

DIABLO FOOTHILL ATHLETIC LEAGUE

PAT LICKISS, COMMISSIONER
1989 WOODBURY CT., WALNUT CREEK, CA. 94596 TEL/FAX (925) 939-3127

ACALANES ALHAMBRA CAMPOLINDO DOUGHERTY VALLEY DUBLIN LAS LOMAS MIRAMONTE

DFAL All-League Girls Track – 2010-11

1st Team All-League

<u>Name</u>	<u>School</u>	<u>Event(s)</u>
Megan Reid	Miramonte	4x100 Relay, 100M
Kera Deakins	Miramonte	4x100 Relay, 4x400 Relay, 400M
Devon McDonald	Miramonte	4x100 Relay, 4x400 Relay, Long Jump, Triple Jump
Kirby Schultz	Miramonte	4x100 Relay, 4x400 Relay, 100M Hurdles, 300M Hurdles
Rebekah Ent	Miramonte	4x400 Relay, 800M
Carrie Verdon	Campolindo	1600M, 800M, 3200M
Jamie Rompel	Dublin	100M Hurdles
Hadley Swanson	Campolindo	400M, 200M, High Jump, Long Jump
Noria Mitchell	Dublin	100M, 200M
Juliet Farnan	Campolindo	3200M
Rhea Jayachandrand	Campolindo	Triple Jump
Cimrah Viridi	Las Lomas	Pole Vault
Praise Adesida	Alhambra	Shot Put, Discus Throw
Margaret Macy	Campolindo	Discus Throw

2nd Team All-League

Jordan Hines	Acalanes	4x100 Relay
Amy Hollshwander	Acalanes	4x100 Relay, 4x400 Relay, Long Jump
Katie Salmon	Acalanes	4x100 Relay
Anja Simonsen	Acalanes	4x100 Relay
Haley Kisner	Acalanes	4x400 Relay
Tara Bozzini	Acalanes	4x400 Relay, 800M
Katie Berge	Acalanes	4x400 Relay, 1600M
Katie Barton	Acalanes	100M Hurdles, 300M Hurdles, Triple Jump
Stephanie Amack	Dougherty Valley	400M, 4x400 Relay
Amani Lovelace	Dougherty Valley	100M, 4x100 Relay, 200M
Kenzie Amack	Dougherty Valley	High Jump
Megan Gemar	Las Lomas	Pole Vault
Jurnee Mabrey	Dougherty Valley	Shot Put
Brianna Wilkinson	Acalanes	Discus Throw

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Event(s)</u>
Jasmine Jenkins	Dougherty Valley	4x100 Relay
Erika Serame	Dougherty Valley	4x100 Relay
Amber Nabors	Dougherty Valley	4x100 Relay
Lauren Nakaso	Dougherty Valley	4x400 Relay
Sarah Hay	Dougherty Valley	4x400 Relay
Isabelle deMetz	Dougherty Valley	4x400 Relay
Rachel Meadows	Campolindo	1600M
Meghan Nelson	Campolindo	300M Hurdles
Shelby Nickles	Dublin	3200M
Michaela McKee	Las Lomas	High Jump
Alyssa Wendt	Miramonte	Pole Vault
Molly West	Alhambra	Shot Put