

2024 NBL Championships - 4/30/2024 to 5/2/2024

Santa Rosa HS

Meet Program - Thursday - Running

Event 2 Boys 4x100 Meter Relay Unified

Thursday 5/2/2024 - 4:00 PM

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1			
2			
3			
4	Montgomery	A	1:20.00
5			
6			
7			
8			

Event 3 Girls 4x100 Meter Relay Junior Varsity

Thursday 5/2/2024 - 4:04 PM

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1			
2	Piner	A	1:02.40
3	Montgomery	A	59.20
4	Analy	A	56.07
5	Maria Carril	A	57.50
6	Santa Rosa	A	59.55
7			
8			

Event 4 Boys 4x100 Meter Relay Junior Varsity

Thursday 5/2/2024 - 4:08 PM

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1			
2	Piner	A	51.49
3	Analy	A	49.29
4	Windsor	A	46.00
5	Maria Carril	A	49.14
6	Santa Rosa	A	50.17
7			
8			

Event 5 Girls 4x100 Meter Relay Varsity

Thursday 5/2/2024 - 4:12 PM

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Piner	A	57.32
2	Rancho Cotat	A	53.24
3	Windsor	A	52.28
4	Maria Carril	A	49.75
5	Cardinal New	A	51.84
6	Santa Rosa	A	52.91
7	Analy	A	53.87
8			

Event 6 Boys 4x100 Meter Relay Varsity

Thursday 5/2/2024 - 4:16 PM

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Maria Carril	A	45.26
2	Rancho Cotat	A	44.38
3	Analy	A	44.08
4	Cardinal New	A	43.34
5	Windsor	A	43.84
6	Santa Rosa	A	44.20
7	Montgomery	A	45.04
8	Piner	A	46.40

Event 7 Girls 1600 Meter Run Junior Varsity

Thursday 5/2/2024 - 4:20 PM

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Feng, Caitlin	9	Maria Carril	6:44.37
2	Brodts, Ruby	9	Maria Carril	6:49.71
3	Schwaiger, Tajly	10	Santa Rosa	6:56.28
4	Johnson, Megan	10	Windsor	6:59.44
5	Contreras, Fernanda	10	Piner	6:59.60
6	Delaney, Madeline	10	Maria Carril	7:02.48
7	Mendoza, Yuna	12	Windsor	7:05.42
8	Mendoza Gonzalez, Isabella	11	Rancho Cotat	7:08.67
9	Mesa Martinez, Vanessa	10	Piner	7:14.54
10	Castillo, Valeria	10	Rancho Cotat	7:18.42
11	Thomas, Katherine	11	Montgomery	7:19.06
12	Nguyen, Han	12	Piner	7:22.25
13	Clem, Mia	11	Santa Rosa	7:25.80
14	Bannister, Alexa	10	Santa Rosa	7:30.24
15	Heuer, MB	11	Santa Rosa	7:30.67
16	May, Ruby	11	Santa Rosa	7:34.00
17	Greer, Jayden	10	Rancho Cotat	7:37.14
18	DelMonte, Elia	9	Analy	8:12.01
Section 2 of 2 Finals				
1	Fogg, Savannah	10	Maria Carril	5:52.12
2	Donohue, Aliyah	11	Maria Carril	5:52.55
3	Staroba, Marian	9	Maria Carril	6:03.34
4	Karres, Serena	10	Montgomery	6:03.46
5	Lustberg, Rachel	11	Maria Carril	6:04.51
6	Barrow, Sophie	10	Maria Carril	6:05.14
7	Wienert Bardell, Claire	9	Santa Rosa	6:11.52
8	Bisbee, Catherine	11	Maria Carril	6:17.25
9	Vasquez, Celeste	9	Santa Rosa	6:17.31
10	Logue, Elle-Marie	9	Santa Rosa	6:21.95
11	Anderson, Sierra	11	Healdsburg	6:26.55
12	Mateos Buenrostro, Ximena	10	Piner	6:28.40
13	Cecil, Evelyn	9	Rancho Cotat	6:29.83
14	Calderon Jimenez, Amy	11	Maria Carril	6:35.29

2024 NBL Championships - 4/30/2024 to 5/2/2024

Santa Rosa HS

Meet Program - Thursday - Running

Event 8 Boys 1600 Meter Run Junior Varsity

Thursday 5/2/2024 - 4:37 PM

Lane	Name	Yr	School	Seed Time
Section 1 of 3 Finals				
1	Luong, Tien	9	Montgomery	5:37.68
2	Willmore, Jack	12	Healdsburg	5:39.10
3	Oharren, Marlon	9	Maria Carril	5:40.10
4	York, Lucas	12	Healdsburg	5:41.00
5	Jafri, Adheem	9	Santa Rosa	5:41.19
6	Lee, Justin	11	Rancho Cotat	5:48.92
7	Orellana, Matthew	9	Santa Rosa	5:50.84
8	Miguel Lopez, Giovanni	12	Windsor	5:52.10
9	Gierhart, Grayson	10	Maria Carril	5:54.06
10	Flores, Isaiah	12	Maria Carril	5:54.38
11	March, Zachary	11	Santa Rosa	5:55.02
12	Graf, Carter	10	Montgomery	5:59.19
13	Martinez Cruz, Kendrick	12	Santa Rosa	5:59.80
14	Schuster, William	11	Santa Rosa	6:06.25
15	Davis, Kayden	10	Cardinal New	6:13.00
16	Estrada, Zavion	10	Ukiah	6:14.00
17	Lewis, Ryder	9	Piner	6:15.49
18	Flores Cruz, Anthony	11	Santa Rosa	6:19.67
19	Macken, Elliot	10	Santa Rosa	6:39.14
20	Hong, Ken	12	Piner	7:00.58
21	Tran, Hai	11	Rancho Cotat	7:01.58

Section 2 of 3 Finals

1	Gubera, Christopher	9	Maria Carril	5:23.63
2	Ortega, Jaiden	12	Rancho Cotat	5:23.63
3	Sinnott, James	9	Windsor	5:23.64
4	James, Hunter	10	Rancho Cotat	5:24.83
5	Larsen, Elliott	10	Montgomery	5:26.01
6	Cuevas-Martinez, Azriel	11	Piner	5:26.08
7	Contreras, Juanpablo	12	Piner	5:27.47
8	Reed, Harlan	9	Cardinal New	5:27.53
9	Cabinaw Harris, Asher	9	Montgomery	5:27.67
10	Gillingham, Mason	9	Windsor	5:28.11
11	Hartman, Henry	9	Piner	5:28.30
12	King Gile, Nicolai	10	Santa Rosa	5:30.30
13	Fitzpatrick, Ross	11	Healdsburg	5:30.57
14	Huang, Shengkai	10	Maria Carril	5:32.87
15	Lasker, Isaac	10	Santa Rosa	5:33.30
16	Garcia-Glover, Jade	11	Santa Rosa	5:34.04
17	Jorgensen, Davin	10	Analy	5:34.20
18	Castro, Valentin	12	Piner	5:35.00
19	Heavner, Reid	9	Santa Rosa	5:35.60
20	Flores, Ivan	10	Maria Carril	5:36.14
21	Guenther, Cameron	10	Montgomery	5:37.48

Section 3 of 3 Finals

1	Thompson, Logan	9	Maria Carril	4:56.13
2	Brennan, Lukas	9	Healdsburg	4:56.54
3	Falleri, Gavin	9	Ukiah	4:58.25
4	Dawson, Trenton	10	Maria Carril	4:58.50
5	Kearns, Laszlo	9	Maria Carril	4:58.90
6	Goehring, Maxwell	9	Maria Carril	5:00.30
7	Rashap, Aston	11	Maria Carril	5:04.00
8	Hergenrath, Choegyal	9	Analy	5:04.34
9	Muir, James	10	Maria Carril	5:05.11
10	Alanis, Allan	12	Windsor	5:07.02
11	Hergenrath, Songtsen	9	Analy	5:07.09
12	Hernandez, Isaiah	10	Windsor	5:11.60
13	Karres, Tristan	9	Montgomery	5:11.70
14	Jensen, Shay	10	Maria Carril	5:12.82
15	Olivares Vasquez, Uriel	9	Piner	5:14.71
16	Haupt, Oliver	10	Montgomery	5:17.43
17	Lopez Gomez, Elias	9	Rancho Cotat	5:18.82
18	Williams, Holden	11	Santa Rosa	5:19.49
19	Kane, Benjamin	9	Maria Carril	5:19.49
20	Creswell, Shadrach	9	Analy	5:20.10
21	Pinalez-Vera, Dereck	11	Santa Rosa	5:22.12

Event 9 Girls 1600 Meter Run Varsity

Thursday 5/2/2024 - 4:58 PM

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Gross, Isabelle	10	Maria Carril	5:44.13
2	Blake, Zoey	10	Santa Rosa	5:45.20
3	Graziani, Keeley	10	Maria Carril	5:46.20
4	Tribbey, Joslyn	9	Maria Carril	5:47.10
5	Trenam, Carlie	10	Maria Carril	5:48.80
6	Sarraf, Yasmine	11	Santa Rosa	5:49.63
7	Carter, Kate	11	Rancho Cotat	5:55.24
8	Morthole, Cora	10	Montgomery	5:55.86
9	Smith, Kristi	12	Santa Rosa	5:56.65
10	Garcia, Deisy	11	Rancho Cotat	5:59.74
11	Sanchez, Thalia	12	Piner	6:08.13
12	Bailey, Eva	12	Ukiah	6:15.30
13	Stroud, Sydney	11	Montgomery	6:15.99
14	Hansen, Paige	9	Piner	6:18.18
15	Bogner, Josie	12	Ukiah	6:32.00
Section 2 of 2 Finals				
1	Lacefield, Amrie	11	Montgomery	4:59.07
2	Mallon, Ashlin	9	Maria Carril	5:05.64
3	Kittelstrom, Seelah	11	Montgomery	5:05.89
4	Trenam, Gracie	12	Maria Carril	5:06.00
5	Thomsen, Hanne	11	Montgomery	5:07.70
6	Moe, Kira	12	Maria Carril	5:20.60
7	Schubert, Carley	11	Maria Carril	5:23.14
8	Brockett, Gwen	11	Cardinal New	5:28.83
9	Olvera, Kamila	9	Piner	5:31.78
10	Mansfield, Jasmine	11	Montgomery	5:32.30
11	Szczekocki, Brooke	11	Maria Carril	5:35.05
12	Uwins Johnson, Kenzie	9	Rancho Cotat	5:37.37

2024 NBL Championships - 4/30/2024 to 5/2/2024

Santa Rosa HS

Meet Program - Thursday - Running

Event 10 Boys 1600 Meter Run Varsity

Thursday 5/2/2024 - 5:12 PM

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

1	Gaspar, Mason	12	Santa Rosa	4:53.60
2	Cambou, Alexander	11	Piner	4:53.91
3	Mercado, Tomas	10	Montgomery	4:56.36
4	Perez, Alexander	11	Piner	4:57.70
5	Finnerty, Bodhi	11	Montgomery	4:58.53
6	Ramirez Contreras, Sergio	12	Piner	4:59.73
7	Weeks, Samuel	12	Montgomery	5:00.60
8	Barney, Cole	11	Windsor	5:01.00
9	Gaytan, Esteban	10	Piner	5:01.04
10	Ruiz, Oscar	11	Ukiah	5:01.60
11	Little, David	12	Analy	5:02.40
12	Vera, Ethan	11	Piner	5:03.77
13	Hernandez, Ramsey	12	Rancho Cotat	5:12.14
14				
15				
16				

Section 2 of 2 Finals

1	Gaylord, Cormac	11	Analy	4:24.62
2	Ando, Johnny	12	Santa Rosa	4:25.52
3	Zuniga, Ome	11	Santa Rosa	4:26.71
4	Dawson, Owen	10	Analy	4:35.11
5	Gregory, Graham	11	Montgomery	4:36.30
6	Estrada, Adrian	12	Cardinal New	4:37.16
7	Holman, Quince	10	Analy	4:37.50
8	LaFrance, Ryan	11	Montgomery	4:41.56
9	Rath, Jonathan	10	Maria Carril	4:42.01
10	Azevedo, Max	12	Montgomery	4:44.42
11	Sauter, Quinlan	11	Santa Rosa	4:45.22
12	Wiese, Milo	10	Maria Carril	4:45.40
13				
14				
15				
16				

Event 11 Girls 100 Meter Hurdles Junior Varsity

Thursday 5/2/2024 - 5:38 PM

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Masuno, Naomi	9	Maria Carril	22.91
2	Mbugua, Valentine	9	Maria Carril	22.26
3	Trouette, Valerie	10	Ukiah	21.94
4	Alvarado Medina, Zaira	9	Montgomery	20.84
5	Burton, Leia	9	Montgomery	21.14
6	Strykowski, Alisa	11	Healdsburg	22.04
7	Sandoval, Katia	9	Ukiah	22.64
8	Ricci, Emily	10	Rancho Cotat	25.86

Event 12 Girls 100 Meter Hurdles Varsity

Thursday 5/2/2024 - 5:42 PM

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

1				
2				
3	Gutanu, Victoria	12	Windsor	21.04
4	Le, Stacy	11	Piner	19.30
5	Tran, Jasmine	11	Analy	19.84
6				
7				
8				

Section 2 of 2 Finals

1	Hanauer, Lyla	9	Analy	18.69
2	McGarva, Nola	12	Maria Carril	18.13
3	Cuniberti, Lily	12	Maria Carril	17.84
4	Rogina, Ariana	11	Montgomery	16.00
5	Belt, Beatrice	10	Maria Carril	17.44
6	Wallace, Kate	11	Santa Rosa	17.94
7	Verspecht, Mieke	10	Santa Rosa	18.46
8	Asti, Kiara	11	Montgomery	19.01

Event 13 Boys 110 Meter Hurdles Junior Varsity

Thursday 5/2/2024 - 5:34 PM

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1				
2				
3				
4	Triola, Tate	10	Montgomery	21.04
5	Ballinas Jimenez, Junior	12	Piner	21.20
6				
7				
8				

Event 14 Boys 110 Meter Hurdles Varsity

Thursday 5/2/2024 - 5:26 PM

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

1				
2				
3	Bazile, James	10	Windsor	21.88
4	Dennis, Jason	10	Santa Rosa	19.74
5	Tuso, Cruz	10	Montgomery	19.74
6				
7				
8				

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Santa Rosa HS

Meet Program - Thursday - Running

Section 2 of 2 Finals...(Event 14 Boys 110 Meter Hurdles Varsity)

1	Allsup, Brice	11 Rancho Cotat	18.82
2	Broderick, Elljay	10 Santa Rosa	17.96
3	Martinez, Joey	11 Piner	17.32
4	Newman, Xander	12 Montgomery	15.20
5	Andrew, McNeil	11 Ukiah	16.94
6	Jepson, James	12 Maria Carril	17.51
7	Mitchell, Parker	10 Ukiah	18.76
8	Brown, Caelan	10 Ukiah	19.38

Event 15 Girls 400 Meter Run Junior Varsity

Thursday 5/2/2024 - 5:49 PM

Lane	Name	Yr	School	Seed	Time
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Section 1 of 1 Finals

1					
2					
3	McMorries, Heaven	9 Windsor	1:16.34		
4	Orozco Abonce, Jasmin	11 Santa Rosa	1:09.84		
5	Eakle, Mariana	12 Santa Rosa	1:11.29		
6					
7					
8					

Event 16 Boys 400 Meter Run Junior Varsity

Thursday 5/2/2024 - 5:52 PM

Lane	Name	Yr	School	Prelims
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Section 1 of 1 Finals

1	Dominguez, Alex	9 Piner	1:01.68
2	Vargas Cabrera, Gustavo	9 Piner	1:00.14
3	Tesfamariam, Nael	12 Piner	58.73
4	Orozco, Carlos	10 Ukiah	57.97
5	Wilkinson, Ronan	9 Rancho Cotat	58.41
6	Cuevas-Martinez, Azriel	11 Piner	59.31
7	Moore, Kyle	9 Cardinal New	1:00.26
8	Creswell, Shadrach	9 Analy	1:01.90

Event 17 Girls 400 Meter Run Varsity

Thursday 5/2/2024 - 5:56 PM

Lane	Name	Yr	School	Seed	Time
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Section 1 of 2 Finals

1	Aquila, Willow	10 Piner	1:09.74
2	Oliva, Scarlett	11 Piner	1:08.14
3	Thompson, Xoe	12 Santa Rosa	1:07.71
4	Cena, Cheyann	11 Santa Rosa	1:06.43
5	Bowser, Violet	11 Montgomery	1:07.18
6	Chand, AJ	10 Cardinal New	X1:07.74
7	Reed, Ashley	11 Ukiah	1:08.17
8			

Section 2 of 2 Finals

1	Malsbary, Kaelyn	11 Windsor	1:05.34
2	Shaw, Madison	12 Windsor	1:03.84
3	McMurray, Arielle	11 Windsor	1:01.64
4	Sanders, Sadie	11 Montgomery	56.95
5	Moore, Emma	12 Maria Carril	1:00.14
6	Eubanks, Kehlen	12 Montgomery	1:03.44
7	Teri, Muruelle	9 Santa Rosa	1:04.84
8	Laughlin, Ruby	10 Maria Carril	1:06.31

Event 18 Boys 400 Meter Run Varsity

Thursday 5/2/2024 - 6:02 PM

Lane	Name	Yr	School	Prelims
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Section 1 of 2 Finals

1	Ouimette, Cole	12 Santa Rosa	55.28
2	Stanley, Ian	10 Windsor	54.73
3	Woolman, Preston	11 Windsor	54.60
4	Varville, Richard	11 Analy	54.21
5	Hubenette, Carson	11 Maria Carril	54.59
6	Hensley, Levi	11 Analy	54.72
7	Rodriguez, Eric	11 Santa Rosa	55.21
8	Sitton, Gabriel	12 Maria Carril	56.25

Section 2 of 2 Finals

1	Zaft, Aspen	11 Windsor	53.41
2	Skamarack, Julius	11 Cardinal New	52.70
3	Patterson, Jacob	11 Cardinal New	51.05
4	Currie, Liam	12 Cardinal New	49.68
5	Foley, Owen	12 Analy	50.27
6	Logue, Patrick	12 Windsor	52.68
7	Giglio, Jackson	11 Ukiah	53.16
8	O'Conner, Hayden	12 Piner	53.53

Event 20 Boys 100 Meter Run Unified

Thursday 5/2/2024 - 6:09 PM

Lane	Name	Yr	School	Seed	Time
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Section 1 of 2 Finals

1	Diaz Damian, Leonardo	12 Montgomery	30.40
2	Triola, Tate	10 Montgomery	15.00
3	Nunez, Gabriel	10 Montgomery	29.30
4	Azevedo, Max	12 Montgomery	15.00
5	Ovissi, Alexander	10 Montgomery	21.20
6	Larsen, Elliott	10 Montgomery	15.00
7			
8			

Section 2 of 2 Finals

1	Azevedo, Daniel	12 Montgomery	21.22
2	Smith, Ezekiel	11 Montgomery	12.34
3	Tran, Nate	11 Maria Carril	17.40
4	Ginn, Jack	12 Maria Carril	13.09
5	Caballero Luna, Luis	9 Montgomery	19.00
6	Parker, Airik	12 Montgomery	12.07
7	Gramajo De Leon, Oliver	11 Montgomery	23.38
8	Tuso, Cruz	10 Montgomery	13.84

2024 NBL Championships - 4/30/2024 to 5/2/2024

Santa Rosa HS

Meet Program - Thursday - Running

Event 21 Girls 100 Meter Run Junior Varsity

Thursday 5/2/2024 - 6:14 PM

Lane	Name	Yr	School	Prelims
Section 1 of 1 Finals				
1	Alvarado Medina, Zaira	9	Montgomery	14.55
2	Cuatlehuatl, Alejandra	10	Analy	14.29
3	Chiu, Brooklyn	10	Analy	14.21
4	Hudgens, Nylah	9	Analy	13.38
5	Woolman, Payton	9	Windsor	14.09
6	Simpson, Katja	11	Maria Carril	14.26
7	Taylor, Jordyn	9	Santa Rosa	14.32
8	Munden, Olive	9	Healdsburg	14.60

Event 22 Boys 100 Meter Run Junior Varsity

Thursday 5/2/2024 - 6:16 PM

Lane	Name	Yr	School	Prelims
Section 1 of 1 Finals				
1	Fiorello, Vinnie	11	Analy	12.26
2	Thomas, Tyson	9	Maria Carril	12.13
3	Freeman, Zyah	10	Maria Carril	12.05
4	Lopez, AJ	10	Windsor	11.84
5	Tongawan, CJ	9	Windsor	11.88
6	Thompson, Christopher	9	Ukiah	12.07
7	Esquivel-Arango, Jacobo	9	Maria Carril	12.18
8	Hart, Rocco	9	Cardinal New	12.28

Event 23 Girls 100 Meter Run Varsity

Thursday 5/2/2024 - 6:19 PM

Lane	Name	Yr	School	Prelims
Section 1 of 2 Finals				
1	Kinsey, Megan	10	Montgomery	13.62
2	Jackson, Keyonna	10	Rancho Cotat	13.56
3	Woicicki, Bella	11	Maria Carril	13.43
4	Morley, Gianna	10	Maria Carril	13.39
5	Ratliff, Lily	11	Windsor	13.43
6	North, Avery	9	Windsor	13.49
7	Lunceford, Lucy	9	Ukiah	13.57
8	Wallace, Kate	11	Santa Rosa	13.67
Section 2 of 2 Finals				
1	Costa, Lily	11	Maria Carril	13.29
2	Munselle, Madeleine	11	Healdsburg	13.32
3	Galisanao, Ysabella Roscyl	12	Santa Rosa	13.05
4	Vella, Sophie	11	Rancho Cotat	12.82
5	Moore, Sydney	12	Maria Carril	12.98
6	Wanliss, Janelle	11	Santa Rosa	13.28
7	Gipson, Kenbria	12	Analy	13.13
8	Costa, Mia	11	Maria Carril	13.32

Event 24 Boys 100 Meter Run Varsity

Thursday 5/2/2024 - 6:24 PM

Lane	Name	Yr	School	Prelims
Section 1 of 2 Finals				
1	Conner, Shaun	12	Piner	11.63
2	Homan, Zach	12	Cardinal New	11.59
3	Walker, Brendan	11	Piner	11.56
4	Sacher, Cadel	12	Santa Rosa	11.54
5	Rinker, Jackson	9	Analy	11.55
6	Thompson, Rashai	10	Santa Rosa	11.57
7	Gonsalves, Antonio	11	Windsor	11.61
8	Stewart, Ben	12	Analy	11.63
Section 2 of 2 Finals				
1	Martinez, Giovanni	11	Rancho Cotat	11.41
2	Hansen, Elijah	12	Santa Rosa	11.35
3	Cargill, Zion	9	Cardinal New	11.27
4	Pruitt, Jacob	12	Rancho Cotat	11.00
5	Kingwell, August	12	Windsor	11.05
6	Foley, Evan	10	Analy	11.31
7	Chan, Jalen	11	Santa Rosa	11.34
8	Brooke, Adarius	11	Rancho Cotat	11.49

Event 25 Girls 800 Meter Run Junior Varsity

Thursday 5/2/2024 - 6:30 PM

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Gunderson, Grace	11	Maria Carril	2:41.80
2	Karres, Serena	10	Montgomery	2:43.73
3	Geffner, Gavriella	11	Santa Rosa	2:49.73
4	Feng, Natalie	11	Maria Carril	2:50.60
5	Wienert Bardell, Claire	9	Santa Rosa	2:51.68
6	Logue, Elle-Marie	9	Santa Rosa	2:51.92
7	Chen, Rachel	11	Cardinal New	2:52.43
8	Vasquez, Celeste	9	Santa Rosa	2:54.12
9	Anderson, Sierra	11	Healdsburg	2:55.75
10	Schwaiger, Tajly	10	Santa Rosa	3:03.10
11	Contreras, Fernanda	10	Piner	3:06.53
12	Ricci, Emily	10	Rancho Cotat	3:12.55
13	Cecil, Evelyn	9	Rancho Cotat	3:14.98
14	Greer, Jayden	10	Rancho Cotat	3:16.24
15	Thomas, Katherine	11	Montgomery	3:23.14
16	Heuer, MB	11	Santa Rosa	3:24.06
17	Bannister, Alexa	10	Santa Rosa	3:25.03
18	Castillo, Valeria	10	Rancho Cotat	3:27.25
19	Mendoza Gonzalez, Isabella	11	Rancho Cotat	3:29.36
20	May, Ruby	11	Santa Rosa	3:36.84
21	Morris, Olivia	11	Piner	X3:45.00

2024 NBL Championships - 4/30/2024 to 5/2/2024

Santa Rosa HS

Meet Program - Thursday - Running

Event 26 Boys 800 Meter Run Junior Varsity

Thursday 5/2/2024 - 6:35 PM

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Ortega, Jaiden	12	Rancho Cotat	2:28.34
2	Cabinaw Harris, Asher	9	Montgomery	2:30.20
3	Luong, Tien	9	Montgomery	2:33.40
4	Martinez Cruz, Kendrick	12	Santa Rosa	2:36.30
5	Graf, Carter	10	Montgomery	2:38.70
6	Oo, Reese	10	Rancho Cotat	2:38.93
7	Mielock, Vadim	11	Healdsburg	X2:40.78
8	Huang, Shengkai	10	Maria Carril	2:42.70
9	Orellana, Matthew	9	Santa Rosa	2:43.68
10	Lasker, Isaac	10	Santa Rosa	2:43.89
11	Lee, Justin	11	Rancho Cotat	2:45.76
12	Schuster, William	11	Santa Rosa	2:46.72
13	Vasquez, Julian	10	Rancho Cotat	2:48.14
14	March, Zachary	11	Santa Rosa	2:48.67
15	Estrada, Zavion	10	Ukiah	2:53.24
16	Flores Cruz, Anthony	11	Santa Rosa	2:59.64
17	Tran, Hai	11	Rancho Cotat	3:10.73
18	Macken, Elliot	10	Santa Rosa	3:15.10

Section 2 of 2 Finals

1	Orozco, Carlos	10	Ukiah	2:15.10
2	Smith, Aiden	10	Maria Carril	2:16.07
3	Thom, Keon	10	Maria Carril	2:17.86
4	Alanis, Allan	12	Windsor	2:18.40
5	Hergenrath, Choegyal	9	Analy	2:18.51
6	James, Hunter	10	Rancho Cotat	2:18.80
7	Rashap, Elliott	9	Maria Carril	2:19.36
8	Hergenrath, Songtsen	9	Analy	2:20.02
9	Olivares Vasquez, Uriel	9	Piner	2:21.65
10	Hernandez, Isaiah	10	Windsor	2:21.86
11	Pinalez-Vera, Dereck	11	Santa Rosa	2:22.79
12	Fitzpatrick, Ross	11	Healdsburg	2:23.41
13	Garcia-Glover, Jade	11	Santa Rosa	2:24.53
14	Rashap, Aston	11	Maria Carril	2:26.34
15	Hartman, Henry	9	Piner	2:27.15
16	Liddell, Aaron	10	Windsor	2:27.47
17	Gierhart, Linden	9	Maria Carril	2:28.30
18	Lopez Gomez, Elias	9	Rancho Cotat	2:28.32

Event 27 Girls 800 Meter Run Varsity

Thursday 5/2/2024 - 6:42 PM

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Mallon, Ashlin	9	Maria Carril	2:17.89
2	Lacefield, Amrie	11	Montgomery	2:20.42
3	Harris, Rosemary (Rosey)	12	Analy	2:23.66
4	Carra, Mia	12	Maria Carril	2:24.94
5	Woods, Sakina	11	Analy	2:26.72
6	Fogg, Andi	10	Maria Carril	2:27.30
7	Mansfield, Jasmine	11	Montgomery	2:27.60
8	Sallee, Pia	11	Windsor	2:27.93
9	Trenam, Gracie	12	Maria Carril	2:28.05
10	Brockett, Gwen	11	Cardinal New	2:31.40
11	Crocker, Quinne	10	Maria Carril	2:31.46
12	Pell, Kendall	11	Windsor	2:32.33
13	Sarraf, Tiare	9	Santa Rosa	2:34.70
14	Garcia, Deisy	11	Rancho Cotat	2:39.64
15	Oliva, Scarlett	11	Piner	2:41.00
16	Hansen, Paige	9	Piner	2:52.62
17	Bogner, Josie	12	Ukiah	3:06.60

Event 28 Boys 800 Meter Run Varsity

Thursday 5/2/2024 - 6:47 PM

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Perez, Alexander	11	Piner	2:11.12
2	Payne, Matthew	11	Windsor	2:12.75
3	Fightmaster, Jack	12	Santa Rosa	2:13.20
4	Hasunuma, Kobi	11	Ukiah	2:14.00
5	Taylor, Benjamin	10	Maria Carril	2:14.12
6	Vera, Jaden	12	Piner	2:14.22
7	Ramirez Contreras, Sergio	12	Piner	2:14.48
8	Mercado, Tomas	10	Montgomery	2:15.23
9	Weeks, Samuel	12	Montgomery	2:18.10
10	Beaver, Camden	11	Cardinal New	2:23.50
Section 2 of 2 Finals				
1	Currie, Liam	12	Cardinal New	1:56.41
2	Jones, Cameron	9	Maria Carril	1:56.46
3	Gaylord, Cormac	11	Analy	1:58.64
4	Ando, Johnny	12	Santa Rosa	1:59.86
5	Sanderson, Grant	12	Maria Carril	2:02.78
6	Vanden Heuvel, Bear	11	Analy	2:03.68
7	LaFrance, Ryan	11	Montgomery	2:03.70
8	McWilliams, Jake	10	Healdsburg	2:03.80
9	Petersen, Caleb	12	Analy	2:04.10
10	Boyadjieff, Scott	10	Maria Carril	2:06.44
11	Zuniga, Ome	11	Santa Rosa	2:06.90
12	Patterson, Joshua	11	Cardinal New	2:07.00

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Event 29 Girls 300 Meter Hurdles Junior Varsity

Thursday 5/2/2024 - 6:54 PM

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1				
2	Trouette, Valerie	10	Ukiah	1:07.84
3	Strykowski, Alisa	11	Healdsburg	1:03.19
4	Mbugua, Valentine	9	Maria Carril	59.66
5	Masuno, Naomi	9	Maria Carril	1:02.04
6	Anderson, Sierra	11	Healdsburg	1:05.50
7				
8				

Event 30 Girls 300 Meter Hurdles Varsity

Thursday 5/2/2024 - 6:57 PM

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Le, Stacy	11	Piner	1:00.54
2	Sirrisouk, Maylody	9	Rancho Cotat	57.34
3	Tran, Jasmine	11	Analy	56.52
4	Cuniberti, Lily	12	Maria Carril	53.80
5	Verspecht, Mieke	10	Santa Rosa	55.32
6	Asti, Kiara	11	Montgomery	56.84
7	Gutanu, Victoria	12	Windsor	59.34
8	Kiff, Tatum	10	Healdsburg	1:04.30
Section 2 of 2 Finals				
1	Malm, Kylie	12	Maria Carril	52.21
2	McGarva, Nola	12	Maria Carril	51.37
3	Belt, Beatrice	10	Maria Carril	48.48
4	Wanliss, Janelle	11	Santa Rosa	48.21
5	Rogina, Ariana	11	Montgomery	48.38
6	Rocco, Grace	9	Santa Rosa	51.24
7	Rosetti, Natalie	12	Cardinal New	51.54
8	Hanauer, Lyla	9	Analy	53.50

Event 31 Boys 300 Meter Hurdles Junior Varsity

Thursday 5/2/2024 - 7:03 PM

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1				
2				
3				
4	Ballinas Jimenez, Junior	12	Piner	53.84
5	Triola, Tate	10	Montgomery	55.89
6				
7				
8				

Event 32 Boys 300 Meter Hurdles Varsity

Thursday 5/2/2024 - 7:06 PM

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Cuellar Mendoza, Jorge	11	Piner	48.64
2	Dennis, Jason	10	Santa Rosa	47.83
3	Mitchell, Parker	10	Ukiah	47.42
4	Allsup, Brice	11	Rancho Cotat	47.36
5	Brown, Caelan	10	Ukiah	47.41
6	Broderick, Elljay	10	Santa Rosa	47.43
7	Andrew, McNeil	11	Ukiah	47.84
8	Bazile, James	10	Windsor	50.64
Section 2 of 2 Finals				
1	Mendez, Xavier	12	Santa Rosa	45.84
2	Parker, Airik	12	Montgomery	43.64
3	Jepson, James	12	Maria Carril	42.84
4	Foley, Owen	12	Analy	39.44
5	Newman, Xander	12	Montgomery	40.64
6	Cole, Malachi	10	Maria Carril	42.84
7	Ginn, Jack	12	Maria Carril	45.34
8	Tuso, Cruz	10	Montgomery	46.44

Event 33 Girls 200 Meter Run Junior Varsity

Thursday 5/2/2024 - 7:15 PM

Lane	Name	Yr	School	Prelims
Section 1 of 1 Finals				
1	Brena Martinez, Jaylene	10	Maria Carril	30.43
2	Munden, Olive	9	Healdsburg	30.38
3	Leslie, Amelia	11	Maria Carril	30.25
4	Hudgens, Nylah	9	Analy	28.46
5	Cuatlehuatl, Alejandra	10	Analy	30.06
6	Simpson, Katja	11	Maria Carril	30.30
7	Clawson, Taylor	11	Maria Carril	30.41
8	Taylor, Jordyn	9	Santa Rosa	30.73

Event 34 Boys 200 Meter Run Junior Varsity

Thursday 5/2/2024 - 7:18 PM

Lane	Name	Yr	School	Prelims
Section 1 of 1 Finals				
1	Hart, Rocco	9	Cardinal New	25.71
2	Esquivel-Arango, Jacobo	9	Maria Carril	25.06
3	Tongawan, CJ	9	Windsor	24.93
4	Lopez, AJ	10	Windsor	24.43
5	Thompson, Christopher	9	Ukiah	24.67
6	Freeman, Zyah	10	Maria Carril	24.96
7	Thomas, Tyson	9	Maria Carril	25.40
8	Clark, Keegan	9	Piner	25.76

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Santa Rosa HS

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Event 35 Girls 200 Meter Run Varsity

Thursday 5/2/2024 - 7:21 PM

Lane	Name	Yr	School	Prelims
Section 1 of 2 Finals				
1	Wenzel-James, Emma	9	Analy	28.52
2	Kinsey, Megan	10	Montgomery	28.45
3	Jackson, Keyonna	10	Rancho Cotat	28.32
4	Woicicki, Bella	11	Maria Carril	28.14
5	Munselle, Madeleine	11	Healdsburg	28.25
6	Lunceford, Lucy	9	Ukiah	28.40
7	Morley, Gianna	10	Maria Carril	28.52
8	Costa, Mia	11	Maria Carril	28.54
Section 2 of 2 Finals				
1	Costa, Lily	11	Maria Carril	27.70
2	Vella, Sophie	11	Rancho Cotat	28.12
3	Moore, Sydney	12	Maria Carril	27.28
4	Sanders, Sadie	11	Montgomery	25.64
5	Moore, Emma	12	Maria Carril	26.62
6	Galisanao, Ysabella Roscyl	12	Santa Rosa	27.37
7	Gipson, Kenbria	12	Analy	27.62
8	Rivera, Jocelyn	11	Maria Carril	28.10

Event 36 Boys 200 Meter Run Varsity

Thursday 5/2/2024 - 7:28 PM

Lane	Name	Yr	School	Prelims
Section 1 of 2 Finals				
1	Brooke, Adarius	11	Rancho Cotat	24.14
2	Grigg, Wyatt	9	Cardinal New	24.06
3	Patrick, Talan	12	Santa Rosa	23.96
4	Gonsalves, Antonio	11	Windsor	23.66
5	Rinker, Jackson	9	Analy	23.94
6	Lane, Noah	12	Maria Carril	24.03
7	Walker, Brendan	11	Piner	24.10
8	Giglio, Jackson	11	Ukiah	24.16
Section 2 of 2 Finals				
1	Skamarack, Julius	11	Cardinal New	23.55
2	Patterson, Jacob	11	Cardinal New	23.43
3	Kingwell, August	12	Windsor	22.80
4	Pruitt, Jacob	12	Rancho Cotat	22.43
5	Foley, Evan	10	Analy	22.70
6	Hansen, Elijah	12	Santa Rosa	23.37
7	Chan, Jalen	11	Santa Rosa	23.39
8	Sacher, Cadel	12	Santa Rosa	23.62

Event 41 Girls 3200 Meter Run Junior Varsity

Thursday 5/2/2024 - 7:33 PM

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Donohue, Aliyah	11	Maria Carril	12:55.81
2	Bisbee, Catherine	11	Maria Carril	13:50.21
3	Barrow, Sophie	10	Maria Carril	14:03.49
4	Mateos Buenrostro, Ximena	10	Piner	14:36.82
5	Mendoza Gonzalez, Isabella	11	Rancho Cotat	16:03.00
6				
7				
8				

Event 42 Boys 3200 Meter Run Junior Varsity

Thursday 5/2/2024 - 7:50 PM

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Falleri, Gavin	9	Ukiah	11:33.00
2	Haupt, Oliver	10	Montgomery	11:38.21
3	Jafri, Adheem	9	Santa Rosa	11:43.20
4	Olivares Vasquez, Uriel	9	Piner	11:44.13
5	Sinnott, James	9	Windsor	11:56.27
6	Willmore, Jack	12	Healdsburg	11:59.50
7	Jensen, Shay	10	Maria Carril	12:04.38
8	Lopez Gomez, Elias	9	Rancho Cotat	12:05.99
9	Heavner, Reid	9	Santa Rosa	12:06.95
10	King Gile, Nicolai	10	Santa Rosa	12:08.63
11	Larsen, Elliott	10	Montgomery	12:11.54
12	Jorgensen, Davin	10	Analy	12:37.42
13	Miguel Lopez, Giovanni	12	Windsor	12:55.39
14	Lewis, Ryder	9	Piner	13:43.50
15	Estrada, Zavion	10	Ukiah	16:30.00

Event 43 Girls 3200 Meter Run Varsity

Thursday 5/2/2024 - 8:07 PM

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Kittelstrom, Seelah	11	Montgomery	10:39.86
2	Thomsen, Hanne	11	Montgomery	10:54.00
3	Moe, Kira	12	Maria Carril	11:23.02
4	Choe, Katherine	11	Maria Carril	11:49.28
5	Olvera, Kamila	9	Piner	12:00.79
6	Uwins Johnson, Kenzie	9	Rancho Cotat	12:13.66
7	Sarraf, Yasmine	11	Santa Rosa	12:36.82
8	Graziani, Keeley	10	Maria Carril	12:42.50
9	Dajalos, Isabella	10	Maria Carril	12:44.28
10	Smith, Kristi	12	Santa Rosa	12:44.91
11	Morthole, Cora	10	Montgomery	13:15.86
12	Carter, Kate	11	Rancho Cotat	13:19.23
13	Stroud, Sydney	11	Montgomery	13:28.16

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Event 44 Boys 3200 Meter Run Varsity

Thursday 5/2/2024 - 8:21 PM

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Anderson, Kaeden	11	Healdsburg	9:52.19
2	Joseph, Adam	12	Santa Rosa	9:53.94
3	Feleay, Isaac	12	Santa Rosa	9:57.56
4	Petrik, Austin	10	Maria Carril	9:57.85
5	Post, Corbin	9	Windsor	10:05.53
6	Trenam, Kevin	10	Maria Carril	10:18.88
7	Rahn, Jack	12	Ukiah	10:19.59
8	Spears, Michael	11	Santa Rosa	10:20.87
9	Gregory, Graham	11	Montgomery	10:27.20
10	Hall, Tyler	10	Maria Carril	10:27.54
11	Estrada, Adrian	12	Cardinal New	10:29.00
12	Treinen, Trystan	10	Maria Carril	10:29.76
13	Azevedo, Max	12	Montgomery	10:31.66
14	Gaspar, Mason	12	Santa Rosa	10:32.33
15	Finnerty, Bodhi	11	Montgomery	10:40.89
16	McKinney, Max Emilio	11	Windsor	10:42.23
17	Gaytan, Esteban	10	Piner	10:44.70
18	Ruiz, Oscar	11	Ukiah	10:45.00
19	Cambou, Alexander	11	Piner	10:46.43
20	Vera, Ethan	11	Piner	10:53.06
21	Moores, Tristan	10	Windsor	11:13.85
22	Hernandez, Ramsey	12	Rancho Cotat	11:22.14
23	Little, David	12	Analy	11:33.10
24	Dave, Kapil	11	Maria Carril	11:38.00
25	Barney, Cole	11	Windsor	11:59.50

Event 45 Girls 4x400 Meter Relay Junior Varsity

Thursday 5/2/2024 - 8:35 PM

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1			
2			
3			
4	Santa Rosa	A	4:50.35
5	Maria Carril	A	4:58.76
6			
7			
8			

Event 46 Boys 4x400 Meter Relay Junior Varsity

Thursday 5/2/2024 - 8:41 PM

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1			
2			
3	Santa Rosa	A	4:05.00
4	Piner	A	3:41.15
5	Maria Carril	A	4:01.07
6	Analy	A	4:06.68
7			
8			

Event 47 Girls 4x400 Meter Relay Varsity

Thursday 5/2/2024 - 8:47 PM

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Ukiah	A	5:08.30
2	Cardinal New	A	4:31.90
3	Windsor	A	4:17.38
4	Maria Carril	A	4:13.00
5	Analy	A	4:15.00
6	Santa Rosa	A	4:30.84
7	Piner	A	4:47.90
8			

Event 48 Boys 4x400 Meter Relay Varsity

Thursday 5/2/2024 - 8:53 PM

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Windsor	A	3:41.71
2	Montgomery	A	3:40.80
3	Maria Carril	A	3:35.88
4	Analy	A	3:24.92
5	Cardinal New	A	3:35.80
6	Santa Rosa	A	3:39.94
7	Piner	A	3:41.15
8	Ukiah	A	3:56.40