

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

June 2-3, 2017 - CIF-STATE at Buchanan HS, Clovis CA

(6.2/3.2017) CIF-STATE Track & Field RESULTS

Five (5) Griffins competed in ten (10) events at the 99th Annual **CIF STATE Track & Field Championships** on June 2-3, 2017. Junior **Faimalie Sale** earned the title of State Runner-Up, placing second in the girls shot put, and 9th in the girls discus. Senior **Jose Rubio** medaled 5th in the boys 300m hurdles with a **school record** breaking time of 36.72. Rubio's performance in the 300m hurdles moves him to the #2 position in the **all-time Orange County** record books. Rubio also placed 8th in the 110m hurdle finals and 14th in the long jump prelims. Senior **Kallie Given** placed 9th in the high jump, tying her #2 LAHS all-time mark with a jump of 5'-6". **Delaney Sanacore** placed 14th in the 800m prelims with more greatness to come next year as she is only a Junior. **Kyla Schilz** represented Los AI at CIF-STATE in the para division competition, bringing home 3 silver medals in the 100m, 200m, and 400m, and earning Los AI a second place team finish in the STATE Para competition. Los AI Griffins – way to represent!

Faimalie Sale 11 (45'-11.5") girls shot put 2nd place medalist CIF State finals

Faimalie Sale 11 (143'-2") girls discus 9th place CIF State finals

Jose Rubio 12 (36.72) boys 300m hurdles 5th place medalist CIF State finals

Jose Rubio 12 (14.14) boys 110m hurdles 8th place CIF State finals

Jose Rubio 12 (22'-3.25") boys long jump 14th place CIF State prelims

Kallie Given 12 (5'-6") girls high jump 9th place CIF State finals

Delaney Sanacore 11 (2:13.48) girls 800m 14th place CIF State prelims

Kyla Schilz 11 (17.00) girls 100m para para 2nd place CIF State finals

Kyla Schilz 11 (37.10) girls 200m para para 2nd place CIF State finals

Kyla Schilz 11 (1:24.57) girls 400m para para 2nd place CIF State finals

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Jose Rubio 12 (36.72) boys 300m hurdles | **SCHOOL RECORD** | **#2 All-Time Orange County**

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

May 26, 2017 - CIF-Southern Section Masters at Arcadia HS

(5.26.2017) CIF-Southern Section MASTERS Track & Field Meet Results

Road to State... Five (5) Griffins advance to the 99th Annual **CIF STATE Track & Field Championships** (June 2-3, 2017) in a total of ten (10) events, highlighted by junior **Faimalie Sale** who won the girls shot put and clenched the title of **CIF-SS Masters Champion**, and senior **Jose Rubio** who set a **school record** in the 110m hurdles. Rubio qualified for CIF-STATE doing something no Griffin has done before him – broke the 14 second barrier in the 110m hurdles. Rubio clocked 13.89 to best his prior school record of 14.02 set at the Sunset League Championships earlier this year. Rubio's 13.89 110m hurdle time puts him at #7 All-Time in Orange County! Additional Griffin CIF-State qualifiers include **Delaney Sanacore** with a #2 LAHS all-time 800m time of 2:11.15 seconds, **Kallie Given** in the high jump (5'-4") and **Kyla Schilz** in the para 100m, para 200m, and para 400m. Rubio also qualified for CIF-STATE in the long jump and 300m hurdles; Sale also qualified in the discus. Go Griffins – **Good-luck at CIF-STATE!**

Faimalie Sale 11 (46'-11.75") girls shot put | 1st place CIF-SS Masters **CHAMPION** | **CIF State Qualifier**

Faimalie Sale 11 (142'-5") girls discus | 3rd place CIF-SS Masters | **CIF State Qualifier**

Jose Rubio 12 (13.89) boys 110m hurdles | 3rd place CIF-SS Masters | **CIF State Qualifier**

Jose Rubio 12 (37.22) boys 300m hurdles | 4th place CIF SS Masters | **CIF State Qualifier**

Jose Rubio 12 (22'-8.75") boys long jump | 5th place CIF SS Masters | **CIF State Qualifier**

Delaney Sanacore 11 (2:11.15) girls 800m | 5th place CIF-SS Masters | **CIF State Qualifier**

Kallie Given 12 (5'-4") girls high jump | 6th place CIF SS Masters | **CIF State Qualifier**

Brooke Anger 12 (10'-10") girls pole vault | 12th place CIF SS Masters

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Jose Rubio 12 (13.89) boys 110m hurdles | **SCHOOL RECORD** | **#7 All-Time Orange County**

Faimalie Sale 11 (46'-11.75") girls shot put **LAHS VARSITY top ten all-time #2**

Delaney Sanacore 11 (2:11.15) girls 800m | **LAHS Varsity top ten all-time #2**

CIF STATE Meet: Fri-Sat, June 2-3, at Veterans Memorial Stadium – Buchanan High School, Clovis CA

Friday, June 2, 2017 - Field events begin at 3:00pm / Track events begin at 5:00pm

Saturday, June 3, 2017 - Field events begin 4:30pm / Track events begin at 6:00pm

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") 2 nd 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") 2 nd place CIF SS Div I - CIF Masters Meet Qualifier
Girls Pole Vault	Brooke Anger 12 (11'-9") 2 nd place CIF SS Div I - CIF Masters Meet Qualifier
Girls High Jump	Kallie Given 12 (5'-5") 2 nd place CIF SS Div I - CIF Masters Meet Qualifier
Girls 800m	Delaney Sanacore 11 (2:15.16) 4 th place CIF SS Div I - CIF Masters Meet Qualifier
Girls Long Jump	Jade Galloway 11 (17'-2.75") 5 th place CIF SS Div I
Boys Long Jump	Jose Rubio 12 (22'-9.25") 2 nd place CIF SS Div I - CIF Masters Meet Qualifier
Boys 110m hurdles	Jose Rubio 12 (14.21) 4 th place CIF SS Div I - CIF Masters Meet Qualifier
Boys 300m hurdles	Jose Rubio 12 (38.28) 7 th place CIF SS Div I - CIF Masters Meet Qualifier
Boys High Jump	Kevin Schmitt 11 (6'-0") 7 th 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

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

May 13, 2017 - CIF-Southern Section Division I Prelims at Trabucco Hills HS

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!

Girls 800m	Delaney Sanacore 11 (2:13.92)
Girls Long Jump	Jade Galloway 11 (17'-10.75")
Girls High Jump	Kallie Given 12 (5'-3")
Girls Pole Vault	Brooke Anger 12 (11'-6")
Girls Shot Put	Faimalie Sale 11 (44'-07.75")
Girls Discus	Faimalie Sale 11 (132'-10")
Boys 110m hurdles	Jose Rubio 12 (14.14) Samuel Scott 11 (15.06) - 1 st alternate
Boys 300m hurdles	Jose Rubio 12 (37.87)
Boys Long Jump	Jose Rubio 12 (22'-9")
Boys High Jump	Kevin Schmitt 11 (6'-1")

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Delaney Sanacore 11 (2:13.92) girls 800m **VAR top ten all-time #2**

Jade Galloway 11 (17'-10.75") girls long jump **VAR top ten all-time #4**

Bronsyn Ledgard 11 (5:07.68) girls 1600 **VAR top ten all-time #4**

Olivia Velasco 9 (2:20.25) girls 800m **VAR top ten all-time #6** | **frosh/soph top ten all-time #2**

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

Sean Ayale 10 (21'-6") boys long jump **frosh/soph top ten all-time #2**

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

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'-1") boys discus **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 Oltman, 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 Oltman 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 #8**

Abraham Lofty 10 (42.48) boys 300m hurdles **F/S top ten all-time #9**

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 Bandle 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 Bandle) (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

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

VARSITY SUNSET LEAGUE 2ND 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

VARSITY SUNSET LEAGUE 3RD 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

VARSITY SUNSET LEAGUE 4TH 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

VARSITY SUNSET LEAGUE 5TH PLACE – 2 points

Jake Brandt 12 (41.72) boys 300m hurdles
Lauren Fitzgerald 12 (50.97) girls 300m hurdles

VARSITY SUNSET LEAGUE 6TH 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 Debucquois 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

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

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

(Connor Oltman, Luke Deal, Luke Harkins, Ryan Herda) (3:39.50) boys 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

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

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

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

APR 29, 2016 - Sunset League Prelims at Huntington Beach HS

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)
- Aspynn 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)

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

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)
- Luke Harkins 11 (2:21.41)

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 Junior Varsity

- Westley Powers 12 (45.44)
- Dylan Crane 9 (48.71)
- David Spreitzer 10 (50.69)

Boys 300m Hurdles Frosh/Soph

- Abraham Lofty 10 (43.34)
- Owen Adele 9 (46.15)

LAHS TRACK & FIELD - 2017 SEASON HIGHLIGHTS

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 **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**

LAHS TRACK & FIELD - 2017 SEASON HIGHLIGHTS

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 Bandle 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 Bandle) (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, Lucia 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**

LAHS TRACK & FIELD - 2017 SEASON HIGHLIGHTS

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 Bandle 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 Debucquois 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 **VAR 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**

LAHS TRACK & FIELD - 2017 SEASON HIGHLIGHTS

MAR 17-18, 2017 - California Relays at Cerritos College

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 Bandle) (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 McMahan 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 Yemaneberhane 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**

Oivia 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 Throwers: "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 pl**

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**

LAHS TRACK & FIELD - 2017 SEASON HIGHLIGHTS

MAR 8, 2017 - Los Alamitos vs. Servite & Rosary at Los Alamitos HS

VARSITY 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