

## Bay League Championships - 5/1/2007 to 5/4/2007

## Mira Costa High School

## Results

**Girls 100 Meter Dash Varsity**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Anakwenze, Lisa	9	Peninsula	12.74Q
2 Jorgenson, Jenny	11	Palos Verdes	12.80Q
3 DeCuir, Shavonya	12	Leuzinger	12.91Q
4 Wells, Nehanda	12	Peninsula	12.95q
5 Mason, Ashley	11	Redondo Union	13.09q
6 Wang, Cynthia	9	Peninsula	13.25q
7 Marill, Isabella	12	Mira Costa	13.26q
8 Ruiz, Melissa	11	West Torrance	13.34q
9 Vantrimpont, Julia	10	Mira Costa	13.36q
10 Thormodsgaard, Traci	12	Mira Costa	13.50
11 Lowe, Ashley	11	Mira Costa	13.52
12 Duron, Meghan	11	Mira Costa	13.53
12 McClendon, Diondra	11	Redondo Union	13.53
14 Fong, Jeanette	11	Palos Verdes	13.62
15 Contreras, Jazmine	11	West Torrance	14.92
16 Ly, Cynthia	11	West Torrance	15.06

**Girls 100 Meter Dash Varsity**

Name	Yr	School	Finals
<b>Finals</b>			
1 Anakwenze, Lisa	9	Peninsula	12.55 10
2 Wells, Nehanda	12	Peninsula	12.63 8
3 DeCuir, Shavonya	12	Leuzinger	12.68 6
4 Jorgenson, Jenny	11	Palos Verdes	12.83 5
5 Wang, Cynthia	9	Peninsula	13.21 4
6 Mason, Ashley	11	Redondo Union	13.27 3
7 Marill, Isabella	12	Mira Costa	13.28 2
8 Ruiz, Melissa	11	West Torrance	13.33 1
9 Vantrimpont, Julia	10	Mira Costa	13.42

**Girls 200 Meter Dash Varsity**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Wells, Nehanda	12	Peninsula	26.33q
2 Anakwenze, Lisa	9	Peninsula	26.37q
3 Jorgenson, Jenny	11	Palos Verdes	26.39q
4 DeCuir, Shavonya	12	Leuzinger	26.69q
5 Vantrimpont, Julia	10	Mira Costa	27.21q
6 Broussard-Wilson, Emma	11	Mira Costa	27.24q
7 Ruiz, Melissa	11	West Torrance	27.27q
8 Marill, Isabella	12	Mira Costa	27.55q
9 Lowe, Ashley	11	Mira Costa	27.67q
10 Mason, Ashley	11	Redondo Union	27.74
11 Downs, Shaquanta	11	Leuzinger	28.10
12 Wang, Cynthia	9	Peninsula	28.14
13 Thormodsgaard, Traci	12	Mira Costa	28.27
14 Duron, Meghan	11	Mira Costa	28.37
15 Silva, Gina	11	West Torrance	28.48
16 McClendon, Diondra	11	Redondo Union	28.52
17 Jonan, Leslie	11	Palos Verdes	28.89
18 Fong, Jeanette	11	Palos Verdes	28.94

**Girls 200 Meter Dash Varsity**

Name	Yr	School	Finals
<b>Finals</b>			
1 Anakwenze, Lisa	9	Peninsula	25.99 10
2 Wells, Nehanda	12	Peninsula	26.05 8
3 Jorgenson, Jenny	11	Palos Verdes	26.28 6
4 DeCuir, Shavonya	12	Leuzinger	26.36 5
5 Vantrimpont, Julia	10	Mira Costa	27.49 4
6 Broussard-Wilson, Emma	11	Mira Costa	27.65 3
7 Lowe, Ashley	11	Mira Costa	27.69 2
8 Marill, Isabella	12	Mira Costa	27.85 1
9 Ruiz, Melissa	11	West Torrance	28.07

**Girls 400 Meter Dash Varsity**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Broussard-Wilson, Emma	11	Mira Costa	1:00.52Q
2 Ladabouche, Chenoa	10	Redondo Union	1:02.06Q
3 Steele, Courtney	12	Redondo Union	1:01.57q
4 Niemroozi, Nicole	12	Redondo Union	1:04.14q
5 Silva, Gina	11	West Torrance	1:04.43q
6 Edmonds, Taylor	11	Mira Costa	1:05.03q
7 Herriage, Stephanie	11	Peninsula	1:05.45q
8 Cunningham, Megan	11	West Torrance	1:07.81q

**Girls 400 Meter Dash Varsity**

Name	Yr	School	Finals
<b>Finals</b>			
1 Broussard-Wilson, Emma	11	Mira Costa	59.75 10
2 Ladabouche, Chenoa	10	Redondo Union	59.76 8
3 Steele, Courtney	12	Redondo Union	1:00.43 6
4 Edmonds, Taylor	11	Mira Costa	1:03.57 5
5 Silva, Gina	11	West Torrance	1:03.74 4
6 Herriage, Stephanie	11	Peninsula	1:03.85 3
7 Niemroozi, Nicole	12	Redondo Union	1:04.04 2
8 Cunningham, Megan	11	West Torrance	1:05.67 1
--- Abul Haj, Alia	10	Palos Verdes	DQ

**Girls 800 Meter Run Varsity**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Tabatabai, Shadeh	10	Mira Costa	2:24.18Q
2 Sopp, Kara	11	Redondo Union	2:28.06Q
3 Solandt, Melanie	11	Palos Verdes	2:28.17Q
4 LaCroix, Aleya	9	Mira Costa	2:28.58Q
5 Yuen, Kaeli	11	Peninsula	2:28.90Q
6 Correo, Caitlyn	11	West Torrance	2:29.44Q
7 Shambaugh, Kelly	11	Mira Costa	2:29.50Q
8 Dileva, Monique	12	Peninsula	2:34.18Q
9 Castro, Annie	11	West Torrance	2:35.26q
10 Nozawa, Bonnie	12	Peninsula	2:35.76q
11 Yarbrough, Carly	11	Mira Costa	2:37.59q
12 Avdic, Adaleta	10	Redondo Union	2:38.08q
13 Brandin, Julie	12	Mira Costa	2:38.98
14 Inouye, Elena	11	West Torrance	2:39.17

## Bay League Championships - 5/1/2007 to 5/4/2007

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**Preliminaries ... (Girls 800 Meter Run Varsity)**

Name	Yr	School	Prelims
15 Kim, Elizabeth	12	Peninsula	2:40.12
16 Quinn, Alysha	12	Peninsula	2:42.02
17 Denney, Nikkol	12	Mira Costa	2:43.84
18 Daum, Cassidy	12	Palos Verdes	2:44.77
19 Waters, Kendall	11	Mira Costa	2:47.29
20 Morgan, Erika	12	Mira Costa	2:48.10
21 Chory, Kayla	12	Mira Costa	2:48.65
22 Schwartz, Allison	11	Palos Verdes	2:48.66
23 Hinz, Natalie	12	Mira Costa	2:51.96
24 Garrity, Shawn	11	Mira Costa	2:52.99
25 Oshiro, Janet	11	Mira Costa	2:54.61

**Girls 800 Meter Run Varsity**

Name	Yr	School	Finals
<b>Finals</b>			
1 Solandt, Melanie	11	Palos Verdes	2:26.22 10
2 Yuen, Kaeli	11	Peninsula	2:26.42 8
3 Sopp, Kara	11	Redondo Union	2:27.16 6
4 Dileva, Monique	12	Peninsula	2:30.06 5
5 Castro, Annie	11	West Torrance	2:31.96 4
6 Nozawa, Bonnie	12	Peninsula	2:32.70 3
7 Quinn, Alysha	12	Peninsula	2:34.90 2
8 Daum, Cassidy	12	Palos Verdes	2:36.03 1
9 Kim, Elizabeth	12	Peninsula	2:36.08
10 Denney, Nikkol	12	Mira Costa	2:38.94
11 Avdic, Adaleta	10	Redondo Union	2:41.00
12 Inouye, Elena	11	West Torrance	2:43.10

**Girls 1600 Meter Run Varsity**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Tabatabai, Shadeh	10	Mira Costa	5:23.57Q
2 Curtis, Chloe	9	Redondo Union	5:37.71Q
3 Fairley, Megan	11	Peninsula	5:27.23Q
4 Shambaugh, Kelly	11	Mira Costa	5:41.01Q
5 Bullington, Lauren	11	Redondo Union	5:29.10Q
6 LaCroix, Aleyna	9	Mira Costa	5:41.21Q
7 Correo, Caitlyn	11	West Torrance	5:29.44Q
8 Shibata, Renae	11	Peninsula	5:48.36Q
9 Willard, Elyse	11	Peninsula	5:30.13q
10 Wingerning, Natalie	12	Palos Verdes	5:30.95q
11 Brandin, Julie	12	Mira Costa	5:33.82q
12 Inouye, Elena	11	West Torrance	5:49.56q
13 Yarbrough, Carly	11	Mira Costa	5:52.51
14 Ratner, Jessica	12	Mira Costa	6:05.23
15 Breski, Danielle	11	West Torrance	6:10.16
16 Henkhaus, Laura	11	West Torrance	6:10.53
17 Saunders, Rachael	12	Palos Verdes	6:15.59
18 Ingram, Claire	12	Palos Verdes	6:16.09
19 Tomblin, Nikki	12	Palos Verdes	6:32.47

**Girls 1600 Meter Run Varsity**

Name	Yr	School	Finals
<b>Finals</b>			
1 Tabatabai, Shadeh	10	Mira Costa	5:17.05 10
2 Curtis, Chloe	9	Redondo Union	5:18.95 8
3 LaCroix, Aleyna	9	Mira Costa	5:23.22 6
4 Fairley, Megan	11	Peninsula	5:24.77 5
5 Bullington, Lauren	11	Redondo Union	5:30.61 4
6 Willard, Elyse	11	Peninsula	5:31.96 3
7 Inouye, Elena	11	West Torrance	5:45.55 2
8 Shibata, Renae	11	Peninsula	5:52.13 1
9 Henkhaus, Laura	11	West Torrance	5:57.60
10 Breski, Danielle	11	West Torrance	6:06.93
11 Saunders, Rachael	12	Palos Verdes	6:07.95

**Girls 3200 Meter Run Varsity**

Name	Yr	School	Finals
1 Tabatabai, Shadeh	10	Mira Costa	11:27.49 10
2 Shambaugh, Kelly	11	Mira Costa	11:37.28 8
3 Correo, Caitlyn	11	West Torrance	11:40.82 6
4 Solandt, Melanie	11	Palos Verdes	11:50.27 5
5 LaCroix, Aleyna	9	Mira Costa	11:51.31 4
6 Brandin, Julie	12	Mira Costa	11:51.42 3
7 Bullington, Lauren	11	Redondo Union	12:04.06 2
8 Baker, Rachel	11	Redondo Union	12:10.94 1
9 Willard, Elyse	11	Peninsula	12:11.67
10 Wingerning, Natalie	12	Palos Verdes	12:15.83
11 Yarbrough, Carly	11	Mira Costa	12:26.77
12 Ommen, Ashley	12	Mira Costa	13:00.13
13 Bussio, Stacy	11	Palos Verdes	14:22.33

**Girls 100 Meter Hurdles Varsity**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Liehr, Whitney	12	Palos Verdes	14.75Q
2 Forbes, Shannon	12	Peninsula	15.12Q
3 Sheffield, Aisha	11	Redondo Union	16.19Q
4 Sieminski, Jessica	12	Mira Costa	16.37q
5 Lawson, Hayley	12	Mira Costa	16.56q
6 Resnick, Emily	11	Peninsula	17.48q
7 Yang, Candice	11	Palos Verdes	17.87q
8 Rosinsky, Amy	11	West Torrance	17.90q
8 Lewallen, Kaitlin	11	Peninsula	17.90q
10 Grunauer, Tatiana	11	Mira Costa	17.92
11 Snowden, Leigh	12	Mira Costa	18.03
12 Lee, Nicole	11	West Torrance	18.10
13 Oliker, Kady	11	Mira Costa	18.24
14 Barrett, Jana	11	Mira Costa	18.54
15 McMillan, Lauren	12	Peninsula	19.89
16 Lee, Vicky	11	Peninsula	20.17

**Girls 100 Meter Hurdles Varsity**

Name	Yr	School	Finals
<b>Finals</b>			
1 Liehr, Whitney	12	Palos Verdes	14.34 10

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## Mira Costa High School

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**Finals ... (Girls 100 Meter Hurdles Varsity)**

Name	Yr	School	Finals	
2 Forbes, Shannon	12	Peninsula	14.58	8
3 Lawson, Hayley	12	Mira Costa	16.15	6
4 Rosinsky, Amy	11	West Torrance	17.20	5
5 Sieminski, Jessica	12	Mira Costa	17.24	4
6 Lewallen, Kaitlin	11	Peninsula	17.36	3
7 Resnick, Emily	11	Peninsula	17.65	2
8 Yang, Candice	11	Palos Verdes	18.19	1
9 Sheffield, Aisha	11	Redondo Union	32.76	

**Girls 300 Meter Hurdles Varsity**

Name	Yr	School	Prelims	
<b>Preliminaries</b>				
1 Forbes, Shannon	12	Peninsula	45.60Q	
2 Liehr, Whitney	12	Palos Verdes	48.10Q	
3 Cardenas, Miriam	9	West Torrance	49.30Q	
4 Resnick, Emily	11	Peninsula	49.62q	
5 Avdic, Adaleta	10	Redondo Union	51.56q	
6 Sheffield, Aisha	11	Redondo Union	52.02q	
7 Sieminski, Jessica	12	Mira Costa	52.86q	
8 Poje, Angela	11	Mira Costa	53.09q	
9 Lee, Nicole	11	West Torrance	53.19q	
10 Rosinsky, Amy	11	West Torrance	53.53	
11 Snowden, Leigh	12	Mira Costa	53.77	
12 Yang, Candice	11	Palos Verdes	53.81	
13 Lee, Vicky	11	Peninsula	56.87	

**Girls 300 Meter Hurdles Varsity**

Name	Yr	School	Finals	
<b>Finals</b>				
1 Forbes, Shannon	12	Peninsula	43.94	10
2 Liehr, Whitney	12	Palos Verdes	44.15	8
3 Cardenas, Miriam	9	West Torrance	47.69	6
4 Resnick, Emily	11	Peninsula	47.86	5
5 Sieminski, Jessica	12	Mira Costa	52.20	4
6 Lee, Nicole	11	West Torrance	53.48	3
7 Avdic, Adaleta	10	Redondo Union	55.56	2

**Girls 4x100 Meter Relay Varsity**

Team	Relay	Finals	
1 Peninsula High School	A	49.83	10
1) Anakwenze, Lisa 9	2) Forbes, Shannon 12		
3) Okonkwo, Nkeichi 9	4) Wells, Nehanda 12		
2 Redondo Union	A	51.10	8
1) Mason, Ashley 11	2) McClendon, Diondra 11		
3) Sheffield, Aisha 11	4) Steele, Courtney 12		
3 Mira Costa	A	51.35	6
1) Lowe, Ashley 11	2) Marill, Isabella 12		
3) Thormodsgaard, Traci 12	4) Vantrimpont, Julia 10		
4 West Torrance	A	55.34	5
1) Contreras, Jazmine 11	2) Lee, Nicole 11		
3) Ly, Cynthia 11	4) Ruiz, Melissa 11		

**Girls 4x400 Meter Relay Varsity**

Team	Relay	Finals	
1 Redondo Union	A	4:05.22	10
1) Curtis, Chloe 9	2) Ladabouche, Chenoa 10		
3) Steele, Courtney 12	4) Sopp, Kara 11		
2 Peninsula High School	A	4:06.79	8
1) Dileva, Monique 12	2) Herriage, Stephanie 11		
3) Malone, Eboni 12	4) Resnick, Emily 11		
3 Mira Costa	A	4:10.72	6
1) Wellbaum, Lauren 9	2) Broussard-Wilson, Emma		
3) Edmonds, Taylor 11	4) Tabatabai, Shadeh 10		
4 West Torrance	A	4:22.03	5
1) Cunningham, Megan 11	2) Ly, Cynthia 11		
3) Ruiz, Melissa 11	4) Silva, Gina 11		

**Girls High Jump Varsity**

Name	Yr	School	Finals	
1 Bookman, Ashley	12	Redondo Union	4-10.00	10
2 Lawson, Hayley	12	Mira Costa	J4-10.00	8
3 Wilkes, Erinn	12	Peninsula	J4-10.00	6
4 Guitare, Shayna	9	West Torrance	4-08.00	4.5
4 Maly-Karros, Mikah	11	Mira Costa	4-08.00	4.5
6 Hoang, Chantel	11	Peninsula	4-06.00	2.5
6 Broussard-Wilson,	12	Mira Costa	4-06.00	2.5
7 Kim, Theresa	12	Peninsula	J4-06.00	1
8 Hirata, Lauren	11	Peninsula	J4-06.00	
--- Oliker, Kady	11	Mira Costa	NH	

**Girls Pole Vault Varsity**

Name	Yr	School	Finals	
1 King, Kristina	11	Mira Costa	10-01.00	10
2 Lam, Sandra	12	Peninsula	J10-01.00	8
3 Yuste, Noelle	12	Peninsula	9-07.00	6
4 Schwarz, Katrina	10	West Torrance	9-01.00	5
5 Grunauer, Tatiana	11	Mira Costa	8-01.00	4
6 Harding, Christina	10	Mira Costa	J8-01.00	3
7 Morales, Cassandra	12	Peninsula	7-01.00	2
8 Featherstone, Arianna	12	Mira Costa	J7-01.00	1
9 Bell, Kimi	12	Redondo Union	J7-01.00	
--- Jenkins, Diana	11	Redondo Union	NH	

**Girls Long Jump Varsity**

Name	Yr	School	Finals	
1 Liehr, Whitney	12	Palos Verdes	18-09.50	10
2 Okonkwo, Nkeichi	9	Peninsula	17-02.00	8
3 Bookman, Ashley	12	Redondo Union	16-10.00	6
4 Lawson, Hayley	12	Mira Costa	16-04.00	5
5 Wilkes, Erinn	12	Peninsula	16-01.00	3.5
5 Mason, Ashley	11	Redondo Union	16-01.00	3.5
7 Sieminski, Jessica	12	Mira Costa	15-01.00	2
8 Downs, Shaquanta	11	Leuzinger	15-00.00	1
9 Duron, Meghan	11	Mira Costa	14-07.50	
10 Bamishile, Fran	12	Peninsula	14-04.00	
10 Malone, Eboni	12	Peninsula	14-04.00	
12 Oliker, Kady	11	Mira Costa	13-09.50	

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**Mira Costa High School**

**Results**

**Girls Triple Jump Varsity**

Name	Yr	School	Finals
1 Liehr, Whitney	12	Palos Verdes	39-03.25 10
2 Forbes, Shannon	12	Peninsula	35-00.25 8
3 Lawson, Hayley	12	Mira Costa	34-00.75 6
4 Wilkes, Erinn	12	Peninsula	33-09.50 5
5 Guitare, Shayna	9	West Torrance	33-03.25 4
6 Willard, Taja	12	Mira Costa	32-11.00 3
7 Ly, Cynthia	11	West Torrance	31-02.00 2
8 Ahmed, Sara	11	West Torrance	29-06.50 1
9 Downs, Shaquanta	11	Leuzinger	26-10.00
--- Sieminski, Jessica	12	Mira Costa	FOUL

**Girls Shot Put Varsity**

Name	Yr	School	Finals
1 Marsaw, Elizabeth	12	West Torrance	33-04.75 10
2 Roth, Molly	11	Mira Costa	32-11.25 8
3 Ritter, Allie	12	Redondo Union	32-05.00 5.5
3 Roth, Grace	12	Mira Costa	32-05.00 5.5
5 Lyons, Brooke	12	Palos Verdes	31-11.25 4
6 Mulcahy, Amanda	12	Peninsula	31-02.25 3
7 Choi, Young	11	Peninsula	30-08.00 2
8 Hamm, Kirsten	11	West Torrance	30-05.25 1
9 Sell, Melanie	11	West Torrance	28-04.25
10 Silly, Mia		Leuzinger	27-07.00

**Girls Discus Throw Varsity**

Name	Yr	School	Finals
1 Roth, Molly	11	Mira Costa	126-07 10
2 Roth, Grace	12	Mira Costa	105-08 8
3 Marsaw, Elizabeth	12	West Torrance	90-10 6
4 Lyons, Brooke	12	Palos Verdes	90-08 5
5 Mulcahy, Amanda	12	Peninsula	87-07 4
6 Hamm, Kirsten	11	West Torrance	87-02 3
7 Choi, Young	11	Peninsula	84-05 2
8 Ritter, Allie	12	Redondo Union	82-10 1
9 Sell, Melanie	11	West Torrance	76-00
10 Beck, Emily	11	Redondo Union	65-07
11 Daum, Cassidy	12	Palos Verdes	58-09
12 Foo, Chelsea	11	Redondo Union	54-09
13 Hackman, Emiko	11	Redondo Union	49-10

**Girls 100 Meter Dash Frosh Soph**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Jackson, Simone	9	Redondo Union	13.25Q
2 Ojalvo, Marilyn	9	Palos Verdes	13.30Q
3 Bowers, Alexa	9	Mira Costa	13.64Q
4 Davila, Renae	9	Peninsula	13.47q
5 Kwan, Stephanie	10	Peninsula	13.51q
6 Randall, Jocelyn	10	Palos Verdes	13.84q
7 Jho, Angie	10	West Torrance	13.85q
8 Baucham, Brionne	10	West Torrance	13.87q
9 Garcia, Jackie	10	Palos Verdes	13.88q
10 DeLoach, Cara	9	Redondo Union	13.98
11 Gonzalez, Kayla	9	West Torrance	14.34

12 Lazzari-Dean, Julia	9	Mira Costa	14.51
13 Ramos, Isabel	9	Mira Costa	14.52
14 Shimizu, Jocelyn	10	Palos Verdes	14.55
15 Yamada, Rie	10	Peninsula	14.98
16 Kwon, Ashley	10	Peninsula	15.54
17 Clewis, Raven	9	Leuzinger	15.57
18 Klineman, Maddie	9	Redondo Union	16.07

**Girls 100 Meter Dash Frosh Soph**

Name	Yr	School	Finals
<b>Finals</b>			
1 Ojalvo, Marilyn	9	Palos Verdes	12.91 10
2 Jackson, Simone	9	Redondo Union	12.93 8
3 Davila, Renae	9	Peninsula	13.15 6
4 Kwan, Stephanie	10	Peninsula	13.39 5
5 Bowers, Alexa	9	Mira Costa	13.45 4
6 Jho, Angie	10	West Torrance	13.62 3
7 Baucham, Brionne	10	West Torrance	13.66 2
8 Randall, Jocelyn	10	Palos Verdes	13.77 1
9 Garcia, Jackie	10	Palos Verdes	13.93

**Girls 200 Meter Dash Frosh Soph**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Jackson, Simone	9	Redondo Union	27.22q
2 Ojalvo, Marilyn	9	Palos Verdes	27.29q
3 Davila, Renae	9	Peninsula	27.59q
4 Moody, Laura	10	Peninsula	27.87q
5 Bowers, Alexa	9	Mira Costa	28.14q
6 Bolden, Cindy	9	Redondo Union	28.71q
7 Kwan, Stephanie	10	Peninsula	28.72q
8 Baucham, Brionne	10	West Torrance	28.93q
9 Randall, Jocelyn	10	Palos Verdes	29.06q
10 Garcia, Jackie	10	Palos Verdes	29.50
11 Clark, Imani	9	Peninsula	29.66
12 Yuch, Amanda	9	Mira Costa	29.68
13 Truex, Micah	10	West Torrance	29.80
14 DeLoach, Cara	9	Redondo Union	29.81
15 Ramos, Isabel	9	Mira Costa	29.86
16 Marks, Michelle	9	West Torrance	30.76
17 Shimizu, Jocelyn	10	Palos Verdes	30.91
18 Marquez, Amanda	9	Redondo Union	31.54
19 Bobbin, Katie	10	Mira Costa	33.18

**Girls 200 Meter Dash Frosh Soph**

Name	Yr	School	Finals
<b>Finals</b>			
1 Jackson, Simone	9	Redondo Union	26.73 10
2 Ojalvo, Marilyn	9	Palos Verdes	27.03 8
3 Davila, Renae	9	Peninsula	27.53 6
4 Bowers, Alexa	9	Mira Costa	27.96 5
5 Moody, Laura	10	Peninsula	27.99 4
6 Bolden, Cindy	9	Redondo Union	28.62 3
7 Baucham, Brionne	10	West Torrance	28.64 2
8 Kwan, Stephanie	10	Peninsula	28.68 1
9 Randall, Jocelyn	10	Palos Verdes	29.11

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**Mira Costa High School**

**Results**

**Girls 400 Meter Dash Frosh Soph**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	Moody, Laura	10 Peninsula	1:04.28Q
2	Bolden, Cindy	9 Redondo Union	1:06.13Q
3	Yuch, Amanda	9 Mira Costa	1:05.76q
4	Bair, Devon	10 Mira Costa	1:05.88q
5	Kwan, Jessica	10 Peninsula	1:06.90q
6	Brown, Allie	9 Mira Costa	1:07.35q
7	Sawelson, Jordan	10 Peninsula	1:07.39q
8	Matucci, Diana	9 Redondo Union	1:07.77q
9	Wilson, Julie	9 Redondo Union	1:09.06q
10	Janieks, Andra	10 Mira Costa	1:09.64
11	Klimcak, Sophie	9 Palos Verdes	1:09.84
12	Garcia, Chanelle	9 Palos Verdes	1:10.30
13	Van de Wouw, Jody	9 Redondo Union	1:11.31
14	Dutson, Julia	9 Palos Verdes	1:11.61
15	Tokashiki, Jenna	9 Mira Costa	1:13.01
16	Camarillo, Giselle	10 Peninsula	1:21.04

**Girls 400 Meter Dash Frosh Soph**

Name	Yr	School	Finals
<b>Finals</b>			
1	Moody, Laura	10 Peninsula	1:03.67 10
2	Bolden, Cindy	9 Redondo Union	1:04.83 8
3	Brown, Allie	9 Mira Costa	1:05.37 6
4	Yuch, Amanda	9 Mira Costa	1:05.77 5
5	Bair, Devon	10 Mira Costa	1:05.99 4
6	Kwan, Jessica	10 Peninsula	1:07.17 3
7	Matucci, Diana	9 Redondo Union	1:07.85 2
8	Sawelson, Jordan	10 Peninsula	1:07.89 1
9	Wilson, Julie	9 Redondo Union	1:09.45

**Girls 800 Meter Run Frosh Soph**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	Simmons, Erin	10 Palos Verdes	2:31.36Q
2	Ostrom, Heather	10 West Torrance	2:33.42Q
3	Glunt, Samantha	10 Mira Costa	2:32.94Q
4	Weatherall, Courtney	9 Palos Verdes	2:35.89Q
5	Shibata, Kaylyn	9 Peninsula	2:35.64Q
6	Ehrlandson, Aika	9 Peninsula	2:36.71Q
7	Freije, Catherine	10 Peninsula	2:37.11Q
8	Bhaskar, Rena	9 Redondo Union	2:39.42Q
9	Fields, Kristin	9 Mira Costa	2:40.03q
10	Jones, Maggie	10 Mira Costa	2:40.64q
11	Matsura, Jacie	9 West Torrance	2:40.98q
12	Lyle, Allison	10 Mira Costa	2:41.52q
13	Sinshiemer, Sara	10 Redondo Union	2:41.95
14	Perrault, Nicole	9 Redondo Union	2:43.21
15	Fields, Catherine	9 Mira Costa	2:47.10
16	Venker, Kristina	9 Redondo Union	2:47.69
17	Wilson, Jenny	9 Redondo Union	2:51.51
18	Lopez, Luisa	9 Mira Costa	2:53.79
19	DeCarson, Julia	10 Palos Verdes	2:55.45

20 Martin, Valerie 9 Mira Costa 2:56.81

**Girls 800 Meter Run Frosh Soph**

Name	Yr	School	Finals
<b>Finals</b>			
1	Ostrom, Heather	10 West Torrance	2:32.14 10
2	Glunt, Samantha	10 Mira Costa	2:33.22 8
3	Simmons, Erin	10 Palos Verdes	2:33.58 6
4	Ehrlandson, Aika	9 Peninsula	2:34.02 5
5	Weatherall, Courtney	9 Palos Verdes	2:35.70 4
6	Shibata, Kaylyn	9 Peninsula	2:38.98 3
7	Freije, Catherine	10 Peninsula	2:39.49 2
8	Jones, Maggie	10 Mira Costa	2:40.20 1
9	Fields, Kristin	9 Mira Costa	2:41.83
10	Matsura, Jacie	9 West Torrance	2:42.07
11	Lyle, Allison	10 Mira Costa	2:44.17

**Girls 1600 Meter Run Frosh Soph**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	Yuen, Ella	9 Peninsula	5:33.96Q
2	Mouchin, Shayna	10 West Torrance	5:48.67Q
3	Bass, Jamie	9 Redondo Union	5:48.29Q
4	Ostrom, Heather	10 West Torrance	5:49.31Q
5	Yogi, Noki	9 Redondo Union	5:49.89Q
6	Glunt, Samantha	10 Mira Costa	5:51.36Q
7	Kim, Caitlin	9 Peninsula	5:50.43Q
8	Haugen, Allison	10 West Torrance	5:51.58Q
9	Sinshiemer, Sara	10 Redondo Union	5:53.70q
10	Weatherall, Courtney	9 Palos Verdes	5:56.40q
11	Leserman, Ellen	10 Mira Costa	5:56.81q
12	Hung, Joanne	9 West Torrance	5:57.91q
13	Bhaskar, Rena	9 Redondo Union	6:00.89
14	Werner, Cara	9 Redondo Union	6:04.10
15	Kato, Kimi	9 Peninsula	6:05.40
16	Hinsch, Megan	9 Peninsula	6:09.43
17	McLaughlin, Katie	10 Redondo Union	6:12.95
18	Matsura, Jacie	9 West Torrance	6:13.23
19	Nafissi, Nellie	10 Palos Verdes	6:14.89
20	Light, Julia	10 Peninsula	6:25.60
21	Kim, Jane	9 Redondo Union	6:27.40
22	Romer, Michelle	9 Palos Verdes	6:28.33
23	Zahoryin, Katie	10 Palos Verdes	6:51.33

**Girls 1600 Meter Run Frosh Soph**

Name	Yr	School	Finals
<b>Finals</b>			
1	Yuen, Ella	9 Peninsula	5:30.71 10
2	Leserman, Ellen	10 Mira Costa	5:42.73 8
3	Haugen, Allison	10 West Torrance	5:43.71 6
4	Yogi, Noki	9 Redondo Union	5:44.54 5
5	Bass, Jamie	9 Redondo Union	5:45.54 4
6	Mouchin, Shayna	10 West Torrance	5:52.27 3
7	Kim, Caitlin	9 Peninsula	5:53.28 2
8	Sinshiemer, Sara	10 Redondo Union	5:57.36 1
9	Hung, Joanne	9 West Torrance	5:57.92

**Bay League Championships - 5/1/2007 to 5/4/2007**

**Mira Costa High School**

**Results**

**Finals ... (Girls 1600 Meter Run Frosh Soph)**

Name	Yr	School	Finals
10 Bhaskar, Rena	9	Redondo Union	6:01.61
11 Hinsch, Megan	9	Peninsula	6:10.53

**Girls 3200 Meter Run Frosh Soph**

Name	Yr	School	Finals
1 Bass, Jamie	9	Redondo Union	12:38.30 10
2 Yogi, Noki	9	Redondo Union	12:42.63 8
3 Hershler, Stephanie	10	Redondo Union	12:45.14 6
4 Leserman, Ellen	10	Mira Costa	12:54.96 5
5 Mouchin, Shayna	10	West Torrance	12:56.41 4
6 Haugen, Allison	10	West Torrance	13:10.73 3
7 Bark, Gemma	9	Palos Verdes	14:18.17 2
8 Romer, Michelle	9	Palos Verdes	14:18.19 1
9 Vartolomeli, Alina	9	Palos Verdes	17:40.63

**Girls 100 Meter Hurdles Frosh Soph**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Hastings, Jamie	10	Mira Costa	17.84Q
2 Lutz, Michelle	10	Mira Costa	18.18Q
3 Nelson, Maggie	9	Redondo Union	19.57Q
4 Marks, Michelle	9	West Torrance	18.92q
5 Graverson, Emilee	9	Mira Costa	19.14q
6 Park, Jessica	10	Peninsula	19.24q
7 Harless, Casey	9	Mira Costa	19.84q
8 Martin, Kelly	10	Peninsula	19.90q
9 Mamiya, Lauren	9	Redondo Union	20.11q
10 Spirito, Allison	9	Palos Verdes	20.36
11 Tu, Celina	9	Peninsula	20.60
12 McCaskill, Lisa	10	Peninsula	20.83
13 Lo, Rachel	10	Peninsula	20.94
14 Solandt, Emilie	10	Palos Verdes	21.07
15 Keating, Megan	10	Palos Verdes	21.31
16 Lee, Anita	10	Peninsula	22.12
17 Hsu, Adalia	9	Peninsula	22.69
18 Christopher, Megan	10	Mira Costa	23.70
19 Sato, Kristen	9	Peninsula	24.66

**Girls 100 Meter Hurdles Frosh Soph**

Name	Yr	School	Finals
<b>Finals</b>			
1 Lutz, Michelle	10	Mira Costa	17.53 10
2 Graverson, Emilee	9	Mira Costa	18.60 8
3 Park, Jessica	10	Peninsula	19.01 6
4 Nelson, Maggie	9	Redondo Union	19.63 5
5 Mamiya, Lauren	9	Redondo Union	19.96 4
6 Spirito, Allison	9	Palos Verdes	20.23 3
7 McCaskill, Lisa	10	Peninsula	20.32 2
8 Harless, Casey	9	Mira Costa	20.81 1
9 Marks, Michelle	9	West Torrance	21.84

**Girls 300 Meter Hurdles Frosh Soph**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Lutz, Michelle	10	Mira Costa	51.31Q
2 Park, Jessica	10	Peninsula	52.00Q
3 Ellis, Kirsten	9	Mira Costa	52.69Q
4 Bair, Devon	10	Mira Costa	52.91q
5 Woodruff, Michelle	9	Redondo Union	53.64q
6 Marks, Michelle	9	West Torrance	53.74q
7 Graverson, Emilee	9	Mira Costa	54.95q
8 Nelson, Maggie	9	Redondo Union	56.15q
9 Hastings, Jamie	10	Mira Costa	57.61q
10 Solandt, Emilie	10	Palos Verdes	58.04
11 McCaskill, Lisa	10	Peninsula	58.09
12 Mamiya, Lauren	9	Redondo Union	59.13
13 Tu, Celina	9	Peninsula	59.92
14 Spirito, Allison	9	Palos Verdes	1:00.86
15 Harless, Casey	9	Mira Costa	1:02.73
16 Martin, Kelly	10	Peninsula	1:03.72
17 Christopher, Megan	10	Mira Costa	1:04.07
18 Lee, Anita	10	Peninsula	1:04.50
19 Sato, Kristen	9	Peninsula	1:07.16
20 Keating, Megan	10	Palos Verdes	1:07.84
21 Hsu, Adalia	9	Peninsula	1:09.42

**Girls 300 Meter Hurdles Frosh Soph**

Name	Yr	School	Finals
<b>Finals</b>			
1 Park, Jessica	10	Peninsula	49.83 10
2 Lutz, Michelle	10	Mira Costa	50.29 8
3 Ellis, Kirsten	9	Mira Costa	51.06 6
4 Bair, Devon	10	Mira Costa	52.73 5
5 Woodruff, Michelle	9	Redondo Union	53.26 4
6 Graverson, Emilee	9	Mira Costa	54.29 3
7 Nelson, Maggie	9	Redondo Union	54.82 2
8 Marks, Michelle	9	West Torrance	56.47 1
9 Solandt, Emilie	10	Palos Verdes	57.94

**Girls 4x100 Meter Relay Frosh Soph**

Team	Relay	Finals
1 Peninsula High School	A	53.02 10
1) Clark, Imani 9	2) Moody, Laura 10	
3) Davila, Renae 9	4) Kwan, Stephanie 10	
2 Redondo Union	A	53.50 8
1) Bolden, Cindy 9	2) DeLoach, Cara 9	
3) Durden, Lisa 9	4) Jackson, Simone 9	
3 Palos Verdes	A	54.15 6
1) Garcia, Jackie 10	2) Ojalvo, Marilyn 9	
3) Randall, Jocelyn 10	4) Simmons, Erin 10	
4 Mira Costa	A	54.53 5
1) Lutz, Michelle 10	2) Bowers, Alexa 9	
3) Pugnale, Siena 9	4) Pulido, Monica 10	
5 West Torrance	A	55.25 4
1) Cardenas, Miriam 9	2) Gonzalez, Kayla 9	
3) Guitare, Shayna 9	4) Jho, Angie 10	

**Bay League Championships - 5/1/2007 to 5/4/2007**

**Mira Costa High School**

**Results**

**Girls 4x400 Meter Relay Frosh Soph**

Team	Relay	Finals
1 Peninsula High School	A	4:16.70 10
1) Davila, Renae 9	2) Kwan, Jessica 10	
3) Kwan, Stephanie 10	4) Moody, Laura 10	
2 Mira Costa	A	4:18.25 8
1) Glunt, Samantha 10	2) Bair, Devon 10	
3) Brown, Allie 9	4) Yuch, Amanda 9	
3 Redondo Union	A	4:20.60 6
1) Bolden, Cindy 9	2) Jackson, Simone 9	
3) Matucci, Diana 9	4) Woodruff, Michelle 9	
4 Palos Verdes	A	4:23.63 5
1) Dutson, Julia 9	2) Ojalvo, Marilyn 9	
3) Randall, Jocelyn 10	4) Simmons, Erin 10	

**Girls High Jump Frosh Soph**

Name	Yr	School	Finals
1 Coreas, Stacy	10	West Torrance	4-07.00 10
2 Jillings, Rachel	10	Palos Verdes	4-06.00 8
3 Brown, Victoria	9	Palos Verdes	J4-06.00 6
4 Harless, Casey	9	Mira Costa	J4-06.00 5
5 Sghiatti, Raquel	9	Palos Verdes	4-04.00 4
6 Howard, Quinn	9	West Torrance	J4-04.00 3
7 Valverde, Kassia	10	Peninsula	J4-04.00 2
8 Siegel, Brianne	10	Peninsula	J4-04.00 1
9 Graverson, Emilee	9	Mira Costa	4-00.00
9 Smith, Catie	10	Palos Verdes	4-00.00
9 Woodruff, Michelle	9	Redondo Union	4-00.00
9 Yim, Melinda	9	Peninsula	4-00.00
13 Armstrong, Ashley	9	Palos Verdes	3-10.00
--- Smith, Hannah	10	Palos Verdes	NH

**Girls Pole Vault Frosh Soph**

Name	Yr	School	Finals
1 Shannon, Kari	9	Mira Costa	8-06.00 10
2 Mahdavi, Golnoush	9	Peninsula	8-00.00 8
3 Scott, Rebecca	9	Mira Costa	7-06.00 6
4 Bogner, Rachel	10	Mira Costa	7-00.00 5
5 Mader, Dyann	9	West Torrance	6-06.00 4
6 Klineman, Maddie	9	Redondo Union	6-00.00 2.5
6 Freeman, Lauren	9	Mira Costa	6-00.00 2.5
--- Mathis, Jordyn	9	West Torrance	NH

**Girls Long Jump Frosh Soph**

Name	Yr	School	Finals
1 Clark, Imani	9	Peninsula	15-07.00 10
2 McIntire, Cailyn	9	Mira Costa	14-08.00 8
3 Jho, Angie	10	West Torrance	14-06.50 6
4 Sghiatti, Raquel	9	Palos Verdes	14-05.00 5
5 Fong, Stephanie	10	Mira Costa	14-01.75 4
6 Truex, Micah	10	West Torrance	13-11.00 3
7 Wathugala, Melanie	9	Peninsula	13-10.50 2
8 Smith, Catie	10	Palos Verdes	13-08.50 1
9 Jillings, Rachel	10	Palos Verdes	13-07.50
10 Shannon, Kari	9	Mira Costa	13-02.25
11 Bloch, Samantha	9	Redondo Union	13-01.50

12 Valverde, Kassia	10	Peninsula	13-01.00
13 Bernstein, Mallory	9	Mira Costa	13-00.50
14 Howard, Quinn	9	West Torrance	13-00.25
15 Gibbel, Danielle	9	Peninsula	12-10.00
16 Hawke, Michelle	10	Palos Verdes	12-06.25
17 DeLucia, Daniella	9	Redondo Union	12-04.50
18 Lazzari-Dean, Julia	9	Mira Costa	12-04.00
19 Armstrong, Ashley	9	Palos Verdes	12-00.00
--- Brown, Victoria	9	Palos Verdes	FOUL

**Girls Triple Jump Frosh Soph**

Name	Yr	School	Finals
1 Fong, Stephanie	10	Mira Costa	30-02.00 10
2 Wathugala, Melanie	9	Peninsula	29-11.50 8
3 Jho, Angie	10	West Torrance	29-09.00 6
4 Howard, Quinn	9	West Torrance	29-07.00 5
5 Jillings, Rachel	10	Palos Verdes	28-11.00 4
6 Siegel, Brianne	10	Peninsula	28-09.00 2.5
6 Shannon, Kari	9	Mira Costa	28-09.00 2.5
8 McIntire, Cailyn	9	Mira Costa	28-06.00 1
9 Hawke, Michelle	10	Palos Verdes	27-11.00
10 Smith, Catie	10	Palos Verdes	27-06.00
11 Bernstein, Mallory	9	Mira Costa	27-01.00
12 Sghiatti, Raquel	9	Palos Verdes	27-00.00
13 Martin, Kelly	10	Peninsula	26-10.00
14 Gibbel, Danielle	9	Peninsula	25-11.00
15 Bloch, Samantha	9	Redondo Union	25-06.50
16 Smith, Hannah	10	Palos Verdes	25-06.00
17 Lazzari-Dean, Julia	9	Mira Costa	25-00.00

**Girls Shot Put Frosh Soph**

Name	Yr	School	Finals
1 Tulikihihifo, Mary	9	Redondo Union	33-07.25 10
2 Griffith, Karen	11	West Torrance	31-02.00 8
3 Na'a, Celeste	9	Mira Costa	28-07.50 6
4 Sanusi, Yewande	9	Mira Costa	26-06.50 5
5 Knight, Jean	9	Redondo Union	24-09.00 4
6 Alves, Madison	9	Mira Costa	19-01.75 3
7 Sarazen, Lauren	10	Peninsula	18-11.00 2

**Girls Discus Throw Frosh Soph**

Name	Yr	School	Finals
1 Tulikihihifo, Mary	9	Redondo Union	85-01 10
2 Griffith, Karen	11	West Torrance	81-00 8
3 Colin, Katie	9	West Torrance	68-10 6
4 Na'a, Celeste	9	Mira Costa	66-00 5
5 Choi, Jenny	10	Peninsula	61-10 4
6 Gragg, Sarah	9	Peninsula	41-01 3

**Boys 100 Meter Dash Varsity**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Rodgers, Mark	12	Leuzinger	10.86Q
2 Abdul, Wajid	12	Peninsula	11.10Q
3 Solomon, Ryan	11	Peninsula	11.42Q
4 Berndt, AJ	12	Mira Costa	11.45q
5 Jones, Tymon	10	Redondo Union	11.46q

## Bay League Championships - 5/1/2007 to 5/4/2007

## Mira Costa High School

## Results

**Preliminaries ... (Boys 100 Meter Dash Varsity)**

Name	Yr	School	Prelims
6 Giacomini, Louis	10	Peninsula	11.47q
7 Jones, Nick	11	Redondo Union	11.58q
8 Margolis, Jarett	11	Mira Costa	11.64q
9 Manning, Darren	11	Redondo Union	11.69q
10 Nakaoka, Richard	11	Mira Costa	11.84
11 Allan, Keith	10	Redondo Union	11.94
12 Wickmarachchi, Yasith	11	Mira Costa	11.97
13 Guerrero, Jamel	11	Palos Verdes	12.04
14 Roth, James	11	Mira Costa	12.60

**Boys 100 Meter Dash Varsity**

Name	Yr	School	Finals
<b>Finals</b>			
1 Rodgers, Mark	12	Leuzinger	10.78 10
2 Abdul, Wajid	12	Peninsula	11.09 8
3 Solomon, Ryan	11	Peninsula	11.25 6
4 Berndt, AJ	12	Mira Costa	11.35 5
5 Giacomini, Louis	10	Peninsula	11.40 4
6 Jones, Tymon	10	Redondo Union	11.51 3
7 Margolis, Jarett	11	Mira Costa	11.52 2
8 Manning, Darren	11	Redondo Union	11.53 1
9 Jones, Nick	11	Redondo Union	11.66

**Boys 200 Meter Dash Varsity**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Rodgers, Mark	12	Leuzinger	22.42q
2 Abdul, Wajid	12	Peninsula	22.62q
3 Gray, Brandon	12	Leuzinger	22.97q
4 Dotson, Adrien	11	Mira Costa	23.12q
5 Solomon, Ryan	11	Peninsula	23.13q
6 Jones, Tymon	10	Redondo Union	23.21q
7 Janieks, Derek	11	Mira Costa	23.44q
8 Ambriz, Sean	12	Redondo Union	23.50q
8 Rogers, Max	11	Peninsula	23.50q
10 Manning, Darren	11	Redondo Union	24.06
11 Guerrero, Jamel	11	Palos Verdes	24.42
12 Stewart, Vincent	12	Leuzinger	24.60
13 Nakaoka, Richard	11	Mira Costa	24.66
14 Allan, Keith	10	Redondo Union	24.71
15 Roth, James	11	Mira Costa	25.14
16 Soliman, Sam	12	West Torrance	27.07

**Boys 200 Meter Dash Varsity**

Name	Yr	School	Finals
<b>Finals</b>			
1 Rodgers, Mark	12	Leuzinger	22.00 10
2 Abdul, Wajid	12	Peninsula	22.49 8
3 Gray, Brandon	12	Leuzinger	22.81 6
4 Solomon, Ryan	11	Peninsula	23.00 5
5 Dotson, Adrien	11	Mira Costa	23.20 4
6 Janieks, Derek	11	Mira Costa	23.87 3

**Boys 400 Meter Dash Varsity**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Peterson, Andrew	12	Mira Costa	51.22Q
2 Janieks, Derek	11	Mira Costa	53.35Q
3 Giacomini, Alex	11	Palos Verdes	51.95q
4 Rogers, Max	11	Peninsula	52.44q
5 Gray, Brandon	12	Leuzinger	53.01q
6 Coombs, Adam	11	Palos Verdes	53.41q
7 Emdee, Greg	10	Redondo Union	54.24q
8 Tracy, Sean	11	Mira Costa	54.72q
9 Stewart, Vincent	12	Leuzinger	56.85q
10 Vandenakker, Christian	12	Mira Costa	58.71
11 Chan, Daryl	12	Peninsula	59.10

**Boys 400 Meter Dash Varsity**

Name	Yr	School	Finals
<b>Finals</b>			
1 Peterson, Andrew	12	Mira Costa	51.18 10
2 Rogers, Max	11	Peninsula	51.57 8
3 Janieks, Derek	11	Mira Costa	52.49 6
4 Tracy, Sean	11	Mira Costa	52.74 5
5 Emdee, Greg	10	Redondo Union	53.78 4
6 Stewart, Vincent	12	Leuzinger	56.38 3

**Boys 800 Meter Run Varsity**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Ensbury, Alex	10	Mira Costa	2:00.87Q
2 Conover, Adam	11	Mira Costa	2:02.01Q
3 DeCastro, Steven	12	West Torrance	2:05.28Q
4 Adler, Alex	11	Mira Costa	2:01.00Q
5 Oyakawa, Yosuke	12	Peninsula	2:03.28Q
6 Williams, David	12	Mira Costa	2:05.32Q
7 Khan, Fawad	12	Palos Verdes	2:01.42Q
8 McCarty, Josh	11	West Torrance	2:05.16Q
9 Tikker, Ryan	12	Mira Costa	2:05.63Q
10 Naka, Eugene	11	Peninsula	2:01.75q
11 Nelson, Hank	11	Redondo Union	2:03.78q
12 Knight, John	11	Peninsula	2:05.89q
13 Humbarger, Scott	11	Mira Costa	2:06.33
14 Stanbrook, Will	11	Mira Costa	2:09.09
15 Pekich, Scott	11	Peninsula	2:10.78
16 Samushima, Brian	12	West Torrance	2:10.91
17 Enomoto, Rio	11	West Torrance	2:13.44
18 Blank, Josh	12	West Torrance	2:15.43
19 Yagi, Yuki	11	Peninsula	2:18.55
20 Wong, Michael	11	Mira Costa	2:20.61
21 Rubio, Joel	12	Leuzinger	2:22.23
22 Bandel, Ryan	12	Mira Costa	2:22.36
23 Taravella, Giacomo	12	Mira Costa	2:24.64
24 Wong, Scott	11	Palos Verdes	2:25.05



## Bay League Championships - 5/1/2007 to 5/4/2007

## Mira Costa High School

## Results

**Boys 800 Meter Run Varsity**

Name	Yr	School	Finals
<b>Finals</b>			
1 Khan, Fawad	12	Palos Verdes	1:56.21 10
2 Williams, David	12	Mira Costa	1:56.95 8
3 Oyakawa, Yosuke	12	Peninsula	1:57.99 6
4 Conover, Adam	11	Mira Costa	1:58.81 5
5 Adler, Alex	11	Mira Costa	1:58.98 4
6 Ensbury, Alex	10	Mira Costa	1:59.67 3
7 DeCastro, Steven	12	West Torrance	2:00.37 2
8 Naka, Eugene	11	Peninsula	2:01.56 1
9 Tikker, Ryan	12	Mira Costa	2:02.14
10 Nelson, Hank	11	Redondo Union	2:02.53
11 Knight, John	11	Peninsula	2:03.29
12 Humbarger, Scott	11	Mira Costa	2:05.33

**Boys 1600 Meter Run Varsity**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Williams, David	12	Mira Costa	4:34.40Q
2 Adler, Alex	11	Mira Costa	4:36.81Q
3 McCarty, Josh	11	West Torrance	4:37.88Q
4 Kalinowski, Danny	11	Mira Costa	4:39.43Q
5 DeCastro, Steven	12	West Torrance	4:39.19Q
6 Khan, Fawad	12	Palos Verdes	4:41.69Q
7 Djenderedjian, Levon	12	Peninsula	4:39.87Q
8 Ensbury, Alex	10	Mira Costa	4:41.86Q
9 Flores, Jon	12	Redondo Union	4:40.20q
10 Lezama, Jose	10	Leuzinger	4:40.83q
11 Humbarger, Scott	11	Mira Costa	4:44.67q
12 Enomoto, Rio	11	West Torrance	4:45.18q
13 Hanley, Kevin	12	Mira Costa	4:45.61
14 Yagi, Yuki	11	Peninsula	4:47.70
15 Samushima, Brian	12	West Torrance	4:49.96
16 Scantlebury, Willis	12	West Torrance	4:52.10
17 Delgado, Garrett	11	Palos Verdes	4:52.84
18 Keswani, Nirat	11	West Torrance	4:53.81
19 Stanbrook, Will	11	Mira Costa	4:54.32
20 Wolfgang, Spencer	12	Mira Costa	4:55.68
21 Starnieri, Nick	11	Peninsula	4:57.28
22 Assah, Ezhar	11	West Torrance	5:00.69
23 Hollingsworth, Will	11	Mira Costa	5:01.68
24 Kemper, Greg	11	Peninsula	5:02.27
25 Bandel, Ryan	12	Mira Costa	5:03.12
26 Meyers, Tim	12	Mira Costa	5:04.98
27 Rivera, Henry		Leuzinger	5:09.54
28 Schwartz, David	11	Redondo Union	5:11.32
29 Conover, Ryan	11	Mira Costa	5:12.25
30 Uyama, George	11	West Torrance	5:15.45
31 Fuji, Jon	11	Palos Verdes	5:15.82
32 Eng, Greg	12	Palos Verdes	5:39.83

**Boys 1600 Meter Run Varsity**

Name	Yr	School	Finals
<b>Finals</b>			
1 Khan, Fawad	12	Palos Verdes	4:29.26 10
2 Adler, Alex	11	Mira Costa	4:31.65 8
3 DeCastro, Steven	12	West Torrance	4:38.36 6
4 Flores, Jon	12	Redondo Union	4:45.05 5
5 Hanley, Kevin	12	Mira Costa	4:46.06 4
6 Samushima, Brian	12	West Torrance	4:49.02 3
7 Scantlebury, Willis	12	West Torrance	4:49.06 2
8 Keswani, Nirat	11	West Torrance	4:55.37 1
9 Wolfgang, Spencer	12	Mira Costa	5:01.33
10 Yagi, Yuki	11	Peninsula	5:06.92

**Boys 3200 Meter Run Varsity**

Name	Yr	School	Finals
1 Schmidt, Cody	10	Redondo Union	9:30.20 10
2 Ratley, Andrew	12	Palos Verdes	9:31.22 8
3 McCarty, Josh	11	West Torrance	9:34.86 6
4 Schmidt, Simon	10	Redondo Union	9:41.99 5
5 Kalinowski, Danny	11	Mira Costa	9:44.00 4
6 Lezama, Jose	10	Leuzinger	9:49.40 3
7 Djenderedjian, Levon	12	Peninsula	9:51.80 2
8 Stillo, Mike	11	Palos Verdes	9:57.61 1
9 Richland, Josh	10	Palos Verdes	10:05.13
10 Enomoto, Rio	11	West Torrance	10:22.35
11 Hollingsworth, Will	11	Mira Costa	10:24.58
12 Kemper, Greg	11	Peninsula	10:34.65
13 Hanley, Kevin	12	Mira Costa	10:37.15
14 Scantlebury, Willis	12	West Torrance	10:44.11
15 Uyama, George	11	West Torrance	10:47.65
16 Bandel, Ryan	12	Mira Costa	10:50.89
17 Varen, Daniel	11	Palos Verdes	10:58.93
18 Rivera, Henry		Leuzinger	10:59.91
19 Wolfgang, Spencer	12	Mira Costa	11:00.90
20 Schwartz, David	11	Redondo Union	11:11.94
21 Chan, Phillip	11	West Torrance	11:35.36

**Boys 110 Meter Hurdles Varsity**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Lewis, Max	12	Mira Costa	15.29Q
2 Graham, Kyle	12	Leuzinger	15.37Q
3 Davis, Cartier	12	Leuzinger	15.45Q
4 Hagen, Andrew	12	Palos Verdes	15.57q
5 Guerrero, Alex	12	Peninsula	15.60q
6 Wilson, Tanner	11	Mira Costa	15.85q
7 Watanabe, Yuta	11	West Torrance	16.03q
8 Tsai, Joseph	12	Peninsula	17.09q
9 Cohen, Michael	12	Mira Costa	17.67q
10 Wing, Brett	11	Palos Verdes	17.90
11 Soliman, Sam	12	West Torrance	19.34
12 Residor, Patrick	12	Redondo Union	19.53
13 Tong, Alan	11	Peninsula	19.63
14 Ichinose, Matt	12	Peninsula	19.69

**Bay League Championships - 5/1/2007 to 5/4/2007**

**Mira Costa High School**

**Results**

**Preliminaries ... (Boys 110 Meter Hurdles Varsity)**

Name	Yr	School	Prelims
15 Balderian, Ryan	11	Palos Verdes	20.74

**Boys 110 Meter Hurdles Varsity**

Name	Yr	School	Finals
<b>Finals</b>			
1 Davis, Cartier	12	Leuzinger	14.77 10
2 Lewis, Max	12	Mira Costa	14.98 8
3 Graham, Kyle	12	Leuzinger	15.01 6
4 Hagen, Andrew	12	Palos Verdes	15.10 5
5 Guerrero, Alex	12	Peninsula	15.53 4
6 Wilson, Tanner	11	Mira Costa	15.58 3
7 Watanabe, Yuta	11	West Torrance	15.91 2
8 Cohen, Michael	12	Mira Costa	17.15 1

**Boys 300 Meter Hurdles Varsity**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Lewis, Max	12	Mira Costa	40.14Q
2 Go, Alvin	12	West Torrance	40.22Q
3 Hagen, Andrew	12	Palos Verdes	40.99Q
4 Davis, Cartier	12	Leuzinger	41.02q
5 Graham, Kyle	12	Leuzinger	41.30q
6 Guerrero, Alex	12	Peninsula	42.52q
7 Chandaragga, Eric	12	Mira Costa	42.56q
8 Blalock, Tristan	12	West Torrance	42.64q
9 Wilson, Tanner	11	Mira Costa	43.04q
10 Watanabe, Yuta	11	West Torrance	43.33
11 Garcia, Jason	11	West Torrance	43.71
12 Wing, Brett	11	Palos Verdes	44.48
13 Tsai, Joseph	12	Peninsula	44.64
14 Residor, Patrick	12	Redondo Union	46.08
15 Cohen, Michael	12	Mira Costa	47.80
16 Ichinose, Matt	12	Peninsula	48.11
17 Ricci, Bryan	12	Palos Verdes	49.35
18 Tong, Alan	11	Peninsula	51.53
19 Balderian, Ryan	11	Palos Verdes	52.45

**Boys 300 Meter Hurdles Varsity**

Name	Yr	School	Finals
<b>Finals</b>			
1 Lewis, Max	12	Mira Costa	39.23 10
2 Go, Alvin	12	West Torrance	39.30 8
3 Davis, Cartier	12	Leuzinger	40.17 6
4 Hagen, Andrew	12	Palos Verdes	41.48 5
5 Graham, Kyle	12	Leuzinger	42.40 4
6 Chandaragga, Eric	12	Mira Costa	42.67 3
7 Watanabe, Yuta	11	West Torrance	43.14 2
8 Blalock, Tristan	12	West Torrance	43.15 1
9 Garcia, Jason	11	West Torrance	43.77

**Boys 4x100 Meter Relay Varsity**

Team	Relay	Finals
1 Peninsula High School	A	43.23 10
1) Abdul, Wajid 12	2) Giacomini, Louis 10	
3) Rogers, Max 11	4) Solomon, Ryan 11	
2 Leuzinger High School	A	43.49 8
1) Davis, Cartier 12	2) Gray, Brandon 12	
3) Rodgers, Mark 12	4) Washington, Sean 12	
3 Mira Costa	A	44.39 6
1) Margolis, Jarett 11	2) Dotson, Adrien 11	
3) Tracy, Sean 11	4) Janieks, Derek 11	
4 Redondo Union	A	44.49 5
1) Allan, Keith 10	2) Ambriz, Sean 12	
3) Jones, Tymon 10	4) Jones, Nick 11	

**Boys 4x400 Meter Relay Varsity**

Team	Relay	Finals
1 Mira Costa	A	3:25.41 10
1) Dotson, Adrien 11	2) Tracy, Sean 11	
3) Janieks, Derek 11	4) Peterson, Andrew 12	
2 Leuzinger High School	A	3:25.76 8
1) Davis, Cartier 12	2) Gray, Brandon 12	
3) Rodgers, Mark 12	4) Washington, Sean 12	
3 Palos Verdes	A	3:28.43 6
1) Hagen, Andrew 12	2) Khan, Fawad 12	
3) Coombs, Adam 11	4) Giacomini, Alex 11	
4 Peninsula High School	A	3:29.58 5
1) Knight, John 11	2) Naka, Eugene 11	
3) Oyakawa, Yosuke 12	4) Starnieri, Nick 11	
5 Redondo Union	A	3:50.21 4
1) Emdee, Greg 10	2) Tallant, Ted 11	
3) Residor, Patrick 12	4) Nelson, Hank 11	

**Boys High Jump Varsity**

Name	Yr	School	Finals
1 Giacomini, Alex	11	Palos Verdes	6-02.00 10
2 Holly, Eric	12	Peninsula	6-00.00 8
3 Wickstrom, Greg	11	Peninsula	5-10.00 6
4 Ross, Monroe	12	Leuzinger	5-06.00 4
4 Iguchi, Kyle	11	Palos Verdes	5-06.00 4
4 Ostrom, Jeff	12	West Torrance	5-06.00 4
7 Willis, Frank	11	Palos Verdes	5-04.00 1.5
7 Marquez, Alex	11	West Torrance	5-04.00 1.5
--- LeFlore, Jensen	11	Redondo Union	NH
--- Alcaraz, Richard	11	West Torrance	NH

**Boys Pole Vault Varsity**

Name	Yr	School	Finals
1 Morrow, Michael	11	Mira Costa	11-07.00 10
2 Quinones, Pedro	11	Peninsula	11-01.00 7
2 Duprey, Nolan	11	Mira Costa	11-01.00 7
4 Nassiri, Justin	12	Peninsula	J11-01.00 4.5
4 Lam, Jason	11	Peninsula	J11-01.00 4.5
6 Lohnes, Jameson	11	West Torrance	J11-01.00 3
7 Chan, Casey	12	West Torrance	10-07.00 0.8
7 Residor, Patrick	12	Redondo Union	10-07.00 0.8

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**Mira Costa High School**

**Results**

**(Boys Pole Vault Varsity)**

Name	Yr	School	Finals
7 Johnson, Chris	11	Peninsula	10-07.00 0.8
7 Nguyen, Ryan	11	Peninsula	10-07.00 0.8
11 Thompson, Brian	11	West Torrance	10-01.00
--- Boss, Jenya	11	Palos Verdes	NH

**Boys Long Jump Varsity**

Name	Yr	School	Finals
1 Alcaraz, Richard	11	West Torrance	22-07.25 10
2 Giacomini, Alex	11	Palos Verdes	22-02.50 8
3 Jones, Tymon	10	Redondo Union	21-04.75 6
4 Holly, Eric	12	Peninsula	21-04.00 5
5 Manning, Darren	11	Redondo Union	21-03.00 4
6 Graham, Kyle	12	Leuzinger	20-11.50 3
7 Solomon, Ryan	11	Peninsula	20-11.25 2
8 Washington, Sean	12	Leuzinger	20-07.00 1
9 Marquez, Alex	11	West Torrance	20-03.00
9 Ross, Monroe	12	Leuzinger	20-03.00
11 Real, Andy	11	Mira Costa	19-05.25
12 Ostrom, Jeff	12	West Torrance	19-04.75
13 Jones, Tim	12	Mira Costa	19-01.00
14 Chandaragga, Eric	12	Mira Costa	18-10.00
15 Iguchi, Kyle	11	Palos Verdes	18-09.50
16 Gonzales, Dan	12	Peninsula	18-08.75
16 Nakaoka, Richard	11	Mira Costa	18-08.75
18 Beltran, Josh	12	West Torrance	18-07.00
19 Wayland, Jeff	11	Mira Costa	17-10.75
20 LeFlore, Jensen	11	Redondo Union	17-02.00
21 Khaleghian, Bobby	12	Mira Costa	16-11.50
--- Willis, Frank	11	Palos Verdes	FOUL
--- Masucci, Chris	11	Mira Costa	FOUL

**Boys Triple Jump Varsity**

Name	Yr	School	Finals
1 Alcaraz, Richard	11	West Torrance	41-10.00 10
2 Holly, Eric	12	Peninsula	41-03.75 8
3 Washington, Sean	12	Leuzinger	41-03.00 6
4 Tuzkov, Anton	12	West Torrance	41-02.75 5
5 Ostrom, Jeff	12	West Torrance	39-07.75 4
6 Marquez, Alex	11	West Torrance	38-08.00 3
7 Khaleghian, Bobby	12	Mira Costa	37-05.50 2
8 Jones, Tim	12	Mira Costa	37-04.50 1
9 LeFlore, Jensen	11	Redondo Union	36-11.00
10 Nakaoka, Richard	11	Mira Costa	35-09.25
11 Wayland, Jeff	11	Mira Costa	34-09.75
--- Guerrero, Alex	12	Peninsula	FOUL
--- Masucci, Chris	11	Mira Costa	FOUL

**Boys Shot Put Varsity**

Name	Yr	School	Finals
1 Weintraub, Jacob	12	Redondo Union	55-02.00 10
2 Probasco, Alex	12	Mira Costa	54-08.00 8
3 McKelvey, P.J.	12	West Torrance	50-04.75 6
4 Jones, Otis	11	Leuzinger	46-03.50 5
5 Kmeciak, Jason	12	West Torrance	45-06.00 4
6 Alexander, Cory	11	Mira Costa	45-00.50 3

7 Graham, Taylor	12	West Torrance	44-07.00 2
8 Goldberg, Max	12	Redondo Union	43-06.00 1
9 Sheehy, Patrick	12	Mira Costa	41-08.00
10 Monteil, Tony	11	Leuzinger	39-06.50
11 Del Signore, Tom	12	Redondo Union	39-05.50
12 Wentworth, Mike	11	Palos Verdes	38-09.00
13 Brito, Scott	11	Peninsula	38-06.00
14 Battle, Ronald	11	Leuzinger	37-07.00
15 Vartanian, Mikel	11	Mira Costa	37-00.00
16 Roth, Matt	11	Mira Costa	36-07.50
17 Romero, Nestor		Leuzinger	33-09.00
18 Lajuennesse, Dan	12	Peninsula	32-08.00
19 Latterman, Paul	12	Peninsula	30-06.00

**Boys Discus Throw Varsity**

Name	Yr	School	Finals
1 Probasco, Alex	12	Mira Costa	151-07 10
2 Weintraub, Jacob	12	Redondo Union	141-10 8
3 Kmeciak, Jason	12	West Torrance	138-11 6
4 Graham, Taylor	12	West Torrance	136-06 5
5 Goldberg, Max	12	Redondo Union	135-03 4
6 Alexander, Cory	11	Mira Costa	131-02 3
7 Del Signore, Tom	12	Redondo Union	121-01 2
8 Vartanian, Mikel	11	Mira Costa	116-02 1
9 Brito, Scott	11	Peninsula	102-03
10 Lajuennesse, Dan	12	Peninsula	101-04
11 Sheehy, Patrick	12	Mira Costa	99-09
--- Ayres, Jeff	12	West Torrance	FOUL

**Boys 100 Meter Dash Frosh Soph**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Mancusi, Victor	9	Palos Verdes	11.84Q
2 Mitchell, Trumell	9	Leuzinger	11.87Q
3 James, Jessie	10	Leuzinger	11.91Q
4 Solorzano, Alejandro	9	West Torrance	11.90q
5 Jones, Jason	10	Mira Costa	11.99q
6 Baiz, Max	9	Palos Verdes	12.19q
7 Waldman, Tyler	9	Peninsula	12.22q
8 Pierson, Ryan	9	Peninsula	12.40q
9 Trudnowski, Luke	9	West Torrance	12.41q
10 Robinson, Ted	9	Redondo Union	12.43
11 Narimatsu, Kukichi	10	Peninsula	12.49
12 Moran, Sean	9	Peninsula	13.03
13 Navarro, Frank	9	Redondo Union	13.16

**Boys 100 Meter Dash Frosh Soph**

Name	Yr	School	Finals
<b>Finals</b>			
1 Mancusi, Victor	9	Palos Verdes	11.65 10
2 James, Jessie	10	Leuzinger	11.88 8
3 Jones, Jason	10	Mira Costa	11.90 6
4 Mitchell, Trumell	9	Leuzinger	11.92 5
5 Trudnowski, Luke	9	West Torrance	12.09 4
6 Waldman, Tyler	9	Peninsula	12.18 3
7 Solorzano, Alejandro	9	West Torrance	12.20 2

**Bay League Championships - 5/1/2007 to 5/4/2007**

**Mira Costa High School**

**Results**

**Finals ... (Boys 100 Meter Dash Frosh Soph)**

Name	Yr	School	Finals
8 Pierson, Ryan	9	Peninsula	12.26 1

**Boys 200 Meter Dash Frosh Soph**

Name	Yr	School	Prelims
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**Preliminaries**

1 Mitchell, Trumell	9	Leuzinger	24.13q
2 Weatherell, Jack	10	Palos Verdes	24.22q
3 Lyou, Colin	10	Palos Verdes	24.43q
4 Behan, Kevin	9	West Torrance	24.66q
5 Solorzano, Alejandro	9	West Torrance	24.70q
6 Jones, Jason	10	Mira Costa	25.01q
7 Guzenhauser, Rob	9	Palos Verdes	25.05q
8 Trudnowski, Luke	9	West Torrance	25.08q
9 DeLorenzo, Lije	10	Mira Costa	25.34q
10 James, Jessie	10	Leuzinger	25.36
11 Waldman, Tyler	9	Peninsula	25.52
12 Robinson, Ted	9	Redondo Union	26.06
13 Keegan, Kevin	9	Peninsula	26.09
13 Machado, Alex	9	Redondo Union	26.09
15 Faulkner, Kyle	10	Mira Costa	26.24
16 Surls, Ethan	9	West Torrance	26.50
17 Moshksar, Ashkan	10	Peninsula	26.66
18 Navarro, Frank	9	Redondo Union	26.94
19 Loung, Andy	9	Leuzinger	29.55
20 Hernandez, Rodolfo		Leuzinger	29.73

**Boys 200 Meter Dash Frosh Soph**

Name	Yr	School	Finals
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**Finals**

1 Weatherell, Jack	10	Palos Verdes	23.82 10
2 Mitchell, Trumell	9	Leuzinger	24.20 8
3 Lyou, Colin	10	Palos Verdes	24.38 6
4 Behan, Kevin	9	West Torrance	24.42 5
5 Jones, Jason	10	Mira Costa	24.87 4
6 Trudnowski, Luke	9	West Torrance	25.34 3
7 Guzenhauser, Rob	9	Palos Verdes	25.36 2

**Boys 400 Meter Dash Frosh Soph**

Name	Yr	School	Prelims
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**Preliminaries**

1 Wright, Rico	9	Mira Costa	53.89Q
2 Weatherell, Jack	10	Palos Verdes	55.09Q
3 Lyou, Colin	10	Palos Verdes	55.22Q
4 Chung, Daniel	10	West Torrance	55.71q
5 Keegan, Kevin	9	Peninsula	56.44q
6 Breski, Shane	10	West Torrance	56.64q
7 Turner, Galen	10	Leuzinger	57.32q
8 Guzenhauser, Rob	9	Palos Verdes	57.45q
9 Machado, Alex	9	Redondo Union	57.92q
10 Faulkner, Kyle	10	Mira Costa	58.10
11 Nishikawa, Kei	10	Peninsula	58.44
12 Sawyer, Tony	9	Leuzinger	59.35
13 Baker, Dylan	9	Redondo Union	59.66
14 Rehaut, Lucas	9	Palos Verdes	1:00.20

15 Pearce, William	9	Peninsula	1:00.93
16 Foster, Blake	10	Mira Costa	1:01.27
17 Surls, Ethan	9	West Torrance	1:02.25
18 Martin, Michael	10	Leuzinger	1:04.35

**Boys 400 Meter Dash Frosh Soph**

Name	Yr	School	Finals
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**Finals**

1 Wright, Rico	9	Mira Costa	53.40 10
2 Weatherell, Jack	10	Palos Verdes	53.78 8
3 Lyou, Colin	10	Palos Verdes	55.62 6
4 Keegan, Kevin	9	Peninsula	55.96 5
5 Breski, Shane	10	West Torrance	56.59 4
6 Guzenhauser, Rob	9	Palos Verdes	57.89 3
7 Machado, Alex	9	Redondo Union	57.93 2
8 Nishikawa, Kei	10	Peninsula	58.11 1
9 Turner, Galen	10	Leuzinger	58.52

**Boys 800 Meter Run Frosh Soph**

Name	Yr	School	Prelims
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**Preliminaries**

1 Wright, Rico	9	Mira Costa	2:08.57Q
2 Meyer, Daniel	10	Palos Verdes	2:10.81Q
3 Kuwanoe, Daniel	9	Palos Verdes	2:16.09Q
4 Woods, Anthony	10	Palos Verdes	2:09.77Q
5 Chung, Daniel	10	West Torrance	2:12.74Q
6 Zuckerman, Chase	9	Palos Verdes	2:17.46Q
7 Sheridan, Kyle	10	Redondo Union	2:11.79Q
8 Krumpe, Cameron	9	West Torrance	2:13.14Q
9 Jackson, Ryan	10	Peninsula	2:17.51Q
10 Inouye, Hiroke	10	Peninsula	2:13.10q
11 Sin, Randy	10	Peninsula	2:13.50q
12 McLees, Justin	10	Mira Costa	2:14.33q
13 Koltun, Zach	10	West Torrance	2:19.53q
14 White, Julian	10	Leuzinger	2:20.28
15 Castellanos, Arsenio	10	Mira Costa	2:20.70
16 Isozaki, Robert	10	Mira Costa	2:20.94
17 Patry, Owen	10	Palos Verdes	2:21.25
18 Enomoto, Yosuke	9	West Torrance	2:21.62
19 Poon, Matt	9	Mira Costa	2:21.89
20 Falcon, Devin	10	Mira Costa	2:23.54
21 Cheloha, Corin	9	Mira Costa	2:23.55
22 Ohannesian, Leo	10	Mira Costa	2:24.74
23 Wallace, Gerald	9	Leuzinger	2:25.36
24 Tom, Matthew	10	Peninsula	2:25.85
25 Yoon, William	10	Palos Verdes	2:28.13
26 Chu, Sam	9	Peninsula	2:31.01
27 Pamainian, Mike	9	Redondo Union	2:32.16
28 Peciutiis, Daniel	9	Palos Verdes	2:33.31
29 Der, Lincoln	10	Peninsula	2:40.11
30 Otto, Brian	10	Palos Verdes	2:42.69

**Boys 800 Meter Run Frosh Soph**

Name	Yr	School	Finals
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**Finals**

1 Jackson, Ryan	10	Peninsula	2:05.79 10
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## Bay League Championships - 5/1/2007 to 5/4/2007

## Mira Costa High School

## Results

## Finals ... (Boys 800 Meter Run Frosh Soph)

Name	Yr	School	Finals	
2 Meyer, Daniel	10	Palos Verdes	2:07.79	8
3 Wright, Rico	9	Mira Costa	2:07.91	6
4 Chung, Daniel	10	West Torrance	2:08.41	5
5 Sheridan, Kyle	10	Redondo Union	2:10.54	4
6 Woods, Anthony	10	Palos Verdes	2:12.32	3
7 Krumpe, Cameron	9	West Torrance	2:13.23	2
8 Inouye, Hiroke	10	Peninsula	2:15.35	1
9 Sin, Randy	10	Peninsula	2:15.63	
10 Zuckerman, Chase	9	Palos Verdes	2:16.33	
11 McLees, Justin	10	Mira Costa	2:16.41	
12 Koltun, Zach	10	West Torrance	2:17.85	

## Boys 1600 Meter Run Frosh Soph

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Besnoin, Remy	9	Redondo Union	4:46.38Q
2 Landon, Michael	10	Redondo Union	4:50.60Q
3 Woods, Anthony	10	Palos Verdes	4:51.24Q
4 Jolicouer, Alec	9	Redondo Union	4:50.66Q
5 Cohen, Peter	9	Palos Verdes	4:53.29Q
6 Hammers, Andrew	10	West Torrance	4:59.06Q
7 Yoshizawa, Steven	10	West Torrance	4:54.88q
8 Byard, Ryan	10	West Torrance	4:56.30q
9 Ohta, Michael	10	West Torrance	4:57.40q
10 Boswell, Ryan	10	Redondo Union	4:57.59q
11 Bower, Greg	9	Redondo Union	4:57.92q
12 Chung, Daniel	10	West Torrance	4:58.63q
13 Murata, Michael	10	Peninsula	4:59.90
14 Meyer, Daniel	10	Palos Verdes	5:00.81
15 Schermerhorn, Simon	9	Redondo Union	5:01.63
16 Minami, Andrew	9	Peninsula	5:02.75
17 Horton, Steven	9	West Torrance	5:04.85
18 Flynn, Michael	9	West Torrance	5:04.98
19 Nakai, Jon	9	Peninsula	5:05.01
20 Paulson, Jacob	9	Palos Verdes	5:05.66
21 Tsai, Nathan	10	Peninsula	5:09.30
22 Vandenberg, Andrew	10	Mira Costa	5:09.81
23 Hooper, Alan	10	Mira Costa	5:10.30
24 Yamashita, Ryan	10	Palos Verdes	5:10.85
25 Lau, Brian	10	Mira Costa	5:12.19
26 Hirahara, Spencer	10	Mira Costa	5:14.70
27 Gonzalez, Daniel	9	Redondo Union	5:17.97
28 Lo, Andrew	9	Peninsula	5:18.09
29 Peterson, Daniel	9	Peninsula	5:19.69
30 Su, Brandon	10	Peninsula	5:23.68
31 Alvarez, Nick	9	Mira Costa	5:24.06
32 Kurasawa, Tim	10	Redondo Union	5:27.20
33 Chong, Luke	10	Peninsula	5:35.37
34 Dahlin, Sean	9	Palos Verdes	5:42.37
35 Ryan, Cameron	9	Palos Verdes	5:43.02
36 Huynh, Nick	10	Palos Verdes	5:48.47
37 Lin, Kris	9	Peninsula	5:50.55

## Boys 1600 Meter Run Frosh Soph

Name	Yr	School	Finals	
<b>Finals</b>				
1 Besnoin, Remy	9	Redondo Union	4:43.78	10
2 Cohen, Peter	9	Palos Verdes	4:44.96	8
3 Landon, Michael	10	Redondo Union	4:46.30	6
4 Woods, Anthony	10	Palos Verdes	4:46.38	5
5 Hammers, Andrew	10	West Torrance	4:50.61	4
6 Yoshizawa, Steven	10	West Torrance	4:51.29	3
7 Jolicouer, Alec	9	Redondo Union	4:52.73	2
8 Murata, Michael	10	Peninsula	4:54.73	1
9 Boswell, Ryan	10	Redondo Union	4:58.65	
10 Ohta, Michael	10	West Torrance	4:59.99	
11 Byard, Ryan	10	West Torrance	5:05.19	
12 Bower, Greg	9	Redondo Union	5:05.91	

## Boys 3200 Meter Run Frosh Soph

Name	Yr	School	Finals	
1 Jackson, Ryan	10	Peninsula	10:34.25	10
2 Cohen, Peter	9	Palos Verdes	10:36.35	8
3 Paulson, Jacob	9	Palos Verdes	10:43.71	6
4 Yoshizawa, Steven	10	West Torrance	10:48.12	5
5 Boswell, Ryan	10	Redondo Union	10:49.56	4
6 Horton, Steven	9	West Torrance	10:50.37	3
7 Murata, Michael	10	Peninsula	10:54.21	2
8 Ohta, Michael	10	West Torrance	10:54.53	1
9 Liehr, Jason	9	Palos Verdes	10:56.63	
10 Lau, Brian	10	Mira Costa	11:07.97	
11 Nakai, Jon	9	Peninsula	11:08.57	
12 Bower, Greg	9	Redondo Union	11:11.90	
13 Weber, Trevor	10	Palos Verdes	11:13.91	
14 Vandenberg, Andrew	10	Mira Costa	11:18.07	
15 Tsai, Nathan	10	Peninsula	11:36.30	
16 Hirahara, Spencer	10	Mira Costa	11:40.48	
17 White, Julian	10	Leuzinger	11:44.09	
18 Wallace, Gerald	9	Leuzinger	11:45.97	
19 Caracoza, James	9	Redondo Union	11:48.43	
20 Peres, Michael	10	Palos Verdes	12:07.96	
21 Reeves, Andy	9	Palos Verdes	12:12.22	
22 Pape, Ian	9	Palos Verdes	12:22.39	
23 Rieth, Mike	9	Redondo Union	12:22.43	
24 Kim, Tim	10	Peninsula	12:34.31	
25 Demont, James	9	Redondo Union	12:36.72	
26 Murphy, Chris	9	Redondo Union	12:45.22	
27 Martinez, Ivan	9	Redondo Union	13:23.05	

## Boys 110 Meter Hurdles Frosh Soph

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Willard, T.C.	10	Mira Costa	17.05Q
2 Tuttle, Brian	10	Peninsula	18.40Q
3 Robinson, Joe	10	Mira Costa	18.50Q
4 Louie, Jordan	10	Peninsula	17.97q
5 Hadidjaja, Kevin	11	Peninsula	18.59q
6 Chiu, Peter	9	West Torrance	18.81q

**Bay League Championships - 5/1/2007 to 5/4/2007**

**Mira Costa High School**

**Results**

**Preliminaries ... (Boys 110 Meter Hurdles Frosh Soph)**

Name	Yr	School	Prelims
7 Heffernan, John	10	Mira Costa	18.92q
8 Yamada, Ryan	9	Palos Verdes	18.99q
9 Brunet, Alex	10	Palos Verdes	19.52q
10 Koger, Michael	9	Mira Costa	19.90
11 Chen, Yi Chao	9	Peninsula	20.60
12 Vo, Bobby	9	West Torrance	21.14
13 O Sullivan, Kinley	10	Palos Verdes	21.16
14 Dunbar, Ben	9	Palos Verdes	21.48
15 Ryan, Murphy	9	Palos Verdes	21.76
16 Ghaly, Mario	9	West Torrance	22.12
17 Jones, Frank	9	West Torrance	22.55

**Boys 110 Meter Hurdles Frosh Soph**

Name	Yr	School	Finals
1 Willard, T.C.	10	Mira Costa	16.63 10
2 Heffernan, John	10	Mira Costa	16.88 8
3 Tuttle, Brian	10	Peninsula	17.66 6
4 Yamada, Ryan	9	Palos Verdes	18.59 5
5 Louie, Jordan	10	Peninsula	18.72 4
6 Brunet, Alex	10	Palos Verdes	18.84 3
7 Hadidjaja, Kevin	11	Peninsula	20.29 2
--- Chiu, Peter	9	West Torrance	DNF

**Boys 300 Meter Hurdles Frosh Soph**

Name	Yr	School	Prelims
1 Willard, T.C.	10	Mira Costa	44.15Q
2 Heffernan, John	10	Mira Costa	44.73Q
3 Tuttle, Brian	10	Peninsula	45.90q
4 Hadidjaja, Kevin	11	Peninsula	46.13q
5 Dill, Cody	10	Redondo Union	46.35q
6 Koger, Michael	9	Mira Costa	46.76q
7 Robinson, Joe	10	Mira Costa	47.24q
8 Arquino, Gary	9	West Torrance	48.38q
9 Yamada, Ryan	9	Palos Verdes	49.49q
10 Dunbar, Ben	9	Palos Verdes	51.70
11 O Sullivan, Kinley	10	Palos Verdes	52.13
12 Brunet, Alex	10	Palos Verdes	52.32
13 Louie, Jordan	10	Peninsula	52.51
14 Ryan, Murphy	9	Palos Verdes	53.07
15 Ghaly, Mario	9	West Torrance	53.19

**Boys 300 Meter Hurdles Frosh Soph**

Name	Yr	School	Finals
1 Willard, T.C.	10	Mira Costa	43.32 10
2 Heffernan, John	10	Mira Costa	43.49 8
3 Dill, Cody	10	Redondo Union	44.89 6
4 Hadidjaja, Kevin	11	Peninsula	45.24 5
5 Tuttle, Brian	10	Peninsula	46.52 4
6 Koger, Michael	9	Mira Costa	46.73 3
7 Yamada, Ryan	9	Palos Verdes	49.31 2

**Boys 4x100 Meter Relay Frosh Soph**

Team	Relay	Finals
1 West Torrance	A	46.30 10
1) Behan, Kevin 9	2) Breski, Shane 10	
3) Solorzano, Alejandro 9	4) Trudnowski, Luke 9	
2 Palos Verdes	A	46.41 8
1) Baiz, Max 9	2) Guzenhauser, Rob 9	
3) Lyou, Colin 10	4) Mancusi, Victor 9	
3 Mira Costa	A	46.45 6
1) DeLorenzo, Lije 10	2) Heffernan, John 10	
3) Wright, Rico 9	4) Jones, Jason 10	
4 Leuzinger High School	A	46.87 5
1) Harris, Semaj 10	2) James, Jessie 10	
3) Mitchell, Trumell 9	4) Washington, Dijon 10	
5 Peninsula High School	A	48.45 4
1) Keegan, Kevin 9	2) Moran, Sean 9	
3) Pierson, Ryan 9	4) Waldman, Tyler 9	

**Boys 4x400 Meter Relay Frosh Soph**

Team	Relay	Finals
1 Mira Costa	A	3:41.67 10
1) Willard, T.C. 10	2) Heffernan, John 10	
3) Jones, Jason 10	4) Wright, Rico 9	
2 Palos Verdes	A	3:42.37 8
1) Guzenhauser, Rob 9	2) Lyou, Colin 10	
3) Meyer, Daniel 10	4) Weatherell, Jack 10	
3 Peninsula High School	A	3:46.69 6
1) Keegan, Kevin 9	2) Nishikawa, Kei 10	
3) Pearce, William 9	4) Swearingen, Jessie 9	
4 Redondo Union	A	3:47.70 5
1) Besnoin, Remy 9	2) Sheridan, Kyle 10	
3) Machado, Alex 9	4) Baker, Dylan 9	
5 West Torrance	A	3:50.96 4
1) Breski, Shane 10	2) Chung, Daniel 10	
3) Hameed, Dhanish 10	4) Surls, Ethan 9	
6 Leuzinger High School	A	4:03.03 3
1) Sawyer, Tony 9	2) Turner, Galen 10	
3) Wallace, Gerald 9	4) Washington, Dijon 10	

**Boys High Jump Frosh Soph**

Name	Yr	School	Finals
1 Michaels, Tim	10	Palos Verdes	5-06.00 10
2 Mediano, William	10	Peninsula	J5-06.00 8
3 Wen, Charles	9	Peninsula	J5-06.00 6
4 Bentz, Graham	9	Palos Verdes	J5-06.00 5
5 Wang, Mick	10	Peninsula	J5-06.00 4
6 Matson, Jonathan	9	Mira Costa	5-04.00 3
7 Robbins, Parker	9	Peninsula	5-02.00 2
8 Willard, T.C.	10	Mira Costa	J5-02.00 1
9 Edwards, Seth	9	Redondo Union	5-00.00
9 Surls, Ethan	9	West Torrance	5-00.00
9 Trudnowski, Luke	9	West Torrance	5-00.00
12 Moshiri, Cyrus	10	Palos Verdes	4-08.00

## Bay League Championships - 5/1/2007 to 5/4/2007

## Mira Costa High School

## Results

## Boys Pole Vault Frosh Soph

Name	Yr	School	Finals	
1 Levin, Matt	10	Peninsula	11-00.00	10
2 Dill, Cody	10	Redondo Union	10-00.00	8
3 Breski, Shane	10	West Torrance	J10-00.00	6
4 Desmond, Sean	9	West Torrance	9-06.00	5
5 Lee, BJ	9	Mira Costa	9-00.00	4
6 Gillette, Connor	10	Mira Costa	J9-00.00	3
7 Barrows, Daniel	9	Mira Costa	8-06.00	2
8 Bentz, Graham	9	Palos Verdes	J8-06.00	1
9 Krasnoff, Colin	9	Mira Costa	J8-06.00	
10 Tucker, Ben	10	Peninsula	J8-06.00	
11 Sun, Mark	9	West Torrance	J8-06.00	
12 Hind, Trevor	10	Redondo Union	J8-06.00	
13 Mulaie, Amir	9	Peninsula	J8-06.00	
14 Mulaie, Ali	9	Peninsula	J8-06.00	
15 Lowe, Adam	10	Redondo Union	8-00.00	
15 Schermerhorn, Simon	9	Redondo Union	8-00.00	
17 Stover, Eric	9	Mira Costa	7-06.00	
--- Ordones, Oscar	9	Mira Costa	NH	

## Boys Long Jump Frosh Soph

Name	Yr	School	Finals	
1 Behan, Kevin	9	West Torrance	19-11.25	10
2 Willis, Matt	10	Palos Verdes	19-05.00	8
3 Matson, Jonathan	9	Mira Costa	19-00.50	6
4 Moshiri, Cyrus	10	Palos Verdes	18-08.00	5
5 Bentz, Graham	9	Palos Verdes	18-07.50	4
6 DeLorenzo, Lije	10	Mira Costa	18-06.00	3
7 Bertolini, Joey	10	Mira Costa	18-02.00	2
8 Tran, John	10	West Torrance	17-11.00	1
9 Edwards, Seth	9	Redondo Union	17-07.00	
10 Michaels, Tim	10	Palos Verdes	16-08.50	
11 Chang, Raymond	9	Mira Costa	16-07.75	
12 Waldman, Tyler	9	Peninsula	16-05.75	
13 Ayoub, Zeyad	10	Palos Verdes	16-04.50	
14 Solorzano, Alejandro	9	West Torrance	16-03.00	
15 Leung, Matt	9	Mira Costa	16-01.00	
16 Oshiro, Keith	9	West Torrance	16-00.00	
17 Pierson, Ryan	9	Peninsula	15-05.50	
18 Moshksar, Ashkan	10	Peninsula	13-10.50	
19 Geresi, Jack	9	Mira Costa	13-06.00	
20 Capparilli, Joey	9	Mira Costa	12-08.50	
--- Washington, Dijon	10	Leuzinger	FOUL	
--- Chiu, Tim	9	Peninsula	FOUL	

## Boys Triple Jump Frosh Soph

Name	Yr	School	Finals	
1 Matson, Jonathan	9	Mira Costa	40-11.50	10
2 Moshiri, Cyrus	10	Palos Verdes	39-09.50	8
3 Bertolini, Joey	10	Mira Costa	38-05.50	6
4 Behan, Kevin	9	West Torrance	38-03.00	5
5 Tran, John	10	West Torrance	36-11.75	4
6 Bentz, Graham	9	Palos Verdes	35-09.50	3
7 Mediano, William	10	Peninsula	35-05.25	2
8 Michaels, Tim	10	Palos Verdes	35-02.25	1

9 Chang, Raymond	9	Mira Costa	35-00.75	
10 Leung, Matt	9	Mira Costa	34-10.50	
11 DeLorenzo, Lije	10	Mira Costa	34-09.50	
12 Edwards, Seth	9	Redondo Union	34-08.00	
13 Ball, Daniel	9	Peninsula	33-11.25	
14 Ayoub, Zeyad	10	Palos Verdes	33-10.50	
15 Oshiro, Keith	9	West Torrance	33-05.00	
16 Geresi, Jack	9	Mira Costa	29-03.75	
16 Capparilli, Joey	9	Mira Costa	29-03.75	
18 Hernandez, Nick	10	Peninsula	28-03.75	

## Boys Shot Put Frosh Soph

Name	Yr	School	Finals	
1 Brenner, Andrew	9	Mira Costa	46-09.75	10
2 Klein, James	10	Palos Verdes	46-08.75	8
3 Mulcahy, David	10	Peninsula	46-03.00	6
4 Ayotte, Bryan	9	West Torrance	44-08.25	5
5 Probasco, Marcus	9	Mira Costa	44-07.00	4
6 Henggeler, Dan	9	West Torrance	43-03.75	3
7 Charles, Michael	10	Peninsula	41-06.50	2
8 Willis, Matt	10	Palos Verdes	40-07.50	1
9 O Neil, Sean	9	West Torrance	39-07.50	
10 Kosmata, Nick	9	Mira Costa	39-06.75	
11 Hong, Gene	10	Peninsula	38-10.50	
12 Lamafa, Raymond	10	Redondo Union	37-10.00	
13 Min, Yao	10	Redondo Union	37-03.00	
14 Lee, John	9	West Torrance	37-00.75	
15 Martin, Neil	10	Palos Verdes	36-09.50	
16 Kim, Tim	10	Redondo Union	36-02.25	
17 Roth, Nathan	9	Mira Costa	35-05.75	
17 Ryan, Murphy	9	Palos Verdes	35-05.75	
19 Silva, John	9	Redondo Union	34-04.50	
20 Mayeda, McCauley	9	Mira Costa	30-01.00	
21 Needham, Ian	10	Palos Verdes	27-08.50	

## Boys Discus Throw Frosh Soph

Name	Yr	School	Finals	
1 Ayotte, Bryan	9	West Torrance	118-10	10
2 Probasco, Marcus	9	Mira Costa	113-02	8
3 Brenner, Andrew	9	Mira Costa	112-01	6
4 Klein, James	10	Palos Verdes	111-07	5
5 Henggeler, Dan	9	West Torrance	110-07	4
6 Min, Yao	10	Redondo Union	109-07	3
7 Lamafa, Raymond	10	Redondo Union	104-06	2
8 Mayeda, McCauley	9	Mira Costa	103-02	1
9 Charles, Michael	10	Peninsula	100-11	
10 Fukumoto, Taylor	10	Peninsula	99-06	
11 Lee, John	9	West Torrance	98-10	
12 Martin, Neil	10	Palos Verdes	93-02	
12 O Neil, Sean	9	West Torrance	93-02	
14 Roth, Nathan	9	Mira Costa	79-05	
15 Hong, Gene	10	Peninsula	78-09	
--- Kosmata, Nick	9	Mira Costa	FOUL	

**Bay League Championships - 5/1/2007 to 5/4/2007****Mira Costa High School****Results**

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

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1) Peninsula High School	177
2) Mira Costa High School	174.5
3) Redondo Union High School	86
4) West Torrance High School	78.5
5) Palos Verdes High School	75
6) Leuzinger High School	12

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

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1) Mira Costa High School	173
2) Peninsula High School	138.5
3) Redondo Union High School	120.5
4) West Torrance High School	97
5) Palos Verdes High School	74

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**Men - Varsity - Team Rankings - 16 Events Scored**

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1) Mira Costa High School	157
2) Peninsula High School	113.5
3) West Torrance High School	97.25
4) Leuzinger High School	93
5) Redondo Union High School	72.75
6) Palos Verdes High School	68.5

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**Men - Frosh Soph - Team Rankings - 16 Events Scored**

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1) Palos Verdes High School	168
2) Mira Costa High School	150
3) West Torrance High School	108
4) Peninsula High School	105
5) Redondo Union High School	52
6) Leuzinger High School	29