

**2019 Mt. Carmel Invitational Track Meet
Results - Track**

Event 1 Girls 3200 Meter Run Div-1

Meet Record: * 10:07.52 2014 Sarah Baxter, Bethany Knig
Name Year School Finals

Finals

1	Douge, Mia	11	Brea Olinda	11:18.47
2	Chittle, Sophia	9	Poway	11:21.44
3	Jones, Sophie	12	Mt. Carmel	11:40.85
4	Gladden, Estelle	9	High Tech Hi	11:42.72
5	Rojero, Kaitlyn	10	Vista	11:44.05
6	Barron, Violet	9	Harvard-Westlk	11:51.89
7	Wernli, Emily	9	Brea Olinda	11:54.33
8	Whitney, Ceci	11	Burroughs (Bur)	11:55.34
9	Arambulo, Max	11	Cathedral Catholic	11:56.45
10	Deng, Eden	12	Canyon Crest	11:58.79
11	Dang, Vivian	12	Westview	11:59.54
12	Huestis, Natalie	11	Sage Creek	12:05.24
13	Diaz, Inela	10	Steele Canyon	12:07.63
14	Anderson, Evelyn	11	El Capitan -sd	12:08.57
15	Parker, Alexis	12	Mira Mesa	12:10.47
16	Arambulo, Lexi	9	Cathedral Catholic	12:11.97
17	Ortiz, Elise	11	El Camino -sd	12:17.09
18	Mullen, Claire	10	St. Margarets	12:20.70
19	Michaelian, Tori	12	University Cty	12:25.15
20	Javier, Rosanna	11	Olympian	12:39.45
21	Moreno, Cloe	11	High Tech Hi	12:59.69

Event 2 Boys 3200 Meter Run Div-1

Meet Record: * 8:57.8h 1994 Mebrahton Keflezighi, San D
Name Year School Finals

1	Dinis, Antonio	11	El Camino -sd	9:44.69
2	da Silva, Giancarlo	10	Scripps Ranch	9:46.09
3	henry, matthew	11	Granite Hills -sd	9:47.69
4	Richardson, Jake	10	Point Loma	9:48.41
5	Boaz, Trevor	12	Rancho Bernardo	9:49.51
6	Radilla, Sebastian	10	Cathedral Catholic	9:53.55
7	Haney, Jordan	11	San Marcos -sd	9:58.36
8	Miramontes, James	11	La Costa Cnyn	10:03.42
9	Matuta, Mandela	11	Crawford	10:04.83
10	Beckwith, Zak	11	Poway	10:05.23
11	Moscoso, Zami	11	Wilson (Lb) -ss	10:06.29
12	Alfred, Mark	11	University Cty	10:07.33
13	Fernandez, Alec	12	Arcadia	10:08.84
14	Alegria, Aiden	11	Lakewood	10:11.04
15	Woulfe, Samuel	11	Carlsbad	10:20.72
16	Capelle, Calvin	10	St. Margarets	10:24.33
17	Donis, Brandon	11	Tesoro	10:28.11
18	Fox, Will	10	Iona Prep School	10:52.84
--	Whitely, Henry	12	High Tech Hi	DNF

**2019 Mt. Carmel Invitational Track Meet
Results - Track**

Event 3 Girls 4x800 Meter Relay Div-1

Meet Record: * 9:25.12 2016		Ursuline School, NY, Ursuli
School		Finals
1	Ursuline School	9:22.21*
2	Santa Margarita	9:33.66
3	Point Loma	9:47.84
4	Steele Canyon	9:52.15
5	Del Norte (Sd)	9:56.29
6	El Camino -sd	9:59.08
7	Westview	10:00.41
8	Wilson (Lb) -ss	10:02.25
9	Otay Ranch	10:19.07
10	La Quinta (Lq)	10:19.38
10	Ursuline School 'B'	10:19.38
12	Rancho Bernardo	10:22.10
13	Mt. Carmel	10:25.49
14	Lakewood	10:36.21
15	Ramona -sd	10:41.08
16	Poway	10:44.53
17	Venice	10:50.53
18	Olympian	11:12.38

Event 4 Boys 4x800 Meter Relay Div-1

Meet Record: * 7:53.79 2007		North (Riverside), North (R
School		Finals
1	Torrey Pines	8:10.97
2	Mira Mesa	8:12.45
3	Rancho Bernardo	8:17.08
4	Iona Prep School	8:23.00
5	El Camino -sd	8:29.97
6	Crawford	8:34.34
7	La Quinta (Lq)	8:35.46
8	Westview	8:36.88
9	Mt. Carmel	8:37.62
10	Poway	8:41.40
11	Point Loma	8:41.61
12	Otay Ranch	8:41.75
13	Wilson (Lb) -ss	8:42.88
14	Cathedral Catholic	8:44.51
15	Olympian	8:45.27
16	Steele Canyon	8:46.31
17	Serra -sd	8:48.51
18	Lakewood	8:49.56
19	Tesoro	8:53.78
20	Grossmont	9:07.68
21	High Tech High Jacobs	9:18.11

Event 5 Girls 4x100 Meter Relay Div-1

Meet Record: * 46.65 2006		Long Beach Wilson, Long Beach Wi
School		Finals H#
1	Poly (Lb)	47.04 5
2	Scripps Ranch	47.97 5

**2019 Mt. Carmel Invitational Track Meet
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....Event 5 Girls 4x100 Meter Relay Div-1

3 Redondo Union	48.04	5
4 Wilson (Lb) -ss	48.35	5
5 Serra -ss	48.73	5
6 Notre Dame (So) -ss	49.13	5
7 Christian	49.23	4
8 Madison	49.28	3
9 Arcadia	49.40	4
9 Monrovia	49.40	4
11 Mission Hills	49.77	3
12 Point Loma	50.00	2
13 Steele Canyon	50.06	4
14 Archer	50.08	1
15 Fallbrook	50.10	3
16 Cathedral Catholic	50.15	2
17 Harvard-Westlk	50.23	4
18 Rancho Bernardo	50.36	2
19 El Camino -sd	50.38	3
20 Morse	51.00	2
20 Torrey Pines	51.00	3
22 Alta Loma	51.27	5
23 University Cty	51.38	1
24 Eastlake	51.40	3
24 Valhalla	51.40	1
26 La Costa Cnyn	51.48	2
27 La Quinta (Lq)	51.58	3
28 San Pasqual	51.60	2
29 Canyon Crest Academy	51.75	5
30 Helix	51.89	1
31 Sage Creek	52.10	2
32 Marlborough	52.40	1
33 El Capitan -sd	54.10	1
34 La Jolla	54.77	1
-- Ursuline School	DQ	2
-- Los Osos	DQ	3
-- West Hills	DQ	4
-- Westview	DQ	1
-- Mt. Carmel	DQ	4

Event 10 Boys 4x100 Meter Relay Div-1

Meet Record: * 41.56 2015	Vista Murrieta, Vista Murrieta		
School		Finals	H#
1 Homewood-Flossmoor H.S.	42.08	5	
2 Harvard-Westlk	42.26	5	
3 Notre Dame (So) -ss	42.35	5	
4 Madison	42.69	5	
5 Vista Murrieta	42.99	4	
6 St. Augustine	43.10	4	
7 West Hills	43.13	5	
8 Helix	43.32	4	
9 Los Osos	43.58	3	
10 Serra -ss	43.60	2	
11 Redondo Union	43.65	4	
12 Valhalla	43.69	4	
13 Otay Ranch	43.91	4	

**2019 Mt. Carmel Invitational Track Meet
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...Event 10 Boys 4x100 Meter Relay Div-1

14 La Costa Cnyn	43.96	5
15 El Camino -sd	43.98	3
16 Rancho Bernardo	44.04	3
17 Poway	44.05	3
18 Wilson (Lb) -ss	44.13	1
19 Mt. Carmel	44.16	1
20 Steele Canyon	44.35	3
21 Eastlake	44.36	3
22 El Cajon Valley	44.46	2
23 Sage Creek	44.47	4
24 San Marcos -sd	44.57	2
25 Mission Hills	44.75	2
26 Granite Hills -sd	44.77	1
27 Monrovia	44.78	3
28 El Capitan -sd	45.36	2
29 Canyon Crest Academy	45.39	4
30 Carlsbad	45.44	1
31 Alta Loma	45.76	3
32 Mira Mesa	45.97	2
33 JW North	46.91	1
-- Simi Valley	DQ	5
-- Central Union	DQ	2
-- Cathedral Catholic	DQ	3

Event 15 Girls 1600 Meter Run Div-1

=====				
Meet Record: *	4:50.10	2010	Allie Billmeyer, Torrey Pines	
Name	Year	School	Finals	H#
=====				
1 Farmer, Jacey	9	Rancho Bernardo	5:05.89	2
2 longo, bella	10	Mission Vista	5:07.25	2
3 Mercado, Luz	12	Eastlake	5:08.37	2
4 Valenti, Whitney	11	Brea Olinda	5:09.10	2
5 Perez, Teresa	12	Coronado	5:10.21	2
6 Browne, Makayla	10	JW North	5:10.55	2
7 Turner, Lauren	12	Laguna Hills	5:14.07	2
8 Sydney, Weaber	10	La Costa Cnyn	5:14.33	2
9 Zamorano, Alaina	10	Christian	5:14.47	1
10 Bourgeois, Kiana	9	Torrey Pines	5:14.83	2
11 Selleck, Claire	12	Laguna Hills	5:15.27	2
12 Rhone, Nina	12	Marlborough	5:15.71	2
13 Niednagel, Rebekah	9	La Costa Cnyn	5:16.59	1
14 Compton, Kyra	9	La Costa Cnyn	5:17.23	1
15 Brown, Amy	11	Ramona -sd	5:18.16	1
16 Painter, Kendra	9	Brea Olinda	5:18.41	1
17 Chittle, Sophia	9	Poway	5:19.82	1
18 Douge, Mia	11	Brea Olinda	5:21.02	2
19 Pandey, Lavanya	11	Sage Creek	5:21.65	1
20 Ruiz, Alyssa	11	Serra -sd	5:21.91	2
21 Maurer, Delphine	10	Scripps Ranch	5:23.39	1
22 Wallace, Stormy	9	Sage Creek	5:23.52	1
23 Emberger, Elizabeth	10	Canyon Crest	5:23.96	1
24 Shepherd, Isabelle	12	University Cty	5:25.13	2
25 Kurtz, Lindsey	11	Mt. Carmel	5:25.16	1
26 Mayo, Ryann	11	Wilson (Lb) -ss	5:26.98	1
27 Zales, Navaya	9	Mt. Carmel	5:29.67	1

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...Event 15 Girls 1600 Meter Run Div-1

28	Hernandez, Nayelli	12	Laguna Hills	5:30.69	1
29	Spencer, India	10	Harvard-Westlk	5:32.27	1
30	Manzuk, Jessica	12	Steele Canyon	5:32.58	1
31	Munro, Lauren	12	Cathedral Catholic	5:38.45	2
32	Martin, Julia	12	St. Margarets	5:39.38	1
33	Mullen, Claire	10	St. Margarets	5:39.50	1
34	Gallardo, Andrea	11	Venice	5:39.86	1
35	Gerhardt, Elizabeth	10	Sage Creek	5:41.23	1
36	Duldulao, Isabella	11	Mira Mesa	5:43.93	2
37	Rodi, Brooke	12	Point Loma	5:48.87	2
38	Anderson, Evelyn	11	El Capitan -sd	5:55.65	1
39	Javier, Rosanna	11	Olympian	6:08.62	1

Event 17 Boys 1600 Meter Run Div-1

=====					
Meet Record: * 4:08.15 2012 Darren Fahy, La Costa Canyon					
Name	Year	School	Finals	H#	
=====					
1	Ali, Nader	12	Crawford	4:17.82	2
2	Velasco, Jonathan	12	Mission Hills	4:17.91	2
3	Rubin, Daniel	12	Sage Creek	4:22.30	2
4	Sweet, Hunter	12	Point Loma	4:23.13	2
5	Salz, Nick	11	Torrey Pines	4:23.30	2
6	Reyes, Raen	10	La Quinta (Lq)	4:24.97	2
7	Magana, Esteban	12	Southwest (Sd)	4:25.13	2
8	Caster, Sean	12	Mission Hills	4:25.72	2
9	Gomez, Joel	10	Canyon Crest	4:26.01	2
10	Morris, Justin	12	Sage Creek	4:26.54	2
11	Mazdisnian, Keon	12	Harvard-Westlk	4:27.49	2
12	Hsu, Jacob	11	Arcadia	4:28.45	1
13	Chen, Austin	12	San Marcos -sd	4:30.18	2
14	Gaffikin, Shane	11	Brea Olinda	4:30.65	2
15	Ligas, Josh	11	Poway	4:30.70	1
16	Pei, Tianyuan	10	Arcadia	4:31.74	1
17	Brown, Nicholas	10	Westview	4:32.53	2
18	Pina, Ruben	12	Steele Canyon	4:33.08	1
19	Nagao, Soichiro	12	Arcadia	4:34.45	2
20	Owens, Ramon	12	Valhalla	4:34.49	1
21	Martinez, Eduardo	12	Helix	4:35.25	1
22	Haney, Jordan	11	San Marcos -sd	4:37.95	1
23	Bernhard, Patrick	11	Tesoro	4:38.18	1
24	Manara, Jonathan	10	Brea Olinda	4:38.87	1
25	Barron, Luis	11	Rancho Bernardo	4:39.33	1
26	henry, matthew	11	Granite Hills -sd	4:39.57	1
27	Acosta, Joe	11	Vista	4:39.84	2
28	Factor, Aiden	11	Westview	4:40.88	1
29	Elsesser, Caden	11	Wilson (Lb) -ss	4:42.25	2
30	Montesano, Jack	12	High Tech Hi	4:43.14	1
31	Graham, Robbie	12	St. Margarets	4:43.46	1
32	Matas, Andrew	12	Cathedral	4:44.78	1
33	Beck, Ian	11	Mira Mesa	4:47.20	2
34	Alegria, Aiden	11	Lakewood	4:49.00	1
35	Hansen, Alex	11	Mt. Carmel	4:54.40	1
36	Salazar, David	12	Cathedral	5:03.23	1
37	Liberty, Xavier	12	Mira Mesa	5:12.05	2
38	Fox, Will	10	Iona Prep School	5:15.39	1

**2019 Mt. Carmel Invitational Track Meet
Results - Track**

...Event 17 Boys 1600 Meter Run Div-1

39 Sandoval, Luis 11 Central Union 5:17.11 2

Event 19 Girls 100 Meter Hurdles Div-1

=====					
Meet Record: * 14.01 2003 Ebony Collins, Long Beach Wilson					
Name	Year	School	Finals	Wind	H#
=====					
1 Shorter, Taylor	11	Norco	14.21	1.6	4
2 Glen, Rachel	11	Wilson (Lb) -ss	14.95	1.6	4
3 Chaney, A'Lena	12	Serra -ss	14.96	1.6	4
4 Miller, Elise	10	San Pasqual	15.03	1.6	4
5 McCormick, Aaliyah	9	Scripps Ranch	15.21	1.6	4
6 Allen, Delaysia	12	Monrovia	15.28	1.6	4
7 Nolte, Zoe	11	Carlsbad	15.29	1.6	4
8 Bonebrake, Brigitte	12	Torrey Pines	15.42	1.5	3
9 Jumal, Inaya	12	Monrovia	15.43	1.5	3
10 James, Simone	11	Christian	15.44	1.5	3
11 Ruff, Emily	12	El Capitan -sd	15.60	1.5	3
12 Jenkins, Amari	11	JW North	15.62	1.6	4
13 Horner, Kilee	10	University Cty	15.71	1.6	4
14 Gaither, Ashanti	11	Wilson (Lb) -ss	15.74	3.2	1
15 Jackson, Gabrielle	11	Notre Dame (So) -ss	15.77	2.5	2
16 Allen, Alexi	11	San Marcos -sd	15.81	2.5	2
17 Brown, Starlynn	10	Archer	15.83	2.5	2
18 Llevat, Isabela	11	Harvard-Westlk	15.86	3.2	1
19 Hawkins, Kyleah	12	La Quinta (Lq)	15.90	2.5	2
20 Bretz, Sammie	11	Brea Olinda	15.91	2.5	2
21 Vaught, Emilliah	11	Steele Canyon	15.93	1.5	3
22 McPherson, Kimmy	12	Mt. Carmel	15.95	2.5	2
23 Grant-Williams, Ruthie	12	Coronado	15.95	1.5	3
24 Ojeda, Karina	11	La Quinta (Lq)	16.03	3.2	1
25 Fakehany, Isabella	11	La Quinta (Lq)	16.04	1.5	3
26 Davidson, Kortnie	10	Mission Hills	16.61	3.2	1
27 Simon, Lauren	10	Redondo Union	16.73	2.5	2
28 Conroy, Casey	11	Ursuline School	16.90	1.5	3
29 Powell, Anna Kaye	11	El Camino -sd	17.11	2.5	2
30 Schofield, Samantha	12	Tesoro	17.72	2.5	2
31 Castaneda, Yazmin	12	Valley Center	17.85	3.2	1
32 Wrubel, Maise	9	Marlborough	17.99	3.2	1
33 Chance, Isebel	9	Los Osos	20.59	3.2	1

Event 23 Boys 110 Meter Hurdles Div-1

=====					
Meet Record: * 14.15 2014 Torry Adkins, Heritage					
Name	Year	School	Finals	Wind	H#
=====					
1 Anderson, Liam	12	Poly (Lb)	14.43	1.3	4
2 Adegoke, Oluwatobi	12	Los Osos	14.52	1.3	4
3 Hunt, Riley	12	Simi Valley	14.61	1.3	4
4 Solomon, Leyikun	12	Grossmont	15.04	1.3	4
5 Sayles, Jarel	11	Steele Canyon	15.07	1.3	4
6 Holl, Tyler	10	La Costa Cnyn	15.13	0.8	3
7 Williams, Parker	12	La Quinta (Lq)	15.21	0.8	3
8 Pinto, Maximillian	12	University Cty	15.31	1.3	4
9 Jumal, Jasiri	12	Monrovia	15.40	0.8	3
10 Coker, Nathan	12	Vista Murrieta	15.48	0.8	3

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...Event 23 Boys 110 Meter Hurdles Div-1

11	Ulupinar, Kaan	12	Torrey Pines	15.52	2.4	1
12	Lombardo, Chase	11	Iona Prep School	15.72	0.8	3
13	Ventura, Michael	11	Santa Margarita	15.96	2.4	1
14	Jackson, Zion	11	El Camino -sd	15.99	1.3	4
15	Tarango, Joseph	12	Central Union	16.08	2.4	1
16	Knobloch, Levi	11	Granite Hills -sd	16.44	2.4	1
17	Kilheffer, Peyton	10	Brea Olinda	16.75	2.4	1
18	Smith, Justin	11	Otay Ranch	16.76	2.4	1
19	Giacchetto, Zak	10	Brea Olinda	16.80	2.4	1
20	Jones, Austin	12	Poway	16.90	0.8	3
21	Griffin, Charlie	10	Iona Prep School	17.02	2.4	1
22	Martinez, Diego	12	Gompers	17.63	1.3	4
23	Tom, Matthew	11	Arcadia	18.93	2.4	1
--	Ryu, Ryan	12	Brea Olinda	NT	2.2	2
--	Mestre, Nathan	11	Otay Ranch	NT	2.2	2
--	Rupp, Ethan	12	Santa Margarita	NT	2.2	2
--	Muth, Dakota	12	Cathedral Catholic	NT	2.2	2
--	Bianchi, Nick	12	Vista Murrieta	NT	2.2	2
--	Kennedy, Jayden	11	El Camino -sd	NT	2.2	2
--	Babic, Matteo	11	La Jolla	NT	2.2	2
--	Dickens, Keylen	10	Lakewood	NT	2.2	2
--	Redic, Darren	12	Mira Mesa	NT	2.2	2

Event 27 Girls 100 Meter Dash Div-1

=====						
Meet Record: * 11.57		2017	Jasmin Reed, Serra, Gardena			
Name	Year	School	Finals	Wind	H#	
=====						
1	Frost, Jazmyne	12	Serra -ss	11.60	1.6	4
2	Shaheed, Aysha	10	Madison	11.87	1.6	4
3	Okoh, Queen	12	Poly (Lb)	12.00	1.6	4
4	Hickey, Alysah	12	Coronado	12.09	1.6	4
5	Ruskovich, Jaymie	10	Scripps Ranch	12.10	1.6	4
6	Woods, Zhanae	9	Poly (Lb)	12.14	3.2	3
7	Green, Tessa	12	Santa Margarita	12.16	1.6	4
8	Lee, Mahkaia	12	Redondo Union	12.24	1.4	2
8	Mosby, Nia	11	Archer	12.24	3.2	3
10	Dougan, Natalia	10	Mt. Carmel	12.25	3.2	3
11	Kilson, Naomi	11	Wilson (Lb) -ss	12.31	1.6	4
12	Barrett, Kennedy	10	Wilson (Lb) -ss	12.38	1.9	1
13	Autrey, Amber	10	Redondo Union	12.39	1.4	2
14	Crawford, Jasmyn	12	Christian	12.41	3.2	3
15	Steffon, Sarah	12	Simi Valley	12.42	3.2	3
16	Sergeant, Summer	10	Vista	12.43	1.4	2
17	Kluver, Katherine	10	Redondo Union	12.45	3.2	3
18	Yarbrough, Darriale	12	Fallbrook	12.52	1.9	1
19	Despres, Lauren	10	Canyon Crest	12.55	1.4	2
20	Jocson, Maddie	12	Tesoro	12.65	1.6	4
21	Reed, Lauren	9	Poly (Lb)	12.66	1.9	1
22	Nuechterlein, Hailey	10	Vista Murrieta	12.70	3.2	3
23	Wallace, Rionna	11	Lakewood	12.74	1.9	1
24	Weatherford, Amari	12	Morse	12.75	1.4	2
24	Asamota, Dior	10	Notre Dame (So) -ss	12.75	1.9	1
26	Duggie, Jordan	12	El Capitan -sd	12.79	1.4	2
27	Lang, Bre'Iona	12	Monrovia	12.86	1.9	1
27	Pogliano, Sofia	12	Canyon Crest	12.86	1.9	1

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...Event 27 Girls 100 Meter Dash Div-1

29	Scott, Jazmine	12	Gompers	12.87	1.4	2
30	Hubbard, Giana	12	Harvard-Westlk	12.90	1.9	1
31	Marsden, Brooke	9	Alta Loma	13.64	1.9	1
32	Matiran, Destiny	12	Alta Loma	14.18	1.4	2

Event 31 Boys 100 Meter Dash Div-1

=====						
Meet Record: * 10.53 2017 Isaia Cunningham, Rancho Verde						
Name	Year	School	Finals	Wind	H#	
=====						
1	Grubb, Christian	12	Notre Dame (So) -ss	10.42	2.8	4
2	Christon, Kenan	12	Madison	10.45	2.8	4
3	Mays, Mekhi	12	Serra -ss	10.64	2.7	3
4	Stewart, Moray	12	Orange Glen	10.75	2.8	4
5	Adeyiga, Jesuseun	12	Homewood-Flo	10.78	2.8	4
6	Bridges, Josh	12	Homewood-Flo	10.83	2.8	4
6	Crespo, Nolan	12	Ontario Christian	10.83	2.7	3
8	Jones, Emmanuel	11	Vista Murrieta	10.92	2.0	2
9	Johnson, Joshua	12	Harvard-Westlk	10.99	2.8	4
10	Tucker, Jalil	9	St. Augustine	11.05	1.7	1
11	Erpelding, Chris	12	St. Augustine	11.08	2.7	3
12	Williams, Jacob	11	Brea Olinda	11.12	2.0	2
13	Williams, Jaylen	12	Los Osos	11.19	1.7	1
14	Chavez, Adrian	11	Brawley	11.20	2.0	2
14	Zuanich, Anthony	12	Redondo Union	11.20	2.7	3
16	Martin, Myles	12	Vista Murrieta	11.22	2.7	3
16	Boston, Omar	12	Vista Murrieta	11.22	1.7	1
18	Riley, Jack	12	Harvard-Westlk	11.28	2.0	2
19	Anidobu, Ugo	10	Homewood-Flo	11.32	2.0	2
20	Horvath, Adam	12	Notre Dame (So) -ss	11.35	1.7	1
21	Gates, Dominic	9	Tesoro	11.38	1.7	1
22	Rhodes, Joshua	12	Simi Valley	11.40	2.0	2
23	Schrimpf, Caleb	12	Carlsbad	11.44	2.0	2
24	Guyton, Sean	11	Notre Dame (So) -ss	11.46	2.0	2
25	Lara Flores, Josue	12	El Cajon Valley	11.57	2.0	2
26	Stearns, Jared	12	St. Augustine	11.81	1.7	1

Event 35 Girls 800 Meter Run Div-1

=====					
Meet Record: * 2:10.54 2007 Emily Dunn, Esperanza					
Name	Year	School	Finals	H#	
=====					
1	Morales, Julia	12	Scripps Ranch	2:18.42	3
2	Browne, Makayla	10	JW North	2:18.90	3
3	Zamorano, Alaina	10	Christian	2:19.30	3
4	Mercado, Luz	12	Eastlake	2:19.93	3
5	Calvert, Carolinh	11	El Capitan -sd	2:20.17	3
6	Van Arsdale, Sofia	10	Coronado	2:21.15	3
7	Bradley, McKenna	10	Santa Margarita	2:21.38	2
7	McCumber Granada, Ava	9	Notre Dame (So) -ss	2:21.38	2
9	Rhone, Nina	12	Marlborough	2:21.39	3
10	Dixon, Trinity	9	San Marcos -sd	2:21.74	1
11	Houk, Liz	11	Cathedral Catholic	2:22.62	3
12	Hayes, Karlie	12	Del Norte (Sd)	2:22.66	3
13	Taylor, Katherine	11	Point Loma	2:23.07	3
14	Kiersnowski, Julia	11	Scripps Ranch	2:23.14	3

**2019 Mt. Carmel Invitational Track Meet
Results - Track**

...Event 35 Girls 800 Meter Run Div-1

15	Livingston, Arionn	9	Steele Canyon	2:23.28	3
16	Diaz, Inela	10	Steele Canyon	2:23.94	2
17	Ternasky, Gioia	10	Clairemont	2:24.23	3
18	Wong, Nikki	11	Arcadia	2:24.43	3
19	Banino, Daphne	9	Ursuline School	2:25.16	2
20	Marron, Madeline	11	Valley Center	2:25.40	3
21	Azarbal, Ariana	9	Harvard-Westlk	2:25.77	3
22	Graves, Kira	11	Arcadia	2:26.11	2
23	Mayo, Ryann	11	Wilson (Lb) -ss	2:27.27	1
24	Aldridge, Jaslynn	12	Wilson (Lb) -ss	2:27.29	1
25	Draffen, Nina	10	Lakewood	2:27.51	2
26	Shiring, Jaiden	11	El Camino -sd	2:27.52	3
27	Nealis, Lakely	12	Burroughs (Bur)	2:27.65	2
28	Arias, Anjelica	10	Westview	2:29.24	2
29	Compton, Kyra	9	La Costa Cnyn	2:29.83	1
30	Murphy, Katelyn	12	Santa Margarita	2:30.02	1
31	Slevin, Grace	11	Santa Margarita	2:30.32	2
32	Small, Alyssa	12	Helix	2:30.54	2
33	Hobrock, Marilyn	11	Cathedral Catholic	2:31.58	1
34	Diaz, Jocelyn	11	Wilson (Lb) -ss	2:31.76	1
35	Golich, Dannah	11	Del Norte (Sd)	2:32.00	2
36	Rogers, Mackenzie	9	Poway	2:32.29	1
37	Belliotti, Mykenzie	12	Mission Hills	2:33.06	1
38	Lehn, Allison	12	Mt. Carmel	2:33.10	1
39	Martinez, Ariana	12	Valhalla	2:33.18	1
40	Wu, Vivian	12	Mira Mesa	2:34.56	1
41	Collier, Katherine	10	St. Margarets	2:34.93	1
42	Soun, Brenda	12	Lakewood	2:35.22	1
43	O'Sullivan, Kristen	11	Ursuline School	2:38.13	2
44	Hosseinian, Niki	11	Canyon Crest	2:38.23	1
45	teel, katie	10	Mission Vista	2:39.00	1
46	Lawrence, Isabel	10	Harvard-Westlk	2:39.43	2
47	Mullen, Claire	10	St. Margarets	2:41.68	1
48	Banino, Stella	11	Ursuline School	2:52.09	1

Event 38 Boys 800 Meter Run Div-1

=====					
Meet Record: * 1:52.02		2013	Ivan Gonzalez, Ridgeview		
Name	Year	School	Finals	H#	
=====					
1	Bryson, Armando	12	Wilson (Lb) -ss	1:54.24	3
2	Nichol, Jesus	12	Wilson (Lb) -ss	1:55.22	3
3	Carranza, Anthony	12	Arcadia	1:55.36	3
4	Howard, Teylor	12	Point Loma	1:57.01	3
5	Dolores, Francisco	12	Vista	1:57.06	3
6	Clough, Jack	12	Ramona -sd	1:57.66	3
7	Barclay, Sebastian	10	Torrey Pines	1:59.39	2
8	Sager, Andrew	11	El Capitan -sd	1:59.65	3
9	Conklin, Sean	12	Carlsbad	2:00.13	3
10	Sanchez, Carson	12	Grossmont	2:00.14	3
11	Castellanos, AJ	11	Torrey Pines	2:00.42	3
12	Acosta, Joe	11	Vista	2:00.57	1
13	Smith, Justin	12	Notre Dame (So) -ss	2:00.64	3
14	O'Brien, Cormac	10	Torrey Pines	2:00.97	2
15	Provence, Devin	11	Grossmont	2:01.09	1
16	Ralph, Isaiah	12	El Camino -sd	2:01.11	1

**2019 Mt. Carmel Invitational Track Meet
Results - Track**

...Event 38 Boys 800 Meter Run Div-1

17	Jefferson, Phillip	10	Wilson (Lb) -ss	2:01.20	3
18	Prince, Drake	11	High Tech Hi	2:01.29	3
19	Salamy, Joe	11	Poway	2:01.47	2
20	Magana, Esteban	12	Southwest (Sd)	2:01.89	2
21	Hoiles, David	11	Cathedral Catholic	2:02.02	2
22	Campos, Davian	9	Monte Vista -sd	2:02.74	1
23	Gallardo, Daniel	12	Scripps Ranch	2:02.81	2
24	Oden, Nick	11	La Costa Cnyn	2:02.87	1
25	Thralls, Logan	12	San Dieguito	2:03.04	1
26	Robinson, Jalen	12	Homewood-Flo	2:03.16	3
27	Ryan, Jacob	10	Rancho Bernardo	2:03.19	2
28	Perez, Omar	10	Westview	2:03.27	2
29	Fryt, Alak	11	Torrey Pines	2:03.72	1
30	Gross, Justice	10	St. Augustine	2:04.04	1
31	Ramirez, Aiden	11	High Tech Hi	2:04.05	2
32	Baxter, Jack	11	Mt. Carmel	2:04.19	1
33	Palacio, Angel	12	Brawley	2:04.43	3
34	Klein, Alexander	10	Carlsbad	2:04.69	3
35	MacLeod, Garrett	12	Rancho Bernardo	2:05.47	2
36	Premer, Levi	12	Venice	2:05.80	3
37	Leon, Julio	11	Olympian	2:05.94	2
38	Montesano, Jack	12	High Tech Hi	2:06.12	3
39	Fernandez, Alec	12	Arcadia	2:06.61	1
40	Kiyota, Christopher	11	Canyon Crest	2:06.99	2
41	Ruden-Sella, William	10	Harvard-Westlk	2:07.36	1
42	Hudson, Redford	11	Mt. Carmel	2:07.45	1
43	Sun, Yung-Yi	11	Rancho Bernardo	2:07.82	2
44	Jones, Cameron	12	Granite Hills -sd	2:07.85	1
45	Taleghani, Neseem	11	Mt. Carmel	2:08.28	1
46	Saucedo, Mario	11	Wilson (Lb) -ss	2:08.49	2
47	Bice, Grant	10	Otay Ranch	2:09.57	2
48	Ahmad, Diego	11	Harvard-Westlk	2:10.20	2
49	Schwenker, Luke	12	Mt. Carmel	2:10.84	1
50	Mazdisnian, Keon	12	Harvard-Westlk	2:10.89	1
51	Tanaka, Harrison	12	St. Margarets	2:12.68	1
52	Muller, Aiden	12	Serra -sd	2:20.75	1

Event 41 Girls 400 Meter Dash Div-1

=====					
Meet Record: * 53.6h		2000	Monique Henderson, Morse		
Name	Year	School	Finals	H#	
=====					
1	Wright, Katriina	10	University Cty	56.48	4
2	Ellis, Gabrielle	12	Notre Dame (So) -ss	57.40	4
3	Mosby, Nia	11	Archer	57.60	4
4	Holmes, kiayra	12	JW North	57.75	4
5	Anders, Brianna	12	Scripps Ranch	58.00	3
6	Murray, Erin	11	Fallbrook	58.08	3
7	Buckner, Nakya	11	La Sierra	58.32	4
8	Mattingly, Destiny	10	Vista Murrieta	58.38	2
9	Griffith, Dionna	12	Wilson (Lb) -ss	58.47	2
10	Tolento, Natalie	12	Los Osos	58.77	3
11	Mercado, Ana	12	Eastlake	58.91	3
12	Worley, Madelynn	11	Christian	59.14	3
13	Ibekwe, Idara	10	JW North	59.24	2
14	Taylor, Jillian	12	Arcadia	59.37	3

**2019 Mt. Carmel Invitational Track Meet
Results - Track**

...Event 41 Girls 400 Meter Dash Div-1

15	Segbefia, Mickaela	11	Cathedral Catholic	59.59	3
16	Nettles, Tyler	10	Wilson (Lb) -ss	59.95	2
17	Divinity, Eve	9	Redondo Union	59.98	1
18	Ortiz, Isabel	11	El Camino -sd	1:00.03	1
19	Wright, Lucea	9	Marlborough	1:00.31	4
20	Bailey, NaLiyah	11	High Tech Hi	1:00.80	1
21	Jones, Tionna	12	High Tech Hi	1:00.99	2
22	Effner, Samantha	10	Valhalla	1:01.09	1
23	Quintero, Natalia	10	Harvard-Westlk	1:01.38	1
24	Lusk, Maggie	12	Poway	1:01.48	2
25	Marquez, Mia	11	Helix	1:02.08	1
26	Fong, Mia	11	Redondo Union	1:02.26	2
27	Roberson, Sierra	12	La Jolla	1:02.32	3
28	Polite, Kailani	9	Monte Vista -sd	1:03.08	1

Event 45 Boys 400 Meter Dash Div-1

=====					
Meet Record: * 46.67 2009 Reggie Wyatt, La Sierra					
Name	Year	School	Finals	H#	
=====					
1	Everett, Steward	11	Poly (Lb)	47.61	4
2	Parker, Eric	11	Helix	48.37	4
3	Lippert, Aiden	10	La Costa Cnyn	48.54	4
4	Salzman, Wesley	12	Calvin Christian	48.56	4
5	Chung, James	12	Harvard-Westlk	48.84	4
6	Richards, Andrew	12	Wilson (Lb) -ss	49.51	4
7	Robinson, Keeshonne	12	Monrovia	49.63	4
8	Sheridan, Ty	12	Helix	49.86	3
9	Young, Jordin	12	West Hills	50.19	2
10	Chester, DeAngelo	12	Poly (Lb)	50.27	4
11	Cardoza, Seaver	11	Wilson (Lb) -ss	50.30	2
12	Goring, Coltrane	12	Notre Dame (So) -ss	50.44	3
13	Hackett, Ian	12	Sage Creek	50.48	3
14	Clemon, Davell	12	Homewood-Flo	50.72	3
15	Caragao, Justin	11	Santa Margarita	50.88	3
16	Pradeep, Karthik	12	Mt. Carmel	50.90	1
17	Smith, Caden	10	Carlsbad	50.94	3
18	Kirkwood, Devin	10	Serra -ss	51.02	2
19	Moore, Tucker	11	Vista Murrieta	51.04	1
20	Otte, Benjamin	12	Simi Valley	51.64	2
21	Melanese, Nick	11	Scripps Ranch	51.69	1
22	Adkison, Daylon	12	Monrovia	51.97	3
23	Calderon, Jaden	10	Mt. Carmel	52.44	3
24	Candelario, Anthony	12	Brea Olinda	52.50	1
25	Lenoir, Caleb	11	Homewood-Flo	52.55	2
26	Orendain, Gustavo	12	Serra -ss	52.74	2
27	Crook, Leroy	9	Wilson (Lb) -ss	53.00	3
28	Magdalena, Sequoia	12	Notre Dame (So) -ss	53.37	1
29	Black, Caleb	11	Burroughs (Bur)	53.47	2
30	Ritscher, Kyle	11	Tesoro	55.15	2
31	Lawrence, Richard	12	Grossmont	55.86	1

**2019 Mt. Carmel Invitational Track Meet
Results - Track**

Event 49 Girls 3200 Meter Run Div-2

Meet Record: * 10:07.52 2014 Sarah Baxter, Bethany Knig			
Name	Year	School	Finals
1 Dorostkar, Carlie	11	Canyon Crest	10:36.53
2 longo, bella	10	Mission Vista	11:06.38
3 Learn, Ashley	10	Rancho Bernardo	11:08.75
4 Wu, Joyce	12	Arcadia	11:10.54
5 Salz, Annika	9	Torrey Pines	11:12.91
6 Minutelli, Madeline	10	Grossmont	11:18.32
7 Valenti, Whitney	11	Brea Olinda	11:20.52
8 da Silva, Giovanna	12	Scripps Ranch	11:20.82
9 Rethmeier, Eva	11	Poway	11:21.03
10 Beltran-Picos, Mariana	12	Olympian	11:26.51
11 Painter, Kendra	9	Brea Olinda	11:33.03
12 Carnell, Andi	12	St. Margarets	11:37.61
13 Paul, Sydney	9	Mt. Carmel	11:41.33
14 Leal, Adriana	12	Mira Mesa	11:44.84
15 Ruff, Ella	12	University Cty	11:45.05
16 Miessner, Patricia	11	Eastlake	11:52.26
17 Prieto, Liliana	12	El Camino -sd	11:52.86
18 Schroeder, Natalie	12	La Costa Cnyn	11:53.70
19 Guzman, Jordan	10	Burroughs (Bur)	11:59.53
20 Moors, India	10	El Camino -sd	12:14.28
21 Sosa, Lillianna	10	JW North	12:15.03

Event 50 Boys 3200 Meter Run Div-2

Meet Record: * 8:57.8h 1994 Mebrahton Keflezighi, San D			
Name	Year	School	Finals
1 Mulvany, Justin	12	Otay Ranch	9:29.51
2 Wahab, Alex	12	Del Norte (Sd)	9:31.64
3 Connors, Ryan	12	Scripps Ranch	9:34.63
4 Caster, Sean	12	Mission Hills	9:35.51
5 Machnov, Matthew	12	El Capitan -sd	9:35.69
6 Rodriguez-Gomez, Jonatha	12	Grossmont	9:35.71
7 Bauer, Joshua	12	Point Loma	9:37.61
8 Gaffikin, Shane	11	Brea Olinda	9:42.90
9 Hsu, Jacob	11	Arcadia	9:45.37
10 Pueschel, Andy	11	La Costa Cnyn	9:46.80
11 Reyes, Raen	10	La Quinta (Lq)	9:47.17
12 Adelman, Jackson	10	St. Margarets	9:47.80
13 van Daelen, Nick	12	University Cty	9:47.87
14 Pei, Tianyuan	10	Arcadia	9:53.07
15 Manara, Jonathan	10	Brea Olinda	10:02.15
16 Pina, Ruben	12	Steele Canyon	10:04.28
17 Lee-Bellows, Ethan	12	Canyon Crest	10:12.63
18 Simmons, Eric	12	Olympian	10:21.48
19 Barron, Luis	11	Rancho Bernardo	10:27.66
20 Burns, Andrew	12	Scripps Ranch	10:56.37

**2019 Mt. Carmel Invitational Track Meet
Results - Track**

Event 51 Girls 300 Meter Hurdles Div-1

=====				
Meet Record: * 42.82		2015	Hannah Labrie-Smith, Cathedral C	
Name	Year	School	Finals	H#
=====				
1	Glen, Rachel	11 Wilson (Lb) -ss	42.31*	4
2	Shorter, Taylor	11 Norco	43.59	4
3	Payne, Kenya	12 Poly (Lb)	44.30	4
4	Mayo, Madilyn	10 Grossmont	45.03	4
5	Jenkins, Amari	11 JW North	45.26	4
6	Edwards, Makell	12 San Pasqual	45.32	3
7	McCormick, Aaliyah	9 Scripps Ranch	45.42	3
8	Jumal, Inaya	12 Monrovia	45.72	4
9	Bryson, Maya	10 Wilson (Lb) -ss	45.73	2
10	James, Simone	11 Christian	46.45	4
11	Ravelo, Arianna	12 Granite Hills -sd	46.63	1
12	Allen, Alexi	11 San Marcos -sd	47.06	3
13	Kull, Audrey	10 Helix	47.11	1
14	Simon, Lauren	10 Redondo Union	47.13	2
15	Nolte, Zoe	11 Carlsbad	47.38	2
16	Feidelberg, Francesca	11 Del Norte (Sd)	47.90	3
17	Surratt, Elizabeth	10 Burroughs (Bur)	47.92	1
18	Elizalde-Rendon, Jessica	11 Santa Margarita	48.05	2
19	Bonebrake, Brigitte	12 Torrey Pines	48.37	1
20	Jackson, Gabrielle	11 Notre Dame (So) -ss	48.79	1
21	Ruff, Emily	12 El Capitan -sd	48.83	3
22	Fong, Mia	11 Redondo Union	48.98	3
23	Bretz, Sammie	11 Brea Olinda	49.11	2
24	Gutschow, Nikki	11 Rancho Bernardo	50.11	3
25	Sales, Syanna	12 Mt. Carmel	50.65	1
26	Tarquin, Taryn	10 Carlsbad	51.17	2
27	Ojeda, Karina	11 La Quinta (Lq)	52.04	1
--	Martin, Saundria	12 Poly (Lb)	DQ	3

Event 55 Boys 300 Meter Hurdles Div-1

=====				
Meet Record: * 36.59		2009	Reggie Wyatt, La Sierra	
Name	Year	School	Finals	H#
=====				
1	Adegoke, Oluwatobi	12 Los Osos	38.04	4
2	Solomon, Leyikun	12 Grossmont	38.71	4
3	Anderson, Liam	12 Poly (Lb)	38.85	4
4	Stewart, Kamon	12 Canyon Crest	39.37	3
5	Ventura, Michael	11 Santa Margarita	40.29	4
6	Muth, Dakota	12 Cathedral Catholic	40.37	2
7	Knobloch, Levi	11 Granite Hills -sd	40.48	3
8	Jackson, Zion	11 El Camino -sd	40.65	4
9	Butler, Justin	12 Harvard-Westlk	40.72	3
10	Sayles, Jarel	11 Steele Canyon	41.14	2
11	Lukens, Christian	11 Brea Olinda	41.31	1
12	Holl, Tyler	10 La Costa Cnyn	41.95	1
13	Tarango, Joseph	12 Central Union	42.01	4
14	Cheek, Julius	9 Roosevelt -ss	42.15	2
15	Ryu, Ryan	12 Brea Olinda	42.27	3
16	Bach, Randy	11 Mt. Carmel	42.29	1
17	Kilheffer, Peyton	10 Brea Olinda	42.32	2
18	Nguyen, Albert	12 Otay Ranch	42.48	1
19	Mestre, Nathan	11 Otay Ranch	42.65	1

**2019 Mt. Carmel Invitational Track Meet
Results - Track**

...Event 55 Boys 300 Meter Hurdles Div-1

20	Ulupinar, Kaan	12	Torrey Pines	42.66	3
21	Rogers, Justin	11	Tesoro	42.75	1
22	Pinto, Maximillian	12	University Cty	42.89	1
23	Leonard, Casey	12	Cathedral Catholic	42.94	1
24	Redic, Darren	12	Mira Mesa	43.04	2
25	Lombardo, Chase	11	Iona Prep School	43.85	2
26	Jumal, Jasiri	12	Monrovia	44.10	3
27	Griffin, Charlie	10	Iona Prep School	47.76	3
--	Matthews, George	11	Notre Dame (So) -ss	DQ	3

Event 59 Girls Distance Medley Div-1

=====
 Meet Record: * 12:12.01 2016 Ursuline School, NY, Ursul
 School Finals
 =====

1	Ursuline School	12:19.61
2	Point Loma	12:46.20
3	Canyon Crest Academy	12:56.37
4	Mira Mesa	12:58.85
5	El Camino -sd	13:14.60
6	Mt. Carmel	13:15.90
7	Ramona -sd	13:20.15
8	Del Norte (Sd)	13:23.86
9	Torrey Pines	13:25.37
10	University Cty	13:26.08
11	Cathedral Catholic	13:28.56
12	Westview	13:30.68
13	Steele Canyon	13:32.15
14	Wilson (Lb) -ss	13:32.63
15	West Hills	13:34.56
16	Poway	13:36.10
17	Grossmont	13:41.99
18	Olympian	13:50.07
19	Mission Vista	13:50.54
20	Carlsbad	13:53.47
21	Lakewood	13:54.77
22	Rancho Bernardo	14:00.02
23	Otay Ranch	14:12.22
24	Granite Hills -sd	15:01.42

Event 60 Girls 200 Meter Dash Div-1

=====
 Meet Record: * 23.39 2017 Jasmin Reed, Serra, Gardena
 Name Year School Finals Wind H#
 =====

1	Frost, Jazmyne	12	Serra -ss	24.00	3.2	4
2	Ruskovich, Jaymie	10	Scripps Ranch	24.51	3.2	4
3	Shaheed, Aysha	10	Madison	24.55	3.2	4
4	Green, Tessa	12	Santa Margarita	24.77	3.2	4
5	Woods, Zhanae	9	Poly (Lb)	24.92	3.2	4
6	Dougan, Natalia	10	Mt. Carmel	25.01	1.6	3
7	Kilson, Naomi	11	Wilson (Lb) -ss	25.10	1.6	3
8	Martinez-Reese, Jada	12	Burroughs (Bur)	25.14	0.8	1
9	Allain, Dejah	12	La Sierra	25.16	3.2	4
10	Dietz, Madison	10	Notre Dame (So) -ss	25.22	3.2	4
11	Crawford, Jasmyn	12	Christian	25.23	1.6	3

**2019 Mt. Carmel Invitational Track Meet
Results - Track**

...Event 60 Girls 200 Meter Dash Div-1

12 Peters, Quwshaya	12 Poly (Lb)	25.26	1.6	3
13 Dunbar, Toren	11 Steele Canyon	25.48	0.8	1
14 Buckner, Nakya	11 La Sierra	25.50	1.6	3
15 Ausland, Julia	10 Redondo Union	25.57	1.3	2
16 Mattingly, Destiny	10 Vista Murrieta	25.71	1.3	2
17 Sergeant, Summer	10 Vista	25.76	0.8	1
18 Tolento, Natalie	12 Los Osos	25.82	0.8	1
19 Preece, Maya	11 Rancho Bernardo	25.98	0.8	1
20 Thomas, Madison	11 Mission Hills	26.02	0.8	1
21 Adams, Hailey	11 Archer	26.05	0.8	1
22 Fardig, Taylor	12 La Costa Cnyn	26.07	1.6	3
23 Edwards, Ashlyn	11 Monte Vista -sd	26.10	1.3	2
24 Smith, Sierra	11 Vista Murrieta	26.27	1.6	3
25 Weatherford, Amari	12 Morse	26.31	0.8	1
26 Jones, Tionna	12 High Tech Hi	26.68	1.3	2
27 Wade, Jalyynn	11 Serra -ss	27.42	1.3	2
28 Valladares, Aimee	12 Alta Loma	27.68	1.6	3

Event 64 Boys 200 Meter Dash Div-1

=====					
Meet Record: * 20.55	2016	Michael Norman, Vista Murrieta			
Name	Year	School	Finals	Wind	H#
=====					
1 Grubb, Christian	12	Notre Dame (So) -ss	20.93	1.0	4
2 Christon, Kenan	12	Madison	21.50	1.0	4
3 Mays, Mekhi	12	Serra -ss	22.01	1.0	4
4 Smith, Izel	12	Westview	22.20	1.0	4
5 Crespo, Nolan	12	Ontario Christian	22.24	2.5	3
6 Jones, Emmanuel	11	Vista Murrieta	22.41	2.5	3
7 Hall, Octavion	11	Poly (Lb)	22.43	2.9	2
7 Adeyiga, Jesuseun	12	Homewood-Flo	22.43	2.5	3
9 Ellis, Marshall	10	Homewood-Flo	22.56	1.0	4
10 Boston, Omar	12	Vista Murrieta	22.68	0.5	1
11 Williams, Jaylen	12	Los Osos	22.73	2.9	2
12 Lefever, Ryan	12	Rancho Bernardo	22.83	2.5	3
13 Wiltgen, Reese	12	West Hills	22.86	2.9	2
13 Garner, Ranse	12	El Camino -sd	22.86	2.5	3
13 Smith, Caden	10	Carlsbad	22.86	0.5	1
16 Riley, Jack	12	Harvard-Westlk	22.87	2.9	2
17 Worthy, Kiare	12	Valhalla	22.92	2.5	3
18 Young, Jordin	12	West Hills	22.95	0.5	1
19 Elingboe, Collin	12	Wilson (Lb) -ss	23.00	0.5	1
20 Wilson, Amenhotep	11	Wilson (Lb) -ss	23.34	2.9	2
21 Stokes, Daniel	12	Madison	23.55	2.5	3
22 Dunn, Trent	12	La Costa Cnyn	23.68	0.5	1
23 Gonzalez, Joseph	12	West Hills	23.78	0.5	1
24 Guyton, Sean	11	Notre Dame (So) -ss	24.25	0.5	1

Event 68 Boys Distance Medley Div-1

=====		
Meet Record: * 10:12.93	2007	Palos Verdes, Palos Verdes
School	Finals	
=====		
1 Wilson (Lb) -ss	10:38.81	
2 Iona Prep School	10:41.15	
3 Torrey Pines	10:47.93	

**2019 Mt. Carmel Invitational Track Meet
Results - Track**

...Event 68 Boys Distance Medley Div-1

4	Poway	10:52.56
5	Point Loma	10:56.06
6	El Camino -sd	10:59.16
7	Rancho Bernardo	11:02.51
8	Otay Ranch	11:08.81
9	St. Augustine	11:14.38
10	University Cty	11:17.10
11	Vista	11:21.47
12	Granite Hills -sd	11:21.86
13	JW North	11:21.87
14	Lakewood	11:22.52
15	La Quinta (Lq)	11:24.33
16	Mt. Carmel	11:27.79
17	Del Norte (Sd)	11:30.77
18	Westview	11:32.19
19	Canyon Crest Academy	11:35.63
20	Steele Canyon	11:36.54
21	Tesoro	11:38.78
22	Mission Hills	11:47.19
23	Olympian	11:51.60

Event 69 Girls 4x400 Meter Relay Div-1

=====			
Meet Record: *	3:46.0h	1996	Long Beach Wilson, Long Beach
School			Finals H#
=====			
1	Wilson (Lb) -ss	3:51.35	4
2	Notre Dame (So) -ss	3:54.06	4
3	Poly (Lb)	3:56.26	4
4	JW North	3:57.12	4
5	Scripps Ranch	3:57.86	4
6	Eastlake	4:02.79	2
7	Rancho Bernardo	4:03.05	2
8	Steele Canyon	4:03.69	3
9	Cathedral Catholic	4:03.70	4
10	San Marcos -sd	4:04.01	3
11	Arcadia	4:05.19	3
12	University Cty	4:05.68	2
13	San Pasqual	4:05.89	2
14	Christian	4:06.68	3
15	Mt. Carmel	4:07.84	1
16	El Camino -sd	4:08.42	1
17	Helix	4:08.44	3
18	Del Norte (Sd)	4:09.48	1
19	La Costa Cnyn	4:12.06	3
20	El Capitan -sd	4:15.12	3
21	Marlborough	4:15.79	2
22	Canyon Crest Academy	4:17.00	1
23	Sage Creek	4:17.02	2
24	Harvard-Westlk	4:17.58	4
25	Valhalla	4:20.40	3
26	Mira Mesa	4:25.15	1
27	Alta Loma	4:25.53	2
28	Los Osos	4:27.06	4
29	Ursuline School	4:27.15	1
--	Serra -sd	DQ	2 Out of zone

**2019 Mt. Carmel Invitational Track Meet
Results - Track**

Event 73 Boys 4x400 Meter Relay Div-1

=====			
Meet Record: *	3:15.75	2016	Dominguez, Dominguez
School	Finals	H#	
=====			
1 Poly (Lb)	3:16.62	4	
2 Wilson (Lb) -ss	3:19.10	4	
3 Harvard-Westlk	3:19.10	4	
4 Serra -ss	3:26.39	4	
5 Monrovia	3:26.93	2	
6 Simi Valley	3:27.69	3	
7 Mt. Carmel	3:28.03	2	
8 Scripps Ranch	3:28.08	3	
9 Santa Margarita	3:28.95	4	
10 Grossmont	3:29.04	4	
11 Sage Creek	3:30.07	1	
12 Otay Ranch	3:30.13	2	
13 Arcadia	3:30.37	1	
14 Helix	3:30.69	4	
15 Carlsbad	3:31.47	1	
16 Notre Dame (So) -ss	3:31.79	3	
17 Central Union	3:31.98	3	
18 Homewood-Flossmoor H.S.	3:32.15	4	
19 Rancho Bernardo	3:32.64	2	
20 Cathedral Catholic	3:32.80	1	
21 San Marcos -sd	3:33.25	2	
22 Valhalla	3:34.30	3	
23 Alta Loma	3:34.60	2	
24 West Hills	3:35.07	3	
25 El Camino -sd	3:35.89	2	
26 Granite Hills -sd	3:36.70	2	
27 La Costa Cnyn	3:39.01	3	
28 Los Osos	3:42.63	1	
29 JW North	3:43.94	1	
30 Iona Prep School	3:51.42	1	