

Folsom/Del Campo Distance Carnival
 May 9, 2009
 Folsom High School - Folsom, California

3200 Frosh/Soph Girls			
PI	Athlete	School	Time
1	Oksana Dlugan	Del Campo	14:47.7
2	Kimiko Satow	Sheldon	15:26.3

3200 Frosh/Soph Boys			
PI	Athlete	School	Time
1	Greg Waters	Pleasant Grove	10:23.8
2	Colton Nisono	Jesuit	10:33.6
3	Ansel Mills	Rio Americano	10:36.9
4	Jeremiah Ziebert	Jesuit	10:37.4
5	Jared Duncan	Del Campo	10:38.1
6	Carson Wignall	Jesuit	10:51.8
7	Jonah Bryan	Del Campo	10:57.5
8	Nick Crouch	Jesuit	11:04.9
9	Luke Gary	Jesuit	11:07.0
10	Ammar Uz-Zaman	Sheldon	11:51.8
11	Tyler Marengo	Del Campo	12:32.2

3200 Varsity Girls			
PI	Athlete	School	Time
1	Lauren Mugnaini	Rio Americano	11:58.2
2	Breanna Lewis	Sheldon	12:32.3
3	Thea Fredrickson	Del Campo	12:53.2
4	Danielle Foley	Sheldon	15:43.9
5	Sam Smith	Del Campo	16:04.5

3200 Varsity Boys			
PI	Athlete	School	Time
1	Colin Chapman	Jesuit	10:13.1
2	Justin Brown-Pinizzoto	Jesuit	10:27.6
3	Maximilian Freitag	Sheldon	10:34.5
4	Jonnathan Terry	Del Campo	10:40.9
5	Bryant Hom	Granite Bay	10:49.4

4 X 1600 Relay Frosh Soph Girls			4 X 1600 Relay Varsity Girls		
PI	School	Time	PI	School	Time
1	Del Campo	25:51.4	1	Del Campo	24:29.2
			2	Rio Americano	26:46.3

4 X 1600 Relay Frosh Soph Boys			4 X 1600 Relay Varsity Boys		
PI	School	Time	PI	School	Time
1	Del Campo	20:34.1	1	Del Campo	18:26.9
2	Del Campo	21:19.3	2	Del Campo	20:29.9
3	Del Campo	22:43.0			
4	Sheldon	22:56.6			

800 Frosh Soph Girls			
PI	Athlete	School	Time
1	Beth Rinde	Del Campo	2:48.2
2	Sarah Mancina	Sacramento Country Day	2:48.5
3	Yuli Landeras	Sheldon	2:52.0
4	Morgan Webber	Del Campo	2:54.0
5	Samantha Hooper	Del Campo	3:48.2

800 Frosh Soph Boys (Two heats – combined results)			
PI	Athlete	School	Time
1	Kevin Nielson	Granite Bay	2:06.4
2	Sean Woulfe	Granite Bay	2:08.0
3	Trevor Lanthier	Rio Americano	2:09.1
4	Philip Satow	Sheldon	2:10.9
5	Hernan Cortez	Sheldon	2:11.2
6	James Oys	Jesuit	2:12.5
7	Balraj Bhathal	Sheldon	2:13.0
8	Cormac McCullaugh	Jesuit	2:15.6
9	Aaron Letay	Del Campo	2:17.9
10	Grant Akiyama	Del Campo	2:19.1
11	Jordan Rushing	Del Campo	2:20.6
12	Kyle Cortier	Rio Americano	2:23.1
13	Aaron Burkhead	Folsom	2:28.9
14	Cody Scarborough	Del Campo	2:30.5
15	Jason Gunter	Rio Americano	2:31.7
16	Ammar Uz-Zaman	Sheldon	2:33.1
17	Patrick Peterson	Del Campo	2:35.7
18	John Ricca	Jesuit	2:40.0
19	Ryley Hoffman	Folsom	2:44.4

800 Varsity Girls			
PI	Athlete	School	Time
1	Morgan Pugh	Folsom	2:20.2
2	Victoria Bergeron	Rio Americano	2:25.9

3	Marisa Naughton	Granite Bay	2:26.7
4	Haley Nevins	Del Campo	2:30.0
5	Abby Malan	Rio Americano	2:36.1
6	Breanna Lewis	Sheldon	2:37.7
7	Kate Wilkins	Rio Americano	2:39.4
8	Amy Daby	Del Campo	2:50.8
9	Cathy Welsh	Del Campo	3:11.1
10	Danielle Foley	Sheldon	3:14.3

800 Varsity Boys (Two heats – combined results)

PI	Athlete	School	Time
1	Matt Case	Del Campo	1:56.1
2	Adam Kelly-Strong	Jesuit	1:59.8
3	James Sconyers	Sheldon	2:02.3
4	Robert Leon	Jesuit	2:02.5
5	Robby Hartman	Jesuit	2:03.9
6	Robert Pflasterer	Del Campo	2:04.8
7	Liem Nguyen	Sheldon	2:05.2
8	Clayton Daly	Folsom	2:05.5
9	Artem Pyryev	Del Campo	2:06.9
10	Ian Kennedy	Vista Del Lago	2:07.0
11	Perry Hansen	Jesuit	2:07.3
12	Josh Mercado	Del Campo	2:07.7
13	Alex Barker	Granite Bay	2:07.7
14	Ryan Vilfer	Granite Bay	2:08.0
15	Andy Farris	Jesuit	2:09.9
16	Tyler Freday	Sheldon	2:10.4
17	Cory Detwiler	Del Campo	2:10.9
18	Gavin Moler	Rio Americano	2:11.7
19	Christian Mercado	Sheldon	2:12.4
20	Justin Lobo	Jesuit	2:12.9
21	Justin Haynes	Jesuit	2:16.0
22	Brandon Clary	Del Campo	2:17.7
23	Joey Brennan	Del Campo	2:22.5

1600 Frosh Soph Girls

PI	Athlete	School	Time
1	Brittany Barbone	Sheldon	5:49.9
2	Allison Haworth	Granite Bay	6:31.4
3	Hannah Milstein	Rio Americano	6:51.3
4	Emily Welsh	Del Campo	7:18.0
5	Aldis Nielsen	Rio Americano	7:30.6
6	Sam Hooper	Del Campo	8:07.9

1600 Frosh Soph Boys

PI	Athlete	School	Time
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1	Roger Bains	Sheldon	4:51.0
2	Jeremy Verke	Jesuit	4:57.0
3	Kyle Merker	Sheldon	4:58.7
4	Jacob Lucca	Sheldon	5:01.1
5	Anser Mills	Rio Americano	5:06.6
6	Cody Alderman	Del Campo	5:11.8
7	Donald Scherschligt	Del Campo	5:26.4
8	Kevin Nielsen	Granite Bay	5:37.1
9	Piero Leon	Sheldon	5:37.3
10	Ammar Uz-zaman	Sheldon	5:40.9
11	Brad Ross	Del Campo	5:42.7
12	Tyler Marengo	Del Campo	6:07.8
13	Rehan Raiyyani	Granite Bay	6:08.8
14	Loc Nguyen	Sheldon	6:25.5

1600 Varsity Girls

PI	Athlete	School	Time
1	Blanka Hodur	Folsom	5:33.6
2	Alisse Baumgarten	Rio Americano	5:37.1
3	Marissa Naughton	Granite Bay	5:45.9
4	Lauren M	Rio Americano	6:06.8
5	Alyse Kinoshita	Folsom	6:11.1
6	Jennae Steinmiller	Del Campo	6:15.7
7	Alex Reinholdt	Rio Americano	6:19.7

1600 Varsity Boys

PI	Athlete	School	Time
1	Spencer Thibideau	Granite Bay	4:36.7
2	Daniel Nickelson	Folsom	4:44.3
3	Willie Diaz	Jesuit	4:49.0
4	Jack Nevins	Del Campo	4:49.3
5	Ryan Vilfer	Granite Bay	4:53.9
6	Christian Mercado	Sheldon	4:56.5
7	Danny Diaz	Jesuit	4:57.6
8	Garrett Hawkins	Del Campo	4:57.8
9	Jacob Brown	Del Campo	5:04.1
10	Henry Stroud	Jesuit	5:04.4
11	Maximilian Freitag	Sheldon	5:08.0
12	Mitchell White	Granite Bay	5:08.5
13	Alex Intagliata	Jesuit	5:30.0
14	Nathan Reagan	Granite Bay	5:34.4
15	Kevin Sadang	Sheldon	5:46.1
16	Lucas Maechler	Jesuit	5:48.8
17	George Medina	Jesuit	5:50.3