

Licensed to Santa Monica High School T&F

HY-TEK's Meet Manager 3/19/2011 09:06

PM

8th Annual California Relays - 3/18/2011 to 3/19/2011
Cerritos College
Results

Event 1 Girls 1600 Meter Run Invitational Varsity

Meet:	5:03.13	3/19/2011	Jennifer Owen, West Ranch		
Name		Year	School	Seed	Finals

Finals

1	Owen, Jennifer		West Ranch	4:52.45	5:03.13
2	Simmons, Brianna		Beverly Hill	5:10.00	5:09.02
3	hong, jenna		Mira Costa	5:25.00	5:18.25
4	Garcia, Carmille		Fountain Val	5:25.00	5:19.08
5	Ragas, Lindsey		Gahr	5:17.00	5:19.76
6	Waalk, Kendahl		West Ranch	5:24.32	5:20.48
7	Bragdon, Amber		Fountain Val	5:25.00	5:20.75
8	Aldape, Nicollete		Shafter	5:29.91	5:27.11
9	Edwards, Hannah		La Serna	5:22.31	5:31.49
10	Lacey, Morgan		Granite Hill	5:18.35	5:32.68
11	Bootesaz, Ashley		Beverly Hill	5:25.00	5:33.42
12	Bennis, Chelsea		Granite Hill	5:16.13	5:35.26
13	Dionne, Sara		Gahr	5:25.00	5:35.67
14	Stert, Margot		Upland	5:25.33	5:39.37
15	Alisa, Murray		Arlington	5:28.00	5:46.57

Event 2 Boys 1600 Meter Run Invitational Varsity

Meet:	4:27.24	3/19/2011	Ray Noble, Valley View		
Name		Year	School	Seed	Finals

1	Noble, Ray		Valley View	4:20.00	4:27.24
2	Griego, Ishmael		Granite Hill	4:22.32	4:27.26
3	Munoz, Michael		La Serna	4:30.00	4:28.31
4	Douville, Brett		Mira Costa	4:20.00	4:28.36
5	Diaz, Jonah		Palos Verdes	4:23.50	4:28.73
6	Ahmed, Warsame		Venice	4:25.00	4:28.81
7	Soto, Richie		Marina	4:29.00	4:29.02
8	Bland, Andrew		Loyola	4:26.54	4:29.36
9	Padgett, Sean		El Camino Re	4:23.00	4:32.49
10	Verdin, Andrew		Loyola	4:27.43	4:32.72
11	Galen, Josh		Beverly Hill	4:27.10	4:33.42
12	Perez, Adam		Mira Costa	4:30.00	4:34.05
13	Lawrence, Ethan		Dana Hills	4:29.00	4:35.17
14	Taylor, Brandon		Mayfair	4:30.00	4:35.53
15	Dewey, Kevin		Beckman	4:27.54	4:39.63
16	Pantoja, Cameron		Millikan	4:30.00	4:43.83
17	Allison, Jared		Beckman	4:29.94	4:48.56

Event 3 Girls 400 Meter Dash Invitational Varsity

Meet:	58.39	3/19/2011	Rachel Toliver, St. Mary's A		
Name		Year	School	Seed	Finals

1	Toliver, Rachel	St. Mary's A	57.70	58.39
2	Hackney, Lauren	Golden Valle	57.40	58.75
3	Bushnell, Paige	Upland	58.06	60.30
4	Robinson, Alecia	Wilson (Lb)	59.62	61.41
5	Hector, Keiko	Palos Verdes	59.00	61.48
6	Buckley, Summer	St. Mary's A	57.40	61.78
7	Claustro, Elizabeth	Upland	57.85	63.34
8	Peoples, Ashley	Wilson (Lb)	59.55	63.90

Event 4 Boys 400 Meter Dash Invitational Varsity

Meet: 49.01 3/19/2011 Andres Vega, La Serna				
Name	Year	School	Seed	Finals
1	Vega, Andres	La Serna	48.60	49.01
2	Perkins, Josh	Gahr	50.58	50.34
3	Chaisson, Corey	Golden Valle	50.00	51.98
4	Giles, Patrick	Golden Valle	50.10	52.49
5	Hutchings, Leran	Roosevelt -S	50.80	52.54
6	Conner, Myles	Upland	50.02	53.84
7	Dennis, Michael	Pasadena	50.27	56.47

Event 5 Girls 800 Meter Run Invitational Varsity

Meet: 2:17.91 3/19/2011 Jennifer Owen, West Ranch				
Name	Year	School	Seed	Finals
1	Owen, Jennifer	West Ranch	2:12.40	2:17.91
2	Welker, Ashley	West Ranch	2:13.87	2:21.19
3	Martinez, Catherine	Fountain Val	2:19.20	2:21.80
4	Gray, Sydney	Beverly Hill	2:15.00	2:24.08
5	Hernandez, Anna	Wilson (Lb)	2:18.02	2:25.16
6	Bradshaw, Jayla	Gahr	2:23.51	2:25.61
7	Nickles, Marissa	Fountain Val	2:23.00	2:27.55
8	Natalie, Schafer	Arlington	2:18.00	2:28.35
9	Alisa, Murray	Arlington	2:22.00	2:29.33
10	Gomez, Jasmine	Mayfair		2:31.26

Event 6 Boys 800 Meter Run Invitational Varsity

Meet: 1:57.74 3/19/2011 Phillip Kostelnik, Loyola				
Name	Year	School	Seed	Finals
1	Kostelnik, Phillip	Loyola	1:56.78	1:57.74
2	Wenberg, Karl	Marina	1:54.80	1:58.35
3	Rohani, Alexander	Beverly Hill	1:58.30	1:58.47
4	Batra, Chanan	Beverly Hill	1:59.00	1:59.76
5	Metoyer, AK	Claremont	1:57.80	2:00.16
6	Ahmed, Warsame	Venice	1:58.00	2:00.76
7	Williams, Adam	Damien	1:59.36	2:01.01
8	Medina, Andrew	Loyola	1:57.33	2:01.62
9	Morales, Luis	Fountain Val	1:58.06	2:01.90

Event 7 Girls 300 Meter Hurdles Invitational Varsity

Meet: 45.19 3/19/2011 Gianna Woodruff, St. Mary's A

Name	Year	School	Seed	Finals
1 Woodruff, Gianna		St. Mary's A	42.80	45.19
2 Bushnell, Paige		Upland	47.36	46.53
3 Tucker, Zoe		Louisville	47.90	47.57
4 Hardesty, Madeline		Golden Valle	47.60	48.01
5 White, Selihah		Hamilton -la	47.20	49.68
6 Grigus, Paige		Fountain Val	47.58	50.90
7 Clark, Camille		Beckman	47.31	51.14

Event 8 Boys 300 Meter Hurdles Invitational Varsity

Meet: 39.65 3/19/2011 Michael Barton, DeLaSalle				
Name	Year	School	Seed	Finals
1 Barton, Michael		DeLaSalle	38.18	39.65
2 Smith, Cody		South Torran	40.07	40.12
3 Ilyas, Hassan		Fountain Val	40.03	40.30
4 Hutchings, Leran		Roosevelt -S	39.80	40.38
5 Morgan, Donovan		Mayfair	40.15	41.07
6 Cleghorne, Salim		Claremont	40.02	41.48
7 Moore, Barrington		Santa Monica	39.50	42.82

Event 9 Girls 200 Meter Dash Invitational Varsity

Meet: 24.44 3/19/2011 La Toya Williams, Louisville				
Name	Year	School	Seed	Finals
1 Williams, La Toya		Louisville	24.88	24.44
2 Franklin, La Troya		Jordan -ss	25.50	24.72
3 Chambers, Ashleigh		Wilson (Lb)	24.97	25.75
4 Hackney, Lauren		Golden Valle	25.10	26.43
5 Osaji, Tracy		Bellflower	25.50	26.47
6 Dixon, Imani		Golden Valle	25.40	26.89
7 Scott, Ceejai		Compton	24.73	29.96

Event 10 Boys 200 Meter Dash Invitational Varsity

Meet: 22.39 3/19/2011 Devante O'Connor, Locke				
Name	Year	School	Seed	Finals
1 O'Connor, Devante		Locke	21.82	22.39

2	Aiken, Michael	Claremont	22.21	22.44
1.9				
3	Countryman, Cameran	Beverly Hill	22.10	22.76
1.9				
4	Johnson, Alec	DeLaSalle	22.18	22.81
1.9				

Event 11 Boys 3200 Meter Run Invitational Varsity

Meet: 9:14.43 3/19/2011 Karl Baranov, Marina				
Name	Year	School	Seed	Finals
1	Baranov, Karl	Marina	9:14.00	9:14.43
2	Ross, Paul	Claremont	9:22.64	9:16.73
3	Monroy, Anthony	Burroughs (B	9:18.00	9:20.22
4	Unno, Justin	Palos Verdes	9:45.00	9:26.77
5	Jones, Jared	Loyola	9:29.31	9:29.20
6	Enriquez, Christopher	Warren	9:21.90	9:30.34
7	Perry, Brandon	Beckman	9:35.95	9:31.23
8	Ebiner, Tom	Damien	9:46.41	9:32.28
9	Pantoja, Cameron	Millikan	9:32.00	9:36.46
10	Marquardt, Charles	Loyola	9:39.20	9:40.69
11	Jordan, Cody	Granite Hill	9:38.72	9:41.78
12	Sotelo, Andres	Millikan	9:33.00	9:44.49
13	Barragan, Ben	Valley View	9:40.00	9:44.76
14	Sager, Robert	Granite Hill	9:41.30	9:47.62
15	Munoz, Michael	La Serna	9:38.00	9:52.81
16	Prieto, Jason	Upland	9:34.98	10:00.45
17	Vargas, Danny	Huntington B	9:15.00	10:04.07
18	Aguilar, Joseph	Arlington	9:42.00	10:04.09
19	Magdaleno, Eddie	Valley View	9:55.00	10:09.84
19	Hunter, Stephen	St. John Bos	9:45.70	10:09.84
21	Vargas, Efrain	Huntington B	9:39.10	10:10.29
22	Blanton, Jonathan	Troy	9:22.00	10:19.20

Event 12 Girls 3200 Meter Run Invitational Varsity

Meet: 11:14.27 3/19/2011 aryn foland, Mira Costa				
National: 9:48.59 1996 Kim Mortensen				
Name	Year	School	Seed	Finals
1	foland, aryn	Mira Costa	10:50.00	11:14.27
2	Sugimoto, Kelli	Mira Costa	11:22.00	11:21.37
3	Esparza, Dominique	Valley View	12:08.00	11:28.82
4	McManus, Grace	Granite Hill	11:52.60	11:33.68
5	White, Kayla	Dana Hills	11:40.00	11:34.91
6	Rodarte, Ruth	Millikan	11:31.00	11:37.69
7	Ibarra, Melisssa	Millikan	11:39.00	11:38.15
8	Clemens, Lauren	Beckman	11:41.71	11:46.79
9	Jackson, AJ	Dana Hills	11:45.00	11:50.09
10	Bartoletti, Melissa	Pacifica (Gg	11:45.00	11:58.96
11	Edwards, Hannah	La Serna	11:45.00	12:04.74
12	Han, Kayla	Gahr	12:00.00	12:12.35
13	Gould, Ashley	Upland	12:05.81	12:23.49
14	Estephany, Laguna	Wilson (Lb)	12:03.00	12:28.57
15	Aldape, Nicollete	Shafter	12:12.57	12:29.38
16	Bjazevich, Tristianie	Narbonne	11:23.35	13:15.95

Event 13 Girls 4x400 Meter Relay Invitational Varsity

School	Meet:	4:00.86	3/19/2011	St. Mary's Academy, St. Mary's A	Seed	Finals
1 St. Mary's Academy					3:53.00	4:00.86
2 Claremont					4:05.99	4:05.78
3 West Ranch					4:02.67	4:15.03
4 Louisville					4:00.00	4:16.42
5 Beverly Hills					4:09.00	4:21.40
6 Arlington					4:01.00	4:27.09

Event 14 Boys 4x400 Meter Relay Invitational Varsity

School	Meet:	3:29.01	3/19/2011	St. John Bosco, St. John Bos	Seed	Finals
1 St. John Bosco					3:28.00	3:29.01
2 Fountain Valley					3:28.00	3:29.63
3 Claremont					3:28.80	3:32.47
4 Narbonne					3:25.36	3:33.90
5 Mayfair					3:28.32	3:37.94
6 Beverly Hills					3:27.30	3:40.01
7 Pasadena					3:23.59	3:52.44

Event 101 Girls 4x100 Meter Relay Varsity

9 Advance: Top 1 Each Heat plus Next 5 Best Times
 Meet: 46.23 2004 Long Beach Wilson High School, Long Beach

Wi	School	Seed	Prelims	H#
Preliminaries				
	1 St. Mary's Academy	47.50	47.92Q	1
	2 Wilson (Lb) -ss	47.31	49.20Q	3
	3 Louisville	48.70	49.31Q	2
	4 Independence -ce	50.01	49.84Q	4
	5 Marina	49.90	49.95q	4
	6 Golden Valley -ss	49.60	50.57q	3
	7 Dana Hills	49.98	50.64q	2
	8 El Camino Real	51.09	51.02q	1
	8 Locke	51.00	51.02q	3
	10 Claremont	50.20	51.29	1
	10 Pittsburg	51.78	51.29	4
	12 Fountain Valley	49.88	51.38	1
	13 Palos Verdes	51.05	51.41	3
	14 Jordan -ss	49.50	51.43	1
	15 Mayfair	50.01	51.60	2
	16 Pasadena	49.23	51.95	4
	17 Arlington	49.00	52.00	2
	18 Beverly Hills	52.50	52.43	4
	19 West Ranch	52.13	52.57	1
	20 Pacifica (Gg)	51.64	52.66	2
	21 South Torrance	52.00	52.93	3
	22 Narbonne	51.60	52.95	2

Event 101 Girls 4x100 Meter Relay Varsity

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 Meet: 46.23 2004 Long Beach Wilson High School, Long Beach
 Wi

School	Prelims	Finals
Finals		
1 St. Mary's Academy	47.92	47.68
2 Louisville	49.31	49.14
3 Wilson (Lb) -ss	49.20	49.31
4 Independence -ce	49.84	49.41
5 Marina	49.95	49.95
6 El Camino Real	51.02	50.78
7 Locke	51.02	51.02
8 Dana Hills	50.64	51.14

Event 102 Boys 4x100 Meter Relay Varsity

9 Advance: Top 1 Each Heat plus Next 5 Best Times

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 Meet: 41.21 3/20/2010 Poly (LB), Poly (LB)
 School Seed Prelims H#

School	Seed	Prelims	H#
Preliminaries			
1 Pacifica (Gg)	42.89	43.41Q	4
2 Locke	43.25	43.81Q	2
3 Pasadena	42.25	44.09Q	1
4 Golden Valley -ce	43.40	44.81Q	3
5 Claremont	43.60	44.63q	4
6 Pittsburg	43.78	44.85q	1
7 Beverly Hills	43.65	44.88q	2
8 Golden Valley -ss	44.30	45.31q	3
9 Jordan -ss	43.00	45.60q	1
10 Mayfair	44.25	45.90	4
11 South Torrance	45.00	45.95	2
12 Compton	45.21	46.02	3
13 Torrance	44.85	46.29	1
14 Valley View	47.60	47.25	4
15 Upland	44.50	47.70	2
16 Verbum Dei	46.90	48.09	4
-- DeLaSalle	42.56	DNF	3
-- Carter	44.02	DNF	3
-- Gahr	43.10	DQ	1

Event 102 Boys 4x100 Meter Relay Varsity

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 Meet: 41.21 3/20/2010 Poly (LB), Poly (LB)
 School Prelims Finals

School	Prelims	Finals
Points		
===== Finals		
1 Pacifica (Gg)	43.41	42.83
2 Locke	43.81	43.65
3 Pasadena	44.09	44.26
4 Claremont	44.63	44.50
4 Pittsburg	44.85	44.50

6 Golden Valley -ss	45.31	45.35
7 Jordan -ss	45.60	45.79
8 Golden Valley -ce	44.81	46.08
9 Beverly Hills	44.88	46.43

Event 103 Girls 4x100 Meter Relay Frosh/Soph

9 Advance: Top 2 Each Heat plus Next 3 Best Times

Meet: 49.97 3/20/2010 Wilson-LB, Wilson-LB

School	Seed	Prelims	H#
Preliminaries			
1 St. Mary's Academy	51.20	50.95Q	1
2 Wilson (Lb) -ss	50.00	52.82Q	2
3 Santa Monica	50.84	53.69Q	3
4 Roosevelt -ss	51.15	52.83Q	1
5 Louisville	51.50	52.85Q	2
6 West Ranch	53.10	59.81Q	3
7 Carter	54.70	53.04q	1
8 Dana Hills	53.70	53.57q	1
9 Fountain Valley	53.50	53.63q	1
10 Golden Valley -ss	55.60	53.92	2
11 Marina	53.80	56.32	2
12 Upland	54.00	56.90	2

Event 103 Girls 4x100 Meter Relay Frosh/Soph

Meet: 49.97 3/20/2010 Wilson-LB, Wilson-LB

School	Prelims	Finals
Finals		
1 St. Mary's Academy	50.95	50.21
2 Santa Monica	53.69	51.50
3 Roosevelt -ss	52.83	52.67
4 Louisville	52.85	53.00
5 Wilson (Lb) -ss	52.82	53.32
6 Carter	53.04	53.62
7 Dana Hills	53.57	53.98
8 Fountain Valley	53.63	55.34

Event 104 Boys 4x100 Meter Relay Frosh/Soph

9 Advance: Top 2 Each Heat plus Next 3 Best Times

Meet: 44.72 3/20/2010 Los Osos, Los Osos

School	Seed	Prelims	H#
Preliminaries			
1 DeLaSalle	44.34	45.13Q	2
2 Rancho Verde	44.78	45.48Q	3
3 Roosevelt -ss		46.63Q	1
4 Wilson (Lb) -ss	46.00	45.61Q	2
5 Fountain Valley	45.88	46.33Q	3
6 Dana Hills	45.50	47.32Q	1
7 Loyola	44.86	45.84q	2
8 Bellflower	45.50	46.33q	2
9 Warren	45.89	47.01q	3
10 Pacifica (Gg)	44.85	47.33	3

11 Pasadena	44.24	47.38	1
12 West Ranch	47.30	47.47	1
13 Locke	47.19	47.68	2
14 Golden Valley -ss	47.50	47.86	2
15 Beverly Hills	48.00	48.41	2
16 Carter	47.40	48.77	1
17 Upland	49.56	49.13	1
18 Santa Monica	47.00	49.48	3
19 Torrance	47.00	49.53	3
20 Marina	46.50	49.57	2
21 South Torrance	46.23	50.27	1
22 Verbum Dei	47.90	50.72	3

Event 104 Boys 4x100 Meter Relay Frosh/Soph

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Meet:	44.72	3/20/2010	Los Osos, Los Osos	
School			Prelims	Finals
=====				
Finals				
1 Rancho Verde			45.48	45.02
1 DeLaSalle			45.13	45.02
3 Bellflower			46.33	45.83
4 Loyola			45.84	46.50
5 Roosevelt -ss			46.63	46.60
6 Wilson (Lb) -ss			45.61	46.63
7 Fountain Valley			46.33	46.94
8 Dana Hills			47.32	47.44

Event 105 Girls 1600 Meter Run Varsity

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Meet:	4:56.03	2009	Heather Bablier, Dana Hills HS, CA	
National:	4:33.86	2008	Christine Babcock, Woodbridge HS, CA	
Name	Year	School	Seed	Finals
=====				
1 Dobbs, Sarah		Venice	5:30.00	5:24.21
2 Towner, Cassidy		El Dorado -S	5:39.00	5:26.00
3 Camarillo, Veronica		Dana Hills	5:33.00	5:30.11
4 Warrick, Jana		Roosevelt -S	5:36.00	5:35.30
5 Cornelious, Amber		Mayfair	5:40.00	5:35.80
6 Ponty, Marthie		Santa Fe	5:40.00	5:37.72
7 Torres, Marcie		Pittsburg	5:31.71	5:42.35
8 Berger, Taylor		Upland	5:30.00	5:50.77
9 Georgopoulos, Christina		Pittsburg	5:40.05	5:55.56
10 Morgan, Parker		Arlington	5:35.00	5:56.64
11 Bengard, Erika		Valley View	5:37.00	5:58.09
12 Dominguez, Jocelyn		Millikan	5:30.00	6:11.72

Event 106 Boys 1600 Meter Run Varsity

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Meet:	4:16.36	2009	Tyler Brady, Upland	
Name	Year	School	Seed	Finals
=====				
1 Potts, Aaron		Roosevelt -S	4:34.00	4:30.94
2 Garcia, Johnathan		Damien	4:38.70	4:32.16
3 Santos, Andy		Venice	4:37.00	4:32.88
4 Stoermer, Eric		El Dorado -S	4:39.00	4:34.23
5 Becerra, Nestor		Bellflower	4:34.00	4:36.49

6	La Costa, Tommy	St. John Bos	4:34.60	4:37.32
7	Dunton, Alec	Palos Verdes	4:36.40	4:37.70
8	Brouwer, Mathew	Dana Hills	4:35.00	4:38.99
9	Graber, Zach	Pacifica (Gg	4:38.00	4:39.70
10	Sandles, Daymon	Golden Valle	4:37.00	4:40.55
11	Harper, Nicky	Beverly Hill	4:40.00	4:40.85
12	Tinoco, Brendan	Golden Valle	4:36.00	4:43.02
13	bernal, jesus	Millikan	4:31.00	4:43.55
14	Robles, Alfredo	Warren	4:38.60	4:44.11
15	Cota, Javier	Warren	4:39.30	4:46.64
16	Rodriguez, Omar	Santa Fe		5:10.23
17	Yarnell, Adam	Upland	4:38.29	5:15.21

Event 107 Girls 100 Meter Hurdles Varsity

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9 Advance: Top 2 Each Heat plus Next 3 Best Times

Meet: 13.94 3/20/2010 Ashley Smith, Millikan HS, CA

National: 12.95 1979 Candy Young, Beaver Falls, PA

Name	Year	School	Seed	Prelims
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Wind H#

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Preliminaries

1	Chijioke, Iris	Roosevelt -S	14.73	14.62Q
2.1	1			
2	Richardson, Racheal	Pasadena	15.51	15.56Q
2.4	2			
3	Birdsell, Caitlin	Beckman	16.10	16.82Q
1.8	3			
4	Russell, Tierney	St. Mary's A	16.20	15.92Q
2.1	1			
5	Harbin, Skylin	Golden Valle	16.20	16.57Q
2.4	2			
6	Muhamad, Aqeelah	Wilson (Lb)	15.22	17.10Q
1.8	3			
7	Grigus, Paige	Fountain Val	15.41	16.12q
2.1	1			
8	Ballo, Ami	Dana Hills	16.62	16.58q
2.1	1			
9	Bubinski, Annie	Dana Hills	16.27	16.76q
2.4	2			
10	Warren, Ashley	Wilson (Lb)	16.16	17.14
1.8	3			
11	Zindrowski, Caitlyn	Golden Valle	16.70	17.32
1.8	3			
12	Chau, Jennifer	Marina	16.70	17.73
1.8	3			
13	Tanaguchi, Autumn	Marina	16.80	17.94
2.1	1			
14	Nguyen, Jacqueline	Fountain Val	16.43	18.06
2.1	1			
15	Brown, Joi	South Torran	16.41	19.14
1.8	3			
16	France, Faith	Beverly Hill	16.50	20.63
2.4	2			

Event 107 Girls 100 Meter Hurdles Varsity

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Meet:	13.94	3/20/2010	Ashley Smith, Millikan HS, CA		
National:	12.95	1979	Candy Young, Beaver Falls, PA		
Name		Year	School	Prelims	Finals

Wind

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Finals					
1	Chijioke, Iris		Roosevelt -S	14.62	14.89
0.8					
2	Russell, Tierney		St. Mary's A	15.92	15.82
0.8					
3	Birdsell, Caitlin		Beckman	16.82	16.12
0.8					
4	Bubinski, Annie		Dana Hills	16.76	16.20
0.8					
5	Ballo, Ami		Dana Hills	16.58	16.21
0.8					
6	Grigus, Paige		Fountain Val	16.12	16.24
0.8					
7	Muhamad, Aqeelah		Wilson (Lb)	17.10	16.63
0.8					
8	Harbin, Skylin		Golden Valle	16.57	16.74
0.8					
9	Richardson, Racheal		Pasadena	15.56	26.23
0.8					

Event 108 Boys 110 Meter Hurdles Varsity

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9 Advance: Top 2 Each Heat plus Next 3 Best Times

Meet:	14.33	2005	Jordan Paul, Loyola HS		
Name		Year	School	Seed	Prelims

Wind H#

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Preliminaries					
1	Smith, Cody		South Torran	15.32	15.01Q
0.8	2				
2	Vargas, Ramon		Huntington B	15.48	15.10Q
0.6	1				
3	Gross, Thomas		Marina	15.60	15.97Q -
2.9	3				
4	Traut, Brian		Beckman	15.76	15.61Q
0.6	1				
5	hubbard, kyle		Mira Costa	15.50	15.71Q
0.8	2				
6	Grant, Ian		Pasadena	15.56	16.11Q -
2.9	3				
7	Small, William		Golden Valle	15.80	16.07q
0.8	2				
8	Wu, william		Claremont	15.44	16.26q
0.6	1				
9	Johnson, Geordan		Torrance	15.43	16.33q
0.8	2				

10	Barnes, Dijon	Bellflower	15.80	16.49	-
2.9	3				
11	Messinger, Keith	Dana Hills	15.60	16.60	
0.8	2				
12	Welton, Jhaaman	Mayfair	15.22	16.66	
0.6	1				
13	Finney, Malcolm	Mayfair	15.82	16.85	
0.8	2				
14	Soulopulos, Theodore	Dana Hills	15.40	16.94	-
2.9	3				
15	Hutchings, Leran	Roosevelt -S	15.21	17.25	
0.6	1				
16	Kitajima, Stanley	Roosevelt -S	15.90	18.01	
0.8	2				
17	Marcotte, Michael	DeLaSalle	15.74	18.14	
0.6	1				
18	rasmussen, brandon	Millikan	15.00	18.18	-
2.9	3				

Event 108 Boys 110 Meter Hurdles Varsity

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Meet: 14.33 2005 Jordan Paul, Loyola HS
 Name Year School Prelims Finals

Wind

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Finals

1	Vargas, Ramon	Huntington B	15.10	14.79	
0.4					
2	Smith, Cody	South Torran	15.01	15.08	
0.4					
3	hubbard, kyle	Mira Costa	15.71	15.21	
0.4					
4	Gross, Thomas	Marina	15.97	15.42	
0.4					
5	Traut, Brian	Beckman	15.61	15.48	
0.4					
6	Small, William	Golden Valle	16.07	16.07	
0.4					
7	Grant, Ian	Pasadena	16.11	16.16	
0.4					
--	Johnson, Geordan	Torrance	16.33	FS	
0.4					

Event 109 Girls 400 Meter Dash Varsity

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Meet: 54.04 2004 Myra Hasson, Gardena HS, CA
 National: 50.69 2002 Sanya Richards, St. Thomas Aquinas, FL
 Name Year School Seed Finals H#

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1	Osaji, Tracy	Bellflower	60.00	59.42	3
2	Armstrong, Akia	Roosevelt -S	59.80	60.67	3
3	Reed, Lora	Fountain Val	60.60	60.82	3
4	Wooley, Megan	Palos Verdes		60.89	2
5	Nadreau, Rochelle	El Camino Re	61.17	60.92	2
6	Falahat, Amy	West Ranch	62.75	61.50	1

7	Barnett, Charlotte	Mira Costa	61.00	61.62	2
8	Hardesty, Madeline	Golden Valle	60.20	61.67	3
9	Letwin, Amy	Palos Verdes	61.00	61.89	3
10	Van Dyke, Sara	Marina	60.80	62.21	3
11	Earl, Alexis	Pittsburg	63.02	62.59	1
12	Foland, Taylor	Mira Costa	61.00	63.17	3
13	Wolff, Allison	Beverly Hill	63.00	63.49	1
14	Earl, Aeryana	Mayfair	63.45	63.54	1
15	Ducre, Chasity	Roosevelt -S	61.50	63.55	2
16	Simmons, Chelsea	Beverly Hill	62.50	63.62	1
17	Edwards, Tibire	Mayfair	62.45	64.06	2
18	Anderson, Ashley	Narbonne	61.80	64.07	2
19	Syed, Saniya	Beckman	62.91	64.16	1
20	Rittenhouse, Audrey	Pacifica (Gg	63.03	64.66	1
21	Dotson, Chade	Valley View	62.00	65.00	2
22	Stewart, Rachel	La Serna	63.00	65.16	1
23	Dimiceli, Taylor	Fountain Val	60.88	65.64	3
24	Horton, Angie	Beckman	62.58	70.22	1
25	Gardner, Donna	Arlington	61.50	78.73	2
26	Sutton, Janaye	Compton	62.30	1:25.45	2

Event 110 Boys 400 Meter Dash Varsity

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Meet: 47.13 2004		David Gettis, Dorsey HS			
Name	Year	School	Seed	Finals	H#
=====					
1	Fabela, German	La Serna	51.10	49.36	3
2	Hall, Ronny	Narbonne	52.20	51.62	1
3	Pitts, Jordan	St. John Bos	51.60	51.82	3
4	Manning, Garion	Wilson (Lb)	50.99	51.95	3
5	Conti, Mario	Beverly Hill	50.89	51.96	3
6	Doke, Daniel	Palos Verdes	52.49	52.07	1
6	Lestor, Dominique	Valley View	52.40	52.07	1
8	Tyson, Matt	Roosevelt -S	51.50	52.27	3
9	Weaver, Brendan	Palos Verdes	51.90	52.74	2
10	Alcalde, Josh	Pacifica (Gg	52.47	53.12	1
11	Bagley, Brandon	Compton	52.00	53.24	2
12	Brooks, Vadal	Rancho Verde	51.82	53.77	2
13	Johnson, Anthony	Fountain Val	51.89	53.86	2
14	Anthony, Mason	Upland	52.25	54.06	1
15	Kuramata, Tanner	Claremont	52.33	54.17	1
16	Olsen, Nathaniel	Dana Hills	52.10	54.86	1
17	Jones-Wilborn, Khayree	Claremont	51.19	55.20	3
18	Benjamin, Jonathon	Millikan	52.00	55.22	2
19	Hodges, Tevin	Pasadena	51.25	55.89	3

Event 111 Girls 100 Meter Dash Varsity

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9 Advance: Top 1 Each Heat plus Next 4 Best Times					
Meet: 12.02 2006		Ebony Collins, Long Beach Wilson HS, CA			
National: 11.11 1998		Angela Williams, Chino Hills HS, CA			
Name	Year	School	Seed	Prelims	

Wind H#

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Preliminaries

1	Peterson, Sierra	St. Mary's A	12.50	12.41Q
NWI	5			
2	Andrews, Brena	Independence	12.29	12.51Q
NWI	4			
3	Pearson, Imani	Wilson (Lb)	11.94	12.70Q
NWI	1			
4	Waters, Jasmine	Locke	12.70	12.75Q
NWI	3			
5	Hughes, Allannah	St. Mary's A	12.80	12.82Q
NWI	2			
6	Tao, Alyssa	Fountain Val	12.54	12.68q
NWI	4			
7	Goosby, Kayla	Torrance	12.20	12.78q
NWI	4			
8	Ostler, Katie	Beckman	12.60	12.97q
NWI	1			
9	Saunders, Kyra	Independence	12.68	13.01q
NWI	5			
10	Dotson, Ashlee	Mira Costa	12.60	13.08
NWI	2			
11	Salcido, Shauna	Marina	12.50	J13.08
NWI	3			
12	Ross, Lauren	West Ranch	12.40	13.14
NWI	5			
13	Isiguzo, Jasmine	Golden Valle	12.30	13.16
NWI	2			
14	Goosby, Kristina	Torrance	12.40	13.17
NWI	1			
15	Chiang, Lyndsy	Fountain Val	12.74	13.18
NWI	4			
16	Sims, Shekia	Locke	12.80	13.27
NWI	3			
17	Simpson, Heather	Marina	12.85	13.29
NWI	1			
18	Baker, Kiarra	Roosevelt -S	12.16	13.32
NWI	2			
19	Serrato, Victoria	Carter	12.80	13.36
NWI	5			
20	Dixon, Imani	Golden Valle	12.70	13.41
NWI	2			
21	Mollique, Janeek	Pittsburg	12.89	13.42
NWI	3			
22	Aron, Ross	Mayfair	12.74	13.51
NWI	4			
23	Snowden, Khyle	Pasadena	12.65	13.55
NWI	5			
24	Blount, Camara	Pasadena	12.68	13.57
NWI	1			
25	Lablanc, Corrina	Millikan	12.95	13.63
NWI	4			
26	Anderson, Selina	Dana Hills	12.95	13.70
NWI	2			
27	Rust, Elena	Beverly Hill	12.95	13.89
NWI	3			

Event 111 Girls 100 Meter Dash Varsity

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Meet:	12.02	2006	Ebony Collins, Long Beach Wilson HS, CA		
National:	11.11	1998	Angela Williams, Chino Hills HS, CA		
Name		Year	School	Prelims	Finals

Wind

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Finals

1	Andrews, Brena		Independence	12.51	12.32
1.0					
2	Peterson, Sierra		St. Mary's A	12.41	12.44
1.0					
3	Saunders, Kyra		Independence	13.01	12.75
1.0					
4	Tao, Alyssa		Fountain Val	12.68	12.77
1.0					
5	Waters, Jasmine		Locke	12.75	12.79
1.0					
6	Pearson, Imani		Wilson (Lb)	12.70	12.81
1.0					
7	Dotson, Ashlee		Mira Costa	13.08	12.86
1.0					
7	Hughes, Allannah		St. Mary's A	12.82	12.86
1.0					
9	Ostler, Katie		Beckman	12.97	13.01
1.0					

Event 112 Boys 100 Meter Dash Varsity

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9 Advance: Top 1 Each Heat plus Next 4 Best Times

Meet:	10.56	2004	Lionel Larry, Dominguez HS		
Name		Year	School	Seed	Prelims

Wind H#

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Preliminaries

1	Burnham, Dameon		Roosevelt -S	11.22	10.85Q
NWI	4				
2	Langham, Trent		Pacifica (Gg	11.02	11.15Q
NWI	5				
3	Matos, Luis		Golden Valle	11.24	11.19Q
NWI	2				
4	Bates, Cleo		Pasadena	10.75	11.20Q
NWI	3				
5	Kim, Jeff		Beckman	11.00	11.32Q
NWI	1				
6	Fuqua, Chris		Pasadena	10.78	11.11q
NWI	4				
7	O'Connor, Devante		Locke	10.90	11.16q
NWI	5				
8	Butler, Javen		Pittsburg	10.99	11.24q
NWI	3				
9	Mitchell, Elijah		Roosevelt -S	11.25	11.27q
NWI	5				

10	Willis, Joel	Pacifica (Gg	10.97	11.28
NWI	4			
11	Sanders, Charles	Roosevelt -S		11.33
NWI	4			
12	McClellon, Delshawn	Gahr	10.80	11.34
NWI	5			
13	Salazar, Gregory	Wilson (Lb)	11.31	11.45
NWI	2			
14	Miller, Jacob	Fountain Val	11.22	11.50
NWI	3			
14	Coleman, Derrez	Carter	11.06	11.50
NWI	5			
16	Washington, Sam	Torrance	11.20	11.53
NWI	4			
17	Brown, Martin	St. John Bos	11.21	11.57
NWI	1			
17	Ochoa, Ceaser	Warren	11.36	11.57
NWI	3			
17	Nasib, Ariel	Beverly Hill	11.10	11.57
NWI	3			
20	Ohakamnu, John	Warren	11.31	11.59
NWI	5			
20	Colbert, Rory	Carter	11.09	11.59
NWI	2			
22	Wilkerson, Brian	Golden Valle	11.01	11.61
NWI	2			
23	Yorke, Aquil	Golden Valle	11.39	11.62
NWI	1			
24	Harrison, Devin	Dana Hills	10.50	11.63
NWI	1			
25	Bethley, Stephen	Mayfair	11.33	11.65
NWI	4			
26	Smith, Shakir	Millikan	11.20	11.70
NWI	2			
26	washington, jonathan	Millikan	11.20	11.70
NWI	2			
28	Sico, John	South Torran	11.20	11.76
NWI	5			
28	Stevens, Jakob	Tulare Union	11.40	11.76
NWI	3			
28	Hamm, Kitam	Compton	11.20	11.76
NWI	3			
31	McAndrews, Daniel	Dana Hills	11.42	11.80
NWI	2			
32	Dickens, Quincy	Gahr	11.10	11.83
NWI	4			
33	Klop, Cody	West Ranch	11.00	11.95
NWI	1			
34	Waked, Alex	Marina	11.44	12.02
NWI	5			
35	Wade, Da'Mon	Wilson (Lb)	11.39	12.04
NWI	1			
36	Green, Willie	Beverly Hill	11.10	12.10
NWI	1			
37	Brown, Aaron	Mayfair	11.40	12.13
NWI	4			

38	Austin, Toney	Compton	11.20	12.75
NWI	4			
39	Newberry, Travis	Bellflower	11.00	16.47
NWI	3			
--	Cornes, Kyle	Golden Valle	11.20	DNF
NWI	1			
--	Collins, Mark	West Ranch	11.20	DQ
NWI	5			

Event 112 Boys 100 Meter Dash Varsity

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Meet:	10.56	2004	Lionel Larry, Dominguez HS	
Name		Year School	Prelims	Finals

Wind

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Finals

1	Burnham, Dameon	Roosevelt -S	10.85	11.02
1.2				
2	Matos, Luis	Golden Valle	11.19	11.05
1.2				
3	Langham, Trent	Pacifica (Gg	11.15	11.09
1.2				
4	O'Connor, Devante	Locke	11.16	11.21
1.2				
5	Butler, Javen	Pittsburg	11.24	11.23
1.2				
6	Kim, Jeff	Beckman	11.32	11.33
1.2				
7	Mitchell, Elijah	Roosevelt -S	11.27	11.40
1.2				

Event 113 Girls 800 Meter Run Varsity

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Meet:	2:12.95	2009	Laura McDowell, La Sierra HS, CA	
National:	2:00.07	1982	Kim Gallagher, Upper Dublin, PA	
Name		Year School	Seed	Finals

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1	Aldape, Nicollete	Shafter	2:31.00	2:25.16
2	Ting, Lily	Beverly Hill	2:25.60	2:25.64
3	Keller, Sara	Palos Verdes	2:29.60	2:26.27
4	Cody, Molly	Beckman	2:33.90	2:26.77
5	Deimling, Katie	Granite Hill	2:24.00	2:28.80
6	Bartoletti, Melissa	Pacifica (Gg	2:27.00	2:30.53
7	Earl, Alexis	Pittsburg	2:32.44	2:31.60
8	Bryden, Deana	Upland	2:26.67	2:32.10
9	Olsen, Lauren	Beckman	2:28.87	2:34.19
10	Johnson, Sidney	St. Mary's A	2:32.00	2:34.20
11	Hollander, Laura	Marina	2:27.00	2:34.34
12	Kim, Hannah	Dana Hills	2:31.00	2:37.24
13	Cabusora, Sam	Mayfair	2:36.00	2:42.14
14	Kara, Ford	Pacifica (Gg	2:32.00	2:42.56
15	Barber, Brooke	Upland	2:29.56	2:43.77

Event 114 Boys 800 Meter Run Varsity

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Meet: 1:55.16 2009 Elias Geydon, Loyola HS

Name	Year	School	Seed	Finals
1 Gonzalez, Sergio		Bellflower	2:00.00	2:00.56
2 Dominguez, Anthony		DeLaSalle	2:00.16	2:00.67
3 Andrade, Brandon		Burroughs (B	2:00.00	2:02.27
4 Lopez, Jerry		St. John Bos	2:01.80	2:02.34
5 Mendoza, Mondo		Huntington B		2:02.67
6 Jauregui, Joseph		Valley View	2:03.00	2:02.74
7 Viss, Simon		Shafter	2:03.70	2:03.03
8 Guzman, Micheal		Warren	2:00.20	2:03.41
9 Enriquez, Christopher		Warren	2:02.30	2:04.02
10 Capel, Lance		Dana Hills	2:00.00	2:04.50
11 Riedel, Stefan		DeLaSalle	2:04.75	2:05.04
12 Arceneaux, Jason		Damien	2:02.54	2:05.29
13 Bonthius, Jay		Fountain Val	2:03.90	2:05.72
14 Taylor, Brandon		Mayfair	2:05.00	2:05.85
15 Njuki, Benard		Roosevelt -S	2:01.00	2:06.21
16 Lahage, Krystian		Huntington B	2:03.00	2:07.30
17 Erickson, Daniel		Dana Hills	2:00.00	2:07.32
18 Reshard, Frank		Compton	2:03.00	2:07.58
19 Duong, Jimmy		Mayfair	2:06.00	2:08.62
20 Lopez, Carlos		Golden Valle	2:03.10	2:10.13
21 Martinez, Murphy		Cabrillo (Lb	2:03.00	2:11.17
22 Flores, Carlos		Venice	2:02.00	2:11.81
23 Eneyew, Daniel		Millikan	2:01.00	2:13.66
24 Allison, Jared		Beckman	2:02.00	2:17.83

Event 115 Girls 300 Meter Hurdles Varsity

Meet: 41.72 2004 Ebony Collins, Long Beach Wilson HS,CA
 National: 39.98 2001 Lashinda Demus, Long Beach Wilson HS,CA

Name	Year	School	Seed	Finals	H#
1 Hulbert, Rynese		Roosevelt -S	48.95	46.18	2
2 Tanaguchi, Autumn		Marina	48.80	47.11	2
3 Russell, Tierney		St. Mary's A	48.60	47.64	2
4 Harbin, Skylin		Golden Valle	49.40	48.44	1
5 Shaw, Megan		Golden Valle	48.40	48.57	2
6 Jones, Megan		Dana Hills	48.20	48.86	2
7 Valadez, Terra		Upland	48.13	49.13	2
8 Cornella, Katie		Dana Hills	48.40	49.28	2
9 Robinson, Tara		Fountain Val	49.02	49.53	2
10 Wells, Shelby		South Torran	50.00	49.84	1
11 Warren, Ashley		Wilson (Lb)	50.11	50.55	1
12 Mikuleviciute, Milda		El Dorado -S	50.20	50.63	1
13 Morgan, Danielle		Wilson (Lb)	49.24	50.78	1

Event 116 Boys 300 Meter Hurdles Varsity

Meet: 38.38 2009 Mikey Fischetti, Dana Hills HS

Name	Year	School	Seed	Finals	H#
1 Anguiano, Esteban		Carter	41.60	40.08	2
2 hubbard, kyle		Mira Costa	40.80	40.28	3
3 Traut, Brian		Beckman	41.15	40.46	3
4 Okpara, Ikechi		St. John Bos	41.50	40.96	3

5	Hageman, Donald	Damien	41.53	41.08	2
6	Hua, Anderson	Fountain Val	41.07	41.58	3
7	Merlos, George	Loyola	40.98	41.69	3
8	Mc Laurin, Marlon	Mayfair	41.65	41.77	2
9	Weaver, Brendan	Palos Verdes	41.50	41.85	3
10	Porter, Marcus	Wilson (Lb)	42.11	42.05	2
11	Soulopuolos, Theodore	Dana Hills	41.70	42.35	2
12	Vroom, Tanner	Dana Hills	42.00	42.48	2
13	Wilson, Alex	El Dorado -S	42.33	42.72	1
14	Johnson, Geordan	Torrance	42.80	42.73	1
15	Bagley, Brandon	Compton	43.21	43.07	1
16	Anderson, Chaz	Loyola	40.89	43.15	3
17	Gross, Thomas	Marina	43.03	43.98	1
18	Davis, Jehlon	Cabrillo (Lb)	40.20	44.00	3
19	Kennedy, Kyle	Upland	43.10	44.11	1
20	Marcotte, Michael	DeLaSalle	42.02	44.16	2
21	Barney, Daniel	Pittsburg	42.09	45.00	2
22	Kitajima, Stanley	Roosevelt -S	42.00	46.11	2
23	rasmussen, brandon	Millikan	43.00	48.60	1
--	Sabir-Anderson, Devontae	Pittsburg	43.11	DQ	1

Event 117 Girls 200 Meter Dash Varsity

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 Meet: 24.37 2007 Shelise Williams, Long Beach Wilson HS, CA
 National: 22.51 2003 Allyson Felix, LA Baptist HS, CA
 Name Year School Seed Finals

Wind H#

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1	Peterson, Sierra	St. Mary's A	25.50	25.04
NWI 2				
2	Myricks, Brittney	Upland	25.92	26.18
NWI 2				
3	Dotson, Ashlee	Mira Costa	26.20	26.26
NWI 2				
4	Taylor, Re'Onna	Wilson (Lb)	25.51	26.57
NWI 2				
5	Wilbourn, Amy	La Habra	26.59	26.73
0.9 1				
6	Simpson, Heather	Marina	26.77	26.96
NWI 2				
7	Monsalvatge, Aliyah	Mayfair	26.22	27.00
0.9 1				
8	Robinson, Julia	Marina	26.70	27.13
0.9 1				
9	Torres, Vanessa	Beverly Hill	26.30	27.26
0.9 1				
10	Ostler, Katie	Beckman	26.11	27.30
NWI 2				
11	Johnson, Candace	Palos Verdes	26.30	27.47
0.9 1				
12	Blount, Camara	Pasadena	26.25	27.66
0.9 1				
13	Stewart, Alexandria	El Camino Re	25.80	27.76
NWI 2				

14	Mollique, Janeek	Pittsburg	26.58	27.95
0.9	1			
15	Ford, Shevante	Upland	26.00	28.68
NWI	2			
16	furtado, melissa	South Torran	26.26	29.42
0.9	1			
17	Barrera, Kyaunna	Compton		29.99
0.9	1			
18	macda, kailee	South Torran	26.13	31.27
NWI	2			

Event 118 Boys 200 Meter Dash Varsity

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Meet: 21.40 2004 Lionel Larry, Dominguez HS
 Name Year School Seed Finals
 Wind H#

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1	Fabela, German	La Serna	22.56	22.41
1.8	2			
2	Winston, Kevin	DeLaSalle	22.40	22.53
1.8	2			
3	Matos, Luis	Golden Valle	22.67	22.59
1.8	2			
4	Simpkins, Austin	Huntington B	22.53	22.86
1.8	2			
5	Hall, Ronny	Narbonne	22.70	23.09
1.8	2			
6	Smith, Shakir	Millikan	23.00	23.12
1.8	1			
7	Owens, Jaelen	Jordan -ss	22.90	23.25
1.8	1			
8	Bryant, Chris	Compton		23.27
1.8	1			
9	Miller, Jacob	Fountain Val	22.80	23.37
1.8	1			
10	Stepney, Tarus	Pasadena	22.83	23.43
1.8	1			
11	washington, jonathan	Millikan	22.90	23.88
1.8	1			
12	Steinberg, Joel	Beverly Hill	22.80	23.91
1.8	2			
13	Acosta, Angelo	La Serna	23.15	24.92
1.8	1			

Event 121 Girls 4x400 Meter Relay Frosh/Soph

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Meet: 4:04.22 3/20/2010 Wilson-LB, Wilson-LB
 M Reed, A Grant, A Whitfield, A Warren

School	Seed	Finals	H#
1 El Dorado -ss	4:25.00	4:13.98	2
2 St. Mary's Academy	4:18.00	4:15.06	2
3 Fountain Valley	4:25.00	4:26.53	2
4 Wilson (Lb) -ss	4:04.76	4:26.63	2
5 Dana Hills		4:27.85	1

6	Beverly Hills	4:40.00	4:31.28	1
7	Golden Valley -ss	4:35.00	4:32.29	2
8	Roosevelt -ss	4:25.00	4:34.07	2
9	Carter		4:34.08	1
10	Marina	4:28.00	4:39.01	2
11	Upland	4:40.00	4:41.80	1
12	La Serna	4:47.00	4:43.92	1
13	Valley View	4:55.00	4:52.07	1
14	West Ranch	4:44.20	4:56.86	1

Event 122 Boys 4x400 Meter Relay Frosh/Soph

Meet: 3:33.36 2008		Notre Dame High School, Notre Dame HS		
School	Seed	Finals	H#	
1	DeLaSalle	3:38.00	3:33.52	3
2	Rancho Verde	3:37.00	3:33.75	3
3	Wilson (Lb) -ss	3:50.00	3:42.52	2
4	Dana Hills	3:40.00	3:42.98	3
5	Carter	3:52.00	3:48.65	2
6	Warren	3:45.30	3:48.89	2
7	Golden Valley -ss	3:45.00	3:49.14	2
8	Locke	3:48.00	3:49.16	2
9	Shafter	3:55.00	3:51.32	1
10	Beverly Hills	3:42.00	3:51.90	3
11	Roosevelt -ss	3:55.00	3:52.83	1
12	West Ranch	3:53.00	3:55.10	1
13	Valley View	4:06.00	3:55.63	1
14	Pacifica (Gg)	3:44.40	3:56.57	3
15	Upland	3:40.00	3:57.14	3
16	South Torrance	4:45.22	4:00.72	1
17	Pasadena	3:51.00	4:01.71	2
18	La Serna	4:20.00	4:02.92	1

Event 123 Girls 4x400 Meter Relay Varsity

Meet: 3:41.34 2004		Oakridge High School, Orlando, Florida,		
School	Seed	Finals	H#	
1	Wilson (Lb) -ss	4:09.76	4:13.79	2
2	Mayfair	4:15.00	4:15.44	2
3	South Torrance	4:19.00	4:20.37	1
4	Narbonne	4:09.20	4:21.23	2
5	Valley View	4:24.00	4:25.86	1
6	El Camino Real	4:20.78	4:33.82	1
7	Jordan -ss	4:10.00	4:34.38	2
--	Pasadena	4:24.46	DQ	1

Event 124 Boys 4x400 Meter Relay Varsity

Meet: 3:16.97 2004		Chaparral High School, Chaparral HS		
School	Seed	Finals	H#	
1	Gahr	3:29.50	3:30.63	2
2	Pacifica (Gg)	3:38.00	3:35.00	1
3	Warren	3:42.00	3:37.35	1

4	Pittsburg	3:31.99	3:40.60	2
5	Compton	4:05.02	3:40.63	1
6	Cabrillo (Lb)	3:34.00	3:43.00	1
7	Locke	3:47.00	3:43.55	1
8	Wilson (Lb) -ss	3:32.11	3:45.37	2
9	Loyola	3:29.64	3:47.42	2
10	South Torrance	3:33.12	3:47.83	2
11	Torrance	3:40.00	3:49.12	1

Event 125 Girls 4x200 Meter Relay Frosh/Soph

9 Advance: Top 3 Each Heat plus Next 3 Best Times

Meet: 1:44.69 3/19/2010 Wilson-LB, Wilson-LB

M Reed, A Grant, A Whitfield, A Warren

School	Seed	Prelims	H#
Preliminaries			
1	St. Mary's Academy	2:05.00	1:45.71Q 2
2	Dana Hills	1:52.00	1:51.84Q 1
3	Santa Monica	1:49.89	1:49.68Q 2
4	Pacifica (Gg)	1:58.00	1:53.45Q 1
5	Wilson (Lb) -ss	1:44.05	1:50.83Q 2
6	Carter	1:53.20	1:53.58Q 1
7	Roosevelt -ss	1:52.62	1:53.71q 2
8	Fountain Valley	1:52.00	1:54.48q 1
9	Mayfair	1:56.00	2:04.44q 1
10	Marina	54.30	2:05.54 1
11	West Ranch	1:52.00	2:05.71 2

Event 125 Girls 4x200 Meter Relay Frosh/Soph

Meet: 1:44.69 3/19/2010 Wilson-LB, Wilson-LB

M Reed, A Grant, A Whitfield, A Warren

School	Prelims	Finals
Finals		
1	St. Mary's Academy	1:45.71 1:46.08
2	Santa Monica	1:49.68 1:48.49
3	Dana Hills	1:51.84 1:50.23
4	Wilson (Lb) -ss	1:50.83 1:50.87
5	Carter	1:53.58 1:52.03
6	Pacifica (Gg)	1:53.45 1:52.75
7	Roosevelt -ss	1:53.71 1:53.71
8	Fountain Valley	1:54.48 1:53.96

Event 126 Boys 4x200 Meter Relay Frosh/Soph

9 Advance: Top 2 Each Heat plus Next 3 Best Times

Meet: 1:31.34 2007 Loyola High School, Loyola HS

School	Seed	Prelims	H#
Preliminaries			
1	DeLaSalle	1:34.00	1:34.15Q 3
2	Bellflower	1:34.00	1:35.26Q 2
3	Roosevelt -ss		1:36.92Q 1
4	Fountain Valley	1:37.00	1:37.06Q 1
5	Wilson (Lb) -ss	1:42.00	1:37.20Q 3

6 Pasadena	1:49.23	1:37.53Q	2
7 Warren	1:38.10	1:37.57q	3
8 Locke	1:36.00	1:38.36q	1
9 West Ranch	1:40.28	1:39.28q	2
10 Carter	1:47.41	1:40.73	2
11 Marina	4:10.00	1:40.74	1
12 Santa Monica	1:40.00	1:41.18	1
13 Dana Hills	1:39.00	1:41.53	2
14 Pacifica (Gg)	1:43.20	1:41.98	1
15 Millikan	1:40.00	1:43.75	3
16 Torrance	1:40.00	1:44.13	3
17 Verbum Dei	1:47.00	1:44.87	3
18 Mayfair	1:40.00	1:46.23	1

Event 126 Boys 4x200 Meter Relay Frosh/Soph

=====
 Meet: 1:31.34 2007 Loyola High School, Loyola HS
 School Prelims Finals
 =====

Finals

1 DeLaSalle	1:34.15	1:34.58
2 Bellflower	1:35.26	1:35.66
3 Roosevelt -ss	1:36.92	1:37.40
4 Fountain Valley	1:37.06	1:37.77
5 Wilson (Lb) -ss	1:37.20	1:38.21
6 Locke	1:38.36	1:39.23
7 Warren	1:37.57	1:39.59
8 Pasadena	1:37.53	1:40.09
9 West Ranch	1:39.28	1:40.22

Event 127 Girls 4x200 Meter Relay Varsity

=====
 9 Advance: Top 2 Each Heat plus Next 3 Best Times
 Meet: 1:36.85 2004 Long Beach Wilson High School, Long

Beach
 School Seed Prelims H#
 =====

Preliminaries

1 St. Mary's Academy	1:42.00	1:42.65Q	1
2 Roosevelt -ss	1:43.76	1:43.32Q	2
3 Wilson (Lb) -ss	1:39.37	1:43.60Q	3
4 Claremont	1:49.41	1:45.14Q	1
5 Palos Verdes	1:46.00	1:47.96Q	2
6 Arlington	1:49.00	1:50.27Q	3
7 Locke	1:59.20	1:47.90q	1
8 Dana Hills	1:46.00	1:48.49q	1
9 Narbonne	1:43.23	1:49.24q	2
10 Pittsburg	1:54.55	1:50.25	1
11 Tulare Union	1:57.00	1:51.61	2
12 West Ranch	1:52.00	1:51.97	1
13 Mayfair	1:52.00	1:52.58	3
14 Valley View	1:54.00	1:53.25	3
15 Pasadena	1:50.76	1:53.53	2
16 South Torrance	1:51.00	1:54.17	2

Event 127 Girls 4x200 Meter Relay Varsity

=====

Meet: 1:36.85 2004 Long Beach Wilson High School, Long Beach

School	Prelims	Finals
Finals		
1 Roosevelt -ss	1:43.32	1:41.55
2 St. Mary's Academy	1:42.65	1:41.86
3 Wilson (Lb) -ss	1:43.60	1:44.70
4 Claremont	1:45.14	1:47.61
5 Arlington	1:50.27	1:47.62
6 Palos Verdes	1:47.96	1:48.27
7 Dana Hills	1:48.49	1:48.55
7 Locke	1:47.90	1:48.55

Event 128 Boys 4x200 Meter Relay Varsity

9 Advance: Top 2 Each Heat plus Next 3 Best Times

Meet: 1:26.28 3/20/2010 Poly (LB), Poly (LB)

School	Seed	Prelims	H#
Preliminaries			
1 Roosevelt -ss	1:29.15	1:28.82Q	1
2 DeLaSalle	1:29.55	1:29.61Q	3
3 Pasadena	1:39.23	1:32.24Q	2
4 Wilson (Lb) -ss	1:33.10	1:32.40Q	1
5 Covina	1:33.00	1:32.47Q	3
6 Claremont	1:31.00	1:32.64Q	2
7 Valley View	1:34.00	1:33.09q	3
8 Millikan	1:30.00	1:33.31q	2
9 Dana Hills	1:33.00	1:33.67q	2
10 South Torrance	2:19.62	1:34.22	1
11 Carter	1:33.40	1:34.88	3
12 Pittsburg	1:32.67	1:35.10	3
13 West Ranch	1:33.75	1:35.26	2
14 Bellflower	1:31.90	1:35.72	1
15 Warren	1:33.20	1:35.87	1
16 Fountain Valley	1:40.00	1:39.89	3
17 Mayfair	1:35.00	1:40.49	1
18 Verbum Dei	1:43.20	1:41.05	1

Event 128 Boys 4x200 Meter Relay Varsity

Meet: 1:26.28 3/20/2010 Poly (LB), Poly (LB)

School	Prelims	Finals
Finals		
1 Roosevelt -ss	1:28.82	1:28.43
2 DeLaSalle	1:29.61	1:29.77
3 Pasadena	1:32.24	1:31.71
4 Claremont	1:32.64	1:31.83
5 Dana Hills	1:33.67	1:34.24
6 South Torrance	1:34.22	1:36.50
7 Wilson (Lb) -ss	1:32.40	1:38.39

Event 129 Girls 4x800 Meter Relay Frosh/Soph

Meet: 9:48.51 3/20/2010 Redondo, Redondo

K Ferron, A Thibodeau, A Villegas, C Ulizio

School	Seed	Finals
1 Dana Hills	10:10.00	10:15.23
2 Marina	10:10.00	10:19.69
3 Fountain Valley	10:19.00	10:30.72
4 Santa Monica	11:02.00	10:31.68
5 Beverly Hills	10:30.00	10:43.08
6 Upland	11:00.00	10:52.14
7 West Ranch	10:20.44	11:05.42
8 Valley View	13:05.00	11:18.10
9 Mayfair	10:20.00	11:19.41
10 Millikan	10:45.00	11:24.90
11 Pacifica (Gg)	10:10.00	11:25.13
12 Wilson (Lb) -ss	10:02.76	11:30.11
13 Pasadena	11:05.43	12:28.57

Event 130 Boys 4x800 Meter Relay Frosh/Soph

School	Seed	Finals
Meet: 8:18.06 3/20/2010 Loyola, Loyola A Bland, J Jones, N Nosce, R Wiggins		
1 Dana Hills	8:20.00	8:26.28
2 Warren	8:39.20	8:36.61
3 Loyola	8:50.00	8:37.59
4 Dana Hills 'B'		8:40.87
1) Diem, Gavin	2) Ross, Max	
3) Marquina, Mauro	4) Werderman, Andy	
5 West Ranch	8:54.82	8:42.60
6 Mayfair	9:00.00	8:45.68
7 Shafter	8:48.40	8:53.49
8 California -ss	8:45.00	8:55.39
9 Fountain Valley	8:40.00	9:00.14
10 Marina	9:35.00	9:05.59
11 Wilson (Lb) -ss	10:25.00	9:11.79
12 Palos Verdes	8:57.00	9:13.08
13 Verbum Dei	10:00.00	9:15.97
14 St. John Bosco	9:00.00	9:18.31
15 Golden Valley -ss	9:00.00	9:21.90
16 Venice		9:22.05
17 Valley View	10:20.00	9:26.40
18 Millikan	8:45.00	9:33.27
19 Beverly Hills	9:50.00	9:36.61
20 Pasadena	9:17.22	9:56.94
-- Santa Monica	9:04.82	DQ

Event 131 Girls Distance Medley Varsity

School	Seed	Finals
Meet: 12:03.81 3/19/2010 West Ranch, West Ranch B Miller, K Long, A Welker, J Owen		
1 Palos Verdes	12:20.00	12:11.66
2 Dana Hills	12:20.00	12:25.68
3 Marina	12:40.00	12:31.10
4 West Ranch	12:10.54	12:34.35

5	Beverly Hills	13:00.00	12:51.14
6	Gahr	12:38.00	12:55.16
7	Claremont	12:55.50	12:58.49
8	Beckman	13:16.31	13:08.59
	1) Cody, Molly	2) Syed, Saniya	
	3) Olsen, Lauren	4) Clemens, Lauren	
9	California -ss	12:55.00	13:14.18
10	Venice		13:20.43
11	Arlington	12:35.00	13:23.84
12	Pittsburg	13:33.42	13:45.15
13	Wilson (Lb) -ss	12:59.99	14:06.06
14	Valley View	15:40.00	14:29.67

Event 132 Boys Distance Medley Varsity

Meet: 10:11.99 2009		Dana Hills High School, Dana Hills HS	
School	Seed	Finals	
1	Dana Hills	10:15.00	10:21.02
2	St. John Bosco	10:25.00	10:26.69
3	Marina	10:21.00	10:31.99
4	Beverly Hills	10:40.00	10:37.65
5	Claremont	10:31.00	10:40.97
6	California -ss	10:43.00	10:42.20
7	Warren	10:59.00	10:42.92
8	Valley View	11:29.00	10:52.46
9	Wilson (Lb) -ss	10:47.00	11:00.24
10	Gahr	10:57.00	11:09.14
11	Millikan	11:30.00	11:12.05
12	Huntington Beach	11:38.00	11:20.51
13	Irvine	10:35.00	11:21.43
14	Pittsburg	11:11.33	11:24.14
15	Venice		11:39.95
16	West Ranch	11:30.60	11:54.25
17	Locke	11:50.00	11:56.96

Event 133 Girls 800 Sprint Medley Frosh/Soph

Meet: 1:49.64 2009		Junipero Serra High School, Junipero Serra	
School	Seed	Finals	H#
1	St. Mary's Academy	2:05.00	1:54.99 2
2	Wilson (Lb) -ss	1:48.00	1:58.41 2
3	Dana Hills	2:01.00	2:00.69 2
4	Fountain Valley	2:02.00	2:02.34 2
5	Marina	2:55.00	2:03.77 1
6	Mayfair	2:10.00	2:07.06 2
7	Beverly Hills	2:10.00	2:07.48 2
8	Roosevelt -ss	1:55.00	2:07.78 2
9	Carter		2:09.78 1
10	West Ranch	1:44.80	2:13.99 2
--	Pasadena	2:11.30	DQ 1

Event 134 Boys 800 Sprint Medley Frosh/Soph

Meet: 1:37.31 2008 Long Beach Wilson High School, Long Beach

School	Seed	Finals	H#
1 DeLaSalle	1:39.10	1:39.53	2
2 Warren	1:42.20	1:43.13	2
3 Wilson (Lb) -ss	1:42.00	1:43.28	2
4 West Ranch	1:44.80	1:43.97	1
5 Pasadena	3:47.22	1:43.99	1
6 Bellflower	1:48.00	1:44.00	1
7 Locke	1:40.00	1:44.97	2
8 St. John Bosco	1:44.00	1:45.20	2
9 Carter		1:45.59	1
10 South Torrance	2:01.22	1:45.67	1
11 Beverly Hills	1:43.00	1:46.40	2
12 Mayfair	1:49.00	1:46.70	1
12 Dana Hills	1:41.00	1:46.70	2
14 Torrance	1:44.00	1:47.40	2
15 Roosevelt -ss	1:45.30	1:48.39	1
16 Fountain Valley	1:44.00	1:49.20	2
17 Verbum Dei	1:45.60	1:53.94	1

Event 135 Girls 1600 Sprint Medley Varsity

Meet: 3:53.60 2004 Oakridge High School, Orlando, Florida,

School	Seed	Finals	H#
1 Wilson (Lb) -ss	4:06.66	4:17.82	2
2 Claremont	4:33.00	4:23.49	2
3 Mayfair	4:24.00	4:24.14	2
4 Valley View	4:47.00	4:24.24	1
5 Dana Hills	4:30.00	4:29.15	2
6 West Ranch	4:40.82	4:29.46	1
7 Pittsburg	4:37.06	4:32.83	2
8 Fountain Valley	4:26.00	4:36.65	2
9 Beverly Hills	4:18.00	4:42.00	2
10 St. Mary's Academy	5:23.00	4:43.18	1
11 South Torrance	4:54.00	4:48.48	1
12 Torrance	4:25.00	4:48.76	2
13 Pasadena	4:42.56	5:02.61	1

Event 136 Boys 1600 Sprint Medley Varsity

Meet: 3:30.14 2004 East Transit Tech High School, Brooklyn,

School	Seed	Finals	H#
1 Valley View	3:35.00	3:33.18	3
2 Wilson (Lb) -ss	3:35.10	3:35.61	3
3 Roosevelt -ss	3:39.68	3:41.50	3
4 St. John Bosco	3:40.00	3:42.85	3
5 Covina	3:37.00	3:43.88	3
6 Bellflower	3:43.00	3:44.19	2
7 Beverly Hills	3:43.00	3:45.34	2
8 DeLaSalle	3:41.00	3:46.33	2
9 Locke	4:00.00	3:46.58	1

10	Pittsburg	3:50.77	3:50.09	2
11	Pasadena	3:42.76	3:51.49	2
12	Dana Hills	3:40.00	3:51.56	3
13	Fountain Valley	3:58.00	3:53.81	2
14	South Torrance	6:07.00	3:53.87	1
15	Mayfair	3:40.00	3:57.37	3
16	Gahr	3:52.80	3:58.59	2
17	West Ranch	3:39.10	4:01.96	3
18	Verbum Dei	4:02.00	4:04.68	1
19	Torrance	3:40.00	4:09.09	3

Event 137 Girls 4x1600 Meter Relay Varsity

Meet: 21:21.81 3/19/2011 Fountain Valley, Fountain Val			
School	Seed	Finals	
1	Fountain Valley	22:00.00	21:21.81
2	Marina	21:30.00	21:24.80
3	West Ranch	22:11.37	21:37.91
4	Dana Hills	22:00.00	21:47.94
5	Golden Valley -ss	22:10.00	22:13.32
6	Granite Hills -ss	22:18.23	22:22.58
7	Palos Verdes	22:30.00	22:26.53
8	California -ss	22:20.00	22:32.59
9	Claremont	23:15.00	22:38.45
10	Wilson (Lb) -ss	21:51.52	23:57.08
11	Valley View	26:02.00	24:18.50
12	Louisville	23:00.00	24:58.58
13	Pacifica (Gg)	23:20.00	25:10.47
14	Venice		25:13.74

Event 138 Boys 4x1600 Meter Relay Varsity

Meet: 17:45.19 3/20/2010 Dana Hills, Dana Hills			
B Ahrold, R Campuzano, C Kaddatz, J Molina			
School	Seed	Finals	
1	St. John Bosco	17:50.00	17:48.30
2	Dana Hills	17:45.00	17:48.50
3	Loyola	17:45.33	17:57.99
4	Golden Valley -ss	18:25.00	18:23.96
5	Granite Hills -ss	18:12.31	18:29.03
6	Loyola 'B'		18:29.63
7	Warren	18:40.00	18:29.78
8	Dana Hills 'B'		18:34.43
9	Valley View	18:03.00	18:37.09
10	Marina	18:30.00	18:38.28
11	California -ss	18:23.00	18:40.33
12	Palos Verdes	19:00.00	18:47.43
13	Beckman	18:54.00	19:02.90
14	Santa Fe	18:20.01	19:09.49
15	Huntington Beach	19:47.00	19:18.83
16	Millikan	19:00.00	19:21.79
17	Venice		19:56.57
18	Wilson (Lb) -ss		20:00.44
19	Pacifica (Gg)	19:20.00	20:21.49
20	Locke	20:20.00	21:34.48

Event 139 Girls 4x800 Meter Relay Varsity

=====			
Meet:		9:21.53	2004
Beach		Long Beach Wilson High School, Long Beach	
School	Seed	Finals	
=====			
1 Dana Hills	9:55.00	9:37.29	
2 Claremont	10:10.00	9:51.45	
3 West Ranch	9:25.68	10:00.49	
4 Marina	10:05.00	10:04.15	
5 Wilson (Lb) -ss	9:21.90	10:04.34	
6 Louisville	10:35.10	10:07.94	
7 California -ss	10:00.00	10:14.35	
8 Millikan	9:58.00	10:21.68	
9 Golden Valley -ss	10:05.00	10:25.62	
10 Arlington	9:45.00	10:32.29	
11 Beckman	10:31.24	10:51.74	
12 St. Mary's Academy		11:00.09	
13 Pacifica (Gg)	11:00.00	11:06.41	
14 Fountain Valley	10:45.00	11:08.56	

Event 140 Boys 4x800 Meter Relay Varsity

=====			
Meet:		7:45.42	2009
School		Dana Hills High School, Dana Hills HS	
School	Seed	Finals	
=====			
1 Dana Hills	7:50.00	7:59.08	
2 Loyola	8:00.84	8:05.75	
3 Wilson (Lb) -ss		8:05.77	
4 St. John Bosco	8:08.00	8:07.91	
5 Shafter	8:18.80	8:13.15	
6 Marina	8:20.00	8:18.08	
7 Dana Hills 'B'		8:18.81	
8 Venice		8:21.25	
9 California -ss	8:25.00	8:22.69	
10 Golden Valley -ss	8:10.00	8:24.65	
11 Palos Verdes	8:34.00	8:33.37	
12 Santa Monica		8:34.02	
13 Loyola 'B'		8:35.23	
14 Millikan	8:20.00	8:42.77	
15 Mayfair	8:40.00	8:50.33	
16 Pittsburg	8:44.45	8:52.95	
17 Pacifica (Gg)	8:30.00	8:56.98	
18 Fountain Valley	8:38.00	9:02.51	
19 West Ranch	8:31.20	9:05.37	
20 Beverly Hills	9:20.00	9:13.66	
21 Pasadena	9:18.27	9:30.32	

Event 141 Girls High Jump Varsity

=====			
Meet:		5-10	3/20/2010
National:		6-04	1993
C		Tara Richmond, Poly (LB), CA	
		Amy Acuff and Toni Young, Calallen,TX, Del	

Name	Year School	Seed	Finals
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1.57m	1 Shank, Justice	Burroughs (B)	5-06.00	5-02.00
1.57m	2 Morgan, Danielle	Wilson (Lb)	5-03.00	J5-02.00
1.57m	2 Tomich, Emily	Beckman	5-00.00	J5-02.00
1.52m	4 Birdsell, Caitlin	Beckman	5-06.00	5-00.00
1.52m	5 Eljenholm, Taylor	Dana Hills	5-00.00	J5-00.00
1.52m	6 Usgaard, Tori	Dana Hills	5-02.00	J5-00.00
1.47m	7 Davis, Kaelin	Wilson (Lb)	5-06.00	4-10.00
1.47m	7 Joseph, Imani	Mayfair	5-02.00	4-10.00
1.47m	7 Muller, Katelyn	Marina	5-00.00	4-10.00
1.47m	7 Breitenfeld, Makenna	El Camino Re	5-00.00	4-10.00
1.42m	11 Mack, Emerald	Golden Valle	5-00.00	4-08.00
1.42m	11 Bender, Lora	Fountain Val	5-00.00	4-08.00
1.42m	11 Davis, Mika	Palos Verdes	5-00.00	4-08.00
1.42m	11 Johnson, Skylar	Dana Hills	5-00.00	4-08.00
1.37m	15 Harward, Cassandra	Fountain Val	5-00.00	4-06.00

Event 142 Boys High Jump Varsity

Meet: 6-08 3/20/2010 Aaron Hale, Upland					
Name	Year	School	Seed	Finals	
1.93m	1	Duarte, Alex	Pacifica (Gg)	6-04.00	6-04.00
1.87m	2	Johnson, Malik	El Camino Re	6-00.00	6-02.00
1.82m	3	Ilyas, Hassan	Fountain Val	6-04.00	6-00.00
1.82m	4	Brown, Martin	St. John Bos	6-02.00	J6-00.00
1.82m	5	Elam, John	Warren	6-00.00	J6-00.00
1.82m	6	Nang, Sean	South Pasade	6-02.00	J6-00.00
1.77m	7	Ghaemi, Q'Marth	Palos Verdes	6-02.00	5-10.00
1.77m	7	Nelson, Matt	South Pasade	6-02.00	5-10.00

7 Ojeda, Dylan	Loyola	6-00.00	5-10.00
1.77m			
10 Lee, Dayyaan	Bellflower	6-02.00	5-08.00
1.72m			
10 Vaccaro, Bobby	DeLaSalle	6-02.00	5-08.00
1.72m			
10 Green, Willie	Beverly Hill	6-00.00	5-08.00
1.72m			
10 Schapiro, Lucus	DeLaSalle	6-02.00	5-08.00
1.72m			
10 Ahrold, Nick	Dana Hills	6-02.00	5-08.00
1.72m			
10 Dunne, Chancellor	Dana Hills	6-00.00	5-08.00
1.72m			
16 Jasper, Michael	Bellflower	6-00.00	5-06.00
1.67m			
16 Johnson, Roy	Golden Valle	6-00.00	5-06.00
1.67m			
16 Thenard, Paul	Marina	6-00.00	5-06.00
1.67m			
16 Mederias, Luis	Warren	6-02.00	5-06.00
1.67m			
20 Eziyi, Kalu	Mayfair	6-00.00	5-04.00
1.62m			
21 Chambers, Theodore	Mayfair	6-00.00	5-02.00
1.57m			
-- Lopez, Joey	Dana Hills	6-00.00	NH
-- Okpara, Ikechi	St. John Bos	6-04.00	NH
-- Finney, Malcolm	Mayfair	6-00.00	NH
-- Teverbaugh, Hank	Loyola	6-00.00	NH

Event 143 Girls Pole Vault Varsity

=====				
=====				
Meet:	11-06	3/20/2010	Nicole Larson, Upland, CA	
National:	14-02.50	2007	Tori Anthony, Castilleja HS, CA	
Name	Year	School	Seed	Finals
=====				
=====				
1 Centanaro, Gardenia		Roosevelt -S	10-06.00	10-06.00
3.20m				
2 McCormick, Kelly		Dana Hills	10-06.00	J10-06.00
3.20m				
3 Andre, Savanna		Los Osos	9-10.00	10-00.00
3.04m				
4 Phan, Lucy		Wilson (Lb)	10-06.00	9-06.00
2.89m				
5 Garcia, Krystena		Roosevelt -S	9-06.00	J9-06.00
2.89m				
6 Haydock, Sarah		Fountain Val	9-06.00	J9-06.00
2.89m				
7 Lopez, Natalie		Marina	9-06.00	9-00.00
2.74m				
7 Hanson, Sierra		Dana Hills	9-00.00	9-00.00
2.74m				
9 Siruka, Ariel		Upland	9-06.00	J9-00.00
2.74m				

10 Riley, Paris	Marina	9-00.00	J9-00.00
2.74m			
10 Ruegg, Sarah	Wilson (Lb)	10-00.00	J9-00.00
2.74m			
12 Cooper, Megan	Golden Valle	9-00.00	8-06.00
2.59m			
13 Techmanski, Madison	Dana Hills	9-00.00	J8-06.00
2.59m			
13 Warrick, Katie	Roosevelt -S	9-00.00	J8-06.00
2.59m			
-- Rahebi, Sahar	Upland		NH
-- DelCampo, Erica	Mayfair	9-06.00	NH
-- Santiago, Jocelyn	Fountain Val	9-06.00	NH
-- Winter, Stephanie	Golden Valle	9-00.00	NH
-- Bruggeman, Chaylene	Wilson (Lb)	10-00.00	NH
-- Peloquin, Emma	Fountain Val	9-00.00	NH

Event 144 Boys Pole Vault Varsity

=====

Meet: 16-00 3/19/2011 Evan Barr, Loyola

Name	Year	School	Seed	Finals
1 Barr, Evan		Loyola	15-10.00	16-00.00
4.87m				
2 Hamidzadeh, Alexander		El Camino Re	15-06.00	14-06.00
4.41m				
3 Schreck, Ben		Oakwood	14-02.00	J14-06.00
4.41m				
4 Hateley, Everett		Loyola	14-00.00	14-00.00
4.26m				
5 Gunderson, Thomas		Torrance	13-09.00	J14-00.00
4.26m				
6 Morrow, Ryan		Mira Costa	14-07.00	J14-00.00
4.26m				
7 Van Wyck, James		DeLaSalle	15-04.00	J14-00.00
4.26m				
8 Davis, Ian		Damien	14-08.00	J14-00.00
4.26m				
9 Allen, Austin		Burroughs (B	14-06.00	13-06.00
4.11m				
10 Messinger, Keith		Dana Hills	13-00.00	J13-06.00
4.11m				
11 Stich, Nick		DeLaSalle	13-06.00	13-00.00
3.96m				
12 Beck, Kyle		Los Osos	13-06.00	J13-00.00
3.96m				
13 Schmidt, Tim		Damien	13-00.00	J13-00.00
3.96m				
14 Olmos, Jorge		Valley View	13-00.00	12-06.00
3.81m				
-- Ramirez, David		Mayfair	13-02.00	NH
-- Bennett, Shane		Fountain Val	13-06.00	NH
-- Kumasaka, Chase		Santa Monica	13-01.00	NH

Event 145 Girls Long Jump Varsity

Meet:		18-11.50	2004	De Ana Carson, Long Beach Wilson HS, CA	
National:		22-03	1976	Kathy McMillan, Hoke Raeford HS, NC	
Name	Year	School	Seed	Finals	
Wind					
1	Coleman, Tatiana	St. Mary's A	16-10.00	17-00.75	
NWI	5.20m				
2	Eljenholm, Taylor	Dana Hills	17-08.00	16-09.50	
NWI	5.11m				
3	Usgaard, Tori	Dana Hills	16-11.00	16-05.75	
NWI	5.02m				
4	Kermah, Shannon	Burroughs (B	16-04.00	16-04.75	
NWI	4.99m				
5	Snowden, Koryn	Pasadena	17-07.00	16-04.00	
NWI	4.97m				
6	Clink, Olivia	Louisville	16-10.00	16-00.75	
NWI	4.89m				
7	Haydock, Sarah	Fountain Val	16-08.00	15-08.25	
NWI	4.78m				
8	Vaughn, Paris	Burroughs (B	16-10.00	15-07.75	
NWI	4.76m				
9	Bent-Mikael, Zaynab	St. Mary's A	16-00.00	15-06.50	
NWI	4.73m				
10	Hawkins, Taylor	Narbonne	16-11.00	15-05.50	
NWI	4.71m				
11	Dibene, Katie	Dana Hills	16-05.00	15-05.25	
NWI	4.70m				
12	Davis, Mika	Palos Verdes	16-02.00	15-03.50	
NWI	4.66m				
12	Phillips, Kayla	St. Mary's A	15-11.00	15-03.50	
NWI	4.66m				
14	Armstead, Mikaela	Pittsburg	16-01.00	15-00.25	
NWI	4.57m				
15	Richardson, Racheal	Pasadena	16-05.00	14-11.50	
NWI	4.55m				
16	Osaji, Victoria	Bellflower	16-00.00	14-09.75	
NWI	4.51m				
17	Grant, Aja	Wilson (Lb)	17-06.00	13-11.75	
NWI	4.26m				
18	Warren, Ashley	Wilson (Lb)	16-01.00	13-11.25	
NWI	4.24m				
19	Hill, Taylor	South Torran	16-06.00	13-11.00	
NWI	4.24m				
20	Adama, Tyler	South Torran	16-05.00	13-10.25	
NWI	4.22m				
21	Paggo, Amanda	South Pasade	15-11.00	13-04.75	
NWI	4.08m				
22	Heisey, rebecca	South Torran	16-09.00	13-03.00	
NWI	4.03m				
23	Robinson, Kelcey	Wilson (Lb)	16-01.00	12-10.75	
NWI	3.93m				
24	Flanagan, Taylor	Mayfair	16-02.00	12-08.25	
NWI	3.86m				

Event 146 Boys Long Jump Varsity

=====					
Meet:		24-02	2007	Anthony Wright, Compton HS	
Name	Year	School	Seed	Finals	
=====					
Wind					
=====					
1	Barney, Daniel	Pittsburg	21-01.00	6.75	
NWI	0.17m				
2	Widby, Ralon	Jordan -ss	21-07.00	6.50	
NWI	0.16m				
3	Davis, Jehlon	Cabrillo (Lb	21-01.00	6.50	
NWI	0.16m				
4	Hutson, Tim	Pacifica (Gg	21-11.00	6.25	
NWI	0.16m				
5	Harvey, Aaron	Upland	20-10.00	6.25	
NWI	0.16m				
6	Bryant, Chris	Compton	23-08.00	6.25	
NWI	0.16m				
7	Johnson, Roy	Golden Valle	21-02.00	6.00	
NWI	0.15m				
8	Flores, Anthony	Mayfair		6.00	
NWI	0.15m				
9	Hua, Anderson	Fountain Val	21-03.00	6.00	
NWI	0.15m				
10	Nguyen, Kevin	DeLaSalle	21-02.00	6.00	
NWI	0.15m				
11	Brown, Martin	St. John Bos	20-11.00	6.00	
NWI	0.15m				
12	Schapiro, Lucus	DeLaSalle	21-06.00	5.75	
NWI	0.15m				
13	Okpara, Ikechi	St. John Bos	21-01.00	5.75	
NWI	0.14m				
14	Bryant, Jacob	Compton	22-07.00	5.75	
NWI	0.14m				
15	Harrison, Devin	Dana Hills	24-01.00	5.50	
NWI	0.14m				
16	Vaccaro, Bobby	DeLaSalle	21-02.00	5.50	
NWI	0.14m				
17	Lucien, Josef	Golden Valle	21-07.00	5.25	
NWI	0.13m				
18	Shannon, Shawn	Golden Valle		5.25	
NWI	0.13m				
19	Esthers, Joseph	Valley View	21-03.00	5.00	
NWI	0.13m				
20	Wilson, Andre	Valley View	21-05.00	5.00	
NWI	0.13m				
21	Singh, Amritpal	Independence	22-05.00	4.25	
NWI	0.10m				

Event 147 Girls Triple Jump Varsity

=====					
Meet:		38-04.50	2004	Artensia Young, Junipero Serra HS, CA	
National:		44-11.75	2004	Brittany Daniels, West Tracy HS, CA	
=====					

Name	Year	School	Seed	Finals
Wind				
=====				
1	Castro, Yahaira	Tulare Union	36-11.00	37-03.50
NWI	11.36m			
2	Coleman, Tatiana	St. Mary's A	36-10.00	37-00.25
NWI	11.28m			
3	Mason, Bailey	St. Mary's A	35-00.00	36-04.50
NWI	11.08m			
4	Kermah, Shannon	Burroughs (B	35-07.00	35-11.75
NWI	10.96m			
5	Bruggeman, Chaylene	Wilson (Lb)		35-02.00
NWI	10.71m			
6	Smith, Aysia	Gahr	33-02.00	35-00.00
NWI	10.66m			
7	Dibene, Katie	Dana Hills	36-01.00	34-08.25
NWI	10.57m			
8	Phillips, Kayla	St. Mary's A	36-07.00	34-06.25
NWI	10.52m			
9	Osaji, Victoria	Bellflower	33-00.00	34-04.00
NWI	10.46m			
10	Davis, Mika	Palos Verdes	33-01.00	34-02.50
NWI	10.42m			
11	Jackson, Rinecia	Claremont	33-07.00	33-10.00
NWI	10.31m			
12	Eljenholm, Taylor	Dana Hills	34-11.00	33-09.25
NWI	10.29m			
13	Bender, Lora	Fountain Val	33-00.00	33-05.00
NWI	10.18m			
14	Gordee, Emily	Dana Hills	33-04.00	33-04.50
NWI	10.17m			
15	Hudson, Kealia	South Pasade	33-01.00	32-10.25
NWI	10.01m			
16	Haydock, Sarah	Fountain Val	33-06.00	32-08.75
NWI	9.97m			
17	Grant, Aja	Wilson (Lb)	37-02.00	32-05.25
NWI	9.88m			
18	Ogbuna, Jasmin	Upland	34-05.00	32-01.75
NWI	9.79m			
19	Muhamad, Aqeelah	Wilson (Lb)	36-02.00	31-04.50
NWI	9.56m			
20	Paggo, Amanda	South Pasade	32-09.00	31-00.00
NWI	9.44m			
21	Hutchinson, Jade	Narbonne	33-02.00	30-09.50
NWI	9.38m			
22	Armstead, Mikaela	Pittsburg	32-07.00	30-08.50
NWI	9.35m			
23	Clink, Olivia	Louisville	32-10.00	30-06.00
NWI	9.29m			
24	Hodge, Brianna	West Ranch	33-11.00	29-03.00
NWI	8.91m			
25	Robinson, Kelcey	Wilson (Lb)	32-09.00	29-02.00
NWI	8.89m			

Event 148 Boys Triple Jump Varsity

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Meet: 48-04.75 3/20/2010 Johnny Carter, Ridgeview
Name Year School Seed Finals
Wind

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1	Delaunay, Klyvens	Claremont	46-02.00	1-01.75
NWI	0.35m			
2	Schexnayder, Mayan	South Pasade	45-05.00	1-01.75
NWI	0.34m			
3	Jenkins, Josh	DeLaSalle	44-08.00	1-01.50
NWI	0.34m			
4	Nang, Sean	South Pasade	43-08.00	1-01.25
NWI	0.33m			
5	Chen, Kevin	Diamond Bar	42-09.50	1-01.00
NWI	0.33m			
6	Harvey, Aaron	Upland	43-00.00	1-00.75
NWI	0.32m			
7	Grewal, Shaun	Golden Valle	41-11.00	1-00.75
NWI	0.32m			
8	Smith, Dezmond	Bellflower	43-10.00	1-00.75
NWI	0.32m			
9	McCloud, Trevor	Dana Hills	43-00.00	1-00.50
NWI	0.32m			
10	Lucien, Josef	Golden Valle	42-01.00	1-00.50
NWI	0.32m			
11	Nguyen, Kevin	DeLaSalle	42-06.00	1-00.50
NWI	0.32m			
12	Moore, Barrington	Santa Monica	42-05.00	1-00.25
NWI	0.31m			
13	Ott, Jonathan	Pacifica (Gg	41-07.00	1-00.25
NWI	0.31m			
14	Elam, John	Warren	41-09.00	1-00.00
NWI	0.30m			
15	Shannon, Shawn	Golden Valle	41-07.00	1-00.00
NWI	0.30m			
16	Ojeda, Dylan	Loyola	41-07.00	11.75
NWI	0.29m			
17	Flora, Donny	Dana Hills	41-09.00	11.75
NWI	0.29m			
18	Gardea, Jon	Upland		11.25
NWI	0.28m			
19	Boyd, Joseph	Narbonne	41-11.00	11.00
NWI	0.28m			
--	Kmett, Kevin	Loyola	42-03.00	FOUL

Event 149 Girls Discus Throw Varsity

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Meet: 171-10 2008 Anna Jelmini, Shafter HS, CA
National: 190-03 2009 Anna Jelmini, Shafter HS, CA
Name Year School Seed Finals

=====

1 Rasley, Lacey Shafter 139-09 141-03
43.05m

2	Allgood, Avione	Legacy High	149-00	136-10
41.70m				
3	Gray, Tiffany	El Dorado -S	120-02	120-03
36.65m				
4	Henderson, Raegan	Claremont	102-02	120-02
36.62m				
5	Fields, Larisha	Lakewood	123-11	112-11
34.41m				
6	Hill, Danna	Roosevelt -S	00-01.25	109-06
33.37m				
7	Beach, Faith	Tulare Union	105-00	107-05
32.74m				
8	Ramos, Jackie	Golden Valle	114-05	105-09
32.23m				
9	Tawney, Hanna	Irvine	105-00	104-10
31.95m				
10	Leniu, Cheyanne	Lakewood	104-11	102-00
31.08m				
11	Braucher, Breeann	West Ranch	104-08	101-03
30.86m				
12	Aubson, Devin	Los Osos	103-03	100-11
30.75m				
13	Talalemotu, Destini	Millikan		100-07
30.65m				
14	Romero, Rachel	Roosevelt -S	98-03	100-03
30.55m				
15	Udoh, Idorenniyin	Pittsburg	95-02	99-11
30.45m				
16	English, Carissa	Marina	101-06	98-09
30.09m				
17	Leuta, Valerie	Fountain Val	105-06	98-07
30.04m				
18	Duffy, Shannon	Irvine	115-00	98-06
30.02m				
19	Ford, Kara	Pacifica (Gg	102-00	93-06
28.49m				
20	Asher, Roxanna	Fountain Val	105-00	92-07
28.21m				
21	Wahbe, Deena	Upland	100-10	92-03
28.11m				
22	Maulalo, Maranatha	Bellflower	95-00	84-01
25.62m				
23	Hines, Ronnesha	Pittsburg	92-01	78-08
23.97m				
24	Toleafoa, Toe	Mayfair	94-06	70-03
21.41m				
--	Amber, Gilbert	Compton	94-08	FOUL
--	Asuega, Pasene	Fountain Val	110-00	FOUL
--	Pine, Shelly	La Habra	101-06	FOUL

Event 150 Boys Discus Throw Varsity

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Meet: 173-00 2008 Jeramey Cutler, Lakewood HS

Name	Year	School	Seed	Finals
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1 Parsons, Will	La Habra	174-11	164-11
50.26m			
2 Robison, Kody	Millikan	150-00	156-10
47.80m			
3 Dawson, Dorian	St. John Bos	144-08	152-03
46.40m			
4 Budincich, Nick	Loyola	165-06	150-09
45.94m			
5 Kapeli, Jordan	Liberty Hig	150-00	148-07
45.28m			
6 Evans, Austin	Los Osos	148-04	148-01
45.13m			
7 Bender, Mathew	Shafter	159-07	147-06
44.95m			
8 Meddaugh, Cody	Dana Hills	154-03	145-01
44.22m			
9 Beckman, Dandre	Bellflower	145-00	144-09
44.11m			
10 Pulido, Eder	Shafter	150-08	144-06
44.04m			
11 Vasquez, Matt	Irvine	160-00	144-05
44.01m			
12 Hughes, Albert	Pacifica (Gg	145-00	140-02
42.72m			
13 Park, Brandon	Beckman	141-10	138-06
42.21m			
14 Gourd, Dylan	Dana Hills	137-09	136-11
41.73m			
15 Johanssen, Robbie	Irvine	144-00	134-11
41.12m			
15 Trevino, Chris	St. John Bos	139-07	134-11
41.12m			
17 Bultman, Nick	West Ranch	136-02	132-04
40.33m			
18 Shaffer, Scott	El Dorado -S	142-04	132-01
40.25m			
19 Grisby, Willie	Pittsburg	138-03	129-10
39.57m			
20 Teer, Josh	Beckman	142-07	129-07
39.49m			
21 Jenkins, Robert	Loyola	134-00	126-08
38.60m			
22 Tuliaupupu, Brandon	Claremont	147-08	125-09
38.32m			
23 Tovi, Sione	Upland	141-03	125-06
38.25m			
24 Ortiz, Chris	Millikan		113-04
34.54m			
25 Taves, Zach	Millikan	150-00	104-08
31.90m			
26 Vanderploug, Jack	Wilson (Lb)		81-04
24.79m			
-- Figueroa, Ricardo	Golden Valle	138-04	FOUL

Event 151 Girls Shot Put Varsity

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Meet: 47-01 3/20/2010 Jasmine Burrell, North Torrance HS, CA
National: 54-10.75 2003 Michelle Carter, Red Oak HS, TX
Name Year School Seed Finals

Name	Year	School	Seed	Finals
1 Allgood, Avione 14.09m		Legacy High	44-05.00	46-03.00
2 Rasley, Lacey 12.93m		Shafter	46-00.50	42-05.25
3 Braucher, Breeann 12.40m		West Ranch	39-01.00	40-08.25
4 Ramos, Jackie 11.47m		Golden Valle	36-11.00	37-07.75
5 Hill, Danna 11.00m		Roosevelt -S	37-05.00	36-01.25
6 Talalemotu, Destini 10.92m		Millikan		35-10.00
7 Ghartey, Nina 10.71m		Mayfair	35-06.00	35-01.75
8 Gray, Tiffany 10.09m		El Dorado -S	37-01.00	33-01.50
9 Fry, Aubrey 10.00m		Claremont	32-04.00	32-10.00
10 Fields, Larrisha 9.93m		Lakewood	33-10.00	32-07.00
11 Amber, Gilbert 9.60m		Compton	35-07.00	31-06.25
12 Lane, Jameelah 9.30m		St. Mary's A	31-06.00	30-06.25
13 Leniu, Cheyanne 9.11m		Lakewood	33-11.00	29-11.00
14 Udoh, Idorenniyin 9.04m		Pittsburg	32-01.00	29-08.00
15 Wahbe, Deena 8.94m		Upland	34-06.00	29-04.00
16 Beach, Faith 8.83m		Tulare Union	36-05.00	29-00.00
17 English, Carissa 8.81m		Marina	31-10.00	28-11.00
18 Leuta, Valerie 8.71m		Fountain Val	33-00.00	28-07.00
19 Bell, Valencia 8.62m		Compton		28-03.50
20 Hines, Ronnesha 8.54m		Pittsburg	30-09.00	28-00.50
21 Henderson, Raegan 8.50m		Claremont	32-07.00	27-11.00
22 Asuega, Pasene 8.30m		Fountain Val	33-06.00	27-03.00
23 Williams, Tenille 8.10m		Wilson (Lb)	32-00.00	26-07.00
24 Johnson, Desiree 7.72m		Upland	32-06.00	25-04.00
24 Romero, Rachel 7.72m		Roosevelt -S	32-07.00	25-04.00
26 Aubson, Devin 7.28m		Los Osos	32-09.00	23-11.00

Event 152 Boys Shot Put Varsity

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=====				
Meet: 58-03.50 3/19/2011 Kody Robison, Millikan				
Name	Year	School	Seed	Finals
=====				
=====				
1 Robison, Kody		Millikan	55-00.00	58-03.50
17.76m				
2 Kapeli, Jordan		Liberty Hig	53-11.00	53-06.25
16.31m				
3 Budincich, Nick		Loyola	52-11.00	52-01.25
15.88m				
4 Meddaugh, Cody		Dana Hills	52-00.00	51-09.50
15.78m				
5 Guerra, Jose		Bellflower	51-05.00	51-06.25
15.70m				
6 Dawson, Dorian		St. John Bos	49-09.00	50-02.25
15.29m				
7 Bradley, Garrett		Rancho Verde	50-05.00	49-07.25
15.11m				
8 Evans, Austin		Los Osos	48-07.50	49-04.75
15.05m				
9 Jenkins, Robert		Loyola	49-05.00	48-11.25
14.91m				
10 Gourd, Dylan		Dana Hills	50-03.00	47-08.75
14.54m				
11 Bultman, Nick		West Ranch	45-08.00	45-08.75
13.93m				
12 Powell, Christian		Upland		44-06.75
13.58m				
13 Tuliaupupu, Brandon		Claremont	45-07.00	44-04.00
13.51m				
14 Pulido, Eder		Shafter		43-10.50
13.37m				
15 Basadre, John		Loyola	46-02.00	43-10.00
13.36m				
16 Lacey, John		Pittsburg	46-05.00	43-09.75
13.35m				
17 Tovi, Sione		Upland	48-08.00	43-09.25
13.34m				
18 Bender, Mathew		Shafter	45-08.00	43-03.50
13.19m				
19 Johnson, Keyatta		Upland	48-00.00	41-09.00
12.72m				
20 Johnson, Brian		Pittsburg	44-09.00	41-01.00
12.52m				
21 Pena, Harold		Warren	45-10.00	37-06.25
11.43m				
22 Vanderploug, Jack		Wilson (Lb)		32-10.25
10.01m				

Event 153 Boys Distance Medley Frosh/Soph

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Meet: 11:17.91 3/19/2011 Dana Hills, Dana Hills				
School			Seed	Finals
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1	Dana Hills	10:55.00	11:17.91
2	Loyola	11:00.75	11:23.07
3	Warren	11:20.40	11:23.52
4	West Ranch	11:25.28	11:24.24
5	Dana Hills 'B'		11:32.73
6	Shafter	10:39.20	11:37.78
7	Wilson (Lb) -ss	12:23.00	11:38.04
8	California -ss	11:10.00	11:38.42
9	Palos Verdes	11:45.00	11:42.36
10	Loyola 'B'		11:45.12
11	Marina	11:00.00	11:47.57
12	Santa Monica	12:18.00	11:49.36
13	Fountain Valley	11:20.00	11:53.68
14	Golden Valley -ss	11:50.00	11:54.93
15	Millikan	9:30.00	12:14.52
16	Gahr	12:27.50	12:15.67
17	Mayfair	12:20.00	12:22.58
18	La Serna	12:05.00	12:26.70
19	Valley View	15:40.00	12:33.23
20	Beverly Hills	12:00.00	12:33.59
21	Locke	13:30.00	13:08.39
22	Venice		13:41.83

Event 154 Girls Distance Medley Frosh/Soph

Meet: 13:03.43 3/19/2011 Dana Hills, Dana Hills			
School	Seed	Finals	
1	Dana Hills	13:00.00	13:03.43
2	Marina	13:00.00	13:10.71
3	Beverly Hills	12:00.00	13:40.43
4	Fountain Valley	12:55.00	13:47.86
5	Millikan	14:00.00	14:00.38
6	California -ss	14:10.00	14:34.91
7	St. Mary's Academy	14:30.00	14:40.52
8	West Ranch	13:40.62	14:45.94
9	Santa Monica	13:35.00	14:49.06
10	Valley View	16:04.00	14:50.69
11	La Serna	14:57.00	14:50.99
12	Pacifica (Gg)		14:53.41
13	Mayfair	16:00.00	14:55.19
14	Wilson (Lb) -ss	14:00.00	15:09.97
15	Wilson (Lb) -ss 'B'		16:36.99