.4
1992	Cherice Ellison, Mt. Pleasant 12:26	Cherice Ellison, Mt. Pleasant 24.61	Sylvia Piesiak Menlo Atherton 56.41	Lisa Crouch, Aptos 2:16.66
1993	Lisa Bittner, Leigh 12.19	Lisa Bittner, Leigh 24.68	Veronica Woods, Independence 56.91	Lisa Crouch, Aptos 2:16.67
1994	Kim Hay, Los Gatos 12.34	Shavonne Jennings, Woodside 24.87	Sylvia Piesiak, Menlo Atherton 56.13	Maria Pleyte, San Benito 2:17.34
1995	Stephanie Chavez, Los Gatos 12:29	Stephanie Chavez, Los Gatos 24.93	Tisha Ponder, Del Mar 57.41	Laneisha McPherson, Silver Creek 2:15.62
1996	Damesha Craig, St. Francis 12:05	Damesha Craig, St. Francis 24.13	Shavone Jennings, Woodside 56.36	Lina Biber-Ferro, Los Gatos 2:15.39
1997	Damesha Craig, Menlo 11.6	Damesha Craig, Menlo 23.93	Monica Coleman, Gunn 55.75	Stephanie Chavez, Los Gatos 2:12.2
1998	Sani Roseby, Monterey 11.93	Sani Roseby, Monterey 24.34	Dominique Haley, Leland 47.77	Maureen Marquess, St. Francis 2:16.81
1999	Sani Roseby, Monterey 11.50	Sani Roseby, Monterey 23.92	Maggie Vessey, Soquel 55.32	Shannon Rowbury, Sacred Heart Cath. 2:13.30
2000	Sani Roseby, Monterey 11.84	Sani Roseby, Monterey 24.19	Maggie Vessey, Soquel 54.78	Shannon Rowbury, Sacred Heart Cath. 2:11.57
2001	Erin Curtis, Mitty 12.26	Christina Hardeman, Wilcox 25.09	Christina Hardeman, Wilcox 55.86	Shannon Rowbury, Sacred Heart Cath., 2:08.78
2002	Mary Meyman, Carlmont 12:16	Christina Hardeman, Wilcox 24.26	Christina Hardeman, Wilcox 54.41	Shannon Rowbury, Sacred Hrt. Cath. 2:08.74
2003	Veronica Walker, Oak Grove, 12.06	Veronica Walker, Oak Grove, 24.53	Ashley Monfort, Valley Christian SJ, 56.32	Cherie McPherson, Silver Creek, 2:11.13
2004	Nicole Theus, Carlmont, 11.98	Khrystal Carter, Valley Christian, 24.52	Seante Baker, Archbishop Mitty, 55.62	Christine Whalen, Archbishop Mitty, 2:10.85
2005	Khrystal Carter, Valley Christian, 11.57	Khrystal Carter, Valley Christian, 23.69	Mia Lattanzi, Palo Alto, 56.18;	Alicia Follmar, Saratoga, 2:07.79
2006	Jeneba Tarmoh, Mt. Pleasant 11.39	Jeneba Tarmoh, Mt. Pleasant, 23.47	Kristen Houpp, Valley Christian 55.88	Mia Lattanzi, Palo Alto, 2:09.65
2007	Jeneba Tarmoh, Mt. Pleasant, 11.77	Jeneba Tarmoh, Mt. Pleasant, 24.05	Eileen Nguyen, Milpitas, 54.98	Renisha Robinson, Mitty, 2:09.08
2008	Vashti Thomas, Mount Pleasant, 11.95	Dahlys Marshall, Valley Christian, 24.52	Kristen Houpp, Valley Christian, 55.97	Mia Lattanzi, Palo Alto, 2:11.55
2009	Angela Gradiska, Pinewood, 11.76	Angela Gradiska, Pinewood, 24.05	Leshia Hardiman, Wilcox, 56.11	Justine Pedronic, Carlmont, 2:12.81
2010	Angela Gradiski, Pinewood, 11.82	Angela Gradiska, Pinewood, 24.60	Leshia Hardiman, Wilcox, 55:31	Melissa Hooper, Leigh, 2:12.10
2011	Alexandria Diaz, Piedmont Hills, 11.95	Alexandria Diaz, Piedmont Hills, 24.92	Asheley Bamberg, Andrew Hill, 56.02	Nikki Hiltz, Aptos, 2:12.65
2012	Micha Auzenne, St. Francis, 12.08	Jayla Scholis, Seaside, 25.23	Timarya Baynard, Piedmont Hills, 56.27	Nikki Hiltz, Aptos, 2:10.10
2013	Jayla Scholis, Seaside, 12.05	Madeline Price, Menlo, 24.30	Madeline Price, Menlo, 54.78	Nikki Hiltz, Aptos, 2:09.50
2014	vacated	Madeline Price, Menlo, 24.33	Madeline Price, Menlo, 54.67	Anna Maxwell, San Lorenzo Valley, 2:09.35
2015	Jasmine Moreno, Leigh, 12.16	Jade Harrison, Cupertino, 23.91	Timarya Baynard, Piedmont Hills, 54.99	Bianca Bryant, Piedmont Hills, 2:10.95
2016	Rachael Estell, Mountain View, 11.94	Jade Harrison, Cupertino, 23.98	Jade Harrison, Cupertino, 54.55	Mani Friedman, Santa Cruz, 2:12.72
2017	Maya Cook, Branham, 12.16	Maya Cook, Branham, 24.73	Mikayla Revere, Santa Catalina, 56.31	Mani Friedman, Santa Cruz 2:12.58
2018	Jessica Eagle, Menlo-Atherton 12.16	Maggie Hall, Menlo-Atherton 24.87	Camryn Crouch, San Lorenzo Valley, 56..20	Charlotte Tomkinson, Menlo, 2:11.01
2019	Jessica Eagle, Menlo-Atherton 12.07	Camryn Crouch, San Lorenzo Val. 24.97	Camryn Crouch, San Lorenzo Valley, 56..53	Charlotte Tomkinson, Menlo, 2:13.69
2020	no meet was held	no meet was held	no meet was held	no meet was held
2021	Kaley Peterson, St. Francis 12.23	Kaley Peterson, St. Francis 24.82	Isabelle Cairns, St. Francis 57.62	Luci Lambert, Sacred Heart Prep, 2:11.35
2022	Juliette Kosmont, Santa Catalina 12.16	Vanessa Su, Lynbrook 24.98	Hannah Rutherford, Mountain View 55.88	Lillian Kaelber, St. Francis 2:11:48

CCS Track Field Champions

BOYS	1 mile/1500	2 mile/3200	120y/110m HH	180yLH / 330yLH / 300mIH
1966	Jon Enscoe, Palo Alto, 4:22.6 (mile)	Tom Lydon, San Mateo, 9:27.5 (2 mile)	Randy Weil, 14.2 (120yHH)	Randy Weil, 19.1 (180yLH)
1967	Jon Enscoe, Palo Alto, 4:24.5 (mile)	Chris Carey, Carlmont, 9:36.6 (2 mile)	Randy White, Mills, 14.7 (120yHH)	Gene Delk, Hill, 18.6w (180yLH)
1968	Klaus Hoffman, St. Ignatius, 4:14.5 (mile)	Chris Carey, Carlmont, 9:13.3 (2 mile)	Jim Miller, Carlmont, 14.5 (120yHH)	Tom Phillips, Homestead, 19.4 (180yLH)
1969	Greg Coleman, Palo Alto, 4:19.2 (mile)	Jack Larson, Fremont, 9:24.0 (2 mile)	Chip Hough, Saratoga, 14.8 (120yHH)	Jim Petralia, Fremont, 19.8 (180yLH)
1970	Dave Chamness, Awalt, 4:14.6 (mile)	Bob McCarthy, St. Francis, 9:25.0 (2 mile)	Vic Brooks, Los Altos, 14.5 (120yHH)	Julian Lucas, Gunn, 19.1 (180yLH)
1971	Dave Chamness, Awalt, 4:14.2 (mile)	Bob Ebert, Willow Glen, 9:08.8 (2 mile)	Bill Wright, Silver Creek (120yHH)	Bill Spillman, Campbell, 18.9 (180yLH)
1972	Steve Miller, Carlmont, 4:12.5 (mile)	Steve Brooks, Mount Pleasant, 9:07.8 (2 mile)	Ike Almond, Serramonte, 14.1 (120yHH)	Bart Pierce, Crestmoor, 19.1 (180yLH)
1973	Steve Crowley, Gunn, 4:12.6 (mile)	Gordon MacMitchell, Gunn, 9:01.6 (2 mile)	Carl Florant, Palo Alto, 14.1 (120yHH)	Bill Napier, Lynbrook, 19.0 (180yLH)
1974	Conrad Suhr, Leigh, 4:13.8 (mile)	Mitch Kingery, San Carlos, 9:09.8 (2 mile)	Mark Mildbrandt, Cupertino, 14.4 (120yHH)	David Jakle, Los Altos, 19.7 (180yLH)
1975	Tadd Baker, Westmont, 4:17.6 (mile)	Ron Fritzke, Leigh, 9:05.0 (2 mile)	Ron Kennedy, Serramonte, 13.8 (120yHH)	David Jakle, Los Altos, 37.0 (330y LH)
1976	Mark Stillman, Willow Glen, 4:18.2 (mile)	Bobby Paulin, Camden, 9:13.3 (2 mile)	Tom Bobertz, Serramonte, 14.3 (120yHH)	Andre Phillips, Silver Creek, 37.3 (330y LH)
1977	Mark Stillman, Willow Glen, 4:08.7 (mile)	Ken Holladay, Gilroy, 9:11.4 (2 mile)	Byron Hawkins, Burlingame, 14.37 (120yHH)	Andre Phillips, Silver Creek, 36.50 (330y LH)
1978	Kobert Smith, Awalt, 4:12.0 (mile)	Carlos Carrasco, Mt Pleasant, 9:02.6 (2 mile)	Steve Guthrie, Cupertino, 14.0 (120yHH)	Troy Durio, Mount Pleasant, 36.7 (330y LH)
1979	Fernando Balderas, San Jose, 4:16.3 (mile)	Fernando Balderas, San Jose, 9:13.3 (2 mile)	Eric McPherson, Mt Pleasant, 14.56 (120yHH)	Jim Walker, Aragon, 37.85 (330y LH)
1980	Steve Samario, Leigh, 4:19.44 (mile)	Jeff Magallanes, Seaside, 9:14.25 (2 mile)	Reggie Hawkins, Hillsdale, 14.50	Ronnie Seanez, Gilroy, 37.40 (300m LH)
1981	Jeff Purrington, Willow Glen, 4:14.3 (mile)	Mike McCollum, Palo Alto, 9:03.4 (2 mile)	Ron Seanez, Gilroy, 14.73	Ron Seanez, Gilroy, 36.46 (300m LH)
1982	Gary Lewis, Gunderson, 4:18.9 (mile)	Scott Marconda, Menlo School, 9:24.5 (2 mile)	Erick Montgomery, Independence, 14.16	Erick Montgomery, Ind, 36.22 (300m LH)
1983	Tom Legan, Del Mar, 4:16.7 (mile)	Grant Foster, Monta Vista, 9:12.3 (2 mile)	Erick Montgomery, Independence, 13.90	Erick Montgomery, Ind., 35.86 (300m LH)
1984	Matt Guisto, San Mateo, 4:16.4 (mile)	Matt Guisto, San Mateo, 9:07.1 (2 mile)	Cary Nobles, Independence, 14.27	Cary Nobles, Independence, 37.9 (300m IH)
1985	John Domingue, Leigh, 4:19.7	John Domingue, Leigh, 9:18.4	Kevin McPherson, Mount Pleasant, 14.57	Mike King, Menlo-Atherton, 37.1
1986	Russell Hill, Hill, 4:16.1	Craig Blockhus, Mountain View, 9:03.2	Pete Kolotouros, Lynbrook, 14.13	William Gaines, Independence, 37.33
1987	Scott Robinson, Bellarmine, 4:14.4	Brett Mack, Carlmont, 9:30.1	John Montgomery, Independence, 14.09	John Montgomery, Independence, 37.6
1988	Eric Axtell, St. Francis, 4:20.6	Brett Mack, Carlmont, 9:24.4	Martin Greer, Silver Creek, 14.37	John Montgomery, Independence, 36.60
1989	Matt Ringer, Homestead, 4:18.73	Mike Brown, Gunn, 9:26.3	Pete Simmons, Oak Grove, 14.60	Rocky Morris, Hill, 37.78
1990	Matt Ringer, Homestead, 4:15.5	John Hannon, Woodside, 9:15.4	Rocky Morris, Hill, 14.08	Rocky Morris, Hill, 37.47
1991	Jeff Arnold, York, 4:18	Scott Dowens, Leigh, 9:29.2	Issac Carson, Jefferson, 14.57	David Swan, St Ignatius, 38.90
1992	Mark McManus, St. Ignatius, 4:16.98	Mohammad Elmi, Mount Pleasant, 9:20.84	Terry Fulton, Mount Pleasant, 14.57	Terry Fulton, Mount Pleasant, 38.11
1993	Juan Pinal, Overfelt, 4:16.72	Jason Balkman, Lynbrook, 9:15.15	Coke Edmon, Bellarmine, 14.78	Coke Edmon, Bellarmine, 37.67
1994	Todd Dando, Bellarmine, 4:19.9	Jason Balkman, Lynbrook, 9:16.7	Coke Edmon, Bellarmine, 14.58	Coke Edmon, Bellarmine, 37.25
1995	Enrique Torres, Silver Creek, 4:16.39	Enrique Torres, Silver Creek, 9:19.15	Dan Nord, Los Altos, 14.36	Lenzie Jackson, Milpitas, 38.41
1996	Daniel Sikiric, Leland, 4:14.16	Brad Hansen, St. Ignatius, 9:17.22	Joe Naivalu, Fremont, 13.65w	Joe Naivalu, Fremont, 37.17
1997	Brendan Fitzgibbon, St. Ignatius, 4:13.00	Gary Passanisi, Aptos, 9:21.44	Arend Watkins, Silver Creek, 13.6	Guy McGowan, Leigh, 38.34
1998	Joma DeWald, Soquel, 4:16.90	Gary Passanisi, Aptos, 9:19.52	Thomas Hocker, Silver Creek, 14.6	Guy McGowan, Leigh, 37.32
1999	D.J. Ozan, Del Mar, 4:21.26	Ben Morales, Hollister, 9:14.95	Ronnie Grant, Mount Pleasant, 14.55	Ronnie Grant, Mount Pleasant, 38.57
2000	Neil McDonagh, St. Ignatius, 4:16.84	Gimay Guangul, Santa Clara, 9:16.38	Maurice Mann, Monterey, 14.80	Brandon Williams, Mount Pleasant, 38.81
2001	Matt Bates, Los Gatos, 4:15.75	Brent Gotcher, Aptos, 9:15.27	Ian Kenworthy, St. Francis, 14.68	Timi Wusu, Palo Alto, 38.39
2002	Alex Dunn, San Lorenzo Valley, 4:15.75	Brent Gotcher, Aptos, 9:09.78	Jeremy Leibs, Aragon, 14.68	William Faules, Homestead, 38.95
2003	Jacob Evans, Aptos, 4:11.09	Jeremy Mineau, Menlo-Atherton, 9:11.11	Will Faules, Homestead, 14.61	Will Faules, Homestead, 38.75
2004	Jacob Evans, Aptos, 4:15.00	Jeremy Mineau, Menlo-Atherton, 9:01.54	Scott Robinson, Santa Clara, 14.99	Mathew Wrigler, Aragon, 38.50
2005	Evan Anderson, Menlo-Atherton, 4:16.76;	Ben Sitter, St. Francis, 9:21.11;	Eric Hersey, Los Altos, 14.45;	Scott Robinson, Santa Clara, 38.40;
2006	Ben Sitter, St. Francis-Mtn. View, 4:15.06	Ben Sitter, St. Francis-Mtn View, 9:13.99	Justin Ta, Silver Creek, 14.38	300mIH-Matt Wheeler, Menlo Atherton, 38.45
2007	Brad Suhr, Carlmont 4:15.69	Phillip MacQuitty, Palo Alto, 9:11.99	Eric Hersey, Los Altos, 14.22	Eric Hersey, Los Altos 37.67
2008	Brad Suhr, Carlmont, 4:11.24	Diego Estrada, Alisal, 9:06.51	Mykel Block, Monterey, 14.54	Eric Surprenant, Lynbrook, 37.65
2009	Nohe Lema, Willow Glen, 4:15.42	Lance Wolffsmith, Sobrato, 9:07.10	Peter Guenther, Gilroy, 14.68	Peter Guenther, Gilroy, 38.16
2010	Weston Sturm, Pioneer, 4:12.16	Weston Sturm, Pioneer, 9:17.61	John Paul Williams, Westmoor, 14.81	Ryo Kubozono, Cupertino, 38.84
2011	Chris Waschura, Woodside, 4:19.00	Kevin Bishop, Monta Vista, 9:09.74	Sean Goetzl, Aptos, 14.61	Scott Medina, San Benito, 38.34
2012	George Baier, Menlo-Atherton, 4:20.77	Kevin Bishop, Monta Vista, 9:09.57	Kamara Biawogi, Prospect, 14.42	Cameron Vaca, Archbishop Mitty, 37.96
2013	Miguel Vasquez, Andrew Hill, 4:12.48	Yohaness Estifanos, Milpitas, 9:07.58	Jalen Wright, Bellarmine, 13.91	Jalen Wright, Bellarmine 37.52
2014	James Welsh, Monterey, 4:18.93	Chris Foster, Los Gatos, 9:20.22	Ashtyn Davis, 14.19	Devin Hinson, Palma, 38.02
2015	Johain Ounadjela, Carlmont, 4:14.03	Steven Sum, Saratoga, 9:24.62	Aidan Kirwan, Branham, 14.38	Aidan Kirwan, Branham, 38.23
2016	Matthew Richardson, Bellarmine, 4:17.39	Justin Robison, Lynbrook, 9:12.41	Sam Schubert, San Lorenzo Valley, 14.08	Andrew Cenidoza, Mt. Pleasant, 38.62
2017	Alex Scales, Bellarmine, 4:13.49	Robert Miranda, Menlo, 9:10.26	Blake Rose, Archbishop Mitty, 14.75	Isaki Wada-Law, Los Gatos, 38.67
2018	Alex Scales, Bellarmine, 4:16.12	Owen MacKenzie, Los Altos, 9:07.95	Masaki Wada-Law, Los Gatos, 14.14	Tyler Mak, Junipero Serra, 38.37
2019	Colin Peattie, Bellarmine 4:11.52	Colin Peattie, Bellarmine, 9:27.42	Masaki Wada-Law, Los Gatos, 14.49	Joey Monti, Los Gatos, 38.09
2020	no meet was held	no meet was held	no meet was held	no meet was held
2021	Nolan Topper, Bellarmine 4:07.97	Nolan Topper, Bellarmine, 9:12.78	Shawn Toney, Los Altos, 15.16	Kathir Balakrishnan, Fremont, 38.68
2022	Jeremy Cain, Scotts Valley 4:14.10	Michael Julian, York 9:03.5	Ben Kin Ho Tsang, Independence 14.17	Ben Kin Ho Tsang, Independence 37.32

CCS Track Field Champions

GIRLS	1 Mile / 1600m	2 Mile / 3200m	800 LH / 1100LH / 1600mHH	330 y / 300m LH
1974	Brenda Dake, Salinas 5:28.3 (mile)	not contested	Kathy Schentrup, Willow Glen 11.5 (80yLH)	not contested
1975	Sue Mundy, Lincoln 5:09.1 (mile)	not contested	Kathy Schentrup, Willow Glen 11.0 (80yLH)	not contested
1976	Sue Mundy, Lincoln 5:04.7 (mile)	not contested	Kris Costello, Lynbrook 10.6 (80yLH)	not contested
1977	Vickie Bray, Los Altos 4:42.97 (mile)	Roxanne Bier, Independence 11:08.60 (2 mile)	Kris Costello, Lynbrook 14.25 (110y)	not contested
1978	Tracy Weber, Lynbrook 4:58.8 (mile)	Roxanne Bier, Independence 10:37.8 (2 mile)	Kim Costello, El Camino 13.9 (110y)	not contested
1979	Tracy Weber, Lynbrook 4:56.1 (mile)	Roxanne Bier, Independence 10:36.6 (2 mile)	Mary Crevett, St. Francis 14.3 (110y)	not contested
1980*	Tracy Weber, Lynbrook 4:56.85 (mile)	Roxanne Bier, Independence 10:46.76 (2 mile)	Gretchen Mills, Gunn 14.52	not contested
1981	Tracy Weber, Lynbrook 4:52.5 (mile)	Carol Gleason, Lynbrook, 10:39.7 (2 mile)	Kim Horn, Soquel, 14.52	Margaret Demorest, Buchser 44.47 (330y)
1982	Mary Jo Barry, Leigh 5:01.5 (mile)	Nanette Garcia, Silver Creek 10:39.7 (2 mile)		Roberta Eccles, Gunderson 44.06 (300m)
1983	Cory Schubert, Del Mar 4:50.2 (mile)	Cory Schubert, Del Mar 10:09.5 (2 mile)	Leslie Maxie, Mills 14.14	Roberta Eccles, Gunderson 43.5 (330y)
1984	Shannon Clark, Mt. View 4:57.18 (mile)	Rebecca Chamberlain, Leigh 10:54.7 (2 mile)	Leslie Maxie, Mills 13.76w	Leslie Maxie, Mills 41.39 (330y)
1985	Kristen Dowell, Santa Teresa 4:54.8	Laurie Chapman, Gunderson 10:29.9	Stacy Kuehnis, Los Gatos 14.43	(300m)
1986	Laurie Chapman, Gunderson 4:48.7	Laurie Chapman, Gunderson 10:15.2	Lori Finnerty, Piedmont Hills 14.14	Gina Albanese, Branham 43.51
1987	Mary Mendoza, Presentation 4:52.1	Mary Mendoza, Presentation 10:28.8	Effie Daetz, Leigh 13.63	Effie Daetz, Leigh 43.00
1988	Katy McCandless, Castilleja 4:57.5	Katy McCandless, Castilleja 10:47.1	Keri Sanchez, Santa Teresa 43.23	Keri Sanchez, Santa Teresa 43.23
1989	Beth Bartholomew, Fremont 4:57.74	Lewis, Santa Catalina 11:00.3	Keri Sanchez, Santa Teresa 14.15	Keri Sanchez, Santa Teresa 42.88
1990	Beth Bartholomew, Fremont 5:03.4	Kate Sweeney, Leigh 10:51.9	Keri Sanchez, Santa Teresa 14.09	Keri Sanchez, Santa Teresa 43.44
1991	Susie Jones, Carlmont 5:02.8	Diane Harlick, Mills 11:03.3	Lisa Collet Lynbrook 14:31	Hanneke Jamison, Fremont 44.81
1992	Lisa Crouch, Aptos 5:07.22	Miranda Middlecoff, Los Gatos 11:01.9	Jennifer Odom, Independence 14:24	Angela Hill, Mt. Pleasant 44.15
1993	Christine Stavalone, Presentation 5:03.74	Domitilla Torrens, St. Francis 11:03.46	Jennifer Odom, Independence 14.2	Jennifer Odom Independence 43.5
1994	Christine Stavalone, Presentation 4:57.8	Silva, Aptos 11:09.3	Jennifer Odom, Independence 14.4	Kim Veeder, Los Gatos 44.45
1995	Laneisha McPherson, Silver Creek 5:01.93	Maria Pleyte, San Benito 11:09.78	Gina Ocegueda, St. Francis 14.97	Leanne Slater, Pioneer 44.97
1996	Deborah Bleisch, Silver Creek 5:04.00	Emily Allison, Leland 11:07.53	Tisha Ponder, Del Mar 14.17	Tisha Ponder, Del Mar 41.718
1997	Anne-Elyse Smith Aptos 5:10.94	Marie Schlueter, St. Ignatius 10:58.8	Damesha Craig, Menlo 14.65	Mandy Mazik, Capuchino 32.9
1998	Anne-Elyse Smith, Aptos 4:58.2	Katie Appenrodt, St. Ignatius, 10:40.95	Kelly Watson Milpitas 14.54	Kelley Watson, Milpitas 43.60
1999	Alejandra Barrientos, SLV, 4:50.05	Lauren Gustafson, Mills 10:40.52	Sani Roseby, Monterey, 13.56	Undine Becker, Mt. Pleasant 44.47
2000	Alejandra Barrientos, SLV, 4:47.56*	Alejandra Barrientos, SLV., 10:56.01	Tamara Guley, Oak Grove 13.76	Undine Becker, Mt. Pleasant 43.01
2001	Alejandra Barrientos, SLV 4:51.20	Ruth Graham, Gunn 10:50.89	Undine Becker, Mt. Pleasant 13.74	Undine Becker, Mt. Pleasant 43.63
2002	Shannon Rowbury, Sac.Hrt Cath. 4:55.81	Ruth Graham, Gunn 10:32.06	Mary Meyman, Carlmont, 14.29	Lorraine Swaby, MV Christian 44.48
2003	Alicia Follmar, Saratoga, 4:52.74	Ruth Graham, Gunn, 10:43.07	Galina Becker, Mt. Pleasant, 14.45	Danielle Povia, Milpitas, 44.39
2004	Alicia Follmar, Saratoga, 4:53.88	Tori Tyler, Gunn, 10:49.11	Allie Miller, Los Altos, 14.77	Allie Miller, Los Altos, 44.17
2005	Alicia Follmar, Saratoga, 4:52.66	Tori Tyler, Gunn, 10:31.04;	Vashti Thomas, Mount Pleasant, 14.70	Kelli Okuji, Stevenson, 45.54
2006	Taylor Johnson, SLV, 4:57.97	Christina Barrientos, Harbor, 10:58.03	Vashti Thomas, Mt. Pleasant, 13.92	Kelli Okuji, Stevenson, 44.24
2007	Taylor Johnson, SLV, 4:59.28	Katy Daly, St. Ignatius, 10:47.87	Vashti Thomas, Mt. Pleasant, 13.76	Thea Lee, Carmel, 43.86
2008	Taylor Johnson, SaV, 4:54.28	Jessie Petersen, Carlmont, 10:56.89	Vashti Thomas, Mount Pleasant, 13.52	Katie Nelms, Leland, 43.11
2009	Courtney Allen, San Benito, 4:59.08	Jessie Petersen, Carlmont, 10:51.24	Hannah Goranson, Valley Christian, 14.53	Katie Nelms, Leland, 43.39
2010	Allison Sturges, Mountain View, 4:59.38	Erin Robinson, Gunn, 10:48.79	Hannah Goranson, Valley Christian 13.83	Katie Nelms, Leland, 43.03
2011	Nikki Hiltz, Aptos, 4:51.94	Anna Maxwell, San Lorenzo Valley, 10:46.48	Shanique Walker, Mt. Pleasant, 14.26	Lauren Madigan, St. Francis, 45.04
2012	Nikki Hiltz, Aptos, 4:51.89	Anna Maxwell, San Lorenzo Valley, 10:21.04	Micha Auzenne, St. Francis, 14.26	Jessica Davis, King City, 45.19
2013	Anna Maxwell, San Lorenzo Valley, 4:42.57	Anna Maxwell, San Lorenzo Valley, 10:22.02	Jessica Davis, King City, 14.72	Maya Miklos, Gunn, 43.39
2014	Anna Maxwell, San Lorenzo Valley, 4:43.82	Sarah Robinson, Gunn, 10:42.02	vacated	vacated
2015	Gillian Meeks, Gunn, 4:57.98	Cate Ratliff, Santa Cruz, 10:27.10	Caice Lanovaz, Los Gatos, 14.49	Maya Miklos, Gunn, 43.79
2016	Gillian Meeks, Gunn, 4:53.13	Nike Iyer, Harker, 10:29.52	Jazlynn Shearer, Silver Creek, 14.29	Caice Lanovaz, Los Gatos, 43.90
2017	Alex Stout, Pacific Collegiate, 4:57.47	Alex Stout, Pacific Collegiate, 10:38.79	Jazlynn Shearer, Silver Creek, 14.69	Chloe Kimes, Soquel, 44.76
2018	Marea Zlatunich, Aptos, 4:57.62	Anna Mokkapat, The Kings Academy, 10:47.91	Jazlynn Shearer, Silver Creek, 13.94	Kate Riordan, ND Salinas, 44.49
2019	Kyra Prete, Menlo, 5:01.58	Kaimei Gesuk, Carlmont, 10:42.15	Jazlynn Shearer, Silver Creek, 13.86	Abby Monte, Los Gatos, 44.18
2020	no meet was held	no meet was held	no meet was held	no meet was held
2021	Luci Lambert, Sacred Heart Prep, 4:54.36	Sylvana Northrop, Monta Bista, 10:46.72	Chika Nwachukwu, Silver Creek 15.24	Alison Tjoe, Lynbrook, 45.04
2022	Ashlyn Boothby, Scotts Valley 4:53.81	Lauren Soobrian, Los Altos 10:17.17	Chika Nwachukwu, Silver Creek 14.45	Chika Nwachukwu, Silver Creek 44.51

CCS Track Field Champions

BOYS	880y / 440y / 4x100m relay	Mile relay/4x400m relay	Shotput	Discus
1966	Ravenswood, 1:30.0 (880y)	no contested	Steve Wilhelm, 62-6 3/8	Steve Wilhelm, 171-11
1967	Capuchino, 1:29.5 (880y)	not contested	Steve Wilhelm, Fremont, 63-8 1/2	Bill Walker, Campbell, 162-8
1968	Menlo-Atherton, 42.8 (440y)	Los Altos, 3:22.5 (mile relay)	Ralph Show, Homestead, 56-11 1/4	Jim Penrose, Carlmont, 180-11
1969	Santa Cruz, 42.6 (440y)	Crestmoor, 3:23.8 (mile relay)	Chris Adams, Los Altos, 59-5	Mike Davis, Hillsdale, 185-7
1970	Overfelt, 42.5 (440y)	Los Altos, 3:15.8 (mile relay)	Chris Adams, Los Altos, 62-4	Chris Adams, Los Altos, 189-3 1/2
1971	Monterey, 42.6 (440y)	Awalt, 3:22.7 (mile relay)	Kim Aldrich, Fremont, 59-5 1/2	Scott Overton, Los Altos, 184-9
1972	Silver Creek, 42.1 (440y)	Mount Pleasant, 3:22.2 (mile relay)	Bret Mannon, Los Gatos, 62-6 1/2	Scott Overton, Los Altos, 191-1
1973	Los Altos, 42.3 (440y)	Buchser, 3:23.7 (mile relay)	Lonnie Sizemore, Lincoln, 56-6 1/2	Dave Hickson, Leland, 189-11
1974	Yerba Buena, 42.6 (440y)	Cupertino, 3:21.2 (mile relay)	Gary Bersano, Los Gatos, 59-5 1/2	Glenn Moore, Mount Pleasant, 184-2
1975	Woodside, 41.6 (440y)	Serramonte, 3:20.9 (mile relay)	Craig Watkins, Mitty, 59-5	Gary Bersano, Los Gatos, 179-2
1976	Piedmont Hills, 41.7 (440y)	Piedmont Hills, 3:20.6 (mile relay)	Mike Smith, San Mateo, 52-8	Mike Hamm, Soquel, 171-0
1977	Silver Creek, 42.40 (440y)	San Carlos, 3:20.53 (mile relay)	Pat Graham, Leland, 59-7	John Souza, Piedmont Hills, 177-8
1978	Mount Pleasant, 42.3 (440y)	San Carlos, 3:20.8 (mile relay)	Ron McKee, Camden, 60-2	Steve Struble, Sunnyvale, 185-1
1979	Cubberley, 42.07 (440y)	Cubberley, 3:18.39 (mile relay)	Steve Aimonetti, Campbell, 60-3	Rick Wevers, Awalt, 174-5
1980	Silver Creek, 41.83 (400m)	Mt Pleasant, 3:20.44 (4x400m relay)	Ray Bellantoni, Del Mar, 58-5	Dave Cowell, Gunn, 166-8
1981	Independence, 42.70 (440y)	Independence, 3:19.23	Tim Sutro, Del Mar, 61-1 1/2	Tim Sutro, Del Mar, 182-9 1/2
1982	Carlmont, 42.00 (440y)	Independence, 3:20.15	John Aimonetti, Blackford, 56-11 3/4	Dan Katches, Mills, 181-4
1983	Independence, 41.90 (440y)	Independence, 3:19.7	Troy Sheets, Del Mar, 56-3	Bob Shenk, Menlo-Atherton, 178-3
1984	Independence, 42.6 (440y)	St. Francis, 3:20.55	Fred Houston, Willow Glen, 60-2	Steve Dudley, Leland, 180-7
1985	Independence, 42.2 (400m)	Independence, 3:20.3	Dominic Fortino, Palma, 59-11	Jack Mohr, Los Altos, 167-1
1986	Independence, 42.58	Independence, 3:18.0	Scott Bunnell, Gunn, 63-2 1/2	Pellom McDaniels, Silver Creek, 176-6
1987	Independence, 42.17	Independence, 3:17.65	Andy Maloato, Pioneer, 54-1 1/2	John Wirtz, Leland, 183-5
1988	Independence, 41.54	Independence, 3:16.56	Joe Hicks, Hollister, 61-5	John Wirtz, Leland, 199-10
1989	Riordan, 42.28	Riordan, 3:19.90	Joe Hicks, Hollister, 62-1	John Fowler, Los Altos, 182-1
1990	Riordan, 41.94	Santa Teresa, 3:23.54	Kevin McMahon, Bellarmine, 57-11 1/2	Kevin Duffy, Aragon, 189-1
1991	Mount Pleasant, 42.38	Homestead, 3:20.37	Bruce Ventura, Yerba Buena, 56-1 1/2	Pete Swanson, Hollister, 179-11
1992	Westmoor, 42.51	Mount Pleasant, 3:18.32	Peter Swanson, Hollister, 59-7 1/2	Peter Swanson, Hollister, 191-9
1993	North Salinas, 41.63	North Salinas, 3:14.87	Jason Young, Piedmont Hills, 60-2 3/4	Jason Young, Piedmont Hills, 167-0
1994	Westmoor, 41.98	Westmoor, 3:20.2	Chris DeMartini, St. Ignatius, 55-5	Chris DeMartini, St. Ignatius, 195-6
1995	Milpitas, 41.65	Los Gatos, 3:18.89	Marc Mazzoni, Bellarmine, 57-9 1/4	Gordon Hovey, Monta Vista, 171-1
1996	Del Mar, 42.00	Del Mar, 3:19.43	Willie Howard, Los Altos, 58-5	Willie Howard, Los Altos, 171-1
1997	Gunderson, 41.60	Gunn, 3:18.65	Pete Bjorklund, Los Altos, 58-6	Mike Fought, Del Mar, 159-3
1998	North Salinas, 42.33	Gunderson, 3:19.24	Pete Bjorklund, Los Altos, 57-3	Brandon Goldstein, Piedmont Hills, 168-9
1999	Menlo-Atherton, 41.98	Milpitas, 3:22.53	Pete Bjorklund, Los Altos, 59-0	Pete Bjorklund, Los Altos, 172-11
2000	Bellarmine, 42.61	San Lorenzo Valley, 3:20.21	Anthony Sanchez, North Salinas, 56-10	Tony Miranda, Sacred Heart Cath, 194-4
2001	Leigh, 41.97	Serra, 3:21.48	Brian Laupua, Jefferson, 57-6 3/4	Adam Trafalis, Mills, 171-4
2002	Valley Christian, 41.82	Bellarmine, 3:19.88	Adam Trafalis, Mills, 59-2	Nik Kay, Los Gatos, 184-7
2003	Salinas, 42.60	Salinas, 3:20.35	Nik Kay, Los Gatos, 62-11	Nik Kay, Los Gatos, 204-10
2004	Lynbrook HS, 41.79	Riordan High School, 3:19.46	Brian Wilhelm, St. Ignatius, 56-10.25	Corey White, Mt. Pleasant, 177-04
2005	Riordan, 42.04	Oak Grove, 3:22.52	Joe Newman, Palma, 54-7 3/4	Rolando Gomez, Pioneer, 174-7
2006	Palma, 42.94	Monterey, 3:21.09	Drew Gordon, Mitty, 57-1 1/2	William Tsai, Homestead, 183-7
2007	Bellarmine, 42.28	Bellarmine, 3:20.07	Colin Quirke, Los Gatos, 61-10	Stephen Powell, Bellarmine, 165-1
2008	Monterey, 42.59	Monterey, 3:20.61	Colin Quirke, Los Gatos, 61-4	Colin Quirke, Los Gatos, 174-2
2009	St. Francis, 41.68	San Benito, 3:21.74	Anthony Pohahau, Wilcox, 52-11	Derek White, Oak Grove, 162-9
2010	Gilroy, 42.42	Mountain View, 3:22.83	Scott Brazil, Mt. Pleasant, 53-5	Erik Kramer, Mills, 165-4
2011	Gilroy, 41.77	San Benito, 3:21.43	Scott Brazil, Mt. Pleasant, 57-0 1/4	Cody Bickham, St. Francis, 174-10
2012	Palo Alto, 41.56	Palo Alto, 3:21.16	Stephen Leach, Carmel, 57-9	Cody Bickham, St. Francis, 168-7
2013	Bellarmine, 41.65	Palo Alto, 3:22.77	Jonathan Beering, Serra, 59-9	Joseph Ilaoa, Homestead, 165-9
2014	Santa Cruz, 42.19	Junipero Serra, 3:21.55	Luis Maciel, Willow Glen, 54-4 1/4	Juis Maciel, Willow Glen, 171-4
2015	Bellarmine, 42.00	Junipero Serra, 3:20.75	Darius Carbin, Mt. Pleasant, 47-4	Jake Kenney, Wilcox, 167-7
2016	Bellarmine, 41.37	Junipero Serra, 3:19.45	Ngahe Mapa, Mills, 52-9 1/2	Jake Kenney, Wilcox, 157-10
2017	St. Francis, 42.01	Junipero Serra, 3:20.66	Joedon Roberts, St. Ignatius 52-10	Tarab Ansari, Lynbrook, 169-10
2018	Archbishop Mitty, 41.64	Junipero Serra, 3:18.72	Elijah Folau, Junipero Serra, 53-11 3/4	Michael Skyriotis, Mills, 153-06
2019	Monterey 41.92	Los Gatos 3:28.86	Matt Monti, Los Gatos, 53-3 1/4	Charlie Dang, Silver Creek, 168-6
2020	no meet was held	no meet was held	no meet was held	no meet was held
2021	Lynbrook, 43.42	Junipero Serra, 3:25.42	Jacob Kiesman, Valley Christian, 50-5 1/2	Charlie Dang, Silver Creek, 170-5
2022	Harker 42.11	Los Gatos 3:20.74	Jacob Kiesman, Valley Christian 57-01.00	Kyler Headley, Silver Creek 154-07

CCS Track Field Champions

GIRLS	440 Relay / 4x100m relay	880 medley / 440 y / 4x400m relay	Shot Put	Discus
1974	Menlo Atherton 50.5 (440y)	Menlo Atherton 1:52.3 (880 medley)	Kathy Kuchta, King City 37-2 1/2	not contested
1975	Harbor 50.3 (440y)	Harbor 1:50.7 (880 medley)	Kathy Kuchta, King City 39-9 1/2	Kathy Kuchta, King City 118-2 1/2
1976	Harbor 49.5 (440y)	Branham, 4:05.9 (mile)	Maria Garcia, Harbor 43-9	Susan Springer, Salinas 133-5
1977	Silver Creek 48.44 (440y)	Harbor, 4:00.42 (mile)	Susan Springer, Salinas 43-4	Susan Springer, Salinas 136-7
1978	Andrew Hill, 47.7 (440y)	Camden 3:58.4 (mile)	Susan Springer, Salinas 44-11 3/4	Susan Springer, Salinas 146-5
1979	Fremont HS 48.72 (440y)	Carlmont HS 3:55.6 (mile)	Susan Springer, Salinas 45-2 3/4	Susan Springer, Salinas 148-5
1980*	San Carlos, 48.49 (400m)	Carlmont HS, 4:01.35 (1600m)	Deanna Ramirez, Andrew Hill 39-6	Carolina Perkins, Westmoor 136-7
1981	San Carlos, 48.53 (440y)	Carlmont HS, 3:54.6 (mile)	Cindi Durchslag, San Carlos 42-2	Cindi Durchslag, San Carlos, 149-9
1982	Saratoga HS 48.08 (400m)	Santa Teresa 3:56.19 (1600m)	Latonia Floyd, Oak Grove 43-5	Cindi Durschlag, San Carlos 149-0
1983	Independence 49.87 (440y)	Los Altos 3:56.1 (mile)	Latonia Floyd, Oak Grove 42-0	Anne Petree, St. Francis 147-9
1984	St. Francis 49.74 (440y)	St. Francis 3:56.20 (mile)	Latonia Floyd, Oak Grove 45-4	Gerri Baldwin, Branham 129-8
1985	Independence 47.7 (4x100m)	St. Francis 3:57.0 (4x400m)	Melinda Bechenhauer, Los Altos 42-6	Buffy Sexton, Mills 134-4
1986	St. Francis 48.39	St. Francis 3:56.6	Buffy Sexton, Mills 42-9 1/2	Buffy Sexton, Mills 130-1
1987	St. Francis 48.19	Los Gatos 3:58.45	Heidee Ruiz, Los Gatos 42-9	Tammy Bermudez, Fremont 137-3
1988	St. Francis 47.43	St. Francis 3:53	Heidee Ruiz, Los Gatos 42-6	Jenny Peters, Gunn 148-11*
1989	St. Francis 47.86	St. Francis 3:50.33	Shannon Parker, St. Francis 42-2	Jenny Peters, Gunn 152-0*
1990	St. Francis 48.76	Mitty 3:59.35	Laura Molnar, Carlmont 40-8 1/2	Mindy Wirtz, Leland 140-1 1/2
1991	Mt. Pleasant 48.44	Mitty 3:59.09	Laura Molnar, Carlmont 42-10 1/2	Michelle Wagner, Lynbrook 133-0
1992	Mt. Pleasant 48.13	Independence 3:58.65	Helica Zazaboi, Westmoor 40-5	Tina Dolan Palo Alto 131-10 1/2
1993	Los Gatos 48.72	Los Gatos 3:58.94	Christina Etuale, Jefferson 41-10	Monica Sullivan, Watsonville 125-11
1994	St. Francis 46.80	Independence 3:57	Christina Etuale, Jefferson 44-5 1/2	Darlene Tulua, Carmel 142-11
1995	St. Francis 48.41	Menlo Atherton 3:56.53	Christina Etuale, Jefferson 45-6 1/2	Darlene Tulua, Carmel 149-1
1996	St. Francis 47.61	St. Francis 3:53.14	Darlene Tulua, Carmel 43-3	Darlene Tulua, Carmel 165-10*
1997	Gunn 48.67	St. Ignatius 3:52.69	Amy Thiel, Fremont Christian 41-8 1/2	Amy Thiel, Fremont Christian 141-1 1/4
1998	Menlo School 48.17	Leland 3:57.66	Amy Thiel, Fremont Christian 137-6	Amy Thiel, Fremont Christian 137-6
1999	Mitty 46.84	St. Ignatius 3:57.40	Sabrina Kirkwood, Mercy-SF 41-11 3/4	Rose Faaavesi, Monterey 137-7
2000	Mitty 47.94	San Lorenzo Valley 3:53.15	Laura Sauao, Overfelt, 45-9	Anne Farnady, Los Gatos 142-5
2001	Los Gatos 48.59	Los Gatos 3:56.73	Sabrina Kirkwood, Mercy, SF 43-11.50	Molly Clark, Aptos 134-6
2002	Monterey HS 48.67	Los Gatos 3:55.44	Kim Gleeson, Lynbrook 42-03.25	Kim Gleeson, Lynbrook 144-09
2003	Carlmont, 48.53	Silver Creek, 3:54.85	Kelechi Anyanwu, Silver Creek, 41-11 1/2	Naomi Ruiz, San Benito, 132-2
2004	Carlmont HS, 48.14	Archbishop Mitty HS, 3:53.43	Julie Dufresne, Harbor, 42.00.50	Kelly Bushnell, Fremont, 130-07
2005	Valley Christian, 47.82	Mount Pleasant, 3:49.90	Julie Dufresne, Harbor, 50-7 1/4	Julie Dufresne, Harbor, 132-6
2006	Mt. Pleasant, 46.55	Valley Christian, 3:53.67	Chidinma Onyewuanyi, Oak Grove, 44-9 1/4	Jenica Hadley, Soquel, 132-7
2007	Mt. Pleasant, 46.67	Mt. Pleasant 3:54.43	Luisa Musika, Milpitas, 41-8 1/2	Jenica Hadley, Soquel, 138-3
2008	Los Altos, 48.54	Valley Christian, 3:54.90	Luisa Musika, Milpitas, 41-5 1/2	Luisa Musika, Milpitas, 131-0
2009	Evergreen Valley, 48.89	Valley Christian 3:55.46	Meagan McKee, Santa Teresa, 42-11 1/2	Jillian Weir, Homestead, 133-3
2010	Mt. Pleasant, 47.84	Valley Christian, 3:58.81	Meagan McKee, Santa Teresa, 46-9	Jillian Weir, Homestead, 151-11
2011	Piedmont Hills, 47.20	St. Francis, 3:58.99	Samantha Sinclair, Mtn View, 40-9 1/2	Brielle Rowe, Mtn. View 125-2
2012	Piedmont Hills, 47.76	Piedmont Hills, 3:48.98	Samantha Sinclair, Mtn View, 40-9 1/2	Brielle Rowe, Mtn. View 131-4
2013	Los Gatos, 47.31	Piedmont Hills, 3:50.23	Sabrina Mendoza, Mills, 41-0 1/2	Anya Tonga, Del Mar, 136-07
2014	Los Gatos, 47.28	vacated	Elena Bruckner, Valley Christian, 43-1	Elena Bruckner, Valley Christian, 129-1
2015	St. Francis, 48.11	Los Gatos, 3:54.12	Elena Bruckner, Valley Christian, 53-5 1/2	Ronna Stone, Valley Christian, 155-7
2016	Branham, 47.70	Los Gatos, 3:56.16	Elena Bruckner, Valley Christian, 53-8 1/4	Elena Bruckner, Valley Christian, 165-11
2017	Archbishop Mitty, 47.87	San Lorenzo Valley, 3:53.00	Sinai Fatafehi, Mountain View, 41-4	Miranda Zinola, Homestead, 127-10
2018	Monta Vista, 47.96	St. Francis, 3:57.17	Carly Watts, Terra Nova, 43-0 1/2	Carly Watts, Terra Nova, 141-07
2019	Menlo-Atherton, 48.22	San Lorezo Valley, 3:55.75	Carly Watts, Terra Nova, 46-2	Krissey Smoot, Notre Dame Bel., 142-4
2020	no meet was held	no meet was held	no meet was held	no meet was held
2021	St. Francis 48.42	St. Francis 3:52.85	Kendall Fowler, Branham 38-8 1/2	Julia Hicks, San Benito, 126-2
2022	Lynbrook 47.99	St. Francis 3:59.19	Jocelyn Alexander, San Benito 39-00.00	Ningning O'Brien, Homestead 119-08

CCS Track Field Champions

BOYS	Long Jump	Triple Jump	High Jump	Pole vault
1966	Bob Jordan, San Mateo, 22-8 ½;	not contested	John Radetich, San Carlos, 6-9 3/4	Don Wells, King City, 14-0
1967	Charlie Johnson, Sequoia, 24-7½	not contested	Dennis McCullough, San Lorenzo Val., 6	Todd Peterson, Los Altos, 14-4
1968	Bill Quinet, Homestead, 24-0½	Chuck Steffes, Sunnyvale, 46-9 3/4	Clyde Sadler, St. Ignatius, 6-6	Sam Albanese, King City, 14-1 ½
1969	Alonzo Emery, San Mateo, 22-7	Rod Utley, Cupertino, 45-8	Vince Renetto, Capuchino, 6-3 3/4	Sam Albanese, King City, 15-0 ½
1970	Lynn Swann, Serra, 24-2 ½	Craig Conway, Cupertino, 48-9 ½	Jay May, Sequoia, 6-6	Carl Goldstone, San Mateo, 14-10
1971	Craig Conway, Cupertino, 23-5	Craig Conway, Cupertino, 49-5	Bill Kahn, Mills, 6-4	Roger Martin, Camden, 15-6
1972	Dennis Holloway, Blackford, 22-11 1/4	John Triplett, Branham, 47-5 3/4	Dave Bush, Campbell, 6-8	Jim Johnson, Del Mar, 14-4
1973	Mark Thorp, Cupertino, 23-2	Kevin McCarthy, Cupertino, 48-11 ½	Kirk Collins, Monterey, 6-4	Scott Turner, Del Mar, 15-0
1974	Phil Robinson, Woodside, 23-2 ½	Nathan Johnson, Seaside, 47-7 1/4	Mark Insley, Cupertino, 6-6 3/4	John Bell, Lynbrook, 14-4
1975	Nathan Johnson, Seaside, 23-9 ½	Myrt Easley, Woodside, 49-8	Brad Dillard, Mills, 6-8	Steve Oravetz, Campbell, 14-6
1976	Ken Vasquez, Mills, 23-6 3/4	Tony Vecchietti, Los Altos, 47-09.5	Thurlis Gibbs, Hill, 6-8	Tod Lovejoy, Del Mar, 15-0
1977	Paul Bates, Menlo-Atherton, 23-5 1/4	Paul Bates, Menlo-Atherton, 49-2 ½	Joel Wyrick, Mount Pleasant, 6-8	Jim Westlund, Fremont, 15-3
1978	Steve Bruce, Menlo-Atherton, 23-8 ½	Myron Porter, Willow Glen, 49-6 3/4	Doug Wright, Live Oak, 6-6	Bert Tardieu, Del Mar, 14-6 3/4
1979	Steve Bruce, Menlo-Atherton, 23-8 3/4	Myron Porter, Willow Glen, 48-8 ½	Mesha Spivey, Woodside, 6-10	Greg Ellis, Menlo-Atherton, 15-6
1980	Ken Smith, Palo Alto, 22-10 ½	Victor Torres, Silver Creek, 47-8 ½	Dan Iliff, Palma, 6-5	Greg Ellis, Menlo-Atherton, 15-6 1/4
1981	Ken Smith, Palo Alto, 22-11 1/4	Ken Taylor, Yerba Buena, 50-0 1/4	T.J. Bartel, Westmont, 6-7	Mark Anderson, Buchser, 15-2
1982	Larry Weldon, Silver Creek, 23-4	Larry Weldon, Silver Creek, 48-8 ½	Dave Sampson, Homestead, 6-10	Mike Kibort, Saratoga, 15-6
1983	Johnny Cleveland, Soquel, 24-9 1/4w	Chris Mooring, Mount Pleasant, 48-4	Jeff Rogers, Overfelt, 6-8	Mike Kibort, Saratoga, 15-8
1984	Johnny Cleveland, Soquel, 25-0	David Ceragiolli, Terra Nova, 46-7 3/4	Jeff Rogers, Overfelt, 6-10	Ivar Moen, Los Gatos, 15-10 3/4
1985	Tisdale, Westmoor, 23-9	Jeff Rogers, Overfelt, 47-3 ½	Jeff Rogers, Overfelt, 7-3	Steve Toney, Menlo-Atherton, 15-4
1986	Harold Rucker, Silver Creek, 23-7	Harold Rucker, Silver Creek, 50-11 ½	Jeff Novitzky, Mills, 6-8	Ken Rankin, Los Gatos, 16-0
1987	Reggie Jackson, Riordan, 23-9	Reggie Jackson, Riordan, 48-2	Luis Juico, Piedmont Hills, 6-8	Andrew Patton, Del Mar, 14-4
1988	Kenny McKelvey, Independence, 24-0	Chad Thomas, Riordan, 48-0	Gio Sprattling, Salinas, 6-6	Jim Watson, Menlo-Atherton, 14-10
1989	Mike Jones, Santa Cruz, 22-9	Phu Nguyen, Fremont, 47-1 ½	Marc Days, Palo Alto, 6-8	Jim Lawrence, Del Mar, 15-0
1990	Ken Stephenson, Gilroy, 23-9 3/4	Lee Adkins, Westmoor, 47-8 ½	Jimmy Pryor, Aragon, 6-6	Ed Lasquette, Mt. Pleasant, 16-0 ½
1991	Mike Wright, No Monterey Co, 22-11 ½	Brian Feddema, Fremont, 47-3	Tim Rucks, Milpitas, 6-10	Amit Barkan, Hillsdale, 15-1
1992	Mike Wright, No Monterey Co, 22-10 1/4	Brian Feddema, Fremont, 47-0	Eli Gladden, San Lorenzo Val, 6-10	Scott Slover, Leland, 15-0
1993	Todd Smith, San Jose, 22-4 ½	Dan Nord, Los Altos, 47-3	Levalle Beloney, Del Mar, 6-10	Scott Slover, Leland, 16-10
1994	Fred Jackson, Piedmont Hills, 23-4 3/4	Neil Lahey, No Monterey Co., 46-9 3/4	Neil Lahey, No Monterey Co., 6-6	Scott Slover, Leland, 16-6
1995	Jeff Nord, Los Altos, 23-11	Dan Nord, Los Altos, 47-4 3/4	Brendon Zeidler, Bellamine, 6-8	Scott Wenholz, Gilroy, 15-6
1996	Mike Nealy, Yerba Buena, 23-6 ½	Myron Washington, Mount Pleasant, 47-7	John Bull, Mountain View, 6-6	Steve Harris, Del Mar, 16-0
1997	Chris Lacy, Oak Grove, 22-10 3/4	Mike Cordoba, North Salinas, 47-3 1/4	Darren Marble, Los Altos, 6-10	Steve Harris, Del Mar, 15-6
1998	Donald Strickland, Riordan, 23-4 1/4	Vincent Ibia, Silver Creek, 46-8	Darren Marble, Los Altos, 6-8	Robert Carbajal, Mt. Pleasant, 15-0
1999	Vincent Ibia, Silver Creek, 23-7 3/4	Vincent Ibia, Silver Creek, 48-5 3/4	Ruben Mastin, Del Mar, 6-6	Jason Lueck, St. Ignatius, 15-0
2000	Juaune Amon, Mitty, 23-1 ½	Natran Maxwell, Mount Pleasant, 47-9 ½	Natran Maxwell, Mt. Pleasant, 6-6	Theotis Daniels, Gonzales, 14-6
2001	Derek Jones, Alvarez, 23-4	Derek Jones, Alvarez, 47-8 ½	Alexi Sevastopoulos, Sara., 6-5 ½	Kyle Williams, St. Francis, 15-0
2002	Eric Wright, Riordan, 23-4 3/4	Jihad Beauchman, Bellamine, 46-8 ½	Jihad Beauchman, Bellamine, 6-6	David Cadena, King City, 15-2
2003	Chris Brown, Carmel, 23-11/2	Joel Tuosto, 47-6 3/4	Ferman Smith, Prospect, 6-6 1/2	James Gillette, Carmel, 14-6
2004	Pete Van Sant, Santa Cruz, 23-04.25	Joel Tuosto, 48-09.50	Julian Eison, Westmoor, 6-06.00	Chris Little, Los Gatos, 15.00.00
2005	Jaime Gonzalez, Westmoor, 22-7 3/4;	Aven Wright, Serra, 48-2.	Andre Roper, Oak Grove, 6-6;	Joe Fazio, Riordan, 15-8;
2006	Kyle Mills-Burje, St. Francis-MV, 23-6 1/4	Maverick Crawford, Alisal, 45-11 3/4	Emilio Hernandez, Del Mar, 6-6	Casey Roche, St. Francis-MV, 16-2
2007	Nick Johnson, San Lorenzo Val, 23-7 3/4	Nathan Goodrich, Evergreen Valley, 46-4	Kevin Rutledge, Los Gatos, 6-8	Nico Weiler, Los Gatos, 17-6 1/4
2008	Kendall Spencer, San Mateo, 23-6 1/2	Darryl Faust, North Monterey County, 45-8	Aaron Thompson, Riordan, 6-8	Nico Weiler, Los Gatos, 17-0
2009	Kendeall Spencer, San Mateo, 23-5 1/2	Derion Taylor, Evergreen Valley, 47-3 1/2	Frank Lima, Half Moon Bay, 6-6	John Prader, Salinas, 15-10
2010	Taylor Kientzel, Santa Cruz, 22-20 1/2	Taylor Kientzel, Santa Cruz, 47-8	Stephen Johnson, Mtn. View 6-4	Benjamin Berthel, Los Gatos 14-8
2011	Stas DellaMorte, Menlo-Ath., 22-10 1/2	Ricky Stehlow, Wilcox, 45-6	Stephen Dorsey, Monterey, 6-9	Keith Rayburn, No. Monterey Co. 15-5
2012	Marcus Washington, Palma, 21-07 1/4	Ricky Stehlow, Wilcox, 46-7 1/2	Stephen Dorsey, Monterey, 6-7	Marc Toney, St. Francis, 15-9
2013	Victor Du, Palo Alto, 23-4	Matthew Wong, Arch. Mitty, 45-4 1/4	Dion Shattuck, Santa Cruz, 6-7	Marc Toney, St. Francis, 15-8
2014	Chase Pacheco, Palma, 22-11 3/4	Kurt Felicitas, Mt. Pleasant, 47-5	Daniel Onuoha, Santa Teresa, 6-9	Mark Nicholas, Mt. Pleasant, 15-6
2015	Eli Givens, Palo Alto, 22-5 1/2	Darius Carbin, Mt. Pleasant, 47-4	Darius Thomas, St. Francis, 6-9	Zachary Nichols, Branham, 15-7
2016	Jason Smith, Arch. Riordan, 23-0 3/4	Darius Carbin, Mt. Pleasant, 48-1 3/4	Darius Carbin, Mt. Pleasant, 6-7	Talon Galvez-Bennett, J. Serra, 14-6
2017	Kamau Carlisle, Kings Acad, 22-2 1/4	Michel-Ange Siaba, Palo Alto 45-2 1/2	Parker McDonald, Junipero Serra, 6-7	Thomas Johnstone, Los Gatos, 15-0
2018	Alex Enos, St. Ignatius, 23-11 1/4	Kilana Hilton, Bellamine, 46-06	Reece Stratford, Scotts Valley, 6-06	Logan Flores, Gilroy, 14-09
2019	Brayln Lux, The Kings Acad., 23-4 1/4	Jared Vazquez, Santa Teresa, 46-6 1/2	Oliver Aristil, Los Gatos, 6-6	Scott Toney, St. Francis, 15-9
2020	no meet was held	no meet was held	no meet was held	no meet was held
2021	Andrew Fu, harker, 21-8 1/4	Will Denning, Junipero Serra, 45-1	Aaron Kim, Palo Alto, 7-0	Leo Garcia-Czarkowski, Bell., 15-0
2022	Andrew Fu, Harker 23-02.50	Joshua Kung, Los Altos 44-09.00	Luke Buddie, Woodside 6-04.00	Logan Lehnert, St. Ignatius 14-00.00

CCS Track Field Champions

GIRLS	Long Jump	Triple Jump	High Jump	Pole Vault
1974	Ferreira, King City 17-7	not contested	Pam Blackburn, Cubberley, 5-5	not contested
1975	Pam Blackburn, Cubberley 18-2 1/2	not contested	Pam Blackburn, Cubberley 5-6 1/4	not contested
1976	Johnson, Oak Grove 16-6	not contested	Pam Blackburn, Cubberley 5-8	not contested
1977	Kim McDonald, St. Francis 18-3	not contested	Urana Broussard, Independence 5-4	not contested
1978	Kristy Campbell, Lynbrook 17-7 1/2	not contested	Angela Phifer, Independence 5-7	not contested
1979	Sheila Green, Hill 18-5	not contested	Trish King, Menlo Atherton 5-6	not contested
1980*	Abruzzini, Gilroy 17-11 1/2	not contested	Trish King, Menlo Atherton 5-9 1/4	not contested
1981	Vivian Riley, Mt. Pleasant, 17-8	not contested	Karen Robinson, Fremont, 5-4	not contested
1982	Wendy Brown, Woodside 19-9	Wendy Brown, Woodside 39-6	Wendy Brown, Woodside 5-8 3/4	not contested
1983	Wendy Brown, Woodside 19-10 3/4	Wendy Brown, Woodside 40-2	Beth Vidakovits, St. Francis 5-7	not contested
1984	Wendy Brown, Woodside 20-4	Wendy Brown, Woodside 42-9 1/2	Wendy Brown, Woodside 6-0	not contested
1985	Karen Lawson, St. Francis 19-6 1/2	Tara Fairfield, Fremont 37-8	Beth Vidakovits, St. Francis 5-9	not contested
1986	Karen Lawson, St. Francis 18-5	Stacy Haro, Gilroy 37-8 1/2	Alisa Wade, Los Gatos 5-2	not contested
1987	Marlo Aubert, Milpitas 19-0 3/4	Stacie Haro, Gilroy 37-10	Sheree Sams, Independence 5-6	not contested
1988	Annette Coleman, Carmont 19-4 1/2	Keri Sanchez, Santa Teresa 38-11 3/4	Kim Schulman, Mt. View 5-6	not contested
1989	Annette Coleman, Carmont 19-10	Keri Sanchez, Santa Teresa 38-7 1/2	Robin Campana, Mt. View 5-6	not contested
1990	Keri Sanchez, Santa Teresa 38-7 3/4	Keri Sanchez, Santa Teresa 38-0 1/2	Chi Johnson Meno Athelrton 5-9 1/2	not contested
1991	Lisa Collet, Lynbrook 19-9 1/2	Ann Lee, Palo Alto 37-7 3/4	Chi Johnson Menlo Atherton 5-8	not contested
1992	Cherice Ellison Mt. Pleasant 18-4	Christine Sherwood, Watsonville 37-11 3/4	Erin Duffy, St. Francis 5-6	not contested
1993	Jennifer Poli, Soquel 18-0	Cindy Pettibone, Gunderson 36 11-1/4	Erin Duffy St Francis 5-6	not contested
1994	Tisha Ponder, Del Mar 18-3	Kim Tripplett, Aragon 37-0 3/4	Larson, Carmel 5-6	not contested
1995	Tisha Ponder, Del Mar 18-5 1/4	Lillian Ito, Fremont 36-7 1/2	Amy Tan, Monta Vista 5-6	not contested
1996	Tisha Ponder Del Mar 20.6w	Tisha Ponder Del Mar 40-2 3/4	Kim Stone, York 5-4	not contested
1997	Christine Chan, Mt. View 17-10 1/2	Evelyn Shih, Gunn 37-5 1/4	Sandra Butler, Gunderson 5-6	Vanessa Yebra, Gonzales 10-6
1998	Tinisia Johnson, Mitty 18-9 1/2	Shawna Adkins, Piedmont Hills 38-11 1/2	Sandra Butler, Gunderson 5-6	Iran Serrano, Gonzales 10-9 1/2
1999	Sani Roseby, Monterey 19-5 3/4	Tinisia Johnson, Mitty 39-7 3/4	Kim Stone, York 5-6	Chelsea Connolly, Soquel 11-0
2000	Jenna Grimaldi, St. Ignatius 19-4 1/4	Latoya Phillips, Mitty 39-0	Jenna Grimaldi, St. Ignatius 5-10	Chelsea Connolly, Soquel & Lauren Ho, Westmoor 11-6
2001	Elznlia Wojcicka, San Benito, 20-01.75	Undine Becker, Mt. Pleasant 39-01.75	Jenna Grimaldi, St. Ignatius 6-0	Chelsea Connolly, Soquel 11-6
2002	Mary Meyman, Carmont 19-00.00	Jade Myles, Mt. Pleasant 39-03.50	Kelsey Wiegmann, St. Ignatius 5-4	Kirsten Loftin, Aptos 11-0
2003	Galina Becker, Mt. Pleasant, 18-11 1/2	Galina Becker, Mt. Pleasant 40-5 3/4	Allie Miller, Los Altos, 5-9 1/4	Kristen Loftin, Aptos, 12 -1
2004	Galina Becker, Mt. Pleasant, 18-11.00	Galina Becker, Mt. Pleasant, 38-01.75	Allie Miller, Los Altos, 5-8	Stevie Odle, Del Mar, 11-9
2005	Amber Kaufman, Branham, 18-11 1/4	Ricki Sullivan, Harbor, 38-3 3/4.	Amber Kaufman, Branham, 5-8	Natasha Barthel, St. Francis, 12-5
2006	Vashti Thomas, Mt. Pleasant, 18-9	Stella Dugall, Mt. Pleasant, 38-7 3/4	Fern Lightfoot, Santa Cruz, 5-4	Tori Anthony, Castilleja, 13-0
2007	Vashti Thomas, Mt. Pleasant, 19-6 1/4	Vashti Thomas, Mt. Pleasant, 41-6 1/2	Kristen Dolbec, Saratoga, 5-6	Tori Anthony, Castilleja, 13-8
2008	Vashti Thomas, Mount Pleasant, 20-5	Vashti Thomas, Mt. Pleasant, 43-11 1/2	Janelle Coulter, Aptos, 5-9	Sarah Engle, Homestead, 11-6
2009	Sunny Margerum, Gunn, 18-1 1/4	Cydney Leath, Mt. Pleasant, 39-4 1/4	Kiersten Dolbec, Saratoga, 5-6	Christina Roche, St. Francis, 10-6
2010	Bonny Rivers, Harbor, 18-9 1/2"	Cydney Leath, Mt. Pleasant, 39-8	Stephanie Armstrong, Live Oak, 5-7	Diamara Paniel, Los Altos, 11-0
2011	Kristin Sato, Valley Christian, 18-3 1/4	Shanique Walker, Mt. Pleasant, 40-8 1/2	Michelle McDonald-O'Brien, St. Ig. 5-5	Rachel Bolton, Homestead, 11-9
2012	Micha Auzenne, St. Francis, 18-5 1/2	Cydney Leath, Mt. Pleasant, 38-11 1/2	Michelle McDonald-O'Brien, St. Ig. 5-7	Rachel Bolton, Homestead, 12-4
2013	Marisa Kwiatkowski, Wilcox, 18-4 1/2	Marisa Kwiatkowski, Wilcox, 40-0	Melina Moore, Los Gatos, 5-3	Greta Wagner, Los Gatos, 13-0
2014	Marisa Kwiatkowski, Wilcox, 18-10	Marisa Kwiatkowski, Wilcox, 39-3 1/4	Mady Fagan, Saratoga, 5-7	Greta Wagner, Los Gatos, 12-8
2015	Rachael Estell, Mountain View, 17-11	Shelby Shikashio, Branham, 38-8	Natalie Gutierrez, Christopher, 5-2	Erika Malaspina, Pacific Col, 13-0
2016	Caice Lanovaz, Los Gatos, 19-2 1/2	Arianna Fisher, Silver Creek, 39-4	Cassie Ackemann, San Lor. Val., 5-7	Erika Malaspina, Pacific Col, 13-9
2017	Rachael Estell, Mountain View, 18-9 1/2	Arianna Fisher, Silver Creek, 40-8 1/2	Cassie Ackemann, San Lor. Val., 5-9	Laurel Wong, Santa Catalina, 13-0
2018	Megan Ronan, St. Ignatius CP, 19-03	Arianna Fisher, Silver Creek, 41-05 1/2	Delaney Peranich, St. Ignatius, 5-9	Laurel Wong, Santa Catalina, 13-0
2019	Jazlynn Shearer, Silver Creek, 18-9	Jaclynn Shearer, Silver Creek 38-8 1/2	Maia Garcia, Santa Clara, 5-6	Isabell Grant, Presentation, 12-6
2020	no meet was held	no meet was held	no meet was held	no meet was held
2021	Jennifer Luong, Piedmont Hills 17-4 1/2	Jessi Barry, Valley Christian, 38-1	Elizabeth Churchill, Aptos 5-6	Sarah Graessley, Carmel 12-0
2022	Jessi Barry, Valley Christian 18-07.75	Megan Mackenzie, Los Altos 36-06.00	Elizabeth Churchill, Aptos 5-09.00	Jonelle Scott, Soquel 11-06.00

**CENTRAL COAST SECTION
TRACK and FIELD TEAM CHAMPIONS**

<u>Year</u>	<u>Girls</u>	<u>Boys</u>
1966	-	BURLINGAME
1967	-	LOS ALTOS
1968	-	HOMESTEAD
1969	-	LOS ALTOS
1970	-	LOS ALTOS
1971	-	CUPERTINO
1972	-	SILVER CREEK
1973	-	CUPERTINO
1974	KING CITY / MENLO-ATHERTON	CUPERTINO
1975	HARBOR	SERRAMONTE
1976	HARBOR	MT. PLEASANT
1977	SILVER CREEK	SILVER CREEK
1978	HILL	MT. PLEASANT
1979	INDEPENDENCE / SALINAS / FREMONT	CUBBERLY
1980	FREMONT	WOODSIDE
1981	SAN CARLOS	INDEPENDENCE
1982	MILLS	INDEPENDENCE
1983	WOODSIDE	INDEPENDENCE
1984	ST. FRANCIS	INDEPENDENCE
1985	LOS GATOS	INDEPENDENCE
1986	ST. FRANCIS	INDEPENDENCE
1987	ST. FRANCIS	ARCHBISHOP RIORDAN
1988	ST. FRANCIS	INDEPENDENCE
1989	ST. FRANCIS	ARCHBISHOP RIORDAN
1990	SANTA TERESA	BELLARMINE
1991	LYNBROOK	ST. IGNATIUS
1992	MT. PLEASANT	MT. PLEASANT
1993	ST. FRANCIS	NO. SALINAS
1994	LOS GATOS	BELLARMINE

<u>Year</u>	<u>Girls</u>	<u>Boys</u>
1995	ST. FRANCIS	LOS ALTOS
1996	DEL MAR	ST. FRANCIS
1997	ST. IGNATIUS	OAK GROVE
1998	ST. IGNATIUS	SILVER CREEK
1999	ARCHBISHOP MITTY	MT. PLEASANT
2000	MT.PLEASANT	BELLARMINE
2001	MT. PLEASANT	BELLARMINE
2002	LOS GATOS	BELLARMNE
2003	MT.PLEASANT	JUNIPERO SERRA
2004	ARCHBISHOP MITTY	SANTA CLARA
2005	MT.PLEASANT	ARCHBISHOP RIORDAN
2006	MT.PLEASANT	ST. FRANCIS
2007	MT.PLEASANT	BELLARMINE
2008	VALLEY CHRISTIAN	MONTEREY
2009	LELAND	ST. FRANCIS
2010	MT.PLEASANT	BELLARMINE
2011	MT.PLEASANT	GILROY
2012	PIEDMONT HILLS	PALO ALTO
2013	LOS GATOS	BELLARMINE
2014	GUNN	SANTA CRUZ
2015	LOS GATOS	BELLARMINE
2016	ST. FRANCIS	BELLARMINE
2017	MOUNTAIN VIEW	BELLARMINE
2018	SILVER CREEK	JUNIPERO SERRA
2019	MENLO	LOS GATOS
2020	(No meet)	(No meet)
2021	ST. FRANCIS	BELLARMINE
2022	SILVER CREEK	LOS ALTOS



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May 6, 2023

CONTACT: Marco Sanchez, Assistant Commissioner, CAA & Ed.D.

2023 SPRING SPORT HONOR COACHES

The Central Coast Section has announced the recipients of the **2023 Spring Sports Honor Coach Award**:

- **Diean Hala'ufia**- Boys Volleyball, Aragon High School
- **Robert Herrera**- Softball, Los Altos High School
- **Jorge Chen**- Track & Field, Menlo School
- **Justin Bates**- Boys Golf, Stevenson School
- **Shawn Scott**- Baseball, Burlingame High School

2023 CIF Model Coach

Matt Wilson- Baseball, Capuchino High School- https://www.cifstate.org/coaches-admin/model_coach/2022-23_mc_rel

These exceptional coaches were selected by their Central Coast Section colleagues to be recognized during the Spring season playoffs.



Diean Hala'ufia- Boys Volleyball, Aragon High School

Coaching Experience: 10 years

Community and School Activities Involvement: Peninsula Athletic League Representative

Notable Accomplishments: 2017 Peninsula Athletic League Champions

Diean's main motivation is and always has been to make volleyball a sport that the kids will fall in love with and continue playing for the rest of their lives. She is able to find that ever elusive balance of preparing her teams for competition while truly making the kids enjoy the practices and the games. When we held our alumni game a couple of weeks ago, the vast majority of the kids who came back were from her teams in the early years. They expressed their appreciation to her about getting them involved with volleyball and that they still play. For the first three years of our program our district only funded a varsity coach. Diean, wanting to grow the sport, ran two teams by herself until our district finally provided the funding for a JV stipend. Steve Sell, Athletic Director & Head Football Coach



Robert Herrera- Softball, Los Altos High School

Coaching Experience: 6 years at Los Altos HS and 50 overall including Football.

Community and School Activities Involvement: Silicon Valley Fusion Club Softball Coach.

Notable Accomplishments: SCVAL title, and last year won Division 4 CCS championship and finished second in the CIF NorCal Softball Championships - Division V.

Robert has been coaching youth sports for 50 years. I believe that he started coaching football and acted as offensive coordinator at both JV and Varsity levels at Los Altos High, Saratoga High, and Palo Alto High schools. He moved to softball and has been coaching that for 30+ years, starting in the Mountain View – Los Altos Girls Softball Association. He is now program director and coach in Silicon Valley Fusion club softball program. Robert coached softball at Mountain View High School, and took over as head coach at Los Altos about 6 years ago. He has won a league title at Los Altos, and last year won Division 4 CCS championship and finished second in the CIF NorCal Softball Championships - Division V.

Michelle Noeth, Athletic Director

Jorge Chen- Track & Field, Menlo School

Coaching Experience: 21 years

Community and School Activities Involvement: Positive Coaching Alliance Double-Coach Award, Menlo School Hall of Fame, Bagshaw Family Award for Coaching Excellence

Notable Accomplishments: WBAL Boys champions in 2012, 2021 and 2022. WBAL Girls championships in 2012, 2013, 2015, 2016, 2017, 2018, and 2019. 2019 girls team won the CCS title becoming the smallest school to win a section team title in Track and Field. Along with being an excellent coach, Jorge has also been a great leader for his students/athletes and has demanded that they treat their teammates, opponents, and sport with the utmost respect. He is a strong proponent of Menlo School's motto of "Team First". Aside from all the above accolades, Coach Chen has also helped mentor many athletes from other teams in our section through his summer track and field team. He is equally as pleased with the success of those athletes as he is with athletes from his own team. There is no question in my mind that Coach Chen has improved the quality of our section with his enthusiasm for the sport and so many students/athletes.

Albert Caruana, Crystal School Teacher/XC and TF Coach



Justin Bates- Boys Golf, Stevenson School

Coaching Experience: 17 years

Community and School Activities Involvement: Pebble Beach Junior Golf Association a non-profit organization created to introduce the game to young people on the central coast. Young golfers learn etiquette, the rules of the game, and competitive tournament play.

Notable Accomplishments: 15 League & 6 CCS Championships, 2013 California State Champions, 20+ HS Invitational tournament wins, 40+ Players onto become collegiate golfers (DI, DII & DIII levels)

"I first started coaching the boy's golf at Pacific Grove High School in 2018. As a new coach, nervous and unsure of exactly what was expected of me on the course for matches and practices, I ran into the Stevenson coach, Justin Bates. Right away Justin was a positive influence on myself and my team. He was someone I could look up to and if I needed anything I knew I could call him. As someone who has coached for many years and many different sports I have always just worried about what benefited my team, Justin showed me that as coaches on the golf course, we want to help every kid succeed. Justin is always giving praise to other coaches and teams while staying humble about his own success, which has been the coach of one of the most successful golf programs in the state. Justin is beloved by his players and his peers".

Jordan Gasperson, Stevenson Colleague



Shawn Scott- Baseball, Burlingame High School

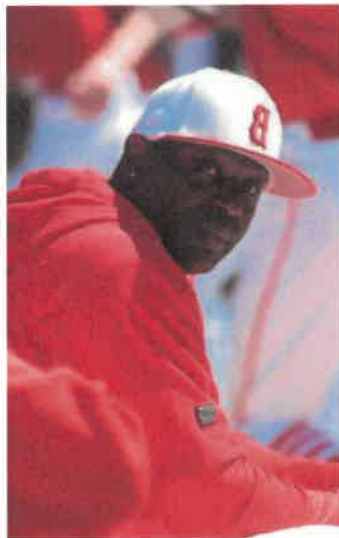
Coaching Experience: 14 years

Community and School Activities Involvement: San Bruno Youth Baseball and Burlingame Colt League Coach.

Notable Accomplishments: 2021 CCS Division 3 Champions

I always know when I go to Burlingame it's going to be a battle and we are going to get everything they have because that's how Coach Scott coaches. His players give him everything they have because he is so loved and respected. He prides himself on coaching with sportsmanship and the right way to play the game, win or lose. They play with respect, and honor and that is what Coach Scott preaches. He is a constant role model and on top of running a successful program, he is always willing to volunteer his time to give back to the youth.

Matt Wilson, Head Baseball Coach- Capuchino High School



2023 CIF Model Coach

Matt Wilson- Baseball, Capuchino High School

Coaching Experience: 22 years

Community and School Activities Involvement: Athletic Director last 11 years, San Bruno Hawks Little League Coach. Former assistant for Boys and Girls Basketball.

Notable Accomplishments: 6 PAL Championships, PAL Coach of the Year 6 times, and qualified for the CCS playoffs 12 times, 2022 CCS Honor Coach.

"Matt Wilson is as dedicated a coach as I have ever met. His approach balances skill development, a team approach through commitment to one another, and an absolute emphasis on character. Matt has created a professional baseball program at Capuchino. One which supports our student-athletes while at Capuchino and beyond high school. In one memorable experience, the entire Varsity team came and watched Matt coach his son Brody's team. Brody is a frequent spectator for their games, so they decided to give up their time and reciprocate. Brody proceeded to hit a home run over their heads in the outfield that day. The team went crazy with excitement. It's that type of family dynamic which Coach Wilson has developed in our baseball program. Both coaches and players are committed to one another, to sportsmanship, and getting better each day. There is an emphasis on the process, which most often leads to wonderful outcomes. Thank you, Matt. Grateful to have you at Cap as a friend, colleague, and coach."

Jesse Boise, Principal





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CCS Male and Female Scholar-Athletes of the Year

The CCS Female and Male Scholar-Athletes of the Year were chosen from the pool of 15 student-athletes put forth by their leagues. Through a review of their applications by the CCS Scholarship Committee, the following two student-athletes were chosen for this honor. These two students reflect the very best of the CCS. They are talented athletes within the Section, earning numerous individual accolades as well as celebrating team success. They are outstanding students with high GPA's, impressive test scores, while taking rigorous course loads. They shine within their communities and serve others through volunteer work. The following two outstanding student-athletes will be honored as the CCS Female Scholar-Athlete of the Year and the CCS Male Scholar-Athlete of the Year, each receiving a \$1,500 scholarship and a plaque:

CCS Female Scholar-Athlete of the Year Award Winner

Kate Stone- Mountain View High School

Varsity Sports: Cross-Country (4), Soccer (4), Track & Field (4)

Activities & Honors: AP Scholar with Distinction, National Merit Commended Scholar, National Honor Society Vice President, Spartan Buddies Club President
State Qualifier, CCS Medalist & 1st Team All-League in Cross-Country, Member of Soccer Open Division Championship Team

GPA: 4.66 **College plans:** Johns Hopkins University **Major:** Biology/Pre-Med

Susan Ariilaga, who has coached Kate in cross country and track for 4 years said, "I've worked with Kate in Cross Country and Track and she is a coach's dream. She gives her all in everything she does, listens and is coachable, and shows up every day with a smile and positive energy. She is a leader on every team she participates in and is respected by her teammates for the reasons mentioned above, she takes initiative and figures out how to make herself, and her team better. I cannot think of a more deserving athlete for this award." Kate's accomplishments are many on the field and in the classroom, She epitomizes with educational athletics should be about and I hope you select her as the winner of this prestigious award. Tim Lugo, Athletic Director



CCS Male Scholar-Athlete of the Year Award Winner

Lloyd Walter- Aragon High School

Varsity Sports: Football (4) and Track & Field (4)

Activities & Honors: Football League MVP & Defensive Back of the Year,
President/Member of Black Student Union (4), Peer Tutoring (2), and Student Equity Council

GPA: 4.10 **College plans:** Tufts University **Major:** Electrical Engineering

Lloyd became a leader on our varsity football team despite being one of its younger members. He was a coach on the field helping teammates get lined up correctly, always willing and able to help them remember their responsibilities. He was named the defensive player of the year after his sophomore and junior seasons and was the team's most valuable player after his senior year. He was an integral part of rejuvenating the football program that went from winning three games in his first two years combined, to winning a section title in his junior year. While Lloyd was a stand-out player, his selflessness, grit, and leadership contributed as much to the turnaround of the program as his play on the field.
Ashley Parham, Asst. Head Football Coach



Joyce Ridgway Memorial Scholarship

Joyce Ridgway served as a leader in the development of Women's sports in the CCS and the CIF. Due to her tireless determination and dedication to enhance and expand the opportunities for girls in sport, a scholarship is offered annually to a deserving female high school senior who exemplifies the characteristics of leadership, determination, dedication, self-sacrifice and integrity that is reflective of Joyce Ridgway's character and contributions. The following exceptional female student-athlete will be honored as the winner of the \$750 Joyce Ridgway Memorial Scholarship and a plaque:

Joyce Ridgway Memorial Scholarship Award Winners

Danica Kubota- Presentation High School



Varsity Sports: Cross-Country (3), Track & Field

Activities & Honors: Asian Pacific Islander Student Union officer, Presentation Ambassador's Club Vice President, Student Environmental Action Society Officer, Bring Change 2 Mind Officer, Quigley Inspirational Award, Flanagan Leadership and Math and Science Academy Platinum Member

GPA: 3.97 **College plans:** University of Michigan **Major:** Environmental Studies

Danica Kubota is a highly committed student athlete. She is involved in various different clubs, teams, and groups on campus. This reflects her care for others and desire to help out in as many ways as possible. I believe her diverse involvement in school, extracurriculars, and athletics will help her to relate to others in a college setting. Her organizational skills, time management, and enthusiasm will enable her to be an effective leader amongst her peers.

Elizabeth Forney, Cross-Country and Track & Field Coach

Ava Thatcher- Hollister High School

Varsity Sports: Field Hockey (2) and Track & Field (2)

Activities & Honors: Scholar-Athlete Award (4), California Scholastic Federation (4), Link Crew Leader, Captain's Council Member, Senior Class Fundraising Chairperson, Dozens of volunteer hours in various community organizations

GPA: 4.56 **College plans:** University of Notre Dame **Major:** Architecture

Ava remained busy throughout high school while excelling in the classroom. She has been involved in Student Government in many capacities throughout her years at Hollister High while also dedicating her time to the school volleyball, field hockey, and track teams. She has the ability to balance her sports with Link Crew, Class Office, and Student Congress while giving 100% of her effort to all of them. Even while balancing a demanding schedule full of clubs, sports, and advanced classes, Ava has been able to achieve a GPA of 4.56 as well as being ranked number one out of seven hundred and ninety students in her class.

Ryan Shorey, Head Girls Track & Field Coach and Assistant Athletic Director



Jeff Lamb Scholarship

Jeff Lamb from Milpitas High School was a teacher, a coach and an athletic administrator during a career that spanned 42 years. During his tenure, he coached 77 different seasons, most of them in three sports; Girls Volleyball, Girls Basketball, and Softball. Coach Lamb provided guidance and support to his student-athletes on and off the court and field of play. Coach Lamb has been recognized as the State Athletic Director of the Year, State Volleyball Coach of the Year, CIF Model Volleyball Coach, CIF Distinguished Service Award and with the CCS Distinguished Service Awards. In all 42 years of service, Coach Jeff Lamb has held true to his passion and commitment to mentoring other coaches and athletic directors to help student athletes achieve and enjoy athletics at the highest level. Ideal candidates for the \$750.00 Jeff Lamb Scholarship and plaque are student-athletes who have exhibited an interest in becoming a teacher/coach and eventually attain leadership in the Athletic Director role. The following exceptional student-athlete has been selected:

Jeff Lamb Scholarship Award Winners

Mackenzie MacDonald- Santa Teresa High School

Varsity Sports: Cross-Country (4) and Track & Field (4)



Activities & Honors: Women Empowerment Club (3), Social Justice Society Club and dozens of volunteer hours in organizations: Goodwill, the San Jose Humane Society, booster clubs and sporting activities. Rancho Santa Teresa Swim & Racquet Club head life guard and swim instructor (3). Most Inspirational Runner Award and several top finished in cross-country meets including 4th place as a team at CCS D1.

GPA: 3.83 **College plans:** San Francisco State **Major:** Sociology

Mackenzie is a well-rounded student, she is an athlete, but also undertakes other efforts to round out her high school career. She has worked as a lifeguard, swim instructor, as well as delivered newsletters throughout her local community. These should be enough for a busy high school student, but also volunteered at her high

school to see her athletics program succeed as well as fostering kittens during the lockdown portion of our global pandemic. She was one that stepped up when shelters were not accepting animals and she helped them find their “forever homes.” These different types of experiences really show how varied her hobbies are; she is not simply a one track individual, but can branch out into other endeavors whether it be for her own gain, but most likely, for the benefit of others.

Scott M. Young Athletic Director, Cross Country/Track & Field Coach

Justin Parrish- Milpitas High School

Varsity Sports: Soccer (3) and Cross-Country

Activities & Honors: Youth soccer coach and official. Student Athlete Advisory Committee, Member of Academy of Travel & Tourism. SCVAL 1st Team All-League (2), leading scorer, MHS Scholar-Athlete (4)

GPA: 3.54 **College plans:** Undecided **Major:** Business

Coaching soccer has motivated Justin to look at education as a profession with the goal of moving toward, after our own discussions, being an athletic director. He will visit my office and it is always easy to stop working and just smile while speaking with him. Joining the Student Athlete Advisory Council this year, he is able to bring more student voices into the realm of athletics and also to understand why certain regulations are in place. He is comfortable sharing and representing his peers in this space that could often seem scary when “challenging” the norm and helping to shape Milpitas High Athletics.

Joanna Butcher, Athletic Director



CCS Scholar-Athlete Scholarships

The Central Coast Section has announced the 13 recipients of the CCS Scholar-Athlete Scholarships for the 2022-23 school year. These exceptional student-athletes were nominated by their schools and put forth to their leagues for selection. One male and one female were selected from each of the eight leagues that make up the CCS. The applications from these females and males were then submitted to the CCS Scholarship and Awards Committee. Below are 13 of the scholarship winners, who will each receive a \$500 check and a plaque:

Peninsula Athletic League

Natalie Wu, Burlingame High School

Blossom Valley Athletic League

Natalie McCarroll, Leigh High School

Chase Ostrowski, Willow Glen High School

Pacific Coast Athletic League

Jayna Schalesky, Rancho San Juan High School

Diego Ramirez, St. Francis SCP

Private School Athletic League

Bayle Chin, Summit Shasta High School

Spencer Gradek, Design Tech High School

Santa Cruz Coast Athletic League

Lily Montesinos, Soquel High School

Santa Clara Valley Athletic League

Om Shastri- Los Gatos High School

West Bay Athletic League

Brianna Bittel, Notre Dame San Jose

Lucas Vogel, Menlo School

West Catholic Athletic League

April Chan, Archbishop Mitty High School

Benjamin Kim, Archbishop Mitty High School

Female Scholar Athlete- Peninsula Athletic League

Natalie Wu- Burlingame High School

Varsity Sports: Swimming (4) and Water Polo (4)

Activities & Honors: Burlingame University Fun Festivities Club Founder, Volunteer Bay University Adult Transition Program, County POTY, PAL League Champions, PAL League MVP, PAL First Team Honors, Team Captain, BHS Most Valuable Player

GPA: 4.38 **College plans:** Pomona College **Major:** Undeclared

Burlingame University Friends Forever (BUFF) organizes activities during the day that offer a chance for my students to socialize with their BHS peers. Natalie organized an on-campus scavenger hunt, a tie dye Art project, groups of students to join our Bay University dances, and even volunteered several days during summer. Natalie's energy and enthusiasm is contagious, and her club quickly attracted more members. Club embers regularly stop by the classroom to interact with our students, suggest new activities, and forge friendships with our students. It's Natalie's leadership and passion that continue to drive the club and has even resulted in other organizations on campus that support our students with disabilities.

Jenna Smith, Special Education Teacher



Female Scholar Athlete- Blossom Valley Athletic League

Natalie Mc Carroll- Leigh High School

Varsity Sports: Basketball (4), Swimming (4), Water Polo (3)

Activities & Honors: ASB (2), Give a Gram Club (3), California Scholarship Federation Club (2), Senior Class President, Link Crew Leader, Best Buddies Club (3), Superintendent Student Advisory Council (2), Team Captain & MVP, CCS Qualifier, First Team All-League

GPA: 4.42 **College plans:** Indiana University

Major: Business and Communication

Natalie McCarroll has been a four-year Varsity player on the Basketball and Swimming teams while at Leigh. She was also a member of the first Girls Water Polo CCS championship team at Leigh! Natalie consistently demonstrates an excellent work ethic and interpersonal skills. During Natalie's time at Leigh, she has shown the ability to work diligently and with great enthusiasm. Natalie excels in many areas, including the classroom where she has been a four- year scholar athlete and in the community where she works as a swim instructor at the Club of Los Gatos. Natalie has also volunteered her time at the Children's Hospital of Northern California where she offers support, leads activities through her school club called Give a Gram.

Drew Marino, Athletic Director



Male Scholar Athlete- Blossom Valley Athletic League

Chase Ostrowski-Willow Glen High School

Varsity Sports: Football (3), Basketball (3) and Baseball (3)

Activities & Honors: National Honors Society (4), CSF Life Member, President of Yoga and Meditation Club (2), and ASB Leadership (3), Volunteer Fish and Loaves Food Bank and Elk's Lodge Honoring Veteran's. Mesa and Physics Club, WHS Scholar-Athlete (4), BVAL 1st Team, BVAL 2nd Team (2), WGHS ROTY

GPA: 3.8 **College plans:** Rutgers-Newark University **Major:** Finance



Academically, Chase is a 3.8 student-athlete who challenges himself with high level math courses and AP caseload. In addition, he serves on our ASB Leadership team, cultivating and bringing community building events to our student population. He can often be seen running from a practice to go help work a game or dance. He builds a positive engagement with his peers with humor and humility. He is often praised by his teachers for his ability to hold conversation in a respectful and meaningful way. Chase is recognized as a full-time member of both the National Honor Society and California Scholarship Federation. He will also be recognized as one of Willow Glen's only 12 time scholar-athlete award recipient (3.7 GPA or higher while in sport).

Eric Ostrowski, Athletic Director

Female Scholar Athlete- Private School Athletic League

Bayle Chin- Summit Shasta High School



Varsity Sports: Basketball (4)

Activities & Honors: Home Learning Volunteer (tutoring for low-income students), Senior Leadership CCS D5 Champions, Team MVP, PSAL 1st Team, PSAL 2nd Team (3)

GPA: 4.09

College plans: San Diego State

Major: Kinesiology

Bayle has been an absolute great representative of our program now for 4 years. Even as a freshman she was a leader and set the expectation for the girls basketball program that have allowed it to excel and grow like it has. She's a leader in more ways than one and always understands the importance of not only being ready to play on the court but also gets ahead and stay ahead of her responsibilities off the court especially in the classroom. She has also been a great aid to myself on the boys side staying after her games to help do score or clock for the boys games. She is an extremely responsible young lady who is now headed to San Diego State University and is well deserving of everything good that comes her way. She will be really missed but we wish her nothing but the best.
Jorge Chevez, Athletic Director

Male Scholar Athlete- Private School Athletic League

Spencer Gradek, Design Tech High School

Varsity Sports: Baseball (4)

Activities & Honors: DTECH Reach Club, DTECH Athletics Club (2)
Animal Assisted Happiness Volunteer, Little League Umpire
Design Tech Scholar Athlete, Team Captain (2)

GPA: 3.65 **GPA:** 3.65 **College plans:** Undecided **Major:** Mechanical Engineering

Spencer demonstrated significant growth during my engineering course. His social skills and easy going personality led to good relationships with his team members and they dealt with the many setbacks working on the Boulding wall with positivity and refused to get discouraged. Working on this project required Spencer to spend many hours in the shop and design time outside of the engineering class time. I think that Spencer surprised himself with how much he could accomplish with careful planning and group communication.
Wayne Brock, Engineering Teacher



Female Scholar Athlete- Pacific Coast Athletic League

Jayna Schalesky- Rancho San Juan High School

Varsity Sports: Basketball (4), Cross-Country, Track & Field (2) Volleyball

Activities & Honors: Puente Club (4), Interact Club, Culinary Club, Equestrian Club, Volunteer Wonder Wood Ranch Camp Esperanza Team Leader

GPA: 4.47 **College plans:** Stanford or Cal Polytechnical University (SLO) **Major:** Biomedical/Mechanical Engineering



Jayna is a competitor. I've seen her play basketball, run cross country, play volley- ball, run track, and even try out tennis. She seeks to be the best she can be on the playing field, and in the classroom. She sets high standards for herself and expects her teammates and classmates to do the same. Jayna will not settle for any- thing less than her best effort and continually seeks to improve herself. After colliding with another player on the court, causing her to leave the game early bruised and bloody, Jayna was back in the gym, bandaged and swollen, taking shots. She perseveres through difficulty and finds success through her dedication and hard work.

Matt Briney, Athletic Director

Male Scholar Athlete- Pacific Coast Athletic League

Diego Ramirez- St. Francis Salesian College Preparatory

Varsity Sports: Cross-Country, Basketball (3), Track & Field (4), Football (2)

Activities & Honors: Breakfast of Champions, 4.0 Luncheon, National Society of High School Scholar, National Honors Society, Science National Honors Society. California Scholarship Federation, Academic First Honors Scholar Athlete, ASB Student Council Award

GPA: 4.0 **College plans:** California Polytechnic University

Major: Agriculture Business

Next comes his consistency as Diego is not only there, but gives his best effort no matter the situation: practice, class, school activity, pickup basketball, game, etc. His junior year of football he rarely left the field on offense, defense, or special teams and this could be said about his senior year as well. When talking to him about this at one point we both agreed that in two years of varsity football he had been off the field for around fifty plays. An average football game is a total of 150 plays and Diego played in 24 games over those two years, which means he was in 98.6% of the plays. Unheard of. This is also a big reason we had our two most successful seasons in school history: winning the school's first outright league championship, first appearance in a CCS Championship game, and making the playoffs two years in a row.

John Ausman, Athletic Director & Head Football Coach



Female Scholar Athlete- Santa Cruz County Athletic League

Lily Montesinos- Soquel High School

Varsity Sports: Soccer (4), Basketball (2)

Activities & Honors: Peer Tutoring, Baile Folklorico (2), Youth Soccer Coach

GPA: 4.20 **College plans:** Undecided

Major: Business/Engineering



In Baile class, Lily reflects confidence, commitment and leadership. Her diligence affords her the knowledge that she can accomplish whatever is put in front of her. She is always working hard and willing to take academic risks, recognizing that her own growth and understanding are the primary goal; of her education. Her kindness and open-mindedness allow her to easily collaborate with others, and her classmates trust her to complete her job at the highest level. She is also particularly creative and always volunteering to make art projects for the group that bring a very unique visual flair. I know that Lily is ready for the demands of college coursework.

Jenny Robles, Baile Folklorico Instructor

Male Scholar Athlete- Santa Clara Valley Athletic League

Om Shastri- Los Gatos High School

Varsity Sports: Wrestling (4)

Activities & Honors: President of Math Club (4), Coding Club (4), President of Robotics Club (4), Congressional Award Gold Medal Recipient, Arduino Day 2022 Featured Speaker, League Champion and CCS Medalist

GPA: 4.6 **College plans:** Undecided

Major: Computer Science

As impressive as Om's transcript is, he has been just as successful on the wrestling mat. Om has competed at the varsity level in wrestling all 4 years here at Los Gatos High School. He has been the lynchpin of our upper weight's wrestlers throughout his time here. His leadership has been invaluable to the wrestling program helping to lead his team to 3 league championships, a 4th place finish in 2020 and 2nd place finish in 2022. The team is currently #2 in CCS and ranked #8 in the state of California. Om's teachers state that he is respectful, kind and courteous young man. He is always willing to help other students around him. His ability to learn and understand complex lesson and his critical thinking skills and writing are off the charts. All of Om's teachers have enthusiastically recommended him for this scholarship program.

Ken Perrotti, Athletic Director



Female Scholar Athlete- West Bay Athletic League

Brianna Bittel Notre Dame-San Jose High School

Varsity Sports: Cross Country (2) and Track & Field (3)

Activities & Honors: School Secretary (1), ASB Class Secretary/Publicity (2), Athletics Council Rep. (1), Peer Tutor and Notetaker for AP Biology and British Lit. (2), Student Ambassador (1), Campus Ministry Rep./Eucharistic Minister (2), Writer for Weekly School Newsletter (1), AP Scholar with Distinction, National Merit Scholarship: Commended Scholar, CA Scholastic Federation, National Honors Society, Rose-Hulman Noblitt Scholar Semi-Finalist. Team Captain, All-League, Honorable Mention, Team MVP, Team Most Inspirational Athlete

GPA: 4.67 **College plans:** Rose-Hulman Institute of Technology **Major:** Electrical Engineering

When thinking about Brianna many positives come to mind; she is an enthusiastic, generous, caring, respectful, a wonderful example for those around her, shows willingness to work hard, communicates, has good time management skills and an overall positive person. She is committed to what she starts and always exhibits a passion to excel in what she is doing while having compassion for those around her. Brianna demands the best from herself and refuses to accept anything less which is one reason why she has found so much success so far in life. She is one of the top athletes I have had the chance to work in my 20-year coaching career.

Paul Lapke, Athletic Director



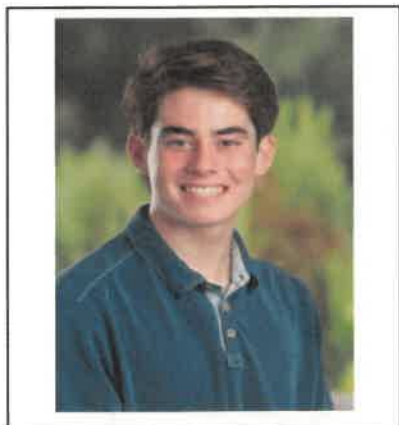
Male Scholar Athlete- West Bay Athletic League

Lucas Vogel- Menlo School

Varsity Sports: Basketball (4) and Lacrosse (4)

Activities & Honors: Coordinator & Sea of Gold Captain, Volunteer Counselor Mental Health @ Menlo Club, Menlo Yearbook Editor in Chief, Team Captain, Team MVP, 1000-point scorer club, 1st Team All WBAL, CCS Div. 4 Champions

GPA: 4.11 **College plans:** Washington University (St. Louis) **Major:** Economics and Computer Science



Lucas has earned the respect of his teachers, peers, opponents because he gives that same respect. He teaches others humility, grace while embracing confidence in his words but mostly in his actions. Lucas makes sure to maintain the highest levels of sportsmanship when he's playing and as a fan. He is a charismatic leader of the student group Sea of Gold, and set the bar high for spirited cheering and clever chants. His Menlo brainchild of asking trivia during volleyball game timeouts quiets and entertains a full gym. During a basketball game he was playing in, he was recently overheard telling the student section to stop a negative cheer they started against an opponent.

Earl Koberlein, Menlo School, Director of Athletics

Female Scholar Athlete- West Catholic Athletic League

April Chan-Archbishop Mitty High School

Varsity Sports: Basketball (2)

Activities & Honors: AP Scholar Award, AP Scholar with Distinction Award, Undergraduate Award for Excellence in Mathematics, National Merit Semifinalist, California Scholarship Federation, National Honor Society, Principal's Honor Roll - 7 semesters, Taekwondo Black Belt, Fremont Youth Basketball Club Coach, Mitty Advocacy Project, Biology Club, Monarch Newspaper

GPA: 4.71 **College plans:** Massachusetts Institute of Technology **Major:** Computer Science and Engineering

April's personal commitment to the program has been exceptional. She worked her way from starting on the Freshmen team, onto the Junior Varsity team, and currently the starting point guard on the varsity team. Last year, April embraced her role of coming off the bench, to provide an offensive spark. While she may have wanted more playing time, her work ethic, attitude or effort in practice never wavered based on her game day minutes. She has always put the team first and in turn, earned the utmost respect of her teammates and coaching staff alike. April is a selfless teammate, who strives to be the best version of herself for the person next to her. Sue Phillips, Math Teacher/ Head Women's Basketball Coach



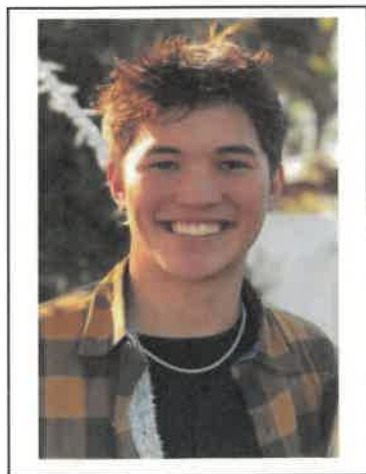
Male Scholar Athlete- West Catholic Athletic League

Benjamin Kim- Archbishop Mitty High School

Varsity Sports: Baseball, Football (3), Ice Hockey (4), and Track & Field

Activities & Honors: Student Government (4), Kairos Retreat Leader, Visit Mitty Ambassador, Senior Class Media Coordinator, All-WCAL First Team

GPA: 4.1 **College plans:** Claremont McKenna College **Major:** Undeclared



As a wide receiver, Ben was a first team All-WCAL selection this year as well as Honorable Mention All Bay Area News Group. Despite missing two games and due to an acromioclavicular joint separation (clavicle joint), Ben's electric speed and elusive route running abilities placed him second on the team in: touchdowns (10), receptions (56), and receiving yards (856). Ben's leadership helped the Monarchs to a 9-4 record and an appearance in the CCS Division I Championship Game this season. In addition to playing football, Ben was a catcher for the baseball team, which won the 2022 NorCal Championship last season. While his ongoing rehabilitation for his shoulder preclude him from playing baseball, he has joined our Track & Field team and will be competing in the sprints. Brian Eagleson, Athletic Director



For Immediate Release
May 2nd, 2023

CCS Contact: David Grissom
Commissioner

CENTRAL COAST SECTION ANNOUNCES 2022-2023 SPRING SCHOLASTIC CHAMPIONSHIP TEAMS

The Central Coast Section of the California Interscholastic Federation is proud to announce the recipients of the 2022-2023 Spring Season Scholastic Championship Team Awards listed below. These awards, instituted by the CCS Board of Managers in 1985, recognize the top five Varsity teams, from each Central Coast Section sport, with the highest collective Grade Point Average of all teams competing in that sport during that season of competition.

The student-athletes involved have achieved distinction in the classroom, and at the same time, have committed themselves to participation in interscholastic athletics. Their academic performance is yet another indication that such athletic participation enhances classroom activities.

A team certificate and individual certificates of commendation will be presented to each school of each individual sport.

THE TOP FIVE 2022-2023 SPRING SCHOLASTIC CHAMPIONSHIP TEAMS ARE:

<i>Badminton</i>	<i>Archbishop Mitty High School</i>	<i>3.8447</i>
	<i>Lynbrook High School</i>	<i>3.8045</i>
	<i>Gunn High School</i>	<i>3.6179</i>
	<i>Mountain View High School</i>	<i>3.6050</i>
	<i>Los Gatos High School</i>	<i>3.5793</i>
<i>Baseball</i>	<i>Crystal Springs Uplands</i>	<i>3.8620</i>
	<i>Sacred Heart Prep</i>	<i>3.6494</i>
	<i>Archbishop Mitty High School</i>	<i>3.6369</i>
	<i>Menlo School</i>	<i>3.6250</i>
	<i>Stevenson School</i>	<i>3.6000</i>

Boys Golf	<i>Crystal Springs Uplands</i>	3.8860
	<i>Stevenson School</i>	3.6740
	<i>Archbishop Mitty High School</i>	3.6667
	<i>Menlo School</i>	3.6333
	<i>Harbor High School</i>	3.6200
Gymnastics	<i>St. Francis High School</i>	3.6699
	<i>Mountain View High School</i>	3.5790
	<i>Cupertino High School</i>	3.5614
	<i>Half Moon Bay High School</i>	3.4864
Boys Lacrosse	<i>Archbishop Mitty High School</i>	3.6214
	<i>Menlo School</i>	3.5911
	<i>Sacred Heart Prep</i>	3.5786
	<i>Stevenson School</i>	3.5460
	<i>Palma School</i>	3.4228
Girls Lacrosse	<i>Castilleja School</i>	3.9406
	<i>Menlo School</i>	3.8000
	<i>Archbishop Mitty High School</i>	3.7770
	<i>Harbor High School</i>	3.7090
	<i>Presentation School</i>	3.6940
Softball	<i>Castilleja School</i>	3.8750
	<i>Stevenson School</i>	3.7100
	<i>Archbishop Mitty High School</i>	3.7097
	<i>Gunn High School</i>	3.7000
	<i>St. Francis High School</i>	3.5135
Boys Swimming & Diving	<i>Archbishop Mitty High School</i>	3.8351
	<i>Sacred Heart Prep</i>	3.7378
	<i>El Camino High School</i>	3.6820
	<i>Gunn High School</i>	3.6574
	<i>Cupertino High School</i>	3.6389
Girls Swimming & Diving	<i>Menlo School</i>	3.9400
	<i>Castilleja School</i>	3.9195
	<i>Archbishop Mitty High School</i>	3.9077
	<i>El Camino High School</i>	3.8650
	<i>Harbor High School</i>	3.7900
Boys Tennis	<i>Crystal Springs Uplands</i>	3.8980
	<i>Archbishop Mitty High School</i>	3.8837
	<i>Sacred Heart Prep</i>	3.7025
	<i>Bellarmino College Prep</i>	3.6907
	<i>Menlo School</i>	3.6875

<i>Boys Track & Field</i>	<i>Crystal Springs Uplands</i>	<i>3.9370</i>
	<i>Menlo School</i>	<i>3.7603</i>
	<i>Lynbrook High School</i>	<i>3.6798</i>
	<i>Palma School</i>	<i>3.6667</i>
	<i>Sacred Heart Prep</i>	<i>3.6105</i>
<i>Girls Track & Field</i>	<i>Crystal Springs Uplands</i>	<i>3.9010</i>
	<i>Castilleja School</i>	<i>3.8837</i>
	<i>Menlo School</i>	<i>3.7500</i>
	<i>Sacred Heart Prep</i>	<i>3.7451</i>
	<i>Stevenson School</i>	<i>3.7030</i>
<i>Boys Volleyball</i>	<i>Sacred Heart Cathedral</i>	<i>3.7670</i>
	<i>Lynbrook High School</i>	<i>3.7023</i>
	<i>Harbor High School</i>	<i>3.7010</i>
	<i>Archbishop Mitty High School</i>	<i>3.5268</i>
	<i>Gunn High School</i>	<i>3.4945</i>



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