

Bay League 2011 Championships - Prelims & Finals

Mira Costa High School, Manhattan Beach - Prelims: May 3 & Finals May 6, 2011

Notes regarding these times and splits:

- * The event times, heights & distances were taken from the official results.
- * Redondo Union athletes are highlighted in bold text to make them easier to find.
- * PRs are based on the seed times submitted for this meet and may not be lifetime PRs.
- * California State Rankings were taken from the Top 50 Lists on Dyestat 5/10/11.
- * If you see any errors please email the corrections.

Girls 100 Meter Dash Varsity		Preliminaries					
#	Name	Year	School	Prelims	Wind	PR	
1	Ruby Davis	12	Redondo	12.49q	2.3		
2	Ashlee Dotson	11	Mira Costa	12.50q	2.3		
3	Shelby Bassman	10	Redondo	12.64q	2.0		
4	Camille Mills	9	Mira Costa	12.66q	2.0		
5	Marcela Desir	9	Redondo	12.94q	2.0		
6	Candace Johnson	9	Palos Verdes	12.97q	2.0		
7	Haley Miller	11	Redondo	13.02q	2.3		
8	Kaylyn Taylor	10	Peninsula	13.14q	2.3		
9	Bria Solomon	11	Peninsula	13.23q	2.3		
10	Kirby Benson	10	Mira Costa	13.34	2.3		
11	Kelly Wong	12	Palos Verdes	13.47	2.0		
12	Erin Sledge	11	Peninsula	13.61	2.3		
13	Liz Alvarez	11	Mira Costa	13.65	2.0		
14	Monier Mahidashti	11	Redondo	13.67	2.0		
15	Simonisa Selmon	12	Leuzinger	14.10	2.0		

Girls 100 Meter Dash Varsity		Finals				
#	Name	Year	School	Finals	Wind	PR
1	Ashlee Dotson	11	Mira Costa	12.52	0.5	
2	Camille Mills	9	Mira Costa	12.61	0.5	
3	Ruby Davis	12	Redondo	12.67	0.5	
4	Shelby Bassman	10	Redondo	12.71	0.5	
5	Marcela Desir	9	Redondo	12.93	0.5	
6	Candace Johnson	9	Palos Verdes	13.02	0.5	
7	Haley Miller	11	Redondo	13.06	0.5	
8	Kaylyn Taylor	10	Peninsula	13.07	0.5	
9	Bria Solomon	11	Peninsula	13.26	0.5	

Girls 200 Meter Dash Varsity		Preliminaries				
#	Name	Year	School	Prelims	Wind	PR
1	Ashlee Dotson	11	Mira Costa	25.89q	1.9	
2	Camille Mills	9	Mira Costa	26.53q	1.9	
3	Ruby Davis	12	Redondo	26.64q	1.9	
4	Shelby Bassman	10	Redondo	26.80q	1.9	
5	Kaylyn Taylor	10	Peninsula	26.83q	2.0	
6	Candace Johnson	9	Palos Verdes	26.86q	2.0	
7	Amy Letwin	12	Palos Verdes	27.07q	2.0	
8	Kirby Benson	10	Mira Costa	27.59q	2.0	
9	Kelly Wong	12	Palos Verdes	27.69q	2.0	
10	Marcela Desir	9	Redondo	27.80	1.9	
11	Kirah Storey	11	Redondo	27.95	1.9	PR
12	Bria Solomon	11	Peninsula	27.99	2.0	
13	Liz Alvarez	11	Mira Costa	28.11	1.9	
14	Paige Fitzpatrick	12	Palos Verdes	29.98	1.9	

Girls 200 Meter Dash Varsity		Finals				
#	Name	Year	School	Finals	Wind	PR
1	Ashlee Dotson	11	Mira Costa	25.58	1.0	
2	Ruby Davis	12	Redondo	26.04	1.0	PR
3	Camille Mills	9	Mira Costa	26.48	1.0	
4	Candace Johnson	9	Palos Verdes	27.24	1.0	
5	Kelly Wong	12	Palos Verdes	27.31	1.0	
6	Shelby Bassman	10	Redondo	27.38	1.0	

Girls 400 Meter Run Varsity		Preliminaries			
#	Name	Year	School	Prelims	PR
1	Taylor Foland	10	Mira Costa	1:01.71q	
2	Erin South	10	Redondo	1:01.81q	
3	Amy Letwin	12	Palos Verdes	1:02.41q	
4	Charlotte Barnett	11	Mira Costa	1:02.65q	
5	Megan Wooley	10	Palos Verdes	1:02.74q	
6	Kayla Patterson	11	Redondo	1:03.15q	
7	Claire Barnett	11	Mira Costa	1:03.32q	
8	Madalyn Fleming	11	West Torranc	1:04.51q	
9	Irene Hilton	11	Mira Costa	1:06.44q	
10	Paige Fitzpatrick	12	Palos Verdes	1:10.60	
11	Jessica Baker	11	Redondo	1:12.13	PR

Girls 400 Meter Run Varsity		Finals			
#	Name	Year	School	Finals	PR
1	Amy Letwin	12	Palos Verdes	1:00.28	
2	Taylor Foland	10	Mira Costa	1:00.62	
3	Erin South	10	Redondo	1:01.21	
4	Charlotte Barnett	11	Mira Costa	1:01.31	
5	Megan Wooley	10	Palos Verdes	1:01.74	
6	Claire Barnett	11	Mira Costa	1:02.56	
7	Kayla Patterson	11	Redondo	1:04.12	
8	Irene Hilton	11	Mira Costa	1:07.17	

Girls 800 Meter Run Varsity			Preliminaries		Lap Splits:		
#	Name	Year	School	Prelims	PR	Lap 1	Lap 2
1	Lyndsey Mull	11	Redondo	2:23.31q		1:14.20	1:09.11
2	Kayla Ferron	10	Redondo	2:24.58q		1:15.24	1:09.34
3	Alexis Thibodeau	10	Redondo	2:24.99q	PR	1:16.82	1:08.17
4	Erica Capellino	12	Palos Verdes	2:26.58q			
5	Cara Ulizio	10	Redondo	2:26.78q		1:16.17	1:10.61
6	Aryn Foland	12	Mira Costa	2:27.05q			
7	Kelli Sugimoto	11	Mira Costa	2:27.34q			
8	Sierra Ponthier	9	Palos Verdes	2:27.38q			
9	Kylie Butler	10	Palos Verdes	2:27.43q			
10	Brenna Sopp	11	Redondo	2:28.23q		1:15.68	1:12.55
11	Jenna Tong	11	Mira Costa	2:28.59q			
12	Savannah Pio	12	Mira Costa	2:28.73q			
13	Olivia Loveland	12	Redondo	2:29.55		1:14.92	1:14.63
14	Vivien Cherrette	11	Mira Costa	2:30.46			
15	Danielle Hazeltine	11	Redondo	2:34.32		1:17.11	1:17.21
16	Sara Keller	11	Palos Verdes	2:35.44			
17	Alison Levy	12	West Torranc	2:35.81			
18	Shannon Hagedorn	12	Mira Costa	2:35.82			
19	Christine Inouye	11	Mira Costa	2:40.00			
20	Gabby Armato	11	Mira Costa	2:46.23			
21	Chloe Thangavelu	11	Palos Verdes	3:15.05			

Girls 800 Meter Run Varsity			Finals		Lap Splits:		
#	Name	Year	School	Finals	PR	Lap 1	Lap 2
1	Erica Capellino	12	Palos Verdes	2:20.55			
2	Lyndsey Mull	11	Redondo	2:21.14		1:12.59	1:07.96
3	Cara Ulizio	10	Redondo	2:21.46		1:12.57	1:08.57
4	Kylie Butler	10	Palos Verdes	2:23.23			
5	Alexis Thibodeau	10	Redondo	2:23.79	PR	1:12.67	1:10.56
6	Sierra Ponthier	9	Palos Verdes	2:24.81			
7	Kayla Ferron	10	Redondo	2:25.46		1:12.62	1:12.19
8	Jenna Tong	11	Mira Costa	2:26.80			
9	Olivia Loveland	12	Redondo	2:27.47		1:13.22	1:13.58
10	Brenna Sopp	11	Redondo	2:27.52		1:13.00	1:14.47
11	Sara Keller	11	Palos Verdes	2:28.49			
12	Danielle Hazeltine	11	Redondo	2:33.61		1:13.52	1:14.97

Girls 1600 Meter Run Varsity			Preliminaries			Lap Splits:			
#	Name	Year	School	Prelims	PR	Lap 1	Lap 2	Lap 3	Lap 4
1	Erica Capellino	12	Palos Verdes	5:10.21q					
2	Savannah Pio	12	Mira Costa	5:10.43q					
3	Rachel Bush	11	Redondo	5:10.86q		1:19.74	1:17.13	1:18.59	1:15.40
4	Aryn Foland	12	Mira Costa	5:10.91q					
5	Lyndsey Mull	11	Redondo	5:12.02q		1:16.00	1:18.00	1:19.00	1:19.02
6	Cara Ulizio	10	Redondo	5:12.47q		1:16.00	1:18.00	1:19.00	1:19.47
7	Jenna Tong	11	Mira Costa	5:14.77q					
8	Kelly Ryan	12	Redondo	5:18.24q		1:17.00	1:18.00	1:23.00	1:20.24
9	Laura O'Neill	11	Redondo	5:18.36q		1:19.75	1:17.15	1:19.10	1:22.36
10	Kelli Sugimoto	11	Mira Costa	5:18.96q					
11	Shannon Hagedorn	12	Mira Costa	5:19.69q					
12	Anique Villegas	11	Redondo	5:21.23q		1:17.00	1:20.00	1:25.00	1:19.23
13	Vivien Cherrette	11	Mira Costa	5:24.48					
14	Caitlin Parke	12	Palos Verdes	5:56.26					
15	Amy Kim	11	Peninsula	5:58.46					
16	Pamela Sherman	12	Redondo	6:05.00		1:23.00	1:34.00	1:36.00	1:32.00
17	Kate Morgan	11	Peninsula	6:10.25					
18	Keri Manger	11	Palos Verdes	6:11.68					
19	Moonui Choi	11	Peninsula	6:22.66					

Girls 1600 Meter Run Varsity			Finals			Lap Splits:				
#	Name	Year	School	Finals	PR	CA Rank	Lap 1	Lap 2	Lap 3	Lap 4
1	Erica Capellino	12	Palos Verdes	5:02.20						
2	Lyndsey Mull	11	Redondo	5:03.01		48th	1:16.78	1:19.18	1:15.22	1:11.83
3	Cara Ulizio	10	Redondo	5:03.98			1:16.73	1:19.23	1:15.92	1:12.10
4	Aryn Foland	12	Mira Costa	5:06.52						
5	Rachel Bush	11	Redondo	5:07.03			1:16.68	1:19.28	1:16.60	1:14.47
6	Jenna Tong	11	Mira Costa	5:08.49						
7	Vivien Cherrette	11	Mira Costa	5:14.97						
8	Anique Villegas	11	Redondo	5:26.27			1:17.42	1:27.10	1:24.39	1:17.36
9	Pamela Sherman	12	Redondo	5:59.64			1:18.31	1:32.87	1:39.10	1:29.36

Girls 3200 Meter Run Varsity			Finals			Lap Splits:				
#	Name	Year	School	Finals	PR	CA Rank	Lap 1	Lap 2	Lap 3	Lap 4
1	Rebecca Mehra	11	Palos Verdes	10:48.61						
2	Laura O'Neill	11	Redondo	10:53.16	PR	32nd	1:17.60	1:22.09	1:25.15	1:23.21
						2nd mile>	1:21.68	1:21.60	1:20.48	1:21.35
3	Aryn Foland	12	Mira Costa	10:54.61						
4	Shannon Hagedorn	12	Mira Costa	10:55.37						
5	Rachel Bush	11	Redondo	11:01.62		1st mile>	1:17.53	1:21.86	1:25.25	1:22.73
						2nd mile>	1:22.68	1:22.57	1:24.63	1:24.37
6	Savannah Pio	12	Mira Costa	11:02.67						
7	Kelli Sugimoto	11	Mira Costa	11:03.26						
8	Kelly Ryan	12	Redondo	11:10.34		1st mile>	1:17.55	1:22.04	1:24.83	1:23.40
						2nd mile>	1:22.48	1:27.93	1:14.06	1:38.05
9	Lauren Gagnon	10	Palos Verdes	11:45.29						
10	Vivien Cherrette	11	Mira Costa	11:51.33						
11	Alison Levy	12	West Torranc	12:24.17						
12	Paige Kelty	11	West Torranc	12:41.98						
13	Megan Davis	11	West Torranc	12:49.83						
14	Kimberly Webber	11	Palos Verdes	12:56.92						

Girls 100 Meter Hurdles Varsity			Preliminaries			
#	Name	Year	School	Prelims	Wind	PR
1	Keiko Hector	12	Palos Verdes	15.59q	NWI	
2	Aundrea Yancy	12	Redondo	15.93q	2.7	
3	Acacia Moore	11	Mira Costa	16.38q	NWI	
4	Michele Ashley Charles	12	Peninsula	16.92q	2.7	
5	Alex Stills	12	Mira Costa	17.24q	2.7	
6	Carly Montan	11	Mira Costa	18.54q	2.7	
7	Shontalene Trudeau	11	West Torranc	18.85q	2.7	
8	Maggie Ginoza	11	Mira Costa	19.00q	NWI	
9	Nina Farentinos	11	West Torranc	19.08q	NWI	
10	Annika Curren	11	Palos Verdes	19.39	NWI	
11	Michelle Mendoza	12	West Torranc	19.42	2.7	
12	Megan Mills	11	Mira Costa	19.58	2.7	
13	Julie Tra	11	Palos Verdes	22.12	NWI	

Girls 100 Meter Hurdles Varsity			Finals			
#	Name	Year	School	Finals	Wind	PR
1	Keiko Hector	12	Palos Verdes	15.40	0.3	
2	Acacia Moore	11	Mira Costa	16.18	0.3	
3	Alex Stills	12	Mira Costa	17.03	0.3	
4	Michele Ashley Charles	12	Peninsula	17.08	0.3	
5	Nina Farentinos	11	West Torranc	18.19	0.3	
6	Maggie Ginoza	11	Mira Costa	18.31	0.3	
7	Shontalene Trudeau	11	West Torranc	19.03	0.3	

Girls 300 Meter Hurdles Varsity		Preliminaries			
#	Name	Year	School	Prelims	PR
1	Keiko Hector	12	Palos Verdes	46.08q	
2	Caitlin Evans	11	Peninsula	50.99q	
3	Nina Farentinos	11	West Torranc	51.21q	
4	Acacia Moore	11	Mira Costa	51.33q	
5	Olivia Loveland	12	Redondo	52.24q	
6	Kayla Patterson	11	Redondo	52.38q	
7	Maggie Ginoza	11	Mira Costa	53.77q	
8	Jenicie Thomas	11	Redondo	53.98q	
9	Annika Curren	11	Palos Verdes	54.21q	
10	Michelle Mendoza	12	West Torranc	54.51	
11	Samantha Bejerano	11	West Torranc	55.53	
12	Carly Montan	11	Mira Costa	57.10	
13	Julie Tra	11	Palos Verdes	58.59	

Girls 300 Meter Hurdles Varsity		Finals			
#	Name	Year	School	Finals	PR
1	Keiko Hector	12	Palos Verdes	46.29	
2	Acacia Moore	11	Mira Costa	49.81	
3	Kayla Patterson	11	Redondo	50.17	
4	Caitlin Evans	11	Peninsula	51.02	
5	Nina Farentinos	11	West Torranc	51.25	
6	Jenicie Thomas	11	Redondo	52.72	
7	Maggie Ginoza	11	Mira Costa	53.12	
8	Olivia Loveland	12	Redondo	53.73	
--	Annika Curren	11	Palos Verdes	NT	

Girls 4x100 Meter Relay Varsity		Finals		
#	School	Finals	PR	
1	Mira Costa	49.46		
2	Redondo: Patterson,Davis,Miller,S.Bassman	49.52		
3	Palos Verdes	51.85		
4	Peninsula	51.89		

Girls 4x400 Meter Relay Varsity		Finals			
#	School	Year	Relay Splits	Finals	PR
1	Mira Costa			3:59.19	
2	Palos Verdes			4:00.81	
3	Redondo			4:12.45	
	Brenna Sopp	12	1:03.64		
	Kayla Ferron	10	1:03.10		
	Cara Ulizio	10	1:02.54		
	Erin South	10	1:03.17		

Girls High Jump Varsity		Finals			
#	Name	Year	School	Finals	PR
1	Aundrea Yancy	12	Redondo	5-02.00	
2	Keiko Hector	12	Palos Verdes	5-00.00	
3	Michele Ashley Charles Ama Konadu Celestine	12	Peninsula	4-08.00	
4	Amo	12	Peninsula	4-06.00	
5	Monier Mahidashti	11	Redondo	4-06.00	
6	Crystal Dilworth	11	Leuzinger	4-04.00	

Girls Pole Vault Varsity		Finals			
#	Name	Year	School	Finals	PR
1	Robyn Morioka	12	West Torranc	12-00.00	
2	Kayla Mallett	12	West Torranc	11-00.00	
3	Jasmine Freeman	11	Redondo	10-00.00	
4	Courtney Daly	11	Palos Verdes	9-00.00	
5	Brooke Bessen	11	Palos Verdes	9-00.00	
5	Jacqueline Yu-ling Lin	12	Peninsula	9-00.00	
7	Melanie Wells	12	Redondo	8-06.00	
--	Alexandra Oetzell	12	Redondo	NH	
--	Tasneem Islam	12	Peninsula	NH	
--	Jean Liu	12	Peninsula	NH	

Girls Long Jump Varsity			Finals			
#	Name	Year	School	Finals	Wind	PR
1	Kayla Mallett	12	West Torranc	17-07.50	NWI	
2	Haley Miller	11	Redondo	17-00.00	NWI	PR
3	Monier Mahidashti	11	Redondo	16-06.00	NWI	PR
4	Carol Lam	11	Peninsula	16-04.50	NWI	
5	Madalyn Fleming	11	West Torranc	16-00.00	NWI	
6	Kirby Benson	10	Mira Costa	15-07.00	NWI	
7	Crystal Dilworth	11	Leuzinger	15-06.00	NWI	
8	Sabrina Yates	11	Mira Costa	13-10.00	NWI	
9	Maggie Ginoza	11	Mira Costa	13-06.50	NWI	
10	Simonisa Selmon	12	Leuzinger	13-02.50	NWI	
11	Crystal Gianvecchio	11	Peninsula	11-10.50	NWI	

Girls Triple Jump Varsity			Finals			
#	Name	Year	School	Finals	Wind	PR
1	Kayla Mallett	12	West Torranc	39-02.50	NWI	
2	Aundrea Yancy	12	Redondo	35-10.50	NWI	PR
3	Michele Ashley Charles	12	Peninsula	35-05.00	NWI	
4	Haley Miller	11	Redondo	35-05.00	NWI	
5	Madalyn Fleming	11	West Torranc	32-04.50	NWI	
6	Carol Lam	11	Peninsula	31-01.00	NWI	
7	Crystal Dilworth	11	Leuzinger	29-05.50	NWI	
8	Maggie Ginoza	11	Mira Costa	29-05.00	NWI	
9	Sabrina Yates	11	Mira Costa	28-10.00	NWI	
--	Simonisa Selmon	12	Leuzinger	Foul		
--	Monier Mahidashti	11	Redondo	Foul		

Girls Shot Put Varsity		Finals			
#	Name	Year	School	Finals	PR
1	Mia Ogundipe-Tillman	12	Peninsula	35-07.00	PR
2	Shontalene Trudeau	11	West Torranc	34-01.00	
3	Nadia Basich	12	Redondo	32-11.00	
4	Ashley Afremow	12	West Torranc	32-08.50	
5	Brittany Collins	11	Mira Costa	32-06.00	
6	Aundrea Yancy	12	Redondo	32-04.50	
7	Yovanna Iniguez	11	Mira Costa	32-03.00	
8	Aubree Graham	11	West Torranc	31-03.50	
9	Jacqlin Canlas	11	Peninsula	30-05.00	
10	Leah Nunn	11	Mira Costa	28-10.00	
11	Kiera Griffen	11	West Torranc	27-08.00	
12	Stephanie Eng	11	Peninsula	21-01.00	
13	Maryam Rao	11	Peninsula	18-06.00	

Girls Discus Throw Varsity		Finals			
#	Name	Year	School	Finals	PR
1	Mia Ogundipe-Tillman	12	Peninsula	116-03	
2	Brittany Collins	11	Mira Costa	106-11	
3	Shontalene Trudeau	11	West Torranc	100-08	
4	Kiera Griffen	11	West Torranc	95-04	
5	Yovanna Iniguez	11	Mira Costa	93-03	
6	Jacqlin Canlas	11	Peninsula	92-09	
7	Ashley Afremow	12	West Torranc	88-08	
8	Katie Ricci	12	Palos Verdes	80-00	
9	Aubree Graham	11	West Torranc	79-11	
10	Leah Nunn	11	Mira Costa	78-05.50	
11	Nicole Hebert	12	Palos Verdes	73-06	
12	Stephanie Eng	11	Peninsula	52-11	

Girls 100 Meter Dash Frosh/Soph		Preliminaries				
#	Name	Year	School	Prelims	Wind	PR
1	Ayumi Yuki	9	West Torranc	13.14q	3.3	
2	Tiffany Nguyen	9	West Torranc	13.19q	3.3	
3	Vanessa Mercurio	10	Peninsula	13.19q	3.3	
4	Maile Ryant	9	Palos Verdes	13.21q	2.2	
5	Khalia Taylor	9	Palos Verdes	13.33q	3.3	
6	Savannah Sartini	9	Mira Costa	13.40q	3.3	
7	Randie Vlahakis	10	Redondo	13.42q	2.2	
8	Leah Langford	10	Redondo	13.44q	3.3	
9	Natasha Vega	9	Mira Costa	13.69q	2.2	
10	Allyssa Lloja	10	Mira Costa	13.53	3.3	
11	Rachel Ford	10	Peninsula	13.55	3.3	
12	Nicole Wilkinson	9	Palos Verdes	13.78	3.3	
13	Kristine Kivuls	10	Palos Verdes	13.8	2.2	
14	Roybn Corrueth	10	Mira Costa	13.97	2.2	
15	Deborah Weltman	10	Peninsula	13.98	2.2	
16	Ravelle Matthews	10	Peninsula	14.06	3.3	
17	Emiko Kranz	10	West Torranc	14.17	2.2	
18	Dani Lee	10	West Torranc	14.21	3.3	
19	Calista Kamson		Mira Costa	14.3	3.3	
20	Kayla Hearn	9	West Torranc	14.34	2.2	
21	Roxanne Matta	10	Palos Verdes	14.46	3.3	
22	Alexis Sears	10	Peninsula	15.92	3.3	

Girls 100 Meter Dash Frosh/Soph		Finals				
#	Name	Year	School	Finals	Wind	PR
1	Tiffany Nguyen	9	West Torranc	12.95	2.5	
2	Maile Ryant	9	Palos Verdes	13.06	2.5	
3	Ayumi Yuki	9	West Torranc	13.11	2.5	
4	Randie Vlahakis	10	Redondo	13.27	2.5	
5	Vanessa Mercurio	10	Peninsula	13.29	2.5	
6	Leah Langford	10	Redondo	13.38	2.5	PR
7	Khalia Taylor	9	Palos Verdes	13.56	2.5	
8	Savannah Sartini	9	Mira Costa	13.58	2.5	
9	Natasha Vega	9	Mira Costa	13.86	2.5	

Girls 200 Meter Dash Frosh/Soph			Preliminaries		
#	Name	Year	School	Prelims	Wind
1	Tiffany Nguyen	9	West Torranc	27.08q	3.0
2	Savannah Sartini	9	Mira Costa	27.24q	1.1
3	Vanessa Mercurio	10	Peninsula	27.53q	3.0
4	Mandy McKeegan	9	Mira Costa	27.84q	1.2
5	Khalia Taylor	9	Palos Verdes	28.07q	1.2
6	Kaela Hornstra	9	Mira Costa	28.27q	3.0
7	Anna Riedl	9	Peninsula	28.30q	1.1
8	Leah Langford	10	Redondo	28.35q	1.1
9	Sydney Smith	10	Peninsula	28.50q	1.1
10	Avery Durko	10	Palos Verdes	28.53	3.0
11	Allyssa Lloja	10	Mira Costa	28.54	3.0
12	Tanis Dabney	10	Palos Verdes	28.6	1.2
13	Rachel Ford	10	Peninsula	28.69	1.2
14	Ravelle Matthews	10	Peninsula	29.3	1.2
15	Noelle Carriger	9	West Torranc	29.5	1.2
16	Roybn Corruith	10	Mira Costa	29.52	1.2
17	Kayla Hearn	9	West Torranc	29.83	1.1
18	Roxanne Matta	10	Palos Verdes	29.87	3.0
19	Sabrina Chin	9	Redondo	30.2	1.1

Girls 200 Meter Dash Frosh/Soph			Finals		
#	Name	Year	School	Finals	Wind
1	Savannah Sartini	9	Mira Costa	27.39	0.5
2	Mandy McKeegan	9	Mira Costa	27.81	0.5
3	Tiffany Nguyen	9	West Torranc	27.88	0.5
4	Vanessa Mercurio	10	Peninsula	27.91	0.5
5	Anna Riedl	9	Peninsula	28.16	0.5
6	Kaela Hornstra	9	Mira Costa	28.18	0.5
7	Leah Langford	10	Redondo	28.43	0.5
8	Khalia Taylor	9	Palos Verdes	28.64	0.5
9	Sydney Smith	10	Peninsula	29.07	0.5

Girls 400 Meter Run Frosh/Soph		Preliminaries			
#	Name	Year	School	Prelims	PR
1	Ayumi Yuki	9	West Torranc	1:03.38q	
2	Mandy McKeegan	9	Mira Costa	1:03.62q	
3	Taylor Gilbertson	9	Palos Verdes	1:04.40q	
4	Noelle Carriger	9	West Torranc	1:05.03q	
5	Kaela Hornstra	9	Mira Costa	1:05.39q	
6	Anna Riedl	9	Peninsula	1:05.60q	
7	Avery Durko	10	Palos Verdes	1:05.74q	
8	Nicole Fischer	9	Mira Costa	1:06.03q	
9	Tanis Dabney	10	Palos Verdes	1:06.80q	
10	Paige Metcalfe	10	Redondo	1:07.04	
11	Roxanne Matta	10	Palos Verdes	1:07.57	
12	Deborah Weltman	10	Peninsula	1:07.60	
13	Allie Welzel	9	Mira Costa	1:08.46	
14	Natalie Sisto	9	Redondo	1:09.11	PR
15	Sierra Kaufman	10	Redondo	1:09.50	
16	Nicole Oster	9	Mira Costa	1:09.83	
17	Lara Jolicoeur	9	Redondo	1:10.49	
18	Sarah Finch	10	Redondo	1:11.20	
19	Tiffany Wu	9	Peninsula	1:11.83	
20	Ellen Suh	10	Peninsula	1:14.82	
21	Rebecca Zhang	9	Peninsula	1:29.75	

Girls 400 Meter Run Frosh/Soph		Finals			
#	Name	Year	School	Finals	PR
1	Ayumi Yuki	9	West Torranc	1:00.32	
2	Mandy McKeegan	9	Mira Costa	1:01.96	
3	Anna Riedl	9	Peninsula	1:03.03	
4	Taylor Gilbertson	9	Palos Verdes	1:03.08	
5	Kaela Hornstra	9	Mira Costa	1:04.70	
6	Tanis Dabney	10	Palos Verdes	1:04.72	
7	Noelle Carriger	9	West Torranc	1:04.84	
8	Nicole Fischer	9	Mira Costa	1:05.01	

Girls 800 Meter Run Frosh/Soph			Preliminaries		Lap Splits:		
#	Name	Year	School	Prelims	PR	Lap 1	Lap 2
1	Olivia Quan	10	Peninsula	2:29.19q			
2	Abby Hong	9	Mira Costa	2:30.46q			
3	Hannah Griffie	9	West Torranc	2:30.94q			
4	Angela Sloss	10	West Torranc	2:31.21q			
5	Mady Decker	9	Palos Verdes	2:31.60q			
6	Alyssa Desmond	10	West Torranc	2:31.92q			
7	Yvette Sandoval	10	Mira Costa	2:33.46q			
8	Mikela Bettles	9	Redondo	2:33.83q		1:15.51	1:18.32
9	Jade Francis	9	Redondo	2:36.53q		1:16.20	1:20.33
10	Kirstin Thordarson	10	Peninsula	2:37.60q			
11	Susie Hong	9	West Torranc	2:39.39q			
12	Cynthia Pham	10	Mira Costa	2:40.25q			
13	Raya Kumar	9	Peninsula	2:42.51			
14	Siena Hsu	9	Redondo	2:44.07	PR	1:17.94	1:26.13
15	Amanda Zendehas	10	Mira Costa	2:46.22			
16	Mya Gelber	9	Redondo	2:47.28		1:14.43	1:32.85
17	Makenzie Jordan	10	Peninsula	2:48.34			
18	Fatima Khan	9	Peninsula	2:49.21			
19	Angelina Verduzco	9	Redondo	2:49.58		1:20.99	1:28.59
20	Monica Merkens	9	Mira Costa	2:49.98			
21	Zoe Caron	9	Palos Verdes	2:51.24			
22	Allie Welzel	9	Mira Costa	2:54.15			
23	Alyssa Govindan	10	Palos Verdes	3:16.35			
24	Nicole Flores	10	Palos Verdes	3:37.45			

Girls 800 Meter Run Frosh/Soph			Finals		Lap Splits:		
#	Name	Year	School	Finals	PR	Lap 1	Lap 2
1	Hannah Griffie	9	West Torranc	2:26.06			
2	Abby Hong	9	Mira Costa	2:26.20			
3	Olivia Quan	10	Peninsula	2:27.80			
4	Mady Decker	9	Palos Verdes	2:29.77			
5	Kirstin Thordarson	10	Peninsula	2:32.75			
6	Jade Francis	9	Redondo	2:33.37		1:12.62	1:20.75
7	Yvette Sandoval	10	Mira Costa	2:34.06			
8	Mikela Bettles	9	Redondo	2:34.46		1:12.62	1:21.84
9	Angela Sloss	10	West Torranc	2:34.83			
10	Susie Hong	9	West Torranc	2:34.96			
11	Cynthia Pham	10	Mira Costa	2:35.01			

Girls 1600 Meter Run Frosh/Soph		Preliminaries			Lap Splits:				
#	Name	Year	School	Prelims	PR	Lap 1	Lap 2	Lap 3	Lap 4
1	Michelle Kagei	10	Palos Verdes	5:34.42q					
2	Abby Hong	9	Mira Costa	5:34.94q					
3	Alyssa Desmond	10	West Torranc	5:35.02q					
4	Sarah Locke-henderson	10	Mira Costa	5:35.98q					
5	Olivia Quan	10	Peninsula	5:39.32q					
6	Jackie Rodriguez	10	West Torranc	5:39.80q					
7	Yvette Sandoval	10	Mira Costa	5:41.14q					
8	Hannah Griffie	9	West Torranc	5:44.39q					
9	Mikela Bettles	9	Redondo	5:44.61q		1:21.00	1:28.00	1:28.45	1:27.16
10	Mady Decker	9	Palos Verdes	5:52.37q					
11	Angela Sloss	10	West Torranc	5:52.73q					
12	Kellie Jeong	11	Mira Costa	5:53.02q					
13	Susie Hong	9	West Torranc	5:53.75					
14	Skylar Thiel	9	Palos Verdes	5:55.08					
15	Rebecca Hutchison	9	West Torranc	5:56.13					
16	Emma Carley	9	West Torranc	5:56.55					
17	Lauren Inouye	10	Mira Costa	5:58.18					
18	Elizabeth Stantley	10	Palos Verdes	5:59.19					
19	Kirsten Brondial	10	Palos Verdes	6:03.53					
20	Linda Iseli	9	Peninsula	6:03.84					
21	Siena Hsu	9	Redondo	6:04.46	PR	1:25.00	1:30.23	1:33.99	1:35.24
22	Roxy Laveaga	9	West Torranc	6:04.79					
23	Kathrine Duan	10	West Torranc	6:05.43					
24	Raya Kumar	9	Peninsula	6:06.15					
25	Ruth Barry	10	Redondo	6:08.03		1:25.00	1:32.20	1:38.23	1:32.60
26	Michelle Cohen	10	Palos Verdes	6:08.55					
27	Fatima Khan	9	Peninsula	6:10.01					
28	Hannah Richland	10	Palos Verdes	6:14.99					
29	Isabella Hsu	9	Redondo	6:18.72		1:27.00	1:32.65	1:40.90	1:38.17
30	Jessica Bradford	9	Redondo	6:20.18		1:27.00	1:38.52	1:41.89	1:32.77
31	Bridget Boyle	9	Redondo	6:20.41		1:28.00	1:38.44	1:41.77	1:32.20
32	Lara Jolicoeur	9	Redondo	6:21.85		1:25.00	1:34.25	1:42.70	1:39.90
33	Aya Ibayashi	9	West Torranc	6:24.18					
34	Jenna Marshall	9	Redondo	6:29.81		1:29.00	1:34.00	1:45.00	1:41.81
35	Elle Meyers	9	Palos Verdes	6:35.76					

Girls 1600 Meter Run Frosh/Soph			Finals		Lap Splits:				
#	Name	Year	School	Finals	PR	Lap 1	Lap 2	Lap 3	Lap 4
1	Abby Hong	9	Mira Costa	5:22.97					
2	Olivia Quan	10	Peninsula	5:25.45					
3	Michelle Kagei	10	Palos Verdes	5:26.83					
4	Hannah Griffie	9	West Torranc	5:28.28					
5	Angela Sloss	10	West Torranc	5:31.52					
6	Mady Decker	9	Palos Verdes	5:31.80					
7	Alyssa Desmond	10	West Torranc	5:32.60					
8	Yvette Sandoval	10	Mira Costa	5:33.51					
9	Sarah Locke-henderson	10	Mira Costa	5:35.78					
10	Kellie Jeong	11	Mira Costa	5:36.41					
11	Mikela Bettis	9	Redondo	5:38.10		01:22.8	01:23.8	01:26.9	01:24.6
12	Jackie Rodriguez	10	West Torranc	5:40.98					

Girls 3200 Meter Run Frosh/Soph			Finals		Lap Splits:				
#	Name	Year	School	Finals	PR	Lap 1	Lap 2	Lap 3	Lap 4
1	Jackie Rodriguez	10	West Torranc	11:47.74					
2	Michelle Kagei	10	Palos Verdes	11:53.23					
3	Sarah Locke-henderson	10	Mira Costa	12:03.27					
4	Abby Hong	9	Mira Costa	12:11.87					
5	Kellie Jeong	11	Mira Costa	12:36.95					
6	Skylar Thiel	9	Palos Verdes	12:47.46					
7	Makenzie Jordan	10	Peninsula	12:51.21					
8	Fatima Khan	9	Peninsula	12:59.08					
9	Linda Iseli	9	Peninsula	13:18.36					
10	Kirsten Brondial	10	Palos Verdes	13:22.93					
11	Amanda Miles	10	Mira Costa	13:24.48					
12	Roxy Laveaga	9	West Torranc	13:28.33					
13	Michelle Cohen	10	Palos Verdes	13:45.00					
14	Lauren Inouye	10	Mira Costa	14:00.17					
15	Jessica Bradford	9	Redondo	14:13.30	1st mile>	1:31.00	1:39.00	1:46.00	1:52.00
					2nd mile>	1:50.00	1:54.00	1:53.00	1:48.30
16	Alexandria Hansen	9	Redondo	15:58.61	1st mile>	1:36.00	1:51.00	1:58.00	2:00.00
					2nd mile>	2:06.00	2:11.00	2:12.00	2:04.61

Girls 100 Meter Hurdles Frosh/Soph			Preliminaries			
#	Name	Year	School	Prelims	Wind	PR
1	Maile Davis	9	Palos Verdes	17.84q	NWI	
2	Sadie Kimbro	10	Redondo	17.96q	NWI	
3	Anna Gurevich	10	Peninsula	19.19q	NWI	
4	Erika Woo	10	Peninsula	19.25q	NWI	
5	Nico Unverzagt	9	West Torranc	19.31q	NWI	
6	Jillene Ma	10	Peninsula	19.53q	NWI	
7	Allison Grande	10	Mira Costa	19.64q	NWI	
8	Franshesica Dutra	9	Mira Costa	19.70q	NWI	
9	Lauren Futami	9	Peninsula	20.73q	NWI	
10	Allie Campbell	10	Mira Costa	22.33	NWI	
11	Ellen Suh	10	Peninsula	22.64	NWI	
12	Leslie Daniela Gonzalez	10	Peninsula	22.82	NWI	

Girls 100 Meter Hurdles Frosh/Soph			Finals			
#	Name	Year	School	Finals	Wind	PR
1	Maile Davis	9	Palos Verdes	17.21	0.6	
2	Sadie Kimbro	10	Redondo	18.35	0.6	
3	Nico Unverzagt	9	West Torranc	19.07	0.6	
4	Erika Woo	10	Peninsula	19.49	0.6	
5	Allison Grande	10	Mira Costa	19.71	0.6	
6	Franshesica Dutra	9	Mira Costa	19.79	0.6	
7	Jillene Ma	10	Peninsula	19.95	0.6	
8	Lauren Futami	9	Peninsula	20.2	0.6	
9	Anna Gurevich	10	Peninsula	20.51	0.6	

Girls 300 Meter Hurdles Frosh/Soph			Preliminaries		
#	Name	Year	School	Prelims	PR
1	Maile Davis	9	Palos Verdes	51.01q	
2	Allie Campbell	10	Mira Costa	52.45q	
3	Allison Grande	10	Mira Costa	53.40q	
4	Paige Metcalfe	10	Redondo	54.63q	
5	Sadie Kimbro	10	Redondo	54.71q	
6	Erika Woo	10	Peninsula	55.50q	
7	Lauren Futami	9	Peninsula	57.09q	
8	Jillene Ma	10	Peninsula	57.88q	
9	Franshesica Dutra	9	Mira Costa	58.05q	
10	Ellen Suh	10	Peninsula	58.15	
11	Leslie Daniela Gonzalez	10	Peninsula	58.42	
12	Nico Unverzagt	9	West Torranc	1:01.62	

Girls 300 Meter Hurdles Frosh/Soph			Finals		
#	Name	Year	School	Finals	PR
1	Maile Davis	9	Palos Verdes	50.14	
2	Allie Campbell	10	Mira Costa	51.68	
3	Allison Grande	10	Mira Costa	51.93	
4	Paige Metcalfe	10	Redondo	52.31	PR
5	Sadie Kimbro	10	Redondo	52.71	
6	Erika Woo	10	Peninsula	55.06	
7	Lauren Futami	9	Peninsula	55.92	
8	Jillene Ma	10	Peninsula	56.20	
9	Franshesica Dutra	9	Mira Costa	57.06	

Girls 4x100 Meter Relay Frosh/Soph		Finals		
#	School	Finals	PR	
1	Palos Verdes	52.25	PR	
2	Peninsula	52.28		
3	Mira Costa	52.65		
4	Redondo: Langford, Kimbro, Vlahakis, Metcalf	53.04		
5	West Torrance	53.35		

Girls 4x400 Meter Relay Frosh/Soph		Finals			
#	School	Year	Relay Splits	Finals	PR
1	West Torrance			4:11.54	PR
2	Mira Costa			4:22.98	
3	Peninsula			4:26.42	
4	Redondo			4:27.34	
	Laura Jolicoeur	9	1:08.06		
	Sierra Kaufman	10	1:07.11		
	Paige Metcalfe	10	1:06.34		
	Mikela Bettes	9	1:05.83		
5	Palos Verdes			04:32.5	

Girls High Jump Frosh/Soph		Finals			
#	Name	Year	School	Finals	PR
1	Nico Unverzagt	9	West Torranc	4-08.00	
2	Allison Bartak	9	Mira Costa	4-06.00	
3	Charissa Iluore	10	Peninsula	4-06.00	
4	Delaney Kerkoff	9	Peninsula	4-06.00	
5	Anna Gurevich	10	Peninsula	4-04.00	
5	Kaitlann Aube	9	Peninsula	4-04.00	
7	Randie Vlahakis	10	Redondo	4-04.00	
8	Maile Davis	9	Palos Verdes	4-02.00	
9	Bryce Bark	9	Palos Verdes	4-02.00	
10	Miolani Grenier	9	Peninsula	4-00.00	
10	Helena Dugard	9	Mira Costa	4-00.00	
10	Tara Hower	9	Peninsula	4-00.00	
10	Austin Zukerman	10	Palos Verdes	4-00.00	
14	Sofia Rendon	9	Palos Verdes	4-00.00	
15	Jillene Ma	10	Peninsula	4-00.00	
--	Yu Morimoto	9	Peninsula	NH	
--	Melissa Sato	10	Peninsula	NH	
--	Clara Botzong	9	Palos Verdes	NH	
--	Angelina Vollucci	10	Mira Costa	NH	

Girls Pole Vault Frosh/Soph		Finals			
#	Name	Year	School	Finals	PR
1	Megan Burns	10	Mira Costa	8-06.00	
2	Katie Parkinson	10	Redondo	8-00.00	
2	Randie Vlahakis	10	Redondo	8-00.00	
2	Rebecca Hext	10	Mira Costa	8-00.00	
5	Aleen Gordon	10	Palos Verdes	7-06.00	
5	Delaney Kerkoff	9	Peninsula	7-06.00	
7	Mackenzie Emerson	10	Mira Costa	7-06.00	
8	Erika Woo	10	Peninsula	7-00.00	
8	Hannah James	10	Mira Costa	7-00.00	
--	Julie Lee	9	Peninsula	NH	
--	Tiffany Chung	9	Peninsula	NH	
--	Madilyn Seymour	9	Palos Verdes	NH	
--	Chanel Haifley	10	Mira Costa	NH	
--	Christina Schnorf	9	Palos Verdes	NH	

Girls Long Jump Frosh/Soph		Finals				
#	Name	Year	School	Finals	Wind	PR
1	Charissa Iluore	10	Peninsula	17-09.00	NWI	
2	Maile Ryant	9	Palos Verdes	16-09.00	NWI	
3	Delaney Kerkoff	9	Peninsula	15-07.50	NWI	
4	Tiffany Shows	9	West Torranc	15-06.50	NWI	
5	Kaitlann Aube	9	Peninsula	15-02.50	NWI	
6	Leah Langford	10	Redondo	14-07.50	NWI	
7	Dani Lee	10	West Torranc	14-05.50	NWI	
8	Maile Davis	9	Palos Verdes	13-08.50	NWI	
9	Clara Botzong	9	Palos Verdes	13-03.00	NWI	
10	Nicole Wilkinson	9	Palos Verdes	13-01.00	NWI	
11	Avry Hughes	10	Peninsula	13-01.00	NWI	
12	Emiko Kranz	10	West Torranc	12-10.50	NWI	
13	Momoko Yaguchi	9	Peninsula	12-09.50	NWI	
14	Austin Zukerman	10	Palos Verdes	12-00.00	NWI	
15	Natalie Sisto	9	Redondo	12-00.00	NWI	
16	Catherine Sun	9	West Torranc	11-09.50	NWI	
17	Sarah Finch	10	Redondo	11-07.00	NWI	
18	Sandra Long	9	West Torranc	11-02.50	NWI	

Girls Triple Jump Frosh/Soph		Finals				
#	Name	Year	School	Finals	Wind	PR
1	Charissa Iluore	10	Peninsula	34-11.00	NWI	
2	Maile Ryant	9	Palos Verdes	33-10.75	NWI	
3	Delaney Kerkoff	9	Peninsula	33-09.00	NWI	
4	Nicole Wilkinson	9	Palos Verdes	32-00.00	NWI	
5	Dani Lee	10	West Torranc	31-02.00	NWI	
6	Tiffany Shows	9	West Torranc	30-09.00	NWI	
7	Leah Langford	10	Redondo	30-08.00	NWI	PR
8	Emiko Kranz	10	West Torranc	30-07.00	NWI	
9	Tiffany Chung	9	Peninsula	27-07.00	NWI	
10	Arina Sato	10	Peninsula	27-00.00	NWI	
11	Sandra Long	9	West Torranc	27-00.00	NWI	
12	Catherine Sun	9	West Torranc	26-10.50	NWI	
13	Natalie Sisto	9	Redondo	25-01.50	NWI	PR
14	Sarah Finch	10	Redondo	25-01.00	NWI	PR
15	Sofia Rendon	9	Palos Verdes	24-05.50	NWI	
16	Pv Babamoto	9	Palos Verdes	23-02.50	NWI	

Girls Shot Put Frosh/Soph			Finals		
#	Name	Year	School	Finals	PR
1	Chelsea Tatum	9	Mira Costa	32-00.25	
2	Bianka Bocarski	10	Peninsula	27-08.50	
3	Zafirah Abdulrahoof	10	Peninsula	26-08.25	
4	Nicole Munoz	10	West Torranc	26-00.00	
5	Paige Mueller	9	Palos Verdes	25-02.50	
6	Chloe Solandt	10	Palos Verdes	24-06.50	
7	Kendal Benson	9	Mira Costa	24-01.75	
8	Madison Colli	9	Palos Verdes	24-00.50	
9	Melody Assef	10	Peninsula	20-11.25	
10	De'arra Smith	9	Leuzinger	20-05.50	
11	Samantha Boyapalli	10	Peninsula	20-05.25	
12	Taylor Klarwein	10	Palos Verdes	18-10.00	

Girls Discus Throw Frosh/Soph			Finals		
#	Name	Year	School	Finals	PR
1	Chelsea Tatum	9	Mira Costa	84-10	
2	Chloe Solandt	10	Palos Verdes	78-00	
3	Kendal Benson	9	Mira Costa	75-10.50	
4	Zafirah Abdulrahoof	10	Peninsula	74-03	
5	Paige Mueller	9	Palos Verdes	70-05.50	
6	Nicole Munoz	10	West Torranc	69-06	
7	Melody Assef	10	Peninsula	56-08.50	
8	Taylor Klarwein	10	Palos Verdes	51-06	
9	Bianka Bocarski	10	Peninsula	47-01	
10	Madison Colli	9	Palos Verdes	38-09	

Boys 100 Meter Dash Varsity			Preliminaries			
#	Name	Year	School	Prelims	Wind	PR
1	Brailon Dylan Brown	12	Peninsula	10.90q	2.0	
2	Christian Bassman	12	Redondo	10.97q	0.8	
3	Victor Woo	12	Peninsula	11.21q	2.0	
4	Okuoma Idah	11	Peninsula	11.24q	0.8	
5	Taevion Morris	12	Leuzinger	11.24q	2.0	
6	Brian Bristo	11	West Torranc	11.25q	2.0	
7	Ari Adler	12	Mira Costa	11.34q	2.0	
8	Lorenzo Patton	10	Leuzinger	11.49q	0.8	
9	Thomas Webster	11	Peninsula	11.64q	0.8	
10	Courtney Crockett	11	Leuzinger	11.7	0.8	
11	Jahari Benson	12	Leuzinger	11.79	2.0	
12	Clayton Chute	11	Mira Costa	11.9	0.8	
13	Marco Palumbo	11	Mira Costa	12.13	2.0	
14	Casey Cook	11	Redondo	12.26	0.8	
15	Kevin Yeung	12	Peninsula	12.31	0.8	
16	Sean O'conell	11	Mira Costa	12.77	2.0	
17	Joe McMahan	12	Mira Costa	14.13	2.0	

Boys 100 Meter Dash Varsity			Finals				
#	Name	Year	School	Finals	Wind	PR	CA Rank
1	Christian Bassman	12	Redondo	10.79	1.2		13th
2	Brailon Dylan Brown	12	Peninsula	11.01	1.2		
3	Victor Woo	12	Peninsula	11.25	1.2		
4	Taevion Morris	12	Leuzinger	11.27	1.2		
5	Okuoma Idah	11	Peninsula	11.29	1.2		
6	Brian Bristo	11	West Torranc	11.46	1.2		
7	Thomas Webster	11	Peninsula	11.82	1.2		
8	Lorenzo Patton	10	Leuzinger	12.27	1.2		

Boys 200 Meter Dash Varsity		Preliminaries				
#	Name	Year	School	Prelims	Wind	PR
1	Brailon Dylan Brown	12	Peninsula	22.40q	3.0	
2	Derrick Duran	11	Redondo	22.79q	1.1	
3	Victor Woo	12	Peninsula	22.87q	1.1	
4	Christian Bassman	12	Redondo	22.94q	1.8	
5	Ari Adler	12	Mira Costa	23.23q	1.1	
6	Okuoma Idah	11	Peninsula	23.29q	1.8	
7	Courtney Crockett	11	Leuzinger	23.34q	3.0	
8	Dylan Gates	11	Mira Costa	23.64q	3.0	
9	Jahari Benson	12	Leuzinger	23.80q	3.0	
10	Taevion Morris	12	Leuzinger	23.81	1.8	
11	Andrew Romo	11	Peninsula	23.83	1.8	
12	Lorenzo Patton	10	Leuzinger	23.89	1.1	
13	Daryl Thomas	12	Redondo	23.92	1.1	
14	Casey Cook	11	Redondo	24.01	1.8	PR
15	George Nursal	12	Palos Verdes	24.12	1.8	
16	Clayton Chute	11	Mira Costa	24.24	3.0	
17	Joseph Ong	11	Peninsula	24.25	1.8	
18	David Laporte	11	West Torranc	24.27	1.1	
19	Thomas Webster	11	Peninsula	24.32	3.0	
20	Devon Williams	12	Redondo	24.51	1.1	
21	Daniel Doke	12	Palos Verdes	24.72	3.0	
22	Marco Palumbo	11	Mira Costa	25.06	1.1	

Boys 200 Meter Dash Varsity		Finals				
#	Name	Year	School	Finals	Wind	PR
1	Brailon Dylan Brown	12	Peninsula	22.13	1	
2	Christian Bassman	12	Redondo	22.16	1	PR
3	Derrick Duran	11	Redondo	22.32	1	PR
4	Victor Woo	12	Peninsula	23.04	1	
5	Jahari Benson	12	Leuzinger	23.56	1	
6	Okuoma Idah	11	Peninsula	23.71	1	
7	Courtney Crockett	11	Leuzinger	26.67	1	

Boys 400 Meter Run Varsity			Preliminaries		
#	Name	Year	School	Prelims	PR
1	Derrick Duran	11	Redondo	52.12q	
2	Brendan Weaver	10	Palos Verdes	52.38q	
3	Andrew Romo	11	Peninsula	53.29q	
4	Dylan Gates	11	Mira Costa	53.74q	
5	Daryl Thomas	12	Redondo	54.10q	
6	Kristopher Martin	11	Redondo	54.23q	
7	Austin Nuchols	10	West Torranc	54.55q	
8	Max Jones	12	Mira Costa	54.97q	
9	Jeff Peterson	12	Mira Costa	54.98q	
9	Jideofor Chikeruba	12	Redondo	54.98q	
11	Ben Kartub	11	Mira Costa	56.39	
12	Joseph Ong	11	Peninsula	56.9	
13	Eric Emdee	11	Redondo	1:01.07	
14	Tyler Lacombe	11	Peninsula	1:01.14	
15	Jeremy Abraham Gold	12	Peninsula	1:03.25	

Boys 400 Meter Run Varsity			Finals		
#	Name	Year	School	Finals	PR
1	Derrick Duran	11	Redondo	50.48	PR
2	Dylan Gates	11	Mira Costa	51.82	
3	Andrew Romo	11	Peninsula	52.14	
4	Daryl Thomas	12	Redondo	52.51	
5	Austin Nuchols	10	West Torranc	52.68	
6	Kristopher Martin	11	Redondo	53.51	
7	Jeff Peterson	12	Mira Costa	53.57	
8	Max Jones	12	Mira Costa	53.71	
9	Jideofor Chikeruba	12	Redondo	54.76	

Boys 800 Meter Run Varsity			Preliminaries			Lap Splits:	
#	Name	Year	School	Prelims	PR	Lap 1	Lap 2
1	Dezhan Bland	12	Redondo	2:01.93q		1:03.92	0:58.01
2	Evan Malone-White	10	Redondo	2:02.15q		1:01.73	1:00.42
3	Drew Griffie	12	West Torranc	2:02.20q			
4	Aaron Christopher Smith	12	Peninsula	2:02.44q			
5	Justin Unno	11	Palos Verdes	2:02.53q			
6	Brett Douville	12	Mira Costa	2:03.06q			
7	Nick Herold	12	Redondo	2:03.16q		1:03.03	1:00.13
8	Cameron Corrao	11	West Torranc	2:04.25q			
9	Daniel Reiger	11	Palos Verdes	2:04.45q			
10	Dylan Gates	11	Mira Costa	2:05.89q			
11	Garrett Klatte	10	Redondo	2:06.02q		1:03.23	1:02.79
12	Stephen Sansom	10	Peninsula	2:06.31q			
13	Sammy Nunan	11	Mira Costa	2:06.47			
14	Miles Dawson	11	West Torranc	2:06.95			
15	Mark Sidor	11	Palos Verdes	2:07.53			
16	Adam Perez	11	Mira Costa	2:08.95			
17	Andrew Faust	11	West Torranc	2:09.21			
18	Max Jones	12	Mira Costa	2:10.95			
19	Hector Echavarria	11	Redondo	2:11.67		1:05.58	1:06.09
20	Andrew Hazeltine	11	Redondo	2:12.03		1:06.00	1:06.03
21	Tim Barrow	12	Mira Costa	2:12.49			
22	Steven Montoya	12	Mira Costa	2:12.60			
23	Jared Sweatman	11	Redondo	2:14.35		1:05.41	1:08.94
24	Hunter Phillips	11	Palos Verdes	2:14.57			
25	Andrew Wong	12	Mira Costa	2:18.18			
26	Nick Coffman	11	Mira Costa	2:19.93			
27	John Sather	12	Mira Costa	2:22.01			
28	Julian Anthony	11	West Torranc	2:24.48			
29	Andrew Dunn	11	Peninsula	2:24.62			

Boys 800 Meter Run Varsity			Finals			Lap Splits:	
#	Name	Year	School	Finals	PR	Lap 1	Lap 2
1	Evan Malone-White	10	Redondo	1:58.12		1:00.65	0:57.47
2	Dezhan Bland	12	Redondo	1:58.40		1:00.36	0:58.04
3	Brett Douville	12	Mira Costa	1:58.88			
4	Drew Griffie	12	West Torranc	1:59.14			
5	Aaron Christopher Smith	12	Peninsula	2:00.02			
6	Justin Unno	11	Palos Verdes	2:01.89			
7	Daniel Reiger	11	Palos Verdes	2:01.95			
8	Nick Herold	12	Redondo	2:06.40		1:00.21	1:06.19
9	Sammy Nunan	11	Mira Costa	2:06.50			
10	Cameron Corrao	11	West Torranc	2:08.33			

Boys 1600 Meter Run Varsity			Preliminaries		Lap Splits:					
#	Name	Year	School	Prelims	PR	Lap 1	Lap 2	Lap 3	Lap 4	
1	Dezhan Bland	12	Redondo	4:37.02q		1:12.60	1:10.70	1:09.12	1:04.60	
2	Adam Perez	11	Mira Costa	4:37.26q						
3	Evan Malone-White	10	Redondo	4:39.37q		1:12.49	1:10.61	1:09.26	1:07.01	
4	Miles Blum	11	West Torranc	4:42.68q						
5	Aaron Christopher Smith	12	Peninsula	4:43.24q						
6	Stephen Sansom	10	Peninsula	4:43.56q						
7	Garrett Klatte	10	Redondo	4:43.60q		1:13.72	1:10.59	1:08.87	1:10.42	
8	Justin Unno	11	Palos Verdes	4:44.72q						
9	Daniel Ramos	12	Mira Costa	4:46.39q						
10	Brennan Megeff	10	Peninsula	4:47.14q						
11	Gabriel Michaels	11	Peninsula	4:48.94q						
12	Brett Douville	12	Mira Costa	4:49.18q						
13	Zach Adler	11	Mira Costa	4:50.48						
14	Pablo Diaz	11	Mira Costa	4:51.32						
15	Connor Parker	10	Palos Verdes	4:52.78						
16	Kitt Skjeie	12	Mira Costa	4:54.27						
17	Taylor Uyama	12	West Torranc	4:56.15						
18	Nick Steinke	12	Redondo	4:57.14		1:11.45	1:12.81	1:16.94	1:15.94	
19	Matt Cooper	12	Palos Verdes	4:57.93						
20	Andrew Lopez	11	Redondo	4:58.99		1:15.00	1:17.00	1:16.00	1:10.99	
21	Robin Janotta	11	Mira Costa	5:04.41						
22	Nate Parke	10	Palos Verdes	5:08.56						
23	Tyler Norden	12	Mira Costa	5:09.72						
24	Julian Anthony	11	West Torranc	5:22.20						

Boys 1600 Meter Run Varsity			Finals		Lap Splits:					
#	Name	Year	School	Finals	PR	Lap 1	Lap 2	Lap 3	Lap 4	
1	Justin Unno	11	Palos Verdes	4:18.27						
2	Dezhan Bland	12	Redondo	4:18.51	PR	1:06.62	1:07.10	1:04.42	1:00.37	
3	Evan Malone-White	10	Redondo	4:21.86		1:06.07	1:07.32	1:04.81	1:03.66	
4	Garrett Klatte	10	Redondo	4:30.97		1:05.52	1:08.86	1:09.07	1:07.52	
5	Stephen Sansom	10	Peninsula	4:31.06						
6	Miles Blum	11	West Torranc	4:35.15						
7	Gabriel Michaels	11	Peninsula	4:40.63						
8	Brennan Megeff	10	Peninsula	4:42.81						
9	Daniel Ramos	12	Mira Costa	4:44.48						
10	Connor Parker	10	Palos Verdes	4:48.44						
11	Kitt Skjeie	12	Mira Costa	4:51.64						

Boys 3200 Meter Run Varsity				Finals		Lap Splits:			
#	Name	Year	School	Finals	PR	Lap 1	Lap 2	Lap 3	Lap 4
1	Jonah Diaz	11	Palos Verdes	09:27.9					
2	Reo Miranda-lavertu	11	Peninsula	09:35.2					
3	Adam Perez	11	Mira Costa	09:35.4					
4	Tomas Snur	11	Palos Verdes	09:35.9					
5	Ryland Dreibelbis	10	Palos Verdes	09:36.9					
6	Alec Dunton	11	Palos Verdes	09:51.7					
7	Miles Blum	11	West Torranc	09:54.7					
8	Zachary Diaz	10	Palos Verdes	09:56.1					
9	Mark Sidor	11	Palos Verdes	09:59.6					
10	Zach Adler	11	Mira Costa	10:04.6					
11	Daniel Reiger	11	Palos Verdes	10:07.6					
12	Tyler Caracoza	11	Redondo	10:08.6	1st mile>	1:13.66	1:11.35	1:13.38	1:10.95
					2nd mile>	1:16.10	1:19.72	1:22.82	1:20.62
13	Andrew Palosaari	11	Peninsula	10:13.6					
14	Daniel Ramos	12	Mira Costa	10:15.7					
15	Pablo Diaz	11	Mira Costa	10:16.6					
16	Gabriel Michaels	11	Peninsula	10:21.6					
17	Aaron Christopher Smith	12	Peninsula	10:27.8					
18	Brennan Megeff	10	Peninsula	10:32.1					
19	Alexander Helton Megeff	12	Peninsula	10:44.3					
20	Tyler Norden	12	Mira Costa	10:44.9					
21	Tim Barrow	12	Mira Costa	10:54.6					

Boys 110 Meter Hurdles Varsity			Preliminaries			
#	Name	Year	School	Prelims	Wind	PR
1	Brendan Weaver	10	Palos Verdes	15.21q	1.4	
2	Anthony Ezeakunne	12	West Torranc	15.44q	1.7	
3	Kyle Hubbard	11	Mira Costa	15.58q	1.4	
4	Gregory Francis Wang	12	Peninsula	15.82q	1.7	
5	Ryan Hornstra	12	Mira Costa	16.10q	1.4	
6	Corbin Gates	11	Mira Costa	16.24q	1.4	
7	Tommy Lastrape	11	Mira Costa	16.64q	1.4	
8	Ramsey Zein	11	Mira Costa	16.70q	1.7	
9	Emmett Werner-Longo	11	Redondo	17.09q	1.7	
10	Walter Woo	12	Peninsula	17.72	1.7	
11	Alex Farrow	11	Palos Verdes	18	1.7	
12	Ben McLaughlin	11	Redondo	18.11	1.4	
13	Matt Gysel	11	Palos Verdes	18.89	1.7	
14	Jonathan Devase	12	Redondo	21.4	1.7	

Boys 110 Meter Hurdles Varsity			Finals			
#	Name	Year	School	Finals	Wind	PR
1	Brendan Weaver	10	Palos Verdes	15.02	0.8	
2	Kyle Hubbard	11	Mira Costa	15.43	0.8	
3	Anthony Ezeakunne	12	West Torranc	15.57	0.8	
4	Gregory Francis Wang	12	Peninsula	15.9	0.8	
5	Corbin Gates	11	Mira Costa	16.13	0.8	
6	Ramsey Zein	11	Mira Costa	16.77	0.8	
7	Emmett Werner-Longo	11	Redondo	16.9	0.8	
8	Tommy Lastrape	11	Mira Costa	17.58	0.8	

Boys 300 Meter Hurdles Varsity		Preliminaries			
#	Name	Year	School	Prelims	PR
1	Kyle Hubbard	11	Mira Costa	41.10q	
2	Francisco Barron	12	Leuzinger	41.77q	
3	Gregory Francis Wang	12	Peninsula	41.83q	
4	Brendan Weaver	10	Palos Verdes	42.00q	
5	Corbin Gates	11	Mira Costa	42.79q	
6	Tommy Lastrape	11	Mira Costa	43.29q	
7	Jonathan Michael Ford	12	Peninsula	43.32q	
8	Walter Woo	12	Peninsula	43.95q	
9	Ramsey Zein	11	Mira Costa	44.52q	
10	Matt Gysel	11	Palos Verdes	45.01	
11	Christian Ritchie	11	Mira Costa	45.81	
12	Emmett Werner-Longo	11	Redondo	46.65	
13	Ben McLaughlin	11	Redondo	46.94	
14	Jonathan Devase	12	Redondo	50.76	

Boys 300 Meter Hurdles Varsity		Finals			
#	Name	Year	School	Finals	PR
1	Brendan Weaver	10	Palos Verdes	40.13	
2	Kyle Hubbard	11	Mira Costa	40.25	
3	Gregory Francis Wang	12	Peninsula	40.48	
4	Corbin Gates	11	Mira Costa	41.2	
5	Francisco Barron	12	Leuzinger	42.49	
6	Ramsey Zein	11	Mira Costa	43.61	
7	Tommy Lastrape	11	Mira Costa	43.73	
8	Walter Woo	12	Peninsula	44.86	

Boys 4x100 Meter Relay Varsity		Finals		
#	School	Finals	PR	
1	Peninsula	42.75		
2	Leuzinger	43.93		
3	West Torrance	44.11		
DQ	Redondo: Towns, Thomas, Cook, C. Bassman	NT		

Boys 4x400 Meter Relay Varsity		Finals			
#	School	Year	Relay Splits	Finals	PR
1	Redondo			3:28.64	
	Derrick Duran	11	52.98		
	Christian Bassman	12	50.84		
	Evan Malone-White	10	51.87		
	Dezhan Bland	12	52.95		
2	Mira Costa			3:28.76	
3	West Torrance			3:30.83	
4	Peninsula			3:44.06	
5	Palos Verdes			3:57.74	

Boys High Jump Varsity		Finals			
#	Name	Year	School	Finals	PR
1	Brendan Weaver	10	Palos Verdes	6-04.00	
2	Daniel Golubovic	11	Mira Costa	6-01.00	
3	Jonathan Michael Ford	12	Peninsula	6-00.00	
4	Q'marth Ghaemi	12	Palos Verdes	5-10.00	
5	Rueben Lindsey	11	Peninsula	5-10.00	
--	Jason Huang	12	Palos Verdes	NH	
--	Connor Holubets	11	West Torranc	NH	

Boys Pole Vault Varsity		Finals			
#	Name	Year	School	Finals	PR
1	Ryan Morrow	12	Mira Costa	14-00.00	
2	Max Niebergall	11	Redondo	13-00.00	
3	Jhonathon Ruiz	12	Redondo	12-06.00	
4	Tyler Hext	11	Mira Costa	12-00.00	
5	Jason Tarrango	12	Redondo	12-00.00	
6	Josh Meadows	11	West Torranc	11-06.00	
7	Andreas Miguel	11	Peninsula	11-06.00	
8	Christian Ritchie	11	Mira Costa	11-06.00	
8	Austin Harding	11	Mira Costa	11-06.00	
10	Greg Fong	11	Mira Costa	11-00.00	
11	Daniel Shweiri	11	West Torranc	11-00.00	
--	Calvin Mader	11	West Torranc	NH	
--	William Song	11	Peninsula	NH	
--	Andrew Murphy	11	Palos Verdes	NH	
--	Steven Jung	11	Palos Verdes	NH	
--	Daniel Keroles	12	Palos Verdes	NH	
--	Brandon Kobayashi	11	Peninsula	NH	
--	Stephen Qu	11	Peninsula	NH	
--	Greg Sonnen	11	Peninsula	NH	
--	Cristopher Sue	11	Peninsula	NH	

Boys Long Jump Varsity		Finals				
#	Name	Year	School	Finals	Wind	PR
1	Okuoma Idah	11	Peninsula	22-01.25	NWI	PR
2	Kyle Hubbard	11	Mira Costa	21-02.00	NWI	
3	Nicky Roos	11	West Torranc	21-00.00	NWI	
4	Veit Tran	12	Mira Costa	20-06.00	NWI	
5	Rueben Lindsey	11	Peninsula	20-03.00	NWI	
6	Sean Towns	12	Redondo	19-11.75	NWI	
7	Connor Holubets	11	West Torranc	19-07.50	NWI	
8	Jay Akarim	11	Mira Costa	19-06.50	NWI	
9	Jonathan Michael Ford	12	Peninsula	19-05.00	NWI	
10	Lorenzo Patton	10	Leuzinger	19-04.50	NWI	
11	Cameron Ritchie	12	Mira Costa	19-03.00	NWI	
12	Devon Williams	12	Redondo	19-03.00	NWI	
13	Mahmoud Hassanyn	12	Redondo	19-01.00	NWI	
14	George Nursal	12	Palos Verdes	18-10.50	NWI	
15	Perry Bj Nguyen	12	Peninsula	18-10.00	NWI	
16	Jacob Robinett	11	Palos Verdes	18-02.00	NWI	
17	Jason Huang	12	Palos Verdes	17-06.75	NWI	

Boys Triple Jump Varsity		Finals				
#	Name	Year	School	Finals	Wind	PR
1	Mahmoud Hassanyn	12	Redondo	43-06.00	NWI	PR
2	Jonathan Michael Ford	12	Peninsula	41-10.00	NWI	
3	Veit Tran	12	Mira Costa	41-09.00	NWI	
4	Perry Bj Nguyen	12	Peninsula	41-07.00	NWI	
5	Devon Williams	12	Redondo	41-03.00	NWI	
6	Rueben Lindsey	11	Peninsula	40-04.00	NWI	
7	Connor Holubets	11	West Torranc	38-05.00	NWI	
8	Sean Towns	12	Redondo	38-02.00	NWI	
9	Jay Akarim	11	Mira Costa	37-10.00	NWI	
10	Nathan Chong	12	Mira Costa	37-03.00	NWI	
11	Cameron Ritchie	12	Mira Costa	36-06.50	NWI	
12	Jacob Robinett	11	Palos Verdes	35-00.00	NWI	
13	Jason Huang	12	Palos Verdes	33-09.50	NWI	

Boys Shot Put Varsity			Finals		
#	Name	Year	School	Finals	PR
1	J.R. Tavai	12	Mira Costa	53-00.50	
2	Taylor Bongiovanni	12	Redondo	47-00.50	PR
3	Samuel Ben-Amor	11	Redondo	42-08.00	
4	Lofti Ben-Amor	12	Redondo	41-00.50	
5	Matt Bell	11	Palos Verdes	35-10.50	
6	Tevin Posey	12	Leuzinger	35-08.50	
7	Albert Lim	12	Peninsula	34-11.50	
8	Brian Jeon	12	Peninsula	32-07.00	
9	Roddye Matthews	12	Leuzinger	31-04.00	
10	Carter Beck	12	Peninsula	30-06.00	
11	Cole Martin	11	Peninsula	29-05.00	

Boys Discus Throw Varsity			Finals		
#	Name	Year	School	Finals	PR
1	J.R. Tavai	12	Mira Costa	147-02	
2	Taylor Bongiovanni	12	Redondo	135-06	PR
3	Lofti Ben-Amor	12	Redondo	116-04	
4	Jack Lee	11	Peninsula	116-03	
5	Carter Beck	12	Peninsula	113-00.50	
6	Christopher Wardour	11	West Torranc	106-05	
7	Albert Lim	12	Peninsula	104-07	
8	David Kendall	12	Redondo	103-06	PR
9	Cameron Woo	11	West Torranc	98-08	
10	Matt Bell	11	Palos Verdes	79-08	
11	Michael Dulay-Ortega	11	Redondo	78-10.50	

Boys 100 Meter Dash Frosh/Soph		Preliminaries				
#	Name	Year	School	Prelims	Wind	PR
1	Ryan Sawelson	10	Peninsula	11.50q	1.8	
2	Americo Sam	9	Mira Costa	11.70q	3	
3	Ryan Patrick	9	Redondo	11.86q	1.8	
4	Michael Nishida	9	Peninsula	11.87q	1.8	
5	Michael Mcmillan	10	Leuzinger	11.95q	3	
6	Brandon Mills	9	Mira Costa	12.06q	1.8	
7	John Bae	9	Peninsula	12.09q	1.8	
8	Arys Forbin	10	Redondo	12.13q	1.8	
9	Issaac Kuo	10	Peninsula	12.21q	3	
10	Ben Oda	9	Peninsula	12.29	3	
10	Diontay Welch	10	Leuzinger	12.29	1.8	
12	Connor Helm	10	Palos Verdes	12.39	1.8	
12	Andrew Garcia	9	Palos Verdes	12.39	1.8	
14	Matt Beuder	9	Mira Costa	12.4	3	
15	Will Scolinos	9	Palos Verdes	12.58	1.8	
16	Kyle Abjelina	10	Peninsula	12.77	3	
17	Jordan Alejo	9	Redondo	13.07	1.8	
18	Brian Joe	9	Mira Costa	13.3	3	
--	Grant Sampson	9	Palos Verdes	NT	1.8	

Boys 100 Meter Dash Frosh/Soph		Finals				
#	Name	Year	School	Finals	Wind	PR
1	Ryan Sawelson	10	Peninsula	11.09	2	
2	Americo Sam	9	Mira Costa	11.79	2	
3	Michael Nishida	9	Peninsula	11.84	2	
4	Ryan Patrick	9	Redondo	11.89	2	
5	Brandon Mills	9	Mira Costa	12	2	
6	John Bae	9	Peninsula	12.01	2	
7	Michael Mcmillan	10	Leuzinger	12.17	2	
8	Issaac Kuo	10	Peninsula	12.21	2	

Boys 200 Meter Dash Frosh/Soph			Preliminaries			
#	Name	Year	School	Prelims	Wind	PR
1	Ryan Sawelson	10	Peninsula	23.93q	1.3	
2	Chris Fong	9	Mira Costa	24.10q	2.5	
3	Michael Mcmillan	10	Leuzinger	24.29q	2.5	
4	Ryan Patrick	9	Redondo	24.34q	2.5	
5	Diontay Welch	10	Leuzinger	24.60q	1.3	
6	Americo Sam	9	Mira Costa	24.72q	1.8	
7	Michael Nishida	9	Peninsula	24.87q	2.5	
8	Ryota Kimura	9	Peninsula	24.99q	2.5	
9	John Bae	9	Peninsula	25.02q	1.3	
10	Issaac Kuo	10	Peninsula	25.19	1.8	
11	Matt Beuder	9	Mira Costa	25.37	1.3	
12	Connor Helm	10	Palos Verdes	25.51	1.8	
13	Arys Forbin	10	Redondo	25.53	1.3	
14	Sebastian Love	9	Mira Costa	25.77	1.8	
15	Andy Chen	9	Redondo	25.91	1.8	PR
16	Andrew Garcia	9	Palos Verdes	25.96	2.5	
17	Jordan Alejo	9	Redondo	26.81	2.5	

Boys 200 Meter Dash Frosh/Soph			Finals			
#	Name	Year	School	Finals	Wind	PR
1	Ryan Sawelson	10	Peninsula	23.22	0.9	
2	Ryan Patrick	9	Redondo	24.00	0.9	PR
3	Chris Fong	9	Mira Costa	24.13	0.9	
4	Americo Sam	9	Mira Costa	24.40	0.9	
5	Diontay Welch	10	Leuzinger	24.43	0.9	
6	Ryota Kimura	9	Peninsula	24.83	0.9	
7	John Bae	9	Peninsula	25.12	0.9	
8	Michael Nishida	9	Peninsula	25.13	0.9	
9	Michael Mcmillan	10	Leuzinger	25.73	0.9	

Boys 400 Meter Run Frosh/Soph		Preliminaries			
#	Name	Year	School	Prelims	PR
1	PJ Osconovich	9	Mira Costa	55.22q	
2	Sam Pond	10	Palos Verdes	55.52q	
3	Antony Nasrollahy	9	Redondo	55.62q	
4	Christopher Ward	9	Redondo	55.95q	
5	Isaiah Madison	10	Redondo	56.39q	
6	Ryota Kimura	9	Peninsula	57.17q	
7	Ahmad Kabbani	9	Redondo	57.35q	
8	Michael O'Neill	9	Redondo	58.15q	
9	Sebastian Love	9	Mira Costa	58.92q	
10	Christopher Low	10	Peninsula	59.01	
11	Haruki Tojo	9	Peninsula	59.31	
12	Anthony Alvarado	9	Palos Verdes	59.33	
13	Nick Miller	9	Mira Costa	1:00.53	
14	Joshua Block	9	Mira Costa	1:01.40	
15	Taiki Kusakabe	9	Peninsula	1:02.69	

Boys 400 Meter Run Frosh/Soph		Finals			
#	Name	Year	School	Finals	PR
1	Christopher Ward	9	Redondo	54.24	PR
2	PJ Osconovich	9	Mira Costa	54.32	
3	Sam Pond	10	Palos Verdes	54.64	
4	Isaiah Madison	10	Redondo	55.08	
5	Antony Nasrollahy	9	Redondo	55.31	
6	Ryota Kimura	9	Peninsula	55.74	
7	Ahmad Kabbani	9	Redondo	56.55	
8	Michael O'Neill	9	Redondo	57.38	
9	Sebastian Love	9	Mira Costa	59.21	

Boys 800 Meter Run Frosh/Soph			Preliminaries		Lap Splits:		
#	Name	Year	School	Prelims	PR	Lap 1	Lap 2
1	Dustin Herold	9	Redondo	2:09.01q		1:05.29	1:03.72
2	Niko Pappas	9	Mira Costa	2:09.39q			
3	Oscar Chacon	9	Peninsula	2:09.98q			
4	Dagmay Demsas	10	Redondo	2:10.51q		1:08.14	1:02.37
5	Hayden Hinsch	10	Peninsula	2:11.03q			
6	Sergey Ganous	10	Redondo	2:11.19q		1:06.00	1:05.19
7	Robbie Faustino	10	Peninsula	2:11.23q			
8	Takehiro Yamaya	9	Redondo	2:13.61q		1:08.50	1:05.11
9	Waseem Radi	9	Redondo	2:14.88q		1:07.00	1:07.88
10	Nicholas Meyers	10	Peninsula	2:15.23q			
11	Ryan Beall	10	Palos Verdes	2:15.93q			
12	Brendan Froom	10	Palos Verdes	2:16.09q			
13	Ryan Patrick	10	Palos Verdes	2:16.74			
14	Aaron Kan	9	Peninsula	2:16.94			
15	Nicholas Wells	9	Redondo	2:18.08		1:08.50	1:09.58
16	Paul Bodin	9	Redondo	2:22.85		1:09.30	1:13.55
17	Zach Rodgers	10	Redondo	2:22.91	PR	1:09.30	1:13.61
18	Blake Gilmartin	9	West Torranc	2:22.96			
19	Brandon Chen	10	Mira Costa	2:23.09			
20	Ryan Cosgrove	9	Palos Verdes	2:24.42			
21	Ryan Zein	9	Mira Costa	2:26.03			
22	Ben Rosenthal	10	Mira Costa	2:27.69			
23	Rj Fazio	9	Palos Verdes	2:31.75			
24	Thomas Demoner	9	Palos Verdes	2:33.96			

Boys 800 Meter Run Frosh/Soph			Finals		Lap Splits:		
#	Name	Year	School	Finals	PR	Lap 1	Lap 2
1	Niko Pappas	9	Mira Costa	2:06.03			
2	Hayden Hinsch	10	Peninsula	2:06.65			
3	Dustin Herold	9	Redondo	2:07.00		1:04.88	1:02.12
4	Oscar Chacon	9	Peninsula	2:08.26			
5	Robbie Faustino	10	Peninsula	2:08.71			
6	Sergey Ganous	10	Redondo	2:09.05		1:05.24	1:03.81
7	Takehiro Yamaya	9	Redondo	2:09.23	PR	1:06.07	1:03.16
8	Dagmay Demsas	10	Redondo	2:09.45		1:05.11	1:04.34
9	Waseem Radi	9	Redondo	2:10.06		1:04.98	1:05.08
10	Ryan Beall	10	Palos Verdes	2:10.23			
11	Nicholas Meyers	10	Peninsula	2:12.96			
12	Brendan Froom	10	Palos Verdes	2:14.42			

Boys 1600 Meter Run Frosh/Soph			Preliminaries		Lap Splits:				
#	Name	Year	School	Prelims	PR	Lap 1	Lap 2	Lap 3	Lap 4
1	Dustin Herold	9	Redondo	4:53.35q		1:17.05	1:15.51	1:12.26	1:08.53
2	Miles Irish	9	Palos Verdes	4:53.80q					
3	William Tait	9	Redondo	4:54.54q		1:19.51	1:17.73	1:12.57	1:04.73
4	Michael Nakahara	10	West Torranc	4:54.84q					
5	Tewodros Kassa	10	West Torranc	4:55.42q					
6	Niko Pappas	9	Mira Costa	4:56.88q					
7	Tyler Shalvarjian	10	Mira Costa	4:57.61q					
8	Justin Macdonald	10	Mira Costa	4:57.75q					
9	Lucas Robinson	9	Palos Verdes	4:58.51q					
10	Oscar Chacon	9	Peninsula	5:00.15q					
11	Hayden Hinsch	10	Peninsula	5:03.12q					
12	Tomohiro Yamaya	9	Redondo	5:03.72q		1:18.98	1:19.50	1:17.01	1:08.23
13	J.c Ohmstede	9	Mira Costa	5:04.21					
14	Nicholas Amorelli	9	Redondo	5:06.29	PR	1:20.57	1:19.92	1:19.40	1:06.40
15	Nicholas Wells	9	Redondo	5:06.38		1:20.57	1:19.92	1:09.50	1:16.39
16	Takehiro Yamaya	9	Redondo	5:08.53		1:20.01	1:19.40	1:21.13	1:07.99
17	Michael Goldberg	10	Mira Costa	5:08.80					
18	Tarik Snyder	9	Palos Verdes	5:14.41					
19	Luke Letwin	9	Palos Verdes	5:15.44					
20	Micheal Hashimoto	9	Peninsula	5:16.07					
21	Robert Mushaney	10	Redondo	5:16.52		1:19.91	1:18.46	1:20.53	1:17.62
22	Nicholas Meyers	10	Peninsula	5:17.42					
23	Arthur Fontana	10	Redondo	5:17.48		1:19.88	1:19.97	1:22.46	1:15.17
24	Sagar Mittal	9	West Torranc	5:17.69					
25	Grant Lapovich	10	West Torranc	5:20.56					
26	David Alexander	10	Redondo	5:26.27		1:21.00	1:26.14	1:23.75	1:15.38
27	Ben Brothers	9	Palos Verdes	5:26.70					
28	Drew Paulson	9	Palos Verdes	5:27.03					
29	Ian Jones	9	Palos Verdes	5:28.11					
30	Alejandro Pena	9	Leuzinger	6:01.88					

Boys 1600 Meter Run Frosh/Soph			Finals		Lap Splits:				
#	Name	Year	School	Finals	PR	Lap 1	Lap 2	Lap 3	Lap 4
1	Miles Irish	9	Palos Verdes	4:37.25					
2	Dustin Herold	9	Redondo	4:37.80	PR	1:12.95	1:13.05	1:08.81	1:02.99
3	Niko Pappas	9	Mira Costa	4:38.37					
4	Tewodros Kassa	10	West Torranc	4:38.61					
5	William Tait	9	Redondo	4:38.79		1:13.24	1:13.23	1:08.06	1:04.26
6	Michael Nakahara	10	West Torranc	4:39.94					
7	Lucas Robinson	9	Palos Verdes	4:42.57					
8	Justin Macdonald	10	Mira Costa	4:45.72					
9	Tomohiro Yamaya	9	Redondo	4:49.66	PR	1:13.55	1:14.15	1:11.31	1:10.65
10	Oscar Chacon	9	Peninsula	4:51.04					
11	Tyler Shalvarjian	10	Mira Costa	4:54.14					

Boys 3200 Meter Run Frosh/Soph			Finals		
#	Name	Year	School	Finals	PR
1	Michael Nakahara	10	West Torranc	10:15.70	
2	Miles Irish	9	Palos Verdes	10:18.10	
3	Tewodros Kassa	10	West Torranc	10:19.04	
4	Niko Pappas	9	Mira Costa	10:30.36	
5	William Tait	9	Redondo	10:32.40	
6	Tyler Shalvarjian	10	Mira Costa	10:39.68	
7	Lucas Robinson	9	Palos Verdes	10:44.36	
8	Michael Goldberg	10	Mira Costa	10:47.40	
9	Tomohiro Yamaya	9	Redondo	10:50.05	
10	Justin Macdonald	10	Mira Costa	11:03.06	
11	Sam Dupas	10	Palos Verdes	11:06.16	
12	Arthur Fontana	10	Redondo	11:24.09	
13	J.c Ohmstede	9	Mira Costa	11:32.02	
14	Grant Lapovich	10	West Torranc	11:36.20	
15	Sagar Mittal	9	West Torranc	11:44.73	
16	Terren Krietzman	10	Palos Verdes	11:47.07	
17	Spencer Lubs	9	West Torranc	11:49.16	
18	Samuel Quon	10	Peninsula	11:55.72	
19	Kevin Nguyen	9	Peninsula	12:15.38	
20	Christian Botz-Zapp	9	Palos Verdes	12:38.82	

Boys 110 Meter Hurdles Frosh/Soph		Preliminaries				
#	Name	Year	School	Prelims	Wind	PR
1	Andrew Booras	10	Mira Costa	18.11q	NWI	
2	Sam Bodin	9	Redondo	18.85q	2.8	
3	Zach Johnson	9	Mira Costa	19.26q	NWI	
4	Marcio Arakaki	10	West Torranc	19.32q	NWI	
5	Edwin Jacobson	9	Peninsula	19.84q	NWI	
6	Garrett Rule	10	Palos Verdes	19.88q	2.8	
7	Jun Lee	10	West Torranc	19.94q	2.8	
8	Andrew Marinas	10	West Torranc	20.09q	2.8	
9	David Hilton	9	Mira Costa	20.53q	2.8	
10	Griffen Kabus	9	Mira Costa	20.94	NWI	
11	Justin Sanny	10	Redondo	21.14	2.8	
12	Jacob Nicoletto	9	Peninsula	21.21	2.8	
13	Kenno Hayashi	9	Peninsula	22.09	NWI	
14	Jay Fall	10	Peninsula	22.12	2.8	
15	Ryan Keliher	9	Redondo	22.27	2.8	

Boys 110 Meter Hurdles Frosh/Soph		Finals				
#	Name	Year	School	Finals	Wind	PR
1	Andrew Booras	10	Mira Costa	17.73	NWI	
2	Sam Bodin	9	Redondo	17.82	NWI	
3	Zach Johnson	9	Mira Costa	18.43	NWI	
4	Marcio Arakaki	10	West Torranc	19.07	NWI	
5	Andrew Marinas	10	West Torranc	19.19	NWI	
6	Garrett Rule	10	Palos Verdes	19.87	NWI	
7	Edwin Jacobson	9	Peninsula	19.88	NWI	
8	David Hilton	9	Mira Costa	20.06	NWI	

Boys 300 Meter Hurdles Frosh/Soph		Preliminaries			
#	Name	Year	School	Prelims	PR
1	Sam Pond	10	Palos Verdes	45.04q	
2	Marcio Arakaki	10	West Torranc	46.64q	
3	Andrew Booras	10	Mira Costa	47.25q	
4	Edwin Jacobson	9	Peninsula	48.06q	
5	Andrew Marinas	10	West Torranc	49.85q	
6	David Hilton	9	Mira Costa	50.80q	
7	Jacob Nicoletto	9	Peninsula	51.74q	
8	Griffen Kabus	9	Mira Costa	51.81q	
9	Robert Mc Mahon	9	Mira Costa	52.31q	
10	Justin Sanny	10	Redondo	52.4	
11	Zach Johnson	9	Mira Costa	53.47	
12	Matt Stern	9	Mira Costa	53.48	
13	Frank Wells	10	Peninsula	53.51	
14	Ryan Keliher	9	Redondo	56.12	

Boys 300 Meter Hurdles Frosh/Soph		Finals			
#	Name	Year	School	Finals	PR
1	Andrew Booras	10	Mira Costa	43.89	
2	Sam Pond	10	Palos Verdes	43.97	
3	Marcio Arakaki	10	West Torranc	46.33	
4	Andrew Marinas	10	West Torranc	47.68	
5	Edwin Jacobson	9	Peninsula	47.97	
6	David Hilton	9	Mira Costa	49.13	
7	Griffen Kabus	9	Mira Costa	49.49	
8	Robert Mc Mahon	9	Mira Costa	51.26	
9	Jacob Nicoletto	9	Peninsula	51.29	

Boys 4x100 Meter Relay Frosh/Soph		Finals		
#	School	Finals	PR	
1	Peninsula	45.02		
2	Mira Costa	45.29		
3	Redondo:Partick,Nasrollahy,Ward,M.O'Neill	47.57		
4	Palos Verdes	48.05		

Boys 4x400 Meter Relay Frosh/Soph		Finals			
#	School	Year	Relay Splits	Finals	PR
1	Redondo			3:40.34	PR
	Dustin Herold	9	53.98		
	Antony Nasrollahy	9	56.73		
	Sergey Ganous	9	54.97		
	Chris Ward	9	54.66		
2	Peninsula			3:40.77	
3	Mira Costa			3:48.15	
4	Palos Verdes			3:50.07	

Boys High Jump Frosh/Soph		Finals			
#	Name	Year	School	Finals	PR
1	David McAdoo	10	Peninsula	5-04.00	
2	Sam Bodin	9	Redondo	5-02.00	
3	Robin Wonder	9	Peninsula	5-02.00	
4	Yoon Sung Choi	10	Peninsula	5-02.00	
5	Jay Fall	10	Peninsula	5-00.00	
5	Grant Uba	10	Peninsula	5-00.00	
7	Weston Adkins	10	West Torranc	4-10.00	
7	Max Sverdlov	9	Palos Verdes	4-10.00	
9	Christopher De La Fuente	10	Peninsula	4-08.00	
9	Jacob Diamond	9	Palos Verdes	4-08.00	
--	Tim Esposito	9	Palos Verdes	NH	
--	Austin Fairchild	9	Palos Verdes	NH	

Boys Pole Vault Frosh/Soph		Finals			
#	Name	Year	School	Finals	PR
1	Sean Griffin	10	Mira Costa	13-00.00	
2	Justin Palmer	10	Palos Verdes	11-00.00	
3	Reed Scale	10	Mira Costa	10-06.00	
4	Kevin White	10	Redondo	10-00.00	
5	Alan Williams	10	Peninsula	10-00.00	
6	Ryan Keliher	9	Redondo	9-06.00	
7	Nicos Villarel-Styles	9	Mira Costa	9-06.00	
8	Francesco Merola	10	Peninsula	9-00.00	
--	Elliot Kang	9	Peninsula	NH	
--	Sam Bodin	9	Redondo	NH	
--	Michael Evans	9	West Torranc	NH	
--	Connor O'bryan	9	West Torranc	NH	
--	Darren Lim	9	Peninsula	NH	
--	Jason Chang	9	Peninsula	NH	

Boys Long Jump Frosh/Soph		Finals					
#	Name	Year	School	Finals	Wind	PR	
1	Grant Uba	10	Peninsula	19-05.00	NWI		
2	David McAdoo	10	Peninsula	18-08.00	NWI		
3	Chris Fong	9	Mira Costa	18-05.00	NWI		
4	Weston Adkins	10	West Torranc	17-10.00	NWI		
5	Christopher De La Fuente	10	Peninsula	17-02.75	NWI		
6	Austin Yu	10	Palos Verdes	17-02.00	NWI		
7	Cory Ng	10	Peninsula	17-00.50	NWI		
8	Ricardo Viscarra	10	Peninsula	16-10.00	NWI		
9	Coleman Opsata	9	West Torranc	16-07.50	NWI		
10	Brian Zukotynski	10	Mira Costa	16-07.50	NWI		
11	Jacob Diamond	9	Palos Verdes	16-03.50	NWI		
12	Akira Isaac	9	Mira Costa	16-02.50	NWI		
13	Tim Esposito	9	Palos Verdes	16-00.50	NWI		
14	Mc Lane Brown	9	Mira Costa	15-11.50	NWI		
15	Max Sverdlov	9	Palos Verdes	15-11.00	NWI		
16	Jordan Alejo	9	Redondo	15-10.00	NWI		
17	Kevin White	10	Redondo	15-07.00	NWI		
18	Chasen Volkel	10	Palos Verdes	13-11.50	NWI		
--	Andrew Baeza	9	Peninsula	Foul			

Boys Triple Jump Frosh/Soph		Finals					
#	Name	Year	School	Finals	Wind	PR	
1	Grant Uba	10	Peninsula	41-09.00	NWI		
2	David McAdoo	10	Peninsula	41-08.00	NWI		
3	Austin Yu	10	Palos Verdes	36-09.50	NWI		
4	Andrew Baeza	9	Peninsula	36-05.50	NWI		
5	Kevin White	10	Redondo	36-04.00	NWI	PR	
6	Weston Adkins	10	West Torranc	36-00.00	NWI		
7	Brian Zukotynski	10	Mira Costa	35-08.00	NWI		
8	Ricardo Viscarra	10	Peninsula	34-08.50	NWI		
9	Cory Ng	10	Peninsula	34-07.00	NWI		
10	Ryan Lee	9	Peninsula	33-11.00	NWI		
11	Akira Isaac	9	Mira Costa	33-09.00	NWI		
12	Jordan Alejo	9	Redondo	33-02.50	NWI	PR	
13	Jacob Diamond	9	Palos Verdes	32-10.00	NWI		
14	Tim Esposito	9	Palos Verdes	32-03.50	NWI		
15	Mc Lane Brown	9	Mira Costa	30-04.50	NWI		

Boys Shot Put Frosh/Soph		Finals			
#	Name	Year	School	Finals	PR
1	Mitchel Charles	9	Peninsula	47-03.00	
2	Will Ricci	10	Palos Verdes	45-02.50	
3	Joseph McAdoo	10	Peninsula	40-11.00	
4	Julian Dimacale	10	Peninsula	39-05.75	
5	Brandon Mills	9	Mira Costa	38-10.00	
6	Austin McGibbon	10	Palos Verdes	38-01.50	
7	Dylan Refeld	9	Palos Verdes	37-04.00	
8	Matt Misetich	10	Palos Verdes	35-10.75	
9	Peter Klarwein	10	Palos Verdes	34-05.00	
10	Michael Moore	9	West Torranc	33-10.50	
11	Jimmy Lim	10	Peninsula	31-06.75	
12	Jay Fall	10	Peninsula	30-06.50	
13	Mathew Gerlach	10	Peninsula	30-03.50	
14	Eli Seamann	9	Mira Costa	27-07.00	

Boys Discus Throw Frosh/Soph		Finals			
#	Name	Year	School	Finals	PR
1	Mitchel Charles	9	Peninsula	106-07.50	
2	Michael Moore	9	West Torranc	100-10	
3	Dylan Refeld	9	Palos Verdes	99-09	
4	Brandon Mills	9	Mira Costa	99-02	
5	Julian Dimacale	10	Peninsula	96-10	
6	Austin McGibbon	10	Palos Verdes	96-05	
7	Jimmy Lim	10	Peninsula	88-00	
8	Will Ricci	10	Palos Verdes	83-00	
9	Peter Klarwein	10	Palos Verdes	69-10	
10	Jay Fall	10	Peninsula	68-08	
11	Matt Mattera	10	Palos Verdes	59-02	
12	Eli Seamann	9	Mira Costa	50-05.50	
--	Daniel Niko	9	Redondo	Foul	