

LAHS TRACK & FIELD - 2015 SEASON HIGHLIGHTS

Summary of School Records, Orange County All-Time Records, California & National Rankings

Andrew Carty	B-400 (48.25) LAHS Record, CA #19, US Senior #96
Brandon Douglas	B-100 (10.86) CA #44 B-200 (22.08) CA #69
Kallie Given	G-HJ (5'5") CA #22, US Sophomore #48
Manuel Gomez	B-110H (14.97 wind aided / 15.20 wind legal) CA #84 B-300H (38.92) CA #42
Thomas Heib	B-800 (1:51.49) LAHS Record, OC All-Time #15, CA #4, US Junior #7, US #29
Katie Izzo	G-800 (2:10.45) LAHS Record, OC All-Time #20, CA #17, US Sr. #21, US #63 G-1600 (4:55.27) LAHS Record, CA #24, US Senior #40 G-3200 (10:21.67) LAHS Record, OC All-Time #7, CA #8, US Sr. #12, US #22
Sara Limp	G-100 (11.88w; 11.94 wind legal) LAHS Record, OC All-Time #3, CA #17, US Senior #41, US #96 G-200 (23.95w; 24.18 wind legal) LAHS Record, OC All-Time #2, CA #9, US Senior #22, US #51
Alison Parsons	G-100H (15.16) CA #50 G-HJ (5'2") CA #87 G-LJ (18' 4.25"w / 18' 4.0" wind legal) OC All-Time #12 & #31, CA #24, US Jr. #36
Bailey Thayer	B-110H (15.22 wind aided / 15.00 wind legal) CA #99
Ashley Willingham	G-200 (24.67w / 24.82 wind legal) OC All-Time #13, CA #43, US Junior #67 G-400 (54.89) LAHS Record, OC All-Time #3, CA #9, US Junior #21, US #64
Boys Relay	4x100 (42.86) CA #78 Jacob Gasser, Tyler Coffman, Holden Edmondson, Brandon Douglas
Boys Relay	4x200 (1:29.13) CA #11, OC All-Time #16, LAHS Record Manuel Gomez, Holden Edmondson, Andrew Carty, Brandon Douglas
Boys Relay	4x400 (3:21.38) CA #44 Bryce Sullivan, Manny Gomez, Thomas Heib, Andrew Carty
Boys Relay	1600 Sprint Medley Relay (3:27.64) CA #1, US #4, OC All-Time #5, LAHS Record Brandon Douglas, Manuel Gomez, Andrew Carty, Thomas Heib
Girls Relay	4x100 (46.91) CA #12, US #47, OC All-Time #3, LAHS Record Ashley Willingham, Anijah Green, Kenna Limp, Sara Limp
Girls Relay	4x200 (1:40.42) CA #6, US #65, LAHS Record Ashley Willingham, Brianna Taylor, Kenna Limp, Sara Limp
Girls Relay	4x400 (3:48.97) CA #11, US #48, OC All-Time #3, LAHS Record Sarah Pisani, Brianna Taylor, Sara Limp, Ashley Willingham
Girls Relay	4x800 (9:32.18) CA #16, OC All-Time #14, LAHS Record Bronsyn Ledgard, Ashley Willingham, Nicole Bliss, Katie Izzo
Girls Relay	1600 Sprint Medley Relay (3:58.63) CA #1, US #1, OC All-Time #1, LAHS Record Anijah Green, Sara Limp, Ashley Willingham, Katie Izzo

LAHS 2015 TRACK & FIELD HIGHLIGHTS LEAGUE, INVITATIONAL and CIF COMPETITION

June 6 '15

CIF-State Championship FINALS @ Veterans Memorial Stadium at Buchanan HS, Clovis

Katie Izzo (10:21.67) 3200m **4th place medalist; SCHOOL RECORD; CA #8; US #22; Orange County All-Time #7**

(Sarah Pisani, Brianna Taylor, Sara Limp, Ashley Willingham) (3:49.29) 4x400m relay **6th place medalists**

(Ashley Willingham, Anijah Green, Kenna Limp, Sara Limp) (47.297) 4x100m relay **7th place**

Thomas Heib (1:53.80) 800m **7th place**

June 5 '15

CIF-State Championship PRELIMS @ Veterans Memorial Stadium at Buchanan HS, Clovis

(Sarah Pisani, Brianna Taylor, Sara Limp, Ashley Willingham) (3:48.97) 4x400m relay **5th place; SCHOOL RECORD; Orange County All-Time #3; CIF State Finals Qualifier**

(Ashley Willingham, Anijah Green, Kenna Limp, Sara Limp) (47.07) 4x100m relay **6th place; CIF State Finals Qualifier**

Thomas Heib (1:53.92) 800m **8th place; CIF State Finals Qualifier**

Ashley Willingham (55.62) 400m **12th place**

May 29 '15

CIF-Southern Section Masters @ Cerritos College

3 SCHOOL RECORDS / 8 Griffin athletes qualify for CIF STATE Championships on June 5-6

Thomas Heib (1:51.49) 800m **WINNER; SCHOOL RECORD; CA #4 Overall / CA #2 11th Grader / US #16 / US 11th grader #3; CIF State Championships Qualifier**

Ashley Willingham (54.89) 400m **4th place; SCHOOL RECORD; #3 Orange County All-Time; CA #7 overall / CA #3 11th grader / US #20 11th grader; CIF State Championships Qualifier**

Katie Izzo (10:32.92) 3200m **5th place; SCHOOL RECORD; CA #18 overall / CA #7 12th grader / US #26 12 grader; CIF State Championships Qualifier**

(Ashley Willingham, Sarah Pisani, Brianna Taylor, Sara Limp) (3:50.25) 4x400m relay **5th place; CIF State Championships Qualifier**

(Ashley Willingham, Anijah Green, Kenna Limp, Sara Limp) (47.12) 4x100m relay **6th place; CIF State Championships Qualifier**

May 23 '15

CIF-Southern Section Division I Finals @ Cerritos College

5 SCHOOL RECORDS / 9 Griffin athletes qualify for CIF-SS Masters Meet on Friday, May 29

Katie Izzo (10:34.91) 3200m **2nd place**; **SCHOOL RECORD**; **CIF-SS Master Qualifier**

Katie Izzo (2:10.44) 800m **3rd place**; **SCHOOL RECORD**; **CIF-SS Master Qualifier**

Thomas Heib (1:52.15) 800m **2nd place**; **SCHOOL RECORD**; **CIF-SS Master Qualifier**

Sara Limp (23.95) 200m **5th place**; **SCHOOL RECORD**; **#2 Orange County All-Time wind-aided**;
CIF-SS Master Qualifier

(Ashley Willingham, Sarah Pisani, Brianna Taylor, Sara Limp) (3:49.55) 4x400m relay **6th place**;
SCHOOL RECORD; **#9 Orange County All-Time** **CIF-SS Master Qualifier**

(Ashley Willingham, Anijah Green, Kenna Limp, Sara Limp) (47.05) 4x100m relay **5th place**;
CIF-SS Master Qualifier

Ashley Willingham (56.37) 400m **3rd place**; **CIF-SS Master Qualifier**

Alison Parsons (18' 4") long jump **6th place**; **CIF-SS Master Alternate**

Alison Parsons (15.17) 100m hurdles **7th place**

Manny Gomez (38.96) 300m hurdles **6th place**

Brandon Douglas (10.99) 100m **8th place**

May 16 '15

CIF-Southern Section Division I Prelims @ Trabucco Hills High School

Top 9 places advanced to CIF-Southern Section Divisional Finals. **Fourteen Griffins qualified for CIF-SS Divisional Finals** on Saturday, May 23, 2015 @ Cerritos College in Norwalk ...

Katie Izzo (2:11.06) 800m **1st place**

Katie Izzo (10:38.08) 3200m **2nd place**

Sara Limp (24.18) 200m **2nd place**; **#3 Orange County All-Time**

Sara Limp (11.94) 100m **4th place**; **#3 Orange County All-Time**

Ashley Willingham (55.12) 400m **1st place**; **SCHOOL RECORD**; **#4 Orange County All-Time**

Ashley Willingham (24.83) 200m **9th place**

(Sarah Pisani, Sara Limp, Brianna Taylor, Ashley Willingham) (3:51.40) 4x400m relay **1st place**;
SCHOOL RECORD

(Ashley Willingham, Anijah Green, Kenna Limp, Sara Limp) (46.91) 4x100m relay **3rd place**; **SCHOOL RECORD**; **#3 Orange County All-Time**

Alison Parsons (17' 6.25") long jump **8th place**
Alison Parsons (15.70) 100m hurdles **10th place**, 1st alternate

Kallie Given (5' 4") high jump **10th place**; 1st alternate

Brianna Taylor (59.34) 400m **22nd place**; **LAHS varsity top ten all-time #7**

Thomas Heib (1:53.67) 800m **4th place**; **SCHOOL RECORD**

Andrew Carty (48.79) 400m **5th place**

Manny Gomez (38.92) 300m hurdles **6th place**; **LAHS varsity top ten all-time #4**

Brandon Douglas (10.85) 100m **9th place**; **LAHS varsity top ten all-time #8**

Brandon Douglas (22.08) 200m **10th place**, 1st alternate

(Bryce Sullivan, Manny Gomez, Thomas Heib, Andrew Carty) (3:21.38) 4x400m relay **10th place**, 1st alternate; **LAHS varsity top ten all-time #5**

May 7 '15

Sunset League Championships @ Huntington Beach High School

CIF QUALIFIERS: GIRLS - 23 / BOYS - 13

SUNSET LEAGUE TEAM CHAMPIONS - 4 (VARSITY GIRLS; VARSITY BOYS; JV BOYS; F/S GIRLS)

SUNSET LEAGUE EVENT CHAMPIONS - 38

MEET RECORDS - 4

SCHOOL RECORDS - 8

LAHS TOP TEN ALL-TIME LIST ADDITIONS - 39

GIRLS VARSITY - SUNSET LEAGUE CHAMPIONS (210 POINTS)

Sara Limp (11.88) 100m **LEAGUE CHAMPION**; **MEET RECORD**; **SCHOOL RECORD**; **CIF QUALIFER**

Sara Limp (24.16) 200m **LEAGUE CHAMPION**; **MEET RECORD**; **SCHOOL RECORD**; **CIF QUALIFER**

Katie Izzo (10:37.07) 3200m **LEAGUE CHAMPION**; **SCHOOL RECORD**; **CIF QUALIFER**

Katie Izzo (2:10.78) 800m **2nd place**; **SCHOOL RECORD**; **BROKE MEET RECORD**; **CIF QUALIFER**

Alison Parsons (18' 4.25") long jump **LEAGUE CHAMPION**; **CIF QUALIFER**; **VAR top ten all-time #2**

Alison Parsons (35' 0.25") triple jump **LEAGUE CHAMPION**; **CIF QUALIFER**

Alison Parsons (15.16) 100m hurdles **3rd place**; **VAR top ten all-time #3**; **CIF QUALIFER**

Alison Parsons (5' 2") high jump **3rd place**; **CIF QUALIFER**

Ashley Willingham (56.32) 400m **LEAGUE CHAMPION**; **CIF QUALIFER**

Ashley Willingham (24.67) 200m **2nd place**; **VAR top ten all-time #3**; **CIF QUALIFER**

Kallie Given (5' 4") high jump **LEAGUE CHAMPION**; **CIF QUALIFER**

(Ashley Willingham, Anijah Green, Kenna Limp, Sara Limp) (48.25) 4x100m relay **LEAGUE CHAMPIONS**; **MEET RECORD**; **CIF QUALIFER**

(Sarah Pisani, Sara Limp, Brianna Taylor, Ashley Willingham) (3:58.54) 4x400m relay **LEAGUE CHAMPIONS**; **CIF QUALIFER**

Ashlynn Almasy (5:15.22) 1600m run **2nd place**; **VAR top ten all-time #7** and **frosh/soph top ten all-time #2**; **CIF QUALIFER**

Sydney Beyma (34' 7") shot put **2nd place**; **CIF QUALIFER**; **VAR top ten all-time #4**

Michelle Fukuda (17' 4.25") long jump **2nd place**; **CIF QUALIFER**

Michelle Fukuda (34' 0") triple jump **3rd place**; **CIF QUALIFER**

Kenna Limp (12.52) 100m **2nd place**; **VAR top ten all-time #5**; **CIF QUALIFER**

Kenna Limp (26.01) 200m **4th place**; **VAR top ten all-time #10**

Siena Ruelas (103' 10") discus **2nd place**; **CIF QUALIFER**

Brianna Taylor (59.68) 400m **3rd place**; **VAR top ten all-time #7**; **CIF QUALIFER**

Anijah Green (25.90) 200m **3rd place**; **CIF QUALIFER**

Maureen Kennedy (17' 1.5") long jump **3rd place**; **CIF QUALIFER**

Miranda Ta'amu (102' 9") discus **3rd place**; **CIF QUALIFER**

Sarah Tuioti-Mariner (32' 0") girls shot put **3rd place**

BOYS VARSITY – SUNSET LEAGUE CHAMPIONS (150 POINTS)

Brandon Douglas (10.89) 100m **LEAGUE CHAMPION**; **CIF QUALIFER**

Brandon Douglas (22.13) 200m **LEAGUE CHAMPION**; **CIF QUALIFER**

Manny Gomez (14.97) 110m hurdles **LEAGUE CHAMPION**; **CIF QUALIFER**; **VAR top ten all-time #10**

Manny Gomez (39.59) 300m hurdles **LEAGUE CHAMPION**; **CIF QUALIFER**

Andrew Carty (50.14) 400m **LEAGUE CHAMPION**; **CIF QUALIFER**

Andrew Carty (22.44) 200m **2nd place**; **CIF QUALIFER**

Thomas Heib (1:55.69) 800m **LEAGUE CHAMPION**; **CIF QUALIFER**

(Manuel Gomez, Andrew Carty, Holden Edmondson, Brandon Douglas) (43.44) 4x100m relay **LEAGUE CHAMPIONS**; **CIF QUALIFER**

(Manny Gomez, Bryce Sullivan, Thomas Heib, Andrew Carty) (3:28.47) 4x400m relay **LEAGUE CHAMPIONS**; **CIF QUALIFER**

Bailey Thayer (15.28) 110m hurdles **2nd place**; **CIF QUALIFER**

Bryan Boutilier (43' 0") triple jump **3rd place**; **CIF QUALIFER**

Jose Rubio (15.32) 110m hurdles **3rd place**; **frosh/soph top ten all-time #2**; **CIF QUALIFER**

Jose Rubio (40.86) 300m hurdles **3rd place**; **frosh/soph top ten all-time #4**; **CIF QUALIFER**

Jose Rubio (20' 6.5") long jump **3rd place**

Jose Rubio (40' 5.75") triple jump **frosh/soph top ten all-time #10**

Sean Morgan (42.30) 300m hurdles **frosh/soph top ten all-time #8**

GIRLS JUNIOR VARSITY – SUNSET LEAGUE 3RD PLACE (117 POINTS)

April Bailey (63.70) 400m **LEAGUE CHAMPION; JV SCHOOL RECORD**

(Sofia Dale, Breana Goodman, Ashley Haeg, April Bailey) (4:28.15) 4x400m relay **LEAGUE CHAMPIONS; JV SCHOOL RECORD**

Monique Ponce (2:32.98) 800m **3rd place; JV top ten all-time #2**

April Bailey (27.95) 200m **3rd place; JV top ten all-time #6**

Lauren Kussler (2:34.31) 800m **JV top ten all-time #7**

Ocean Sandoval (2:35.94) 800m **JV top ten all-time #9**

BOYS JUNIOR VARSITY – SUNSET LEAGUE CHAMPIONS (184 POINTS)

Angel Hernandez (16.59) 110m hurdles **LEAGUE CHAMPION; JV SCHOOL RECORD**

Joshua Santos (23.34) 200m **LEAGUE CHAMPION**

Joshua Santos (11.34) 100m **2nd place; JV SCHOOL RECORD**

Ryan Hernandez (23.36) 200m **2nd place**

Ryan Hernandez (11.36) 100m **3rd place; JV top ten all-time #2**

Ryan Mullaney (43.51) 300m hurdles **LEAGUE CHAMPION**

(Orlando Sanchez, Noe Vera, Joshua Santos, Ryan Hernandez) (45.70) 4x100m relay **LEAGUE CHAMPIONS; JV top ten all-time #2**

Jonathan Javier (2:08.03) 800m **JV top ten all-time #5**

Cesar Jimenez (NT – timer malfunction after winner) 1600m **2nd place**

Matt Wauters (18.75) 110m hurdles **3rd place**

(Angel Hernandez, Casey Rheame, Ryan Mullaney, Matthew Wauters) (3:52.57) 4x400m relay **3rd place**

GIRLS FROSH/SOPH – SUNSET LEAGUE CHAMPIONS (157.5 POINTS)

Bronsyn Ledgard (2:25.08) 800m **LEAGUE CHAMPION; frosh/soph top ten all-time #8**

Delaney Sanacore (5:31.97) 1600m **LEAGUE CHAMPION**

Delaney Sanacore (2:27.20) 800m **2nd place**

(Megan Lamb, Julia Jue, Claire Stevens, Caroline DeSmet) (42.54) 4x400m relay **LEAGUE CHAMPIONS; frosh/soph top ten all-time #2**

Jade Galloway (26.99) 200m **2nd place**

Jade Galloway (13.34) 100m **3rd place**

Jaelyn Johnson (17.15) 100m hurdles **3rd place**

Caroline Desmet (62.37) 400m **3rd place**

BOYS FROSH/SOPH – SUNSET LEAGUE 4TH PLACE (68 POINTS)

Brandon Bandley (2.04.04) 800m **LEAGUE CHAMPION**; **frosh/soph top ten all-time #9**

Adhre' Sparks (23.06) 200m **LEAGUE CHAMPION**

(Jorge Alfaro, Justin Randig, Nathaniel Hartman, Adhre' Sparks) (45.42) 4x100m relay **2nd place**;
frosh/soph top ten all-time #10

Mikhail Gednov (44.56) 300m hurdles **2nd place**

Angel Hernandez (44.24) 300m hurdles **2nd place**

Xavier Esquivel-Coles (44.60) 300m hurdles **3rd place**

Adhre' Sparks (11.50) 100m **3rd place**

May 1 '15

Sunset League Prelims/Finals @ Huntington Beach High School

Alison Parsons (15.42) girls 100m hurdles **VAR top ten all-time #4**

Dajah Mullins (16.32) girls 100m hurdles **VAR top ten all-time #6**

Kenna Limp (12.58) girls 100m **VAR top ten all-time #7**

Brandon Douglas (10.86) boys 100m **VAR top ten all-time #8**

Ryan Hernandez (11.43) boys 100m **JV SCHOOL RECORD**

Haley Porter (4' 10") girls high jump **JV SCHOOL RECORD**

Brooke Hearn (8' 6") girls pole vault **tie JV SCHOOL RECORD**

Hagen Given (5' 8") boys high jump **JV top ten all-time #2**

Jose Rubio (15.43) boys 110m hurdles **frosh/soph top ten all-time #2**

Jose Rubio (41.07) boys 300m hurdles **frosh/soph top ten all-time #4**

Joshua Santos (11.44) boys 100m **JV top ten all-time #2**

April Bailey (65.19) girls 400m **JV top ten all-time #3**

April Bailey (28.53) girls 200m **JV top ten all-time #10**

Monique Ponce (2:36.48) girls 800m **JV top ten all-time #8**

Haydan Houck (10' 6") boys pole vault **tie JV top ten all-time #10**

Jaelyn Johnson (17.08) girls 100m hurdles **frosh/soph top ten all-time #7**

Sean Morgan (42.38) boys 300m hurdles **frosh/soph top ten all-time #8**

Sunset League Champions & Top 6 Places – May 1, 2015

Ashley Gardea-Molina (12:21.94) JV girls 3200m **LEAGUE CHAMPION**
Sarah Hermann (79' 2") JV girls discus **LEAGUE CHAMPION**
Brooke Hearn (8' 6") JV girls pole vault **LEAGUE CHAMPION**
Haydan Houck (20' 6") JV boys pole vault **LEAGUE CHAMPION**
Haley Porter (4' 10") JV girls high jump **LEAGUE CHAMPION**
Hagen Given (5' 8") JV boys high jump **LEAGUE CHAMPION**
Sam Pye (18' 10.5") JV boys long jump **LEAGUE CHAMPION**

Ryan Apana (18' 5.5") JV boys long jump **2nd place**
Sarah Hermann (25' 3") JV girls shot put **2nd place**
Hagen Given (35' 5") JV boys triple jump **2nd place**
Ryan Apana (34' 6.5") JV boys triple jump **4th place**
Xavier Esquivel-Coles (5' 4") JV boys high jump **4th place**
Hagen Given (18' 1") JV boys long jump **4th place**
Amber Jung (4' 8") JV girls high jump **4th place**
Anthony Plaza (18' 0.25") JV boys long jump **5^h place**
Ryan Apana (5' 2") JV boys high jump **5th place**
Constantine Banez (11:00.17) JV boys 3200m **5th place**
Erin Henkhaus (22' 7") JV girls shot put **5th place**
Jordan Kempf (37' 3") JV girls shot put **5th place**
Pierre Woodley (34' 2") JV boys triple jump **5th place**
Kaleb Kensinger (32' 11.5") JV boys triple jump **6th place**

Sarah Enyart (11:59.55) frosh/soph girls 3200m **LEAGUE CHAMPION**
Reilly McMahan (4' 10") frosh/soph girls high jump **LEAGUE CHAMPION**
Faimalie Sale (31' 6") frosh/soph girls shot put **LEAGUE CHAMPION**
Faimalie Sale (91' 2") frosh/soph girls discus **LEAGUE CHAMPION**
Brook Anger (8' 0") frosh/soph girls pole vault **2nd place**
Ben Chao (5' 6") frosh.soph boys high jump **3rd place**
Michael Parsons (10' 6") frosh/soph boys pole vault **3rd place**
Jina Lee (31' 5.5") frosh/soph girls triple jump **3rd place**
Jina Lee (14' 10.25") frosh/soph girls long jump **4th place**
Alyssa Lea-Wilson (29' 7") frosh/soph girls triple jump **4th place**
Jocelyn Buska (29' 6.25") frosh/soph girls triple jump **tied 5th place**
Madison Wilson (4' 8") frosh/soph girls high jump **5th place**
Ben Chao (17' 10.5") frosh.soph boys long jump **6th place**
Ben Chao (36' 9") frosh.soph boys triple jump **6th place**
Bryan Chico (5' 2") frosh.soph boys high jump **6th place**
Isaac Banez (10:31.37) frosh/soph boys 3200m **6th place**
Delaney Sanacore (12:31.85) frosh/soph girls 3200m **6th place**

Girls Qualifiers for Sunset League Finals on May 7, 2015

Girls 100m Varsity

- Sara Limp (12.02)
- Kenna Limp (12.58)
- Anijah Green (12.78)
- Dajah Mullins (12.86)

Girls 200m Varsity

- Sara Limp (24.47)
- Ashley Willingham (24.96)
- Kenna Limp (26.15)
- Anijah Green (26.23)
- Brianna Taylor (26.41)

Girls 400m Varsity

- Ashley Willingham (57.24)
- Brianna Taylor (60.35)
- Sarah Pisani (63.26)

Girls 100m Hurdles Varsity

- Dajah Mullins (16.32)

Girls 300m Hurdles Varsity

- Pi'ilani Mata (49.36)

Girls 100m Junior Varsity

- Janelle Smith (13.60)
- Samantha LaCarra Platt (13.84)

Girls 200m Junior Varsity

- April Bailey (28.52)
- Janelle Smith (29.41)
- Samantha LaCarra Platt (29.84)

Girls 400m Junior Varsity

- April Bailey (65.19)
- Sofia Dale (70.47)
- Ashley Haeg (70.95)

Girls 800m Junior Varsity

- Breana Goodman (2:35.93)
- Monique Ponce (2:36.48)
- Ocean Sandoval (2:37.97)
- Lauren Kussler (2:39.77)
- Sophia Craig (2:39.86)
- Naomi Hommes (2:49.62)

Girls 1600m Junior Varsity

- Ashley Gardea-Molina (5:41.10)
- Jesse Matthews (5:58.80)

Girls 100m Hurdles Junior Varsity

- Dannaka Jones (19.30)
- Chanelle Ruiz (19.39)

Girls 300m Hurdles Junior Varsity

- Laney Wilson (55.82)
- Chanelle Ruiz (56.59)

Girls 100m Frosh/Soph

- Jade Galloway (13.05)
- Grace Ahn (13.17)

- Lindsey Udeh (13.43)

Girls 200m Frosh/Soph

- Jade Galloway (27.24)
- Grace Ahn (27.64)
- Megan Lamb (27.71)

Girls 400m Frosh/Soph

- Claire Stevens (64.13)
- Caroline Desmet (64.45)
- Megan Lamb (65.35)
- Brooke Anger (65.73)

Girls 800m Frosh/Soph

- Delaney Sanacore (2:33.64)
- Bronsyn Ledgard (2:33.86)
- Lauren Fitzgerald (2:35.12)
- Malia Rivers (2:36.48)
- Ashley Soto (2:37.62)
- Madison Rivas (2:44.01)

Girls 1600m Frosh/Soph

- Delaney Sanacore (5:38.01)
- Sarah Enyart (5:39.16)
- Ashley Soto (5:44.75)
- Aspyynn Carr (5:47.90)
- Delaney Falsken (5:49.90)

Girls 100m Hurdles Frosh/Soph

- Jaelyn Johnson (17.08)
- Lauren Willingham (19.41)

Girls 300m Hurdles Frosh/Soph

- Jaelyn Johnson (51.36)
- Lauren Willingham (52.78)

Boys Qualifiers for Sunset League Finals on May 7, 2015

Boys 100m Varsity

- Brandon Douglas (10.86)

Boys 200m Varsity

- Brandon Douglas (22.26)
- Andrew Carty (22.57)
- Holden Edmondson (22.88)

Boys 400m Varsity

- Andrew Carty (51.40)
- Bryce Sullivan (53.79)
- Christian Chester (54.31)
- Clay Green (54.34)

Boys 800m Varsity

- Thomas Heib (2:00.41)
- Julian Guerrero (2:05.54)

Boys 110m Hurdles Varsity

- Bailey Thayer (15.22)
- Jose Rubio (15.43)
- Manuel Gomez (15.61)
- Sean Morgan (16.40)

Boys 300m Hurdles Varsity

- Manuel Gomez (39.55)
- Jose Rubio (41.07)
- Sean Morgan (42.38)
- Edward Uribe (43.15)
- Bailey Thayer (43.39)

Boys 100m Junior Varsity

- Ryan Hernandez (11.43)
- Joshua Santos (11.44)
- Sam Pye (11.82)
- Noe Vera (11.93)

Boys 200m Junior Varsity

- Joshua Santos (23.77)
- Ryan Hernandez (23.79)
- Noe Vera (24.63)
- Adam Havstad (24.67)

Boys 400m Junior Varsity

- Adam Havstad (57.91)
- Casey Rheume (59.34)

Boys 800m Junior Varsity

- Jonathan Javier (2:13.91)
- Christian Alvarez (2:16.08)
- Casey Rheume (2:16.65)
- Justin McWeeney (2:20.28)
- Quetzal Martinez (2:20.87)
- Adam Connolly (2:21.52)

Boys 1600m Junior Varsity

- Cesar Jimenez (4:55.80)
- Dean Yacoubian (4:58.00)
- Kenneth Jones (4:59.61)
- Constantine Banez (5:00.44)
- Justin McWeeney (5:00.84)

Boys 110m Hurdles Junior Varsity

- Angel Hernandez (17.30)
- Ryan Mullaney (18.39)
- Matthew Wauters (18.69)

Boys 300m Hurdles Junior Varsity

- Xavier Esquivel-Coles (43.97)
- Ryan Mullaney (44.03)
- Angel Hernandez (44.28)
- Matthew Wauters (47.65)

Boys 100m Frosh/Soph

- Adhre' Sparks (11.66)

Boys 200m Frosh/Soph

- Adhre' Sparks (23.70)
- Justin Randig (24.08)

Boys 400m Frosh/Soph

- Jorge Alfaro (55.41)

Boys 800m Frosh/Soph

- Brandon Bandle (2:08.58)
- Ryan Herda (2:14.31)
- Gatsby Smith (2:14.39)
- Kyle Lira (2:15.07)
- Michael Tuttle (2:15.18)

Boys 1600m Frosh/Soph

- Isaac Banez (4:51.47)
- Michale Tuttle (4: 53.50)
- Andrew Stumpf (4:54.18)
- Harrison Garcia (4:58.16)

Boys 110m Hurdles Frosh/Soph

- Anthony Han (17.43)
- Mikhail Gednov (19.49)
- Samuel Scott (20.16)

Boys 300m Hurdles Frosh/Soph

- Mikhail Gednov (44.79)
- Anthony Han (48.96)
- Mohamad Madi (50.21)
- Samuel Scott (53.79)

APR 25 '15

Orange County Championships @ Mission Viejo High School

Los Alamitos Varsity Girls Clinch 2015 Orange County Track & Field Championship Title!

Los Alamitos Varsity Boys Team, 3rd place

Los Alamitos Frosh/Soph Girls, 4th place

Los Alamitos Frosh/Soph Boys, 9th place

Ashley Willingham – 2015 Female Sprint/Hurdler Athlete of the Meet

COUNTY CHAMPIONS...

Ashley Willingham (55.74) girls 400m varsity **winner**; **meet all-time top performer (1983-2015) #2**;
SCHOOL RECORD

(Ashley Willingham, Anijah Green, Kenna Limp, Sara Limp) girls 4x100m relay varsity **winner** (47.34);
meet all-time top performer (1983-2015) #3; **SCHOOL RECORD**

Sara Limp (24.76) girls 200m varsity **winner**; **meet all-time top performer (1983-2015) #9**

(Sarah Pisani, Briana Taylor, Sara Limp, Ashley Willingham) (3:55.74) girls 4x400m relay varsity
winner; **VAR top ten all-time #3**

Jose Rubio (41.12) boys 300m hurdles frosh/soph **winner**; **frosh/soph top ten all-time #4**

TOP 8 FINISHERS/SCORERS...

Katie Izzo (10:42.67) girls 3200m varsity **2nd place**; **meet all-time top performer (1983-2015) #9**;
SCHOOL RECORD

Katie Izzo (4:55.27) girls 1600m seeded varsity **2nd place**; **SCHOOL RECORD**

Sara Limp (12.22) varsity girls 100m **2nd place**; **meet all-time top performer (1983-2015) tied #9**

Ashley Willingham (24.82) varsity girls 200m **2nd place**

Andrew Carty (48.36) varsity boys 400m **2nd place**

Thomas Heib (1:55.31) varsity boys 800m **2nd place**

Kallie Given (5' 5") varsity girls high jump **2nd place**; **FROSH/SOPH SCHOOL RECORD**; **VAR top ten all-time #3**

(Manny Gomez, Bryce Sullivan, Thomas Heib, Andrew Carty) (3:24.55) boys 4x400m relay varsity **3rd place**

Brandon Douglas (22.50) varsity boys 200m **4th place**

Manny Gomez (39.08) varsity boys 300m hurdles **4th place**

Manny Gomez (15.20) varsity boys 110m hurdles **5th place**

Andrew Carty (22.60) varsity boys 200m **5th place**

Alison Parsons (17' 1") varsity girls long jump **6th place**

Bailey Thayer (15.53) varsity boys 110m hurdles **8th place**

Bailey Thayer (5' 10") varsity boys high jump **tied 8th place**

Maureen Kennedy (34' 8") varsity girls triple jump **10th place**; **frosh/soph top ten all-time #10**

Faimalie Sale (32' 5") frosh/soph girls shot put **2nd place**; **frosh/soph top ten all-time tied #5**

(Claire Stevens, Julia Jue, Brooke Anger, Bronsyn Ledgard) (4:18.43) girls 4x400m relay frosh/soph **4th place**; **frosh/soph top ten all-time #6**

Ashlynn Almasy (5:19.22) frosh/soph girls 1600m run seeded **6th place & PR**; **VAR top ten all-time #9** and **frosh/soph top ten all-time #4**

Reilly McMahan (5' 0") frosh/soph girls high jump **2nd place**

Madison Wilson (4' 10") frosh/soph girls high jump **4th place**

Jose Rubio (16.05) frosh/soph boys 110m hurdles **4th place**

Sean Morgan (42.69) frosh/soph boys 300m hurdles **5th place**

Sean Morgan (16.97) frosh/soph boys 110m hurdles **7th place**

Nicole Bliss (2.23.98) frosh/soph girls 800m **5th place**

Brandon Bandley (2.05.07) frosh/soph boys 800m **6th place & PR**

APR 22 '15

Los Alamitos vs. Fountain Valley @ LAHS

Katie Izzo (2:11.20) girls 800m **SCHOOL RECORD**

Clay Green (51.95) boys 400m **JV SCHOOL RECORD**

Amber Jung (4' 8") girls high jump **Tied JV SCHOOL RECORD**

Thomas Heib (4:26.25) boys 1600m **VAR top ten all-time #4**

Alison Parsons (15.59) girls 100m hurdles **VAR top ten all-time #4**

Alison Parsons (35' 7") girls triple jump **VAR top ten all-time tied #4**

Sarah Tuioti-Mariner (33' 0.5") girls shot put **VAR top ten all-time #7**

Maureen Kennedy (17' 3.5") girls long jump **VAR top ten all-time #7**

Maureen Kennedy (34' 0.5") girls triple jump **VAR top ten all-time #10**

Miranda Ta'amu (104' 7") girls discus **VAR top ten all-time #10** and **frosh/soph top ten all-time #6**

Angel Hernandez (16.73) boys 110m hurdles **JV top ten all-time #2**

(Angel Hernandez, Casey Rheume, Ryan Mullaney, Clay Green) boys 4x400m relay **JV top ten all-time #3** (3:42.97)

Breana Goodman (2:33.99) girls 800m **JV top ten all-time #5**

Michael Parsons (10' 6") boys pole vault **JV top ten all-time tie #5**

Amber Haeg (14' 6.25") girls long jump **JV top ten all-time #6**

Ryan Apana (19' 3") boys long jump **JV top ten all-time #7**

(Caroline DeSmet, Julia Jue, Claire Stevens, Megan Lamb) girls 4x400m relay **frosh/soph top ten all-time #3** (4:13.75)

Jose Rubio (15.94) boys 110m hurdles **frosh/soph top ten all-time #7**

Cami Shatsky (15' 10.5") girls long jump **frosh/soph top ten all-time #9**

APR 18 '15
Mt. SAC Relays

Ashley Willingham (56.02) girls 400m; 3rd place, invitational race

APR 16 '15
Los Alamitos vs. Huntington Beach @ LAHS

Katie Izzo (10:44.48) girls 3200m **SCHOOL RECORD**

Joshua Santos (23.13) boys 200m **JV SCHOOL RECORD**

Clay Green (53.21) boys 400m **JV SCHOOL RECORD**

(**Ashley Willingham, Anijah Green, Brianna Taylor, Kenna Limp**) Girls 4x100m relay (48.52) **VAR top ten all-time #3**

Alison Parsons (18' 2.5") girls long jump **VAR top ten all-time #3**

Brandon Douglas (21.72) boys 200m **VAR top ten all-time #4**

Manny Gomez (39.04) boys 300m hurdles **VAR top ten all-time #4**

Michelle Fukuda (17' 5.75") girls long jump **VAR top ten all-time #4**

Sydney Beyma (33' 6") girls shot put **Varsity top ten all-time #5**

Anijah Green (25.61) girls 200m **VAR top ten all-time #5**

Andrew Carty (22.213) boys 200m **VAR top ten all-time #8**

Maureen Kennedy (16' 6.5") girls long jump **VAR top ten all-time #9**

Ryan Mullaney (43.26) boys 300m hurdles **JV top ten all-time #2**

Ryan Hernandez (23.29) boys 200m **JV top ten all-time #2**

Clay Green (23.65) boys 200m **JV top ten all-time #5**

Sarah Hermann (27' 0") girls shot put **JV top ten all-time #5**

(**Orlando Sanchez, Ryan Hernandez, Joshua Santos, Sam Pye**) Boys 4x100m relay (46.31) **JV top ten all-time #5**

Angel Hernandez (17.56) boys 110m hurdles **JV top ten all-time #6**

Angel Hernandez (44.06) boys 300m hurdles **JV top ten all-time #6**

Ryan Apana (5' 4") boys high jump **JV top ten all-time tied #10**

Hagen Given (5' 4") boys high jump **JV top ten all-time** tied #10

Miranda Ta'amu (98' 9") girls discus **frosh/soph top ten all-time** #7

Jose Rubio (20' 7.5") boys long jump **frosh/soph top ten all-time** #8

Brooke Anger (8' 0") girls pole vault **frosh/soph top ten all-time** tied #10

Karlie Gonzalez (4' 4") girls high jump **frosh/soph top ten all-time** #10

Brooke Hearn (8' 0") girls pole vault **frosh/soph top ten all-time** tied #10

Sean Morgan (16.33) boys 110m hurdles **frosh/soph top ten all-time** #10

APR 10-11 '15

Arcadia Invitational @ Arcadia High School

Ashley Willingham (55.93) girls 400m **SCHOOL RECORD**; 2nd place, seeded race

Andrew Carty (48.25) boys 400m **SCHOOL RECORD**; 5th place overall, open sections

Katie Izzo (2:13.69) girls 800m **SCHOOL RECORD**; 10th place overall, open sections

Kallie Given (5' 5") girls high jump **FROSH/SOPH SCHOOL RECORD**; **VAR top ten all-time** #3; 4th place overall, open sections

(Anijah Green, Sara Limp, Ashley Willingham, Katie Izzo) (3:58.63) girls 1600m sprint medley relay **USA #1**; **SCHOOL RECORD**; **ORANGE COUNTY ALL-TIME RECORD** - The first OC team to go under 4:00, breaking a 30-year old record; 1st place, invitational race; **Arcadia Invitational all-time #2**

(Brandon Douglas, Manuel Gomez, Andrew Carty, Thomas Heib) (3:27.64) boys 1600m sprint medley relay **SCHOOL RECORD & USA #1**; 1st place, invitational race; **Arcadia Invitational all-time #5**

(Manuel Gomez, Holden Edmondson, Andrew Carty, Brandon Douglas) (1:29.13) boys 4x200m relay; **SCHOOL RECORD** 3rd place, seeded race

(Ashley Willingham, Brianna Taylor, Kenna Limp, Sara Limp) (1:40.42) girls 4x200m relay **SCHOOL RECORD**; 4nd place, invitational race

(Ashlynn Almasy, Nicole Bliss, Delaney Sanacore, Bronsyn Ledgard) (10:02.32) girls 4x800m relay **FROSH/SOPH SCHOOL RECORD**

APR 2 '15

Los Alamitos vs. Edison and Marina @ LAHS

Katie Izzo (5:00.95) girls 1600m **SCHOOL RECORD**

Kallie Given (5' 4") girls high jump **FROSH/SOPH SCHOOL RECORD**; **VAR top ten all-time** ties #3

Michelle Fukuda (17' 1.5") girls long jump **VAR top ten all-time #6**

Sarah Tuioti-Mariner (32' 11.75") girls shot put **VAR top ten all-time #7**

Kenna Limp (12.64) girls 100m **VAR top ten all-time #8**

Tyler Coffman (21' 9") boys long jump **VAR top ten all-time #8**

Joshua Santos (11.50) boys 100m **JV SCHOOL RECORD**

Edward Uribe (43.24) boys 300m hurdles **JV SCHOOL RECORD**

Edward Uribe (16.80) boys 110m hurdles **JV top ten all-time #2**

Ryan Hernandez (11.52) boys 100m **JV top ten all-time #2**

Sarah Hermann (84' 10") girls discus **JV top ten all-time #2**

Xavier Esquivel-Coles (5'6") boys high jump **JV top ten all-time tie #4**

(Orlando Sanchez, Joshua Santos, Ryan Hernandez, Christian Chester)Boys 4x100m relay **JV top ten all-time #4** (46.27)

Ryan Mullaney (44.20) boys 300m hurdles **JV top ten all-time #5**

Ryan Hernandez (23.87) boys 200m **JV top ten all-time #6**

Amber Haeg (14' 2") girls long jump **JV top ten all-time #7**

Joshua Santos (23.91) boys 200m **JV top ten all-time #8**

Laney Wilson (4' 4") girls high jump **JV top ten all-time tie #8**

Angel Hernandez (17.83) boys 110m hurdles **JV top ten all-time #9**

Sarah Hermann (25' 11") girls shot put **JV top ten all-time #9**

Michael Parsons (10' 0") boys pole vault **JV top ten all-time tie #10**

Jose Rubio (16.07) boys 110m hurdles **frosh/soph top ten all-time #7**

Jose Rubio (42.11) boys 300m hurdles **frosh/soph top ten all-time #7**

Sean Morgan (42.66) boys 300m hurdles **frosh/soph top ten all-time #8**

Miranda Ta'amu (94' 6") girls discus **frosh/soph top ten all-time #8**

Brooke Anger (8' 0") girls pole vault **frosh/soph top ten all-time tie #10**

(Brooke Anger, Ashley Soto, April Bailey, Claire Stevens) Girls 4x400m relay **frosh/soph top ten all-time #10** (4:23.63)

MAR 28 '15

Beach Cities Invitational @ Huntington Beach High School Hosted by Marina HS

Ashley Willingham (56.51) girls 400m **SCHOOL RECORD & MEET RECORD**

Katie Izzo (2:15.77) girls 800m **SCHOOL RECORD & First Place**

Andrew Carty (48.85) boys 400m **VAR top ten all-time #2 2nd place**

(Sarah Pisani, Katie Izzo, Brianna Taylor, Ashley Willingham) Girls 4x400m relay (4:02.22) **VAR top ten all-time #6**

Kenna Limp (12.74) girls 100m **VAR top ten all-time #7 3rd place**

Sarah Tuioti-Mariner (32' 6") girls shot put **varsity top ten all-time #8**

Maureen Kennedy (16' 6") girls long jump **varsity top ten all-time #9**

Pililana Mata (47.94) girls 300m hurdles **VAR top ten all-time #9**

(Jacob Gasser, Tyler Coffman, Holden Edmondson, Brandon Douglas) boys 4x100m relay (42.86) **VAR top ten all-time #9**

Thomas Heib (1:55.43) boys 800m varsity **1st place**

Ashley Willingham (25.24) girls 200m varsity **1st place**

(Manny Gomez, Bryce Sullivan, Thomas Heib, Andrew Carty) boys 4x400m relay (3:25.14) varsity **1st place**

(Ashley Willingham, Anijah Green, Kenna Limp, Sara Limp) girls 4x100m relay (48.78) varsity **2nd place**

Nicole Bliss (2:23.68) girls 800m **frosh/soph top ten all-time #4**

Jose Rubio (42.53) boys 300m hurdles **frosh/soph top ten all-time #7 3rd place**

Jose Rubio (40' 4") boys triple jump **frosh/soph top ten all-time #10 2nd place**

Bronsyn Ledgard (2:25.64) girls 800m frosh/soph **1st place**

Miranda Ta'amu (30' 10") girls shot put frosh/soph **1st place**

Jose Rubio (16.59) boys 110m hurdles frosh/soph **1st place**

Sean Morgan (16.94) boys 110m hurdles frosh/soph **2nd place**

Sarah Enyart (5:34.11) girls 1600m frosh/soph **3rd place**

Brandon Bandley (2:06.23) boys 800m frosh/soph **3rd place**

MAR 26 '15

Los Alamitos vs. Newport Harbor @ LAHS

Miranda Ta'amu (32' 11") girls shot put **JV SCHOOL RECORD** and **VAR top ten all-time #8** and **frosh/soph top ten all-time #4**

LAHS 2015 TRACK & FIELD

PRE-LEAGUE MEETS HIGHLIGHTS

MAR 20 '15

CA Relays - Day 1 @ Cerritos College-Falcon Field

DOUBLE STATE & NATION LEADERS ALERT! Los Alamitos improves its state-leading times in Boys 1600m sprint medley relay (3:28.21) & Girls 1600m SMR (4:04.69)!

Congratulations to the boys 1600 sprint medley relay! (3:28.21) **SCHOOL RECORD, MEET RECORD** and **#1 time in the Nation!** (Brandon Douglas, Manny Gomez, Andrew Carty, Thomas Heib)

Congratulations to the girls 1600 sprint medley relay! Winning time is **#1 in CA and #2 in the US!** Smashed **SCHOOL RECORD** with a 4:04.69! (Anijah Green, Sara Limp, Ashley Willingham, Katie Izzo)

Girls 4x200m relay 1st with **SCHOOL RECORD** (1:42.50) (Ashley Willingham, Anijah Green, Kenna Limp, Sara Limp)

Bailey Thayer boys 110m hurdles top time in prelims (15.30)

Ashlynn Almasy & Ashley Gardea-Molina placed 2 & 3 in girls 3200m final

Nicole Bliss (11:54.01) girls 3200m **frosh/soph ten all-time #5**

Sarah Enyart (11:58.03) girls 3200m **frosh/soph top ten all-time #7**

MAR 21 '15

CA Relays - Day 2 @ Cerritos College-Falcon Field

Katie Izzo (5:08.87) girls 1600m invitational -1st place

Thomas Heib (4:27.12) boys 1600m invitational -2nd place & **varsity top ten all-time #4**

Bailey Thayer (15.53) boys 110m hurdles invitational -2nd place

Ashley Willingham (57.40) girls 400m large school - 2nd place

Keith Ahlstrom (43' 0") boys triple jump large school – 3rd place

Kallie Given (5' 2") girls high jump large school– 3rd place

Manny Gomez (39.17) boys 300m hurdles large school – 3rd place

(Ashley Willingham, Anijah Green, Kenna Limp, Sara Limp) girls 4x100m VAR relay large school - 2nd place (48.54)

(Sophia Craig, Annie Bliss, Delaney Falsken, Aspynn Carr) girls 4x800m F/S relay large school - 1st place(10:41.06)

(Delaney Sanacore, Megan Lamb, Lauren Fitzgerald, Bronsyn Ledgard) girls DMR F/S relay large school - 1st place(13:33.90)

MAR 19 '15

Los Alamitos vs. Troy & Whittier @ LAHS

Manny Gomez (39.04) boys 300m hurdles **VAR top ten all-time** #4

Xavier Esquivel-Coles (43.79) 300m hurdles **JV top ten all-time** #2

Ryan Hernandez (11.62) boys 100m **JV top ten all-time** #4

(Orlando Sanchez, Ryan Hernandez, Joshua Santos, Christian Chester) boys 4x100m relay (46.44) **JV top ten all-time** #4

(Ryan Mullaney, Christian Chester, Angel Hernandez, Clay Green) boys 4x400m relay (3:43.31) **JV top ten all-time** #4

Xavier Esquivel-Coles (5'4") boys high jump **JV top ten all-time** tie #7

Mikhail Gednov (44.88) 300m hurdles **JV top ten all-time** #7

Joshua Santos (11.73) boys 100m **JV top ten all-time** #8

Angel Hernandez (17.91) boys 110m hurdles **JV top ten all-time** #9

Abbie Sheridan (13' 11") girls long jump **JV top ten all-time** #9

Maureen Kennedy (16' 4.5") girls long jump **JV top ten all-time** #10

Mark Neal (5' 4") boys high jump **JV top ten all-time** tie #10

MAR 13-14 '15

Redondo/Nike Invitational @ Redondo Union HS

(Bronsyn Ledgard, Ashley Willingham, Nicole Bliss, Katie Izzo) Girls 4x800m relay **SCHOOL RECORD** (9:32.18)

Manny Gomez (39.87) boys 300m hurdles **Varsity 3rd place** & **top ten all-time** #7

Edward Uribe (44.61) boys 300m hurdles **JV top ten all-time** #6

Reilly McMahan (5' 0") girls high jump **frosh/soph 2nd place**

(Sarah Enyart, Nicole Bliss, Delaney Sanacore, Ashlynn Almasy) girls F/S DMR (13.21.86) 3rd place

MAR 11 '15

Los Alamitos vs. West Adams, Servite & Rosary @ LAHS

Katie Izzo (5:07.30) girls 1600m **Varsity top ten all-time #2**

Sydney Beyma (33' 4") girls shot put **Varsity top ten all-time #5**

Andrew Carty (49.61) boys 400m **Varsity top ten all-time #6**

Christian Chester (53.23) boys 400m **JV SCHOOL RECORD**

Clay Green (53.51) boys 400m **JV top ten all-time #3**

Angel Hernandez (44.32) boys 300m hurdles **JV top ten all-time #7**

Elizabeth Williams (14' 8.5") girls long jump **JV top ten all-time #4**

Xavier Esquivel-Coles (44.46) boys 300m hurdles **JV top ten all-time #5**

Ashley Haeg (1:06.22) girls 400m **JV top ten all-time #6**

Miranda Ta'amu (77' 8") girls discus **JV top ten all-time #6**

Ryan Hernandez (11.73) boys 100m **JV top ten all-time #7**

Bronsyn Ledgard (2:25.58) girls 800m **frosh/soph top ten all-time #8**

Miranda Ta'amu (26' 5") girls shot put **JV top ten all-time #8**

Faimalie Sale (31' 3") girls shot put **frosh/soph top ten all-time #8**

Ryan Apana (5' 2") boys High Jump **JV top ten all-time tie #10**

Xavier Esquivel-Coles (5' 2") boys High Jump **JV top ten all-time tie #10**

Amber Haeg (13' 9.75") girls long jump **JV top ten all-time #10**

Mark Neal (5' 2") boys High Jump **JV top ten all-time tie #10**

(Claire Stevens, Grace Ahn, April Bailey, Brooke Anger) Girls 4x100m relay **frosh/soph top ten all-time #10** (51.81)

MAR 6 '15

Inaugural Griffin Relays @ LAHS

(Brandon Douglas, Manny Gomez, Andrew Carty, Thomas Heib) boys 1600m SMR **SCHOOL RECORD & #1 in USA** (3:33.50)

(Brianna Taylor, Sara Limp, Ashley Willingham, Katie Izzo) girls 1600m SMR **SCHOOL RECORD & #1 in CA** (4:08.46)

(Ashley Willingham, Anijay Green, Kenna Limp, Sara Limp) girls 4x100m relay **SCHOOL RECORD**
(48.24)

(Nicole Bliss, Delaney Sanacore, Ashlynn Almasy, Bronsyn Ledgard) girls 4 x 800m **F/S SCHOOL RECORD** (10:10.70)

Jose Rubio (20' 7") boys long jump **frosh/soph top ten all-time** #8

Cami Shatsky (15' 10") girls long jump **frosh/soph top ten all-time** #9

Brooke Hearn (8' 0") girls pole vault **frosh/soph ten all-time** #10

Reilly McMahan (5' 0") girls high jump **frosh/soph ten all-time** #10