

Throwdown
3/12/2016
Cougar Field - Albany, CA

#1 Varsity Boys Shot (Division 1) Prelim

Lane	Name	Team	Seed
Heat 1 of 4 Prelim			
1	Giffith, Morgan	Saint Joeseph Notre	NM
2	Tran, Calvin	Saint Joeseph Notre	NM
3	Tashi, Gunpo	Albany	NM
4	Cooper, Ormand	Saint Joeseph Notre	NM
5	Mengell, Joshua	Dublin	NM
6	Kolics, Erik	Dublin	21' 4.50"
7	Singh, Alam	Albany	23' 8"
8	Gonzalez, Bryant	Sacred Heart	24' 7"
9	Branco-Katcher, Michael	Granada	27' 0"
10	Garvey, Sean	Campolindo	28' 0"
11	Williams, Jacob	Berkeley	29' 0"
Heat 2 of 4 Prelim			
1	Rucker, Dylanger	Granada	29' 6"
2	Gil, Jaime	Berkeley	30' 0"
3	Farsi, Amir	Amador Valley	30' 6"
4	Haresco, Julian	Campolindo	32' 0"
5	Martinez, Angel	Dublin	32' 3"
6	Shastry, Shashank	Dublin	32' 5"
7	Suchikul, Rafael	Sacred Heart	32' 6"
8	Dao, Trey	Albany	32' 7.25"
9	Lew, Mather	Sacred Heart	35' 3.75"
10	Karim, Christian	Amador Valley	36' 0"
11	Finch, Ibrahim	Berkeley	36' 0"
Heat 3 of 4 Prelim			
1	Arevalo, David	Dublin	36' 0"
2	Bartalo, Mason	Amador Valley	36' 5.50"
3	Jessie, Luther	Saint Mary's	36' 6"
4	Kim, Muga	Albany	36' 6"
5	Tingle, Damien	Saint Mary's	36' 10"
6	Beglitsoff, Ryan	Mills	37' 6"
7	Wu, Herman	Albany	38' 7"
8	Sagar, Sahil	Amador Valley	39' 0"
9	Sowell, Nick	Amador Valley	39' 5"
10	Duggan, Andrew	Amador Valley	39' 10.75"
Heat 4 of 4 Prelim			
1	Miller, Chris	Albany	40' 2"
2	Mapa, Isi	Mills	40' 9"
3	Bazakas, Theo	Berkeley	41' 2.50"
4	Kitchen, Jovan	Saint Mary's	41' 6"
5	Guasch, Samuel	Granada	41' 7"
6	Silverthorn, Mark	Granada	43' 5"
7	Glover, Alex	Saint Mary's	48' 6"
8	Grajeda, Oliver	Granada	50' 0"
9	Mapa, Ngahe	Mills	50' 2"
10	Esparza, Nathan	Amador Valley	65' 3.50"

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#2 Frosh Soph Boys Shot (Division 2) Prelim

Lane	Name	Team	Seed
Heat 1 of 3 Prelim			
1	McCloy, James	Saint Joeseph Notre	NM
2	Belmont, Eric	Albany	NM
3	Helmers, Aaron	Amador Valley	15' 0"
4	Nagpal, Meher	Amador Valley	15' 3"
5	Luperine, Joey	Amador Valley	15' 6"
6	Rondoni, Ian	Amador Valley	18' 5"
7	Wilbur, Drake	Amador Valley	20' 3"
8	Martinez, Janiel	Amador Valley	20' 6"
9	Gurley, Jaxen	Amador Valley	21' 0"
10	Vernay, Vincent	Amador Valley	23' 3"
Heat 2 of 3 Prelim			
1	McDaniel, Jeremy	Dublin	24' 9"
2	Urquart, Jordan	Amador Valley	26' 5"
3	Massie, Nick	Amador Valley	26' 6.50"
4	Calhoun, Logan	Dublin	27' 5"
5	Owens, Brandon	Saint Mary's	28' 0"
6	Tu, Norman	Berkeley	30' 0"
7	Jenniger, Jaali	Berkeley	31' 0"
8	Tonga, Jacob	Mills	31' 6"
9	Palma, Nick	Amador Valley	32' 2"
Heat 3 of 3 Prelim			
1	Massie, Jake	Amador Valley	32' 10.50"
2	Pietre, Jean-Pierre	Saint Mary's	32' 11"
3	Moore, Lucas	Campolindo	35' 0"
4	Medina, Raymon	Mills	36' 2"
5	Milton, Marco	Berkeley	36' 2.50"
6	Goldfein, Spencer	Sacred Heart	37' 3"
7	Sael, Christian	Mills	38' 7"
8	Skyriotis, Mike	Mills	39' 1"
9	Langi, Sione	Mills	42' 6"

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#3 Varsity Girls Shot (Division 1) Prelim

Lane	Name	Team	Seed
Heat 1 of 3 Prelim			
1	Balderas, Karla	Albany	NM
2	Clark, Leilah	Saint Joeseph Notre	NM
3	Atendido, Kathleen	Dublin	NM
4	Olvias, Icyss	Albany	NM
5	Simmons, Taliyah	Dublin	NM
6	Matranga, Claire	Campolindo	14' 0"
7	Pal, Karin	Albany	17' 2"
8	Jackson-Tobey, Samara	Dublin	17' 8.50"
9	Lopez, Andrea	Amador Valley	17' 9.50"
10	Zahid, Wajih	Albany	18' 9"
11	Tucker, Anmerlyn	Campolindo	21' 0"
Heat 2 of 3 Prelim			
2	Finch, Safiyya	Berkeley	19' 11"
3	Yamasaki, Caitlin	Sacred Heart	21' 5.50"
4	Moore, Aolani	Berkeley	22' 0"
5	Pew, Julia	Berkeley	22' 11"
6	Kaur, Simerdeep	Amador Valley	23' 0"
7	Cortes, Maria	Albany	23' 8"
8	Park, Grace	Dublin	24' 0"
9	Masaki, Aiko	Dublin	24' 3"
10	Brown, Mackenzie	Campolindo	25' 0"
Heat 3 of 3 Prelim			
1	March, Emiliy	Granada	27' 0"
2	Aguirre, Angeli	Dublin	27' 1"
3	Pipe, Miara	Amador Valley	27' 9"
4	Livai, Taina	Mills	33' 0"
5	Faris, Charlie	Amador Valley	33' 6"
6	Gibbs, Julia	Mills	38' 0"
7	Palma, Tori	Amador Valley	38' 4.50"
8	Langi, Tulo	Mills	39' 6"

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#4 Frosh Soph Girls Shot (Division 2) Prelim

Lane	Name	Team	Seed
Heat 1 of 2 Prelim			
1	Arevalo, Gracie	Saint Mary's	NM
2	Shine, Shavase	Albany	NM
3	Chen, Ria	Campolindo	14' 0"
4	Farrell, Maci	Campolindo	14' 0"
5	Jiang, Anna	Campolindo	14' 0"
6	Khan, Yusra	Campolindo	14' 0"
7	Hoffman, Juliet	Amador Valley	15' 0"
8	Langstaff, Morgan	Campolindo	16' 0"
Heat 2 of 2 Prelim			
1	Jia, Brigitte	Campolindo	18' 0"
2	Simmons, Tiana	Dublin	18' 1"
3	Hallihan, Shanna	Campolindo	19' 0"
4	Warzyniak, Zoe	Dublin	19' 2"
5	Beckman, Emily	Berkeley	20' 6"
6	Langi, Nene	Mills	25' 4"
7	Ikahihifo, Mele	Mills	26' 2"
8	Ikahihifo, Nawe	Mills	27' 3"

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#5 Varsity Boys Discus (Division 1) Prelim

Lane	Name	Team	Seed
Heat 1 of 4 Prelim			
1	Cooper, Ormand	Saint Joeseph Notre	NM
2	Giffith, Morgan	Saint Joeseph Notre	NM
3	Tran, Calvin	Saint Joeseph Notre	NM
4	Mengell, Joshua	Dublin	NM
5	Tashi, Gunpo	Albany	NM
6	Gonzalez, Bryant	Sacred Heart	68' 8"
7	Farsi, Amir	Amador Valley	70' 0"
8	Suchikul, Rafael	Sacred Heart	70' 7"
9	Singh, Alam	Albany	71' 6"
10	Branco-Katcher, Michael	Granada	72' 7"
11	Williams, Jacob	Berkeley	78' 0"
Heat 2 of 4 Prelim			
1	Gil, Jaime	Berkeley	80' 0"
2	Kolics, Erik	Dublin	81' 4"
3	Martinez, Angel	Dublin	81' 11"
4	Rucker, Dylanger	Granada	84' 8"
5	Jessie, Luther	Saint Mary's	86' 2"
6	Lew, Mather	Sacred Heart	88' 1"
7	Arevalo, David	Dublin	89' 2"
8	Bartalo, Mason	Amador Valley	90' 0"
9	Garvey, Sean	Campolindo	90' 0"
10	Dao, Trey	Albany	96' 1"
11	Miller, Chris	Albany	97' 1"
Heat 3 of 4 Prelim			
1	Mapa, Isi	Mills	97' 7"
2	Kim, Muga	Albany	99' 8"
3	Jimenez-Smith, Lukas	Saint Mary's	102' 0"
4	Haresco, Julian	Campolindo	105' 0"
5	Karim, Christian	Amador Valley	110' 0"
6	Shastry, Shashank	Dublin	111' 7"
7	Kitchen, Jovan	Saint Mary's	113' 0"
8	Guasch, Samuel	Granada	113' 3"
9	Finch, Ibrahim	Berkeley	115' 0"
10	Beglitsoff, Ryan	Mills	115' 3"
Heat 4 of 4 Prelim			
1	Silverthorn, Mark	Granada	116' 9"
2	Wu, Herman	Albany	117' 5"
3	Sowell, Nick	Amador Valley	120' 0"
4	Tingle, Damien	Saint Mary's	120' 0"
5	Bazakas, Theo	Berkeley	129' 1"
6	Sagar, Sahil	Amador Valley	130' 0"
7	Grajeda, Oliver	Granada	131' 2"
8	Mapa, Ngahe	Mills	134' 7"
9	Duggan, Andrew	Amador Valley	145' 0"
10	Esparza, Nathan	Amador Valley	177' 0"

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#6 Frosh Soph Boys Discus (Division 2) Prelim

Lane	Name	Team	Seed
Heat 1 of 3 Prelim			
1	Belmont, Eric	Albany	NM
2	Pietre, Jean-Pierre	Saint Mary's	NM
3	McCloy, James	Saint Joeseeph Notre	NM
4	Owens, Brandon	Saint Mary's	NM
5	Luperine, Joey	Amador Valley	40' 3"
6	Gurley, Jaxen	Amador Valley	40' 4"
7	Helmers, Aaron	Amador Valley	40' 5"
8	Wilbur, Drake	Amador Valley	40' 6"
9	Martinez, Janiel	Amador Valley	40' 6"
10	Nagpal, Meher	Amador Valley	41' 6"
Heat 2 of 3 Prelim			
1	Rondoni, Ian	Amador Valley	50' 6"
2	Vernay, Vincent	Amador Valley	55' 6"
3	Urquart, Jordan	Amador Valley	60' 5"
4	Medina, Raymon	Mills	70' 8"
5	McDaniel, Jeremy	Dublin	74' 6"
6	Calhoun, Logan	Dublin	78' 9"
7	Massie, Nick	Amador Valley	79' 5"
8	Tu, Norman	Berkeley	80' 0"
9	Tonga, Jacob	Mills	80' 7"
Heat 3 of 3 Prelim			
1	Massie, Jake	Amador Valley	80' 8"
2	Milton, Marco	Berkeley	82' 0"
3	Sael, Christian	Mills	82' 0"
4	Jenniger, Jaali	Berkeley	83' 0"
5	Palma, Nick	Amador Valley	83' 11"
6	Goldfein, Spencer	Sacred Heart	91' 2"
7	Moore, Lucas	Campolindo	112' 0"
8	Skyriotis, Mike	Mills	117' 7"
9	Langi, Sione	Mills	135' 7"

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#7 Varsity Girls Discus (Division 1) Prelim

Lane	Name	Team	Seed
Heat 1 of 3 Prelim			
1	Atendido, Kathleen	Dublin	NM
2	Balderas, Karla	Albany	NM
3	Clark, Leilah	Saint Joeseph Notre	NM
4	Simmons, Taliyah	Dublin	NM
5	Olvias, Icyss	Albany	NM
6	Jackson-Tobey, Samara	Dublin	40' 1"
7	Yamasaki, Caitlin	Sacred Heart	46' 5"
8	Zahid, Wajiha	Albany	54' 4.50"
9	Pal, Karin	Albany	58' 10.50"
10	Matranga, Claire	Campolindo	60' 0"
Heat 2 of 3 Prelim			
1	Moore, Aolani	Berkeley	64' 0"
2	Lopez, Andrea	Amador Valley	65' 0"
3	Park, Grace	Dublin	68' 11"
4	Pew, Julia	Berkeley	76' 2"
5	Tucker, Anmerlyn	Campolindo	80' 0"
6	Cortes, Maria	Albany	82' 1"
7	Masaki, Aiko	Dublin	82' 2"
8	Aguirre, Angeli	Dublin	82' 2"
9	Finch, Safiyya	Berkeley	84' 8"
Heat 3 of 3 Prelim			
1	Kaur, Simerdeep	Amador Valley	85' 0"
2	March, Emiliy	Granada	85' 6"
3	Brown, Mackenzie	Campolindo	90' 0"
4	Pipe, Miara	Amador Valley	90' 0"
5	Livai, Taina	Mills	102' 3"
6	Faris, Charlie	Amador Valley	105' 0"
7	Langi, Tulo	Mills	106' 6"
8	Palma, Tori	Amador Valley	115' 0"
9	Gibbs, Julia	Mills	125' 6"

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#8 Frosh Soph Girls Discus (Division 2) Prelim

Lane	Name	Team	Seed
Heat 1 of 2 Prelim			
1	Shine, Shavase	Albany	NM
2	Arevalo, Gracie	Saint Mary's	NM
3	Hoffman, Juliet	Amador Valley	30' 0"
4	Simmons, Tiana	Dublin	38' 1"
5	Beckman, Emily	Berkeley	48' 7"
6	Khan, Yusra	Campolindo	50' 0"
7	Farrell, Maci	Campolindo	50' 0"
8	Hallihan, Shanna	Campolindo	50' 0"
Heat 2 of 2 Prelim			
1	Chen, Ria	Campolindo	50' 0"
2	Warzyniak, Zoe	Dublin	51' 7"
3	Ikahihifo, Mele	Mills	56' 2"
4	Jiang, Anna	Campolindo	60' 0"
5	Langstaff, Morgan	Campolindo	60' 0"
6	Langi, Nene	Mills	60' 5"
7	Jia, Brigitte	Campolindo	70' 0"
8	Ikahihifo, Nawe	Mills	72' 4"