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Cougar Track Sweeps Lamorinda Tri-meet

By Robin Schoettler Fox



There was a hometown festival feel when Lamorinda track and field athletes from Campolindo, Acalanes and Miramonte faced one another on the Cougar field on Wednesday, May 6th. Constant motion seemed to rule. Runners and hurdlers took their turns competing against familiar faces on the track, moving in lanes that circled ongoing event stations where athletes competed in everything from discus throwing to pole vaulting. All the while pods of athletes practiced starts and went through high knee stepping and other warm-up routines across the yards of the turf.

At first glance a tri-meet looks like one of those "Big Meets" where athletes from many teams compete against one another for the one blue ribbon per event. But a tri-meet is really 3 bi-meets in one - and a math exercise for the score table. All three schools compete with one another in each event. Later, though, each team's scores are tallied and then compared, separately, with each of the other two competing teams. That requires adjustments to reflect relative finish position changes. For example, Campo's Matt Keeble finished first overall in both hurdle events but his results had no bearing on the Acalanes-Miramonte contest.

All of which explains how, in a single afternoon, Campolindo won two meets and leapfrogged into its 7-0 league record, giving the Cougars the lead position heading into the DFAL championship meet. And it also explains why the team scores in the final results seem to be moving targets.



Campo's Matt Keeble won both the 110 and 300-meter varsity hurdle races Photo Robin Schoettler Fox



Toshi Kellogg (Acalanes), shown here racing the 800 against Nicke Vedovi (Miramonte) and Ross Geiger (Campo), won both the 800 and the 1600 races Photo Doug Kohen



Campo's Olivia Warren (right) hands off the baton to Ketti Salemme
Photo Doug Kohen



Miramonte's Rachel Jensen doing the high jump Photo Doug Kohen





Acalanes junior Nathan Falk, up and over Photo Doug Kohen



Campo's Weston Thornburg prepares to launch the shot put
Photo Doug Kohen

Tri-meet Results

Campolindo – Acalanes – Miramonte

Wednesday, May 6th at Campolindo

Varsity Boys

Campolindo 77, Acalanes 58

Campolindo 79, Acalanes 57

Miramonte 74, Acalanes 62

Varsity Girls

Campolindo 79, Acalanes 51

Campolindo 99, Miramonte 36

Acalanes 85, Miramonte 67

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