

LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

APR 27, 2018 - Sunset League Championships Prelims / FS & JV Field Events Finals

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Danielle Limp 11 (25.68) girls 200m **VAR top ten all-time #7**

Abraham Lotfy 11 (40.14) boys 300m hurdles **VAR top ten all-time #10**



JV LAHS TOP 10 ALL-TIME ADDITIONS

Ryan Herda 12 (2:02.24) boys 800m **JV SCHOOL RECORD**

Ryan Herda 12 (20'-2.5") boys long jump **JV top ten all-time #2**

Jacob Taylor 12 (10:08.08) boys 3200m **JV top ten all-time #2**

Joshua Williams 11 (10:09.27) boys 3200m **JV top ten all-time #3**

Nathaniel Kersey 11 (39'-3.75") boys triple jump **JV top ten all-time #4**

Zackary Wagoner 11 (11.43) boys 100m **JV top ten all-time #5**

William Henriksen 12 (19'-7.5") boys long jump **JV top ten all-time #7**



FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

Owen Adele 10 (42.05) boys 300m hurdles **frosh/soph top ten all-time #8**

Dan Garrett 9 (51.69) boys 400m **frosh/soph top ten all-time #10**



PARA LAHS TOP 10 ALL-TIME ADDITIONS

Joe Chao 12 (26'-6") shot put **para SCHOOL RECORD**



JUNIOR VARSITY 2018 SUNSET LEAGUE CHAMPIONS & TEAM POINTS SCORERS

JUNIOR VARSITY SUNSET LEAGUE CHAMPIONS – 10 points

Theodore Brown 12 (42'-7") boys shot put

Brianna Debucquois 11 (28'-10") girls shot put

Ryan Herda 12 (20'-2.5") boys long jump

Nathaniel Kersey 11 (39'-3.75") boys triple jump

Jacob Taylor 12 (10:08.08) boys 3200m

JUNIOR VARSITY SUNSET LEAGUE 2ND PLACE – 8 POINTS

Christian Areyan 10 (5'-8") boys high jump

Karlie Gonzalez 12 (4'-4") girls high jump

William Henriksen 12 (19'-7.5") boys long jump

Michelle Ramirez 11 (28'-5") girls shot put

Joshua Williams 11 (10:09.27) boys 3200m

JUNIOR VARSITY SUNSET LEAGUE 3RD PLACE – 6 POINTS

Theodore Brown 12 (97'-6") boys discus

Brianna Debucquois 11 (79'-6") girls discus

LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

JUNIOR VARSITY SUNSET LEAGUE 3RD PLACE – 6 POINTS, continued

Amber DeMarco 11 (12:48.79) girls 3200m
Danel'a Garrett 12 (27'-11") girls shot put
Luke Harkins 12 (19'-2.5") boys long jump
Alyssa Lea-Wilson 12 (14'-6") girls long jump
Alyssa Lea-Wilson 12 (29'-3.5") girls triple jump
Sadie Parkin 11 (4'-4") girls high jump tie
Jacquelyn Viramontes 10 (4'-4") girls high jump tie

JUNIOR VARSITY SUNSET LEAGUE 4TH PLACE – 4 POINTS

Kaelani Artuz 11 (25'-11") girls shot put
Danel'a Garrett 12 (77'-4") girls discus
Nathaniel Kersey 11 (19'-0") boys long jump
Wyat Whitman 10 (4'-10") boys high jump

JUNIOR VARSITY SUNSET LEAGUE 5TH PLACE – 2 points

Kaelani Artuz 11 (77'-1") girls discus
Danel'a Garrett 12 (28'-7") girls triple jump
Hailey Stephens 12 (12:52.68) girls 3200m
Ashley Tuliau 12 (25'-10") girls shot put

JUNIOR VARSITY SUNSET LEAGUE 6TH PLACE – 1 point

Ryan Herda 12 (36'-5") boys triple jump
Mason Grimes 10 (4'-6") boys high jump
Sinnedin Landell 10 (42'-9") boys shot put
Sadie Parkin 11 (28'-3.25") girls triple jump
Michelle Ramirez 11 (74'-4") girls discus

FROSH/SOPH 2017 SUNSET LEAGUE CHAMPIONS & TEAM POINTS SCORERS

FROSH/SOPH SUNSET LEAGUE CHAMPIONS – 10 points

Dumisani Sithole 10 (19'-2") boys long jump
Dumisani Sithole 10 (39'-11.75") boys triple jump
Amelia Wiggs 10 (5'-0") girls high jump
Amelia Wiggs 10 (31'-9.25") girls triple jump

FROSH/SOPH SUNSET LEAGUE 2ND PLACE – 8 points

Wes Kimura 10 (38'-7") boys triple jump
Owen Ryan 9 (10:22.86) boys 3200m
Mia Spinelli 10 (4'-8") girls high jump
Noa Tuliau 10 (42'-10") boys shot put

FROSH/SOPH SUNSET LEAGUE 3RD PLACE – 6 points

Craig Chamberlain 9 (10'-0") boys pole vault
Sydney Donovan 9 (4'-8") girls high jump
Wes Kimura 10 (18'-1") boys long jump
Erin Larios 10 (28'-5") girls shot put
Sean Panting 10 (5'-6") boys high jump

LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

FROSH/SOPH SUNSET LEAGUE 4TH PLACE – 4 points

Sydney Donovan 9 (31'-1") girls triple jump

Juliana Iriarte 10 (27'-9") girls shot put

Erin Larios 10 (76'-4") girls discus

Brian Rogers 9 (10:27.80) boys 3200m

Amelia Wiggs 10 (14'-4") girls long jump

FROSH/SOPH SUNSET LEAGUE 5TH PLACE – 2 points

Maria Halfhill 9 (12:24.93) girls 3200m

Sean Panting 10 (10'-0") boys pole vault

FROSH/SOPH SUNSET LEAGUE 6TH PLACE – 1 point

Noa Tuliau 10 (93'-6") boys discus

GIRLS WHO QUALIFIED AT PRELIMS FOR SUNSET LEAGUE FINALS ON MAY 4, 2018

Girls 100m Varsity

- Danielle Limp 11 (12.55)
- Olivia Poland 10 (12.67)
- Sydnee Kolster 11 (12.72)

Girls 100m Junior Varsity

- Megan Wall 10 (13.76)
- Kaliyah Denis 10 (13.82)
- Kaniya Swift 10 (14.11)

Girls 100m Frosh/Soph

- Michelle Bernardo 10 (13.06)
- Khalia Gathright 9 (13.29)
- Anastasia Rosenthal 10 (13.56)
- Kasey Ainslie 9 (13.64)

Girls 200m Varsity

- Danielle Limp 11 (25.68)
- Sydnee Kolster 11 (25.95)
- Alyssa Blockburger 10 (25.95)
- Olivia Poland 11 (26.22)

Girls 200m Junior Varsity

- Kaliyah Denis 10 (28.12)
- Megan Wall 10 (29.05)

Girls 200m Frosh/Soph

- Michelle Bernardo 10 (27.07)
- Olivia Pisani 10 (27.46)
- Khalia Gathright 9 (27.47)
- Alexa Blandino 9 (27.67)
- Kasey Ainslie 9 (27.87)
- Anastasia Rosenthal 10 (28.27)
- Feben Worku 9 (28.55)

Girls 400m Varsity

- Alyssa Blockburger 10 (58.02)

Girls 400m Junior Varsity

- Mylinh Vu 9 (66.11)
- Kyla Schilz 12 (84.40)

Girls 400m Frosh/Soph

- Feben Worku 9 (62.81)
- Olivia Pisani 10 (63.16)

Girls 800m Junior Varsity

- Lauren Kussler 12 (2:38.70)
- Heather Dollins 11 (2:50.28)
- Yvonne Villalva 11 (2:54.87)

Girls 800m Frosh/Soph

- Maria Halfhill 9 (2:29.94)
- Kaya Guerrero 9 (2:35.24)
- Charlotte Capp 10 (2:36.13)
- Katherine Kussler 9 (2:39.77)
- Sara Becker 9 (2:40.81)
- Ava Faris 9 (2:41.50)

Girls 1600m Junior Varsity

- Amber DeMarco 11 (5:55.92)
- Hailey Stephehn 12 (6:04.26)
- Heather Dollins 11 (6:16.29)
- Yvonne Villalba 11 (6:22.91)
- Madison Garcia 11 (6:31.20)

Girls 1600m Frosh/Soph

- Sara Becker 9 (5:34.70)
- Ava Faris 9 (5:38.05)
- Kaya Guerrero 9 (5:44.05)
- Katherine Kussler 9 (5:47.36)
- Corinn Tiffany 9 (5:59.43)

Girls 100m Hurdles Varsity

- Lauren Willingham 12 (15.72)
- Katelyn Saulog 12 (16.99)

Girls 100m Hurdles Junior Varsity

- Jazmin Humphreys 11 (18.36)
- Madeleine Evans 11 (20.21)

Girls 100m Hurdles Frosh/Soph

- Kate Nelson 10 (18.95)

Girls 300m Hurdles Junior Varsity

- Jazmin Humphreys 11 (53.36)
- Madeleine Evans 11 (53.67)

Girls 300m Hurdles Frosh/Soph

- Kate Nelson 10 (49.68)

LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

BOYS WHO QUALIFIED AT PRELIMS FOR SUNSET LEAGUE FINALS ON MAY 4, 2018

Boys 100m Varsity

- TreVion Ballard 12 (11.17)
- Carlo Reyes 9 (11.42)

Boys 100m Junior Varsity

- Zachary Wagoner 11 (11.43)
- Nicholas Fasulo 11 (11.66)
- Nate Hartman 12 (11.83)
- Noah Kelly 10 (11.88)

Boys 100m Frosh/Soph

- Jaiden Mitchell 10 (11.46)

Boys 200m Varsity

- TreVion Ballard 12 (22.74)
- Dan Garrett 9 (23.058)
- James Luis 11 (23.31)

Boys 200m Junior Varsity

- Nicholas Fasulo 11 (23.85)
- Nate Hartman 12 (24.11)
- Cade Bissell 11 (24.40)

Boys 400m Varsity

- Dan Garrett 9 (51.69)
- Ahmad Martin 11 (51.88)
- Johnnie Blockburger 10 (52.41)

Boys 400m Junior Varsity

- Joshua Garcia-Kimble 10 (56.46)
- Wyatt Whitman 10 (57.16)
- Anthony Granda 11 (58.50)

Boys 400m Frosh/Soph

- Alexander Roubanis 10 (57.14)

Boys 800m Varsity

- Brandon Bandle 12 (1:56.78)
- Logan Johnson 11 (2:01.66)
- Connor Oltman 12 (2:02.62)

Boys 800m Junior Varsity

- Ryan Herda 12 (2:02.24)
- J'Von Leong 11 (2:13.02)
- Luke Harkins 12 (2:19.48)

Boys 800m Frosh/Soph

- Matthew Ung 10 (2:10.52)
- Stephen Kelman 10 (2:11.89)
- Jonathan Rosenthal 10 (2:13.15)
- Felix Gonzalez 10 (2:13.51)
- Landon Haas 9 (2:18.88)

Boys 1600m Varsity

- Nick Van Meter 11 (4:33.99)
- Dean Yacoubian 12 (4:34.30)
- Klaus Quinonez 12 (4:35.99)

Boys 1600m Junior Varsity

- Jacob Taylor 12 (4:53.60)
- Joshua Williams 11 (4:55.06)
- Michael Metcalfe 12 (4:55.49)

Boys 1600m Frosh/Soph

- Brian Roger 10 (4:51.04)
- Samuel Becker 10 (4:54.74)

Boys 110m Hurdles JV

- David Spreitzer 11 (18.23)
- Christian Areyan 10 (18.47)
- Gavin Wolstenholm 9 (22.19)

Boys 110m Hurdles Frosh/Soph

- Owen Adele 10 (16.02)
- Simon Scott 10 (17.58)
- Nathan Espeleta 10 (20.45)

Boys 300m Hurdles Varsity

- Samuel Scott 12 (39.83)
- Abraham Lotfy 11 (40.14)
- Sean Ayale 11 (41.86)

Boys 300m Hurdles Junior Varsity

- Christian Areyan 10 (46.72)
- David Spreitzer 11 (49.39)
- Gavin Wolstenholm 9 (55.12)

Boys 300m Hurdles Frosh/Soph

- Owen Adele 9 (46.15)
- Simon Scott 10 (47.45)

LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

APR 20-21, 2018 - Mt. SAC Relays at El Camino College

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

(Kaleb Yemaneberhane, Nicholas Van Meter, Klaus Quinonez, Dean Yacoubian)
(18:32.68) boys 4x1600m relay seeded **SCHOOL RECORD** | 11th place

Brandon Bandley 12 (1:54.95) boys 800m invitational 10th place | **VAR top ten all-time #4**

Abraham Lotfy 11 (14.86) boys 110m hurdles seeded 4th place | **VAR top ten all-time #8**

OTHER VARSITY NOTABLES

Delaney Sanacore 12 (2:12.23) girls 800m invitational 2nd place

Faimalie Sale 12 (149'-2") girls discus invitational 2nd place

Faimalie Sale 12 (42'-2") girls shot put invitational 3rd place

Brandon Bandley 12 (21'-7.5") boys long jump invitational 7th place

(Olivia Velasco, Maria Halfhill, Amanda Muniz, Bronsyn Ledgard)
(9:36.16) girls 4x800m relay invitational HS 7th place

Kevin Schmitt 12 (6'-2") boys high jump invitational 8th place

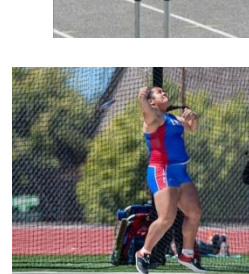
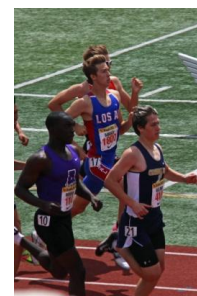
Sean Ayale 11 (21'-1.5") boys long jump invitational 9th place

Sean Ayale 11 (41'-8.25") boys triple jump seeded 10th place

Diego Gandara 12 (14'-0") boys pole vault seeded 10th place

Michael Parsons 12 (13'-0") boys pole vault seeded 14th place

Christian Virga 12 (13'-0") boys pole vault seeded 16th place



LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

APR 18, 2018 - Los Alamitos vs. Huntington Beach at Huntington Beach HS

<u>TEAM SCORES</u>	<u>LOS AL</u>	<u>HUNTINGTON BEACH</u>
VARSITY BOYS	101.5	29.5
VARSITY GIRLS	92	40
JV BOYS	113	12
JV GIRLS	92	30
F/S BOYS	89	47
F/S GIRLS	87	41



VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Amelia Wiggs 10 (5'-2") girls high jump **VAR top ten all-time #10** | **frosh/soph top ten all-time #4**

JV LAHS TOP 10 ALL-TIME ADDITIONS

Ryan Herda 12 (2:03.76) boys 800m **JV SCHOOL RECORD**

Ryan Herda 12 (19'-8") boys long jump **JV top ten all-time #5**

Rachel Hermann 12 (16'-11") girls long jump **JV SCHOOL RECORD**

Kenneth Sale 11 (120'-10") boys shot put **JV top ten all-time #3**

Alyssa Lea-Wilson 12 (32'-0") girls triple jump **JV top ten all-time #5**



FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

(Evan King, Dan Garrett, Carlo Reyes, Jaiden Mitchell) (43.98) boys 4x100m relay **frosh/soph SCHOOL RECORD**

PARA LAHS TOP 10 ALL-TIME ADDITIONS

Kyla Schilz 12 (35.63) para 200m **para SCHOOL RECORD**



LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

April 14, 2018 - Orange County Championships at Mission Viejo HS

AWARDS & TEAM SCORES -- ORANGE COUNTY CHAMPIONSHIPS

Faimalie Sale – **GIRLS FIELD ATHLETE OF THE MEET AWARD**

Varsity Girls Team – 3rd place with 58 points

Varsity Boys Team – 4th place with 49 points

Frosh/Soph Boys Team – 2nd place with 47 points

Frosh/Soph Girls Team – 17th place with 17 points



VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Delaney Sanacore 12 (5:02.45) girls seeded 1600m **VAR top ten all-time #2** | 3rd place = 6 points

(Danielle Limp, Sydnee Kolster, Olivia Polland, Shelby Wright) (48.55) girls 4x100m
VAR top ten all-time #4 | 4th place = 5 points

Olivia Velasco 10 (2:20.13) girls 800m **VAR top ten all-time #6** | **frosh/soph top ten all-time #2** | 7th place = 2 pts

Michael Parsons 12 (14'-2") boys pole vault **VAR top ten all-time #8** | 4th place = 5 points

Samuel Scott 12 (39.83) boys 300m hurdles **VAR top ten all-time #8** | 7th place = 2 points

Brandon Bandle 12 (22'-3") men long jump **VAR top ten all-time #9** | 2nd place = 8 points

Richie Yukihiro 12 (49'-2") boys shot put **VAR top ten all-time #10** | 8th place = 1 point

Shelby Wright 10 (5'-2") girls high jump **VAR top ten all-time #10** | **frosh/soph top ten all-time #4** | 2nd place = 8 pts

OTHER VARSITY NOTABLES

Kevin Schmitt 12 (6'-4") boys high jump **EVENT CHAMPION = 10 points**

Faimalie Sale 12 (43'-11") girls shot put **EVENT CHAMPION = 10 points**

Faimalie Sale 12 (142'-5") girls discus **2nd place = 8 points**

Alyssa Blockburger 10 (56.48) girls 400m **2nd place = 8 points**

Samuel Scott 12 (15.03) boys 110m hurdles **3rd place = 6 points**

Samuel Scott 12 (6'-0") boys high jump **7th place = 2 points**

Sean Ayale 11 (43'-5.25") boys triple jump **5th place = 4 points**

Sean Ayale 11 (20'-9") boys long jump **7th place = 2 points**

Reilly McMahan 12 (5'-0") girls high jump **5th place = 4 pts**

Christian Virga 12 (13'-8") boys pole vault **6th place = 3 points**

Dean Yacoubian 12 (4:34.87) boys rated 1600m **6th place rated**

Lauren Willingham 12 (16.04) girls 100m hurdles **7th place = 2 points**

Lauren Willingham 12 (47.50) girls 300m hurdles **7th place = 2 points**

(TreVion Ballard, Ahmad Martin, James Luis, Carlo Reyes) (43.82) boys 4x100m **5th place = 4 points**

(Sydnee Kolster, Danielle Limp, Olivia Polland, Alyssa Blockburger) (4:07.42) girls 4x400m relay **6th place = 3 pts**

(Samuel Scott, James Luis, Ahmad Martin, Brandon Bandle) (3:27.61) boys 4x400m **7th place = 2 points**



LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

April 14, 2018 - Orange County Championships at Mission Viejo HS, CONTINUED

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

Sawyer Howard 10 (52'-6.5") boys shot put **frosh/soph top ten all-time #3** | **EVENT CHAMPION = 10 points**

Dumisani Sithole 10 (40'-10") boys triple jump **frosh/soph top ten all-time #7** | **3rd place = 6 points**

Owen Adele 10 (42.59) boys 300m hurdles **frosh/soph top ten all-time #10** | **2nd place = 8 points**



OTHER FROSH/SOPH NOTABLES

Maria Halfhill 9 (2:26.40) girls 800m frosh/soph **3rd place = 6 points**

Dan Garrett 9 (51.89) boys 400m **3rd place = 6 points**

Dan Garrett 9 (23.13) boys 200m **5th place = 4 points**

Dumisani Sithole 10 (19'-11.25") boys long jump **6th place = 3 points**

Owen Adele 10 (16.82) boys 110m hurdles **4th place = 5 points**

Erin Larios 10 (30'-5.5") girls shot put **5th place = 4 points**

Amelia Wiggs 10 (4'-10") girls high jump frosh/soph **5th place = 4 points**

Kaya Guerrero 9 (2:28.93) girls 800m frosh/soph **6th place = 3 points**

Nico Tuliau 10 (115'-0") boys discus **8th place = 1 point**

(Evan King, Dan Garrett, Jaiden Mitchell, Adam Ruley) (45.57) boys 4x100m relay **5th place = 4 points**



LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

APR 12, 2018 - Los Alamitos vs. Marina at Los Alamitos HS

<u>TEAM SCORES</u>	<u>LOS AL</u>	<u>MARINA</u>
VARSITY BOYS	112	18
VARSITY GIRLS	92	30
JV BOYS	100	12
JV GIRLS	108	8
F/S BOYS	85	45
F/S GIRLS	104	26

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

- Danielle Limp 11 (12.29) girls 100m **VAR top ten all-time #4**
- Samuel Scott 12 (14.76) boys 110m hurdles **VAR top ten all-time #5**
- Sydnee Kolster 11 (12.53) girls 100m **VAR top ten all-time #7**
- Olivia Poland 11 (25.72) girls 200m **VAR top ten all-time #7**
- Delaney Sanacore 12 (59.08) girls 400m **VAR top ten all-time #8**



JV LAHS TOP 10 ALL-TIME ADDITIONS

- Theodore Brown 10 (42'-7.5") boys shot put **JV SCHOOL RECORD**
- Joshua Williams 11 (10:17.37) boys 3200m **JV top ten all-time #3**
- Nicholas Fasulo 11 (23.49) boys 200m **JV top ten all-time #4**
- Nicholas Fasulo 11 (11.50) boys 100m **JV top ten all-time #5**
- Kenneth Sale 11 (41'-5.5") boys shot put **JV top ten all-time #9**

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

- Owen Adele 10 (16.01) boys 110m hurdles **frosh/soph top ten all-time #9**
- Erin Larios 10 (31'-4") girls shot put **frosh/soph top ten all-time #10**

PARA LAHS TOP 10 ALL-TIME ADDITIONS

- Kyla Schilz 12 (7'-5") mixed long jump **para SCHOOL RECORD**

LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

APR 6-7, 2018 - Arcadia Invitational at Arcadia HS

INVITATIONAL DIVISION

(Sydnee Kolster, Danielle Limp, Alyssa Blockburger, Delaney Sanacore)
(4:02.36) women 1600 sprint medley **EVENT CHAMPIONS** | CA #1 | US #5

(TreVion Ballard, Ahmad Martin, Johnnie Blockburger, Brandon Bandlely)
(3:29.27) men 1600m sprint medley **2nd place** | CA #2 | US #3

Faimalie Sale 12 (43'-9") women shot put **6th place**

Faimalie Sale 12 (126'-10") women discus **15th place**

Delaney Sanacore 12 (2:14.12) women 800m **7th place**

Kevin Schmitt 12 (6'-5") men high jump **8th place**

Sean Ayale 11 (19'-11.25") men long jump **21st place**



SEEDED DIVISION

(Kaya Guerrero, Annie Bliss, Amanda Muniz, Olivia Velasco) (9:56.19) women 4x800m relay **12th place**

OPEN DIVISION

Diego Gandara 12 (14'-3") men pole vault **VAR top ten all-time #6** | **3rd place**

(Danielle Limp, Sydnee Kolster, Olivia Polland, Shelby Wright) (48.62) women 4x100m **VAR top ten all-time #5 tie** | **10th place**

Jade Galloway 12 (17'-10.5") women long jump **8th place**

Michael Parsons 12 (13'-3") men pole vault **13th place**

Brandon Bandlely 12 (1:57.14) men 800m **13th place**

Brandon Bandlely 12 (19'-6.5") men long jump **17th place**

Alyssa Blockburger 10 (57.35) women 400m **17th place**

Sean Ayale 11 (42'-9") men triple jump **18th place**

Abraham Lotfy 11 (15.12) men 110m hurdles **18th place**

Lauren Willingham 12 (49.27) 300m hurdles **28th place**

Samuel Scott 12 (15.36) men 110m hurdles **32nd place**

MIXED PARA-ATHLETE AMBULATORY DIVISION

Joe Chao 12 (25'-7") shot put **EVENT CHAMPION**

Kyla Schilz 12 (18.20) 100m **4th place**

Kyla Schilz 12 (1:26.62) 400m **4th place**



MAR 30, 2018 - Trabuco Hills Invitational at Trabuco Hills

VARSITY NOTABLES

Faimalie Sale 12 (46'-2") girls varsity shot put **Event Champion** | CA #2 | US #5

Faimalie Sale 12 (139'-3") girls varsity discus throw **2nd place**



LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

MAR 21, 2018 - Los Alamitos vs. Edison & Newport Harbor at Newport Harbor HS

<u>TEAM SCORES</u>	<u>LOS AL</u>	<u>EDISON</u>	<u>LOS AL</u>	<u>NEWPORT HARBOR</u>
VARSITY BOYS	106	26	98	36
VARSITY GIRLS	90	33	106	25
JV BOYS	108	15	114	16
JV GIRLS	96	27	105	32
F/S BOYS	100	32	111	21
F/S GIRLS	114	18	124	11

VARSIY LAHS TOP 10 ALL-TIME ADDITIONS

(Jade Galloway, Sydnee Kolster, Olivia Poland, Danielle Limp) girls 4x100m relay (48.89) **VAR top ten all-time #10**

VARSIY NOTABLE

Faimalie Sale 12 (150'-4") girls varsity discus throw **CA #6 | US #15**

JV LAHS TOP 10 ALL-TIME ADDITIONS

Alexander van Steenberg 11 (20'-8") boys long jump **JV SCHOOL RECORD**

(Zackary Wagoner, Nicholas Fasulo, David Pambid, Nathaniel Hartman) (45.60) boys 4x100m relay **JV top ten all-time #2**

Kenneth Sale 11 (119'-7") boys discus **JV top ten all-time #3**

(Emily Colmenares, Kaliyah Denis, Megan Wall, Kaniya Swift) (53.26) girls 4x100m relay **JV top ten all-time #6**

Amber DeMarco 11 (5:45.80) girls 1600m **JV top ten all-time #6**

Khalia Gathright 9 (13.29) girls 100m **JV top ten all-time #6**

Khalia Gathright 9 (27.72) girls 200m **JV top ten all-time #10**

Mylinh Vu 9 (65.24) girls 1600m **JV top ten all-time #6**

Athena Sandoval 11 (51.42) girls 300m hurdles **JV top ten all-time #7**

Joshua Williams 11 (4:45.12) boys 1600m **JV top ten all-time #9**

Kasey Ainslie 9 (27.71) girls 200m **JV top ten all-time #9**

Kasey Ainslie 9 (13.42) girls 100m **JV top ten all-time #10**

Nicholas Fasulo 11 (11.65) boys 100m **JV top ten all-time #10**

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

Carlo Reyes 9 (11.24) boys 100m **frosh/soph top ten all-time #10**

PARA LAHS TOP 10 ALL-TIME ADDITIONS

Kyla Schilz 12 (36.23) girls 200m **para SCHOOL RECORD**

LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

MAR 24, 2018 - Beach Cities Invitational @ Huntington Beach High School

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Alyssa Blockburger 10 (56.43) girls 400m **VAR top ten all-time #2** | **fresh/soph SCHOOL RECORD** | **Event Champion** | **CA #5**

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

(**Evan King, Dan Garrett, Carlo Reyes, Adam Ruley**) (44.93) boys 4x100m relay **fresh/soph top ten all-time #3** | **1st Place**

OTHER VARSITY NOTABLES

Faimalie Sale 12 (45'-4") girls shot put **Event Champion** | **CA #1** | **US #10**

Brandon Bandley 12 (22'-0") boys long jump **Event Champion** | **CA #13**

Brandon Bandley 12 (1:55.61) boys 800m **Event Champion**

Jade Galloway 12 (18'-2.5") girls long jump **Event Champion**

Abraham Lotfy 11 (15.11) boys 110m hurdles **Event Champion**

Abraham Lotfy 11 (40.91) boys 300m hurdles **Event Champion**

Alyssa Blockburger 10 (26.25) girls 200m **2nd place**

Danielle Limp 11 (12.58) girls 100m **2nd place**

Michael Parsons 12 (13'-8") boys pole vault **2nd place**

Samuel Scott 12 (15.16) boys 110m hurdles **2nd place**

Olivia Velasco 10 (2:21.58) girls 800m **2nd place**

Christian Virga 12 (13'-8") boys pole vault **2nd place**

(**Jade Galloway, Sydnee Kolster, Olivia Poland, Danielle Limp**) (49.30) girls 4x100m relay **2nd place**

Sean Ayale 11 (43'-1.5") boys triple jump **3rd place**

Bronsyn Ledgard 12 (2:22.39) girls 800m **3rd place**

Kevin Schmitt 12 (6'-4") boys high jump **3rd place**

Lucia Arambula 12 (48.58) girls 300m hurdles **5th place**

TreVion Ballard 12 (11.15) boys 100m **5th place**

Sydnee Kolster 11 (12.76) girls 100m **5th place**

Lauren Willingham 12 (16.00) girls 100m hurdles **5th place**

Richie Yukihiro 12 (48'-0") boys shot put **5th place**

(**TreVion Ballard, Jaiden Mitchell, Jimmy Luis, Ahmed Martin**) (44.06) boys 4x100m relay **5th place**

Diego Gandara 12 (13'-2") boys pole vault **6th place**

Cami Shatsky 12 (16'-7.5") girls long jump **6th place**

Samuel Scott 12 (42.28) boys 300m hurdles **6th place**

Samuel Scott 12 (6'-0") boys high jump **7th place**

Olivia Poland 11 (12.82) girls 100m **7th place**

LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

CONTINUED -- MAR 24, 2018 - Beach Cities Invitational @ Huntington Beach High School

OTHER FROSH/SOPH NOTABLES

Owen Adele 10 (16.84) boys 110m hurdles **1st place**
Owen Adele 10 (43.65) boys 300m hurdles **1st place**
Kaya Guerrero 9 (2:27.62) girls 800m **1st place**
Kate Nelson 10 (50.49) girls 300m hurdles **1st place**
Carlo Reyes 9 (11.49) boys 100m **1st place**
Dumisani Sithole 10 (19'-8") boys long jump **1st place**
Dumisani Sithole 10 (40'-4.5") boys triple jump **1st place**
Dan Garrett 9 (23.54) boys 200m **1st place**
Dan Garrett 9 (11.64) boys 100m **2nd place**
Maria Halfhill 9 (2:28.26) girls 800m **2nd place**
Sawyer Howard 10 (49'-4") boys shot put **2nd place**
Stephen Kelman 10 (2:11.09) boys 800m **2nd place**
Juliana Iriarte 10 (27'-7") girls shot put **3rd place**
Jonathan Rosenthal 10 (2:13.29) boys 800m **3rd place**
Sara Becker 9 (5:43.60) girls 1600m **4th place**
Rahul Chavan 10 (4:51.77) boys 1600m **4th place**
Sydney Donovan 9 (4'-6") girls high jump **4th place**
Sean Panting 10 (5'-4") boys high jump **4th place**
Olivia Pisani 10 (62.40) girls 400m **4th place**
Wes Kimura 10 (37'-6") boys triple jump **4th place**
Wes Kimura 10 (18'-4") boys long jump **5th place**
Erin Larios 10 (27'-3") girls shot put **5th place**
Kate Nelson 10 (18.89) girls 100m hurdles **5th place**
Nico Tuliau 10 (109'-1") boys discus **5th place**
Alexa Blandino 10 (63.64) girls 400m **8th place**
Erin Larios 10 (71'-3") girls discus **8th place**
Simon Scott 10 (5'-0") boys high jump **8th place**

MAR 24, 2018 - Azuza Distance Meet of Champions at Azuza Pacific

VARSIY NOTABLE

Delaney Sanacore 12 (2:11.50) girls varsity invitational 800m **2nd place** | **CA #4** | **US #6**

LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

MAR 23, 2018 - Beach Cities Distance Carnival at Huntington Beach High School

VARSITY B NOTABLES

Annie Bliss 12 (2:30.30) girls 800m **2nd place**

Kevin Miller 12 (2:05.09) boys 800m **2nd place**

Nicholas Van Meter 11 (4:34.27) boys 1600m **2nd place**

Logan Johnson 11 (2:05.27) boys 800m **3rd place**

Dean Yacoubian 12 (4:35.60) boys 1600m **3rd place**

J'Von Leong 11 (2:09.78) boys 800m **5th place**

FROSH/SOPH B NOTABLES

Ava Faris 9 (5:38.88) girls 1600m **1st place**

Brian Rogers 10 (4:53.77) boys 1600m **1st place**

Brian Rogers 10 (10:40.20) boys 1600m **2nd place**

Matthew Ung 10 (4:56.37) boys 1600m **2nd place**

Samuel Becker 10 (4:58.68) boys 1600m **4th place**

Katherine Kussler 9 (2:38.47) girls frosh/soph B 800m **2nd place**

Katherine Kussler 9 (5:47.18) girls frosh/soph B 1600m **7th place**

Corinn Tiffany 9 (2:45.36) girls frosh/soph B 800m **8th place**

LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

MAR 21, 2018 - Los Alamitos vs. Fountain Valley at Fountain Valley HS

<u>TEAM SCORES</u>	<u>LOS AL</u>	<u>FOUNTAIN VALLEY</u>
VARSITY BOYS	106	26
VARSITY GIRLS	90	33
JV BOYS	108	15
JV GIRLS	96	27
F/S BOYS	100	32
F/S GIRLS	114	18

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Brandon Bandley 12 (4:27.01) boys 1600m **VAR top ten all-time #5**

Samuel Scott 12 (40.15) boys 300m hurdles **VAR top ten all-time #10**

JV LAHS TOP 10 ALL-TIME ADDITIONS

Alexander van Steenberg 11 (20'-4") boys long jump **JV SCHOOL RECORD**

(**Zackary Wagoner, Nicholas Fasulo, Desmond Belgrave, Christian Allen**) (45.60) boys 4x100m relay **JV top ten all-time #2**

Brianna Debucquois 11 (30'-9") girls shot put **JV top ten all-time #2**

Nicole Barham 11 (27.37) girls 200m **JV top ten all-time #3**

(**Nicole Barham, Kaliyah Denis, Megan Wall, Kaniya Swift**) (53.32) girls 4x100m relay **JV top ten all-time #6**

Danel'a Garrett 12 (83'-1") girls discus **JV top ten all-time #6**

Danel'a Garrett 12 (29'-6") girls shot put **JV top ten all-time #6**

Michael Metcalfe 12 (4:45.07) boys 1600m **JV top ten all-time #7**

Jacob Taylor 12 (4:45.10) boys 1600m **JV top ten all-time #8**

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

Shelby Wright 10 (5'-0") girls high jump **frosh/soph top ten all-time #10**

LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

MAR 17, 2018 - Laguna Beach Trophy Invitational @ Laguna Beach High School

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Sean Ayale 11 (43'-9.5") boys triple jump **VAR top ten all-time #7**

Michael Parsons 12 (14'-0") boys pole vault **VAR top ten all-time #10**

OTHER VARSITY NOTABLES

Faimalie Sale 12 (44'-5.5") girls shot put **Event Champion | CA #2 | US #13**

Sean Ayale 11 (22'-1") boys long jump **2nd place**

Samuel Scott 12 (6'-2") boys high jump **2nd place**

Christian Virga 12 (14'-0") boys pole vault **2nd place**

Richie Yukihiro 12 (47'-0.5") boys shot put **5th place**

FROSH/SOPH NOTABLES

Sawyer Howard 10 (50'-9") boys shot put **1st place**

Sean Panting 10 (5'-8") boys high jump **2nd place**

Mia Spinelli 10 (4'-6") girls high jump **4th place**

MAR 17, 2018 - Triton / Asics Invitational at San Clemente High School

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Kaleb Yemaneberhane 11 (9:47.11) boys 3200m **VAR top ten all-time #9**

OTHER VARSITY NOTABLES

Delaney Sanacore 12 (2:14.84) girls 800m **Event Champion | CA #5**

Alyssa Blockburger 10 (58.68) girls 400m **Event Champion**

Brandon Bandle 12 (1:59.61) boys 800m **3rd place**

Olivia Velasco 10 (2:21.47) girls 800m **5th place**

FROSH/SOPH NOTABLES

Maria Halfhill 9 (2:28.95) girls 800m **3rd place**

Kaya Guerrero 9 (2:29.05) girls 800m **4th place**

Sara Becker 9 (5:45.22) girls 1600m **4th place**

Ava Faris 9 (5:45.54) girls 1600m **5th place**

LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

MAR 14, 2018 - Los Alamitos vs. Troy at Los Alamitos HS

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Johnnie Blockburger 10 (10.79) boys 100m **VAR top ten all-time #5** | **frosh/soph top ten all-time #2** | **CA #5**

Diego Gandara 12 (14'-1") boys pole vault **VAR top ten all-time #7** | **CA #21**

Christian Virga 12 (14'-1") boys pole vault **VAR top ten all-time #7** | **CA #21**

Michael Parsons 12 (13'-7") boys pole vault **VAR top ten all-time #10**

JV LAHS TOP 10 ALL-TIME ADDITIONS

Alexis Villagran 11 (100-8.5") girls discus **JV SCHOOL RECORD**

Katelyn Saulog 12 (15'-9.25") girls long jump **JV SCHOOL RECORD**

Katelyn Saulog 12 (17.33) girls 100m hurdles **JV top ten all-time #3**

Karlie Gonzalez 12 (4'-8") girls high jump **JV top ten all-time #3**

Brianna Debucquois 11 (29'-1.5") girls shot put **JV top ten all-time #5**

Alyssa Lea-Wilson 12 (15'-1.25") girls long jump **JV top ten all-time #8**

Miranda Amescua 12 (14'-11.5") girls long jump **JV top ten all-time #10**

David Spreitzer 12 (17.57) boys 110m hurdles **JV top ten all-time #10**

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

Johnnie Blockburger 10 (10.79) boys 100m **frosh/soph top ten all-time #2**

Erin Larios 10 (31'-0.0") girls shot put **frosh/soph top ten all-time #10**

LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

MAR 9-10, 2018 - Redondo NIKE Distance Carnival / Track & Field Invitational at Redondo Union HS

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

(Connor Oltman, Ryan Herda, Logan Johnson, Brandon Bandley) (8:02.18) boys 3200 relay **SCHOOL RECORD** | **CA #4**

Kevin Schmitt 12 (6'-7") boys high jump **Event Champion** | **VAR top ten all-time #5** | **CA #8**

Alyssa Blockburger 10 (58.36) girls 400m **6th place** | **frosh/soph top ten all-time #2** | **VAR top ten all-time #5**

Johnnie Blockburger 10 (49.74) boys 400m **4th place** | **frosh/soph top ten all-time #2** | **VAR top ten all-time #7**

OTHER VARSITY NOTABLES

Faimalie Sale 12 (44'-3.25") girls shot put **Event Champion** | **CA #2**

Faimalie Sale 12 (121'-8") girls discus **3rd place**

Brandon Bandley 12 (1:58.41) boys 800m **3rd place**

Delaney Sanacore 12 (2:16.81) girls 800m **4th place**

Abraham Lotfy 11 (41.47) boys 300m hurdles **4th place**

Samuel Scott 12 (15.42) boys 110m hurdles **7th place**

(Annie Bliss, Olivia Poland, Amanda Muniz, Olivia Velasco) (12:54.18) girls DMR **7th place**

Sean Ayale 11 (20'-10") boys long jump **8th place**

Sean Ayale 11 (41'-6") boys triple jump **9th place**

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

Sawyer Howard 10 (51'-8") boys shot put frosh/soph **3rd place** | **frosh/soph top ten all-time #3**

OTHER FROSH/SOPH NOTABLES

Amelia Wiggs 10 (4'-11") girls high jump frosh/soph **2nd place**

Kate Nelson 10 (54.34) girls 300m hurdles **6th place**

Nico Tuliau 10 (118'-7") boys discus frosh/soph **6th place**

Juliana Iriarte 10 (28'-6.5") girls shot put frosh/soph **9th place**

MAR 10, 2018 - 31st Annual Jim Arquilla Long Beach Relays at Long Beach Veterans Stadium

FROSH/SOPH NOTABLES

David Spreitzer 12 (18.52) boys frosh/soph 110m hurdles **1st place**

Erin Larios 10 (28'-4") girls shot put frosh/soph **2nd place**

Christian Areyan 10 (19.80) boys frosh/soph 110m hurdles **2nd place**

Nathan Espeleta 10 (21.49) boys frosh/soph 110m hurdles **4th place**

Parker Sohn 9 (36'-3") boys shot put frosh/soph **4th place**

LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

MAR 7, 2018 - Los Alamitos vs. Servite & Rosary at Los Alamitos HS

VARSITY LAHS TOP 10 ALL-TIME ADDITIONS

Jade Galloway 12 (18'-7.75") girls long jump **VAR top ten all-time #3** | **CA #7**

Johnnie Blockburger 10 (22.05) boys 200m **VAR top ten all-time #6** | **CA #5**

Sean Ayale 11 (43'-9") boys triple jump **VAR top ten all-time #7** | **CA #15**

Diego Gandara 12 (14'-0") boys pole vault **VAR top ten all-time #7** | **CA #18**

Richie Yukihiro 12 (49'-0") boys shot put **VAR top ten all-time #10**

JV LAHS TOP 10 ALL-TIME ADDITIONS

Nicholas Pelonis 12 (10:00.48) boys 3200m **JV SCHOOL RECORD**

Nicholas Pelonis 12 (4.43.16) boys 1600m **JV top ten all-time #4**

Jacob Taylor 12 (10:21.18) boys 3200m **JV top ten all-time #3**

Michael Metcalfe 12 (10:29.60) boys 3200m **JV top ten all-time #5**

Michael Metcalfe 12 (4:47.32) boys 1600m **JV top ten all-time #10**

Mateo DeGracia 12 (19'-7.25") boys long jump **JV top ten all-time #5**

Mateo DeGracia 12 (38'-8.25") boys triple jump **JV top ten all-time #5**

Theodore Brown 12 (41'-7.5") boys shot put **JV top ten all-time #7**

Nathaniel Kersey 11 (19'-5") boys long jump **JV top ten all-time #7**

Simon Scott 10 (5'-6") boys high jump **JV top ten all-time #8**

Michelle Ramirez 11 (29'-10.5") girls shot put **JV top ten all-time #2**

Feben Worku 9 (63.96) girls 400m **JV top ten all-time #2**

Sadie Parkin 11 (4'-8") girls high jump **JV top ten all-time #3**

Brianna Debucquois 11 (80-7") girls discus **JV top ten all-time #6**

Kaelani Artuz 11 (26'-10.5") girls shot put **JV top ten all-time #9**

Alexa Blandino 9 (66.16) girls 400m **JV top ten all-time #9**

Jazmin Humphreys 11 (17.79) girls 100m hurdles **JV top ten all-time #9**

Alyssa Lea-Wilson 12 (14'-10") girls long jump **JV top ten all-time #9**

FROSH/SOPH LAHS TOP 10 ALL-TIME ADDITIONS

Johnnie Blockburger 10 (22.05) boys 200m **frosh/soph SCHOOL RECORD** | **CA #5**

Johnnie Blockburger 10 (10.97) boys 100m **frosh/soph top ten all-time #4** | **CA #12**

LAHS TRACK & FIELD - 2018 SEASON HIGHLIGHTS

MAR 2, 2018 - Griffin Relays at Los Alamitos HS

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

(Kaleb Yemaneberhane, Nicholas Van Meter, Klaus Quinonez, Dean Yacoubian) boys 4x1600m relay (18:54.20)
SCHOOL RECORD | **CA #4** | **US #11**

(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