

Helix vs El Cajon Valley - 3/5/2020
Finished Results Professional Timing
Helix HS
Results - Track

Event 2 Boys 4x100 Meter Relay Junior Varsity

School	Seed	Finals
Finals		
1 Helix 'A'		45.89
1) Wiggins, Hunter 9	2) Parker, Adren 9	
3) Denison, Ethan 10	4) Jones, Jared 10	
2 Helix 'B'		x49.97
1) Slaughter, Jaylen 11	2) Van, Devin 11	
3) Breau, Zacke 11	4) Delgado, Ricardo 9	
-- El Cajon Valley 'A'	45.30	DQ out of zone 3
1) Hussain, Sohail 10	2) Aganze, Gershon 10	
3) Nayebzada, Abdul (Tony) 9	4) Abdulkareem, Zain 10	

Event 3 Girls 4x100 Meter Relay Varsity

School	Seed	Finals
1 Helix 'A'		51.17
1) Austin, Desaree 9	2) Odom, Alana 10	
3) Reichstadt, Kayla 10	4) Marquez, Mia 12	
2 Helix 'B'		x52.70
1) Drummond, Kaliyah 9	2) Billingsley, Alexis 11	
3) Garcia, Alana 11	4) Wilson, Jazmine 10	

Event 4 Boys 4x100 Meter Relay Varsity

School	Seed	Finals
1 Helix 'B'		x45.29
1) White, Nick 12	2) Larsen, Magnus 12	
3) Brown, Marlon 11	4) Rolison, Kali 11	
2 El Cajon Valley 'A'	45.30	45.32
1) Pang-ag, Jeb Kaizer 12	2) Webster, Tamar 12	
3) Johnson, Clarence 11	4) Sleywa, Rean 12	
-- Helix 'A'		FS
1) Mulligan, Denzel 12	2) Boone, Michael 11	
3) Van, Xavier 10	4) Parker, Eric 12	

Event 5 Girls 1600 Meter Run Junior Varsity

Name	Year School	Seed	Finals
1 Butrus, Natalia	10 El Cajon Valley	6:53.93	6:51.87
2 Corona, Fernanda	10 El Cajon Valley	6:56.08	6:56.49
3 Shields, Zareen	10 Helix		7:17.86
4 Azizi, Arzu	10 Helix		7:39.39
5 Toews, Alanis-lee	10 Helix		7:49.54



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Event 6 Boys 1600 Meter Run Junior Varsity

Name	Year	School	Seed	Finals
1	McMillan, Lance	12 Helix		5:17.79
2	Orelli, Kayeso	10 Helix		5:34.23
3	Powell, Jadon	10 Helix		5:34.23
4	Abdullah, Ayman	9 El Cajon Valley	5:32.76	5:39.02
5	Jimenez, Leonardo	9 El Cajon Valley	6:01.71	5:49.94
6	Nisco, Martin	9 El Cajon Valley	6:25.20	6:02.20
7	Nguyen, Timmy	10 Helix		6:03.12
8	Gomez, Carlos	10 Helix		6:08.35
9	Perkins, Kai	10 Helix		7:25.89

Event 7 Girls 1600 Meter Run Varsity

Name	Year	School	Seed	Finals
1	Winspear, Jordan	11 Helix		5:58.31
2	Salazar, Ariel	9 Helix		6:02.65
3	Baxt, Eva	9 Helix		6:28.83

Event 8 Boys 1600 Meter Run Varsity

Name	Year	School	Seed	Finals
1	Forester, Jaden	12 Helix		4:30.47
2	Monganga, Daniel	11 El Cajon Valley	5:03.01	4:48.34
3	Caneday, Joshua	9 Helix		4:58.36
4	Justeson, Darren	11 Helix		5:09.93

Event 9 Girls 100 Meter Hurdles Junior Varsity

Name	Year	School	Seed	Finals
1	Cooper, Ella	9 Helix		22.15
2	Gomez, Alexa	9 Helix		22.90
3	Olea, Jancy	11 Helix		23.81
4	Solomon, Selena	11 Helix		27.64
5	Flores, Aracely	11 Helix		32.63
6	Cisneros, Aliyah	11 Helix		32.94

Event 10 Girls 100 Meter Hurdles Varsity

Name	Year	School	Seed	Finals
1	Kull, Audrey	11 Helix		16.22
2	Milian, Athena	12 Helix		21.61
3	Patterson, Seriah	11 Helix		22.99



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Event 11 Boys 110 Meter Hurdles Junior Varsity

Name	Year	School	Seed	Finals
1	Kelly, Sean	11 Helix		19.89
2	Shimko, Josh	11 Helix		21.01
3	Ngo, Seth	10 Helix		24.83

Event 12 Boys 110 Meter Hurdles Varsity

Name	Year	School	Seed	Finals
1	Jones, Ryan	11 Helix		21.41

Event 13 Girls 400 Meter Run Junior Varsity

Name	Year	School	Seed	Finals	H#
1	Baird, Sienna	10 Helix		1:09.33	1
2	Hafen, Elena	10 Helix		1:10.40	1
3	Whitley, Jazzlyn	11 Helix		1:10.58	1
4	Stanton, Sharisa	11 Helix		1:12.18	2
5	Taylor, Ayiana	10 Helix		1:12.46	2
6	Ferguson, Jada	10 Helix		1:16.46	2
7	Robertson, Bay	9 Helix		1:17.38	1
8	Boyd, Araya	11 Helix		1:23.75	2
9	Brathwaite, Alexis	12 Helix		1:26.41	1

Event 14 Boys 400 Meter Run Junior Varsity

Name	Year	School	Seed	Finals
1	Parker, Adren	9 Helix		53.85
2	Denison, Ethan	10 Helix		58.82
3	Del Rio, Jacobo	10 Helix		59.16
4 #	1 Stewart, Richaun	9 Helix		1:00.22
5	Delgado, Ricardo	9 Helix		1:01.58
6	Terriquez, Diego	9 Helix		1:03.45

Event 15 Girls 400 Meter Run Varsity

Name	Year	School	Seed	Finals
1	Reichstadt, Kayla	10 Helix		1:04.30
2	Austin, Desaree	9 Helix		1:04.62
3	Garcia, Alana	11 Helix		1:05.22



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Event 16 Boys 400 Meter Run Varsity

Name	Year	School	Seed	Finals
1	Larsen, Magnus	12 Helix		51.85
2	Van, Xavier	10 Helix		53.04
3	Brown, Marlon	11 Helix		54.64
4	Webster, Tamar	12 El Cajon Valley	52.92	54.74

Event 17 Girls 100 Meter Dash Junior Varsity

Name	Year	School	Seed	Finals	H#
1	Jones, Le' Niyah	11 Helix		14.24	2
2	Myers, Ta'Liyaah	9 Helix		14.30	2
3	Bermudez, Asia	10 Helix		14.85	1
4	Gregory, Jlynn	11 Helix		15.05	1
5	Bellinger, Reina	9 Helix		15.20	1
6	Gonzalez, Sofia	12 Helix		15.78	1
6	Green, Azaleah	10 Helix		15.78	2
8	Wilson, Solara	10 Helix		16.11	2
9	Henderson, Yazmeen	9 Helix		16.67	2
10	Ali, Tatyana	10 El Cajon Valley	17.22	18.08	1
11	Hanna, Samara	10 El Cajon Valley		19.67	1

Event 18 Boys 100 Meter Dash Junior Varsity

Name	Year	School	Seed	Finals	H#
1	Jones, Jared	10 Helix		11.79	2
2	Wiggins, Hunter	9 Helix		12.05	2
3	Shimko, Josh	11 Helix		12.15	1
4	Schoop, Domonick	11 Helix		12.32	2
5	Van, Devin	11 Helix		12.47	1
6	Arroyo, Nicholas	11 Helix		12.81	2
7	Slaughter, Jaylen	11 Helix		13.10	1
8	Gonzalez, Isaiah	9 Helix		13.41	2
9	Abdulkareem, Zain	10 El Cajon Valley	13.46	13.42	1
10	Hussain, Sohail	10 El Cajon Valley	13.33	13.45	1
11	Nayebzada, Abdul (	9 El Cajon Valley	13.69	13.93	1
12	Daugherty, Jonatha	9 Helix		13.98	1
13	Aganze, Gershom	10 El Cajon Valley	13.66	14.15	1
14	Nadir Ali, Qudrat	10 El Cajon Valley		14.34	2
15	Leon, Kirbyn	9 Helix		14.39	3
16	Balon, David	9 Helix		16.14	3
17	Davis, Takoa	9 Helix		16.44	3
18	Marcus, Rafee	10 El Cajon Valley	16.86	17.33	2



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Event 19 Girls 100 Meter Dash Varsity

Name	Year	School	Seed	Finals
1	Odom, Alana	10 Helix		13.27
2	Wilson, Jazmine	10 Helix		13.57
3	Billingsley, Alexi	11 Helix		14.01
4	Drummond, Kaliyah	9 Helix		14.29
5	Hashimi, Maryam	11 El Cajon Valley	14.96	15.28
6	Maheer, Harir	11 El Cajon Valley	15.54	15.67

Event 20 Boys 100 Meter Dash Varsity

Name	Year	School	Seed	Finals
1	Boone, Michael	11 Helix		11.40
2	Johnson, Clarence	11 El Cajon Valley	11.63	11.60
3	Mulligan, Denzel	12 Helix		11.63
4	Trice, Keishon	12 Helix		12.00
5	Rolison, Kali	11 Helix		12.42
6	Pang-ag, Jeb Kaize	12 El Cajon Valley	12.19	12.49
7	Sleywa, Rean	12 El Cajon Valley	12.67	12.89
8	Mendenhall, Jaheim	10 El Cajon Valley		13.52

Event 21 Girls 800 Meter Run Junior Varsity

Name	Year	School	Seed	Finals
1	Sayao, Monica	12 Helix		3:11.45
2	Lopez, Jazmin	9 El Cajon Valley		3:13.40
3	Carrillo Martinez,	9 El Cajon Valley		3:16.46
4	Toews, Alanis-lee	10 Helix		3:30.68

Event 22 Boys 800 Meter Run Junior Varsity

Name	Year	School	Seed	Finals
1	McMillan, Lance	12 Helix		2:24.13
2	Abdullah, Ayman	9 El Cajon Valley	2:26.87	2:32.10
3	Orelli, Kayeso	10 Helix		2:36.28
4	Jimenez, Leonardo	9 El Cajon Valley	2:42.83	2:42.13
5	Nguyen, Timmy	10 Helix		2:42.98
6	Nisco, Martin	9 El Cajon Valley	2:46.69	2:44.39
7	Perkins, Kai	10 Helix		3:23.89

Event 23 Girls 800 Meter Run Varsity

Name	Year	School	Seed	Finals
1	Windspear, Jordan	11 Helix		2:38.66
2	Salazar, Ariel	9 Helix		2:39.54



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....Event 23 Girls 800 Meter Run Varsity

3	Velazquez, Marlene	9 Helix	2:56.41
4	Baxt, Eva	9 Helix	3:01.00
5	Bautista, Esmerald	10 El Cajon Valley	3:08.95

Event 24 Boys 800 Meter Run Varsity

Name	Year	School	Seed	Finals
1	Monganga, Daniel	11 El Cajon Valley		2:06.94
2	Topete, Jorge	12 Helix		2:08.01
3	Justeson, Darren	11 Helix		2:15.99

Event 25 Girls 300 Meter Hurdles Junior Varsity

Name	Year	School	Seed	Finals
1	Gomez, Alexa	9 Helix		1:02.09
2	Cooper, Ella	9 Helix		1:03.46

Event 26 Girls 300 Meter Hurdles Varsity

Name	Year	School	Seed	Finals
1	Kull, Audrey	11 Helix		49.67
2	Williams, Marissa	11 Helix		55.29
3	Patterson, Seriah	11 Helix		1:00.04
4	Milian, Athena	12 Helix		1:02.19

Event 27 Boys 300 Meter Hurdles Junior Varsity

Name	Year	School	Seed	Finals
1	Jones, Ryan	11 Helix		48.06
2	Herron, Quincy	9 Helix		48.52

Event 28 Boys 300 Meter Hurdles Varsity

Name	Year	School	Seed	Finals
1	Kelly, Cameron	12 Helix		48.43

Event 29 Girls 200 Meter Dash Junior Varsity

Name	Year	School	Seed	Finals	H#
1	Jones, Le' Niyah	11 Helix		29.11	1
2	Taylor, Ayiana	10 Helix		30.09	1
3	Myers, Ta'Liyaah	9 Helix		30.16	3
4	Gregory, Jlynn	11 Helix		31.16	2



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....Event 29 Girls 200 Meter Dash Junior Varsity

5	Watkins, Jada	9 Helix	31.26	3
6	Bermudez, Asia	10 Helix	31.53	1
7	Baird, Sienna	10 Helix	31.80	2
8	Green, Azaleah	10 Helix	31.92	3
9	Robertson, Bay	9 Helix	31.99	3
10	Henderson, Yazmeen	9 Helix	32.02	3
11	Webster, Courtney	10 Helix	32.34	2
12	Ferguson, Jada	10 Helix	32.80	1
13	Brathwaite, Alexis	12 Helix	33.08	1
14	Gonzalez, Sofia	12 Helix	33.48	2
15	Boyd, Araya	11 Helix	34.36	2
16	Wilson, Solara	10 Helix	34.38	2
17	Stinson, Raven	10 Helix	35.05	2

Event 30 Boys 200 Meter Dash Junior Varsity

Name	Year School	Seed	Finals	H#
1	Parker, Adren	9 Helix	24.19	2
2	Jones, Jared	10 Helix	24.26	2
3	Wiggins, Hunter	9 Helix	24.40	3
4	Van, Devin	11 Helix	25.31	1
5	Denison, Ethan	10 Helix	25.85	1
6	Slaughter, Jaylen	11 Helix	26.08	2
7	Duncan, Myan	10 Helix	26.16	2
8	Del Rio, Jacobo	10 Helix	26.76	1
9	Hussain, Sohail	10 El Cajon Valley	27.07	1
10	Breau, Zacke	11 Helix	27.14	2
11	Abdulkareem, Zain	10 El Cajon Valley	28.39	1
12	Terriquez, Diego	9 Helix	29.12	3
13	Daugherty, Jonatha	9 Helix	29.23	3
14	Leon, Kirbyn	9 Helix	29.54	3
15	Balon, David	9 Helix	33.63	1
16	Davis, Takoa	9 Helix	36.82	3
17	Marcus, Rafee	10 El Cajon Valley	36.05	1

Event 31 Girls 200 Meter Dash Varsity

Name	Year School	Seed	Finals
1	Marquez, Mia	12 Helix	26.99
2	Odom, Alana	10 Helix	27.74
3	Reichstadt, Kayla	10 Helix	28.28
4	Hashimi, Maryam	11 El Cajon Valley	31.42
5	Maher, Harir	11 El Cajon Valley	33.28



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Event 32 Boys 200 Meter Dash Varsity

Name	Year	School	Seed	Finals
1	Boone, Michael	11 Helix		23.45
2	Van, Xavier	10 Helix		24.17
3	Brown, Marlon	11 Helix		24.40

Event 33 Girls 3200 Meter Run Junior Varsity

Name	Year	School	Seed	Finals
1	Corona, Fernanda	10 El Cajon Valley	15:17.53	15:16.38

Event 34 Girls 3200 Meter Run Varsity

Name	Year	School	Seed	Finals
1	Varga, Elise	9 Helix		13:02.22
2	Reed, Jaden	9 Helix		13:08.15
3	Andersen, Emily	9 Helix		13:31.28

Event 36 Boys 3200 Meter Run Varsity

Name	Year	School	Seed	Finals
1	Perkins, Eric	12 Helix		11:11.06
2	Caneday, Joshua	9 Helix		11:24.05

Event 37 Girls 4x400 Meter Relay Junior Varsity

School	Seed	Finals
1 Helix 'A'		4:56.64
1) Baird, Sienna 10	2) Ferguson, Jada 10	
3) Stanton, Sharisa 11	4) Whitley, Jazzlyn 11	

Event 39 Girls 4x400 Meter Relay Varsity

School	Seed	Finals
1 Helix 'A'		4:44.29
1) Jack, Sheniya 11	2) Billingsley, Alexis 11	
3) Williams, Marissa 11	4) Wilson, Jazmine 10	

Event 40 Boys 4x400 Meter Relay Varsity

School	Seed	Finals
1 El Cajon Valley 'A'		3:40.71
1) Monganga, Daniel 11	2) Sleywa, Rean 12	



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....Event 40 Boys 4x400 Meter Relay Varsity

3) Webster, Tamar 12	4) Johnson, Clarence 11	
2 Helix 'A'		3:49.84
1) Mulligan, Denzel 12	2) Kelly, Cameron 12	
3) Locke, Marvin 12	4) Jones, Ryan 11	

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Women - Varsity - Team Rankings - 15 Events Scored

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1) Helix	115	2) El Cajon Valley	8
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Women - Junior Varsity - Team Rankings - 11 Events Scored

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1) Helix	64	2) El Cajon Valley	17
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Men - Varsity - Team Rankings - 16 Events Scored

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1) Helix	94	2) El Cajon Valley	32
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Men - Junior Varsity - Team Rankings - 15 Events Scored

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1) Helix	104	2) El Cajon Valley	16
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