

DFAL Varsity Championships Finals – May 13, 2016 – Campolindo High School, Moraga

<u>Event</u>	<u>Athlete(s)</u>	<u>Warm-up</u>	<u>Report to Bullpen</u>	<u>Start</u>
Girls 4x100	Brandon-Bouchard-Pena-Chin (Burks & Tragesser)	Coach Scarpelli	5:01	5:16
Boys 4x100	Ikegami-Coulbourne-Grant-Durst (Barcenas & Moodie)	Coach Scarpelli	5:09	5:24
Girls 1600	Gamboa	4:40	5:15	5:30
Boys 1600	Phanse, Schroeder & Scomparin	4:50	5:25	5:40
Girls 100 Hurdles	Brandon, McGlaston & Williams	5:05	5:35	5:50
Boys 110 Hurdles	Luu & Shaw	5:12	5:42	5:57
Girls 400			5:49	6:04
Boys 400	Durst	Coach Scarpelli	6:04	6:11
Girls 100	Bouchard & Brandon	Coach Scarpelli	6:19	6:34
Boys 100	Coulbourne & Ikegami	Coach Scarpelli	6:24	6:39
Girls 800	Huang & Prenton	5:56	6:31	6:46
Boys 800	Chapman, Colwell, Heinbaugh & Koay	Colwell @ Coach Scarpelli Distance @ 6:03	6:38	6:53
Girls 300 Hurdles	Mendiola & Williams	6:15	6:45	7:00
Boys 300 Hurdles	Shaw	6:22	6:52	7:07
Girls 200	Bouchard	Coach Scarpelli	6:59	7:14
Boys 200	Durst	Coach Scarpelli	7:06	7:21
Girls 3200	Furtado, Gamboa, Kim & Prenton	6:38	7:13	7:28
Boys 3200	Colunga, Gamboa, Heinbaugh, Koay, Lampi, Phanse, Schroeder, Scomparin, Surapaneni & Zamboanga	6:54	7:29	7:44
Girls 4x400	Acuna Bravo-Bouchard-Leca- Huang (Pena & Williams)	Coach Scarpelli Huang @ 7:13	7:43	7:58
Boys 4x400	Colwell-Grant-Moodie-Durst (Brown & Chapman)	Coach Scarpelli Chapman @ 7:23	7:53	8:08

DFAL Varsity Championships Field Events – 4:30 PM

<u>Event</u>	<u>Athlete(s)</u>	<u>Warm-up</u>
Girls Long Jump	Chin & Haubert	3:45
Boys Long Jump	Moon & Shaw	3:45
Boys High Jump	Omo & Rajan	3:45
Girls Pole Vault	Chin, Dye, Mendiola & Ogden	Coach Williams
Girls Shot Put	Aguirre, Atendido, Jackson-Tobey, Masaki & Simmons	Coach McFarland
Boys Discus	Arevalo, Martinez, Mengell & Shastry	Coach McFarland