

Cougars and Mats Go Head to Head in Dual Meet

By Malia McClurg

As the track season rolls on, athletes become stronger and faster with each passing week. These efforts are rewarded with faster times and better performances. On Wednesday, April 11 at Miramonte High School, the Mats and the Cougars met under the sun and against strong wind to compete in a dual DFAL track meet. But the sun wasn't the only star shining, as there were several outstanding performances and personal bests in the day.

In the Frosh/Soph section, Campolindo's Olivia Warren (10) ran to not one, but two season bests in the 200m and 400m races with respective times of 28.5 and 64.8. She also claimed first in the long jump with a jump of 12'8.75" -- as well as tallied the fastest split in the 1600 relay with a time of 65.1. Warren's athletic and multi-talented showing helped Campolindo pull ahead of Miramonte 62-49.

Meanwhile, over on the varsity girls' side, it was the Miramonte ladies who managed to pull together and outscore Campolindo 81-54. The varsity girl Mats started the meet off with excellent handoffs and a win in the 4x100 relay. The boys quickly learned how important handoffs were in this short and quick race. On their side, in the Frosh/Soph heat, a botched handoff in the last leg compromised their lead. Luckily their anchor, Zack Mayeri, chose the right time to display his speed and came back to win the close race.

Then, in the men's varsity heat, Campolindo proved that their combined speed and flawless handoffs were too tough to beat and came out ahead with a time of 44.4. Campolindo's Alex Isaksson (09) was an obvious early standout. He was involved in both of the team relay victories and individually came in first in the 100m race with a quick time of 11.4. With his help, the men's varsity team came out on top, 87-49 against the Matadors.

A look ahead shows the Phillips-McCain Invitational on Saturday, April 21, promises to be another showcase of talent, but on a larger scale.



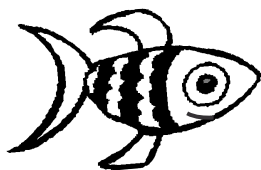
Sepanta Padrah-Vajdy sprints toward the finish in the 200m



Miramonte's Scott Demunck in mid vault

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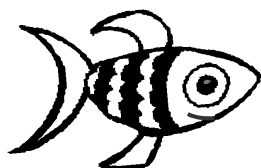
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