

NBL Seed Sheet Varsity Girls

100m

Amani Baker (11)	G	Maria Carrillo	12.40
Hannah Barlow (12)	G	Casa Grande	12.74
Jordan Boehning (12)	G	Casa Grande	12.81
Lauren Doran (9)	G	Casa Grande	12.84
Giselle Saleby (12)	G	Windsor	12.87
Anna Hartmann (11)	G	Cardinal Newman	12.94
Annie Gallo (11)	G	Casa Grande	13.12
Izel Zamora (9)	G	Santa Rosa	13.14
Jesus Rivera (12)	G	Montgomery	13.49
Olivia Nicholes (9)	G	Maria Carrillo	13.50
Annabel Cowden (12)	G	Santa Rosa	13.59
Katie Abel (11)	G	Casa Grande	13.68
Bridget Childs (11)	G	Montgomery	13.70
Mia Zoia-Buescher (11)	G	Montgomery	13.80
Makenna Menton Porter (9)	G	Rancho Cotate	13.87
Casera Pinto (9)	G	Santa Rosa	13.89
Yasmine Angel (12)	G	Windsor	13.89
Kyline Belotti (10)	G	Rancho Cotate	13.91
Melissa Murillo (12)	G	Rancho Cotate	13.97
Karina Deharo (11)	G	Ukiah	14.17h

200m

Kirsten Carter (10)	G	Santa Rosa	25.05
Destiny Williams (12)	G	Casa Grande	25.57
Amani Baker (11)	G	Maria Carrillo	25.80
Anna Hartmann (11)	G	Cardinal Newman	26.32
Assata Polk (10)	G	Maria Carrillo	26.34
Emma Orosz (11)	G	Montgomery	26.40
Giselle Saleby (12)	G	Windsor	26.77
Hannah Barlow (12)	G	Casa Grande	26.95
Izel Zamora (9)	G	Santa Rosa	27.44
Margaret Smith (11)	G	Montgomery	27.54
Lauren Doran (9)	G	Casa Grande	27.56
Grace Radeski (10)	G	Montgomery	27.70
Ella Berglund (9)	G	Cardinal Newman	28.0h
Katie Abel (11)	G	Casa Grande	28.61
Yasmine Angel (12)	G	Windsor	28.69
Casera Pinto (9)	G	Santa Rosa	28.77
Jordan Murray (9)	G	Cardinal Newman	28.8h
Kelsie Granneman (11)	G	Windsor	28.90

Carlie Borders (11)	G	Cardinal Newman	28.9h
Makenna Menton Porter (9)	G	Rancho Cotate	29.17
Victoria Rubio (12)	G	Ukiah	29.34h
Grace Brazil (9)	G	Ukiah	29.67h
Hailey Steinhorst (12)	G	Rancho Cotate	30.33
Mia Zoia-Buescher (11)	G	Montgomery	30.40

400

Kirsten Carter (10)	G	Santa Rosa	57.55
Anna Hartmann (11)	G	Cardinal Newman	59.46
Assata Polk (10)	G	Maria Carrillo	59.55
Kiely Rowe (9)	G	Maria Carrillo	60.06
Grace Mackey (10)	G	Montgomery	61.20
Margaret Smith (11)	G	Montgomery	61.52
Elizabeth Martin (11)	G	Casa Grande	62.34
Izel Zamora (9)	G	Santa Rosa	62.73
Sara Faust (11)	G	Maria Carrillo	62.90
Bria Keelty (9)	G	Santa Rosa	64.47
Xochitl Gutierrez (10)	G	Ukiah	67.33h
Ella Berglund (9)	G	Cardinal Newman	67.4h
Carlie Borders (11)	G	Cardinal Newman	67.5h
Jordan Murray (9)	G	Cardinal Newman	67.6h
Victoria Rubio (12)	G	Ukiah	68.24h
Hailey Steinhorst (12)	G	Rancho Cotate	71.15
Grace Brazil (9)	G	Ukiah	77.34h

800

Aimee Holland (12)	G	Santa Rosa	2:16.80
Allie Ahern (12)	G	Maria Carrillo	2:28.0h
Aimee Armstrong (9)	G	Maria Carrillo	2:28.0h
Annika Cerini (12)	G	Maria Carrillo	2:28.0h
Talia Leano (9)	G	Maria Carrillo	2:28.0h
Ileana Moon (12)	G	Casa Grande	2:28.46
Grace Mackey (10)	G	Montgomery	2:29.00
Celeste Chavez-Hernandez (9)	G	Casa Grande	2:31.42
Caroline Duffy (9)	G	Santa Rosa	2:32.50
Alexandra Sheeks (9)	G	Casa Grande	2:32.78
Amanda Bedoka (11)	G	Rancho Cotate	2:34.74
Jasmine Becker (10)	G	Montgomery	2:38.52
Caramia Putnam (10)	G	Ukiah	2:39.0h
Allegra Robertshaw (11)	G	Windsor	2:40.88
Emily Richter (12)	G	Montgomery	2:41.25
Caitlin Shaw (11)	G	Montgomery	2:41.25

Claudia Provan (12)	G	Montgomery	2:52.10
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1600

Delaney White (12)	G	Santa Rosa	4:58.32
Adria Barich (12)	G	Casa Grande	4:59.69
Aimee Armstrong (9)	G	Maria Carrillo	5:17.02
Sydney Rivas (10)	G	Maria Carrillo	5:19.04
Allie Ahern (12)	G	Maria Carrillo	5:19.51
Emily Richter (12)	G	Montgomery	5:26.58
Siena Wigert (10)	G	Casa Grande	5:32.68
Jasmine Becker (10)	G	Montgomery	5:37.28
Amanda Bedoka (11)	G	Rancho Cotate	5:38.13
Eliana Heath (11)	G	Cardinal Newman	5:38.2h
Grace Petraglia (10)	G	Casa Grande	5:39.87
Allegra Robertshaw (11)	G	Windsor	5:48.66
Saskia Van Ommeren-Egbert (12)G		Casa Grande	5:48.67
Karen Buenrostro (11)	G	Maria Carrillo	5:53.5h
Cecilia Avelar (12)	G	Maria Carrillo	5:55.0h
Caitlin Shaw (11)	G	Montgomery	6:09.64
Claudia Provan (12)	G	Montgomery	6:11.40

3200

Delaney White (12)	G	Santa Rosa	10:51.77
Sydney Rivas (10)	G	Maria Carrillo	11:54.92
Siena Wigert (10)	G	Casa Grande	12:02.54
Meghan Field (9)	G	Maria Carrillo	12:11.0h
Eliana Heath (11)	G	Cardinal Newman	12:17.1h
Aimee Armstrong (9)	G	Maria Carrillo	12:20.0h
Lily Raymond (11)	G	Maria Carrillo	12:20.0h
Emily Richter (12)	G	Montgomery	12:27.58
Allie Ahern (12)	G	Maria Carrillo	12:30.0h
Carolina Avelar (12)	G	Maria Carrillo	12:30.0h
Saskia Van Ommeren-Egbert (12)G		Casa Grande	12:36.27
Claudia Provan (12)	G	Montgomery	13:13.78
Jasmine Becker (10)	G	Montgomery	13:42.95

100H

Maddie Call (11)	G	Windsor	15.39
Habibah Sanusi (10)	G	Maria Carrillo	15.74
Kelsi Avana (12)	G	Maria Carrillo	15.89
Lucy Segraves (11)	G	Maria Carrillo	16.54
Annabel Cowden (12)	G	Santa Rosa	16.89
Kelsie Granneman (11)	G	Windsor	17.59
Xochitl Gutierrez (10)	G	Ukiah	17.62h
Jessica Stercl (9)	G	Maria Carrillo	17.64
Victoria Trono (12)	G	Santa Rosa	17.71
Audrey Stalcup (11)	G	Montgomery	17.75
Olivia Nicholes (9)	G	Maria Carrillo	17.90
Ana Petraglia (12)	G	Casa Grande	18.17
Jesus Rivera (12)	G	Montgomery	18.17
Rita Hu (12)	G	Cardinal Newman	18.1h
Clare Curran (10)	G	Cardinal Newman	18.2h
Elizabeth Kouch (11)	G	Rancho Cotate	18.38
Dana Johnson (11)	G	Santa Rosa	18.78
Monique Els (12)	G	Casa Grande	18.84
Kayla Briceno (9)	G	Casa Grande	18.91
Carissa Nacol (12)	G	Santa Rosa	19.11
Ami Daffeh (9)	G	Santa Rosa	19.17
Gladys Castaneda (11)	G	Cardinal Newman	20.2h
Mia Zoia-Buescher (11)	G	Montgomery	21.07
Marie Montoya (12)	G	Casa Grande	21.13

300H

Maddie Call (11)	G	Windsor	45.80
Kelsi Avana (12)	G	Maria Carrillo	47.82
Lucy Segraves (11)	G	Maria Carrillo	48.82
Habibah Sanusi (10)	G	Maria Carrillo	49.02
Jessica Stercl (9)	G	Maria Carrillo	50.56
Ana Petraglia (12)	G	Casa Grande	51.43
Audrey Stalcup (11)	G	Montgomery	51.74
Annabel Cowden (12)	G	Santa Rosa	52.45
Clare Curran (10)	G	Cardinal Newman	52.7h
Rita Hu (12)	G	Cardinal Newman	53.1h
Gladys Castaneda (11)	G	Cardinal Newman	53.2h
Jesus Rivera (12)	G	Montgomery	53.86
Dana Johnson (11)	G	Santa Rosa	53.95
Elizabeth Kouch (11)	G	Rancho Cotate	56.17
Kayla Briceno (9)	G	Casa Grande	56.35
Xochitl Gutierrez (10)	G	Ukiah	58.11h

Marie Montoya (12)	G	Casa Grande	59.45
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4x100R

Casa Grande	49.80
Maria Carrillo	50.24
Windsor	50.77
Montgomery	50.80
Santa Rosa	53.14
Cardinal Newman	54.5h
Ukiah	54.71h
Rancho Cotate	55.1h

4x400R

Santa Rosa	4:04.74
Maria Carrillo	4:09.21
Montgomery	4:18.70
Cardinal Newman	4:21.4h
Casa Grande	4:23.56
Ukiah	4:50.0h
Rancho Cotate	4:53.1h

HJ

Iris Bica (10)	G	Maria Carrillo	4'4
Claire Yin (10)	G	Maria Carrillo	4'4"
Evi Burke (9)	G	Santa Rosa	4'6
Olivia DeLiberty (9)	G	Maria Carrillo	4'6"
Kaela Velles (11)	G	Rancho Cotate	4'6"
Gina Conley (12)	G	Santa Rosa	4'6"
Clare Curran (10)	G	Cardinal Newman	4-6
Grace Radeski (10)	G	Montgomery	4-8
Jordan Boehning (12)	G	Casa Grande	4'8"
Kelsi Avana (12)	G	Maria Carrillo	4'8"
Zofi Laube (12)	G	Rancho Cotate	4'8"
Rose Cozine (11)	G	Santa Rosa	4'8"
Ellie Pool (11)	G	Windsor	4'8"
Kate Tracy (12)	G	Windsor	4'8"
Jamie Finale (12)	G	Rancho Cotate	4'10"
Sarah Catching (12)	G	Santa Rosa	4'10"
Isabelle Ponts (10)	G	Montgomery	4-10
Grace Alchemy (9)	G	Santa Rosa	5'0"
Rebecca Plattus (12)	G	Maria Carrillo	5'3"

PV

Iris Bica (10)	G	Maria Carrillo	7'
Zofi Laube (12)	G	Rancho Cotate	7'6"
Karina Ardley (12)	G	Santa Rosa	7'6"
Carissa Nacol (12)	G	Santa Rosa	7'6"
Sarah Kelleher (10)	G	Santa Rosa	8'0
Caitlin Clarke (12)	G	Casa Grande	8'0"
Charlene Souza (11)	G	Rancho Cotate	8'0"
Ami Daffeh (9)	G	Santa Rosa	8'0"
Guadalupe Lopez (12)	G	Santa Rosa	8'0"
Diana Contreras (12)	G	Santa Rosa	8'6"
Bria Keelty (9)	G	Santa Rosa	8'6"
Sarah Catching (12)	G	Santa Rosa	9'0
Audrey Stalcup (11)	G	Montgomery	9-6

LJ

Isabelle Ponts (10)	G	Montgomery	13-9
Kelsie Jones (11)	G	Montgomery	14-0.5
Victoria Trono (12)	G	Santa Rosa	14'5"
Sarah Kelleher (10)	G	Santa Rosa	14'6
Melissa Murillo (12)	G	Rancho Cotate	14'6"
Jazmine Zamora (12)	G	Maria Carrillo	14'10
Kelsey Dowdall (12)	G	Montgomery	14-10.5
Bridget Childs (11)	G	Montgomery	14-11
Izel Zamora (9)	G	Santa Rosa	15'2
Rebecca Plattus (12)	G	Maria Carrillo	15'6"
Annie Gallo (11)	G	Casa Grande	15'10"
Annabel Cowden (12)	G	Santa Rosa	16'5
Anna Hartmann (11)	G	Cardinal Newman	16-10
Maddie Call (11)	G	Windsor	17'00"
Alyssa Stewart (12)	G	Windsor	17'02"
Amani Baker (11)	G	Maria Carrillo	17'4
Kirsten Carter (10)	G	Santa Rosa	18'2"

TJ

Grace Alchemy (9)	G	Santa Rosa	NM
Kelsey Dowdall (12)	G	Montgomery	27-9.5
Audrey Stalcup (11)	G	Montgomery	27-11
Charlene Souza (11)	G	Rancho Cotate	29'5"
Sarah Kelleher (10)	G	Santa Rosa	29'7.5
Kelsie Granneman (11)	G	Windsor	29'09
Habibah Sanusi (10)	G	Maria Carrillo	30'0
Lucy Segraves (11)	G	Maria Carrillo	30'0"

Annie Gallo (11)	G	Casa Grande	30'2"
Jazmine Zamora (12)	G	Maria Carrillo	31'0"
Rebecca Plattus (12)	G	Maria Carrillo	31'9"
Amani Baker (11)	G	Maria Carrillo	33'
Emma Orosz (11)	G	Montgomery	34-7.75
Alyssa Stewart (12)	G	Windsor	35'04

SP

Destiny Poulter (9)	G	Maria Carrillo	20'9"
Olivia DeLiberty (9)	G	Maria Carrillo	25'1"
Alyson Fruchey (11)	G	Maria Carrillo	25'2"
Sara Germay (9)	G	Montgomery	25-7
Kayley Walker (10)	G	Santa Rosa	26'10.25
Caitlin Grace (9)	G	Santa Rosa	26'10.5
Alexia Onate (11)	G	Montgomery	27-2.5
Jessica Villegas (10)	G	Montgomery	27-6.5
Cassidy Childs (11)	G	Montgomery	28-2
Dana Johnson (11)	G	Santa Rosa	28'8
Dakota Hidas (12)	G	Santa Rosa	29'5
Arie Markowitz (12)	G	Santa Rosa	29'11.5
Annalea Hanakeawe (10)	G	Casa Grande	30'5"
Hallie Aanenson (11)	G	Maria Carrillo	31'2"
Deborah Fry (12)	G	Santa Rosa	32'9
Katie Williams (12)	G	Ukiah	33'1.25"
Katie Pell (11)	G	Maria Carrillo	33'7"

DT

Katie Pell (11)	G	Maria Carrillo	67'9"
Dakota Hidas (12)	G	Santa Rosa	72'1
Destiny Poulter (9)	G	Maria Carrillo	76'1"
Cassidy Childs (11)	G	Montgomery	76-6
Annalea Hanakeawe (10)	G	Casa Grande	78'10"
Sara Germay (9)	G	Montgomery	84-7
Deborah Fry (12)	G	Santa Rosa	85'8
Alyson Fruchey (11)	G	Maria Carrillo	86'
Olivia DeLiberty (9)	G	Maria Carrillo	87'6"
Kayley Walker (10)	G	Santa Rosa	89'8
Katie Williams (12)	G	Ukiah	93'10"
Sarah Catching (12)	G	Santa Rosa	94'8
Jessica Villegas (10)	G	Montgomery	98-10
Caitlin Grace (9)	G	Santa Rosa	99'7
Arie Markowitz (12)	G	Santa Rosa	101'3
Hallie Aanenson (11)	G	Maria Carrillo	102'9"

Alexia Onate (11)

G

Montgomery

107-4