

LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

MAR 2, 2018 - Griffin Relays at Los Alamitos HS

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS --- LEADING THE STATE / NATION

(Sydnee Kolster, Danielle Limp, Alyssa Blockburger, Delaney Sanacore) girls 1600m SMR (4:07.55) | **CA #1** | **US #2**

(Jaiden Mitchell, TreVion Ballard, Ahmad Martin, Brandon Bandley) boys 1600m SMR (3:35.15) | **CA #1** | **US #4**

(Abraham Lotfy, Owen Adele, Sean Ayale, Samuel Scott) boys 4x110m shuttle hurdles (1:07.13) | **CA #2** | **US #7**

(Annie Bliss, Amanda Muniz, Kaya Guerrero, Olivia Velasco) girls 4x800m relay (9:53.60) | **CA #6** | **US #25**

(A. Blockburger, S. Kolster, J. Galloway, D. Limp) girls 4x100m relay (48.93) **VAR top ten all-time #10** | **CA #8**

Sean Ayale 11 (22'-6") boys long jump varsity 2nd place | **VAR top ten all-time #6** | **CA #6** | **US #35**

Jade Galloway 12 (18'-0") girls long jump varsity 1st place | **VAR top ten all-time #4** | **CA #7** | **US #43**

Rachel Hermann 12 (17'-3.25") girls long jump varsity 2nd place | **VAR top ten all-time #10** | **CA #15**

Michael Parsons 12 (13'-6") boys pole vault varsity 2nd place | **VAR top ten all-time #10** | **CA #23**

OTHER NOTABLES

Michelle Ramirez 11 (85'-7") girls discus open - 1st place | **JV top ten all-time #2**

Michelle Ramirez 11 (28'-3") girls shot put open - 2nd place | **JV top ten all-time #5**

Allison Millar 11 (8'-0") girls pole vault varsity - 1st place

Rylee McMahan 12 (5'-0") girls high jump varsity - 1st place

Amelia Wiggs 10 (4'-10") girls high jump varsity - 2nd place