

SPORT

LAMORINDAS LOCAL SPORT NEWS



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



Carrying together their boat to the water to prepare the race

San Diego Crew Classic Showcases Local Talent

By Jaime Zepeda

There is no reason to think that Lamorinda high school athletes only excel in the area. The recent San Diego Crew Classic gave local high school athletes, and high school graduates, the opportunity to flex their rowing muscles. The San Diego Crew Classic is one of the most anticipated rowing competitions of the year. Attended in great numbers, the Classic showcases some of the best collegiate, master, and junior rowing programs in the country, like USC, UCSD, Notre Dame, and Stanford, to name a few.

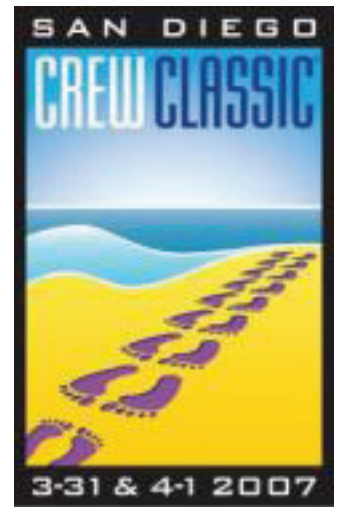
Representing the Lamorinda area were female and male athletes that have joined the Oakland Strokes junior rowing program, which competes throughout the year. In the Women's Varsity-8, the Oakland Strokes tried to win the Gilman-Mulliken Cup for the third year in a row. Unfortunately, a very competitive Maritime team, from Connecticut, won the Cup, in their first appearance at the Classic. The Women's Varsity-8 team performed very well, and came in at fourth place with a time of 7:26.56. Some of the key players were Lamorinda's own Alzizah Koorji (Miramonte) at coxswain, Julie Jones (Acalanes), Jessica Cherry (Campolindo), and Pia Hauch (Bentley).

Also, in the Women's

Junior Varsity-8, the Oakland Strokes proved to be a team to watch, qualifying for the finals with the fastest time in the preliminary. After a foggy delay, the Women's JV team faced stiff competition, and was unable to repeat their stellar performance in the preliminaries. They came in at fifth place with a time of 7:27.43, losing the ZLAC Rowing Club Trophy to Los Gatos. Lamorinda was very well represented, thanks to Anne Rutherford (Bentley), Kendall Sandy (Miramonte), and Brittany Beck (Miramonte), and their stellar performances.

On the men's side, they found themselves against tough competition as well, but maintained their poise in their pursuit of the Gilman-Mulliken Cup. For the Men's Varsity-8, the race was a tight one, with no team obtaining a definite lead until the last leg. Capital barely edged ahead of everyone, winning the very competitive race. The Oakland Strokes came in at fourth place, with a time of 6:36.85. Among the Lamorinda athletes in the team were TJ Laher (Miramonte), Monte Melnick (Orinda Academy), James Lencowski (Miramonte), Michael Luecker (Campolindo), and Mac Farrell (Bentley).

The Junior Varsity team fared better than their



Varsity teammates. The Men's JV team took third place in a highly competitive race, with a time of 6:40.57. Some of the star rowers were Alex Topacio (Campolindo) at coxswain, Garrett Bell (Las Lomas), Nathan Carbajal (De La Salle), Cole Williams (Campolindo), Brent Watson (Miramonte), and Robert Chan (Miramonte).

Some former local high school athletes made an appearance at the event, but as a part of their university team. UCLA's Women's Novice crew team came in at first place at the Women's Novice-8 event, with impressive performances by Danielle Piccinini (Carondelet graduate), Ann Schier (Miramonte graduate), and Lily Sakkis (Campolindo graduate). Thanks to their great performances, UCLA was able to beat out Oregon State and Cal by a slim margin, making the Lamorinda community proud.



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