

JFK Cougar Frosh/ Soph Invitational

OFFICIAL RESULTS

📅 Saturday, April 27, 2019 📍 John F. Kennedy HS, Sacramento

Mens Results

100 Meters Frosh/Soph - Finals

1.	10 Jonrich Dela Cruz	11.61a	Kennedy (Sacramento)
2.	10 Derron Robinson	11.88a	Kennedy (Sacramento)
3.	10 Christian Gong	12.26a	Kennedy (Sacramento)
4.	9 Justin Harvey	12.27a	Pleasant Grove
5.	10 Avionne Dobson	12.49a PR	Fortune
6.	9 Armin Bozorgi	12.61a	Mira Loma
6.	10 Brian Chen	12.61a	Kennedy (Sacramento)
8.	9 Marius Aguinaldo	12.71a	Mira Loma
9.	9 Marlon Lopez	12.74a	Kennedy (Sacramento)
10.	9 David Hendree	12.97a	Kennedy (Sacramento)
11.	9 Isaiah Singh	13.13a	Pleasant Grove
12.	9 Kieran Casey	13.35a PR	Pleasant Grove
13.	9 Richard Cao	13.64a	Pleasant Grove
14.	10 Keaon Mallard	13.68a PR	Fortune

200 Meters Frosh/Soph - Finals

1.	10 Jonrich Dela Cruz	23.30a	Kennedy (Sacramento)
2.	9 Jaiden Boughton	23.93a PR	Kennedy (Sacramento)
3.	10 Michael Colbert	23.99a PR	Pleasant Grove
4.	10 Derron Robinson	24.54a	Kennedy (Sacramento)
5.	9 Marius Aguinaldo	25.57a	Mira Loma
6.	9 Marlon Lopez	25.62a	Kennedy (Sacramento)
7.	10 Esteban Moctezuma	25.91a PR	Pleasant Grove
7.	10 Avionne Dobson	25.91a PR	Fortune
9.	10 Brian Chen	25.99a	Kennedy (Sacramento)
10.	9 Armin Bozorgi	26.30a	Mira Loma

Womens Results

100 Meters Frosh/Soph - Finals

1.	10 Genesis Tholmer	12.77a	Kennedy (Sacramento)
2.	9 De'oujenai Murphy- Moore	13.50a	Mira Loma
3.	9 Michelle Li	14.32a PR	Alexander Twilight S...
4.	9 Uinise Ofa Lavulo	14.46a	Kennedy (Sacramento)
5.	9 Empriss Walls	14.56a	Luther Burbank
6.	10 Sierra Boyd	14.67a PR	Kennedy (Sacramento)
7.	9 Celeste Silva	14.69a PR	Pleasant Grove
8.	10 Adrianna Vasquez	14.81a PR	Pleasant Grove
9.	9 Mei Jun Lin	14.94a	Kennedy (Sacramento)
10.	9 Makenna Keyes	15.08a	Pleasant Grove
11.	10 Alyssa Shimizu	15.27a SR	Kennedy (Sacramento)
12.	9 Maddie Asbell	15.36a	Pleasant Grove
13.	10 Haley Uhl	15.67a	Pleasant Grove
14.	9 Karina Curiel	15.70a PR	Kennedy (Sacramento)
15.	9 Natalie Becerra	15.91a PR	Kennedy (Sacramento)
16.	9 Vysha Vega	16.22a	Mira Loma
17.	10 Stephanie Nicolas	16.92a	Alexander Twilight S...

200 Meters Frosh/Soph - Finals

1.	10 Miana Giovannini	25.97a	Kennedy (Sacramento)
2.	10 Genesis Tholmer	26.07a	Kennedy (Sacramento)
3.	9 De'oujenai Murphy- Moore	28.92a	Mira Loma
4.	9 Michelle Li	30.18a PR	Alexander Twilight S...
5.	9 Celeste Silva	30.51a	Pleasant Grove
6.	9 Jazmine Richardson	30.79a PR	Luther Burbank
7.	10 Adrianna Vasquez	30.96a PR	Pleasant Grove

11.	9	Isaiah Singh	27.45a PR	Pleasant Grove
12.	9	Ryan Hanlon	27.80a	Pleasant Grove
13.	9	Kaden Morgan	28.56a	Pleasant Grove
14.	9	Samuel Cruz	28.94a	Pleasant Grove
15.	10	Keaon Mallard	30.08a PR	Fortune

400 Meters Frosh/Soph - Finals

1.	10	Michael Colbert	53.98a	Pleasant Grove
2.	9	Jaiden Boughton	54.69a	Kennedy (Sacramento)
3.	10	Esteban Moctezuma	57.09a PR	Pleasant Grove
4.	10	Murice Walker	57.34a	Kennedy (Sacramento)
5.	9	Ryan Hanlon	1:01.78a PR	Pleasant Grove
6.	9	Samuel Cruz	1:05.07a PR	Pleasant Grove
7.	9	Kaden Morgan	1:07.09a PR	Pleasant Grove

800 Meters Frosh/Soph - Finals

1.	9	Chas O'Bear	2:07.57a PR	Pleasant Grove
2.	10	Donovan Guertin	2:09.84a	Pleasant Grove
3.	9	Dean McLane	2:10.03a PR	Mira Loma
4.	9	Gilbert Sanchez Torres	2:10.43a	Bella Vista
5.	10	Alex Wooden	2:10.96a PR	Bella Vista
6.	10	Jacob Norton	2:12.89a	Bella Vista
7.	10	Aaron Li	2:19.28a	Bella Vista
8.	9	Ethan Ho	2:19.80a	Pleasant Grove
9.	9	Michael Le	2:20.12a	Pleasant Grove
10.	10	Kevin Sunzeri	2:20.81a	Bella Vista
11.	10	Edward Biddlecomb	2:20.83a PR	Bella Vista
12.	9	Andrew Marshall	2:22.03a PR	Mira Loma
13.	9	Kieran Mohan	2:22.18a	Kennedy (Sacramento)
14.	10	Connor Wills	2:22.82a	Kennedy (Sacramento)
15.	9	Brandon Fong	2:36.64a	Pleasant Grove
16.	10	Konrad Stromayer	2:37.77a PR	Mira Loma
17.	9	Jacob Crawford	2:38.59a	Kennedy (Sacramento)
18.	9	Abhiram Mupparaju	3:34.60a	Mira Loma

1600 Meters Frosh/Soph - Finals

1.	9	Chas O'Bear	4:38.74a	Pleasant Grove
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8.	10	Sierra Boyd	31.03a	Kennedy (Sacramento)
9.	10	Haley Uhl	31.53a PR	Pleasant Grove
10.	9	Arianna Tibbs	31.86a	Kennedy (Sacramento)
11.	9	Makenna Keyes	32.17a	Pleasant Grove
12.	9	Betsaida Vazquez	32.53a	Kennedy (Sacramento)
13.	9	Natalie Becerra	32.88a	Kennedy (Sacramento)
14.	9	Empriss Walls	33.10a	Luther Burbank
15.	9	Karina Curiel	33.18a	Kennedy (Sacramento)
16.	9	Vyesha Vega	34.40a	Mira Loma
17.	10	Stephanie Nicolas	37.84a	Alexander Twilight S...

400 Meters Frosh/Soph - Finals

1.	10	Miana Giovannini	59.24a	Kennedy (Sacramento)
2.	10	Breshawn Cooks	1:05.98a	Kennedy (Sacramento)
3.	9	Betsaida Vazquez	1:15.50a	Kennedy (Sacramento)
4.	9	De'oujenai Murphy- Moore	1:25.32a PR	Mira Loma

800 Meters Frosh/Soph - Finals

1.	9	Bridgete Schramm	2:44.21a	Pleasant Grove
2.	9	Alyssa Brown	2:44.22a	Pleasant Grove
3.	10	Riana Azevedo	2:52.22a	Pleasant Grove
4.	9	Claire Bryant	2:57.99a PR	Kennedy (Sacramento)
5.	9	Alyssa Canafe	3:02.46a	Mira Loma
6.	10	Veronica Kim	3:05.10a	Kennedy (Sacramento)
7.	10	Karagen Vang	3:09.36a PR	Alexander Twilight S...
8.	10	Zalea Bjorgum	3:12.05a	Pleasant Grove
9.	9	Zhuoen (Joanne) Cai	3:19.77a	Mira Loma
10.	9	Sophia Malloy	3:34.03a	Mira Loma

1600 Meters Frosh/Soph - Finals

1.	10	Sydney Wooden	5:52.27a	Bella Vista
2.	9	Bridgete Schramm	5:52.85a	Pleasant Grove
3.	9	McKenzie Childs	5:56.37a	Bella Vista
4.	9	Alyssa Brown	5:58.97a	Pleasant Grove
5.	10	Riana Azevedo	6:03.95a PR	Pleasant Grove
6.	9	Chloe Baade	6:08.32a	Bella Vista
7.	9	Shaelyn Crichton	6:10.52a	Bella Vista

2.	10	Donovan Guertin	4:40.88a	PR	Pleasant Grove
3.	9	Dean McLane	4:44.49a	PR	Mira Loma
4.	10	Connor Harrod	4:44.91a	PR	Bella Vista
5.	10	Jaeden Palmquist	4:48.20a		Pleasant Grove
6.	10	Ben LaRoe	4:55.18a		Bella Vista
7.	10	John Williams	5:01.79a		Pleasant Grove
8.	9	Ethan Black	5:11.99a	PR	Bella Vista
9.	10	Derrick Pickrel	5:14.31a		Pleasant Grove
10.	9	Kieran Mohan	5:15.44a		Kennedy (Sacramento)
11.	10	Daniel Garland	5:17.32a		Kennedy (Sacramento)
12.	10	Hayden Roach	5:18.51a		Pleasant Grove
13.	10	William Lorence	5:29.41a		Bella Vista
14.	9	Elijah Drotts	5:36.92a		Kennedy (Sacramento)
15.	9	Jacob Crawford	5:37.63a	PR	Kennedy (Sacramento)
16.	10	Ethan Briseno	5:38.11a		Bella Vista
17.	10	Konrad Stromayer	5:58.54a		Mira Loma
18.	9	David Martinez	6:15.81a		Mira Loma
19.	9	Abhiram Mupparaju	7:30.65a		Mira Loma

3200 Meters Frosh/Soph - Finals

1.	10	Jaeden Palmquist	10:55.50a		Pleasant Grove
2.	10	John Williams	11:12.69a		Pleasant Grove
3.	10	Derrick Pickrel	11:29.58a		Pleasant Grove
4.	10	Connor Wills	11:38.77a		Kennedy (Sacramento)
5.	9	Ethan Ho	11:43.56a		Pleasant Grove
6.	9	Andrew Marshall	11:43.70a	PR	Mira Loma
7.	10	Ben Brooks	12:10.98a	PR	Kennedy (Sacramento)
8.	9	Elijah Drotts	12:14.28a	PR	Kennedy (Sacramento)
9.	9	Michael Le	12:19.03a		Pleasant Grove

110m Hurdles - 36" Frosh/Soph - Finals

1.	10	Nnaemeka Okwuosa	16.58a		Pleasant Grove
2.	9	Axel Verdoorn	17.36a	PR	Pleasant Grove
3.	9	Ryan Hanlon	18.81a		Pleasant Grove
4.	9	Nehemiah Smiley	20.23a		Kennedy (Sacramento)
5.	9	Samuel Cruz	20.57a		Pleasant Grove
6.	9	Kaden Morgan	21.32a		Pleasant Grove
7.	9	Marlon Lopez	22.57a		Kennedy (Sacramento)

8.	9	Claire Bryant	6:37.63a	PR	Kennedy (Sacramento)
9.	10	Veronica Kim	6:39.40a		Kennedy (Sacramento)
10.	10	Zalea Bjorgum	6:44.72a		Pleasant Grove
11.	9	Alyssa Canafe	6:46.31a		Mira Loma
12.	10	Annaliese Canafe	7:35.82a		Mira Loma
13.	9	Zhuoen (Joanne) Cai	7:36.03a	PR	Mira Loma
14.	9	Sophia Malloy	7:54.76a	PR	Mira Loma

3200 Meters Frosh/Soph - Finals

1.	10	Riana Azevedo	13:35.16a		Pleasant Grove
2.	10	Zalea Bjorgum	16:30.83a		Pleasant Grove
3.	10	Annaliese Canafe	17:23.75a		Mira Loma

100m Hurdles - 33" Frosh/Soph - Finals

1.	9	Maddie Asbell	20.19a	PR	Pleasant Grove
2.	10	Hauoli (Kaimana) Lavulo-Shimosaka	20.36a		Kennedy (Sacramento)
3.	10	Kimmi Wang	21.21a		Kennedy (Sacramento)

300m Hurdles - 30" Frosh/Soph - Finals

1.	10	Breshawn Cooks	54.23a		Kennedy (Sacramento)
2.	10	Hauoli (Kaimana) Lavulo-Shimosaka	58.29a		Kennedy (Sacramento)
3.	9	Maddie Asbell	1:00.43a		Pleasant Grove
4.	10	Kimmi Wang	1:01.67a		Kennedy (Sacramento)

4x100 Relay Frosh/Soph - Finals

1.		Genesis Tholmer Breshawn Cooks Kimmi Wang Miana Giovannini	53.37a		Kennedy (Sacramento)
2.		Makenna Keyes Adrianna Vasquez Haley Uhl Celeste Silva	57.44a		Pleasant Grove
3.		Relay Team	58.32a		Kennedy (Sacramento)

300m Hurdles - 33" Frosh/Soph - Finals

1.	10 Nnaemeka Okwuosa	42.72a	Pleasant Grove
2.	9 Nehemiah Smiley	46.07a	Kennedy (Sacramento)
3.	9 Axel Verdoorn	46.55a	Pleasant Grove
4.	9 David Hendree	48.36a	Kennedy (Sacramento)
5.	9 Ryan Hanlon	48.50a	Pleasant Grove
6.	10 Daniel Garland	51.95a SR	Kennedy (Sacramento)
7.	9 Samuel Cruz	54.10a	Pleasant Grove
8.	9 Kaden Morgan	58.13a	Pleasant Grove

4x100 Relay Frosh/Soph - Finals

1.	Jonrich Dela Cruz Aaron Asoo Derron Robinson Jaiden Boughton	46.00a	Kennedy (Sacramento)
2.	Nnaemeka Okwuosa Justin Harvey Isaiah Singh Michael Colbert	47.33a	Pleasant Grove
3.	Relay Team	48.32a	Kennedy (Sacramento)

4x400 Relay Frosh/Soph - Finals

1.	Michael Colbert Donovan Guertin Esteban Moctezuma Nnaemeka Okwuosa	4:13.75a	Pleasant Grove
2.	Ethan Ho Brandon Fong Michael Le John Williams	4:18.86a	Pleasant Grove

Shot Put - 10lb Frosh/Soph - Finals

1.	10 Evan Revillas	35-10.00	Pleasant Grove
2.	9 Holden Mijares	33-10.50	Pleasant Grove
3.	9 Andrew Roeser	32-01.00 PR	Pleasant Grove
3.	10 Guillermo De La Torre	32-01.00	Mira Loma

4.	Relay Team	58.92a	Kennedy (Sacramento)
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4x400 Relay Frosh/Soph - Finals

1.	Maddie Asbell Celeste Silva Bridgete Schramm Alyssa Brown	4:52.27a	Pleasant Grove
2.	Hauoli (Kaimana) Lavulo- Shimosaka Betsaida Vazquez Unise Ofa Lavulo Breshawn Cooks	5:06.04a	Kennedy (Sacramento)

Shot Put - 4kg Frosh/Soph - Finals

1.	10 Stephanie Nicolas	19-00.50 SR	Alexander Twilight S...
2.	9 Sandhya Ahuja	13-04.50 PR	Kennedy (Sacramento)

Discus - 1kg Frosh/Soph - Finals

1.	10 Stephanie Nicolas	52-09 PR	Alexander Twilight S...
2.	9 Sandhya Ahuja	39-11	Kennedy (Sacramento)

High Jump Frosh/Soph - Finals

1.	10 Miana Giovannini	4-04.00	Kennedy (Sacramento)
2.	10 Breanna Parness 9 Kiana Sen	4-02.00 SR NH	Kennedy (Sacramento) Kennedy (Sacramento)

Pole Vault Frosh/Soph - Finals

1.	9 Shae Wright	8-06.00	Bella Vista
2.	10 Caitlyn Browning	6-06.00	Bella Vista
3.	9 Kathleen O'Brien	6-00.00 PR	Bella Vista
3.	9 Kiana Sen	6-00.00 PR	Kennedy (Sacramento)
5.	9 Nicole Davidoff	5-06.00	Bella Vista
	10 Zipporah Robinson	NH	Bella Vista
	9 Claire Bryant	NH	Kennedy (Sacramento)

5.	9	Rudolf Hajdinjak	27-06.00	Pleasant Grove
6.	9	Amrit Sandhu	26-02.00	Pleasant Grove
7.	9	David Hendree	26-00.00	Kennedy (Sacramento)

Discus - 1.6kg Frosh/Soph - Finals

1.	9	Andrew Roeser	93-07	Pleasant Grove
2.	10	Evan Revillas	90-00	Pleasant Grove
3.	9	Amrit Sandhu	87-06 PR	Pleasant Grove
4.	10	Guillermo De La Torre	80-06	Mira Loma
5.	9	Holden Mijares	77-04	Pleasant Grove
6.	9	Rudolf Hajdinjak	75-07 PR	Pleasant Grove
7.	9	David Hendree	67-00.50	Kennedy (Sacramento)

High Jump Frosh/Soph - Finals

1.	9	Axel Verdoorn	5-04.00	Pleasant Grove
2.	10	Christian Gong	5-02.00 PR	Kennedy (Sacramento)
3.	9	Johnson Ou	4-06.00	Kennedy (Sacramento)
4.	10	Liam Elliott Beckett	4-04.00	Kennedy (Sacramento)

Pole Vault Frosh/Soph - Finals

1.	9	Axel Verdoorn	12-00.00	Pleasant Grove
2.	10	Saeid Khoshnoodi	10-00.00	Bella Vista
3.	9	Brian Coker	9-00.00	Bella Vista
4.	9	Andrew Madrigal	8-00.00	Bella Vista
4.	9	Kyle Dinin	8-00.00	Bella Vista
6.	9	Elijah Drotts	7-00.00	Kennedy (Sacramento)
6.	10	Connor Wills	7-00.00	Kennedy (Sacramento)

Long Jump Frosh/Soph - Finals

1.	10	Christian Gong	19-04.50 PR	Kennedy (Sacramento)
2.	9	Justin Harvey	18-07.00 PR	Pleasant Grove
3.	9	Nehemiah Smiley	17-04.00 PR	Kennedy (Sacramento)
4.	10	Liam Elliott Beckett	15-07.25 PR	Kennedy (Sacramento)
5.	10	Esteban Moctezuma	14-05.00	Pleasant Grove
6.	9	Johnson Ou	14-04.00	Kennedy (Sacramento)

9	Caitlyn Alvarado	NH	Bella Vista
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Long Jump Frosh/Soph - Finals

1.	9	Emily Maias	14-02.50	Kennedy (Sacramento)
2.	9	Kiana Sen	13-00.00 PR	Kennedy (Sacramento)
3.	10	Breanna Parness	11-07.00 PR	Kennedy (Sacramento)
4.	10	Alyssa Shimizu	10-10.50	Kennedy (Sacramento)

Triple Jump Frosh/Soph - Finals

1.	9	Kiana Sen	25-11.00 PR	Kennedy (Sacramento)
2.	9	Uinise Ofa Lavulo	25-05.75 PR	Kennedy (Sacramento)
3.	9	Karina Curiel	23-05.00 PR	Kennedy (Sacramento)
4.	9	Emily Maias	23-01.00	Kennedy (Sacramento)
5.	10	Alyssa Shimizu	22-10.00 PR	Kennedy (Sacramento)
6.	9	Natalie Becerra	22-08.00 PR	Kennedy (Sacramento)

Triple Jump Frosh/Soph - Finals

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| 1. | 10 Christian Gong | 34-08.75 | Kennedy (Sacramento) |
| 2. | 9 Justin Harvey | 34-05.50 | Pleasant Grove |
| 3. | 9 Nehemiah Smiley | 33-09.50 | Kennedy (Sacramento) |
| 4. | 10 Liam Elliott Beckett | 31-11.00 PR | Kennedy (Sacramento) |
| 5. | 9 Kieran Casey | 28-03.00 | Pleasant Grove |