

2023 Peninsula Athletic League FS Championships - 4/29/2023

Menlo-Atherton High School

Results

Girls 100 Meter Dash

Name	School	Finals
Finals		
1 Albertario, Gabriela	El Camino	13.12 NWI
2 Hartwig, Alessandra	Menlo-Atherton	13.24 NWI
3 Santos, Sarah	Jefferson	13.25 NWI
4 Barajas, Emerson Elyse	Carlmont	13.28 NWI
5 Campana, Kiera	Woodside	13.51 NWI
6 Chen, Victoria	Aragon	13.61 NWI
7 Egan, Momoko	Burlingame	13.64 NWI
8 Cordero, Rhian Savannah	Burlingame	13.69 NWI
9 Moussa, Sophia	Carlmont	13.73 NWI
10 Eckstein, Tindra	Woodside	13.78 NWI
11 Boyse, Avery	Burlingame	13.80 NWI
12 Martin, Oona	Sequoia	13.85 NWI
13 Cho, Chloe	Mills	13.92 NWI
14 Baumbach, Lillet	Terra Nova	13.93 NWI
15 Csut, Gabi	Sequoia	14.01 NWI
16 BakerMalone, Kaia	Carlmont	14.08 NWI
17 McCauley, Aundrea	San Mateo	14.23 NWI
18 Nieva, Nicole	Menlo-Atherton	14.25 NWI
19 Kwan, Jocelyn	Mills	14.26 NWI
20 Lopez, Sophia	Jefferson	14.26 NWI
21 Eliares, Julia	Terra Nova	14.27 NWI
22 Samson, Christel	Jefferson	14.31 NWI
23 Wolfe, Naia	Terra Nova	14.38 NWI
24 Franco, Bella	Menlo-Atherton	14.39 NWI
25 Arcelona, Olivia	Mills	14.53 NWI
26 Suarez, Olivia	Westmoor	14.55 NWI
27 Pong, Lauren	Aragon	14.59 NWI
28 Reyes, Alexis	Hillsdale	14.66 NWI
29 Yin, Lorraine	El Camino	14.68 NWI
30 Prasad, Anchal	Capuchino	14.73 NWI
31 Abulebdeh, Heyam	Hillsdale	14.77 NWI
32 Arihara, Jolie	Westmoor	14.80 NWI
33 Gans, Leila	El Camino	14.92 NWI
34 Li, Allison	San Mateo	15.21 NWI
35 Nino-Sears, Lucia	Sequoia	15.70 NWI
36 Banzon, Francesca	South S.F.	15.84 NWI
37 Heng, Hailey	South S.F.	16.81 NWI
38 Del Prado, Kristen	Capuchino	18.45 NWI

Girls 200 Meter Dash

Name	School	Finals
Finals		
1 Santos, Sarah	Jefferson	27.41 NWI
2 Albertario, Gabriela	El Camino	27.45 NWI
3 Hartwig, Alessandra	Menlo-Atherton	27.61 NWI
4 Campana, Kiera	Woodside	28.15 NWI
5 Cowart, Sailor	Menlo-Atherton	28.27 NWI
6 Egan, Momoko	Burlingame	28.38 NWI
7 Lin, Hannah	Aragon	28.40 NWI
8 Wong, Sarah	Mills	28.44 NWI
9 Mercado, Chloe Shannon	Westmoor	28.56 NWI
10 Flores, Sophia	Hillsdale	28.62 NWI

11 Cordero, Rhian Savannah	Burlingame	28.63 NWI
12 Lim, Monica	Aragon	28.69 NWI
13 Boyse, Avery	Burlingame	28.69 NWI
14 Chen, Kiana	Carlmont	28.76 NWI
15 BakerMalone, Kaia	Carlmont	28.76 NWI
16 Chen, Victoria	Aragon	28.78 NWI
17 Lopez, Sophia	Jefferson	29.17 NWI
18 Moussa, Sophia	Carlmont	29.25 NWI
19 Cho, Chloe	Mills	29.42 NWI
20 Samson, Christel	Jefferson	29.43 NWI
21 Wolfe, Naia	Terra Nova	29.49 NWI
22 Lee, Madison	Terra Nova	29.51 NWI
23 Nieva, Nicole	Menlo-Atherton	29.83 NWI
24 McCauley, Aundrea	San Mateo	30.07 NWI
25 Arnest, Sofia	Terra Nova	30.14 NWI
26 Suarez, Olivia	Westmoor	30.19 NWI
27 Sieling, Caroline	Sequoia	30.55 NWI
28 Chang, Christine	Sequoia	30.77 NWI
29 Fukuda, Runa	Hillsdale	31.15 NWI
30 Fuell, Annabel	Capuchino	31.30 NWI
31 Yin, Lorraine	El Camino	31.40 NWI
32 Del Prado, Kristen	Capuchino	31.86 NWI
33 Li, Allison	San Mateo	31.92 NWI
34 Pansoy, Katelyn	Westmoor	32.36 NWI
35 Fuhrmann, Lisa	Hillsdale	32.64 NWI
36 Valdez, Neva	Oceana	32.69 NWI
37 Sverdrup, Sofia	Woodside	33.09 NWI
38 Quinteros, Nataly	South S.F.	33.24 NWI
39 Harel, Tal	Sequoia	33.89 NWI
40 Thayer, Camille	Half Moon Bay	35.92 NWI

Girls 400 Meter Dash

Name	School	Finals
Finals		
1 Cowart, Sailor	Menlo-Atherton	1:04.87
2 Larson, Johanna	Woodside	1:05.02
3 Lin, Hannah	Aragon	1:05.35
4 Der, Keilani	El Camino	1:05.38
5 Ishimoto, Jacqueline	Burlingame	1:06.18
6 Horan, Ellora	Burlingame	1:06.47
7 Lee, Taylor	Aragon	1:06.58
8 Maia, Emily	Carlmont	1:06.74
9 Flores, Sophia	Hillsdale	1:07.01
10 Fuell, Mia	Capuchino	1:07.27
11 Moran, Maliha	Burlingame	1:07.46
12 Baumbach, Lillet	Terra Nova	1:07.74
13 Ohashi, Shiyo	Carlmont	1:08.08
14 Sotto, Anthea	Hillsdale	1:09.34
15 Wong, Sarah	Mills	1:09.60
16 Pantilon, Janelle	Mills	1:09.90
17 Marsyla, Pearl	Woodside	1:10.04
18 Fuell, Annabel	Capuchino	1:10.81
19 Valdez, Neva	Oceana	1:11.54
20 Ruiz, Dayna	South S.F.	1:11.87
21 Chin, Angela	Jefferson	1:11.96
22 Contreras, Zia	Carlmont	1:11.98

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Menlo-Atherton High School

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Finals ... (Girls 400 Meter Dash)

Name	School	Finals
23 Lai, Sydney	Aragon	1:13.12
24 Chaudhry, Khadijah	Jefferson	1:14.77
25 Li, Jasmine	Mills	1:15.44
26 Schmidt, Silvana	Menlo-Atherton	1:15.75
27 Gonzales, Hayden	Westmoor	1:15.81
28 Pansoy, Katelyn	Westmoor	1:18.04
29 Thayer, Camille	Half Moon Bay	1:21.89

Girls 800 Meter Run

Name	School	Finals
1 Huysmans, Joelle	Burlingame	2:30.31
2 Collins, Lucy	Half Moon Bay	2:31.93
3 Calderon Mendez, Sophia	Burlingame	2:32.91
4 Cheng, Miya	Mills	2:35.87
5 Ellison, Emilia	Terra Nova	2:37.28
6 Bikle, Jamie	Half Moon Bay	2:37.47
7 Wilding, Michelle	San Mateo	2:38.43
8 Friedman, Kate	Burlingame	2:38.65
9 Jensen, Angelina	Capuchino	2:38.92
10 Crowther, Samantha	Carlmont	2:39.04
11 Lehman, Valeria	Carlmont	2:39.65
12 Gong, Clairissa	Menlo-Atherton	2:40.15
13 Chan, Emily	Sequoia	2:40.37
14 Ohtaki, Nicolee	Menlo-Atherton	2:42.71
15 Yazzie, Aurora	Hillsdale	2:46.88
16 Pantilon, Janelle	Mills	2:47.46
17 Tse, Maya	Carlmont	2:48.46
18 Cruz Parada, Lina	Aragon	2:49.21
19 Guan, Amy	Jefferson	3:02.98
20 Hur, Wren	Oceana	3:10.74
21 Guillen-Vasquez, Naiza	Oceana	3:33.05

Girls 1600 Meter Run

Name	School	Finals
1 Collins, Lucy	Half Moon Bay	5:36.40
2 Mehta, Riya	Menlo-Atherton	5:37.13
3 Mcgaraghan, Paige	Menlo-Atherton	5:40.03
4 Sharda, Nuvya	Carlmont	5:40.42
5 Piazza, Rocco	Sequoia	5:41.83
6 Ellison, Emilia	Terra Nova	5:42.88
7 Lee, Dylan	Aragon	5:43.04
8 Lehman, Valeria	Carlmont	5:45.07
9 Cheng, Miya	Mills	5:50.40
10 Crowther, Samantha	Carlmont	5:51.52
11 Cruz Parada, Lina	Aragon	5:51.74
12 Chi, Sophia	Menlo-Atherton	5:52.41
13 Wilding, Michelle	San Mateo	5:52.65
14 Kelly, Ashlyn	Hillsdale	5:53.99
15 Sanghvi, Sarina	Sequoia	5:59.62
16 Chan, Kaelyn	Mills	6:01.59
17 Bikle, Jamie	Half Moon Bay	6:02.72
18 Brignardello, Adrianna	Capuchino	6:07.09

19 Yazzie, Aurora	Hillsdale	6:08.81
20 He, Anna	Aragon	6:09.62
21 Prasad, Anchal	Capuchino	6:11.18
22 Braner, Daphnee	Jefferson	6:11.78
23 Blum, Shayna	Burlingame	6:14.57
24 Browdy, Zoe	Burlingame	6:23.78
25 Seto, Laura	San Mateo	6:38.14
26 Guan, Amy	Jefferson	6:40.03
27 Ge, Olivia	Hillsdale	6:49.53
28 Reinemann, Maya	Sequoia	6:59.00
29 Louie, Clarissa	Mills	7:10.40

Girls 3200 Meter Run

Name	School	Finals
1 Mehta, Riya	Menlo-Atherton	12:02.54
2 Mcgaraghan, Paige	Menlo-Atherton	12:31.35
3 Lee, Dylan	Aragon	12:34.01
4 Chi, Sophia	Menlo-Atherton	12:39.95
5 Cruz Parada, Lina	Aragon	13:02.07
6 Kelly, Ashlyn	Hillsdale	13:14.67
7 Braner, Daphnee	Jefferson	13:46.38
8 Tse, Maya	Carlmont	13:59.41
9 Tomita, Umi	Carlmont	14:05.17
10 Shapiro, Rhiana	Capuchino	14:23.41
11 Seto, Laura	San Mateo	14:49.82

Girls 100 Meter Hurdles

Name	School	Finals
1 Chen, Kiana	Carlmont	17.86 NWI
2 Viray, Jaleen	Westmoor	18.72 NWI
3 Eckstein, Tindra	Woodside	19.06 NWI
4 Davis, Jordan	Burlingame	19.15 NWI
5 Larson, Johanna	Woodside	19.32 NWI
6 Dimon, Katherine	Carlmont	19.55 NWI
7 Chow, Alicia	El Camino	19.61 NWI
8 Khalil, Yaqeen	Jefferson	20.32 NWI
9 Fukuda, Runa	Hillsdale	20.52 NWI
10 Maars, Annika	Hillsdale	20.56 NWI
11 Hoek, Sophie	Carlmont	20.69 NWI
12 Kuralay, Sedef	Mills	21.04 NWI
13 Guterrez Palacios, Vanessa	Mills	21.21 NWI
14 Wong, Emily	Mills	21.56 NWI
15 Ocenada, Kamille	South S.F.	22.81 NWI
16 Jordan, Nala	Oceana	24.05 NWI

Girls 300 Meter Hurdles

Name	School	Finals
1 Viray, Jaleen	Westmoor	52.44
2 Sanchez, Mia	Menlo-Atherton	52.75
3 Eckstein, Tindra	Woodside	53.54
4 Maia, Emily	Carlmont	54.38
5 Marsyla, Pearl	Woodside	55.99
6 Davis, Jordan	Burlingame	56.01

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Finals ... (Girls 300 Meter Hurdles)

Name	School	Finals
7 Ruiz, Dayna	South S.F.	57.92
8 Guitierrez Palacios, Vanessa	Mills	58.64
9 Dimon, Katherine	Carlmont	59.38
10 Wong, Emily	Mills	59.41
11 Khalil, Yaqeen	Jefferson	59.84
12 Hoek, Sophie	Carlmont	1:00.80
13 Kuralay, Sedef	Mills	1:01.08
14 Dyogi, Gabriela	Terra Nova	1:01.77
15 Chin, Angela	Jefferson	1:02.26
16 Maars, Annika	Hillsdale	1:09.69

Girls 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Carlmont		52.55
2 Burlingame		53.54
3 Aragon		53.81
4 Jefferson		53.99
5 Menlo-Atherton		54.06
6 Woodside		54.50
7 Westmoor		54.81
8 Mills		55.11
9 Sequoia		55.14
10 Terra Nova		56.01
11 Hillsdale		56.80
12 El Camino		58.13
13 South San Francisco		1:03.01

Girls 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Westmoor		4:28.66
2 Aragon		4:31.15
3 Carlmont		4:34.43
4 Jefferson		4:35.52
5 Burlingame		4:35.55
6 Menlo-Atherton		4:40.80
7 Terra Nova		4:46.22
8 Woodside		4:48.77
9 Hillsdale		4:51.27
10 Capuchino		4:55.00
11 Mills		5:01.66
--- Sequoia		DQ

Girls 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 Carlmont		10:52.11
2 Burlingame		10:52.72
3 Mills		11:34.41
4 Hillsdale		13:38.68

Girls High Jump

Name	School	Finals
Finals		
1 Der, Keilani	El Camino	4-08.00
2 Iriyama, Amanda	Westmoor	4-06.00
3 Scribner, Logan	Capuchino	J4-04.00
4 Flores, Sophia	Hillsdale	J4-04.00
5 Smith, Jutta	South S.F.	J4-02.00
6 Horan, Ellora	Burlingame	J4-02.00
6 Rife, Meilin	Aragon	J4-02.00
8 Ormiston, Emily	Mills	J4-02.00
9 Spalova, Sofia	Woodside	4-00.00
9 Ocenada, Kamille	South S.F.	4-00.00
11 Wain, Tania	Mills	3-10.00
11 Budman, Sofie	Carlmont	3-10.00
11 Myhres, Danielle	Capuchino	3-10.00
11 Zurowski-Morin, Vivian	Hillsdale	3-10.00
11 Dababo, Nadia	Carlmont	3-10.00
--- Quinteros, Nataly	South S.F.	NH
--- Gonzales, Hayden	Westmoor	NH
--- Romero, Isabella	Carlmont	NH
--- Greer, Summer	Capuchino	NH
--- Silberman, Aurora	Woodside	DQ
--- Chan, Kaelyn	Mills	DQ

Girls Pole Vault

Name	School	Finals
Finals		
1 Mercado, Chloe Shannon	Westmoor	7-06.00
2 Poon, Jessica	Mills	J7-00.00
3 Martin, Sydney	Sequoia	J7-00.00
4 Sapugay, Gabriela	San Mateo	J7-00.00
5 Aceituno, Fern	Aragon	J6-06.00
6 Bhavanishankar, Ananya	Aragon	J6-06.00
7 Weber, Markey	San Mateo	6-00.00
--- Dogra, Amber	San Mateo	NH
--- Anapolsky, Dahlia	Aragon	NH

Girls Long Jump

Name	School	Finals
Finals		
1 Horan, Ellora	Burlingame	14-11.75 NWI
2 Moran, Maliha	Burlingame	14-08.00 NWI
3 Lee, Cailin	Woodside	14-03.00 NWI
4 Myhres, Danielle	Capuchino	13-10.50 NWI
5 Bucciarelli, Cassandra	Westmoor	13-06.25 NWI
6 Iriyama, Amanda	Westmoor	13-02.00 NWI
7 Arcelona, Olivia	Mills	13-00.25 NWI
8 Spalova, Sofia	Woodside	12-11.00 NWI
9 BakerMalone, Kaia	Carlmont	12-10.50 NWI
10 Li, Allison	San Mateo	12-10.00 NWI
11 Ocenada, Kamille	South S.F.	12-05.75 NWI
12 Budman, Sofie	Carlmont	12-05.25 NWI
13 Durfee, Anna	Burlingame	12-01.00 NWI
14 Li, Jasmine	Mills	11-10.50 NWI

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Finals ... (Girls Long Jump)

Name	School	Finals
15 Smith, Jutta	South S.F.	11-02.00 NWI
--- Heng, Hailey	South S.F.	FOUL
--- Reinemann, Maya	Sequoia	FOUL
--- Ren, Emily	Westmoor	FOUL
--- Romero, Isabella	Carlmont	FOUL

Girls Triple Jump

Name	School	Finals
1 Bucciarelli, Cassandra	Westmoor	31-08.00 NWI
2 Myhres, Danielle	Capuchino	30-00.50 NWI
3 Iriyama, Amanda	Westmoor	29-09.50 NWI
4 Spalova, Sofia	Woodside	29-00.50 NWI
5 Lee, Cailin	Woodside	28-00.50 NWI
6 Abulebdeh, Heyam	Hillsdale	27-06.00 NWI
7 Kuralay, Sedef	Mills	27-05.00 NWI
8 Hansma, Violet	Burlingame	26-07.50 NWI
9 Durfee, Anna	Burlingame	26-05.00 NWI

Girls Shot Put

Name	School	Finals
1 Yi, Chloe	Aragon	27-11.25
2 Eliares, Julia	Terra Nova	25-00.00
3 Manukainiu, Malia	Aragon	24-01.50
4 Dedini, Jillian Carmel	Westmoor	23-08.00
5 Quinteros, Nataly	South S.F.	23-07.75
6 del Rosario, Adriana	El Camino	22-10.00
7 Saito, Leia	Hillsdale	22-07.00
8 Smith, Jutta	South S.F.	22-04.25
9 Garrick, Nyla	Aragon	21-05.50
10 Gonzales, Evarista	Carlmont	21-00.00
12 Muneno, Leilani	Hillsdale	20-10.25
12 Alazzeh, Heba	Mills	20-09.25
13 Weber, Markey	San Mateo	20-08.50
14 Cate, Miya	Burlingame	19-11.50
15 Ren, Emily	Westmoor	19-09.50
16 Yung, Madeline	Burlingame	19-04.50
17 Marks, Julia	Woodside	19-00.00
18 Abcejo, Kristine	Westmoor	18-04.75
19 Perdikomatis, Alexandra	Terra Nova	17-11.50
20 Marseweh, Sahyra	Mills	17-03.00
21 Lopez-Gonzalez, Alexandra	Mills	15-06.50

Girls Discus Throw

Name	School	Finals
1 Dyogi, Gabriela	Terra Nova	77-07
2 Ren, Emily	Westmoor	63-08
3 del Rosario, Adriana	El Camino	63-05
4 Saito, Leia	Hillsdale	63-03
5 Dedini, Jillian Carmel	Westmoor	61-04
6 Cate, Miya	Burlingame	60-11
7 Alazzeh, Heba	Mills	58-07

8 Kelly, Rowan	Burlingame	58-03
9 Yi, Chloe	Aragon	56-09
10 Rogers, Briana	South S.F.	54-08
10 Marks, Julia	Woodside	54-08
12 Manukainiu, Malia	Aragon	53-09
13 Silberman, Aurora	Woodside	53-06
14 Perdikomatis, Alexandra	Terra Nova	52-08
15 He, Anna	Aragon	52-05
16 Weber, Markey	San Mateo	52-01
17 Salles, Sadie	San Mateo	50-11
18 Muneno, Leilani	Hillsdale	49-10
19 Dogra, Amber	San Mateo	48-11
20 Banzon, Francesca	South S.F.	48-00
21 Arihara, Jolie	Westmoor	47-11
22 Park, Mattea	Burlingame	46-00
23 Lopez-Gonzalez, Alexandra	Mills	45-06
24 Marseweh, Sahyra	Mills	34-06
25 Boysen, Zoe	Half Moon Bay	29-06

Boys 100 Meter Dash

Name	School	Finals
1 Nguyen, Liam	Westmoor	11.50 NWI
2 Gentner, Brody	Woodside	11.55 NWI
3 Van der meer, Anthony	Menlo-Atherton	11.56 NWI
4 Goncalves, Gabriel	Carlmont	11.61 NWI
5 Martinez, Adrien	Westmoor	11.78 NWI
6 Mattioli, Daniel	Carlmont	11.82 NWI
7 Nues, Noah	Hillsdale	11.87 NWI
8 Bell, Jonas	Hillsdale	11.94 NWI
9 Mutti, Fabrizio	Terra Nova	11.96 NWI
10 Kong, Matteo	Aragon	12.03 NWI
11 Allendorf, Dante	Hillsdale	12.04 NWI
12 Landayan, Javen	Jefferson	12.07 NWI
13 Kwan, Ryan	Carlmont	12.11 NWI
14 Labuguen, Benicio	Westmoor	12.12 NWI
15 Petry, Alexander	Menlo-Atherton	12.14 NWI
16 Wilberg, Ocean	San Mateo	12.23 NWI
17 Yee, Russell	Aragon	12.26 NWI
18 Stepanovich, Elijah	El Camino	12.29 NWI
19 Flores, Noah	El Camino	12.29 NWI
20 Frank, Ryan	Burlingame	12.31 NWI
21 Lu, Carter	San Mateo	12.33 NWI
22 Carreiro, Austin	San Mateo	12.34 NWI
23 Crockett, Jordan	Sequoia	12.40 NWI
24 Kato, Issei	Mills	12.45 NWI
25 Zarganis, Tyler	Sequoia	12.49 NWI
26 Adams-Aurilio, Zion	Jefferson	12.54 NWI
27 Pfistner, Joshua	Menlo-Atherton	12.55 NWI
28 Guevarra, Raimer	El Camino	12.56 NWI
29 Patch, Mason	Burlingame	12.57 NWI
30 Salazar, Antonio	Capuchino	12.60 NWI
31 Wang, Ryan	Burlingame	12.60 NWI
32 Santos, Brian	Jefferson	12.68 NWI
33 Nguyen, James	Oceana	12.75 NWI
34 De Guzman, Jiro	Oceana	12.97 NWI

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Finals ... (Boys 100 Meter Dash)

Name	School	Finals
35 Custodio, Andrei	South S.F.	12.99 NWI
36 Gao, Justin	Mills	13.17 NWI
37 Parabaniuk, Arthur	Terra Nova	13.51 NWI
38 Tejada, Tyler	South S.F.	14.34 NWI

Boys 200 Meter Dash

Name	School	Finals
Finals		
1 Nguyen, Liam	Westmoor	23.84 NWI
2 Van der meer, Anthony	Menlo-Atherton	23.87 NWI
3 Gentner, Brody	Woodside	24.13 NWI
4 Nues, Noah	Hillsdale	24.60 NWI
5 Kato, Issei	Mills	24.66 NWI
6 Frank, Ryan	Burlingame	24.66 NWI
7 Martinez, Adrien	Westmoor	24.79 NWI
8 Oleta, Brandon	Westmoor	24.85 NWI
9 Mattioli, Daniel	Carlmont	24.89 NWI
10 Landayan, Javen	Jefferson	24.97 NWI
11 Flores, Noah	El Camino	25.04 NWI
12 Kong, Matteo	Aragon	25.06 NWI
13 Mutti, Fabrizio	Terra Nova	25.09 NWI
14 Stepanovich, Elijah	El Camino	25.12 NWI
15 Tsou, Bradley	Carlmont	25.29 NWI
16 Carreiro, Austin	San Mateo	25.29 NWI
17 Patch, Mason	Burlingame	25.34 NWI
18 Kwan, Ryan	Carlmont	25.49 NWI
19 li, Eason	Mills	25.50 NWI
20 Bell, Jonas	Hillsdale	25.52 NWI
21 Weitzman, Maxwell	Menlo-Atherton	25.67 NWI
22 Lu, Carter	San Mateo	25.69 NWI
23 MacLeitch, Daniel	Sequoia	25.70 NWI
24 Nues, Elijah	Hillsdale	25.71 NWI
25 Meneses, Zander	Capuchino	25.79 NWI
26 Wang, Ryan	Burlingame	25.90 NWI
27 Salazar, Antonio	Capuchino	25.96 NWI
28 Yeh, Darren	El Camino	26.07 NWI
29 Crockett, Jordan	Sequoia	26.13 NWI
30 Leonardo, Alexander	Menlo-Atherton	26.23 NWI
31 Nguyen, James	Oceana	26.28 NWI
32 Custodio, Andrei	South S.F.	26.38 NWI
33 Cardillo, Aidan	Aragon	26.63 NWI
34 Santos, Brian	Jefferson	26.65 NWI
35 De Guzman, Jiro	Oceana	26.74 NWI
36 Benson, Dylan	Sequoia	26.86 NWI
37 Monterrosa, Oscar	Jefferson	27.13 NWI
38 Parabaniuk, Arthur	Terra Nova	27.49 NWI
39 Benavente, Darren	Aragon	27.60 NWI
40 Tom, Owen	San Mateo	27.95 NWI
41 Iverson, Parker	Terra Nova	28.09 NWI
42 Tejada, Tyler	South S.F.	30.74 NWI

Boys 400 Meter Dash

Name	School	Finals
Finals		
1 Dent, Andrew	Carlmont	54.64
2 Oleta, Brandon	Westmoor	54.71
3 Nakagawa, Taira	Hillsdale	55.26
4 Leonardo, Alexander	Menlo-Atherton	55.75
5 li, Eason	Mills	55.81
6 Pilette, Axel	Menlo-Atherton	55.88
7 Lee, Alex	Sequoia	56.46
8 Tsou, Bradley	Carlmont	56.98
9 Arroyo, Caleb	Woodside	57.42
10 Sunkara, Akhil	Menlo-Atherton	57.68
11 Ke, Nicholas	Aragon	57.95
12 Yeh, Darren	El Camino	58.06
13 Nues, Elijah	Hillsdale	58.07
14 Szeto, Josh	El Camino	58.19
15 Abu tair, Yazan	Burlingame	58.24
16 Lee, Noah	South S.F.	58.37
17 Shafer, Luke	Sequoia	58.45
18 Shin, Adrian	Hillsdale	58.58
19 Miller, Dexter	Oceana	58.60
20 Leong, Anthony	Aragon	58.73
21 Lau, Matthew	Aragon	59.23
22 Gold, James	Westmoor	59.74
23 Custodio, Andrei	South S.F.	59.78
24 Perkins, Colin	Sequoia	59.83
25 Monterrosa, Oscar	Jefferson	1:00.23
26 Pfeifer, Zander	Woodside	1:00.83
27 Louie, Madrox	El Camino	1:01.63
28 Guan, Jimmy	Mills	1:01.83
29 Tom, Owen	San Mateo	1:02.41
29 Choy, Matthew	Carlmont	1:02.41
31 Tchang, Justin	Capuchino	1:03.02
32 Ng, Vincent	Jefferson	1:03.31
33 Bradford-Giles, Zaire	Jefferson	1:03.35
34 Hackos, Dylan	Burlingame	1:03.45
35 Iverson, Parker	Terra Nova	1:04.42
--- Sat, Kaung	Westmoor	FS

Boys 800 Meter Run

Name	School	Finals
Finals		
1 Fu, Joshua	Aragon	2:03.47
2 Cutler, John	Menlo-Atherton	2:09.11
3 Maxwell, Ian	Burlingame	2:10.16
4 White, Quin	Hillsdale	2:11.23
5 Yeager, Benjamin	San Mateo	2:13.33
6 Novak, Luke	Aragon	2:13.48
7 Cabrera, Ethan	Mills	2:14.41
8 Bautin, Rostislav	Carlmont	2:15.57
9 Epstein, Gavin	Aragon	2:15.95
10 Ren, Kaden	Mills	2:16.02
11 Balistreri, Marcus	Terra Nova	2:16.75
12 Teng, Brendan	Capuchino	2:17.31

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Results

Finals ... (Boys 800 Meter Run)

Name	School	Finals
13 Hoang, Dylan	Westmoor	2:17.35
14 Ren, Kevin	Mills	2:18.12
15 Alas, Diego	South S.F.	2:18.20
16 Robinson, Dylan	Hillsdale	2:18.51
17 Tomoda, Soichiro	Carlmont	2:18.52
18 Lee, Noah	South S.F.	2:18.71
19 Lactaoen, Kyle	El Camino	2:19.25
20 Harris, Asher	Menlo-Atherton	2:19.38
21 Jones, Zachary	Menlo-Atherton	2:20.25
22 McAnerney, Quinn	Half Moon Bay	2:20.37
23 Renfroe-Johnson, Milo	Oceana	2:21.38
24 Schroeder, Samuel	San Mateo	2:22.07
25 Williams, Colin	Westmoor	2:22.16
26 De Jesus, Victor	Westmoor	2:24.85
27 Cronin, Connor	Carlmont	2:25.49
28 Ehsanipour, Nadav	Hillsdale	2:25.72
29 Tidwell, Theodore	Sequoia	2:25.74
30 Chan, Calvin	Terra Nova	2:26.38
31 Lam, Keith	El Camino	2:26.84
32 Meng, David	Burlingame	2:27.54
33 Henderson, Aaron	Sequoia	2:29.53
34 Cowan, Tyler	Woodside	2:30.76
35 Sanger, Ethan	Woodside	2:31.28
36 Zhang, Bruce	San Mateo	2:33.05
37 Mahoney, Aaron	Woodside	2:34.43
38 Dilley, Connor	Sequoia	2:37.13
39 Bradford-Giles, Zaire	Jefferson	2:37.21
40 Tanedo, Jetro	Jefferson	2:48.18

Boys 1600 Meter Run

Name	School	Finals
1 Rokala, Miles	Aragon	4:43.98
2 Selvik, Lucas	Menlo-Atherton	4:44.33
3 Sharp, Aidan	Menlo-Atherton	4:47.33
4 Strassia, Marco	Aragon	4:47.91
5 Whipkey, Sean	Hillsdale	4:48.36
6 Ren, Kaden	Mills	4:48.48
7 Phan, Brady	Menlo-Atherton	4:48.99
8 Lu, Tyler	Hillsdale	4:51.84
9 Lopez, Elkin	Half Moon Bay	4:52.73
10 Balistreri, Marcus	Terra Nova	4:54.03
11 Ren, Kevin	Mills	4:55.56
12 Matsumoto, Sou	Aragon	4:56.01
13 Tomoda, Soichiro	Carlmont	4:58.88
14 Shafer, Luke	Sequoia	4:59.00
15 Hernandez Noguez, Darren	Capuchino	4:59.06
16 Alas, Diego	South S.F.	5:00.12
17 Sanger, Ethan	Woodside	5:01.76
18 Benenati, Adrian	Capuchino	5:01.82
19 Yeager, Benjamin	San Mateo	5:02.98
20 Bautin, Rostislav	Carlmont	5:04.98
21 Cronin, Connor	Carlmont	5:05.30
22 Cheng, Matthew	Westmoor	5:07.03

23 Trinklein, Logan	Sequoia	5:08.30
24 Hermosillo, Emiliano	El Camino	5:10.37
25 Martin, Aron	Burlingame	5:10.62
26 Lactaoen, Kyle	El Camino	5:12.55
27 Lee, Nico	Hillsdale	5:13.57
28 Hoang, Dylan	Westmoor	5:13.98
29 Pascual, Trystan	Capuchino	5:14.75
30 Adhikari, Swaraj	El Camino	5:19.19
31 Vijeh, Cameron	Sequoia	5:20.22
32 De Jesus, Victor	Westmoor	5:20.33
33 Cowan, Tyler	Woodside	5:22.25
34 Chan, Calvin	Terra Nova	5:23.40
35 DeBode, Javier	Half Moon Bay	5:26.61
36 Schroeder, Samuel	San Mateo	5:34.03
37 Cole, William	Oceana	5:34.72
38 Mahoney, Aaron	Woodside	5:35.80
39 Meng, David	Burlingame	5:41.13
40 Chin, Andrew	Mills	5:43.20
41 So, James	San Mateo	5:53.24
42 Tanedo, Jetro	Jefferson	6:46.49

Boys 3200 Meter Run

Name	School	Finals
1 Mui, Theodore	Carlmont	10:38.52
2 Matsumoto, Sou	Aragon	10:40.67
3 Academia, Daniel	Capuchino	10:46.66
4 Alas, Diego	South S.F.	10:47.34
5 Bertot, Noam	Menlo-Atherton	10:48.77
6 Lopez, Elkin	Half Moon Bay	10:49.12
7 Liu, Ryan	Burlingame	10:54.83
8 Hernandez Noguez, Darren	Capuchino	10:55.63
9 Nichols, Tyler	Aragon	11:06.42
10 Cabrera, Ethan	Mills	11:08.27
11 Woo, Adam	Hillsdale	11:09.85
12 Benenati, Adrian	Capuchino	11:11.10
13 Ta, Ian	Aragon	11:13.71
14 Lu, Tyler	Hillsdale	11:22.07
15 Cronin, Connor	Carlmont	11:24.05
16 Hansen, Dane	Menlo-Atherton	11:36.25
17 Korn, Brian	Menlo-Atherton	11:48.85
18 Williams, Colin	Westmoor	11:51.09
19 Hermosillo, Emiliano	El Camino	11:51.81
20 DeBode, Javier	Half Moon Bay	12:01.64
21 Cheng, Matthew	Westmoor	12:07.53
22 Bailey, Garrett	Woodside	12:14.98
23 Kitchen, Grant	El Camino	12:33.92
24 Azar, Zach	Hillsdale	12:41.42
25 John, Kamran	Mills	12:49.90
26 Chan, Nicholas	Westmoor	12:55.38
27 Butt, Ethan	Sequoia	13:08.51
28 Sherman, Brennan	Sequoia	14:07.38
29 So, James	San Mateo	14:15.64
30 Myers, Cole	Sequoia	14:36.10
31 Tejada, Tyler	South S.F.	17:00.96

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Results

Boys 110 Meter Hurdles

Name	School	Finals
Finals		
1 MendesGrassia, Carmel	Woodside	17.90 NWI
2 Westerman, Nykai	Jefferson	18.14 NWI
3 Monroy, Giancarlo	Mills	18.72 NWI
4 Lim, Zachary	Westmoor	19.58 NWI
5 Mutti, Fabrizio	Terra Nova	19.70 NWI
6 Chopoff, Sean	Carlmont	19.81 NWI
7 Lwin, James	Westmoor	19.98 NWI
8 Zheng, Jiawei	Mills	20.75 NWI
9 Park, Anand	Westmoor	20.98 NWI
10 Gomez, Daniel	Aragon	21.02 NWI
11 Mcwhorter, Charles	Aragon	21.05 NWI
12 Amezcua, Jose	El Camino	21.22 NWI
13 Lopez, Frankie	Woodside	21.32 NWI
14 O'Meara, Austin	Hillsdale	22.25 NWI
15 Mukund, Jonas	San Mateo	22.29 NWI
16 Gu, Perry	South S.F.	23.83 NWI
17 Liu, Dashan	Mills	24.43 NWI

Boys 300 Meter Hurdles

Name	School	Finals
Finals		
1 Westerman, Nykai	Jefferson	47.09
2 Lim, Zachary	Westmoor	47.24
3 Lopez, Frankie	Woodside	47.86
4 Mcwhorter, Charles	Aragon	48.51
5 Chopoff, Sean	Carlmont	48.51
6 Lwin, James	Westmoor	49.08
7 Monroy, Giancarlo	Mills	49.20
8 O'Meara, Austin	Hillsdale	50.39
9 Hermosillo, Emiliano	El Camino	50.42
10 Gomez, Daniel	Aragon	50.73
11 Kitchen, Grant	El Camino	50.98
12 Mukund, Jonas	San Mateo	51.73
13 Park, Anand	Westmoor	52.26
14 Adhikari, Swaraj	El Camino	52.58
15 Zheng, Jiawei	Mills	52.84
16 Seligman, Jamie	Hillsdale	52.93
17 Chen, Nathaniel	Hillsdale	56.32
18 La, Anthony	Mills	57.40
--- Gu, Perry	South S.F.	DQ

Boys 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Westmoor		46.18
2 Carlmont		46.41
3 Woodside		46.60
4 Hillsdale		46.82
5 Aragon		46.92
6 Menlo-Atherton		47.20
7 El Camino		47.29
8 Burlingame		48.00

9 Mills	48.18
10 Jefferson	48.92
11 Sequoia	49.25
12 San Mateo	49.29
13 Capuchino	51.29

Boys 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Westmoor		3:48.87
2 Burlingame		3:49.13
3 Sequoia		3:51.45
4 Carlmont		3:53.15
5 Aragon		3:53.38
6 Mills		3:58.02
7 San Mateo		3:58.58
8 El Camino		4:00.17
9 South San Francisco		4:07.71
10 Jefferson		4:10.14
11 Menlo-Atherton		4:15.30
12 Hillsdale		4:18.36

Boys 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 Aragon		8:57.50
2 Menlo-Atherton		9:06.45
3 Capuchino		9:26.50
4 Hillsdale		9:32.14
5 Mills		9:32.47

Boys High Jump

Name	School	Finals
Finals		
1 Kuo, Franklin	Carlmont	5-06.00
2 Rai, Tanay	Mills	J5-04.00
3 Luong, Thomas	Aragon	J5-04.00
4 Arroyo, Caleb	Woodside	J5-04.00
5 Farrell-Straight, Lucas	Woodside	J5-02.00
6 Labuguen, Benicio	Westmoor	J5-02.00
7 Yeager, Benjamin	San Mateo	J5-02.00
8 Miller, Dexter	Oceana	J5-02.00
9 Goncalves, Gabriel	Carlmont	J5-00.00
10 Pfistner, Joshua	Menlo-Atherton	J5-00.00
11 Frank, Ryan	Burlingame	4-10.00
11 Phillips, Jeremiah	Burlingame	4-10.00
11 Allendorf, Dante	Hillsdale	4-10.00
11 Rutter, Logan	Woodside	4-10.00
11 Bommareddy, Advik	Aragon	4-10.00
16 Koester, Aidan	Carlmont	4-08.00
16 Pham, Patrick	Hillsdale	4-08.00
16 Gonzalez, Guillermo	El Camino	4-08.00
16 Forrester, Nathan	El Camino	4-08.00
16 Guevarra, Raimer	El Camino	4-08.00
--- Hackenberg, Matthias	Capuchino	NH
--- Sodini, Marco	Burlingame	NH

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Finals ... (Boys High Jump)

Name	School	Finals
--- Mindel, Julian	Mills	NH
--- Castillo, Daniel	Aragon	NH
--- Stretton, Emile	Mills	NH
--- Lo, Terry	Westmoor	NH
--- Sukarso, Dylan	Westmoor	NH
--- O'Meara, Austin	Hillsdale	NH

Boys Pole Vault

Name	School	Finals
Finals		
1 Kennedy, Tyler	Aragon	10-06.00
2 Larson, Axel	Sequoia	10-00.00
3 Ha, Dustin	Aragon	9-06.00
4 Trinklein, Logan	Sequoia	8-06.00
5 Su, Tinglun	Mills	J7-06.00
6 De Jesus, Victor	Westmoor	J7-06.00
7 Ahnn, Benjamin	Mills	7-00.00
--- Gaffney, Cooper	Sequoia	NH
--- Trio, Cameron	Aragon	NH

Boys Long Jump

Name	School	Finals
Finals		
1 Arroyo, Caleb	Woodside	18-08.50 NWI
2 Kuo, Franklin	Carlmont	18-02.75 NWI
3 Pfistner, Joshua	Menlo-Atherton	17-10.75 NWI
3 Goncalves, Gabriel	Carlmont	17-10.75 NWI
5 Wilberg, Ocean	San Mateo	17-08.75 NWI
6 Rai, Tanay	Mills	17-06.25 NWI
7 Bell, Jonas	Hillsdale	17-05.25 NWI
8 White, Quin	Hillsdale	17-04.00 NWI
9 Larson, Axel	Sequoia	17-03.50 NWI
10 Lo, Terry	Westmoor	17-01.75 NWI
11 Farrell-Straight, Lucas	Woodside	16-11.00 NWI
12 Sodini, Marco	Burlingame	16-06.00 NWI
13 Huang, Hsin	Westmoor	16-05.25 NWI
14 Forrester, Nathan	El Camino	16-05.00 NWI
15 Jacobo, Isaiah	Woodside	16-04.75 NWI
16 Abu tair, Yazan	Burlingame	15-11.50 NWI
17 Adams-Aurilio, Zion	Jefferson	15-07.00 NWI
18 Durfee, Luke	Burlingame	15-03.50 NWI
19 Robinson, Dylan	Hillsdale	15-03.00 NWI
20 Wong, Matthew	Mills	15-02.50 NWI
21 Hackenbereg, Matthias	Capuchino	14-10.25 NWI
22 Gonzalez, Guillermo	El Camino	14-10.00 NWI
23 Mizutani, Sora	Aragon	14-09.75 NWI
24 Russi, Jayden	Sequoia	14-06.00 NWI
25 Damon, Nick	Sequoia	14-02.00 NWI
26 McGuigan, Alexander	Aragon	13-06.25 NWI
--- Young, Javen	Westmoor	FOUL

Boys Triple Jump

Name	School	Finals
Finals		
1 Arroyo, Caleb	Woodside	39-05.50 NWI
2 Rai, Tanay	Mills	37-03.25 NWI
3 Bommareddy, Advik	Aragon	37-00.00 NWI
4 Jacobo, Isaiah	Woodside	36-07.00 NWI
5 Goncalves, Gabriel	Carlmont	35-02.00 NWI
6 De Guzman, Darius	South S.F.	34-08.00 NWI
6 Young, Javen	Westmoor	34-08.00 NWI
8 Lwin, James	Westmoor	34-05.00 NWI
9 Tay, Cameron	Burlingame	33-05.00 NWI
10 Nakagawa, Riku	Hillsdale	33-04.50 NWI
11 Wilberg, Ocean	San Mateo	33-02.00 NWI
12 Durfee, Luke	Burlingame	33-01.00 NWI
13 Lo, Terry	Westmoor	32-11.00 NWI
14 Nues, Elijah	Hillsdale	32-04.50 NWI
15 Mah, Ryan	Burlingame	32-01.00 NWI
16 Lam, Evan	Mills	32-00.00 NWI
17 Bonilla, Emiliano	El Camino	30-02.00 NWI
18 Pham, Patrick	Hillsdale	29-04.75 NWI

Boys Shot Put

Name	School	Finals
Finals		
1 Blos, Gavin	Hillsdale	41-10.75
2 Phillips, Jeremiah	Burlingame	40-02.75
3 Enkh-Amgalan, Turbileg	Westmoor	39-06.75
4 Lokotui, Ebenezer	Mills	38-04.50
5 Bais, Aditya	Woodside	37-07.00
6 Pailano, Aaron	Westmoor	37-00.00
7 Balestieri, Luke	Woodside	35-10.75
8 De Guzman, Darius	South S.F.	35-09.00
9 Rahman, Zac	Aragon	34-02.00
10 Fulgencio, Cody	El Camino	33-10.00
11 Vinther, Kristoffer	Sequoia	33-03.00
12 Dana, Matthew	Woodside	33-02.50
13 Booth, Christian	Carlmont	33-01.00
14 Fassler, Tyler	Capuchino	32-05.75
15 Sanford, Kailain	Jefferson	32-04.25
16 Shatrat, Adam	Westmoor	32-01.75
17 Wallace, Jacob	Sequoia	32-00.00
18 Koester, Aidan	Carlmont	31-11.50
19 Kervick, Donovan	Sequoia	31-01.50
20 Childs, Kentaro	Carlmont	31-01.00
21 Ramirez Menjivar, Alan	El Camino	30-07.00
22 Young, Samuel	Aragon	29-05.00
23 Palomo, Leo	Mills	29-03.50
24 Taumalolo, Jeffrey	Mills	29-01.75
25 Fournier, Colin	Aragon	27-10.75
26 Tumalian, Julius	South S.F.	27-10.00
27 Nolan, Christopher	Hillsdale	27-08.25
28 Zamalin, Zachary	Burlingame	27-01.75
29 Sibley, Nolan	Hillsdale	26-09.50
30 Lawas, Isaiah William	El Camino	24-06.25

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Finals ... (Boys Shot Put)

Name	School	Finals
31 Mallari, Benedict	South S.F.	23-01.50
32 Carmona, Anthony	Terra Nova	22-06.00

15) San Mateo	4
15) South San Francisco	4

Boys Discus Throw

Name	School	Finals
Finals		
1 Enkh-Amgalan, Turbileg	Westmoor	130-10
2 Blos, Gavin	Hillsdale	115-03
3 Phillips, Jeremiah	Burlingame	114-10
4 Ordonez, John Rick	Westmoor	108-00
5 Obado, Felixjoshua	Westmoor	102-02
6 Balestieri, Luke	Woodside	98-05
7 De Guzman, Darius	South S.F.	96-05
8 Rahman, Zac	Aragon	95-05
9 Palomo, Leo	Mills	92-11
10 Childs, Kentaro	Carlmont	92-03
11 Booth, Christian	Carlmont	87-03
12 Sanchez, Leonidas	Woodside	86-01
13 Belen Henroid, Ronan	Hillsdale	85-11
14 Lokotui, Ebenezer	Mills	83-03
15 Ramirez Menjivar, Alan	El Camino	83-00
16 Blunt, Ryan	Capuchino	81-00
17 Vinther, Kristoffer	Sequoia	80-03
18 Fulgencio, Cody	El Camino	79-04
19 Pang, Eugene	Mills	77-08
20 Oca, Javon	Capuchino	77-07
21 Zamalin, Zachary	Burlingame	76-00
22 Bais, Aditya	Woodside	74-05
23 Baker, Warner	Carlmont	72-10
24 Fassler, Tyler	Capuchino	71-11
25 Wallace, Jacob	Sequoia	70-03
26 Fulgar, David Alexander	El Camino	69-02
27 Nolan, Christopher	Hillsdale	68-10
28 Sanford, Kailain	Jefferson	67-07
29 Kervick, Donovan	Sequoia	66-11
30 Cruz, Adrian	Aragon	62-03
31 Tumaliuan, Julius	South S.F.	53-01
32 Mallari, Benedict	South S.F.	49-07
33 Carmona, Anthony	Terra Nova	39-10

Women - Team Rankings - 17 Events Scored

1) Westmoor	79
2) Menlo-Atherton	73
3) Burlingame	62.5
4) Carlmont	49
5) Aragon	48.5
6) Woodside	43
7) El Camino	39
8) Jefferson	24
9) Terra Nova	21
10) Half Moon Bay	19
11) Mills	18
11) Capuchino	18
13) Hillsdale	14
14) Sequoia	8

2023 Peninsula Athletic League FS Championships - 4/29/2023**Menlo-Atherton High School****Results**

Men - Team Rankings - 17 Events Scored

1) Westmoor	88.5
2) Aragon	79
3) Woodside	69
4) Carlmont	65
5) Menlo-Atherton	57
6) Hillsdale	42
7) Mills	37
8) Burlingame	29
9) Jefferson	18
9) Sequoia	18
11) Capuchino	12
12) South San Francisco	4.5
13) San Mateo	4
14) Terra Nova	2
15) Half Moon Bay	1