

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

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

**Girls 200 Meter Dash**

MCAL Meet: R 24.89 2012		Lilla McMillan, Tamalpais				
Name	Year	School	Seed	Prelims	Wind	H#
1	Kohn, Nava	10 Redwood	26.41	26.61Q	NWI	1
2	Massey-Blake, Jacqueline	12 Redwood	27.44	26.62Q	NWI	5
3	Vasicek, Ella	9 Tam	27.35	27.05Q	NWI	4
4	Jones, Sophia	10 Marin Catholic	27.14	27.39Q	NWI	3
5	O'Dell, Maggie	12 San Rafael	26.60	27.59Q	NWI	2
6	Weis, Josephine	11 Justin Siena	27.49	27.45q	NWI	4
7	Andrade, Carolina	10 Branson	27.84	27.56q	NWI	3
8	Dunn, Elsa	10 Novato	28.14	27.72q	NWI	1
9	Holland, Maya	10 Redwood	28.11	27.77	NWI	2
10	Calegari, Sophia	9 Sir Francis Drake	27.44	27.96	NWI	5
11	Sullivan, Claire	10 Justin Siena	27.95	28.04	NWI	1
12	Goertz, Sophia	9 Terra Linda	28.26	28.05	NWI	3
13	Inouye, Jasmine	12 Terra Linda	29.30	28.28	NWI	1
14	Fabiano, Clara	9 Marin Catholic	28.24	28.38	NWI	2

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

15	Poliseri, Kristina	10	Terra Linda	28.57	28.47	NWI	5
16	Gibson, Brooke	9	Tam	28.68	28.50	NWI	2
17	Kelly, Natalie	9	Justin Siena	28.70	28.52	NWI	3
18	Carbullido, Lilly	10	Redwood	28.54	28.55	NWI	4
19	Reznick, Nicole	12	Terra Linda	29.49	28.74	NWI	3
20	Sherburne, Catherine	9	Justin Siena	28.70	29.02	NWI	5
21	Milan-Howells, Sophia	9	Branson	29.54	29.09	NWI	4
22	Burger, Payton	11	San Marin	29.74	29.33	NWI	5
23	Sullivan, Maia	9	San Rafael	29.20	29.33	NWI	1
24	Kramlich, Aniela	9	Tam	30.24	29.56	NWI	1
25	Oppegard, Amanda	9	San Marin	30.38	29.60	NWI	1
26	Sebastian, Daniella	12	Sir Francis Drake	29.36	29.79	NWI	2
27	O'Brien, Courtenay	10	Marin Catholic	30.04	29.84	NWI	2
28	Kuimelis, Emmi	9	Sir Francis Drake	29.65	29.91	NWI	5
29	Coan, Lillian	10	Marin Catholic	29.90	30.06	NWI	4
30	Chow, Melissa	11	Branson	32.01	30.72	NWI	3

**Girls 400 Meter Dash**

=====						
MCAL Meet: R 57.14		1979	Alesia Sweeney, Tamalpais			
Name	Year	School	Seed	Prelims	H#	
=====						
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 800 Meter Run**

=====						
MCAL Meet: R 2:14.40		1979	Eileen Brennan, Marin Catholic			
Name	Year	School	Seed	Prelims	H#	
=====						
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

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

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
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 1600 Meter Run**

=====						
MCAL Meet: R 4:54.48		2014	Julia Maxwell, Branson			
Name	Year	School	Seed	Prelims	H#	
=====						
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	
24 Stewart, Sophie	10	San Rafael	6:43.25	7:02.43	2	

**Girls 100 Meter Hurdles 33**

=====						
MCAL Meet: R 14.34		1979	Alisha Sweeney, Tamalpais			
Name	Year	School	Seed	Prelims	Wind	H#
=====						
1 Ross, Lauren	11	Tam	16.11	16.31Q	NWI	1
2 Martin, Kendall	12	Justin Siena	16.74	16.65Q	NWI	3
3 Campbell, Catherine	12	Tam	17.72	17.53Q	NWI	2
4 James, Abby	12	Tam	17.54	17.23q	NWI	3
5 Hunt, Marilyn	11	San Marin	17.44	17.49q	NWI	3
6 Whitaker, Catarina	9	Marin Catholic	17.84	17.57q	NWI	3
7 Boyd, Petra	11	Sir Francis Drake	17.64	17.61q	NWI	1
8 Lin, Mikayla	10	Tam	17.54	17.66q	NWI	2
9 Auchard, Melissa	9	Sir Francis Drake	17.94	17.67	NWI	2
10 Morrison, Annabelle	9	Redwood	19.54	18.09	NWI	3
11 Seiler, Stella	9	Terra Linda	18.99	19.07	NWI	1

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

12	Donohew, Caroline	9	Sir Francis Drake	17.74	19.29	NWI	1
13	Podboy, Ava	9	Sir Francis Drake	20.94	19.39	NWI	3
14	Talke, Isabel	11	Redwood	20.34	20.59	NWI	1
15	Fleischhauer, Sina	9	San Marin	20.63	20.91	NWI	1
16	Nazarian, Jada	9	San Marin	20.50	21.43	NWI	2

**Girls 300 Meter Hurdles**

=====							
MCAL Meet: R 44.54		1984	Karen Brown, Drake				
Name	Year	School	Seed	Prelims	H#		
=====							
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, Marilynn	11	San Marin	53.68	53.71	1	
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 4x400 Meter Relay**

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

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

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 High Jump**

=====						
MCAL Meet: R 5-08 1980	Lisa Greenfield, Redwood					
Name	Year	School	Seed	Finals	Points	
=====						
Finals						
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		

**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	NWI	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	NWI	6
4 Mincy, Sophie	9	Redwood	32-11.00	32-10.25	NWI	4
5 Ramacher, Sammy	9	Tam	31-01.00	32-08.75	NWI	2
6 Prince, Alicia	12	Justin Siena	32-07.00	32-06.50	NWI	1
7 Santi, Isabella	11	Marin Catholic	31-00.00	32-02.25	NWI	
7 Schwartz, Daniella	11	Redwood	31-11.00	32-02.25	NWI	
9 Kramlich, Aniela	9	Tam	28-05.75	31-00.25	NWI	
10 Kelly, Carina	10	Tam	31-03.75	30-09.00	NWI	
11 Cedros, Ana	9	Sir Francis Drake	29-04.00	29-07.75	NWI	
12 Rocha, Sophie	9	Redwood	27-08.00	29-02.00	NWI	
13 Croak, Zoe	12	Terra Linda	30-11.00	28-11.00	NWI	
14 Levin, Malia	12	Terra Linda	29-03.00	28-10.00	NWI	
15 McKillop-Herr, Jacquelin	9	Sir Francis Drake	28-07.25	27-10.50	NWI	
16 Fleischhauer, Sina	9	San Marin	27-09.00	25-10.75	NWI	

**MCAL League Championship Meet - 5/10/2018 to 5/12/2018****Redwood High School****Results - Trial****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 Rossman, 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	

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

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

MCAL Meet: R 21.63 2012		Danial Fortenko, Terra Linda				
Name	Year	School	Seed	Prelims	Wind	H#
1 Glasser, Max	12	Marin Catholic	21.65	21.97Q	NWI	1
2 Sondheim, Jack	10	San Rafael	23.14	22.86Q	NWI	4
3 Valinoti, Max	12	Marin Catholic	23.04	22.93Q	NWI	3
4 Nicholas, Aidan	11	Tam	22.55	22.99Q	NWI	2
5 Foehr, Ben	12	Terra Linda	23.39	23.09q	NWI	2
6 Batt, Robert	12	Justin Siena	23.24	23.13q	NWI	4
7 Watkins, Will	10	Tam	23.50	23.23q	NWI	3
8 Galodamu, Peni	11	Terra Linda	23.67	23.33q	NWI	1
9 McKeague, Ethan	12	Sir Francis Drake	23.86	23.33	NWI	4
10 Gilbert, Kyle	9	Terra Linda	23.54	23.57	NWI	1
11 Brown, Peter	12	Marin Catholic	24.04	23.61	NWI	3
12 Clark-Hexter, Isaiah	9	Tam	24.14	23.67	NWI	1
13 Burrous, Max	11	Redwood	23.84	23.73	NWI	4
14 Strachnov, Garrett	12	Redwood	24.24	23.89	NWI	2
15 Eisinger, Andy	12	Sir Francis Drake	24.14	23.93	NWI	2
16 Meirana, Kevin	10	Marin Catholic	23.74	24.01	NWI	2
17 Kalten, Emilio	11	Justin Siena	24.20	24.19	NWI	1
18 Parlett, Austin	11	Justin Siena	24.90	24.40	NWI	1
19 Rasmussen, Miller	9	Redwood	24.24	24.45	NWI	3
20 Olson, Andrew	11	Marin Catholic	24.54	24.48	NWI	4
21 Van Voorhees, Adam	10	Sir Francis Drake	25.04	24.66	NWI	1
22 They, Adrian	9	Sir Francis Drake	24.64	24.85	NWI	3
23 Spence, Tanner	9	San Marin	25.75	24.89	NWI	4
24 Driscoll, Grisha	9	San Rafael	26.07	26.31	NWI	4

**Boys 400 Meter Dash**

MCAL Meet: R 48.94 1975		Jeff Metteer, San Marin				
Name	Year	School	Seed	Prelims	H#	
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	
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	

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

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 800 Meter Run**

=====					
MCAL Meet: R 1:53.60		1975	Ray Green, San Rafael		
Name	Year	School	Seed	Prelims	H#
=====					
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
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 1600 Meter Run**

=====					
MCAL Meet: R 4:08.54		2010	Erik Olson, Novato		
Name	Year	School	Seed	Prelims	H#
=====					
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

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

**Redwood High School**

**Results - Trial**

**...Boys 1600 Meter Run**

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
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 110 Meter Hurdles 39**

=====						
MCAL Meet: R 14.49		2002	Gulliver Perry, Terra Linda			
Name	Year	School	Seed	Prelims	Wind	H#
=====						
1	Mispagel, Landon	11	Justin Siena	15.17	14.99Q	NWI 1
2	Ashe, Aidan	12	Terra Linda	16.07	16.09Q	NWI 2
3	Johnson, Kobe	11	Terra Linda	16.12	16.43Q	NWI 3
4	Niu, Michael	11	Terra Linda	16.15	16.20q	NWI 1
5	Tull, Zach	12	Redwood	16.34	16.59q	NWI 2
6	Caindec, Parker	11	Redwood	17.54	17.09q	NWI 3
7	Applegarth, Wes	10	Terra Linda	17.15	17.11q	NWI 1
8	Inouye, Lucas	10	Terra Linda	17.01	17.49q	NWI 3
9	Boeschen, Sam	9	Justin Siena	17.94	17.55	NWI 2
10	Morgain, Paris	11	San Marin	17.64	17.85	NWI 3
11	Umolu, Michael	10	Tam	19.04	18.47	NWI 2
12	Carpenter, Kaleb	9	Marin Catholic	17.74	18.51	NWI 1
13	Pedersen, Aiden	11	Sir Francis Drake	19.44	18.51	NWI 3
14	Martel, Reed	11	Sir Francis Drake	18.44	18.67	NWI 1
15	Warne, John	10	Sir Francis Drake	19.75	18.91	NWI 2
16	Fray, Matt	10	Novato	20.04	19.24	NWI 1
17	Jue, Mathew	9	Sir Francis Drake	19.54	19.63	NWI 3
18	Lechner, Ross	10	Novato	17.34	20.22	NWI 2

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

**Redwood High School**

**Results - Trial**

**...Boys 110 Meter Hurdles 39**

19 Falzone, Brycen	11 Tam	21.13	20.34	NWI	2
20 O'Donnell, Brian	11 Redwood	21.34	21.09	NWI	3
21 Poduval, Achinthya	11 Redwood	20.84	23.36	NWI	1

**Boys 300 Meter Hurdles**

=====					
MCAL Meet: R 39.11 2014		August Kiles, Tamalpais			
Name	Year	School	Seed	Prelims	H#
=====					
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 4x400 Meter Relay**

=====					
MCAL Meet: R 3:24.60 1975		San Marin			
J.Keville, W.Roche, R.Clarke, J.Metteer					
School		Seed	Prelims	H#	
=====					
1 Tamalpais Track and Field 'A'		3:26.06	3:26.06q	2	
1) Harris, Nate 12	2) Watkins, Will 10				
3) Affeltranger, Lukas 11	4) Neghasi, Mesgne 12				
2 Marin Catholic 'A'		3:31.44	3:31.44q	2	
1) Bailey, Joseph 10	2) Meirana, Kevin 10				
3) Kreps, John 9	4) Glasser, Max 12				
3 Sir Francis Drake 'A'		3:33.14	3:33.14q	2	
1) Barkan, Amir 10	2) Russell, Josiah 11				
3) Murray, Bridger 11	4) Pompili, Nicco 11				
4 Terra Linda 'A'		3:36.12	3:36.12q	2	
1) Beyene, Nahom 12	2) Foehr, Ben 12				
3) McCormack, Evan 12	4) Maso, Leo 12				
5 San Marin 'A'		3:58.96	3:37.32q	1	
1) Psaila, Lucca 12	2) Quintero, Fernando 11				
3) Morgain, Paris 11	4) Ozlaj, Jeffrey 9				
6 Branson 'A'		3:43.14	3:38.61q	1	
1) Sennett, Tucker 10	2) Daly, Joey 10				
3) Prendergast, Daniel 11	4) Wu, Benji 10				

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

**Redwood High School**

**Results - Trial**

**....Boys 4x400 Meter Relay**

7 Redwood 'A'	3:41.14	3:41.14q	2
1) Strachnov, Garrett 12	2) Phipps, Matthew 11		
3) Moseley, Jackson 9	4) Wright, Brendan 12		
8 Justin Siena 'A'	3:48.00	3:48.10q	1
1) Heun, Matthew 10	2) Kalten, Emilio 11		
3) Parlett, Austin 11	4) Melancon, William 11		
9 San Rafael 'A'	3:55.33	3:56.14	1
1) Palogluo, Alex 9	2) Barrientos, Anthony 9		
3) Del Aguilla, Hector 9	4) Driscoll, Grisha 9		

**Boys High Jump**

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

Name	Year School	Seed	Finals	Points
=====				
Finals				
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 - Trial****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	NWI	10
2 Psaila, Lucca	12	San Marin	37-02.00	39-08.00	NWI	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	NWI	4
5 Supradit Na Ayutthay, Al	10	Novato	37-07.00	38-05.25	NWI	2
6 Cooke, Gaven	10	Marin Catholic	38-06.00	38-04.00	NWI	1
7 Medina, Roberto	12	Justin Siena	37-07.00	38-03.50	NWI	
8 Bleckman, Luke	10	Tam	39-00.00	37-11.50	NWI	
9 Roberts, Brody	10	Terra Linda	37-11.00	37-10.50	NWI	
10 Fricke, Shane	10	Redwood	35-10.75	37-02.00	NWI	
11 Mulchay, Matthew	12	Redwood	37-10.00	37-01.00	NWI	
12 Tantum, Charles	10	Redwood	37-07.00	36-10.25	NWI	
13 Edwards, Rylan	12	Sir Francis Drake	35-07.00	36-06.50	NWI	
14 Martel, Reed	11	Sir Francis Drake	35-03.00	36-03.50	NWI	
15 Toy Grace, Caius	10	Tam	35-07.00	35-07.50	NWI	
16 Liquori, Franco	9	Tam	36-00.00	35-05.50	NWI	
17 Ho, Nathan	9	Marin Catholic	33-04.00	34-00.75	NWI	
18 Rabkin, Noah	11	Marin Catholic	32-06.00	33-07.00	NWI	
19 Braun, Milo	10	Sir Francis Drake	33-04.00	33-06.75	NWI	
20 Lowe, Greg	12	Justin Siena	37-07.00	32-08.00	NWI	
21 Murray, Alex	11	Marin Catholic	39-00.50	32-07.00	NWI	
22 Hoban, Blake	10	Justin Siena	32-05.00	32-04.50	NWI	
23 Auchard, Brock	12	Sir Francis Drake	33-00.25	32-02.75	NWI	
24 Jones, Matthew	9	San Marin	32-05.00	30-11.00	NWI	
25 Mosherif, Ali	10	Novato	31-03.00	30-08.25	NWI	

**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		
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		

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

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

=====

Women - Team Rankings - 3 Events Scored

=====

1) Justin Siena	25	2) San Marin	19
3) Tamalpais Track and Field	16	4) Redwood	12
5) Novato	10	6) Terra Linda	5
7) Sir Francis Drake	4	8) Marin Catholic	2

=====

Men - Team Rankings - 4 Events Scored

=====

1) Justin Siena	34	2) Terra Linda	18
2) Tamalpais Track and Field	18	4) Marin Catholic	13
5) Novato	12	6) Redwood	9
7) San Marin	8	7) San Rafael	8
9) Sir Francis Drake	3	10) Branson	1