

2011 Grossmont Conference Championships - 5/10/2011 to 5/13/2011**Valhalla High School****Results****Girls 100 Meter Dash**

	Name	Yr	School	Prelims	Finals	Wind	H#	Points
Finals								
1	Harris, Jasmine	12	El Cajon Valley	12.72	12.55	0.5	1	10
2	Bealer-West, Teyshonnia	12	Grossmont	12.79	12.91	0.5	1	8
3	Dozier, Talisha	9	Mt Miguel	13.19	12.92	0.5	1	6
4	Collins, Breeanna	12	Monte Vista	13.15	12.95	0.5	1	5
5	Roberts, Tahjaneke	9	Helix	13.21	13.13	0.5	1	4
6	Thomas, Kazeajh	11	Mt Miguel	13.16	13.14	0.5	1	3
7	Carignan, Annemarie	11	Valhalla	13.38	13.21	0.5	1	2
8	Knight, Tia	12	Steele Canyon	13.28	13.36	0.5	1	1
9	Pearce, Nicole	12	Steele Canyon	13.54	13.39	0.5	1	
10	Webb, Bernadette	11	El Capitan	13.37	13.52	0.5	1	
11	Peinado, Claudia	10	West Hills	13.95	13.62	0.4	2	
12	Ferrez, Monique	10	Helix	13.87	13.70	0.4	2	
13	Beck, Lauren	12	Valhalla	13.99	13.71	0.4	2	
14	Morris, Shawnise	12	El Cajon Valley	13.85	13.82	0.4	2	
15	Hilbert, Jazmen	12	Monte Vista	14.23	13.98	0.4	2	
16	Arcega, Alicia	11	Monte Vista	13.78	14.00	0.4	2	
17	Smithee, Karly	11	Grossmont	13.99	14.02	0.4	2	
18	Smith, Lebria	12	Monte Vista	15.78	15.01	0.4	2	

Girls 200 Meter Dash

	Name	Yr	School	Prelims	Finals	Wind	H#	Points
Finals								
1	Carillo, Angelique	10	Steele Canyon	26.63	26.05	1.6	1	10
2	Lyons, Charity	11	Mt Miguel	26.45	26.09	1.6	1	8
3	Dozier, Talisha	9	Mt Miguel	26.53	26.18	1.6	1	6
4	Thomas, Kazeajh	11	Mt Miguel	26.86	26.49	1.6	1	5
5	Ross, Tameka	12	El Cajon Valley	27.70	26.80	1.6	1	4
6	Carignan, Annemarie	11	Valhalla	27.40	26.89	1.6	1	3
7	Ford, Giana	12	Monte Vista	27.39	27.16	1.6	1	2
8	Roberts, Tahjaneke	9	Helix	27.87	27.35	1.6	1	1
9	Bealer-West, Teyshonnia	12	Grossmont	26.53	27.42	1.6	1	
10	Knight, Tia	12	Steele Canyon	27.65	27.99	1.6	1	
11	Beck, Lauren	12	Valhalla	28.78	28.19	NWI	2	
12	Pearce, Nicole	12	Steele Canyon	28.23	28.41	NWI	2	
13	Arcega, Alicia	11	Monte Vista	28.59	28.42	NWI	2	
14	Morris, Shawnise	12	El Cajon Valley	28.96	28.80	NWI	2	

Girls 400 Meter Dash

	Name	Yr	School	Prelims	Finals		Points
Finals							
1	Carillo, Angelique	10	Steele Canyon	59.21	58.53		10
2	Yousif, Sada	12	El Cajon Valley	1:01.28	1:00.15		8
3	Gilley, Kori	11	Granite Hills	1:01.66	1:01.24		6
4	Baehr, Brenna	9	Steele Canyon	1:02.00	1:02.73		5
5	Kalamaha, Anne	11	West Hills	1:02.23	1:03.21		4
6	Ford, Giana	12	Monte Vista	1:04.99	1:04.48		3
7	Senter, Chloe	12	West Hills	1:04.36	1:04.96		2
8	Turner, Jennifer	11	Granite Hills	1:04.69	1:05.29		1

2011 Grossmont Conference Championships - 5/10/2011 to 5/13/2011**Valhalla High School****Results****Finals ... (Girls 400 Meter Dash)**

	Name	Yr	School	Prelims	Finals	Points
9	Murillo, Analicia	11	Granite Hills	1:08.22	1:10.76	

Girls 800 Meter Run

	Name	Yr	School	Prelims	Finals	Points
Finals						
1	Delgado, Laura	12	Granite Hills	2:25.49	2:23.06	10
2	Olmos, Adriana	12	Monte Vista	2:24.30	2:23.33	8
3	Lopez, Emily	10	Monte Vista	2:24.00	2:23.39	6
4	Ribeiro, Elaine	10	Helix	2:28.99	2:23.71	5
5	Fisher, Miranda	10	El Capitan	2:32.02	2:25.37	4
6	Miramon, Daniela	11	Valhalla	2:30.42	2:27.50	3
7	Saltzen, Debra	9	Monte Vista	2:32.86	2:28.15	2
8	Griffith, Lane	9	Grossmont	2:30.63	2:28.94	1
9	Palmer, Emily	11	Grossmont	2:28.86	2:29.50	
10	Morrison, Aija	12	Monte Vista	2:33.12	2:31.10	
11	Gutierrez, Sophia	12	Steele Canyon	2:30.52	2:31.13	
12	Sorilla, Taylor	9	Valhalla	2:31.61	2:31.44	
13	Mitchell, Brittany	11	Granite Hills	2:35.54	2:32.00	
14	McDowell, Shantae	10	Granite Hills	2:32.90	2:33.92	
15	Yell, Chantel	11	Mt Miguel	2:36.69	2:35.19	
16	Gabbara, Nura	11	Granite Hills	2:36.69	2:37.14	
17	Gutierrez, Ericka	10	Steele Canyon	2:39.23	2:39.59	
18	Williams, Monica	11	West Hills	2:39.11	2:40.54	
19	Ugas, Sulekha	10	Mt Miguel	2:40.11	2:44.55	

Girls 1600 Meter Run

	Name	Yr	School	Prelims	Finals	Points
Finals						
1	Hughes, Paige	12	Valhalla	5:15.16	5:10.18	10
2	Hughes, Andrea	10	Valhalla	5:13.47	5:10.23	8
3	Nocon, Madison	11	Steele Canyon	5:21.52	5:12.96	6
4	Preciado, Leticia	12	Monte Vista	5:22.83	5:16.94	5
5	Lopez, Emily	10	Monte Vista	5:23.06	5:17.20	4
6	Ribeiro, Elaine	10	Helix	5:24.57	5:24.80	3
7	Orozco, Victoria	10	Granite Hills	5:31.15	5:28.22	2
8	Fisher, Miranda	10	El Capitan	5:32.30	5:28.95	1
9	Sanchez, Abigail	10	Steele Canyon	5:35.12	5:35.18	
10	Lepe, Celina	9	Monte Vista	5:35.06	5:36.07	
11	Morton, Annette	9	Granite Hills	5:34.26	5:36.54	
12	Magracia, Cristi	12	Helix	5:31.02	5:38.50	
13	Gutierrez, Ericka	10	Steele Canyon	5:39.01	5:40.50	
14	Mitchell, Brittany	11	Granite Hills	5:42.32	5:41.95	
15	Lomax, Tori	10	El Capitan	5:44.83	5:42.94	
16	Yell, Chantel	11	Mt Miguel	5:50.65	5:48.98	
17	Bracamontes, Anna-Melissa	12	Monte Vista	5:56.29	5:52.22	

Girls 3200 Meter Run

	Name	Yr	School	Seed	Finals	Points
Finals						
1	Hughes, Paige	12	Valhalla	11:18.00	11:23.66	10

2011 Grossmont Conference Championships - 5/10/2011 to 5/13/2011**Valhalla High School****Results****Finals ... (Girls 3200 Meter Run)**

	Name	Yr	School	Seed	Finals	Points
2	Hughes, Andrea	10	Valhalla	11:40.22	11:25.03	8
3	Johnston, Rachel	10	West Hills	11:48.47	11:34.86	6
4	Preciado, Leticia	12	Monte Vista	11:43.53	11:47.57	5
5	Magracia, Cristi	12	Helix	11:57.47	11:51.25	4
6	Hughes, Megan	12	Valhalla	12:14.00	11:58.76	3
7	Nocon, Madison	11	Steele Canyon	11:37.08	11:58.91	2
8	Orozco, Victoria	10	Granite Hills	12:07.67	12:04.55	1
9	Morton, Annette	9	Granite Hills	12:28.40	12:06.94	
10	Lepe, Celina	9	Monte Vista	12:18.20	12:09.85	
11	Dole, Sydney	11	Steele Canyon	12:38.00	12:10.61	
12	Elliott, Adrienne	10	Grossmont	12:03.03	12:13.42	
13	Rodriguez, Rebecca	11	Valhalla	12:24.11	12:19.02	
14	Sanchez, Abigail	10	Steele Canyon	12:12.01	12:19.68	
15	Lomax, Tori	10	El Capitan	13:12.54	12:25.42	
16	Gutierrez, Ericka	10	Steele Canyon	12:52.60	12:46.91	
17	Torres, Brianna	12	El Capitan	13:23.20	13:01.09	

Girls 100 Meter Hurdles

	Name	Yr	School	Prelims	Finals	Wind	H#	Points
Finals								
1	Collins, Devin	11	Granite Hills	14.88	14.79	1.3	1	10
2	Knight, Tia	12	Steele Canyon	15.60	14.93	1.3	1	8
3	Barnes, Ashley	12	Monte Vista	15.99	16.49	1.3	1	6
4	Tischer, Caitlyn	12	Valhalla	16.54	16.51	1.3	1	5
5	Beam, Brittney	12	Steele Canyon	17.12	16.91	1.3	1	4
6	Scott, Amber	11	Helix	17.67	17.05	1.3	1	3
7	Fordyce, Justine	10	West Hills	18.00	17.47	1.3	1	2
8	DeLaRosa, Mercedes	10	Mt Miguel	17.56	17.48	1.3	1	1
9	Cardenas, Deborah	11	Helix	19.10	17.84	2.7	2	
10	LaValle, Megan	10	El Capitan	18.94	18.08	2.7	2	
11	Cuthrell, Catherine	9	Valhalla	17.43	18.24	1.3	1	
12	Massey, Amanda	11	West Hills	18.97	18.45	2.7	2	
13	Weinrich, Mindy	11	West Hills	18.31	19.91	2.7	2	
---	Webster, Lisa	12	El Capitan	18.70	DQ	2.7	2	

Girls 300 Meter Hurdles

	Name	Yr	School	Prelims	Finals	H#	Points
Finals							
1	Collins, Devin	11	Granite Hills	45.52	45.01	1	10
2	Van, Monique	10	Steele Canyon	46.91	45.74	1	8
3	Mercer, Dionna	11	Monte Vista	48.50	48.21	1	6
4	DeLaRosa, Mercedes	10	Mt Miguel	48.29	48.40	1	5
5	Medina, Alyssa	12	El Capitan	49.36	48.58	1	4
6	Cardenas, Deborah	11	Helix	50.13	49.04	1	3
7	Baehr, Brenna	9	Steele Canyon	50.46	51.24	1	2
8	Tischer, Caitlyn	12	Valhalla	51.69	51.27	1	1
9	LaValle, Megan	10	El Capitan	53.66	52.94	1	
10	Beam, Brittney	12	Steele Canyon	51.17	53.28	1	
11	Webster, Lisa	12	El Capitan	56.42	53.85	2	

2011 Grossmont Conference Championships - 5/10/2011 to 5/13/2011**Valhalla High School****Results****Girls 4x100 Meter Relay**

Team	Relay	Seed	Finals	Points
Finals				
1 Mt Miguel		50.75	49.25	10
1) DeLaRosa, Mercedes 10	2) Dozier, Talisha 9	3) Jones, Breanna 10	4) Harrell, Jazmin 12	
2 El Cajon Valley		50.24	50.02	8
1) Guzman, Patsy 10	2) Ross, Tameka 12	3) Payumo, Janelle 12	4) Harris, Jasmine 12	
3 Steele Canyon		50.02	50.05	6
1) Pearce, Nicole 12	2) Stevens, Jasmine 12	3) Van, Monique 10	4) Knight, Tia 12	
4 Granite Hills		51.04	50.29	5
1) Delgado, Laura 12	2) Collins, Devin 11	3) Williams, Skyler 10	4) Gilley, Kori 11	
5 Monte Vista		49.94	50.39	4
1) Barnes, Ashley 12	2) Morrison, Daquarius 12	3) Woods, Shantee 12	4) Mercer, Dionna 11	
6 Valhalla		50.94	51.27	3
1) Carignan, Annemarie 11	2) Cartmill, Mackenzie 11	3) Wilson, Danielle 12	4) Beck, Lauren 12	
7 Helix		50.74	51.35	2
1) Ferrez, Monique 10	2) Roberts, Tahjaneke 9	3) Scott, Kristina 12	4) Perez, Brenda 10	
8 El Capitan		53.89	52.66	1
1) Medina, Alyssa 12	2) LaValle, Megan 10	3) Webb, Bernie 11	4) Biery, Kaylyn 9	
--- West Hills			DNF	
1) Hayes, Jenesis 11	2) Armstrong, Lindsey 11	3) Kalamaha, Anne 11	4) Peinado, Claudia 10	

Girls 4x400 Meter Relay

Team	Relay	Seed	Finals	Points
Finals				
1 Steele Canyon		4:01.50	4:01.20	10
1) Negrete, Mechelle 11	2) Van, Monique 10	3) Carillo, Angelique 10	4) Baehr, Brenna 9	
2 El Cajon Valley		4:09.10	4:04.54	8
1) Yousif, Sada 12	2) Harris, Jasmine 12	3) Payumo, Janelle 12	4) Ross, Tameka 12	
3 Granite Hills		4:05.70	4:06.16	6
1) Turner, Jennifer 11	2) Collins, Devin 11	3) Delgado, Laura 12	4) Mitchell, Brittany 11	
4 Monte Vista		4:10.50	4:12.17	5
1) Collins, Breeanna 12	2) Ford, Giana 12	3) Mercer, Dionna 11	4) Olmos, Adriana 12	
5 Helix		4:16.10	4:13.00	4
1) Cardenas, Deborah 11	2) Scott, Kristina 12	3) Magracia, Cristi 12	4) Perez, Brenda 10	

Girls High Jump

Name	Yr School	Seed	Finals	Points
Finals				
1 Fair, Briana	12 Steele Canyon	5-00.00	4-11.00	10
2 Van derhoff, Sarah	10 Valhalla	5-00.00	4-09.00	8
3 Nardi, Caitlin	10 Valhalla	5-00.00	J4-09.00	6
4 Malone, Shamonique	11 Monte Vista	5-00.00	J4-09.00	5
5 Settlekowski, Erica	12 West Hills	5-00.00	J4-09.00	4
6 Peterson, Taylor	12 West Hills	4-10.00	J4-09.00	3
7 Medina, Alyssa	12 El Capitan	4-06.00	4-07.00	2
8 Limond, Sydney	10 Granite Hills	4-10.00	J4-07.00	1
9 Harris, Miya	12 El Cajon Valley	4-08.00	4-05.00	
10 Woods, Shantee	12 Monte Vista	4-08.00	J4-05.00	
10 Ugas, Sulekha	10 Mt Miguel	4-02.00	J4-05.00	
12 Amann, Lisa	12 Helix	4-06.00	J4-05.00	
--- Scott, Victoria	10 Granite Hills	4-10.00	FAIL	
--- Stewart, Kennedy	11 Steele Canyon	4-06.00	FAIL	

2011 Grossmont Conference Championships - 5/10/2011 to 5/13/2011**Valhalla High School****Results****Girls Pole Vault**

	Name	Yr	School	Seed	Finals	Points
Finals						
1	Palmer, Emily	11	Grossmont	11-00.00	10-05.00	10
2	Negrete, Mechelle	11	Steele Canyon	10-07.00	J10-05.00	8
3	Pullman, Jennifer	12	Helix	10-00.00	J10-05.00	6
4	Webb, Bernadette	11	El Capitan	9-04.00	J10-05.00	5
5	Cliff, Brittany	12	Helix	10-02.00	9-11.00	4
6	Terry, Catherine	11	Monte Vista	8-10.00	9-05.00	3
7	Sempsrott, Heather	11	Granite Hills	7-06.00	8-05.00	1.50
7	Slagle, Cassie	12	West Hills	8-06.00	8-05.00	1.50
9	Quninez, Karen	12	El Cajon Valley	7-06.00	7-11.00	
10	Gehman, Breanne	12	Valhalla	7-06.00	7-05.00	
---	Sahiti, Blerina	10	Mt Miguel	7-04.00	NH	
---	Wooldridge, Rebecca	12	El Capitan	7-00.00	NH	
---	Grace, Hannah		El Capitan	7-00.00	NH	
---	Yell, Chantel	11	Mt Miguel	6-04.00	NH	
---	Beam, Brittney	12	Steele Canyon	7-06.00	NH	
---	Folkesson, Rebecca	9	Steele Canyon	7-06.00	NH	
---	Kirk, Shaylyn	12	West Hills	7-02.00	NH	
---	Meyer, Brittany	10	El Cajon Valley	7-00.00	NH	

Girls Long Jump

	Name	Yr	School	Seed	Finals	Wind	Points
Finals							
1	Lyons, Charity	11	Mt Miguel	18-04.00	17-07.75	NWI	10
2	Van, Monique	10	Steele Canyon	17-05.50	17-00.25	NWI	8
3	Harris, Jasmine	12	El Cajon Valley	16-08.00	16-11.00	NWI	6
4	Webb, Bernadette	11	El Capitan	15-09.00	16-10.50	NWI	5
5	Wilson, Danielle	12	Valhalla	16-11.00	16-06.50	NWI	4
6	Fair, Briana	12	Steele Canyon	16-03.00	16-03.50	NWI	3
7	Woods, Shantee	12	Monte Vista	15-06.00	16-02.75	NWI	2
8	Bembry, Deanna	12	Monte Vista	15-10.00	16-02.00	NWI	1
9	Smith, Chandany	12	Valhalla	16-03.00	16-01.50	NWI	
9	Harris, Jessica	11	Granite Hills	16-02.00	16-01.50	NWI	
11	Negrete, Mechelle	11	Steele Canyon	16-09.75	16-00.75	NWI	
12	Settleowski, Erica	12	West Hills	16-05.75	15-10.50	NWI	
13	Jones, Breanna	10	Mt Miguel	17-00.50	15-10.25	NWI	
14	Armstrong, Lindsey	11	West Hills	15-11.25	15-08.75	NWI	
15	Bealer-West, Teyshonnia	12	Grossmont	16-07.00	15-08.50	NWI	
16	Williams, Skyler	10	Granite Hills	15-08.00	15-02.00	NWI	
17	Biery, Kaylyn	9	El Capitan	15-11.00	14-11.75	NWI	
18	Dozier, Talisha	9	Mt Miguel	16-02.00	14-07.75	NWI	
19	Bobczynski, Elyse	12	Steele Canyon	14-05.00	14-07.25	NWI	
20	Amann, Lisa	12	Helix	14-05.50	14-06.50	NWI	
21	Stewart, Kennedy	11	Steele Canyon	14-04.50	14-02.50	NWI	
22	Payumo, Janelle	12	El Cajon Valley	13-06.50	13-10.00	NWI	
23	Ugas, Sulekha	10	Mt Miguel	13-06.00	13-05.25	NWI	
24	Ebbert, Lauren	12	West Hills	13-01.00	12-08.50	NWI	

2011 Grossmont Conference Championships - 5/10/2011 to 5/13/2011**Valhalla High School****Results****Girls Triple Jump**

	Name	Yr	School	Seed	Finals	Wind	Points
Finals							
1	Lyons, Charity	11	Mt Miguel	35-07.00	35-08.25	NWI	10
2	Van, Monique	10	Steele Canyon	37-06.50	35-04.50	NWI	8
3	Woods, Shantee	12	Monte Vista	35-02.00	34-11.50	NWI	6
4	Fair, Briana	12	Steele Canyon	35-06.50	34-11.25	NWI	5
5	Bembry, Deanna	12	Monte Vista	34-02.00	33-09.00	NWI	4
6	Armstrong, Lindsey	11	West Hills	34-03.00	33-08.75	NWI	3
7	Wilson, Danielle	12	Valhalla	33-10.00	33-02.00	NWI	2
8	Jones, Breanna	10	Mt Miguel	33-01.00	32-03.75	NWI	1
9	Smith, Chandany	12	Valhalla	32-11.00	32-03.75	NWI	
10	Harris, Jessica	11	Granite Hills	32-08.75	31-02.25	NWI	
11	Tischer, Caitlyn	12	Valhalla	31-10.00	30-00.00	NWI	
12	Ugas, Sulekha	10	Mt Miguel	28-10.25	28-02.75	NWI	

Girls Shot Put

	Name	Yr	School	Prelims	Finals	Points
Finals						
1	Evans, Alexa	12	West Hills	38-03.50	39-02.00	10
2	Sierra, Vanessa	10	El Capitan	39-02.50	38-11.50	8
3	Hosley, Dana	12	Helix	33-05.50	34-04.50	6
4	Bembry, Deanna	12	Monte Vista	33-00.50	34-01.00	5
5	Angelini, Analyse	10	El Capitan	30-04.00	34-00.50	4
6	Smith, Jashell	10	Helix	33-03.00	33-11.50	3
7	Hardisty, Katie	12	Granite Hills	33-02.50	33-05.00	2
8	Dorner, Caitlin	12	Valhalla	32-08.50	32-05.50	1
9	Dorner, Courtney	12	Valhalla	32-00.00	32-05.00	
10	McNellen, Casey	-	El Capitan	29-00.00	32-00.00	
11	Kruse, Amanda	12	Granite Hills	29-11.00	31-04.00	
12	Vernon, Samantha	11	Steele Canyon	31-09.50	31-03.00	
13	Panebianco, Helen	10	Helix	33-00.50	30-08.00	
14	La Clair, Lauren	11	Steele Canyon	28-10.00	30-01.00	
15	Wengelar, Vanessa	12	El Capitan	28-09.50	28-04.00	
16	Corrado, Catherine	12	El Capitan	27-05.00	26-05.00	
17	Buzzell, Kayla	12	Valhalla	25-05.00	25-01.50	
18	Neri, Carole	11	Steele Canyon	24-10.00	25-01.00	
19	Llamas, Maria	11	Monte Vista	23-09.00	25-00.00	
20	Kelly, Sasha	11	El Cajon Valley	23-08.50	24-03.00	

Girls Discus Throw

	Name	Yr	School	Prelims	Finals	Points
Finals						
1	Evans, Alexa	12	West Hills	156-00	155-09	10
2	Hardisty, Katie	12	Granite Hills	109-11	128-10	8
3	Lonon, Laticia	12	West Hills	112-06.50	122-07	6
4	Vernon, Samantha	11	Steele Canyon	111-03.50	121-07	5
5	Angelini, Analyse	10	El Capitan	86-08	111-07	4
6	Hosley, Dana	12	Helix	109-03	108-05	3
7	Bembry, Deanna	12	Monte Vista	93-01	107-09.50	2
8	Smith, Jashell	10	Helix	106-02	103-05	1

2011 Grossmont Conference Championships - 5/10/2011 to 5/13/2011**Valhalla High School****Results****Finals ... (Girls Discus Throw)**

	Name	Yr	School	Prelims	Finals	Points
9	Panebianco, Helen	10	Helix	86-04	97-05	
10	Dorner, Caitlin	12	Valhalla	94-06	95-00	
11	Neri, Carole	11	Steele Canyon	97-03	94-06	
12	Dorner, Courtney	12	Valhalla	94-09.50	89-03.50	
13	Wengelar, Vanessa	12	El Capitan	85-02	87-08	
14	Corrado, Catherine	12	El Capitan	86-01.50	85-07	
15	Llamas, Maria	11	Monte Vista	85-08.50	85-00	
16	Kruse, Amanda	12	Granite Hills	82-08	83-07.50	
17	Buzzell, Kayla	12	Valhalla	77-03	79-04.50	
18	Sierra, Vanessa	10	El Capitan	89-05.50	78-02.50	
19	McNellen, Casey	-	El Capitan	67-04.50	75-08.50	
20	La Clair, Lauren	11	Steele Canyon	83-06	74-09	
21	Kelly, Sasha	11	El Cajon Valley	49-01	62-04.50	

Boys 100 Meter Dash

	Name	Yr	School	Prelims	Finals	Wind	H#	Points
Finals								
1	Wilson, Hanssell	12	Valhalla	10.85	10.96	-0.5	1	10
2	Smith, Chad	11	El Capitan	11.27	11.13	-0.5	1	7
2	Thompson, Gary	11	Helix	11.00	11.13	-0.5	1	7
4	Brown, Nehemiah	10	Valhalla	11.30	11.22	-0.5	1	4
5	Hicks, Ronnie	12	Mt Miguel	11.16	11.24	-0.5	1	2
6	Brown, Denzel	12	Monte Vista	11.36	11.31	-0.5	1	1
7	Ward, Larell	11	Helix	11.23	11.36	-0.5	1	
8	Falk, Wes	11	Granite Hills	11.60	11.40	0.9	2	
8	Lee, Diante	12	Mt Miguel	11.61	11.40	0.9	2	
10	Makdesi, Christopher	12	Grossmont	11.64	11.42	0.9	2	
10	Manson, Ian	11	Steele Canyon	11.70	11.42	0.9	2	
12	Hollis, Tyler	11	Granite Hills	11.30	11.45	-0.5	1	
13	Kamps, Alex	12	West Hills	11.40	11.49	-0.5	1	
14	Perez, Tyler	11	Santana	11.65	11.63	0.9	2	
15	Walker, Jalen	10	Mt Miguel	12.06	12.03	0.9	2	
15	Floyd, Devon	11	El Cajon Valley	12.06	12.03	0.9	2	
17	Allen, Devon	10	Steele Canyon	11.50	12.54	-0.5	1	
18	Tibbs, DeShai	11	Santana	12.62	12.63	0.9	2	

Boys 200 Meter Dash

	Name	Yr	School	Prelims	Finals	Wind	H#	Points
Finals								
1	Wilson, Hanssell	12	Valhalla	22.06	21.80	1.4	1	10
2	Smith, Chad	11	El Capitan	22.66	22.09	1.4	1	8
3	Hicks, Ronnie	12	Mt Miguel	22.66	22.17	1.4	1	6
4	Ward, Larell	11	Helix	22.51	22.24	1.4	1	4
5	Schneider, Taylor	12	Granite Hills	22.93	22.29	1.4	1	2
6	Brown, Nehemiah	10	Valhalla	22.91	22.36	1.4	1	1
7	Harrell, Marcel	11	Mt Miguel	23.40	22.41	3.0	2	
8	Rodriguez, Walfrido	12	Mt Miguel	23.27	22.61	1.4	1	
9	Falk, Wes	11	Granite Hills	23.53	22.62	3.0	2	
10	Lockett, Jahmani	12	Monte Vista	23.04	22.66	1.4	1	
11	Hollis, Tyler	11	Granite Hills	23.54	22.68	3.0	2	

2011 Grossmont Conference Championships - 5/10/2011 to 5/13/2011**Valhalla High School****Results****Finals ... (Boys 200 Meter Dash)**

	Name	Yr	School	Prelims	Finals	Wind	H#	Points
12	Brown, Denzel	12	Monte Vista	23.29	22.72	3.0	2	
13	Thompson, Gary	11	Helix	23.07	22.96	1.4	1	
14	Dewall, Jeff	12	Mt Miguel	23.58	23.06	3.0	2	
15	Guerrero, Rafael	12	Monte Vista	24.04	23.09	3.0	2	
16	Lee, Diante	12	Mt Miguel	23.55	23.26	3.0	2	
17	Bello, Yinka	11	Grossmont	23.33	23.47	3.0	2	
18	Adkins, Michael	10	Helix	23.26	23.70	1.4	1	
19	Page, Deante	11	Monte Vista	24.61	23.73	3.0	2	
20	Lemon, Anthony	11	Mt Miguel	24.84	23.85	3.0	2	

Boys 400 Meter Dash

	Name	Yr	School	Prelims	Finals		H#	Points
Finals								
1	Rodriguez, Walfrido	12	Mt Miguel	51.20	48.83		1	10
2	Lockett, Jahmani	12	Monte Vista	49.34	49.52		1	8
3	Schneider, Taylor	12	Granite Hills	50.40	49.79		1	6
4	Robinson, Juvanie	11	Grossmont	50.54	50.16		1	4
5	Lirette, Josh	11	Mt Miguel	51.14	50.55		1	2
6	Harrell, Marcel	11	Mt Miguel	51.50	50.86		2	1
7	Ramirez, Nestor	11	El Capitan	51.15	51.00		1	
7	Levingston, Ira	12	Helix	50.84	51.00		1	
9	Myers, Bobby	11	El Capitan	50.74	51.22		1	
10	James, Chancellor	11	Steele Canyon	51.41	51.37		2	
11	Adkins, Michael	10	Helix	50.93	51.38		1	
12	Davis, Jeremy	10	Steele Canyon	52.27	51.48		2	
13	Bradley, Michael	11	Grossmont	51.42	51.53		2	
14	Bello, Yinka	11	Grossmont	51.00	51.65		1	
15	Mills, Kevin	10	Valhalla	51.98	51.86		2	
16	Johnson, Amir	11	Monte Vista	51.75	52.07		2	
17	Dewall, Jeff	12	Mt Miguel	51.83	52.14		2	
18	Ashby, Diante	12	El Cajon Valley	51.77	52.20		2	
19	Guerrero, Rafael	12	Monte Vista	52.59	53.16		2	
20	Kelly, Antoine	11	Valhalla	53.12	53.62		2	

Boys 800 Meter Run

	Name	Yr	School	Prelims	Finals		Points
Finals							
1	Hernandez, Shelby	10	Helix	2:03.34	1:56.89		10
2	Beck, Ben	12	Grossmont	2:00.98	1:57.44		8
3	Howard, Brandon	10	Steele Canyon	2:02.71	1:58.17		6
4	Mcallister, Lee	12	Helix	2:00.63	1:58.45		4
5	Stidum, O'Neal	10	Mt Miguel	2:03.44	1:59.70		2
6	Funk, Alecko	12	Granite Hills	2:03.13	2:00.84		1
7	Rodriguez, Christian	10	Helix	2:04.68	2:00.99		
8	Macky, Connor	12	El Capitan	2:00.51	2:01.24		
9	Roman, Daniel	12	Monte Vista	2:04.31	2:03.09		
10	Luna, Leonardo	12	Grossmont	2:05.17	2:03.37		
11	Castillo, Cesar	12	Monte Vista	2:04.74	2:03.61		
12	Garcia, Trevor	12	Helix	2:06.58	2:04.61		
13	Lee, Tyler	10	Steele Canyon	2:05.70	2:04.84		

2011 Grossmont Conference Championships - 5/10/2011 to 5/13/2011**Valhalla High School****Results****Finals ... (Boys 800 Meter Run)**

	Name	Yr	School	Prelims	Finals	Points
14	Neuhart, Adam		El Capitan	2:06.83	2:06.60	
15	Gomez, Leo	11	Mt Miguel	2:11.16	2:06.98	
16	Gonzalez, Sergio	11	Mt Miguel	2:15.45	2:07.22	
17	Stokes, Tyler	11	Granite Hills	2:07.39	2:07.59	
18	Kelly, Antoine	11	Valhalla	2:08.57	2:08.40	
19	Guerrero, Luis	11	Monte Vista	2:16.04	2:13.02	
20	Juarez, Miguel	12	Monte Vista	2:10.42	2:13.44	
21	Brew, Josh	11	El Cajon Valley	2:11.94	2:13.52	
22	Koetter, Frederick	11	Valhalla	2:09.57	2:14.58	
23	Salinas, Daniel	11	Mt Miguel	2:16.94	2:19.24	
24	Magana, Francisco	12	El Capitan	2:23.91	2:22.09	

Boys 1600 Meter Run

	Name	Yr	School	Prelims	Finals	Points
Finals						
1	Mcallister, Lee	12	Helix	4:34.92	4:31.55	10
2	Gomez, Daniel	10	El Capitan	4:31.81	4:33.60	8
3	Weston, Aaron	12	Steele Canyon	4:39.38	4:36.11	6
4	Stidum, O'Neal	10	Mt Miguel	4:39.49	4:36.66	4
5	Lepe, Steven	10	Monte Vista	4:38.21	4:37.09	2
6	Lee, Tyler	10	Steele Canyon	4:41.37	4:40.00	1
7	Garcia, Trevor	12	Helix	4:44.07	4:40.36	
8	Lippa, Drew	10	Valhalla	4:48.96	4:40.82	
9	Castillo, Cesar	12	Monte Vista	4:46.30	4:41.23	
10	Omahen, Adam	11	Grossmont	4:42.28	4:41.38	
11	Gutierrez, Marco	11	Helix	4:45.21	4:41.58	
12	Corley, Chris	10	Granite Hills	4:43.47	4:44.21	
13	Beltran, Alfredo	12	Monte Vista	4:46.01	4:46.90	
14	Kelley, Austin	11	El Capitan	4:48.47	4:49.45	
15	Dulay, Levi	10	Valhalla	4:51.32	4:50.68	
16	Finnestad, Wes	11	West Hills	4:56.29	4:52.35	
17	Cano, Carlos		Helix	4:40.60	4:52.56	
18	Rule, Clayton	10	Valhalla	4:50.85	4:55.14	
19	Senninger, Teague	11	Granite Hills	4:53.54	4:57.42	
20	Guerrero, Luis	11	Monte Vista	5:19.24	5:08.79	
21	McCardell, Brad	12	Steele Canyon	5:08.61	5:10.34	
22	Ayala, Ivan	11	El Capitan	5:19.59	5:15.98	

Boys 3200 Meter Run

	Name	Yr	School	Seed	Finals	Points
Finals						
1	Yousif, Namer	12	El Cajon Valley	9:57.80	9:41.33	10
2	Gomez, Daniel	10	El Capitan	9:49.55	9:47.26	8
3	Mcallister, Lee	12	Helix	9:50.20	9:52.76	6
4	Lepe, Steven	10	Monte Vista	9:53.17	10:01.86	4
5	Robinson, Taylor	12	Steele Canyon	9:50.46	10:02.57	2
6	Weston, Aaron	12	Steele Canyon	10:12.00	10:05.60	1
7	Toedt-Wiley, Andrew	12	Steele Canyon	10:10.20	10:08.56	
8	Geisel, Aaron	12	El Capitan	10:05.42	10:08.84	
9	Corley, Chris	10	Granite Hills	9:56.76	10:19.23	

2011 Grossmont Conference Championships - 5/10/2011 to 5/13/2011**Valhalla High School****Results****Finals ... (Boys 3200 Meter Run)**

	Name	Yr	School	Seed	Finals	Points
10	Cano, Carlos		Helix	10:28.00	10:21.99	
11	Medina, Edward	10	West Hills	10:18.00	10:26.20	
12	Dulay, Levi	10	Valhalla	10:44.00	10:28.41	
13	Lee, Tyler	10	Steele Canyon	10:35.50	10:29.70	
14	Smith, Andrew	10	El Capitan	10:20.64	10:31.35	
15	Lippa, Drew	10	Valhalla	10:24.00	10:41.43	
16	Senninger, Teague	11	Granite Hills	10:46.33	10:41.46	
17	Thomas, Jovahn	11	Steele Canyon	10:40.40	10:41.49	
18	Beltran, Alfredo	12	Monte Vista	10:26.92	10:47.49	
19	Lerma, Brandon	12	El Capitan	11:02.76	10:48.65	
20	Kelley, Austin	11	El Capitan	10:26.60	10:48.72	
21	Gabe, Gussin	11	Steele Canyon	11:15.20	10:59.74	
22	Garcia, Trevor	12	Helix	10:52.00	11:03.90	
23	McCardell, Brad	12	Steele Canyon	10:56.30	11:03.93	
24	Juarez, Miguel	12	Monte Vista	11:15.00	11:09.97	
25	Jorge, Matt	12	West Hills	11:07.00	11:10.77	
26	Tellez, Vincent	11	West Hills	11:23.00	11:20.61	
27	Ayers, William	12	Steele Canyon	11:29.70	11:29.67	
28	Stokes, Tyler	11	Granite Hills	10:45.38	11:34.45	
29	Ayala, Ivan	11	El Capitan	11:54.13	11:35.70	
30	Garcia, Miguel	11	West Hills	11:27.00	11:46.68	
31	Pacheco, Efrain	12	Valhalla	11:54.00	11:51.06	
32	Mendoza, Jose	11	Mt Miguel	12:12.00	12:02.49	
33	Fageol, Cameron	11	Granite Hills	12:37.30	12:27.18	
34	Rameriz, Jesus	11	Monte Vista	13:27.00	12:29.05	
35	Rodriguez, Christian	12	Monte Vista	13:49.00	13:40.28	

Boys 110 Meter Hurdles

	Name	Yr	School	Prelims	Finals	Wind	H#	Points
Finals								
1	James, Jacob	10	Granite Hills	15.19	15.21	0.2	1	10
2	Caluza, Joseph	12	West Hills	15.93	15.34	0.2	1	8
3	Gossmeier, Ben	11	Steele Canyon	15.50	15.48	0.2	1	6
4	Anigbogu, Kene	11	Helix	15.71	15.69	0.2	1	4
5	Thomas, Daniel	12	El Capitan	16.43	16.05	0.2	1	2
6	Peterson, Austin	11	West Hills	16.22	16.09	0.2	1	1
7	Zupfer, Nick	12	Steele Canyon	16.27	16.10	0.2	1	
8	Keys, Kendall	10	Helix	15.82	16.22	0.2	1	
9	Maize, Ryan	11	El Capitan	16.75	16.23	1.6	2	
10	Brown, Shaquille	12	Valhalla	16.49	16.33	0.2	1	
11	Gofigan, Jordan	12	Steele Canyon	16.78	16.70	1.6	2	
12	Basheer, Ali	11	El Cajon Valley	18.10	16.86	1.6	2	
13	Hood, Marvin	11	Mt Miguel	18.08	16.96	1.6	2	
14	Houghton, Jared	11	West Hills	16.97	17.15	1.6	2	
15	Thompson, Joshua	11	Steele Canyon	18.31	17.37	1.6	2	
16	Garcia, Brian	12	Monte Vista	19.13	18.58	1.6	2	
17	Lockett, Rahim	12	Monte Vista	18.31	18.74	1.6	2	
18	Lawrence, Chris	12	El Capitan	19.34	18.95	1.6	2	

2011 Grossmont Conference Championships - 5/10/2011 to 5/13/2011**Valhalla High School****Results****Boys 300 Meter Hurdles**

	Name	Yr	School	Prelims	Finals	H#	Points
Finals							
1	James, Jacob	10	Granite Hills	40.58	40.08	1	10
2	Gossmeyer, Ben	11	Steele Canyon	41.08	40.72	1	8
3	Peterson, Austin	11	West Hills	41.13	40.74	1	6
4	Daniel, Adrian	12	Monte Vista	41.30	40.85	1	4
5	Anigbogu, Kene	11	Helix	42.05	41.65	1	2
6	Ruiz, Robert	11	Valhalla	41.74	42.02	1	1
7	Collinsworth, Aaron	11	West Hills	42.61	42.10	1	
8	Brown, Shaquille	12	Valhalla	42.70	42.16	2	
9	Houghton, Jared	11	West Hills	43.29	42.41	2	
10	Zupfer, Nick	12	Steele Canyon	40.87	42.49	1	
11	Hood, Marvin	11	Mt Miguel	43.75	42.52	2	
12	Maize, Ryan	11	El Capitan	41.92	42.74	1	
13	Thomas, Daniel	12	El Capitan	41.43	43.91	1	
14	Basheer, Ali	11	El Cajon Valley	47.06	45.52	2	
15	Garcia, Brian	12	Monte Vista	47.03	46.02	2	
16	Lockett, Rahim	12	Monte Vista	46.19	46.17	2	
17	Lawrence, Chris	12	El Capitan	46.95	46.76	2	
18	Gorton, Derek	11	Santana	48.38	47.98	2	
19	Walvatne, Austin	11	Granite Hills	50.57	48.26	2	
20	Ward, Tony	11	El Capitan	47.61	48.59	2	

Boys 4x100 Meter Relay

	Team	Relay	Seed	Finals	Points
Finals					
1	Helix		42.54	42.31	10
	1) Adkins, Michael 10	2) Hancock, Darrien 11	3) Thompson, Gary 11	4) Ward, Larell 11	
2	Mt Miguel		42.61	42.33	8
	1) Harrell, Marcel 11	2) Hicks, Ronnie 12	3) Rodriguez, Walfrido 12	4) Hood, Marvin 11	
3	Valhalla		43.24	43.03	6
	1) Brown, Nehemiah 10	2) Ruiz, Robert 11	3) Mills, Kevin 10	4) Foster, Franklin 11	
4	Granite Hills		43.50	43.44	4
	1) Falk, Wes 11	2) Norris, Kyle 10	3) James, Jacob 10	4) Hollis, Tyler 11	
5	Monte Vista		43.54	43.90	2
	1) Brown, Denzel 12	2) Naeem, Akeem 11	3) Lockett, Jahmani 12	4) Key, Adrieon 11	
6	El Capitan		44.23	44.12	1
	1) Ramirez, Nestor 11	2) Norris, Franklin 10	3) Myers, Bobby 11	4) Smith, Chad 11	
7	Steele Canyon		43.14	44.16	
	1) Cisneros, Joe 12	2) Clanton, Thomas 12	3) Green, Danny 12	4) Allen, Devon 10	
8	Santana		47.74	48.17	
	1) Gorton, Derek 11	2) Perez, Tyler 11	3) Korty, Joshua 12	4) Tibbs, DeShai 11	

Boys 4x400 Meter Relay

	Team	Relay	Seed	Finals	Points
Finals					
1	Mt Miguel		3:23.00	3:20.22	10
	1) Dewart, Jeff 12	2) Stidum, O'Neal 10	3) Hood, Marvin 11	4) Rodriguez, Walfrido 12	
2	Grossmont			3:22.66	8
	1) Bello, Yinka 11	2) Makdesi, Christopher 12	3) Bradley, Michael 11	4) Beck, Ben 12	
3	Helix		3:24.00	3:25.20	6
	1) Adkins, Michael 10	2) Hernandez, Shelby 10	3) Livingston, Ira 12	4) Ward, Larell 11	

2011 Grossmont Conference Championships - 5/10/2011 to 5/13/2011**Valhalla High School****Results****Finals ... (Boys 4x400 Meter Relay)**

Team	Relay	Seed	Finals	Points
4 Steele Canyon 1) Gofigan, Jordan 12	2) Cisneros, Joe 12	3:23.80	3:25.29	4
5 El Capitan 1) Smith, Chad 11	2) Myers, Bobby 11	3:27.04	3:27.49	2
6 Monte Vista 1) Page, Deante 11	2) Lockett, Jahmani 12	3:26.84	3:28.73	1
7 Granite Hills 1) James, Jacob 10	2) Litke, Dustin 11	3:21.80	3:28.81	
8 El Cajon Valley 1) Serdah, Ibrahim 12	2) Brew, Josh 11	3:40.50	3:44.88	
	3) Davis, Jeremy 10		4) Howard, Brandon 10	
	3) Ramirez, Nestor 11		4) Macky, Connor 12	
	3) Daniel, Adrian 12		4) Guerrero, Rafael 12	
	3) Hollis, Tyler 11		4) Funk, Alecko 12	
	3) Johnson, Dushawn 11			

Boys High Jump

Name	Yr	School	Prelims	Finals	Points
Finals					
1 Hasten, Jevon	11	Valhalla	5-04.00	6-03.00	10
2 Keys, Kenneth	12	Helix	5-04.00	6-01.00	8
3 Kirchhofer, Dylan	11	Steele Canyon	5-04.00	5-11.00	2.17
3 Zupfer, Nick	12	Steele Canyon	5-04.00	5-11.00	2.17
3 Arinze, Lawrence	11	Helix	5-04.00	5-11.00	2.17
3 Jeter, Nathin	11	Granite Hills	5-04.00	5-11.00	2.17
3 Maize, Ryan	11	El Capitan	5-04.00	5-11.00	2.17
3 Eulitt, Bryce	10	Steele Canyon	5-04.00	5-11.00	2.17
9 Valero, Jesus	11	Valhalla	5-04.00	5-09.00	
10 Rendo, Devin	11	Monte Vista	5-04.00	5-07.00	
10 Reinert, Dan	12	West Hills	5-04.00	5-07.00	
10 McIntire, Josh	11	West Hills	5-04.00	5-07.00	
10 Owens, Eric	11	Monte Vista	5-04.00	5-07.00	
--- Abuka, Tony	12	Grossmont	5-04.00	NH	
--- Keys, Kendall	10	Helix	5-04.00	NH	
--- Wagner, Austin	11	Grossmont	5-04.00	NH	

Boys Pole Vault

Name	Yr	School	Prelims	Finals	Points
Finals					
1 Ruiz, Robert	11	Valhalla	14-02.00	14-03.00	10
2 Gofigan, Jordan	12	Steele Canyon	13-00.00	13-09.00	8
3 Ash, Austin	10	Valhalla	12-00.00	12-09.00	6
4 Parker, Brian	11	Grossmont	11-00.00	12-03.00	3
4 Draimmissi, Nick	10	El Capitan	13-00.00	12-03.00	3
6 Archer, Shayne	12	Steele Canyon	12-01.00	J12-03.00	1
7 Lirette, Josh	11	Mt Miguel	11-06.00	J12-03.00	
8 Anderson, Myles	11	Steele Canyon	12-00.00	J12-03.00	
9 Cao, Dillon	11	Helix	11-00.00	11-09.00	
10 McCoy, Peter	11	Steele Canyon	14-00.00	J11-09.00	
11 Norris, Kyle	10	Granite Hills	13-06.00	J11-09.00	
12 Talamontes, Oscar	12	Grossmont	10-06.00	J11-09.00	
13 Omahen, Adam	11	Grossmont	10-06.00	11-03.00	
14 Dehnel, Matt	10	El Capitan	10-06.00	J11-03.00	
15 Stuffle, Nathan	11	Santana	10-00.00	10-09.00	
16 Jorge, Matt	12	West Hills	10-00.00	10-03.00	
16 Hernandez, Irving	10	Monte Vista	10-00.00	10-03.00	

2011 Grossmont Conference Championships - 5/10/2011 to 5/13/2011**Valhalla High School****Results****Finals ... (Boys Pole Vault)**

	Name	Yr	School	Prelims	Finals	Points
16	Whitford, Andrew	12	El Cajon Valley	8-00.00	10-03.00	
---	Salinas, Daniel	11	Mt Miguel	8-06.00	NH	
---	Reinert, Dan	12	West Hills	10-07.00	NH	
---	Litke, Dustin	11	Granite Hills	11-06.00	NH	
---	Guthrie, Brian	11	Granite Hills	10-00.00	NH	

Boys Long Jump

	Name	Yr	School	Prelims	Finals	Wind	Points
Finals							
1	Wilson, Hanssell	12	Valhalla	23-08.50	23-00.75	NWI	10
2	Walker, Jalen	10	Mt Miguel	20-03.50	20-09.00	NWI	8
3	Naeem, Akeem	11	Monte Vista	21-00.75	20-03.50	NWI	6
4	Hollis, Tyler	11	Granite Hills	19-10.75	20-02.00	NWI	4
5	Manson, Ian	11	Steele Canyon	19-00.75	20-01.75	NWI	2
6	Green, Danny	12	Steele Canyon	20-04.75	20-01.00	NWI	1
7	Norris, Kyle	10	Granite Hills	19-05.00	19-07.75	NWI	
8	Clanton, Thomas	12	Steele Canyon	20-02.00	19-07.50	NWI	
9	Eulitt, Bryce	10	Steele Canyon	19-04.50	19-03.00	NWI	
10	Abuka, Tony	12	Grossmont	20-06.50	19-03.00	NWI	
11	Caluza, Joseph	12	West Hills	19-02.25	19-02.50	NWI	
12	Rendo, Devin	11	Monte Vista	19-09.25	18-11.50	NWI	
13	Lemon, Anthony	11	Mt Miguel	18-04.75	18-11.00	NWI	
14	Mcintire, Josh	11	West Hills	17-06.25	18-10.75	NWI	
15	Key, Adrieon	11	Monte Vista	18-08.25	18-07.00	NWI	
16	Bell, Dedrick	12	Monte Vista	18-09.00	18-06.75	NWI	
17	Kirchhofer, Dylan	11	Steele Canyon	19-01.00	18-04.00	NWI	
18	Hamilton, Kenneth	11	Steele Canyon	18-06.25	17-10.75	NWI	
19	Glover, Devonte	12	El Capitan	17-11.75	17-08.25	NWI	

Boys Triple Jump

	Name	Yr	School	Prelims	Finals	Wind	Points
Finals							
1	Clanton, Thomas	12	Steele Canyon	42-03.25	44-00.00	NWI	10
2	Keys, Kenneth	12	Helix	43-03.25	43-02.50	NWI	8
3	Keys, Kendall	10	Helix	43-04.50	42-08.50	NWI	6
4	Jeter, Nathin	11	Granite Hills	42-08.00	41-06.50	NWI	4
5	Arinze, Lawrence	11	Helix	40-02.00	40-04.50	NWI	2
6	Freed, Travis	11	Monte Vista	40-01.50	40-03.75	NWI	1
7	Mahoney, Anastacio	11	Helix	40-05.50	40-00.75	NWI	
8	Brown, Shaquille	12	Valhalla	37-05.50	40-00.50	NWI	
9	Caluza, Joseph	12	West Hills	37-04.50	39-09.25	NWI	
10	Naeem, Akeem	11	Monte Vista	40-01.75	38-00.75	NWI	
11	Key, Adrieon	11	Monte Vista	37-04.00	38-00.00	NWI	
12	Walker, Jalen	10	Mt Miguel	38-06.75	37-11.75	NWI	
13	Thompson, Joshua	11	Steele Canyon	36-09.00	37-02.50	NWI	
14	Owens, Eric	11	Monte Vista	37-11.75	36-00.00	NWI	
15	Mcintire, Josh	11	West Hills	36-00.00	35-09.00	NWI	
16	Watson, Brandon	12	Steele Canyon	37-04.50	35-07.00	NWI	
17	Korty, Joshua	12	Santana	33-03.50	35-06.50	NWI	
18	Glover, Devonte	12	El Capitan	35-03.50	35-01.50	NWI	

2011 Grossmont Conference Championships - 5/10/2011 to 5/13/2011**Valhalla High School****Results****Finals ... (Boys Triple Jump)**

	Name	Yr	School	Prelims	Finals	Wind	Points
19	Hamilton, Kenneth	11	Steele Canyon	37-03.25	34-08.50	NWI	
20	Augustine, Jeremy	12	Santana	30-04.50	32-06.50	NWI	

Boys Shot Put

	Name	Yr	School	Prelims	Finals	Points
Finals						
1	Yakoo, Mario	11	Steele Canyon	51-06.00	51-09.50	10
2	Woods, Tray	12	Helix	49-05.00	50-10.00	8
3	Tone, De'shawn	10	Valhalla	46-09.50	50-09.00	6
4	Shepard, Arthur	11	Helix	47-10.50	46-08.50	4
5	Walker, Lawrence	11	Grossmont	46-05.50	45-09.50	2
6	Milo, William	10	Helix	46-01.00	45-07.00	1
7	Pierson, Kyle	11	Granite Hills	47-02.00	45-00.00	
8	Brandy, Brandon	12	Monte Vista	45-00.00	44-10.00	
9	Boozel, Sean	12	Steele Canyon	47-07.00	44-10.00	
10	Martin, Carl	11	El Capitan	44-06.00	44-07.00	
11	Hamilton, Billy	11	El Capitan	45-03.00	43-06.00	
12	Hayes, Gustavo	12	Valhalla	43-02.50	43-05.00	
13	Morris, Jacquell	12	El Cajon Valley	42-02.00	43-03.50	
14	Cisneros, Gilbert	11	Steele Canyon	40-09.00	42-07.00	
15	Torres, Derek	11	Monte Vista	40-04.50	42-05.00	
16	Hyatt, Brandon	11	Grossmont	39-04.00	41-06.00	
17	Villegas, Ricardo	10	Grossmont	39-08.00	41-06.00	
18	Busby, Blake	12	Steele Canyon	39-09.50	39-10.50	
19	Murphy, Luke	12	Grossmont	39-10.00	39-03.00	
20	Anderson, nicholas	11	Santana	36-06.00	37-01.50	
21	Cuevas, Anthony	11	El Capitan	37-01.00	36-03.00	
22	Hussein, Jewar	12	El Cajon Valley	32-02.50	36-02.00	
23	Voigtritter, Kurt	11	Monte Vista	33-05.00	33-08.50	
24	Klein, Christian	11	Santana	26-02.00	28-01.00	

Boys Discus Throw

	Name	Yr	School	Prelims	Finals	Points
Finals						
1	Boozel, Sean	12	Steele Canyon	136-00	159-09.50	10
2	Song, Brenden	10	West Hills	137-11	152-10	8
3	Woods, Tray	12	Helix	132-02	143-02	6
4	Cisneros, Gilbert	11	Steele Canyon	127-03	142-01	4
5	Brandy, Brandon	12	Monte Vista	126-01	140-10	2
6	Hamilton, Billy	11	El Capitan	134-11	135-11	1
7	Busby, Blake	12	Steele Canyon	120-04	131-02	
8	Gardner, Trevor	11	Granite Hills	123-00	131-00	
9	Milo, William	10	Helix	128-04.50	128-08.50	
10	Villegas, Ricardo	10	Grossmont	129-03	125-00.50	
11	Hyatt, Brandon	11	Grossmont	116-04	124-04.50	
12	Voigtritter, Kurt	11	Monte Vista	125-09	122-00	
13	Ramirez, Steven	11	Valhalla	112-06	121-09	
14	Small, Messai	10	Monte Vista	109-03.50	120-11	
15	Martin, Carl	11	El Capitan	131-05	118-04.50	
16	Hussein, Jewar	12	El Cajon Valley	109-04	113-03	

2011 Grossmont Conference Championships - 5/10/2011 to 5/13/2011**Valhalla High School****Results****Finals ... (Boys Discus Throw)**

	Name	Yr	School	Prelims	Finals	Points
17	Murphy, Luke	12	Grossmont	110-01.50	109-05.50	
18	Cuevas, Anthony	11	El Capitan	112-05	105-07	
19	Coletti, Thomas	11	West Hills	110-04	105-06	
20	Klein, Christian	11	Santana	78-05	104-00	
21	Morris, Jacquell	12	El Cajon Valley	100-07.50	98-08.50	
22	Contreras, Omar	11	El Capitan	72-11	72-01	