

## Peninsula Athletic League Championships - 4/27/2023 to 5/6/2023

Results online at [RTLIVE.us](http://RTLIVE.us)

Sequoia HS

## Meet Program

**Event 1 Girls 100 Meter Dash****8 Advance: Top 1 Each Heat plus Next 4 Best Times**

CCS At Large: 12.76

Lane	Name	School	Seed Time
<b>Heat 1 of 4 Prelims</b>			
1	Martinez, Angelica	Jefferson	14.88
2	Peterson, Malin	Woodside	14.19
3	Su, Evelyn	San Mateo	13.69
4	Hathorne, Arianna	Oceana	13.03
5	Cho, Pia	Aragon	13.18
6	Kusumoto, Sara	Hillsdale	13.91
7	Elan, Rona	Hillsdale	14.32
8	Lopez, Valeria	Half Moon Ba	15.62
<b>Heat 2 of 4 Prelims</b>			
1	Yuen, Enya	Aragon	14.53
2	Nguyen, Nguyet	San Mateo	14.12
3	Parodi, Lilie	Woodside	13.61
4	Talton, Kei'Niyah	Menlo-Athert	12.61
5	Eastham-Anderson, Abigail	Terra Nova	13.60
6	Ponce, Jane	Woodside	14.02
7	Dehne, Emily	Menlo-Athert	14.44
<b>Heat 3 of 4 Prelims</b>			
1	Chan, Kylee	South San Fr	14.53
2	Madrigal, Lauryn	El Camino	14.16
3	Barker, Siana	Menlo-Athert	13.63
4	Ellis, De'Auri	Menlo-Athert	12.65
5	Chu, Jolene	Menlo-Athert	13.50
6	Barriga Rojas, Aimee	Carlmont	13.98
7	Stewart, Yael	Menlo-Athert	14.32
8	Dowd, Danielle	Burlingame	NT
<b>Heat 4 of 4 Prelims</b>			
1	Ottley, Tessa	Menlo-Athert	14.62
2	Smith, Asha	Sequoia	14.18
3	Shao, Elaina	Aragon	13.63
4	Brown, Delaney	San Mateo	12.91
5	Lim, Katherine	Hillsdale	13.27
6	Redjaian, Sabrina	Menlo-Athert	13.93
7	Cuartero, Cherianne	El Camino	14.32
8	Mazzeta, Gianna	Mills	15.63

**Event 2 Boys 100 Meter Dash****8 Advance: Top 1 Each Heat plus Next 2 Best Times**

CCS At Large: 11.13

Lane	Name	School	Seed Time
<b>Heat 1 of 6 Prelims</b>			
1	Adisewojo, Matthew	South San Fr	12.36
2	Goodman, Justice	South San Fr	12.02
3	Shen, Ethan	Carlmont	11.66
4	Campbell Rodriguez, Antonio	Carlmont	11.14
5	Olvera, Juan	Carlmont	11.56
6	Gamboa, Jeffrey	El Camino	11.83
7	Morfin, Alfonso	Woodside	12.14
8	Nguyen, Tristan	Half Moon Ba	12.98

**Heat 2 of 6 Prelims**

1	Taylor, Tyler	Jefferson	12.38
2	Johnson, Trevor	Carlmont	12.03
3	Tetelbaum, Ben	Sequoia	11.68
4	Smith, Sherrod	Menlo-Athert	11.37
5	Chu, Stanley	San Mateo	11.49
6	Lee, Sean	Carlmont	11.82
7	Adasiewicz, Cal	Woodside	12.12
8	Navarro, Colin	Oceana	12.90

**Heat 3 of 6 Prelims**

1	Khuu, Brandon	Jefferson	12.31
2	Pascual, Andre	Mills	11.99
3	Sorbara, Felipe	San Mateo	11.65
4	Andrabadu, Sineth	Hillsdale	11.13
5	Hernandez, Kai	Mills	11.59
6	Moss, Jayden	Menlo-Athert	11.85
7	Livingston, Robert	Aragon	12.21

**Heat 4 of 6 Prelims**

1	King, Trajan	Hillsdale	12.26
2	McCann, Tripp	Hillsdale	11.97
3	Sagon Jr, Brian	Carlmont	11.62
4	Bonney, Jax	Capuchino	11.06
5	Academia, Aaron	Mills	11.59
6	Medina, Roberto	Capuchino	11.86
7	Nessel, Luke	Hillsdale	12.26

**Heat 5 of 6 Prelims**

1	Lei, Kelvin	Westmoor	12.41
2	Keishk, Issa	Capuchino	12.08
3	Cappa, Leonard	Carlmont	11.70
4	Hansen, Dru	Sequoia	11.40
5	Hua, Kingston	Hillsdale	11.41
6	Phillips, Cooper	Carlmont	11.76
7	Schwartzter, Alexander	San Mateo	12.09
8	Rose, Tom	Aragon	12.43

**Heat 6 of 6 Prelims**

1	Beringer, Nicolas	Burlingame	12.38
2	Garcia-Standlee, Noah	Menlo-Athert	12.06
3	Rivera, Shaun	Westmoor	11.69
4	Makasini, Leimana	Sequoia	11.37
5	Ventura, Charles Arthur	South San Fr	11.41
6	Holoyda, Ryan	Carlmont	11.77
7	Lyssand, Oliver	Woodside	12.11
8	Cooper, Luke	Woodside	12.48

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**Event 3 Girls 200 Meter Dash****8 Advance: Top 1 Each Heat plus Next 4 Best Times**

CCS At Large: 26.23

Lane	Name	School	Seed Time
<b>Heat 1 of 4 Prelims</b>			
1	Perucho, Nathalie	Westmoor	NT
2	Cottell, Skylar	Carlmont	29.03
3	Vattuone, Sophia	Sequoia	27.75
4	Talton, Kei'Niyah	Menlo-Athert	25.84
5	Lim, Caroline	Hillsdale	27.70
6	Lim, Katherine	Hillsdale	28.88
7	Mazzeta, Serena	Mills	32.30
<b>Heat 2 of 4 Prelims</b>			
2	Cuartero, Cherianne	El Camino	29.54
3	Barker, Siana	Menlo-Athert	28.28
4	Cho, Pia	Aragon	26.87
5	Brown, Delaney	San Mateo	26.98
6	Chu, Jolene	Menlo-Athert	28.28
7	Parodi, Lilie	Woodside	29.62
<b>Heat 3 of 4 Prelims</b>			
2	Panlasigui, Jasmine	Capuchino	29.42
3	Carrou, Isabelle	Menlo-Athert	27.99
4	Haggarty, Cora	Burlingame	26.27
5	Ellis, De'Auri	Menlo-Athert	27.22
6	Eastham-Anderson, Abigail	Terra Nova	28.28
7	Claussen, Megan	Half Moon Ba	31.10
<b>Heat 4 of 4 Prelims</b>			
2	Nguyen, Nguyet	San Mateo	29.27
3	Su, Evelyn	San Mateo	27.93
4	Wilmurt, Kira	Hillsdale	26.14
5	Brooks, Ava	Woodside	27.59
6	Hathorne, Arianna	Oceana	28.43
7	Martinez, Angelica	Jefferson	31.42

**Event 4 Boys 200 Meter Dash****8 Advance: Top 1 Each Heat plus Next 2 Best Times**

CCS At Large: 22.49

Lane	Name	School	Seed Time
<b>Heat 1 of 6 Prelims</b>			
1	Medina, Roberto	Capuchino	24.93
2	Madrigal, Victor	Carlmont	24.45
3	Olvera, Juan	Carlmont	23.82
4	Parker, Saleem	Westmoor	23.04
5	Radulovich, Matthew	San Mateo	23.59
6	Moss, Jayden	Menlo-Athert	24.14
7	Lyssand, Oliver	Woodside	24.69
8	Khuu, Brandon	Jefferson	25.33

**Heat 2 of 6 Prelims**

1	Phillips, Cooper	Carlmont	24.81
2	Sagon Jr, Brian	Carlmont	24.36
3	Rivera, Shaun	Westmoor	23.73
4	Andrabadu, Sineth	Hillsdale	22.32
5	Smith, Sherrod	Menlo-Athert	23.67
6	Cappa, Leonard	Carlmont	24.33
7	Keishk, Issa	Capuchino	24.77

**Heat 3 of 6 Prelims**

1	Johnson, Trevor	Carlmont	25.04
2	Ozuna, Edward	Westmoor	24.46
3	Tetelbaum, Ben	Sequoia	23.86
4	Makasini, Leimana	Sequoia	23.04
5	Pigot, Alexander	Sequoia	23.43
6	Harger, Charles	Aragon	24.09
7	Tang, Gavin	Aragon	24.58
8	Gamboa, Jeffrey	El Camino	25.19

**Heat 4 of 6 Prelims**

1	Holoyda, Ryan	Carlmont	24.89
2	Hernandez, Kai	Mills	24.37
3	Academia, Aaron	Mills	23.73
4	Schwarzkopf, Avinash	Aragon	22.82
5	Frank, Raymond	Burlingame	23.63
6	Riviello, Anthony	Menlo-Athert	24.29
7	Adenekan, Tomi	Hillsdale	24.72
8	Navarro, Colin	Oceana	26.62

**Heat 5 of 6 Prelims**

1	Coronado, Diego	Aragon	25.06
2	Beringer, Nicolas	Burlingame	24.52
3	Chu, Stanley	San Mateo	23.86
4	Campbell Rodriguez, Antonio	Carlmont	23.09
5	Johnson, Cameron	Menlo-Athert	23.09
6	Swire, Joshua	San Mateo	23.95
7	Shafer, Brian	Sequoia	24.52
8	Mansfield, Quinn	Carlmont	25.17

**Heat 6 of 6 Prelims**

1	Fedronic, Lucas	Carlmont	24.92
2	Lee, Sean	Carlmont	24.42
3	Lam, Samuel	Mills	23.80
4	Bonney, Jax	Capuchino	22.83
5	Hua, Kingston	Hillsdale	23.62
6	Shen, Ethan	Carlmont	24.23
7	Shekhar, Avi	Carlmont	24.70
8	Moreno, Steven	South San Fr	25.95

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**Event 5 Girls 400 Meter Dash****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

CCS At Large: 59.15

Lane	Name	School	Seed Time
<b>Heat 1 of 3 Prelims</b>			
1	Palmieri, Alexa	Hillsdale	1:20.78
2	Prest, Holly	Woodside	1:11.70
3	Vattuone, Sophia	Sequoia	1:04.11
4	Reichow, Avah	Burlingame	59.84
5	Draheim, Alyssa	Mills	1:01.00
6	Carrou, Isabelle	Menlo-Athert	1:05.91
7	Sachse, Emma	Terra Nova	1:12.70
8	Sevilla, Hannah	Hillsdale	NT
<b>Heat 2 of 3 Prelims</b>			
1	Spalova, Sara	Woodside	1:17.62
2	Khalasi, Ria	Mills	1:07.97
3	Cottell, Skylar	Carlmont	1:03.85
4	Haggarty, Cora	Burlingame	58.01
5	Metzler, Anita	Carlmont	1:03.20
6	Lee, Kailyn	South San Fr	1:07.17
7	Viray, Arienne	Westmoor	1:16.64
<b>Heat 3 of 3 Prelims</b>			
1	Balmas, Isabella	Oceana	1:18.24
2	Nungaray, Alondra	Capuchino	1:08.29
3	Brooks, Ava	Woodside	1:03.98
4	Wilmurt, Kira	Hillsdale	58.68
5	Lim, Caroline	Hillsdale	1:02.62
6	Imamura, Hanako	San Mateo	1:06.55
7	Wong, Jamie	Mills	1:14.36

**Event 6 Boys 400 Meter Dash****8 Advance: Top 1 Each Heat plus Next 3 Best Times**

CCS At Large: 50.82

Lane	Name	School	Seed Time
<b>Heat 1 of 5 Prelims</b>			
1	Rosen, Tyler	Terra Nova	56.27
2	Abude, Jesse	Jefferson	55.04
3	Yu, Wesley	Westmoor	54.05
4	Frank, Raymond	Burlingame	51.91
5	Lam, Samuel	Mills	53.33
6	Riviello, Anthony	Menlo-Athert	54.71
7	Price, Johnovan	Menlo-Athert	55.69
<b>Heat 2 of 5 Prelims</b>			
1	Tan, Cyrus	Mills	55.97
2	Adisewojo, Matthew	South San Fr	54.85
3	Fedronic, Lucas	Carlmont	53.52
4	Schwarzkopf, Avinash	Aragon	49.91
5	Pigot, Alexander	Sequoia	53.51
6	Corpus, John	Sequoia	54.77
7	Spitzer-Wu, Tyler	San Mateo	55.86

**Heat 3 of 5 Prelims**

1	Pecson, Rowan	Menlo-Athert	56.16
2	Alberts, Tanat	Burlingame	54.87
3	Radulovich, Matthew	San Mateo	53.90
4	Johnson, Cameron	Menlo-Athert	51.87
5	Hensley, Kaz	Mills	53.49
6	Archer, Arthur	Oceana	54.75
7	Ozuna, Edward	Westmoor	55.78

**Heat 4 of 5 Prelims**

1	Qutteineh, Adam	San Mateo	56.81
2	Mansfield, Quinn	Carlmont	55.24
3	Mooney, Nathan	Woodside	54.29
4	Harger, Charles	Aragon	52.68
5	Adenekan, Tomi	Hillsdale	53.14
6	Tang, Gavin	Aragon	54.49
7	Heikel, Riley	Capuchino	55.40
8	Szeto, Jake	El Camino	57.43

**Heat 5 of 5 Prelims**

1	Posch, Nick	Woodside	56.69
2	Adasiewicz, Cal	Woodside	55.08
3	Shekhar, Avi	Carlmont	54.06
4	Parker, Saleem	Westmoor	52.04
5	Madrigal, Victor	Carlmont	53.21
6	Weaver, Brayden	Hillsdale	54.59
7	Tang, Galen	Aragon	55.67
8	Nguyen, Tristan	Half Moon Ba	58.18

**Event 7 Girls 800 Meter Run****12 Advance: Top 1 Each Heat plus Next 9 Best Times**

Hip 9 in lane 2, 10 in lane 7, 11 in lane 1, and 12 in lane 8.

CCS At Large: 2:19.18

Lane	Name	School	Seed Time
<b>Heat 1 of 3 Prelims</b>			
1	Prest, Holly	Woodside	2:50.40
2	Pappas, Anna	Aragon	2:41.15
3	Newman, Stella	Burlingame	2:30.42
4	Pilette, Chloe	Menlo-Athert	2:24.79
5	Yee, Katie	Mills	2:25.11
6	Spenner, Elise	Burlingame	2:32.96
7	Lee, Kailyn	South San Fr	2:42.08
8	Gebhart, Natalie	Sequoia	2:51.88
<b>Heat 2 of 3 Prelims</b>			
1	Morales, Belinda	Half Moon Ba	2:50.00
2	Cuadros, Daniela	Carlmont	2:36.41
3	Matsumoto, Lauryn	Hillsdale	2:29.83
4	Peacock, Katherine	Carlmont	2:19.32
5	Pflaum, Annie	Menlo-Athert	2:28.03
6	Pan, Jacqueline	Mills	2:33.89
7	Melani, Sofia	Menlo-Athert	2:42.98
8	Ferrer, Angella	Jefferson	2:55.56

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## Meet Program

**Heat 3 of 3 Prelims...(Event 7 Girls 800 Meter Run)**

1	Nungaray, Alondra	Capuchino	2:44.47
2	Metzler, Anita	Carlmont	2:36.24
3	Scanziani-Grijalvo, Lara	Oceana	2:29.67
4	Olesen, Tatum	Menlo-Athert	2:11.14
5	Amayun, Chloe	Mills	2:29.66
6	Gordon, Charlotte	Carlmont	2:35.30
7	Sevilla, Hannah	Hillsdale	2:44.10
8	Solis Acevedo, Veronica	Westmoor	2:58.16
9	Roman, Karina	Terra Nova	NT

**Event 8 Boys 800 Meter Run****12 Advance: Top 1 Each Heat plus Next 8 Best Times**

Hip 9 in lane 2, 10 in lane 7, 11 in lane 1, and 12 in lane 8.

CCS At Large: 1:57.31

Lane	Name	School	Seed Time
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**Heat 1 of 4 Prelims**

1	Ely, James	San Mateo	2:11.00
2	Harris, Toby	Aragon	2:09.90
3	Song, Jae Ik	San Mateo	2:05.92
4	Michelsen, Moss	Half Moon Ba	2:01.45
5	Henige, Rowan	Sequoia	2:05.30
6	Sutton, Frederick	Carlmont	2:09.04
7	Cedillos, Eric	Westmoor	2:10.62
8	Travers, Caleb	Menlo-Athert	2:11.97
9	Goodman, Asher	Menlo-Athert	2:13.03
10	Abellana, Daniel	Oceana	2:26.74

**Heat 2 of 4 Prelims**

1	Liang, Dustin	Capuchino	2:10.76
2	Pecson, Rowan	Menlo-Athert	2:09.64
3	Doherty, Aidan	Menlo-Athert	2:05.90
4	Rosales-Hasek, Romer	Burlingame	1:58.92
5	Kim, Miles	Hillsdale	2:05.76
6	Haller, Gabriel	Carlmont	2:09.58
7	Bae, Jackson	Sequoia	2:10.65
8	Kent, Miles	Carlmont	2:12.52
9	Kalmbach, Owen	Hillsdale	2:12.98

**Heat 3 of 4 Prelims**

1	Loof, Nathan	Half Moon Ba	2:11.18
2	Abude, Jesse	Jefferson	2:10.48
3	Wilson, Adrian	Woodside	2:06.75
4	Ramirez, Jake	Burlingame	2:04.36
5	Belluomini, Enzo	San Mateo	2:04.73
6	Wong, Ian	Carlmont	2:07.01
7	Salceda, Joseph	Menlo-Athert	2:10.52
8	Poultney, Thomas	San Mateo	2:11.58
9	Szeto, Jake	El Camino	2:13.48
10	Lo, Nathan	Mills	2:13.91

**Heat 4 of 4 Prelims**

1	De Paula, Lucas	Mills	2:11.04
2	Fukumoto, Kyle	Hillsdale	2:10.11
3	Mathu, Arjun	Hillsdale	2:06.32
4	Conley, Sean	Carlmont	2:02.96
5	Bae, Ethan	Sequoia	2:05.29
6	Schaefer, Landon	Carlmont	2:08.69
7	Williams, Dylan	Sequoia	2:10.56
8	Beas, Mariano	South San Fr	2:11.63
9	Kennedy, Brendan	Aragon	2:13.17
10	Dowley, William	Menlo-Athert	2:14.31

**Event 9 Girls 1600 Meter Run****12 Advance: Top 1 Each Heat plus Next 9 Best Times**

CCS At Large: 5:09.97

Lane	Name	School	Seed Time
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**Heat 1 of 3 Prelims**

1	Peacock, Katherine	Carlmont	5:07.53
2	Gordon, Charlotte	Carlmont	5:22.63
3	Scanziani-Grijalvo, Lara	Oceana	5:28.10
4	Cuadros, Daniela	Carlmont	5:34.32
5	Amayun, Chloe	Mills	5:36.49
6	Melani, Sofia	Menlo-Athert	5:46.97
7	Gonzalez, Ava	Burlingame	5:48.88
8	Tanaka, Akiko	Half Moon Ba	6:05.96
9	Westberg, Katie	Hillsdale	6:09.09

**Heat 2 of 3 Prelims**

1	Pflaum, Annie	Menlo-Athert	5:09.25
2	Pan, Jacqueline	Mills	5:21.81
3	Kerseg, Deia	Half Moon Ba	5:28.62
4	Reynolds, Ryanne	Terra Nova	5:31.86
5	Goldman, Emma	Carlmont	5:39.01
6	Matsumoto, Lauryn	Hillsdale	5:46.71
7	Lepartementier, Justine	Sequoia	5:52.53
8	Cherkas, Marlee	Aragon	6:00.15
9	Ferrer, Angella	Jefferson	6:36.44

**Heat 3 of 3 Prelims**

1	Olesen, Tatum	Menlo-Athert	5:17.42
2	Newman, Stella	Burlingame	5:19.98
3	Pilette, Chloe	Menlo-Athert	5:28.91
4	Hsieh, Naia	Hillsdale	5:29.03
5	Rehkopf, Cleo	Menlo-Athert	5:43.52
6	Dorn, Ericka	Westmoor	5:43.60
7	Clinite, Sophia	Sequoia	5:53.64
8	Pappas, Anna	Aragon	5:55.49

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**Event 10 Boys 1600 Meter Run****12 Advance: Top 1 Each Heat plus Next 8 Best Times**

CCS At Large: 4:21.95

Lane	Name	School	Seed Time
<b>Heat 1 of 4 Prelims</b>			
1	Bae, Ethan	Sequoia	4:29.85
2	Lee, Calvin	Hillsdale	4:37.13
3	Harris, Toby	Aragon	4:39.07
4	Mendonca, Theodore	Hillsdale	4:40.69
5	Loof, Nathan	Half Moon Ba	4:43.64
6	Vidana, Zacharie	Sequoia	4:46.52
7	Liang, Dustin	Capuchino	4:49.62
8	Palomo, Remy	Mills	4:51.37
9	Lorilla, Nathan	Carlmont	4:55.53
10	Lloyd, Matthew	San Mateo	4:58.77
11	Ramirez, Isaac	Half Moon Ba	5:00.15
<b>Heat 2 of 4 Prelims</b>			
1	Wong, Ian	Carlmont	4:32.10
2	Brennan, Luc	Sequoia	4:33.42
3	Doherty, Aidan	Menlo-Athert	4:39.73
4	Schaefer, Landon	Carlmont	4:40.09
5	Haller, Gabriel	Carlmont	4:44.45
6	Goodman, Asher	Menlo-Athert	4:45.22
7	Nowell, Matthew	Woodside	4:50.21
8	Leung, Owen	Sequoia	4:50.65
9	Van Voorhis, Isaac	Burlingame	4:56.65
10	Shah, Vir	Sequoia	4:57.12
11	Mendoza, Jake Allen	Oceana	5:26.81
12	Yang, Richard	Westmoor	5:52.32
<b>Heat 3 of 4 Prelims</b>			
1	Song, Jae Ik	San Mateo	4:31.14
2	Michelsen, Moss	Half Moon Ba	4:34.35
3	Hohendorf, Maximilian	Woodside	4:39.09
4	Barty, Dominic	Woodside	4:40.11
5	Raymond, David	Sequoia	4:43.95
6	Dulany, Judah	Woodside	4:45.54
7	Kennedy, Brendan	Aragon	4:50.06
8	Hara, Hideto	Half Moon Ba	4:51.29
9	Kent, Miles	Carlmont	4:55.93
10	Mapa, Felix	Mills	4:57.70
11	Abude, Jesse	Jefferson	5:02.28
12	Goodman, Malcolm	South San Fr	NT

**Heat 4 of 4 Prelims**

1	Henige, Rowan	Sequoia	4:27.84
2	Lanier, Dylan	Menlo-Athert	4:37.65
3	Conley, Sean	Carlmont	4:38.72
4	Pecson, Rowan	Menlo-Athert	4:42.22
5	Travers, Caleb	Menlo-Athert	4:42.87
6	Mathu, Arjun	Hillsdale	4:48.04
7	Fukumoto, Kyle	Hillsdale	4:48.06
8	Williams, Dylan	Sequoia	4:52.19
9	Chong, Michael	Carlmont	4:55.34
10	Sarkar, Vinayak	San Mateo	4:59.07
11	Adion Ferretty, Josiah	Sequoia	4:59.17

**Event 11 Girls 3200 Meter Run**

CCS At Large: 11:29.19

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Hsieh, Naia	Hillsdale	11:34.66
2	Pan, Jacqueline	Mills	11:58.02
3	Scanziani-Grijalvo, Lara	Oceana	12:13.62
4	Rehkopf, Cleo	Menlo-Athert	12:14.46
5	Melani, Sofia	Menlo-Athert	12:14.94
6	Reynolds, Ryanne	Terra Nova	12:17.68
7	Dorn, Ericka	Westmoor	12:32.89
8	Amayun, Chloe	Mills	12:39.50
9	Kerseg, Deia	Half Moon Ba	12:49.53
10	Gonzalez, Ava	Burlingame	12:53.43
11	Pappas, Anna	Aragon	13:29.18
12	Robinson, Jordan	Hillsdale	13:36.46
13	Morales, Belinda	Half Moon Ba	14:00.18
14	Westberg, Katie	Hillsdale	14:07.87
15	Pollack, Jianna	Sequoia	14:08.77
16	Ferrer, Angella	Jefferson	15:35.32

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**Event 12 Boys 3200 Meter Run**

CCS At Large: 9:34.38

Lane	Name	School	Seed Time
<b>Section 1 of 2 Finals</b>			
1	Dulany, Judah	Woodside	10:16.47
2	Fukumoto, Kyle	Hillsdale	10:21.94
3	Goodman, Asher	Menlo-Athert	10:26.42
4	Hara, Hideto	Half Moon Ba	10:28.47
5	Palomo, Remy	Mills	10:29.10
6	Haller, Gabriel	Carlmont	10:31.52
7	Olgun, Kerem	Carlmont	10:31.99
8	Chong, Michael	Carlmont	10:34.18
9	Bae, Jackson	Sequoia	10:47.44
10	Kennedy, Brendan	Aragon	10:48.49
11	Lorilla, Nathan	Carlmont	10:58.07
12	Chen, Mateo	Woodside	11:04.81
13	Macomber, Jaden	Hillsdale	11:06.47
14	Giang, Alex	San Mateo	11:09.00
15	Chin, Adrian	Hillsdale	11:09.86
16	Ramirez, Isaac	Half Moon Ba	11:11.59
17	Lee, Matthew	Hillsdale	11:12.21
18	Gilkey, Ace	Half Moon Ba	11:12.44
19	Chong, Nathan	Carlmont	11:13.13
20	Liang, Dustin	Capuchino	12:17.56
21	Yang, Richard	Westmoor	13:14.70
22	Chow, Markus	South San Fr	NT
23	Uhland, Silas	Oceana	NT
24	Van Voorhis, Isaac	Burlingame	NT

**Section 2 of 2 Finals**

1	Hohendorf, Maximilian	Woodside	9:47.76
2	Song, Jae Ik	San Mateo	9:53.94
3	Barty, Dominic	Woodside	9:58.15
4	Harris, Toby	Aragon	10:01.00
5	Henige, Rowan	Sequoia	10:04.12
6	Bae, Ethan	Sequoia	10:04.80
7	Lanier, Dylan	Menlo-Athert	10:05.58
8	Mendonca, Theodore	Hillsdale	10:07.50
9	Chan, Kyle	Mills	10:07.72
10	Raymond, David	Sequoia	10:08.45
11	Lee, Calvin	Hillsdale	10:15.32
12	Nowell, Matthew	Woodside	10:15.69

**Event 13 Girls 100 Meter Hurdles**

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

CCS At Large: 15.88

Lane	Name	School	Seed Time
<b>Heat 1 of 4 Prelims</b>			
2	Reinshagen, Adelaide	Carlmont	20.91
3	Tidwell, Alice	Sequoia	18.67
4	Sun, Katelyn	Oceana	16.90
5	Yoo, Maya	Aragon	18.20
6	Dehne, Emily	Menlo-Athert	19.89
7	Roldan, Xolani	El Camino	21.15

**Heat 2 of 4 Prelims**

1	Chan, Kylee	South San Fr	21.76
2	Thompson, Leilani	Oceana	20.73
3	Liang, Avelyn	San Mateo	18.55
4	Nordlund, Sara	Menlo-Athert	15.69
5	Madrigal, Lauryn	El Camino	18.49
6	Viray, Arianne	Westmoor	20.65
7	Bowman, Samara	Half Moon Ba	21.32

**Heat 3 of 4 Prelims**

2	Shoor, Sydney	Hillsdale	20.82
3	Chan, Sophia	Carlmont	18.60
4	Lamprecht, Kamryn	Half Moon Ba	16.29
5	Perez, Ariel	Westmoor	18.27
6	Perucho, Nathalie	Westmoor	20.26
7	Saoud, Gabriella	Capuchino	21.30

**Heat 4 of 4 Prelims**

2	Goodwin, Mira	Sequoia	20.92
3	Redjaian, Sabrina	Menlo-Athert	19.32
4	Hohmann, Sophie	Mills	17.70
5	Eastham-Anderson, Abigail	Terra Nova	17.80
6	Morganstern, Allison	San Mateo	19.66
7	Hartley, Elana	San Mateo	20.93

**Event 14 Boys 110 Meter Hurdles**

8 Advance: Top 1 Each Heat plus Next 5 Best Times

CCS At Large: 15.74

Lane	Name	School	Seed Time
<b>Heat 1 of 3 Prelims</b>			
1	Zeas, Lenin	South San Fr	20.93
2	Medina, Roberto	Capuchino	19.58
3	Mckittrick, Brendan	Jefferson	17.94
4	Piserchio, Jonah	Mills	16.87
5	Gosch, Jeremy	Aragon	16.88
6	Lee-Rubio, Robert	Mills	18.28
7	George, Ari	Carlmont	19.76
8	Ruiz, Davin	South San Fr	20.97
<b>Heat 2 of 3 Prelims</b>			
1	Zeh, Luke	Woodside	20.12
2	Alizadeh, Kian	Hillsdale	18.79
3	Bhat, Aneesh	San Mateo	17.69
4	Dodge, Erik	Aragon	15.91
5	Rife, Marcus	Aragon	17.39
6	Songco, Anthony	South San Fr	18.59
7	Gamer, Rafael	Westmoor	20.01
8	Cortes, Kyle	Woodside	21.08

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**Heat 3 of 3 Prelims...(Event 14 Boys 110 Meter Hurdles)**

1	Tam, Dylan	Westmoor	20.76
2	Louie, Raiden	El Camino	18.85
3	Kalos, Connor	Half Moon Ba	17.90
4	Rose, Evan	San Mateo	16.10
5	Wacha, Nicholas	Carlmont	17.02
6	Sacco, Antonio	Mills	18.41
7	Rollolazo, Drew	Hillsdale	19.99
8	Armstrong, Max	Hillsdale	21.08

**Event 15 Girls 300 Meter Hurdles****8 Advance: Top 1 Each Heat plus Next 4 Best Times**

CCS At Large: 47.43

Lane	Name	School	Seed Time
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**Heat 1 of 4 Prelims**

1	Chan, Kylee	South San Fr	1:05.26
2	Thompson, Leilani	Oceana	56.65
3	Stewart, Yael	Menlo-Athert	51.66
4	Nordlund, Sara	Menlo-Athert	46.86
5	Hinkson, Kiana	Carlmont	51.19
6	Morganstern, Allison	San Mateo	56.30
7	Amaya, Rosie	Capuchino	1:01.15

**Heat 2 of 4 Prelims**

2	Grimm, Anna	Terra Nova	56.83
3	Hohmann, Sophie	Mills	51.91
4	Reichow, Avah	Burlingame	47.37
5	Sun, Katelyn	Oceana	50.95
6	Chan, Sophia	Carlmont	54.14
7	Shoor, Sydney	Hillsdale	1:01.04

**Heat 3 of 4 Prelims**

2	Roldan, Xolani	El Camino	1:00.05
3	Madrigal, Lauryn	El Camino	53.36
4	Pflaum, Annie	Menlo-Athert	50.19
5	Liang, Avelyn	San Mateo	50.60
6	Chen, Melanie	Westmoor	53.48
7	Bowman, Samara	Half Moon Ba	1:00.13

**Heat 4 of 4 Prelims**

2	Reinshagen, Adelaide	Carlmont	57.28
3	Goodwin, Mira	Sequoia	52.78
4	Lamprecht, Kamryn	Half Moon Ba	48.19
5	Gonzalez, Lauren	Burlingame	50.87
6	Tidwell, Alice	Sequoia	53.73
7	Lee, Shelby	Terra Nova	1:00.14

**Event 16 Boys 300 Meter Hurdles****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

CCS At Large: 41.25

Lane	Name	School	Seed Time
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**Heat 1 of 3 Prelims**

1	Armstrong, Max	Hillsdale	47.47
2	Belen Henroid, Daniel	Hillsdale	46.16
3	Bhat, Aneesh	San Mateo	45.16
4	Mckittrick, Brendan	Jefferson	44.03
5	Posch, Nick	Woodside	44.08
6	Songco, Anthony	South San Fr	45.40
7	Louie, Raiden	El Camino	46.31
8	Rollolazo, Drew	Hillsdale	48.02

**Heat 2 of 3 Prelims**

1	Frederick, Adam	Sequoia	46.87
2	Gosch, Jeremy	Aragon	45.72
3	Piserchio, Jonah	Mills	45.10
4	Kalos, Connor	Half Moon Ba	43.77
5	Rife, Marcus	Aragon	44.26
6	Rothstein, Jacob	Burlingame	45.44
7	Kinder, Zachary	Carlmont	46.46
8	Cabitac, Dionicio	Capuchino	48.24

**Heat 3 of 3 Prelims**

1	Contreras, Ceasar	Westmoor	46.81
2	Salceda, Joseph	Menlo-Athert	45.58
3	Sacco, Antonio	Mills	44.73
4	Rose, Evan	San Mateo	42.82
5	Dodge, Erik	Aragon	44.43
6	Lang, Ian	Carlmont	45.52
7	Wacha, Nicholas	Carlmont	46.70
8	Cortes, Kyle	Woodside	50.11

**Event 17 Girls 4x100 Meter Relay**

CCS At Large: 50.50

Lane	Team	Relay	Seed Time
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**Section 1 of 2 Finals**

3	Half Moon Ba	1:05.00
4	Westmoor	55.42
5	Oceana	56.01

**Section 2 of 2 Finals**

1	Terra Nova	54.92
2	Aragon	53.04
3	San Mateo	52.32
4	Menlo-Athert	50.65
5	Hillsdale	50.92
6	Mills	52.83
7	Woodside	53.28

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**Event 18 Boys 4x100 Meter Relay**

CCS At Large: 43.60

Lane	Team	Relay	Seed Time
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**Section 1 of 2 Finals**

2	Capuchino		46.97
3	Burlingame		46.51
4	Westmoor		46.06
5	Jefferson		46.26
6	South San Fr		46.87
7	El Camino		47.47

**Section 2 of 2 Finals**

1	Woodside		45.40
2	Menlo-Athert		44.54
3	Hillsdale		44.07
4	Sequoia		43.44
5	Carlmont		43.88
6	San Mateo		44.46
7	Mills		44.93
8	Aragon		45.73

**Event 19 Girls 4x400 Meter Relay**

CCS At Large: 4:12.92

Lane	Team	Relay	Seed Time
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**Section 1 of 2 Finals**

3	Woodside		4:47.94
4	Westmoor		4:44.40
5	Half Moon Ba		4:45.00

**Section 2 of 2 Finals**

1	San Mateo		4:37.84
2	Aragon		4:31.10
3	Mills		4:25.16
4	Burlingame		4:06.61
5	Menlo-Athert		4:21.50
6	Hillsdale		4:30.00
7	Carlmont		4:32.36

**Event 20 Boys 4x400 Meter Relay**

CCS At Large: 3:30.69

Lane	Team	Relay	Seed Time
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**Section 1 of 2 Finals**

3	South San Fr		3:52.96
4	Menlo-Athert		3:49.99
5	Jefferson		3:52.43
6	Capuchino		3:58.00

**Section 2 of 2 Finals**

1	Sequoia		3:43.72
2	Burlingame		3:42.52
3	Aragon		3:40.47
4	Westmoor		3:39.51
5	Hillsdale		3:39.90
6	Mills		3:40.81
7	San Mateo		3:43.39
8	Carlmont		3:44.23

**Event 21 Girls 4x800 Meter Relay**

Lane	Team	Relay	Seed Time
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**Section 1 of 1 Finals**

1	Mills		9:49.97
2	Menlo-Athert		10:00.00
3	Hillsdale		10:30.00
4	Burlingame		10:38.83
5	Carlmont		NT

**Event 22 Boys 4x800 Meter Relay**

Lane	Team	Relay	Seed Time
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**Section 1 of 1 Finals**

1	Menlo-Athert		8:37.00
2	Hillsdale		8:43.00
3	Woodside		8:52.37
4	Burlingame		8:59.25
5	Mills		9:01.77
6	Carlmont		9:19.50
7	Westmoor		9:22.00
8	Sequoia		9:31.96
9	South San Fr		9:37.35

**Event 23 Girls High Jump**

4'4", 4'6", 4'8", 4'10", 5' 0" then 2"

CCS At Large: 5-00

Pos	Name	School	Seed Mark
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**Flight 1 of 1 Finals**

1	Kinchen, Sofia	South San Fr	4-00.00
2	Dehne, Emily	Menlo-Athert	4-02.00
3	Dowd, Danielle	Burlingame	4-02.00
4	Perez, Ariel	Westmoor	4-04.00
5	Parodi, Lilie	Woodside	4-04.00
6	Sheynin, Jay	Sequoia	4-04.00
7	Buckley, Michaela	Hillsdale	4-04.00
8	Gilbert, Vivien	Hillsdale	4-04.00
9	Hohmann, Sophie	Mills	4-06.00
10	Rau, Katie	Aragon	4-06.00
11	Roach, Reece	Mills	4-06.00
12	Hornsby, Addison	El Camino	4-08.00
13	Kusumoto, Sara	Hillsdale	4-08.00
14	Gatoff, Jonah	San Mateo	4-10.00
15	Cuartero, Cherianne	El Camino	4-10.00
16	Collins, Audrey	Half Moon Ba	4-10.00
17	Draheim, Alyssa	Mills	4-10.00
18	Caruso, Gabriella	Capuchino	4-10.00
19	Cacianti, Sophia	Capuchino	5-00.00

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**Event 24 Boys High Jump**

5'2", 5'4", 5'6", 5'8", 5'10", 6'0" then 2"

CCS At Large: 6-00

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Taylor, Tyler	Jefferson	NH
2	Zeh, Luke	Woodside	4-06.00
3	Rosales, Mason	Burlingame	4-06.00
4	Magesh, Arin	Aragon	5-00.00
5	Lapid, Miles	Westmoor	5-00.00
6	Macalino, Nathan	El Camino	5-00.00
7	Volynsky-Krug, Samson	Half Moon Ba	5-00.00
8	Pun, Ryan	Carlmont	5-02.00
9	Wong, Nicholas	South San Fr	5-02.00
10	Butt, Rylan	Sequoia	5-02.00
11	Otake, Tosh	Capuchino	5-04.00
12	Spitzer-Wu, Tyler	San Mateo	5-04.00
13	Dvorak, Owen	Mills	5-04.00
14	Garcia, Yuan	Mills	5-06.00
15	Dalton, Cole	Oceana	5-06.00
16	King, Trajan	Hillsdale	5-06.00
17	Fernando, Andrew	Hillsdale	5-08.00
18	Price, Johnovan	Menlo-Athert	5-08.00
19	Adenekan, Tomi	Hillsdale	5-08.00
20	Belluomini, Enzo	San Mateo	5-08.00
21	Ely, James	San Mateo	6-00.00
22	Sebisanic, Luka	San Mateo	6-04.00

**Event 25 Girls Pole Vault**6'6", 7', 7'6", 8', 8'6", 9', 9'6", 10'  
then 6"

CCS At Large: 9-06

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Niu, Tessa	Woodside	6-06.00
2	Kaul, Anisha	San Mateo	7-00.00
3	Lam, Madison	Aragon	7-00.00
4	Nguyen, Nguyet	San Mateo	7-00.00
5	Sheng, Mia	Aragon	7-03.00
6	Yoo, Maya	Aragon	7-03.00
7	Castillo, Eva	San Mateo	7-06.00
8	Shao, Elaina	Aragon	7-06.00
9	Sheynin, Jay	Sequoia	8-03.00
10	Hunt, Mia	Sequoia	8-05.00
11	MacAvoy, Charlotte	San Mateo	8-06.00

**Event 26 Boys Pole Vault**

9'6", 10', 10'6", 11', 11'6", 12', 12'6" then 6"

CCS At Large: 12-06

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Butler, Tim	Mills	8-06.00
2	Butler, Philip	Mills	9-00.00
3	Eremeev, Vladimir	San Mateo	10-00.00
4	Cooper, Luke	Woodside	10-00.00
5	Adasiewicz, Cal	Woodside	10-06.00
6	Fung, Nathan	Westmoor	10-06.00
7	Lin, Noah	Aragon	10-09.00
8	Hong, Calvin	Aragon	11-00.00
9	Ozuna, Edward	Westmoor	11-00.00
10	Ho, Nathan	Westmoor	12-03.00
11	Nunnemaker, Jarod	Aragon	14-07.00
12	Dodge, Erik	Aragon	15-01.00

**Event 27 Girls Long Jump**

CCS At Large: 16-08.50

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Spalova, Sara	Woodside	13-00.50
2	Lee, Kailyn	South San Fr	13-01.50
3	Claussen, Megan	Half Moon Ba	13-03.25
4	Lee, Shelby	Terra Nova	13-11.00
5	Chu, Jolene	Menlo-Athert	14-00.00
6	Masarova, Natalie	Hillsdale	14-01.50
7	Castillo, Eva	San Mateo	14-03.00
8	Yoo, Maya	Aragon	14-05.00
9	Hornsby, Addison	El Camino	14-05.75
10	Christman, Isabella	Sequoia	14-06.00
11	Ren, Jasmine	Westmoor	14-08.00
12	Gonzalez, Lauren	Burlingame	14-08.00
13	Elan, Rona	Hillsdale	15-01.00
14	Kusumoto, Sara	Hillsdale	15-02.25
15	Roach, Reece	Mills	15-02.75
16	Ivankov, Alexis	Mills	15-07.75
17	Metzler, Naomi	Carlmont	15-11.00
18	Brown, Delaney	San Mateo	16-06.00
19	Cho, Pia	Aragon	18-04.50

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**Event 28 Boys Long Jump**

CCS At Large: 20-07.75

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Holcomb, Robert	Capuchino	17-03.00
2	Dayao, Kyle	Oceana	17-11.00
3	Leung, Anthony	Burlingame	17-11.50
4	David, Jonathan	Mills	18-00.00
5	Rhee, Mark	San Mateo	18-01.00
6	Young, Jericho	Westmoor	18-01.50
7	Wahba, Costa	South San Fr	18-02.00
8	Garcia-Standlee, Noah	Menlo-Athert	18-02.00
9	Garcia, Zachary	Westmoor	18-03.50
10	Garcia, Yuan	Mills	18-03.75
11	Mooney, Nathan	Woodside	19-01.00
12	Weaver, Brayden	Hillsdale	19-04.50
13	Hansen, Dru	Sequoia	19-08.00
14	Gosch, Jeremy	Aragon	19-08.50
15	Aung, Waynstan	Westmoor	19-09.00
16	Chu, Stanley	San Mateo	19-10.00
17	Mckittrick, Brendan	Jefferson	19-10.00
18	Oliveira, Casey	Carlmont	19-11.00
19	Sandin, Alexander	Carlmont	20-02.50
20	Smith, Sherrod	Menlo-Athert	20-07.75

**Event 29 Girls Triple Jump**

CCS At Large: 34-10

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Thorne, Emily	Half Moon Ba	23-08.50
2	Saoud, Gabriella	Capuchino	26-04.50
3	Castillo, Eva	San Mateo	26-11.00
4	Chen, Kaitlyn	Woodside	28-01.00
5	Bender, Hanna	Sequoia	28-02.50
6	Hornsby, Addison	El Camino	28-09.50
7	Lee, Kailyn	South San Fr	28-10.00
8	Masarova, Natalie	Hillsdale	29-02.75
9	Paniligan, Keymora	Westmoor	29-05.00
10	Khalasi, Ria	Mills	29-06.50
11	Chen, Melanie	Westmoor	30-05.00
12	Elan, Rona	Hillsdale	31-05.00
13	Ren, Jasmine	Westmoor	31-05.50
14	Yoo, Maya	Aragon	31-10.00
15	Roach, Reece	Mills	32-02.00
16	Metzler, Naomi	Carlmont	34-05.25

**Event 30 Boys Triple Jump**

CCS At Large: 42-01

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Rhee, Mark	San Mateo	ND
2	Zhang, Junyi	Mills	35-05.50
3	Dayao, Kyle	Oceana	35-07.50
4	Teng, Quincy	Aragon	35-10.00
5	Otake, Tosh	Capuchino	35-11.75
6	Mooney, Nathan	Woodside	36-06.00
7	Goodman, Malcolm	South San Fr	37-07.00
8	Young, Jericho	Westmoor	37-09.00
9	Weaver, Brayden	Hillsdale	38-05.50
10	Wahba, Costa	South San Fr	38-08.50
11	Nunnemaker, Jarod	Aragon	38-09.00
12	Garcia, Zachary	Westmoor	39-09.00
13	Aung, Waynstan	Westmoor	39-09.00
14	Leung, Anthony	Burlingame	40-04.00
15	Oliveira, Casey	Carlmont	42-08.50

**Event 31 Girls Shot Put**

CCS At Large: 34-01.50

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Godoy, Alexa	Half Moon Ba	18-05.50
2	Chitlangia, Anya	Carlmont	18-08.50
3	Ren, Jasmine	Westmoor	20-10.00
4	Navarro-Benitez, Maria	Menlo-Athert	21-00.00
5	Holzman, Kelsey	Burlingame	21-11.00
6	Martinez, Angelica	Jefferson	22-01.50
7	Gomez, Xenia	Capuchino	23-04.00
8	Lieu-Chin, Melina	El Camino	23-11.00
9	Wong, Serene	South San Fr	25-01.00
10	Pelleriti, Gianna	Terra Nova	25-05.00
11	Morrow, Macy	Terra Nova	26-07.50
12	Hodge, Abreanna	South San Fr	28-02.00
13	Salles, Olivia	San Mateo	29-01.50
14	Petelo, Mele	Hillsdale	29-11.00
15	Mazzeta, Serena	Mills	30-07.00
16	Huffer, Desiree	Sequoia	31-08.50
17	Reynolds, Bridget	Woodside	38-02.00

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**Event 32 Boys Shot Put**

CCS At Large: 45-10

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Zhang, Michael	Burlingame	27-00.00
2	Amankrah-Bonsu, Noel	Westmoor	28-04.50
3	Valiente-Tanielu, Gerald	South San Fr	32-03.00
4	Sawyer, Jake	Sequoia	33-09.00
5	Mandojano, Nico	Half Moon Ba	34-07.00
6	Macalino, Nathan	El Camino	35-07.00
7	Lybrand, Elias	Carlmont	37-00.00
8	Usher, Nathan	Woodside	37-10.50
9	Nessel, Luke	Hillsdale	38-05.00
10	Pellican, Ned	Menlo-Athert	38-08.00
11	Lee, Max	Woodside	39-00.50
12	Walter, Lloyd	Aragon	39-03.00
13	Thornson, Max	Aragon	39-11.75
14	Velasquez-Tejada, Miguel	San Mateo	40-01.00
15	Zheng, Albert	Aragon	40-06.00
16	Ward, Frank	Terra Nova	42-00.50
17	Shabazz, Nasir	San Mateo	43-10.50
18	Vuong, Ethan	Mills	45-00.75
19	Tan, Matthew	Mills	46-06.00
20	La Grill, Richard	Carlmont	50-02.50

**Event 33 Girls Discus Throw**

CCS At Large: 104-10

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Chitlangia, Anya	Carlmont	49-04
2	Navarro-Benitez, Maria	Menlo-Athert	62-03
3	Holzman, Kelsey	Burlingame	63-07
4	Salles, Olivia	San Mateo	66-08
5	Petelo, Mele	Hillsdale	67-08
6	Hagemann, Shannon	Terra Nova	70-08
7	Gomez, Xenia	Capuchino	71-00
8	Christman, Isabella	Sequoia	72-07
9	Cuartero, Cherianne	El Camino	75-08
10	Spencer, Stephanie	Half Moon Ba	78-01
11	Ren, Jasmine	Westmoor	78-01
12	Madayag, Penelope	El Camino	79-08
13	Morrow, Macy	Terra Nova	80-04
14	Mazzeta, Serena	Mills	87-08
15	Wong, Serene	South San Fr	90-11
16	Huffer, Desiree	Sequoia	93-08
17	Reynolds, Bridget	Woodside	123-11

**Event 34 Boys Discus Throw**

CCS At Large: 133-06

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Zhang, Michael	Burlingame	80-05
2	Araneta, Alvin	Westmoor	81-04
3	Gonzalez Lujano, Jorge	South San Fr	81-05
4	Abellana, Daniel	Oceana	86-01
5	Sawyer, Jake	Sequoia	89-07
6	Valdez, Peter	Half Moon Ba	95-02
7	Cavigioli, Daniel	Aragon	97-07
8	Nessel, Luke	Hillsdale	99-08
9	Grajeda, David	Capuchino	100-02
10	Lybrand, Elias	Carlmont	100-03
11	Usher, Nathan	Woodside	101-07.50
12	Shabazz, Nasir	San Mateo	105-08
13	Han, Hansen	Mills	108-10
14	Vuong, Tyler	Mills	108-11
15	Coleman, Vincent	Terra Nova	110-04
16	Lee, Max	Woodside	111-07
17	Velasquez-Tejada, Miguel	San Mateo	113-08.50
18	Tan, Matthew	Mills	114-00
19	Zheng, Albert	Aragon	115-03
20	Pellican, Ned	Menlo-Athert	115-09
21	Macalino, Nathan	El Camino	117-07
22	Walter, Lloyd	Aragon	132-03
23	La Grill, Richard	Carlmont	137-09
24	Ward, Frank	Terra Nova	139-11

**Peninsula Athletic League**  
**Varsity Track and Field Championships 2023**  
**At Sequoia High School**

*Note: Trials time schedule may be impacted by the volume of qualifiers*

RUNNING EVENTS				FIELD EVENTS		
Trials: Thurs. April 27	Finals: Sat. May 6	Gender	Event	Trials: Thurs. April 27	Finals: Sat. May 6	Event
3:45 PM	9:45		Coaches Meeting			
----	11:00	Girls	4 x 100 Relay (2 sections)	4:00 PM	----	Boys Pole Vault
----	11:10	Boys				
5:00	11:20	Girls	1600m	4:00 PM	----	Boys Long Jump
5:20	11:30	Boys				
5:35	11:45	Girls	100m/110m hurdles	4:00 PM	----	Boys Shot Put
5:45	11:50	Boys				
6:00	12:00	Girls	400m	4:00 PM	----	Girls High Jump
6:10	12:05	Boys				
6:20	12:15	Girls	100m	4:00 PM	----	Girls Triple Jump
6:30	12:20	Boys				
6:50	12:30	Girls	800m	4:00 PM	----	Girls Discus
7:00	12:35	Boys				
7:05	12:45	Girls	300m hurdles	----	10:00 AM	Girls Pole Vault
7:15	12:50	Boys				
7:25	1:00	Girls	200m	----	10:00 AM	Girls Long Jump
7:40	1:05	Boys				
8:00	----	Girls	4 x 800m	----	10:00 AM	Girls Shot Put
8:15	----	Boys				
----	1:15	Girls	3200m	----	10:00 AM	Boys High Jump
----	1:30	Boys				
----	1:45	Girls	4x400m Relay (2 sections)	----	10:00 AM	Boys Triple Jump
----	2:00	Boys				
<b>Implement Certification</b>				----	10:00 AM	Boys Discus
Trials: Thursday April 27th		2:45-3:45 pm				
Finals: Saturday May 6th		8:45-9:45 am				

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

Menlo-Atherton High School  
Meet Program - Running Events**Event 1 Girls 4x100 Meter Relay**

Lane	Team	Relay	Seed Time
<b>Section 1 of 3 Finals</b>			
2	Capuchino		59.84
3	Terra Nova		57.45
4	Hillsdale		56.39
5	San Mateo		57.00
6	South S.F.		58.05
<b>Section 2 of 3 Finals</b>			
2	Woodside		55.98
3	Westmoor		55.02
4	Mills		54.93
5	Menlo-Atherton		55.02
6	Sequoia		55.50
<b>Section 3 of 3 Finals</b>			
2	El Camino		54.91
3	Aragon		54.21
4	Carlmont		53.73
5	Jefferson		54.13
6	Burlingame		54.71

**Event 2 Boys 4x100 Meter Relay**

Lane	Team	Relay	Seed Time
<b>Section 1 of 2 Finals</b>			
2	Woodside		51.49
3	Jefferson		49.05
4	Hillsdale		48.41
5	El Camino		48.56
6	Burlingame		49.43
7	Capuchino		55.85
<b>Section 2 of 2 Finals</b>			
1	San Mateo		47.90
2	Sequoia		47.50
3	Westmoor		47.20
4	Aragon		47.07
5	Menlo-Atherton		47.14
6	Mills		47.28
7	Carlmont		47.64

**Event 3 Girls 1600 Meter Run**

Lane	Name	School	Seed Time
<b>Section 1 of 2 Finals</b>			
1	Sanghvi, Sarina	Sequoia	6:00.25
2	Chan, Kaelyn	Mills	6:02.05
3	Yazzie, Aurora	Hillsdale	6:03.64
4	Braner, Daphnee	Jefferson	6:16.72
5	Blum, Shayna	Burlingame	6:18.06
6	He, Anna	Aragon	6:18.66
7	Prasad, Anchal	Capuchino	6:19.37
8	Brignardello, Adrianna	Capuchino	6:20.85
9	Browdy, Zoe	Burlingame	6:21.72
10	Louie, Clarissa	Mills	6:24.24
11	Seto, Laura	San Mateo	6:30.82
12	Ge, Olivia	Hillsdale	6:44.14
13	Yim, Sisley	Westmoor	6:56.12
14	Guan, Amy	Jefferson	6:59.88
15	Reinemann, Maya	Sequoia	7:10.41
<b>Section 2 of 2 Finals</b>			
1	Collins, Lucy	Half Moon Bay	5:35.43
2	Bikle, Jamie	Half Moon Bay	5:45.07
3	Mehta, Riya	Menlo-Atherton	5:47.05
4	Mcgaraghan, Paige	Menlo-Atherton	5:47.16
5	Lehman, Valeria	Carlmont	5:48.08
6	Crowther, Samantha	Carlmont	5:50.02
7	Piazza, Rocco	Sequoia	5:50.52
8	Lee, Dylan	Aragon	5:50.72
9	Ellison, Emilia	Terra Nova	5:50.75
10	Chi, Sophia	Menlo-Atherton	5:53.09
11	Tse, Maya	Carlmont	5:54.40
12	Kelly, Ashlyn	Hillsdale	5:54.44
13	Cruz Parada, Lina	Aragon	5:54.61
14	Wilding, Michelle	San Mateo	5:56.38
15	Cheng, Miya	Mills	5:56.99
16	Tsai, Zadie	Burlingame	5:57.15

**Event 4 Boys 1600 Meter Run**

Lane	Name	School	Seed Time
<b>Section 1 of 3 Finals</b>			
1	Adhikari, Swaraj	El Camino	5:17.97
2	Trinklein, Logan	Sequoia	5:18.52
3	Hoang, Dylan	Westmoor	5:18.71
4	Chan, Calvin	Terra Nova	5:19.36
5	Cowan, Tyler	Woodside	5:21.05
6	Martin, Aron	Burlingame	5:23.30
7	Vijeh, Cameron	Sequoia	5:26.86
8	Schroeder, Samuel	San Mateo	5:38.57
9	Mahoney, Aaron	Woodside	5:39.32
10	Meng, David	Burlingame	5:40.04
11	Cole, William	Oceana	5:43.35
12	Beardsley, Landon	Oceana	5:47.88
13	Chin, Andrew	Mills	5:50.56
14	So, James	San Mateo	5:50.99
15	Tanedo, Jetro	Jefferson	6:18.28

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

Menlo-Atherton High School  
Meet Program - Running Events

## Section 2 of 3 Finals...(Event 4 Boys 1600 Meter Run)

1	Benenati, Adrian	Capuchino	4:59.34
2	Alas, Diego	South S.F.	5:03.55
3	Yeager, Benjamin	San Mateo	5:04.07
4	Cronin, Connor	Carlmont	5:07.94
5	Pascual, Trystan	Capuchino	5:09.19
6	Hermosillo, Emiliano	El Camino	5:09.22
7	Cheng, Matthew	Westmoor	5:11.07
8	Sanger, Ethan	Woodside	5:12.21
9	Gong, Christopher	Oceana	5:12.71
10	Bautin, Rostislav	Carlmont	5:14.54
11	Liu, Ryan	Burlingame	5:15.21
12	DeBode, Javier	Half Moon Bay	5:15.44
13	De Jesus, Victor	Westmoor	5:15.87
14	Lactaoen, Kyle	El Camino	5:17.69
15	Lee, Nico	Hillsdale	5:17.81

## Section 3 of 3 Finals

1	Rokala, Miles	Aragon	4:47.76
2	Strassia, Marco	Aragon	4:49.39
3	Selvik, Lucas	Menlo-Atherton	4:50.85
4	Whipkey, Sean	Hillsdale	4:52.17
5	Lu, Tyler	Hillsdale	4:52.60
6	Lopez, Elkin	Half Moon Bay	4:52.88
7	Ren, Kaden	Mills	4:54.30
8	Matsumoto, Sou	Aragon	4:54.62
9	Phan, Brady	Menlo-Atherton	4:54.98
10	Tomoda, Soichiro	Carlmont	4:56.00
11	Shafer, Luke	Sequoia	4:56.30
12	Sharp, Aidan	Menlo-Atherton	4:57.48
13	Balistreri, Marcus	Terra Nova	4:58.19
14	Ren, Kevin	Mills	4:58.46
15	Hernandez Noguez, Darren	Capuchino	4:59.01

## Event 5 Girls 100 Meter Hurdles

Lane	Name	School	Seed Time
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## Section 1 of 3 Finals

1	Jordan, Nala	Oceana	24.81
2	Reyes, Christiana	Oceana	23.19
3	Wong, Emily	Mills	22.08
4	Rife, Meilin	Aragon	21.84
5	Khalil, Yaqeen	Jefferson	21.91
6	Gutierrez Palacios, Vanessa	Mills	22.12
7	Ocnada, Kamille	South S.F.	24.19

## Section 2 of 3 Finals

1	Maars, Annika	Hillsdale	21.37
2	Kuczera, Ida	Hillsdale	21.23
3	Kuralay, Sedef	Mills	20.42
4	Fukuda, Runa	Hillsdale	20.34
5	Larson, Johanna	Woodside	20.39
6	Chow, Alicia	El Camino	20.84
7	Dimon, Katherine	Carlmont	21.31
8	Hoek, Sophie	Carlmont	21.38

## Section 3 of 3 Finals

1	Tu, Kallan	Aragon	20.16
2	Davis, Jordan	Burlingame	19.69
3	Eckstein, Tindra	Woodside	19.37
4	Chen, Kiana	Carlmont	18.31
5	Kolotouros, Alexis	Woodside	19.30
6	Morganstern, Allison	San Mateo	19.66
7	Viray, Jaleen	Westmoor	19.86
8	Li, Hannah	Aragon	20.28

## Event 6 Boys 110 Meter Hurdles

Lane	Name	School	Seed Time
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## Section 1 of 3 Finals

2	O'Meara, Austin	Hillsdale	24.40
3	Luong, Thomas	Aragon	22.19
4	Gomez, Daniel	Aragon	21.82
5	Park, Anand	Westmoor	22.14
6	Mukund, Jonas	San Mateo	22.69
7	Gu, Perry	South S.F.	26.78

## Section 2 of 3 Finals

2	Chopoff, Sean	Carlmont	21.54
3	Mcwhorter, Charles	Aragon	20.59
4	Liu, Dashan	Mills	20.37
5	Zheng, Jiawei	Mills	20.53
6	Mutti, Fabrizio	Terra Nova	21.00
7	Amezcuca, Jose	El Camino	21.56

## Section 3 of 3 Finals

2	Lopez, Frankie	Woodside	19.74
3	Lwin, James	Westmoor	19.52
4	MendesGrassia, Carmel	Woodside	17.56
5	Monroy, Giancarlo	Mills	19.07
6	Lim, Zachary	Westmoor	19.53
7	Westerman, Nykai	Jefferson	20.01

## Event 7 Girls 400 Meter Dash

Lane	Name	School	Seed Time
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## Section 1 of 5 Finals

1	Schmidt, Silvana	Menlo-Atherton	NT
2	Sieling, Caroline	Sequoia	NT
3	Briggs, Nicole	Half Moon Bay	1:24.66
4	Thayer, Camille	Half Moon Bay	1:18.28
5	Stefanick, Ava	Half Moon Bay	1:18.88
6	Guillen-Vasquez, Naiza	Oceana	1:27.18
7	Pansoy, Katelyn	Westmoor	NT

## Section 2 of 5 Finals

1	Li, Jasmine	Mills	1:16.82
2	Fuell, Annabel	Capuchino	1:14.27
3	Ruiz, Dayna	South S.F.	1:13.53
4	Suarez, Olivia	Westmoor	1:12.96
5	Valdez, Neva	Oceana	1:13.34
6	Chin, Angela	Jefferson	1:13.97
7	Chaudhry, Khadijah	Jefferson	1:15.60

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

Menlo-Atherton High School  
Meet Program - Running Events**Section 3 of 5 Finals...(Event 7 Girls 400 Meter Dash)**

1	Lai, Sydney	Aragon	1:11.84
2	Contreras, Zia	Carlmont	1:11.52
3	Gonzales, Hayden	Westmoor	1:10.50
4	Sotto, Anthea	Hillsdale	1:09.17
5	Ayers, Avery	Terra Nova	1:09.69
6	Marsyla, Pearl	Woodside	1:11.30
7	Henry, Taylor	Menlo-Atherton	1:11.61
8	Sheena, Elise	Woodside	1:11.96

**Section 4 of 5 Finals**

1	Ohashi, Shiyo	Carlmont	1:08.62
2	Fuell, Mia	Capuchino	1:08.34
3	Wong, Sarah	Mills	1:07.07
4	Horan, Ellora	Burlingame	1:06.55
5	Maia, Emily	Carlmont	1:07.06
6	Piazza, Rocco	Sequoia	1:07.18
7	Moran, Maliha	Burlingame	1:08.44
8	Pantilon, Janelle	Mills	1:09.09

**Section 5 of 5 Finals**

1	Lee, Taylor	Aragon	1:06.45
2	Flores, Sophia	Hillsdale	1:06.24
3	Cowart, Sailor	Menlo-Atherton	1:05.55
4	Larson, Johanna	Woodside	1:04.62
5	Lin, Hannah	Aragon	1:05.16
6	Ishimoto, Jacqueline	Burlingame	1:06.17
7	Der, Keilani	El Camino	1:06.24
8	Baumbach, Lillet	Terra Nova	1:06.49

**Event 8 Boys 400 Meter Dash**

Lane	Name	School	Seed Time
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**Section 1 of 5 Finals**

1	Yeh, Darren	El Camino	NT
2	Carmona, Anthony	Terra Nova	1:22.46
3	Hackos, Dylan	Burlingame	1:05.93
4	Bradford-Giles, Zaire	Jefferson	1:02.58
5	Louie, Madrox	El Camino	1:03.42
6	Ng, Vincent	Jefferson	1:09.37
7	Polasek, Stefen	Burlingame	NT
8	Tom, Owen	San Mateo	NT

**Section 2 of 5 Finals**

1	Choy, Matthew	Carlmont	1:02.49
2	Tchang, Justin	Capuchino	1:01.30
3	Miller, Dexter	Oceana	1:00.58
4	Sat, Kaung	Westmoor	1:00.03
5	Monterrosa, Oscar	Jefferson	1:00.18
6	Abu tair, Yazan	Burlingame	1:01.12
7	Custodio, Andrei	South S.F.	1:01.37
8	Iverson, Parker	Terra Nova	1:02.57

**Section 3 of 5 Finals**

1	Lau, Matthew	Aragon	59.67
2	Perkins, Colin	Sequoia	59.07
3	Gold, James	Westmoor	58.95
4	Leonardo, Alexander	Menlo-Atherton	58.66
5	Ke, Nicholas	Aragon	58.79
6	Szeto, Josh	El Camino	58.99
7	Farrell-Straight, Lucas	Woodside	59.18
8	Pfeifer, Zander	Woodside	1:00.00

**Section 4 of 5 Finals**

1	Nues, Elijah	Hillsdale	58.34
2	li, Eason	Mills	57.76
3	Shafer, Luke	Sequoia	57.46
4	Guan, Jimmy	Mills	57.31
5	Sunkara, Akhil	Menlo-Atherton	57.34
6	Battulga, Tului	Mills	57.47
7	Lee, Noah	South S.F.	58.24
8	Shin, Adrian	Hillsdale	58.54

**Section 5 of 5 Finals**

1	Arroyo, Caleb	Woodside	56.91
2	Nakagawa, Taira	Hillsdale	56.56
3	Lee, Alex	Sequoia	56.45
4	Oleta, Brandon	Westmoor	54.65
5	Pilette, Axel	Menlo-Atherton	55.72
6	Dent, Andrew	Carlmont	56.46
7	Tsou, Bradley	Carlmont	56.82
8	Leong, Anthony	Aragon	57.00

**Event 9 Girls 100 Meter Dash**

Lane	Name	School	Seed Time
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**Section 1 of 6 Finals**

1	Heng, Hailey	South S.F.	16.82
2	Switzer, Reece	Oceana	15.93
3	Gans, Leila	El Camino	15.52
4	Yin, Lorraine	El Camino	15.38
5	Del Prado, Kristen	Capuchino	15.45
6	Orlino, Ariel Kate	Westmoor	15.76
7	Banzon, Francesca	South S.F.	15.94
8	Nino-Sears, Lucia	Sequoia	NT

**Section 2 of 6 Finals**

1	Dulcey, Catalina	Aragon	15.34
2	Samson, Christel	Jefferson	14.83
3	Franco, Bella	Menlo-Atherton	14.75
4	Abulebdeh, Heyam	Hillsdale	14.69
5	Wolfe, Naia	Terra Nova	14.74
6	Reyes, Alexis	Hillsdale	14.82
7	Li, Allison	San Mateo	15.14

**Section 3 of 6 Finals**

1	Ly, Poema	Oceana	14.68
2	Kwan, Jocelyn	Mills	14.52
3	Arihara, Jolie	Westmoor	14.51
4	Nguyen, Katlynn	Oceana	14.44
5	Arcelona, Olivia	Mills	14.50
6	Prasad, Anchal	Capuchino	14.52
7	Suarez, Olivia	Westmoor	14.54

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

Menlo-Atherton High School  
Meet Program - Running Events**Section 4 of 6 Finals...(Event 9 Girls 100 Meter Dash)**

1	Nieva, Nicole	Menlo-Atherton	14.36
2	Pong, Lauren	Aragon	14.35
3	Baumbach, Lillet	Terra Nova	14.22
4	Tanazaki, Riri	San Mateo	14.22
5	McCauley, Aundrea	San Mateo	14.22
6	Csuti, Gabi	Sequoia	14.23
7	Lopez, Sophia	Jefferson	14.36
8	Eliares, Julia	Terra Nova	14.39

**Section 5 of 6 Finals**

1	Shih, Stella	Hillsdale	14.01
2	BakerMalone, Kaia	Carlmont	13.96
3	Egan, Momoko	Burlingame	13.88
4	Cho, Chloe	Mills	13.83
5	Chen, Victoria	Aragon	13.83
6	Boyse, Avery	Burlingame	13.92
7	Cordero, Rhian Savannah	Burlingame	13.99
8	Martin, Oona	Sequoia	14.10

**Section 6 of 6 Finals**

1	Eckstein, Tindra	Woodside	13.79
2	Albertario, Gabriela	El Camino	13.57
3	Hartwig, Alessandra	Menlo-Atherton	13.50
4	Barajas, Emerson Elyse	Carlmont	13.40
5	Campana, Kiera	Woodside	13.45
6	Santos, Sarah	Jefferson	13.51
7	Kolotouros, Alexis	Woodside	13.74
8	Moussa, Sophia	Carlmont	13.82

**Event 10 Boys 100 Meter Dash**

Lane	Name	School	Seed Time
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**Section 1 of 6 Finals**

1	Chu, Christopher	Aragon	NT
2	Tejada, Tyler	South S.F.	14.38
3	Parabaniuk, Arthur	Terra Nova	13.79
4	Zano, Matthew	Oceana	13.50
5	Navarro, Azaiiah	Terra Nova	13.71
6	Custodio, Andrei	South S.F.	13.93
7	Goncalves, Gabriel	Carlmont	NT

**Section 2 of 6 Finals**

1	Lopez, Giovanni	Sequoia	13.08
2	Zarganis, Tyler	Sequoia	13.00
3	Patch, Mason	Burlingame	12.92
4	Wang, Ryan	Burlingame	12.83
5	Gao, Justin	Mills	12.86
6	De Guzman, Jiro	Oceana	12.94
7	Santos, Brian	Jefferson	13.07

**Section 3 of 6 Finals**

1	Jacobo, Isaiah	Woodside	12.69
2	Salazar, Antonio	Capuchino	12.65
3	Adams-Aurilio, Zion	Jefferson	12.56
4	Kato, Issei	Mills	12.51
5	Pfistner, Joshua	Menlo-Atherton	12.52
6	Frank, Ryan	Burlingame	12.58
7	Nguyen, James	Oceana	12.68

**Section 4 of 6 Finals**

1	Carreiro, Austin	San Mateo	12.48
2	Crockett, Jordan	Sequoia	12.48
3	Wong, Matthew	Mills	12.44
4	Landayan, Javen	Jefferson	12.39
5	Lu, Carter	San Mateo	12.40
6	Mutti, Fabrizio	Terra Nova	12.47
7	Stepanovich, Elijah	El Camino	12.48
8	Guevarra, Raimar	El Camino	12.49

**Section 5 of 6 Finals**

1	Flores, Noah	El Camino	12.28
2	Petry, Alexander	Menlo-Atherton	12.27
3	Labuguen, Benicio	Westmoor	12.18
4	Yee, Russell	Aragon	12.16
5	Mattioli, Daniel	Carlmont	12.17
6	Kwan, Ryan	Carlmont	12.26
7	Wilberg, Ocean	San Mateo	12.28
8	Allendorf, Dante	Hillsdale	12.30

**Section 6 of 6 Finals**

1	Nues, Noah	Hillsdale	12.01
2	MendesGrassia, Carmel	Woodside	11.88
3	Gentner, Brody	Woodside	11.72
4	Nguyen, Liam	Westmoor	11.59
5	Van der meer, Anthony	Menlo-Atherton	11.68
6	Bell, Jonas	Hillsdale	11.82
7	Martinez, Adrien	Westmoor	11.93
8	Kong, Matteo	Aragon	12.15

**Event 11 Girls 800 Meter Run**

Lane	Name	School	Seed Time
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**Section 1 of 2 Finals**

1	Tse, Maya	Carlmont	2:45.10
2	Lee, Dylan	Aragon	2:46.58
3	Cruz Parada, Lina	Aragon	2:49.23
4	He, Anna	Aragon	2:50.89
5	Seto, Laura	San Mateo	2:51.45
6	Pantilon, Janelle	Mills	2:54.81
7	Yim, Sisley	Westmoor	3:03.10
8	Louie, Clarissa	Mills	3:05.39
9	Guan, Amy	Jefferson	3:09.61
10	Natalie Yu-Hain, Jaslyn	Oceana	3:11.76
11	Hur, Wren	Oceana	3:17.79
12	Ohtaki, Nicolee	Menlo-Atherton	NT
13	Sanchez, Mia	Menlo-Atherton	NT

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

Menlo-Atherton High School  
Meet Program - Running Events

## Section 2 of 2 Finals...(Event 11 Girls 800 Meter Run)

1	Collins, Lucy	Half Moon Bay	2:30.60
2	Calderon Mendez, Sophia	Burlingame	2:32.59
3	Cheng, Miya	Mills	2:37.02
4	Huysmans, Joelle	Burlingame	2:39.33
5	Chan, Emily	Sequoia	2:40.16
6	Friedman, Kate	Burlingame	2:41.42
7	Yazzie, Aurora	Hillsdale	2:42.10
8	Wilding, Michelle	San Mateo	2:42.32
9	Gong, Clairissa	Menlo-Atherton	2:42.48
10	Lehman, Valeria	Carlmont	2:43.81
11	Jensen, Angelina	Capuchino	2:44.19
12	Crowther, Samantha	Carlmont	2:44.24
13	Ellison, Emilia	Terra Nova	2:44.35
14	Bikle, Jamie	Half Moon Bay	2:44.50

## Event 12 Boys 800 Meter Run

Lane	Name	School	Seed Time
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## Section 1 of 4 Finals

1	Tidwell, Theodore	Sequoia	2:34.48
2	Jones, Zachary	Menlo-Atherton	2:34.91
3	Mahoney, Aaron	Woodside	2:36.67
4	Henderson, Aaron	Sequoia	2:37.24
5	Cole, William	Oceana	2:39.28
6	Bradford-Giles, Zaire	Jefferson	2:41.37
7	Zhang, Bruce	San Mateo	2:45.22
8	Dilley, Connor	Sequoia	2:47.72
9	Tanedo, Jetro	Jefferson	2:48.63
10	Simmons, Makai	El Camino	2:50.45
11	Myers, Alexander	Burlingame	NT

## Section 2 of 4 Finals

1	Amaya, Chris (Christopher)	Capuchino	2:26.02
2	Williams, Colin	Westmoor	2:26.35
3	Gong, Christopher	Oceana	2:26.73
4	Torres, Mauricio	Capuchino	2:27.28
5	Meng, David	Burlingame	2:27.36
6	Cronin, Connor	Carlmont	2:28.30
7	Ehsanipour, Nadav	Hillsdale	2:28.49
8	Renfroe-Johnson, Milo	Oceana	2:28.96
9	Chan, Calvin	Terra Nova	2:29.92
10	Cowan, Tyler	Woodside	2:31.05
11	Lam, Keith	El Camino	2:31.91
12	Harris, Asher	Menlo-Atherton	2:33.17

## Section 3 of 4 Finals

1	Epstein, Gavin	Aragon	2:18.08
2	Alas, Diego	South S.F.	2:19.03
3	Tomoda, Soichiro	Carlmont	2:19.03
4	Teng, Brendan	Capuchino	2:19.29
5	Sanger, Ethan	Woodside	2:19.42
6	Lee, Noah	South S.F.	2:20.45
7	McAnerney, Quinn	Half Moon Bay	2:21.97
8	Balistreri, Marcus	Terra Nova	2:22.10
9	DeBode, Javier	Half Moon Bay	2:22.45
10	Lactaon, Kyle	El Camino	2:24.16
11	Schroeder, Samuel	San Mateo	2:24.88
12	De Jesus, Victor	Westmoor	2:25.81

## Section 4 of 4 Finals

1	Fu, Joshua	Aragon	2:04.03
2	Yeager, Benjamin	San Mateo	2:08.95
3	Maxwell, Ian	Burlingame	2:10.70
4	White, Quin	Hillsdale	2:11.93
5	Ren, Kaden	Mills	2:14.98
6	Novak, Luke	Aragon	2:15.46
7	Cabrera, Ethan	Mills	2:15.66
8	Bautin, Rostislav	Carlmont	2:16.57
9	Cutler, John	Menlo-Atherton	2:16.92
10	Ren, Kevin	Mills	2:17.11
11	Hoang, Dylan	Westmoor	2:17.24
12	Robinson, Dylan	Hillsdale	2:17.99

## Event 13 Girls 300 Meter Hurdles

Lane	Name	School	Seed Time
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## Section 1 of 3 Finals

1	Jordan, Nala	Oceana	1:12.79
2	Reyes, Christiana	Oceana	1:07.32
3	Khalil, Yaqeen	Jefferson	1:02.70
4	Li, Hannah	Aragon	1:01.46
5	Dyogi, Gabriela	Terra Nova	1:02.65
6	Kuczera, Ida	Hillsdale	1:03.72
7	Maars, Annika	Hillsdale	1:11.33

## Section 2 of 3 Finals

1	Chin, Angela	Jefferson	1:00.85
2	Wong, Emily	Mills	59.63
3	Dimon, Katherine	Carlmont	59.21
4	Marsyla, Pearl	Woodside	57.92
5	Maia, Emily	Carlmont	58.60
6	Gutierrez Palacios, Vanessa	Mills	59.26
7	Ruiz, Dayna	South S.F.	1:00.14

## Section 3 of 3 Finals

1	Hoek, Sophie	Carlmont	57.57
2	Morganstern, Allison	San Mateo	56.30
3	Sanchez, Mia	Menlo-Atherton	53.76
4	Eckstein, Tindra	Woodside	51.52
5	Viray, Jaleen	Westmoor	53.31
6	Davis, Jordan	Burlingame	54.35
7	Kolotouros, Alexis	Woodside	57.21
8	Kuralay, Sedef	Mills	57.62

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

Menlo-Atherton High School  
Meet Program - Running Events**Event 14 Boys 300 Meter Hurdles**

Lane	Name	School	Seed Time
<b>Section 1 of 3 Finals</b>			
1	La, Anthony	Mills	NT
2	Chen, Nathaniel	Hillsdale	56.04
3	Mukund, Jonas	San Mateo	54.37
4	O'Meara, Austin	Hillsdale	53.42
5	Gu, Perry	South S.F.	53.73
6	Seligman, Jamie	Hillsdale	54.64
7	Russi, Jayden	Sequoia	1:00.40
<b>Section 2 of 3 Finals</b>			
1	Rodriguez, Jared Edward	Carlmont	52.50
2	Adhikari, Swaraj	El Camino	51.61
3	Gomez, Daniel	Aragon	51.30
4	Hermosillo, Emiliano	El Camino	50.29
5	Zheng, Jiawei	Mills	51.29
6	Park, Anand	Westmoor	51.55
7	Kitchen, Grant	El Camino	51.71
<b>Section 3 of 3 Finals</b>			
1	Westerman, Nykai	Jefferson	49.53
2	Chopoff, Sean	Carlmont	48.50
3	Adams-Aurilio, Zion	Jefferson	47.85
4	Lim, Zachary	Westmoor	46.88
5	Lwin, James	Westmoor	47.25
6	Mcwhorter, Charles	Aragon	47.95
7	Monroy, Giancarlo	Mills	49.05
8	Lopez, Frankie	Woodside	49.75

**Event 15 Girls 200 Meter Dash**

Lane	Name	School	Seed Time
<b>Section 1 of 6 Finals</b>			
1	Briggs, Nicole	Half Moon Bay	38.35
2	Quinteros, Nataly	South S.F.	35.06
3	Harel, Tal	Sequoia	34.11
4	Fuhrmann, Lisa	Hillsdale	33.50
5	Stefanick, Ava	Half Moon Bay	33.71
6	Chow, Courtney	Mills	34.68
7	Thayer, Camille	Half Moon Bay	36.74
<b>Section 2 of 6 Finals</b>			
1	Sverdrup, Sofia	Woodside	33.39
2	Valdez, Neva	Oceana	32.68
3	Yin, Lorraine	El Camino	32.26
4	Del Prado, Kristen	Capuchino	32.14
5	Chang, Christine	Sequoia	32.22
6	Pansoy, Katelyn	Westmoor	32.54
7	Li, Allison	San Mateo	32.71

**Section 3 of 6 Finals**

1	Fukuda, Runa	Hillsdale	31.49
2	Ly, Poema	Oceana	31.26
3	Nguyen, Katlynn	Oceana	30.94
4	Wolfe, Naia	Terra Nova	30.60
5	Samson, Christel	Jefferson	30.90
6	Arnest, Sofia	Terra Nova	31.06
7	Sieling, Caroline	Sequoia	31.31
8	Fuell, Annabel	Capuchino	31.78

**Section 4 of 6 Finals**

1	Henry, Taylor	Menlo-Atherton	30.19
2	Suarez, Olivia	Westmoor	29.95
3	Lopez, Sophia	Jefferson	29.72
4	Gatoff, Jonah	San Mateo	29.33
5	Cowart, Sailor	Menlo-Atherton	29.45
6	Cho, Chloe	Mills	29.86
7	McCauley, Aundrea	San Mateo	30.15
8	Lee, Madison	Terra Nova	30.48

**Section 5 of 6 Finals**

1	Moussa, Sophia	Carlmont	29.26
2	Chen, Victoria	Aragon	29.24
3	Cordero, Rhian Savannah	Burlingame	29.11
4	Lim, Monica	Aragon	28.93
5	BakerMalone, Kaia	Carlmont	29.10
6	Egan, Momoko	Burlingame	29.13
7	Flores, Sophia	Hillsdale	29.24
8	Boyse, Avery	Burlingame	NT

**Section 6 of 6 Finals**

1	Chen, Kiana	Carlmont	28.78
2	Mercado, Chloe Shannon	Westmoor	28.69
3	Albertario, Gabriela	El Camino	28.56
4	Hartwig, Alessandra	Menlo-Atherton	28.07
5	Campana, Kiera	Woodside	28.27
6	Santos, Sarah	Jefferson	28.60
7	Lin, Hannah	Aragon	28.78
8	Wong, Sarah	Mills	28.84

**Event 16 Boys 200 Meter Dash**

Lane	Name	School	Seed Time
<b>Section 1 of 6 Finals</b>			
1	Weitzman, Maxwell	Menlo-Atherton	NT
2	Iverson, Parker	Terra Nova	28.59
3	Parabaniuk, Arthur	Terra Nova	27.88
4	Custodio, Andrei	South S.F.	27.49
5	Monterrosa, Oscar	Jefferson	27.87
6	Benson, Dylan	Sequoia	27.99
7	Tejada, Tyler	South S.F.	30.72
<b>Section 2 of 6 Finals</b>			
1	Pfeifer, Zander	Woodside	27.42
2	Tom, Owen	San Mateo	27.13
3	Cardillo, Aidan	Aragon	27.03
4	De Guzman, Jiro	Oceana	26.52
5	Santos, Brian	Jefferson	26.94
6	Miller, Dexter	Oceana	27.10
7	Benavente, Darren	Aragon	27.19

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

Menlo-Atherton High School  
Meet Program - Running Events**Section 3 of 6 Finals...(Event 16 Boys 200 Meter Dash)**

1	Nguyen, James	Oceana	26.52
2	Salazar, Antonio	Capuchino	26.29
3	Wang, Ryan	Burlingame	26.13
4	Yeh, Darren	El Camino	26.05
5	Crockett, Jordan	Sequoia	26.10
6	Patch, Mason	Burlingame	26.18
7	MacLeitch, Daniel	Sequoia	26.36

**Section 4 of 6 Finals**

1	Meneses, Zander	Capuchino	26.01
2	Nues, Elijah	Hillsdale	25.57
3	Carreiro, Austin	San Mateo	25.46
4	Lu, Carter	San Mateo	25.44
5	Flores, Noah	El Camino	25.44
6	Kato, Issei	Mills	25.47
7	Mutti, Fabrizio	Terra Nova	25.72
8	li, Eason	Mills	26.03

**Section 5 of 6 Finals**

1	Kong, Matteo	Aragon	25.35
2	Petry, Alexander	Menlo-Atherton	25.27
3	Kwan, Ryan	Carlmont	25.19
4	Frank, Ryan	Burlingame	25.15
5	Guan, Jimmy	Mills	25.16
6	Tsou, Bradley	Carlmont	25.22
7	Landayan, Javen	Jefferson	25.34
8	Stepanovich, Elijah	El Camino	25.36

**Section 6 of 6 Finals**

1	Bell, Jonas	Hillsdale	24.63
2	Nues, Noah	Hillsdale	24.53
3	Van der meer, Anthony	Menlo-Atherton	24.27
4	Nguyen, Liam	Westmoor	23.67
5	Gentner, Brody	Woodside	23.92
6	Martinez, Adrien	Westmoor	24.44
7	Oleta, Brandon	Westmoor	24.60
8	Mattioli, Daniel	Carlmont	25.12

**Event 34 Girls 4x800 Meter Relay**

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Menlo-Atherton		11:00.00
2	Burlingame		11:00.00
3	Mills		11:11.22
4	Carlmont		11:35.00
5	Hillsdale		13:00.00

**Event 33 Boys 4x800 Meter Relay**

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Aragon		9:18.58
2	Mills		9:20.40
3	Woodside		9:47.00
4	Hillsdale		9:50.00
5	Capuchino		10:00.00
6	Burlingame		10:00.52
7	Menlo-Atherton		NT

**Event 17 Girls 3200 Meter Run**

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Mehta, Riya	Menlo-Atherton	12:15.16
2	Mcgaraghan, Paige	Menlo-Atherton	12:23.03
3	Lee, Dylan	Aragon	12:35.49
4	Cruz Parada, Lina	Aragon	12:37.69
5	Chi, Sophia	Menlo-Atherton	12:46.28
6	Collins, Lucy	Half Moon Bay	12:49.01
7	Tomita, Umi	Carlmont	12:59.48
8	Tse, Maya	Carlmont	13:06.47
9	Kelly, Ashlyn	Hillsdale	13:19.67
10	Bikle, Jamie	Half Moon Bay	13:21.13
11	Braner, Daphnee	Jefferson	13:26.08
12	Enriquez, Madeleine	Burlingame	13:27.32
13	Choi, Christine	Aragon	13:59.35
14	Chan, Kaelyn	Mills	14:17.78
15	Shapiro, Rhiana	Capuchino	14:39.95
16	Seto, Laura	San Mateo	14:58.25
17	Ellington, Aidyn	Burlingame	NT
18	Guan, Amy	Jefferson	NT

**Event 18 Boys 3200 Meter Run**

Lane	Name	School	Seed Time
<b>Section 1 of 2 Finals</b>			
1	Bailey, Garrett	Woodside	11:42.20
2	Hermosillo, Emiliano	El Camino	11:48.39
3	Hansen, Dane	Menlo-Atherton	11:56.27
4	Williams, Colin	Westmoor	11:56.65
5	Martin, Aron	Burlingame	11:58.25
6	DeBode, Javier	Half Moon Bay	12:03.49
7	Beardsley, Landon	Oceana	12:42.78
8	Azar, Zach	Hillsdale	12:51.58
9	John, Kamran	Mills	12:56.66
10	Kitchen, Grant	El Camino	12:57.81
11	So, James	San Mateo	13:20.26
12	Chan, Nicholas	Westmoor	13:24.69
13	Tejada, Tyler	South S.F.	16:08.61
14	Sherman, Brennan	Sequoia	NT
15	Butt, Ethan	Sequoia	NT
16	Myers, Cole	Sequoia	NT
17	Cabrera, Ethan	Mills	NT
18	Liebert, Cameron	Menlo-Atherton	NT

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

Menlo-Atherton High School  
Meet Program - Running Events**Section 2 of 2 Finals...(Event 18 Boys 3200 Meter Run)**

1	Academia, Daniel	Capuchino	10:39.94
2	Mui, Theodore	Carlmont	10:41.79
3	Matsumoto, Sou	Aragon	10:50.37
4	Alas, Diego	South S.F.	10:55.15
5	Tomoda, Soichiro	Carlmont	10:57.42
6	Hernandez Noguez, Darren	Capuchino	10:58.40
7	Lopez, Elkin	Half Moon Bay	11:02.11
8	Lu, Tyler	Hillsdale	11:03.25
9	Bertot, Noam	Menlo-Atherton	11:03.74
10	Nichols, Tyler	Aragon	11:04.86
11	Liu, Ryan	Burlingame	11:05.66
12	Ta, Ian	Aragon	11:16.21
13	Woo, Adam	Hillsdale	11:17.79
14	Perez duran, Byron	Mills	11:18.38
15	Benenati, Adrian	Capuchino	11:19.12
16	Cheng, Matthew	Westmoor	11:21.21
17	Cronin, Connor	Carlmont	11:30.25

**Event 19 Girls 4x400 Meter Relay**

Lane	Team	Relay	Seed Time
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**Section 1 of 2 Finals**

2	Hillsdale		5:00.00
3	Terra Nova		4:56.57
4	Jefferson		4:50.51
5	Mills		4:53.00
6	Menlo-Atherton		5:00.00
7	Woodside		5:03.81

**Section 2 of 2 Finals**

1	Half Moon Bay		4:50.00
2	Carlmont		4:47.91
3	Aragon		4:31.36
4	Burlingame		4:20.00
5	Sequoia		4:29.00
6	Westmoor		4:46.61
7	Capuchino		4:48.68

**Event 20 Boys 4x400 Meter Relay**

Lane	Team	Relay	Seed Time
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**Section 1 of 2 Finals**

1	Menlo-Atherton		4:21.00
2	Capuchino		4:16.98
3	San Mateo		4:00.00
4	South S.F.		3:56.00
5	Carlmont		3:59.33
6	El Camino		4:08.75
7	Woodside		4:18.44

**Section 2 of 2 Finals**

1	Hillsdale		3:55.00
2	Jefferson		3:52.43
3	Sequoia		3:52.00
4	Burlingame		3:47.00
5	Aragon		3:48.00
6	Mills		3:52.00
7	Westmoor		3:54.88

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

Menlo-Atherton High School  
Meet Program - Field Events**Event 21 Boys Long Jump**

Pos	Name	School	Seed Mark
<b>Flight 1 of 2 Finals</b>			
1	Mizutani, Sora	Aragon	ND
2	Russi, Jayden	Sequoia	ND
3	Damon, Nick	Sequoia	13-10.00
4	McGuigan, Alexander	Aragon	14-02.00
5	Hackenbereg, Matthias	Capuchino	14-06.50
6	Trotter, Kaisei	Carlmont	14-07.00
7	Bommareddy, Advik	Aragon	15-07.00
8	Bonilla, Emiliano	El Camino	15-09.00
9	Lam, Evan	Mills	16-00.00
10	Sodini, Marco	Burlingame	16-03.50
11	Lo, Terry	Westmoor	16-05.00
12	Adams-Aurilio, Zion	Jefferson	16-08.00
13	Durfee, Luke	Burlingame	16-09.00
14	Wong, Matthew	Mills	16-10.00
15	Robinson, Dylan	Hillsdale	16-11.00
<b>Flight 2 of 2 Finals</b>			
1	Goncalves, Gabriel	Carlmont	16-11.50
2	Huang, Hsin	Westmoor	17-01.00
3	Abu tair, Yazan	Burlingame	17-02.00
4	Wilberg, Ocean	San Mateo	17-03.50
5	Gonzalez, Guillermo	El Camino	17-04.50
6	Bell, Jonas	Hillsdale	17-07.00
7	Forrester, Nathan	El Camino	17-07.00
8	White, Quin	Hillsdale	17-09.75
9	Pfistner, Joshua	Menlo-Atherton	18-02.00
10	Larson, Axel	Sequoia	18-02.50
11	Jacobo, Isaiah	Woodside	18-03.00
12	Farrell-Straight, Lucas	Woodside	18-04.00
13	Young, Javen	Westmoor	18-05.25
14	Rai, Tanay	Mills	18-05.50
15	Kuo, Franklin	Carlmont	18-08.50
16	Arroyo, Caleb	Woodside	19-00.00

**Event 27 Girls Long Jump**

Pos	Name	School	Seed Mark
<b>Flight 1 of 2 Finals</b>			
1	Aceituno, Fern	Aragon	ND
2	Chen, Victoria	Aragon	ND
3	Reinemann, Maya	Sequoia	9-02.50
4	Heng, Hailey	South S.F.	9-08.00
5	Romero, Isabella	Carlmont	10-05.25
6	Ren, Emily	Westmoor	10-09.50
7	Li, Allison	San Mateo	11-08.00
8	Smith, Jutta	South S.F.	11-08.00
9	Ocenada, Kamille	South S.F.	12-05.00
10	Li, Jasmine	Mills	12-06.00
11	Budman, Sofie	Carlmont	12-06.00
12	Ayers, Avery	Terra Nova	12-06.50
13	Durfee, Anna	Burlingame	12-11.00

**Flight 2 of 2 Finals**

1	Myhres, Danielle	Capuchino	13-07.00
2	Phimsoutoam, Brook	Mills	13-09.00
3	Arcelona, Olivia	Mills	13-09.00
4	Spalova, Sofia	Woodside	13-10.00
5	Iriyama, Amanda	Westmoor	13-11.00
6	Fung, Katelyn	Woodside	13-11.00
7	Bucciarelli, Cassandra	Westmoor	14-02.50
8	Shih, Stella	Hillsdale	14-02.50
9	Lim, Monica	Aragon	14-03.50
10	Lee, Cailin	Woodside	14-07.00
11	BakerMalone, Kaia	Carlmont	14-08.50
12	Moran, Maliha	Burlingame	14-09.00
13	Horan, Ellora	Burlingame	15-00.50

**Event 22 Boys Triple Jump**

Pos	Name	School	Seed Mark
<b>Flight 1 of 2 Finals</b>			
1	Goncalves, Gabriel	Carlmont	ND
2	Pham, Patrick	Hillsdale	27-10.50
3	Proctor, Dylan	Woodside	30-08.00
4	Nues, Elijah	Hillsdale	30-08.00
5	Bonilla, Emiliano	El Camino	30-08.75
6	Mah, Ryan	Burlingame	31-01.00
7	Nakagawa, Riku	Hillsdale	32-07.00
8	De Guzman, Darius	South S.F.	32-10.00
9	Lo, Terry	Westmoor	33-02.00
10	Lam, Evan	Mills	33-03.25
<b>Flight 2 of 2 Finals</b>			
1	Tay, Cameron	Burlingame	33-05.00
2	Battulga, Tului	Mills	34-00.50
3	Lwin, James	Westmoor	34-00.50
4	Wilberg, Ocean	San Mateo	34-01.25
5	Durfee, Luke	Burlingame	34-08.00
6	Jacobo, Isaiah	Woodside	35-07.00
7	Bommareddy, Advik	Aragon	36-03.75
8	Young, Javen	Westmoor	36-11.00
9	Rai, Tanay	Mills	38-01.50
10	Arroyo, Caleb	Woodside	39-02.00

**Event 28 Girls Triple Jump**

Pos	Name	School	Seed Mark
<b>Flight 1 of 2 Finals</b>			
1	Ren, Emily	Westmoor	ND
2	Louie, Clarissa	Mills	22-06.00
3	Martin, Violet	Mills	22-07.00
4	Hansma, Violet	Burlingame	24-08.50
5	Abulebdeh, Heyam	Hillsdale	26-01.50
6	Fung, Katelyn	Woodside	26-10.00

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

Menlo-Atherton High School  
Meet Program - Field Events**Flight 2 of 2 Finals...(Event 28 Girls Triple Jump)**

1	Durfee, Anna	Burlingame	27-04.00
2	Lee, Cailin	Woodside	27-08.00
3	Spalova, Sofia	Woodside	27-10.50
4	Kuralay, Sedef	Mills	28-07.00
5	Myhres, Danielle	Capuchino	28-09.00
6	Iriyama, Amanda	Westmoor	29-05.00
7	Bucciarelli, Cassandra	Westmoor	31-11.50

**Event 23 Boys Shot Put**

Pos	Name	School	Seed Mark
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**Flight 1 of 3 Finals**

1	Carmona, Anthony	Terra Nova	19-08.00
2	Iverson, Parker	Terra Nova	20-04.00
3	Lawas, Isaiah William	El Camino	23-11.00
4	Mallari, Benedict	South S.F.	24-06.00
5	Sibley, Nolan	Hillsdale	27-08.25
6	Blunt, Ryan	Capuchino	27-10.50
7	Harrington, Jaden	Terra Nova	28-01.00
8	Zamalin, Zachary	Burlingame	28-07.00
9	Nolan, Christopher	Hillsdale	30-02.00
10	Fournier, Colin	Aragon	30-03.00
11	Tumaliuan, Julius	South S.F.	30-05.50
12	Oca, Javon	Capuchino	30-06.50

**Flight 2 of 3 Finals**

1	Young, Samuel	Aragon	30-09.00
2	Koester, Aidan	Carlmont	31-01.00
3	Ramirez Menjivar, Alan	El Camino	32-00.00
4	Fassler, Tyler	Capuchino	32-02.00
5	Palomo, Leo	Mills	32-04.00
6	Wallace, Jacob	Sequoia	32-06.00
7	Vinther, Kristoffer	Sequoia	32-08.00
8	Taumalolo, Jeffrey	Mills	32-10.50
9	Kervick, Donovan	Sequoia	33-05.00
10	Dana, Matthew	Woodside	33-10.00
11	Childs, Kentaro	Carlmont	33-10.00
12	Shatrat, Adam	Westmoor	34-00.00

**Flight 3 of 3 Finals**

1	De Guzman, Darius	South S.F.	34-00.00
2	Fulgencio, Cody	El Camino	34-05.00
3	Rahman, Zac	Aragon	34-09.00
4	Booth, Christian	Carlmont	35-08.00
5	Sanford, Kailain	Jefferson	35-11.50
6	Bais, Aditya	Woodside	36-02.00
7	Balestieri, Luke	Woodside	36-06.00
8	Phillips, Jeremiah	Burlingame	37-10.00
9	Pailano, Aaron	Westmoor	38-02.00
10	Lokotui, Ebenezer	Mills	39-04.00
11	Enkh-Amgalan, Turbileg	Westmoor	39-07.00
12	Blos, Gavin	Hillsdale	45-06.00

**Event 29 Girls Shot Put**

Pos	Name	School	Seed Mark
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**Flight 1 of 2 Finals**

1	Boysen, Zoe	Half Moon Bay	12-03.50
2	Solorio, Chelsea	Half Moon Bay	14-06.50
3	Lopez-Gonzalez, Alexandra	Mills	15-11.00
4	Marseweh, Sahyra	Mills	16-08.00
5	Dogra, Amber	San Mateo	16-11.00
6	Whaley, Joyce	Woodside	17-10.00
7	Perdikomatis, Alexandra	Terra Nova	18-09.00
8	Frelin, Autumn	Burlingame	18-09.50
9	Gonzales, Evarista	Carlmont	18-10.50
10	Abcejo, Kristine	Westmoor	19-00.00
11	Silberman, Aurora	Woodside	19-02.00
12	Salles, Sadie	San Mateo	19-02.00
13	Ren, Emily	Westmoor	19-07.50
14	Cate, Miya	Burlingame	19-11.00
15	Yung, Madeline	Burlingame	20-03.50

**Flight 2 of 2 Finals**

1	Muneno, Leilani	Hillsdale	21-00.50
2	Saito, Leia	Hillsdale	21-03.50
3	Marks, Julia	Woodside	22-00.00
4	Alazzeah, Heba	Mills	22-07.00
5	Garrick, Nyla	Aragon	22-07.50
6	del Rosario, Adriana	El Camino	22-07.75
7	Weber, Markey	San Mateo	23-04.00
8	Quinteros, Nataly	South S.F.	23-09.50
9	Smith, Jutta	South S.F.	24-05.50
10	Smith, Alexis	Terra Nova	24-11.00
11	Dedini, Jillian Carmel	Westmoor	25-01.00
12	Manukainiu, Malia	Aragon	25-05.00
13	Eliares, Julia	Terra Nova	26-01.50
14	Yi, Chloe	Aragon	26-10.00
15	Tinai, Angel	South S.F.	27-00.00

**Event 24 Boys Discus Throw**

Pos	Name	School	Seed Mark
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**Flight 1 of 2 Finals**

1	Mallari, Benedict	South S.F.	48-09
2	Tumaliuan, Julius	South S.F.	51-06
3	Carmona, Anthony	Terra Nova	51-07
4	Fulgar, David Alexander	El Camino	62-00
5	Blunt, Ryan	Capuchino	62-07
6	Kervick, Donovan	Sequoia	63-07
7	Wallace, Jacob	Sequoia	67-07
8	Cruz, Adrian	Aragon	68-08
9	Bais, Aditya	Woodside	70-07
10	Sanford, Kailain	Jefferson	70-11
11	Fassler, Tyler	Capuchino	73-02
12	Zamalin, Zachary	Burlingame	74-01
13	Baker, Warner	Carlmont	75-03
14	Belen Henroid, Ronan	Hillsdale	77-00
15	Sanchez, Leonidas	Woodside	78-04
16	Oca, Javon	Capuchino	78-04

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

Menlo-Atherton High School  
Meet Program - Field Events**Flight 2 of 2 Finals...(Event 24 Boys Discus Throw)**

1	Pang, Eugene	Mills	78-06
2	Vinther, Kristoffer	Sequoia	80-04
3	Childs, Kentaro	Carlmont	80-06
4	Nolan, Christopher	Hillsdale	82-00
5	Lokotui, Ebenezer	Mills	83-00
6	Ramirez Menjivar, Alan	El Camino	83-00
7	Booth, Christian	Carlmont	84-06
8	De Guzman, Darius	South S.F.	84-08
9	Fulgencio, Cody	El Camino	90-03
10	Rahman, Zac	Aragon	96-01
11	Balestieri, Luke	Woodside	96-07
12	Palomo, Leo	Mills	103-06
13	Obado, Felixjoshua	Westmoor	105-04
14	Phillips, Jeremiah	Burlingame	112-03
15	Blos, Gavin	Hillsdale	118-09
16	Ordonez, John Rick	Westmoor	119-09
17	Enkh-Amgalan, Turbileg	Westmoor	127-02

**Event 31 Girls Discus Throw**

Pos	Name	School	Seed Mark
<b>Flight 1 of 2 Finals</b>			
1	Boysen, Zoe	Half Moon Bay	27-02
2	Solorio, Chelsea	Half Moon Bay	35-01
3	Marseweh, Sahyra	Mills	35-07
4	Lopez-Gonzalez, Alexandra	Mills	37-02
5	Silberman, Aurora	Woodside	47-04
6	Perdikomatis, Alexandra	Terra Nova	48-06
7	Park, Mattea	Burlingame	48-11
8	Marks, Julia	Woodside	50-03
9	Salles, Sadie	San Mateo	50-06
10	Muneno, Leilani	Hillsdale	51-00
11	Weber, Markey	San Mateo	51-07
12	Dogra, Amber	San Mateo	53-09
13	Arihara, Jolie	Westmoor	55-11
14	Banzon, Francesca	South S.F.	56-02

**Flight 2 of 2 Finals**

1	Smith, Alexis	Terra Nova	57-01
2	He, Anna	Aragon	57-09
3	Cate, Miya	Burlingame	59-07
4	del Rosario, Adriana	El Camino	59-10
5	Saito, Leia	Hillsdale	60-00
6	Rogers, Briana	South S.F.	61-01
7	Ren, Emily	Westmoor	61-06
8	Alazzeh, Heba	Mills	63-08
9	Manukainiu, Malia	Aragon	63-09
10	Kelly, Rowan	Burlingame	63-10
11	Yi, Chloe	Aragon	66-02
12	Tinai, Angel	South S.F.	68-06
13	Dedini, Jillian Carmel	Westmoor	70-11
14	Dyogi, Gabriela	Terra Nova	71-09

**Event 25 Boys High Jump**

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Harrington, Jaden	Terra Nova	4-06.00
2	Peregrino, Aidan Giovanni	Terra Nova	4-06.00
3	McGuigan, Alexander	Aragon	4-06.00
4	Mindel, Julian	Mills	4-06.00
5	Pham, Patrick	Hillsdale	4-08.00
6	Sodini, Marco	Burlingame	4-08.00
7	Hackenberg, Matthias	Capuchino	4-08.00
8	Koester, Aidan	Carlmont	4-10.00
9	Frank, Ryan	Burlingame	4-10.00
10	Sukarso, Dylan	Westmoor	4-10.00
11	O'Meara, Austin	Hillsdale	4-10.00
12	Gonzalez, Guillermo	El Camino	4-10.00
13	Allendorf, Dante	Hillsdale	5-00.00
14	Navarro, Azaiah	Terra Nova	5-00.00
15	Guevarra, Raimer	El Camino	5-00.00
16	Castillo, Daniel	Aragon	5-00.00
17	Forrester, Nathan	El Camino	5-00.00
18	Stretton, Emile	Mills	5-00.00
19	Lo, Terry	Westmoor	5-00.00
20	Labuguen, Benicio	Westmoor	5-02.00
21	Pfistner, Joshua	Menlo-Atherton	5-02.00
22	Bommareddy, Advik	Aragon	5-02.00
23	Rutter, Logan	Woodside	5-02.00
24	Miller, Dexter	Oceana	5-02.00
25	Phillips, Jeremiah	Burlingame	5-04.00
26	Goncalves, Gabriel	Carlmont	5-04.00
27	Kuo, Franklin	Carlmont	5-06.00
28	Yeager, Benjamin	San Mateo	5-06.00
29	Farrell-Straight, Lucas	Woodside	5-06.00
30	Arroyo, Caleb	Woodside	5-08.00
31	Rai, Tanay	Mills	5-10.00

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

Menlo-Atherton High School  
Meet Program - Field Events**Event 31 Girls High Jump**

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Quinteros, Nataly	South S.F.	3-06.00
2	Budman, Sofie	Carlmont	3-08.00
3	Chan, Kaelyn	Mills	3-08.00
4	Wain, Tania	Mills	3-10.00
5	Dababo, Nadia	Carlmont	3-10.00
6	Spalova, Sofia	Woodside	3-10.00
7	Gonzales, Hayden	Westmoor	3-10.00
8	Romero, Isabella	Carlmont	3-10.00
9	Silberman, Aurora	Woodside	3-10.00
10	Zurowski-Morin, Vivian	Hillsdale	4-00.00
11	Greer, Summer	Capuchino	4-00.00
12	Ocenada, Kamille	South S.F.	4-02.00
13	Myhres, Danielle	Capuchino	4-02.00
14	Smith, Jutta	South S.F.	4-02.00
15	Rife, Meilin	Aragon	4-02.00
16	Horan, Ellora	Burlingame	4-02.00
17	Scribner, Logan	Capuchino	4-02.00
18	Ormiston, Emily	Mills	4-04.00
19	Flores, Sophia	Hillsdale	4-06.00
20	Iriyama, Amanda	Westmoor	4-06.00
21	Der, Keilani	El Camino	4-08.00

**Event 26 Boys Pole Vault**

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Gaffney, Cooper	Sequoia	6-06.00
2	Ahn, Benjamin	Mills	7-00.00
3	Su, Tinglun	Mills	7-00.00
4	De Jesus, Victor	Westmoor	7-06.00
5	Trinklein, Logan	Sequoia	8-00.00
6	Lam, Evan	Mills	8-00.00
7	Larson, Axel	Sequoia	9-03.00
8	Ha, Dustin	Aragon	9-09.00
9	Trio, Cameron	Aragon	10-00.00
10	Kennedy, Tyler	Aragon	10-06.00

**Event 32 Girls Pole Vault**

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Anapolsky, Dahlia	Aragon	NH
2	Weber, Markey	San Mateo	5-06.00
3	Dogra, Amber	San Mateo	5-06.00
4	Sapugay, Gabriela	San Mateo	6-00.00
5	Bhavanishankar, Ananya	Aragon	6-06.00
6	Martin, Sydney	Sequoia	7-00.00
7	Poon, Jessica	Mills	7-00.00
8	Aceituno, Fern	Aragon	7-06.00
9	Mercado, Chloe Shannon	Westmoor	8-06.00

# Peninsula Athletic League

## F/S Track and Field Championships 2023

Saturday, April 29th at Menlo-Atherton HS

Track Events			Field Events	
Rolling Schedule	Gender	Event	Event Start	Event
9:45 AM	Coach's Meeting		8:00-9:00am	weights and measures
* Check in to field events 30 min prior to start			9:00 AM	Boys Pole Vault
10:00 AM	Girls	4 x 100 Relay (2 sections)	9:00 AM	Boys Long Jump
	Boys			
	Girls	1600m	9:00 AM	Boys Shot Put
	Boys			
	Girls	100m/110m hurdles	9:00 AM	Girls High Jump
	Boys			
	Girls	400m	9:00 AM	Girls Triple Jump
	Boys			
	Girls	100m	9:00 AM	Girls Discus
	Boys			
	20 to 30 min Break		11:15-12:15pm	weights and measures
	Girls	800m	12:30 PM	Girls Pole Vault
	Boys			
	Girls	300m hurdles	12:30 PM	Girls Long Jump
	Boys			
	Girls	200m	12:30 PM	Girls Shot Put
	Boys			
	Girls	4 x 800m	12:30 PM	Boys High Jump
	Boys			
	Girls	3200m	12:30 PM	Boys Triple Jump
	Boys			
	Girls	4x400m Relay (2 sections)	12:30 PM	Boys Discus
	Boys			