

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

Results online at RTLIVE.us

Sequoia HS

Results

Girls 100 Meter Dash

CCS At Large: 12.76 @

Name	School	Prelims
Preliminaries		
1 Talton, Kei'Niyah	Menlo-Athert	@ 12.47Q1.9
2 Brown, Delaney	San Mateo	@ 12.56Q1.5
3 Ellis, De'Auri	Menlo-Athert	@ 12.73Q1.3
4 Cho, Pia	Aragon	12.88Q1.8
5 Hathorne, Arianna	Oceana	12.94q 1.8
6 Lim, Katherine	Hillsdale	13.10q 1.5
7 Eastham-Anderson, Abigail	Terra Nova	13.16q 1.9
8 Su, Evelyn	San Mateo	13.38q 1.8
9 Chu, Jolene	Menlo-Athert	13.44 1.3
10 Shao, Elaina	Aragon	13.46 1.5
11 Parodi, Lilie	Woodside	13.51 1.9
12 Nguyen, Nguyet	San Mateo	13.63 1.9
13 Ponce, Jane	Woodside	13.66 1.9
14 Kusumoto, Sara	Hillsdale	13.67 1.8
15 Stewart, Yael	Menlo-Athert	13.75 1.3
16 Peterson, Malin	Woodside	13.82 1.8
17 Barker, Siana	Menlo-Athert	13.84 1.3
18 Redjaian, Sabrina	Menlo-Athert	13.84 1.5
19 Madrigal, Lauryn	El Camino	13.86 1.3
20 Barriga Rojas, Aimee	Carlmont	14.04 1.3
21 Chan, Kylee	South San Fr	14.22 1.3
22 Smith, Asha	Sequoia	14.23 1.5
23 Ottley, Tessa	Menlo-Athert	14.53 1.5
24 Dehne, Emily	Menlo-Athert	14.53 1.9
25 Lopez, Valeria	Half Moon Ba	15.72 1.8

Girls 100 Meter Dash

CCS At Large: 12.76 @

Name	School	Finals
Finals		
1 Talton, Kei'Niyah	Menlo-Athert	12.78 -3.0
2 Ellis, De'Auri	Menlo-Athert	13.01 -3.0
3 Brown, Delaney	San Mateo	13.08 -3.0
4 Cho, Pia	Aragon	13.23 -3.0
5 Hathorne, Arianna	Oceana	13.36 -3.0
6 Lim, Katherine	Hillsdale	13.59 -3.0
7 Eastham-Anderson, Abigail	Terra Nova	13.71 -3.0
8 Su, Evelyn	San Mateo	13.83 -3.0

Girls 200 Meter Dash

CCS At Large: 26.23 @

Name	School	Prelims
Preliminaries		
1 Talton, Kei'Niyah	Menlo-Athert	@ 26.07Q0.6
2 Haggarty, Cora	Burlingame	@ 26.21Q0.9
3 Brown, Delaney	San Mateo	26.32Q1.6
4 Wilmurt, Kira	Hillsdale	26.59Q0.6
5 Cho, Pia	Aragon	26.94q 1.6
6 Ellis, De'Auri	Menlo-Athert	26.94q 0.9
7 Lim, Caroline	Hillsdale	27.33q 0.6

8 Vattuone, Sophia	Sequoia	27.60q 0.6
9 Brooks, Ava	Woodside	27.68 0.6
10 Su, Evelyn	San Mateo	27.79 0.6
11 Eastham-Anderson, Abigail	Terra Nova	28.12 0.9
12 Lim, Katherine	Hillsdale	28.12 0.6
13 Chu, Jolene	Menlo-Athert	28.15 1.6
14 Hathorne, Arianna	Oceana	28.46 0.6
15 Barker, Siana	Menlo-Athert	28.57 1.6
16 Nguyen, Nguyet	San Mateo	29.12 0.6
17 Cottell, Skylar	Carlmont	29.14 0.6
18 Panlasigui, Jasmine	Capuchino	29.72 0.9
19 Parodi, Lilie	Woodside	30.33 1.6
20 Claussen, Megan	Half Moon Ba	31.03 0.9
21 Perucho, Nathalie	Westmoor	32.49 0.6

Girls 200 Meter Dash

CCS At Large: 26.23 @

Name	School	Finals
Finals		
1 Talton, Kei'Niyah	Menlo-Athert	25.92@-2.4
2 Haggarty, Cora	Burlingame	26.19@-2.4
3 Wilmurt, Kira	Hillsdale	26.48 -2.4
4 Ellis, De'Auri	Menlo-Athert	26.77 -2.4
5 Cho, Pia	Aragon	26.99 -2.4
6 Brown, Delaney	San Mateo	27.14 -2.4
7 Lim, Caroline	Hillsdale	27.65 -2.4
8 Vattuone, Sophia	Sequoia	28.24 -2.4

Girls 400 Meter Dash

CCS At Large: 59.15 @

Name	School	Prelims
Preliminaries		
1 Haggarty, Cora	Burlingame	59.52Q
2 Wilmurt, Kira	Hillsdale	59.77Q
3 Reichow, Avah	Burlingame	1:00.68Q
4 Lim, Caroline	Hillsdale	1:02.20q
5 Vattuone, Sophia	Sequoia	1:02.78q
6 Draheim, Alyssa	Mills	1:03.49q
7 Brooks, Ava	Woodside	1:03.80q
8 Metzler, Anita	Carlmont	1:04.34q
9 Cottell, Skylar	Carlmont	1:05.29
10 Imamura, Hanako	San Mateo	1:05.96
11 Lee, Kailyn	South San Fr	1:06.45
12 Khalasi, Ria	Mills	1:09.28
13 Sevilla, Hannah	Hillsdale	1:10.49
14 Nungaray, Alondra	Capuchino	1:10.94
15 Sachse, Emma	Terra Nova	1:11.14
16 Viray, Arianne	Westmoor	1:13.32
17 Wong, Jamie	Mills	1:13.43
18 Spalova, Sara	Woodside	1:17.94

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Girls 400 Meter Dash

CCS At Large: 59.15 @

Name	School	Finals
Finals		
1 Haggarty, Cora	Burlingame	58.19@
2 Wilmurt, Kira	Hillsdale	58.23@
3 Reichow, Avah	Burlingame	59.21
4 Draheim, Alyssa	Mills	1:00.37
5 Lim, Caroline	Hillsdale	1:01.59
6 Brooks, Ava	Woodside	1:02.38
7 Vattuone, Sophia	Sequoia	1:03.41
8 Metzler, Anita	Carlmont	1:04.09

Girls 800 Meter Run

CCS At Large: 2:19.18 @

Name	School	Prelims
Preliminaries		
1 Olesen, Tatum	Menlo-Athert	2:23.01Q
2 Pflaum, Annie	Menlo-Athert	2:24.60Q
3 Yee, Katie	Mills	2:25.41Q
4 Scanziani-Grijalvo, Lara	Oceana	2:27.45q
5 Newman, Stella	Burlingame	2:28.73q
6 Matsumoto, Lauryn	Hillsdale	2:33.53q
7 Cuadros, Daniela	Carlmont	2:36.73q
8 Metzler, Anita	Carlmont	2:42.67q
9 Lee, Kailyn	South San Fr	2:43.63q
10 Pappas, Anna	Aragon	2:44.52q
11 Prest, Holly	Woodside	2:46.94q
12 Gordon, Charlotte	Carlmont	2:49.46q
13 Sevilla, Hannah	Hillsdale	2:49.95
14 Nungaray, Alondra	Capuchino	2:50.55
15 Morales, Belinda	Half Moon Ba	2:54.25
16 Solis Acevedo, Veronica	Westmoor	2:59.63
17 Ferrer, Angella	Jefferson	3:01.53
18 Roman, Karina	Terra Nova	3:35.04

Girls 800 Meter Run

CCS At Large: 2:19.18 @

Name	School	Finals
Finals		
1 Olesen, Tatum	Menlo-Athert	2:22.86
2 Pflaum, Annie	Menlo-Athert	2:25.39
3 Yee, Katie	Mills	2:26.13
4 Newman, Stella	Burlingame	2:27.93
5 Matsumoto, Lauryn	Hillsdale	2:28.42
6 Lee, Kailyn	South San Fr	2:34.00
7 Cuadros, Daniela	Carlmont	2:35.77
8 Gordon, Charlotte	Carlmont	2:39.35
9 Prest, Holly	Woodside	2:39.63
10 Sevilla, Hannah	Hillsdale	2:46.01

Girls 1600 Meter Run

CCS At Large: 5:09.97 @

Name	School	Prelims
Preliminaries		
1 Scanziani-Grijalvo, Lara	Oceana	5:17.11Q
2 Olesen, Tatum	Menlo-Athert	5:19.24Q
3 Pflaum, Annie	Menlo-Athert	5:20.00q
4 Newman, Stella	Burlingame	5:20.03q
5 Peacock, Katherine	Carlmont	5:28.07q
6 Hsieh, Naia	Hillsdale	5:32.80q
7 Gordon, Charlotte	Carlmont	5:33.91q
8 Cuadros, Daniela	Carlmont	5:36.20q
9 Pan, Jacqueline	Mills	5:40.22q
10 Amayun, Chloe	Mills	5:43.68q
11 Kerseg, Deia	Half Moon Ba	5:43.72q
12 Melani, Sofia	Menlo-Athert	5:45.89q
13 Reynolds, RYanne	Terra Nova	5:46.80
14 Goldman, Emma	Carlmont	5:48.74
15 Dorn, Ericka	Westmoor	5:52.12
16 Leparmentier, Justine	Sequoia	5:53.23
17 Clinite, Sophia	Sequoia	5:54.04
18 Pappas, Anna	Aragon	6:07.46
19 Westberg, Katie	Hillsdale	6:14.22
20 Cherkas, Marlee	Aragon	6:21.28
21 Ferrer, Angella	Jefferson	6:36.33
22 Tanaka, Akiko	Half Moon Ba	6:46.37

Girls 1600 Meter Run

CCS At Large: 5:09.97 @

Name	School	Finals
Finals		
1 Olesen, Tatum	Menlo-Athert	4:51.35@
2 Pflaum, Annie	Menlo-Athert	4:59.79@
3 Peacock, Katherine	Carlmont	5:10.19
4 Newman, Stella	Burlingame	5:18.29
5 Pan, Jacqueline	Mills	5:20.71
6 Hsieh, Naia	Hillsdale	5:24.70
7 Amayun, Chloe	Mills	5:26.28
8 Scanziani-Grijalvo, Lara	Oceana	5:29.27
9 Cuadros, Daniela	Carlmont	5:30.50
10 Gordon, Charlotte	Carlmont	5:32.06
11 Kerseg, Deia	Half Moon Ba	5:33.78
12 Leparmentier, Justine	Sequoia	5:42.53

Girls 3200 Meter Run

CCS At Large: 11:29.19 @

Name	School	Finals
Finals		
1 Rehkopf, Cleo	Menlo-Athert	11:40.61
2 Pan, Jacqueline	Mills	11:45.08
3 Scanziani-Grijalvo, Lara	Oceana	11:47.97
4 Hsieh, Naia	Hillsdale	11:53.30
5 Melani, Sofia	Menlo-Athert	12:03.66
6 Reynolds, RYanne	Terra Nova	12:07.25

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Finals ... (Girls 3200 Meter Run)

Name	School	Finals
7 Dorn, Ericka	Westmoor	12:40.02
8 Kerseg, Deia	Half Moon Ba	12:49.10
9 Robinson, Jordan	Hillsdale	13:23.34
10 Westberg, Katie	Hillsdale	13:43.79
11 Morales, Belinda	Half Moon Ba	13:46.64
12 Pollack, Jianna	Sequoia	13:52.61
--- Homyk, Natalie	Carlmont	SCR

Girls 100 Meter Hurdles

CCS At Large: 15.88 @

Name	School	Prelims
Preliminaries		
1 Nordlund, Sara	Menlo-Athert	15.85Q2.9
2 Lamprecht, Kamryn	Half Moon Ba	16.09Q1.0
3 Sun, Katelyn	Oceana	17.11Q0.7
4 Eastham-Anderson, Abigail	Terra Nova	17.39Q2.5
5 Liang, Avelyn	San Mateo	17.61q 2.9
6 Tidwell, Alice	Sequoia	17.74q 0.7
7 Perez, Ariel	Westmoor	17.95q 1.0
8 Madrigal, Lauryn	El Camino	18.05q 2.9
9 Hohmann, Sophie	Mills	18.15 2.5
10 Chan, Sophia	Carlmont	18.39 1.0
11 Yoo, Maya	Aragon	18.54 0.7
12 Dehne, Emily	Menlo-Athert	20.07 0.7
13 Shoor, Sydney	Hillsdale	20.08 1.0
14 Perucho, Nathalie	Westmoor	20.52 1.0
15 Reinshagen, Adelaide	Carlmont	20.66 0.7
16 Morganstern, Allison	San Mateo	20.76 2.5
17 Thompson, Leilani	Oceana	20.89 2.9
18 Bowman, Samara	Half Moon Ba	21.00 2.9
19 Viray, Arianne	Westmoor	21.80 2.9
20 Hartley, Elana	San Mateo	21.83 2.5
21 Chan, Kylee	South San Fr	21.92 2.9
22 Goodwin, Mira	Sequoia	22.18 2.5
23 Saoud, Gabriella	Capuchino	22.38 1.0
24 Redjaian, Sabrina	Menlo-Athert	22.59 2.5
25 Roldan, Xolani	El Camino	24.77 0.7

Girls 100 Meter Hurdles

CCS At Large: 15.88 @

Name	School	Finals
Finals		
1 Nordlund, Sara	Menlo-Athert	15.70@0.3
2 Lamprecht, Kamryn	Half Moon Ba	15.77@0.3
3 Sun, Katelyn	Oceana	16.86 0.3
4 Eastham-Anderson, Abigail	Terra Nova	17.23 0.3
5 Madrigal, Lauryn	El Camino	17.63 0.3
6 Tidwell, Alice	Sequoia	17.77 0.3
7 Perez, Ariel	Westmoor	18.35 0.3
8 Liang, Avelyn	San Mateo	18.54 0.3

Girls 300 Meter Hurdles

CCS At Large: 47.43 @

Name	School	Prelims
Preliminaries		
1 Nordlund, Sara	Menlo-Athert	48.14Q
2 Reichow, Avah	Burlingame	48.35Q
3 Lamprecht, Kamryn	Half Moon Ba	49.30Q
4 Liang, Avelyn	San Mateo	49.93Q
5 Gonzalez, Lauren	Burlingame	51.51q
6 Stewart, Yael	Menlo-Athert	52.15q
7 Chen, Melanie	Westmoor	52.43q
8 Sun, Katelyn	Oceana	52.76q
9 Hinkson, Kiana	Carlmont	53.11
10 Goodwin, Mira	Sequoia	53.37
11 Tidwell, Alice	Sequoia	53.53
12 Chan, Sophia	Carlmont	54.39
13 Madrigal, Lauryn	El Camino	54.70
14 Hohmann, Sophie	Mills	55.20
15 Grimm, Anna	Terra Nova	56.09
16 Thompson, Leilani	Oceana	57.17
17 Morganstern, Allison	San Mateo	57.80
18 Reinshagen, Adelaide	Carlmont	59.93
19 Shoor, Sydney	Hillsdale	1:00.18
20 Lee, Shelby	Terra Nova	1:00.74
21 Bowman, Samara	Half Moon Ba	1:01.07
22 Roldan, Xolani	El Camino	1:01.13
23 Chan, Kylee	South San Fr	1:05.50

Girls 300 Meter Hurdles

CCS At Large: 47.43 @

Name	School	Finals
Finals		
1 Reichow, Avah	Burlingame	45.26@
2 Nordlund, Sara	Menlo-Athert	48.20
3 Lamprecht, Kamryn	Half Moon Ba	49.21
4 Liang, Avelyn	San Mateo	49.40
5 Sun, Katelyn	Oceana	49.66
6 Chen, Melanie	Westmoor	52.25
7 Stewart, Yael	Menlo-Athert	52.99
8 Goodwin, Mira	Sequoia	55.11

Girls 4x100 Meter Relay

CCS At Large: 50.50 @

Team	Relay	Finals
Finals		
1	Menlo-Atherton	49.50@
2	Hillsdale	50.75
3	San Mateo	52.38
4	Woodside	52.64
5	Mills	53.22
6	Aragon	53.29
7	Westmoor	54.68
8	Oceana	57.11

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Girls 4x400 Meter Relay

CCS At Large: 4:12.92 @

Team	Relay	Finals
Finals		
1	Burlingame	4:06.83@
2	Menlo-Atherton	4:14.84
3	Hillsdale	4:16.44
4	Mills	4:17.42
5	Carlmont	4:23.29
6	Aragon	4:35.26
7	Westmoor	4:37.75
8	Woodside	4:44.43
---	Half Moon Bay	SCR
---	San Mateo	SCR

Girls 4x800 Meter Relay

Team	Relay	Finals
Finals		
1	Menlo-Atherton	9:44.43
2	Mills	10:02.82
3	Burlingame	10:13.10
4	Hillsdale	10:15.69
5	Carlmont	10:28.23

Girls High Jump

CCS At Large: 5-00 @

Name	School	Finals
Finals		
1	Caruso, Gabriella	Capuchino J4-10.00
2	Draheim, Alyssa	Mills J4-10.00
3	Hornsby, Addison	El Camino 4-08.00
4	Sheynin, Jay	Sequoia J4-06.00
4	Kusumoto, Sara	Hillsdale J4-06.00
4	Cuartero, Cherianne	El Camino J4-06.00
4	Cacianti, Sophia	Capuchino J4-06.00
8	Rau, Katie	Aragon J4-06.00
9	Perez, Ariel	Westmoor J4-04.00
9	Gatoff, Jonah	San Mateo J4-04.00
9	Collins, Audrey	Half Moon Ba J4-04.00
12	Roach, Reece	Mills J4-04.00
---	Dehne, Emily	Menlo-Athert NH
---	Kinchen, Sofia	South San Fr NH
---	Buckley, Michaela	Hillsdale NH
---	Hohmann, Sophie	Mills NH

Girls Pole Vault

CCS At Large: 9-06 @

Name	School	Finals
Finals		
1	MacAvoy, Charlotte	San Mateo 9-00.00
2	Hunt, Mia	Sequoia J8-06.00
3	Sheynin, Jay	Sequoia J8-06.00
4	Shao, Elaina	Aragon J8-00.00
5	Yoo, Maya	Aragon J8-00.00

6	Kaul, Anisha	San Mateo	J7-06.00
7	Sheng, Mia	Aragon	J7-06.00
8	Castillo, Eva	San Mateo	J7-00.00
9	Lam, Madison	Aragon	J7-00.00
10	Nguyen, Nguyet	San Mateo	6-06.00

Girls Long Jump

CCS At Large: 16-08.50 @

Name	School	Finals
Finals		
1	Cho, Pia	Aragon 17-07.00@NWI
2	Brown, Delaney	San Mateo 16-00.00 NWI
3	Metzler, Naomi	Carlmont 15-09.50 NWI
4	Kusumoto, Sara	Hillsdale 15-06.25 NWI
5	Ivankov, Alexis	Mills 15-05.50 NWI
6	Chu, Jolene	Menlo-Athert 15-05.25 NWI
7	Roach, Reece	Mills 15-01.00 NWI
8	Ren, Jasmine	Westmoor 14-09.00 NWI
9	Elan, Rona	Hillsdale 14-07.25 NWI
10	Christman, Isabella	Sequoia 14-05.75 NWI
11	Hornsby, Addison	El Camino 14-01.00 NWI
12	Yoo, Maya	Aragon 14-00.00 NWI
13	Lee, Shelby	Terra Nova 12-05.50 NWI
14	Lee, Kailyn	South San Fr 12-03.50 NWI
---	Hunt, Mia	Sequoia SCR NWI

Girls Triple Jump

CCS At Large: 34-10 @

Name	School	Finals
Finals		
1	Metzler, Naomi	Carlmont 34-04.00 NWI
2	Roach, Reece	Mills 32-01.00 NWI
3	Yoo, Maya	Aragon 31-11.25 NWI
4	Elan, Rona	Hillsdale 31-05.00 NWI
5	Ren, Jasmine	Westmoor 30-11.00 NWI
6	Paniligan, Keymora	Westmoor 30-10.25 NWI
7	Chen, Melanie	Westmoor 29-10.50 NWI
8	Khalasi, Ria	Mills 29-07.50 NWI
9	Lee, Kailyn	South San Fr 29-07.00 NWI
10	Hornsby, Addison	El Camino 28-10.50 NWI
11	Castillo, Eva	San Mateo 28-07.00 NWI
12	Chen, Kaitlyn	Woodside 27-06.50 NWI
13	Bender, Hanna	Sequoia 26-07.50 NWI
14	Saoud, Gabriella	Capuchino 26-07.00 NWI
15	Thorne, Emily	Half Moon Ba 24-11.00 NWI

Girls Shot Put

CCS At Large: 34-01.50 @

Name	School	Finals
Finals		
1	Reynolds, Bridget	Woodside 34-06.75@
2	Huffer, Desiree	Sequoia 28-00.75
3	Mazzeta, Serena	Mills 27-11.75
4	Petelo, Mele	Hillsdale 27-11.25
5	Salles, Olivia	San Mateo 26-04.00

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Finals ... (Girls Shot Put)

Name	School	Finals
6 Hodge, Abreanna	South San Fr	25-04.50
7 Morrow, Macy	Terra Nova	22-09.50
8 Wong, Serene	South San Fr	21-03.25
9 Gomez, Xenia	Capuchino	19-11.25
10 Ren, Jasmine	Westmoor	17-11.25
11 Holzman, Kelsey	Burlingame	17-07.50
12 Godoy, Alexa	Half Moon Ba	16-05.00

Girls Discus Throw

CCS At Large: 104-10 @

Name	School	Finals
1 Reynolds, Bridget	Woodside	119-06@
2 Huffer, Desiree	Sequoia	101-10
3 Wong, Serene	South San Fr	91-04
4 Spencer, Stephanie	Half Moon Ba	89-01
5 Mazzeta, Serena	Mills	83-08
6 Ren, Jasmine	Westmoor	79-07
7 Madayag, Penelope	El Camino	77-10
8 Morrow, Macy	Terra Nova	71-07
9 Christman, Isabella	Sequoia	69-08
10 Gomez, Xenia	Capuchino	69-01
11 Petelo, Mele	Hillsdale	66-00
12 Hagemann, Shannon	Terra Nova	64-08
13 Navarro-Benitez, Maria	Menlo-Athert	60-07
14 Salles, Olivia	San Mateo	55-08
15 Chitlangia, Anya	Carlmont	52-03
16 Holzman, Kelsey	Burlingame	44-06

Boys 100 Meter Dash

CCS At Large: 11.13 @

Name	School	Prelims
1 Andrabadu, Sineth	Hillsdale	@ 11.00Q1.1
2 Hansen, Dru	Sequoia	@ 11.06Q1.2
3 Campbell Rodriguez, Antonio	Carlmont	11.16Q1.9
4 Bonney, Jax	Capuchino	11.20Q2.2
5 Makasini, Leimana	Sequoia	11.22Q1.6
6 Smith, Sherrod	Menlo-Athert	11.40Q2.5
7 Hua, Kingston	Hillsdale	11.22q 1.2
8 Olvera, Juan	Carlmont	11.46q 1.9
9 Tetelbaum, Ben	Sequoia	11.47 2.5
10 Academia, Aaron	Mills	11.49 2.2
11 Chu, Stanley	San Mateo	11.52 2.5
12 Sorbara, Felipe	San Mateo	11.57 1.1
13 Holoyda, Ryan	Carlmont	11.61 1.6
14 Cappa, Leonard	Carlmont	11.64 1.2
15 Rivera, Shaun	Westmoor	11.67 1.6
16 Garcia-Standlee, Noah	Menlo-Athert	11.67 1.6
17 Hernandez, Kai	Mills	11.67 1.1
18 Ventura, Charles Arthur	South San Fr	11.68 1.6
19 Shen, Ethan	Carlmont	11.68 1.9
20 Sagon Jr, Brian	Carlmont	11.68 2.2

21 Gamboa, Jeffrey	El Camino	11.77 1.9
22 King, Trajan	Hillsdale	11.79 2.2
23 McCann, Tripp	Hillsdale	11.82 2.2
24 Phillips, Cooper	Carlmont	11.83 1.2
25 Lee, Sean	Carlmont	11.84 2.5
26 Moss, Jayden	Menlo-Athert	11.86 1.1
27 Taylor, Tyler	Jefferson	11.89 2.5
28 Johnson, Trevor	Carlmont	11.93 2.5
29 Keishk, Issa	Capuchino	11.97 1.2
30 Rose, Tom	Aragon	11.99 1.2
31 Livingston, Robert	Aragon	12.05 1.1
32 Morfin, Alfonso	Woodside	12.06 1.9
33 Schwartzter, Alexander	San Mateo	12.12 1.2
34 Medina, Roberto	Capuchino	12.13 2.2
35 Adisewojo, Matthew	South San Fr	12.14 1.9
36 Khuu, Brandon	Jefferson	12.18 1.1
37 Nessel, Luke	Hillsdale	12.21 2.2
38 Lyssand, Oliver	Woodside	12.22 1.6
39 Lei, Kelvin	Westmoor	12.23 1.2
40 Beringer, Nicolas	Burlingame	12.25 1.6
41 Goodman, Justice	South San Fr	12.27 1.9
42 Navarro, Colin	Oceana	12.80 2.5

Boys 100 Meter Dash

CCS At Large: 11.13 @

Name	School	Finals
1 Bonney, Jax	Capuchino	11.23 -0.9
2 Andrabadu, Sineth	Hillsdale	11.25 -0.9
3 Hansen, Dru	Sequoia	11.35 -0.9
4 Hua, Kingston	Hillsdale	11.37 -0.9
5 Makasini, Leimana	Sequoia	11.45 -0.9
6 Smith, Sherrod	Menlo-Athert	11.49 -0.9
7 Campbell Rodriguez, Antonio	Carlmont	11.61 -0.9
8 Olvera, Juan	Carlmont	11.87 -0.9

Boys 200 Meter Dash

CCS At Large: 22.49 @

Name	School	Prelims
1 Andrabadu, Sineth	Hillsdale	22.62Q1.3
2 Bonney, Jax	Capuchino	22.75Q0.8
3 Campbell Rodriguez, Antonio	Carlmont	22.84Q0.3
4 Makasini, Leimana	Sequoia	22.87Q1.1
5 Schwarzkopf, Avinash	Aragon	23.01Q0.2
6 Parker, Saleem	Westmoor	23.55Q0.6
7 Johnson, Cameron	Menlo-Athert	22.90q 0.3
8 Hua, Kingston	Hillsdale	23.08q 0.8
9 Pigot, Alexander	Sequoia	23.46 1.1
10 Frank, Raymond	Burlingame	23.56 0.2
11 Smith, Sherrod	Menlo-Athert	23.58 1.3
12 Radulovich, Matthew	San Mateo	23.59 0.6
13 Chu, Stanley	San Mateo	23.69 0.3
14 Academia, Aaron	Mills	23.77 0.2
15 Tetelbaum, Ben	Sequoia	23.90 1.1

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Name	School	Prelims
16 Adenekan, Tomi	Hillsdale	23.93 0.2
17 Swire, Joshua	San Mateo	23.97 0.3
18 Rivera, Shaun	Westmoor	24.04 1.3
19 Tang, Gavin	Aragon	24.09 1.1
20 Riviello, Anthony	Menlo-Athert	24.14 0.2
21 Shafer, Brian	Sequoia	24.31 0.3
22 Harger, Charles	Aragon	24.36 1.1
23 Madrigal, Victor	Carlmont	24.36 0.6
24 Ozuna, Edward	Westmoor	24.37 1.1
25 Shen, Ethan	Carlmont	24.49 0.8
26 Sagon Jr, Brian	Carlmont	24.63 1.3
27 Lam, Samuel	Mills	24.64 0.8
28 Keishk, Issa	Capuchino	24.66 1.3
29 Mansfield, Quinn	Carlmont	24.83 0.3
30 Gamboa, Jeffrey	El Camino	24.83 1.1
31 Johnson, Trevor	Carlmont	24.87 1.1
32 Hernandez, Kai	Mills	24.95 0.2
33 Holoyda, Ryan	Carlmont	24.96 0.2
33 Shekhar, Avi	Carlmont	24.96 0.8
35 Lee, Sean	Carlmont	24.97 0.8
36 Beringer, Nicolas	Burlingame	25.03 0.3
37 Khuu, Brandon	Jefferson	25.05 0.6
38 Lyssand, Oliver	Woodside	25.06 0.6
39 Coronado, Diego	Aragon	25.25 0.3
40 Cappa, Leonard	Carlmont	25.28 1.3
41 Phillips, Cooper	Carlmont	25.39 1.3
42 Medina, Roberto	Capuchino	25.51 0.6
43 Moreno, Steven	South San Fr	25.56 0.8
44 Fedronic, Lucas	Carlmont	25.75 0.8
45 Navarro, Colin	Oceana	26.48 0.2

Boys 200 Meter Dash

CCS At Large: 22.49 @

Name	School	Finals
1 Andrabadu, Sineth	Hillsdale	22.62 -0.5
2 Schwarzkopf, Avinash	Aragon	22.70 -0.5
3 Bonney, Jax	Capuchino	22.75 -0.5
4 Makasini, Leimana	Sequoia	22.93 -0.5
5 Johnson, Cameron	Menlo-Athert	23.22 -0.5
6 Parker, Saleem	Westmoor	23.51 -0.5
7 Campbell Rodriguez, Antonio	Carlmont	23.52 -0.5
8 Hua, Kingston	Hillsdale	23.79 -0.5

Boys 400 Meter Dash

CCS At Large: 50.82 @

Name	School	Prelims
1 Johnson, Cameron	Menlo-Athert	@ 50.58Q
2 Frank, Raymond	Burlingame	51.96Q
3 Adenekan, Tomi	Hillsdale	53.02Q
4 Parker, Saleem	Westmoor	53.06Q
5 Schwarzkopf, Avinash	Aragon	53.09Q

6 Hensley, Kaz	Mills	53.38q
7 Harger, Charles	Aragon	53.47q
8 Lam, Samuel	Mills	53.65q
9 Tang, Gavin	Aragon	53.68
10 Radulovich, Matthew	San Mateo	53.87
11 Madrigal, Victor	Carlmont	54.04
12 Pigot, Alexander	Sequoia	54.12
13 Riviello, Anthony	Menlo-Athert	54.19
14 Fedronic, Lucas	Carlmont	54.30
15 Abude, Jesse	Jefferson	54.87
16 Corpus, John	Sequoia	54.93
17 Shekhar, Avi	Carlmont	54.95
18 Yu, Wesley	Westmoor	54.98
19 Mansfield, Quinn	Carlmont	55.39
20 Alberts, Tanat	Burlingame	55.71
21 Mooney, Nathan	Woodside	55.82
22 Adisewojo, Matthew	South San Fr	55.85
23 Archer, Arthur	Oceana	55.92
24 Tan, Cyrus	Mills	55.94
25 Heikel, Riley	Capuchino	56.26
26 Ozuna, Edward	Westmoor	56.29
27 Spitzer-Wu, Tyler	San Mateo	56.29
28 Rosen, Tyler	Terra Nova	56.99
29 Szeto, Jake	El Camino	57.22

Boys 400 Meter Dash

CCS At Large: 50.82 @

Name	School	Finals
1 Johnson, Cameron	Menlo-Athert	49.20@
2 Schwarzkopf, Avinash	Aragon	49.75@
3 Frank, Raymond	Burlingame	51.50
4 Harger, Charles	Aragon	51.89
5 Parker, Saleem	Westmoor	51.89
6 Adenekan, Tomi	Hillsdale	52.05
7 Hensley, Kaz	Mills	53.06
8 Lam, Samuel	Mills	54.37

Boys 800 Meter Run

CCS At Large: 1:57.31 @

Name	School	Prelims
1 Henige, Rowan	Sequoia	2:02.46Q
2 Rosales-Hasek, Romer	Burlingame	2:03.98Q
3 Belluomini, Enzo	San Mateo	2:04.77Q
4 Bae, Ethan	Sequoia	2:06.65Q
5 Michelsen, Moss	Half Moon Ba	2:04.61q
6 Ramirez, Jake	Burlingame	2:05.09q
7 Loof, Nathan	Half Moon Ba	2:05.14q
8 Wong, Ian	Carlmont	2:06.07q
9 Kim, Miles	Hillsdale	2:06.61q
10 Conley, Sean	Carlmont	2:06.93q
11 Wilson, Adrian	Woodside	2:07.27q
12 Liang, Dustin	Capuchino	2:07.31q
13 Doherty, Aidan	Menlo-Athert	2:07.37

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Name	School	Prelims
14 Ely, James	San Mateo	2:07.55
15 Bae, Jackson	Sequoia	2:08.75
16 Abude, Jesse	Jefferson	2:09.26
17 Sutton, Frederick	Carlmont	2:09.57
18 Mathu, Arjun	Hillsdale	2:09.72
19 Schaefer, Landon	Carlmont	2:09.85
20 Poultney, Thomas	San Mateo	2:10.52
21 De Paula, Lucas	Mills	2:10.61
22 Beas, Mariano	South San Fr	2:11.31
23 Song, Jae Ik	San Mateo	2:11.56
24 Dowley, William	Menlo-Athert	2:11.87
25 Cedillos, Eric	Westmoor	2:11.91
26 Harris, Toby	Aragon	2:11.94
27 Williams, Dylan	Sequoia	2:12.19
28 Haller, Gabriel	Carlmont	2:14.47
29 Kalmbach, Owen	Hillsdale	2:15.21
30 Lo, Nathan	Mills	2:16.30
31 Kennedy, Brendan	Aragon	2:16.65
32 Szeto, Jake	El Camino	2:19.86
33 Abellana, Daniel	Oceana	2:27.05

Boys 800 Meter Run

CCS At Large: 1:57.31 @

Name	School	Finals
1 Rosales-Hasek, Romer	Burlingame	2:01.03
2 Henige, Rowan	Sequoia	2:01.08
3 Loof, Nathan	Half Moon Ba	2:01.74
4 Michelsen, Moss	Half Moon Ba	2:02.31
5 Conley, Sean	Carlmont	2:02.66
6 Belluomini, Enzo	San Mateo	2:03.68
7 Ramirez, Jake	Burlingame	2:05.20
8 Liang, Dustin	Capuchino	2:06.14
9 Kim, Miles	Hillsdale	2:07.87
10 Ely, James	San Mateo	2:08.74
11 Wong, Ian	Carlmont	2:09.49
12 Wilson, Adrian	Woodside	2:12.38

Boys 1600 Meter Run

CCS At Large: 4:21.95 @

Name	School	Prelims
1 Henige, Rowan	Sequoia	4:32.93Q
2 Wong, Ian	Carlmont	4:34.35Q
3 Hohendorf, Maximilian	Woodside	4:35.17Q
4 Bae, Ethan	Sequoia	4:36.55Q
5 Song, Jae Ik	San Mateo	4:35.28q
6 Raymond, David	Sequoia	4:37.29q
7 Brennan, Luc	Sequoia	4:38.29q
8 Lee, Calvin	Hillsdale	4:38.44q
9 Harris, Toby	Aragon	4:39.19q
10 Doherty, Aidan	Menlo-Athert	4:41.11q
11 Michelsen, Moss	Half Moon Ba	4:41.36q

12 Conley, Sean	Carlmont	4:43.66q
13 Schaefer, Landon	Carlmont	4:44.19
14 Loof, Nathan	Half Moon Ba	4:45.15
15 Haller, Gabriel	Carlmont	4:45.82
16 Goodman, Asher	Menlo-Athert	4:45.84
17 Barty, Dominic	Woodside	4:47.14
18 Mathu, Arjun	Hillsdale	4:47.16
19 Mendonca, Theodore	Hillsdale	4:47.57
20 Palomo, Remy	Mills	4:47.69
21 Liang, Dustin	Capuchino	4:47.71
22 Leung, Owen	Sequoia	4:48.61
23 Nowell, Matthew	Woodside	4:50.53
24 Pecson, Rowan	Menlo-Athert	4:50.63
25 Williams, Dylan	Sequoia	4:51.04
26 Hara, Hideto	Half Moon Ba	4:52.50
27 Chong, Michael	Carlmont	4:53.46
28 Fukumoto, Kyle	Hillsdale	4:54.02
29 Lloyd, Matthew	San Mateo	4:54.83
30 Kennedy, Brendan	Aragon	4:56.41
31 Dulany, Judah	Woodside	4:56.70
32 Travers, Caleb	Menlo-Athert	4:57.41
33 Shah, Vir	Sequoia	4:57.96
34 Lorilla, Nathan	Carlmont	4:59.88
35 Sarkar, Vinayak	San Mateo	5:03.48
36 Adion Ferretty, Josiah	Sequoia	5:06.75
37 Vidana, Zacharie	Sequoia	5:10.20
38 Ramirez, Isaac	Half Moon Ba	5:12.08
39 Mapa, Felix	Mills	5:17.66
40 Abude, Jesse	Jefferson	5:33.97
41 Mendoza, Jake Allen	Oceana	5:42.08
42 Goodman, Malcolm	South San Fr	5:59.79
43 Yang, Richard	Westmoor	6:14.24

Boys 1600 Meter Run

CCS At Large: 4:21.95 @

Name	School	Finals
1 Bae, Ethan	Sequoia	4:25.71
2 Henige, Rowan	Sequoia	4:26.81
3 Song, Jae Ik	San Mateo	4:28.99
4 Wong, Ian	Carlmont	4:30.15
5 Hohendorf, Maximilian	Woodside	4:30.31
6 Brennan, Luc	Sequoia	4:30.34
7 Raymond, David	Sequoia	4:34.74
8 Conley, Sean	Carlmont	4:37.90
9 Lee, Calvin	Hillsdale	4:37.93
10 Schaefer, Landon	Carlmont	4:41.36
11 Goodman, Asher	Menlo-Athert	4:47.99
--- Doherty, Aidan	Menlo-Athert	DNF

Boys 3200 Meter Run

CCS At Large: 9:34.38 @

Name	School	Finals
1 Song, Jae Ik	San Mateo	9:51.95

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Finals ... (Boys 3200 Meter Run)

Name	School	Finals
2 Barty, Dominic	Woodside	9:57.98
3 Harris, Toby	Aragon	9:59.74
4 Raymond, David	Sequoia	10:00.59
5 Nowell, Matthew	Woodside	10:02.06
6 Hohendorf, Maximilian	Woodside	10:07.01
7 Mendonca, Theodore	Hillsdale	10:13.86
8 Hara, Hideto	Half Moon Ba	10:20.84
9 Lanier, Dylan	Menlo-Athert	10:21.68
10 Dulany, Judah	Woodside	10:22.64
11 Kennedy, Brendan	Aragon	10:26.08
12 Haller, Gabriel	Carlmont	10:29.25
13 Palomo, Remy	Mills	10:32.48
14 Bae, Ethan	Sequoia	10:34.10
15 Lee, Calvin	Hillsdale	10:36.52
16 Goodman, Asher	Menlo-Athert	10:40.69
17 Olgun, Kerem	Carlmont	10:44.61
18 Chong, Michael	Carlmont	10:46.09
19 Lorilla, Nathan	Carlmont	10:50.98
20 Macomber, Jaden	Hillsdale	10:51.06
21 Liang, Dustin	Capuchino	11:00.01
22 Fukumoto, Kyle	Hillsdale	11:01.02
23 Giang, Alex	San Mateo	11:01.86
24 Chen, Mateo	Woodside	11:02.59
25 Chong, Nathan	Carlmont	11:03.16
26 Ramirez, Isaac	Half Moon Ba	11:04.96
27 Lee, Matthew	Hillsdale	11:07.17
28 Chin, Adrian	Hillsdale	11:16.72
29 Chan, Kyle	Mills	11:33.53
30 Yang, Richard	Westmoor	12:42.24
31 Chow, Markus	South San Fr	13:58.70
--- Uhland, Silas	Oceana	SCR

Boys 110 Meter Hurdles

CCS At Large: 15.74 @

Name	School	Prelims
Preliminaries		
1 Rose, Evan	San Mateo	16.00Q2.9
2 Piserchio, Jonah	Mills	16.27Q0.6
3 Dodge, Erik	Aragon	16.33Q1.5
4 Gosch, Jeremy	Aragon	16.54q 0.6
5 Wacha, Nicholas	Carlmont	16.93q 2.9
6 Rife, Marcus	Aragon	17.04q 1.5
7 Kalos, Connor	Half Moon Ba	17.08q 2.9
8 Mckittrick, Brendan	Jefferson	17.36q 0.6
9 Bhat, Aneesh	San Mateo	17.82 0.6
10 Songco, Anthony	South San Fr	18.25 1.5
11 Alizadeh, Kian	Hillsdale	18.60 1.5
12 Louie, Raiden	El Camino	18.68 2.9
13 Sacco, Antonio	Mills	18.71 2.9
14 Medina, Roberto	Capuchino	19.62 0.6
15 Ruiz, Davin	South San Fr	19.83 0.6
16 Zeh, Luke	Woodside	19.96 1.5
17 Gamer, Rafael	Westmoor	20.27 1.5

18 Zeas, Lenin	South San Fr	20.56 0.6
19 Rollolazo, Drew	Hillsdale	20.61 2.9
20 George, Ari	Carlmont	20.71 0.6
21 Tam, Dylan	Westmoor	20.77 2.9
22 Armstrong, Max	Hillsdale	21.64 2.9
23 Miller, Kieon	South San Fr	21.66 1.5
24 Chow, Markus	South San Fr	22.83 1.5

Boys 110 Meter Hurdles

CCS At Large: 15.74 @

Name	School	Finals
Finals		
1 Rose, Evan	San Mateo	15.92 -0.9
2 Dodge, Erik	Aragon	16.06 -0.9
3 Rife, Marcus	Aragon	16.95 -0.9
4 Piserchio, Jonah	Mills	16.97 -0.9
5 Gosch, Jeremy	Aragon	17.22 -0.9
6 Wacha, Nicholas	Carlmont	17.24 -0.9
7 Mckittrick, Brendan	Jefferson	17.68 -0.9
8 Kalos, Connor	Half Moon Ba	17.99 -0.9

Boys 300 Meter Hurdles

CCS At Large: 41.25 @

Name	School	Prelims
Preliminaries		
1 Kalos, Connor	Half Moon Ba	43.56Q
2 Songco, Anthony	South San Fr	43.64Q
3 Sacco, Antonio	Mills	44.61Q
4 Kinder, Zachary	Carlmont	44.15q
5 Rife, Marcus	Aragon	44.23q
6 Mckittrick, Brendan	Jefferson	44.54q
7 Posch, Nick	Woodside	45.13q
8 Lang, Ian	Carlmont	45.23q
9 Dodge, Erik	Aragon	45.25
10 Rothstein, Jacob	Burlingame	45.54
11 Rose, Evan	San Mateo	45.77
12 Salceda, Joseph	Menlo-Athert	45.83
13 Piserchio, Jonah	Mills	45.95
14 Louie, Raiden	El Camino	46.43
15 Wacha, Nicholas	Carlmont	46.49
16 Gosch, Jeremy	Aragon	46.62
17 Bhat, Aneesh	San Mateo	47.47
18 Frederick, Adam	Sequoia	47.47
19 Zeas, Lenin	South San Fr	47.56
20 Belen Henroid, Daniel	Hillsdale	47.61
21 Contreras, Ceasar	Westmoor	47.67
22 Armstrong, Max	Hillsdale	48.00
23 Gamer, Rafael	Westmoor	48.25
24 Cabitac, Dionicio	Capuchino	49.19

Boys 300 Meter Hurdles

CCS At Large: 41.25 @

Name	School	Finals
Finals		
1 Mckittrick, Brendan	Jefferson	42.83

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Finals ... (Boys 300 Meter Hurdles)

Name	School	Finals
2 Kalos, Connor	Half Moon Ba	43.35
3 Rife, Marcus	Aragon	43.39
4 Songco, Anthony	South San Fr	43.98
5 Sacco, Antonio	Mills	44.12
6 Kinder, Zachary	Carlmont	44.34
7 Posch, Nick	Woodside	44.49
8 Lang, Ian	Carlmont	45.05

Boys 4x100 Meter Relay

CCS At Large: 43.60 @

Team	Relay	Finals
1 Hillsdale		43.62
2 Menlo-Atherton		44.15
3 Carlmont		44.17
4 Sequoia		44.20
5 Aragon		44.92
6 Mills		45.15
7 Westmoor		45.60
8 Burlingame		45.83
9 Jefferson		45.84
10 South San Francisco		45.97
11 Capuchino		46.19
--- San Mateo		DNF
--- El Camino		SCR

Boys 4x400 Meter Relay

CCS At Large: 3:30.69 @

Team	Relay	Finals
1 Aragon		3:31.14
2 Hillsdale		3:31.77
3 Carlmont		3:32.57
4 Westmoor		3:32.98
5 Burlingame		3:34.01
6 Mills		3:34.44
7 Sequoia		3:35.29
8 San Mateo		3:36.33
9 Menlo-Atherton		3:36.50
10 South San Francisco		3:42.84
11 Capuchino		3:49.84
12 Jefferson		3:49.98

Boys 4x800 Meter Relay

Team	Relay	Finals
1 Carlmont		8:22.77
2 Sequoia		8:23.25
3 Burlingame		8:26.33
4 Hillsdale		8:29.86
5 Menlo-Atherton		8:53.13
6 Woodside		8:53.29
7 South San Francisco		9:04.54

8 Mills	9:18.30
9 Westmoor	10:07.56

Boys High Jump

CCS At Large: 6-00 @

Name	School	Finals
1 Sebisano, Luka	San Mateo	J6-00.00@
2 Adenekan, Tomi	Hillsdale	J6-00.00@
3 Spitzer-Wu, Tyler	San Mateo	J5-10.00
3 Ely, James	San Mateo	J5-10.00
5 King, Trajan	Hillsdale	J5-06.00
6 Belluomini, Enzo	San Mateo	J5-04.00
7 Butt, Rylan	Sequoia	J5-02.00
8 Pun, Ryan	Carlmont	J5-02.00
--- Magesh, Arin	Aragon	NH
--- Lapid, Miles	Westmoor	NH
--- Zeh, Luke	Woodside	NH
--- Taylor, Tyler	Jefferson	NH
--- Otake, Tosh	Capuchino	NH
--- Fernando, Andrew	Hillsdale	NH
--- Dvorak, Owen	Mills	NH
--- Wong, Nicholas	South San Fr	DNF

Boys Pole Vault

CCS At Large: 12-06 @

Name	School	Finals
1 Dodge, Erik	Aragon	J14-00.00@
2 Nunnemaker, Jarod	Aragon	J14-00.00@
3 Ho, Nathan	Westmoor	12-00.00
4 Adasiewicz, Cal	Woodside	J11-00.00
5 Lin, Noah	Aragon	J11-00.00
6 Ozuna, Edward	Westmoor	J10-06.00
6 Hong, Calvin	Aragon	J10-06.00
8 Eremeev, Vladimir	San Mateo	J10-00.00
9 Fung, Nathan	Westmoor	J10-00.00
--- Carlos, Jeovanny	Sequoia	NH

Boys Pole Vault Jump Off JO

Name	School	Finals
1 Hong, Calvin	Aragon	11-03.00
2 Ozuna, Edward	Westmoor	11-00.00

Boys Long Jump

CCS At Large: 20-07.75 @

Name	School	Finals
1 Smith, Sherrod	Menlo-Atherton	21-10.50@NWI
2 Weaver, Brayden	Hillsdale	21-06.50@NWI
3 Oliveira, Casey	Carlmont	21-02.25@NWI
4 Hansen, Dru	Sequoia	21-00.25@NWI
5 Garcia-Standlee, Noah	Menlo-Atherton	20-04.25 NWI
6 Sandin, Alexander	Carlmont	20-03.25 NWI

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Finals ... (Boys Long Jump)

Name	School	Finals
7 Gosch, Jeremy	Aragon	20-02.50 NWI
8 Mckittrick, Brendan	Jefferson	19-11.75 NWI
9 Chu, Stanley	San Mateo	19-07.50 NWI
10 Mooney, Nathan	Woodside	19-07.00 NWI
11 Wahba, Costa	South San Fr	19-05.50 NWI
12 Aung, Waynstan	Westmoor	19-03.50 NWI
13 Holcomb, Robert	Capuchino	18-08.00 NWI
14 Rhee, Mark	San Mateo	18-07.50 NWI
15 Garcia, Zachary	Westmoor	18-06.00 NWI
16 Dayao, Kyle	Oceana	18-04.00 NWI
17 Young, Jericho	Westmoor	17-10.50 NWI
18 David, Jonathan	Mills	17-10.25 NWI
19 Leung, Anthony	Burlingame	17-07.00 NWI

Boys Triple Jump

CCS At Large: 42-01 @

Name	School	Finals
1 Weaver, Brayden	Hillsdale	42-10.75@NWI
2 Oliveira, Casey	Carlmont	42-10.50@NWI
3 Leung, Anthony	Burlingame	40-10.50 NWI
4 Garcia, Zachary	Westmoor	40-04.50 NWI
5 Young, Jericho	Westmoor	40-02.00 NWI
6 Aung, Waynstan	Westmoor	39-11.25 NWI
7 Wahba, Costa	South San Fr	39-00.00 NWI
8 Mooney, Nathan	Woodside	38-10.00 NWI
9 Nunnemaker, Jarod	Aragon	38-02.00 NWI
10 Goodman, Malcolm	South San Fr	37-09.50 NWI
11 Teng, Quincy	Aragon	37-04.75 NWI
12 Rhee, Mark	San Mateo	36-01.00 NWI
13 Zhang, Junyi	Mills	35-10.50 NWI
14 Otake, Tosh	Capuchino	35-07.00 NWI
15 Dayao, Kyle	Oceana	35-02.00 NWI

Boys Shot Put

CCS At Large: 45-10 @

Name	School	Finals
1 La Grill, Richard	Carlmont	49-11.75@
2 Shabazz, Nasir	San Mateo	45-07.75
3 Tan, Matthew	Mills	43-11.00
4 Vuong, Ethan	Mills	42-07.00
5 Ward, Frank	Terra Nova	41-08.00
6 Velasquez-Tejada, Miguel	San Mateo	40-05.75
7 Zheng, Albert	Aragon	39-07.00
8 Lybrand, Elias	Carlmont	38-07.75
9 Thomson, Max	Aragon	38-04.00
10 Nessel, Luke	Hillsdale	37-10.00
11 Lee, Max	Woodside	37-07.50
12 Usher, Nathan	Woodside	37-02.50
13 Walter, Lloyd	Aragon	36-09.00
14 Macalino, Nathan	El Camino	34-10.50
15 Pellican, Ned	Menlo-Athert	34-08.50

16 Valiente-Tanielu, Gerald	South San Fr	32-07.00
17 Mandojano, Nico	Half Moon Ba	31-07.00
18 Sawyer, Jake	Sequoia	30-09.50
19 Amankrah-Bonsu, Noel	Westmoor	26-09.25
20 Zhang, Michael	Burlingame	24-03.00

Boys Discus Throw

CCS At Large: 133-06 @

Name	School	Finals
1 Walter, Lloyd	Aragon	143-02@
2 Ward, Frank	Terra Nova	140-08@
3 La Grill, Richard	Carlmont	130-10
4 Macalino, Nathan	El Camino	125-09
5 Zheng, Albert	Aragon	120-04
6 Velasquez-Tejada, Miguel	San Mateo	108-10
7 Han, Hansen	Mills	108-00
8 Coleman, Vincent	Terra Nova	106-06
9 Lybrand, Elias	Carlmont	98-08
10 Sawyer, Jake	Sequoia	98-05
11 Valdez, Peter	Half Moon Ba	98-02
12 Usher, Nathan	Woodside	98-01
13 Lee, Max	Woodside	97-04
14 Vuong, Tyler	Mills	95-09
15 Tapia, Mateo	Capuchino	95-01
16 Shabazz, Nasir	San Mateo	94-08
17 Araneta, Alvin	Westmoor	92-00
18 Cavigioli, Daniel	Aragon	89-09
19 Zhang, Michael	Burlingame	88-04
20 Grajeda, David	Capuchino	88-00
21 Abellana, Daniel	Oceana	86-00
22 Nessel, Luke	Hillsdale	83-01
23 Gonzalez Lujano, Jorge	South San Fr	72-11
--- Pellican, Ned	Menlo-Athert	FOUL
--- Wilder-smith, William	Terra Nova	SCR

Women - Team Rankings - 17 Events Scored

1) Menlo-Atherton	127
2) Mills	60
3) Burlingame	58
4) Hillsdale	55.75
5) San Mateo	38
6) Sequoia	32.75
7) Aragon	30
8) Carlmont	26
9) Woodside	25
10) Half Moon Bay	18
11) Oceana	16
12) Capuchino	11.75
13) El Camino	9.75
14) South San Francisco	8
15) Terra Nova	5
15) Westmoor	5

Men - Team Rankings - 17 Events Scored

Peninsula Athletic League Championships - 4/27/2023 to 5/6/2023**Results online at RTLive.us****Sequoia HS****Results**

1) Aragon	92.5
2) Hillsdale	73
3) Carlmont	61
4) Sequoia	60
5) San Mateo	57
6) Menlo-Atherton	35
7) Burlingame	30
8) Westmoor	20.5
9) Mills	18
9) Woodside	18
9) Half Moon Bay	18
12) Capuchino	16
13) Terra Nova	10
13) Jefferson	10
15) El Camino	4
15) South San Francisco	4