

2023 Palomar League Championships - 5/6/2023

Mt Carmel High School

Results

Event 1 Girls 400 Meter Relay Varsity

Team	Relay	Finals
Finals		
1 Rancho Bernardo		49.05
1) Gillespie, Kati 11	2) Hoagland, Taylore 11	
3) Otholt, Kyah 12	4) Lankford, Riley 12	
2 San Marcos		50.45
1) Werts, Megan 12	2) McCammon, Brielyn 10	
3) Hunt, Katherine 10	4) McGowan, Raeleigh 11	
3 Mt Carmel		50.65
1) Ruskovich, Tianna 11	2) Dow, Juliana 11	
3) Wilkerson, Charleah 12	4) Cassell, Giselle 11	
4 Westview		50.98
1) Hooshmand, Ava 10	2) Jensen, Avery 9	
3) Foster, Morghan 10	4) Ratermann, Macy 10	
5 Del Norte		51.01
1) Tan, Kaylee 12	2) Jones, Savanna 12	
3) Rebugio, Kaylee 10	4) Gross, Zoe 9	
6 Poway		52.04
1) Edelstein, Shani 10	2) Carpenter, Courtney 11	
3) Nichols, Madisen 10	4) Buswell, Bonnie 9	

Event 2 Boys 400 Meter Relay Varsity

Team	Relay	Finals
Finals		
1 Mt Carmel		42.77
1) Farkas, Myles 11	2) Krynicki, Jonathan 12	
3) Slaughter, David 10	4) Aukerman Salinas, Jonathan 12	
2 San Marcos		43.03
1) Ronquillo, Riley 12	2) Cummings, Nolan 12	
3) Jones, Ezriah 12	4) Nix, Jase 10	
3 Rancho Bernardo		43.36
1) Zhan, Phoenix 12	2) Fisher, Terrick 11	
3) Whitford, Tanner 11	4) Christensen, Silas 9	
4 Del Norte		43.59
1) Remigio, Ryan 10	2) Olsen, Ty 10	
3) Heintz, Oliver 11	4) Warren, Jacob 11	
5 Westview		44.40
1) Simpson, Nathan 11	2) Lloyd, Brian 11	
3) Matin, Rayan 11	4) Winstead, Calvin 12	
6 Poway		45.85
1) Houston, Logan 10	2) Alsop, Tyler 11	
3) Schoon, Carter 12	4) Smith-Earle, Rowan 10	

Event 3 Girls 1600 Meter Run Varsity

Name	Yr	School	Finals
Finals			
1 Riggins, Hannah	12	Del Norte	4:49.69
2 Buswell, Tessa	11	Poway	4:54.23
3 Russo, Emily	10	Del Norte	5:04.00
4 Selbrede, Breea	12	Mt Carmel	5:07.06
5 Shannon, Addison	9	Del Norte	5:13.41
6 Echsner, Ella	11	Del Norte	5:13.46
7 Sutherland, Audra	12	Rancho Berna	5:15.78
8 Campos, Olivia	9	Mt Carmel	5:19.68

9 Nash, Avalon	11	Poway	5:26.75
10 Szulc, Kayla	12	San Marcos	5:32.08
11 Judd, Olivia	11	Poway	5:33.69
12 McEwan, Reese	10	Poway	5:34.22
13 Tang, Sophia	10	Del Norte	5:34.76
14 Castro, Jasmyne	11	Rancho Berna	5:38.42
15 Bell, Veronica	9	Mt Carmel	5:39.38
16 Lorenz, Madison	11	Rancho Berna	5:40.45
17 Ramirez, Vanessa	12	Rancho Berna	5:42.19
18 Husseman, Catalina	9	Poway	5:42.62
19 Anderson, Renae	11	Rancho Berna	5:42.88
20 Taylor, Kennady	9	San Marcos	5:43.98
21 Yasuda, Sonya	9	Westview	5:44.88
22 Shikwana, Jessica	12	Poway	5:46.19
23 Grant, Anna	9	Rancho Berna	5:46.50
24 Watson, Kiana	12	Westview	6:08.98

Event 4 Boys 1600 Meter Run Varsity

Name	Yr	School	Finals
Finals			
1 Day, Brandon	12	Rancho Berna	4:15.93
2 Bell, Tom	12	Mt Carmel	4:16.01
3 Yarbrough, Cameron	9	Del Norte	4:20.71
4 Arciaga, Ryland	12	Westview	4:28.84
5 Jin, Luke	10	Del Norte	4:31.98
6 Yan, Stanley	11	Del Norte	4:32.85
7 Semprebom, Eric	12	Poway	4:36.67
8 Fountain, Brogan	11	Mt Carmel	4:37.28
9 Chang, Sean	10	Del Norte	4:38.50
10 Hilton, James	10	Westview	4:39.97
11 Aparri, Evan	11	Del Norte	4:47.49
12 Odom, Dean	9	San Marcos	4:47.63
13 Dobrowolski, Matthew	11	Westview	4:48.08
14 Jackson, Tanner	9	Poway	4:49.88
15 Stamat, Gabriel	12	Poway	4:50.73
16 Presa, Andrew	12	San Marcos	4:51.26
17 Gregg, Adam	9	Poway	4:51.77
18 Bowlus, Patrick	10	Poway	4:55.13
19 Blanco, Giovanni	10	San Marcos	4:55.34
20 Sosa, Jack	11	Poway	5:03.00
21 Plastridge, Caleb	10	San Marcos	5:08.84

Event 5 Girls 100 Meter Hurdles Varsity

Name	Yr	School	Finals
Finals			
1 Uyeda, Skye	12	Rancho Berna	16.51 0.4
2 Lovasz, Ella	11	Westview	17.37 0.4
3 Dufek, Lyla	10	San Marcos	17.51 0.4
4 Taylor, Kloe	12	Del Norte	17.53 0.4
5 Coleman, Chloe	10	Mt Carmel	17.67 0.6
6 Kennedy, Jane	10	Westview	17.76 0.4
7 Courtoglous, Margot	12	Mt Carmel	18.01 0.4
8 Gerami, Elika	12	Rancho Berna	18.08 0.4
9 Sommer, Ella	10	Poway	18.19 0.4
10 Jones, Emilee	11	Rancho Berna	18.23 0.4
11 McMichael, Samantha	11	Rancho Berna	18.25 0.6

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Finals ... (Event 5 Girls 100 Meter Hurdles Varsity)

Name	Yr	School	Finals
12 Vargas, Nayah	11	Westview	18.54 0.6
13 Ho, Yvonne	9	Del Norte	18.96 0.6
14 Menghis, Hosanna	12	Westview	19.02 0.6
15 Penaranda, Ella	11	Mt Carmel	19.14 0.6
16 Northcutt, Maggie	9	Westview	20.69 0.6

Event 6 Boys 110 Meter Hurdles Varsity

Name	Yr	School	Finals
Finals			
1 Izsold, Balamber	12	San Marcos	14.92 1.2
2 Cappello, Christopher	11	Rancho Berna	15.00 1.2
3 Blattman, Hudson	12	Rancho Berna	15.32 1.2
4 Aldelaimi, Khalid	12	Mt Carmel	15.52 1.2
5 Wong, Bucko	10	Rancho Berna	15.59 1.2
6 Yakubisin, Luke	10	Westview	15.59 1.2
7 Tragarz, Danny	12	Del Norte	15.69 1.2
8 Vargas, Aidan	11	Mt Carmel	15.93 1.2
9 Phillips, Dean	11	Del Norte	16.40 1.3
10 Altamirano, Wolfe	10	Rancho Berna	16.43 1.2
11 Chen, Nolan	12	Westview	16.53 1.3
12 Macari, Luke	11	Poway	17.51 1.3
13 Kuo, Kaze	11	Westview	17.90 1.3
14 Pham, Franklin	10	Westview	18.22 1.3
15 Guerra, Alex	10	Del Norte	20.02 1.3
16 Scher, Rylon	10	Poway	20.23 1.3
17 Kim, Owen	11	Del Norte	20.68 1.3

Event 7 Girls 400 Meter Run Varsity

Name	Yr	School	Finals
Finals			
1 Cassell, Giselle	11	Mt Carmel	58.90
2 Otholt, Kyah	12	Rancho Berna	59.04
3 Werts, Megan	12	San Marcos	59.53
4 Calafato, Bianca	12	Del Norte	1:01.26
5 Vargas, Audrey	12	Mt Carmel	1:01.75
6 McCammon, Brielyn	10	San Marcos	1:01.83
7 Prasouvo, Anna	11	Del Norte	1:02.09
8 Mendenhall, Abby	11	Rancho Berna	1:04.79
9 Patel, Shaina	11	Rancho Berna	1:04.99
10 Blackburn, Ashlyn	9	Del Norte	1:05.18
11 Van Bakel, Juliana	10	Rancho Berna	1:05.49
12 Sutherland, Juliana	9	Del Norte	1:05.57
13 James, Roxie	9	Mt Carmel	1:08.42
14 Im, Hannah	9	Del Norte	1:08.92

Event 8 Boys 400 Meter Run Varsity

Name	Yr	School	Finals
Finals			
1 Slaughter, David	10	Mt Carmel	48.84
2 Schoon, Carter	12	Poway	49.87
3 Hines, Preston	10	San Marcos	50.82
4 Caulfield, Harrison	10	Mt Carmel	51.12
5 Winstead, Calvin	12	Westview	52.18
6 Kim, Rory	11	Poway	52.31

7 Sevilla, Arturo	11	Poway	52.49
8 Kaimer, Aden	10	Del Norte	53.03
9 Marsh, Jack	12	Rancho Berna	53.26
10 Piedrahita, Luke	11	Westview	53.41
11 Farkas, Myles	11	Mt Carmel	53.74
12 Lappin, Cooper	11	Del Norte	53.80
13 Wood, Cameron	12	Rancho Berna	54.85
14 Shanyour, Omar	9	Westview	55.14

Event 9 Girls 100 Meter Dash Varsity

Name	Yr	School	Finals
Finals			
1 Ruskovich, Tianna	11	Mt Carmel	12.16 2.6
2 Ratermann, Macy	10	Westview	12.27 2.6
3 Hunt, Katherine	10	San Marcos	12.39 2.6
4 Lankford, Riley	12	Rancho Berna	12.43 2.6
5 Hoagland, Tayhlore	11	Rancho Berna	12.54 2.6
6 Rebugio, Kaylee	10	Del Norte	12.71 2.6
7 Tan, Kaylee	12	Del Norte	12.82 2.6
8 Jones, Savanna	12	Del Norte	13.04 1.3
9 Dow, Juliana	11	Mt Carmel	13.18 1.3
10 Sutherland, Alyssa	12	Del Norte	13.22 1.3
11 McGowan, Raeleigh	11	San Marcos	13.25 1.3
12 Desmond, Issa	9	Mt Carmel	13.29 2.3
13 Llamas, Ava	12	Del Norte	13.39 1.3
14 Rodriguez-Barroso, Amber	9	San Marcos	13.44 2.3
15 Tartz, Raina	12	San Marcos	13.44 1.3
16 Hooshmand, Ava	10	Westview	13.47 2.3
17 Beeby, Madison	9	Rancho Berna	13.51 1.3
18 Carpenter, Courtney	11	Poway	13.62 2.3
19 Hall, London	11	Westview	13.66 2.3
20 Jensen, Avery	9	Westview	13.69 2.3
21 Edelstein, Shani	10	Poway	13.80 2.3
22 Zafiroopoulos, Sophie	12	Mt Carmel	13.85 2.3
23 Hutchinson, Ashleigh	10	Westview	14.03 2.3

Event 10 Boys 100 Meter Dash Varsity

Name	Yr	School	Finals
Finals			
1 Nix, Jase	10	San Marcos	10.86 1.2
2 Krynicki, Jonathan	12	Mt Carmel	11.01 1.2
3 Aukerman Salinas, Jonathan	12	Mt Carmel	11.03 1.2
4 Zhan, Phoenix	12	Rancho Berna	11.06 -0.2
5 Whitford, Tanner	11	Rancho Berna	11.18 2.8
6 Christensen, Silas	9	Rancho Berna	11.18 -0.2
7 Cummings, Nolan	12	San Marcos	11.26 1.2
8 Warren, Jacob	11	Del Norte	11.30 1.2
8 Abawi, Brice	9	Rancho Berna	11.30 -0.2
10 Jones, Ezriah	12	San Marcos	11.31 1.2
11 Pohl, Brady	10	San Marcos	11.32 1.2
12 Sheffres, Ben	11	Del Norte	11.38 -0.2
13 Ronquillo, Riley	12	San Marcos	11.39 1.2
14 Freeling, Luke	10	San Marcos	11.44 2.8
15 Alsop, Tyler	11	Poway	11.51 2.8
16 Remigio, Ryan	10	Del Norte	11.53 -0.2
16 Simpson, Nathan	11	Westview	11.53 2.8

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Finals ... (Event 10 Boys 100 Meter Dash Varsity)

Name	Yr	School	Finals
18 Borunda, Aidan	11	Westview	11.56 2.8
19 Lloyd, Brian	11	Westview	11.57 -0.2
20 Bowers, Charlie	10	Del Norte	11.58 2.8
21 Agnihotri, Neel	11	Del Norte	11.62 -0.2
22 Sonognini, Koaia	10	San Marcos	11.66 2.8
23 Olsen, Ty	10	Del Norte	11.96 -0.2
24 Iuta, Lautele	11	San Marcos	12.03 2.8

Event 11 Girls 800 Meter Run Varsity

Name	Yr	School	Finals
1 Buswell, Tessa	11	Poway	2:11.62
2 Echsner, Paige	10	Del Norte	2:12.36
3 Arciaga, Kaitlyn	10	Westview	2:17.43
4 Purcell, Ashley	11	San Marcos	2:21.47
5 Hennigan, Delaney	9	Westview	2:24.82
6 Busse, Brianna	11	Del Norte	2:25.49
7 Saadus, Alana	12	San Marcos	2:26.97
8 Smith, Mackenzie	9	Poway	2:28.67
9 Lagisetti, Samhita	9	Del Norte	2:30.11
10 Li, Elizabeth	11	Westview	2:30.34
11 McIntosh, Tori	10	Poway	2:30.62
12 Long, Charlotte	9	Westview	2:31.22
13 Spurgiesz, Addison	9	Del Norte	2:31.29
14 Penev, Irene	11	Westview	2:31.40
15 Judd, Grace	11	Poway	2:31.60
16 Bessey, Meggie	11	Rancho Berna	2:32.29
17 Speer, Kaylie	10	Mt Carmel	2:32.63
18 Badillo, Madelynn	10	Del Norte	2:34.33
19 Lorenz, Madison	11	Rancho Berna	2:34.83
20 Kooyman, Olivia	11	Westview	2:36.88
21 Szulc, Kayla	12	San Marcos	2:37.25
22 Castro, Jasmynne	11	Rancho Berna	2:37.51
23 Grant, Anna	9	Rancho Berna	2:37.86

Event 12 Boys 800 Meter Run Varsity

Name	Yr	School	Finals
1 Day, Brandon	12	Rancho Berna	1:57.52
2 Yarbrough, Cameron	9	Del Norte	1:57.58
3 Hurley, Ryan	12	San Marcos	1:59.15
4 Christensen, Kaipō	12	Poway	1:59.23
5 Akinpelu, Peter	11	Del Norte	1:59.49
6 Stevens, Matthew	10	Westview	2:00.44
7 Humphrey, Brady	12	San Marcos	2:02.43
8 Rigg, Kielan	10	Del Norte	2:02.46
9 Vranish, Jack	10	Poway	2:03.92
10 Tucker, Jack	11	Mt Carmel	2:04.40
11 Tovey, Larry	11	Poway	2:04.62
12 Owsley, Ben	9	Del Norte	2:05.36
13 Lance, Ethan	12	Mt Carmel	2:07.42
14 Delgado, Aidan	10	Del Norte	2:08.41
15 Semprebon, Eric	12	Poway	2:08.72
16 Shah, Kamran	10	Poway	2:08.82

17 Porter, Josh	9	San Marcos	2:09.87
18 Presa, Andrew	12	San Marcos	2:12.04
19 Odom, Dean	9	San Marcos	2:20.30

Event 13 Girls 300 Meter Hurdles Varsity

Name	Yr	School	Finals
1 Echsner, Ella	11	Del Norte	46.35
2 Uyeda, Skye	12	Rancho Berna	47.25
3 Lake, Kassa	11	Mt Carmel	47.61
4 Llamas, Ava	12	Del Norte	49.02
5 Barsana, Chloe	11	Poway	49.51
6 Courtoglous, Margot	12	Mt Carmel	49.78
7 Kennedy, Jane	10	Westview	50.18
8 Lovasz, Ella	11	Westview	51.01
9 Tokushige, Reese	10	Rancho Berna	51.14
10 Dawson, Ava	11	San Marcos	51.16
11 Carpenter, Courtney	11	Poway	51.44
12 Taylor, Kloe	12	Del Norte	51.61
13 Vargas, Nayah	11	Westview	51.76
14 Tokushige, Keira	10	Rancho Berna	51.88
15 Gerami, Elika	12	Rancho Berna	51.92
16 Dufek, Lyla	10	San Marcos	54.70
17 Ho, Yvonne	9	Del Norte	55.42

Event 14 Boys 300 Meter Hurdles Varsity

Name	Yr	School	Finals
1 Tragarz, Danny	12	Del Norte	39.48
2 Spurgiesz, Joshua	11	Del Norte	39.68
3 Blattman, Hudson	12	Rancho Berna	40.90
4 Aldelaimi, Khalid	12	Mt Carmel	41.58
5 DeJarnette, Isaiah	12	Mt Carmel	41.66
6 Cappello, Christopher	11	Rancho Berna	42.10
7 Wong, Bucko	10	Rancho Berna	42.48
8 Chen, Nolan	12	Westview	42.64
9 Altamirano, Wolfe	10	Rancho Berna	43.01
10 Andruss, Brennan	12	Poway	43.07
11 Phillips, Dean	11	Del Norte	43.28
12 Vargas, Aidan	11	Mt Carmel	43.56
13 Aichroth, James	11	Rancho Berna	43.62
14 Bonilla, Jacob	11	Poway	44.59
15 Plonka, Pierce	10	Mt Carmel	45.62
16 Yakubisin, Luke	10	Westview	46.30
17 Everett-Hai, Nathan	11	Poway	46.72

Event 15 Girls 200 Meter Dash Varsity

Name	Yr	School	Finals
1 Ruskovich, Tianna	11	Mt Carmel	24.92 0.2
2 Ratermann, Macy	10	Westview	25.14 0.2
3 Otholt, Kyah	12	Rancho Berna	25.59 0.2
4 Hoagland, Tayhlore	11	Rancho Berna	25.70 0.2
5 Werts, Megan	12	San Marcos	26.35 0.2
6 Hunt, Katherine	10	San Marcos	26.84 0.2
7 Calafato, Bianca	12	Del Norte	26.89 0.2

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Finals ... (Event 15 Girls 200 Meter Dash Varsity)

Name	Yr	School	Finals
8 McCammon, Brielyn	10	San Marcos	26.92 3.6
9 Buswell, Bonnie	9	Poway	27.00 3.6
10 Dow, Juliana	11	Mt Carmel	27.18 2.3
11 Prasouvo, Anna	11	Del Norte	27.22 3.6
12 Jones, Savanna	12	Del Norte	27.23 3.6
13 Rodriguez-Barroso, Amber	9	San Marcos	27.58 2.3
14 Carpenter, Courtney	11	Poway	27.63 2.3
15 Beeby, Madison	9	Rancho Berna	27.79 3.6
16 Sutherland, Alyssa	12	Del Norte	27.84 3.6
17 Barsana, Chloe	11	Poway	27.89 2.3
18 Blackburn, Ashlyn	9	Del Norte	28.10 2.3
19 Desmond, Issa	9	Mt Carmel	28.25 2.3
20 Jensen, Avery	9	Westview	28.27 2.3
21 McGhee, Amanda	11	Poway	28.30 2.3
22 Edelstein, Shani	10	Poway	29.17 3.6
23 Santiago, Sophia	10	Westview	29.23 2.3

Event 16 Boys 200 Meter Dash Varsity

Name	Yr	School	Finals
Finals			
1 Aukerman Salinas, Jonathan	12	Mt Carmel	21.98 1.0
2 Krynicki, Jonathan	12	Mt Carmel	22.14 1.0
3 Slaughter, David	10	Mt Carmel	22.15 1.0
4 Nix, Jase	10	San Marcos	22.55 1.0
5 Zhan, Phoenix	12	Rancho Berna	22.60 1.5
6 Fisher, Terrick	11	Rancho Berna	22.74 1.0
7 Christensen, Silas	9	Rancho Berna	22.79 1.5
8 Abawi, Brice	9	Rancho Berna	23.15 1.5
9 Winstead, Calvin	12	Westview	23.22 1.5
10 Simpson, Nathan	11	Westview	23.27 1.6
11 Sheffes, Ben	11	Del Norte	23.27 1.5
12 Warren, Jacob	11	Del Norte	23.30 1.5
13 Hines, Preston	10	San Marcos	23.33 1.6
14 Freeling, Luke	10	San Marcos	23.37 1.6
15 Ronquillo, Riley	12	San Marcos	23.39 1.0
16 Kim, Rory	11	Poway	23.59 1.6
17 Pohl, Brady	10	San Marcos	23.77 1.6
18 Jones, Ezriah	12	San Marcos	23.84 1.5
19 Lappin, Cooper	11	Del Norte	24.24 1.6
20 Piedrahita, Luke	11	Westview	24.25 1.6
21 Matin, Rayan	11	Westview	24.35 1.6

Event 17 Girls 3200 Meter Relay Varsity

Team	Relay	Finals
Finals		
1 Del Norte		9:55.90
1) Russo, Emily 10	2) Echsner, Ella 11	
3) Riggins, Hannah 12	4) Echsner, Paige 10	
2 San Marcos		10:08.24
1) Dolby, Madison 12	2) Saadus, Alana 12	
3) Purcell, Ashley 11	4) Taylor, Kennady 9	
3 Poway		10:32.49
1) McIntosh, Tori 10	2) Gould, Reese 11	
3) McGhee, Amanda 11	4) Buswell, Bonnie 9	

4 Rancho Bernardo	10:35.23
1) Castro, Jasmyne 11	2) Grant, Anna 9
3) Bessey, Meggie 11	4) Lorenz, Madison 11
5 Westview	10:51.31
1) Kooyman, Olivia 11	2) Li, Elizabeth 11
3) Penev, Irene 11	4) Hennigan, Delaney 9

Event 18 Boys 3200 Meter Relay Varsity

Team	Relay	Finals
Finals		
1 Del Norte		8:34.84
1) Yarbrough, Cameron 9	2) Spurgiesz, Joshua 11	
3) Rigg, Kielan 10	4) Yan, Stanley 11	
2 Rancho Bernardo		8:45.72
1) Parvataneni, Pradyun 9	2) Tani, Nassim 9	
3) Marsh, Jack 12	4) Pratt, Otis 11	
3 Westview		8:49.62
1) Hilton, James 10	2) Namgoong, Daniel 9	
3) Dobrowolski, Matthew 11	4) Stevens, Matthew 10	
4 Mt Carmel		8:51.10
1) Lance, Ethan 12	2) Fountain, Brogan 11	
3) Tucker, Jack 11	4) Klepper, Nathan 12	
5 Poway		9:05.84
1) Vranish, Jack 10	2) Tovey, Larry 11	
3) Bonilla, Jacob 11	4) Shah, Kamran 10	

Event 19 Girls 3200 Meter Run Varsity

Name	Yr	School	Finals
Finals			
1 Russo, Emily	10	Del Norte	11:24.89
2 Sutherland, Audra	12	Rancho Berna	11:32.75
3 Enyedi, Lilah	9	Del Norte	11:40.64
4 Campos, Olivia	9	Mt Carmel	11:41.20
5 Nash, Avalon	11	Poway	11:48.00
6 McEwan, Reese	10	Poway	12:11.48
7 Ramirez, Vanessa	12	Rancho Berna	12:14.68
8 Judd, Olivia	11	Poway	12:21.86
9 Welton, Sofia	10	Westview	12:22.22
10 Husseman, Catalina	9	Poway	12:37.80
11 Seki, Malia	11	San Marcos	12:45.91
12 Shaver, Madison	11	San Marcos	12:47.70
13 Tang, Sophia	10	Del Norte	13:17.01
14 Juza, Mackenzie	10	Poway	13:32.23

Event 20 Boys 3200 Meter Run Varsity

Name	Yr	School	Finals
Finals			
1 Bell, Tom	12	Mt Carmel	9:20.99
2 Welton, Adrian	11	Westview	9:28.88
3 Luecht, Camden	10	Rancho Berna	9:32.34
4 Kirschbaum, Derek	12	Poway	9:42.02
5 Nicholas, Rowan	12	Rancho Berna	9:42.88
6 Arciaga, Ryland	12	Westview	9:59.00
7 Jin, Luke	10	Del Norte	10:01.69
8 Schaller, Max	11	Rancho Berna	10:14.12
9 Hannaman, Rowan	10	Westview	10:14.14

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Finals ... (Event 20 Boys 3200 Meter Run Varsity)

Name	Yr	School	Finals
10	Hulterstrom, David	12 Poway	10:14.22
11	Davis, Quinn	10 Del Norte	10:15.04
12	Castleberry, Cooper	9 Poway	10:16.18
13	Kanekar, Arnav	12 Del Norte	10:18.52
14	Ramirez, Jose	10 Rancho Berna	10:26.99
15	Liu, William	9 Rancho Berna	10:29.54
16	Klepper, Nathan	12 Mt Carmel	10:30.44
17	McDevitt, Parker	9 Westview	10:38.41
18	Gregg, Adam	9 Poway	10:40.40
19	Levy, Jordan	11 Del Norte	10:45.23
20	Aparri, Evan	11 Del Norte	10:53.39
21	Erdem, Deren	9 Westview	10:56.75
22	Blanco, Giovanni	10 San Marcos	11:00.65
23	Gill, Joshua	11 Poway	11:02.73
24	Plastridge, Caleb	10 San Marcos	11:30.32

Event 21 Girls 1600 Meter Relay Varsity

Team	Relay	Finals
1 Del Norte		4:00.57
1) Prasouvo, Anna 11	2) Rebugio, Kaylee 10	
3) Blackburn, Ashlyn 9	4) Calafato, Bianca 12	
2 San Marcos		4:07.15
1) McCammon, Brielyn 10	2) Purcell, Ashley 11	
3) Saadus, Alana 12	4) Werts, Megan 12	
3 Mt Carmel		4:09.68
1) Lake, Kassa 11	2) Cassell, Giselle 11	
3) Wilkerson, Charleah 12	4) Vargas, Audrey 12	
4 Poway		4:12.35
1) McGhee, Amanda 11	2) McIntosh, Tori 10	
3) Buswell, Bonnie 9	4) Buswell, Tessa 11	
5 Rancho Bernardo		4:13.85
1) Gillespie, Kati 11	2) Uyeda, Skye 12	
3) Beeby, Madison 9	4) Otholt, Kyah 12	
6 Westview		4:24.97
1) Santiago, Sophia 10	2) Hooshmand, Ava 10	
3) Long, Charlotte 9	4) Ratermann, Macy 10	

Event 22 Boys 1600 Meter Relay Varsity

Team	Relay	Finals
1 Mt Carmel		3:24.82
1) Caulfield, Harrison 10	2) Aukerman Salinas, Jonathan 12	
3) Slaughter, David 10	4) Krynicki, Jonathan 12	
2 Poway		3:31.13
1) Kim, Rory 11	2) Sevilla, Arturo 11	
3) Christensen, Kaipo 12	4) Schoon, Carter 12	
--- Rancho Bernardo		DQ
1) Abawi, Brice 9	2) Blattman, Hudson 12	
3) Marsh, Jack 12	4) Christensen, Silas 9	
--- San Marcos		DQ
1) Ronquillo, Riley 12	2) Humphrey, Brady 12	
3) Hurley, Ryan 12	4) Hines, Preston 10	

---	Del Norte		DQ
1) Lappin, Cooper 11		2) Olsen, Ty 10	
3) Conrad, Bluerain 11		4) Kaimer, Aden 10	

Event 23 Girls High Jump Varsity

Name	Yr	School	Finals
Finals			
1	Czapinski, Breeze	12 Poway	5-02.00
2	Applegate, Ashley	10 Rancho Berna	5-00.00
3	Geddy, Julia	12 Rancho Berna	J5-00.00
4	Lopez Valenzuela, Bridget	10 Poway	4-10.00
4	McMichael, Samantha	11 Rancho Berna	4-10.00
4	Shea, Maria	12 Rancho Berna	4-10.00
7	Taylor, Kloe	12 Del Norte	J4-10.00
8	Overson, Morryll	12 Poway	4-08.00
9	Hendrickson, Kate	10 Rancho Berna	J4-08.00
10	Thompson, Nia	10 Westview	J4-08.00
11	Baccei, Marin	11 Rancho Berna	4-06.00
12	Blackburn, Ashlyn	9 Del Norte	J4-06.00
13	Naigan, Melia	9 Del Norte	4-04.00
---	Hooshmand, Ava	10 Westview	NH
---	Chaidez, Juliana	10 Poway	NH
---	Tokushige, Elise	12 Rancho Berna	NH

Event 24 Girls Pole Vault Varsity

Name	Yr	School	Finals
Finals			
1	Echsner, Paige	10 Del Norte	J12-03.00
2	Thomson, Evangeline	12 Poway	J12-03.00
3	Montiel, Lilia	12 Rancho Berna	J12-03.00
4	Hilliard, Avery	12 Poway	11-09.00
5	Potenciano, Jada	11 Rancho Berna	11-03.00
5	Khieu, Caitlin	9 Del Norte	11-03.00
7	Tseng, Chloe	11 Del Norte	10-09.00
8	Recaido, Keira	10 Del Norte	10-03.00
9	Smith, Kendra	11 Rancho Berna	J10-03.00
10	Humer, Sophie	9 Rancho Berna	J10-03.00
11	Wilson, Elizabeth	12 Poway	9-09.00
12	Tremble, Abigail	9 Poway	J9-09.00
13	Raibert, Eleanor	12 Poway	J9-09.00
14	Bustamante, Emma	11 Mt Carmel	9-03.00
15	Morris, Mia	10 Rancho Berna	J9-03.00
16	Mellott, Sydney	10 Rancho Berna	8-09.00
17	Bishop, Aasha	11 San Marcos	8-03.00
17	Su, Melody	11 Rancho Berna	8-03.00
17	Long, Courtney	12 Westview	8-03.00
17	Vu, Darleen	9 Westview	8-03.00
---	Tan, Kaylee	12 Del Norte	NH
---	Abola, Sophia	11 Del Norte	NH

Event 25 Girls Long Jump Varsity

Name	Yr	School	Finals
Finals			
1	Lankford, Riley	12 Rancho Berna	17-09.75 +0.0
2	Hoagland, Tayhlore	11 Rancho Berna	16-09.00 +0.0
3	Huang, Erin	12 Rancho Berna	16-07.50 +0.0

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Results

Finals ... (Event 25 Girls Long Jump Varsity)

Name	Yr	School	Finals
4 Eshel, Taliah	9	Rancho Berna	15-11.50 +0.0
5 Tan, Kaylee	12	Del Norte	15-11.00 +0.0
6 Zafiroopoulos, Sophie	12	Mt Carmel	15-06.50 +0.0
7 Hall, London	11	Westview	15-06.25 +0.0
8 Desmond, Issa	9	Mt Carmel	15-05.00 +0.0
9 Loret, Abbi	11	Del Norte	14-11.00 +0.0
10 Castro, Mattea	9	Mt Carmel	14-10.50 +0.0
11 Haglof, Emma	12	San Marcos	14-09.50 +0.0
12 Bessey, Meggie	11	Rancho Berna	14-08.00 +0.0
13 David, Nadia	11	San Marcos	14-01.00 +0.0
14 El-Kareh, Leila	11	Westview	13-07.00 +0.0
15 Bandaru, Aditi	10	Del Norte	13-01.50 +0.0
16 Lariviere, Gianna	11	San Marcos	12-07.75 +0.0

Event 26 Girls Triple Jump Varsity

Name	Yr	School	Finals
1 Lankford, Riley	12	Rancho Berna	35-06.50 NWI
2 Huang, Erin	12	Rancho Berna	34-03.00 NWI
3 Eshel, Taliah	9	Rancho Berna	32-07.00 NWI
4 Lariviere, Gianna	11	San Marcos	32-02.00 NWI
5 Overson, Morryll	12	Poway	30-08.50 NWI
5 Loret, Abbi	11	Del Norte	30-08.50 NWI
7 Castro, Mattea	9	Mt Carmel	30-01.00 NWI
8 Haglof, Emma	12	San Marcos	29-10.00 NWI
9 El-Kareh, Leila	11	Westview	29-06.75 NWI
10 Applegate, Ashley	10	Rancho Berna	29-02.75 NWI
11 Matter, Emma	10	Poway	28-11.50 NWI
12 Scott, Mimi	12	Rancho Berna	28-08.75 NWI
13 Lopez Valenzuela, Bridget	10	Poway	27-05.00 NWI

Event 27 Girls Shot Put Varsity

Name	Yr	School	Finals
1 Shojgreen, Logan	12	Rancho Berna	36-06.50
2 McKinney, Carsen	11	Del Norte	32-08.50
3 Seabolt, Jacqueline	10	Mt Carmel	31-07.00
4 Caruso, Sofia	12	Rancho Berna	30-10.00
5 Davis, Lauren	12	Poway	30-08.00
6 Nguyen, Grace	12	Rancho Berna	30-03.00
7 Rai, Sreeja	10	Del Norte	30-02.00
8 Robles, Mia	11	Mt Carmel	29-11.00
9 Gadzekpo, Faith	10	Poway	29-07.00
10 Welch, Amy	11	Mt Carmel	29-06.50
11 McClean, Briana	10	San Marcos	29-05.50
12 Ware, Destiny	12	San Marcos	29-04.00
13 Khot, Jaya	10	Rancho Berna	28-02.50
14 Neer, Amelia	11	Del Norte	27-08.25
15 Amiraslani, Bella	11	Poway	27-07.00
16 Ellis, Taylor	11	Del Norte	25-09.50
17 Traynum, Laura	10	Poway	25-05.00
18 Kraft, Sara	11	Poway	24-08.00

Event 28 Girls Discus Throw Varsity

Name	Yr	School	Finals
1 Shojgreen, Logan	12	Rancho Berna	118-01
2 Caruso, Sofia	12	Rancho Berna	110-06.50
3 Robles, Mia	11	Mt Carmel	104-06
4 McClean, Briana	10	San Marcos	97-04
5 Andrews, Emily	12	Poway	97-02
6 Nguyen, Grace	12	Rancho Berna	93-03
7 Khot, Jaya	10	Rancho Berna	92-09
8 McKinney, Carsen	11	Del Norte	92-04
9 Seabolt, Jacqueline	10	Mt Carmel	88-03
10 Welch, Amy	11	Mt Carmel	86-02.50
11 Rai, Sreeja	10	Del Norte	85-04
12 Ellis, Taylor	11	Del Norte	83-11
13 Amiraslani, Bella	11	Poway	81-04
14 Davis, Lauren	12	Poway	81-00
15 Anandakumar, Saranya	11	Del Norte	75-09
16 Ware, Destiny	12	San Marcos	70-11.50
17 Severino, Gianna	9	Poway	70-06
18 Traynum, Laura	10	Poway	65-01.50

Event 29 Boys High Jump Varsity

Name	Yr	School	Finals
1 Chang, John	12	Rancho Berna	6-04.00
2 Izsold, Balamber	12	San Marcos	6-00.00
3 Riker, Max	10	Westview	5-10.00
4 Khumar, Alex	11	Del Norte	J5-10.00
5 Lokey, Ben	12	Rancho Berna	J5-10.00
6 Lavine Jr, Dan	12	Westview	5-06.00
6 Ladrillono, Gabe	12	Mt Carmel	5-06.00
6 Sommer, Ryan	12	Rancho Berna	5-06.00
9 Young, Shaun	10	Mt Carmel	J5-06.00
10 Mashouf, Jackson	10	Poway	J5-06.00
11 Hastings, Patrick	10	Del Norte	5-04.00
12 Park, Thomas (Chansol)	10	Del Norte	J5-04.00
13 Crouch, Carlo	12	Mt Carmel	J5-04.00
--- Guzman, Christopher	11	Del Norte	NH
--- Logan, Tait	12	Mt Carmel	NH

Event 30 Boys Pole Vault Varsity

Name	Yr	School	Finals
1 Saia, Christian	12	Mt Carmel	14-06.00
2 Boyles, Kamren	12	San Marcos	J14-06.00
3 Sun, Leo	11	Del Norte	14-00.00
4 Guerra, Mateo	12	Poway	J14-00.00
5 Schiering, Andrew	11	Westview	J14-00.00
6 Farenc, Vincent	11	Westview	13-06.00
6 Saunders, Rob	11	Rancho Berna	13-06.00
8 Nellies, Ryan	12	Westview	J13-06.00
9 Beireis, Beckett	11	Poway	J13-06.00
10 Ong, Jaden	12	Westview	13-00.00
11 Fowler, Lucas	11	Westview	J13-00.00

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Results

Finals ... (Event 30 Boys Pole Vault Varsity)

Name	Yr	School	Finals
12 Pearl, Noah	12	Mt Carmel	J13-00.00
13 Hamby, Andrew	12	Mt Carmel	12-06.00
14 Williamson, Nathan	12	Rancho Berna	J12-06.00
15 Foley, Brandon	12	San Marcos	J12-06.00
16 Gilbert, Jackson	11	Poway	J12-06.00
17 Winslow, Jonathyn	10	Mt Carmel	J12-06.00
18 Chin, Lucas	11	Westview	11-06.00
19 Lee, Nathan	12	Rancho Berna	J11-06.00
20 Leigh, Peyton	10	Del Norte	11-00.00

Event 31 Boys Long Jump Varsity

Name	Yr	School	Finals
1 Tragarz, Danny	12	Del Norte	21-01.75 +0.0
2 Pennyman, Mario	11	Rancho Berna	21-00.75 +0.0
3 Hines, Preston	10	San Marcos	20-10.25 +0.0
4 Ladrillono, Gabe	12	Mt Carmel	20-07.50 +0.0
5 Zhan, Phoenix	12	Rancho Berna	20-03.25 +0.0
6 Chang, John	12	Rancho Berna	19-10.75 +0.0
7 Clark, Levi	10	Rancho Berna	19-05.75 +0.0
8 Sheffres, Ben	11	Del Norte	19-00.50 +0.0
9 Altamirano, Wolfe	10	Rancho Berna	18-10.00 +0.0
10 Lappin, Cooper	11	Del Norte	18-09.00 +0.0
11 Smith-Earle, Rowan	10	Poway	18-08.25 +0.0
12 Khumar, Alex	11	Del Norte	18-05.75 +0.0
13 Speck, Logan	11	Poway	18-02.50 +0.0
14 Borunda, Aidan	11	Westview	J18-02.50 +0.0
14 Julien, Jordan	11	Mt Carmel	J18-02.50 +0.0
16 Sellars, Toryn	11	Rancho Berna	12-04.00 NWI

Event 32 Boys Triple Jump Varsity

Name	Yr	School	Finals
1 Chang, John	12	Rancho Berna	44-02.25 +0.0
2 Pennyman, Mario	11	Rancho Berna	42-07.50 +0.0
3 Julien, Jordan	11	Mt Carmel	41-03.50 +0.0
4 Gupta, Aadit	11	Del Norte	40-10.75 +0.0
5 Khumar, Alex	11	Del Norte	40-02.25 +0.0
6 Logan, Tait	12	Mt Carmel	39-03.75 +0.0
7 Mordan, Jake	11	Westview	38-11.50 +0.0
8 Young, Shaun	10	Mt Carmel	38-08.50 +0.0
9 Macari, Luke	11	Poway	38-05.75 +0.0
10 Lloyd, Brian	11	Westview	37-02.50 +0.0
11 Plonka, Pierce	10	Mt Carmel	36-04.00 +0.0
12 Ladrillono, Gabe	12	Mt Carmel	35-11.50 +0.0
13 Irmen, Dyllan	10	Rancho Berna	35-07.25 +0.0

Event 33 Boys Shot Put Varsity

Name	Yr	School	Finals
1 Gadzekpo, Jesil	12	Poway	45-10.00
2 Ghadban, Oliver	11	Poway	45-07.75
3 Marcos, Baylor	11	Poway	44-06.75
4 Maciejewski, Kellen	11	Del Norte	43-02.50

5 Douglas, John	12	Poway	42-10.50
6 Llama, Jacob	10	Rancho Berna	41-09.00
7 Ortega, Omar	11	Rancho Berna	41-03.50
8 Vorhees, Jake	11	San Marcos	41-01.50
9 Jorgensen, Ryan	11	Poway	40-04.00
10 Hoopes, Talon	10	San Marcos	40-00.00
11 Gelt, Matek	10	San Marcos	39-11.00
12 Wang, James	12	Westview	39-09.50
13 Montgomery, Maxwell	10	Rancho Berna	39-00.00
14 Shi, Kaiwei	12	Westview	J39-00.00
15 Sweitzer, Grant	10	Rancho Berna	38-05.00
16 Iuta, Lautele	11	San Marcos	38-03.50
17 Franco, Thien	10	Rancho Berna	37-03.50
18 Beltran, Xavier	11	San Marcos	35-10.50

Event 34 Boys Discus Throw Varsity

Name	Yr	School	Finals
1 Maciejewski, Kellen	11	Del Norte	138-06
2 Shi, Kaiwei	12	Westview	126-11
3 Franco, Thien	10	Rancho Berna	120-10
4 Beltran, Xavier	11	San Marcos	120-07
5 Ortega, Omar	11	Rancho Berna	119-04
6 Tejidor, Tristan	11	Del Norte	112-11.50
7 Ramesh, Kavin	10	Westview	110-10.50
8 Hoopes, Talon	10	San Marcos	108-07
9 Vorhees, Jake	11	San Marcos	107-11
10 Ghadban, Oliver	11	Poway	104-07
11 Lopez, Branden	11	San Marcos	103-11
12 Sweitzer, Grant	10	Rancho Berna	100-04.50
13 Arnold, Justin	12	Poway	98-10.50
14 Curry, Chance	9	Rancho Berna	97-06
15 Bradbury, Lance	10	Rancho Berna	97-01
16 Llama, Jacob	10	Rancho Berna	96-00
17 Gadzekpo, Jesil	12	Poway	94-07
18 Wang, James	12	Westview	92-08.50