

2024 Don Jones - 3/9/2024
Rancho Bernardo High School, San Diego CA
Performance List

Event 1 Girls 3200 Meter Run Invite (21)

Saturday 3/9/2024 - 10:00 AM

Meet Record: 10:46.54 2003

Claire Rethmeier

| Name | Yr | School | Seed Time |
|--------------------------------|----|--------------|-----------|
| 1 Williams, Jaelyn | 10 | Eastlake | 10:11.01 |
| 2 Aguirre, Hannah | 11 | Patrick Henr | 10:52.89 |
| 3 Biddle, Riley | 9 | Rancho Berna | 11:13.50 |
| 4 Enyedi, Lilah | 10 | Del Norte | 11:17.53 |
| 5 Ramos, Isabella | 10 | Point Loma | 11:32.89 |
| 6 Peacher, Lauren | 12 | Vista | 11:43.23 |
| 7 Lorenz, Madison | 12 | Rancho Berna | 11:49.31 |
| 8 Arce, Suhey | 12 | Grossmont | 11:53.30 |
| 9 Eudy, Paige | 9 | Point Loma | 11:55.36 |
| 10 Witt, Nicole | 10 | Point Loma | 11:55.74 |
| 11 Kirkegaard, Amelia | 11 | Patrick Henr | 11:56.68 |
| 12 Coleman, Shelby | 11 | Steele Canyo | 11:57.84 |
| 13 Lara, Isabel | 10 | Olympian | 12:00.00 |
| 14 Judd, Olivia | 12 | Poway | 12:00.62 |
| 15 Lagisetti, Samhita | 10 | Del Norte | 12:01.74 |
| 16 Andrews, Emmy | 12 | Carlsbad | 12:13.12 |
| 17 Welton, Sofia | 11 | Westview | 12:14.61 |
| 18 Casalins-DeBoskey, Cassandr | 9 | Patrick Henr | 12:20.00 |
| 19 Hart, Kelsi | 12 | Classical Ac | 12:20.00 |
| 20 Juza, Mackenzie | 11 | Poway | 12:29.25 |
| 21 Li, Madison | 10 | Poway | 12:29.57 |

Event 2 Girls 4x100 Meter Relay Varsity (25)

Saturday 3/9/2024 - 10:15 AM

Meet Record: 48.41 2014

Great Oak

| Team | Relay | Seed Time |
|-------------------------------|-------------------------------|-----------|
| 1 Steele Canyo | A | 47.50 |
| 1) Allison, Evie 9 | 2) Barclay, Ily 10 | |
| 3) Dickens, Brionna 12 | 4) Burkhardt, Nicoletta 12 | |
| 5) Fuller, Kailey 10 | 6) Ewing, Kaliani 10 | |
| 2 Vista Murrie | A | 48.77 |
| 1) Alumbres, Alyssa 12 | 2) Spencer, Jaylen 12 | |
| 3) Robinson, Kaila 12 | 4) Bryant-Collier, Destiny 12 | |
| 3 Helix | A | 48.88 |
| 1) Broussard, Asia 10 | 2) Burton, Chanel 12 | |
| 3) Swift, Shaelynne 11 | 4) Allen, Laraigh 12 | |
| 4 Kearny | A | 49.04 |
| 1) Henriquez, Abigail 12 | 2) Russ-Wheeler, Jayda 12 | |
| 3) Neugent, Malone 9 | 4) Jones, Jady 11 | |
| 5) Sells, Cirayah 12 | | |
| 5 Carlsbad | A | 49.50 |
| 1) Jayanthi, Susmitha 11 | 2) Cliff, Charlotte 11 | |
| 3) Herrera, Jillian 11 | 4) Herbst, Morgan 11 | |
| 6 Point Loma | A | 50.13 |
| 1) Fernandez, Alexa 11 | 2) Frey, Hannah 10 | |
| 3) Wotursky, Mallory 11 | 4) Frichtel, Jenna 10 | |
| 5) Rosas, Sophia 11 | | |
| 7 Madison | A | 50.24 |
| 1) Jimerson, Brielle 12 | 2) Ndiaye, Souckeye 10 | |
| 3) Herriott-Campos, Nayomi 12 | 4) Shaheed, Amirah 12 | |
| 5) Alan, Destinee 9 | | |

| | | |
|-------------------------------|---------------------------|-------|
| 8 Westview | A | 50.25 |
| 1) Hooshmand, Ava 11 | 2) Jensen, Avery 10 | |
| 3) Foster, Morghan 11 | 4) Ratermann, Macy 11 | |
| 5) Lee, Kiana 9 | 6) Thompson, Nia 11 | |
| 9 Olympian | A | 50.76 |
| 1) Morales, Brianna 12 | 2) Rodriguez, Sarai 11 | |
| 3) Murphy, Sari 11 | 4) Tibayan, Aubrey 10 | |
| 5) Hawkins, Gabrielle 11 | 6) Martin, Alyssa 10 | |
| 10 Mt Carmel | A | 50.92 |
| 1) Desmond, Issa 10 | 2) Cassell, Giselle 12 | |
| 3) Lake, Kassa 12 | 4) Ruskovich, Tianna 12 | |
| 11 San Dieguito | A | 51.22 |
| 1) Pullman, Mia 10 | 2) Renison, Carly 11 | |
| 3) Howard, Makena 10 | 4) McFadden, Rowan 10 | |
| 5) Herman, Maya 11 | | |
| 12 Martin Luthe | A | 51.73 |
| 1) Davis, Paige 11 | 2) Rudolph, Naomi 10 | |
| 3) Lochard, Amaya 10 | 4) Richardson, Aaliyah 10 | |
| 13 Mira Mesa | A | 52.30 |
| 1) Sarabia, Analeah 12 | 2) Sanders, Liliana 11 | |
| 3) Holloway, Suraya 11 | 4) Reed, Hannah 11 | |
| 14 Santa Fe Chr | A | 52.83 |
| 1) Bautista, Sofia 11 | 2) Mercer, Scarlett 10 | |
| 3) Kowalchek, Kira 10 | 4) Briggs, Kathryn 11 | |
| 5) Starck, Kylee 11 | 6) Moore, Yasmina 10 | |
| 15 Grossmont | A | 53.09 |
| 1) Dilgard, Elizabeth 12 | 2) Mcdowell, Evin 11 | |
| 3) Thomas, Gabrielle 10 | 4) Balistreri, Guliana 12 | |
| 5) Hernandez Soberano, Emma 9 | 6) Avila, Madyson 11 | |
| 16 Granite Hill | A | 53.32 |
| 1) Bramley, Mackenzie 12 | 2) Tucker, Madeline 9 | |
| 3) Mowrey, Gwen 9 | 4) Spencer, Brooklynn 9 | |
| 5) O'Neal, Kalista 11 | 6) Smith, Shaniyah 11 | |
| 17 Santana | A | 53.46 |
| 1) Johnson, Lanie 12 | 2) Acevedo, Corrina 9 | |
| 3) Bressler, Kristen 12 | 4) Fields, Jayden 11 | |
| 5) Hixson, Danielle 11 | 6) Glider, Brooklynn 9 | |
| 18 Valley Cente | A | 54.15 |
| 1) Moore, Dana 11 | 2) Brown, Alexa 12 | |
| 3) Hawranik, Grace 11 | 4) Gonzalez, Genesis 12 | |
| 5) Contreras, Roxana 12 | 6) Boleda, Charlotte 10 | |
| 19 Poway | A | 55.48 |
| 1) Carpenter, Courtney 12 | 2) Hansen, Audrey 9 | |
| 3) Hughes, Delaney 9 | 4) Vermilyea, Hailey 11 | |
| 5) Nicholas, Dylan-Marie 9 | | |
| 20 Ramona | A | 55.81 |
| 1) King, Kynzie 9 | 2) Lawless, Lily 9 | |
| 3) Pierre, Krystian 9 | 4) Brown, Tayler 9 | |
| 5) King, Peyton 10 | | |
| 21 Patrick Henr | A | 57.00 |
| 1) Arzaga, Elena 11 | 2) Hill, Adlen 12 | |
| 3) Cavazos, Macy 10 | 4) Smith, Honey 9 | |
| 5) Spate, Elyssa 11 | 6) Reardon, Tabitha 11 | |

2024 Don Jones - 3/9/2024
Rancho Bernardo High School, San Diego CA
Performance List

Event 2 ... (Girls 4x100 Meter Relay Varsity (25))

| Team | Relay | Seed Time |
|------------------------------|-------------------------|-----------|
| 22 El Cajon Val | A | 57.44 |
| 1) Thomas, Sa'Mari 9 | 2) King, Serenity 9 | |
| 3) Macias, Christiana 12 | 4) Beasley, Shamyia 11 | |
| 5) Butts, Saianna 11 | 6) Lawrence, Deja 10 | |
| 23 Mount Miguel | A | 58.09 |
| 1) Fulcher, Zoey 9 | 2) Reyna, Kenzie 12 | |
| 3) Mahaney, Skyy 12 | 4) Crisp, Ma'liyah 9 | |
| 5) Cook-Weaver, Kanay/Jah 12 | 6) Chapman, Jadah 12 | |
| 24 School for E | A | NT |
| 1) Bydonie, Micah 9 | 2) Saunders, Delaney 9 | |
| 3) Hefner, Maile 10 | 4) Huynh, Ashelyn 10 | |
| 25 Vista | A | NT |
| 1) Castellanos, Lola 10 | 2) Larkin, Kyla 10 | |
| 3) Burton, Sarah 12 | 4) Maldonado, Shelby 12 | |
| 5) Medina, Jocelyn 12 | | |

Event 3 Boys 4x100 Meter Relay Varsity (27)

Saturday 3/9/2024 - 10:31 AM

Meet Record: 41.87 2014 Great Oak

| Team | Relay | Seed Time |
|---------------------------|---------------------------|-----------|
| 1 Rancho Berna | A | 42.80 |
| 1) Christensen, Silas 10 | 2) Fisher, Terrick 12 | |
| 3) Clark, Levi 11 | 4) Abawi, Brice 10 | |
| 5) Foster, Jahiem 11 | 6) De La Cruz, Miles 10 | |
| 2 Helix | A | 43.14 |
| 1) Burston, Laurence 11 | 2) Martin, Shon 12 | |
| 3) Harris, Harlem 11 | 4) Gray, Spencer 11 | |
| 5) Allen, Kevin 12 | 6) Lindley, Jordan 10 | |
| 3 Del Norte | A | 43.14 |
| 1) Remigio, Ryan 11 | 2) Olsen, Ty 11 | |
| 3) Warren, Jake 12 | 4) Agnihotri, Neel 12 | |
| 5) Heintz, Oliver 12 | 6) Sheffres, Ben 12 | |
| 4 Morse | A | 43.40 |
| 1) Holloway, Jonah 10 | 2) Smith, Jonathan 12 | |
| 3) Frazier, Jayden 12 | 4) Bloome, Khalif 12 | |
| 5 Santana | A | 43.54 |
| 1) Esoo, Maddox 10 | 2) Cruz, O'Neil 12 | |
| 3) Hallman, Kaedyn 11 | 4) Valenzuela, Michael 12 | |
| 5) Thomas, Ryder 10 | | |
| 6 Vista Murrie | A | 43.56 |
| 1) Jones, Adrian 11 | 2) Banks, Joshua 9 | |
| 3) Coats, Connor 12 | 4) Sanchez, Beau 11 | |
| 7 Carlsbad | A | 43.75 |
| 1) Siegel, Jack 11 | 2) Dahlan, Kai 12 | |
| 3) Dahlan, Cole 9 | 4) Saint Paul, Jalen 12 | |
| 5) Ivey, Damon 12 | 6) Henkel, Carson 11 | |
| 8 Mira Mesa | A | 43.96 |
| 1) Castillo, Nathaniel 11 | 2) Twyman, Caleb 11 | |
| 3) Cato, Elijah 11 | 4) Sanders, Amari 11 | |
| 9 Olympian | A | 44.00 |
| 1) Roberts, Ethan 12 | 2) Cadriel, Andrew 12 | |
| 3) Zabayle, Sean 10 | 4) Anderson, Tristan 12 | |
| 5) Lujan, Chase 10 | 6) Castro, Caleb 12 | |

| | | |
|-------------------------------|------------------------------|-------|
| 10 Granite Hill | A | 44.33 |
| 1) Zander, Joshua 12 | 2) Puffinburger, Noah 12 | |
| 3) Williams, Davion 9 | 4) Maddox, Nokoi 12 | |
| 5) Turner, Maxwell 11 | 6) Runkle, Kaleb 9 | |
| 11 Mt Carmel | A | 44.43 |
| 1) Beato, Jun 12 | 2) Caulfield, Harrison 11 | |
| 3) Barrus, Bryce 11 | 4) Slaughter, David 11 | |
| 5) Tucker, Jack 12 | | |
| 12 Kearny | A | 44.54 |
| 1) Teodoro-Mackey, Lorenzo 11 | 2) McClew, Caleb 12 | |
| 3) Gravely, Zaiden 10 | 4) Enriquez, Carlos 11 | |
| 5) Thomas, Charles 12 | | |
| 13 Grossmont | A | 44.63 |
| 1) Riley, Amari 11 | 2) Suarez Morales, Leniel 11 | |
| 3) Patterson, Aron 11 | 4) Trotter, Lovones 9 | |
| 5) Ethridge, Daniel 11 | 6) Tomala, Stephen 12 | |
| 14 Madison | A | 44.84 |
| 1) Susos, Mark 12 | 2) Hampton II, Lorne 9 | |
| 3) Scott, Jallen 9 | 4) Jones, Jereil 11 | |
| 5) Norton, Malcom 12 | 6) Parenteau, Ryley 11 | |
| 15 Eastlake | A | 44.86 |
| 1) Albano, Landon 11 | 2) Bush, Damien 12 | |
| 3) Reavis, Anthony 11 | 4) Cross, Micah 11 | |
| 16 Martin Luthe | A | 45.00 |
| 1) Petrick, Michael 12 | 2) Stewart, Malachi 11 | |
| 3) Fincher, Kevin 10 | 4) George, Robert 12 | |
| 17 Mount Miguel | A | 45.12 |
| 1) McGowan, Davian 12 | 2) Jones, Vincent 12 | |
| 3) Gross, James 10 | 4) Williams, Delontay 9 | |
| 5) Phillips, Sha-Hei 11 | 6) Rottier Johnson, Zane 10 | |
| 18 Ramona | A | 45.13 |
| 1) Enriquez, Adrian 12 | 2) Patenaude, Kyle 12 | |
| 3) Kassab, Jamil k 12 | 4) Montero MartÃ-n, Zoilo 10 | |
| 5) Grajeda, Ethan 11 | | |
| 19 Patrick Henr | A | 45.14 |
| 1) Patterson, Robbie 11 | 2) McBride, Derek 12 | |
| 3) Gutierrez, Xiaris 11 | 4) Reardon, Raheim 11 | |
| 5) George, Akwaeno 10 | 6) Jordan, Michael 12 | |
| 20 El Cajon Val | A | 45.43 |
| 1) Middleton, Jay 11 | 2) Dixon, Paris 12 | |
| 3) Oliverez, Carlos 11 | 4) Daraji, Wisam 12 | |
| 5) Dubose, Darick 12 | | |
| 21 Steele Canyo | A | 45.50 |
| 1) Wilson, Josiah 12 | 2) Azevedo, Jacob 12 | |
| 3) Purvis, Isaiah 12 | 4) Jara, Nico 10 | |
| 5) Sicat, Micah 12 | 6) Haisch, Austin 11 | |
| 22 Poway | A | 45.60 |
| 1) Houston, Logan 11 | 2) Davy, Jack 11 | |
| 3) Hawkins, Will 10 | 4) Alsop, Tyler 12 | |
| 5) Ellis, Cole 12 | | |
| 23 Santa Fe Chr | A | 45.80 |
| 1) Ellis, Tyler 11 | 2) McGriff, Will 11 | |
| 3) Olah, Kevin 12 | 4) Husmann, Joshua 10 | |

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Event 3 ... (Boys 4x100 Meter Relay Varsity (27))

| Team | Relay | Seed Time |
|-------------------------|--------------------------|-----------|
| 24 Valley Cente | A | 45.99 |
| 1) Natale, Matteo 11 | 2) Cathers, Ryan 12 | |
| 3) Maces, Manuel 11 | 4) Bender, Ezekiel 11 | |
| 5) Natale, Alexander 10 | | |
| 25 Valhalla | A | 46.08 |
| 1) Alhamdi, Yousif 10 | 2) Doctor, Brandon 12 | |
| 3) Cruz, Jaylen 12 | 4) Ghazialam, Arsalan 12 | |
| 26 San Dieguito | A | 46.80 |
| 1) Shiels, Ruairi 10 | 2) Adami, Evan 12 | |
| 3) Prior, Jack 10 | 4) Evans, Wyatt 10 | |
| 5) Ross, William 10 | 6) Wood, Benjamin | |
| 27 School for E | A | NT |
| 1) Corpuz, Kail 10 | 2) Repkin, Sasha 10 | |
| 3) Lewis, Robert 10 | 4) Kane, Jonah 10 | |
| 5) Strahm, Austin 12 | 6) Baldosano, Maite 10 | |

Event 4 Boys 3200 Meter Run Invite (19)

Saturday 3/9/2024 - 10:47 AM
Meet Record: 8:59.68 2011 Chris Brewer

| Name | Yr | School | Seed Time |
|---------------------|----|--------------|-----------|
| 1 Luecht, Camden | 11 | Rancho Berna | 9:26.44 |
| 2 Rickert, Jonas | 12 | Torrey Pines | 9:28.33 |
| 3 Bourgeois, York | 12 | Francis Park | 9:33.19 |
| 4 Craig, Lyon | 11 | Health Scien | 9:35.00 |
| 5 Senn, Micah | 11 | Steele Canyo | 9:47.64 |
| 6 Buentello, Luke | 12 | Vista | 9:49.30 |
| 7 Borin, Spencer | 12 | Torrey Pines | 9:52.16 |
| 8 Jin, Luke | 11 | Del Norte | 9:53.38 |
| 9 Schaller, Max | 12 | Rancho Berna | 9:55.00 |
| 10 Casillas, Miguel | 11 | Steele Canyo | 9:56.89 |
| 11 Kelly, Maximus | 11 | Point Loma | 9:59.25 |
| 12 McDevitt, Parker | 10 | Westview | 10:02.05 |
| 13 Ramirez, Jose | 11 | Rancho Berna | 10:05.94 |
| 14 Brislin, Mason | 11 | Carlsbad | 10:06.30 |
| 15 Feiler, Toby | 12 | Point Loma | 10:08.09 |
| 16 Davis, Quinn | 11 | Del Norte | 10:09.30 |
| 17 Hannaman, Rowan | 11 | Westview | 10:10.06 |
| 18 Joseph, Tyus | 10 | Helix | 10:10.46 |
| 19 Reyes, Loan | 11 | Grossmont | 10:10.70 |

Event 5 Girls 100 Meter Hurdles Varsity (22)

Saturday 3/9/2024 - 11:10 AM
Meet Record: 15.06 2004 Laiah Blue

| Name | Yr | School | Seed Time |
|----------------------|----|--------------|-----------|
| 1 Cook, Lillian | 12 | Steele Canyo | 14.92 |
| 2 Robinson, Isabella | 12 | Eastlake | 15.51 |
| 3 Svendsen, Haley | 11 | Liberty Char | 16.18 |
| 4 Kennedy, Jane | 11 | Westview | 16.24 |
| 5 Allison, Evie | 9 | Steele Canyo | 16.26 |
| 6 Thomas, Gabrielle | 10 | Grossmont | 16.42 |
| 7 Jones, Jady | 11 | Kearny | 16.46 |
| 8 Gates, Karolina | 11 | Point Loma | 16.47 |
| 9 Sommer, Ella | 11 | Poway | 16.54 |
| 10 Pressley, Kameron | 11 | Vista Murrie | 16.79 |

| | | |
|----------------------------|-----------------|-----------|
| 11 Grigg, Geneva | 10 Helix | 17.18 |
| 12 Herriott-Campos, Nayomi | 12 Madison | 17.23 |
| 13 Patrick, Danielle | 11 Vista Murrie | 17.43 |
| 14 Memmel, Lily | 11 Ramona | 17.43 |
| 15 Jones, Emilee | 12 Rancho Berna | 17.46 |
| 16 Moore, Dana | 11 Valley Cente | 17.54 |
| 17 Sims, Isabel | 10 San Dieguito | 17.66 Alt |
| 18 Coleman, Chloe | 11 Mt Carmel | 17.67 Alt |
| 19 Cunningham, Isa | 9 Westview | 17.87 Alt |
| 20 Gray, Toni | 12 Olympian | 17.88 Alt |
| 21 Arzaga, Elena | 11 Patrick Henr | 17.94 Alt |
| 22 Fairman, Makayla | 12 Steele Canyo | 18.02 Alt |

Event 6 Boys 110 Meter Hurdles Varsity (22)

Saturday 3/9/2024 - 11:27 AM
Meet Record: 14.16 2011 Jacob Hare

| Name | Yr | School | Seed Time |
|----------------------------|----|--------------|-----------|
| 1 Moore, Julian | 12 | Vista Murrie | 14.87 |
| 2 Cappello, Christopher | 12 | Rancho Berna | 14.94 |
| 3 Biffle, Jonathan | 12 | El Capitan | 15.01 |
| 4 Bryant, Sterling | 11 | Ramona | 15.13 |
| 5 Yakubisin, Luke | 11 | Westview | 15.25 |
| 6 Wong, Stephen | 11 | Rancho Berna | 15.37 |
| 7 McFarlane, Callum | 10 | Carlsbad | 15.54 |
| 8 Wilkins, Roosevelt | 12 | Vista Murrie | 15.73 |
| 9 Vargas, Aidan | 12 | Mt Carmel | 15.81 |
| 10 Linck, Nathan | 12 | Eastlake | 15.89 |
| 11 Altamirano, Wolfe | 11 | Rancho Berna | 15.95 |
| 12 Phillips, Dean | 12 | Del Norte | 16.40 |
| 13 Mckee, Jaden | 12 | Martin Luthe | 16.44 |
| 14 Dawson, Isaiah | 12 | Vista Murrie | 16.45 |
| 15 Munoz, Evan | 12 | Granite Hill | 16.60 |
| 16 Griffiths, Kohner | 11 | Olympian | 16.74 |
| 17 Sanchez-Cordova, Gerard | 12 | Olympian | 16.78 Alt |
| 18 Daraji, Wisam | 12 | El Cajon Val | 16.81 Alt |
| 19 Zarick, Gavin | 11 | Granite Hill | 16.87 Alt |
| 20 Renteria, Robert | 10 | San Pasqual | 16.88 Alt |
| 21 Pinedo, Joaquin | 12 | Olympian | 17.06 Alt |
| 22 Draher, Joshua | 12 | Carlsbad | 17.15 Alt |

Event 7 Girls 4x800 Meter Relay Varsity (25)

Saturday 3/9/2024 - 11:45 AM

| Team | Relay | Seed Time |
|--------------------------|-------------------------|-----------|
| 1 Scripps Ranc | A | 9:41.00 |
| 1) Kim, Jada 10 | 2) Cannon, Ellie 9 | |
| 3) Van Duren, Ally 11 | 4) Martin, Riley 9 | |
| 5) Van Der Zwart, Eva 10 | | |
| 2 Point Loma | A | 10:20.00 |
| 1) Carroll, McKenna 10 | 2) Ramos, Isabella 10 | |
| 3) Eudy, Paige 9 | 4) Lopic, Katherine 12 | |
| 5) Russell, Colby 10 | 6) Brown, Sienna 10 | |
| 3 Rancho Berna | A | 10:25.00 |
| 1) Baccei, Sophia 10 | 2) Castro, Jasmyne 12 | |
| 3) Lorenz, Emily 9 | 4) Chammas, Charlize 10 | |
| 5) Cannon, Meadow 11 | 6) Hendrickson, Kate 11 | |

2024 Don Jones - 3/9/2024
Rancho Bernardo High School, San Diego CA
Performance List

Event 7 ... (Girls 4x800 Meter Relay Varsity (25))

| Event | Team | Relay | Seed Time |
|-------|-----------------------------|-----------------------------------|-----------|
| 4 | Mt Carmel | A | 10:28.04 |
| | 1) Bell, Veronica 10 | 2) Everts, Lieke 11 | |
| | 3) Espinoza, Olivia 12 | 4) Campos, Olivia 10 | |
| | 5) Holland, Elise 12 | | |
| 5 | Mira Mesa | A | 10:50.00 |
| | 1) Gabriel, Adelia 11 | 2) Bernabe, Gheeriel 10 | |
| | 3) Mitchell, Samantha 10 | 4) Hixon, Vianne 11 | |
| | 5) Comia, Celine 10 | | |
| 6 | Rancho Berna | B | 11:00.00 |
| | 1) Anderson, Renae 12 | 2) Grant, Anna 10 | |
| | 3) Style, Kaelyn 12 | 4) Dangio, Livia 10 | |
| | 5) Baccei, Marin 12 | 6) Kakar, Anvi 11 | |
| 7 | El Capitan | A | 11:00.00 |
| | 1) Montes, Ashlynn 10 | 2) Dixon, Camiele 10 | |
| | 3) Lottermoser, Cora 9 | 4) Dixon, Berlin 10 | |
| | 5) Schneider, Natalie 9 | | |
| 8 | Grossmont | A | 11:05.00 |
| | 1) Arce, Suhey 12 | 2) Ornelas, Abigail 11 | |
| | 3) Sykes, Lily 10 | 4) Telliard, Jane 9 | |
| | 5) Georggin, Panagiota 10 | 6) Goulette, McKensi 10 | |
| 9 | Vista | A | 11:06.23 |
| | 1) Larimore, Olivia 11 | 2) Rilea, Olivia 10 | |
| | 3) Sanchez, Elena 9 | 4) Peacher, Lauren 12 | |
| | 5) Chavez, Tania 10 | 6) Sanchez, Melina 10 | |
| 10 | Patrick Henr | A | 11:30.00 |
| | 1) Kirkegaard, Amelia 11 | 2) Nevius, Hannah 11 | |
| | 3) Cruz, Eva 10 | 4) Belflower, Jillian 12 | |
| 11 | Olympian | A | 11:32.00 |
| | 1) Rich, Greyson 9 | 2) Alaman, Alyssa 11 | |
| | 3) Bravo, Daniela 12 | 4) Perez, Syvette 10 | |
| | 5) Meza Campos, Jessica 10 | | |
| 12 | Granite Hill | A | 11:45.00 |
| | 1) Hamilton, Keona 10 | 2) Campos, Denise 10 | |
| | 3) Harris, Jaslynn 10 | 4) Bueno, Mia 10 | |
| | 5) Recourt, Nadia 10 | 6) Patlan, Halia 10 | |
| 13 | Patrick Henr | B | 12:00.00 |
| | 1) Molina, Fatima 11 | 2) Sutura, India 9 | |
| | 3) Casalins-DeBoskey, Eva 9 | 4) Casalins-DeBoskey, Cassandra 9 | |
| | 5) Lodge, Kimberly 11 | 6) Vance, Sonya 9 | |
| 14 | Olympian | B | 13:09.00 |
| | 1) Ingram, Anette 9 | 2) Uzarraga, Leilani 9 | |
| | 3) Vasquez, Mya 9 | 4) Snyder, Gabriela 10 | |
| | 5) Herrera, Christina 10 | 6) Cota, Mitzi 9 | |
| 15 | Valley Cente | A | NT |
| | 1) Guachino, Jasmina 10 | 2) Allen, Natalie 12 | |
| | 3) Giron, Emily 10 | 4) Castanon, Summer 12 | |
| 16 | Steele Canyo | A | NT |
| | 1) Coleman, Shelby 11 | 2) Coleman, Kylie 10 | |
| | 3) Lopez, Dania 11 | 4) Ferrez, Danica 10 | |
| 17 | Steele Canyo | B | NT |
| | 1) Schaefer, Allyson 9 | 2) Gomez, Martha 9 | |
| | 3) Lopez, Isabel 11 | 4) Rodriguez, Vanessa 11 | |

| | | | |
|----|-------------------------------|-----------------------------------|----|
| 18 | Valhalla | A | NT |
| | 1) Perry, Alana 12 | 2) Balladeres, Mia 10 | |
| | 3) Moltke, Jenna 11 | 4) Haas, Kayla 12 | |
| 19 | Westview | A | NT |
| | 1) Leventhal, Laurel 9 | 2) Nava, Kamila 11 | |
| | 3) Long, Charlotte 10 | 4) Yasuda, Sonya 10 | |
| | 5) Alvarez, Sofia 9 | 6) Arciaga, Kaitlyn 11 | |
| 20 | Eastlake | A | NT |
| | 1) Blanco, Sienna 12 | 2) Prado-Tamayo, Andrea 10 | |
| | 3) Cruz, Charlize 9 | 4) Kitamura, Solana 10 | |
| 21 | Ramona | A | NT |
| | 1) Cain-Robersshaw, Ashlee 10 | 2) Beals, Katie 11 | |
| | 3) Petersen, Nicole 11 | 4) Solt, Charlyze 11 | |
| | 5) Accardi, Isabella 10 | 6) Luna, Tihensuhe 11 | |
| 22 | Kearny | A | NT |
| | 1) Avila, Sofia 9 | 2) Tovar, Yarixa 9 | |
| | 3) Herring, Vonnae 11 | 4) Hernandez Sanchez, Michelle 12 | |
| 23 | Classical Ac | A | NT |
| | 1) Ashton, Allyson 11 | 2) Falk, Haven 9 | |
| | 3) Alioto, Elara 10 | 4) Gililand, Julia 9 | |
| | 5) Grisnik, Kyoto 9 | 6) Davenport, Olivia 10 | |
| 24 | Scripps Ranc | B | NT |
| | 1) Warner, Tayler 11 | 2) Stoughton, Tiffany 12 | |
| | 3) Kirchhoff, Anya 10 | 4) Hanks, Madeline 11 | |
| | 5) Schatz, Talia 9 | 6) Abdin, Sarah 9 | |
| 25 | Santana | A | NT |
| | 1) Glider, Brooklynn 9 | 2) Oliver, Lacey 12 | |
| | 3) MacPherson, Ariel 9 | 4) Calnon, Ali 10 | |
| | 5) Parson, Madison 9 | | |

Event 8 Boys 4x800 Meter Relay Varsity (23)

Saturday 3/9/2024 - 12:04 PM

| Event | Team | Relay | Seed Time |
|-------|---------------------------|---------------------------|-----------|
| 1 | Steele Canyo | A | 8:15.00 |
| | 1) Senn, Micah 11 | 2) Magoffin, Alec 11 | |
| | 3) Casillas, Miguel 11 | 4) Griffiths, Dashiell 11 | |
| 2 | Poway | A | 8:18.41 |
| | 1) Castleberry, Cooper 10 | 2) Vranish, Jack 11 | |
| | 3) Shah, Kamran 11 | 4) Tovey, Larry 12 | |
| 3 | Point Loma | A | 8:20.00 |
| | 1) Xavier, Gabriel 11 | 2) Snider, Noah 12 | |
| | 3) Kelly, Maximus 11 | 4) Feiler, Toby 12 | |
| | 5) Turner, Jonah 9 | 6) Palmer, Sebastian 12 | |
| 4 | El Capitan | A | 8:30.00 |
| | 1) Boinus, Austin 12 | 2) Dotson, Gabriel 11 | |
| | 3) Redman, Noah 10 | 4) Calvert, Austin 12 | |
| | 5) Marence, Dean 10 | 6) Webb, Jonathan 11 | |
| 5 | Helix | A | 8:33.57 |
| | 1) Freshley, Alex 12 | 2) Towne, Dylan 12 | |
| | 3) Nickerson, Joel 11 | 4) Rodriguez, Isai 11 | |
| | 5) Unis, Dylan 9 | 6) Freshley, Adam 12 | |
| 6 | Del Norte | A | 8:35.00 |
| | 1) Yarbrough, Cameron 10 | 2) Butler, Finn 10 | |
| | 3) Glaser, Alexander 9 | 4) Owlsey, Ben 10 | |
| | 5) Aparri, Evan 12 | 6) Chang, Sean 11 | |

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Event 8 ... (Boys 4x800 Meter Relay Varsity (23))

| Event | Team | Relay | Seed Time |
|-------|-----------------------------|-------------------------------|-----------|
| 7 | Mira Mesa | A | 8:40.00 |
| | 1) Chiu, Bennett 12 | 2) DeGraziano, Peter 11 | |
| | 3) Dela Cruz, Theo 11 | 4) Johnson, Brevan 12 | |
| | 5) Zelaya, Xavier 12 | 6) Lam, Trevor 12 | |
| 8 | Olympian | A | 8:40.00 |
| | 1) Gainer, Andrew 11 | 2) Cuellar, Isaac 11 | |
| | 3) Gensler, Memphis 10 | 4) Ortiz, Jesus 10 | |
| | 5) Kaneko, Sho 11 | 6) Gutierrez, Joaquin 12 | |
| 9 | Vista | A | 8:44.15 |
| | 1) Cruz, Jarett 11 | 2) Villegas, Isayah 11 | |
| | 3) Sanchez, Carlos 9 | 4) Schmid, Zach 12 | |
| | 5) Bello, Jovanni 10 | 6) Hyde, Caiden 11 | |
| 10 | Olympian | B | 8:45.00 |
| | 1) Campbell, Andrew 12 | 2) Hastings, Tristan 10 | |
| | 3) Gonzalez, Carlos 9 | 4) Degenhardt, Jack 10 | |
| | 5) Camargo, Owen 12 | 6) Lopez-Rios, Alexander 11 | |
| 11 | Rancho Berna | A | 8:45.00 |
| | 1) Moffit, Jayden 10 | 2) Liu, William 10 | |
| | 3) Schaller, Max 12 | 4) Morga, Michael 9 | |
| | 5) Ramirez, Jose 11 | | |
| 12 | Steele Canyo | B | 8:50.00 |
| | 1) Agostino, Nicolai 9 | 2) Stevens, Matthew 9 | |
| | 3) Lopez, Michael 9 | 4) Mora, Fisher 9 | |
| 13 | Scripps Ranc | A | 8:52.90 |
| | 1) Randolph, Marley 12 | 2) Krachon, Nate 12 | |
| | 3) Martin, Markell 11 | 4) Barajas, Luke 12 | |
| | 5) Stadtherr, Ryan 11 | | |
| 14 | Patrick Henr | A | 9:09.00 |
| | 1) Avila, Dominic 10 | 2) Moya, Isaac 11 | |
| | 3) Corlew, Joseph 10 | 4) Wilcox, Beckett 11 | |
| 15 | Rancho Berna | B | 9:10.00 |
| | 1) Yip, Daniel 10 | 2) Alemi, Zain 10 | |
| | 3) Morales, Noah 9 | 4) Mizui, Naoya 11 | |
| 16 | Grossmont | A | 9:17.31 |
| | 1) Benrud, Paul 10 | 2) Edwards, Jonah 11 | |
| | 3) Naranjo, Luis 9 | 4) Reyes, Loan 11 | |
| | 5) Rivera, Diego 11 | 6) Trillas, Alejandro 10 | |
| 17 | Granite Hill | A | 9:45.00 |
| | 1) Carrillo, Orlando 11 | 2) Pimentel, Joaquin 11 | |
| | 3) Neibert, Anson 9 | 4) Digenan, Jack 9 | |
| | 5) Lam, Vinh 10 | 6) Cruz, Sergio 12 | |
| 18 | Patrick Henr | B | 9:53.00 |
| | 1) Savvides, Alexios 12 | 2) Olson, Samuel 11 | |
| | 3) Fallon, David 10 | 4) Nguyen, Nathan 10 | |
| | 5) Smith, Elijah 9 | 6) McNeil, Adam 9 | |
| 19 | Kearny | A | 10:30.00 |
| | 1) Milholland, Erik 10 | 2) Durant, DJ 11 | |
| | 3) Harvey, Aiden 10 | 4) Kamari, Jacob 12 | |
| 20 | Kearny | B | 11:20.00 |
| | 1) Meza, Nicholas 10 | 2) Lindbeck, Jason 11 | |
| | 3) Reeves-Shoaf, Mathieu 10 | 4) Romayor, Damien 10 | |
| 21 | Eastlake | A | NT |
| | 1) Peraza, Dylan 11 | 2) Esquer, Franco 12 | |
| | 3) Winn, Jalen 9 | 4) Navarrete Ocampo, Diego 12 | |

| | | | |
|----|------------------------|-------------------------|----|
| 22 | Ramona | A | NT |
| | 1) Roed, Robert 9 | 2) Ethington, Marc 9 | |
| | 3) Nelson, Connor 11 | 4) Shelton, Jackson 11 | |
| | 5) George, William 10 | 6) Mesa, George 10 | |
| 23 | Santana | A | NT |
| | 1) McDonald, Trevor 12 | 2) Smith, Wyatt 10 | |
| | 3) Ramos, Ralph 12 | 4) La Bruno, Vincent 12 | |
| | 5) Beltran, Abel 11 | | |

Event 9 Girls 100 Meter Dash Invite (22)

Saturday 3/9/2024 - 12:22 PM

| Meet Record: | 11.66 | 2016 | Susie Acolatse | |
|--------------|---------------------|--------|----------------|-----------|
| Name | Yr | School | Seed Time | |
| 1 | Shaheed, Amirah | 12 | Madison | 11.58 |
| 2 | Barclay, Ily | 10 | Steele Canyo | 12.05 |
| 3 | Ruskovich, Tianna | 12 | Mt Carmel | 12.12 |
| 4 | Ratermann, Macy | 11 | Westview | 12.27 |
| 5 | Dickens, Brionna | 12 | Steele Canyo | 12.27 |
| 6 | Alumbres, Alyssa | 12 | Vista Murrie | 12.31 |
| 7 | Hoagland, Tayhlore | 12 | Rancho Berna | 12.35 |
| 8 | Burton, Chanel | 12 | Helix | 12.35 |
| 9 | Renison, Carly | 11 | San Dieguito | 12.39 |
| 10 | Broussard, Asia | 10 | Helix | 12.39 |
| 11 | Lofgran, Kassie | 11 | El Capitan | 12.51 |
| 12 | Morgan, Shea | 12 | Fallbrook | 12.55 |
| 13 | Howard, Makena | 10 | San Dieguito | 12.60 |
| 14 | Robinson, Kaila | 12 | Vista Murrie | 12.70 |
| 15 | Gross, Zoe | 10 | Del Norte | 12.70 |
| 16 | Owen, Camille | 12 | Valhalla | 12.74 |
| 17 | Swift, Shaelynne | 11 | Helix | 12.77 Alt |
| 18 | Wotursky, Mallory | 11 | Point Loma | 12.80 Alt |
| 19 | Jones, Jady | 11 | Kearny | 12.80 Alt |
| 20 | Richardson, Aaliyah | 10 | Martin Luthe | 12.81 Alt |
| 21 | Jayanthi, Susmitha | 11 | Carlsbad | 12.85 Alt |
| 22 | Cliff, Charlotte | 11 | Carlsbad | 12.85 Alt |

Event 10 Boys 100 Meter Dash Invite (22)

Saturday 3/9/2024 - 12:34 PM

| Meet Record: | 10.75 | 2011 | Jared Pickering | |
|--------------|---------------------|--------|-----------------|-------|
| Name | Yr | School | Seed Time | |
| 1 | Maddox, Nokoi | 12 | Granite Hill | 11.05 |
| 2 | Fisher, Terrick | 12 | Rancho Berna | 11.06 |
| 3 | Natale, Matteo | 11 | Valley Cente | 11.06 |
| 4 | Burston, Laurence | 11 | Helix | 11.06 |
| 5 | Jones, Adrian | 11 | Vista Murrie | 11.07 |
| 6 | Saint Paul, Jalen | 12 | Carlsbad | 11.07 |
| 7 | Henry, Logan | 12 | El Capitan | 11.08 |
| 8 | Valenzuela, Michael | 12 | Santana | 11.14 |
| 9 | Warren, Jake | 12 | Del Norte | 11.14 |
| 10 | Crews, Austin | 10 | Francis Park | 11.17 |
| 11 | Christensen, Silas | 10 | Rancho Berna | 11.18 |
| 12 | Sanders, Amari | 11 | Mira Mesa | 11.18 |
| 13 | Reardon, Raheim | 11 | Patrick Henr | 11.22 |
| 14 | Cruz, O'Neil | 12 | Santana | 11.24 |
| 15 | Twyman, Caleb | 11 | Mira Mesa | 11.24 |
| 16 | Abawi, Brice | 10 | Rancho Berna | 11.27 |

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Event 10 ... (Boys 100 Meter Dash Invite (22))

| Name | Yr | School | Seed Time |
|-----------------------|----|--------------|-----------|
| 17 Trotter, Lovones | 9 | Grossmont | 11.29 Alt |
| 18 Lloyd, Brian | 12 | Westview | 11.34 Alt |
| 19 Cato, Elijah | 11 | Mira Mesa | 11.34 Alt |
| 20 Petrick, Michael | 12 | Martin Luthe | 11.35 Alt |
| 21 Ghazialam, Arsalan | 12 | Valhalla | 11.36 Alt |
| 22 Enriquez, Carlos | 11 | Kearny | 11.36 Alt |

Event 11 Girls 800 Meter Run Invite (22)

Saturday 3/9/2024 - 12:44 PM
Meet Record: 2:12.45 2002 Whitney Schmucker

| Name | Yr | School | Seed Time |
|----------------------|----|--------------|-----------|
| 1 Aguirre, Miriam | 11 | Patrick Henr | 2:17.62 |
| 2 Echsner, Ella | 12 | Del Norte | 2:18.48 |
| 3 Russo, Emily | 11 | Del Norte | 2:19.27 |
| 4 Paladino, Addison | 11 | San Pasqual | 2:22.89 |
| 5 Diaz, Harper | 9 | Santana | 2:23.66 |
| 6 Merlo, Kaiya | 9 | Helix | 2:23.72 |
| 7 Hennigan, Delaney | 10 | Westview | 2:24.82 |
| 8 Sinnett, Audrey | 12 | Carlsbad | 2:24.92 |
| 9 Spurgiesz, Addison | 10 | Del Norte | 2:25.04 |
| 10 Gavin, Grace | 12 | Classical Ac | 2:25.50 |
| 11 Peacher, Lauren | 12 | Vista | 2:25.58 |
| 12 Koranda, Tegan | 9 | Scripps Ranc | 2:26.14 |
| 13 Haas, Kayla | 12 | Valhalla | 2:26.33 |
| 14 Smith, Mackenzie | 10 | Poway | 2:27.10 |
| 15 Li, Elizabeth | 12 | Westview | 2:27.53 |
| 16 Petersen, Abby | 12 | Fallbrook | 2:28.02 |
| 17 Lopez, Dania | 11 | Steele Canyo | 2:28.66 |
| 18 Stock, Katrina | 12 | Steele Canyo | 2:28.98 |
| 19 Perry, Alana | 12 | Valhalla | 2:29.10 |
| 20 Weaver, Kate | 9 | Helix | 2:29.50 |
| 21 Sweeney, Aine | 9 | Poway | 2:29.77 |
| 22 Hunter, Leela | 12 | Carlsbad | 2:29.79 |

Event 12 Boys 800 Meter Run Invite (20)

Saturday 3/9/2024 - 12:53 PM
Meet Record: 1:52.66 2015 Isaac Cortes

| Name | Yr | School | Seed Time |
|----------------------|----|--------------|-----------|
| 1 Cordero, Angel | 12 | Olympian | 1:53.43 |
| 2 Akinpelu, Peter | 12 | Del Norte | 1:58.68 |
| 3 Xavier, Gabriel | 11 | Point Loma | 1:59.27 |
| 4 Freshley, Adam | 12 | Helix | 1:59.31 |
| 5 Stevens, Matthew | 11 | Westview | 1:59.49 |
| 6 Freshley, Alex | 12 | Helix | 1:59.58 |
| 7 Bray, Joel | 12 | Liberty Char | 2:00.27 |
| 8 Chelesnik, Ryan | 11 | Torrey Pines | 2:00.67 |
| 9 Rigg, Kielan | 11 | Del Norte | 2:00.90 |
| 10 Bourgeois, York | 12 | Francis Park | 2:01.26 |
| 11 Cloyd, Garrett | 12 | Mount Miguel | 2:02.21 |
| 12 Estrella, Anthony | 12 | Olympian | 2:02.22 |
| 13 Tovey, Larry | 12 | Poway | 2:02.57 |
| 14 Harpster, Tristan | 11 | Del Norte | 2:02.65 |
| 15 Calvert, Austin | 12 | El Capitan | 2:02.91 |
| 16 Tucker, Jack | 12 | Mt Carmel | 2:02.94 |

| | | | |
|-------------------------------|----|--------------|---------|
| 17 van Eldik Thieme, Thijs | 11 | Scripps Ranc | 2:03.12 |
| 18 Massoud, Kian | 9 | Torrey Pines | 2:03.19 |
| 19 Cardenas-Wallenfelt, Diego | 12 | Point Loma | 2:03.19 |
| 20 Boinus, Austin | 12 | El Capitan | 2:03.60 |

Event 13 Girls 800 Sprint Medley Frosh/Soph (27)

Saturday 3/9/2024 - 1:02 PM

| Team | Relay | Seed Time |
|--------------------------|-------------------------------|-----------|
| 1 Martin Luthe | A | 1:57.00 |
| 1) Rudolph, Naomi 10 | 2) Richardson, Aaliyah 10 | |
| 3) Lochard, Amaya 10 | 4) Llamas, Sophia 9 | |
| 2 Helix | A | 1:59.87 |
| 1) Millan, Hayley 9 | 2) Soto, Cassandra 10 | |
| 3) Payne, Aaliyah 10 | 4) Smith, Javay 10 | |
| 5) Henderson, Aiya 9 | | |
| 3 Steele Canyo | A | 2:00.00 |
| 1) Ewing, Kaliani 10 | 2) Hiatt, Solana 9 | |
| 3) Fuller, Kailey 10 | 4) Harper, Devyn 9 | |
| 4 Point Loma | A | 2:01.56 |
| 1) Cruz, Eva 9 | 2) Frichtel, Jenna 10 | |
| 3) Frey, Hannah 10 | 4) Avila-Aguilar, Alexa 10 | |
| 5) McKelvey, Helena 9 | | |
| 5 Grossmont | A | 2:02.45 |
| 1) Thomas, Gabrielle 10 | 2) Brownsberger, Kaci 10 | |
| 3) Strongosky, Elsie 9 | 4) Hernandez Soberano, Emma 9 | |
| 5) McKee, Alexa 10 | | |
| 6 Rancho Berna | A | 2:02.65 |
| 1) Pascual, Lexington 10 | 2) West, Brynn 10 | |
| 3) Beeby, Madison 10 | 4) Carter, Emilie 10 | |
| 7 Carlsbad | A | 2:03.50 |
| 1) Williams, Lauren 9 | 2) Zadeh, Nesa 10 | |
| 3) Batt, Mia 9 | 4) Walker, Maggie 9 | |
| 8 Mira Mesa | A | 2:05.00 |
| 1) Truong, Sophia 9 | 2) Lange, Gabriella 10 | |
| 3) Gain, Remma 9 | 4) Zapanta, Trista 9 | |
| 5) Mapp, Siviena 9 | 6) Swinson, Aniya 9 | |
| 9 Mount Miguel | A | 2:05.00 |
| 1) Fulcher, Zoey 9 | 2) Jones, Anielle 9 | |
| 3) Chrisp, Ma'liyah 9 | 4) Keller, Angelina 10 | |
| 5) Mejia, Alondra 9 | 6) Daniel, Kamari 9 | |
| 10 El Capitan | A | 2:05.00 |
| 1) Parker, Sasha 9 | 2) Miller, Jillian 10 | |
| 3) Miller, Maya 10 | 4) Dixon, Camiele 10 | |
| 11 Rancho Berna | B | 2:05.65 |
| 1) Drager, Isabella 9 | 2) Rudkin, Zoe 9 | |
| 3) Frozano, Sophia 10 | 4) Walkley, Gabriella 9 | |
| 12 Granite Hill | A | 2:07.13 |
| 1) Mowrey, Gwen 9 | 2) Tucker, Madeline 9 | |
| 3) Spencer, Brooklynn 9 | 4) Hamilton, Keona 10 | |
| 5) Egan, Riley 9 | 6) Suetos, Jayselle 10 | |
| 13 El Capitan | B | 2:10.00 |
| 1) Jackson, Gabriella 9 | 2) Evans, Alyssa 9 | |
| 3) Macias, Maddox 10 | 4) Ziembia, Maylia 10 | |

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Event 13 ... (Girls 800 Sprint Medley Frosh/Soph (27))

| Event | Team | Relay | Seed Time |
|-------|-------------------------------|--------------------------|-----------|
| 14 | Patrick Henr | A | 2:17.00 |
| | 1) Hirt, Madison 10 | 2) Sanchez, Valerie 9 | |
| | 3) Muller, Emory 10 | 4) Thrasher, Moseli 9 | |
| | 5) Murphy, Madeline 9 | 6) Heinzelmann, Makena 9 | |
| 15 | Santana | A | 2:23.00 |
| | 1) Acevedo, Corrina 9 | 2) Agana, Janelle 9 | |
| | 3) Velasquez, Athena 10 | 4) Quiroga, Maddy 10 | |
| 16 | Ramona | B | NT Alt |
| | 1) Nelson, Phoenix 9 | 2) Spann, Samantha 10 | |
| | 3) Middleton, Kamryn 9 | 4) Kelley, Madison 9 | |
| 17 | Steele Canyo | B | NT |
| | 1) Coleman, Dejanae 10 | 2) Garza, Destiny 10 | |
| | 3) Baker, Jayla 10 | 4) Lewis, Elisha 9 | |
| 18 | Westview | A | NT |
| | 1) Ochoa, Viviana 9 | 2) Lanski, Brooke 9 | |
| | 3) Jensen, Avery 10 | 4) Lee, Kiana 9 | |
| | 5) Cotton, Jocelyn 9 | 6) Cunningham, Isa 9 | |
| 19 | Scripps Ranc | A | NT |
| | 1) Binger, Wren 10 | 2) Kwee, Morgan 10 | |
| | 3) Charvat-Aguilar, Stefani 9 | 4) Kirchoff, Anya 10 | |
| 20 | El Cajon Val | A | NT |
| | 1) Brazeau, Aniyah 9 | 2) Steward, Lailah 9 | |
| | 3) Thomas, Sa'Mari 9 | 4) Lawrence, Deja 10 | |
| | 5) King, Serenity 9 | | |
| 21 | Kearny | A | NT |
| | 1) Chuckta, Madelynn 10 | 2) Tarin, Makayla 11 | |
| | 3) Soto, Ailiyah 11 | 4) Estrada, Samarah 10 | |
| | 5) Neugent, Malone 9 | | |
| 22 | Del Norte | A | NT Alt |
| | 1) Olsen, Taylor 9 | 2) Czystczon, Izabella 9 | |
| | 3) Holmes, Lauren 9 | 4) Delgado, Zoe 9 | |
| | 5) Harpster, Savannah 9 | | |
| 23 | Eastlake | A | NT |
| | 1) Kinchen, Erin 10 | 2) McFadden, Nala 9 | |
| | 3) Eberle, Rowan 10 | 4) Elliott, Keirra 10 | |
| | 5) Adjasu, Aseye 10 | | |
| 24 | Poway | B | NT Alt |
| | 1) Bataller, Ava 9 | 2) Trusheim, Cailin 10 | |
| | 3) Crafton, Ashley 9 | 4) Uson, Angelika 9 | |
| | 5) Quach, Emma 10 | | |
| 25 | Ramona | A | NT |
| | 1) King, Kynzie 9 | 2) King, Peyton 10 | |
| | 3) Lawless, Lily 9 | 4) Brown, Tayler 9 | |
| 26 | Olympian | A | NT |
| | 1) Keys, Amarah 9 | 2) Martin, Alyssa 10 | |
| | 3) Gallardo, Kelena 10 | 4) Tetteh, Kendra 9 | |
| 27 | Poway | A | NT |
| | 1) Hughes, Delaney 9 | 2) Hansen, Audrey 9 | |
| | 3) Nicholas, Dylan-Marie 9 | 4) Smith, Mackenzie 10 | |
| | 5) Hardy, Kiana 10 | | |

Event 14 Boys 800 Sprint Medley Frosh/Soph (24)**Saturday 3/9/2024 - 1:26 PM**

| Event | Team | Relay | Seed Time |
|-------|--------------------------------|----------------------------|-----------|
| 1 | Granite Hill | A | 1:40.24 |
| | 1) Runkle, Kaleb 9 | 2) Williams, Davion 9 | |
| | 3) Mossman, Vave 10 | 4) Hedrick, Justin 10 | |
| | 5) Scott, Peyton 10 | 6) Gosek, Rocky 10 | |
| 2 | Helix | A | 1:40.90 |
| | 1) Ballesteros, Joshua 10 | 2) Lindley, Jordan 10 | |
| | 3) Weatherford, Adrian 9 | 4) Robinson, Jeshua 11 | |
| | 5) Garrett, Jaiden 10 | 6) Williams, Jake 10 | |
| 3 | Martin Luthe | A | 1:41.00 |
| | 1) Pompey-Taylor, Christian 10 | 2) Major, Benjamin 10 | |
| | 3) Fincher, Kevin 10 | 4) Babino, Rami 10 | |
| 4 | Carlsbad | A | 1:42.00 |
| | 1) Park, Joonpyo 10 | 2) McCracken, Conrad 10 | |
| | 3) Dahlan, Cole 9 | 4) Easter, Ashton 10 | |
| | 5) Lewis, Luke 10 | 6) Prasuhn, Brendan 9 | |
| 5 | Point Loma | A | 1:44.00 |
| | 1) Correia, Matteo 10 | 2) Bruso, Isaac 10 | |
| | 3) Postolis Carter, Romeo 10 | 4) Hughes, Holling 10 | |
| | 5) Ramos, Bradley 9 | 6) Ferreira, Judah 9 | |
| 6 | Mount Miguel | A | 1:44.00 |
| | 1) Rottier Johnson, Zane 10 | 2) Sutton, La'Justice 10 | |
| | 3) Gross, James 10 | 4) Williams, Delontay 9 | |
| | 5) Hege, Dominik 10 | 6) Lopez, Dominic 9 | |
| 7 | Steele Canyo | A | 1:44.14 |
| | 1) Hill, Marcell 10 | 2) Wilson, Jordan 10 | |
| | 3) Randall Jr, Rafiq 10 | 4) Giordan, Alexander 10 | |
| 8 | Rancho Berna | A | 1:44.87 |
| | 1) Valencia, Gavin 10 | 2) De La Cruz, Miles 10 | |
| | 3) Dizon, Anthony 10 | 4) Johnson, Caleb 10 | |
| 9 | Westview | A | 1:45.00 |
| | 1) Brown, Kyler 10 | 2) Larsen, Truman 9 | |
| | 3) Thomas, Brady 10 | 4) Shanyour, Omar 10 | |
| | 5) Mendoza, Lucca 10 | 6) Versteeg, Ryan 9 | |
| 10 | Patrick Henr | A | 1:45.00 |
| | 1) George, Akwaeno 10 | 2) Underwood, Kelly 10 | |
| | 3) Aguilera, Roman 9 | 4) Borden, Kolion 9 | |
| | 5) Luzi, Luzian 10 | 6) Kiar, Salem 9 | |
| 11 | El Capitan | A | 1:45.00 |
| | 1) Lawrence, Jarvis 10 | 2) Chaney II, Cetric 10 | |
| | 3) Valencia II, Michael 9 | 4) Pierce, Trenton 10 | |
| 12 | Mira Mesa | A | 1:47.00 |
| | 1) Aquino-Keoasa, Xavier 10 | 2) Lam, Andy 10 | |
| | 3) Schmid, Jack 10 | 4) Jaimes-Monteon, Seth 10 | |
| | 5) Hassan, Naseem 10 | 6) Mendes, Denilson 9 | |
| 13 | Santana | A | 1:47.60 |
| | 1) Esoo, Maddox 10 | 2) Thomas, Ryder 10 | |
| | 3) Alsbaugh, Nathan 10 | 4) Santiago, Ayden 9 | |
| | 5) Terry, Anthony 9 | | |
| 14 | Olympian | A | 1:48.14 |
| | 1) Zabayle, Sean 10 | 2) Lujan, Chase 10 | |
| | 3) Izaguirre, Santiago 9 | 4) Rodriguez, Franky 10 | |

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Event 14 ... (Boys 800 Sprint Medley Frosh/Soph (24))

| Team | Relay | Seed Time |
|----------------------------|-----------------------------|-----------|
| 15 Del Norte | A | 1:48.24 |
| 1) Zierolf, Jacob 9 | 2) Rubio, Alejandro 9 | |
| 3) Chang, Maxwell 9 | 4) Akinpelu, Timothy 9 | |
| 5) Patil, Yeah 9 | 6) Miller, Brady 9 | |
| 16 El Capitan | B | 1:49.24 |
| 1) Hylton Gordon, Tyrese 9 | 2) Fawver, Gage 10 | |
| 3) Ballesteros, Mathew 9 | 4) Rivera, Jesse 9 | |
| 17 Rancho Berna | B | 1:49.43 |
| 1) Collins, Emmanuel 9 | 2) Mariner, Carson 9 | |
| 3) Jackson, Jaden 9 | 4) Dalrymple, Trent 10 | |
| 18 Eastlake | A | NT |
| 1) Rodriguez, Isaiah 10 | 2) Demery, Rasharee 10 | |
| 3) Navarrete, Juan 10 | 4) Lovell, Jacob 9 | |
| 19 Scripps Ranc | A | NT |
| 1) Shuman, Trevor 10 | 2) Walkowiak, Dane 10 | |
| 3) Gausman, Jaden 9 | 4) Cruz, Nico 9 | |
| 5) Armstrong, Parker 9 | 6) Yoon, Nathan 10 | |
| 20 Grossmont | A | NT |
| 1) Yost, Jonah 9 | 2) Meade, Michael 10 | |
| 3) Trotter, Lovones 9 | 4) Alobaidi, Taim 10 | |
| 5) Ong, Kaiden 9 | 6) Russell, Angelo 10 | |
| 21 Poway | A | NT |
| 1) Curtis, Kaden 9 | 2) Wolfe, William 9 | |
| 3) Hawkins, Will 10 | 4) Woods, Gavin 10 | |
| 5) Houston, Logan 11 | | |
| 22 Kearny | A | NT |
| 1) Cazares-Gomez, Hector 9 | 2) Villa, Jose 12 | |
| 3) Kapun, Nikolai 9 | 4) Reeves-Shoaf, Mathieu 10 | |
| 23 Ramona | A | NT |
| 1) Bejar, Jorge 9 | 2) Mallinson, Wyatt 10 | |
| 3) Paredes, Timothy 10 | 4) Randall, Everick 9 | |
| 5) Kelly, Trake 9 | | |
| 24 El Cajon Val | A | NT |
| 1) Dubose, Darick 12 | 2) Watson, Da'mon 9 | |
| 3) Kashindi, Janvier 9 | 4) Gonzalez, Jonathan 9 | |
| 5) Aguilar, Ezequiel 9 | | |

Event 15 Girls 1600 Meter Run Invite (23)

| Saturday 3/9/2024 - 1:42 PM | | | |
|-----------------------------|----|---------------|-----------|
| Meet Record: 4:51.55 2011 | | Molly Grabill | |
| Name | Yr | School | Seed Time |
| 1 Williams, Jaelyn | 10 | Eastlake | 4:46.26 |
| 2 Weaver, Kate | 9 | Helix | 5:10.29 |
| 3 Aguirre, Hannah | 11 | Patrick Henr | 5:11.81 |
| 4 Lawson, Evelyn | 10 | Torrey Pines | 5:12.76 |
| 5 Shannon, Addison | 10 | Del Norte | 5:13.41 |
| 6 Wang, Natalie | 12 | Torrey Pines | 5:14.21 |
| 7 Campos, Olivia | 10 | Mt Carmel | 5:16.55 |
| 8 Diaz, Harper | 9 | Santana | 5:17.72 |
| 9 Teates, Olivia | 11 | Francis Park | 5:18.16 |
| 10 Mitchell, Allison | 12 | Mira Mesa | 5:19.87 |
| 11 Keegan, Sadie | 12 | Scripps Ranc | 5:20.81 |
| 12 Ramos, Isabella | 10 | Point Loma | 5:20.88 |
| 13 Lopez, Dania | 11 | Steele Canyo | 5:24.20 |

| | | | |
|---------------------|----|--------------|---------|
| 14 Nash, Avalon | 12 | Poway | 5:26.75 |
| 15 Witt, Nicole | 10 | Point Loma | 5:27.17 |
| 16 Carroll, McKenna | 10 | Point Loma | 5:27.69 |
| 17 Coleman, Shelby | 11 | Steele Canyo | 5:30.16 |
| 18 Peacher, Lauren | 12 | Vista | 5:30.53 |
| 19 Arce, Suhey | 12 | Grossmont | 5:31.76 |
| 20 Lorenz, Madison | 12 | Rancho Berna | 5:31.94 |
| 21 McEwan, Reese | 11 | Poway | 5:34.22 |
| 22 Petersen, Abby | 12 | Fallbrook | 5:34.52 |
| 23 Tang, Sophia | 11 | Del Norte | 5:34.76 |

Event 16 Boys 1600 Meter Run Invite (22)

| Saturday 3/9/2024 - 1:52 PM | | | |
|-----------------------------|----|--------------|-----------|
| Meet Record: 4:11.34 1994 | | Mark Hauser | |
| Name | Yr | School | Seed Time |
| 1 Cordero, Angel | 12 | Olympian | 4:22.82 |
| 2 Lange-Dei, Kai | 12 | High Tech Hi | 4:23.91 |
| 3 Senn, Micah | 11 | Steele Canyo | 4:26.43 |
| 4 Conover, Bryce | 12 | Torrey Pines | 4:27.51 |
| 5 Welton, Adrian | 12 | Westview | 4:28.70 |
| 6 Craig, Lyon | 11 | Health Scien | 4:34.00 |
| 7 Fountain, Brogan | 12 | Mt Carmel | 4:34.19 |
| 8 Casillas, Miguel | 11 | Steele Canyo | 4:34.33 |
| 9 Tran, Ethan | 12 | Scripps Ranc | 4:34.38 |
| 10 Towne, Dylan | 12 | Helix | 4:35.90 |
| 11 Joseph, Tyus | 10 | Helix | 4:35.96 |
| 12 Kelly, Maximus | 11 | Point Loma | 4:36.44 |
| 13 Chang, Sean | 11 | Del Norte | 4:37.47 |
| 14 Sun, Brandon | 10 | Scripps Ranc | 4:38.27 |
| 15 Johnson, Brevan | 12 | Mira Mesa | 4:39.09 |
| 16 Sabin, David | 11 | San Pasqual | 4:39.28 |
| 17 Mesa, George | 10 | Ramona | 4:39.55 |
| 18 Cruz, Jarett | 11 | Vista | 4:39.88 |
| 19 Lam, Trevor | 12 | Mira Mesa | 4:39.88 |
| 20 Simon, John | 11 | Mount Miguel | 4:39.96 |
| 21 Carrillo, Orlando | 11 | Granite Hill | 4:40.04 |
| 22 Schmid, Zach | 12 | Vista | 4:40.94 |

Event 17 Girls 300 Meter Hurdles Varsity (22)

| Saturday 3/9/2024 - 2:07 PM | | | |
|-----------------------------|----|----------------|-----------|
| Meet Record: 45.09 2013 | | Jessica Garcia | |
| Name | Yr | School | Seed Time |
| 1 Herbst, Morgan | 11 | Carlsbad | 43.48 |
| 2 Blake, Samarra | 12 | Vista Murrie | 44.03 |
| 3 Cook, Lillian | 12 | Steele Canyo | 45.02 |
| 4 Ekwosi, Songoli | 11 | Valhalla | 47.55 |
| 5 Lake, Kassa | 12 | Mt Carmel | 47.61 |
| 6 Svendsen, Haley | 11 | Liberty Char | 47.63 |
| 7 Robinson, Isabella | 12 | Eastlake | 47.70 |
| 8 Gonzalez, Genesis | 12 | Valley Cente | 48.46 |
| 9 Herriott-Campos, Nayomi | 12 | Madison | 48.88 |
| 10 Kennedy, Jane | 11 | Westview | 49.09 |
| 11 Harris, Bridget | 12 | Scripps Ranc | 49.20 |
| 12 Allison, Evie | 9 | Steele Canyo | 49.24 |
| 13 Pressley, Kameron | 11 | Vista Murrie | 49.62 |
| 14 Gates, Karolina | 11 | Point Loma | 49.95 |

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Event 17 ... (Girls 300 Meter Hurdles Varsity (22))

| Name | Yr | School | Seed Time |
|-----------------------|----|--------------|-----------|
| 15 Tokushige, Reese | 11 | Rancho Berna | 50.14 |
| 16 Dilgard, Elizabeth | 12 | Grossmont | 50.45 |
| 17 Memmel, Lily | 11 | Ramona | 50.79 Alt |
| 18 Grigg, Geneva | 10 | Helix | 50.82 Alt |
| 19 Tokushige, Keira | 11 | Rancho Berna | 50.88 Alt |
| 20 Mahaney, Sky | 12 | Mount Miguel | 51.64 Alt |
| 21 Rawls, Lyric | 10 | Vista Murrie | 51.87 Alt |
| 22 Purvis, Ashlyn | 11 | Foothills Ch | 52.01 Alt |

Event 18 Boys 300 Meter Hurdles Varsity (21)

| Saturday 3/9/2024 - 2:18 PM | | | |
|-----------------------------|-------|--------------|---------------|
| Meet Record: | 37.44 | 1997 | Reggei DePass |
| Name | Yr | School | Seed Time |
| 1 Biffle, Jonathan | 12 | El Capitan | 38.75 |
| 2 Spurgiesz, Josh | 12 | Del Norte | 39.68 |
| 3 Cappello, Christopher | 12 | Rancho Berna | 40.26 |
| 4 Wong, Stephen | 11 | Rancho Berna | 40.93 |
| 5 Bryant, Sterling | 11 | Ramona | 40.95 |
| 6 Cathers, Ryan | 12 | Valley Cente | 41.53 |
| 7 Wilkins, Roosevelt | 12 | Vista Murrie | 42.10 |
| 8 Linck, Nathan | 12 | Eastlake | 42.20 |
| 9 Dawson, Isaiah | 12 | Vista Murrie | 42.46 |
| 10 Altamirano, Wolfe | 11 | Rancho Berna | 42.49 |
| 11 Morales, Martin | 12 | Martin Luthe | 42.69 |
| 12 Pinedo, Joaquin | 12 | Olympian | 42.89 |
| 13 Holbrook, Maxwell | 12 | El Capitan | 43.14 |
| 14 Renteria, Robert | 10 | San Pasqual | 43.24 |
| 15 Phillips, Dean | 12 | Del Norte | 43.28 |
| 16 Vargas, Aidan | 12 | Mt Carmel | 43.48 |
| 17 Mapes, Benjamin | 12 | Liberty Char | 43.61 Alt |
| 18 Taylor, Nick | 12 | Vista | 43.73 Alt |
| 19 Patterson, Robbie | 11 | Patrick Henr | 43.78 Alt |
| 20 Draher, Joshua | 12 | Carlsbad | 43.81 Alt |
| 21 Munoz, Evan | 12 | Granite Hill | 43.99 Alt |

Event 19 Girls 400 Meter Dash Invite (22)

| Saturday 3/9/2024 - 2:27 PM | | | |
|-----------------------------|-------|--------------|-------------------|
| Meet Record: | 54.83 | 2001 | Monique Henderson |
| Name | Yr | School | Seed Time |
| 1 Burkhardt, Nicoletta | 12 | Steele Canyo | 55.13 |
| 2 Arciaga, Kaitlyn | 11 | Westview | 56.95 |
| 3 Spencer, Jaylen | 12 | Vista Murrie | 57.62 |
| 4 Stoughton, Tiffany | 12 | Scripps Ranc | 58.02 |
| 5 Allen, Laraigh | 12 | Helix | 58.51 |
| 6 Miechowicz, Nadia | 11 | San Pasqual | 58.63 |
| 7 Cassell, Giselle | 12 | Mt Carmel | 58.90 |
| 8 Bush, Alonna | 12 | Valhalla | 59.04 |
| 9 Jimerson, Brielle | 12 | Madison | 59.31 |
| 10 Prasouvo, Anna | 12 | Del Norte | 59.46 |
| 11 Ruiz, Ivanna | 11 | Olympian | 59.51 |
| 12 Herrera, Jillian | 11 | Carlsbad | 59.84 |
| 13 Hawkins, Gabrielle | 11 | Olympian | 1:00.00 |
| 14 Hanks, Madeline | 11 | Scripps Ranc | 1:00.53 |
| 15 Koranda, Tegan | 9 | Scripps Ranc | 1:00.97 |

| | | | |
|---------------------|----|--------------|-------------|
| 16 Diaz, Harper | 9 | Santana | 1:01.14 |
| 17 Herman, Maya | 11 | San Dieguito | 1:01.51 Alt |
| 18 Williams, Kindyl | 12 | Martin Luthe | 1:01.70 Alt |
| 19 Cesena, Jenna | 11 | Eastlake | 1:02.33 Alt |
| 20 Edelstein, Shani | 11 | Poway | 1:02.55 Alt |
| 21 Rosas, Sophia | 11 | Point Loma | 1:02.75 Alt |
| 22 Reed, Hannah | 11 | Mira Mesa | 1:02.96 Alt |

Event 20 Boys 400 Meter Dash Invite (22)

| Saturday 3/9/2024 - 2:37 PM | | | |
|-----------------------------|-------|--------------|------------|
| Meet Record: | 48.09 | 2002 | Deun White |
| Name | Yr | School | Seed Time |
| 1 Slaughter, David | 11 | Mt Carmel | 48.14 |
| 2 Jones, Vincent | 12 | Mount Miguel | 49.70 |
| 3 Tennant, Tyler | 11 | Maranatha Ch | 50.08 |
| 4 Saint Paul, Jalen | 12 | Carlsbad | 50.12 |
| 5 Valenzuela, Michael | 12 | Santana | 50.13 |
| 6 Graves, Jaylon | 11 | Olympian | 50.31 |
| 7 Uden, Shamarion | 12 | El Capitan | 50.51 |
| 8 Calvert, Aundrey | 12 | El Capitan | 50.62 |
| 9 Randolph, Marley | 12 | Scripps Ranc | 50.94 |
| 10 Caulfield, Harrison | 11 | Mt Carmel | 51.12 |
| 11 Ellis, Jackson | 10 | Helix | 51.31 |
| 12 Kim, Jacob | 11 | Cambridge | 51.35 |
| 13 Gray, Aaron | 12 | Steele Canyo | 51.36 |
| 14 Gray, Spencer | 11 | Helix | 51.43 |
| 15 Azevedo, Jacob | 12 | Steele Canyo | 51.53 |
| 16 Coats, Connor | 12 | Vista Murrie | 51.66 |
| 17 Dillon, Shreyas | 10 | San Dieguito | 51.66 Alt |
| 18 Dodds, Michael | 12 | Steele Canyo | 51.71 Alt |
| 19 Chancay, Xzavier | 12 | Vista Murrie | 51.94 Alt |
| 20 Kim, Rory | 12 | Poway | 51.97 Alt |
| 21 Lochard, Amare | 12 | Martin Luthe | 52.04 Alt |
| 22 Babino, Rami | 10 | Martin Luthe | 52.14 Alt |

Event 21 Girls 1600 Meter Run Frosh (20)

| Saturday 3/9/2024 - 2:52 PM | | | |
|--------------------------------|----|--------------|-----------|
| Name | Yr | School | Seed Time |
| 1 Hong, Eliza | 9 | Del Norte | 5:13.00 |
| 2 Biddle, Riley | 9 | Rancho Berna | 5:24.64 |
| 3 Santavicca, Alessandra | 9 | Poway | 5:34.84 |
| 4 Muscat, Nina | 9 | Poway | 5:37.14 |
| 5 Sanchez, Elena | 9 | Vista | 5:42.00 |
| 6 Telliard, Jane | 9 | Grossmont | 5:43.82 |
| 7 Casalins-DeBoskey, Eva | 9 | Patrick Henr | 5:45.00 |
| 8 Harpster, Savannah | 9 | Del Norte | 5:45.24 |
| 9 Walker, Maggie | 9 | Carlsbad | 5:50.73 |
| 10 Casalins-DeBoskey, Cassandr | 9 | Patrick Henr | 5:52.00 |
| 11 Abdin, Sarah | 9 | Scripps Ranc | 6:04.57 |
| 12 Connelly, Graziela | 9 | Del Norte | 6:05.56 |
| 13 Herrin, Trinity | 9 | Granite Hill | 6:08.88 |
| 14 Mercer, Lila | 9 | Patrick Henr | 6:13.70 |
| 15 Gomez, Elise | 9 | Westview | 6:16.32 |
| 16 Mullally, Kylie | 9 | Helix | 6:20.38 |
| 17 Schlickman, Mya | 9 | Carlsbad | 6:22.97 |
| 18 Schaefer, Allyson | 9 | Steele Canyo | 6:23.03 |

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Event 21 ... (Girls 1600 Meter Run Frosh (20))

| Name | Yr | School | Seed Time |
|-------------------|----|--------------|-----------|
| 19 Falk, Haven | 9 | Classical Ac | 6:29.00 |
| 20 Grisnik, Kyoto | 9 | Classical Ac | 6:32.00 |

Event 22 Boys 1600 Meter Run Frosh (21)

Saturday 3/9/2024 - 3:00 PM

| Name | Yr | School | Seed Time |
|--------------------------------|----|--------------|-----------|
| 1 Breckenridge, Jake | 9 | San Pasqual | 4:46.39 |
| 2 Polk, Ryan | 9 | Mira Mesa | 4:49.17 |
| 3 Sanchez, Carlos | 9 | Vista | 4:50.00 |
| 4 Iverson, Cameron | 9 | Westview | 4:50.28 |
| 5 O'Connell, Liam | 9 | Scripps Ranc | 4:52.76 |
| 6 Turner, Jonah | 9 | Point Loma | 4:54.33 |
| 7 Unis, Dylan | 9 | Helix | 4:54.36 |
| 8 Hernandez, Ruben | 9 | High Tech Hi | 4:55.49 |
| 9 Naranjo, Luis | 9 | Grossmont | 4:56.20 |
| 10 Lapastora, Marcelino | 9 | Del Norte | 4:56.23 |
| 11 Rohrer, Sam | 9 | Liberty Char | 4:56.98 |
| 12 Digenan, Jack | 9 | Granite Hill | 4:57.37 |
| 13 Echsner, Nicholas | 9 | Del Norte | 4:58.20 |
| 14 Miguel Rios, Leonardo | 9 | Mira Mesa | 5:04.03 |
| 15 DeFaria, Olegs | 9 | Patrick Henr | 5:05.10 |
| 16 Fernandez DuFur, Mario (Nic | 9 | Patrick Henr | 5:07.45 |
| 17 Gassaway, Oliver | 9 | Granite Hill | 5:08.10 |
| 18 Morga, Michael | 9 | Rancho Berna | 5:08.90 |
| 19 Fronjian, Quentin | 9 | Mt Carmel | 5:09.48 |
| 20 Ayala, Lucas | 9 | Westview | 5:09.58 |
| 21 Nabi, Alihumza | 9 | Carlsbad | 5:09.91 |

Event 23 Girls Distance Medley Varsity (20)

Saturday 3/9/2024 - 3:08 PM

| Team | Relay | Seed Time |
|-----------------------------|----------------------------|-----------|
| 1 Patrick Henr | A | 12:35.00 |
| 1) Aguirre, Miriam 11 | 2) Hill, Adlen 12 | |
| 3) Mercer, Lila 9 | 4) Aguirre, Hannah 11 | |
| 2 Poway | A | 12:43.55 |
| 1) Santavicca, Alessandra 9 | 2) McIntosh, Tori 11 | |
| 3) Judd, Grace 12 | 4) Buswell, Tessa 12 | |
| 5) Gould, Reese 12 | | |
| 3 Del Norte | A | 13:00.00 |
| 1) Echsner, Ella 12 | 2) Harpster, Samantha 9 | |
| 3) Hong, Eliza 9 | 4) Enyedi, Lilah 10 | |
| 5) Russo, Emily 11 | 6) Tang, Sophia 11 | |
| 4 Helix | A | 13:30.00 |
| 1) Merlo, Kaiya 9 | 2) Morris, Kerrington 10 | |
| 3) Weaver, Kate 9 | 4) Smith, Javay 10 | |
| 5) Millan, Hayley 9 | 6) Hallmann, Jacqueline 10 | |
| 5 Rancho Berna | A | 13:40.00 |
| 1) Castro, Jasmyne 12 | 2) Cannon, Meadow 11 | |
| 3) Baccei, Sophia 10 | 4) Lorenz, Madison 12 | |
| 5) Anderson, Renae 12 | 6) Baccei, Marin 12 | |
| 6 Rancho Berna | B | 13:55.00 |
| 1) Grant, Anna 10 | 2) Lorenz, Emily 9 | |
| 3) Hendrickson, Kate 11 | 4) Dangio, Livia 10 | |
| 5) Kim, Yena 11 | 6) Style, Kaelyn 12 | |

| | | |
|-------------------------------|-----------------------------------|----------|
| 7 Vista | A | 13:57.81 |
| 1) Larimore, Olivia 11 | 2) Larkin, Kyla 10 | |
| 3) Rilea, Olivia 10 | 4) Sanchez, Elena 9 | |
| 5) Castellanos, Lola 10 | 6) Chavez, Tania 10 | |
| 8 Point Loma | A | 14:00.00 |
| 1) Carroll, McKenna 10 | 2) White, Zoey 12 | |
| 3) Guhse, Annie 11 | 4) Rosas, Sophia 11 | |
| 5) Lopic, Katherine 12 | | |
| 9 Classical Ac | A | 14:12.29 |
| 1) Gavin, Liliana 12 | 2) Hayes, Hannah 12 | |
| 3) Gavin, Grace 12 | 4) Hart, Kelsi 12 | |
| 10 Patrick Henr | B | 14:13.00 |
| 1) Casalins-DeBoskey, Eva 9 | 2) Sutera, India 9 | |
| 3) Cruz, Eva 10 | 4) Casalins-DeBoskey, Cassandra 9 | |
| 5) Nevius, Hannah 11 | 6) Kirkegaard, Amelia 11 | |
| 11 Westview | A | 14:23.97 |
| 1) Yasuda, Sonya 10 | 2) Leventhal, Laurel 9 | |
| 3) Nava, Kamila 11 | 4) Welton, Sofia 11 | |
| 5) Arciaga, Kaitlyn 11 | 6) Long, Charlotte 10 | |
| 12 Mira Mesa | A | 14:30.00 |
| 1) Hixon, Vianne 11 | 2) Bernabe, Gheeriel 10 | |
| 3) Comia, Celine 10 | 4) Mitchell, Samantha 10 | |
| 5) Gabriel, Adelia 11 | | |
| 13 Olympian | A | 14:43.00 |
| 1) Alaman, Alyssa 11 | 2) Rodriguez, Sarai 11 | |
| 3) Bravo, Daniela 12 | 4) Lara, Isabel 10 | |
| 5) Rich, Greyson 9 | 6) Meza Campos, Jessica 10 | |
| 14 Granite Hill | A | 14:45.00 |
| 1) Hamilton, Keona 10 | 2) Campos, Denise 10 | |
| 3) Harris, Jaslynn 10 | 4) Perez Ruelas, Kate 11 | |
| 5) Patlan, Halia 10 | 6) Bueno, Mia 10 | |
| 15 Olympian | B | 17:00.00 |
| 1) Ingram, Anette 9 | 2) Uzarraga, Leilani 9 | |
| 3) Vasquez, Mya 9 | 4) Perez, Syvette 10 | |
| 5) Cota, Mitzi 9 | 6) Osio, Andrea 9 | |
| 16 Valley Cente | A | NT |
| 1) Allen, Natalie 12 | 2) Gonzalez, Genesis 12 | |
| 3) Guachino, Jasmira 10 | 4) Giron, Emily 10 | |
| 5) Castanon, Summer 12 | | |
| 17 Eastlake | A | NT |
| 1) Cruz, Charlize 9 | 2) Cesena, Jenna 11 | |
| 3) Prado-Tamayo, Andrea 10 | 4) Kitamura, Solana 10 | |
| 18 Steele Canyo | A | NT |
| 1) Coleman, Shelby 11 | 2) Hiatt, Solana 9 | |
| 3) Coleman, Kylie 10 | 4) Lopez, Dania 11 | |
| 19 Ramona | A | NT |
| 1) Cain-Robersshaw, Ashlee 10 | 2) Luna, Tihensuhe 11 | |
| 3) Petersen, Nicole 11 | 4) Solt, Charlize 11 | |
| 5) Accardi, Isabella 10 | 6) Beals, Katie 11 | |
| 20 Steele Canyo | B | NT |
| 1) Schaefer, Allyson 9 | 2) Baker, Jayla 10 | |
| 3) Lopez, Isabel 11 | 4) Ferrez, Danica 10 | |

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Event 24 Boys Distance Medley Varsity (23)

Saturday 3/9/2024 - 3:24 PM

| Team | Relay | Seed Time |
|----------------------------------|-------------------------------|-----------|
| 1 Helix | A | 10:35.61 |
| 1) Freshley, Alex 12 | 2) Towne, Dylan 12 | |
| 3) Nickerson, Joel 11 | 4) Joseph, Tyus 10 | |
| 5) Rodriguez, Isai 11 | 6) Unis, Dylan 9 | |
| 2 Poway | A | 10:40.87 |
| 1) Tovey, Larry 12 | 2) Kim, Rory 12 | |
| 3) Vranish, Jack 11 | 4) Castleberry, Cooper 10 | |
| 5) Nations, Mitchell 12 | | |
| 3 Del Norte | A | 10:45.00 |
| 1) Yarbrough, Cameron 10 | 2) Harpster, Tristan 11 | |
| 3) Akinpelu, Peter 12 | 4) Jin, Luke 11 | |
| 5) Davis, Quinn 11 | 6) Chang, Sean 11 | |
| 4 Carlsbad | A | 10:59.01 |
| 1) Stevenson, Derek 10 | 2) Brotman, Chase 11 | |
| 3) Evans, Cain 12 | 4) Brislin, Mason 11 | |
| 5) Henkel, Carson 11 | 6) McKay, Myles 12 | |
| 5 Steele Canyo | A | 11:00.00 |
| 1) Covarrubias, Aldo 11 | 2) Gray, Aaron 12 | |
| 3) Griffiths, Dashiell 11 | 4) Binsfield, Matthew 11 | |
| 6 Rancho Berna | A | 11:00.00 |
| 1) Tani, Nassim 10 | 2) Luecht, Camden 11 | |
| 3) Parvataneni, Pradyun 10 | 4) De La Cruz, Miles 10 | |
| 7 Patrick Henr | A | 11:01.00 |
| 1) Moya, Isaac 11 | 2) Avila, Dominic 10 | |
| 3) Fernandez DuFur, Mario (Nico) | 4) Savvides, Alexios 12 | |
| 5) McNeil, Adam 9 | | |
| 8 Scripps Ranc | A | 11:05.00 |
| 1) Stephens, Benjamin 10 | 2) van Eldik Thieme, Thijs 11 | |
| 3) Tran, Ethan 12 | 4) Broadhead, Carter 11 | |
| 5) Sun, Brandon 10 | 6) Walker, Jacob 12 | |
| 9 Mount Miguel | A | 11:10.34 |
| 1) Simon, John 11 | 2) Hege, Dason 12 | |
| 3) Cloyd, Garrett 12 | 4) Orozco, Roberto 11 | |
| 5) Elhamad, Hamad 11 | 6) Limon, Jaydin 11 | |
| 10 Mira Mesa | A | 11:15.00 |
| 1) DeGraziano, Peter 11 | 2) Scott, Dante 11 | |
| 3) Lam, Trevor 12 | 4) McCaskill, Brian 10 | |
| 5) Polk, Ryan 9 | 6) Dela Cruz, Theo 11 | |
| 11 Mt Carmel | A | 11:24.67 |
| 1) Boesel, Wyatt 10 | 2) Chang, Caleb 11 | |
| 3) Shivakumar, Eshan 10 | 4) Fountain, Brogan 12 | |
| 5) Northcutt, Jaxon 9 | 6) Fronjian, Quentin 9 | |
| 12 Vista | A | 11:26.12 |
| 1) Cruz, Jarett 11 | 2) Harris, Marcus 12 | |
| 3) Villegas, Isayah 11 | 4) Schmid, Zach 12 | |
| 5) Bello, Jovanni 10 | 6) Buentello, Luke 12 | |
| 13 Steele Canyo | B | 11:30.00 |
| 1) Senn, Isaac 9 | 2) Hoeben, Andrew 11 | |
| 3) Lopez, Michael 9 | 4) Mora, Fisher 9 | |

| | | |
|-------------------------------|--------------------------|----------|
| 14 Point Loma | A | 11:40.00 |
| 1) Xavier, Gabriel 11 | 2) Feiler, Toby 12 | |
| 3) Kelly, Maximus 11 | 4) Snider, Noah 12 | |
| 5) Bond, Ethan 12 | 6) Brown, Neal 12 | |
| 15 Westview | A | 11:40.06 |
| 1) Hannaman, Rowan 11 | 2) Stevens, Matthew 11 | |
| 3) Namgoong, Daniel 10 | 4) Welton, Adrian 12 | |
| 5) McDevitt, Parker 10 | | |
| 16 Granite Hill | A | 11:42.00 |
| 1) Digenan, Jack 9 | 2) Cruz, Sergio 12 | |
| 3) Gassaway, Oliver 9 | 4) Lam, Vinh 10 | |
| 5) Neibert, Anson 9 | 6) Pimentel, Joaquin 11 | |
| 17 Olympian | A | 11:45.00 |
| 1) Gonzalez, Carlos 9 | 2) Izaguirre, Santiago 9 | |
| 3) Degenhardt, Jack 10 | 4) Hastings, Tristan 10 | |
| 5) Gainer, Andrew 11 | 6) Campbell, Andrew 12 | |
| 18 Olympian | B | 12:00.00 |
| 1) Esquer Rosas, Ian 12 | 2) Gibbs, Jordin 9 | |
| 3) Mationg, Jordan 11 | 4) Bailon, Isaac 9 | |
| 5) Camargo, Owen 12 | 6) Cuellar, Isaac 11 | |
| 19 Patrick Henr | B | 12:43.00 |
| 1) Iannuzzi, Gray 10 | 2) Antonio, Francisco 12 | |
| 3) David, Jett 12 | 4) Goehring, Cash 12 | |
| 5) Karim, Sebastian 9 | | |
| 20 Eastlake | A | NT |
| 1) Peraza, Dylan 11 | 2) Ramos, Andreaz 12 | |
| 3) Navarrete Ocampo, Diego 12 | 4) Albright, Brady 10 | |
| 21 Classical Ac | A | NT |
| 1) Silva, Gunner 10 | 2) Hale, Landon 11 | |
| 3) Berryman, Josiah 11 | 4) Clemeshaw, Evers 11 | |
| 5) Angeles, Esteban 10 | 6) Clemeshaw, Owen 10 | |
| 22 Rancho Berna | B | NT |
| 1) Schaller, Max 12 | 2) Liu, William 10 | |
| 3) Moffit, Jayden 10 | 4) Ramirez, Jose 11 | |
| 23 El Cajon Val | A | NT |
| 1) Abdullah, Anhar 11 | 2) Sami, Matias 10 | |
| 3) Shukur, Alex 11 | 4) Esttaifan, Yousif 12 | |
| 5) Kashindi, Janvier 9 | 6) Aguilar, Ezequiel 9 | |

Event 25 Girls 100 Meter Dash Frosh (22)

Saturday 3/9/2024 - 3:39 PM

| Name | Yr | School | Seed Time |
|------------------------|----|--------------|-----------|
| 1 Allison, Evie | 9 | Steele Canyo | 12.94 |
| 2 Holmes, Lauren | 9 | Del Norte | 13.42 |
| 3 Parker, Sasha | 9 | El Capitan | 13.50 |
| 4 Tucker, Madeline | 9 | Granite Hill | 13.58 |
| 5 Harper, Devyn | 9 | Steele Canyo | 13.58 |
| 6 Delgado, Zoe | 9 | Del Norte | 13.58 |
| 7 Pascual, Lexington | 9 | Rancho Berna | 13.64 |
| 8 McFadden, Nala | 9 | Eastlake | 13.64 |
| 9 Soto-Academia, Amari | 9 | Helix | 13.70 |
| 10 Millan, Hayley | 9 | Helix | 13.83 |
| 11 Thomas, Sa'Mari | 9 | El Cajon Val | 13.88 |
| 12 McKelvey, Helena | 9 | Point Loma | 13.91 |
| 13 Hiatt, Solana | 9 | Steele Canyo | 13.94 |
| 14 Glider, Brooklynn | 9 | Santana | 13.94 |

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Event 25 ... (Girls 100 Meter Dash Frosh (22))

| Name | Yr | School | Seed Time |
|-----------------------------|----|--------------|-----------|
| 15 Lee, Kiana | 9 | Westview | 14.07 |
| 16 Chaudhry-Halperin, Chaya | 9 | San Dieguito | 14.07 |
| 17 King, Kynzie | 9 | Ramona | 14.09 Alt |
| 18 Hansen, Audrey | 9 | Poway | 14.09 Alt |
| 19 Barfield, Imani | 9 | Martin Luthe | 14.14 Alt |
| 20 Lawless, Lily | 9 | Ramona | 14.16 Alt |
| 21 Mowrey, Gwen | 9 | Granite Hill | 14.17 Alt |
| 22 Cotton, Jocelyn | 9 | Westview | 14.20 Alt |

Event 26 Boys 100 Meter Dash Frosh (22)

Saturday 3/9/2024 - 3:45 PM

| Name | Yr | School | Seed Time |
|------------------------|----|--------------|-----------|
| 1 Banks, Joshua | 9 | Vista Murrie | 11.15 |
| 2 Esoo, Maddox | 10 | Santana | 11.77 |
| 3 Williams, Davion | 9 | Granite Hill | 11.78 |
| 4 Zabayle, Sean | 10 | Olympian | 11.93 |
| 5 Scott, Jallen | 9 | Madison | 11.94 |
| 6 Hampton II, Lorne | 9 | Madison | 11.94 |
| 7 Valencia II, Michael | 9 | El Capitan | 11.99 |
| 8 Larsen, Truman | 9 | Westview | 12.13 |
| 9 Runkle, Kaleb | 9 | Granite Hill | 12.13 |
| 10 Williams, Delontay | 9 | Mount Miguel | 12.16 |
| 11 Alhamdi, Yousif | 10 | Valhalla | 12.20 |
| 12 Colbert, Nathan | 9 | San Dieguito | 12.25 |
| 13 Doctor, Azavier | 9 | Valhalla | 12.26 |
| 14 Rivera, Jesse | 9 | El Capitan | 12.27 |
| 15 Lujan, Chase | 10 | Olympian | 12.35 |
| 16 Kurata, Blake | 9 | San Dieguito | 12.36 |
| 17 Ezinwa, Chukwuma | 9 | Martin Luthe | 12.37 Alt |
| 18 Ballesteros, Mathew | 9 | El Capitan | 12.37 Alt |
| 19 Kashindi, Janvier | 9 | El Cajon Val | 12.46 Alt |
| 20 Sutherland, Elijah | 11 | Valhalla | 12.50 Alt |
| 21 Collins, Emmanuel | 9 | Rancho Berna | 12.57 Alt |
| 22 Nealis, Joseph | 10 | El Cajon Val | 12.66 Alt |

Event 27 Girls 4x400 Meter Relay Varsity (25)

Saturday 3/9/2024 - 3:50 PM

Meet Record: 4:01.24 1996 Morse

| Team | Relay | Seed Time |
|-------------------------|-------------------------|-----------|
| 1 Vista Murrie | A | 3:59.00 |
| 1) Blake, Samarra 12 | 2) Robinson, Kaila 12 | |
| 3) Alumbres, Alyssa 12 | 4) Spencer, Jaylen 12 | |
| 2 Westview | A | 4:08.00 |
| 1) Arciaga, Kaitlyn 11 | 2) Ratermann, Macy 11 | |
| 3) Hennigan, Delaney 10 | 4) Li, Elizabeth 12 | |
| 5) Long, Charlotte 10 | 6) Lee, Kiana 9 | |
| 3 Carlsbad | A | 4:08.00 |
| 1) Hunter, Leela 12 | 2) Herrera, Jillian 11 | |
| 3) Sinnett, Audrey 12 | 4) Herbst, Morgan 11 | |
| 5) Walker, Maggie 9 | 6) Nolte, Lily 11 | |
| 4 Mt Carmel | A | 4:10.00 |
| 1) Desmond, Issa 10 | 2) Lake, Kassa 12 | |
| 3) Cassell, Giselle 12 | 4) Ruskovich, Tianna 12 | |
| 5) Barrus, Ashlee 9 | | |

| | | |
|----------------------------|------------------------------|---------|
| 5 Poway | A | 4:14.12 |
| 1) Edelstein, Shani 11 | 2) Sweeney, Aine 9 | |
| 3) Smith, Mackenzie 10 | 4) Gould, Reese 12 | |
| 5) Buswell, Tessa 12 | | |
| 6 Martin Luthe | A | 4:15.00 |
| 1) Williams, Kindyl 12 | 2) Llamas, Sophia 9 | |
| 3) Carrothers, Kenzie 12 | 4) Downs, Aubrie 10 | |
| 7 Olympian | A | 4:15.00 |
| 1) Ruiz, Ivanna 11 | 2) Anderson, Airi 11 | |
| 3) Gallardo, Kelena 10 | 4) Hawkins, Gabrielle 11 | |
| 5) Rodriguez, Sarai 11 | | |
| 8 Del Norte | A | 4:15.00 |
| 1) Sutherland, Juliana 10 | 2) Prasouvo, Anna 12 | |
| 3) Blackburn, Ashlyn 10 | 4) Joo, Ella 10 | |
| 5) Czynszczon, Izabella 9 | 6) Harpster, Savannah 9 | |
| 9 Point Loma | A | 4:17.18 |
| 1) Ramos, Isabella 10 | 2) Avila-Aguilar, Alexa 10 | |
| 3) Rosas, Sophia 11 | 4) Wotursky, Mallory 11 | |
| 10 Steele Canyo | A | 4:21.00 |
| 1) Burkhardt, Nicoletta 12 | 2) Barclay, Ily 10 | |
| 3) Fuller, Kailey 10 | 4) Lewis, Elisha 9 | |
| 5) Dickens, Brionna 12 | 6) Harper, Devyn 9 | |
| 11 Helix | A | 4:22.74 |
| 1) Allen, Laraigh 12 | 2) Burton, Chanel 12 | |
| 3) Payne, Aaliyah 10 | 4) Broussard, Asia 10 | |
| 5) Merlo, Kaiya 9 | 6) Grigg, Geneva 10 | |
| 12 Mira Mesa | A | 4:25.00 |
| 1) Sarabia, Analeah 12 | 2) Mitchell, Allison 12 | |
| 3) Sanders, Liliana 11 | 4) Gabriel, Adelia 11 | |
| 5) Reed, Hannah 11 | | |
| 13 Santana | A | 4:25.03 |
| 1) Alford, Leilani 10 | 2) Parson, Madison 9 | |
| 3) Johnson, Lanie 12 | 4) Acevedo, Corrina 9 | |
| 5) Diaz, Harper 9 | 6) Glider, Brooklynn 9 | |
| 14 Rancho Berna | A | 4:28.13 |
| 1) Van Bakel, Juliana 11 | 2) Mendenhall, Abby 12 | |
| 3) Frozano, Sophia 10 | 4) Rudkin, Zoe 9 | |
| 5) Walkley, Gabriella 9 | | |
| 15 San Dieguito | A | 4:30.00 |
| 1) McFadden, Rowan 10 | 2) Fugate, Arabella 10 | |
| 3) Unrein, Kaedence 9 | 4) Herman, Maya 11 | |
| 5) Shayegan, Xavi 10 | | |
| 16 Mount Miguel | A | 4:38.32 |
| 1) Keller, Angelina 10 | 2) Reyna, Kenzie 12 | |
| 3) Mahaney, Skyy 12 | 4) Fulcher, Zoey 9 | |
| 5) Chrisp, Ma'liyah 9 | 6) Cook-Weaver, Kanay'Jah 12 | |
| 17 Liberty Char | A | 4:40.00 |
| 1) Vibbard, Abigail 11 | 2) Belasco, Cadelyn 10 | |
| 3) Sanchez, Cambria 11 | 4) Svendsen, Haley 11 | |
| 5) Belasco, Cambrey 9 | 6) Gall, Allison 11 | |
| 18 Valley Cente | A | 4:50.66 |
| 1) Moore, Dana 11 | 2) Gonzalez, Genesis 12 | |
| 3) Contreras, Roxana 12 | 4) Boleda, Charlotte 10 | |

2024 Don Jones - 3/9/2024
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Event 27 ... (Girls 4x400 Meter Relay Varsity (25))

| Team | Relay | Seed Time |
|--------------------------|-------------------------------|-----------|
| 19 Patrick Henr | A | 4:52.00 |
| 1) Ortega, Angelina 11 | 2) Reardon, Tabitha 11 | |
| 3) Underwood, Camille 11 | 4) Cunningham, Emma 9 | |
| 5) Aguirre, Hannah 11 | 6) Aguirre, Miriam 11 | |
| 20 El Cajon Val | A | 5:07.53 |
| 1) Lawrence, Deja 10 | 2) Butts, Saianna 11 | |
| 3) Beasley, Shamyia 11 | 4) Macias, Christiana 12 | |
| 5) King, Serenity 9 | | |
| 21 Classical Ac | A | NT Alt |
| 1) Ashton, Allyson 11 | 2) Alioto, Elara 10 | |
| 3) Gavin, Grace 12 | 4) Hayes, Hannah 12 | |
| 5) Hayes, Mary 10 | 6) Gillland, Julia 9 | |
| 22 Madison | A | NT |
| 1) Alan, Destinee 9 | 2) Herriott-Campos, Nayomi 12 | |
| 3) Jimerson, Brielle 12 | 4) Shaheed, Amirah 12 | |
| 5) Escalante, Xiomara 10 | | |
| 23 Kearny | A | NT |
| 1) Sells, Cirayah 12 | 2) Girdlestone, Rachael 12 | |
| 3) Chuckta, Madelynn 10 | 4) Neugent, Malone 9 | |
| 5) Henriquez, Abigail 12 | | |
| 24 Scripps Ranc | A | NT |
| 1) Stoughton, Tiffany 12 | 2) Koranda, Tegan 9 | |
| 3) Hanks, Madeline 11 | 4) Kirchoff, Anya 10 | |
| 25 Ramona | A | NT |
| 1) Brown, Tayler 9 | 2) Bishop, Hallie 11 | |
| 3) King, Kynzie 9 | 4) King, Peyton 10 | |
| 5) Spann, Samantha 10 | | |

Event 28 Boys 4x400 Meter Relay Varsity (27)

Saturday 3/9/2024 - 4:08 PM

Meet Record: 3:19.44 1996 Morse

| Team | Relay | Seed Time |
|---------------------------|---------------------------|-----------|
| 1 El Capitan | A | 3:25.00 |
| 1) Henry, Logan 12 | 2) Biffle, Jonathan 12 | |
| 3) Calvert, Aundrey 12 | 4) Unden, Shamarion 12 | |
| 2 Del Norte | A | 3:26.00 |
| 1) Phillips, Dean 12 | 2) Olsen, Ty 11 | |
| 3) Kaimer, Aden 11 | 4) Spurgiesz, Josh 12 | |
| 5) Lappin, Cooper 12 | 6) Bowers, Charlie 11 | |
| 3 Olympian | A | 3:28.00 |
| 1) Castro, Caleb 12 | 2) Cuellar, Isaac 11 | |
| 3) Cordero, Angel 12 | 4) Graves, Jaylon 11 | |
| 5) Pinedo, Joaquin 12 | 6) Rodriguez, Franky 10 | |
| 4 Vista Murrrie | A | 3:28.00 |
| 1) Coats, Connor 12 | 2) Jones, Adrian 11 | |
| 3) Chancay, Xzavier 12 | 4) Aboueldahab, Kareem 11 | |
| 5 Mt Carmel | A | 3:29.00 |
| 1) Caulfield, Harrison 11 | 2) Tucker, Jack 12 | |
| 3) Barrus, Bryce 11 | 4) Slaughter, David 11 | |
| 5) Young, Shaun 11 | | |
| 6 Carlsbad | A | 3:31.00 |
| 1) Ivey, Damon 12 | 2) Henkel, Carson 11 | |
| 3) Brotman, Chase 11 | 4) Saint Paul, Jalen 12 | |
| 5) Siegel, Jack 11 | | |

| | | |
|----------------------------------|-------------------------------|---------|
| 7 Helix | A | 3:31.51 |
| 1) Gray, Spencer 11 | 2) Ellis, Jackson 10 | |
| 3) Burston, Laurence 11 | 4) Norman-Lester, Lee 10 | |
| 5) Freshley, Alex 12 | | |
| 8 Mira Mesa | A | 3:35.00 |
| 1) Castillo, Nathaniel 11 | 2) Chiu, Bennett 12 | |
| 3) Twyman, Caleb 11 | 4) Cato, Elijah 11 | |
| 5) Scott, Dante 11 | 6) Zelaya, Xavier 12 | |
| 9 San Dieguito | A | 3:35.00 |
| 1) Kessler, Harrison 12 | 2) Ericson, Reid 11 | |
| 3) LePiere, Isaac 11 | 4) Dillon, Shreyas 10 | |
| 5) Silverman, Kyan 10 | | |
| 10 Steele Canyo | A | 3:37.00 |
| 1) Dodds, Michael 12 | 2) Azevedo, Jacob 12 | |
| 3) Purvis, Isaiah 12 | 4) Gray, Aaron 12 | |
| 5) Wilson, Josiah 12 | 6) Sicat, Micah 12 | |
| 11 Mount Miguel | A | 3:37.42 |
| 1) Gross, James 10 | 2) Jones, Vincent 12 | |
| 3) Williams, Delontay 9 | 4) Cloyd, Garrett 12 | |
| 5) Hege, Dason 12 | 6) Lattisaw, Jaison 12 | |
| 12 Martin Luthe | A | 3:38.00 |
| 1) Babino, Rami 10 | 2) Lochard, Amare 12 | |
| 3) Juarez, Alexander 11 | 4) Harb, Shehab 11 | |
| 13 Point Loma | A | 3:38.00 |
| 1) Turner, Jonah 9 | 2) Xavier, Gabriel 11 | |
| 3) Cardenas-Wallenfelt, Diego 12 | 4) Bond, Ethan 12 | |
| 5) Valiere, Micah 10 | | |
| 14 Poway | A | 3:39.10 |
| 1) Nohara, Gavin 11 | 2) Kim, Rory 12 | |
| 3) Sevilla, Arturo 12 | 4) Smith-Earle, Rowan 11 | |
| 5) Nations, Mitchell 12 | 6) Vranish, Jack 11 | |
| 15 Rancho Berna | A | 3:39.45 |
| 1) Abawi, Brice 10 | 2) Fisher, Terrick 12 | |
| 3) Cappello, Christopher 12 | 4) Christensen, Silas 10 | |
| 5) De La Cruz, Miles 10 | 6) Wong, Stephen 11 | |
| 16 Kearny | A | 3:40.00 |
| 1) McClew, Caleb 12 | 2) Thomas, Charles 12 | |
| 3) Kamari, Jacob 12 | 4) Enriquez, Carlos 11 | |
| 5) Gravely, Zaiden 10 | 6) Teodoro-Mackey, Lorenzo 11 | |
| 17 Eastlake | A | 3:40.22 |
| 1) Leon, Charles 12 | 2) Ramos, Andreaz 12 | |
| 3) Linck, Nathan 12 | 4) Kipp, Caleb 12 | |
| 5) Reavis, Anthony 11 | 6) Lovell, Jacob 9 | |
| 18 Granite Hill | A | 3:45.00 |
| 1) Williams, Davion 9 | 2) Kraling, Jared 11 | |
| 3) Hedrick, Justin 10 | 4) Miller, Donovan 12 | |
| 5) Runkle, Kaleb 9 | 6) Cruz, Sergio 12 | |
| 19 Santana | A | 3:47.00 |
| 1) Moreno-Acosta, Brian 12 | 2) Hallman, Kaedyn 11 | |
| 3) Cruz, O'Neil 12 | 4) Valenzuela, Michael 12 | |
| 5) Thomas, Ryder 10 | | |
| 20 Liberty Char | A | 3:47.00 |
| 1) Bray, Joel 12 | 2) Mapes, Benjamin 12 | |
| 3) Burr, Aiden 11 | 4) Acosta, Caleb 10 | |
| 5) Voss, Trevor 12 | | |

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Performance List

Event 28 ... (Boys 4x400 Meter Relay Varsity (27))

| Team | Relay | Seed Time |
|-------------------------|---------------------------|-----------|
| 21 El Cajon Val | A | 3:49.61 |
| 1) Oliverez, Carlos 11 | 2) Poston, Jamari 11 | |
| 3) Middleton, Jay 11 | 4) Dixon, Paris 12 | |
| 5) Esttaifan, Yousif 12 | | |
| 22 Valley Cente | A | 3:52.94 |
| 1) Natale, Matteo 11 | 2) Cathers, Ryan 12 | |
| 3) Maces, Manuel 11 | 4) Bender, Ezekiel 11 | |
| 5) Natale, Alexander 10 | | |
| 23 Ramona | A | 4:09.88 |
| 1) Moretti, Mac 12 | 2) Paredes, Timothy 10 | |
| 3) Swanson, Orion 11 | 4) Mesa, George 10 | |
| 24 Classical Ac | A | NT Alt |
| 1) Preciado, Marco 10 | 2) Johnson, Jay 10 | |
| 3) Colello, Demetri 10 | 4) Hale, Landon 11 | |
| 5) Berryman, Josiah 11 | 6) Angeles, Esteban 10 | |
| 25 Scripps Ranc | A | NT |
| 1) Randolph, Marley 12 | 2) Melancon, John 10 | |
| 3) Cruz, Nico 9 | 4) Martin, Markell 11 | |
| 5) Stadtherr, Ryan 11 | 6) Barajas, Luke 12 | |
| 26 Santa Fe Chr | A | NT Alt |
| 1) Castillon, David 11 | 2) Klijian, kyan 11 | |
| 3) Rodrigue, Nicholas 9 | 4) Mullen, Jethro 9 | |
| 5) Cole, Brady 10 | | |
| 27 School for E | A | NT Alt |
| 1) Schultz, Bryan 10 | 2) Loyd Janolv, Darren 10 | |
| 3) Strahm, Austin 12 | 4) Martin, Drake 11 | |
| 5) Mulgado, Elijah 10 | 6) Freitas, Drew 12 | |

Event 29 Girls Long Jump Open (16)

| Saturday 3/9/2024 - 9:00 AM | | | |
|-----------------------------|-------|--------------|----------------|
| Meet Record: | 19-05 | 2008 | Alycia Herring |
| Name | Yr | School | Seed Mark |
| 1 Eshel, Taliah | 10 | Rancho Berna | 15-11.50 |
| 2 Davis, Paige | 11 | Martin Luthe | 15-11.00 |
| 3 Desmond, Issa | 10 | Mt Carmel | 15-11.00 |
| 4 McKee, Alexa | 10 | Grossmont | 15-11.00 |
| 5 Miller, Jillian | 10 | El Capitan | 15-10.75 |
| 6 Millard, Peighton | 11 | Carlsbad | 15-10.50 |
| 7 Brown, Taryn | 10 | Santa Fe Chr | 15-06.50 |
| 8 Pascual, Lexington | 9 | Rancho Berna | 15-06.00 |
| 9 Parker, Sasha | 9 | El Capitan | 15-05.00 |
| 10 Ball, Rae | 12 | Eastlake | 15-05.00 |
| 11 Wesolowski, Sienna | 11 | Martin Luthe | 15-04.00 |
| 12 Loret, Abbi | 12 | Del Norte | 15-04.00 |
| 13 Yakob, Jasmine | 12 | Granite Hill | 15-03.50 |
| 14 Dixon, Camiele | 10 | El Capitan | 15-03.00 |
| 15 Neuenswander, Eveline | 12 | San Pasqual | 15-03.00 |
| 16 Nolte, Lily | 11 | Carlsbad | 15-03.00 |

Event 30 Boys Long Jump Open (15)

| Saturday 3/9/2024 - 9:00 AM | | | |
|-----------------------------|----------|------------|-----------|
| Meet Record: | 23-03.50 | 2007 | Gary Lee |
| Name | Yr | School | Seed Mark |
| 1 Calvert, Aundrey | 12 | El Capitan | 20-05.75 |

| | | | |
|-------------------------|----|--------------|----------|
| 2 Easter, Malakai | 12 | Mira Mesa | 20-03.00 |
| 3 Lappin, Cooper | 12 | Del Norte | 20-03.00 |
| 4 Weim, Andrew | 11 | Point Loma | 20-02.75 |
| 5 Dixon, Paris | 12 | El Cajon Val | 20-02.00 |
| 6 Conn, Derek | 11 | Martin Luthe | 20-01.50 |
| 7 Clark, Levi | 11 | Rancho Berna | 20-01.00 |
| 8 Altamirano, Wolfe | 11 | Rancho Berna | 20-00.25 |
| 9 Dukes, Cyncere | 12 | Madison | 20-00.00 |
| 10 Moreno-Acosta, Brian | 12 | Santana | 19-11.75 |
| 11 McGowan, Davian | 12 | Mount Miguel | 19-10.50 |
| 12 Olah, Kevin | 12 | Santa Fe Chr | 19-08.50 |
| 13 Kumar, Alex | 12 | Del Norte | 19-08.25 |
| 14 Socha, Andre | 12 | Santa Fe Chr | 19-08.00 |
| 15 Smith-Earle, Rowan | 11 | Poway | 19-08.00 |

Event 31 Girls Shot Put Open (17)

| Saturday 3/9/2024 - 9:00 AM | | | |
|-----------------------------|----------|--------------|--------------|
| Meet Record: | 42-06.50 | 2011 | Nneka Anvanu |
| Name | Yr | School | Seed Mark |
| 1 Wax, Kylah | 11 | Eastlake | 30-06.00 |
| 2 Amiraslani, Bella | 12 | Poway | 30-05.50 |
| 3 Heston, Cassandra | 10 | Martin Luthe | 30-05.00 |
| 4 Traynum, Laura | 11 | Poway | 29-07.50 |
| 5 Gadzekpo, Faith | 11 | Poway | 29-07.00 |
| 6 Edwards, Ke'Ajanay | 10 | Mira Mesa | 29-00.00 |
| 7 Muelle, Ava | 11 | Westview | 28-10.50 |
| 8 Escobar, Mniya | 12 | San Pasqual | 28-08.00 |
| 9 Fornof, Morgan | 12 | Valley Cente | 28-07.00 |
| 10 Hernandez Palomo, Semalu | 11 | Valley Cente | 28-04.50 |
| 11 Bautista, Monserrat | 11 | Steele Canyo | 27-09.25 |
| 12 Mann, Bailey | 9 | Martin Luthe | 27-07.00 |
| 13 Stilwell, Isabella | 10 | Granite Hill | 27-01.00 |
| 14 Gonzalez, Lyka | 9 | El Capitan | 27-01.00 |
| 15 Sarmiento, Shayla | 11 | Santana | 26-11.00 |
| 16 Spencer-Millard, Emalee | 12 | Martin Luthe | 26-10.00 |
| 17 Larios, Lauryn | 12 | Steele Canyo | 26-09.50 |

Event 32 Boys Shot Put Open (17)

| Saturday 3/9/2024 - 11:00 AM | | | |
|------------------------------|-------|--------------|-----------------|
| Meet Record: | 61-05 | 2016 | Charles Lenford |
| Name | Yr | School | Seed Mark |
| 1 Bader, Zachery | 12 | Santana | 42-11.00 |
| 2 Manzo, Nathan | 12 | Steele Canyo | 42-10.50 |
| 3 Adair, Da'Shaud | 11 | Steele Canyo | 42-07.00 |
| 4 Gascon, Dylan | 12 | Foothills Ch | 42-05.25 |
| 5 Sweitzer, Grant | 11 | Rancho Berna | 42-04.50 |
| 6 Dixon, Andrew | 11 | Martin Luthe | 42-04.00 |
| 7 Hoopes, Talon | 11 | Classical Ac | 42-00.00 |
| 8 Edwards, Joaquin | 12 | Point Loma | 41-03.00 |
| 9 Zarate, Jaicob | 12 | Vista | 40-11.00 |
| 10 Stadtherr, Ryan | 11 | Scripps Ranc | 40-10.00 |
| 11 Zamora, Nicolas | 10 | Mount Miguel | 40-04.50 |
| 12 Perez Jr., Alberto | 12 | Valhalla | 40-03.00 |
| 13 Dipietro, Nick | 11 | Ramona | 40-02.50 |
| 14 MacRae, Luke | 11 | Martin Luthe | 40-02.00 |
| 15 Chavez, Daniel | 10 | Martin Luthe | 40-01.00 |

2024 Don Jones - 3/9/2024
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Performance List

Event 32 ... (Boys Shot Put Open (17))

| Name | Yr | School | Seed Mark |
|------------------|----|--------------|-----------|
| 16 Mason, Ryan | 12 | Helix | 40-01.00 |
| 17 Franco, Thien | 11 | Rancho Berna | 40-00.00 |

Event 33 Girls High Jump Open (11)

| Saturday 3/9/2024 - 10:00 AM | | | |
|------------------------------|------|----------------------------|-----------|
| Meet Record: | 5-06 | Underhill(RBV)Collins(SMa) | |
| Name | Yr | School | Seed Mark |
| 1 Hendrickson, Kate | 11 | Rancho Berna | 4-11.00 |
| 2 Thompson, Nia | 11 | Westview | 4-09.00 |
| 3 Williams, Kyndall | 9 | Martin Luthe | 4-08.00 |
| 4 Lane, Maya | 12 | Helix | 4-08.00 |
| 5 Fairman, Makayla | 12 | Steele Canyo | 4-08.00 |
| 6 Denison, Danica | 9 | Carlsbad | 4-08.00 |
| 7 List, Mackenzie | 12 | Eastlake | 4-08.00 |
| 8 Castro, Mattea | 10 | Mt Carmel | 4-07.00 |
| 9 van Heijnsbergen, Sienna | 11 | Poway | 4-07.00 |
| 10 Blackburn, Ashlyn | 10 | Del Norte | 4-07.00 |
| 11 Baldwin, Emmy(Emerson) | 11 | Granite Hill | 4-07.00 |

Event 34 Boys High Jump Open (12)

| Saturday 3/9/2024 - 10:00 AM | | | |
|------------------------------|-----------|--------------|-----------|
| Meet Record: | 6-08 2003 | Nate Gwozdz | |
| Name | Yr | School | Seed Mark |
| 1 Robak, Aiden | 12 | Santana | 5-09.00 |
| 2 Mashouf, Jackson | 11 | Poway | 5-09.00 |
| 3 Halsey, Deshon | 12 | Scripps Ranc | 5-08.00 |
| 4 Gilles, Joshua | 11 | Steele Canyo | 5-08.00 |
| 5 Carlile, Parker | 12 | Carlsbad | 5-08.00 |
| 6 Becker, Tyler | 12 | Del Norte | 5-08.00 |
| 7 Qualin, Noah | 11 | Santana | 5-07.00 |
| 8 Lee, Caleb | 12 | Rancho Berna | 5-07.00 |
| 9 Carranza, Michael | 12 | San Pasqual | 5-07.00 |
| 10 Young, Shaun | 11 | Mt Carmel | 5-07.00 |
| 11 Kyle, Tristan | 11 | Del Norte | 5-07.00 |
| 12 Dizon, Anthony | 10 | Rancho Berna | 5-07.00 |

Event 35 Girls Pole Vault Open (16)

| Saturday 3/9/2024 - 10:00 AM | | | |
|------------------------------|------------|--------------|-----------|
| Meet Record: | 12-07 2008 | Emily Matoon | |
| Name | Yr | School | Seed Mark |
| 1 Tremble, Abigail | 10 | Poway | 10-01.00 |
| 2 Abola, Sophia | 12 | Del Norte | 10-00.00 |
| 3 Milocco, Gabrielle | 11 | San Dieguito | 9-09.00 |
| 4 Pearson, Jordan | 12 | Torrey Pines | 9-08.00 |
| 5 Morris, Mia | 11 | Rancho Berna | 9-06.00 |
| 6 Bugayong, Izzy | 10 | Rancho Berna | 9-06.00 |
| 7 Hunter, Leela | 12 | Carlsbad | 9-06.00 |
| 8 Smith, Kendra | 12 | Rancho Berna | 9-06.00 |
| 9 Viglotti, Emma | 10 | Francis Park | 9-04.00 |
| 10 Vu, Darleen | 10 | Westview | 9-03.00 |
| 11 Waggaman, Kailey | 10 | Rancho Berna | 9-01.00 |
| 12 Rausa, Ella | 10 | San Dieguito | 9-00.00 |
| 13 Unruh, Madeline | 11 | San Dieguito | 9-00.00 |
| 14 Hettinger, Grace | 12 | Torrey Pines | 9-00.00 |

| | | | |
|---------------------|----|-----------|---------|
| 15 Kaiser, Nicole | 11 | Del Norte | 9-00.00 |
| 16 Ferguson, Ingrid | 10 | Ramona | 9-00.00 |

Event 36 Boys Pole Vault Open (14)

| Saturday 3/9/2024 - 10:00 AM | | | |
|------------------------------|------------|--------------|-----------|
| Meet Record: | 16-04 2016 | Kyle Brown | |
| Name | Yr | School | Seed Mark |
| 1 Moore, Brandon | 12 | Torrey Pines | 13-06.00 |
| 2 Beireis, Beckett | 12 | Poway | 13-06.00 |
| 3 Doomey, Parker | 11 | Ramona | 13-03.00 |
| 4 Suhar, Tyler | 10 | Torrey Pines | 13-02.00 |
| 5 Gilbert, Jackson | 12 | Poway | 13-00.00 |
| 6 Thomas, Tyler | 12 | Santana | 13-00.00 |
| 7 Votaw, Damien | 12 | Fallbrook | 13-00.00 |
| 8 Cruise, Owen | 11 | Torrey Pines | 12-06.00 |
| 9 Rudolph, Cannon | 12 | Torrey Pines | 12-06.00 |
| 10 Thomson, Hunter | 11 | Poway | 12-06.00 |
| 11 Parzyk, Noah | 12 | Rancho Berna | 12-06.00 |
| 12 DeLeon, Johnathon | 11 | Granite Hill | 12-02.00 |
| 13 Ortiz, Xander | 11 | Valley Cente | 12-00.00 |
| 14 Benson, Juelle | 11 | Poway | 12-00.00 |

Event 37 Girls Long Jump Invite (14)

| Saturday 3/9/2024 - 10:30 AM | | | |
|------------------------------|------------|----------------|-----------|
| Meet Record: | 19-05 2008 | Alycia Herring | |
| Name | Yr | School | Seed Mark |
| 1 Hoagland, Tayhlore | 12 | Rancho Berna | 18-06.75 |
| 2 McDowell, Evin | 11 | Grossmont | 16-11.00 |
| 3 Broussard, Asia | 10 | Helix | 16-10.25 |
| 4 Cook, Lillian | 12 | Steele Canyo | 16-10.00 |
| 5 Burton, Chanel | 12 | Helix | 16-10.00 |
| 6 Boleda, Charlotte | 10 | Valley Cente | 16-08.50 |
| 7 Harper, Devyn | 9 | Steele Canyo | 16-08.00 |
| 8 Cook-Weaver, Kanay'Jah | 12 | Mount Miguel | 16-07.25 |
| 9 Thomas, Sa'Mari | 9 | El Cajon Val | 16-06.25 |
| 10 Cesena, Jenna | 11 | Eastlake | 16-06.00 |
| 11 Ewing, Kaliani | 10 | Steele Canyo | 16-03.00 |
| 12 Richardson, Jahmyia | 12 | Steele Canyo | 16-03.00 |
| 13 Hope, Vanessa | 10 | Martin Luthe | 16-02.00 |
| 14 Hall, London | 12 | Westview | 16-00.00 |

Event 38 Boys Long Jump Invite (16)

| Saturday 3/9/2024 - 10:30 AM | | | |
|------------------------------|---------------|--------------|-----------|
| Meet Record: | 23-03.50 2007 | Gary Lee | |
| Name | Yr | School | Seed Mark |
| 1 Harris, Marcus | 12 | Vista | 23-00.00 |
| 2 Parenteau, Ryley | 11 | Madison | 22-05.00 |
| 3 Henry, Logan | 12 | El Capitan | 22-04.50 |
| 4 Jones, Vincent | 12 | Mount Miguel | 22-03.00 |
| 5 Dahlan, Kai | 12 | Carlsbad | 22-00.50 |
| 6 Nwafor, Kosi | 12 | Vista Murrie | 21-11.25 |
| 7 Shaw, Amare | 12 | Scripps Ranc | 21-11.00 |
| 8 Allen, Kevin | 12 | Helix | 21-11.00 |
| 9 Aiken, Zagar | 11 | Madison | 21-04.00 |
| 10 Pennyman, Mario | 12 | Rancho Berna | 21-00.75 |
| 11 Wilson, Josiah | 12 | Steele Canyo | 20-10.00 |

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Event 38 ... (Boys Long Jump Invite (16))

| Name | Yr | School | Seed Mark |
|---------------------|----|--------------|-----------|
| 12 Unden, Shamarion | 12 | El Capitan | 20-09.00 |
| 13 Guinn, Brody | 12 | Vista Murrie | 20-08.50 |
| 14 Kassab, Jamil k | 12 | Ramona | 20-08.00 |
| 15 Natale, Matteo | 11 | Valley Cente | 20-07.50 |
| 16 Shaw, Jacob | 12 | Olympian | 20-06.50 |

Event 39 Girls Shot Put Invite (16)

| Saturday 3/9/2024 - 9:00 AM | | | |
|------------------------------------|----|--------------|-----------|
| Meet Record: 42-06.50 2011 | | Nneka Anvanu | |
| Name | Yr | School | Seed Mark |
| 1 Ford, Shani | 11 | Helix | 39-09.50 |
| 2 Liufau, Tesa | 12 | Helix | 39-04.00 |
| 3 Lauifi, Hailey | 12 | Helix | 38-09.50 |
| 4 Lauifi, Leilah | 12 | Helix | 38-01.50 |
| 5 Brown, Nyah | 12 | Vista Murrie | 35-04.00 |
| 6 Robles, Mia | 12 | Mt Carmel | 32-10.50 |
| 7 Oyawale, Alexandria | 12 | Vista Murrie | 32-09.00 |
| 8 McKinney, Carsen | 12 | Del Norte | 32-08.50 |
| 9 Seabolt, Jacqueline | 11 | Mt Carmel | 32-08.00 |
| 10 Staff, Grace | 12 | Vista | 31-11.00 |
| 11 Danks, Natalie | 12 | El Capitan | 31-03.50 |
| 12 Worthem, Paige | 11 | El Capitan | 31-01.00 |
| 13 McGrath, Hannah | 12 | El Capitan | 31-01.00 |
| 14 Welch, Amy | 12 | Mt Carmel | 30-09.00 |
| 15 Santon, Makayla | 12 | Carlsbad | 30-09.00 |
| 16 Williams, Kamryn | 9 | Olympian | 30-07.50 |

Event 40 Boys Shot Put Invite (21)

| Saturday 3/9/2024 - 11:00 AM | | | |
|-------------------------------------|----|-----------------|-----------|
| Meet Record: 61-05 2016 | | Charles Lenford | |
| Name | Yr | School | Seed Mark |
| 1 Gash, Anthony | 12 | Helix | 53-07.00 |
| 2 Hicks, Christian | 12 | Martin Luthe | 51-01.25 |
| 3 Green, Sam | 12 | Martin Luthe | 47-09.25 |
| 4 Nickley, Jake | 12 | San Pasqual | 47-05.00 |
| 5 Marcos, Baylor | 12 | Poway | 46-09.50 |
| 6 Quiroga, Javier | 12 | Steele Canyo | 46-05.00 |
| 7 Ortega, Omar | 12 | Rancho Berna | 46-00.50 |
| 8 Ghadban, Oliver | 12 | Poway | 45-07.75 |
| 9 Tompkins, Jordan | 12 | San Pasqual | 45-06.00 |
| 10 Maciejewski, Kellen | 12 | Del Norte | 45-04.50 |
| 11 Ledesma, Josue | 12 | San Pasqual | 45-01.50 |
| 12 Victor, Max | 12 | Valley Cente | 45-00.00 |
| 13 Gamble, Marquis | 11 | Steele Canyo | 44-04.50 |
| 14 Pacheco, Yusbel | 12 | Valley Cente | 44-03.50 |
| 15 Johnson, Chris | 11 | Vista Murrie | 44-03.00 |
| 16 Chiw, Noah | 11 | Mira Mesa | 44-02.50 |
| 17 Polak, Jacob | 11 | Granite Hill | 43-09.50 |
| 18 Llama, Jacob | 11 | Rancho Berna | 43-08.25 |
| 19 Larsina, Daniel | 12 | Helix | 43-03.00 |
| 20 Addleman, Caleb | 12 | Eastlake | 43-02.00 |
| 21 Jorgensen, Ryan | 12 | Poway | 43-01.00 |

Event 41 Girls Triple Jump Open (11)

| Saturday 3/9/2024 - 12:30 AM | | | |
|-------------------------------------|----|--------------------|-----------|
| Meet Record: 38-08 2015 | | Ciynamon Stevenson | |
| Name | Yr | School | Seed Mark |
| 1 Whyte, Isabella | 11 | Mira Mesa | 31-11.75 |
| 2 Castro, Mattea | 10 | Mt Carmel | 31-11.00 |
| 3 Woldemichael, Lilette | 11 | Helix | 31-11.00 |
| 4 Surber, Lina | 10 | Point Loma | 31-08.00 |
| 5 Pascual, Lexington | 9 | Rancho Berna | 31-05.50 |
| 6 Christensen, Kaia | 10 | Point Loma | 31-05.00 |
| 7 Cotton, Jocelyn | 9 | Westview | 31-04.50 |
| 8 Yakob, Jasmine | 12 | Granite Hill | 31-04.00 |
| 9 Loret, Abbi | 12 | Del Norte | 31-04.00 |
| 10 Dill, Kylah | 11 | Eastlake | 31-00.00 |
| 11 Laramie, Isabella | 11 | Martin Luthe | 30-11.50 |

Event 42 Boys Triple Jump Open (12)

| Saturday 3/9/2024 - 12:30 AM | | | |
|-------------------------------------|----|---------------|-----------|
| Meet Record: 47-04.50 1997 | | Draper Rivers | |
| Name | Yr | School | Seed Mark |
| 1 Elhamad, Hamad | 11 | Mount Miguel | 40-03.75 |
| 2 Weim, Andrew | 11 | Point Loma | 40-02.00 |
| 3 Mordan, Jake | 12 | Westview | 39-05.50 |
| 4 Speck, Logan | 12 | Poway | 39-04.00 |
| 5 Nevels, Christ | 12 | Mount Miguel | 39-03.50 |
| 6 Cromwell, Dominic | 11 | Ramona | 39-00.00 |
| 7 Rotell, Brody | 11 | Santana | 38-08.50 |
| 8 Brown, Kyler | 10 | Westview | 38-08.00 |
| 9 Sauerhage, Ethan | 12 | Scripps Ranc | 38-05.00 |
| 10 Gravely, Zaiden | 10 | Kearny | 38-04.00 |
| 11 Lamas, Javier | 10 | Helix | 38-02.00 |
| 12 Bender, Ezekiel | 11 | Valley Cente | 37-10.00 |

Event 43 Girls Discus Throw Open (16)

| Saturday 3/9/2024 - 12:00 PM | | | |
|-------------------------------------|----|----------------|-----------|
| Meet Record: 142-06 2007 | | Jessica Bonner | |
| Name | Yr | School | Seed Mark |
| 1 Fornof, Morgan | 12 | Valley Cente | 88-07 |
| 2 Hernandez Palomo, Semalu | 11 | Valley Cente | 87-04 |
| 3 Helton, Lillian | 11 | Steele Canyo | 86-07 |
| 4 Worthem, Paige | 11 | El Capitan | 86-00 |
| 5 Traynum, Laura | 11 | Poway | 85-02 |
| 6 Escobar, Mniya | 12 | San Pasqual | 84-08 |
| 7 Staff, Grace | 12 | Vista | 84-05.25 |
| 8 Amiraslani, Bella | 12 | Poway | 84-00 |
| 9 Santon, Makayla | 12 | Carlsbad | 83-03 |
| 10 Sarmiento, Shayla | 11 | Santana | 82-07 |
| 11 Manalac, Saniyah | 12 | Vista Murrie | 81-10 |
| 12 Looper, Hannah | 11 | Rancho Berna | 81-10 |
| 13 Austin, Cassidy | 10 | Rancho Berna | 81-08 |
| 14 Cueto, Jimena | 11 | Santana | 81-05 |
| 15 Williams, Kamryn | 9 | Olympian | 80-02 |
| 16 Utech, Miller | 10 | Del Norte | 80-02 |

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Event 44 Boys Discus Throw Open (14)

Saturday 3/9/2024 - 2:00 PM

Meet Record: 185-03 2006 Bo Taylor

| Name | Yr | School | Seed Mark |
|----------------------|----|--------------|-----------|
| 1 Tompkins, Jordan | 12 | San Pasqual | 133-07 |
| 2 Gascon, Dylan | 12 | Foothills Ch | 131-11 |
| 3 Maces, Andres | 12 | Valley Cente | 131-09 |
| 4 Cornthwaite, Aidan | 12 | Valhalla | 131-04 |
| 5 Hunt, Joseph | 12 | Steele Canyo | 130-07 |
| 6 Llama, Jacob | 11 | Rancho Berna | 129-03 |
| 7 Chiw, Noah | 11 | Mira Mesa | 128-02 |
| 8 Pacheco, Yusbel | 12 | Valley Cente | 127-08 |
| 9 Miranda, Drew | 10 | Vista Murrie | 127-01 |
| 10 Symington, Elijah | 12 | Patrick Henr | 126-08 |
| 11 Quiroga, Javier | 12 | Steele Canyo | 124-00 |
| 12 Larsina, Daniel | 12 | Helix | 123-06.50 |
| 13 Fortune, Corey | 12 | Mira Mesa | 123-04 |
| 14 Addleman, Caleb | 12 | Eastlake | 122-07.50 |

Event 45 Girls High Jump Invite (14)

Saturday 3/9/2024 - 1:00 PM

Meet Record: 5-06 Underhill(RBV)Collins(SMa)

| Name | Yr | School | Seed Mark |
|-----------------------------|----|--------------|-----------|
| 1 Lopez Valenzuela, Bridget | 11 | Poway | 5-03.00 |
| 2 Woldemichael, Lilette | 11 | Helix | 5-02.00 |
| 3 Williams, Mya | 12 | Steele Canyo | 5-01.00 |
| 4 McMichael, Samantha | 12 | Rancho Berna | 5-01.00 |
| 5 Yent, Addison | 12 | Patrick Henr | 5-00.00 |
| 6 Applegate, Ashley | 11 | Rancho Berna | 5-00.00 |
| 7 Mcdowell, Evin | 11 | Grossmont | 5-00.00 |
| 8 Nolte, Lily | 11 | Carlsbad | 4-11.00 |
| 9 Phillips, Sadie | 10 | Santa Fe Chr | 4-10.00 |
| 10 Stein, Natalie | 10 | Patrick Henr | 4-10.00 |
| 11 Cunningham, Isa | 9 | Westview | 4-10.00 |
| 12 McFadden, Malia | 12 | Eastlake | 4-10.00 |
| 13 Naigan, Melia | 10 | Del Norte | 4-10.00 |
| 14 Smith, Genesis | 11 | Mt Carmel | 4-10.00 |

Event 46 Boys High Jump Invite (14)

Saturday 3/9/2024 - 1:00 PM

Meet Record: 6-08 2003 Nate Gwozdz

| Name | Yr | School | Seed Mark |
|--------------------|----|--------------|-----------|
| 1 Uden, Shamarion | 12 | El Capitan | 6-05.00 |
| 2 Carmona, Sammy | 12 | Fallbrook | 6-04.00 |
| 3 Kassab, Jamil k | 12 | Ramona | 6-02.00 |
| 4 Doctor, Brandon | 12 | Valhalla | 6-01.00 |
| 5 Moore, Julian | 12 | Vista Murrie | 6-00.00 |
| 6 Easter, Malakai | 12 | Mira Mesa | 5-11.00 |
| 7 Fincher, Kevin | 10 | Martin Luthe | 5-11.00 |
| 8 Kramer, Samuel | 12 | Santa Fe Chr | 5-10.00 |
| 9 Kurata, Blake | 9 | San Dieguito | 5-10.00 |
| 10 Riker, Max | 11 | Westview | 5-10.00 |
| 11 Hasley, Deon | 12 | Scripps Ranc | 5-10.00 |
| 12 Baker, Darrious | 12 | Granite Hill | 5-10.00 |
| 13 Kumar, Alex | 12 | Del Norte | 5-10.00 |

14 Washington, Andrew 10 Point Loma 5-10.00

Event 47 Girls Pole Vault Invite (11)

Saturday 3/9/2024 - 1:00 PM

Meet Record: 12-07 2008 Emily Matoon

| Name | Yr | School | Seed Mark |
|---------------------|----|--------------|-----------|
| 1 Echsner, Paige | 11 | Del Norte | 12-09.00 |
| 2 Dejong, Kelly | 12 | Maranatha Ch | 12-08.00 |
| 3 Galkina, Alisa | 10 | Torrey Pines | 11-05.75 |
| 4 Khoury, Maya | 12 | Fallbrook | 11-05.00 |
| 5 Khieu, Caitlin | 10 | Del Norte | 11-03.00 |
| 6 Scarpelli, Lauren | 12 | Sage Creek | 11-03.00 |
| 7 Tseng, Chloe | 12 | Del Norte | 11-03.00 |
| 8 Khoury, Sahara | 12 | Fallbrook | 11-00.00 |
| 9 Potenciano, Jada | 12 | Rancho Berna | 10-06.00 |
| 10 Humer, Sophie | 10 | Rancho Berna | 10-06.00 |
| 11 Recaido, Keira | 11 | Del Norte | 10-06.00 |

Event 48 Boys Pole Vault Invite (13)

Saturday 3/9/2024 - 1:00 PM

Meet Record: 16-04 2016 Kyle Brown

| Name | Yr | School | Seed Mark |
|---------------------|----|--------------|-----------|
| 1 Weisman, Joey | 12 | Torrey Pines | 16-01.00 |
| 2 Emerson, Jacob | 12 | Sage Creek | 16-01.00 |
| 3 Mckee, Jaden | 12 | Martin Luthe | 16-00.00 |
| 4 Cullen, Michael | 11 | Redlands | 15-06.00 |
| 5 Sotelo, Tristan | 12 | Grossmont | 15-00.00 |
| 6 Kondo, Jordan | 12 | Vista | 14-09.00 |
| 7 Saunders, Rob | 12 | Rancho Berna | 14-06.00 |
| 8 Schiering, Andrew | 12 | Westview | 14-06.00 |
| 9 Bernier, Aiden | 12 | Fallbrook | 14-06.00 |
| 10 Sun, Leo | 12 | Del Norte | 14-06.00 |
| 11 Yarbrough, Dylan | 10 | San Dieguito | 14-04.00 |
| 12 Farenc, Vincent | 12 | Westview | 14-01.00 |
| 13 Casanova, Gian | 12 | Valhalla | 14-00.00 |

Event 49 Girls Triple Jump Invite (16)

Saturday 3/9/2024 - 2:00 PM

Meet Record: 38-08 2015 Ciynamon Stevenson

| Name | Yr | School | Seed Mark |
|--------------------------|----|--------------|-----------|
| 1 Ball, Rae | 12 | Eastlake | 36-00.75 |
| 2 Cook, Lillian | 12 | Steele Canyo | 36-00.50 |
| 3 Mcdowell, Evin | 11 | Grossmont | 35-09.50 |
| 4 Cook-Weaver, Kanay'Jah | 12 | Mount Miguel | 35-08.00 |
| 5 Hope, Vanessa | 10 | Martin Luthe | 35-03.50 |
| 6 Hoagland, Tayhlore | 12 | Rancho Berna | 33-11.00 |
| 7 Leonard, Ryan | 10 | Vista Murrie | 33-07.00 |
| 8 Eshel, Taliah | 10 | Rancho Berna | 33-06.00 |
| 9 Millard, Peighton | 11 | Carlsbad | 33-04.50 |
| 10 Wesolowski, Sienna | 11 | Martin Luthe | 33-04.00 |
| 11 Gates, Natalie | 11 | Point Loma | 32-09.00 |
| 12 Jones, Jadyne | 11 | Kearny | 32-09.00 |
| 13 Jacques, Halle | 12 | Poway | 32-08.00 |
| 14 Brownsberger, Kaci | 10 | Grossmont | 32-05.00 |
| 15 Neuenswander, Eveline | 12 | San Pasqual | 32-04.25 |
| 16 Miller, Jillian | 10 | El Capitan | 32-03.00 |

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Event 50 Boys Triple Jump Invite (12)**Saturday 3/9/2024 - 2:00 PM****Meet Record: 47-04.50 1997 Draper Rivers**

| | Name | Yr | School | Seed Mark |
|----|------------------|-----------|---------------|------------------|
| 1 | Nwafor, Kosi | 12 | Vista Murrie | 47-08.50 |
| 2 | Harris, Marcus | 12 | Vista | 46-04.50 |
| 3 | Wood, Donovan | 12 | Point Loma | 44-04.50 |
| 4 | Pennyman, Mario | 12 | Rancho Berna | 44-01.50 |
| 5 | Easter, Malakai | 12 | Mira Mesa | 43-07.50 |
| 6 | Shaw, Jacob | 12 | Olympian | 42-00.50 |
| 7 | Young, Shaun | 11 | Mt Carmel | 41-06.75 |
| 8 | Kraling, Jared | 11 | Granite Hill | 40-11.50 |
| 9 | Gupta, Aadit | 12 | Del Norte | 40-10.75 |
| 10 | Kumar, Alex | 12 | Del Norte | 40-08.25 |
| 11 | Griffiths, Kyler | 11 | Olympian | 40-08.00 |
| 12 | Trang, Jacob | 11 | Eastlake | 40-08.00 |

Event 51 Girls Discus Throw Invite (14)**Saturday 3/9/2024 - 12:00 PM****Meet Record: 142-06 2007 Jessica Bonner**

| | Name | Yr | School | Seed Mark |
|----|-------------------------|-----------|---------------|------------------|
| 1 | Lauifi, Hailey | 12 | Helix | 120-06 |
| 2 | Robles, Mia | 12 | Mt Carmel | 118-05 |
| 3 | Ford, Shani | 11 | Helix | 116-07.50 |
| 4 | Lauifi, Leilah | 12 | Helix | 109-00 |
| 5 | Liufau, Tesa | 12 | Helix | 105-05.25 |
| 6 | Brown, Nyah | 12 | Vista Murrie | 103-08 |
| 7 | McKinney, Carsen | 12 | Del Norte | 103-04 |
| 8 | Oyawale, Alexandria | 12 | Vista Murrie | 101-08 |
| 9 | Khot, Jaya | 11 | Rancho Berna | 99-02 |
| 10 | Danks, Natalie | 12 | El Capitan | 98-02 |
| 11 | Seabolt, Jacqueline | 11 | Mt Carmel | 97-04 |
| 12 | Spencer-Millard, Emalee | 12 | Martin Luthe | 95-10 |
| 13 | Welch, Amy | 12 | Mt Carmel | 91-06 |
| 14 | McGrath, Hannah | 12 | El Capitan | 89-06 |

Event 52 Boys Discus Throw Invite (12)**Saturday 3/9/2024 - 2:00 PM****Meet Record: 185-03 2006 Bo Taylor**

| | Name | Yr | School | Seed Mark |
|----|---------------------|-----------|---------------|------------------|
| 1 | Gash, Anthony | 12 | Helix | 155-10.50 |
| 2 | Dixon, Andrew | 11 | Martin Luthe | 154-01 |
| 3 | Polak, Jacob | 11 | Granite Hill | 146-02 |
| 4 | Nuechterlein, Ethan | 12 | Vista Murrie | 145-04 |
| 5 | Maciejewski, Kellen | 12 | Del Norte | 144-07 |
| 6 | Victor, Max | 12 | Valley Cente | 142-08 |
| 7 | Hicks, Christian | 12 | Martin Luthe | 141-00 |
| 8 | Ortega, Omar | 12 | Rancho Berna | 140-05 |
| 9 | Franco, Thien | 11 | Rancho Berna | 139-09 |
| 10 | Nickley, Jake | 12 | San Pasqual | 139-02 |
| 11 | Green, Sam | 12 | Martin Luthe | 138-01 |
| 12 | Edwards, Joaquin | 12 | Point Loma | 134-05 |