

2023 Palomar League Championships - 5/6/2023
Mt Carmel High School
Meet Program - 2023 Palomar League Finals - Track Events

Event 1 Girls 400 Meter Relay Varsity**Saturday 5/6/2023 - 10:00 AM**

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
3	Westview		51.24
	1) Hooshmand, Ava 10	2) Jensen, Avery 9	
	3) Foster, Morghan 10	4) Ratermann, Macy 10	
	5) Thompson, Nia 10	6) Lovasz, Ella 11	
	7) Hall, London 11	8) Hutchinson, Ashleigh 10	
4	Del Norte		49.75
	1) Tan, Kaylee 12	2) Jones, Savanna 12	
	3) Rebugio, Kaylee 10	4) Gross, Zoe 9	
	5) Calafato, Bianca 12	6) Llamas, Ava 12	
	7) Sutherland, Alyssa 12	8) Prasouvo, Anna 11	
5	Rancho Berna		48.64
	1) Gillespie, Kati 11	2) Hoagland, Tayhlore 11	
	3) Otholt, Kyah 12	4) Lankford, Riley 12	
	5) Uyeda, Skye 12	6) Beeby, Madison 9	
	7) Huang, Erin 12	8) Jones, Emilee 11	
6	Mt Carmel		49.71
	1) Ruskovich, Tianna 11	2) Dow, Juliana 11	
	3) Wilkerson, Charleah 12	4) Cassell, Giselle 11	
	5) Lake, Kassa 11	6) Vargas, Audrey 12	
	7) Zafropoulos, Sophie 12		
7	San Marcos		50.61
	1) Werts, Megan 12	2) McCammon, Brielyn 10	
	3) Hunt, Katherine 10	4) McGowan, Raeleigh 11	
	5) Tartz, Raina 12	6) Dufek, Lyla 10	
	7) Rodriguez-Barroso, Amber 9		
8	Poway		51.87
	1) Edelstein, Shani 10	2) Carpenter, Courtney 11	
	3) Nichols, Madisen 10	4) Buswell, Bonnie 9	

Event 2 Boys 400 Meter Relay Varsity**Saturday 5/6/2023 - 10:07 AM**

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
3	Del Norte		44.04
	1) Remigio, Ryan 10	2) Olsen, Ty 10	
	3) Heintz, Oliver 11	4) Warren, Jacob 11	
	5) Tragarz, Danny 12	6) Agnihotri, Neel 11	
	7) Bowers, Charlie 10	8) Sheffres, Ben 11	
4	Rancho Berna		43.27
	1) Zhan, Phoenix 12	2) Fisher, Terrick 11	
	3) Whitford, Tanner 11	4) Christensen, Silas 9	
	5) Abawi, Brice 9	6) Clark, Levi 10	
	7) Sellars, Toryn 11	8) Pennyman, Mario 11	
5	San Marcos		42.57
	1) Ronquillo, Riley 12	2) Cummings, Nolan 12	
	3) Jones, Ezriah 12	4) Nix, Jase 10	
	5) Pohl, Brady 10	6) Izsold, Balamber 12	
6	Mt Carmel		42.98
	1) Farkas, Myles 11	2) Krynicki, Jonathan 12	
	3) Slaughter, David 10	4) Aukerman Salinas, Jonathan 12	
	5) Aldelaimi, Khalid 12	6) Caulfield, Harrison 10	
7	Poway		43.68
	1) Houston, Logan 10	2) Alsop, Tyler 11	
	3) Schoon, Carter 12	4) Smith-Earle, Rowan 10	
	5) Hughes, Lukas 12	6) Andruss, Brennan 12	
8	Westview		44.60
	1) Simpson, Nathan 11	2) Lloyd, Brian 11	
	3) Matin, Rayan 11	4) Winstead, Calvin 12	
	5) Chen, Nolan 12	6) Borunda, Aidan 11	
	7) Shiroma, Brendan 12		

Event 3 Girls 1600 Meter Run Varsity**Saturday 5/6/2023 - 10:15 AM**

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Judd, Olivia	11	Poway	5:34.23
2	Castro, Jasmyne	11	Rancho Berna	5:34.62
3	Szulc, Kayla	12	San Marcos	5:34.87
4	McEwan, Reese	10	Poway	5:34.97
5	Ramirez, Vanessa	12	Rancho Berna	5:35.48
6	Bell, Veronica	9	Mt Carmel	5:38.65
7	Taylor, Kennady	9	San Marcos	5:41.63
8	Husseman, Catalina	9	Poway	5:44.01
9	Anderson, Renae	11	Rancho Berna	5:45.25
10	Grant, Anna	9	Rancho Berna	5:45.97
11	Tang, Sophia	10	Del Norte	5:49.35
12	Yasuda, Sonya	9	Westview	5:50.41
13	Style, Kaelyn	11	Rancho Berna	5:50.47
14	Seki, Malia	11	San Marcos	5:53.09
15	Watson, Kiana	12	Westview	6:00.19

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Section 2 of 2 Finals...(Event 3 Girls 1600 Meter Run Varsity)

1	Riggins, Hannah	12	Del Norte	4:46.36
2	Buswell, Tessa	11	Poway	4:56.00
3	Russo, Emily	10	Del Norte	5:04.20
4	Selbrede, Breea	12	Mt Carmel	5:06.35
5	Echsner, Ella	11	Del Norte	5:08.94
6	Purcell, Ashley	11	San Marcos	5:10.80
7	Shannon, Addison	9	Del Norte	5:16.05
8	Sutherland, Audra	12	Rancho Berna	5:16.33
9	Campos, Olivia	9	Mt Carmel	5:23.21
10	Nash, Avalon	11	Poway	5:29.11
11	Dolby, Madison	12	San Marcos	5:30.55
12	Lorenz, Madison	11	Rancho Berna	5:31.94

Event 4 Boys 1600 Meter Run Varsity**Saturday 5/6/2023 - 10:30 AM**

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

1	Hilton, James	10	Westview	4:42.12
2	Stamat, Gabriel	12	Poway	4:44.52
3	Odom, Dean	9	San Marcos	4:47.54
4	Sosa, Jack	11	Poway	4:50.18
5	Aparri, Evan	11	Del Norte	4:50.33
6	Castellon, Maurizio	9	San Marcos	4:50.90
7	Jackson, Tanner	9	Poway	4:52.41
8	Presa, Andrew	12	San Marcos	4:53.44
9	Klepper, Nathan	12	Mt Carmel	4:53.86
10	Gill, Joshua	11	Poway	4:54.39
11	Bowlus, Patrick	10	Poway	4:54.41
12	Gregg, Adam	9	Poway	4:55.02
13	Blanco, Giovanni	10	San Marcos	4:55.87
14	Plastridge, Caleb	10	San Marcos	4:58.83

Section 2 of 2 Finals

1	Yarbrough, Cameron	9	Del Norte	4:16.28
2	Bell, Tom	12	Mt Carmel	4:16.50
3	Day, Brandon	12	Rancho Berna	4:21.67
4	Nicholas, Rowan	12	Rancho Berna	4:27.22
5	Arciaga, Ryland	12	Westview	4:31.75
6	Yan, Stanley	11	Del Norte	4:31.89
7	Jin, Luke	10	Del Norte	4:32.17
8	Dobrowolski, Matthew	11	Westview	4:35.02
9	Semprebon, Eric	12	Poway	4:36.78
10	Fountain, Brogan	11	Mt Carmel	4:38.70
11	Chang, Sean	10	Del Norte	4:39.32

Event 5 Girls 100 Meter Hurdles Varsity**Saturday 5/6/2023 - 10:48 AM**

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

2	Menghis, Hosanna	12	Westview	19.71
3	Penaranda, Ella	11	Mt Carmel	18.90
4	Ho, Yvonne	9	Del Norte	18.78
5	Coleman, Chloe	10	Mt Carmel	18.12
6	McMichael, Samantha	11	Rancho Berna	18.45
7	Vargas, Nayah	11	Westview	18.78
8	Northcutt, Maggie	9	Westview	19.68

Section 2 of 2 Finals

1	Gerami, Erika	12	Rancho Berna	18.01
2	Lovasz, Ella	11	Westview	17.52
3	Sommer, Ella	10	Poway	17.02
4	Taylor, Kloe	12	Del Norte	16.99
5	Uyeda, Skye	12	Rancho Berna	16.13
6	Dufek, Lyla	10	San Marcos	16.98
7	Kennedy, Jane	10	Westview	17.01
8	Jones, Emilee	11	Rancho Berna	17.46
9	Courtoglous, Margot	12	Mt Carmel	17.77

Event 6 Boys 110 Meter Hurdles Varsity**Saturday 5/6/2023 - 11:05 AM**

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

1	Kim, Owen	11	Del Norte	19.29
2	Scher, Rylon	10	Poway	18.26
3	Pham, Franklin	10	Westview	17.76
4	Andruss, Brennan	12	Poway	17.15
5	Chen, Nolan	12	Westview	16.16
6	Phillips, Dean	11	Del Norte	16.49
7	Kuo, Kaze	11	Westview	17.33
8	Macari, Luke	11	Poway	18.07
9	Guerra, Alex	10	Del Norte	19.38

Section 2 of 2 Finals

1	Vargas, Aidan	11	Mt Carmel	16.08
2	Tragarz, Danny	12	Del Norte	15.54
3	Aldelaimi, Khalid	12	Mt Carmel	15.36
4	Blattman, Hudson	12	Rancho Berna	15.16
5	Izsold, Balamber	12	San Marcos	14.85
6	Cappello, Christopher	11	Rancho Berna	14.97
7	Yakubisin, Luke	10	Westview	15.25
8	Wong, Bucko	10	Rancho Berna	15.37
9	Altamirano, Wolfe	10	Rancho Berna	15.95

Alternates

1	Bonilla, Jacob	11	Poway	19.68
2	Jones, Braxton	10	Del Norte	19.82

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Event 7 Girls 400 Meter Run Varsity**Saturday 5/6/2023 - 11:10 AM**

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Van Bakel, Juliana	10	Rancho Berna	1:05.96
2	Sutherland, Juliana	9	Del Norte	1:05.21
3	Blackburn, Ashlyn	9	Del Norte	1:04.95
4	Mendenhall, Abby	11	Rancho Berna	1:04.41
5	Calafato, Bianca	12	Del Norte	1:02.72
6	McIntosh, Tori	10	Poway	1:04.09
7	Patel, Shaina	11	Rancho Berna	1:04.88
8	James, Roxie	9	Mt Carmel	1:05.16
9	Im, Hannah	9	Del Norte	1:05.33
Section 2 of 2 Finals				
1	McGhee, Amanda	11	Poway	1:02.10
2	Buswell, Bonnie	9	Poway	1:01.93
3	McCammon, Brielyn	10	San Marcos	1:01.51
4	Cassell, Giselle	11	Mt Carmel	1:00.23
5	Werts, Megan	12	San Marcos	59.47
6	Otholt, Kyah	12	Rancho Berna	59.73
7	Vargas, Audrey	12	Mt Carmel	1:00.24
8	Wilkerson, Charleah	12	Mt Carmel	1:01.69
9	Prasouvo, Anna	11	Del Norte	1:01.96
Alternates				
1	Santiago, Sophia	10	Westview	1:06.14
2	Li, Elizabeth	11	Westview	1:06.55
3	Arnold, Mackenzie	9	Poway	1:07.01

Event 8 Boys 400 Meter Run Varsity**Saturday 5/6/2023 - 11:20 AM**

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Akinpelu, Peter	11	Del Norte	55.48
2	Wood, Cameron	12	Rancho Berna	55.48
3	Shanyour, Omar	9	Westview	55.24
4	Lappin, Cooper	11	Del Norte	53.70
5	Marsh, Jack	12	Rancho Berna	53.07
6	Sevilla, Arturo	11	Poway	53.47
7	Piedrahita, Luke	11	Westview	54.14
8	Lea'e, Aiden	9	Rancho Berna	55.40
9	Andruss, Brennan	12	Poway	55.48
Section 2 of 2 Finals				
1	Kaimer, Aden	10	Del Norte	52.96
2	Kim, Rory	11	Poway	52.30
3	Winstead, Calvin	12	Westview	51.95
4	Hines, Preston	10	San Marcos	50.84
5	Slaughter, David	10	Mt Carmel	49.09
6	Schoon, Carter	12	Poway	50.41
7	Caulfield, Harrison	10	Mt Carmel	51.74
8	Farkas, Myles	11	Mt Carmel	52.13
9	Humphrey, Brady	12	San Marcos	52.68
Alternates				
1	Reynolds, Kaiden	9	Poway	55.70
2	Dinunzio, Alex	10	Poway	55.71

Event 9 Girls 100 Meter Dash Varsity**Saturday 5/6/2023 - 11:30 AM**

Lane	Name	Yr	School	Seed Time
Section 1 of 3 Finals				
1	Hutchinson, Ashleigh	10	Westview	14.13
2	Zafiroopoulos, Sophie	12	Mt Carmel	13.68
3	Hooshmand, Ava	10	Westview	13.63
4	Rodriguez-Barroso, Amber	9	San Marcos	13.56
5	Desmond, Issa	9	Mt Carmel	13.51
6	Edelstein, Shani	10	Poway	13.55
7	Jensen, Avery	9	Westview	13.60
8	Carpenter, Courtney	11	Poway	13.66
9	Hall, London	11	Westview	13.85
Section 2 of 3 Finals				
1	Beeby, Madison	9	Rancho Berna	13.44
2	Tartz, Raina	12	San Marcos	13.37
3	McGowan, Raeleigh	11	San Marcos	13.32
4	Llamas, Ava	12	Del Norte	13.23
5	Jones, Savanna	12	Del Norte	13.06
6	Sutherland, Alyssa	12	Del Norte	13.18
7	Dow, Juliana	11	Mt Carmel	13.25
8	Buswell, Bonnie	9	Poway	13.34
9	Foster, Morghan	10	Westview	13.41
Section 3 of 3 Finals				
1	Gillespie, Kati	11	Rancho Berna	12.92
2	Gross, Zoe	9	Del Norte	12.70
3	Hunt, Katherine	10	San Marcos	12.61
4	Ratermann, Macy	10	Westview	12.49
5	Ruskovich, Tianna	11	Mt Carmel	12.38
6	Hoagland, Taylore	11	Rancho Berna	12.46
7	Rebugio, Kaylee	10	Del Norte	12.56
8	Lankford, Riley	12	Rancho Berna	12.68
9	Tan, Kaylee	12	Del Norte	12.72
Alternates				
1	Nichols, Madisen	10	Poway	14.18
2	Putman, Emerson	10	Poway	14.22
3	Arnold, Mackenzie	9	Poway	14.34

Event 10 Boys 100 Meter Dash Varsity**Saturday 5/6/2023 - 11:38 AM**

Lane	Name	Yr	School	Seed Time
Section 1 of 3 Finals				
1	Borunda, Aidan	11	Westview	11.88
2	Iuta, Lautele	11	San Marcos	11.67
3	Alsop, Tyler	11	Poway	11.67
4	Whitford, Tanner	11	Rancho Berna	11.53
5	Bowers, Charlie	10	Del Norte	11.45
6	Teeter, Tristan	10	Del Norte	11.48
7	Freeling, Luke	10	San Marcos	11.59
8	Sonognini, Koaia	10	San Marcos	11.67
9	Simpson, Nathan	11	Westview	11.73

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Section 2 of 3 Finals...(Event 10 Boys 100 Meter Dash Varsity)

1	Sheffres, Ben	11 Del Norte	11.43
2	Olsen, Ty	10 Del Norte	11.39
3	Remigio, Ryan	10 Del Norte	11.37
4	Christensen, Silas	9 Rancho Berna	11.32
5	Zhan, Phoenix	12 Rancho Berna	11.24
6	Abawi, Brice	9 Rancho Berna	11.27
7	Lloyd, Brian	11 Westview	11.34
8	Houston, Logan	10 Poway	11.37
9	Agnihotri, Neel	11 Del Norte	11.42

Section 3 of 3 Finals

1	Jones, Ezriah	12 San Marcos	11.23
2	Ronquillo, Riley	12 San Marcos	11.17
3	Cummings, Nolan	12 San Marcos	11.14
4	Aukerman Salinas, Jonathan	12 Mt Carmel	11.03
5	Nix, Jase	10 San Marcos	10.86
6	Krynicky, Jonathan	12 Mt Carmel	10.98
7	Fisher, Terrick	11 Rancho Berna	11.06
8	Warren, Jacob	11 Del Norte	11.14
9	Pohl, Brady	10 San Marcos	11.21

Alternates

1	Matin, Rayan	11 Westview	11.92
2	McCann, Colin	10 Poway	12.07
3	Ellis, Cole	11 Poway	12.08

Event 11 Girls 800 Meter Run Varsity**Saturday 5/6/2023 - 11:50 AM**

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

1	Lorenz, Madison	11 Rancho Berna	2:31.46
2	Speer, Kaylie	10 Mt Carmel	2:31.50
3	Lagiseti, Samhita	9 Del Norte	2:32.14
4	Long, Charlotte	9 Westview	2:32.39
5	Penev, Irene	11 Westview	2:32.54
6	Taylor, Kennady	9 San Marcos	2:32.67
7	Li, Elizabeth	11 Westview	2:32.71
8	Castro, Jasmyne	11 Rancho Berna	2:33.34
9	Bessey, Meggie	11 Rancho Berna	2:33.80
10	Judd, Grace	11 Poway	2:33.95
11	Kooyman, Olivia	11 Westview	2:34.58
12	Badillo, Madelynn	10 Del Norte	2:35.31
13	Grant, Anna	9 Rancho Berna	2:35.33
14	Szulc, Kayla	12 San Marcos	2:35.84

Section 2 of 2 Finals

1	Arciaga, Kaitlyn	10 Westview	2:10.89
2	Buswell, Tessa	11 Poway	2:11.01
3	Echsner, Paige	10 Del Norte	2:14.48
4	Purcell, Ashley	11 San Marcos	2:21.78
5	Busse, Brianna	11 Del Norte	2:23.40
6	Shannon, Addison	9 Del Norte	2:24.96
7	Spurgiesz, Addison	9 Del Norte	2:25.04
8	Saadus, Alana	12 San Marcos	2:25.58
9	Hennigan, Delaney	9 Westview	2:26.25
10	Dolby, Madison	12 San Marcos	2:29.46
11	Smith, Mackenzie	9 Poway	2:30.12
12	McIntosh, Tori	10 Poway	2:30.96

Event 12 Boys 800 Meter Run Varsity**Saturday 5/6/2023 - 12:00 PM**

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

1	Vranish, Jack	10 Poway	2:05.62
2	Owsley, Ben	9 Del Norte	2:05.79
3	Pruetting, Nathan	11 Poway	2:07.68
4	Lance, Ethan	12 Mt Carmel	2:08.31
5	Shah, Kamran	10 Poway	2:08.78
6	Tovey, Larry	11 Poway	2:09.04
7	Presa, Andrew	12 San Marcos	2:11.28
8	Porter, Josh	9 San Marcos	2:12.02
9	Castellon, Maurizio	9 San Marcos	2:13.33
10	Odom, Dean	9 San Marcos	2:13.50

Section 2 of 2 Finals

1	Yarbrough, Cameron	9 Del Norte	1:56.18
2	Day, Brandon	12 Rancho Berna	1:57.46
3	Christensen, Kaipo	12 Poway	2:00.17
4	Stevens, Matthew	10 Westview	2:00.44
5	Hurley, Ryan	12 San Marcos	2:00.45
6	Rigg, Kielan	10 Del Norte	2:00.90
7	Harpster, Tristan	10 Del Norte	2:02.65
8	Akinpelu, Peter	11 Del Norte	2:02.94
9	Semprebon, Eric	12 Poway	2:03.47
10	Humphrey, Brady	12 San Marcos	2:04.21
11	Delgado, Aidan	10 Del Norte	2:04.47
12	Tucker, Jack	11 Mt Carmel	2:04.75

Event 13 Girls 300 Meter Hurdles Varsity**Saturday 5/6/2023 - 12:08 PM**

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

2	Gerami, Erika	12 Rancho Berna	53.45
3	Carpenter, Courtney	11 Poway	52.29
4	Dufek, Lyla	10 San Marcos	51.23
5	Courtglous, Margot	12 Mt Carmel	51.09
6	Barsana, Chloe	11 Poway	51.10
7	Vargas, Nayah	11 Westview	51.70
8	Dawson, Ava	11 San Marcos	52.83
9	Ho, Yvonne	9 Del Norte	54.08

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Section 2 of 2 Finals...(Event 13 Girls 300 Meter Hurdles Varsity)

1	Tokushige, Keira	10	Rancho Berna	50.88
2	Tokushige, Reese	10	Rancho Berna	50.55
3	Uyeda, Skye	12	Rancho Berna	49.30
4	Lake, Kassa	11	Mt Carmel	49.07
5	Echsner, Ella	11	Del Norte	46.82
6	Llamas, Ava	12	Del Norte	48.78
7	Kennedy, Jane	10	Westview	49.09
8	Lovasz, Ella	11	Westview	50.28
9	Taylor, Kloe	12	Del Norte	50.72

Event 14 Boys 300 Meter Hurdles Varsity**Saturday 5/6/2023 - 12:18 PM**

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

1	Everett-Hai, Nathan	11	Poway	46.25
2	Cannarsa, Dean	12	Westview	45.25
3	Bonilla, Jacob	11	Poway	44.49
4	Phillips, Dean	11	Del Norte	43.93
5	Chen, Nolan	12	Westview	43.20
6	Vargas, Aidan	11	Mt Carmel	43.48
7	Aichroth, James	11	Rancho Berna	44.47
8	Plonka, Pierce	10	Mt Carmel	45.10
9	Yakubisin, Luke	10	Westview	45.96

Section 2 of 2 Finals

1	Altamirano, Wolfe	10	Rancho Berna	42.49
2	Wong, Bucko	10	Rancho Berna	41.87
3	Andruss, Brennan	12	Poway	41.57
4	Cappello, Christopher	11	Rancho Berna	40.26
5	Tragarz, Danny	12	Del Norte	38.92
6	Blattman, Hudson	12	Rancho Berna	39.80
7	Spurgiesz, Joshua	11	Del Norte	41.10
8	Aldelaimi, Khalid	12	Mt Carmel	41.63
9	DeJarnette, Isaiah	12	Mt Carmel	42.25

Alternates

1	Borunda, Aidan	11	Westview	46.63
2	Jones, Braxton	10	Del Norte	46.74
3	Conrad, Bluerain	11	Del Norte	47.08

Event 15 Girls 200 Meter Dash Varsity**Saturday 5/6/2023 - 12:30 PM**

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

1	Desmond, Issa	9	Mt Carmel	29.08
2	Barsana, Chloe	11	Poway	28.78
3	Dow, Juliana	11	Mt Carmel	28.56
4	McGhee, Amanda	11	Poway	28.40
5	Rodriguez-Barroso, Amber	9	San Marcos	28.31
6	Blackburn, Ashlyn	9	Del Norte	28.35
7	Carpenter, Courtney	11	Poway	28.52
8	Jensen, Avery	9	Westview	28.68
9	Santiago, Sophia	10	Westview	29.04

Section 2 of 3 Finals

1	Trusheim, Cailin	9	Poway	28.31
2	Beeby, Madison	9	Rancho Berna	28.09
3	Gross, Zoe	9	Del Norte	27.68
4	Jones, Savanna	12	Del Norte	27.26
5	McCammon, Brielyn	10	San Marcos	27.07
6	Buswell, Bonnie	9	Poway	27.12
7	Prasouvo, Anna	11	Del Norte	27.29
8	Sutherland, Alyssa	12	Del Norte	28.00
9	Edelstein, Shani	10	Poway	28.21

Section 3 of 3 Finals

1	Calafato, Bianca	12	Del Norte	26.94
2	Werts, Megan	12	San Marcos	26.37
3	Hunt, Katherine	10	San Marcos	26.03
4	Hoagland, Taylore	11	Rancho Berna	25.70
5	Ruskovich, Tianna	11	Mt Carmel	25.06
6	Ratermann, Macy	10	Westview	25.57
7	Otholt, Kyah	12	Rancho Berna	25.95
8	Rebugio, Kaylee	10	Del Norte	26.23
9	Gillespie, Kati	11	Rancho Berna	26.86

Alternates

1	Hutchinson, Ashleigh	10	Westview	29.19
2	Arnold, Mackenzie	9	Poway	29.57
3	Berk, Cameron	10	Poway	29.68

Event 16 Boys 200 Meter Dash Varsity**Saturday 5/6/2023 - 12:40 PM**

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

1	Piedrahita, Luke	11	Westview	24.27
2	Matin, Rayan	11	Westview	23.95
3	Lappin, Cooper	11	Del Norte	23.85
4	Freeling, Luke	10	San Marcos	23.61
5	Simpson, Nathan	11	Westview	23.42
6	Hines, Preston	10	San Marcos	23.45
7	Remigio, Ryan	10	Del Norte	23.77
8	Pohl, Brady	10	San Marcos	23.92
9	Kim, Rory	11	Poway	23.96

Section 2 of 3 Finals

1	Jones, Ezriah	12	San Marcos	23.38
2	Sheffres, Ben	11	Del Norte	23.23
3	Zhan, Phoenix	12	Rancho Berna	23.13
4	Whitford, Tanner	11	Rancho Berna	23.05
5	Warren, Jacob	11	Del Norte	22.99
6	Christensen, Silas	9	Rancho Berna	23.05
7	Abawi, Brice	9	Rancho Berna	23.12
8	Winstead, Calvin	12	Westview	23.16
9	Heintz, Oliver	11	Del Norte	23.30

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Section 3 of 3 Finals...(Event 16 Boys 200 Meter Dash Varsity)

1	Olsen, Ty	10	Del Norte	22.91
2	Cummings, Nolan	12	San Marcos	22.89
3	Schoon, Carter	12	Poway	22.50
4	Krynicky, Jonathan	12	Mt Carmel	22.25
5	Nix, Jase	10	San Marcos	22.05
6	Slaughter, David	10	Mt Carmel	22.10
7	Aukerman Salinas, Jonathan	12	Mt Carmel	22.30
8	Fisher, Terrick	11	Rancho Berna	22.75
9	Ronquillo, Riley	12	San Marcos	22.89

Alternates

1	Sevilla, Arturo	11	Poway	24.31
2	Ellis, Cole	11	Poway	24.64
3	Smith-Earle, Rowan	10	Poway	24.82
4	Skalsky, Jack	11	Poway	24.84

Event 17 Girls 3200 Meter Relay Varsity**Saturday 5/6/2023 - 1:00 PM**

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
3	Rancho Berna		10:56.59
	1) Castro, Jasmyne 11	2) Grant, Anna 9	
	3) Bessey, Meggie 11	4) Lorenz, Madison 11	
	5) Luecht, Reagan 11	6) Anderson, Renae 11	
	7) Bernhard, Sophie 9	8) Ramirez, Vanessa 12	
4	Westview		9:49.44
	1) Kooyman, Olivia 11	2) Li, Elizabeth 11	
	3) Penev, Irene 11	4) Hennigan, Delaney 9	
	5) Long, Charlotte 9	6) Arciaga, Kaitlyn 10	
	7) Watson, Kiana 12		
5	Del Norte		9:00.77
	1) Russo, Emily 10	2) Echsner, Ella 11	
	3) Riggins, Hannah 12	4) Echsner, Paige 10	
	5) Busse, Brianna 11	6) Shannon, Addison 9	
	7) Enyedi, Lilah 9	8) Spurgiesz, Addison 9	
6	San Marcos		9:35.00
	1) Dolby, Madison 12	2) Saadus, Alana 12	
	3) Purcell, Ashley 11	4) Taylor, Kennady 9	
	5) McCammon, Brielyn 10	6) Rodriguez-Barroso, Amber 9	
	7) Werts, Megan 12		
7	Poway		10:48.16
	1) McIntosh, Tori 10	2) Gould, Reese 11	
	3) McGhee, Amanda 11	4) Buswell, Bonnie 9	
	5) Buswell, Tessa 11	6) Judd, Grace 11	

Event 18 Boys 3200 Meter Relay Varsity**Saturday 5/6/2023 - 1:15 PM**

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
3	Westview		9:00.41
	1) Hilton, James 10	2) Namgoong, Daniel 9	
	3) Dobrowolski, Matthew 11	4) Stevens, Matthew 10	
	5) Arciaga, Ryland 12	6) Hannaman, Rowan 10	
	7) Welton, Adrian 11	8) Berner, Kaeden 11	
4	Rancho Berna		8:40.00
	1) Parvataneni, Pradyun 9	2) Tani, Nassim 9	
	3) Marsh, Jack 12	4) Pratt, Otis 11	
	5) Blattman, Hudson 12	6) Day, Brandon 12	
	7) Nicholas, Rowan 12	8) Gillespie, Jase 11	
5	Del Norte		8:03.05
	1) Yarbrough, Cameron 9	2) Spurgiesz, Joshua 11	
	3) Rigg, Kielan 10	4) Yan, Stanley 11	
	5) Harpster, Tristan 10	6) Akinpelu, Peter 11	
	7) Jin, Luke 10	8) Owsley, Ben 9	
6	Mt Carmel		8:25.07
	1) Lance, Ethan 12	2) Fountain, Brogan 11	
	3) Tucker, Jack 11	4) Klepper, Nathan 12	
	5) Chavez, Nicholas 12	6) Bell, Tom 12	
7	Poway		8:46.15
	1) Vranish, Jack 10	2) Tovey, Larry 11	
	3) Bonilla, Jacob 11	4) Shah, Kamran 10	
	5) Pruetting, Nathan 11		

Event 19 Girls 3200 Meter Run Varsity**Saturday 5/6/2023 - 1:30 PM**

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Russo, Emily	10	Del Norte	10:57.32
2	Selbrede, Breea	12	Mt Carmel	11:11.56
3	Enyedi, Lilah	9	Del Norte	11:17.53
4	Nash, Avalon	11	Poway	11:25.32
5	Sutherland, Audra	12	Rancho Berna	11:29.19
6	Ramirez, Vanessa	12	Rancho Berna	11:39.95
7	Campos, Olivia	9	Mt Carmel	11:54.01
8	McEwan, Reese	10	Poway	11:58.37
9	Judd, Olivia	11	Poway	12:00.62
10	Welton, Sofia	10	Westview	12:14.61
11	Husseman, Catalina	9	Poway	12:21.87
12	Sullivan, Lucy	12	Westview	12:22.39
13	Juza, Mackenzie	10	Poway	12:29.25
14	Shikwana, Jessica	12	Poway	12:37.31
15	Tang, Sophia	10	Del Norte	12:52.09
16	Shaver, Madison	11	San Marcos	12:53.12
17	Seki, Malia	11	San Marcos	12:59.16
18	Yasuda, Sonya	9	Westview	13:03.06

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Event 20 Boys 3200 Meter Run Varsity**Saturday 5/6/2023 - 1:45 PM**

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Bell, Tom	12	Mt Carmel	9:10.33
2	Kirschbaum, Derek	12	Poway	9:27.87
3	Welton, Adrian	11	Westview	9:33.88
4	Luecht, Camden	10	Rancho Berna	9:39.72
5	Nicholas, Rowan	12	Rancho Berna	9:40.02
6	Castleberry, Cooper	9	Poway	9:49.82
7	Arciaga, Ryland	12	Westview	9:50.18
8	Jin, Luke	10	Del Norte	9:53.38
9	McDevitt, Parker	9	Westview	10:02.05
10	Ramirez, Jose	10	Rancho Berna	10:05.94
11	Davis, Quinn	10	Del Norte	10:09.30
12	Schaller, Max	11	Rancho Berna	10:09.79
13	Hannaman, Rowan	10	Westview	10:10.06
14	Hurley, Ryan	12	San Marcos	10:10.43
15	Hulterstrom, David	12	Poway	10:10.58
16	Kanekar, Arnav	12	Del Norte	10:23.76
17	Liu, William	9	Rancho Berna	10:30.67
18	Klepper, Nathan	12	Mt Carmel	10:34.56
19	Owsley, Ben	9	Del Norte	10:40.13
20	Erdem, Deren	9	Westview	10:40.32
21	Blanco, Giovanni	10	San Marcos	10:42.02
22	Gregg, Adam	9	Poway	10:47.32
23	Levy, Jordan	11	Del Norte	10:49.39
24	Aparri, Evan	11	Del Norte	10:51.17
25	Plastridge, Caleb	10	San Marcos	10:57.90

Event 21 Girls 1600 Meter Relay Varsity**Saturday 5/6/2023 - 2:00 PM**

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
3	Rancho Berna		4:17.36
	1) Gillespie, Kati 11	2) Uyeda, Skye 12	
	3) Beeby, Madison 9	4) Otholt, Kyah 12	
	5) Patel, Shaina 11	6) Mendenhall, Abby 11	
	7) Tokushige, Keira 10	8) Hoagland, Taylore 11	
4	San Marcos		4:07.00
	1) McCammon, Brielyn 10	2) Purcell, Ashley 11	
	3) Saadus, Alana 12	4) Werts, Megan 12	
	5) Rodriguez-Barroso, Amber 9	6) Tartz, Raina 12	
5	Del Norte		3:59.26
	1) Prasouvo, Anna 11	2) Rebugio, Kaylee 10	
	3) Blackburn, Ashlyn 9	4) Calafato, Bianca 12	
	5) Riggins, Hannah 12	6) Echsner, Paige 10	
	7) Echsner, Ella 11	8) Russo, Emily 10	
6	Mt Carmel		4:05.09
	1) Lake, Kassa 11	2) Cassell, Giselle 11	
	3) Wilkerson, Charleah 12	4) Vargas, Audrey 12	
	5) Zafropoulos, Sophie 12	6) Selbrede, Breea 12	
	7) James, Roxie 9	8) Ruskovich, Tianna 11	
7	Poway		4:10.29
	1) McGhee, Amanda 11	2) McIntosh, Tori 10	
	3) Buswell, Bonnie 9	4) Buswell, Tessa 11	
	5) Gould, Reese 11		
8	Westview		4:18.00
	1) Santiago, Sophia 10	2) Hooshmand, Ava 10	
	3) Long, Charlotte 9	4) Ratermann, Macy 10	
	5) Li, Elizabeth 11	6) Thompson, Nia 10	
	7) Hutchinson, Ashleigh 10	8) Arciaga, Kaitlyn 10	

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Event 22 Boys 1600 Meter Relay Varsity**Saturday 5/6/2023 - 2:15 PM**

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
3	Rancho Berna		3:38.75
	1) Abawi, Brice 9	2) Blattman, Hudson 12	
	3) Marsh, Jack 12	4) Christensen, Silas 9	
	5) Lea'e, Aiden 9	6) Fisher, Terrick 11	
	7) Zhan, Phoenix 12	8) Whitford, Tanner 11	
4	Del Norte		3:29.63
	1) Lappin, Cooper 11	2) Olsen, Ty 10	
	3) Conrad, Bluerain 11	4) Kaimer, Aden 10	
	5) Spurgiesz, Josh 11	6) Rigg, Kielan 10	
	7) Yarbrough, Cameron 9		
5	Mt Carmel		3:22.54
	1) Caulfield, Harrison 10	2) Aukerman Salinas, Jonathan 12	
	3) Slaughter, David 10	4) Krynicki, Jonathan 12	
	5) Farkas, Myles 11	6) Tucker, Jack 11	
	7) Aldelaimi, Khalid 12	8) Bell, Tom 12	
6	Poway		3:26.89
	1) Kim, Rory 11	2) Sevilla, Arturo 11	
	3) Christensen, Kaipō 12	4) Schoon, Carter 12	
	5) Hughes, Lukas 12		
7	San Marcos		3:31.72
	1) Ronquillo, Riley 12	2) Humphrey, Brady 12	
	3) Hurley, Ryan 12	4) Hines, Preston 10	
	5) Coker, Remi 9	6) Cummings, Nolan 12	
	7) Jones, Ezriah 12	8) Freeling, Luke 10	
8	Westview		3:40.00
	1) Piedrahita, Luke 11	2) Chen, Nolan 12	
	3) Shanyour, Omar 9	4) Winstead, Calvin 12	
	5) Matin, Rayan 11	6) Shiroma, Brendan 12	
	7) Chen, Vincent 12	8) Ye, Jason 12	