

2013 WCAL Track & Field Championships
St. Francis High School - 5/7/2013 to 5/10/2013
Meet Program - Boys Trials

Event 8 Boys 1600 Meter Run Frosh Soph**Wednesday 5/8/2013 - 4:00 PM****Meet: 4:30.90 1975 Stan Ross**

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Kumar, Dhruv	10	St. Francis	4:46.00
2	Rouhani, Gabe	10	Archbishop R	4:43.00
3	Sasser, Alex	10	Bellarmino C	4:41.00
4	Lehr, Kevin	09	St. Ignatius	4:38.33
5	Osipow, Ben	10	St. Ignatius	4:37.22
6	Chan, Jonathan	10	Sacred Heart	4:46.23
7	Burd, Ryan	10	Bellarmino C	4:47.79
8	Shaw, Bennet	09	Bellarmino C	4:48.23
9	Menees, Ryan	10	Bellarmino C	4:50.07
10	Remaker, Matthew	10	Archbishop M	4:51.00
11	Hase, Michael	10	Bellarmino C	4:52.18
12	Li, Jason	10	Valley Chris	4:52.59
13	Ward, Alex	09	St. Francis	4:53.00
14	Lyons, Padraig	10	St. Ignatius	4:54.18
15	Garcia, Jonathan	09	Junipero Ser	4:54.30
16	Doyle, Connor	10	St. Francis	4:55.00
17	Kish, Matthew	09	Archbishop M	4:55.00
18	Fan, Jordan	10	Sacred Heart	4:55.19
19	Hacker, Krey	09	St. Ignatius	4:56.56
20	Peterson, Stephen	10	Sacred Heart	4:56.71
21	Barton, Andrew	10	Junipero Ser	4:57.80
Section 2 of 2 Finals				
1	Dong, Jeremy	09	Valley Chris	5:04.00
2	Kemp, Owen	09	St. Francis	5:03.00
3	Gopakumar, manu	09	St. Francis	5:02.00
4	Montalvo, Lucas	10	Junipero Ser	5:01.00
5	Siu, Justin	09	Archbishop M	5:00.01
6	Koeswic, Brain	09	Archbishop R	5:05.00
7	Kang, Harmen	09	Archbishop M	5:07.00
8	Sandoval, Pedro	10	St. Ignatius	5:09.33
9	Ladine, Clayton	09	Archbishop R	5:11.00
10	Thorne, Maxwell	10	Sacred Heart	5:11.07
11	Meimban, Tycho	09	Archbishop R	5:12.00
12	Hoffelt, Henry	09	Sacred Heart	5:14.13
13	Enfantino, Peter	09	Valley Chris	5:15.91
14	Lynch, Nathan	10	Valley Chris	5:19.38
15	Han, Sam	10	Valley Chris	5:20.63
16	Arms, Michael	09	Junipero Ser	5:21.00
17	McDonald, Esteban	09	Archbishop M	5:23.40
18	Penner, Matthew	09	Junipero Ser	5:27.80

Event 11 Boys 110 Meter Hurdles Varsity**9 Advance: Top 1 Each Heat plus Next 7 Best Times****Wednesday 5/8/2013 - 4:20 PM**

Meet: 14.50 1974 Tom Shellworth
CCS: 13.65 1993 Erik Montgomery
State: 13.39 2004 Kevin Craddock
National: 13.30 1990 Chris Nelloms
CCS Qual: 15.45

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Prelims				
1	Zhang, Kelvin	11	Sacred Heart	19.87
2	Tynan, Jonathan	11	St. Ignatius	18.25
3	Myers, Colby	12	St. Francis	17.61
4	Wright, Jalen	12	Bellarmino C	14.40
5	Pambid, Gary	12	Bellarmino C	16.71
6	Kau, Ryan	11	St. Ignatius	18.19
7	Brown, Cameron	12	St. Francis	19.69
8				
Heat 2 of 2 Prelims				
1				
2	Brady, Chad	11	Sacred Heart	18.42
3	Ruso, Tyler	12	Junipero Ser	17.92
4	Mitchell, Zachary	12	Junipero Ser	15.12
5	Quinby, Peter	12	Bellarmino C	16.20
6	Kidd, Dylan	12	Bellarmino C	18.13
7	Dutra, Gabe	11	Bellarmino C	19.23
8				

Event 12 Boys 65 Meter Hurdles Frosh Soph**9 Advance: Top 1 Each Heat plus Next 6 Best Times****Wednesday 5/8/2013 - 4:30 PM****Meet: 9.21 2004 Joe Mirabeau**

Lane	Name	Yr	School	Seed Time
Heat 1 of 3 Prelims				
1	Winterstein, Eddie	10	Junipero Ser	11.11
2	Marani, Matthew	09	Archbishop M	10.79
3	Power, David	10	Archbishop M	10.25
4	DeLeon, Andre	10	St. Ignatius	9.45
5	Tucker, Kevin	09	Bellarmino C	10.24
6	James, Leighton	09	Valley Chris	10.78
7	Paolini, Mario	10	St. Ignatius	11.09
8	Somo, Aaron	09	St. Francis	11.43
Heat 2 of 3 Prelims				
1	Romero, Daniel	10	St. Francis	11.12
2	Wadsworth, Sam	09	St. Ignatius	10.80
3	Hendrickson, Matthew	10	Archbishop M	10.38
4	Chow, Chris	10	Bellarmino C	10.01
5	Quesada, Sean	10	St. Ignatius	10.15
6	O'Driscoll, Matt	10	St. Ignatius	10.76
7	Campbell, Brendon	09	St. Francis	10.98
8	Barber, Nolan	10	St. Francis	11.37

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Heat 3 of 3 Prelims...(Event 12 Boys 65 Meter Hurdles Frosh Soph)

1	Plummer, Armon	09	Junipero Ser	11.25
2	Bebba, Pauldin	09	Bellarmino C	10.88
3	Gallab, Dan	10	Bellarmino C	10.51
4	McMurray, Nico	10	Archbishop M	10.05
5	Staub, Ben	10	Valley Chris	10.11
6	Sevilla, Sean	10	Bellarmino C	10.69
7	Fizer, Kevin	10	St. Francis	10.90
8	Tran, Alex	10	Valley Chris	11.30

Event 15 Boys 400 Meter Dash Varsity**7 Advance: Top 1 Each Heat plus Next 4 Best Times****Wednesday 5/8/2013 - 4:40 PM**

Meet:	48.35	2003	Angelo Fobbs-Valentino
CCS:	45.25	1993	Calvin Harrison
State:	45.25	1993	Calvin Harrison
National:	45.25	1993	Calvin Harrison
CCS Qual:	50.00		

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

1	Sobouti, Kaelan	11	St. Francis	58.12
2	Calantog, Brandon	11	Bellarmino C	55.25
3	Dalton, David	11	Bellarmino C	53.86
4	Lampkin, Edward	12	Sacred Heart	48.71
5	Testa, Jeremiah	09	Junipero Ser	53.13
6	Kutch, Kristopher	11	St. Francis	55.18
7	Los Banos, Marcus	11	St. Francis	58.21

Heat 2 of 3 Prelims

1	Tovstyka, Daniel	11	Sacred Heart	58.11
2	Mulligan, Mark	12	Archbishop R	55.40
3	Pang, Eric	11	St. Ignatius	54.60
4	Orloff, Kyle	11	Junipero Ser	49.24
5	Smyth, Brendan	12	Bellarmino C	52.69
6	Chung, Felix	12	Archbishop R	55.00
7	Nascimento, Joshua	11	Sacred Heart	58.83

Heat 3 of 3 Prelims

1	Hashemi, Arshan	12	St. Francis	56.88
2	O'Toole, Rory	11	Sacred Heart	56.22
3	Roberts, Ryan	12	St. Francis	54.71
4	Makarov, Nikolai	12	Bellarmino C	50.57
5	Bellotti, Dominic	11	Bellarmino C	52.57
6	Hall, Brett Ikaika	11	St. Ignatius	54.85
7				

Event 16 Boys 400 Meter Dash Frosh Soph**7 Advance: Top 1 Each Heat plus Next 3 Best Times****Wednesday 5/8/2013 - 4:55 PM****Meet: 51.41 2009 Jalen Davidson**

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Prelims

1	Chang, Austin	09	Valley Chris	59.22
2	Jones, Nethanial	10	Junipero Ser	56.59
3	De La Rocha, David	10	Archbishop M	54.98
4	Waters, Joe	10	Archbishop R	52.13
5	Wrappe, Thomas	10	Bellarmino C	54.59
6	Qiu, Dario	10	Sacred Heart	56.34
7	Hovland, Mitchell	10	St. Francis	59.54

Heat 2 of 4 Prelims

1	Constatinidas, Carlos	09	St. Francis	58.80
2	Yu, Leo	10	Valley Chris	56.91
3	Case, Trevor	09	St. Francis	55.12
4	Jones, Nicolas	10	Junipero Ser	53.61
5	Jobson, Noah	10	Bellarmino C	54.51
6	Wilson, Jahque	10	Archbishop R	55.70
7	Whelan, Dan	09	Junipero Ser	59.54

Heat 3 of 4 Prelims

1	Toliver, Milan	09	Sacred Heart	58.39
2	Pramono, Arie	10	Sacred Heart	57.47
3	Nettles, Stephon	10	Junipero Ser	55.14
4	Macauley, Kyle	09	Bellarmino C	53.82
5	Mathews, Kenan	10	Bellarmino C	54.27
6	Picazo, Oscar	10	Archbishop R	55.70
7				

Heat 4 of 4 Prelims

1	Lee, Kelly	10	Valley Chris	58.10
2	La Rosa, Alec	09	Junipero Ser	57.77
3	Fitzgerald, William	10	St. Ignatius	55.56
4	Ellington, Tristan	10	Archbishop R	54.20
5	Jones, Akil	09	Valley Chris	54.23
6	Martinez, Michael	09	Bellarmino C	55.67
7				

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Event 19 Boys 100 Meter Dash Varsity

9 Advance: Top 1 Each Heat plus Next 6 Best Times

Wednesday 5/8/2013 - 5:10 PM

Meet: 10.70 1961 Steve Firenze
CCS: 10.41 1987 Tony Miller
State: 10.25 1985 Henry Thomas
National: 10.15 1990 Henry Neal
CCS Qual: 11.13

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

1	Wheaton, Michael	11	St. Ignatius	12.24
2	Marshall, Elijah	11	Bellarmino C	11.51
3	Johnson, Khalil	12	St. Francis	11.19
4	Johnson, Khalid	12	St. Francis	10.71
5	Njaka, Taylor	12	Bellarmino C	11.17
6	Arco, Angelo	12	Junipero Ser	11.46
7	Longmire, Grant	12	Valley Chris	12.21
8				

Heat 2 of 3 Prelims

1	Luong, Tim	12	Valley Chris	12.54
2	Hong, Alex	11	Sacred Heart	11.79
3	Bush, Grant	11	Bellarmino C	11.29
4	Sanfilippo, Joey	12	Bellarmino C	10.78
5	Lampkin, Edward	12	Sacred Heart	11.16
6	Dova, Lorenzo	11	St. Francis	11.37
7	San Buenaventura, Troy	11	Sacred Heart	12.03
8				

Heat 3 of 3 Prelims

1	Garcia, Nathan	12	Sacred Heart	12.55
2	McCarthy, Liam	11	St. Ignatius	11.90
3	Baty, Landon	11	St. Francis	11.33
4	Chapman, Aaron	12	Bellarmino C	11.04
5	Greene, Kamel	12	St. Francis	11.09
6	Tramontozzi, Vince	11	St. Ignatius	11.37
7	Gamboa, Adam	11	Archbishop R	12.00
8				

Event 20 Boys 100 Meter Dash Frosh Soph

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

Wednesday 5/8/2013 - 5:20 PM

Meet: 11.13 2010 Khalid Johnson

Lane	Name	Yr	School	Seed Time
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Heat 1 of 5 Prelims

1	Turner, David	09	Valley Chris	12.90
2	Walker, Morian	09	Valley Chris	12.11
3	Ford, Anthony	10	St. Ignatius	11.79
4	Becerra, Spencer	09	St. Ignatius	11.19
5	McMurray, Nico	10	Archbishop M	11.71
6	Milan, Matthew	11	Bellarmino C	12.10
7	Bermudez, Julian	09	Archbishop R	12.80
8				

Heat 2 of 5 Prelims

1	Addison, Isaiah	09	Valley Chris	13.10
2	Azurin, Mark	10	Sacred Heart	12.13
3	Coh, Patrick	10	Sacred Heart	11.88
4	KorPontinos, Matthew	09	St. Francis	11.23
5	Acevado, Adam	10	Archbishop M	11.69
6	Ewers, Blair	10	Valley Chris	12.09
7	Tejada, Victor	09	Archbishop R	12.80
8				

Heat 3 of 5 Prelims

1	Besona, Jonathan	10	Junipero Ser	13.14
2	Gogan, Alex	10	Junipero Ser	12.22
3	Wrappe, Thomas	10	Bellarmino C	11.90
4	Cassady, Cole	10	St. Francis	11.36
5	Verba-Hamilton, Aiden	09	Archbishop R	11.67
6	Blasband, Evan	10	St. Francis	12.01
7	Ross, Chris	10	Junipero Ser	12.71
8				

Heat 4 of 5 Prelims

1	Lucero, Gabriel	09	Junipero Ser	13.28
2	tofano, matthew	09	Archbishop M	12.32
3	Peters, Brandon	10	Valley Chris	11.91
4	Silva, James	10	Bellarmino C	11.41
5	Khan, Obaid	10	Archbishop M	11.67
6	Nabor, Joseph	10	St. Francis	12.01
7	Conlu, Vincent	09	Sacred Heart	12.66
8				

Heat 5 of 5 Prelims

1	Lee, Matthew	09	Sacred Heart	13.35
2	Aymard, Ryan	10	Sacred Heart	12.36
3	Douglass, Justin	09	Bellarmino C	11.91
4	Buenventura-Smith, Jacob	10	St. Ignatius	11.48
5	Levine, Charles	09	Archbishop R	11.60
6	Muncada, Joshua	09	Bellarmino C	11.94
7	Butler, Kela	09	St. Ignatius	12.50
8	Hoskins, Kevin	10	Junipero Ser	13.40

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Event 23 Boys 800 Meter Run Varsity**12 Advance: Top 1 Each Heat plus Next 10 Best Times****Wednesday 5/8/2013 - 5:35 PM**

Meet: 1:53.20 1977 Stan Ross
 CCS: 1:50.10 1970 Rick Brown
 State: 1:46.45 1996 Michael Granville
 National: 1:46.45 1996 Michael Granville
 CCS Qual: 1:57.75

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Mesfun, Eyobed	12	Valley Chris	2:06.15
2	Kato, Leland	11	Archbishop R	2:02.30
3	Berriatua, Joey	12	Junipero Ser	1:59.68
4	Greenlow, Adam	11	Bellarmino C	1:57.54
5	Murphy, Ciaran	12	St. Ignatius	1:56.41
6	Obregon, Chris	12	Bellarmino C	2:07.00
7	Gopakumar, JK	12	St. Francis	2:08.00
8	Clark, David	11	St. Francis	2:08.00
9	Lower, Jason	11	Junipero Ser	2:10.00
10	Flores, Carlos	12	Sacred Heart	2:10.19
11	Suarez, Antonio	11	Sacred Heart	2:11.70
12	Digiuseppe, Raymond	12	St. Francis	2:12.00
13	Fernando, Matthew	11	Junipero Ser	2:13.20
14	Livy, Tyler	11	St. Ignatius	2:13.83
15	Ye, Wilson	10	Valley Chris	2:27.28
16	James, Paul	10	Valley Chris	2:30.28

Heat 2 of 2 Prelims

1	Fast, Cameron	12	St. Francis	2:04.00
2	McMillan, Keegan	12	Bellarmino C	2:03.99
3	Avila, Marcus	09	Bellarmino C	1:59.56
4	Avila, Ricardo	10	Bellarmino C	1:58.50
5	McLarnan, Gabriel	11	St. Francis	1:55.70
6	Gudino, Alex	12	Junipero Ser	2:07.30
7	Powell, Roy	11	Archbishop M	2:07.50
8	Wehr, Charles	12	St. Ignatius	2:08.12
9	Kozuch, Matt	12	Sacred Heart	2:09.62
10	Cazares, Martin	11	Sacred Heart	2:10.37
11	Ascencio, Alexander	12	Valley Chris	2:10.49
12	Alber, Jack	11	Sacred Heart	2:12.03
13	Yancey, Chris	11	Junipero Ser	2:12.20
14	Barajas-Duran, Javier	12	St. Ignatius	2:13.86
15	Garcia, Inigo	11	Valley Chris	2:20.50
16	Lew, Justin	11	St. Ignatius	2:40.40

Event 24 Boys 800 Meter Run Frosh Soph**12 Advance: Top 1 Each Heat plus Next 10 Best Times****Wednesday 5/8/2013 - 5:45 PM**

Meet: 1:58.90 2010 Ciaran Murphy

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Rojas, Lupe	10	Bellarmino C	2:10.20
2	Moysov, Alec	09	Archbishop R	2:09.00
3	Fan, Jordan	10	Sacred Heart	2:08.33
4	Li, Jason	10	Valley Chris	2:05.03
5	Lehr, Kevin	09	St. Ignatius	2:03.90
6	Heng, Bryan	10	Bellarmino C	2:10.25
7	Arora, Samir	09	St. Francis	2:12.00
8	Lolabattu, Prajay	10	Bellarmino C	2:12.59
9	Sedayao, Kevin	10	Bellarmino C	2:14.46
10	Herrera, Matthew	09	Junipero Ser	2:14.72
11	Raman, Narun	09	St. Francis	2:16.00
12	Stewart, Elijah	10	Sacred Heart	2:16.22
13	Ladine, Clayton	09	Archbishop R	2:18.00
14	Barton, Andrew	10	Junipero Ser	2:18.20
15	Reidy, Kyle	09	St. Ignatius	2:22.44
16	Furrer, Lucas	09	Junipero Ser	2:22.84
17	DeMoss, Dean	09	Valley Chris	2:26.88
18	Meehan, Blair	10	St. Ignatius	2:28.90

Heat 2 of 2 Prelims

1	Mussman, Nick	10	Sacred Heart	2:10.06
2	Korb, Cameron	10	Archbishop M	2:09.30
3	Schwarz, Austin	09	St. Francis	2:07.00
4	Filip-Sanchez, Nico	10	Bellarmino C	2:06.77
5	Osipow, Ben	10	St. Ignatius	2:00.80
6	McKinnon, Colin	09	Archbishop M	2:12.00
7	Ibarra, Diego	09	St. Francis	2:12.00
8	Koeswic, Brain	09	Archbishop R	2:13.00
9	Lundy, Matt	10	Valley Chris	2:13.14
10	Rodriguez, Zach	10	St. Francis	2:15.00
11	Stier, Ethan	10	Sacred Heart	2:15.32
12	Fang, Sean	10	Junipero Ser	2:16.28
13	Min, Michael	09	Valley Chris	2:17.73
14	Meimban, Tycho	09	Archbishop R	2:19.00
15	Chang, Aaron	10	Valley Chris	2:21.16
16	Sommer, Morgan	09	St. Ignatius	2:23.50
17	Arms, Michael	09	Junipero Ser	2:24.00
18	Saligumba, Justin	09	Sacred Heart	2:29.09

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Event 27 Boys 300 Meter Hurdles Varsity

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

Wednesday 5/8/2013 - 6:00 PM

Meet: 38.31 2006 Napoleon Greene
CCS: 36.26 1996 Joe Naivalu
State: 35.28 2007 Jeshua Anderson
National: 35.02 2009 Reggie Wyatt
CCS Qual: 40.53

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

1				
2	Kau, Ryan	11	St. Ignatius	47.60
3	Brady, Chad	11	Sacred Heart	45.30
4	Wright, Jalen	12	Bellarmino C	38.26
5	Ruso, Tyler	12	Junipero Ser	44.34
6	Zhang, Kelvin	11	Sacred Heart	47.18
7				

Heat 2 of 3 Prelims

1				
2	Dutra, Gabe	11	Bellarmino C	48.71
3	Tynan, Jonathan	11	St. Ignatius	45.50
4	Mitchell, Zachary	12	Junipero Ser	38.59
5	Kidd, Dylan	12	Bellarmino C	43.82
6	Glenday, Colin	12	St. Francis	46.33
7				

Heat 3 of 3 Prelims

1				
2	Lee, Justin	11	Bellarmino C	49.03
3	Ensor, Ryan	12	Valley Chris	45.84
4	Myers, Colby	12	St. Francis	41.51
5	Pambid, Gary	12	Bellarmino C	43.75
6	Davison, Evan	11	Sacred Heart	45.99
7				

Event 28 Boys 300 Meter Hurdles Frosh Soph

7 Advance: Top 1 Each Heat plus Next 3 Best Times

Wednesday 5/8/2013 - 6:10 PM

Meet: 40.30 1977 Carl Broussard

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Prelims

1	James, Leighton	09	Valley Chris	NT
2	Nguyen, James	09	Bellarmino C	46.80
3	Marani, Matthew	09	Archbishop M	45.30
4	McMurray, Nico	10	Archbishop M	42.70
5	Gallab, Dan	10	Bellarmino C	45.00
6	Campbell, Brendon	09	St. Francis	46.71
7				

Heat 2 of 4 Prelims

1	Tran, Alex	10	Valley Chris	49.61
2	Sevilla, Sean	10	Bellarmino C	47.00
3	Power, David	10	Archbishop M	45.69
4	Fizer, Kevin	10	St. Francis	43.66
5	Hendrickson, Matthew	10	Archbishop M	44.90
6	Obiajulu, VJ	09	Junipero Ser	46.66
7				

Heat 3 of 4 Prelims

1	Schoepp, Greg	10	St. Ignatius	48.20
2	Somo, Aaron	09	St. Francis	47.13
3	Rioux, Jack	10	St. Ignatius	45.90
4	Chow, Chris	10	Bellarmino C	44.10
5	DeLeon, Andre	10	St. Ignatius	44.70
6	Tucker, Kevin	09	Bellarmino C	46.60
7				

Heat 4 of 4 Prelims

1	Winterstein, Eddie	10	Junipero Ser	47.51
2	Romero, Daniel	10	St. Francis	47.13
3	Plummer, Armon	09	Junipero Ser	46.51
4	Staub, Ben	10	Valley Chris	44.31
5	Allen, Luke	10	Archbishop M	44.32
6	Wadsworth, Sam	09	St. Ignatius	46.52
7				

Event 31 Boys 200 Meter Dash Varsity

7 Advance: Top 1 Each Heat plus Next 3 Best Times

Wednesday 5/8/2013 - 6:25 PM

Meet: 21.60 1987 Tony Miller
CCS: 20.57 1993 Calvin Harrison
State: 20.73 1984 Henry Thomas
National: 20.13 1985 Rory Martin
CCS Qual: 22.60

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Prelims

1				
2	McCarthy, Liam	11	St. Ignatius	24.80
3	Dalton, David	11	Bellarmino C	22.84
4	Johnson, Khalid	12	St. Francis	21.46
5	Greene, Kamel	12	St. Francis	22.81
6	Mulligan, Mark	12	Archbishop R	24.60
7				

Heat 2 of 4 Prelims

1				
2	Sobouti, Kaelan	11	St. Francis	25.21
3	Tramontozzi, Vince	11	St. Ignatius	23.22
4	Orloff, Kyle	11	Junipero Ser	22.22
5	Njaka, Taylor	12	Bellarmino C	22.66
6	Roberts, Ryan	12	St. Francis	24.12
7				

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Heat 3 of 4 Prelims...(Event 31 Boys 200 Meter Dash Varsity)

1	Lim, Jalen	11	Sacred Heart	27.15
2	O'Toole, Rory	11	Sacred Heart	25.44
3	Bellotti, Dominic	11	Bellarmino C	23.41
4	Sanfilippo, Joey	12	Bellarmino C	22.37
5	Hall, Chris	11	Archbishop R	22.60
6	Baty, Landon	11	St. Francis	23.89
7				

Heat 4 of 4 Prelims

1	Barrett, Isaiah	11	Sacred Heart	26.49
2	Garcia, Nathan	12	Sacred Heart	25.59
3	Greene, Kahshan	12	St. Francis	23.41
4	Lampkin, Edward	12	Sacred Heart	22.41
5	Makarov, Nikolai	12	Bellarmino C	22.45
6	Dova, Lorenzo	11	St. Francis	23.55
7				

Event 32 Boys 200 Meter Dash Frosh Soph

7 Advance: Top 1 Each Heat plus Next 1 Best Times

Wednesday 5/8/2013 - 6:35 PM

Meet: 22.50 1977 Gilbert Pacaldo

Lane	Name	Yr	School	Seed	Time
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Heat 1 of 6 Prelims

1	Conlu, Vincent	09	Sacred Heart	27.01
2	Walker, Morian	09	Valley Chris	25.20
3	Wilson, Jahque	10	Archbishop R	24.20
4	Korpontinos, Matthew	09	St. Francis	22.88
5	Case, Trevor	09	St. Francis	24.11
6	Yu, Leo	10	Valley Chris	24.99
7				

Heat 2 of 6 Prelims

1	Nabor, Joseph	10	St. Francis	26.33
2	Gogan, Alex	10	Junipero Ser	25.32
3	Gargiulo, Tyler	10	Bellarmino C	24.45
4	Jones, Akil	09	Valley Chris	23.06
5	Wrappe, Thomas	10	Bellarmino C	24.05
6	De La Rocha, David	10	Archbishop M	24.98
7				

Heat 3 of 6 Prelims

1	Ross, Chris	10	Junipero Ser	26.24
2	Gonzalez, Cayo	09	Bellarmino C	25.40
3	Acevado, Adam	10	Archbishop M	24.50
4	Becerra, Spencer	09	St. Ignatius	23.17
5	Mathews, Kenan	10	Bellarmino C	24.05
6	Peters, Brandon	10	Valley Chris	24.94
7				

Heat 4 of 6 Prelims

1	Chang, Austin	09	Valley Chris	26.18
2	Azurin, Mark	10	Sacred Heart	25.70
3	Ellington, Tristan	10	Archbishop R	24.50
4	Buenvventura-Smith, Jacob	10	St. Ignatius	23.29
5	Levine, Charles	09	Archbishop R	23.90
6	Butler, Kela	09	St. Ignatius	24.80
7				

Heat 5 of 6 Prelims

1	Toliver, Milan	09	Sacred Heart	25.98
2	Qiu, Dario	10	Sacred Heart	25.79
3	Nettles, Stephon	10	Junipero Ser	24.58
4	Macauley, Kyle	09	Bellarmino C	23.49
5	Verba-Hamilton, Aiden	09	Archbishop R	23.90
6	Ford, Anthony	10	St. Ignatius	24.80
7				

Heat 6 of 6 Prelims

1	La Rosa, Alec	09	Junipero Ser	25.96
2	Pramono, Arie	10	Sacred Heart	25.83
3	Jones, Nicolas	10	Junipero Ser	24.70
4	Waters, Joe	10	Archbishop R	23.70
5	Cassady, Cole	10	St. Francis	23.71
6	Khan, Obaid	10	Archbishop M	24.78
7				

Event 41 Boys Shot Put Varsity

Top 8 Advance by Mark

Wednesday 5/8/2013 - 3:30 PM

Meet: 59-11.50 1975 Gian Rossini

CCS: 65-10 1967 Steve Wilhelm

State: 76-02 1990 Brent Noon

National: 77-00 1979 Michael Carter

CCS Qual: 49-02.50

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 1 Prelims

1	Venegas, Robert	12	Sacred Heart	34-01.25
2	Connolly, Ian	11	Sacred Heart	35-08.50
3	Nahabedian, Sevan	11	St. Ignatius	38-00.00
4	Guerrero, John	12	Archbishop R	40-00.00
5	Foster, Brett	11	Bellarmino C	40-01.00
6	Gaoteote, Fa'auli	11	Valley Chris	40-01.00
7	Maumalanga, David	11	Valley Chris	42-05.00
8	Sapp, Billy	11	Junipero Ser	42-11.00
9	Riley, Lloyd	11	St. Francis	43-01.00
10	Kirby, Will	11	Bellarmino C	43-03.00
11	Casarez, Jack	11	St. Francis	44-01.00
12	Nunes, Jake	12	Junipero Ser	44-11.00
13	Williams, Dre	12	Archbishop R	45-00.00
14	Langi, Louis	12	Junipero Ser	45-02.00
15	Lee, Justin	11	St. Francis	45-04.00
16	Hagan, Conor	11	St. Ignatius	45-06.00
17	Blohm, Kevin	12	St. Ignatius	46-02.00
18	Bell, Nik	11	St. Ignatius	46-04.00
19	Artim, Shane	12	St. Francis	46-10.00
20	Gochez, Marvin	11	Archbishop R	47-00.00
21	Walrod, Thomas	12	Bellarmino C	47-01.50
22	Sosa, Alex	12	Bellarmino C	48-06.50
23	Blach, Richard	12	Bellarmino C	48-10.00
24	Sambel, Arnie	12	Junipero Ser	53-09.50
25	Beering, Jonathan	12	Junipero Ser	58-11.00

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Event 42 Boys Shot Put Frosh Soph**Top 8 Advance by Mark**

Wednesday 5/8/2013 - 5:30 PM

Meet: 60-06.50 1973

Craig Watkins

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Prelims					
1	Plutzer, Jared	09	St. Francis	25-11.50	
2	Vineet, Natt	10	Valley Chris	28-11.00	
3	Guerzon, Tim	10	Sacred Heart	29-02.50	
4	Kalman, Aleksander	09	Valley Chris	30-00.00	
5	Nassif, Eddie	10	Valley Chris	31-04.00	
6	Johnson, Simon	09	St. Francis	31-09.25	
7	Nazemi, Ali	09	Valley Chris	31-11.00	
8	Jackson, Troy	09	Bellarmino C	32-00.00	
9	Munsey, Jack	09	Junipero Ser	32-08.00	
10	Fellowes, Andy	10	Junipero Ser	32-11.25	
11	Orlando, Tony	09	Archbishop R	33-00.00	
12	Sanchez, Matias	09	Archbishop R	33-07.00	
13	McCrone, Thomas	10	St. Francis	34-00.00	
14	Wong, Matt	10	Sacred Heart	34-01.00	
15	Villanueva, Jorge	09	Junipero Ser	35-10.00	
16	Gluhaich, Grant	10	Bellarmino C	37-00.00	
17	Clark, Ryan	09	Archbishop R	37-02.00	
18	Wilson, Andrew	10	Bellarmino C	37-03.00	
19	McGahey, Simon	09	St. Ignatius	37-08.50	
20	Villavicencio, Julian	09	St. Ignatius	37-10.00	
21	Lui, Troy	10	Sacred Heart	38-04.00	
22	Barraza, Christian	10	St. Ignatius	38-05.00	
23	Tabangcura, Dustin	10	Archbishop M	39-01.00	
24	Chang, Gabe	10	Sacred Heart	39-06.00	
25	Lujan, Jacobe	10	St. Francis	40-03.50	
26	Nijmeh, Charles	09	Valley Chris	40-07.00	
27	Becker, Jason	10	Archbishop M	41-03.00	
28	Yako, Nicholas	10	Archbishop M	41-09.00	
29	Claudio, Justin	10	St. Ignatius	42-09.00	
30	Colabianchi, Nick	10	Junipero Ser	44-03.00	
31	Sanchez, Chris	12	Bellarmino C	47-03.00	
32	Godsil, Marshil	10	Bellarmino C	48-03.00	
33	Pena, Adan	10	Archbishop R	48-07.00	
34	Seul, Stefan	10	Junipero Ser	49-03.00	

Event 45 Boys Discus Throw Varsity**Top 8 Advance by Mark**

Wednesday 5/8/2013 - 5:30 PM

Meet: 180-06 2010

Cody Bickham

CCS: 204-10 2003

Nik Kay

State: 213-11 1997

Scott Moser

National: 234-03 2001

Niklas Arrhenius

CCS Qual: 140-00

Meet: 180-06 5/7/2013

Cody Bickham

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Prelims					
1	Venegas, Robert	12	Sacred Heart	71-08	
2	Bountouvas, Nicholas	11	St. Francis	99-00	
3	Costanzo, Rocco	11	St. Francis	100-09	
4	Maumalanga, David	11	Valley Chris	105-05	
5	Jauregui, Patrick	11	St. Ignatius	107-10	
6	Gaoteote, Fa'auli	11	Valley Chris	108-04	
7	Foster, Brett	11	Bellarmino C	110-00	
8	Wederman, Kyle	12	Archbishop R	110-00	
9	Connolly, Ian	11	Sacred Heart	110-09	
10	Artim, Shane	12	St. Francis	112-00	
11	Reed, Cory	11	Bellarmino C	112-00	
12	Guhit, Rad	11	St. Francis	112-05	
13	Gochez, Marvin	11	Archbishop R	115-00	
14	Acomb, Samuel	11	Valley Chris	115-01	
15	Hagan, Conon	11	St. Ignatius	117-10	
16	Chang, Matt	12	Bellarmino C	120-04	
17	Guglielmo, Mike	11	Bellarmino C	123-03	
18	Cabuco, Nick	12	Junipero Ser	124-09	
19	Sapp, Billy	11	Junipero Ser	127-01	
20	Riley, Lloyd	11	St. Francis	128-05	
21	Bell, Nik	11	St. Ignatius	128-06	
22	Hurrell, Albert	11	Junipero Ser	129-02	
23	Beering, Jonathan	12	Junipero Ser	140-10	
24	Vega, Eddie	11	Archbishop R	140-11	
25	Miranda, Marco	12	Bellarmino C	141-10.50	
26	Blohm, Kevin	12	St. Ignatius	154-05	
27	Sambel, Arnie	12	Junipero Ser	165-03	

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Event 46 Boys Discus Throw Frosh Soph**Top 8 Advance by Mark**

Wednesday 5/8/2013 - 3:30 PM

Meet: 155-05 1973

Craig Watkins

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Prelims					
1	Vineet, Natt	10	Valley Chris		70-00
2	Guerzon, Tim	10	Sacred Heart		72-10
3	Kalman, Aleksander	09	Valley Chris		75-02
4	Shimshock, Andrew	09	Bellarmino C		81-00
5	Reed, Brady	09	Junipero Ser		81-03
6	Brancati, Victor	10	Bellarmino C		82-00
7	Chang, Gabe	10	Sacred Heart		86-09
8	Johnson, Simon	09	St. Francis		87-09
9	Nazemi, Ali	09	Valley Chris		88-02
10	Wong, Matt	10	Sacred Heart		88-10
11	Collins, Chris	10	Archbishop M		90-01
12	Toussaint, Zachary	10	St. Francis		91-01
13	Mulcahy, Connor	10	Archbishop M		92-01
14	Nijmeh, Charles	09	Valley Chris		93-08
15	McGahey, Simon	09	St. Ignatius		95-03
16	Lui, Troy	10	Sacred Heart	96-07.50	
17	Barraza, Christian	10	St. Ignatius		97-00
18	Nassif, Eddie	10	Valley Chris		98-04
19	Sosa, Max	09	Bellarmino C		99-10
20	McCrone, Thomas	10	St. Francis		100-10
21	Sanchez, Chris	12	Bellarmino C		103-00
22	Sanchez, Jesus		Bellarmino C		103-00
23	Becker, Jason	10	Archbishop M		103-01
24	Villavicencio, Julian	09	St. Ignatius		103-02
25	Yako, Nicholas	10	Archbishop M		103-03
26	Comaroto, Peter	10	Junipero Ser		103-06
27	Colabianchi, Nick	10	Junipero Ser		105-00
28	Jones, Nethanial	10	Junipero Ser		107-09
29	Tabangcura, Dustin	10	Archbishop M		113-01
30	Lujan, Jacobe	10	St. Francis		118-00
31	Claudio, Justin	10	St. Ignatius		118-01
32	Godsil, Marshil	10	Bellarmino C		123-03
33	Pena, Adan	10	Archbishop R		130-00
34	Seul, Stefan	10	Junipero Ser		132-00

Event 49 Boys Long Jump Varsity**Top 8 Advance by Mark**

Wednesday 5/8/2013 - 3:30 PM

Meet: 23-08 1959

Jim Fregosi

CCS: 26-00 1984

Johnny Cleveland

State: 26-04.75 1989

James Stallworth

National: 26-04.75 1989

James Stallworth

CCS Qual: 21-02.75

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Prelims					
1	Concepción, Jerrell	12	Archbishop M		ND
2	Rashid, Arslan	11	Junipero Ser		15-07.50
3	Buchanan, Bradley	12	Junipero Ser		16-01.00
4	Lim, Jalen	11	Sacred Heart		16-05.50
5	Chung, Felix	12	Archbishop R		16-07.00
6	Reybol, Arcelio	12	Archbishop R		17-02.00
7	Corona, Erick	11	Junipero Ser		17-02.00
8	Khoury, Michael	11	Archbishop M		17-02.00
9	Park, HyunWoo	11	Valley Chris		17-09.00
10	Pedro, Jeremy	12	Archbishop M		18-02.00
11	McCarthy, Liam	11	St. Ignatius		18-05.00
12	Nguyen, Derek	12	Bellarmino C		18-08.00
13	Rutledge, Michael	12	Junipero Ser		18-09.25
14	Paraangchu, Andrew	12	Archbishop R		18-10.00
15	Hall, Brett Ikaika	11	St. Ignatius		18-10.50
16	Lewis, Chris	11	St. Francis		19-01.00
17	Gamboa, Adam	11	Archbishop R		19-02.00
18	San Buenaventura, Troy	11	Sacred Heart		19-04.00
19	Sours, Daniel	11	Bellarmino C		19-06.00
20	Andrighetto, Alex	11	St. Francis		19-08.00
21	Santos, Angelito		St. Ignatius		19-09.00
22	Tom, Ryan	11	St. Francis		19-10.00
23	Sahyoun, Joseph	12	Junipero Ser		20-01.00
24	Sawyer, Jaden	12	Bellarmino C		20-03.00
25	Wheaton, Michael	11	St. Ignatius		20-04.00
26	Hall, Chris	11	Archbishop R		20-10.00
27	Bush, Grant	11	Bellarmino C		21-03.00
28	Vong, Ryan	11	Bellarmino C		21-03.00
29	Aronce-Camp, Nick	11	St. Ignatius		21-08.50
30	Johnson, Khalil	12	St. Francis		22-09.00
31	Wong, Matthew	12	Archbishop M		23-06.75

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Event 50 Boys Long Jump Frosh Soph**Top 8 Advance by Mark****Wednesday 5/8/2013 - 5:30 PM****Meet: 21-09.50 2005****Michael Borg**

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Prelims					
1	Formosa, Tomas	10	Archbishop M		ND
2	tofano, matthew	09	Archbishop M		ND
3	Lopez, Jerrod	10	Archbishop M		ND
4	Borden, Bryce	10	Valley Chris		15-00.50
5	Lee, Matthew	09	Sacred Heart		15-07.00
6	Aymard, Ryan	10	Sacred Heart		15-09.00
7	Qiu, Dario	10	Sacred Heart		16-00.00
8	McGrath, Coleman	09	Archbishop R		16-06.00
9	Jones, Kwami	09	Junipero Ser		16-07.00
10	Pasan, Vineel	10	St. Francis		16-08.00
11	Nolasco, Rafael	10	Archbishop M		16-09.00
12	Murray, Sean	10	St. Francis		16-10.00
13	Wendland, Derek	09	Archbishop R		17-00.00
14	Bramlett, Jordan	10	St. Francis		17-01.00
15	Zolezzi, Dominic	09	Junipero Ser		17-01.00
16	Davis, Isiah	09	Archbishop R		17-02.00
17	Nunes, Mitch	10	Junipero Ser		17-04.00
18	Toliver, Milan	09	Sacred Heart		17-04.50
19	Grant, Sean		St. Ignatius		17-05.00
20	Claros, Trevor	09	Archbishop R		17-05.00
21	Nguyen, Matthew	10	Bellarmino C		17-07.00
22	Lee, Kelly	10	Valley Chris		18-00.00
23	Kenison, Jordan	09	Junipero Ser		18-02.00
24	Thompson, Joe	10	Bellarmino C		18-02.00
25	Obiajulu, VJ	09	Junipero Ser		18-03.00
26	Laughlin, Connor	10	Archbishop R		18-04.00
27	Coh, Patrick	10	Sacred Heart		19-00.00
28	DeLeon, Andre	10	St. Ignatius		19-01.00
29	Knowles, Milo	10	Bellarmino C		19-03.25
30	Bakan, Michael	10	Bellarmino C		19-06.50
31	Reardon, Jack	10	Bellarmino C		19-10.50
32	O'Brien, Michael	10	Archbishop M		20-00.00
33	Quesada, Sean	10	St. Ignatius		20-07.00

Event 53 Boys Triple Jump Varsity**Top 8 Advance by Mark****Wednesday 5/8/2013 - 5:30 PM****Meet: 47-11.50 1975****Mike Haynes****CCS: 50-11.50 1986****Harold Rucker****State: 52-10.50 1980****Charles Mayfield****National: 52-10.50 1980****Charles Mayfield****CCS Qual: 43-01.75**

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Prelims					
1	Concepción, Jerrell	12	Archbishop M		ND
2	Park, HyunWoo	11	Valley Chris		35-04.50
3	Khoury, Michael	11	Archbishop M		36-02.00
4	Pedro, Jeremy	12	Archbishop M		36-09.00
5	Arnold, Nathan		St. Ignatius		37-00.00
6	Sahyoun, Joseph	12	Junipero Ser		37-00.00
7	Rutledge, Michael	12	Junipero Ser		39-08.00
8	Varela, Daniel	11	Sacred Heart		39-08.25
9	Lewis, Chris	11	St. Francis		39-11.00
10	Paraangchu, Andrew	12	Archbishop R		39-11.00
11	Tom, Ryan	11	St. Francis		40-02.00
12	Santos, Angelito		St. Ignatius		40-03.00
13	Nguyen, Derek	12	Bellarmino C		40-05.00
14	Andrighetto, Alex	11	St. Francis		40-09.00
15	Iyer, Shanker	12	Bellarmino C		40-10.00
16	Aronce-Camp, Nick	11	St. Ignatius		41-01.00
17	Underwood, Jonah	10	Bellarmino C		41-05.75
18	Alvarez, Marcus	10	Junipero Ser		41-08.00
19	Vong, Ryan	11	Bellarmino C		41-10.00
20	Bush, Grant	11	Bellarmino C		44-10.00
21	Wong, Matthew	12	Archbishop M		45-09.75

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Event 54 Boys Triple Jump Frosh Soph**Top 8 Advance by Mark****Wednesday 5/8/2013 - 3:30 PM**

Meet: 44-03.50 1980

Jeff Rossman

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Prelims				
1	Lopez, Jerrod	10	Archbishop M	ND
2	Formosa, Tomas	10	Archbishop M	ND
3	Borden, Bryce	10	Valley Chris	31-03.50
4	Tran, Alex	10	Valley Chris	33-07.00
5	Pasan, Vineel	10	St. Francis	34-05.00
6	McGrath, Coleman	09	Archbishop R	34-05.00
7	Grant, Sean		St. Ignatius	35-02.00
8	tofano, matthew	09	Archbishop M	35-06.00
9	Wendland, Derek	09	Archbishop R	35-07.00
10	Nunes, Mitch	10	Junipero Ser	35-11.00
11	O'Brien, Michael	10	Archbishop M	36-00.00
12	Tucker, Kevin	09	Bellarmino C	36-01.00
13	Nolasco, Rafael	10	Archbishop M	36-03.00
14	Bergstrom, Jacob	09	Bellarmino C	36-09.00
15	Bramlett, Jordan	10	St. Francis	37-06.00
16	Obiajulu, VJ	09	Junipero Ser	37-07.50
17	Jefferson, Frank		St. Ignatius	37-09.00
18	Murray, Sean	10	St. Francis	37-11.00
19	Claros, Trevor	09	Archbishop R	37-11.75
20	Laughlin, Connor	10	Archbishop R	38-04.00
21	Thompson, Joe	10	Bellarmino C	38-11.00
22	Knowles, Milo	10	Bellarmino C	39-04.75
23	Bakan, Michael	10	Bellarmino C	39-09.00
24	Kenison, Jordan	09	Junipero Ser	40-01.00

Event 58 Boys High Jump Frosh Soph**Wednesday 5/8/2013 - 3:30 PM**

Meet: 6-04 1975

Dave Kniffin

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Borden, Bryce	10	Valley Chris	4-10.00
2	Mills, Ashton	10	Junipero Ser	5-04.00
3	Wedlow, Elijah	09	Archbishop M	5-04.00
4	Carhart, Sam	09	St. Ignatius	5-04.00
5	Wendland, Derek	09	Archbishop R	5-04.00
6	O'Sullivan, Aidan	09	Bellarmino C	5-04.00
7	Obilor, Todd	09	Bellarmino C	5-04.00
8	Thompson, Joe	10	Bellarmino C	5-06.00
9	Reardon, Jack	10	Bellarmino C	5-06.00
10	Davis, Isiah	09	Archbishop R	5-06.00
11	Rassam, Jacob	09	Archbishop R	5-06.00
12	Murray, Sean	10	St. Francis	5-06.00
13	O'Brien, Michael	10	Archbishop M	5-08.00
14	Browning, Cameron	10	St. Francis	5-08.00
15	Hunt, Matt	09	St. Francis	5-08.00
16	Bramlett, Jordan	10	St. Francis	5-08.00
17	Knowles, Milo	10	Bellarmino C	5-10.00
18	Lustig, Joe	09	Bellarmino C	9-00.00

Event 62 Boys Pole Vault Frosh Soph**Wednesday 5/8/2013 - 3:30 PM**

Meet: 13-02 2004

David Glassanos

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Lopez, Jerrod	10	Archbishop M	8-00.00
2	Plasencia, Daniel	10	Archbishop M	8-06.00
3	Maldonado, Fernando	10	Junipero Ser	9-00.00
4	Murphy, Chris	10	Bellarmino C	9-00.00
5	Turek, Gabe	09	St. Ignatius	9-00.00
6	Campbell, Sean	10	Bellarmino C	9-00.00
7	O'Neill, Thomas	10	Bellarmino C	9-00.00
8	Woodward, Daniel	09	Archbishop M	9-00.00
9	Maguire, Jack	09	St. Ignatius	9-06.00
10	Barber, Nolan	10	St. Francis	10-00.00
11	Matthews, Ricky	10	St. Ignatius	10-00.00
12	Schoepp, Greg	10	St. Ignatius	10-06.00
13	Carhart, Sam	09	St. Ignatius	11-00.00
14	Borst, Jonathan	10	Archbishop M	11-00.00
15	Mills, Ashton	10	Junipero Ser	11-00.00
16	Small, Johnny	10	St. Francis	11-05.00
17	Power, David	10	Archbishop M	11-06.00
18	Hunt, Matt	09	St. Francis	11-06.00