

2022 District Athletics Team

12/13 Girls

Discus	Arielle Wilkins	Shot	Nhi Hoang
Long Jump	Tyra Kishan	Triple Jump	Nhi Hoang
100m	Alyssa Lao	200m	Dakota Anderson
800m	Ruby Phan Asthma	1500m	Dakota Anderson
Hurdles	Judy Huor		
Relay	Alyssa Dakota	Relay	Ruby/Tyra Judy

7

Championship Race = Alyssa

12/13 Boys

Discus	Jai Gunasekera	Shot	Prahlad Karki
Long Jump	Louis Phan	Triple Jump	Prahlad Karki
100m	Jai Gunasekera	200m	Lucas Dinh Anaphylactic
800m	Dualjok Rut	1500m	Lucas Dinh
Hurdles	Vincent Nguyen	1500m	Dualjok Rut
Relay	Lucas Dinh Jai	Relay	Louis Dualjok

6

Championship Race = Lucas D

11 Girls

Discus	Josie Taukapo	Shot	Josie Taukapo
Long Jump	Jasmine Nguyen	Triple Jump	Chloe Michael
100m	Leah Westcott	200m	Chloe Michael
800m	Shaenyce Theodore	1500m	Shaenyce Theodore
Hurdles	Leah Westcott	1500m	Edwina Luong
Relay	Leah Chloe Michael	Relay	Jemima Dilag Julia Chi

8

11 Boys

Discus	Travis Leau	Shot	Travis Leau
Long Jump	Ezekiel Tiumaafifi	Triple Jump	Diesel Mancuso
100m	Ethan Nguyen	200m	Ezekiel Tiumaafifi
800m	Diesel Mancuso	1500m	Ethan Nguyen
Hurdles	Vincent Diaco		
Relay	Ezekiel Ethan N	Relay	Diesel Vincent D

5

9/10 Girls

Discus	Charlize Lauaki	Shot	Charlize Lauaki
Long Jump	Stephanie Ly	Triple Jump	Sorida Meas
100m	Sydney Buensch	200m	Sorida Meas
800m	Holly Egan	1500m	Holly Egan
Hurdles	Lucinda Hale	1500m	Sydney Buensch
Relay	Sydney Sorida	Relay	Stephanie Luinda

6

9/10 Boys

Discus	Khang Tran	Shot	Khang Tran
Long Jump	Leo Flynn	Triple Jump	Alex Keramidas
100m	Alex Keramidas	200m	Leon Pham
800m	Leon Pham	1500m	Dylan Niranjin
Hurdles	Athan Pentony	1500m	Leo Flynn
Relay	Alex K Leon Pham	Relay	Travis Anthony/Dylan Xavier Tran

8

Total = 40