

**PENINSULA ATHLETIC LEAGUE
ALL LEAGUE GIRLS TRACK
2025**

	<u>School</u>	<u>Year</u>	<u>Finals</u>
<u>100 Meter Hurdles</u>			
Sara Nordlund	Menlo-Atherton	Senior	15.62
Kiana Chen	Carlmont	Junior	16.58
Oceane Lacasse	Sequoia	Sophomore	17.53
Ellora Horan	Burlingame	Junior	17.90
Tindra Eckstein	Woodside	Junior	18.03
Katherine Dimon	Carlmont	Junior	18.04

<u>300 Meter Hurdles</u>			
Sara Nordlund	Menlo-Atherton	Senior	45.16
Kiana Chen	Carlmont	Junior	45.27
Maliha Moran	Burlingame	Junior	48.81
Tindra Eckstein	Woodside	Junior	49.48
Oceane Lacasse	Sequoia	Sophomore	49.58
Ellora Horan	Burlingame	Junior	49.58

<u>100 Meter Dash</u>			
Mina Hwang	Aragon	Sophomore	12.68
Evelyn Tolver	Woodside	Junior	12.69
Kaylee Huynh	Mills	Junior	12.81
Emerson Elyse Barajas	Carlmont	Junior	12.87
Nina Nasrah	Woodside	Junior	12.88
Abigail Ma	Sequoia	Sophomore	12.96

<u>200 Meter Dash</u>			
Mina Hwang	Aragon	Sophomore	26.11
Amelia Hayden	Aragon	Junior	26.16
Abigail Ma	Sequoia	Sophomore	26.44
Evelyn Tolver	Woodside	Junior	26.51
Emerson Elyse Barajas	Carlmont	Junior	26.86
Sophia Flores	Hillsdale	Junior	27.22

<u>400 Meter Dash</u>			
Sophia Flores	Hillsdale	Junior	57.95
Madison Ketcham	Aragon	Junior	58.46
Katie Yee	Mills	Senior	1:01.14
Diya Mahadevan	Menlo-Atherton	Freshman	1:01.54
Alexandra Farrell	Carlmont	Freshman	1:01.57
Emily Lynagh	Carlmont	Freshman	1:02.78

<u>800 Meter Run</u>			
Elizabeth Carroll	Burlingame	Sophomore	2:18.25
Anita Metzler	Carlmont	Senior	2:20.77
Katie Yee	Mills	Senior	2:22.73
Claire Gong	Menlo-Atherton	Senior	2:24.90
Sarita Josephson	Carlmont	Sophomore	2:25.47
Anabelle Muir	Carlmont	Freshman	2:27.86

<u>1600 Meter Run</u>			
Caroline Pflaum	Menlo-Atherton	Freshman	5:00.89
Daniela Cuadros	Carlmont	Junior	5:02.50
Katelyn Elliott	Carlmont	Sophomore	5:04.76
Stella Newman	Burlingame	Senior	5:13.03
Lara Scanziani-Grijalvo	Oceana	Senior	5:13.66
Miya Cheng	Mills	Senior	5:15.21

<u>3200 Meter Run</u>			
Daniela Cuadros	Carlmont	Junior	11:12.30
Andrea Correa	San Mateo	Junior	11:19.21
Caroline Pflaum	Menlo-Atherton	Freshman	11:38.73
Naia Hsieh	Hillsdale	Senior	11:43.30
Lara Scanziani-Grijalvo	Ocean	Senior	11:47.59
Paige McGaraghan	Menlo-Atherton	Junior	12:11.32

<u>4x100 Meter Relay</u>		
Hwang, Hayden, Pisano, Ketcham	Aragon	49.37
Campana, Carrubba, Tolver, Nasrah	Woodside	49.97
Elan, Vinyard, Shih, Flores	Hillsdale	50.73
Jansen-Olliges, Hodges, Mahadevan, Nordlund	Menlo-Atherton	51.03
Gaddini, Ewing, Lacasse, Ma	Sequoia	51.13
Chen, Farrell, Rottinghuis, Barajas	Carlmont	51.36

<u>4 X 400 Meter Relay</u>		
Lim, Hayden, Pisano, Ketcham	Aragon	4:04.60
Yee, Ivankov, Cheng, Pantilon	Mills	4:06.20
Metzler, Lynagh, Farrell, Muir	Carlmont	4:09.38
Mahadevan, Nordlund, Gong, L Pflaum	Menlo-Atherton	4:09.85
Moran, Carroll, S Newman, Horan	Burlingame	4:13.14
Tolver, Reed, Nasrah, Campana	Woodside	4:25.10

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<u>Long Jump</u>				<u>Shot Put 4 Kilo</u>			
Elan Rona	Hillsdale	Junior	16-03.50	Kelailah Johnson	Mills	Sophomore	36-05.75
Mina Hwang	Aragon	Sophomore	16-03.50	Bella Fong	San Mateo	Sophomore	31-07.00
Kiana Chen	Carlmont	Junior	16-02.75	Angelina Yeakley	Half Moon Bay	Half Moon Bay	30-05.00
Abigail Ma	Sequoia	Sophomore	15-10.00	Deiree Huffer	Sequoia	Senior	30-00.00
Alexis Ivankov	Mills	Junior	15-09.00	Sophia Chan	Carlmont	Sebnior	30-00.00
Maliha Moran	Burlingame	Junior	15-02.50	Adrianna del Rosario	El Camino	Senior	28-05.50
<u>Triple Jump</u>				<u>Discus Throw</u>			
Rona Elan	Hillsdale	Junior	35-06.75	Desiree Huffer	Sequoia	Senior	127-08
Alexis Ivankov	Mills	Junior	34-03.00	Gabriela Dyogi	Terra Nova	Junior	113-00
Victoria Chen	Aragon	Junior	31-10.50	Bella Fong	San Mateo	Sophomore	104-06
Reece Roach	Mills	Senior	31-08.25	Kelailah Johnson	Mills	Sophomore	94-00
Stela Pisaro	Aragon	Senior	31-03.75	Brook Phimsoutoam	Mills	Junior	93-02
Cassandra Bucciarelli	Westmoor	Junior	31-02.00	Leia Saito	Hillsdale	Junior	89-08
<u>High Jump</u>				<u>4x800 Relay</u>			
Kaitlyn Schuh	San Mateo	Sophomore	5-04.00	Elliott, Josephson, Cuadros, Metzler	Carlmont		9:35.78
Emerson Elyse Barajas	Carlmont	Junior	5-02.00	Carroll, Haggarty, S Newman, E Newman	Burlingame		9:44.02
Sophia Flores	Hillsdale	Junior	5-00.00	Yee, Cheng, Amayun, Chan	Mills		10:03.04
Sophia Cacianti	Capuchino	Senior	4-10.00	C Pflaum, Krefetz, Pflaum, Gong	Menlo-Atherton		10:05.65
Emily Ormiston	Mills	Junior	4-10.00	Nsieh, Matsumoto, Kelly, Yazzie	Hillsdale		10:38.84
Mia Milks	Burlingame		4-10.00	Markworth, Lysianska, Diamond, Steele	Sequoia		12:16.43
<u>Pole Vault</u>							
Avery Boyse	Burlingame	Senior	13-00.00				
Elaina Shao	Aragon	Senior	10-02.00				
Katherine Cueva	Menlo-Atherton	Junior	10-02.00				
Fern Aceituno	Aragon	Senior	9-02.00				
Ashley Alvarez	Aragon	Junior	8-08.00				
Katelyn Prock	Aragon	Sophomore	8-02.00				