

**Peninsula Athletic League  
Boys Varsity Track 2019  
All League**

<u>School</u>	<u>Year</u>	<u>Finals</u>		<u>School</u>	<u>Year</u>	<u>Finals</u>
<b><u>110 Meter Hurdles</u></b>				<b><u>800 Meter Run</u></b>		
Jonathan Natividad	Capuchino	Senior	15.60	Yutaka Roberts	El Camino	Frosh 1:58.38
Enrico Cruz	Mills	Senior	15.64	Justin Hsu	Carlmont	Senior 1:59.51
Brendon Shreve	Hillsdale	Senior	17.06	Nicholas Hafer	Menlo-Atherton	Senior 2:00.17
Cameron Ong	Aragon	Junior	17.22	Alonso Gonzales	Sequoia	Junior 2:00.64
Lareak Banks	Terra Nova	Junior	17.29	Josh Warner-Carey	Half Moon Bay	Junior 2:01.17
Nathan Chu	Aragon	Junior	17.38	Jonathon Coot	Menlo-Atherton	Senior 2:01.42
<b><u>300 Meter Hurdles</u></b>				<b><u>1600 Meter Run</u></b>		
Cooper Glavin	Menlo-Atherton	Junior	42.16	Cole Mediratta	Menlo-Atherton	Senior 4:23.87
Nathan Chu	Aragon	Junior	43.32	Caleb Metzler	Carlmont	Junior 4:25.63
Jonathan Natividad	Capuchino	Senior	43.75	Elias Sanchez	Terra Nova	Senior 4:28.04
Justin Gauthier	Terra Nova	Senior	44.39	Blaine Reynolds	Aragon	Senior 4:29.13
Cameron Ong	Aragon	Junior	44.39	Luke Scandlyn	Menlo-Atherton	Senior 4:29.68
Enrico Cruz	Mills	Senior	45.62	Thomas Burt	Sequoia	Junior 4:30.39
<b><u>100 Meter Dash</u></b>				<b><u>3200 Meter Run</u></b>		
Francisco Sanchez	Menlo-Atherton	Junior	10.95	Cole Mediratta	Menlo-Atherton	Senior 9:50.18
Jack Norton	Carlmont	Junior	11.01	Justin Hsu	Carlmont	Senior 9:53.66
Nathan Mata	Hillsdale	Junior	11.16	Ethan Mimeles	Menlo-Atherton	9:54.56
Isaac Braunstein	Carlmont	Junior	11.44	James McEachen	Half Moon Bay	Senior 9:55.45
Connor Poulos	Sequoia	Junior	11.53	Nick Moore	Half Moon Bay	Senior 9:59.16
Jonathan Natividad	Capuchino	Senior	11.67	Jason Schech	Burlingame	Senior 10:01.55
<b><u>200 Meter Dash</u></b>				<b><u>4 X 100 Meter Relay</u></b>		
Francisco Sanchez	Menlo-Atherton	Junior	22.29	Ahn, Hsu, Metzler, Kuhn	Carlmont	43.58
Ian Koe	Aragon	Soph	22.58	Duncan, Sanchez, Hawkins, Chavez	Menlo-Atherton	44.64
Nathan Mata	Hillsdale	Junior	22.66	Simon, Utecht, Adamson, Poulos	Sequoia	44.78
Isaac Braunstein	Carlmont	Junior	23.49	Williams, Yee, Koe, Wilcox	Aragon	44.79
Dimitri Prokopos	Terra Nova	Senior	23.56	Bautista, Amante, Torres, Minamin	Westmoor	45.53
Nikolas Rodriguez	Carlmont	Senior	23.65	Banks, Zielin, Prokopos, O'Brien	Terra Nova	45.74
<b><u>400 Meter Dash</u></b>				<b><u>4 X 400 Meter Relay</u></b>		
Ian Koe	Aragon	Senior	50.20	Ahn, Hsu, Murphy, Kuhn	Carlmont	3:31.86
Jonaven Kuhn	Carlmont	Junior	50.74	Mandorf, Kegedal, Turbes, Bhat	San Mateo	3:32.98
Yutaka Roberts	El Camino	Frosh	50.95	Steere, Coot, Scandlyn, Hafer	Menlo-Atherton	3:33.43
Jacob Chavez	Menlo-Atherton	Senior	52.80	Thomas, Calvin, Amante, Minamin	Westmoor	3:37.42
Sean Cotton	Hillsdale		52.83	Cotton, Goode, Vaughan, Lucey	Hillsdale	3:38.94
Johnny Goode	Hillsdale	Junior	53.15	Galvin, Biddle, Varghese, Park	Burlingame	3:40.26

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<u>Long Jump</u>	<u>School</u>	<u>Year</u>	<u>Finals</u>
John Utecht	Sequoia	Senior	20-09.50
Jonaven Kuhn	Carlmont	Junior	20-09.25
Caleb Ahn	Carlmont	Senior	20-06.50
Mahdi Shihadeh	Burlingame	Junior	19-10.25
Michael Vendel	San Mateo	Junior	19-09.50
Justin Lee	Jefferson	Senior	19-07.00

<u>Triple Jump</u>	<u>School</u>	<u>Year</u>	<u>Finals</u>
Andrew Scott	Menlo-Atherton	Senior	42-03.25
John Utecht	Sequoia	Senior	42-02.50
Caleb Ahn	Carlmont	Senior	41-01.50
Andre Amante	Westmoor	Senior	40-02.00
Shoh Mollenkamp	Mills	Senior	39-05.50
Aidan O'Sullivan	Burlingame	Junior	38-07.25

<u>High Jump</u>	<u>School</u>	<u>Year</u>	<u>Finals</u>
John Utecht	Sequoia	Senior	6-00.00
Caleb Koch	Hillsdale	Senior	5-10.00
Sean Shitamoto	Carlmont	Junior	5-08.00
Phoenix Pagaduan	Westmoor	Senior	5-06.00
Thomas Vaughn	Hillsdale	Junior	5-06.00
Teo Lincoln	Half Moon Bay	Junior	5-06.00

<u>Pole Vault</u>	<u>School</u>	<u>Year</u>	<u>Finals</u>
John Horan	Sequoia	Junior	14-07.00
Alex Hadidi	Woodside	Senior	12-00.00
Dawson Tam	Westmoor	Junior	11-06.00
Bharath Guduri	Aragon	Senior	11-06.00
Justin Wong	Aragon	Junior	11-06.00
Justin Lai	San Mateo	Soph	11-06.00

<u>Shot Put</u>	<u>School</u>	<u>Year</u>	<u>Finals</u>
Liam Laughlin	Aragon	Senior	47-05.00
Noah Ngalu	Menlo-Atherton	Senior	45-09.00
Robert Jian	Mills	Junior	44-06.00
Songi Eke	Menlo-Atherton	Junior	43-07.00
Ka-Ah-shun Laiwa	Terra Nova	Junior	42-11.50
David Tafuna	Menlo-Atherton	Senior	42-05.00

<u>Discus Throw</u>	<u>School</u>	<u>Year</u>	<u>Finals</u>
Songi Eke	Menlo-Atherton	Junior	148-10
Noah Ngalu	Menlo-Atherton	Senior	138-09
Liam Laughlin	Aragon	Senior	134-01
Andre Poon	Mills	Senior	132-08
Khalid Shatrat	Westmoor	Senior	132-00
Raphael Antiporda	Aragon	Junior	129-02