

2022

TRACK & FIELD AWARDS BANQUET



**La Salle Dining Hall
Sunday, May 14, 2022 @ 12:00 p.m.**

PROGRAM

12 - 12:15 p.m. Social and Registration

12:15 - 1:00 p.m. Lunch

1- 2:30 p.m. Awards Ceremony

A. Varsity Patches

B. Acknowledgements

C. Awarding of Individual Achievement Plaques

- Girls Junior Varsity
- Boys Junior Varsity
- Girl's Varsity
- Boys Varsity

2:30 p.m. Closing – Photo Opportunities

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2022 Photos



CIF FINALIST MIA REID '23, CARISSA SANTOYO '22 CHILLIN' DURING LAST PRACTICE BEFORE FINALS ON SATURDAY.



Seniors

Coaching Staff

Head Coach – Horizontal Jumps	Joe Blackman
Stats, Middle Distance, Relays	Duane Norris
Throws	Bryce Shaw
Pole Vault	David Shaw
Strength and Conditioning	Anthony Holyfield
High Jump	Reginald Steele
Hurdles	Jalissa Williams-McFee



Left: Farrah McGarry '25

Right: Ryley Fong '23, Mia Reid '23, Noelle Chua '23 and Monique Kirland '22



'22 Rosemead Invitational:
4 x 400 - Ryley Fong '23, Mia Reid '23, Noelle Chua '23 and Monique Kirland '22

PHOTOS ARE AVAILABLE AT THIS LINK:

[HTTPS://LASALTRACKFIELDXCROSSCOUNTRY.SHUTTERFLY.COM/](https://lasaltrackfieldcrosscountry.shutterfly.com/)

PASSWORD: LASALLET&F

DEL REY LEAGUE FINALS CHAMPIONS			
Varsity Boys		Varsity Girls	
Event	Athlete	Event	Athlete
110 High Hurdles, 300 Intermediate Hurdles High Jump	John Alvarez '22	100 High Hurdles 300 Low Hurdles	Mia Reid '23
Shot Put Discus Throw	Thomas Gomez '24	Pole Vault	Daniela Ledesma '22
Pole Vault	Liam Quinn '22		
Junior Varsity Boys		Junior Varsity Girls	
300 Intermediate Hurdles Triple Jump	Keanu Widjaja '24	3200	Tabitha Frumento '25
High Jump	Charlie Heffernan '25	Triple Jump	Noelle Chua '23
Shot Put Discus Throw	Shawn Robles '25		
Pole Vault	Tristin Juarez '24		

BOYS TOP TEN

RANK	100 METERS	YR.	MARK	RANK	200 METERS	YR.	MARK
1	KENDALL GRANT	98	10.90	1	KENDALL GRANT	98	22.41
2	ANGELO GODOY	22	11.01	2	JUSTIN LUCAS	05	22.44
3	JUSTIN LUCAS	00	11.13	3	GEORGE COLTON	06	22.60
4	GEORGE COLTON	05	11.14	4	DEVIN GRANT	00	22.82
5	DEVIN GRANT	00	11.15	5	LAWRENCE NORDSTROM	65	22.60C
6	LAWRENCE NORDSTROM	65	10.9C	6	EDWIN SCOTT	06	22.89
7	JOHN FORAN	74	10.9C	7	WESLEY LUCAS	06	22.90
8	WESTLEY LUCAS	06	11.22	8	MICHAEL PERRY	10	22.94
9	AMON MILLINER	16	11.24	9	ALEX FREITAS	84	23.04C
10	ANTHONY TARNE	97	11.0	10	ANGELO GODOY	22	23.11
10	JOE BLACKSTOCK	74	11.0C				

400 METERS				800 METERS			
1	EDWIN SCOTT	06	49.35	1	OSHEA FOSTER	22	1:54.50
2	WESTLEY RILEY	05	49.70	2	WESTLEY RILEY	06	1:55.67
3	JOHNATHAN REID	95	51.33	3	MARK RUELAS	80	1:58.7
4	RAUL ESPINOZA	70	51.3	4	DAVID CURRAN	69	1:58.9
4	MIKE MOORE	68	51.3	5	ALEXANDRO ALVAREZ	22	1:59.28
6	JUSTIN LUCAS	04	51.54	6	VINCE GARCIANO	89	1:59.47
7	KEITH CALLUM '11	09	51.68	7	PATRICK LOWNES-SANTOS	14	1:59.48
8	PEDRO QUINTANILLA	96	51.80	8	AUSTIN WILLIAMS	08	1:59.85
8	NICK THOMPSON	75	51.8	9	NICK THOMPSON	74	2:0:0.7
10	RAY HUNING	82	51.9	10	MICHAEL GIBBS	17	2:01.13
1600 METERS				3200 METERS			
1	DANIEL DE LA TORRE	12	4:10.74	1	MARK RUELAS	80	8:54.8
2	MARK RUELAS	80	4:14.4	2	DANIEL DE LA TORRE	13	9:04.49
3	J.P. HALL	83	4:17.7	3	J.P. HALL	83	9:14.5
4	ALEXANDRO ALVAREZ	22	4:23.17	4	JAIME MEJIA	81	9:33.3
5	SEAN GREEN	75	4:29.5	5	SEAN GREEN	75	9:34.8
6	JAIME MEJIA	81	4:29.9	6	ALEXANDRO ALVAREZ	21	9:41.00
7	MARK EVANS	67	4:30.1	7	TOM ROACH	79	9:47.5
8	AUSTIN WILLIAMS (10 th)	07	4:32.15	8	STEVE MULLEN	96	9:49.68
9	JOHN DRISCOLL	73	4:32.4	9	NEIL KALRA	00	9:50.99
10	STEVE MULLEN	96	4:33.06	10	PAUL HARTFIELD	74	9:55.4
110 METER HIGH HURDLES				300 INTERMEDIATE HURDLES			
1	ROGER HARRISON	06	15.19	1	DAVID TAYLOR	98	40.68
2	DAVID TAYLOR	98	15.25	2	JOHN ALVAREZ	22	41.16
3	CHRIS BAUTISTA	00	15.54	3	DAVID MINGUEZ	06	41.38
4	JEFFERSON STROUSE	09	15.54	4	HARVEY SITU	15	41.68
5	ANDREW TAYLOR	02	15.59	5	TONY FRANCE (10 th)	07	42.02
6	TONY FRANCE	08	15.4(.64)C	6	JEFFERSON STROUSE	08	42.49
7	<i>Brandon Mulligan</i>	13	15.68	7	JEFF SMITH	04	42.53
8	ADRIAN VINCENT	73	15.6(.84)C	8	THURMAN HOU	21	42.75
9	JOHN ALVAREZ	22	16.08	9	MARK GILBRETH	89	42.79
10	ALBERTO RIOS	80	16.24C	10	GARRETT STONE	12	43.19
4 x 100 METER RELAY				4 x 400 METER RELAY			
1	EDWIN SCOTT, JUSTIN LUCAS, WESTLEY RILEY, GEORGE COLTON	05	43.39	1	WESLEY LUCAS (10 th), EDWIN SCOTT, WESTLEY RILEY (10 th), JUSTIN LUCAS	05	3:20.18
2	DAVID TAYLOR, BRANDON WARD, DAVID GORIS, KENDALL GRANT	98	43.64	2	CARLOS MINO, DAVID TAYLOR, GERALD PHILLIPS, KENDAL. GRANT	98	3:28.24
3	GEORGE COLTON, EDWIN SCOTT, WESTLEY RILEY, WESLEY LUCAS	06	43.65	3	KEITH CALLUM, ANTOINE PETERSON, MICHAEL PERRY, BRENDAN WYLIE	09	3:28.88
4	DAVID MINGUEZ, WESLEY LUCAS, WESTLEY RILEY, EDWIN SCOTT	06	44.17	4	BLAKE SHAW, XAVIER DYSON, AUSTIN WILLIAMS (10 th), WESTLEY RILEY	07	3:29.50
5	ELLIOTT, STANFORD, LUKES, SANDERLIN	68	44.2	5	LUKE EISENHARDT, AUSTIN WILLIAMS, ANTOINE PETERSON (9 th), BRENDAN WYLIE (10 th)	08	3:29.82
6	MICHAEL CATES, EDWIN SCOTT, WESTLEY RILEY, GEORGE COLTON	06	44.43	6	WESLEY LUCAS, EDWIN SCOTT, AUSTIN WILLIAMS (9 th), WESTLEY RILEY	06	3:29.7
7	RASHAAD AUSTIN, AIDAN CHIU, EMILE OLGIN, ANGELO GODOY	22	44.52	7	DAVID MINGUEZ, EDWIN SCOTT, WESTLEY RILEY, JUSTIN LUCAS	05	3:30.25
8	KEITH CALLUM (10 th), MICHAEL PERRY, ANTOINE PETERSON (10 th), BRENDAN WYLIE	09	44.54	8	GABE MAGNI, CORY CHARLES, PEDRO QUINTANILLA, JOHNATHAN REID	95	3:30.65
9	TAYLOR, K. GRANT, MAZADIEGO, TARNE	97	44.55	9	GABE MAGNI, DAVID TAYLOR, GERALD PHILLIPS, KENDALL GRANT	97	3:31.6
10	REID, CHARLES, QUINTANILLA, TARNE	95	44.63	10	JEFF SMITH, EDWIN SCOTT, WESTLEY RILEY (9 th), JUSTIN LUCAS	04	3:31.83

LONG JUMP				SHOT PUT			
1	MICHAEL PERRY	09	23'02.50"	1	JOHN CAULFIELD	03	62'06.00"
2	GREG ARTIS	89	22'05.00"	2	ERIC CARLOS	06	52-01.00"
3	MANFRED CZYPULL	72	22'04.00"	3	? ALBERTS	85	51'06.00"
4	ROGER HARRISON	06	22-01.00"	4	SEBASTIAN SCHIFF	16	50'10.00"
5	BRANDON MULLIGAN	'14	21'10.50"	5	GRANT GLAUSSER	74	49'08.00"
6	STEFAN IWANKIW	94	21'10.00"	6	JAMES SHIFFLETT	02	48'05.00"
7	JOHN FORAN	72	21'09.00"	7	JOHN BUCHAN	73	47'10.00"
8	JOHN LUKES	69	21'08.00"	7	? HOPKINS	73	47'02.00"
9	ANDREW MAHLMANN	02	21'05.50"	7	KISHON SANDERS	11	47'02.00"
10	BOB GILLETTE RYAN MONNINGER	75 14	21'04.00" 21'04.00"	10	ARMANDO GOMEZ	76	46'10.00"
TRIPLE JUMP				HIGH JUMP			
1	MICHAEL PERRY	09	44'04.00"	1	ANDREW MAHLMANN	02	6'06.00"
2	J.R. DAVIDSON	99	44'01.75"	1	ANDREW TAYLOR	02	6'06.00"
3	KEVIN DINNIENE	84	42'11.00"	3	MARK RETTIG	77	6'05.00"
4	ANDREW MAHLMANN	01	42'07.50"	4	BOB LYNCH	74	6'04.50"
5	CHRIS BAUTISTA	00	42'07.25"	5	JIM STEVENS, MICHAEL CATES	69, 06	6-04.00"
6	BOB MORGAN	75	42'06.00"	7	KEVIN HALL	81	6'02.00"
7	KEVIN HALL	80	42'05.00"	7	STEVE KENNEDY	74	6'02.00"
8	JOHN ALVAREZ	22	41'06.75"	7	MARK GILBRETH	89	6'02.00"
9	ANGELO GODOY	22	41'04.50"	7	GEOFF GAUSE	80	6'02.00"
10	<i>Diran Johnson</i>	13	41'04.00"	7	KEVIN HALL	81	6'02.00"
POLE VAULT				DISCUS			
1	DAVID MINGUEZ	'07	14'09.00"	1	JOHN CAULFIELD	03	177'04"
2	MARK GILBRETH	89	14'00.00"	2	BRANDON MULLIGAN	13	156'00" (P)
3	JSON MARRUFFO	94	13'06.00"	3	SEBASTIAN SCHIFF	16	151'11"
4	DANIEL MINGUEZ JEFFERSON STROUSE	05 09	13-00.00"	4	JAMES SHIFFLETT	02	149'04"
6	DAN SULLIVAN	77	12'10.50"	5	JONATHAN STODDARD	06	143'05.5"
6	JIM DEPEW	72	12'10.50"	6	SAM BEARSE	01	136'04"
8	HARVEY SITU BLAKE SHAW DOMINIC LEIS	15 06 17	12-00.00"	7	CHRISTOPHER ALVARADO	11	135'05"
8	BILL SPECHT	74	12'00.00"	8	RYAN SPARKS	17	135'03"
8	RICH CULLEN,	78	12'00.00"	9	OLIVER 'BUDDY' EVANS	08	132'02"
8	NAT THOMPSON	81	12'00.00"	10	ERIC CARLOS	06	130'01"
4 x 200 METER RELAY				4 x 800 METER RELAY			
1	GEORGE COLTON, WESTLEY RILEY, MICHAEL CATES, EDWIN SCOTT	06	1:32.29	1	LUKE EISENHARDT, XAVIER DYSON, WESTLEY RILEY, AUSTIN WILLIAMS (10 TH)	07	8:16.34
2	WESLEY LUCAS, WESTLEY RILEY, EDWIN SCOTT, JUSTIN LUCAS	05	1:32.61	2	BRIAN CONROY, LUKE EISENHARDT, KELLY ASSENSI (9 TH), AUSTIN WILLIAMS	08	8:41.82
3	WESLEY LUCAS, WESTLEY RILEY, CHRIS SATOH, EDWIN SCOTT	06	1:32.62	3	DAVE FULPS, STEVE HOLMAN, CARLOS MINO, STEVE MULLEN	96	8:43.1
4	DEXTER BRYANT, EDWIN SCOTT, WESTLEY RILEY, JUSTIN LUCAS	05	1:32.87	4	LUKE EISENHARDT, WESTLEY RILEY, BLAKE SHAW, AUSTIN WILLIAMS (10 TH)	07	8:46.73
5	JEFFERSON STROUSE, MICHAEL PERRY, ANTOINE PETERSON, KEITH CALLUM	09	1:33.69	5	JON ERICKSEN, DAVID FULPS, STEVE HOLMAN, TARIK KASSEM	96	8:53.11
6	XAVIER DYSON, TONY FRANCE (10 TH), WESTLEY RILEY, SEAN PERRY	07	1:35.04	6	BLAKE HARDY, MICHAEL GIBBS, MICHAEL BRENNAN, DANIEL COSTELLO	17	8:53.65
7	ANDREW WILLIAMS, JEFF SMITH, KEVIN LEE, JUSTIN LUCAS	04	1:35.29	7	EDWIN SCOTT, BLAKE SHAW, ALEX LEOS, WESTLEY RILEY	05	8:55.57
8	JIMMIE BEARSE, JEFF SMITH, MICHAEL SACHS, JUSTIN LUCAS	03	1:35.2	8	STEVE HOLMAN, MARK DOMBROWSKI, RYAN SCOTT-ACOSTA, NEIL KALRA	98	8:56.41
9	MIKE CAMPBELL, KENDALL GRANT, BRANDON WARD, ANTHONY TARNE	97	1:35.71	9	JON ERICKSEN, DAVID FULPS, TARIK KASSEM, GABE MAGNI	95	8:58.94
10	ANTHONY TARNE, PEDRO QUINTANILLA, CORY CHARLES, JOHNATHON REID	95	1:36.03	10	DAVID FULPS, TARIK KASSEM, STEVE MULLEN, STEVE HOLMAN	96	9:03.50
10	ANDREW MAHLMAN, VALDIVIA, MARK GIGLIOBIANCO, DEVIN GRANT	00	1:36.03				

4 x 1600 METER RELAY				SPRINT MEDLEY			
RANK	YEAR	MARK	RANK	YEAR	MARK		
1	98	19:35.07	1	'12	3:43.01	STEVE HOLMAN, MARK DOMBROWSKI, RYAN SCOTT-ACOSTA, NEIL KALRA	TERRELL OLIVER, BOBBY LASALLE, IAN GREENSTREET, DANIEL DE LA TORRE
2	06	19:44.93	2	95	3:52.41	MARK THOMAS, KEVIN MATTICE, AUSTIN WILLIAMS (9 TH), ALEX LEOS	CORY CHARLES, ROB DAVIDSON, MATT GARCIA, GABE MAGNI
3	95	19:53.67	3	06	3:54.7	JON ERICKSEN, DAVID FULPS, TARIK KASSEM, STEVE MULLEN	CHRIS SATOH, MICHAEL CATES, XAVIER DYSON, AUSTIN WILLIAMS (9 TH)
4	96	19:54.40	4	97	3:57.06	STEVE MULLEN, TARIK KASSEM, STEVE HOLMAN, JON ERICKSEN	D. TAYLOR, ROUSE, J.R. DAVIDSON, ESPARZA
5	96	20:03.02	5	98	4:05.53	DAVID FULPS, STEVE HOLMAN, TARIK KASSEM, STEVE MULLEN	NAMES UNKNOWN
6	95	20:32.34	6	98	4:05.96	JON ERICKSEN, DAVID FULPS, MATT GARCIA, STEVE MULLEN	NAMES UNKNOWN
7	98	20:48.28	7	96	4:06.15	STEVE HOLMAN, MARK DOMBROWSKI, NEIL KALRA, STEVE NUCCIO	MAZADIEGO, MANDROIAN, GUANIO, PHILLIPS
8	00	21:15.2	8	96	4:08.66	NEIL KALRA, SCOTT NUCCIO, NEIL KALRA, JESSIE BJORAKER	WARD, CAMPBELL, GARCIA, ERICKSEN
9	97	21:31.80	9	96	4:13.52	MARK DOMBROWSKI, NEIL KALRA, GABE MAGNI, RYAN SCOTT-ACOSTA	CAMPBELL, QUINTANILLA, MULLEN, M. GARCIA
10	06	22:35.0	10	97	4:18.12	BRAIN CONROY (9 TH), COLIN HURLBUT, LUKE EISENHARDT, KYLE QUINTERO	ESCANDON, SENECHAL, MAGNI, M. GARCIA
DISTANCE MEDLEY				SHUTTLE HURDLES			
1	07	11:07.30	1	97	1:10.3	BLAKE SHAW, WESTLEY RILEY, XAVIER DYSON, AUSTIN WILLIAMS (10 TH)	BRYAN MANDROIAN, BERNARD GUANIO, THOMAS BENJASINGH, DAVID TAYLOR
2	96	11:10.2	2	00	1:10.8	STEVE MULLEN, ROCKY GARIBAY, STEVE HOLMAN, DAVE FULPS	A. TAYLOR, SCHULTZ, GIGLIOBIANCO, BAUTISTA
3	95	11:26.72	3	14	1:14.12	STEVE MULLEN, JON ERICKSEN, GABE MAGNI, DAVE FULPS	PATRICK MADDEN (SOPH), HARVEY SITU, JOHN CALDAS, BRANDON MULLIGAN
4	96	11:27.00	4	06	1:16.33	BERNARD GUANIO, TARIK KASSEM, JON ERICKSEN, DAVE FULPS	JIMMY MERRIGAN, JEFFERSON STROUSE, DAVID MINGUEZ, ROGER HARRISON
5	08	11:27.22	5	12	1:24.42	LUKE EISENHARDT, CARLOS MORALES (10 TH), AUSTIN WILLIAMS, KELLY ASSENESE (9 TH)	Joe Carreon, Robby Snodgrass (soph), Nick Nino (soph), Harvey Situ (fresh),
6	00	11:30.2	6	11	1:24.57	J. MAUST, BAUTISTA, S. NUCCIO, N. KALRA	Robby Snodgrass, Garrett Stone, Joe Occhipinti, David Jackson
7	'12	11:42.17	7	96	1:24.6	DEREK IWATA (10 TH), ROBBY SNODGRASS (10 TH), CAMERON GREENE (9 TH), DANIEL DE LA TORRE	THOMAS BENJASINGH, S. GONZALEZ, BERNARD GUANIO, DAVID TAYLOR
8	97	11:46.66	8	02	1:24.7	RYAN SCOTT-ACOSTA, MIKE CAMPBELL, GABE MAGNI, STEVE HOLMAN	Andrew Williams, Jeff Smith, Dan Minguez, Christensen
9	98	11:46.69	9			STEVE HOLMAN, JOE MAZADIEGO, RYAN SCOTT-ACOSTA, NEIL KALRA	
10	98	11:47.41				STEVE HOLMAN, JOE MAZADIEGO, RYAN SCOTT-ACOSTA, MARK DOMBROWSKI	

GIRLS TOP TEN

100 METERS				200 METERS			
RANK	YR.	MARK	RANK	YR.	MARK		
1	12	12.49	1	09	24.98	ALESSANDRA GONZALES	ASHA BLADES
2	95 09	12.51	2	00	25.13	ERICKA WILLIAMS (FRESHMAN) ASHA BLADES	DANIELLA RUSSELL
4	15	12.4 (.64)	3	16	25.81	INDIA HINES	CROIX SOTO (9 TH)
4	99	12.64	4	12	25.89	DANIELLA RUSSELL	ALESSANDRA GONZALES
6	02	12.5 (.74)	5	15	25.7 (.94)	VANESSA CASILLAS	INDIA HINES
7	16	12.81	6	95	26.16	CROIX SOTO (9 TH)	ERICKA WILLIAMS (9 TH)
8	03	12.6 (.84)	7	02	26.1 (27)	NATALIE CALDERON	VANESSA CASILLAS
9	04	12.87	8	04	26.40	JAMIE BELL	JAMIE BELL
10	00	12.88	9	01	26.63	MARY JO ALEXANDER	GINA CLAYTON
			10	00	26.6		NATALIE CALDERON (FRESHMAN)

400 METERS				800 METERS			
1	DANIELLA RUSSELL	99	57.20	1	GINA CLAYTON	01	2:15.51
2	ASHA BLADES	09	57.32	2	ELENI DAUGHTERS	16	2:16.59
3	ELENI DAUGHTERS	16	58.87	3	SHANNON SKAGER	02	2:20.99
4	ALEXANDRA GHANTOUS (9 TH)	'11	60.17	4	HANNAH MILLER	95	2:21.35
5	CROIX SOTO (9 TH)	'16	60.27	5	LAUREL KUHN	06	2:23.02
6	NATALIE CALDERON	01	60.32	6	BETTINA LEE (10 TH)	14	2:24.06
7	LAUREL KUHN	06	60.2	7	ERIKA POLANCO (10 TH)	08	2:25.84
8	GINA CLAYTON	01	60.5	8	TRACY CRESTA	12	2:25.99
9	MARY JO ALEXANDER	97	60.8	9	MARILYN CROWLEY	13	2:26.56
10	ANAISE NUGENT	17	61.38	10	MARGARET SITKER LIA SHAW	06 21	2:26.73
RANK	1600 METER RUN	YR.	MARK	RANK	3200 METER RUN	YR	MARK
1	SHANNON SKAGER	02	5:12.28	1	MARGARET SITKER	07	11:26.47
2	MARGARET SITKER	07	5:12.33	2	ERIKA POLANCO (10 TH)	08	11:30.52
3	HANNAH MILLER	97	5:17.4	3	HANNAH MILLER	96	11:31.35
4	BETTINA LEE (10 TH)	14	5:21.78	4	SHANNON SKAGER	02	11:45.59
5	ERIKA POLANCO (10 TH)	08	5:24.03	5	BETTINA LEE (10 TH)	14	11:54.25
6	ABIGAIL MARICH (FROSH)	13	5:28.29	6	GINA CLAYTON	99	12:05.8
7	SAMANTHA KNAPP	17	5:35.92	7	SAMANTHA KNAPP	17	12:23.96
8	MARIANA HENRY	12	5:37.21	8	KELSEY MCALISTER	09	12:25.1
9	GINA CLAYTON	98	5:40.7	9	SUSIE CAPOCCIA	07	12:33.0
10	SUSIE CAPOCCIA	07	5:41.0	10	MARIANA HENRY	12	12:36.38
100 METER HIGH HURDLES				300 METER LOW HURDLES			
1	MIA REID	22	15.14	1	INDIA HINES	15	44.61
2	INDIA HINES	14	15.89	2	KJERSTI HOUSMAN	04	45.85
3	JASMINE HORTON	02	16.24	3	MARY JO ALEXANDER	00	45.97
4	KJERSTI HOUSMAN	04	16.40	4	CINDY DOSTALEK	96	46.7
5	MARY JO ALEXANDER	00	16.55	5	MIA REID	22	46.99
5	CINDY DOSTALEK	96	16.77	6	MICHELLE ALGIERS (10 TH)	19	47.55
7	MICHELLE ALGIERS	21	16.78	7	ERIN DASILVA (FRESHMAN)	04	48.91
8	MICHELLE JOHNSON	11	16.9(17.14)	8	CARLY BARKAWITZ (9 TH)	05	49.14
9	NATALIE CALDERON	01	17.19	9	SAMANTHA CUERINGTON	08	49.36
10	ERIN DASILVA	05	17.40	10	MICHELLE JOHNSON	11	50.01

400 METER RELAY				1600 METER RELAY			
1	MARY JO ALEXANDER, GINA CLAYTON, DANIELLA RUSSELL, NATALIE CALDERON	00	48.55	1	DANIELLA RUSSELL, MARY JO ALEXANDER, GINA CLAYTON, NATALIE CALDERON	00	3:52.83
2	DENISE PETERSON, DIONNA WILLIAMS (SOPH), NOELLE CROWLEY, ALESSANDRA GONZALES	13	49.99	2	TRACY CRESTA, ALESSANDRA GONZALES, DENISE PETERSON, CAROLANN DYSON (9 TH)	12	4:00.68
3	ALLYSON PASCUA, SAMANTHA CUERTINGTON, NATALIE VEGA (10 TH), ASHA BLADES	09	50.10	3	DENISE PETERSON, ALESSANDRA GONZALES, INDIA HINES (SOPH), TRACY CRESTA	13	4:01.53
4	ALLYSON PASCUA, SAMANTHA CUERINGTON, LORI CUERINGTON (9 TH), ASHA BLADES	08	50.21	4	LAUREL KUHN, ERIN DASILVA, KAITLIN WALSH, NATALIE CALDERON	03	4:01.94
5	INDIA HINES, DIONNA WILLIAMS, INGEBOURG BAKKE, ELENI DAUGHTERS (10 TH)	15	50.48	5	VANESSA CASILLAS, KJERSTI HOUSMAN, SHANNON SKAGER, NATALIE CALDERON	02	4:02.16
6	DENISE PETERSON, DIONNA WILLIAMS (SOPH), KENNEDI WHITTINGHAM, ALESSANDRA GONZALES	13	50.4 (50.54)	6	KJERSTI HOUSMAN, GINA CLAYTON, NATALIE CALDERON, SHANNON SKAGER	01	4:02.47

7	VANESSA CASILLAS, GINA CLAYTON, KJERSTI HOUSMAN, NATALIE CALDERON	01	50.67	7	TRACY CRESTA (10), ALEXANDRA GHANTOUS (9), DENISE PETERSON (10), ALESSANDRA GONZALES (10)	10	4:02.81
7	JENNIFER PAYNE, CROIX SOTO (9 TH), ANNALIS GUZMAN, ELENI DAUGHTERS	16	50.67	8	SHANNON SKAGER, MARY JO ALEXANDER, GINA CLAYTON, DANIELLA RUSSELL	99	4:03.66
9	RAEGAN ROBINSON, MARY JO ALEXANDER, ALEJANDRA ARBELAEZ, DANIELLA RUSSELL	99	50.84	9	CATHERINE CAHILL, JAMIE BELL, LAUREL KUHN (10 TH), KJERSTI HOUSMAN	04	4:04.51
10	MARY JO ALEXANDER, GINA CLAYTON, NATALIE CALDERON, VANESSA CASILLAS	00	50.86	10	SHANNON SKAGER, MARY JO ALEXANDER, GINA CLAYTON, NATALIE CALDERON	00	4:05.50
	LONG JUMP				TRIPLE JUMP		
1	NATALIE CALDERON	03	17'05.25"	1	NATALIE CALDERON	03	37'09.25"
2	SAMANTHA CUERINGTON	09	17'02.25"	2	INDIA HINES	15	37'04.75"
3	MIA REID	22	17'01.00"	3	MICHELLE ALGIERS	21	36'06.25"
4	INDIA HINES (SOPH)	13	17'00.00"	4	CARISSA SANTOYO	22	35'05.00"
5	MICHELLE JOHNSON	11	16'11.50"	5	MICHELLE JOHNSON	11	34'08.75"
6	DIONNA WILLIAMS (SOPH)	13	16'10.00"	6	DIONNA WILLIAMS (SOPH)	13	34'08.00"
7	ALLYSON PASCUA	09	16'04.25"	7	ALLYSON PASCUA	08	34'03.00"
8	JENNIFER PAYNE	17	16'03.00"	8	SAMANTHA CUERINGTON	09	34'02.50"
9	PAMELA KLEIN	12	16'02.50"	9	RAEGAN ROBINSON	99	34'02.25"
10	SOL LEE (10TH)	22	16'00.00"	10	FARRAH MCGARRY (9TH)	22	34'02.00"
	SHOT PUT				DISCUS		
1	TAMARA BRYANT	02	42'03.75"	1	SHELBY MCCRAY	07	140'11.00"
2	ITHOHAN AIKHIONBARE	11	41'01.50"	2	TAMARA BRYANT	02	133'11.00"
3	BRANDI CHARLES	99	40'06.25"	3	ITHOHAN AIKHIONBARE	11	132'09.00"
4	SHELBY MCCRAY	07	37'00.75"	4	JAYA BANKS	14	121'10.00"
5	JAYA BANKS	14	36'03.00"	5	MICHELE DANNHAUSEN	05	121'05.00"
6	MICHELE DANNHAUSEN	05	34'09.00"	6	AMBER BEASTON	03	112'03.00"
7	JANE ZANTESON	16	33'08.00"	7	JESSICA NICOLA	02	106'03.00"
8	JANET HOOS	95	31'10.00"	8	BILLIE RUDE	13	103'03.00"
9	ZARAH HUO	21	31'05.00"	9	JANE ZANTESON	16	98'08"
10	BILLIE RUDE	13	31'04.00"	10	BRANDI CHARLES	99	98'01.00"
	HIGH JUMP				POLE VAULT		
1	DIONNA WILLIAMS (10 TH)	13	5'02.00"	1	NOELLE CROWLEY	14	10'08.00"
1	VANESSA CASILLAS	00	5'02.00"	2	TRACY CRESTA	13	10'01.00"
3	TAYLOR CASILLAS	05	5'00.00"	3	ALEXANDRA AKOBIAN (9 TH) JESSICA HORN	15 03	9'06.00"
3	JASMINE HORTON	02	5'00.00"	5	LYLA HUNT GWYNETH SCHOENBAUM SARAH ADAMS	01 17 17	8'06.00"
3	RAEGAN ROBINSON	99	5'00.00"	8	ERIN DASILVA	04	8'03.00"
3	MICHELLE ALGIERS (10 TH)	19	5'00.00"	9	CHEYENNE WINGATE	09	8'02.00"
7	RAVEN RHODES (10 TH)	15	4'10.00"	10	ITHOHAN AIKHIONBARE (10 TH)	09	8'00.00"
7	JASMINE JENKINS (9 TH)	06	4'10.00"				
7	KJERSTI HOUSMAN, ALLISA GORDON (10 TH)	03 17	4'10.00"				

	4 x 200 RELAY				4 x 800 RELAY		
1	MARY JO ALEXANDER, GINA CLAYTON, NATALIE CALDERON, DANIELLA RUSSELL	00	1:44.48	1	TRACY CRESTA, MARILYN CROWLEY, BETTINA LEE (9 TH), ABIGAIL MARICH (9 TH)	13	9:59.04
2	ALEJANDRA ARBELAEZ, JENNY RUETTGERS, MARY JO ALEXANDER,	98	1:48.9	2	TRACY CRESTA, MARILYN CROWLEY (10 TH), VENETIA FREIHUBE (9 TH),	12	10:19.25

	DANIELLA RUSSELL				MARIANA HENRY		
3	ALEJANDRA ARBELAEZ, DANIELLA RUSSELL, MECO SMITH, MARY JO ALEXANDER	98	1:50.2	3	SAMANTHA KNAPP, MAKENNA MAUCHER, ELENI DAUGHTERS, ASHLEY MAYO	17	10:35.72
4	KRISTEN CAMPBELL, RACHELL ROBINSON, TRISH HANSEN, ERIKA WILLIAMS	95	1:50.5	4	GINA CLAYTON, JENNY RUETTIGERS, SWAVA STENDEL, ANNA HUNT	98	10:37.73
5	TAYLOR CASILLAS, LAUREL KUHN, ERIN GRIPP, NATALIE CALDERON	03	1:50.7	5	TRACY CRESTA (9), ERIKA POLANCO, SARA RUPP (9), MARIANA HENRY (10)	10	10:43.23
6	VANESSA CASILLAS, GINA CLAYTON, KJERSTI HOUSMAN, NATALIE CALDERON	01	1:51.0	6	MARGARET SITKER, SUSIE CAPOCCIA (10 TH), SHANNON GIBBS, LAUREL KUHN	06	10:43.7
7	NOELLE CROWLEY, ALEXANDRA KEYSSELITZ INDIA HINES, ELENI DAUGHTERS (9 TH)	14	1:51.24	7	BETTINA LEE (10 TH), VENETIA FREIHUBE, HANNAH HOWARD (10 TH), ABIGAIL MARICH (10 TH)	14	10:45.66
8	CINDY DOSTALEK, RACHELL ROBINSON, TRISH HANSON, ERIKA WILLIAMS	96	1:51.55	8	ERIKA POLANCO (10 TH), JACKIE PACHECO (9 TH), CHEYENNE WINGATE (10 TH), LEILA LAURILLA (9 TH)	08	10:47.01
9	JASMINE JENKINS (9 TH), TAYLOR CASILLAS, SAMANTHA CUERINGTON (9 TH), LISA WICKHEM	06	1:52.22	9	HANNAH MILLER, MARGARET GUERCIO, JULIETA SANTANA, LACY STAFF	96	10:49.6
10	KATIE MCCAULEY, NATALIE CALDERON, KJERSTI HOUSMAN, VANESSA CASILLAS	02	1:52.35	10	SHANNON GIBBS, LAUREL KUHN, ERIN DASILVA, MARGARET SITKER	05	10:52.79
	4 x 1600 RELAY				DISTANCE MEDLEY		
1	Bettina Lee (9th), Abigail Marich (9th), Jane Zanteson (9th), Marilyn Crowley	13	23:03.51	1	SHANNON SKAGER, NATALIE CALDERON, CHRISTINA TOM, GINA CLAYTON	01	13:26.90
2	SAMANTHA KEHRER, KRISTA LINDSAY, MARGARET GUERCIO, HANNAH MILLER	96	24:02.7	2	HANNAH MILLER, CLAIRE BRENNAN, MARGARET GUERCIO, LACY STAFF	96	13:38.48
3	GINA CLAYTON, SWAVA STENDEL, KATIE JOHNSTON, ANNA HUNT	98	24:05.7	3	HANNAH MILLER, CLAIRE BRENNAN, LACY STAFF, JULIETA SANTANA	96	13:38.76
4	BETTINA LEE (10 TH), ABIGAIL MARICH (10 TH), JANE ZANETESON (10 TH), HANNAH HOWARD (10 TH)	14	24:11.47	4	GINA CLAYTON, ALEJANDRA ARBELAEZ, NICOLE BOROUMAND, SHANNON SKAGER	98	13:43.20
5	HANNAH MILLER, MARGARET GUERCIO, KRISTA LINDSAY, SAMANTHA KEHRER	95	24:17.5	5	SUSIE CAPOCCIA (10 TH), JESSICA HERNANDEZ, LAUREL KUHN, MARGARET SITKER	06	13:49.7
6	Abigail Marich (9th), Jane Zanteson (9th), Olivia Kavanaugh, Bettina Lee (9th)	13	24:23.30	6	MARIANA HENRY (10), MICHELLE JOHNSON, TRACY CRESTA (9), ERIKA POLANCO	10	13:52.86
7	GINA CLAYTON, ALLISON HUTCHCRAFT, CHRISTINA TOM, SHANNON SKAGER	00	24:25.22	7	ALLISON HUTCHCRAFT, VANESSA CASILLAS, JESSICA HORN, SHANNON SKAGER	00	13:57.38
8	SWAVA STENDEL, ANNA HUNT, GINA CLAYTON, KATIE JOHNSTON	98	24:27.3	8	VENETIA FREIHUBE (9), ALEXANDRIA KEYSSELITZ (10), MARILYN CROWLEY (10), MARIANA HENRY	12	14:19.24
9	HANNAH MILLER, MARGARET GUERCIO, KRISTA LINDSAY, SAMANTHA KEHRER	95	24:47.32	9	CHRISTINA TOM, JASMINE HORTON, PAM GROTTIS, SHANNON SKAGER	00	14:19.36
10	MARIANA HENRY (10), TRACY CRESTA (9), SARA RUPP (9), ERIKA POLANCO	10	25:07.97	10	ALLISON HUTCHCRAFT, NICKY STAGGS, JESSICA HORN, SHANNON SKAGER	00	14:22.0
	SPRINT MEDLEY				SHUTTLE HURDLES		
1	NATALIE CALDERON, ERIN DASILVA, JASMINE HORTON, LAUREL KUHN	03	4:25.72	1	JASMINE HORTON, NATALIE CALDERON, KRISTELLE MAGBANUA, KJERSTI HOUSMAN	02	1:17.43
2	ALEJANDRA ARBELAEZ, IVY ROLDAN, AMANDA ELLIOTT, SWAVA STENDEL	98	4:49.2	2	ERIN DASILVA, JESSICA HERNANDEZ, SHANNON GIBBS, LAUREL KUHN	06	1:18.12
3	MECO SMITH, VANESSA CASILLAS, SHANNON SKAGER, ALLISON HUTCHCRAFT	00	4:49.62	3	JESSICA GARDNER, MICHELLE JOHNSON, CHEYANNE WILLIAMS (10), SARAH KOPCHA (10)	11	1:18.92
4	CARINA CROWDER (9), CHLOE BEAUVOIS (10), MAKENZIE LAPORTE (9), NOELLE CROWLEY (10)	12	4:51.27	4	ERIN DASILVA, STEPHANIE SMITH, LAUREL KUHN, KJERSTI HOUSMAN	04	1:19.57
5	JOCELYN ABAD, MECO SMITH, SHANNON SKAGER, ALLISON HUTCHCRAFT	00	5:02.0	5	MANDI STEPHEN, NATALIE CALDERON, KJERSTI HOUSMAN, JASMINE HORTON	01	1:20.4
6	CARINA CROWDER (9), ALEX KEYSSELITZ	12	5:02.15	6	ALEJANDRA ARBELAEZ, LYLIA HUNT,	98	1:22.3

	(10), CHLOE BEAUVOIS (10), MARILYN CROWLEY (10)				AMANDA ELLIOTT, CRYSTAL KLEIN		
7	MARGARET GUERCIO, JULIE THACKARA, CLAIRE BRENNAN, HANNAH MILLER	96	5:02.5	7	CHEYANNE WILLIAMS, JESSICA GARDNER, SIERRA ADAMS (10), PAMELA KLEIN	12	1:23.47
8	TRISH HANSON, KATIE FORD, MEGAN KRATOCHVIL, MARGARET GUERCIO	95	5:05.10	8	STEPHANIE RUETGERS, AMANDA ELLIOTT, Lyla HUNT, CRYSTAL KLEIN	98	1:24.9
9	HANNAH MILLER, SONIA VERKOUTEREN, REBECCA ERICKSEN, KRISTEN JUELSON	96	5:05.79	9	KERRY DONAGHUE, CINDY DOSTALEK, KIM KITCHING, MARGARET PETT	96	1:28.62
10	Jessica Legaspi, Marisa Bussone (9th), Alexandra Keysseltiz, Olivia Kavanaugh	13	5:09.23				

NOTE: MCGARRY'S MARK OF 34' 2" IS A NEW FRESHMAN RECORD FOR THE TRIPLE JUMP, FORMERLY HELD BY MICHELLE JOHNSON '11 SET IN 2008.

TRACK AND FIELD WEBSITE: www.frejoytf.com/home.html

2022 TRACK & FIELD POST SEASON AWARDS			
JUNIOR VARSITY BOYS		JUNIOR VARSITY GIRLS	
AWARD	ATHLETE	AWARD	ATHLETE
MOST INSPIRATIONAL	DANIEL ALVAREZ	MOST INSPIRATIONAL	NATALIE DAI
COACHES AWARD	ETHAN LIN	COACHES AWARD	OLIVIA BOHANEK
MOST IMPROVED	KEANU WIDJAJA	MOST IMPROVED	TABITHA FRUMENTO
MOST VALUABLE ATHLETE	SHAWN ROBLES	MOST VALUABLE ATHLETE	GIULIA BHATIA
		MOST VALUABLE ATHLETE	FARRAH MCGARRY
VARSITY BOYS		VARSITY GIRLS	
MOST INSPIRATIONAL	LIAM QUINN	MOST INSPIRATIONAL	MONIQUE KIRLAND
COACHES AWARD	RASHAAD AUSTIN	COACHES AWARD	DANIELA LEDESMA
MOST IMPROVED	THOMAS GOMEZ	MOST IMPROVED	CARISSA SANTOYO
MOST VALUABLE ATHLETE	ALEXANDRO ALVAREZ	MOST VALUABLE ATHLETE	MIA REID
MOST VALUABLE ATHLETE	JOHN ALVAREZ		
MOST VALUABLE ATHLETE	ANGELO GODOY		

2022 Boy's Junior Varsity





Boys Junior Varsity Award Winners:
Daniel Alvarez '25, Ethan Lin '25.
Not Pictured Shawn Robles,
Keanu Widjaja.



Girls Junior Varsity Award Winners:
Natalie Dai '25, Tabitha Frumento '25,
Giulia Bhatia '24, Farrah McGarry '25.
Not Pictured Olivia Bohanec.



2022 Girls Junior Varsity



2022 Varsity Boys



Varsity Boys Awards:
Liam Quinn '22,
Rashaad Austin '22,
Angelo Godoy '22,
Alexandro Alvarez '23
and John Alvarez '22.
Not Pictured Thomas
Gomez.

2022 Varsity Girls



Girls Varsity Award Winners: Monique Kirland '22, Carissa Santoyo '22, Daniela Ledesma '22 and Mia Reid '23