

ALBUQUERQUE & RIO RANCHO BOYS TRACK & FIELD TOP TEN 2019

Current as of March 30

■ = Senior
 ■ = Junior
 ■ = Sophomore
 ■ = Freshmen
 ■ 8th grade

100 Meters			200 Meters			400 Meters			800 Meters		
Chris Thomas	Cle	10.90	Chris Thomas	Cle	22.42	Thomas Williams	VV	50.24	Garrett Yancy	VV	2:00.69
Conner O'Toole	LC	11.00	Tyler Bouton	Cle	22.84	William Piwowarek	AA	50.98	Julian Garcia	AA	2:01.83
Isaiah Griffin	St P	11.15	William Dodson	RR	22.98	Eric Swiler	AA	51.02	Preston Gunn	RR	2:02.83
Jared Montgomery	RR	11.16	Lucas Jepsen	AA	23.03	Nasir Hunter-Muhammed	Cle	51.35	Jesse Sanchez	AA	2:03.63
Alexander Ortiz	Alb	11.16	Luke Wysong	Cle	23.05	Camden Ek	RR	51.74	Cameron Calhoun	San	2:05.41
Isaac Chavez	VV	11.33	Ethan Hix	Cib	23.14	Alex Ortiz	CC	51.87	Brandon Howell	Cle	2:05.50
William Dodson	RR	11.33	Isaiah Griffin	St P	23.17	Ethan Hix	Cib	52.00	Kellan Jones	RR	2:06.84
Zane Kowalski	VV	11.34	Nasir Hunter-Muhammed	Cle	23.29	Nathan Hernandez	RR	52.09	Alex Ortiz	CC	2:07.00
Teasi Richardson	Man	11.37	Liam Heath-Kennedy	Alb	23.30	Jemeni McGee	San	52.17	Ephrem Zerai	S Pr	2:07.54
Jared Montgomery	RR	11.40	Camden Ek	RR	23.45	Irvin Onyia	RR	52.21	Caleb Baca	St. P	2:07.56

1600 Meters			3200 Meters			110 Hurdles			300 Hurdles		
Ephrem Zerai	S Pr	4:34.54	Steve Salas	LC	9:52.75	Conner O'Toole	LC	14.76	Conner O'Toole	LC	39.07
Stevie Salas	LC	4:37.75	Epherem Zerai	S Pr	10:00.60	Tommy Lopez	Cle	14.95	Joah Flores	VV	39.79
Simon Baca	Alb	4:40.16	Justin Hickey	AA	10:08.00	Noah Fay	RR	15.29	Jordan Spencer	RR	40.30
Justin Hickey	AA	4:41.60	Ricardo Rangel	Cle	10:08.30	Jordan Spencer	RR	15.51	Ethan Sanchez-Maxwell	VV	41.44
Jonathan Fragua	Cle	4:42.50	Skyler Forman	AA	10:11.61	Joah Flores	VV	15.86	Vince Quezada	Hop	42.01
Skyler Forman	AA	4:43.30	Jonathan Fragua	Cle	10:12.78	Ethan Sanchez-Maxwell	VV	15.88	Noah Fay	RR	42.04
Sean Dwyer	Eld	4:44.38	Justin Howey	CC	10:13.34	Vince Quezada	Hop	16.05	Ethan Vasquez	VV	42.19
Ricardo Rangel	Cle	4:45.19	Brian Armijo	AA	10:14.90	Trey Caperton	AA	16.24	Jordan Spencer	RR	42.41
Joseph Ellefson	VV	4:45.22	Eric Scharton	Hop	10:18.12	Isaac Chavez	VV	16.37	Tommy Lopez	Cle	42.76
David Stapleton	San	4:45.52	Wilker Quale	Alb	10:20.70	Nathan Gutierrez	RR	16.87	Jake Cosper	Hop	42.90

High Jump			Long Jump			Triple Jump			Pole Vault		
Jordan Spencer	RR	5' 10"	LucasJepsen	AA	21' 4"	LucasJepsen	AA	43' 5 12"	Vince Quezada	Hop	13' 6"
Gabe Schoenmann	LC	5' 10"	Luke Wysong	Cle	20' 10 1/2"	Lucas Aspen All-Stier	AA	43 1 3/4"	Holden Mueller	LC	12' 0"
Adam Giron	Vall	5' 10"	Lucas Aspen All-Stier	AA	20' 10"	Nakqi Smith	Cle	42' 3 3/4"	Isaiah Trujillo	Hop	11' 0"
Eli Rodriquez	San	5' 10"	Conner O'Toole	LC	20' 8 1/4"	Chris Thomas	Cle	42' 3/4"	Christopher Powell	AH	11' 0"
Nakqi Smith	Cle	5' 10"	Gabe Schoenmann	LC	20' 6 1/4"	Brad Thomas	LC	41' 10"	Mateo Garcia	San	10' 6"
Lucas Aspen All-Stier	AA	5' 8"	Aamer Muhammad	Cle	20' 4 1/4"	Gabe Schoenmann	LC	41' 6 3/4"	Ian Johnson	AA	9' 6"
Joseph Godshall	St P	5' 8"	Josh Bennett	S Pr	20' 4"	Jonathan Chambers	Men	40' 10"	Keidyn Morin	VV	9' 6"
Gabriel Ball	Eld	5' 8"	Ziantay Powdrell	Alb	20' 2"	Ziantay Powdrell	Alb	39' 6"	Josiah Lara	VV	9' 6"
Nathan Slota	Alb	5' 8"	Jonathan Chambers	Men	20' 2"	Jaan Yang	Alb	39' 2 3/4"	Julio "JJ" Ruiz	WM	9' 6"
Aamer Muhammad	Cle	5' 8"	Colton Dukes	LC	19' 10"	Parker Brush	Cle	39' 1/2"	Emerson Hickey	AA	9' 6"
LucasJepsen	AA	5' 8"	Jared Montgomery	RR	19' 9 1/4"	Michael Grier	LC	39' 1"			
Derek Pyle 11, Dylan Lerch 12	Men	5' 8"									

Shot Put			Discus Throw			Javelin Throw		
Teagun Glenn	AA	51' 10"	Teagun Glenn	AA	145' 1"	Teagun Glenn	AA	186' 6"
Andre Romero	Cle	48' 9 1/4"	Andre Romero	Cle	143' 9"	Zach Jaramillo	AA	183' 2"
Fred Mady III	LC	46' 10 3/4"	Fred Mady III	LC	134 4"	Parker Brosious	LC	178' 11"
Travis Lorenz	Cle	46' 8 1/2"	Lyon Tyler	AA	130' 8"	Tyler Jenson	LC	153' 9"
Lyon Tyler	AA	42' 10"	Dwayne Lopez-Burton	Vall	128' 4"	Timothy Sarrazy	RR	152' 5"
Christian Carreathers	Alb	42' 9 1/4"	Thaddeus Green	Eld	128' 1"	Tres Villapando	Cle	150' 3"
Alberto Cabral	VV	42' 2"	Travis Lorenz	Cle	127' 1"	Tristan Anderson	RR	148' 11"
Noah Seidler	Alb	41' 9"	Jesus Dominquez	Vall	124' 5"	Breden Bentley	VV	147' 8"
Thaddeus Green	Eld	41' 7 1/2"	Brandon Largo	Man	124' 1"	Devin Martinez	Eld	142' 8"
Cyrus Ellis	WM	41' 5 1/2"	Alberto Cabral	VV	122' 6"	Lyon Tyler	AA	141' 4"

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Please call for mistakes or omissions
 (preliminary times and distances
 are included)
 (out of state performances not listed)
 FAT conversions .24for 100 thru 200
 .14 for 300 IM thru 400

400 Meter Relay		800 Meter Relay		Medley Relay		1600 Meter Relay	
Cleveland	42.86	Cleveland	1:32.24	La Cueva	3:41.26	Albuquerque Academy	3:27.02
Volcano Vista	43.42	Volcano Vista	1:33.38	Volcano Vista	3:49.35	Volcano Vista	3:27.27
La Cueva	43.62	Rio Rancho	1:34.05	Albuquerque	3:50.50	La Cueva	3:27.83
Albuquerque	44.50	Hope Christian	1:35.10	Cleveland	3:52.51	Rio Rancho	3:27.95
Rio Rancho	44.64	Manzano	1:35.21	Cottonwood Classical	3:54.29	Cleveland	3:32.52
Hope Christian	44.72	St. Pius	1:35.63	Rio Rancho	3:54.84	Rio Rancho	3:40.81
St. Pius	45.00	Albuquerque	1:35.88	Sandia	3:58.41	Sandia Prep	3:42.81
Cibola	45.23	Sandia	1:36.26	West Mesa	3:58.91	St. Pius	3:44.57
Menaul	45.34	Cibola	1:36.50	Manzano	4:00.01	Hope Christian	3:44.67
Sandia Prep	45.35	Eldorado	1:36.77	Hope Christian	4:02.74	Sandia	3:44.79
Sandia	45.45	La Cueva	1:36.87	Albuquerque Academy	4:03.07	Albuquerque	3:45.03
Manzano	45.46	Sandia Prep	1:37.41	Eldorado	4:07.32	Eldorado	3:47.20
Cottonwood Classical	45.55	Albuquerque Academy	1:38.78	St. Pius	4:11.71	Cottonwood Classical	3:47.80
Eldorado	47.18	West Mesa	1:41.16	Atrisco Heritage	4:25.08	St. Pius	3:52.54
Del Norte	48.46	Cottonwood Classical	1:42.63	Highland	4:31.17	Highland	4:08.67
Valley	49.06	Menaul	1:54.12				

Remember coaches: FAT conversions were adjusted accordingly for the sprint races. They were converted correctly for Track & Field, not the round up then add .24, that the NMAA currently uses for qualifying to the State Meet. **Converted FAT times are in RED**