

**PENINSULA ATHLETIC LEAGUE
ALL LEAGUE GIRLS TRACK
2023**

	<u>School</u>	<u>Year</u>	<u>Finals</u>
<u>100 Meter Hurdles</u>			
	Menlo-Atherton	Soph	15.70
	Half Moon Bay	Senior	15.77
	Oceana	Senior	16.86
	Terra Nova	Soph	17.23
	El Camino	Junior	17.63
	Sequoia	Junior	17.77

<u>300 Meter Hurdles</u>			
	Burlingame	Junior	45.26
	Menlo-Atherton	Soph	48.20
	Half Moon Bay	Senior	49.21
	San Mateo	Junior	49.40
	Oceana	Senior	49.66
	Westmoor	Senior	52.25

<u>100 Meter Dash</u>			
	Menlo-Atherton	Frosh	12.78
	Menlo-Atherton	Junior	13.01
	San Mateo	Junior	13.08
	Aragon	Junior	13.23
	Oceana	Senior	13.36
	Hillsdale	Senior	13.59

<u>200 Meter Dash</u>			
	Menlo-Atherton	Frosh	25.92
	Burlingame	Junior	26.19
	Hillsdale	Senior	26.48
	Menlo-Atherton	Junior	26.77
	Aragon	Junior	26.99
	San Mateo	Junior	27.14

<u>400 Meter Dash</u>			
	Burlingame	Senior	58.19
	Hillsdale	Junior	58.23
	Burlingame	Junior	59.21
	Mills	Junior	1:00.37
	Hillsdale	Senior	1:01.59
	Woodside	Junior	1:02.38

<u>800 Meter Run</u>			
	Menlo-Atherton	Junior	2:22.86
	Menlo-Atherton	Junior	2:25.39
	Mills	Soph	2:26.13
	Burlingame	Senior	2:27.93
	Hillsdale	Soph	2:28.42
	South San Francisco	Senior	2:34.00

<u>1600 Meter Run</u>			
	Menlo-Atherton	Junior	4:51.35
	Menlo-Atherton	Junior	4:59.71
	Carlmont	Soph	5:10.19
	Burlingame	Senior	5:18.29
	Mills	Junior	5:20.71
	Hillsdale	Soph	5:24.70

<u>3200 Meter Run</u>			
	Menlo-Atherton	Junior	11:40.61
	Mills	Junior	11:45.08
	Oceana	Soph	11:47.97
	Hillsdale	Soph	11:53.30
	Menlo-Atherton	Junior	12:03.66
	Terra Nova	Senior	12:07.25

<u>4x100 Meter Relay</u>			
	Menlo-Atherton		49.50
	Hillsdale		50.75
	San Mateo		52.38
	Woodside		52.64
	Mills		53.22
	Aragon		

<u>4 X 400 Meter Relay</u>			
	Burlingame		4:06.83
	Menlo-Atherton		4:14.84
	Hillsdale		4:16.44
	Mills		4:17.42
	Carlmont		4:23.29
	Aragon		4:35.26

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<u>Long Jump</u>	<u>School</u>	<u>Year</u>	<u>Finals</u>	<u>Shot Put 4 Kilo</u>	<u>School</u>	<u>Year</u>	<u>Finals</u>
Pia Cho	Aragon	Junior	17-07.00	Bridget Reynolds	Woodside	Junior	34-06.75
Delaney Brown	San Mateo	Junior	16-00.00	Desiree Huffer	Sequoia	Soph	28-00.00
Naomi Metzler	Carlmont	Senior	15-09.50	Serena Mezzeta	Mills	Senior	27-11.75
Sara Kusumoto	Hillsdale	Senior	15-06.25	Mele Patelo	Hillsdale	Senior	27-11.25
Alexis Ivankov	Mills	Frosh	15-05.50	Olivia Salles	San Mateo	Junior	26-04.00
Jolene Chu	Menlo-Atherton	Junior	15-05.25	Abreanna Hodge	SSF	Junior	25-04.50
<u>Triple Jump</u>				<u>Discus Throw</u>			
Naomi Metzler	Carlmont	Senior	34-04.00	Bridget Reynolds	Woodside	Junior	119-06
Reece Roach	Mills	Soph	32-01.00	Desiree Huffer	Sequoia	Soph	101-10
Maya Yoo	Aragon	Junior	31-11.25	Serene Wong	SSF	Junior	91-04
Rona Elan	Hillsdale	Frosh	31-05.00	Stephanie Spenser	Half Moon Bay	Senior	89-01
Jasmine Ren	Westmoor	Junior	30-11.00	Serena Mazzeta	Mills	Senior	83-08
Keymora Paniligan	Westmoor	Junior	30-10.25	Jasmine Ren	Westmoor	Junior	79-07
<u>High Jump</u>				<u>4x800 Relay</u>			
Gabriella Saoud	Capuchino	Junior	4-10.00	Olesen,Pflaum,Rehkopf,Melani	Menlo-Atherton		9:44.34
Alyssa Draheim	Mills	Junior	4-10.00	Draheim,Pan,Yee,Amayun	Mills		10:02.82
Addison Hornsby	El Camino	Junior	4-08.00	Spenner,Gonzalez,Carlen,Newman	Burlingame		10:13.10
Jay Sheynim	Sequoia	Senior	4-06.00	Hsieh,Matsumoto,Robinson,Westberg	Hillsdale		10:15.69
Sara Kusumoto	Hillsdale	Senior	4-06.00	Metzler,Gordon,Metzler,Cuadros	Carlmont		10:28.23
Cherianne Cuartero	El Camino	Junior	4-06.00				
Sophia Cacianti	Capuchino	Soph	4-06.00				
<u>Pole Vault</u>							
Charlotte MacAvoy	San Mateo	Junior	9-00.00				
Mia Hunt	Sequoia	Senior	8-06.00				
Jay Sheynin	Sequoia	Senior	8-06.00				
Elaina Shao	Aragon	Soph	8-00.00				
Maya Yoo	Aragon	Junior	8-00.00				
Anisha Kaul	San Mateo	Junior	7-06.00				

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