

Pacific Coast League Prelims and Finals - 5/5/2015 to 5/9/2015

University High School

Results

Girls 100 Meter Dash Varsity

PCL: 12.32 \$ 5/3/2013 Alexia Williams

Name	School	Prelims
Preliminaries		
1 Hendley, Carina	Northwood	12.99q -0.1
2 Chambers, Chinyere	Northwood	13.09q -0.3
3 Martinez, Darlene	Beckman	13.14q -0.3
4 Shkel, Daria	University -	13.23q +0.0
5 Mayer, Mia	University -	13.26q -0.3
6 Jablonski, Catherine	Woodbridge	13.27q +0.0
7 Barbarosh, Jessica	Woodbridge	13.42q -0.1
8 Robles, Julia	Northwood	13.46q +0.0
9 Ogunseitan, Sofya	University -	13.56q -0.1
10 Dixon, Danielle	Beckman	13.60 -0.3
11 Sahrai, Leili	University -	13.79 +0.0
12 Payne, Emma	Irvine	13.79 -0.1
13 Simon, Morgan	Corona Del M	13.81 -0.1
14 Ginger, Tiffany	Corona Del M	13.84 +0.0
15 Nunn, Ariana	Irvine	13.85 -0.3
16 Cizynski, Jillian	Woodbridge	13.88 -0.1
17 Hanessian, Katya	Corona Del M	14.02 -0.3
18 Parsi, Mana	Corona Del M	14.08 -0.3
19 Beese, Jillian	Corona Del M	14.15 +0.0

Girls 100 Meter Dash Varsity

PCL: 12.32 \$ 5/3/2013 Alexia Williams

Name	School	Finals
Finals		
1 Chambers, Chinyere	Northwood	12.91 -1.1
2 Hendley, Carina	Northwood	12.98 -1.1
3 Jablonski, Catherine	Woodbridge	13.23 -1.1
4 Shkel, Daria	University -	13.29 -1.1
5 Barbarosh, Jessica	Woodbridge	13.33 -1.1
6 Mayer, Mia	University -	13.43 -1.1
7 Robles, Julia	Northwood	13.64 -1.1
8 Martinez, Darlene	Beckman	13.65 -1.1
9 Ogunseitan, Sofya	University -	13.76 -1.1

Girls 200 Meter Dash Varsity

PCL: 25.22 \$ 5/9/2014 Rai Ahmed-Green

Name	School	Prelims
Preliminaries		
1 Hendley, Carina	Northwood	26.62q -0.3
2 Chambers, Chinyere	Northwood	27.04q 0.6
3 Werth, Caroline	University -	27.09q -0.1
4 Shepherd, Laurel	Irvine	27.45q -0.3
5 Jablonski, Catherine	Woodbridge	27.49q 0.6
6 Barbarosh, Jessica	Woodbridge	27.62q -0.1
7 Robles, Julia	Northwood	27.89q -0.1
8 Muniz, Lauren	Northwood	27.90q 0.6
9 Dixon, Danielle	Beckman	27.90q -0.3
10 Lin, Jody	Woodbridge	28.28 -0.3
11 Simon, Morgan	Corona Del M	28.36 -0.1
12 Ogunseitan, Sofya	University -	28.46 0.6
13 Shimizu, Tessa	Woodbridge	28.85 -0.1

14 Hanessian, Katya	Corona Del M	28.94 -0.3
15 Jennings, Grace	Corona Del M	28.97 0.6
16 Payne, Emma	Irvine	29.55 -0.3
17 Cao, Anh	Irvine	29.69 -0.1

Girls 200 Meter Dash Varsity

PCL: 25.22 \$ 5/9/2014 Rai Ahmed-Green

Name	School	Finals
Finals		
1 Hendley, Carina	Northwood	26.62 -0.9
2 Chambers, Chinyere	Northwood	26.74 -0.9
3 Jablonski, Catherine	Woodbridge	26.75 -0.9
4 Werth, Caroline	University -	27.45 -0.9
5 Barbarosh, Jessica	Woodbridge	27.76 -0.9
6 Dixon, Danielle	Beckman	27.82 -0.9
7 Shepherd, Laurel	Irvine	28.02 -0.9
8 Robles, Julia	Northwood	28.11 -0.9
9 Muniz, Lauren	Northwood	28.55 -0.9

Girls 400 Meter Dash Varsity

PCL: 55.57 \$ 5/6/2011 Gabrielle Scott

Name	School	Prelims
Preliminaries		
1 Metayer, Paige	University -	59.15q
2 Shepherd, Laurel	Irvine	1:01.46q
3 Lee, Carmel	University -	1:01.50q
4 Nguyen, Hai-Trang	Irvine	1:01.77q
5 Lin, Jody	Woodbridge	1:03.59q
6 Bolger, Amanda	Northwood	1:03.65q
7 Vu, Cindy	Beckman	1:03.67q
8 Anderson, Erika	Corona Del M	1:03.69q
9 Solomon, Bella	Corona Del M	1:04.00q
10 Jennings, Grace	Corona Del M	1:04.30
11 Shimizu, Tessa	Woodbridge	1:04.70
12 Sullivan, Katie	Corona Del M	1:04.81
13 Muniz, Lauren	Northwood	1:04.85
14 Lim, Karin	Woodbridge	1:06.97
15 Schmidt, Kyra	University -	1:07.24

Girls 400 Meter Dash Varsity

PCL: 55.57 \$ 5/6/2011 Gabrielle Scott

Name	School	Finals
Finals		
1 Metayer, Paige	University -	58.68
2 Lee, Carmel	University -	1:00.10
3 Shepherd, Laurel	Irvine	1:00.84
4 Bolger, Amanda	Northwood	1:01.74
5 Nguyen, Hai-Trang	Irvine	1:02.34
6 Solomon, Bella	Corona Del M	1:02.91
7 Vu, Cindy	Beckman	1:02.97
8 Anderson, Erika	Corona Del M	1:03.15
9 Lin, Jody	Woodbridge	1:04.37

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Girls 800 Meter Run Varsity

PCL: 2:13.80 \$ 5/6/2014 Bethan Knights

Name	School	Prelims
Preliminaries		
1 Metayer, Paige	University -	2:17.72q
2 Heising, Bethani	Woodbridge	2:20.94q
3 Larson, Ashley	Northwood	2:21.65q
4 Chuang, Michelle	Beckman	2:21.66q
5 Murphy, Sami	Northwood	2:21.89q
6 Oefelein, Meagan	Woodbridge	2:23.69q
7 Sterritt, Alex	Irvine	2:25.08q
8 Schmidt, Lilly	Corona Del M	2:27.03q
9 Esparza, Jazmin	Northwood	2:27.73q
10 Hansen, Kirsten	Corona Del M	2:28.03q
11 Stern, Sarah	University -	2:30.01q
12 Rosborough, Melissa	Northwood	2:32.06q
13 Bryant, Janine	University -	2:33.17
14 Wolker, Elin	Corona Del M	2:34.10
15 Crane, Hannah	Corona Del M	2:39.45

Girls 800 Meter Run Varsity

PCL: 2:13.80 \$ 5/6/2014 Bethan Knights

Name	School	Finals
Finals		
1 Metayer, Paige	University -	2:16.33
2 Larson, Ashley	Northwood	2:17.51
3 Oefelein, Meagan	Woodbridge	2:18.08
4 Heising, Bethani	Woodbridge	2:21.07
5 Chuang, Michelle	Beckman	2:23.20
6 Esparza, Jazmin	Northwood	2:24.83
7 Hansen, Kirsten	Corona Del M	2:26.63
8 Stern, Sarah	University -	2:28.91
9 Schmidt, Lilly	Corona Del M	2:29.79
10 Wolker, Elin	Corona Del M	2:31.36
11 Bryant, Janine	University -	2:32.01
12 Rosborough, Melissa	Northwood	2:32.67

Girls 1600 Meter Run Varsity

PCL: 4:50.52 \$ 5/9/2014 Bethan Knights

Name	School	Prelims
Preliminaries		
1 Murphy, Sami	Northwood	5:14.11q
2 Powers, Raquel	Corona Del M	5:16.30q
3 Schmidt, Lilly	Corona Del M	5:16.30q
4 Sterritt, Alex	Irvine	5:17.34q
5 Dahl, Elizabeth	Woodbridge	5:18.67q
6 Loyola Barajas, Andrea	Northwood	5:19.44q
7 Gonzalez, Lora	Woodbridge	5:19.95q
8 Chuang, Michelle	Beckman	5:22.76q
9 Choe, Jacqueline	Corona Del M	5:24.17q
10 Lowder, Danielle	Beckman	5:28.97q
11 Bryant, Janine	University -	5:30.98q
12 Schmidt, Kyra	University -	5:48.34q
13 Crane, Hannah	Corona Del M	5:51.64

Girls 1600 Meter Run Varsity

PCL: 4:50.52 \$ 5/9/2014 Bethan Knights

Name	School	Finals
Finals		
1 Murphy, Sami	Northwood	5:01.77
2 Powers, Raquel	Corona Del M	5:09.51
3 Sterritt, Alex	Irvine	5:10.01
4 Dahl, Elizabeth	Woodbridge	5:14.51
5 Gonzalez, Lora	Woodbridge	5:14.62
6 Schmidt, Lilly	Corona Del M	5:16.26
7 Chuang, Michelle	Beckman	5:17.25
8 Loyola Barajas, Andrea	Northwood	5:17.32
9 Choe, Jacqueline	Corona Del M	5:25.36
10 Bryant, Janine	University -	5:31.21
11 Lowder, Danielle	Beckman	5:38.65
12 Schmidt, Kyra	University -	5:45.19

Girls 3200 Meter Run Varsity

PCL: 10:33.31 \$ 5/9/2014 Bethan Knights

Name	School	Finals
Finals		
1 Murphy, Sami	Northwood	11:00.16
2 Powers, Raquel	Corona Del M	11:08.03
3 Gonzalez, Lora	Woodbridge	11:17.35
4 Choe, Jacqueline	Corona Del M	11:31.97
5 Sterritt, Alex	Irvine	11:40.54
6 Dahl, Elizabeth	Woodbridge	11:42.41
7 Loyola Barajas, Andrea	Northwood	12:09.78
8 Esparza, Jazmin	Northwood	12:25.64
9 Bryant, Janine	University -	12:46.65
10 Schmidt, Kyra	University -	12:54.58
11 Crane, Hannah	Corona Del M	12:56.18
12 Rosborough, Melissa	Northwood	13:11.64

Girls 100 Meter Hurdles Varsity

PCL: 14.93 \$ 5/3/2013 Kyndol Craver

Name	School	Prelims
Preliminaries		
1 Sundstrom, Katie	Irvine	16.49q -0.6
2 Martinez, Darlene	Beckman	16.67q -1.6
3 Blanton, Crisylle	Northwood	17.08q -1.6
4 Caldwell, Elise	Woodbridge	17.11q -0.6
4 Lin, Sonia	University -	17.11q -1.3
6 Tristan, Amani	Northwood	17.28q -1.3
7 Wang, Joy	Northwood	17.36q -1.6
8 Gomez, Samantha	Woodbridge	17.47q -1.3
9 Bazzaz, Hala	Beckman	17.64q -0.6
10 Ulwelling, Elise	Woodbridge	17.71 -1.6
11 May, Kellie	Northwood	17.78 -0.6
12 Nunn, Ariana	Irvine	17.96 -1.6
13 Thompson, Paige	Corona Del M	18.14 -1.3
14 Sheth, Ami	University -	18.80 -1.6
15 Wheeler, Anna	University -	20.39 -0.6
--- Liu, Kasady	Beckman	DQ -1.3

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Girls 100 Meter Hurdles Varsity

PCL: 14.93 \$ 5/3/2013 Kyndol Craver

Name	School	Finals
Finals		
1 Sundstrom, Katie	Irvine	16.42 -1.0
2 Martinez, Darlene	Beckman	16.51 -1.0
3 Gomez, Samantha	Woodbridge	16.62 -1.0
4 Tristan, Amani	Northwood	16.70 -1.0
5 Blanton, Crisylle	Northwood	16.95 -1.0
6 Lin, Sonia	University -	16.98 -1.0
7 Caldwell, Elise	Woodbridge	17.01 -1.0
8 Wang, Joy	Northwood	17.47 -1.0
9 Bazzaz, Hala	Beckman	17.77 -1.0

Girls 300 Meter Hurdles Varsity

PCL: 44.97 \$ 5/3/2013 Kyndol Craver

Name	School	Prelims
Preliminaries		
1 Sundstrom, Katie	Irvine	48.23q
2 Tristan, Amani	Northwood	48.68q
3 Liu, Kasady	Beckman	48.79q
4 Gomez, Samantha	Woodbridge	50.14q
5 Bazzaz, Hala	Beckman	50.30q
6 Ulwelling, Elise	Woodbridge	50.64q
7 Bolger, Amanda	Northwood	51.56q
8 Laveaga, Erica	Woodbridge	51.58q
9 Nunn, Ariana	Irvine	52.92q
10 Thompson, Paige	Corona Del M	53.04

Girls 300 Meter Hurdles Varsity

PCL: 44.97 \$ 5/3/2013 Kyndol Craver

Name	School	Finals
Finals		
1 Sundstrom, Katie	Irvine	47.21
2 Tristan, Amani	Northwood	47.46
3 Liu, Kasady	Beckman	47.74
4 Gomez, Samantha	Woodbridge	48.36
5 Ulwelling, Elise	Woodbridge	49.49
6 Laveaga, Erica	Woodbridge	49.78
7 Bazzaz, Hala	Beckman	50.05
8 Bolger, Amanda	Northwood	52.01
9 Nunn, Ariana	Irvine	53.12

Girls 4x100 Meter Relay Varsity

PCL: 48.69 \$ 5/4/2012

B Maynard, A Williams, R Ahmed-Green, S Crawley

Team	Relay	Finals
Finals		
1 Northwood	A	50.04
1) Robles, Julia	2) Hendley, Carina	
3) Muniz, Lauren	4) Chambers, Chinyere	
2 Woodbridge	A	51.51
1) Jablonski, Catherine	2) Shimizu, Tessa	
3) Lin, Jody	4) Barbarosh, Jessica	

3 Irvine	A	51.62
1) Cao, Anh	2) Shepherd, Laurel	
3) Payne, Emma	4) Nunn, Ariana	
4 University -ss	A	51.78
1) Mayer, Mia	2) Shkel, Daria	
3) Ogunseit, Sofya	4) Sahrai, Leili	
5 Beckman	A	51.93
1) Dixon, Danielle	2) Martinez, Darlene	
3) Garcia, Raquel	4) Lowder, Danielle	
6 Corona Del Mar	A	52.68
1) Beese, Jillian	2) Hanessian, Katya	
3) Simon, Morgan	4) Ginger, Tiffany	

Girls 4x400 Meter Relay Varsity

PCL: 3:58.16 \$ 5/9/2014 Woodbridge

B Jablonski, M Oefelein, M Craver, K Oefelein

Team	Relay	Finals
Finals		
1 University -ss	A	4:05.24
1) Stern, Sarah	2) Bryant, Janine	
3) Metayer, Paige	4) Lee, Carmel	
2 Woodbridge	A	4:05.85
1) Jablonski, Catherine	2) Heising, Bethani	
3) Shimizu, Tessa	4) Oefelein, Meagan	
3 Beckman	A	4:07.48
1) Liu, Kasady	2) Lowder, Danielle	
3) Vu, Cindy	4) Chuang, Michelle	
4 Northwood	A	4:10.95
1) Larson, Ashley	2) Bolger, Amanda	
3) Chambers, Chinyere	4) Muniz, Lauren	
5 Irvine	A	4:13.98
1) Shepherd, Laurel	2) Nguyen, Hai-Trang	
3) Sundstrom, Katie	4) Sterritt, Alex	
6 Corona Del Mar	A	4:17.39
1) Schmidt, Lilly	2) Solomon, Bella	
3) Sullivan, Katie	4) Anderson, Erika	

Girls High Jump Varsity

PCL: 5-03 \$ 5/9/2014 Hannah O'Connor

Name	School	Finals
Finals		
1 Keddington, Claire	Corona Del M	4-11.00
2 Rihm, Victoria	Corona Del M	4-09.00
2 Vanous, Alexandria	Irvine	4-09.00
4 Culbertson, Emily	Woodbridge	J4-09.00
5 Chang, Rona	Northwood	J4-09.00
6 Polaha, Rebecca	Corona Del M	4-07.00
7 Wang, Joy	Northwood	J4-07.00
8 Shkel, Daria	University -	J4-07.00
9 Bolger, Amanda	Northwood	J4-07.00
10 Wheeler, Anna	University -	4-05.00
11 Garcia, Raquel	Beckman	J4-05.00
--- O'Connor, Abby	Woodbridge	NH
--- Blanton, Crisylle	Northwood	NH

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Girls Pole Vault Varsity

PCL: 6-00 \$ 5/9/2014 Shanny Nelson

Name	School	Finals
Finals		
1 Scott, Melissa	Beckman	10-00.00\$

Girls Long Jump Varsity

PCL: 17-11 \$ 5/4/2013 Maia Craver

Name	School	Finals
Finals		
1 May, Kellie	Northwood	18-00.50\$ NWI
2 Vanous, Alexandria	Irvine	16-11.00 NWI
3 Werth, Caroline	University -	16-07.75 NWI
4 Beese, Jillian	Corona Del M	16-03.75 NWI
5 Biele, Anna	Beckman	15-06.00 NWI
6 Blanton, Crisylle	Northwood	15-05.50 NWI
7 Escalante, Alicia	Woodbridge	15-04.50 NWI
8 Lin, Sonia	University -	15-04.00 NWI
9 Tristan, Amani	Northwood	15-01.00 NWI
10 Bunch, Adele	Woodbridge	14-10.00 NWI
11 Nguyen, Hai-Trang	Irvine	14-09.00 NWI
12 Keddington, Claire	Corona Del M	14-08.50 NWI
13 Greenberg, Kathryn	Corona Del M	14-04.00 NWI
13 Lin, Kelly	Woodbridge	14-04.00 NWI
15 Patil, Monique	University -	13-02.00 NWI
--- Rihm, Victoria	Corona Del M	ND NWI
--- Cao, Anh	Irvine	ND NWI

Girls Triple Jump Varsity

PCL: 35-11 \$ 5/4/2007 Tiffany Lui

Name	School	Finals
Finals		
1 May, Kellie	Northwood	36-03.50\$ NWI
2 Werth, Caroline	University -	35-06.00 NWI
3 Keddington, Claire	Corona Del M	32-07.00 NWI
4 Beese, Jillian	Corona Del M	32-05.00 NWI
5 Lin, Kelly	Woodbridge	32-04.25 NWI
6 Biele, Anna	Beckman	32-02.25 NWI
7 Shkel, Daria	University -	32-01.25 NWI
8 Cao, Anh	Irvine	32-00.50 NWI
9 Nguyen, Hai-Trang	Irvine	31-11.00 NWI
10 Escalante, Alicia	Woodbridge	31-02.50 NWI
11 Greenberg, Kathryn	Corona Del M	31-00.00 NWI
12 Garcia, Raquel	Beckman	30-07.75 NWI
13 Bunch, Adele	Woodbridge	30-01.50 NWI
14 Patil, Monique	University -	29-10.00 NWI
15 Laveaga, Erica	Woodbridge	29-07.50 NWI
--- Wang, Joy	Northwood	ND NWI
--- Polaha, Rebecca	Corona Del M	ND NWI

Girls Shot Put Varsity

PCL: 40-01.50 \$ 5/4/2012 Karle"n Wilson

Name	School	Finals
Finals		
1 Miki-Han, Anelamaikalani	Irvine	34-00.75

2	Lee, Melissa	University -	32-10.25
3	King, Maria	Corona Del M	31-08.25
4	Jones, Elizabeth	Corona Del M	30-10.75
5	Haug, Lydia	University -	30-02.75
6	Wensley, Kayla	Corona Del M	30-02.50
7	Pacheco, Christina	Woodbridge	29-06.25
8	May, Kellie	Northwood	28-03.50
9	Meyhoefer, Reece	Beckman	26-11.00
10	Elgohary, Sara	University -	26-08.00
11	Lam, Shannen	Northwood	26-05.50
12	Jasso, Janette	Beckman	26-05.00
13	Cardenas, Briana	Woodbridge	25-10.25
14	Torres, Samantha	Beckman	24-08.50
15	Currim, Ariana	Corona Del M	24-02.00
16	mousa, sara	Irvine	22-08.25
17	Hawley-Browder, Abigail	Woodbridge	22-05.25
18	Ghaneian, Afsan	Northwood	20-10.00
19	Luvianos, Camila	Irvine	19-07.00
20	Claros, Andrea	Woodbridge	17-07.00
---	Andrade, Annie	Irvine	ND
---	Tam, Kelly	Corona Del M	ND

Girls Discus Throw Varsity

PCL: 136-01 \$ 5/4/2009 Margarita Matiks

	Name	School	Finals
Finals			
1	Miki-Han, Anelamaikalani	Irvine	109-04
2	Lee, Melissa	University -	108-09
3	Cooper, Amanda	Corona Del M	107-08
4	Jones, Elizabeth	Corona Del M	100-09
5	Cardenas, Briana	Woodbridge	98-02
6	Torres, Samantha	Beckman	96-06
7	King, Maria	Corona Del M	93-00
8	Elgohary, Sara	University -	87-09
9	Luvianos, Camila	Irvine	86-02
10	mousa, sara	Irvine	85-09
11	Pacheco, Christina	Woodbridge	83-08
12	Tam, Kelly	Corona Del M	82-10
13	Haug, Lydia	University -	81-11
14	Currim, Ariana	Corona Del M	80-11
15	Meyhoefer, Reece	Beckman	79-10
16	Wensley, Kayla	Corona Del M	78-09
17	Claros, Andrea	Woodbridge	75-07
18	Ghaneian, Afsan	Northwood	66-09
19	Hawley-Browder, Abigail	Woodbridge	65-01
20	Lam, Shannen	Northwood	52-03
---	Andrade, Annie	Irvine	XND

Girls 100 Meter Dash Junior Varsity

PCL: 13.42 \$ 5/4/2010 Ellie Nadal

Name	School	Prelims
Preliminaries		
1 Singh, Simran	Beckman	\$ 13.42q 1.8
2 Raykhman, Sarah	University -	13.54q 1.8
3 Wong, Haylie	Northwood	13.78q -1.1
4 Salas, Sam	University -	13.86q 1.8

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Preliminaries ... (Girls 100 Meter Dash Junior Varsity)

Name	School	Prelims
5 williams, kayla	Irvine	13.88q -0.7
6 Abdulaziz, Savannah	Irvine	13.94q 1.8
7 Chang, Brittany	Woodbridge	14.28q -0.7
8 Annarella, Claire	Beckman	14.32q -1.1
8 Cyr, Miranda	Corona Del M	14.32q 1.8
10 Garg, Anita	University -	14.46 -0.7
11 Sexton, Colette	Northwood	14.51 -1.1
12 Vu, Kiana	Beckman	14.56 -1.1
12 Hall, Zyah	University -	14.56 1.8
14 Chernayvskaya, Katia	Corona Del M	14.77 -0.7
15 Mancao, Alyssa-Marie	Northwood	15.28 -0.7
16 Kobayashi, Kelly	Corona Del M	15.34 -1.1
17 Savery, Lea	Beckman	15.38 1.8
18 Kim, Jin	Woodbridge	15.83 -0.7
19 Carlson, Faith	Corona Del M	16.21 -0.7

Girls 100 Meter Dash Junior Varsity

PCL: 13.42 \$ 5/4/2010 Ellie Nadal

Name	School	Finals
Finals		
1 Raykhman, Sarah	University -	13.59 -1.5
2 Singh, Simran	Beckman	13.65 -1.5
3 Wong, Haylie	Northwood	13.88 -1.5
4 Abdulaziz, Savannah	Irvine	14.10 -1.5
5 Salas, Sam	University -	14.20 -1.5
6 Garg, Anita	University -	14.25 -1.5
7 Chang, Brittany	Woodbridge	14.28 -1.5
8 williams, kayla	Irvine	14.30 -1.5
9 Cyr, Miranda	Corona Del M	14.52 -1.5

Girls 200 Meter Dash Junior Varsity

PCL: 27.69 \$ 5/6/2011 Erica Lu

Name	School	Prelims
Preliminaries		
1 Raykhman, Sarah	University -	28.42q -0.5
2 williams, kayla	Irvine	28.56q -0.1
3 Wong, Haylie	Northwood	28.91q -0.5
4 Manneh, Farah	Beckman	29.03q -0.1
5 Singh, Simran	Beckman	29.12q -0.5
6 Chang, Brittany	Woodbridge	29.14q -0.8
7 Garg, Anita	University -	29.24q -0.1
8 Salas, Sam	University -	29.41q -0.8
9 Abdulaziz, Savannah	Irvine	29.51q -0.5
10 Cai, Angela	Beckman	29.64 -0.8
11 Sexton, Colette	Northwood	30.07 -0.5
12 Kim, Jisoo	Northwood	30.73 -0.8
13 Mancao, Alyssa-Marie	Northwood	31.31 -0.5
14 Solaimani, Shana	Irvine	31.35 -0.8
15 Chernayvskaya, Katia	Corona Del M	31.67 -0.5
16 Hall, Zyah	University -	32.52 -0.1
17 Kobayashi, Kelly	Corona Del M	32.61 -0.8
18 Kim, Jin	Woodbridge	33.48 -0.1
19 Wosoughkia, Faith	Corona Del M	34.32 -0.5

Girls 200 Meter Dash Junior Varsity

PCL: 27.69 \$ 5/6/2011 Erica Lu

Name	School	Finals
Finals		
1 Raykhman, Sarah	University -	28.74 -1.8
2 Manneh, Farah	Beckman	28.94 -1.8
3 Garg, Anita	University -	29.00 -1.8
4 Singh, Simran	Beckman	29.04 -1.8
5 Wong, Haylie	Northwood	29.12 -1.8
6 Salas, Sam	University -	29.48 -1.8
7 Chang, Brittany	Woodbridge	29.57 -1.8
8 Cai, Angela	Beckman	29.70 -1.8
9 Abdulaziz, Savannah	Irvine	30.12 -1.8

Girls 400 Meter Dash Junior Varsity

PCL: 1:01.03 \$ 5/4/2012 Carr Vu

Name	School	Prelims
Preliminaries		
1 Griswold, Daelyn	Irvine	1:04.13q
2 Manneh, Farah	Beckman	1:05.28q
3 Hurtada, Ashley	Woodbridge	1:06.72q
4 Cai, Angela	Beckman	1:07.67q
5 Ta, Lauren	Northwood	1:08.35q
6 Chang, Hwey-Ying	Northwood	1:08.38q
7 Solaimani, Shana	Irvine	1:08.87q
8 Kim, Jisoo	Northwood	1:09.45q
9 Yam, Joanna	Beckman	1:09.91q
10 Rivera, Ariana	Corona Del M	1:10.02
11 Ashton, Alexandria	Woodbridge	1:11.24
12 Langlois, Issabelle	University -	1:11.27
13 Yu, Stacey	University -	1:11.41
14 Womack, Dashauna	University -	1:12.94
15 Condino, Katie	Corona Del M	1:13.10
16 Barooni, Neeka	University -	1:15.38
17 Arreola, Destiny	Beckman	1:15.86
18 Aviles, Paola	Woodbridge	1:18.37
19 Chen, Josephine	Northwood	1:18.94
20 Nguyen, Celine	University -	1:21.93
21 Kessler, Rachel	Corona Del M	1:21.99

Girls 400 Meter Dash Junior Varsity

PCL: 1:01.03 \$ 5/4/2012 Carr Vu

Name	School	Finals
Finals		
1 Manneh, Farah	Beckman	1:03.55
2 Griswold, Daelyn	Irvine	1:04.45
3 Hurtada, Ashley	Woodbridge	1:06.01
4 Ta, Lauren	Northwood	1:06.09
5 Chang, Hwey-Ying	Northwood	1:06.43
6 Cai, Angela	Beckman	1:06.48
7 Kim, Jisoo	Northwood	1:08.58
8 Yam, Joanna	Beckman	1:09.14
9 Solaimani, Shana	Irvine	1:09.85

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Girls 800 Meter Run Junior Varsity

PCL: 2:24.78 \$ 5/8/2009 Ali Hummelberg

Name	School	Prelims
Preliminaries		
1 Matuch, Cindy	Beckman	2:34.68q
2 Morgan, Michelle	Irvine	2:37.18q
3 Lin, Jennifer	Northwood	2:38.21q
4 Papaccio, Parker	Corona Del M	2:40.13q
5 Langlois, Issabelle	University -	2:41.88q
6 Rivera, Ariana	Corona Del M	2:43.71q
7 Sierra, Nanise	Northwood	2:44.87q
8 Philipp, Anna	Northwood	2:46.22q
9 Liu, Bessie	University -	2:46.89q
10 Robles, Sasaiya	Northwood	2:48.43q
11 Kim, Caitlyn	Beckman	2:50.38q
12 Okamura, Kayli	Beckman	2:50.95q
13 Houshang, Sara	Woodbridge	2:55.32
14 Condino, Katie	Corona Del M	3:00.92
15 Godina, Emily	Northwood	3:03.47
16 Stefano, Erin	Corona Del M	3:05.73
17 Barooni, Neeka	University -	3:13.86

Girls 800 Meter Run Junior Varsity

PCL: 2:24.78 \$ 5/8/2009 Ali Hummelberg

Name	School	Finals
Finals		
1 Papaccio, Parker	Corona Del M	2:33.21
2 Matuch, Cindy	Beckman	2:34.22
3 Morgan, Michelle	Irvine	2:35.73
4 Rivera, Ariana	Corona Del M	2:40.31
5 Lin, Jennifer	Northwood	2:40.64
6 Sierra, Nanise	Northwood	2:41.06
7 Langlois, Issabelle	University -	2:41.42
8 Kim, Caitlyn	Beckman	2:44.39
9 Okamura, Kayli	Beckman	2:46.40
10 Robles, Sasaiya	Northwood	2:48.05
11 Liu, Bessie	University -	2:48.92
12 Philipp, Anna	Northwood	2:51.08

Girls 1600 Meter Run Junior Varsity

PCL: 5:28.89 \$ 5/6/2011 Alyssa Gutcher

Name	School	Prelims
Preliminaries		
1 Kaisho, Ai	Woodbridge	5:41.39q
2 Lin, Jennifer	Northwood	5:42.79q
3 Correnty, Katie	Corona Del M	5:48.32q
4 Kim, Hae (Grace)	Beckman	5:53.76q
5 Langlois, Issabelle	University -	5:55.31q
6 Wright, Andie	Corona Del M	5:56.18q
7 Sierra, Nanise	Northwood	5:56.86q
8 Kim, Caitlyn	Beckman	5:58.96q
9 Robles, Sasaiya	Northwood	5:59.68q
10 Liu, Bessie	University -	6:02.17q
11 Watanabe, Yui	Woodbridge	6:10.09q
12 Okamura, Kayli	Beckman	6:11.30q

13	Ledina, Nicole	Woodbridge	6:15.46
14	Gerken, Bella	Corona Del M	6:18.14
15	Philipp, Anna	Northwood	6:25.53
16	Wenz, Rachel	Woodbridge	6:33.99
17	Morehouse, Allie	Corona Del M	6:51.18

Girls 1600 Meter Run Junior Varsity

PCL: 5:28.89 \$ 5/6/2011 Alyssa Gutcher

Name	School	Finals
Finals		
1 Kaisho, Ai	Woodbridge	5:33.08
2 Lin, Jennifer	Northwood	5:43.64
3 Correnty, Katie	Corona Del M	5:48.37
4 Langlois, Issabelle	University -	5:55.12
5 Wright, Andie	Corona Del M	5:58.42
6 Robles, Sasaiya	Northwood	6:00.14
7 Kim, Hae (Grace)	Beckman	6:00.20
8 Kim, Caitlyn	Beckman	6:01.09
9 Liu, Bessie	University -	6:04.83
10 Sierra, Nanise	Northwood	6:11.91
11 Watanabe, Yui	Woodbridge	6:12.47
12 Okamura, Kayli	Beckman	6:13.82

Girls 3200 Meter Run Junior Varsity

PCL: 12:01.18 \$ 5/6/2011 Alexis Abad

Name	School	Finals
Finals		
1 Kaisho, Ai	Woodbridge	12:15.48
2 Lin, Jennifer	Northwood	12:32.70
3 Wright, Andie	Corona Del M	12:57.62
4 Correnty, Katie	Corona Del M	13:00.88
5 Sierra, Nanise	Northwood	13:06.93
6 Kim, Hae (Grace)	Beckman	13:07.17
7 Morgan, Michelle	Irvine	13:09.86
8 Liu, Bessie	University -	13:17.06
9 Eguchi, Natsuki	Northwood	13:28.85
10 Ledina, Nicole	Woodbridge	13:45.05
11 Ronnenberg, Alexandra	Corona Del M	13:52.80
12 Philipp, Anna	Northwood	13:54.05
13 Robles, Sasaiya	Northwood	13:59.22
14 Watanabe, Yui	Woodbridge	13:59.40
15 Wenz, Rachel	Woodbridge	14:31.18

Girls 100 Meter Hurdles Junior Varsity

PCL: 17.55 \$ 5/4/2012 Kayla Kirksey

Name	School	Prelims
Preliminaries		
1 Zamanian, Shaneen	University -	18.41q -1.5
2 Solby, Kalli	Beckman	18.51q +0.0
3 Roman, Cheyenne	Woodbridge	18.67q -1.5
4 Yu, Stacey	University -	18.84q +0.0
5 Annarella, Claire	Beckman	19.05q +0.0
6 Asfahani, Celena	Beckman	19.95q -1.5
7 Do, Megan	Woodbridge	20.00q +0.0
8 Wenz, Emily	Woodbridge	20.04q +0.0
9 To, Jennifer	University -	20.31q -1.5

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Preliminaries ... (Girls 100 Meter Hurdles Junior Varsity)

Name	School	Prelims
10 Maragay, Mya	Northwood	20.72 +0.0
11 Fields, Prosperity	Irvine	21.40 -1.5
12 Leong, Kelianna	Irvine	22.03 +0.0
13 Trimmer, Kristina	Woodbridge	22.27 +0.0
14 Jenkins, Mariah	Irvine	22.31 +0.0
15 Rawal, Arya	Woodbridge	23.23 -1.5
16 King, Faith	Northwood	25.01 -1.5

Girls 100 Meter Hurdles Junior Varsity

PCL: 17.55 \$ 5/4/2012 Kayla Kirksey

Name	School	Finals
Finals		
1 Annarella, Claire	Beckman	18.25 -1.6
2 Yu, Stacey	University -	18.29 -1.6
3 Roman, Cheyenne	Woodbridge	18.35 -1.6
4 Zamanian, Shaneen	University -	18.38 -1.6
5 Solby, Kalli	Beckman	18.62 -1.6
6 Do, Megan	Woodbridge	19.83 -1.6
7 Asfahani, Celena	Beckman	20.13 -1.6
8 To, Jennifer	University -	20.23 -1.6
9 Wenz, Emily	Woodbridge	20.27 -1.6

Girls 300 Meter Hurdles Junior Varsity

PCL: 49.55 \$ 5/4/2012 Nadia Sine

Name	School	Prelims
Preliminaries		
1 Roman, Cheyenne	Woodbridge	53.06q
2 Wenz, Emily	Woodbridge	54.05q
3 Fields, Prosperity	Irvine	55.08q
4 Zamanian, Shaneen	University -	55.24q
5 Asfahani, Celena	Beckman	55.28q
6 Do, Megan	Woodbridge	57.02q
7 Annarella, Claire	Beckman	57.41q
8 To, Jennifer	University -	57.74q
9 Lang, Tracy	Irvine	58.65q
10 Trimmer, Kristina	Woodbridge	58.66
11 Leong, Kelianna	Irvine	58.90
12 Mejia, Nadia	Irvine	1:00.88
13 King, Faith	Northwood	1:01.12
14 Barooni, Neeka	University -	1:01.88
15 Maragay, Mya	Northwood	1:03.91
16 Rawal, Arya	Woodbridge	1:10.04

Girls 300 Meter Hurdles Junior Varsity

PCL: 49.55 \$ 5/4/2012 Nadia Sine

Name	School	Finals
Finals		
1 Roman, Cheyenne	Woodbridge	52.32
2 Wenz, Emily	Woodbridge	52.75
3 Annarella, Claire	Beckman	53.84
4 Asfahani, Celena	Beckman	53.98
5 Fields, Prosperity	Irvine	55.13
6 Zamanian, Shaneen	University -	55.27
7 Do, Megan	Woodbridge	56.80

8	Lang, Tracy	Irvine	57.31
9	To, Jennifer	University -	57.58

Girls 4x100 Meter Relay Junior Varsity

PCL: 52.46 \$ 5/4/2012

K Russell, W Huntley-Fenner, K Rozin, W Caroline

Team	Relay	Finals
Finals		
1 Northwood	A	53.32
1) Ta, Lauren	2) Kim, Jisoo	
3) Wong, Haylie	4) Sexton, Colette	
2 University -ss	A	54.21
1) Raykhman, Sarah	2) Salas, Sam	
3) Garg, Anita	4) Hall, Zyiah	
3 Beckman	A	54.72
1) Singh, Simran	2) Annarella, Claire	
3) Vu, Kiana	4) Asfahani, Celena	
4 Irvine	A	55.07
1) Abdulaziz, Savannah	2) Griswold, Daelyn	
3) Solaimani, Shana	4) Dakak, Tala	
5 Corona Del Mar	A	56.24
1) Beese, LeLe	2) Cyr, Miranda	
3) Kobayashi, Kelly	4) Arico, Hannah	
--- Woodbridge	A	DQ
1) Kim, Jin	2) Trimmer, Kristina	
3) Park, Christine	4) Chang, Brittany	

Girls 4x400 Meter Relay Junior Varsity

PCL: 4:14.50 \$ 5/4/2012

C Vu, C Walton, K Steeg, A Cohen

Team	Relay	Finals
Finals		
1 Beckman	A	4:27.15
1) Cai, Angela	2) Matuch, Cindy	
3) Yam, Joanna	4) Manneh, Farah	
2 Corona Del Mar	A	4:34.16
1) Rivera, Ariana	2) Condino, Katie	
3) Correnty, Katie	4) Kessler, Rachel	
3 Woodbridge	A	4:34.51
1) Do, Megan	2) Hurtada, Ashley	
3) Roman, Cheyenne	4) Kim, Jin	
4 Northwood	A	4:40.32
1) Chang, Bethany	2) Kim, Jisoo	
3) Sexton, Colette	4) Wong, Haylie	
5 Irvine	A	4:45.81
1) Griswold, Daelyn	2) Solaimani, Shana	
3) Morgan, Michelle	4) williams, kayla	
6 University -ss	A	5:21.92
1) Nguyen, Celine	2) Barooni, Neeka	
3) Mozafari, Tanya	4) Womack, Dashauna	

Girls High Jump Junior Varsity

PCL: 4-10 \$ 5/4/2012 Calirornia Fuller

Name	School	Finals
Finals		
1 Smith, Haley	Woodbridge	4-02.00

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Finals ... (Girls High Jump Junior Varsity)

Name	School	Finals
2 Zhang, Julie	Northwood	4-00.00
2 Hsueh, Alissa	Northwood	4-00.00
--- Murphy, Bethany	Northwood	NH
--- Kroll, Laura	Northwood	NH

Girls Pole Vault Junior Varsity

Name	School	Finals
--- Trimmer, Kristina	Woodbridge	NH

Girls Long Jump Junior Varsity

PCL: 15-10.25 \$ 5/3/2012 Alicia Escalante

Name	School	Finals
Finals		
1 williams, kayla	Irvine	14-06.00 NWI
2 Ta, Lauren	Northwood	13-05.25 NWI
3 Salas, Sam	University -	13-01.50 NWI
4 Szerenyi, Cintrina	Northwood	13-01.25 NWI
5 Park, Christine	Woodbridge	12-11.75 NWI
6 Rice, Sarah	Northwood	12-08.25 NWI
7 Collado, Jania	Irvine	12-06.25 NWI
8 Shinohara, Suzuk	University -	12-03.75 NWI
9 Lee, Aishlinn	Irvine	12-03.50 NWI
10 Kotov, Daria	Northwood	11-11.00 NWI
11 Hoang, Kimberly	University -	11-08.25 NWI
12 Blackwood, Lia	University -	11-07.50 NWI
13 Tom, Alexis	Irvine	10-02.50 NWI
14 Pozil, Kelly	Woodbridge	9-08.50 NWI
--- O'Connor, Molly	Woodbridge	ND NWI
--- Hijazi, Alya	Irvine	ND NWI
--- Wainstein, Aspen	Woodbridge	ND NWI

Girls Triple Jump Junior Varsity

PCL: 32-00.50 \$ 5/3/2011 Kiana Scheiber

Name	School	Finals
Finals		
1 Singh, Simran	Beckman	30-03.50 NWI
2 Roman, Cheyenne	Woodbridge	28-07.50 NWI
3 Ta, Lauren	Northwood	28-06.00 NWI
4 Kotov, Daria	Northwood	27-06.50 NWI
5 Blackwood, Lia	University -	27-06.25 NWI
6 Park, Christine	Woodbridge	26-08.00 NWI
7 Asfahani, Celena	Beckman	26-07.25 NWI
8 O'Connor, Molly	Woodbridge	25-08.00 NWI
9 Chico, Miranel	University -	25-07.50 NWI
10 Hoang, Kimberly	University -	25-04.00 NWI
11 Eshraghi, Elena	University -	25-00.00 NWI
12 Szerenyi, Cintrina	Northwood	24-07.50 NWI
13 Collado, Jania	Irvine	24-07.00 NWI
14 Lee, Aishlinn	Irvine	23-10.00 NWI
15 Rice, Sarah	Northwood	22-06.00 NWI
16 Tom, Alexis	Irvine	21-11.00 NWI
--- Hijazi, Alya	Irvine	ND NWI

Girls Shot Put Junior Varsity

PCL: 29-02.50 \$ 5/3/2011 Madaline Franklin

Name	School	Finals
Finals		
1 Murphy, Bethany	Northwood	23-11.50
1 Hosseini, Ava	University -	23-11.50
3 Beck, Ashley	Beckman	23-01.75
4 Senker, Alexa	Woodbridge	20-09.00
5 Chae, Juhee	Irvine	20-00.75
6 Jeliakov, Pamela	Beckman	19-04.75
7 Kroll, Laura	Northwood	18-09.25
8 Halim, Sahar	Northwood	18-01.00
9 Kresge, Amanda	Irvine	17-07.00
10 Sanchez, Veronica	Irvine	17-06.50
11 De La Torre, Amethyst	Irvine	17-05.00

Girls Discus Throw Junior Varsity

PCL: 100-03.50 \$ 5/3/2011 Angie Trujillo

Name	School	Finals
Finals		
1 Beck, Ashley	Beckman	71-00
2 Sanchez, Veronica	Irvine	66-00
3 Murphy, Bethany	Northwood	65-08
4 Chae, Juhee	Irvine	63-00
5 Jeliakov, Pamela	Beckman	62-05
6 Hosseini, Ava	University -	60-00
7 Senker, Alexa	Woodbridge	59-09
8 Halim, Sahar	Northwood	56-02
9 Kresge, Amanda	Irvine	52-00
10 De La Torre, Amethyst	Irvine	49-11
11 Kroll, Laura	Northwood	46-02

Girls 100 Meter Dash Frosh/Soph

PCL: 13.09 \$ 5/3/2013 Jiwon Kim

Name	School	Prelims
Preliminaries		
1 Parampil, Amy	University -	13.38q 0.6
2 Wood, Leyna	University -	13.63q 1.1
3 Bocancea, Simona	Corona Del M	13.63q 0.6
4 Choi, Yenna	Irvine	13.86q 1.1
5 Kong, Brooke	Northwood	13.96q -0.4
6 Emadi, Setareh	University -	14.01q 0.6
7 Osaw, Jade	Irvine	14.16q 0.6
8 Nunn, Tiana	Irvine	14.30q 0.6
9 Johnson, Alexis	Corona Del M	14.36q -0.4
10 McBride, Kylie	Woodbridge	14.72 1.1
11 San Diego, Keola	Woodbridge	14.74 -0.4
12 Goolsby, Emma	University -	14.78 -0.4
13 Nguyen, Hannah	University -	14.80 1.1
14 Beqaj, Linda	Northwood	14.84 0.6
15 Ho, Indi	Beckman	14.96 1.1
16 Weisman, Vivian	Beckman	14.96 0.6
17 Mor, Nicole	Woodbridge	14.99 1.1
18 Tsai, Arielle	Beckman	14.99 -0.4
19 Alsop, Naomi	Woodbridge	15.00 0.6

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Preliminaries ... (Girls 100 Meter Dash Frosh/Soph)

Name	School	Prelims
20 Maloney, Ashley	Corona Del M	15.15 -0.4
21 Gao, Annie	Northwood	16.07 -0.4

Girls 100 Meter Dash Frosh/Soph

PCL: 13.09 \$ 5/3/2013 Jiwon Kim

Name	School	Finals
Finals		
1 Wood, Leyna	University -	13.37 0.2
2 Parampil, Amy	University -	13.57 0.2
3 Bocancea, Simona	Corona Del M	13.58 0.2
4 Kong, Brooke	Northwood	13.58 0.2
5 Choi, Yenna	Irvine	13.93 0.2
6 Johnson, Alexis	Corona Del M	13.97 0.2
7 Emadi, Setareh	University -	14.08 0.2
8 Osaw, Jade	Irvine	14.32 0.2
9 Nunn, Tiana	Irvine	14.69 0.2

Girls 200 Meter Dash Frosh/Soph

PCL: 27.11 \$ 5/3/2013 Kailey Gaffikin

Name	School	Prelims
Preliminaries		
1 Bocancea, Simona	Corona Del M	28.73q -0.2
2 Lopez, Juanita	Woodbridge	28.89q -0.2
3 Wood, Leyna	University -	28.96q -0.4
4 Choi, Yenna	Irvine	28.97q -0.7
5 Emadi, Setareh	University -	29.43q -0.7
6 Shrader, Jen	Northwood	29.54q -0.4
7 Osaw, Jade	Irvine	29.78q -0.4
8 Shard, Julia	Corona Del M	29.83q -0.4
9 Deverian, Maddy	Corona Del M	30.03q -0.7
10 Lu, Allison	Northwood	30.17 -0.2
11 San Diego, Keola	Woodbridge	30.42 -0.7
12 Goolsby, Emma	University -	30.56 -0.2
13 McBride, Kylie	Woodbridge	30.84 -0.2
14 Sterritt, Gabriella	Irvine	30.86 -0.2
15 Nguyen, Jasmine	Woodbridge	31.40 -0.4
16 Tsai, Arielle	Beckman	31.89 -0.7
17 Choi, Victoria	Beckman	31.93 -0.4
18 Weisman, Vivian	Beckman	32.25 -0.2
19 Maloney, Ashley	Corona Del M	32.51 -0.4
20 Gao, Annie	Northwood	33.25 -0.7
21 Torres, Nicole	Beckman	33.57 -0.2

Girls 200 Meter Dash Frosh/Soph

PCL: 27.11 \$ 5/3/2013 Kailey Gaffikin

Name	School	Finals
Finals		
1 Lopez, Juanita	Woodbridge	28.18 -1.0
2 Bocancea, Simona	Corona Del M	28.33 -1.0
3 Wood, Leyna	University -	28.41 -1.0
4 Choi, Yenna	Irvine	28.80 -1.0
5 Shrader, Jen	Northwood	28.88 -1.0
6 Shard, Julia	Corona Del M	28.93 -1.0
7 Emadi, Setareh	University -	29.53 -1.0

8 Osaw, Jade Irvine 30.37 -1.0

Girls 400 Meter Dash Frosh/Soph

PCL: 1:01.39 \$ 5/3/2013 Caroline Vu

Name	School	Prelims
Preliminaries		
1 Hamon, Madeleine	Irvine	1:04.94q
2 Lopez, Juanita	Woodbridge	1:05.34q
3 Shard, Julia	Corona Del M	1:05.67q
4 Shrader, Jen	Northwood	1:05.80q
5 Ahmed, Hoor	Northwood	1:06.87q
6 Lu, Allison	Northwood	1:07.93q
7 Sterritt, Gabriella	Irvine	1:08.09q
8 Deverian, Maddy	Corona Del M	1:08.19q
9 Morris, Kira	Beckman	1:09.38q
10 Li, Christine	University -	1:12.48
11 Mitchell, Haley	Woodbridge	1:13.34
12 Nguyen, Gentil	University -	1:14.14
13 Cavecche, Brooke	Beckman	1:14.16
14 Litinski, Rotem	University -	1:14.72
15 Torres, Nicole	Beckman	1:14.96
16 Choi, Victoria	Beckman	1:15.33
17 Katouli, Sofia	Beckman	1:17.32
18 Peterson, Raya	Corona Del M	1:21.12
19 ElGhayati, Pansy	University -	1:21.73
20 Rhee, Isabella	Corona Del M	1:24.13
21 Khalkhali, Nahal	Beckman	1:33.38

Girls 400 Meter Dash Frosh/Soph

PCL: 1:01.39 \$ 5/3/2013 Caroline Vu

Name	School	Finals
Finals		
1 Hamon, Madeleine	Irvine	1:02.75
2 Lopez, Juanita	Woodbridge	1:03.27
3 Shrader, Jen	Northwood	1:03.29
4 Shard, Julia	Corona Del M	1:05.20
5 Ahmed, Hoor	Northwood	1:06.10
6 Lu, Allison	Northwood	1:06.24
7 Sterritt, Gabriella	Irvine	1:06.46
8 Deverian, Maddy	Corona Del M	1:07.34
9 Morris, Kira	Beckman	1:09.30

Girls 800 Meter Run Frosh/Soph

PCL: 2:27.13 \$ 5/3/2013 Cindy Matuch

Name	School	Prelims
Preliminaries		
1 Lai, Ashley	Northwood	2:31.89q
2 Villafior, Hailey	Northwood	2:34.62q
3 praet, marina	Irvine	2:35.79q
4 Muller, Chloe	Northwood	2:37.31q
5 McNamara, Maureen	Woodbridge	2:38.65q
6 Salemme, Ellen	Woodbridge	2:38.74q
7 St. Geme, Emma	Corona Del M	2:40.86q
8 Kiefer, Haley	Corona Del M	2:46.70q
9 Kim, Katie	Corona Del M	2:49.23q
10 Huang, Amanda	Woodbridge	2:50.30q

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Preliminaries ... (Girls 800 Meter Run Frosh/Soph)

Name	School	Prelims
11 Evans, Christine	Woodbridge	2:50.39q
12 Greenbaum, Julia	Beckman	2:53.66q
13 Brom, Juli	University -	2:56.27
14 Cedric, Alyssa	Beckman	2:58.06
15 Lopez, Daniela	Beckman	3:00.51
16 Sefarian, Alex	Corona Del M	3:14.05
17 Bradley, Alyssa	Irvine	3:14.08
18 Charara, Fatima	Irvine	3:17.73

Girls 800 Meter Run Frosh/Soph

PCL: 2:27.13 \$ 5/3/2013 Cindy Matuch

Name	School	Finals
Finals		
1 McNamara, Maureen	Woodbridge	2:31.81
2 Lai, Ashley	Northwood	2:32.85
3 praet, marina	Irvine	2:33.05
4 Villafior, Hailey	Northwood	2:34.42
5 Muller, Chloe	Northwood	2:37.05
6 Salemme, Ellen	Woodbridge	2:43.12
7 Kim, Katie	Corona Del M	2:44.60
8 St. Geme, Emma	Corona Del M	2:46.88
9 Kiefer, Haley	Corona Del M	2:47.12
10 Evans, Christine	Woodbridge	2:47.33
11 Huang, Amanda	Woodbridge	2:47.40
12 Greenbaum, Julia	Beckman	2:51.28

Girls 1600 Meter Run Frosh/Soph

PCL: 5:16.98 \$ 5/9/2014 Hailey Villafior

Name	School	Prelims
Preliminaries		
1 Lai, Ashley	Northwood	5:42.64q
2 Salemme, Ellen	Woodbridge	5:42.88q
3 Villafior, Hailey	Northwood	5:45.55q
4 St. Geme, Emma	Corona Del M	5:46.12q
5 Muller, Chloe	Northwood	5:46.78q
6 Kline, Erika	Woodbridge	5:47.53q
7 Greenberg, Madi	Corona Del M	5:55.49q
8 praet, marina	Irvine	5:58.19q
9 Manneh, Leila	Beckman	6:04.92q
10 Ramos, Jade	Beckman	6:06.06q
11 McNamara, Maureen	Woodbridge	6:14.05q
12 Cedric, Alyssa	Beckman	6:16.62q
13 Pelayo, Briana	Beckman	6:20.99
14 Pan, Anna	University -	6:23.01
15 Mishra, Anita	Northwood	6:25.41
16 Cohen, Haley	Corona Del M	6:26.13
17 Kennedy, Scarlett	Woodbridge	6:32.25
18 Schoenbaum, Hannah	Corona Del M	6:34.07
19 Bradley, Alyssa	Irvine	7:02.30

Girls 1600 Meter Run Frosh/Soph

PCL: 5:16.98 \$ 5/9/2014 Hailey Villafior

Name	School	Finals
Finals		
1 Lai, Ashley	Northwood	5:29.23
2 Villafior, Hailey	Northwood	5:32.16
3 Muller, Chloe	Northwood	5:35.49
4 Salemme, Ellen	Woodbridge	5:38.13
5 St. Geme, Emma	Corona Del M	5:39.95
6 Kline, Erika	Woodbridge	5:47.39
7 praet, marina	Irvine	5:53.08
8 Manneh, Leila	Beckman	5:53.10
9 Greenberg, Madi	Corona Del M	5:58.36
10 Ramos, Jade	Beckman	6:01.17
11 Cedric, Alyssa	Beckman	6:11.95

Girls 3200 Meter Run Frosh/Soph

PCL: 12:06.18 \$ 5/9/2014 Lora Gonzalez

Name	School	Finals
Finals		
1 Villafior, Hailey	Northwood	12:19.55
2 Kline, Erika	Woodbridge	12:22.93
3 Lai, Ashley	Northwood	12:29.77
4 Greenberg, Madi	Corona Del M	12:31.61
5 Muller, Chloe	Northwood	12:57.84
6 Manneh, Leila	Beckman	12:58.05
7 Ramos, Jade	Beckman	13:07.41
8 Kim, Katie	Corona Del M	13:44.83
9 Pan, Anna	University -	13:52.72
10 Woo, Lauren	Beckman	13:57.54
11 Vu, Megan	Irvine	14:05.44
12 Spence, Evelyn	Beckman	14:10.27
13 Kennedy, Scarlett	Woodbridge	14:17.72
14 Fallahzadeh, Deebea	Corona Del M	14:38.97
15 Larios, Allison	Woodbridge	14:39.37
16 Chang, Lucia	Woodbridge	15:04.37

Girls 100 Meter Hurdles Frosh/Soph

PCL: 17.11 \$ 5/3/2013 Jiwon Kim

Name	School	Prelims
Preliminaries		
1 Nunn, Tiana	Irvine	17.66q -0.7
2 Bartz, Julianne	Corona Del M	18.42q -2.4
3 Carter, Camille	Beckman	18.66q -1.8
4 Nguyen, Trisha	Woodbridge	19.47q -2.4
5 Lee, Judy	Northwood	19.95q -1.8
6 Wysopal, Abby	Corona Del M	20.19q -2.4
7 Tsai, Priscilla	Northwood	20.26q -0.7
8 Hamon, Madeleine	Irvine	20.31q -1.8
9 Rich, Amanda	Beckman	20.57q -2.4
10 Kim, Yegean	Woodbridge	20.73 -2.4
11 Shin, Sharon	Northwood	20.94 -0.7
12 Martinez-Knight, Keana	Corona Del M	20.98 -2.4
13 Nassar, Yasmine	Irvine	20.99 -2.4
14 Hocker, Jaimee	University -	21.10 -0.7

Pacific Coast League Prelims and Finals - 5/5/2015 to 5/9/2015

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Preliminaries ... (Girls 100 Meter Hurdles Frosh/Soph)

Name	School	Prelims
15 Engstrom, Maya	Beckman	21.15 -2.4
16 Kim, Ashley	University -	21.21 -1.8
17 Bae, Sohee	Beckman	21.23 -0.7
18 Lim, Sujeong	Woodbridge	21.25 -0.7
19 Griffin, Lauren	Corona Del M	21.28 -1.8
20 Preciado, Iris	Woodbridge	21.85 -1.8
21 Huang, Amanda	Woodbridge	22.08 -2.4
--- Lawrence, Sophie	University -	DQ -0.7

Girls 100 Meter Hurdles Frosh/Soph

PCL: 17.11 \$ 5/3/2013 Jiwon Kim

Name	School	Finals
1 Nunn, Tiana	Irvine	18.01 -1.7
2 Bartz, Julianne	Corona Del M	18.27 -1.7
3 Carter, Camille	Beckman	18.98 -1.7
4 Nguyen, Trisha	Woodbridge	19.22 -1.7
5 Tsai, Priscilla	Northwood	19.85 -1.7
6 Lee, Judy	Northwood	19.86 -1.7
7 Wysopal, Abby	Corona Del M	19.95 -1.7
8 Hamon, Madeleine	Irvine	19.96 -1.7
9 Rich, Amanda	Beckman	20.89 -1.7

Girls 300 Meter Hurdles Frosh/Soph

PCL: 48.37 \$ 5/3/2013 Jiwon Kim

Name	School	Prelims
1 Bartz, Julianne	Corona Del M	51.64q
2 Nunn, Tiana	Irvine	52.48q
3 Carter, Camille	Beckman	53.21q
4 Hamon, Madeleine	Irvine	53.35q
5 Griffin, Lauren	Corona Del M	53.68q
6 Martinez-Knight, Keana	Corona Del M	55.19q
7 Goolsby, Emma	University -	55.27q
8 Lawrence, Sophie	University -	55.78q
9 Wysopal, Abby	Corona Del M	55.79q
10 Nassar, Yasmine	Irvine	57.06
11 Rich, Amanda	Beckman	58.04
12 Nguyen, Trisha	Woodbridge	58.28
13 Engstrom, Maya	Beckman	58.70
14 Shin, Sharon	Northwood	59.25
15 Tsai, Priscilla	Northwood	1:00.33
16 Lee, Judy	Northwood	1:02.78
17 Preciado, Iris	Woodbridge	1:02.87
18 Kim, Yegean	Woodbridge	1:03.05
19 Lim, Sujeong	Woodbridge	1:03.60

Girls 300 Meter Hurdles Frosh/Soph

PCL: 48.37 \$ 5/3/2013 Jiwon Kim

Name	School	Finals
1 Bartz, Julianne	Corona Del M	49.10
2 Hamon, Madeleine	Irvine	51.53
3 Carter, Camille	Beckman	52.20

4 Nunn, Tiana	Irvine	52.84
5 Martinez-Knight, Keana	Corona Del M	53.05
6 Goolsby, Emma	University -	53.94
7 Lawrence, Sophie	University -	54.03
8 Wysopal, Abby	Corona Del M	54.36
9 Nassar, Yasmine	Irvine	56.42

Girls 4x100 Meter Relay Frosh/Soph

PCL: 51.07 \$ 5/3/2013

C Jablonski, C Vu, J Cizynski, K Gaffikin

Team	Relay	Finals
1 University -ss	A	52.45
1) Wood, Leyna	2) Parampil, Amy	
3) Emadi, Setareh	4) Goolsby, Emma	
2 Northwood	A	53.26
1) Kong, Brooke	2) Schrader, Jennifer	
3) Schmidt, Katelyn	4) Lu, Allison	
3 Irvine	A	54.21
1) Hijazi, Raya	2) Osaw, Jade	
3) Nunn, Tiana	4) Choi, Yenna	
4 Beckman	A	57.80
1) Tsai, Arielle	2) Weisman, Vivian	
3) Ho, Carolyn	4) Bae, Sohee	
--- Corona Del Mar	A	DNF
1) Martinez-Knight, Keana	2) Maloney, Ashley	
3) Bocancea, Simona	4) Johnson, Alexis	
--- Woodbridge	A	DQ
1) Alsop, Naomi	2) Evans, Christine	
3) Lopez, Juanita	4) McBride, Kylie	

Girls 4x400 Meter Relay Frosh/Soph

PCL: 4:16.81 \$ 5/3/2013

E Culbertson, B Heising, K Gaffikin, C Vu

Team	Relay	Finals
1 Northwood	A	4:26.92
1) Schrader, Jennifer	2) Ahmed, Hoor	
3) Lai, Ashley	4) Lu, Allison	
2 Irvine	A	4:35.70
1) Hamon, Madeleine	2) Choi, Yenna	
3) Sterritt, Gabriella	4) praet, marina	
3 Woodbridge	A	4:38.97
1) Evans, Christine	2) Carmona, Raquel	
3) McNamara, Maureen	4) Salemme, Ellen	
4 Beckman	A	4:49.33
1) Manneh, Leila	2) Choi, Victoria	
3) Ramos, Jade	4) Morris, Kira	
5 University -ss	A	4:54.61
1) Brom, Juli	2) Nguyen, Gentil	
3) Litinski, Rotem	4) Li, Christine	

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Girls High Jump Frosh/Soph

PCL: 4-10 \$ 4/30/2013 Emily Culbertson

Name	School	Finals
Finals		
1 Kong, Brooke	Northwood	4-08.00
2 Li, Esther	Northwood	4-04.00
3 Lieberman, Rebecca	University -	4-02.00
3 Vu, Megan	Northwood	4-02.00
3 Griffin, Lauren	Corona Del M	4-02.00
6 Le, Angelyn	Northwood	4-02.00
7 Ozgur, Hala	Irvine	4-00.00
7 Thoman, Klaire	University -	4-00.00
--- McNamara, Maureen	Woodbridge	NH
--- Lee, Sunny	Woodbridge	NH

Girls Pole Vault Frosh/Soph

Name	School	Finals
Finals		
1 McBride, Kylie	Woodbridge	5-00.00

Girls Long Jump Frosh/Soph

PCL: 15-05.50 \$ 4/30/2013 Jillian Cizynski

Name	School	Finals
Finals		
1 Kong, Brooke	Northwood	15-06.25\$ NWI
2 Parampil, Amy	University -	14-11.25 NWI
3 Wood, Leyna	University -	14-11.00 NWI
4 Wolski, Ola	Northwood	13-11.25 NWI
5 Lee, Sunny	Woodbridge	13-10.75 NWI
6 Habibeh, Masah	Northwood	13-10.25 NWI
7 Hu, Carolyn	Northwood	13-07.00 NWI
8 Beqaj, Linda	Northwood	13-06.50 NWI
9 Swon, Luba	Woodbridge	12-11.50 NWI
10 Abriam, Reanna	Irvine	12-11.25 NWI
11 Wang, Kaylie	Irvine	12-08.75 NWI
12 Choi, Jessica	Woodbridge	12-02.50 NWI
13 Choi, Angel	Irvine	12-01.25 NWI
14 Nassar, Yasmine	Irvine	12-00.75 NWI
15 Ascencio, Brenda	Woodbridge	11-11.50 NWI
16 Alsop, Naomi	Woodbridge	11-09.00 NWI
17 Sadeghi, Bit	University -	11-05.00 NWI
18 Johnson, Anna	University -	11-04.25 NWI

Girls Triple Jump Frosh/Soph

PCL: 31-08.25 \$ 4/30/2013 Lili Hamada

Name	School	Finals
Finals		
1 Parampil, Amy	University -	30-09.00 NWI
2 Hu, Carolyn	Northwood	30-05.00 NWI
3 Wolski, Ola	Northwood	30-00.50 NWI
4 Habibeh, Masah	Northwood	29-08.50 NWI
5 Reyes, Chanelle	University -	29-02.25 NWI
6 Nassar, Yasmine	Irvine	29-00.00 NWI
7 Lee, Sunny	Woodbridge	28-11.00 NWI
8 Hocker, Jaimee	University -	28-09.00 NWI

9	Nguyen, Hannah	University -	27-11.50 NWI
10	Swon, Luba	Woodbridge	27-04.00 NWI
11	Thoman, Klaire	University -	27-02.50 NWI
12	Wang, Kaylie	Irvine	26-11.00 NWI
13	Choi, Angel	Irvine	26-07.25 NWI
14	Li, Jennifer	University -	25-06.00 NWI
15	Choi, Jessica	Woodbridge	25-05.75 NWI
16	Ascencio, Brenda	Woodbridge	24-09.25 NWI

Girls Shot Put Frosh/Soph

PCL: 25-04.50 \$ 4/30/2013 Elizabeth Baeza

Name	School	Finals
Finals		
1 Doan-Le, Juliana	Irvine	24-10.25
2 Kiley, Jady	Beckman	24-07.50
3 Ibarra, Isabella	Irvine	24-02.50
4 Bush, Jenna	University -	20-07.00
5 Wang, Kaylie	Irvine	19-04.00
6 Wong, Katherine	Beckman	18-00.00
7 Cianfrani, Sophia	Corona Del M	17-03.75
8 Tahiri, Mariam	Woodbridge	15-07.50
9 Dunlap, Samantha	Corona Del M	14-07.75

Girls Discus Throw Frosh/Soph

PCL: 81-08 \$ 4/30/2013 Camila Luvianos

Name	School	Finals
Finals		
1 Kiley, Jady	Beckman	75-00
2 Ibarra, Isabella	Irvine	67-11
3 Doan-Le, Juliana	Irvine	65-11
4 Cianfrani, Sophia	Corona Del M	63-00
5 Wong, Katherine	Beckman	51-07
6 Bush, Jenna	University -	47-00
7 Dunlap, Samantha	Corona Del M	41-00
8 Tahiri, Mariam	Woodbridge	38-06

Boys 100 Meter Dash Varsity

PCL: 10.89 \$ 5/3/2013 Alexander Young

Name	School	Prelims
Preliminaries		
1 Young, Alex	Woodbridge	11.08q -0.4
2 Cotten, Savion	Northwood	11.24q -0.6
3 Clayborne, Jonathan	Beckman	11.41q -0.6
4 Patton, Scott	Woodbridge	11.43q 1.2
5 Kim, John	Northwood	11.43q 1.2
6 Outland, Terence	Irvine	11.50q -0.4
7 Goods, Demetrius	Beckman	11.50q -0.4
8 Malhabour, Lorenzo	University -	11.59q 1.2
9 Barbato, Barrett	Corona Del M	11.61q 1.2
10 Seo, Justin	University -	11.77 -0.6
11 Jung, Daniel	Northwood	11.84 -0.4
12 Oh, Peter	Irvine	11.87 1.2
13 Lee, Andy	Northwood	11.98 1.2
14 Blower, Jack	Corona Del M	12.08 -0.6
15 Lee, Peter	Northwood	12.10 1.2
16 Giger, Danny	Corona Del M	12.14 -0.4

Pacific Coast League Prelims and Finals - 5/5/2015 to 5/9/2015

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Preliminaries ... (Boys 100 Meter Dash Varsity)

Name	School	Prelims
17 Kwan, Jonathan	Irvine	12.22 -0.6
18 McClure, Tyrese	Irvine	12.24 -0.6
19 Duncan, Riley	University -	12.29 -0.6
20 Koo, Jeremy	University -	12.31 -0.4

Boys 100 Meter Dash Varsity

PCL: 10.89 \$ 5/3/2013 Alexander Young

Name	School	Finals
1 Young, Alex	Woodbridge	10.97 -0.7
2 Patton, Scott	Woodbridge	11.05 -0.7
3 Cotten, Savion	Northwood	11.13 -0.7
4 Clayborne, Jonathan	Beckman	11.39 -0.7
5 Goods, Demetrius	Beckman	11.42 -0.7
6 Kim, John	Northwood	11.54 -0.7
7 Outland, Terence	Irvine	11.57 -0.7
8 Barbato, Barrett	Corona Del M	11.65 -0.7
9 Malhabour, Lorenzo	University -	11.67 -0.7

Boys 200 Meter Dash Varsity

PCL: 21.88 \$ 5/9/2014 Gabe Warner

Name	School	Prelims
1 Warner, Gabe	Woodbridge	21.96q 0.3
2 Young, Alex	Woodbridge	22.69q 0.2
3 Clayborne, Jonathan	Beckman	22.99q -1.0
4 Cotten, Savion	Northwood	23.18q 0.2
5 Barbato, Sutton	Corona Del M	23.36q -1.0
6 Outland, Terence	Irvine	23.37q 0.2
7 Goods, Demetrius	Beckman	23.57q 0.3
8 Malhabour, Lorenzo	University -	23.82q -1.0
9 Weiss, Trevor	Woodbridge	23.82q 0.3
10 Lyman, Ethan	Northwood	23.89 0.3
11 Barbato, Barrett	Corona Del M	24.10 0.2
12 Kim, John	Northwood	24.16 0.3
13 Jung, Daniel	Northwood	24.37 0.2
14 Epstien, Cody	University -	24.39 -1.0
15 Seo, Justin	University -	24.41 0.2
16 Lee, Andy	Northwood	24.81 -1.0
17 McClure, Tyrese	Irvine	24.87 -1.0
18 Blower, Jack	Corona Del M	24.95 0.2
19 Giger, Danny	Corona Del M	25.05 -1.0
20 Koo, Jeremy	University -	25.35 0.3
21 Chen, Christopher	Beckman	25.67 0.2

Boys 200 Meter Dash Varsity

PCL: 21.88 \$ 5/9/2014 Gabe Warner

Name	School	Finals
1 Warner, Gabe	Woodbridge	21.79\$ -0.7
2 Young, Alex	Woodbridge	22.30 -0.7
3 Cotten, Savion	Northwood	22.76 -0.7
4 Clayborne, Jonathan	Beckman	23.09 -0.7
5 Barbato, Sutton	Corona Del M	23.22 -0.7

6 Outland, Terence	Irvine	23.41 -0.7
7 Goods, Demetrius	Beckman	23.55 -0.7
8 Weiss, Trevor	Woodbridge	23.80 -0.7
9 Malhabour, Lorenzo	University -	23.93 -0.7

Boys 400 Meter Dash Varsity

PCL: 48.06 \$ 5/9/2014 Gabe Warner

Name	School	Prelims
1 Warner, Gabe	Woodbridge	48.90q
2 Lyman, Ethan	Northwood	52.18q
3 Weiss, Trevor	Woodbridge	52.23q
4 Barbato, Sutton	Corona Del M	52.69q
5 Adel, Omar	Corona Del M	53.23q
6 Epstien, Cody	University -	53.43q
7 Oueida, Maher	Beckman	53.87q
8 Chen, Christopher	Beckman	53.89q
9 Pham, Andrew	Irvine	54.14q
10 Chung, Samuel	Irvine	54.46
11 Lin, Chris	Corona Del M	54.48
12 Quinn, Connor	Irvine	54.87
13 Dickens, Gabe	Corona Del M	55.03
14 Li, Winston	Northwood	55.21
15 Verma, Shiva	University -	56.13
16 Raphael, Marc	Northwood	57.19

Boys 400 Meter Dash Varsity

PCL: 48.06 \$ 5/9/2014 Gabe Warner

Name	School	Finals
1 Warner, Gabe	Woodbridge	48.43
2 Weiss, Trevor	Woodbridge	51.36
3 Lyman, Ethan	Northwood	52.02
4 Barbato, Sutton	Corona Del M	52.76
5 Adel, Omar	Corona Del M	53.27
6 Pham, Andrew	Irvine	53.34
7 Oueida, Maher	Beckman	53.74
8 Epstien, Cody	University -	54.73
--- Chen, Christopher	Beckman	FS

Boys 800 Meter Run Varsity

PCL: 1:53.75 \$ 5/4/2012 Dragan Simic

Name	School	Prelims
1 Stone, Brenden	Northwood	2:01.56q
2 Nostrand, Parker	Corona Del M	2:02.99q
3 Nelson, Caleb	Northwood	2:03.58q
4 Klemm, Alon	Woodbridge	2:04.13q
5 Law, Zane	University -	2:04.20q
6 Estrada, Jacob	Irvine	2:04.91q
7 Ferencik, Brandon	Woodbridge	2:05.87q
8 Choi, Christian	Woodbridge	2:07.61q
9 Adel, Omar	Corona Del M	2:08.04q
10 Terres, Matthew	Northwood	2:08.14q
11 Oueida, Maher	Beckman	2:08.93q
12 Heiat, Kian	Woodbridge	2:09.84q

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Preliminaries ... (Boys 800 Meter Run Varsity)

Name	School	Prelims
13 Givens, Kellen	Corona Del M	2:18.42
14 Hoang, Eric	University -	2:22.37
15 Araujo, Alex	Corona Del M	2:22.46
16 Paul, Antor	University -	2:47.79

Boys 800 Meter Run Varsity

PCL: 1:53.75 \$ 5/4/2012 Dragan Simic

Name	School	Finals
Finals		
1 Stone, Brenden	Northwood	1:55.82
2 Nostrand, Parker	Corona Del M	1:56.34
3 Klemm, Alon	Woodbridge	2:00.08
4 Law, Zane	University -	2:01.91
5 Estrada, Jacob	Irvine	2:03.17
6 Ferencik, Brandon	Woodbridge	2:03.69
7 Nelson, Caleb	Northwood	2:04.40
8 Choi, Christian	Woodbridge	2:07.76
9 Heiat, Kian	Woodbridge	2:08.11
10 Adel, Omar	Corona Del M	2:09.05
11 Givens, Kellen	Corona Del M	2:13.20
12 Oueida, Maher	Beckman	2:13.53

Boys 1600 Meter Run Varsity

PCL: 4:15.02 \$ 5/4/2012 Dragan Simic

Name	School	Prelims
Preliminaries		
1 Hellgren, Leif	Corona Del M	4:28.86q
2 Souther, Ryuya	Woodbridge	4:30.48q
3 Stone, Brenden	Northwood	4:31.20q
4 Nostrand, Parker	Corona Del M	4:33.66q
5 Nelson, Caleb	Northwood	4:35.96q
6 Arguelles, Andrew	Woodbridge	4:36.18q
7 Duran, Evan	Woodbridge	4:36.31q
8 Paragas, Matt	Corona Del M	4:37.83q
9 Terres, Matthew	Northwood	4:42.37q
10 Reinhardt, Tyler	Beckman	4:44.58q
11 Park, Daniel	Irvine	4:44.80q
12 Robertson, Thomas	Corona Del M	4:46.95q
13 Philipp, Ian	Northwood	4:48.41
14 Moreno, Jose	Beckman	4:53.24
15 Givens, Kellen	Corona Del M	4:58.47
16 Kawana, Eric	University -	5:04.94
17 Hoang, Eric	University -	5:13.94

Boys 1600 Meter Run Varsity

PCL: 4:15.02 \$ 5/4/2012 Dragan Simic

Name	School	Finals
Finals		
1 Nostrand, Parker	Corona Del M	4:24.01
2 Souther, Ryuya	Woodbridge	4:25.37
3 Hellgren, Leif	Corona Del M	4:30.14
4 Duran, Evan	Woodbridge	4:33.42
5 Arguelles, Andrew	Woodbridge	4:36.09
6 Paragas, Matt	Corona Del M	4:38.27

7 Nelson, Caleb	Northwood	4:44.39
8 Reinhardt, Tyler	Beckman	4:45.01
9 Robertson, Thomas	Corona Del M	4:48.65
10 Park, Daniel	Irvine	4:51.20
11 Moreno, Jose	Beckman	4:51.99
12 Philipp, Ian	Northwood	4:52.55

Boys 3200 Meter Run Varsity

PCL: 9:21.78 \$ 5/9/2014 Spencer Keith

Name	School	Finals
Finals		
1 Souther, Ryuya	Woodbridge	9:55.93
2 Terres, Matthew	Northwood	9:59.01
3 Robertson, Thomas	Corona Del M	10:07.95
4 Hellgren, Leif	Corona Del M	10:09.18
5 Duran, Evan	Woodbridge	10:09.37
6 McConville, Sean	Woodbridge	10:11.08
7 Estrada, Jacob	Irvine	10:19.33
8 Paragas, Matt	Corona Del M	10:19.96
9 Reinhardt, Tyler	Beckman	10:20.72
10 Moreno, Jose	Beckman	10:31.05
11 Park, Daniel	Irvine	10:38.73
12 Philipp, Ian	Northwood	10:41.86
13 Davis, Blake	Irvine	10:44.52
14 Ballesteros, Alek	Irvine	10:51.68
15 Bhattarai, Yosh	Irvine	11:06.73
16 Kawana, Eric	University -	11:14.65
17 Kondaji, Abhinav	Irvine	11:31.88
18 Aboukhadijeh, Hassan	Irvine	11:34.26
19 Hoang, Eric	University -	11:55.43

Boys 110 Meter Hurdles Varsity

PCL: 14.81 \$ 5/4/1989 Louie Muniz

Name	School	Prelims
Preliminaries		
1 Sun, Daniel	Woodbridge	15.65q 0.8
2 Gill, Jalen	Woodbridge	15.69q -0.3
3 Nash, Nehemiah	Woodbridge	15.91q 0.8
4 Graves, Karsten	Woodbridge	16.01q 0.8
5 Glassetti, Aidan	University -	16.08q -0.3
6 Liau, David	Northwood	16.29q 0.8
7 Evans, Zac	Irvine	16.40q -0.3
8 Pham, Andrew	Irvine	16.46q 0.8
9 Walmsley, Chase	Northwood	16.59q -0.3
10 Johnson, Jeremy	Corona Del M	18.04 -0.3

Boys 110 Meter Hurdles Varsity

PCL: 14.81 \$ 5/4/1989 Louie Muniz

Name	School	Finals
Finals		
1 Sun, Daniel	Woodbridge	15.43 -2.4
2 Gill, Jalen	Woodbridge	15.56 -2.4
3 Nash, Nehemiah	Woodbridge	15.82 -2.4
4 Evans, Zac	Irvine	16.00 -2.4
5 Pham, Andrew	Irvine	16.07 -2.4
6 Liau, David	Northwood	16.11 -2.4

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Finals ... (Boys 110 Meter Hurdles Varsity)

Name	School	Finals
6 Walmsley, Chase	Northwood	16.11 -2.4
8 Graves, Karsten	Woodbridge	16.16 -2.4
9 Glassetti, Aidan	University -	16.85 -2.4

Boys 300 Meter Hurdles Varsity

PCL: 38.63 \$ 5/4/2010 Brandon Phillips

Name	School	Prelims
Preliminaries		
1 Gill, Jalen	Woodbridge	40.39q
2 Sun, Daniel	Woodbridge	40.47q
3 Baxter, Austin	Corona Del M	41.09q
4 Evans, Zac	Irvine	41.43q
5 Liao, David	Northwood	41.80q
6 Nash, Nehemiah	Woodbridge	43.05q
7 Pham, Andrew	Irvine	43.58q
8 Tran, Calvin	Woodbridge	45.24q
9 Law, Zane	University -	46.14q
10 Hays, Roman	Corona Del M	47.79
11 Lindt, Ethan	Corona Del M	48.38

Boys 300 Meter Hurdles Varsity

PCL: 38.63 \$ 5/4/2010 Brandon Phillips

Name	School	Finals
Finals		
1 Sun, Daniel	Woodbridge	39.11
2 Gill, Jalen	Woodbridge	39.63
3 Evans, Zac	Irvine	40.02
4 Baxter, Austin	Corona Del M	40.36
5 Nash, Nehemiah	Woodbridge	41.27
6 Liao, David	Northwood	42.10
7 Pham, Andrew	Irvine	42.72
8 Tran, Calvin	Woodbridge	44.74
9 Law, Zane	University -	50.83

Boys 4x100 Meter Relay Varsity

PCL: 42.24 \$ 5/9/2014 Woodbridge

A Young, G Warner, D Sun, S Patton

Team	Relay	Finals
Finals		
1 Woodbridge	A	42.35
1) Young, Alex	2) Warner, Gabe	
3) Nash, Nehemiah	4) Patton, Scott	
2 Beckman	A	43.78
1) Chen, Christopher	2) Goods, Demetrius	
3) Morales, Michael	4) Clayborne, Jonathan	
3 Corona Del Mar	A	43.88
1) Blower, Charlie	2) Barbato, Barrett	
3) Barbato, Sutton	4) Giger, Danny	
4 Northwood	A	44.19
1) Lee, Peter	2) Kim, John	
3) Jung, Daniel	4) Cotten, Savion	
5 University -ss	A	46.22
1) Seo, Justin	2) Malhabour, Lorenzo	
3) Koo, Jeremy	4) Duncan, Riley	

6 Irvine	A	46.44
1) Chung, Samuel	2) Oh, Peter	
3) McClure, Tyrese	4) Quinn, Connor	

Boys 4x400 Meter Relay Varsity

PCL: 3:23.26 \$ 5/9/2014 Woodbridge

A Young, J Klopfer, S Patton, G Warner

Team	Relay	Finals
Finals		
1 Woodbridge	A	3:22.67\$
1) Gill, Jalen	2) Young, Alex	
3) Sun, Daniel	4) Warner, Gabe	
2 Corona Del Mar	A	3:27.45
1) Adel, Omar	2) Barbato, Sutton	
3) Baxter, Austin	4) Nostrand, Parker	
3 Northwood	A	3:32.64
1) Liao, David	2) Walmsley, Chase	
3) Cotten, Savion	4) Stone, Brenden	
4 Irvine	A	3:33.11
1) Pham, Andrew	2) Evans, Zac	
3) Outland, Terence	4) Chung, Samuel	
5 University -ss	A	3:38.23
1) Epstien, Cody	2) Law, Zane	
3) Verma, Shiva	4) Glassetti, Aidan	
6 Beckman	A	3:38.98
1) Chen, Christopher	2) Moreno, Jose	
3) Reinhardt, Tyler	4) Oueida, Maher	

Boys High Jump Varsity

PCL: 6-08 \$ 5/4/1990 David Benton

Name	School	Finals
Finals		
1 Outland, Terence	Irvine	5-10.00
2 Ledoux, Nate	Woodbridge	5-08.00
3 Manneh, Matthew	Beckman	5-06.00
4 Salgado, Patrick	Woodbridge	5-06.00
5 Cole, Mizan	Irvine	5-04.00
6 Alvarado, Trevor	Northwood	5-04.00
7 Nguyen, Koby	Beckman	5-02.00
--- McGrath, Ethan	Corona Del M	NH
--- Saiz, Jacob	Northwood	NH
--- McClure, Tyrese	Irvine	NH
--- Seaney, Kaj	Irvine	NH
--- Huynh, Chan	Irvine	NH
--- Jennings, Patrick	Corona Del M	NH
--- Lindt, Ethan	Corona Del M	NH
--- Myers, Ryan	Corona Del M	NH

Boys Pole Vault Varsity

PCL: 13-08 \$ 5/4/1988 Paul Cook

Name	School	Finals
Finals		
1 Myers, Ryan	Corona Del M	12-06.00
2 Jennings, Patrick	Corona Del M	11-06.00
3 Tran, Calvin	Woodbridge	8-06.00
--- McGrath, Ethan	Corona Del M	NH

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Boys Long Jump Varsity

PCL: 22-07 \$ 5/4/1988 Frank Smith

	Name	School	Finals
Finals			
1	Patton, Scott	Woodbridge	21-03.00 NWI
2	Bryant, Emille	Woodbridge	20-08.00 NWI
3	Kim, John	Northwood	20-06.50 NWI
4	Tran, Calvin	Woodbridge	20-01.50 NWI
5	Glassetti, Aidan	University -	19-09.50 NWI
6	Xiao, John	Woodbridge	19-09.00 NWI
7	Ledoux, Nate	Woodbridge	19-07.50 NWI
8	Evans, Zac	Irvine	19-04.25 NWI
9	Ricci, Julian	University -	19-03.75 NWI
10	Walmsley, Chase	Northwood	18-10.50 NWI
11	Shetty, Vedivat	University -	18-10.00 NWI
12	Manneh, Matthew	Beckman	18-02.75 NWI
13	Oh, Peter	Irvine	18-00.75 NWI
14	Gibson, Rio	University -	17-11.25 NWI
15	Nguyen, Koby	Beckman	17-07.25 NWI
16	Lenell, Alex	Corona Del M	17-05.00 NWI
17	Badajoz, Seve	Corona Del M	17-02.75 NWI
17	Lee, Peter	Northwood	17-02.75 NWI
19	Johnson, Rennik	Beckman	17-02.00 NWI
20	Salgado, Patrick	Woodbridge	16-11.75 NWI
21	Raguse, Drew	Corona Del M	16-10.50 NWI
22	Li, Winston	Northwood	16-08.00 NWI
23	Suzuki, Bradley	Beckman	15-09.25 NWI
---	Kwan, Jonathan	Irvine	ND NWI
---	Martin, Kyle	Corona Del M	ND NWI
---	Han, David	Beckman	ND NWI

Boys Triple Jump Varsity

PCL: 46-01.25 \$ 5/2/1989 Scott Capulong

	Name	School	Finals
Finals			
1	Ricci, Julian	University -	41-01.75 NWI
2	Shetty, Vedivat	University -	40-10.00 NWI
3	Graves, Karsten	Woodbridge	40-08.25 NWI
4	Bryant, Emille	Woodbridge	40-02.50 NWI
5	Ledoux, Nate	Woodbridge	39-09.75 NWI
6	Gibson, Rio	University -	39-01.50 NWI
7	Li, Winston	Northwood	38-10.25 NWI
8	Walmsley, Chase	Northwood	38-07.75 NWI
9	Johnson, Rennik	Beckman	37-10.50 NWI
10	Huynh, Chan	Irvine	37-01.25 NWI
11	Suzuki, Bradley	Beckman	36-09.50 NWI
12	Nguyen, Koby	Beckman	36-03.75 NWI
13	Badajoz, Seve	Corona Del M	35-09.50 NWI
14	Oh, Peter	Irvine	35-05.50 NWI
15	Raguse, Drew	Corona Del M	34-11.50 NWI
16	Manneh, Matthew	Beckman	28-07.25 NWI
---	Han, David	Beckman	ND NWI
---	Salgado, Patrick	Woodbridge	ND NWI
---	Kwan, Jonathan	Irvine	ND NWI
---	Xiao, John	Woodbridge	ND NWI

Boys Shot Put Varsity

PCL: 52-08 \$ 5/8/2009 Ken Cooprr

	Name	School	Finals
Finals			
1	Bocancea, Silviu	Corona Del M	45-08.50
2	Silva, Ramal	Northwood	43-06.50
3	Apolinar, Ryan	Beckman	42-10.50
4	Cleary, Garrett	Corona Del M	41-10.25
5	Doyle, Sean	Northwood	40-09.25
6	Horn, Charlie	Corona Del M	39-05.00
7	Crane, Mason	Corona Del M	38-08.50
8	Wu, Pablo	Irvine	36-02.25
9	Mcbride, Connor	Woodbridge	35-08.25
10	Ruffin, Jared	Northwood	35-04.75
11	Graves, Karsten	Woodbridge	33-09.50
12	Echeverria, Edwin	Woodbridge	33-00.50
13	Santa Cruz, Jose	Irvine	32-10.00
14	Axelson, James	Woodbridge	31-07.75
15	Ryn, Jason	Irvine	31-05.00
16	Chovenac, Michael	Irvine	30-11.75
17	Lee, Joberto	University -	23-10.50
---	Stringfellow, Daniel	Beckman	ND
---	Kim, Austin	University -	ND

Boys Discus Throw Varsity

PCL: 170-06 \$ 5/4/1987 Sean Ulloa

	Name	School	Finals
Finals			
1	Bocancea, Silviu	Corona Del M	139-08
2	Crane, Mason	Corona Del M	135-10
3	Silva, Ramal	Northwood	133-07
4	Apolinar, Ryan	Beckman	131-10
5	Doyle, Sean	Northwood	122-08
6	Ruffin, Jared	Northwood	118-07
7	Wolfe, Josh	Corona Del M	117-01
8	Echeverria, Edwin	Woodbridge	115-05
9	Horn, Charlie	Corona Del M	114-06
10	Axelson, James	Woodbridge	113-05
11	Santa Cruz, Jose	Irvine	103-06
12	Chovenac, Michael	Irvine	103-02
13	Cleary, Garrett	Corona Del M	98-03
14	Stringfellow, Daniel	Beckman	96-09
15	Wu, Pablo	Irvine	95-09
16	Ryn, Jason	Irvine	93-07
17	Mcbride, Connor	Woodbridge	93-06
18	Lee, Joberto	University -	75-01
---	Kim, Austin	University -	ND

Boys 100 Meter Dash Junior Varsity

PCL: 11.69 \$ 5/9/2014 Demetrius Goods

	Name	School	Prelims
Preliminaries			
1	Clipper, Rashad	Woodbridge	11.73q 0.2
2	Sylvia, Justin	Woodbridge	11.82q -0.3
3	Sakr, Marwan	Corona Del M	11.84q 0.2

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Preliminaries ... (Boys 100 Meter Dash Junior Varsity)

Name	School	Prelims
4 Kim, Moo Jin	University -	11.95q -0.3
5 Mogyorosy, Vincent	University -	11.99q 0.3
6 Connelly, Akima	Northwood	12.01q -0.6
7 Jung, Justin	University -	12.11q 0.3
8 Nguyen, Austin	Beckman	12.14q -0.6
9 Alban, Parker	University -	12.23q -0.6
10 Araujo, Henry	Woodbridge	12.48 -0.3
11 Damron, Taylor	Corona Del M	12.53 0.3
12 Bockto, Justin	Beckman	12.58 -0.6
13 Lucero, Jordan	Northwood	12.63 0.2
14 Donovan, Karl	Corona Del M	12.70 -0.3
15 Armstrong, Cody	Corona Del M	12.87 -0.6
16 Nguyen, Joey	Beckman	12.97 -0.3
17 Beyrooty, Matt	Corona Del M	13.19 -0.6
18 Lam, Jonathan	Irvine	13.20 0.2
19 Praegitzer, Ross	Corona Del M	13.31 -0.3
20 Jun, He	Irvine	13.43 0.3
21 Hidalgo, Kenneth	Woodbridge	13.50 0.2
22 Kerrison, Dee	Corona Del M	13.94 -0.6
23 Lam, Matthew	Irvine	14.02 -0.3
24 Rahman, Taher	Irvine	14.18 0.3

Boys 100 Meter Dash Junior Varsity

PCL: 11.69 \$ 5/9/2014 Demetrius Goods

Name	School	Finals
Finals		
1 Clipper, Rashad	Woodbridge	11.70 +0.0
2 Sylvia, Justin	Woodbridge	11.78 +0.0
3 Sakr, Marwan	Corona Del M	11.86 +0.0
4 Connelly, Akima	Northwood	12.08 +0.0
5 Nguyen, Austin	Beckman	12.21 +0.0
6 Kim, Moo Jin	University -	12.25 +0.0
7 Mogyorosy, Vincent	University -	12.29 +0.0
8 Jung, Justin	University -	12.44 +0.0
9 Alban, Parker	University -	12.45 +0.0

Boys 200 Meter Dash Junior Varsity

PCL: 23.76 \$ 5/4/2012 Lance Seger

Name	School	Prelims
Preliminaries		
1 Clipper, Rashad	Woodbridge	24.09q -0.2
2 O'Dell, Colton	Woodbridge	24.28q 0.1
3 Sylvia, Justin	Woodbridge	24.35q -0.2
4 Kim, Moo Jin	University -	24.58q -0.3
5 Sakr, Marwan	Corona Del M	24.63q 0.1
6 Mogyorosy, Vincent	University -	24.82q -0.2
7 Nguyen, Austin	Beckman	25.03q -0.3
8 Connelly, Akima	Northwood	25.28q -0.3
9 Lucero, Jordan	Northwood	25.41q 0.1
10 Alban, Parker	University -	25.43 -0.3
11 Rhie, Daniel	Beckman	25.60 0.1
12 Jung, Justin	University -	25.69 -0.3
13 Bockto, Justin	Beckman	25.76 -0.2
14 Du, Brian	Irvine	28.53 0.1

15 Hwe, Ethan	Irvine	29.55 -0.2
16 Steen, Peter	Irvine	29.71 -0.3
--- Beyrooty, Matt	Corona Del M	DNF -0.2

Boys 200 Meter Dash Junior Varsity

PCL: 23.76 \$ 5/4/2012 Lance Seger

Name	School	Finals
Finals		
1 Sylvia, Justin	Woodbridge	24.12 -1.7
2 O'Dell, Colton	Woodbridge	24.19 -1.7
3 Sakr, Marwan	Corona Del M	24.33 -1.7
4 Clipper, Rashad	Woodbridge	24.39 -1.7
5 Kim, Moo Jin	University -	24.80 -1.7
6 Mogyorosy, Vincent	University -	24.86 -1.7
7 Nguyen, Austin	Beckman	24.89 -1.7
8 Connelly, Akima	Northwood	25.29 -1.7

Boys 400 Meter Dash Junior Varsity

PCL: 53.16 \$ 5/9/2014 Wesley Robins

Name	School	Prelims
Preliminaries		
1 O'Dell, Colton	Woodbridge	54.09q
2 Leggett, Renwick	Irvine	55.70q
3 Hong, John	Beckman	56.36q
4 Rhie, Daniel	Beckman	56.81q
5 Madrid, Alex	University -	57.10q
6 Kwok, Aaron	Irvine	57.31q
7 Bairin, Joey	Woodbridge	58.05q
8 Cho, Terry	Beckman	58.43q
9 Hong, Dylan	University -	58.62q
10 Diza, Andrew	Woodbridge	59.46
11 Alitagtag, Miko	Irvine	1:00.51
12 Monjaze, Ryan	Corona Del M	1:00.90
13 Kao, Ryan	Woodbridge	1:01.79
14 Davies, Evan	University -	1:01.82
15 Shaw, David	University -	1:02.04
16 Wai, Trevor	Woodbridge	1:02.10
17 Nguyen, Anthony	Woodbridge	1:02.30
18 Enokida, Cody	Woodbridge	1:03.21
19 Maleki, Spiro	Corona Del M	1:03.31
20 Yoo, Sean	Woodbridge	1:03.89

Boys 400 Meter Dash Junior Varsity

PCL: 53.16 \$ 5/9/2014 Wesley Robins

Name	School	Finals
Finals		
1 O'Dell, Colton	Woodbridge	54.09
2 Rhie, Daniel	Beckman	55.34
3 Hong, John	Beckman	55.81
4 Madrid, Alex	University -	56.27
5 Leggett, Renwick	Irvine	56.37
6 Cho, Terry	Beckman	57.72
7 Kwok, Aaron	Irvine	58.11
8 Hong, Dylan	University -	58.15

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Boys 800 Meter Run Junior Varsity

PCL: 2:06.62 \$ 5/6/2011 Eduardo Herrera

Name	School	Prelims
Preliminaries		
1 Abdulaziz, Eric	Irvine	2:11.42q
2 Mills, Francis	Woodbridge	2:12.49q
3 Levenson, Ryan	Corona Del M	2:12.57q
4 Jiang, Edwin	Northwood	2:13.10q
5 Lee, Kevin	Irvine	2:14.85q
6 Kong, Cole	Northwood	2:15.70q
7 Palacio, Evan	Woodbridge	2:16.10q
8 Wahid, Ajay	Beckman	2:16.35q
9 Bush IV, Joseph	Northwood	2:17.88q
10 Chin, Ron	Irvine	2:19.01q
11 Woods, Dain	Corona Del M	2:20.22q
12 Barba Jr, Francisco	Beckman	2:20.25q
13 Nguyen, Jonathon	University -	2:21.34
14 Long, Ryan	University -	2:26.42
15 Wang, Justin	University -	2:26.65
16 Kwok, Aaron	Irvine	2:27.44
17 Yang, Paul	Irvine	2:28.62
18 Smith, Steeler	Woodbridge	2:31.81
19 Wang, Franklin	University -	2:32.02
20 Meyer, Jonah	Northwood	2:37.25
21 Li, Jing	University -	2:37.56
22 Feuerborn, Jacob	University -	2:48.40
23 Kelkar, Anish	Northwood	2:49.97

Boys 800 Meter Run Junior Varsity

PCL: 2:06.62 \$ 5/6/2011 Eduardo Herrera

Name	School	Finals
Finals		
1 Mills, Francis	Woodbridge	2:09.19
2 Abdulaziz, Eric	Irvine	2:09.50
3 Levenson, Ryan	Corona Del M	2:11.33
4 Kong, Cole	Northwood	2:12.01
5 Lee, Kevin	Irvine	2:12.72
6 Barba Jr, Francisco	Beckman	2:13.15
7 Jiang, Edwin	Northwood	2:13.73
8 Wahid, Ajay	Beckman	2:14.09
9 Bush IV, Joseph	Northwood	2:15.64
10 Chin, Ron	Irvine	2:16.89
11 Palacio, Evan	Woodbridge	2:17.63
12 Woods, Dain	Corona Del M	2:19.65

Boys 1600 Meter Run Junior Varsity

PCL: 4:43.27 \$ 5/9/2014 Brian Reynoso

Name	School	Prelims
Preliminaries		
1 Huertero, Fidel	Northwood	4:55.68q
2 Mills, Francis	Woodbridge	4:56.36q
3 Chin, Ron	Irvine	4:56.63q
4 Kollias, Harrison	Beckman	4:58.63q
5 Mandelkern, Neal	Woodbridge	5:00.16q
6 Bush IV, Joseph	Northwood	5:02.93q

7	Nguyen, Mackhai	University -	5:03.91q
8	Ku, Daniel	Irvine	5:06.16q
9	Bradford, Austin	Woodbridge	5:06.59q
10	Taveres, Ramiro	Irvine	5:07.05q
11	Thaliffdeen, Shahn	Beckman	5:09.58q
12	Asad, Nasir	Irvine	5:10.67q
13	Imler, Paul	Woodbridge	5:11.73
14	Roman, Carlos	University -	5:13.42
15	Alitagtag, Miko	Irvine	5:14.79
16	Kondaji, Abhinav	Irvine	5:17.58
17	Hurwitz, Alex	University -	5:17.60
18	Liu, Alex	Beckman	5:27.75
19	Iwata, Kay	University -	5:28.04
20	Ensign, Jonathan	Corona Del M	6:03.82
21	Willis, Justin	Corona Del M	6:20.28
---	Ford, Chris	Corona Del M	DQ

Boys 1600 Meter Run Junior Varsity

PCL: 4:43.27 \$ 5/9/2014 Brian Reynoso

Name	School	Finals
Finals		
1 Mills, Francis	Woodbridge	4:48.16
2 Taveres, Ramiro	Irvine	4:51.33
3 Bush IV, Joseph	Northwood	4:55.62
4 Kollias, Harrison	Beckman	4:58.92
5 Mandelkern, Neal	Woodbridge	4:59.21
6 Chin, Ron	Irvine	5:00.00
7 Bradford, Austin	Woodbridge	5:00.36
8 Nguyen, Mackhai	University -	5:01.33
9 Huertero, Fidel	Northwood	5:01.36
10 Ku, Daniel	Irvine	5:03.05
11 Thaliffdeen, Shahn	Beckman	5:07.61
12 Asad, Nasir	Irvine	5:10.59

Boys 3200 Meter Run Junior Varsity

PCL: 10:29.23 \$ 5/6/2014 Brian Reynoso

Name	School	Finals
Finals		
1 Kollias, Harrison	Beckman	10:44.06
2 Huertero, Fidel	Northwood	10:53.59
3 Abdulaziz, Eric	Irvine	10:54.42
4 Bradford, Austin	Woodbridge	10:55.65
5 Imler, Paul	Woodbridge	11:01.88
6 Nguyen, Mackhai	University -	11:05.75
7 Taveres, Ramiro	Irvine	11:09.70
8 Kong, Cole	Northwood	11:12.45
9 Mandelkern, Neal	Woodbridge	11:17.05
10 Thaliffdeen, Shahn	Beckman	11:22.86
11 Thatcher, Benjamin	Woodbridge	11:24.92
12 Hurwitz, Alex	University -	11:30.49
13 Senk, Aaron	Corona Del M	11:39.83
14 Roth, Sam	Corona Del M	11:40.72
15 Iwata, Kay	University -	11:41.54
16 Guo, Norman	Northwood	11:44.12
17 Asad, Nasir	Irvine	11:45.20
18 Inducil, Jeremy	Irvine	11:49.05

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Finals ... (Boys 3200 Meter Run Junior Varsity)

Name	School	Finals
19 Garcia, Deondre	Irvine	12:39.85

Boys 110 Meter Hurdles Junior Varsity

PCL: 17.00 \$ 4/30/2013 Connor Evans

Name	School	Prelims
Preliminaries		
1 Cho, Alex	Beckman	17.28q 2.0
2 Do, Justin	Woodbridge	17.48q 1.3
3 Iwai, Rintaro	Irvine	18.04q 1.3
4 Madrid, Alex	University -	18.54q 1.3
5 Gilbertston, Danny	University -	18.95q 2.0
6 Mikami, Nick	Irvine	19.34q 2.0
7 Fang, Daniel	Woodbridge	19.67q 2.0
8 Wang, Sheng Yu	Woodbridge	19.71q 1.3
9 Vu, Quinn	Northwood	19.90q 1.3
10 Zhao, Kevin	Irvine	20.13 1.3
11 Islam, Takbir	Woodbridge	20.32 2.0
12 Gallemore, Michael	Beckman	20.60 2.0
13 Lee, Andres	Northwood	21.58 1.3
14 Palepu, Vineet	Northwood	21.92 1.3
15 Kim, Aaron	Northwood	22.07 2.0
16 Miyata, Riku	Northwood	25.73 2.0

Boys 110 Meter Hurdles Junior Varsity

PCL: 17.00 \$ 4/30/2013 Connor Evans

Name	School	Finals
Finals		
1 Cho, Alex	Beckman	17.08 -1.7
2 Do, Justin	Woodbridge	17.30 -1.7
3 Iwai, Rintaro	Irvine	17.98 -1.7
4 Mikami, Nick	Irvine	18.51 -1.7
5 Vu, Quinn	Northwood	18.57 -1.7
6 Gilbertston, Danny	University -	18.87 -1.7
7 Madrid, Alex	University -	19.64 -1.7
8 Fang, Daniel	Woodbridge	19.76 -1.7

Boys 300 Meter Hurdles Junior Varsity

PCL: 44.44 \$ 5/6/2014 Tyler Tran

Name	School	Prelims
Preliminaries		
1 Gilbertston, Danny	University -	\$ 44.11q
2 Do, Justin	Woodbridge	45.27q
3 Iwai, Rintaro	Irvine	45.85q
4 Cho, Alex	Beckman	46.25q
5 Madrid, Alex	University -	46.54q
6 Black, Kaleb	Beckman	46.98q
7 Gallemore, Michael	Beckman	48.13q
8 Islam, Takbir	Woodbridge	48.14q
9 Long, Ryan	University -	48.54q
10 Hu, George	University -	48.69
11 Murad, Majed	Beckman	48.86
12 Vu, Quinn	Northwood	50.18
13 Fang, Daniel	Woodbridge	50.48
14 Lee, Andres	Northwood	51.50

15 Zhao, Kevin	Irvine	52.01
16 Wang, Sheng Yu	Woodbridge	52.29
17 Miyata, Riku	Northwood	52.39
18 Palepu, Vineet	Northwood	54.09
19 Kim, Aaron	Northwood	57.08

Boys 300 Meter Hurdles Junior Varsity

PCL: 44.44 \$ 5/6/2014 Tyler Tran

Name	School	Finals
Finals		
1 Gilbertston, Danny	University -	43.61\$
2 Iwai, Rintaro	Irvine	44.82
3 Do, Justin	Woodbridge	45.29
4 Madrid, Alex	University -	45.34
5 Cho, Alex	Beckman	45.62
6 Long, Ryan	University -	46.14
7 Gallemore, Michael	Beckman	46.94
8 Islam, Takbir	Woodbridge	47.42
9 Black, Kaleb	Beckman	47.62

Boys 4x100 Meter Relay Junior Varsity

PCL: 45.90 \$ 5/9/2014 Beckman

I Song, D Goods, M Manneh, D Fountain

Team	Relay	Finals
Finals		
1 Corona Del Mar	A	46.30
1) Armstrong, Cody	2) Sakr, Marwan	
3) Donovan, Karl	4) Damron, Taylor	
2 University -ss	A	46.45
1) Kim, Moo Jin	2) Mogyorosy, Vincent	
3) Jung, Justin	4) Alban, Parker	
3 Northwood	A	46.98
1) Connelly, Akima	2) Kim, Bill	
3) Vu, Quinn	4) Lucero, Jordan	
4 Beckman	A	47.27
1) Nguyen, Joey	2) Urick, Cameron	
3) Bockto, Justin	4) Nguyen, Austin	
--- Woodbridge	A	FS
1) Clipper, Rashad	2) Sylvia, Justin	
3) O'Dell, Colton	4) Araujo, Henry	

Boys 4x400 Meter Relay Junior Varsity

PCL: 3:38.12 \$ 5/9/2014 Woodbridge

B Ferencik, D Chriss, K Pineda, J Do

Team	Relay	Finals
Finals		
1 Woodbridge	A	3:44.28
1) O'Dell, Colton	2) Islam, Takbir	
3) Do, Justin	4) Clipper, Rashad	
2 Beckman	A	3:45.89
1) Rhie, Daniel	2) Cho, Terry	
3) Hong, John	4) Bockto, Justin	
3 Corona Del Mar	A	3:51.63
1) Woods, Dain	2) Levenson, Ryan	
3) Giddings, Noah	4) Monjazez, Ryan	

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Finals ... (Boys 4x400 Meter Relay Junior Varsity)

Team	Relay	Finals
4 Irvine	A	3:52.85
1) Alitagtag, Miko		
3) Leggett, Renwick	4) Iwai, Rintaro	
5 University -ss	A	4:56.48
1) Davies, Evan	2) Hong, Dylan	
3) Shaw, David	4) Feuerborn, Jacob	

Boys High Jump Junior Varsity

PCL: 5-06 \$ 5/4/2012 Kwesi Ntow(Lee) Kwabi

Name	School	Finals
Finals		
1 Campbell, Andre	University -	5-04.00
2 Lee, Nick	University -	5-02.00
3 Thiem, Alexander	Northwood	J5-02.00
4 Rivas, Marcelo	Northwood	5-00.00
--- Dickerson, Gavin	Northwood	NH
--- Reid, Connor	Northwood	NH

Boys Pole Vault Junior Varsity

PCL: 10-00 \$ 5/6/2014 Tyler Tran

Name	School	Finals
Finals		
1 Araujo, Henry	Woodbridge	7-00.00

Boys Long Jump Junior Varsity

PCL: 18-09.25 \$ 4/30/2013 Allen An

Name	School	Finals
Finals		
1 Garg, Hari	University -	18-11.75\$ NWI
2 Flattum, Chris	University -	18-11.50\$ NWI
3 Shalgi, Bar	Woodbridge	18-01.25 NWI
4 Tran, Jimmy	Woodbridge	17-08.00 NWI
4 Sylvia, Justin	Woodbridge	17-08.00 NWI
6 Laio, David	University -	17-05.00 NWI
7 Kwan, Timothy	University -	17-03.00 NWI
8 Nguyen, Steven	Northwood	17-01.00 NWI
9 Ganeshan, Pranav	Irvine	16-02.50 NWI
9 Leung, Austin	Irvine	16-02.50 NWI
11 Tang, Jesse	University -	16-01.75 NWI
11 Lam, Jonathan	Irvine	16-01.75 NWI
13 Peng, Leo	Irvine	16-01.50 NWI
14 Baldonado, Nicholas	Northwood	15-11.00 NWI
15 Duong, Brandon	Beckman	15-02.50 NWI
16 Menon, Neal	Beckman	15-02.25 NWI
17 Spinoglio, Andre	Beckman	14-11.00 NWI
18 Jun, He	Irvine	14-05.50 NWI
19 Ma, Albert	University -	13-07.75 NWI
20 Cachola, Kyle	Northwood	12-01.00 NWI
--- Lee, William	Beckman	ND NWI

Boys Triple Jump Junior Varsity

PCL: 39-03.50 \$ 4/30/2013 Allen An

Name	School	Finals
Finals		
1 Tran, Jimmy	Woodbridge	39-02.50 NWI
2 Garg, Hari	University -	38-03.00 NWI
3 Shalgi, Bar	Woodbridge	38-01.00 NWI
4 Nguyen, Steven	Northwood	36-04.00 NWI
5 Flattum, Chris	University -	36-01.00 NWI
6 Lam, Jonathan	Irvine	34-08.50 NWI
7 Menon, Neal	Beckman	33-03.00 NWI
8 Spinoglio, Andre	Beckman	33-01.00 NWI
9 Palepu, Vineet	Northwood	32-07.00 NWI
10 Duong, Brandon	Beckman	32-06.00 NWI
11 Fehrenback, Milan	Beckman	31-09.00 NWI
12 Jun, He	Irvine	31-07.50 NWI
13 Araujo, Henry	Woodbridge	31-05.00 NWI
14 Hwang, Matthew	Irvine	30-07.00 NWI
15 Du, Brian	Irvine	29-02.00 NWI
--- Lee, William	Beckman	ND NWI
--- Loveland, Nick	University -	ND NWI
--- Barber, Austin	University -	ND NWI
--- Baldonado, Nicholas	Northwood	ND NWI
--- Leung, Austin	Irvine	ND NWI

Boys Shot Put Junior Varsity

PCL: 40-06.75 \$ 5/3/2013 Ryan Apolinar

Name	School	Finals
Finals		
1 MacDowell, Sam	Beckman	34-06.00
2 Sakr, Marwan	Corona Del M	33-09.50
3 Yu, Michael	Beckman	32-11.00
4 Ayaso, Janry	University -	32-08.50
5 Jamieson, William	Woodbridge	31-09.00
6 Hanenburg, Austin	Irvine	29-02.00
7 Myers, Kyle	Irvine	28-10.00
7 Liu, Jonathan	Beckman	28-10.00
9 Weiner, Justin	Woodbridge	28-06.50
10 Walker, Tyler	Beckman	28-00.50
11 Chen, Nathan	University -	26-04.00
12 Guerrero, Levi	Corona Del M	26-03.00
13 Van Haeren, Derek	University -	25-06.00
14 Axene, Kurt	Woodbridge	23-08.00
15 Patel, Bhavik	University -	23-02.00
16 Reyna, Max	Corona Del M	21-11.00
--- Wu, Vincent	Irvine	ND
--- Ghani, Amin	Irvine	ND
--- Regnier, Gavin	Woodbridge	ND
--- Paltz, Cameron	Woodbridge	ND

Boys Discus Throw Junior Varsity

PCL: 120-02 \$ 5/3/2011 Ryan Watterson

Name	School	Finals
Finals		
1 Yu, Michael	Beckman	99-11

Pacific Coast League Prelims and Finals - 5/5/2015 to 5/9/2015

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Finals ... (Boys Discus Throw Junior Varsity)

Name	School	Finals
2 Walker, Tyler	Beckman	98-10
3 Guerrero, Levi	Corona Del M	96-04
4 Jamieson, William	Woodbridge	91-05
5 Ayaso, Janry	University -	91-00
6 MacDowell, Sam	Beckman	90-07
7 Liu, Jonathan	Beckman	84-08
8 Hanenburg, Austin	Irvine	83-10
9 Weiner, Justin	Woodbridge	79-03
10 Ghani, Amin	Irvine	73-08
11 Reyna, Max	Corona Del M	72-08
12 Van Haeren, Derek	University -	69-08
13 Myers, Kyle	Irvine	69-07
14 Axene, Kurt	Woodbridge	68-07
15 Chen, Nathan	University -	61-00
16 Patel, Bhavik	University -	57-04

Boys 100 Meter Dash Frosh/Soph

PCL: 11.42 \$ 5/3/2013 Cole Martin

Name	School	Prelims
Preliminaries		
1 Outland, Darius	University -	11.69q 0.7
2 Manalo, Thomas	University -	11.78q -0.4
3 Qaisi, Faris	University -	11.97q 0.7
4 Chambers, Michael	Northwood	12.23q 0.8
5 Wendland, Chris	Corona Del M	12.24q 0.8
6 Baker, Harry	University -	12.25q -0.4
7 Khan, Subir	Irvine	12.51q 0.7
8 Perez, Reese	Corona Del M	12.51q 0.8
9 Saleh, Imran	Beckman	12.56q -0.4
10 Rainey, Chance	Woodbridge	12.57 0.7
11 Baik, Yonghee	Beckman	12.61 -0.4
12 Schlegel, John	Corona Del M	12.66 0.8
13 Pineda, Tomas	Beckman	12.68 -0.4
14 Armstrong, Eric	Irvine	12.84 -0.4
15 Kim, Young Gun	Irvine	12.88 0.8
16 Moreno, Mark	Woodbridge	12.90 -0.4
17 Almanzar, Zephaniah	Irvine	12.93 0.7
18 Silane, Chris	Woodbridge	12.96 0.7
19 Ferguson-Gracy, Marcus	Northwood	13.06 -0.4
20 Harris, Jordan	Corona Del M	13.33 0.8
21 Suchard, Ofek	Beckman	13.56 0.8
22 Liu, Sebastian	Beckman	13.71 0.8
23 Sun, Kevin	Beckman	13.96 0.7
--- Hung, Ian	Beckman	FS 0.7

Boys 100 Meter Dash Frosh/Soph

PCL: 11.42 \$ 5/3/2013 Cole Martin

Name	School	Finals
Finals		
1 Outland, Darius	University -	11.90 -1.8
2 Manalo, Thomas	University -	11.95 -1.8
3 Qaisi, Faris	University -	12.15 -1.8
4 Wendland, Chris	Corona Del M	12.35 -1.8
5 Chambers, Michael	Northwood	12.61 -1.8

6 Perez, Reese	Corona Del M	12.67 -1.8
7 Khan, Subir	Irvine	12.71 -1.8
8 Saleh, Imran	Beckman	12.83 -1.8

Boys 200 Meter Dash Frosh/Soph

PCL: 23.41 \$ 5/3/2013 Tommy Levasseur

Name	School	Prelims
Preliminaries		
1 Yato, David	Woodbridge	24.26q -0.3
2 Qaisi, Faris	University -	24.41q -0.3
3 Outland, Darius	University -	24.50q -1.4
4 Wendland, Chris	Corona Del M	24.54q +0.0
5 Kim, Daniel	Northwood	24.71q -0.4
6 Vu, Jeffrey	Woodbridge	24.88q +0.0
7 Talesh, Rylan	Irvine	25.23q -0.4
8 Constable, Christian	Northwood	25.37q -1.4
9 Shin, Harry	University -	25.45q +0.0
10 Jablonski, Ben	Woodbridge	25.47 -1.4
11 Ibrahim, Abdullah	Irvine	25.56 -0.4
12 Villalon, Jonathan	Irvine	25.57 -0.3
13 Pineda, Tomas	Beckman	25.65 -0.3
14 Schlegel, John	Corona Del M	25.96 -1.4
15 Moreno, Mark	Woodbridge	26.45 -1.4
16 Wu, Jason	Irvine	26.53 -0.3
17 Ferguson-Gracy, Marcus	Northwood	26.65 -1.4
18 Fatigati, Quentin	Beckman	26.74 -1.4
19 Hung, Ian	Beckman	26.89 +0.0
20 Kang, Nuree	Beckman	27.49 -0.4
21 Shepherd, Jarrod	Irvine	27.82 +0.0

Boys 200 Meter Dash Frosh/Soph

PCL: 23.41 \$ 5/3/2013 Tommy Levasseur

Name	School	Finals
Finals		
1 Yato, David	Woodbridge	24.19 -1.5
2 Qaisi, Faris	University -	24.39 -1.5
3 Wendland, Chris	Corona Del M	24.54 -1.5
4 Vu, Jeffrey	Woodbridge	24.89 -1.5
5 Kim, Daniel	Northwood	25.14 -1.5
6 Talesh, Rylan	Irvine	25.57 -1.5
7 Shin, Harry	University -	25.68 -1.5
8 Constable, Christian	Northwood	25.71 -1.5
9 Jablonski, Ben	Woodbridge	25.74 -1.5

Boys 400 Meter Dash Frosh/Soph

PCL: 52.03 \$ 5/4/2012 Elliot Loudon

Name	School	Prelims
Preliminaries		
1 Vu, Jeffrey	Woodbridge	53.80q
2 Yato, David	Woodbridge	54.31q
3 Talesh, Rylan	Irvine	54.39q
4 Jablonski, Ben	Woodbridge	55.08q
5 Kim, Daniel	Northwood	55.17q
6 Palacios, Nathan	Woodbridge	55.26q
7 Ruan, Luke	University -	56.46q
8 Lama, Stephen	Corona Del M	56.64q

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Preliminaries ... (Boys 400 Meter Dash Frosh/Soph)

Name	School	Prelims
9 Miller, Bret	University -	56.66q
10 Eng, Pacific	University -	56.73
11 Garcia, Rhamseys	Corona Del M	57.16
12 Villalon, Jonathan	Irvine	57.26
13 Cueva, Jose	Woodbridge	57.33
14 Hernandez, Victor	Beckman	57.34
15 Ko, Brandon	University -	57.38
16 Topete, Juan	Beckman	57.69
17 Constable, Christian	Northwood	57.98
18 Almanzar, Zephaniah	Irvine	58.72
19 Armstrong, Eric	Irvine	58.77
20 Thompson-Mazzeo, James	Northwood	58.94
21 Owens, Devin	Northwood	59.78
22 Kang, Nuree	Beckman	59.91
23 Shepherd, Jarrod	Irvine	1:01.88
24 Uehara, Neal	Corona Del M	1:02.75
25 Schank, Cameron	Corona Del M	1:04.84
26 Heinemann, Jordan	Corona Del M	1:06.53
--- Fatigati, Quentin	Beckman	FS

Boys 400 Meter Dash Frosh/Soph

PCL: 52.03 \$ 5/4/2012 Elliot Loudon

Name	School	Finals
Finals		
1 Vu, Jeffrey	Woodbridge	53.61
2 Talesh, Rylan	Irvine	54.35
3 Kim, Daniel	Northwood	54.53
4 Jablonski, Ben	Woodbridge	54.95
5 Eng, Pacific	University -	55.90
6 Palacios, Nathan	Woodbridge	55.98
7 Ruan, Luke	University -	56.36
8 Lama, Stephen	Corona Del M	58.64
--- Yato, David	Woodbridge	FS

Boys 800 Meter Run Frosh/Soph

PCL: 1:59.92 \$ 5/4/2012 Ben Guzman

Name	School	Prelims
Preliminaries		
1 Knights, James	Northwood	2:06.70q
2 Albin, Carson	Woodbridge	2:07.04q
3 Toffoli, Ryan	Woodbridge	2:08.43q
4 Sheen, Spencer	Woodbridge	2:08.81q
5 Christ, Brandon	Woodbridge	2:09.57q
6 Williams, Cole	Northwood	2:10.04q
7 Overbaugh, Malcolm	Northwood	2:10.75q
8 Ballesteros, Alek	Irvine	2:12.29q
9 Miller, Bret	University -	2:12.75q
10 Lee, Joshua	Irvine	2:14.43q
11 Xu, Lawrence	University -	2:14.43q
12 Le, Daniel	Corona Del M	2:14.84q
13 Kim, Sung	Irvine	2:15.00
14 Chacon, Andrew	Northwood	2:15.57
15 Thoms, Jonathan	Beckman	2:17.52
16 Zhang, Jacob	Irvine	2:18.73

17 Quigley, Miles	Beckman	2:20.99
18 Contreras, Heron	University -	2:21.03
19 Lingineni, Rithik	University -	2:21.36
20 Murray, Aidan	Corona Del M	2:21.74
21 Tran, Michael	Woodbridge	2:23.29
22 Choi, William	Beckman	2:23.48
23 Gali, Nathan	University -	2:23.94
24 Flierl, Ben	Corona Del M	2:24.40
25 Kato, Hyato	University -	2:26.34
26 Luu, Kyle	Irvine	2:26.66
27 Matsukubo, Foster	Beckman	2:27.65
28 Yerasi, Devin	Corona Del M	2:34.12

Boys 800 Meter Run Frosh/Soph

PCL: 1:59.92 \$ 5/4/2012 Ben Guzman

Name	School	Finals
Finals		
1 Williams, Cole	Northwood	2:04.05
2 Knights, James	Northwood	2:04.73
3 Overbaugh, Malcolm	Northwood	2:05.74
4 Toffoli, Ryan	Woodbridge	2:07.36
5 Albin, Carson	Woodbridge	2:07.68
6 Sheen, Spencer	Woodbridge	2:09.31
7 Christ, Brandon	Woodbridge	2:10.41
8 Ballesteros, Alek	Irvine	2:10.49
9 Miller, Bret	University -	2:10.88
10 Lee, Joshua	Irvine	2:12.19
11 Le, Daniel	Corona Del M	2:12.66
12 Xu, Lawrence	University -	2:14.15

Boys 1600 Meter Run Frosh/Soph

PCL: 4:36.85 \$ 5/9/2014 Caleb Nelson

Name	School	Prelims
Preliminaries		
1 Williams, Cole	Northwood	4:46.27q
2 Albin, Carson	Woodbridge	4:46.44q
3 Sheen, Spencer	Woodbridge	4:47.63q
4 Toffoli, Ryan	Woodbridge	4:48.46q
5 Gibbon, Chad	Woodbridge	4:49.84q
6 Ballesteros, Alek	Irvine	4:50.50q
7 Davis, Blake	Irvine	4:50.84q
8 Christ, Brandon	Woodbridge	4:51.06q
9 Crampton, David	Northwood	4:52.37q
10 Overbaugh, Malcolm	Northwood	4:52.56q
11 Lee, Joshua	Irvine	4:56.30q
12 Hillebrandt, Zowie	Corona Del M	4:58.13q
13 Bosch, Kenton	Beckman	4:58.46
14 Le, Daniel	Corona Del M	4:58.95
15 Cooper, Dustin	Irvine	5:01.28
16 Alford, Matthew	Northwood	5:06.76
17 Matsukubo, Foster	Beckman	5:07.95
18 Anthony, Jason	Northwood	5:09.19
19 Choi, William	Beckman	5:10.77
20 Thoms, Jonathan	Beckman	5:11.06
21 Go, Christian	University -	5:11.96
22 Tran, Michael	Woodbridge	5:12.30

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Preliminaries ... (Boys 1600 Meter Run Frosh/Soph)

Name	School	Prelims
23 Contreras, Heron	University -	5:14.32
24 Gali, Nathan	University -	5:15.11
25 Bhattacharai, Yosh	Irvine	5:15.74
26 Kawana, Steven	University -	5:19.70
27 Liang, Ryan	University -	5:24.46
28 Andrade, Joaquin	Corona Del M	5:28.13
29 Dignan, Zach	University -	5:41.91
30 Nguyen, James	Corona Del M	5:54.52
31 Adamson, George	Corona Del M	6:24.20
32 Correnty, Christopher	Corona Del M	6:33.41

Boys 1600 Meter Run Frosh/Soph

PCL: 4:36.85 \$ 5/9/2014 Caleb Nelson

Name	School	Finals
Finals		
1 Williams, Cole	Northwood	4:39.35
2 Albin, Carson	Woodbridge	4:40.96
3 Toffoli, Ryan	Woodbridge	4:43.55
4 Christ, Brandon	Woodbridge	4:44.82
5 Sheen, Spencer	Woodbridge	4:44.84
6 Davis, Blake	Irvine	4:46.13
7 Ballesteros, Alek	Irvine	4:48.02
8 Gibbon, Chad	Woodbridge	4:51.33
9 Crampton, David	Northwood	4:53.31
10 Lee, Joshua	Irvine	4:57.21
11 Bosch, Kenton	Beckman	4:58.54
12 Hillebrandt, Zowie	Corona Del M	5:05.23

Boys 3200 Meter Run Frosh/Soph

PCL: 10:05.63 \$ 5/9/2014 Ryuya Souther

Name	School	Finals
Finals		
1 Crampton, David	Northwood	10:20.40
2 Sheen, Spencer	Woodbridge	10:32.02
3 Anthony, Jason	Northwood	10:41.45
4 Gibbon, Chad	Woodbridge	10:46.75
5 Le, Daniel	Corona Del M	10:57.16
6 Hillebrandt, Zowie	Corona Del M	11:01.38
7 Alford, Matthew	Northwood	11:10.11
8 Zaveri, Aryan	Woodbridge	11:11.02
9 Liang, Ryan	University -	11:28.91
10 Wang, Mitchell	Northwood	11:35.61
11 Quigley, Miles	Beckman	11:36.90
12 Andrade, Joaquin	Corona Del M	11:43.55
13 Thoms, Jonathan	Beckman	11:44.00
14 Kawana, Steven	University -	11:51.32
15 Dignan, Zach	University -	12:15.04
16 Nguyen, James	Corona Del M	12:49.48
17 Keyvan, Anton	Irvine	13:09.07

Boys 110 Meter Hurdles Frosh/Soph

PCL: 17.09 \$ 5/3/2013 Zachary Ta

Name	School	Prelims
Preliminaries		
1 Hendley, Stefan	Northwood	\$ 16.94q -0.9
2 Chaudhry, Zuhair	Northwood	17.47q -1.4
3 Albert, Jake	Irvine	17.47q -0.9
4 Saleh, Imran	Beckman	17.70q -0.9
5 Huynh, Derek	Northwood	17.81q -1.4
6 pham, duc	Irvine	19.14q -1.4
7 Kawanami, Nicholas	Northwood	20.26q -0.9
8 Louis, Mohab	University -	20.49q -0.9
9 Li, Albert	University -	20.76q -1.4
10 Smith, Wyatt	Woodbridge	20.79 -1.4
11 Nguyen, Calvin	Beckman	21.45 -0.9
12 Kashami, Yazdan	University -	21.52 -1.4
13 Bagdasar, Henry	Corona Del M	21.62 -0.9
14 Nicholas, Jack	Corona Del M	22.05 -1.4
15 Lao, Jason	University -	22.57 -0.9
16 Arassingham, Aidan	University -	22.88 -1.4
17 Patil, Atharva	Northwood	22.92 -0.9
--- Nguyen, Bryan	Beckman	FS -1.4

Boys 110 Meter Hurdles Frosh/Soph

PCL: 17.09 \$ 5/3/2013 Zachary Ta

Name	School	Finals
Finals		
1 Hendley, Stefan	Northwood	17.04\$ -0.9
2 Saleh, Imran	Beckman	17.52 -0.9
3 Chaudhry, Zuhair	Northwood	17.80 -0.9
4 Huynh, Derek	Northwood	17.80 -0.9
5 pham, duc	Irvine	18.65 -0.9
6 Kawanami, Nicholas	Northwood	19.81 -0.9
7 Louis, Mohab	University -	19.85 -0.9
--- Albert, Jake	Irvine	DNF -0.9

Boys 300 Meter Hurdles Frosh/Soph

PCL: 41.93 \$ 5/3/2013 Zac Evans

Name	School	Prelims
Preliminaries		
1 Chaudhry, Zuhair	Northwood	43.46q
2 Hendley, Stefan	Northwood	43.59q
3 Albert, Jake	Irvine	43.94q
4 Huynh, Derek	Northwood	46.81q
5 pham, duc	Irvine	48.49q
6 Bagdasar, Henry	Corona Del M	49.16q
7 Kawanami, Nicholas	Northwood	52.30q
8 Nguyen, Bryan	Beckman	52.66q
9 Smith, Wyatt	Woodbridge	52.94q
10 Kashami, Yazdan	University -	53.09
11 Nguyen, Calvin	Beckman	53.20
12 Alexander, Rhys	Beckman	53.75
13 Patil, Atharva	Northwood	54.06
14 Nicholas, Jack	Corona Del M	54.11
15 Chang, Derek	Beckman	1:00.15

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Boys 300 Meter Hurdles Frosh/Soph

PCL: 41.93 \$ 5/3/2013 Zac Evans

Name	School	Finals
Finals		
1 Albert, Jake	Irvine	42.44
2 Hendley, Stefan	Northwood	42.90
3 Chaudhry, Zuhair	Northwood	43.24
4 Huynh, Derek	Northwood	46.19
5 pham, duc	Irvine	47.32
6 Bagdasar, Henry	Corona Del M	48.98
7 Kawanami, Nicholas	Northwood	50.47
8 Nguyen, Bryan	Beckman	51.35
9 Smith, Wyatt	Woodbridge	52.98

Boys 4x100 Meter Relay Frosh/Soph

PCL: 45.89 \$ 5/4/2012

D Abe, A DeFreitas, T Kennedy, T Branin

Team	Relay	Finals
Finals		
1 University -ss	A	45.65\$
1) Outland, Darius	2) Baker, Harry	
3) Manalo, Thomas	4) Qaisi, Faris	
2 Northwood	A	46.76
1) Kim, Daniel	2) Constable, Christian	
3) Hendley, Stefan	4) Chambers, Michael	
3 Woodbridge	A	46.90
1) Rainey, Chance	2) Palacios, Nathan	
3) Vu, Jeffrey	4) Yato, David	
4 Corona Del Mar	A	47.54
1) Schlegel, John	2) Wendland, Chris	
3) Harris, Jordan	4) Perez, Reese	
5 Beckman	A	48.20
1) Saleh, Imran	2) Hung, Ian	
3) Pineda, Tomas	4) Baik, Yonghee	
6 Irvine	A	48.38
1) Wu, Jason	2) Talesh, Rylan	
3) Khan, Subir	4) Ibrahim, Abdullah	

Boys 4x400 Meter Relay Frosh/Soph

PCL: 3:34.91 \$ 5/4/2012

D Abe, J Klopfer, E Loudon, D Chriss

Team	Relay	Finals
Finals		
1 Northwood	A	3:37.32
1) Kim, Daniel	2) Constable, Christian	
3) Williams, Cole	4) Knights, Jimmy	
2 Woodbridge	A	3:38.19
1) Yato, David	2) Palacios, Nathan	
3) Jablonski, Ben	4) Vu, Jeffrey	
3 Irvine	A	3:44.84
1) Villalon, Jonathan	2) Talesh, Rylan	
3) Albert, Jake	4) Ibrahim, Abdullah	
4 University -ss	A	3:50.09
1) Baker, Harry	2) Eng, Pacific	
3) Miller, Bret	4) Ruan, Luke	

5 Corona Del Mar	A	3:53.40
1) Lama, Stephen	2) Andrade, Joaquin	
3) Le, Daniel	4) Garcia, Rhamseys	
6 Beckman	A	4:00.36
1) Tang, Orion	2) Hernandez, Victor	
3) Kang, Nuree	4) Topete, Juan	

Boys High Jump Frosh/Soph

PCL: 5-08 \$ 5/3/2011 Michael Scarlett

Name	School	Finals
Finals		
1 Huynh, Derek	Northwood	5-06.00
2 Outland, Darius	University -	15-06.00
3 Yahampath, Kevin	University -	5-04.00
4 Kim, David	Northwood	5-02.00
5 Banko, Joseph	Northwood	15-02.00
6 Nguyen, Andrew	University -	5-00.00
7 Sung, Brian	Northwood	15-00.00
8 Schank, Cameron	Corona Del M	15-00.00
9 Wang, Joseph	Woodbridge	4-10.00
10 Schwarz, Addison	Beckman	4-08.00
10 Bagdasar, Henry	Corona Del M	4-08.00
10 Burk, Tyler	Irvine	4-08.00
10 Khan, Subir	Irvine	4-08.00
--- Yi, Eric	Beckman	NH
--- Louis, Mohab	University -	NH
--- Shelton II, Kevin	Northwood	NH

Boys Pole Vault Frosh/Soph

PCL: 9-06 \$ 5/6/2014 Ethan McGrath

Name	School	Finals
Finals		
--- Untalan, Julian	Northwood	NH

Boys Long Jump Frosh/Soph

PCL: 20-03.75 \$ 5/1/2007 Blaine Bolus

Name	School	Finals
Finals		
1 Khan, Subir	Irvine	19-04.75 NWI
2 Yahampath, Kevin	University -	18-04.50 NWI
3 Catacutan, Kenneth	University -	18-04.00 NWI
4 Wu, Jason	Irvine	18-03.50 NWI
5 Shin, Harry	University -	17-11.00 NWI
6 Siso, Eilam	Woodbridge	17-09.00 NWI
7 Banko, Joseph	Northwood	17-06.25 NWI
8 Castro, Felix	Northwood	17-04.00 NWI
9 Shalgi, Oz	Woodbridge	17-03.00 NWI
10 Albert, Jake	Irvine	16-07.75 NWI
11 Kim, Joshua	Irvine	16-00.00 NWI
12 Camantigue, Andrew	Woodbridge	15-09.50 NWI
13 Reicher, Elliot	Beckman	15-07.75 NWI
14 Yi, Eric	Beckman	15-06.25 NWI
15 Villalon, Jonathan	Irvine	15-06.00 NWI
16 Nawaz, Omar	Beckman	15-03.25 NWI
17 Yoo, Andrew	Beckman	15-01.00 NWI
18 Schank, Cameron	Corona Del M	14-07.00 NWI

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Finals ... (Boys Long Jump Frosh/Soph)

Name	School	Finals
19 Tafazoli-Yazdi, Parsa	Corona Del M	13-08.00 NWI
20 Arassingham, Aidan	University -	13-07.75 NWI
21 Reilly, Mathew	Beckman	13-00.50 NWI
--- Schlegel, John	Corona Del M	ND NWI
--- Flierl, Ben	Corona Del M	ND NWI

Boys Triple Jump Frosh/Soph

PCL: 41-02 \$ 5/1/2007 Blaine Bolus

Name	School	Finals
Finals		
1 Yahampath, Kevin	University -	38-04.50 NWI
2 Shin, Harry	University -	38-02.00 NWI
3 Banko, Joseph	Northwood	37-06.25 NWI
4 Kim, Joshua	Irvine	36-00.75 NWI
5 Wu, Jason	Irvine	35-10.00 NWI
6 Siso, Eilam	Woodbridge	35-05.50 NWI
7 Shalgi, Oz	Woodbridge	34-11.00 NWI
8 Yoo, Andrew	Beckman	33-11.00 NWI
9 Lao, Jason	University -	33-04.00 NWI
10 Nawaz, Omar	Beckman	32-10.50 NWI
10 Yi, Eric	Beckman	32-10.50 NWI
12 Castro, Felix	Northwood	32-06.00 NWI
13 Reicher, Elliot	Beckman	32-03.00 NWI
13 Camantigue, Andrew	Woodbridge	32-03.00 NWI
15 Bondarchuk, Vasya	University -	28-09.25 NWI

Boys Shot Put Frosh/Soph

PCL: 42-00 \$ 5/3/2013 Levi Klemek

Name	School	Finals
Finals		
1 McClain, Lamar	Irvine	42-08.25\$
2 Ashcraft, Evan	Irvine	39-04.25
3 Samudro, Bryan	Corona Del M	38-02.75
4 Dobre, Erik	Corona Del M	38-01.00
5 Rubio, Elis	Woodbridge	37-08.50
6 Kasprzak, Chase	Northwood	37-00.75
7 Gibb, Duncan	Irvine	35-08.50
8 Liu, Sebastian	Beckman	34-09.25
9 Lee, George	Corona Del M	34-02.50
10 Rahmatpanah, Arwin	Corona Del M	33-09.00
11 Herrera, Harvey	Beckman	33-04.00
12 Klingler, Jonathan	Northwood	33-02.25
13 Apolinar, Alvi	Beckman	32-00.00
14 Patterson, Ryan	Beckman	31-11.00
15 Mumm, Kyle	University -	31-07.50
16 Lieberman, Benjamin	Woodbridge	28-05.25
17 Goffe, Emanuel	Woodbridge	28-00.50
18 Selbo, Parker	University -	27-11.75
19 Murphy, Patrick	Irvine	27-11.25
--- Neimann, Dakota	University -	ND
--- Lambert, Josh	University -	ND
--- Shin, Moses	Northwood	ND

Boys Discus Throw Frosh/Soph

PCL: 118-05 \$ 5/4/2010 Alex Imani

Name	School	Finals
Finals		
1 Ashcraft, Evan	Irvine	116-00
2 Dobre, Erik	Corona Del M	109-02
3 Lee, George	Corona Del M	105-04
4 McClain, Lamar	Irvine	103-06
5 Klingler, Jonathan	Northwood	95-04
6 Apolinar, Alvi	Beckman	92-02
7 Rubio, Elis	Woodbridge	90-11
8 Herrera, Harvey	Beckman	89-09
9 Mumm, Kyle	University -	89-00
10 Patterson, Ryan	Beckman	84-08
11 Samudro, Bryan	Corona Del M	82-11
12 Lieberman, Benjamin	Woodbridge	80-02
13 Kasprzak, Chase	Northwood	79-08
14 Rahmatpanah, Arwin	Corona Del M	78-08
15 Gibb, Duncan	Irvine	74-08
16 Liu, Sebastian	Beckman	74-03
17 Murphy, Patrick	Irvine	72-10
18 Goffe, Emanuel	Woodbridge	66-01
19 Lambert, Josh	University -	54-00
20 Selbo, Parker	University -	51-00
21 Neimann, Dakota	University -	39-00
--- Shin, Moses	Northwood	ND

Women - Varsity - Team Rankings - 16 Events Scored

1) Northwood	120
2) University -SS	84
3) Irvine	79
4) Woodbridge	76
5) Corona Del Mar	75
6) Beckman	39

Women - Junior Varsity - Team Rankings - 16 Events Scored

1) Beckman	107
2) Northwood	102
3) Woodbridge	82
4) University -SS	73
5) Irvine	50
6) Corona Del Mar	42

Women - Frosh/Soph - Team Rankings - 16 Events Scored

1) Northwood	148
2) Irvine	91
3) University -SS	72
4) Woodbridge	64
5) Corona Del Mar	54
6) Beckman	42

Pacific Coast League Prelims and Finals - 5/5/2015 to 5/9/2015**University High School****Results**

Men - Varsity - Team Rankings - 16 Events Scored

1) Woodbridge	205
2) Corona Del Mar	112
3) Northwood	75
4) Beckman	34
5) Irvine	32
6) University -SS	29

Men - Junior Varsity - Team Rankings - 16 Events Scored

1) Woodbridge	146
2) Beckman	91
3) University -SS	88
4) Irvine	51
5) Corona Del Mar	48
6) Northwood	44

Men - Frosh/Soph - Team Rankings - 16 Events Scored

1) Northwood	142
2) University -SS	97
3) Woodbridge	86
4) Irvine	82
5) Corona Del Mar	45
6) Beckman	11