



**2023**

*Almond Eagles*  
*Covington Coyotes*  
*Gardner Grizzlies*  
*Loyola Lions*  
*Oak Cougars*  
*Santa Rita Bobcats*  
*Springer Stingers*

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**It's not too late to join Los Altos Educational Foundation's Leadership Circle! Help provide the cornerstone of the LAEF's 2022-23 grant to our school district and fund teachers for STEM, Wellness, Literacy and Arts. Join now and be recognized in LAEF's annual report for your leadership participation this school year. For info, visit [LAEFonline.org](http://LAEFonline.org) or call 650.559.0445.**

***Special thanks from the Junior Olympics Committee to the following for their support:***

LAEF, Los Altos High School, PTA's of Almond, Covington, Gardner-Bullis, Loyola, Oak, Santa Rita & Springer

***Check results at [www.lasdjo.com](http://www.lasdjo.com)***

# ***Welcome to the 61st LASD Junior Olympics!***

**Of all the events that LASD children and parents participate in during their elementary school years, Junior Olympics always seems to stand out as a favorite. This event is unique to LASD and offers elementary children from all over the district an opportunity to come together for a day of friendly competition.**

## **Today Is All About...**

- Cheering for friends & family
- Dedication to practice & best efforts
- Community among 7 elementary schools
- Appreciation for committed teachers, parents & supporters

On behalf of the entire 2023 Junior Olympics Committee, we thank you for making this a memorable day!

*-Kathy Lyon, 2023 Junior Olympics Chair*

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# LASD Junior Olympics **SCHEDULE of EVENTS**

**Individual Events**

**Finals & Relays**

	1320 RUN	CHIN-UPS	LONG JUMP	60 YD HURDLES	SOFTBALL THROW	75 YD DASH	JUMP ROPE	BASKET-BALL
8:00	6G/6B/5G/5B/4G/4B							
9:00	<i>Opening Ceremonies - all 4th, 5th, 6th graders walk with schools</i>							
9:35								
10:15		↑ ANY ENTRANT 9:35-12:15 ↓	4B	4G	6B	6G	5B	5G
10:55			5G	4B	4G	6B	6G	5B
11:35			5B	5G	4B	4G	6B	6G
12:15			6G	5B	5G	4B	4G	6B
12:55			6B	6G	5B	5G	4B	4G
1:30			4G	6B	6G	5B	5G	4B
<i>Mascot Mania</i>								
1:45*	DASH FINALS	HURDLES FINALS	BLUE RELAY	WHITE RELAY	RED RELAY			
	4G/4B/5G/5B/6G/6B							
2:15*		4G/4B/5G/5B/6G/6B						
			5G/5B/4G/4B/6G/6B					
				5G/5B/4G/4B/6G/6B				
						5G/5B/4G/4B/6G/6B		

\* These times are approximate. Events will go in order as they finish.

# ***Event Notes***

## **1320 RACE**

Please see the map and schedule for details. First race starts at 8am. No Check-in required. Proceed directly to the starting line.

## **TIMING**

Dash, hurdles and relays are electronically timed. The system takes up to 500 pictures/sec. Times are recorded to four decimal places. In the case of a tie all decimal places will be used. Runners who stray from lanes and impede other runners will be disqualified.

## **TRACK EVENTS**

Only athletes and authorized event personnel (those w/ field passes) are allowed on the track. Parents and coaches are not allowed. Athletes must enter track events through the single Athlete Entrance closest to the parking lot. Exit is on the opposite end of the field, same side. (see map) NO cleats, spikes, soccer shoes, track shoes, track shoes with spikes removed, or bare feet.

## **FINALS**

The top 6 runners from each Hurdle and Dash event will qualify for Finals. Results will be posted on the fence outside the track by the start of the Dash and online at [lasdjo.com](http://lasdjo.com). Some participants will have very little time between running events. The timers and committee work as quickly as possible to post results.

## **RELAYS**

Teams must check in at the **Relay Staging Area** in the bleachers by the Hurdles event. Teams must have all members before entering track and (if determined by their coach) can assemble at their School Tent first then walk over together. Relay Coordinator will signal to teams when it is time to enter the track. No batons, hats, sunglasses or other personal items may be brought onto track. Teams will be given markers and batons by officials. Relay coaches are not allowed onto the track or field. Teams will exit the track near the finish line.

## **HURDLES**

4th graders will jump 18" hurdles. 5th and 6th graders will jump 24" hurdles.

## **JUMP ROPE**

Jumpers who double jump or jump 90+ MUST announce themselves to counters. They require 2 additional counters for accuracy. If these jumpers don't comply they will have to wait in line and jump again.

# **2023 LASD Torch Bearers**

Congratulations to the 2023 Junior Olympics Torch Bearers, who were chosen for their positive attitude in all aspects of school and sportsmanship! They exemplify responsibility, respect, fairness, trustworthiness, caring and citizenship.

**Almond** - Macie Benson & Deven Bhatia

**Covington** - Kaden Chan & Noor Kabakibo

**Gardner Bullis** - Mika Kaplinski & Aiden Chen

**Loyola** - Avi Agrawal & Hailey Schmidt

**Oak** - Benny Chiu & Edith Huang

**Santa Rita** - Catalina Mendoza & Toshi Oda

**Springer** - Pablo Tejero & Reese Ahlers

## ***School Mascots Opening Ceremony / Mascot Mania***

**Almond** - Chloe Chan / Connor Daniel

**Covington** - Claire Hash / Ayan Maru

**Gardner** - Colby Draeger / Jeremy Fong

**Loyola** - Mia Levin / Keanu Kamangar

**Oak** - Padrig Jan / Isla Bui

**Santa Rita** - Iris Meyer / Julian Joos

**Springer** - Ella Smith / Grayson Smith

## ***U.S. Color Guard, Olympic Guard & Flag Bearers***

**6th Grade** - US Flag, Raphael Hondl / JO Flag, Annabelle Yao

**5th Grade** - US Color Guard, Ankan Shah / US Color Guard, Poppi Metaxas

**4th Grade** - Olympic CG, Dean Elsadek / Olympic CG, Catalaya Sanislo-Pereyra

## ***Opening Ceremony Music***

LASD 6th Grade Band Students

## ***Today's Announcers***

Steve Apfelberg & Kiernan Raffo

***Electric Timing*** provided by LAHS, MVHS & The Bystrom Family

## 2023 JUNIOR OLYMPICS REPS

SCHOOL	REPS	EVENT(S)	2022 DUTIES	SCHOOL	REPS	EVENT(S)	2022 DUTIES
<b>Almond</b>	Glenda McFarlane	Long Jump	Programs VIP's Announcer	<b>Loyola</b>	Christy Johnson	Hurdles	Opening Ceremony
	Bob McFarlane				Brad Brack		Security
	Peipei Yu			Elizabeth Dietz	Track Coordinator		
<b>Covington</b>	Jenny Raffo	Basketball Free Throw	Hospitality Awards JO Chair	<b>Springer</b>	Winnie Cheng	1320 & 75 Yard Dash	First Aid Publicity Food A
	Erin Sobota				Liz Hwang		
	Kiernan Raffo				James Kim		
	Lynn Kostow				Susan Boyle		
<b>Oak</b>	Katherine Lyon	Jump Rope	Equipment Friday Set-Up Signs Heat Sheets	<b>Santa Rita</b>	Michelle Chan	Softball Throw	HS Volunteers Info Booth Food B
	Abigail Mortimore				Marzena Niechwiej		
	Judd Klement				Kerry Bonar		
	Ashish Patel				Sara Branin Mooser		
	Diantha Galli				Mara Herbach		
					Maria Viitanen		
	Shalika Pargal						
	Sarah Cunningham						
<b>Gardner Bullis</b>	Annie Peters	Chin-Ups & Relays	Treasurer Website Secretary/Results	<b>Gardner Bullis</b>	Kelly Sanders	Chin-Ups & Relays	Treasurer Website Secretary/Results
	Claudia Garcia				Mitch Smith		
	Chris-Anne Lai				Alison Biggs		
	Hilary Smith				Lisa Weekes		
	Jamie Saxena		Jena Wise				
	Colby Holthouse						

## 2023 JO COMMITTEE LASD REPS

ROLE	REP(S)
Meet Director	Deena Zacanti
District Liaison	David Cerecedes
Training PE Teachers	David Cerecedes, Candice Marquis, Doug Core, Jay Heeb, Josh Ortman, Courtney Bertolacci & Pearl Garvin
Starters	Deena Zacanti, Jay Heeb, Josh Ortman
Finish Line Coordinators	Dena Zacanti, Pearl Garvin
Volunteer Track Staff	Dena Zacanti, Mary Alber
Music Teachers	Corrie Dunn, Jason Braun, Joe Chan, Joanna Dahl-Caro, Jason Locsin

*Check results at [www.lasdjo.com](http://www.lasdjo.com)*

# ***Additional Information***

## **EQUIPMENT**

Use of personal equipment in any event will result in student disqualification for that event. No gloves may be used for chin-ups.

## **PETS**

No pets allowed at the Junior Olympics.

## **APPROPRIATE ATTIRE**

All athletes must wear their school's Junior Olympics t-shirt to compete. Check with your school tent if you have any issues. Appropriate shoes must be worn for all events.

Sunglasses, hats and comfortable shorts or pants are recommended.

## **OVEREXERTION**

Many participants are competing in several running events with very little time to recover. It is important to stay hydrated and cool. Rest between events and sit under shade.

## **SUPERVISION**

Children need to be accompanied by an adult. Parents should accompany student athletes to their events in case of injury and to ensure children are on time and ready to compete.

## **FIRST AID**

There are two First Aid stations: one on the infield near the hurdles and one on the grass field across from the school tents. They are each stocked with Band-Aids, water, and ice for minor injuries. The parent volunteers at these stations are not medical professionals. 911 will be called in the case of an emergency.

## **WATER BOTTLE FILLING STATIONS**

Participants should bring a full, reusable water bottle to the event. Water Bottle Filling stations can be found in front of the Grandstand bathroom, in front of the main gym, inside the foyer of the main gym, at the large building closest to the School Tents, and outside of the bathroom at the 3rd corner of the track.



## **AWARDS**

1st– 6th place awards in each event will be given out at your school on a date set individually by each school.

## **DISCREPANCIES**

Meet director decisions are final.

# ***2023 JUNIOR OLYMPICS FOOD OPTIONS***

The Junior Olympics Committee increased options for 2023 to alleviate wait times. We've assembled a wide variety of food choices to meet your family's needs. Each vendor will have a full menu and pricing available. Food Trucks, Carts & Tables are located at the school drop zone on Almond Avenue or in Quad. Tables and chairs are available in the Quad area of campus adjacent to the food trucks. Enjoy!

## ***FOOD VENDORS***

**\*A portion of all sales will be donated to the LASD Junior Olympics Fund**

**Kona Ice** - Shaved Ice

**ZoomCaffe** - Coffee & Pastries

**House Of Bagels** - Assorted items (in Quad)

**Umai Hot Dogs** - Gourmet Hot Dogs

**Adams Grub Truck** - Sandos, Mac & Cheese

**Wetzels Pretzels** - Soft Pretzels

**Luv's Brownies** - Desserts

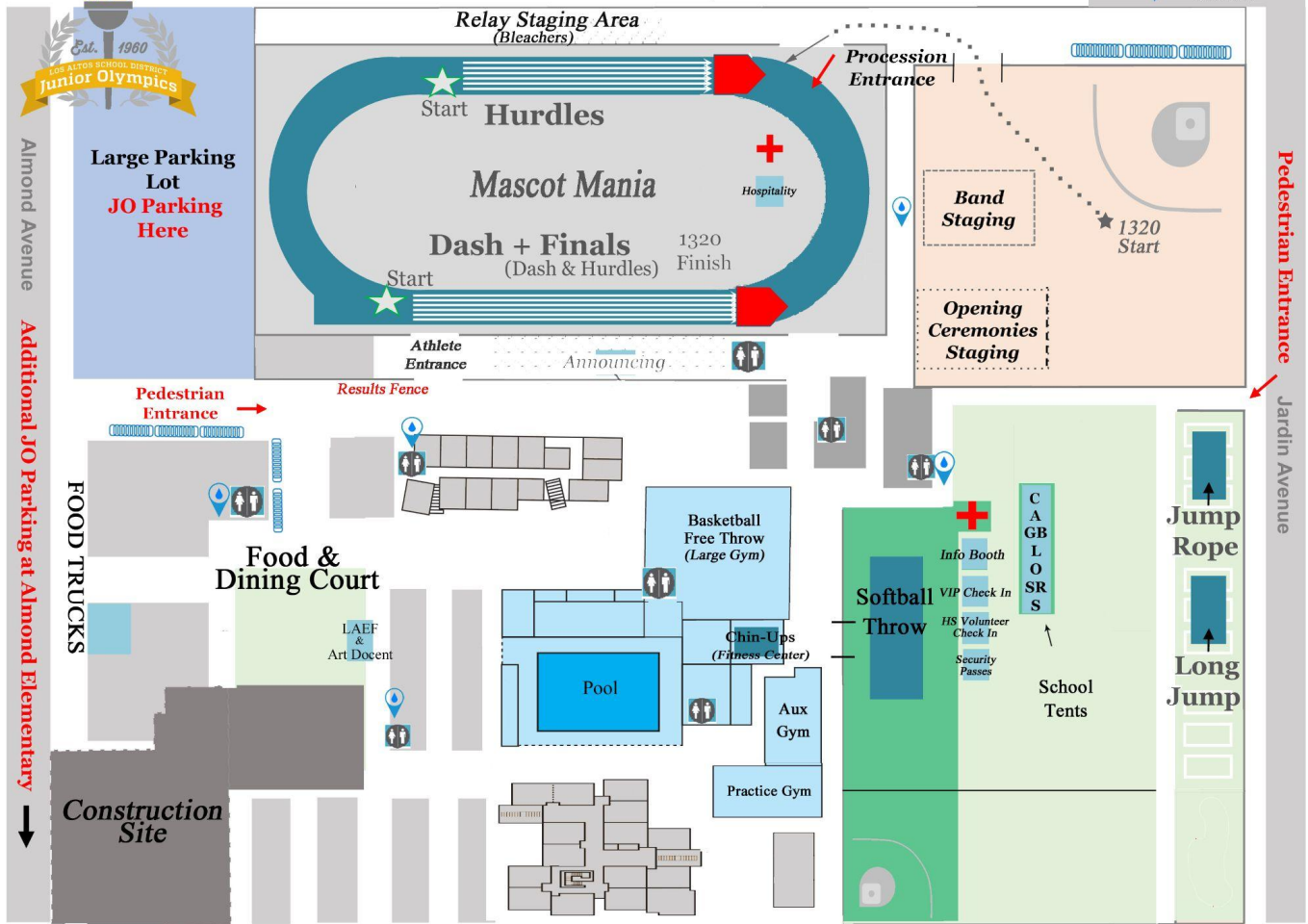
**Grillzillas** - Burgers

**BBQ Kalbi** - Korean BBQ

**Cazadores** - Tacos

**LASD Junior Olympics EVENT MAP/ Los Altos High School**  
 201 Almond Avenue, Los Altos

Bicycle Parking  
 Water Filling Stations



# JUNIOR OLYMPICS 2022 FIRST PLACE RESULTS

\*NR = New J.O. Record

EVENT	Grade/Gender	Name	School	Time/Score
1320 Yard Run	4G	Annika Whalen	Springer	5:15.12
	4B	Bailey Stucker	Oak	4:48.92
	5G	Hailey Schmidt	Loyola	4:44.06
	<b>5B</b>	<b>Liam Tassa</b>	<b>Springer</b>	<b>4:09.56 (NR)</b>
	6G	Eloise Waight	Springer	4:52.60
	6B	Yotam Hod	Oak	4:29.97
75 Yard Dash	4G	Jemma O'Keefe	Springer	10.77
	4B	Idan Hod	Oak	10.68
	5G	Olivia Peters	Oak	10.68
	5B	James Choi	Covington	10.31
	6G	Makayla Mase	Covington	10.18
	6B	Marti Markov	Springer	09.21

Check results at [www.lasdjo.com](http://www.lasdjo.com)

<b>60 Yard Hurdles</b>	4G	Jemma O'Keefe	Springer	09.83
	4B	Bodie Braun	Covington	09.81
	5G	Olivia Peters	Oak	09.87
	5B	Julian Chaw	Springer	09.44
	6G	Noa Amit	Covington	09.59
	6B	Marti Markov	Springer	08.59
	<b>Standing Long Jump</b>	4G	Selene Stein	Santa Rita
4B		Andrew Kim	Covington	71"
5G		Caroline Mortimore	Covington	83"
5B (tie)		Archer Torrie	Oak	75"
5B (tie)		Carlton Nguyen	Oak	75"
5B (tie)		Max Haenikel	Covington	75"
6G (tie)		Anusha Shukla	Springer	86"
6G (tie)		Valeria Suffoletto	Almond	86"
6B		Aidan Pao	Oak	84"
<b>Basketball Free Throw</b>	4G (tie)	Charlie Simon	Loyola	6
	4G (tie)	Amelie Alvarez	Almond	6
	4B	Callan To	Loyola	11
	5G	Olivia Peters	Oak	8
	5B	Asher Kirkpatrick	Loyola	9
	6G	Kimi Aquino	Loyola	8
	6B (tie)	Yotam Hod	Oak	10
	6B (tie)	Vijay Sidhu	Covington	10
<b>Softball Throw</b>	4G	Jamie Cullinane	Springer	89'
	<b>4B</b>	<b>Henry Chen</b>	<b>Gardner</b>	<b>159' (NR-tie)</b>
	5G (tie)	Calla Holtshouse	Oak	101'
	5G (tie)	Phoebe Tobias	Springer	101'
	5B	Colin Kim	Oak	138'
	6G (tie)	Anneliese Braun	Covington	144'
	<b>6B</b>	<b>Michael Park</b>	<b>Almond</b>	<b>215' (NR)</b>
<b>Jump Rope</b>	4G	Rumy Tsuboyama	Santa Rita	97
	4B	Filipp Tonyev	Almond	94
	5G	Jiwoo Kim	Santa Rita	100
	5B	Eric You	Gardner	100
	6G	Hailey Bilstad	Springer	101
	6B	Devansh Sanghavi	Covington	89

*Check results at [www.lasdjo.com](http://www.lasdjo.com)*

<b>Chip Ups</b>	4G	Katerina Krupina	Almond	13
	4B	Hubert Tan	Covington	8
	5G	Stella Walton	Santa Rita	19
	5B	Emmett Volkert	Santa Rita	23
	6G	Valeria Suffoletto	Almond	26
	6B	Alex Crosby	Gardner	21
<b>4x100m Relay BLUE</b>	4G	Blue	Santa Rita	1:09.12
	<b>4B</b>	<b>Blue</b>	<b>Covington</b>	<b>1:03.63 (NR)</b>
	5G	Blue	Almond	1:05.96
	5B	Blue	Springer	1:03.75
	6G	Blue	Covington	1:01.95
	6B	Blue	Oak	1:00.31
<b>4x100m Relay WHITE</b>	4G	White	Covington	1:07.63
	4B	White	Covington	1:03.82
	5G	White	Oak	1:06.23
	5B	White	Loyola	1:02.72
	<b>6G</b>	<b>White</b>	<b>Springer</b>	<b>59.03 (NR)</b>
	6B	White	Springer	59.58
<b>4x100m Relay RED</b>	4G	Red	Santa Rita	1:04.96
	4B	Red	Covington	1:02.51
	5G	Red	Oak	1:01.17
	5B	Red	Springer	59.63
	<b>6G</b>	<b>Red</b>	<b>Springer</b>	<b>57.19 (NR)</b>
	6B	Red	Springer	55.46

# JUNIOR OLYMPICS RECORD HOLDERS

(GRADE NAME SCHOOL YEAR RESULT)

## 1320 Yard Run

### Boys

### Girls

4th Boden Sirey Almond 2015	4:17	4th Angelica Chou Covington 2016	4:27.5
5th Liam Tassa Springer 2022	4:09.56	5th Angelica Chou Covington 2017	4:20
6th Boden Sirey Almond 2017	3:57	6th Natalie Mark Oak 2017	4:12

## 75 Yard Dash

### Boys

### Girls

4th Luke DeVine Gardner 2016	10.0	4th Sophie Murdock Covington 2016	10.24
5th Cole Corsiglia Loyola 2011	9.77	5th Rebecca Burnham Santa Rita 1994	9.8*
6th Colton Bellandi Loyola 2006	9.1*	5th Colby Lyman Bullis 1996	9.8*
		5th Milana Sarathy Springer 2013	9.78
		6th Rachael Estell Oak 2011	9.31

## 60 Yard Hurdles

### Boys

### Girls

4th Logan Allen Loyola 2006	9.3**	4th Julia Goupil Almond 2006	9.4**
4th Boden Sirey Almond 2015	9.09***	4th Lana Vogler Gardner 2014	9.08
5th Troy Hartter Springer 2000	8.9*	5th Milana Sarathy Springer 2013	8.99
5th Cole Corsiglia Loyola 2011	8.85	6th Milana Sarathy Springer 2014	8.62
6th Steven Frey Oak 2003	8.4*		
6th Andrew Nguyen Covington 2005	8.4*		

## Standing Long Jump

### Boys

### Girls

4th Dennis Lin Santa Rita 1986	7' 1 3/4"	4th Kristin Fifer Covington 1979	6' 10"
5th Woong Choi Gardner 2017	8' 2"	5th Yvette Hegedus Loyola 1988	7' 2"
6th Mike Croel Oak 1981	8' 4"	6th Yvette Hegedus Loyola 1989	7' 5 1/2"

## Basketball Free Throw

### Boys

### Girls

4th Jai Khurana Santa Rita 2019	15	4th Audrey Telkamp Oak 2012	11
5th Alex O'Connor Almond 2001	11	5th Audrey Telkamp Oak 2013	10
5th Jeremy Awdisho Covington 2006	11	5th Karen Ladenheim Oak 2002	10
5th Christopher Lewis Oak 2007	11	5th Jamie Arrillaga Loyola 2010	10
5th Dariush Shahidi Gardner 2013	11	6th Kelly Peir Loyola 2017	10
5th Peter Daseking Loyola 2013	11		
5th Jake Skaggs Santa Rita 2015	11		
5th Joe Morgan Gardner 2017	11		
5th Brigham Robinson Oak 2019	11		
5th Tayshin Gandhi Covington 2019	11		
6th Jake Skaggs Santa Rita 2016	12	AND 6th Jackson Steffen Springer 2016	12

Check results at [www.lasdjo.com](http://www.lasdjo.com)

<b>Softball Throw<sup>^</sup></b>		<b>Boys</b>	<b>Girls</b>
4th Channing Hautop Gardner 2016	159'		4th Jamie Baum Almond 2013 129'
4th Henry Chen Gardner 2022	159'		
5th Kevin Conway Loyola 2017	176'		5th Hannah Cushing Santa Rita 2016 149'
6th Michael Park Almond 2022	215'		6th Julia Donovan Almond 2018 169'

<b>Jump Rope</b>		<b>Boys</b>	<b>Girls</b>
4th Matthew Kim Santa Rita 2019	101		4th Jennifer Bruce Springer 1981 139
5th Alex Koong Oak 2014	116		5th Annabelle Lee Santa Rita 2019 123
6th Jason Hughes Loyola 1984	125		6th Suzuki Ayaka Springer 1997 132
6th Alan Guo Almond 2013	125		

<b>Chin Ups</b>		<b>Boys</b>	<b>Girls</b>
4th Leo Navarro Oak 2014	27		4th Kara Chou Almond 2016 28
5th Brent Patterson Santa Rita 1986	32		5th Annika Coleman Covington 2013 28
6th Daniel Shilman Loyola 2014	27		6th Coryanne Hicks Almond 2002 36

## **RELAY**

<b>4 x 100 Meter Relay</b>		<b>BLUE Boys</b>	<b>BLUE Girls</b>
4th BLUE Covington 2022	1:03.63		4th BLUE Oak 2018 1.06.71
5th BLUE Loyola 2017	1.02.10		5th BLUE Springer 2019 1.03.93
6th BLUE Oak 2014	59.45		6th BLUE Oak 2014 1:00.76

<b>4 x 100 Meter Relay</b>		<b>WHITE Boys</b>	<b>WHITE Girls</b>
4th WHITE Almond 2010	1.02.81		4th WHITE Santa Rita 2014 1:03.85
5th WHITE Covington 2019	59.66		5th WHITE Santa Rita 2015 1:01.47
6th WHITE Santa Rita 2011	58.39		6th WHITE Springer 2022 59.03

<b>4 x 100 Meter Relay</b>		<b>RED Boys</b>	<b>RED Girls</b>
4th RED Almond 2019	1:00.37		4th RED Covington 2016 1:02.72
5th RED Oak 2013	58.01		5th RED Almond 2007 55.12
6th RED Springer 2017	54.61		6th RED Springer 2022 57.19

<b>4 x 100 Meter Relay</b>		<b>COED</b>
6th COED Loyola 2017	1:02.09	

\* Record rounded to nearest tenth before electronic timing. Shall hold until beat by .06 seconds

\*\* Record made jumping 24" hurdles. Shall always hold. 4th grade now uses an 18" hurdle.

\*\*\* Record set in qualifying heat

<sup>^</sup> Records prior to 2000 retired due to use of different measurement for distance