

Mt. SAC RELAYS - High School Division Alternate List

The alternates are listed for the Sprints, Hurdles and 4x100, 4x400, SH, and SMR relays in the order they will be placed if there is a scratch in either the Invitational or Seeded section of their event.

If a scratch occurs during the week, the coach of the alternate will be notified via email.

On the day of the meet, alternates should warm-up and report to the Clerk 30 minutes prior to the time listed for their event. The Clerk will begin calling alternates in the order listed for any scratches about 15 minutes prior to the start time for the event. If the first alternate does not immediately report, the second alternate will be called, and so on.

During the "Scratch" period last week, we had some events where we placed up to 8 alternates in an event into the meet, and we had some events where no alternates were placed. Please look at the meet program and Accepted list to see if your alternate was placed in the meet.

We have now pared down the alternate list to no more than 5 per event. We did this because experience has shown that those athletes listed as the 6th, 7th, etc. alternates never get placed into the meet, so we are trying to be sensitive and letting those athletes know they will not be placed into the meet.

There are no alternates for the field events and the distance races—we made those fields slightly larger than we actually want them to be counting that there will be scratches during the meet and on meet day.

There will no more athletes added to the alternate list this week or on meet day.

ALTERNATE LIST BY SCHOOL

Event #	Start Time	e	School	First	Last	M/F	Grade	Event
403	4:05 PM	Alt 3	Agoura	h	King	F	12	200M
305	1:40 PM	Alt 3	Beverly Hills	Arian	Naim	M	12	400M
301	2:50 PM	Alt 4	Bishop Alemany	Justin	Hart	M	10	100M
326	6:00 PM	Alt 4	Bishop Alemany			M		1600M SM
311	10:50 AM	Alt 3	Bishop Gorman	Giovanni	Moya	M	12	110H
420	7:40 PM	Alt 4	Bonita			F		4x400M
313	11:50 AM	Alt 4	Buchanan	Augustus	Remlinger	M	12	300MH
413	11:35 AM	Alt 3	Canyon Springs	Jasmine	Davis	F	10	300MH
420	7:40 PM	Alt 1	Castaic			F		4x400M
427	5:50 PM	Alt 1	Castaic			F		1600M SM
301	2:50 PM	Alt 5	Cathedral Catholic	Riley	Leyva	M	11	100M
301	2:50 PM	Alt 2	Centennial (Corona)	Tahj	Crutchfield	M	10	100M
303	4:20 PM	Alt 3	Centennial (Corona)	Cory	Butler	M	10	200M
330	10:05 AM	Alt 1	Centennial (NV)			M		SH
313	11:50 AM	Alt 3	Central	Noel	Felix	M	11	300MH

403	4:05 PM	Alt 2	Central	Mikiyla	Royal	F	11	200M
411	10:35 AM	Alt 1	Central	Taleeah	Hoggatt	F	12	100MH
411	10:35 AM	Alt 2	Central	Riley	Costales	F	12	100MH
413	11:35 AM	Alt 4	Central	Taleeah	Hoggatt	F	12	300MH
330	10:05 AM	Alt 3	Diamond Bar			M		SH
311	10:50 AM	Alt 2	El Cerrito	Zion	Shelton	M	11	110H
318	6:55 PM	Alt 3	Etiwanda			M		4x200M
418	6:40 PM	Alt 1	Etiwanda			F		4x200M
318	6:55 PM	Alt 4	Frontier			M		4x200M
301	2:50 PM	Alt 3	Gahr	Dylan	Thompson	M	11	100M
319	7:55 PM	Alt 5	Glendora			M		4x400M
416	12:25 PM	Alt 3	Glendora			F		4x100M
401	2:30 PM	Alt 5	Golden Valley (SS)	Marley	Scoggins	F	9	100M
416	12:25 PM	Alt 5	Golden Valley (SS)			F		4x100M
405	1:30 PM	Alt 4	Granada Hills	Isabella	Vally	F	12	400M
418	6:40 PM	Alt 3	Granada Hills			F		4x200M
326	6:00 PM	Alt 1	Great Oak			M		1600M SM
303	4:20 PM	Alt 2	Harker	Andrew	Fu	M	12	200M
326	6:00 PM	Alt 3	Harker			M		1600M SM
403	4:05 PM	Alt 4	Harker	Anjali	Yella	F	11	200M
403	4:05 PM	Alt 1	Helix	Laraigh	Allen	F	11	200M
416	12:25 PM	Alt 4	Helix			F		4x100M
405	1:30 PM	Alt 2	Jordan	Malaya	Hardiman	F	10	400M
411	10:35 AM	Alt 4	Kamiak	Kalia	Estes	F	12	100MH
319	7:55 PM	Alt 2	La Costa Canyon			M		4x400M
413	11:35 AM	Alt 1	Liberty	Sofia	Lopes	F	9	300MH
319	7:55 PM	Alt 3	Los Osos			M		4x400M
401	2:30 PM	Alt 1	Marina	Nevaeh	Lane	F	11	100M
305	1:40 PM	Alt 4	Mission College Prep	Wyatt	Maulhardt	M	11	400M
330	10:05 AM	Alt 2	Moorpark			M		SH
420	7:40 PM	Alt 5	Moorpark			F		4x400M
303	4:20 PM	Alt 4	Moreau Catholic	Bryson	Dessaure	M	12	200M
411	10:35 AM	Alt 5	Notre Dame (Sherman Oaks)	Emerson	Chasko	F	11	100MH
311	10:50 AM	Alt 5	Oceanside	Jaden	Dasher	M	12	110H
313	11:50 AM	Alt 2	Palm Desert	Tristan	vic	M	12	300MH
420	7:40 PM	Alt 3	Palm Springs			F		4x400M
305	1:40 PM	Alt 2	Palos Verdes	Brennan	Shaul	M	12	400M
318	6:55 PM	Alt 5	Pleasant Grove			M		4x200M
427	5:50 PM	Alt 4	Pleasant Grove			F		1600M SM
403	4:05 PM	Alt 5	Poly (Long Beach)	Leila	Holland	F	10	200M
427	5:50 PM	Alt 2	Poly (Long Beach)			F		1600M SM
318	6:55 PM	Alt 2	Quartz Hill			M		4x200M
313	11:50 AM	Alt 1	Rancho Cucamonga	Julian	Lofton-Lundy	M	12	300MH
418	6:40 PM	Alt 4	Rancho Cucamonga			F		4x200M
319	7:55 PM	Alt 4	Rowland			M		4x400M
326	6:00 PM	Alt 2	Rowland			M		1600M SM
420	7:40 PM	Alt 2	Rowland			F		4x400M
418	6:40 PM	Alt 5	Sage Creek			F		4x200M
303	4:20 PM	Alt 5	San Marcos	Jase	Nix	M	10	200M
427	5:50 PM	Alt 5	San Marcos (SB)			F		1600M SM
319	7:55 PM	Alt 1	Saugus			M		4x400M
311	10:50 AM	Alt 1	Serra	Rylin	Bembury	M	12	110H

405	1:30 PM	Alt 3	Serra	Sadia	Green	F	12	400M
418	6:40 PM	Alt 2	South Medford			F		4x200M
416	12:25 PM	Alt 2	South Pasadena			F		4x100M
313	11:50 AM	Alt 5	St John's College	Robert	Steward	M	11	300MH
427	5:50 PM	Alt 3	St. Mary's Academy			F		1600M SM
318	6:55 PM	Alt 1	Tesoro			M		4x200M
305	1:40 PM	Alt 1	Thousand Oaks	Powell	Williams	M	11	400M
405	1:30 PM	Alt 1	Thousand Oaks	Morgan	Quinn	F	11	400M
311	10:50 AM	Alt 4	Torrey Pines	Owen	Cruise	M	10	110H
326	6:00 PM	Alt 5	Torrey Pines			M		1600M SM
413	11:35 AM	Alt 2	Torrey Pines	Dominika	Janik	F	12	300MH
401	2:30 PM	Alt 2	Trabuco Hills	Tara	Ohlwiher	F	12	100M
416	12:25 PM	Alt 1	Turlock			F		4x100M
401	2:30 PM	Alt 4	University City	Joelle	Frazier	F	9	100M
301	2:50 PM	Alt 1	Westlake	Brandon	Orlow	M	12	100M
303	4:20 PM	Alt 1	Wilson (Long Beach)	Andrew	Johnson	M	11	200M
305	1:40 PM	Alt 5	Wilson (Long Beach)	JaeRon	Harris	M	9	400M
405	1:30 PM	Alt 5	Wilson (Long Beach)	Kaylin	Edwards	F	10	400M
411	10:35 AM	Alt 3	Wilson (Long Beach)	Ma'Nia	Tidwell	F	12	100MH
401	2:30 PM	Alt 3	Xavier College Preparatory	Maya	Ofori	F	11	100M
413	11:35 AM	Alt 5	Xavier College Preparatory	e	Lopez	F	11	300MH

ALTERNATE LIST BY EVENT

Event #	Start Time	Alt	School	First	Last	M/F	Grade	Event
301	2:50 PM	Alt 1	Westlake	Brandon	Orlow	M	12	100
301	2:50 PM	Alt 2	Centennial (Corona)	Tahj	Crutchfield	M	10	100
301	2:50 PM	Alt 3	Gahr	Dylan	Thompson	M	11	100
301	2:50 PM	Alt 4	Bishop Alemany	Justin	Hart	M	10	100
301	2:50 PM	Alt 5	Cathedral Catholic	Riley	Leyva	M	11	100
303	4:20 PM	Alt 1	Wilson (Long Beach)	Andrew	Johnson	M	11	200
303	4:20 PM	Alt 2	Harker	Andrew	Fu	M	12	200
303	4:20 PM	Alt 3	Centennial (Corona)	Cory	Butler	M	10	200
303	4:20 PM	Alt 4	Moreau Catholic	Bryson	Dessaure	M	12	200
303	4:20 PM	Alt 5	San Marcos	Jase	Nix	M	10	200
305	1:40 PM	Alt 1	Thousand Oaks	Powell	Williams	M	11	400
305	1:40 PM	Alt 2	Palos Verdes	Brennan	Shaul	M	12	400
305	1:40 PM	Alt 3	Beverly Hills	Arian	Naim	M	12	400
305	1:40 PM	Alt 4	Mission College Prep	Wyatt	Maulhardt	M	11	400
305	1:40 PM	Alt 5	Wilson (Long Beach)	JaeRon	Harris	M	9	400
311	10:50 AM	Alt 1	Serra	Rylin	Bembury	M	12	110H
311	10:50 AM	Alt 2	El Cerrito	Zion	Shelton	M	11	110H
311	10:50 AM	Alt 3	Bishop Gorman	Giovanni	Moya	M	12	110H
311	10:50 AM	Alt 4	Torrey Pines	Owen	Cruise	M	10	110H
311	10:50 AM	Alt 5	Oceanside	Jaden	Dasher	M	12	110H
313	11:50 AM	Alt 1	Rancho Cucamonga	Julian	Lofton-Lundy	M	12	300H

313	11:50 AM	Alt 2	Palm Desert	Tristan	Marianese	M	12	300H
313	11:50 AM	Alt 3	Central	Noel	Felix	M	11	300H
313	11:50 AM	Alt 4	Buchanan	Augustus	Remlinger	M	12	300H
313	11:50 AM	Alt 5	St John's College	Robert	Steward	M	11	300H

318	6:55 PM	Alt 1	Tesoro			M		4x200
318	6:55 PM	Alt 2	Quartz Hill			M		4x200
318	6:55 PM	Alt 3	Etiwanda			M		4x200
318	6:55 PM	Alt 4	Frontier			M		4x200
318	6:55 PM	Alt 5	Pleasant Grove			M		4x200

319	7:55 PM	ALT 1	Saugus			M		4x400
319	7:55 PM	ALT 2	La Costa Canyon			M		4x400
319	7:55 PM	Alt 3	Los Osos			M		4x400
319	7:55 PM	Alt 4	Rowland			M		4x400
319	7:55 PM	Alt 5	Glendora			M		4x400

326	6:00 PM	Alt 1	Great Oak			M		1600 SM
326	6:00 PM	Alt 2	Rowland			M		1600 SM
326	6:00 PM	Alt 3	Harker			M		1600 SM
326	6:00 PM	Alt 4	Bishop Alemany			M		1600 SM
326	6:00 PM	Alt 5	Torrey Pines			M		1600 SM

330	10:05 AM	Alt 1	Centennial (NV)			M		SH
330	10:05 AM	Alt 2	Moorpark			M		SH
330	10:05 AM	Alt 3	Diamond Bar			M		SH

401	2:30 PM	alt 1	Marina	Nevaeh	Lane	F	11	100
401	2:30 PM	alt 2	Trabuco Hills	Tara	Ohlwhier	F	12	100
401	2:30 PM	alt 3	Xavier College Preparatory	Maya	Ofori	F	11	100
401	2:30 PM	alt 4	University City	Joelle	Frazier	F	9	100
401	2:30 PM	alt 5	Golden Valley (SS)	Marley	Scoggins	F	9	100

403	4:05 PM	Alt 1	Helix	Laraigh	Allen	F	11	200
403	4:05 PM	Alt 2	Central	Mikiyla	Royal	F	11	200
403	4:05 PM	Alt 3	Agoura	Savanna	King	F	12	200
403	4:05 PM	Alt 4	Harker	Anjali	Yella	F	11	200
403	4:05 PM	Alt 5	Poly (Long Beach)	Leila	Holland	F	10	200

405	1:30 PM	Alt 1	Thousand Oaks	Morgan	Quinn	F	11	400
405	1:30 PM	Alt 2	Jordan	Malaya	Hardiman	F	10	400
405	1:30 PM	Alt 3	Serra	Sadia	Green	F	12	400
405	1:30 PM	Alt 4	Granada Hills	Isabella	Vally	F	12	400
405	1:30 PM	Alt 5	Wilson (Long Beach)	Kaylin	Edwards	F	10	400

411	10:35 AM	Alt 1	Central	Taleeah	Hoggatt	F	12	100H
411	10:35 AM	Alt 2	Central	Riley	Costales	F	12	100H
411	10:35 AM	Alt 3	Wilson (Long Beach)	Ma'Nia	Tidwell	F	12	100H

411	10:35 AM	Alt 4	Kamiak	Kalia	Estes	F	12	100H
411	10:35 AM	Alt 5	Notre Dame (Sherman Oaks)	Emerson	Chasko	F	11	100H
413	11:35 AM	Alt 1	Liberty	Sofia	Lopes	F	9	300H
413	11:35 AM	Alt 2	Torrey Pines	Dominika	Janik	F	12	300H
413	11:35 AM	Alt 3	Canyon Springs	Jasmine	Davis	F	10	300H
413	11:35 AM	Alt 4	Central	Taleeah	Hoggatt	F	12	300H
413	11:35 AM	Alt 5	Xavier College Preparatory	MacKenzie	Lopez	F	11	300H
416	12:25 PM	Alt 1	Turlock			F		4x100
416	12:25 PM	Alt 2	South Pasadena			F		4x100
416	12:25 PM	Alt 3	Glendora			F		4x100
416	12:25 PM	Alt 4	Helix			F		4x100
416	12:25 PM	Alt 5	Golden Valley (SS)			F		4x100
418	6:40 PM	Alt 1	Etiwanda			F		4x200
418	6:40 PM	Alt 2	South Medford			F		4x200
418	6:40 PM	Alt 3	Granada Hills			F		4x200
418	6:40 PM	Alt 4	Rancho Cucamonga			F		4x200
418	6:40 PM	Alt 5	Sage Creek			F		4x200
420	7:40 PM	Alt 1	Castaic			F		4x400
420	7:40 PM	Alt 2	Rowland			F		4x400
420	7:40 PM	Alt 3	Palm Springs			F		4x400
420	7:40 PM	Alt 4	Bonita			F		4x400
420	7:40 PM	Alt 5	Moorpark			F		4x400
427	5:50 PM	Alt 1	Castaic			F		1600 SM
427	5:50 PM	Alt 2	Poly (Long Beach)			F		1600 SM
427	5:50 PM	Alt 3	St. Mary's Academy			F		1600 SM
427	5:50 PM	Alt 4	Pleasant Grove			F		1600 SM
427	5:50 PM	Alt 5	San Marcos (SB)			F		1600 SM