LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

May 20, 2017 - CIF-Southern Section Finals at Cerritos College

Los Alamitos girls team ranks 3rd at CIF Southern Section Finals! Highest team ranking in school history!!

Road to State... Five (5) advanced to the CIF Masters Meet in a total of eight (8) events!

CIF Masters Meet: Friday, May 26, 3:30-9:00pm, at Arcadia HS

- Field Events begin at 3:30pm
- Running events 6:00-9:00pm

Los Al Competitors: Girls pole vault 3:30pm; girls high jump 4:30pm; girls shot put 4:30pm, girls discus to follow; boys long jump approx. 5:30pm; boys 110m hurdles 6:45pm; girls 800m 7:20pm; boys 300m hurdles 7:45pm

CIF-Southern Section Division I Results (5.20.2017)

Girls Discus
- Faimalie Sale 11 (153'-10") 2nd place CIF SS Div I - CIF Masters Meet Qualifier | SCHOOL RECORD | #8 All-Time Orange County

Girls Shot Put
- Faimalie Sale 11 (45'-03.5") 2nd place CIF SS Div I - CIF Masters Meet Qualifier

Girls Pole Vault
- Brooke Anger 12 (11'-9") 2nd place CIF SS Div I - CIF Masters Meet Qualifier

Girls High Jump
- Kallie Given 12 (5'-5") 2nd place CIF SS Div I - CIF Masters Meet Qualifier

Girls 800m
- Delaney Sanacore 11 (2:15.16) 4th place CIF SS Div I - CIF Masters Meet Qualifier

Girls Long Jump
- Jade Galloway 11 (17'-2.75") 5th place CIF SS Div I

Boys Long Jump
- Jose Rubio 12 (22'-9.25") 2nd place CIF SS Div I - CIF Masters Meet Qualifier

Boys 110m hurdles
- Jose Rubio 12 (14.21) 4th place CIF SS Div I - CIF Masters Meet Qualifier

Boys 300m hurdles
- Jose Rubio 12 (38.28) 7th place CIF SS Div I - CIF Masters Meet Qualifier

Boys High Jump
- Kevin Schmitt 11 (6'-0") 7th place CIF SS Div I

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Faimalie Sale 11 (153'-10") girls discus SCHOOL RECORD | #8 All-Time Orange County
CIF SOUTHERN FINALS QUALIFIERS – TO BE HELD MAY 20, 2017 @ CERRITOS COLLEGE:

Los Alamitos leads the way at CIF-SS Division 1 preliminaries with 10 CIF-SS FINALS qualifiers!

<table>
<thead>
<tr>
<th>Category</th>
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<th>Time/Score</th>
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<tbody>
<tr>
<td>Girls 800m</td>
<td>Delaney Sanacore</td>
<td>2:13.92</td>
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<td>Jade Galloway</td>
<td>17'-10.75&quot;</td>
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<tr>
<td>Girls High Jump</td>
<td>Kallie Given</td>
<td>5'-3&quot;</td>
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<td>Girls Pole Vault</td>
<td>Brooke Anger</td>
<td>11'-6&quot;</td>
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<tr>
<td>Girls Shot Put</td>
<td>Faimalie Sale</td>
<td>44'-07.75&quot;</td>
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<tr>
<td>Girls Discus</td>
<td>Faimalie Sale</td>
<td>132'-10&quot;</td>
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<tr>
<td>Boys 110m hurdles</td>
<td>Jose Rubio</td>
<td>14.14</td>
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<tr>
<td>Boys 300m hurdles</td>
<td>Jose Rubio</td>
<td>37.87</td>
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<tr>
<td>Boys Long Jump</td>
<td>Jose Rubio</td>
<td>22'-9&quot;</td>
</tr>
<tr>
<td>Boys High Jump</td>
<td>Kevin Schmitt</td>
<td>6'-1&quot;</td>
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VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

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<tr>
<td>Bronsyn Ledgard</td>
<td>5:07.68</td>
<td>girls 1600</td>
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<tr>
<td>Olivia Velasco</td>
<td>2:20.25</td>
<td>girls 800m</td>
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FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

<table>
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<tbody>
<tr>
<td>Sean Ayale</td>
<td>21'-6&quot;</td>
<td>boys long jump</td>
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April 28 & May 5 2017 - Sunset League Championship at Huntington Beach HS

CIF QUALIFIERS: CIF SOUTHERN SECTION – DIVISION I - PRELIMS ON MAY 13, 2017 @ TRABUCCO HILLS HS

Girls 100m  Danielle Limp 10 (12.49)
            Sydnee Kolster 10 (12.66)

Girls 200m  Sydnee Kolster 10 (26.37)

Girls 400m  Caroline Desmet 12 (60.36)

Girls 800m  Delaney Sanacore 11 (2:17.51)
            Olivia Velasco 9 (2:21.39)

Girls 1600m Delaney Sanacore 11 (5:08.36)
             Bronsyn Ledgard 11 (5:11.58)

Girls 100m hurdles  Lauren Willingham 11 (15.19)

Girls 300m hurdles  Lauren Willingham 11 (45.65)

Girls 4X100m relay  (Rachel Hermann, Sydnee Kolster, Jade Galloway, Danielle Limp) (48.74)
                    Alternates: Olivia Poland, Anastasia Rosenthal

Girls 4X400m relay  ( Lauren Willingham, Olivia Velasco, Danielle Limp, Caroline Desmet) (4:05.78)
                    Alternates: Bronsyn Ledgard, Delaney Sanacore

Girls High Jump  Kallie Given 12 (5'-5")
                 Reilly McMahan 11 (5'-1")

Girls Pole Vault  Brooke Anger 12 (10'-8")

Girls Long Jump  Jade Galloway 11 (16'-11.5")

Girls Triple Jump Reilly McMahan 11 (33'-11")

Girls Shot Put  Faimalie Sale 11 (46'-03.5")
                Miranda Ta'amu 12 (36'-0.5")

Girls Discus  Faimalie Sale 11 (134'-0")

Boys 200m  Chris Howard 12 (22.62)
            Adhre Sparks 12 (22.72)

Boys 400m  Chris Howard 12 (50.87)
            Ryan Ayale 12 (51.08)
            Ahmad Martin 10 (51.09)

Boys 800m  Brandon Bandlely 11 (1:56.95)

Boys 3200m  Klaus Quinonez 10 (9:43.45)

Boys 110m hurdles  Jose Rubio 12 (14.02)
                  Samuel Scott 11 (15.94)

Boys 300m hurdles  Jose Rubio 12 (37.07)

Boys 4X100m relay  (Jose Rubio, Adhre Sparks, Chris Howard, Ryan Ayale) (42.76)
                    Alternates: Bobby Blandino, Jaiden Mitchell

Boys 4X400m relay  (Chris Howard, Ahmad Martin, Brandon Bandlely, Ryan Ayale) (3:24.48)
                    Alternates: Bobby Blandino, Logan Johnson

Boys High Jump  Kevin Schmitt 11 (6'-1")

Boys Long Jump  Jose Rubio 12 (22'-7")
                Sean Ayale 10 (20'-6.25")
LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

April 28 & May 5 2017 - Sunset League Championship at Huntington Beach HS

Los Al wins all six divisions at 2017 Sunset League Championships! Boys & Girls: Varsity, JV & Frosh/Soph.

SUNSET LEAGUE CHAMPIONSHIPS ALL-TIME RECORDS
Jose Rubio 12 (14.02) Varsity boys 110m hurdles MEET RECORD (previous record was set in 1968)
Jose Rubio 12 (37.07) Varsity boys 300m hurdles MEET RECORD

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS
Jose Rubio 12 (14.02) boys 110m hurdles SCHOOL RECORD
Lauren Willingham 11 (45.65) girls 300m hurdles VAR top ten all-time #2
Klaus Quinonez 10 (9:43.45) boys 3200m VAR top ten all-time #6 | frosh/soph top ten all-time #2
Olivia Velasco 9 (2:21.91) girls 800m VAR top ten all-time #7 | frosh/soph top ten all-time #3
(Rachel Hermann, Sydnee Kolster, Jade Galloway, Danielle Limp) (48.74) girls 4x100m VAR top ten all-time #8
(Jose Rubio, Adhre Sparks, Chris Howard, Ryan Ayale) (42.76) boys 4x100m VAR top ten all-time #8

JV LAHS TOP 10 ALL-TIME ADDITIONS
Annie Bliss 11 (2:25.95) girls 800m JV SCHOOL RECORD
Sophia Craig 11 (5:29.42) girls 1600m JV SCHOOL RECORD
Ryan Herda 11 (2:04.79) boys 800m JV SCHOOL RECORD
Nicholas Pelonis 11 (10:12.93) boys 3200m JV SCHOOL RECORD
Gavin Stock 12 (124') boys shot put JV SCHOOL RECORD
Dean Yacoubian 11 (4:39.53) boys 1600m JV SCHOOL RECORD
Ethan Bakker 12 (42'-2") boys shot put JV top ten all-time #2
(Julia Jue, Kellie Ventress, Lucia Arambula, Annie Bliss) (4:21.18) girls 4x400m JV top ten all-time #2
(Connor Oltsman, Luke Deal, Luke Harkins, Ryan Herda) (3:39.50) boys 4x400m JV top ten all-time #2
Kellie Ventress 12 (27.37) girls 200m JV top ten all-time #3
Lucia Arambula 11 (50.32) girls 300m hurdles JV top ten all-time #4
Savannah Terrell 12 (17.57) girls 100m hurdles JV top ten all-time #4
Kellie Ventress 12 (13.13) girls 100m JV top ten all-time #4
Aspynn Carr 12 (5:43.91) girls 1600m JV top ten all-time #5
Brianna Debucquois 11 (15'-1.75") girls long jump JV top ten all-time #6
Matt Faupusa 11 (41'-10") boys shot put JV top ten all-time #6
Drew Moran 11 (2:06.61) boys 800m JV top ten all-time #6
Katelyn Saulog 11 (17.64) girls 100m hurdles JV top ten all-time #6
Jocelyn Buska 11 (15'-1") girls long jump JV top ten all-time #7
Ryan Herda 11 (53.57) boys 400m JV top ten all-time #7
Dean Yacoubian 11 (10:33.73) boys 3200m JV top ten all-time #7
Theodore Brown 11 (41'-4") boys shot put JV top ten all-time #8
Delaney Falsken 11 (5:47.03) girls 1600m JV top ten all-time #9
Connor Oltsman 11 (2:07.94) boys 800m JV top ten all-time #9
Westley Powers 12 (43.99) boys 300m hurdles JV top ten all-time #9
Samuel Carresi 11 (5'-6") boys high jump JV top ten all-time #10
LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

(Nicholas Fasulo, Jaiden Mitchell, Jimmy Luis, Bobby Blandino) (44.23) boys 4x100m F/S SCHOOL RECORD

Ahmad Martin 10 (51.09) boys 400m F/S top ten all-time #3

(Logan Johnson, Nicholas Fasulo, Jimmy Luis, Bobby Blandino) (3:38.76) boys 4x400m F/S top ten all-time #5

(Kate Nelson, Olivia Poland, Emily Colmenares, Anastasia Rosenthal) (50.92) girls 100m F/S top ten all-time #6

Bobby Blandino 10 (51.67) boys 400m F/S top ten all-time #7

Sydnee Kolster 10 (12.66) girls 100m F/S top ten all-time #8

Abraham Lofty 10 (15.97) boys 110m hurdles F/S top ten all-time #9

Abraham Lofty 10 (42.48) boys 300m hurdles F/S top ten all-time #10

Logan Johnson 10 (51.87) boys 400m F/S top ten all-time #10

Connor Wells 10 (47'-10") boys shot put F/S top ten all-time #10

VARSITY 2017 SUNSET LEAGUE CHAMPIONS & TEAM POINTS SCORERS

VARSITY SUNSET LEAGUE CHAMPIONS – 10 points

Brandon Bandley 11 (1:56.95) boys 800m

Carolyn DeSmet 12 (60.36) girls 400m

Kallie Given 12 (5'-5") girls high jump

Chris Howard 12 (22.62) boys 200m

Chris Howard 12 (50.87) boys 400m

Jose Rubio 12 (14.02) boys 110m hurdles

Jose Rubio 12 (37.07) boys 300m hurdles

Jose Rubio 12 (22'-7") boys long jump

Faimalie Sale 11 (124'-0") girls discus

Faimalie Sale 11 (46'-3.5") girls shot put

Delaney Sanacore 11 (2:17.51.) girls 800m

Delaney Sanacore 11 5:08.36) girls 1600m

Lauren Willingham 11 (45.65) girls 300m hurdles

(Rachel Hermann, Sydnee Kolster, Jade Galloway, Danielle Limp) (48.74) girls 4x100m

(Lauren Willingham, Olivia Velasco, Danielle Limp, Caroline DeSmet) (4:05.78) girls 4x400m

(Jose Rubio, Adhre Sparks, Chris Howard, Ryan Ayale) (42.76) boys 4x100m

(Ryan Ayale, Chris Howard, Ahmad Martin, Brandon Bandley) (3:24.48) boys 4x400m

VARSITY SUNSET LEAGUE 2ND PLACE – 8 POINTS

Brooke Anger 12 (10'-8") girls pole vault (2nd place tie, 7 pts)

Ryan Ayale 12 (51.08) boys 400m

Jade Galloway 11 (16'-11.5") girls long jump

Sydnee Kolster 10 (26.37) girls 200m

Danielle Limp 10 (12.49) girls 100m

Reilly McMahan 12 (5'-2") girls high jump

Reilly McMahan 12 (33'-11") girls triple jump

Kevin Schmitt 11 (6'-1") boys high jump

Adhre Sparks 12 (22.72) boys 200m

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LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

VARIOUS SUNSET LEAGUE 2\textsuperscript{ND} PLACE – 8 POINTS, continued
Miranda Ta‘amu 12 (36’-0.5”) girls shot put
Olivia Velasco 9 (2:21.39.) girls 800m
Lauren Willingham 11 (15.19) girls 100m hurdles

VARIOUS SUNSET LEAGUE 3\textsuperscript{RD} PLACE – 6 POINTS
Sean Ayale 10 (20’-6.25") boys long jump
Sydnee Kolster 10 (12.66) girls 100m
Bronsyn Ledgard 11 (5:11.20) girls 1600m
Ahmad Martin 10 (51.09) boys 400m
Klaus Quinonez 10 (9:43.45) boys 3200m
Sam Scott 11 (15.41) boys 110m hurdles

VARIOUS SUNSET LEAGUE 4\textsuperscript{TH} PLACE – 4 POINTS
Jake Brandt 12 (15.89) boys 110m hurdles
Bronsyn Ledgard 11 (2:23.64.) girls 800m
Gatsby Smith 12 (2:02.29) boys 800m

VARIOUS SUNSET LEAGUE 5\textsuperscript{TH} PLACE – 2 points
Jake Brandt 12 (41.72) boys 300m hurdles
Lauren Fitzgerald 12 (50.97) girls 300m hurdles

VARIOUS SUNSET LEAGUE 6\textsuperscript{TH} PLACE – 1 point
Sean Ayale 10 (39’-8.5") boys triple jump
Diego Gandara 11 (13’-0") boys pole vault
Sam Scott 11 (41.86) boys 300m hurdles
Sam Scott 11 (5’-9") boys high jump
Cameron Shatsky 11 (15’-11") girls long jump
Ritchie Yukihiro 11 (46’-0.5") boys shot put

JUNIOR VARSITY 2017 SUNSET LEAGUE CHAMPIONS & TEAM POINTS SCORERS

JUNIOR VARSITY SUNSET LEAGUE CHAMPIONS – 10 points
Lucia Arambula 11 (50.32) girls 300m hurdles
Annie Bliss 11 (2:25.95) girls 800m
Ethan Bakker 12 (42’-2") boys shot put
Jocelyn Buska 11 (32’-0") girls triple jump
Samuel Carresi 11 (5’-6") boys high jump
Sophia Craig 11 (5:29.42) girls 1600m
Brianna Debecquois 10 (15’-1.75") girls long jump
Ryan Herda 11 (53.57) boys 400m
Ryan Herda 11 (2:04.79) boys 800m
Michael Parsons 11 (12’-0") boys pole vault
Nicholas Pelonis 11 (10:12.93) boys 3200m
Westley Powers 12 (17.29) boys 110m hurdles
Westley Powers 12 (43.99) boys 300m hurdles
Gavin Stock 12 (124’-1") boys discus
JUNIOR VARSITY SUNSET LEAGUE CHAMPIONS – 10 points, continued
Kellie Ventress 12 (13.13) girls 100m
Kellie Ventress 12 (27.37) girls 200m
Alexis Villagran 10 (86'-11") girls discus
(Julia Jue, Kellie Ventress, Lucia Arambula, Annie Bliss) (4:21.18) girls 4x400m

JUNIOR VARSITY SUNSET LEAGUE 2ND PLACE – 8 POINTS
Jared Berryman 11 (10:16.54) boys 3200m
Jocelyn Buska 11 (15'-1") girls long jump
Samuel Carresi 11 (18'-10") boys long jump
Bryan Chico 11 (5'-6") boys high jump
Brianna Debucquois 10 (76'-9") girls discus
Drew Moran 11 (2:06.61) boys 800m
Alexis Villagran 10 (25'-10") girls shot put
Dean Yacoubian 11 (4:39.53) boys 1600m
(Julia Jue, Grace Ahn, Lucia Arambula, Kellie Ventress) (52.60) girls 4x100m

JUNIOR VARSITY SUNSET LEAGUE 3RD PLACE – 6 POINTS
Theodore Brown 11 (41'-4") boys shot put
Aspynn Carr 12 (5:43.91) girls 1600m
Brianna Debucquois 10 (29'-6.5") girls triple jump
Brianna Debucquois 10 (25'-8.5") girls shot put
Delaney Falsken 11 (12:40.32) girls 3200m
Karlie Gonzalez 11 (4'-6") girls high jump
Julia Jue 12 (66.04) girls 400m
Connor Oltman 11 (54.62) boys 400m
Connor Oltman 11 (2:07.94) boys 800m
Katelyn Saulog 11 (17.66) girls 100m hurdles
Dean Yacoubian 11 (10:33.73) boys 3200m

JUNIOR VARSITY SUNSET LEAGUE 4TH PLACE – 4 POINTS
Grace Ahn 11 (13.58) girls 100m
Theodore Brown 11 (104'-10") boys discus
Bryan Chico 11 (37'-4") boys triple jump
Dylan Crane 9 (20.39) boys 110m hurdles
Brianna Debucquois 10 (14'-2") girls long jump
Scott Hall 11 (10'-6") boys pole vault
Jina Lee 11 (29'-0") girls triple jump
Westley Powers 12 (5'-2") boys high jump
Malia Rivers 12 (2:37.24) girls 800m
Jacob Taylor 11 (10:34.73) boys 3200m
Savannah Terrell 12 (17.81) girls 100m hurdles
JUNIOR VARSITY SUNSET LEAGUE 5TH PLACE – 2 points
Christian Areyan 9 (5'-2") boys high jump
Samuel Carresi 11 (35'-10") boys triple jump
Haley Hanson 12 (4'-2") girls high jump
Haley Hanson 12 (28'-5") girls triple jump
Luke Harkins 11 (55.45) boys 400m
Lauren Kussler 11 (2:41.88) girls 800m
Lauren Kussler 11 (5:46.95) girls 1600m
Gavin Stock 12 (38'-5") boys shot put
Ashley Tuliau 11 (24'-10.5") girls shot put

JUNIOR VARSITY SUNSET LEAGUE 6TH PLACE – 1 point
Grace Ahn 11 (29.14) girls 200m
Delaney Falskin 11 (5:40.03) girls 1600m
Halli Kim 11 (13'-10.25") girls long jump
Halli Kim 11 (27'-11.5") girls triple jump
Michael Metcalfe 11 (4:53.07) boys 1600m
Kevin Miller 11 (2:12.95) boys 800m
Gabriel Murillo 11 (35'-9") boys triple jump
David Pambid 10 (12.08) boys 100m
Yvonne Villalba 10 (13:26.69) girls 3200m

FROSH/SOPH 2017 SUNSET LEAGUE CHAMPIONS & TEAM POINTS SCORERS

FROSH/SOPH SUNSET LEAGUE CHAMPIONS – 10 points
Bobby Blandino 10 (51.67) boys 400m
Abraham Lofty 10 (16.06) boys 110m hurdles
Abraham Lofty 10 (42.48) boys 300m hurdles
Allison Millar 10 (9'-0") girls pole vault
Jaiden Mitchell 9 (23.34) boys 200m
Anastasia Rosenthal 9 (12.79) girls 100m
Olivia Poland 10 (26.64) girls 200m
(Kate Nelson, Olivia Poland, Emily Colmenares, Anastasia Rosenthal) (50.92) girls 4x100m
(Nicholas Fasulo, Jaiden Mitchell, Jimmy Luis, Bobby Blandino) (44.23) boys 4x100m
(Logan Johnson, Nicholas Fasulo, Jimmy Luis, Bobby Blandino) (3:38.76) boys 4x400m

FROSH/SOPH SUNSET LEAGUE 2ND PLACE – 8 points
Logan Johnson 10 (51.87) boys 400m
Logan Johnson 10 (19'-0.75") boys long jump
Michelle Ramirez 10 (77'-7") girls discus
Nicholas Van Meter 10 (10:23.01) boys 3200m
Connor Wells 10 (47'-10") boys shot put
Amelia Wiggs 9 (4'-10") girls high jump (2nd place tie, 7 pts)
Jade Williams 9 (31'-11.5") girls triple jump
(Olivia Pisani, Anastasia Rosenthal, Emily Colmenares, Olivia Poland) (4:19.54) girls 4x400m
LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

FROSH/SOPH SUNSET LEAGUE 3RD PLACE – 6 points
Bobby Blandino 10 (23.53) boys 200m
Sawyer Howard 9 (47'-7") boys shot put
Jazmin Humphreys 10 (54.44) girls 300m hurdles
Logan Johnson 10 (36'-9") boys triple jump
Charles Miller 10 (9'-6") boys pole vault
Jaiden Mitchell 9 (11.48) boys 100m
Hannah Nemnich 9 (62.64) girls 400m
Lydia Oltman 9 (31'-9.5") girls triple jump
Anastasia Rosenthal 9 (27.12) girls 200m
Jade Williams 9 (14'-8") girls long jump
Jordan Williams 10 (18.56) girls 100m hurdles
Joshua Williams 10 (10:23.97) boys 3200m

FROSH/SOPH SUNSET LEAGUE 4TH PLACE – 4 points
Owen Adele 9 (44.53) boys 300m hurdles
Kaelani Artuz 10 (72'-5") girls discus
Jimmy Luis 10 (11.63) boys 100m
Jimmy Luis 10 (23.69) boys 200m
Amanda Muniz 10 (2:34.10) girls 800m
Wasim Nasrallah 10 (117'-6") boys discus
Olivia Pisani 9 (63.08) girls 400m

FROSH/SOPH SUNSET LEAGUE 5TH PLACE – 2 points
Owen Adele 9 (18.27) boys 110m hurdles
Michelle Bernardo 9 (13.46) girls 100m
Nicholas Fasulo 10 (11.63) boys 100m
Jazmin Humphreys 10 (19.64) girls 100m hurdles
Wendy Dunbar 9 (5:36.92) girls 1600m
Juliana Iriarte 9 (66'-1") girls discus
Sadie Parkin 10 (4'-8") girls high jump
Sadie Parkin 10 (14'-6") girls long jump
Desirae Smotrys 9 (2:38.78) girls 800m
Mia Spinelli 9 (55.20) girls 300m hurdles
Connor Wells 10 (114'-10.5") boys discus

FROSH/SOPH SUNSET LEAGUE 6TH PLACE – 1 point
Nicholas Fasulo 10 (24.26) boys 200m
Dumisnai Sithole 9 (17'-11.75) boys long jump
Desirae Smotrys 9 (2:38.78) girls 800m
Amelia Wiggs 9 (30'-7.5") girls triple jump
Jordan Williams 10 (55.40) girls 300m hurdles
GIRLS WHO QUALIFIED AT PRELIMS FOR SUNSET LEAGUE FINALS ON MAY 5, 2017

Girls 100m Varsity
- Danielle Limp 10 (12.66)
- Sydnee Kolster 10 (12.74)
- Jade Galloway 11 (13.02)
- Nicole Barham 10 (13.26)

Girls 100m Junior Varsity
- Kellie Ventress 12 (13.27)
- Grace Ahn 11 (13.60)
- Anna Williams 9 (13.90)

Girls 100m Frosh/Soph
- Anastasia Rosenthal 9 (12.86)
- Makayla Foley 10 (13.33)
- Kate Nelson 9 (13.44)
- Michelle Bernardo 9 (13.46)
- Alina Tirado 9 (13.53)

Girls 200m Varsity
- Sydnee Kolster (25.84)

Girls 200m Junior Varsity
- Kellie Ventress 12 (27.52)
- Grace Ahn 11 (28.38)
- Julia Jue 12 (28.80)

Girls 200m Frosh/Soph
- Olivia Poland 10 (26.45)
- Anastasia Rosenthal 9 (26.90)
- Hannah Nemnich 9 (27.55)
- Makayla Foley 10 (27.66)
- Kate Nelson 9 (27.95)

Girls 400m Varsity
- Caroline DeSmet (61.18)

Girls 400m Junior Varsity
- Julia Jue 12 (66.96)

Girls 400m Frosh/Soph
- Olivia Poland 10 (63.90)
- Hannah Nemnich 9 (64.57)
- Olivia Pisani 9 (64.87)

Girls 800m Junior Varsity
- Annie Bliss 11 (2:31.49)
- Malia Rivers 12 (2:42.80)
- Lauren Kussler 11 (2:40.69)

Girls 800m Junior Varsity, continued
- Victoria Hyde 11 (2:47.90)
- Courtney Yamada 11 (2:56.17)

Girls 800m Frosh/Soph
- Charlotte Capp 9 (2:36.20)
- Amanda Muniz 10 (2:36.62)
- Desirae Smotrys 9 (2:36.97)
- Wendy Dunbar 9 (2:42.76)

Girls 1600m Junior Varsity
- Sophia Craig 11 (5:55.98)
- Lauren Kussler 11 (5:56.19)
- Delaney Falsken 11 (5:56.43)
- Aspyrn Carr 12 (6:05.84)
- Madison Garcia 10 (6:20.89)
- Rylee Smith 11 (6:27.87)

Girls 1600m Frosh/Soph
- Amber Demarco 10 (5:57.20)
- Wendy Dunbar 9 (5:57.43)
- Amanda McJunkin 10 (6:09.72)
- Heather Dollins 10 (6:09.82)
- Elizabeth Vogt 9 (6:18.01)

Girls 100m Hurdles Varsity
- Lauren Willingham 11 (15.48)
- Rachel Hermann 11 (17.24)

Girls 100m Hurdles Junior Varsity
- Savannah Terrell 12 (17.57)
- Katelyn Saulog 11 (17.64)

Girls 100m Hurdles Frosh/Soph
- Jordan Williams 10 (18.26)
- Jazmin Humphreys 10 (19.62)

Girls 300m Hurdles Varsity
- Lauren Willingham 11 (47.00)
- Rachel Hermann 11 (49.61)
- Lauren Fitzgerald 12 (51.93)

Girls 300m Hurdles Junior Varsity
- Lucia Arambula 11 (50.81)
- Katelyn Saulog 11 (56.28)

Girls 300m Hurdles Frosh/Soph
- Jazmin Humphreys 10 (52.98)
- Jordan Williams 10 (53.37)
- Mia Spinelli 9 (57.13)
BOYS WHO QUALIFIED AT PRELIMS FOR SUNSET LEAGUE FINALS ON MAY 5, 2017

Boys 100m Varsity
- Adhre Sparks 12 (11.33)

Boys 100m Junior Varsity
- David Pambid 10 (11.96)

Boys 100m Frosh/Soph
- Nicolas Fasulo 10 (11.61)
- Jaiden Mitchell 9 (11.67)
- Jimmy Luis 10 (11.76)

Boys 200m Varsity
- Adhre Sparks 12 (22.33)
- Chris Howard 12 (22.93)
- Ryan Ayale 12 (23.06)

Boys 200m Junior Varsity
- David Pambid 10 (24.80)

Boys 200m Frosh/Soph
- Bobby Blandino 10 (23.39)
- Jimmy Luis 10 (23.51)
- Jaiden Mitchell 9 (23.70)
- Nicolas Fasulo 10 (23.80)

Boys 400m Varsity
- Ryan Ayale 12 (52.74)
- Ahmad Martin 10 (52.96)
- Chris Howard 12 (52.99)

Boys 400m Junior Varsity
- Ryan Herda 11 (54.70)
- Connor Oltman 11 (55.17)
- Luke Harkins 11 (56.52)
- Luke Deal 12 (58.82)

Boys 400m Frosh/Soph
- Bobby Blandino 10 (55.52)
- Logan Johnson 10 (56.73)

Boys 800m Varsity
- Brandon Bandley 11 (2:02.30)
- Kenneth Jones 12 (2:04.82)
- Gatsby Smith 12 (2:05.78)

Boys 800m Junior Varsity
- Connor Oltman 11 (2:10.06)
- Kevin Miller 11 (2:11.83)
- Drew Moran 11 (2:15.28)
- Ryan Herda 11 (2:17.16)

Boys 800m Frosh/Soph
- John Thomas 10 (2:20.16)
- J’Von Leon 10 (2:20.51)

Boys 1600m Varsity
- Cesar Jimenez 12 (4:43.45)

Boys 1600m Junior Varsity
- Dean Yacoubian 11 (4:55.30)
- Michael Metcalfe 11 (5:05.25)
- Elia Faraji 11 (5:06.94)
- Lim Lee 11 (5:12.15)

Boys 1600m Frosh/Soph
- Jonathan Rosenthal 9 (5:02.61)
- Joshua Williams 10 (5:02.75)
- Jacob Caesar 9 (5:11.74)
- Matthew Ung 9 (5:11.75)

Boys 110m Hurdles Varsity
- Jose Rubio 12 (14.56)
- Samuel Scott 11 (15.19)
- Jake Brandt 12 (15.64)
- Sean Morgan 12 (16.14)

Boys 110m Hurdles Frosh/Soph
- Abraham Lofty 10 (15.97)
- Owen Adele 9 (18.58)
- Camden Earles 9 (19.44)

Boys 300m Hurdles Varsity
- Jose Rubio 12 (39.53)
- Jake Brandt 12 (41.02)
- Samuel Scott 11 (43.32)

Boys 300m Hurdles Frosh/Soph
- Abraham Lofty 10 (43.34)
- Owen Adele 9 (46.15)
April 22, 2017 - Orange County Championships at Mission Viejo HS

TEAM SCORES & AWARDS -- ORANGE COUNTY CHAMPIONSHIPS

Varsity Boys Team – TEAM CHAMPIONS!
First time in school history that the Los Alamitos boys varsity team has won the ‘Orange County Champions’ team title!

Jose Rubio – BOYS SPRINTER/HURDLER ATHLETE OF THE MEET AWARD
Faimalie Sale – GIRLS FIELD ATHLETE OF THE MEET AWARD

Varsity Girls Team – 4th place
Frosh/Soph Girls Team – 3rd place
Frosh/Soph Boys Team ~ 6th place (estimated after including points from boys frosh/soph shot put missing results)

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Faimalie Sale 11 (148'-2") girls discus VAR top ten all-time #2 | EVENT CHAMPION
Brandon Bandley 11 (1:55.11) boys 800m VAR top ten all-time #4 | EVENT CHAMPION
Brooke Anger 12 (11'-10") girls pole vault VAR top ten all-time #4 | 5th place
Olivia Velasco 9 (2:21.91) girls 800m VAR top ten all-time #9 | frosh/soph top ten all-time #4 | F/S 2nd place
(Rachel Hermann, Sydnee Kolster, Jade Galloway, Danielle Limp) (48.76) girls 4x100m VAR top ten all-time #8 | 3rd place

OTHER VARSITY NOTABLES

Jose Rubio 12 (14.42) boys 110m hurdles EVENT CHAMPION
Jose Rubio 12 (38.08) boys 300m hurdles EVENT CHAMPION
Jose Rubio 12 (22'-9.5") boys long jump EVENT CHAMPION
Faimalie Sale 11 (45'-4") girls shot put EVENT CHAMPION
Kevin Schmitt 11 (6'-4") boys high jump EVENT CHAMPION
Kallie Given 12 (5'-4") girls high jump 3rd place
Ryan Ayale 12 (50.37) boys 400m 4th place
Samuel Scott 11 (6'-0") boys high jump 4th place
Delaney Sanacore 11 (5:05.78) girls 1600m 5th place
(Ryan Ayale, Chris Howard, Brandon Bandley, Ahmed Martin) (3:25.36) boys 4x400m 5th place | PR
Cesar Jimenez 12 (4:36.08) boys 1600m rated 7th place | PR
(Jose Rubio, Adhre Sparks, Chris Howard, Ryan Ayale) (43.38) boys 4x100m 7th place
Danielle Limp 10 (25.97) girls 200m 8th place
Christian Virga 11 (13'-2") boys high jump 9th place | PR
Danielle Limp 10 (12.47) girls 100m 10th place | PR tie
LAHS TRACK & FIELD - 2017 SEASON HIGHLIGHTS

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS
(Nicholas Fasulo, Jaiden Mitchell, Jimmy Luis, Bobby Blandino) (44.62) boys 4x100m F/S SCHOOL RECORD | 4th place

Sawyer Howard 9 (50'-4") boys shot put frosh/soph top ten all-time #3 | F/S 3rd place

(Olivia Pisani, Hannah Nemnich, Olivia Velasco, Olivia Poland) (4:16.16) girls 4x400m F/S top ten all-time #6 | 4th place

OTHER FROSH/SOPH NOTABLES
Olivia Velasco 9 (5:18.49) girls 1600m frosh/soph 2nd place
Amelia Wiggs 9 (4'-10") girls high jump frosh/soph 2nd place
Olivia Poland 10 (12.97) girls 100m frosh/soph 3rd place | PR
Olivia Poland 10 (26.80) girls 200m frosh/soph 4th place | PR

(Kate Nelson, Olivia Poland, Emily Colmenares, Anastasia Rosenthal) (51.51) girls 4x100m 4th place
Abraham Lofty 10 (16.83) boys 110m hurdles 5th place
Logan Johnson 10 (52.37) boys 400m frosh/soph 6th place | PR
Klaus Quinonez 10 (10:11.40) boys 3200m frosh/soph 6th place
Allison Millar 10 (9'-1") girls pole vault frosh/soph 8th place
Jaiden Mitchell 9 (11.84) boys 100m frosh/soph 8th place
Conner Wells 10 (46'-7") boys discus frosh/soph 8th place
Conner Wells 10 (117'-1") boys discus frosh/soph 8th place | PR
Jade Williams 9 (32'-9") girls triple jump frosh/soph 8th place
Sean Ayale 10 (5'-8") boys high jump frosh/soph 9th place
Sean Ayale 10 (19'-3") boys long jump frosh/soph 10th place
Sean Ayale 10 (39'-1") boys triple jump frosh/soph 11th place
Bobby Blandino 10 (52.70) boys 400m frosh/soph 11th place | PR
LAHS TRACK & FIELD - 2017 SEASON HIGHLIGHTS

APR 15, 2017 - Mt. SAC Relays at El Camino College

**Faimalie Sale** 11 (45'-8") girls shot put invitational section **EVENT CHAMPION**
**Faimalie Sale** 11 (145'-5") girls discus invitational section | 4th place | **VAR top ten all-time #2**

Lauren Willingham 11 (15.50) girls 100m hurdles seeded heat | 4th place

Lauren Willingham 11 (48.23) girls 300m hurdles seeded heat | 9th place

(Kenneth Jones, Ryan Herda, Connor Oltman, Gatsby Smith) (8:14.99) boys 4x800m relay seeded heat | 10th

**April 13, 2017 - Los Alamitos vs. Edison at Edison HS**

**VARSITY LAHS TOP 10 ALL-TIME ADDITIONS**

Delaney Sanacore 11 (2:15.59) girls 800 **VAR top ten all-time #2**

Danielle Limp 10 (12.47) girls 100m **VAR top ten all-time #4** | frosh/soph top ten all-time #4

Bronsyn Ledgard 11 (5:11.17) girls 1600 **VAR top ten all-time #6**

Olivia Velsaco 9 (5:13.24) girls 1600 **VAR top ten all-time #9** | frosh/soph top ten all-time #2

**JV LAHS TOP 10 ALL-TIME ADDITIONS**

Jared Berryman 11 (10:16.21) boys 3200m **JV SCHOOL RECORD**

Michael Parsons 11 (12'-6") boys pole vault **JV SCHOOL RECORD**

Nicholas Pelonis 11 (10.22.46) boys 3200m **JV top ten all-time #2**

Lauren Kussler 11 (5:46.12) girls 1600m **JV top ten all-time #5**

Gavin Stock 12 (112'-4.5") boys discus **JV top ten all-time #5**

Westley Powers 12 (5'-7") boys high jump **JV top ten all-time #6**

(Katelyn Saulog, Grace Ahn, Sofia Dale, Kellie Ventress) (53.40) girls 4x100 relay **JV top ten all-time #6**

Samuel Carresi 11 (19'-2") boys long jump **JV top ten all-time #8**

Karlie Gonzalez 11 (4'-7") girls high jump **JV top ten all-time #8**

Kaelani Artuz 10 (77'-9") girls discus **JV top ten all-time #9**

Ethan Bakker 12 (39'-11.5") boys shot put **JV top ten all-time #9**

**FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS**

(Nicholas Fasulo, Jaiden Mitchell, Jimmy Luis, Bobby Blandino) (44.92) boys 4x100m **F/S top ten all-time #2**

Klaus Quinonez 10 (4:37.97) boys 1600m **frosh/soph top ten all-time #6**

Abraham Lofty 10 (16.03) boys 110m hurdles **frosh/soph top ten all-time #8**

(Kate Nelson, Olivia Poland, Emily Colmenares, Anastasia Rosenthal) (51.38) girls 4x100 relay **F/S top ten all-time #9**

(Logan Johnson, Nicholas Fasulo, Jimmy Luis, Bobby Blandino) (3:42.36) boys 4x400m **F/S top ten all-time #10**
APR 8, 2017 - Arcadia Invitational at Arcadia HS – Invitational Division – Night Meet

Jose Rubio 12 (37.03) mens 300m hurdles “invitational night meet” | 4th place medalist | SCHOOL RECORD

Jose Rubio 12 (14.03) mens 110m hurdles “invitational night meet” | 5th place medalist | SCHOOL RECORD

Jose Rubio 12 (22'-1.5") mens long jump “invitational night meet” | 7th place

Faimalie Sale 11 (44'-2.25") womens shot put “invitational night meet” | 4th place medalist

Kallie Given 12 (5'-4") womens high jump “invitational night meet” | 7th place

APR 8, 2017 - Arcadia Invitational at Arcadia HS – Open Division – Day Meet

Brandon Bandley 11 (1:56.36) mens 800m “open elite day meet” | 11th place | VAR top ten all-time #5

Faimalie Sale 11 (113'-1") womens discus “open elite day meet” | 14th place

Delaney Sanacore 11 (5:11.68) 1 mile run “open elite day meet” | 17th place

(Nicole Bliss, Caroline DeSmet, Annie Bliss, Olivia Velasco) (12:50.16) womens distance medley relay “open elite day meet” | 26th place

Lauren Willingham 11 (15.71) 100m hurdles “open elite day meet” | 33rd place

(Rachel Hermann, Sydnee Kolster, Nicole Barham, Danielle Limp) (50.17) womens 4x100m relay “open elite day meet” | 34th place

APR 7, 2017 - Arcadia Invitational at Arcadia HS – Emerging Elite Field Events & Burnin Batons Relays

(Bronsyn Ledgard, Caroline DeSmet, Olivia Velasco, Delaney Sanacore) (9:19.70) womens 4x800m relay seeded race | 1st place medalists | SCHOOL RECORD

(Sean Morgan, Jake Brandt, Samuel Scott, Jose Rubio) (1:02.45) mens 4x110m shuttle hurdle relay seeded race | 1st place medalists | SCHOOL RECORD

(Adhre Sparks, Chris Howard, Ryan Ayale, Brandon Bandley) (3:30.19) mens 1600m sprint medley relay invitational race | 2nd place medalists

Brooke Anger (11'-4.5") womens pole vault “emerging elite field events session” | 5th place medalist

(Sydnee Kolster, Lauren Willingham, Danielle Limp, Bronsyn Ledgard) (4:13.44) womens 1600m sprint medley relay invitational race | 7th place

Miranda Ta'amu 12 (33'-5.5") womens discus “emerging elite field events session” | 10th place

(Sarah Enyart, Sophia Craig, Aspynn Carr, Nicole Bliss) (22:50.34) womens 4x1600m relay seeded | 24th place
LAHS TRACK & FIELD - 2017 SEASON HIGHLIGHTS

April 5, 2017 - Los Alamitos vs. Marina HS at Marina HS

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS
Brooke Anger 12 (11' 7") girls pole vault VAR top ten all-time #4
Miranda Ta’amu 12 (37' 9") girls shot put VAR top ten all-time #5

JV LAHS TOP 10 ALL-TIME ADDITIONS
Ryan Herda 11 (2:05.24) boys 800m JV SCHOOL RECORD
Abbie Sheridan 11 (32’-2.5") girls triple jump JV top ten all-time #3
Lucia Arambula 11 (50.91) girls 300m hurdles JV top ten all-time #4
Westley Powers 12 (16.77) boys 110m hurdles JV top ten all-time #4
Michelle Ramirez 10 (27’-10") girls shot put JV top ten all-time #5
Kellie Ventress 12 (27.85) girls 200m JV top ten all-time #8
Westley Powers 12 (44.99) boys 300m hurdles JV top ten all-time #10

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS
Abraham Lofty 10 (16.14) boys 110m hurdles frosh/soph top ten all-time #9
LAHS TRACK & FIELD - 2017 SEASON HIGHLIGHTS

29, 2017 - Los Alamitos vs. Fountain Valley HS vs. Newport Harbor HS at LAHS

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Jose Rubio 12 (14.26) boys 110m hurdles (TIED) SCHOOL RECORD
Faimalie Sale 11 (138’-1”) girls discus VAR top ten all-time #2
Lauren Willingham 11 (46.14) girls 300m hurdles VAR top ten all-time #2
Jose Rubio 12 (37.62) boys 300m hurdles VAR top ten all-time #3
Sydnee Kolster 10 (25.63) girls 200m VAR top ten all-time #6 | frosh/soph top ten all-time #4
Bronsyn Ledgard 11 (5:12.54) girls 1600 VAR top ten all-time #7
Alyssa Blockburger 9 (59.48) girls 400m VAR top ten all-time #8 | frosh/soph top ten all-time #4
Alyssa Blockburger 9 (25.73) girls 200m VAR top ten all-time #8 | frosh/soph top ten all-time #6
Allison Millar 10 (9’-3”) girls pole vault VAR top ten all-time #9 | frosh/soph top ten all-time #4
Danielle Limp 10 (12.57) girls 100m VAR top ten all-time #9 | frosh/soph top ten all-time #5

JV LAHS TOP 10 ALL-TIME ADDITIONS

Annie Bliss 11 (2:30.83) girls 800m JV SCHOOL RECORD
Grace Ahn 11 (27.34) girls 200m JV top ten all-time #2
Jocelyn Buska 11 (32’-3.25”) girls triple jump JV top ten all-time #2
Cesar Jimenez 12 (2:05.53) boys 800m JV top ten all-time #2
(Julia Jue, Grace Ahn, Lucía Arambula, Kellie Ventress) (52.05) girls 4x100 relay JV top ten all-time #2
Aspynn Carr 12 (5:45.51) girls 1600m JV top ten all-time #3
Delaney Falsken 11 (12.23.95) girls 3200m JV top ten all-time #5
Scott Hall 11 (11’-6”) boys pole vault JV top ten all-time #5
Ryan Herda 11 (2:07.35) boys 800m JV top ten all-time #5
Kellie Ventress 12 (13.30) girls 100m JV top ten all-time #5
Jocelyn Buska 11 (14’-10.5”) girls long jump JV top ten all-time #6
Makayla Foley 10 (27.64) girls 200m JV top ten all-time #6
Westley Powers 12 (17.37) boys 110m hurdles JV top ten all-time #8
Michelle Ramirez 10 (79’-5”) girls discus JV top ten all-time #8
Theodore Brown 12 (39’-11.5”) boys shot put JV top ten all-time #9

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

Olivia Velsaco 9 (5:16.74) girls 1600 frosh/soph top ten all-time #5
Olivia Velsaco 9 (2:123.36) girls 800 frosh/soph top ten all-time #6
Danielle Limp 10 (25.89) girls 200m frosh/soph top ten all-time #7
Ahmad Martin 9 (51.72) boys 400m frosh/soph top ten all-time #7
Klaus Quinonez 10 (4:40.43) boys 1600 frosh/soph top ten all-time #7
Sydnee Kolster 10 (12.74) girls 100m frosh/soph top ten all-time #9
(Logan Johnson, Nicholas Fasulo, Jimmy Luis, Bobby Blandino) (3:42.73) boys 4x400m F/S top ten all-time #10
MAR 25, 2017 - Beach Cities Invitational at HBHS

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS
Delaney Sanacore 11 (5:04.91) girls 1600 VAR top ten all-time #3
Delaney Sanacore 11 (2:18.63) girls 800 VAR top ten all-time #4
Jose Rubio 12 (37.80) boys 300m hurdles VAR top ten all-time #4 EVENT CHAMPION & MEET RECORD
Bronsyn Ledgard 11 (2:19.16) girls 800 VAR top ten all-time #5
Miranda Ta’amu 12 (36’-8.75”) girls shot put VAR top ten all-time #5
Brandon Bandley 11 (1:57.19) boys 800 VAR top ten all-time #6
Alyssa Blockburger 9 (12.62) girls 100m VAR top ten all-time #9 | frosh/soph top ten all-time #5

OTHER VARSITY NOTABLES
Jose Rubio 12 (14.35) boys 110m hurdles EVENT CHAMPION & MEET RECORD
Jose Rubio 12 (22’-5”) boys long jump EVENT CHAMPION
Faimalie Sale 11 (44’-1.75”) girls shot put EVENT CHAMPION
(Rachel Hermann, Alyssa Blockburger, Nicole Barham, Danielle Limp) girls 4x100m (49.20) EVENT CHAMPION
Kallie Given 12 (5’-2”) girls high jump 2nd place
Lauren Willingham 11 (15.56) girls 100m hurdles 2nd place
Lauren Willingham 11 (47.49) girls 300m hurdles 3rd place
Brooke Anger 12 (11’-0”) girls pole vault 3rd place
Ryan Ayale 12 (51.12) boys 400m 3rd place
Faimalie Sale 11 (126’-9”) girls discus 3rd place
(Lauren Willingham, Kellie Ventress, Sydnee Kolster, Brooke Anger) girls 4x100m (50.84) 4th place
Sam Scott 11 (6’-0”) boys high jump 5th place

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS
(Nicholas Fasulo, Jaiden Mitchell, David Pambid, Bobby Blandino) (45.03) boys 4x100 relay f/s top ten all-time #4 | EVENT CHAMPION
Olivia Velasco 9 (5:20.78) girls 1600m frosh/soph top ten all-time #7 | EVENT CHAMPION
Danielle Limp 10 (12.65) girls 100m frosh/soph top ten all-time #7
Olivia Poland 10 (60.22) girls 400m frosh/soph top ten all-time #9

OTHER FROSH/SOPH NOTABLES
Allison Millar 10 (8’-6”) girls pole vault EVENT CHAMPION
Olivia Velasco 9 (2:26.01) girls 800m EVENT CHAMPION
Amelia Wiggs 9 (4’-10”) girls high jump open EVENT CHAMPION
Sean Ayale 10 (42’-0”) boys triple jump EVENT CHAMPION
Sean Ayale 10 (6’-0”) boys high jump 2nd place
Sean Ayale 10 (19’-2”) boys long jump 2nd place
Abraham Lofty 10 (43.38) boys 300m hurdles 2nd place
LAHS TRACK & FIELD - 2017 SEASON HIGHLIGHTS

OTHER FROSH/SOPH NOTABLES, CONTINUED

Lucia Arambula 11 (50.74) girls 100m hurdles 2nd place
Alexis Villagran 10 (95'-3") girls discus 2nd place
Connor Wells 10 (45'-11") boys shot put 2th place
Erin Larios 9 (29'-6") girls shot put 3rd place
Lydia Oltman 9 (30'-8") girls triple jump open 3rd place
Olivia Poland 10 (13.12) girls 100m 3rd place
Sean Ayale 10 (44.47) boys 110m hurdles 4th place
Sawyer Howard 9 (44'-9") boys shot put 4th place
Logan Johnson 10 (54.45) boys 400m 4th place
Abraham Lofty 10 (17.89) boys 110m hurdles 4th place
Jimmy Luis 10 (24.09) boys 200m 4th place
Brianna Debuquois 10 (14'-10") girls long jump 5th place
Olivia Poland 10 (27.44) girls 200m 5th place
Dumisani Sithole 9 (36'-6") boys triple jump 5th place
Connor Wells 10 (115'-7") boys discus 5th place

MAR 24, 2017 - Beach Cities Distance Carnival at HBHS

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Klaus Quinonez 10 (9:46.82) boys 3200 V AR top ten all-time #7 | frosh/soph top ten all-time #3

OTHER VARSITY NOTABLES

Nicholas Pelonis 11 (10:20.28) boys 3200m B Varsity Champion
Nicole Bliss 12 (5:36.32) girls 1600m 3rd place
Jared Berryman 11 (10:27.24) boys 3200m 4th place
Connor Oltman 11 (2:05.12) boys 800m 4th place
Annie Bliss 11 (2:30.32) girls 800m 5th place
Sophia Craig 11 (5:39.35) girls 1600m 5th place
Kenneth Jones 12 (2:05.71) boys 800m 5th place

OTHER FROSH/SOPH NOTABLES

Amanda Muniz 10 (2:39.05) girls 800m 2nd place
Joshua Williams 10 (10:43.83) boys 3200m 2nd place
Charlotte Capp 9 (2:39.45) girls 800m 3rd place
Stephen Kelman 9 (2:15.03) boys 800m 3rd place
Desirae Smotrys 9 (2:41.95) girls 800m 4th place
Jillian Wilson 9 (2:42.37) girls 800m 5th place
Amber Demarco 10 (5:58.08) girls 1600m 5th place
J'Von Leong 10 (5:06.10) boys 1600m 5th place
LAHS TRACK & FIELD - 2017 SEASON HIGHLIGHTS

MAR 23, 2017 - Los Alamitos vs. Huntington Beach HS at LAHS

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Faimalie Sale 11 (46'-6") girls shot put VAR top ten all-time #2 | #8 Orange Co All-time | #2 CA | #4 National
Brooke Anger 12 (11'-6") girls pole vault VAR top ten all-time #4
Jose Rubio 12 (38.12) boys 300m hurdles VAR top ten all-time #4
Lauren Willingham 11 (46.83) girls 300m hurdles VAR top ten all-time #6
Sean Ayale 10 (43'-7.75") boys triple jump VAR top ten all-time #7 | frosh/soph top ten all-time #2

JV LAHS TOP 10 ALL-TIME ADDITIONS

Gabriel Murillo 11 (5'-8") boys high jump JV top ten all-time #2
(Julia Jue, Grace Ahn, Emily Colmenares, Kellie Ventress) (52.53) girls 4x100 relay JV top ten all-time #4
Katelyn Saulog 11 (17.84) girls 100m hurdles JV top ten all-time #7
Kellie Ventress 12 (13.38) girls 100m JV top ten all-time #7

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

Alyssa Blockburger 9 (26.21) girls 200m frosh/soph top ten all-time #8
(Nicholas Fasulo, Jaiden Mitchell, David Pambid, Bobby Blandino) (45.27) 4x100 relay f/s top ten all-time #9
VARSITY LAHS TOP 10 ALL-TIME ADDITIONS
(Olivia Velasco, Nicole Bliss, Bronsyn Ledgard, Delaney Sanacore) girls 4x1600m (21:34.30) SCHOOL RECORD
Brooke Anger 12 (11’-0”) girls pole vault VAR top ten all-time #4
Allison Millar 10 (9’-0”) girls pole vault VAR top ten all-time #9 | Frosh/Soph top ten all-time #4
Jade Galloway 11 (17’-4”) girls long jump VAR top ten all-time #8
Diego Gandara 11 (13’-6”) boys pole vault VAR top ten all-time #10

OTHER VARSITY NOTABLES
(Jose Rubio, Chris Howard, Adhre Sparks, Brandon Bandley) (3:32.19) boys 1600 SMR EVENT CHAMPIONS
Faimalie Sale 11 (42’-1”) girls shot put 2nd place
Faimalie Sale 11 (126’-6”) girls discus 2nd place
Jose Rubio 12 (14.34) boys 110m hurdles 2nd place
Reilly McMahen 11 (5’-2”) girls high jump 3rd place
Kevin Schmitt 11 (6’-0”) boys high jump 3rd place
Samuel Scott 11 (6’-0”) boys high jump 3rd place
Ryan Ayale 12 (50.84) boys 400m 5th place
Kallie Given 12 (5’-2”) girls high jump 5th place
Lauren Willingham 11 (16.15) girls 100m hurdles 5th place

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS
Klaus Quinonez 10 (9:54.81) boys 3200 frosh/soph top ten all-time #4

MAR 18, 2017 - Laguna Beach Trophy Invitational at Laguna Beach HS

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS
Kaleb Yemaner hane 10 (9:53.40) boys 3200 frosh/soph top ten all-time #3

OTHER FROSH/SOPH NOTABLES
Sawyer Howard 9 (44’-10.5”) boys shot put frosh/soph Champion
Sean Ayale 10 (20’-5”) boys long jump 2nd place
Sean Ayale 10 (40’-0”) boys triple jump 3rd place
Abraham Lotfy 10 (16.97) boys 110m hurdles 2nd place
Abraham Lotfy 10 (43.69) boys 300m hurdles 3rd place
Olivia Poland 10 (13.37) girls 100m 2nd place
Olivia Poland 10 (27.56) girls 200m 3rd place
Connor Wells 10 (42’-8.5”) boys shot put frosh/soph 2nd place
Connor Wells 10 (104’-10”) boys discus frosh/soph 2nd place
LAHS TRACK & FIELD - 2017 SEASON HIGHLIGHTS

MAR 15, 2017 - Los Alamitos vs. Troy at Los Alamitos HS

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS
Sydnee Kolster 10 (25.94) girls 200m VAR top ten all-time #9 | frosh/soph top ten all-time #5
Reilly McMahan 11 (5'-3") girls high jump VAR top ten all-time #8
Lauren Willingham 11 (47.78) girls 300m hurdles VAR top ten all-time #9

JV LAHS TOP 10 ALL-TIME ADDITIONS
Jacob Taylor 11 (10.26.74) boys 3200m JV SCHOOL RECORD
Kaleb Yemaneberhane 10 (10.27.28) boys 3200m JV top ten all-time #2
Nicholas Pelonis 11 (10.29.51) boys 3200m JV top ten all-time #3
Jared Berryman 11 (4.44.70) boys 1600m JV top ten all-time #4
Emily Colmenares 9 (27.46) girls 200m JV top ten all-time #4
Scott Hall 11 (11'-0") boys pole vault JV top ten all-time #5
Lucia Arambula 11 (51.53) girls 300m hurdles JV top ten all-time #6
Erin Larios 9 (27'-3") girls shot put JV top ten all-time #6
Nicholas Van Meter 10 (10.32.69) boys 3200m JV top ten all-time #6
Bryan Chico 11 (38'-4.5") boys triple jump JV top ten all-time #7
Bryan Chico 11 (5'-6") boys high jump JV top ten all-time #10
Jocelyn Buska 11 (14'-7") girls long jump JV top ten all-time #10
Kenneth Jones 12 (4.48.31) boys 1600m JV top ten all-time #10
Michael Metcalfe 11 (10.39.11) boys 3200m JV top ten all-time #10

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS
(Sydnee Kolster, Olivia Pisani, Hannah Nemnich, Olivia Poland) (4:15.36) girls 4x400 relay f/s top ten all-time #5
Alyssa Blockberger 9 (59.99) girls 400m frosh/soph top ten all-time #6
Danielle Limp 10 (26.27) girls 200m frosh/soph top ten all-time #7
LAHS TRACK & FIELD - 2017 SEASON HIGHLIGHTS

MAR 11-12, 2017 - Redondo NIKE Distance Carnival / Track & Field Festival at Redondo Union HS

Boys Varsity: 2nd Place Overall | Girls Varsity: 6th Place Overall | Los Al Girls Thowers: “Iron Maiden” Award

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Faimalie Sale 11 (43'-6.25") girls shot put Event Champion VAR top ten all-time #2
Delaney Sanacore 11 (11:24.95) girls 3200 VAR top ten all-time #4

OTHER VARSITY NOTABLES

Kallie Given 12 (5'-3") girls high jump Event Champion
Jose Rubio 12 (22'-5.5") boys long jump 2nd place
Jose Rubio 12 (39.27) boys 300m hurdles 2nd place
Jose Rubio 12 (14.50) boys 110m hurdles 3rd place
Faimalie Sale 11 (25'-10") girls discus 3rd place
Ben Chao 11 (6'-1") boys high jump 4th place
(Jake Brandt, Adhre Sparks, Chris Howard, Ryan Ayale) (1:37.53) boys 800 SMR 5th place
Samuel Scott 11 (15.39) boys 110m hurdles 6th place
Miranda Ta'amu 12 (35'-4.25") girls shot put 6th place
Lauren Willingham 11 (15.38) girls 300m hurdles 6th place
Brooke Anger 12 (10'-3") girls pole vault 8th place
Jade Galloway 11 (16'-5.75") girls long jump 8th place
Kevin Schmitt 11 (6'-1") boys high jump 8th place
(Connor Oltman, Jacob Caesar, Gatsby Smith, Brandon Bandley) (8:19.40) boys 4x800 relay 8th place
(Annie Bliss, Lauren Kussler, Sophia Craig, Nicole Bliss) (10:30.26) girls 4x800 relay 9th place

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

Sawyer Howard 9 (48'-2.5") boys shot put Event Champion | frosh/soph top ten all-time #9
Klaus Quinonez 10 (10:00.75) boys 3200 frosh/soph top ten all-time #4
Olivia Velasco 9 (11:55.63) girls 3200 frosh/soph top ten all-time #

OTHER FROSH/SOPH NOTABLES

(Nicholas Fasulo, Jaiden Mitchell, David Pambid, Bobby Blandino) (45.31) boys 4x100m relay 2nd place
(Jade Williams, Hannah Nemnich, Olivia Pisani, Olivia Poland) (1:57.87) girls 800 SMR (100-100-200-400) 3rd place
Jade Williams 9 (31'-11.5") girls triple jump frosh/soph 4th place
Connor Wells 10 (43'-8.5") boys shot put frosh/soph 3rd place
Connor Wells 10 (109'-4") boys discus frosh/soph 6th place
Alexis Villagran 10 (29'-5.25") girls shot put frosh/soph 6th place
Alexis Villagran 10 (79'-9") girls discus frosh/soph 9th place
(Jaiden Mitchell, David Pambid, Bobby Blandino, Nathaniel Kersey) (1:44.28) boys 800 SMR 9th place
(Charlotte Capp, Maddie Garcia, Amber DeMarco, Amanda Muniz) (10:50.51) girls 4x800 frosh/soph 9th place
VARITY LAHS TOP 10 ALL-TIME ADDITIONS
Lauren Willingham 11 (15.16) girls 100m hurdles VAR top ten all-time #3
Delaney Sanacore 11 (2:19.33) girls 800m VAR top ten all-time #4
Nicole Bliss 12 (9'-4") girls pole vault VAR top ten all-time #8
Miranda Ta'amu 12 (117'-5") girls shot put VAR top ten all-time #8

JV LAHS TOP 10 ALL-TIME ADDITIONS
Alexis Villagran 10 (29'-6.5") girls shot put JV top ten all-time #2
Nicholas Pelonis 11 (10.31.00) boys 3200m JV top ten all-time #2
Emily Colmenares 9 (13.11) girls 100m JV top ten all-time #3
Jocelyn Buska 11 (31'-10.75") girls triple jump JV top ten all-time #3
Sophia Craig 11 (12.19.20) girls 3200m JV top ten all-time #4
Jacob Taylor 11 (10.35.00) boys 3200m JV top ten all-time #5
Westley Powers 12 (5'-6") boys high jump JV top ten all-time #6
Scott Hall 11 (10'-6") boys pole vault JV top ten all-time #6
Jared Berryman 11 (4.47.33) boys 1600m JV top ten all-time #7
LAHS TRACK & FIELD - 2017 SEASON HIGHLIGHTS

MAR 3, 2017 - Griffin Relays at Los Alamitos HS

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS --- LEADING THE STATE / NATION
(Sean Morgan, Abraham Lofty, Samuel Scott, Jose Rubio) boys 4x110m shuttle hurdles (1:03.60) SCHOOL RECORD | CA #2 | US #7
(Olivia Velasco, Caroline DeSmet, Bronsyn Ledgard, Delaney Sanacore) girls 1600m DMR (12:39.15) SCHOOL RECORD | CA #3 | US #12

Faimalie Sale 11 (43'-6.25") girls shot put VAR top ten all-time #2 | CA #3 | US #6
Jose Rubio 12 (23'-3.5") boys long jump VAR top ten all-time #2 | CA #4 | US #17
Miranda Ta’amu 12 (36'-4") girls shot put VAR top ten all-time #5

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS
Johnnie Blockburger 9 (22'-0") boys long jump SCHOOL RECORD (breaks longest standing record from 1968)
Johnnie Blockburger 9 (6'-2") boys high jump frosh/soph top ten all-time #5
Sean Ayale 10 (20'-10") boys long jump frosh/soph top ten all-time #5

OTHER FROSH/SOPH NOTABLES
Sawyer Howard 9 (42'-2") boys shot put open 1st place
Wasim Nasrallah 10 (105'-6") boys discus open 1st place
Lydia Oltman 9 (4'-10") girls high jump open 1st place
Boys 4x800 Relay OPEN (8:56.98) 1st place
Boys 800 SMR OPEN (1:39.69) 1st place
Girls 4x100 Shuttle Hurdle Relay OPEN (1:18.32) 1st place
Cami Shatsky 11 (16'-1.5") girls long jump varsity