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**Los Al Girls Track Team Continues Record Setting Season!  
Griffin Girls Add 4<sup>th</sup> School Record**

*March 16, 2015* LOS ALAMITOS, CA – What do you get when you combine the talents of a freshman, sophomore, junior and senior? A record-breaking performance that highlights the depth of the Griffin's Girls Track Team.

This season the Girls have already set Varsity Records in the 4x100m and 1600m Sprint Medley Relays and a Frosh/Soph Record in the 4x800m Relay. The 1600m Sprint Medley Relay is also the State's Leading Time.

This past weekend at the Redondo-Nike Invitational, the team added another Varsity Record during their 4th place finish in the 4x800m Relay. The team of Bronsyn Ledgard, Ashley Willingham, Nicole Bliss and Katie Izzo demolished the old record by nearly 40 seconds with a time of 9:32.18.

"It was a great night for the girls" said Distance Coach Jeff Tribole. "There is something special with this group as they were focused and determined to set the record. We decided to lead off with our freshman, Bronsyn Ledgard because I really felt she would put us in good position. The next to run was junior Ashley Willingham, who had never run an 800. Ashley ran a fantastic leg and then handed off to sophomore Nicole Bliss who maintained our position. Going into the anchor leg, senior Katie Izzo, the record was secure and it was all about where the team finished overall."

Additional Los Al top performers at the Redondo-Nike Invitational included:

- 3rd Place - Frosh/Soph Women's Distance Medley Relay
- 5th Place – Manuel Gomez, Men's Varsity 110m Hurdles
- 5th Place – Ashley Willingham, Women's Varsity 400m
- 3rd Place – Manuel Gomez, Men's Varsity 300m Hurdles
- 6th Place – Kallie Given, Women's Varsity High Jump
- 2nd Place – Reilly McMahan, Women's Frosh/Soph High Jump

The Team's next Invitational Meet will be on Friday/Saturday, March 20th/21st at Cerritos College for the California Relays with the next pre-League meets held at Los Al on Thursday, March 19th.

Pictured below with Coach Tribole's "lucky baton" is the LAHS Girls 4x800m Relay Team of Bronsyn Ledgard, Ashley Willingham, Katie Izzo, and Nicole Bliss.



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**About The Los Alamitos High School Track Team**

Additional information about the Los Alamitos High School Track and Field program including 2015 Schedule, News and School Performance Lists can be found at [www.losaltrack.com](http://www.losaltrack.com)