



SPORTS LAMORINDA'S LOCAL SPORTS NEWS

Fast Times for Orinda Aquatics

Submitted by Ann Smallwood



Bottom row L-R: Annie Larsen, Hannah Soltz, Top row L-R: Mary Allison Ashby, Hannah Grubbs Photo Robert Ashby

March and April were very successful months for the Orinda Aquatics Junior Group.

Established in 1995, Orinda Aquatics is a year-round USA Swimming program. The program is directed at all levels of swimming and dedicated to the maximum development of each swimmer, as both an athlete and an individual.

Swimmers ranging in age from 9 to 14 participated in four key meets, ending with the Junior Olympics (JO) Championship in San Ramon and the Far Western Championships in Morgan Hill. Thirty-eight swimmers posted over 300 lifetime best swims, eight Sectional Cuts, 11 new Pacific Reportable Times (PRT), 21 new Far Western times, 22 new Junior Olympic times and 20 new "A" times.

Mary Allison Ashby (12) placed first at the JO meet in the 50 back (27.87) and the 100 free (54.52) and fourth in the 50 fly (27.88) and 500 free (5:18.71).

She broke the Pacific Swimming Record in the 100 back with a time of 58.38. Her 50 and 100 back times now rank in the All Time Top 100 Times in USA Swimming for 11-12 girls. Mary aged up to thirteen for the Far Western Championship and placed eighth in the 50 free (24.97).

Hannah Grubbs (13) came in second in the 200 back (2:06.97) and seventh in the 400 IM (4:46.41) at the JO meet. Her 100 back (58.43) placed sixth at the Far Western Championship. Her 100 and 200 back are both new Sectional Times.

Talbot Jacobs (13) entered seven events at Junior Olympics and achieved best times in each one. He racked up four new PRTs, placing second in the 200 back (2:02.44), fourth in the 100 back (57.67), fifth in the 200 free (1:51.62) and sixth in the 500 free (5:00.05).

Alexa Hanley (12) placed fourth in the 50 breast (33.73) and fifth in the 50 fly (28.98) at Junior

Olympics, achieved three new PRTs and qualified for Far West-erns in the 200 breast (2:42.27) and 400 IM (4:13.52).

Other Junior Olympic final-ists included Annie Larsen (14), eighth in the 200 fly (2:14.98), Erin Schoenfeld (13), seventh in the 50 free (25.10), and Natalie Morlock (12) seventh in the 50 back (30.42) and eighth in the 200 back (2:22.32).

The 13-14 girls, Hannah Grubbs, Hannah Soltz, Annie Larsen, Mary Allison Ashby, Cassidy Fuller and Erin Schoenfeld, fielded three top eight finishing relays at the Far Western Championships. The 200 Medley Relay of Grubbs, Soltz, Fuller and Ashby finished fourth in a time of 1:54.05. Grubbs, Soltz, Larsen and Ashby placed fifth in the 400 Medley Relay swimming a 4:07.09. The team of Ashby, Schoenfeld, Grubbs and Fuller went 3:43.71 in the 400 Free Relay; good enough for seventh overall.

Campolindo Senior Clears 28-year Old Record

Submitted by Lee Geiger



Alex Kalish Photo Steve Falk

Alex Kalish is a senior at Campolindo and a pole-vaulter on the Campolindo Track and Field team. When he began competing on Saturday, May 1st at the Phillips-McCain Invitational, he was already the fifth-best pole vaulter in Campolindo history.

Kalish attempted to jump 13'-6". On his third attempt, he lifted over the bar and gave it the slightest touch. The bar stayed up, and Kalish matched his career best.

The bar was raised to 14 feet, an important psychological level. Two other competitors failed to clear the bar. Once again, on his third attempt, Alex cleared the bar and won the competition.

The bar was raised to 14'-6". On his third attempt Kalish cleared his personal best by a foot.

The bar was raised to 14'-8". Hans Florine, a speed rock climber and Campolindo graduate, challenged Kalish to beat his school record set in 1982 at 14'-6". Florine joked, "You'll never catch me."

Kalish again failed on his first two attempts, but again, he cleared it on his third attempt. Kalish is now the best pole vaulter in the history of Campolindo High School. Next fall he will attend Claremont McKenna College.

Divers Qualify for NCS

Submitted by Marie Estorge

High school dive results from the De La Salle Junior Varsity Invitational Diving Meet at DLSHS on April 28th.

| Athlete | High School Team | Diver's City | Grade | Division | Points | Place |
|----------------|------------------|--------------|-------|----------|--------|-------|
| Donna Brackett | Acalanes | Lafayette | 10 | JV Girls | 152.25 | 1 |
| Alyssa Parsons | Campolindo | Moraga | 9 | JV Girls | 141.65 | 2 |
| Emma Helsler | Campolindo | Moraga | 10 | JV Girls | 125.3 | 3 |
| Hailey Finnane | Campolindo | Moraga | 9 | JV Girls | 124.10 | 4 |



Asher Lichtig - Acalanes Photo Marie Estorge

High school dive results from Saturday, May 1, 2010 at De La Salle's Varsity Invitational Dive Meet held at DLSHS. The list contains only the divers who have now qualified for NCS and who participated in Saturday's Dive Meet (overall there were 42 Varsity Girls and 25+ Varsity Boys on the lineup).

| Divers Qualifying at Meet for NCS Girl's Varsity | | | | | |
|--|------------------|--------|-------|--|--|
| Athlete | High School | Points | Place | | |
| Katja Pidel | San Ramon Valley | 377.65 | 1 | | |
| Melissa Parker | Granada | 367.50 | 2 | | |
| Maren Kjell | Campolindo | 343.05 | 3 | | |

| Divers Qualifying at Meet for NCS Boy's Varsity | | | | | |
|---|---------------|--------|-------|--|--|
| Athlete | High School | Points | Place | | |
| Kristian Ipson | De La Salle | 671.05 | 1 | | |
| James Stevick | Berkeley High | 441.70 | 2 | | |
| Asher Lichtig | Acalanes | 372.60 | 3 | | |

Send sports stories and ideas to: sportsdesk@lamorindaweekly.com

Lamorinda Runners Well Represented at CYO Diocese Track Finals

Submitted by Stacie Coates



St. Monicas, 3 relay Teams (2 4th grade 1 3rd grade) Pictured from left to right BACK ROW Annie Midthun, Emily Huston, Cassidy Haskel, Jessica Thomas, Eva Isola, Mia Schaffel, Olivia Morris FRONT ROW Francis Parsons, Caroline Coates, Jenna Miles, Ariel Allen

Teams from St. Perpetua and St. Monica ran on Friday and Saturday, May 7 and 8, at the annual CYO Track & Field Oakland Diocese Finals. Fifty parishes from Alameda and Contra Costa Counties, representing more than 4,000 athletes, came together at Granada High School in Livermore for two action-packed days of running, jumping, and throwing.

The 2010 Season was the most successful in years for the two local teams, as 15 St. Monica and 20 St. Perpetua athletes qualified for the Diocesan Championship Meet.

Highlights for St. Monica included gold medal performances in six events:

- Jenna Miles - fourth grade girls' 800m
- Cassidy Haskell- third grade girls' 800m
- Annie Midthun -fourth grade girls' 400m
- Zoe Crouch - third grade girls' softball throw
- Rose Tuttle - tetherball
- Third grade girls' sprint medley relay team Allen, Coates, Haskell, Huston.

St. Monica won silver medals 10 separate running and field events including:

- Rose Tuttle - fifth grade girls' shot put
- Matthew Ruiter -- third grade boys' softball throw
- Arielle Allen - third grade girls' softball throw
- Annie Midthun - fourth grade girls' long jump
- Kate Miles- fourth grade girls' softball
- Caroline Coates -third grade girls' 800m
- Jenna Miles - fourth grade girls' 400m
- Emily Huston -third grade girls' 400m
- Fourth grade girls' 4x100m relay team of Parsons, Thomas, Morris, Isola
- Fourth grade girls' sprint medley team one of Parsons, Morris, Isola, Jenna Miles



Handoff Parsons to Morris

St. Monica earned bronze medals in two more events:

- Third grade girls' 4x100m relay - Allen, Coates, Haskell, Huston
- Fourth grade girls' sprint medley team two - Kate Miles, Schaffel, Thomas, Midthun.

Highlights for St. Perpetua included gold medal performances in nine events:

- Sutter Lindberg -- sixth grade boys' high jump
- Kierra Krawec -- fourth grade girls' 200m
- Kierra Krawec -- fourth grade girls' long jump
- Molly Mudgett -- fourth grade girls' tetherball toss
- Chris Rogers -- third grade boys' 400m
- Chris Rogers -- third grade boys' softball
- Third grade girls' 4x100m relay team of Singh, Gold, Sadoff, Neukirchen
- Third grade boys' sprint medley team of Matthew Sexton, Larson, Winther, Rogers
- Fourth grade girls' sprint medley team of Cardiff, Mudgett, Alessandria, Krawec

Silver Medals were earned in four events:

- Sutter Lindberg -- sixth grade boys' long jump
- Jared Uang -- sixth grade boys' 200m
- Chris Rogers -- third grade boys' 800m
- Sixth grade boys sprint medley team of - Henderson, Tehrani, Lindberg, Uang

Bronze Medals were won in six separate events including:

- Kierra Krawecin -- fourth grade girls' 100m
- Travis Armistead -- fourth grade boys' long jump
- Sasha Sadoff -- third grade girls' 100m
- Sasha Sadoff -- third grade girls' tetherball toss
- Fourth grade boys' 4x100m relay team of- Martinsen, Barr, Plotkin, Armistead
- Third grade girls' sprint medley team of - Jamie Sexton, Gold, Sadoff, Neukirchen

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