

NBL Track & Field Championship - 5/2/2023 to 5/4/2023

Rancho Cotate High School

Meet Program - Day 2

Event 33 Girls 4x100 Meter Relay Junior Varsity

Thursday 5/4/2023 - 4:00 PM

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
3	Maria Carrillo		
	1) Zoe Chisler 10	2) Katja Simpson 10	
	3) Amelia Leslie 10	4) Cielo Marron 10	
	5) Jenna Sannar 10	6) Ava Bolacito 9	
4	Santa Rosa (Nc)		
	1) Chloe Gallagher 10	2) Xoe Thompson 11	
	3) Mieke Verspecht 9	4) Makenna Runyan 10	
	5) Keelyn Walker 10	6) Jasmin Orozco Abonce 10	
5	Piner (Nc)		
	1) Mireya Mosqueda Damian 10	2) Willow Aquila 9	
	3) Pricellis Alvarado 9	4) Leena Martinez 10	
	5) Emma Choe 10	6) Celeste Virelas Corona 11	
6	Rancho Cotate		
	1) Tailiyah Baring 11	2) Olivia Fountain 9	
	3) Addison Clark 9	4) Jayden Greer 9	

Event 34 Boys 4x100 Meter Relay Junior Varsity

Thursday 5/4/2023 - 4:04 PM

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
2	Montgomery (Nc)		
	1) August Gesell 10	2) Ghazi Sandoval 10	
	3) Owen Jones 10	4) Riley Hallin 10	
	5) Lucas Estrada 10	6) Ryan Yeager 10	
	7) Khilil Shabazz Hubbart 11		
3	Santa Rosa (Nc)		
	1) Matthew Sphabmixay 12	2) Zion Radford 10	
	3) Christopher Gutierrez 10	4) Jalen Chan 10	
	5) Dereck Pinaldez-Vera 10	6) Caleb Swaby-Pierce 11	
4	Rancho Cotate		
	1) Brice Allsup 10	2) Adarius Brooke 10	
	3) Kai Jordan 9	4) John McClellan 9	
5	Maria Carrillo		
	1) Elliott Egerton 10	2) Evan Ehly 10	
	3) Lucas Sihota 10	4) Andres Oandason 10	
	5) Jake Anderson 10	6) Mason Rake 10	
	7) Miles Johnston 10		
6	Piner (Nc)		
	1) Richard Quiroz Marquez 11	2) Nael Tesfamariam 11	
	3) Alex Nguyen 9	4) Emmanuel Dominguez 11	
	5) Junior Ballinas Jimenez 11	6) Julian Perez 10	
7	Ukiah (Nc)		
	1) Xavier Fierro 10	2) Caelan Brown 9	
	3) Zack Martinez 9	4) Andrew McNiel 10	

Event 1 Girls 4x100 Meter Relay Varsity

Thursday 5/4/2023 - 4:08 PM

49.94 NCS At-Large

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
3	Piner (Nc)		
	1) Perla Ramirez Luna 10	2) Naomi Ruiz Hernandez 11	
	3) Paulina Luna 12	4) Niki Domasz 12	
4	Windsor (Nc)		
	1) Madison Shaw 11	2) Kaelyn Malsbary 10	
	3) Lily Ratliff 10	4) Brianna Henry 12	
	5) Sofia Mercado 9		
5	Healdsburg (Nc)		
	1) Julia Dolph 10	2) Amelia Wickersham 9	
	3) Amelia Low 9	4) Adeline Waterman 12	
Section 2 of 2 Finals			
2	Montgomery (Nc)		
	1) Megan Kinsey 9	2) Violet Bowser 10	
	3) Mila Martin 9	4) Carlene Malone 10	
	5) Katelynn Anderson 10	6) Kehlen Eubanks 11	
3	Rancho Cotate		
	1) Leila Youngblood 12	2) Sophie Vella 10	
	3) Makenna Ripple 12	4) Anastacia Mikhailova 12	
4	Maria Carrillo		
	1) Lily Mulligan 12	2) Elianah DeMange 12	
	3) Sydney Moore 11	4) Kathryn O'Malley 12	
	5) Bailey Bronston 12	6) Lily Costa 10	
	7) Gianna Morley 9		
5	Cardinal Newman		
	1) Hannah Maida 9	2) Bella D'Amico --	
	3) Abbie Mullins 12	4) Lily Carinalli 12	
	5) Hennessey Saunders 11	6) Ava Jones 10	
	7) Vivien Jordan 12		
6	Santa Rosa (Nc)		
	1) Janelle Wanliss 10	2) Alejandra Chavez Roque 12	
	3) Diana Valencia Dimas 12	4) Ysabella Roscyl Galisanao 11	
	5) Jaiden Brooner-Furia 12	6) Shayla Sowerby 11	
	7) Kameryn Torres 10		
7	Ukiah (Nc)		
	1) Jady Diaz 11	2) Ashley Reed 10	
	3) Nicole Muniz 10	4) Savannah Nelson 10	

NBL Track & Field Championship - 5/2/2023 to 5/4/2023

Rancho Cotate High School

Meet Program - Day 2

Event 2 Boys 4x100 Meter Relay Varsity

Thursday 5/4/2023 - 4:12 PM

43.39 NCS At-Large

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

1	Piner (Nc)		
	1) Azriel Cuevas-Martinez 10	2) Alexander Rodriguez 11	
	3) Andrew Luong 10	4) Elliott Phengsy 11	
2	Windsor (Nc)		
	1) Dominic Morris 11	2) Kerry Fernando 11	
	3) August Kingwell 11	4) Gunnar Erickson 11	
	5) Antonio Gonsalves 10		
3	Santa Rosa (Nc)		
	1) Curtis Kovacevich 11	2) Cadel Sacher 11	
	3) Darius Prince 12	4) Elijah Hansen 11	
	5) Jayke Fightmaster 12	6) Xavier Mendez 11	
4	Rancho Cotate		
	1) Tupotu Halle 11	2) Gio Martinez 10	
	3) Jacob Pruitt 11	4) Sai Vadrawale 12	
	5) Christian Kirumira 12	6) Hunter Contrell 11	
5	Maria Carrillo		
	1) Beau Gleeson 11	2) Cohen Ferrari 12	
	3) Alexander Ong 12	4) Jai Gray 12	
	5) James Jepson 11	6) Wyatt Olsen 11	
	7) Malachi Cole 9		
6	Cardinal Newman		
	1) Kenyon Hanlon-Strane 11	2) Trenton Lloyd 12	
	3) William Bonzi 12	4) Jonah Bertoli 9	
	5) Jesse Meyers 10	6) Dominic Torres --	
7	Montgomery (Nc)		
	1) Airik Parker 11	2) Austin Gunter 12	
	3) Noah Switzer 10	4) Joseph Bowser 12	
	5) Kristofer Torres-Lebeau 11	6) Glencarlo Sibbu 10	

Event 35 Girls 1600 Meter Run Junior Varsity

Thursday 5/4/2023 - 4:20 PM

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Keeley Graziani	9	Maria Carrillo	
2	Kate Carter	10	Rancho Cotate	
3	Grace Gunderson	10	Maria Carrillo	
4	Deisy Garcia	10	Rancho Cotate	
5	Rachel Lustberg	10	Maria Carrillo	
6	Savannah Fogg	9	Maria Carrillo	
7	Isabella Dajalos	9	Maria Carrillo	
8	Lily Goshgarian	10	Montgomery (Nc)	
9	Olivia Youngblood	12	Rancho Cotate	
10	Catherine Bisbee	10	Maria Carrillo	
11	Sierra Anderson	10	Healdsburg (Nc)	
12	Anuja Dave	10	Maria Carrillo	
13	Maggie Trebilcock	12	Healdsburg (Nc)	
14	Anjuli Kumthekar	9	Montgomery (Nc)	
15	Megan Johnson	9	Windsor (Nc)	
16	Dalila Campos Carmona	10	Maria Carrillo	
17	Sydney Gamble	12	Santa Rosa (Nc)	
18	Ashlyn North	9	Windsor (Nc)	
19	Alisa Strykowski	10	Healdsburg (Nc)	
20	Eva Bailey	10	Ukiah (Nc)	
21	Valeria Castillo	9	Rancho Cotate	
22	Arianna Quinones	9	Ukiah (Nc)	
23	Josie Bogner	11	Ukiah (Nc)	
24	Maya Paris	10	Maria Carrillo	
25	Elliot Macken	9	Santa Rosa (Nc)	
26	Katherine Thomas	10	Montgomery (Nc)	
27	Han Nguyen	11	Piner (Nc)	
28	Isabella Mendoza Gonzalez	10	Rancho Cotate	

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Meet Program - Day 2

Event 36 Boys 1600 Meter Run Junior Varsity

Thursday 5/4/2023 - 4:28 PM

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Ethan Vera	10	Piner (Nc)	
2	Isaiah Hernandez	9	Windsor (Nc)	
3	Aaron Liddell	9	Windsor (Nc)	
4	Darwin Ramirez Sanchez	9	Piner (Nc)	
5	Nicolai King Gile	9	Santa Rosa (Nc)	
6	Isaiah Flores	11	Maria Carrillo	
7	Carlos Orozco	9	Ukiah (Nc)	
8	Uriel Morales	11	Piner (Nc)	
9	Valentin Castro	11	Piner (Nc)	
10	JuanPablo Contreras	11	Piner (Nc)	
11	Damin Hardin	9	Rancho Cotate	
12	Justin Lee	10	Rancho Cotate	
13	Oliver Haupt	9	Montgomery (Nc)	
14	Reese Oo	9	Rancho Cotate	
15	Gabriel Lopez	9	Rancho Cotate	
16	Zachary March	10	Santa Rosa (Nc)	
17	Grayson Gierhart	9	Maria Carrillo	
18	Daniel Carriger	9	Rancho Cotate	
19	Hai Tran	10	Rancho Cotate	
20	Lucas York	12	Healdsburg (Nc)	
21	Jack Willmore	11	Healdsburg (Nc)	

Section 2 of 2 Finals

1	Holden Williams	10	Santa Rosa (Nc)	
2	Oscar Ruiz	10	Ukiah (Nc)	
3	Levi Cook	11	Santa Rosa (Nc)	
4	Milo Weise	9	Maria Carrillo	
5	James Muir	9	Maria Carrillo	
6	Tomas Mercado	9	Montgomery (Nc)	
7	Tristan Liggett	12	Santa Rosa (Nc)	
8	Kobi Hasunuma	10	Ukiah (Nc)	
9	Aiden Smith	9	Maria Carrillo	
10	Dominic Ricci	9	Maria Carrillo	
11	Allan Alanis	11	Windsor (Nc)	
12	Isaac Lasker	9	Santa Rosa (Nc)	
13	Tristan Moores	9	Windsor (Nc)	
14	Aston Rashap	10	Maria Carrillo	
15	Shay Jensen	9	Maria Carrillo	
16	Carlos Espinoza	9	Piner (Nc)	
17	Kendrick Martinez Cruz	11	Santa Rosa (Nc)	
18	Alex Perez	10	Piner (Nc)	
19	Mickael Raufaste	11	Maria Carrillo	
20	Sergio Ramirez	11	Piner (Nc)	
21	Estaban Gaytan	9	Piner (Nc)	
22	Carter Graf	9	Montgomery (Nc)	

Event 3 Girls 1600 Meter Run Varsity

Thursday 5/4/2023 - 4:43 PM

5:13.02 NCS At-Large

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Hanne Thomsen	10	Montgomery (Nc)	
2	Seelah Kittelstrom	10	Montgomery (Nc)	
3	Amrie Lacefield	10	Montgomery (Nc)	
4	Gracie Trenam	11	Maria Carrillo	
5	Isabella Boardman	10	Windsor (Nc)	
6	Hope Martin	12	Montgomery (Nc)	
7	Rebekah Taylor	12	Maria Carrillo	
8	Kira Moe	11	Maria Carrillo	
9	Katherine Choe	10	Maria Carrillo	
10	Rosemary Harris	11	Analy (Nc)	
11	Leah Cederborg	12	Santa Rosa (Nc)	
12	Sophie Barrow	9	Maria Carrillo	
13	Pia Sallee	10	Windsor (Nc)	
14	Isabelle Gross	9	Maria Carrillo	
15	Isabela Yob	12	Analy (Nc)	
16	Beatrice Hawkes	9	Healdsburg (Nc)	
17	Gwen Brockett	10	Cardinal Newman	
18	Ida May Likitprakong	10	Montgomery (Nc)	
19	Sydney Stroud	10	Montgomery (Nc)	
20	Cora Morthole	9	Montgomery (Nc)	
21	Amanda Mucho	12	Ukiah (Nc)	

Event 4 Boys 1600 Meter Run Varsity

Thursday 5/4/2023 - 4:51 PM

4:25.73 NCS At-Large

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Leonardo Vasquez	12	Piner (Nc)	
2	Michael Spears	10	Santa Rosa (Nc)	
3	Quince Holman	9	Analy (Nc)	
4	Andrew Tarin	12	Ukiah (Nc)	
5	Alexander Cambou	10	Piner (Nc)	
6	Cole Barney	10	Windsor (Nc)	
7	Matthew Payne	10	Windsor (Nc)	
8	Juan Mendoza	11	Ukiah (Nc)	
9	Jack Capitani	12	Cardinal Newman	
10	Ramsay Hernandez	11	Rancho Cotate	
11	Gabriel Mote-Recor	12	Piner (Nc)	
12	Jaden Vera	11	Piner (Nc)	
13	Bodhi Finnerty	10	Montgomery (Nc)	
14	Jaiden Ortega	11	Rancho Cotate	
15	Aaron Barzed	9	Rancho Cotate	
16	Hunter James	9	Rancho Cotate	

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Section 2 of 2 Finals...(Event 4 Boys 1600 Meter Run Varsity)

1	Jude Devries	12	Montgomery (Nc)
2	Jack Wilson	10	Maria Carrillo
3	Andrew Stevens	12	Santa Rosa (Nc)
4	Johnny Ando	11	Santa Rosa (Nc)
5	Grant Sanderson	11	Maria Carrillo
6	Sean Gubera	12	Maria Carrillo
7	Max Azevedo	11	Montgomery (Nc)
8	Isaac Feleay	11	Santa Rosa (Nc)
9	Cormac Gaylord	10	Analy (Nc)
10	Mason Gaspar	11	Santa Rosa (Nc)
11	Xavier Surgeon	9	Windsor (Nc)
12	Graham Gregory	10	Montgomery (Nc)
13	Ryan LaFrance	10	Montgomery (Nc)
14	Cyrus Gentry	11	Santa Rosa (Nc)
15	Jake McWilliams	9	Healdsburg (Nc)
16	Jack Rahm	11	Ukiah (Nc)

Event 37 Girls 100 Meter Hurdles Junior Varsity

Thursday 5/4/2023 - 5:10 PM

Lane	Name	Yr	School	Prelims
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Section 1 of 1 Finals

1	Jenna Sannar	10	Maria Carrillo	21.98
2	Nell Krombholz	9	Maria Carrillo	21.51
3	Joie Kozubal	10	Healdsburg (Nc)	21.40
4	Mieke Verspecht	9	Santa Rosa (Nc)	19.91
5	Mony Neang	11	Piner (Nc)	20.85
6	Lyla Hanauer	9	Analy (Nc)	21.42
7	Taiye Fahnbulleh	10	Maria Carrillo	21.73
8	Alisa Strykowski	10	Healdsburg (Nc)	22.09

Event 5 Girls 100 Meter Hurdles Varsity

Thursday 5/4/2023 - 5:13 PM

16.24 NCS At-Large

Lane	Name	Yr	School	Prelims
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Section 1 of 2 Finals

1	Jasmine Caballero-Luna	11	Piner (Nc)	20.39
2	Niki Domasz	12	Piner (Nc)	19.81
3	Lily Cuniberti	11	Maria Carrillo	18.97
4	Ella Baldwin	9	Analy (Nc)	18.83
5	Nola McGarva	11	Maria Carrillo	18.93
6	Jamie Gage	10	Montgomery (Nc)	19.05
7	Jasmin Baptista	12	Analy (Nc)	20.09
8	Elena Marquez	10	Analy (Nc)	21.20

Section 2 of 2 Finals

1	Kate Wallace	10	Santa Rosa (Nc)	18.77
2	Anya Halkovich	10	Cardinal Newman	18.44
3	Beatrice Belt	9	Maria Carrillo	18.13
4	Ariana Rogina	10	Montgomery (Nc)	17.35
5	Payton McGarva	12	Maria Carrillo	17.79
6	Natalie Wilmarth	12	Montgomery (Nc)	18.30
7	Natalie Rosetti	11	Cardinal Newman	18.48
8	Kori Simpson	10	Rancho Cotate	18.80

Event 38 Boys 110 Meter Hurdles Junior Varsity

Thursday 5/4/2023 - 5:20 PM

Lane	Name	Yr	School	Prelims
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Section 1 of 1 Finals

1	Junior Ballinas Jimenez	11	Piner (Nc)	19.62
2	Brice Allsup	10	Rancho Cotate	19.09
3	Matthew Donlon	10	Maria Carrillo	18.28
4	Andrew McNiel	10	Ukiah (Nc)	17.23
5	Adarius Brooke	10	Rancho Cotate	17.29
7	Parker Mitchell	9	Ukiah (Nc)	19.33
8	Jose Miguel Vasquez	11	Piner (Nc)	19.70

Event 6 Boys 110 Meter Hurdles Varsity

Thursday 5/4/2023 - 5:23 PM

15.52 NCS At-Large

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Derek Sadorra	12	Piner (Nc)
2	Erick Gutierrez	12	Healdsburg (Nc)
3	Xander Newman	11	Montgomery (Nc)
4	Sai Vadrawale	12	Rancho Cotate
5	NJ Robert	12	Piner (Nc)
6	Alexander Ong	12	Maria Carrillo
7	James Jepson	11	Maria Carrillo
8	Airik Parker	11	Montgomery (Nc)

Event 39 Girls 400 Meter Dash Junior Varsity

Thursday 5/4/2023 - 5:30 PM

Lane	Name	Yr	School	Prelims
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Section 1 of 1 Finals

1	Jasmin Orozco Abonce	10	Santa Rosa (Nc)	73.78
2	Anjuli Kumthekar	9	Montgomery (Nc)	72.02
3	Savannah Fogg	9	Maria Carrillo	71.78
4	Cielo Marron	10	Maria Carrillo	67.47
5	Emily Baker	10	Maria Carrillo	67.99
6	Mariana Eakle	11	Santa Rosa (Nc)	71.99
7	Willow Aquila	9	Piner (Nc)	72.91
8	Kira Nielson	10	Healdsburg (Nc)	74.49

Event 40 Boys 400 Meter Dash Junior Varsity

Thursday 5/4/2023 - 5:34 PM

Lane	Name	Yr	School	Prelims
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Section 1 of 1 Finals

1	Samuel Weeks	11	Montgomery (Nc)	63.71
2	Christopher Gutierrez	10	Santa Rosa (Nc)	59.66
3	Zion Radford	10	Santa Rosa (Nc)	57.68
4	John McClellan	9	Rancho Cotate	57.26
5	Levi Hensley	10	Analy (Nc)	57.28
6	Eric Rodriguez	10	Santa Rosa (Nc)	57.85
7	Wyatt Drew	9	Healdsburg (Nc)	62.71
8	Ryan Mertens	12	Piner (Nc)	64.15

NBL Track & Field Championship - 5/2/2023 to 5/4/2023

Rancho Cotate High School

Meet Program - Day 2

Event 7 Girls 400 Meter Dash Varsity

Thursday 5/4/2023 - 5:38 PM

59.55 NCS At-Large

Lane	Name	Yr	School	Prelims
Section 1 of 2 Finals				
1	Amelia Wickersham	9	Healdsburg (Nc)	65.46
2	Kylie Malm	11	Maria Carrillo	64.83
3	Karris Morasch	11	Analy (Nc)	64.43
4	Kaelyn Malsbary	10	Windsor (Nc)	63.86
5	Adeline Waterman	12	Healdsburg (Nc)	64.16
6	Ruby Laughlin	9	Maria Carrillo	64.57
7	Ruby Trione	11	Santa Rosa (Nc)	64.86
8	Cheyann Cena	10	Santa Rosa (Nc)	66.06

Section 2 of 2 Finals

1	Elena Marquez	10	Analy (Nc)	63.13
2	Emma Moore	11	Maria Carrillo	62.53
3	Elena King	12	Analy (Nc)	60.27
4	Elianah DeMange	12	Maria Carrillo	58.98
5	Elizabeth Beiswanger	12	Montgomery (Nc)	59.63
6	Kehlen Eubanks	11	Montgomery (Nc)	61.84
7	Maiya Wienert Bardell	11	Santa Rosa (Nc)	62.80
8	Bella D'Amico	--	Cardinal Newman	63.79

Event 8 Boys 400 Meter Dash Varsity

Thursday 5/4/2023 - 5:44 PM

50.38 NCS At-Large

Lane	Name	Yr	School	Prelims
Section 1 of 2 Finals				
1	Guy Glenzer	10	Ukiah (Nc)	56.59
2	Estefan Ramirez	9	Maria Carrillo	55.32
3	Julius Skamarack	10	Cardinal Newman	55.08
4	Jackson Giglio	10	Ukiah (Nc)	54.89
5	Jacob Patterson	10	Cardinal Newman	55.04
6	Max Winchell	10	Rancho Cotate	55.14
7	William Voss	12	Analy (Nc)	55.95
8	Alexander Rodriguez	11	Piner (Nc)	56.74

Section 2 of 2 Finals

1	Hunter Contrell	11	Rancho Cotate	54.02
2	Erick Gutierrez	12	Healdsburg (Nc)	52.95
3	Owen Foley	11	Analy (Nc)	51.22
4	Liam Currie	11	Cardinal Newman	50.21
5	Dylan Arendt	11	Analy (Nc)	50.80
6	Joseph Bowser	12	Montgomery (Nc)	52.11
7	Xavius Lanford	11	Montgomery (Nc)	53.53
8	Cole Ouimette	11	Santa Rosa (Nc)	54.44

Event 41 Girls 100 Meter Dash Junior Varsity

Thursday 5/4/2023 - 5:52 PM

Lane	Name	Yr	School	Prelims
Section 1 of 1 Finals				
1	Zoe Chisler	10	Maria Carrillo	14.77
2	Amelia Leslie	10	Maria Carrillo	14.66
3	Xoe Thompson	11	Santa Rosa (Nc)	14.52
4	Makenna Runyan	10	Santa Rosa (Nc)	14.42
5	Chloe Gallagher	10	Santa Rosa (Nc)	14.47
6	Cassidy Whitestine	9	Analy (Nc)	14.57
7	Brooklyn Chiu	9	Analy (Nc)	14.75
8	Kiara Asti	10	Montgomery (Nc)	14.92

Event 42 Boys 100 Meter Dash Junior Varsity

Thursday 5/4/2023 - 5:55 PM

Lane	Name	Yr	School	Prelims
Section 1 of 1 Finals				
1	August Gesell	10	Montgomery (Nc)	12.56
2	Kai Jordan	9	Rancho Cotate	12.47
3	Jalen Chan	10	Santa Rosa (Nc)	12.35
4	Andres Oandason	10	Maria Carrillo	11.93
5	Adarius Brooke	10	Rancho Cotate	12.17
6	Gavin Naminachanty	10	Rancho Cotate	12.42
7	Elliott Egerton	10	Maria Carrillo	12.48
8	Xavier Fierro	10	Ukiah (Nc)	12.57

Event 9 Girls 100 Meter Dash Varsity

Thursday 5/4/2023 - 5:58 PM

12.49 NCS At-Large

Lane	Name	Yr	School	Prelims
Section 1 of 2 Finals				
1	Bella Woicicki	10	Maria Carrillo	14.17
2	Mia Costa	10	Maria Carrillo	14.08
3	Alejandra Chavez Roque	12	Santa Rosa (Nc)	14.06
4	Gianna Morley	9	Maria Carrillo	14.00
5	Hennessey Saunders	11	Cardinal Newman	14.04
6	Lily Costa	10	Maria Carrillo	14.08
7	Sophie Vella	10	Rancho Cotate	14.12
8	Carlene Malone	10	Montgomery (Nc)	14.18

Section 2 of 2 Finals

1	Bailey Bronston	12	Maria Carrillo	13.65
2	Anastacia Mikhailova	12	Rancho Cotate	13.62
3	Hannah Maida	9	Cardinal Newman	13.29
4	Kathryn O'Malley	12	Maria Carrillo	13.05
5	Abbie Mullins	12	Cardinal Newman	13.25
6	Sydney Moore	11	Maria Carrillo	13.60
7	Ysabella Roscyl Galisanao	11	Santa Rosa (Nc)	13.65
8	Vivien Jordan	12	Cardinal Newman	13.90

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Event 10 Boys 100 Meter Dash Varsity

Thursday 5/4/2023 - 6:04 PM

11.02 NCS At-Large

Lane	Name	Yr	School	Prelims
Section 1 of 2 Finals				
1	Cadel Sacher	11	Santa Rosa (Nc)	12.17
2	Christian Kirumira	12	Rancho Cotate	12.13
3	Cohen Ferrari	12	Maria Carrillo	12.09
4	Jonah Bertoli	9	Cardinal Newman	12.08
5	Curtis Kovacevich	11	Santa Rosa (Nc)	12.08
6	William Bonzi	12	Cardinal Newman	12.10
7	Talan Patrick	11	Santa Rosa (Nc)	12.14
8	Wyatt Olsen	11	Maria Carrillo	12.35
Section 2 of 2 Finals				
1	Jesse Meyers	10	Cardinal Newman	11.83
2	Evan Foley	9	Analy (Nc)	11.77
3	Jacob Pruitt	11	Rancho Cotate	11.53
4	Elijah Hansen	11	Santa Rosa (Nc)	11.38
5	Trenton Lloyd	12	Cardinal Newman	11.49
6	August Kingwell	11	Windsor (Nc)	11.73
7	Giovanni Martinez	10	Rancho Cotate	11.83
8	Gunnar Erickson	11	Windsor (Nc)	12.06

Event 43 Girls 800 Meter Run Junior Varsity

Thursday 5/4/2023 - 6:15 PM

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Deisy Garcia	10	Rancho Cotate	
2	Jeamy Contreras	9	Analy (Nc)	
3	Keeley Graziani	9	Maria Carrillo	
4	Grace Gunderson	10	Maria Carrillo	
5	Rachel Lustberg	10	Maria Carrillo	
6	Josephine Rivera-h	12	Maria Carrillo	
7	Myrea Heaps	11	Maria Carrillo	
8	Olivia Youngblood	12	Rancho Cotate	
9	Sierra Anderson	10	Healdsburg (Nc)	
10	Serena Karres	9	Montgomery (Nc)	
11	Emily Ricci	9	Rancho Cotate	
12	Maggie Trebilcock	12	Healdsburg (Nc)	
13	Eva Bailey	10	Ukiah (Nc)	
14	Alisa Strykowski	10	Healdsburg (Nc)	
15	Isabella Dajalos	9	Maria Carrillo	
16	Arianna Quinones	9	Ukiah (Nc)	
17	Josie Bogner	11	Ukiah (Nc)	
18	Dalila Campos Carmona	10	Maria Carrillo	
19	Lily Goshgarian	10	Montgomery (Nc)	
20	Valeria Castillo	9	Rancho Cotate	
21	Delaney Kidd	11	Ukiah (Nc)	
22	Elliot Macken	9	Santa Rosa (Nc)	
23	Brenna Scott	11	Healdsburg (Nc)	

Event 44 Boys 800 Meter Run Junior Varsity

Thursday 5/4/2023 - 6:20 PM

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Carter Graf	9	Montgomery (Nc)	
2	Damin Hardin	9	Rancho Cotate	
3	Carlos Orozco	9	Ukiah (Nc)	
4	Samuel Weeks	11	Montgomery (Nc)	
5	Reese Oo	9	Rancho Cotate	
6	Alex Perez	10	Piner (Nc)	
7	Aidan Berg	9	Analy (Nc)	
8	Nicolai King Gile	9	Santa Rosa (Nc)	
9	Isaiah Flores	11	Maria Carrillo	
10	Gabriel Lopez	9	Rancho Cotate	
11	Kayden Davis	9	Cardinal Newman	
12	Oliver Haupt	9	Montgomery (Nc)	
13	Justin Lee	10	Rancho Cotate	
14	Daniel Carriger	9	Rancho Cotate	
15	Zachary March	10	Santa Rosa (Nc)	
16	Hai Tran	10	Rancho Cotate	
17	Alexis Molina Arango	9	Elsie Allen (Nc)	
Section 2 of 2 Finals				
1	Jonathan Rath	9	Maria Carrillo	
2	Tomas Mercado	9	Montgomery (Nc)	
3	James Muir	9	Maria Carrillo	
4	Benjamin Taylor	9	Maria Carrillo	
5	Dominick Conti	11	Maria Carrillo	
6	Sergio Ramirez	11	Piner (Nc)	
7	Aiden Smith	9	Maria Carrillo	
8	Keon Thom	9	Maria Carrillo	
9	Milo Weise	9	Maria Carrillo	
10	Aston Rashap	10	Maria Carrillo	
11	Allan Alanis	11	Windsor (Nc)	
12	Aaron Liddell	9	Windsor (Nc)	
13	Kendrick Martinez Cruz	11	Santa Rosa (Nc)	
14	Ethan Vera	10	Piner (Nc)	
15	Isaac Lasker	9	Santa Rosa (Nc)	
16	Isaiah Hernandez	9	Windsor (Nc)	
17	Carlos Espinoza	9	Piner (Nc)	
18	Ryan Mertens	12	Piner (Nc)	

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Event 11 Girls 800 Meter Run Varsity

Thursday 5/4/2023 - 6:26 PM

2:20.97 NCS At-Large

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Mia Carra	11	Maria Carrillo	
2	Amrie Lacefield	10	Montgomery (Nc)	
3	Andi Fogg	9	Maria Carrillo	
4	Isabella Boardman	10	Windsor (Nc)	
5	Hope Martin	12	Montgomery (Nc)	
6	Rosemary Harris	11	Analy (Nc)	
7	Rebekah Taylor	12	Maria Carrillo	
8	Ella Chong	12	Maria Carrillo	
9	Pia Sallee	10	Windsor (Nc)	
10	Brooke Szezekocki	10	Maria Carrillo	
11	Carley Schubert	10	Maria Carrillo	
12	Camille Newhall	11	Santa Rosa (Nc)	
13	Jasmine Mansfield	10	Montgomery (Nc)	
14	Sakina Woods	10	Analy (Nc)	
15	Isabella Campos	11	Analy (Nc)	
16	Gavriella Geffner	10	Santa Rosa (Nc)	
17	Beatrice Hawkes	9	Healdsburg (Nc)	
18	Kristi Smith	11	Santa Rosa (Nc)	
19	Josalyn Schmidt	12	Piner (Nc)	

Event 12 Boys 800 Meter Run Varsity

Thursday 5/4/2023 - 6:30 PM

1:59.24 NCS At-Large

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Jared Hayes	12	Piner (Nc)	
2	Jude Devries	12	Montgomery (Nc)	
3	Ben Dethlefsen	12	Santa Rosa (Nc)	
4	Bryce Ward	12	Piner (Nc)	
5	Rami Nacouzi	12	Maria Carrillo	
6	Johnny Ando	11	Santa Rosa (Nc)	
7	Sean Gubera	12	Maria Carrillo	
8	Theodore Broome	12	Santa Rosa (Nc)	
9	Ryan LaFrance	10	Montgomery (Nc)	
10	Cormac Gaylord	10	Analy (Nc)	
11	Bear Vanden-Heuvel	10	Analy (Nc)	
12	Alan Carmona	12	Analy (Nc)	
13	Matthew Payne	10	Windsor (Nc)	
14	Jack Fightmaster	11	Santa Rosa (Nc)	
15	Jake McWilliams	9	Healdsburg (Nc)	
16	Cyrus Gentry	11	Santa Rosa (Nc)	
17	Andrew Tarin	12	Ukiah (Nc)	
18	Jonathan Henry	12	Windsor (Nc)	
19	Marin Broadbent-Bell	12	Analy (Nc)	
20	Azriel Cuevas-Martinez	10	Piner (Nc)	
21	Juan Mendoza	11	Ukiah (Nc)	
22	Jaden Vera	11	Piner (Nc)	
23	Jaiden Ortega	11	Rancho Cotate	
24	Hunter James	9	Rancho Cotate	
25	Aaron Barzed	9	Rancho Cotate	

Event 45 Girls 300 Meter Hurdles Junior Varsity

Thursday 5/4/2023 - 6:38 PM

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
2	Alisa Strykowski	10	Healdsburg (Nc)	
3	Lyla Hanauer	9	Analy (Nc)	
4	Quinne Crocker	9	Maria Carrillo	
5	Mieke Verspecht	9	Santa Rosa (Nc)	
6	Joie Kozubal	10	Healdsburg (Nc)	
7	Jasmine Tran	10	Analy (Nc)	

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Event 13 Girls 300 Meter Hurdles Varsity

Thursday 5/4/2023 - 6:41 PM

47.90 NCS At-Large

Lane	Name	Yr	School	Prelims
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Section 1 of 2 Finals

1	Niki Domasz	12	Piner (Nc)	57.28
2	Jasmine Caballero-Luna	11	Piner (Nc)	56.88
3	Kate Wallace	10	Santa Rosa (Nc)	55.43
4	Zoey Blake	9	Santa Rosa (Nc)	53.94
5	Natalie Wilmarth	12	Montgomery (Nc)	54.59
6	Jasmin Baptista	12	Analy (Nc)	56.40
7	Naomi Ruiz Hernandez	11	Piner (Nc)	57.20
8	Kori Simpson	10	Rancho Cotate	58.33

Section 2 of 2 Finals

1	Lily Cuniberti	11	Maria Carrillo	52.64
2	Nola McGarva	11	Maria Carrillo	52.41
3	Natalie Rosetti	11	Cardinal Newman	50.34
4	Payton McGarva	12	Maria Carrillo	48.56
5	Ella Baldwin	9	Analy (Nc)	50.31
6	Ariana Rogina	10	Montgomery (Nc)	50.71
7	Anya Halkovich	10	Cardinal Newman	52.42
8	Beatrice Belt	9	Maria Carrillo	53.22

Event 46 Boys 300 Meter Hurdles Junior Varsity

Thursday 5/4/2023 - 6:48 PM

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Tate Triola	9	Montgomery (Nc)	
2	Azzam Sandoval	9	Montgomery (Nc)	
3	Eljay Broderick	9	Santa Rosa (Nc)	
4	Matthew Donlon	10	Maria Carrillo	
5	Jason Dennis	9	Santa Rosa (Nc)	
6	Benjamin McKnight	10	Analy (Nc)	
7	Junior Ballinas Jimenez	11	Piner (Nc)	
8	Silmon Arefaine	9	Montgomery (Nc)	

Event 14 Boys 300 Meter Hurdles Varsity

Thursday 5/4/2023 - 6:51 PM

41.08 NCS At-Large

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

2	Mason Gaspar	11	Santa Rosa (Nc)	
3	Henry Younger	12	Santa Rosa (Nc)	
4	Xavier Mendez	11	Santa Rosa (Nc)	
5	Cruz Tuso	9	Montgomery (Nc)	
6	Jorge Cuellar Mendoza	10	Piner (Nc)	

Section 2 of 2 Finals

1	Erick Gutierrez	12	Healdsburg (Nc)	
2	James Jepson	11	Maria Carrillo	
3	NJ Robert	12	Piner (Nc)	
4	Owen Foley	11	Analy (Nc)	
5	Alexander Ong	12	Maria Carrillo	
6	Xander Newman	11	Montgomery (Nc)	
7	Airik Parker	11	Montgomery (Nc)	
8	Derek Sadorra	12	Piner (Nc)	

Event 47 Girls 200 Meter Dash Junior Varsity

Thursday 5/4/2023 - 7:00 PM

Lane	Name	Yr	School	Prelims
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Section 1 of 1 Finals

1	Xoe Thompson	11	Santa Rosa (Nc)	31.72
2	Emily Baker	10	Maria Carrillo	31.39
3	Zoe Chisler	10	Maria Carrillo	30.86
4	Cielo Marron	10	Maria Carrillo	30.33
5	Alejandra Cuatlehuatl	9	Analy (Nc)	30.83
6	Taylor Clawson	10	Maria Carrillo	31.15
7	Amelia Leslie	10	Maria Carrillo	31.65
8	Jenna Sannar	10	Maria Carrillo	31.74

Event 48 Boys 200 Meter Dash Junior Varsity

Thursday 5/4/2023 - 7:03 PM

Lane	Name	Yr	School	Prelims
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Section 1 of 1 Finals

1	John McClellan	9	Rancho Cotate	26.06
2	Tamatoa Halle	9	Rancho Cotate	25.96
3	Zion Radford	10	Santa Rosa (Nc)	25.55
4	Kai Jordan	9	Rancho Cotate	24.88
5	Jalen Chan	10	Santa Rosa (Nc)	25.47
6	Caelan Brown	9	Ukiah (Nc)	25.62
7	Andres Oandason	10	Maria Carrillo	26.04
8	Evan Ehly	10	Maria Carrillo	26.11

Event 15 Girls 200 Meter Dash Varsity

Thursday 5/4/2023 - 7:09 PM

25.85 NCS At-Large

Lane	Name	Yr	School	Prelims
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Section 1 of 2 Finals

1	Ruby Trione	11	Santa Rosa (Nc)	28.83
2	Bella Woicicki	10	Maria Carrillo	28.65
3	Ysabella Roscyl Galisanao	11	Santa Rosa (Nc)	28.39
4	Sydney Moore	11	Maria Carrillo	28.31
5	Bailey Bronston	12	Maria Carrillo	28.32
6	Gianna Morley	9	Maria Carrillo	28.59
7	Lily Costa	10	Maria Carrillo	28.72
8	Ruby Laughlin	9	Maria Carrillo	28.90

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Section 2 of 2 Finals...(Event 15 Girls 200 Meter Dash Varsity)

1	Anastacia Mikhailova	12	Rancho Cotate	28.11
2	Sadie Sanders	10	Montgomery (Nc)	27.47
3	Elena King	12	Analy (Nc)	27.01
4	Kathryn O'Malley	12	Maria Carrillo	26.81
5	Elianah DeMange	12	Maria Carrillo	26.89
6	Abbie Mullins	12	Cardinal Newman	27.04
7	Emma Moore	11	Maria Carrillo	27.73
8	Kehlen Eubanks	11	Montgomery (Nc)	28.11

Event 16 Boys 200 Meter Dash Varsity

Thursday 5/4/2023 - 7:15 PM

22.47 NCS At-Large

Lane	Name	Yr	School	Prelims
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Section 1 of 2 Finals

1	Cadel Sacher	11	Santa Rosa (Nc)	24.62
2	William Bonzi	12	Cardinal Newman	24.42
3	Dave Baraka	12	Piner (Nc)	24.00
4	August Kingwell	11	Windsor (Nc)	23.86
5	Gio Martinez	10	Rancho Cotate	23.98
6	Christian Kirumira	12	Rancho Cotate	24.25
7	Jacob Patterson	10	Cardinal Newman	24.53
8	Hunter Contrell	11	Rancho Cotate	24.67

Section 2 of 2 Finals

1	Tupotu Halle	11	Rancho Cotate	23.67
2	Liam Currie	11	Cardinal Newman	23.30
3	Trenton Lloyd	12	Cardinal Newman	23.19
4	Jacob Pruitt	11	Rancho Cotate	22.86
5	Joseph Bowser	12	Montgomery (Nc)	22.93
6	Elijah Hansen	11	Santa Rosa (Nc)	23.29
7	Jai Gray	12	Maria Carrillo	23.32
8	Evan Foley	9	Analy (Nc)	23.69

Event 49 Girls 3200 Meter Run Junior Varsity

Thursday 5/4/2023 - 7:25 PM

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Kate Carter	10	Rancho Cotate	
14	Natalie Feng	11	Maria Carrillo	
15	Catherine Bisbee	10	Maria Carrillo	
16	Sydney Gamble	12	Santa Rosa (Nc)	
17	Anuja Dave	10	Maria Carrillo	
18	Han Nguyen	11	Piner (Nc)	
19	Isabella Mendoza Gonzalez	10	Rancho Cotate	

Event 50 Boys 3200 Meter Run Junior Varsity

Thursday 5/4/2023 - 7:40 PM

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Oscar Ruiz	10	Ukiah (Nc)	
2	Holden Williams	10	Santa Rosa (Nc)	
3	Kobi Hasunuma	10	Ukiah (Nc)	
4	Tristan Moores	9	Windsor (Nc)	
5	Levi Cook	11	Santa Rosa (Nc)	
6	Estaban Gaytan	9	Piner (Nc)	
7	Shay Jensen	9	Maria Carrillo	
8	Valentin Castro	11	Piner (Nc)	
9	Marcus Schluter	11	Analy (Nc)	
10	Giezi Guerero	12	Elsie Allen (Nc)	
11	Jack Willmore	11	Healdsburg (Nc)	
12	Lucas York	12	Healdsburg (Nc)	

Event 17 Girls 3200 Meter Run Varsity

Thursday 5/4/2023 - 7:55 PM

11:08.26 NCS At-Large

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Hanne Thomsen	10	Montgomery (Nc)	
2	Seelah Kittelstrom	10	Montgomery (Nc)	
3	Gracie Trenam	11	Maria Carrillo	
4	Katherine Choe	10	Maria Carrillo	
5	Kira Moe	11	Maria Carrillo	
6	Carmen Jimenez	12	Maria Carrillo	
7	Leah Cederborg	12	Santa Rosa (Nc)	
8	Sophie Barrow	9	Maria Carrillo	
9	Stella Finley	9	Analy (Nc)	
10	Aliyah Donohue	10	Maria Carrillo	
11	Amanda Mucho	12	Ukiah (Nc)	
12	Sydney Stroud	10	Montgomery (Nc)	
13	Cora Morthole	9	Montgomery (Nc)	
14	Andrea Dickey-Blanco	10	Cardinal Newman	
15	Rachel Chen	10	Cardinal Newman	

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Event 18 Boys 3200 Meter Run Varsity

Thursday 5/4/2023 - 8:10 PM

9:28.97 NCS At-Large

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Jude Devries	12	Montgomery (Nc)	
2	Andrew Stevens	12	Santa Rosa (Nc)	
3	Jack Wilson	10	Maria Carrillo	
4	Adam Joseph	11	Santa Rosa (Nc)	
5	Kaeden Anderson	10	Healdsburg (Nc)	
6	Grant Sanderson	11	Maria Carrillo	
7	Trenton Dawson	9	Maria Carrillo	
8	Jonathan Donohue	12	Maria Carrillo	
9	Max Azevedo	11	Montgomery (Nc)	
10	Kevin Trenam	9	Maria Carrillo	
11	Austin Petrik	9	Maria Carrillo	
12	Isaac Feleay	11	Santa Rosa (Nc)	
13	Michael Spears	10	Santa Rosa (Nc)	
14	Graham Gregory	10	Montgomery (Nc)	
15	Xavier Surgeon	9	Windsor (Nc)	
16	Leonardo Vasquez	12	Piner (Nc)	
17	Jack Rahm	11	Ukiah (Nc)	
18	Trystan Treinen	9	Maria Carrillo	
19	Alexander Cambou	10	Piner (Nc)	
20	Kapil Dave	10	Maria Carrillo	
21	Cole Barney	10	Windsor (Nc)	
22	Ramsay Hernandez	11	Rancho Cotate	
23	David Little	11	Analy (Nc)	
24	Jack Capitani	12	Cardinal Newman	
25	Bodhi Finnerty	10	Montgomery (Nc)	
26	Aaron Barzed	9	Rancho Cotate	

Event 51 Girls 4x400 Meter Relay Junior Varsity

Thursday 5/4/2023 - 8:25 PM

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
3	Maria Carrillo		
	1) Savannah Fogg 9	2) Quinne Crocker 9	
	3) Cielo Marron 10	4) Emily Baker 10	
	5) Taylor Clawson 10	6) Isabella Dajalos 9	
4	Santa Rosa (Nc)		
	1) Xoe Thompson 11	2) Mieke Verspecht 9	
	3) Mariana Eakle 11	4) Jasmin Orozco Abonce 10	
	5) Elliot Macken 9		
5	Piner (Nc)		
	1) Willow Aquila 9	2) Leena Martinez 10	
	3) Pricellis Alvarado 9	4) Emma Choe 10	
	5) Mireya Mosqueda Damian 10	6) Yanely Tejada 9	
6	Rancho Cotate		
	1) Deisy Garcia 10	2) Lauren Pounds 9	
	3) Emily Ricci 9	4) Olivia Youngblood 12	

Event 52 Boys 4x400 Meter Relay Junior Varsity

Thursday 5/4/2023 - 8:31 PM

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
3	Ukiah (Nc)		
	1) Kobi Hasunuma 10	2) Oscar Ruiz 10	
	3) Carlos Orozco 9	4) Parker Mitchell 9	
4	Piner (Nc)		
	1) Richard Quiroz Marquez 11	2) Emmanuel Dominguez 11	
	3) Julian Perez 10	4) Nael Tesfamariam 11	
	5) Alex Nguyen 9	6) Stryder Ridout 9	
5	Santa Rosa (Nc)		
	1) Christopher Gutierrez 10	2) Kendrick Martinez Cruz 11	
	3) Zion Radford 10	4) Eric Rodriguez 10	
	5) Caleb Swaby-Pierce 11	6) Dereck Pinalez-Vera 10	
6	Maria Carrillo		
	1) Jonathan Rath 9	2) Keon Thom 9	
	3) James Muir 9	4) Matthew Donlon 10	
	5) Joshua Moe 9	6) Aiden Smith 9	
	7) Benjamin Taylor 9		

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Event 19 Girls 4x400 Meter Relay Varsity

Thursday 5/4/2023 - 8:37 PM

4:05.52 NCS At-Large

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Cardinal Newman		
	1) Bella D'Amico --	2) Natalie Rosetti 11	
	3) Lily Carinalli 12	4) Hennessey Saunders 11	
	5) Anya Halkovich 10	6) Abbie Mullins 12	
2	Santa Rosa (Nc)		
	1) Zoey Blake 9	2) Cheyann Cena 10	
	3) Ruby Trione 11	4) Maiya Wienert Bardell 11	
	5) Kristi Smith 11	6) Gavriella Geffner 10	
	7) Camille Newhall 11	8) Diana Valencia Dimas 12	
3	Montgomery (Nc)		
	1) Amrie Lacefield 10	2) Sadie Sanders 10	
	3) Kehlen Eubanks 11	4) Elizabeth Beiswanger 12	
	5) Hanne Thomsen 10	6) Jasmine Mansfield 10	
	7) Ariana Rogina 10	8) Hope Martin 12	
4	Maria Carrillo		
	1) Mia Carra 11	2) Lily Mulligan 12	
	3) Kathryn O'Malley 12	4) Elianah DeMange 12	
	5) Payton McGarva 12	6) Emma Moore 11	
	7) Gianna Morley 9	8) Kylie Malm 11	
5	Analy (Nc)		
	1) Elena King 12	2) Karris Morasch 11	
	3) Elena Marquez 10	4) Tatiana Avila 12	
	5) Ella Baldwin 9	6) Rosemary Harris 11	
6	Windsor (Nc)		
	1) Kaelyn Malsbary 10	2) Lily Ratliff 10	
	3) Pia Sallee 10	4) Isabella Boardman 10	
	5) Brianna Henry 12	6) Victoria Gutanu 11	
7	Piner (Nc)		
	1) Valeria Ramirez Contreras 12	2) Naomi Ruiz Hernandez 11	
	3) Scarlett Oliva 10	4) Niki Domasz 12	
	5) Jasmine Caballero-Luna 11	6) Josalyn Schmidt 12	
8	Healdsburg (Nc)		
	1) Amelia Wickersham 9	2) Beatrice Hawkes 9	
	3) Tatum Kiff 12	4) Adeline Waterman 12	

Event 20 Boys 4x400 Meter Relay Varsity

Thursday 5/4/2023 - 8:43 PM

3:27.32 NCS At-Large

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
3	Healdsburg (Nc)		
	1) Owen Efram 12	2) Cole Pastene 10	
	3) Jake McWilliams 9	4) Erick Gutierrez 12	
4	Rancho Cotate		
	1) Hunter Contrell 11	2) Ramsay Hernandez 11	
	3) Max Winchell 10	4) Christian Kirumira 12	
5	Windsor (Nc)		
	1) Matthew Payne 10	2) Preston Woolman 10	
	3) Patrick Logue 11	4) Jonathan Henry 12	
	5) Antonio Gonsalves 10	6) Kerry Fernando 11	
Section 2 of 2 Finals			
1	Ukiah (Nc)		
	1) Jackson Giglio 10	2) Guy Glenzer 10	
	3) Andrew Tarin 12	4) Juan Mendoza 11	
2	Cardinal Newman		
	1) Julius Skamarack 10	2) Kenyon Hanlon-Strane 11	
	3) Jacob Patterson 10	4) Liam Currie 11	
	5) Dominic Torres --	6) Oliver Currie 9	
	7) William Bonzi 12		
3	Piner (Nc)		
	1) NJ Robert 12	2) Dave Baraka 12	
	3) Bryce Ward 12	4) Jared Hayes 12	
	5) Derek Sadorra 12	6) Alexander Rodriguez 11	
	7) Andrew Luong 10		
4	Maria Carrillo		
	1) Gabriel Sitton 11	2) James Jepson 11	
	3) Alexander Ong 12	4) Jai Gray 12	
	5) Sean Gubera 12	6) Rami Nacouzi 12	
	7) Malachi Cole 9	8) Estefan Ramirez 9	
5	Analy (Nc)		
	1) Dylan Arendt 11	2) Evan Foley 9	
	3) Cormac Gaylord 10	4) Owen Foley 11	
	5) William Voss 12	6) Marin Broadbent-Bell 12	
6	Montgomery (Nc)		
	1) Ryan LaFrance 10	2) Austin Gunter 12	
	3) Xavius Lanford 11	4) Joseph Bowser 12	
	5) Austin Brusco 10	6) Xander Newman 11	
	7) Sovonn Eng 9		
7	Santa Rosa (Nc)		
	1) Patrick Schott 10	2) Cole Ouimette 11	
	3) Theodore Broome 12	4) Ben Dethlefsen 12	
	5) Johnny Ando 11	6) Xavier Mendez 11	
	7) Darius Prince 12	8) Cadel Sacher 11	

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Event 59 Boys High Jump Junior Varsity

Thursday 5/4/2023 - 3:00 PM

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Salvador Manzanorez	10	Rancho Cotate		
2	Dash Willmore	10	Healdsburg (Nc)		
3	James Henningsen	10	Maria Carrillo		
4	Brice Allsup	10	Rancho Cotate		
5	Aiden Salmon	9	Maria Carrillo		
6	Jason Dennis	9	Santa Rosa (Nc)		
7	Max Bessire	11	Montgomery (Nc)		
8	Zack Martinez	9	Ukiah (Nc)		
9	Cheveyo Martinez	9	Ukiah (Nc)		
10	Andrew McNeil	10	Ukiah (Nc)		

Event 27 Boys High Jump Varsity

Thursday 5/4/2023 - 4:15 PM

6-02.00 NCS At-Large

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	William Grafe	11	Montgomery (Nc)		
2	Caden Devries	11	Montgomery (Nc)		
3	Benjamin O'Donnell	10	Maria Carrillo		
4	Jonas Kemps	9	Analy (Nc)		
5	Micah Nielson	12	Cardinal Newman		
6	Malachi Cole	9	Maria Carrillo		
7	Daniel Hockert	10	Santa Rosa (Nc)		
8	Patrick Logue	11	Windsor (Nc)		
9	Dave Baraka	12	Piner (Nc)		
10	Nathan Fifer	12	Montgomery (Nc)		

Event 54 Girls Pole Vault Junior Varsity

Thursday 5/4/2023 - 3:00 PM

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Mia Nunez	12	Rancho Cotate		
2	Nell Krombholz	9	Maria Carrillo		
3	Julia Sanabria	10	Santa Rosa (Nc)		
4	Olivia Smith	10	Rancho Cotate		

Event 22 Girls Pole Vault Varsity

Thursday 5/4/2023 - 4:15 PM

10-05.00 NCS At-Large

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Talia Brayton	10	Santa Rosa (Nc)		
2	Lee Corey	10	Santa Rosa (Nc)		
3	Zoey Blake	9	Santa Rosa (Nc)		
4	Abigail Taylor	11	Maria Carrillo		
5	Diana Valencia Dimas	12	Santa Rosa (Nc)		
6	Dacey Howe	10	Santa Rosa (Nc)		
7	Allison Kapustka	10	Maria Carrillo		
8	Lily Mulligan	12	Maria Carrillo		

Event 61 Boys Long Jump Junior Varsity

Thursday 5/4/2023 - 3:00 PM

Pos	Name	Yr	School	Prelims
Flight 1 of 1 Finals				
1	Richard Quiroz Marquez	11	Piner (Nc)	16-00.00
2	Zack Walsh	9	Analy (Nc)	16-01.75
3	Jason Dennis	9	Santa Rosa (Nc)	16-04.00
4	Kacey Miles	10	Windsor (Nc)	16-05.25
5	Mark Pennarroyo	10	Windsor (Nc)	16-06.50
6	Tristian Crawley	10	Elsie Allen (Nc)	16-10.25
7	Zack Martinez	9	Ukiah (Nc)	16-11.25
8	Yamil Jimenez	9	Rancho Cotate	17-00.00

Event 29 Boys Long Jump Varsity

Thursday 5/4/2023 - 4:15 PM

21-02.25 NCS At-Large

Pos	Name	Yr	School	Prelims
Flight 1 of 2 Finals				
1	Bk Souvannasay Keobounl	12	Piner (Nc)	17-05.50
2	Austin Brusco	10	Montgomery (Nc)	17-07.75
3	Kerry Fernando	11	Windsor (Nc)	17-09.75
4	Oliver Currie	9	Cardinal Newman	17-10.25
5	William Grafe	11	Montgomery (Nc)	18-01.25
6	Caden Quinn	9	Analy (Nc)	18-02.25
7	Kristopher Adams	11	Montgomery (Nc)	18-03.25
8	August Kingwell	11	Windsor (Nc)	18-04.25
Flight 2 of 2 Finals				
1	Cannan Winters	11	Maria Carrillo	18-07.25
2	Caden Devries	11	Montgomery (Nc)	19-04.75
3	Braedon Josephs	11	Santa Rosa (Nc)	19-05.25
4	Liam Currie	11	Cardinal Newman	19-08.75
5	Nehemiah Holiday	11	Maria Carrillo	19-08.75
6	Jacob Pruitt	11	Rancho Cotate	20-03.75
7	Izeyah Wright	11	Montgomery (Nc)	20-09.50
8	Jai Gray	12	Maria Carrillo	20-11.00

Event 55 Girls Long Jump Junior Varsity

Thursday 5/4/2023 - 5:30 PM

Pos	Name	Yr	School	Prelims
Flight 1 of 1 Finals				
1	Angela Garcia	10	Montgomery (Nc)	11-01.25
2	Lauren Van Artsdalen	11	Windsor (Nc)	11-02.00
3	Julia Sanabria	10	Santa Rosa (Nc)	11-07.00
4	Tallulah Ayton	10	Montgomery (Nc)	11-07.50
5	Cassidy Whitestine	9	Analy (Nc)	11-09.00
6	Nell Krombholz	9	Maria Carrillo	11-10.00
7	Payton Gramm	9	Analy (Nc)	12-05.25
8	Keelyn Walker	10	Santa Rosa (Nc)	12-08.50

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Event 23 Girls Long Jump Varsity

Thursday 5/4/2023 - 6:45 PM

16-07.75 NCS At-Large

Pos	Name	Yr	School	Prelims
Flight 1 of 2 Finals				
1	Chloe Cunningham	11	Maria Carrillo	13-04.50
2	Keira Theiss	11	Windsor (Nc)	13-04.75
3	Auriane Teri	11	Santa Rosa (Nc)	13-06.50
4	Madison Shaw	11	Windsor (Nc)	13-09.50
5	Makenna Ripple	12	Rancho Cotate	13-09.75
6	Leyna Gorauskas	11	Maria Carrillo	13-11.75
7	Carlie Trenam	9	Maria Carrillo	13-11.75
8	Mila Martin	9	Montgomery (Nc)	14-02.00

Flight 2 of 2 Finals

1	Natalie Rosetti	11	Cardinal Newman	14-04.00
2	Lily Carinalli	12	Cardinal Newman	14-10.25
3	Carlyana Kwong	11	Maria Carrillo	14-11.00
4	Maiya Wienert Bardell	11	Santa Rosa (Nc)	15-00.25
5	Tatiana Avila	12	Analy (Nc)	15-02.75
6	Allison Tito	11	Maria Carrillo	15-10.00
7	Nicole Muniz	10	Ukiah (Nc)	16-00.00
8	Lily Mulligan	12	Maria Carrillo	17-00.75

Event 56 Girls Triple Jump Junior Varsity

Thursday 5/4/2023 - 3:00 PM

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Kira Nielson	10	Healdsburg (Nc)	

Event 24 Girls Triple Jump Varsity

Thursday 5/4/2023 - 4:15 PM

35-07.25 NCS At-Large

Pos	Name	Yr	School	Prelims
Flight 1 of 2 Finals				
1	Dacey Howe	10	Santa Rosa (Nc)	26-02.00
2	Keira Theiss	11	Windsor (Nc)	27-01.00
3	Lee Corey	10	Santa Rosa (Nc)	27-03.25
4	Ashley Vigil	12	Cardinal Newman	27-06.75
5	Carlie Trenam	9	Maria Carrillo	28-07.25
6	Isabella Campos	11	Analy (Nc)	29-01.75
7	Scarlett Oliva	10	Piner (Nc)	29-02.50
8	Auriane Teri	11	Santa Rosa (Nc)	29-04.00

Flight 2 of 2 Finals

1	Carlyana Kwong	11	Maria Carrillo	30-10.50
2	Allison Tito	11	Maria Carrillo	31-02.75
3	Nicole Muniz	10	Ukiah (Nc)	31-10.00
4	Leyna Gorauskas	11	Maria Carrillo	31-11.50
5	Sadie Sanders	10	Montgomery (Nc)	32-01.75
6	Makenna Ripple	12	Rancho Cotate	33-03.00
7	Karris Morasch	11	Analy (Nc)	33-11.50
8	Tatiana Avila	12	Analy (Nc)	34-03.75

Event 62 Boys Triple Jump Junior Varsity

Thursday 5/4/2023 - 5:30 PM

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Milo Timmsen-Miller	9	Healdsburg (Nc)	
2	Ivan Flores	9	Maria Carrillo	
3	Xavier Fierro	10	Ukiah (Nc)	
4	Tatum Charest	10	Maria Carrillo	
5	Josh Milani	9	Rancho Cotate	
6	Andrew McNiel	10	Ukiah (Nc)	
7	Yamil Jimenez	9	Rancho Cotate	
8	Zack Walsh	9	Analy (Nc)	

Event 30 Boys Triple Jump Varsity

Thursday 5/4/2023 - 6:45 PM

43-03.25 NCS At-Large

Pos	Name	Yr	School	Prelims
Flight 1 of 2 Finals				
1	Isaac Mulder	10	Santa Rosa (Nc)	34-06.50
2	Ben Dethlefsen	12	Santa Rosa (Nc)	34-08.50
3	Cole Pastene	10	Healdsburg (Nc)	34-09.50
4	Jaden Vera	11	Piner (Nc)	34-11.00
5	Qipei Zhong	12	Maria Carrillo	35-02.25
6	Austin Brusco	10	Montgomery (Nc)	36-05.00
7	Kenyon Hanlon-Strane	11	Cardinal Newman	37-00.00
8	Caden Quinn	9	Analy (Nc)	37-01.25

Flight 2 of 2 Finals

1	Cannan Winters	11	Maria Carrillo	38-03.50
2	Nehemiah Holiday	11	Maria Carrillo	38-09.00
3	Patrick Logue	11	Windsor (Nc)	39-01.00
4	Kristopher Adams	11	Montgomery (Nc)	39-02.75
5	Gunnar Erickson	11	Windsor (Nc)	39-03.50
6	Xander Newman	11	Montgomery (Nc)	39-05.00
7	Talan Patrick	11	Santa Rosa (Nc)	39-05.25
8	Caden Devries	11	Montgomery (Nc)	39-08.00

Event 57 Girls Shot Put Junior Varsity

Thursday 5/4/2023 - 3:00 PM

Pos	Name	Yr	School	Prelims
Flight 1 of 1 Finals				
1	Jessica Kraemer	--	Ukiah (Nc)	21-03.00
2	Kimberly Murillo Dominga	11	Piner (Nc)	21-09.00
3	Shilo Payne	11	Santa Rosa (Nc)	22-09.50
4	Lindsey Tyler	10	Montgomery (Nc)	22-11.00
5	Isabella Ghirardelli	11	Analy (Nc)	23-01.50
6	Faith Ennis-Madyun	9	Santa Rosa (Nc)	23-09.50
7	Julia Sanabria	10	Santa Rosa (Nc)	24-07.00
8	Skyler Fitzgerald	12	Santa Rosa (Nc)	26-03.00

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Event 25 Girls Shot Put Varsity**Thursday 5/4/2023 - 4:15 PM**

35-03.75 NCS At-Large

Pos	Name	Yr	School	Prelims
Flight 1 of 2 Finals				
1	Carol Estrella	12	Montgomery (Nc)	25-09.00
2	Savanna Conwell	11	Analy (Nc)	26-00.50
3	Jady Diaz	11	Ukiah (Nc)	26-09.50
4	Mili Pickering	12	Elsie Allen (Nc)	26-11.00
5	Sofia Henderson	12	Santa Rosa (Nc)	28-02.00
6	Rachel Reynolds	12	Maria Carrillo	28-02.50
7	Cassidy Avila	11	Analy (Nc)	29-05.50
8	Arlena Franco	11	Ukiah (Nc)	29-05.50

Flight 2 of 2 Finals

1	Nina Boblitt	10	Rancho Cotate	29-06.00
2	Janelle Pena	11	Cardinal Newman	29-11.50
3	Addison Hackett	12	Maria Carrillo	30-05.00
4	Airiana Adams	12	Ukiah (Nc)	30-09.00
5	Grace Shaw	10	Windsor (Nc)	30-10.50
6	Elizabeth Beiswanger	12	Montgomery (Nc)	31-00.50
7	Savannah Nelson	10	Ukiah (Nc)	31-04.00
8	Siolo Lua	12	Rancho Cotate	33-06.50

Event 63 Boys Shot Put Junior Varsity**Thursday 5/4/2023 - 5:30 PM**

Pos	Name	Yr	School	Prelims
Flight 1 of 1 Finals				
1	Bradly George	10	Montgomery (Nc)	33-09.00
2	Adam Moges	12	Montgomery (Nc)	33-09.50
3	Hunter Ellison	10	Montgomery (Nc)	34-03.00
4	Tyler Crosson	11	Santa Rosa (Nc)	34-03.50
5	Khilil Shabazz Hubbart	11	Montgomery (Nc)	35-00.00
6	Michael Naja	--	Ukiah (Nc)	36-08.00
7	Freddy Zarco Nunez	11	Piner (Nc)	36-09.50
8	Conal Moran	11	Piner (Nc)	39-04.50

Event 31 Boys Shot Put Varsity**Thursday 5/4/2023 - 6:45 PM**

46-11.25 NCS At-Large

Pos	Name	Yr	School	Prelims
Flight 1 of 2 Finals				
1	Ulises Garcia Zarate	12	Santa Rosa (Nc)	35-00.50
2	Santiago Adan	11	Cardinal Newman	35-03.00
3	Martin Gutteridge	11	Maria Carrillo	35-03.00
4	Cooper Lee	11	Santa Rosa (Nc)	35-09.50
5	Giovanni Calleja	11	Rancho Cotate	37-02.00
6	Julian Maldonado	12	Ukiah (Nc)	37-04.00
7	Beau Gleeson	11	Maria Carrillo	37-08.50
8	Andrew Amons	11	Piner (Nc)	37-08.50

Flight 2 of 2 Finals

1	Nolan Gulbransen	11	Montgomery (Nc)	37-11.00
2	Hardeep Mall	12	Rancho Cotate	38-10.00
3	Nehemiah Holiday	11	Maria Carrillo	39-00.00
4	Ryan Borro	12	Rancho Cotate	41-03.00
5	Adan Lemus	11	Santa Rosa (Nc)	41-11.00
6	Miguel Aguirre	11	Santa Rosa (Nc)	42-08.00
7	Devon Bertoli	--	Cardinal Newman	45-10.00
8	Jake Joerger	11	Cardinal Newman	48-04.00

Event 64 Boys Discus Throw Junior Varsity**Thursday 5/4/2023 - 3:00 PM**

Pos	Name	Yr	School	Prelims
Flight 1 of 1 Finals				
1	Jonathan Alvarado	9	Piner (Nc)	82-02
2	Conal Moran	11	Piner (Nc)	82-04
3	Axel Quezada Munoz	12	Elsie Allen (Nc)	87-10
4	Valentin Castro	11	Piner (Nc)	87-11
5	Hunter Ellison	10	Montgomery (Nc)	88-02
6	Philip Gutteridge	12	Maria Carrillo	90-03
7	Tyler Crosson	11	Santa Rosa (Nc)	92-04
8	Nicholas George	11	Montgomery (Nc)	96-03

Event 32 Boys Discus Throw Varsity**Thursday 5/4/2023 - 4:15 PM**

137-02 NCS At-Large

Pos	Name	Yr	School	Prelims
Flight 1 of 2 Finals				
1	Adan Lemus	11	Santa Rosa (Nc)	96-10
2	Miguel Aguirre	11	Santa Rosa (Nc)	100-10
3	Wyatt Chase	10	Cardinal Newman	101-09
4	Julian Maldonado	12	Ukiah (Nc)	102-03
5	Nicholas Martinez	11	Analy (Nc)	103-08
6	Ulises Garcia Zarate	12	Santa Rosa (Nc)	104-04
7	Martin Gutteridge	11	Maria Carrillo	109-05
8	Nolan Gulbransen	11	Montgomery (Nc)	111-10

Flight 2 of 2 Finals

1	Joshua Jensen	10	Montgomery (Nc)	112-09
2	Cooper Lee	11	Santa Rosa (Nc)	117-03
3	Jesse Meyers	10	Cardinal Newman	118-01
4	Andrew Amons	11	Piner (Nc)	123-09
5	Beau Gleeson	11	Maria Carrillo	125-06
6	Aidan Woods	--	Cardinal Newman	128-03
7	Jake Joerger	11	Cardinal Newman	135-00
8	Santiago Adan	11	Cardinal Newman	142-02

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Event 58 Girls Discus Throw Junior Varsity

Thursday 5/4/2023 - 5:30 PM

Pos	Name	Yr	School	Prelims
Flight 1 of 1 Finals				
1	Brenna Scott	11	Healdsburg (Nc)	56-00
2	Shilo Payne	11	Santa Rosa (Nc)	58-03
3	Katherine Thomas	10	Montgomery (Nc)	58-11
4	Isabella Ghirardelli	11	Analy (Nc)	59-10
5	Chiara Puddu	12	Santa Rosa (Nc)	61-01
6	Karla Castillejo R	10	Piner (Nc)	61-03
7	Jessica Kraemer	--	Ukiah (Nc)	65-03
8	Faith Ennis-Madyun	9	Santa Rosa (Nc)	72-04

Event 26 Girls Discus Throw Varsity

Thursday 5/4/2023 - 6:45 PM

110-01 NCS At-Large

Pos	Name	Yr	School	Seed Mark
Flight 1 of 3 Finals				
1	Rawni Self	--	Windsor (Nc)	
2	Reese Bartolomei	12	Ukiah (Nc)	
3	Carol Estrella	12	Montgomery (Nc)	
4	Jocelyn Diaz Santos	10	Piner (Nc)	
5	Nina Boblitt	10	Rancho Cotate	
6	Samantha Hatfield	9	Maria Carrillo	
7	Arlena Franco	11	Ukiah (Nc)	
Flight 2 of 3 Finals				
1	Cassidy Avila	11	Analy (Nc)	
2	Grace Shaw	10	Windsor (Nc)	
3	Mili Pickering	12	Elsie Allen (Nc)	
4	Savannah Nelson	10	Ukiah (Nc)	
5	Jaiden Brooner-Furia	12	Santa Rosa (Nc)	
6	Savanna Conwell	11	Analy (Nc)	
7	Grace Zucco	12	Maria Carrillo	
8	Jadyn Diaz	11	Ukiah (Nc)	
Flight 3 of 3 Finals				
1	Katherine Cornelius	11	Santa Rosa (Nc)	
2	Janelle Pena	11	Cardinal Newman	
3	Siolo Lua	12	Rancho Cotate	
4	Anaiya Agbayani	11	Santa Rosa (Nc)	
5	Addison Hackett	12	Maria Carrillo	
6	Airiana Adams	12	Ukiah (Nc)	
7	Rachel Reynolds	12	Maria Carrillo	
8	Sofia Henderson	12	Santa Rosa (Nc)	