

AAA/CIF San Francisco Section 2010-2011

TRACK & FIELD
Final League Event Best Times

As of May 31, 2011
Boys (Top Ten)

Event/Name/School/Time/Distance	Event/Name/School/Time/Distance	Event/Name/School/Time/Distance
110m High Hurdles 1. Joseph Rato, Lincoln, 16.8 2. Cameron Chu, Lincoln, 16.9 3. Johnny Lai, Lowell, 17.4 4. Marvin Jordan, Mission, 17.56 5. Wilton Chew, Lowell, 18.1 110m Intermediate Hurdles 1. Henry Diep, Balboa, 16.23 2. John Turks, Washington, 16.91 3. Louis Reid, Balboa, 17.0 4. Matthew Yee, Mission, 17.53 5. Will Frankel, Lowell, 17.61	300m Hurdles 1. Johnny Lai, Lowell, 42.39 2. Cameron Chu, Lincoln, 42.49 3. John Turks, Washington, 42.96 4. Paul Stainer, Lowell, 43.69 5. Marvin Jordan, Mission, 44.0 6. Louis Reid, Balboa, 44.55 7. Joe Rato, Lincoln, 45.58 8. Steven Zhu, Lowell, 45.59 9. Allan Abilar, Burton, 45.6 10. Will Frankel, Lowell, 45.64	100m Dash 1. Lazare Gubeladze, Lincoln, 10.89 2. Greg Warren, Balboa, 11.1 3. Steven Burks, Lincoln, 11.3 3. John Wang, Wallenberg, 11.3 5. Remfel Ganal, Lincoln, 11.33 5. Artrix Thomas, Lincoln, 11.33 7. Andres Arellano, Balboa, 11.37 8. Johnny Zheng, Marshall, 11.5 9. Jayvon Fields, Lincoln, 11.51 10. Robert Davis, Lincoln, 11.6
200m Dash 1. Lazara Gubeladze, Lincoln, 22.10 2. Steven Burks, Lincoln, 22.8 3. Greg Warren, Balboa, 23.0 4. Deondre Anderson, Burton, 23.1 5. Artrix Thomas, Lincoln, 23.14 6. Kenny Lee, Galileo, 23.2 7. Andres Arellano, Balboa, 23.28 8. Raymond Chan, Lowell, 23.38 9. Yasu Ishiguro, Galileo, 23.4 10. Nelson Ho, Lowell, 23.49	400m Dash 1. Deondre Anderson, Burton, 49.12 2. Steven Burks, Lincoln, 51.96 3. Noah Stier, Lowell, 52.37 4. Raymond Chan, Lowell, 52.56 5. Adan Marrufo, Lowell, 53.25 6. Greg Warren, Balboa, 53.3 7. Nick Balestrieri, Lowell, 53.45 8. Lazare Gubaladze, Lincoln, 53.7 9. Kwame Dickey, Burton, 53.9 10. Ryan Fleshman, Mission, 53.98	800m Run 1. William Chen, Lowell, 2:01.93 2. Noah Stier, Lowell, 2:03.59 3. Kwame Dickey, Burton, 2:04.60 4. Max Niehaus, Lowell, 2:04.64 5. Adrian Mei, Lincoln, 2:05.35 6. Donald Chen, Lowell, 2:06.84 7. Jacky So, Lincoln, 2:07.18 8. Darwin Mayhew, Washington, 2:07.34 9. Steven Chan, Galileo, 2:08.23 10. Raymond Chan, Lowell, 2:08.81
1600m Run 1. Leo Harrington, Lowell, 4:30.88 2. William Chen, Lowell, 4:30.93 3. Patrick Gray, Lincoln, 4:31.54 4. Cory Worthington, Lowell, 4:41.38 5. Steven Chan, Galileo, 4:45.60 6. Darwin Mayhew, Washington, 4:46.94 7. Adrian Mei, Lincoln, 4:47.01 8. Ronald Cheng, Lowell, 4:48.69 9. Aaron Wang, Lincoln, 4:49.43 10. Brian Nguyen, Lowell, 4:50.35	3200m Run 1. William Chen, Lowell, 10:10.5 2. Cory Worthington, Lowell, 10:14.33 3. Patrick Gray, Lincoln, 10:14.35 4. Aaron Wang, Lincoln, 10:36.89 5. Jeremie Showa, Mission, 10:42.88 6. Ronald Cheng, Lowell, 10:46.86 7. David Chang, Washington, 10:47.81 8. Raymond Lang, Lowell, 10:48.86 9. Brian Nguyen, Lowell, 10:51.01 10. Chris Chow, Lowell, 10:53.56	Triple Jump 1. Steven Burks, Lincoln, 40-7 2. Kylan Jones, Lincoln, 40-5 3. Kenny Okagaki, Lowell, 39-10.5 4. Renny Ng, Lowell, 39-8.5 5. Steven Zhu, Lowell, 39-7.5 6. Tyree Marzetta, Lincoln, 38-10 7. Paul Stainer, Lowell, 38-9 8. Simon Xie, Washington, 38-4 9. Allan Abilar, Burton, 38-0 10. Remfel Ganal, Lincoln, 37-11
Long Jump 1. Quincy Nelson, Galileo, 20-10.25 2. Steven Burks, Lincoln, 20-7 3. Nelson Ho, Lowell, 20-2.5 4. Robert Davis, Lincoln, 20-2 5. Demo Dillon, Lowell, 19-8 6. Preston Leung, Lowell, 19-6.5 7. Remfel Ganal, Lincoln, 19-6 8. Tyree Marzetta, Lincoln, 19-6 9. Bradley Monterola, Lowell, 19-4.75 10. Alan Tse, Galileo, 19-4.5	Discus 1. Colin Luu, Lincoln, 159-9 2. Jerry Johnson, Lincoln, 133-0 3. Anson Jiang, Washington, 128-5 4. Simon Quan, Wallenberg, 125-4 5. Seth Snoddy, Lincoln, 123-7 6. Terry Chang, Wallenberg, 122-9 7. D'Angelo Osorio, Lincoln, 120-1 8. Alonzo Sweets, Balboa, 117-6 9. Wilson Jiang, Washington, 113-0 10. Chris Lui, Lowell, 104-11	Shot Put 1. Simon Quan, Wallenberg, 47-4.75 2. Colin Luu, Lowell, 44-10.25 3. Anson Jiang, Washington, 44-5.5 4. Wilson Jiang, Washington, 43-0 5. Seth Snoddy, Lincoln, 41-11 6. Terry Chiang, Wallenberg, 41-8 7. D'Angelo Osorio, Lincoln, 41-5.75 8. Rene Aleman, Lincoln, 40-11 9. Jerry Johnson, Lincoln, 40-7 10. Joel Lee, Lowell, 39-7
High Jump 1. Stanley Chen, Galileo, 6-4 2. Ibraheem Muhammad, Galileo, 5-8 2. Artrix Thomas, Lincoln, 5-8 2. Alan Tse, Galileo, 5-8 5. Kylan Jones, Lincoln, 5-6 5. Tyree Marzetta, Lincoln, 5-6 7. Max Pollard, Lowell, 5-4 8. Seth Snoddy, Lincoln, 5-2 8. Will Frankel, Lowell, 5-2 8. Ryan Chiu, Lincoln, 5-2	Pole Vault 1. Wilton Chew, Lowell, 10-6 2. Aaron Zhu, Lincoln, 10-0 2. Jessie Hannawalt, Lowell, 10-0 4. Andy Tsang, Lincoln, 9-6 4. Ryan Chiu, Lincoln, 9-6 4. Aaron Wang, Lincoln, 9-6 4. Tayio Onoda, Lowell, 9-6 8. Jimmy Zhu, Lincoln, 9-0 9. Irving Chang, Lincoln, 8-6 10. Noah Penick, Lowell, 8-0	4x100 Relay 1. Lincoln VA, 43.15 2. Lincoln FSA, 44.2 3. Burton VA, 45.3 4. Balboa VA, 45.77 5. Lowell VA, 45.92 4x400 Relay 1. Burton VA, 3:26.93 2. Lowell VA, 3:32.67 3. Lincoln VA, 3:34.75 4. Lowell FSA, 3:40.72 5. Balboa VA, 3:40.77

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TRACK & FIELD

Final League Event Best Times

Girls (Top Ten)

Event/Name/School/Time/Distance	Event/Name/School/Time/Distance	Event/Name/School/Time/Distance
100m Low Hurdles 1. Selah McCarter, Mission, 15.68 2. Serena Felicity, Lincoln, 15.75 3. Robin Yee, Lowell, 17.18 4. Alisa Rastorgueva, Lowell, 17.5 5. Bora Yoon, Lincoln, 17.7 6. Taylor Nakayam, Lincoln, 17.75 7. Katherine Gao, Lowell, 17.76 8. Kristi Lui, Washington, 17.81 9. Emily Lim, Lowell, 17.84 10. Devan Simmons, Lincoln, 18.33	300m Hurdles 1. Selah McCarter, Mission, 46.87 2. Robin Yee, Lowell, 46.93 3. Serena Felicity, Lincoln, 48.37 4. Kristi Lui, Washington, 50.99 5. Guadalupe Loeza, Lincoln, 51.55 6. Cecilia Fang, Lowell, 52.20 7. Kimberly Yee, Lowell, 53.02 8. Hester Yu, Lowell, 53.78 9. Tiffany Chan, Lowell, 54.1 10. Emily Lim, Lowell, 54.2	100m Dash 1. Melanie Speech, Lowell, 12.21 2. Serena Felicity, Lincoln, 12.48 3. Kaylyn Perkins, Marshall, 12.5 4. Lisha Yao, Galileo, 12.6 5. Mandy Che, Lowell, 12.9 6. Ashley Nash, Balboa, 13.0 7. Ugonma Nwankwo, Galileo, 13.1 8. Zenay Clemmons, Marshall, 13.3 8. Malgosia Sikorski, Washington, 13.3 8. Stephanie Zhang, Washington, 13.3
200m Dash 1. Melanie Speech, Lowell, 25.88 2. Mandy Che, Lowell, 26.42 3. Serena Felicity, Lincoln, 26.46 4. Lisha Yao, Galileo, 26.6 5. Amy Luong, Washington, 27.17 6. Katherine Gao, Lowell, 27.36 7. Valerie Lim, Lowell, 27.69 8. Maggie La, Washington, 27.7 8. Emily Lin, Lowell, 27.7 10. Ke'leah Cash, Burton, 27.79	400m Dash 1. Mandy Che, Lowell, 59.13 2. Maria Buergerhausen, Mission, 1:00.11 3. Katherine Gao, Lowell, 1:01.51 4. Ke'leah Cash, Burton, 1:02.37 5. Amy Luong, Washington, 1:02.47 6. Guadalupe Loeza, Lincoln, 1:02.78 7. Priscilla Ta, Lowell, 1:03.92 8. Valerie Lim, Lowell, 1:04.07 9. Melanie Speech, Lowell, 1:04.2 10. Prudence Sax, Lowell, 1:04.7	800m Run 1. Laura Richardson, Lincoln, 2:28.39 2. Elizabeth Khuu, Washington, 2:28.85 3. Prudence Sax, Lowell, 2:31.35 4. Katherine Gao, Lowell, 2:33.71 5. Ke'leah Cash, Burton, 2:35.1 6. Marie Weverka, Mission, 2:35.41 7. Mandy Che, Lowell, 2:37.4 8. Beverly Wong, Washington, 2:37.85 9. Amanda Lee, Lowell, 2:38.30 10. Isabela Bowden, Balboa, 2:39.2
1600m Run 1. Laura Richardson, Lincoln, 5:30.41 2. Prudence Sax, Lowell, 5:31.71 3. Elizabeth Khuu, Washington, 5:32.53 4. Anna Slotterback, Lincoln, 5:34.78 5. Beverly Wong, Washington, 5:43.5 6. Susan Li, Lowell, 5:48.74 7. Vivien DeGuzman, Lowell, 5:51.04 8. Emma Keenan-Grice, Lowell, 5:51.1 9. Isabela Bowden, Balboa, 5:55.39 10. Eileen Li, Lowell, 5:56.1	3200m Run 1. Anna Slotterback, Lincoln, 12:25.92 2. Emma Keenan-Grice, Lowell, 12:46.92 3. Sabrina Quinonez, Lowell, 12:51.66 4. Beverly Wong, Washington, 12:53.2 5. Susan Li, Lowell, 12:54.29 6. Kathleen Kanaley, Lowell, 13:02.0 7. Vivienne DeGuzman, 13:13.33 8. Eileen Li, Lowell, 13:21.4 9. Judy Jiang, Washington, 13:30.81 10. Patricia Nguy, Lowell, 13:36.80	Triple Jump 1. Selah McCarter, Mission, 35-4 2. Michelle Cai, Lincoln, 35-2 3. Emily Lim, Lowell, 34-9 4. Cathy Cai, Lincoln, 33-9.5 5. Robin Yee, Lowell, 33-1 6. Katherine Gao, Lowell, 32-6.5 7. Vivian Leung, Galileo, 32-4.25 8. Deanna Zhang, Lincoln, 32-0 9. Jenny Lam, Lincoln, 31-5 10. Michelle Wong, Lincoln, 30-5.5
Long Jump 1. Melanie Speech, Lowell, 18-3.25 2. Selah McCarter, Mission, 17-1.5 3. Michelle Cai, Lincoln, 17-0 4. Devan Simmons, Lincoln, 16-9 5. Samantha Woo, Lowell, 16-5 6. Serena Felicity, Lincoln, 15-9 7. Ella Roth, Lowell, 15-7.5 8. Stephanie Zhang, Washington, 15-6 9. Kimberly Yee, Lowell, 15-2.25 10. Stephanie Huynh, Lowell, 15-2	Discus 1. Jaylyn Allston, Lincoln, 114-11 2. Cathy Cai, Lincoln, 114-5 3. Michelle Lee, Lowell, 87-4 4. Michelle Cai, Lincoln, 87-1 5. Serena Huang, Galileo, 80-4 6. Sidney Lin, Galileo, 79-10 7. Helena Veits, Lincoln, 79-9.5 8. Ami Fanaika, Lowell, 71-3 9. Alena Ja, Lowell, 71-2 10. Selena Yan, Washington, 68-5	Shot Put 1. Cathy Cai, Lincoln, 39-8 2. Melanie Speech, Lowell, 36-10 3. Michelle Cai, Lincoln, 33-7.25 4. Jaylyn Allston, Lincoln, 30-11 5. Michelle Lee, Lowell, 30-5 6. Emerald Jones, Lowell, 28-8.25 7. Helena Veits, Lincoln, 27-4 8. Ellen Wee, Balboa, 26-11.5 9. Alena Ja, Lowell, 25-6 10. Brianna Caba, Lincoln, 25-4.5
High Jump 1. Cathy Cai, Lincoln, 4-10 2. Julia Loi, Lincoln, 4-8 2. Katherine Gao, Lowell, 4-8 4. Jasmine Toy, Lowell, 4-6 5. Kendall Kearns, Lincoln, 4-4 5. Tiffany Chau, Washington, 4-4 5. Jenny Lam, Lincoln, 4-4 5. Tiffany Chan, Lowell, 4-4 5. Jasmine Toy, Lowell, 4-4 5. Ellen Wee, Balboa, 4-4	Pole Vault 1. Julia Loi, Lincoln, 8-6 1. Taylor Nakayama, Lincoln, 8-6 3. Stephanie Leung, Lowell, 8-0 3. Jenny Lam, Lincoln, 8-0 5. Connie Chu, Lincoln, 7-0 6. Deanna Zheng, Lincoln, 6-6 6. Maria Tionson, Lincoln, 6-6 8. 9. 10.	4x100 Relay 1. Lincoln VA, 51.42 2. Lowell VA, 51.80 3. Galileo VA, 52.69 4. Washington VA, 53.51 5. Balboa VA, 53.57 4x400 Relay 1. Lowell VA, 4:12.55 2. Washington FSA, 4:20.70 3. Lincoln VA, 4:23.33 4. Lowell VB, 4:24.2 5. Washington VA, 4:26.61