

MCHS TRACK AND FIELD—WEEK IN REVIEW—4/18/22

Mustangs place every division in the top four at SB Champs

The whole of the Mustang Track and Field family was back in action last weekend for the first time in nearly a month. West Torrance HS was the venue, and it was the stage for one of the biggest meets of the year: South Bay Championships. When the dust settled Saturday night, Mira Costa had put on a command performance. **The MCHS Boys Varsity emerged as South Bay Champions**, topping a field of 22 schools with 85 points. Girls varsity placed third out of 26 schools, which is exceptional considering that a trio of Costa's top distance runners (Dalia Frias, Anna Chittenden, and Heather Jensen) did not compete because they have been invited to run in the prestigious Oregon Relays next weekend. On the frosh-soph side, the boys placed second (out of 17 schools) and the girls placed fourth (out of 16 schools), the latter despite missing two key athletes to injuries.

In addition, the long midseason break was not a break for all of Costa's athletes, as partial squads headed out to three events and acquitted themselves extremely well in doing so. Let's start there as we recap the last three weeks in MCHS T&F.

THE "BREAK": Trabuco, South Pasadena, and Arcadia

Spring break began with a trip back down to South Orange County for the Trabuco Invite. Around two dozen Mustangs took to the track in the two-day invitational on April 1-2 and acquitted themselves well in a stacked field of over 60 schools.

Dalia Frias once again claimed another record...from herself. She lowered her own record while winning the 800 meters on Friday night, clocking in at 2:09.88 and winning the event by nearly seven seconds. As always, MCHS girls distance left their mark, with all four competitors notching top 15 finishes.

Freshman Charley McCarthy moved into the all-time top 10 among MCHS 9th graders in the 200-meter dash with a clocking at 24.17 seconds, just 0.3 seconds off the school record.

It also marked a season debut for a pair of Mustangs: juniors Sofia Healy and Trudy Watkins. Both placed in the top 35 in the very competitive 100-meter dash (which included such classic sprint schools as Long Beach Poly and Calabasas), and helped our 4x100 relay to their best time since 2019 (50.71 seconds).

TRABUCO HILLS INVITE (Top 15 Finishers)

Boys Frosh-Soph 200 Meters	12.	Charley McCarthy	24.17
Boys Frosh-Soph 300 Meter Hurdles	14.	Mac Lamkin	47.37
Girls Frosh-Soph 100 Meters	14.	Bella Rawitz	13.68
Girls Varsity 800 Meters	1.	Dalia Frias	2:09.88
Girls Varsity 800 Meters	6.	Kayla Kershaw	2:31.29
Girls Varsity 800 Meters	14.	Lucca Franz	2:34.62
Girls Varsity 3200 Meters	2.	Heather Jensen	11:03.67
Girls Varsity 100 Meter Hurdles	11.	Jenna Ahmed	18.29
Girls Varsity 100 Meter Hurdles	15.	Fionnula Carew	19.46
Girls Varsity 300 Meter Hurdles	6.	Avana Zenner	49.48
Girls Varsity 300 Meter Hurdles	15.	Jordan Karambelas	53.55
Girls Varsity 4 x 100 Meter Relay (Avana Zenner, Lauren Gilhooly, Trudy Watkins, Sofia Healy)	6.	Mira Costa	50.71
Girls Varsity Pole Vault	10.	Claire Knollenberg	9-3

(*)-New MCHS School Record***

On what proved to be a day of record heat, the Mustang distance program headed out to South Pasadena High School on April 8th for the Tiger Invite. It was a small delegation that headed out (this was in the midst of Spring Break, of course), but nevertheless, the Mustangs did notch three top 10 finishes, including a PR for freshman Jack Barrera in the 1600 meters, which is rather amazing given that the temperature was well over 95 at the time of the event.

TIGER INVITE (Top 10 Finishers)

Boys Frosh-Soph 1600 Meters	7.	Jack Barrera	4:45.45
Boys Frosh-Soph 1600 Meters	9.	Isaac Faynsod	4:46.93
Girls Frosh-Soph 3200 Meters	8.	Emma Tretiak	12:59.22

Later that weekend came one of the most prestigious high school meets that there is in our sport: Arcadia. And, once again, the showstopper was Dalia Frias, who broke the meet record in the 3200 meters and improved on her own school record in the event, clocking in at 9:55.50.

Unlike most invites, the bar to even make Arcadia is so unbelievably high that we'll post all of the competitors for Mira Costa in the results below. A fantastic two days of competition for the MCHS T&F squad.

ARCADIA INVITATIONAL

Boys 1 mile	29.	Max Levin	4:24.44
Boys 3200 Meters	61.	Drew Martin	9:26.89
Boys 4 x 800 Relay	13.	Mira Costa	8:21.27
(Kai Graham, Parker Stickney, Owen Franck, Ian Hansen)			
Boys Distance Medley Relay	12.	Mira Costa	10:36.27
(Max Levin, Levi Laden, Kai Graham, Parker Stickney)			
Girls 3200 Meters (Invitational)	1.	Dalia Frias	9:55.50****
Girls 3200 Meters (Seeded)	9.	Anna Chittenden	10:37.50
Girls Distance Medley Relay	16.	Mira Costa	12:29.14
(Anna Chittenden, Avana Zenner, Nicole Murch, Heather Jensen)			

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SOUTH BAY CHAMPIONSHIPS

The team accolades have already been covered, but it is also worth noting that the South Bay Champs meet was a gold mine of season and career bests for the Mustangs. In all, the Mustangs notched a total of **93** personal bests over the course of the two-day event.

We also saw yet another alteration on the records board, this time courtesy of freshman distance runner Ian Hansen, who shattered the existing record for 9th graders in the 1600 meters. Running with his varsity teammates, Hansen stopped the clock on Saturday night in 4:27.54, breaking the old record by three seconds. We almost saw another record fall, as the all-freshmen quartet of Kai O'Neill, Charley McCarthy, Henry McCoy, and Chase Hackley came within a half-second of a 45-year-old record in the 4x400 relay for 9th grade athletes. They will take another crack at that record this coming Wednesday when Culver City comes to town.

SOUTH BAY CHAMPIONSHIPS (Top 10 Finishers–Frosh Soph)

Boys Frosh-Soph 400 Meters	7.	Kai O'Neill	55.72
Boys Frosh-Soph 1600 Meters	2.	Luke Graham	4:46.55
Boys Frosh Soph 1600 Meters	3.	Isaac Faynsod	4:47.12
Boys Frosh Soph 1600 Meters	6.	Max Ramos-Judge	4:47.86
Boys Frosh Soph 1600 Meters	7.	Jack Barrera	4:49.15
Boys Frosh Soph 3200 Meters	1.	Isaac Faynsod	10:07.84
Boys Frosh Soph 3200 Meters	2.	Luke Graham	10:16.32
Boys Frosh Soph 3200 Meters	3.	Max Ramos-Judge	10:19.08
Boys Frosh Soph 3200 Meters	5.	Casey Atkinson	10:40.53
Boys Frosh Soph 110HH	8.	Bennett Lauer	19.87
Boys Frosh Soph 300IH	1.	Mac Lamkin	44.18
Boys Frosh Soph 4 x 100 Relay	7.	Mira Costa	46.97
(Mac Lamkin, Charley McCarthy, Henry McCoy, Drew Spencer)			

Boys Frosh Soph 4 x 400 Relay (Kai O'Neill, Henry McCoy, Charley McCarthy, Chase Hackley)	4.	Mira Costa	3:43.82
Boys Frosh Soph Shot Put	5.	Jacob Goldberg	35-00 $\frac{1}{4}$
Boys Frosh Soph Shot Put	9.	Rohan Patel	33-02 $\frac{1}{2}$
Boys Frosh Soph Discus	9.	Rohan Patel	75-03
Boys Frosh Soph High Jump	6.	Henry McCoy	5-00
Boys Frosh Soph Pole Vault	2.	Brogan Alley	10-00
Boys Frosh Soph Pole Vault	4.	Jack Schwartz	8-00
Boys Frosh Soph Long Jump	6.	Drew Spencer	18-05.50
Boys Frosh Soph Triple Jump	2.	Drew Spencer	36-00
Girls Frosh Soph 100 Meters	8.	Taylor Southey	13.40
Girls Frosh Soph 400 Meters	2.	Gretchen Gooch	63.44
Girls Frosh Soph 400 Meters	5.	Kit Humbarger	65.34
Girls Frosh Soph 1600 Meters	5.	Caitlin Haley	5:35.64
Girls Frosh Soph 3200 Meters	5.	Maddie Johnson	13:14.18
Girls Frosh Soph 300 Meter Hurdles	10.	Frankie Valdez	57.35
Girls Frosh Soph 4 x 100 Relay (Lucy Jacobs, Kit Humbarger, Luisa Cervantes, Gretchen Gooch)	7.	Mira Costa	53.81
Girls Frosh Soph 4 x 400 Relay (Taylor Southey, Kit Humbarger, Devan Moriarty, Gretchen Gooch)	2.	Mira Costa	4:25.04
CO-ED 4 x 200 Relay (Maddie Orland, Shelby Wallis, Austin Zebrowski, Luca Ayadi)	10.	Mira Costa	1:55.84
Girls Frosh Soph Discus	4.	Riley Hartley	72-02
Girls Frosh Soph Discus	10.	Esperanza Edwards	55-01
Girls Frosh Soph Pole Vault	1.	Shelby Wallis	8-00
Girls Frosh Soph Pole Vault	3.	Mia Langstein	7-06
Girls Frosh Soph Pole Vault	8.	Ava Poznick	6-06
Girls Frosh Soph Long Jump	6.	Stella Traylor	14-03 $\frac{3}{4}$
Girls Frosh Soph Long Jump	9.	Devan Moriarty	13-09 $\frac{1}{2}$

SOUTH BAY CHAMPIONSHIPS (Top 10 Finishers-Varsity)

Boys Varsity 1600 Meters	2.	Kai Graham	4:25.24
Boys Varsity 1600 Meters	3.	Owen Franck	4:27.16
Boys Varsity 1600 Meters	4.	Ian Hansen	4:27.54****
Boys Varsity 3200 Meters	1.	Max Levin	9:31.13
Boys Varsity 3200 Meters	4.	Parker Stickney	9:35.22
Boys Varsity 3200 Meters	6.	Sean Alliegro	9:55.68
Boys Varsity 110HH	5.	Dario Garrett	16.53
Boys Varsity 300IH	7.	Dario Garrett	44.63
Boys Varsity 4x100 Relay (Dario Garrett, Roi Clinton, Owen Spencer, Cole Crotty)	9.	Mira Costa	44.36
Boys Varsity 4x400 Relay (Dario Garrett, Cole Crotty, Dylan Karr, Roi Clinton)	4.	Mira Costa	3:46.54
Boys Varsity Shot Put	8.	Emerson Young	38-02
Boys Varsity Discus	4.	Emerson Young	108-08
Boys Varsity High Jump	2.	Chris Layden	5-10
Boys Varsity Pole Vault	4.	Kiran Shah	12-06

Boys Varsity Pole Vault	5.	Zane Ward	12-00
Boys Varsity Pole Vault	7.	Ben Rothhammer	12-00
Boys Varsity Long Jump	3.	Owen Spencer	20-07
Boys Varsity Long Jump	7.	Finn Foster	19-09½
Boys Varsity Triple Jump	5.	Owen Spencer	40-01
Boys Varsity Triple Jump	8.	Finn Foster	39-06
Girls Varsity 100 Meters	8.	Lauren Gilhooly	12.91
Girls Varsity 100 Meters	9.	Trudy Watkins	12.93
Girls Varsity 1600 Meters	9.	Nicole Murch	5:36.46
Girls Varsity 1600 Meters	10.	Kayla Kershaw	5:36.55
Girls Varsity 100HH	4.	Candace Harding	16.82
Girls Varsity 100HH	7.	Sofia Healy	17.46
Girls Varsity 300IH	1.	Candace Harding	49.37
Girls Varsity 300IH	2.	Avana Zenner	49.42
Girls Varsity 300IH	6.	Sofia Healy	51.56
Girls Varsity 4x100 Relay	4.	Mira Costa	50.72
(Avana Zenner, Lauren Gilhooly, Trudy Watkins, Sofia Healy)			
Girls Varsity 4x400 Relay	3.	Mira Costa	4:20.89
(Trudy Watkins, Lauren Gilhooly, Sofia Healy, Avana Zenner)			
CO-ED 4 x 200 Relay	5.	Mira Costa	1:43.21
(Jaylene Chute, Ella Dvorchak, Dylan Karr, Matt Kraskouskas)			
Girls Varsity Shot Put	7.	Ella Mead	24-06
Girls Varsity Discus	2.	Ella Mead	80-07
Girls Varsity High Jump	4.	Jacqueline Hoover	4-8
Girls Varsity Pole Vault	5.	Claire Knollenberg	9-6
Girls Varsity Long Jump	10.	Jacqueline Hoover	14-06 ½
Girls Varsity Triple Jump	9.	Ryan Mathis Allen	28-09

(**)-New MCHS School Record**

LOOKING AHEAD

The next two weeks represent a bit of a homestand for your Mustangs. We face Culver City this coming Wednesday. That will be our time to honor our three dozen seniors in the program, so be sure to head out to Waller and enjoy that moment. And, as luck would have it, the Bay League rotation puts the critical Bay League championship meet in our house next week. Prelims (and Frosh-Soph field events) will be on Tuesday afternoon., and Finals (and Varsity field events) will take place Friday night.

2022 has already been one heck of a year for MCHS T&F, and we're a long way from being done!

-The MCHS Track and Field Coaching Staff