

CIF San Francisco Section Track Championship

Saturday, May 20, 2023

at Kezar Stadium

9:00am



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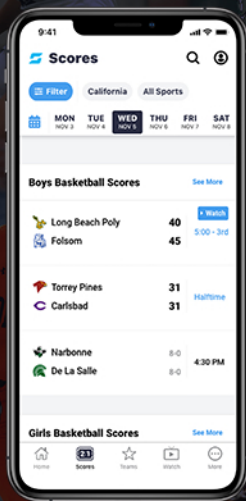
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CIF San Francisco Section - 5/13/2023 to 5/20/2023

Track and Field Championships

Kezar Stadium

Session Report

Session: 3 Field Events-Finals

Day 8 - Saturday 5/20/2023 - Starts at 09:00 AM

Starts at	Event	Round	Entries	Heats
9:00 AM	#45 Girls High Jump Varsity	Finals	4	1
9:00 AM	#38 Boys Long Jump Varsity	Finals	9	1
9:30 AM	#41 Girls Discus Throw Varsity	Finals	8	1
10:00 AM	#71 Boys Shot Put Para	Finals	5	1
10:00 AM	#72 Girls Shot Put Para	Finals	3	1
10:30 AM	#37 Girls Long Jump Varsity	Finals	9	1
10:30 AM	#46 Boys High Jump Varsity	Finals	8	1
11:00 AM	#42 Boys Discus Throw Varsity	Finals	9	1
11:30 AM	#47 Girls Pole Vault Varsity	Finals	5	1
12:00 PM	#44 Boys Shot Put Varsity	Finals	9	1
1:00 PM	#35 Boys Pole Vault Frosh-Soph	Finals	3	1
1:00 PM	#48 Boys Pole Vault Varsity	Finals	4	1
1:00 PM	#40 Boys Triple Jump Varsity	Finals	9	1
1:30 PM	#43 Girls Shot Put Varsity	Finals	8	1
1:30 PM	#81 Girls Shot Put Unified	Finals	2	1
2:00 PM	#39 Girls Triple Jump Varsity	Finals	7	1
	Athlete Count: 71		<u> </u>	<u> </u>
	Entry / Heat Totals:		102	16

CIF San Francisco Section - 5/13/2023 to 5/20/2023**Track and Field Championships****Kezar Stadium****Session Report**

Session: 4 Running Events-Finals

Day 8 - Saturday 5/20/2023 - Starts at 11:00 AM

Starts at	Event	Round	Entries	Heats
11:00 AM	#49 Girls 4x100 Meter Relay Frosh-Soph	Finals	5	1
11:04 AM	#1 Boys 4x100 Meter Relay Frosh-Soph	Finals	6	1
11:08 AM	#2 Girls 4x100 Meter Relay Varsity	Finals	5	1
11:12 AM	#3 Boys 4x100 Meter Relay Varsity	Finals	6	1
11:16 AM	#50 Girls 1600 Meter Run Frosh-Soph	Finals	7	1
11:25 AM	#4 Boys 1600 Meter Run Frosh-Soph	Finals	12	1
11:34 AM	#5 Girls 1600 Meter Run Varsity	Finals	10	1
11:43 AM	#6 Boys 1600 Meter Run Varsity	Finals	12	1
11:55 AM	#51 Girls 100 Meter Hurdles 30" Low Frosh-Soph	Finals	7	1
12:00 PM	#9 Girls 100 Meter Hurdles 33" Low Varsity	Finals	8	1
12:05 PM	#8 Boys 110 Meter Hurdles 39" High Varsity	Finals	7	1
12:10 PM	#7 Boys 110 Meter Hurdles 36" Int. Frosh-Soph	Finals	9	1
12:15 PM	#70 Girls 400 Meter Dash Para	Finals	1	1
12:15 PM	#67 Boys 400 Meter Dash Para	Finals	3	1
12:20 PM	#52 Girls 400 Meter Dash Frosh-Soph	Finals	9	1
12:26 PM	#10 Boys 400 Meter Dash Frosh-Soph	Finals	9	1
12:32 PM	#11 Girls 400 Meter Dash Varsity	Finals	9	1
12:38 PM	#12 Boys 400 Meter Dash Varsity	Finals	9	1
12:42 PM	#53 Girls 100 Meter Dash Frosh-Soph	Finals	9	1
12:46 PM	#13 Boys 100 Meter Dash Frosh-Soph	Finals	9	1
12:50 PM	#14 Girls 100 Meter Dash Varsity	Finals	9	1
12:54 PM	#15 Boys 100 Meter Dash Varsity	Finals	9	1
12:56 PM	#74 Girls 100 Meter Dash Unified	Finals	2	1
12:56 PM	#68 Girls 100 Meter Dash Para	Finals	3	1
12:58 PM	#65 Boys 100 Meter Dash Para	Finals	4	1
1:00 PM	#54 Girls 800 Meter Run Frosh-Soph	Finals	6	1
1:06 PM	#16 Boys 800 Meter Run Frosh-Soph	Finals	12	1
1:12 PM	#17 Girls 800 Meter Run Varsity	Finals	10	1
1:19 PM	#18 Boys 800 Meter Run Varsity	Finals	12	1
1:26 PM	#20 Boys 300 Meter Hurdles 36" Int. Frosh-Soph	Finals	9	1
1:31 PM	#21 Boys 300 Meter Hurdles 36" Int. Varsity	Finals	8	1
1:36 PM	#55 Girls 300 Meter Hurdles 30" Low Frosh-Soph	Finals	6	1
1:41 PM	#19 Girls 300 Meter Hurdles 30" Low Varsity	Finals	8	1
1:46 PM	#56 Girls 200 Meter Dash Frosh-Soph	Finals	9	1
1:51 PM	#22 Boys 200 Meter Dash Frosh-Soph	Finals	9	1
1:56 PM	#23 Girls 200 Meter Dash Varsity	Finals	9	1
2:01 PM	#24 Boys 200 Meter Dash Varsity	Finals	9	1
2:04 PM	#69 Girls 200 Meter Dash Para	Finals	2	1
2:04 PM	#66 Boys 200 Meter Dash Para	Finals	3	1
2:06 PM	#57 Girls 3200 Meter Run Frosh-Soph	Finals	5	1
2:25 PM	#25 Boys 3200 Meter Run Frosh-Soph	Finals	11	1
2:40 PM	#26 Girls 3200 Meter Run Varsity	Finals	5	1

CIF San Francisco Section - 5/13/2023 to 5/20/2023

Track and Field Championships

Kezar Stadium

Session Report

Session: 4 Running Events-Finals

Day 8 - Saturday 5/20/2023 - Starts at 11:00 AM

Starts at	Event	Round	Entries	Heats
3:00 PM	#27 Boys 3200 Meter Run Varsity	Finals	13	1
3:15 PM	#58 Girls 4x400 Meter Relay Frosh-Soph	Finals	3	1
3:20 PM	#28 Boys 4x400 Meter Relay Frosh-Soph	Finals	6	1
3:25 PM	#29 Girls 4x400 Meter Relay Varsity	Finals	4	1
3:30 PM	#30 Boys 4x400 Meter Relay Varsity	Finals	6	1
	Athlete Count: 229		<u> </u>	<u> </u>
	Entry / Heat Totals:		344	47

CIF San Francisco Section - 5/13/2023 to 5/20/2023

Track and Field Championships

Kezar Stadium

Meet Program - Field Events-Finals

Event 45 Girls High Jump Varsity (4)

Saturday 5/20/2023 - 9:00 AM

Opening Height 4'2"

Meet: 5-06 1990 Tanya Lazar-Lee

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 1 Finals

1	Tam, Melissa	12	Lowell		4-02.00
2	Kotake, Kate	11	Lowell		4-02.00
3	Carbajal, Maria (Fe)	11	Lowell		4-08.00
4	Gee, Samantha	12	Lowell		4-10.00

Event 38 Boys Long Jump Varsity (9)

Saturday 5/20/2023 - 9:00 AM

Meet: 25-03.50 1981 Ken Frazier

Pos	Name	Yr	School	Prelims
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Flight 1 of 1 Finals

1	Wong, Brandon	10	Abraham Linc	18-06.25
2	Zhu, Yibin	11	George Washi	18-07.00
3	Lu, Tony	11	George Washi	18-08.25
4	Fitzsimmons, Quinn	12	Lowell	18-09.50
5	Chan, Haden	12	Lowell	18-10.25
6	Itgel, Munkhtushig	12	Lowell	18-11.25
7	Banh, Kaleb	10	Abraham Linc	19-00.25
8	Lin, Leo	12	Galileo Acad	19-08.00
9	Thompson, Jarvis	12	Galileo Acad	20-06.00

Event 41 Girls Discus Throw Varsity (8)

Saturday 5/20/2023 - 9:30 AM

Meet: 161-11 5/27/2017 Pamela Amaechi

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 1 Finals

1	Sterling, Shidelle	12	Abraham Linc		53-03
2	Manumua, Salome	12	Abraham Linc		59-08.50
3	Tran, Yvette	11	Lowell		68-01
4	Godizano, Ruth	11	Lowell		71-05
5	Cost, Cora	12	Lowell		73-05
6	Marshall, Natalia	12	Mission		87-00
7	Wong, Megan	12	Lowell		93-07
8	Barker, Za'Ryiah	10	Abraham Linc		96-04

Event 71 Boys Shot Put Para (5)

Saturday 5/20/2023 - 10:00 AM

Meet: 36-06.75 5/18/2019 Saqueo Hernandez

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 1 Finals

1	Mas, Rogelio	9	San Francisc		13-04.00
2	Htut, Banyar	12	San Francisc		15-03.00
3	Mosleh, Hamza	12	San Francisc		18-03.00
4	Chox, Byron	9	San Francisc		19-01.00
5	Reyes, Michael	11	San Francisc		30-07.00

Event 72 Girls Shot Put Para (3)

Saturday 5/20/2023 - 10:00 AM

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 1 Finals

1	Horner, Vivian	9	Mission		10-04.00
2	Patel, Mariyah	10	Lowell		11-02.00
3	Soto, Maribel	10	San Francisc		16-06.50

Event 37 Girls Long Jump Varsity (9)

Saturday 5/20/2023 - 10:30 AM

Meet: 19-02.50 1992 Shena Ferguson

Pos	Name	Yr	School	Prelims
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Flight 1 of 1 Finals

1	Romeu, Isabella	11	Galileo Acad	12-11.00
2	Anderson, Jasmyn	12	Abraham Linc	13-00.50
3	Tran, Casleila	10	Balboa	13-06.00
4	Wong, Joelle	12	Abraham Linc	13-07.50
5	Gong, Stephanie	12	Mission	14-03.25
6	He, Vanessa	10	Abraham Linc	14-03.50
7	Chu, Grace	12	Lowell	14-04.00
8	St Onge, Niyah	11	Lowell	14-10.00
9	Odenyi, Praise	11	George Washi	16-04.75

Event 46 Boys High Jump Varsity (8)

Saturday 5/20/2023 - 10:30 AM

Opening Height 4'10"

Meet: 7-00.25 1983 Maurice Crumby

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 1 Finals

1	Wong, Brandon	10	Abraham Linc		4-06.00
2	Yen, Jacob	11	Lowell		4-08.00
3	Fitzsimmons, Quinn	12	Lowell		4-10.00
4	Tan, Ryan	11	Abraham Linc		4-10.00
5	Lin, Leo	12	Galileo Acad		5-00.00
6	Jensen, Henrik	12	Abraham Linc		5-02.00
7	Louie, Noah	12	Lowell		5-04.00
8	Itgel, Munkhtushig	12	Lowell		6-00.00

Event 42 Boys Discus Throw Varsity (9)

Saturday 5/20/2023 - 11:00 AM

Meet: 170-01.50 1960 Alex Darnes

Pos	Name	Yr	School	Prelims
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Flight 1 of 1 Finals

1	Poklay, Providence-Isaiah	11	Lowell	83-03
2	Alanis, Frank	12	George Washi	84-02
3	Pratt, Sydney	11	Galileo Acad	86-08
4	Will, Benjamin	11	Lowell	87-10
5	Diamond, Isadore	11	Lowell	88-11
6	Reigner, Luc	11	Abraham Linc	93-00
7	Wu, Danny	12	George Washi	99-04
8	Kessler, Leo	11	Abraham Linc	102-04
9	Asiasi, Ed	12	Lowell	105-08

CIF San Francisco Section - 5/13/2023 to 5/20/2023

Track and Field Championships

Kezar Stadium

Meet Program - Field Events-Finals

Event 47 Girls Pole Vault Varsity (5)

Saturday 5/20/2023 - 11:30 AM

Opening Height 6'0"

Meet: 10-05 5/19/2019 Elen Zhu

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	Piechota, Stella	12	Abraham Linc	6-06.00
2	He, Vanessa	10	Abraham Linc	6-09.00
3	Lam, Shanice	11	Lowell	7-09.00
4	Marshall, Natalia	12	Mission	7-10.00
5	Zhang, Christina	12	Abraham Linc	8-04.00

Event 44 Boys Shot Put Varsity (9)

Saturday 5/20/2023 - 12:00 PM

Meet: 60-09.25 1957 Mike Lewis

Pos	Name	Yr	School	Prelims
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Flight 1 of 1 Finals

1	Mapanda, Lubungu	11	Phillip & Sa	28-04.00
2	Will, Benjamin	11	Lowell	28-06.00
3	Lawrence, Jackson	11	George Washi	29-11.00
4	Kessler, Leo	11	Abraham Linc	29-11.00
5	Alanis, Frank	12	George Washi	30-01.00
6	Poklay, Providence-Isaiah	11	Lowell	34-06.00
7	Cristerna, Diego	11	Abraham Linc	35-00.00
8	Asiasi, Ed	12	Lowell	35-06.00
9	Wu, Danny	12	George Washi	37-07.00

Event 35 Boys Pole Vault Frosh-Soph (3)

Saturday 5/20/2023 - 1:00 PM

Opening Height 6'0"

Meet: 12-04 1980 James McClanahan

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	La, Timothy	10	Abraham Linc	6-06.00
2	Luo, Leslie	10	Abraham Linc	8-00.00
3	Cheung, Anthony	10	Abraham Linc	9-00.00

Event 48 Boys Pole Vault Varsity (4)

Saturday 5/20/2023 - 1:00 PM

Opening Height 7'0"

Meet: 14-02 1981 James McClanahan

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	Butler, Joseph	11	Lowell	7-01.00
2	Kauffman, Levi	11	Lowell	11-00.00
3	Mak, Ashton	12	Abraham Linc	11-01.00
4	Jensen, Henrik	12	Abraham Linc	12-06.00

Event 40 Boys Triple Jump Varsity (9)

Saturday 5/20/2023 - 1:00 PM

Meet: 50-03.75 1981 Ken Frazier

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	Vergara, Ganni Von	12	Galileo Acad	32-07.25
2	Li, Alan	11	George Washi	33-03.00
3	Chan, Haden	12	Lowell	34-04.50
4	Fong, Richard	12	Lowell	35-09.00
5	Wong, Brandon	10	Abraham Linc	36-04.00
6	Lee, Ryan H	12	Lowell	37-08.00
7	Banh, Kaleb	10	Abraham Linc	41-04.00
8	Lin, Leo	12	Galileo Acad	42-04.00
9	Thompson, Jarvis	12	Galileo Acad	43-11.50

Event 43 Girls Shot Put Varsity (8)

Saturday 5/20/2023 - 1:30 PM

Meet: 48-11 5/29/2010 Chioma Amaechi

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	Sterling, Shidelle	12	Abraham Linc	25-07.00
2	Marshall, Natalia	12	Mission	25-10.00
3	Godizano, Ruth	11	Lowell	26-02.00
4	Manumua, Salome	12	Abraham Linc	27-09.00
5	Barker, Za'Ryah	10	Abraham Linc	28-03.00
6	Cost, Cora	12	Lowell	28-05.00
7	Tran, Yvette	11	Lowell	28-08.00
8	Wong, Megan	12	Lowell	29-10.50

Event 81 Girls Shot Put Unified (2)

Saturday 5/20/2023 - 1:30 PM

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	Lamadora, Angelica	11	Phillip & Sa	15-05.00
2	Gee, Genny	11	Phillip & Sa	16-08.00

Event 39 Girls Triple Jump Varsity (7)

Saturday 5/20/2023 - 2:00 PM

Meet: 39-07.75 2001 Roshena Duree

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	Ito, Kanna	11	Lowell	24-05.00
2	Yuen, Alexis	11	Lowell	25-03.00
3	Anderson, Jasmyn	12	Abraham Linc	26-10.00
4	Wong, Joelle	12	Abraham Linc	26-10.00
5	Chu, Grace	12	Lowell	28-08.00
6	St Onge, Niyah	11	Lowell	28-11.00
7	He, Vanessa	10	Abraham Linc	30-00.00

CIF San Francisco Section - 5/13/2023 to 5/20/2023

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Kezar Stadium

Meet Program - Running Events-Finals

Event 49 Girls 4x100 Meter Relay Frosh-Soph (5)

Saturday 5/20/2023 - 11:00 AM

Meet: 51.64 5/25/2013 Lowell

M Quan, V Yee, C Ta, M Jones

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
3	San Francisc	A	1:07.30
	1) Barrera, Melany 9	2) Gonzalez, Berenice	
	3) Zelaya, Gaby 10	4) Zuniga, Naydelin 10	
	5) Garcia, Sasha 9		
4	Phillip & Sa	A	58.30
	1) Huang, Alita 9	2) Hammon, Richelle 10	
	3) Liang, CK 9	4) Anderson, Mariah 9	
	5) Liu, Sophia 9	6) Estacio, Amelia 9	
5	Lowell	A	55.00
	1) Sen, Katelyn 10	2) Lee, Jasmine 9	
	3) Gonzalez, Noel 10	4) Vasquez, Isabella 9	
	5) Enriquez, Caitlin (Deni) 10	6) Fong, Christina 9	
	7) Ibarra, Jacqueline 9	8) Kim, Ami 9	
6	Abraham Linc	A	57.61
	1) Guan, Corinna 9	2) Chan, Jolee 10	
	3) Poon, Isabella 9	4) Goonetilleke, Kanya 9	
	5) Ling, Molly 10	6) Gilson, Raquel 9	
7	Balboa	A	1:01.58
	1) Romero, Karla 10	2) Troncoso, Alexandra 10	
	3) Bao, Grace 9	4) Chen, Kayley 9	

Event 1 Boys 4x100 Meter Relay Frosh-Soph (6)

Saturday 5/20/2023 - 11:04 AM

Meet: 44.64 1983 McAteer (converted time)

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
3	Abraham Linc	A	49.11
	1) Carter, Teo 10	2) Sakai, Kobe 10	
	3) Cheung, Anthony 10	4) Jou, Alex 10	
	5) Chen, Ron 9	6) Zhao, Kevin 10	
4	The Academy	A	48.46
	1) Vivolo, Zachary 9	2) Misra, Shaan 10	
	3) Schmidt Simon, Gabe 10	4) Washington, Elijah 9	
	5) Franklin, Jacob 9		
5	George Washi	A	47.57
	1) Tang, Dennis 9	2) Guan, Ivan 10	
	3) Muraki, Takuya 10	4) Napili, Miles 10	
	5) Chang, Nathan 9	6) Puyol, Andres 10	
	7) Wallitt, Nico 10	8) Montgomery, Langston 9	
6	Lowell	A	47.74
	1) Bhat, Rishi 10	2) Manandhar, Samriddha 9	
	3) Gan, Joshua 9	4) Louie, Freeman 10	
	5) Li, Sam 10	6) Chen Mei, Zi Xi 10	
	7) Chir, Ian 9	8) Awais, Muhammad 9	
7	Balboa	A	48.94
	1) Gobaleza, Noah 9	2) Chen, Tony 10	
	3) Jameson, Johnny 9	4) Chavez, Dominic 9	
	5) Hein, Henry Aung 9	6) Liu, Cody 10	
	7) Wu, Kayden 10		
8	Phillip & Sa	A	50.00
	1) Ali, Adil 10	2) Raymundo, Emerson 9	
	3) Scott, Brandon 10	4) Caceres, Maximus 9	
	5) Eugenio, Francis 10	6) Ma, Vincent 10	
	7) Ehm, Corbin 10		

CIF San Francisco Section - 5/13/2023 to 5/20/2023

Track and Field Championships

Kezar Stadium

Meet Program - Running Events-Finals

Event 2 Girls 4x100 Meter Relay Varsity (5)

Saturday 5/20/2023 - 11:08 AM

Meet: 48.44 1983 Mission (converted time)

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
3	Balboa	A	58.19
	1) Carriger, Tia 11	2) Zhong, Chloe 10	
	3) Castro, Doris 10	4) Tran, Casleila 10	
4	Mission	A	55.35
	1) Gong, Stephanie 12	2) Marshall, Natalia 12	
	3) Martin, Kaelynn 11	4) Wiley, Aasia 12	
5	Lowell	A	51.31
	1) Kotake, Kate 11	2) Carbajal, Maria (Fe) 11	
	3) Gee, Samantha 12	4) Luk, Mackenzie 11	
	5) Altamirano, Sapphire 10	6) St Onge, Niyah 11	
	7) Chu, Grace 12	8) Hong, Sally 12	
6	George Washi	A	51.99
	1) Nim, Kaylee 11	2) He, Rachel 12	
	3) Odenyi, Praise 11	4) Bolds, Victoria 12	
	5) Manuel, Sophia 10	6) Sok, Calianne 10	
7	Abraham Linc	A	57.63
	1) Jimenez, Francela 12	2) Zhang, Christina 12	
	3) He, Vanessa 10	4) Ku, Hannah 11	
	5) Wong, Joelle 12	6) Anderson, Jasmyn 12	

Event 3 Boys 4x100 Meter Relay Varsity (6)

Saturday 5/20/2023 - 11:12 AM

Meet: 41.90 1995 McAteer

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
3	Balboa	A	47.04
	1) Chavez, Devon 11	2) Li, JianKeng 10	
	3) Huynh, Steven 10	4) Degroat, Noah 12	
	5) Fung, Keith 10	6) Colindres, Samuel 10	
	7) Chavez, Javier 11		
4	Lowell	A	45.05
	1) Louie, Noah 12	2) Wong, Blake 11	
	3) Lee, Ryan H 12	4) Bodden-Howard, Max 12	
	5) Chan, Haden 12	6) Low, Gabriel 11	
	7) Nguyen, Rock 12	8) Lee, Russell 11	
5	George Washi	A	43.86
	1) Zhu, Yibin 11	2) Cheng, Zhicong 12	
	3) Razzak, Ayan 12	4) Valdez, Yuliyán 12	
	5) Lu, Tony 11	6) Leung, Alex 11	
	7) Lew, Keaton 11		
6	Abraham Linc	A	44.77
	1) Trinh, Ethan 11	2) Mak, Ashton 12	
	3) Li, Brian 11	4) Brown, Harrison 11	
	5) Banh, Kaleb 10	6) Tan, Ryan 11	
7	Galileo Acad	A	45.40
	1) Yuen, Ching 12	2) Zhang, Philip 12	
	3) Carey, Devin 12	4) Chu, Marvin 11	
	5) Lin, Leo 12		
8	Phillip & Sa	A	51.34
	1) Aviles, Ruben 11	2) Hernandez, Cody 11	
	3) Smallwood, Kene 10	4) Figueroa, John 11	
	5) Mapanda, Lubungu 11		

Event 50 Girls 1600 Meter Run Frosh-Soph (7)

Saturday 5/20/2023 - 11:16 AM

Meet: 5:40.17 5/31/2014 Annie Zhou

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Liu, Kyra	9	Lowell	5:57.64
2	Koroknay, Angelina	10	Lowell	6:20.10
3	Adams, Mirabel	10	Lowell	6:28.84
4	Ryckebusch, Ava	9	Lowell	6:33.69
5	Tan, Crystal	10	Balboa	7:04.01
6	Rathanak, Samprathna	9	George Washi	7:13.08
7	Ley, Kathryn	10	Raoul Wallen	7:30.00

CIF San Francisco Section - 5/13/2023 to 5/20/2023

Track and Field Championships

Kezar Stadium

Meet Program - Running Events-Finals

Event 4 Boys 1600 Meter Run Frosh-Soph (12)

Saturday 5/20/2023 - 11:25 AM

Meet: 4:33.64 5/31/2014 Luis Aragon

Lane Name	Yr School	Prelims
Section 1 of 1 Finals		
1 Witt, Henry	9 Lowell	4:56.60
2 Simons, Parker	10 George Washi	4:57.39
3 Kalos, Sasha	9 George Washi	5:00.23
4 Byrd, Matteo	9 Balboa	5:01.45
5 Petersen, Shepard	10 Galileo Acad	5:00.97
6 Leon Guerrero, Edward	9 George Washi	5:02.72
7 Bikahi, Georges	10 Galileo Acad	5:03.42
8 Garcia, Alton	9 Balboa	5:09.72
9 Imam, Ayman	10 George Washi	5:14.92
10 Gingrich, Cedric	10 Galileo Acad	5:16.52
11 Kwong, Nicholas	10 Galileo Acad	5:17.22
12 Law, Jacky	10 Lowell	5:23.30

Event 5 Girls 1600 Meter Run Varsity (10)

Saturday 5/20/2023 - 11:34 AM

Meet: 4:56.02 1997 Jennifer Akana

Lane Name	Yr School	Seed Time
Section 1 of 1 Finals		
1 Holman, Jacqueline	12 Lowell	5:11.85
2 Kimotsuki, Noelle	11 Galileo Acad	5:22.51
3 Wu, Connie	11 Lowell	5:42.05
4 Madole, Anne	11 George Washi	5:48.05
5 Godfredsen, Sofie	10 Galileo Acad	5:52.91
6 Swazo-Caton, Wren	12 George Washi	5:54.29
7 Choudhury, Opshory	12 Lowell	6:00.14
8 Lao, Niki	11 Galileo Acad	6:21.55
9 Lewis-Katz, Eva	11 Lowell	7:00.59
10 Aguilar, Delmy	11 Balboa	7:39.73

Event 6 Boys 1600 Meter Run Varsity (12)

Saturday 5/20/2023 - 11:43 AM

Meet: 4:15.13 2000 Jin Daikoku

Lane Name	Yr School	Prelims
Section 1 of 1 Finals		
1 Gingrich, Marcel	11 Galileo Acad	4:51.30
2 Camilli, Mathias	12 Galileo Acad	4:52.60
3 Witt, Graham	11 Lowell	4:51.99
4 Wong, Jonas	12 Raoul Wallen	4:52.96
5 Santa, Griffin	11 Lowell	4:53.84
6 Bartalos, Bruno	12 Lowell	4:55.18
7 Mirza, Faaris	11 Lowell	4:56.59
8 Vuong, Kenneth	11 George Washi	5:00.44
9 Delaplace, Mael	10 Abraham Linc	5:01.17
10 Guan, Nicholas	11 Phillip & Sa	5:02.79
11 Nystrom Rice, Isaac	12 The Academy	5:03.57
12 Aizawa, Shogo	12 Abraham Linc	5:08.48

Event 51 Girls 100 Meter Hurdles 30" Low Frosh-Soph (7)

Saturday 5/20/2023 - 11:55 AM

Meet: 17.00 5/21/2016 Parker Jones

Lane Name	Yr School	Seed Time
Section 1 of 1 Finals		
2 Gonzalez, Noel	10 Lowell	22.24
3 Fong, Christina	9 Lowell	20.47
4 Troncoso, Alexandra	10 Balboa	19.92
5 Goonatileke, Kanya	9 Abraham Linc	18.64
6 Chan, Jolee	10 Abraham Linc	19.23
7 Kim, Ami	9 Lowell	20.46
8 Enriquez, Caitlin (Deni)	10 Lowell	21.37

Event 9 Girls 100 Meter Hurdles 33" Low Varsity (8)

Saturday 5/20/2023 - 12:00 PM

Meet: 14.56 2002 Roshena Duree

Lane Name	Yr School	Seed Time
Section 1 of 1 Finals		
2 Kotake, Kate	11 Lowell	21.64
3 Sok, Calianne	10 George Washi	18.86
4 Altamirano, Sapphire	10 Lowell	18.17
5 Bolds, Victoria	12 George Washi	15.31
6 Fong, Celia	12 Lowell	17.54
7 Manuel, Sophia	10 George Washi	18.55
8 Williams, Ti'Anee	11 Lowell	20.94
9 Carriger, Tia	11 Balboa	21.94

Event 8 Boys 110 Meter Hurdles 39" High Varsity (7)

Saturday 5/20/2023 - 12:05 PM

Meet: 14.24 1973 Mike Kirtman (converted time)

Meet: 14.24 1979 Brennan Redd (converted time)

Lane Name	Yr School	Seed Time
Section 1 of 1 Finals		
2 Seto, Nathan	11 Lowell	21.09
3 Lopez, Jaylen	11 Abraham Linc	19.95
4 Yen, Jacob	11 Lowell	19.05
5 Brown, Harrison	11 Abraham Linc	15.87
6 Bodden-Howard, Max	12 Lowell	18.51
7 Tan, Ryan	11 Abraham Linc	19.93
8 Lee, Russell	11 Lowell	21.05

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Event 7 Boys 110 Meter Hurdles 36" Int. Frosh-Soph (9)

Saturday 5/20/2023 - 12:10 PM

Meet: 16.22 5/26/2012 Ibrahima Mobley

Lane Name	Yr	School	Prelims
Section 1 of 1 Finals			
1 Holman, Patrick	9	Lowell	21.63
2 Sanchez, Jesse	9	Balboa	20.85
3 Chang, Nathan	9	George Washi	19.04
4 Saje, Jake	10	Lowell	18.49
5 Chung, William	10	Lowell	17.42
6 Cheung, Anthony	10	Abraham Linc	18.12
7 Carter, Teo	10	Abraham Linc	18.76
8 Heery, Conn	9	Lowell	19.35
9 Liu, Kenton	10	Abraham Linc	21.25

Event 70 Girls 400 Meter Dash Para (1)

Saturday 5/20/2023 - 12:15 PM

Lane Name	Yr	School	Seed Time
Section 1 of 1 Finals			
5 Soto, Maribel	10	San Francisc	1:49.00

Event 67 Boys 400 Meter Dash Para (3)

Saturday 5/20/2023 - 12:15 PM

Meet: 1:02.55 5/19/2018 Ethan Fung

Lane Name	Yr	School	Seed Time
Section 1 of 1 Finals			
4 Mosleh, Hamza	12	San Francisc	1:55.00
5 Reyes, Michael	11	San Francisc	1:07.00
6 Mas, Rogelio	9	San Francisc	1:20.00

Event 52 Girls 400 Meter Dash Frosh-Soph (9)

Saturday 5/20/2023 - 12:20 PM

Meet: 1:00.71 5/26/2007 Katherine Jarvis

Lane Name	Yr	School	Prelims
Section 1 of 1 Finals			
1 Elkin, Mya	9	Galileo Acad	1:19.60
2 Muir, Latonya	10	Lowell	1:14.81
3 Poon, Isabella	9	Abraham Linc	1:12.47
4 McCurdy, Evelyn	10	The Academy	1:07.32
5 Titus, Selah	10	Galileo Acad	1:06.87
6 Vasquez, Isabella	9	Lowell	1:07.79
7 Lee, Jasmine	9	Lowell	1:09.69
8 Liang, CK	9	Phillip & Sa	1:13.35
9 Tolentino, Glyza	10	Lowell	1:18.35

Event 10 Boys 400 Meter Dash Frosh-Soph (9)

Saturday 5/20/2023 - 12:26 PM

Meet: 51.71 1990 Sophorn Rasmeay

Meet: 51.14 1980 Angelo McNeil (converted time/d

Lane Name	Yr	School	Prelims
Section 1 of 1 Finals			
1 Vivolo, Zachary	9	The Academy	59.14
2 Wu, Chase	9	The Academy	58.93
3 Lee-Imhof, Vincent	9	Abraham Linc	58.71
4 Schmidt Simon, Gabe	10	The Academy	56.01
5 Papadopoulos, Zacharia	9	The Academy	53.87
6 Becker, Jones	10	Lowell	55.05
7 Jou, Alex	10	Abraham Linc	56.23
8 Ali, Adil	10	Phillip & Sa	58.81
9 Scott, Brandon	10	Phillip & Sa	59.01

Event 11 Girls 400 Meter Dash Varsity (9)

Saturday 5/20/2023 - 12:32 PM

Meet: 55.63 2004 Chauncey David-Jacobs

Lane Name	Yr	School	Prelims
Section 1 of 1 Finals			
1 Chan, Flora	11	George Washi	1:17.49
2 Le, Sophia	11	George Washi	1:16.76
3 Kuang, Joanna	11	Lowell	1:10.48
4 Speech, Makayla	12	Galileo Acad	1:06.44
5 Luk, Mackenzie	11	Lowell	1:02.46
6 Gee, Samantha	12	Lowell	1:03.91
7 Jimenez, Francela	12	Abraham Linc	1:08.67
8 Castro, Doris	10	Balboa	1:11.88
9 Yu, Wingyan	11	Lowell	1:17.19

Event 12 Boys 400 Meter Dash Varsity (9)

Saturday 5/20/2023 - 12:38 PM

Meet: 47.84 1995 Felton Charles

Lane Name	Yr	School	Prelims
Section 1 of 1 Finals			
1 Perez, Rafael	12	Lowell	56.71
2 Lee, Ryan H	12	Lowell	54.91
3 Leung, Alex	11	George Washi	54.59
4 Louie, Noah	12	Lowell	53.24
5 Wong, Blake	11	Lowell	51.35
6 Valdez, Yuliyun	12	George Washi	52.21
7 Yuen, Ching	12	Galileo Acad	53.83
8 Misiri, Jino	11	Abraham Linc	54.83
9 Wen, Zhaojun	11	Abraham Linc	55.70

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Event 53 Girls 100 Meter Dash Frosh-Soph (9)

Saturday 5/20/2023 - 12:42 PM

Meet: 12.72 5/30/2009 Melanie Speech

Lane Name	Yr	School	Prelims
Section 1 of 1 Finals			
1 Spradling, Namiko	10	The Academy	14.67
2 McCurdy, Evelyn	10	The Academy	14.46
3 Ibarra, Jacqueline	9	Lowell	14.45
4 Gonzalez, Noel	10	Lowell	14.13
5 Sen, Katelyn	10	Lowell	13.65
6 Guan, Corinna	9	Abraham Linc	14.04
7 Kelly, Madeline	9	Galileo Acad	14.14
8 Estacio, Amelia	9	Phillip & Sa	14.46
9 Ling, Molly	10	Abraham Linc	14.48

Event 13 Boys 100 Meter Dash Frosh-Soph (9)

Saturday 5/20/2023 - 12:46 PM

Meet: 10.94 1985 Tom Cagle (converted time)

Meet: 10.94 1999 Daryl Terrell (converted time)

Lane Name	Yr	School	Prelims
Section 1 of 1 Finals			
1 Gutierrez, Jumah	10	Galileo Acad	12.47
2 Raymundo, Emerson	9	Phillip & Sa	12.17
3 Guan, Ivan	10	George Washi	11.96
4 Manandhar, Samridhha	9	Lowell	11.96
5 Washington, Elijah	9	The Academy	11.55
6 Puyol, Andres	10	George Washi	11.82
7 Carter, Teo	10	Abraham Linc	11.90
8 Muraki, Takuya	10	George Washi	12.04
9 Tang, Dennis	9	George Washi	12.42

Event 14 Girls 100 Meter Dash Varsity (9)

Saturday 5/20/2023 - 12:50 PM

Meet: 11.85 5/31/2003 Deanna Goodwin

Lane Name	Yr	School	Prelims
Section 1 of 1 Finals			
1 Martin, Kaelynn	11	Mission	14.11
2 Gong, Stephanie	12	Mission	13.50
3 Speech, Makayla	12	Galileo Acad	13.34
4 He, Rachel	12	George Washi	13.39
5 Bolds, Victoria	12	George Washi	12.50
6 Odenyi, Praise	11	George Washi	13.11
7 Fong, Celia	12	Lowell	13.24
8 Glapion, Mirabella	10	The Academy	13.35
9 Altamirano, Saphire	10	Lowell	13.85

Event 15 Boys 100 Meter Dash Varsity (9)

Saturday 5/20/2023 - 12:54 PM

Meet: 10.64 1982 Angelo McNeil (converted time)

Meet: 10.64 1993 Rashan Sanders (converted time)

Meet: 10.64 1985 Andre Alexander (converted time)

Meet: 10.44 1976 Tequil Willis (converted time/dist)

Lane Name	Yr	School	Prelims
Section 1 of 1 Finals			
1 Zhang, Philip	12	Galileo Acad	11.54
2 Mak, Ashton	12	Abraham Linc	11.45
3 Trinh, Ethan	11	Abraham Linc	11.40
4 Razzak, Ayan	12	George Washi	11.23
5 Baker, Khairee	10	Mission	11.03
6 Cheng, Zhicong	12	George Washi	11.21
7 Carey, Devin	12	Galileo Acad	11.38
8 Degroat, Noah	12	Balboa	11.44
9 Lu, Tony	11	George Washi	11.52

Event 74 Girls 100 Meter Dash Unified (2)

Saturday 5/20/2023 - 12:56 PM

Lane Name	Yr	School	Seed Time
Section 1 of 1 Finals			
5 Lamadora, Angelica	11	Phillip & Sa	17.44
6 Gee, Genny	11	Phillip & Sa	19.06

Event 68 Girls 100 Meter Dash Para (3)

Saturday 5/20/2023 - 12:56 PM

Lane Name	Yr	School	Seed Time
Section 1 of 1 Finals			
4 Patel, Mariyah	10	Lowell	24.94
5 Soto, Maribel	10	San Francisc	19.80
6 Horner, Vivian	9	Mission	24.30

Event 65 Boys 100 Meter Dash Para (4)

Saturday 5/20/2023 - 12:58 PM

Meet: 13.70 5/26/2018 Saqueo Hernandez Velasco

Lane Name	Yr	School	Seed Time
Section 1 of 1 Finals			
4 Mas, Rogelio	9	San Francisc	17.40
5 Reyes, Michael	11	San Francisc	13.20
6 Chox, Byron	9	San Francisc	16.20
7 Mosleh, Hamza	12	San Francisc	20.15

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Event 54 Girls 800 Meter Run Frosh-Soph (6)**Saturday 5/20/2023 - 1:00 PM**

Meet: 2:30.71 5/25/2013 Tianna Marrable

Lane Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Liu, Kyra	9 Lowell	2:39.64
2	Koroknay, Angelina	10 Lowell	2:49.13
3	Luo, Anita	9 Lowell	3:00.48
4	Li, Winnie	10 Lowell	3:01.79
5	Rathanak, Samprathna	9 George Washi	3:14.56
6	Ley, Kathryn	10 Raoul Wallen	3:33.30

Event 16 Boys 800 Meter Run Frosh-Soph (12)**Saturday 5/20/2023 - 1:06 PM**

Meet: 2:01.94 1986 C. Verse (converted time)

Meet: 2:01.74 1976 Fletcher Sanford (converted time)

Lane Name	Yr	School	Prelims
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Section 1 of 1 Finals

1	Bikahi, Georges	10 Galileo Acad	2:14.99
2	Monson, Edward	10 The Academy	2:18.80
3	Tu, Dexter	10 Lowell	2:15.54
4	Byrd, Matteo	9 Balboa	2:19.57
5	Tapus, Andrei	10 Lowell	2:18.15
6	Garcia, Alton	9 Balboa	2:18.67
7	Kalos, Sasha	9 George Washi	2:18.69
8	Leon Guerrero, Edward	9 George Washi	2:19.34
9	Chiu, Aden	10 Lowell	2:20.21
10	Hoang, Terrance	10 Lowell	2:21.62
11	Imam, Ayman	10 George Washi	2:22.84
12	Gingrich, Cedric	10 Galileo Acad	2:23.77

Event 17 Girls 800 Meter Run Varsity (10)**Saturday 5/20/2023 - 1:12 PM**

Meet: 2:14.95 5/23/2015 Sierra Brill

Lane Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Holman, Jacqueline	12 Lowell	2:20.89
2	Kimotsuki, Noelle	11 Galileo Acad	2:32.06
3	Madole, Anne	11 George Washi	2:33.83
4	Wu, Connie	11 Lowell	2:35.72
5	Jardiniano, Reese	12 Lowell	2:40.00
6	Godfredsen, Sofie	10 Galileo Acad	2:44.52
7	Swazo-Caton, Wren	12 George Washi	2:45.70
8	Lao, Niki	11 Galileo Acad	2:50.15
9	Nwe, Saw	12 Lowell	3:07.93
10	Galicia, Nancy	11 Galileo Acad	3:38.10

Event 18 Boys 800 Meter Run Varsity (12)**Saturday 5/20/2023 - 1:19 PM**

Meet: 1:56.44 1991 Dustin Rawls (converted time)

Meet: 1:55.34 1968 Geoffrey Henderson (convert. tin

Lane Name	Yr	School	Prelims
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Section 1 of 1 Finals

1	Camilli, Mathias	12 Galileo Acad	2:11.91
2	Rivas, Nicolas	10 Galileo Acad	2:12.88
3	Carvajal-Lomeli, Elian	11 Lowell	2:12.54
4	Huang, Jaden	10 Lowell	2:13.70
5	Wong, Jonas	12 Raoul Wallen	2:13.78
6	Herring, Dylan	12 Lowell	2:14.50
7	Vazquez, Jackson	11 Galileo Acad	2:14.54
8	Vuong, Kenneth	11 George Washi	2:15.37
9	Wells, William	12 Raoul Wallen	2:15.61
10	Mirza, Faaris	11 Lowell	2:16.16
11	Aizawa, Shogo	12 Abraham Linc	2:16.65
12	Nystrom Rice, Isaac	12 The Academy	2:21.54

Event 20 Boys 300 Meter Hurdles 36" Int. Frosh-Soph (9)**Saturday 5/20/2023 - 1:26 PM**

Meet: 41.80 2001 John Lee

Lane Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Kolesnikov, Teodor	10 George Washi	55.82
2	Cheung, Anthony	10 Abraham Linc	52.43
3	Liu, Kenton	10 Abraham Linc	50.90
4	Chung, William	10 Lowell	48.63
5	Saje, Jake	10 Lowell	47.68
6	Chang, Nathan	9 George Washi	48.11
7	Carter, Teo	10 Abraham Linc	49.44
8	Schnell Heringer, Angelo	10 Phillip & Sa	51.40
9	Heery, Conn	9 Lowell	52.92

Event 21 Boys 300 Meter Hurdles 36" Int. Varsity (8)**Saturday 5/20/2023 - 1:31 PM**

Meet: 38.18 5/31/2014 Kareem Dupree

Lane Name	Yr	School	Seed Time
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Section 1 of 1 Finals

2	Lau, Alvin	11 Lowell	49.41
3	Tan, Ryan	11 Abraham Linc	49.07
4	Lee, Russell	11 Lowell	48.09
5	Brown, Harrison	11 Abraham Linc	42.31
6	Bodden-Howard, Max	12 Lowell	47.14
7	Yen, Jacob	11 Lowell	48.22
8	Chavez, Devon	11 Balboa	49.30
9	Lopez, Jaylen	11 Abraham Linc	52.90

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Event 55 Girls 300 Meter Hurdles 30" Low Frosh-Soph (6)

Saturday 5/20/2023 - 1:36 PM

Meet: 50.35 5/24/2008 Katherine Gao

Lane Name	Yr	School	Seed Time
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Section 1 of 1 Finals

3	Kim, Ami	9 Lowell	1:00.58
4	Troncoso, Alexandra	10 Balboa	59.83
5	Enriquez, Caitlin (Deni)	10 Lowell	58.60
6	Fong, Christina	9 Lowell	59.16
7	Goonetileke, Kanya	9 Abraham Linc	59.86
8	Muir, Latonya	10 Lowell	1:03.84

Event 19 Girls 300 Meter Hurdles 30" Low Varsity (8)

Saturday 5/20/2023 - 1:41 PM

Meet: 45.60 1990 Tanya Lazar-Lee

Lane Name	Yr	School	Seed Time
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Section 1 of 1 Finals

2	Carriger, Tia	11 Balboa	1:00.84
3	Altamirano, Saphire	10 Lowell	53.90
4	Manuel, Sophia	10 George Washi	52.90
5	Bolds, Victoria	12 George Washi	46.87
6	Fong, Celia	12 Lowell	49.47
7	Sok, Calianne	10 George Washi	52.99
8	Kotake, Kate	11 Lowell	58.15
9	Williams, Ti'Anee	11 Lowell	1:00.85

Event 56 Girls 200 Meter Dash Frosh-Soph (9)

Saturday 5/20/2023 - 1:46 PM

Meet: 26.12 5/26/2007 Katherine Jarvis

Lane Name	Yr	School	Prelims
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Section 1 of 1 Finals

1	McCurdy, Evelyn	10 The Academy	30.55
2	Sen, Katelyn	10 Lowell	30.13
3	Ibarra, Jacqueline	9 Lowell	29.95
4	Kelly, Madeline	9 Galileo Acad	29.50
5	Titus, Selah	10 Galileo Acad	28.98
6	Vasquez, Isabella	9 Lowell	29.06
7	Gonzalez, Noel	10 Lowell	29.80
8	Poon, Isabella	9 Abraham Linc	30.11
9	Guan, Corinna	9 Abraham Linc	30.50

Event 22 Boys 200 Meter Dash Frosh-Soph (9)

Saturday 5/20/2023 - 1:51 PM

Meet: 22.34 2000 Steven Tate (converted time)

Meet: 22.34 1977 Elbert Harris (converted time/dis

Lane Name	Yr	School	Prelims
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Section 1 of 1 Finals

1	Tang, Dennis	9 George Washi	25.43
2	Schmidt Simon, Gabe	10 The Academy	25.24
3	Guan, Ivan	10 George Washi	24.96
4	Jou, Alex	10 Abraham Linc	24.62
5	Washington, Elijah	9 The Academy	23.97
6	Muraki, Takuya	10 George Washi	24.49
7	Puyol, Andres	10 George Washi	24.64
8	Chavez, Dominic	9 Balboa	25.15
9	Raymundo, Emerson	9 Phillip & Sa	25.32

Event 23 Girls 200 Meter Dash Varsity (9)

Saturday 5/20/2023 - 1:56 PM

Meet: 24.40 5/31/2003 Deanna Goodwin

Lane Name	Yr	School	Prelims
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Section 1 of 1 Finals

1	Martin, Kaelynn	11 Mission	29.35
2	Zhang, Christina	12 Abraham Linc	28.72
3	Glaption, Mirabella	10 The Academy	27.95
4	Gong, Stephanie	12 Mission	27.75
5	Gee, Samantha	12 Lowell	27.29
6	Luk, Mackenzie	11 Lowell	27.50
7	He, Rachel	12 George Washi	27.65
8	Speech, Makayla	12 Galileo Acad	28.03
9	Tran, Casleila	10 Balboa	29.22

Event 24 Boys 200 Meter Dash Varsity (9)

Saturday 5/20/2023 - 2:01 PM

Meet: 21.13 1995 Felton Charles

Lane Name	Yr	School	Prelims
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Section 1 of 1 Finals

1	Razzak, Ayan	12 George Washi	23.42
2	Carey, Devin	12 Galileo Acad	23.33
3	Mak, Ashton	12 Abraham Linc	22.92
4	Wong, Blake	11 Lowell	22.62
5	Baker, Khairee	10 Mission	22.01
6	Valdez, Yuliyán	12 George Washi	22.49
7	Cheng, Zhicong	12 George Washi	22.66
8	Trinh, Ethan	11 Abraham Linc	23.19
9	Zhang, Philip	12 Galileo Acad	23.37

Event 69 Girls 200 Meter Dash Para (2)

Saturday 5/20/2023 - 2:04 PM

Lane Name	Yr	School	Seed Time
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Section 1 of 1 Finals

5	Soto, Maribel	10 San Francisc	40.20
6	Patel, Mariyah	10 Lowell	54.86

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Event 66 Boys 200 Meter Dash Para (3)

Saturday 5/20/2023 - 2:04 PM

Meet: 28.65 2016 Joshua Morales

Lane Name	Yr	School	Seed Time
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Section 1 of 1 Finals

4	Mosleh, Hamza	12	San Francisc	45.42
5	Reyes, Michael	11	San Francisc	25.37
6	Mas, Rogelio	9	San Francisc	38.10

Event 57 Girls 3200 Meter Run Frosh-Soph (5)

Saturday 5/20/2023 - 2:06 PM

Meet: 12:29.63 5/28/2005 Cynthia Leung

Lane Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Liu, Kyra	9	Lowell	13:15.47
2	Tan, Crystal	10	Balboa	13:45.53
3	Jacobson, Ada	9	Lowell	14:57.40
4	Ryckebusch, Ava	9	Lowell	16:08.15
5	Li, Winnie	10	Lowell	16:32.90

Event 25 Boys 3200 Meter Run Frosh-Soph (11)

Saturday 5/20/2023 - 2:25 PM

Meet: 10:01.19 5/26/2018 Zachary Parker

Meet: 9:56.94 1973 John Sweeney (converted time/di

Lane Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Witt, Henry	9	Lowell	10:38.95
2	Simons, Parker	10	George Washi	10:51.48
3	Kwong, Nicholas	10	Galileo Acad	11:16.37
4	Kalos, Sasha	9	George Washi	11:20.02
5	Tu, Dexter	10	Lowell	11:20.92
6	Luk, Quinn	9	Lowell	11:34.08
7	Gingrich, Cedric	10	Galileo Acad	12:00.72
8	Hoang, Terrance	10	Lowell	12:14.84
9	Leon Guerrero, Edward	9	George Washi	12:21.10
10	Lantsberg, Noah	10	Balboa	12:24.85
11	Jung, Malcolm	9	George Washi	12:39.93

Event 26 Girls 3200 Meter Run Varsity (5)

Saturday 5/20/2023 - 2:40 PM

Meet: 10:48.34 1998 Jennifer Akana

Lane Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Holman, Jacqueline	12	Lowell	10:58.43
2	Kimotsuki, Noelle	11	Galileo Acad	11:42.09
3	McTrang, Lois	11	Lowell	13:35.38
4	Szalva, Devon	12	Lowell	13:41.60
5	Losekoot, Mikaela	12	Lowell	14:59.40

Event 27 Boys 3200 Meter Run Varsity (13)

Saturday 5/20/2023 - 3:00 PM

Meet: 9:33.86 5/21/2022 Oliver Witt

Meet: 9:24.64 1972 Brad Duffy (converted time/dist)

Lane Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Bartalos, Bruno	12	Lowell	9:50.85
2	Camilli, Mathias	12	Galileo Acad	9:59.97
3	Santa, Griffin	11	Lowell	10:00.76
4	Herring, Dylan	12	Lowell	10:02.02
5	Gingrich, Marcel	11	Galileo Acad	10:16.64
6	Stanko, Kieran	11	Lowell	10:21.17
7	Guan, Nicholas	11	Phillip & Sa	10:40.48
8	Vazquez, Jackson	11	Galileo Acad	10:54.40
9	Mendoza, Sean	12	Abraham Linc	11:59.82
10	Delaplace, Mael	10	Abraham Linc	12:13.24
11	Sirivallop, Ben	12	George Washi	12:18.40
12	Chen, Alan	11	Abraham Linc	12:23.45
13	Li, Austin	10	George Washi	13:11.20

Event 58 Girls 4x400 Meter Relay Frosh-Soph (3)

Saturday 5/20/2023 - 3:15 PM

Meet: 4:16.66 5/25/2013 Lowell

V Yee, M Quan, C Ta, T Wang

Lane Team	Relay	Seed Time
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Section 1 of 1 Finals

4	Balboa	A	5:24.63
	1) Romero, Karla 10	2) Chen, Kayley 9	
	3) Bao, Grace 9	4) Troncoso, Alexandra 10	
	5) Tan, Crystal 10		
5	Lowell	A	4:48.00
	1) Tolentino, Glyza 10	2) Kim, Ami 9	
	3) Lee, Jasmine 9	4) Vasquez, Isabella 9	
	5) Cyster, Leona 9	6) Ibarra, Jacqueline 9	
	7) Enriquez, Caitlin (Deni) 10	8) Luo, Anita 9	
6	Phillip & Sa	A	4:58.30
	1) Hammon, Richelle 10	2) Liang, CK 9	
	3) Huang, Alita 9	4) Anderson, Mariah 9	
	5) Liu, Sophia 9	6) Estacio, Amelia 9	

CIF San Francisco Section - 5/13/2023 to 5/20/2023

Track and Field Championships

Kezar Stadium

Meet Program - Running Events-Finals

Event 28 Boys 4x400 Meter Relay Frosh-Soph (6)

Saturday 5/20/2023 - 3:20 PM

Meet: 3:36.37 5/28/2016 Lowell

L Ng, M Tiao, T Yuen, R Tom

Meet: 3:35.34 1977 Lowell (converted time/dist)

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
3	Balboa	A	4:09.81
	1) Chavez, Dominic 9	2) Garcia, Alton 9	
	3) Chen, Tony 10	4) Byrd, Matteo 9	
	5) Hein, Henry Aung 9	6) Tam, Theodor 10	
	7) Liu, Cody 10		
4	The Academy	A	4:06.44
	1) Schmidt Simon, Gabe 10	2) Papadopoulos, Zacharia 9	
	3) Monson, Edward 10	4) Washington, Elijah 9	
	5) Vivolo, Zachary 9	6) Flores Bernard, Gabriel 9	
5	Lowell	A	3:43.37
	1) Hoang, Terrance 10	2) Becker, Jones 10	
	3) Tu, Dexter 10	4) Manandhar, Samriddha 9	
	5) Witt, Henry 9	6) Holman, Patrick 9	
	7) Luk, Quinn 9	8) Gan, Joshua 9	
6	Phillip & Sa	A	4:05.00
	1) Ali, Adil 10	2) Schnell Heringer, Angelo 10	
	3) Cen, Michael 9	4) Scott, Brandon 10	
	5) Ehm, Corbin 10	6) Li, Gavin 10	
	7) Raymundo, Emerson 9		
7	George Washi	A	4:09.33
	1) Way, Caleb 10	2) Montgomery, Langston 9	
	3) Llamera, Justin 9	4) Puyol, Andres 10	
	5) Madole, Gavin 9	6) Simons, Parker 10	
	7) Tang, Dennis 9	8) Chang, Nathan 9	
8	Abraham Linc	A	4:12.50
	1) Jou, Alex 10	2) Lee-Imhof, Vincent 9	
	3) Liu, Kenton 10	4) Chen, Ron 9	
	5) Wu, Connor 9	6) Sakai, Kobe 10	

Event 29 Girls 4x400 Meter Relay Varsity (4)

Saturday 5/20/2023 - 3:25 PM

Meet: 3:57.61 5/24/2008 Lowell

K. Jarvis, L. Allston, E. Anorou, T. Purpura

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
4	Abraham Linc	A	5:08.90
	1) Jimenez, Francela 12	2) Zhang, Christina 12	
	3) Ku, Hannah 11	4) Giron, Vanessa 11	
	5) Anderson, Jasmyn 12	6) Wong, Joelle 12	
5	Lowell	A	4:15.30
	1) Fong, Celia 12	2) St Onge, Niyah 11	
	3) Luk, Mackenzie 11	4) Carbajal, Maria (Fe) 11	
	5) Wu, Connie 11	6) Kuang, Joanna 11	
	7) Yu, Wingyan 11	8) Caulfield, Breckin 11	
6	George Washi	A	4:41.33
	1) Sok, Calianne 10	2) Odenyi, Praise 11	
	3) Swazo-Caton, Wren 12	4) He, Rachel 12	
	5) Manuel, Sophia 10	6) Madole, Anne 11	
	7) Nim, Kaylee 11		
7	Balboa	A	5:13.26
	1) Carriger, Tia 11	2) Zhong, Chloe 10	
	3) Castro, Doris 10	4) Tran, Casleila 10	

Event 30 Boys 4x400 Meter Relay Varsity (6)

Saturday 5/20/2023 - 3:30 PM

Meet: 3:23.46 1993 McAtter

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
3	Balboa	A	3:57.91
	1) Fung, Keith 10	2) Colindres, Samuel 10	
	3) Huynh, Steven 10	4) Chavez, Devon 11	
	5) Li, JianKeng 10	6) Chavez, Javier 11	
4	Abraham Linc	A	3:43.10
	1) Trinh, Ethan 11	2) Aizawa, Shogo 12	
	3) Wen, Zhaojun 11	4) Brown, Harrison 11	
	5) Misiri, Jino 11	6) Li, Brian 11	
5	Lowell	A	3:35.16
	1) Louie, Noah 12	2) Bodden-Howard, Max 12	
	3) Lee, Ryan H 12	4) Wong, Blake 11	
	5) Fitzsimmons, Quinn 12	6) Mayer, Carson 11	
	7) Perez, Rafael 12	8) Pierce, Henry 11	
6	Galileo Acad	A	3:39.30
	1) Rivas, Nicolas 10	2) Zhang, Philip 12	
	3) Yuen, Ching 12	4) Vazquez, Jackson 11	
7	George Washi	A	3:48.74
	1) Zhu, Yibin 11	2) Valdez, Yuliyuan 12	
	3) Leung, Alex 11	4) Cheng, Zhicong 12	
	5) Lu, Tony 11	6) Razzak, Ayan 12	
	7) Vuong, Kenneth 11		
8	The Academy	A	4:06.44
	1) Nystrom Rice, Isaac 12	2) Aguilar Velasquez, Yolihuan	
	3) Bui, Kenny 12	4) Blackwell, Liam 11	



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AAA TRACK & FIELD ANNUAL CHAMPIONS

<u>YEAR</u>	<u>BOYS V</u>	<u>GIRLS V</u>	<u>BOYS FS</u>	<u>GIRLS FS</u>	<u>OVERALL</u>
2021-22	Lowell	Lowell	Lowell	Lowell	Lowell
2020-21	No Champion	No Champion	No Champion	No Champion	No Champion
2019-20	Not Played	Not Played	Not Played	Not Played	Not Played
2018-19	Lincoln	Lincoln	Lowell	Lowell	Lowell
2017-18	Lowell	Lowell	Lowell	Lowell	Lowell
2016-17	Lowell	Lowell	Lowell	Lowell	Lowell
2015-16	Lowell	Lowell	Lowell	Lowell	Lowell
2014-15	Lowell	Lowell	Lowell	Lowell	Lowell
2013-14	Lincoln	Lowell	Lincoln	Lincoln	Lowell
2012-13	Lowell	Lowell	Lincoln	Lowell	Lowell
2011-12	Lincoln	Lowell	Lowell	Lowell	Lowell
2010-11	Lincoln	Lincoln	Lowell	Lowell	Lowell
2009-10	Lowell	Lowell	Lincoln	Lowell	Lowell
2008-09	Lowell	Lowell	Lincoln	Lowell	Lowell
2007-08	Lowell	Lowell	Lowell	Lincoln	Lowell
2006-07	Lowell	Lowell	Lowell	Lowell	Lowell
2005-06	Lowell	Lowell	Lowell	Lowell	Lowell
2004-05	Lowell	Lowell	Lowell	Lowell	Lowell

<u>YEAR</u>	<u>BOYS V</u>	<u>GIRLS V</u>	<u>BOYS FS</u>	<u>OVERALL</u>
2003-04	Lowell	Lowell	Lowell	Lowell
2002-03	Lowell	Lowell	Lowell	Lowell
2001-02	Lowell	Lowell	Lowell	Lowell
2000-01	Lowell	Lowell	Lowell	Lowell
1999-00	Lowell	Lowell	Lowell	Lowell
1998-99	Lowell	Lowell	Lowell	Lowell
1997-98	Lowell	Lowell	Galileo	Lowell
1996-97	Lowell	Lowell	Galileo	Lowell
1995-96	McAteer	Lowell	Lowell	Lowell
1994-95	McAteer	Lowell	Lowell	Lowell
1993-94	McAteer	Lowell	Lowell	Lowell
1992-93	McAteer	Lowell	Lowell	Lowell
1991-92	McAteer	Lowell	Lowell	Lowell
1990-91	Lincoln	Lowell	Galileo	Lowell
1989-90	Lincoln	Lowell	Lowell	Lowell
1988-89	McAteer	Lowell	Lowell	Lowell
1987-88	McAteer/Lowell	Lowell	Lowell	Lowell
1986-87	McAteer	Lowell	Lowell	McAteer
1985-86	McAteer	McAteer	McAteer	McAteer
1984-85	Galileo	Lowell	McAteer	Galileo
1983-84	Balboa	Lowell	McAteer	McAteer

AAA TRACK & FIELD ANNUAL CHAMPIONS (cont.)

<u>YEAR</u>	<u>BOYS V</u>	<u>GIRLS V</u>	<u>BOYS FS</u>	<u>OVERALL</u>
1982-83	Balboa	Lowell	Balboa	Galileo
1981-82	Galileo	Lowell	Galileo	Galileo
1980-81	Galileo	Lowell	Galileo	Galileo

<u>YEAR</u>	<u>BOYS VARSITY</u>	<u>GIRLS VARSITY</u>	<u>BOYS FROSH-SOPH</u>
1979-80	Galileo	Lowell	Galileo

<u>YEAR</u>	<u>BOYS VARSITY</u>	<u>GIRLS VARSITY</u>	<u>BOYS SOPHOMORE</u>
1978-79	Galileo	Lowell	Galileo
1977-78	Galileo	Lowell	Galileo

<u>YEAR</u>	<u>BOYS VARSITY</u>	<u>SOPHOMORE</u>	
1976-77	Galileo	Galileo	
1975-76	Balboa	Balboa	
1974-75	Balboa	Balboa	
1973-74	Balboa	Balboa	
1972-73	Balboa	Balboa	(Wilson was State Champs)
1971-72	Balboa	Balboa	
1970-71	Balboa	Balboa	

<u>YEAR</u>	<u>UNLIMITED</u>	<u>130'S</u>	<u>120'S</u>
1969-70	Lincoln	Lowell	Wilson
1968-69	Washington	Balboa	Balboa
1967-68	Polytechnic	Polytechnic	Balboa
1966-67	Balboa	Polytechnic	Balboa
1965-66	Balboa	Washington	Balboa
1964-65	Polytechnic	Polytechnic	Galileo
1963-64	Washington	Polytechnic	Lowell
1962-63	Mission	Polytechnic	Lincoln
1961-62	Mission	Washington	Balboa
1960-61	Washington	Polytechnic	Lincoln
1959-60	Polytechnic	Lincoln	Galileo
1958-59	Polytechnic	Washington	Balboa
1957-58	Polytechnic	Washington	Washington
1956-57	Polytechnic	Washington	Washington
1955-56	Polytechnic	Washington	Washington
1954-55	Polytechnic	Washington	Washington
1953-54	Washington	Washington	Washington

AAA TRACK & FIELD ANNUAL CHAMPIONS (cont.)

<u>YEAR</u>	<u>UNLIMITED</u>	<u>130'S</u>	<u>120'S</u>
1952-53	Washington	Washington	Washington
1951-52	Washington	Washington	Washington
1950-51	Washington	Washington	Washington
1949-50	Washington	Washington	Washington
1948-49	Lowell	Washington	Washington
1947-48	Lowell	Lowell	Mission
1946-47	Lowell	Polytechnic	Lowell
1945-46	Lowell	Mission	Balboa

<u>YEAR</u>	<u>UNLIMITED</u>	<u>LIGHTWEIGHTS</u>
1944-45	Polytechnic	Polytechnic
1943-44	Polytechnic	Balboa
1942-43	Lowell	Balboa
1941-42	Lowell	Balboa
1940-41	Balboa	Polytechnic



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CIF San Francisco Section - 5/14/2022 to 5/21/2022
Track and Field Championships
Kezar Stadium

Records

Event 1 Boys 4x100 Meter Relay Frosh-Soph

Meet	44.64	1983	McAteer (converted time) - McAteer
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Event 2 Girls 4x100 Meter Relay Varsity

Meet	48.44	1983	Mission (converted time) - Mission
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Event 3 Boys 4x100 Meter Relay Varsity

Meet	41.90	1995	McAteer - McAteer
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Event 4 Boys 1600 Meter Run Frosh-Soph

Meet	4:33.64	5/31/2014	Luis Aragon - Lowell
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Event 5 Girls 1600 Meter Run Varsity

Meet	4:56.02	1997	Jennifer Akana - Lowell
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Event 6 Boys 1600 Meter Run Varsity

Meet	4:15.13	2000	Jin Daikoku - Lowell
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Event 7 Boys 110 Meter Hurdles 36" Int. Frosh-Soph

Meet	16.22	5/26/2012	Ibrahima Mobley - Lincoln
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Event 8 Boys 110 Meter Hurdles 39" High Varsity

Meet	14.24	1973	Mike Kirtman (converted time) - Wilson
Meet	14.24	1979	Brennan Redd (converted time) - Wilson

Event 9 Girls 100 Meter Hurdles 33" Low Varsity

Meet	14.56	2002	Roshena Duree - Burton
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Event 10 Boys 400 Meter Dash Frosh-Soph

Meet	51.71	1990	Sophorn Rasmeay - Galileo
Meet	51.14	1980	Angelo McNeil (converted time/dist) - Galileo

Event 11 Girls 400 Meter Dash Varsity

Meet	55.63	2004	Chauncey David-Jacobs - Burton
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Event 12 Boys 400 Meter Dash Varsity

Meet	47.84	1995	Felton Charles - McAteer
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Event 13 Boys 100 Meter Dash Frosh-Soph

Meet	10.94	1985	Tom Cagle (converted time) - Lincoln
Meet	10.94	1999	Daryl Terrell (converted time) - McAteer

Event 14 Girls 100 Meter Dash Varsity

Meet	11.85	5/31/2003	Deanna Goodwin - Intl. Studies Academy
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Event 15 Boys 100 Meter Dash Varsity

Meet	10.44	1976	Tequil Willis (converted time/dist) - Mission
Meet	10.64	1982	Angelo McNeil (converted time) - Galileo
Meet	10.64	1985	Andre Alexander (converted time) - Balboa
Meet	10.64	1993	Rashan Sanders (converted time) - Lincoln

Event 16 Boys 800 Meter Run Frosh-Soph

Meet	2:01.74	1976	Fletcher Sanford (converted time/dist) - Washington
Meet	2:01.94	1986	C. Verse (converted time) - Galileo

Event 17 Girls 800 Meter Run Varsity

Meet	2:14.95	5/23/2015	Sierra Brill - Lowell
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Event 18 Boys 800 Meter Run Varsity

Meet	1:56.44	1991	Dustin Rawls (converted time) - Lincoln
Meet	1:55.34	1968	Geoffrey Henderson (convert. time/dist) - Washington

**CIF San Francisco Section - 5/14/2022 to 5/21/2022
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Kezar Stadium**

Records

Event 19 Girls 300 Meter Hurdles 30" Low Varsity	Meet	45.60	1990	Tanya Lazar-Lee - McAteer
Event 20 Boys 300 Meter Hurdles 36" Int. Frosh-Soph	Meet	41.80	2001	John Lee - Lowell
Event 21 Boys 300 Meter Hurdles 36" Int. Varsity	Meet	38.18	5/31/2014	Kareem Dupree - Acad. of Art
Event 22 Boys 200 Meter Dash Frosh-Soph	Meet	22.34	1977	Elbert Harris (converted time/dist) - Balboa
	Meet	22.34	2000	Steven Tate (converted time) - Lincoln
Event 23 Girls 200 Meter Dash Varsity	Meet	24.40	5/31/2003	Deanna Goodwin - Intl. Studies Academy
Event 24 Boys 200 Meter Dash Varsity	Meet	21.13	1995	Felton Charles - McAteer
Event 25 Boys 3200 Meter Run Frosh-Soph	Meet	10:01.19	5/26/2018	Zachary Parker - Lowell
	Meet	9:56.94	1973	John Sweeney (converted time/dist) - Balboa
Event 26 Girls 3200 Meter Run Varsity	Meet	10:48.34	1998	Jennifer Akana - Lowell
Event 27 Boys 3200 Meter Run Varsity	Meet	9:33.86	5/21/2022	Oliver Witt - Lowell
	Meet	9:24.64	1972	Brad Duffy (converted time/dist) - Lowell
Event 28 Boys 4x400 Meter Relay Frosh-Soph	Meet	3:36.37	5/28/2016	Lowell - Lowell L Ng, M Tiao, T Yuen, R Tom
	Meet	3:35.34	1977	Lowell (converted time/dist) - Lowell
Event 29 Girls 4x400 Meter Relay Varsity	Meet	3:57.61	5/24/2008	Lowell - Lowell K. Jarvis, L. Allston, E. Anorou, T. Purpura
Event 30 Boys 4x400 Meter Relay Varsity	Meet	3:23.46	1993	McAteer - McAteer
Event 31 Boys Long Jump Frosh-Soph	Meet	23-02.50	1985	Dominic Dupree - McAteer
Event 32 Boys Discus Throw Frosh-Soph	Meet	143-10	1976	Roy Abendroth - Lowell
Event 33 Boys Shot Put 10lb Shot Frosh-Soph	Meet	54-10	1977	Alonzo Fluker - Galileo
Event 34 Boys Triple Jump Frosh-Soph	Meet	44-11	1976	Cedric Young - Balboa
Event 35 Boys Pole Vault Frosh-Soph	Meet	12-04	1980	James McClanahan - Galileo
Event 36 Boys High Jump Frosh-Soph	Meet	6-03.50	1981	Justin Brown - Galileo

**CIF San Francisco Section - 5/14/2022 to 5/21/2022
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Records

Event 37 Girls Long Jump Varsity	Meet	19-02.50	1992	Shena Ferguson - Washington
Event 38 Boys Long Jump Varsity	Meet	25-03.50	1981	Ken Frazier - Mission
Event 39 Girls Triple Jump Varsity	Meet	39-07.75	2001	Roshena Duree - Burton
Event 40 Boys Triple Jump Varsity	Meet	50-03.75	1981	Ken Frazier - Mission
Event 41 Girls Discus Throw Varsity	Meet	161-11	5/27/2017	Pamela Amaechi - Abraham Linc
Event 42 Boys Discus Throw Varsity	Meet	170-01.50	1960	Alex Darnes - Polytechnic
Event 43 Girls Shot Put Varsity	Meet	48-11	5/29/2010	Chioma Amaechi - Lincoln
Event 44 Boys Shot Put Varsity	Meet	60-09.25	1957	Mike Lewis - Lincoln
Event 45 Girls High Jump Varsity	Meet	5-06	1990	Tanya Lazar-Lee - McAteer
Event 46 Boys High Jump Varsity	Meet	7-00.25	1983	Maurice Crumby - Balboa
Event 47 Girls Pole Vault Varsity	Meet	10-05	5/19/2019	Elen Zhu - Abraham Linc
Event 48 Boys Pole Vault Varsity	Meet	14-02	1981	James McClanahan - Galileo
Event 49 Girls 4x100 Meter Relay Frosh-Soph	Meet	51.64	5/25/2013	Lowell - Lowell M Quan, V Yee, C Ta, M Jones
Event 50 Girls 1600 Meter Run Frosh-Soph	Meet	5:40.17	5/31/2014	Annie Zhou - Lowell
Event 51 Girls 100 Meter Hurdles 30" Low Frosh-Soph	Meet	17.00	5/21/2016	Parker Jones - Galileo Acad
Event 52 Girls 400 Meter Dash Frosh-Soph	Meet	1:00.71	5/26/2007	Katherine Jarvis - Lowell
Event 53 Girls 100 Meter Dash Frosh-Soph	Meet	12.72	5/30/2009	Melanie Speech - Lowell
Event 54 Girls 800 Meter Run Frosh-Soph	Meet	2:30.71	5/25/2013	Tianna Marrable - Burton
Event 55 Girls 300 Meter Hurdles 30" Low Frosh-Soph	Meet	50.35	5/24/2008	Katherine Gao - Lowell
Event 56 Girls 200 Meter Dash Frosh-Soph	Meet	26.12	5/26/2007	Katherine Jarvis - Lowell

CIF San Francisco Section - 5/14/2022 to 5/21/2022
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Kezar Stadium

Records

Event 57 Girls 3200 Meter Run Frosh-Soph

Meet 12:29.63 5/28/2005 Cynthia Leung - Lowell

Event 58 Girls 4x400 Meter Relay Frosh-Soph

Meet 4:16.66 5/25/2013 Lowell - Lowell
V Yee, M Quan, C Ta, T Wang

Event 59 Girls Long Jump Frosh-Soph

Meet 16-09.75 5/27/2009 Melanie Speech - Lowell

Event 60 Girls Discus Throw Frosh-Soph

Meet 100-10.50 5/21/2008 Chioma Amaechi - Lincoln

Event 61 Girls Shot Put Frosh-Soph

Meet 33-04 5/27/2009 Melanie Speech - Lowell

Event 62 Girls Triple Jump Frosh-Soph

Meet 34-00.50 5/23/2007 Stephanie Cheung - Lowell

Event 63 Girls Pole Vault Frosh-Soph

Meet 7-00 5/19/2012 Maria Tionson - Lincoln
Meet 9-00 5/25/2013 Rebecca Mellin (uncertified crossbar) - Lincoln

Event 64 Girls High Jump Frosh-Soph

Meet 4-10 5/19/2012 Jenny Wong - Balboa
Meet 4-10 5/24/2014 Una Chan - Lincoln

Event 65 Boys 100 Meter Dash Para

Meet 13.70 5/26/2018 Saqueo Hernandez Velasco - San Francisc

Event 66 Boys 200 Meter Dash Para

Meet 28.65 2016 Joshua Morales - SFI

Event 67 Boys 400 Meter Dash Para

Meet 1:02.55 5/19/2018 Ethan Fung - Lowell

Event 71 Boys Shot Put Para

Meet 36-06.75 5/18/2019 Saqueo Hernandez - San Francisc

Event 73 Boys 100 Meter Dash Unified

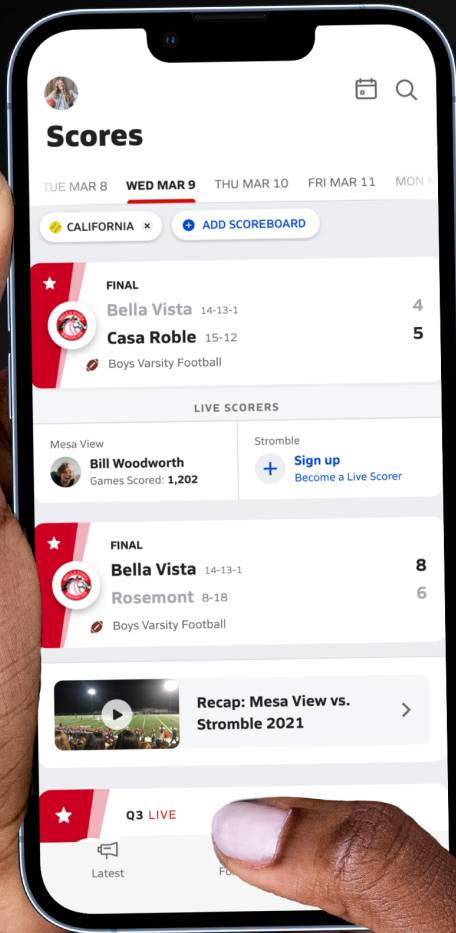
Meet 12.30 5/26/2018 Justin Tang - Philip & Sal

Event 75 Boys Long Jump Unified

Meet 16-06 5/19/2019 Kelvin Osunde - Abraham Linc



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Principles of Pursuing Victory with Honor

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."
2. It's the duty of School Boards, superintendents, school administrators, parents and school sports leadership -including coaches, athletic administrators, program directors and game officials - to promote sportsmanship and foster good character by teaching, enforcing, advocating and modeling these "six pillars of character."
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
5. School Boards, superintendents, school administrators, parents and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents and spectators.
6. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
7. The importance of character, ethics and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
8. School Boards, superintendents, school administrators, parents and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.
9. School Boards, superintendents, principals, school administrators and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical and ethical well-being of student-athletes is always placed above desires and pressured to win.
10. All employees of member schools must be directly involved and committed to the academic success of student athletes and the character-building goals of the school.
11. Everyone involved in competition including parents, spectators, associated study body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting and inappropriate celebrations.
12. School Boards, superintendents, and school administrators of CIF member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of: 1) The character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character. 2) The physical capabilities and limitations of the age group coached as well as the first aid. 3) Coaching principles and the rules and strategies of the sport.
13. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.
14. To safeguard the health of athletes and the integrity of the sport, school sports program must actively prohibit the use of alcohol, tobacco, drugs and performance enhancing substances, as well as a demand compliance with all laws and regulations, including those related to gambling and the use of drugs.
15. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school's name or reputation. There should be no undue influence of commercial interests. In addition, sports programs must be prudent, avoiding undue dependency on particular companies or sponsors.
16. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimensions of their sport, coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring and good citizens.



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