



**North Coast Section/Les Schwab Tires
CLASS A Track & Field Championship
MONTGOMERY HIGH SCHOOL
Saturday, May 11, 2019**

Class A Leagues: BAC, CMC, HDNL (Little 6), Berean Christian, Branson

Time Schedule

Coaches Meeting: 9:30 am

Field Events will start at 10:00 a.m. Warm-ups and run-throughs should be completed by that time.

- Girls High Jump, to be followed by Boys High Jump
- Girls Pole Vault, to be followed by Boys Pole Vault
- Girls Shot Put, to be followed by Boys Shot Put
- Boys Discus, to be followed by Girls Discus
- Girls Long Jump, to be followed by Boys Long Jump, then by the Girls and Boys Unified Long Jump
- Boys Triple Jump, to be followed by Girls Triple Jump

Running Events will start at 11:00 a.m.

All running events will be held as timed finals.

All event competitors should report by or on the second call.

YOUR EVENT MAY START EARLIER THAN INDICATED

		1:00 p.m.	Boys 100m Dash
11:00 a.m.	Girls 400m Relay		
11:10 a.m.	Boys 400m Relay	1:10 p.m.	Girls 800m Run
11:20 a.m.	Girls 1600m Run	1:25 p.m.	Boys 800m Run
11:35 a.m.	Boys 1600m Run	1:40 p.m.	Girls 300m Int. Hurdles
11:50 a.m.	Girls 100m High Hurdles	1:50 p.m.	Boys 300m Int. Hurdles
12:00 p.m.	Boys 110m High Hurdles	2:00 p.m.	Girls 200m Dash
		2:10 p.m.	Boys 200m Dash
12:10 p.m.	Girls 400m Dash	2:20 p.m.	Girls 3200m Run
12:20 p.m.	Boys 400m Dash	2:40 p.m.	Boys 3200m Run
12:30 p.m.	Girls UNIFIED 100m Dash	2:55 p.m.	Girls 1600m Relay
12:40 p.m.	Boys UNIFIED 100m Dash	3:05 p.m.	Boys 1600m Relay
12:50 p.m.	Girls 100m Dash		

North Coast Section 1A - 5/11/2019

**Montgomery High School
Meet Program - trials**

Event 1 Girls 4x100 Meter Relay Varsity

Meet: 49.91 2008		St. Elizabeth	
Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
4	Fort Bragg		57.33
	1) Maria Ramirez 12	2) Emma Gilchrist 11	
	3) Gigi Fox 11	4) Megan Lo 10	
	5) Emma Wade 12		
5	Hoopla Valley		59.33
	1) Jada McCovey 10	2) Kixinay Masten 11	
	3) Layla Fiorella 10	4) Destiny McKinnon 12	
Section 2 of 2 Finals			
1	Technology		55.47
	1) Holly Herman 12	2) Pinkeo Phongsa 11	
	3) Aveen Dubai 12	4) Sousiva Ing 12	
	5) Aerial Woodson 10		
2	Urban of San		52.61
	1) Sydney Cohen 12	2) Sophia Stephens 11	
	3) Ava Becker 10	4) Simonne Alunan 11	
3	Bentley Uppe		51.93
	1) Alana Bowyer 11	2) Kate Lindeman 12	
	3) Chayil Hinton 11	4) Katherine Papahadjopoulos 11	
4	San Francisc		50.86
	1) Yasmin Patel 12	2) Molly Wilkinson 9	
	3) Annika Kral 10	4) Aly Hughes 10	
	5) Alexa Tabibian 9		
5	Middletown		50.93
	1) Zamora Rogers 9	2) Grace Southern 12	
	3) Alyssa Terry 10	4) Kelsey Lemoine 12	
	5) Georgia Guerrero 9	6) Giana Tyrrell 11	
6	Branson		52.24
	1) Sage Rossman 12	2) Carolina Andrade 11	
	3) Charlotte Fletcher 11	4) Sophia Milan-Howells 10	
	5) Abby Stover 11	6) Manelle Dillard 9	
7	Convent and		52.86
	1) Shana Ong 9	2) Adele Bonomi 11	
	3) Bella Shea 11	4) Natalie Stans 9	
	5) Sofia Pirri 12	6) Kiki Apple 12	
8	Calistoga		55.79
	1) Jannet Lonjines 11	2) Tully Leonard 10	
	3) Alondra Borges 10	4) Erendira Robledo 10	

Event 2 Boys 4x100 Meter Relay Varsity

Meet: 42.57 2013		Emery	
Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
4	Hoopla Valley		46.71
	1) Tavis Young 11	2) Jasper Hostler 11	
	3) Tristan Campbell 11	4) William Reynolds 12	
5	Fort Bragg		47.08
	1) William Robertson 12	2) Ruddy Gordon 10	
	3) Eric Portillo 12	4) John Rexrode 11	
	5) Ash Price 11	6) Raul Cano 11	

Section 2 of 2 Finals

1	St Joseph No		46.65
	1) Marcus Abendanio 12	2) Xavier Annis 11	
	3) Joshua Henry 12	4) Jayelen Jones 11	
	5) Ethan Doan 9		
2	Branson		46.31
	1) Reilly Manton 12	2) Will Bollini 9	
	3) DJ Jones 9	4) Joey Daly 11	
	5) James Daley 9	6) Aydin Ulubay 9	
3	Fremont Chri		45.44
	1) Josh Cherian 12	2) John Sanguinetti	
	3) Eric Liao 11	4) Nick Leong 12	
	5) Wesley Wei 11		
4	St Helena		44.04
	1) Jacob Lehman 11	2) Ryan Searl 11	
	3) Christian Iano 12	4) Cody DiTomaso 11	
	5) Collin Darrall 11	6) Ivan Robledo 9	
5	Convent and		45.15
	1) Terence Leung 12	2) Nicholas Ong 12	
	3) Eon Kounalakis 10	4) Eamonn Kenny 10	
	5) Trieu Tran 10	6) Spencer O'Brien-Steele 12	
6	Technology		45.53
	1) Evan Walters 12	2) Soujit Ing 10	
	3) Brandon McCulloch 12	4) Cameron Orloff 12	
	5) Emilio Sapir-Urbe 11	6) Kieran Edwards 12	
7	Oakland Mili		46.49
	1) John Wu 11	2) Tavares Marshall 11	
	3) Anderson Montoya 11	4) Jia Wu Xia 11	
8	Middletown		46.66
	1) Forrest Devine 10	2) Victor Martinez 10	
	3) Victor Guzman 12	4) Casey Chicoine 12	
	5) Parker Boden 9		

Event 3 Girls 1600 Meter Run Varsity

Meet: 4:56.88 2014		Julia Maxwell, Branson	
Lane	Name	Yr School	Seed Time
Section 1 of 2 Finals			
1	Mariela Martin del Campo	11 Middletown	6:03.62
2	Brooke Cregan	9 Rincon Valle	6:03.32
3	Aria Millen	9 Fort Bragg	6:03.01
4	Jade Florence Schlatter	10 St Helena	5:52.16
5	Eloise Toner	11 Internationa	5:31.47
6	Brooklyn Huffman	9 Middletown	5:38.60
7	Giana Tyrrell	11 Middletown	5:41.19
8	Aliyah Flamson	9 St Helena	5:50.04
9	Isqots Scott	9 Hoopa Valley	6:18.21
10	Trinity Colegrove	9 Hoopa Valley	6:44.32
11	Samantha Boyd	10 Hoopa Valley	7:51.72

North Coast Section 1A - 5/11/2019

**Montgomery High School
Meet Program - trials**

Section 2 of 2 Finals...(Event 3 Girls 1600 Meter Run Varsity)

1	Caitlin Evers	10	Branson	5:28.30
2	Mira Terdiman	11	Lick Wilmerd	5:22.56
3	Anya Krishnan	10	Head-Royce	5:20.63
4	Alison Savage Brooks	12	Lick Wilmerd	5:16.46
5	Callie Jones	12	Branson	5:03.59
6	Kaya Hano	11	Head-Royce	5:09.69
7	Emily Perez	12	St Joseph No	5:10.36
8	Harper McClain	10	St Helena	5:14.66
9	Reyna Ho	10	Oakland Mili	5:29.03
10	Emma Marino	12	Internationa	5:30.24
11	Isabelle Thiara	11	Convent and	5:30.53
12	Marissa Lumpkin	9	San Francisc	5:31.42

Event 4 Boys 1600 Meter Run Varsity

Meet: 4:16.34 1995 Jon Genant, Branson

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

1	Infallible Asenbauer	12	Hoopa Valley	5:08.35
2	Thomas Rombach	10	Bentley Uppe	4:45.67
3	Thomas Kunze	12	San Domenico	4:42.44
4	Adam Spitzler	10	Lick Wilmerd	4:41.68
5	Elliott Weil	12	San Francisc	4:38.76
6	Simon Peterson	10	Rincon Valle	4:39.50
7	Paden Collard	11	Cloverdale	4:39.81
8	Bailey Williams	12	Technology	4:40.96
9	Robert O'Rourke	9	Hoopa Valley	6:16.77

Section 2 of 2 Finals

1	Jordan Reilly	11	St Helena	4:37.72
2	Dante Benedetti	10	Rincon Valle	4:37.60
3	Rowan Davis	11	Internationa	4:34.32
4	Zachary Passalacqua	12	Rincon Valle	4:33.45
5	Charlie Kennedy	11	San Francisc	4:27.20
6	Jacob Lehmann Duke	11	College Prep	4:27.56
7	Brady English	10	Rincon Valle	4:32.27
8	Ezra Parkhill	12	San Francisc	4:33.41
9	Isaac Methum	12	Rincon Valle	4:37.75

Event 5 Girls 100 Meter Hurdles Varsity

Meet: 13.81 2008 Julian Purvis, St. Elizabeth

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

1	Nelsy Perez	11	Middletown	20.85
2	Bella Dubois	11	Middletown	19.72
3	Ellie Lerner	10	Urban of San	19.51
4	Jessie Boyd	12	Lick Wilmerd	19.27
5	Lila Horwitz	11	Convent and	19.42
6	Emily Nadeau	9	Fort Bragg	19.68
7	Gigi Fox	11	Fort Bragg	20.65
8	Lexi Mendoza	11	Fort Bragg	21.20

Section 2 of 2 Finals

1	Rylynn Wright	11	Middletown	18.76
2	Alyssa Hart	12	Middletown	17.94
3	Jeannie Moreno	11	Lick Wilmerd	17.58
4	Olivia Steele	11	College Prep	16.60
5	Cate Kreutzen	9	Lick Wilmerd	16.95
6	Sydney Spivy	11	San Francisc	17.85
7	Siena Martin	11	Head-Royce	18.67
8	Cydney Adamson	10	St Helena	19.05

Event 6 Boys 110 Meter Hurdles Varsity

Meet: 14.64 1986 Mike Koellsted, Calistoga

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

1	Davis Pyorre	10	Fort Bragg	19.26
2	Colton Rowe	11	Sonoma Acade	18.93
3	Soujit Ing	10	Technology	18.21
4	Scott Dolan	12	Rincon Valle	17.52
5	Cole Bianchi	11	Convent and	17.69
6	Zach Ramos	12	St Joseph No	18.28
7	Hiroki Coyle	10	San Domenico	19.13
8	Max LuJan	11	California S	19.59

Section 2 of 2 Finals

1	Peter Levine	11	Urban of San	17.12
2	Ben Harris	12	Lick Wilmerd	17.01
3	Russel Gordon	10	Fort Bragg	16.84
4	Eric Portillo	12	Fort Bragg	15.57
5	Jacob Lehman	11	St Helena	16.46
6	Harris Rutherford	12	Convent and	16.97
7	Ethan Yan	12	College Prep	17.01
8	Hagan Cadwallader	11	Middletown	17.33

Event 7 Girls 400 Meter Dash Varsity

Meet: 57.85 2005 Madeleine Evans Crystal Springs Up

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

4	Jada McCovey	10	Hoopa Valley	76.20
5	Quincy Hayden		Hoopa Valley	77.50

Section 2 of 3 Finals

1	Rachel Phelps	11	Rincon Valle	67.13
2	Katie Heffernan	9	St Helena	65.13
3	Zamora Rogers	9	Middletown	64.61
4	Aila Owens	10	St Joseph No	63.63
5	Giana Tyrrell	11	Middletown	63.89
6	Georgia Guerrero	9	Middletown	65.12
7	Summer White	10	Middletown	66.58
8	Aveen Dubai	12	Technology	67.27

**North Coast Section 1A - 5/11/2019
Montgomery High School
Meet Program - trials**

Section 3 of 3 Finals...(Event 7 Girls 400 Meter Dash Varsity)

1	Zoe Grumbach	11	San Francisc	63.17
2	Sophie Wayman	9	Head-Royce	62.69
3	Halle Hanna	9	Marin Academ	61.81
4	Simonne Alunan	11	Urban of San	61.30
5	Grace Southern	12	Middletown	61.33
6	Izzy Shilakes	11	Marin Academ	62.53
7	Eve Leupold	11	San Francisc	62.80
8	Lulu Barron	11	San Francisc	63.33

Event 8 Boys 400 Meter Dash Varsity

Meet: 48.98 2011 Lawrence Doherty, International

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

3	Giuseppe McKemy	11	Fort Bragg	56.49
4	Victor Martinez	10	Middletown	55.61
5	Jack Farres	12	Middletown	56.15
6	Larry Tracy	10	Hoopa Valley	57.17

Section 2 of 3 Finals

1	Alex Whitehead	11	Fort Bragg	55.03
2	Christopher Thompson	11	Athenian	54.23
3	Parker Emerson	11	San Francisc	54.01
4	Joey Daly	11	Branson	53.33
5	Eamonn Kenny	10	Convent and	53.59
6	Forrest Devine	10	Middletown	54.06
7	Alan Moran	10	Fort Bragg	54.99
8	Brendan Hogg	12	College Prep	55.49

Section 3 of 3 Finals

1	William Reynolds	12	Hoopa Valley	52.90
2	Jacob Gutierrez-Worthy	12	Rincon Valle	51.79
3	Tavares Marshall	11	Oakland Mili	51.45
4	Nick Harris	12	Lick Wilmerd	51.33
5	Nick Martin	12	Urban of San	51.41
6	Tucker Sennett	11	Branson	51.59
7	Cody DiTomaso	11	St Helena	52.16
8	Dalton Cleary	11	Internationa	52.99

Event 9 Girls 100 Meter Dash Varsity

Meet: 11.98 2008 Ashton Purvis, St. Elizabeth

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

2	Jada McCovey	10	Hoopa Valley	15.50
3	Holly Herman	12	Technology	14.19
4	Zamora Rogers	9	Middletown	14.07
5	Gianna Anderson	10	Rincon Valle	14.16
6	Kixinay Masten	11	Hoopa Valley	14.30
7	Layla Fiorella	10	Hoopa Valley	15.57

Section 2 of 3 Finals

1	Tianna Jardstrom	12	Clear Lake	13.82
2	Sousiva Ing	12	Technology	13.71
3	Casey Klosky	10	Redwood Chri	13.28
4	Kelsey Lemoine	12	Middletown	13.17
5	Yasmin Patel	12	San Francisc	13.20
6	Jai Smith	12	Head-Royce	13.50
7	Alyssa Terry	10	Middletown	13.73
8	Freja Niklasson	9	Sonoma Acade	13.85

Section 3 of 3 Finals

1	Bella Rotzin	Berean Christian	13.11
2	Carolina Andrade	11 Branson	13.05
3	Aly Hughes	10 San Francisc	13.03
4	Anaya Jolivette	10 San Francisc	12.87
5	Adele Bonomi	11 Convent and	12.93
6	Tania Norzagaray	11 Making Waves	13.04
7	Taliya Gossett-Salahudeen	9 Bentley Uppe	13.06
8	Annika Kral	10 San Francisc	13.16

Event 10 Boys 100 Meter Dash Varsity

Meet: 10.81 2014 Elijah Lucy, Emery

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

3	Tavis Young	11	Hoopa Valley	12.86
4	Donavin Valadez	10	Clear Lake	12.26
5	Larry Tracy	10	Hoopa Valley	12.54

Section 2 of 3 Finals

1	Ivan Robledo	9	St Helena	12.14
2	Russel Gordon	10	Fort Bragg	11.96
3	Michael Goldman	10	Redwood Chri	11.87
4	John Sanguinetti		Fremont Chri	11.84
5	Eon Kounalakis	10	Convent and	11.86
6	Casey Chicoine	12	Middletown	11.94
7	James Juarez	11	Upper Lake	12.10
8	Spencer Copperfield	11	Willits	12.18

Section 3 of 3 Finals

1	Josh Cherian	12	Fremont Chri	11.78
2	Zavier Annis	11	St Joseph No	11.52
3	Udo George		Berean Christian	11.22
4	Nicholas Ong	12	Convent and	11.06
5	Ryan Searl	11	St Helena	11.13
6	Cameron Orloff	12	Technology	11.23
7	Tobe Ohajunwa	10	San Domenico	11.65
8	Anderson Montoya	11	Oakland Mili	11.78

North Coast Section 1A - 5/11/2019

Montgomery High School

Meet Program - trials

Event 11 Girls 800 Meter Run Varsity

Meet: 2:15.89 2002 Yfa Kretzschmar, S.F. University			
Lane	Name	Yr School	Seed Time
Section 1 of 2 Finals			
1	Samantha Boyd	10 Hoopa Valley	3:30.76
2	Erica Kinsel	10 Middletown	2:53.60
3	Yasamine Heidary	12 Middletown	2:49.20
4	Maria Ramirez	12 Fort Bragg	2:43.12
5	Giana Tyrrell	11 Middletown	2:37.51
6	Brooklyn Huffman	9 Middletown	2:39.13
7	Mackenzie Stewart	10 Sonoma Acade	2:48.37
8	Ximena Ramirez	11 Middletown	2:51.83
9	Isqots Scott	9 Hoopa Valley	2:59.80
Section 2 of 2 Finals			
1	Isabelle Thiarra	11 Convent and	2:29.28
2	Emily Perez	12 St Joseph No	2:25.51
3	Maya Lacamp	10 Lick Wilmerd	2:24.46
4	Chiara Savage Schwartz	9 Marin Academ	2:23.92
5	Isabella Hochschild	10 San Francisc	2:22.48
6	Sophia Stephens	11 Urban of San	2:23.31
7	Anna Novatney	12 San Francisc	2:24.14
8	Grace Southern	12 Middletown	2:24.81
9	Viva Donohoe	11 Lick Wilmerd	2:29.10

Event 12 Boys 800 Meter Run Varsity

Meet: 1:51.95 2011 Cole Williams, Urban			
Lane	Name	Yr School	Seed Time
Section 1 of 2 Finals			
1	Isaac Methum	12 Rincon Valle	2:09.19
2	Josue Blanco	11 St Helena	2:08.45
3	Paden Collard	11 Cloverdale	2:06.68
4	Nic Pantelick	12 San Francisc	2:05.53
5	Ben Galloway	11 Urban of San	2:04.77
6	William Xenakis	12 Head-Royce	2:04.90
7	John Baker	12 St Helena	2:06.36
8	Simon Peterson	10 Rincon Valle	2:08.27
9	Dante Benedetti	10 Rincon Valle	2:08.87
Section 2 of 2 Finals			
1	Aidan Wogan	11 Head-Royce	2:04.10
2	Rowan Davis	11 Internationa	2:03.47
3	Zachary Passalacqua	12 Rincon Valle	2:02.26
4	Benji Wu	11 Branson	2:01.15
5	Charlie Kennedy	11 San Francisc	1:58.91
6	Todd Kane-Ross	11 Emery	1:58.95
7	Brady English	10 Rincon Valle	2:01.77
8	Eddie Dilworth	12 Lick Wilmerd	2:02.78
9	Mark Kearney	12 Convent and	2:03.72

Event 13 Girls 300 Meter Hurdles Varsity

Meet: 45.14 1994 Julie Peterson, Ferndale			
Lane	Name	Yr School	Seed Time
Section 1 of 3 Finals			
3	Rylynn Wright	11 Middletown	57.37
4	Alyssa Hart	12 Middletown	54.63
5	Tully Leonard	10 Calistoga	54.88
6	Ashlyn Johnson	9 Fort Bragg	57.87
Section 2 of 3 Finals			
1	Emily Nadeau	9 Fort Bragg	53.58
2	Georgia Van Der Linden	11 Bentley Uppe	52.71
3	Peaches Wright	9 San Francisc	52.23
4	Lulu Barron	11 San Francisc	52.09
5	Arianna Schwartz	9 San Francisc	52.13
6	Freja Niklasson	9 Sonoma Acade	52.70
7	Sadie Ray Smith	12 Lick Wilmerd	52.93
8	Bella Dubois	11 Middletown	54.39
Section 3 of 3 Finals			
1	Aila Owens	10 St Joseph No	51.99
2	Jeannie Moreno	11 Lick Wilmerd	50.78
3	Alexa Tabibian	9 San Francisc	50.55
4	Cate Kreutzen	9 Lick Wilmerd	48.80
5	Ellie Jensen	Berean Christian	50.55
6	Olivia Steele	11 College Prep	50.58
7	Tianna Jardstrom	12 Clear Lake	51.74
8	Mackenzie Jones	11 San Francisc	52.02

Event 14 Boys 300 Meter Hurdles Varsity

Meet: 39.94 1990 Bill Etter, Ferndale			
Lane	Name	Yr School	Seed Time
Section 1 of 2 Finals			
1	Leopold Van den daele	11 Sonoma Acade	46.91
2	Harris Rutherford	12 Convent and	46.03
3	Sean Huckleberry	9 San Francisc	45.49
4	Scott Dolan	12 Rincon Valle	44.00
5	Jackson Daecher	12 Convent and	44.27
6	Jack Farres	12 Middletown	46.01
7	Max Goldstone	11 College Prep	46.35
8	Filemon Sanchez	10 Middletown	47.89
Section 2 of 2 Finals			
1	Ben Harris	12 Lick Wilmerd	43.89
2	Soujit Ing	10 Technology	43.30
3	Cole Bianchi	11 Convent and	43.27
4	Eric Portillo	12 Fort Bragg	40.92
5	Russel Gordon	10 Fort Bragg	41.44
6	Loucas Xenakis	10 Head-Royce	43.27
7	Jacob Lehman	11 St Helena	43.63
8	Zach Ramos	12 St Joseph No	44.00

North Coast Section 1A - 5/11/2019

Montgomery High School
Meet Program - trials**Event 15 Girls 200 Meter Dash Varsity**

Meet: 24.72 2008 Ashton Purvis, St. Elizabeth

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

3	Kixinay Masten	11	Hoop Valley	30.27
4	Georgia Guerrero	9	Middletown	29.54
5	Sousiva Ing	12	Technology	29.75
6	Layla Fiorella	10	Hoop Valley	33.05

Section 2 of 3 Finals

1	Zoe Katz	9	Cloverdale	29.36
2	Tianna Jardstrom	12	Clear Lake	29.01
3	Eve Leupold	11	San Francisc	28.09
4	Halle Hanna	9	Marin Academ	27.83
5	Yasmin Patel	12	San Francisc	27.94
6	Alyssa Terry	10	Middletown	28.30
7	Gianna Anderson	10	Rincon Valle	29.30
8	Zamora Rogers	9	Middletown	29.45

Section 3 of 3 Finals

1	Bella Rotzin		Berean Christian	27.49
2	Carolina Andrade	11	Branson	27.22
3	Anaya Jolivette	10	San Francisc	27.02
4	Annika Kral	10	San Francisc	26.87
5	Adele Bonomi	11	Convent and	26.88
6	Taliya Gossett-Salahudeen	9	Bentley Uppe	27.18
7	Simonne Alunan	11	Urban of San	27.36
8	Kelsey Lemoine	12	Middletown	27.74

Event 16 Boys 200 Meter Dash Varsity

Meet: 21.72 2014 Bosco Babuopeleh, Stuart Hall

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

3	Larry Tracy	10	Hoop Valley	26.25
4	Casey Ross	11	Sonoma Acade	24.90
5	Jasper Hostler	11	Hoop Valley	25.50
6	Tristan Campbell	11	Hoop Valley	26.43

Section 2 of 3 Finals

1	Ivan Robledo	9	St Helena	24.47
2	Eamonn Kenny	10	Convent and	24.15
3	John Sanguinetti		Fremont Chri	23.88
4	William Reynolds	12	Hoop Valley	23.81
5	Tobe Ohajunwa	10	San Domenico	23.85
6	Parker Emerson	11	San Francisc	24.08
7	Casey Chicoine	12	Middletown	24.32
8	James Juarez	11	Upper Lake	24.63

Section 3 of 3 Finals

1	Cody DiTomaso	11	St Helena	23.50
2	Cameron Orloff	12	Technology	23.18
3	Tavares Marshall	11	Oakland Mili	22.95
4	Ryan Searl	11	St Helena	22.54
5	Nicholas Ong	12	Convent and	22.66
6	Nick Martin	12	Urban of San	22.98
7	Zavier Annis	11	St Joseph No	23.38
8	Jacob Gutierrez-Worthy	12	Rincon Valle	23.66

Event 17 Girls 3200 Meter Run Varsity

Meet: 10:42.50 2012 Julia Maxwell, Branson

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Emma Marino	12	Internationa	12:13.38
2	Ella Shenkar	12	San Francisc	12:10.26
3	Eileen Gu	10	San Francisc	12:06.33
4	Anneli Macdonald	9	Arcata	11:54.93
5	Harper McClain	10	St Helena	11:11.34
6	Callie Jones	12	Branson	11:17.60
7	Ona Ortiz-Gudeman	9	Head-Royce	11:45.08
8	Kaya Hano	11	Head-Royce	11:53.58
9	Kaira Shlipak	9	Lick Wilmerd	12:13.55
10	Marissa Lumpkin	9	San Francisc	12:17.90
11	Anna Novatney	12	San Francisc	12:19.03
12	Caitlin Evers	10	Branson	12:21.85
13	Isabel Haas	11	Head-Royce	12:27.10
14	Brooklyn Huffman	9	Middletown	13:22.56
15	Erica Kinsel	10	Middletown	13:28.55
16	Brooke Cregan	9	Rincon Valle	13:54.30
17	Trinity Colegrove	9	Hoop Valley	14:54.29
18	Mariela Martin del Campo	11	Middletown	14:57.89
19	Yasamine Heidary	12	Middletown	15:05.37
20	Mercy Cobb	10	Middletown	16:38.91
21	Lilith Engle	12	Middletown	16:46.59

Event 18 Boys 3200 Meter Run Varsity

Meet: 9:21.71 2017 Cooper Teare, St. Joseph N

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Isaac Methum	12	Rincon Valle	10:19.49
2	Andrew Cheng	11	San Francisc	10:18.65
3	Kabir Bhansali	11	College Prep	10:18.01
4	Ethan Ash	11	Head-Royce	10:13.09
5	Andre Williams	12	Sonoma Acade	9:45.00
6	Jacob Lehmann Duke	11	College Prep	9:47.93
7	Alex Mader	9	Lick Wilmerd	10:07.34
8	Brady English	10	Rincon Valle	10:09.48
9	Antonio Woo	11	Convent and	10:19.84
10	Nick Miller	9	Urban of San	10:22.32
11	Chase Leffers	12	San Francisc	10:23.51
12	Simon Peterson	10	Rincon Valle	10:30.90
13	Isaac Rascon	10	Middletown	10:38.26
14	Travis Jenkins	11	Technology	10:48.23
15	Infalible Asenbauer	12	Hoop Valley	11:36.64
16	Max Cole	9	Technology	11:54.52
17	Remy Namvar	11	Fort Bragg	12:01.44

North Coast Section 1A - 5/11/2019

**Montgomery High School
Meet Program - trials**

Event 19 Girls 4x400 Meter Relay Varsity

Meet: 4:07.49 2005		Crystal Springs Uplands	
Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
3	Fort Bragg		4:43.68
	1) Maria Ramirez 12	2) Emily Nadeau 9	
	3) Emma Gilchrist 11	4) Megan Lo 10	
	5) Nattalea Bazor 12		
4	College Prep		4:35.92
	1) Ava Kennerly 10	2) Olivia Steele 11	
	3) Lindsay Recker 9	4) Talia Rotman 9	
	5) Talia Paulson 12		
5	Athenian		4:36.80
	1) Lucy Sparks Mendez	2) Kate Mcguire	
	3) Lauren Hollis	4) Jessica Mckay	
Section 2 of 2 Finals			
1	Head-Royce		4:31.70
	1) Sophie Wayman 9	2) Ona Ortiz-Gudeman 9	
	3) Lara Kammen 10	4) Kaya Hano 11	
	5) Anya Krishnan 10	6) Isabel Haas 11	
2	Convent and		4:24.15
	1) Sofia Pirri 12	2) Isabelle Thiara 11	
	3) Sofia Telfer 11	4) Adele Bonomi 11	
	5) Madeline Thiara 9	6) Amelia Abernethy 9	
3	Urban of San		4:14.74
	1) Sydney Cohen 12	2) Mikayla Woods	
	3) Simonne Alunan 11	4) Sophia Stephens 11	
4	Lick Wilmerd		4:10.65
	1) Viva Donohoe 11	2) Alison Savage Brooks 12	
	3) Cate Kreutzen 9	4) Maya Lacamp 10	
	5) Jeannie Moreno 11		
5	San Francisc		4:11.88
	1) Zoe Grumbach 11	2) Isabella Hochschild 10	
	3) Lulu Barron 11	4) Eve Leupold 11	
	5) Molly Wilkinson 9	6) Anna Novatney 12	
6	Middletown		4:20.50
	1) Giana Tyrrell 11	2) Georgia Guerrero 9	
	3) Alyssa Terry 10	4) Grace Southern 12	
	5) Kelsey Lemoine 12	6) Zamora Rogers 9	
7	St Joseph No		4:30.66
	1) Aila Owens 10	2) Emily Perez 12	
	3) Viera Taylor	4) Natalie Perez	
	5) Claire Nocon 10	6) Jaida Sieu 9	
8	Emery		4:32.84
	1) Christian Britton	2) Breanna Catlett 9	
	3) Sanae Hendrix 9	4) Parris Bradford	
	5) Meshawn Hardnett 9		

Event 20 Boys 4x400 Meter Relay Varsity

Meet: 3:28.28 2013		Justin Siena	
Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
3	Middletown		3:48.11
	1) Victor Martinez 10	2) Isaiah Diaz 10	
	3) Tyler Cobb 11	4) Forrest Devine 10	
	5) Caleb Cobb 9	6) Jack Rarick 11	
4	Athenian		3:43.51
	1) Justin Mun 10	2) Jack Moskowitz 12	
	3) Christopher Thompson 11	4) Eric Arlen	
5	Internationa		3:47.63
	1) Rowan Davis 11	2) Luca Smith 10	
	3) Isaiah Koenig 10	4) Dalton Cleary 11	
Section 2 of 2 Finals			
1	Fort Bragg		3:42.72
	1) Alex Whitehead 11	2) Enrique Ruiz 11	
	3) Giuseppe McKemy 11	4) Eric Portillo 12	
	5) Jullian Clavelle 11	6) Alan Moran 10	
2	Head-Royce		3:41.58
	1) Ethan Ash 11	2) William Xenakis 12	
	3) Aidan Wogan 11	4) Sean Cavalieri 10	
3	Lick Wilmerd		3:40.55
	1) Ben Harris 12	2) Kai Lord	
	3) Eddie Dilworth 12	4) Nick Harris 12	
	5) Adam Spitzler 10		
4	San Francisc		3:36.02
	1) Ren Zanze 10	2) Elliott Weil 12	
	3) Ezra Parkhill 12	4) Charlie Kennedy 11	
	5) Parker Emerson 11	6) Alex Neumann Lorec	
5	Branson		3:40.22
	1) Will Bollini 9	2) Joey Daly 11	
	3) Alex Le 12	4) Tucker Sennett 11	
	5) Benji Wu 11	6) Andrew Maxwell 9	
6	Convent and		3:41.07
	1) Cole Bianchi 11	2) Mark Kearney 12	
	3) Will Burns	4) Eamonn Kenny 10	
	5) Jackson Daecher 12	6) Nicholas Ong 12	
7	St Helena		3:41.80
	1) John Baker 12	2) Josue Blanco 11	
	3) Cody DiTomaso 11	4) Jacob Lehman 11	
	5) Jordan Reilly 11	6) Clayton Burton 9	
8	Oakland Mili		3:42.79
	1) Anderson Montoya 11	2) Charles Colvin	
	3) Jia Wu Xia 11	4) Tavares Marshall 11	

North Coast Section 1A - 5/11/2019

Montgomery High School

Meet Program - trials

Event 21 Girls High Jump Varsity

Meet: 5-06 2006		Ashley Griffith, CSD; Eve King S.F. 1		
Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Hannah See	12	Rincon Valle	3-10.00
2	Fernanda Varelas	11	Fort Bragg	3-10.00
3	Ava Sutton	11	Fort Bragg	4-00.00
4	Cydney Adamson	10	St Helena	4-00.00
5	Joya Yager	11	Fort Bragg	4-00.00
6	Jazmyn Namvar	9	Fort Bragg	4-00.00
7	Aila Owens	10	St Joseph No	4-04.00
8	Kheli Atluru	12	San Francisc	4-04.00
9	Hedvika Slovakova	10	San Domenico	4-04.00
10	Danielle Cuthbert	9	San Francisc	4-04.00
11	Emma Gilchrist	11	Fort Bragg	4-04.00
12	Amelie Scheil	10	San Francisc	4-06.00
13	Lara Kammen	10	Head-Royce	4-06.00
14	Caroline Wu	9	Urban of San	4-06.00
15	Maddie Dowd	12	San Francisc	4-06.00
16	Maykla Jackson	10	Del Norte	4-06.00
17	Avery Thornburgh	10	Arcata	4-06.00
18	Kiki Apple	12	Convent and	4-08.00
19	Natallea Bazor	12	Fort Bragg	4-10.00

Event 22 Girls Pole Vault Varsity

Meet: 10-02 1997		Becky Studebaker, South Fork		
Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Alexia Aban	9	Fort Bragg	6-00.00
2	Andrea Villasenor	9	Calistoga	7-00.00
3	Ashlyn Johnson	9	Fort Bragg	7-00.00
4	Hannah See	12	Rincon Valle	7-06.00
5	Gigi Fox	11	Fort Bragg	7-06.00
6	Bryanna High-Young	12	Middletown	7-06.00
7	Lyndsay Recker		College Prep	7-07.00

Event 23 Girls Long Jump Varsity

Meet: 18-06 1980		Karen Lyons, St. Bernard Catholic		
Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Alondra Borges	10	Calistoga	12-06.50
2	Lilly Amaturro	11	Sonoma Acade	12-08.00
3	Makayla Bush	11	Willits	12-11.75
4	Ava Sutton	11	Fort Bragg	13-01.50
5	Sousiva Ing	12	Technology	13-03.00
6	Holly Herman	12	Technology	13-04.75
7	Rachel Phelps	11	Rincon Valle	14-05.75
8	Brunn Karin		Marin Academ	14-09.50
9	Taliya Gossett-Salahudeen	9	Bentley Uppe	15-01.75

Flight 2 of 2 Finals

1	Olivia Wilson	11	Marin Academ	15-02.75
2	Danielle Cuthbert	9	San Francisc	15-04.00
3	Amelie Scheil	10	San Francisc	15-05.50
4	Azure Siraco	12	Sonoma Acade	16-02.00
5	Sage Rossman	12	Branson	16-02.75
6	Siena Martin	11	Head-Royce	16-05.00
7	Victoria Staples	12	Head-Royce	16-05.75
8	Bella Rotzin		Berean Christian	16-08.75
9	Annika Kral	10	San Francisc	16-10.25

Event 24 Girls Triple Jump Varsity

Meet: 37-03.75 2017		Daijuna Williams, CSD		
Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Andrea Villasenor	9	Calistoga	27-05.00
2	Ava Sutton	11	Fort Bragg	27-05.50
3	Lilly Amaturro	11	Sonoma Acade	28-03.50
4	Mylaan Gant	9	Bentley Uppe	29-10.00
5	Tully Leonard	10	Calistoga	30-01.50
6	Kiki Apple	12	Convent and	30-05.50
7	Kelsey Lemoine	12	Middletown	30-08.25
8	Rachel Phelps	11	Rincon Valle	30-08.75

Flight 2 of 2 Finals

1	Kheli Atluru	12	San Francisc	30-09.75
2	Nola Mihaly-Garvin	9	Bentley Uppe	31-02.00
3	Katie Heffernan	9	St Helena	31-02.00
4	Danielle Cuthbert	9	San Francisc	31-06.50
5	Azure Siraco	12	Sonoma Acade	32-06.75
6	Amelie Scheil	10	San Francisc	33-08.25
7	Victoria Staples	12	Head-Royce	34-08.25
8	Olivia Steele	11	College Prep	34-09.75

Event 25 Girls Shot Put Varsity

Meet: 40-02.75 2005		Samantha Kuo, Crystal Springs Upla		
Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Emily Baldy	11	Hoopa Valley	22-07.00
2	Hannah See	12	Rincon Valle	22-10.50
3	Mimi LeClair	10	South Fork	23-00.00
4	Tina Duong	12	Technology	23-01.00
5	Bella Dubois	11	Middletown	24-04.00
6	Gabriela Vargas	10	Calistoga	24-05.50
7	Amarah Potter	11	Willits	24-06.25
8	Sharon Tao	12	Fremont Chri	25-01.50
9	Jamie Ly		Oakland Mili	25-04.50
10	Jaylenne Harris	10	South Fork	25-06.00

North Coast Section 1A - 5/11/2019

Montgomery High School

Meet Program - trials

Flight 2 of 2 Finals...(Event 25 Girls Shot Put Varsity)

1	Vida Hasson	12	Internationa	26-03.50
2	Andrea Villasenor	9	Calistoga	26-06.75
3	Nyxa Aquino-Thomas	11	Convent and	26-07.00
4	Kiara Morris-Dadzie	12	California S	26-07.50
5	Alanna Wroten	9	Fremont Chri	28-01.50
6	Jasmine Gonzalez	10	San Francisc	29-05.50
7	Hanna Morris	12	Middletown	29-08.00
8	Kayden Korst	12	San Domenico	32-00.50
9	Taelor Roderick	12	Middletown	33-02.75

Event 26 Girls Discus Throw Varsity

Meet: 125-07 1981		Lee Plevney, Lower Lake		
Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Madeleine Dondanville	10	Fort Bragg	59-03
2	Jaylenne Harris	10	South Fork	66-10
3	Gabriela Vargas	10	Calistoga	67-04
4	Taylor Cole	9	Hoop Valley	68-05
5	Mimi LeClair	10	South Fork	70-05
6	Bella Dubois	11	Middletown	70-07
7	Kheli Atluru	12	San Francisc	71-01
8	Siena Greenberg	12	San Domenico	71-04
9	Isabella Wong	11	Bentley Uppe	73-11
10	Pinkeo Phongsa	11	Technology	76-04
11	Kayden Korst	12	San Domenico	76-07

Flight 2 of 2 Finals

1	Emily Baldy	11	Hoop Valley	77-00
2	Tina Duong	12	Technology	77-08
3	Jasmine Gonzalez	10	San Francisc	79-06
4	Ximena Ramirez	11	Middletown	84-09
5	Elizabeth Dutton		Berean Christian	86-06
6	Kiara Morris-Dadzie	12	California S	86-07
7	Nyxa Aquino-Thomas	11	Convent and	88-10
8	Ashley Locatelli	12	California S	96-11
9	Hanna Morris	12	Middletown	110-03
10	Taelor Roderick	12	Middletown	124-02

Event 27 Boys High Jump Varsity

Meet: 6-07.25 1982		Craig McMillan, Cloverdale		
Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Carson Schaffer	11	Middletown	5-00.00
2	Andrew Helgren	12	Technology	5-00.00
3	Victor Guzman	12	Middletown	5-02.00
4	Andrew Lim	Jr	College Prep	5-04.00
5	Frankie Solinsky-Duryea	9	Lick Wilmerd	5-04.00
6	Levi Nyberg	10	Fortuna	5-04.00
7	Jack Farres	12	Middletown	5-04.00
8	Jayelen Jones	11	St Joseph No	5-04.00
9	Jasen McGoldrick	12	Arcata	5-06.00
10	Henry Yeomans	10	Fort Bragg	5-06.00
11	Donavin Valadez	10	Clear Lake	5-06.00
12	Loucas Xenakis	10	Head-Royce	5-08.00
13	Warwick Price	11	San Francisc	5-08.00
14	Trevor Mendenhall	12	Rincon Valle	5-10.00
15	Jullian Clavelle	11	Fort Bragg	5-10.00
16	Tobe Ohajunwa	10	San Domenico	5-10.00
17	ethan Price	12	Del Norte	6-00.00
18	Nathan Arrasmith	11	Fortuna	6-00.00
19	Joe Zhou	11	San Domenico	6-00.00
20	Jack Honeyman	12	Convent and	6-02.00

Event 28 Boys Pole Vault Varsity

Meet: 14-01 1993		Jeremy Schull, Willits		
Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Alex Boe	11	Fort Bragg	8-06.00
2	Jackson Scheibal	9	Middletown	8-06.00
3	Kyle Paoli	12	Fort Bragg	9-06.00
4	Davis Pyorre	10	Fort Bragg	10-00.00
5	Carlos Hernandez	12	Fort Bragg	11-06.00

Event 29 Boys Long Jump Varsity

Meet: 22-07.50 2014		Elijah Lucy, Emery		
Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Ryan Searl	11	St Helena	17-07.75
2	Casey Ross	11	Sonoma Acade	17-09.50
3	Donavin Valadez	10	Clear Lake	17-09.75
4	Kenneth Hodges	12	Upper Lake	17-11.25
5	Cale Hawkins	10	Rincon Valle	18-02.75
6	Parker Emerson	11	San Francisc	18-06.00
7	Hunter Ethridge	12	Eureka	18-06.50
8	Levi Nyberg	10	Fortuna	18-06.50
9	Spencer Copperfield	11	Willits	18-07.50
10	Sean Huckleberry	9	San Francisc	18-08.75

**North Coast Section 1A - 5/11/2019
Montgomery High School
Meet Program - trials**

Flight 2 of 2 Finals...(Event 29 Boys Long Jump Varsity)

1	Jullian Clavelle	11	Fort Bragg	19-03.00
2	Joe Zhou	11	San Domenico	19-05.75
3	Jacob Gutierrez-Worthy	12	Rincon Valle	19-06.25
4	Will Bollini	9	Branson	19-07.50
5	Christian Young	11	Convent and	19-08.75
6	Udo George		Berean Christian	19-08.75
7	Justin Mun	10	Athenian	19-10.25
8	Leonardo Vergara	11	California S	20-01.00
9	Peter Levine	11	Urban of San	20-03.25
10	Spencer O'Brien-Steele	12	Convent and	20-04.25

Event 30 Boys Triple Jump Varsity

Meet: 47-06.50 2014 Drew Xandrine-Anderson, Stuart Ha

Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Jake Bell	11	Fort Bragg	34-10.00
2	Raul Cano	11	Fort Bragg	35-10.00
3	Cale Hawkins	10	Rincon Valle	36-03.00
4	Alan Moran	10	Fort Bragg	38-02.50
5	Jullian Clavelle	11	Fort Bragg	38-04.50
6	Jackson Daecher	12	Convent and	38-07.50
7	Christian Young	11	Convent and	38-08.75
8	Kenneth Hodges	12	Upper Lake	38-10.75

Flight 2 of 2 Finals

1	Harris Rutherford	12	Convent and	38-11.50
2	August O'Neil	12	Sonoma Acade	39-02.50
3	Cameron Orloff	12	Technology	39-05.50
4	Spencer O'Brien-Steele	12	Convent and	40-03.00
5	Leonardo Vergara	11	California S	41-05.00
6	Loucas Xenakis	10	Head-Royce	41-05.50
7	Ethan Yan	12	College Prep	42-06.00
8	Sean Huckleberry	9	San Francisc	43-03.00
9	Joe Zhou	11	San Domenico	44-04.00

Event 31 Boys Shot Put Varsity

Meet: 55-05 1997 Marcus Matheney, St. Bernard Cath

Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Jacob Reed	12	Hoopa Valley	33-04.00
2	Andrew Tandoc	12	St Joseph No	33-06.00
3	Max Bucchioni	11	Convent and	34-01.50
4	Aiden Mendes	11	Hoopa Valley	35-00.00
5	Allen Gray	10	Rincon Valle	35-07.50
6	Conlan Harrington	10	St Helena	35-10.00
7	Kyle McMahan	11	Convent and	36-02.50
8	Will Garlington	11	Convent and	36-03.00
9	Greyson Rockwell	10	Middletown	36-06.50
10	Carter Proaps	11	Rincon Valle	36-08.00

Flight 2 of 2 Finals

1	Quinn Randall-Darter	11	St Helena	37-01.50
2	Raphael Gonzalez	12	Lick Wilmerd	37-03.00
3	Grey Snyder	11	San Domenico	37-04.50
4	Vincent Chen	11	Fremont Chri	38-00.00
5	Tom Ma	11	California C	38-08.50
6	Isaac Beach	12	St Bernard A	39-01.00
7	Ryland Campos	11	St Helena	39-02.25
8	Colton Hayes	11	Hoopa Valley	39-06.00
9	Torrton Henderson	12	Willits	42-04.00
10	Bryson Trask	12	Middletown	55-00.50

Event 32 Boys Discus Throw Varsity

Meet: 170-10 2003 Lonny Witlow, South Fork

Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Colton Hayes	11	Hoopa Valley	78-05.25
2	Bowdy Dunn	11	St Bernard A	95-06.75
3	Tom Ma	11	California C	96-02
4	Cyrus Ghorbani	10	Convent and	97-09
5	Ryland Campos	11	St Helena	98-09
6	Allen Gray	10	Rincon Valle	100-10
7	Kezian Dunn	9	San Domenico	102-01
8	Greyson Rockwell	10	Middletown	103-00
9	Andrew Tandoc	12	St Joseph No	104-03
10	Kyle McMahan	11	Convent and	106-00

Flight 2 of 2 Finals

1	Adolfo Mora	10	Fort Bragg	106-11
2	Carter Proaps	11	Rincon Valle	107-02
3	August O'Neil	12	Sonoma Acade	115-04
4	Will Garlington	11	Convent and	115-08
5	Aiden Mendes	11	Hoopa Valley	116-01.50
6	Raphael Gonzalez	12	Lick Wilmerd	116-08
7	Isaac Beach	12	St Bernard A	117-04
8	Grey Snyder	11	San Domenico	117-05
9	Torrton Henderson	12	Willits	126-02
10	Bryson Trask	12	Middletown	175-07

COACH'S RESPONSIBILITY REGARDING REPORTING SCRATCHES (League to Area/Classification Meets)

The coach of any qualifying athlete, who for any reason is to be withdrawn from any future events, is obligated to notify the Meet Director no later than the conclusion of the current meet. In addition, the coach has a professional responsibility to notify at the same time the coach of any and all alternates involved in the aforementioned withdrawals, so as to give alternates opportunity to declare before the entry deadline.

CLASS A

In all events the (3) fastest times or best marks will qualify for the Meet of Champions. Ties must be broken using the National Federation Track & Field Rules Book tie-breaker procedures. Additionally, any athletes who do not finish in the top three but establish a time or distance that meets or exceeds the At-large times and distances on page three will also qualify to the NCS Meet of Champions.

GENERAL INFORMATION

SCORING

Scoring in the NCS/Les Schwab Tires Area/Classification Championship Meets shall be 10-8-6-4-2-1. Points will be based on times in the running events and by place in the field events. (Unified team events are now scoring events.)

AWARDS

NCS/Les Schwab Tires Area/Classification Championships

1. Certificates will be awarded to all participants.
2. Ribbons will be awarded to the first six boys and girls placers in each event.
3. Pennants will be awarded to the first and second place boys and girls teams.
4. A plaque will be awarded to the first-place boys' and girls' teams at the NCS/Les Schwab Tires Area/Classification Meets.

ADVANCEMENT TO THE MEET OF CHAMPIONS

In all races and field events the top three (3) place finishers will qualify for the Meet of Champions.

Additionally, any athletes who do not finish in the top three but establish a time or distance that meets or exceeds the At-large times and distances listed below will also qualify to the NCS Meet of Champions.

TIES AMONG QUALIFIERS FOR MEET OF CHAMPIONS

Only three (3) qualifiers will advance to the Meet of Champions. Ties must be broken using the National Federation Track & Field Rules Book tie-breaker procedures. If run-offs are necessary, they will be conducted at the conclusion the Class A Championship.

EVENT MECHANICS

Heat seeding is slow to fast, and field events are worst to best. In this manner, the top athletes are competing head to head for the opportunity to advance to the Meet of Champions. Advancement to NCS/Les Schwab Meet of Champions will be based on each event's best overall time/mark regardless of heat/flight.

RUNNING EVENT MECHANICS

RACES OVER 400 METERS: The 800m, 1600m, 3200m runs will use a one-turn staggered start. The 1600m relay will be staggered in lanes for three (3) turns.

LANE ASSIGNMENTS: In all races except the 800m, 1600m and 3200m runs, the Games Committee will assign the fastest qualified runners to the middle lanes, or the preferred lanes as determined by the Games Committee, and the next fastest qualifiers to the adjacent lanes, and so on (4,5,3,6,2,7,1,8). Lane assignment will be based on time only.

There will be three heats in the 800-meters. The heats will be seeded in-lane according to the procedure outlined in the previous paragraph

There will be two heats in the 1600-meter run, with runners starting in alleys for the first turn. The heats will be seeded based upon time. Starting in lane one working out will be 12, 11, 10, 9, 8, 7, 4, 3 seeds. The outside alley will be 1,2,5,6 seeds.

The 3200m will be run in one heat and will follow a similar pattern with the top seeds receiving favored positions nearest the center of the track.

STARTING BLOCKS: Only starting blocks provided by meet management will be used.

FIELD EVENT MECHANICS

Participants will not be allowed on the infield prior to report time for event.

When events are officially completed, the participation area will be closed. Extra practice will not be allowed.

Each of the contestants in the long jump, triple jump, shot put and discus will be allowed three (3) qualifying trials. The top eight (8) competitors will receive three (3) additional trials to determine the top six (6) ribbon winners.

LONG JUMP, TRIPLE JUMP, SHOT PUT AND DISCUS: On the listed day of competition, contestants will compete in accordance with their marks made in the Area/Classification Championship meets, with the participant with the best recorded mark competing last. The competitors will be placed in flights. Each competitor, unless excused, will be given three (3) attempts before the next flight takes its trials. The top eight (8) competitors will receive three (3) additional trials to determine the top six (6) medal winners. Marks made in the preliminary competition will carryover to be counted in the final competition.

The takeoff board in the girls' and boys' long jump will be 10 feet from the pit. The takeoff boards in the girls' triple jump will be 28 and 32 feet from the pit, and the boys' takeoff boards will be 36 and 40 feet from the pit.

All discus and shots must be weighed and marked by the Certification Official on the day of competition. The Certification Official will be located at the Northeast end of the track near the Clerk-of-the-Course. Once certified, implements will be impounded until required for competition or the event ends. All types of discuses, including rubber, may be used. Only properly certified implements will be allowed on the infield.

HIGH JUMP AND POLE VAULT: Competition in the high jump and pole vault will be conducted in 5 alive format. Competition will start at the heights listed below and competition will continue until final places are determined. Once a total of 9 competitors or less remain in the competition at the beginning of a round, the competition will be conducted in 1 continuous flight of 9 competitors.

All pole vault participants, after registration and within one hour of their reporting period, must check-in with the Clerk of the Field at the Northeast corner of the stadium. Pole Vault participants checking in after the reporting period time has expired may not be allowed to compete. Illegal poles will be impounded and not allowed on the field of competition. Impounded poles will be safely secured by meet management and can be picked up following completion of the event.

ADVANCEMENT TO THE MEET OF CHAMPIONS

AT-LARGE QUALIFIERS:

Athletes who do not qualify by place to the NCS MOC but meet or exceed an "at-large" standard in the final round of the Area/Class A championship meet will also earn advancement to the NCS MOC.

MOC At-large Standards for 2019

Boys		Girls	
4 x 100-meter Relay	43.23	4 x 100-meter Relay	49.72
1600-meter run	4:23.52	1600-meter run	5:05.78
110-meter H.H.	15.60	100-meter H.H.	15.71
400-meter dash	50.31	400-meter dash	59.93
100-meter dash	11.10	100-meter dash	12.55
800-meter run	1:57.78	800-meter run	2:20.56
300-meter I.H.	40.79	300-meter I.H.	46.49
200-meter dash	22.49	200-meter dash	25.6
3200-meter run	9:27.28	3200-meter run	11:03.09
4 x 400-meter Relay	3:26.65	4 x 400-meter Relay	4:03.49
Long Jump	20-11.00	Long Jump	16-07.75
Triple Jump	43-02.25	Triple Jump	35-05.25
High Jump	6-02	High Jump	5-0
Shot Put	48-7	Shot Put	36-0.5
Discus	147-07	Discus	119-10
Pole Vault	13-08	Pole Vault	10-08