

**Peninsula Athletic League
Boys Varsity Track 2023
All League**

| <u>110 Meter Hurdles</u> | <u>School</u> | <u>Year</u> | <u>Finals</u> |
|--------------------------|---------------|-------------|---------------|
| Evan Rose | San Mateo | Junior | 15.92 |
| Erik Dodge | Aragon | Senior | 16.06 |
| Marcus Rife | Aragon | Sophomore | 16.05 |
| Jonah Piserchio | Mills | Senior | 16.97 |
| Jeremy Gosch | Aragon | Junior | 17.22 |
| Nicholas Wacha | Carlmont | Senior | 17.24 |

| <u>300 Meter Hurdles</u> | <u>School</u> | <u>Year</u> | <u>Finals</u> |
|--------------------------|---------------|-------------|---------------|
| Brendan McKittrick | Jefferson | Junior | 42.83 |
| Connor Kalos | Half Moon Bay | Senior | 43.35 |
| Marcus Rife | Aragon | Sophomore | 43.39 |
| Anthony Songco | SSF | Senior | 43.98 |
| Antonio Sacco | Mills | Senior | 44.12 |
| Zachary Kinder | Carlmont | Senior | 44.34 |

| <u>100 Meter Dash</u> | <u>School</u> | <u>Year</u> | <u>Finals</u> |
|-----------------------|----------------|-------------|---------------|
| Jax Bonney | Capuchino | Junior | 11.23 |
| Sineth Andrabadu | Hillsdale | Sophomore | 11.25 |
| Dru Hansen | Sequoia | Junior | 11.35 |
| Kingston Hua | Hillsdale | Sophomore | 11.37 |
| Leimana Makasini | Sequoia | Senior | 11.45 |
| Sherrod Smith | Menlo-Atherton | Senior | 11.49 |

| <u>200 Meter Dash</u> | <u>School</u> | <u>Year</u> | <u>Finals</u> |
|-----------------------|----------------|-------------|---------------|
| Sineth Andrabadu | Hillsdale | Junior | 22.62 |
| Avinash Schwarzkopf | Aragon | Senior | 22.70 |
| Jax Bonney | Capuchino | Junior | 22.75 |
| Leimana Makasini | Sequoia | Senior | 22.93 |
| Cameron Johnson | Menlo-Atherton | Senior | 23.22 |
| Salem Parker | Westmoor | Junior | 23.51 |

| <u>400 Meter Dash</u> | <u>School</u> | <u>Year</u> | <u>Finals</u> |
|-----------------------|----------------|-------------|---------------|
| Cameron Johnson | Menlo-Atherton | Senior | 49.20 |
| Avinash Schwarzkopf | Aragon | Senior | 49.75 |
| Raymond Frank | Burlingame | Junior | 51.5 |
| Charles Harger | Aragon | Freshman | 51.89 |
| Saleem Parker | Westmoor | Junior | 51.89 |
| Tomi Adenekan | Hillsdale | Junior | 52.05 |

| <u>800 Meter Run</u> | <u>School</u> | <u>Year</u> | <u>Finals</u> |
|----------------------|---------------|-------------|---------------|
| Romer Rosales-Hasek | Burlingame | Senior | 2:01.03 |
| Rowan Henige | Sequoia | Junior | 2:01.08 |
| Nathan Loof | Half Moon Bay | Junior | 2:01.74 |
| Moss Michelsen | Half Moon Bay | Senior | 2:02.31 |
| Sean Conley | Carlmont | Sophomore | 2:02.66 |
| Enzo Belluomini | San Mateo | Sophomore | 2:03.68 |

| <u>1600 Meter Run</u> | <u>School</u> | <u>Year</u> | <u>Finals</u> |
|-----------------------|---------------|-------------|---------------|
| Ethan Bae | Sequoia | Senior | 4:25.71 |
| Rowan Henige | Sequoia | Sophomore | 4:26.81 |
| Jae Ik Song | San Mateo | Sophomore | 4:28.99 |
| Ian Wong | Carlmont | Sophomore | 4:30.15 |
| Maximilian Hohendorf | Woodside | Senior | 4:30.31 |
| Luc Brennan | Sequoia | Senior | 4:30.34 |

| <u>3200 Meter Run</u> | <u>School</u> | <u>Year</u> | <u>Finals</u> |
|-----------------------|---------------|-------------|---------------|
| Jae Ik Song | San Mateo | Sophomore | 9:51.95 |
| Dominic Barty | Woodside | Junior | 9:57.98 |
| Toby Harris | Aragon | Junior | 9:59.74 |
| David Raymond | Sequoia | Sophomore | 10:00.59 |
| Matthew Nowell | Woodside | Sophomore | 10:02.06 |
| Maximilian Hohendorf | Woodside | Senior | 10:07.01 |

| <u>4 X 100 Meter Relay</u> | <u>School</u> | <u>Finals</u> |
|------------------------------------|----------------|---------------|
| Hua,King,McCann,Andrabadu | Hillsdale | 43.62 |
| Garcia-Standlee,Smith,Moss,Johnson | Menlo-Atherton | 44.15 |
| Cappa,Shen,Sagon Jr,Campbell | Carlmont | 44.17 |
| Hansen,Pigot,Tetelbaum,Makasini | Sequoia | 44.20 |
| Harger,Livingston,Rose,Schwarzkopf | Aragon | 44.92 |
| Lam,Hernandez,Academia,Pascual | Mills | 45.15 |

| <u>4 X 400 Meter Relay</u> | <u>School</u> | <u>Finals</u> |
|-------------------------------------|---------------|---------------|
| Harger,Jaen,Tang,Schwarzkopf | Aragon | 3:31.14 |
| Andrabadu,Kim,Hua,Adenekan | Hillsdale | 3:31.77 |
| Shekhar,Mansfield,Madriral,Fedronic | Carlmont | 3:32.57 |
| Ozuna,Yu,Young,Parker | Westmoor | 3:32.98 |
| Alberts,Rothstein,Frank,Lane | Burlingame | 3:34.01 |
| Lam,Academia,Tan,Hensley | Mills | 3:34.44 |

**PENINSULA ATHLETIC LEAGUE
ALL LEAGUE BOYS TRACK
2023**

| <u>Long Jump</u> | <u>School</u> | <u>Year</u> | <u>Finals</u> | <u>Discus Throw</u> | <u>School</u> | <u>Year</u> | <u>Finals</u> |
|----------------------|----------------|-------------|---------------|---------------------------------|----------------|-------------|---------------|
| Sherrrod Smith | Menlo-Atherton | Senior | 21-10.05 | Lloyd Walter | Aragon | Senior | 143-02 |
| Braden Weaver | Hillsdale | Senior | 21-06.50 | Frank Ward | Terra Nova | Senior | 140-08 |
| Casey Oliveira | Carlmont | Senior | 20-02.25 | Richard Lagrill | Carlmont | Senior | 130-10 |
| Dru Hansen | Sequoia | Junior | 20-00.25 | Nathan Macalino | El Camino | Junior | 125-09 |
| Noah Garcia-Standlee | Menlo-Atherton | Senior | 20-04.25 | Albert Zhang | Aragon | Senior | 120-04 |
| Alexander Sandin | Carlmont | Senior | 20-03.25 | Miguel Velasquez-Tejada | San Mateo | Senior | 108-10 |
| <u>Triple Jump</u> | | | | <u>Shot Put</u> | | | |
| Brayden Weaver | Hillsdale | Senior | 42-10.75 | Richard La Grill | Carlmont | Senior | 49-11.75 |
| Casey Oliveira | Carlmont | Senior | 42-10.50 | Nasir Shabazz | San Mateo | Senior | 45-07.75 |
| Anthony Leung | Burlingame | Senior | 40-10.50 | Matthew Tan | Mills | Senior | 43-11.00 |
| Zachary Garcia | Westmoor | Senior | 40-04.50 | Ethan Vuong | Mills | Senior | 42-07.00 |
| Jericho Young | Westmoor | Senior | 40-02.00 | Frank Ward | Terra Nova | Senior | 41-08.00 |
| Waynstan Aung | Westmoor | Senior | 39-11.25 | Miguel Velasquez-Tejada | San Mateo | Senior | 40-05.75 |
| <u>High Jump</u> | | | | <u>4x800 relay</u> | | | |
| Luca Sebisanic | San Mateo | Sophomore | 6-00.00 | Wong,Conley,Schaefer,Sutton | Carlmont | | 8:22.77 |
| Tomi Adenekan | Hillsdale | Junior | 6-00.00 | Henige,Bae,Brennan,Raymond | Sequoia | | 8:23.25 |
| Tyler Spitzer-Wu | San Mateo | Senior | 5-10.00 | VanVoorhis,Purev,Ramirez,Hasek | Burlingame | | 8:26.33 |
| James Ely | San Mateo | Sophomore | 5-10.00 | Lee,Kim,Mathu,Fukumoto | Hillsdale | | 8:29.86 |
| Trajan King | Hillsdale | Junior | 5-06.00 | Doherty,Goodman,Travers,Pecson | Menlo-Atherton | | 8:53.13 |
| Enzo Belluomini | San Mateo | Sophomore | 5-04.00 | Hohendorf, Dulaney,Bowen,Wilson | Woodside | | 8:53.29 |
| <u>Pole Vault</u> | | | | | | | |
| Erik Dodge | Aragon | Senior | 14-00.00 | | | | |
| Jarod Nunnemaker | Aragon | Junior | 14-00.00 | | | | |
| Nathan Ho | Westmoor | Senior | 12-00.00 | | | | |
| Cal Adasiewica | Woodside | Junior | 11-00.00 | | | | |
| Noah Lin | Aragon | Sophomore | 11-00.00 | | | | |
| Edward Ozuna | Westmoor | Junior | 10-06.00 | | | | |
| Calvin Hong | Aragon | Sophomore | 10-06.00 | | | | |