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DFAL Track and Field Tough Competition

By Tommy Bush



Photos Ohlen Alexander

The 2013 Diablo Foothill Athletic League (DFAL) track and field season has been one of intense competition. From the bang of the starting gun to the final turn of the season, Acalanes, Miramonte and Campolindo have been neck-and-neck throughout.

"The league meet is always a focus for us," said Campolindo's head coach Chris Woolridge. "Our kids take a lot of pride in setting the standard in the DFAL in terms of team culture and commitment. They have a lot of respect for their DFAL opponents and enjoy the opportunity to compete against them."

Acalanes boys' team entered the DFAL league meet with only one loss, and earned a share of the DFAL regular season title with Campolindo. However, at the DFAL meet, the Cougars narrowly edged the Dons by five points to earn the first place finish. Miramonte finished in fifth place.

"We were pleased to see the boys' squad win the meet, having key athletes like Ryan Hoffman, Aidan Goltra and Brian Pfaff all healthy and competing," said Woolridge. "Harrison Hughes has been the bedrock for the sprinters."

Despite the second place finish, the strong senior leadership as well as a talented core of athletes led to the Dons' impressive season.

In the DFAL championship meet, the Dons gathered points from numerous athletes, but they especially relied on junior Matt Thomas. Thomas won both the discus and the shot put, earning him the honor of meet MVP.

Miramonte wrapped up their DFAL season with notable finishes on both the boys' and the girls' side. Seniors Tyler Hanson and Rebekah Ent were critical to the growth of the team.

"The biggest strength of the team is our leadership," said head coach Bradley Alban. "Our captains have done a tremendous job of setting positive examples and teaching younger athletes the fundamentals of the sport. With a large team, we rely on our captains to lead on a daily basis."

At the DFAL championship meet, Miramonte girls' team earned the top finish, with the Dons close behind in second place. Both teams earned the title of Co-Champions for the DFAL regular season. Campolindo finished fourth in the championship meet.

The Dons were led by their runners.

"On the girls' side our strength is in our sprinters," said head coach John Crain.

Though DFAL finish was tough, the girls' team at Campolindo also had a solid season.

"For the girls, it was a tough fourth place finish, just one point behind Dublin," said Woolridge. "Had the girls finished in third place, they would have forged a tie for the league title."

After a tough DFAL meet, the 2013 track and field season continues with the Tri-Valley meet, the NCS Meet of Champions, and the extremely exclusive State Championships. Acalanes, Campolindo and Miramonte all qualified athletes for the Tri-Valley meet, which took place on May 18.

Lamorinda Top-Three Finishes for NCS:

Girls' 1600m: First, Brighie Leach, Campolindo, 5.00.11

Girls' 3200m: Second, Brighie Leach, Campolindo, 11.00.27

Girls' Pole Vault: Third, Lillian Quint, Campolindo, 10-07.00

Boys' 800m: First, Adler Faulkner, Acalanes, 1:55.53

Boys' 1600m: Third, Michael Wang, Acalanes, 4:20.77

Boys' 3200m: Second, Aidan Goltra, Campolindo, 9:31.28

Third, Tyler Hanson, Miramonte, 9:31:70

Boys' Shot Put: Third, Matt Thomas, Acalanes, 51-06.00

Boys' Discus Throw: Second, Matt Thomas, Acalanes, 164-04

Senior Stand Out

Submitted by Susie Romak

Senior Anna Boer was a standout at the DFAL Championship meet. She scored over 25 percent of her team's points for the Matadors. She earned three top finishes, including: the triple jump with 34'6", which was a personal record of over a foot; the 100 meter dash with a 12.83; and a second place finish in the long jump with at 16'0.50".



Photo Sandra Guay

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