

## NBL JVG Seed Sheet

### 100M

Jenny Didero (11)	JVG Windsor	13.54
Taya Llapitan (9)	JVG Casa Grande	13.68
Emma Haley (9)	JVG Montgomery	13.78
Leah Brown (9)	JVG Rancho Cotate	13.91
Mia Shew (9)	JVG Casa Grande	13.95
Jacque Hale (9)	JVG Santa Rosa	13.97
Malia Hemsouvanh (11)	JVG Maria Carrillo	13.99
Brittany Johnson (9)	JVG Windsor	13.9h
Tiara Jeff (9)	JVG Casa Grande	14.08
Diana Martinez (12)	JVG Montgomery	14.10
Karli Masterson (11)	JVG Casa Grande	14.11
Kathleen Naro (9)	JVG Rancho Cotate	14.19
Victoria Morales (9)	JVG Rancho Cotate	14.25
Eryn Mcguire (11)	JVG Casa Grande	14.33
Niki Leonoudaikas (11)	JVG Windsor	14.34
Riley McGee (10)	JVG Maria Carrillo	14.40
Aurora Barnes (10)	JVG Maria Carrillo	14.50
Ruby Moreno (11)	JVG Rancho Cotate	14.55
Ashley Hancock (9)	JVG Casa Grande	14.61
Mariel Gomez (9)	JVG Casa Grande	14.68
Emme Dunaway (10)	JVG Windsor	14.8h
Ally Lubas (9)	JVG Casa Grande	15.00
Nathaly Reyes (9)	JVG Rancho Cotate	15.11
Sarai Islas (11)	JVG Montgomery	15.20
Nan Yoo (11)	JVG Windsor	15.2h
Kristen Stevenson (9)	JVG Ukiah	15.30h
Jasmine Gonzalez (11)	JVG Ukiah	15.33h
Jennifer Loyo (9)	JVG Casa Grande	15.45
Gisella Becerra (9)	JVG Ukiah	15.55h
Sylvia Calderon (11)	JVG Montgomery	15.71
Samantha Sparkman (9)	JVG Ukiah	15.78
Mariana Zaragoza (9)	JVG Windsor	15.7h
Paloma Velasquez (10)	JVG Windsor	15.8h
Estrella Gaona (9)	JVG Windsor	15.9h
Azucena Fuentes (11)	JVG Ukiah	16.68h
Tessa Hughes (10)	JVG Casa Grande	17.59

### 200M

Emma Haley (9)	JVG Montgomery	28.70
Malia Hemsouvanh (11)	JVG Maria Carrillo	29.01

Jacque Hale (9)	JVG Santa Rosa	29.11
Eryn Mcguire (11)	JVG Casa Grande	29.33
Taya Llapitan (9)	JVG Casa Grande	29.54
Jenny Didero (11)	JVG Windsor	29.63
Diana Martinez (12)	JVG Montgomery	29.70
Riley McGee (10)	JVG Maria Carrillo	29.77
Ashley Hancock (9)	JVG Casa Grande	29.87
Leah Brown (9)	JVG Rancho Cotate	29.9h
Isabella Erwin (9)	JVG Cardinal Newman	30.1h
Allison Wild (9)	JVG Rancho Cotate	30.33
Mariel Gomez (9)	JVG Casa Grande	30.34
Christina Frost (12)	JVG Santa Rosa	30.34
Tiara Jeff (9)	JVG Casa Grande	30.68
Kate Tembrock (10)	JVG Windsor	30.6h
Victoria Morales (9)	JVG Rancho Cotate	30.75
Emily Young (10)	JVG Maria Carrillo	30.90
Aurora Barnes (10)	JVG Maria Carrillo	31.20
Ally Lubas (9)	JVG Casa Grande	32.15
Gisella Becerra (9)	JVG Ukiah	32.21h
Sarai Islas (11)	JVG Montgomery	32.27
Sylvia Calderon (11)	JVG Montgomery	33.27
Jasmine Gonzalez (11)	JVG Ukiah	33.50h
Sarah Karlsen (11)	JVG Windsor	33.5h
Emme Dunaway (10)	JVG Windsor	33.7h
Estrella Gaona (9)	JVG Windsor	34.6h
Paloma Velasquez (10)	JVG Windsor	35.5h
Mariana Zaragoza (9)	JVG Windsor	35.9h
Azucena Fuentes (11)	JVG Ukiah	36.00h

#### 400M

Kate Tembrock (10)	JVG Windsor	67.0h
Chloe Farison (11)	JVG Santa Rosa	69.46
Sarah Karlsen (11)	JVG Windsor	69.5h
Christina Frost (12)	JVG Santa Rosa	70.27
Isabella Erwin (9)	JVG Cardinal Newman	70.2h
Peyton Krzyzek (9)	JVG Santa Rosa	71.11
Savannah Vanzutphen (9)	JVG Cardinal Newman	74.2h

#### 800M

Brooke Thompson (9)	JVG Santa Rosa	2:36.45
Danielle Caballero (11)	JVG Maria Carrillo	2:38.0h
Mary Jo Cruz (11)	JVG Maria Carrillo	2:38.0h
Charlotte Antilogus (10)	JVG Santa Rosa	2:40.38

Victoria Sojka (9)	JVG Casa Grande	2:42.05
Katrina Frandsen (9)	JVG Santa Rosa	2:42.11
Naomi Brown (11)	JVG Ukiah	2:46.0h
Jordan Berg (11)	JVG Ukiah	2:49.0h
Vanessa Nelson (11)	JVG Maria Carrillo	2:50.0h
Maren Roche (10)	JVG Santa Rosa	2:55.65
Jessica Melen (10)	JVG Santa Rosa	2:57.35
Dana Colvin (10)	JVG Santa Rosa	2:57.85
Lisset Pachuca (10)	JVG Santa Rosa	2:59.58
Lucinda DeNatale (9)	JVG Santa Rosa	3:02.55
Valeria Ramos (10)	JVG Santa Rosa	3:02.55
Alejandra Perez (10)	JVG Windsor	3:19.22
Pamela Menendez (11)	JVG Santa Rosa	3:25.55

#### 1600M

Miranda Huntsinger (10)	JVG Maria Carrillo	5:50.0h
Emma Moon (11)	JVG Casa Grande	5:52.63
Brooke Thompson (9)	JVG Santa Rosa	5:53.84
Charlotte Antilogus (10)	JVG Santa Rosa	5:54.65
Katrina Frandsen (9)	JVG Santa Rosa	5:55.19
Ruby Telfer (10)	JVG Ukiah	5:56.0h
Skyler Genelly (10)	JVG Casa Grande	5:56.78
Alexis Swoboda (9)	JVG Ukiah	5:58.0h
Victoria Sojka (9)	JVG Casa Grande	5:58.89
Ellie Civello (9)	JVG Maria Carrillo	5:59.0h
Samantha Baker (11)	JVG Santa Rosa	6:04.40
Marie Doyle (10)	JVG Santa Rosa	6:04.98
Mazie Lewis (12)	JVG Santa Rosa	6:05.55
Emma Wright (12)	JVG Maria Carrillo	6:10.0h
Alyssa Blakely (11)	JVG Casa Grande	6:15.63
Dana Colvin (10)	JVG Santa Rosa	6:40.24
Jessica Melen (10)	JVG Santa Rosa	6:40.89
Maren Roche (10)	JVG Santa Rosa	6:52.55
Lisset Pachuca (10)	JVG Santa Rosa	6:53.74
Alejandra Perez (10)	JVG Windsor	7:01.22
Valeria Ramos (10)	JVG Santa Rosa	7:04.51
Kristen Martinez (9)	JVG Rancho Cotate	7:22.0h
Maya Valdez (10)	JVG Rancho Cotate	7:39.22

#### 3200M

Samantha Baker (11)	JVG Santa Rosa	13:10.55
Kristen Martinez (9)	JVG Rancho Cotate	16:31.0h
Maya Valdez (10)	JVG Rancho Cotate	16:31.0h

### 100H

Hanah Weitzel (11)	JVG Maria Carrillo	18.24
Kathleen Naro (9)	JVG Rancho Cotate	19.58
Katrina Storie (10)	JVG Maria Carrillo	20.00
Amber Zeng (10)	JVG Casa Grande	20.45
Kimberley Padilla (9)	JVG Casa Grande	21.32
Nita Mervil (9)	JVG Casa Grande	21.63
Samantha Sparkman (9)	JVG Ukiah	25.4h

### 300H

Hanah Weitzel (11)	JVG Maria Carrillo	52.94
Katrina Storie (10)	JVG Maria Carrillo	57.85
Kathleen Naro (9)	JVG Rancho Cotate	58.17
Amber Zeng (10)	JVG Casa Grande	60.18
Kimberley Padilla (9)	JVG Casa Grande	61.23
Nita Mervil (9)	JVG Casa Grande	61.53
Ally Lubas (9)	JVG Casa Grande	64.23

### 4x100R

JVG Casa Grande	53.45
JVG Santa Rosa	55.89
JVG Rancho Cotate	56.1h
JVG Ukiah	59.33
JVG Montgomery	NT

### 4x400R

JVG Maria Carrillo	4:30.00
JVG Santa Rosa	4:38.73
JVG Windsor	4:51.7h

### HJ

Mia Shew (9)	JVG Casa Grande	4'2"
Aurora Barnes (10)	JVG Maria Carrillo	4'2"
Riley McGee (10)	JVG Maria Carrillo	4'2"
Savannah Schloemp (12)	JVG Maria Carrillo	4'2"
Kylina Aliotti (11)	JVG Rancho Cotate	4'2"
Dezi Sweet (10)	JVG Windsor	4'2"
Tiara Jeff (9)	JVG Casa Grande	4'4"
Emily Young (10)	JVG Maria Carrillo	4'4"
Sara Tracy (12)	JVG Windsor	4'4"

## LJ

Tessa Hughes (10)	JVG Casa Grande	11'6"
Keyla Hernandez (11)	JVG Rancho Cotate	12'1.5"
Isabella Erwin (9)	JVG Cardinal Newman	13-2
Ruby Moreno (11)	JVG Rancho Cotate	13'3"
Niki Leonoudaikas (11)	JVG Windsor	13'09
Allison Wild (9)	JVG Rancho Cotate	14'1
Kristen Stevenson (9)	JVG Ukiah	14'7"
Ashley Hancock (9)	JVG Casa Grande	15'1"
Brittany Johnson (9)	JVG Windsor	15'08"

## TJ

Kylina Aliotti (11)	JVG Rancho Cotate	25'3.5"
Katrina Storie (10)	JVG Maria Carrillo	26'8"
Isabella Erwin (9)	JVG Cardinal Newman	27-9

## PV

Peyton Krzyzek (9)	JVG Santa Rosa	6'6"
Emma Haley (9)	JVG Montgomery	8-0

## SP

Leah Ogbamicael (11)	JVG Montgomery	18-6
Sandy Ramirez (9)	JVG Santa Rosa	19'9.5
Kylina Aliotti (11)	JVG Rancho Cotate	20'9.5"
Whitney Block (9)	JVG Santa Rosa	21'8
Peyton Krzyzek (9)	JVG Santa Rosa	21'8.75
Kalysta Schwartz (10)	JVG Santa Rosa	22'1
Jennifer Camacho (10)	JVG Santa Rosa	22'7.5
Emma Desvaux (10)	JVG Rancho Cotate	23'7"
Sunny Hadish (9)	JVG Montgomery	24-0.75
Christina Frost (12)	JVG Santa Rosa	25'
Danitza Garcia (10)	JVG Windsor	26'11"

## DT

Leah Ogbamicael (11)	JVG Montgomery	53-7
Danitza Garcia (10)	JVG Windsor	54'05"
Hannah May (10)	JVG Windsor	56'05"
Ruby Moreno (11)	JVG Rancho Cotate	61'7"
Christina Frost (12)	JVG Santa Rosa	63'1
Whitney Block (9)	JVG Santa Rosa	65'4
Jennifer Camacho (10)	JVG Santa Rosa	66'6
Sandy Ramirez (9)	JVG Santa Rosa	67'3
Nan Yoo (11)	JVG Windsor	72'02"

Sunny Hadish (9)	JVG Montgomery	72-2
Emma Desvaux (10)	JVG Rancho Cotate	75'0"
Kalysta Schwartz (10)	JVG Santa Rosa	77'5