

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

Trials and Finals

At: Del Oro High School

Meet Program - Trials -- Running Events

Event 9 Boys 110 Meter Hurdles Varsity (18)**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

SJ Section: 13.86 1999 Rico Hatter

SFL: 14.18 5/8/2008 Aaron Burney

Lane	Name	School	Seed Time
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Heat 1 of 3 Prelims

2	Grijalva, Frank Trey	Granite Bay/SFL/	19.32
3	Lehner, Connor	Del Oro/SFL/1	17.08
4	White, Daniel	Granite Bay/SFL/	15.52
5	Nash, Jared	Del Oro/SFL/1	15.82
6	Huska, Jason	Rocklin/SFL/1	17.09
7	Bradshaw, Ryan	Nevada Union/SFI	19.60

Heat 2 of 3 Prelims

2	Scott, Kase	Nevada Union/SFI	19.28
3	Hardin, Will	Del Oro/SFL/1	16.35
4	Gingerich, Seth	Del Oro/SFL/1	15.40
5	Prather, Griffin	Oak Ridge/SFL/1	15.95
6	Hopkins, Trafton	Del Oro/SFL/1	17.50
7	Baker, Tim	Woodcreek/SFL/1	19.77

Heat 3 of 3 Prelims

2	Bernal, Albert	Nevada Union/SFI	19.26
3	Ramirez, Jacob	Woodcreek/SFL/1	16.17
4	Jetter, Brandon	Oak Ridge/SFL/1	15.07
5	Teodoro, Jacob	Folsom/SFL/1	16.13
6	Diodati, Kyle	Granite Bay/SFL/	18.34
7	Chambers, Collin	Rocklin/SFL/1	20.39

Event 10 Boys 110 Meter Hurdles Junior Varsity (25)**8 Advance: Top 1 Each Heat plus Next 4 Best Times**

SFL: 15.40 5/7/2008 Justin Ellerbee

Lane	Name	School	Seed Time
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Heat 1 of 4 Prelims

2	Punsalan, Nathan	Rocklin/SFL/1	NT
3	Cassel, Cade	Nevada Union/SFI	19.24
4	Hoffman, Brendan	Woodcreek/SFL/1	18.11
5	Sanders, Spencer	Granite Bay/SFL/	18.28
6	Hill, Brandon	Granite Bay/SFL/	19.27
7	Belliman, Sam	Nevada Union/SFI	NT

Heat 2 of 4 Prelims

2	Beesley, Hunter	Del Oro/SFL/1	NT
3	Traylor, Jarod	Woodcreek/SFL/1	19.15
4	LeFlore, Luke	Rocklin/SFL/1	16.95
5	Mallory, Travis	Woodcreek/SFL/1	18.43
6	Thorne, Jaycob	Del Oro/SFL/1	19.27
7	Manoguerra, Jace	Nevada Union/SFI	NT

Heat 3 of 4 Prelims

2	Razumovsky, Ben	Rocklin/SFL/1	NT
3	Aaron-Able, Brendan	Woodcreek/SFL/1	18.97
4	Carey, Alexander	Del Oro/SFL/1	16.87
5	Holt, Brennan	Granite Bay/SFL/	18.55
6	Heninger, Jacob	Woodcreek/SFL/1	19.71
7	McDevitt, Logan	Rocklin/SFL/1	NT

Heat 4 of 4 Prelims

1	Steinke, Jon	Rocklin/SFL/1	NT
2	Diemer, Cole	Granite Bay/SFL/	20.81
3	Blatter, Spencer	Del Oro/SFL/1	18.95
4	Huerta-Moore, Leonte'	Rocklin/SFL/1	16.87
5	Kretchmer, Jacob	Woodcreek/SFL/1	18.70
6	Finau, Jared	Nevada Union/SFI	19.94
7	Cox, Zachary	Rocklin/SFL/1	NT

Event 11 Girls 100 Meter Hurdles Junior Varsity (30)**8 Advance: Top 1 Each Heat plus Next 4 Best Times**

SFL: 16.34 2005 Griffin-Moore

Lane	Name	School	Seed Time
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Heat 1 of 4 Prelims

1	Lackey, Julia	Nevada Union/SFI	23.88
2	Silva, Emma	Rocklin/SFL/1	20.93
3	Horwath, Elle	Nevada Union/SFI	19.67
4	Correia, Alicia	Woodcreek/SFL/1	18.19
5	Wolansky, Mery Coral Pauline	Del Oro/SFL/1	18.31
6	Ahnin, Emily	Woodcreek/SFL/1	20.00
7	Fahning, Savannah	Del Oro/SFL/1	21.05
8	Daniels, Sarah	Rocklin/SFL/1	NT

Heat 2 of 4 Prelims

1	Walton, Gergia	Nevada Union/SFI	22.99
2	Yach, Amalie	Rocklin/SFL/1	20.68
3	Kramer, Greta	Nevada Union/SFI	19.56
4	Novikoff, Danica	Woodcreek/SFL/1	17.97
5	Larsen, Olivia	Del Oro/SFL/1	18.40
6	Maupin, Charlotte	Woodcreek/SFL/1	20.11
7	Killmer, Kiersten	Woodcreek/SFL/1	21.13
8	Pooler, Sydney	Rocklin/SFL/1	NT

Heat 3 of 4 Prelims

1	Vobril, Hannah	Nevada Union/SFI	22.53
2	Schaack, Lauren	Rocklin/SFL/1	20.67
3	Ralstin, Isabella	Oak Ridge/SFL/1	19.05
4	Sewell, Alyssa	Granite Bay/SFL/	17.69
5	Stabbert, Clarice	Woodcreek/SFL/1	18.86
6	Brickhandler, Alyssa	Rocklin/SFL/1	20.26
7	Cartan, Nicole	Rocklin/SFL/1	21.27

Heat 4 of 4 Prelims

1	Naramore, Jessie	Nevada Union/SFI	22.08
2	Kirk, Amanda	Rocklin/SFL/1	20.66
3	Lyon, Cami	Del Oro/SFL/1	19.00
4	James, Faith	Granite Bay/SFL/	17.32
5	Campbell, Paige	Nevada Union/SFI	18.99
6	Pattengale, Kianna	Del Oro/SFL/1	20.66
7	Dorsette, Hannah	Rocklin/SFL/1	21.36

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Event 12 Girls 100 Meter Hurdles Varsity (19)**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

SJ Section: 13.61 2014 Pattiana Perry

SFL: 14.41 5/11/2012 Brie Simmons

Lane	Name	School	Seed Time
Heat 1 of 3 Prelims			
2	Bova, Marin	Woodcreek/SFL/1	19.58
3	Pagel, Mary	Woodcreek/SFL/1	17.57
4	Nelson, Cierra	Del Oro/SFL/1	16.53
5	Smith, Delaney	Nevada Union/SFI	16.80
6	Wintsch, Haley	Woodcreek/SFL/1	17.68
7	Rodriguez, Chelsea	Nevada Union/SFI	20.66
Heat 2 of 3 Prelims			
2	Willcox, Mellisa	Nevada Union/SFI	18.79
3	Roser, Haley	Del Oro/SFL/1	17.35
4	Baker, Amanda	Del Oro/SFL/1	16.52
5	Patel, Jocelyn	Rocklin/SFL/1	16.80
6	Woodward, Fayth	Nevada Union/SFI	17.70
7	Muniz, Rebecca	Nevada Union/SFI	20.79
Heat 3 of 3 Prelims			
1	Villegas, Leialani	Granite Bay/SFL/	NT
2	Porter, Marissa	Oak Ridge/SFL/1	18.05
3	Gotro, Jaimi	Oak Ridge/SFL/1	17.12
4	Sanders, Kathryn	Oak Ridge/SFL/1	15.64
5	Graves, Molly	Granite Bay/SFL/	17.09
6	Kinney, Natalie	Oak Ridge/SFL/1	17.81
7	Bollard, Elizabeth	Del Oro/SFL/1	20.83

Event 13 Girls 400 Meter Dash Junior Varsity (16)**9 Advance: Top 1 Each Heat plus Next 7 Best Times**

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

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
2	Duffy, Megan	Nevada Union/SFI	1:18.00
3	Randall, Ashley	Del Oro/SFL/1	1:11.84
4	D'Ambrosio, Caitlynne	Del Oro/SFL/1	1:08.28
5	Ta, Catalina	Folsom/SFL/1	1:05.24
6	Ly, Amanda	Woodcreek/SFL/1	1:07.30
7	McCafferty, Aubrey	Woodcreek/SFL/1	1:08.84
8	Trexler, Sierra	Folsom/SFL/1	1:15.11
9	Groves, Jeralee	Nevada Union/SFI	NT
Heat 2 of 2 Prelims			
2	Berman, McKenna	Nevada Union/SFI	1:15.89
3	Romero, Emily	Woodcreek/SFL/1	1:11.43
4	Francisco, Sofia	Del Oro/SFL/1	1:08.14
5	Brown, Michaela	Oak Ridge/SFL/1	1:04.69
6	Berman, Claire	Nevada Union/SFI	1:07.71
7	Duncan, Mikhalia	Nevada Union/SFI	1:11.00
8	Hellar, Danielle	Woodcreek/SFL/1	1:15.70
9	Cruz, Janelle	Granite Bay/SFL/	NT

Event 14 Boys 400 Meter Dash Junior Varsity (24)**9 Advance: Top 1 Each Heat plus Next 6 Best Times**

SFL: 51.09 5/13/2011 Brandon Monroe

Lane	Name	School	Seed Time
Heat 1 of 3 Prelims			
2	Sterett, Matt	Oak Ridge/SFL/1	59.77
3	Berremman, Kain	Nevada Union/SFI	57.36
4	McCartney, Sam	Woodcreek/SFL/1	55.12
5	Quach, Justin	Rocklin/SFL/1	53.31
6	Stahlberg, Pierce	Del Oro/SFL/1	53.66
7	Horillo, Abraham	Rocklin/SFL/1	55.45
8	Sanders, Spencer	Granite Bay/SFL/	57.84
9	Elmore, Dakota	Nevada Union/SFI	1:04.48
Heat 2 of 3 Prelims			
2	Zlatanov, Simeon	Oak Ridge/SFL/1	59.07
3	O'Neal, Parker	Del Oro/SFL/1	57.14
4	Johnson, Jaylen	Oak Ridge/SFL/1	55.12
5	Martinsen, Cole	Del Oro/SFL/1	52.26
6	Harris, Chris	Granite Bay/SFL/	54.28
7	Harper, Jared	Granite Bay/SFL/	55.54
8	King, Brandon	Folsom/SFL/1	58.04
9	Erickson, Luke	Nevada Union/SFI	1:05.42
Heat 3 of 3 Prelims			
2	Foye, Khalil	Folsom/SFL/1	58.50
3	Switzer, Ben	Woodcreek/SFL/1	56.75
4	Thompson, Gavin	Del Oro/SFL/1	54.34
5	Clouse, David	Nevada Union/SFI	51.63
6	Frank, Ricky	Granite Bay/SFL/	54.32
7	Matei, Andrei	Rocklin/SFL/1	56.09
8	Sanchez, Jacob	Rocklin/SFL/1	58.14
9	Montgomery, Myles	Nevada Union/SFI	NT

Event 15 Girls 400 Meter Dash Varsity (16)**9 Advance: Top 1 Each Heat plus Next 7 Best Times**

SJ Section: 53.00 2013 Nia Dorner

SFL: 55.64 5/8/2008 Jazmin Harper

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
2	Porter, Marissa	Oak Ridge/SFL/1	1:09.05
3	Foye, Ashleigh	Folsom/SFL/1	1:03.24
4	Lee, Cassidy	Del Oro/SFL/1	1:01.95
5	Canzoneri, Sarah	Folsom/SFL/1	59.49
6	Wright, Annie	Granite Bay/SFL/	1:00.17
7	Holt, Jordan	Granite Bay/SFL/	1:02.15
8	Hardin, Hannah	Del Oro/SFL/1	1:04.76
9	Nelson, Madeleine	Rocklin/SFL/1	NT

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Heat 2 of 2 Prelims...(Event 15 Girls 400 Meter Dash Varsity (16))

2	Hutchins, Courtney	Oak Ridge/SFL/1	1:08.95
3	Salmon, Sierra	Oak Ridge/SFL/1	1:02.74
4	Dulgar, Briana	Oak Ridge/SFL/1	1:01.86
5	McIntosh, Cathilyn	Del Oro/SFL/1	56.47
6	Freeman, Callie	Folsom/SFL/1	1:01.65
7	McGrail, Kat	Granite Bay/SFL/	1:02.53
8	Mullins, Malory	Del Oro/SFL/1	1:06.43
9	Morin, Avery	Del Oro/SFL/1	NT

Event 16 Boys 400 Meter Dash Varsity (20)**9 Advance: Top 1 Each Heat plus Next 6 Best Times**

SJ Section: 46.53 1997 Eddie Levine

SFL: 48.66 5/15/2014 Aspy Walton

Lane	Name	School	Seed Time
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Heat 1 of 3 Prelims

3	Hanson, Matt	Woodcreek/SFL/1	56.39
4	Maeva, Wyatt	Oak Ridge/SFL/1	54.10
5	Small, Jon	Del Oro/SFL/1	50.39
6	Lashchuk, Kris	Granite Bay/SFL/	51.07
7	Carter, Daniel	Nevada Union/SFI	54.30
8	Arbough, Cory	Nevada Union/SFI	57.07

Heat 2 of 3 Prelims

2	Colina, Karl	Del Oro/SFL/1	NT
3	Hunter, Cole	Woodcreek/SFL/1	55.00
4	Riar, Junior	Woodcreek/SFL/1	53.75
5	McNamee, Bret	Oak Ridge/SFL/1	50.12
6	Outhavong, Kaleb	Folsom/SFL/1	51.68
7	Jan, Khaadim	Granite Bay/SFL/	54.46
8	Tuttle, Alex	Oak Ridge/SFL/1	59.21

Heat 3 of 3 Prelims

2	Rodriguez, Parker	Rocklin/SFL/1	NT
3	McKenzie, Keagan	Nevada Union/SFI	55.00
4	Wootton, Christian	Oak Ridge/SFL/1	53.08
5	Walton, Aspy	Woodcreek/SFL/1	48.66
6	Jarugula, Satvik	Folsom/SFL/1	52.24
7	Teodoro, Jacob	Folsom/SFL/1	54.60
8	Bouchard, Chris	Nevada Union/SFI	1:06.17

Event 17 Girls 100 Meter Dash Junior Varsity (35)**9 Advance: Top 1 Each Heat plus Next 5 Best Times**

SFL: 12.72 2006 Okungbowa

Lane	Name	School	Seed Time
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Heat 1 of 4 Prelims

2	Stephens, Sierra	Woodcreek/SFL/1	15.51
3	Player, Jasmine	Woodcreek/SFL/1	14.45
4	Hanson, Katherine	Del Oro/SFL/1	14.10
5	McCrea, Grace	Nevada Union/SFI	13.77
6	Huntzinger, Sophia	Del Oro/SFL/1	13.80
7	Torres, Tanya	Woodcreek/SFL/1	14.10
8	Owen, Katie	Woodcreek/SFL/1	14.48
9	Nguyen, Jasmine	Woodcreek/SFL/1	15.55

Heat 2 of 4 Prelims

1	Arizcuren, Jillian	Granite Bay/SFL/	NT
2	Shimer, D	Nevada Union/SFI	15.33
3	Brickhandler, Alyssa	Rocklin/SFL/1	14.41
4	Siu, Brianna	Rocklin/SFL/1	14.07
5	Fraser, Nicole	Del Oro/SFL/1	13.70
6	Sherwood, Isabel	Woodcreek/SFL/1	13.81
7	Rodriquez, Taylor	Woodcreek/SFL/1	14.14
8	Pevy, Taryn	Del Oro/SFL/1	14.82
9	Yearwood, Allison	Nevada Union/SFI	15.73

Heat 3 of 4 Prelims

1	Allison, Yearwood	Nevada Union/SFI	NT
2	Conder, Sarah	Nevada Union/SFI	15.11
3	Jivanov, Christina	Oak Ridge/SFL/1	14.36
4	DeRosa, Kendall	Rocklin/SFL/1	14.00
5	Johnston, Taylor	Nevada Union/SFI	13.50
6	Nguyen, Tori	Oak Ridge/SFL/1	13.90
7	Ogans, Ariana	Rocklin/SFL/1	14.16
8	Butler, Hayley	Folsom/SFL/1	14.92
9	Holt, Alana	Folsom/SFL/1	15.84

Heat 4 of 4 Prelims

1	Lewis, Madyson	Nevada Union/SFI	NT
2	Crenshaw, Grace	Nevada Union/SFI	15.10
3	Smith, Zoe	Rocklin/SFL/1	14.30
4	McDonald, Emma	Del Oro/SFL/1	13.95
5	Jones, Tianna	Woodcreek/SFL/1	13.43
6	Fralick, Chandler	Del Oro/SFL/1	13.90
7	Mundo, Isabelle	Woodcreek/SFL/1	14.27
8	Case, Leia	Nevada Union/SFI	15.04
9	Wilson, Jillian	Woodcreek/SFL/1	16.48

Event 18 Boys 100 Meter Dash Junior Varsity (48)**8 Advance: Top 1 Each Heat plus Next 2 Best Times**

SFL: 11.00 2005 Benfield

Lane	Name	School	Seed Time
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Heat 1 of 6 Prelims

2	Lopez, Jose	Woodcreek/SFL/1	13.73
3	Keehley, Conor	Del Oro/SFL/1	12.84
4	Myers, William	Del Oro/SFL/1	12.30
5	Vargas, Niko	Nevada Union/SFI	11.90
6	Whitney, Mason	Woodcreek/SFL/1	11.95
7	Overton, Trey	Rocklin/SFL/1	12.31
8	Stumpf, Ben	Nevada Union/SFI	12.85
9	Abel, Brandon	Woodcreek/SFL/1	13.83

Heat 2 of 6 Prelims

2	Hooper, David	Nevada Union/SFI	13.54
3	Moran, Kellen	Woodcreek/SFL/1	12.81
4	Harry, Stefan	Woodcreek/SFL/1	12.21
5	Budean, Jacob	Granite Bay/SFL/	11.87
6	Arroyo, Danny	Oak Ridge/SFL/1	11.96
7	Sterett, Matt	Oak Ridge/SFL/1	12.33
8	Fischbach, Casey	Woodcreek/SFL/1	12.86
9	Au, Justin	Woodcreek/SFL/1	14.02

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Heat 3 of 6 Prelims...(Event 18 Boys 100 Meter Dash Junior Varsity (

2	Graves, Garrett	Nevada Union/SFI	13.50
3	Joyce, Tallyn	Nevada Union/SFI	12.80
4	Urguhart, Westen	Del Oro/SFL/1	12.20
5	Latson, Jaylen	Granite Bay/SFL/	11.86
6	O'Brien, Trace	Rocklin/SFL/1	11.96
7	Martinez, Alex	Granite Bay/SFL/	12.41
8	Camba, Cameron	Woodcreek/SFL/1	12.93
9	Perez, Josafat	Rocklin/SFL/1	14.17

Heat 4 of 6 Prelims

2	Joyce, Preston	Nevada Union/SFI	13.30
3	Yeargin, Drew	Granite Bay/SFL/	12.69
4	Bailey, Samuel	Granite Bay/SFL/	12.19
5	Foster, Gavin	Del Oro/SFL/1	11.81
6	Slivka, John	Oak Ridge/SFL/1	11.96
7	Miclat, Matthew	Woodcreek/SFL/1	12.42
8	Zambrano, Kyle	Del Oro/SFL/1	12.94
9	Rainy, Connor	Rocklin/SFL/1	14.78

Heat 5 of 6 Prelims

2	Dougherty, Josh	Oak Ridge/SFL/1	13.13
3	Worley, Nathan	Woodcreek/SFL/1	12.69
4	Ross, Daniel	Woodcreek/SFL/1	12.18
5	Hurst, Mason	Del Oro/SFL/1	11.79
6	Hill, Shaine	Granite Bay/SFL/	12.04
7	Punsalan, Nathan	Rocklin/SFL/1	12.43
8	Forbes, Raymond	Granite Bay/SFL/	12.98
9	Holt, Brennan	Granite Bay/SFL/	NT

Heat 6 of 6 Prelims

2	Borges, Joey	Woodcreek/SFL/1	13.06
3	Kimmel, Spencer	Oak Ridge/SFL/1	12.60
4	DalBon, Owen	Nevada Union/SFI	12.18
5	England, Tyler	Woodcreek/SFL/1	11.62
6	Winsman, Hunter	Woodcreek/SFL/1	12.07
7	Barron, Matt	Granite Bay/SFL/	12.47
8	Larsen, Josh	Nevada Union/SFI	13.06
9	Slayton, Connor	Nevada Union/SFI	NT

Event 19 Girls 100 Meter Dash Varsity (32)**9 Advance: Top 1 Each Heat plus Next 5 Best Times**

SJ Section: 11.58 2004 Jennifer Nash
SFL: 12.11 5/11/2012 Brie Simmons

Lane	Name	School	Seed Time
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Heat 1 of 4 Prelims

2	Tator, Mikala	Oak Ridge/SFL/1	15.79
3	Tofte, Kayla	Nevada Union/SFI	14.40
4	Renner, Kelley	Oak Ridge/SFL/1	13.30
5	Corbett, Claire	Del Oro/SFL/1	13.10
6	Smith, Lauren	Woodcreek/SFL/1	13.10
7	Caesar, Skylar	Oak Ridge/SFL/1	13.38
8	Bui, Jordan	Oak Ridge/SFL/1	14.69
9	Khawaja, Aminah	Woodcreek/SFL/1	15.87

Heat 2 of 4 Prelims

2	Sugihara, Claire	Oak Ridge/SFL/1	15.57
3	Szuh, Brittnee	Woodcreek/SFL/1	14.26
4	Nogosek, Jessica	Woodcreek/SFL/1	13.30
5	Torkman, Nadia	Nevada Union/SFI	12.93
6	Setterlund, McKenna	Del Oro/SFL/1	13.17
7	Urquhart, Ella	Del Oro/SFL/1	13.59
8	Hicks, Maddy	Rocklin/SFL/1	14.88
9	Beishline, Brianna	Granite Bay/SFL/	16.51

Heat 3 of 4 Prelims

2	Anthony, Tai	Oak Ridge/SFL/1	15.03
3	Van Volkenburg, Reyna	Nevada Union/SFI	14.14
4	Chappell, Claire	Del Oro/SFL/1	13.25
5	Mitchell, Airelle	Woodcreek/SFL/1	12.73
6	Gunther, Amy	Woodcreek/SFL/1	13.17
7	Nolen, Brooklin	Nevada Union/SFI	13.60
8	Hintz, Maddie	Granite Bay/SFL/	14.90
9	Villegas, Leialani	Granite Bay/SFL/	16.82

Heat 4 of 4 Prelims

2	Miller, Amber	Granite Bay/SFL/	15.02
3	Pollock, Jennifer	Folsom/SFL/1	13.90
4	Hogan, Alexandra	Rocklin/SFL/1	13.23
5	Settle, Lyndsey	Rocklin/SFL/1	12.29
6	Sundberg, Megan	Rocklin/SFL/1	13.23
7	Stednitz, Gina	Woodcreek/SFL/1	13.63
8	Henry, Dominique	Granite Bay/SFL/	14.98
9	Schaedler, Nicole	Oak Ridge/SFL/1	21.51

Event 20 Boys 100 Meter Dash Varsity (34)**9 Advance: Top 1 Each Heat plus Next 5 Best Times**

SJ Section: 10.45 1996 Jim McGee
SFL: 10.82 5/13/2011 Michael Bullard

Lane	Name	School	Seed Time
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Heat 1 of 4 Prelims

2	Thomas, Brian	Granite Bay/SFL/	12.39
3	Sparks, Bryan	Nevada Union/SFI	11.90
4	Elkins, Ryan	Nevada Union/SFI	11.50
5	Ohanele, Chibuikem	Oak Ridge/SFL/1	10.98
6	Walters, Nouvel	Rocklin/SFL/1	11.11
7	Barker, Matt	Granite Bay/SFL/	11.55
8	Chattin, Hunter	Granite Bay/SFL/	11.90
9	Reyes, Chris	Granite Bay/SFL/	12.65

Heat 2 of 4 Prelims

2	Christie, Konner	Granite Bay/SFL/	12.35
3	Corbin, Jahi	Woodcreek/SFL/1	11.89
4	Wiley, Harrison	Granite Bay/SFL/	11.48
5	Jetter, Brandon	Oak Ridge/SFL/1	10.88
6	Calhoun, Van	Rocklin/SFL/1	11.19
7	Reed, Tayari	Folsom/SFL/1	11.56
8	Vajanaphanich, Sean	Granite Bay/SFL/	12.08
9	Morris, Joseph	Granite Bay/SFL/	12.82

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Heat 3 of 4 Prelims...(Event 20 Boys 100 Meter Dash Varsity (34))

1	Bugna, Kevin	Rocklin/SFL/1	NT
2	Schmidt, Ethan	Nevada Union/SFI	12.30
3	Short, Tyler	Granite Bay/SFL/	11.85
4	Nelson, Lenny	Woodcreek/SFL/1	11.45
5	Udoffia, Trey	Del Oro/SFL/1	10.80
6	Moreno, Dylan	Nevada Union/SFI	11.20
7	Sagucio, Brandon	Woodcreek/SFL/1	11.64
8	Hunter, Levi	Rocklin/SFL/1	12.16
9	Kirkpatrick, Michael	Nevada Union/SFI	13.30

Heat 4 of 4 Prelims

1	Mehrandezh, Ali	Rocklin/SFL/1	14.02
2	Thompson, Bailey	Woodcreek/SFL/1	12.25
3	Ahnin, Matt	Woodcreek/SFL/1	11.73
4	Rozier, Lorenzo	Granite Bay/SFL/	11.44
5	Williamson, Tyus	Woodcreek/SFL/1	10.67
6	Baiocchi, Lucas	Granite Bay/SFL/	11.39
7	Patterson, Caleb	Nevada Union/SFI	11.71
8	Grande, Jeremiah	Rocklin/SFL/1	12.21
9	Cayapan, Gerald	Rocklin/SFL/1	13.66

Event 21 Girls 800 Meter Run Junior Varsity (39)**12 Advance: Top 2 Each Heat plus Next 2 Best Times**

SFL: 2:23.32 5/13/2011 Amy Heyn

Lane	Name	School	Seed Time
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Heat 1 of 5 Prelims

1	Alexander, Lauren	Woodcreek/SFL/1	2:38.13
2	Huynh, Geneva	Folsom/SFL/1	2:39.22
3	Duncan, Mikhalla	Nevada Union/SFI	2:49.65
4	Valdez, Rosa	Woodcreek/SFL/1	2:52.20
5	Berman, McKenna	Nevada Union/SFI	3:01.30
6	Lehmer-Peasley, Sophia	Nevada Union/SFI	3:02.56
7	Jeppson, Emma	Del Oro/SFL/1	NT
8	Miller, Jordan	Del Oro/SFL/1	NT

Heat 2 of 5 Prelims

1	Dietz, Taylor	Del Oro/SFL/1	2:36.59
2	Suggs, Kate	Rocklin/SFL/1	2:40.28
3	Vavrinyuk, Sofia	Woodcreek/SFL/1	2:49.00
4	Burton, Desiree	Rocklin/SFL/1	2:53.43
5	Hernandez, Maria	Woodcreek/SFL/1	2:57.52
6	Fey, Anne	Rocklin/SFL/1	3:03.17
7	Cooper-Hynell, Anya	Nevada Union/SFI	NT
8	Groves, Jeralee	Nevada Union/SFI	NT

Heat 3 of 5 Prelims

1	Luna, Malia	Granite Bay/SFL/	2:36.27
2	Bresniker, Katrina	Granite Bay/SFL/	2:42.33
3	Jorgensen, Alora	Del Oro/SFL/1	2:47.02
4	Harding, Eliza	Folsom/SFL/1	2:54.04
5	Zumwalt, Katie	Folsom/SFL/1	2:57.35
6	Davis, Avery	Woodcreek/SFL/1	3:08.68
7	Falco, Olivia	Del Oro/SFL/1	NT
8	Hawkyard, Ashley	Del Oro/SFL/1	NT

Heat 4 of 5 Prelims

1	Poczobutt, Jordon	Granite Bay/SFL/	2:34.74
2	McCullough, Julia	Del Oro/SFL/1	2:44.56
3	Holt, Abbie	Del Oro/SFL/1	2:46.17
4	Bonds, Ireland	Folsom/SFL/1	2:54.18
5	Kwon, Gina	Folsom/SFL/1	2:56.15
6	Willson, Briana	Del Oro/SFL/1	3:19.17
7	Chaney, Kaitlyn	Rocklin/SFL/1	3:40.69
8	Smith, Sierra	Del Oro/SFL/1	NT

Heat 5 of 5 Prelims

1	Berman, Claire	Nevada Union/SFI	2:33.32
2	Smith, McKenna	Woodcreek/SFL/1	2:44.68
3	Wible, Emilie	Del Oro/SFL/1	2:45.57
4	Kibbee, Trinity	Woodcreek/SFL/1	2:54.93
5	Vanhonsebrouck, Madeline	Oak Ridge/SFL/1	2:55.31
6	Alvarado, Isabel	Woodcreek/SFL/1	3:34.45
7	Waechter, Brooke	Rocklin/SFL/1	3:38.86

Event 22 Boys 800 Meter Run Junior Varsity (46)**12 Advance: Top 2 Each Heat plus Next 0 Best Times**

SFL: 2:00.24 1980 McGee

Lane	Name	School	Seed Time
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Heat 1 of 6 Prelims

1	Dell'Orto, Jason	Granite Bay/SFL/	2:10.86
2	Ferraro, Justin	Rocklin/SFL/1	2:12.51
3	Fogiel, Benjamin	Nevada Union/SFI	2:20.33
4	Vo, Victor	Folsom/SFL/1	2:20.88
5	Kiesow, Wade	Folsom/SFL/1	2:27.92
6	Taylor, Jakob	Rocklin/SFL/1	2:28.29
7	Elliot, Matt	Rocklin/SFL/1	2:59.86
8	Tanahashi, Kollin	Del Oro/SFL/1	3:28.40

Heat 2 of 6 Prelims

1	Farman, Spencer	Del Oro/SFL/1	2:10.63
2	Rainey, Connor	Rocklin/SFL/1	2:13.49
3	Salcido, Tyler	Oak Ridge/SFL/1	2:19.31
4	Ross, Josh	Nevada Union/SFI	2:21.32
5	Andaya, Julian	Oak Ridge/SFL/1	2:27.44
6	Meyers, Jackson	Folsom/SFL/1	2:28.76
7	Young, Gary	Del Oro/SFL/1	2:39.20
8	Mann, Jake	Del Oro/SFL/1	NT

Heat 3 of 6 Prelims

1	Bomhoff, Garret	Del Oro/SFL/1	2:10.22
2	Warner, Callen	Nevada Union/SFI	2:13.76
3	Reich, Spencer	Woodcreek/SFL/1	2:19.20
4	Wilde, Christian	Oak Ridge/SFL/1	2:22.44
5	Undseth, Levi	Oak Ridge/SFL/1	2:26.50
6	Wantland, Serious	Nevada Union/SFI	2:29.05
7	Ragan, Alex	Rocklin/SFL/1	2:36.85
8	Brock, Robert	Del Oro/SFL/1	NT

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

Trials and Finals

At: Del Oro High School

Meet Program - Trials -- Running Events

Heat 4 of 6 Prelims...(Event 22 Boys 800 Meter Run Junior Varsity (4

1	O'Morhda, Jacob	Folsom/SFL/1	2:08.65
2	Montgomery, Myles	Nevada Union/SFI	2:14.30
3	Gai, Chris	Granite Bay/SFL/	2:17.22
4	Flores, Raymond	Del Oro/SFL/1	2:23.02
5	Encelewski, Ethan	Folsom/SFL/1	2:25.34
6	Burrows, Christian	Rocklin/SFL/1	2:29.76
7	Erickson, Luke	Nevada Union/SFI	2:36.75
8	Bingham, Parker	Del Oro/SFL/1	NT

Heat 5 of 6 Prelims

1	Davis, Brigham	Del Oro/SFL/1	2:07.14
2	Bricca, Lance	Oak Ridge/SFL/1	2:14.81
3	Arteaga, Kyle	Del Oro/SFL/1	2:17.09
4	Wright, Daniel	Folsom/SFL/1	2:23.28
5	Vaccaro, Wyatt	Folsom/SFL/1	2:24.93
6	Vanhonsebrouck, Nolan	Oak Ridge/SFL/1	2:30.44
7	Elmore, Dakota	Nevada Union/SFI	2:33.39

Heat 6 of 6 Prelims

1	Macktinger, Trenton	Del Oro/SFL/1	2:06.11
2	Russell, Craig	Woodcreek/SFL/1	2:15.06
3	Langreck, Ben	Oak Ridge/SFL/1	2:16.83
4	Basra, Rajan	Folsom/SFL/1	2:23.78
5	Stewart, Zach	Folsom/SFL/1	2:24.61
6	Kiesow, Drew	Folsom/SFL/1	2:31.19
7	Bellas, Andrew	Oak Ridge/SFL/1	2:31.34

Event 23 Girls 800 Meter Run Varsity (32)**12 Advance: Top 3 Each Heat plus Next 0 Best Times**

SJ Section: 2:06.09 2007 Dominique Jackson
SFL: 2:11.74 1999 Hyatt

Lane	Name	School	Seed Time
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Heat 1 of 4 Prelims

1	Lyons, Maddy	Del Oro/SFL/1	2:21.98
2	Mellquist, Annika	Woodcreek/SFL/1	2:24.46
3	Denner, Maddy	Oak Ridge/SFL/1	2:28.14
4	Wright, Peyton	Oak Ridge/SFL/1	2:29.62
5	Wernke, Madison	Del Oro/SFL/1	2:38.74
6	Martin, Skylar	Woodcreek/SFL/1	2:39.20
7	Johnson, Abbi	Folsom/SFL/1	3:04.08
8	Burns, Summer	Nevada Union/SFI	3:15.81

Heat 2 of 4 Prelims

1	Graves, Anitha	Woodcreek/SFL/1	2:21.10
2	Dulgar, Briana	Oak Ridge/SFL/1	2:26.16
3	Beitia, Alexandra	Granite Bay/SFL/	2:28.03
4	Untalan, Abigail	Del Oro/SFL/1	2:29.67
5	Castro-Wehr, Joy	Nevada Union/SFI	2:37.40
6	Mackie, Nicole	Del Oro/SFL/1	2:39.51
7	Sumner, Bethany	Nevada Union/SFI	2:51.74
8	Lichti, Hannah	Del Oro/SFL/1	NT

Heat 3 of 4 Prelims

1	Alhamad, Muna	Folsom/SFL/1	2:19.07
2	Pizzella, Nora	Nevada Union/SFI	2:26.56
3	Copeland, Kat	Folsom/SFL/1	2:27.67
4	McCallum, Elisabeth	Woodcreek/SFL/1	2:29.91
5	Pajer, Rachel	Folsom/SFL/1	2:34.50
6	Knorzer, Elle	Rocklin/SFL/1	2:40.75
7	Cena, Kristina	Nevada Union/SFI	2:46.35
8	Marangon, Giulia	Del Oro/SFL/1	NT

Heat 4 of 4 Prelims

1	Wolf, Erika	Nevada Union/SFI	2:17.46
2	Renner, Kayla	Oak Ridge/SFL/1	2:27.36
3	Denner, Elena	Oak Ridge/SFL/1	2:27.49
4	Gosting, Sierra	Rocklin/SFL/1	2:30.53
5	Zenzola, Nicole	Granite Bay/SFL/	2:34.03
6	Leduc, Jaclyn	Del Oro/SFL/1	2:41.03
7	Sall, Emily	Del Oro/SFL/1	2:45.91
8	Orsi, Victoria	Del Oro/SFL/1	NT

Event 24 Boys 800 Meter Run Varsity (34)**12 Advance: Top 3 Each Heat plus Next 0 Best Times**

SJ Section: 1:48.85 1997 James Levine
SFL: 1:53.24 1971 Hyatt

Lane	Name	School	Seed Time
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Heat 1 of 4 Prelims

1	Gladwell, Josh	Oak Ridge/SFL/1	2:01.81
2	McArthur, Sean	Woodcreek/SFL/1	2:02.07
3	Bertz, Logan	Del Oro/SFL/1	2:09.16
4	Harris, Josh	Nevada Union/SFI	2:09.46
5	Aitken, Gregory	Folsom/SFL/1	2:14.73
6	Smith, Jasper	Nevada Union/SFI	2:16.20
7	Hopper, Ben	Nevada Union/SFI	2:27.89
8	Sanchez, Marco	Oak Ridge/SFL/1	2:32.54

Heat 2 of 4 Prelims

1	Arnds, Max	Nevada Union/SFI	2:01.39
2	Colina, Karl	Del Oro/SFL/1	2:02.29
3	Luna, Josiah	Granite Bay/SFL/	2:07.69
4	Kauffman, Kyle	Oak Ridge/SFL/1	2:09.46
5	Fabian, Blake	Oak Ridge/SFL/1	2:14.58
6	Dell'Orto, Nathan	Granite Bay/SFL/	2:17.30
7	Emsley, Connor	Rocklin/SFL/1	2:21.39
8	DeGan, Dallas	Del Oro/SFL/1	NT

Heat 3 of 4 Prelims

1	Montoya, Johnathan	Rocklin/SFL/1	2:00.95
2	Flaherty, Colin	Folsom/SFL/1	2:03.95
3	Arteaga, Marc	Del Oro/SFL/1	2:07.58
4	Ostenberg, Kyler	Del Oro/SFL/1	2:09.90
5	Pettingill, Josh	Folsom/SFL/1	2:13.65
6	Hopper, Matt	Folsom/SFL/1	2:18.29
7	Winterhalter, Samuel	Del Oro/SFL/1	2:20.10
8	Gollnick, Gunnar	Del Oro/SFL/1	NT
9	Arbough, Cory	Nevada Union/SFI	NT

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

Trials and Finals

At: Del Oro High School

Meet Program - Trials -- Running Events

Heat 4 of 4 Prelims...(Event 24 Boys 800 Meter Run Varsity (34))

1	Neptune, Sam	Granite Bay/SFL/	1:58.88
2	Pena, Jorge	Woodcreek/SFL/1	2:04.88
3	Rodriguez, Parker	Rocklin/SFL/1	2:06.09
4	Vo, Travis	Folsom/SFL/1	2:10.87
5	Kretschmann, John	Folsom/SFL/1	2:13.22
6	Pastre, Nick	Nevada Union/SFI	2:18.39
7	Scanlon, Colby	Nevada Union/SFI	2:20.00
8	Quade, Michael	Del Oro/SFL/1	NT
9	Shanahan, Joseph	Del Oro/SFL/1	NT

Event 25 Girls 300 Meter Hurdles Junior Varsity (29)**8 Advance: Top 1 Each Heat plus Next 4 Best Times**

SFL: 47.87 5/14/2009 Brie Simmons

Lane	Name	School	Seed Time
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Heat 1 of 4 Prelims

1	Lackey, Julia	Nevada Union/SFI	NT
2	Maupin, Charlotte	Woodcreek/SFL/1	59.50
3	Stabbert, Clarice	Woodcreek/SFL/1	56.49
4	James, Faith	Granite Bay/SFL/	52.83
5	Fahning, Savannah	Del Oro/SFL/1	53.00
6	Correia, Alicia	Woodcreek/SFL/1	56.52
7	Pooler, Sydney	Rocklin/SFL/1	1:00.26
8	Naramore, Jessie	Nevada Union/SFI	NT

Heat 2 of 4 Prelims

1	Daniels, Sarah	Rocklin/SFL/1	NT
2	Larsen, Olivia	Del Oro/SFL/1	59.47
3	Campbell, Paige	Nevada Union/SFI	56.25
4	Horwath, Elle	Nevada Union/SFI	51.94
5	Lyon, Cami	Del Oro/SFL/1	53.37
6	Novikoff, Danica	Woodcreek/SFL/1	56.78
7	Walton, Gergia	Nevada Union/SFI	1:02.78

Heat 3 of 4 Prelims

1	Pattengale, Kianna	Del Oro/SFL/1	NT
2	Brickhandler, Alyssa	Rocklin/SFL/1	59.30
3	Ralstin, Isabella	Oak Ridge/SFL/1	56.21
4	Sewell, Alyssa	Granite Bay/SFL/	51.75
5	Wolansky, Mery Coral Pauline	Del Oro/SFL/1	54.24
6	Kramer, Greta	Nevada Union/SFI	57.27
7	Vobril, Hannah	Nevada Union/SFI	1:03.33

Heat 4 of 4 Prelims

1	Silva, Emma	Rocklin/SFL/1	1:06.35
2	Schaack, Lauren	Rocklin/SFL/1	59.26
3	Ahnin, Emily	Woodcreek/SFL/1	55.76
4	Brown, Michaela	Oak Ridge/SFL/1	50.63
5	Yach, Amalie	Rocklin/SFL/1	55.51
6	Killmer, Kiersten	Woodcreek/SFL/1	58.86
7	Dorsette, Hannah	Rocklin/SFL/1	1:05.73

Event 26 Girls 300 Meter Hurdles Varsity (22)**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

SJ Section: 40.57 2012 Daje Pugh
 SFL: 44.20 5/13/2011 Stephanie Blumm

Lane	Name	School	Seed Time
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Heat 1 of 3 Prelims

1	Willcox, Mellisa	Nevada Union/SFI	59.37
2	Patel, Jocelyn	Rocklin/SFL/1	53.87
3	Graves, Molly	Granite Bay/SFL/	50.75
4	O'Donnell, Kristina	Oak Ridge/SFL/1	46.81
5	Murphy-Cook, Maya	Granite Bay/SFL/	48.14
6	Woodward, Fayth	Nevada Union/SFI	51.12
7	Porter, Marissa	Oak Ridge/SFL/1	53.89
8	Bollard, Elizabeth	Del Oro/SFL/1	NT

Heat 2 of 3 Prelims

1	Rodriguez, Chelsea	Nevada Union/SFI	57.66
2	Wintsch, Haley	Woodcreek/SFL/1	53.62
3	Kinney, Natalie	Oak Ridge/SFL/1	50.11
4	Sanders, Kathryn	Oak Ridge/SFL/1	46.45
5	Gotro, Jaimi	Oak Ridge/SFL/1	48.44
6	Roser, Haley	Del Oro/SFL/1	51.47
7	Pagel, Mary	Woodcreek/SFL/1	56.79

Heat 3 of 3 Prelims

1	Torkman, Nadia	Nevada Union/SFI	57.54
2	Bova, Marin	Woodcreek/SFL/1	52.33
3	Smith, Delaney	Nevada Union/SFI	48.90
4	Baker, Amanda	Del Oro/SFL/1	46.25
5	Nelson, Cierra	Del Oro/SFL/1	48.55
6	Hardin, Hannah	Del Oro/SFL/1	52.22
7	Muniz, Rebecca	Nevada Union/SFI	56.82

Event 27 Boys 300 Meter Hurdles Junior Varsity (25)**8 Advance: Top 1 Each Heat plus Next 4 Best Times**

SFL: 40.54 1979 Helm, Coots (1982)

Lane	Name	School	Seed Time
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Heat 1 of 4 Prelims

2	Cassel, Cade	Nevada Union/SFI	49.66
3	Finau, Jared	Nevada Union/SFI	46.80
4	Hill, Brandon	Granite Bay/SFL/	44.93
5	Mallory, Travis	Woodcreek/SFL/1	45.20
6	Steinke, Jon	Rocklin/SFL/1	47.91
7	Thorne, Jaycob	Del Oro/SFL/1	50.05

Heat 2 of 4 Prelims

2	Kretchmer, Jacob	Woodcreek/SFL/1	48.98
3	Blatter, Spencer	Del Oro/SFL/1	46.22
4	Holt, Brennan	Granite Bay/SFL/	44.59
5	Sanders, Spencer	Granite Bay/SFL/	45.25
6	Hoffman, Brendan	Woodcreek/SFL/1	48.52
7	King, Brandon	Folsom/SFL/1	50.36

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

Trials and Finals

At: Del Oro High School

Meet Program - Trials -- Running Events

Heat 3 of 4 Prelims...(Event 27 Boys 300 Meter Hurdles Junior Varsity)

2	Belliman, Sam	Nevada Union/SFI	48.95
3	LeFlore, Luke	Rocklin/SFL/1	46.15
4	Huerta-Moore, Leonte'	Rocklin/SFL/1	43.30
5	Beesley, Hunter	Del Oro/SFL/1	45.62
6	Diemer, Cole	Granite Bay/SFL/	48.88
7	Aaron-Able, Brendan	Woodcreek/SFL/1	51.27

Heat 4 of 4 Prelims

1	McDevitt, Logan	Rocklin/SFL/1	NT
2	Cox, Zachary	Rocklin/SFL/1	48.90
3	Hayden, Hunter	Oak Ridge/SFL/1	45.74
4	Razumovsky, Ben	Rocklin/SFL/1	42.37
5	Manoguerra, Jace	Nevada Union/SFI	45.68
6	Traylor, Jarod	Woodcreek/SFL/1	48.89
7	Heninger, Jacob	Woodcreek/SFL/1	53.82

Event 28 Boys 300 Meter Hurdles Varsity (20)**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

SJ Section:	36.53	1999	Rico Hatter
SFL:	37.81	5/8/2008	Chase Dixon

Lane	Name	School	Seed Time
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Heat 1 of 3 Prelims

2	Bernal, Albert	Nevada Union/SFI	49.21
3	Huska, Jason	Rocklin/SFL/1	43.02
4	Prather, Griffin	Oak Ridge/SFL/1	41.47
5	Teodoro, Jacob	Folsom/SFL/1	41.49
6	Christie, Konner	Granite Bay/SFL/	44.02
7	Baker, Tim	Woodcreek/SFL/1	49.40

Heat 2 of 3 Prelims

1	Brendel, Tyler	Granite Bay/SFL/	NT
2	Tucker, Miles	Nevada Union/SFI	47.96
3	White, Daniel	Granite Bay/SFL/	42.91
4	Nash, Jared	Del Oro/SFL/1	41.45
5	Gingerich, Seth	Del Oro/SFL/1	41.53
6	Diodati, Kyle	Granite Bay/SFL/	46.57
7	Bouchard, Chris	Nevada Union/SFI	49.50

Heat 3 of 3 Prelims

1	Cayapan, Gerald	Rocklin/SFL/1	52.78
2	Scott, Kase	Nevada Union/SFI	47.80
3	Hardin, Will	Del Oro/SFL/1	42.85
4	Ramirez, Jacob	Woodcreek/SFL/1	40.98
5	Hopkins, Trafton	Del Oro/SFL/1	42.46
6	Chambers, Collin	Rocklin/SFL/1	46.64
7	Bradshaw, Ryan	Nevada Union/SFI	52.11

Event 29 Girls 200 Meter Dash Junior Varsity (40)**9 Advance: Top 1 Each Heat plus Next 4 Best Times**

SFL: 26.21 2006 Okungbowa

Lane	Name	School	Seed Time
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Heat 1 of 5 Prelims

2	Wilson, Jillian	Woodcreek/SFL/1	NT
3	Trexler, Sierra	Folsom/SFL/1	31.21
4	McDonald, Emma	Del Oro/SFL/1	30.19
5	Fraser, Nicole	Del Oro/SFL/1	28.95
6	Sherwood, Isabel	Woodcreek/SFL/1	29.22
7	Torres, Tanya	Woodcreek/SFL/1	30.29
8	Pevy, Taryn	Del Oro/SFL/1	31.26
9	Lewis, Madyson	Nevada Union/SFI	NT

Heat 2 of 5 Prelims

2	Duffy, Megan	Nevada Union/SFI	34.40
3	Romero, Emily	Woodcreek/SFL/1	31.03
4	DeRosa, Kendall	Rocklin/SFL/1	30.11
5	Jones, Tianna	Woodcreek/SFL/1	28.82
6	Smith, Zoe	Rocklin/SFL/1	29.43
7	Nguyen, Tori	Oak Ridge/SFL/1	30.34
8	Player, Jasmine	Woodcreek/SFL/1	31.62
9	Cruz, Janelle	Granite Bay/SFL/	NT

Heat 3 of 5 Prelims

2	Butler, Hayley	Folsom/SFL/1	33.09
3	Ta, Catalina	Folsom/SFL/1	30.94
4	Rodriguez, Taylor	Woodcreek/SFL/1	29.94
5	McCrea, Grace	Nevada Union/SFI	28.60
6	Hanson, Katherine	Del Oro/SFL/1	29.48
7	Randall, Ashley	Del Oro/SFL/1	30.36
8	Scott, Melanysha	Woodcreek/SFL/1	32.27
9	Yearwood, Allison	Nevada Union/SFI	NT

Heat 4 of 5 Prelims

2	Nguyen, Jasmine	Woodcreek/SFL/1	33.05
3	Arizcuren, Jillian	Granite Bay/SFL/	30.86
4	Francisco, Sofia	Del Oro/SFL/1	29.80
5	Johnston, Taylor	Nevada Union/SFI	28.40
6	Mundo, Isabelle	Woodcreek/SFL/1	29.59
7	Jivanov, Christina	Oak Ridge/SFL/1	30.42
8	Shimer, D	Nevada Union/SFI	32.76
9	Allison, Yearwood	Nevada Union/SFI	NT

Heat 5 of 5 Prelims

2	Stephens, Sierra	Woodcreek/SFL/1	32.95
3	Crenshaw, Grace	Nevada Union/SFI	30.70
4	Ly, Amanda	Woodcreek/SFL/1	29.69
5	Fralick, Chandler	Del Oro/SFL/1	28.30
6	Owen, Katie	Woodcreek/SFL/1	29.62
7	Siu, Brianna	Rocklin/SFL/1	30.62
8	Case, Leia	Nevada Union/SFI	32.90
9	Hellar, Danielle	Woodcreek/SFL/1	NT

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

Trials and Finals

At: Del Oro High School

Meet Program - Trials -- Running Events

Event 30 Boys 200 Meter Dash Junior Varsity (54)**9 Advance: Top 1 Each Heat plus Next 3 Best Times**

SFL: 22.64 2005 Benfield

Lane	Name	School	Seed Time
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Heat 1 of 6 Prelims

1	Myers, William	Del Oro/SFL/1	NT
2	Zlatanov, Simeon	Oak Ridge/SFL/1	27.77
3	Fischbach, Casey	Woodcreek/SFL/1	26.26
4	Joyce, Tallyn	Nevada Union/SFI	25.21
5	McCartney, Sam	Woodcreek/SFL/1	24.45
6	Stahlberg, Pierce	Del Oro/SFL/1	24.47
7	Kimmel, Spencer	Oak Ridge/SFL/1	25.42
8	Hill, Shaine	Granite Bay/SFL/	26.33
9	Overton, Trey	Rocklin/SFL/1	28.36

Heat 2 of 6 Prelims

1	Harris, Chris	Granite Bay/SFL/	NT
2	Zambrano, Kyle	Del Oro/SFL/1	27.58
3	Yeargin, Drew	Granite Bay/SFL/	26.04
4	Martinez, Alex	Granite Bay/SFL/	25.18
5	Foster, Gavin	Del Oro/SFL/1	24.21
6	Harper, Jared	Granite Bay/SFL/	24.59
7	Moran, Kellen	Woodcreek/SFL/1	25.48
8	Stumpf, Ben	Nevada Union/SFI	26.40
9	Graves, Garrett	Nevada Union/SFI	28.59

Heat 3 of 6 Prelims

1	Rainy, Connor	Rocklin/SFL/1	NT
2	Slayton, Connor	Nevada Union/SFI	26.80
3	O'Neal, Parker	Del Oro/SFL/1	25.97
4	Bailey, Samuel	Granite Bay/SFL/	25.02
5	Sliwka, John	Oak Ridge/SFL/1	24.21
6	O'Brien, Trace	Rocklin/SFL/1	24.61
7	Miclat, Matthew	Woodcreek/SFL/1	25.66
8	Forbes, Raymond	Granite Bay/SFL/	26.41
9	Abel, Brandon	Woodcreek/SFL/1	29.18

Heat 4 of 6 Prelims

1	Budean, Jacob	Granite Bay/SFL/	NT
2	Dougherty, Josh	Oak Ridge/SFL/1	26.72
3	Bugna, Kevin	Rocklin/SFL/1	25.96
4	Horillo, Abraham	Rocklin/SFL/1	25.00
5	Latson, Jaylen	Granite Bay/SFL/	24.13
6	Arroyo, Danny	Oak Ridge/SFL/1	24.70
7	Ross, Daniel	Woodcreek/SFL/1	25.74
8	Foye, Khalil	Folsom/SFL/1	26.42
9	Lopez, Jose	Woodcreek/SFL/1	29.24

Heat 5 of 6 Prelims

1	Hooper, David	Nevada Union/SFI	NT
2	Sterett, Matt	Oak Ridge/SFL/1	26.70
3	Sanchez, Jacob	Rocklin/SFL/1	25.95
4	Whitney, Mason	Woodcreek/SFL/1	24.95
5	England, Tyler	Woodcreek/SFL/1	23.82
6	DalBon, Owen	Nevada Union/SFI	24.70
7	Johnson, Jaylen	Oak Ridge/SFL/1	25.82
8	Worley, Nathan	Woodcreek/SFL/1	26.43
9	Au, Justin	Woodcreek/SFL/1	29.82

Heat 6 of 6 Prelims

1	Frank, Ricky	Granite Bay/SFL/	NT
2	Camba, Cameron	Woodcreek/SFL/1	26.69
3	Harry, Stefan	Woodcreek/SFL/1	25.93
4	Winsman, Hunter	Woodcreek/SFL/1	24.92
5	Clouse, David	Nevada Union/SFI	23.34
6	Quach, Justin	Rocklin/SFL/1	24.91
7	Barron, Matt	Granite Bay/SFL/	25.85
8	Borges, Joey	Woodcreek/SFL/1	26.68
9	Perez, Josafat	Rocklin/SFL/1	30.48

Event 31 Girls 200 Meter Dash Varsity (40)**9 Advance: Top 1 Each Heat plus Next 4 Best Times**

SJ Section: 23.73 2004 Jennifer Nash

SFL: 24.83 5/11/2012 Brie Simmons

Lane	Name	School	Seed Time
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Heat 1 of 5 Prelims

2	Sugihara, Claire	Oak Ridge/SFL/1	32.05
3	Tator, Mikala	Oak Ridge/SFL/1	29.57
4	Corbett, Claire	Del Oro/SFL/1	28.31
5	Canzoneri, Sarah	Folsom/SFL/1	26.89
6	Renner, Kelley	Oak Ridge/SFL/1	26.96
7	Salmon, Sierra	Oak Ridge/SFL/1	28.34
8	Tofte, Kayla	Nevada Union/SFI	29.90
9	Khawaja, Aminah	Woodcreek/SFL/1	33.05

Heat 2 of 5 Prelims

2	Bui, Jordan	Oak Ridge/SFL/1	31.95
3	Lacomb, Elissa	Folsom/SFL/1	29.16
4	Urquhart, Ella	Del Oro/SFL/1	27.96
5	Freeman, Callie	Folsom/SFL/1	26.82
6	Smith, Lauren	Woodcreek/SFL/1	27.07
7	Caesar, Skylar	Oak Ridge/SFL/1	28.39
8	Arfsten, Sarah	Granite Bay/SFL/	30.03
9	Beishline, Brianna	Granite Bay/SFL/	34.72

Heat 3 of 5 Prelims

2	Tillotson, Daphne	Nevada Union/SFI	31.50
3	McGrail, Kat	Granite Bay/SFL/	29.03
4	Sundberg, Megan	Rocklin/SFL/1	27.77
5	Wright, Annie	Granite Bay/SFL/	26.27
6	Hogan, Alexandra	Rocklin/SFL/1	27.31
7	Holt, Jordan	Granite Bay/SFL/	28.52
8	Szuh, Brittnee	Woodcreek/SFL/1	30.37
9	Villegas, Leialani	Granite Bay/SFL/	36.43

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

Trials and Finals

At: Del Oro High School

Meet Program - Trials -- Running Events

Heat 4 of 5 Prelims...(Event 31 Girls 200 Meter Dash Varsity (40))

2	Anthony, Tai	Oak Ridge/SFL/1	31.36
3	Nogosek, Jessica	Woodcreek/SFL/1	28.95
4	Setterlund, McKenna	Del Oro/SFL/1	27.63
5	McIntosh, Cathilyn	Del Oro/SFL/1	26.10
6	Foye, Ashleigh	Folsom/SFL/1	27.31
7	Gunther, Amy	Woodcreek/SFL/1	28.53
8	Hintz, Maddie	Granite Bay/SFL/	30.54
9	Schaedler, Nicole	Oak Ridge/SFL/1	47.38

Heat 5 of 5 Prelims

2	Henry, Dominique	Granite Bay/SFL/	30.93
3	Stednitz, Gina	Woodcreek/SFL/1	28.67
4	Mitchell, Airelle	Woodcreek/SFL/1	27.58
5	Settle, Lyndsey	Rocklin/SFL/1	25.71
6	Chappell, Claire	Del Oro/SFL/1	27.51
7	Lee, Cassidy	Del Oro/SFL/1	28.59
8	Hutchins, Courtney	Oak Ridge/SFL/1	30.91
9	Morin, Avery	Del Oro/SFL/1	NT

Heat 4 of 4 Prelims

1	Schmidt, Ethan	Nevada Union/SFI	27.36
2	Hunter, Levi	Rocklin/SFL/1	24.61
3	Chattin, Hunter	Granite Bay/SFL/	23.73
4	Calhoun, Van	Rocklin/SFL/1	23.07
5	Williamson, Tyus	Woodcreek/SFL/1	21.83
6	Barker, Matt	Granite Bay/SFL/	22.94
7	Wiley, Harrison	Granite Bay/SFL/	23.70
8	Maeva, Wyatt	Oak Ridge/SFL/1	24.18
9	Udoffia, Trey	Del Oro/SFL/1	26.08

Event 32 Boys 200 Meter Dash Varsity (36)**9 Advance: Top 1 Each Heat plus Next 5 Best Times**

SJ Section: 20.81 1981 Kevin Wilhite

SFL: 21.61 5/15/2014 Aspyr Walton

Lane	Name	School	Seed Time
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Heat 1 of 4 Prelims

1	Callahan, Graden	Del Oro/SFL/1	NT
2	Thompson, Bailey	Woodcreek/SFL/1	25.10
3	Riar, Junior	Woodcreek/SFL/1	23.92
4	Moreno, Dylan	Nevada Union/SFI	23.30
5	Jetter, Brandon	Oak Ridge/SFL/1	22.41
6	Gee, Dalton	Del Oro/SFL/1	22.60
7	Reed, Tayari	Folsom/SFL/1	23.51
8	Short, Tyler	Granite Bay/SFL/	23.92
9	Reyes, Chris	Granite Bay/SFL/	25.40

Heat 2 of 4 Prelims

1	McKim, Troy	Del Oro/SFL/1	NT
2	Carter, Daniel	Nevada Union/SFI	24.94
3	Jarugula, Satvik	Folsom/SFL/1	23.88
4	Rozier, Lorenzo	Granite Bay/SFL/	23.23
5	Ohanele, Chibuikem	Oak Ridge/SFL/1	22.39
6	Small, Jon	Del Oro/SFL/1	22.70
7	Wootton, Christian	Oak Ridge/SFL/1	23.65
8	Baiocchi, Lucas	Granite Bay/SFL/	23.96
9	Vajanaphanich, Sean	Granite Bay/SFL/	25.40

Heat 3 of 4 Prelims

1	Kirkpatrick, Michael	Nevada Union/SFI	27.77
2	Thomas, Brian	Granite Bay/SFL/	24.93
3	Lashchuk, Kris	Granite Bay/SFL/	23.77
4	McNamee, Bret	Oak Ridge/SFL/1	23.12
5	Walton, Aspyr	Woodcreek/SFL/1	22.30
6	Walters, Nouvel	Rocklin/SFL/1	22.83
7	Elkins, Ryan	Nevada Union/SFI	23.70
8	Ahnin, Matt	Woodcreek/SFL/1	24.16
9	Morris, Joseph	Granite Bay/SFL/	25.51