

Palomar League Championships 2025
Mt Carmel High School - 5/10/2025
Meet Program - Palomar League Finals - Track Events

Event 1 Girls 3200 Meter Relay Varsity

Saturday 5/10/2025 - 8:45 AM			
Record: 9:55.90 2023		Del Norte	
B. Bousse, A. Shannon, P. Echsner, H. Riggins			
Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
4	Poway		10:07.93
	1) Santavicca, Alessandra 10	2) Smith, Mackenzie 11	
	3) Sweeney, Aine 10	4) Delaney, Ava 9	
5	Del Norte		9:16.10
	1) Chau, Riley 9	2) Lane, Addison 11	
	3) Law, Katherine 9	4) Engel, Lily 11	
6	Rancho Berna		9:57.70
	1) Desbois, Riley 10	2) Davis, Rebecca 10	
	3) Barron, Angelina 10	4) Hendrickson, Kate 12	
7	Westview		10:32.64
	1) Welton, Sofia 12	2) Xie, Anne 12	
	3) Long, Charlotte 11	4) Tydingco, Tasi 11	

Event 2 Boys 3200 Meter Relay Varsity

Saturday 5/10/2025 - 9:00 AM			
Record: 8:27.63 2024		Del Norte	
P. Akinpelu, T. Harpster, F. Buter, K. Rigg			
Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
3	Rancho Berna		8:43.73
	1) Sakong, Minseo 10	2) Shen, Sunny 11	
	3) Sessoms, Tevin 9	4) Yip, Daniel 11	
4	Mt Carmel		8:43.43
	1) Shivakumar, Eshan 11	2) Rasri, Mactee 10	
	3) Tse, Andrew 10	4) Chang, Caleb 12	
5	Del Norte		7:54.71
	1) Pham, Matthew 12	2) Fitzwilliam, Danny 11	
	3) Trieu, Nathan 10	4) Ojeda, Devin 10	
6	Poway		8:03.29
	1) Littrell, Blake 9	2) Menolascino, Anthony 11	
	3) Greene, Landen 10	4) Buswell, Keith 9	
7	Westview		8:43.65
	1) Ishio, Tomio 9	2) Gunn, Kenrick 9	
	3) Fernandes, Imri 12	4) Hernandez, Jayden 11	

Event 3 Girls 400 Meter Relay Varsity

Saturday 5/10/2025 - 10:00 AM			
Record: 47.92 2014		Rancho Bernardo	
Akins, Dixon, Dee, Patterson			
Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
3	Mt Carmel		50.47
	1) Gwynn, Jordan 10	2) Christian, Bria 10	
	3) Perroni, Gigi 11	4) Olivo, Amaia 11	
4	Westview		49.82
	1) Foster, Morghan 12	2) Jensen, Avery 11	
	3) Arciaga, Kaitlyn 12	4) Vales, Jordyn 10	
5	San Marcos		48.24
	1) Holmes, Miyah 9	2) McCammon, Brielynn 12	
	3) Bouma, Ericka 9	4) Hunt, Katherine 12	
6	Del Norte		48.68
	1) Czyszczon, Izabella 10	2) Rebugio, Kaylee 12	
	3) Joo, Ella 11	4) Gross, Zoe 11	
7	Poway		50.27
	1) Lemler, Jordan 11	2) Nicholas, Dylan-Marie 10	
	3) Hansen, Audrey 10	4) Vermilyea, Hailey 12	
8	Rancho Berna		50.61
	1) West, Brynn 11	2) Eshel, Taliah 11	
	3) Beeby, Madison 11	4) Drager, Isabella 10	

Event 4 Boys 400 Meter Relay Varsity

Saturday 5/10/2025 - 10:05 AM			
Record: 41.84 2016		Mt Carmel	
Q Ellis, L Johnson, T Sullivan, R Shaheed			
Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
3	Rancho Berna		43.21
	1) Christensen, Silas 11	2) Wong, Stephen 12	
	3) De La Cruz, Miles 11	4) Abawi, Brice 11	
4	San Marcos		42.80
	1) Dorsey, Thomas 10	2) Vorhees, Cutter 11	
	3) Reese, Zamar 11	4) Reese, Caleb 12	
5	Del Norte		42.65
	1) Remigio, Ryan 12	2) Barnett, Kaden 12	
	3) Goldmann, Grant 11	4) Jurgens, Chase 11	
6	Mt Carmel		42.68
	1) Samboy, Gavin 11	2) Gray, Abdul 9	
	3) Barrus, Bryce 12	4) Slaughter, David 12	
7	Westview		43.18
	1) Miranda, Miles 10	2) O'Mahony, Finley 12	
	3) Shanyour, Omar 11	4) Brown, Kyler 11	
8	Poway		43.34
	1) Nohara, Gavin 12	2) Alsop, Eli 11	
	3) Houston, Logan 12	4) Hawkins, William 11	

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Event 5 Girls 1600 Meter Run Varsity**Saturday 5/10/2025 - 10:15 AM****Record: 4:53.84 1992 Milena Glusac**

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Russo, Emily	12	Del Norte	5:02.61
2	Enyedi, Lilah	11	Del Norte	5:02.83
3	Hong, Eliza	10	Del Norte	5:03.25
4	Shannon, Addison	11	Del Norte	5:04.10
5	Campos, Olivia	11	Mt Carmel	5:14.05
6	Bartolay, Olivia	9	Del Norte	5:20.37
7	Muscat, Nina	10	Poway	5:24.42
8	Husseman, Catalina	11	Poway	5:25.21
9	Everts, Lieke	12	Mt Carmel	5:25.90
10	Mrozek, Baylee	11	Del Norte	5:28.55
11	Bell, Veronica	11	Mt Carmel	5:29.31
12	Connelly, Graziela	10	Del Norte	5:40.13
13	Taniguchi, Emily	11	Del Norte	5:41.42
14	Nava, Kamila	12	Westview	5:43.40
15	Itaya, Chloe	12	San Marcos	5:46.35
16	Tydingco, Tasi	11	Westview	5:46.79
17	Plastridge, Caroline	11	San Marcos	5:48.18
18	Welton, Sofia	12	Westview	5:48.71

Event 6 Boys 1600 Meter Run Varsity**Saturday 5/10/2025 - 10:25 AM****Record: 4:11.12 2010 Chris Brewer**

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Yarbrough, Cameron	11	Del Norte	4:13.55
2	Castleberry, Cooper	11	Poway	4:16.73
3	Luecht, Camden	12	Rancho Berna	4:21.68
4	Odom, Dean	11	San Marcos	4:25.07
5	Jackson, Tanner	11	Poway	4:25.75
6	Boesel, Wyatt	11	Mt Carmel	4:26.90
7	Fronjian, Quentin	10	Mt Carmel	4:27.25
8	Chang, Sean	12	Del Norte	4:27.95
9	Echsner, Nicholas	10	Del Norte	4:29.27
10	Jin, Luke	12	Del Norte	4:29.59
11	Namgoong, Daniel	11	Westview	4:29.71
12	Hannaman, Rowan	12	Westview	4:29.89
13	Akinpelu, Timothy	10	Del Norte	4:31.00
14	Mizui, Naoya	12	Rancho Berna	4:32.55
15	Owsley, Ben	11	Del Norte	4:33.09
16	Blanco, Giovanni	12	San Marcos	4:33.54
17	Porter, Josh	11	San Marcos	4:37.88
18	Lapastora, Marcelino	10	Del Norte	4:38.36
19	Sikma, Asher	9	Del Norte	4:39.63
20	Littrell, Blake	9	Poway	4:39.99
21	Alemi, Zain	11	Rancho Berna	4:40.66
22	Menolascino, Anthony	11	Poway	4:40.82
23	Liu, William	11	Rancho Berna	4:42.37
24	Obert, Alexander	12	Poway	4:42.53

Event 7 Girls 100 Meter Hurdles Varsity**Saturday 5/10/2025 - 10:40 AM****Record: 14.41 2011 Taylor Larch-Miller**

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Binolo, Jomela	9	Mt Carmel	18.25
2	Childers, Kiley	11	Westview	18.03
3	Tokushige, Keira	12	Rancho Berna	17.71
4	Sommer, Ella	12	Poway	17.69
5	Doud, Addison	11	Westview	17.65
6	Gerdji, Leona	11	Westview	17.68
7	Tokushige, Reese	12	Rancho Berna	17.71
8	Hernandez, Lianna	12	Rancho Berna	17.78
9	Pidding, Tea	10	Del Norte	18.17
Section 2 of 2 Finals				
1	Coleman, Chloe	12	Mt Carmel	17.47
2	Aguilar, Destiny	11	San Marcos	17.30
3	Jensen, Avery	11	Westview	16.61
4	Dufek, Lyla	12	San Marcos	16.06
5	Czyszczonek, Izabella	10	Del Norte	14.67
6	Kennedy, Jane	12	Westview	15.05
7	Cunningham, Isabella	10	Westview	16.43
8	Brehm, Brooke	11	Rancho Berna	17.00
9	Blackburn, Ashlyn	11	Del Norte	17.32

Event 8 Boys 110 Meter Hurdles Varsity**Saturday 5/10/2025 - 10:55 AM****Record: 14.18 2000 Bobby Salimi**

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Chang, Maxwell	10	Del Norte	17.86
2	Pham, Franklin	12	Westview	17.62
3	Arn, Connor	11	Poway	17.10
4	Rowan, Blake	9	San Marcos	16.61
5	Chen, Max	12	Westview	16.14
6	Marsh, Ryan	10	Westview	16.16
7	Plonka, Pierce	12	Mt Carmel	17.01
8	Gainey, Anthony	12	San Marcos	17.11
9	Schroeder, Kai	11	Mt Carmel	17.64
Section 2 of 2 Finals				
1	Haglof, Blake	11	San Marcos	16.13
2	Andruss, Miles	12	Poway	15.40
3	Guerra, Alex	12	Del Norte	15.30
4	Yakubisin, Luke	12	Westview	14.51
5	Reese, Caleb	12	San Marcos	13.99
6	Wong, Stephen	12	Rancho Berna	14.45
7	Altamirano, Wolfe	12	Rancho Berna	14.94
8	Shanyour, Omar	11	Westview	15.32
9	Zahid, Ahmad	12	Westview	15.47

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Event 9 Girls 400 Meter Run Varsity**Saturday 5/10/2025 - 11:10 AM****Record: 55.09 2022 Alyssa Bean**

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

3	Carter, Emilie	11	Rancho Berna	1:05.63
4	Davis, Piper	9	Westview	1:02.93
5	McConnin, Lindsay	9	Poway	1:02.40
6	Lanski, Brooke	10	Westview	1:02.53
7	Devermann, Kiera	10	Mt Carmel	1:03.03

Section 2 of 3 Finals

3	Beeby, Madison	11	Rancho Berna	1:02.20
4	Obrist, Emerson	11	San Marcos	1:01.97
5	Frenken, Averie	10	San Marcos	1:01.74
6	Greenheck, Adriana	9	Mt Carmel	1:01.82
7	Ffrench, Ellarose	9	Poway	1:02.19
8	Lee, Kiana	10	Westview	1:02.23

Section 3 of 3 Finals

1	Christian, Bria	10	Mt Carmel	1:01.71
2	McIntosh, Tori	12	Poway	1:00.77
3	Vermilyea, Hailey	12	Poway	59.54
4	Delaney, Ava	9	Poway	58.49
5	Arciaga, Kaitlyn	12	Westview	56.46
6	McCammon, Brielynn	12	San Marcos	58.16
7	Joo, Ella	11	Del Norte	59.36
8	Drager, Isabella	10	Rancho Berna	1:00.20
9	Ratermann, Macy	12	Westview	1:00.79

Event 10 Boys 400 Meter Run Varsity**Saturday 5/10/2025 - 11:23 AM****Record: 47.63 2002 Deun White**

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

1	Ratermann, Tyler	9	Westview	55.17
2	Scher, Rylon	12	Poway	54.97
3	Cooperman, Brody	12	Poway	54.92
4	Espinoza, Cristian	9	Mt Carmel	54.46
5	Littrell, Blake	9	Poway	54.17
6	Allen, Andrew	9	San Marcos	54.26
7	Mariner, Carson	10	Rancho Berna	54.46
8	Riggott, Hudson	12	Rancho Berna	54.96
9	Mendoza, Lucca	11	Westview	55.10

Section 2 of 3 Finals

1	Mendiola, Emri	9	San Marcos	54.12
2	Foster, Jahiem	12	Rancho Berna	53.24
3	Smith-Earle, Rowan	12	Poway	52.73
4	Zaayer, Wyatt	10	San Marcos	52.39
5	Stevens, Matthew	12	Westview	52.07
6	Nohara, Gavin	12	Poway	52.18
7	Walicki, Alexander	12	Del Norte	52.56
8	Thomas, Brady	11	Westview	53.17
9	Hackett, Carson	11	San Marcos	53.90

Section 3 of 3 Finals

1	Woods, Jorden	10	San Marcos	51.63
2	Buswell, Keith	9	Poway	50.92
3	Barrus, Bryce	12	Mt Carmel	50.57
4	Kaimer, Aden	12	Del Norte	49.98
5	Slaughter, David	12	Mt Carmel	48.29
6	Caulfield, Harrison	12	Mt Carmel	48.62
7	Goldmann, Grant	11	Del Norte	50.51
8	Hines, Preston	12	San Marcos	50.67
9	Woods, Gavin	11	Poway	51.08

Event 11 Girls 100 Meter Dash Varsity**Saturday 5/10/2025 - 11:40 AM****Record: 11.81 2016 Jackie Patterson**

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

1	Randolph, Gabriella	10	San Marcos	13.48
2	Parker, Farrah	9	Westview	13.41
3	Olivo, Amaia	11	Mt Carmel	13.35
4	Eshel, Taliah	11	Rancho Berna	13.31
5	Pascual, Lexington	10	Rancho Berna	13.19
6	Pohl, Cami	9	San Marcos	13.24
7	Gross, Averie	9	Del Norte	13.32
8	Hansen, Audrey	10	Poway	13.36
9	Patty, Chloe	9	Westview	13.44

Section 2 of 3 Finals

1	Hoar, Veronica	9	Westview	13.18
2	Libby, Grace	9	Poway	13.11
3	Rudkin, Zoe	10	Rancho Berna	13.10
4	Foster, Morghan	12	Westview	12.97
5	Vales, Jordyn	10	Westview	12.90
6	Fonseca, Naja	12	Del Norte	12.97
7	Perroni, Gigi	11	Mt Carmel	12.99
8	De Guzman, Mina	9	Westview	13.10
9	West, Brynn	11	Rancho Berna	13.13

Section 3 of 3 Finals

1	Nicholas, Dylan-Marie	10	Poway	12.81
2	Lemler, Jordan	11	Poway	12.74
3	Rebugio, Kaylee	12	Del Norte	12.64
4	Hunt, Katherine	12	San Marcos	12.61
5	Gwynn, Jordan	10	Mt Carmel	12.41
6	Bouma, Ericka	9	San Marcos	12.56
7	Do, Madelyn	9	Del Norte	12.61
8	Gross, Zoe	11	Del Norte	12.70
9	Holmes, Lauren	10	Del Norte	12.79

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Event 12 Boys 100 Meter Dash Varsity**Saturday 5/10/2025 - 11:50 AM****Record: 10.70 2011 Jared Pickering**

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

1	Lake, Koda	9	Mt Carmel	11.62
2	Haug, Greyson	11	San Marcos	11.60
3	Hagan, Seth	11	Mt Carmel	11.57
4	Hanlon, Jackson	10	Mt Carmel	11.51
5	Ford, Brogan	11	Westview	11.40
6	Pastrano, Kyle	12	Del Norte	11.48
7	Baca, Antonio	11	San Marcos	11.56
8	O'Mahony, Finley	12	Westview	11.60
9	Hawkins, William	11	Poway	11.60

Section 2 of 3 Finals

1	Siapno, Samuel	12	Del Norte	11.39
2	Samboy, Gavin	11	Mt Carmel	11.38
3	Remigio, Ryan	12	Del Norte	11.34
4	Dorsey, Thomas	10	San Marcos	11.30
5	Barnett, Kaden	12	Del Norte	11.24
6	Abawi, Brice	11	Rancho Berna	11.29
7	Gordon, Lincoln	11	San Marcos	11.31
8	De La Cruz, Miles	11	Rancho Berna	11.37
9	Jabro, Joseph	10	Rancho Berna	11.39

Section 3 of 3 Finals

1	Gray, Abdul	9	Mt Carmel	11.19
2	Miranda, Miles	10	Westview	11.16
3	Houston, Logan	12	Poway	11.10
4	Jurgens, Chase	11	Del Norte	10.94
5	Christensen, Silas	11	Rancho Berna	10.88
6	Brown, Kyler	11	Westview	10.91
7	Bowers, Charles	12	Del Norte	11.04
8	Vorhees, Cutter	11	San Marcos	11.15
9	Reese, Zamar	11	San Marcos	11.18

Event 13 Girls 800 Meter Run Varsity**Saturday 5/10/2025 - 12:05 AM****Record: 2:08.77 2024 Tessa Buswell**

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Arciaga, Kaitlyn	12	Westview	2:10.82
2	Hennigan, Delaney	11	Westview	2:14.68
3	Lagiseti, Samhita	11	Del Norte	2:17.31
4	Shannon, Addison	11	Del Norte	2:19.61
5	Sweeney, Aine	10	Poway	2:21.85
6	Lorenz, Emily	10	Rancho Berna	2:22.45
7	Reinero-Ellsworth, Lilli	9	Mt Carmel	2:23.65
8	Campos, Olivia	11	Mt Carmel	2:23.89
9	Harpster, Savannah	10	Del Norte	2:25.53
10	Baccei, Sophia	11	Rancho Berna	2:26.49
11	Weiss, Caylin	10	Mt Carmel	2:26.74
12	Smith, Mackenzie	11	Poway	2:28.46
13	Hendrickson, Kate	12	Rancho Berna	2:30.34
14	Desbois, Riley	10	Rancho Berna	2:31.11
15	Sattarzadeh, Hajar	9	Westview	2:31.46
16	Slade, Anjali	9	Westview	2:31.88
17	Chau, Riley	9	Del Norte	2:33.33
18	Davis, Rebecca	10	Rancho Berna	2:33.36
19	Zekry, Mariam	10	Mt Carmel	2:35.72
20	Lane, Addison	11	Del Norte	2:36.39
21	Meyer, Lina	11	San Marcos	2:41.49
22	King, Sydney	9	San Marcos	2:43.09

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Event 14 Boys 800 Meter Run Varsity**Saturday 5/10/2025 - 12:13 PM****Record: 1:52.35 2013 Alex Grigoriev**

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Yarbrough, Cameron	11	Del Norte	1:53.94
2	Butler, Finley (Finn)	11	Del Norte	1:57.63
3	Vranish, Jack	12	Poway	1:58.28
4	Boesel, Wyatt	11	Mt Carmel	1:58.31
5	Porter, Josh	11	San Marcos	1:59.23
6	Guerra, Christian	12	Poway	1:59.31
7	Harpster, Tristan	12	Del Norte	2:00.11
8	Moffit, Jayden	11	Rancho Berna	2:00.25
9	Fronjian, Quentin	10	Mt Carmel	2:00.26
10	Iverson, Cameron	10	Westview	2:00.69
11	Shah, Kamran	12	Poway	2:00.81
12	Huff, Logan	10	San Marcos	2:01.06
13	Akinpelu, Timothy	10	Del Norte	2:01.49
14	Odom, Dean	11	San Marcos	2:02.28
15	Greene, Landen	10	Poway	2:03.00
16	Bradshaw, Isaac	11	Del Norte	2:03.04
17	Littrell, Blake	9	Poway	2:03.05
18	Blanco, Giovanni	12	San Marcos	2:03.52
19	Menolascino, Anthony	11	Poway	2:05.01
20	Shivakumar, Eshan	11	Mt Carmel	2:05.19
21	Pham, Matthew	12	Del Norte	2:06.53
22	Alemi, Zain	11	Rancho Berna	2:06.94
23	Sakong, Minseo	10	Rancho Berna	2:09.85

Event 15 Girls 300 Meter Hurdles Varsity**Saturday 5/10/2025 - 12:23 PM****Record: 43.75 2011 Taylor Larch-Miller**

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Schultz, Leila	11	Mt Carmel	52.85
2	Pidding, Tea	10	Del Norte	51.25
3	Edelstein, Shani	12	Poway	50.70
4	Childers, Kiley	11	Westview	50.06
5	Jensen, Avery	11	Westview	49.48
6	Maude, Marina	9	Mt Carmel	49.69
7	Dufek, Lyla	12	San Marcos	50.16
8	Gerdji, Leona	11	Westview	51.13
9	Aguilar, Destiny	11	San Marcos	51.49
Section 2 of 2 Finals				
1	Coleman, Chloe	12	Mt Carmel	49.42
2	Tokushige, Keira	12	Rancho Berna	49.18
3	Libby, Grace	9	Poway	48.98
4	Kennedy, Jane	12	Westview	46.84
5	Echsner, Paige	12	Del Norte	43.43
6	Czyszczonek, Izabella	10	Del Norte	45.22
7	Brehm, Brooke	11	Rancho Berna	48.63
8	Blackburn, Ashlyn	11	Del Norte	49.03
9	Tokushige, Reese	12	Rancho Berna	49.27

Event 16 Boys 300 Meter Hurdles Varsity**Saturday 5/10/2025 - 12:35 PM****Record: 38.14 1985 Travis Knox**

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Chang, Maxwell	10	Del Norte	44.45
2	Schroeder, Kai	11	Mt Carmel	44.06
3	Marsh, Ryan	10	Westview	43.50
4	Chen, Max	12	Westview	42.86
5	Gainey, Anthony	12	San Marcos	42.62
6	Nohara, Gavin	12	Poway	42.74
7	Plonka, Pierce	12	Mt Carmel	43.22
8	Lopez, Kieren	9	Westview	43.53
9	Arn, Connor	11	Poway	44.09
Section 2 of 2 Finals				
1	Rowan, Blake	9	San Marcos	42.47
2	Haglof, Blake	11	San Marcos	41.93
3	Wong, Stephen	12	Rancho Berna	41.18
4	Guerra, Alex	12	Del Norte	40.01
5	Reese, Caleb	12	San Marcos	38.29
6	Altamirano, Wolfe	12	Rancho Berna	39.54
7	Shanyour, Omar	11	Westview	40.85
8	Vorhees, Cutter	11	San Marcos	41.22
9	Andruss, Miles	12	Poway	42.23

Event 17 Girls 200 Meter Dash Varsity**Saturday 5/10/2025 - 12:45 PM****Record: 24.33 2022 Alyssa Bean**

Lane	Name	Yr	School	Seed Time
Section 1 of 3 Finals				
1	Davis, Piper	9	Westview	27.89
2	Littlejohn, Gabriela	12	San Marcos	27.71
3	Parker, Farrah	9	Westview	27.55
4	Ratermann, Macy	12	Westview	27.52
5	De Guzman, Mina	9	Westview	27.41
6	Hansen, Audrey	10	Poway	27.41
7	Frenken, Averi	10	San Marcos	27.53
8	Ffrench, Ellarose	9	Poway	27.65
9	Gruber, Isabella	10	San Marcos	27.75
Section 2 of 3 Finals				
1	Drager, Isabella	10	Rancho Berna	27.31
2	Rudkin, Zoe	10	Rancho Berna	26.98
3	Beeby, Madison	11	Rancho Berna	26.78
4	Nicholas, Dylan-Marie	10	Poway	26.74
5	Do, Madelyn	9	Del Norte	26.64
6	Hoar, Veronica	9	Westview	26.72
7	Vales, Jordyn	10	Westview	26.77
8	West, Brynn	11	Rancho Berna	26.81
9	Pohl, Cami	9	San Marcos	27.10

Palomar League Championships 2025
Mt Carmel High School - 5/10/2025
Meet Program - Palomar League Finals - Track Events

Section 3 of 3 Finals...(Event 17 Girls 200 Meter Dash Varsity)

1	Holmes, Lauren	10	Del Norte	26.60
2	Lemler, Jordan	11	Poway	26.11
3	Gwynn, Jordan	10	Mt Carmel	26.07
4	Joo, Ella	11	Del Norte	25.52
5	McCammon, Brielynn	12	San Marcos	25.35
6	Hennigan, Delaney	11	Westview	25.45
7	Bouma, Ericka	9	San Marcos	25.86
8	Hunt, Katherine	12	San Marcos	26.09
9	Rebugio, Kaylee	12	Del Norte	26.41

Event 18 Boys 200 Meter Dash Varsity**Saturday 5/10/2025 - 12:55 PM****Record: 21.16 2002 Deun White**

<u>Lane</u>	<u>Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed Time</u>
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Section 1 of 3 Finals

1	Brown, Maxwell	11	Del Norte	23.50
2	Thompson, Gavin	9	Poway	23.45
3	Walicki, Alexander	12	Del Norte	23.38
4	Woods, Jorden	10	San Marcos	23.23
5	Ford, Brogan	11	Westview	23.08
6	Doolittle, Luca	12	Rancho Berna	23.21
7	Samboy, Gavin	11	Mt Carmel	23.29
8	Swillens, Lucas	10	San Marcos	23.40
9	Haug, Greyson	11	San Marcos	23.50

Section 2 of 3 Finals

1	Hanlon, Jackson	10	Mt Carmel	23.07
2	Reese, Zamar	11	San Marcos	23.04
3	Abawi, Brice	11	Rancho Berna	22.91
4	Siapno, Samuel	12	Del Norte	22.87
5	Vorhees, Cutter	11	San Marcos	22.80
6	Barrus, Bryce	12	Mt Carmel	22.84
7	Dorsey, Thomas	10	San Marcos	22.91
8	De La Cruz, Miles	11	Rancho Berna	23.00
9	Miranda, Miles	10	Westview	23.06

Section 3 of 3 Finals

1	Remigio, Ryan	12	Del Norte	22.77
2	Goldmann, Grant	11	Del Norte	22.41
3	Houston, Logan	12	Poway	22.25
4	Brown, Kyler	11	Westview	22.06
5	Reese, Caleb	12	San Marcos	21.67
6	Slaughter, David	12	Mt Carmel	21.85
7	Christensen, Silas	11	Rancho Berna	22.06
8	Jurgens, Chase	11	Del Norte	22.34
9	Kaimer, Aden	12	Del Norte	22.46

Event 19 Girls 3200 Meter Run Varsity**Saturday 5/10/2025 - 1:10 PM****Record: 10:18.92 2011 Alli Billmeyer**

<u>Lane</u>	<u>Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed Time</u>
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Section 1 of 1 Finals

1	Enyedi, Lilah	11	Del Norte	10:50.19
2	Hong, Eliza	10	Del Norte	10:57.09
3	Russo, Emily	12	Del Norte	11:03.59
4	Santavicca, Alessandra	10	Poway	11:12.73
5	Bartolay, Olivia	9	Del Norte	11:20.81
6	Lagisetti, Samhita	11	Del Norte	11:21.49
7	Campos, Olivia	11	Mt Carmel	11:25.10
8	Muscat, Nina	10	Poway	11:38.88
9	Everts, Lieke	12	Mt Carmel	11:40.12
10	Dangio, Livia	11	Rancho Berna	11:47.51
11	Li, Madison	11	Poway	11:49.45
12	Husseman, Catalina	11	Poway	11:53.23
13	Bell, Veronica	11	Mt Carmel	11:57.75
14	Auer, Sasha	9	Westview	12:15.07
15	Weiss, Caylin	10	Mt Carmel	12:16.24
16	Tang, Sophia	12	Del Norte	12:32.31
17	Kakar, Anvi	12	Rancho Berna	12:39.52
18	Connelly, Graziela	10	Del Norte	12:39.93
19	Itaya, Chloe	12	San Marcos	12:40.92
20	Plastridge, Caroline	11	San Marcos	12:42.92
21	Maguire, Savannah	10	Rancho Berna	13:16.07
22	Zekry, Mariam	10	Mt Carmel	13:56.76

Palomar League Championships 2025
Mt Carmel High School - 5/10/2025
Meet Program - Palomar League Finals - Track Events

Event 20 Boys 3200 Meter Run Varsity**Saturday 5/10/2025 - 1:30 PM****Record: 9:17.23 2009 Collin Jarvis**

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Castleberry, Cooper	11	Poway	9:13.78
2	Luecht, Camden	12	Rancho Berna	9:16.69
3	Jackson, Tanner	11	Poway	9:27.25
4	Nash, Dylan	9	Poway	9:36.58
5	Northcutt, Jaxon	10	Mt Carmel	9:40.96
6	Ramirez, Jose	12	Rancho Berna	9:44.03
7	Namgoong, Daniel	11	Westview	9:44.52
8	Hannaman, Rowan	12	Westview	9:44.98
9	Odom, Dean	11	San Marcos	9:45.55
10	Hightower, Nolan	10	Del Norte	9:46.22
11	McDevitt, Parker	11	Westview	9:46.60
12	Jin, Luke	12	Del Norte	9:47.53
13	Echsner, Nicholas	10	Del Norte	9:49.72
14	Gregg, Adam	11	Poway	9:54.23
15	Lapastora, Marcelino	10	Del Norte	10:01.82
16	Sikma, Asher	9	Del Norte	10:03.54
17	Rivera Garcia, Tobias	10	Westview	10:06.34
18	Bell, Joshua	9	Mt Carmel	10:08.17
19	Cottom, Devin	11	Rancho Berna	10:11.01
20	Obert, Alexander	12	Poway	10:11.90
21	Iverson, Cameron	10	Westview	10:11.91
22	Ramirez, Antonio	9	Rancho Berna	10:12.25
23	Hernandez, Jayden	11	Westview	10:13.83
24	DeNinno, Samuel	11	San Marcos	10:15.59
25	Mizui, Naoya	12	Rancho Berna	10:21.94
26	Ayala, Lucas	10	Westview	10:23.17
27	Blanco, Giovanni	12	San Marcos	10:23.41
28	Davis, Quinn	12	Del Norte	10:25.59
29	Keddington, Jack	9	Westview	10:29.79
30	Liu, William	11	Rancho Berna	10:32.91
31	Masterson, Philip	11	San Marcos	10:34.68

Event 21 Girls 1600 Meter Relay Varsity**Saturday 5/10/2025 - 1:50 PM****Record: 3:54.54 1992 Mt. Carmel****Birdsall, Boone, O'Connor, Dring**

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

3	San Marcos		4:07.60
	1) Holmes, Miyah 9	2) Frenken, Averi 10	
	3) Obrist, Emerson 11	4) McCammon, Brielynn 12	
4	Mt Carmel		4:04.81
	1) Greenheck, Adriana 9	2) Christian, Bria 10	
	3) Perroni, Gigi 11	4) Reinero-Ellsworth, Lilli 9	
5	Westview		3:55.20
	1) Vales, Jordyn 10	2) Arciaga, Kaitlyn 12	
	3) Ratermann, Macy 12	4) Hennigan, Delaney 11	
6	Poway		4:01.97
	1) McIntosh, Tori 12	2) Vermilyea, Hailey 12	
	3) Lemler, Jordan 11	4) Delaney, Ava 9	
7	Del Norte		4:06.78
	1) Cyszczon, Izabella 10	2) Joo, Ella 11	
	3) Rebugio, Kaylee 12	4) Echsner, Paige 12	
8	Rancho Berna		4:12.40
	1) Beeby, Madison 11	2) Lorenz, Emily 10	
	3) Baccei, Sophia 11	4) Drager, Isabella 10	

Event 22 Boys 1600 Meter Relay Varsity**Saturday 5/10/2025 - 2:00 PM****Record: 3:19.93 2011 Rancho Bernardo****Grigoriev, Cable, Jones, Pickering**

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

3	Rancho Berna		3:32.53
	1) Foster, Jahiem 12	2) Wong, Stephen 12	
	3) Altamirano, Wolfe 12	4) Christensen, Silas 11	
4	San Marcos		3:26.30
	1) Hines, Preston 12	2) Zaayer, Wyatt 10	
	3) Woods, Jorden 10	4) Porter, Josh 11	
5	Del Norte		3:19.89
	1) Kaimer, Aden 12	2) Goldmann, Grant 11	
	3) Siapno, Samuel 12	4) Jurgens, Chase 11	
6	Mt Carmel		3:21.03
	1) Young, Shaun 12	2) Gray, Abdul 9	
	3) Barrus, Bryce 12	4) Slaughter, David 12	
7	Poway		3:27.85
	1) Buswell, Keith 9	2) Houston, Logan 12	
	3) Woods, Gavin 11	4) Vranish, Jack 12	
8	Westview		3:39.31
	1) Shanyour, Omar 11	2) Stevens, Matthew 12	
	3) Thomas, Brady 11	4) Omahony, Finley	