

Russell Cup - 4/16/22

Meet Program

Women's 4x100 Relay Frosh/Soph Finals

Heat 1

4	WHITTIER CHRISTIAN	'A'	59.15
1) Abeeeelen, Claire 9	2) Ochoa, Aiden 10	3) Howard, Kayley 9	4) Heller, Joanna 9
5	WINDWARD	'A'	58.12
1) Brooks, Illa 9	2) Antoni, Nina 9	3) Durham, Samara 9	4) Koudsi, Tea 10
6	DESERT CHRISTIAN (LANCASTER)	'A'	58.20
1) Lynch, Katie 10	2) Mathis, Natalie 9	3) Howlett, Carmen 9	4) Robertson, Jazmine 9

Heat 2

2	NIPOMO	'A'	57.32
1) Rodriguez, Isabel 10	2) Marsden, Brooke 9	3) Simonson, Bella 9	4) Salais, Karina 9
3	CATE	'A'	55.50
1) Edwards, Sanai 9	2) Frazier, Josie 10	3) Everett, Ava 9	4) Sutch, Francesca 9
4	VIEWPOINT	'A'	55.27
1) Conte, Kendall 9	2) Saley, Lina 9	3) Smith, Maya 10	4) Diaz, Olivia 12
5	OAKS CHRISTIAN	'A'	52.70
1) Ward, Charlotte 9	2) Reiersen, Alexandra 9	3) Weider, Isabella 9	4) Colebrooke, Sophia 9
6	NORDHOFF	'A'	54.00
1) Davis, Natalie 9	2) Hill, Lillitha 10	3) Sobenes, Eva 10	4) Rodriguez, Angelina 10
7	PARACLETE	'A'	55.34
1) Berryman, My'Endia 10	2) Hyde, Aniste 10	3) Brannon, Jentle 9	4) Redd, Kennedy 9
8	BRENTWOOD	'A'	56.45
1) Pascual, Jocelyn 10	2) Mabowe, Nia 9	3) Wilwerth, Sydney 9	4) Bickerstaff, Remi 11
9	CARPINTERIA	'A'	57.79
1) Morrison, Anna 9	2) Alexander, Averi 9	3) Tobin, Makenna 9	4) Stoops, Charlotte 9

Men's 4x100 Relay Frosh/Soph

Finals

Heat 1

1	HERITAGE CHRISTIAN	'A'	52.20	
1)	<i>Anderson, Byron 9</i>	2) <i>Krikorian, Ryan 10</i>	3) <i>Yim, Noah 10</i>	4) <i>Avalos, Henry 10</i>
2	LA SALLE	'A'	49.86	
1)	<i>Arellano, Nathan 9</i>	2) <i>Juarez, Tristin 10</i>	3) <i>Foster, Henry 9</i>	4) <i>Yang, Colin 10</i>
3	ST. PAUL	'A'	49.67	
1)	<i>Zepeda, Orlando 10</i>	2) <i>Lopez, Camron 10</i>	3) <i>Ramos, Jacob 10</i>	4) <i>Osorio, Anthony 10</i>
4	PARACLETE	'A'	48.65	
1)	<i>Santiago, Edward 10</i>	2) <i>Johnston, Jackson 10</i>	3) <i>Malone, DeShaun 10</i>	4) <i>Wilson, Jaylin 9</i>
5	CATE	'A'	46.37	
1)	<i>Boydell, Sebastian 9</i>	2) <i>Martinez, Tyler 10</i>	3) <i>Ordonez, Adrian 10</i>	4) <i>Anum, Sam 9</i>
6	OAKS CHRISTIAN	'A'	47.10	
1)	<i>Schwesinger, Weston 9</i>	2) <i>Williams, Prince 10</i>	3) <i>Williams, Justice 10</i>	4) <i>Velasquez, Isaac 9</i>
7	TEMPLETON	'A'	49.01	
1)	<i>Hanson, Grant 9</i>	2) <i>Walther, Brenden 10</i>	3) <i>Mudgett, Mason 9</i>	4) <i>Craven, Walker 10</i>
8	CARPINTERIA	'A'	49.70	
1)	<i>Chung, Wes 10</i>	2) <i>Campuzano, Cesar 10</i>	3) <i>Herman, Britton 9</i>	4) <i>Zepeda, Angel 10</i>
9	NORDHOFF	'A'	52.00	
1)	<i>Giesea Obeck, Quentin 9</i>	2) <i>Luce-Epstein, Sylvan 10</i>	3) <i>Pineda, Ivan 10</i>	4) <i>Ross, Drake 10</i>

Women's 4x100 Relay Varsity

Finals

Heat 1

2	ST. PAUL	'A'	54.81	
1)	<i>Iuli, Keiki 12</i>	2) <i>Prevo, Syra 11</i>	3) <i>Balderrama, Carmen 11</i>	4) <i>Barrera, Gloria 10</i>
3	TEMPLETON	'A'	53.15	
1)	<i>McAdoo, Kennedy 9</i>	2) <i>Thomas, Brooklyn 10</i>	3) <i>Perez, Mariana 12</i>	4) <i>Chavez, Vanessa 9</i>
4	LA SALLE	'A'	52.45	
1)	<i>Lee, Sol 10</i>	2) <i>Kirland, Monique 12</i>	3) <i>Fong, Ryley 11</i>	4) <i>Santoyo, Carissa 12</i>
5	ST. MARGARET'S	'A'	50.89	
1)	<i>Todd, Malia 10</i>	2) <i>Johnson, Coco 9</i>	3) <i>Karahalios, Sophia 11</i>	4) <i>Lizarde, Makenna 12</i>
6	BRENTWOOD	'A'	52.12	
1)	<i>Sarmiento, Jessica 12</i>	2) <i>Aswani, Riya 11</i>	3) <i>King-Harvey, Bella 11</i>	4) <i>Feiman, Lev 9</i>
7	ST. BONAVENTURE	'A'	52.75	
1)	<i>Vaughn, Bryannah 10</i>	2) <i>Armenta, Leilani 11</i>	3) <i>Rosenthal, Ava 12</i>	4) <i>Mata, Bailey 10</i>
8	ORCUTT ACADEMY CHARTER	'A'	54.79	
1)	<i>Acker, Maleelah 11</i>	2) <i>Hernandez, Belinda 12</i>	3) <i>Westfall, Meagan 11</i>	4) <i>Andreadakis, Cassidy 11</i>
9	CARPINTERIA	'A'	55.09	
1)	<i>Raunsbak, Hayley 11</i>	2) <i>Gamez, Karen 12</i>	3) <i>Donnelly, Avalina 12</i>	4) <i>Ehlers, Emily 11</i>

Men's 4x100 Relay Varsity

Finals

Heat 1

4	ORCUTT ACADEMY CHARTER	'A'	47.84
1) Lopez, Isai 11	2) Miller, Kyle 12	3) Dollahite, Isaiah 11	4) Lepetri, Vincent 11
5	CARPINTERIA	'A'	46.90
1) Ceja, Christopher 11	2) Lopez, Christopher 12	3) Mendoza, Brian 12	4) Garcia, Matt 12
6	ST. BONAVENTURE	'A'	47.04
1) Conn, Noah 12	2) Grayer, Mason 12	3) Jimenez, Jordan 12	4) Shirley-Moore, Darrius 12

Heat 2

2	HERITAGE CHRISTIAN	'A'	46.60
1) Gordon, Caleb 10	2) Megas, Alex 11	3) Hart, Kyler 10	4) Shamburger, Rashad 11
3	MALIBU	'A'	45.94
1) Bema, Harold 11	2) Bema, Lloyd 11	3) Burke, Aiden 12	4) Murphree, Ranger 9
4	ST. PAUL	'A'	45.31
1) Acosta, Sergio 12	2) Bowers, Ty 10	3) Melendez, Christian 10	4) Fernandez, Matthew 11
5	LA SALLE	'A'	45.09
1) Austin, Rashaad 12	2) Olgin, Emile 12	3) Yu, Andrew 11	4) Godoy, Angelo 12
6	VIEWPOINT	'A'	45.29
1) Egberongbe, Olaitan 11	2) Egberongbe, Ori 11	3) He, Eric 9	4) Rusmeepongskul, Maximo 11
7	TEMPLETON	'A'	45.84
1) Swift, Hayden 12	2) Nicholson, John 12	3) Hernandez, Marcos 12	4) Long, Jake 12
8	FILLMORE	'A'	46.20
1) Amezcua, Diego 11	2) Mendez, Christian 12	3) Hooker, Makhi 11	4) Gonzalez, Isaac 12

Women's 1600 Meters Frosh/Soph

Finals

Heat 1

1	Alva, Sophia	10	VIEWPOINT	6:07.43
2	Esparza, Sofia	9	NIPOMO	6:10.38
3	Bautista, Carel	9	CARPINTERIA	6:12.40
4	Martinez, Alexandra	10	FILLMORE	6:12.70
5	Garcia Duong, Chloe	9	POLY (PASADENA)	6:12.94
6	Beller, Hope	10	WHITTIER CHRISTIAN	6:15.88
7	Rodriguez, Sophia	10	FILLMORE	6:16.75
8	Santa Rosa, Diana	9	FILLMORE	6:18.10
9	Broder, Talia	10	BRENTWOOD	6:19.47
10	Torres, Zyanya	9	SACRED HEART OF J...	6:21.00
11	Ante, Nicole	10	ORCUTT ACADEMY CH...	6:29.50
12	O'Day, Taryn	9	WINDWARD	6:30.00
13	Parker, Natalie	10	SANTA YNEZ	6:30.00

Heat 2

1	Mazza, Kate	9	SANTA YNEZ	5:22.62
2	Walker, Katherine	10	OAKS CHRISTIAN	5:31.25
3	Gutman, Micah	9	VIEWPOINT	5:37.71
4	Ramirez, Crystal	9	NORDHOFF	5:40.32
5	Ramirez, Lindsey	10	SANTA PAULA	5:40.44
6	Bennett, Mia	9	MORRO BAY	5:45.00
7	Walker, Elizabeth	9	OAKS CHRISTIAN	5:46.67
8	Miya, Peyton	9	ORCUTT ACADEMY CH...	5:53.83
9	Duenas, Maddison	10	NORDHOFF	6:00.35
10	Patrick, Madeliene	9	CATE	6:00.51
11	Denove, Joella	9	OAKS CHRISTIAN	6:03.53
12	Esparza, Regina	10	NIPOMO	6:04.03
13	Bohanec, Olivia	10	LA SALLE	6:04.91

Men's 1600 Meters Frosh/Soph**Finals****Heat 1**

1	Norton, Nikita	10	TEMPLETON	5:06.06
2	Buchanan, Silas	10	TEMPLETON	5:06.60
3	Zernicki-Glover, Simon	9	POLY (PASADENA)	5:08.03
4	Lafferre, Joseph	9	ST. PAUL	5:08.56
5	labichella, Johnny	10	PARACLETE	5:08.60
6	Jared, Botuchis	9	ST. MARGARET'S	5:08.64
7	Yoder, Christian	9	OAKS CHRISTIAN	5:08.68
8	Estrada, David	9	WINDWARD	5:08.78
9	Merritt, Justin	9	WINDWARD	5:09.32
10	Laureano, Angel	10	FILLMORE	5:09.33
11	Ledesma, Elias	10	PARACLETE	5:09.50
12	Madrigal, Apolo	10	NORDHOFF	5:09.53
13	Lawton, Cody	9	CABRILLO (LOMPOC)	5:09.80
14	Causee, Evan	9	ST. MARGARET'S	5:09.87
15	Jones, Jordan	10	NIPOMO	5:09.90
16	Navarro, Vicente	9	CABRILLO (LOMPOC)	5:10.00

Heat 2

1	Rodriguez, Diego	10	SANTA PAULA	4:33.14
2	Bryan, Christian	9	OAKWOOD	4:48.23
3	Sutch, Sebastian	10	CATE	4:49.31
4	Lizarraga, Kobe	10	FILLMORE	4:54.30
5	De Lira, Joel	10	CARPINTERIA	4:55.03
6	Argano-Rush, Ethan	10	VIEWPOINT	4:55.21
7	Ramirez, Diego	10	FILLMORE	4:55.47
8	Adkins, Alexander	10	BISHOP UNION	4:55.59
9	Kobayashi, Max	9	WINDWARD	4:57.35
10	McNee, Cooper	9	OAKS CHRISTIAN	4:57.72
11	Partello, Mario	10	ST. BONAVENTURE	4:57.92
12	Lee, Kasey	10	VIEWPOINT	4:58.32
13	Wickers, Alonzo	9	OAKWOOD	4:59.50
14	Lanlua, Ethan	10	BRENTWOOD	5:01.90
15	Winterstein, Cayden	9	FOOTHILL TECHNOLOGY	5:02.70
16	White, Conor	9	FOOTHILL TECHNOLOGY	5:03.04

Women's 1600 Meters Varsity

Finals

Heat 1

1	Kusserow, Monica	9	WINDWARD	5:52.77
2	Tapia, Sofia	11	VIEWPOINT	5:54.46
3	Thorne, Kendall	11	CATE	5:56.63
4	Vigil, Nataly	10	FILLMORE	5:57.16
5	Beazley, Erin	11	VIEWPOINT	5:58.68
6	Zacarias, Maricela	12	SANTA PAULA	5:59.31
7	Bobbitt, Madeline	12	TEMPLETON	5:59.55
8	Allison, Emily	11	CATE	6:01.06
9	Laureano, Andrea	11	FILLMORE	6:06.82
10	Padilla, Mariana	12	SACRED HEART OF J...	6:07.40
11	Delfin, Emila	12	CABRILLO (LOMPOC)	6:09.07
12	Gonzalez, Brianna	12	SACRED HEART OF J...	6:10.00
13	Kendrick, Devyn	11	ORCUTT ACADEMY CH...	6:13.24
14	Alvarado, Iltze	11	CARPINTERIA	6:14.40
15	Abikoff, Ashley	11	OAKS CHRISTIAN	6:15.00

Heat 2

1	Mackey, JiaLian	11	VIEWPOINT	5:04.88
2	Diaz, Isis	12	SIERRA CANYON	5:15.87
3	Walker, Rebecca	10	FOOTHILL TECHNOLOGY	5:29.08
4	Murguia, Iliana	12	NIPOMO	5:31.00
5	Sanchez, Gianna	11	OAKS CHRISTIAN	5:33.46
6	Chiappetta-uberti, Maggi	12	CAMPBELL HALL	5:37.68
7	Zambrano, Jazmin	11	ST. PAUL	5:38.58
8	Prieto, Sofie	12	FOOTHILL TECHNOLOGY	5:39.38
9	Carter, Lucy	12	WHITTIER CHRISTIAN	5:40.72
10	Sanders, Kayden	11	NIPOMO	5:41.85
11	Bendzick, Sarah	9	ST. MARGARET'S	5:42.00
12	Griffin, Emma	11	ST. MARGARET'S	5:43.00
13	Fitt, Ashley	10	BISHOP UNION	5:45.23
14	Doi, Maddie	12	WINDWARD	5:48.49
15	Tapia, Alianna	12	FILLMORE	5:48.75
16	Kang, Amelia	12	ST. MARGARET'S	5:49.76

Men's 1600 Meters Varsity

Finals

Heat 1

1	Dunn, Isaiah	12	ST. PAUL	4:51.00
2	MacNeil, William	12	ST. BONAVENTURE	4:51.45
3	Momtaz, Aiden	12	ST. MARGARET'S	4:51.45
4	Teehee, Owen	12	FOOTHILL TECHNOLOGY	4:51.94
5	Melendez, Joshua	11	ST. PAUL	4:52.09
6	Fegley, Killian	12	NIPOMO	4:53.04
7	Hinshaw, Jacob	12	CABRILLO (LOMPOC)	4:54.27
8	Jansen, Nicholas	10	TEMPLETON	4:54.60
9	Reid, Satchel	11	MALIBU	4:55.37
10	Rendon, Dante	12	NORDHOFF	4:57.36
11	Selverian, David	11	ST. GENEVIEVE	4:57.46
12	Gonzales, Zachary	12	TEMPLETON	4:57.62
13	Medellin, Josh	11	PARACLETE	4:57.70
14	Vences, Eduardo	12	CARPINTERIA	4:57.79
15	Newman, Dillon	10	BRENTWOOD	4:57.88
16	Agar-Johnson, Huck	11	BRENTWOOD	4:57.99
17	Marroquin, Antonio	12	CAMPBELL HALL	4:58.52
18	Carbajal, Michael	11	MORRO BAY	4:59.31

Heat 2

1	Alvarez, Alexandro	11	LA SALLE	4:23.34
2	Camilo Torres, Michael	12	FILLMORE	4:28.78
3	Zanuck, Luke	12	WINDWARD	4:32.72
4	Capelle, Everett	10	ST. MARGARET'S	4:34.19
5	Didden, Henry	12	VIEWPOINT	4:35.14
6	Honda, Diego	12	BISHOP UNION	4:36.45
7	Somerville, Curtis	12	OAKS CHRISTIAN	4:39.52
8	Bensen, Kai	11	FOOTHILL TECHNOLOGY	4:40.76
9	Gratke, William	12	OAKS CHRISTIAN	4:42.91
10	Bernal, Bruno	12	CROSSROADS	4:43.49
11	Roetcisoender, Brent	12	DESERT CHRISTIAN...	4:45.59
12	Gonzales, Reyes	11	SANTA PAULA	4:46.31
13	Dubal, Ishan	11	OAKS CHRISTIAN	4:46.33
14	Mucheru, Sean	12	CROSSROADS	4:48.59
15	Lindelof, Van	9	WINDWARD	4:50.18
16	Walker, Jacob	12	FOOTHILL TECHNOLOGY	4:50.25
17	Zanuck, Kyler	9	WINDWARD	4:50.44
18	Hurtado, Nick (Nicholas)	11	FILLMORE	4:50.79

Women's 100m Hurdles Frosh/Soph **Finals****Heat 1**

3	Finley, Kassidy	9	SANTA YNEZ	20.97
4	Kaloper, Hannah	10	MALIBU	20.56
5	Lara, Sienna	10	ST. BONAVENTURE	19.95
6	Newman, Alina	11	WINDWARD	19.99
7	Davis, Skye	9	TEMPLETON	20.63
8	Kayla, Ponce	11	ST. PAUL	21.10

Heat 2

1	Torrez, Alejandra	9	BRENTWOOD	19.61
2	Galvan, Miahnna	9	SANTA PAULA	19.43
3	Miller, Brianna	10	CABRILLO (LOMPOC)	19.30
4	Intenzo, Layla	9	ST. BONAVENTURE	18.74
5	Gash, Lily	10	NIPOMO	17.13
6	Daneshrad, Alexa	10	BRENTWOOD	18.56
7	Mata, Bailey	10	ST. BONAVENTURE	18.87
8	Oliver, Dali	10	ST. JOSEPH (SANTA...	19.39
9	Roberts, Lela	11	CARPINTERIA	19.45

Women's 100m Hurdles Varsity **Finals****Heat 1**

3	Romero, AJ	11	FOOTHILL TECHNOLOGY	19.68
4	Najera, Ashley	11	ST. PAUL	19.23
5	Sobenés, Emma	12	NORDHOFF	18.85
6	Haile, Fiona	11	ST. PAUL	19.22
7	Caddick, Emily	11	DESERT CHRISTIAN...	19.64

Heat 2

1	Cramer, Allyson	12	NIPOMO	18.82
2	Pyle, Charys	11	FOOTHILL TECHNOLOGY	18.57
3	Seery, Kate	11	NORDHOFF	18.11
4	Reid, Mia	11	LA SALLE	16.56
5	Dace, Lauren	11	PARACLETE	16.27
6	Sarmiento, Jessica	12	BRENTWOOD	16.46
7	Woolley, Carys	11	BRENTWOOD	17.36
8	Yoneama, Hana	12	MORRO BAY	18.47
9	Hinds, Lily	11	NIPOMO	18.75

Men's 110m Hurdles Frosh/Soph **Finals****Heat 1**

4	Mendez, Rodrigo	9	SANTA PAULA	21.66
5	Chung, Wes	10	CARPINTERIA	17.94
6	Diaz, Manny	10	MORRO BAY	19.55

Men's 110m Hurdles Varsity **Finals****Heat 1**

2	Saragueta, David	12	ST. PAUL	19.56
3	Michael, Khamari	12	ST. GENEVIEVE	18.65
4	Blackwood, Aiden	11	MORRO BAY	18.44
5	DiModica, Louis	12	NIPOMO	18.29
6	Monson, Wyatt	11	NORDHOFF	18.40
7	Jimenez, Jordan	12	ST. BONAVENTURE	18.55
8	Lucia, Carsten	12	MORRO BAY	19.02
9	Pisano, Adriel	12	ST. PAUL	19.70

Heat 2

1	Mortensen, Koy	12	ST. BONAVENTURE	17.34
2	Simon, Sean	12	BRENTWOOD	16.57
3	Popp, Phoenix	12	MORRO BAY	16.21
4	Canales, Jason	12	ST. GENEVIEVE	15.54
5	Gardner, Nathan	11	NIPOMO	15.22
6	Butler, Khari	12	OAKS CHRISTIAN	15.47
7	Gipson, Elijah	12	OAKS CHRISTIAN	15.54
8	Plugge, Travis	12	GARCES MEMORIAL	16.50
9	Alvarez, John	12	LA SALLE	16.70

Women's 400 Meters Frosh/Soph **Finals****Heat 1**

4	Menusa, Jasmine	10	ST. JOSEPH (SANTA...	1:12.24
5	Benson, Anwyn	10	BISHOP UNION	1:11.34
6	Miya, Peyton	9	ORCUTT ACADEMY CH...	1:11.91

Heat 2

1	Braaten, Brooklyn	10	BISHOP UNION	1:11.14
2	Goold, Madison	9	ORCUTT ACADEMY CH...	1:10.46
3	Cluderay, Ruby	10	CARPINTERIA	1:09.15
4	Kim, Joy	10	MALIBU	1:08.64
5	Mowad, Olivia	10	FOOTHILL TECHNOLOGY	1:07.55
6	Canete, Michelle	9	SACRED HEART OF J...	1:08.30
7	Conte, Kendall	9	VIEWPOINT	1:09.13
8	Helmle, Kayla	10	TEMPLETON	1:10.26
9	Bennett, Mia	9	MORRO BAY	1:11.00

Heat 3

1	Shook, Elie	9	ST. MARGARET'S	1:07.27
2	Hill, Lillitha	10	NORDHOFF	1:07.21
3	Kistler, Sophia	10	ST. MARGARET'S	1:07.13
4	Shannon, Mia	10	CAMPBELL HALL	1:06.51
5	Vander Vliet, Opal	9	SANTA YNEZ	1:06.16
6	Murphree, Tallula	9	MALIBU	1:06.17
7	Rubalcava, Sofia	9	ORCUTT ACADEMY CH...	1:06.97
8	Scheck, Kira	10	SANTA YNEZ	1:07.16
9	Webb, Hannah	10	OAKS CHRISTIAN	1:07.24

Heat 4

1	Brannon, Jentle	9	PARACLETE	1:05.41
2	Novak, Zoe	10	OAKWOOD	1:04.82
3	Wieck, Annabelle	10	MORRO BAY	1:04.61
4	Everett, Ava	9	CATE	1:03.63
5	Mazza, Kate	9	SANTA YNEZ	1:01.11
6	Sutch, Francesca	9	CATE	1:03.47
7	Grant, Elyse	10	OAKS CHRISTIAN	1:04.06
8	Reierson, Alexandra	9	OAKS CHRISTIAN	1:04.68
9	Franzwa-Moody, Kaila	10	VIEWPOINT	1:05.39

Men's 400 Meters Frosh/Soph**Finals****Heat 1**

4	Luce-Epstein, Sylvan	10	NORDHOFF	58.74
5	Daneshrad, Ryan	9	BRENTWOOD	58.74
6	Laureano, Angel	10	FILLMORE	58.74

Heat 2

2	Rojas, Dominick	10	CABRILLO (LOMPOC)	58.72
3	Settje, Cooper	9	CABRILLO (LOMPOC)	58.68
4	Howard, Keylan	9	CABRILLO (LOMPOC)	58.30
5	Camacho, Jake	9	NIPOMO	58.22
6	Dudley, Nate	10	BRENTWOOD	58.28
7	Ernest, Elliott	10	NIPOMO	58.62
8	Ficke, Caden	10	DESERT CHRISTIAN...	58.69
9	Martinez, Tyler	10	CATE	58.73

Heat 3

1	Ozair, Ethan	10	VIEWPOINT	57.91
2	Murphree, Ranger	9	MALIBU	57.72
3	Sheikholeslami, Ryan	10	ST. MARGARET'S	57.30
4	Ceballos, Isaac	10	ST. PAUL	56.94
5	Bayless, Merric	10	FOOTHILL TECHNOLOGY	56.83
6	Hart, Kyler	10	HERITAGE CHRISTIAN	56.89
7	Tella, Justin	9	OAKS CHRISTIAN	57.10
8	Carrillo, Nathan	9	CARPINTERIA	57.34
9	Frere, Anthony	10	MORRO BAY	57.88

Heat 4

1	Lopez, Camron	10	ST. PAUL	56.68
2	Bryan, Christian	9	OAKWOOD	55.91
3	Johnston, Jackson	10	PARACLETE	54.61
4	Holling, Jude	10	VIEWPOINT	53.91
5	Williams, Prince	10	OAKS CHRISTIAN	51.67
6	Barajas, Abraham	10	ST. GENEVIEVE	53.80
7	Hansen, Chase	9	OAKS CHRISTIAN	54.18
8	Sanchez, Robert	10	WHITTIER CHRISTIAN	55.62
9	Martinez, Vince	9	ST. PAUL	55.98

Women's 400 Meters Varsity

Finals

Heat 1

4	Avila, Kate	11	MORRO BAY	1:09.74
5	Barrera, Gloria	10	ST. PAUL	1:08.88
6	Gamez, Karen	12	CARPINTERIA	1:08.97

Heat 2

2	Prevo, Syra	11	ST. PAUL	1:08.15
3	Araujo, Ruth	12	ST. GENEVIEVE	1:07.71
4	Sonenshine, Sarah	10	THACHER	1:07.16
5	Kirland, Monique	12	LA SALLE	1:04.72
6	Barnett, Kate	11	NIPOMO	1:06.90
7	Chavez, Vanessa	9	TEMPLETON	1:07.64
8	Palm, Kaylee	11	ST. JOSEPH (SANTA...	1:08.02
9	Chavez, Melissa	9	TEMPLETON	1:08.73

Heat 3

1	Reynaga, Jacqueline	12	MALIBU	1:04.32
2	Villa, Amelia	12	SANTA YNEZ	1:01.64
3	Johnson, Coco	9	ST. MARGARET'S	59.80
4	King-Harvey, Bella	11	BRENTWOOD	59.67
5	Quinn, Morgan	10	OAKS CHRISTIAN	58.88
6	Neuhs, Keani	9	TEMPLETON	59.20
7	Walker, Zariah	10	PARACLETE	59.78
8	Dickerson, Keri	10	OAKS CHRISTIAN	1:01.09
9	Elwood, Avala	11	PROVIDENCE	1:03.89

Men's 400 Meters Varsity

Finals

Heat 1

3	Sottile, Christopher	12	OAKS CHRISTIAN	55.64
4	Ceja, Christopher	11	CARPINTERIA	55.64
5	Davila, Isaiah	12	PARACLETE	55.56
6	Moctezuma, Ricardo	12	CABRILLO (LOMPOC)	55.60
7	Lepetri, Vincent	11	ORCUTT ACADEMY CH...	55.64

Heat 2

1	Mendiola, Elias	12	ST. PAUL	55.36
2	Musyimi, Justin	11	CATE	54.89
3	Gazzaniga, Caden	11	ST. MARGARET'S	54.69
4	Ortiz, Thomas	11	ST. PAUL	54.34
5	Nicholson, John	12	TEMPLETON	54.29
6	Gordon, Caleb	10	HERITAGE CHRISTIAN	54.32
7	Chu, Marcus	10	BRENTWOOD	54.62
8	Spayde, Ethan	11	OAKS CHRISTIAN	54.78
9	Castaneda, Luis	11	FILLMORE	55.07

Heat 3

1	Melendez, Joseph	11	ST. PAUL	54.04
2	Liljenquist, Zachary	12	SANTA YNEZ	52.97
3	Handall, Mateo	12	CARPINTERIA	51.91
4	Egberongbe, Olaitan	11	VIEWPOINT	51.30
5	Gair, Liam	12	VILLANOVA PREP	47.54
6	Sarkissian, Aram	11	OAKS CHRISTIAN	50.58
7	Turner, Parker	11	BRENTWOOD	51.33
8	Bowens, Alexander	10	SIERRA CANYON	52.58
9	Blevins, Michael	11	WINDWARD	53.36

Women's 100 Meters Frosh/Soph

Finals

Heat 1

4	Reddy, Nisha	10	FOOTHILL TECHNOLOGY	14.75
5	Silva-Celaya, Emily	9	ST. GENEVIEVE	14.34
6	Frazier, Josie	10	CATE	14.51

Heat 2

2	Wilwerth, Sydney	9	BRENTWOOD	14.33
3	Berryman, My'Endia	10	PARACLETE	14.33
4	Koudsi, Tea	10	WINDWARD	14.30
5	Hyde, Aniste	10	PARACLETE	14.27
6	Resendez, LeAnn	10	ST. BONAVENTURE	14.27
7	Ramirez, Camila	9	CABRILLO (LOMPOC)	14.30
8	Mathis, Natalie	9	DESERT CHRISTIAN...	14.33

Heat 3

1	Conley, Abigail	9	CABRILLO (LOMPOC)	14.27
2	Rodriguez, Isabel	10	NIPOMO	14.22
3	Pascual, Alhley	9	SACRED HEART OF J...	14.16
4	Edwards, Sanai	9	CATE	14.07
5	Jordan, Jaiden	10	SANTA PAULA	14.04
6	Morrison, Anna	9	CARPINTERIA	14.05
7	Grove, Ella	9	ST. MARGARET'S	14.12
8	Mata, Bailey	10	ST. BONAVENTURE	14.18
9	Pascual, Jocelyn	10	BRENTWOOD	14.26

Heat 4

1	Brooks, Illa	9	WINDWARD	14.04
2	Randall, Trinity	10	ST. GENEVIEVE	13.95
3	Redd, Kennedy	9	PARACLETE	13.88
4	Lewis, Charlotte	10	SANTA YNEZ	13.79
5	Shamlin, Brooklyn	9	OAKS CHRISTIAN	13.73
6	Castillo, Jennifer	10	SANTA PAULA	13.77
7	Marsden, Brooke	9	NIPOMO	13.81
8	Martinez, Fatima	9	MORRO BAY	13.90
9	Robertson, Jazmine	9	DESERT CHRISTIAN...	13.95

Heat 5

1	Green, Lilah	9	MORRO BAY	13.73
2	Oliver, Dali	10	ST. JOSEPH (SANTA...	13.68
3	Argueta, Candice	10	ST. GENEVIEVE	13.54
4	Davis, Natalie	9	NORDHOFF	13.39
5	Rodriguez, Angelina	10	NORDHOFF	13.19
6	Ward, Charlotte	9	OAKS CHRISTIAN	13.26
7	Saley, Lina	9	VIEWPOINT	13.45
8	Vaughn, Bryannah	10	ST. BONAVENTURE	13.59
9	Remolacio, Mikaela	10	ORCUTT ACADEMY CH...	13.68

Men's 100 Meters Frosh/Soph

Finals

Heat 1

4	Ordonez, Adrian	10	CATE	12.34
5	Baldocci, Fernando	10	CATE	12.34
6	Fenny, Roman	10	HERITAGE CHRISTIAN	12.34

Heat 2			
1	Mendez, Korben	10	NIPOMO 12.29
2	Giesea Obeck, Quentin	9	NORDHOFF 12.29
3	Salguero, Elias	10	CABRILLO (LOMPOC) 12.25
4	Mudgett, Mason	9	TEMPLETON 12.23
5	Johnston, Jackson	10	PARACLETE 12.20
6	Retiguin, Ismael	9	BISHOP DIEGO 12.20
7	Blanks, James	9	ST. BONAVENTURE 12.25
8	Pech, Nathan	10	MORRO BAY 12.27
9	Luna, Nicholas	10	CABRILLO (LOMPOC) 12.29
Heat 3			
1	Cripe, Sebastian	9	SANTA PAULA 12.18
2	Thompson, Makaio	9	SANTA CLARA 11.96
3	Zepeda, Angel	10	CARPINTERIA 11.96
4	Coreas, Frank	10	ST. GENEVIEVE 11.90
5	Bowers, Ty	10	ST. PAUL 11.84
6	Osorio, Anthony	10	ST. PAUL 11.84
7	Wilson, Jaylin	9	PARACLETE 11.94
8	Reese, Braden	10	NIPOMO 11.96
9	Anum, Sam	9	CATE 12.03
Heat 4			
1	Chiu, Aidan	10	LA SALLE 11.75
2	Evans, Owen	10	FOOTHILL TECHNOLOGY 11.70
3	He, Eric	9	VIEWPOINT 11.50
4	Schwesinger, Weston	9	OAKS CHRISTIAN 11.27
5	Williams, Justice	10	OAKS CHRISTIAN 11.12
6	Diaz, Christian	10	ST. BONAVENTURE 11.23
7	Ramos, Jacob	10	ST. PAUL 11.34
8	Valenzuela, Nickolas	9	OAKS CHRISTIAN 11.57
9	Malone, DeShaun	10	PARACLETE 11.72

Women's 100 Meters Varsity

Finals

Heat 1			
4	Ruxin, Thalia	11	CATE 14.04
5	Velsaco, Alexis	12	FILLMORE 14.00
6	Borrayo, Priscilla	11	ST. PAUL 14.01
7	Huezo, Alina	11	PARACLETE 14.08
Heat 2			
1	Karahalios, Sophia	11	ST. MARGARET'S 13.92
2	Bickerstaff, Remi	11	BRENTWOOD 13.85
3	Hernandez, Belinda	12	ORCUTT ACADEMY CH... 13.72
4	Barrera, Gloria	10	ST. PAUL 13.68
5	Acker, Maleelah	11	ORCUTT ACADEMY CH... 13.62
6	Thomas, Brooklyn	10	TEMPLETON 13.66
7	Crist, Ashley	11	FOOTHILL TECHNOLOGY 13.68
8	Rebuck, Lola	10	GARCES MEMORIAL 13.80
9	Ehlers, Emily	11	CARPINTERIA 13.92

Heat 3

1	Rosenthal, Ava	12	ST. BONAVENTURE	13.58
2	Vaca, Daisy	11	SANTA PAULA	13.50
3	Belker, Skye	11	WINDWARD	13.44
4	Kaller, Lauren	9	FOOTHILL TECHNOLOGY	13.40
5	Seery, Kate	11	NORDHOFF	13.36
6	Bowens, Maya	12	SIERRA CANYON	13.38
7	Sarmiento, Jessica	12	BRENTWOOD	13.41
8	Batiste, Aalayah	12	OAKS CHRISTIAN	13.45
9	Wyatt, Ryann	12	PARACLETE	13.56

Heat 4

1	Todd, Malia	10	ST. MARGARET'S	13.32
2	Armenta, Leilani	11	ST. BONAVENTURE	13.17
3	Irvin, Danielle	11	OAKS CHRISTIAN	12.95
4	Stokes, Maya	12	WINDWARD	12.70
5	Kirkland, Kennedy	11	CATE	12.40
6	Bowens, Kandace	12	ST. GENEVIEVE	12.61
7	Dickerson, Keri	10	OAKS CHRISTIAN	12.93
8	Lizarde, Makenna	12	ST. MARGARET'S	13.03
9	McAdoo, Kennedy	9	TEMPLETON	13.23

Men's 100 Meters Varsity**Finals****Heat 1**

3	Gossett, QuRan	11	BISHOP DIEGO	11.94
4	Arriola, Xavier	12	CABRILLO (LOMPOC)	11.93
5	Moctezuma, Ricardo	12	CABRILLO (LOMPOC)	11.92
6	Sabado, Joshua	12	WHITTIER CHRISTIAN	11.92
7	Austin, Rashaad	12	LA SALLE	11.94
8	Olgin, Emile	12	LA SALLE	11.94

Heat 2

1	Mendoza, Brian	12	CARPINTERIA	11.92
2	Agnes, Raemar	11	NIPOMO	11.91
3	Hutchinson, Mark	12	MORRO BAY	11.88
4	Mohn, Eli	12	VIEWPOINT	11.86
5	Kuhn, Kyle	12	NIPOMO	11.76
6	Bema, Harold	11	MALIBU	11.78
7	Gordon, Caleb	10	HERITAGE CHRISTIAN	11.88
8	Myers, Legend	12	CABRILLO (LOMPOC)	11.89
9	Carter, Mitch	12	MORRO BAY	11.92

Heat 3

1	Gonzalez, Isaac	12	FILLMORE	11.70
2	Thompson, Johnny	11	OAKS CHRISTIAN	11.66
3	Melendez, Christian	10	ST. PAUL	11.62
4	Harrison, Ian	10	GARCES MEMORIAL	11.60
5	Swift, Hayden	12	TEMPLETON	11.58
6	Marsh, Joseph	11	OAKS CHRISTIAN	11.59
7	Egberongbe, Ori	11	VIEWPOINT	11.62
8	Fernandez, Matthew	11	ST. PAUL	11.64
9	Telcide, Randy	11	ST. JOSEPH (SANTA...	11.70

Heat 4

1	Cotten, Blake	12	CAMPBELL HALL	11:57
2	Kendricks, Nathan	11	SANTA PAULA	11:56
3	Williams, Jamar	12	ST. PAUL	11:44
4	Wegner, Stephan	11	OAKS CHRISTIAN	11:34
5	Johnson, Joaquin	11	ST. BONAVENTURE	11:31
6	Chrestenson, Austin	12	BISHOP DIEGO	11:34
7	Rebuck, Nixon	12	GARCES MEMORIAL	11:40
8	Rusmeepongskul, Maximo	11	VIEWPOINT	11:50
9	Coleman, Michael	11	BRENTWOOD	11:57

Heat 5

1	Slovek, Morris	12	ST. JOSEPH (SANTA...	11:31
2	Goldman, Jake	12	SIERRA CANYON	11:24
3	Bema, Lloyd	11	MALIBU	11:12
4	Thompson, Delon	11	ST. BONAVENTURE	11:01
5	Shamburger, Rashad	11	HERITAGE CHRISTIAN	10:92
6	Godoy, Angelo	12	LA SALLE	11:01
7	McWright, Camdan	12	ST. GENEVIEVE	11:03
8	White, Xavier	11	ST. GENEVIEVE	11:22
9	Madan, Gabriel	12	CATE	11:30

Women's 800 Meters Frosh/Soph**Finals****Heat 1**

4	Alvarado, Fiyona	10	ST. PAUL	2:57.00
5	Study, Rebecca	10	PARACLETE	2:54.90
6	Rodriguez, Sophia	10	FILLMORE	2:51.78
7	Santa Rosa, Diana	9	FILLMORE	2:52.83
8	Lara, Alyssa	9	PARACLETE	2:55.09
9	Fruento, Tabitha	9	LA SALLE	2:57.40

Heat 2

1	Ante, Nicole	10	ORCUTT ACADEMY CH...	2:50.54
2	Wood, Rylanne	9	TEMPLETON	2:49.57
3	Pejsa, Abigail	10	LA SALLE	2:48.00
4	Carr, Kiera	10	PARACLETE	2:45.44
5	Helmle, Kayla	10	TEMPLETON	2:42.59
6	Rubalcava, Sofia	9	ORCUTT ACADEMY CH...	2:40.56
7	Esparza, Regina	10	NIPOMO	2:42.21
8	Novak, Zoe	10	OAKWOOD	2:43.37
9	Bohanec, Olivia	10	LA SALLE	2:47.95
10	Patrick, Madeliene	9	CATE	2:49.52
11	Beal, Paige	10	ST. JOSEPH (SANTA...	2:50.20
12	Baker, Rilee	9	ST. JOSEPH (SANTA...	2:50.81

Heat 3

1	Duenas, Maddison	10	NORDHOFF	2:39.49
2	Couch, Jazlyn	9	SACRED HEART OF J...	2:38.00
3	Bennett, Mia	9	MORRO BAY	2:37.07
4	Ramirez, Crystal	9	NORDHOFF	2:31.53
5	Murphree, Tallula	9	MALIBU	2:30.00
6	Ramirez, Lindsey	10	SANTA PAULA	2:26.96
7	Reierson, Alexandra	9	OAKS CHRISTIAN	2:29.72
8	Walker, Katherine	10	OAKS CHRISTIAN	2:31.42
9	Franzwa-Moody, Kaila	10	VIEWPOINT	2:37.03
10	Gonzaga, Jacelyn	9	SIERRA CANYON	2:37.32
11	Webb, Hannah	10	OAKS CHRISTIAN	2:38.62
12	Sutch, Francesca	9	CATE	2:40.09

Men's 800 Meters Frosh/Soph

Finals

Heat 1

4	Campuzano, Pedro	9	CARPINTERIA	2:19.02
5	Madrigal, Apolo	10	NORDHOFF	2:18.96
6	Boyd, Reilly	10	CAMPBELL HALL	2:18.61
7	Larmore, Tyler	10	WHITTIER CHRISTIAN	2:18.93
8	Navarro, Vicente	9	CABRILLO (LOMPOC)	2:19.00
9	Anderson, Byron	9	HERITAGE CHRISTIAN	2:19.53

Heat 2

1	Laureano, Angel	10	FILLMORE	2:18.59
2	Lafferre, Joseph	9	ST. PAUL	2:18.34
3	Merritt, Justin	9	WINDWARD	2:18.00
4	Kobayashi, Max	9	WINDWARD	2:18.00
5	Norton, Nikita	10	TEMPLETON	2:17.99
6	Argano-Rush, Ethan	10	VIEWPOINT	2:15.77
7	Balcorta, Francisco	9	DESERT CHRISTIAN...	2:17.53
8	Estrada, David	9	WINDWARD	2:18.00
9	Lawton, Cody	9	CABRILLO (LOMPOC)	2:18.00
10	Rodriguez, Jason	10	NIPOMO	2:18.22
11	Wickers, Alonzo	9	OAKWOOD	2:18.42
12	Mikulics, Harry	10	TEMPLETON	2:18.60

Heat 3

1	McNee, Cooper	9	OAKS CHRISTIAN	2:14.00
2	Causee, Evan	9	ST. MARGARET'S	2:14.00
3	Partello, Mario	10	ST. BONAVENTURE	2:12.87
4	Plata, Kristiano	10	ST. JOSEPH (SANTA...	2:11.21
5	Hansen, Chase	9	OAKS CHRISTIAN	2:06.87
6	Rodriguez, Diego	10	SANTA PAULA	2:04.30
7	Elliott, Braeden	10	FOOTHILL TECHNOLOGY	2:04.42
8	Bryan, Christian	9	OAKWOOD	2:07.80
9	Bondy, Cody	10	FOOTHILL TECHNOLOGY	2:11.91
10	Adkins, Alexander	10	BISHOP UNION	2:13.82
11	Frere, Anthony	10	MORRO BAY	2:14.00
12	Santiago, Edward	10	PARACLETE	2:14.20

Women's 800 Meters Varsity

Finals

Heat 1

5	Hurtado, Monique	11	FILLMORE	2:47.50
6	Herrera, Angelica	12	FILLMORE	2:46.36
7	Tapia, Sofia	11	VIEWPOINT	2:46.94
8	Simpson, Kennedy	12	CATE	2:47.50

Heat 2

1	Gonzalez, Brianna	12	SACRED HEART OF J...	2:46.20
2	Kim, Heeseo	12	WHITTIER CHRISTIAN	2:44.35
3	O'Neil, Caitlyn	11	FOOTHILL TECHNOLOGY	2:43.19
4	Falat, Kiersten	11	FOOTHILL TECHNOLOGY	2:40.27
5	Angeles, Clarisse	12	PARACLETE	2:37.52
6	Fitt, Ashley	10	BISHOP UNION	2:36.81
7	Clemens, Lily	10	THACHER	2:36.87
8	Kusserow, Monica	9	WINDWARD	2:39.62
9	Zambrano, Jazmin	11	ST. PAUL	2:42.51
10	Herrera, Belen	11	CARPINTERIA	2:43.70
11	Delfin, Emila	12	CABRILLO (LOMPOC)	2:44.83
12	Laureano, Andrea	11	FILLMORE	2:46.35

Heat 3

1	Quinn, Morgan	10	OAKS CHRISTIAN	2:32.15
2	Chiappetta-uberti, Maggi	12	CAMPBELL HALL	2:29.85
3	Mackey, JiaLian	11	VIEWPOINT	2:26.90
4	Neuhs, Keani	9	TEMPLETON	2:25.61
5	Murguia, Iliana	12	NIPOMO	2:25.47
6	Delgado, Brianna	11	PARACLETE	2:18.03
7	Diaz, Isis	12	SIERRA CANYON	2:20.35
8	Geyer, Grace	10	OAKS CHRISTIAN	2:25.50
9	Holden, Sydney	12	CROSSROADS	2:25.73
10	Sanchez, Gianna	11	OAKS CHRISTIAN	2:28.83
11	Gudebski, Taylor	10	THACHER	2:29.95
12	Sanders, Kayden	11	NIPOMO	2:32.58

Men's 800 Meters Varsity**Finals****Heat 1**

5	Melendez, Joseph	11	ST. PAUL	2:13.27
6	Kassabian, Raffi	11	CROSSROADS	2:12.28
7	Adelantar, Aaron	11	PARACLETE	2:12.60

Heat 2

2	Bernal, Bruno	12	CROSSROADS	2:11.14
3	Spayde, Ethan	11	OAKS CHRISTIAN	2:10.86
4	Felix, Dylan	12	ORCUTT ACADEMY CH...	2:09.47
5	Dickinson, Hunter	10	WHITTIER CHRISTIAN	2:09.24
6	Dunn, Isaiah	12	ST. PAUL	2:08.08
7	Jansen, Nicholas	10	TEMPLETON	2:08.56
8	Balasa, Andy	11	WINDWARD	2:09.25
9	Walker, Jacob	12	FOOTHILL TECHNOLOGY	2:10.30
10	Momtaz, Aiden	12	ST. MARGARET'S	2:11.00
11	Holland, Jared	12	NIPOMO	2:12.12

Heat 3

1	Camilo Torres, Michael	12	FILLMORE	2:07.73
2	Didden, Henry	12	VIEWPOINT	2:07.33
3	DiLullo, Nico	11	THACHER	2:04.68
4	Stilwell, Frank	12	FOOTHILL TECHNOLOGY	2:04.16
5	Zanuck, Luke	12	WINDWARD	2:00.95
6	Alvarez, Alexandro	11	LA SALLE	1:59.28
7	Somerville, Curtis	12	OAKS CHRISTIAN	2:00.77
8	Liljenquist, Zachary	12	SANTA YNEZ	2:01.25
9	Malloy, Morgan	11	OAKS CHRISTIAN	2:04.54
10	Zanuck, Kyler	9	WINDWARD	2:05.04
11	Costa, Mark	11	PARACLETE	2:07.70
12	Reid, Satchel	11	MALIBU	2:07.77

Women's 300m Hurdles Frosh/Soph**Finals****Heat 1**

4	Matthews, Charlie	9	WINDWARD	1:00.23
5	Zipkin, Talia	9	WINDWARD	58.95
6	Chian, Annie	10	CATE	59.42
7	Frazier, Josie	10	CATE	1:00.24

Heat 2

1	Tackett, Ruth	9	LA REINA	58.82
2	Lynch, Katie	10	DESERT CHRISTIAN...	58.62
3	Intenzo, Layla	9	ST. BONAVENTURE	56.73
4	Roberts, Lela	11	CARPINTERIA	55.64
5	Galvan, Miahnna	9	SANTA PAULA	54.63
6	Mullikin, Mika	10	CARPINTERIA	55.31
7	Finley, Kassidy	9	SANTA YNEZ	56.73
8	Davis, Skye	9	TEMPLETON	57.62
9	Kayla, Ponce	11	ST. PAUL	58.63

Heat 3

1	Murphree, Tallula	9	MALIBU	53.94
2	Silva-Celaya, Emily	9	ST. GENEVIEVE	53.64
3	Everett, Ava	9	CATE	52.35
4	Daneshrad, Alexa	10	BRENTWOOD	51.86
5	Gash, Lily	10	NIPOMO	48.94
6	Richard, Kennedy	9	WINDWARD	51.77
7	Wieck, Annabelle	10	MORRO BAY	52.29
8	Lewis, Charlotte	10	SANTA YNEZ	52.81
9	Miller, Brianna	10	CABRILLO (LOMPOC)	53.94

Women's 300m Hurdles Varsity**Finals****Heat 1**

2	Newman, Alina	11	WINDWARD	56.38
3	Andreadakis, Cassidy	11	ORCUTT ACADEMY CH...	56.09
4	Rosales, Elizabeth	12	NORDHOFF	55.49
5	Caddick, Emily	11	DESERT CHRISTIAN...	55.27
6	Hinds, Lily	11	NIPOMO	55.37
7	Romero, AJ	11	FOOTHILL TECHNOLOGY	55.85
8	Vaughn, Celia	12	SIERRA CANYON	56.14
9	Yoneama, Hana	12	MORRO BAY	56.50

Heat 2

1	Bhatia, Giulia	10	LA SALLE	53.50
2	Santoyo, Carissa	12	LA SALLE	52.29
3	Islas, Jazzlyn	11	CAMARILLO	51.90
4	Dace, Lauren	11	PARACLETE	50.85
5	Reid, Mia	11	LA SALLE	48.17
6	Woolley, Carys	11	BRENTWOOD	48.63
7	Pyle, Charys	11	FOOTHILL TECHNOLOGY	51.46
8	Lopez, Kaihla	12	ST. JOSEPH (SANTA...	52.25
9	Chavez, Melissa	9	TEMPLETON	53.29

Men's 300m Hurdles Frosh/Soph**Finals****Heat 1**

4	Saltzman, Asher	10	DESERT CHRISTIAN...	51.73
5	Walter, Christian	10	CATE	51.66
6	Abney, Domminic	10	NIPOMO	51.69
7	Redfern, Tucker	9	CATE	51.91

Heat 2

1	Pech, Nathan	10	MORRO BAY	51.15
2	Kim, Carlo	10	CATE	50.25
3	Alvarez, Daniel	9	LA SALLE	47.81
4	Diaz, Manny	10	MORRO BAY	45.53
5	Holling, Jude	10	VIEWPOINT	44.80
6	Chung, Wes	10	CARPINTERIA	44.81
7	Murphree, Ranger	9	MALIBU	47.79
8	LaBrie, Hunter	10	PROVIDENCE	49.70
9	Hefferman, Charlie	9	LA SALLE	50.31

Men's 300m Hurdles Varsity**Finals****Heat 1**

3	Dinkler, Cole	11	FOOTHILL TECHNOLOGY	46.38
4	Davila, Isaiah	12	PARACLETE	45.72
5	Anderson, Gabe	12	NIPOMO	44.87
6	Kephart, Thomas	12	OAKS CHRISTIAN	44.99
7	Saragueta, David	12	ST. PAUL	46.20
8	Jones, Heath	10	MORRO BAY	46.66

Heat 2

1	Mortensen, Koy	12	ST. BONAVENTURE	44.73
2	Butler, Khari	12	OAKS CHRISTIAN	44.36
3	Popp, Phoenix	12	MORRO BAY	42.36
4	Gardner, Nathan	11	NIPOMO	41.68
5	Gipson, Elijah	12	OAKS CHRISTIAN	39.57
6	Plugge, Travis	12	GARCES MEMORIAL	41.50
7	Alvarez, John	12	LA SALLE	42.31
8	Blackwood, Aiden	11	MORRO BAY	44.31
9	Canales, Jason	12	ST. GENEVIEVE	44.56

Women's 200 Meters Frosh/Soph**Finals****Heat 1**

4	Baker, Rilee	9	ST. JOSEPH (SANTA...	30.44
5	Mathis, Natalie	9	DESERT CHRISTIAN...	30.39
6	Mabowe, Nia	9	BRENTWOOD	30.40
7	Menusa, Jasmine	10	ST. JOSEPH (SANTA...	30.74

Heat 2

1	Ramirez, Camila	9	CABRILLO (LOMPOC)	30.38
2	Hyde, Aniste	10	PARACLETE	30.33
3	Antoni, Nina	9	WINDWARD	30.28
4	Reddy, Nisha	10	FOOTHILL TECHNOLOGY	30.22
5	Cokeley, Audrey	10	BISHOP UNION	30.14
6	Conte, Kendall	9	VIEWPOINT	30.22
7	Stoops, Charlotte	9	CARPINTERIA	30.25
8	Koudsi, Tea	10	WINDWARD	30.29
9	Richard, Kennedy	9	WINDWARD	30.37

Heat 3

1	Goold, Madison	9	ORCUTT ACADEMY CH...	30.14
2	Wilwerth, Sydney	9	BRENTWOOD	29.93
3	Shook, Elie	9	ST. MARGARET'S	29.85
4	Jordan, Jaiden	10	SANTA PAULA	29.41
5	Robertson, Jazmine	9	DESERT CHRISTIAN...	29.22
6	Pascual, Alhley	9	SACRED HEART OF J...	29.30
7	Randall, Trinity	10	ST. GENEVIEVE	29.84
8	Liljeblad, Kaia	9	SANTA YNEZ	29.91
9	Grove, Ella	9	ST. MARGARET'S	29.95

Heat 4

1	Couch, Jazlyn	9	SACRED HEART OF J...	29.17
2	Green, Lilah	9	MORRO BAY	29.14
3	Argueta, Candice	10	ST. GENEVIEVE	29.00
4	Martinez, Fatima	9	MORRO BAY	28.80
5	Novak, Zoe	10	OAKWOOD	28.38
6	Shamlin, Brooklyn	9	OAKS CHRISTIAN	28.72
7	Remolacio, Mikaela	10	ORCUTT ACADEMY CH...	28.89
8	Castillo, Jennifer	10	SANTA PAULA	29.07
9	Edwards, Sanai	9	CATE	29.15

Heat 5

1	Ward, Charlotte	9	OAKS CHRISTIAN	28.37
2	Kistler, Sophia	10	ST. MARGARET'S	28.12
3	Brannon, Jentle	9	PARACLETE	28.05
4	Sutch, Francesca	9	CATE	27.81
5	Redd, Kennedi	9	PARACLETE	27.56
6	Rodriguez, Angelina	10	NORDHOFF	27.72
7	Davis, Natalie	9	NORDHOFF	27.82
8	Colebrooke, Sophia	9	OAKS CHRISTIAN	28.12
9	Saley, Lina	9	VIEWPOINT	28.15

Men's 200 Meters Frosh/Soph**Finals****Heat 1**

2	Ficke, Caden	10	DESERT CHRISTIAN...	25.72
3	Luna, Nicholas	10	CABRILLO (LOMPOC)	25.70
4	Anderson, Byron	9	HERITAGE CHRISTIAN	25.67
5	Dudley, Nate	10	BRENTWOOD	25.54
6	Retiguin, Ismael	9	BISHOP DIEGO	25.61
7	Daneshrad, Ryan	9	BRENTWOOD	25.70
8	Campuzano, Cesar	10	CARPINTERIA	25.72
9	Vance-Velez, Jayden	9	ST. PAUL	25.74

Heat 2

1	Martinez, Angel	10	FILLMORE	25.53
2	Boydell, Sebastian	9	CATE	25.45
3	Ofiaeli, Ikenna	9	SANTA YNEZ	25.37
4	Giesea Obeck, Quentin	9	NORDHOFF	25.19
5	Cripe, Sebastian	9	SANTA PAULA	25.06
6	Lopez, Camron	10	ST. PAUL	25.14
7	Coreas, Frank	10	ST. GENEVIEVE	25.31
8	Baldocci, Fernando	10	CATE	25.41
9	Blanks, James	9	ST. BONAVENTURE	25.53

Heat 3

1	Hart, Kyler	10	HERITAGE CHRISTIAN	24.96
2	Ruelas, Darren	9	ST. PAUL	24.94
3	Mudgett, Mason	9	TEMPLETON	24.75
4	Zepeda, Angel	10	CARPINTERIA	24.62
5	Chiu, Aidan	10	LA SALLE	24.49
6	Anum, Sam	9	CATE	24.54
7	Thompson, Makaio	9	SANTA CLARA	24.62
8	Evans, Owen	10	FOOTHILL TECHNOLOGY	24.81
9	Anderson, Jude	9	CABRILLO (LOMPOC)	24.96

Heat 4

1	Barajas, Abraham	10	ST. GENEVIEVE	24.14
2	Malone, DeShaun	10	PARACLETE	23.99
3	Wilson, Jaylin	9	PARACLETE	23.74
4	He, Eric	9	VIEWPOINT	23.54
5	Diaz, Christian	10	ST. BONAVENTURE	22.69
6	Williams, Justice	10	OAKS CHRISTIAN	23.22
7	Schwesinger, Weston	9	OAKS CHRISTIAN	23.55
8	Valenzuela, Nickolas	9	OAKS CHRISTIAN	23.76
9	Bayless, Merric	10	FOOTHILL TECHNOLOGY	24.11

Women's 200 Meters Varsity**Finals****Heat 1**

4	Lopez, Kaihla	12	ST. JOSEPH (SANTA...	29.69
5	Avila, Kate	11	MORRO BAY	29.60
6	Burch, Jennasis	11	HERITAGE CHRISTIAN	29.69

Heat 2

2	Kwon, Sera	10	THACHER	29.54
3	Harnden, Trinity	11	CABRILLO (LOMPOC)	29.42
4	Crist, Ashley	11	FOOTHILL TECHNOLOGY	29.16
5	Hernandez, Belinda	12	ORCUTT ACADEMY CH...	29.14
6	Palm, Kaylee	11	ST. JOSEPH (SANTA...	29.15
7	Barnett, Kate	11	NIPOMO	29.35
8	Huezo, Alina	11	PARACLETE	29.46
9	Acker, Maleelah	11	ORCUTT ACADEMY CH...	29.55

Heat 3

1	Araujo, Ruth	12	ST. GENEVIEVE	28.96
2	Rosenthal, Ava	12	ST. BONAVENTURE	28.74
3	Cramer, Allyson	12	NIPOMO	28.47
4	Rebuck, Lola	10	GARCES MEMORIAL	28.30
5	Todd, Malia	10	ST. MARGARET'S	28.13
6	Elwood, Avala	11	PROVIDENCE	28.20
7	Armenta, Leilani	11	ST. BONAVENTURE	28.35
8	Wyatt, Ryann	12	PARACLETE	28.63
9	Bickerstaff, Remi	11	BRENTWOOD	28.95

Heat 4

1	Karahalios, Sophia	11	ST. MARGARET'S	28.13
2	Irvin, Danielle	11	OAKS CHRISTIAN	27.85
3	Aswani, Riya	11	BRENTWOOD	27.73
4	Villa, Amelia	12	SANTA YNEZ	27.70
5	Belker, Skye	11	WINDWARD	27.12
6	McAdoo, Kennedy	9	TEMPLETON	27.23
7	Kaller, Lauren	9	FOOTHILL TECHNOLOGY	27.71
8	Thomas, Brooklyn	10	TEMPLETON	27.78
9	Pyle, Brooke	11	FOOTHILL TECHNOLOGY	27.99

Heat 5

1	Stokes, Maya	12	WINDWARD	27.11
2	Dickerson, Keri	10	OAKS CHRISTIAN	26.48
3	Lizarde, Makenna	12	ST. MARGARET'S	26.31
4	Quinn, Morgan	10	OAKS CHRISTIAN	26.12
5	Walker, Zariah	10	PARACLETE	25.07
6	Kirkland, Kennedy	11	CATE	26.09
7	King-Harvey, Bella	11	BRENTWOOD	26.14
8	O'Rourke, Toireasa-Marie	12	NIPOMO	26.41
9	Bowens, Kandace	12	ST. GENEVIEVE	26.90

Men's 200 Meters Varsity Finals**Heat 1**

4	Edwards, Christopher	11	CABRILLO (LOMPOC)	24.53
5	Kuhn, Kyle	12	NIPOMO	24.49
6	Chu, Marcus	10	BRENTWOOD	24.51
7	Marsh, Joseph	11	OAKS CHRISTIAN	24.56

Heat 2

1	Egberongbe, Ori	11	VIEWPOINT	24.49
2	Swift, Hayden	12	TEMPLETON	24.48
3	Melendez, Christian	10	ST. PAUL	24.44
5	Bennett, Levi	11	OAKS CHRISTIAN	24.37
6	Carter, Mitch	12	MORRO BAY	24.39
7	Acosta, Sergio	12	ST. PAUL	24.44
8	Benoit, Henri	11	BISHOP DIEGO	24.46
9	Troup, Samuel	12	CABRILLO (LOMPOC)	24.48

Heat 3

1	Fetter, Benjamin	11	NORDHOFF	24.37
2	Gonzalez, Isaac	12	FILLMORE	24.34
3	Ortiz, Thomas	11	ST. PAUL	24.24
4	Slovek, Morris	12	ST. JOSEPH (SANTA...	24.04
5	Olgin, Emile	12	LA SALLE	23.90
6	Coleman, Michael	11	BRENTWOOD	23.97
7	Blevins, Michael	11	WINDWARD	24.20
8	Nicholson, John	12	TEMPLETON	24.25
9	Hutchinson, Mark	12	MORRO BAY	24.34

Heat 4

1	Kendricks, Nathan	11	SANTA PAULA	23.88
2	Musyimi, Justin	11	CATE	23.68
3	Rusmeepongskul, Maximo	11	VIEWPOINT	23.58
4	Madan, Gabriel	12	CATE	23.45
5	Cotten, Blake	12	CAMPBELL HALL	23.34
6	Handall, Mateo	12	CARPINTERIA	23.41
7	Harrison, Ian	10	GARCES MEMORIAL	23.50
8	Chrestenson, Austin	12	BISHOP DIEGO	23.62
9	Telcide, Randy	11	ST. JOSEPH (SANTA...	23.75

Heat 5

1	White, Xavier	11	ST. GENEVIEVE	23.26
2	Rebuck, Nixon	12	GARCES MEMORIAL	23.20
3	Thompson, Delon	11	ST. BONAVENTURE	22.90
4	McCarthy, Trevor	12	ST. BONAVENTURE	22.43
5	Gair, Liam	12	VILLANOVA PREP	21.66
6	Turner, Parker	11	BRENTWOOD	21.99
7	McWright, Camdan	12	ST. GENEVIEVE	22.73
8	Johnson, Joaquin	11	ST. BONAVENTURE	23.14
9	Sarkissian, Aram	11	OAKS CHRISTIAN	23.23

Women's 3200 Meters Frosh/Soph

Finals

Heat 1

1	Walker, Elizabeth	9	OAKS CHRISTIAN	12:34.13
2	Miya, Peyton	9	ORCUTT ACADEMY CH...	12:44.25
3	Duenas, Maddison	10	NORDHOFF	12:56.31
4	Bohanec, Olivia	10	LA SALLE	13:19.00
5	Alva, Sophia	10	VIEWPOINT	13:23.86
6	Ramirez, Crystal	9	NORDHOFF	13:34.93
7	Martinez, Alexandra	10	FILLMORE	13:40.36
8	Denove, Joella	9	OAKS CHRISTIAN	13:42.09
9	Torres, Zyanya	9	SACRED HEART OF J...	14:00.00
10	Parsky, Annabelle	11	VIEWPOINT	14:02.59
11	Santa Rosa, Diana	9	FILLMORE	14:11.71
12	Esparza, Sofia	9	NIPOMO	14:12.84
13	O'Day, Taryn	9	WINDWARD	14:13.77
14	Rodriguez, Sophia	10	FILLMORE	14:18.02
15	Fruemento, Tabitha	9	LA SALLE	14:20.12
16	Parker, Natalie	10	SANTA YNEZ	14:20.16
17	Garcia, Isabella	9	ST. GENEVIEVE	14:51.40

Men's 3200 Meters Frosh/Soph

Finals

Heat 1

1	Estrada, David	9	WINDWARD	11:11.94
2	Yoder, Christian	9	OAKS CHRISTIAN	11:15.92
3	Alvarez, Daniel	9	LA SALLE	11:23.90
4	Tototzintle, Luis	9	SANTA CLARA	11:38.17
5	Iabichella, Johnny	10	PARACLETE	11:42.60
6	Jones, Jordan	10	NIPOMO	11:49.42
7	Granados-Puvvula, Aman	9	WINDWARD	11:50.00
8	DeVore, Jacob	10	DESERT CHRISTIAN...	11:50.44
9	Ledesma, Elias	10	PARACLETE	11:53.40
10	May, Vincent	10	ORCUTT ACADEMY CH...	11:55.00

Heat 2

1	Leandro, Chance	9	FOOTHILL TECHNOLOGY	10:29.85
2	McNee, Cooper	9	OAKS CHRISTIAN	10:37.43
3	Sutch, Sebastian	10	CATE	10:37.92
4	Ramirez, Diego	10	FILLMORE	10:38.70
5	Lizarraga, Kobe	10	FILLMORE	10:40.23
6	Kobayashi, Max	9	WINDWARD	10:49.92
7	Wickers, Alonzo	9	OAKWOOD	10:52.68
8	Lanlua, Ethan	10	BRENTWOOD	10:54.06
9	Lee, Kasey	10	VIEWPOINT	10:55.77
10	Lafferre, Joseph	9	ST. PAUL	11:01.00
11	Garcia, Angel	10	FILLMORE	11:04.45

Women's 3200 Meters Varsity

Finals

Heat 1

1	Beazley, Erin	11	VIEWPOINT	12:59.34
2	Bobbitt, Madeline	12	TEMPLETON	13:03.63
3	Thorne, Kendall	11	CATE	13:21.38
4	Tapia, Alianna	12	FILLMORE	13:32.00
5	Zacarias, Maricela	12	SANTA PAULA	13:37.22
6	Vigil, Nataly	10	FILLMORE	13:42.41
7	Abikoff, Ashley	11	OAKS CHRISTIAN	13:46.28
8	Padilla, Mariana	12	SACRED HEART OF J...	13:50.00
9	O'Leary, Elizabeth	11	ORCUTT ACADEMY CH...	13:58.46
10	Flores, Amanda	12	ST. GENEVIEVE	14:10.00

Heat 2

1	Zambrano, Jazmin	11	ST. PAUL	11:54.01
2	Kang, Amelia	12	ST. MARGARET'S	12:07.03
3	Bendzick, Sarah	9	ST. MARGARET'S	12:08.00
4	Gutman, Micah	9	VIEWPOINT	12:16.80
5	Doi, Maddie	12	WINDWARD	12:25.00
6	Laureano, Niza	9	FILLMORE	12:26.29
7	Griffin, Emma	11	ST. MARGARET'S	12:33.46
8	Fitt, Ashley	10	BISHOP UNION	12:38.58
9	Sanchez, Gianna	11	OAKS CHRISTIAN	12:40.51
10	Sanchez, Gianna	11	OAKS CHRISTIAN	12:45.00
11	Meza-Cardenas, Neftaly	12	SANTA PAULA	12:56.81

Men's 3200 Meters Varsity

Finals

Heat 1

1	Somerville, Curtis	12	OAKS CHRISTIAN	10:46.72
2	Medellin, Josh	11	PARACLETE	10:49.20
3	Hurtado, Nick (Nicholas)	11	FILLMORE	10:50.50
4	Alvarado, Hugo	11	CARPINTERIA	10:54.20
5	Jimenez, Luis	12	SANTA PAULA	10:54.59
6	Newman, Dillon	10	BRENTWOOD	10:55.89
7	Hinshaw, Jacob	12	CABRILLO (LOMPOC)	10:58.00
8	Weathers, Chuck	11	DESERT CHRISTIAN...	11:00.03
9	Fegley, Killian	12	NIPOMO	11:00.29
10	Agar-Johnson, Huck	11	BRENTWOOD	11:00.47
11	Selverian, David	11	ST. GENEVIEVE	11:04.99

Heat 2

1	Didden, Henry	12	VIEWPOINT	9:29.38
2	Honda, Diego	12	BISHOP UNION	9:51.57
3	Alvarez, Alexandro	11	LA SALLE	9:53.64
4	Roetcisoender, Brent	12	DESERT CHRISTIAN...	9:55.59
5	Gratke, William	12	OAKS CHRISTIAN	9:57.14
6	Dubal, Ishan	11	OAKS CHRISTIAN	9:57.61
7	Capelle, Everett	10	ST. MARGARET'S	9:58.90
8	Escalante, Diego	10	THACHER	10:11.38
9	Lindelof, Van	9	WINDWARD	10:26.44
10	Melendez, Joshua	11	ST. PAUL	10:32.33
11	Mucheru, Sean	12	CROSSROADS	10:33.08
12	Ante, Alex	11	ORCUTT ACADEMY CH...	10:36.23

Women's 4x400 Relay Frosh/Soph

Finals

Heat 1

1	ORCUTT ACADEMY CHARTER	'A'	5:07.78	
	1) <i>Goold, Madison 9</i>	2) <i>Rubalcava, Sofia 9</i>	3) <i>Hossl, Haley 9</i>	4) <i>Ante, Nicole 10</i>
2	SACRED HEART OF JESUS	'A'	4:41.35	
	1) <i>Canete, Michelle 9</i>	2) <i>Pascual, Alhley 9</i>	3) <i>Torres, Zyanya 9</i>	4) <i>Couch, Jazlyn 9</i>
3	PARACLETE	'A'	4:34.50	
	1) <i>Brannon, Jentle 9</i>	2) <i>Carr, Kiera 10</i>	3) <i>Hyde, Aniste 10</i>	4) <i>Redd, Kennedi 9</i>
4	VIEWPOINT	'A'	4:34.36	
	1) <i>Conte, Kendall 9</i>	2) <i>Franzwa-Moody, Kaila 10</i>	3) <i>Saley, Lina 9</i>	4) <i>Smith, Maya 10</i>
5	OAKS CHRISTIAN	'A'	4:15.00	
	1) <i>Reierson, Alexandra 9</i>	2) <i>Webb, Hannah 10</i>	3) <i>Colebrooke, Sophia 9</i>	4) <i>Ward, Charlotte 9</i>
6	THACHER	'A'	4:31.00	
	1) <i>Sonenshine, Sarah 10</i>	2) <i>Kwon, Sera 10</i>	3) <i>Clemens, Lily 10</i>	4) <i>Gudebski, Taylor 10</i>
7	NORDHOFF	'A'	4:34.50	
	1) <i>Hill, Lillitha 10</i>	2) <i>Ramirez, Crystal 9</i>	3) <i>Rodriguez, Angelina 10</i>	4) <i>Duenas, Maddison 10</i>
8	NIPOMO	'A'	4:41.21	
	1) <i>Gash, Lily 10</i>	2) <i>Simonson, Bella 9</i>	3) <i>Esparza, Regina 10</i>	4) <i>Rodriguez, Isabel 10</i>
9	CARPINTERIA	'A'	4:55.00	
	1) <i>Kramer, Audrey 10</i>	2) <i>Bautista, Carel 9</i>	3) <i>Zamora, Valeria 9</i>	4) <i>Cluderay, Ruby 10</i>

Men's 4x400 Relay Frosh/Soph

Finals

Heat 1

4	TEMPLETON	'A'	4:15.00	
	1) <i>Norton, Nikita 10</i>	2) <i>Mikulics, Harry 10</i>	3) <i>Buchanan, Silas 10</i>	4) <i>McAdoo, Logan 10</i>
5	LA SALLE	'A'	4:10.91	
	1) <i>Alvarez, Daniel 9</i>	2) <i>Shaw, Brian 9</i>	3) <i>Widjaja, Keanu 10</i>	4) <i>Yang, Colin 10</i>
6	NORDHOFF	'A'	4:15.00	
	1) <i>Giesea Obeck, Quentin 9</i>	2) <i>Luce-Epstein, Sylvan 10</i>	3) <i>Madrigal, Apolo 10</i>	4) <i>Valadez, Carlos 10</i>

Heat 2

2	CATE	'A'	4:09.14	
	1) <i>Martinez, Tyler 10</i>	2) <i>Beltran-Campuzano, Uriel 9</i>	3) <i>Gonzales, Christian 9</i>	4) <i>Sutch, Sebastian 10</i>
3	CARPINTERIA	'A'	3:57.50	
	1) <i>Carrillo, Nathan 9</i>	2) <i>Campuzano, Pedro 9</i>	3) <i>Alvarado, Andriy 9</i>	4) <i>De Lira, Joel 10</i>
4	PARACLETE	'A'	3:46.50	
	1) <i>Santiago, Edward 10</i>	2) <i>Johnston, Jackson 10</i>	3) <i>Wilson, Jaylin 9</i>	4) <i>Malone, DeShaun 10</i>
5	OAKS CHRISTIAN	'A'	3:40.00	
	1) <i>Williams, Prince 10</i>	2) <i>Williams, Justice 10</i>	3) <i>Hansen, Chase 9</i>	4) <i>Tella, Justin 9</i>
6	ST. PAUL	'A'	3:40.00	
	1) <i>Martinez, Vince 9</i>	2) <i>Lafferre, Joseph 9</i>	3) <i>Lopez, Camron 10</i>	4) <i>Ruelas, Darren 9</i>
7	FOOTHILL TECHNOLOGY	'A'	3:55.00	
	1) <i>Elliott, Braeden 10</i>	2) <i>Bondy, Cody 10</i>	3) <i>White, Conor 9</i>	4) <i>Bayless, Merric 10</i>
8	CABRILLO (LOMPOC)	'A'	4:08.00	
	1) <i>Howard, Keylan 9</i>	2) <i>Jones, Aidan 10</i>	3) <i>Settje, Cooper 9</i>	4) <i>Rojas, Dominick 10</i>
9	NIPOMO	'A'	4:09.22	
	1) <i>Edwards, Ethan 10</i>	2) <i>Abney, Domminic 10</i>	3) <i>Ernest, Elliott 10</i>	4) <i>Mendez, Korben 10</i>

Women's 4x400 Relay Varsity

Finals

Heat 1

4	ORCUTT ACADEMY CHARTER	'A'	4:50.00
1) <i>Andreadakis, Cassidy 11</i>	2) <i>Kendrick, Devyn 11</i>	3) <i>Westfall, Meagan 11</i>	4) <i>Hernandez, Belinda 12</i>
5	CARPINTERIA	'A'	4:46.34
1) <i>Gamez, Karen 12</i>	2) <i>Pena, Jocelyn 12</i>	3) <i>Alvarado, Iltze 11</i>	4) <i>Herrera, Belen 11</i>
6	CATE	'A'	4:49.00
1) <i>Allison, Emily 11</i>	2) <i>Simpson, Kennedy 12</i>	3) <i>Thorne, Kendall 11</i>	4) <i>Kirkland, Kennedy 11</i>

Heat 2

2	FOOTHILL TECHNOLOGY	'A'	4:36.00
1) <i>Pyle, Charys 11</i>	2) <i>Shadden, Lily 11</i>	3) <i>Pyle, Brooke 11</i>	4) <i>Kaller, Lauren 9</i>
3	LA SALLE	'A'	4:24.03
1) <i>Lee, Sol 10</i>	2) <i>Kirland, Monique 12</i>	3) <i>Reid, Mia 11</i>	4) <i>McGarry, Farrah 9</i>
4	NIPOMO	'A'	4:14.00
1) <i>Barnett, Kate 11</i>	2) <i>Murguia, Iliana 12</i>	3) <i>O'Rourke, Toireasa-Marie 12</i>	4) <i>Holland, Austria 11</i>
5	ST. MARGARET'S	'A'	4:13.00
1) <i>Todd, Malia 10</i>	2) <i>Johnson, Coco 9</i>	3) <i>Karahalios, Sophia 11</i>	4) <i>Lizarde, Makenna 12</i>
6	PARACLETE	'A'	4:13.95
1) <i>Angeles, Clarisse 12</i>	2) <i>Delgado, Brianna 11</i>	3) <i>Dace, Lauren 11</i>	4) <i>Walker, Zariah 10</i>
7	BRENTWOOD	'A'	4:22.81
1) <i>King-Harvey, Bella 11</i>	2) <i>Daneshrad, Alexa 10</i>	3) <i>Woolley, Carys 11</i>	4) <i>Turner, Madison 9</i>
8	TEMPLETON	'A'	4:24.76
1) <i>McAadoo, Kennedy 9</i>	2) <i>Neuhs, Keani 9</i>	3) <i>Chavez, Vanessa 9</i>	4) <i>Perez, Mariana 12</i>
9	ST. PAUL	'A'	4:39.00
1) <i>Prevo, Syra 11</i>	2) <i>Iuli, Keiki 12</i>	3) <i>Balderrama, Carmen 11</i>	4) <i>De Trinidad, Julissa 11</i>

Men's 4x400 Relay Varsity

Finals

Heat 1

4	CABRILLO (LOMPOC)	'A'	3:53.20
1) <i>Arriola, Xavier 12</i>	2) <i>Troup, Samuel 12</i>	3) <i>Moctezuma, Ricardo 12</i>	4) <i>Mour, Pishon 12</i>
5	HERITAGE CHRISTIAN	'A'	3:49.20
1) <i>Anderson, Byron 9</i>	2) <i>Gordon, Caleb 10</i>	3) <i>Hart, Kyler 10</i>	4) <i>Yim, Noah 10</i>
6	PARACLETE	'A'	3:52.50
1) <i>Adelantar, Aaron 11</i>	2) <i>Davila, Isaiah 12</i>	3) <i>Medellin, Josh 11</i>	4) <i>Costa, Mark 11</i>

Heat 2

2	TEMPLETON	'A'	3:47.49
1) Nicholson, John 12	2) Jansen, Nicholas 10	3) Gonzales, Zachary 12	4) Hernandez, Marcos 12
3	VIEWPOINT	'A'	3:45.33
1) Egberongbe, Olaitan 11	2) Holling, Jude 10	3) Ozair, Ethan 10	4) He, Eric 9
4	ST. PAUL	'A'	3:40.00
1) Acosta, Sergio 12	2) Melendez, Joseph 11	3) Dunn, Isaiah 12	4) Williams, Jordyn 12
5	NIPOMO	'A'	3:39.82
1) Holland, Jared 12	2) Gardner, Nathan 11	3) Anderson, Gabe 12	4) DiModica, Louis 12
6	FOOTHILL TECHNOLOGY	'A'	3:40.00
1) Stilwell, Frank 12	2) Walker, Jacob 12	3) Teehee, Owen 12	4) Bensen, Kai 11
7	CARPINTERIA	'A'	3:41.90
1) Ceja, Christopher 11	2) Vences, Lalo	3) Garcia, Matt 12	4) Handall, Mateo 12
8	LA SALLE	'A'	3:47.03
1) Mejia, Diego 11	2) Yu, Andrew 11	3) Olgin, Emile 12	4) Alvarez, Alejandro 11
9	ORCUTT ACADEMY CHARTER	'A'	3:49.00
1) Dollahite, Isaiah 11	2) Felix, Dylan 12	3) LaMarca, Dominic 12	4) Lepetri, Vincent 11

Women's Shot Put Frosh/Soph

Finals

Flight 1

1	Rodriguez, Annais	9	SACRED HEART OF J...	22-00.00
2	Trejo, Sam	10	TEMPLETON	22-04.00
3	Deleon, Monique	9	CABRILLO (LOMPOC)	22-05.00
4	Vasquez, Ashlie	9	SACRED HEART OF J...	22-06.00
5	Pablo Saavedra, Emily	10	MALIBU	22-09.00
6	Miears, Amara	10	NORDHOFF	22-09.00
7	Tackett, Ruth	9	LA REINA	23-00.75
8	Beal, Paige	10	ST. JOSEPH (SANTA...	23-02.50
9	Christensen, Joann	9	SANTA PAULA	23-08.50
10	Matsuura, Augie	10	LA SALLE	24-00.50
11	Kaloper, Hannah	10	MALIBU	24-02.00
12	Mora, Danna	10	CARPINTERIA	24-03.25

Flight 2

1	O'Shaughnessy, Natalie	9	SANTA YNEZ	25-00.00
2	Rubinstein, Zenaiyah	9	BRENTWOOD	25-08.00
3	Dewett, Madison	10	SANTA YNEZ	25-09.00
4	Clemmons, Jessica	10	PARACLETE	25-09.00
5	Samaan, Meara	9	SANTA YNEZ	25-10.00
6	Werner, Ashley	9	TEMPLETON	26-00.00
7	Pendergraft, Jenica	10	OAKS CHRISTIAN	26-08.00
8	Hernandez, Marina	10	ST. BONAVENTURE	27-00.00
9	Simonson, Bella	9	NIPOMO	27-02.50
10	Velasquez, Makayla	9	OAKS CHRISTIAN	27-08.50
11	Shamlin, Brooklyn	9	OAKS CHRISTIAN	28-05.00
12	Arredondo, Marina	10	PARACLETE	29-09.00
13	Oliver, Dali	10	ST. JOSEPH (SANTA...	32-08.50

Men's Shot Put Frosh/Soph

Finals

Flight 1

1	Reid, Nicholas	10	MORRO BAY	34-00.00
2	Ventura, Michael	9	ST. JOSEPH (SANTA...	34-01.00
3	Rocha, Angel	10	NIPOMO	34-03.00
4	Zapata, Maximilian	9	OAKWOOD	34-06.00
5	Wilson, Hunter	9	MORRO BAY	34-07.00
6	Chavez, Mason	10	FOOTHILL TECHNOLOGY	34-07.00
7	Duarte, Joseph	10	ST. PAUL	35-00.00
8	Rojas, Joaquin	10	SANTA YNEZ	35-05.00
9	Nahmias, Ethan	10	HERITAGE CHRISTIAN	35-09.00
10	Zeineddini, Jonathan	10	OAKS CHRISTIAN	35-10.50
11	Darlos, Athanasios	10	LA SALLE	35-10.50

Flight 2

1	Boling, Walter	10	NIPOMO	36-00.00
2	Beach, Joe	9	NIPOMO	36-01.00
3	Sloniker, Jack	10	ST. BONAVENTURE	36-06.00
4	Espana, Pablo	9	NORDHOFF	37-00.00
5	Badgett, Mason	9	ST. BONAVENTURE	37-05.50
6	Garcia, Adrian	9	SANTA YNEZ	37-10.00
7	Orozco, Jacob	10	ST. PAUL	38-00.75
8	Yanagisawa, Andre	10	ST. PAUL	38-10.75
9	Craven, Walker	10	TEMPLETON	40-09.00
10	Vargas, JD	9	BISHOP DIEGO	43-05.00
11	Alcaraz, Arturo	10	SANTA PAULA	45-05.00

Women's Shot Put Varsity

Finals

Flight 1

1	Moreno, Jolene	12	CABRILLO (LOMPOC)	26-01.00
2	Gibson, Cayla	11	PARACLETE	26-01.00
3	Alonso, Arianna	12	NORDHOFF	26-01.00
4	Powell, Layla	11	CABRILLO (LOMPOC)	26-02.00
5	Doss, Morgan	11	NIPOMO	26-04.00
6	Solomon, Jayla	12	ST. GENEVIEVE	26-06.00
7	Bazan, Michelle	12	SANTA PAULA	26-08.00
8	Phillips, Sophia	11	PARACLETE	26-11.00
9	Lauderdale, Courtney	11	CABRILLO (LOMPOC)	27-03.00

Flight 2

1	Monzon, Jacqueline	12	SACRED HEART OF J...	27-03.75
2	Ruiz, Emily	12	SANTA YNEZ	27-05.50
3	Flores, Julia	11	ST. PAUL	27-06.50
4	Kreiger, Lily	12	DESERT CHRISTIAN...	27-08.00
5	Jones, Islynnne	12	DESERT CHRISTIAN...	27-09.00
6	Ma, Andrea	11	LA SALLE	28-00.00
7	Martin, Leila	12	NIPOMO	28-02.00
8	Duston, Maycie	11	FOOTHILL TECHNOLOGY	28-03.00
9	Lengo, Noella	11	OAKS CHRISTIAN	29-02.00
10	Alexander, Ainslee	11	CARPINTERIA	29-04.00

Flight 3

1	Bautista, Miranda	11	BRENTWOOD	30-01.00
2	McDonald, Annabel	9	BISHOP DIEGO	30-07.25
3	Egans, Rae-Ashley	12	ST. PAUL	30-11.00
4	Avila, Thalia	12	FILLMORE	31-01.50
5	Weiss, Ella	11	BRENTWOOD	31-06.00
6	Clark, Harper	11	TEMPLETON	31-08.50
7	Tolentino, Hannah	12	ST. GENEVIEVE	31-10.00
8	Batiste, Aalaiyah	12	OAKS CHRISTIAN	32-01.00
9	Hrehor, Giszelle	12	SANTA YNEZ	32-07.00
10	McDonald, Clara	11	BISHOP DIEGO	36-01.75

Men's Shot Put Varsity**Finals****Flight 1**

1	Gonzalez, Davian	12	FILLMORE	38-00.00
2	Alvarado, Sam	11	ST. PAUL	38-00.00
3	Dominguez, Marcos	12	CARPINTERIA	38-00.50
4	Maidah, Maidah	11	CABRILLO (LOMPOC)	38-01.00
5	Tenner, Xzabian	12	ST. PAUL	38-02.00
6	Garner, Andrew	11	PARACLETE	38-05.00
7	Ortiz, David	12	NIPOMO	38-06.50
8	Toledo, Leo	12	NIPOMO	38-07.00
9	Landeros, Sebastian	11	FILLMORE	38-08.50

Flight 2

1	Blackmon, R.J.	11	NIPOMO	38-08.50
2	Ayala, Frank	12	ST. BONAVENTURE	38-09.25
3	Nuevo, Carlos	12	LA SALLE	39-05.00
4	Coulter, Aaron	11	CABRILLO (LOMPOC)	39-08.00
5	Hanson, Chase	11	TEMPLETON	39-10.00
6	McGrale, Braeden	12	BISHOP UNION	40-05.00
7	Chandler, Ryan	11	GARCES MEMORIAL	40-09.00
8	Benoit, Henri	11	BISHOP DIEGO	40-09.00
9	Bagley, Joe	11	BRENTWOOD	41-04.50

Flight 3

1	Gossett, QuRan	11	BISHOP DIEGO	42-06.75
2	Brewer, Kayden	12	ST. BONAVENTURE	43-00.00
3	Aina, Santino	10	OAKS CHRISTIAN	43-10.50
4	Hernandez, Robert	11	ST. BONAVENTURE	44-01.00
5	Gomez, Thomas	10	LA SALLE	46-03.00
6	Ocegueda, Nathaniel	12	FILLMORE	48-01.00
7	Luamanu, Sue	11	BISHOP DIEGO	48-08.00
8	Cho, Brendan	11	HERITAGE CHRISTIAN	49-00.50
9	Reilly, Jackson	12	MORRO BAY	50-01.00
10	Gallardo, Israel	12	ST. PAUL	50-01.25

Women's Discus Frosh/Soph

Finals

Flight 1

1	Vasquez, Ashlie	9	SACRED HEART OF J...	55-00.00
2	Rubinstein, Zenaiyah	9	BRENTWOOD	55-00.00
3	Deleon, Monique	9	CABRILLO (LOMPOC)	55-03.00
4	Pendergraft, Jenica	10	OAKS CHRISTIAN	55-05.00
5	Matsuura, Augie	10	LA SALLE	55-05.00
6	Miears, Amara	10	NORDHOFF	55-06.00
7	Garcia, Aerin	9	FILLMORE	56-11.00
8	Trejo, Sam	10	TEMPLETON	57-07.50
9	Study, Rebecca	10	PARACLETE	59-01.00
10	Pablo Saavedra, Emily	10	MALIBU	59-02.00
11	Christensen, Joann	9	SANTA PAULA	59-02.50

Flight 2

1	Clemmons, Jessica	10	PARACLETE	59-03.00
2	Cokeley, Audrey	10	BISHOP UNION	61-07.00
3	O'Shaughnessy, Natalie	9	SANTA YNEZ	65-08.00
4	Werner, Ashley	9	TEMPLETON	67-00.50
5	Schwesinger, Jordan	10	OAKS CHRISTIAN	67-08.00
6	Hernandez, Marina	10	ST. BONAVENTURE	67-08.00
7	Simonson, Bella	9	NIPOMO	71-04.00
8	Ortiz, Malia	9	SANTA YNEZ	71-04.00
9	Beal, Paige	10	ST. JOSEPH (SANTA...	71-08.00
10	Mora, Danna	10	CARPINTERIA	81-04.00
11	Arredondo, Marina	10	PARACLETE	84-01.00
12	Dewett, Madison	10	SANTA YNEZ	95-03.00

Men's Discus Frosh/Soph

Finals

Flight 1

1	Yanagisawa, Andre	10	ST. PAUL	78-00.00
2	Rust, Brody	10	MORRO BAY	80-00.00
3	Reid, Nicholas	10	MORRO BAY	80-00.00
4	Glowacki, Jaxson	10	BRENTWOOD	80-05.00
5	Aina, Santino	10	OAKS CHRISTIAN	81-06.00
6	Zeineddini, Jonathan	10	OAKS CHRISTIAN	82-03.00
7	Duarte, Joseph	10	ST. PAUL	83-01.50
8	Rizzzone, Tyler	10	ST. MARGARET'S	83-06.00
9	Peralta, Gavin	10	NIPOMO	84-03.00
10	Ventura, Michael	9	ST. JOSEPH (SANTA...	84-04.00

Flight 2

1	Murphree, Wiley	9	MALIBU	85-07.50
2	Gao, Jerry	10	ST. MARGARET'S	85-08.00
3	Umholtz, Rainer	9	NORDHOFF	87-04.00
4	Espana, Pablo	9	NORDHOFF	88-02.00
5	Mikulics, Harry	10	TEMPLETON	89-00.00
6	Rocha, Angel	10	NIPOMO	89-02.00
7	Chavez, Mason	10	FOOTHILL TECHNOLOGY	91-01.00
8	Vargas, JD	9	BISHOP DIEGO	92-10.00
9	Orozco, Jacob	10	ST. PAUL	94-07.00
10	Viveros, Daniel	9	FILLMORE	94-08.00

Flight 3

1	Rojas, Joaquin	10	SANTA YNEZ	94-10.00
2	Boling, Walter	10	NIPOMO	95-00.00
3	Darlos, Athanasios	10	LA SALLE	95-05.00
4	Sloniker, Jack	10	ST. BONAVENTURE	96-02.00
5	Garcia, Adrian	9	SANTA YNEZ	96-04.50
6	Rivas, Sergio	10	WHITTIER CHRISTIAN	98-06.00
7	Craven, Walker	10	TEMPLETON	105-03.00
8	Badgett, Mason	9	ST. BONAVENTURE	106-06.00
9	Alcaraz, Arturo	10	SANTA PAULA	107-11.00
10	Guevara, Greco	10	BISHOP DIEGO	114-07.00
11	Wilson, Hunter	9	MORRO BAY	117-08.00

Women's Discus Varsity**Finals****Flight 1**

1	Phillips, Sophia	11	PARACLETE	70-01.00
2	Bautista, Miranda	11	BRENTWOOD	70-01.00
3	Herrera, Samadzary	11	CABRILLO (LOMPOC)	70-02.00
4	Linde, Britany	11	CABRILLO (LOMPOC)	70-04.00
5	Navarro, Galilea	12	PARACLETE	71-01.00
6	Weiss, Ella	11	BRENTWOOD	71-02.00
7	Egans, Rae-Ashley	12	ST. PAUL	71-02.00
8	Ruiz, Emily	12	SANTA YNEZ	71-07.00
9	Jones, Islynne	12	DESERT CHRISTIAN...	72-00.00

Flight 2

1	Tolentino, Hannah	12	ST. GENEVIEVE	74-01.00
2	Monzon, Jackie	12	SACRED HEART OF J...	75-01.00
3	Cruz, Katelyn	12	WHITTIER CHRISTIAN	75-06.00
4	Frias, Lilianna	12	LA SALLE	76-05.00
5	Bazan, Michelle	12	SANTA PAULA	78-04.00
6	Alonso, Arianna	12	NORDHOFF	85-07.00
7	Doss, Morgan	11	NIPOMO	85-07.50
8	Ma, Andrea	11	LA SALLE	85-10.00
9	Lounsbury, Ariana	11	CARPINTERIA	86-04.00

Flight 3

1	Martin, Leila	12	NIPOMO	88-06.00
2	Varela, Isabel	12	ST. PAUL	89-00.00
3	McDonald, Annabel	9	BISHOP DIEGO	91-09.00
4	Gibson, Cayla	11	PARACLETE	92-04.00
5	Duston, Maycie	11	FOOTHILL TECHNOLOGY	92-08.00
6	Hrehor, Giszelle	12	SANTA YNEZ	93-00.00
7	Kreiger, Lily	12	DESERT CHRISTIAN...	99-06.00
8	Clark, Harper	11	TEMPLETON	100-00.00
9	McDonald, Clara	11	BISHOP DIEGO	111-00.00

Men's Discus Varsity

Finals

Flight 1

1	Popp, Titan	11	MORRO BAY	100-00.00
2	Martinez, Alexander	11	ST. PAUL	100-00.00
3	Chandler, Ryan	11	GARCES MEMORIAL	100-00.00
4	Salminiitty, Sakari	11	BRENTWOOD	100-01.00
5	Gonzalez, Davian	12	FILLMORE	100-01.00
6	Lea, Zack	11	BRENTWOOD	100-02.00
7	Garner, Andrew	11	PARACLETE	100-05.00
8	Magdaleno, Xavier	12	ST. GENEVIEVE	100-08.00
9	Garcia, Brian	12	CARPINTERIA	100-10.00

Flight 2

1	Hogan, Michael	12	ST. MARGARET'S	101-02.00
2	Rojas, Eric	12	NIPOMO	101-04.00
3	Coulter, Aaron	11	CABRILLO (LOMPOC)	101-06.00
4	Llamas, Antonio	11	WHITTIER CHRISTIAN	102-00.00
5	Landeros, Sebastian	11	FILLMORE	103-00.00
6	Sheppard, Jonathan	12	SANTA YNEZ	103-04.00
7	Ibarra, Andrew	11	FOOTHILL TECHNOLOGY	103-08.00
8	Brewer, Kayden	12	ST. BONAVENTURE	104-08.00
9	Blackmon, R.J.	11	NIPOMO	105-07.00
10	Teplansky, Kai	12	SANTA YNEZ	106-01.00

Flight 3

1	Ayala, Frank	12	ST. BONAVENTURE	107-00.00
2	Trejo, Juan	12	CARPINTERIA	108-08.00
3	Bagley, Joe	11	BRENTWOOD	109-10.00
4	Tenner, Xzabian	12	ST. PAUL	110-02.00
5	Kephart, Thomas	12	OAKS CHRISTIAN	110-05.00
6	Hagerty, Aidan	12	FOOTHILL TECHNOLOGY	110-09.00
7	Whitson, Hunter	11	MORRO BAY	112-03.00
8	Goldstein, Jonah	11	POLY (PASADENA)	112-08.00
9	Nuevo, Carlos	12	LA SALLE	114-02.00
10	Wagner, Michael	11	ORCUTT ACADEMY CH...	117-08.00

Flight 4

1	Hernandez, Robert	11	ST. BONAVENTURE	120-05.00
2	Hanson, Chase	11	TEMPLETON	122-03.00
3	Weathers, Chuck	11	DESERT CHRISTIAN...	122-08.00
4	Reilly, Jackson	12	MORRO BAY	122-11.50
5	Ocegueda, Nathaniel	12	FILLMORE	126-05.00
6	Gallardo, Israel	12	ST. PAUL	127-05.50
7	Gomez, Thomas	10	LA SALLE	127-08.00
8	Toledo, Leo	12	NIPOMO	130-08.00
9	Luamanu, Sue	11	BISHOP DIEGO	137-10.00
10	Plugge, Travis	12	GARCES MEMORIAL	140-00.00

Women's High Jump Frosh/Soph

Finals

Flight 1

1	Ortiz, Malia	9	SANTA YNEZ	4-00.00
2	Hinnrichs, Chloe	9	SANTA YNEZ	4-00.00
3	Halton, Vivian	10	SACRED HEART OF J...	4-00.00
4	Wade, Kate	9	SANTA YNEZ	4-01.00
5	Mundy, Daria	9	OAKWOOD	4-02.00
6	De La Cruz, Galilea	10	BISHOP DIEGO	4-02.00
7	Lewis, Samantha	10	SANTA PAULA	4-04.00
8	Kendricks, Aaliyah	10	SANTA PAULA	4-04.00
9	Davis, Skye	9	TEMPLETON	4-04.00
10	Mullikin, Mika	10	CARPINTERIA	4-06.00
11	Feiman, Lev	9	BRENTWOOD	4-06.00
12	Wieck, Annabelle	10	MORRO BAY	4-08.00

Men's High Jump Frosh/Soph

Finals

Flight 1

1	Pech, Nathan	10	MORRO BAY	5-00.00
2	Jones, Aidan	10	CABRILLO (LOMPOC)	5-01.00
3	Walther, Brenden	10	TEMPLETON	5-02.00
4	Vaca, Leandro	10	SANTA PAULA	5-02.00
5	Rodriguez, Nolan	10	BISHOP DIEGO	5-02.00
6	Maushardt, Andrew	10	ST. PAUL	5-02.00
7	Anderson, Jude	9	CABRILLO (LOMPOC)	5-02.00
8	Widjaja, Keanu	10	LA SALLE	5-04.00
9	Mudgett, Mason	9	TEMPLETON	5-04.00
10	Kolchins, Alexander	9	OAKWOOD	5-04.00
11	Romero, Mateo	9	OAKS CHRISTIAN	5-06.00
12	Arroyo, Dylan	10	ST. PAUL	5-06.00
13	Hefferman, Charlie	9	LA SALLE	5-07.00
14	DiModica, Karl	10	NIPOMO	5-10.00

Women's High Jump Varsity

Finals

Flight 1

1	Weathers, Audrey	11	DESERT CHRISTIAN...	4-04.00
2	Raunsbak, Hayley	11	CARPINTERIA	4-04.00
3	Kendrick, Devyn	11	ORCUTT ACADEMY CH...	4-05.00
4	Pyle, Charys	11	FOOTHILL TECHNOLOGY	4-06.00
5	Sobenes, Emma	12	NORDHOFF	4-08.00
6	Shadden, Lily	11	FOOTHILL TECHNOLOGY	4-08.00
7	Reich, Cayden	11	OAKS CHRISTIAN	4-10.00
8	Huffman, Rian	11	TEMPLETON	4-11.00
9	Gutierrez, Gracie	12	NIPOMO	5-00.00
10	Dace, Lauren	11	PARACLETE	5-00.00

Men's High Jump Varsity

Finals

Flight 1

1	Sabado, Joshua	12	WHITTIER CHRISTIAN	5-04.00
2	Melendez, Christian	10	ST. PAUL	5-04.00
3	Bowers, Ty	10	ST. PAUL	5-04.00
4	Blackwood, Aiden	11	MORRO BAY	5-04.00
5	Tolle, Caleb	11	HERITAGE CHRISTIAN	5-06.00
6	Hooker, Makhi	11	FILLMORE	5-06.00
7	Steeb, Camden	12	MORRO BAY	5-07.00
8	Spayde, Ethan	11	OAKS CHRISTIAN	5-08.00
9	Biv, Andrew	11	OAKS CHRISTIAN	5-08.00
10	Zepeda, Orlando	10	ST. PAUL	5-10.00
11	Simon, Sean	12	BRENTWOOD	5-10.00
12	DiModica, Louis	12	NIPOMO	5-10.00
13	Devoto, Val	12	VIEWPOINT	5-10.00
14	Del Frate, Kody	12	DESERT CHRISTIAN...	5-10.00
15	Frech, Ezra	11	BRENTWOOD	6-00.00
16	Alvarez, John	12	LA SALLE	6-00.00

Women's Long Jump Frosh/Soph

Finals

Flight 1

1	Salais, Karina	9	NIPOMO	13-03.00
2	Parsi, Leyla	10	BRENTWOOD	13-03.00
3	Liljeblad, Kaia	9	SANTA YNEZ	13-03.25
4	Shannon, Mia	10	CAMPBELL HALL	13-05.00
5	Martinez, Fatima	9	MORRO BAY	13-05.00
6	Berryman, My'Endia	10	PARACLETE	13-05.00
7	Booze, Marley	9	OAKS CHRISTIAN	13-06.00
8	Randall, Trinity	10	ST. GENEVIEVE	13-10.00
9	Diaz, Sharlene	10	MALIBU	13-10.00
10	Losson, Donovan	9	SANTA YNEZ	14-00.00
11	Brooks, Illa	9	WINDWARD	14-00.00

Flight 2

1	Davis, Natalie	9	NORDHOFF	14-01.50
2	Morrison, Anna	9	CARPINTERIA	14-03.00
3	Lynch, Katie	10	DESERT CHRISTIAN...	14-05.00
4	Frazier, Josie	10	CATE	14-05.00
5	Feiman, Lev	9	BRENTWOOD	14-05.00
6	Durham, Samara	9	WINDWARD	14-06.00
7	Scheck, Kira	10	SANTA YNEZ	14-08.50
8	Remolacio, Mikaela	10	ORCUTT ACADEMY CH...	14-08.75
9	Davis, Skye	9	TEMPLETON	14-10.00
10	Alexander, Averi	9	CARPINTERIA	14-10.00
11	Campbell, Madeline	10	LA SALLE	15-02.75
12	Everett, Ava	9	CATE	15-07.00

Men's Long Jump Frosh/Soph

Finals

Flight 1

1	Luna, Nicholas	10	CABRILLO (LOMPOC)	16-09.00
2	Pech, Nathan	10	MORRO BAY	16-11.00
3	Goins, Zachary	9	CATE	16-11.00
4	Diaz, Manny	10	MORRO BAY	16-11.00
5	Chiu, Aidan	10	LA SALLE	17-03.00
6	Coreas, Frank	10	ST. GENEVIEVE	17-03.50
7	Luce-Epstein, Sylvan	10	NORDHOFF	17-04.00
8	Evans, Owen	10	FOOTHILL TECHNOLOGY	17-04.25
9	Salguero, Elias	10	CABRILLO (LOMPOC)	17-06.00
10	Barajas, Abraham	10	ST. GENEVIEVE	17-06.00
11	Finny, Roman	10	HERITAGE CHRISTIAN	17-06.25

Flight 2

1	Tran, Sunny		ST. PAUL	17-10.00
2	Arellano, Nathan	9	LA SALLE	17-10.00
3	Arroyo, Dylan	10	ST. PAUL	17-10.50
4	Widjaja, Keanu	10	LA SALLE	17-11.00
5	DeRosa, Dominic	9	BISHOP DIEGO	18-02.50
6	Kolchins, Alexander	9	OAKWOOD	18-06.00
7	Williams, Prince	10	OAKS CHRISTIAN	18-07.25
8	Anderson, Jude	9	CABRILLO (LOMPOC)	18-10.50
9	Bayless, Merric	10	FOOTHILL TECHNOLOGY	19-00.00
10	Ramos, Jacob	10	ST. PAUL	19-00.50
11	Casey, Vincent	10	SANTA YNEZ	19-02.00
12	Reese, Braden	10	NIPOMO	20-00.50

Women's Long Jump Varsity

Finals

Flight 1

1	Petree, Amanda	12	NIPOMO	13-09.00
2	Najera, Ashley	11	ST. PAUL	13-09.00
3	Molina, Sophia	12	ORCUTT ACADEMY CH...	13-09.00
4	Sargent, Shaylee	12	MORRO BAY	13-10.00
5	Perez, Natalia	12	CARPINTERIA	13-10.00
6	Oppelaar, Laura	11	CABRILLO (LOMPOC)	13-10.00
7	Diaz, Olivia	12	VIEWPOINT	14-02.00
8	Crist, Ashley	11	FOOTHILL TECHNOLOGY	14-02.00
9	Armenta, Leilani	11	ST. BONAVENTURE	14-03.50
10	Islas, Jazzlyn	11	CAMARILLO	14-10.00

Flight 2

1	Balderrama, Carmen	11	ST. PAUL	14-10.00
2	Elwood, Avala	11	PROVIDENCE	14-11.00
3	Vaca, Daisy	11	SANTA PAULA	15-00.00
4	Belker, Skye	11	WINDWARD	15-00.00
5	Delfin, Emila	12	CABRILLO (LOMPOC)	15-03.00
6	Batiste, Aalaiyah	12	OAKS CHRISTIAN	15-03.00
7	Schwesinger, Jordan	10	OAKS CHRISTIAN	15-03.50
8	Holland, Austria	11	NIPOMO	15-06.00
9	Ledesma, Daniela	12	LA SALLE	15-06.75
10	Stokes, Maya	12	WINDWARD	15-07.00

Flight 3

1	Seery, Kate	11	NORDHOFF	15-07.00
2	Huffman, Rian	11	TEMPLETON	15-07.00
3	Gutierrez, Gracie	12	NIPOMO	15-07.00
4	Santoyo, Carissa	12	LA SALLE	15-09.00
5	Burton, Ava	12	MORRO BAY	15-10.00
6	Iuli, Keiki	12	ST. PAUL	16-00.00
7	Alexander, Ainslee	11	CARPINTERIA	16-01.75
8	Bowens, Kandace	12	ST. GENEVIEVE	16-09.00
9	Reid, Mia	11	LA SALLE	17-01.00
10	Aswani, Riya	11	BRENTWOOD	17-02.00
11	Kirkland, Kennedy	11	CATE	17-07.50

Men's Long Jump Varsity**Finals****Flight 1**

1	Kuhn, Kyle	12	NIPOMO	18-06.00
2	Edwards, Christopher	11	CABRILLO (LOMPOC)	18-06.00
3	Devoto, Val	12	VIEWPOINT	18-06.00
4	Rusmeepongskul, Maximo	11	VIEWPOINT	18-06.50
5	Mendiola, Elias	12	ST. PAUL	18-07.00
6	Lucia, Carsten	12	MORRO BAY	18-07.00
7	Hutchinson, Mark	12	MORRO BAY	18-07.00
8	Agnes, Raemar	11	NIPOMO	18-07.00
9	Slovek, Morris	12	ST. JOSEPH (SANTA...)	18-08.00
10	Myers, Legend	12	CABRILLO (LOMPOC)	18-08.00

Flight 2

1	Mortensen, Koy	12	ST. BONAVENTURE	18-08.25
2	Troncosco, Sonny	12	ST. PAUL	18-09.00
3	Shamburger, Rashad	11	HERITAGE CHRISTIAN	18-11.00
4	Coleman, Michael	11	BRENTWOOD	19-00.00
5	Egberongbe, Olaitan	11	VIEWPOINT	19-01.00
6	Austin, Rashaad	12	LA SALLE	19-01.00
7	Canales, Jason	12	ST. GENEVIEVE	19-01.50
8	Williams, Jordyn	12	ST. PAUL	19-02.00
9	White, Xavier	11	ST. GENEVIEVE	19-02.50
10	Faiga, Sauileone	12	BISHOP DIEGO	19-05.50

Flight 3

1	Popp, Phoenix	12	MORRO BAY	19-07.00
2	Kephart, Thomas	12	OAKS CHRISTIAN	19-08.00
3	Reed, Jake	12	OAKS CHRISTIAN	19-09.00
4	Goldman, Jake	12	SIERRA CANYON	19-09.50
5	Musyimi, Justin	11	CATE	19-10.25
6	Anderson, Gabe	12	NIPOMO	20-03.00
7	Sylvia, Chase	11	SANTA YNEZ	20-06.00
8	Turner, Parker	11	BRENTWOOD	20-07.25
9	Frech, Ezra	11	BRENTWOOD	20-10.00
10	Godoy, Angelo	12	LA SALLE	20-11.00
11	Kuykendal, Will	12	ST. JOSEPH (SANTA...)	21-01.00

Women's Triple Jump Frosh/Soph

Finals

Flight 1

1	Hernandez Cuin, Gyzel	10	SANTA YNEZ	25-01.00
2	Lynch, Katie	10	DESERT CHRISTIAN...	25-03.00
3	Minter, Ava	10	TEMPLETON	26-08.00
4	Mowad, Olivia	10	FOOTHILL TECHNOLOGY	26-09.25
5	Martinez, Camila	9	CARPINTERIA	27-02.00
6	Fiedtkou, Abigail	10	PROVIDENCE	27-05.75
7	Diaz, Sharlene	10	MALIBU	27-09.00
8	Marsden, Brooke	9	NIPOMO	27-10.00
9	Lewis, Samantha	10	SANTA PAULA	28-02.50
10	Couch, Jazlyn	9	SACRED HEART OF J...	28-03.00

Flight 2

1	Turner, McKenna	10	NORDHOFF	28-06.00
2	Canete, Michelle	9	SACRED HEART OF J...	28-09.00
3	Booze, Marley	9	OAKS CHRISTIAN	28-09.50
4	Kendricks, Aaliyah	10	SANTA PAULA	28-11.00
5	Hinnrichs, Chloe	9	SANTA YNEZ	29-00.00
6	Salais, Karina	9	NIPOMO	29-05.00
7	Morrison, Anna	9	CARPINTERIA	30-03.25
8	Wieck, Annabelle	10	MORRO BAY	30-10.00
9	Alexander, Averi	9	CARPINTERIA	31-04.25
10	Silva-Celaya, Emily	9	ST. GENEVIEVE	31-09.00
11	Schwesinger, Jordan	10	OAKS CHRISTIAN	32-04.00

Men's Triple Jump Frosh/Soph

Finals

Flight 1

1	Romero, Mateo	9	OAKS CHRISTIAN	33-02.00
2	Arellano, Nathan	9	LA SALLE	33-03.50
3	Goins, Zachary	9	CATE	34-05.00
4	Diaz, Manny	10	MORRO BAY	34-07.50
5	Mendez, Rodrigo	9	SANTA PAULA	34-11.00
6	Vaca, Leandro	10	SANTA PAULA	35-04.00
7	DiModica, Karl	10	NIPOMO	36-04.00
8	Reese, Braden	10	NIPOMO	37-02.00
9	Widjaja, Keanu	10	LA SALLE	37-04.00
10	Casey, Vincent	10	SANTA YNEZ	38-01.00
11	Ramos, Jacob	10	ST. PAUL	39-09.25

Women's Triple Jump Varsity

Finals

Flight 1

1	Petree, Amanda	12	NIPOMO	27-00.00
2	Weathers, Audrey	11	DESERT CHRISTIAN...	27-01.00
3	Najera, Ashley	11	ST. PAUL	27-02.00
4	De Trinidad, Julissa	11	ST. PAUL	27-07.00
5	Molina, Sophia	12	ORCUTT ACADEMY CH...	27-10.00
6	Lounsbury, Ariana	11	CARPINTERIA	27-10.00
7	Cobian, Natalie	12	FILLMORE	27-10.00
8	Steur, Jolie	12	FOOTHILL TECHNOLOGY	28-05.00
9	Chua, Noelle	11	LA SALLE	28-07.00

Flight 2

1	Sargent, Shaylee	12	MORRO BAY	28-08.00
2	Crist, Ashley	11	FOOTHILL TECHNOLOGY	29-08.75
3	Kabukuru, Diane	12	ST. GENEVIEVE	30-08.50
4	Gutierrez, Gracie	12	NIPOMO	30-09.25
5	Holland, Austria	11	NIPOMO	30-09.50
6	Kirland, Monique	12	LA SALLE	31-04.00
7	Huffman, Rian	11	TEMPLETON	32-00.00
8	Iuli, Keiki	12	ST. PAUL	32-04.00
9	Alexander, Ainslee	11	CARPINTERIA	33-09.75
10	Santoyo, Carissa	12	LA SALLE	34-10.00

Men's Triple Jump Varsity**Finals****Flight 1**

1	Hernandez, Matthew	12	ST. PAUL	36-02.00
2	Cho, Brendan	11	HERITAGE CHRISTIAN	36-07.00
3	Jones, Bryce	12	MORRO BAY	36-09.00
4	Agnes, Raemar	11	NIPOMO	36-09.00
5	Troncosco, Sonny	12	ST. PAUL	36-10.00
6	Myers, Legend	12	CABRILLO (LOMPOC)	36-10.00
7	Amezcuca, Diego	11	FILLMORE	36-11.25
8	Hooker, Makhi	11	FILLMORE	37-00.00
9	Gonzalez, Brandon	12	FILLMORE	37-02.00
10	Mortensen, Koy	12	ST. BONAVENTURE	37-04.00
11	Mendiola, Elias	12	ST. PAUL	37-09.50

Flight 2

1	Blackwood, Aiden	11	MORRO BAY	37-11.00
2	Anderson, Gabe	12	NIPOMO	38-02.00
3	Devoto, Val	12	VIEWPOINT	38-05.00
4	Musyimi, Justin	11	CATE	38-07.50
5	Austin, Rashaad	12	LA SALLE	39-00.00
6	Frech, Ezra	11	BRENTWOOD	39-05.00
7	Gerck, Shawn	11	FOOTHILL TECHNOLOGY	40-01.50
8	Carrera, Jonathan	12	NORDHOFF	40-06.00
9	DiModica, Louis	12	NIPOMO	40-08.50
10	Alvarez, John	12	LA SALLE	40-10.00
11	Godoy, Angelo	12	LA SALLE	41-04.50
12	Popp, Phoenix	12	MORRO BAY	42-01.00

Women's Pole Vault Frosh/Soph**Finals****Flight 1**

1	Wade, Kate	9	SANTA YNEZ	5-09.00
2	Speck, Skyler	10	NIPOMO	6-00.00
3	Green, Lilah	9	MORRO BAY	6-00.00
4	Pejsa, Abigail	10	LA SALLE	6-06.00
5	Casey, Maguire	9	NORDHOFF	6-06.00
6	Hinnrichs, Chloe	9	SANTA YNEZ	7-00.00
7	Klapach, Katherine	9	OAKS CHRISTIAN	7-02.00
8	Sobenes, Eva	10	NORDHOFF	7-06.00
9	Gash, Lily	10	NIPOMO	7-06.00
10	Ortiz, Malia	9	SANTA YNEZ	7-09.00
11	Reed, Anna	9	OAKS CHRISTIAN	9-00.00

Men's Pole Vault Frosh/Soph

Finals

Flight 1

1	Torres, Ilan	9	SANTA YNEZ	7-06.00
2	Jones, Heath	10	MORRO BAY	7-06.00
3	Edwards, Ethan	10	NIPOMO	7-06.00
4	Lawton, Cody	9	CABRILLO (LOMPOC)	7-07.00
5	Rodriguez, Jason	10	NIPOMO	7-08.00
6	Ruddell, Nathaniel	10	MORRO BAY	8-00.00
7	Dahmen, Ian	10	NIPOMO	8-06.00
8	Carrillo, Nathan	9	CARPINTERIA	8-08.00
9	Jones, Aidan	10	CABRILLO (LOMPOC)	9-02.00
10	Brittan, Pierce	9	OAKS CHRISTIAN	9-02.00
11	Romero, Mateo	9	OAKS CHRISTIAN	10-00.00

Women's Pole Vault Varsity

Finals

Flight 1

1	Speck, Chaela	11	NIPOMO	6-06.00
2	Sanchez, Maria	11	CARPINTERIA	6-06.00
3	Pena, Jocelyn	12	CARPINTERIA	6-06.00
4	James, Lily	12	NORDHOFF	6-06.00
5	Hinds, Lily	11	NIPOMO	6-08.00
6	Sargent, Shaylee	12	MORRO BAY	7-06.00
7	Ledesma, Daniela	12	LA SALLE	7-06.00
8	Steur, Jolie	12	FOOTHILL TECHNOLOGY	8-00.00
9	Gutierrez, Maya	10	TEMPLETON	8-06.00
10	Alexander, Ainslee	11	CARPINTERIA	9-00.00
11	Thrall, Lucy	12	MALIBU	9-08.00
12	Burton, Ava	12	MORRO BAY	10-00.00
13	Kuhn, Tenly	12	OAKS CHRISTIAN	12-09.00

Men's Pole Vault Varsity

Finals

Flight 1

1	Steeb, Camden	12	MORRO BAY	9-00.00
2	Quinn, Liam	12	LA SALLE	9-00.00
3	Liljenquist, Zachary	12	SANTA YNEZ	9-03.00
4	Smith, Ben	11	CARPINTERIA	9-06.00
5	Holland, Jared	12	NIPOMO	9-06.00
6	Kephart, Thomas	12	OAKS CHRISTIAN	12-02.00
7	Dinkler, Cole	11	FOOTHILL TECHNOLOGY	13-06.00
8	Bergman, Ethan	11	OAKS CHRISTIAN	13-09.00
9	Reed, Jake	12	OAKS CHRISTIAN	15-01.00
10	Hagerty, Aidan	12	FOOTHILL TECHNOLOGY	15-06.00
