

2010 Dick Wilkins Frosh-Soph Invitational - 5/1/2010

El Capitan High School

Results

Event 1 Girls Distance Medley Frosh/Soph DM

Team	Relay	Finals
Section 1		
1 Vista	A	12:59.26
2 Clairemont	A	13:04.03
3 San Marcos	A	13:44.16
4 West Hills	A	13:47.02
5 Steele Canyon	A	13:50.72
6 Westview	A	13:52.38
7 Scripps Ranch	A	13:57.16
8 Mt. Miguel	A	14:06.09
9 Canyon Crest	A	14:08.63
10 Patrick Henry	A	14:26.50
11 Mira Mesa	A	14:36.83

Event 2 Girls 4x100 Meter Relay Frosh Girls Open

Meet Record: 50.54 R 1996 Morse

Team	Relay	Finals
Section 1		
1 Scripps Ranch	A	51.79
2 Del Norte	A	53.16
3 Mira Mesa	A	54.14
--- Patrick Henry	A	DQ

Event 3 Boys 4x100 Meter Relay Frosh Boys Open

Meet Record: 44.50 R 2001 Helix

Team	Relay	Finals
Section 1		
1 Olympian	A	46.15
2 Steele Canyon	A	46.40
3 Mission Hills	A	46.81
4 Patrick Henry	A	46.93
5 Mira Mesa	A	47.75
6 Saint Augustine	A	47.91
7 Point Loma	A	48.50

Event 4 Girls 4x100 Meter Relay Soph Girls Open

Meet Record: 49.50 R 1999 Morse

Team	Relay	Finals
Section 1		
1 Westview	A	54.82

Event 5 Boys 4x100 Meter Relay Soph Boys Open

Meet Record: 43.54 R 2001 Helix

Team	Relay	Finals
Section 1		
1 Helix	A	44.72
2 University City	A	45.04
3 Cathedral Catholic	A	45.05
4 Mira Mesa	A	45.05
5 Steele Canyon	A	45.09
6 Rancho Bernardo	A	45.49

7 El Capitan	A	47.30
8 Patrick Henry	A	47.41

Event 6 Boys Distance Medley Frosh/Soph DM

Team	Relay	Finals
Section 1		
1 LaCosta Canyon	A	10:53.29
2 Ramona	A	11:08.21
3 Point Loma	A	11:32.30
4 Steele Canyon	A	11:32.92
5 El Camino	A	11:32.97
6 Patrick Henry	A	11:36.12
7 Mira Mesa	A	11:41.29
8 Scripps Ranch	A	11:43.21
9 Mt. Miguel	A	11:50.55
10 San Marcos	A	11:53.42
11 Westview	A	12:01.48
12 La Jolla Country Day	A	12:07.29
13 Canyon Crest	A	12:09.79
14 Poway	A	12:10.39
15 Del Norte	A	12:15.24
16 Steele Canyon	B	12:16.82
17 West Hills	A	12:17.29

Event 7 Girls 100 Meter Hurdles Frosh Girls Open

Meet Record: 14.97 R 2006 Tia Knight

Name	School	Finals
Section 1 Wind: +0.0		
1 Hunter, Kaity	Christian	18.16
2 MacKeldowney, Kayla	San Dieguito	18.30
3 Mangoba, Jamee	Vista	18.68
4 Wheeler, Brooke	Mira Mesa	19.06
5 Scott, Allyson	Eastlake	19.37
6 Capuyan, Jerimae	Eastlake	20.82
7 Santos, Catalina	Granite Hill	21.37

Event 8 Girls 100 Meter Hurdles Soph Girls Open

Meet Record: 15.54 R 1997 Sharitta Williams

Name	School	Finals
Section 1 Wind: 0.1		
1 Helman, Kelly	Ramona	17.25
2 McCallum, Kaitlin	La Jolla Cou	17.27
3 Hill, Krista	Mira Mesa	17.64
4 Ismay, Alia	Poway	18.13
5 Sok, Monika	Mira Mesa	18.33
6 Naylor, Jennifer	University C	18.77
7 Byron, Jordan	Steele Canyo	18.83
8 Valencia, Aimee	Steele Canyo	19.75

Event 9 Boys 110 Meter Hurdles Frosh Boys Open

Meet Record: 15.05 R 1998 Jeff Hunter

Name	School	Finals
Section 1 Wind: 0.2		
1 Guzman, Nick	Mt. Carmel	17.24
2 Kenney, Matthew	Carlsbad	17.31
3 Petersen, Zach	Westview	17.48

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Section 1 Wind: 0.2 ... (Event 9 Boys 110 Meter Hurdles Fro

Name	School	Finals
4 Anderson, Paul	Morse	17.93
5 Goggin, Joshua	Eastlake	18.60
6 Wilson, Cameron	Eastlake	18.95
7 Jeong, Justin	Eastlake	19.39
8 Hailey, Khafre	Morse	19.68

Event 10 Boys 110 Meter Hurdles Soph Boys Open

Meet Record: 14.97 R 1999 Jeff Hunter

Name	School	Finals
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Section 1 Wind: 0.8

1 Heinz, Brian	Cathedral Ca	16.42
2 Bandong, Jason	Mission Hill	16.94
3 Charlton, William	Morse	17.11
4 Corrales, Ryan	Steele Canyo	17.25
5 Espinosa, Cameron	Eastlake	17.66
6 Kelley, Jared	Eastlake	18.30
7 Magill, Derek	Del Norte	21.20
8 Fortune, Will	Brawley	21.59

Event 11 Girls 400 Meter Dash Frosh Girls Open

Meet Record: 57.84 R 1993 Lana Garner

Name	School	Finals
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Section 1

1 Verhees, Ella	Point Loma	1:00.44
2 Large, Kaitlin	Carlsbad	1:01.59
3 Hanifin, Amy	San Marcos	1:02.16
4 Urmanski, Elise	Coronado	1:04.13
5 Carpenter, Brenna	Poway	1:04.73
6 Caddell, Nicole	Steele Canyo	1:06.60

Event 12 Boys 400 Meter Dash Frosh Boys Open

Meet Record: 50.29 R 2007 Ryan Morgan

Name	School	Finals
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Section 1

1 Fukashimma, Andrew	Olympian	54.02
2 Tyler, Charles	Patrick Henr	54.60
3 Ozenbaugh, Sam	Poway	55.00
4 Wilson, Alfonso	Morse	55.25
5 Fruth, Jared	San Marcos	55.97
6 Holrton, Cecil	Point Loma	56.49
7 Patane, Devan	Point Loma	56.54
8 Lampe, Brice	Canyon Crest	2:05.47

Event 13 Girls 400 Meter Dash Soph Girls Open

Meet Record: 54.74 R 1999 Monique Henderson

Name	School	Finals
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Section 1

1 Negrete, Mechelle	Steele Canyo	59.62
2 Hauke, Ashley	Rancho Berna	1:00.30
3 Davis, Nirelle	Olympian	1:01.13
4 Redoglia, Katharine	Cathedral Ca	1:01.42
5 Garcia, Wendy	El Camino	1:01.66
6 Fekete, Michelle	Mission Hill	1:01.88
7 Bertha, Megan	LaCosta Cany	1:02.02

8 Trinh, Sylvia Mira Mesa 1:03.54

Event 14 Boys 400 Meter Dash Soph Boys Open

Meet Record: 49.16 R 2008 Ryan Morgan

Name	School	Finals
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Section 1

1 Ramirez, Nestor	El Capitan	52.30
2 Alexander, Delvin	Mira Mesa	53.00
3 Wenberg, William	Ramona	53.34
4 Gregg, Laine	Calvin Chris	53.74
5 Hess, Luke	Valhalla	53.85
6 Mathews, Morris	Point Loma	53.94

Event 15 Girls 100 Meter Dash Frosh Girls Open

Meet Record: 12.24 R 1997 Kameela Allen

Name	School	Finals
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Section 1 Wind: 2.3

1 Conlin, Dana	Cathedral Ca	12.99
2 Jones, Deozjane	University C	13.10
3 Klosterman, Vanessa	LaCosta Cany	13.38
4 Cabiness, Chloe	Point Loma	13.43
5 Malachi, Tahlia	Eastlake	13.59

Event 16 Boys 100 Meter Dash Frosh Boys Open

Meet Record: 10.94 R 1997 Steve Hayes

Name	School	Finals
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Section 1 Wind: 0.2

1 Mondane, Jalen	Eastlake	11.63
2 Norris, Kyle	Granite Hill	11.63
3 Kremp, Eric	Westview	11.76
4 Powell, Marquise	Helix	11.81
5 Henry, Marcos	Olympian	11.84
6 Simpson, Alexander	University C	11.88
7 Wickline, Corey	Rancho Berna	12.10
8 Williams, Justin	El Camino	12.29

Event 17 Girls 100 Meter Dash Soph Girls Open

Meet Record: 11.94 R 1997 DeCola Groce

Name	School	Finals
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Section 1 Wind: 2.8

1 Rawlings, Australia	Olympian	12.95
2 Capano, Lucretzia	Rancho Berna	13.00
3 Webb, Bernie	El Capitan	13.08
4 Choy, Caitlyn	Ramona	13.13
5 Thomas, Kajezah	Mt. Miguel	13.20
6 Nasser, Emily	Poway	13.51
7 Bower, Lauren	Coronado	13.86

Event 18 Boys 100 Meter Dash Soph Boys Open

Meet Record: 10.70 R 2004 Dustin Driscoll

Name	School	Finals
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Section 1 Wind: 3.1

1 Bonner, BJ	Scripps Ranc	11.22
2 Falk, Wes	Granite Hill	11.36
3 Hall, Darran	Eastlake	11.40
4 Fields, Jalen	Mira Mesa	11.75

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Section 1 Wind: 3.1 ... (Event 18 Boys 100 Meter Dash Soph

Name	School	Finals
5 Hunter, Chris	Helix	11.77

Event 19 Girls 300 Meter Hurdles Frosh Girls Open

Meet Record: 45.20 R 2009 Taylor Larch-Miller

Name	School	Finals
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Section 1

1 Chavez, Jessica	Eastlake	50.74
2 Maze, Tiara	Olympian	51.67
3 Mangoba, Jamee	Vista	51.68
4 Kirby, Jennifer	La Jolla	52.24
5 Correll, Victoria	Carlsbad	52.44
6 Roberts, Carlee	Ramona	52.71
7 Capuyan, Jerimae	Eastlake	54.96
8 Santos, Catalina	Granite Hill	55.52

Event 20 Boys 300 Meter Hurdles Frosh Boys Open

Meet Record: 39.56 R 2009 Devin Hickey

Name	School	Finals
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Section 1

1 Podraza, Danny	Scripps Ranc	42.66
2 Hartinger, Ben	San Pasqual	42.88
3 Peterson, Chase	Canyon Crest	43.44
4 Guzman, Nick	Mt. Carmel	44.04
5 Tharani, Anil	Rancho Berna	44.65
6 Goggin, Joshua	Eastlake	46.68
7 Jeong, Justin	Eastlake	47.59

Event 21 Girls 300 Meter Hurdles Soph Girls Open

Meet Record: 45.24 R 1990 Erin Blunt

Name	School	Finals
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Section 1

1 Ringler, Andrea	Mission Hill	48.25
2 Flumian, Fiona	Canyon Crest	50.42
3 Jarman, Christy	San Pasqual	50.80
4 Parker, Rianne	Mt. Carmel	51.30
5 Scott, Amber	Helix	52.06
6 Naylor, Jennifer	University C	53.09
7 Angotta, Karley	Eastlake	53.51
8 Buckley, Emily	Cathedral Ca	59.42

Event 22 Boys 300 Meter Hurdles Soph Boys Open

Meet Record: 38.93 R 1999 Jeff Hunter

Name	School	Finals
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Section 1

1 Ruiz, Robert	Valhalla	42.17
2 Heinz, Brian	Cathedral Ca	42.72
3 Magill, Derek	Del Norte	42.89
4 Corrales, Ryan	Steele Canyo	43.92
5 Fortune, Will	Brawley	44.78

Event 23 Girls 200 Meter Dash Frosh Girls Open

Meet Record: 23.94 R 1998 Monique Henderson

Name	School	Finals
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Section 1 Wind: 1.4

1 Demry, Niia	Mission Hill	26.73
2 Cabiness, Chloe	Point Loma	27.10
3 Malachi, Tahlia	Eastlake	27.60
4 Slack, Mariah	Vista	27.66
5 Perez, Brenda	Helix	27.67
6 Mason, Victoria	Mira Mesa	27.82
7 Voorhees, Rebecca	Granite Hill	29.18

Event 24 Boys 200 Meter Dash Frosh Boys Open

Meet Record: 21.94 R 1997 Steve Hayes

Name	School	Finals
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Section 1 Wind: 1.4

1 Norris, Kyle	Granite Hill	23.63
2 Johnson, Tony	Cathedral Ca	23.82
3 Paz, Sean	El Camino	24.08
4 Kremp, Eric	Westview	24.23
5 Hardson, Theo	Cathedral Ca	24.23
6 Mondane, Jalen	Eastlake	24.60
7 Zamarippa, Aaron	Mt. Carmel	24.92

Event 25 Girls 200 Meter Dash Soph Girls Open

Meet Record: 23.94 R 1999 Monique Henderson

Name	School	Finals
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Section 1 Wind: 2.6

1 Hailey, Allison	Mission Hill	25.81
2 Thomas, Kajezah	Mt. Miguel	26.69
3 Davis, Nirelle	Olympian	26.72
4 Hauke, Ashley	Rancho Berna	26.74
5 Choy, Caitlyn	Ramona	26.76
6 Trinh, Sylvia	Mira Mesa	27.09
7 Heinichen, Shawna	Valhalla	27.70
8 Ring, Aubrie	Health and S	31.34

Event 26 Boys 200 Meter Dash Soph Boys Open

Meet Record: 21.57 R 2007 Joe Cooks

Name	School	Finals
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Section 1 Wind: 1.7

1 Harder, Caine	Westview	22.91
2 Hall, Darran	Eastlake	23.03
3 Long, Nathan	Rancho Berna	23.26
4 Haynes, Samuel	University C	23.38
5 Manson, Ian	Steele Canyo	23.42
6 Fields, Jalen	Mira Mesa	24.40

Event 27 Boys 4x400 Meter Relay Frosh Boys Open

Meet Record: 3:37.54 R 1997 Morse

Team	Relay	Finals
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Section 1

1 Olympian	A	3:36.79R
2 San Pasqual	A	3:41.84
3 Canyon Crest	A	3:53.59

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Results

Section 1 ... (Event 27 Boys 4x400 Meter Relay Frosh Boys Op

Team	Relay	Finals
4 Patrick Henry	A	3:55.12
5 Mira Mesa	A	3:56.20
6 Santana	A	3:56.67
7 Point Loma	A	4:00.90

Event 28 Girls 4x400 Meter Relay Soph Girls Open

Meet Record: 4:06.20 R 2007 La Jolla

Team	Relay	Finals
Section 1		
1 Canyon Crest	A	4:22.74
2 Mt. Carmel	A	4:26.84
3 Health and Science	A	4:29.55

Event 29 Boys 4x400 Meter Relay Soph Boys Open

Meet Record: 3:28.54 R 1992 Patrick Henry

Team	Relay	Finals
Section 1		
1 University City	A	3:35.95
2 El Capitan	A	3:37.69
3 Valhalla	A	3:38.08
4 Mira Mesa	A	3:45.82
5 Granite Hills	A	3:47.07
6 Point Loma	A	3:48.11
7 Patrick Henry	A	3:52.39

Event 30 Girls 4x100 Meter Relay Frosh Girls Invite

Meet Record: 50.54 R 1996 Morse

Team	Relay	Finals
Section 1		
1 Olympian	A	52.56
2 Mt. Carmel	A	52.73
3 Steele Canyon	A	52.94
4 LaCosta Canyon	A	53.03
5 Point Loma	A	53.12
6 Mt. Miguel	A	55.25
--- Rancho Bernardo	A	DNF

Event 31 Boys 4x100 Meter Relay Frosh Boys Invite

Meet Record: 44.50 R 2001 Helix

Team	Relay	Finals
Section 1		
1 Cathedral Catholic	A	44.94
2 Morse	A	45.17
3 El Camino	A	46.52
4 Mt. Carmel	A	46.91
5 Valhalla	A	47.03
6 Rancho Bernardo	A	47.65

Event 32 Girls 4x100 Meter Relay Soph Girls Invite

Meet Record: 49.50 R 1999 Morse

Dotson, Bolden, Pope, Henderson

Team	Relay	Finals
Section 1		
1 El Camino	A	48.70R
2 Granite Hills	A	49.31R
3 Mira Mesa	A	50.87
4 Rancho Bernardo	A	50.97
5 Mission Hills	A	51.41
6 Patrick Henry	A	51.95
7 Olympian	A	52.06
8 Steele Canyon	A	53.57

Event 33 Boys 4x100 Meter Relay Soph Boys Invite

Meet Record: 43.50 R 2001 Helix

Bush, Hustona, Benjamin, Smith

Team	Relay	Finals
Section 1		
1 El Camino	A	44.47
2 Granite Hills	A	45.33
3 Olympian	A	45.48
4 San Marcos	A	45.62
5 Point Loma	A	45.77
6 Mission Hills	A	46.02
7 Morse	A	46.19
8 Valhalla	A	46.49

Event 34 Girls 1600 Meter Run Frosh Girls Invite

Meet Record: 5:07.01 R 2009 Caitlin Krol

Name	School	Finals
Section 1		
1 Lawson, Kelly	LaCosta Cany	5:00.66R
2 Seay, Sabrina	Mt. Carmel	5:09.76
3 Miller, Brianna	Carlsbad	5:16.14
4 Verhees, Ella	Point Loma	5:20.68
5 Anae, Wendy	Cathedral Ca	5:21.72
6 Kay, Hannah	Patrick Henr	5:22.90
7 Heisner, Sarah	Rancho Buena	5:23.38
8 Hughes, Andrea	Valhalla	5:27.90
9 Girolamo, Tina	Rancho Berna	5:29.51
10 Egense, Anna	Rancho Berna	5:33.65
11 Whittaker, Alice	Poway	5:36.21
12 Smith, Kiana	Olympian	5:37.54
13 Rohner, Bryn	Rancho Buena	5:39.10
14 St Laurent, Becca	Rancho Buena	5:46.07
15 Van der Linde, Hannah	Mt. Carmel	5:46.39
16 Bogan, Gena	Rancho Berna	5:56.36
17 Graff, Carly	Eastlake	6:06.36

Event 35 Boys 1600 Meter Run Frosh Boys Invite

Meet Record: 4:25.54 R 1997 Evan Fox

Name	School	Finals
Section 1		
1 Gomez, Daniel	El Capitan	4:33.26

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Section 1 ... (Event 35 Boys 1600 Meter Run Frosh Boys Invite

Name	School	Finals
2 Stidum, Oneal	Mt. Miguel	4:35.73
3 Bourke, Patrick	Cathedral Ca	4:37.34
4 DeGour, Brian	Carlsbad	4:38.67
5 Snow, Scott	Carlsbad	4:39.84
6 Bwayo, Titus	Scripps Ranc	4:41.30
7 Medina, Edward	West Hills	4:43.90
8 Matt-Navarro, Jorge	Patrick Henr	4:44.89
9 Svacina, Jimmy	University C	4:47.23
10 Howard, Brandon	Steele Canyo	4:47.37
11 Saad, Joe	Saint August	4:48.25
12 Ramm, Joe	Saint August	4:48.94
13 Zurita, Jesus	Mission Hill	4:51.57
14 Bieraugel, Nick	Mission Hill	4:55.29
15 Smith, Andrew	El Capitan	4:56.54
16 Cunningham, Dan	University C	4:59.53
17 Lux, Kieran	Rancho Buena	5:04.64
18 Sweet, Ricky	Point Loma	5:08.49
19 Alcaraz, Leo	Vista	5:14.08
20 Gonzalez, Paul	Mt. Miguel	5:16.99

Event 36 Girls 1600 Meter Run Soph Girls Invite

Meet Record: 4:59.30 R 2009 Molly Grabill

Name	School	Finals
Section 1		
1 Krol, Caitlin	Cathedral Ca	5:02.70
2 Kuzminsky, Charlotte	Canyon Crest	5:16.43
3 Berretta, Kristyn	Cathedral Ca	5:18.45
4 Nocon, Madison	Steele Canyo	5:23.40
5 Roberts, Savannah	Clairemont	5:23.50
6 Bullard, Erin	El Camino	5:25.65
7 Esquivel, Roxanne	University C	5:27.81
8 VanDam, Madie	Rancho Buena	5:28.97
9 Melechinsky, Kim	Mira Mesa	5:29.30
10 Weber, Amanda	Westview	5:36.10
11 Darouie, Amanda	Mission Hill	5:39.51
12 West, Jamie	Rancho Buena	5:46.48
13 Ward, Maddy	Poway	5:50.87

Event 37 Boys 1600 Meter Run Soph Boys Invite

Meet Record: 4:12.30 R 2007 Mac Fleet

Name	School	Finals
Section 1		
1 Blankenbaker, Dylan	Ramona	4:26.81
2 Littooy, Brad	Scripps Ranc	4:29.34
3 Mihalik, Kevin	Rancho Berna	4:31.78
4 Hoagland, Patrick	The Bishops	4:32.57
5 Haslam, Riess	University C	4:35.57
6 Gisel, Scott	Rancho Buena	4:35.97
7 Torre, Conner	Madison	4:36.02
8 Bosvay, Corey	Steele Canyo	4:36.23
9 Tansey, Chris	Poway	4:37.90
10 Castellanos, Abinadi	Sweetwater	4:37.99
11 Saucedo, Miguel	Point Loma	4:38.75
12 Wolfenzon, Noah	La Jolla Cou	4:39.30

13 Willette, Matt	Clairemont	4:40.29
14 Castaneda, Anton	Valhalla	4:40.75
15 Barnes, Tanner	Mt. Carmel	4:41.93
16 Rampoldi, Ryan	Rancho Berna	4:42.88
17 Gutierrez, Jonathan	Steele Canyo	4:45.28

Event 38 Girls 100 Meter Hurdles Frosh Girls Invite

Meet Record: 14.97 R 2008 Tia Knight

Name	School	Finals
Section 1 Wind: 0.8		
1 Rehm, Morgan	San Pasqual	16.05
2 Lyons-Walker, Janaysha	Morse	16.73
3 Moreno, Irene	Mater Dei Cathol	18.22
4 Lopez, Lauren	Carlsbad	18.44
5 Snider, Emily	Scripps Ranc	19.46

Event 39 Girls 100 Meter Hurdles Soph Girls Invite

Meet Record: 15.54 R 1997 Sharita Williams

Name	School	Finals
Section 1 Wind: 3.3		
1 Collins, Devin	Granite Hill	15.35
2 Guerard, Vanora	La Jolla	15.88
3 Ringler, Andrea	Mission Hill	16.24
4 Jarman, Christy	San Pasqual	16.94
5 Ling, Erica	Scripps Ranc	18.04
6 Larch-Miller, Taylor	Granite Hill	18.68
7 Cashen, C.	Scripps Ranc	19.10

Event 40 Boys 110 Meter Hurdles Frosh Boys Invite

Meet Record: 15.05 R 1998 Jeff Hunter

Name	School	Finals
Section 1 Wind: 2.0		
1 Zebold, Grant	Cathedral Ca	14.85R
2 Washington, Brandon	El Camino	16.19
3 James, Jacob	Granite Hill	16.40
4 French, Chris	Poway	16.95
5 Crotty, Liam	Granite Hill	17.09
6 Hartinger, Ben	San Pasqual	17.37
7 Podraza, Danny	Scripps Ranc	19.18

Event 41 Boys 110 Meter Hurdles Soph Boys Invite

Meet Record: 14.97 R 1999 Jeff Hunter

Name	School	Finals
Section 1 Wind: 2.3		
1 Hickey, Devin	Vista	14.11
2 Jackson, Isaiah	El Camino	15.38
3 Todd-Borden, Julian	LaCosta Cany	15.92
4 Devin, McCrackan	Mt. Carmel	16.06
5 Galloway, Ryan	Poway	16.27
6 Rall, Chris	Granite Hill	16.40
7 Lopez, Julian	Hoover	16.69

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Event 42 Girls 400 Meter Dash Frosh Girls Invite

Meet Record: 57.84 R 1993 Lana Garner

Name	School	Finals
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Section 1

1 Oetting, Emily	Carlsbad	59.58
2 Armitage, Betsy	Clairemont	59.71
3 Judkins, Charmayne	Olympian	59.83
4 Clark, Shanise	Scripps Ranc	1:00.98
5 Fisher, Miranda	El Capitan	1:01.00
6 Slack, Mariah	Vista	1:01.25
7 Clark, Marcella	Poway	1:02.32
8 Harbison, Kaelyn	Westview	1:03.13

Event 43 Boys 400 Meter Dash Frosh Boys Invite

Meet Record: 50.29 R 2007 Ryan Morgan

Name	School	Finals
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Section 1

1 Lawson, Lucas	Cathedral Ca	51.09
2 Gronotte, Alex	Westview	51.54
3 Adkins, Michael	Helix	51.81
4 Grigoriev, Alex	Rancho Berna	52.85
5 Davis, Jeremy	Steele Canyo	53.03
6 Woods, James	Olympian	54.34
7 Mills, Kevin	Valhalla	54.85

Event 44 Girls 400 Meter Dash Soph Girls Invite

Meet Record: 54.74 R 1999 Monique Henderson

Name	School	Finals
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Section 1

1 Larch-Miller, Nikki	Granite Hill	58.07
2 Quick, Delaney	Patrick Henr	1:00.13
3 Rainy, Racheal	Olympian	1:00.39
4 Lyons, Charity	Mt. Miguel	1:01.70
5 Wood, Brianna	Carlsbad	1:02.21
6 Tate, Tiffany	Poway	1:03.42
7 Sanders, Marin	University C	1:04.34

Event 45 Boys 400 Meter Dash Soph Boys Invite

Meet Record: 49.16 R 2008 Ryan Morgan

Name	School	Finals
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Section 1

1 James, Chancellor	Steele Canyo	52.01
2 Harder, Caine	Westview	52.13
3 Cookson, Rhett	Scripps Ranc	52.44
4 Lopez, Julian	Hoover	53.35
5 Hasten, Jevon	Valhalla	53.96
6 Valero, Jesus	Valhalla	57.90

Event 46 Girls 100 Meter Dash Frosh Girls Invite

Meet Record: 12.24 R 1997 Kameela Allen

Name	School	Finals
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Section 1 Wind: 2.1

1 Zlatic, Karly	La Jolla	12.51
2 Rehm, Morgan	San Pasqual	12.63
3 Hernandez, Alexis	Mt. Carmel	12.83

4 Brooks, Sidney	Scripps Ranc	13.25
5 Demry, Niia	Mission Hill	13.51
6 Bridges, Ashley	Steele Canyo	13.66

Event 47 Boys 100 Meter Dash Frosh Boys Invite

Meet Record: 10.94 R 1997 Steve Hayes

Name	School	Finals
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Section 1 Wind: 2.7

1 McNair, Tracy	Morse	11.04
2 Brown, Nehemiah	Valhalla	11.35
3 Allen, Devon	Steele Canyo	11.39
4 Pangelinan, Drew	Morse	11.40
5 Brown, Malcolm	El Camino	11.40
6 Paz, Sean	El Camino	11.81
7 Spiering, Robert	Christian	12.02
8 Anderson, Jamal	Morse	12.26

Event 48 Girls 100 Meter Dash Soph Girls Invite

Meet Record: 11.94 R 1997 DeCola Groce

Name	School	Finals
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Section 1 Wind: 2.8

1 Gibbs, Jasmine	El Camino	11.92
2 Scott, Mishe	El Camino	12.39
3 Gilson, Cecily	Poway	12.64
4 Barney, Corryn	Patrick Henr	12.65
5 Hailey, Allison	Mission Hill	12.77
6 Asperslag, Jenna	San Dieguito	12.82
7 Fowler, Shareka	Mira Mesa	12.87
8 Barvinchak, Amanda	Rancho Berna	12.88

Event 49 Boys 100 Meter Dash Soph Boys Invite

Meet Record: 10.70 R 2004 Dustin Driscoll

Name	School	Finals
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Section 1 Wind: 2.2

1 McCloskey, Dylan	El Camino	11.17
2 Gray, Evan	Poway	11.26
3 Dunn, Derrick	Mt. Miguel	11.41
4 Long, Nathan	Rancho Berna	11.42
5 Roberts, Tre	Morse	11.61
6 Haynes, Samuel	University C	11.66
--- Ward, Larell	Helix	FS

Event 50 Girls 800 Meter Run Frosh Girls Invite

Meet Record: 2:18.86 R 2005 Amber Throop

Name	School	Finals
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Section 1

1 Van, Monique	Steele Canyo	2:21.05
2 Shade, Alexandra	Patrick Henr	2:21.08
3 Harbison, Kaelyn	Westview	2:23.92
4 Heisner, Sarah	Rancho Buena	2:26.40
5 Condon, Savannah	Poway	2:29.03
6 Smith, Kiana	Olympian	2:29.87
7 Anae, Wendy	Cathedral Ca	2:29.94
8 Jorgensen, Camille	Patrick Henr	2:31.17
9 Girolamo, Tina	Rancho Berna	2:31.41
10 Ramos, Alexis	Steele Canyo	2:32.48

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Results

Section 1 ... (Event 50 Girls 800 Meter Run Frosh Girls Invite)

Name	School	Finals
11 Matias, Brianna	Del Norte	2:32.50
12 Fisher, Miranda	El Capitan	2:36.29
13 Mottershaw, Jordan	San Marcos	2:38.11
14 Masterson, Park	Poway	2:40.00

Event 51 Boys 800 Meter Run Frosh Boys Invite

Meet Record: 2:01.64 R 1997 Evan Fox

Name	School	Finals
Section 1		
1 Stidum, Oneal	Mt. Miguel	2:00.92R
2 Griswold, Michael	Mt. Carmel	2:02.43
3 Hernandez, Shelby	Helix	2:03.47
4 Howard, Brandon	Steele Canyo	2:09.87
5 Bieraugel, Nick	Mission Hill	2:11.08
6 Zurita, Jesus	Mission Hill	2:11.56
7 Svacina, Jimmy	University C	2:12.27
8 Muhn, Andrew	Del Norte	2:13.16
9 Fallon, Regis	Poway	2:14.35
10 Horton, Cecil	Point Loma	2:15.91
11 Elder, Jihad	Valhalla	2:18.99

Event 52 Girls 800 Meter Run Soph Girls Invite

Meet Record: 2:18.65 R 1998 Gina Westby

Name	School	Finals
Section 1		
1 Yang, Julia	Westview	2:22.40
2 Kuzminsky, Charlotte	Canyon Crest	2:24.57
3 Davies, Nicole	Coronado	2:24.72
4 Nocon, Madison	Steele Canyo	2:25.26
5 Miramon, Daniella	Valhalla	2:26.20
6 Melechinsky, Kim	Mira Mesa	2:27.60
7 Young, Kerianne	Rancho Berna	2:27.96
8 Graber, Sara	Rancho Berna	2:29.52
9 Hintz, Carly	Eastlake	2:30.43
10 Roberts, Savanah	Clairemont	2:31.06
11 Duong, Rachel	Canyon Crest	2:32.47
12 Mitchell, Brittany	Granite Hill	2:33.81
13 Ward, Maddy	Poway	2:40.46

Event 53 Boys 800 Meter Run Soph Boys Invite

Meet Record: 1:58.64 R 1992 Jesse Camp

Name	School	Finals
Section 1		
1 McCann, Patrick	Mt. Carmel	2:03.89
2 Wolfenzon, Noah	La Jolla Cou	2:04.52
3 Schall, Ryan	Westview	2:04.59
4 Saucedo, Miguel	Point Loma	2:04.69
5 Roy, Max	LaCosta Cany	2:04.76
6 Brock, Kevin	Westview	2:05.31
7 Sorensen, Andrew	Westview	2:05.93
8 Barnes, Tanner	Mt. Carmel	2:06.79
9 Tansey, Chris	Poway	2:06.85
10 Castaneda, Anton	Valhalla	2:07.07
11 Gutierrez, Jonathan	Steele Canyo	2:08.60

12 Maher, Steve	Vista	2:09.07
13 Jacobs, Ryan	Vista	2:11.10

Event 54 Girls 300 Meter Hurdles Frosh Girls Invite

Meet Record: 45.20 R 2009 Taylor Larch-Miller

Name	School	Finals
Section 1		
1 Rehm, Morgan	San Pasqual	46.36
2 Lyons-Walker, Janaysha	Morse	46.59
3 Oetting, Emily	Carlsbad	49.19
4 Nawahine, Malia	Cathedral Ca	49.35
5 Velarde, Anna	Del Norte	51.29
6 Lopez, Lauren	Carlsbad	52.23
7 Allen, Savannah	Olympian	52.59

Event 55 Boys 300 Meter Hurdles Frosh Boys Invite

Meet Record: 39.56 R 2009 Devin Hickey

Name	School	Finals
Section 1		
1 Zebold, Grant	Cathedral Ca	39.53R
2 Washington, Brandon	El Camino	41.85
3 Petersen, Zach	Westview	42.73
4 French, Chris	Poway	42.74
5 James, Jacob	Granite Hill	43.43
6 Crotty, Liam	Granite Hill	43.63
7 Glover, Gavin	West Hills	43.95

Event 56 Girls 300 Meter Hurdles Soph Girls Invite

Meet Record: 45.24 R 1990 Erin Blunt

Name	School	Finals
Section 1		
1 Collins, Devin	Granite Hill	44.73R
2 Smith, Tamika	El Camino	48.33
3 Lyons, Charity	Mt. Miguel	49.16
4 Willis, Yasmine	El Camino	49.43
5 Hill, Krista	Mira Mesa	49.93
6 Larch-Miller, Taylor	Granite Hill	50.37
7 Steenstra, Kara	Calvin Chris	51.83

Event 57 Boys 300 Meter Hurdles Soph Boys Invite

Meet Record: 38.93 R 1999 Jeff Hunter

Name	School	Finals
Section 1		
1 Hickey, Devin	Vista	39.25
2 Charlton, William	Morse	41.09
3 Rall, Chris	Granite Hill	41.86
4 Bandong, Jason	Mission Hill	42.41
5 Lopez, Julian	Hoover	43.01
6 Jackson, Isaiah	El Camino	46.49

Event 58 Girls 3200 Meter Run Frosh Girls Invite

Meet Record: 11:10.79 R 2009 Shanoah Souza

Name	School	Finals
Section 1		
1 Abrahamson, Ellie	LaCosta Cany	11:22.04
2 Ribeiro, Elaine	Helix	11:58.14

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Results

Section 1 ... (Event 58 Girls 3200 Meter Run Frosh Girls Invite)

Name	School	Finals
3 Egense, Anna	Rancho Berna	12:08.94
4 Sanborn, Jessica	Cathedral Ca	12:09.24
5 Miller, Brianna	Carlsbad	12:09.74
6 Kay, Hannah	Patrick Henr	12:12.64
7 Lew, Heather	San Pasqual	12:18.40
8 Zavala, Adriana	Westview	12:22.24
9 Doyle, Monica	Del Norte	12:23.34
10 Sanchez, Abigail	Steele Canyo	12:25.14
11 Kutzner, Tori	Clairemont	12:27.04
12 Hansink, Jenna	Vista	12:35.74
13 Bogan, Gena	Rancho Berna	12:40.84
14 St Laurent, Becca	Rancho Buena	12:50.54
15 Riddle, Becca	San Marcos	12:54.14
16 Richardson, Julie	Scripps Ranc	13:17.44

Event 59 Boys 3200 Meter Run Frosh Boys Invite

Meet Record: 9:49.04 R 2007 Parker Stinson

Name	School	Finals
Section 1		
1 Gomez, Daniel	El Capitan	10:08.27
2 Sindel, Eric	Mt. Carmel	10:14.19
3 Bourke, Patrick	Cathedral Ca	10:19.35
4 Lepe, Steven	Monte Vista	10:29.97
5 McEachern, Matt	Mt. Carmel	10:31.17
6 Matt-Navarro, Jorge	Patrick Henr	10:34.73
7 DeGour, Brian	Carlsbad	10:35.25
8 Corotis, John	Poway	10:41.14
9 Mock, Andrew	Cathedral Ca	10:42.85
10 Thomas, Cory	Ramona	10:46.37
11 Cota, Eric	Patrick Henr	10:52.23
12 Smith, Andrew	El Capitan	10:53.04
13 Barrett, Ryan	Westview	10:59.47
14 Gee, Brendan	Rancho Berna	11:01.50
15 Wilson, David	El Camino	11:07.67
16 Brungard, Jared	Del Norte	11:21.85
17 Fallon, Regis	Poway	11:23.63
18 Garcia, Alex	Steele Canyo	11:41.32
19 Lentz, Jesse	Poway	12:39.85

Event 60 Girls 200 Meter Dash Frosh Girls Invite

Meet Record: 23.94 R 1998 Monique Henderson

Name	School	Finals
Section 1 Wind: 0.1		
1 Zlatic, Karly	La Jolla	25.66
2 Hernandez, Alexis	Mt. Carmel	26.07
3 Conlin, Dana	Cathedral Ca	26.40
4 Clark, Shanise	Scripps Ranc	26.73
5 Clark, Marcella	Poway	27.09
6 Large, Kaitlin	Carlsbad	27.93

Event 61 Boys 200 Meter Dash Frosh Boys Invite

Meet Record: 21.94 R 1997 Steve Hayes

Name	School	Finals
Section 1 Wind: 3.0		
1 Adkins, Michael	Helix	22.90
2 Ardis, Anthony	Santa Fe Chr	22.97
3 Allen, Devon	Steele Canyo	23.14
4 Brown, Malcolm	El Camino	23.38
5 McNair, Tracy	Morse	23.45
6 Grigoriev, Alex	Rancho Berna	23.60
7 Davis, Jerremy	Steele Canyo	23.90
8 Pangelinan, Drew	Morse	24.99

Event 62 Girls 200 Meter Dash Soph Girls Invite

Meet Record: 23.94 R 1999 Monique Henderson

Name	School	Finals
Section 1 Wind: 2.2		
1 Gibbs, Jasmine	El Camino	24.96
2 Larch-Miller, Nikki	Granite Hill	25.38
3 Barney, Corryn	Patrick Henr	25.58
4 Gilson, Cecily	Poway	25.92
5 Fowler, Shareka	Mira Mesa	26.43
6 Rawlings, Australia	Olympian	26.47
7 Rainy, Racheal	Olympian	26.97

Event 63 Boys 200 Meter Dash Soph Boys Invite

Meet Record: 21.57 R 2007 Joe Cooks

Name	School	Finals
Section 1 Wind: 2.4		
1 McCloskey, Dylan	El Camino	22.34
2 Ward, Larell	Helix	22.37
3 Dunn, Derrick	Mt. Miguel	22.64
4 Gray, Evan	Poway	22.66
5 Whitmarsh, Luke	Cathedral Ca	22.85
6 Fortin, Dylan	Westview	26.93

Event 64 Girls 3200 Meter Run Soph Girls Invite

Meet Record: 11:00.25 R 2009 Molly Grabill

Name	School	Finals
Section 1		
1 Corradetti, Courtney	Vista	11:50.17
2 Jess, Kelsey	Cathedral Ca	11:54.13
3 Bullard, Erin	El Camino	11:54.86
4 Ung, Victoria	Mt. Carmel	11:56.33
5 Rodriguez, Rebecca	Valhalla	11:58.00
6 Chung, Rebekah	Carlsbad	12:02.49
7 West, Jamie	Rancho Buena	12:09.41
8 Cortez, Lauren	Ramona	12:25.59
9 Rivera, Griselda	Vista	12:32.17
10 Sawatzki, Hannah	Westview	12:33.90
11 Turner, Ciara	Carlsbad	12:35.57
12 Dole, Sydney	Steele Canyo	12:48.63
13 Kent, Christine	Cathedral Ca	12:49.39
14 Rose, Priscilla	Cathedral Ca	12:58.26

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Event 65 Boys 3200 Meter Run Soph Boys Invite

Meet Record: 9:38.94 R 1991 Gilbert Serrano

Name	School	Finals
Section 1		
1 Richardson, Alec	Ramona	9:54.59
2 Wilde-Botta, Will	The Bishops	9:55.89
3 Helbock, Jarron	Cathedral Ca	9:59.33
4 Hansen, Brandon	San Marcos	10:01.26
5 Mihalik, Kevin	Rancho Berna	10:03.89
6 Bosvay, Corey	Steele Canyo	10:05.47
7 Castellanos, Abinadi	Sweetwater	10:09.42
8 Parkes, Michael	Poway	10:16.62
9 Rampoldi, Ryan	Rancho Berna	10:25.99
10 Voytilla, Dimitri	Rancho Berna	10:29.42
11 Hershey, Ryan	LaCosta Cany	10:30.45
12 O'Regan, Adam	Patrick Henr	10:34.15
13 Schall, Ryan	Westview	10:39.73
14 Jaimes, Angel	El Camino	10:40.46
15 Perez, Stevan	Eastlake	10:40.73
16 Gutierrez, Marco	Helix	10:45.95
17 Mack, Jake	La Jolla Cou	10:55.62
18 Brusseau, Dalton	Rancho Buena	10:59.02
19 Skomal, Bernard	Saint August	11:22.16

Event 66 Girls 4x400 Meter Relay Frosh Girls Invite

Meet Record: 4:09.57 R 2009 Granite Hills

Team	Relay	Finals
Section 1		
1 Point Loma	A	4:13.29
2 Cathedral Catholic	A	4:17.26
3 Mt. Carmel	A	4:17.81
4 Steele Canyon	A	4:18.69
5 Olympian	A	4:21.47
6 Patrick Henry	A	4:22.13
7 Carlsbad	A	4:22.31
8 Del Norte	A	4:25.87

Event 67 Boys 4x400 Meter Relay Frosh Boys Invite

Meet Record: 3:37.54 R 1997 Morse

Team	Relay	Finals
Section 1		
1 Cathedral Catholic	A	3:36.09R
2 Mt. Carmel	A	3:39.54
3 Steele Canyon	A	3:44.18
4 Valhalla	A	3:45.25
5 Mission Hills	A	3:49.66
6 Morse	A	3:50.99
7 Granite Hills	A	3:52.10
8 Rancho Bernardo	A	3:55.31

Event 68 Girls 4x400 Meter Relay Soph Girls Invite

Meet Record: 4:06.20 R 2007 La Jolla

Team	Relay	Finals
Section 1		
1 Granite Hills	A	4:08.72

2 Olympian	A	4:15.25
3 Rancho Bernardo	A	4:16.34
4 Patrick Henry	A	4:17.53
5 Steele Canyon	A	4:20.11
6 Mira Mesa	A	4:25.87

Event 69 Boys 4x400 Meter Relay Soph Boys Invite

Meet Record: 3:28.54 R 1992 Patrick Henry

Team	Relay	Finals
Section 1		
1 Cathedral Catholic	A	3:33.22
2 Helix	A	3:35.20
3 Mt. Carmel	A	3:35.35
4 Olympian	A	3:36.43
5 Steele Canyon	A	3:36.55
6 El Camino	A	3:42.80
7 Vista	A	3:48.14

Event 70 Girls Long Jump Frosh Girls Invite

Meet Record: 18-07 R 2000 Nastassaja Hall

Name	School	Finals
Flight 1		
1 Van, Monique	Steele Canyo	16-08.25 1.7
2 Slack, Mariah	Vista	16-06.50 1.6
3 Flowers, Sacia	Rancho Buena	15-11.50 1.4
4 Zlatiz, Karly	La Jolla	15-11.00 1.8
5 Garcia, Maria	Sweetwater	15-07.00 2.5
6 Shields, Leighann	Mt. Carmel	15-06.00 1.9
7 Demry, Niia	Mission Hill	15-05.50 1.8
8 Williams, Skylar	Granite Hill	15-05.25 2.0
9 Jones, Brehana	Mt. Miguel	15-03.00 2.1
10 Caddell, Nicole	Steele Canyo	15-01.00 2.1
11 Saliba, Shannon	San Pasqual	15-00.50 3.2
12 Gonzalez, Viviana	Mater Dei Cathol	14-10.50 0.3
13 Crawford, Veronica	San Pasqual	14-08.00 +0.0
14 Lawson, Kayla	Eastlake	14-07.50 +0.0
15 Chen, Tammy	Del Norte	14-07.00 0.5
16 Puryear, Amanda	Mission Hill	14-05.50 0.1
17 Velarde, Anna	Del Norte	14-02.00 0.1
18 Klosterman, Vanessa	LaCosta Cany	14-01.00 1.0
19 Goggin, Mallory	Valhalla	13-03.00 0.9
20 Barksdale, Breanna	Eastlake	12-10.00 0.7
21 Jones, Deozjane	University C	12-09.00 1.2

Event 71 Boys Long Jump Frosh Boys Invite

Meet Record: 21-08.25 R 2005 Nelson Rosario

Name	School	Finals
Flight 1		
1 Henry, Marcos	Olympian	20-06.00 1.8
2 Hardson, Theo	Cathedral Ca	20-05.00 0.4
3 Wilson, Alfonso	Morse	20-00.00 0.4
4 McNair, Tracy	Morse	19-10.00 1.1
5 Hang, Andy	Mt. Carmel	19-05.00 -0.2
6 Marquardt, Steven	El Camino	19-03.00 2.6
7 Niles-Rodney, Khalid	Patrick Henr	18-11.00 1.3
8 Edmondson, Christopher	Santana	18-03.00 -0.4

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Flight 1 ... (Event 71 Boys Long Jump Frosh Boys Invite)

Name	School	Finals
9 Brown, Nehemiah	Valhalla	18-00.00 -0.2
10 Hart, Cameron	Carlsbad	17-09.00 0.1
11 Anderson, Paul	Morse	17-07.00 0.1
12 Helson, Michael	Rancho Berna	16-11.00 0.2
13 Gonzales, Tanner	Horizon	11-04.50 0.1

Event 72 Girls Pole Vault Frosh Girls Invite

Meet Record: 11-00 R 2006 Emily Mattoon

Name	School	Finals
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Flight 1

1 Lian, Mimi	Rancho Berna	11-01.00R
2 Handy, Danielle	San Pasqual	J8-00.00
2 Edmonson, Haley	Rancho Berna	8-00.00
2 Ghai, Bani	Westview	J8-00.00
2 Johnson, Lydia	Scripps Ranc	8-00.00
6 Sevilleja, Amanda	Rancho Berna	7-06.00
6 Geis, Amy	Rancho Berna	J7-06.00
6 Gaughan, Kally	Patrick Henr	J7-06.00
9 Stevens, Lindsay	Del Norte	J7-00.00
9 Cuevas, Alexis	Westview	7-00.00
9 Corbin, Monica	Clairemont	J7-00.00
9 Girley, Destiny	Carlsbad	J7-00.00
9 Lopez, Lori	Olympian	7-00.00
14 Genschaw, Athena	Clairemont	6-06.00

Event 73 Girls Pole Vault Soph Girls Invite

Meet Record: 12-04 R 2008 Kortney Ross

Name	School	Finals
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Flight 1

1 McCallum, Kaitlin	La Jolla Cou	11-00.00
2 Johnson, McKenzie	Clairemont	10-06.00
3 Mendoza, Emily	Poway	10-00.00
4 Lively, Jane	San Pasqual	9-06.00
5 Webb, Bernie	El Capitan	9-00.00
6 Fekete, Michelle	Mission Hill	8-06.00
7 Yurczyk, Kaylee	Rancho Berna	8-00.00
7 Forgery, MacKenzie	University C	8-00.00
7 Trybulska, Angie	Rancho Berna	8-00.00
10 Caulfield, Shannon	Carlsbad	7-06.00
10 Wu, Olivia	Mt. Carmel	7-06.00
10 Gora, Cyrstal	Santana	7-06.00
10 Brooks, Kinzie	Poway	7-06.00
14 Wells, Kaylee	Vista	7-00.00
14 Hungyh, Deanna	Mt. Carmel	7-00.00

Event 74 Girls Long Jump Soph Girls Invite

Meet Record: 17-08 R 1987 LaFrancia West

Name	School	Finals
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Flight 1

1 Lyons, Charity	Mt. Miguel	17-09.50 4.1
2 Gibbs, Jasmine	El Camino	17-06.00 2.7
3 Guerard, Vanora	La Jolla	17-01.00 1.5
4 Negrete, Mechelle	Steele Canyo	17-00.00 1.9
5 Smith, Tamika	El Camino	16-11.50 2.5

6 Scott, Mishe	El Camino	16-01.00 2.0
7 Tate, Tiffany	Poway	15-10.75 2.8
7 Ellison, Lauren	Rancho Berna	15-10.75 1.7
9 Sheldon, Kayla	San Marcos	15-08.75 2.7
10 McMaster, Jordyn	Mission Hill	15-05.25 1.2
11 Carmichael, Christina	Rancho Berna	15-02.50 -0.6
11 Sanders, Marin	University C	15-02.50 2.2
13 Rubio, Gabby	Cathedral Ca	14-11.00 3.6
14 Garner, Kaeli	Rancho Berna	14-06.00 0.9
15 Struve, Katharine	Cathedral Ca	14-03.00 3.5

Event 75 Boys Long Jump Soph Boys Invite

Meet Record: 23-00.50 R 1988 Jerome Price

Name	School	Finals
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Flight 1

1 Turner, David	Morse	22-00.00 0.5
2 Jackson, Isaiah	El Camino	21-06.00 0.9
3 Bryant, Cameron	Mira Mesa	21-05.00 0.5
4 Hintz, Josh	Vista	20-09.50 2.7
5 Gonsalves, Nick	Saint August	20-09.00 0.4
6 Lawson, Shalamar	Helix	20-02.00 1.8
7 Manson, Ian	Steele Canyo	20-00.00 2.9
8 Phelps, Jesse	Rancho Berna	19-11.00 1.0
9 Magers, Matthew	Point Loma	19-08.00 0.8
10 Gregg, Laine	Calvin Chris	19-04.00 3.6
11 Drehobl, Tyler	Poway	19-03.00 2.2
12 Curtin, Cody	Mission Hill	18-11.00 0.6
13 Pargo, Jerome	University C	17-10.00 3.1

Event 76 Girls High Jump Soph Girls Invite

Meet Record: 5-08 R 1987 Lynn Patrick

Name	School	Finals
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Flight 1

1 Bryan, Danielle	El Camino	5-00.00
2 Faremouth, Jessica	Rancho Berna	J4-10.00
2 Davis, Nirelle	Olympian	J4-10.00
2 Tate, Tiffany	Poway	J4-10.00
2 Douglas, Faith	San Pasqual	4-10.00
2 Moser, Nicole	Scripps Ranc	J4-10.00
2 Manneh, Regina	Rancho Berna	J4-10.00
2 Coles, Saraiah	Clairemont	J4-10.00
9 Crowl, Paige	Mt. Carmel	4-08.00
10 Ringler, Andrea	Mission Hill	4-06.00
10 Steenstra, Kara	Calvin Chris	4-06.00
12 Stewart, Kennedy	Steele Canyo	4-04.00
12 Willoughby, Samantha	Steele Canyo	4-04.00
--- Mitchell, Brittany	Granite Hill	NH

Event 77 Boys High Jump Soph Boys Invite

Meet Record: 6-08 R 2006 Nelson Rosario

Name	School	Finals
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Flight 1

1 McMahon, Dillion	Poway	6-02.00
2 Turner, David	Morse	6-00.00
2 Wells, Cody	Steele Canyo	J6-00.00
2 Andrews, Dylan	Granite Hill	J6-00.00

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Flight 1 ... (Event 77 Boys High Jump Soph Boys Invite)

Name	School	Finals
5 Kirchhofer, Dylan	Steele Canyo	5-08.00
6 Heinz, Brian	Cathedral Ca	J5-06.00
6 Jeter, Nathin	Granite Hill	J5-06.00
6 Saksa, Payton	Steele Canyo	5-06.00
9 Gonzales, Josh	University C	5-04.00
9 Inglese, Dan	Mt. Carmel	5-04.00
9 Yamane, Ryan	Rancho Berna	5-04.00
12 Pargo, Jerome	University C	5-00.00

Event 78 Girls Shot Put Frosh Girls Invite

Meet Record: 37-08 R 2003 Daniella Thu

Name	School	Finals
Flight 1		
1 Dease, Daneille	Helix	35-07.50
2 Carson, Lakisha	Morse	34-08.00
3 Haury, Zaybree	Scripps Ranc	34-01.50
4 Sierra, Vanessa	El Capitan	33-09.50
5 Angelini, Analyse	El Capitan	32-04.50
6 Eastgate, Vanessa	El Capitan	31-11.00
7 James, Madison	Poway	31-00.00
8 Smith, Jashell	Point Loma	29-10.50
9 Jordan, Malicia	Steele Canyo	29-07.50
10 Penebianco, Helen	Helix	28-08.00
11 Wilson, Angelica	Morse	28-07.00
12 Evans, Maddie	West Hills	27-02.50
13 Rood, Samantha	Valhalla	26-10.00
14 Jones, Branisha	Morse	26-04.00
15 Ziegler, Ellen	LaCosta Cany	26-02.00
16 Miller, Elizabeth	Granite Hill	25-04.50
17 Ross, Ashley	Eastlake	25-00.50

Event 79 Girls Shot Put Soph Girls Invite

Meet Record: 42-04.25 R 2008 Jennifer Bingham

Name	School	Finals
Flight 1		
1 Daniels, Jakayla	El Camino	38-01.50
2 Rachel, Alesi	Christian	36-10.50
3 Williams, Dalynn	Mira Mesa	35-00.25
4 Jemison, Breane	Carlsbad	34-04.75
5 McCardell, Jacquelin	Rancho Berna	30-01.50
6 Collins, Brandii	Steele Canyo	29-02.25
7 Worthinton, Ashleigh	Rancho Berna	28-08.00
8 Uta, Kanessa	Rancho Buena	28-06.25
9 De la Cruz, Krystal	Morse	28-04.00
10 White, Allison	Steele Canyo	28-03.50
11 La Clair, Lauren	Steele Canyo	28-01.25
12 Porotesano, Grace	Mira Mesa	26-08.50
13 Cox, Kaitlyn	Santana	26-01.50
14 Evans, Alexandra	Coronado	26-00.50
15 Umali, Andrea	Eastlake	25-09.75
16 Robinson, Cassidy	Steele Canyo	25-04.50
17 Garmer, Caitlyn	Maranatha	24-00.75

Event 80 Boys Discus Throw Frosh Boys Invite

Meet Record: 161-09 R 2003 Darius Savage

Name	School	Finals
Flight 1		
1 Song, Brendan	West Hills	134-01
2 Barker, Cody	Rancho Berna	119-08
3 Malfavon, Ricardo	San Pasqual	113-01
4 Polimadei, Dominic	University C	112-00
5 Navarrete, Oscar	University C	111-05
6 Carr, Angelo	West Hills	107-06
7 Davisson, Hunter	Valhalla	103-04
8 Jaynes, Kevin	West Hills	99-02
8 Newman, Jamal	El Camino	99-02
10 Small, Meseai	Monte Vista	99-00
11 Long, Charlie	Poway	98-04
12 Duya, John	Steele Canyo	96-06
13 Reyes, Jonathan	Del Norte	92-03
14 Saintarbor, Nick	Westview	90-06
15 Brandelius, Dylan	Granite Hill	87-00
16 Phan, Dennis	Mt. Carmel	83-10
17 Lamas, Adam	Mission Hill	82-02
18 Duplaisir, Payton	El Camino	79-02
19 Markakis, Stavros	Coronado	76-05

Event 81 Boys Discus Throw Soph Boys Invite

Meet Record: 174-04 R 2004 Darius Savage

Name	School	Finals
Flight 1		
1 Medrano, Eddy	Saint August	130-10
2 Smith, Jalen	Mt. Carmel	127-05
3 Martin, Carl	El Capitan	125-01
4 Hamilton, Billy	El Capitan	121-05
5 Cisneros, Gilbert	Steele Canyo	114-00
6 Nourredine, Nour	Patrick Henr	111-10
7 Johnson, Preston	Ramona	110-08
8 Johnson, Keoni	Madison	108-05
9 Dawson, Tyler	Carlsbad	107-05
10 Coletti, Thomas	West Hills	102-05
11 Torres, Manuel	La Jolla	100-10
12 Brown, Paul	Saint August	96-08
13 Armstrong, Juwan	Eastlake	94-05
14 Verde, Nick	Poway	93-02
15 Cacha, Tyler	Mt. Carmel	90-01
16 Jahl, Peter	Rancho Berna	88-06
17 Valino, Josh	Ramona	64-10
18 Gardner, Trevor	Granite Hill	1

Event 82 Girls Triple Jump Frosh Girls Invite

Meet Record: 37-10 R 1995 Andrea Booker

Name	School	Finals
Flight 1		
1 Flowers, Sacia	Rancho Buena	35-01.00 3.3
2 Saliba, Shannon	San Pasqual	32-11.00 1.2
3 Ramos, Alexis	Steele Canyo	32-02.50 2.8
4 Crawford, Veronica	San Pasqual	31-05.25 3.0

2010 Dick Wilkins Frosh-Soph Invitational - 5/1/2010

El Capitan High School

Results

Flight 1 ... (Event 82 Girls Triple Jump Frosh Girls Invite)

Name	School	Finals
5 Lawson, Kayla	Eastlake	30-06.00 1.5
6 Bantz, Cierra	Rancho Berna	J30-05.00 1.7
6 Hawthorne, Jessica	Oceanside	30-05.00 2.5
8 Curry, Olivia	Steele Canyo	29-11.00 +0.0
9 Resto, Jade	Rancho Berna	29-01.00 0.6
10 Geis, Amy	Rancho Berna	28-11.00 2.2
11 Gao, Amy	Del Norte	27-11.00 1.2
--- Williams, Skylar	Granite Hill	DQ NWI

Event 83 Boys Triple Jump Frosh Boys Invite

Meet Record: 43-00 R 1993 Portland Bates

Name	School	Finals
Flight 1		
1 Simpson, Alexander	University C	42-04.00 2.8
2 Antonio, Nathaniel	Mission Hill	J40-00.00 1.8
2 Duarte, Manny	Granite Hill	40-00.00 0.5
4 Little, Eric	Morse	39-10.00 1.5
5 Marquardt, Steven	El Camino	39-08.00 1.3
6 Anderson, Paul	Morse	39-01.00 1.4
7 Edmondson, Christopher	Santana	38-11.00 1.2
8 Linglebach, Brett	LaCosta Cany	38-07.00 1.9
9 Pasha, Imad	Rancho Berna	38-02.50 0.6
10 Helson, Michael	Rancho Berna	37-05.00 1.7
11 Wilson, Jeff	Valhalla	37-01.50 1.0
12 Hang, Andy	Mt. Carmel	37-00.00 1.0

Event 84 Girls High Jump Frosh Girls Invite

Meet Record: 5-08 R 1988 Karyn Armstrong

Name	School	Finals
Flight 1		
1 Slack, Mariah	Vista	5-02.00
2 Young, Alexandria	Mater Dei Cathol	5-00.00
2 Martz, Jade	Point Loma	J5-00.00
4 Judkins, Charmayne	Olympian	4-10.00
5 Limond, Sydney	Granite Hill	J4-08.00
5 Huska, Jade	Mission Hill	4-08.00
7 Nardi, Caitlin	Valhalla	4-04.00
7 Barksdale, Breanna	Eastlake	4-04.00
9 Harris, Kalynn	Scripps Ranc	4-02.00
9 Gorman, Jennifer	Rancho Berna	4-02.00
9 Smith, Destiny	Santana	4-02.00
12 Snyder, McKenna	Steele Canyo	4-00.00
--- Malachi, Tahlia	Eastlake	NH

Event 85 Boys High Jump Frosh Boys Invite

Meet Record: 6-03.50 R 1993 Donald Harris

Name	School	Finals
Flight 1		
1 Snow, Scott	Carlsbad	5-08.00
2 Edmondson, Christopher	Santana	J5-06.00
2 Maalouf, Joseph	Saint August	J5-06.00
2 Podraza, Danny	Scripps Ranc	J5-06.00
2 Marquardt, Steven	El Camino	J5-06.00
2 Demkiw, Daylin	LaCosta Cany	5-06.00

7 Pavlovics, Jake	Rancho Berna	5-04.00
8 Horan, Blake	Rancho Berna	5-02.00
9 Crotty, Liam	Granite Hill	5-00.00
--- Little, Eric	Morse	NH

Event 86 Girls Discus Throw Frosh Girls Invite

Meet Record: 119-07 R 2003 Daniella Thu

Name	School	Finals
Flight 1		
1 Dease, Daniellle	Helix	122-07R
2 Haury, Zaybree	Scripps Ranc	109-06
3 Angelini, Analyse	El Capitan	101-00
4 Sierra, Vanessa	El Capitan	99-08
5 Carson, Lakisha	Morse	96-00
6 Miller, Elizabeth	Granite Hill	93-08
7 Evans, Maddie	West Hills	80-08
8 Ross, Ashley	Eastlake	78-07
9 Wilson, Angelica	Morse	77-08
10 Wade, Caroline	Point Loma	73-01
11 Lopez, Aundrea	El Camino	67-00
12 Eastgate, Vanessa	El Capitan	65-04
13 Zaragoza, Daisy	Point Loma	64-01
14 Aspeytia, Veronica	San Pasqual	62-01
15 Hwang, Ha Ram	Del Norte	59-04
16 Tutunjian, Stephanie	Del Norte	57-01
17 Jones, Branisha	Morse	54-05
18 Sartori, Kaitlyn	Patrick Henr	49-06
--- Penebianco, Helen	Helix	DQ

Event 87 Girls Discus Throw Soph Girls Invite

Meet Record: 132-07 R 1995 Katrina Crouch

Name	School	Finals
Flight 1		
1 Jemison, Breane	Carlsbad	106-01
2 Williams, Dalynn	Mira Mesa	97-04
3 Daniels, Jakayla	El Camino	96-02
4 Ducat, Porscha	Rancho Buena	93-01
5 Ducat, Mercedes	Rancho Buena	88-08
6 Worthinton, Ashleigh	Rancho Berna	88-00
7 Porotesano, Grace	Mira Mesa	79-03
8 White, Allison	Steele Canyo	79-02
9 De la Cruz, Krystal	Morse	77-02
10 Umali, Andrea	Eastlake	75-10
11 Gallanosa, Sierra	Eastlake	72-07
12 Wathen, Summer	Christian	70-10
13 Maheu, Samantha	Mira Mesa	67-04
14 Gorney, Liana	Valhalla	67-02
15 Barraza, Abby	Patrick Henr	64-10
16 Von Nyssen, Lara	Rancho Berna	62-03
--- Cox, Kaitlyn	Santana	DQ

Event 88 Boys Shot Put Frosh Boys Invite

Meet Record: 58-01 R 1987 Brent Noon

Name	School	Finals
Flight 1		
1 Quigley, Gavin	Saint August	46-10.50

2010 Dick Wilkins Frosh-Soph Invitational - 5/1/2010

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Results

Flight 1 ... (Event 88 Boys Shot Put Frosh Boys Invite)

Name	School	Finals
2 Dozier, Tony	Mt. Miguel	45-06.00
3 Barker, Cody	Rancho Berna	44-00.50
4 Duplaisir, Payton	El Camino	42-00.00
5 Ng, Shawn	Rancho Berna	41-09.00
6 Brandelius, Dylan	Granite Hill	40-10.00
7 Newman, Jamal	El Camino	40-02.00
7 Song, Brendan	West Hills	40-02.00
9 Tacadena, Donovan	Monte Vista	39-11.50
10 Lamas, Adam	Mission Hill	38-09.50
11 Markakis, Stavros	Coronado	38-02.00
12 Malfavon, Ricardo	San Pasqual	37-07.50
13 Wright, Carl	Monte Vista	37-04.00
14 Polimadei, Dominic	University C	37-03.50
15 Kemp, Daniel	Ramona	35-00.00
16 Davisson, Hunter	Valhalla	34-10.00
17 Navarrete, Oscar	University C	34-02.00
18 Thornton, Brennan	Granite Hill	34-00.50
19 Phan, Dennis	Mt. Carmel	33-01.50

Event 89 Boys Shot Put Soph Boys Invite

Meet Record: 59-01 R 1988 Brent Noon

Name	School	Finals
Flight 1		
1 Yakoo, Mario	Steele Canyo	53-06.50
2 Johnson, Preston	Ramona	51-11.50
3 Shipley, Jordan	Morse	51-11.00
4 Martin, Carl	El Capitan	47-08.25
5 Smith, Jalen	Mt. Carmel	47-07.25
6 Hamilton, Billy	El Capitan	47-00.75
7 Gleason, Lucas	San Pasqual	46-07.50
8 Miletic, Luka	Rancho Buena	43-01.25
9 Teran, Adrian	Mt. Carmel	43-00.50
10 Torres, Manuel	La Jolla	43-00.00
11 Meza, Andres	El Capitan	41-10.50
12 Dawson, Tyler	Carlsbad	41-05.00
13 Johnson, Keoni	Madison	40-10.00
14 Coe, Michael	Carlsbad	40-02.50
15 Cacha, Tyler	Mt. Carmel	40-01.25
16 Dodd, Tommy	San Pasqual	39-07.00
17 Manalansan, Zydrick	Morse	35-01.00
--- Nourredine, Nour	Patrick Henr	DQ

Event 90 Boys Pole Vault Frosh Boys Invite

Meet Record: 12-06 R 2007 Kevin Finley

Name	School	Finals
Flight 1		
1 Drammissi, Nick	El Capitan	11-00.00
2 Miller, Corbin	Patrick Henr	10-00.00
3 Randolph, Ian	Poway	J9-06.00
3 Mourey, Erich	Poway	9-06.00
3 Li, Connor	Rancho Berna	J9-06.00
3 Prato, Nick	Saint August	J9-06.00
7 Norris, Kyle	Granite Hill	9-00.00
7 Poole, Sean	Poway	9-00.00

9 Gold, Jack	Coronado	8-06.00
9 Knudsen, Andrew	Cathedral Ca	8-06.00
--- Holstrom, Patrick	Rancho Berna	NH

Event 92 Boys Pole Vault Soph Boys Invite

Meet Record: 14-07 R 2008 Jeremy McGrath

Name	School	Finals
Flight 1		
1 Curran, Joe	Fallbrook	J12-06.00
1 Zacchilli, Ryan	Rancho Berna	J12-06.00
1 Rouse, Conner	Vista	12-06.00
4 Pelletier, Pierre	Rancho Berna	12-00.00
4 Ruiz, Robert	Valhalla	J12-00.00
4 Duvinage, Simon	Canyon Crest	J12-00.00
4 Delgado, Oliver	Rancho Berna	J12-00.00
8 Graham, Bryan	Scripps Ranc	J11-06.00
8 McCoy, Peter	Steele Canyo	J11-06.00
8 Ludwig, Josh	Rancho Berna	11-06.00
8 Evangelista, Richard	Rancho Berna	J11-06.00
12 Schmelter, Will	Del Norte	10-06.00

Event 93 Girls Triple Jump Soph Girls Invite

Meet Record: 37-09.50 R 1992 Tamika Porter

Name	School	Finals
Flight 1		
1 Guerard, Vanora	La Jolla	37-03.50 3.9
2 Ellison, Lauren	Rancho Berna	34-10.00 2.7
3 McMaster, Jordyn	Mission Hill	33-07.00 2.1
4 Wang, Yisha	Mt. Carmel	33-05.75 2.5
5 Steenstra, Kara	Calvin Chris	33-05.25 2.6
6 Harris, Emani	El Camino	33-02.50 3.2
7 Harris, Jessica	Granite Hill	32-00.00 1.8
8 Sanders, Marin	University C	31-04.00 2.0
9 Mead, Ellen	Cathedral Ca	31-03.00 1.7
10 Carmichael, Christina	Rancho Berna	31-02.00 +0.0
11 Scrbrough, Bri-Jae	Morse	31-01.50 0.8
12 Garner, Kaeli	Rancho Berna	30-00.50 1.3
13 Rubio, Gabby	Cathedral Ca	29-05.75 1.5
--- Smith, Tamika	El Camino	DQ NWI
--- Oberle, Linda	Mira Mesa	DQ NWI

Event 94 Boys Triple Jump Soph Boys Invite

Meet Record: 45-01.50 R 1994 Justin Cox

Name	School	Finals
Flight 1		
1 Turner, David	Morse	43-08.00 2.5
2 Hintz, Josh	Vista	41-04.00 1.0
2 Crozier, Maurice	San Marcos	41-04.00 2.5
4 Alexander, Delvin	Mira Mesa	40-03.50 3.4
5 Kirchofer, Dylan	Steele Canyo	39-11.00 1.8
6 Jeter, Nathin	Granite Hill	39-04.50 2.6
7 Inglese, Dan	Mt. Carmel	38-11.00 2.0
8 Mai, Michael	Mira Mesa	38-09.50 3.1
9 Drehobl, Tyler	Poway	38-07.00 2.5
10 Gregg, Laine	Calvin Chris	38-01.00 2.4
11 Lawson, Shalamar	Helix	37-09.00 1.8

2010 Dick Wilkins Frosh-Soph Invitational - 5/1/2010**El Capitan High School****Results****Flight 1 ... (Event 94 Boys Triple Jump Soph Boys Invite)**

Name	School	Finals
12 Mahoney, Anastacio	Helix	37-03.50 1.2
13 Phelps, Jesse	Rancho Berna	36-08.00 0.6
14 Pargo, Jerome	University C	35-10.00 2.9