

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

JUNE 3-4, 2016 CIF-STATE CHAMPIONSHIPS at Buchanan HS, Memorial Stadium, Clovis, CA

Thomas Heib 12 (1:53.64 prelims / **1:51.52** finals) boys 800m – 2nd place medalist | **season best time**

Alison Parsons 12 (19-0.75 prelims / **19'-6.75"** finals) girls long jump – 5th place medalist | **SCHOOL RECORD**

Ashley Willingham 12 (**54.89** prelims / 55.16 finals) girls 400m – season best time | 7th place | **tied SCHOOL RECORD**

Kallie Given 11 (5'-5") girls high jump – 13th place

Faimalie Sale 10 (no mark) girls shot put

MAY 27, 2016 - CIF-SS (Southern Section) MASTERS at Cerritos College

Kallie Given 11 (5'-5") girls high jump – 2nd place medalist CIF-SS-Masters | CIF-State Meet **qualifier**

Faimalie Sale 10 (42'-5.5") ****** girls shot put – frosh/soph school record | 4th place CIF-SS-Masters | CIF-State Meet **qualifier**

Ashley Willingham 12 (55.04) girls 400m – season best time | 5th place CIF-SS-Masters | CIF-State Meet **qualifier**

Alison Parsons 12 (18'-2.25") girls long jump – 6th place CIF-SS-Masters | **qualifier** for CIF-State Meet

Thomas Heib 12 (1:52.78) boys 800m – season best time | 7th place CIF-SS-Masters | CIF-State Meet at-large **qualifier**

Jose Rubio 11 boys (14.68 **-2.4 wind**) boys 110m hurdles – 7th place

Jose Rubio 11 (22'-1.25") boys long jump – 11th place

Andrew Fowler 12 (NH) boys pole vault

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

Faimalie Sale 10 (42'-5.5") girls shot put **VAR top ten all-time #2** | **FROSH/SOPH SCHOOL RECORD**

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

MAY 21, 2016 - CIF-SS (Southern Section) Finals at Cerritos College

Faimalie Sale 10 (40'-7.75") girls shot put - 2nd place medalist CIF-SS-D1 | **qualified #6** for CIF-SS Masters
Ashley Willingham 12 (55.27) girls 400m - 3rd place medalist CIF-SS-D1 | **qualified #4** for CIF-SS Masters
Andrew Fowler 12 (14'-6") boys pole vault - 3rd place medalist CIF-SS-D1 | **qualified #9** for CIF-SS Masters
Thomas Heib 12 (1:53.32) boys 800m - 4th place medalist CIF-SS-D1 | **qualified #5** for CIF-SS Masters
Jose Rubio 11 (22'-11.5") boys long jump - 4th place medalist CIF-SS-D1 | **qualified #5** for CIF-SS Masters
Alison Parsons 12 (18'-2.75") girls long jump - 4th place medalist CIF-SS-D1 | **qualified #12** for CIF-SS Masters
Jose Rubio 11 boys (14.31) ** 110m hurdles - 5th place medalist CIF-SS-D1 | **qualified #7** for CIF-SS Masters
Kallie Given 11 (5'-3") girls high jump - 5th place medalist CIF-SS-D1 | **qualified #12** for CIF-SS Masters
Ashley Willingham 12 (24.19) ** girls 200m - 5th place medalist CIF-SS-D1 | #12 CIF-SS
Ryan Coy 12 (157'-11") boys discus - 5th place medalist CIF-SS-D1
Alison Parsons 12 (35'-2.75") girls triple jump - 8th place CIF-SS-D1
(Lia Arambula, Caroline DeSmet, Pi'ilani Mata, Ashley Willingham) ** (3:54.85) girls 4X400m relay - 8th place CIF-SS-D1

** LAHS VARSITY TOP 10 ALL-TIME ADDITIONS

Ashley Willingham 12 (24.19) girls 200m **VAR top ten all-time #2** | **Orange County #1** | **Orange County All-Time #4**
Jose Rubio 11 (14.31) boys 110m hurdles **VAR top ten all-time #2** | **Orange County #2**
(Lia Arambula, Caroline DeSmet, Pi'ilani Mata, Ashley Willingham) (3:54.85) girls 4X400m relay **VAR top ten all-time #4** | **Orange County #5**

CIF-SS DIVISION I FINALS TEAM RANKINGS

Los Alamitos Boys scored 24 points = ranked # 5 out of 98 teams

Los Alamitos Girls scored 29 points = ranked # 8 out of 98 teams

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

MAY 14, 2016 - CIF- Southern Section Division I Prelims at Trabuco Hills HS

QUALIFIERS FOR CIF-SS DIVISION I FINALS: SATURDAY, MAY 21, 2016 @ CERRITOS COLLEGE

Girls 200m	Ashley Willingham 12 (24.65)
Girls 400m	Ashley Willingham 12 (55.21)
Girls 4X400m relay	(Claire Stevens, Caroline Desmet, Alison Parsons, Ashley Willingham) (3:55.69), 1 st alternate
Girls Long Jump	Alison Parsons 12 (17'-4.25")
Girls Triple Jump	Alison Parsons 12 (37'-0")
Girls High Jump	Kallie Given 11 (5'-4")
Girls Shot Put	Faimalie Sale 10 (39'-10")
Boys 800m	Thomas Heib 12 (1:54.36)
Boys 110m hurdles	Jose Rubio 11 (14.59)
Boys Long Jump	Jose Rubio 11 (21'-10.5")
Boys Discus	Ryan Coy 12 (162'-6")
Boys Pole Vault	Andrew Fowler 12 (14'-9")

LAHS VARSITY TOP 10 ALL-TIME ADDITIONS

Jose Rubio 11 (14.59) boys 110m hurdles **VAR top ten all-time #2**

Jose Rubio 11 (39.01) boys 300m hurdles **VAR top ten all-time #5**

Jose Rubio 11 (23'-0.25") boys long jump **VAR top ten all-time #3**

(Claire Stevens, Caroline Desmet, Alison Parsons, Ashley Willingham) (3:55.69) 4x400m relay **VAR top ten all-time #4**

Miranda Ta'amu 11 (36'-4") girls shot put **VAR top ten all-time #5**

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

APR 29 & MAY 5, 2016 - Sunset League Finals at Huntington Beach HS

CIF QUALIFIERS: CIF SOUTHERN SECTION – DIVISION I - PRELIMS ON MAY 14, 2016 @ TRABUCCO HILLS HS

Girls 4X100m relay	(Ashley Willingham, Anijah Green, Pi'ilani Mata, Ashlan Revollar) (48.64)
Girls 1600m	Delaney Sanacore 10 (5:16.20)
Boys 110m hurdles	Jose Rubio 11 (14.76)
Girls 400m	Ashley Willingham 12 (56.09) Caroline Desmet 11 (59.68) Claire Stevens 11 (61.12)
Boys 400m	Holden Edmondson 12 (51.51) Julian Guerrero 12 (51.81)
Girls 800m	Delaney Sanacore 10 (2:21.97) Bronsyn Ledgard 10 (2:22.23)
Boys 800m	Thomas Heib 12 (1:58.91) Brandon Bandlely 10 (1:59.38)
Boys 300m hurdles	Jose Rubio 11 (39.28)
Girls 200m	Ashley Willingham 12 (24.83) Anijah Green 12 (26.16)
Girls 4X400m relay	(Claire Stevens, Caroline Desmet, Pi'ilani Mata, Ashley Willingham) (3:58.98)
Boys 4X400m relay	(Jose Rubio, Brandon Bandlely, Clay Green, Thomas Heib) (3:23.52)
Girls Long Jump	Alison Parsons 12 (18'-0.5") Ariana Ford 12 (17'-4.75") Jade Galloway 10 (17'-1.25")
Boys Long Jump	Jose Rubio 11 (23'-0.25")
Girls Triple Jump	Alison Parsons 12 (36'-11.75")
Girls High Jump	Kallie Given 11 (5'-4") Alison Parsons 12 (5'-2")
Boys High Jump	Kevin Schmitt 10 (5'-10")
Girls Shot Put	Faimalie Sale 10 (36'-8") Miranda Ta'amu 11 (35'-5")
Girls Discus	Faimalie Sale 10 (120'-7") Miranda Ta'amu 11 (112'-11")
Boys Discus	Ryan Coy 12 (163'-5")
Boys Pole Vault	Andrew Fowler 12 (14'-6)

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

APRIL 29 & MAY 5, 2016 - Sunset League Finals at Huntington Beach HS

SUNSET LEAGUE CHAMPIONSHIPS ALL-TIME RECORDS

Brooke Anger 11 (49.36) girls JV 300m hurdles
Brooke Anger 11 (9'-3") girls JV pole vault
Nicole Bliss 11 (9'-3") girls JV pole vault
Reilly McMahan 10 (34'-1") girls JV triple jump
Lauren Willingham 10 (15.98) girls frosh/soph 100m hurdles
(Lauren Fitzgerald, Julia Jue, Brooke Anger, Lia Arambula) (51.64) girls JV 4x100m relay
(Lauren Fitzgerald, Julia Jue, Nicole Soto, Lia Arambula) (4:17.24) girls JV 4x400m relay

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Jose Rubio 11 (23'-0.25") boys long jump **VAR top ten all-time #3**
Jose Rubio 11 (14.75) boys 110m hurdles **VAR top ten all-time #4**
Lauren Willingham 10 (15.82) girls 100m hurdles **VAR top ten all-time #5 | F/S top ten all-time #3 | MEET RECORD**
(Claire Stevens, Caroline Desmet, Pi'ilani Mata, Ashley Willingham) (3:58.98) 4x400m relay **VAR top ten all-time #6**
Jose Rubio 11 (39.28) boys 300m hurdles **VAR top ten all-time #6**
(Ashley Willingham, Anijah Green, Pi'ilani Mata, Ashlan Revollar) (48.64) 4x100m relay **VAR top ten all-time #6**
Nicole Bliss 11 (9'-3") girls pole vault **VAR top ten all-time #8 | JV SCHOOL RECORD | MEET RECORD**
Delaney Sanacore 10 (5:16.20) girls 1600m **VAR top ten all-time #8 | frosh/soph top ten all-time #3**
Delaney Sanacore 10 (2:21.97) girls 800m **VAR top ten all-time #8 | frosh/soph top ten all-time #4**
Miranda Ta'amu 11 (112'-11") girls discus **VAR top ten all-time #8**
(Xavier Esquivel-Coles, Holden Edmondson, Clay Green, Thomas Heib) (3:23.52) 4x400m **VAR top ten all-time #10**

JV LAHS TOP 10 ALL-TIME ADDITIONS

(Lauren Fitzgerald, Julia Jue, Nicole Soto, Lia Arambula) (4:17.24) 4x400m **JV SCHOOL RECORD | MEET RECORD**
(Lauren Fitzgerald, Julia Jue, Brooke Anger, Lia Arambula) (51.64) 4x100 **JV SCHOOL RECORD | MEET RECORD**
Brooke Anger 11 (49.36) girls 300m hurdles **JV SCHOOL RECORD | MEET RECORD**
Brooke Anger 11 (9'-3") girls pole vault **JV SCHOOL RECORD | MEET RECORD**
Nicole Bliss 11 (9'-3") girls pole vault **JV SCHOOL RECORD | Varsity top ten all-time #8 | MEET RECORD**
Reilly McMahan 10 (34'-1") girls triple jump **JV SCHOOL RECORD | frosh/soph top ten all-time #5 | MEET RECORD**
Alexis Villagran 9 (97' 2") girls discus **JV SCHOOL RECORD | frosh/soph top ten all-time #9**
Isaac Banez 11 (4:41.80) boys JV 1600m **JV SCHOOL RECORD**
Reilly McMahan 10 (15'-9.25") girls long jump **JV SCHOOL RECORD**
Reilly McMahan 10 (5'-0") girls high jump **JV SCHOOL RECORD**
Isaac Banez 11 (10:34.93) boys 3200m **JV top ten all-time #2**
Jina Lee 10 (31'-8") girls triple jump **JV top ten all-time #2**
Cameron Shatsky 10 (15'-5") girls long jump **JV top ten all-time #2**
Gatsby Smith 11 (2:06.19) boys 800m **JV top ten all-time #2**
(Kenneth Jones, Luke Harkins, Gatsby Smith, Noe Vera) (3:40.54) 4x400 relay **JV top ten all-time #2**
Brooke Anger 11 (17.52) girls 100m hurdles **JV top ten all-time #3**
Milani Rivers 9 (12:12.48) girls 3200m **JV top ten all-time #3**
Nicole Soto 9 (2:33.35) girls 800m **JV top ten all-time #3**
Ryan Watts 10 (10:38.35) boys 3200m **JV top ten all-time #3**
Madison Wilson 10 (4'-8") girls high jump **JV top ten all-time #3**
Julia Jue 11 (64.45) girls 400m **JV top ten all-time #3**

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

Amber DeMarco 9 (5:46.70) girls 1600m **JV top ten all-time #5**
Amber DeMarco 9 (12:40.34) girls 3200m **JV top ten all-time #7**
Milani Rivers 9 (5:48.41) girls 1600m **JV top ten all-time #7**
Savannah Terrell 11 (17.90) girls 100m hurdles **JV top ten all-time #8**
Jacob Taylor 10 (10:48.20) boys 3200m **JV top ten all-time #9**
Noe Vera 12 (53.81) boys 400m **JV top ten all-time #9**
Cheryl Goodbee 9 (5:48.92) girls 1600m **JV top ten all-time #9**
Ryan Ayale 11 (11.65) boys 100m **JV top ten all-time #10**
Heather Dollins 9 (5:49.65) girls 1600m **JV top ten all-time #10**

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

Lauren Willingham 10 (15.82) girls 100m hurdles **F/S top ten all-time #3 | VAR top ten all-time #5 | MEET RECORD**
Delaney Sanacore 10 (5:16.20) girls 1600m **frosh/soph top ten all-time #3 | VAR top ten all-time #8**
Delaney Sanacore 10 (2:21.97) girls 800m **frosh/soph top ten all-time #4 | VAR top ten all-time #8**
(**Lauren Willingham, Nicole Barham, Sydnee Kolster, Danielle Limp**) (50.71) 4x100m **frosh/soph top ten all-time #3**
(**Nate Hartman, Justin Randig, Nicholas Fasulo, TreVion Ballard**) (45.01) 4x100m **frosh/soph top ten all-time #3**
(**Nicole Barham, Lauren Willingham, Sydnee Kolster, Danielle Limp**) (4:15.33) 4x400m **frosh/soph top ten all-time #4**
Reilly McMahan 10 (34'-1") girls triple jump **Fosh/soph top ten all-time #5**
Klaus Quinonez 9 (10:09.59) boys 3200m **frosh/soph top ten all-time #6**
Lauren Willingham 10 (48.60) girls 300m hurdles **frosh/soph top ten all-time #6**
Alexis Villagran 9 (97' 2") JV girls discus **frosh/soph top ten all-time #9**

VARSITY 2016 SUNSET LEAGUE CHAMPIONS & TEAM POINTS SCORERS

VARSITY SUNSET LEAGUE CHAMPIONS – 10 points (5 points relays)

Kallie Given 11 (5'-4") girls high jump
Thomas Heib 12 (1:58.91) boys 800m
Alison Parsons 12 (18'-0.5") girls long jump
Alison Parsons 12 (36'-11.75") girls triple jump
Jose Rubio 11 (14.75) boys 110m hurdles
Jose Rubio 11 (39.28) boys 300m hurdles
Jose Rubio 11 (23'-0.25") boys long jump
Faimalie Sale 10 (120'-7") girls discus
Ashley Willingham 12 (24.83) girls 200m
Ashley Willingham 12 (56.09) girls 400m
(**Ashley Willingham** 12, **Anijah Green** 12, **Pi'ilani Mata** 12, **Ashlan Revollar** 12) (48.64) girls 4x100m relay
(**Claire Stevens** 11, **Caroline Desmet** 11, **Pi'ilani Mata** 12, **Ashley Willingham** 12) (3:58.98) girls 4x400m relay

VARSITY SUNSET LEAGUE 2ND PLACE – 8 POINTS

Brandon Bandle 10 (1:59.38) boys 800m
Caroline Desmet 11 (59.68) girls 400m
Andrew Fowler 12 (14'-6") boys pole vault
Ariana Ford 12 (17'-4.75") girls long jump
Anijah Green 12 (12.91) girls 100m
Anijah Green 12 (26.16) girls 200m
Alison Parsons 12 (5'-2") girls high jump
Faimalie Sale 10 (36'-8") girls shot put
Delaney Sanacore 10 (2:21.97) girls 800m
Delaney Sanacore 10 (5:16.20) girls 1600m

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

Miranda Ta'amu 11 (112'-11") girls discus

VARSITY SUNSET LEAGUE 3RD PLACE – 6 POINTS

Ryan Coy 12 (163'-5") boys discus

Holden Edmondson 12 (23.01) boys 200m

Holden Edmondson 12 (51.51) boys 400m

Jade Galloway 10 (17'-1.72") girls long jump

Bronsyn Ledgard 10 (2:22.23) girls 800m

Kevin Schmitt 10 (5'-10") boys high jump

Miranda Ta'amu 11 (35'-5") girls shot put

VARSITY SUNSET LEAGUE 4TH PLACE – 4 POINTS

Ariana Ford 12 (35'-4.5") girls triple jump

Julian Guerrero 12 (51.81) boys 400m

Sean Morgan 11 (15.84) boys 110m hurdles

Sean Morgan 11 (41.61) boys 300m hurdles

Mark Neal 12 (20'-7.75") boys long jump

Ashlan Revollar 12 (15.70) girls 100m hurdles

Claire Stevens 11 (61.12) girls 400m

Sarah Tuioti-Mariner 12 (94'-6") girls discus

VARSITY SUNSET LEAGUE 5TH PLACE – 2 POINTS

Aspynn Carr 11 (5:31.40) girls 1600m

Xavier Esquivel-Coles 12 (52.66) boys 400m

Angel Hernandez 12 (42.33) boys 300m hurdles

Mark Neal 12 (40'-4.0") boys triple jump

Alison Parsons 12 (15.73) girls 00m hurdles

Ashlan Revollar 12 (13.22) girls 100m

VARSITY SUNSET LEAGUE 6TH PLACE – 1 POINT

Ben Chao 10 (40'-2.0") boys triple jump

Mikhail Gednov 11 (42.39) boys 300m hurdles

Clay Green 12 (53.11) boys 400m

Angel Hernandez 12 (16.78) boys 110m hurdles

Pi'ilani Mata 12 (49.86) girls 300m hurdles

Sam Pye 12 (5'-10") boys high jump

Claire Stevens 11 (27.38) girls 200m

JV 2016 SUNSET LEAGUE CHAMPIONS & TEAM POINTS SCORERS

JUNIOR VARSITY SUNSET LEAGUE CHAMPIONS – 10 points (5 points relays)

Brooke Anger 11 (49.36) girls 300m hurdles

Brooke Anger 11 (9'-3") girls pole vault

Lia Arambula 12 (13.14) girls 100m

Lia Arambula 12 (26.76) girls 200m

Chris Howard 11 (11.68) boys 100m

Chris Howard 11 (23.58) boys 200m

Reilly McMahan 10 (5'-0") girls high jump

Reilly McMahan 10 (15'-9.25") girls long jump

Reilly McMahan 10 (34'-1") girls triple jump

Milani Rivers (12:12.48) girls 3200m

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

Nicole Soto 9 (2:33.35) girls 800m

Noe Vera 12 (53.81) boys 400m

Alexis Villagran 9 (97' 2") girls discus

(**Lauren Fitzgerald** 11, **Julia Jue** 11, **Brooke Anger** 11, **Lia Arambula** 12) (51.64) girls 4x100 relay

(**Lauren Fitzgerald** 11, **Julia Jue** 11, **Nicole Soto** 9, **Lia Arambula** 12) (4:17.24) girls 4x400m relay

JUNIOR VARSITY SUNSET LEAGUE 2ND PLACE – 8 POINTS

Ryan Ayale 11 (23.76) boys 200m

Isaac Banez 11 (4:41.80) boys 1600m

Isaac Banez 11 (10:34.93) boys 3200m

Nicole Bliss 11 (9'-3") girls pole vault

Eliel Davis 9 (36'-5.5") boys triple jump

Julia Jue 11 (64.45) girls 400m

Jina Lee 10 (31'-8") girls triple jump

Jake Mathes 12 (11.92) boys 100m

Cameron Shatsky 10 (15'-5") girls long jump

Gatsby Smith 11 (2:06.19) boys 800m

Alexis Villagran 9 (23' 10") girls shot put

Madison Wilson 10 (4'-8") girls high jump

JUNIOR VARSITY SUNSET LEAGUE 3RD PLACE – 6 POINTS

Ryan Ayale 11 (12.02) boys 100m

Brianna Debucquois 9 (22'-10") girls shot put

Amber DeMarco 9 (5:46.70) girls 1600m

Harrison Garcia 11 (5'-2") boys high jump

Brooke Hearn 11 (8'-9") girls pole vault

Abraham Lofty 9 (19.09) boys 110m hurdles

Jake Mathes 12 (24.27) boys 200m

James Sparks 11 (17'-9") boys long jump

Savannah Terrell 11 (17.95) girls 100m hurdles

JUNIOR VARSITY SUNSET LEAGUE 4TH PLACE – 4 POINTS

Brooke Anger 11 (52.41) girls 100m hurdles

Kaelani Artuz 9 (66'-1") girls discus

Amber DeMarco 9 (12:40.34) girls 3200m

Lauren Fitzgerald 11 (49.36) girls 300m hurdles

Luke Harkins 10 (56.20) boys 400m

Julia Jue 11 (28.36) girls 400m

Joseph Masterson 11 (2:09.77) boys 800m

Allison Millar 9 (7'-9") girls pole vault

Milani Rivers 9 (5:48.41) girls 1600m

Ryan Watts 10 (10:38.35) boys 3200m

JUNIOR VARSITY SUNSET LEAGUE 5TH PLACE – 2 points

Megan Brines 10 (22'-5") girls shot put

Cheryl Goodbee 9 (5:48.92) girls 1600m

Kenneth Jones 11 (4:50.30) boys J1600m

Kyle Lira 11 (2:09.86) boys 800m

Abraham Lofty 9 (48.67) boys 300m hurdles

Jacob Taylor 10 (10:48.20) boys 3200m

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

JUNIOR VARSITY SUNSET LEAGUE 6TH PLACE – 1 point

Kaelani Artuz 9 (22'-0") girls shot put
Heather Dollins 9 (5:49.65) girls 1600m
Kenneth Jones 11 (57.41) boys 400m
Halli Kim 10 (14'-5.25") girls long jump
Mohamad Madi 10 (19.78) boys 110m hurdles
Mohamad Madi 10 (48.84) boys 300m hurdles
Zach Mais 11 (5'-0") boys high jump
Reilly McMahan 10 (30'-1") girls triple jump
David Pambid 9 (12.09) boys 100m
Savannah Terrell 11 (53.48) girls 300m hurdles

FROSH/SOPH 2016 SUNSET LEAGUE CHAMPIONS & TEAM POINTS SCORERS

FROSH/SOPH SUNSET LEAGUE CHAMPIONS – 10 points (5 points relays)

TreVion Ballard 10 (11.40) boys 100m
TreVion Ballard 10 (23.45) boys 200m
Annie Bliss 10 (2:28.62) girls 800m
Sydnee Kolster 9 (62.03) girls 400m
Danielle Limp 9 (13.21) girls 100m
Danielle Limp 9 (27.07) girls 200m
Ahmad Martin 9 (52.35) boys 400m
Klaus Quinonez 9 (10:09.59) boys 3200m
Christian Virga 10 (12'-0") boys pole vault
Lauren Willingham 10 (15.98) girls 100m hurdles
Lauren Willingham 10 (48.33) girls 300m hurdles
(**Lauren Willingham** 10, **Nicole Barham** 9, **Sydnee Kolster** 9, **Danielle Limp** 9) (50.71) girls 4x100m relay
(**Nicole Barham** 9, **Lauren Willingham** 10, **Sydnee Kolster** 9, **Danielle Limp** 9) (4:15.33) girls 4x400m relay

FROSH/SOPH SUNSET LEAGUE 2ND PLACE – 8 points

Ryan Herda 10 (2:08.90) boys 800m
Sydnee Kolster 9 (27.36) girls 200m
Amanda Muniz 9 (2:28.65) girls 800m
Samuel Scott 10 (16.36) boys 110m hurdles
Samuel Scott 10 (5'-10") boys high jump

FROSH/SOPH SUNSET LEAGUE 3RD PLACE – 6 points

Drew Moran 10 (2:09.42) boys 800m
Michael Parsons 10 (12' 0") boys pole vault
Samuel Scott 10 (43.69) boys 300m hurdles

FROSH/SOPH SUNSET LEAGUE 4TH PLACE – 4 points

Nicole Barham 9 (13.49) girls 100m
Nicole Barham 9 (27.94) girls 200m
Lincoln Duran 10 (38'-9") boys triple jump
Karlie Gonzalez 10 (4'-6") girls high jump
Sadie Parkin 9 (14'-1.5") girls long jump
Katelyn Saulog 10 (17.78) girls 100m hurdles
Katelyn Saulog 10 (52.29) girls 300m hurdles
Abigale Sheridan 10 (31'-3.5") girls triple jump

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

FROSH/SOPH SUNSET LEAGUE 5TH PLACE – 2 points

Samuel Carresi 10 (18'-5.75") boys long jump

Sophia Craig 10 (5:35.44) girls 1600m

Sadie Parkin 9 (4'-4") girls high jump

Klaus Quinonez 9 (4:44.08) boys fro 1600m

Abigale Sheridan 10 (14' 0.5") girls long jump

Lindsey Udeh 10 (30'-9.75") girls triple jump

FROSH/SOPH SUNSET LEAGUE 6TH PLACE – 1 point

Theodore Brown 1- (102'-1") boys discus

Brian Chico 10 (5'-6") boys high jump

Brian Chico 10 (36'-7") boys triple jump

Delaney Falsken 10 (12:45.18) girls 3200m

Nicholas Fasulo 9 (24.28) boys 200m

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, 2016

Girls 100m Varsity

- Anijah Green (12.78)
- Ashlan Revolar (13.01)
- Dajah Mullins (13.11)

Girls 100m Junior Varsity

- Lia Arambula (13.09)
- Janelle Smith (13.51)
- Grace Ahn (13.57)

Girls 100m Frosh/Soph

- Danielle Limp (13.08)
- Nicole Barham (13.17)

Girls 200m Varsity

- Ashley Willingham (24.77)
- Anijah Green (26.10)
- Dajah Mullins (27.26)
- Claire Stevens (27.28)

Girls 200m Junior Varsity

- Lia Arambula (26.93)
- Janelle Smith (28.14)
- Julia Jue (28.25)
- Grace Ahn (28.80)

Girls 200m Frosh/Soph

- Sydnee Kolster (26.99)
- Danielle Limp (27.17)
- Nicole Barham (27.68)

Girls 400m Varsity

- Ashley Willingham (56.12)
- Caroline Desmet (60.40)
- Bronsyn Ledgard (61.35)
- Claire Stevens (61.81)

Girls 400m Junior Varsity

- Julia Jue (65.97)
- Jayne Deane (71.51)

Girls 400m Frosh/Soph

- Sydnee Kolster (63.10)

Girls 800m Junior Varsity

- Nicole Soto (2:39.49)
- Victoria Hyde (2:45.40)
- Heather Dollins (2:46.34)
- Madison Garcia (2:53.16)

Girls 800m Frosh/Soph

- Annie Bliss (2:32.98)
- Amanda Muniz (2:33.67)
- Lauren Kussler (2:43.43)

Girls 1600m Junior Varsity

- Amber DeMarco (5:49.28)
- Victoria Hyde (5:53.50)
- Cheryl Goodbee (5:53.78)
- Heather Dollins (5:55.57)
- Milani Rivers (5:59.17)
- Elizabeth Satterfield (6:19.43)
- Courtney Yamada (6:30.11)

Girls 1600m Frosh/Soph

- Sophia Craig (5:41.86)
- Delaney Falsken (5:52.31)

Girls 100m Hurdles Varsity

- Ashlan Revollar (15.56)
- Alison Parsons (16.87)

Girls 100m Hurdles Junior Varsity

- Brooke Anger (17.52)
- Savannah Terrell (17.90)
- Lauren Fitzgerald (20.52)
- Jazmin Humphreys (20.63)

Girls 100m Hurdles Frosh/Soph

- Lauren Willingham (16.14)
- Katelyn Saulog (18.06)
- Dannaka Jones (19.30)

Girls 300m Hurdles Junior Varsity

- Brooke Anger (49.84)
- Lauren Fitzgerald (52.16)
- Savannah Terrell (54.55)
- Jazmin Humphreys (55.56)

Girls 300m Hurdles Frosh/Soph

- Lauren Willingham (48.60)
- Katelyn Saulog (53.87)

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

BOYS WHO QUALIFIED AT PRELIMS FOR SUNSET LEAGUE FINALS ON MAY 5, 2016

Boys 100m Varsity

- Jacob Gasser (11.45)

Boys 100m Junior Varsity

- Chris Howard (11.63)
- Ryan Ayale (11.65)
- Jake Mathes (11.66)
- David Pambid (11.80)

Boys 100m Frosh/Soph

- TreVion Ballard (11.36)
- Nicolas Fasulo (11.69)

Boys 200m Varsity

- Holden Edmondson (22.82)
- Adhre Sparks (23.02)

Boys 200m Junior Varsity

- Ryan Ayale (23.65)
- Chris Howard (23.88)
- Jake Mathes (24.44)
- David Pambid (24.75)

Boys 200m Frosh/Soph

- TreVion Ballard (23.40)
- Ahmed Martin (24.01)
- Nicolas Fasulo (24.24)
- Nate Hartman (24.37)

Boys 400m Varsity

- Holden Edmondson (51.51)
- Julian Guerrero (52.68)
- Clay Green (53.08)
- Xavier Esquivel-Coles (54.06)

Boys 400m Junior Varsity

- Noe Vera (54.39)
- Kenneth Jones (56.58)
- Luke Harkins (57.27)

Boys 400m Frosh/Soph

- Ahmed Martin (53.06)
- Justin Randig (54.67)
- Drew Moran (55.43)

Boys 800m Varsity

- Thomas Heib (2:02.27)
- Brandon Bandley (2:05.25)

Boys 800m Junior Varsity

- Gatsby Smith (2:09.19)
- Kyle Lira (2:10.94)
- Joseph Masterson (2:15.04)
- Harrison Smith (2:15.44)
- Lim Lee (2:17.21)
- Constantine Banez (2:17.79)
- Christian Alvarez (2:20.86)
- J'Von Leong (2:21.12)

Boys 800m Frosh/Soph

- Ryan Herda (2:10.45)
- Drew Moran (2:09.46)
- Connor Oltman (2:12.34)
- Samuel Turley (2:12.50)
- Dean Yacoubian (2:15.10)

Boys 1600m Varsity

- Thomas Heib (4:34.23)

Boys 1600m Junior Varsity

- Isaac Banez (4:53.52)
- Ryan Watts (4:57.85)
- Jacob Taylor (4:58.99)
- Kenneth Jones (5:00.86)

Boys 1600m Frosh/Soph

- Dean Yacoubian (4:47.77)
- Nick Van Meter (4: 50.12)
- Joshua Williams (4:52.05)
- Klaus Quinonez (4:53.29)
- Kaleb Yemaneberhane (4:54.28)

Boys 110m Hurdles Varsity

- Jose Rubio (14.90)
- Sean Morgan (15.86)
- Angel Hernandez (16.29)
- Mikhail Gednov (16.91)

Boys 110m Hurdles Frosh/Soph

- Samuel Scott (17.33)
- Cameron Smitson (17.33)

Boys 300m Hurdles Varsity

- Jose Rubio (40.05)
- Angel Hernandez (41.78)
- Sean Morgan (42.06)
- Mikhail Gednov (42.89)
- Javier Esquivel-Coles (43.47)

Boys 300m Hurdles Frosh/Soph

- Samuel Scott (43.66)
- Cameron Smitson (50.82)

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

APR 23, 2016 - Orange County Championships at Mission Viejo HS

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Alison Parsons 12 (37'-4.5") girls triple jump **2nd place** | **SCHOOL RECORD** | **OC #4** | **SS DIV 1 #5**
Alison Parsons 12 (18'-9") girls long jump **Event Champion** | **VAR top ten all-time #2** | **OC #2** | **SS DIV 1 #3**
Andrew Fowler 12 (14'-10") boys pole vault **3rd place** | **VAR top ten all-time #4** | **OC #5** | **SS DIV 1 #5**
(Claire Stevens, Caroline Desmet, Pi'ilani Mata, Ashley Willingham) (3:59.13) girls 4x400m relay **4th place** | **VAR top ten all-time #5** | **OC #5** | **SS DIV 1 #12**
(Ashley Willingham, Anijah Green, Pi'ilani Mata, Ashlan Revollar) (48.68) 4x100m relay **3rd place** | **VAR top ten all-time #7** | **OC #6** | **SS DIV 1 #13**
Caroline Desmet 12 (59.61) girls 400m **VAR top ten all-time #8**
Jade Galloway 10 (17'-3") girls long jump **2nd place** | **VAR top ten all-time #9** | **frosh/soph top ten all-time #2**
Delaney Sanacore 10 (5:18.57) girls 1600m **6th place** | **VAR top ten all-time #9** | **frosh/soph top ten all-time #4**
Nicole Bliss 11 (9'-1") girls pole vault **VAR top ten all-time #9**

OTHER VARSITY NOTABLES

Kallie Given (5'-6") girls high jump **Event Champion** | **OC #5** | **SS DIV 1 #2**
Ashley Willingham 12 (24.76) girls 200m **Event Champion** | **OC #1** | **SS DIV 1 #5**
Thomas Heib 12 (1:54.07) boys 800m **2nd place** | **OC #3** | **SS DIV 1 #6**
Jose Rubio 11 (14.94) boys 110m hurdles **2nd place** | **OC #3** | **SS DIV 1 #10**
Faimalie Sale 10 (39'-9") girls shot put **2nd place** | **OC #3** | **SS DIV 1 #2**
Kevin Schmitt 10 (5'-10") boys high jump **2nd place**
Ashley Willingham 12 (56.43) girls 400m **3rd place** | **OC #1** | **SS DIV 1 #2**
Alison Parsons 12 (15.48) girls 100m hurdles **3rd place** | **OC #5** | **SS DIV 1 #10**
Alison Parsons (5'-0") girls high jump **4th place** | **OC #8** | **SS DIV 1 #12**
Jose Rubio (22'-1.25") men's long jump **4th place** | **OC #5** | **SS DIV 1 #8**
Aspynn Carr 11 (5:32.29) girls 1600m **5th place**
Ryan Coy 12 (160'-2") boys discus **8th place** | **OC #7** | **SS DIV 1 #4**
Jose Rubio 11 (40.10) boys 300m hurdles **8th place** | **OC #10** | **SS DIV 1 #8**

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

Jade Galloway 10 (17'-3") girls long jump **frosh/soph top ten all-time #2** | **2nd place**
Delaney Sanacore 10 (5:18.57) girls 1600m **frosh/soph top ten all-time #4** | **6th place**

OTHER FROSH/SOPH NOTABLES

Brandon Bandle 10 (2:01.14) boys 800m **3rd place**
Michael Parsons 10 (12'-0") boys pole vault **4th place**
Christian Virga 10 (12'-0") boys pole vault **5th place**
Bronsyn Ledgard 10 (2:23.57) girls 800m **5th place**
(Lauren Willingham, Nicole Barham, Sydnee Kolster, Danielle Limp) (51.56) girls 4x100m relay **5th place**
Danielle Limp 9 (12.99) girls 100m **7th place**
Samuel Scott 10 (43.04) boys 300m hurdles **7th place**
Sydnee Kolster 9 (26.77) girls 200m **7th place**
Sean Ayale 9 (5'-4") boys high jump **8th place**
Ahmed Martin 9 (52.65) boys 400m **9th place**

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

APR 20, 2016 - Los Alamitos vs. Fountain Valley at Fountain Valley HS

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Ryan Coy 12 (166'-6") boys discus **VAR top ten all-time #3** | **OC #6**

Jacob Gasser 12 (10.71) boys 100m **VAR top ten all-time #4** | **OC #1** | **CA #13**

Alison Parsons 12 (36'-1.5") girls triple jump **VAR top ten all-time #4** | **OC #10**

Jose Rubio 11 (14.82) boys 110m hurdles **VAR top ten all-time #4** | **OC #3**

Lauren Willingham 10 (15.82) girls 100m hurdles **VAR top ten all-time #5** | **JV SCHOOL RECORD** | **frosh/soph top ten all-time #3** | **OC Frosh/Soph #3**

Miranda Ta'amu 11 (111'-2") girls discus **VAR top ten all-time #8**

Anijah Green 12 (12.63) girls 100m **VAR top ten all-time #9**

JV LAHS TOP 10 ALL-TIME ADDITIONS

Lia Arambula 12 (12.88) girls 100m **JV SCHOOL RECORD**

Lia Arambula 12 (26.65) girls 200m **JV SCHOOL RECORD**

Jared Berryman 10 (10:29.59) boys 3200m **JV SCHOOL RECORD**

Nicole Bliss 11 (9'-0") girls pole vault **JV SCHOOL RECORD**

Lauren Willingham 10 (15.82) girls 100m hurdles **JV SCHOOL RECORD**

Xavier Esquivel-Coles 12 (11.40) boys 100m **JV top ten all-time #3**

Adhre' Sparks 11 (23.29) boys 200m **JV top ten all-time #3**

Chris Howard 11 (11.44) boys 100m **JV top ten all-time #4**

(Jake Mathes, David Pambid, Chris Howard, Ryan Ayale) (45.70) 4x100m relay **JV top ten all-time #4**

Adhre' Sparks 11 (11.57) boys 100m **JV top ten all-time #6**

Savannah Terrell 11 (17.99) girls 100m hurdles **JV top ten all-time #8**

Nicole Soto 9 (2:34.75) girls 800m **JV top ten all-time #9**

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

Lauren Willingham 10 (15.82) girls 100m hurdles **frosh/soph top ten all-time #3** | **OC Frosh/Soph #3**

(Rachel Hermann, Nicole Barham, Sydnee Kolster, Danielle Limp) (50.91) girls 4x100m relay **frosh/soph top ten all-time #4**

(Nicole Barham, Heather Dollins, Danielle Limp, Sydnee Kolster) (4:16.79) girls 4x400m relay **frosh/soph top ten all-time #4**

Danielle Limp 9 (12.70) girls 100m **frosh/soph top ten all-time #7** **OC Frosh/Soph #9**

Reilly McMahan 10 (33'-3") triple jump **frosh/soph top ten all-time #10**

APRIL 16, 2016 - Mt. SAC Relays @ Cerritos College

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Ashley Willingham 12 (55.51) 400m Invitational Race | 2nd place medalist | **OC #1** | **CA #7**

Ashley Willingham 12 (24.53) 200m Invitational Race **VAR top ten all-time #3** | 4th place medalist | **OC #1** | **CA #8**

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

APR 14, 2016 - Los Alamitos vs. Marina at Los Alamitos HS

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Faimalie Sale 10 (41'-5.0") girls shot put **VAR top ten all-time #2** | **F/S SCHOOL RECORD** | **OC #1** | **CA #10**

Miranda Ta'amu 11 (36'-2.75") girls shot put **VAR top ten all-time #5**

Lauren Willingham 10 (16.10) girls 100m hurdles **VAR top ten all-time #6** / **frosh/soph top ten all-time #4**

Jacob Gasser 12 (22.19) boys 200m **VAR top ten all-time #7** | **OC #6**

Jose Rubio 11 (39.62) boys 300m hurdles **VAR top ten all-time #8** | **OC #9**

JV LAHS TOP 10 ALL-TIME ADDITIONS

Lia Arambula 12 (27.06) girls 200m **JV SCHOOL RECORD**

Lia Arambula 12 (15'-4.5") girls long jump **JV SCHOOL RECORD**

Mikhail Gednov 11 (42.09) boys 300m hurdles **JV SCHOOL RECORD**

Angel Hernandez 12 (16.11) boys 100m hurdles **JV SCHOOL RECORD**

(Julia Jue, Grace Ahn, Janelle Smith, Lia Arambula) (52.21) 4x100 relay **JV SCHOOL RECORD**

Angel Hernandez 12 (42.75) boys 300m hurdles **JV top ten all-time #2**

Samuel Scott 10 (16.24) boys 100m hurdles **JV top ten all-time #2** / **frosh/soph top ten all-time #9**

Lia Arambula 12 (13.29) girls 100m **JV top ten all-time #3**

Chris Howard 11 (11.52) boys 100m **JV top ten all-time #3**

Chris Howard 11 (23.51) boys 200m **JV top ten all-time #3**

Andrew Stumpf 11 (4:46.06) boys 1600m **JV top ten all-time #3**

Kaleb Yemaneberhane 9 (10:40.21) boys 3200m **JV top ten all-time #3**

Samuel Scott 10 (43.26) boys 300m hurdles **JV top ten all-time #5**

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

Jacob Taylor 10 (10:49.14) boys 3200m **JV top ten all-time #7**

Dean Yacoubian 10 (4:49.02) boys 1600m **JV top ten all-time #8**

Elizabeth Satterfield 9 (13:53.49) girls 3200m **JV top ten all-time #9**

Grace Ahn 10 (28.05) girls 200m **JV top ten all-time #10**

Savannah Terrell 11 (18.19) girls 100m hurdles **JV top ten all-time #10**

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

Faimalie Sale 10 (41'-5.0") girls shot put **VAR top ten all-time #2** | **F/S SCHOOL RECORD** | **OC #1** | **CA #10**

Lauren Willingham 10 (16.10) girls 100m hurdles **frosh/soph top ten all-time #4**

Rachel Hermann 10 (16.77) girls 100m hurdles **frosh/soph top ten all-time #5**

(Lauren Willingham, Nicole Barham, Sydnee Kolster, Danielle Limp) (51.02) girls 4x100m relay **frosh/soph top ten all-time #5**

Delaney Sanacore 10 (2:24.28) girls 800m **frosh/soph top ten all-time #6**

Delaney Sanacore 10 (5:20.52) girls 1600m **frosh/soph top ten all-time #6**

Klaus Quinonez 9 (10:15.27) boys 3200m **frosh/soph top ten all-time #7**

Danielle Limp 9 (26.39) girls 200m **frosh/soph top ten all-time #9**

Danielle Limp 9 (12.82) girls 100m **frosh/soph top ten all-time #9**

TreVion Ballard 10 (11.31) boys 100m **frosh/soph top ten all-time #10**

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

APR 9, 2016 - Arcadia Invitational at Arcadia HS – Invitational Division

Kallie Given (5'-4") women's high jump invitational field | **3rd place medalist**

APR 9, 2016 - Arcadia Invitational at Arcadia HS – Open Division

Alison Parsons (17'-4.5") women's long jump open field | **2nd place medalist**

Jose Rubio (21'-11") men's long jump open field | **3rd place medalist**

Faimalie Sale (39'-2.25") women's shot put open field | **6th place**

APR 8, 2016 - Arcadia Invitational at Arcadia HS – Emerging Elite Field Events & Burnin Batons Relays

(Jacob Gasser, Jose Rubio, Holden Edmondson, Thomas Heib) (3:26.36) men's 1600m sprint medley relay invitational race | **Event Champions** | **ARCADIA INVITATIONAL MEET RECORD** | **SCHOOL RECORD** | **ORANGE COUNTY ALL-TIME RECORD** | **USA #1**

(Adhre Sparks, Tyler Coffman, Clay Green, Brandon Bandle) (3:35.97) men's 1600m sprint medley relay rated race | **Event Champions**

(Alison Parsons, Lauren Willingham, Pi'ilani Mata, Ashlan Revollar) (1:05.08) women's 4x100m shuttle hurdle relay invitational race | **3rd place** | **SCHOOL RECORD** | **USA #10**

(Ashlan Revollar, Jahnia Green, Anijah Green, Ashley Willingham) (1:44.99) women's 4x200m relay rated race | **2nd place medalists**

(Pi'ilani Mata, Anijah Green, Ashley Willingham, Bronsyn Ledgard) (4:11.04) women's 1600m sprint medley relay invitational race | **6th place**

Mark Neal (20'-3") men's long jump emerging elite field | **8th place**

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

APR 6, 2016 - Los Alamitos vs. Huntington Beach vs. Newport Harbor at Los Alamitos HS

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Miranda Ta'amu 11 (33'-7") girls shot put **VAR top ten all-time #6**

OTHER VARSITY NOTABLES

Sean Ayale 9 (6'-0") boys high jump | (20'-2.5") boys long jump **OC #8**

Pi'ilani Mata 12 (26.49) girls 200m

Ashlan Revollar 12 (15.65) girls 100m hurdles **OC #9**

JV LAHS TOP 10 ALL-TIME ADDITIONS

Angel Hernandez 12 (16.56) boys 100m hurdles **JV SCHOOL RECORD**

Michael Parsons 19 (12'-0") boys pole vault **JV SCHOOL RECORD**

Lauren Willingham 10 (17.00) girls 100m hurdles **JV SCHOOL RECORD**

Lauren Willingham 10 (49.14) girls 300m hurdles **JV SCHOOL RECORD**

Nicole Bliss 11 (8'-6") girls pole vault **JV top ten all-time #2**

(Angel Hernandez, Mikhail Gednov, David Pambid, Theodore Brown) (45.60) 4x100 relay **JV top ten all-time #2**

Gatsby Smith 11 (2:07.54) boys 800m **JV top ten all-time #3**

Kaleb Yemaneberhane 9 (10:41.31) boys 3200m **JV top ten all-time #3**

(Heather Dollins, Lauren Fitzgerald, Victoria Hyde, Lauren Willingham) (4:33.04) 4x400 relay **JV top ten all-time #5**

Karlie Gonzalez 10 (4'-6") girls high jump **JV top ten all-time #6**

Mikhail Gednov 11 (17.23) boys 100m hurdles **JV top ten all-time #6**

Angel Hernandez 12 (43.64) boys 300m hurdles **JV top ten all-time #6**

(Angel Hernandez, Samuel Scott, Christian Alvarez, Gatsby Smith) (3'44.60) 4x400m relay **JV top ten all-time #7**

Samuel Scott 10 (17.38) boys 100m hurdles **JV top ten all-time #7**

Samuel Scott 10 (43.85) boys 300m hurdles **JV top ten all-time #8**

Alyssa Lea-Wilson 10 (14'-2") girls long jump **JV top ten all-time #10**

(Madison Reid, Grace Ahn, Savannah Terrell, Janelle Smith) (55.27) girls 4x100m relay **JV top ten all-time #10**

OTHER JV NOTABLES

Eliel Davis 9 (37'-2.25") boys triple jump

Alyssa Lea-Wilson 10 (30'-5.5") girls triple long jump

Gavin Stock 11 (37'-2.25") boys discus throw

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

Lauren Willingham 10 (17.00) girls 100m hurdles **frosh/soph top ten all-time #5**

Rachel Hermann 10 (48.98) girls 300m hurdles **frosh/soph top ten all-time #8**

Delaney Sanacore 10 (5:26.36) girls 1600m **frosh/soph top ten all-time #10**

Kevin Schmitt 10 (6'-0") boys high jump **frosh/soph top ten all-time #10**

Lauren Willingham 10 (49.14) girls 300m hurdles **frosh/soph top ten all-time #10**

OTHER FROSH/SOPH NOTABLES

Nicholas Fasulo 9 (11.97) boys 100m | (23.82) boys 200m

Ahmed Martin 9 (53.82) boys 400m

Luke Rodriguez 10 (19'-8") boys long jump | (37'-0") boys triple jump

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

MAR 26, 2016 - Beach Cites Invitational at Huntington Beach HS

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Brooke Anger 11 (9'-6") girls pole vault **VAR top ten all-time #6** | 8th place medalist

Brandon Bandle 10 (1:58.36) boys 800m **VAR top ten all-time #8** | **F/S top ten all-time #2** | 3rd place | **OC #10**

Jose Rubio 11 (14.97) boys 110m hurdles **VAR top ten all-time #10** | 3rd place medalist | **OC #3** | **CA #25**

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

Allison Millar 9 (8'-6") girls pole vault **frosh/soph top ten all-time #6** | 4th place medalist

Klaus Quinonez 9 (10:16.52) boys 3200m **frosh/soph top ten all-time #7** | 3rd place medalist

Rachel Hermann 10 (49.37) girls 300m hurdles **frosh/soph top ten all-time #9** | 5th place medalist

(Rachel Hermann, Nicole Barham, Sydnee Kolster, Danielle Limp) (51.25) girls 4x100m relay **frosh/soph top ten all-time #7** | 2nd place medalists

OTHER VARSITY NOTABLES

Thomas Heib 12 (1:56.33) boys 800m **Event Champion** | **OC #2** | **CA #14**

Alison Parsons 12 (5'-0") girls high jump **Event Champion**

Tyler Coffman 12 (21'-7.5") boys long jump **3rd place medalist**

Holden Edmondson 12 (50.51) boys 400m **3rd place medalist** | **OC #5**

Andrew Fowler 12 (14'-1") boys pole vault **4th place medalist**

Jacob Gasser 12 (11.09) boys 100m **4th place medalist** | **OC #7**

Bronsyn Ledgard 10 (2:21.95) girls 800m **4th place medalist**

Jacob Gasser 12 (22.41) boys 200m **5th place medalist**

Alison Parsons 12 (15.86) girls 100m hurdles **6th place medalist**

Alison Parsons 12 (35'-6") triple jump **7th place medalist**

Mark Neal 12 (20'-11.5") boys long jump **7th place medalist**

Ashlan Revollar 12 (15.92) girls 100m **7th place medalist**

Delaney Sanacore 10 (5:27.73) girls 1600m **7th place medalist**

Caroline Desmet 11 (60.02) girls 400m **8th place medalist**

OTHER FROSH/SOPH NOTABLES

Michael Parsons 10 (12'-0") boys pole vault **Event Champion**

TreVion Ballard 10 (11.65) boys 100m **3rd place medalist**

Bryan Chico 10 (5'-8") boys high jump **3rd place medalist**

Jade Galloway 10 (16'-5.5") girls long jump **3rd place medalist**

Sydnee Kolster 9 (62.39) girls 400m **3rd place medalist**

Danielle Limp 9 (13.27) girls 100m **3rd place medalist**

Samuel Scott 10 (43.26) boys 300m hurdles **3rd place medalist**

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

OTHER FROSH/SOPH NOTABLES, continued

Sean Ayale 9 (6'-0") boys high jump **4th place medalist**

Jered Barryman 10 (10:24.40) boys 3200m **4th place medalist**

Annie Bliss 10 (2:29.43) girls 800m **4th place medalist**

Ryan Herda 10 (2:07.31) boys 800m **4th place medalist**

Sydnee Kolster 9 (27.09) girls 200m **4th place medalist**

Alison Parsons 12 (17'-2.5") girls long jump **4th place medalist**

Christian Virga 10 (11'-0") boys pole vault frosh/soph **4th place medalist**

Lauren Willingham 10 (17.30) girls 100m hurdles **4th place medalist**

Sean Ayale 9 (18'-8.5") boys long jump **5th place medalist**

Kevin Schmitt 10 (5'-6") boys high jump **5th place medalist**

Samuel Scott 10 (17.39) boys 110m hurdles **5th place medalist**

Madison Wilson 10 (4'-6") girls high jump **6th place medalist**

Kaleb Yemaneberhane 9 (10:31.09) boys 3200m **6th place medalist**

Sean Ayale 9 (37'-8.5") boys triple jump frosh/soph **7th place medalist**

Nicole Barham 9 (13.53) girls 100m **7th place medalist**

Jacob Taylor 10 (10:39.02) boys 3200m **7th place medalist**

Nick Van Meter 9 (4:53.94) boys 1600m **7th place medalist**

Lauren Willingham 10 (51.03) girls 300m hurdles **7th place medalist**

Bryan Chico 10 (37'-3.5") boys triple jump **8th place medalist**

Sophia Craig 10 (5:40.05) girls 1600m **8th place medalist**

Lauren Kussler 10 (2:33.475) girls 800m **8th place medalist**

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

MAR 24, 2016 - Los Alamitos vs. Edison at Los Alamitos HS

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Tyler Coffman 12 (23'-3") boys long jump **VAR top ten all-time #2** | **OC #2** | **CA #6** | **US #21**

Kallie Given 11 (5'-6") girls high jump **VAR top ten all-time #2** | **OC #1** | **CA #2** | **US #18**

Alison Parsons 12 (18'-5") girls long jump **VAR top ten all-time #2** | **OC #2** | **CA #13**

Alison Parsons 12 (35'-10.5") triple jump **VAR top ten all-time #4** | **OC #8**

Andrew Fowler 12 (14'-7") boys pole vault **VAR top ten all-time #5** | **OC #4** | **CA #14**

Ryan Coy 12 (158'-0") boys discus **VAR top ten all-time #5** | **OC #12**

Jacob Gasser 12 (10.84) boys 100m **VAR top ten all-time #6** | **OC #2** | **CA #18**

OTHER VARSITY NOTABLES

Alison Parsons 12 (5'-2") girls high jump **OC #4**

Alison Parsons 12 (15.47) girls 100m hurdles **OC #5**

Holden Edmondson 12 (22.59) boys 200m **OC #6**

Ashlan Revollar 12 (15.66) girls 100m hurdles **OC #7**

JV LAHS TOP 10 ALL-TIME ADDITIONS

Mikhail Gednov 11 (42.30) boys 300m hurdles **JV SCHOOL RECORD**

Brooke Hearn 11 (9'-0") girls pole vault **JV SCHOOL RECORD**

Ryan Apana 12 (20'-0") boys long jump **JV top ten all-time #2**

Xavier Esquivel-Coles 12 (42.93) boys 300m hurdles **JV top ten all-time #2**

Julian Guerrero 12 (53.11) boys 400m **JV top ten all-time #2**

Ryan Apana 12 (39'-7") boys triple jump **JV top ten all-time #3**

(Julia Jue, Grace Ahn, Savannah Terrell, Janelle Smith) (53.55) girls 4x100m relay **JV top ten all-time #3**

Grace Ahn 10 (13.37) girls 100m **JV top ten all-time #4**

Sadie Parkin 9 (4'-6") girls high jump **JV top ten all-time #6**

Lauren Fitzgerald 11 (51.72) girls 300m hurdles **JV top ten all-time #7**

Noe Vera 12 (53.90) boys 400m **JV top ten all-time #9**

Halli Kim 10 (14'-3.75") girls long jump **JV top ten all-time #9**

Elizabeth Satterfield 9 (13:57.39) girls 3200m **JV top ten all-time #9**

Che Woolery 12 (19'-1") boys long jump **JV top ten all-time #10**

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

(Rachel Hermann, Nicole Barham, Sydnee Kolster, Danielle Limp) (51.26) girls 4x100m relay **frosh/soph top ten all-time #7**

Lauren Willingham 10 (17.06) girls 100m hurdles **frosh/soph top ten all-time #7**

Klaus Quinonez 9 (10:18.34) boys 3200m **frosh/soph top ten all-time #8**

Rachel Hermann 10 (49.38) girls 300m hurdles **frosh/soph top ten all-time #9**

Sean Ayale 9 (6'-0") boys high jump **frosh/soph top ten all-time #10** | **OC #8**

TreVion Ballard 10 (11.34) boys 100m **frosh/soph top ten all-time #10**

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

MAR 19, 2016 - Laguna Trophy Invitational at Laguna Beach HS

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Faimalie Sale 10 (128'-3") girls discus **VAR top ten all-time #3** | **F/S SCHOOL RECORD** | **OC #5** | **CA #14**

MAR 18-19, 2016 - California Relays Day 1 at Cerritos College

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

(Jacob Gasser, Jose Rubio, Holden Edmondson, Thomas Heib) boys 1600m SMR (3:28.64) **VAR top ten all-time #2** | **Meet Record** | **U.S.A. #1**

(Anijah Green, Jahnia Green, Ashley Willingham, Bronsyn Ledgard) girls 1600m SMR (4:08.20) **VAR top ten all-time #2** | **Event Champion** | **CA #2** | **U.S.A. #4**

Thomas Heib 12 (4:18.78) boys 1600m **VAR top ten all-time #2** | **Event Champion** | **OC #5** | **CA #12**

Tyler Coffman 12 (21'-10.25") boys long jump **VAR top ten all-time #10** | **2nd place** | **OC #2**

OTHER VARSITY NOTABLES

Andrew Fowler 12 (14'-0") boys pole vault **Event Champion** | **OC #3**

Ashley Willingham 12 (55.79) girls 400m **Event Champion** **OC #1** | **CA #3** | **US #20**

Kallie Given 11 (5'-6") girls high jump **2nd place** | **OC #1** | **CA #2** | **US #18**

Ashley Willingham 12 (24.83) girls 200m **3rd place** **OC #1** | **CA #5**

Jacob Gasser 12 (11.10) boys 100m prelims **2nd fastest prelims qualifier time** | **OC #7 wind legal**

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

Brandon Bandley 10 (2:01.03) boys 800m **frosh/soph top ten all-time #3** | **Event Champion**

OTHER FROSH/SOPH NOTABLES

(Annie Bliss, Sophia Craig, Delaney Falsken, Delaney Sanacore) girls 4x800m relay (10:24.40) **2nd place**

(Lauren Kussler, Amanda Muniz, Tori Hyde, Milani Rivers) girls 4x800m relay (10:28.10) **3rd place**

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

MAR 16, 2016 - Los Alamitos vs. Troy and Woodbridge at Los Alamitos HS

NOTE: Finished Results only provided partial results. We're waiting to receive results from first half of meet.

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Faimalie Sale 10 (40'-8.25") girls shot put **VAR top ten all-time #2** | **F/S SCHOOL RECORD** | **OC #1** | **CA #5**

Ashley Willingham 12 (12.05) girls 100m **VAR top ten all-time #3** | **OC #1** | **CA #9**

Alison Parsons 12 (47.67) girls 300m hurdles **VAR top ten all-time #8** | **OC #9**

(**Jose Rubio, Tyler Coffman, Adhre Sparks, Jacob Gasser**) boys 4x100m relay (42.94) **VAR top ten all-time #10**

JV LAHS TOP 10 ALL-TIME ADDITIONS

(**Jake Mathes, Mikhail Gednov, Ryan Apana, Angel Hernandez**) boys 4x100m relay (45.67) **JV top ten all-time #2**

Mikhail Gednov 11 (43.61) boys 300m hurdles **JV top ten all-time #4**

Mikhail Gednov 11 (17.42) boys 110m hurdles **JV top ten all-time #6**

Mikhail Gednov 11 (5'-6") boys high jump **JV top ten all-time #6**

Julia Jue 11 (28.03) girls 200m **JV top ten all-time #7**

Lauren Fitzgerald 11 (52.13) girls 300m hurdles **JV top ten all-time #8**

Samuel Scott 10 (17.66) boys 110m hurdles **JV top ten all-time #9**

Rachel Hermann 10 (52.13) girls 300m hurdles **JV top ten all-time #10**

Elizabeth Satterfield 9 (14:03.26) girls 3200m **JV top ten all-time #10**

Jacob Taylor 10 (10:55.28) boys 3200m **JV top ten all-time #10**

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

Brandon Bandle 10 (2:02.05) boys 800m **frosh/soph top ten all-time #4**

Michael Parsons 10 (12'-6") boys pole vault **frosh/soph top ten all-time #6**

Klaus Quinonez 9 (10:18.34) boys 3200m **frosh/soph top ten all-time #10**

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

MAR 11-12, 2016 - Redondo NIKE Track & Field Festival at Redondo Union HS

Los Al Boys & Girls Track & Field Teams placed **2nd Overall** at state-wide **Redondo NIKE Track & Field Festival**. Individual highlights include:

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

(Clay Green, Gatsby Smith, Brandon Bandle, Thomas Heib) (8:19.49) boys 4x800m relay **SCHOOL RECORD**

Faimalie Sale 10 (38'-4.5") girls shot put **VAR top ten all-time #3** | **frosh/soph top ten all-time #2** | **OC #3**

Jose Rubio 11 (40.34) boys 300m hurdles **VAR top ten all-time #10** | **OC #7**

OTHER VARSITY NOTABLES

Ashley Willingham 12 (55.86) girls 400m **Event Champion & Meet Record OC #1** | **CA #2** | **US #12**

Jose Rubio 11 (21'-10") boys long jump **Event Champion & Meet Record**

Jose Rubio 11 (15.13) boys 110m hurdles **Event Champion OC #2** | **CA #13**

(Ashley Willingham, Anijah Green, Claire Stevens, Pi'ilani Mata) (1:52.01) girls 800 SMR **2nd place**

Kallie Given 11 (5'-2") girls high jump **2nd place**

Andrew Fowler 12 (14'-0") boys pole vault **3rd place**

Mark Neal 12 (21'-1.75") boys long jump **3rd place**

Alison Parsons 12 (5'-0") girls high jump **3rd place**

Faimalie Sale 10 (116'-6") girls discus **3rd place**

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

Jade Galloway 10 (17'-1") girls long jump **frosh/soph top ten all-time #5**

(Lauren Willingham, Nicole Barham, Sydnee Kolster, Danielle Limp) (51.71) girls 4x100m relay **frosh/soph top ten all-time #10**

OTHER FROSH/SOPH NOTABLES

Christian Virga 10 (12'-0") boys pole vault frosh/soph **1st place Frosh/Soph Meet Record**

(Rachel Hermann, Nicole Barham, Danielle Limp, Sydnee Kolster) (1:58.18) girls 800 SMR frosh/soph **2nd place**

(Delaney Sanacore, Annie Bliss, Lauren Kuessler, Bronsyn Ledgard) (10:03.97) girls 4x800m relay f/s **3rd place**

Sam Carresi 10 (39'-2.5") boys triple jump frosh/soph **3rd place**

Lauren Willingham (50.35) girls 300m hurdles frosh/soph **3rd place**

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

MAR 9, 2016 - Los Alamitos vs. Servite, Rosary and West Adams at Los Alamitos HS

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Kallie Given 11 (5'-6") girls high jump **VAR top ten all-time #2** OC #1 | CA #1 | US #12

Faimalie Sale 10 (124'-8.25") girls discus **VAR top ten all-time #4** | **F/S SCHOOL RECORD** | OC #6 | CA #12

Ariana Ford 12 (17'-7") girls long jump **VAR top ten all-time #4** OC #10 | CA #15

Thomas Heib 12 (4:26.18) boys 1600m **VAR top ten all-time #4** OC #12 | CA #20

Ryan Coy 12 (151'-8") boys discus **VAR top ten all-time #8** | OC #10

JV LAHS TOP 10 ALL-TIME ADDITIONS

Lauren Willingham 10 (50.08) girls 300m hurdles **JV SCHOOL RECORD**

Ryan Apana 12 (19'-9.5") boys long jump **JV top ten all-time #2**

Xavier Esquivel-Coles 12 (5'-8") boys high jump **JV top ten all-time #2**

Lauren Willingham 10 (17.62) girls 100m hurdles **JV top ten all-time #3**

Haley Hanson 11 (14'-10") girls long jump **JV top ten all-time #3**

Julia Jue 11 (65.04) girls 400m **JV top ten all-time #5**

Mikhail Gednov 11 (44.03) boys 300m hurdles **JV top ten all-time #6**

Lauren Fitzgerald 11 (52.27) girls 300m hurdles **JV top ten all-time #8**

Julia Jue 11 (28.09) girls 200m **JV top ten all-time #8**

Mikhail Gednov 11 (17.91) boys 110m high hurdles **JV top ten all-time #10**

Mikhail Gednov 11 (5'-4") boys high jump **JV top ten all-time #10**

Cesar Jimenez 11 (4:50.70) boys 1600m **JV top ten all-time #10**

James Sparks 11 (18'-11.25") boys long jump **JV top ten all-time #10**

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

Jade Galloway 10 (16'-10") girls long jump **frosh/soph top ten all-time #5**

Michael Parsons 10 (12'-0") boys pole vault **frosh/soph top ten all-time #9**

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

MAR 4, 2016 - Griffin Relays at Los Alamitos HS

LEADING THE STATE / NATION

(Jacob Gasser, Adhre Sparks, Holden Edmondson, Thomas Heib) boys 1600m SMR (3:33.89) **CA #1** | **US #6**

(Alison Parsons, Lauren Willingham, Pi'ilani Mata, Ashlan Revollar) girls 4x100m shuttle hurdles (1:07.77) **CA #2** | **US #2**

(Claire Stevens, Anijah Green, Ashley Willingham, Bronsyn Ledgard) girls 1600m SMR (4:12.17) **CA #3** | **US #4**

Kallie Given 11 (5'-2") girls high jump **CA #9**

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Jose Rubio 11 (22'-5.25") boys long jump **VAR top ten all-time #4** **CA #2**

Faimalie Sale 10 (37'-7.75") girls shot put **VAR top ten all-time #4** | **frosh/soph top ten all-time #2** **CA #15**

Ariana Ford 12 (16'-10.75") girls long jump **VAR top ten all-time #8**

Mark Neal 12 (22'-1") boys long jump **VAR top ten all-time #9** **CA #7**

Ryan Coy 12 (148'-3") boys discus **VAR top ten all-time #10**

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

Reilly McMahan 10 (16'-7.5") girls long jump **frosh/soph top ten all-time #6**

Christian Virga 10 (12'-0") boys pole vault **frosh/soph top ten all-time #7**

(Rachel Hermann, Nicole Barham, Sydnee Kolster, Danielle Limp) (51.66) girls 4x100m relay **frosh/soph top ten all-time #9**

Allison Millar 9 (8'-0") girls pole vault **frosh/soph top ten all-time #10**

Cameron Shatsky 10 (16'-0.5") girls long jump **frosh/soph top ten all-time #10**

OTHER NOTABLES

Reilly McMahan 10 (32'-10") girls triple jump varsity

Sam Pye 12 (6'-0") boys high jump varsity

Jocelyn Buska 10 (31'-4") girls triple jump open

LAHS TRACK & FIELD - 2016 SEASON HIGHLIGHTS

FEB 27, 2016 - Mustang Round Up at Trabuco Hills HS

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Faimalie Sale 10 (35'-5") girls shot put **1st place** VAR top ten all-time #4 | frosh/soph top ten all-time #2

Andrew Fowler 12 (14'-6") boys pole vault **1st place** VAR top ten all-time #5

Bronsyn Ledgard 10 (2:21.27) girls 800m **4th place** VAR top ten all-time #5 | F/S top ten all-time #2

Brooke Anger 11 (9'-0") girls pole vault **7th place** VAR top ten all-time #10

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

Faimalie Sale 10 (106'-10") girls discus **2nd place** frosh/soph top ten all-time #5

Christian Virga 10 (11'-6") boys pole vault **5th place** frosh/soph top ten all-time #10

OTHER VARSITY NOTABLES

Kallie Given 11 (5'-2") girls high jump varsity **1st place**

Alison Parsons 12 (18'-0") girls long jump varsity **1st place**

Jose Rubio 11 (41'-5") boys triple jump varsity **1st place**

Brandon Bandle 10 (40'-4.75") boys triple jump varsity **2nd place**

Caroline DeSmet 11 (1:00.63) girls 400m varsity **2nd place**

Holden Edmondson 12 (22.99) boys 200m varsity **2nd place**

Holden Edmondson 12 (50.90) boys 400m varsity **2nd place**

Mark Neal 12 (5'-10") boys high jump varsity **2nd place**

Mark Neal 12 (21'-3") boys long jump varsity **2nd place**

Alison Parsons 12 (34'-10") girls triple jump varsity **2nd place**

Brooke Anger 11 (49.51) girls 300m hurdles **3rd place**

Reilly McMahan 10 (5'-0") girls high jump varsity **3rd place**

Alison Parsons 12 (15.85) girls 100m hurdles varsity **3rd place**

Sam Pye 12 (J5'-10") boys high jump varsity **3rd place**

Jose Rubio 11 (15.52) boys 110m hurdles varsity **3rd place**

OTHER FROSH/SOPH NOTABLES

Sean Ayale 9 (19'-2.5") boys long jump frosh/soph **1st place**

Ben Chao 10 (5'-9") boys high jump frosh/soph **1st place**

Jina Lee 10 (31'-10") girls triple jump frosh/soph **1st place**

Cameron Shatsky 10 (15'-0.5") girls long jump frosh/soph **1st place**

Lauren Willingham 10 (17.37) girls 100m hurdles frosh/soph **1st place**

Lauren Willingham 10 (50.76) girls 300m hurdles frosh/soph **1st place**

Sean Ayale 9 (5'-4") boys high jump frosh/soph **2nd place tie**

Jocelyn Buska 10 (29'-6") girls triple jump frosh/soph **2nd place**

Ben Chao 10 (36'-2.5") boys triple jump frosh/soph **2nd place**

Bryan Chico 10 (5'-4") boys high jump frosh/soph **2nd place tie**

Conner Wells 9 (41'-7") boys shot put frosh/soph **2nd place**

Sean Ayale 9 (36'-1.5") boys triple jump frosh/soph **3rd place**

Jared Barryman 10 (10:27.72) boys 3200m frosh/soph **3rd place**

Jina Lee 10 (14'-7.25") girls long jump frosh/soph **3rd place**

Abigale Sheridan 10 (29'-0") girls triple jump frosh/soph **3rd place**