



2020 Track & Field Mark Trials

Shot Put Men (20' feet)

Name	BEST throw
1. Michael Williams	30'3
2. Kanehailua Pelekia-libria	28'3
3. Tyler Peet	26'9
4. Brokton Harris	24'3.5
5. Sam Katz	22'9.5
6. Nathan Espondle	22'
7. Noah Bellon	20'9

Shot Put Women (15' feet)

Name	BEST throw
1. Sabrina Espelet	24'9.5
2. Naomi Lorenz	22'3
3. Annabel Shaba	20'
4. Hailey Banks	19'4.5
5. Ashlee Silva	17'9



2020 Track & Field Mark Trials

Long Jump Men (14'5 feet)

Name (only those who made the mark)	
Jude Coppersmith	X
Matthew Elias	X
Owen Gaut	X
Aaron Silva	X
Roberto Ramirez	X
Ben Sanchez	X
Victor Rodriguez	X
Keawe Pelekiai-Librea	X

Long Jump Women (12' feet)

Name (only those who made the mark)	
Emilie Larson	X
Alexis Greenfield	X
Kavie Pasha	X
Grace Braden	X



**2020 Track & Field
Time Trials**

1600

Men (6:20)

Name	400	800	1200	1600
1. Micah Sanchez	1:13	2:30(1:17)	3:48(1:18)	4:58(1:10)
2. Jacob Mapes	1:13	2:30(1:17)	3:48(1:18)	4:58(1:10)
3. Owen Gaut	1:25	2:55(1:30)	4:18(1:23)	5:39(1:21)
4. Coach Sanchez	1:25	2:59(1:34)	4:25(1:26)	5:49(1:24)
5. Dante Spencer	1:26	3:07(1:39)	4:53(1:46)	6:22(1:29)

1600

Women (7:10)

Name	400	800	1200	1600
1. Bethany Mapes	1:25	2:59(1:34)	4:30(1:31)	5:56(1:26)
2. Kyra Greenfield	1:26	3:10(1:44)	5:03(1:53)	6:48(1:45)



**2020 Track & Field
Time Trials**

**400
Men (1:09)**

**400
Women (1:20)**

PLACE/NAME	400	PLACE/NAME	400
1. Jude Coppersmith	:57	Izzy Woodhams	1:04
2. Roberto Ramirez	:58	Alexis Greenfield	1:06
3. Matt Elias	:59	Sophia Hillard	1:09
4. Micah Miller	1:01	Ally Gaut	1:09
5. Aaron Silva	1:01	Anayah Lewis-Cox	1:11
6. Gabriel Gastelum	1:02	Alexa Schroeder	1:12
7. Damien Figeroua	1:04	Cambria Sanchez	1:12
8. Kenny Wells	1:05	Sabrina Espelet	1:13
9. Brian Todd	1:07	Morgan Nipper	1:15
10.		Kai Bethea	1:15



2020 Track & Field Time Trials

100
Men (13.5)

100
Women (16.5)

PLACE/NAME	100	PLACE/NAME	100
1. Owen Gaut	12.1	Emilie Larson	13.3
2. Michael Williams	12.2	Bella Via	13.4
3. Roberto Ramirez	12.8	Natalie Woods	13.6
4. Damien Figeroua	12.9	Morgan McDaniel	13.8
5. Oscar Heers	13.0	Anayah Lewis-Cox	14.2
6. Keawe Pelekia-Librea	13.1	Ally Gaut	14.4
7. Matt Elias	23.1	Sabrina Espelet	14.7
8.		Maria Gautane	15.0
9.		Grace Braden	15.3
10.		Kai Bethea	15.4
11.		Zoe Karlson	15.7
12.		Alexis Avalos <small>(Friday)</small>	15.8
13.		Trinity Tran	15.9
14.		Kavie Pasha	16.0
15.		Jenai Harris	16.3
16.		Haley Banks	16.4
17.		Erin Edkins	17.0



2020 Track & Field
Time Trials

800
Men (2:45)

800
Women (3:15)

Place/Name	400	800	Place/Name	400	800
1. Micah Sanchez	1:08	2:18			
2. Jude Coppersmith	1:09	2:19			
3. Jacob Mapes	1:10	2:20			
4. Gavin Walker	1:15	2:34			
5. Logan Howarter	1:15	2:40			
6. Dante Spencer	1:22	3:05			

200
Men (31.0)

200
Women (35.0)

Place/Name	200	Place/Name	200
1. Michael Williams	26.2	Bella Via	29.2
2. Matt Elias	26.4	Ally Gaut	30.4
3. Oscar Heers	26.6	Maria Gautane	33.4
4. Damien Figeroua	26.9	Kavie Pasha	35.9
5. Roberto Ramirez	27.0	Erin Edkins	36.4
6. Gabriel Gastelum	27.9		
7. Aaron Silva	28.1		
8. Brian Todd	29.0		
9. Kenny Wells	30.7		