

MCAL League Championship Meet - 5/10/2018 to 5/12/2018**Redwood High School****Results****Girls 100 Meter Dash**

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MCAL Meet: R 11.94		2011	Lilla McMillan, Tamalpais			
Name	Year	School	Seed	Prelims	Wind	H#
=====						
Preliminaries						
1	Kohn, Nava	10	Redwood	12.94	12.78Q	3.6 1
2	Dillon, Abby	10	Branson	13.14	12.90Q	2.6 3
3	O'Dell, Maggie	12	San Rafael	13.53	13.12Q	3.6 5
4	Gibson, Brooke	9	Tam	13.16	13.32Q	2.3 4
5	Blantz, Phoebe	11	Sir Francis Drake	13.58	13.36Q	2.8 2
6	Goertz, Sophia	9	Terra Linda	13.19	13.15q	3.6 5
7	Calegari, Sophia	9	Sir Francis Drake	13.59	13.23q	3.6 1
8	Carbullido, Lilly	10	Redwood	13.89	13.40q	2.6 3
9	Inouye, Jasmine	12	Terra Linda	13.55	13.46	2.6 3
10	Sullivan, Claire	10	Justin Siena	13.10	13.50	2.8 2
11	Matcham, Hannah	10	Marin Catholic	13.59	13.50	3.6 1
12	Fabiano, Clara	9	Marin Catholic	13.84	13.59	3.6 5
13	Whitaker, Catarina	9	Marin Catholic	13.94	13.60	2.8 2
14	McCormick, Lauren	12	Marin Catholic	13.89	13.64	2.8 2
15	Gutierrez, Nicole	12	San Marin	13.80	13.66	3.6 5
16	Reznick, Nicole	12	Terra Linda	13.67	13.68	2.8 2
17	Kelly, Natalie	9	Justin Siena	13.90	13.71	3.6 1
18	Poliseri, Kristina	10	Terra Linda	13.67	13.72	2.3 4
19	Ramacher, Sammy	9	Tam	13.94	13.84	3.6 1
20	Blazei, Elizabeth	10	Redwood	13.54	13.89	2.3 4
21	Rocha, Sophie	9	Redwood	14.09	13.91	3.6 5
22	Getsey, Natalie	11	Branson	14.14	13.94	3.6 5
23	Mincy, Sophie	9	Redwood	14.01	13.95	2.6 3
24	Oppegard, Amanda	9	San Marin	14.17	13.99	2.3 4
25	Sullivan, Maia	9	San Rafael	16.30	14.07	3.6 5
26	Nelson, Emma	12	Branson	14.59	14.28	3.6 1
27	Villanueva, Mia	9	San Rafael	14.60	14.33	3.6 1
28	Garcia, Catalina	12	Justin Siena	13.90	14.45	2.3 4
29	Holman, Bella	9	Justin Siena	14.61	14.52	2.8 2
30	Nazarian, Jada	9	San Marin	14.80	15.02	2.6 3
31	Duch, Xita	9	San Rafael	15.98	15.94	2.3 4

Girls 100 Meter Dash

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MCAL Meet: R 11.94		2011	Lilla McMillan, Tamalpais			
Name	Year	School	Prelims	Finals	Wind	Points
=====						
Finals						
1	Kohn, Nava	10	Redwood	12.78	12.89	1.6 10
2	O'Dell, Maggie	12	San Rafael	13.12	13.26	1.6 8
3	Blantz, Phoebe	11	Sir Francis Drake	13.36	13.40	1.6 6
4	Gibson, Brooke	9	Tam	13.32	13.51	1.6 4
5	Goertz, Sophia	9	Terra Linda	13.15	13.55	1.6 2
6	Calegari, Sophia	9	Sir Francis Drake	13.23	13.61	1.6 1
7	Inouye, Jasmine	12	Terra Linda	13.46	13.70	1.6
8	Carbullido, Lilly	10	Redwood	13.40	13.94	1.6

MCAL League Championship Meet - 5/10/2018 to 5/12/2018**Redwood High School****Results****Girls 200 Meter Dash**

=====							
MCAL Meet: R 24.89		2012	Lilla McMillan, Tamalpais				
Name	Year	School	Seed	Prelims	Wind	H#	
=====							
Preliminaries							
1	Kohn, Nava	10	Redwood	26.41	26.61Q	1.8	1
2	Massey-Blake, Jacqueline	12	Redwood	27.44	26.62Q	1.3	5
3	Vasicek, Ella	9	Tam	27.35	27.05Q	2.9	4
4	Jones, Sophia	10	Marin Catholic	27.14	27.39Q	1.5	3
5	O'Dell, Maggie	12	San Rafael	26.60	27.59Q	2.3	2
6	Weis, Josephine	11	Justin Siena	27.49	27.45q	2.9	4
7	Andrade, Carolina	10	Branson	27.84	27.56q	1.5	3
8	Dunn, Elsa	10	Novato	28.14	27.72q	1.8	1
9	Holland, Maya	10	Redwood	28.11	27.77	2.3	2
10	Calegari, Sophia	9	Sir Francis Drake	27.44	27.96	1.3	5
11	Sullivan, Claire	10	Justin Siena	27.95	28.04	1.8	1
12	Goertz, Sophia	9	Terra Linda	28.26	28.05	1.5	3
13	Inouye, Jasmine	12	Terra Linda	29.30	28.28	1.8	1
14	Fabiano, Clara	9	Marin Catholic	28.24	28.38	2.3	2
15	Poliseri, Kristina	10	Terra Linda	28.57	28.47	1.3	5
16	Gibson, Brooke	9	Tam	28.68	28.50	2.3	2
17	Kelly, Natalie	9	Justin Siena	28.70	28.52	1.5	3
18	Carbullido, Lilly	10	Redwood	28.54	28.55	2.9	4
19	Reznick, Nicole	12	Terra Linda	29.49	28.74	1.5	3
20	Sherburne, Catherine	9	Justin Siena	28.70	29.02	1.3	5
21	Milan-Howells, Sophia	9	Branson	29.54	29.09	2.9	4
22	Burger, Payton	11	San Marin	29.74	29.33	1.3	5
23	Sullivan, Maia	9	San Rafael	29.20	29.33	1.8	1
24	Kramlich, Aniela	9	Tam	30.24	29.56	1.8	1
25	Oppegard, Amanda	9	San Marin	30.38	29.60	1.8	1
26	Sebastian, Daniella	12	Sir Francis Drake	29.36	29.79	2.3	2
27	O'Brien, Courtenay	10	Marin Catholic	30.04	29.84	2.3	2
28	Kuimelis, Emmi	9	Sir Francis Drake	29.65	29.91	1.3	5
29	Coan, Lillian	10	Marin Catholic	29.90	30.06	2.9	4
30	Chow, Melissa	11	Branson	32.01	30.72	1.5	3

Girls 200 Meter Dash

=====							
MCAL Meet: R 24.89		2012	Lilla McMillan, Tamalpais				
Name	Year	School	Prelims	Finals	Wind	Points	
=====							
Finals							
1	Kohn, Nava	10	Redwood	26.61	26.42	3.5	10
2	Massey-Blake, Jacqueline	12	Redwood	26.62	26.95	3.5	8
3	Andrade, Carolina	10	Branson	27.56	27.37	3.5	6
4	Jones, Sophia	10	Marin Catholic	27.39	27.66	3.5	4
5	Weis, Josephine	11	Justin Siena	27.45	27.82	3.5	2
6	Vasicek, Ella	9	Tam	27.05	27.87	3.5	1
7	O'Dell, Maggie	12	San Rafael	27.59	28.09	3.5	
8	Dunn, Elsa	10	Novato	27.72	28.11	3.5	

MCAL League Championship Meet - 5/10/2018 to 5/12/2018**Redwood High School****Results****Girls 400 Meter Dash**

MCAL Meet: R 57.14 1979 Alesia Sweeney, Tamalpais					
Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 Vasicek, Ella	9	Tam	1:00.63	1:00.52Q	1
2 Massey-Blake, Jacqueline	12	Redwood	1:00.64	1:01.17Q	2
3 Rockwell, Noel	11	Sir Francis Drake	1:02.94	1:02.41Q	3
4 Jones, Sophia	10	Marin Catholic	1:05.08	1:02.60q	3
5 Saccardi, Natasha	12	Terra Linda	1:03.28	1:03.17q	3
6 Weis, Josephine	11	Justin Siena	1:03.53	1:03.75q	2
7 Schwartz, Daniella	11	Redwood	1:04.64	1:04.10q	3
8 Holland, Maya	10	Redwood	1:03.84	1:04.20q	1
9 Dillon, Maegen	12	Branson	1:05.74	1:04.27	2
10 Griffin, Rosie	9	Marin Catholic	1:07.24	1:05.71	2
11 Tallerico, Izzy	12	Redwood	1:03.74	1:06.52	1
12 Wines, Abby	10	Branson	1:08.92	1:07.25	3
13 Coan, Lillian	10	Marin Catholic	1:06.24	1:07.67	1
14 Andrade, Carolina	10	Branson	1:06.74	1:08.01	1
15 Bishop, Emmi	9	Sir Francis Drake	1:07.34	1:08.44	3
16 Damazyn, Anja	12	San Marin	1:09.00	1:10.37	2

Girls 400 Meter Dash

MCAL Meet: R 57.14 1979 Alesia Sweeney, Tamalpais					
Name	Year	School	Prelims	Finals	Points
Finals					
1 Massey-Blake, Jacqueline	12	Redwood	1:01.17	1:01.25	10
2 Vasicek, Ella	9	Tam	1:00.52	1:01.64	8
3 Rockwell, Noel	11	Sir Francis Drake	1:02.41	1:03.92	6
4 Jones, Sophia	10	Marin Catholic	1:02.60	1:04.96	4
5 Holland, Maya	10	Redwood	1:04.20	1:05.29	2
6 Saccardi, Natasha	12	Terra Linda	1:03.17	1:05.30	1
7 Weis, Josephine	11	Justin Siena	1:03.75	1:06.96	
8 Schwartz, Daniella	11	Redwood	1:04.10	1:07.71	

Girls 800 Meter Run

MCAL Meet: R 2:14.40 1979 Eileen Brennan, Marin Catholic					
Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 Wagner, Gillian	12	Redwood	2:14.77	2:25.69Q	1
2 Teel, Sarah	12	San Marin	2:28.37	2:30.68Q	2
3 Miller, Zoe	12	Sir Francis Drake	2:28.02	2:30.15Q	1
4 Wallenstrom, Samantha	9	Marin Catholic	2:23.14	2:33.30Q	2
5 Woods, Tyler	10	Redwood	2:32.24	2:31.56Q	1
6 Dailey, Grace	12	Branson	2:22.84	2:33.67Q	2
7 Tanel, Lauren	12	Tam	2:26.95	2:31.58q	1
8 Dowd, Maddie	10	Marin Catholic	2:29.44	2:34.01q	2
9 McWhorter, Sophie	12	Redwood	2:39.34	2:38.20q	2
10 Brockman, Charlotte	9	Marin Catholic	2:43.14	2:38.59q	1
11 Clifford, Gigi	9	Marin Catholic	2:40.24	2:40.12q	1
12 Locke, Samantha	12	Tam	2:32.86	2:41.67q	1
13 Muirhead, Brianna	12	San Rafael	2:53.01	2:47.69	2

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Redwood High School

Results

....Girls 800 Meter Run

14 Tagliaferri, Alexa	11 Marin Catholic	2:48.24	2:49.24	2
15 Sanchez, Mariana	12 San Rafael	2:58.02	2:50.71	1
16 Metzger, Natalie	12 San Marin	2:55.00	2:56.16	1
17 Stewart, Grace	10 San Rafael	3:02.97	2:57.01	2
18 Breneisen, Emily	11 Justin Siena	3:02.87	2:58.03	2
19 Stewart, Sophie	10 San Rafael	3:03.46	3:07.64	1

Girls 800 Meter Run

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MCAL Meet: R 2:14.40	1979	Eileen Brennan, Marin Catholic			
Name	Year	School	Prelims	Finals	Points

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Finals

1 Wagner, Gillian	12 Redwood	2:25.69	2:16.95	10
2 Dailey, Grace	12 Branson	2:33.67	2:20.98	8
3 Wallenstrom, Samantha	9 Marin Catholic	2:33.30	2:22.32	6
4 Tanel, Lauren	12 Tam	2:31.58	2:27.15	4
5 Teel, Sarah	12 San Marin	2:30.68	2:28.29	2
6 Woods, Tyler	10 Redwood	2:31.56	2:29.78	1
7 Miller, Zoe	12 Sir Francis Drake	2:30.15	2:30.87	
8 Dowd, Maddie	10 Marin Catholic	2:34.01	2:31.46	
9 McWhorter, Sophie	12 Redwood	2:38.20	2:34.33	
10 Clifford, Gigi	9 Marin Catholic	2:40.12	2:37.88	
11 Brockman, Charlotte	9 Marin Catholic	2:38.59	2:39.23	
12 Locke, Samantha	12 Tam	2:41.67	2:40.05	

Girls 1600 Meter Run

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MCAL Meet: R 4:54.48	2014	Julia Maxwell, Branson			
Name	Year	School	Seed	Prelims	H#

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Preliminaries

1 Wagner, Gillian	12 Redwood	4:50.09	5:34.44Q	1
2 Chau, Hannah	12 Justin Siena	5:05.77	5:38.17Q	2
3 Wallenstrom, Samantha	9 Marin Catholic	5:18.44	5:34.70Q	1
4 Jones, Callie	11 Branson	5:07.95	5:38.65Q	2
5 Van Allen, Kelsey	11 Tam	5:28.71	5:34.81Q	1
6 Solomon, Summer	10 Tam	5:28.36	5:39.76Q	2
7 Dailey, Grace	12 Branson	5:19.04	5:35.97Q	1
8 Nast, Juliette	12 Justin Siena	5:49.73	5:51.55Q	2
9 Kennedy, Sara	11 Marin Catholic	5:37.74	5:43.47q	1
10 Clifford, Gigi	9 Marin Catholic	5:47.72	5:47.34q	1
11 Steele, Lauren	10 Redwood	5:52.24	5:48.96q	1
12 Brockman, Charlotte	9 Marin Catholic	5:47.50	5:49.87q	1
13 Barschat, Colette	11 Tam	6:01.24	5:55.56q	1
14 Schwartz, Ines	11 Redwood	5:51.75	6:03.20q	2
15 Huizenga, Leah	9 Redwood	5:44.94	6:05.14q	2
16 Avila, Meddeley	12 San Rafael	6:08.61	6:05.90q	2
17 Gonzalez, Rocio	12 Novato	6:12.64	6:13.94	2
18 James, Lucie	11 Redwood	5:42.21	6:16.68	2
19 Garcia, Reina	9 Novato	6:21.14	6:22.63	1
20 Nicholson, Julia	12 Novato	7:06.44	6:28.03	2
21 Stewart, Grace	10 San Rafael	6:40.68	6:40.31	2
22 Breneisen, Emily	11 Justin Siena	6:28.01	6:43.19	1
23 Ramacher, Carly	9 Tam	6:55.44	7:02.08	1

MCAL League Championship Meet - 5/10/2018 to 5/12/2018**Redwood High School****Results****....Girls 1600 Meter Run**

24 Stewart, Sophie	10 San Rafael	6:43.25	7:02.43	2
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Girls 1600 Meter Run

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MCAL Meet: R 4:54.48	2014	Julia Maxwell, Branson		
Name	Year	School	Prelims	Finals Points
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Finals

1 Wagner, Gillian	12 Redwood	5:34.44	4:49.76R	10
2 Dailey, Grace	12 Branson	5:35.97	5:09.30	8
3 Jones, Callie	11 Branson	5:38.65	5:09.51	6
4 Wallenstrom, Samantha	9 Marin Catholic	5:34.70	5:09.91	4
5 Chau, Hannah	12 Justin Siena	5:38.17	5:10.52	2
6 Van Allen, Kelsey	11 Tam	5:34.81	5:26.29	1
7 Solomon, Summer	10 Tam	5:39.76	5:33.97	
8 Kennedy, Sara	11 Marin Catholic	5:43.47	5:36.84	
9 Brockman, Charlotte	9 Marin Catholic	5:49.87	5:45.14	
10 Clifford, Gigi	9 Marin Catholic	5:47.34	5:48.45	
11 Schwartz, Ines	11 Redwood	6:03.20	5:56.19	
12 Steele, Lauren	10 Redwood	5:48.96	5:57.06	
13 Nast, Juliette	12 Justin Siena	5:51.55	5:58.77	
14 Avila, Meddeley	12 San Rafael	6:05.90	6:00.74	
15 Barschat, Colette	11 Tam	5:55.56	6:01.41	
16 Huizenga, Leah	9 Redwood	6:05.14	6:32.99	

Girls 3200 Meter Run

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MCAL Meet: R 10:48.50	1980	Robyn MacSwain, Terra Linda		
Name	Year	School	Seed	Finals Points
=====				

1 Wagner, Gillian	12 Redwood	10:14.11	11:21.77	10
2 Chau, Hannah	12 Justin Siena	11:16.02	11:38.84	8
3 Jones, Callie	11 Branson	11:25.99	11:46.86	6
4 McKillop-Herr, Shannon	12 Sir Francis Drake	12:02.34	12:02.98	4
5 Van Allen, Kelsey	11 Tam	11:53.39	12:05.27	2
6 Seeley, Kyla	9 Sir Francis Drake	12:17.99	12:17.06	1
7 Kennedy, Sara	11 Marin Catholic	12:03.14	12:19.04	
8 Solomon, Summer	10 Tam	11:52.24	12:22.55	
9 Evers, Caitlin	9 Branson	12:32.14	12:23.51	
10 Escabar, Jenevieve	12 Sir Francis Drake	12:21.02	12:39.96	
11 Nast, Juliette	12 Justin Siena	12:39.00	13:04.06	
12 McMillan, Grace	9 Marin Catholic	13:27.12	13:08.91	
13 James, Lucie	11 Redwood	12:44.44	13:26.61	
14 Legallet, Neva	11 Redwood	12:36.24	13:30.41	
15 Ferrell, Tescha	9 Tam	12:47.30	13:39.76	
16 Avila, Meddeley	12 San Rafael		13:43.16	
17 Powers, Taylor	12 Marin Catholic	13:36.14	14:02.76	
18 Kennedy, Keanna	10 Tam	14:02.86	14:08.31	
19 Zharah, Bella	11 Novato	15:28.24	15:47.48	

MCAL League Championship Meet - 5/10/2018 to 5/12/2018**Redwood High School****Results****Girls 100 Meter Hurdles 33**

MCAL Meet: R 14.34 1979 Alisha Sweeney, Tamalpais						
Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1 Ross, Lauren	11	Tam	16.11	16.31Q	5.0	1
2 Martin, Kendall	12	Justin Siena	16.74	16.65Q	3.9	3
3 Campbell, Catherine	12	Tam	17.72	17.53Q	3.6	2
4 James, Abby	12	Tam	17.54	17.23q	3.9	3
5 Hunt, Marilyn	11	San Marin	17.44	17.49q	3.9	3
6 Whitaker, Catarina	9	Marin Catholic	17.84	17.57q	3.9	3
7 Boyd, Petra	11	Sir Francis Drake	17.64	17.61q	5.0	1
8 Lin, Mikayla	10	Tam	17.54	17.66q	3.6	2
9 Auchard, Melissa	9	Sir Francis Drake	17.94	17.67	3.6	2
10 Morrison, Annabelle	9	Redwood	19.54	18.09	3.9	3
11 Seiler, Stella	9	Terra Linda	18.99	19.07	5.0	1
12 Donohew, Caroline	9	Sir Francis Drake	17.74	19.29	5.0	1
13 Podboy, Ava	9	Sir Francis Drake	20.94	19.39	3.9	3
14 Talke, Isabel	11	Redwood	20.34	20.59	5.0	1
15 Fleischhauer, Sina	9	San Marin	20.63	20.91	5.0	1
16 Nazarian, Jada	9	San Marin	20.50	21.43	3.6	2

Girls 100 Meter Hurdles 33

MCAL Meet: R 14.34 1979 Alisha Sweeney, Tamalpais						
Name	Year	School	Prelims	Finals	Wind	Points
Finals						
1 Ross, Lauren	11	Tam	16.31	16.28	2.2	10
2 Martin, Kendall	12	Justin Siena	16.65	16.90	2.2	8
3 James, Abby	12	Tam	17.23	17.48	2.2	6
4 Campbell, Catherine	12	Tam	17.53	17.63	2.2	4
5 Hunt, Marilyn	11	San Marin	17.49	17.69	2.2	2
6 Boyd, Petra	11	Sir Francis Drake	17.61	17.81	2.2	1
7 Lin, Mikayla	10	Tam	17.66	18.22	2.2	
8 Whitaker, Catarina	9	Marin Catholic	17.57	19.68	2.2	

Girls 300 Meter Hurdles

MCAL Meet: R 44.54 1984 Karen Brown, Drake					
Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 Martin, Kendall	12	Justin Siena	48.56	48.44Q	3
2 Dillon, Abby	10	Branson	48.24	49.01Q	2
3 Ross, Lauren	11	Tam	47.54	49.19Q	1
4 James, Abby	12	Tam	49.64	49.91q	2
5 Brunell, Lauren	9	Terra Linda	50.67	50.81q	1
6 Lin, Mikayla	10	Tam	48.42	50.90q	3
7 Campbell, Catherine	12	Tam	52.63	51.37q	2
8 Gough-Willetts, Georgina	9	Marin Catholic	51.34	51.49q	1
9 Donohew, Caroline	9	Sir Francis Drake	52.94	52.13	3
10 Morrison, Annabelle	9	Redwood	53.04	52.99	3
11 Null, Zoe	10	San Marin	54.69	53.46	3
12 Auchard, Melissa	9	Sir Francis Drake	55.04	53.47	3
13 Hunt, Marilyn	11	San Marin	53.68	53.71	1

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....Girls 300 Meter Hurdles

14 Whitaker, Catarina	9 Marin Catholic	53.64	54.86	1
15 McKillop-Herr, Jacquelin	9 Sir Francis Drake	57.44	56.61	1
16 Seiler, Stella	9 Terra Linda	56.24	58.90	2

Girls 300 Meter Hurdles

=====				
MCAL Meet: R 44.54	1984	Karen Brown, Drake		
Name	Year	School	Prelims	Finals Points
=====				

Finals

1 Ross, Lauren	11 Tam	49.19	47.72	10
2 Lin, Mikayla	10 Tam	50.90	48.41	8
3 Martin, Kendall	12 Justin Siena	48.44	48.77	6
4 James, Abby	12 Tam	49.91	50.15	4
5 Brunell, Lauren	9 Terra Linda	50.81	50.72	2
6 Donohew, Caroline	9 Sir Francis Drake	52.13	50.84	1
7 Campbell, Catherine	12 Tam	51.37	51.64	
8 Gough-Willetts, Georgina	9 Marin Catholic	51.49	53.60	

Girls 4x100 Meter Relay

=====				
MCAL Meet: R 48.64	1978	Tamalpais		
School		Seed	Finals	Points
=====				

1 Redwood 'A'		51.54	50.89	10
2 Terra Linda 'A'		51.84	52.10	8
3 Sir Francis Drake 'A'		52.19	52.18	6
4 Marin Catholic 'A'		51.74	52.30	4
5 Tamalpais Track and Field 'A'		52.44	52.61	2
6 Justin Siena 'A'		51.87	52.71	1
7 Branson 'A'		51.64	53.02	

Girls 4x400 Meter Relay

=====				
MCAL Meet: R 4:02.20	1978	Drake		
School		J. Davidson, J. Baumsteiger, L. Vukicevich, L.Saia	Seed	Prelims H#
=====				

Preliminaries

1 Redwood 'A'		4:11.24	4:11.24q	2
1) Kohn, Nava 10	2) Massey-Blake, Jacqueline 12			
3) Holland, Maya 10	4) Tallerico, Izzy 12			
2 Branson 'A'		4:14.80	4:14.80q	2
1) Getsey, Natalie 11	2) Dillon, Maegen 12			
3) Jones, Callie 11	4) Dailey, Grace 12			
3 Tamalpais Track and Field 'A'		4:15.94	4:15.94q	2
1) Janetos, Emlen 12	2) Lin, Mikayla 10			
3) Tanel, Lauren 12	4) Vasicek, Ella 9			
4 Terra Linda 'A'		4:21.00	4:21.00q	2
1) Levin, Malia 12	2) Inouye, Jasmine 12			
3) Poliseri, Kristina 10	4) Saccardi, Natasha 12			
5 Sir Francis Drake 'A'		4:21.91	4:21.91q	2
1) Miller, Zoe 12	2) Cudd, Sadie 11			
3) Bishop, Emmi 9	4) Rockwell, Noel 11			
6 Marin Catholic 'A'		4:24.54	4:28.00q	1

MCAL League Championship Meet - 5/10/2018 to 5/12/2018

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....Girls 4x400 Meter Relay

1) Jones, Sophia 10	2) Dowd, Maddie 10		
3) Griffin, Rosie 9	4) Wallenstrom, Samantha 9		
7 Justin Siena 'A'	4:24.00	4:37.52q	1
1) Chau, Hannah 12	2) Garcia, Catalina 12		
3) Sherburne, Catherine 9	4) Martin, Kendall 12		
8 San Marin 'A'	4:45.00	4:40.42q	1
1) Teel, Sarah 12	2) Damazyn, Anja 12		
3) Null, Zoe 10	4) Burger, Payton 11		
9 San Rafael 'A'	5:01.10	4:51.58	1
1) Avila, Meddeley 12	2) Sanchez, Mariana 12		
3) Muirhead, Brianna 12	4) O'Dell, Maggie 12		

Girls 4x400 Meter Relay

=====				
MCAL Meet: R 4:02.20	1978	Drake		
	J. Davidson, J. Baumsteiger, L. Vukicevich, L.Saia			
School		Prelims	Finals	Points
=====				

Finals

1 Redwood 'A'	4:11.24	4:15.83	10
2 Tamalpais Track and Field 'A'	4:15.94	4:16.42	8
3 Marin Catholic 'A'	4:28.00	4:22.91	6
4 Terra Linda 'A'	4:21.00	4:27.42	4
5 Branson 'A'	4:14.80	4:27.83	2
6 Sir Francis Drake 'A'	4:21.91	4:31.31	1
7 Justin Siena 'A'	4:37.52	4:42.24	
8 San Marin 'A'	4:40.42	4:53.61	

Girls High Jump

=====				
MCAL Meet: R 5-08	1980	Lisa Greenfield, Redwood		
Name	Year	School	Seed	Finals Points
=====				
1 Troppy, Gianna	11	Justin Siena	5-02.00	J5-00.00 10
2 Prince, Alicia	12	Justin Siena	5-01.00	J5-00.00 8
3 Sherman, Elaina	10	Redwood	4-10.00	J4-10.00 6
4 Blaisdell, India	12	Terra Linda	5-00.00	J4-10.00 4
5 Cox, Tula	9	Redwood	4-02.00	J4-04.00 2
6 Null, Zoe	10	San Marin	4-02.00	J4-04.00 1
7 Bender, Adrianna	9	Tam	4-06.00	J4-04.00
8 Seiler, Stella	9	Terra Linda	4-06.00	4-02.00
8 Smith, Julie	11	San Rafael	4-04.00	4-02.00
8 Woods, Tyler	10	Redwood	4-06.00	4-02.00
11 Campagna, Kate	11	Marin Catholic	4-02.00	4-00.00
11 Huizenga, Lydia	11	Redwood	4-04.00	4-00.00
11 Sayers, Katie	10	Branson	4-04.00	4-00.00
11 White, Kiira	9	Tam	4-00.00	4-00.00
-- Beaton, Madeleine	11	Tam	4-02.00	NH
-- Nemitz, Janeke	12	Tam	4-06.00	NH

MCAL League Championship Meet - 5/10/2018 to 5/12/2018**Redwood High School****Results****Girls Pole Vault**

MCAL Meet: R 11-00 2015		Isabella DeBruin, Justin Siena				
Name	Year	School	Seed	Finals	Points	
1 Ross, Lauren	11	Tam	11-06.00	J11-06.00R	10	
2 Simon, Brooke	11	Sir Francis Drake	12-00.00	J11-06.00R	8	
3 Weis, Josephine	11	Justin Siena	9-00.00	J9-00.00	5	
3 Sullivan, Claire	10	Justin Siena	8-06.00	J9-00.00	5	
5 McKillop-Herr, Jacquelin	9	Sir Francis Drake	7-00.00	J8-06.00	2	
6 Powers, Whitney	10	Justin Siena	8-00.00	J8-06.00	1	
7 Nudd, Fiona	11	Sir Francis Drake	7-06.00	7-06.00		
7 Ramacher, Sammy	9	Tam	8-06.00	7-06.00		
9 Kelly, Natalie	9	Justin Siena	7-06.00	7-00.00		
9 Smith, Julie	11	San Rafael	6-00.00	7-00.00		
11 Gupta, Myla	11	Terra Linda	7-00.00	J7-00.00		
-- Lipari-Maxson, Amanda	10	Sir Francis Drake	6-06.00	NH		
-- Ramachandren, Alexis	11	Tam	7-00.00	NH		

Girls Long Jump

MCAL Meet: R 19-03.50 1979		Lisa Greenfield, Redwood				
Name	Year	School	Seed	Finals	Wind	Points
1 Matcham, Hannah	10	Marin Catholic	16-01.50	15-04.25	NWI	10
2 Blair, Siena	10	Tam	15-06.00	15-02.50	NWI	8
3 Rossman, Sage	11	Branson	15-07.50	15-01.00	NWI	6
4 Mincy, Sophie	9	Redwood	16-05.00	14-09.50	NWI	4
5 Calegari, Sophia	9	Sir Francis Drake	15-11.75	14-06.50	NWI	2
6 Gutierrez, Nicole	12	San Marin	15-03.00	14-04.75	NWI	1
7 Ramacher, Sammy	9	Tam	13-07.75	14-03.75	-3.8	
8 Schwartz, Daniella	11	Redwood	15-10.75	14-02.50	NWI	
9 Villanueva, Mia	9	San Rafael	14-11.00	14-00.75	NWI	
10 Kelly, Carina	10	Tam	15-04.50	14-00.25	NWI	
11 Prince, Alicia	12	Justin Siena	15-03.75	13-10.00	NWI	
12 Blantz, Phoebe	11	Sir Francis Drake	15-07.00	13-09.50	NWI	
13 Null, Zoe	10	San Marin	14-11.00	13-07.25	NWI	
14 Sherman, Elaina	10	Redwood	13-08.25	13-05.00	-3.1	
15 Levin, Malia	12	Terra Linda	14-07.00	13-01.50	NWI	
16 Holman, Bella	9	Justin Siena	13-05.50	12-08.50	NWI	
17 Sann, Aj	10	Branson	13-00.00	12-08.00	-3.1	
18 Aghazadeh, Farzaneh	9	Redwood	13-02.00	12-06.50	-3.1	
19 Croak, Zoe	12	Terra Linda	14-04.00	12-05.50	NWI	
20 Nelson, Emma	12	Branson	13-02.00	12-00.75	-3.6	
21 Campagna, Kate	11	Marin Catholic	12-07.50	11-01.25	-3.3	

Girls Triple Jump

MCAL Meet: R 37-04.50 1985		Crissy Cerkel, Redwood				
Name	Year	School	Seed	Finals	Wind	Points
1 Gutierrez, Nicole	12	San Marin	33-11.00	34-09.00	2.0	10
2 Blair, Siena	10	Tam	32-11.25	33-06.25	NWI	8
3 James, Abby	12	Tam	32-03.00	33-04.00	3.0	6
4 Mincy, Sophie	9	Redwood	32-11.00	32-10.25	1.8	4
5 Ramacher, Sammy	9	Tam	31-01.00	32-08.75	3.8	2
6 Prince, Alicia	12	Justin Siena	32-07.00	32-06.50	1.1	1

MCAL League Championship Meet - 5/10/2018 to 5/12/2018**Redwood High School****Results****....Girls Triple Jump**

7	Santi, Isabella	11	Marin Catholic	31-00.00	32-02.25	2.3
7	Schwartz, Daniella	11	Redwood	31-11.00	32-02.25	1.6
9	Kramlich, Aniela	9	Tam	28-05.75	31-02.25	2.7
10	Kelly, Carina	10	Tam	31-03.75	30-09.00	1.3
11	Cedros, Ana	9	Sir Francis Drake	29-04.00	29-07.75	1.1
12	Rocha, Sophie	9	Redwood	27-08.00	29-02.00	1.2
13	Croak, Zoe	12	Terra Linda	30-11.00	28-11.00	1.1
14	Levin, Malia	12	Terra Linda	29-03.00	28-10.00	1.6
15	McKillop-Herr, Jacquelin	9	Sir Francis Drake	28-07.25	27-10.50	1.2
16	Fleischhauer, Sina	9	San Marin	27-09.00	25-10.75	1.4

Girls Shot Put 4k

=====						
MCAL Meet: R 39-07.50		2014	Shajana Steele, Novato			
Name	Year	School	Seed	Finals	Points	
=====						
1	Anitoni, Maryanne	12	Justin Siena	34-11.00	31-08.00	10
2	Amador, Eunice	11	Terra Linda	30-07.00	29-11.50	8
3	DiMare, Gina	12	Justin Siena	30-06.50	28-11.00	6
4	Cabrera, Helen	12	San Rafael	27-02.50	28-05.25	4
5	Lyons, Makena	9	Novato	30-00.00	28-04.25	2
6	Chassman, Elise	12	San Marin	29-04.00	28-02.00	1
7	Brown, Katie	11	Marin Catholic	27-10.50	27-02.25	
8	West, Jeannette	11	Sir Francis Drake	28-01.00	26-10.50	
9	Escobar, Haillee	10	Novato	28-06.00	25-03.50	
10	Sweeney, Kat	12	Branson	27-09.50	25-01.00	
11	Janetos, Emlen	12	Tam	25-05.00	24-07.50	
12	Rossmann, Sage	11	Branson	25-04.00	24-06.00	
13	Blazei, Elizabeth	10	Redwood	24-07.50	22-10.50	
14	Berardi, Cecilia	10	Sir Francis Drake	23-10.50	22-05.00	
15	Roesler, Clare	10	Redwood	27-05.00	22-01.25	
16	Canty, Taylor	9	Marin Catholic	26-03.00	21-00.50	

Girls Discus Throw

=====						
MCAL Meet: R 125-07		1985	E Ethington/S Steele, Terra Linda/Novato			
Name	Year	School	Seed	Finals	Points	
=====						
1	Lyons, Makena	9	Novato	94-03	101-03	10
2	Chassman, Elise	12	San Marin	94-11	99-01	8
3	Troppy, Gianna	11	Justin Siena	89-10	93-09	6
4	West, Jeannette	11	Sir Francis Drake	84-04	91-08	4
5	Brown, Katie	11	Marin Catholic	87-05	90-02	2
6	Amador, Eunice	11	Terra Linda	93-04	88-01	1
7	Rossmann, Sage	11	Branson	76-01	84-05	
8	Lindsay, Sophia	11	Redwood	71-03	79-03	
9	Cabrera, Helen	12	San Rafael	73-00	70-11	
10	Anitoni, Maryanne	12	Justin Siena		69-11	
11	Shelton, Annie	11	Redwood	58-05	67-11	
12	Zuber, Angie	10	Tam	70-05	66-05	
13	Berardi, Cecilia	10	Sir Francis Drake	71-07	62-00	
14	Kessler, Maddie	10	Marin Catholic	58-06	59-01	
15	Escobar, Haillee	10	Novato	51-05	55-02	
15	Huizenga, Lydia	11	Redwood	61-05	55-02	
17	Canty, Taylor	9	Marin Catholic	62-02.75	52-01	

MCAL League Championship Meet - 5/10/2018 to 5/12/2018**Redwood High School****Results****Boys 100 Meter Dash**

MCAL Meet: R 10.74 1966 Dean Lazzarini, Drake							
Name	Year	School	Seed	Prelims	Wind	H#	
Preliminaries							
1 Say, Conrad	11	Justin Siena	11.10	11.11Q	3.7	2	
2 Nicholas, Aidan	11	Tam	11.23	11.29Q	2.1	3	
3 Sondheim, Jack	10	San Rafael	11.29	11.33Q	3.1	4	
4 Galodamu, Peni	11	Terra Linda	11.42	11.42Q	3.2	1	
5 Gilbert, Kyle	9	Terra Linda	11.39	11.34q	3.7	2	
6 Valinoti, Max	12	Marin Catholic	11.31	11.36q	2.1	3	
7 Batt, Robert	12	Justin Siena	11.30	11.47q	3.1	4	
8 McKeague, Ethan	12	Sir Francis Drake	11.74	11.52q	3.1	4	
9 Wight, Jack	12	Marin Catholic	11.74	11.53	2.1	3	
10 Estes, Ashton	10	Sir Francis Drake	11.74	11.57	2.1	3	
11 Burrous, Max	11	Redwood	11.57	11.58	3.7	2	
12 Torkelson, Robert	12	Justin Siena	11.49	11.74	3.2	1	
13 Thery, Adrien	9	Sir Francis Drake	11.96	11.77	3.7	2	
14 Hass, Joseph	10	Marin Catholic	11.84	11.81	3.2	1	
15 Clark-Hexter, Isaiah	9	Tam	11.81	11.83	3.7	2	
16 Brown, Peter	12	Marin Catholic	11.74	11.90	3.1	4	
17 Reales, Jose	10	Novato	12.04	11.94	3.1	4	
18 Rasmussen, Miller	9	Redwood	12.01	11.97	3.2	1	
19 Contini, James	9	San Rafael	12.06	12.03	2.1	3	
20 Tantum, Charles	10	Redwood	12.15	12.04	3.7	2	
21 Ronder-Seid, Matt	12	Terra Linda	11.95	12.12	3.1	4	
22 Jones, Matthew	9	San Marin	12.25	12.18	3.2	1	
23 Bollini, Rich	12	Branson	12.34	12.40	3.7	2	
24 Ross, Theodore	11	Redwood	12.41	12.43	2.1	3	
25 Spence, Tanner	9	San Marin	12.60	12.44	3.1	4	
26 Denton, Bailey	12	Novato	12.64	12.76	3.1	4	

Boys 100 Meter Dash

MCAL Meet: R 10.74 1966 Dean Lazzarini, Drake							
Name	Year	School	Prelims	Finals	Wind	Points	
Finals							
1 Say, Conrad	11	Justin Siena	11.11	11.30	0.8	10	
2 Nicholas, Aidan	11	Tam	11.29	11.34	0.8	8	
3 Sondheim, Jack	10	San Rafael	11.33	11.45	0.8	6	
4 Galodamu, Peni	11	Terra Linda	11.42	11.46	0.8	4	
5 Gilbert, Kyle	9	Terra Linda	11.34	11.54	0.8	2	
6 McKeague, Ethan	12	Sir Francis Drake	11.52	11.65	0.8	1	
7 Valinoti, Max	12	Marin Catholic	11.36	11.77	0.8		
8 Batt, Robert	12	Justin Siena	11.47	13.77	0.8		

Boys 200 Meter Dash

MCAL Meet: R 21.63 2012 Danial Fortenko, Terra Linda							
Name	Year	School	Seed	Prelims	Wind	H#	
Preliminaries							
1 Glasser, Max	12	Marin Catholic	21.65	21.97Q	3.0	1	
2 Sondheim, Jack	10	San Rafael	23.14	22.86Q	3.6	4	
3 Valinoti, Max	12	Marin Catholic	23.04	22.93Q	3.0	3	

MCAL League Championship Meet - 5/10/2018 to 5/12/2018

Redwood High School

Results

....Boys 200 Meter Dash

4	Nicholas, Aidan	11	Tam	22.55	22.99Q	2.9	2
5	Foehr, Ben	12	Terra Linda	23.39	23.09q	2.9	2
6	Batt, Robert	12	Justin Siena	23.24	23.13q	3.6	4
7	Watkins, Will	10	Tam	23.50	23.23q	3.0	3
8	Galodamu, Peni	11	Terra Linda	23.67	23.33q	3.0	1
9	McKeague, Ethan	12	Sir Francis Drake	23.86	23.33	3.6	4
10	Gilbert, Kyle	9	Terra Linda	23.54	23.57	3.0	1
11	Brown, Peter	12	Marin Catholic	24.04	23.61	3.0	3
12	Clark-Hexter, Isaiah	9	Tam	24.14	23.67	3.0	1
13	Burrous, Max	11	Redwood	23.84	23.73	3.6	4
14	Strachnov, Garrett	12	Redwood	24.24	23.89	2.9	2
15	Eisinger, Andy	12	Sir Francis Drake	24.14	23.93	2.9	2
16	Meirana, Kevin	10	Marin Catholic	23.74	24.01	2.9	2
17	Kalten, Emilio	11	Justin Siena	24.20	24.19	3.0	1
18	Parlett, Austin	11	Justin Siena	24.90	24.40	3.0	1
19	Rasmussen, Miller	9	Redwood	24.24	24.45	3.0	3
20	Olson, Andrew	11	Marin Catholic	24.54	24.48	3.6	4
21	Van Voorhees, Adam	10	Sir Francis Drake	25.04	24.66	3.0	1
22	Thery, Adrien	9	Sir Francis Drake	24.64	24.85	3.0	3
23	Spence, Tanner	9	San Marin	25.75	24.89	3.6	4
24	Driscoll, Grisha	9	San Rafael	26.07	26.31	3.6	4

Boys 200 Meter Dash

MCAL Meet: R 21.63 2012 Danial Fortenko, Terra Linda

Name	Year	School	Prelims	Finals	Wind	Points
Finals						
1	Glasser, Max	12	Marin Catholic	21.97	21.60	3.9 10
2	Nicholas, Aidan	11	Tam	22.99	22.76	3.9 8
3	Sondheim, Jack	10	San Rafael	22.86	23.07	3.9 6
4	Valinoti, Max	12	Marin Catholic	22.93	23.22	3.9 4
5	Foehr, Ben	12	Terra Linda	23.09	23.29	3.9 2
6	Galodamu, Peni	11	Terra Linda	23.33	23.63	3.9 1
7	Watkins, Will	10	Tam	23.23	24.51	3.9
8	Batt, Robert	12	Justin Siena	23.13	25.70	3.9

Boys 400 Meter Dash

MCAL Meet: R 48.94 1975 Jeff Metteer, San Marin

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1	Harris, Nate	12	Tam	52.64	52.68Q 4
2	Neghasi, Mesgne	12	Tam	52.54	52.96Q 5
3	Psaila, Lucca	12	San Marin	51.74	53.03Q 3
4	Glasser, Max	12	Marin Catholic	47.31	53.20Q 1
5	Watkins, Will	10	Tam	51.64	53.28Q 2
6	Maso, Leo	12	Terra Linda	52.79	53.09q 3
7	Murray, Bridger	11	Sir Francis Drake	52.44	53.09q 4
8	Sennett, Tucker	10	Branson	54.84	53.12q 5
9	Kreps, John	9	Marin Catholic	52.74	53.37 5
10	Bailey, Joseph	10	Marin Catholic	53.24	53.48 1
11	Strachnov, Garrett	12	Redwood	53.54	53.56 1
12	Foehr, Ben	12	Terra Linda	52.93	54.06 2

MCAL League Championship Meet - 5/10/2018 to 5/12/2018

Redwood High School

Results

....Boys 400 Meter Dash

13 Beyene, Nahom	12 Terra Linda	55.16	54.55	5
14 Melancon, William	11 Justin Siena	54.22	54.92	3
15 Russell, Josiah	11 Sir Francis Drake	55.04	55.18	5
16 Meirana, Kevin	10 Marin Catholic	54.04	55.21	2
17 Revai, Reis	9 Terra Linda	56.83	55.42	2
18 Mancuso, Nate	9 San Marin	56.23	56.02	1
19 Malek, Ben	10 Redwood	56.64	56.38	3
20 Aldana, Jorge	12 Terra Linda	55.54	56.48	3
21 Kalten, Emilio	11 Justin Siena	56.34	56.90	1
22 Ozlaj, Jeffrey	9 San Marin	55.45	57.26	4
23 Parlett, Austin	11 Justin Siena	58.19	57.93	5
24 Palogluo, Alex	9 San Rafael	59.91	58.59	2
25 Burke, Eric	9 San Rafael	1:00.32	59.06	2
26 Nel, Saranyu	9 Tam	57.14	59.20	4
27 Del Aguilla, Hector	9 San Rafael	59.91	1:00.34	1
28 Brandt, Michael	9 Tam	59.74	1:00.45	4
29 Venezia, Luke	9 San Marin	59.90	1:00.72	3
30 Espinosa, Harrison	9 San Marin	59.95	1:01.18	1

Boys 400 Meter Dash

=====

MCAL Meet: R 48.94	1975	Jeff Metteer, San Marin			
Name	Year	School	Prelims	Finals	Points

=====

Finals

1 Glasser, Max	12 Marin Catholic	53.20	50.90	10
2 Psaila, Lucca	12 San Marin	53.03	52.75	8
3 Harris, Nate	12 Tam	52.68	52.82	6
4 Watkins, Will	10 Tam	53.28	53.06	4
5 Murray, Bridger	11 Sir Francis Drake	53.09	53.49	2
6 Maso, Leo	12 Terra Linda	53.09	53.86	1
7 Sennett, Tucker	10 Branson	53.12	54.56	
8 Bailey, Joseph	10 Marin Catholic	53.48	55.11	

Boys 800 Meter Run

=====

MCAL Meet: R 1:53.60	1975	Ray Green, San Rafael			
Name	Year	School	Seed	Prelims	H#

=====

Preliminaries

1 Patel, Austin	11 Redwood	2:00.44	2:01.06Q	3
2 Pompili, Nicco	11 Sir Francis Drake	1:58.62	2:02.76Q	1
3 Thompson, Andrew	11 Marin Catholic	1:59.34	2:04.89Q	2
4 Neghasi, Mesgne	12 Tam	1:59.68	2:01.84Q	3
5 Wolford, Owen	10 Sir Francis Drake	2:03.64	2:02.90Q	1
6 Barkan, Amir	10 Sir Francis Drake	2:02.29	2:05.15Q	2
7 Diener, Jack	11 Marin Catholic	2:02.74	2:03.80Q	1
8 Wu, Benji	10 Branson	2:06.50	2:04.78Q	3
9 Quintero, Fernando	11 San Marin	2:03.14	2:05.27Q	2
10 Prendergast, Daniel	11 Branson	2:06.96	2:04.19q	1
11 Potrebic, Casey	9 Justin Siena	2:06.52	2:05.31q	2
12 Waite, Griffin	10 Sir Francis Drake	2:05.74	2:06.08q	3
13 Daly, Joey	10 Branson	2:10.94	2:07.03	3
14 Ben-Ora, Kelden	12 Terra Linda	2:07.24	2:08.63	2
15 McCormack, Evan	12 Terra Linda	2:12.05	2:09.16	2

MCAL League Championship Meet - 5/10/2018 to 5/12/2018**Redwood High School****Results****....Boys 800 Meter Run**

16	Morrow, Coleman	11	Tam	2:13.64	2:10.60	1
17	Gramajo, Suliban	10	San Rafael	2:19.24	2:10.69	1
18	Mazariegos, Edaurdo	11	San Rafael	2:18.28	2:11.32	1
19	Phipps, Matthew	11	Redwood	2:10.14	2:13.03	3
20	Roberts, Kai	10	Terra Linda	2:12.27	2:14.18	1
21	Cristea, Acer	9	San Rafael	2:14.08	2:16.31	2
22	Bloomberg, Jeremy	9	Terra Linda	2:18.36	2:17.19	2
23	Labovich, Oscar	10	San Rafael	2:20.63	2:20.75	2
24	Giusto, Paul	9	Justin Siena	2:24.84	2:21.46	1
25	Nel, Saranyu	9	Tam	2:14.94	2:22.00	3
26	Garcia, Gabriel	12	Novato	2:17.14	2:28.62	3
27	Vijayakumar, Vishnu	9	Justin Siena	2:33.07	2:34.13	3

Boys 800 Meter Run

=====						
MCAL Meet: R 1:53.60 1975 Ray Green, San Rafael						
Name	Year	School	Prelims	Finals	Points	
=====						
Finals						
1	Neghasi, Mesgne	12	Tam	2:01.84	1:58.06	10
2	Pompili, Nicco	11	Sir Francis Drake	2:02.76	1:58.13	8
3	Thompson, Andrew	11	Marin Catholic	2:04.89	2:00.62	6
4	Barkan, Amir	10	Sir Francis Drake	2:05.15	2:02.17	4
5	Patel, Austin	11	Redwood	2:01.06	2:03.26	2
6	Wu, Benji	10	Branson	2:04.78	2:04.26	1
7	Diener, Jack	11	Marin Catholic	2:03.80	2:05.82	
8	Potrebic, Casey	9	Justin Siena	2:05.31	2:06.34	
9	Waite, Griffin	10	Sir Francis Drake	2:06.08	2:06.40	
10	Quintero, Fernando	11	San Marin	2:05.27	2:06.59	
11	Wolford, Owen	10	Sir Francis Drake	2:02.90	2:07.11	
12	Morrow, Coleman	11	Tam	2:10.60	2:08.88	

Boys 1600 Meter Run

=====						
MCAL Meet: R 4:08.54 2010 Erik Olson, Novato						
Name	Year	School	Seed	Prelims	H#	
=====						
Preliminaries						
1	Anderson, Liam	11	Redwood	4:14.94	4:26.11Q	1
2	Kaufmann, Clay	12	Terra Linda	4:42.00	4:36.62Q	2
3	McCarthy, Cooper	11	Sir Francis Drake	4:24.17	4:42.67Q	3
4	Pole, Ryan	12	Redwood	4:26.68	4:34.45Q	1
5	Kabbara, Munir	12	San Rafael	4:15.68	4:37.59Q	2
6	Rumon, Lyle	10	Marin Catholic	4:25.14	4:43.28Q	3
7	Converse, Ian	12	Marin Catholic	4:26.20	4:38.68Q	1
8	Pompili, Nicco	11	Sir Francis Drake	4:25.14	4:38.86Q	2
9	Grace, Hudson	9	Redwood	4:38.44	4:43.89Q	3
10	Weisert, Jake	11	Tam	4:34.09	4:42.11Q	2
11	Ben-Ora, Kelden	12	Terra Linda	4:42.81	4:42.47Q	1
12	Prendergast, Daniel	11	Branson	4:36.72	4:45.20Q	3
13	Cristea, Acer	9	San Rafael	4:54.63	4:49.10q	3
14	Bloomberg, Jeremy	9	Terra Linda	4:50.88	4:54.81q	1
15	Brown, Parker	11	Marin Catholic	4:51.14	4:56.21q	2
16	Swergold, Ethan	11	Tam	4:55.90	4:56.48q	1
17	Shellenberger, Robert	9	Redwood	4:55.74	4:58.24	1

MCAL League Championship Meet - 5/10/2018 to 5/12/2018

Redwood High School

Results

....Boys 1600 Meter Run

18	Thomas, Blake	12	Marin Catholic	4:56.14	5:01.20	2
19	Morrow, Coleman	11	Tam	4:54.85	5:02.73	2
20	Guiducci, Jacob	9	Justin Siena	5:03.23	5:02.92	1
21	Bose, Devin	11	Justin Siena	4:52.01	5:04.25	3
22	Labovich, Oscar	10	San Rafael	5:08.00	5:04.89	1
23	MacDonald, Briggs	12	San Marin	5:07.00	5:05.82	2
24	Nolan, Cooper	10	Redwood	5:04.24	5:07.58	3
25	Fino, Diego	9	Sir Francis Drake	4:57.24	5:07.97	3
26	Santos, Alex	9	San Marin	5:25.00	5:08.04	1
27	Quintero, Josh	11	Terra Linda	5:11.93	5:08.93	1
28	Sanda, Rohan	10	Tam	5:02.39	5:09.18	2
29	Shellenberger, Theodore	9	Redwood	5:03.24	5:10.17	1
30	Hernandez, Andres	9	Terra Linda	5:03.71	5:10.48	2
31	Driscoll, Michael	11	San Rafael	5:04.46	5:12.09	3
32	Flores, Salvador	9	Sir Francis Drake	5:01.44	5:13.18	3
33	Brandis, Nick	10	San Marin	5:16.00	5:14.53	3
34	Maxwell, James	12	Branson	5:15.14	5:15.31	3
35	Reder, Calvin	12	Novato	5:14.00	5:17.24	2
36	Garcia, Gabriel	12	Novato	5:19.24	5:24.62	2
37	Vijayakumar, Vishnu	9	Justin Siena	5:32.00	5:36.29	1
38	Connick, Benjamin	12	Novato	5:36.24	5:44.96	3
39	Bellin, Zach	12	Novato	5:32.24	5:51.29	2

Boys 1600 Meter Run

Name	Year	School	Prelims	Finals	Points
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Finals

1	Anderson, Liam	11	Redwood	4:26.11	4:12.15	10
2	Kabbara, Munir	12	San Rafael	4:37.59	4:22.29	8
3	Rumon, Lyle	10	Marin Catholic	4:43.28	4:22.88	6
4	Pompili, Nicco	11	Sir Francis Drake	4:38.86	4:23.81	4
5	Pole, Ryan	12	Redwood	4:34.45	4:24.23	2
6	McCarthy, Cooper	11	Sir Francis Drake	4:42.67	4:24.56	1
7	Converse, Ian	12	Marin Catholic	4:38.68	4:25.31	
8	Grace, Hudson	9	Redwood	4:43.89	4:30.70	
9	Prendergast, Daniel	11	Branson	4:45.20	4:36.98	
10	Ben-Ora, Kelden	12	Terra Linda	4:42.47	4:39.86	
11	Weisert, Jake	11	Tam	4:42.11	4:46.31	
12	Cristea, Acer	9	San Rafael	4:49.10	4:46.76	
13	Brown, Parker	11	Marin Catholic	4:56.21	4:51.87	
14	Swergold, Ethan	11	Tam	4:56.48	4:53.01	
15	Kaufmann, Clay	12	Terra Linda	4:36.62	4:54.44	
16	Bloomberg, Jeremy	9	Terra Linda	4:54.81	4:55.11	

Boys 3200 Meter Run

Name	Year	School	Seed	Finals	Points
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1	Anderson, Liam	11	Redwood	8:52.74	9:45.72	10
2	Reuter, Gabriel	11	Sir Francis Drake	9:24.57	9:50.02	8
3	Rumon, Lyle	10	Marin Catholic	9:22.48	9:50.39	6
4	Kabbara, Munir	12	San Rafael	9:17.54	9:50.58	4

MCAL League Championship Meet - 5/10/2018 to 5/12/2018

Redwood High School

Results

....Boys 3200 Meter Run

5 Pole, Ryan	12 Redwood	9:53.46	9:52.78	2
6 Davidson, Aaron	12 Sir Francis Drake	9:43.65	10:01.77	1
7 McCarthy, Cooper	11 Sir Francis Drake	9:28.71	10:02.48	
8 Law, Paul	10 Tam	9:45.21	10:02.63	
9 Walters, Timothy	10 Redwood	10:32.24	10:27.36	
10 Grace, Hudson	9 Redwood	10:25.24	10:27.54	
11 Kapila, Sahil	10 Redwood	10:25.24	10:30.94	
12 Persily, Henry	12 Sir Francis Drake	10:28.45	10:33.44	
13 Le, Alex	11 Branson	10:34.14	10:40.66	
14 Wong, Nick	12 Tam	10:00.64	10:45.50	
15 Mazariegos, Edaurdo	11 San Rafael	10:47.23	10:47.58	
16 Patel, Austin	11 Redwood	10:02.14	10:50.38	
17 Potrebic, Casey	9 Justin Siena	10:41.95	10:53.77	
18 Arnesson, Oliver	9 Sir Francis Drake	10:47.66	10:54.16	
19 Owens, Luke	10 Tam	11:01.74	10:55.02	
20 Thomas, Blake	12 Marin Catholic	11:16.94	10:56.54	
21 Ben-Ora, Kelden	12 Terra Linda	10:39.24	11:03.98	
22 Santos, Alex	9 San Marin	11:58.00	11:08.34	
23 Bose, Devin	11 Justin Siena	11:01.29	11:15.74	
24 Buessing, Jonah	11 Tam	11:03.81	11:17.58	
25 Gramajo, Suliban	10 San Rafael	10:55.04	11:21.83	
26 Guiducci, Jacob	9 Justin Siena	11:13.45	11:24.13	
27 Brandis, Nick	10 San Marin	11:20.00	11:29.34	
28 Brown, Parker	11 Marin Catholic	10:57.89	11:45.17	
29 Hick, Jude	10 San Rafael	11:45.28	11:47.53	
30 MacDonald, Briggs	12 San Marin	11:30.00	12:14.91	

Boys 110 Meter Hurdles 39

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MCAL Meet: R 14.49 2002 Gulliver Perry, Terra Linda

Name	Year School	Seed	Prelims	Wind	H#
=====					
Preliminaries					
1 Mispagel, Landon	11 Justin Siena	15.17	14.99Q	2.6	1
2 Ashe, Aidan	12 Terra Linda	16.07	16.09Q	4.1	2
3 Johnson, Kobe	11 Terra Linda	16.12	16.43Q	3.8	3
4 Niu, Michael	11 Terra Linda	16.15	16.20q	2.6	1
5 Tull, Zach	12 Redwood	16.34	16.59q	4.1	2
6 Caindec, Parker	11 Redwood	17.54	17.09q	3.8	3
7 Applegarth, Wes	10 Terra Linda	17.15	17.11q	2.6	1
8 Inouye, Lucas	10 Terra Linda	17.01	17.49q	3.8	3
9 Boeschen, Sam	9 Justin Siena	17.94	17.55	4.1	2
10 Morgain, Paris	11 San Marin	17.64	17.85	3.8	3
11 Umolu, Michael	10 Tam	19.04	18.47	4.1	2
12 Carpenter, Kaleb	9 Marin Catholic	17.74	18.51	2.6	1
13 Pedersen, Aiden	11 Sir Francis Drake	19.44	18.51	3.8	3
14 Martel, Reed	11 Sir Francis Drake	18.44	18.67	2.6	1
15 Warne, John	10 Sir Francis Drake	19.75	18.91	4.1	2
16 Fray, Matt	10 Novato	20.04	19.24	2.6	1
17 Jue, Mathew	9 Sir Francis Drake	19.54	19.63	3.8	3
18 Lechner, Ross	10 Novato	17.34	20.22	4.1	2
19 Falzone, Brycen	11 Tam	21.13	20.34	4.1	2
20 O'Donnell, Brian	11 Redwood	21.34	21.09	3.8	3
21 Poduval, Achinthya	11 Redwood	20.84	23.36	2.6	1

MCAL League Championship Meet - 5/10/2018 to 5/12/2018**Redwood High School****Results****Boys 110 Meter Hurdles 39**

MCAL Meet: R 14.49 2002 Gulliver Perry, Terra Linda						
Name	Year	School	Prelims	Finals	Wind	Points
Finals						
1 Mispagel, Landon	11	Justin Siena	14.99	15.35	0.6	10
2 Ashe, Aidan	12	Terra Linda	16.09	15.87	0.6	8
3 Niu, Michael	11	Terra Linda	16.20	16.13	0.6	6
4 Tull, Zach	12	Redwood	16.59	16.46	0.6	4
5 Applegarth, Wes	10	Terra Linda	17.11	16.71	0.6	2
6 Caindec, Parker	11	Redwood	17.09	17.79	0.6	1
7 Inouye, Lucas	10	Terra Linda	17.49	17.94	0.6	
8 Boeschen, Sam	9	Justin Siena	17.55	18.33	0.6	

Boys 300 Meter Hurdles

MCAL Meet: R 39.11 2014 August Kiles, Tamalpais					
Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 Mispagel, Landon	11	Justin Siena	41.44	42.21Q	2
2 Affeltranger, Lukas	11	Tam	42.63	43.05Q	3
3 Johnson, Kobe	11	Terra Linda	40.96	44.25Q	1
4 Applegarth, Wes	10	Terra Linda	42.54	43.22q	3
5 Tull, Zach	12	Redwood	43.14	44.12q	2
6 Carpenter, Kaleb	9	Marin Catholic	45.33	44.59q	2
7 Ashe, Aidan	12	Terra Linda	44.03	44.84q	1
8 Morgain, Paris	11	San Marin	44.44	45.17q	2
9 Miller, Ashton	11	Sir Francis Drake	45.94	45.19	3
10 Moseley, Jackson	9	Redwood	46.04	45.85	1
11 Umolu, Michael	10	Tam	46.37	46.56	2
12 Zacarias, Alex	12	San Rafael	52.32	47.45	3
13 Braun, Milo	10	Sir Francis Drake	47.24	47.85	2
14 Jue, Mathew	9	Sir Francis Drake	47.17	48.24	3
15 Lund, Connor	9	Terra Linda	45.82	48.39	3
16 Falzone, Brycen	11	Tam	49.07	48.57	1
17 Poduval, Achinthya	11	Redwood	49.24	48.71	3
18 Boeschen, Sam	9	Justin Siena	46.80	48.74	3
19 Maldonado, Deybi	12	San Rafael	49.88	49.95	2
20 O'Neal, John	9	Redwood	53.57	50.08	2
21 Reyes-Ruiz, Everyh	9	San Marin	46.31	56.73	1

Boys 300 Meter Hurdles

MCAL Meet: R 39.11 2014 August Kiles, Tamalpais					
Name	Year	School	Prelims	Finals	Points
Finals					
1 Mispagel, Landon	11	Justin Siena	42.21	42.04	10
2 Affeltranger, Lukas	11	Tam	43.05	42.69	8
3 Applegarth, Wes	10	Terra Linda	43.22	43.54	6
4 Carpenter, Kaleb	9	Marin Catholic	44.59	43.87	4
5 Tull, Zach	12	Redwood	44.12	44.69	2
6 Morgain, Paris	11	San Marin	45.17	45.76	1
7 Ashe, Aidan	12	Terra Linda	44.84	46.15	

MCAL League Championship Meet - 5/10/2018 to 5/12/2018**Redwood High School****Results****Boys 4x100 Meter Relay**

School	Seed	Finals	Points
MCAL Meet: R 42.21 2014 Novato J Hemphill, B Randel, K Hemphill, C Corbin			
1 Marin Catholic 'A'	43.24	43.19	10
2 Justin Siena 'A'	43.84	44.20	8
3 Tamalpais Track and Field 'A'	45.14	44.72	6
4 Terra Linda 'A'	44.54	44.89	4
5 Sir Francis Drake 'A'	44.85	45.44	2
6 Redwood 'A'	46.44	46.09	1
7 San Marin 'A'	48.01	47.78	
8 San Rafael 'A'	48.50	48.08	

Boys 4x400 Meter Relay

School	Seed	Prelims	H#
MCAL Meet: R 3:24.60 1975 San Marin J.Keville, W.Roche, R.Clarke, J.Metteer			

Preliminaries

1 Tamalpais Track and Field 'A'	3:26.06	3:26.06q	2
1) Harris, Nate 12			
3) Affeltranger, Lukas 11			
2) Watkins, Will 10			
4) Neghasi, Mesgne 12			
2 Marin Catholic 'A'	3:31.44	3:31.44q	2
1) Bailey, Joseph 10			
3) Kreps, John 9			
2) Meirana, Kevin 10			
4) Glasser, Max 12			
3 Sir Francis Drake 'A'	3:33.14	3:33.14q	2
1) Barkan, Amir 10			
3) Murray, Bridger 11			
2) Russell, Josiah 11			
4) Pompili, Nicco 11			
4 Terra Linda 'A'	3:36.12	3:36.12q	2
1) Beyene, Nahom 12			
3) McCormack, Evan 12			
2) Foehr, Ben 12			
4) Maso, Leo 12			
5 San Marin 'A'	3:58.96	3:37.32q	1
1) Psaila, Lucca 12			
3) Morgain, Paris 11			
2) Quintero, Fernando 11			
4) Ozlaj, Jeffrey 9			
6 Branson 'A'	3:43.14	3:38.61q	1
1) Sennett, Tucker 10			
3) Prendergast, Daniel 11			
2) Daly, Joey 10			
4) Wu, Benji 10			
7 Redwood 'A'	3:41.14	3:41.14q	2
1) Strachnov, Garrett 12			
3) Moseley, Jackson 9			
2) Phipps, Matthew 11			
4) Wright, Brendan 12			
8 Justin Siena 'A'	3:48.00	3:48.10q	1
1) Heun, Matthew 10			
3) Parlett, Austin 11			
2) Kalten, Emilio 11			
4) Melancon, William 11			
9 San Rafael 'A'	3:55.33	3:56.14	1
1) Palogluo, Alex 9			
3) Del Aguilla, Hector 9			
2) Barrientos, Anthony 9			
4) Driscoll, Grisha 9			

MCAL League Championship Meet - 5/10/2018 to 5/12/2018**Redwood High School****Results****Boys 4x400 Meter Relay**

MCAL Meet: R 3:24.60 1975 San Marin
 J.Keville, W.Roche, R.Clarke, J.Metteer

School	Prelims	Finals	Points
Finals			
1 Tamalpais Track and Field 'A'	3:26.06	3:34.72	10
2 Marin Catholic 'A'	3:31.44	3:38.40	8
3 Sir Francis Drake 'A'	3:33.14	3:38.66	6
4 Terra Linda 'A'	3:36.12	3:38.67	4
5 San Marin 'A'	3:37.32	3:42.48	2
6 Redwood 'A'	3:41.14	3:45.74	1
7 Branson 'A'	3:38.61	3:50.85	
8 Justin Siena 'A'	3:48.10	3:52.34	

Boys High Jump

MCAL Meet: R 7-00 1989 Jim O'Sullivan, Drake

Name	Year	School	Seed	Finals	Points
1 Cooke, Gaven	10	Marin Catholic	6-00.00	J6-02.00	10
2 Fricke, Shane	10	Redwood	6-03.00	J6-00.00	7
2 Niu, Michael	11	Terra Linda	6-00.00	J6-00.00	7
4 Holden-Wingate, Will	9	Tam	6-00.00	J6-00.00	4
5 Landreth, Connor	11	Sir Francis Drake	6-01.00	J6-00.00	2
6 Braun, Milo	10	Sir Francis Drake	5-08.00	J5-08.00	1
7 O'Donnell, Brian	11	Redwood	5-04.00	5-04.00	
7 Jehling, Bryce	11	Redwood	5-04.00	5-04.00	
-- Dunne, Andrew	11	Tam	5-04.00	NH	
-- Westbrook, William	11	Terra Linda	5-00.00	NH	
-- Weinfeld, Zach	9	Tam	5-00.00	NH	
-- McAlister, Max	10	Justin Siena	5-01.00	NH	
-- Roth, Josh	11	Marin Catholic	5-02.00	NH	
-- Boeschen, Sam	9	Justin Siena	5-02.00	NH	
-- Edwards, Rylan	12	Sir Francis Drake	5-10.00	NH	
-- Woods, Zach	10	Redwood	5-04.00	NH	

Boys Pole Vault

MCAL Meet: R 15-08 2014 August Kiles, Tamalpais

Name	Year	School	Seed	Finals	Points
1 Medina, Roberto	12	Justin Siena	13-08.00	J14-00.00	10
2 Lowe, Greg	12	Justin Siena	13-06.00	J13-06.00	8
3 Potrebic, Casey	9	Justin Siena	10-00.00	J11-06.00	6
4 Selvidge, Nils	11	Tam	10-06.00	J11-00.00	4
5 Moseley, Jackson	9	Redwood	9-06.00	J11-00.00	2
6 Johnson, Kobe	11	Terra Linda	11-00.00	J10-00.00	1
7 Holden-Wingate, Will	9	Tam	10-06.00	J10-00.00	
8 Oliviera, Victor	11	Terra Linda	9-06.00	J10-00.00	
9 Zesiger, Cole	11	Redwood	9-00.00	9-06.00	
10 O'Neil, Max	9	Redwood	7-06.00	9-00.00	
-- Medina, Sebastian	9	Justin Siena	8-00.00	NH	
-- Giusto, Paul	9	Justin Siena	8-00.00	NH	
-- Goldberg, Ari	9	Tam	9-06.00	NH	
-- Abe, Charlie	11	Tam	9-00.00	NH	

MCAL League Championship Meet - 5/10/2018 to 5/12/2018**Redwood High School****Results****Boys Long Jump**

MCAL Meet: R 23-08.25 1978 Stacy Bailey, Terra Linda							
Name	Year	School	Seed	Finals	Wind	Points	
1	Wight, Jack	12	Marin Catholic	20-03.00	19-06.00	-1.1	10
2	Say, Conrad	11	Justin Siena	19-09.00	19-01.75	-1.8	8
3	Mulchay, Matthew	12	Redwood	20-09.50	19-01.25	-1.2	6
4	Edwards, Rylan	12	Sir Francis Drake	19-02.50	19-00.00	+0.0	4
5	Medina, Roberto	12	Justin Siena	19-02.00	18-10.00	-1.3	2
6	Mispagel, Landon	11	Justin Siena	19-05.00	18-07.75	-1.1	1
7	Holden-Wingate, Will	9	Tam	20-10.50	18-06.75	-1.5	
8	Hoberman, Daniel	10	Redwood	18-00.25	18-01.25	-0.9	
9	Cooke, Gaven	10	Marin Catholic	18-07.75	18-01.00	-1.1	
10	Bleckman, Luke	10	Tam	18-10.50	17-05.25	-0.3	
11	Carvalho, Josh	12	Terra Linda	19-07.00	17-03.75	-1.0	
12	Tantum, Charles	10	Redwood	17-10.00	17-00.75	-0.5	
12	Manton, Reilly	11	Branson	15-00.00	17-00.75	-0.3	
14	Tull, Zach	12	Redwood	17-08.50	17-00.00	-0.5	
15	Wilson, Ethan	11	Marin Catholic	17-05.00	16-08.25	-0.8	
16	Warne, John	10	Sir Francis Drake	17-01.00	16-06.25	-0.4	
17	Toy Grace, Caius	10	Tam	18-03.75	16-03.25	-1.3	
17	Domingo, Ian	11	Marin Catholic	17-09.00	16-03.25	-1.2	
19	Liquori, Franco	9	Tam	16-08.75	16-03.00	-1.5	
20	Westbrock, William	11	Terra Linda	17-09.00	16-02.25	+0.0	
21	Bollini, Rich	12	Branson	16-09.00	15-10.00	-1.0	
22	Supradit Na Ayutthay, Al	10	Novato	18-09.00	15-06.75	-0.4	
23	Palogluo, Alex	9	San Rafael	16-05.25	14-07.75	-0.3	
24	Salaverry, Will	12	Sir Francis Drake	14-10.50	14-02.00	-1.1	

Boys Triple Jump

MCAL Meet: R 48-01 1979 Ivory Small, Tamalpais							
Name	Year	School	Seed	Finals	Wind	Points	
1	Holden-Wingate, Will	9	Tam	40-05.75	42-00.00	2.8	10
2	Psaila, Lucca	12	San Marin	37-02.00	39-08.00	2.4	8
3	Say, Conrad	11	Justin Siena	39-03.00	39-06.00	NWI	6
4	Carvalho, Josh	12	Terra Linda	40-00.00	38-10.00	3.8	4
5	Supradit Na Ayutthay, Al	10	Novato	37-07.00	38-05.25	1.8	2
6	Cooke, Gaven	10	Marin Catholic	38-06.00	38-04.00	2.2	1
7	Medina, Roberto	12	Justin Siena	37-07.00	38-03.50	2.3	
8	Bleckman, Luke	10	Tam	39-00.00	37-11.50	2.6	
9	Roberts, Brody	10	Terra Linda	37-11.00	37-10.50	1.5	
10	Fricke, Shane	10	Redwood	35-10.75	37-02.00	2.4	
11	Mulchay, Matthew	12	Redwood	37-10.00	37-01.00	2.6	
12	Tantum, Charles	10	Redwood	37-07.00	36-10.25	1.5	
13	Edwards, Rylan	12	Sir Francis Drake	35-07.00	36-06.50	3.0	
14	Martel, Reed	11	Sir Francis Drake	35-03.00	36-03.50	1.8	
15	Toy Grace, Caius	10	Tam	35-07.00	35-07.50	2.1	
16	Liquori, Franco	9	Tam	36-00.00	35-05.50	1.7	
17	Ho, Nathan	9	Marin Catholic	33-04.00	34-00.75	1.5	
18	Rabkin, Noah	11	Marin Catholic	32-06.00	33-07.00	2.6	
19	Braun, Milo	10	Sir Francis Drake	33-04.00	33-06.75	2.3	
20	Lowe, Greg	12	Justin Siena	37-07.00	32-08.00	1.2	
21	Murray, Alex	11	Marin Catholic	39-00.50	32-07.00	1.4	
22	Hoban, Blake	10	Justin Siena	32-05.00	32-04.50	1.4	

MCAL League Championship Meet - 5/10/2018 to 5/12/2018**Redwood High School****Results****...Boys Triple Jump**

23 Auchard, Brock	12 Sir Francis Drake	33-00.25	32-02.75	3.2
24 Jones, Matthew	9 San Marin	32-05.00	30-11.00	+0.0
25 Mosherif, Ali	10 Novato	31-03.00	30-08.25	0.2

Boys Shot Put 12 lb

MCAL Meet: R 56-09 1981		Ken Flax, Redwood				
Name	Year	School	Seed	Finals	Points	
1 Sekona, Jamar	10	Marin Catholic	47-02.25	47-02.50	10	
2 Carry, Colton	12	Novato	44-01.00	45-07.25	8	
3 Roesner, Mack	12	Marin Catholic	45-09.00	45-05.50	6	
4 Karch, Joseph	12	Justin Siena	40-06.00	40-03.50	4	
5 Davison, Kai	9	Marin Catholic	37-08.00	39-06.00	2	
6 Jacobs, Oliver	12	Branson	40-03.00	39-03.75	1	
7 Maahs, Michael	10	San Marin	35-06.00	37-09.50		
8 Mulchay, Matthew	12	Redwood	37-05.00	37-07.00		
9 DeLeon, Jon	12	Terra Linda	38-11.75	36-04.00		
10 Lopez, Aaron	12	Novato	33-01.00	36-02.50		
11 Gutierrez, Adrian	12	San Rafael	37-06.75	35-09.00		
12 DiRienzo, Ethan	11	Marin Catholic	36-05.00	35-06.25		
13 Peters, Matt	12	Terra Linda	38-11.25	35-03.00		
14 Lubamersky, Liam	10	San Rafael	36-02.25	35-00.00		
15 Alvarado, Darwin	11	Novato	34-09.00	33-08.00		
15 Zabierek, Jackson	11	Terra Linda	37-09.00	33-08.00		
17 Dal Porto, Benny	11	Sir Francis Drake	36-00.25	33-06.00		
18 Morris, Gibson	12	Branson	36-04.50	33-02.00		
19 Zesiger, Cole	11	Redwood	34-11.50	32-07.75		
20 Herrera, Rolando	12	Justin Siena	37-02.00	32-07.00		
21 Knightly, George	9	Sir Francis Drake	35-07.50	31-07.50		
22 Ross, Theodore	11	Redwood	33-11.00	31-01.00		
23 Goldberg, Max	11	Tam	35-05.00	30-02.00		
23 Soares, Alex	11	San Marin	29-05.00	30-02.00		
25 Garcia, Angel	9	Justin Siena	32-09.00	29-09.00		
26 Lubamersky, Aidan	10	San Rafael	30-05.00	29-01.00		
27 Peterson, Johnnel	9	Tam	31-06.00	27-00.50		
28 Van Gerven, Daniel	9	Tam	27-11.00	26-08.00		

Boys Discus Throw

MCAL Meet: R 186-03 1974		Darrell Elder, Redwood				
Name	Year	School	Seed	Finals	Points	
1 Carry, Colton	12	Novato	128-03	128-09	10	
2 Lubamersky, Liam	10	San Rafael	19-08.50	126-07	8	
3 Peters, Matt	12	Terra Linda	21-02.75	125-06	6	
4 Karch, Joseph	12	Justin Siena	113-03	122-00	4	
5 Sekona, Jamar	10	Marin Catholic	19-07.25	117-09	2	
6 Jacobs, Oliver	12	Branson	112-09	117-07	1	
7 Roesner, Mack	12	Marin Catholic	107-07	114-02		
8 Dal Porto, Benny	11	Sir Francis Drake	100-09	108-09		
8 Lubamersky, Aidan	10	San Rafael	91-04	108-09		
10 Alvarado, Darwin	11	Novato	107-00	106-07		
11 Herrera, Rolando	12	Justin Siena	116-00	101-10		
12 DiRienzo, Ethan	11	Marin Catholic	86-10.50	101-05		

MCAL League Championship Meet - 5/10/2018 to 5/12/2018**Redwood High School****Results****....Boys Discus Throw**

13 Lopez, Aaron	12 Novato	106-04	99-05
14 Mulchay, Matthew	12 Redwood	98-01	98-10
15 Davison, Kai	9 Marin Catholic	101-06	96-05
16 Grieve, Michael	10 Justin Siena	103-10	93-08
17 Hodge, Keileon	12 Terra Linda	97-04	93-06
18 Goldberg, Max	11 Tam	102-04	92-05
19 DeLeon, Jon	12 Terra Linda	02-01.50	90-09
20 Soares, Alex	11 San Marin	79-05	90-01
21 Psaila, Joey	9 San Marin	82-00	89-00
22 Zesiger, Cole	11 Redwood	83-03	87-08
23 Bertani, Dylan	10 Justin Siena	94-02	86-00
24 Knightly, George	9 Sir Francis Drake	85-01	84-10
25 Haag, Cyrus	11 Sir Francis Drake	87-06	83-11
26 Gutierrez, Adrian	12 San Rafael	84-06.25	81-02
27 Maahs, Michael	10 San Marin	106-08	69-04
28 Arensmeyer, Will	12 Redwood	81-00	68-06
29 Olds, Rowan	9 Tam	67-10	60-10

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Women - Team Rankings - 16 Events Scored

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1) Redwood	107	2) Tamalpais Track and Field	106
3) Justin Siena	79	4) Sir Francis Drake	43
5) Branson	42	6) Marin Catholic	40
7) Terra Linda	30	8) San Marin	25
9) Novato	12	9) San Rafael	12

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Men - Team Rankings - 16 Events Scored

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1) Marin Catholic	105	2) Justin Siena	87
3) Tamalpais Track and Field	78	4) Terra Linda	58
5) Redwood	50	6) Sir Francis Drake	44
7) San Rafael	32	8) Novato	20
9) San Marin	19	10) Branson	3