



# Falcon Relays – Heat Sheets -- BOYS

(DRAFT as of 3/17/09)

March 21, 2009 – Torrey Pines High School

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100	<b>Heat 1</b>		
	Musco	Tyler	Westview
	Staley	Anthony	Poway
	Backus	Shea	La Costa Canyon
	James	Kenneth	Mt Carmel
	Abdulkader	Omar	Torrey Pines
	Scruggs	Austin	La Costa Canyon
	Kuzminsky	Steven	Canyon Crest Academy
	Amerson	Jonathan	Rancho Buena Vista
100	<b>Heat 2</b>		
	El-Sabawi	Bassim	Torrey Pines
	Freeman	Justin	Carlsbad
	Perlin	Alex	Steele Canyon
	Davidson	Oren	Rancho Bernardo
	Cofield	Jason	Steele Canyon
	Jones	Collin	El Camino
	Sumpter	Marquis	Fallbrook
	Austin	John	El Camino
100	<b>Alt</b>		
	Belcher	Tory	Mt Carmel
	Kodama	Lucas	Westview
	Morley	Adam	Poway
	Kuchinsky	Jacob	Rancho Buena Vista
	Jones	Justin	Fallbrook
400	<b>Heat 1</b>		
	Badiozamani	Arzhang	Westview
	Smith	Trey	Canyon Crest Academy
	Ducat	Thomas	Rancho Buena Vista
	Jackson	Dwayne	El Camino
	Moreno	Manny	Poway
	Sumner	Casey	Rancho Bernardo
	Faison	Adam	Poway
	Haddon	Garrison	Fallbrook
400	<b>Heat 2</b>		
	Ryan	Keegan	Carlsbad
	Brock	Andy	Mt Carmel
	Adams	Sean	Valley Center
	Floyd	Jason	Carlsbad
	Dunham	Chad	Torrey Pines
	Erskine	Colton	Rancho Bernardo
	Cisneros	Joe	Steele Canyon
	Simpson	Cody	Steele Canyon
400	<b>Alt</b>		
	Nwagbo	Curtis	Westview
	Hakamian	Khashy	Canyon Crest Academy
	Vail	Parker	Torrey Pines
	Williams	Cody	Fallbrook
	Petruzzella	Franco	Rancho Buena Vista

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**800**

Raedel	Kenneth	San Pasqual
Rolph	Adam	Canyon Crest Academy
St. Laurent	Sam	El Camino
Wood	Dexter	El Camino
Webster	Alec	Torrey Pines
Medina	Marvin	Mt Carmel
Pascucci	Steve	St. Augustine
Throop	Jason	Valley Center
Fix	Taylor	San Pasqual
Faison	Asam	Poway
Kamen	Steven	Rancho Bernardo
Sparks	Nathan	Valley Center
Walker	Chris	El Capitan
Twardachleb	Michael	Steele Canyon
Settles	Josh	Carlsbad
Chen	Kevin	Westview

**800**

**Alt**

Horie	Aki	Rancho Bernardo
Hakamian	Khashy	Canyon Crest Academy
Mendoza	Ricky	La Costa Canyon
Erd	Danny	Poway
Villagomez	Ramon	Fallbrook

**1500**

Aguirre	Uriel	Fallbrook
Rodriguez	Ismael	Valley Center
Raedel	Kenneth	San Pasqual
Bedrosian	Nick	El Capitan
Resto	Noah	Rancho Bernardo
Robison	Scott	Rancho Bernardo
Goodger	Mike	Carlsbad
Williams	Johnny	El Capitan
Dancher	Nathan	Torrey Pines
Lenehan	Matt	Torrey Pines
Albarren	Oswaldo	Rancho Buena Vista
Lynch	Kyle	Rancho Buena Vista
Avilez	Cameron	Valley Center
Wood	Jacob	Mt Carmel
McGath	Thomas	St. Augustine
Smith	Adam	Poway
Barber	Zach	Poway
Rivera	Enrique	Fallbrook
Vasko	David	Mt Carmel
Perfili	Chris	San Pasqual
Kloha	Mike	Westview

**1500**

**Alt**

Comer	Zac	El Camino
Cerenzie	Mitch	Westview
Hammar	Greg	La Costa Canyon
Mendoza	Ricky	La Costa Canyon
Gonzalez	Armando	El Camino

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<b>110H</b>	<b>Heat 1</b>			
	Lee	Elan	Poway	
	Ruiz	Daniel	Valley Center	
	sousa	steven	Westview	
	Mack	Ryan	Carlsbad	
	Barrack	Nick	St. Augustine	
	Hurd	Eric	Mt Carmel	
	Torres	Scott	Rancho Bernardo	
	Thomas	Daniel	El Capitan	
		<b>Heat 2</b>		
	Hopkins	Ramsey	Torrey Pines	
	Klarer	David	Steele Canyon	
	Cofield	Jason	Steele Canyon	
	Lemus	Gabe	Rancho Bernardo	
	cranor	kevin	Westview	
	Molzen	Jon	El Capitan	
	Hinrichs	Chase	El Camino	
	Rodriguez	Robbie	Torrey Pines	
<b>110H</b>		Stasiuk	Justin	El Camino
		Last	David	Valley Center
		Diaz	John	Carlsbad
		Darlin	Spencer	La Costa Canyon
		Day	Matt	Fallbrook
<b>300H</b>	<b>Heat 1</b>			
	Darlin	Spencer	La Costa Canyon	
	Sousa	Steven	Westview	
	Ashley	Marquis	Carlsbad	
	Mack	Ryan	Carlsbad	
	Thomas	Daniel	El Capitan	
	Ruiz	Daniel	Valley Center	
	Nunez	Eric	El Capitan	
Killingbeck	Zack	Mt Carmel		
<b>300H</b>	<b>Heat 2</b>			
	Klarer	David	Steele Canyon	
	Hopkins	Ramsey	Torrey Pines	
	Mudd	James	Steele Canyon	
	Rodriguez	Robbie	Torrey Pines	
	Lemus	Gabe	Rancho Bernardo	
	Hinrichs	Chase	El Camino	
	cranor	kevin	Westview	
Barrack	Nick	St. Augustine		
<b>300H</b>	<b>Alt</b>			
	Stasiuk	Justin	El Camino	
	Torres	Scott	Rancho Bernardo	
	Sheffield	Louis	Mt Carmel	
	Voss	Matthew	Canyon Crest Academy	
	Nichols-Roy	Nathan	San Pasqual	

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<b>HJ</b>	<b>A Flight</b>		
	Hopkins	Ramsey	Torrey Pines
	Short	Cole	Torrey Pines
	Templeton	Alex	Poway
	Ford	Brandon	Mt Carmel
	Moberly	Joe	Rancho Bernardo
	Mudd	James	Steele Canyon
	Kennedy	Connor	Rancho Bernardo
	Bird	John	Rancho Buena Vista
	Molzen	Jon	El Capitan
	Day	Matt	Fallbrook
	Fox	Justin	La Costa Canyon
	Patel	Jaynesh	Mt Carmel
	<b>HJ</b>	<b>B Flight</b>	
Ashley		Marquis	Carlsbad
Atkins		Aaron	Fallbrook
Marquis		Joey	La Costa Canyon
Hartinger		Sam	San Pasqual
Hagens		Shawn	San Pasqual
Robinson		Jebari	Steele Canyon
Allen		Richard	Westview
Smith		Trey	Canyon Crest Academy
Miranda		Mark	Carlsbad
Smartt		Tyler	El Capitan
Koishor		Jeff	Valley Center
Hinchman		David	Valley Center
Carter		Billy	Westview
Hamill	Conor	Rancho Buena Vista	
<b>PV</b>	Ludwig	Chris	Rancho Bernardo
	Golden	Gerald	Rancho Bernardo
	Stamer	Scott	Torrey Pines
	Pando	Anthony	Fallbrook
	Fox	Justin	La Costa Canyon
	Fox	Dillon	La Costa Canyon
	Skinner	Tom	Fallbrook
	Caraglior	Ben	Carlsbad
	ficie	marshall	Westview
	Mells	Trevor	Torrey Pines
	Spencer	Daniel	Carlsbad
	Green	Derek	Poway
	Ryan	Hsin	Mt Carmel
	Lynch	Scott	El Capitan
	Bandick	Cole	San Pasqual
	Hoagland	Shane	Steele Canyon
	DeBruyn	Cody	Valley Center
	Hinchman	David	Valley Center
	Toth	Mitchell	San Pasqual
	Soto	Jordon	El Capitan
	Jordan	James	El Camino
	James	Logan	Mt Carmel
	Willson	Bryce	Carlsbad
	Durham	Mike	Steele Canyon