

2019 WCAL Track & Field Championships - 4/30/2019 to 5/3/2019

Varsity Trials

Saint Francis High School

Results - Varsity Trials

Event 9 Girls 100 Meter Hurdles Varsity

Meet: 13.72 ! 2010 Hannah Goranson

CCS: 13.03 # 2007 Vashti Thomas

State: 13.03 * 2007 Vashti Thomas

National: 12.84 \$ 2016 Tia Jones

Name	Yr	School	Prelims
Preliminaries			
1	Tse, Maia	11 Sacred Heart	16.30Q
2	Kalina, Jenna	10 St Francis (16.45Q
3	McMahon, Alexis	11 Valley Chris	16.60q
4	Long, Makena	10 Archbishop M	17.00q
5	Sarathy, Milana	11 St Francis (17.03q
6	Hobaugh, Nicole	12 Valley Chris	17.23q
7	Morrison, Cora	12 St Ignatius	17.54q
8	Hong, Elizabeth	12 St Francis (18.07q
9	Forrest, Kathryn	11 St Francis (18.12q
10	Ashton, Paige	11 Archbishop M	18.35
11	Wilcox, Emily	12 Presentation	18.68
12	Borella, Sophia	11 St Francis (19.63
13	Morales, Camille	12 Archbishop M	20.58

Event 11 Boys 110 Meter Hurdles Varsity

Meet: 14.08 ! 2013 Jalen Wright

CCS: 13.65 # 1993 Erik Montgomery

State: 13.39 * 2004 Kevin Craddock

National: 13.30 \$ 1990 Chris Nelloms

Name	Yr	School	Prelims
Preliminaries			
1	Hilton, Kijana	12 Bellarmine C	15.51Q
2	Toney, Scott	11 St Francis (15.52Q
3	Sangster, Dominic	11 Bellarmine C	15.64q
4	Plam, Will	11 St Ignatius	16.13q
5	Woodruff, Liam	10 St Ignatius	16.30q
6	Becker, Matthew	10 Valley Chris	16.64q
7	Garcia-Czarkowski, Leo	10 Bellarmine C	16.65q
8	Allara, Charlie	11 Junipero Ser	16.68q
9	Arasan, Sarathi	10 Archbishop M	16.71q
10	Puorro, Kevin	11 Valley Chris	18.00
11	Nguyen, Philip	12 Bellarmine C	18.07
12	Butler, Jackson	11 St Francis (18.74
13	Le, Jonathan	12 Archbishop M	21.52

Event 13 Girls 400 Meter Dash Varsity

Meet: 56.20 ! 2008 Kristen Houp

CCS: 52.83 # 1984 Leslie Maxie

State: 50.74 * 2000 Monique Henderson

National: 50.74 \$ 2000 Monique Henderson

Name	Yr	School	Prelims
Preliminaries			
1	Cairns, Isabelle	10 St Francis (59.10Q
2	Nakhoda, Sarah	9 Archbishop M	1:02.10Q
3	Fernandez, Sophia	12 St Francis (1:01.61q
4	Davidson, Amariah	10 St Francis (1:01.86q
5	Slack, Jolie	10 Presentation	1:02.62q

6	White, Stella	11 St Ignatius	1:02.97q
7	Fernando, Alexis	11 Archbishop M	1:04.90q
8	Dixon, Kiara	9 Archbishop M	1:06.38
9	Saunders, Christina	12 Sacred Heart	1:06.97
10	Rios, Sofia	10 Valley Chris	1:07.65
11	Clayton, Ashley	12 Valley Chris	1:07.75
12	Constantin, Dimitra	12 Archbishop M	1:10.34

Event 15 Boys 400 Meter Dash Varsity

Meet: 48.35 ! 2003 Angelo Fobbs-Valentino

CCS: 45.25 # 1993 Calvin Harrison

State: 45.25 * 1993 Calvin Harrison

National: 45.19 \$ 2015 Aldrich Baily/Michael Norman

Name	Yr	School	Prelims
Preliminaries			
1	Mendoza, Aidan	10 Junipero Ser	50.56Q
2	Kilbridge, Liam	11 Junipero Ser	51.71Q
3	Cairns, Euan	11 St Francis (52.06Q
4	Elefant, Mason	12 St Francis (52.16Q
5	Roey, Tyler	12 St Francis (51.94q
6	Pearl, Liam	10 Junipero Ser	52.62q
7	Peterson, Henry	12 Sacred Heart	52.97q
8	Janda, Benjamin	12 Bellarmine C	52.98
9	Romeo, Giovanni	11 St Francis (53.54
10	Sun, Timon	12 Archbishop M	53.78
11	Miranda, Noel	12 Junipero Ser	54.12
12	Cervantes, Matthew	10 Archbishop M	54.15
13	Eccles, Luke	12 Sacred Heart	54.37
14	Waltz, Eric	12 Valley Chris	54.38
15	Pe Benito, Dominic	11 Bellarmine C	55.30
16	Williams, Derek	11 Valley Chris	56.07
17	Vogel, Keegen	12 Bellarmine C	56.12
18	McMahon, Rory	11 St Ignatius	56.23
19	Barquero, Tito	11 Sacred Heart	57.11
20	McGovern, Elias	11 St Francis (57.16
21	Chao, Zachary	11 Archbishop M	57.56
22	Ulrich, Dominic	12 Junipero Ser	57.63
23	Pineda, Marcus	11 Sacred Heart	59.11
24	Lara, Presley	11 Valley Chris	1:00.05
25	Nash, Buddy	11 Bellarmine C	1:00.63

Event 17 Girls 100 Meter Dash Varsity

Meet: 11.62 ! 2005 Khrystal Carter

CCS: 11.24 # 2006 Jeneba Tarmoh

State: 11.14 * 1992 Marion Jones

National: 11.14 \$ 1992 Marion Jones

Name	Yr	School	Prelims
Preliminaries			
1	Peterson, Kaley	10 St Francis (12.23Q
2	Barry, Nina	11 Valley Chris	12.67Q
3	Krishnan, Jaya	12 Presentation	12.95Q
4	Dugar, Anya	12 Archbishop M	12.93q
5	Njinda, Pearl	10 Valley Chris	12.94q
6	Addison, Iman	9 Valley Chris	12.95q
7	Toliver, Alexa	12 St Ignatius	13.01q

2019 WCAL Track & Field Championships - 4/30/2019 to 5/3/2019

Varsity Trials

Saint Francis High School

Results - Varsity Trials

Preliminaries ... (Event 17 Girls 100 Meter Dash Varsity)

Name	Yr	School	Prelims
8 Hall, Daryana	9	Valley Chris	13.02q
9 Grant, Isabella	12	Presentation	13.03q
10 Borromeo, Cassandra	11	Sacred Heart	13.07
11 DaCruz, Ines	10	Sacred Heart	13.14
12 Hidalgo, Emily	11	Valley Chris	13.20
13 McQuaid, Ella	12	St Ignatius	13.38
14 Nguyen, Grace	10	Presentation	13.43
15 Bettendorf, Sarah	12	St Francis (13.47
16 Gerodias, Danika	12	Presentation	13.54
17 Perriard, Corinne	12	Sacred Heart	13.75
18 Hall, Emmie	11	Sacred Heart	13.93
19 Bredel, Olivia	11	St Francis (16.64

Event 19 Boys 100 Meter Dash Varsity

Meet: 10.55 ! 2017 Brandon Bains
 CCS: 10.41 # 1987 Tony Miller
 State: 10.25 * 1985 Henry Thomas
 National: 10.15 \$ 1990 Henry Neal

Name	Yr	School	Prelims
Preliminaries			
1 Lang, D'Von	12	Valley Chris	10.86Q
2 Vanderbilt, Deven	11	Valley Chris	10.88Q
3 Teresi, Nick	11	Bellarmino C	11.03Q
4 Haggerty, Dominic	12	Archbishop M	11.10Q
5 Milburn, Nicholas	12	Archbishop R	10.98q
6 Shao, David	11	Valley Chris	11.06q
7 Sanchez, Nathaniel	11	Junipero Ser	11.07q
8 Eaton, Dylan	11	Junipero Ser	11.18q
9 Berman, Jakson	9	Valley Chris	11.23q
10 Roa, Juan Pablo	11	Junipero Ser	11.26
11 Loville, Terence	11	Junipero Ser	11.27
12 De Asis, Kyle	11	Archbishop R	11.29
13 Balingit, Matt	12	Archbishop R	11.35
14 Shaheen, Casey	11	Bellarmino C	11.41
15 Whitenight, Thomas	12	St Francis (11.48
16 Garin, Verne	12	Bellarmino C	11.52
17 Kyles, Coleman	12	Valley Chris	11.56
18 Sandman, Noah	12	Archbishop M	11.57
19 Fujii, Matthew	11	Bellarmino C	11.58
20 Posey, Zaccheus	11	Archbishop M	11.66
21 Vogel, Keegen	12	Bellarmino C	11.68
22 Giusti, Dominic	12	St Francis (11.78
23 Zhuang, Frank	11	Archbishop M	11.82
24 Gohstand, David	12	Sacred Heart	11.84
25 Stanford, Tyrese	12	Archbishop M	11.87
26 Wong, Stephen	11	St Ignatius	11.93
27 McLemore, Daylin	11	Junipero Ser	11.98
27 Balingit, Chris	12	Archbishop R	11.98
29 Siscar, Derrick Joseph	11	St Francis (12.29
30 Masangkay, Kyle	11	Sacred Heart	12.59

Event 21 Girls 800 Meter Run Varsity

Meet: 2:08.97 ! 2005 Christine Whalen
 CCS: 2:04.37 # 1977 Ann Reagan
 State: 2:04.91 * 1984 Trena Hull
 National: 2:02.04 \$ 2011 Amy Weissenbach

Name	Yr	School	Prelims
Preliminaries			
1 Cairns, Isabelle	10	St Francis (2:18.97Q
2 Elkins, Christel	9	St Francis (2:23.75Q
3 Rolla, Sofia	11	Archbishop M	2:21.82q
4 Mantovani, Bianca	12	Presentation	2:31.70q
5 Yee, Iris	11	Sacred Heart	2:32.28q
6 House, Sabina	11	Sacred Heart	2:32.39q
7 Vignos, Josette	12	Sacred Heart	2:33.73q
8 Dixon Berger, Hadley	11	Presentation	2:34.11q
9 Biebel, Emily	10	Archbishop M	2:34.16q
10 Smith, Corona	11	Sacred Heart	2:34.69q
11 Mohr, Gigi	11	St Ignatius	2:36.76q
12 Shridhar, Sonja	11	Archbishop M	2:37.58q
13 Aguilar, Maylene	12	Valley Chris	2:38.59
14 Poon, Chloe	12	Sacred Heart	2:45.56
15 Rigatti, Emma	11	St Ignatius	2:49.68

Event 23 Boys 800 Meter Run Varsity

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

Name	Yr	School	Prelims
Preliminaries			
1 Elefant, Mason	12	St Francis (2:01.82Q
2 Dupree, Dion	12	Archbishop M	2:02.02Q
3 Cairns, Euan	11	St Francis (2:02.72Q
4 Farruggio, Matthew	12	Sacred Heart	2:02.10q
5 Dupree, Devon	12	Archbishop M	2:02.12q
6 Soler, John	12	Sacred Heart	2:02.89q
7 Shen, Andrew	12	St Francis (2:03.04q
8 Lappalainen, Leo	11	St Francis (2:03.14q
9 Duflock, Holden	11	Bellarmino C	2:03.79q
10 Deck, Peter	12	Bellarmino C	2:03.94q
11 Iden, Taylor	10	Archbishop M	2:04.21q
12 Menezes, Tanay	11	Bellarmino C	2:05.54q
13 Abbey, Andrew	12	Junipero Ser	2:06.13
14 Koverman, Zach	11	Bellarmino C	2:06.71
15 Schwarz, Spencer	12	St Francis (2:07.00
16 Craycraft, Miller	12	Bellarmino C	2:08.81
17 Marca, Aidan	11	Junipero Ser	2:09.80
18 Possa, Ryan	12	Junipero Ser	2:10.94
19 Chasse, Luc	11	Sacred Heart	2:12.35
20 Murtagh, Aidan	11	Archbishop R	2:12.58
21 Arzadon, Khobe	12	Sacred Heart	2:13.12
22 Miloslavich, Matthew	11	St Ignatius	2:15.06
23 Horne, Nathaniel	12	Sacred Heart	2:15.35
24 Pond, Aidan	11	Junipero Ser	2:15.88

2019 WCAL Track & Field Championships - 4/30/2019 to 5/3/2019

Varsity Trials

Saint Francis High School

Results - Varsity Trials

Preliminaries ... (Event 23 Boys 800 Meter Run Varsity)

Name	Yr	School	Prelims
25	Ou, Alan	11 Junipero Ser	2:17.76
26	Lundquist, Nicholas	11 Archbishop R	2:18.83
26	Pidgeon, Aidan	11 St Ignatius	2:18.83
28	Truong, Tyler	11 St Ignatius	2:22.81
29	Liu, Hunter	11 Valley Chris	2:23.21
30	Weatherall, Devon	11 Archbishop M	2:23.88
31	Kramer, Ronan	11 St Ignatius	2:24.67
32	Mullis, Zach	11 Valley Chris	2:25.05
33	McMahon, Conor	11 Archbishop R	2:28.10
34	Liao, Wesley	11 Valley Chris	2:34.08

Event 25 Girls 300 Meter Hurdles Varsity

Meet: 45.01 ! 2017 Delaney Peranich
 CCS: 40.18 # 1984 Leslie Maxie
 State: 39.98 * 2001 Lashinda Demus
 National: 39.98 \$ 2001 Lashinda Demus

Name	Yr	School	Prelims
Preliminaries			
1	Fernandez, Sophia	12 St Francis (47.58Q
2	Sarathy, Milana	11 St Francis (48.98Q
3	Francisco, Kylie	10 Presentation	49.26q
4	McMahon, Alexis	11 Valley Chris	49.39q
5	Morrison, Cora	12 St Ignatius	51.48q
6	Chancey, Sydney	10 Archbishop M	52.21q
7	Hong, Elizabeth	12 St Francis (52.33q
8	Kalina, Jenna	10 St Francis (52.66
9	Tse, Maia	11 Sacred Heart	53.43
10	Morales, Camille	12 Archbishop M	53.52
11	Ashton, Paige	11 Archbishop M	54.74
12	Wilcox, Emily	12 Presentation	56.95
13	Forrest, Kathryn	11 St Francis (57.63

Event 27 Boys 300 Meter Hurdles Varsity

Meet: 38.31 ! 2006 Napoleon Greene
 CCS: 36.26 # 1996 Joe Naivalu
 State: 35.28 * 2007 Jeshua Anderson
 National: 35.02 \$ 2009 Reggie Wyatt

Name	Yr	School	Prelims
Preliminaries			
1	Sangster, Dominic	11 Bellarmine C	41.96Q
2	Corzo, Angel	10 St Francis (42.98Q
3	Hilton, Kijana	12 Bellarmine C	43.11q
4	Woodruff, Liam	10 St Ignatius	43.39q
5	Becker, Matthew	10 Valley Chris	44.18q
6	Matusich, Antonio	12 Bellarmine C	44.45q
7	Arasan, Sarathi	10 Archbishop M	45.07q
8	Ibarra, Andres	11 Bellarmine C	45.31
9	Butler, Jackson	11 St Francis (45.66
10	Garcia-Czarkowski, Leo	10 Bellarmine C	47.22
11	Le, Jonathan	12 Archbishop M	51.26
12	Schuman-Cawley, Luke	11 Sacred Heart	52.96

Event 29 Girls 200 Meter Dash Varsity

Meet: 23.97 ! 2005 Khrystal Carter
 CCS: 23.14 # 2006 Jeneba Tarmoh
 State: 22.52 * 2003 Allyson Felix
 National: 22.52 \$ 2003 Allyson Felix

Name	Yr	School	Prelims
Preliminaries			
1	Peterson, Kaley	10 St Francis (25.42Q
2	Davidson, Amariah	10 St Francis (26.40Q
3	Dexheimer, Fallon	11 Valley Chris	26.44Q
4	Hall, Daryana	9 Valley Chris	26.51q
5	Hidalgo, Emily	11 Valley Chris	26.96q
6	White, Stella	11 St Ignatius	27.16q
7	Borromeo, Cassandra	11 Sacred Heart	27.28q
8	Scott, Skye	12 Valley Chris	27.35
9	Slack, Jolie	10 Presentation	27.36
10	Njinda, Pearl	10 Valley Chris	27.42
11	Gerodias, Danika	12 Presentation	27.44
12	Dugar, Anya	12 Archbishop M	27.51
13	Perriard, Corinne	12 Sacred Heart	27.63
14	Nguyen, Grace	10 Presentation	28.15
15	Nakhoda, Sarah	9 Archbishop M	28.21
16	Long, Makena	10 Archbishop M	28.49
17	Dixon, Kiara	9 Archbishop M	28.96
18	Saunders, Christina	12 Sacred Heart	29.09
19	Hall, Emmie	11 Sacred Heart	29.49
20	Bredel, Olivia	11 St Francis (36.01

Event 31 Boys 200 Meter Dash Varsity

Meet: 21.46 ! 2017 Brandon Bains
 CCS: 20.57 # 1993 Calvin Harrison
 State: 20.73 * 1984 Henry Thomas
 National: 20.13 \$ 1985 Rory Martin

Name	Yr	School	Prelims
Preliminaries			
1	Vanderbilt, Deven	11 Valley Chris	22.49q
2	Haggerty, Dominic	12 Archbishop M	22.50q
3	Teresi, Nick	11 Bellarmine C	22.61q
4	Sanchez, Nathaniel	11 Junipero Ser	22.65q
4	Mendoza, Aidan	10 Junipero Ser	22.65q
6	Eaton, Dylan	11 Junipero Ser	22.70q
7	Lang, D'Von	12 Valley Chris	22.87q
8	Lang, DA	12 Valley Chris	23.17
9	De Asis, Kyle	11 Archbishop R	23.28
9	Roa, Juan Pablo	11 Junipero Ser	23.28
9	Fujii, Matthew	11 Bellarmine C	23.28
12	Shao, David	11 Valley Chris	23.44
13	Whitenight, Thomas	12 St Francis (23.65
14	Romeo, Giovanni	11 St Francis (23.91
14	Kyles, Coleman	12 Valley Chris	23.91
16	Balingit, Matt	12 Archbishop R	23.94
17	Shaheen, Casey	11 Bellarmine C	24.05
18	Sun, Timon	12 Archbishop M	24.41
19	Wong, Stephen	11 St Ignatius	24.50

2019 WCAL Track & Field Championships - 4/30/2019 to 5/3/2019

Varsity Trials

Saint Francis High School

Results - Varsity Trials

Preliminaries ... (Event 31 Boys 200 Meter Dash Varsity)

Name	Yr	School	Prelims
19 Janda, Benjamin	12	Bellarmino C	24.50
21 McMahon, Rory	11	St Ignatius	24.59
22 Balingit, Chris	12	Archbishop R	24.62
23 Giusti, Dominic	12	St Francis (24.85
24 Dupree, Dion	12	Archbishop M	24.86
24 Gohstand, David	12	Sacred Heart	24.86
26 Narducci, Joseph	11	St Francis (24.91
27 Sandman, Noah	12	Archbishop M	25.02
28 Dupree, Devon	12	Archbishop M	25.60
29 Masangkay, Kyle	11	Sacred Heart	25.79
30 Barquero, Tito	11	Sacred Heart	25.81
31 Pineda, Marcus	11	Sacred Heart	26.55
32 Healy, Jagger	12	Junipero Ser	26.88

Event 41 Boys Shot Put Varsity

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

Name	Yr	School	Prelims
Preliminaries			
1 Lee, Keanu	12	Bellarmino C	50-08.00q
2 Lewinski, Justin	11	Bellarmino C	48-06.00q
3 Niemira, Robert	11	St Ignatius	46-11.00q
4 Azzopardi, Matt	12	St Francis (46-07.00q
5 Malani, Nusi	11	Junipero Ser	46-02.50q
6 O'Riordan, Keelan	12	Junipero Ser	45-08.50q
7 Goldfein, Spencer	12	Sacred Heart	45-04.50q
8 Weiner, Craig	12	Archbishop M	43-10.00q
9 Aberg, Shane	11	Archbishop M	43-07.50q
9 Mifsud, Marcus	11	Bellarmino C	43-07.50q
11 McAuliffe, Patrick	12	Junipero Ser	43-07.00
12 Gibson, Wyatt	11	Archbishop M	43-05.00
13 Oyster, Christopher	11	St Francis (43-01.00
14 Alarcon, Najel	12	St Ignatius	42-08.50
15 Quijano, Justin	11	Archbishop R	41-02.00
16 Jenkins, Jaden	12	St Francis (41-00.50
17 Lee, Ben	11	St Ignatius	40-09.00
18 Barrett, Tommy	11	Junipero Ser	40-07.50
19 Miller, Sean	11	St Francis (40-05.50
20 Irwin, David	12	Sacred Heart	39-05.00
21 Whitcomb, Hayden	11	Sacred Heart	39-00.00
22 Endo, Cory	12	Junipero Ser	38-08.00
23 Keighran, Ryan	12	St Ignatius	36-00.00
24 Shihadeh, Nader	11	St Ignatius	35-00.50
25 Schmitzer, Ryan	12	Archbishop M	35-00.00
26 Wilson, Andrew	12	Bellarmino C	34-03.50
27 Winslow, Matthew	11	Sacred Heart	33-09.00
28 Yu, James	11	Archbishop R	29-09.00
29 Tran, Justin	12	Valley Chris	22-08.00
--- Petrilli, Nico	11	Sacred Heart	ND
--- Fangupo, Opeti	12	St Francis (ND

Event 43 Girls Shot Put Varsity

Meet: 54-07 ! 5/13/2016 Elena Bruckner
 CCS: 54-07 # 5/13/2016 Elena Bruckner
 State: 54-07 * 5/13/2016 Elena Bruckner
 National: 54-10.75 \$ 2003 Michelle Carter

Name	Yr	School	Prelims
Preliminaries			
1 Wong, Christina	12	St Ignatius	34-08.00q
2 Tam, Ashley	11	St Ignatius	31-03.00q
3 Langi, Marley	10	Archbishop M	29-09.00q
3 Nguyen, Gabriela	12	Presentation	29-09.00q
5 Nijmeh, Celena	11	Valley Chris	29-07.00q
6 Perez, Courtney	12	St Ignatius	29-05.00q
7 Gallo, Briana	12	Presentation	29-03.00q
8 Edson, Claire	12	Presentation	28-11.00q
9 Gallaher, Gemma	10	Archbishop M	28-06.50q
10 Madden-tyler, Alexis	12	Valley Chris	28-00.00
11 Arness, Amy	11	Archbishop M	27-11.00
12 Silman, Maeve	12	St Francis (26-09.00
13 Higareda, Christina	12	St Francis (26-04.50
14 Tegene, Amsale	12	St Ignatius	26-00.50
15 Chen, Julia	10	St Francis (22-06.00
16 Cheng, Mia	10	St Francis (21-03.50
17 Nguyen, Chau	12	Presentation	17-05.50
--- King, Casey	11	St Francis (ND
--- Mei, Amanda	12	St Ignatius	ND

Event 45 Boys Discus Throw Varsity

Meet: 180-06 ! 2010 Cody Bickham
 CCS: 204-10 # 2003 Nik Kay
 State: 213-11 * 1997 Scott Moser
 National: 236-06 \$ 2009 Mason Finley

Name	Yr	School	Prelims
Preliminaries			
1 Aberg, Shane	11	Archbishop M	149-08q
2 O'Riordan, Keelan	12	Junipero Ser	143-11q
3 Weiner, Craig	12	Archbishop M	134-06q
4 Goldfein, Spencer	12	Sacred Heart	131-09q
5 Montano, Jose	12	Junipero Ser	130-05q
6 Alarcon, Najel	12	St Ignatius	130-02q
7 Oyster, Christopher	11	St Francis (129-03q
8 Barrett, Tommy	11	Junipero Ser	129-01q
9 Hatcher, Michael	12	Bellarmino C	128-11q
10 Niemira, Robert	11	St Ignatius	126-07
11 Malani, Nusi	11	Junipero Ser	121-02
12 Gibson, Wyatt	11	Archbishop M	119-11
13 Bove, Leland	12	Junipero Ser	113-07
14 Keighran, Ryan	12	St Ignatius	110-07
15 Quijano, Justin	11	Archbishop R	110-06
16 Higgins, Jared	11	St Francis (109-10
17 Lee, Keanu	12	Bellarmino C	108-07
18 Whitcomb, Hayden	11	Sacred Heart	107-04
19 Beran, Neil	12	Sacred Heart	104-03
20 Dubois, John	12	Archbishop R	103-02

2019 WCAL Track & Field Championships - 4/30/2019 to 5/3/2019

Varsity Trials

Saint Francis High School

Results - Varsity Trials

Preliminaries ... (Event 45 Boys Discus Throw Varsity)

Name	Yr	School	Prelims
21 Schmitzer, Ryan	12	Archbishop M	100-06
22 Masson-Bello, Enzo	11	St Ignatius	97-10
23 Mifsud, Marcus	11	Bellarmino C	96-10
24 Irwin, David	12	Sacred Heart	95-10
25 Wilson, Andrew	12	Bellarmino C	92-06
26 Lewinski, Justin	11	Bellarmino C	91-02
--- Petrilli, Nico	11	Sacred Heart	ND
--- Shihadeh, Nader	11	St Ignatius	ND

Event 47 Girls Discus Throw Varsity

Meet: 182-08 ! 2015 Elana Bruckner
 CCS: 186-10 # 2016 Elena Bruckner
 State: 188-04 * 1994 Suzy Powell
 National: 191-06 \$ 2012 Shelbi Vaughan

Name	Yr	School	Prelims
Preliminaries			
1 Arness, Amy	11	Archbishop M	120-11q
2 Nijmeh, Celena	11	Valley Chris	102-05q
3 Tam, Ashley	11	St Ignatius	101-02q
4 Wong, Christina	12	St Ignatius	100-00q
5 Perez, Courtney	12	St Ignatius	94-08q
6 Gallaher, Gemma	10	Archbishop M	90-10q
7 Nguyen, Gabriela	12	Presentation	86-08q
8 Mei, Amanda	12	St Ignatius	84-06q
9 Chen, Julia	10	St Francis (79-08q
10 Cheng, Mia	10	St Francis (77-11
11 Silman, Maeve	12	St Francis (74-00
12 Tegene, Amsale	12	St Ignatius	72-05
13 Gallo, Briana	12	Presentation	68-09
14 Edson, Claire	12	Presentation	57-04
15 Nguyen, Chau	12	Presentation	49-01

Event 49 Boys Long Jump Varsity

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

Name	Yr	School	Prelims
Preliminaries			
1 Sweeney, Marcus	12	St Ignatius	20-10.00q
2 Thompson, Clem	12	St Ignatius	20-07.75q
3 Buchanan, Teddye	11	St Ignatius	20-06.00q
4 Hoque, Seth	11	Valley Chris	20-03.50q
5 Mac Hale, Jackie	10	Bellarmino C	19-10.25q
6 Loville, Terence	11	Junipero Ser	19-10.00q
7 Greenlee, Ryan	11	Bellarmino C	19-09.00q
8 Keys, Mason	12	Sacred Heart	19-07.50q
9 Chan, Kailey	12	St Ignatius	19-02.25q
10 Harrison, Michael	11	St Ignatius	19-01.25
11 Desuasido, Alec	11	Junipero Ser	18-07.50
12 Pauken, Brady	11	Bellarmino C	18-06.50
13 Stanford, Tyrese	12	Archbishop M	18-06.25
14 Becker, Matthew	10	Valley Chris	18-06.00

15 Dytioco, Caelan	12	Junipero Ser	18-02.00
15 Lang, DA	12	Valley Chris	18-02.00
17 Lambing, Bryce	11	Bellarmino C	18-01.50
18 Delarosa, Earl	11	Archbishop M	17-05.75
19 Holloway, Ethan	12	Junipero Ser	17-04.00
20 Raffetto, Jeremy	12	Junipero Ser	17-03.00
21 Hart, John	11	St Francis (17-02.00
22 Kelly, Cameron	12	Bellarmino C	17-00.25
23 Polychronopoulos, George	11	Archbishop M	16-08.50
24 Siscar, Derrick Joseph	11	St Francis (16-07.00
25 Pineda, Marcus	11	Sacred Heart	16-01.75
26 Nguyen, Peter	11	Archbishop M	15-05.25
27 Scott, Sterling	12	Valley Chris	15-00.50
28 Lopretto, Andrew	11	St Francis (13-03.50
--- Wu, Alex	12	St Francis (ND
--- Lopez, Desai	12	St Francis (ND
--- Ciuffia, Ethan	12	Archbishop M	ND

Event 51 Girls Long Jump Varsity

Meet: 19-06.50 ! 5/5/2018 Megan Ronan
 CCS: 20-09.75 # 1984 Wendy Brown
 State: 22-00.50 * 1993 Marion Jones
 National: 22-01.75 \$ 1976 Kathy McMillan

Name	Yr	School	Prelims
Preliminaries			
1 Ronan, Megan	10	St Ignatius	17-08.75q
2 Peterson, Kaley	10	St Francis (17-02.00q
3 Toliver, Alexa	12	St Ignatius	16-07.75q
4 Varni, Amanda	12	St Ignatius	16-05.00q
5 Hernandez, Hunter	10	Archbishop M	16-04.00q
6 Bettendorf, Sarah	12	St Francis (16-03.00q
7 Wiley, Christen	10	St Ignatius	16-00.50q
8 Scott, Skye	12	Valley Chris	15-09.50q
9 Peterson-Bailey, Faith	11	St Ignatius	15-07.00q
10 Blaha, Grace	11	Valley Chris	15-02.75
11 Buenrostro, Makayla	10	St Francis (15-00.25
12 Gerodias, Danika	12	Presentation	14-11.25
13 Nguyen, Grace	10	Presentation	14-06.50
14 Diaz, Cynthia	11	Presentation	14-06.25
15 Fernando, Alexis	11	Archbishop M	14-01.25
16 Havlin, Lauren	11	Sacred Heart	13-06.25
16 Lindstrom, Hannah	11	Valley Chris	13-06.25
18 Valenzuela, Andie	11	Presentation	13-06.00
19 Allen, Elizabeth	11	Sacred Heart	13-02.50
20 Rowles, Santha	12	Archbishop M	13-01.75
21 Lee, Elise	11	Archbishop M	13-00.50
22 Solano, Yesenia	12	Archbishop M	12-03.75
23 Zhu, Vivian	11	Valley Chris	10-11.00

2019 WCAL Track & Field Championships - 4/30/2019 to 5/3/2019

Varsity Trials
 Saint Francis High School
 Results - Varsity Trials

Event 53 Boys Triple Jump Varsity

--- Kalina, Jenna 10 St Francis (ND

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

Name	Yr	School	Prelims
Preliminaries			
1 Hilton, Kijana	12	Bellarmino C	46-04.00q
2 Hoque, Seth	11	Valley Chris	44-04.00q
3 Mac Hale, Jackie	10	Bellarmino C	42-01.50q
4 Desuasido, Alec	11	Junipero Ser	40-09.50q
5 Keys, Mason	12	Sacred Heart	40-03.75q
6 Thompson, Clem	12	St Ignatius	40-00.50q
7 Perkins, Robbie	11	Bellarmino C	39-04.25q
8 Harrison, Michael	11	St Ignatius	38-09.00q
9 Pauken, Brady	11	Bellarmino C	38-07.25q
10 Chan, Kailey	12	St Ignatius	38-01.25
11 Siscar, Derrick Joseph	11	St Francis (37-07.50
12 Nakamura, Steven	12	Bellarmino C	36-10.50
13 Hart, John	11	St Francis (36-06.00
14 Pineda, Marcus	11	Sacred Heart	35-09.25
15 Lopretto, Andrew	11	St Francis (27-06.00
--- McKinley, Will	Jr	St Francis (ND
--- Buchanan, Teddye	11	St Ignatius	ND

Event 55 Girls Triple Jump Varsity

Meet: 38-09.25 ! 2005 Caitlin Schields
 CCS: 40-02.50 # 1984 Wendy Brown
 State: 44-00.50 * 1991 Juliana Yendork
 National: 44-02.25 \$ 2001 Ychlandria Spears

Name	Yr	School	Prelims
Preliminaries			
1 Barry, Jessi	9	Valley Chris	36-05.25q
2 Dexheimer, Fallon	11	Valley Chris	35-10.50q
3 Jones, Haley	12	Archbishop M	34-08.00q
4 Buenrostro, Makayla	10	St Francis (34-04.00q
5 Wiley, Christen	10	St Ignatius	34-03.50q
6 Varni, Amanda	12	St Ignatius	32-06.00q
6 Batiste, Trinity	12	St Ignatius	32-06.00q
8 Long, Makena	10	Archbishop M	32-05.25q
9 Robinson, Kyahana	12	Archbishop M	32-01.75q
10 Scott, Skye	12	Valley Chris	31-10.75
11 Diaz, Cynthia	11	Presentation	31-07.50
12 Blaha, Grace	11	Valley Chris	30-07.50
13 Havlin, Lauren	11	Sacred Heart	30-06.50
14 Valenzuela, Andie	11	Presentation	30-05.00
15 Mataele, Camela	12	Archbishop M	29-09.50
16 Duke, Lesly	12	St Francis (28-04.75
16 Lee, Elise	11	Archbishop M	28-04.75
18 Allen, Elizabeth	11	Sacred Heart	28-03.75
19 Morey, Brooke	11	St Francis (28-01.00
--- Morrison, Elsa	10	St Ignatius	ND
--- Hong, Elizabeth	12	St Francis (ND
--- DaCruz, Ines	10	Sacred Heart	ND