

## 2024 Palomar League Championships - 5/4/2024

## Mt Carmel High School

## Meet Program - 2024 Palomar League Finals - Track Events

**Event 1 Girls 3200 Meter Relay Varsity**

Saturday 5/4/2024 - 8:50 AM

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
4	Westview		9:56.56
	1) Arciaga, Kaitlyn 11	2) Li, Elizabeth 12	
	3) Long, Charlotte 10	4) Yasuda, Sonya 10	
	5) Penev, Irene 12	6) Leventhal, Laurel 9	
	7) Gomez, Elise 9	8) Farrell, Samantha 9	
5	Del Norte		9:15.56
	1) Russo, Emily 11	2) Lagisetti, Samhita 10	
	3) Shannon, Addison 10	4) Enyedi, Lilah 10	
	5) Hong, Eliza 9	6) Spurgiesz, Addison 10	
	7) Harpster, Samantha 9	8) Echsner, Ella 12	
6	Poway		9:51.75
	1) Santavicca, Alessandra 9	2) Judd, Grace 12	
	3) Smith, Mackenzie 10	4) Buswell, Tessa 12	
	5) Sweeney, Aine 9	6) McIntosh, Tori 11	
	7) Gould, Reese 12		
7	Rancho Berna		10:25.00
	1) Baccei, Sophia 10	2) Hendrickson, Kate 11	
	3) Lorenz, Emily 9	4) Grant, Anna 10	
	5) Castro, Jasmyne 12	6) Kakar, Anvi 11	
	7) Anderson, Renae 12	8) Barron, Angelina 9	

**Event 2 Boys 3200 Meter Relay Varsity**

Saturday 5/4/2024 - 9:05 AM

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
4	Poway		8:16.20
	1) Tovey, Larry 12	2) Vranish, Jack 11	
	3) Castleberry, Cooper 10	4) Shah, Kamran 11	
	5) Guerra, Christian 11	6) Jackson, Tanner 10	
5	Westview		7:54.74
	1) Berner, Kaeden 12	2) Dobrowolski, Matthew 12	
	3) Stevens, Matthew 11	4) Welton, Adrian 12	
	5) Hilton, James 11	6) Krager, Benjamin 11	
	7) Iverson, Cameron 9	8) Woolridge, Tyler 10	
6	Del Norte		8:07.71
	1) Akinpelu, Peter 12	2) Harpster, Tristan 11	
	3) Butler, Finn 10	4) Rigg, Kielan 11	
	5) Jin, Luke 11	6) Owsley, Ben 10	
	7) Delgado, Aidan 11		
7	Rancho Berna		8:25.00
	1) Parvataneni, Pradyun 10	2) Tani, Nassim 10	
	3) Alemi, Zain 10	4) Moffit, Jayden 10	
	5) Liu, William 10	6) Schaller, Max 12	
	7) Mizui, Naoya 11	8) Luecht, Camden 11	

**Event 3 Girls 400 Meter Relay Varsity**

Saturday 5/4/2024 - 10:00 AM

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
3	Westview		50.64
	1) Lovasz, Ella 12	2) Jensen, Avery 10	
	3) Arciaga, Kaitlyn 11	4) Ratermann, Macy 11	
	5) Foster, Morghan 11	6) Hooshmand, Ava 11	
	7) Vales, Jordyn 9	8) Hutchinson, Ashleigh 11	
4	San Marcos		49.38
	1) Heisel, Bailey 12	2) McCammon, Brielyn 11	
	3) Dratler McGowan, Raeleigh 12	4) Hunt, Katherine 11	
	5) Vredevelt, Campbell 12	6) Cato, Hana 12	
	7) Dufek, Lyla 11		
5	Mt Carmel		49.08
	1) Desmond, Issa 10	2) Cassell, Giselle 12	
	3) Gwynn, Jordan 9	4) Ruskovich, Tianna 12	
	5) Lake, Kassa 12	6) Perroni, Gigi 10	
6	Del Norte		49.18
	1) Edelstein, Nicole 12	2) Rebugio, Kaylee 11	
	3) Prasouvo, Anna 12	4) Holmes, Lauren 9	
	5) Czyszczonek, Izabella 9	6) Delgado, Zoe 9	
	7) Joo, Ella 10	8) Loretta, Abby 12	
7	Rancho Berna		50.29
	1) West, Brynn 10	2) Walkley, Gabriella 9	
	3) Beeby, Madison 10	4) Pascual, Lexington 9	
	5) Drager, Isabella 9	6) Eshel, Taliah 10	
8	Poway		50.87
	1) Hughes, Delaney 9	2) Nicholas, Dylan-Marie 9	
	3) Carpenter, Courtney 12	4) Vermilyea, Hailey 11	
	5) Hansen, Audrey 9		

## 2024 Palomar League Championships - 5/4/2024

## Mt Carmel High School

## Meet Program - 2024 Palomar League Finals - Track Events

**Event 4 Boys 400 Meter Relay Varsity**

Saturday 5/4/2024 - 10:07 AM

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
3	Mt Carmel		43.68
	1) Barrus, Bryce 11	2) Caulfield, Harrison 11	
	3) Tucker, Jack 12	4) Slaughter, David 11	
	5) Beato, Jun 12	6) Young, Shaun 11	
4	Del Norte		43.10
	1) Remigio, Ryan 11	2) Olsen, Ty 11	
	3) Warren, Jake 12	4) Agnihotri, Neel 12	
	5) Heintz, Oliver 12	6) Jurgens, Chase 10	
	7) Sheffres, Ben 12	8) Phillips, Dean 12	
5	Rancho Berna		42.17
	1) Christensen, Silas 10	2) Fisher, Terrick 12	
	3) Whitford, Tanner 12	4) Abawi, Brice 10	
	5) De La Cruz, Miles 10	6) Doolittle, Luca 11	
	7) Clark, Levi 11	8) Valencia, Gavin 10	
6	San Marcos		42.79
	1) Coker, Remi 10	2) Pohl, Brady 11	
	3) Reese, Caleb 11	4) Nix, Jase 11	
	5) Hines, Preston 11	6) Hervas, Harley 9	
	7) McCammon, Bryce 9	8) Nelson, Charles 11	
7	Poway		43.51
	1) Smith-Earle, Rowan 11	2) Houston, Logan 11	
	3) Alsop, Tyler 12	4) Norris, Logan 12	
	5) Hawkins, Will 10		
8	Westview		44.42
	1) Smith, Richard 12	2) Van der Walt, Tate 12	
	3) Piedrahita, Luke 12	4) Lloyd, Brian 12	
	5) Shanyour, Omar 10	6) Ford, Brogan 10	
	7) Brown, Kyler 10	8) Larsen, Truman 9	

**Event 5 Girls 1600 Meter Run Varsity**

Saturday 5/4/2024 - 10:15 AM

Lane	Name	Yr	School	Seed Time
<b>Section 1 of 1 Finals</b>				
1	Buswell, Tessa	12	Poway	4:58.13
2	Shannon, Addison	10	Del Norte	5:04.36
3	Russo, Emily	11	Del Norte	5:06.02
4	Campos, Olivia	10	Mt Carmel	5:08.01
5	Biddle, Riley	9	Rancho Berna	5:08.29
6	Hong, Eliza	9	Del Norte	5:08.37
7	Enyedi, Lilah	10	Del Norte	5:09.85
8	Santavicca, Alessandra	9	Poway	5:15.62
9	Purcell, Ashley	12	San Marcos	5:20.45
10	Castro, Jasmyne	12	Rancho Berna	5:22.75
11	Muscat, Nina	9	Poway	5:23.57
12	Lorenz, Madison	12	Rancho Berna	5:26.53
13	Husseman, Catalina	10	Poway	5:30.09
14	Yasuda, Sonya	10	Westview	5:33.90
15	Grant, Anna	10	Rancho Berna	5:34.96
16	Bell, Veronica	10	Mt Carmel	5:35.35
17	Everts, Lieke	11	Mt Carmel	5:36.66
18	Nava, Kamila	11	Westview	5:38.55
19	Penev, Irene	12	Westview	5:40.74
20	McEwan, Reese	11	Poway	5:41.14
21	Tang, Sophia	11	Del Norte	5:41.28
22	Connelly, Graziela	9	Del Norte	5:41.34
23	Judd, Olivia	12	Poway	5:44.56
24	Li, Madison	10	Poway	5:44.57
25	Espinoza, Olivia	12	Mt Carmel	5:45.30
26	Holland, Elise	12	Mt Carmel	5:47.84

## 2024 Palomar League Championships - 5/4/2024

## Mt Carmel High School

## Meet Program - 2024 Palomar League Finals - Track Events

**Event 6 Boys 1600 Meter Run Varsity**

Saturday 5/4/2024 - 10:25 AM

Lane	Name	Yr	School	Seed Time
<b>Section 1 of 1 Finals</b>				
1	Welton, Adrian	12	Westview	4:20.51
2	Jin, Luke	11	Del Norte	4:26.04
3	Luecht, Camden	11	Rancho Berna	4:26.28
4	Castleberry, Cooper	10	Poway	4:26.91
5	Fountain, Brogan	12	Mt Carmel	4:30.60
6	Schaller, Max	12	Rancho Berna	4:31.41
7	Yarbrough, Cameron	10	Del Norte	4:31.82
8	Hannaman, Rowan	11	Westview	4:32.81
9	Tani, Nassim	10	Rancho Berna	4:33.49
10	Chang, Sean	11	Del Norte	4:35.25
11	Owsley, Ben	10	Del Norte	4:36.51
12	Blanco, Giovanni	11	San Marcos	4:37.78
13	Hilton, James	11	Westview	4:38.90
14	Odom, Dean	10	San Marcos	4:39.28
15	Villegas, Tristan	11	San Marcos	4:39.41
16	Jackson, Tanner	10	Poway	4:40.53
17	Aparri, Evan	12	Del Norte	4:40.92
18	Shah, Kamran	11	Poway	4:41.03
19	Echsner, Nicholas	9	Del Norte	4:41.74
20	Boesel, Wyatt	10	Mt Carmel	4:42.10
21	Lapastora, Marcelino	9	Del Norte	4:42.51
22	Shivakumar, Eshan	10	Mt Carmel	4:46.12
23	Chang, Caleb	11	Mt Carmel	4:46.37
24	Krager, Benjamin	11	Westview	4:46.42

**Event 7 Girls 100 Meter Hurdles Varsity**

Saturday 5/4/2024 - 10:40 AM

Lane	Name	Yr	School	Seed Time
<b>Section 1 of 3 Finals</b>				
1	Labrador, Ava	12	Westview	19.16
2	Jacques, Halle	12	Poway	18.81
3	Penaranda, Ella	12	Mt Carmel	18.58
4	Ho, Yvonne	10	Del Norte	18.45
5	Aguilar, Destiny	10	San Marcos	18.28
6	Brehm, Brooke	10	Rancho Berna	18.41
7	Vargas, Nayah	12	Westview	18.54
8	Jabbour, Sasha	11	Rancho Berna	18.67
9	Gerdji, Leona	10	Westview	18.92
<b>Section 2 of 3 Finals</b>				
1	Hann, Fatima	12	Rancho Berna	18.22
2	Parenti, Eve	10	Rancho Berna	18.12
3	Harpster, Savannah	9	Del Norte	18.01
4	Fonseca, Naja	11	Del Norte	17.89
5	Coleman, Chloe	11	Mt Carmel	17.54
6	Blackburn, Ashlyn	10	Del Norte	17.87
7	Rowan, Charlotte	11	San Marcos	17.98
8	Doud, Addison	10	Westview	18.10
9	Hernandez, Lianna	11	Rancho Berna	18.18

**Section 3 of 3 Finals**

1	Tokushige, Reese	11	Rancho Berna	17.52
2	Cunningham, Isa	9	Westview	17.12
3	McMichael, Samantha	12	Rancho Berna	16.71
4	Dufek, Lyla	11	San Marcos	16.38
5	Kennedy, Jane	11	Westview	15.59
6	Lovasz, Ella	12	Westview	15.72
7	Sommer, Ella	11	Poway	16.43
8	Czyszczonek, Izabella	9	Del Norte	17.06
9	Jones, Emilee	12	Rancho Berna	17.22

**Event 8 Boys 110 Meter Hurdles Varsity**

Saturday 5/4/2024 - 10:55 AM

Lane	Name	Yr	School	Seed Time
<b>Section 1 of 3 Finals</b>				
1	Perez, Roman	10	Rancho Berna	19.03
2	Lauritzen, Lucas	11	Poway	18.48
3	Guerra, Alex	11	Del Norte	18.21
4	Jackson, Jaden	9	Rancho Berna	18.06
5	Plonka, Pierce	11	Mt Carmel	17.88
6	Chen, Max	11	Westview	18.01
7	Pham, Franklin	11	Westview	18.15
8	Scher, Rylon	11	Poway	18.32
9	Zach, Christian	10	Rancho Berna	18.55
<b>Section 2 of 3 Finals</b>				
1	Anderson, Chase	10	Rancho Berna	17.74
2	Aichroth, James	12	Rancho Berna	17.04
3	Zahid, Ahmad	11	Westview	16.83
4	Nations, Mitchell	12	Poway	16.56
5	Kyle, Tristan	11	Del Norte	16.40
6	Joyner, Jayden	12	San Marcos	16.50
7	Haglof, Blake	10	San Marcos	16.75
8	Andruss, Miles	11	Poway	16.85
9	Kuo, Kaze	12	Westview	17.38
<b>Section 3 of 3 Finals</b>				
1	Spurgiesz, Josh	12	Del Norte	15.82
2	Phillips, Dean	12	Del Norte	15.25
3	Vargas, Aidan	12	Mt Carmel	15.17
4	Yakubisin, Luke	11	Westview	14.96
5	Cappello, Christopher	12	Rancho Berna	14.64
6	Reese, Caleb	11	San Marcos	14.83
7	Wong, Stephen	11	Rancho Berna	15.05
8	Gyamfi, Joseph	12	Del Norte	15.22
9	Altamirano, Wolfe	11	Rancho Berna	15.56

## 2024 Palomar League Championships - 5/4/2024

## Mt Carmel High School

## Meet Program - 2024 Palomar League Finals - Track Events

**Event 9 Girls 400 Meter Run Varsity**

Saturday 5/4/2024 - 11:10 AM

Lane	Name	Yr	School	Seed Time
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**Section 1 of 2 Finals**

1	Drager, Isabella	9	Rancho Berna	1:04.96
2	Carter, Emilie	10	Rancho Berna	1:04.50
3	Weiss, Caylin	9	Mt Carmel	1:03.91
4	Gruber, Isabella	9	San Marcos	1:03.10
5	Schreckengaust, Kendra	9	San Marcos	1:02.81
6	Gould, Reese	12	Poway	1:02.94
7	Rudkin, Zoe	9	Rancho Berna	1:03.78
8	Edelstein, Shani	11	Poway	1:04.22
9	Lee, Kiana	9	Westview	1:04.50

**Section 2 of 2 Finals**

1	Barrus, Ashlee	9	Mt Carmel	1:02.78
2	Lemler, Jordan	10	Poway	1:01.98
3	Vales, Jordyn	9	Westview	1:00.74
4	Cassell, Giselle	12	Mt Carmel	1:00.35
5	McCammon, Brielyn	11	San Marcos	59.05
6	McIntosh, Tori	11	Poway	1:00.31
7	Joo, Ella	10	Del Norte	1:00.53
8	Prasouvo, Anna	12	Del Norte	1:01.10
9	Heisel, Bailey	12	San Marcos	1:02.27

**Event 10 Boys 400 Meter Run Varsity**

Saturday 5/4/2024 - 11:20 AM

Lane	Name	Yr	School	Seed Time
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**Section 1 of 2 Finals**

1	Heintz, Oliver	12	Del Norte	55.42
2	Foster, Jahiem	11	Rancho Berna	54.66
3	Conrad, Bluerain	12	Del Norte	54.54
4	Moffit, Jayden	10	Rancho Berna	53.51
5	De La Cruz, Miles	10	Rancho Berna	53.12
6	Piedrahita, Luke	12	Westview	53.42
7	Lappin, Cooper	12	Del Norte	54.41
8	Samboy, Gavin	10	Mt Carmel	54.62
9	Mariner, Carson	9	Rancho Berna	54.87

**Section 2 of 2 Finals**

1	Smith-Earle, Rowan	11	Poway	52.56
2	Kaimer, Aden	11	Del Norte	52.06
3	Barrus, Bryce	11	Mt Carmel	51.34
4	Hines, Preston	11	San Marcos	50.99
5	Slaughter, David	11	Mt Carmel	47.91
6	Caulfield, Harrison	11	Mt Carmel	49.69
7	Jurgens, Chase	10	Del Norte	51.04
8	Sevilla, Arturo	12	Poway	51.39
9	Coker, Remi	10	San Marcos	52.07

**Event 11 Girls 100 Meter Dash Varsity**

Saturday 5/4/2024 - 11:30 AM

Lane	Name	Yr	School	Seed Time
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**Section 1 of 3 Finals**

1	Walkley, Gabriella	9	Rancho Berna	13.69
2	Olivo, Amaia	10	Mt Carmel	13.59
3	Souvanaphong, Soraya	11	Westview	13.58
4	Hughes, Delaney	9	Poway	13.43
5	Vredevelt, Campbelle	12	San Marcos	13.28
6	Carpenter, Courtney	12	Poway	13.41
7	Jacques, Halle	12	Poway	13.47
8	Sommer, Ella	11	Poway	13.59
9	Hooshmand, Ava	11	Westview	13.60

**Section 2 of 3 Finals**

1	Vermilyea, Hailey	11	Poway	13.28
2	West, Brynn	10	Rancho Berna	13.24
3	Dratler McGowan, Raeligh	12	San Marcos	13.19
4	Nicholas, Dylan-Marie	9	Poway	13.15
5	Holmes, Lauren	9	Del Norte	12.96
6	Beeby, Madison	10	Rancho Berna	13.11
7	Foster, Morghan	11	Westview	13.16
8	Edelstein, Nicole	12	Del Norte	13.19
9	Perroni, Gigi	10	Mt Carmel	13.25

**Section 3 of 3 Finals**

1	Delgado, Zoe	9	Del Norte	12.93
2	Pascual, Lexington	9	Rancho Berna	12.81
3	Hunt, Katherine	11	San Marcos	12.53
4	Ratermann, Macy	11	Westview	12.32
5	Hoagland, Tayhlore	12	Rancho Berna	12.12
6	Ruskovich, Tianna	12	Mt Carmel	12.14
7	Rebugio, Kaylee	11	Del Norte	12.46
8	Gwynn, Jordan	9	Mt Carmel	12.65
9	Desmond, Issa	10	Mt Carmel	12.82

**Event 12 Boys 100 Meter Dash Varsity**

Saturday 5/4/2024 - 11:38 AM

Lane	Name	Yr	School	Seed Time
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**Section 1 of 3 Finals**

2	Larsen, Truman	9	Westview	11.80
3	Smith, Richard	12	Westview	11.78
4	De La Cruz, Miles	10	Rancho Berna	11.76
5	Van der Walt, Tate	12	Westview	11.71
6	Beato, Jun	12	Mt Carmel	11.73
7	Norris, Logan	12	Poway	11.78
8	Alsop, Tyler	12	Poway	11.79
9	Ford, Brogan	10	Westview	11.94

## 2024 Palomar League Championships - 5/4/2024

## Mt Carmel High School

## Meet Program - 2024 Palomar League Finals - Track Events

## Section 2 of 3 Finals...(Event 12 Boys 100 Meter Dash Varsity)

2	Whitford, Tanner	12	Rancho Berna	11.61
3	Teeter, Tristan	11	Del Norte	11.48
4	Heintz, Oliver	12	Del Norte	11.26
5	Pohl, Brady	11	San Marcos	11.18
6	Agnihotri, Neel	12	Del Norte	11.19
7	Remigio, Ryan	11	Del Norte	11.26
8	Sheffres, Ben	12	Del Norte	11.57
9	Doolittle, Luca	11	Rancho Berna	11.62

## Section 3 of 3 Finals

2	Olsen, Ty	11	Del Norte	11.12
3	Houston, Logan	11	Poway	11.06
4	Nix, Jase	11	San Marcos	10.86
5	Abawi, Brice	10	Rancho Berna	10.74
6	Christensen, Silas	10	Rancho Berna	10.85
7	Fisher, Terrick	12	Rancho Berna	10.98
8	Lloyd, Brian	12	Westview	11.08
9	Warren, Jake	12	Del Norte	11.17

## Event 13 Girls 800 Meter Run Varsity

Saturday 5/4/2024 - 11:50 AM

Lane	Name	Yr	School	Seed Time
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## Section 1 of 2 Finals

1	Spurgiesz, Addison	10	Del Norte	2:28.18
2	Baccei, Sophia	10	Rancho Berna	2:28.58
3	McIntosh, Tori	11	Poway	2:28.98
4	Lorenz, Emily	9	Rancho Berna	2:28.98
5	Long, Charlotte	10	Westview	2:29.68
6	Shaver, Kendal	9	San Marcos	2:29.77
7	Taylor, Kennady	10	San Marcos	2:29.96
8	Hendrickson, Kate	11	Rancho Berna	2:30.03
9	Li, Elizabeth	12	Westview	2:30.32
10	Espinoza, Olivia	12	Mt Carmel	2:35.61

## Section 2 of 2 Finals

1	Arciaga, Kaitlyn	11	Westview	2:09.26
2	Buswell, Tessa	12	Poway	2:10.26
3	Echsner, Ella	12	Del Norte	2:15.34
4	Echsner, Paige	11	Del Norte	2:15.71
5	Russo, Emily	11	Del Norte	2:17.28
6	Shannon, Addison	10	Del Norte	2:19.10
7	Lagiseti, Samhita	10	Del Norte	2:19.96
8	Hennigan, Delaney	10	Westview	2:22.93
9	Purcell, Ashley	12	San Marcos	2:23.66
10	Smith, Mackenzie	10	Poway	2:26.19
11	Sweeney, Aine	9	Poway	2:26.36
12	Judd, Grace	12	Poway	2:27.51

## Event 14 Boys 800 Meter Run Varsity

Saturday 5/4/2024 - 12:00 PM

Lane	Name	Yr	School	Seed Time
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## Section 1 of 2 Finals

1	Fountain, Brogan	12	Mt Carmel	2:03.00
2	Boesel, Wyatt	10	Mt Carmel	2:03.04
3	Blanco, Giovanni	11	San Marcos	2:03.45
4	Shah, Kamran	11	Poway	2:03.83
5	Tucker, Jack	12	Mt Carmel	2:04.04
6	Delgado, Aidan	11	Del Norte	2:05.06
7	Owsley, Ben	10	Del Norte	2:05.15
8	Aparri, Evan	12	Del Norte	2:05.28
9	Chang, Caleb	11	Mt Carmel	2:07.38
10	Shivakumar, Eshan	10	Mt Carmel	2:07.92

## Section 2 of 2 Finals

1	Berner, Kaeden	12	Westview	1:58.02
2	Castellon, Maurizio	10	San Marcos	1:58.32
3	Akinpelu, Peter	12	Del Norte	1:59.35
4	Butler, Finn	10	Del Norte	1:59.44
5	Tovey, Larry	12	Poway	2:00.32
6	Stevens, Matthew	11	Westview	2:00.68
7	Vranish, Jack	11	Poway	2:00.90
8	Porter, Josh	10	San Marcos	2:01.37
9	Huff, Logan	9	San Marcos	2:01.55
10	Dobrowolski, Matthew	12	Westview	2:01.77
11	Harpster, Tristan	11	Del Norte	2:02.83
12	Rigg, Kielan	11	Del Norte	2:02.90

## Event 15 Girls 300 Meter Hurdles Varsity

Saturday 5/4/2024 - 12:08 PM

Lane	Name	Yr	School	Seed Time
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## Section 1 of 2 Finals

1	Coleman, Chloe	11	Mt Carmel	52.01
2	Sommer, Ella	11	Poway	51.72
3	Lake, Kassa	12	Mt Carmel	51.50
4	Rowan, Charlotte	11	San Marcos	50.63
5	Edelstein, Shani	11	Poway	50.24
6	Hernandez, Lianna	11	Rancho Berna	50.27
7	Brehm, Brooke	10	Rancho Berna	51.15
8	Parenti, Eve	10	Rancho Berna	51.67
9	Carpenter, Courtney	12	Poway	51.77

## Section 2 of 2 Finals

1	Cunningham, Isa	9	Westview	49.98
2	Tokushige, Keira	11	Rancho Berna	49.09
3	Barsana, Chloe	12	Poway	48.64
4	Kennedy, Jane	11	Westview	48.56
5	Czyszczo, Izabella	9	Del Norte	48.03
6	Lovasz, Ella	12	Westview	48.32
7	Harpster, Savannah	9	Del Norte	48.61
8	Blackburn, Ashlyn	10	Del Norte	49.05
9	Tokushige, Reese	11	Rancho Berna	49.24

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## Mt Carmel High School

## Meet Program - 2024 Palomar League Finals - Track Events

**Event 16 Boys 300 Meter Hurdles Varsity**

Saturday 5/4/2024 - 12:18 PM

Lane	Name	Yr	School	Seed Time
<b>Section 1 of 2 Finals</b>				
1	Guerra, Alex	11	Del Norte	43.66
2	Aichroth, James	12	Rancho Berna	43.28
3	Kyle, Tristan	11	Del Norte	43.06
4	Chen, Max	11	Westview	42.98
5	Joyner, Jayden	12	San Marcos	42.60
6	Shanyour, Omar	10	Westview	42.86
7	Haglof, Blake	10	San Marcos	43.00
8	Andruss, Miles	11	Poway	43.12
9	Plonka, Pierce	11	Mt Carmel	43.48

**Section 2 of 2 Finals**

1	Nations, Mitchell	12	Poway	42.38
2	Altamirano, Wolfe	11	Rancho Berna	42.07
3	Vargas, Aidan	12	Mt Carmel	41.97
4	Reese, Caleb	11	San Marcos	40.86
5	Spurgiesz, Josh	12	Del Norte	39.16
6	Cappello, Christopher	12	Rancho Berna	40.10
7	Wong, Stephen	11	Rancho Berna	40.94
8	Gyamfi, Joseph	12	Del Norte	42.05
9	Phillips, Dean	12	Del Norte	42.15

**Event 17 Girls 200 Meter Dash Varsity**

Saturday 5/4/2024 - 12:30 PM

Lane	Name	Yr	School	Seed Time
<b>Section 1 of 3 Finals</b>				
1	Labrador, Ava	12	Westview	28.67
2	Hansen, Audrey	9	Poway	28.61
3	Carter, Emilie	10	Rancho Berna	28.23
4	Dratler McGowan, Raeleigh	12	San Marcos	27.88
5	Hughes, Delaney	9	Poway	27.77
6	Lemler, Jordan	10	Poway	27.82
7	Carpenter, Courtney	12	Poway	28.21
8	Hooshmand, Ava	11	Westview	28.29
9	Hutchinson, Ashleigh	11	Westview	28.63

**Section 2 of 3 Finals**

1	Edelstein, Nicole	12	Del Norte	27.73
2	Vredevelt, Campbelle	12	San Marcos	27.32
3	West, Brynn	10	Rancho Berna	27.12
4	Beeby, Madison	10	Rancho Berna	26.89
5	Vermilyea, Hailey	11	Poway	26.80
6	Holmes, Lauren	9	Del Norte	26.80
7	Nicholas, Dylan-Marie	9	Poway	26.98
8	Delgado, Zoe	9	Del Norte	27.27
9	Heisel, Bailey	12	San Marcos	27.33

**Section 3 of 3 Finals**

1	Prasouvo, Anna	12	Del Norte	26.78
2	McCammon, Brielyn	11	San Marcos	26.34
3	Hunt, Katherine	11	San Marcos	25.62
4	Gwynn, Jordan	9	Mt Carmel	25.53
5	Ruskovich, Tianna	12	Mt Carmel	24.97
6	Hoagland, Tayhlore	12	Rancho Berna	25.46
7	Ratermann, Macy	11	Westview	25.57
8	Rebugio, Kaylee	11	Del Norte	26.29
9	Joo, Ella	10	Del Norte	26.47

**Event 18 Boys 200 Meter Dash Varsity**

Saturday 5/4/2024 - 12:40 PM

Lane	Name	Yr	School	Seed Time
<b>Section 1 of 3 Finals</b>				
3	Samboy, Gavin	10	Mt Carmel	24.16
4	Foster, Jahiem	11	Rancho Berna	23.78
5	Piedrahita, Luke	12	Westview	23.49
6	Sheffres, Ben	12	Del Norte	23.56
7	Sevilla, Arturo	12	Poway	23.80
8	Larsen, Truman	9	Westview	24.26

**Section 2 of 3 Finals**

1	Warren, Jake	12	Del Norte	23.29
2	Whitford, Tanner	12	Rancho Berna	23.23
3	Coker, Remi	10	San Marcos	23.10
4	Remigio, Ryan	11	Del Norte	22.95
5	Christensen, Silas	10	Rancho Berna	22.88
6	Heintz, Oliver	12	Del Norte	22.91
7	De La Cruz, Miles	10	Rancho Berna	23.00
8	Lloyd, Brian	12	Westview	23.13
9	Brown, Kyler	10	Westview	23.28

**Section 3 of 3 Finals**

1	Jurgens, Chase	10	Del Norte	22.75
2	Fisher, Terrick	12	Rancho Berna	22.55
3	Olsen, Ty	11	Del Norte	22.48
4	Caulfield, Harrison	11	Mt Carmel	22.20
5	Slaughter, David	11	Mt Carmel	21.72
6	Abawi, Brice	10	Rancho Berna	21.86
7	Houston, Logan	11	Poway	22.21
8	Nix, Jase	11	San Marcos	22.52
9	Barrus, Bryce	11	Mt Carmel	22.65

## 2024 Palomar League Championships - 5/4/2024

## Mt Carmel High School

## Meet Program - 2024 Palomar League Finals - Track Events

**Event 19 Girls 3200 Meter Run Varsity**

Saturday 5/4/2024 - 12:55 PM

Lane	Name	Yr	School	Seed Time
<b>Section 1 of 1 Finals</b>				
1	Hong, Eliza	9	Del Norte	10:49.26
2	Biddle, Riley	9	Rancho Berna	10:56.14
3	Russo, Emily	11	Del Norte	11:01.28
4	Enyedi, Lilah	10	Del Norte	11:13.79
5	Santavicca, Alessandra	9	Poway	11:15.22
6	Campos, Olivia	10	Mt Carmel	11:21.04
7	Muscat, Nina	9	Poway	11:41.07
8	Castro, Jasmyne	12	Rancho Berna	11:45.53
9	Nash, Avalon	12	Poway	11:46.33
10	Shannon, Addison	10	Del Norte	11:47.43
11	Purcell, Ashley	12	San Marcos	11:55.81
12	Dangio, Livia	10	Rancho Berna	11:58.28
13	Judd, Olivia	12	Poway	12:02.72
14	Grant, Anna	10	Rancho Berna	12:02.73
15	Anderson, Renae	12	Rancho Berna	12:06.49
16	Bell, Veronica	10	Mt Carmel	12:07.74
17	Everts, Lieke	11	Mt Carmel	12:07.82
18	Seki, Malia	12	San Marcos	12:08.69
19	Tang, Sophia	11	Del Norte	12:17.45
20	Husseman, Catalina	10	Poway	12:19.21
21	Welton, Sofia	11	Westview	12:19.71
22	Kakar, Anvi	11	Rancho Berna	12:26.19
23	Yasuda, Sonya	10	Westview	12:26.82
24	Li, Madison	10	Poway	12:27.14
25	McEwan, Reese	11	Poway	12:34.17

**Event 20 Boys 3200 Meter Run Varsity**

Saturday 5/4/2024 - 1:15 PM

Lane	Name	Yr	School	Seed Time
<b>Section 1 of 1 Finals</b>				
1	Welton, Adrian	12	Westview	9:10.83
2	Luecht, Camden	11	Rancho Berna	9:20.91
3	Schaller, Max	12	Rancho Berna	9:42.58
4	Jin, Luke	11	Del Norte	9:45.33
5	Castleberry, Cooper	10	Poway	9:46.65
6	Berner, Kaeden	12	Westview	9:48.33
7	Hannaman, Rowan	11	Westview	9:52.10
8	Namgoong, Daniel	10	Westview	9:58.29
9	Ramirez, Jose	11	Rancho Berna	10:03.64
10	Davis, Quinn	11	Del Norte	10:04.70
11	McDevitt, Parker	10	Westview	10:12.39
12	Liu, William	10	Rancho Berna	10:14.08
13	Mizui, Naoya	11	Rancho Berna	10:14.28
14	Gregg, Adam	10	Poway	10:14.71
15	Chang, Sean	11	Del Norte	10:17.09
16	Levy, Jordan	12	Del Norte	10:17.67
17	Cottom, Devin	10	Rancho Berna	10:17.67
18	Echsner, Nicholas	9	Del Norte	10:19.21
19	Porter, Josh	10	San Marcos	10:19.40
20	Boesel, Wyatt	10	Mt Carmel	10:19.92
21	Blanco, Giovanni	11	San Marcos	10:20.97
22	Gill, Joshua	12	Poway	10:23.03
23	Hightower, Nolan	9	Del Norte	10:26.07
24	Lapastora, Marcelino	9	Del Norte	10:28.93
25	Iverson, Cameron	9	Westview	10:29.82
26	Wadhwa, Arav	9	San Marcos	10:32.68
27	Sosa, Jack	12	Poway	10:37.78
28	Krager, Benjamin	11	Westview	10:39.43

## 2024 Palomar League Championships - 5/4/2024

## Mt Carmel High School

## Meet Program - 2024 Palomar League Finals - Track Events

**Event 21 Girls 1600 Meter Relay Varsity**

Saturday 5/4/2024 - 1:35 PM

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
3	San Marcos		4:10.25
	1) Heisel, Bailey 12	2) Purcell, Ashley 12	
	3) Schreckengast, Kendra 9	4) McCammon, Brielyn 11	
	5) Gruber, Isabella 9	6) Shaver, Kendal 9	
	7) Vredevelt, Campbelle 12		
4	Mt Carmel		4:05.92
	1) Barrus, Ashlee 9	2) Gwynn, Jordan 9	
	3) Desmond, Issa 10	4) Cassell, Giselle 12	
	5) Weiss, Caylin 9	6) Campos, Olivia 10	
	7) Lake, Kassa 12		
5	Westview		3:58.03
	1) Arciaga, Kaitlyn 11	2) Hennigan, Delaney 10	
	3) Ratermann, Macy 11	4) Vales, Jordyn 9	
	5) Li, Elizabeth 12	6) Lee, Kiana 9	
	7) Long, Charlotte 10	8) Lanski, Brooke 9	
6	Del Norte		4:01.14
	1) Prasouvo, Anna 12	2) Echsner, Ella 12	
	3) Echsner, Paige 11	4) Joo, Ella 10	
	5) Rebugio, Kaylee 11	6) Czyszczonek, Izabella 9	
	7) Harpster, Savannah 9	8) Blackburn, Ashlyn 10	
7	Poway		4:06.13
	1) McIntosh, Tori 11	2) Lemler, Jordan 10	
	3) Gould, Reese 12	4) Buswell, Tessa 12	
	5) Edelstein, Shani 11		
8	Rancho Berna		4:17.45
	1) Drager, Isabella 9	2) West, Brynn 10	
	3) Beeby, Madison 10	4) Rudkin, Zoe 9	
	5) Shah, Netra 9	6) Baccei, Sophia 10	

**Event 22 Boys 1600 Meter Relay Varsity**

Saturday 5/4/2024 - 1:45 PM

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
3	San Marcos		3:28.28
	1) Coker, Remi 10	2) Castellon, Maurizio 10	
	3) Reese, Caleb 11	4) Hines, Preston 11	
	5) Huff, Logan 9	6) Porter, Josh 10	
	7) Hervas, Harley 9	8) Harris, Thomas 11	
4	Rancho Berna		3:24.52
	1) Abawi, Brice 10	2) Fisher, Terrick 12	
	3) De La Cruz, Miles 10	4) Christensen, Silas 10	
	5) Cappello, Christopher 12	6) Foster, Jahiem 11	
5	Mt Carmel		3:19.13
	1) Caulfield, Harrison 11	2) Barrus, Bryce 11	
	3) Tucker, Jack 12	4) Slaughter, David 11	
	5) Boesel, Wyatt 10	6) Fountain, Brogan 12	
	7) Vargas, Aidan 12	8) Young, Shaun 11	
6	Del Norte		3:24.00
	1) Kaimer, Aden 11	2) Olsen, Ty 11	
	3) Spurgiesz, Josh 12	4) Jurgens, Chase 10	
	5) Heintz, Oliver 12	6) Butler, Finn 10	
	7) Akinpelu, Peter 12	8) Rigg, Kielan 11	
7	Poway		3:26.93
	1) Sevilla, Arturo 12	2) Smith-Earle, Rowan 11	
	3) Nations, Mitchell 12	4) Houston, Logan 11	
	5) Vranish, Jack 11		
8	Westview		3:32.15
	1) Piedrahita, Luke 12	2) Stevens, Matthew 11	
	3) Dobrowolski, Matthew 12	4) Shanyour, Omar 10	
	5) Brown, Kyler 10	6) Mendoza, Lucca 10	
	7) Chen, Max 11	8) Ford, Brogan 10	