

**MCAL League Championship Meet - 5/2/2019 to 5/4/2019****San Rafael High School****Results****Girls 100 Meter Dash**

MCAL Meet: R 11.94 2011 Lilla McMillan, Tamalpais						
Name	Year	School	Prelims	Finals	Wind	Points
<b>Finals</b>						
1 Goertz, Sophia	10	Terra Linda	13.35	12.91	NWI	10
2 Bernstein, Nathalia	9	Redwood	13.23	12.98	NWI	8
3 Andrade, Carolina	11	Branson	13.60	13.05	NWI	6
4 Shepherd, Zoe	9	Marin Catholic	13.68	13.06	NWI	4
5 Bryan, Sydney	9	Terra Linda	13.49	13.08	NWI	2
6 Assies, Fiona	11	Terra Linda	13.41	13.09	NWI	1
7 Whitaker, Caterina	10	Marin Catholic	13.37	13.29	NWI	
8 Blantz, Phoebe	12	Sir Francis Drake	13.56	13.50	NWI	
9 Thisner, Maya	10	Sir Francis Drake	13.65	13.56	NWI	

**Girls 200 Meter Dash**

MCAL Meet: R 24.89 2012 Lilla McMillan, Tamalpais						
Name	Year	School	Prelims	Finals	Wind	Points
1 Jones, Sophia	11	Marin Catholic	27.08	27.01	NWI	10
2 Calegari, Sophia	10	Sir Francis Drake	27.09	27.07	NWI	8
3 Andrade, Carolina	11	Branson	27.30	27.22	NWI	6
4 Goertz, Sophia	10	Terra Linda	27.35	27.45	NWI	4
5 Guilhaume, Anouk	11	Redwood	27.20	27.57	NWI	2
6 Heathwood, Madeline	9	Marin Catholic	27.28	27.65	NWI	1
7 Bernstein, Nathalia	9	Redwood	27.30	28.06	NWI	
8 Vasicek, Ella	10	Tamalpais	27.43	28.61	NWI	
-- Bryan, Sydney	9	Terra Linda	27.42	DQ	NWI	

**Girls 400 Meter Dash**

MCAL Meet: R 57.14 1979 Alesia Sweeney, Tamalpais					
Name	Year	School	Prelims	Finals	Points
1 Guilhaume, Anouk	11	Redwood	1:00.60	1:00.06	10
2 Vasicek, Ella	10	Tamalpais	1:01.37	1:00.20	8
3 Heathwood, Madeline	9	Marin Catholic	1:01.36	1:01.61	6
4 Greenberg, Ariana	9	Tamalpais	1:02.48	1:01.73	4
5 Rockwell, Noel	12	Sir Francis Drake	1:03.11	1:03.30	2
6 Griffin, Rosie	10	Marin Catholic	1:05.38	1:03.57	1
7 Pitkin, Emily	10	Tamalpais	1:05.29	1:04.71	
8 Jones, Sophia	11	Marin Catholic	1:04.22	1:04.82	
9 Dunn, Elsa	11	Novato	1:04.73	1:05.55	

**Girls 800 Meter Run**

MCAL Meet: R 2:14.40 1979 Eileen Brennan, Marin Catholic					
Name	Year	School	Prelims	Finals	Points
1 Wallenstrom, Samantha	10	Marin Catholic	2:33.39	2:18.93	10
2 Zink, Yasha	9	Tamalpais	2:32.58	2:25.29	8
3 Woods, Tyler	11	Redwood	2:32.89	2:27.72	6
4 Janku, Helena	9	Redwood	2:32.86	2:30.72	4
5 Dowd, Maddie	11	Marin Catholic	2:36.34	2:32.03	2
6 Parr, Samantha	9	Sir Francis Drake	2:36.96	2:32.07	1

**MCAL League Championship Meet - 5/2/2019 to 5/4/2019****San Rafael High School****Results****....Girls 800 Meter Run**

7 Concannon, Alana	9 Tamalpais	2:41.07	2:32.40
8 Carmona, Emily	9 Terra Linda	2:36.42	2:33.80
9 Legallet, Neva	12 Redwood	2:37.48	2:34.90
10 Duncan, Lauren	9 Redwood	2:34.72	2:37.80
11 Durham, Genevieve	10 Tamalpais	2:44.17	2:41.00
12 Ben-Ora, Fiona	11 Terra Linda	2:48.18	2:46.40

**Girls 1600 Meter Run**

=====					
MCAL Meet: R 4:49.76		2018	Gillian Wagner, Redwood		
Name	Year	School	Prelims	Finals	Points
=====					
1 Wallenstrom, Samantha	10	Marin Catholic	5:37.70	4:57.88	10
2 Jones, Callie	12	Branson	5:42.03	5:03.59	8
3 Van Allen, Kelsey	12	Tamalpais	5:51.38	5:18.80	6
4 Solomon, Summer	11	Tamalpais	5:39.01	5:24.88	4
5 Janku, Helena	9	Redwood	5:38.63	5:26.42	2
6 Evers, Caitlin	10	Branson	5:38.80	5:28.30	1
7 Duncan, Lauren	9	Redwood	5:48.64	5:29.30	
8 Clifford, Gigi	10	Marin Catholic	5:48.63	5:31.27	
9 Kennedy, Sara	12	Marin Catholic	5:40.51	5:33.87	
10 Legallet, Neva	12	Redwood	5:46.96	5:34.02	
11 Pletcher, Elena	9	San Rafael	5:44.18	5:34.83	
12 Concannon, Alana	9	Tamalpais	6:00.80	5:42.94	
13 Nikolai, Sascha	9	Sir Francis Drake	5:53.11	5:46.92	
14 McMillan, Grace	10	Marin Catholic	6:13.07	5:57.70	
15 Sanderson, Sage	9	Branson	5:51.39	6:02.81	

**Girls 3200 Meter Run**

=====					
MCAL Meet: R 10:48.50		1980	Robyn MacSwain, Terra Linda		
Name	Year	School	Seed	Finals	Points
=====					
1 Jones, Callie	12	Branson	11:14.83	11:17.60	10
2 Van Allen, Kelsey	12	Tamalpais	11:34.99	11:36.43	8
3 Oblites, Emilia	10	Novato	11:44.67	11:59.31	6
4 Solomon, Summer	11	Tamalpais	11:40.44	12:08.99	4
5 Clifford, Gigi	10	Marin Catholic	12:01.14	12:19.02	2
6 Kennedy, Sara	12	Marin Catholic	12:09.67	12:19.22	1
7 Evers, Caitlin	10	Branson	12:17.77	12:21.85	
8 Seeley, Kyla	10	Sir Francis Drake	12:34.24	12:27.53	
9 Pletcher, Elena	9	San Rafael	12:36.10	12:40.73	
10 Pletcher, Lia	9	Tamalpais	13:08.06	12:53.67	
11 Hoelzle, Nicole	9	Redwood	13:10.21	13:03.59	
12 Steele, Lauren	11	Redwood	12:58.96	13:30.53	
13 James, Lucie	12	Redwood	13:52.20	13:47.53	

**Girls 100 Meter Hurdles 33**

=====						
MCAL Meet: R 15.43		2016	Ariel Dunbar, San Marin			
Name	Year	School	Prelims	Finals	Wind	Points
=====						
1 Ross, Lauren	12	Tamalpais	18.35	16.06	NWI	10
2 Lin, Mikayla	11	Tamalpais	17.72	16.36	NWI	8
3 Auchard, Melissa	10	Sir Francis Drake	17.35	16.38	NWI	6

**MCAL League Championship Meet - 5/2/2019 to 5/4/2019****San Rafael High School****Results****....Girls 100 Meter Hurdles 33**

4	Donohew, Caroline	10	Sir Francis Drake	17.35	16.94	NWI	4
5	Boyd, Petra	11	Sir Francis Drake	18.69	17.01	NWI	2
6	Hunt, Marilynn	12	San Marin	17.44	17.32	NWI	1
7	Matsik, Kelsey	11	Marin Catholic	18.72	17.55	NWI	
8	Morrison, Annabel	10	Redwood	18.43	17.73	NWI	
9	Williamson, Kaya	10	Terra Linda	18.75	18.02	NWI	

**Girls 300 Meter Hurdles**

MCAL Meet: R 44.54 1984		Karen Brown, Drake				
Name	Year	School	Prelims	Finals	Points	
1	Lin, Mikayla	11	Tamalpais	49.79	47.31	10
2	Ross, Lauren	12	Tamalpais	49.19	47.61	8
3	Donohew, Caroline	10	Sir Francis Drake	50.22	49.01	6
4	Morrison, Annabel	10	Redwood	50.75	49.47	4
5	Williamson, Kaya	10	Terra Linda	52.83	51.31	2
6	Auchard, Melissa	10	Sir Francis Drake	52.33	52.93	1
7	Boyd, Petra	11	Sir Francis Drake	52.49	52.95	
8	Jones, Joelle	9	Terra Linda	53.72	54.56	
9	Root, Megan	11	Marin Catholic	52.68	55.11	

**Girls 4x100 Meter Relay**

MCAL Meet: R 48.64 1978		Tamalpais				
School			Seed	Finals	Points	
1	Marin Catholic 'A'		51.94	51.05	10	
	1) Whitaker, Caterina 10	2)	Jones, Sophia 11			
	3) Shepherd, Zoe 9	4)	Matcham, Hannah 11			
2	Terra Linda 'A'		51.94	51.07	8	
	1) Goertz, Sophia 10	2)	Jones, Joelle 9			
	3) Bryan, Sydney 9	4)	Oliver, Maddy 9			
3	Redwood 'A'		51.34	51.31	6	
	1) Bernstein, Nathalia 9	2)	Guilhaume, Anouk 11			
	3) Carbullido, Lily 11	4)	Davis, Elsa 10			
4	Sir Francis Drake 'A'		51.20	51.45	4	
	1) Calegari, Sophia 10	2)	Blantz, Phoebe 12			
	3) Cudd, Sadie 11	4)	Boyd, Petra 11			
5	Branson 'A'		52.80	52.24	2	
	1) Rossman, Sage 12	2)	Andrade, Carolina 11			
	3) Fletcher, Charlotte 11	4)	Stover, Abby 11			
6	Tamalpais 'A'		53.34	53.84	1	
	1) Foss, Leila 9	2)	Ruark, Cassandra 9			
	3) Greenberg, Ariana 9	4)	Johnson, Charlotte 12			
7	San Marin 'A'		56.00	55.21		
	1) Tai, Maddie 9	2)	Hunt, Marilynn 12			
	3) Hayes, Rose 9	4)	Oppegard, Amanda 10			
--	Novato 'A'		56.20	DQ		
	1) Baraban, Naomi 10	2)	Patel, Sage 11			
	3) Campopiano, Samantha 10	4)	Mock, Madison 11			

**MCAL League Championship Meet - 5/2/2019 to 5/4/2019****San Rafael High School****Results****Girls 4x400 Meter Relay**

=====					
MCAL Meet: R 4:02.20		1978	Drake		
J. Davidson, J. Baumsteiger, L. Vukicevich, L.Saia					
School			Seed	Finals	Points
=====					
1	Marin Catholic 'A'		4:07.19	4:11.05	10
	1) Jones, Sophia 11				
	3) Griffin, Rosie 10				
2	Sir Francis Drake 'A'		4:20.78	4:14.59	8
	1) Calegari, Sophia 10				
	3) Cudd, Sadie 11				
3	Terra Linda 'A'		4:28.99	4:19.80	6
	1) Goertz, Sophia 10				
	3) Bryan, Sydney 9				
4	Redwood 'A'		4:26.05	4:28.13	4
	1) Guilhaume, Anouk 11				
	3) Janku, Helena 9				
5	Novato 'A'		4:58.29	4:38.50	2
	1) Dunn, Elsa 11				
	3) Hart, Gillian 11				
--	Tamalpais 'A'		4:12.92	DQ	
	1) Zink, Yasha 9				
	3) Greenberg, Ariana 9				

**Girls High Jump**

=====						
MCAL Meet: R 5-08		1980	Lisa Greenfield, Redwood			
Name	Year	School	Seed	Finals	Points	
=====						
1	Null, Zoe	11	San Marin	4-10.00	4-10.00	10
2	Cox, Tula	10	Redwood	4-06.00	J4-10.00	8
3	Seiler, Stella	10	Terra Linda	4-08.00	4-08.00	6
4	Sonnet, Isabel	10	San Rafael	4-08.00	J4-08.00	4
5	Sherman, Elaina	11	Redwood	4-06.00	J4-08.00	2
6	Thisner, Maya	10	Sir Francis Drake	4-04.00	4-06.00	0.50
6	Thompson, Skylar	10	Novato	4-06.00	4-06.00	0.50
7	Holden-Wingate, Lucy	10	Tamalpais	4-04.00	J4-06.00	
8	White, Kiira	10	Tamalpais	4-04.00	J4-06.00	
9	Takaoka, Emi	9	Terra Linda	4-06.00	J4-06.00	
10	Foss, Leila	9	Tamalpais	4-04.00	J4-04.00	
11	Cesko, Sally	9	San Marin	4-04.00	4-04.00	
12	Davis, Elsa	10	Redwood	4-02.00	J4-02.00	
12	Woods, Tyler	11	Redwood	4-02.00	J4-00.00	
13	Wilson, Bailey	12	Marin Catholic	4-04.00	4-02.00	
14	Bopp-Suess, Alex	9	Novato	4-02.00	J4-00.00	
14	Mayer, Cierra	10	Novato	4-02.00	J4-00.00	
--	Cendak, Megan	9	Marin Catholic	4-00.00	NH	

**Girls Pole Vault**

=====						
MCAL Meet: R 12-06		5/2/2019	Lauren Ross, Tam			
MCAL Meet: R 12-06		2019	Lauren Ross, Tamalpais			
Name	Year	School	Seed	Finals	Points	
=====						
1	Ross, Lauren	12	Tamalpais	12-00.00	12-06.00R	10
2	Simon, Brooke	12	Sir Francis Drake	12-06.00	12-00.00	8

**MCAL League Championship Meet - 5/2/2019 to 5/4/2019****San Rafael High School****Results****....Girls Pole Vault**

3	Holden-Wingate, Lucy	10	Tamalpais	7-00.00	9-00.00	6
4	Ramacher, Samantha	10	Tamalpais	8-06.00	8-06.00	4
5	McKillop-Herr, Jacquelin	10	Sir Francis Drake	8-00.00	8-00.00	2
6	Nudd, Fiona	11	Sir Francis Drake	7-06.00	7-06.00	1
7	Lipari-Maxson, Amanda	11	Sir Francis Drake	7-00.00	J7-06.00	
8	Allen, Kyra	9	San Rafael	6-06.00	7-00.00	
8	Mercy, Emmy	9	Tamalpais	7-00.00	7-00.00	
10	Thompson, Skylar	10	Novato	6-06.00	J7-00.00	
--	Gupta, Myla	12	Terra Linda	7-00.00	NH	
--	Kuimelis, Emmi	10	Sir Francis Drake	7-00.00	NH	
--	Pitkin, Emily	10	Tamalpais	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	11	Marin Catholic	16-08.50	17-02.50	NWI 10
2	Calegari, Sophia	10	Sir Francis Drake	17-03.25	17-02.25	NWI 8
3	Rossmann, Sage	12	Branson	14-10.75	16-02.75	NWI 6
4	Jones, Marie	9	Terra Linda	15-06.00	16-01.25	NWI 4
5	Mincy, Sofia	10	Redwood	15-06.50	15-10.25	NWI 2
6	Blair, Siena	11	Tamalpais	15-02.00	15-09.25	NWI 1
7	Williamson, Kaya	10	Terra Linda	15-04.00	15-09.00	NWI
8	Oliver, Maddy	9	Terra Linda	15-00.50	15-08.75	NWI
9	Kelly, Carina	11	Tamalpais	15-05.50	15-01.75	NWI
10	Krieger, Caledonia	10	San Rafael	14-00.00	15-01.50	NWI
11	Fish, Hannah	10	Terra Linda	14-02.25	15-01.00	NWI
12	Allen, Kyra	9	San Rafael	14-08.00	14-09.00	NWI
13	Ramacher, Samantha	10	Tamalpais	15-11.00	14-08.75	NWI
14	Blantz, Phoebe	12	Sir Francis Drake	14-03.00	14-06.50	NWI
15	Groff, Hailey	9	Tamalpais	14-08.25	14-05.25	NWI
16	Villanueva, Mia	11	San Rafael	14-03.00	14-04.50	NWI
17	Springer, Olivia	10	Novato	14-09.00	14-02.75	NWI
18	Rocha, Sophia	10	Redwood	13-01.25	13-04.00	NWI
19	Cesko, Sally	9	San Marin	14-06.00	13-03.50	NWI
20	Boyd, McKenna	9	Marin Catholic	11-06.50	12-09.00	NWI
21	Mussa, Israa	10	Redwood	13-00.00	11-09.00	NWI
22	Steil, Nolan	10	Marin Catholic	11-06.50	11-08.00	NWI
22	Aghazadeh, Mila	11	Redwood	12-04.75	11-08.00	NWI

**Girls Triple Jump**

=====						
MCAL Meet: R 37-04.50		1985	Crissy Cerkel, Redwood			
Name	Year	School	Seed	Finals	Wind	Points
=====						
1	Jones, Marie	9	Terra Linda	33-03.00	34-03.00	NWI 10
2	Mincy, Sofia	10	Redwood	31-10.00	33-07.25	NWI 8
3	Blair, Siena	11	Tamalpais	31-11.00	33-05.25	NWI 6
4	Matcham, Hannah	11	Marin Catholic	32-04.50	33-04.50	NWI 4
5	Takaoka, Emi	9	Terra Linda	30-08.00	32-11.00	NWI 2
6	Ramacher, Samantha	10	Tamalpais	32-01.25	31-10.25	NWI 1
7	Kelly, Carina	11	Tamalpais	31-00.00	31-09.00	NWI
8	Cesko, Sally	9	San Marin	29-07.00	31-03.00	NWI
9	Holden-Wingate, Lucy	10	Tamalpais	30-02.00	30-09.25	NWI

**MCAL League Championship Meet - 5/2/2019 to 5/4/2019****San Rafael High School****Results****....Girls Triple Jump**

10 Kramlich, Aniela	10 Tamalpais	31-08.00	29-07.50	NWI
11 McKillop-Herr, Jacquelin	10 Sir Francis Drake	29-01.50	29-06.00	NWI
12 Williamson, Kaya	10 Terra Linda	29-02.75	29-01.25	NWI
13 Fleischhauer, Sina	10 San Marin	28-00.00	28-10.25	NWI
14 Rocha, Sophia	10 Redwood	26-01.00	28-01.75	NWI
15 Reznik, Jessica	11 Terra Linda	28-11.00	27-09.25	NWI
16 Mussa, Israa	10 Redwood	27-07.25	26-11.25	NWI
17 Aivaliotis, Madison	9 San Marin	28-08.00	26-06.25	NWI

**Girls Shot Put 4k**

=====					
MCAL Meet: R 39-07.50		2014	Shajana Steele, Novato		
Name	Year	School	Seed	Finals	Points
=====					
1 Taufa, Kava	11	San Rafael	31-05.00	30-06.50	10
2 O'Connor, Jacqueline	12	Novato	30-09.00	29-07.25	8
3 Amador, Eunice	12	Terra Linda	29-00.50	29-01.00	6
4 West, Jeannette	11	Sir Francis Drake	31-00.50	29-00.00	4
5 Brown, Katie	12	Marin Catholic	29-07.50	28-07.25	2
6 Lyons, Makenna	10	Novato	30-04.00	27-07.00	1
7 Berardi, Cecelia	10	Sir Francis Drake	28-00.75	27-02.25	
8 Cabrera, Helen	12	San Rafael	27-10.00	27-02.00	
9 Rossman, Sage	12	Branson	28-00.00	26-06.50	
10 Castellucci, Sylvia	11	San Marin	25-04.00	26-06.25	
11 Elliot, Samantha	11	Marin Catholic	27-02.00	26-00.00	
12 Solano, Kayla	9	San Rafael	23-11.00	24-02.25	
13 Gough-Willetts, Georgina	10	Marin Catholic	26-06.50	24-01.25	
14 Cunningham Barkus, Alyss	9	Tamalpais	22-11.00	23-04.50	
15 Enslin, Gracie	10	San Marin	18-05.00	22-09.25	
16 Maunder, Nandi	12	Branson	21-09.00	21-06.25	
17 McInnis, Brianna	9	Redwood	21-06.25	21-00.25	
18 Antunes-Anderson, Jordan	9	San Marin	22-09.00	20-11.00	
19 Cendak, Megan	9	Marin Catholic	22-10.00	19-10.75	

**Girls Discus Throw**

=====					
MCAL Meet: R 125-07		1985	E Ethington/S Steele, Terra Linda/Novato		
Name	Year	School	Seed	Finals	Points
=====					
1 West, Jeannette	11	Sir Francis Drake	02-07.75	105-00	10
2 Lyons, Makenna	10	Novato	90-10	101-05	8
3 Berardi, Cecelia	10	Sir Francis Drake	85-03.25	96-02	6
4 Taufa, Kava	11	San Rafael	97-09	94-07	4
5 Brown, Katie	12	Marin Catholic	104-10	92-10	2
6 Amador, Eunice	12	Terra Linda	87-06	86-04	1
7 Garcia, Cinthya	10	Novato	72-10	83-06	
8 Rossman, Sage	12	Branson	85-04	78-03	
9 Melendez, Dulce	11	Novato	72-11.50	69-03	
10 Cesko, Sally	9	San Marin	66-09	66-08	
11 Cardenas, Priscilla	12	Novato	66-10	65-03	
12 Antunes-Anderson, Jordan	9	San Marin	57-04	63-02	
13 Ambrose, Aoife	12	Tamalpais	60-00.50	62-04	
14 Levin-Meer, Gabriella	9	Redwood	50-09.50	62-01	
15 Wilson, Bailey	12	Marin Catholic	62-09.50	60-04	
16 Hunt, Marilynn	12	San Marin	62-02	60-02	

**MCAL League Championship Meet - 5/2/2019 to 5/4/2019****San Rafael High School****Results****....Girls Discus Throw**

17 Cendak, Megan	9 Marin Catholic	60-01	59-04
18 Cabrera, Helen	12 San Rafael	87-09	56-04
19 Lindsay, Olivia	9 Redwood	48-09	55-06
20 Bogert, Kylie	9 Redwood	49-10	53-11
21 Chiang, Sophia	12 Tamalpais	64-11	51-07
22 Solano, Kayla	9 San Rafael	57-00	45-08

**Boys 100 Meter Dash**

MCAL Meet: R 10.74 1966

Dean Lazzarini, Drake

Name	Year	School	Prelims	Finals	Wind	Points
1 Nicholas, Aidan	12	Tamalpais	11.51	11.13	NWI	10
2 Gilbert, Kyle	10	Terra Linda	11.63	11.27	NWI	8
3 Burrous, Max	12	Redwood	11.67	11.31	NWI	6
4 Perez, Matteo	10	Marin Catholic	11.63	11.33	NWI	4
5 Meirana, Kevin	11	Marin Catholic	12.04	11.52	NWI	2
6 Dolan, Ryan	11	Marin Catholic	11.92	11.58	NWI	1
7 Maher, Alexander	9	Redwood	11.82	11.63	NWI	
8 Karlinsky, Neal	9	Sir Francis Drake	12.00	11.64	NWI	
9 Jones, DJ	9	Branson	11.84	11.68	NWI	

**Boys 100 Meter Dash UNIFIED-BOY**

Name	Year	School	Seed	Finals	Wind
1 Warne, John	11	Sir Francis Drake		22.35	NWI
2 Diazm, Aldo		Sir Francis Drake		22.55	NWI
3 Berry, Aidan	12	Sir Francis Drake		25.26	NWI
4 Rokicki, Haarlem		Sir Francis Drake		25.32	NWI

**Boys 200 Meter Dash**

MCAL Meet: R 21.63 2012

Danial Fortenko, Terra Linda

Name	Year	School	Prelims	Finals	Wind	Points
1 Nicholas, Aidan	12	Tamalpais	23.30	22.74	NWI	10
2 Burrous, Max	12	Redwood	23.23	22.97	NWI	8
3 Tantum, Charlie	11	Redwood	23.86	23.46	NWI	6
4 Meirana, Kevin	11	Marin Catholic	23.52	23.49	NWI	4
5 Jennings, Michael	10	Marin Catholic	24.04	23.89	NWI	2
6 Dolan, Ryan	11	Marin Catholic	24.33	23.91	NWI	1
7 Contini, James	10	San Rafael	24.05	23.92	NWI	
8 Karlinsky, Neal	9	Sir Francis Drake	24.39	24.10	NWI	
9 Crock, Miles	10	Sir Francis Drake	24.14	24.13	NWI	

**Boys 400 Meter Dash**

MCAL Meet: R 48.94 1975

Jeff Metteer, San Marin

Name	Year	School	Prelims	Finals	Points
1 Pompili, Nicco	12	Sir Francis Drake	52.53	50.45	10
2 Murray, Bridger	12	Sir Francis Drake	52.30	51.20	8
3 Sennett, Tucker	11	Branson	52.38	51.59	6
4 Watkins, William	11	Marin Catholic	52.13	51.81	4

**MCAL League Championship Meet - 5/2/2019 to 5/4/2019****San Rafael High School****Results****....Boys 400 Meter Dash**

5	Vance, Lucas	12	Sir Francis Drake	52.79	52.08	2
6	Russell, Josiah	12	Sir Francis Drake	53.03	52.44	1
7	Moseley, Jackson	10	Redwood	53.17	52.66	
8	Quintero, Fernando	12	San Marin	53.26	52.68	
9	Mancuso, Nate	10	San Marin	53.03	53.70	

**Boys 800 Meter Run**

=====						
MCAL Meet: R 1:53.60		1975	Ray Green, San Rafael			
Name	Year	School	Prelims	Finals	Points	
=====						
1	Barkan, Amir	11	Sir Francis Drake	2:03.86	1:58.66	10
2	Pompili, Nicco	12	Sir Francis Drake	2:02.08	1:59.21	8
3	Wolford, Owen	11	Sir Francis Drake	2:03.86	1:59.63	6
4	Wu, Benji	11	Branson	2:04.94	2:01.15	4
5	Weisert, Jake	12	Tamalpais	2:05.58	2:02.14	2
6	Patel, Austin	12	Redwood	2:02.98	2:02.39	1
7	Goltz, Eric	11	Redwood	2:12.33	2:06.21	
8	Roberts, Kai	11	Terra Linda	2:07.85	2:06.22	
9	Parr, Nick	10	Sir Francis Drake	2:09.13	2:07.40	
10	Hernandez, Andres	10	Terra Linda	2:11.96	2:07.43	
11	Brown, Parker	12	Marin Catholic	2:11.25	2:08.41	
12	Carney, Caden	9	Tamalpais	2:11.52	2:10.72	

**Boys 1600 Meter Run**

=====						
MCAL Meet: R 4:08.54		2010	Erik Olson, Novato			
Name	Year	School	Prelims	Finals	Points	
=====						
1	Anderson, Liam	12	Redwood	4:46.34	4:08.96	10
2	Barkan, Amir	11	Sir Francis Drake	4:41.36	4:17.56	8
3	Rumon, Lyle	11	Marin Catholic	4:42.65	4:18.73	6
4	McCarthy, Cooper	12	Sir Francis Drake	4:41.30	4:19.04	4
5	Grace, Hudson	10	Redwood	4:44.12	4:25.17	2
6	Reuter, Gabriel	12	Sir Francis Drake	4:42.45	4:32.51	1
7	Walters, Timothy	11	Redwood	4:42.31	4:35.57	
8	McCarthy, Calvin	10	Sir Francis Drake	4:44.96	4:37.27	
9	Wolford, Nate	9	Sir Francis Drake	4:46.05	4:37.46	
10	Scharber, Tomoki	10	Tamalpais	4:46.46	4:37.59	
11	Carney, Caden	9	Tamalpais	4:44.08	4:39.79	
12	Le, Alex	12	Branson	4:47.20	4:40.95	
13	Quintero, Josh	12	Terra Linda	4:52.88	4:42.07	
14	Bloomberg, Jeremy	10	Terra Linda	4:53.29	4:43.76	
15	Hernandez, Andres	10	Terra Linda	4:53.77	4:45.51	
16	Kapila, Sahil	11	Redwood	4:41.70	4:46.50	

**Boys 3200 Meter Run**

=====						
MCAL Meet: R 9:10.24		2019	Liam Anderson, Redwood			
Name	Year	School	Seed	Finals	Points	
=====						
1	Anderson, Liam	12	Redwood	8:51.89	9:10.24R	10
2	Rumon, Lyle	11	Marin Catholic	9:14.59	9:41.64	8
3	McCarthy, Cooper	12	Sir Francis Drake	9:21.30	9:44.75	6
4	Reuter, Gabriel	12	Sir Francis Drake	9:17.36	9:58.10	4



**MCAL League Championship Meet - 5/2/2019 to 5/4/2019****San Rafael High School****Results****....Boys 3200 Meter Run**

5	Grace, Hudson	10	Redwood	10:07.50	10:05.87	2
6	Fino, Diego	10	Sir Francis Drake	10:19.33	10:11.55	1
7	Cristea, Acer	10	San Rafael	10:30.00	10:13.61	
8	Walters, Timothy	11	Redwood	10:15.44	10:16.78	
9	Scharber, Tomoki	10	Tamalpais	10:08.15	10:19.78	
10	Kapila, Sahil	11	Redwood	10:21.30	10:26.21	
11	Arnesson, Oliver	10	Sir Francis Drake	10:12.53	10:27.61	
12	Le, Alex	12	Branson	10:27.67	10:37.15	
13	Lunde, Raymond	9	San Marin	11:10.56	10:40.03	
14	Quintero, Josh	12	Terra Linda	11:15.85	10:44.46	
15	Buessing, Jonah	12	Tamalpais	11:58.29	10:45.66	
16	Kosorukov, Ari	10	Redwood	10:43.21	10:46.46	
17	Swergold, Ethan	10	Tamalpais	11:01.44	10:49.06	
18	Mazarigos, Eduardo	12	San Rafael	10:45.00	10:56.74	
19	Owens, Luke	11	Tamalpais	11:20.95	10:59.95	
20	Ajquiy-Flores, Sergio	9	Marin Catholic	10:31.00	11:02.26	
21	Moore, Dylan	9	San Rafael	11:33.95	11:04.63	
22	Bloomberg, Jeremy	10	Terra Linda	10:30.14	11:05.98	
23	Durante, Julian	10	Sir Francis Drake	11:03.76	11:11.20	
24	Hosler, Gavin	9	Terra Linda	11:57.14	11:11.80	
25	Rodriguez, Manuel	10	Marin Catholic	11:46.14	11:44.20	
26	Rodriguez, Lucas	10	Novato	11:48.66	11:54.83	
27	Woodall, Levi	10	San Rafael	11:42.00	11:55.05	
28	Ducker, Joseph	10	Novato	11:51.82	12:19.17	
29	Luu, Lucas	9	Novato	12:15.00	12:21.39	

**Boys 110 Meter Hurdles 39**

MCAL Meet: R 14.49 2002		Gulliver Perry, Terra Linda					
Name	Year	School	Prelims	Finals	Wind	Points	
1	Niu, Michael	12	Terra Linda	15.91	15.39	NWI	10
2	Johnson, Kobe	12	Terra Linda	16.04	15.75	NWI	8
3	Henzl, Max	9	Sir Francis Drake	17.01	16.63	NWI	6
4	Caindec, Parker (Kalani)	12	Redwood	17.11	16.70	NWI	4
5	Carpenter, Kaleb	10	Marin Catholic	16.96	16.71	NWI	2
6	Warne, John	11	Sir Francis Drake	17.95	17.09	NWI	1
7	Pedersen, Aidan	12	Sir Francis Drake	17.43	17.14	NWI	
8	Morgain, Paris	12	San Marin	17.66	17.85	NWI	

**Boys 300 Meter Hurdles**

MCAL Meet: R 39.11 2014		August Kiles, Tamalpais					
Name	Year	School	Prelims	Finals	Points		
1	Johnson, Kobe	12	Terra Linda	41.68	40.52	10	
2	Carpenter, Kaleb	10	Marin Catholic	42.79	40.67	8	
3	Affeltranger, Lukas	12	Tamalpais	42.40	40.73	6	
4	Niu, Michael	12	Terra Linda	42.59	40.87	4	
5	Sreba, Alexander	11	Redwood	43.68	42.58	2	
6	Pedersen, Aidan	12	Sir Francis Drake	44.74	43.48	1	
7	Morgain, Paris	12	San Marin	43.48	44.02		
8	Quintero, Fernando	12	San Marin	44.21	44.04		
--	Moseley, Jackson	10	Redwood	42.77	DNF		

**MCAL League Championship Meet - 5/2/2019 to 5/4/2019****San Rafael High School****Results****Boys 4x100 Meter Relay**

=====				
MCAL Meet: R 42.21		2014	Novato	
J Hemphill, B Randel, K Hemphill, C Corbin				
School		Seed	Finals	Points
=====				
1	Marin Catholic 'A'	44.84	44.01	10
	1) Meirana, Kevin 11			
	3) Kreps, John 10			
	2) Perez, Matteo 10			
	4) Carpenter, Kaleb 10			
2	Tamalpais 'A'	45.78	44.57	8
	1) Kneafsey, Emmet 9			
	3) Whitaker, Noah 11			
	2) Strain, Sawyer 9			
	4) Nicholas, Aidan 12			
3	Redwood 'A'	45.34	44.73	6
	1) Burrous, Max 12			
	3) Rassmussen, Miller 10			
	2) Maher, Alexander 9			
	4) Torppa, Iisakki 11			
4	Branson 'A'	47.15	46.31	4
	1) Bollini, Will 9			
	3) Daly, Joey 11			
	2) Jones, DJ 9			
	4) Goldstein, Charlie 11			
5	San Rafael 'A'	47.47	46.47	2
	1) Dugdale, Michael 10			
	3) Powell, Aaron 12			
	2) Sondheim, Jack 11			
	4) Contini, James 10			
6	San Marin 'A'	48.03	46.51	1
	1) Quintero, Fernando 12			
	3) Mancuso, Nate 10			
	2) Morgain, Paris 12			
	4) Venezia, Luke 10			
--	Sir Francis Drake 'A'	45.64	DQ	
	1) Karlinsky, Neal 9			
	3) Crock, Miles 10			
	2) Berry, Aidan 12			
	4) Estes, Ashton 11			

**Boys 4x400 Meter Relay**

=====				
MCAL Meet: R 3:24.60		1975	San Marin	
J.Keville, W.Roche, R.Clarke, J.Metteer				
School		Seed	Finals	Points
=====				
1	Sir Francis Drake 'A'	3:35.54	3:28.76	10
	1) Murray, Bridger 12			
	3) Weller, Riley 12			
	2) Russell, Josiah 12			
	4) Pompili, Nicco 12			
2	Terra Linda 'A'	3:33.24	3:32.27	8
	1) Roberts, Brody 11			
	3) Roberts, Kai 11			
	2) Niu, Michael 12			
	4) Johnson, Kobe 12			
3	Marin Catholic 'A'	3:38.19	3:33.47	6
	1) Bailey, Joseph 11			
	3) Kreps, John 10			
	2) Watkins, William 11			
	4) Carpenter, Kaleb 10			
4	Branson 'A'	3:39.83	3:38.67	4
	1) Daly, Joey 11			
	3) Le, Alex 12			
	2) Wu, Benji 11			
	4) Sennett, Tucker 11			
5	San Marin 'A'	3:44.92	3:40.22	2
	1) Quintero, Fernando 12			
	3) Venezia, Luke 10			
	2) Morgain, Paris 12			
	4) Mancuso, Nate 10			
6	Redwood 'A'	3:43.97	3:40.71	1
	1) Moseley, Jackson 10			
	3) Rocha, Gabriel 12			
	2) Patel, Austin 12			
	4) Malek, Ben 11			
7	Tamalpais 'A'	3:41.54	3:44.89	
	1) Carney, Caden 9			
	3) Nicholas, Aidan 12			
	2) Weisert, Jake 12			
	4) Affeltranger, Lukas 12			
8	Novato 'A'	4:01.52	3:59.60	
	1) Germer, Lucas 11			
	2) Langenbacher, Carson 11			

**MCAL League Championship Meet - 5/2/2019 to 5/4/2019****San Rafael High School****Results****....Boys 4x400 Meter Relay**

3) Brown, Ryan 10

4) Velasquez, Noe 10

**Boys High Jump**

MCAL Meet: R 7-00 1989		Jim O'Sullivan, Drake				
Name	Year	School	Seed	Finals	Points	
1 Fricke, Shane	12	Redwood	6-05.00	6-02.00	10	
2 Holden-Wingate, Will	10	Tamalpais	5-10.00	6-00.00	8	
3 Braun, Milo	11	Sir Francis Drake	5-10.00	5-10.00	6	
4 Niu, Michael	12	Terra Linda	6-00.00	J5-10.00	4	
5 Starbird, Yur Majesty (V	9	Redwood	5-10.00	5-08.00	1.50	
5 Wood, Zach	11	Redwood	5-08.00	5-08.00	1.50	
7 Dunne, Andrew	12	Tamalpais	5-04.00	5-06.00		
8 Weinfeld, Zach	10	Tamalpais	5-03.00	5-04.00		
9 Crook, Miles	10	Redwood	5-08.00	J5-04.00		
9 Aarsheim, Geordie	10	Marin Catholic	5-06.00	J5-04.00		
-- Helvig, Aaron	11	Terra Linda	5-04.00	NH		
-- Ulubay, Aydin	9	Branson	5-04.00	NH		
-- Cooke, Gaven	11	Marin Catholic	5-10.00	NH		
-- Pashii, Kemanie	10	Novato	5-00.00	NH		
-- Wiggins, Kwentyn	11	Branson	5-08.00	NH		
-- Stewart, Julian	11	Novato	5-00.00	NH		

**Boys Pole Vault**

MCAL Meet: R 15-08 2014		August Kiles, Tamalpais				
Name	Year	School	Seed	Finals	Points	
1 Moseley, Jackson	10	Redwood	13-00.00	12-06.00	10	
2 Holden-Wingate, Will	10	Tamalpais	13-00.00	J12-06.00	8	
3 Johnson, Kobe	12	Terra Linda	11-00.00	10-06.00	6	
4 Oliveria, Victor	12	Terra Linda	10-00.00	9-06.00	4	
5 Goldberg, Ari	10	Tamalpais	10-00.00	9-00.00	2	
-- Asprer, Xavier	10	Novato	9-00.00	NH		
-- Berman, Joshua	10	Tamalpais	9-00.00	NH		
-- Selvidge, Nils	12	Tamalpais	10-06.00	NH		
-- Wolford, Nate	9	Sir Francis Drake	9-00.00	NH		

**Boys Long Jump**

MCAL Meet: R 23-08.25 1978		Stacy Bailey, Terra Linda				
Name	Year	School	Seed	Finals	Wind	Points
1 Holden-Wingate, Will	10	Tamalpais	21-01.00	21-05.00	NWI	10
2 Contini, James	10	San Rafael	19-00.00	21-03.25	NWI	8
3 Bleckman, Luke	11	Tamalpais	19-00.50	20-04.50	NWI	6
4 Roberts, Brody	11	Terra Linda	20-01.50	19-10.00	NWI	4
5 Thompson, West	12	Redwood	19-02.50	19-09.75	NWI	2
6 Henzl, Max	9	Sir Francis Drake	19-01.50	19-09.25	NWI	1
7 Bollini, Will	9	Branson	18-06.50	19-07.50	NWI	
8 Jennings, Michael	10	Marin Catholic	17-07.00	19-02.25	NWI	
9 Bailey, Joseph	11	Marin Catholic	15-11.50	18-09.50	NWI	
10 Powell, Aaron	12	San Rafael	19-06.00	18-06.75	NWI	
11 Torppa, Iisakki	11	Redwood	20-00.00	18-05.50	NWI	

**MCAL League Championship Meet - 5/2/2019 to 5/4/2019****San Rafael High School****Results****....Boys Long Jump**

12 Berry, Aidan	12 Sir Francis Drake	18-01.25	18-05.25	NWI
13 Supradit Na Ayutthay, Al	11 Novato	17-09.00	18-03.75	NWI
14 Tantum, Charlie	11 Redwood	19-07.00	18-03.00	NWI
15 Yroz, Logan	9 Marin Catholic	19-03.00	18-01.25	NWI
16 Charles, Nathan	12 Redwood	19-06.00	18-00.50	NWI
17 Toy Grace, Caius	11 Tamalpais	19-04.00	17-09.00	NWI
18 Patton, Cade	12 Sir Francis Drake	17-06.25	17-06.75	NWI
19 Helvig, Aaron	11 Terra Linda	18-02.00	17-05.50	NWI
20 Walas, Zane	10 San Marin	16-10.00	17-04.75	NWI
21 Ho, Nathan	10 Marin Catholic	17-05.00	J17-04.75	NWI
22 Griggy, Zach	12 San Marin	16-01.00	17-04.00	NWI
23 Pashii, Kemanie	10 Novato	17-09.75	17-02.75	NWI
24 Wilson, Ethan	12 Marin Catholic	17-01.00	16-11.75	NWI
25 Tu, Samuel	10 San Rafael	15-07.00	16-07.00	NWI
26 Jamasbi, Alex	9 San Rafael	16-02.50	16-05.50	NWI
27 Ulubay, Aydin	9 Branson	18-04.00	15-10.50	NWI
28 Moshref, Ali	11 Novato	15-00.00	15-06.00	NWI
29 Bukow, Max	11 Tamalpais	18-06.00	15-00.25	NWI

**Boys Triple Jump**

MCAL Meet: R 48-01 1979

Ivory Small, Tamalpais

Name	Year	School	Seed	Finals	Wind	Points
1 Holden-Wingate, Will	10	Tamalpais	42-06.00	42-08.50	NWI	10
2 Powell, Aaron	12	San Rafael	39-11.00	41-02.00	NWI	8
3 Charles, Nathan	12	Redwood	39-04.00	40-09.00	NWI	6
4 Bleckman, Luke	11	Tamalpais	39-02.00	40-00.00	NWI	4
5 Bailey, Joseph	11	Marin Catholic	36-10.00	39-04.25	NWI	2
6 Roberts, Brody	11	Terra Linda	38-04.50	38-08.25	NWI	1
7 Thompson, West	12	Redwood	38-07.00	37-11.00	NWI	
8 Ulubay, Aydin	9	Branson	35-09.00	37-09.25	NWI	
9 Griggy, Zach	12	San Marin	36-05.00	37-06.00	NWI	
10 Walas, Zane	10	San Marin	35-00.00	35-11.75	NWI	
11 Ho, Nathan	10	Marin Catholic	33-10.50	34-05.75	NWI	
12 Barnes, Tristan	10	Marin Catholic	34-02.00	33-05.00	NWI	
13 Rabkin, Noah	12	Marin Catholic	31-09.00	31-09.00	NWI	

**Boys Shot Put 12 lb**

MCAL Meet: R 56-09 1981

Ken Flax, Redwood

Name	Year	School	Seed	Finals	Points
1 Sekona, Jamar	11	Marin Catholic	49-08.00	48-08.00	10
2 Davidson, Kai	10	Marin Catholic	47-08.00	44-08.75	8
3 Dal Porto, Benny	12	Sir Francis Drake	41-00.50	42-04.00	6
4 Braun, Milo	11	Sir Francis Drake	40-00.00	41-02.00	4
5 Lubamersky, Liam	11	San Rafael	37-02.00	41-00.00	2
6 Khelif, Sean	10	Terra Linda	37-06.00	40-01.00	1
7 Cooke, Gaven	11	Marin Catholic	36-00.00	37-01.00	
8 Aarsheim, Geordie	10	Marin Catholic	34-06.50	36-00.00	
9 Osier, Ryan	12	Sir Francis Drake	38-00.00	35-11.50	
10 Zesiger, Cole	12	Redwood	35-02.00	34-08.25	
11 Goldberg, Max	12	Tamalpais	34-08.50	33-05.50	
12 Alvarado, Darwin	12	Novato	34-09.00	33-02.00	

**MCAL League Championship Meet - 5/2/2019 to 5/4/2019****San Rafael High School****Results****....Boys Shot Put 12 lb**

13 Muzzarelli, Adam	11 San Marin	28-00.00	32-03.75
14 Lubamersky, Aidan	11 San Rafael	32-07.00	32-00.00
15 Soares, Alex	12 San Marin	30-05.00	31-04.00
16 Stauffer, Andy	11 Novato	31-00.00	31-03.50
17 Sam, Cameron	12 Redwood	31-06.00	31-03.00
18 Beals, Thomas	10 San Rafael	31-04.00	30-07.75
19 Knightly, George	10 Sir Francis Drake	30-04.00	29-06.00
20 Bindels, Derek	12 Redwood	28-08.00	29-03.25
21 Cuffe, Luca	9 Tamalpais	31-03.00	28-11.00
22 Tamang, Sonam	9 Tamalpais	28-06.00	26-03.25
23 Chao, Erik	10 San Rafael	28-05.00	26-01.00
24 Boujebha, Youssef	11 Novato	25-06.00	25-07.00
25 Yoder, Nathan	11 Novato	27-11.00	24-04.50
26 Gonzalez-Osorno, Frankar	11 Redwood	21-10.00	21-04.00

**Boys Discus Throw**

MCAL Meet: R 186-03 1974

Darrell Elder, Redwood

Name	Year	School	Seed	Finals	Points
1 Lubamersky, Liam	11	San Rafael	144-06	136-02	10
2 Khelif, Sean	10	Terra Linda	117-08	129-04	8
3 Dal Porto, Benny	12	Sir Francis Drake	14-00.50	113-03	6
4 Osier, Ryan	12	Sir Francis Drake	93-01.25	112-10	4
5 Goldberg, Max	12	Tamalpais	128-02	112-02	2
6 Lubamersky, Aidan	11	San Rafael	107-06	103-09	1
7 Alvarado, Darwin	12	Novato	110-03	102-01	
8 Tan, Chris	11	Terra Linda	98-10	101-07	
9 Davidson, Kai	10	Marin Catholic	111-02	94-00	
10 Haag, Cyrus	12	Sir Francis Drake	91-03	91-04	
11 Beals, Thomas	10	San Rafael	71-03	91-02	
12 Knightly, George	10	Sir Francis Drake	86-00	89-09	
13 Soares, Alex	12	San Marin	99-00	88-02	
14 Stauffer, Andy	11	Novato	74-00	86-08	
15 Ross, Theodore	12	Redwood	81-03.75	86-04	
16 Dunne, Andrew	12	Tamalpais	79-04	86-03	
17 Bindels, Derek	12	Redwood	88-07.50	83-03	
18 Muzzarelli, Adam	11	San Marin	84-00	81-08	
19 Zesiger, Cole	12	Redwood	91-08.50	80-05	
20 Nguyen, Demitris	10	San Rafael	80-09	78-03	
21 Yoder, Nathan	11	Novato	73-10	71-04	
22 Olds, Rowan	10	Tamalpais	81-02.50	71-02	
23 Taylor, Cameron	10	Marin Catholic	89-10	69-10	
24 Sam, Cameron	12	Redwood	88-06	59-06	

**Women - Team Rankings - 16 Events Scored**

1) Tamalpais	107	2) Marin Catholic	85
3) Sir Francis Drake	81.50	4) Redwood	66
5) Terra Linda	62	6) Branson	39
7) Novato	25.50	8) San Rafael	18
9) San Marin	11		

**MCAL League Championship Meet - 5/2/2019 to 5/4/2019**  
**San Rafael High School**  
**Results**

**....Boys Discus Throw**

=====  
Men - Team Rankings - 16 Events Scored  
=====

1) Sir Francis Drake	114	2) Redwood	89
3) Tamalpais	86	4) Marin Catholic	78
5) Terra Linda	76	6) San Rafael	31
7) Branson	18	8) San Marin	3