

CIFSDS Div 3 Prelims and Finals - 6/5/2021 to 6/12/2021

Valley Center High School

Results - CIF Finals

Event 1 Girls 4x100 Meter Relay Varsity

Team	Relay	Finals
Finals		
1 Madison	A	48.12
2 Sage Creek	A	49.34
3 La Jolla	A	49.44
4 Mt Miguel	A	52.46
5 Imperial	A	53.01
6 La Jolla Country Day	A	53.65
7 Mission Bay	A	53.75
8 Classical Academy	A	55.54
9 Foothills Christian	A	56.88

Event 2 Boys 4x100 Meter Relay Varsity

Team	Relay	Finals
Finals		
1 Lincoln	A	43.03
2 Madison	A	43.19
3 Mission Bay	A	44.88
4 Imperial	A	45.15
5 La Jolla	A	45.33
6 Serra	A	45.64
7 Mt Miguel	A	45.65
8 Classical Academy	A	46.09
9 Mater Dei Catholic	A	49.19

Event 3 Girls 1600 Meter Run Varsity

Name	Yr	School	Finals
Finals			
1 Wallace, Stormy	11	Sage Creek	5:03.92
2 Zamorano, Alaina	12	Christian	5:10.50
3 Scuba, Kaya	9	Sage Creek	5:10.95
4 Queck, Gina	12	Mission Bay	5:15.42
5 Hundley, Abigail	12	Coronado	5:20.38
6 Fisk, Kyra	9	La Jolla	5:23.39
7 Gladden, Stella	11	High Tech Hi	5:29.95
8 Leupold, Malia	10	Sage Creek	5:39.15
9 Mapes, Bethany	11	Liberty Char	5:48.31

Event 4 Boys 1600 Meter Run Varsity

Name	Yr	School	Finals
Finals			
1 Gilmore, Bryce	11	Sage Creek	4:18.60
2 Jimenez, Alan	12	Holtville	4:20.59
3 Sanchez, Micah	10	Liberty Char	4:31.17
4 Kim, Hudson	10	Santa Fe Chr	4:38.84
5 Brown, Thomas	11	Santa Fe Chr	4:41.63
6 Lipsky, Zane	9	Francis Park	4:43.77
7 Lange-Dei, Kai	9	High Tech Hi	4:44.83

Event 5 Girls 100 Meter Hurdles Varsity

Name	Yr	School	Finals
Finals			
1 Zsiros, Nica	12	Santa Fe Chr	16.17 2.0
2 Kritsuk, Eugenia	12	La Jolla	16.78 2.0
3 Mattson, Claire	11	Sage Creek	16.83 2.0

4 Laube, Catherine	10	Sage Creek	17.16 2.0
5 Kuritz, Dessa	9	Francis Park	17.56 2.0
6 Lopez, Natalie	11	Imperial	17.65 2.0
7 Alapi, Cristina	10	La Jolla	17.91 2.0
8 Gaut, Allyson	10	Liberty Char	17.92 2.0
9 Gomez, Cheney	10	Imperial	18.62 2.0

Event 6 Boys 110 Meter Hurdles Varsity

Name	Yr	School	Finals
Finals			
1 Denault, Jason	12	Imperial	15.41 1.5
2 Weinberg, Jack	12	La Jolla	15.62 1.5
3 Gilbert, Jackson	12	Sage Creek	15.77 1.5
4 Carty, Andrew	11	Sage Creek	16.20 1.5
5 Bottenberg, Timothy	12	Liberty Char	16.27 1.5
6 Cheeks, Brandon	9	Mission Bay	16.38 1.5
7 Robinson, Morgan	12	Classical Ac	16.41 1.5
8 Tanner, Parker	12	Valley Cente	16.65 1.5
9 Delcore, Jack	9	Coronado	16.75 1.5

Event 7 Girls 400 Meter Dash Varsity

Name	Yr	School	Finals
Finals			
1 Cramer, Madeline	11	Bishops	55.86
2 Starks, Saniyah	12	Crawford	56.78
3 Williams, Charlotte	11	Tri-City Chr	58.14
4 Cook, Claire	9	Coronado	1:00.14
5 Miracco, Sofia	11	Sage Creek	1:02.22
6 Ewald, Aubrie	11	Sage Creek	1:02.91
7 Foote, Julia	10	Mt Miguel	1:03.89
8 Mameshin, Victoria	11	Sage Creek	1:03.98
9 Vicente, Melina	11	Mater Dei Ca	1:05.49

Event 8 Boys 400 Meter Dash Varsity

Name	Yr	School	Finals
Finals			
1 Canez, Julian	12	High Tech Hi	50.61
2 White, Chris	10	Francis Park	51.05
3 Murrell, Nathen	12	Sage Creek	51.85
4 Madany, Paul	11	Bishops	52.12
5 Guckian, John	10	La Jolla Cou	52.39
6 Verduzco, Jorge	10	Mt Miguel	52.57
7 Robinson, Roderick	10	Lincoln	52.88
8 Small, Brady	11	Santa Fe Chr	53.19

Event 9 Girls 100 Meter Dash Varsity

Name	Yr	School	Finals
Finals			
1 Shaheed, Aysha	12	Madison	11.71 1.7
2 Shaheed, Amirah	9	Madison	12.09 1.7
3 Hatton, Elizabeth	11	Sage Creek	12.27 1.7
4 Lyons, Maddie	11	La Jolla	12.39 1.7
5 Williams, Charlotte	11	Tri-City Chr	12.71 1.7
6 Smith, Payton	9	La Jolla	12.72 1.7
7 Gomez, Georgia	9	Imperial	12.80 1.7
8 Grunski, Lilly	12	La Jolla	12.89 1.7

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Finals ... (Event 9 Girls 100 Meter Dash Varsity)

Name	Yr	School	Finals
9 Rausa, Jacqueline	12	Sage Creek	12.94 1.7

Event 10 Boys 100 Meter Dash Varsity

Name	Yr	School	Finals
Finals			
1 Jackson, Chris	12	Madison	10.80 0.4
2 Florence, Jahlil	11	Lincoln	10.84 0.4
3 Morgan, Ivan	11	O'Farrell Ch	11.06 0.4
4 Curran, Ethan	12	Pacific Ridg	11.24 0.4
5 Williams, Rashaan	11	Serra	11.43 0.4
6 Ishop, Donovan	11	Sage Creek	11.44 0.4
7 Smith, Jaden	10	Lincoln	11.45 0.4
8 Greupner, Thomas	11	Santa Fe Chr	11.47 0.4
9 Wang, Ethan	12	La Jolla	11.48 0.4

Event 11 Girls 800 Meter Run Varsity

Name	Yr	School	Finals
Finals			
1 Zamorano, Alaina	12	Christian	2:16.20
2 Ternasky, Gioia	12	Clairemont	2:18.01
3 Bell, MaClaryn	11	Classical Ac	2:19.62
4 Leupold, Malia	10	Sage Creek	2:20.42
5 Van Arsdale, Sofia	12	Coronado	2:22.59
6 Nova, Capri	11	La Jolla Cou	2:29.01
7 Cotton, Abigail	11	Valley Cente	2:29.07
8 Gibson, Alexa	11	Francis Park	2:29.39
9 Mayer, Daphne	9	La Jolla	2:33.29

Event 12 Boys 800 Meter Run Varsity

Name	Yr	School	Finals
Finals			
1 Jimenez, Alan	12	Holtville	1:56.85
2 Schmitt, Cameron	12	Sage Creek	1:59.86
3 King, Ryan	12	Santa Fe Chr	2:00.31
4 Vargas, Aiden	12	Imperial	2:01.09
5 Manzano, Jorge	12	Imperial	2:01.29
6 Nunes, Matthew	11	La Jolla	2:02.65
7 Mapes, Jacob	12	Liberty Char	2:03.42
8 Maweu-Small, Brian	10	Sage Creek	2:03.52
9 Frattini-Edwards, Doug	11	High Tech Hi	2:05.77

Event 13 Girls 300 Meter Hurdles Varsity

Name	Yr	School	Finals
Finals			
1 Cook, Claire	9	Coronado	47.05
2 Mattson, Claire	11	Sage Creek	48.19
3 Laube, Catherine	10	Sage Creek	49.72
4 Balsley, Lindsey	9	Coronado	50.28
5 Lopez, Natalie	11	Imperial	50.59
6 Alapi, Cristina	10	La Jolla	50.83
7 Kritsuk, Eugenia	12	La Jolla	51.73
8 Gaut, Allyson	10	Liberty Char	52.06
9 Suarez, Capri	11	Sage Creek	52.90

Event 14 Boys 300 Meter Hurdles Varsity

Name	Yr	School	Finals
Finals			
1 Gilbert, Jackson	12	Sage Creek	41.21
2 Denault, Jason	12	Imperial	41.37
3 Weinberg, Jack	12	La Jolla	41.59
4 Delcore, Zane	11	Coronado	42.54
5 Nylund, Henrik	12	Bonsall	43.66
6 Garcia Alcaron, Jose	12	Mater Dei Ca	45.16
7 Marquez, Dorian	10	Mission Bay	45.48
8 Delcore, Jack	9	Coronado	45.80
9 Armenta, Hector	9	Mt Miguel	46.21

Event 15 Girls 200 Meter Dash Varsity

Name	Yr	School	Finals
Finals			
1 Shaheed, Aysha	12	Madison	24.30 1.4
2 Cramer, Madeline	11	Bishops	24.97 1.4
3 Starks, Saniyah	12	Crawford	25.31 1.4
4 Williams, Charlotte	11	Tri-City Chr	25.53 1.4
5 Lyons, Maddie	11	La Jolla	25.66 1.4
6 Shaheed, Amirah	9	Madison	25.99 1.4
7 Smith, Payton	9	La Jolla	26.13 1.4
8 Gomez, Georgia	9	Imperial	26.64 1.4
9 Berry, Kai	9	Victory Ch	27.22 1.4

Event 16 Boys 200 Meter Dash Varsity

Name	Yr	School	Finals
Finals			
1 Jackson, Chris	12	Madison	21.90 1.8
2 Florence, Jahlil	11	Lincoln	21.93 1.8
3 Curran, Ethan	12	Pacific Ridg	22.32 1.8
4 Morgan, Ivan	11	O'Farrell Ch	22.46 1.8
5 Greupner, Thomas	11	Santa Fe Chr	22.72 1.8
6 White, Chris	10	Francis Park	22.88 1.8
7 Mejia, Adam	12	Imperial	23.16 1.8
8 Ishop, Donovan	11	Sage Creek	23.26 1.8
9 Wang, Ethan	12	La Jolla	23.70 1.8

Event 17 Girls 3200 Meter Run Varsity

Name	Yr	School	Finals
Finals			
1 Wallace, Stormy	11	Sage Creek	10:52.49
2 Schmidt, Revere	10	Santa Fe Chr	11:17.57
3 Queck, Gina	12	Mission Bay	11:28.47
4 Abegglen, Iris	12	High Tech Hi	11:32.63
5 Fisk, Kyra	9	La Jolla	11:35.37
6 Scuba, Kaya	9	Sage Creek	11:53.31
7 Sumwalt, Katya	12	Sage Creek	12:16.00
8 Torres, Landon	12	Liberty Char	12:36.07
9 Strahm, Lillian	9	Holtville	12:43.07
10 Mayer, Daphne	9	La Jolla	12:48.73
11 Burden, Allison	9	Clairemont	13:04.00
12 Eckerth, Annika	10	Maranatha Ch	13:18.58
13 Dalton, Isabelle	12	Serra	13:19.40

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Finals ... (Event 17 Girls 3200 Meter Run Varsity)

Name	Yr	School	Finals
14 Jongetjes, Brynn	12	Calvin Chris	13:21.39
15 Scott, Marley	10	Clairemont	13:27.50
16 Courtney, Natalie	11	La Jolla	13:37.39
17 Clemons, Lilyana	11	Coronado	13:39.31
18 Memmelaar, Sophie	9	Calvin Chris	13:57.35

Event 18 Boys 3200 Meter Run Varsity

Name	Yr	School	Finals
Finals			
1 Gilmore, Bryce	11	Sage Creek	9:11.50
2 Pala, Kenan	11	Francis Park	9:11.97
3 Trammell, Mark	11	Santa Fe Chr	9:14.40
4 Osborn, Nathan	11	High Tech Hi	9:15.38
5 Bobowski, Alex	11	Santa Fe Chr	9:53.26
6 Todd, Ryan	12	Santa Fe Chr	9:55.54
7 Coco, Valencio	11	High Tech (C	9:56.09
8 Kim, Hudson	10	Santa Fe Chr	x10:04.68
9 Chapman, Pablo	11	High Tech Hi	10:05.43
10 Sanchez, Micah	10	Liberty Char	10:13.94
11 Dominguez, Jose	11	Madison	10:15.61
12 Monroy, Matthew	10	Maranatha Ch	10:22.85
13 O'Toole, Aidan	9	Sage Creek	10:25.64
14 McFarland, Ethan	11	Bonsall	10:28.94
15 Lange-Dei, Kai	9	High Tech Hi	10:30.37
16 Vargas, Aiden	12	Imperial	10:35.34
17 Vaz, Elijah	9	La Jolla	10:47.87
18 Chu, Isaac	10	La Jolla	10:58.95

Event 19 Girls 4x400 Meter Relay Varsity

Team	Relay	Finals
Finals		
1 Sage Creek	A	4:04.64
2 La Jolla	A	4:11.26
3 Bishops	A	4:14.53
4 La Jolla Country Day	A	4:15.45
5 Imperial	A	4:19.09
6 Clairemont	A	4:24.79
7 Serra	A	4:34.86
8 Liberty Charter	A	4:38.54
9 Crawford	A	4:48.60

Event 20 Boys 4x400 Meter Relay Varsity

Team	Relay	Finals
Finals		
1 Sage Creek	A	3:29.81
2 La Jolla	A	3:33.90
3 Santa Fe Christian	A	3:38.84
4 Mission Bay	A	3:38.99
5 Imperial	A	3:42.43
6 Serra	A	3:44.00
7 Maranatha Christian	A	3:44.76
8 Classical Academy	A	3:48.22
9 Liberty Charter	A	3:51.63

Event 21 Girls Long Jump Varsity

Name	Yr	School	Finals
Finals			
1 Grunski, Lilly	12	La Jolla	17-00.50 2.2
2 Balsley, Lindsey	9	Coronado	16-04.50 1.4
3 Kinkead, Jordan	10	La Jolla Cou	16-02.00 1.8
4 Gibson, Brianna	12	High Tech Hi	15-10.00 2.2
5 Holm, Julianna	12	Maranatha Ch	15-07.75 2.6
6 Fickas, Mallory	10	Escondido Ch	15-03.25 2.2
7 Gisler, Jozie	11	Serra	15-02.00 1.8
8 Semmens, Gracie	12	Mission Bay	14-05.50 1.8
--- Hatton, Elizabeth	11	Sage Creek	FOUL

Event 22 Boys Long Jump Varsity

Name	Yr	School	Finals
Finals			
1 Jackson, Chris	12	Madison	21-07.00 2.0
2 Cross, Jackson	11	Tri-City Chr	20-08.00 1.7
3 Williams, Rashaan	11	Serra	20-05.00 1.0
4 Delcore, Zane	11	Coronado	20-04.00 +0.0
5 Mello, Kyle	10	Mission Bay	20-03.50 0.5
6 Treitler, Bennett	11	Bishops	19-11.50 1.8
7 Price, Chris	12	Sage Creek	19-08.50 1.6
8 Cotton, Phillip	10	Valley Cente	19-02.50 1.6

Event 23 Girls Triple Jump Varsity

Name	Yr	School	Finals
Finals			
1 Gibson, Brianna	12	High Tech Hi	37-03.00 2.3
2 Grunski, Lilly	12	La Jolla	34-07.00 1.1
3 Ricasata, Alexandra	12	Serra	32-10.00 1.1
4 Kritsuk, Eugenia	12	La Jolla	32-07.75 2.4
5 Anthony, Maliyah	10	Lincoln	32-00.00 1.7
6 Sidell, Katerina	11	Mission Bay	30-10.50 0.7
7 Wilson, Jazmine	12	Imperial	30-01.50 1.5
8 Simpson, Skyler	10	Calvin Chris	30-01.00 0.8
9 Semmens, Gracie	12	Mission Bay	28-11.00 1.9

Event 24 Boys Triple Jump Varsity

Name	Yr	School	Finals
Finals			
1 Cheeks, Brandon	9	Mission Bay	43-11.00 1.8
2 Cross, Jackson	11	Tri-City Chr	42-00.00 1.8
3 Reichenberg, Justin	9	Mission Bay	41-09.50 0.5
4 Gray, Jacob	12	Imperial	41-07.25 +0.0
5 Tanner, Parker	12	Valley Cente	40-07.50 1.7
6 Pfeiffer, Justus	10	Classical Ac	38-06.75 1.6
7 Powell, Alex	12	Classical Ac	38-00.00 0.9
8 Siababa, Rowen	11	Mater Dei Ca	37-05.00 3.7
9 Reyna, Julian	10	Holtville	36-06.50 1.0

Event 25 Girls High Jump Varsity

Name	Yr	School	Finals
Finals			
1 Holm, Julianna	12	Maranatha Ch	5-02.00
2 Gisler, Jozie	11	Serra	5-00.00

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Finals ... (Event 25 Girls High Jump Varsity)

Name	Yr	School	Finals
3 De Jong, Kelly	9	Maranatha Ch	J5-00.00
4 Desany, Emma	12	Clairemont	J5-00.00
5 Backus, Sasha	11	La Jolla	4-10.00
5 Gibson, Brianna	12	High Tech Hi	4-10.00
7 Speek, Kiara	9	Sage Creek	4-08.00
8 Cao, Shannon	9	La Jolla	J4-08.00
9 Frost, Katherine	11	La Jolla	4-06.00

Event 26 Boys High Jump Varsity

Name	Yr	School	Finals
Finals			
1 Kaplan, Ben	12	Sage Creek	6-04.00
2 Nelson, Brandon	12	Calvin Chris	5-11.00
3 Tanner, Parker	12	Valley Cente	5-09.00
4 Nixon, Jarrod	9	Imperial	5-07.00
4 Cheeks, Brandon	9	Mission Bay	5-07.00
6 Mello, Kyle	10	Mission Bay	J5-07.00
7 Donnelley, Duke	12	Sage Creek	5-05.00
8 Heldman, Lucas	9	La Jolla Cou	5-03.00
9 Richards, Christian	10	Classical Ac	J5-03.00

Event 27 Girls Pole Vault Varsity

Name	Yr	School	Finals
Finals			
1 Grudman, Maya	12	Sage Creek	11-06.00
2 De Jong, Kelly	9	Maranatha Ch	J11-06.00
3 Kinkead, Jordan	10	La Jolla Cou	10-06.00
4 Scarpelli, Lauren	9	Sage Creek	8-00.00
5 Korevaar, Nina	10	La Jolla	7-06.00
5 Wicks, Ciara	10	Clairemont	7-06.00
7 McCalester, Kennedy	10	Mission Bay	J7-06.00
8 Baxamusa, Sakeena	12	La Jolla	7-00.00
8 Rizo, Ria	9	Clairemont	7-00.00
--- Semmens, Gracie	12	Mission Bay	NH
--- Prince, Sonia	11	La Jolla	NH

Event 28 Boys Pole Vault Varsity

Name	Yr	School	Finals
Finals			
1 Evans, Jack	12	La Jolla	13-03.00
2 Estrada, Ethan	12	La Jolla Cou	12-09.00
3 Emerson, Jacob	9	Sage Creek	11-09.00
4 Rynearson, Chance	9	Mission Bay	9-09.00
5 Rajabi, Cameron	12	Sage Creek	9-03.00

Event 29 Girls Shot Put Varsity

Name	Yr	School	Finals
Finals			
1 Roche, Jordan	12	Valley Cente	34-03.00
2 Cavanaugh, Katherine	12	La Jolla	32-07.50
3 Bajo-Smith, Lauren	12	Mater Dei Ca	31-00.50
4 Wilson, Payton	12	Mt Miguel	30-03.00
5 Cruz, Zoe	9	Mater Dei Ca	30-00.00
6 Clark, Ella	12	Sage Creek	28-10.50

7 Bennett, Kiana	12	Mt Miguel	28-06.50
8 Mallard, Foshay	11	Crawford	28-00.25
9 Gomez, Cheney	10	Imperial	27-07.50

Event 30 Boys Shot Put Varsity

Name	Yr	School	Finals
Finals			
1 Rollins, Caleb	12	Imperial	46-06.50
2 Luong, Kevin	12	Crawford	45-06.50
3 Taylor, Jacobe	11	Kearny	43-06.75
4 Bean-Pleasant, Keyon	10	Madison	39-07.25
5 Hernandez, Ruben	11	Mt Miguel	38-11.00
6 Delcore, Zane	11	Coronado	38-09.50
7 Sevidal, Ryan	12	Sage Creek	J38-09.50
8 Hernandez Palomo, Omeollin	12	Valley Cente	37-09.25
9 Doering, Elias	12	Mt Miguel	36-11.00

Event 31 Girls Discus Throw Varsity

Name	Yr	School	Finals
Finals			
1 Nichols, Miranda	12	Christian	120-03
2 Roche, Jordan	12	Valley Cente	115-08
3 Hernandez, Jenna	12	La Jolla Cou	111-04
4 Desany, Emma	12	Clairemont	103-05
5 Nunez, Melissa	12	Valley Cente	102-03
6 Cavanaugh, Katherine	12	La Jolla	99-11
7 Dammerall, Cierra	12	Holtville	99-00
8 Gresham, Alanna	12	Classical Ac	93-00
9 Cruz, Zoe	9	Mater Dei Ca	88-09

Event 32 Boys Discus Throw Varsity

Name	Yr	School	Finals
Finals			
1 Delgado, Jose	12	Sage Creek	140-04
2 Hernandez Palomo, Omeollin	12	Valley Cente	128-08
3 Castro, Josh	12	Crawford	127-08
4 Luong, Kevin	12	Crawford	126-10
5 Horner, Wolfgang	11	Imperial	123-00
6 Volek, Bennett	12	Maranatha Ch	116-03
7 Williams, Michael	11	Liberty Char	114-08
8 Murguia, Jesse	10	Mt Miguel	107-09
9 Sevidal, Ryan	12	Sage Creek	103-04

Women - Varsity - Team Rankings - 16 Events Scored

1) Sage Creek	114
2) La Jolla	93.5
3) Madison	41
4) Coronado	36
5) La Jolla Country Day	29
6) Christian	28
6) Maranatha Christian	28
8) Clairemont	25
9) Valley Center	24
9) Bishops	24
11) High Tech High NC	20.5
12) Imperial	20
13) Mission Bay	19
14) Serra	18

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14) Santa Fe Christian	18	16) Tri-City Christian	15
16) Crawford	15	18) Mt Miguel	14
		19) Mater Dei Catholic	10
		20) Classical Academy	8
		21) Francis Parker	5
		21) High Tech High (SD)	5
		23) Lincoln	4
		23) Liberty Charter	4
		25) Escondido Charter	3
		26) Holtville	2
		27) Calvin Christian	1

Men - Varsity - Team Rankings - 16 Events Scored

1) Sage Creek	106
2) Imperial	61.5
3) Mission Bay	48.5
4) Madison	43
5) Santa Fe Christian	40
6) La Jolla	39
7) Lincoln	30
8) Francis Parker	22
9) Valley Center	21
10) Crawford	19
11) Holtville	18
12) Tri-City Christian	16
12) Serra	16
14) Coronado	14
14) Liberty Charter	14
16) La Jolla Country Day	13
17) O'Farrell Charter	11
17) Pacific Ridge	11
17) High Tech High NC	11
20) Mt Miguel	10
21) Classical Academy	9
22) Bishops	8
22) Calvin Christian	8
24) High Tech High (SD)	7
25) Kearny	6
26) Maranatha Christian	5
27) Bonsall	4
27) Mater Dei Catholic	4
29) High Tech (CV)	2