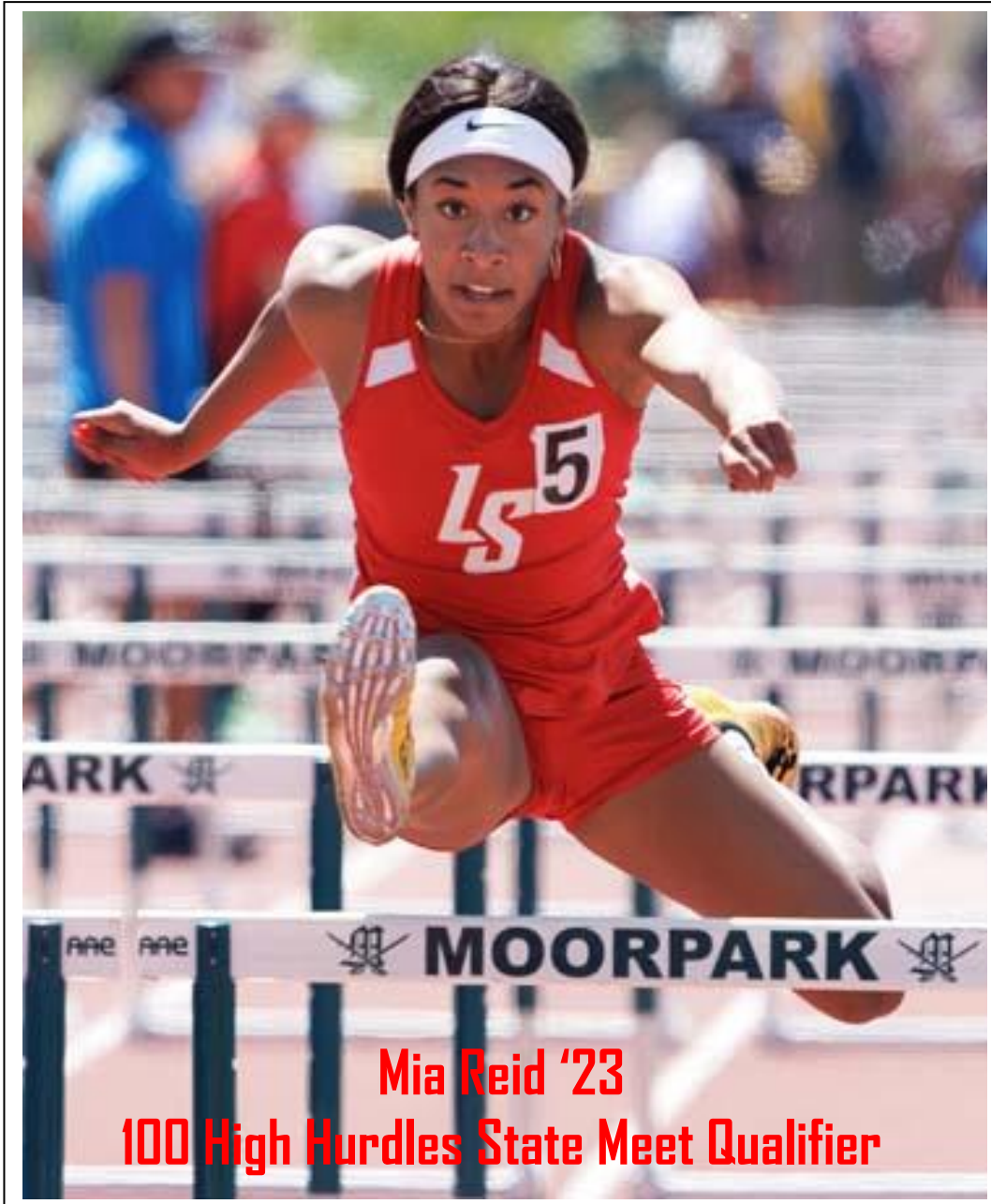


2023

TRACK & FIELD AWARDS BANQUET



La Salle Dining Hall
Sunday, May 21, 2023 @ 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

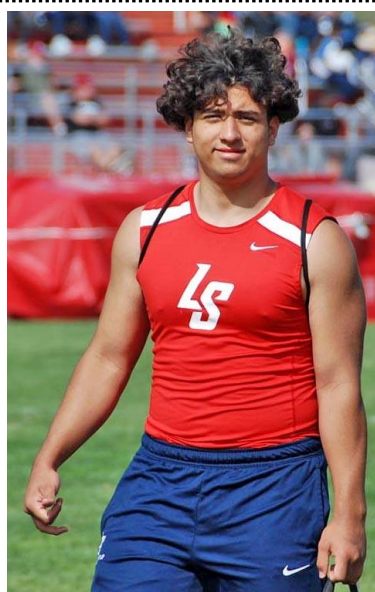
- Girls Junior Varsity
- Boys Junior Varsity
- Girl's Varsity
- Boys Varsity

2:30 p.m. Closing – Photo Opportunities

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Photos: Duane Norris, Joeseh Blackman, David Pejsa

2023 Photos



Left: Thomas Gomez '24, Shot Put & Discus
Above: Seniors



2023 La Salle Track & Field

Coaching Staff

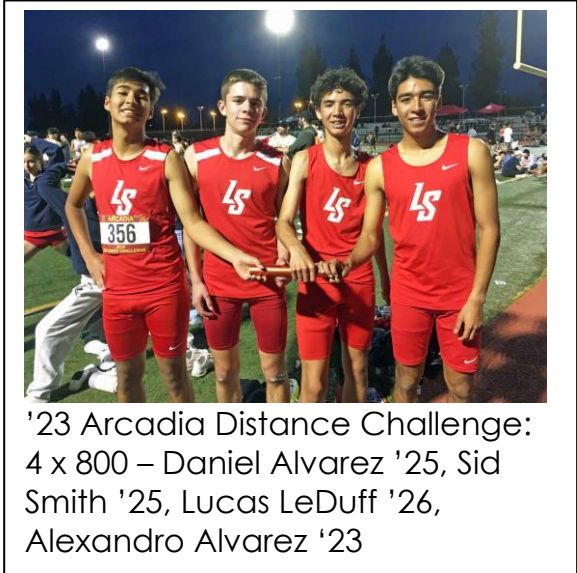
Joe Blackman '89	Head Coach, Sprints, Long Jump, Triple Jump
Anthony Holyfield	High Jump, Strength & Conditioning Coach
Kjersti Housman-Holyfield '04	Coach Emeritus
Ken Keeler '01	Pole Vault Assistant
Jalisa McFee	Hurdles Coach
Nick Norman	Track Events Assistant
Duane Norris	Distance, Relays Coach, Meet Manager, Stats
Bryce Shaw '13	Throws Assistant
David Shaw P '07, '11, '13	Throws, Pole Vault Coach
Michael Stumpf	Throws Assistant
Austin Williams '09	Track Events Assistant



Left: Sol Lee '24, Mia Reid '23, Farrah McGarry '25, Giulla Bhatia '24 and Noelle Chua '23



Olivia Bohanec '24



'23 Arcadia Distance Challenge: 4 x 800 – Daniel Alvarez '25, Sid Smith '25, Lucas LeDuff '26, Alexandro Alvarez '23

GIRLS VARSITY 4-0 DEL REY LEAGUE CHAMPIONS
BOYS VARSITY 4-0 DEL REY LEAGUE CHAMPIONS

DEL REY LEAGUE FINALS CHAMPIONS			
Varsity Boys		Varsity Girls	
Event	Athlete	Event	Athlete
Shot Put	Thomas Gomez '24	100 High Hurdles	Mia Reid '23
Discus Throw		300 Low Hurdles	
Pole Vault	Isaac Magluyan '25	Pole Vault	Abigail Pejsa '24
Junior Varsity Boys		Junior Varsity Girls	
110 High Hurdles	Daniel Alvarez '25	Pole Vault	Graciela Artiz '26
300 Intermediate Hurdles			
Triple Jump	Christian Alarcon '26	Long Jump	Catherine Bautista '25
High Jump	River Breitenbach '26	High Jump	Isabel Perez '24
100 Meter Dash	Christian Slamát '26		
3200 Meter Run	Sid Smith '25		
4 x 400 Relay	Slamat, Swamy, LeDuff, Kachmarsky		

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	AIDAN CHIU '24	23	22.75
7	JOHN FORAN	74	10.9C	7	EDWIN SCOTT	06	22.89
8	AIDAN CHIU '24	23	11.20	8	WESLEY LUCAS	06	22.90
9	WESTLEY LUCAS	06	11.22	9	MICHAEL PERRY	10	22.94
10	AMON MILLINER	16	11.24	10	ALEX FREITAS	84	23.04C
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	ALEXANDRO ALVARADO	23	1:57.83
4	RAUL ESPINOZA	70	51.3	4	MARK RUELAS	80	1:58.7
4	MIKE MOORE	68	51.3	5	DAVID CURRAN	69	1:58.9
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	23	4:22.37	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 CHIN, 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	THOMAS GOMEZ '24	23	51'04.00"
5	BRANDON MULLIGAN	'14	21'10.50"	5	SEBASTIAN SCHIFF	16	50'10.00"
6	STEFAN IWANKIW	94	21'10.00"	6	GRANT GLAUSSER	74	49'08.00"
7	JOHN FORAN	72	21'09.00"	7	JAMES SHIFFLETT	02	48'05.00"
8	JOHN LUKES	69	21'08.00"	7	JOHN BUCHAN	73	47'10.00"
9	ANDREW MAHLMANN	02	21'05.50"	7	? HOPKINS	73	47'02.00"
10	BOB GILLETTE	75	21'04.00"	10	KISHON SANDERS	11	47'02.00"
	RYAN MONNINGER	14	21'04.00"				
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	THOMAS GOMEZ '24	23	139'08"
8	HARVEY SITU BLAKE SHAW DOMINIC LEIS	15 06 17	12-00.00"	7	SAM BEARSE	01	136'04"
8	BILL SPECHT	74	12'00.00"	8	CHRISTOPHER ALVARADO	11	135'05"
8	RICH CULLEN,	78	12'00.00"	9	RYAN SPARKS	17	135'03"
8	NAT THOMPSON	81	12'00.00"	10	OLIVER 'BUDDY' EVANS	08	132'02"
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	CONNOR BRUCKER, ALEXANDRO ALVAREZ, LUCAS LEDUFF, DANIEL ALVAREZ	23	8:57.74
10	ANTHONY TARNE, PEDRO QUINTANILLA, CORY CHARLES, JOHNATHON REID	95	1:36.03	10	JON ERICKSEN, DAVID FULPS, TARIK KASSEM, GABE MAGNI	95	8:58.94
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. GARIA
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 ASSENESI (9 TH)	Joe Carreon, Robby Snodgrass (soph), Nick Nino (soph), Harvey Situ (frosch),
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

RANK	100 METERS	YR.	MARK	RANK	200 METERS	YR.	MARK
1	SOL LEE '24	23	12.26	1	ASHA BLADES	09	24.98
2	ALESSANDRA GONZALES	12	12.49	2	DANIELLA RUSSELL	00	25.13
3	ERICKA WILLIAMS (FRESHMAN) ASHA BLADES	95 09	12.51	3	SOL LEE '24	23	25.25
5	INDIA HINES	15	12.4 (.64)	4	CROIX SOTO (9 TH)	16	25.81
6	DANIELLA RUSSELL	99	12.64	5	ALESSANDRA GONZALES	12	25.89
7	VANESSA CASILLAS	02	12.5(.74)	6	INDIA HINES	15	25.7(.94)
8	CROIX SOTO (9 TH)	16	12.81	7	ERICKA WILLIAMS (9 TH)	95	26.16
9	NATALIE CALDERON	03	12.6(.84)	8	VANESSA CASILLAS	02	26.1 (27)
10	JAMIE BELL	04	12.87	9	JAMIE BELL	04	26.40
				10	GINA CLAYTON	01	26.63

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	OLIVIA BOHANEC '24	23	11:46.35
6	OLIVIA BOHANEC '24	23	5:24.66	6	BETTINA LEE (10 TH)	14	11:54.25
7	ABIGAIL MARICH (FROSH)	13	5:28.29	7	GINA CLAYTON	99	12:05.8
8	SAMANTHA KNAPP	17	5:35.92	8	SAMANTHA KNAPP	17	12:23.96
9	MARIANA HENRY	12	5:37.21	9	KELSEY MCALISTER	09	12:25.1
10	GINA CLAYTON	98	5:40.7	10	SUSIE CAPOCCIA	07	12:33.0
100 METER HIGH HURDLES				300 METER LOW HURDLES			
1	MIA REID	23	14.13	1	INDIA HINES	15	44.61
2	INDIA HINES	14	15.89	2	MIA REID	23	44.70
3	JASMINE HORTON	02	16.24	3	KJERSTI HOUSMAN	04	45.85
4	KJERSTI HOUSMAN	04	16.40	4	MARY JO ALEXANDER	00	45.97
5	MARY JO ALEXANDER	00	16.55	5	CINDY DOSTALEK	96	46.7
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	GIULIA BHATIA '24, SOL LEE, FARRAH MCGARRY '25, MIA REID '23	23	50.25	5	VANESSA CASILLAS, KJERSTI HOUSMAN, SHANNON SKAGER, NATALIE CALDERON	02	4:02.16
6	INDIA HINES, DIONNA WILLIAMS, INGEBOG BAKKE, ELENI DAUGHTERS (10 TH)	15	50.48	6	KJERSTI HOUSMAN, GINA CLAYTON, NATALIE CALDERON, SHANNON SKAGER	01	4:02.47
7	DENISE PETERSON, DIONNA WILLIAMS (SOPH), KENNEDI WHITTINGHAM, ALESSANDRA GONZALES	13	50.4 (50.54)	7	TRACY CRESTA (10), ALEXANDRA GHANTOUS (9), DENISE PETERSON (10), ALESSANDRA GONZALES (10)	10	4:02.81

8	VANESSA CASILLAS, GINA CLAYTON, KJERSTI HOUSMAN, NATALIE CALDERON	01	50.67	8	SHANNON SKAGER, MARY JO ALEXANDER, GINA CLAYTON, DANIELLA RUSSELL	99	4:03.66
9	JENNIFER PAYNE, CROIX SOTO (9 TH), ANNALIS GUZMAN, ELENI DAUGHTERS	16	50.67	9	CATHERINE CAHILL, JAMIE BELL, LAUREL KUHN (10 TH), KJERSTI HOUSMAN	04	4:04.51
10	RAEGAN ROBINSON, MARY JO ALEXANDER, ALEJANDRA ARBELAEZ, DANIELLA RUSSELL	99	50.84	10	SHANNON SKAGER, MARY JO ALEXANDER, GINA CLAYTON, NATALIE CALDERON	00	4:05.50
	LONG JUMP				TRIPLE JUMP		
1	MIA REID	23	17'08.75"	1	NATALIE CALDERON	03	37'09.25"
2	NATALIE CALDERON	03	17'05.25"	2	INDIA HINES	15	37'04.75"
3	SAMANTHA CUERINGTON	09	17'02.25"	3	MICHELLE ALGIERS	21	36'06.25"
4	SOL LEE '24	23	17'01.25"	4	CARISSA SANTOYO	22	35'05.00"
5	INDIA HINES (SOPH)	13	17'00.00"	5	MICHELLE JOHNSON	11	34'08.75"
6	MICHELLE JOHNSON	11	16'11.50"	6	DIONNA WILLIAMS (SOPH)	13	34'08.00"
7	DIONNA WILLIAMS (SOPH)	13	16'10.00"	7	ALLYSON PASCUA	08	34'03.00"
8	ALLYSON PASCUA	09	16'04.25"	8	SAMANTHA CUERINGTON	09	34'02.50"
9	JENNIFER PAYNE	17	16'03.00"	9	RAEGAN ROBINSON	99	34'02.25"
10	PAMELA KLEIN	12	16'02.50"	10	FARRAH MCGARRY (9 TH)	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 RUETGERS, MARY JO ALEXANDER, DANIELLA RUSSELL	98	1:48.9	2	TRACY CRESTA, MARILYN CROWLEY (10 TH), VENETIA FREIHUBE (9 TH), MARIANA HENRY	12	10:19.25
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 BOROUAMAND, 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 (10), CHLOE BEAUVOIS (10), MARILYN CROWLEY (10)	12	5:02.15	6	ALEJANDRA ARBELAEZ, LYLA HUNT, AMANDA ELLIOTT, CRYSTAL KLEIN	98	1:22.3
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				

2023 TRACK & FIELD POST SEASON AWARDS			
JUNIOR VARSITY BOYS		JUNIOR VARSITY GIRLS	
AWARD	ATHLETE	AWARD	ATHLETE
MOST INSPIRATIONAL	LUCAS LEDUFF '26	MOST INSPIRATIONAL	GRACIELA ARTIZ '26
COACHES AWARD	REECE ALVARADO '25	COACHES AWARD	FRIDA NAVA '26
MOST IMPROVED	DHIREN SWAMY '26	MOST IMPROVED	ALLYSON COPELAND '25
MOST VALUABLE ATHLETE	CHRISTIAN SLAMAT '26	MOST VALUABLE ATHLETE	TABITHA FRUMENTO '25
VARSITY BOYS		VARSITY GIRLS	
MOST INSPIRATIONAL	ANDREW YU '23	MOST INSPIRATIONAL	GIULIA BHATIA '24
COACHES AWARD	ANDREW LAI '23	COACHES AWARD	JOCELYN ALLEN '26
MOST IMPROVED	KEANU WIDJAJA '24	MOST IMPROVED	OLIVIA BOHANEK '24
MOST VALUABLE ATHLETE	THOMAS GOMEZ '24	MOST VALUABLE ATHLETE	MIA REID '23
MOST VALUABLE ATHLETE	ALEXANDRO ALVAREZ '23	HALL OF FAME	MIA REID '23
HALL OF FAME	ALEXANDRO ALVAREZ '23		

CIF Division IV – 166 Schools

Boys Team placed 12th overall

Girls Team placed 14th overall

CIF Finalists:

Alex Alvarez – 800 (3rd), 1600 (6th)

Thomas Gomez – Shotput (6th), Discus (7th)

Sol Lee – 100 (9th)

Isaac Magluyan – Pole Vault (9th)

Mia Reid – 100 Hurdles (2nd), 300 Hurdles (4th)

Girls 4x100 Relay – Giulia Bhatia, Sol Lee, Farrah McGarry, Mia Reid, Noelle Chua (alternate) – (9th)

CIF Southern Section Masters – 471 Schools

Mia Reid – 100 Hurdles (2nd)

CIF State Championships – 1400+ Schools

Mia Reid – 100 Hurdles (8th)

Thank you to all our athletes, parents,
and supporters for a great season!!