

NBL Track & Field Championship - 5/1/2019 to 5/3/2019
Montgomery High School
Meet Program - Track Finals

Event 33 Girls 4x100 Meter Relay Junior Varsity**Friday 5/3/2019 - 4:00 PM**

| Lane | Team | Relay | Seed Time |
|------------------------------|------------------------------|--------------------------|-----------|
| Section 1 of 1 Finals | | | |
| 3 | Montgomery | | 56.50 |
| | 1) Perkins, Loka 10 | 2) Monk, Grace 10 | |
| | 3) Ballard, DaRina 9 | 4) Devoulin, Lulu 11 | |
| | 5) Logan, Shelby 11 | 6) Ottolenghi, Michol 12 | |
| 4 | Analy | | 52.00 |
| | 1) Adhikari, Tara 9 | 2) Brown, Kristina 12 | |
| | 3) Chelsey, Allison 11 | 4) Habeeb, Anya 11 | |
| | 5) Miloglav, Emma 11 | 6) Alcocer, Joceyln 12 | |
| 5 | Santa Rosa | | 56.42 |
| | 1) Garey, Julia 9 | 2) Markoff, Lydia 9 | |
| | 3) Varela, Alexia 11 | 4) Fike, Megan 11 | |
| | 5) Gonzalez-Carmona, Elyza 9 | 6) Watkins, Emma 11 | |
| | 7) Alvarez, Jasmine 9 | | |

Event 34 Boys 4x100 Meter Relay Junior Varsity**Friday 5/3/2019 - 4:04 PM**

| Lane | Team | Relay | Seed Time |
|------------------------------|---------------------------------|----------------------------------|-----------|
| Section 1 of 1 Finals | | | |
| 1 | Cardinal New | | 52.40 |
| | 1) Beerbower, Albert 9 | 2) Diep, Kenny 11 | |
| | 3) Stanford, Ethan 9 | 4) Elias, Jorge 9 | |
| | 5) Gonzalez, Michael 9 | 6) Rauch, Christian 10 | |
| 2 | Windsor | | 50.00 |
| | 1) Beck, Nathan 12 | 2) Pring, Patrick 10 | |
| | 3) Pigg, Marques 11 | 4) Arballo, Koda 9 | |
| | 5) Martin, Coby 10 | | |
| 3 | Maria Carril | | 48.00 |
| | 1) Gutteridge, Alexander 11 | 2) Bocalig, Ethan 9 | |
| | 3) Corona, Jorge 10 | 4) Malpartida Rodriguez, Juan 10 | |
| | 5) Jagdfeld, Austin 10 | | |
| 4 | Analy | | 46.00 |
| | 1) Fox, Kaden 11 | 2) Logan, Ethan 10 | |
| | 3) Vermeulen, Quinn 12 | 4) Shine, Ian 10 | |
| | 5) Meechan, Sebastian 9 | 6) Solano, Canyon 9 | |
| 5 | Santa Rosa | | 47.64 |
| | 1) Garcia-Diaz, Justin 9 | 2) Zimmerman, Logan 11 | |
| | 3) Mooney, Dylan 9 | 4) Phillips, Dylan 9 | |
| 6 | Montgomery | | 48.10 |
| | 1) Luong, Tan 10 | 2) Perkins, Turner 9 | |
| | 3) Kozlowski, Joshua 10 | 4) Yap, Rey 10 | |
| | 5) Rodriguez Gonzalez, Emilio 9 | 6) Staples, Matthew 10 | |
| | 7) Stras, Dagan 12 | | |
| 7 | Piner | | 50.30 |
| | 1) Mendoza, Victor 10 | 2) Huynh, Vincent 10 | |
| | 3) Silakul, Justin 10 | 4) Lalli, Tyler 10 | |
| | 5) Ruiz, Alexis 10 | 6) Madriz, Ivan 11 | |

Event 1 Girls 4x100 Meter Relay Varsity**Friday 5/3/2019 - 4:08 PM**

49.72 NCS At-Large

| Lane | Team | Relay | Seed Time |
|------------------------------|------------------------|-------------------------|-----------|
| Section 1 of 1 Finals | | | |
| 1 | El Molino | | 55.24 |
| | 1) Fuentes, Kathy 10 | 2) Posner, Adyson 11 | |
| | 3) Saunders, Alicia 11 | 4) Martinez, Jackey 12 | |
| | 5) Rogers, Jordan 12 | | |
| 2 | Ukiah | | 52.70 |
| | 1) Clark, Morgan 12 | 2) Consterdine, Hana 11 | |
| | 3) Ruffin, Kianna 9 | 4) Ruffin, Emylia 10 | |
| 3 | Rancho Cotat | | 51.23 |
| | 1) Soriano, Kelly 11 | 2) Whitley, Anevay 9 | |
| | 3) Monroe, Madison 10 | 4) Auriol, Lois 10 | |
| | 5) Hernandez, Luisa 11 | 6) Sanchez, Secillia 11 | |
| 4 | Santa Rosa | | 49.91 |
| | 1) Zamora, Izel 12 | 2) Keelty, Bria 12 | |
| | 3) Schroth, Cassidy 9 | 4) Wong, Anastasia 10 | |
| | 5) Williams, Anika 12 | 6) Edwards, Sarah 11 | |
| | 7) Duffy, Caroline 12 | 8) Lakemoon, Lakemoon 9 | |
| 5 | Maria Carril | | 50.79 |
| | 1) Adams, Shanti 11 | 2) Madsen, McKenzie 12 | |
| | 3) Ouye, Lianah 11 | 4) Murphy, Francena 10 | |
| | 5) Gierok, Epiphany 11 | 6) Hermesen, Zoe 12 | |
| 6 | Windsor | | 51.84 |
| | 1) Parr, Juliette 9 | 2) Chavez, Isabela 10 | |
| | 3) Campos, Kendall 11 | 4) Johnson, Emily 10 | |
| | 5) Daniel, Ella 9 | | |
| 7 | Montgomery | | 53.16 |
| | 1) Jones, Mya 10 | 2) Haley, Emma 12 | |
| | 3) Dueck, Jessica 11 | 4) Kelley, Kira 11 | |
| | 5) Beck, Fayola 9 | 6) Haley, Leah 12 | |
| | 7) Briceno, Mariah 11 | | |

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Montgomery High School
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Event 2 Boys 4x100 Meter Relay Varsity**Friday 5/3/2019 - 4:12 PM**

43.23 NCS At-Large

| Lane | Team | Relay | Seed Time |
|------------------------------|--------------------------------|----------------------------|-----------|
| Section 1 of 1 Finals | | | |
| 1 | Elsie Allen | | 49.24 |
| | 1) Duong, Alan 12 | 2) Ingham, Dylan 12 | |
| | 3) Udarbe, John 12 | 4) Corrales, Leo 9 | |
| 2 | Maria Carril | | 46.20 |
| | 1) Chen, Ethan 11 | 2) Shaw, Jeremiah 10 | |
| | 3) Richards, Jack 10 | 4) Wood, Cody 10 | |
| | 5) Peralta Fernandez, Fabian 9 | 6) Cunningham, Spencer 12 | |
| 3 | El Molino | | 45.14 |
| | 1) Wilson, Sam 12 | 2) Stringfellow, Wyatt 12 | |
| | 3) Ransome, Ethan 11 | 4) Ransome, Finn 11 | |
| 4 | Rancho Cotat | | 44.30 |
| | 1) Holzmann, Noah 10 | 2) Luis, Jay 12 | |
| | 3) Ortiz Martinez, Delon 10 | 4) Reagan, James 11 | |
| | 5) Betti, Dominic 11 | 6) Davis, Cameron 12 | |
| | 7) Rankin, Rasheed 11 | 8) Reagan, Brian 11 | |
| 5 | Windsor | | 44.90 |
| | 1) Manalac, Ralph 12 | 2) Sievers, Jake 11 | |
| | 3) Sandwina, Max 11 | 4) Howley, Jaxson 9 | |
| 6 | Santa Rosa | | 45.64 |
| | 1) McNulty, Travis 11 | 2) Glascock, Brayden 12 | |
| | 3) Cook, Nathan 11 | 4) Dethlefsen, Josef 12 | |
| | 5) Stringer-Stein, Jonathan 11 | | |
| 7 | Montgomery | | 46.49 |
| | 1) Hurd, Garrett 12 | 2) Carusone, Jacob 10 | |
| | 3) Alvarado, Brandon 12 | 4) Folds, Damen 10 | |
| | 5) Yepez, Giovanni 12 | 6) Maurer-Mabanglo, Noa 10 | |
| | 7) George, Jaymon 9 | | |

Event 35 Girls 1600 Meter Run Junior Varsity**Friday 5/3/2019 - 4:16 PM**

| Lane | Name | Yr | School | Seed Time |
|------------------------------|------------------------|----|--------------|-----------|
| Section 1 of 1 Finals | | | | |
| 1 | Mitchell, Nyema | 10 | Rancho Cotat | 6:05.15 |
| 2 | Nava, Natalie | 9 | Rancho Cotat | 6:09.15 |
| 3 | Elsa, Tara | 9 | Santa Rosa | 6:10.68 |
| 4 | Huntsinger, Emma | 11 | Maria Carril | 6:10.80 |
| 5 | Mezey, Luisa | 9 | Piner | 6:11.30 |
| 6 | Juarez-Flores, Chelsea | 10 | Santa Rosa | 6:11.71 |
| 7 | Pride, Jordan | 11 | Santa Rosa | 6:11.80 |
| 8 | Rivera, Sara | 9 | Maria Carril | 6:14.28 |
| 9 | Sterck, Leilah | 9 | Santa Rosa | 6:15.11 |
| 10 | Green, Julia | 10 | Santa Rosa | 6:20.80 |
| 11 | Parker, Joy | 9 | Maria Carril | 6:28.75 |
| 12 | Delgado, Suhail | 9 | Piner | 6:33.63 |
| 13 | Cruz, Daphne | 10 | Windsor | 6:37.91 |
| 14 | Wuu, Sage | 12 | Maria Carril | 6:40.92 |
| 15 | Rozelski, Ella | 10 | Ukiah | 6:41.94 |
| 16 | Logan, Shelby | 11 | Montgomery | 6:44.25 |
| 17 | Avelar, Cristina | 11 | Maria Carril | 6:56.14 |
| 18 | Dempsey, Ciara | 12 | Montgomery | 6:58.37 |
| 19 | Banuelos, Leslie | 12 | Rancho Cotat | 7:20.28 |
| 20 | Ottolenghi, Michol | 12 | Montgomery | 7:27.20 |
| 21 | Tesfamariam, Missy | 9 | Piner | 7:30.91 |
| 22 | Tejada, Ashley | 11 | Piner | 7:53.05 |
| 23 | Bogner, Riley | 9 | Ukiah | NT |

Event 36 Boys 1600 Meter Run Junior Varsity**Friday 5/3/2019 - 4:24 PM**

| Lane | Name | Yr | School | Prelims |
|------------------------------|--------------------------|----|--------------|---------|
| Section 1 of 1 Finals | | | | |
| 1 | Cheek, Misha | 9 | Maria Carril | 5:00.08 |
| 2 | Perez, Harim | 10 | Elsie Allen | 5:01.75 |
| 3 | Chavez Hernandez, Isaias | 12 | Santa Rosa | 5:01.81 |
| 5 | Cooper, Patrick | 10 | Maria Carril | 5:05.91 |
| 6 | Schott, James | 9 | Santa Rosa | 5:06.80 |
| 7 | Abel, Daniel | 12 | Maria Carril | 5:07.10 |
| 8 | McCormick, Garin | 11 | Analy | 5:08.26 |
| 9 | Hirth, Kyle | 10 | Maria Carril | 5:08.85 |
| 10 | Delgado, Faris | 10 | Santa Rosa | 5:09.94 |
| 11 | Hildago, Max | 9 | Windsor | 5:09.96 |
| 12 | Page, Jason | 9 | Maria Carril | 5:10.84 |
| 13 | Singleton, Tristan | 11 | Maria Carril | 5:11.62 |
| 14 | Burger, Adrian | 12 | Windsor | 5:12.94 |
| 15 | Theiss, Tallen | 9 | Windsor | 5:13.38 |
| 16 | Gallo, Max | 10 | Cardinal New | 5:13.50 |

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Montgomery High School

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Event 3 Girls 1600 Meter Run Varsity

Friday 5/3/2019 - 4:32 PM

5:05.78 NCS At-Large

| Lane | Name | Yr | School | Seed Time |
|------------------------------|-----------------------|----|--------------|-----------|
| Section 1 of 2 Finals | | | | |
| 1 | Colvin, Abbey | 10 | Montgomery | 5:47.35 |
| 2 | Swoboda, Alexis | 12 | Ukiah | 5:48.86 |
| 3 | Bozeman, Natalie | 12 | Healdsburg | 5:50.85 |
| 4 | Quintero, Elisa | 9 | Piner | 5:52.65 |
| 5 | Moessing, Audrey | 11 | Maria Carril | 5:53.55 |
| 6 | O'Mara, Erin | 11 | Windsor | 5:54.27 |
| 7 | Fassett, Sienna | 9 | El Molino | 5:55.63 |
| 8 | Smith, Ava | 11 | Windsor | 5:57.39 |
| 9 | Olivares, Fatima | 12 | Piner | 6:04.95 |
| 10 | Johnson, Kristianna | 9 | Piner | 6:11.29 |
| 11 | Velasco, Deisy | 12 | Healdsburg | 6:24.36 |
| Section 2 of 2 Finals | | | | |
| 1 | Peterson, Gabrielle | 12 | Healdsburg | 4:49.67 |
| 2 | Atkins, Sierra | 12 | Analy | 4:56.97 |
| 3 | Armstrong, Aimee | 12 | Maria Carril | 5:00.22 |
| 4 | Hirth, Jasmin | 11 | Maria Carril | 5:14.59 |
| 5 | Morris, Nicole | 10 | Maria Carril | 5:19.50 |
| 6 | Cohen-Sandler, Hannah | 11 | Maria Carril | 5:32.28 |
| 7 | Briceno, Mariah | 11 | Montgomery | 5:35.79 |
| 8 | Chung, Lilja | 9 | Windsor | 5:36.78 |
| 9 | Loe, Ruby | 9 | Piner | 5:40.99 |
| 10 | Howell, Sedona | 12 | Santa Rosa | 5:44.87 |
| 11 | Jensen, Anahita | 10 | Maria Carril | 5:44.91 |

Event 4 Boys 1600 Meter Run Varsity

Friday 5/3/2019 - 4:48 PM

4:23.52 NCS At-Large

| Lane | Name | Yr | School | Seed Time |
|------------------------------|-----------------------|----|--------------|-----------|
| Section 1 of 2 Finals | | | | |
| 1 | Tran, Tyler | 9 | Piner | 4:48.87 |
| 2 | Gaspar, Addison | 12 | Piner | 4:49.92 |
| 3 | Prado, Mario | 10 | Cardinal New | 4:50.00 |
| 4 | Delgado, Emmanuel | 12 | Piner | 4:50.50 |
| 5 | Ball, Ryan | 12 | Piner | 4:51.91 |
| 6 | Hayes, Nathan | 12 | Piner | 4:52.19 |
| 7 | Ingham, Dylan | 12 | Elsie Allen | 4:52.70 |
| 8 | McAlister, Landon | 10 | Windsor | 4:54.20 |
| 9 | Carter, Zack | 12 | Ukiah | 4:56.32 |
| 10 | Tesfamichael, Kibreab | 11 | Montgomery | 4:56.74 |
| 11 | Chauvin, Jake | 12 | El Molino | 4:57.45 |
| 12 | Dalsing, Hayden | 10 | Montgomery | 4:57.63 |
| 13 | Mezey, Tyler | 11 | Piner | 4:59.08 |
| 14 | Fleischer, Kyle | 11 | Santa Rosa | 5:03.60 |
| 15 | Jones, Joshua | 12 | Montgomery | 5:04.44 |
| 16 | Dankowski, Jameson | 9 | Healdsburg | 5:09.50 |

Section 2 of 2 Finals

| | | | | |
|----|---------------------|----|--------------|---------|
| 1 | Swinth, Colton | 11 | Maria Carril | 4:21.61 |
| 2 | Smail, Rory | 11 | Maria Carril | 4:21.69 |
| 3 | Kapustka, Pierce | 11 | Maria Carril | 4:21.70 |
| 4 | Chung, Lucas | 12 | Windsor | 4:22.19 |
| 5 | Godinez, Dante | 12 | Healdsburg | 4:22.82 |
| 6 | Engel, Andrew | 11 | Santa Rosa | 4:26.64 |
| 7 | Vanden Heuvel, Jack | 10 | Healdsburg | 4:27.45 |
| 8 | Pugh, Owen | 11 | Maria Carril | 4:31.04 |
| 9 | Vieyra, Noe | 9 | Maria Carril | 4:33.67 |
| 10 | Larson, Hunter | 11 | Windsor | 4:39.20 |
| 11 | Pickle, Jack | 11 | Maria Carril | 4:40.25 |
| 12 | Rodriguez, Oswaldo | 9 | Maria Carril | 4:41.30 |
| 13 | Thompson, Joey | 9 | Analy | 4:41.61 |
| 14 | Ledesma, Daniel | 11 | Montgomery | 4:42.12 |
| 15 | Smith, Dustin | 9 | Windsor | 4:45.40 |

Event 38 Boys 110 Meter Hurdles Junior Varsity

Friday 5/3/2019 - 5:04 PM

| Lane | Name | Yr | School | Prelims |
|------------------------------|------------------|----|--------------|---------|
| Section 1 of 1 Finals | | | | |
| 1 | Vallejo, Jaden | 10 | Rancho Cotat | 22.18 |
| 2 | Bozeman, Aidan | 10 | Healdsburg | 21.24 |
| 3 | Pastene, Luca | 11 | Healdsburg | 20.56 |
| 4 | Vermeulen, Quinn | 12 | Analy | 18.82 |
| 5 | Dold, Trey | 11 | Maria Carril | 19.23 |
| 6 | Jagdfeld, Austin | 10 | Maria Carril | 20.98 |
| 7 | Solano, Canyon | 9 | Analy | 21.47 |
| 8 | Ruiz, Alexis | 10 | Piner | 22.31 |

Event 6 Boys 110 Meter Hurdles Varsity

Friday 5/3/2019 - 5:14 PM

15.60 NCS At-Large

| Lane | Name | Yr | School | Seed Time |
|------------------------------|-------------------|----|--------------|-----------|
| Section 1 of 2 Finals | | | | |
| 2 | Maltby, Jake | 10 | Montgomery | 18.65 |
| 3 | Pagan, Nicholas | 11 | Windsor | 18.53 |
| 4 | Palengat, Bowen | 12 | Rancho Cotat | 16.75 |
| 6 | Hurd, Grant | 10 | Montgomery | 18.54 |
| Section 2 of 2 Finals | | | | |
| 1 | Manning, Alex | 9 | Santa Rosa | 16.51 |
| 2 | George, Jaymon | 9 | Montgomery | 16.34 |
| 3 | McLaughlin, Scott | 12 | Windsor | 16.04 |
| 4 | Rodrigues, Zavier | 11 | Maria Carril | 15.34 |
| 5 | Glascock, Brayden | 12 | Santa Rosa | 15.66 |
| 6 | Ainlay, Kevin | 11 | Piner | 16.24 |
| 7 | Manalac, Ralph | 12 | Windsor | 16.36 |
| 8 | Dethlefsen, Josef | 12 | Santa Rosa | 16.51 |

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Montgomery High School

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Event 37 Girls 100 Meter Hurdles Junior Varsity

Friday 5/3/2019 - 5:19 PM

| Lane | Name | Yr | School | Seed Time |
|------------------------------|---------------------|----|------------|-----------|
| Section 1 of 1 Finals | | | | |
| 2 | Canelis, Mason | 11 | Healdsburg | 22.40 |
| 3 | Garey, Julia | 9 | Santa Rosa | 19.91 |
| 4 | Miloglav, Emma | 11 | Analy | 19.37 |
| 5 | Habeeb, Anya | 11 | Analy | 19.51 |
| 7 | Righetti, Christina | 10 | Analy | 25.86 |

Event 5 Girls 100 Meter Hurdles Varsity

Friday 5/3/2019 - 5:24 PM

15.71 NCS At-Large

| Lane | Name | Yr | School | Seed Time |
|------------------------------|-------------------|----|--------------|-----------|
| Section 1 of 2 Finals | | | | |
| 1 | McCabe, Lauren | 11 | Windsor | 21.43 |
| 2 | Kryczczek, Peyton | 12 | Santa Rosa | 20.44 |
| 3 | Kinderman, Ella | 12 | El Molino | 19.76 |
| 4 | Consterdine, Hana | 11 | Ukiah | 18.27 |
| 5 | Serrano, Audrey | 10 | El Molino | 18.54 |
| 6 | Clark, Morgan | 12 | Ukiah | 19.85 |
| 7 | Hernandez, Luisa | 11 | Rancho Cotat | 20.62 |

Section 2 of 2 Finals

| | | | | |
|---|------------------|----|--------------|-------|
| 1 | Orosz, Beth | 10 | Maria Carril | 17.94 |
| 2 | Wild, Allison | 12 | Rancho Cotat | 17.68 |
| 3 | Gutierrez, Susie | 12 | Healdsburg | 17.02 |
| 4 | Williams, Anika | 12 | Santa Rosa | 16.60 |
| 5 | Daffeh, Aminata | 12 | Santa Rosa | 16.94 |
| 6 | Naro, Kathleen | 12 | Rancho Cotat | 17.61 |
| 7 | Rosales, Cynthia | 12 | Piner | 17.83 |
| 8 | Beck, Fayola | 9 | Montgomery | 18.25 |

Event 39 Girls 400 Meter Dash Junior Varsity

Friday 5/3/2019 - 5:34 PM

| Lane | Name | Yr | School | Prelims |
|------------------------------|--------------------|----|--------------|---------|
| Section 1 of 1 Finals | | | | |
| 1 | Adhikari, Tara | 9 | Analy | 71.10 |
| 2 | Williams, Jennifer | 11 | Santa Rosa | 69.01 |
| 3 | Moore, Dylan | 9 | Maria Carril | 68.47 |
| 4 | Tyohannes, Liyah | 9 | Piner | 68.06 |
| 5 | Bell, Nia | 9 | Rancho Cotat | 68.12 |
| 6 | Markoff, Lydia | 9 | Santa Rosa | 68.58 |
| 7 | Fike, Megan | 11 | Santa Rosa | 70.69 |
| 8 | Erlandson, Abigail | 12 | Analy | 71.46 |

Event 40 Boys 400 Meter Dash Junior Varsity

Friday 5/3/2019 - 5:38 PM

| Lane | Name | Yr | School | Prelims |
|------------------------------|--------------------------|----|--------------|---------|
| Section 1 of 1 Finals | | | | |
| 1 | Sanchez Ramos, Sebastian | 9 | Windsor | 59.12 |
| 2 | Valenzuela, Eli | 9 | Windsor | 57.00 |
| 3 | Garcia-Diaz, Justin | 9 | Santa Rosa | 56.81 |
| 4 | Meechan, Sebastian | 9 | Analy | 55.21 |
| 5 | Perkins, Turner | 9 | Montgomery | 56.69 |
| 6 | Rodriguez, Jose | 9 | Analy | 56.83 |
| 7 | Gillaspie, Conner | 9 | Maria Carril | 58.99 |
| 8 | Mendoza, Victor | 10 | Piner | 59.87 |

Event 7 Girls 400 Meter Dash Varsity

Friday 5/3/2019 - 5:42 PM

59.93 NCS At-Large

| Lane | Name | Yr | School | Seed Time |
|------------------------------|---------------------|----|--------------|-----------|
| Section 1 of 2 Finals | | | | |
| 1 | Velasquez, Isabelle | 12 | El Molino | 69.03 |
| 2 | Edwards, Sarah | 11 | Santa Rosa | 65.14 |
| 3 | Hermesen, Zoe | 12 | Maria Carril | 63.77 |
| 4 | Niehaus, Alex | 11 | Cardinal New | 63.00 |
| 5 | Rowe, Kiely | 12 | Maria Carril | 63.00 |
| 6 | Pignataro, Jayda | 11 | Windsor | 63.88 |
| 7 | Jones, Mya | 10 | Montgomery | 67.74 |
| 8 | Kellar, Sakura | 12 | El Molino | 69.81 |

Section 2 of 2 Finals

| | | | | |
|---|-------------------|----|--------------|-------|
| 1 | Broome, Jeanne | 10 | El Molino | 62.36 |
| 2 | Monroe, Madison | 10 | Rancho Cotat | 62.05 |
| 3 | Madsen, McKenzie | 12 | Maria Carril | 61.34 |
| 4 | Zamora, Izel | 12 | Santa Rosa | 58.86 |
| 5 | Windsor, Madeline | 11 | Analy | 60.79 |
| 6 | Ruffin, Kianna | 9 | Ukiah | 61.70 |
| 7 | Keelty, Bria | 12 | Santa Rosa | 62.33 |
| 8 | Dawson, Carolina | 9 | Analy | 62.55 |

Event 8 Boys 400 Meter Dash Varsity

Friday 5/3/2019 - 5:50 PM

50.31 NCS At-Large

| Lane | Name | Yr | School | Prelims |
|------------------------------|-------------------|----|--------------|---------|
| Section 1 of 2 Finals | | | | |
| 1 | Tucker, Gabriel | 10 | Montgomery | 56.61 |
| 2 | Howley, Jaxson | 9 | Windsor | 55.98 |
| 3 | Bugica, Valentino | 10 | Windsor | 55.08 |
| 4 | Davis, Cameron | 12 | Rancho Cotat | 54.21 |
| 5 | Betti, Dominic | 11 | Rancho Cotat | 54.72 |
| 6 | Berna, Soul | 10 | El Molino | 55.27 |
| 7 | Cionci, John | 11 | Windsor | 56.09 |
| 8 | Cibrian, Jacob | 10 | El Molino | 58.43 |

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Section 2 of 2 Finals...(Event 8 Boys 400 Meter Dash Varsity)

| | | | | |
|---|--------------------------|----|--------------|-------|
| 1 | Felix, Jeremy | 12 | Healdsburg | 53.70 |
| 2 | Stringer-Stein, Jonathan | 11 | Santa Rosa | 53.50 |
| 3 | Van Arden, Tyler | 12 | Maria Carril | 51.79 |
| 4 | Patterson, Justin | 11 | Cardinal New | 50.63 |
| 5 | Ramirez, Severin | 12 | Maria Carril | 51.02 |
| 6 | Corday, Vince | 12 | Windsor | 52.27 |
| 7 | Hurd, Garrett | 12 | Montgomery | 53.56 |
| 8 | Kooba, Jack | 12 | Healdsburg | 53.88 |

Event 41 Girls 100 Meter Dash Junior Varsity

Friday 5/3/2019 - 5:58 PM

| Lane | Name | Yr | School | Prelims |
|------------------------------|------------------|----|-------------|---------|
| Section 1 of 1 Finals | | | | |
| 1 | Parker, Keeley | 9 | Healdsburg | 15.00 |
| 2 | Donis, Cielo | 10 | Elsie Allen | 14.75 |
| 3 | Brown, Kristina | 12 | Analy | 14.26 |
| 4 | Monk, Grace | 10 | Montgomery | 13.87 |
| 5 | Ballard, DaRina | 9 | Montgomery | 14.05 |
| 6 | Chelsey, Allison | 11 | Analy | 14.71 |
| 7 | Hebert, Savannah | 10 | El Molino | 14.85 |
| 8 | Contreras, Mila | 11 | Elsie Allen | 15.09 |

Event 42 Boys 100 Meter Dash Junior Varsity

Friday 5/3/2019 - 6:02 PM

| Lane | Name | Yr | School | Prelims |
|------------------------------|-----------------------|----|--------------|---------|
| Section 1 of 1 Finals | | | | |
| 1 | Bocalig, Ethan | 9 | Maria Carril | 12.44 |
| 2 | Gutteridge, Alexander | 11 | Maria Carril | 12.33 |
| 3 | Zimmerman, Logan | 11 | Santa Rosa | 12.19 |
| 4 | Taganashi, Arthur | 11 | Analy | 11.83 |
| 6 | Kozlowski, Joshua | 10 | Montgomery | 12.32 |
| 7 | Fox, Kaden | 11 | Analy | 12.43 |
| 8 | Pigg, Marques | 11 | Windsor | 12.51 |

Event 9 Girls 100 Meter Dash Varsity

Friday 5/3/2019 - 6:06 PM

12.55 NCS At-Large

| Lane | Name | Yr | School | Prelims |
|------------------------------|------------------|----|--------------|---------|
| Section 1 of 2 Finals | | | | |
| 1 | Dueck, Jessica | 11 | Montgomery | 13.61 |
| 2 | Bonzi, Jenna | 10 | Cardinal New | 13.46 |
| 3 | Whitley, Anevay | 9 | Rancho Cotat | 13.39 |
| 4 | Wong, Anastasia | 10 | Santa Rosa | 13.27 |
| 5 | Gutierrez, Susie | 12 | Healdsburg | 13.35 |
| 6 | Ouye, Lianah | 11 | Maria Carril | 13.42 |
| 7 | Soriano, Kelly | 11 | Rancho Cotat | 13.55 |
| 8 | Kelley, Kira | 11 | Montgomery | 13.81 |

Section 2 of 2 Finals

| | | | | |
|---|------------------|----|--------------|-------|
| 1 | Adams, Shanti | 11 | Maria Carril | 13.21 |
| 2 | Murphy, Francena | 10 | Maria Carril | 13.06 |
| 3 | Campos, Kendall | 11 | Windsor | 13.01 |
| 4 | Schroth, Kassidy | 9 | Santa Rosa | 12.72 |
| 5 | Chavez, Isabela | 10 | Windsor | 12.80 |
| 6 | Ruffin, Emylia | 10 | Ukiah | 13.02 |
| 7 | Auriol, Lois | 10 | Rancho Cotat | 13.12 |
| 8 | Gregorio, Lauren | 12 | Piner | 13.21 |

Event 10 Boys 100 Meter Dash Varsity

Friday 5/3/2019 - 6:14 PM

11.10 NCS At-Large

| Lane | Name | Yr | School | Prelims |
|------------------------------|---------------------------|----|--------------|---------|
| Section 1 of 2 Finals | | | | |
| 1 | Peralta Fernandez, Fabian | 9 | Maria Carril | 11.85 |
| 2 | Reagan, James | 11 | Rancho Cotat | 11.82 |
| 3 | Nguyen, Minh | 11 | Piner | 11.71 |
| 4 | Folds, Damen | 10 | Montgomery | 11.67 |
| 5 | Stringfellow, Wyatt | 12 | El Molino | 11.68 |
| 6 | Ball, Reanne | 12 | Piner | 11.72 |
| 7 | Wilson, Sam | 12 | El Molino | 11.83 |
| 8 | Maurer-Mabanglo, Noa | 10 | Montgomery | 11.86 |

Section 2 of 2 Finals

| | | | | |
|---|----------------|----|--------------|-------|
| 1 | Richards, Jack | 10 | Maria Carril | 11.64 |
| 2 | Wood, Cody | 10 | Maria Carril | 11.55 |
| 3 | Sandwina, Max | 11 | Windsor | 11.43 |
| 4 | Luis, Jay | 12 | Rancho Cotat | 11.41 |
| 5 | Holzmann, Noah | 10 | Rancho Cotat | 11.41 |
| 6 | Kooba, Jack | 12 | Healdsburg | 11.50 |
| 7 | Ransome, Ethan | 11 | El Molino | 11.63 |
| 8 | Sievers, Jake | 11 | Windsor | 11.65 |

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Event 43 Girls 800 Meter Run Junior Varsity

Friday 5/3/2019 - 6:22 PM

| Lane | Name | Yr | School | Seed Time |
|------------------------------|--------------------|----|--------------|-----------|
| Section 1 of 1 Finals | | | | |
| 1 | Alapa, Jasmine | 9 | Santa Rosa | 2:44.90 |
| 2 | Huntsinger, Emma | 11 | Maria Carril | 2:45.90 |
| 3 | Mitchell, Nyema | 10 | Rancho Cotat | 2:45.95 |
| 4 | Pride, Jordan | 11 | Santa Rosa | 2:50.45 |
| 5 | Rivera, Sara | 9 | Maria Carril | 2:50.70 |
| 6 | Joerger, Haley | 11 | Maria Carril | 2:52.00 |
| 7 | Green, Julia | 10 | Santa Rosa | 2:53.45 |
| 8 | Parker, Joy | 9 | Maria Carril | 2:54.50 |
| 9 | Logan, Shelby | 11 | Montgomery | 2:54.90 |
| 10 | Salnas, Abby | 10 | Cardinal New | 2:57.00 |
| 11 | Delgado, Suhail | 9 | Piner | 2:57.86 |
| 12 | Wuu, Sage | 12 | Maria Carril | 2:59.00 |
| 13 | Devoulin, Lulu | 11 | Montgomery | 3:00.18 |
| 14 | Cruz, Daphne | 10 | Windsor | 3:01.30 |
| 15 | Avelar, Cristina | 11 | Maria Carril | 3:02.09 |
| 16 | Rozelski, Ella | 10 | Ukiah | 3:03.74 |
| 17 | Watkins, Emma | 11 | Santa Rosa | 3:04.57 |
| 18 | Ottolenghi, Michol | 12 | Montgomery | 3:13.45 |
| 19 | Bell, Nia | 9 | Rancho Cotat | 3:18.83 |
| 20 | Wilder, Avery | 9 | Windsor | 3:24.00 |
| 21 | Bogner, Riley | 9 | Ukiah | NT |

Event 44 Boys 800 Meter Run Junior Varsity

Friday 5/3/2019 - 6:27 PM

| Lane | Name | Yr | School | Prelims |
|------------------------------|-------------------------|----|--------------|---------|
| Section 1 of 1 Finals | | | | |
| 1 | McCormick, Garin | 11 | Analy | 2:17.64 |
| 2 | Valenzuela, Eli | 9 | Windsor | 2:19.19 |
| 3 | Burger, Adrian | 12 | Windsor | 2:19.58 |
| 4 | Delgado, Faris | 10 | Santa Rosa | 2:19.90 |
| 5 | Singleton, Tristan | 11 | Maria Carril | 2:19.97 |
| 6 | Perez, Harim | 10 | Elsie Allen | 2:20.41 |
| 7 | Edgar, Ortiz | 10 | Healdsburg | 2:20.67 |
| 8 | Melvin, Garrett | 9 | Windsor | 2:20.82 |
| 9 | Cheshier-Fraenkle, Jack | 9 | Analy | 2:21.13 |
| 10 | Schott, James | 9 | Santa Rosa | 2:21.16 |
| 11 | Hilberg, Kazuki | 9 | El Molino | 2:21.33 |
| 12 | Hoyt, Michael | 9 | Ukiah | 2:21.44 |
| 13 | Rauch, Christian | 10 | Cardinal New | 2:21.77 |
| 15 | Lopez, Javier | 9 | Piner | 2:23.89 |
| 16 | Cheek, Misha | 9 | Maria Carril | 2:23.91 |

Event 11 Girls 800 Meter Run Varsity

Friday 5/3/2019 - 6:32 PM

2:20.56 NCS At-Large

| Lane | Name | Yr | School | Seed Time |
|------------------------------|-----------------------|----|--------------|-----------|
| Section 1 of 2 Finals | | | | |
| 1 | Colvin, Abbey | 10 | Montgomery | 2:29.80 |
| 2 | Cohen-Sandler, Hannah | 11 | Maria Carril | 2:30.30 |
| 4 | Pehlke, Shelby | 10 | Maria Carril | 2:32.80 |
| 5 | Jensen, Anahita | 10 | Maria Carril | 2:36.30 |
| 6 | Loe, Ruby | 9 | Piner | 2:36.36 |
| 7 | Bozeman, Natalie | 12 | Healdsburg | 2:37.88 |
| 8 | Moessing, Audrey | 11 | Maria Carril | 2:38.50 |
| 9 | Howell, Sedona | 12 | Santa Rosa | 2:40.30 |
| 10 | Civello, Ellie | 12 | Maria Carril | 2:43.13 |
| 11 | Quintero, Elisa | 9 | Piner | 2:46.39 |
| Section 2 of 2 Finals | | | | |
| 1 | Atkins, Sierra | 12 | Analy | 2:15.65 |
| 2 | Peterson, Gabrielle | 12 | Healdsburg | 2:16.20 |
| 3 | Armstrong, Aimee | 12 | Maria Carril | 2:20.87 |
| 4 | Haley, Leah | 12 | Montgomery | 2:23.70 |
| 5 | Dawson, Carolina | 9 | Analy | 2:24.32 |
| 6 | Briceno, Mariah | 11 | Montgomery | 2:25.08 |
| 7 | Duffy, Caroline | 12 | Santa Rosa | 2:25.25 |
| 8 | Hirth, Jasmin | 11 | Maria Carril | 2:25.40 |
| 9 | Leano, Talia | 12 | Maria Carril | 2:26.44 |
| 10 | Pignataro, Jayda | 11 | Windsor | 2:27.68 |
| 11 | Hale, Jacqueline | 12 | Santa Rosa | 2:28.83 |

Event 12 Boys 800 Meter Run Varsity

Friday 5/3/2019 - 6:42 PM

1:57.78 NCS At-Large

| Lane | Name | Yr | School | Seed Time |
|------------------------------|-----------------------|----|--------------|-----------|
| Section 1 of 2 Finals | | | | |
| 1 | Ball, Ryan | 12 | Piner | 2:08.00 |
| 2 | McCorquodale, Adam | 9 | Maria Carril | 2:08.80 |
| 3 | Pickle, Jack | 11 | Maria Carril | 2:09.60 |
| 4 | Tran, Tyler | 9 | Piner | 2:10.05 |
| 5 | Ingham, Dylan | 12 | Elsie Allen | 2:10.30 |
| 6 | Aguayo, Joshua | 10 | Windsor | 2:12.15 |
| 7 | Cionci, John | 11 | Windsor | 2:12.75 |
| 8 | Jones, Joshua | 12 | Montgomery | 2:14.29 |
| 9 | Tesfamichael, Kibreab | 11 | Montgomery | 2:14.99 |
| 10 | Carter, Zack | 12 | Ukiah | 2:15.81 |
| 11 | Dalsing, Hayden | 10 | Montgomery | 2:16.30 |
| 12 | Phillips, Cassius | 12 | El Molino | 2:24.10 |
| 13 | Gaspar, Addison | 12 | Piner | 2:24.16 |

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Section 2 of 2 Finals...(Event 12 Boys 800 Meter Run Varsity)

| | | | | |
|----|---------------------|----|--------------|---------|
| 1 | Godinez, Dante | 12 | Healdsburg | 1:56.65 |
| 2 | Schott, Conor | 12 | Santa Rosa | 2:00.80 |
| 3 | Vanden Heuvel, Jack | 10 | Healdsburg | 2:01.44 |
| 4 | McCloud, William | 12 | Maria Carril | 2:02.00 |
| 5 | Alvarado, Brandon | 12 | Montgomery | 2:02.34 |
| 6 | Ledesma, Daniel | 11 | Montgomery | 2:03.36 |
| 7 | Luong, Austin | 11 | Piner | 2:03.79 |
| 8 | Dierke, Alec | 11 | Analy | 2:04.00 |
| 9 | Swinth, Colton | 11 | Maria Carril | 2:04.02 |
| 10 | Kapustka, Pierce | 11 | Maria Carril | 2:05.64 |
| 11 | Vieyra, Noe | 9 | Maria Carril | 2:05.90 |
| 12 | Rodriguez, Oswaldo | 9 | Maria Carril | 2:07.60 |

Event 46 Boys 300 Meter Hurdles Junior Varsity

Friday 5/3/2019 - 6:52 PM

| Lane | Name | Yr | School | Prelims |
|------------------------------|-------------------|----|--------------|---------|
| Section 1 of 1 Finals | | | | |
| 1 | Gillaspie, Conner | 9 | Maria Carril | 54.32 |
| 2 | Solano, Canyon | 9 | Analy | 50.83 |
| 3 | Knebel, Aidan | 9 | Maria Carril | 50.37 |
| 4 | Stras, Dagan | 12 | Montgomery | 49.51 |
| 5 | Elias, Jorge | 9 | Cardinal New | 50.03 |
| 6 | Dierke, Ethan | 9 | Analy | 50.53 |
| 7 | Bozeman, Aidan | 10 | Healdsburg | 52.13 |
| 8 | Cruz, David | 10 | Elsie Allen | 54.64 |

Event 14 Boys 300 Meter Hurdles Varsity

Friday 5/3/2019 - 6:56 PM

40.79 NCS At-Large

| Lane | Name | Yr | School | Seed Time |
|------------------------------|-------------------|----|--------------|-----------|
| Section 1 of 2 Finals | | | | |
| 1 | Hurd, Grant | 10 | Montgomery | 47.74 |
| 2 | Manning, Alex | 9 | Santa Rosa | 46.05 |
| 3 | Below, Walker | 9 | Maria Carril | 45.14 |
| 4 | Pragasa, Brandon | 12 | Maria Carril | 44.98 |
| 5 | Dethlefsen, Josef | 12 | Santa Rosa | 45.14 |
| 6 | Chang, Joshua | 12 | Maria Carril | 45.84 |
| 7 | Bugica, Valentino | 10 | Windsor | 47.12 |
| 8 | Maltby, Jake | 10 | Montgomery | 47.99 |
| Section 2 of 2 Finals | | | | |
| 1 | George, Jaymon | 9 | Montgomery | 43.14 |
| 2 | Duffy, Ryan | 12 | Cardinal New | 42.89 |
| 3 | Ransome, Ethan | 11 | El Molino | 42.14 |
| 4 | Glascock, Brayden | 12 | Santa Rosa | 39.07 |
| 5 | Palengat, Bowen | 12 | Rancho Cotat | 42.03 |
| 6 | Corday, Vince | 12 | Windsor | 42.81 |
| 7 | Ainlay, Kevin | 11 | Piner | 43.09 |
| 8 | Manalac, Ralph | 12 | Windsor | 43.56 |

Event 45 Girls 300 Meter Hurdles Junior Varsity

Friday 5/3/2019 - 7:04 PM

| Lane | Name | Yr | School | Seed Time |
|------------------------------|---------------------|----|------------|-----------|
| Section 1 of 1 Finals | | | | |
| 1 | Righetti, Christina | 10 | Analy | 68.68 |
| 2 | Christensen, Maddy | 9 | Analy | 58.87 |
| 3 | Varela, Alexia | 11 | Santa Rosa | 56.74 |
| 4 | Miloglav, Emma | 11 | Analy | 55.38 |
| 5 | Gaylord, Kaylee | 9 | Ukiah | 56.41 |
| 6 | Habeeb, Anya | 11 | Analy | 57.02 |
| 7 | Kurzmeier, Clara | 12 | Analy | 65.46 |

Event 13 Girls 300 Meter Hurdles Varsity

Friday 5/3/2019 - 7:08 PM

46.49 NCS At-Large

| Lane | Name | Yr | School | Prelims |
|------------------------------|------------------|----|--------------|---------|
| Section 1 of 2 Finals | | | | |
| 1 | Kinderman, Ella | 12 | El Molino | 54.91 |
| 2 | Naro, Kathleen | 12 | Rancho Cotat | 53.97 |
| 3 | Clark, Morgan | 12 | Ukiah | 53.65 |
| 4 | Serrano, Audrey | 10 | El Molino | 53.27 |
| 5 | Wild, Allison | 12 | Rancho Cotat | 53.39 |
| 6 | Bruce, Eliana | 10 | Santa Rosa | 53.79 |
| 7 | Rowe, Kiely | 12 | Maria Carril | 54.62 |
| 8 | Lopez, Lilia | 12 | Healdsburg | 57.46 |
| Section 2 of 2 Finals | | | | |
| 1 | Beck, Fayola | 9 | Montgomery | 52.19 |
| 2 | Boyd, Alyssa | 9 | Maria Carril | 50.28 |
| 3 | Haley, Leah | 12 | Montgomery | 49.23 |
| 4 | Dural, Aysia | 10 | Cardinal New | 48.74 |
| 5 | Rosales, Cynthia | 12 | Piner | 49.00 |
| 6 | Williams, Anika | 12 | Santa Rosa | 50.18 |
| 7 | Gutierrez, Susie | 12 | Healdsburg | 50.63 |
| 8 | Pignataro, Jayda | 11 | Windsor | 52.99 |

Event 47 Girls 200 Meter Dash Junior Varsity

Friday 5/3/2019 - 7:16 PM

| Lane | Name | Yr | School | Prelims |
|------------------------------|------------------|----|--------------|---------|
| Section 1 of 1 Finals | | | | |
| 1 | Chelsey, Allison | 11 | Analy | 30.56 |
| 2 | Brown, Kristina | 12 | Analy | 30.29 |
| 3 | Ballard, DaRina | 9 | Montgomery | 29.50 |
| 4 | Garey, Julia | 9 | Santa Rosa | 29.17 |
| 5 | Moore, Dylan | 9 | Maria Carril | 29.34 |
| 6 | Monk, Grace | 10 | Montgomery | 29.53 |
| 7 | Gaylord, Kaylee | 9 | Ukiah | 30.42 |
| 8 | Tyohannes, Liyah | 9 | Piner | 30.75 |

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Event 48 Boys 200 Meter Dash Junior Varsity**Friday 5/3/2019 - 7:20 PM**

| Lane | Name | Yr | School | Prelims |
|------------------------------|-----------------------|----|--------------|---------|
| Section 1 of 1 Finals | | | | |
| 1 | Luong, Tan | 10 | Montgomery | 25.92 |
| 2 | Gutteridge, Alexander | 11 | Maria Carril | 25.66 |
| 3 | Zimmerman, Logan | 11 | Santa Rosa | 25.44 |
| 4 | Fox, Kaden | 11 | Analy | 25.05 |
| 5 | Meechan, Sebastian | 9 | Analy | 25.24 |
| 6 | Logan, Ethan | 10 | Analy | 25.48 |
| 7 | Rodriguez, Jose | 9 | Analy | 25.77 |
| 8 | Corona, Jorge | 10 | Maria Carril | 26.31 |

Event 15 Girls 200 Meter Dash Varsity**Friday 5/3/2019 - 7:24 PM**

25.60 NCS At-Large

| Lane | Name | Yr | School | Prelims |
|------------------------------|-------------------|----|--------------|---------|
| Section 1 of 2 Finals | | | | |
| 1 | Gregorio, Lauren | 12 | Piner | 28.20 |
| 2 | Ruffin, Emylia | 10 | Ukiah | 27.85 |
| 3 | Wong, Anastasia | 10 | Santa Rosa | 27.50 |
| 4 | Windsor, Madeline | 11 | Analy | 27.43 |
| 5 | Adams, Shanti | 11 | Maria Carril | 27.46 |
| 6 | Niehaus, Alex | 11 | Cardinal New | 27.51 |
| 7 | Ouye, Lianah | 11 | Maria Carril | 28.15 |
| 8 | Whitley, Anevay | 9 | Rancho Cotat | 28.40 |
| Section 2 of 2 Finals | | | | |
| 1 | Murphy, Francena | 10 | Maria Carril | 27.32 |
| 2 | Monroe, Madison | 10 | Rancho Cotat | 27.12 |
| 3 | Chavez, Isabela | 10 | Windsor | 26.66 |
| 4 | Schroth, Cassidy | 9 | Santa Rosa | 26.38 |
| 5 | Zamora, Izel | 12 | Santa Rosa | 26.57 |
| 6 | Campos, Kendall | 11 | Windsor | 26.74 |
| 7 | Dural, Aysia | 10 | Cardinal New | 27.21 |
| 8 | Ruffin, Kianna | 9 | Ukiah | 27.43 |

Event 16 Boys 200 Meter Dash Varsity**Friday 5/3/2019 - 7:32 PM**

22.49 NCS At-Large

| Lane | Name | Yr | School | Prelims |
|------------------------------|---------------------------|----|--------------|---------|
| Section 1 of 2 Finals | | | | |
| 1 | Cibrian, Jacob | 10 | El Molino | 24.51 |
| 2 | Peralta Fernandez, Fabian | 9 | Maria Carril | 24.41 |
| 3 | Holzmann, Noah | 10 | Rancho Cotat | 24.32 |
| 4 | Kooba, Jack | 12 | Healdsburg | 24.05 |
| 5 | Richards, Jack | 10 | Maria Carril | 24.20 |
| 6 | Stringer-Stein, Jonathan | 11 | Santa Rosa | 24.40 |
| 7 | Davis, Cameron | 12 | Rancho Cotat | 24.44 |
| 8 | McAnulty, Travis | 11 | Santa Rosa | 24.66 |

Section 2 of 2 Finals

| | | | | |
|---|-------------------|----|--------------|-------|
| 1 | Ball, Reanne | 12 | Piner | 23.85 |
| 2 | Betti, Dominic | 11 | Rancho Cotat | 23.66 |
| 3 | Sandwina, Max | 11 | Windsor | 23.56 |
| 4 | Patterson, Justin | 11 | Cardinal New | 23.02 |
| 5 | Luis, Jay | 12 | Rancho Cotat | 23.34 |
| 6 | Cauckwell, Jasper | 11 | Ukiah | 23.58 |
| 7 | Wood, Cody | 10 | Maria Carril | 23.78 |
| 8 | Nguyen, Minh | 11 | Piner | 23.94 |

Event 49 Girls 3200 Meter Run Junior Varsity**Friday 5/3/2019 - 7:40 PM**

| Lane | Name | Yr | School | Seed Time |
|------------------------------|------------------|----|--------------|-----------|
| Section 1 of 1 Finals | | | | |
| 1 | Nava, Natalie | 9 | Rancho Cotat | 13:29.70 |
| 2 | Elsa, Tara | 9 | Santa Rosa | 13:45.50 |
| 3 | Mezey, Luisa | 9 | Piner | 13:48.10 |
| 4 | Sterck, Leilah | 9 | Santa Rosa | 13:48.75 |
| 5 | Dempsey, Ciara | 12 | Montgomery | 14:39.30 |
| 6 | Banuelos, Leslie | 12 | Rancho Cotat | 16:09.00 |
| 7 | Tejada, Ashley | 11 | Piner | 16:34.07 |

Event 50 Boys 3200 Meter Run Junior Varsity**Friday 5/3/2019 - 7:55 PM**

| Lane | Name | Yr | School | Seed Time |
|------------------------------|-----------------------|----|--------------|-----------|
| Section 1 of 1 Finals | | | | |
| 1 | Hilberg, Kazuki | 9 | El Molino | 10:55.45 |
| 2 | Phillips, Dylan | 9 | Santa Rosa | 11:00.83 |
| 3 | Field, Logan | 10 | Maria Carril | 11:04.20 |
| 4 | Vazquez, Juan | 11 | Piner | 11:05.55 |
| 5 | Page, Jason | 9 | Maria Carril | 11:08.93 |
| 6 | Perez, Harim | 10 | Elsie Allen | 11:12.50 |
| 7 | Mucho, Caleb | 10 | Ukiah | 11:25.76 |
| 8 | Martinez, Ajany | 11 | Windsor | 11:26.20 |
| 9 | Neargarder, Ben | 10 | Analy | 11:26.73 |
| 10 | Medina, Jonathan | 10 | Rancho Cotat | 11:42.77 |
| 11 | Carreras, Jimmy | 12 | Analy | 11:49.52 |
| 12 | Hopkins, Ian | 10 | Windsor | 11:54.90 |
| 13 | Morthole, Lucas | 9 | Montgomery | 11:58.16 |
| 14 | Clark, Anthony | 10 | Rancho Cotat | 12:13.76 |
| 15 | Vail, Steven | 12 | Windsor | 12:18.25 |
| 16 | Weng, Max | 9 | Windsor | 12:41.69 |
| 17 | Pfann, Colton | 9 | El Molino | 12:45.20 |
| 18 | Leggett, Michael | 10 | Ukiah | 12:47.89 |
| 19 | Paden, Zach | 9 | Rancho Cotat | 13:03.60 |
| 20 | Perez-Pacheco, Carlos | 12 | Rancho Cotat | 13:23.24 |
| 21 | Cano, Ruben | 9 | Piner | 13:30.60 |
| 22 | Chamberlin, Elijah | 10 | Analy | 13:31.82 |
| 23 | Pfann, Kiernan | 11 | El Molino | 13:42.20 |

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Event 17 Girls 3200 Meter Run Varsity**Friday 5/3/2019 - 8:10 PM**

11:03.09 NCS At-Large

| Lane | Name | Yr | School | Seed Time |
|------------------------------|-----------------------|----|--------------|-----------|
| Section 1 of 1 Finals | | | | |
| 1 | Peterson, Gabrielle | 12 | Healdsburg | 10:25.15 |
| 3 | Morris, Nicole | 10 | Maria Carril | 11:37.37 |
| 4 | Field, Meghan | 12 | Maria Carril | 11:55.70 |
| 5 | Chung, Lilja | 9 | Windsor | 12:23.10 |
| 6 | Frandsen, Katrina | 12 | Santa Rosa | 12:24.14 |
| 7 | Cohen-Sandler, Hannah | 11 | Maria Carril | 12:26.65 |
| 8 | O'Mara, Erin | 11 | Windsor | 12:31.10 |
| 9 | Swoboda, Alexis | 12 | Ukiah | 13:07.01 |
| 10 | Olivares, Fatima | 12 | Piner | 13:10.99 |
| 11 | Johnson, Kristianna | 9 | Piner | 13:17.61 |
| 12 | Velasco, Deisy | 12 | Healdsburg | 13:28.36 |
| 13 | Fassett, Sienna | 9 | El Molino | 13:42.40 |
| 14 | L'Heureux, Amaris | 12 | Ukiah | 14:04.56 |

Event 18 Boys 3200 Meter Run Varsity**Friday 5/3/2019 - 8:25 PM**

9:27.28 NCS At-Large

| Lane | Name | Yr | School | Seed Time |
|------------------------------|-------------------------|----|--------------|-----------|
| Section 1 of 1 Finals | | | | |
| 1 | Smail, Rory | 11 | Maria Carril | 9:23.26 |
| 2 | Chung, Lucas | 12 | Windsor | 9:28.56 |
| 3 | Alvarez-Hernandez, Omar | 11 | Maria Carril | 9:56.59 |
| 4 | Donohue, Jacob | 9 | Maria Carril | 9:57.53 |
| 5 | McKamey, Andrew | 10 | Santa Rosa | 10:03.50 |
| 6 | Engel, Andrew | 11 | Santa Rosa | 10:04.96 |
| 7 | Philip, Patrick | 11 | Maria Carril | 10:05.61 |
| 8 | Frankl, Harrison | 12 | Maria Carril | 10:06.52 |
| 9 | Ettedgui, Elijah | 11 | Maria Carril | 10:07.89 |
| 10 | Pugh, Owen | 11 | Maria Carril | 10:08.34 |
| 11 | Smith, Dustin | 9 | Windsor | 10:16.20 |
| 12 | Larson, Hunter | 11 | Windsor | 10:17.38 |
| 13 | Delgado, Emmanuel | 12 | Piner | 10:28.40 |
| 14 | Prado, Mario | 10 | Cardinal New | 10:36.30 |
| 15 | Mezey, Tyler | 11 | Piner | 10:38.90 |
| 16 | Grams, Steven | 10 | Santa Rosa | 10:39.10 |
| 17 | McAlister, Landon | 10 | Windsor | 10:42.95 |
| 18 | Fleischer, Kyle | 11 | Santa Rosa | 10:45.10 |
| 19 | Tesfamichael, Kibreab | 11 | Montgomery | 10:45.31 |
| 20 | Chauvin, Jake | 12 | El Molino | 10:50.24 |
| 21 | Thompson, Joey | 9 | Analy | 10:50.45 |
| 22 | Telfer, Hendrik | 12 | Ukiah | 11:21.05 |
| 23 | Hayes, Nathan | 12 | Piner | 11:23.50 |
| 24 | Ingham, Dylan | 12 | Elsie Allen | 11:30.00 |
| 25 | Dankowski, Jameson | 9 | Healdsburg | 11:35.07 |

Event 51 Girls 4x400 Meter Relay Junior Varsity**Friday 5/3/2019 - 8:40 PM**

| Lane | Team | Relay | Seed Time |
|------------------------------|--------------------------|--------------------------|-----------|
| Section 1 of 1 Finals | | | |
| 3 | Analy | | 4:52.00 |
| | 1) Christensen, Maddy 9 | 2) Chelsey, Allison 11 | |
| | 3) Erlandson, Abigail 12 | 4) Parks, Molly 10 | |
| | 5) Kurzmeier, Clara 12 | 6) Miloglav, Emma 11 | |
| | 7) Adhikari, Tara 9 | | |
| 4 | Santa Rosa | | 4:42.50 |
| | 1) Alapa, Jasmine 9 | 2) Markoff, Lydia 9 | |
| | 3) Fike, Megan 11 | 4) Varela, Alexia 11 | |
| | 5) Elsa, Tara 9 | 6) Watkins, Emma 11 | |
| | 7) Williams, Jennifer 11 | | |
| 5 | Maria Carril | | 4:45.00 |
| | 1) Rivera, Sara 9 | 2) Huntsinger, Emma 11 | |
| | 3) Joerger, Haley 11 | 4) Moore, Dylan 9 | |
| | 5) Parker, Joy 9 | | |
| 6 | Montgomery | | 5:00.00 |
| | 1) Perkins, Loka 10 | 2) Monk, Grace 10 | |
| | 3) Ballard, DaRina 9 | 4) Devoulin, Lulu 11 | |
| | 5) Logan, Shelby 11 | 6) Ottolenghi, Michol 12 | |

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Event 52 Boys 4x400 Meter Relay Junior Varsity**Friday 5/3/2019 - 8:47 PM**

| Lane | Team | Relay | Seed Time |
|------------------------------|-------------------------------|--------------------------------|-----------|
| Section 1 of 1 Finals | | | |
| 1 | Cardinal New | | 4:11.00 |
| | 1) Stout, Nate 12 | 2) Prendiville, Matthew 11 | |
| | 3) Rauch, Christian 10 | | |
| 2 | Piner | | 4:03.00 |
| | 1) Silakul, Justin 10 | 2) Mendoza, Victor 10 | |
| | 3) Tang, Patrick 9 | 4) Huynh, Vincent 10 | |
| | 5) Ruiz, Alexis 10 | 6) Gonzalez, Fabian 9 | |
| | 7) Hartman, Stuart 9 | 8) Lopez, Javier 9 | |
| 3 | Santa Rosa | | 3:49.64 |
| | 1) Mooney, Dylan 9 | 2) Chavez Hernandez, Isaias 12 | |
| | 3) Garcia-Diaz, Justin 9 | 4) Zimmerman, Logan 11 | |
| | 5) Phillips, Dylan 9 | 6) Schott, James 9 | |
| 4 | Analy | | 3:45.00 |
| | 1) McCormick, Garin 11 | 2) Meechan, Sebastian 9 | |
| | 3) Vermeulen, Quinn 12 | 4) Rodriguez, Jose 9 | |
| | 5) Drake, Joshua 10 | 6) Torres-Sosa, Oscar 10 | |
| | 7) Shine, Ian 10 | | |
| 5 | Windsor | | 3:45.61 |
| | 1) Hildago, Max 9 | 2) Melvin, Garrett 9 | |
| | 3) Sanchez Ramos, Sebastian 9 | 4) Valenzuela, Eli 9 | |
| 6 | Ukiah | | 4:00.00 |
| | 1) Brown, Joshua 9 | 2) Hoyt, Michael 9 | |
| | 3) Mello, Jacob 10 | 4) Rubio, Ivan 10 | |
| | 5) Bishop, Elijah 9 | | |
| 7 | Montgomery | | 4:06.80 |
| | 1) Luong, Tan 10 | 2) Kiernan, Dillon 10 | |
| | 3) Perkins, Turner 9 | 4) Stras, Dagan 12 | |
| | 5) Aguirre, Bryan 9 | 6) Alcaraz Parra, Erick 10 | |

Event 19 Girls 4x400 Meter Relay Varsity**Friday 5/3/2019 - 8:54 PM**

4:03.49 NCS At-Large

| Lane | Team | Relay | Seed Time |
|------------------------------|---------------------------|-------------------------|-----------|
| Section 1 of 1 Finals | | | |
| 1 | El Molino | | 4:39.60 |
| | 1) Velasquez, Isabelle 12 | 2) Kellar, Sakura 12 | |
| | 3) Serrano, Audrey 10 | 4) Broome, Jeanne 10 | |
| | 5) Kinderman, Ella 12 | 6) Fuentes, Kathy 10 | |
| 2 | Windsor | | 4:31.50 |
| | 1) Campos, Kendall 11 | 2) Chavez, Isabela 10 | |
| | 3) Pignataro, Jayda 11 | 4) McCabe, Lauren 11 | |
| 3 | Analy | | 4:20.55 |
| | 1) Atkins, Sierra 12 | 2) Dawson, Carolina 9 | |
| | 3) Melman, Amy 10 | 4) Windsor, Madeline 11 | |
| 4 | Santa Rosa | | 4:07.82 |
| | 1) Schroth, Cassidy 9 | 2) Duffy, Caroline 12 | |
| | 3) Williams, Anika 12 | 4) Zamora, Izel 12 | |
| | 5) Keelty, Bria 12 | 6) Hale, Jacqueline 12 | |
| | 7) Wong, Anastasia 10 | 8) Edwards, Sarah 11 | |
| 5 | Maria Carril | | 4:08.83 |
| | 1) Hermsen, Zoe 12 | 2) Armstrong, Aimee 12 | |
| | 3) Rowe, Kiely 12 | 4) Madsen, McKenzie 12 | |
| | 5) Ouye, Lianah 11 | 6) Hirth, Jasmin 11 | |
| | 7) Leano, Talia 12 | 8) Pehlke, Shelby 10 | |
| 6 | Montgomery | | 4:29.74 |
| | 1) Kelley, Kira 11 | 2) Jones, Mya 10 | |
| | 3) Briceno, Mariah 11 | 4) Haley, Leah 12 | |
| | 5) Beck, Fayola 9 | 6) Dueck, Jessica 11 | |
| | 7) Colvin, Abbey 10 | | |
| 7 | Healdsburg | | 4:39.47 |
| | 1) Peterson, Gabrielle 12 | 2) Lopez, Lilia 12 | |
| | 3) Bozeman, Natalie 12 | 4) Gutierrez, Susie 12 | |
| | 5) Velasco, Deisy 12 | 6) Costello, Hayley 12 | |
| 8 | Rancho Cotat | | 4:52.22 |
| | 1) Monroe, Madison 10 | 2) Naro, Kathleen 12 | |
| | 3) Soriano, Kelly 11 | 4) Wild, Allison 12 | |
| | 5) Sanchez, Secillia 11 | 6) Hernandez, Luisa 11 | |

NBL Track & Field Championship - 5/1/2019 to 5/3/2019
Montgomery High School
Meet Program - Track Finals

Event 20 Boys 4x400 Meter Relay Varsity**Friday 5/3/2019 - 9:01 PM**

3:26.65 NCS At-Large

| Lane | Team | Relay | Seed Time |
|------------------------------|--------------------------------|--------------------------------|------------------|
| Section 1 of 1 Finals | | | |
| 1 | Windsor | | 3:44.00 |
| | 1) Aguayo, Joshua 10 | 2) Bugica, Valentino 10 | |
| | 3) Cionci, John 11 | 4) Howley, Jaxson 9 | |
| | 5) Didero, Ethan 10 | | |
| 2 | El Molino | | 3:41.18 |
| | 1) Wilson, Sam 12 | 2) Nicholls, Chase 12 | |
| | 3) Cibrian, Jacob 10 | 4) Berna, Soul 10 | |
| | 5) Ransome, Ethan 11 | 6) Phillips, Cassius 12 | |
| | 7) Chauvin, Jake 12 | 8) Stringfellow, Wyatt 12 | |
| 3 | Montgomery | | 3:34.74 |
| | 1) Alvarado, Brandon 12 | 2) Hurd, Garrett 12 | |
| | 3) Ledesma, Daniel 11 | 4) Tucker, Gabriel 10 | |
| | 5) George, Jaymon 9 | 6) Shaw, Jaydon 9 | |
| | 7) Jones, Joshua 12 | | |
| 4 | Maria Carril | | 3:24.20 |
| | 1) McCloud, William 12 | 2) Swinth, Colton 11 | |
| | 3) Van Arden, Tyler 12 | 4) Ramirez, Severin 12 | |
| | 5) Wood, Cody 10 | 6) Kapustka, Pierce 11 | |
| | 7) Moeller, Michael 11 | 8) Vieyra, Noe 9 | |
| 5 | Santa Rosa | | 3:33.84 |
| | 1) Stringer-Stein, Jonathan 11 | 2) Schott, Conor 12 | |
| | 3) Glascock, Brayden 12 | 4) Bourdage, Rory 12 | |
| | 5) McAnulty, Travis 11 | 6) Rydell, Linus 12 | |
| 6 | Piner | | 3:35.80 |
| | 1) Nguyen, Minh 11 | 2) Ball, Ryan 12 | |
| | 3) Luong, Austin 11 | 4) Ball, Reanne 12 | |
| | 5) Tran, Tyler 9 | 6) Ngo, Vu 12 | |
| | 7) Gaspar, Addison 12 | | |
| 7 | Cardinal New | | 3:43.00 |
| | 1) Duffy, Ryan 12 | 2) Coogan, Dallas 9 | |
| | 3) Prado, Mario 10 | 4) Patterson, Justin 11 | |
| 8 | Healdsburg | | 4:35.49 |
| | 1) Kooba, Jack 12 | 2) Vanden Heuvel, Jack 10 | |
| | 3) Godinez, Dante 12 | 4) Felix, Jeremy 12 | |
| | 5) Costello, Truman 11 | 6) Vasquez-Mendoza, Xzavier 11 | |