

LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

MAR 30, 2018 - Trabuco Hills Invitational at Trabuco Hills

VARSITY NOTABLES

Faimalie Sale 12 (46'-2") girls varsity shot put **Event Champion** | **CA #2** | **US #5**

Faimalie Sale 12 (139'-3") girls varsity discus throw **2nd place**

LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

MAR 21, 2018 - Los Alamitos vs. Edison & Newport Harbor at Newport Harbor HS

<u>TEAM SCORES</u>	<u>LOS AL</u>	<u>EDISON</u>	<u>LOS AL</u>	<u>NEWPORT HARBOR</u>
VARSITY BOYS	106	26	98	36
VARSITY GIRLS	90	33	106	25
JV BOYS	108	15	114	16
JV GIRLS	96	27	105	32
F/S BOYS	100	32	111	21
F/S GIRLS	114	18	124	11

VARSIY LAHS TOP 10 ALL-TIME ADDITIONS

(Jade Galloway, Sydnee Kolster, Olivia Poland, Danielle Limp) girls 4x100m relay (48.89) **VAR top ten all-time #10**

VARSIY NOTABLE

Faimalie Sale 12 (150'-4") girls varsity discus throw **CA #6 | US #15**

JV LAHS TOP 10 ALL-TIME ADDITIONS

Alexander Van Steenberge 11 (20'-8") boys long jump **JV SCHOOL RECORD**

(Zackary Wagoner, Nicholas Fasulo, David Pambid, Nathaniel Hartman) (45.60) boys 4x100m relay **JV top ten all-time #2**

Kenneth Sale 11 (119'-7") boys discus **JV top ten all-time #3**

(Emily Colmenares, Kaliyah Denis, Megan Wall, Kaniya Swift) (53.26) girls 4x100m relay **JV top ten all-time #6**

Amber DeMarco 11 (5:45.80) girls 1600m **JV top ten all-time #6**

Khalia Gathright 9 (13.29) girls 100m **JV top ten all-time #6**

Khalia Gathright 9 (27.72) girls 200m **JV top ten all-time #10**

Mylinh Vu 9 (65.24) girls 1600m **JV top ten all-time #6**

Athena Sandoval 11 (51.42) girls 300m hurdles **JV top ten all-time #7**

Joshua Williams 11 (4:45.12) boys 1600m **JV top ten all-time #9**

Kasey Ainslie 9 (27.71) girls 200m **JV top ten all-time #9**

Kasey Ainslie 9 (13.42) girls 100m **JV top ten all-time #10**

Nicholas Fasulo 11 (13.42) boys 100m **JV top ten all-time #10**

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

Carlo Reyes 9 (11.24) boys 100m **frosh/soph top ten all-time #10**

PARA LAHS TOP 10 ALL-TIME ADDITIONS

Kyla Schilz 12 (36.23) girls 200m **para SCHOOL RECORD**

LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

MAR 24, 2018 - Beach Cities Invitational @ Huntington Beach High School

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Alyssa Blockburger 10 (56.43) girls 400m **VAR top ten all-time #2** | **fresh/soph SCHOOL RECORD** | **Event Champion** | **CA #5**

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

(Evan King, Dan Garrett, Carlo Reyes, Adam Ruley) (44.93) boys 4x100m relay **fresh/soph top ten all-time #3** | **1st Place**

OTHER VARSITY NOTABLES

Faimalie Sale 12 (45'-4") girls shot put **Event Champion** | **CA #1** | **US #10**

Brandon Bandley 12 (22'-0") boys long jump **Event Champion** | **CA #13**

Brandon Bandley 12 (1:55.61) boys 800m **Event Champion**

Jade Galloway 12 (18'-2.5") girls long jump **Event Champion**

Abraham Lotfy 11 (15.11) boys 110m hurdles **Event Champion**

Abraham Lotfy 11 (40.91) boys 300m hurdles **Event Champion**

Alyssa Blockburger 10 (26.25) girls 200m **2nd place**

Danielle Limp 11 (12.58) girls 100m **2nd place**

Michael Parsons 12 (13'-8") boys pole vault **2nd place**

Samuel Scott 12 (15.16) boys 110m hurdles **2nd place**

Olivia Velasco 10 (2:21.58) girls 800m **2nd place**

Christian Virga 12 (13'-8") boys pole vault **2nd place**

(Jade Galloway, Sydnee Kolster, Olivia Poland, Danielle Limp) (49.30) girls 4x100m relay **2nd place**

Sean Ayale 11 (43'-1.5") boys triple jump **3rd place**

Bronsyn Ledgard 12 (2:22.39) girls 800m **3rd place**

Kevin Schmitt 12 (6'-4") boys high jump **3rd place**

Lucia Arambula 12 (48.58) girls 300m hurdles **5th place**

TreVion Ballard 12 (11.15) boys 100m **5th place**

Sydnee Kolster 11 (12.76) girls 100m **5th place**

Lauren Willingham 12 (16.00) girls 100m hurdles **5th place**

Richie Yukihiro 12 (48'-0") boys shot put **5th place**

(TreVion Ballard, Jaiden Mitchell, Jimmy Luis, Ahmed Martin) (44.06) boys 4x100m relay **5th place**

Diego Gandara 12 (13'-2") boys pole vault **6th place**

Cami Shatsky 12 (16'-7.5") girls long jump **6th place**

Samuel Scott 12 (42.28) boys 300m hurdles **6th place**

Samuel Scott 12 (6'-0") boys high jump **7th place**

Olivia Poland 11 (12.82) girls 100m **7th place**

LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

CONTINUED -- MAR 24, 2018 - Beach Cities Invitational @ Huntington Beach High School

OTHER FROSH/SOPH NOTABLES

Owen Adele 10 (16.84) boys 110m hurdles **1st place**
Owen Adele 10 (43.65) boys 300m hurdles **1st place**
Kaya Guerrero 9 (2:27.62) girls 800m **1st place**
Kate Nelson 10 (50.49) girls 300m hurdles **1st place**
Carlo Reyes 9 (11.49) boys 100m **1st place**
Dumisani Sithole 10 (19'-8") boys long jump **1st place**
Dumisani Sithole 10 (40'-4.5") boys triple jump **1st place**
Dan Garrett 9 (23.54) boys 200m **1st place**
Dan Garrett 9 (11.64) boys 100m **2nd place**
Maria Halfhill 9 (2:28.26) girls 800m **2nd place**
Sawyer Howard 10 (49'-4") boys shot put **2nd place**
Stephen Kelman 10 (2:11.09) boys 800m **2nd place**
Juliana Iriarte 10 (27'-7") girls shot put **3rd place**
Jonathan Rosenthal 10 (2:13.29) boys 800m **3rd place**
Sara Becker 9 (5:43.60) girls 1600m **4th place**
Rahul Chavan 10 (4:51.77) boys 1600m **4th place**
Sydney Donovan 9 (4'-6") girls high jump **4th place**
Sean Panting 10 (5'-4") boys high jump **4th place**
Olivia Pisani 10 (62.40) girls 400m **4th place**
Wes Kimura 10 (37'-6") boys triple jump **4th place**
Wes Kimura 10 (18'-4") boys long jump **5th place**
Erin Larios 10 (27'-3") girls shot put **5th place**
Kate Nelson 10 (18.89) girls 100m hurdles **5th place**
Nico Tuliau 10 (109'-1") boys discus **5th place**
Alexa Blandino 10 (63.64) girls 400m **8th place**
Erin Larios 10 (71'-3") girls discus **8th place**
Simon Scott 10 (5'-0") boys high jump **8th place**

MAR 24, 2018 - Azuza Distance Meet of Champions at Azuza Pacific

VARSIY NOTABLE

Delaney Sanacore 12 (2:11.50) girls varsity invitational 800m **2nd place**

LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

MAR 23, 2018 - Beach Cities Distance Carnival at Huntington Beach High School

VARSITY B NOTABLES

Annie Bliss 12 (2:30.30) girls 800m **2nd place**

Kevin Miller 12 (2:05.09) boys va 800m **2nd place**

Nicholas Van Meter 11 (4:34.27) boys 1600m **2nd place**

Logan Johnson 11 (2:05.27) boys 800m **3rd place**

Dean Yacoubian 12 (4:35.60) boys 1600m **3rd place**

J'Von Leong 11 (2:09.78) boys 800m **5th place**

FROSH/SOPH B NOTABLES

Ava Faris 9 (5:38.88) girls 1600m **1st place**

Brian Rogers 10 (4:53.77) boys 1600m **1st place**

Brian Rogers 10 (10:40.20) boys 1600m **2nd place**

Matthew Ung 10 (4:56.37) boys 1600m **2nd place**

Samuel Becker 10 (4:58.68) boys 1600m **4th place**

Katherine Kussler 9 (2:38.47) girls frosh/soph B 800m **2nd place**

Katherine Kussler 9 (5:47.18) girls frosh/soph B 1600m **7th place**

Corinn Tiffany 9 (2:45.36) girls frosh/soph B 800m **8th place**

LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

MAR 21, 2018 - Los Alamitos vs. Fountain Valley at Fountain Valley HS

<u>TEAM SCORES</u>	<u>LOS AL</u>	<u>EDISON</u>
VARSITY BOYS	106	26
VARSITY GIRLS	90	33
JV BOYS	108	15
JV GIRLS	96	27
F/S BOYS	100	32
F/S GIRLS	114	18

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Brandon Bandley 12 (4:27.01) boys 1600m **VAR top ten all-time #5**

Samuel Scott 12 (40.15) boys 300m hurdles **VAR top ten all-time #10**

JV LAHS TOP 10 ALL-TIME ADDITIONS

Alexander Van Steenberge 11 (20'-4") boys long jump **JV SCHOOL RECORD**

(**Zackary Wagoner, Nicholas Fasulo, Desmond Belgrave, Christian Allen**) (45.60) boys 4x100m relay **JV top ten all-time #2**

Brianna Debucquois 11 (30'-9") girls shot put **JV top ten all-time #2**

Nicole Barham 11 (27.37) girls 200m **JV top ten all-time #3**

(**Nicole Barham, Kaliyah Denis, Megan Wall, Kaniya Swift**) (53.32) girls 4x100m relay **JV top ten all-time #6**

Danielle Garrett 12 (83'-1") girls discus **JV top ten all-time #6**

Danielle Garrett 12 (29'-6") girls shot put **JV top ten all-time #6**

Michael Metcalfe 12 (4:45.07) boys 1600m **JV top ten all-time #7**

Jacob Taylor 12 (4:45.10) boys 1600m **JV top ten all-time #8**

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

Shelby Wright 10 (5'-0") girls high jump **frosh/soph top ten all-time #10**

LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

MAR 17, 2018 - Laguna Beach Trophy Invitational @ Laguna Beach High School

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Sean Ayale 11 (43'-9.5") boys triple jump **VAR top ten all-time #7**

Michael Parsons 12 (14'-0") boys pole vault **VAR top ten all-time #10**

OTHER VARSITY NOTABLES

Faimalie Sale 12 (44'-5.5") girls shot put **Event Champion | CA #2 | US #13**

Sean Ayale 11 (22'-1") boys long jump **2nd place**

Samuel Scott 12 (6'-2") boys high jump **2nd place**

Christian Virga 12 (14'-0") boys pole vault **2nd place**

Richie Yukihiro 12 (47'-0.5") boys shot put **5th place**

FROSH/SOPH NOTABLES

Sawyer Howard 10 (50'-9") boys shot put **1st place**

Sean Panting 10 (5'-8") boys high jump **2nd place**

Mia Spinelli 10 (4'-6") girls high jump **4th place**

MAR 17, 2018 - Triton / Asics Invitational at San Clemente High School

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Kaleb Yemaneberhane 11 (9:47.11) boys 3200m **VAR top ten all-time #9**

OTHER VARSITY NOTABLES

Delaney Sanacore 12 (2:14.84) girls 800m **Event Champion | CA #5**

Alyssa Blockburger 10 (58.68) girls 400m **Event Champion**

Brandon Bandle 12 (1:59.61) boys 800m **3rd place**

Olivia Velasco 10 (2:21.47) girls 800m **5th place**

FROSH/SOPH NOTABLES

Maria Halfhill 9 (2:28.95) girls 800m **3rd place**

Kaya Guerrero 9 (2:29.05) girls 800m **4th place**

Sara Becker 9 (5:45.22) girls 1600m **4th place**

Ava Faris 9 (5:45.54) girls 1600m **5th place**

LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

MAR 14, 2018 - Los Alamitos vs. Troy at Los Alamitos HS

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Johnnie Blockburger 10 (10.79) boys 100m **VAR top ten all-time #5** | **frosh/soph top ten all-time #2** | **CA #5**

Diego Gandara 12 (14'-1") boys pole vault **VAR top ten all-time #7** | **CA #21**

Christian Virga 12 (14'-1") boys pole vault **VAR top ten all-time #7** | **CA #21**

Michael Parsons 12 (13'-7") boys pole vault **VAR top ten all-time #10**

JV LAHS TOP 10 ALL-TIME ADDITIONS

Alexis Villagran 11 (100-8.5") girls discus **JV SCHOOL RECORD**

Katelyn Saulog 12 (15'-9.25") girls long jump **JV SCHOOL RECORD**

Katelyn Saulog 12 (17.33) girls 100m hurdles **JV top ten all-time #3**

Karlie Gonzalez 12 (4'-8") girls high jump **JV top ten all-time #3**

Brianna Debucquois 11 (29'-1.5") girls shot put **JV top ten all-time #5**

Alyssa Lea-Wilson 12 (15'-1.25") girls long jump **JV top ten all-time #8**

Miranda Amescua 12 (14'-11.5") girls long jump **JV top ten all-time #10**

David Spreitzer 12 (17.57) boys 110m hurdles **JV top ten all-time #10**

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

Johnnie Blockburger 10 (10.79) boys 100m **frosh/soph top ten all-time #2**

Erin Larios 10 (31'-0.0") girls shot put **frosh/soph top ten all-time #10**

LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

MAR 9-10, 2018 - Redondo NIKE Distance Carnival / Track & Field Invitational at Redondo Union HS

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

(Connor Oltman, Ryan Herda, Logan Johnson, Brandon Bandley) (8:02.18) boys 3200 relay **SCHOOL RECORD** | **CA #4**

Kevin Schmitt 12 (6'-7") boys high jump **Event Champion** | **VAR top ten all-time #5** | **CA #8**

Alyssa Blockburger 10 (58.36) girls 400m **6th place** | **frosh/soph top ten all-time #2** | **VAR top ten all-time #5**

Johnnie Blockburger 10 (49.74) boys 400m **4th place** | **frosh/soph top ten all-time #2** | **VAR top ten all-time #7**

OTHER VARSITY NOTABLES

Faimalie Sale 12 (44'-3.25") girls shot put **Event Champion** | **CA #2**

Faimalie Sale 12 (121'-8") girls discus **3rd place**

Brandon Bandley 12 (1:58.41) boys 800m **3rd place**

Delaney Sanacore 12 (2:16.81) girls 800m **4th place**

Abraham Lotfy 11 (41.47) boys 300m hurdles **4th place**

Samuel Scott 12 (15.42) boys 110m hurdles **7th place**

(Annie Bliss, Olivia Poland, Amanda Muniz, Olivia Velasco) (12:54.18) girls DMR **7th place**

Sean Ayale 11 (20'-10") boys long jump **8th place**

Sean Ayale 11 (41'-6") boys triple jump **9th place**

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

Sawyer Howard 10 (51'-8") boys shot put frosh/soph **3rd place** **frosh/soph top ten all-time #3**

OTHER FROSH/SOPH NOTABLES

Amelia Wiggs 10 (4'-11") girls high jump frosh/soph **2nd place**

Kate Nelson 10 (54.34) girls 300m hurdles **6th place**

Nico Tuliau 10 (118'-7") boys discus frosh/soph **6th place**

Juliana Iriarte 10 (28'-6.5") girls shot put frosh/soph **9th place**

MAR 10, 2018 - 31st Annual Jim Arquilla Long Beach Relays at Long Beach Veterans Stadium

FROSH/SOPH NOTABLES

David Spreitzer 12 (18.52) boys frosh/soph 110m hurdles **1st place**

Erin Larios 10 (28'-4") girls shot put frosh/soph **2nd place**

Christian Areyan 10 (19.80) boys frosh/soph 110m hurdles **2nd place**

Nathan Espeleta 10 (21.49) boys frosh/soph 110m hurdles **4th place**

Parker Sohn 9 (36'-3") boys shot put frosh/soph **4th place**

LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

MAR 7, 2018 - Los Alamitos vs. Servite & Rosary at Los Alamitos HS

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Jade Galloway 12 (18'-7.75") girls long jump **VAR top ten all-time #3** | **CA #7**

Johnnie Blockburger 10 (22.05) boys 200m **VAR top ten all-time #6** | **CA #5**

Sean Ayale 11 (43'-9") boys triple jump **VAR top ten all-time #7** | **CA #15**

Diego Gandara 12 (14'-0") boys pole vault **VAR top ten all-time #7** | **CA #18**

Richie Yukihiro 12 (49'-0") boys shot put **VAR top ten all-time #10**

JV LAHS TOP 10 ALL-TIME ADDITIONS

Nicholas Pelonis 12 (10:00.48) boys 3200m **JV SCHOOL RECORD**

Nicholas Pelonis 12 (4.43.16) boys 1600m **JV top ten all-time #4**

Jacob Taylor 12 (10:21.18) boys 3200m **JV top ten all-time #3**

Michael Metcalfe 12 (10:29.60) boys 3200m **JV top ten all-time #5**

Michael Metcalfe 12 (4:47.32) boys 1600m **JV top ten all-time #10**

Mateo DeGracia 12 (19'-7.25") boys long jump **JV top ten all-time #5**

Mateo DeGracia 12 (38'-8.25") boys triple jump **JV top ten all-time #5**

Theodore Brown 12 (41'-7.5") boys shot put **JV top ten all-time #7**

Nathaniel Kersey 11 (19'-5") boys long jump **JV top ten all-time #7**

Simon Scott 10 (5'-6") boys high jump **JV top ten all-time #8**

Michelle Ramirez 11 (29'-10.5") girls shot put **JV top ten all-time #2**

Faben Worku 9 (63.96) girls 400m **JV top ten all-time #2**

Sadie Parkin 11 (4'-8") girls high jump **JV top ten all-time #3**

Brianna Debucquois 11 (80-7") girls discus **JV top ten all-time #6**

Kaelani Artuz 11 (26'-10.5") girls shot put **JV top ten all-time #9**

Alexa Blandino 9 (66.16) girls 400m **JV top ten all-time #9**

Jazmin Humphreys 11 (17.79) girls 100m hurdles **JV top ten all-time #9**

Alyssa Lea-Wilson 12 (14'-10") girls long jump **JV top ten all-time #9**

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

Johnnie Blockburger 10 (22.05) boys 200m **frosh/soph SCHOOL RECORD** | **CA #5**

Johnnie Blockburger 10 (10.97) boys 100m **frosh/soph top ten all-time #4** | **CA #12**

LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

MAR 2, 2018 - Griffin Relays at Los Alamitos HS

VARSIY LAHS TOP 10 ALL-TIME ADDITIONS --- LEADING THE STATE / NATION

(Kaleb Yemaneberhane, Nicholas Van Meter, Klaus Quinonez, Dean Yacoubian) boys 4x1600m relay (18:54.20)
SCHOOL RECORD | **CA #4** | **US #11**

(Sydnee Kolster, Danielle Limp, Alyssa Blockburger, Delaney Sanacore) girls 1600m SMR (4:07.55) | **CA #1** | **US #2**

(Jaiden Mitchell, TreVion Ballard, Ahmad Martin, Brandon Bandley) boys 1600m SMR (3:35.15) | **CA #1** | **US #4**

(Abraham Lotfy, Owen Adele, Sean Ayale, Samuel Scott) boys 4x110m shuttle hurdles (1:07.13) | **CA #2** | **US #7**

(Annie Bliss, Amanda Muniz, Kaya Guerrero, Olivia Velasco) girls 4x800m relay (9:53.60) | **CA #6** | **US #25**

(A. Blockburger, S. Kolster, J. Galloway, D. Limp) girls 4x100m relay (48.93) **VAR top ten all-time #10** | **CA #8**

Sean Ayale 11 (22'-6") boys long jump varsity 2nd place | **VAR top ten all-time #6** | **CA #6** | **US #35**

Jade Galloway 12 (18'-0") girls long jump varsity 1st place | **VAR top ten all-time #4** | **CA #7** | **US #43**

Rachel Hermann 12 (17'-3.25") girls long jump varsity 2nd place | **VAR top ten all-time #10** | **CA #15**

Michael Parsons 12 (13'-6") boys pole vault varsity 2nd place | **VAR top ten all-time #10** | **CA #23**

OTHER NOTABLES

Michelle Ramirez 11 (85'-7") girls discus open - 1st place | **JV top ten all-time #2**

Michelle Ramirez 11 (28'-3") girls shot put open - 2nd place | **JV top ten all-time #5**

Allison Millar 11 (8'-0") girls pole vault varsity - 1st place

Rylee McMahan 12 (5'-0") girls high jump varsity - 1st place

Amelia Wiggs 10 (4'-10") girls high jump varsity - 2nd place