

**Fighting Knights Relays - 3/9/2024**  
**Hillsdale High School**  
**Results**

**Event 1 Boys 4x800 Meter Relay Frosh Soph**

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 Record: \* 9:22.53 2023 , Design Tech  
 School Finals  
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Finals

1 Mills 'A'	8:55.75*
2 Aragon 'A'	9:13.15*
3 Hollister 'A'	9:13.51*
4 Mills 'B'	9:14.66*
5 Bay School of San Francisco 'A'	9:19.38*
6 Santa Cruz 'A'	9:26.36
7 Carlmont 'A'	9:31.85
8 Hillsdale 'A'	9:40.92
9 San Mateo 'A'	9:46.18
10 Sequoia 'A'	10:10.79
11 Bay School of San Francisco 'B'	10:58.59

**Event 2 Girls 4x800 Meter Relay Frosh Soph**

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 Record: \* 11:44.71 2023 , Sacred Heart Prep  
 School Finals  
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1 Aragon 'A'	11:01.43*
2 Mills 'A'	11:19.14*
3 San Mateo 'A'	11:31.09*
4 Bay School of San Francisco 'A'	11:55.74

**Event 3 Boys 4x800 Meter Relay Varsity**

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 Record: \* 8:38.88 2023 , Lowell  
 School Finals  
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1 Santa Cruz 'A'	8:17.84*
2 San Mateo 'A'	8:21.62*
3 Carlmont 'A'	8:32.32*
4 Aragon 'A'	8:41.87
5 Hollister 'A'	8:51.43
6 Sequoia 'A'	8:52.48
7 Half Moon Bay 'A'	8:55.46
8 Hillsdale 'A'	8:57.71
9 Bay School of San Francisco 'A'	9:04.30
10 Mills 'A'	9:13.45
11 Oakland 'A'	9:38.98
-- Sacred Heart Prep 'A'	DQ

**Event 4 Girls 4x800 Meter Relay Varsity**

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 Record: \* 9:57.74 2023 , Bay School of San Franci  
 School Finals  
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1 Hollister 'A'	10:04.25
2 Burlingame 'A'	10:06.02
3 Mills 'A'	10:35.20
4 Half Moon Bay 'A'	11:00.77
5 Notre Dame (Belmont) 'A'	12:08.73

**Fighting Knights Relays - 3/9/2024****Hillsdale High School****Results****Event 5 Boys 65 Meter Hurdles Frosh Soph**

Record: * 10.71 2023 Marcus Rife, Aragon				
Name	Year	School	Finals	H#
1 Farrell, Jack	10	St Ignatius	10.12*	3
2 Monroy, Giancarlo	10	Mills	11.43	2
3 La Vrar, Maximiliano	9	Carlmont	11.53	2
4 Barry, Cameron	10	San Mateo	11.89	3
5 Gomez, Daniel	10	Aragon	12.36	3
6 Polshakov, Andrew	9	Carlmont	12.91	2
7 Westerman, Nykai	10	Jefferson	13.07	2
8 Hernandez, Mario	10	Jefferson	13.41	3

**Event 6 Boys 110 Meter Hurdles Varsity**

Record: * 15.89 2023 Luca Morrison, St. Ignatius				
Name	Year	School	Finals	H#
1 Tanguay, Luke	12	Santa Cruz	15.81*	4
2 Rose, Evan	12	San Mateo	15.84*	4
3 Rife, Marcus	11	Aragon	16.59	4
4 Molinari, Shane	11	St Ignatius	16.87	1
5 Metry, Jeremiah	12	Mills	17.60	2
6 Niverson, Xen	11	Hollister	17.85	3
7 Mashni, Ghanim	12	Mills	17.90	3
8 Chopoff, Sean	11	Carlmont	18.12	2
9 Alfaro, Alejandro	11	St Ignatius	18.34	3
10 Arroyo-Vega, Julian	11	Hollister	18.65	2
11 Mcwhorter, Charles	11	Aragon	18.79	3
12 Armstrong, Max	12	Hillsdale	18.95	2
13 Kazee, Luke	11	St Ignatius	19.80	1
14 Morin, Isaias	12	Hollister	20.10	3
15 Wilberg, Ocean	11	San Mateo	21.31	2
16 Saray, Angel	11	Hollister	25.26	1

**Event 7 Girls 100 Meter Hurdles Frosh Soph**

Record: * 19.11 2023 Emma Kiehn, St. Ignatius				
Name	Year	School	Finals	H#
1 Brown, Hailey	10	Hollister	18.43*	5
2 Lacasse, Oceane	9	Sequoia	18.96*	4
3 Plam, Helen	10	St Ignatius	19.10*	5
4 Arcenio, Genevieve	9	St Ignatius	20.23	2
5 Kronk, Michaela	10	St Ignatius	20.26	4
6 Hassan, Kamiila	9	Mills	20.34	2
7 Seefeldt, Adele	9	Alameda High	20.36	1
8 Guterrez Palacios, Vane	10	Mills	20.85	4
9 Dimon, Katherine	10	Carlmont	21.06	5
10 Wong, Emily	10	Mills	21.20	4
11 Costa, Meera	10	Bay School o	21.36	3
12 Dias, Natalie	9	San Mateo	22.17	3
13 Wilberg, Amelia	9	San Mateo	22.18	3
14 Nordstrom, Julia	9	Hollister	23.23	1
15 Geylani, Thea	9	Carlmont	23.46	1
16 Zurowski-Morin, Vivian	10	Hillsdale	24.70	3

**Fighting Knights Relays - 3/9/2024**  
**Hilsdale High School**  
**Results**

**....Event 7 Girls 100 Meter Hurdles Frosh Soph**

17 Tu, Kallan 10 Aragon 25.48 5

**Event 8 Girls 100 Meter Hurdles Varsity**

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Record: * 16.97		2023	Lucie Yu, St. Ignatius	
Name	Year	School	Finals	H#
=====				
1 Simpson, Laniah	11	Archbishop Mitty	15.43*	5
2 Oden, Taylor	12	Archbishop Mitty	15.85*	5
3 Domingo, Sydney	10	Mercy (Burlingame)	16.48*	4
4 Haliburton-Rudy, Shiloh	10	Archbishop Mitty	16.59*	4
5 Brooks, Chloe	12	St Ignatius	16.94*	5
6 Osuna, Tiana	12	Archbishop Mitty	17.17	5
7 Chen, K	10	Carlmont	17.35	3
8 Tidwell, Alice	12	Sequoia	17.98	4
9 Chan, Sophia	11	Carlmont	18.22	2
10 Brack, Lilia		Alameda High	18.41	3
11 Hohmann, Sophie	11	Mills	18.60	3
12 Welty, Mackenzy	11	Hollister	19.02	2
13 Ferrell, Ariel	12	Santa Cruz	20.05	2
14 Steiner, Lucinda	12	Santa Cruz	20.27	4
15 Mitchell, Alex	12	St Ignatius	20.62	2
16 Nguyen, Nguyet	12	San Mateo	21.39	1
17 Cormier, Ameya	11	San Mateo	21.75	1
18 Kuczera, Ida	11	Hillsdale	22.19	1
19 Kofford, Emilie	11	Sacred Heart Prep	22.23	1
20 Morganstern, Allison	11	San Mateo	23.69	2

**Event 9 Boys 100 Meter Dash Frosh Soph**

=====				
Record: * 11.80		2023	Sohan Sohata, St. Ignatius	
Name	Year	School	Finals	H#
=====				
1 Filinski, Ryder	10	St Ignatius	11.19*	5
2 Shelton, Zui	10	St Ignatius	11.64*	5
3 Bell, Jonas	10	Hillsdale	11.74*	5
4 Nguyen, Kurt	9	Aragon	11.75*	5
5 Harvey-Guedes, Patrick	9	Carlmont	11.92	5
6 Haas, Timothy	10	St Ignatius	11.95	2
7 Mostasisa, Justin	9	St Ignatius	12.13	4
8 Salamanca, Christian	9	Hillsdale	12.16	4
9 Baxter, Nathaniel	9	Hollister	12.19	4
10 Andrabadu, Nisith	9	Hillsdale	12.21	3
11 Kong, Matteo	10	Aragon	12.23	5
12 Nues, Elijah	10	Hillsdale	12.24	4
13 Wong, Matthew	10	Mills	12.34	4
14 Sugiura, Alexander	10	Hollister	12.34	5
15 Sanchez, Rhonin	9	Hollister	12.41	3
16 Holyda, Dylan	10	Carlmont	12.44	3
17 Trotter, Kaisei	10	Carlmont	12.55	4
18 Dorn, Marcus	9	Hollister	12.57	4
19 Varfolomeev, Anton	9	Mills	12.65	3
20 Pitney, Hamilton	10	San Mateo	12.73	3
21 Chatterjee, Miles	10	Hillsdale	12.79	2
22 Boulware, Aaron Anthony	11	Oakland	12.87	3

**Fighting Knights Relays - 3/9/2024**  
**Hillsdale High School**  
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**...Event 9 Boys 100 Meter Dash Frosh Soph**

23	Gomez Miranda, Kevyn	10	Hillsdale	13.01	2
24	Veilleux, Bodhi	9	Half Moon Bay	13.01	2
25	Boatman, Reyes	9	San Mateo	13.15	4
26	Chow, Wayne	10	Mills	13.22	2
27	li, Eason	10	Mills	13.58	3

**Event 10 Girls 100 Meter Dash Frosh Soph**

=====					
Record: * 10.83		2023	Carter Shaw, Sacred Heart Prep		
Name	Year	School	Finals	H#	
=====					
1	Hui-Bytof, Avery	9	St Ignatius	13.47	1
2	Hwang, Mina	9	Aragon	13.57	5
3	Chen, Victoria	10	Aragon	13.77	5
4	Glaspie, Breion	10	St Ignatius	13.80	4
5	Cole, Saniya	9	Oakland	13.86	4
6	Picha, Olivia	10	Hollister	13.92	5
7	Skow, Lauren	10	Hollister	14.08	5 14.077
8	Martin, Oona	10	Sequoia	14.08	5 14.078
9	Aguasín-Horace, Zoe	10	St Ignatius	14.08	4 14.080
10	Robinson, Yuniqqe	12	Oakland	14.29	4
11	Csuti, Gabi	10	Sequoia	14.33	4
12	Fong, Bella	9	San Mateo	14.35	4
13	Morales, Ava	10	Hillsdale	14.36	2
14	Buret, Lauren	9	Notre Dame (	14.53	1
15	Wong, Sarah	10	Mills	14.59	3
16	Cho, Chloe	10	Mills	14.63	5
17	Crump, Se'miyah	So	Oakland	14.64	1
18	Kwan, Jocelyn	10	Mills	14.68	3 14.680
18	Blachard, Maggie		Notre Dame (	14.68	1 14.680
20	Teekasingh, Tiara	10	Hillsdale	14.69	1
21	Cheng, Natalie	10	Mills	14.86	2
22	Abulebdeh, Heyam	10	Hillsdale	14.90	3
23	Turek, Ashley		Notre Dame (	14.91	3
24	Hu, Sophie	9	Notre Dame (	15.02	3
25	Fitzgerald, Virginia	11	Notre Dame (	15.12	4
26	Chen, Catherine	10	Notre Dame (	15.71	2
27	Li, Allison	10	San Mateo	15.87	3
28	Rosas, Esmeralda	10	Oakland	16.51	1
29	Chow, Courtney	10	Mills	16.53	2
30	Cantillo, Sara	9	San Mateo	16.79	2

**Event 11 Boys 100 Meter Dash Varsity**

=====					
Record: * 13.44		2023	Sophia Boudraa, St. Ignatius		
Name	Year	School	Finals	H#	
=====					
1	Andrabadu, Sineth	11	Hillsdale	11.07*	4
2	Jamal, Shaun	11	Hollister	11.36*	4
3	Hua, Kingston	11	Hillsdale	11.53*	4
4	Harger, Charles	10	Aragon	11.68*	3
5	Radulovich, Matt	12	San Mateo	11.75*	4
6	Statua, Myles	11	Hollister	11.75*	4
7	Olvera, Juan	12	Carlmont	11.77*	4
8	Mckittrick, Brendan	12	Jefferson	11.90*	3

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**...Event 11 Boys 100 Meter Dash Varsity**

9 Kazez, Luke	11 St Ignatius	11.98*	2
10 Chu, Christopher	11 Aragon	12.07*	3
11 Landayan, Javen	11 Jefferson	12.07*	2
12 Chu, Jaden	11 Hillsdale	12.11*	3
13 McCann, Tripp	12 Hillsdale	12.12*	3
14 Sanchez, Malachi	11 Oakland	12.16*	2
15 Rodriguez, Diego	11 Bay School o	12.18*	2
16 Molinari, Shane	11 St Ignatius	12.33*	2
17 Bagileo, Christian	12 San Mateo	12.34*	2
18 Hernandez, Jorge	11 Hillsdale	12.36*	2
19 Academia, Aaron	12 Mills	12.64*	3
20 Palmer, Tyjhan	11 Oakland	12.83*	1
21 Vazquez, Jaeden	12 Mills	13.33*	2

**Event 12 Girls 100 Meter Dash Varsity**

=====				
Record: *	12.09	2023	Ellie McCuskey-Hay, St. Ignatius	
Name	Year	School	Finals	H#
=====				
1 Brown, Delaney	12	San Mateo	12.59	5
2 Warner, Soleil	10	Bay School o	12.89	5
3 Brooks, Chloe	12	St Ignatius	12.91	5
4 Cho, Pia	12	Aragon	12.98	5
5 Goetz, Abigail	12	Sequoia	13.12	5
6 Barajas, Emerson Elyse	10	Carlmont	13.12	4
7 Ivankov, Alexis	10	Mills	13.45	4
8 Yee, Katie	11	Mills	13.55	3
9 Santos, Sarah	11	Jefferson	13.57	4
10 Su, Evelyn	12	San Mateo	13.62	4
11 Lamprecht, Kamryn	12	Half Moon Bay	13.69	5
12 Campbell, Cariana	11	St Ignatius	13.71	3
13 Cunningham, Christina	11	Hollister	13.72	4
14 Ma, Vivian	10	Archbishop Mitty	13.75	4
15 Cenzano, Addie	12	Bay School o	13.79	3
16 Dubuc, Jeanne	10	Notre Dame (	13.81	3
17 Brathelol, Zephyn	10	Archbishop Mitty	14.09	2
18 Rottinghuis, Ellie	11	Carlmont	14.19	2
19 BakerMalone, Kaia	10	Carlmont	14.27	3
20 Longaker, Ryleigh	10	Sacred Heart Prep	14.28	2
21 Martin, Malia	10	Archbishop Mitty	14.30	2
22 Wall, Nina	11	Notre Dame (	14.38	2
23 Hood, Annalia	9	Sacred Heart Prep	14.38	2
24 Lopez, Sophia	11	Jefferson	14.44	2
25 Lonardo, Gabby	11	Notre Dame (	14.95	2
26 Schoenstein, Hazel	9	Half Moon Bay	16.01	1
27 Thayer, Camille	11	Half Moon Bay	17.08	1

**Event 13 Boys 1 Mile Run Frosh Soph**

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Record: *	4:45.15	2023	Andrew Song, San Mateo	
Name	Year	School	Finals	
=====				
1 Novak, Luke	10	Aragon	4:51.35	
2 Nichols, Tyler	10	Aragon	4:52.02	
3 Hersh, Leor	10	Bay School o	4:56.65	

**Fighting Knights Relays - 3/9/2024**  
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**...Event 13 Boys 1 Mile Run Frosh Soph**

4 Parra, Andrew	9 Hollister	4:56.72
5 Cronin, Connor	10 Carlmont	4:58.21
6 Woo, Adam	10 Hillsdale	5:01.17
7 Ren, Kaden	10 Mills	5:01.40
8 Venook, Kyle	9 Mills	5:03.22
9 Mui, Theodore	10 Carlmont	5:04.16
10 McGurk, William	9 Hillsdale	5:10.24
11 West, Sam	10 Bay School o	5:11.70
12 Briano, Michael	9 Hollister	5:13.66
13 Castaneda, Aidan	10 Hollister	5:14.70
14 Prince, Hunter	9 Carlmont	5:22.25
15 Perez, Luis	9 Hollister	5:24.19
16 Ficker, Trevor	10 Sacred Heart Prep	5:47.10
17 Nishamura, Ethan	9 Mills	5:55.74
18 Speiser, William	9 Sacred Heart Prep	5:56.67
19 Jen, Jonathan	9 Sequoia	5:56.81
20 Myers, Cole	10 Sequoia	6:41.46
21 Gachet, Gabriel	9 San Mateo	7:58.69

**Event 14 Boys 1 Mile Run Varsity**

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Record: *	4:40.74	2023	Bruno Bartalos, Lowell
Name	Year	School	Finals
=====			
1 Henige, Rowan	12	Sequoia	4:38.62*
2 Chang, Lucas	12	Bay School o	4:43.95
3 Haller, Gabriel	10	Carlmont	4:44.50
4 Olgun, Kerem	10	Carlmont	4:47.09
5 Huerta, Jared	11	Hollister	4:48.69
6 Rowney, Tate	12	Bay School o	4:54.52
7 Matsumoto, Sou	11	Aragon	5:06.55
8 Abude, Jesse	12	Jefferson	5:10.80
9 Ta, Ian	11	Aragon	5:12.13
10 Bautin, Rostislav	11	Carlmont	5:13.11
11 Griffin, Clay	11	Sacred Heart Prep	5:24.80
12 Dolinko, Carson	10	Sacred Heart Prep	5:25.24
13 Henderson, Aaran	11	Sequoia	5:32.43
14 Frandzel, Aviv	11	San Mateo	5:40.82
15 Gonzales, Honorio	11	San Mateo	6:11.14

**Event 15 Girls 1 Mile Run Frosh Soph**

=====			
Name	Year	School	Finals
=====			
1 Santel, Meg	10	Bay School o	5:56.35
2 Costa, Meera	10	Bay School o	5:58.86
3 Dunn, Alexa	9	Mills	6:05.73
4 Lehman, Valeria	10	Carlmont	6:06.43
5 Matulich, Addison	9	Hillsdale	6:13.36
6 Choi, Christine	10	Aragon	6:14.54
7 Lei, Cartier	Fr	Oakland	6:26.05
8 Dang, Carina	9	Mills	6:27.12
9 Kerri, Nina	9	Mills	6:39.57
10 Ge, Olivia	10	Hillsdale	7:11.66
11 Skye, Reese	9	Sequoia	7:31.53

**Fighting Knights Relays - 3/9/2024**  
**Hillsdale High School**  
**Results**

**....Event 15 Girls 1 Mile Run Frosh Soph**

12 DeAndrade Marquez, Maria	10 San Mateo	7:43.22
13 Mai, Alyssa	9 Mills	7:49.81

**Event 16 Girls 1 Mile Run Varsity**

Record: * 5:19.15 2023 Julia Soderbary, Sacred Hea			
Name	Year	School	Finals
1 Robinson, Jordan	12	Hillsdale	5:33.21
2 Hsieh, Naia	11	Hillsdale	5:38.53
3 Hood, Chloe	10	Santa Cruz	5:44.04
4 Cruz Parada, Lina	11	Aragon	5:47.32
5 Cuadros, Daniela	10	Carlmont	5:52.70
6 Yazzie, Aurora	11	Hillsdale	6:00.94
7 Hernandez, Sasha	12	Hollister	6:17.14
8 Park, Rylee	11	Hollister	6:18.43
9 Reinders, Sienna	12	Carlmont	6:35.83
10 Chan, Kaelyn	10	Mills	6:40.01
11 Guan, Amy	11	Jefferson	6:40.52
12 Wong, Jeslyn	12	Bay School o	6:44.41
13 Larin, Dayana	9	Jefferson	6:58.16

**Event 17 Boys 4x100 Meter Relay Frosh Soph**

Record: * 46.33 2022 , Sacred Heart Prep			
School		Finals	H#
1 St Ignatius 'A'		44.47*	1
2 Hillsdale 'A'		45.83*	2
3 Aragon 'A'		47.21	2
4 San Mateo 'A'		47.48	2
5 Mills 'A'		48.46	2
6 Sequoia 'A'		48.66	2
7 Oakland 'A'		49.21	1
8 San Mateo 'B'		49.72	1
9 Jefferson 'A'		51.01	2

**Event 18 Girls 4x100 Meter Relay Frosh Soph**

Record: * 53.35 2023 , St. Ignatius		
School		Finals
1 St Ignatius 'A'		53.24*
2 Aragon 'A'		53.66
3 Hillsdale 'A'		53.86
4 Mills 'A'		57.49
5 Oakland 'A'		58.42
6 Jefferson 'A'		1:00.29
7 San Mateo 'A'		1:02.10
-- Hollister 'A'		DQ

**Fighting Knights Relays - 3/9/2024**  
**Hillsdale High School**  
**Results**

**Event 19 Boys 4x100 Meter Relay Varsity**

Record: * 43.87 2023 , Sacred Heart Prep			
School		Finals	H#
1 Hillsdale 'A'		43.48*	2
2 Carlmont 'A'		44.00	2
3 Hollister 'A'		44.46	2
4 San Mateo 'A'		45.01	2
5 Aragon 'A'		45.57	2
6 Oakland 'A'		45.93	1
7 Hollister 'B'		46.70	1
8 Jefferson 'A'		46.76	2
9 Santa Cruz 'A'		46.96	2
10 Mills 'A'		47.93	1
11 San Mateo 'B'		48.20	1

**Event 20 Girls 4x100 Meter Relay Varsity**

Record: * 51.01 2022 , Lick Wilmerding			
School		Finals	H#
1 Archbishop Mitty 'A'		49.90*	2
2 Hollister 'A'		50.38*	2
3 Santa Cruz 'A'		52.21	2
4 Sequoia 'A'		52.94	1
5 Mills 'A'		52.96	2
6 Hillsdale 'A'		53.20	2
7 Aragon 'A'		53.75	2
8 San Mateo 'A'		54.00	1
9 Jefferson 'A'		54.20	1
10 Half Moon Bay 'A'		1:01.82	1
-- Oakland 'A'		DNF	1

**Event 21 Boys Distance Medley Frosh Soph**

Record: * 11:47.84 2023 , Sequoia			
School		Finals	
1 Mills 'A'		11:49.68	
2 Aragon 'A'		11:50.12	
3 Mills 'B'		12:34.40	
4 Hillsdale 'A'		12:36.82	
5 Bay School of San Francisco 'A'		12:38.39	
6 Sequoia 'A'		12:52.95	
7 Santa Cruz 'A'		12:53.35	
8 Carlmont 'A'		12:59.97	
9 San Mateo 'A'		13:06.34	
10 Bay School of San Francisco 'B'		14:47.56	

**Event 22 Boys Distance Medley Varsity**

Record: * 10:35.77 2023 , Piedmont			
School		Finals	
1 Carlmont 'A'		11:11.62	
2 Aragon 'A'		11:17.53	



**Fighting Knights Relays - 3/9/2024**  
**Hillsdale High School**  
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**....Event 22 Boys Distance Medley Varsity**

3 San Mateo 'A'	11:36.15
4 Half Moon Bay 'A'	11:56.50
5 Sacred Heart Prep 'A'	12:03.20
6 Carlmont 'B'	12:05.93
7 Oakland 'A'	12:19.48
8 Mills 'A'	12:26.99
9 Bay School of San Francisco 'A'	12:30.54
10 Hillsdale 'A'	12:44.31
11 Hillsdale 'B'	13:03.97
-- Sequoia 'A'	DQ

**Event 23 Boys 800 Sprint Medley Frosh Soph**

Record: \* 1:46.64 2022 , Sacred Heart Prep  
 School Finals H#

1 Hollister 'A'	1:43.82*	2
2 Aragon 'A'	1:47.07	2
3 Hollister 'B'	1:48.41	2
4 Jefferson 'B'	1:49.36	1
5 Hillsdale 'B'	1:49.42	2
6 San Mateo 'A'	1:49.76	2
7 Mills 'A'	1:49.81	2
8 Hillsdale 'A'	1:52.67	1

**Event 24 Girls 800 Sprint Medley Frosh Soph**

Record: \* 2:08.85 2023 , Aragon  
 School Finals H#

1 St Ignatius 'A'	2:02.14*	2
2 Aragon 'B'	2:04.21*	1
3 San Mateo 'A'	2:06.54*	2
4 Mills 'A'	2:09.16	2
5 Aragon 'C'	2:11.91	1
6 Hillsdale 'A'	2:11.98	2
7 Jefferson 'A'	2:15.85	2
8 Hillsdale 'B'	2:19.62	1

**Event 25 Boys 800 Sprint Medley Varsity**

Record: \* 1:38.65 2023 , Sacred Heart Prep  
 School Finals H#

1 Carlmont 'A'	1:40.69	2
2 Aragon 'C'	1:42.18	1
3 Jefferson 'A'	1:44.09	2
4 Santa Cruz 'A'	1:44.18	1
5 Hollister 'A'	1:45.55	2
6 Hillsdale 'A'	1:45.76	2
7 Hollister 'B'	1:46.24	1
8 San Mateo 'A'	1:50.00	2
9 Jefferson 'B'	1:50.49	1
10 Mills 'B'	1:53.88	1
11 Oakland 'A'	1:54.90	2

**Fighting Knights Relays - 3/9/2024**  
**Hilsdale High School**  
**Results**

**Event 26 Girls 800 Sprint Medley Varsity**

=====			
Record: * 1:55.31 2022		, Lick Wilmersing	
School		Finals	H#
=====			
1 Archbishop Mitty 'A'		1:56.99	2
2 Carlmont 'A'		1:59.18	1
3 Notre Dame (Belmont) 'A'		2:00.98	2
4 Aragon 'A'		2:01.17	2
5 San Mateo 'B'		2:03.26	1
6 Sequoia 'A'		2:06.51	2
7 Jefferson 'A'		2:09.01	1
8 Santa Cruz 'A'		2:16.83	1
9 Sacred Heart Prep 'A'		2:17.61	2
10 San Mateo 'A'		2:28.85	2

**Event 27 Girls Distance Medley Frosh Soph**

=====			
Record: * 14:02.11 2022		, Half Moon Bay	
School		Finals	
=====			
1 Aragon 'A'		14:18.70	
2 Bay School of San Francisco 'A'		14:39.91	
3 Mills 'A'		14:56.62	
4 San Mateo 'A'		15:04.52	
5 Sequoia 'A'		15:49.26	

**Event 28 Girls Distance Medley Varsity**

=====			
Record: * 13:11.44 2023		, Bay School Of San Franci	
School		Finals	
=====			
1 Bay School of San Francisco 'A'		12:59.67*	
2 Hollister 'A'		13:24.30	
3 Hillsdale 'A'		13:56.48	
4 Half Moon Bay 'A'		14:18.04	
5 Sequoia 'A'		15:09.69	
6 Notre Dame (Belmont) 'A'		15:46.49	
7 Jefferson 'A'		17:26.38	

**Event 29 Boys 4x200 Meter Relay Frosh Soph**

=====			
Record: * 1:39.53 2022		, Sacred Heart Prep	
School		Finals	H#
=====			
1 St Ignatius 'A'		1:35.67*	2
2 Hollister 'A'		1:38.75*	2
3 Oakland 'A'		1:40.43	1
4 Carlmont 'A'		1:40.87	2
5 Hillsdale 'A'		1:41.03	2
6 Aragon 'A'		1:41.82	2
7 Hollister 'B'		1:43.96	1
8 Mills 'A'		1:45.97	2
9 Sequoia 'A'		1:46.17	2
10 Jefferson 'A'		1:49.74	2
11 San Mateo 'A'		1:52.77	1

**Fighting Knights Relays - 3/9/2024**  
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**Event 30 Girls 4x200 Meter Relay Frosh Soph**

Record: * 2:02.99 2023 , Notre Dame Belmont			
School		Finals	H#
1 San Mateo 'A'		1:57.34*	1
2 St Ignatius 'A'		1:57.84*	2
3 Aragon 'A'		2:02.41*	2
4 Sequoia 'A'		2:02.42*	2
5 Hillsdale 'B'		2:03.13	1
6 Hillsdale 'A'		2:03.82	1
7 Notre Dame (Belmont) 'A'		2:07.71	1

**Event 31 Boys 4x200 Meter Relay Varsity**

Record: * 1:37.35 2023 , Sacred Heart Prep			
School		Finals	H#
1 Hollister 'A'		1:35.72*	1
2 Carlmont 'A'		1:38.42	2
3 Hillsdale 'A'		1:38.82	2
4 Oakland 'A'		1:39.93	1
5 Jefferson 'A'		1:40.06	2
6 Sequoia 'A'		1:40.08	2
7 Hollister 'B'		1:41.73	1
8 Aragon 'A'		1:42.14	2
9 Jefferson 'B'		1:47.09	1
10 Mills 'B'		1:47.37	1
11 Aragon 'B'		1:50.51	1
12 Santa Cruz 'A'		1:50.67	2

**Event 32 Girls 4x200 Meter Relay Varsity**

Record: * 1:52.28 2023 , Notre Dame Belmont			
School		Finals	H#
1 Hollister 'A'		1:47.55*	2
2 Archbishop Mitty 'A'		1:47.99*	2
3 Sequoia 'A'		1:53.72	2
4 Mills 'A'		1:54.31	2
5 Santa Cruz 'A'		1:57.03	1
6 Notre Dame (Belmont) 'A'		1:57.47	1
7 Jefferson 'A'		2:01.61	1

**Event 33 Boys Shot Put Varsity**

Record: * 45-00.75 2023 Ethan Buong, Mills			
Name	Year	School	Finals
1 Blos, Gavin	11	Hillsdale	46-03.75*
2 Vuong, Ethan	12	Mills	44-01.00
3 Salvador, Tomas		Hollister	43-03.00
4 Gomez, Marcos	11	Hollister	40-10.00
5 Fitzgerald, Emmanuel	11	San Mateo	39-02.25
6 Palma, Cameron	11	San Mateo	35-05.00
7 Liu, Hendrick	11	Mills	34-05.00
8 Belen Henroid, Ronan	11	Hillsdale	32-11.50

**Fighting Knights Relays - 3/9/2024  
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**...Event 33 Boys Shot Put Varsity**

9 Tatupu, Vaili	Aragon	32-02.50
10 Sawyer, Jake	12 Sequoia	30-11.00
11 Grabowski, Roman	12 Half Moon Bay	30-02.25
12 Henry, Colton	11 Half Moon Bay	29-04.00
13 Latchford, Erik	12 Sacred Heart Prep	29-03.00
14 Kervick, Donovan	11 Sequoia	29-01.00
15 Palmer, Tyjhan	11 Oakland	28-08.00
16 Nolan, Christopher	11 Hillsdale	28-07.00
17 Cavigioli, Daniel	Aragon	28-04.50
18 Vitale, Rocco	10 Sacred Heart Prep	27-09.00
19 Ramos, Aaron	11 Jefferson	22-02.00

**Event 34 Girls Shot Put Varsity**

=====			
Record: * 31-09.50	Bridget Reynolds, Woodsire		
Name	Year School	Finals	
=====			
1 Demby, Golda	11 Hollister	34-11.50*	
2 Tonascia, Natalie	12 Hollister	34-02.50*	
3 Mila, Evelini	12 Sacred Heart Prep	32-03.00*	
4 Huffer, Desiree	11 Sequoia	31-03.00	
5 Salles, Olivia	12 San Mateo	29-07.00	
6 Osborne, Jayden	11 Hollister	27-05.00	
7 Yi, Chloe	10 Aragon	27-03.50	
8 Chan, Sophia	11 Carlmont	26-07.25	
9 Saito, Leia	10 Hillsdale	22-11.50	
10 Gil, Kyleah	Sequoia	21-09.00	
11 Masarweh, Nagham	12 Mills	21-03.25	
12 Sheldon, Amanda	12 Hillsdale	20-08.00	
13 Zheng, Nicole	10 Aragon	20-07.50	
14 Roach, Reece	11 Mills	18-11.00	

**Event 35 Boys Shot Put Frosh Soph**

=====			
Record: * 41-08	2023	Gavin Blos, Hillsdale	
Name	Year School	Finals	
=====			
1 Fitzgerald, Yianni	10 San Mateo	40-08.00	
2 Sanford, Kailain	10 Jefferson	40-03.50	
3 La Grille, Kai	San Mateo	39-08.00	
4 Soudah, Johnathan	10 Hillsdale	37-01.00	
5 Nessel, Troy	10 Hillsdale	37-00.50	
6 Ostoja, Riley	9 Hollister	36-10.00	
7 Trujillo Ramirez, Angel	10 Hillsdale	35-06.00	
8 Barron, Carlos	10 Hillsdale	34-00.00	
9 Palomo, Leo	Mills	33-04.75	
10 Gomez, Juan	10 Hillsdale	32-02.00	
11 Khylkouski, Nickita	9 Sequoia	30-09.00	
12 Wallace, Jacob	10 Sequoia	30-08.50	
13 Castro, Giovanni	9 Hillsdale	30-04.00	
14 Miranda, Leo	10 Hollister	29-07.50	
15 Orta Garcia, Gherie	9 Jefferson	28-04.00	
16 Torress, lucas	9 Aragon	27-10.00	
17 Lin, Brandon	9 Aragon	27-00.50	
18 Quan, Nolan	9 Hillsdale	23-06.50	

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**...Event 35 Boys Shot Put Frosh Soph**

19 Sanchez, Jason Half Moon Bay 23-01.00

**Event 36 Girls Shot Put Frosh Soph**

=====			
Name	Year	School	Finals
=====			
Record: * 28-06.25 2023 Denise Huffer, Sequoia			
1	Madrigan, Sofia	10 Mills	27-07.50
2	Fong, Bella	9 San Mateo	27-04.50
3	Vaka, Catalina	10 Mills	27-03.25
4	Ali, Ila	10 Hillsdale	20-07.00
5	Vincent, Emily Jane	10 Aragon	20-06.25
6	Garrick, Nyla	10 Aragon	20-04.50

**Event 37 Girls Long Jump Varsity**

=====			
Name	Year	School	Finals
=====			
Record: * 17-05 2023 Ellie McCuskey-Hay, St. Ignat			
1	Newman, Suraya	12 St Ignatius	17-09.50*
2	Brown, Delaney	12 San Mateo	16-03.75
3	Vincent, Hannah	11 Hollister	16-02.00
4	Franks, Emma	11 Hollister	16-00.25
5	Ivankov, Alexis	10 Mills	15-05.25
6	Martin, Malia	10 Archbishop Mitty	14-10.00
7	Elan, Rona	10 Hillsdale	14-07.00
8	Simpson, Laniah	11 Archbishop Mitty	14-05.50
9	BakerMalone, Kaia	10 Carlmont	13-10.25
10	Lim, Monica	11 Aragon	13-09.75
11	Cenzano, Addie	12 Bay School o	13-08.50
12	Hu, Sophie	9 Notre Dame (	13-07.25
13	Ma, Vivian	10 Archbishop Mitty	13-06.00
14	Shih, Stella	10 Hillsdale	13-01.50
15	Roach, Reece	11 Mills	12-10.50
16	Fiel, Maylani	12 Aragon	12-07.75
17	Wong, Lindsay	Carlmont	11-00.00
18	Castillo, Eva	12 San Mateo	10-10.75

**Event 38 Boys Long Jump Varsity**

=====			
Name	Year	School	Finals
=====			
Record: * 20-04 2023 Monroe Barnum, St. Ignatius			
1	Gonzalez, Noah	11 St Ignatius	20-00.00
2	Niverson, Xen	11 Hollister	19-06.75
3	Hansen, Dru	12 Sequoia	19-04.00
4	Milburn, Sean	11 St Ignatius	19-03.25
5	Vincent, Joshua	12 Hollister	18-08.50
6	Chu, Jaden	11 Hillsdale	18-07.25
7	Harger, Charles	10 Aragon	17-11.50
8	King, Trajan	12 Hillsdale	17-10.50
9	Battulga, Tului	11 Mills	17-02.00
10	Goncalves, Gabriel	11 Carlmont	16-11.75
11	Wilberg, Ocean	11 San Mateo	16-11.25
11	Rhee, Mark	12 San Mateo	16-11.25

**Fighting Knights Relays - 3/9/2024**  
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**...Event 38 Boys Long Jump Varsity**

13 White, Quin	11 Hillsdale	16-06.50
14 Teng, Quincy	12 Aragon	16-04.75
15 Academia, Aaron	12 Mills	16-02.00
15 Sutton, Frederick	12 Carlmont	16-02.00
17 Hernandez, Jorge	11 Hillsdale	15-11.00
18 Cardillo, Aidan	11 Aragon	15-06.25
19 Pavolotsky, Brennan	12 Aragon	15-05.75

**Event 39 Girls Long Jump Frosh Soph**

=====			
Record: *	14-11.25	2023	Jessica Wu, St. Ignatius
Name	Year	School	Finals
=====			
1 Henry, Genevieve	10	Mills	12-10.75
2 Phimsoutoam, Brook	10	Mills	12-10.50
3 Dababo, Maryam	10	Hillsdale	12-09.75
4 Richards, Blithe	9	Hollister	12-09.25
5 Nordstrom, Julia	9	Hollister	12-08.25
6 Chin, Tila	11	Notre Dame (	12-05.00
7 Arcelona, Olivia	10	Mills	12-03.50
8 Abulebdeh, Heyam	10	Hillsdale	12-02.25
9 Cheung, Camryn	9	Hillsdale	12-01.00
10 Lee, Madeline	9	Aragon	11-09.50
11 Li, Allison	10	San Mateo	11-08.75
12 Reyes, Alexis	10	Hillsdale	11-04.25
13 Frazita, Lia	9	Carlmont	10-06.50
14 Nobrega, Camille	9	Carlmont	10-04.75

**Event 40 Boys Long Jump Frosh Soph**

=====			
Record: *	18-01.50	2023	Oskar Herlitz, Sacred Hear
Name	Year	School	Finals
=====			
1 Asmerom, Leo	10	St Ignatius	17-06.75
2 Khoury, Sami	10	St Ignatius	16-07.25
3 Seymour, Stephen	9	Hollister	16-05.00
4 Gowdy, Jakob	9	Hillsdale	16-03.00
5 Mindel, Julian	10	Mills	15-06.50
6 Nues, Elijah	10	Hillsdale	15-04.75
7 Bell, Jonas	10	Hillsdale	15-03.25
8 Day-Vingara, Isayah	10	Hollister	15-02.75
9 Chaparala, Nishant	9	Aragon	15-02.50
10 Veilleux, Bodhi	9	Half Moon Bay	15-02.00
11 Cubero Garcia, Nicolas	9	Hillsdale	15-00.75
12 Gonzalez, Josue	10	Mills	15-00.00
13 Andrabadu, Nisith	9	Hillsdale	14-10.75
14 Monroy, Giancarlo	10	Mills	14-01.50
15 Navarro, Lance	10	Carlmont	14-00.00
16 McFadden, Nathan	9	Hillsdale	13-06.50
17 Lu, Carter	10	San Mateo	12-06.50

**Fighting Knights Relays - 3/9/2024**  
**Hilsdale High School**  
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**Event 41 Boys High Jump Varsity**

Record: * 5-10 2023 Frankie S.D., Zeke S., Ryan L.			
Name	Year	School	Finals
1 Sebisanovic, Luka	11	San Mateo	J6-00.00*
2 Vazquezz, Jaeden	12	Mills	J6-00.00*
3 Saray, Alexis	11	Hollister	J5-08.00
4 Loza, Savion	11	Hollister	J5-06.00
5 Dvorak, Owen	12	Mills	J5-04.00
5 Sagon Jr, Brian	11	Carlmont	J5-04.00
5 Bloch, DJ	11	St Ignatius	J5-04.00
8 Riordan, Conor	11	St Ignatius	J5-04.00
9 Rai, Tanay	11	Mills	J5-04.00
10 McGuigan, Alexander	11	Aragon	J5-00.00

**Event 42 Girls High Jump Varsity**

Record: * 5-04 2023 Melanie Castelli, Notre Dame			
Name	Year	School	Finals
1 Vincent, Hannah	11	Hollister	J4-08.00
2 Silva, Danalyn	11	San Mateo	J4-08.00
3 Brown, Ella	12	St Ignatius	J4-08.00
4 Draheim, Alyssa	12	Mills	J4-06.00
5 Flores, Sophia	10	Hillsdale	J4-06.00
6 Collins, Audrey	12	Half Moon Bay	J4-06.00
7 Murphy, Claire	11	Hollister	J4-06.00
8 Tidwell, Abbey	12	Aragon	J4-04.00
9 Rau, Katie	12	Aragon	J4-04.00
9 Vinyard, Vanessa	11	Hillsdale	J4-04.00
-- Gould, Samantha	11	Notre Dame (	NH
-- Tow, Samantha	9	Carlmont	NH
-- Ostrowski, Sophia	12	St Ignatius	NH

**Event 43 Boys High Jump Frosh Soph**

Record: * 5-04 2023 DJ Bloch, AJ Ennis, St. Ignat			
Name	Year	School	Finals
1 Luong, Thomas	10	Aragon	J5-08.00*
2 D'Acquisto, Anthony	9	St Ignatius	J5-06.00*
3 O'Brien, Ezra	9	Hillsdale	J5-06.00*
4 Farrell, Jack	10	St Ignatius	J5-06.00*
5 Gregory, Matthew	10	Aragon	J5-04.00*
6 Westpal, Brett		Sequoia	5-02.00
7 Rodoni, Nick	10	St Ignatius	J5-02.00
8 Muzzy, Sawyer	9	St Ignatius	J5-02.00
9 Gowdy, Jakob	9	Hillsdale	J5-00.00
10 Sanchez Abonce, Maximili	9	Hollister	J5-00.00
11 Soudah, Zeki	9	Hillsdale	J5-00.00
12 Lin, Simon	9	San Mateo	J4-10.00
12 Nelson, Jordan	9	Hollister	J4-10.00
12 Dionne, Remi	9	Hillsdale	J4-10.00
15 Huynh, Tyler	10	Mills	J4-10.00
15 Telfer-mantouvalos, Niki	9	Aragon	J4-10.00
17 Monroy, Giancarlo	10	Mills	J4-08.00

**Fighting Knights Relays - 3/9/2024**  
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**....Event 43 Boys High Jump Frosh Soph**

18 Ma, Jacob	10 Carlmont	J4-06.00
19 Hsieh, Calvin	9 Mills	J4-04.00
20 Navarro, Lance	10 Carlmont	J4-04.00

**Event 44 Girls High Jump Frosh Soph**

=====			
Record: *	4-08	2023	Tatum Conroy, St. Ignatius
Name	Year	School	Finals
=====			
1 Conroy, Tatum	10	St Ignatius	5-00.00*
2 Horak, Mia	10	St Ignatius	4-06.00
3 Ormiston, Emily	10	Mills	4-04.00
4 Nobrega, Camille	9	Carlmont	4-02.00
4 Frazita, Lia	9	Carlmont	4-02.00
4 Rife, Meilin	10	Aragon	4-02.00
7 Zurowski-Morin, Vivian	10	Hillsdale	4-00.00
8 Wain, Tania	10	Mills	3-10.00