

# Monte Vista Track & Field Entries: Super 7 Invitational @ Diablo Valley College

## Mens

### 100 Meters

V: 4 | FS: 4

Mitch Knebel	12	V
Cameron Lee	12	V
Andrew Gaskell	11	V
Ryan DeFreeuw	11	V
Trevor Hoffman	10	FS
Aiden Leslie	10	FS
Charles Chang	9	FS
Caden Honda	9	FS

### 1600 Meters

V: 4 | FS: 4

Ian Bushell	11	V
Tyler Eakin	10	V
Ryan Wilson	10	V
Ethan Vorhauer	11	V
Draven Grondona	10	FS
Jake Pederson	9	FS
Luke Horsfall	10	FS
Grant Kelley	10	FS

### 110m Hurdles

V: 2 | FS: 2

Seed

Daniel Havelka	9	V
Jaden Sauberman	12	V
Reece Misquitta	10	FS
Drew O'Hara	10	FS

### 300m Hurdles

V: 1 | FS: 2

Seed

Jaden Sauberman	12	V
Drew O'Hara	10	FS
Jon Rodrik	10	FS

### 4x100 Relay

V: 8 | FS: 4

Ryan DeFreeuw	V-A1	11
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## Womens

### 100 Meters

V: 4 | FS: 4

Seed

Natalie Williamson	V	12
Nicole Nassoura	V	12
Francesca Gregghi	V	12
Christianna Hadsell	V	11
Ella Economos	FS	9
Justine Price	FS	10
Delaney Rich	FS	9
Jesse Stock	FS	9

### 1600 Meters

V: 4 | FS: 3

Seed

Kailey Emmons	V	9
Ariya Ghoshal	V	9
Abigail Moran	V	10
Jessica Umscheid	V	9
Abby McCabe	FS	10
Mackenzie Michel	FS	9
Elisa Brear	FS	10

### 100m Hurdles

V: 0 | FS: 1

Seed

Isabella Mathers	FS	9
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### 300m Hurdles

V: 0 | FS: 2

Seed

Jesse Stock	FS	9
Isabelle Yu	FS	9

### 4x100 Relay

V: 4 | FS: 8

Seed

Francesca Gregghi	V-A1	12
Nicole Nassoura	V-A2	12
Christianna Hadsell	V-A3	11
Natalie Williamson	V-A4	12
Justine Price	FS-A1	10
Jesse Stock	FS-A2	9

Andrew Gaskell V-A2 11  
Cameron Lee V-A3 12  
Mitch Knebel V-A4 12

Michael Domingo V-B1 12  
Alex Oshima V-B2 11  
Jacob Lee V-B3 11  
Gavin Smyth V-B4 11

Aiden Leslie FS-A1 10  
Caden Honda FS-A2 9  
Charles Chang FS-A3 9  
Caleb Tseng FS-A4 9

#### **4x200 Relay**

*V: 8 | FS: 8* Seed  
Mitch Knebel V-A1 12  
Andrew Gaskell V-A2 11  
Ryan DeFreeuw V-A3 11  
Cameron Lee V-A4 12

Alex Oshima V-B1 11  
Gavin Smyth V-B2 11  
Jacob Lee V-B3 11  
Michael Domingo V-B4 12

Trevor Hoffman FS-A1 10  
Aiden Leslie FS-A2 10  
Caden Honda FS-A3 9  
Arjun Kasthuri FS-A4 9

Caleb Tseng FS-B1 9  
Charles Chang FS-B2 9  
Daniel Havelka FS-B3 9  
Jon Rodrik FS-B4 10

#### **4x400 Relay**

*V: 4 | FS: 9* Seed  
Mitch Knebel V-A1 12  
Andrew Gaskell V-A2 11  
Cameron Lee V-A3 12  
Ryan DeFreeuw V-A4 11

Trevor Hoffman FS-B1 10  
Caden Honda FS-B2 9

Delaney Rich FS-A3 9  
Ella Economos FS-A4 9  
Helaina Lueddemann FS-B1 9  
Grace Newpower FS-B2 9  
Laaila Najam FS-B3 9  
Madison Yates FS-B4 10

#### **4x200 Relay**

*V: 4 | FS: 8* Seed  
Nicole Nassoura V-A1 12  
Christianna Hadsell V-A2 11  
Natalie Williamson V-A3 12  
Francesca Gregghi V-A4 12  
Justine Price FS-A1 10  
Ella Economos FS-A2 9  
Delaney Rich FS-A3 9  
Helaina Lueddemann FS-A4 9  
Grace Newpower FS-B1 9  
Laaila Najam FS-B2 9  
Madison Yates FS-B3 10  
Isabelle Yu FS-B4 9

#### **4x400 Relay**

*V: 0 | FS: 8* Seed  
Justine Price FS-A1 10  
Delaney Rich FS-A2 9  
Grace Newpower FS-A3 9  
Helaina Lueddemann FS-A4 9  
Isabella Arbabi FS-B1 10  
Chloe Rountree FS-B2 10  
Kendall Nelson FS-B3 9  
Jillian Vorhauer FS-B4 9

#### **4x800 Relay**

*V: 8 | FS: 12* Seed  
Shelby Lew V-A1 9  
Kinsey Pogue V-A2 10  
Jules Kiepen V-A3 10  
Emily Hora V-A4 12

Isabella Arbabi V-B1 10  
Madelyn Gilbert V-B2 10  
Meyse Baydoun V-B3 11  
Abby McCabe V-B4 10

Charles Chang FS-B3 9  
Caleb Tseng FS-B4 9  
Aiden Leslie FS-B5 10

Jack Frederiksen FS-A1 9  
Luke Morrison FS-A2 9  
Benjamin Inocencio FS-A3 9  
Tyler Inocencio FS-A4 9

### 4x800 Relay

*V: 4 | FS: 10* Seed  
Ethan Pendergraft V-A1 12  
James Switzer V-A2 11  
Aakersh Mathur V-A3 11  
Brendan Leahey V-A4 11

John Loughery FS-A1 10  
Ryan Wilson FS-A2 10  
Jack Frederiksen FS-A3 9  
Luke Morrison FS-A4 9  
Tyler Eakin FS-A5 10  
Draven Grondona FS-A6 10

Luke Horsfall FS-B1 10  
Benjamin Inocencio FS-B2 9  
Tyler Inocencio FS-B3 9  
Grant Kelley FS-B4 10

### DMR

*V: 12 | FS: 0* Seed  
Yonathan Amare V-A1 12  
Brendan Leahey V-A2 11  
Aakersh Mathur V-A3 11  
Alex Oshima V-A4 11

Ethan Pendergraft V-B1 12  
John Loughery V-B2 10  
James Switzer V-B3 11  
Michael Domingo V-B4 12

Joseph Chrisman V-C1 11  
Draven Grondona V-C2 10  
Austin Pendergraft V-C3 12  
Jake Pederson V-C4 9

Jillian Vorhauer FS-A1 9  
Mackenzie Michel FS-A2 9  
Jessica Umscheid FS-A3 9  
Elisa Brear FS-A4 10

Isabelle Yu FS-B1 9  
Chloe Rountree FS-B2 10  
Kendall Nelson FS-B3 9  
Gianna Reginato FS-B4 9

Nikki Esmaili FS-C1 10  
Arianna Barrera FS-C2 10  
Elaina Nassoura FS-C3 10  
Lexi Lim FS-C4 10

### DMR

*V: 12 | FS: 0* Seed  
Shelby Lew V-A1 9  
Natalie Williamson V-A2 12  
Kailey Emmons V-A3 9  
Kinsey Pogue V-A4 10

Jules Kiepen V-B1 10  
Nicole Nassoura V-B2 12  
Abigail Moran V-B3 10  
Emily Hora V-B4 12

Ariya Ghoshal V-C1 9  
Christianna Hadsell V-C2 11  
Madelyn Gilbert V-C3 10  
Nicole Leung V-C4 12

### Shot Put

*V: 4 | FS: 2* Seed  
Allie Coleman V 12  
Alexandra Regan V 11  
Aya Kabbarah V 11  
Grace McClure V 11  
Ashley Rosati FS 9  
Madi Washburn FS 9

### Discus

*V: 4 | FS: 2* Seed  
Allie Coleman V 12  
Gianna Gotelli V 11

**Shot Put**

<i>V: 4   FS: 4</i>	Seed	
Thomas Glafkides	V	12
Jack Romero	V	11
Dillon Christensen	V	11
Lefteri Eleftheriadis	V	12
Rex Archuleta	FS	10
Derek Cavage	FS	10
Tyler Fisher	FS	10
Nikko Rowland	FS	10

**Discus**

<i>V: 4   FS: 4</i>	Seed	
Thomas Glafkides	V	12
Adam Tsugawa	V	11
Jack Romero	V	11
Rishi Subbiah	V	11
Rex Archuleta	FS	10
Andrew Eikel	FS	10
Tyler Fisher	FS	10
Jacob Mangahas Lu	FS	10

**High Jump**

<i>V: 2   FS: 4</i>	Seed	
Austinder Gill	V	12
Arjun Kasthuri	V	9
Alexander Engen	FS	9
Justin Quinto	FS	10
Kevin Raj	FS	9
Kahle Yockey	FS	10

**Pole Vault**

<i>V: 4   FS: 2</i>	Seed	
Cameron Harris	V	11
Bryce Raizes	V	11
Connor Lim	V	10
Merrick Watt	V	11
Nathan Liu	FS	10
Caden Vo	FS	10

**Long Jump**

<i>V: 4   FS: 4</i>	Seed	
Austinder Gill	V	12
Arjun Kasthuri	V	9

Grace McClure	V	11
Sydney Strenk	V	11
Ashley Rosati	FS	9
Madi Washburn	FS	9

**High Jump**

<i>V: 0   FS: 2</i>	Seed	
Isabella Mathers	FS	9
Mackenzie Michel	FS	9

**Pole Vault**

<i>V: 4   FS: 4</i>	Seed	
Ashley Brown	V	11
Amelie Gross	V	11
Lyndsay Wong	V	10
Hailey Eggiman	V	11
Delilah Belle McKnight	FS	10
Giselle Rouillard	FS	10
Sadie Hicks	FS	9
Ava Lamberson	FS	9

**Long Jump**

<i>V: 1   FS: 1</i>	Seed	
Lauren Hinrichs	V	12
Jessica Upshaw	FS	9

Justin Quinto	V	10
Jon Rodrik	V	10
Evan Albert	FS	10
Benjamin Gurney	FS	10
Drew O'Hara	FS	10
Dylan Woo	FS	9

### **Triple Jump**

<i>V: 3   FS: 4</i>	Seed	
Bryce Raizes	V	11
Arjun Kasthuri	V	9
Jaden Sauberman	V	12
Evan Albert	FS	10
Benjamin Gurney	FS	10
Zachary Kong	FS	10
Dylan Woo	FS	9