

LAMORINDA SPORTS

Lamorinda at the Meet of Champions



Natalie Arnswald did not qualify for the MOC, but supported her team at the event. Photos Gint Federas

By Jon Kingdon

On May 17-18, 185 schools came together at Diablo Valley College to compete in the 2019 North Coast Section Track and Field Meet of Champions. Once again, the weather was a factor as many of the events were run under a driving rainstorm. Due to safety concerns, the boys pole vault and long jump events were delayed for two days and eventually run at Campolindo High School.

Campolindo head coach Chuck Woolridge, who saw

the girls team finish second and the boys team finish in 25th place, came away feeling very positive about his team's performance at the MOC and prior to the tournament: "We had a great year. It's very satisfying to see how things have unfolded and to have our kids competing in this meet was exciting."

The girls team was led by senior Maddy Doane, who qualified for the state tournament in Clovis, California, by finishing second in the 200-meter and 400-meter races. Woolridge relied heavily on

Doane all season: "Maddy is the athlete we tried to build on. It was a young relay team (two freshman, Emily Hatch and Sara Tabibian, and sophomore Terryl Bell) and she carried our relay team." The relay team finished in second and will also be going to the state tournament.

Woolridge also counted on Natalie Arnswald, who was a hurdler and sprinter for the Cougars: "Natalie was the heart of the team. Even though she did not qualify for the meet, she was working here and supporting her



Trevon Sidlaukas, Miramonte

team."

Woolridge was optimistic about how Edward Buckley would do prior to the 3200 meter because "he likes the wet weather." Buckley did not disappoint by finishing in third and qualifying for the state tournament.

Lucas Moore, who finished in 13th, and Matai Bell were the team's key throwers all season.

Declan Bhagwat and An-

ish Visht were the leading sprinters and "were central to the core leadership of the team," said Woolridge.

Miramonte

Miramonte had a young team, having graduated six of their top seven distance runners last year. Still, the Miramonte girls finished in 15th and the boys in 16th place. Head coach Tristin Tool had a lot of depth on the girls team: "We had a pretty good season with the girls who won the league championship for the second year in a row. We had a good group of sprinters, jumpers and distance runners."

Audrey Allen and Cassidy Haskell were both strong factors all season in the 3200 meters, said Tool: "It's the first year I ever had two girls who ran under 11 minutes." Allen finished in sixth and Haskell finished in 13th at the MOC. Haskell, who will be running for California next year, and has run under 5 minutes in the 1600 meters, finished in second, qualifying for the state tournament with a time of 5:01.08.

Masina Mayo, who ran the 100 meters but did not make it to state, will be running for the University of Hawaii next year. The girls' 4x100 meter relay, finishing in fourth, missed going to state by seven hundredths of a second.

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Johnny Choi, Acalanes



Marcus Young, Miramonte

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