

# Paramount Relays

Pirate Stadium, Paramount High School, Paramount - March 5, 2011

Event	Place	Team / Names	Team Time	Splits	PR	Lap Splits:			
						Lap 1	Lap 2	Lap 3	Lap 4
Shuttle Hurdles Relay - Boys - F/S		Cameron Lindquist Brandon Hayata Ryan Keliher Sam Bodin	<b>01:34.35</b>	22.24 27.96 23.04 21.11					
4 X 1600 - Boys - F/S	2	<b>A Team</b>	<b>19:44.65</b>	04:41.43	<b>PR</b>	01:06.14	01:15.06	01:12.05	01:08.18
		Will Tait		05:15.07	<b>PR</b>	01:11.00	01:22.01	01:23.12	01:18.94
		Takehiro Yamaya		04:58.06	<b>PR</b>	01:08.56	01:16.33	01:19.76	01:13.41
		Tomohiro Yamaya		04:50.09	<b>PR</b>	01:09.03	01:13.44	01:15.06	01:12.56
		<b>B Team</b>	<b>21:01.00</b>	05:05.00	<b>PR</b>	01:09.00	01:20.00	01:22.00	01:14.00
		Serge Ganous		05:18.00		01:11.00	01:20.00	01:26.00	01:21.00
		RJ Mushaney		05:21.00	<b>PR</b>	01:08.00	01:27.00	01:28.00	01:18.00
		Nick Wells		05:17.00		01:15.00	01:22.00	01:23.00	01:17.00
		<b>C Team</b>	<b>21:35.47</b>	05:11.00	<b>PR</b>	01:09.00	01:20.00	01:22.00	01:20.00
		Robert Meadows		05:24.00	<b>PR</b>	01:07.00	01:22.00	01:30.00	01:25.00
		David Alexander		05:22.00	<b>PR</b>	01:12.00	01:23.00	01:28.00	01:19.00
		Paul Bodin		05:38.47	<b>PR</b>	01:15.00	01:30.00	01:36.00	01:17.47
Evan Schermerhorn									
4 X 100 - Girls - F/S	2	Sarah Logan Leah Langford Paige Metcalf Randie Vlakis	<b>55.06</b>						

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						Lap 1	Lap 2	Lap 3	Lap 4
4 X 100 - Boys - F/S	DQ	Ryan Patrick Michael O'Neill Justin Sanny Jordan Alejo	49.81						
4 X 1600 - Boys - Varsity	3	<b>A Team</b> Nick Steinke Tyler Caracoza Andrew Lopez Alex Guzman	19:33.80	04:53.58 04:41.48 05:00.84 04:57.90	PR  PR	01:04.05 01:06.66 01:06.30 01:09.96	01:12.28 01:10.90 01:16.09 01:15.78	01:18.25 01:13.47 01:20.75 01:17.66	01:19.00 01:10.45 01:17.70 01:14.50
800 Sprint Medley - Girls - F/S (100 +100 +200 +400)		<b>A Team</b> Randie Vlhakis Leah Langford Paige Metcalf Erin South  <b>B Team</b> Sadie Kimbro Sarah Finch Katie Parkinson Natalie Sistso	1:59.28      2:11.62	13.17 13.59 28.54 01:03.98  13.88 14.12 32.79 01:10.83					
Sprint Medley - Boys - F/S (100 +100 +200 +400)		Ryan Patrick Michael O'Neill Chris Ward Anthony Nashrolly	1:56.31	11.22 12.13 25.34 01:07.62					

Event	Place	Team / Names	Team Time	Splits	PR	Lap Splits:			
						Lap 1	Lap 2	Lap 3	Lap 4
4 X 800 - Girls - Varsity	1	<b>A Team</b> Olivia Loveland Anique Villegas Laura O'Neill Cara Ulizio	<b>09:36.94</b>	02:21.96 02:27.39 02:25.10 02:22.49	<b>PR</b>	01:06.12 01:11.96 01:11.35 01:09.51	01:15.84 01:15.43 01:13.75 01:12.98		
	2	<b>B Team</b> Kayla Ferron Brenna Sopp Alexis Thibodeau Kelly Ryan	<b>09:42.58</b>	02:22.00 02:28.70 02:26.58 02:25.30	<b>PR</b>  <b>PR</b> <b>PR</b>	01:07.00 - - 01:08.20	01:15.00 02:28.70 02:26.58 01:17.10		
4 X 800 - Boys - Varsity	1	<b>A Team</b> Evan Malone-White Jordan Washington Garrett Klatter Dezhan Bland	<b>08:18.12</b>	01:59.69 02:11.14 02:06.58 02:00.71	<b>PR</b>	00:58.40 01:01.42 01:00.80 00:58.13	01:01.29 01:09.72 01:05.78 01:02.58		
	3	<b>B Team</b> Nick Herold Hector Echeverria Tyler Caracoza Andrew Hazeltine	<b>08:34.59</b>	02:04.12 02:11.01 02:07.00 02:12.46	<b>PR</b> <b>PR</b> <b>PR</b> <b>PR</b>	01:00.45 01:02.78 01:04.96 01:05.15	01:03.67 01:08.23 01:02.04 01:07.31		
8 X 200 - Coed - F/S		Sarah Logan Kevin White Sydnee Carey Brandon Hayata Sadie Kimbro Justin Sanny Claudia Mehranbod Thomas Santiago	<b>03:53.05</b>	31.39 26.03 33.90 27.13 30.71 25.65 33.00 25.24					



Event	Place	Team / Names	Team Time	Splits	PR	Lap Splits:			
						Lap 1	Lap 2	Lap 3	Lap 4
Distance Medley Relay - Boys - F/S (1200 +400 +800 +1600)	1	<b>A Team</b> Dustin Herold Paul Bodin Serge Ganous Will Tait	<b>11:37.18</b>	03:29.97 01:02.61 02:15.39 04:49.21	PR  PR	01:05.75 01:02.61 01:04.61 01:09.03	01:13.97  01:10.78 01:14.98	01:10.25  01:14.76	01:10.44
	2	<b>B Team</b> Takahiro Yamaya Dagmay Demsas Ahmad Kabbari Tomohiro Yamaya	<b>12:14.74</b>	03:46.29 01:00.04 02:18.40 05:10.01	PR  PR	01:11.14 01:00.04 01:01.43 01:14.51	01:20.63  01:16.97 01:19.76	01:14.52  01:20.54	01:15.20
		<b>C Team</b> Nico Amorelli <i>No Name Recorded</i> Sam Nicks Art Fontana	<b>12:31.85</b>	03:48.00 01:03.00 02:26.00 05:14.85	PR  PR	01:12.00 01:03.00 01:06.00 01:17.00	01:20.00  01:20.00 01:22.00	01:16.00  01:23.00	01:12.85
Distance Medley Relay - Boys - Varsity (1200 +400 +800 +1600)	1	<b>A Team</b> Garrett Klatt Jordan Washington Dezhan Bland Evan Malone-White	<b>10:57.85</b>	03:26.26 00:55.84 01:59.53 04:36.22	PR	01:06.82 00:55.84 01:00.69 01:06.50	01:09.56  00:58.84 01:13.75	01:09.88  01:13.73	01:02.24
	7	<b>B Team</b> Nick Steinke Hector Echeverria Andrew Hazeltine Nick Harold	<b>11:53.62</b>	03:44.79 00:56.43 02:14.93 04:57.47	PR	01:09.07 00:56.43 01:05.57 01:09.90	01:18.78  01:09.36 01:17.99	01:16.94  01:14.31	01:15.27
4 X 400 - Girls - F/S	1	<b>A Team</b> Jessica Baker Lara Jolicoeur Paige Metcalf Erin South	<b>04:30.56</b>	01:09.07 01:09.22 01:06.78 01:05.49					
4 X 400 - Girls - Varsity	2	<b>A Team</b> Olivia Loveland Kayla Ferron Cara Ulizio Brenna Sopp	<b>04:14.11</b>	01:02.48 01:04.24 01:05.06 01:02.33					

Event	Place	Team / Names	Team Time	Splits	PR	Lap Splits:			
						Lap 1	Lap 2	Lap 3	Lap 4
4 X 400 - Boys - F/S	1	<b>A Team</b> Chris Ward Dagmay Demsas Waseem Radi Dustin Herold	<b>03:50.17</b>	00:58.29 00:56.72 01:00.69 00:54.47					
	5	<b>B Team</b> Alex Santiago Nick Wells Nico Amorelli Ahmad Kabbani	<b>04:00.12</b>	00:58.31 00:59.36 01:03.85 00:58.60					
4 X 1600 - Girls - F/S		<b>C Team</b> Ruth Barry Claudia Mehranbod Angelina Verduzco Mikela Bettis	<b>25:53.82</b>	06:24.27 06:58.00 06:18.00 06:13.00	<b>PR</b> <b>PR</b> <b>PR</b>	01:30.75 01:38.00 01:25.00 01:22.00	01:38.68 01:50.00 01:31.00 01:33.00	01:42.76 01:50.00 01:49.00 01:38.00	01:32.08 01:40.00 01:33.00 01:40.00
		<b>B Team</b> Jenna Marshall Jade Francis Bella Hsu Jessica Bradford	<b>26:26.00</b>	06:35.00 06:24.00 06:42.00 06:45.00	<b>PR</b> <b>PR</b> <b>PR</b>	01:33.00 01:35.00 01:34.00 01:34.00	01:39.00 01:38.00 01:41.00 01:42.00	01:42.00 01:40.00 01:48.00 01:45.00	01:41.00 01:31.00 01:39.00 01:44.00
		<b>A Team</b> Mya Gelber Vera Gold Alex Hanson Bridget Boyle	<b>27:03.00</b>	06:41.00 06:22.00 07:00.00 07:00.00	<b>PR</b> <b>PR</b>	01:33.00 01:32.00 01:36.00 01:37.00	01:39.00 01:39.00 01:49.00 01:47.00	01:47.00 01:38.00 01:53.00 01:50.00	01:42.00 01:33.00 01:42.00 01:46.00
4 X 100 - Boys - Throwers	3	David Kendall LJ Ben-Amor San Ben-Amor Taylor Bongiovani	<b>No Time</b>						

Event	Place	Team / Names	Team Time	Splits	PR	Lap Splits:			
						Lap 1	Lap 2	Lap 3	Lap 4
						Jumps:			
				Best Mark		1	2	3	
Long Jump - Girls F/S	2	<b>Girls F/S LJ Team</b> Leah Langford Paige Metcalf Natalie Sisto	<b>37' 4"</b>	13' 4" 12' 9" 11' 3"	<b>PR</b> <b>PR</b> <b>PR</b>	Scratch 12' 5" 11' 1"	13' 3" 12' 9" 11' 3"	13' 4" 12' 3" 11' 3"	
Long Jump - Boys F/S		<b>Boys F/S LJ Team</b> Michael O'Neill Jordan Alejo Kevin White	<b>Incomplete Results</b>	16' 3" 15' 10" <i>Results not reported yet</i>	<b>PR</b> <b>PR</b>	13' 0" 15' 10"	Scratch 15' 9"	16' 3" 15' 1"	
High Jump - Boys F/S	4	<b>Boys F/S HJ Team</b> Jason Tarango Sam Bodin Cameron Lindquist	<b>14' 10"</b>	5' 0" 5' 0" 4' 10"					
Pole Vault - Girls - F/S	2	<b>Girls F/S PV Team</b> Randie Vlhakis Katie Parkinson	<b>17' 0"</b>						
Pole Vault - Girls - Varsity	1	<b>Girls Varsity PV Team</b> Jasmine Freeman Melanie Wells Alex Oetzell	<b>26' 0"</b>	10' 0"					
Pole Vault - Boys - F/S	2	<b>Boys F/S PV Team</b> Sam Bodin Kevin White Ryan Keliher	<b>17' 6"</b>						
Pole Vault - Boys - Varsity	3	<b>Boys Varsity PV Team</b> Jason Tarango Jhon Ruiz Max Niebergall	<b>35' 3"</b>						

Event	Place	Team / Names	Team Time	Splits	PR	Lap Splits:			
						Lap 1	Lap 2	Lap 3	Lap 4
						Throws:			
				Best Mark		1	2	3	
Shot Put - Boys - F/S		Daniel Niko		30' 10"	PR				
Shot Put - Boys - Varsity	4	<b>Boys Varsity SP Team</b> Taylor Bongiovani LJ Ben-Amor San Ben-Amor	<b>120' 7"</b>	44' 8" 38' 0" 37' 11"	PR PR PR				
Discus - Boys - Varsity		<b>Boys Varsity Discus Team</b> Taylor Bongiovani LJ Ben-Amor David Kendall	<b>299' 5"</b>	122' 2" 98' 9" 78' 6"	PR PR PR				