

**Bay Area Relays - 3/24/2018**  
**Foothill High School**  
**Meet Program - Running Events**

**Event 1 Girls Distance Medley Frosh/Soph (10)**

Meet: 13:46.60 3/25/2017 Campolindo

P Hancock, A Subramaniam, E Guthrie, A Hober

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Carondelet	A	14:00.00
2	Acalanes	A	14:00.00
3	James Logan	A	14:12.45
4	San Ramon Va	A	14:15.00
5	Notre Dame (	A	15:02.00
6	San Ramon Va	B	15:05.00
7	Merrill West	A	15:15.00
8	Mercy (Burli	A	15:39.46
9	San Ramon Va	C	16:00.00
10	Foothill (Pl	A	NT

**Event 2 Boys Distance Medley Frosh/Soph (14)**

Meet: 11:16.91 3/25/2017 College Park

M Deboer, J Heinlein, N Doorlay, D Cook

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	De La Salle	A	11:46.51
2	De La Salle	B	12:30.00
3	Merrill West	A	12:34.00
4	San Ramon Va	A	13:05.00
5	De La Salle	C	13:15.00
6	De La Salle	D	14:00.00
7	James Logan	A	NT
8	Foothill (Pl	A	NT
9	James Logan	E	NT
10	Antioch	B	NT
11	Antioch	A	NT
12	James Logan	C	NT
13	James Logan	D	NT
14	James Logan	B	NT

**Event 3 Girls Distance Medley Varsity (11)**

Meet: 12:25.46 3/26/2016 San Ramon Valley

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	San Ramon Va	A	12:32.00
2	Acalanes	A	12:50.00
3	California (	A	13:00.00
4	James Logan	A	13:09.34
5	Carondelet	A	13:10.00
6	Piedmont	A	13:17.00
7	Merrill West	A	14:12.00
8	Mercy (Burli	A	15:38.74
9	Foothill (Pl	A	NT
10	Antioch	B	NT
11	Antioch	A	NT

**Event 4 Boys Distance Medley Varsity (14)**

Meet: 10:41.29 3/26/2016 San Ramon Valley

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Piedmont	A	10:52.00
2	Acalanes	A	11:00.00
3	California (	A	11:00.00
4	San Ramon Va	A	11:05.00
5	De La Salle	A	11:20.00
6	Merrill West	A	11:34.00
7	San Ramon Va	B	12:20.00
8	Foothill (Pl	A	NT
9	Foothill (Pl	B	NT
10	James Logan	B	NT
11	De La Salle	B	NT
12	James Logan	A	NT
13	Antioch	A	NT
14	Antioch	B	NT

**Event 5 Girls 4x100 Meter Relay Frosh/Soph (10)**

Meet: 50.50 3/28/2015 St. Mary's -NC

Lane	Team	Relay	Seed Time
<b>Section 1 of 2 Finals</b>			
3	James Logan	B	NT
4	Antioch	B	NT
5	Antioch	A	NT
<b>Section 2 of 2 Finals</b>			
1	James Logan	A	NT
2	Merrill West	A	55.56
3	California (	A	54.01
4	San Ramon Va	A	53.00
5	Foothill (Pl	A	53.00
6	Notre Dame (	A	54.21
7	Mercy (Burli	A	59.37

**Event 6 Boys 4x100 Meter Relay Frosh/Soph (8)**

Meet: 45.90 3/26/2016 James Logan

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Antioch	A	NT
2	Acalanes	A	48.00
3	Merrill West	A	46.99
4	California (	A	46.38
5	Foothill (Pl	A	46.50
6	San Ramon Va	A	47.00
7	San Ramon Va	B	48.00
8	James Logan	A	NT

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**Event 7 Girls 4x100 Meter Relay Varsity (7)**

Meet: 49.04 3/28/2015 St. Mary's -NC			
Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	James Logan	A	NT
2	Acalanes	A	52.52
3	Foothill (Pl	A	51.50
4	Merrill West	A	49.56
5	San Ramon Va	A	50.00
6	California (	A	51.82
7	Antioch	A	NT

**Event 8 Boys 4x100 Meter Relay Varsity (11)**

Meet: 42.91 3/28/2015 St. Mary's -NC			
Lane	Team	Relay	Seed Time
<b>Section 1 of 2 Finals</b>			
3	Antioch	B	NT
4	San Ramon Va	A	46.00
5	San Lorenzo	A	NT
<b>Section 2 of 2 Finals</b>			
1	Foothill (Pl	A	44.50
2	Acalanes	A	44.42
3	James Logan	A	43.90
4	Antioch	A	43.08
5	California (	A	43.72
6	Merrill West	A	43.99
7	James Logan	B	44.50
8	Acalanes	B	45.00

**Event 17 Boys 4x110 Meter Shuttle Hurdle Frosh/Soph (2)**

Meet: 1:13.40 3/25/2017 James Logan			
Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
2	Merrill West	A	1:16.00
5	James Logan	A	NT

**Event 18 Boys 4x110 Meter Shuttle Hurdle Varsity (4)**

Meet: 1:03.86 3/25/2017 California (San Ramon)			
Lane	Team	Relay	Seed Time
<b>Section 1 of 2 Finals</b>			
2	Piedmont	A	1:20.00
5	James Logan	A	NT
<b>Section 2 of 2 Finals</b>			
2	Merrill West	A	1:03.00
5	California (	A	1:08.00

**Event 19 Girls 4x100 Meter Shuttle Hurdle Frosh/Soph (2)**

Meet: 1:18.81 3/25/2017 Tamalpais			
Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
2	California (	A	1:20.76
5	Merrill West	A	NT

**Event 20 Girls 4x100 Meter Shuttle Hurdle Varsity (5)**

Meet: 1:02.97 3/21/2014 Vacaville			
Lane	Team	Relay	Seed Time
P Perry, D Cook, J Woodward, N Vance			
<b>Section 1 of 2 Finals</b>			
2	Foothill (Pl	A	NT
6	James Logan	A	NT
<b>Section 2 of 2 Finals</b>			
2	Piedmont	A	1:20.00
5	Acalanes	A	1:14.00
8	Notre Dame (	A	1:18.50

**Event 9 Girls 4x800 Meter Relay Frosh/Soph (14)**

Meet: 10:36.05 3/25/2017 James Logan			
Lane	Team	Relay	Seed Time
S Dalman, C Santos, J Sena, R Vatturi			
<b>Section 1 of 1 Finals</b>			
1	Carondelet	A	10:30.00
2	Granada	B	10:40.00
3	Granada	C	11:20.00
4	Granada	A	11:30.00
5	San Ramon Va	A	11:45.00
6	San Ramon Va	B	11:45.00
7	Mercy (Burli	A	11:46.12
8	Notre Dame (	A	11:57.00
9	Merrill West	A	12:13.00
10	San Ramon Va	C	12:20.00
11	Antioch	A	NT
12	Foothill (Pl	A	NT
13	James Logan	B	NT
14	James Logan	A	NT

**Event 10 Boys 4x800 Meter Relay Frosh/Soph (16)**

Meet: 8:46.61 3/25/2017 College Park			
Lane	Team	Relay	Seed Time
M Deboer, N Doorlay, B Thorsen, D Cook			
<b>Section 1 of 1 Finals</b>			
1	De La Salle	A	8:55.00
2	De La Salle	B	9:10.00
3	Granada	B	9:16.00
4	Merrill West	A	9:35.00
5	San Ramon Va	A	9:45.00
6	De La Salle	C	10:00.00
7	Granada	A	10:50.00
8	San Ramon Va	B	11:00.00
9	James Logan	B	NT
10	Foothill (Pl	A	NT
11	James Logan	C	NT
12	James Logan	A	NT
13	James Logan	D	NT
14	James Logan	E	NT
15	Antioch	A	NT
16	Antioch	B	NT

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**Event 11 Girls 4x800 Meter Relay Varsity (11)**

Meet: 9:43.56 3/21/2014 St. Mary's -NC

C Schulz, S Moore, C Jenkins, Z Campbell

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	California (	A	9:35.00
2	Carondelet	A	9:59.20
3	San Ramon Va	A	10:00.00
4	Merrill West	A	10:37.00
5	Carondelet	B	11:20.00
6	Mercy (Burli	A	12:37.62
7	San Ramon Va	B	13:00.00
8	Foothill (Pl	A	NT
9	James Logan	A	NT
10	Antioch	A	NT
11	James Logan	B	NT

**Event 12 Boys 4x800 Meter Relay Varsity (13)**

Meet: 7:53.68 3/28/2015 James Logan

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Granada	A	8:35.00
2	De La Salle	A	8:45.00
3	San Ramon Va	A	8:50.00
4	California (	A	9:00.00
5	Merrill West	A	9:19.00
6	De La Salle	B	10:00.00
7	James Logan	A	NT
8	Antioch	B	NT
9	James Logan	C	NT
10	Foothill (Pl	B	NT
11	Foothill (Pl	A	NT
12	Antioch	A	NT
13	James Logan	B	NT

**Event 13 Girls 4x200 Meter Relay Frosh/Soph (14)**

Meet: 1:49.16 3/28/2015 St. Mary's -NC

Lane	Team	Relay	Seed Time
<b>Section 1 of 2 Finals</b>			
2	Antioch	B	NT
3	James Logan	C	NT
4	Mercy (Burli	B	2:21.37
5	Antioch	A	NT
6	James Logan	A	NT
7	James Logan	B	NT
<b>Section 2 of 2 Finals</b>			
1	Mercy (Burli	A	2:12.04
2	Notre Dame (	A	2:02.50
3	Merrill West	B	2:00.00
4	California (	A	1:53.68
5	Merrill West	A	1:54.00
6	Foothill (Pl	A	2:02.00
7	Merrill West	C	2:03.00
8	San Ramon Va	A	2:14.00

**Event 14 Boys 4x200 Meter Relay Frosh/Soph (9)**

Meet: 1:35.93 3/25/2017 Tamalpais

L Affeltranger, N Whitaker, W Watkins, A Nicholas

Lane	Team	Relay	Seed Time
<b>Section 1 of 2 Finals</b>			
3	Antioch	A	NT
4	James Logan	A	NT
5	Antioch	B	NT
<b>Section 2 of 2 Finals</b>			
2	San Ramon Va	A	1:44.00
3	Acalanes	A	1:39.00
4	Merrill West	A	1:38.00
5	California (	A	1:38.28
6	Merrill West	B	1:40.00
7	Foothill (Pl	A	1:47.00

**Event 15 Girls 4x200 Meter Relay Varsity (8)**

Meet: 1:42.11 3/25/2017 Sheldon (CA)

E Lemp, T Reid, T McDonald, T LaChapelle

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Merrill West	B	NT
2	Foothill (Pl	A	1:56.00
3	Merrill West	A	1:45.00
4	Acalanes	A	1:31.02
5	Acalanes	B	1:41.00
6	Notre Dame (	A	1:54.90
7	James Logan	A	NT
8	Antioch	A	NT

**Event 16 Boys 4x200 Meter Relay Varsity (12)**

Meet: 1:29.14 3/28/2015 St. Mary's -NC

Lane	Team	Relay	Seed Time
<b>Section 1 of 2 Finals</b>			
3	Antioch	B	NT
4	James Logan	A	NT
5	James Logan	B	NT
6	San Lorenzo	A	NT
<b>Section 2 of 2 Finals</b>			
1	Merrill West	B	1:40.00
2	Foothill (Pl	A	1:37.00
3	California (	A	1:35.00
4	Acalanes	A	1:31.00
5	Merrill West	A	1:34.00
6	Acalanes	B	1:35.00
7	San Ramon Va	A	1:37.00
8	Antioch	A	3:32.12

**Event 21 Girls 4x1600 Meter Relay Frosh/Soph (2)**

Meet: 26:11.40 3/25/2017 California (San Ramon)

A Montanez, L Zorovic, K Ybarra, M Gonzalez

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Granada	A	22:50.00
2	Merrill West	A	27:00.00

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**Event 27 Girls 4x1600 Meter Relay Varsity (7)**

Meet: 21:07.69 3/25/2017 San Ramon Valley

S Ransweiler, A Olla, E Tavella, K Tavella

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Granada	A	20:45.00
2	Dougherty Va	A	21:56.12
3	Carondelet	A	22:19.12
4	California (	A	22:40.00
5	Granada	B	23:55.00
6	San Ramon Va	A	24:15.00
7	Foothill (Pl	A	NT

**Event 57 Girls 800 Sprint Medley Frosh/Soph (5)**

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
2	Merrill West	A	NT
3	Notre Dame (	A	2:10.00
4	Foothill (Pl	A	2:02.00
5	California (	A	2:03.17
6	James Logan	A	NT

**Event 58 Boys 800 Sprint Medley Frosh/Soph (10)**

Lane	Team	Relay	Seed Time
<b>Section 1 of 2 Finals</b>			
3	James Logan	B	NT
4	James Logan	A	NT
5	Merrill West	C	NT
6	Antioch	A	NT
<b>Section 2 of 2 Finals</b>			
2	Merrill West	B	1:46.00
3	California (	A	1:41.50
4	Foothill (Pl	A	1:39.00
5	San Ramon Va	A	1:40.00
6	Merrill West	A	1:45.00
7	California (	B	1:48.30

**Event 59 Girls 800 Sprint Medley Varsity (7)**

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	James Logan	A	NT
2	Notre Dame (	B	2:08.50
3	Notre Dame (	A	1:58.80
4	Foothill (Pl	A	1:53.00
5	San Ramon Va	A	1:55.00
6	Merrill West	B	2:01.00
7	Merrill West	A	2:15.00

**Event 60 Boys 800 Sprint Medley Varsity (7)**

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	James Logan	A	NT
2	James Logan	B	NT
3	Merrill West	A	1:39.00
4	Foothill (Pl	A	1:31.00
5	San Ramon Va	A	1:35.00
6	California (	A	1:40.50
7	Antioch	A	NT

**Event 22 Boys 4x1600 Meter Relay Frosh/Soph (11)**

Meet: 19:57.19 3/25/2017 California (San Ramon)

K Krempel, N Leonard, R Vegiraju, T Draper

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Granada	A	19:20.00
2	Merrill West	A	20:53.00
3	Granada	B	20:55.00
4	San Ramon Va	A	21:10.00
5	Acalanes	A	25:00.00
6	James Logan	B	NT
7	James Logan	C	NT
8	James Logan	A	NT
9	James Logan	D	NT
10	James Logan	E	NT
11	Foothill (Pl	A	NT

**Event 28 Boys 4x1600 Meter Relay Varsity (14)**

Meet: 18:47.60 3/26/2016 Miramonte

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Dougherty Va	A	18:14.76
2	Granada	A	18:25.00
3	California (	A	18:30.00
4	Granada	B	19:02.00
5	Amador	A	19:20.00
6	Merrill West	A	19:51.00
7	San Ramon Va	A	20:10.00
8	Acalanes	A	20:15.00
9	San Ramon Va	B	23:40.00
10	James Logan	C	NT
11	Foothill (Pl	A	NT
12	Foothill (Pl	B	NT
13	James Logan	B	NT
14	James Logan	A	NT

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**Event 29 Girls 4x400 Meter Relay Frosh/Soph (12)**

Meet: 4:27.40 3/25/2017 California (San Ramon)

S Freitas, A Rajan, C Nwankwo, D Davis

Lane	Team	Relay	Seed Time
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**Section 1 of 2 Finals**

2	Merrill West	C	NT
3	James Logan	A	NT
4	Merrill West	B	NT
5	Merrill West	A	NT
6	Antioch	A	NT
7	Antioch	B	NT

**Section 2 of 2 Finals**

2	San Ramon Va	B	5:00.00
3	Notre Dame (	A	4:39.50
4	California (	A	4:29.84
5	Foothill (Pl	A	4:36.00
6	San Ramon Va	A	4:55.00
7	Mercy (Burli	A	5:08.36

**Event 30 Boys 4x400 Meter Relay Frosh/Soph (8)**

Meet: 3:42.74 3/25/2017 California (San Ramon)

A Smith, T Bush, C Schmitt, A El Adimi

Lane	Team	Relay	Seed Time
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**Section 1 of 1 Finals**

1	James Logan	A	NT
2	Merrill West	B	3:55.00
3	San Ramon Va	A	3:46.00
4	California (	A	3:40.90
5	Merrill West	A	3:42.00
6	Foothill (Pl	A	3:49.10
7	James Logan	C	NT
8	James Logan	B	NT

**Event 31 Girls 4x400 Meter Relay Varsity (8)**

Meet: 4:00.32 3/28/2015 California -NC

Lane	Team	Relay	Seed Time
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**Section 1 of 1 Finals**

1	Merrill West	B	4:40.00
2	Notre Dame (	A	4:22.07
3	Merrill West	A	4:15.00
4	San Ramon Va	A	4:00.00
5	California (	A	4:08.00
6	James Logan	A	4:19.12
7	Foothill (Pl	A	4:23.00
8	Antioch	A	NT

**Event 32 Boys 4x400 Meter Relay Varsity (9)**

Meet: 3:28.39 3/26/2016 Foothill -NC

Lane	Team	Relay	Seed Time
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**Section 1 of 2 Finals**

3	Antioch	B	NT
4	San Lorenzo	A	NT
5	Antioch	A	NT

**Section 2 of 2 Finals**

2	James Logan	A	3:37.00
3	Foothill (Pl	A	3:34.13
4	California (	A	3:25.40
5	Merrill West	A	3:29.24
6	James Logan	B	3:34.59
7	Merrill West	B	3:40.00