

Sierra Foothill Championships - 5/13/2015 to 5/15/2015

Trials and Finals

At: Del Oro High School

Meet Program - Finals -- Running Events

Event 1 Girls 4x100 Meter Relay Junior Varsity (6)

SFL: 50.53 2006		Monterey	
Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
3	Oak Ridge/SFL/1	A	54.97
	1) Jivanov, Christina	2) Brown, Michaela	
	3) Ralstin, Isabella	4) Nguyen, Tori	
4	Granite Bay/SFL/	A	54.06
	1) James, Faith	2) Arizcuren, Jillian	
	3) Sewell, Alyssa	4) Cruz, Janelle	
5	Del Oro/SFL/1	A	53.36
	1) D'Ambrosio, Caitlynne	2) Huntzinger, Sophia	
	3) Fralick, Chandler	4) Fraser, Nicole	
6	Nevada Union/SFL	A	53.40
	1) Conder, Sarah	2) McCrea, Grace	
	3) Johnston, Taylor	4) Horwath, Elle	
7	Woodcreek/SFL/1	A	54.55
	1) Owen, Katie	2) Sherwood, Isabel	
	3) Mundo, Isabelle	4) Jones, Tianna	
8	Rocklin/SFL/1	A	55.63
	1) Smith, Zoe	2) Ogans, Ariana	
	3) DeRosa, Kendall	4) Kim, Kelly	

Event 2 Boys 4x100 Meter Relay Junior Varsity (6)

SFL: 44.38 5/14/2009		Rocklin	
A Jones, J Sheets, W Finney, T Green			
Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
3	Oak Ridge/SFL/1	A	47.86
	1) Kimmel, Spencer	2) Sliwka, John	
	3) Hayden, Hunter	4) Arroyo, Danny	
4	Del Oro/SFL/1	A	45.93
	1) Foster, Gavin	2) Martinsen, Cole	
	3) Beesley, Hunter	4) Hurst, Mason	
5	Woodcreek/SFL/1	A	45.14
	1) England, Tyler	2) Whitney, Mason	
	3) Camacho, Kalin	4) Ross, Daniel	
6	Granite Bay/SFL/	A	45.30
	1) Latson, Jaylen	2) Budean, Jacob	
	3) Harper, Jared	4) Harris, Chris	
7	Rocklin/SFL/1	A	47.48
	1) O'Brien, Trace	2) Punsalan, Nathan	
	3) Horillo, Abraham	4) Flake, Adam	
8	Nevada Union/SFL	A	49.90
	1) Manoguerra, Jace	2) DalBon, Owen	
	3) Larsen, Josh	4) Vargas, Niko	

Event 3 Girls 4x100 Meter Relay Varsity (7)

SJ Section: 45.78 2005		West	
SFL: 47.81 5/8/2008		Oakmont	
A Chambers, J Harper, Z Williams, B Torrence			
D1@Large: 50.37			
Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
2	Nevada Union/SFL	A	54.80
	1) Van Volkenburg, Reyna	2) Nolen, Brooklin	
	3) Torkman, Nadia	4) Tofte, Kayla	
3	Oak Ridge/SFL/1	A	50.81
	1) Renner, Kelley	2) O'Donnell, Kristina	
	3) Gotro, Jaimi	4) Caesar, Skylar	
4	Rocklin/SFL/1	A	50.16
	1) Hogan, Alexandra	2) Sundberg, Megan	
	3) Patel, Jocelyn	4) Settle, Lyndsey	
5	Del Oro/SFL/1	A	49.70
	1) Setterlund, Mckenna	2) McIntosh, Cathilyn	
	3) Chappell, Claire	4) Corbett, Claire	
6	Woodcreek/SFL/1	A	49.98
	1) Nogosek, Jessica	2) Mitchell, Airelle	
	3) Gunther, Amy	4) Smith, Lauren	
7	Granite Bay/SFL/	A	50.68
	1) Murphy-Cook, Maya	2) Wright, Annie	
	3) McGrail, Kat	4) Holt, Jordan	
8	Folsom/SFL/1	A	51.42
	1) Pollock, Jennifer	2) Canzoneri, Sarah	
	3) Fove, Ashleigh	4) Freeman, Callie	

Event 4 Boys 4x100 Meter Relay Varsity (6)

SJ Section:		40.91	1999	Vallejo	
SFL:		41.10	5/15/2014	Woodcreek	
A Rotteveel, T Williamson, A Walton, C George					
D1@Large:		43.73			
Lane	Team	Relay		Seed Time	
Section 1 of 1 Finals					
3	Rocklin/SFL/1	A		44.67	
	1) Grande, Jeremiah	2) Calhoun, Van			
	3) Huska, Jason	4) Walters, Nouvel			
4	Woodcreek/SFL/1	A		43.50	
	1) Nelson, Lenny	2) Williamson, Tyus			
	3) Sagucio, Brandon	4) Ahnin, Matt			
5	Oak Ridge/SFL/1	A		43.17	
	1) Prather, Griffin	2) Ohanele, Chibuikem			
	3) Wootton, Christian	4) Jetter, Brandon			
6	Del Oro/SFL/1	A		43.40	
	1) Small, Jon	2) Gee, Dalton			
	3) McKim, Troy	4) Udoffia, Trey			
7	Granite Bay/SFL/	A		43.71	
	1) Rozier, Lorenzo	2) Barker, Matt			
	3) Baiocchi, Lucas	4) Wiley, Harrison			
8	Nevada Union/SFL	A		45.20	
	1) Elkins, Ryan	2) Carter, Daniel			
	3) Patterson, Caleb	4) Moreno, Dylan			

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Meet Program - Finals -- Running Events

Event 5 Girls 1600 Meter Run Junior Varsity (43)

SFL: 5:30.04 5/13/2010 Jordan Bradford			
Lane	Name	School	Seed Time
Section 1 of 2 Finals			
1	Tami, Claire	Woodcreek/SFL/1	5:32.64
2	Poczobutt, Jordon	Granite Bay/SFL/	5:36.63
3	Luna, Malia	Granite Bay/SFL/	5:43.08
4	Clark, Kacey	Woodcreek/SFL/1	5:43.20
5	Dietz, Taylor	Del Oro/SFL/1	5:45.45
6	Bohannon, Laura	Woodcreek/SFL/1	5:49.26
7	Berman, Claire	Nevada Union/SFI	5:49.40
8	Cooper-Hynell, Anya	Nevada Union/SFI	5:50.72
9	Mccullough, Julia	Del Oro/SFL/1	5:51.12
10	Navarro, Marie	Rocklin/SFL/1	5:52.12
11	Bresniker, Katrina	Granite Bay/SFL/	5:52.16
12	Smith, McKenna	Woodcreek/SFL/1	5:54.40
13	Suggs, Kate	Rocklin/SFL/1	5:56.29
14	Bonds, Ireland	Folsom/SFL/1	5:58.38
15	Hawkyard, Ashley	Del Oro/SFL/1	6:07.79
16	Harding, Eliza	Folsom/SFL/1	6:08.75
17	Huynh, Geneva	Folsom/SFL/1	6:09.33
18	Appleby, Hannah	Woodcreek/SFL/1	6:13.12
19	Burton, Desiree	Rocklin/SFL/1	6:18.62
20	Fey, Anne	Rocklin/SFL/1	6:23.60
21	Vanhonsebrouck, Madeline	Oak Ridge/SFL/1	6:29.37
22	Weitzel, McKenna	Woodcreek/SFL/1	6:33.06
Section 2 of 2 Finals			
1	Berman, McKenna	Nevada Union/SFI	6:35.50
2	Kwon, Gina	Folsom/SFL/1	6:35.75
3	Lehmer-Peasley, Sophia	Nevada Union/SFI	6:36.94
4	Zumwalt, Katie	Folsom/SFL/1	6:37.36
5	Lelchook, Veda	Rocklin/SFL/1	6:41.18
6	Falco, Olivia	Del Oro/SFL/1	6:42.38
7	Larsh, Sami	Granite Bay/SFL/	6:45.69
8	Hornung, Nicole	Del Oro/SFL/1	6:52.95
9	Willson, Briana	Del Oro/SFL/1	7:20.91
10	Marangon, Giulia	Del Oro/SFL/1	7:23.30
11	Lichti, Hannah	Del Oro/SFL/1	7:23.50
12	Kang, Stephanie	Granite Bay/SFL/	7:34.70
13	Waechter, Brooke	Rocklin/SFL/1	7:41.74
14	Paiva, Jenna	Rocklin/SFL/1	7:51.81
15	Chaney, Kaitlyn	Rocklin/SFL/1	8:40.80
16	Jeppson, Emma	Del Oro/SFL/1	NT
17	Wernke, Madison	Del Oro/SFL/1	NT
18	Miller, Jordan	Del Oro/SFL/1	NT
19	Holt, Abbie	Del Oro/SFL/1	NT
20	Smith, Sierra	Del Oro/SFL/1	NT
21	Jorgensen, Alora	Del Oro/SFL/1	NT

Event 6 Boys 1600 Meter Run Junior Varsity (67)

SFL: 4:29.94 1974 Navarro			
Lane	Name	School	Seed Time
Section 1 of 2 Finals			
1	Macktinger, Trenton	Del Oro/SFL/1	4:42.36
2	Durel, Matthew	Woodcreek/SFL/1	4:43.59
3	Spencer, Drew	Oak Ridge/SFL/1	4:46.16
4	Farnworth, Landon	Woodcreek/SFL/1	4:47.40
5	Craft, Andrew	Rocklin/SFL/1	4:48.99
6	Fogiel, Benjamin	Nevada Union/SFI	4:50.08
7	Ferraro, Justin	Rocklin/SFL/1	4:52.03
8	Langreck, Ben	Oak Ridge/SFL/1	4:53.65
9	Salcido, Tyler	Oak Ridge/SFL/1	4:54.44
10	Hopper, Matt	Folsom/SFL/1	4:54.88
11	Mann, Jake	Del Oro/SFL/1	4:55.39
12	Rainey, Connor	Rocklin/SFL/1	4:56.18
13	Zortman, Tony	Woodcreek/SFL/1	4:57.60
14	Bricca, Lance	Oak Ridge/SFL/1	4:59.17
15	Harmon, David	Granite Bay/SFL/	4:59.32
16	Kiesow, Wade	Folsom/SFL/1	4:59.33
17	Montgomery, Myles	Nevada Union/SFI	4:59.44
18	Arteaga, Kyle	Del Oro/SFL/1	5:00.13
19	Farman, Spencer	Del Oro/SFL/1	5:00.58
20	Cunningham, Mason	Oak Ridge/SFL/1	5:02.13
21	Encelowski, Ethan	Folsom/SFL/1	5:02.53
22	Dell'Orto, Jason	Granite Bay/SFL/	5:03.96
23	Chinn, Evan	Granite Bay/SFL/	5:04.80
24	Knight, Nicholas	Woodcreek/SFL/1	5:04.94
25	Kiesow, Drew	Folsom/SFL/1	5:06.05
26	Flores, Raymond	Del Oro/SFL/1	5:06.54
27	Wright, Daniel	Folsom/SFL/1	5:06.86
28	Meyers, Jackson	Folsom/SFL/1	5:09.95
29	Ross, Josh	Nevada Union/SFI	5:10.56
30	Wilde, Christian	Oak Ridge/SFL/1	5:10.66
31	Stewart, Zach	Folsom/SFL/1	5:10.77
32	Ly, Alex	Woodcreek/SFL/1	5:12.54
33	Burrows, Christian	Rocklin/SFL/1	5:13.02
34	Gai, Chris	Granite Bay/SFL/	5:15.68

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Meet Program - Finals -- Running Events

Section 2 of 2 Finals...(Event 6 Boys 1600 Meter Run Junior Varsity (

1	Hanson, Cole	Rocklin/SFL/1	5:19.73
2	Warner, Callen	Nevada Union/SFI	5:21.69
3	Taylor, Jakob	Rocklin/SFL/1	5:22.64
4	Undseth, Levi	Oak Ridge/SFL/1	5:23.50
5	Wantland, Serius	Nevada Union/SFI	5:24.27
6	Safra, Carlo	Woodcreek/SFL/1	5:28.20
7	Andaya, Julian	Oak Ridge/SFL/1	5:28.76
8	Brock, Robert	Del Oro/SFL/1	5:30.46
9	Russell, John	Folsom/SFL/1	5:31.91
10	Weil, Nicholas	Folsom/SFL/1	5:35.01
11	Bellas, Andrew	Oak Ridge/SFL/1	5:35.22
12	Lovric, Dominik	Folsom/SFL/1	5:35.75
13	Bradford, Colby	Granite Bay/SFL/	5:35.75
14	Elmore, Dakota	Nevada Union/SFI	5:42.26
15	Konakanchi, Pardu	Folsom/SFL/1	5:46.15
16	Basra, Rajan	Folsom/SFL/1	5:46.75
17	O'Brien, Dylan	Woodcreek/SFL/1	5:47.90
18	Vo, Victor	Folsom/SFL/1	5:49.94
19	Ragan, Alex	Rocklin/SFL/1	5:56.31
20	Erickson, Luke	Nevada Union/SFI	6:00.29
21	Carrasco, Christian	Folsom/SFL/1	6:03.18
22	Alvarado, Gabriel	Folsom/SFL/1	6:03.40
23	Pendergrass, Maverik	Folsom/SFL/1	6:05.94
24	Madriago, Drake	Folsom/SFL/1	6:09.29
25	Elliot, Matt	Rocklin/SFL/1	6:12.29
26	Espinosa, Lester	Folsom/SFL/1	6:12.38
27	Tyannikov, Ben	Folsom/SFL/1	6:23.15
28	Singh, Sajjan	Rocklin/SFL/1	6:34.06
29	Sidhu, Suraj	Folsom/SFL/1	6:34.93
30	Young, Gary	Del Oro/SFL/1	7:09.60
31	Tanahashi, Kollin	Del Oro/SFL/1	7:41.58
32	Vanhonsebrouck, Nolan	Oak Ridge/SFL/1	NT
33	Bingham, Parker	Del Oro/SFL/1	NT

Event 7 Girls 1600 Meter Run Varsity (33)

SJ Section: 4:38.15 2007 Alex Kosinski

SFL: 5:01.50 2006 Mulkey

D1@Large: 5:18.24

Lane	Name	School	Seed Time
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Section 1 of 2 Finals

1	Alhamad, Muna	Folsom/SFL/1	5:08.73
2	Wolf, Erika	Nevada Union/SFI	5:09.28
3	Dipentino, Angela	Woodcreek/SFL/1	5:11.66
4	Pizzella, Nora	Nevada Union/SFI	5:11.72
5	Mason, Lauren	Woodcreek/SFL/1	5:16.47
6	Hendrickson, Arial	Oak Ridge/SFL/1	5:16.84
7	Lyons, Maddy	Del Oro/SFL/1	5:19.73
8	Denner, Maddy	Oak Ridge/SFL/1	5:24.90
9	Denner, Elena	Oak Ridge/SFL/1	5:26.24
10	Zortman, Teresa	Woodcreek/SFL/1	5:29.30
11	Boatman, Teresa	Woodcreek/SFL/1	5:30.00
12	Renner, Kayla	Oak Ridge/SFL/1	5:30.54
13	Beitia, Alexandra	Granite Bay/SFL/	5:31.13
14	Untalan, Abigail	Del Oro/SFL/1	5:34.04
15	Polivka, Mikhayla	Oak Ridge/SFL/1	5:35.10
16	McCallum, Elisabeth	Woodcreek/SFL/1	5:41.64
17	Wright, Peyton	Oak Ridge/SFL/1	5:42.03

Section 2 of 2 Finals

1	Knorzer, Elle	Rocklin/SFL/1	5:42.15
2	Dolley, Sarah	Oak Ridge/SFL/1	5:43.79
3	Mackie, Nicole	Del Oro/SFL/1	5:45.46
4	Castro-Wehr, Joy	Nevada Union/SFI	5:45.68
5	Gosting, Sierra	Rocklin/SFL/1	5:46.69
6	Dabiri, Gloria	Oak Ridge/SFL/1	5:58.56
7	Cena, Kristina	Nevada Union/SFI	6:10.05
8	Adriani, Lisa	Rocklin/SFL/1	6:26.87
9	Flinders, Miriam	Granite Bay/SFL/	6:32.97
10	Johnson, Abbi	Folsom/SFL/1	6:45.79
11	Burns, Summer	Nevada Union/SFI	7:18.58
12	Lovejoy, Sarah	Rocklin/SFL/1	7:24.61
13	Velazquez, Citlali	Granite Bay/SFL/	7:28.33
14	Zenzola, Nicole	Granite Bay/SFL/	NT
15	Sall, Emily	Del Oro/SFL/1	NT
16	Leduc, Jaclyn	Del Oro/SFL/1	NT

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Trials and Finals

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Meet Program - Finals -- Running Events

Event 8 Boys 1600 Meter Run Varsity (41)

SJ Section: 4:00.29 2008 German Fernandez
 SFL: 4:14.01 2004 Glass
 D1@Large: 4:28.60

Lane	Name	School	Seed Time
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Section 1 of 2 Finals

1	Leonhardt, Geoff	Rocklin/SFL/1	4:20.79
2	Parker, Derek	Woodcreek/SFL/1	4:24.80
3	Lockwood, Tre	Granite Bay/SFL/	4:28.92
4	Bricca, Luke	Oak Ridge/SFL/1	4:29.45
5	Neptune, Sam	Granite Bay/SFL/	4:30.12
6	Shanahan, Joseph	Del Oro/SFL/1	4:30.73
7	Wolfe-Polgar, Moses	Del Oro/SFL/1	4:31.53
8	Arnds, Max	Nevada Union/SFI	4:32.40
9	Montoya, Johnathan	Rocklin/SFL/1	4:39.36
10	Ostenberg, Kyler	Del Oro/SFL/1	4:41.41
11	Bertz, Logan	Del Oro/SFL/1	4:42.61
12	Goold, Daniel	Woodcreek/SFL/1	4:46.54
13	Fabian, Blake	Oak Ridge/SFL/1	4:46.62
14	Luna, Josiah	Granite Bay/SFL/	4:48.65
15	Harris, Josh	Nevada Union/SFI	4:49.38
16	Benoit, Brett	Granite Bay/SFL/	4:50.39
17	Merry, Alex	Oak Ridge/SFL/1	4:51.13
18	Kretschmann, John	Folsom/SFL/1	4:51.36
19	Kauffman, Kyle	Oak Ridge/SFL/1	4:51.68
20	Gollnick, Gunnar	Del Oro/SFL/1	4:52.00
21	Griffin, Matthew	Woodcreek/SFL/1	4:52.10

Section 2 of 2 Finals

1	Irwin, Patrick	Oak Ridge/SFL/1	4:53.39
2	Pettingill, Josh	Folsom/SFL/1	4:53.92
3	Scanlon, Colby	Nevada Union/SFI	4:53.99
4	Emsley, Connor	Rocklin/SFL/1	4:57.68
5	Quade, Michael	Del Oro/SFL/1	4:59.07
6	Kurdyumov, James	Woodcreek/SFL/1	4:59.70
7	Vo, Travis	Folsom/SFL/1	5:00.01
8	Wilburn, Ben	Woodcreek/SFL/1	5:04.47
9	Ryder, Colin	Granite Bay/SFL/	5:05.91
10	Hopper, Ben	Nevada Union/SFI	5:16.39
11	Pawlak, Troy	Granite Bay/SFL/	5:21.57
12	Kilton, Patrick	Woodcreek/SFL/1	5:22.35
13	Pastre, Nick	Nevada Union/SFI	5:24.87
14	Smith, Jasper	Nevada Union/SFI	5:33.26
15	Bouchard, Chris	Nevada Union/SFI	7:20.21
16	Butler, Ian	Nevada Union/SFI	7:22.95
17	DeGan, Dallas	Del Oro/SFL/1	NT
18	Arteaga, Marc	Del Oro/SFL/1	NT
19	Weitzel, Owen	Woodcreek/SFL/1	NT
20	Nooner, Jerod	Folsom/SFL/1	NT

Event 9 Boys 110 Meter Hurdles Varsity (8)

SJ Section: 13.86 1999 Rico Hatter
 SFL: 14.18 5/8/2008 Aaron Burney
 D1@Large: 15.57

Lane	Name	School	Prelims
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Section 1 of 1 Finals

1	Hardin, Will	Del Oro/SFL/1	17.11
2	Nash, Jared	Del Oro/SFL/1	17.03
3	White, Daniel	Granite Bay/SFL/	16.64
4	Gingerich, Seth	Del Oro/SFL/1	15.87
5	Jetter, Brandon	Oak Ridge/SFL/1	16.18
6	Prather, Griffin	Oak Ridge/SFL/1	16.58
7	Teodoro, Jacob	Folsom/SFL/1	17.03
8	Ramirez, Jacob	Woodcreek/SFL/1	17.23

Event 10 Boys 110 Meter Hurdles Junior Varsity (8)

SFL: 15.40 5/7/2008 Justin Ellerbee

Lane	Name	School	Prelims
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Section 1 of 1 Finals

1	Mallory, Travis	Woodcreek/SFL/1	18.15
2	Manoguerra, Jace	Nevada Union/SFI	17.38
3	Huerta-Moore, Leonte'	Rocklin/SFL/1	17.15
4	Carey, Alexander	Del Oro/SFL/1	16.79
5	LeFlore, Luke	Rocklin/SFL/1	16.79
6	Hoffman, Brendan	Woodcreek/SFL/1	18.16
7	Beesley, Hunter	Del Oro/SFL/1	17.47
8	Finau, Jared	Nevada Union/SFI	18.17

Event 11 Girls 100 Meter Hurdles Junior Varsity (8)

SFL: 16.34 2005 Griffin-Moore

Lane	Name	School	Prelims
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Section 1 of 1 Finals

1	Lyon, Cami	Del Oro/SFL/1	19.00
2	Wolansky, Mery Coral Paulina	Del Oro/SFL/1	18.75
3	Sewell, Alyssa	Granite Bay/SFL/	18.23
4	Correia, Alicia	Woodcreek/SFL/1	17.97
5	James, Faith	Granite Bay/SFL/	17.98
6	Novikoff, Danica	Woodcreek/SFL/1	18.79
7	Stabbert, Clarice	Woodcreek/SFL/1	18.93
8	Ralstin, Isabella	Oak Ridge/SFL/1	19.40

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Meet Program - Finals -- Running Events

Event 12 Girls 100 Meter Hurdles Varsity (8)

SJ Section: 13.61 2014 Pattiana Perry
 SFL: 14.41 5/11/2012 Brie Simmons
 D1@Large: 16.17

Lane	Name	School	Prelims
Section 1 of 1 Finals			
1	Pagel, Mary	Woodcreek/SFL/1	17.88
2	Roser, Haley	Del Oro/SFL/1	17.47
3	Sanders, Kathryn	Oak Ridge/SFL/1	17.57
4	Baker, Amanda	Del Oro/SFL/1	16.70
5	Nelson, Cierra	Del Oro/SFL/1	16.97
6	Patel, Jocelyn	Rocklin/SFL/1	17.03
7	Wintsch, Haley	Woodcreek/SFL/1	17.48
8	Woodward, Fayth	Nevada Union/SFI	18.13

Event 13 Girls 400 Meter Dash Junior Varsity (9)

SFL: 1:01.58 5/13/2011 Dominique Tristant

Lane	Name	School	Prelims
Section 1 of 1 Finals			
1	Duncan, Mikhallia	Nevada Union/SFI	1:11.65
2	Francisco, Sofia	Del Oro/SFL/1	1:07.83
3	Ly, Amanda	Woodcreek/SFL/1	1:07.33
4	Cruz, Janelle	Granite Bay/SFL/	1:05.91
5	Brown, Michaela	Oak Ridge/SFL/1	1:04.65
6	Ta, Catalina	Folsom/SFL/1	1:06.67
7	Groves, Jeralee	Nevada Union/SFI	1:07.30
8	D'Ambrosio, Caitlynne	Del Oro/SFL/1	1:07.41
9	Berman, Claire	Nevada Union/SFI	1:08.40

Event 14 Boys 400 Meter Dash Junior Varsity (9)

SFL: 51.09 5/13/2011 Brandon Monroe

Lane	Name	School	Prelims
Section 1 of 1 Finals			
1	O'Neal, Parker	Del Oro/SFL/1	56.77
2	Frank, Ricky	Granite Bay/SFL/	55.25
3	Horillo, Abraham	Rocklin/SFL/1	54.76
4	Clouse, David	Nevada Union/SFI	53.47
5	Stahlberg, Pierce	Del Oro/SFL/1	52.84
6	Martinsen, Cole	Del Oro/SFL/1	53.26
7	Harris, Chris	Granite Bay/SFL/	53.81
8	Harper, Jared	Granite Bay/SFL/	55.16
9	Carey, Alexander	Del Oro/SFL/1	55.78

Event 15 Girls 400 Meter Dash Varsity (9)

SJ Section: 53.00 2013 Nia Dörner
 SFL: 55.64 5/8/2008 Jazmin Harper
 D1@Large: 1:00.18

Lane	Name	School	Prelims
Section 1 of 1 Finals			
1	Salmon, Sierra	Oak Ridge/SFL/1	1:04.48
2	Lee, Cassidy	Del Oro/SFL/1	1:03.42
3	Nelson, Madeleine	Rocklin/SFL/1	1:02.08
4	Canzoneri, Sarah	Folsom/SFL/1	59.86
5	McIntosh, Cathilyn	Del Oro/SFL/1	59.28
6	Wright, Annie	Granite Bay/SFL/	59.43
7	Freeman, Callie	Folsom/SFL/1	1:01.68
8	Holt, Jordan	Granite Bay/SFL/	1:02.75
9	Foye, Ashleigh	Folsom/SFL/1	1:04.21

Event 16 Boys 400 Meter Dash Varsity (9)

SJ Section: 46.53 1997 Eddie Levine
 SFL: 48.66 5/15/2014 Aspyr Walton
 D1@Large: 50.97

Lane	Name	School	Prelims
Section 1 of 1 Finals			
1	Outhavong, Kaleb	Folsom/SFL/1	55.31
2	Wootton, Christian	Oak Ridge/SFL/1	55.09
3	Jan, Khaadim	Granite Bay/SFL/	53.84
4	McNamee, Bret	Oak Ridge/SFL/1	52.10
5	Walton, Aspyr	Woodcreek/SFL/1	51.14
6	Small, Jon	Del Oro/SFL/1	51.57
7	Jarugula, Satvik	Folsom/SFL/1	53.68
8	Riar, Junior	Woodcreek/SFL/1	54.07
9	Carter, Daniel	Nevada Union/SFI	55.16

Event 17 Girls 100 Meter Dash Junior Varsity (9)

SFL: 12.72 2006 Okungbowa

Lane	Name	School	Prelims
Section 1 of 1 Finals			
1	Nguyen, Tori	Oak Ridge/SFL/1	14.70
2	Mundo, Isabelle	Woodcreek/SFL/1	14.56
3	Fralick, Chandler	Del Oro/SFL/1	14.21
4	Fraser, Nicole	Del Oro/SFL/1	14.33
5	Jones, Tianna	Woodcreek/SFL/1	13.98
6	McCrea, Grace	Nevada Union/SFI	14.30
7	Johnston, Taylor	Nevada Union/SFI	14.48
8	McDonald, Emma	Del Oro/SFL/1	14.28
9	Huntzinger, Sophia	Del Oro/SFL/1	14.61

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Trials and Finals

At: Del Oro High School

Meet Program - Finals -- Running Events

Event 18 Boys 100 Meter Dash Junior Varsity (8)

SFL: 11.00 2005		Benfield	
Lane	Name	School	Prelims
Section 1 of 1 Finals			
1	Hill, Shaine	Granite Bay/SFL/	12.37
2	Latson, Jaylen	Granite Bay/SFL/	12.32
3	Foster, Gavin	Del Oro/SFL/1	12.19
4	England, Tyler	Woodcreek/SFL/1	12.00
5	Hurst, Mason	Del Oro/SFL/1	12.10
6	Budean, Jacob	Granite Bay/SFL/	12.25
7	Whitney, Mason	Woodcreek/SFL/1	12.53
8	Harry, Stefan	Woodcreek/SFL/1	12.39

Event 19 Girls 100 Meter Dash Varsity (9)

SJ Section: 11.58 2004		Jennifer Nash	
SFL: 12.11 5/11/2012		Brie Simmons	
D1@Large: 12.89			
Lane	Name	School	Prelims
Section 1 of 1 Finals			
1	Hogan, Alexandra	Rocklin/SFL/1	13.69
2	Chappell, Claire	Del Oro/SFL/1	13.67
3	Torkman, Nadia	Nevada Union/SFI	13.45
4	Smith, Lauren	Woodcreek/SFL/1	13.35
5	Settle, Lyndsey	Rocklin/SFL/1	12.74
6	Mitchell, Airelle	Woodcreek/SFL/1	13.00
7	Setterlund, McKenna	Del Oro/SFL/1	13.36
8	Gunther, Amy	Woodcreek/SFL/1	13.63
9	Corbett, Claire	Del Oro/SFL/1	13.68

Event 20 Boys 100 Meter Dash Varsity (9)

SJ Section: 10.45 1996		Jim McGee	
SFL: 10.82 5/13/2011		Michael Bullard	
D1@Large: 11.32			
Lane	Name	School	Prelims
Section 1 of 1 Finals			
1	Moreno, Dylan	Nevada Union/SFI	11.90
2	Wiley, Harrison	Granite Bay/SFL/	11.70
3	Calhoun, Van	Rocklin/SFL/1	11.58
4	Jetter, Brandon	Oak Ridge/SFL/1	11.33
5	Udoffia, Trey	Del Oro/SFL/1	11.27
6	Williamson, Tyus	Woodcreek/SFL/1	11.33
7	Ohanele, Chibuikem	Oak Ridge/SFL/1	11.52
8	Walters, Nouvel	Rocklin/SFL/1	11.62
9	Sagucio, Brandon	Woodcreek/SFL/1	11.79

Event 21 Girls 800 Meter Run Junior Varsity (12)

SFL: 2:23.32 5/13/2011		Amy Heyn	
Lane	Name	School	Prelims
Section 1 of 1 Finals			
1	Poczobutt, Jordon	Granite Bay/SFL/	2:32.94
2	Dietz, Taylor	Del Oro/SFL/1	2:36.68
3	Luna, Malia	Granite Bay/SFL/	2:37.62
4	Berman, Claire	Nevada Union/SFI	2:37.94
5	Alexander, Lauren	Woodcreek/SFL/1	2:40.27
6	Smith, McKenna	Woodcreek/SFL/1	2:42.10
7	Wible, Emilie	Del Oro/SFL/1	2:42.21
8	Bresniker, Katrina	Granite Bay/SFL/	2:44.23
9	Suggs, Kate	Rocklin/SFL/1	2:44.71
10	McCullough, Julia	Del Oro/SFL/1	2:45.20
11	Groves, Jeralee	Nevada Union/SFI	2:47.09
12	Jorgensen, Alora	Del Oro/SFL/1	2:48.33

Event 22 Boys 800 Meter Run Junior Varsity (12)

SFL: 2:00.24 1980		McGee	
Lane	Name	School	Prelims
Section 1 of 1 Finals			
1	Macktinger, Trenton	Del Oro/SFL/1	2:06.99
2	Davis, Brigham	Del Oro/SFL/1	2:09.28
3	O'Morhda, Jacob	Folsom/SFL/1	2:11.24
4	Mann, Jake	Del Oro/SFL/1	2:12.10
5	Farman, Spencer	Del Oro/SFL/1	2:12.78
6	Ferraro, Justin	Rocklin/SFL/1	2:14.84
7	Montgomery, Myles	Nevada Union/SFI	2:11.88
8	Langreck, Ben	Oak Ridge/SFL/1	2:12.76
9	Arteaga, Kyle	Del Oro/SFL/1	2:13.30
10	Flores, Raymond	Del Oro/SFL/1	2:13.64
11	Bricca, Lance	Oak Ridge/SFL/1	2:14.29
12	Bomhoff, Garret	Del Oro/SFL/1	2:14.92

Event 23 Girls 800 Meter Run Varsity (12)

SJ Section: 2:06.09 2007		Dominique Jackson	
SFL: 2:11.74 1999		Hyatt	
D1@Large: 2:22.16			
Lane	Name	School	Prelims
Section 1 of 1 Finals			
1	Wolf, Erika	Nevada Union/SFI	2:22.47
2	Lyons, Maddy	Del Oro/SFL/1	2:23.87
3	Graves, Anitha	Woodcreek/SFL/1	2:24.79
4	Alhamad, Muna	Folsom/SFL/1	2:27.23
5	Dulgar, Briana	Oak Ridge/SFL/1	2:25.66
6	Denner, Elena	Oak Ridge/SFL/1	2:25.93
7	Denner, Maddy	Oak Ridge/SFL/1	2:26.76
8	Beitia, Alexandra	Granite Bay/SFL/	2:26.86
9	Untalan, Abigail	Del Oro/SFL/1	2:27.66
10	McCallum, Elisabeth	Woodcreek/SFL/1	2:29.04
11	Renner, Kayla	Oak Ridge/SFL/1	2:29.34
12	Mellquist, Annika	Woodcreek/SFL/1	2:29.61

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Trials and Finals

At: Del Oro High School

Meet Program - Finals -- Running Events

Event 24 Boys 800 Meter Run Varsity (12)

SJ Section: 1:48.85 1997 James Levine
 SFL: 1:53.24 1971 Hyatt
 D1@Large: 2:00.31

Lane	Name	School	Prelims
Section 1 of 1 Finals			
1	Arnds, Max	Nevada Union/SFI	2:02.44
2	Gladwell, Josh	Oak Ridge/SFL/1	2:03.50
3	Shanahan, Joseph	Del Oro/SFL/1	2:03.62
4	Neptune, Sam	Granite Bay/SFL/	2:07.38
5	McArthur, Sean	Woodcreek/SFL/1	2:03.51
6	Colina, Karl	Del Oro/SFL/1	2:04.02
7	Bertz, Logan	Del Oro/SFL/1	2:04.73
8	Montoya, Johnathan	Rocklin/SFL/1	2:04.94
9	Aitken, Gregory	Folsom/SFL/1	2:05.15
10	Arteaga, Marc	Del Oro/SFL/1	2:06.20
11	Kauffman, Kyle	Oak Ridge/SFL/1	2:08.15
12	Pena, Jorge	Woodcreek/SFL/1	2:08.43

Event 25 Girls 300 Meter Hurdles Junior Varsity (8)

SFL: 47.87 5/14/2009 Brie Simmons

Lane	Name	School	Prelims
Section 1 of 1 Finals			
1	Kramer, Greta	Nevada Union/SFI	54.46
2	Wolansky, Mery Coral Pauline	Del Oro/SFL/1	53.11
3	James, Faith	Granite Bay/SFL/	52.95
4	Brown, Michaela	Oak Ridge/SFL/1	51.13
5	Sewell, Alyssa	Granite Bay/SFL/	52.44
6	Lyon, Cami	Del Oro/SFL/1	52.96
7	Stabbert, Clarice	Woodcreek/SFL/1	53.91
8	Horwath, Elle	Nevada Union/SFI	54.71

Event 26 Girls 300 Meter Hurdles Varsity (8)

SJ Section: 40.57 2012 Daje Pugh
 SFL: 44.20 5/13/2011 Stephanie Blumm
 D1@Large: 47.48

Lane	Name	School	Prelims
Section 1 of 1 Finals			
1	Smith, Delaney	Nevada Union/SFI	49.32
2	Murphy-Cook, Maya	Granite Bay/SFL/	48.82
3	Sanders, Kathryn	Oak Ridge/SFL/1	48.43
4	O'Donnell, Kristina	Oak Ridge/SFL/1	47.04
5	Baker, Amanda	Del Oro/SFL/1	47.81
6	Nelson, Cierra	Del Oro/SFL/1	48.68
7	Gotro, Jaimi	Oak Ridge/SFL/1	49.10
8	Kinney, Natalie	Oak Ridge/SFL/1	50.25

Event 27 Boys 300 Meter Hurdles Junior Varsity (8)

SFL: 40.54 1979 Helm, Coots (1982)

Lane	Name	School	Prelims
Section 1 of 1 Finals			
1	Hayden, Hunter	Oak Ridge/SFL/1	45.03
2	Beesley, Hunter	Del Oro/SFL/1	43.91
3	Mallory, Travis	Woodcreek/SFL/1	44.45
4	Huerta-Moore, Leonte'	Rocklin/SFL/1	43.58
5	Razumovsky, Ben	Rocklin/SFL/1	44.36
6	Holt, Brennan	Granite Bay/SFL/	45.61
7	Hill, Brandon	Granite Bay/SFL/	44.58
8	Manoguerra, Jace	Nevada Union/SFI	45.43

Event 28 Boys 300 Meter Hurdles Varsity (8)

SJ Section: 36.53 1999 Rico Hatter
 SFL: 37.81 5/8/2008 Chase Dixon
 D1@Large: 40.99

Lane	Name	School	Prelims
Section 1 of 1 Finals			
1	Hopkins, Trafton	Del Oro/SFL/1	42.66
2	Ramirez, Jacob	Woodcreek/SFL/1	42.42
3	Hardin, Will	Del Oro/SFL/1	42.17
4	Brendel, Tyler	Granite Bay/SFL/	40.51
5	Prather, Griffin	Oak Ridge/SFL/1	41.51
6	Nash, Jared	Del Oro/SFL/1	42.24
7	Gingerich, Seth	Del Oro/SFL/1	42.64
8	Teodoro, Jacob	Folsom/SFL/1	42.93

Event 29 Girls 200 Meter Dash Junior Varsity (9)

SFL: 26.21 2006 Okunghowa

Lane	Name	School	Prelims
Section 1 of 1 Finals			
1	Owen, Katie	Woodcreek/SFL/1	30.48
2	Jones, Tianna	Woodcreek/SFL/1	30.25
3	Mundo, Isabelle	Woodcreek/SFL/1	30.52
4	Cruz, Janelle	Granite Bay/SFL/	29.99
5	Fralick, Chandler	Del Oro/SFL/1	28.55
6	McCrea, Grace	Nevada Union/SFI	29.79
7	Fraser, Nicole	Del Oro/SFL/1	30.19
8	Ly, Amanda	Woodcreek/SFL/1	30.02
9	Smith, Zoe	Rocklin/SFL/1	30.26

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At: Del Oro High School

Meet Program - Finals -- Running Events

Event 30 Boys 200 Meter Dash Junior Varsity (9)

SFL:		22.64	2005	Benfield	
Lane	Name			School	Prelims
Section 1 of 1 Finals					
1	Harper, Jared			Granite Bay/SFL/	25.17
2	Harris, Chris			Granite Bay/SFL/	24.50
3	Sliwka, John			Oak Ridge/SFL/1	25.33
4	Clouse, David			Nevada Union/SFI	24.57
5	Foster, Gavin			Del Oro/SFL/1	24.40
6	England, Tyler			Woodcreek/SFL/1	24.56
7	Latson, Jaylen			Granite Bay/SFL/	24.91
8	Stahlberg, Pierce			Del Oro/SFL/1	25.55
9	Budean, Jacob			Granite Bay/SFL/	25.00

Event 31 Girls 200 Meter Dash Varsity (9)

SJ Section:		23.73	2004	Jennifer Nash
SFL:		24.83	5/11/2012	Brie Simmons
D1@Large:		26.78		
Lane	Name	School	Prelims	
Section 1 of 1 Finals				
1	Foye, Ashleigh	Folsom/SFL/1	27.97	
2	Chappell, Claire	Del Oro/SFL/1	27.54	
3	Renner, Kelley	Oak Ridge/SFL/1	27.64	
4	Wright, Annie	Granite Bay/SFL/	26.86	
5	Settle, Lyndsey	Rocklin/SFL/1	26.79	
6	McIntosh, Cathilyn	Del Oro/SFL/1	26.80	
7	Smith, Lauren	Woodcreek/SFL/1	27.46	
8	Mitchell, Airelle	Woodcreek/SFL/1	27.50	
9	Freeman, Callie	Folsom/SFL/1	27.62	

Event 32 Boys 200 Meter Dash Varsity (9)

SJ Section:		20.81	1981	Kevin Wilhite		
SFL:		21.61	5/15/2014	Aspyn Walton		
D1@Large:		22.91				
Lane	Name	School		Prelims		
Section 1 of 1 Finals						
1	McNamee, Bret	Oak Ridge/SFL/1		24.08		
2	Wiley, Harrison	Granite Bay/SFL/		23.93		
3	Udoffia, Trey	Del Oro/SFL/1		23.07		
4	Walters, Nouvel	Rocklin/SFL/1		23.32		
5	Williamson, Tyus	Woodcreek/SFL/1		22.85		
6	Ohanele, Chibuikem	Oak Ridge/SFL/1		23.26		
7	Gee, Dalton	Del Oro/SFL/1		23.65		
8	Small, Jon	Del Oro/SFL/1		23.28		
9	Moreno, Dylan	Nevada Union/SFI		23.94		

Event 33 Boys 3200 Meter Run Junior Varsity (32)

SFL: 9:57.94 1975			Galligan	
Lane	Name	School	Seed	Time
Section 1 of 1 Finals				
1	Spencer, Drew	Oak Ridge/SFL/1	10:17.44	
2	Durel, Matthew	Woodcreek/SFL/1	10:30.26	
3	Fogiel, Benjamin	Nevada Union/SFI	10:31.80	
4	Craft, Andrew	Rocklin/SFL/1	10:37.61	
5	Wright, Daniel	Folsom/SFL/1	10:45.49	
6	Cunningham, Mason	Oak Ridge/SFL/1	10:45.55	
7	Farnworth, Landon	Woodcreek/SFL/1	10:49.94	
8	Stewart, Zach	Folsom/SFL/1	10:50.39	
9	Meyers, Jackson	Folsom/SFL/1	11:00.02	
10	Zortman, Tony	Woodcreek/SFL/1	11:01.24	
11	Bricca, Lance	Oak Ridge/SFL/1	11:02.22	
12	Rainey, Connor	Rocklin/SFL/1	11:11.31	
13	Macktinger, Trenton	Del Oro/SFL/1	11:12.00	
14	Knight, Nicholas	Woodcreek/SFL/1	11:18.06	
15	Langreck, Ben	Oak Ridge/SFL/1	11:18.12	
16	Salcido, Tyler	Oak Ridge/SFL/1	11:19.30	
17	Encelewski, Ethan	Folsom/SFL/1	11:21.08	
18	Farman, Spencer	Del Oro/SFL/1	11:21.50	
19	Ly, Alex	Woodcreek/SFL/1	11:23.23	
20	Undseth, Levi	Oak Ridge/SFL/1	11:30.34	
21	Brock, Robert	Del Oro/SFL/1	11:33.00	
22	Bingham, Parker	Del Oro/SFL/1	11:34.69	
23	Harmon, David	Granite Bay/SFL/	11:39.01	
24	Flores, Raymond	Del Oro/SFL/1	11:54.80	
25	Mann, Jake	Del Oro/SFL/1	11:58.69	
26	Wantland, Serius	Nevada Union/SFI	12:06.49	
27	Burrows, Christian	Rocklin/SFL/1	12:20.82	
28	Bellas, Andrew	Oak Ridge/SFL/1	12:28.08	
29	Lovric, Dominik	Folsom/SFL/1	12:40.08	
30	Hanson, Cole	Rocklin/SFL/1	NT	
31	Andaya, Julian	Oak Ridge/SFL/1	NT	
32	Wilde, Christian	Oak Ridge/SFL/1	NT	

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At: Del Oro High School

Meet Program - Finals -- Running Events

Event 34 Girls 3200 Meter Run Junior Varsity (18)

SFL: 12:19.91 5/8/2008 Jessica Skalet			
Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	Tami, Claire	Woodcreek/SFL/1	12:02.49
2	Clark, Kacey	Woodcreek/SFL/1	12:03.87
3	Cooper-Hynell, Anya	Nevada Union/SFI	12:40.00
4	Berman, McKenna	Nevada Union/SFI	13:06.57
5	Smith, McKenna	Woodcreek/SFL/1	13:17.62
6	Berexa, Noelle	Granite Bay/SFL/	13:19.40
7	Bohannon, Laura	Woodcreek/SFL/1	13:29.26
8	Bonds, Ireland	Folsom/SFL/1	13:31.01
9	Jeppson, Emma	Del Oro/SFL/1	13:50.87
10	Fey, Anne	Rocklin/SFL/1	13:56.39
11	Harding, Eliza	Folsom/SFL/1	14:02.32
12	Appleby, Hannah	Woodcreek/SFL/1	14:11.19
13	Miller, Jordan	Del Oro/SFL/1	14:17.00
14	Suggs, Kate	Rocklin/SFL/1	14:31.97
15	Jorgensen, Alora	Del Oro/SFL/1	14:35.78
16	Weitzel, McKenna	Woodcreek/SFL/1	NT
17	Dietz, Taylor	Del Oro/SFL/1	NT
18	McCullough, Julia	Del Oro/SFL/1	NT

Event 35 Girls 3200 Meter Run Varsity (23)

SJ Section: 9:52.51 2008 Laurynne Chetelat			
SFL: 11:03.76 5/13/2010 Brooke Holt			
D1@Large: 11:37.82			
Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	Dipentino, Angela	Woodcreek/SFL/1	11:00.06
2	Pizzella, Nora	Nevada Union/SFI	11:13.70
3	Pajer, Rachel	Folsom/SFL/1	11:30.21
4	Zeiss, Phoebe	Granite Bay/SFL/	11:30.41
5	Hendrickson, Ariel	Oak Ridge/SFL/1	11:34.22
6	Copeland, Kat	Folsom/SFL/1	11:34.22
7	Mason, Lauren	Woodcreek/SFL/1	11:34.56
8	Boatman, Teresa	Woodcreek/SFL/1	12:09.49
9	Mellquist, Annika	Woodcreek/SFL/1	12:13.88
10	Polivka, Mikhayla	Oak Ridge/SFL/1	12:18.35
11	Castro-Wehr, Joy	Nevada Union/SFI	12:18.50
12	Zortman, Teresa	Woodcreek/SFL/1	12:28.55
13	Knorzer, Elle	Rocklin/SFL/1	12:32.00
14	Dolley, Sarah	Oak Ridge/SFL/1	12:34.55
15	Dabiri, Gloria	Oak Ridge/SFL/1	12:43.47
16	Wright, Peyton	Oak Ridge/SFL/1	13:06.88
17	Sall, Emily	Del Oro/SFL/1	13:35.20
18	Lichti, Hannah	Del Oro/SFL/1	14:16.13
19	Denner, Elena	Oak Ridge/SFL/1	NT
20	Denner, Maddy	Oak Ridge/SFL/1	NT
21	Leduc, Jaclyn	Del Oro/SFL/1	NT
22	McCallum, Elisabeth	Woodcreek/SFL/1	NT
23	Gosting, Sierra	Rocklin/SFL/1	NT

Event 36 Men 3200 Meter Run Varsity (29)

SJ Section: 8:34.23 2008 German Fernandez			
SFL: 9:30.12 5/15/2014 Garrett Migliozi			
D1@Large: 9:47.58			
Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	Leonhardt, Geoff	Rocklin/SFL/1	9:32.74
2	Lockwood, Tre	Granite Bay/SFL/	9:42.31
3	Wolfe-Polgar, Moses	Del Oro/SFL/1	9:44.25
4	Parker, Derek	Woodcreek/SFL/1	9:48.49
5	Williams, Robert	Woodcreek/SFL/1	9:57.63
6	Shanahan, Joseph	Del Oro/SFL/1	10:01.64
7	Bricca, Luke	Oak Ridge/SFL/1	10:01.94
8	Frisch, Connor	Granite Bay/SFL/	10:09.88
9	Aitken, Gregory	Folsom/SFL/1	10:11.33
10	Ritter, Jake	Granite Bay/SFL/	10:14.78
11	Knauss, Walker	Granite Bay/SFL/	10:19.86
12	Goold, Daniel	Woodcreek/SFL/1	10:20.40
13	Pavik, Ben	Granite Bay/SFL/	10:21.24
14	Pena, Jorge	Woodcreek/SFL/1	10:21.94
15	Merry, Alex	Oak Ridge/SFL/1	10:30.93
16	Kretschmann, John	Folsom/SFL/1	10:31.09
17	Pettingill, Josh	Folsom/SFL/1	10:34.72
18	Scanlon, Colby	Nevada Union/SFI	10:38.70
19	Wilburn, Ben	Woodcreek/SFL/1	10:39.40
20	Fabian, Blake	Oak Ridge/SFL/1	10:43.64
21	Bertz, Logan	Del Oro/SFL/1	10:59.98
22	Griffin, Matthew	Woodcreek/SFL/1	11:14.43
23	Irwin, Patrick	Oak Ridge/SFL/1	11:16.36
24	Kurdyumov, James	Woodcreek/SFL/1	11:19.96
25	Hopper, Ben	Nevada Union/SFI	11:41.38
26	Rodriguez, Parker	Rocklin/SFL/1	13:00.73
27	Ostenberg, Kyler	Del Oro/SFL/1	NT
28	Quade, Michael	Del Oro/SFL/1	NT
29	DeGan, Dallas	Del Oro/SFL/1	NT

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Trials and Finals

At: Del Oro High School

Meet Program - Finals -- Running Events

Event 37 Boys 4x400 Meter Relay Junior Varsity (7)

SFL: 3:31.71 5/11/2012 Del Oro

R Nelson, B Giles, F Scholtes-Dowd, O Christian

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
2	Oak Ridge/SFL/1	A	3:55.30
	1) Arroyo, Danny	2) Zlatanov, Simeon	
	3) Johnson, Jaylen	4) Hayden, Hunter	
3	Rocklin/SFL/1	A	3:50.54
	1) Matei, Andrei	2) Rainey, Connor	
	3) Craft, Andrew	4) Ferraro, Justin	
4	Woodcreek/SFL/1	A	3:46.24
	1) McCartney, Sam	2) Russell, Craig	
	3) Camacho, Kalin	4) Switzer, Ben	
5	Del Oro/SFL/1	A	3:39.12
	1) Stahlberg, Pierce	2) Carey, Alexander	
	3) Macktinger, Trenton	4) Martinsen, Cole	
6	Granite Bay/SFL/	A	3:40.22
	1) Frank, Ricky	2) Harper, Jared	
	3) Latson, Jaylen	4) Harris, Chris	
7	Folsom/SFL/1	A	3:49.90
	1) Foye, Khalil	2) O'Morhda, Jacob	
	3) King, Brandon	4) Allgaier, Chad	
8	Nevada Union/SFL	A	3:51.00
	1) Clouse, David	2) Ross, Josh	
	3) Fogiel, Benjamin	4) Montgomery, Myles	

Event 38 Girls 4x400 Meter Relay Junior Varsity (7)

SFL: 4:17.37 5/14/2009 Nevada Union

J Eiring, R Whatley, C Stanford, L Whaley

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
2	Folsom/SFL/1	A	NT
	1) Ta, Catalina	2) Huynh, Geneva	
	3) Lewis, Ashley	4) Trexler, Sierra	
3	Nevada Union/SFL	A	4:40.00
	1) Duncan, Mikhalla	2) Groves, Jeralee	
	3) Horwath, Elle	4) Berman, Claire	
4	Woodcreek/SFL/1	A	4:35.00
	1) Ly, Amanda	2) Vavrinyuk, Sofia	
	3) McCafferty, Aubrey	4) Alexander, Lauren	
5	Rocklin/SFL/1	A	4:16.48
	1) Ogans, Ariana	2) Suggs, Kate	
	3) Burton, Desiree	4) Yach, Amalie	
6	Del Oro/SFL/1	A	4:19.30
	1) D'Ambrosio, Caitlynne	2) Dietz, Taylor	
	3) Francisco, Sofia	4) Lyon, Cami	
7	Granite Bay/SFL/	A	4:35.48
	1) James, Faith	2) Luna, Malia	
	3) Arizcuren, Jillian	4) Cruz, Janelle	
8	Oak Ridge/SFL/1	A	4:45.00
	1) Jivanov, Christina	2) Fuller, Phyre	
	3) Vanhonsbrouck, Madeline	4) Brown, Michaela	

Event 39 Girls 4x400 Meter Relay Varsity (7)

SJ Section: 3:41.59 2006 Fairfield

SFL: 3:56.32 2006 Woodcreek

D1@Large: 4:08.20

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
2	Nevada Union/SFL	A	4:30.00
	1) Wolf, Erika	2) Woodward, Fayth	
	3) Smith, Delaney	4) Torkman, Nadia	
3	Rocklin/SFL/1	A	4:12.24
	1) Gosting, Sierra	2) Warren, Jacqueline	
	3) Knorzer, Elle	4) Settle, Lyndsey	
4	Granite Bay/SFL/	A	4:07.09
	1) Holt, Jordan	2) McGrail, Kat	
	3) Murphy-Cook, Maya	4) Wright, Annie	
5	Del Oro/SFL/1	A	4:04.43
	1) Lee, Cassidy	2) Lyons, Maddy	
	3) Baker, Amanda	4) McIntosh, Cathilyn	
6	Folsom/SFL/1	A	4:05.21
	1) Canzoneri, Sarah	2) Freeman, Callie	
	3) Alhamad, Muna	4) Foye, Ashleigh	
7	Oak Ridge/SFL/1	A	4:08.17
	1) Gotro, Jaimi	2) O'Donnell, Kristina	
	3) Sanders, Kathryn	4) Dulgar, Briana	
8	Woodcreek/SFL/1	A	4:20.00
	1) Graves, Anitha	2) Smith, Lauren	
	3) McCallum, Elisabeth	4) Mellquist, Annika	

Sierra Foothill Championships - 5/13/2015 to 5/15/2015

Trials and Finals

At: Del Oro High School

Meet Program - Finals -- Running Events

Event 40 Boys 4x400 Meter Relay Varsity (7)

SJ Section: 3:13.61 1999 Vallejo
 SFL: 3:18.66 5/15/2014 Roseville

T Davis, J Lopez, A Sotomayor, R Finical

D1@Large: 3:27.13

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
2	Rocklin/SFL/1	A	3:36.24
	1) Leonhardt, Geoff	2) Rodriguez, Parker	
	3) Emsley, Connor	4) Montoya, Johnathan	
3	Folsom/SFL/1	A	3:31.10
	1) Jarugula, Satvik	2) Outhavong, Kaleb	
	3) Teodoro, Jacob	4) Flaherty, Colin	
4	Granite Bay/SFL/	A	3:30.47
	1) Barker, Matt	2) Neptune, Sam	
	3) Jan, Khaadim	4) Lashchuk, Kris	
5	Del Oro/SFL/1	A	3:28.00
	1) Gingerich, Seth	2) Nash, Jared	
	3) Hardin, Will	4) Small, Jon	
6	Oak Ridge/SFL/1	A	3:30.01
	1) Prather, Griffin	2) Gladwell, Josh	
	3) Wootton, Christian	4) McNamee, Bret	
7	Woodcreek/SFL/1	A	3:31.00
	1) Riar, Junior	2) Walton, Aspyn	
	3) McArthur, Sean	4) Williamson, Tyus	
8	Nevada Union/SFL	A	3:35.16
	1) Arnds, Max	2) Carter, Daniel	
	3) Harris, Josh	4) Pastre, Nick	