

2023 Don Jones - 3/11/2023
Rancho Bernardo High School, San Diego CA
Meet Program

Event 1 Girls 3200 Meter Run Invite (22)**Saturday 3/11/2023 - 10:00 AM****Meet Record: 10:46.54 2003 Claire Rethmeier**

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Williams, Jaelyn	9	Eastlake	10:39.26
2	Riggins, Hannah	12	Del Norte	10:53.14
3	Taylor, Scarlett	11	Torrey Pines	10:54.96
4	Sutherland, Audra	12	Rancho Berna	11:14.04
5	Martin, Michaela	12	Scripps Ranc	11:19.51
6	Buswell, Tessa	11	Poway	11:20.10
7	Larner, Kira	12	La Costa Can	11:25.74
8	Estrada, Melissa	12	Vista	11:28.79
9	Selbrede, Breea	12	Mt Carmel	11:32.71
10	Ramos, Isabella	9	Point Loma	11:34.21
11	Nash, Avalon	11	Poway	11:36.20
12	Ramirez, Vanessa	12	Rancho Berna	11:46.72
13	Lorenz, Madison	11	Rancho Berna	11:49.31
14	Peacher, Lauren	11	Vista	11:52.57
15	Kirkegaard, Amelia	10	Patrick Henr	11:56.68
16	Salazar, Galia	11	Eastlake	11:59.74
17	Arce, Suhey	11	Grossmont	12:07.07
18	Coleman, Shelby	10	Steele Canyo	12:07.88
19	Rudolph, Jillian	11	El Capitan	12:12.39
20	Andrews, Emmy	11	Carlsbad	12:13.12
21	Lopez, Dania	10	Steele Canyo	12:15.78
22	Witt, Nicole	9	Point Loma	12:19.38

Event 2 Girls 4x100 Meter Relay Varsity (20)**Saturday 3/11/2023 - 10:15 AM****Meet Record: 48.41 2014 Great Oak**

Lane	Team	Relay	Seed Time
Section 1 of 3 Finals			
3	Olympian	A	NT
	1) Ruiz, Ivanna 10	2) Tibayan, Aubrey 9	
	3) Keys, Keziah 12	4) Hawkins, Gabrielle 10	
	5) Mason, Natasha 11	6) Getman, Sophia 10	
4	Ramona	A	NT
	1) Clowers, Avery 10	2) Slade, Phoebe 12	
	3) Guzman, Alyssa 12	4) Digiovanni, Cyprus 12	
	5) Hegemeyer, Katerina 11	6) Memmel, Lily 10	
5	Mt Carmel	A	NT
	1) Lake, Kassa 11	2) Vargas, Audrey 12	
	3) Wilkerson, Charleah 12	4) Ruskovich, Tianna 11	
	5) Cassell, Giselle 11		
6	Sage Creek	A	NT
	1) Miracco, Julianna 10	2) Keehn, Hannah 11	
	3) Ewald, Addison 10	4) Laube, Catherine 12	
	5) Scarpelli, Lauren 11		

Section 2 of 3 Finals

1	Granite Hill	A	57.69
	1) Borneman, Kailani 12	2) Brawner, Ashlyn 12	
	3) Payan, Alyssa 9	4) Turner, Anita 12	
	5) Barre, Savannah 12	6) Virili, Tristen 12	
2	Hoover (Sd)	A	55.95
	1) Binion, Jazmyne 11	2) Austin, Maya 9	
	3) Ku, Hser 11	4) Parker, Jewel 9	
	5) Velasco, Aileen 10	6) Sosa, Maritza 11	
3	Valley Cente	A	54.51
	1) McNamara, Skyler 11	2) Boleda, Charlotte 9	
	3) English, Brooklyn 10	4) Hernandez, Ania 12	
	5) Brown, Alexa 11	6) Pojas, Mary 10	
4	El Cajon Val	A	54.12
	1) Butts, Saianna 10	2) Watson, Kahleya 12	
	3) Valverde, Olivia 12	4) Evans, Shantilese 9	
5	Mt Miguel	A	54.41
	1) Chapman, Jadah 11	2) Foote, Julia 12	
	3) Mahaney, Skyy 11	4) Cook-Weaver, Kanayjah 11	
	5) Emerick, Marley 12		
6	Westview	A	55.41
	1) Wavrik, Bailey 10	2) Hooshmand, Ava 10	
	3) Hutchinson, Ashleigh 10	4) Foster, Morghan 10	
	5) Lovasz, Ella 11	6) Thompson, Nia 10	
7	Eastlake	A	56.63
	1) Robinson, Isabella 11	2) Rayray, Maya 10	
	3) McFadden, Amaya 12	4) Smith, Nevaeh 10	
8	Poway	A	58.50
	1) Carpenter, Courtney 11	2) Burks, Bailey 12	
	3) Arnold, Mackenzie 9	4) Nichols, Madisen 10	

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Section 3 of 3 Finals...(Event 2 Girls 4x100 Meter Relay Varsity (20))

1	Del Norte	A	53.00	_____
	1) Prasouvo, Anna 11		2) Tan, Kaylee 12	
	3) Jones, Savanna 12		4) Gross, Zoe 9	
2	San Dieguito	A	52.71	_____
	1) Erceg, Lea 9		2) Pullman, Mia 9	
	3) Renison, Carly 10		4) Howard, Makena 9	
	5) Wright, Kaloah 12			
3	Carlsbad	A	51.60	_____
	1) Herbst, Morgan 10		2) Millard, Peighton 10	
	3) Herbst, Makenna 10		4) Herrera, Jillian 10	
4	Rancho Berna	A	49.37	_____
	1) Gillespie, Kati 11		2) Lankford, Riley 12	
	3) Otholt, Kyah 12		4) Hoagland, Tayhlore 11	
	5) Uyeda, Skye 12			
5	Steele Canyo	A	50.84	_____
	1) Dickens, Brionna 11		2) Richardson, Jahmyia 11	
	3) Barclay, Ily 9		4) Burkhardt, Nicoletta 11	
	5) Fuller, Kailey 9			
6	La Costa Can	A	52.08	_____
	1) Humphreys, Summer 12		2) Donnelly, Kaitlin 10	
	3) Magers, Delaney 11		4) Weaber, Grace 12	
	5) Frith, Tatum 10		6) Travers, Marea 12	
7	Mira Mesa	A	52.84	_____
	1) Bumanlag, Marissa 12		2) Reed, Hannah 10	
	3) Sarabia, Analeah 11		4) Holloway, Suraya 10	
	5) Mangum, Naomi 10		6) Frasier, Corrinne 12	
8	Point Loma	A	53.01	_____
	1) Norban, Eve 12		2) Harris, Emily 12	
	3) Moriarty, Sloane 12		4) Gates, Karolina 10	
	5) Erickson, Kylie 10		6) Frey, Hannah 9	

Event 3 Boys 4x100 Meter Relay Varsity (24)**Saturday 3/11/2023 - 10:31 AM****Meet Record: 41.87 2014 Great Oak**

<u>Lane</u>	<u>Team</u>	<u>Relay</u>	<u>Seed Time</u>	
Section 1 of 3 Finals				
1	Patrick Henr	A	NT	_____
	1) McBride, Derek 11		2) Phan, Ethan 11	
	3) Alvarez, Turner 12		4) Shanks, Luke 12	
2	Sage Creek	A	NT	_____
	1) Williams, Derrick 12		2) Deatherage, Finn 12	
	3) Ramirez, Zach 12		4) Mullen, Jack 10	
	5) Ramirez, Blake 12			
3	Vista	A	NT	_____
	1) Serrano, George 10		2) Porter, Nathan Jay 12	
	3) Totanes, Jay 11		4) McClintic, Derek 12	
	5) Harris, Marcus 11		6) Walker, Gianni 10	
4	Del Norte	A	46.96	_____
	1) Remigio, Ryan 10		2) Heintz, Oliver 11	
	3) Warren, Jacob 11		4) Agnihotri, Neel 11	
5	El Cajon Val	A	48.08	_____
	1) Dubose, Darick 11		2) Dixon, Paris 11	
	3) Middleton, Jay 10		4) Scott, Elijah 12	
	5) Daraji, Wisam 11			
6	Ramona	A	NT	_____
	1) Enriquez, Adrian 11		2) Kassab, Jamil 11	
	3) Pepi, Tyler 12		4) Patenaude, Kyle 11	
	5) Carranza, Jose 11		6) Grajeda, Ethan 10	
7	Scripps Ranc	A	NT	_____
	1) Barajas, Luke 11		2) Martin, Markell 10	
	3) Randolph, Marley 11		4) Long, Rory 12	
	5) Wimmer, Rowen 11		6) Bottomley, Nathan 11	
8	Classical Ac	A	NT	_____
	1) Pfeiffer, Justus 12		2) Contreras, Lorenzo 12	
	3) Wentzel, Thomas 9		4) Cowles, Jonathan 10	
	5) Lowell, Jack 10		6) Tillyer, Evan 12	

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Section 2 of 3 Finals...(Event 3 Boys 4x100 Meter Relay Varsity (24))

1	Mt Miguel	A	46.33	_____
	1) McGowan, Davian 11		2) Castillo, Jeremiah 11	
	3) Jones, Vincent 11		4) Verduzco, Jorge 12	
	5) Phillips, Sha-Hei 10		6) Armenta, Hector 11	
2	El Capitan	A	45.94	_____
	1) Henry, Logan 11		2) Calvert, Austin 11	
	3) Soto, Facundo 12		4) Unden, Shamarion 11	
3	Hoover (Sd)	A	45.57	_____
	1) Jackson, Shakur 12		2) Angelo, Hassan 11	
	3) Semexant, Dukens 11		4) Autry, SirDarius 10	
	5) De Luna, Alexander 12		6) Martin, Kemal 11	
4	Granite Hill	A	44.93	_____
	1) Zander, Joshua 11		2) Sanders, Parlan 12	
	3) Glaze, Jordan 11		4) Maddox, No'Koi 11	
	5) Turner, Maxwell 10		6) Brown, Jumel 10	
5	Eastlake	A	45.23	_____
	1) Lucy, Marquise 12		2) Osorio, Sebastian 12	
	3) Tamez, Tristan 12		4) Solomon, Joseph 11	
	5) Reavis, Anthony 10			
6	Westview	A	45.80	_____
	1) Lloyd, Brian 11		2) Simpson, Nathan 11	
	3) Wilde, Kevin 11		4) Matin, Rayan 11	
	5) Gerstin, Nicholas 12			
7	Poway	A	46.24	_____
	1) Alsop, Tyler 11		2) Soans, Ruhaan 10	
	3) Nohara, Gavin 10		4) Butler, Johnathan 11	
	5) Smith-Earle, Rowan 10		6) Sevilla, Arturo 11	
8	Valley Cente	A	46.49	_____
	1) Natale, Matteo 10		2) Cathers, Ryan 11	
	3) Leonard, Matthew 12		4) Ramage, Logan 12	
	5) Middleton, Brycen 12		6) Borroel, Ramon 10	

Section 3 of 3 Finals

1	Steele Canyo	A	44.82	_____
	1) Barksdale, Xavier 12		2) Stevens, Quentin 12	
	3) Norris Jr., Carlton 12		4) Sablan, Johnathan 11	
2	Olympian	A	44.45	_____
	1) Cadriel, Andrew 11		2) Roberts, Ethan 11	
	3) Dorsey, Jaden 12		4) Jordan, Javon 12	
	5) Flatts, Patricio 9		6) Cabrera, Nicky 10	
3	La Costa Can	A	43.82	_____
	1) Maes, Andrew 11		2) Seifert, Ian 12	
	3) McGrath, Seven 12		4) Wells, Jason 12	
	5) Herman, Coby 9		6) Clevinger, Drew 11	
4	Helix	A	42.39	_____
	1) Martin, Shon 11		2) Arrington, Brandon 9	
	3) Gray, Spencer 10		4) Parker, Adren 12	
	5) Allen, Kevin 11			
5	Mt Carmel	A	43.77	_____
	1) Slaughter, David 10		2) Aukerman Salinas, Jonathan 12	
	3) Aldelaimi, Khalid 12		4) Krynicki, Jonathan 12	
	5) Caulfield, Harrison 10			
6	Rancho Berna	A	44.20	_____
	1) Zhan, Phoenix 12		2) Fisher, Terrick 11	
	3) Cappello, Christopher 11		4) Whitford, Tanner 11	
	5) Pennyman, Mario 11			
7	Mira Mesa	A	44.70	_____
	1) Waldon, Isaiah 12		2) Thompson, Makei 12	
	3) Cato, Ravel 12		4) Brown, Chris 11	
	5) Sanders, Amari 10		6) Cato, Elijah 10	
8	Carlsbad	A	44.88	_____
	1) Ball, Josh 11		2) Woods, Justus 11	
	3) Saint Paul, Jalen 11		4) Lerner, Erik 12	
	5) Dahlan, Kai 11		6) Edgar, Jaydan 11	

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Event 4 Boys 3200 Meter Run Invite (24)**Saturday 3/11/2023 - 10:47 AM****Meet Record: 8:59.68 2011 Chris Brewer**

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Blakely, Russell	12	Grossmont	9:24.08
2	Bell, Tom	12	Mt Carmel	9:30.39
3	Welton, Adrian	11	Westview	9:36.73
4	Luecht, Camden	10	Rancho Berna	9:37.39
5	Correia, Manuel	12	Point Loma	9:42.50
6	Conway, Matt	11	Torrey Pines	9:43.09
7	Coyle, Mason	12	Grossmont	9:45.94
8	Belt, Ken	12	Scripps Ranc	9:46.31
9	Edwards, Joshua	12	Grossmont	9:47.13
10	Oliver, Jayson	12	Santana	9:49.90
11	Bell, Bradley	12	Steele Canyo	9:51.06
12	Gordon, Ethan	11	La Costa Can	9:53.25
13	Nicholas, Rowan	12	Rancho Berna	9:53.49
14	Berner, Kaeden	11	Westview	9:55.91
15	Jin, Luke	10	Del Norte	9:58.50
16	Hulterstrom, David	12	Poway	10:01.54
17	Arciaga, Ryland	12	Westview	10:03.02
18	Boinus, Austin	11	El Capitan	10:03.31
19	Niednagel, Isaac	11	La Costa Can	10:04.04
20	Prunty, Ian	12	Patrick Henr	10:05.00
21	Cloyd, Garrett	11	Mt Miguel	10:05.79
22	Senn, Micah	10	Steele Canyo	10:07.77
23	Garcia, Franklin	12	Vista	10:09.08
24	Buentello, Luke	11	Vista	10:09.73

Event 5 Girls 100 Meter Hurdles Varsity (16)**Saturday 3/11/2023 - 11:10 AM****Meet Record: 15.06 2004 Laiah Blue**

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Kennedy, Jane	10	Westview	18.20
2	Gerami, Erika	12	Rancho Berna	18.20
3	Tappin, Alexandria	10	Sage Creek	17.95
4	Harris, Emily	12	Point Loma	17.85
5	Taylor, Kloe	12	Del Norte	17.87
6	Jones, Emilee	11	Rancho Berna	18.11
7	Morrisette, Savannah	11	Valley Cente	18.20
8	Kates, Samantha	10	San Dieguito	18.26
Section 2 of 2 Finals				
1	Bumanlag, Marissa	12	Mira Mesa	17.22
2	Magers, Delaney	11	La Costa Can	16.20
3	Cook, Lillian	11	Steele Canyo	16.13
4	Robinson, Isabella	11	Eastlake	15.51
5	Laube, Catherine	12	Sage Creek	16.08
6	Uyeda, Skye	12	Rancho Berna	16.14
7	Jambi, Riya	12	Granite Hill	16.71
8	Gates, Karolina	10	Point Loma	17.58

Alternates

1	Lea, Gabriella	12	San Dieguito	18.33
2	Reichstadt, Adeline	10	Helix	18.33
3	Thomas, Gabrielle	9	Grossmont	18.45
4	Bueno, Mirella	11	Steele Canyo	18.52
5	Baldwin, Emmy(Emerson)	10	Granite Hill	18.53

Event 6 Boys 110 Meter Hurdles Varsity (16)**Saturday 3/11/2023 - 11:27 AM****Meet Record: 14.16 2011 Jacob Hare**

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Bryant, Sterling	10	Ramona	17.16
2	Tegt, Drew	12	Fallbrook	17.07
3	Yakubisin, Luke	10	Westview	16.60
4	Tragarz, Danny	12	Del Norte	16.21
5	Herron, Quincy	12	Helix	16.55
6	Andruss, Brennan	12	Poway	16.81
7	Patenaude, Kyle	11	Ramona	17.12
8	Stewart, Patrick	12	Scripps Ranc	17.36
Section 2 of 2 Finals				
1	Blattman, Hudson	12	Rancho Berna	15.96
2	Aldelaimi, Khalid	12	Mt Carmel	15.51
3	Dorsey, Jaden	12	Olympian	15.46
4	Martin, Shon	11	Helix	14.94
5	Richter, Ryan	11	Santana	15.43
6	Cappello, Christopher	11	Rancho Berna	15.50
7	Barksdale, Xavier	12	Steele Canyo	15.58
8	Wong, Bucko	10	Rancho Berna	16.09

Alternates

1	Sanchez-Cordova, Gerard	11	Olympian	17.37
2	Nguyen, Andrew	11	La Costa Can	17.42
3	Lemos, Kevin	12	Olympian	17.50
4	Linck, Nathan	11	Eastlake	17.51
5	Draher, Joshua	11	Carlsbad	17.80
6	Line, Tyson	11	Mira Mesa	17.95

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Event 7 Girls 4x800 Meter Relay Varsity (15)**Saturday 3/11/2023 - 11:45 AM**

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Del Norte	A	9:45.64
	1) Busse, Brianna 11	2) Shannon, Addison 9	
	3) Enyedi, Lilah 9	4) Badillo, Madelynn 10	
2	Point Loma	A	10:31.22
	1) Branham-Bond, Ellie Rose 10	2) Carroll, Mckenna 9	
	3) Witt, Nicole 9	4) Lapic, Katherine 11	
	5) Ramos, Isabella 9	6) Guhse, Annie 10	
3	Steele Canyo	A	10:48.55
	1) Alvarez, Yareli 12	2) Sitta, Brooklyn 12	
	3) Cotter, Savannah 12	4) Coleman, Kylie 9	
	5) Lopez, Dania 10		
4	Poway	A	11:01.29
	1) Gould, Reese 11	2) McIntosh, Tori 10	
	3) Buswell, Bonnie 9	4) McGhee, Amanda 11	
5	Mira Mesa	A	11:24.64
	1) Hixon, Vianne 10	2) Yambao, Jasmine 10	
	3) Mitchell, Allison 11	4) Comia, Celine 9	
6	Rancho Berna	A	12:04.11
	1) Hendrickson, Kate 10	2) Patel, Shaina 11	
	3) Bessey, Meggie 11	4) Razon, Ava 11	
	5) Pulham, Katherine 9		
7	Patrick Henr	A	12:40.98
	1) Aguirre, Hannah 10	2) Collins, Ayla 9	
	3) Barefoot, Elizabeth 9	4) Cruz, Eva 9	
	5) Hunt, Mara 9	6) Molina, Andrea 9	
8	Rancho Berna	B	NT
	1) Whitman, Mia 12	2) Read, Harbor 9	
	3) Baccei, Sophia 9	4) Kim, Yena 10	
	5) Cummins, Rheya 10		
9	Eastlake	A	NT
	1) Challburg, Amanda 12	2) Salazar, Galia 11	
	3) Vuong, Vanessa 11	4) Kitamura, Solana 9	
10	Olympian	A	NT
	1) Ames, Victoria 12	2) Lara, Isabel 9	
	3) Estrada, Shaniya 12	4) Alyssa, Alaman 10	
	5) Meza Campos, Jessica 9	6) Rios, Zyanya 12	
11	Westview	A	NT
	1) Arciaga, Kaitlyn 10	2) Kooyman, Olivia 11	
	3) Penev, Irene 11	4) Hennigan, Delaney 9	
12	Helix	A	NT
	1) Davis, Katelyn 9	2) Barajas, Paloma 9	
	3) Varga, Elise 12	4) Garrison, Lorelei 9	
13	Poway	B	NT
	1) Judd, Olivia 11	2) Shikwana, Jessica 12	
	3) Juza, Mackenzie 10	4) Husseman, Catalina 9	
14	Westview	B	NT
	1) Li, Elizabeth 11	2) Ratermann, Macy 10	
	3) Watson, Kiana 12	4) Long, Charlotte 9	
15	Grossmont	A	NT
	1) Mooney, Savannah 12	2) Taylor, Nicole 9	
	3) Sykes, Lily 9	4) Ornelas, Abigail 10	
	5) Arce, Suhey 11		

Event 8 Boys 4x800 Meter Relay Varsity (23)**Saturday 3/11/2023 - 12:04 AM**

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	El Capitan	A	8:34.30
	1) Bolander, Noah 10	2) Webb, Jonathan 10	
	3) Redman, Noah 9	4) Houser, Delson 12	
2	Del Norte	A	8:35.72
	1) Harpster, Tristan 10	2) Xiao, Tyler 11	
	3) Kanekar, Arnav 12	4) Aparri, Evan 11	
	5) Spurgiesz, Joshua 11	6) Yan, Stanley 11	
3	Point Loma	A	8:36.67
	1) Xavier, Gabriel 10	2) Kelly, Maximus 10	
	3) Snider, Noah 11	4) Cardenas-Wallenfelt, Diego 11	
	5) Correia, Manuel 12	6) Feiler, Max 12	
4	Poway	A	9:01.07
	1) Shah, Kamran 10	2) Vranish, Jack 10	
	3) Tovey, Larry 11	4) Gill, Joshua 11	
5	Mira Mesa	A	9:11.58
	1) Chiu, Bennett 11	2) Johnson, Brevan 11	
	3) Malo, Samuel 11	4) Sunnanonta, Todd 12	
	5) Romeo, Frank 12	6) Yandapalli, Saisreenadh 11	
6	Mt Carmel	A	9:22.51
	1) Alcantar, Tony 12	2) Chavez, Nicholas 12	
	3) Cutts, Landon 10	4) Shelor, Daniel 11	
	5) Bustamante, Matthew 12		
7	Steele Canyo	A	9:22.81
	1) Gaytan, Joseph 12	2) Covarrubias, Aldo 10	
	3) Magoffin, Alec 10	4) Casillas, Miguel 10	
8	Ramona	A	9:38.93
	1) Grajeda, Cody 11	2) Shelton, Jackson 10	
	3) George, William 9	4) Duley-Kahle, Dylan 10	
9	Patrick Henr	A	10:15.38
	1) Moya, Isaac 10	2) Prunty, Ian 12	
	3) Biddle, Sebastian 12	4) Corlew, Joseph 9	
10	Eastlake	A	NT
	1) Peraza, Dylan 10	2) Halverson, Darin 12	
	3) Halverson, Vance 12	4) Navarrete Ocampo, Diego 11	
11	Santana	A	NT
	1) Thomas, Cameron 12	2) McDonald, Trevor 11	
	3) La Bruno, Vincent 11	4) Prescott, Wyatt 11	
	5) Hansen, Seth 12		
12	La Costa Can	A	NT
	1) Fleck, Riley 11	2) Marcucci, Grant 11	
	3) Doalson, Anthony 10	4) Lucariello, Gabriel 9	
13	Classical Ac	A	NT
	1) Murray, Colin 12	2) Dann, Sawyer 10	
	3) Berryman, Josiah 10	4) Clemeshaw, Evers 10	
	5) Navarrette, Santi 10	6) Sanchez, Ezekiel 9	
14	Sage Creek	A	NT
	1) Leupold, Kurt 10	2) Bohnert, Ethan 12	
	3) Cantu, Enman 11	4) Musbach, Luke 11	
15	Del Norte	B	NT
	1) Abraham, Ben 10	2) Akinpelu, Peter 11	
	3) Owsley, Ben 9	4) Lim, Jun 12	
16	Steele Canyo	B	NT
	1) Baker, Zachary 10	2) Carney, Adam 12	
	3) Moreno, Diego 9	4) Binsfield, Matthew 10	
17	Westview	B	NT

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Section 1 of 1 Finals

1) Hilton, James 10	2) Dobrowolski, Matthew 11	
3) Shanyour, Omar 9	4) Chen, Nolan 12	
18 Rancho Berna	A NT	_____
1) Pratt, Otis 11	2) Gillespie, Jase 11	
3) Aichroth, James 11	4) Marsh, Jack 12	
19 Helix	A NT	_____
1) Freshley, Adam 11	2) Freshley, Alex 11	
3) Kouwonou, Jb 12	4) Caneday, Joshua 12	
20 Westview	A NT	_____
1) Welton, Adrian 11	2) Berner, Kaeden 11	
3) Stevens, Matthew 10	4) Arciaga, Ryland 12	
21 Rancho Berna	B NT	_____
1) Stup, Evan 12	2) Ramirez, Jose 10	
3) Schaller, Max 11	4) Dalrymple, Trent 9	
22 El Capitan	B NT	_____
1) Dotson, Gabriel 10	2) Rodriguez, Guillermo 11	
3) Martinez, Julian 11	4) Soto, Agostinho 10	
23 Olympian	A NT	_____
1) Genslar, Memphis 9	2) Estrella, Anthony 11	
3) Campbell, Andrew 11	4) Mohamed, Emran 11	
5) Gonzales, Justin 12	6) Kaneko, Sho 10	

2 Jackson, Shakur	12 Hoover (Sd)	11.29	_____
3 Rohnow, Cooper	11 Point Loma	11.28	_____
4 Lerner, Erik	12 Carlsbad	11.27	_____
5 Gray, Spencer	10 Helix	11.28	_____
6 Valenzuela, Michael	11 Santana	11.29	_____
7 Castillo, Jeremiah	11 Mt Miguel	11.30	_____
8 Thompson, Makei	12 Mira Mesa	11.31	_____

Section 2 of 2 Finals

1 Woods, Justus	11 Carlsbad	11.24	_____
2 Butler, Johnathan	11 Poway	11.06	_____
3 Brown, Chris	11 Mira Mesa	10.98	_____
4 Arrington, Brandon	9 Helix	10.68	_____
5 Wells, Jason	12 La Costa Can	10.72	_____
6 Aukerman Salinas, Jonathan	12 Mt Carmel	11.04	_____
7 Fisher, Terrick	11 Rancho Berna	11.06	_____
8 McClintic, Derek	12 Vista	11.25	_____

Event 9 Girls 100 Meter Dash Invite (16)**Saturday 3/11/2023 - 12:22 AM****Meet Record: 11.66 2016 Susie Acolatse**

Lane	Name	Yr	School	Seed	Time
Section 1 of 2 Finals					
1	Erickson, Kylie	10	Point Loma	13.01	_____
2	Renison, Carly	10	San Dieguito	12.99	_____
3	Humphreys, Summer	12	La Costa Can	12.91	_____
4	Cinzori, Cassandra	12	San Dieguito	12.88	_____
5	Hoagland, Tayhlore	11	Rancho Berna	12.90	_____
6	Weaber, Grace	12	La Costa Can	12.98	_____
7	Tan, Kaylee	12	Del Norte	13.01	_____
8	Gillespie, Kati	11	Rancho Berna	13.01	_____

Section 2 of 2 Finals

1	Macatee, Jaclyn	12	Scripps Ranc	12.73	_____
2	Norban, Eve	12	Point Loma	12.62	_____
3	Burton, Chanel	11	Helix	12.42	_____
4	Ruskovich, Tianna	11	Mt Carmel	12.16	_____
5	Dickens, Brionna	11	Steele Canyo	12.27	_____
6	Lankford, Riley	12	Rancho Berna	12.55	_____
7	Broussard, Asia	9	Helix	12.72	_____
8	Cliff, Charlotte	10	Carlsbad	12.85	_____

Alternates

1	Hallahan, JoJo	11	Foothills Ch	13.01	
2	Balistreri, Guliana	11	Grossmont	13.04	
3	Maldonado, Shelby	11	Vista	13.07	
4	Cassell, Giselle	11	Mt Carmel	13.08	
5	Foster, Morghan	10	Westview	13.11	
6	Swift, Shaelynn	10	Helix	13.16	

Event 10 Boys 100 Meter Dash Invite (16)**Saturday 3/11/2023 - 12:34 AM****Meet Record: 10.75 2011 Jared Pickering**

Lane	Name	Yr	School	Seed	Time
Section 1 of 2 Finals					
1	Waldon, Isaiah	12	Mira Mesa	11.31	_____

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Alternates...(Event 10 Boys 100 Meter Dash Invite)

1	Long, Rory	12	Scripps Ranc	11.32
2	Jordan, Javon	12	Olympian	11.34
3	Stevens, Quentin	12	Steele Canyo	11.40
4	Lucy, Marquise	12	Eastlake	11.41
5	Serrano, George	10	Vista	11.43
6	Solomon, Joseph	11	Eastlake	11.44
7	Williams, Andrew	12	Fallbrook	11.45

Event 11 Girls 800 Meter Run Invite (18)**Saturday 3/11/2023 - 12:44 AM****Meet Record: 2:12.45 2002 Whitney Schmucker**

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Arciaga, Kaitlyn	10	Westview	2:11.98
2	Biesinger, Sophia	12	La Costa Can	2:17.76
3	Echsner, Ella	11	Del Norte	2:18.48
4	Horning, Mikayla	12	Santana	2:20.01
5	Steer, Clara	12	Pacific Ridg	2:20.01
6	Russo, Emily	10	Del Norte	2:20.71
7	Aguirre, Miriam	10	Patrick Henr	2:21.66
8	Gibson, Brooke	11	High Tech Hi	2:23.87
9	Wick, Jaiden	12	Scripps Ranc	2:24.62
10	Steer, Elsa	12	Pacific Ridg	2:25.94
11	Gavin, Grace	11	Classical Ac	2:26.02
12	Haas, Kayla	11	Valhalla	2:26.33
13	Diffenbaugh, Chase	12	Steele Canyo	2:27.28
14	Stock, Katrina	11	Steele Canyo	2:28.98
15	Perry, Alana	11	Valhalla	2:29.10
16	Parker, Jennifer	12	Ramona	2:29.60
17	Petersen, Abby	11	Fallbrook	2:30.15
18	Brawner, Ashlyn	12	Granite Hill	2:30.59

Event 12 Boys 800 Meter Run Invite (21)**Saturday 3/11/2023 - 12:53 AM****Meet Record: 1:52.66 2015 Isaac Cortes**

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Rosen, Ian	12	Grossmont	1:55.12
2	Cordero, Angel	11	Olympian	1:56.08
3	Calvert, Aundrey	11	El Capitan	1:58.73
4	De Haro, Mark	12	Vista	2:00.69
5	Arredondo, Juan	12	Steele Canyo	2:01.67
6	Yarbrough, Cameron	9	Del Norte	2:01.98
7	Caneday, Joshua	12	Helix	2:02.74
8	Estrella, Anthony	11	Olympian	2:04.11
9	Freshley, Adam	11	Helix	2:06.22
10	Katanchi, Paolo	12	Steele Canyo	2:06.30
11	Schmid, Zach	11	Vista	2:06.35
12	Freshley, Alex	11	Helix	2:06.45
13	Johnson, Jordan	11	Valhalla	2:06.59
14	Guzman, Juan	12	Steele Canyo	2:06.89
15	Reinig, Jack	12	Patrick Henr	2:07.10
16	Chang, Caleb	10	Mt Carmel	2:07.49
17	Rigg, Kielan	10	Del Norte	2:08.25
18	Xavier, Gabriel	10	Point Loma	2:09.51
19	Nguyen, Eric	12	Scripps Ranc	2:09.64
20	Duffer, David	12	Carlsbad	2:09.65
21	Remigio, McAelan	12	Scripps Ranc	2:09.90

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Event 13 Girls 800 Sprint Medley Frosh/Soph (24)**Saturday 3/11/2023 - 1:02 PM**

Lane	Team	Relay	Seed Time
Section 1 of 3 Finals			
1	Eastlake	A	NT _____
	1) Rayray, Maya 10	2) Smith, Nevaeh 10	
	3) Maldonado, Samara 9	4) Roche, Sheridan 10	
	5) Sepulveda, Alexis 10		
2	Point Loma	A	NT _____
	1) Frichtel, Jenna 9	2) Frey, Hannah 9	
	3) Wotursky, Mallory 10	4) Ferreira, Mia 10	
3	Granite Hill	A	NT _____
	1) Suetos, Jayselle 9	2) Tieber, Payton 9	
	3) Kifer, Charleigh 9	4) Hamilton, Keona 9	
	5) Baldwin, Emmy 10	6) Ortiz, Natalie 10	
4	Steele Canyo	B	NT _____
	1) Williams, Amira 10	2) Mitchell, Haley 10	
	3) Baker, Jayla 9	4) Coleman, Dejanae 9	
5	Scripps Ranc	B	NT _____
	1) Say, Makaylin 10	2) Binger, Wren 9	
	3) Lyngo, Kamila 10	4) Velazquez, Atiana 10	
6	Westview	A	NT _____
	1) Wavrik, Bailey 10	2) Foster, Morghan 10	
	3) Hutchinson, Ashleigh 10	4) Santiago, Sophia 10	
	5) Adams, Jaden 9		
7	Carlsbad	A	NT _____
	1) Millard, Peighton 10	2) Harris, Berkeley 10	
	3) Nolte, Lily 10	4) Cliff, Charlotte 10	
8	Foothills Ch	A	NT _____
	1) Purvis, Ashlyn 10	2) Case, Abby 9	
	3) Andrews, Bethany 10	4) Jones, Micaela 10	
	5) Johnson, Katey 10		

Section 2 of 3 Finals

1	Steele Canyo	A	NT _____
	1) Ewing, Kaliani 9	2) Blake, Taylin 9	
	3) Fuller, Kailey 9	4) Dugan, Amayah 9	
2	Olympian	A	NT _____
	1) Davis, Evanna 11	2) Ford, Karis 10	
	3) Morales, Brianne 11	4) Getman, Sophia 10	
	5) Anderson, Airi 10	6) Mason, Natasha 11	
3	Ramona	A	NT _____
	1) Clowers, Avery 10	2) Ferguson, Ingrid 9	
	3) Memmel, Lily 10	4) Bishop, Hallie 10	
4	Grossmont	A	NT _____
	1) Jensen, Jaelyn 10	2) Thomas, Gabrielle 9	
	3) Avila, Madyson 10	4) Brownsberger, Kaci 9	
	5) Rathfon, Kaiden 10	6) Mcdowell, Evin 10	
5	La Costa Can	A	NT _____
	1) Webb, Charley 9	2) Wilson, Ashlin 9	
	3) Pfeiffer, Cellia 9	4) Kenney, Caelan 9	
	5) Frith, Tatum 10	6) Lason, Kelsey	
6	Scripps Ranc	A	NT _____
	1) Adams, Chloe 10	2) Hart, Samantha 10	
	3) Hanks, Madeline 10	4) Beall, Ava 10	
7	Poway	A	NT _____
	1) Berti, Daphne 11	2) Putman, Emerson 10	
	3) Carrillo, Layla 11	4) Berk, Cameron 10	
8	Patrick Henr	A	NT _____
	1) Arzaga, Elena 10	2) Spate, Elyssa 10	
	3) Ortega, Angelina 10	4) Mokhov, Kathryn 10	

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Section 3 of 3 Finals...(Event 13 Girls 800 Sprint Medley Frosh/Soph

1	Helix	A	NT	_____
	1) Youngblood, LaNyah 9		2) Broussard, Asia 9	
	3) Swift, Shaelynn 10		4) Barner, Sasha 9	
2	Valley Cente	A	NT	_____
	1) Hawranik, Grace 10		2) Pojas, Mary 10	
	3) Morrisette, Jasmine 9		4) Thompson, Eden 9	
	5) Sodeman, Emily 9		6) Pojas, Nusun 10	
3	Del Norte	A	2:00.00	_____
	1) Collins, Sevanna 9		2) Sutherland, Juliana 9	
	3) Im, Hannah 9		4) Golding, Riley 9	
4	Mira Mesa	A	2:00.00	_____
	1) Mangum, Naomi 10		2) Holloway, Suraya 10	
	3) Reed, Hannah 10		4) Yambao, Jasmine 10	
5	El Capitan	A	2:00.00	_____
	1) Miller, Maya 9		2) Miller, Jillian 9	
	3) Dixon, Camiele 9		4) Lofgran, Kassie 10	
6	Sage Creek	A	NT	_____
	1) Huff, Amber 9		2) Garruto, Sofia 10	
	3) Rudy, Addison 10		4) Lee, Olivia 9	
	5) Winkler, Courtney 10			
7	Del Norte	B	NT	_____
	1) Blackburn, Ashlyn 9		2) Ho, Yvonne 9	
	3) Recaido, Keira 10		4) LaRose, Sophie 10	
8	Rancho Berna	A	NT	_____
	1) Beeby, Madison 9		2) Chaplik, Naomi 9	
	3) Eshel, Taliah 9		4) Parenti, Eve 9	
	5) Van Bakel, Juliana 10			

Alternates

1	Westview	B	NT	
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Event 14 Boys 800 Sprint Medley Frosh/Soph (24)**Saturday 3/11/2023 - 1:26 PM**

Lane	Team	Relay	Seed Time
Section 1 of 3 Finals			
1	Foothills Ch	A	NT
	1) Hutchins, Chaz 9		2) Mathistad, Dillion 10
	3) Peters, Nathan 10		4) Johnson, Preston 9
2	Eastlake	A	NT
	1) Reavis, Anthony 10		2) Albano, Landon 10
	3) Stone, Sean 9		4) Gehrke, Hunter 10
	5) Peraza, Dylan 10		
3	Rancho Berna	B	NT
	1) De La Cruz, Miles 9		2) Irmen, Dyllan 10
	3) Lea'e, Aiden 9		4) Dalrymple, Trent 9
4	Del Norte	A	NT
	1) Pastrano, Kyle 10		2) Teeter, Tristan 10
	3) Kaimer, Aden 10		4) Parker, Jack 9
5	Classical Ac	A	NT
	1) Potter, Calvin 9		2) Buckner, Hurley 9
	3) Navarrette, Santi 10		4) Beverley, John 10
	5) Gililland, Jesse 10		6) Johnson, Jay 9
6	Rancho Berna	A	NT
	1) Abawi, Brice 9		2) Clark, Levi 10
	3) Christensen, Silas 9		4) Altamirano, Wolfe 10
7	Carlsbad	A	NT
	1) Lipsey, Jack 10		2) McCracken, Conrad 9
	3) Savage, Vann 10		4) Brotman, Chase 10
8	Mt Carmel	A	NT
	1) Plonka, Pierce 10		2) ValeCruz, Riley 10
	3) Young, Shaun 10		4) Barrus, Bryce 10

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Section 2 of 3 Finals...(Event 14 Boys 800 Sprint Medley Frosh/Soph)			
1	Poway	A	NT
	1) Nohara, Gavin 10		2) Smith-Earle, Rowan 10
	3) Soans, Ruhaan 10		4) LaRue, Wesley 9
2	Grossmont	A	NT
	1) Campbell, Casey 10		2) Riley, Amari 10
	3) Ramirez Pedraza, Ivan 10		4) Patterson, Aron 10
3	Olympian	A	NT
	1) Cabrera, Nicky 10		2) Griffiths, Kohner 10
	3) Jackson, Shawn 10		4) Hall, Samuel 10
	5) Cuellar, Isaac 10		6) Pinedo, Joaquin 11
4	Granite Hill	A	NT
	1) Pimentel, Joaquin 10		2) Ramirez, Jerzel 10
	3) Kraling, Jared 10		4) Zarick, Gavin 10
	5) Brown, Jumel 10		
5	Scripps Ranc	A	NT
	1) Dixon, Nate 10		2) Penwell, Cooper 9
	3) Smits, Ivan 10		4) Stadtherr, Ryan 10
	5) Watson, Ashton 10		6) Littleton, Solomon 10
6	Point Loma	A	NT
	1) Postolis Carter, Romeo 9		2) Weim, Andrew 10
	3) Metayer, Ian 10		4) Valiere, Micah 9
	5) Kagan, Miles 9		6) Leonard, Oliver 9
7	Ramona	A	NT
	1) Paredes, Timothy 9		2) Cromwell, Dominic 10
	3) Bryant, Sterling 10		4) Nelson, Connor 10
8	Valley Cente	A	NT
	1) Sikes, Ethan 10		2) Hernandez, Andres 10
	3) Macces, Manuel 10		4) Ortiz, Xander 10
	5) Natale, Alexander 9		

Section 3 of 3 Finals			
1	Mt Miguel	A	NT
	1) Elhamad, Hamad 10		2) Phillips, Sha-Hei 10
	3) Sutton, La'Justice 9		4) Hamblet, Blake 9
	5) Jones, Adam 9		
2	Sage Creek	A	1:52.00
	1) Clarke, Lucas 10		2) Swart, Jet 10
	3) Mullen, Jack 10		4) Joubert, Stephan 10
3	Steele Canyo	A	1:45.00
	1) Trujano, Pablo 10		2) Haisch, Austin 10
	3) Williams, Marvin 9		4) Lindley, Jordan 9
4	Mira Mesa	A	1:43.00
	1) Cato, Elijah 10		2) Sanders, Amari 10
	3) Encinas, David 10		4) Schmid, Jack 9
	5) Scott, Dante 10		6) Castillo, Nathaniel 10
5	Helix	A	1:45.00
	1) Shields, Kevin 9		2) Babauta, Eddie 9
	3) Ellis, Jackson 9		4) Giordano, Gabriel 10
	5) Allen, Jesai 10		
6	El Capitan	A	1:45.00
	1) Luckinbill, Garrett 10		2) Taylor, Gavin 10
	3) Fawver, Gage 9		4) Pierce, Trenton 9
7	La Costa Can	A	NT
	1) Ingold, Kai 10		2) Simmons, Aidan 10
	3) Herman, Coby 9		4) Marcucci, Lennox 9
	5) Barnett, Kaden 10		6) Lee, Justin 9
8	Westview	A	NT
	1) Gomez, Amare 10		2) Rodriguez, Justin 9
	3) Zahid, Ahmad 10		4) Shanyour, Omar 9
	5) Do, Alexander 9		6) Brown, Kyler 9

Alternates

1	Sage Creek	B	NT
2	Poway	B	NT

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Event 15 Girls 1600 Meter Run Invite (21)**Saturday 3/11/2023 - 1:42 PM****Meet Record: 4:51.55 2011 Molly Grabill**

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Arciaga, Kaitlyn	10	Westview	5:00.55
2	Selbrede, Breea	12	Mt Carmel	5:02.83
3	Williams, Jaelyn	9	Eastlake	5:04.00
4	Richardson, Addy	10	Scripps Ranc	5:10.87
5	Larner, Kira	12	La Costa Can	5:11.58
6	Sutherland, Audra	12	Rancho Berna	5:12.54
7	Steer, Clara	12	Pacific Ridg	5:14.36
8	Steer, Elsa	12	Pacific Ridg	5:19.52
9	Mitchell, Allison	11	Mira Mesa	5:19.87
10	Ellermeyer, Chloe	12	Scripps Ranc	5:23.26
11	Lopez, Dania	10	Steele Canyo	5:24.20
12	Hijazi, Dana	11	Westview	5:30.18
13	Stock, Katrina	11	Steele Canyo	5:31.71
14	Arce, Suhey	11	Grossmont	5:31.76
15	Lorenz, Madison	11	Rancho Berna	5:33.17
16	Coleman, Shelby	10	Steele Canyo	5:34.16
17	Petersen, Abby	11	Fallbrook	5:34.52
18	Touchet, Katelyn	12	Patrick Henr	5:35.30
19	Ramirez, Vanessa	12	Rancho Berna	5:35.48
20	Attiq, Racquel	10	Valhalla	5:36.95
21	Andrews, Emmy	11	Carlsbad	5:37.58

Event 16 Boys 1600 Meter Run Invite (19)**Saturday 3/11/2023 - 1:54 PM****Meet Record: 4:11.34 1994 Mark Hauser**

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Thomas, Ryan	12	Torrey Pines	4:16.01
2	Bell, Tom	12	Mt Carmel	4:19.25
3	Belt, Ken	12	Scripps Ranc	4:21.82
4	Christmore, Nathan	12	Torrey Pines	4:22.88
5	Blakely, Russell	12	Grossmont	4:23.26
6	Rosen, Ian	12	Grossmont	4:24.03
7	Niednagel, Jacob	12	La Costa Can	4:24.53
8	Kirschbaum, Derek	12	Poway	4:27.72
9	Day, Brandon	12	Rancho Berna	4:27.99
10	Wolf, Lukas	10	Patrick Henr	4:29.43
11	Caneday, Joshua	12	Helix	4:31.54
12	Arredondo, Juan	12	Steele Canyo	4:31.62
13	Boinus, Austin	11	El Capitan	4:31.89
14	Oliver, Jayson	12	Santana	4:32.38
15	Fountain, Brogan	11	Mt Carmel	4:34.55
16	Bell, Bradley	12	Steele Canyo	4:34.61
17	Cloyd, Garrett	11	Mt Miguel	4:34.89
18	Guzman, Juan	12	Steele Canyo	4:35.28
19	Reinig, Jack	12	Patrick Henr	4:36.92

Event 17 Girls 300 Meter Hurdles Varsity (16)**Saturday 3/11/2023 - 2:02 PM****Meet Record: 45.09 2013 Jessica Garcia**

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Labrador, Ava	11	Westview	52.03
2	Kennedy, Jane	10	Westview	51.49
3	Tokushige, Keira	10	Rancho Berna	51.37
4	Gonzalez, Genesis	11	Valley Cente	51.10
5	Kates, Samantha	10	San Dieguito	51.35
6	Tokushige, Reese	10	Rancho Berna	51.45
7	Morrisette, Savannah	11	Valley Cente	51.94
8	Taylor, Kloe	12	Del Norte	52.08
Section 2 of 2 Finals				
1	Courtoglous, Margot	12	Mt Carmel	50.38
2	Lake, Kassa	11	Mt Carmel	48.81
3	Laube, Catherine	12	Sage Creek	48.38
4	Cook, Lillian	11	Steele Canyo	48.02
5	Jambi, Riya	12	Granite Hill	48.13
6	Miracco, Julianna	10	Sage Creek	48.62
7	Herbst, Morgan	10	Carlsbad	49.49
8	Gates, Karolina	10	Point Loma	50.48
Alternates				
1	Reichstadt, Adeline	10	Helix	52.15
2	Mahaney, Skyy	11	Mt Miguel	52.16
3	Sommer, Ella	10	Poway	52.41
4	Sporrer, Georgia	10	La Costa Can	52.41
5	Ekwosi, Songoli	10	Valhalla	52.43

Event 18 Boys 300 Meter Hurdles Varsity (16)**Saturday 3/11/2023 - 2:14 PM****Meet Record: 37.44 1997 Reggie DePass**

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Draher, Joshua	11	Carlsbad	44.26
2	Saenz, Diego	11	Scripps Ranc	43.82
3	Chen, Nolan	12	Westview	43.49
4	Tegt, Drew	12	Fallbrook	43.33
5	Anguiano, Alejandro	12	San Dieguito	43.40
6	Stewart, Patrick	12	Scripps Ranc	43.51
7	Lee, Justin	9	La Costa Can	44.03
8	Middleton, Brycen	12	Valley Cente	44.76
Section 2 of 2 Finals				
1	Hernandez, Cole	12	Carlsbad	42.63
2	Andruss, Brennan	12	Poway	41.77
3	Blattman, Hudson	12	Rancho Berna	41.65
4	Tragarz, Danny	12	Del Norte	39.63
5	Dorsey, Jaden	12	Olympian	40.74
6	Aldelaimi, Khalid	12	Mt Carmel	41.70
7	Barksdale, Xavier	12	Steele Canyo	42.04
8	Wong, Bucko	10	Rancho Berna	43.13
Alternates				
1	Herman, Coby	9	La Costa Can	44.22
2	Armenta, Hector	11	Mt Miguel	44.32

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Alternates...(Event 18 Boys 300 Meter Hurdles Varsity)

3	Richter, Ryan	11	Santana	44.43
4	Altamirano, Wolfe	10	Rancho Berna	44.47
5	DeJarnette, Isaiah	12	Mt Carmel	44.59
6	Williams, Exavier	11	Hoover (Sd)	44.70
7	Pinedo, Joaquin	11	Olympian	44.75

Event 19 Girls 400 Meter Dash Invite (16)**Saturday 3/11/2023 - 2:26 PM****Meet Record: 54.83 2001 Monique Henderson**

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

1	Bush, Alonna	11	Valhalla	59.23
2	Vargas, Audrey	12	Mt Carmel	58.03
3	Herbst, Morgan	10	Carlsbad	57.90
4	Herbst, Makenna	10	Carlsbad	56.39
5	Burkhardt, Nicoletta	11	Steele Canyo	57.51
6	Solomon, Trinity	12	Valhalla	57.91
7	Riggins, Hannah	12	Del Norte	58.24
8	Prasouvo, Anna	11	Del Norte	59.46

Section 2 of 2 Finals

1	Wenstrand, Isabella	11	High Tech Hi	1:01.14
2	Harward, Karli	11	Granite Hill	1:00.86
3	Macatee, Jaclyn	12	Scripps Ranc	1:00.14
4	Donnelly, Kaitlin	10	La Costa Can	59.48
5	Keehn, Hannah	11	Sage Creek	59.69
6	Ruiz, Ivanna	10	Olympian	1:00.21
7	Rodriguez, Sarai	10	Olympian	1:00.99
8	Mokhov, Kathryn	10	Patrick Henr	1:01.45

Alternates

1	Stoughton, Tiffany	11	Scripps Ranc	1:01.64
2	Wilkerson, Charleah	12	Mt Carmel	1:02.09
3	Edelstein, Shani	10	Poway	1:02.55
4	Herrera, Jillian	10	Carlsbad	1:02.95

Event 20 Boys 400 Meter Dash Invite (16)**Saturday 3/11/2023 - 2:30 PM****Meet Record: 48.09 2002 Deun White**

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

1	Randolph, Marley	11	Scripps Ranc	52.08
2	Deatherage, Finn	12	Sage Creek	51.88
3	Seifert, Ian	12	La Costa Can	50.68
4	Villa, Benito	12	Steele Canyo	50.10
5	Hughes, Lukas	12	Poway	50.16
6	Krynicky, Jonathan	12	Mt Carmel	51.17
7	Ramirez, Zach	12	Sage Creek	52.02
8	Clevinger, Drew	11	La Costa Can	52.27

Section 2 of 2 Finals

1	Jimenez, Julian	12	Eastlake	52.91
2	Long, Rory	12	Scripps Ranc	52.80
3	Kim, Rory	11	Poway	52.69
4	Schoon, Carter	12	Poway	52.47
5	Verduzco, Jorge	12	Mt Miguel	52.57
6	Caulfield, Harrison	10	Mt Carmel	52.75
7	Jones, Vincent	11	Mt Miguel	52.90
8	Calvert, Austin	11	El Capitan	52.95

Alternates

1	Angelo, Hassan	11	Hoover (Sd)	53.11
2	Gray, Aaron	11	Steele Canyo	53.14
3	Lindquist, Aiden	11	Valhalla	53.26
4	Winstead, Calvin	12	Westview	53.28
5	Kouwounou, Jb	12	Helix	53.33
6	Uden, Shamarion	11	El Capitan	53.51
7	Remigio, McAelan	12	Scripps Ranc	53.82

Event 21 Girls 1600 Meter Run Frosh (19)**Saturday 3/11/2023 - 2:35 PM**

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Shannon, Addison	9	Del Norte	5:27.79
2	Ramos, Isabella	9	Point Loma	5:28.14
3	Li, Madison	9	Poway	5:31.00
4	Enyedi, Lilah	9	Del Norte	5:35.98
5	Witt, Nicole	9	Point Loma	5:39.37
6	Carroll, Mckenna	9	Point Loma	5:40.97
7	Campos, Olivia	9	Mt Carmel	5:44.23
8	Forster, Ashlan	9	El Capitan	5:51.59
9	Hennigan, Delaney	9	Westview	5:52.33
10	Grant, Anna	9	Rancho Berna	5:53.40
11	Nelson, Annie	9	La Costa Can	5:55.80
12	Bell, Veronica	9	Mt Carmel	5:58.24
13	Guachino, Jasmina	9	Valley Cente	6:00.11
14	Rilea, Olivia	9	Vista	6:04.80
15	Cruz, Eva	9	Patrick Henr	6:04.86
16	Giron, Emily	9	Valley Cente	6:11.87
17	Yasuda, Sonya	9	Westview	6:15.04
18	Baldwin, Kaitlyn	9	Steele Canyo	6:16.11
19	Barajas, Paloma	9	Helix	6:18.07

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Event 22 Boys 1600 Meter Run Frosh (19)**Saturday 3/11/2023 - 2:47 PM**

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Bamford, Nathan	9	Scripps Ranc	4:39.72
2	McDevitt, Parker	9	Westview	4:51.35
3	Joseph, Tyus	9	Helix	4:55.00
4	Stevenson, Derek	9	Carlsbad	4:59.00
5	Cai, Ryan	9	Scripps Ranc	5:00.46
6	Simon, John	10	Mt Miguel	5:01.92
7	Redman, Noah	9	El Capitan	5:03.59
8	Liu, William	9	Rancho Berna	5:04.33
9	Aldrich, Logan	9	Point Loma	5:04.46
10	Erdem, Deren	9	Westview	5:05.83
11	Shivakumar, Eshan	9	Mt Carmel	5:09.30
12	Corlew, Joseph	9	Patrick Henr	5:09.73
13	Orozco, Roberto	10	Mt Miguel	5:10.07
14	Albright, Brady	9	Eastlake	5:10.17
15	Bui, Jayden	9	Mira Mesa	5:10.59
16	Fitzwilliam, Daniel	9	Del Norte	5:11.71
17	Benrud, Paul	9	Grossmont	5:13.33
18	Tani, Nassim	9	Rancho Berna	5:14.20
19	Kawano, Samuel	9	Carlsbad	5:14.84

Event 23 Girls Distance Medley Varsity (18)**Saturday 3/11/2023 - 2:55 PM**

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Poway	A	13:06.25
	1) Judd, Grace 11	2) Lemler, Jordan 9	
	3) Smith, Mackenzie 9	4) Buswell, Tessa 11	
2	Mt Carmel	A	13:58.64
	1) Selbrede, Breea 12	2) Vargas, Audrey 12	
	3) Speer, Kaylie 10	4) Taysom, Sierra 11	
	5) Everts, Lieke 10	6) Campos, Olivia 9	
3	Patrick Henr	A	14:13.81
	1) Nevius, Hannah 10	2) Aguirre, Miriam 10	
	3) Aguirre, Hannah 10	4) Touchet, Katelyn 12	
	5) Kirkegaard, Amelia 10		
4	Westview	A	14:40.30
	1) Sullivan, Lucy 12	2) Long, Charlotte 9	
	3) Kooyman, Olivia 11	4) Welton, Sofia 10	
5	Steele Canyo	A	14:48.21
	1) Stock, Katrina 11	2) Burkhardt, Nicoletta 11	
	3) Dikkenbaugh, Chase 12	4) Lopez, Dania 10	
	5) Sitta, Brooklyn 12		
6	Mira Mesa	A	14:50.41
	1) Hixon, Vianne 10	2) Yambao, Jasmine 10	
	3) Gabriel, Adelia 10	4) Comia, Celine 9	
7	Rancho Berna	A	15:28.63
	1) Cummins, Rheyra 10	2) Tickner, Claire 11	
	3) McDonald, Jimena 9	4) Chammas, Charlize 9	
	5) Giridhar, Ishaa 11	6) Kakar, Anvi 10	
8	Ramona	A	NT
	1) Beals, Katie 10	2) Parker, Jennifer 12	
	3) Soltz, Charlize 10	4) Luna, Tihensuhe 11	
9	Classical Ac	A	NT
	1) Gavin, Liliana 11	2) Hayes, Hannah 11	
	3) Gavin, Grace 11	4) Hart, Kelsi 11	
	5) Hebner, Rebecca 11	6) Cowles, Kayla 12	
10	Granite Hill	A	NT
	1) Hamilton, Keona 9	2) Brawner, Ashlyn 12	
	3) Hernandez, Alexa 12	4) Nixon, Emma 12	
11	Sage Creek	A	NT
	1) Peters, Gabriella 10	2) Kaplan, Olivia 12	
	3) Leupold, Malia 12	4) Scuba, Kaya 11	
12	Steele Canyo	B	NT
	1) Cotter, Savannah 12	2) Dugan, Amayah 9	
	3) Coleman, Kylie 9	4) Coleman, Shelby 10	
	5) Alvarez, Yareli 12		
13	Del Norte	A	NT
	1) Echsner, Ella 11	2) Echsner, Paige 10	
	3) Busse, Brianna 11	4) Russo, Emily 10	
14	Eastlake	A	NT
	1) Challburg, Amanda 12	2) Salazar, Galia 11	
	3) Vuong, Vanessa 11	4) Blanco, Sienna 11	
15	Carlsbad	A	NT
	1) Hoy, Nevada 10	2) Sinnett, Audrey 11	
	3) Hunter, Leela 11	4) Andrews, Emmy 11	
	5) Merrill, Jacilyn 9	6) McFeaters, Rachel 11	
16	Point Loma	A	NT
	1) Witt, Nicole 9	2) Branham-Bond, Ellie Rose 10	
	3) Ramos, Isabella 9	4) Guhse, Annie 10	

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Section 1 of 1 Finals

17	Westview	B	NT	_____
	1) Hennigan, Delaney 9			
	3) Penev, Irene 11			
18	Vista	A	NT	_____
	1) Peacher, Lauren 11			
	3) Larimore, Olivia 10			
	5) Aguilar, Michelle 12			
	6) White, Zoey 11			
	2) Li, Elizabeth 11			
	4) Arciaga, Kaitlyn 10			
	2) Maldonado, Shelby 11			
	4) Estrada, Melissa 12			
	6) Rilea, Olivia 9			

Event 24 Boys Distance Medley Varsity (26)**Saturday 3/11/2023 - 3:15 PM**

Lane	Team	Relay	Seed Time	
Section 1 of 1 Finals				
1	Poway	A	11:04.56	_____
	1) Castleberry, Cooper 9		2) Hughes, Lukas 12	
	3) Christensen, Kaipo 12		4) Kirschbaum, Derek 12	
2	Mt Carmel	A	11:07.10	_____
	1) Bell, Tom 12		2) Tucker, Jack 11	
	3) Fountain, Brogan 11		4) Klepper, Nathan 12	
	5) Krynicki, Jonathan 12		6) Lance, Ethan 12	
3	Patrick Henr	A	11:08.81	_____
	1) Ayers, Cody 10		2) Avila, Dominic 9	
	3) Biddle, Sebastian 12		4) Prunty, Ian 12	
4	Rancho Berna	A	11:10.53	_____
	1) Day, Brandon 12		2) Nicholas, Rowan 12	
	3) Marsh, Jack 12		4) Luecht, Camden 10	
5	El Capitan	A	11:24.11	_____
	1) Webb, Jonathan 10		2) Houser, Delson 12	
	3) Bolander, Noah 10		4) Boinus, Austin 11	
	5) Soto, Facundo 12			
6	Point Loma	A	11:50.60	_____
	1) Cardenas-Wallenfelt, Diego 11		2) Xavier, Gabriel 10	
	3) Snider, Noah 11		4) Correia, Manuel 12	
	5) Feiler, Toby 11		6) Kelly, Maximus 10	
7	Westview	A	11:51.68	_____
	1) Berner, Kaeden 11		2) Winstead, Calvin 12	
	3) Arciaga, Ryland 12		4) Welton, Adrian 11	
8	Steele Canyo	A	12:00.33	_____
	1) Senn, Micah 10		2) Gray, Aaron 11	
	3) Villa, Benito 12		4) Arredondo, Juan 12	
9	Ramona	A	12:17.92	_____
	1) McPherson, Titus 12		2) Pepi, Tyler 12	
	3) O'Neal, Audie 10		4) Munsch, Haidyn 12	
10	Mira Mesa	A	12:33.87	_____
	1) Johnson, Brevan 11		2) Vuong, Lawrence 12	
	3) Romeo, Frank 12		4) Dela Cruz, Theo 10	
	5) Bui, Jayden 9		6) Lam, Trevor 11	
11	Fallbrook	A	NT	_____
	1) Pack, Trent 12		2) Rivera, Jose 11	
	3) Rouse, Timothy 10		4) Tegt, Drew 12	
	5) Herrera, Jayden 10		6) MacMillan, Connor 10	
12	El Capitan	B	NT	_____
	1) Martinez, Julian 11		2) Dotson, Gabriel 10	
	3) Rodriguez, Guillermo 11		4) Soto, Agostinho 10	
13	Ramona	B	NT	_____
	1) Mendoza, Mycah 12		2) Lozano, Luke 12	
	3) Denton, Garrett 12		4) Pilar, Ryan 12	
14	Sage Creek	A	NT	_____
	1) Bowman, Josiah 9		2) Thomas Garcia, Felix 11	
	3) Maweu-Small, Brian 12		4) O'Toole, Aidan 11	
15	Vista	A	NT	_____
	1) Garcia, Franklin 12		2) Harris, Marcus 11	
	3) Schmid, Zach 11		4) De Haro, Mark 12	
	5) Serrano, George 10		6) Silva, Salvador 12	
16	Helix	A	NT	_____
	1) Caneday, Joshua 12		2) Freshley, Adam 11	
	3) Freshley, Alex 11		4) Kouwonou, Jb 12	
17	Westview	B	NT	_____

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Section 1 of 1 Finals

	1) Krager, Benjamin 10	2) Stevens, Matthew 10	
	3) Hilton, James 10	4) Hannaman, Rowan 10	
18	Carlsbad	A	NT
	1) McKay, Myles 11	2) Stevenson, Derek 9	
	3) Brislin, Mason 10	4) Duffer, David 12	
	5) Souza, Christian 12	6) Kawano, Samuel 9	
19	Classical Ac	A	NT
	1) Berryman, Josiah 10	2) Cowles, Jonathan 10	
	3) Weis, Ryan 12	4) Clemeshaw, Evers 10	
	5) Contreras, Lorenzo 12	6) Murray, Colin 12	
20	Grossmont	A	NT
	1) Blakely, Russell 12	2) Patterson, Aron 10	
	3) Rosen, Ian 12	4) Coyle, Mason 12	
	5) Edwards, Joshua 12		
21	Eastlake	A	NT
	1) Navarrete Ocampo, Diego 11	2) Albright, Brady 9	
	3) Halverson, Darin 12	4) Halverson, Vance 12	
22	Rancho Berna	B	NT
	1) Schaller, Max 11	2) Pratt, Otis 11	
	3) Moffit, Jayden 9	4) Stup, Evan 12	
23	Patrick Henr	B	NT
	1) Corlew, Joseph 9	2) Anguelov, Chris 10	
	3) Savvides, Alexios 11	4) Olson, Jordan 12	
24	Steele Canyo	B	NT
	1) Katanchi, Paolo 12	2) Azevedo, Jacob 11	
	3) Gaytan, Joseph 12	4) Guzman, Juan 12	
25	Granite Hill	A	NT
	1) Cruz, Sergio 11	2) Carrillo, Orlando 10	
	3) Kraling, Jared 10	4) Valstar, Nico 11	
	5) Fisher, Evan 10	6) Schaefer, Mitchell 11	
26	Del Norte	A	NT
	1) Yarbrough, Cameron 9	2) Rigg, Kielan 10	
	3) Spurgiesz, Joshua 11	4) Jin, Luke 10	
	5) Yan, Stanley 11	6) Lappin, Cooper 11	

Event 25 Girls 100 Meter Dash Frosh (16)

Saturday 3/11/2023 - 3:29 PM			
Lane	Name	Yr School	Seed Time
Section 1 of 2 Finals			
1	Waymire, Taylor	10	Valhalla 14.39
2	Getman, Sophia	10	Olympian 14.20
3	Davis, Abby	9	La Costa Can 14.09
4	Webb, Charley	9	La Costa Can 14.02
5	Pullman, Mia	9	San Dieguito 14.02
6	Eshel, Taliah	9	Rancho Berna 14.19
7	Ortega, Angelina	10	Patrick Henr 14.29
8	Frey, Hannah	9	Point Loma 14.40
Section 2 of 2 Finals			
1	Boleda, Charlotte	9	Valley Cente 13.68
2	Howard, Makena	9	San Dieguito 13.59
3	Barclay, Ily	9	Steele Canyo 13.39
4	Tibayan, Aubrey	9	Olympian 13.31
5	Evans, Shantilese	9	El Cajon Val 13.37
6	Fuller, Kailey	9	Steele Canyo 13.50
7	Pfeiffer, Cellia	9	La Costa Can 13.66
8	Ewing, Kaliani	9	Steele Canyo 13.72
Alternates			
1	Olivo, Amaia	9	Mt Carmel 14.44

2	Anderson, Airi	10	Olympian 14.45
3	Collins, Sevanna	9	Del Norte 14.50
4	Spate, Elyssa	10	Patrick Henr 14.55
5	Eberle, Rowan	9	Eastlake 14.75
6	Sutherland, Juliana	9	Del Norte 14.75

Event 26 Boys 100 Meter Dash Frosh (16)

Saturday 3/11/2023 - 3:35 PM			
Lane	Name	Yr School	Seed Time
Section 1 of 2 Finals			
1	Stadtherr, Ryan	10	Scripps Ranc 12.60
2	De La Cruz, Miles	9	Rancho Berna 12.46
3	Carlisle, Jaxen	9	La Costa Can 12.42
4	Dixon, Nate	10	Scripps Ranc 12.36
5	Kasyouhannon, Dylan	12	Valhalla 12.41
6	Jackson, Shawn	10	Olympian 12.45
7	Cabrera, Nicky	10	Olympian 12.46
8	Sallee, Nathan	9	Del Norte 12.65
Section 2 of 2 Finals			
1	Babauta, Eddie	9	Helix 12.18
2	Esoo, Maddox	9	Santana 12.06
3	Christensen, Silas	9	Rancho Berna 11.89
4	Herman, Coby	9	La Costa Can 11.82
5	Martin, Markell	10	Scripps Ranc 11.84
6	Abawi, Brice	9	Rancho Berna 11.97
7	Flatts, Patricio	9	Olympian 12.09
8	Shields, Kevin	9	Helix 12.25
Alternates			
1	Samboy, Gavin	9	Poway 12.67
2	Peters, Nathan	10	Foothills Ch 12.74
3	Lopez, Emiliano	9	Poway 12.90

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Event 27 Girls 4x400 Meter Relay Varsity (21)**Saturday 3/11/2023 - 3:45 PM****Meet Record: 4:01.24 1996****Morse**

Lane	Team	Relay	Seed Time
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Section 1 of 3 Finals

2	Ramona	A	NT
	1) Digiovanni, Cyprus 12	2) Guzman, Alyssa 12	
	3) Slade, Phoebe 12	4) Luna, Tihensuhe 11	
	5) Hegemeyer, Katerina 11		
3	Sage Creek	A	NT
	1) Ewald, Addison 10	2) Scuba, Kaya 11	
	3) Leupold, Malia 12	4) Keehn, Hannah 11	
4	Poway	A	NT
	1) Edelstein, Shani 10	2) Buswell, Bonnie 9	
	3) Carpenter, Courtney 11	4) Lemler, Jordan 9	
5	Scripps Ranc	A	NT
	1) Stoughton, Tiffany 11	2) Macatee, Jaclyn 12	
	3) Wick, Jaiden 12	4) Richardson, Addy 10	
	5) Ellermeyer, Chloe 12	6) Harris, Bridget 11	
6	El Cajon Val	A	NT
	1) Evans, Shantilese 9	2) Butts, Saianna 10	
	3) Pendleton, Mya 12	4) Nabilonga, Shella 11	
	5) Valverde, Olivia 12		

Section 2 of 3 Finals...(Event 27 Girls 4x400 Meter Relay Varsity (21))

1	High Tech Hi	A	NT
	1) Carrico, Ella 9	2) Roman, Grace 9	
	3) Cruz, Isabella 11	4) Wenstrand, Isabella 11	
	5) Hays, Victoria 9	6) Labarrere, Cecilia 9	
2	Valhalla	A	4:58.43
	1) Bush, Alonna 11	2) Haas, Kayla 11	
	3) Perry, Alana 11	4) Solomon, Trinity 12	
3	Granite Hill	A	4:42.11
	1) Brawner, Ashlyn 12	2) Borneman, Kailani 12	
	3) Digenan, Emma 12	4) Jambi, Riya 12	
	5) Harward, Karli 11		
4	Point Loma	A	4:38.41
	1) Hess, Emma 11	2) Harris, Emily 12	
	3) Moriarty, Sloane 12	4) Ferreira, Mia 10	
	5) Simms, Helena 12	6) Norban, Eve 12	
5	Steele Canyo	A	4:39.31
	1) Dickens, Brionna 11	2) Diffenbaugh, Chase 12	
	3) Barclay, Ily 9	4) Burkhardt, Nicoletta 11	
	5) Coleman, Kylie 9		
6	Mira Mesa	A	4:45.82
	1) Bumanlag, Marissa 12	2) Mitchell, Allison 11	
	3) Sarabia, Analeah 11	4) Reed, Hannah 10	
	5) Holloway, Suraya 10	6) Hixon, Vianne 10	
7	Classical Ac	A	NT
	1) Ashton, Allyson 10	2) Hayes, Hannah 11	
	3) Ben-Chaim, Anna 10	4) Gavin, Grace 11	
	5) Hebner, Rebecca 11	6) Donovan, Lauren 9	
8	Valley Cente	A	NT
	1) Boleda, Charlotte 9	2) McNamara, Skyler 11	
	3) English, Brooklyn 10	4) Hernández, Ania 12	
	5) Pojas, Mary 10	6) Pojas, Nusun 10	

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Section 3 of 3 Finals

1	Rancho Berna	A	4:36.28	_____
	1) Hoagland, Tayhlore 11		2) Gillespie, Kati 11	
	3) Otholt, Kyah 12		4) Mendenhall, Abby 11	
	5) Brown, Vialana 12			
2	El Capitan	A	4:24.00	_____
	1) Thibeault, Aliyah 12		2) Dixon, Camiele 9	
	3) Johnson, Macy 12		4) Lofgran, Kassie 10	
3	Olympian	A	4:21.94	_____
	1) Ruiz, Ivanna 10		2) Rodriguez, Sarai 10	
	3) Tibayan, Aubrey 9		4) Hawkins, Gabrielle 10	
	5) Keys, Keziah 12		6) Getman, Sophia 10	
4	La Costa Can	A	3:51.58	_____
	1) Donnely, Kaitlin 10		2) Biesinger, Sophia 12	
	3) Humphreys, Summer 12		4) Travers, Marea 12	
	5) Frith, Tatum 10		6) Kenney, Caelan 9	
5	Carlsbad	A	4:14.93	_____
	1) Herbst, Morgan 10		2) Hunter, Leela 11	
	3) Herrera, Jillian 10		4) Herbst, Makenna 10	
	5) Sinnett, Audrey 11			
6	Del Norte	A	4:23.79	_____
	1) Riggins, Hannah 12		2) Echsner, Paige 10	
	3) Echsner, Ella 11		4) Prasouvo, Anna 11	
7	Eastlake	A	4:29.20	_____
	1) Sepulveda, Alexis 10		2) Maldonado, Samara 9	
	3) Cesena, Jenna 10		4) Roche, Sheridan 10	
8	Helix	A	4:37.01	_____
	1) Broussard, Asia 9		2) DenHerder, Daylin 10	
	3) Burton, Chanel 11		4) Reichstadt, Adeline 10	
	5) Davis, Katelyn 9			

Event 28 Boys 4x400 Meter Relay Varsity (24)**Saturday 3/11/2023 - 4:05 PM****Meet Record: 3:19.44 1996 Morse**

<u>Lane</u>	<u>Team</u>	<u>Relay</u>	<u>Seed Time</u>
Section 1 of 3 Finals			
1	Scripps Ranc	A	NT
	1) Long, Rory 12		2) Randolph, Marley 11
	3) Remigio, McAelan 12		4) Van Eldik Thiem, Thijs 10
	5) Martin, Markell 10		6) Wimmer, Rowen 11
2	Ramona	A	NT
	1) Pepi, Tyler 12		2) Denton, Garrett 12
	3) Munsch, Haidyn 12		4) Bryant, Sterling 10
3	Valley Cente	A	NT
	1) Middleton, Brycen 12		2) Ortiz, Xander 10
	3) Natale, Matteo 10		4) Ramage, Logan 12
	5) Maces, Manuel 10		6) Leonard, Matthew 12
4	Del Norte	A	3:54.41
	1) Yarbrough, Cameron 9		2) Spurgiesz, Joshua 11
	3) Lappin, Cooper 11		4) Conrad, Bluerain 11
5	Granite Hill	A	3:56.41
	1) Zarick, Gavin 10		2) Flores, Brandon 11
	3) Stevenson, Sean 11		4) Sanders, Parlan 12
	5) Kraling, Jared 10		6) Petrich, Robert 11
6	Classical Ac	A	NT
	1) Contreras, Lorenzo 12		2) Dann, Sawyer 10
	3) Cowles, Jonathan 10		4) Weis, Ryan 12
	5) Clemeshaw, Evers 10		6) Lowell, Jack 10
7	Mt Miguel	A	NT
	1) Jones, Vincent 11		2) Castillo, Jeremiah 11
	3) Elhamad, Hamad 10		4) Phillips, Sha-Hei 10
	5) Shane, Jordan 11		6) Verduzco, Jorge 12
8	High Tech Hi	A	NT
	1) Elliott, Finn 11		2) Buess, Rian 11
	3) Weatherford, Harkin 11		4) Wong, Makai 9
	5) Fortman-Chamberlain, Joshua 9		6) Worthey, Fredrick 9

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Section 2 of 3 Finals

1	Hoover (Sd)	A	3:48.07	_____
	1) De Luna, Alexander 12		2) Jackson, Shakur 12	
	3) Angelo, Hassan 11		4) Houston, Guy 10	
	5) Deserne, Wilky 12		6) Williams, Exavier 11	
2	Eastlake	A	3:46.99	_____
	1) Jimenez, Julian 12		2) Leon, Charles 11	
	3) Solomon, Joseph 11		4) Kipp, Caleb 11	
3	Rancho Berna	A	3:45.13	_____
	1) Wong, Bucko 10		2) Fisher, Terrick 11	
	3) Blattman, Hudson 12		4) Cappello, Christopher 11	
	5) Zhan, Phoenix 12			
4	Poway	A	3:42.74	_____
	1) Andruss, Brennan 12		2) Kim, Rory 11	
	3) Schoon, Carter 12		4) Hughes, Lukas 12	
	5) Sevilla, Arturo 11			
5	Valhalla	A	3:44.33	_____
	1) Ghazialam, Arsalan 11		2) Kraft, Cooper 11	
	3) Maronesy, Araz 12		4) Lindquist, Aiden 11	
6	Westview	A	3:45.85	_____
	1) Winstead, Calvin 12		2) Shanyour, Omar 9	
	3) Matin, Rayan 11		4) Chen, Nolan 12	
7	Mira Mesa	A	3:47.64	_____
	1) Sunnanonta, Todd 12		2) Waldon, Isaiah 12	
	3) Chiu, Bennett 11		4) Brown, Chris 11	
	5) Thompson, Makei 12		6) Cato, Elijah 10	
8	Olympian	A	3:50.26	_____
	1) Castro, Caleb 11		2) Cordero, Angel 11	
	3) Graves, Jaylon 10		4) Dorsey, Jaden 12	
	5) Pinedo, Joaquin 11		6) Perez, Zyan 12	

Section 3 of 3 Finals...(Event 28 Boys 4x400 Meter Relay Varsity (24))

1	Sage Creek	A	3:42.15	_____
	1) Ramirez, Zach 12		2) Maweu-Small, Brian 12	
	3) Bowman, Josiah 9		4) Deatherage, Finn 12	
2	Carlsbad	A	3:39.70	_____
	1) Lerner, Erik 12		2) Edgar, Jaydan 11	
	3) Duffer, David 12		4) Saint Paul, Jalen 11	
	5) Dahlan, Kai 11		6) Ball, Josh 11	
3	La Costa Can	A	3:37.00	_____
	1) Seifert, Ian 12		2) Clevinger, Drew 11	
	3) Furgerson, Ben 11		4) McGrath, Seven 12	
	5) Lee, Justin 9		6) Shaver, Hudson 11	
4	Mt Carmel	A	3:30.44	_____
	1) Caulfield, Harrison 10		2) Slaughter, David 10	
	3) Aukerman Salinas, Jonathan 12		4) Krynicki, Jonathan 12	
	5) Tucker, Jack 11		6) Aldelaimi, Khalid 12	
5	El Capitan	A	3:32.14	_____
	1) Calvert, Austin 11		2) Henry, Logan 11	
	3) Calvert, Aundrey 11		4) Unden, Shamarion 11	
	5) Boinus, Austin 11			
6	Helix	A	3:37.21	_____
	1) Kouwonou, Jb 12		2) Freshley, Alex 11	
	3) Gray, Spencer 10		4) Martin, Shon 11	
	5) Giordano, Gabriel 10			
7	Steele Canyo	A	3:41.94	_____
	1) Villa, Benito 12		2) Gray, Aaron 11	
	3) Azevedo, Jacob 11		4) Arredondo, Juan 12	
	5) Wilson, Josiah 11		6) Lindley, Jordan 9	
8	Point Loma	A	3:42.46	_____
	1) Cardenas-Wallenfelt, Diego 11		2) Snider, Noah 11	
	3) Correia, Manuel 12		4) Xavier, Gabriel 10	
	5) Feiler, Max 12			

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Event 29 Girls Long Jump Open (19)**Saturday 3/11/2023 - 9:00 AM****Meet Record: 19-05 2008 Alycia Herring**

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Jacques, Halle	11	Poway	14-07.00	_____
2	Lorett, Abbi	11	Del Norte	14-07.50	_____
3	Snook, Isabelle	12	Steele Canyo	14-08.00	_____
4	Cesena, Jenna	10	Eastlake	14-08.00	_____
5	Yakob, Jasmine	11	Granite Hill	14-09.00	_____
6	Evans, Shantilese	9	El Cajon Val	14-09.00	_____
7	Hilborn, Rayana	12	Fallbrook	14-09.75	_____
8	Basto, Elana	12	Del Norte	15-00.00	_____
9	Overson, Morryll	12	Poway	15-01.00	_____
10	Andrews, Emily	12	Poway	15-01.00	_____
11	Ball, Rae	11	Eastlake	15-01.00	_____
12	Hernandez Palomo, Ania	12	Valley Cente	15-01.25	_____
13	Hernandez Palomo, Semalu	10	Valley Cente	15-02.50	_____
14	Cook-Weaver, Kanayjah	11	Mt Miguel	15-03.00	_____
15	Nolte, Lily	10	Carlsbad	15-03.00	_____
16	Burton, Chanel	11	Helix	15-03.00	_____
17	Tan, Kaylee	12	Del Norte	15-04.00	_____
18	Ramirez, Maya	10	San Dieguito	15-04.50	_____
19	Watson, Kahleya	12	El Cajon Val	15-04.75	_____

Event 30 Boys Long Jump Open (18)**Saturday 3/11/2023 - 9:00 AM****Meet Record: 23-03.50 2007 Gary Lee**

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Borunda, Aidan	11	Westview	19-01.00	_____
2	Patenaude, Kyle	11	Ramona	19-02.00	_____
3	Gupta, Aadit	11	Del Norte	19-03.00	_____
4	Lipsey, Jack	10	Carlsbad	19-03.00	_____
5	Howard, Thomas-David	10	Helix	19-03.50	_____
6	Khumar, Alex	11	Del Norte	19-03.75	_____
7	Shanks, Luke	12	Patrick Henr	19-04.00	_____
8	Dixon, Paris	11	El Cajon Val	19-04.00	_____
9	Shaw, Jacob	11	Olympian	19-05.25	_____
10	Anguiano, Alejandro	12	San Dieguito	19-06.00	_____
11	Zander, Joshua	11	Granite Hill	19-06.50	_____
12	Maddox, No'Koi	11	Granite Hill	19-07.00	_____
13	Wilson, Josiah	11	Steele Canyo	19-08.50	_____
14	Ladrillono, Gabe	12	Mt Carmel	19-10.00	_____
15	Jackson, Shakur	12	Hoover (Sd)	20-00.00	_____
16	Zhan, Phoenix	12	Rancho Berna	20-01.00	_____
17	Tragarz, Danny	12	Del Norte	20-01.00	_____
18	Calvert, Aundrey	11	El Capitan	20-03.00	_____

Event 31 Girls Shot Put Open (22)**Saturday 3/11/2023 - 9:00 AM****Meet Record: 42-06.50 2011 Nneka Anvanu**

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Hairston, Solene	12	El Capitan	27-00.00	_____
2	Moore, Jada	9	Hoover (Sd)	27-00.00	_____
3	Worthem, Paige	10	El Capitan	27-02.00	_____
4	Gadzekpo, Faith	10	Poway	27-03.75	_____
5	Shults, Madelynn	11	Ramona	27-04.00	_____
6	Muyille, Ava	10	Westview	27-07.50	_____
7	Danks, Natalie	11	El Capitan	27-09.50	_____
8	Lavender, Kendall	11	La Costa Can	27-09.50	_____
9	Meiers, Brook	12	Steele Canyo	27-10.00	_____
10	Khot, Jaya	10	Rancho Berna	27-11.00	_____
11	Welch, Amy	11	Mt Carmel	28-00.00	_____
12	Swisher, Loren	12	Eastlake	28-02.00	_____
13	McGrath, Hannah	11	El Capitan	28-02.00	_____
14	Ege, Hodan	12	Hoover (Sd)	28-08.00	_____
15	Amiraslani, Bella	11	Poway	28-09.00	_____
16	Fuller, Kaylee	12	Valhalla	28-09.50	_____
17	Davis, Lauren	12	Poway	28-09.50	_____
18	Nguyen, Grace	12	Rancho Berna	28-11.00	_____
19	Rai, Sreeja	10	Del Norte	29-03.00	_____
20	Diaz, Iris	12	Valley Cente	29-03.00	_____
21	Seabolt, Jacqueline	10	Mt Carmel	29-06.00	_____
22	Zangger, Carly	12	Granite Hill	29-10.00	_____

Event 32 Boys Shot Put Open (21)**Saturday 3/11/2023 - 11:00 AM****Meet Record: 61-05 2016 Charles Lenford**

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Ngo, Tai	10	Hoover (Sd)	35-02.50	_____
2	Oreb, Trent	11	Sage Creek	35-04.00	_____
3	Tejidor, Tristan	9	Del Norte	35-04.00	_____
4	Berman, Judge	11	La Costa Can	35-09.00	_____
5	Keller, Zackary	11	Del Norte	36-00.00	_____
6	Llama, Jacob	10	Rancho Berna	36-01.25	_____
7	Wang, James	12	Westview	36-02.00	_____
8	Burrellmedley, Dante	11	Westview	36-04.00	_____
9	Gaikwad, Rohan	11	Del Norte	36-05.00	_____
10	Casillas, Alfredo	11	Mt Miguel	36-06.00	_____
11	Bujewski, Jake	11	Sage Creek	36-06.50	_____
12	Fortune, Corey	11	Mira Mesa	36-08.50	_____
13	Cortez, Angel	11	Mt Miguel	36-09.00	_____
14	Sweitzer, Grant	10	Rancho Berna	37-01.50	_____
15	Rochet, Jackson	9	Scripps Ranc	37-05.50	_____
16	Bader, Zachery	11	Santana	37-08.00	_____
17	Edwards, Joaquin	11	Point Loma	38-02.00	_____
18	Larsina, Daniel	11	Helix	38-04.00	_____
19	Stonebreaker, Ryan	11	La Costa Can	38-04.00	_____
20	Polak, Jacob	10	Granite Hill	38-09.00	_____
21	Plummer, Khalil	12	Valhalla	38-11.00	_____

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Event 33 Girls High Jump Open (14)**Saturday 3/11/2023 - 10:00 AM****Meet Record: 5-06 Underhill(RBV)Collins(SMa)**

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Baldwin, Emmy(Emerson)	10	Granite Hill	4-07.00	_____
2	Herrera, Jillian	10	Carlsbad	4-07.00	_____
3	McFadden, Malia	11	Eastlake	4-07.00	_____
4	Jensen, Jaelyn	10	Grossmont	4-08.00	_____
5	McMichael, Samantha	11	Rancho Berna	4-08.00	_____
6	Sporrer, Georgia	10	La Costa Can	4-08.00	_____
7	Lopez Valenzuela, Bridget	10	Poway	4-09.00	_____
8	Overson, Morryll	12	Poway	4-09.00	_____
9	Mason, Ari	11	Poway	4-09.00	_____
10	Thompson, Nia	10	Westview	4-09.00	_____
11	Hooshmand, Ava	10	Westview	4-09.00	_____
12	Applegate, Ashley	10	Rancho Berna	4-10.00	_____
13	Woldemichael, Lilette	10	Helix	4-10.00	_____
14	Mcdowell, Evin	10	Grossmont	4-10.00	_____

Event 34 Boys High Jump Open (14)**Saturday 3/11/2023 - 10:00 AM****Meet Record: 6-08 2003 Nate Gwozdz**

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Neuberg, David	11	La Costa Can	5-05.00	_____
2	Jones, Liam	12	Vista	5-05.00	_____
3	Macari, Luke	11	Poway	5-05.00	_____
4	Arnold, Justin	12	Poway	5-05.00	_____
5	Lavine Jr, Dan	12	Westview	5-05.75	_____
6	Holden, Darius	11	Eastlake	5-06.00	_____
7	Thompson, Isaiah	11	Mira Mesa	5-06.00	_____
8	Ladrillono, Gabe	12	Mt Carmel	5-07.00	_____
9	Logan, Tait	12	Mt Carmel	5-07.00	_____
10	Donnelley, Jack	12	Sage Creek	5-07.00	_____
11	Crouch, Carlo	12	Mt Carmel	5-07.00	_____
12	Tesfay, Banok	11	Hoover (Sd)	5-08.00	_____
13	Riker, Max	10	Westview	5-08.00	_____
14	Herron, Quincy	12	Helix	5-08.00	_____

Event 35 Girls Pole Vault Open (19)**Saturday 3/11/2023 - 10:00 AM****Meet Record: 12-07 2008 Emily Matoon**

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Hettinger, Grace	11	Torrey Pines	8-00.00	_____
2	McFadden, Amaya	12	Eastlake	8-00.00	_____
3	Wong, Meredith	11	Mt Carmel	8-00.00	_____
4	Palladino, Maddyx	11	Granite Hill	8-00.00	_____
5	Galkina, Alisa	9	Torrey Pines	8-00.00	_____
6	Dizon, Jenna	12	Westview	8-00.00	_____
7	Nguyen, Grace Ann	12	Westview	8-03.00	_____
8	Lopez, Melina	11	Vista	8-06.00	_____
9	Russell, Kylee	12	Torrey Pines	8-06.00	_____
10	Ngo, Haley	9	Mt Carmel	8-06.00	_____
11	Milocco, Gabrielle	10	San Dieguito	8-06.00	_____
12	Morris, Mia	10	Rancho Berna	8-07.00	_____
13	Long, Courtney	12	Westview	8-07.00	_____
14	Mellott, Sydney	10	Rancho Berna	8-07.00	_____
15	Smith, Kendra	11	Rancho Berna	9-00.00	_____
16	Brown, McKenzie	9	Torrey Pines	9-00.00	_____
17	Pearson, Jordan	11	Torrey Pines	9-03.00	_____
18	Tremble, Abigail	9	Poway	9-06.00	_____
19	Recaido, Keira	10	Del Norte	9-09.00	_____

Event 36 Boys Pole Vault Open (16)**Saturday 3/11/2023 - 10:00 AM****Meet Record: 16-04 2016 Kyle Brown**

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Lee, Nathan	12	Rancho Berna	10-09.00	_____
2	Ortiz, Xander	10	Valley Cente	10-11.00	_____
3	Doomey, Parker	10	Ramona	11-00.00	_____
4	DeLeon, Johnathon	10	Granite Hill	11-00.00	_____
5	Casanova, Gian	11	Valhalla	11-00.00	_____
6	Miller, Ben	12	Granite Hill	11-03.00	_____
7	Maddalone, Lucas	12	El Capitan	11-05.00	_____
8	Winslow, Jonathyn	10	Mt Carmel	11-06.00	_____
9	Fowler, Lucas	11	Westview	11-06.00	_____
10	Beireis, Beckett	11	Poway	11-08.00	_____
11	Thomas, Tyler	11	Santana	12-00.00	_____
12	Gilbert, Jackson	11	Poway	12-00.00	_____
13	Schiering, Andrew	11	Westview	12-03.00	_____
14	Ong, Jaden	12	Westview	12-03.00	_____
15	Pearl, Noah	12	Mt Carmel	12-05.00	_____
16	Nellies, Ryan	12	Westview	12-05.00	_____

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Event 37 Girls Long Jump Invite (17)**Saturday 3/11/2023 - 10:30 AM****Meet Record: 19-05 2008 Alycia Herring**

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Jensen, Jaelyn	10	Grossmont	15-06.25	_____
2	Busch-Sorensen, Isabella	12	Point Loma	15-06.50	_____
3	Millard, Peighton	10	Carlsbad	15-07.00	_____
4	Johnson, Macy	12	El Capitan	15-08.00	_____
5	Frith, Tatum	10	La Costa Can	15-08.00	_____
6	Cook, Lillian	11	Steele Canyo	15-08.25	_____
7	Contreras, Roxana	11	Valley Cente	15-11.00	_____
8	Eshel, Taliah	9	Rancho Berna	15-11.50	_____
9	Wade, Kylie	11	Point Loma	16-02.00	_____
10	Vaughn, Amari	12	Steele Canyo	16-09.00	_____
11	Mcdowell, Evin	10	Grossmont	16-09.50	_____
12	Sims, Ava	12	Carlsbad	16-10.50	_____
13	Harris, Samantha	12	Vista	17-00.00	_____
14	Huang, Erin	12	Rancho Berna	17-01.00	_____
15	Lankford, Riley	12	Rancho Berna	17-08.50	_____
16	Fields, Jenna	12	Santana	18-02.00	_____
17	Hoagland, Tayhlora	11	Rancho Berna	18-06.75	_____

Event 38 Boys Long Jump Invite (15)**Saturday 3/11/2023 - 10:30 AM****Meet Record: 23-03.50 2007 Gary Lee**

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Dominguez, Gavin	12	Olympian	20-04.00	_____
2	Umberg, Max	12	Point Loma	20-04.00	_____
3	Thompson, Isaiah	11	Mira Mesa	20-05.75	_____
4	Autry, SirDarius	10	Hoover (Sd)	20-07.50	_____
5	Matovu, Kyzza	11	Helix	20-08.25	_____
6	Shaw, Amare	11	Scripps Ranc	20-08.50	_____
7	Payne, Cameron	12	Patrick Henr	20-08.50	_____
8	Dahlan, Kai	11	Carlsbad	20-09.00	_____
9	Pennyman, Mario	11	Rancho Berna	20-09.50	_____
10	Goodridge, Leon	12	San Dieguito	21-01.00	_____
11	McGrath, Seven	12	La Costa Can	21-03.00	_____
12	Cato, Ravel	12	Mira Mesa	21-03.50	_____
13	Cornthwaite, AJ	12	Valhalla	21-09.25	_____
14	Henry, Logan	11	El Capitan	22-02.50	_____
15	Harris, Marcus	11	Vista	22-09.00	_____

Event 39 Girls Shot Put Invite (14)**Saturday 3/11/2023 - 9:00 AM****Meet Record: 42-06.50 2011 Nneka Anvanu**

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	McKinney, Carsen	11	Del Norte	30-02.75	_____
2	Santon, Makayla	11	Carlsbad	30-09.00	_____
3	Caruso, Sofia	12	Rancho Berna	31-01.50	_____
4	Ketts, Breanne	12	Sage Creek	31-02.00	_____
5	Fangman, Lily	12	Pacific Ridg	31-05.00	_____
6	Robles, Mia	11	Mt Carmel	31-09.75	_____
7	Houston, Taylor	12	Grossmont	33-08.00	_____
8	Jones, Kennedi	12	Steele Canyo	35-04.00	_____
9	Lauifi, Leilah	11	Helix	35-05.00	_____
10	Frankel, Mairead	10	Sage Creek	35-08.75	_____
11	Liufau, Tesa	11	Helix	35-09.00	_____
12	Ford, Shani	10	Helix	36-05.00	_____
13	Shojgreen, Logan	12	Rancho Berna	36-11.00	_____
14	Lauifi, Hailey	11	Helix	37-00.00	_____

Event 40 Boys Shot Put Invite (17)**Saturday 3/11/2023 - 11:00 AM****Meet Record: 61-05 2016 Charles Lenford**

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Douglas, John	12	Poway	39-01.75	_____
2	Pacheco, Yusbel	11	Valley Cente	39-02.00	_____
3	Quiroga, Javier	11	Steele Canyo	39-10.50	_____
4	Manzo, Nathan	11	Steele Canyo	39-11.50	_____
5	Gascon, Dylan	11	Foothills Ch	40-05.00	_____
6	Maciejewski, Kellen	11	Del Norte	40-07.25	_____
7	Brandreth, Edward	11	La Costa Can	40-09.00	_____
8	Ortega, Omar	11	Rancho Berna	40-11.00	_____
9	Shi, Kaiwei	12	Westview	40-11.50	_____
10	O'Keefe, Kallen	12	Patrick Henr	42-00.50	_____
11	Marcos, Baylor	11	Poway	43-01.00	_____
12	Marroquin, Nick	11	Granite Hill	44-02.00	_____
13	Ghadban, Oliver	11	Poway	44-08.00	_____
14	Gadzekpo, Jesil	12	Poway	44-10.50	_____
15	Yaldo, Dominick	12	Valhalla	44-11.50	_____
16	Gash, Anthony	11	Helix	47-09.00	_____
17	Telemaque, Ryan	11	Sage Creek	48-09.75	_____

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Event 41 Girls Triple Jump Open (14)**Saturday 3/11/2023 - 12:30 AM****Meet Record: 38-08 2015 Cinnamon Stevenson**

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Hilborn, Rayana	12	Fallbrook	28-01.00	_____
2	Gray, Nyla	10	Mt Miguel	28-01.00	_____
3	Scott, Mimi	12	Rancho Berna	29-00.00	_____
4	Woldemichael, Lilette	10	Helix	29-09.50	_____
5	Beckstrand, Elliot	11	Valhalla	29-09.50	_____
6	Loret, Abbi	11	Del Norte	29-11.00	_____
7	Siglin, Kylie	12	Valhalla	30-00.00	_____
8	Johnson, Macy	12	El Capitan	30-01.50	_____
9	Silcox, Rory	11	La Costa Can	30-05.00	_____
10	Nolte, Lily	10	Carlsbad	30-10.00	_____
11	Avila-Deuel, Zyhonna	12	Ramona	31-04.00	_____
12	Yakob, Jasmine	11	Granite Hill	31-04.00	_____
13	Roche, Sheridan	10	Eastlake	31-06.00	_____
14	Snook, Isabelle	12	Steele Canyo	31-08.75	_____

Event 42 Boys Triple Jump Open (15)**Saturday 3/11/2023 - 12:30 AM****Meet Record: 47-04.50 1997 Draper Rivers**

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Lucy, Marquise	12	Eastlake	38-04.00	_____
2	Cook, Aidan	11	Sage Creek	38-04.00	_____
3	Barnett, Kaden	10	La Costa Can	38-05.00	_____
4	Calvert, Austin	11	El Capitan	38-05.25	_____
5	Pfeiffer, Justus	12	Classical Ac	38-07.00	_____
6	Brockmeier, Jack	11	La Costa Can	38-07.00	_____
7	Trang, Jacob	10	Eastlake	39-00.00	_____
8	Shaw, Jacob	11	Olympian	39-00.00	_____
9	Kraling, Jared	10	Granite Hill	39-02.50	_____
10	Khumar, Alex	11	Del Norte	39-06.50	_____
11	Herron, Quincy	12	Helix	39-07.50	_____
12	Lipsey, Jack	10	Carlsbad	39-08.00	_____
13	Turner, Maxwell	10	Granite Hill	39-09.00	_____
14	Weim, Andrew	10	Point Loma	39-10.00	_____
15	Blattman, Hudson	12	Rancho Berna	39-11.25	_____

Event 43 Girls Discus Throw Open (19)**Saturday 3/11/2023 - 12:00 PM****Meet Record: 142-06 2007 Jessica Bonner**

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	McClellan, Riley	12	Ramona	78-02	_____
2	Worthern, Paige	10	El Capitan	78-10	_____
3	Santon, Makayla	11	Carlsbad	79-01	_____
4	Rai, Sreeja	10	Del Norte	79-07	_____
5	Ellis, Taylor	11	Del Norte	79-08	_____
6	Fangman, Lily	12	Pacific Ridg	80-01.50	_____
7	Welch, Amy	11	Mt Carmel	80-08	_____
8	Nguyen, Grace	12	Rancho Berna	81-05	_____
9	Lavender, Kendall	11	La Costa Can	82-05	_____
10	Mooney, Olivia	12	Grossmont	82-06	_____
11	Hairston, Solene	12	El Capitan	82-09.50	_____
12	Davis, Lauren	12	Poway	83-01	_____
13	Amiraslani, Bella	11	Poway	84-00	_____
14	Liufau, Tesa	11	Helix	88-00	_____
15	Dene, Riley	12	Santana	88-04.25	_____
16	Fuller, Kaylee	12	Valhalla	88-04.50	_____
17	McGrath, Hannah	11	El Capitan	89-06	_____
18	Ketts, Breanne	12	Sage Creek	89-06	_____
19	Andrews, Emily	12	Poway	89-08	_____

Event 44 Boys Discus Throw Open (18)**Saturday 3/11/2023 - 2:00 PM****Meet Record: 185-03 2006 Bo Taylor**

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Plummer, Khalil	12	Valhalla	98-00.75	_____
2	Ramesh, Kavin	10	Westview	98-04	_____
3	Manzo, Nathan	11	Steele Canyo	98-04.50	_____
4	Gaikwad, Rohan	11	Del Norte	99-02	_____
5	Sweitzer, Grant	10	Rancho Berna	99-10	_____
6	Llama, Jacob	10	Rancho Berna	100-00	_____
7	Wang, James	12	Westview	100-05	_____
8	Ghadban, Oliver	11	Poway	100-08	_____
9	Bader, Zachery	11	Santana	101-10	_____
10	Edwards, Joaquin	11	Point Loma	103-03	_____
11	Marroquin, Nick	11	Granite Hill	103-05	_____
12	Hunt, Joseph	11	Steele Canyo	104-03	_____
13	Hartman, Jackson	12	La Costa Can	104-07	_____
14	Ngo, Tai	10	Hoover (Sd)	104-09	_____
15	Michael, Austin	11	Eastlake	105-02.50	_____
16	Arnold, Justin	12	Poway	106-02	_____
17	Polak, Jacob	10	Granite Hill	106-03	_____
18	Franco, Thien	10	Rancho Berna	106-04	_____

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Rancho Bernardo High School, San Diego CA
Meet Program

Event 45 Girls High Jump Invite (14)**Saturday 3/11/2023 - 1:00 PM****Meet Record: 5-06 Underhill(RBV)Collins(SMa)**

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Yent, Addison	11	Patrick Henr	4-11.00	_____
2	Jambi, Riya	12	Granite Hill	4-11.00	_____
3	Nolte, Lily	10	Carlsbad	4-11.00	_____
4	Otholt, Kyah	12	Rancho Berna	4-11.00	_____
5	Hendrickson, Kate	10	Rancho Berna	4-11.00	_____
6	Geddy, Julia	12	Rancho Berna	4-11.00	_____
7	Burns, Megan	12	Scripps Ranc	4-11.00	_____
8	Williams, Mya	11	Steele Canyo	5-00.00	_____
9	Foote, Julia	12	Mt Miguel	5-00.00	_____
10	Thibeault, Aliyah	12	El Capitan	5-01.00	_____
11	Shea, Maria	12	Rancho Berna	5-02.00	_____
12	DeJong, Kelly	11	Maranatha Ch	5-03.00	_____
13	Tarczy, Lizzie	12	Scripps Ranc	5-07.00	_____
14	Czapinski, Breeze	12	Poway	5-07.50	_____

Event 46 Boys High Jump Invite (15)**Saturday 3/11/2023 - 1:00 PM****Meet Record: 6-08 2003 Nate Gwozdz**

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Sommer, Ryan	12	Rancho Berna	5-09.00	_____
2	Ramirez, Blake	12	Sage Creek	5-09.00	_____
3	Lokey, Ben	12	Rancho Berna	5-09.00	_____
4	Dominguez, Gavin	12	Olympian	5-10.00	_____
5	Howard, Thomas-David	10	Helix	5-10.00	_____
6	Unden, Shamarion	11	El Capitan	5-10.00	_____
7	Easter, Malakai	11	Mira Mesa	5-11.00	_____
8	Cegelski, Grant	12	Point Loma	5-11.00	_____
9	Petrich, Robert	11	Granite Hill	5-11.00	_____
10	Kassab, Jamil	11	Ramona	5-11.00	_____
11	Villegas, Luis	12	Point Loma	6-00.00	_____
12	Diallo, Ozzeno	11	Hoover (Sd)	6-01.00	_____
13	Stockes, Ian	12	Carlsbad	6-02.00	_____
14	Chang, John	12	Rancho Berna	6-02.00	_____
15	Shaver, Hudson	11	La Costa Can	6-02.00	_____

Event 47 Girls Pole Vault Invite (16)**Saturday 3/11/2023 - 1:00 PM****Meet Record: 12-07 2008 Emily Matoon**

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Khoury, Sahara	11	Fallbrook	10-04.00	_____
2	Potenciano, Jada	11	Rancho Berna	10-06.00	_____
3	Kim, Aubrey	10	Del Norte	10-06.00	_____
4	Tseng, Chloe	11	Del Norte	10-08.00	_____
5	Tan, Kaylee	12	Del Norte	10-10.00	_____
6	Scarpelli, Lauren	11	Sage Creek	10-10.00	_____
7	Wilson, Elizabeth	12	Poway	11-00.00	_____
8	Khoury, Maya	11	Fallbrook	11-02.00	_____
9	Echsner, Paige	10	Del Norte	11-03.00	_____
10	Raibert, Eleanor	12	Poway	11-09.00	_____
11	Montiel, Lilia	12	Rancho Berna	11-09.00	_____
12	Cinzori, Cassandra	12	San Dieguito	11-10.00	_____
13	DeJong, Kelly	11	Maranatha Ch	11-10.00	_____
14	Hilliard, Avery	12	Poway	13-00.00	_____
15	Thomson, Evangeline	12	Poway	13-03.00	_____
16	Downing, Iliana	11	La Costa Can	13-07.00	_____

Event 48 Boys Pole Vault Invite (15)**Saturday 3/11/2023 - 1:00 PM****Meet Record: 16-04 2016 Kyle Brown**

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Yarbrough, Dylan	9	San Dieguito	12-06.00	_____
2	Farenc, Vincent	11	Westview	12-06.00	_____
3	Carter, Joseph	12	Westview	12-06.00	_____
4	Williamson, Nathan	12	Rancho Berna	12-11.00	_____
5	Hamby, Andrew	12	Mt Carmel	12-11.00	_____
6	Sotelo, Tristan	11	Grossmont	13-00.00	_____
7	Kondo, Jordan	11	Vista	13-03.00	_____
8	Stroschine, Merrick	10	Scripps Ranc	13-03.00	_____
9	Saunders, Rob	11	Rancho Berna	13-03.00	_____
10	Sun, Leo	11	Del Norte	13-06.00	_____
11	Bernier, Aiden	11	Fallbrook	13-08.00	_____
12	Guerra, Mateo	12	Poway	14-02.00	_____
13	Saia, Christian	12	Mt Carmel	14-10.00	_____
14	Weisman, Joey	11	Torrey Pines	15-03.00	_____
15	Emerson, Jacob	11	Sage Creek	16-00.25	_____

2023 Don Jones - 3/11/2023
Rancho Bernardo High School, San Diego CA
Meet Program

Event 49 Girls Triple Jump Invite (16)**Saturday 3/11/2023 - 2:00 PM****Meet Record: 38-08 2015 Cinnamon Stevenson**

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Overson, Morryll	12	Poway	32-00.00
2	Millard, Peighton	10	Carlsbad	32-00.00
3	Magno, Ella	12	Mira Mesa	32-00.50
4	Basto, Elana	12	Del Norte	32-02.00
5	Adams, Kaya	11	Westview	33-06.00
6	Cook-Weaver, Kanayjah	11	Mt Miguel	33-07.75
7	McDowell, Evin	10	Grossmont	33-10.50
8	Wade, Kylie	11	Point Loma	33-11.00
9	Harris, Samantha	12	Vista	34-01.00
10	Burton, Chanel	11	Helix	34-08.50
11	Huang, Erin	12	Rancho Berna	34-09.00
12	Cook, Lillian	11	Steele Canyo	34-10.50
13	Busch-Sorensen, Isabella	12	Point Loma	35-00.50
14	Vaughn, Amari	12	Steele Canyo	35-06.75
15	Lankford, Riley	12	Rancho Berna	35-09.50
16	Fields, Jenna	12	Santana	37-09.50

Event 50 Boys Triple Jump Invite (14)**Saturday 3/11/2023 - 2:00 PM****Meet Record: 47-04.50 1997 Draper Rivers**

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Carlisle, Evan	11	La Costa Can	40-04.00
2	Reich, Alex	12	San Dieguito	40-06.50
3	Dahlan, Kai	11	Carlsbad	40-07.00
4	Ladrillono, Gabe	12	Mt Carmel	41-06.00
5	Julien, Jordan	11	Mt Carmel	41-06.00
6	Easter, Malakai	11	Mira Mesa	41-07.00
7	McGrath, Seven	12	La Costa Can	41-07.00
8	Logan, Tait	12	Mt Carmel	41-07.75
9	Wood, Donovan	11	Point Loma	41-11.00
10	Chang, John	12	Rancho Berna	42-00.00
11	Matovu, Kyzza	11	Helix	42-01.50
12	Henry, Logan	11	El Capitan	43-01.00
13	Harris, Marcus	11	Vista	44-05.75
14	Cato, Ravel	12	Mira Mesa	44-09.00

Event 51 Girls Discus Throw Invite (16)**Saturday 3/11/2023 - 12:00 PM****Meet Record: 142-06 2007 Jessica Bonner**

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Seabolt, Jacqueline	10	Mt Carmel	91-09
2	Teagle, Kayley	12	Sage Creek	93-10
3	Zanger, Carly	12	Granite Hill	94-07
4	Diaz, Iris	12	Valley Cente	96-03
5	Swisher, Loren	12	Eastlake	96-07
6	Danks, Natalie	11	El Capitan	97-09
7	McKinney, Carsen	11	Del Norte	98-01
8	Ford, Shani	10	Helix	103-02
9	Robles, Mia	11	Mt Carmel	106-05
10	Lauifi, Leilah	11	Helix	108-11
11	Caruso, Sofia	12	Rancho Berna	109-00.75
12	Houston, Taylor	12	Grossmont	114-05
13	Lauifi, Hailey	11	Helix	117-00.50
14	Jones, Kennedi	12	Steele Canyo	118-06.50
15	Shojgreen, Logan	12	Rancho Berna	120-09
16	Frankel, Mairead	10	Sage Creek	126-02.75

Event 52 Boys Discus Throw Invite (16)**Saturday 3/11/2023 - 2:00 PM****Meet Record: 185-03 2006 Bo Taylor**

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Casillas, Alfredo	11	Mt Miguel	107-04
2	Maces, Andres	11	Valley Cente	107-05
3	Larsina, Daniel	11	Helix	108-07
4	Fortune, Corey	11	Mira Mesa	116-07
5	Loaiza, Jackson	11	Steele Canyo	117-07
6	Gascon, Dylan	11	Foothills Ch	118-02
7	Sablan, Dillon	12	Poway	118-04
8	Straily, Noah	12	Steele Canyo	119-09.50
9	Pacheco, Yusbel	11	Valley Cente	122-00
10	O'Keefe, Kallen	12	Patrick Henr	125-06
11	Shi, Kaiwei	12	Westview	128-11
12	Telemaque, Ryan	11	Sage Creek	131-06
13	Maciejewski, Kellen	11	Del Norte	131-08
14	Ortega, Omar	11	Rancho Berna	133-04
15	Yaldo, Dominick	12	Valhalla	137-04.50
16	Gash, Anthony	11	Helix	139-00