

DFAL Frosh Soph Championships – May 12, 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	Hung, Katunaric, Nijjar & Rowland (Minasyan & Tontiwattananan)	3:25	3:45	4:00
Boys 4x100	Hwang, Ngo, Smith & Tran (Guan)	3:30	3:50	4:05
Girls 1600	Bouchard, Goldfarb, Gurusiddaiah, Morehead, Piegaro & Wix	3:20	3:55	4:10
Boys 1600	Bajwa, Goldfarb, Kumar, Morrison, Patterson, Savellano, Shaikh, Shangle, Trolan & Yasar	3:35	4:11	4:26
Girls 400	Bostic, Chen, Chu, Eslampour, Rocchi, Shiu & Tontiwattananan	Distance – 4:10 Sprinter – 4:25	4:43	4:58
Boys 400	Louis, Nguyen, Tran & Vaidyanathan	Distance – 4:20 Sprinter – 4:35	4:55	5:10
Girls 100	Aiyub, Hung, Katunaric, Minasyan & Rowland	4:50	5:07	5:22
Boys 100	Hwang, Ngo & Smith	5:00	5:19	5:34
Girls 800	Brunckhorst, Goldfarb, Gurusiddaiah, Remolina, Trolan, Verzosa, Wix & Xu	5:00	5:31	5:46
Boys 800	Dang, Goldfarb, Kumar, Shah, Shangle & Yasar	5:10	5:41	5:56
Girls 300 Hurdles	Chu & Nijjar	5:25	5:51	6:06
Girls 200	Eslampour, Hung, Katunaric, Minasyan, Rowland & Tontiwattananan	5:45	6:03	6:18
Boys 200	Ngo, Smith & Tran	5:55	6:15	6:30
Girls 3200	Beri, Bouchard, Brunckhorst, Matheny, Piegaro, Verzosa & Xu	5:55	6:27	6:42
Boys 3200	Bajwa, Dang, Dhillon, Morrison, Patterson, Prenton, Savellano, Shaikh & Trolan	6:10	6:43	6:58
Girls 4x400	Tontiwattananan-Hung-Wix-Nijjar (Goldfarb & Gurusiddaiah)	Distance – 6:25 Sprinter – 6:40	6:57	7:12
Boys 4x400	Shangle-Smith-Kumar-Tran (Goldfarb & Yasar)	Distance – 6:30 Sprinter – 6:45	7:05	7:20

DFAL Frosh Soph Championships Field Events

<u>Event</u>	<u>Athlete(s)</u>	<u>Warm-up</u>	<u>Start</u>
Girls Long Jump	Haubert & Katunaric	3:15	4:00
Boys Triple Jump	Guan		
Girls High Jump	Chia		
Boys Pole Vault	Calhoun	Coach Williams	
Girls Shot Put	Simmons & Warzyniak	Coach Oniah	5:30
Boys Discus	Calhoun, Luba, McDaniel & Mujakovic	4:45	
Boys Long Jump	Guan		
Girls Triple Jump	Haubert & Nijjar		
Boys High Jump	Guan	Coach Williams	
Girls Pole Vault	Diyab, Liu & Ruprell	Coach Oniah	
Boys Shot Put	Calhoun, Dhillon, Luba, McDaniel & Mujakovic		
Girls Discus	Simmons & Warzyniak		