

**** RACE RESULTS ****

TACOMA, WASHINGTON, MARCH 1 & 2 – ED BOITANO INVITATIONAL:

400M – 12. Luke Reiss/Western Washington (SLOHS) 54.71. **1500 Meters** – 26. Luke Reiss 4:12.25.

LONG BEACH, MARCH 2 – BEACH OPENER: 3000 Meters – 14. Patrick Thomas/Pepperdine (Mission Prep) 8:45.09.

EAGLE ROCK, MARCH 2 – S.C.I.A.C. MULTI-DUAL (Cal Lutheran, LaVerne, Claremont-Mudd-Scripps, Occidental):

1500 Meters (25 runners in two sections) – 5. Jenna LeNay/Occidental College (Arroyo Grande HS) 4:49.56.

5000 Meters – 3. Jenna LeNay/Oxy 19:16.28. - / <https://milesplit.live/meets/586712/> -

TURLOCK, MARCH 2 – KIM DUYST INVITATIONAL (at Cal State Stanislaus):

1500 Meters (52 finishers in five sections) – 35. Arabella Edler/U.C. Santa Cruz (Arroyo Grande HS) 5:26.51.

5000 Meters (30 runners in two sections) – 9. Alexi Stanislaus/Chico State (SLOHS) 18:40.48. - / www.TimerHub.com/ -

ATASCADERO, MARCH 2 – ATASCADERO MEMORIAL MEET

Boys 800 (40 runners)		Boys 3200 (35 runners)		Girls 1600 (30 runners)	
1. Weston Greenelsh	2:01.94	1. Tyler Daillak/Paso	9:30.61	1. Leila Johnson	5:30.90
6. Ethan Feeser	2:05.67	3. Conor Mason	10:03.87	4. Shelby Taylor/Morro Bay	5:47.17
7. Nolan Roemmich	2:07.60	7. Jacob Schuetze	10:23.59	5. Wendy Wilson/Morro Bay	5:54.49
27. Aiden Gibson/Paso	2:23.77	16. Edgar Martinez-Delgado	10:29.65		
		18. Coy Kendrick/Orcutt	11:04.49		
Boys 1600 (46 runners)		Girls 800 (29 runners)		Girls 3200 (24 runners)	
15. Nolan Connelly	5:05.12	5. Phoebe Drazsnzak	2:30.28	1. Brooke Phelan/Santa Ynez	12:37.21
20. Mason Lebed	5:07.59	7. Kasey Abercromby	2:33.32	2. Carly Meeks	13:02.30
40. Logan McAdoo	5:37.64	9. Regan James	2:36.40	5. Rebekah Waterbury	13:18.14
		18. Gracie Quintana/A.G.	2:46.94	8. Peyton Miya/Orcutt	13:30.56
				9. Molly Berkeland	13:34.62

Girls 4 x 100M Relay: 2. Templeton 52.45 (11 teams; Templeton's leadoff leg was by Kennedy McAdoo.)

Girls 4 x 200M Relay: 1. Templeton 1:48.66 (8 teams; Templeton won by 10 seconds with the leadoff leg by Kennedy McAdoo).

Girls 4 x 400M Relay: 2. Templeton 4:12.43 (10 teams; Kennedy didn't run any individual events but this was her third relay team).

Boys 4 x 800M Relay: 1. San Luis Obispo 8:29.80 (11 teams; SLO = Roemmich, Connelly, Greenelsh, & Feeser).

Girls 4 x 800M Relay: 1. San Luis Obispo 10:33.74 (7 teams; SLO = Sahota-Flood, Abercromby, O'Connor, Drazsnzak).

- / www.Athletic.net; www.Phototiming.com / -

NAPA, MARCH 3 – NAPA VALLEY MARATHON & HALF MARATHON

Half Marathon (2,188 finishers) – **SLDC** = 282. Matthew Shuck 1:40:15. **Others** = 1346. Jeremy Anderson/Pismo Beach 2:19:28.

Marathon (1,435 finishers) – **Others** = 711. Glenn Ross/Paso Robles 4:12:56 .. 869. Travis Ruppe/Paso 4:28:37.

S.L.D.C. TOP TIMES AT THE NAPA VALLEY MARATHON

MEN			WOMEN		
1. Brian Waterbury/1989	2:43:50	16. Henry Hernandez/1994	3:16:47	1. Kristen Orr/2002	2:52:57
2. Luis Escobar/1994	2:52:48	17. Russ Raymond/1996	3:17:57	2. Mary Ryzner/1990	2:56:08
3. Brian Waterbury/1994	2:55:59	18. Bill Winstanley/1988	3:19:09	3. Laurie Kirkpatrick/1990	3:04:08
4. Clem Michel/1989	2:56:54	19. John Hernandez/1996	3:21:38	4. Diane Dixon/1989	3:05:06
5. Dusty Davis/2012	2:58:20	20. Robert Winkel/1987	3:23:09	5. Rebecca Wyer/1991	3:11:26
6. Steve Wyer/1992	2:58:21	21. Ron Swart/1990	3:23:58	6. Suzanne Wetzel/2008	3:16:52
7. Stan Rosenfield/1989	3:02:02	22. Mike Rehorn/1989	3:24:15	7. Diane Dixon/1991	3:18:13
8. Clem Michel/1991	3:04:15	23. Dave Lawrence/1998	3:28:51	8. Paula Dooley/2000	3:27:20
9. Galen Kirm/1988	3:06:37	24. Dave Moore/1993	3:29:30	9. Alice Dill/1991	3:30:47
10. Joe Bergquist/1995	3:07:48	25. Gino Brunello/1994	3:33:08	10. Teri Rose/1995	3:33:58
11. Larry Jamison/1994	3:07:49	26. Marty Budinger/2004	3:34:23	11. Leslie Monaco/1990	3:38:40
12. Keith Kirkpatrick/1990	3:09:46	27. Brent Hopkins/1990	3:35:57	12. Leslie Monaco/1988	3:42:34
13. Stan Rosenfield/1991	3:11:25	28. Craig Gallagher/1995	3:36:43	13. Marne Burch/1997	3:44:50
14. Earl Higbee/1995	3:13:01	29. Dan Colombo/1989	3:36:54	14. Heidi Mooney/2004	3:45:15
15. Doug Moon/1987	3:16:07	30. Mark Mooney/2004	3:39:47	15. Minke Winklerprins/1998	3:47:23

PALO ALTO, MARCH 3 – STANFORD TRIATHLON:

Collegiate Division (242 finishers) – 1. Johnathan Dolan/Atascadero 58:09 .. 7. Justin Hatcher/Berkeley (SLOHS) 1:02:12.

Open/Age Group (244 finishers) – 29. Maddie Fletcher/Pismo Beach/3rd-Female (SLOHS/Cuesta College) 1:18:49.

SANTA BARBARA, MARCH 8 - U.C.S.B. INVITATIONAL:

Men's 1500 Meters – 1. Mateo Malko-Allen/Cal Poly 3:51.45 .. 3. Michael Chambers/Cal Poly 3:56.45.

Women's 1500M – 1. Ashlyn Leath/CP 4:38.0 .. 2. Rachel Victor 4:38.4 .. 3. Ellie Baxter 4:38.6. (Cal Poly took the top 7 places.)

Hammer Throw – 3. Rory Devaney/Cal Poly (SLOHS) 193' 5".

Discus Throw – 2. Rory Devaney 174' 7".

Women's High Jump – 2. Chase Kubinski/Cal Poly (SLOHS) 5' 5".

Javelin – 3. Chase Kubinski 130' 8".

SANTA MARIA, MARCH 8 – HENRY KIRK HANCOCK INVITATIONAL:**1500 Meters** – 23. Deegan Miller/Cuesta 4:59.16. **5000 Meters** - 8. Adolfo Lopez/Santa Maria-SLDC 20:23.31.**FULLERTON, MARCH 9 – BEN BROWN INVITATIONAL: Steeplechase** – 2. Sara van Dyke/Cal Coast TC (ex-Cal Poly) 10:45.6.**LOS ANGELES, MARCH 9 – OCCIDENTAL COLLEGE DISTANCE CARNIVAL****Men's 1500 Meters**

2. Mark Huizer/S.L.O. 3:51:09
 24. Frank Assumma/CPDC 4:01.36
 36. Axel Reich/ex-SLOHS 4:07.01
 41. Nic Moore/Cuesta 4:09.38
 126. Jorge Merced/Cuesta 4:44.93

Men's 5000 Meters

3. Mark Huizar/Hoka Aggies 14:09.95
 21. John Gutierrez/S. Maria 14:43.09
 28. Quinn White/Pomona 14:47.63
 40. Patrick Thomas/Pepperdine 14:59.12
 72. Steve Youngblood/S.M. 15:18.63
 165. Axel Reich/ex-Cuesta 16:06.14
 202. Anthony Perez/Cuesta 16:57.76

Women's 1500 Meters

69. Emily Mathein/Cuesta 5:50.09
 70. Quinn Dubrul/Cuesta 5:53.78

Women's 5000 Meters

6. Jenna LeNay/Oxy (AGHS) 17:32.62
 26. Brinley Ewen/Cuesta 18:15.83
 67. Summer Gelman/Cuesta 19:15.27

Note: Steve Youngblood & Axel Reich are past winners of SLDC's Stride with the Tide 5K in Pismo Beach.**AVALON, MARCH 9 – CATALINA ISLAND MARATHON** (426 finishers): - / www.athlinks.com / -

28. Robin DiBiase/San Luis Obispo 4:18:48 .. 56. Kat Thompson/S.L.O. 4:40:01 ..138. Brian Johnson/Atascadero 5:20:53.

TOP S.L.D.C. TIMES AT THE CATALINA ISLAND MARATHON**MEN**

1. Jim Hurley/1979 2:58:04
 2. Frank Hutchinson/1987 2:58:11
 3. Danny Kerecman/1979 3:16:35
 4. Jeff Herten/1984 3:21:42
 5. John Brown/1984 3:27:02
 6. Steve Boaz/2003 3:29:22
 7. Keith Kirkpatrick/1991 3:45:00
 8. Bill Norman/1985 3:45:15

CATALINA

9. Keith Kirkpatrick/1993 3:56:30
 10. Bill Norman/1984 4:16:40
 11. Ron Swart/2003 4:26:55
 12. Ron Swart/2006 4:40:08
 13. Craig Campbell/2013 4:43:33
 14. Joe Hubbell/2005 4:48:20
 15. Jeff Herten/1985 5:04:16

WOMEN

1. Mary Ryzner/1992 3:11:05
 2. Mary Ryzner/1993 3:26:16
 3. Mary Ryzner/1994 3:27:50
 4. Kathy Shaw/1992 3:43:01
 5. Dana Tryde/1987 3:48:12
 6. Laurie Kirkpatrick/1994 3:53:49
 7. Debby Lyon/1985 5:04:16
 8. Tammy West/1992 5:16:27

SAN LUIS OBISPO, MARCH 9 – CENTRAL COAST SPRING CLASSIC TRACK MEET**Boys 800 Meters**

3. Tyler Dailak/Paso 2:03.91
 4. Joshua Bell/Templeton 2:05.42
 19. Jacob Schuetze 2:10.64
 27. Nolan Connelly 2:13.10
 28. Mason Lebed 2:13.23

Boys 3200 Meters

1. Josue Salinas/S. Ynez 9:57.45
 2. Stewart Caldwell 10:15.17
 3. Edgar Martinez-Delgado 10:28.82
 5. Nico Aebischer 10:35.05
 32. Logan McAdoo 12:02.36

Girls 800 Meters

4. Kashmir Sahota-Flood 2:27.13
 6. Kasey Abercromby 2:28.93
 8. Regan James 2:29.79
 20. Rebekah Waterbury 2:40.93
 24. Gracie Quintana/A.G. 2:43.08

Boys 1600 Meters

1. Weston Greenelsh 4:19.92
 2. Tyler Dailak/Paso 4:20.85
 3. Nolan Roemmich 4:21.45
 5. Ethan Feeser 4:28.95
 8. Conor Mason 4:36.73
 10. Jacob Schuetze 4:38.01
 21. Nolan Connelly 4:46.61
 33. Mason Lebed 5:01.03

Girls 4 x 100 Relay

4. Templeton (opening leg by Kennedy McAdoo) 52.07

Girls 100 Meters

1. Kennedy McAdoo 12.95

Girls 200 Meters

1. Kennedy McAdoo 26.04
 13. Ali Abercromby 27.90

Girls 1600 Meters

1. Phoebe Draznszak 5:20.83
 3. Leila Johnson 5:25.76
 13. Gracie Quintana/A.G. 5:55.30
 16. Rebekah Waterbury 6:02.64
 29. Molly Berkeland 6:23.02

Girls 3200 Meters

1. Brooke Phelan/Santa Ynez 12:19.62
 2. Cate Tucker 12:34.72
 3. Carly Meeks 12:38.66
 5. Kimberly Budinger 12:55.05
 8. Faith Hartford 13:18.29
 13. Molly Berkeland 14:13.44

Boys 4 x 800 Meters

1. San Luis Obispo 8:19.63
 (Ethan Feeser, Conor Mason, W. Greenelsh, & Nolan Roemmich)

Girls 4 x 800 Meters

1. San Luis Obispo 10:24.98
 (Kashmir Sahota-Flood, Regan James, Kasey Abercromby, & Phoebe Draznszak)

Girls High Jump

1. Ali Abercromby 5' 1"
 5. Kasey Abercromby 4' 9"
 19. Mylee Kuhn/Templeton 4' 3"

(All races had 36 entrants. The 800 & 1600 had 2 sections, the 3200 had 1 section, and lane races like the 100/200 had 4 sections.)

- / www.Athletic.net; www.Phototiming.com / -**CHICO, MARCH 9 – WILDCAT INVITATIONAL: 1500 Meters** – 7. Alexi Steinmaus/Chico State (SLOHS) 4:54.10.**DAVIS, MARCH 9 – AGGIE OPEN: Mile** – 14. Shaylee Grimm/Fresno State (SLOHS) 5:14.10. (44 runners in 3 sections)**SAN LUIS OBISPO, MARCH 9 – DRINKIN' LINCOLN RUN:** This run, organized by Kevin Wolf, starts at Lincoln Market on Broad Street in San Luis Obispo and goes up Cerro San Luis and then down along the main road to Lemon Grove and back to the market.

9. Leif Kohler 39:09 .. 11. Kevin Wolf 41:04 .. 13. Kevin Cooper 41:33 .. 20. Edwin Moscoso 46:45 .. 24. Matthew Shuck 52:06 .. 25. Paul Shires 52:46 .. 27. Adrian Viveros 58:52.

PASO ROBLES, MARCH 10 – TOOTH & NAIL 5K WINE RUN (341 finishers):

4. Michael Dean (1st-50+) 21:02 .. 14. Matthew Shuck (1st-30+) 22:58 .. 94. Debbie Dorney (1F-70+) 30:41 .. 130. Rhonda Crowfoot (8F-60+) 33:19 .. 135. Denise Youngman (5F-70+) 33:35 .. 170. Andrea Helms 36:43. - / www.runsignup.com / -

SAN LUIS OBISPO, MARCH 13 – PIONEER VALLEY & SANTA YNEZ @ SAN LUIS OBISPO H.S.

<u>Boys 400 Meters</u>		<u>Boys 3200 Meters</u>		<u>Girls 800 Meters</u>	
3. Ethan Feeser	53.32	2. Mason Lebed	11:38.53	1. Leila Johnson	2:40.50
4. Weston Greenelsh	53.88	4. Grant Svendsen	11:55.94	2. Catherine Tucker	2:40.53
5. Nolan Roemmich	54.61			3. Carly Meeks	2:40.92
7. Conor Mason	54.90	<u>Girls 200 Meters</u>		5. Rebekah Waterbury	2:42.08
8. Jacob Schuetze	54.91	5. Kasey Abercromby	27.63	6. Faith Hartford	2:42.66
		9. Ali Abercromby	27.95	7. Kimberly Budinger	2:42.92
		11. Kashmir Sahota-Flood	28.07		
<u>Boys 800 Meters</u>		12. Phoebe Draznszak	28.15	<u>Girls 1600 Meters</u>	
3. Cade Backlin	2:09.46	24. Regan James	30.12	2. Carly Meeks	5:56.18
4. Weston Greenelsh	2:12.84			3. Faith Hartford	5:57.77
5. Ethan Feeser	2:13.19	<u>Girls 400 Meters</u>		4. Kimberly Budinger	6:03.94
6. Nolan Roemmich	2:13:37	3. Phoebe Draznszak	1:00.08	5. Rebekah Waterbury	6:10.80
7. Nico Aebischer	2:13.62	4. Kasey Abercromby	1:02.53		
8. Jacob Schuetze	2:14.03	6. Kashmir Sahota-Flood	1:02.98	<u>Girls 3200 Meters</u>	
9. Conor Mason	2:14.79	10. Fiori Turner	1:11:35	1. Leila Johnson	12:10.09
10. Nolan Connelly	2:18.29	11. Emily Svendsen	1:11.93	4. Catherine Tucker	13:09.87
				5. Molly Berkeland	13:37.14
<u>Boys 1600 Meters</u>					
2. Nico Aebischer	4:54.54				
3. Graham Keeling	4:57.87				

NIPOMO, MARCH 16 – NIPOMO HIGH SCHOOL TRACK INVITATIONAL

<u>Boys 800 Meters</u>		<u>Boys 3200 Meters</u>		<u>Girls 800 Meters</u>	
1. Joshua Bell/Templeton	1:57.77	1. Weston Greenelsh	9:42.59	1. Phoebe Draznszak	2:23.48
5. Conor Mason	2:06.29	2. Nolan Roemmich	9:45.30	3. Kashmir Sahota-Flood	2:27.58
13. Mason Lebed	2:13.20	5. Ethan Feeser	9:56.18	5. Kasey Abercromby	2:28.55
21. Nico Aebischer	2:17.20	6. Jacob Schuetze	10:07.15	7. Regan James	2:29.63
(64 runners, all sections)		8. Graham Keeling	10:13.62	23. Molly Berkeland	2:57.56
		10. Nolan Connelly	10:16.08	26. Emily Svendsen	3:03.69
<u>Boys 1600 Meters</u>		11. Cade Backlin	10:17.30	(42 runners)	
9. Conor Mason	4:43.92	<u>Girls 200 Meters</u>		<u>Girls 1600 Meters</u>	
10. Edgar Martinez-Delgado	4:45.24	5. Ali Abercromby	27.46	1. Phoebe Draznszak	5:14.10
12. Nico Aebischer	4:48.22	12. Kasey Abercromby	27.86	8. Kimberly Budinger	5:43.54
29. Mason Lebed	5:04.42	17. Kashmir Sahota-Flood	28.53	12. Rebekah Waterbury	5:48.77
35. Coy Kendrick/Orcutt	5:10.70	32. Regan James	29.72	13. Gracie Quintana/A.G.	5:53.40
52. Logan McAdoo	5:37.98	(93 runners)		19. Molly Berkeland	6:09.34
(82 finishers, all sections)		<u>Girls Pole Vault</u>		(56 finishers, all sections)	
<u>Girls High Jump</u>		16. Emily Svendsen	5' 6"	<u>Girls 3200 Meters</u>	
1. Ali Abercromby	5' 1"			1. Catherine Tucker	12:14.32
10. Kasey Abercromby	4' 5"			2. Carly Meeks	12:18.98
17. Kylee Kuhn/Templeton	4' 3"	- / PhotoTiming.com		8. Rebekah Waterbury	13:15.38
(34 jumpers)		& Athletic.net / -			

Girls 4 x 100M Relay: 2. Templeton 51.25. **Girls 4 x 400M Relay** - 1. Templeton 4:02.66 (leadoff on both Templeton teams by Kennedy McAdoo) .. 5. San Luis Obispo 4:18.28 (Kashmir Sahota Flood, Kasey Abercromby, Phoebe Draznszak, Regan James).

CORVALLIS, OREGON, MARCH 16 - PACIFIC NORTHWEST INVITATIONAL (@Oregon State):

3000M - 8. Grace Rubio/Oregon State (SLOHS) 10:32.52. **Long Jump** - Anneke Moersdorf/Oregon State (SLOHS) 19' 1".

SACRAMENTO, MARCH 16 - HORNET INVITATIONAL (@ Sacramento State):

Men's 1500 Meters (105 finishers in 9 sections) -38. Luke Holland/U.C. Santa Cruz (San Luis Obispo HS) 4:01.22.

Women's 1500 Meters - (103 runners in 8 sections) - 39. Alexi Steinmaus/Chico State (SLOHS) 4:47.83 (1st place in section #5).

SAN JUAN CAPISTRANO, MARCH 16 - SOUND RUNNING'S "THE TEN": - / www.FinishedResults.com / -

10,000M (Section #3) - 2. Christian Ricketts/Roots Running (ex-Arroyo Grande HS, Southern Utah) 28:17.78.

LOS ANGELES, MARCH 17 – LOS ANGELES MARATHON (20,395 finishers):

SLDC = 31. Hiroki Fujinaga 2:36:36. This is a new club record for the L.A. Marathon (see list below) and moves Hiroki up from 28th on the all-time list (from his 2:40:55 at the Shoreline Marathon in Ventura last year) to 17th .. 7257. Elizabeth Aebischer/ San Luis Obispo 4:44:19. **Others** = 21. Steve Youngblood/Santa Maria 2:31:36 .. 823. Matt Nottenkamper/Paso Robles 3:24:55 .. 5232. Sonja Martin/Paso Robles 4:23:36 .. 13,216. Brett Osterfeld/San Luis Obispo 5:47:15.

ALL-TIME TOP SLDC TIMES AT THE LOS ANGELES MARATHON

<u>MEN</u>		<u>LOS ANGELES</u>		<u>WOMEN</u>	
1. Hiroki Fujinaga/2024	2:36:36	16. B. van Wyngaarden/'86	3:06:32	1. Mary Ryzner/1989	3:02:16
2. Steve Dornish/1987	2:41:27	17. Quinn Brussel/2023	3:06:44	2. Kelsey Lakowske/2019	3:24:14
3. Steve Sharp/1995	2:52:40	18. Bob Guglielmelli/1990	3:07:00	3. Julie Hiramatsu/1996	3:28:35
4. Rick Kluve/1994	2:54:01	19. Ruben Peinado/1998	3:10:40	4. Sharilyn MacKenzie/2010	3:44:06
5. Luis Escobar/1997	2:54:04	20. Tony Brizzolara/1990	3:11:00	5. Trish Avery/2002	3:45:59
6. Chris Connors/1987	2:56:01	21. B. van Wyngaarden/1987	3:13:04	6. Julie Hiramatsu/1995	3:50:57
7. Gino Brunello/1998	2:56:05	22. Patrick Connally/2010	3:13:24	7. Stephanie Shuck/2004	3:53:27
8. Luis Escobar/1995	2:56:49	23. Paul Prochaska/2000	3:14:09	8. Trish Avery/2001	3:57:59
9. Doug Sims/1991	2:56:57	24. Larry Jamison/1989	3:15:46	9. Hedi Parafina/2002	4:05:24
10. Gary Silva/1991	2:56:57	25. Herb Hindler/1986	3:19:44	10. Susan McAdoo/2015	4:09:39
11. Luis Escobar/1991	2:56:57	26. Stan Reyes/2000	3:20:47	11. Stacy Huser/2002	4:16:29
12. Keith Kirkpatrick/1987	2:59:02	27. Larry Jamison/1988	3:24:00	12. Julie Opheim/2013	4:20:47
13. Luis Escobar/1996	3:00:35	28. Stan Reyes/1995	3:24:06	13. Tammy West/1994	4:25:06
14. Paul Prochaska/1999	3:01:05	29. Stan Rosenfield/1986	3:24:31	14. Elizabeth Aebischer/2024	4:44:19
15. Doug Sims/1995	3:02:53	30. Joel Byars/1998	3:29:08	15. Molly Montgomery/2010	4:45:16
W/C Peter Brookes/1986	2:19:55	31. Pepe Gonzalez/2015	3:29:51	W/C Candace Brookes/1986	2:23:10

OAKLAND, MARCH 17 – OAKLAND MARATHON FESTIVAL (+ 1,681 finishers in 5K & 1,341 in the 10K = 5800 total finishers):
Half Marathon (2,118 finishers) – **Others** = 712. Brannon Larson/Paso Robles 1:55:52. (No entries from SLDC).
Marathon (661 finishers) – **Others** = 16. Carson Clowes/Paso Robles 2:59:21. - / www.SVETiming.com; www.RaceRoster.com / -

LOS ANGELES, MARCH 22 & 23 - BOB LARSON DISTANCE CARNIVAL (at U.C.L.A.):
Men's 5000 Meters - 3. Patrick Thomas/Pepperdine (Mission Prep) 15:17.98. **800 Meters** - 13. Patrick Thomas 2:02.34

VENTURA, MARCH 22 - WESTERN STATES CONFERENCE COAST MEET: Cuesta athletes from local high schools -
Men's 800 - 15. Jorge Merced (Coast Union) 2:23.35. **Men's 1500** - 15. Jorge Merced 4:43.53.
Women's 800 - 2. Brinley Ewen (San Luis Obispo) 2:24.73 .. 3. Taylor Jones (Arroyo Grande) 2:26.87 (2015 Stride with the Tide winner at age 10) .. 12. Quinn Dubrul (Atascadero) 2:35.58 .. 14. Emily Mathein (Paso Robles) 2:46.93.
Women's 1500 - 2. Brinley Ewen 4:46.72 .. 16. Emily Mathein 5:38.95. - / www.Athletic.net / -

FRESNO, MARCH 22 & 23 - WEST COAST RELAYS:
Steeplechase - 1. Shaylee Grimm/Fresno State (SLOHS) 11:12.16. **1500 Meters** - 5. Shaylee Grimm 4:44.55.

SAN LUIS OBISPO, MARCH 22 & 23 – MARK CONOVER MEMORIAL TRACK MEET (at Cal Poly):
Men's Invitational 1500 - 1. Bobby Poynter 3:46.01 .. 2. Derek Thomas (ex-Cal Poly) 3:48.81 .. 3. Lewis Westwood/Cal Poly (SLOHS) 3:50.18 .. 4. Silas Frantz/Pismo Beach 3:50.34 .. 5. Mark Huizar/San Luis Obispo 3:50.66 .. 8. Jude DeVries/Cal Poly (2023 Baywood Oktoberfest winner) 3:53.19 .. 11. John Gutierrez/Santa Maria (2023 City to the Sea Half Marathon winner) 3:58.06.
Men's 2000 Meter Steeplechase - 1. Michael Chambers/Cal Poly 5:51.30.
Men's Hammer Throw - 1. Rory Devaney/Cal Poly (SLOHS) 216' 5". **Men's Discus** - 1. Rory Devaney 169' 9".

Women's 800 - 11. Aeron Arlin/San Luis Obispo-Hoka Aggies (ex-Cal Poly) 2:42.62.
Women's Inv. 1500M - 3. Carissa Buchholz/CP 4:38.21 .. 5. Ashlyn Leath/CP 4:43.43 .. 5. Emily Mulhern/Pismo Beach 4:53.75.
Women's 2000M Steeplechase - 1. Rachel Victor (2022 Baywood Oktoberfest winner) 7:03.26 .. 2. Nina St. John/CP 7:06.00.
Women's High Jump - 2. Chase Kubinski/Cal Poly (SLOHS) 5' 6". **Javelin** - 2. Chase Kubinski 125' 0".

CLOVIS, MARCH 23 – CENTRAL VALLEY HIGH SCHOOL CLASSIC

<u>Varsity Boys 800M</u>		<u>Varsity Boys 3200M</u>		<u>Girls 1600 Meters</u>	
5. Weston Greenelsh	1:59.92	9. Jacob Schuetze	10:03.20	5. Frannie Perry/Templeton	5:09.70
		17. Edgar Martinez	10:18.51	8. Phoebe Drazsznak	5:23.18
<u>J.V. Boys 800M</u>		<u>J.V. Boys 3200M</u>		9. Shelby Taylor/Morro Bay	5:24.14
1. Ethan Feeser	2:04.57	1. Nico Aebischer	10:16.54	12. Leila Johnson	5:29.03
2. Mason Lebed	2:07.69			17. Kimberly Budinger	5:38.33
				34. Gracie Quintana/A.G.	5:57.53
<u>Varsity Boys 1600M</u>		<u>Girls 400 Meters</u>		<u>Girls 3200 Meters</u>	
5. Weston Greenelsh	4:26.53	4. Kennedy McAdoo	58.49	9. Taylor Sutton/Templeton	12:03.86
21. Conor Mason	4:33.84			10. Catherine Tucker	12:06.12
29. Cade Backlin	4:39.68	<u>Girls 800 Meters</u>		13. Carly Meeks	12:11.91
		4. Wendy Wilson/M. Bay	2:21.70	18. Rebekah Waterbury	13:07.47
<u>J. V. Boys 1600M</u>		5. Phoebe Drazsznak	2:21.86	20. Molly Berkeland	13:49.23
1. Ethan Feeser	4:36.56	8. Kashmir Sahota-Flood	2:23.67		
2. Nico Aebischer	4:38.64	11. Kasey Abercromby	2:24.35		

Boys 4 x 800: 3. San Luis Obispo (Cade Backlin, Weston Greenelsh,, Conor Mason, Nolan Connelly) 8:51.17.

Girls 4 x 800: 2. San Luis Obispo (Kashmir Sahota-Flood, Kasey Abercromby, Phoebe Drazsznak, O'Connor) 10:08.82.

SAN MARCOS, MARCH 23 - MANGRUM INVITATIONAL (@Cal State San Marcos):

Men's 1500 Meters (94 runners in 6 sections) - 21. Quinn White/Pomona-Pitzer (SLOHS) 3:56.67 .. 91. Duncan Speirs/Pomona-Pitzer (SLOHS) 4:32.43. **Women's 10,000 Meters** - 1. Jenna Lenay/Occidental College (Arroyo Grande HS) 36:25.06.

EUGENE, OREGON, MARCH 23 - OREGON PREVIEW MEET:

Men's 400 Meters - 20. Evan Schweitzer/Humboldt (SLOHS/Cuesta) 51.62.

Women's High Jump - 4. Anneke Moersdorf/Oregon State (SLOHS) 5' 5". **100M Hurdles** - 2. Anneke Moersdorf 14.04.

LOMPOC, MARCH 23 – LOMPOC VALLEY D.C. JOHN TRETTIN MEMORIAL 5K (at Cabrillo High School, 148 finishers):

1. Mike Harnden 18:59 .. 2. James Trettin 19:16 .. 4. Kent Yankee 19:39 .. 24. Larry Li/LVDC (1st-70+) 25:49 .. 41. Bill Arnerich/79/ Solvang (2nd-70+) 29:40. **SLDC** = 65. Dave Dunbar (4th-60+) 33:44 .. 120. Stan Rosenfield (walker) 50:52. - / Kent Yankee / -

LOS OSOS, MARCH 23 – MONTANA DE ORO TRAIL RUNS:

12K - Valencia Peak (60 finishers) – **SLDC** = 8. Nick Supat 1:19:49 .. 14. Michael Henzler 1:29:41 .. 15. Adolfo Lopez 1:29:45.

21K - Hazard Peak (66 finishers) – **Others** = 1. David Roth/Oceano 1:52:30.

36K - Two Peaks (21 finishers) – **Others** = 11. Roger Fabing/Lompoc 5:28:49 .. 16. Sonja Martin/Paso Robles 6:04:53.

50K - Three Peaks (50 finishers) – **SLDC** = 6. David Long 5:26:10. - / www.RunSignUp.com / -

MODESTO, MARCH 24 – MODESTO 5K, 10K, HALF MARATHON & MARATHON (452 finishers in the 5K & 353 in the 10K):

Half Marathon (604 finishers) - **SLDC** = 17. Chad Joyce 1:27:40 (3rd-50+). **Others** = 122. Naomi Furuya/San Luis Obispo 1:51:52 .. 427. Rachel McHargue/Pismo Beach 2:28:19. **Marathon Others** = 305. Wayne Wright/62/Morro Bay 5:47:59. (336 finishers)

TOP 10 S.L.D.C. TIMES AT THE MODESTO MARATHON

MODESTO					
1. Rick Kluge/1992	2:46:58				
2. Brian Waterbury/1992	2:48:20	5. Diane Dixon/1992 (1-F)	3:23:34	8. Aileen Cota/2015 (2-F)	4:19:42
3. Chris Connors/1992	3:03:07	6. Rod Valine/1991	4:04:38	9. Bill Schackart/2014	4:43:50
4. Stan Rosenfield/1992	3:09:32	7. Dave Dunbar/2019	4:07:44	10. Dave Dunbar/2022	5:17:35

Note: The Modesto Marathon was discontinued in 1994 and brought back in 2011.

MOORPARK, MARCH 29 - MOORPARK INVITATIONAL:

800 Meters - 4. John Gutierrez/Santa Maria-Hoka Aggies1:57.84. **1500M** - 15. Jorge Merced/Cuesta (Coast Union HS) 4:36.35.

5000M - 1. Steve Youngblood/Santa Maria-Unattached 15:34.49 .. 9. Adolfo Lopez/Santa Maria-SLDC 20:19.00.

Men's Steeplechase - 2. Axel Reich/Unattached (ex-SLOHS, Cuesta College) 9:47.04 .. 3. Nic Moore/Cuesta 10:48.08.

Women's Steeplechase - 3. Summer Gelman/Cuestas 13:38.44.

PALO ALTO, MARCH 29 & 30 - STANFORD INVITATIONAL:

Women's 100M Hurdles - 12. Anneke Moersdorf/Oregon State (SLOHS) 14.23. **Long Jump** - 3. Anneke Moersdorf 19' 1".

Men's 5000 (Section #1) - 5. Davis Bove/Cal Poly 13:48.00. (Section #3) - 17. Milo Skapinsky/Stanford (SLOHS) 14:25.46.

Collegiate Hammer - 6. Rory Devaney/Cal Poly (SLOHS) 191' 8". **Collegiate Discus** - 4. Rory Devaney 165' 0".

SAN FRANCISCO, MARCH 29 & 30 - MIKE FANELLI INVITATIONAL (at San Francisco State):

Men's 400 (86 runners in 13 sections) - 22. Evan Schweitzer/Humboldt (SLOHS/Cuesta) 51.68.

Women's 800 (176 finishers in 19 sections) - 109. Elle Casselman/Cuesta 2:22.43 .. 116. Brinley Ewen/Cuesta (SLOHS) 2:23.28,

Men's 5000 (209 runners in 9 sections) - 74. Lewis Westwood/Cal Poly (SLOHS) 14:55.49 .. 83. Luke Holland/U.C. Santa Cruz

(SLOHS) 14:58.58. **Cal Poly runners** - 13. Chris Caudillo 14:25.20 .. 27. Colton Swinth 14:30.65 .. 35. Aidan Dimick 14:35.32 ..

36. Jude DeVries 14:35.58 .. 39. Spencer Pickren 14:36.85 .. 52. Michael Chambers 14:45.71.

Women's 5000 - (157 runners in 7 sections) - 84. Alexi Steinmaus/Chico State (SLOHS) 17:53.46 .. 85. Grace Rubio/Oregon State

(SLOHS) 17:55.02 .. 102. Brinley Ewen/Cuesta (SLOHS) 18:09.67. **Cal Poly** - 38. Ellie Baxter 17:19.1 .. 63. Lianna Guerra 17:39.2.

Men's Masters Mile - 7. Erich Ackermann/55/San Ramon-Hoka Aggies (ex-Cal Poly) 5:27.35. (24 runners)

Women's Masters Mile - 2. Aeron Arlin-Genet/56/SLO-Aggies 5:52.23 .. 5. Kira Abernathy/52/SLO-Aggies 5:59.47. (16 runners)

Men's Open Mile (77 finishers in 7 sections) - 15. Patrick Thomas/Pepperdine (Mission Prep) 4:23.37.

Women's Open Mile (43 finishers in 4 sections) - 15. Alexi Steinmaus/Chico State (SLOHS) 5:17.54.

PASO ROBLES, MARCH 30 – CASS 5K WINE RUN (359 finishers)

S.L.D.C.					
6. Andrew Stillwell/3-19&U	22:20	73. Glenda Moscoso/3F-50+	32:54	10. Jeff Sklar/1st-50+	23:13
12. Edwin Moscoso/1st-60+	23:32	98. Susan McAdoo	35:49	35. Robyn Schmidt/1F-60+	27:56
18. Matthew Shuck/3rd-30+	24:53	1. Kevin Merino	19:24	54. Angie Britton/1F-50+	30:18
				86. Gary Britton	34:22