

Helix vs. El Cajon Valley - 4/8/2021
Finished Results Professional Timing
Helix HS
Results

Event 3 Girls 4x100 Meter Relay Varsity

Team	Relay	Finals	Points
Finals			
1 Helix	B	x54.64	
1) Cisneros, Aliyah 12	2) Johnson, Emma 11	3) Watkins, Jada 10	4) Burton, Chanel 9
--- Helix	A	DQ	
1) Odom, Alana 11	2) Kull, Audrey 12	3) Reichstadt, Kayla 11	4) Allen, Laraigh 9

Event 4 Boys 4x100 Meter Relay Varsity

Team	Relay	Finals	Points
Finals			
1 Helix	A	48.71	5
1) Kouwonou, Jb 10	2) Breau, Zachary 12	3) Levy, Tyrese 11	4) Parker, Adren 10

Event 5 Girls 1600 Meter Run Junior Varsity

Name	Yr	School	Finals	Points
Finals				
1 Baxt, Eva	10	Helix	6:42.09	5
2 Niles, Harper	9	Helix	6:55.65	3
3 Babawy, Miraiy	9	El Cajon Valley	7:59.73	1

Event 6 Boys 1600 Meter Run Junior Varsity

Name	Yr	School	Finals	Points
Finals				
1 Powell, Jadon	11	Helix	5:29.35	5
2 Towne, Dylan	9	Helix	5:47.51	3
3 Abdullah, Ayman	10	El Cajon Valley	5:53.12	1
4 Cloyd, Oliver	9	Helix	5:53.23	
5 Rubio, Gabriel	9	Helix	6:34.74	
6 DuPont, Gavin	11	Helix	6:44.52	

Event 7 Girls 1600 Meter Run Varsity

Name	Yr	School	Finals	Points
Finals				
1 Andersen, Emily	10	Helix	5:56.21	5
2 Alvarez, Isabella	9	Helix	6:28.95	3
3 Velazquez, Marlene	10	Helix	6:41.42	1
4 Salazar, Ariel	10	Helix	6:42.09	

Event 8 Boys 1600 Meter Run Varsity

Name	Yr	School	Finals	Points
Finals				
1 Caneday, Joshua	10	Helix	4:50.90	5
2 Monganga, Daniel	12	El Cajon Valley	4:51.95	3
3 Justeson, Darren	12	Helix	5:00.55	1
4 Mauricio, Scott	12	Helix	5:18.75	
5 Breau, Jacob	9	Helix	5:19.03	



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Event 10 Girls 100 Meter Hurdles Varsity

Name	Yr	School	Finals	Wind	Points
Finals					
--- Kull, Audrey	12	Helix	DQ	NWI	

Event 12 Boys 110 Meter Hurdles Varsity

Name	Yr	School	Finals	Wind	Points
Finals					
1 Kelly, Sean	12	Helix	18.91	NWI	5

Event 16 Boys 400 Meter Run Varsity

Name	Yr	School	Finals	Points
Finals				
1 Parker, Adren	10	Helix	49.85	5
2 Kouwonou, Jb	10	Helix	54.29	3
3 Monganga, Daniel	12	El Cajon Valley	56.17	1
4 Breau, Zachary	12	Helix	58.06	

Event 17 Girls 100 Meter Dash Junior Varsity

Name	Yr	School	Finals	Wind	Points
Finals					
1 Ferguson, Jada	11	Helix	15.23	NWI	5
2 Johnson, Jordyn	9	El Cajon Valley	15.69	NWI	3
3 Henderson, Yazmeen	10	Helix	16.25	NWI	1
4 Yam, Jocelyn	11	Helix	16.40	NWI	
5 Powell, Aya	10	Helix	17.59	NWI	

Event 19 Girls 100 Meter Dash Varsity

Name	Yr	School	Finals	Wind	Points
Finals					
1 Allen, Laraigh	9	Helix	12.30	NWI	5
2 Odom, Alana	11	Helix	12.95	NWI	3
3 Burton, Chanel	9	Helix	13.17	NWI	1
4 Reichstadt, Kayla	11	Helix	13.34	NWI	

Event 20 Boys 100 Meter Dash Varsity

Name	Yr	School	Finals	Wind	Points
Finals					
1 Dahlkamp, Wyatt	10	Helix	12.70	NWI	5
2 McMahon, Ean	9	Helix	13.35	NWI	3
3 Zavala, Victor	12	El Cajon Valley	13.36	NWI	1
4 Levy, Tyrese	11	Helix	13.84	NWI	

Event 21 Girls 800 Meter Run Junior Varsity

Name	Yr	School	Finals	Points
Finals				
1 Baxt, Eva	10	Helix	3:06.42	5



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Finals ... (Event 21 Girls 800 Meter Run Junior Varsity)

Name	Yr	School	Finals	Points
2 Niles, Harper	9	Helix	3:10.20	3
3 Marin, Lisette	11	Helix	3:24.93	1

Event 22 Boys 800 Meter Run Junior Varsity

Name	Yr	School	Finals	Points
Finals				
1 Powell, Jadon	11	Helix	2:29.41	5
2 Towne, Dylan	9	Helix	2:33.12	3
3 Abdullah, Ayman	10	El Cajon Valley	2:35.10	1
4 Cloyd, Oliver	9	Helix	2:35.42	
5 Rubio, Gabriel	9	Helix	3:01.08	
6 DuPont, Gavin	11	Helix	3:03.26	

Event 23 Girls 800 Meter Run Varsity

Name	Yr	School	Finals	Points
Finals				
1 Andersen, Emily	10	Helix	2:48.04	5
2 Alvarez, Isabella	9	Helix	2:58.36	3
3 Velazquez, Marlene	10	Helix	3:01.69	1
4 Salazar, Ariel	10	Helix	3:06.41	

Event 24 Boys 800 Meter Run Varsity

Name	Yr	School	Finals	Points
Finals				
1 Caneday, Joshua	10	Helix	2:04.00	5
2 Justeson, Darren	12	Helix	2:07.21	3

Event 29 Girls 200 Meter Dash Junior Varsity

Name	Yr	School	Finals	Wind	Points
Finals					
1 Ferguson, Jada	11	Helix	32.80	NWI	5
2 Henderson, Yazmeen	10	Helix	34.64	NWI	3
3 Yam, Jocelyn	11	Helix	37.91	NWI	1
4 Powell, Aya	10	Helix	38.54	NWI	

Event 31 Girls 200 Meter Dash Varsity

Name	Yr	School	Finals	Wind	Points
Finals					
1 Allen, Laraigh	9	Helix	27.06	NWI	5
2 Reichstadt, Kayla	11	Helix	28.04	NWI	3
3 Burton, Chanel	9	Helix	28.85	NWI	1
4 Johnson, Emma	11	Helix	29.15	NWI	



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Event 32 Boys 200 Meter Dash Varsity

Name	Yr	School	Finals	Wind	Points
Finals					
1 Parker, Adren	10	Helix	23.06	NWI	5
2 Kouwonou, Jb	10	Helix	24.50	NWI	3
3 Dahlkamp, Wyatt	10	Helix	26.38	NWI	1
4 Breau, Zachary	12	Helix	26.48	NWI	
5 Zavala, Victor	12	El Cajon Valley	27.64	NWI	

Event 33 Girls 3200 Meter Run Junior Varsity

Name	Yr	School	Finals	Points
Finals				
1 Goldberg, Indika	10	Helix	15:22.07	5

Event 36 Boys 3200 Meter Run Varsity

Name	Yr	School	Finals	Points
Finals				
1 Mauricio, Scott	12	Helix	13:02.15	5

Event 39 Girls 4x400 Meter Relay Varsity

Team	Relay	Finals	Points
Finals			
1 Helix 1) Odom, Alana 11	A 2) Reichstadt, Kayla 11	4:32.66 3) Johnson, Emma 11	5
2 Helix 1) Andersen, Emily 10	B 2) Alvarez, Isabella 9	x5:13.08 3) Salazar, Ariel 10	
		4) Allen, Laraigh 9 4) Velazquez, Marlene 10	

Event 40 Boys 4x400 Meter Relay Varsity

Team	Relay	Finals	Points
Finals			
1 Helix 1) Caneday, Joshua 10	A 2) Breau, Jacob 9	4:04.40 3) Justeson, Darren 12	5
		4) Mauricio, Scott 12	

Event 41 Girls Long Jump Junior Varsity

Name	Yr	School	Finals	Wind	Points
Finals					
1 Sumano, Alyanna	10	Helix	12-01.00	NWI	5
2 Powell, Aya	10	Helix	6-05.50	NWI	3
3 Yam, Jocelyn	11	Helix	5-11.00	NWI	1

Event 43 Girls Long Jump Varsity

Name	Yr	School	Finals	Wind	Points
Finals					
1 Williams, Aaliyah	12	Helix	11-06.50	NWI	5
2 Bellinger, Reina	10	Helix	11-03.00	NWI	3



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Event 44 Boys Long Jump Varsity

Name	Yr	School	Finals	Wind	Points
Finals					
1 Kelly, Sean	12	Helix	17-00.00	NWI	5
2 Johnson, Nathan	9	Helix	14-10.50	NWI	3

Event 45 Girls Triple Jump Junior Varsity

Name	Yr	School	Finals	Wind	Points
Finals					
1 Sumano, Alyanna	10	Helix	19-07.00	NWI	5

Event 47 Girls Triple Jump Varsity

Name	Yr	School	Finals	Wind	Points
Finals					
1 Williams, Aaliyah	12	Helix	21-04.00	NWI	5
2 Bellinger, Reina	10	Helix	18-09.50	NWI	3
3 Watkins, Jada	10	Helix	17-00.00	NWI	1

Event 48 Boys Triple Jump Varsity

Name	Yr	School	Finals	Wind	Points
Finals					
1 Kelly, Sean	12	Helix	38-02.00	NWI	5
2 Johnson, Nathan	9	Helix	32-01.00	NWI	3

Event 49 Girls High Jump Junior Varsity

Name	Yr	School	Finals	Points
Finals				
1 Henderson, Yazmeen	10	Helix	3-06.00	5
2 Sumano, Alyanna	10	Helix	3-04.00	3

Event 51 Girls High Jump Varsity

Name	Yr	School	Finals	Points
Finals				
1 Williams, Aaliyah	12	Helix	3-10.00	5

Event 52 Boys High Jump Varsity

Name	Yr	School	Finals	Points
Finals				
1 Dahlkamp, Wyatt	10	Helix	J5-00.00	3
1 Kelly, Sean	12	Helix	J5-00.00	5
3 Johnson, Nathan	9	Helix	J4-04.00	1

Event 56 Boys Pole Vault Varsity

Name	Yr	School	Finals	Points
Finals				
--- Garcia, Benjamin	11	Helix	NH	


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Event 59 Girls Shot Put Varsity

Name	Yr	School	Finals	Points
Finals				
1 Lauifi, Leilah	9	Helix	32-08.00	5
2 Lauifi, Heiley	9	Helix	30-03.00	3
3 Rocha, Valeria	11	El Cajon Valley	28-09.00	1
4 Toews, Alanis-lee	11	Helix	17-02.00	

Event 60 Boys Shot Put Varsity

Name	Yr	School	Finals	Points
Finals				
1 Robinson, Derek	12	El Cajon Valley	34-11.00	5

Event 63 Girls Discus Throw Varsity

Name	Yr	School	Finals	Points
Finals				
1 Lauifi, Heiley	9	Helix	87-06	5
2 Lauifi, Leilah	9	Helix	84-10	3
3 Rocha, Valeria	11	El Cajon Valley	79-11	1
4 Toews, Alanis-lee	11	Helix	36-07	

Event 64 Boys Discus Throw Varsity

Name	Yr	School	Finals	Points
Finals				
1 Robinson, Derek	12	El Cajon Valley	76-09	5

Women - Varsity - Team Rankings - 13 Events Scored

1) Helix	79	2) El Cajon Valley	2
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Women - Junior Varsity - Team Rankings - 8 Events Scored

1) Helix	59	2) El Cajon Valley	4
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Men - Varsity - Team Rankings - 15 Events Scored

1) Helix	84	2) El Cajon Valley	15
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Men - Junior Varsity - Team Rankings - 2 Events Scored

1) Helix	16	2) El Cajon Valley	2
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