

AAA/CIF San Francisco Section 2011-2012

**TRACK & FIELD
Final League Event Best Times**

**As of May 30, 2012
Boys (Top Ten)**

Event/Name/School/Time/Distance	Event/Name/School/Time/Distance	Event/Name/School/Time/Distance
110m High Hurdles 1. Cameron Chu, Lincoln, 15.1 2. Henry Diep, Balboa, 15.2 3. Marvin Jordan, Mission, 16.4 3. Nathan Chen, Washington, 16.4 5. Joseph Rato, Lincoln, 16.51 110m Intermediate Hurdles 1. Ibrahim Mobley, Lincoln, 16.22 2. Chris Peacock, Lincoln, 16.5 3. Michael Johnson, ISA, 16.51 4. Emmanuel Hidalgo, Galileo, 17.1 5. Jose Tiznado, Lincoln, 17.40	300m Hurdles 1. Cameron Chu, Lincoln, 40.59 2. John Turks, Washington, 40.9 3. Henry Diep, Balboa, 42.3 4. Steven Fung, Galileo, 42.9 5. Marvin Jordan, Mission, 43.04 6. Nathan Chen, Washington, 43.10 7. Allan Abilar, Burton, 43.46 8. Ibrahim Mobley, Lincoln, 43.85 9. Louis Reid, Balboa, 43.97 10. Nick Balestrieri, Lowell, 44.33	100m Dash 1. Andres Arellano, Balboa, 10.9 2. Dexter Best, Balboa, 11.1 3. Jayvon Fields, Lincoln, 11.2 3. Dontell Jackson, Galileo, 11.2 3. Steven Burks, Lincoln, 11.2 3. Ronald Murillo, Mission, 11.2 7. John Turks, Washington, 11.29 8. Alex Dodon, ISA, 11.3 8. Lajarie Mabrey, Washington, 11.3 8. Graham Wohlers, Balboa, 11.3 8. Corey Lee, Marshall, 11.3
200m Dash 1. Steven Burks, Lincoln, 22.6 2. Jayvon Fields, Lincoln, 23.0 3. John Turks, Washington, 23.1 4. Ronald Murillo, Mission, 23.2 5. Ibrahim Mobley, Lincoln, 23.22 6. Andres Arellano, Balboa, 23.3 7. Will Chen, Lowell, 23.4 7. Adan Marrufo, Lowell, 23.4 9. Nate Riley, Marshall, 23.48 10. John Hogan, Lowell, 23.51	400m Dash 1. Steven Burks, Lincoln, 50.39 2. Will Chen, Lowell, 50.4 3. Noah Stier, Lowell, 51.72 4. Adan Marrufo, Lowell, 52.0 5. John Turks, Washington, 52.0 5. Steven Chan, Galileo, 52.2 7. John Hogan, Lowell, 52.61 8. Adrian Mei, Lincoln, 53.05 9. Donald Chen, Lowell, 53.1 10. Nick Balestrieri, Lowell, 53.56	800m Run 1. Will Chen, Lowell, 1:56.94 2. Max Niehaus, Lowell, 1:59.52 3. Steven Chan, Galileo, 1:59.93 4. Adrian Mei, Lincoln, 2:00.14 5. Bryan Nguyen, Lowell, 2:00.9 6. Noah Stier, Lowell, 2:02.83 7. Donald Chen, Lowell, 2:03.00 8. Jeremie Showa, Mission, 2:04.2 9. Darwin Mayhew, Washington, 2:05.26 10. John Hogan, Lowell, 2:06.49
1600m Run 1. Will Chen, Lowell, 4:21.93 2. Max Niehaus, Lowell, 4:28.34 3. Bryan Nguyen, Lowell, 4:35.5 4. Jeremie Showa, Mission, 4:36.9 5. Donald Chen, Lowell, 4:40.00 6. Emad Haidar, ISA, 4:44.9 7. Chris Chow, Lowell, 4:45.9 8. David Wu, Galileo, 4:46.9 9. Abdul Mohamed, Mission, 4:47.76 10. Steven Chan, Galileo, 4:53.44	3200m Run 1. Will Chen, Lowell, 9:50.32 2. Jeremie Showa, Mission, 10:09.57 3. Brian Nguyen, Lowell, 10:24.30 4. Emad Haidar, ISA, 10:26.9 5. Chris Chow, Lowell, 10:31.09 6. Abdul Mohamed, Mission, 10:34.18 7. Raymond Lang, Lowell, 10:41.60 8. Calvin Li, Lowell, 10:42.80 9. Donald Chen, Lowell, 10:46.28 10. Samuel Ryan, Lowell, 10:52.63	Triple Jump 1. Henry Diep, Balboa, 44-5 2. Alex Dodon, ISA, 42-11 3. Tyree Marzetta, Lincoln, 41-6 4. Remfel Ganal, Lincoln, 41-0 5. Allan Abilar, Burton, 40-10 6. Quinton Barringer, Lincoln, 39-8 7. Charles Huynh, Washington, 38-11.5 8. Keene Roque, Balboa, 38-5 9. Renny Ng, Lowell, 38-4.25 10. Kelvin Chen, Washington, 37-10
Long Jump 1. Tyree Marzetta, Lincoln, 21-3 2. Darikari Donaldson, Marshall, 21-0 3. Remfel Ganal, Lincoln, 20-7 4. Philip Montgomery, Washington, 20-3 4. Jayvon Fields, Lincoln, 20-3 4. Preston Leung, Lowell, 20-3 7. Richard Hewett, Washington, 20-2 7. Alan Tse, Galileo, 20-2 9. Allan Abilar, Burton, 19-6 10. Alex Dodon, ISA, 19-5 10. Andres Arellano, Balboa, 19-5	Discus 1. Collin Luu, Lincoln, 163-4 2. Simon Quan, Wallenberg, 139-8 3. Jerry Johnson, Lincoln, 138-7.5 4. Alonzo Sweets, Balboa, 135-2 5. Wilson Jiang, Washington, 120-6 6. Nate Amidei, Lincoln, 116-9 7. Frank Solano, Lincoln, 113-4 8. Raymond Phelps, Lowell, 113-3 9. Damondre Eddings, Balboa, 112-5 10. Wesley Chew, Lincoln, 111-3	Varsity Shot Put (12lb) 1. Jerry Johnson, Lincoln, 47-10 2. Collin Luu, Lincoln, 47-2.25 3. Simon Quan, Wallenberg, 46-0 4. Wilson Jiang, Washington, 40-4 5. Alonzo Sweets, Balboa, 38-10.75 FS Shot Put (10lb) 1. Jerry Johnson, Lincoln, 53-4 2. Prince Taouma, Balboa, 43-2 3. Joshua Bonse-Davis, Lincoln, 40-6.75 4. Raymond Phelps, Lowell, 38-7.5 5. Matt Nguy, Burton, 38-1.5
High Jump 1. Stanley Chen, Galileo, 6-5 2. Tyree Marzetta, Lincoln, 6-0 3. Alan Tse, Galileo, 5-10 4. Aaron Zhu, Lincoln, 5-7 4. Jimfry Lim, Washington, 5-7 6. Daniel Lau, Washington, 5-5 6. Philip Montgomery, Washington, 5-5 8. Ryan Chiu, Lincoln, 5-4 8. Quinton Barringer, Lincoln, 5-4 10. Cezar Mendoza, Galileo, 5-3	Pole Vault 1. Jimmy Zhu, Lincoln, 11-6 1. Aaron Zhu, Lincoln, 11-6 3. Ryan Chiu, Lincoln, 11-0 3. Jesse Hannawalt, Lowell, 11-0 5. Quinton Barringer, 10-1 5. Marlo Nermal, Lincoln, 10-1 7. Noah Penick, Lowell, 10-0 8. Aaron Wang, Lincoln, 9-6 9. Max Niehaus, Lowell, 9-0 10. Anthony Ismael, Lincoln, 8-6	4x100 Relay 1. Lincoln V, 43.73 2. Washington V, 44.43 3. Balboa V, 45.2 4. Lowell V, 46.02 5. Galileo FS, 46.07 4x400 Relay 1. Lowell V, 3:27.9 2. Lincoln V, 3:33.57 3. Washington V, 3:37.72 4. Galileo V, 3:38.72 5. Lowell FS, 3:39.30

AAA/CIF San Francisco Section 20112012

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. Serena Felicity, Lincoln, 15.6 2. Devan Simmons, Lincoln, 16.61 3. Robin Yee, Lowell, 16.67 4. Taylor Nakagama, Lincoln, 17.32 4. Kristi Lui, Washington, 17.32 6. Stephanie Lee, Lowell, 17.79 7. Cecilia Fang, Lowell, 17.9 8. Kendall Kearns, Lincoln, 18.3 9. Bora Yoon, Lincoln, 18.34 10. Tiffany Chan, Lowell, 18.6	300m Hurdles 1. Robin Yee, Lowell, 46.98 2. Serena Felicity, Lincoln, 47.02 3. Kristi Lui, Washington, 49.05 4. Cecilia Fang, Lowell, 51.11 5. Michelle Lee, Lowell, 51.72 6. Tiffany Chau, Washington, 52.05 7. Kendall Kearns, Lincoln, 52.39 8. Devan Simmons, Lincoln, 52.87 9. Adrienne Pan, Lowell, 52.98 10. Tiffany Chan, Lowell, 53.29	100m Dash 1. Melanie Speech, Lowell, 12.20 2. Serena Felicity, Lincoln, 12.22 3. Mandy Che, Lowell, 12.4 4. Lisha Yao, Galileo, 12.45 5. Kaylyn Perkins, Marshall, 12.69 6. Zenay Clemmons, Marshall, 12.9 6. Ella Roth, Lowell, 12.9 8. Mikela Waldman, Lowell, 12.96 9. Ezra Deasis, Lincoln, 13.09 10. Maggie La, Washington, 13.1 10. Karina Garzona, Lowell, 13.1
200m Dash 1. Melanie Speech, Lowell, 25.75 2. Serena Felicity, Lincoln, 26.1 3. Lisha Yao, Galileo, 26.25 4. Mandy Che, Lowell, 26.39 5. Maggie La, Washington, 26.7 6. Amy Luong, Washington, 26.86 7. Karina Garzona, Lowell, 27.31 8. Tianna Marrable, Burton, 27.46 9. Kaylyn Perkins, Marshall, 27.98 10. Ezra Deasis, Lincoln, 28.0 10. Mikela Waldman, Lowell, 28.0	400m Dash 1. Mandy Che, Lowell, 59.51 2. Amy Luong, Washington, 1:00.12 3. Karina Garzona, Lowell, 1:01.22 4. Connie Yu, Lowell, 1:02.98 5. Malgosia Sikorski, Washington, 1:03.47 6. Maggie La, Washington, 1:03.61 7. Melanie Speech, Lowell, 1:03.7 8. Megan Quan, Lowell, 1:03.77 9. Victoria Yee, Lowell, 1:04.30 10. Sydney Gutierrez, Lowell, 1:04.4	800m Run 1. Prudence Sax, Lowell, 2:25.56 2. Mandy Che, Lowell, 2:27.59 3. Sabrina Quinonez, Lowell, 2:29.46 4. Sydney Gutierrez, Lowell, 2:29.72 5. Beverly Wong, Washington, 2:30.39 6. Marie Waverka, Mission, 2:34.4 7. Emma Keenan-Grice, Lowell, 2:36.6 8. Tiffany Wang, Burton, 2:37.2 9. Laura Richardson, Lincoln, 2:39.2 10. Betty Zhou, Lowell, 2:39.90
1600m Run 1. Prudence Sax, Lowell, 5:28.33 2. Beverly Wong, Washington, 5:35.68 3. Laura Richardson, Lincoln, 5:37.65 4. Sabrina Quinonez, Lowell, 5:38.79 5. Sydney Gutierrez, Lowell, 5:46.39 6. Susan Li, Lowell, 5:48.9 7. Emma Keenan-Grice, Lowell, 5:51.19 8. Vivienne DeGuzman, Lowell, 5:52.4 9. Serina Leung, Lowell, 5:53.41 10. Marie Weverka, Mission, 5:53.7	3200m Run 1. Prudence Sax, Lowell, 12:10.1 2. Susan Li, Lowell, 12:29.65 3. Emma Keenan-Grice, Lowell, 12:30.44 4. Caroline Chan, Lowell, 12:32.67 5. Sabrina Quinonez, Lowell, 12:37.84 6. Beverly Wong, Washington, 12:38.73 7. Marie Weverka, Mission, 12:45.51 8. Sydney Gutierrez, Lowell, 12:56.2 9. Laura Richardson, Lincoln, 13:02.0 10. Vivienne DeGuzman, Lowell, 13:06.1	Triple Jump 1. Michelle Cai, Lincoln, 34-8 2. Robin Yee, Lowell, 34-4 3. Devan Simmons, Lincoln, 34-0 4. Jenny Wong, Balboa, 33-4.5 5. Kimberly Yee, Lowell, 33-2 6. Adrienne Pan, Lowell, 32-6 7. Vivian Leung, Galileo, 32-0.5 8. Deanna Zhang, Lincoln, 32-0 9. Michelle Wong, Lincoln, 31-9 10. Samantha Woo, Lowell, 30-5
Long Jump 1. Melanie Speech, Lowell, 18-2 2. Devan Simmons, Lincoln, 17-8 3. Michelle Cai, Lincoln, 17-0 4. Samantha Woo, Lowell, 16-8 5. Ella Roth, Lowell, 16-2.5 6. Stephanie Zhang, Washington, 16-0 6. Jenny Wong, Balboa, 16-0 8. Jenna Leung, Lowell, 15-7.5 9. Vivian Leung, Galileo, 15-5 10. Robin Yee, Lowell, 15-1.5 10. Kimberly Yee, Lowell, 15-1.5	Discus 1. Jaylyn Allston, Lincoln, 122-0 2. Cathy Cai, Lincoln, 118-3 3. Melanie Speech, Lowell, 100-9 4. Michelle Lee, Lowell, 95-3 5. Helena Viets, Lincoln, 90-2 6. Tina Sataraka, Balboa, 89-10 7. Serena Huang, Galileo, 84-0 8. Michelle Cai, Lincoln, 83-8 9. Emerald Jones, Lowell, 81-2.5 10. Katelyn Cabrera, Lowell, 77-6	Shot Put 1. Cathy Cai, Lincoln, 41-8.25 2. Melanie Speech, Lowell, 39-0.25 3. Michelle Cai, Lincoln, 33-4.75 4. Jaylyn Allston, Lincoln, 31-6 5. Michelle Lee, Lowell, 30-9.25 6. Theresa Atanoa, Marshall, 29-10 7. Emerald Jones, Lowell, 29-4 7. Zenay Clemmons, Marshall, 29-4 9. Tina Sataraka, Balboa, 28-2 10. Katelyn Cabrera, Lowell, 27-10.5
High Jump 1. Jenny Wong, Balboa, 5-2 2. Kendall Kearns, Lincoln, 4-8 3. Gloria Wang, Wallenberg, 4-6 3. Jasmine Toy, Lowell, 4-6 3. Cathy Cai, Lincoln, 4-6 3. Devan Simmons, Lincoln, 4-6 7. Deanna Zheng, Lincoln, 4-4 7. Tiffany Chau, Washington, 4-4 7. Ellen Wee, Balboa, 4-4 7. Emerald Jones, Lowell, 4-4	Pole Vault 1. Taylor Nakayama, Lincoln, 9-0 1. Ella Roth, Lowell, 9-0 4. Michelle Cai, Lincoln, 9-0 4. Fana Aregawie, Lowell, 8-0 5. Angeline Chemel, Lincoln, 7-6 6. Deanna Zheng, Lincoln, 7-0 6. Navila Hossain, Lowell, 7-0 6. Maria Tiongson, Lincoln, 7-0 9. Connie Chu, Lincoln, 6-6 10. Jasmine Toy, Lowell, 6-0	4x100 Relay 1. Lowell V, 49.9 2. Washington V, 51.38 3. Galileo V, 52.26 4. Lincoln V, 52.27 5. Marshall FS, 53.5 4x400 Relay 1. Lowell V, 4:08.87 2. Washington V, 4:13.99 3. Lowell FS, 4:26.15 4. Lincoln V, 4:32.25 5. Galileo V, 4:38.02