

CIFSDS D1 Prelims - 5/13/2023

Del Norte High School
Meet Program

Event 1 Girls 4x100 Meter Relay Varsity			Event 3 Girls 1600 Meter Run Varsity				Heat 2 of 2 Prelims						
Saturday 5/13/2023 - 11:00 AM			Saturday 5/13/2023 - 11:18 AM										
Lane	Team	Relay	Seed Time	Lane	Name	Yr	School	Seed Time					
Heat 1 of 2 Prelims			Heat 1 of 2 Prelims				Heat 2 of 2 Prelims						
1	PAHE	A	51.82	1	Buswell, Tessa	11	POWA	4:54.23	1	Day, Brandon	12	RBER	4:15.93
2	WEVI	A	50.98	2	Williams, Jaelyn	9	EALA	4:56.72	2	Thomas, Ryan	12	TOPI	4:24.15
3	SMAR	A	50.45	3	Aguirre, Hannah	10	PAHE	5:11.81	3	Reyes, Omar	11	ECMO	4:24.78
4	SADA	A	49.48	4	Lawson, Evelyn	9	TOPI	5:12.76	4	Arredondo, Juan	12	STCA	4:27.61
5	CARL	A	48.41	5	Dame, McCall	12	ECMO	5:14.54	5	Jin, Luke	10	DNHS	4:31.98
6	OTRA	A	48.83	6	Sutherland, Audr	12	RBER	5:15.78	6	Coyle, Mason	12	GROS	4:33.11
7	MIHI	A	50.08	7	DeVore, Aviva	10	OTRA	5:22.10	7	Leonard, Shea	12	SADA	4:33.53
8	BOVI	A	50.46	8	Bronstein, Rebec	12	CACR	5:25.47	8	Semprebon, Eric	12	POWA	4:36.67
9	ECMO	A	51.00	9	Szulc, Kayla	12	SMAR	5:32.08	9	Guerrero, Brandc	12	SAYS	4:37.07
Heat 2 of 2 Prelims			Heat 2 of 2 Prelims				Alternates						
1	VALH	A	51.54	10	Huntress, Ella	9	OTRA	5:32.22	1	Bell, Bradley	12	STCA	4:40.89
2	TOPI	A	50.61	11	Pippel, Lillian	9	CACR	5:34.19	2	Edwards, Joshua	12	GROS	4:42.30
3	OLYM	A	50.21	12	McEwan, Reese	10	POWA	5:34.22	3	Caruso, Luca	9	CACR	4:43.30
4	HELI	A	49.28	13	Touchet, Katelyn	12	PAHE	5:37.64	Event 5 Girls 100 Meter Hurdles Varsity				
5	STCA	A	48.34	14	Tedrow, Anne	12	MIHI	5:39.56	Saturday 5/13/2023 - 11:50 AM				
6	RBER	A	49.05	Heat 2 of 2 Prelims				Lane Name Yr School Seed Time					
7	MIME	A	50.09	1	Riggins, Hannah	12	DNHS	4:49.69	Heat 1 of 3 Prelims				
8	CACR	A	50.59	2	Russo, Emily	10	DNHS	5:04.00	1	Sims, Isabel	9	SADA	18.31
9	DNHS	A	51.01	3	Challburg, Aman	12	EALA	5:10.69	2	Arzaga, Elena	10	PAHE	17.94
Alternates			Alternates				Heat 2 of 3 Prelims						
1	Poway	A	52.04	4	Shannon, Addiso	9	DNHS	5:13.41	1	Dufek, Lyla	10	SMAR	17.51
2	Rancho Buena V	A	53.17	5	Echsner, Ella	11	DNHS	5:13.46	4	Jambi, Riya	12	GRNH	16.54
3	Eastlake	A	53.43	6	Reyes, Rachel	9	ECMO	5:20.61	5	Janik, Karina	12	TOPI	15.38
Event 2 Boys 4x100 Meter Relay Varsity			Event 4 Boys 1600 Meter Run Varsity				Heat 2 of 3 Prelims						
Saturday 5/13/2023 - 11:08 AM			Saturday 5/13/2023 - 11:34 AM				Heat 3 of 3 Prelims						
Lane	Team	Relay	Seed Time	Lane	Name	Yr	School	Seed Time					
Heat 1 of 2 Prelims			Heat 1 of 2 Prelims				Heat 2 of 3 Prelims						
1	SAYS	A	45.98	1	Yarbrough, Camc	9	DNHS	4:20.71	1	Grigg, Geneva	9	HELI	18.12
2	WEVI	A	44.40	2	Christmore, Nath	12	TOPI	4:20.89	2	Mayne, Leilani	10	CALE	17.83
3	OTRA	A	43.54	3	Senn, Micah	10	STCA	4:26.43	3	Lovasz, Ella	11	WEVI	17.37
4	ECMO	A	43.34	4	Juden, Jacob	12	OTRA	4:26.71	4	Robinson, Isabel	11	EALA	16.15
5	STCA	A	42.42	5	Aranda, Sebastia	10	BOVI	4:32.78	5	Bowen-Fontenot,	10	SAND	14.89
6	OLYM	A	42.94	6	Yan, Stanley	11	DNHS	4:32.85	6	Bumanlag, Maris	12	MIME	16.02
7	BOVI	A	43.35	7	Romero, Ryan	9	ECMO	4:34.33	7	Clark, Audra	10	TOPI	17.15
8	DNHS	A	43.59	8	Duffer, David	12	CARL	4:36.49	8	Kennedy, Jane	10	WEVI	17.76
9	SADA	A	44.41	9	Borin, Spencer	11	TOPI	4:37.32	9	Gerami, Elika	12	RBER	18.08
Heat 2 of 2 Prelims			Heat 2 of 2 Prelims				Alternates						
1	POWA	A	45.85	10	Campbell, Andre	11	OLYM	4:37.52	1	Jones, Emilee	11	RBER	18.23
2	GRNH	A	44.33	11	Ballow, Colin	11	SADA	4:38.37	2	Ouedraogo, Dalil	10	EALA	18.23
3	TOPI	A	43.52	12	Chang, Sean	10	DNHS	4:38.50	3	McMichael, Sam	11	RBER	18.25
4	EALA	A	43.20	13	Lam, Trevor	11	MIME	4:39.88					
5	HELI	A	42.14	14	Hilton, James	10	WEVI	4:39.97					
6	SMAR	A	43.03										
7	MIHI	A	43.40										
8	MIME	A	43.89										
9	VALH	A	44.90										
Alternates													
1	Canyon Crest Ac	A	46.23										

CIFSDS D1 Prelims - 5/13/2023

Del Norte High School
Meet Program

Event 6 Boys 110 Meter Hurdles Varsity

Saturday 5/13/2023 - 12:02 PM

Lane Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

1	Chen, Nolan	12	WEVI	16.53
2	Coleman, Qayde	10	ECMO	16.28
3	Escobar, Devin	11	ECMO	15.89
4	Yakubisin, Luke	10	WEVI	15.59
5	Cappello, Christ	11	RBER	15.00
6	Dorsey, Jaden	12	OLYM	15.12
7	Wong, Bucko	10	RBER	15.59
8	Ojajuni, Solomar	12	SWEE	15.91
9	Batis, Zealand	12	MIME	16.28

Heat 2 of 3 Prelims

1	Altamirano, Wol	10	RBER	16.43
2	Mahoney, Nikita	11	MIME	16.26
3	Huerta, Ivan	11	MIHI	15.88
4	Hurd, Elton	12	ECMO	15.54
5	Izsold, Balamber	12	SMAR	14.92
6	Barksdale, Xavie	12	STCA	15.15
7	Tragarz, Danny	12	DNHS	15.69
8	Smith, Deshawn	12	SWEE	15.99
9	Phillips, Dean	11	DNHS	16.40

Heat 3 of 3 Prelims

1	Williams, Jermar	11	OTRA	16.42
2	Lemos, Kevin	12	OLYM	16.25
3	Reese, Caleb	10	ECMO	15.83
4	Blattman, Hudso	12	RBER	15.32
5	Martin, Shon	11	HELI	14.68
6	Cruise, Owen	10	TOPI	15.18
7	McFarlane, Callu	9	CARL	15.71
8	Line, Tyson	11	MIME	16.21
9	Cadigan, Brando	10	OTRA	16.41

Alternates

1	Herron, Quincy	12	HELI	16.55
2	Dickerson, Jason	10	TOPI	16.64
3	Wijay, Sachin	10	TOPI	16.66

Event 7 Girls 400 Meter Dash Varsity

Saturday 5/13/2023 - 12:16 PM

Lane Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

1	Van Bakel, Juliar	10	RBER	1:05.49
2	Blake, Taylin	9	STCA	1:03.22
3	Bryson, Sophie	9	TOPI	1:01.66
4	Herrera, Jillian	10	CARL	59.84
5	Otholt, Kyah	12	RBER	59.04
6	Nunez, Sofia	9	BOVI	59.36
7	Hawkins, Gabrie	10	OLYM	1:00.15
8	McCammon, Bri	10	SMAR	1:01.83
9	Mendenhall, Abt	11	RBER	1:04.79

Heat 2 of 3 Prelims

1	Blackburn, Ashly	9	DNHS	1:05.18
2	Cable, Samone	11	OTRA	1:02.93
3	Herman, Maya	10	SADA	1:01.51
4	Maldonado, Sam	9	EALA	59.68
5	Herbst, Makenna	10	CARL	57.54
6	Ruiz, Ivanna	10	OLYM	59.51
7	Slinger, Addison	12	PAHE	1:00.66
8	Prasouvo, Anna	11	DNHS	1:02.09
9	Sheridan, Emily	12	RABV	1:04.82

Heat 3 of 3 Prelims

1	Patel, Shaina	11	RBER	1:04.99
2	Rodriguez, Sarai	10	OLYM	1:02.70
3	Calafato, Bianca	12	DNHS	1:01.26
4	Werts, Megan	12	SMAR	59.53
5	Burkhardt, Nicol	11	STCA	57.12
6	Bush, Alonna	11	VALH	59.51
7	Hawkins, Rayne	10	MIHI	1:00.72
8	Leviet, Amorian	12	OTRA	1:02.62
9	McPherson, Jacq	11	BOVI	1:04.90

Alternates

1	Sutherland, Julia	9	DNHS	1:05.57
2	Erceg, Lea	9	SADA	1:05.90
3	Kuehnert, Ellie	10	TOPI	1:05.96

Event 8 Boys 400 Meter Dash Varsity

Saturday 5/13/2023 - 12:28 PM

Lane Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

1	Kaimer, Aden	10	DNHS	53.03
2	McBride, Derek	11	PAHE	52.54
3	Young, Nick	12	TOPI	51.91
4	Cortes, Emmanu	12	SAYS	51.20
5	Besikof, D'Angel	11	SAND	49.38
6	Schoon, Carter	12	POWA	49.87
7	Corbett, Dallas	10	OTRA	51.32
8	Winstead, Calvin	12	WEVI	52.18
9	Kessler, Harrison	11	SADA	52.57

Heat 2 of 3 Prelims

1	Ghazialam, Arsal	11	VALH	52.89
2	Sevilla, Arturo	11	POWA	52.49
3	Gray, Aaron	11	STCA	51.84
4	Leyva, Gabriel	11	OTRA	51.17
5	Acosta, David	12	ECMO	49.34
6	Saint Paul, Jalen	11	CARL	50.59
7	Azevedo, Jacob	11	STCA	51.58
8	Cato, Elijah	10	MIME	52.20
9	Jones, Nolan	11	MIHI	52.59

Heat 3 of 3 Prelims

1	Kipp, Caleb	11	EALA	52.68
2	Brotman, Chase	10	CARL	52.45
3	Jackson, Shakur	12	HVER	51.80
4	Angelo, Hassan	11	HVER	51.05
5	Parker, Adren	12	HELI	47.75
6	Hines, Preston	10	SMAR	50.82
7	Graves, Jaylon	10	OLYM	51.64
8	Kim, Rory	11	POWA	52.31
9	Jimenez, Julian	12	EALA	52.67

Alternates

1	Marsh, Jack	12	RBER	53.26
2	Aannestad, Akse	12	CACR	53.40
3	Piedrahita, Luke	11	WEVI	53.41

Event 9 Girls 100 Meter Dash Varsity

Saturday 5/13/2023 - 12:44 PM

Lane Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

1	Jayanthi, Susmitl	10	CARL	13.04
2	Rosas, Nayla	10	MIHI	12.93
3	Miller, Angel	12	ECMO	12.85
4	Broussard, Asia	9	HELI	12.56
5	Hunt, Katherine	10	SMAR	12.39
6	Lankford, Riley	12	RBER	12.43
7	Cinzori, Cassand	12	SADA	12.67
8	Dickens, Brionne	11	STCA	12.87
9	Cliff, Charlotte	10	CARL	12.99

Heat 2 of 3 Prelims

1	Jones, Savanna	12	DNHS	13.04
2	Moore, JoVonne	12	BOVI	12.91
3	Tan, Kaylee	12	DNHS	12.82
4	Freeland, Jess	11	CACR	12.55
5	Barclay, Ily	9	STCA	12.27
6	Bowen-Fontenot,	10	SAND	12.44
7	Burton, Chanel	11	HELI	12.67
8	Turner, Lia	12	TOPI	12.88
9	Pugmire, Kate	12	CARL	13.00

Heat 3 of 3 Prelims

1	Holloway, Suray	10	MIME	13.03
2	Swift, Shaelynne	10	HELI	12.89
3	Howard, Makena	9	SADA	12.76
4	Hoagland, Tayhl	11	RBER	12.54
5	Ratermann, Mae	10	WEVI	12.27
6	Sanders, Arynn	11	OTRA	12.47
7	Rebugio, Kaylee	10	DNHS	12.71
8	Dye, Keiani	11	OTRA	12.89
9	Tibayan, Aubrey	9	OLYM	13.00

Alternates

1	Renison, Carly	10	SADA	13.11
2	Lu, Melinda	12	CACR	13.14
3	Reed, Hannah	10	MIME	13.15

CIFSDS D1 Prelims - 5/13/2023

Del Norte High School
Meet Program

Event 10 Boys 100 Meter Dash Varsity

Saturday 5/13/2023 - 12:53 PM

Lane Name	Yr	School	Seed Time
Heat 1 of 3 Prelims			
1 Einbinder, Aron	12	CACR	11.33
2 Abawi, Brice	9	RBER	11.30
3 Barry, Brett	11	TOPI	11.23
4 Whitford, Tanner	11	RBER	11.18
5 Givens, Major	12	STCA	11.01
6 Thompson, Mak	12	MIME	11.07
7 Stevens, Quentin	12	STCA	11.18
8 Jordan, Javon	12	OLYM	11.26
9 Warren, Jacob	11	DNHS	11.30

Heat 2 of 3 Prelims

1 Pohl, Brady	10	SMAR	11.32
2 Woods, Justus	11	CARL	11.30
3 Goodridge, Leon	12	SADA	11.22
4 Christensen, Sila	9	RBER	11.18
5 Worsley, Brandon	12	MIHI	11.00
6 Scott, Dante	12	BOVI	11.10
7 Montoya-Harper,	11	TOPI	11.19
8 Lerner, Erik	12	CARL	11.26
9 Barksdale, Xavie	12	STCA	11.31

Heat 3 of 3 Prelims

1 Perkins, Aidan	11	ECMO	11.32
2 Peterson, Oscar	10	TOPI	11.27
3 Gray, Spencer	10	HELI	11.22
4 Sanders, Amari	10	MIME	11.18
5 Nix, Jase	10	SMAR	10.86
6 Solomon, Joseph	11	EALA	11.15
7 Burston, Laurenc	10	HELI	11.20
8 Cummings, Nola	12	SMAR	11.26
9 Jones, Ezriah	12	SMAR	11.31

Alternates

1 Semexant, Duke	11	HVER	11.34
2 Cornthwaite, AJ	12	VALH	11.34
3 Fabri Jr, Christop	10	TOPI	11.35

Event 11 Girls 800 Meter Run Varsity

Saturday 5/13/2023 - 1:07 PM

Lane Name	Yr	School	Seed Time
Heat 1 of 2 Prelims			
1 Echsner, Paige	10	DNHS	2:12.36
2 Villatoro, Kalista	12	CACR	2:14.31
3 Zerboni, Dasha	12	CACR	2:19.01
4 Aguirre, Miriam	10	PAHE	2:20.40
5 Sczupak, Uma	9	ECMO	2:22.43
6 Lesser, Sophia	9	TOPI	2:23.86
7 Ligotti, Sage	11	SADA	2:25.40
8 Busse, Brianna	11	DNHS	2:25.49
9 Garcia, Yuliana	10	RABV	2:26.67
10 Saadus, Alana	12	SMAR	2:26.97
11 Digenan, Emma	12	GRNH	2:29.05
12 Parise, Alicia	11	OTRA	2:29.98
13 McIntosh, Tori	10	POWA	2:30.62
14 Lopez, Dania	10	STCA	2:31.10

Heat 2 of 2 Prelims

1 Buswell, Tessa	11	POWA	2:11.62
2 Janik, Dominika	12	TOPI	2:15.07
3 Arciaga, Kaitlyn	10	WEVI	2:17.43
4 Purcell, Ashley	11	SMAR	2:21.47
5 Kerr, Kendall	10	ECMO	2:22.35

6 Hennigan, Delan	9	WEVI	2:24.82
7 Sinnett, Audrey	11	CARL	2:24.92
8 McKenzie, Haidy	12	CACR	2:25.82
9 Weekes, Eve	10	SADA	2:25.91
10 Mitchell, Allison	11	MIME	2:28.28
11 Smith, Mackenzi	9	POWA	2:28.67
12 Lagisetti, Samhit	9	DNHS	2:30.11
13 Li, Elizabeth	11	WEVI	2:30.34

Alternates

1 Long, Charlotte	9	WEVI	2:31.22
2 Spurgiesz, Addis	9	DNHS	2:31.29
3 Penev, Irene	11	WEVI	2:31.40

Event 12 Boys 800 Meter Run Varsity

Saturday 5/13/2023 - 1:17 PM

Lane Name	Yr	School	Seed Time
Heat 1 of 2 Prelims			
1 Cordero, Angel	11	OLYM	1:56.35
2 Day, Brandon	12	RBER	1:57.52
3 Christensen, Kaij	12	POWA	1:59.23
4 Arredondo, Juan	12	STCA	1:59.31
5 Akinpelu, Peter	11	DNHS	1:59.49
6 Walker, Matthew	10	CARL	1:59.65
7 Freshley, Alex	11	HELI	2:00.64
8 Chelesnik, Ryan	10	TOPI	2:00.67
9 Ridge, Ian	11	BOVI	2:01.02
10 Romero, Luis	10	SAYS	2:01.34
11 Evans, Cain	11	CARL	2:02.38
12 Humphrey, Brad	12	SMAR	2:02.43
13 Burnett, Captain	12	SAND	2:02.77
14 Estrella, Anthony	11	OLYM	2:02.86

Heat 2 of 2 Prelims

1 Rosen, Ian	12	GROS	1:55.17
2 Yarbrough, Cam	9	DNHS	1:57.58
3 Hurley, Ryan	12	SMAR	1:59.15
4 Freshley, Adam	11	HELI	1:59.31
5 Cornick, William	12	CACR	1:59.39
6 Dillon, Shreyas	9	SADA	2:00.41
7 Stevens, Matthev	10	WEVI	2:00.44
8 Kouwonou, Jb	12	HELI	2:00.75
9 Herchenhorn, Ra	10	TOPI	2:00.86
10 Dufour, Auguste	11	CACR	2:01.75
11 Ferrando, Lukas	10	CACR	2:02.14
12 Rigg, Kielan	10	DNHS	2:02.46
13 Caneday, Joshua	12	HELI	2:02.60

Alternates

1 Orozco, Adrian	10	SWEE	2:03.01
2 Katanachi, Paolo	12	STCA	2:03.05
3 Vranish, Jack	10	POWA	2:03.92

Event 13 Girls 300 Meter Hurdles Varsity

Saturday 5/13/2023 - 1:30 PM

Lane Name	Yr	School	Seed Time
Heat 1 of 3 Prelims			
1 Espinoza, Natali	10	TOPI	51.34
2 Dilgard, Elizabet	11	GROS	50.45
3 Bryson, Sophie	9	TOPI	49.68
4 Weale, Charlotte	10	TOPI	48.13
5 Janik, Karina	12	TOPI	45.33
6 Mack, Zamaria	10	OTRA	46.02
7 Robinson, Isabel	11	EALA	48.35
8 Ekwozi, Songoli	10	VALH	49.74
9 Sheridan, Taylor	9	RABV	50.92

CIFSDS D1 Prelims - 5/13/2023

Del Norte High School
Meet Program**Heat 2 of 3 Prelims**

1 Dawson, Ava	11	SMAR	51.16
2 Fimmel, Jae'Awnn	12	MIHI	50.30
3 Barsana, Chloe	11	POWA	49.51
4 Bumanlag, Maris	12	MIME	48.08
5 Bowen-Fontenot	10	SAND	44.66
6 Echsner, Ella	11	DNHS	46.35
7 Amador, Alexa	10	OTRA	48.61
8 Clark, Audra	10	TOPI	49.86
9 Lovasz, Ella	11	WEVI	51.01

Heat 3 of 3 Prelims

1 Tokushige, Reese	10	RBER	51.14
2 Kennedy, Jane	10	WEVI	50.18
3 Jambi, Riya	12	GRNH	49.50
4 Uyeda, Skye	12	RBER	47.25
5 Herbst, Morgan	10	CARL	44.49
6 Cook, Lillian	11	STCA	46.84
7 Llamas, Ava	12	DNHS	49.02
8 Atrushi, Kahnee	10	OTRA	50.02
9 Kates, Samantha	10	SADA	51.14

Alternates

1 Bonner-Smith, K	12	BOVI	51.35
2 Carpenter, Courti	11	POWA	51.44
3 Fairman, Makayl	11	STCA	51.60

Event 14 Boys 300 Meter Hurdles Varsity

Saturday 5/13/2023 - 1:42 PM

Lane Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

1 Jurisaga, Charles	12	CACR	43.34
2 Altamirano, Wol	10	RBER	43.01
3 Hurd, Elton	12	ECMO	42.30
4 Diallo, Ozzeno	11	HVER	41.59
5 Tragarz, Danny	12	DNHS	39.48
6 Spurgiesz, Joshua	11	DNHS	39.68
7 Hernandez, Cole	12	CARL	41.89
8 Reese, Caleb	10	ECMO	42.37
9 Linck, Nathan	11	EALA	43.03

Heat 2 of 3 Prelims

1 Phillips, Dean	11	DNHS	43.28
2 Pinedo, Joaquin	11	OLYM	42.89
3 Batis, Zealand	12	MIME	42.15
4 Escobar, Devin	11	ECMO	41.04
5 Martin, Shon	11	HELI	39.47
6 Huerta, Ivan	11	MIHI	40.51
7 Flanagan, Brandt	12	RABV	41.93
8 Wong, Bucko	10	RBER	42.48
9 Andruss, Brenna	12	POWA	43.07

Heat 3 of 3 (Event 14 Boys 300 Meter Hurdles Varsity)

1 Deserne, Wilky	12	HVER	43.18
2 Chen, Nolan	12	WEVI	42.64
3 Cappello, Christo	11	RBER	42.10
4 Blattman, Hudso	12	RBER	40.90
5 Barksdale, Xavie	12	STCA	39.46
6 Dorsey, Jaden	12	OLYM	40.74
7 Coleman, Quayde	10	ECMO	42.07
8 Williams, Jermar	11	OTRA	42.56
9 Dickerson, Jason	10	TOPI	43.13

Alternates

1 Betterly, Scott	12	CACR	43.37
2 Rios, Aidan	12	OTRA	43.49
3 Aichroth, James	11	RBER	43.62

Event 15 Girls 200 Meter Dash Varsity

Saturday 5/13/2023 - 1:56 PM

Lane Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

1 Reed, Hannah	10	MIME	27.15
2 Moore, JoVonne	12	BOVI	26.94
3 Hawkins, Rayne	10	MIHI	26.77
4 Cinzori, Cassand	12	SADA	26.27
5 Barclay, Ily	9	STCA	25.36
6 Otholt, Kyah	12	RBER	25.59
7 Werts, Megan	12	SMAR	26.35
8 Hunt, Katherine	10	SMAR	26.84
9 Renison, Carly	10	SADA	26.96

Heat 2 of 3 Prelims

1 Jayanthi, Susmitl	10	CARL	27.15
2 McCammon, Bri	10	SMAR	26.92
3 Rosas, Nayla	10	MIHI	26.72
4 Freeland, Jess	11	CACR	26.13
5 Herbst, Makenna	10	CARL	25.34
6 Burkhardt, Nicol	11	STCA	25.63
7 Broussard, Asia	9	HELI	26.56
8 Pugmire, Kate	12	CARL	26.84
9 Buswell, Bonnie	9	POWA	27.00

Heat 3 of 3 Prelims

1 Howard, Makena	9	SADA	27.08
2 Rodriguez, Sarai	10	OLYM	26.89
3 Hawkins, Gabrie	10	OLYM	26.64
4 Sanders, Aryn	11	OTRA	25.84
5 Ratermann, Mac	10	WEVI	25.14
6 Hoagland, Tayhl	11	RBER	25.70
7 Dickens, Brionna	11	STCA	26.61
8 Calafato, Bianca	12	DNHS	26.89
9 Bush, Alonna	11	VALH	27.01

Alternates

1 Turner, Lia	12	TOPI	27.16
2 Prasouvo, Anna	11	DNHS	27.22
3 Jones, Savanna	12	DNHS	27.23
4 Maldonado, Sam	9	EALA	27.23

Event 16 Boys 200 Meter Dash Varsity

Saturday 5/13/2023 - 2:05 PM

Lane Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

1 Sheffres, Ben	11	DNHS	23.27
2 Anguiano, Alejar	12	SADA	23.16
3 Cornthwaite, AJ	12	VALH	22.80
4 Burston, Laurenc	10	HELI	22.58
5 Solomon, Joseph	11	EALA	22.32
6 Stevens, Quentin	12	STCA	22.40
7 Richey, Gevonni	11	OTRA	22.74
8 Saint Paul, Jalen	11	CARL	22.83
9 Perkins, Aidan	11	ECMO	23.19

Heat 2 of 3 Prelims

1 Simpson, Nathan	11	WEVI	23.27
2 Abawi, Brice	9	RBER	23.15
3 Scott, Dante	12	BOVI	22.80
4 Besikof, D'Angel	11	SAND	22.56
5 Acosta, David	12	ECMO	22.20
6 Worsley, Brandon	12	MIHI	22.51
7 Fisher, Terrick	11	RBER	22.74
8 Jordan, Javon	12	OLYM	22.98
9 Sanders, Jaylani	12	OTRA	23.20

Heat 3 of 3 Prelims

1 Azevedo, Jacob	11	STCA	23.23
2 Tamez, Tristan	12	EALA	23.12
3 Christensen, Sila	9	RBER	22.79
4 Gray, Spencer	10	HELI	22.55
5 Parker, Adren	12	HELI	21.62
6 Nix, Jase	10	SMAR	22.55
7 Sanders, Amari	10	MIME	22.77
8 Sanders, Parlan	12	GRNH	23.11
9 Winstead, Calvin	12	WEVI	23.22

Alternates

1 Woods, Justus	11	CARL	23.28
2 Warren, Jacob	11	DNHS	23.30
3 Hines, Preston	10	SMAR	23.33

CIFSDS D1 Prelims - 5/13/2023

Del Norte High School
Meet Program

Event 17 Girls 4x800 Meter Relay Varsity

Saturday 5/13/2023 - 2:19 PM

Lane	Team	Relay	Seed Time
Heat 1 of 1 Prelims			
1	ECMO	A	9:50.37
2	DNHS	A	9:55.90
3	SMAR	A	10:08.24
4	CACR	A	10:24.53
5	TOPI	A	10:31.44
6	POWA	A	10:32.49
7	RBER	A	10:35.23
8	OTRA	A	10:35.85
9	STCA	A	10:38.03
10	RABV	A	10:39.61
11	BOVI	A	10:47.82
12	OLYM	A	10:47.83
13	WEVI	A	10:51.31
14	MIHI	A	11:04.26
15	MIME	A	11:06.15
16	CALE	A	11:42.04
17	PAHE	A	11:55.36

Event 18 Boys 4x800 Meter Relay Varsity

Saturday 5/13/2023 - 2:34 PM

Lane	Team	Relay	Seed Time
Heat 1 of 1 Prelims			
1	HELI	A	8:18.19
2	OLYM	A	8:23.59
3	STCA	A	8:28.36
4	CACR	A	8:32.84
5	DNHS	A	8:34.84
6	CARL	A	8:42.19
7	PAHE	A	8:42.98
8	TOPI	A	8:44.28
9	RBER	A	8:45.72
10	MIME	A	8:48.24
11	BOVI	A	8:48.68
12	WEVI	A	8:49.62
13	OTRA	A	8:51.93
14	ECMO	A	8:52.75
15	EALA	A	8:57.57
16	POWA	A	9:05.84

Event 19 Girls 3200 Meter Run Varsity

Saturday 5/13/2023 - 2:49 PM

Lane	Name	Yr	School	Seed Time
Heat 1 of 1 Prelims				
1	Williams, Jaelyn	9	EALA	10:55.87
2	Dunayevich, Kat	10	CACR	11:16.10
3	Challburg, Aman	12	EALA	11:20.09
4	Sach, Charlotte	10	TOPI	11:24.26
5	Russo, Emily	10	DNHS	11:24.89
6	Sutherland, Audr	12	RBER	11:32.75
7	Bronstein, Rebec	12	CACR	11:36.42
8	Lawson, Evelyn	9	TOPI	11:37.62
9	Enyedi, Lilah	9	DNHS	11:40.64
10	Dorostkar, Samr	12	TOPI	11:43.31
11	Nash, Avalon	11	POWA	11:48.00
12	Reyes, Rachel	9	ECMO	11:48.12
13	DeVore, Aviva	10	OTRA	11:55.09
14	Arce, Suhey	11	GROS	11:56.12
15	Ferreira, Julia	11	MIHI	11:58.18
16	Klaristenfeld, Jo	9	CACR	11:58.23
17	Coleman, Shelby	10	STCA	12:03.96
18	Sisitksy, Samantl	12	CACR	12:07.54
19	Touchet, Katelyn	12	PAHE	12:08.02
20	McEwan, Reese	10	POWA	12:11.48
21	Ramirez, Vanessa	12	RBER	12:14.68
22	McGrath, Fiona	11	CACR	12:14.88
23	Judd, Olivia	11	POWA	12:21.86
24	Welton, Sofia	10	WEVI	12:22.22
25	LaClair, Eden	11	ECMO	12:23.74
26	Andrews, Emmy	11	CARL	12:34.15
27	Albaladejo, Isabe	11	ECMO	12:36.48
Alternates				
1	Lara, Isabel	9	OLYM	12:37.02
2	Husseman, Catal	9	POWA	12:37.80
3	Seki, Malia	11	SMAR	12:45.91

Event 20 Boys 3200 Meter Run Varsity

Saturday 5/13/2023 - 3:07 PM

Lane	Name	Yr	School	Seed Time
Heat 1 of 1 Prelims				
1	Welton, Adrian	11	WEVI	9:28.88
2	Christmore, Nath	12	TOPI	9:29.56
3	Reyes, Omar	11	ECMO	9:30.61
4	Luecht, Camden	10	RBER	9:32.34
5	Johnson, Saul	12	TOPI	9:32.57
6	Pippel, Jacob	11	CACR	9:38.99
7	Harding, Logan	12	CACR	9:40.52
8	Juden, Jacob	12	OTRA	9:40.96
9	Shorey, Jake	12	OTRA	9:41.14
10	Kirschbaum, Der	12	POWA	9:42.02
11	Conway, Matt	11	TOPI	9:42.75
12	Nicholas, Rowan	12	RBER	9:42.88
13	Senn, Micah	10	STCA	9:48.40
14	Rickert, Jonas	11	TOPI	9:49.25
15	Conover, Bryce	11	TOPI	9:49.55
16	Romero, Ryan	9	ECMO	9:54.22
17	Wolf, Lukas	10	PAHE	9:55.07
18	Arciaga, Ryland	12	WEVI	9:59.00
19	Coyle, Mason	12	GROS	9:59.05
20	Jin, Luke	10	DNHS	10:01.69
21	Achar, Ravi	11	CACR	10:04.51
22	Edwards, Joshua	12	GROS	10:08.48
23	Bolaris, Kai	11	CACR	10:10.56
24	Marquez Cruz, V	12	ECMO	10:10.82
25	Kaneko, Sho	10	OLYM	10:11.31
26	Bell, Bradley	12	STCA	10:13.51
27	Schaller, Max	11	RBER	10:14.12
Alternates				
1	Hannaman, Row	10	WEVI	10:14.14
2	Hulterstrom, Dav	12	POWA	10:14.22
3	Gutierrez, Joaqui	11	OLYM	10:14.36

Event 21 Girls 4x400 Meter Relay Varsity

Saturday 5/13/2023 - 3:24 PM

Lane	Team	Relay	Seed Time
Heat 1 of 2 Prelims			
1	MIME	A	4:26.47
2	VALH	A	4:19.97
3	POWA	A	4:12.35
4	SMAR	A	4:07.15
5	CARL	A	4:03.11
6	STCA	A	4:05.27
7	OTRA	A	4:07.32
8	EALA	A	4:13.45
9	RABV	A	4:24.69

CIFSDS D1 Prelims - 5/13/2023

Del Norte High School
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Heat 2 of 2 Prelims

1 SADA	A	4:25.69
2 ECMO	A	4:17.15
3 OLYM	A	4:11.75
4 TOPI	A	4:07.13
5 DNHS	A	4:00.57
6 CACR	A	4:05.55
7 PAHE	A	4:09.90
8 RBER	A	4:13.85
9 WEVI	A	4:24.97

Alternates

1 Mission Hills	A	4:34.09
2 Granite Hills	A	4:34.21

Event 22 Boys 4x400 Meter Relay Varsity

Saturday 5/13/2023 - 3:40 PM

Lane	Team	Relay	Seed Time
Heat 1 of 2 Prelims			
1 MIME	A	3:42.87	
2 CALE	A	3:39.16	
3 SADA	A	3:35.49	
4 POWA	A	3:31.13	
5 OTRA	A	3:27.52	
6 HVER	A	3:28.66	
7 SAYS	A	3:34.21	
8 STCA	A	3:35.65	
9 PAHE	A	3:39.35	

Heat 2 of 2 Prelims

1 CACR	A	3:41.13
2 MIHI	A	3:38.04
3 BOVI	A	3:35.45
4 CARL	A	3:29.89
5 OLYM	A	3:27.09
6 EALA	A	3:28.97
7 ECMO	A	3:34.28
8 SWEE	A	3:37.04
9 TOPI	A	3:39.42

Alternates

1 Rancho Buena V	A	3:59.89
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Event 23 Girls Long Jump Varsity

Saturday 5/13/2023 - 10:00 AM

Pos	Name	Yr	School	Seed Mark
Flight 1 of 3 Finals				
1 Millard, Peightor	10	CARL	15-01.00	
2 Orr, Cassandra	11	TOPI	15-02.00	
3 Hasan, Dana	12	MIHI	15-03.25	
4 Norvell, Oona	9	CACR	15-03.25	
5 Hall, Adriana	9	PAHE	15-03.75	
6 Ball, Rae	11	EALA	15-05.00	
7 Hall, London	11	WEVI	15-06.25	
8 Richardson, Jahn	11	STCA	15-06.50	
9 Chung, Sabine	9	CACR	15-07.75	

Flight 2 of 3 (Event 23 Girls Long Jump Varsity)

1 Vasquez, Valeria	11	TOPI	15-08.75
2 Guevara, Natalie	11	BOVI	15-09.50
3 Kostina, Diana	11	OTRA	15-10.00
4 Tan, Kaylee	12	DNHS	15-11.00
5 Eshel, Taliah	9	RBER	15-11.50
6 Simpson, Amaya	12	RABV	16-04.00
7 Dye, Keiani	11	OTRA	16-04.50
8 Nguyen, Kaylee	10	CACR	16-05.50
9 Sims, Ava	12	CARL	16-06.50

Flight 3 of 3 Finals

1 Mcdowell, Evin	10	GROS	16-06.50
2 Cook, Lillian	11	STCA	16-06.75
3 Huang, Erin	12	RBER	16-07.50
4 Mendoza, Camila	11	SWEE	16-08.00
5 Hoagland, Taylah	11	RBER	16-09.00
6 Broussard, Asia	9	HELI	16-10.25
7 Vaughn, Amari	12	STCA	17-04.00
8 Miller, Angel	12	ECMO	17-08.25
9 Lankford, Riley	12	RBER	17-09.75

Alternates

1 Escajadillo, Pauli	10	BOVI	15-00.00
2 Lenz, Bailey	11	VALH	14-11.50
3 Loret, Abbi	11	DNHS	14-11.00

Event 24 Boys Long Jump Varsity

Saturday 5/13/2023 - 10:00 AM

Pos	Name	Yr	School	Seed Mark
Flight 1 of 3 Finals				
1 Wise, Anthony	11	BOVI	20-00.00	
2 Chappell, Isaiah	12	BOVI	20-00.25	
3 Scott, Dante	12	BOVI	20-00.50	
4 Montoya-Harper,	11	TOPI	20-01.50	
5 Easter, Malakai	11	MIME	20-03.00	
6 Daley, Ze Shaun	10	ECMO	20-03.50	
7 Goodridge, Leon	12	SADA	20-04.00	
8 Anguiano, Alejar	12	SADA	20-04.50	
9 Scott, Lucas	12	MIHI	20-05.00	

Flight 2 of 3 Finals

1 Besikof, D'Angel	11	SAND	20-07.75
2 Lazo, Joshua	12	MIHI	20-09.00
3 McIlwain, AJ	12	OTRA	20-09.25
4 Veducio, Mateo	12	CARL	20-10.00
5 Hines, Preston	10	SMAR	20-10.25
6 Gouvalaris, Sam	11	TOPI	20-10.50
7 Hurd, Elton	12	ECMO	21-00.50
8 Pennyman, Maric	11	RBER	21-00.75
9 Tragarz, Danny	12	DNHS	21-01.75

Flight 3 of 3 Finals

1 Thompson, Isaiial	11	MIME	21-05.00
2 Fong, Bruno	11	MIHI	21-06.00
3 Martin, Shon	11	HELI	21-09.25
4 Cato, Ravel	12	MIME	21-10.00
5 Shanks, Luke	12	PAHE	22-02.50
6 Payne, Cameron	12	PAHE	22-03.00
7 Redon, Nicola	12	SAND	22-05.50
8 Autry, SirDarius	10	HVER	22-09.00
9 Cornthwaite, AJ	12	VALH	22-10.50

Alternates

1 Wilson, Josiah	11	STCA	20-00.00
2 Cao, Adriann	11	TOPI	19-11.25
3 Chang, John	12	RBER	19-10.75

Event 25 Girls Triple Jump Varsity

Saturday 5/13/2023 - 12:30 PM

Pos	Name	Yr	School	Seed Mark
Flight 1 of 3 Finals				
1 Woldemichael, L	10	HELI	30-06.00	
2 Overson, Morryl	12	POWA	30-08.50	
3 Loret, Abbi	11	DNHS	30-08.50	
4 Schroeder, Claire	10	OTRA	31-00.00	
5 Hawkins, Julia	10	ECMO	31-00.25	
6 Orr, Cassandra	11	TOPI	31-01.00	
7 Yakob, Jasmine	11	GRNH	31-01.00	
8 Escajadillo, Paul	10	BOVI	31-04.00	
9 Magno, Ella	12	MIME	31-07.00	

Flight 2 of 3 Finals

1 Whyte, Isabella	10	MIME	31-11.75
2 Millard, Peightor	10	CARL	32-01.00
3 Lariviere, Gianna	11	SMAR	32-02.00
4 Vuicevic, Djula	10	TOPI	32-03.50
5 Eshel, Taliah	9	RBER	32-07.00
6 Rucks, Laura	12	TOPI	32-08.50
7 Snook, Isabelle	12	STCA	32-09.00
8 Kostina, Diana	11	OTRA	32-11.00
9 Wells, Chanel	10	ECMO	33-02.50

Flight 3 of 3 Finals

1 Vasquez, Valeria	11	TOPI	33-03.00
2 Ball, Rae	11	EALA	33-07.00
3 Medowell, Evin	10	GROS	33-10.00
4 Huang, Erin	12	RBER	34-03.00
5 Miller, Angel	12	ECMO	34-08.25
6 Cook, Lillian	11	STCA	35-05.00
7 Lankford, Riley	12	RBER	35-06.50
8 Guevara, Natalie	11	BOVI	35-07.00
9 Vaughn, Amari	12	STCA	37-04.00

Alternates

1 Dill, Kylah	10	EALA	30-02.00
2 Haglof, Emma	12	SMAR	29-10.00
3 El-Kareh, Leila	11	WEVI	29-06.75

Event 26 Boys Triple Jump Varsity

Saturday 5/13/2023 - 12:45 PM

Pos	Name	Yr	School	Seed Mark
Flight 1 of 3 Finals				
1 Ojajuni, Solomar	12	SWEE	38-10.00	
2 Chappell, Isaiah	12	BOVI	38-10.00	
3 Cao, Adriann	11	TOPI	38-10.75	
4 Mordan, Jake	11	WEVI	38-11.50	
5 DeMuth, John (A)	10	TOPI	39-03.00	
6 Carter, Robert	9	PAHE	39-08.50	
7 Shaw, Jacob	11	OLYM	39-09.00	
8 Guan, Andrew	10	CACR	40-00.50	
9 Ikponmwsa, An	12	OTRA	40-02.00	

CIFSDS D1 Prelims - 5/13/2023

Del Norte High School
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Flight 2 of 3 Finals

1	Khumar, Alex	11	DNHS	40-02.25
2	West, Nyjah	9	ECMO	40-06.50
3	Daley, Ze Shaun	10	ECMO	40-07.00
4	Panganiban, Johr	11	MIME	40-09.50
5	Ingram, Jaiden	11	OTRA	40-10.00
6	Gupta, Aadit	11	DNHS	40-10.75
7	Jackson, Julian	12	SAND	40-11.50
8	Jiles, Ja'Marcus	12	SAYS	41-00.00
9	Reich, Alex	12	SADA	41-01.00

Flight 3 of 3 Finals

1	Gouvalaris, Sam	11	TOPI	41-06.50
2	Autry, SirDarius	10	HVER	42-02.50
3	Pennyman, Mari	11	RBER	42-07.50
4	Wise, Anthony	11	BOVI	43-06.00
5	Easter, Malakai	11	MIME	43-07.50
6	Thompson, Isaial	11	MIME	43-10.50
7	Chang, John	12	RBER	44-02.25
8	McIlwain, AJ	12	OTRA	44-03.00
9	Cato, Ravel	12	MIME	44-06.00

Alternates

1	Macari, Luke	11	POWA	38-05.75
2	Herron, Quincy	12	HELI	38-04.50
3	Serano, Isaiah	12	OTRA	38-04.00

Event 27 Girls High Jump Varsity

Saturday 5/13/2023 - 12:45 PM

Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Overson, Morryl	12	POWA	4-08.00
2	List, Mackenzie	11	EALA	4-08.00
3	Hendrickson, Ka	10	RBER	4-08.00
4	Sassen, Alexa	10	CACR	4-08.00
5	Lane, Maya	11	HELI	4-08.00
6	Mendoza, Camil	11	SWEE	4-08.00
7	Thompson, Nia	10	WEVI	4-08.00
8	Nolte, Lily	10	CARL	4-08.00
9	Gunn, Mylee	11	TOPI	4-08.00
10	Wells, Chanel	10	ECMO	4-08.00
Flight 2 of 2 Finals				
1	Finnel, Jae'Awnn	12	MIHI	4-10.00
2	Fisher, Adison	12	SADA	4-10.00
3	Gordon, Maia	11	TOPI	4-10.00
4	Tyson, Laileanna	12	HELI	4-10.00
5	McMichael, Sam	11	RBER	4-10.00
6	Williams, Mya	11	STCA	4-10.00
7	Taylor, Kloe	12	DNHS	4-10.00
8	Lopez Valenzuel	10	POWA	4-10.00
9	Shea, Maria	12	RBER	4-10.00
10	Stein, Natalie	9	PAHE	4-10.00
11	Applegate, Ashle	10	RBER	5-00.00
12	McDowell, Evin	10	GROS	5-00.00
13	Geddy, Julia	12	RBER	5-00.00
14	Yent, Addison	11	PAHE	5-00.00
15	Woldemichael, L	10	HELI	5-00.00
16	Czapinski, Breez	12	POWA	5-02.00

Event 28 Boys High Jump Varsity

Saturday 5/13/2023 - 10:30 AM

Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Kluka, Jake	12	SADA	5-06.00
2	Lusca, Jean-Mik	9	PAHE	5-06.00
3	Beamon, Jalen	12	EALA	5-06.00
4	Radoev, Dimitar	9	CACR	5-06.00
5	Lavine Jr, Dan	12	WEVI	5-06.00
6	Mashouf, Jackson	10	POWA	5-06.00
7	Baker, Darrious	11	GRNH	5-06.00
8	Scott, Tyler	11	BOVI	5-06.00
9	Hood, Rhonde	11	ECMO	5-06.00
10	Betterly, Scott	12	CACR	5-06.00
11	Daley, Ze Shaun	10	ECMO	5-06.00
12	Holden, Darius	11	EALA	5-06.00
13	Sommer, Ryan	12	RBER	5-06.00
14	Easter, Malakai	11	MIME	5-08.00
15	McIlwain, AJ	12	OTRA	5-08.00
Flight 2 of 2 Finals				
1	Dominguez, Gav	12	OLYM	5-10.00
2	Orihuela, Andres	12	SAYS	5-10.00
3	Jiles, Ja'Marcus	12	SAYS	5-10.00
4	Schaefer, Mitche	11	GRNH	5-10.00
5	Khumar, Alex	11	DNHS	5-10.00
6	Lokey, Ben	12	RBER	5-10.00
7	Murphy, Brady	12	BOVI	5-10.00
8	Riker, Max	10	WEVI	5-10.00
9	Valles, Gabriel	12	OTRA	5-10.00
10	Herron, Quincy	12	HELI	6-00.00
11	Stockes, Ian	12	CARL	6-00.00
12	Gross, Jackson	11	TOPI	6-00.00
13	Izold, Balamber	12	SMAR	6-00.00
14	Chang, John	12	RBER	6-04.00
15	How, Cayden	12	MIHI	6-04.00

Event 29 Girls Pole Vault Varsity

Saturday 5/13/2023 - 10:30 AM

Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Palladino, Maddy	11	GRNH	8-00.00
2	Escajadillo, Paul	10	BOVI	8-03.00
3	Bishop, Aasha	11	SMAR	8-09.00
4	Hunter, Leela	11	CARL	8-09.00
5	McCann, Talia	10	CARL	8-09.00
6	Hettinger, Grace	11	TOPI	8-10.00
7	Smith, Summer	10	ECMO	8-10.00
8	Wells, Chanel	10	ECMO	8-10.00
9	Brown, McKenzi	9	TOPI	8-10.00
10	Galkina, Alisa	9	TOPI	8-10.00
11	Nguyen, Kaylee	10	CACR	8-10.00
12	Hardy, Kelsi	11	CARL	9-03.00
13	Morris, Mia	10	RBER	9-03.00

Flight 2 of 2 Finals

1	Campbell, Quinn	11	CACR	9-09.00
2	Wilson, Elizabeth	12	POWA	9-09.00
3	Tremble, Abigail	9	POWA	9-09.00
4	Milocco, Gabriel	10	SADA	9-09.00
5	Raibert, Eleanor	12	POWA	9-09.00
6	Humer, Sophie	9	RBER	10-03.00
7	Smith, Kendra	11	RBER	10-03.00
8	Recaido, Keira	10	DNHS	10-03.00
9	Tseng, Chloe	11	DNHS	10-09.00
10	Khieu, Caitlin	9	DNHS	11-03.00
11	Potenciano, Jada	11	RBER	11-03.00
12	Condliff, Jessica	10	CACR	11-03.00
13	Hilliard, Avery	12	POWA	11-09.00
14	Montiel, Lilia	12	RBER	12-03.00
15	Thomson, Evang	12	POWA	12-03.00
16	Echsner, Paige	10	DNHS	12-03.00

Event 30 Boys Pole Vault Varsity

Saturday 5/13/2023 - 12:45 PM

Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Rodriguez, Ryan	11	OTRA	10-06.00
2	Watkins, Ryan	11	CACR	11-01.00
3	Hartnack, Jack	9	TOPI	11-01.00
4	Cruise, Owen	10	TOPI	11-01.00
5	Diaz, Nicolai	12	SADA	11-02.00
6	Chin, Lucas	11	WEVI	11-06.00
7	Miller, Ben	12	GRNH	11-06.00
8	DeLeon, Johnath	10	GRNH	11-06.00
9	Bolt, Carter	9	TOPI	11-07.00
10	Rudolph, Cannon	11	TOPI	11-07.00
11	Perkoski, Aidan	12	ECMO	12-01.00
12	Foley, Brandon	12	SMAR	12-06.00
13	Paik, Alexander	11	CACR	12-06.00
14	Gilbert, Jackson	11	POWA	12-06.00
15	Williamson, Natf	12	RBER	12-06.00
Flight 2 of 2 Finals				
1	Fowler, Lucas	11	WEVI	13-00.00
2	Ong, Jaden	12	WEVI	13-00.00
3	Beireis, Beckett	11	POWA	13-06.00
4	Farenc, Vincent	11	WEVI	13-06.00
5	Sotelo, Tristan	11	GROS	13-06.00
6	Nellies, Ryan	12	WEVI	13-06.00
7	Saunders, Rob	11	RBER	13-06.00
8	Sun, Leo	11	DNHS	14-00.00
9	Guerra, Mateo	12	POWA	14-00.00
10	Schiering, Andre	11	WEVI	14-00.00
11	Boyles, Kamren	12	SMAR	14-06.00
12	Weisman, Joey	11	TOPI	15-06.00

CIFSDS D1 Prelims - 5/13/2023

Del Norte High School
Meet Program

Event 31 Girls Shot Put Varsity

Saturday 5/13/2023 - 11:00 AM

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 3 Finals					
1	Meiers, Brook	12	STCA		28-08.00
2	Wax, Kylah	10	EALA		29-02.00
3	Ware, Destiny	12	SMAR		29-04.00
4	McClellan, Briana	10	SMAR		29-05.50
5	Gadzekpo, Faith	10	POWA		29-07.00
6	Benson, Grace	12	OTRA		29-09.50
7	Houston, Taylor	12	GROS		30-01.00
8	Savaiinaea, Mara	11	OTRA		30-01.50
9	Rai, Sreeja	10	DNHS		30-02.00

Flight 2 of 3 Finals

1	Nguyen, Grace	12	RBER		30-03.00
2	Gonzales, Kareth	12	SADA		30-06.50
3	Davis, Lauren	12	POWA		30-08.00
4	Caruso, Sofia	12	RBER		30-10.00
5	Liew, Mandelyn	12	VALH		31-05.00
6	Swisher, Loren	12	EALA		32-05.50
7	McKinney, Carse	11	DNHS		32-08.50
8	Driscoll, Elisabet	11	CACR		33-06.50
9	Keene, Lelia	12	ECMO		34-00.00

Flight 3 of 3 Finals

1	Liufau, Tesa	11	HELI		34-02.00
2	Jones, Kennedi	12	STCA		34-05.00
3	Wells, Atria	9	ECMO		34-08.00
4	Lauifi, Leilah	11	HELI		35-02.50
5	Rucks, Laura	12	TOPI		36-02.50
6	Shojgreen, Logar	12	RBER		36-06.50
7	Colon Gipson, G	11	OTRA		37-06.00
8	Lauifi, Hailey	11	HELI		37-07.25
9	Ford, Shani	10	HELI		37-10.00

Alternates

1	Molano, Denise	12	ECMO		28-07.00
2	Lanier, Ashley	12	OTRA		28-06.75
3	Balingit, Jada	11	MIHI		28-05.25

Event 32 Boys Shot Put Varsity

Saturday 5/13/2023 - 1:00 PM

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 3 Finals					
1	Vorhees, Jake	11	SMAR		41-01.50
2	Magpile, Matthe	12	CACR		41-02.00
3	Ortega, Omar	11	RBER		41-03.50
4	Loaiza, Jackson	11	STCA		41-06.00
5	Llama, Jacob	10	RBER		41-09.00
6	Manzo, Nathan	11	STCA		42-00.00
7	Addleman, Calet	11	EALA		42-00.50
8	Symans, Griffin	12	CACR		42-01.00
9	Plummer, Khalil	12	VALH		42-03.50

Flight 2 of 3 (Event 32 Boys Shot Put Varsity)

1	Marroquin, Nick	11	GRNH		42-10.00
2	Douglas, John	12	POWA		42-10.50
3	Lopez, Gael	12	OTRA		42-10.50
4	Maciejewski, Ke	11	DNHS		43-02.50
5	Hernandez, Alex	12	ECMO		43-05.50
6	Yaldo, Dominick	12	VALH		44-04.75
7	Marcos, Baylor	11	POWA		44-06.75
8	Ghadban, Oliver	11	POWA		45-07.75
9	Gadzekpo, Jesil	12	POWA		45-10.00

Flight 3 of 3 Finals

1	Quiroga, Javier	11	STCA		46-00.00
2	Holguin, Domini	12	RABV		46-03.00
3	Bowler, Kaleb	12	OTRA		46-08.00
4	Avila, Osvaldo	12	OTRA		48-05.00
5	Graham, Paul	12	RABV		48-07.25
6	Gash, Anthony	11	HELI		49-11.00
7	Ferguson, Christi	12	OTRA		50-01.00
8	Vergenz, Trey	12	MIHI		54-10.50
9	Knowles, Tyler	12	RABV		59-03.00

Alternates

1	Chiw, Noah	10	MIME		41-00.50
2	Larsina, Daniel	11	HELI		40-10.00
3	Polak, Jacob	10	GRNH		40-10.00

Event 33 Girls Discus Throw Varsity

Saturday 5/13/2023 - 1:00 PM

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 3 Finals					
1	Rai, Sreeja	10	DNHS		85-04
2	Molano, Daniela	9	ECMO		87-00.50
3	Ruiz, Destiny	12	OTRA		88-07.50
4	Woods, Carlia	12	EALA		89-11
5	Meiers, Brook	12	STCA		90-06
6	Rucks, Laura	12	TOPI		90-07
7	Zangger, Carly	12	GRNH		92-00
8	McKinney, Carse	11	DNHS		92-04
9	Khot, Jaya	10	RBER		92-09

Flight 2 of 3 Finals

1	Nguyen, Grace	12	RBER		93-03
2	Vaivai, Fialupe	11	RABV		94-01.50
3	Lauifi, Leilah	11	HELI		94-02
4	Molano, Denise	12	ECMO		96-05
5	Houston, Taylor	12	GROS		96-08
6	Andrews, Emily	12	POWA		97-02
7	McClellan, Briana	10	SMAR		97-04
8	Colon Gipson, G	11	OTRA		97-10
9	Wells, Atria	9	ECMO		98-01

Flight 3 of 3 Finals

1	Keene, Lelia	12	ECMO		102-10.50
2	Swisher, Loren	12	EALA		103-04
3	Savaiinaea, Mara	11	OTRA		108-07
4	Caruso, Sofia	12	RBER		110-06.50
5	Ford, Shani	10	HELI		116-07
6	Shojgreen, Logar	12	RBER		118-01
7	Jones, Kennedi	12	STCA		119-00
8	Lauifi, Hailey	11	HELI		120-06
9	Driscoll, Elisabet	11	CACR		132-04.50

Alternates

1	Ege, Hodan	12	HVER		84-07
2	Ellis, Taylor	11	DNHS		83-11
3	Gonzales, Kareth	12	SADA		83-11

Event 34 Boys Discus Throw Varsity

Saturday 5/13/2023 - 11:00 AM

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 3 Finals					
1	Ortega, Omar	11	RBER		119-04
2	Crews, Zaryan	10	SWEE		120-01
3	Smith, Caleb	11	GROS		120-06
4	Magpile, Matthe	12	CACR		120-06
5	Beltran, Xavier	11	SMAR		120-07
6	Franco, Thien	10	RBER		120-10
7	Michael, Austin	11	EALA		120-10
8	Plummer, Khalil	12	VALH		121-02
9	Ramirez, Alan	12	OLYM		121-06

Flight 2 of 3 Finals

1	Hunt, Joseph	11	STCA		122-10
2	Fortune, Korey	11	MIME		123-04
3	Quiroga, Javier	11	STCA		124-00
4	Symans, Griffin	12	CACR		126-03.50
5	Symington, Eliza	11	PAHE		126-08
6	Shi, Kaiwei	12	WEVI		126-11
7	Polak, Jacob	10	GRNH		128-00
8	Chiw, Noah	10	MIME		128-02
9	Ferguson, Christi	12	OTRA		129-07

Flight 3 of 3 Finals

1	Yaldo, Dominick	12	VALH		131-00
2	Graham, Paul	12	RABV		132-01
3	Lopez, Gael	12	OTRA		135-01.50
4	Maciejewski, Ke	11	DNHS		138-06
5	Straily, Noah	12	STCA		140-00
6	Vergenz, Trey	12	MIHI		146-05
7	Bowler, Kaleb	12	OTRA		149-04
8	Gash, Anthony	11	HELI		151-02
9	Knowles, Tyler	12	RABV		185-05

Alternates

1	Sako, Joseph	12	BOVI		119-02
2	Larsina, Daniel	11	HELI		117-00
3	Donaldson, Kale	12	OTRA		116-06