



YOUTH TRACK & FIELD

2024 USATF Pacific

Junior Olympic **TRACK & FIELD** CHAMPIONS

*Followed by 8 pages of all the 2024 JO TF **Top 8** athletes.*

NAME	B/G	CLUB	AGE	EVENT	PL	MARK
Archer Gorelik	B	3M TC	7-8	1500m	1	5:28.14
Archer Gorelik	B	3M TC	7-8	Javelin Throw	1	27.51m
Eli Hernandez	B	Mount Diablo Heat	11-12	3000m	1	9:30.71
Kiefer Willcox	B	Lake Tahoe TC	15-16	1500m	1	3:58.99
Matthew McHale	B	Trail Blazers TC	17-18	Decathlon	1	6554 pts.
Ava Thorgersen	G	Oakland Cubs	13-14	3000m RW	1	14:53.54
Clara Adams	G	Central Coast Cheetahs	15-16	400m	1	54.18
Gracelynne Duenas	G	Golden State Throwers	15-16	Hammer	1	48.26m



2024 YOUTH TRACK & FIELD

USATF JR. OLYMPICS TOP 8

Boys Age Groups 7-8, 9-10 (1 of 4 pages)

Archer Gorelik	3M TC	7-8	1500m	1	5:28.14
Archer Gorelik	3M TC	7-8	800m	5	2:44.67
Archer Gorelik	3M TC	7-8	Javelin Throw	1	27.51m
Elijah Brass Jr.	God Speed TC	7-8	Long Jump	6	3.76m
Shaunak Vichare	Mission Valley T&F	7-8	Javelin Throw	2	24.74m
Brenden Visser	Central Valley Roadrunners	9-10	400m	3	59.83
Ean Hernandez	Mount Diablo Heat	9-10	1500m	2	5:02.34
Ethan Hernandez	Mount Diablo Heat	9-10	1500m	5	5:06.93
Jayceon Carswell	Umoja	9-10	Long Jump	8	4.14m
Josiah Touch	Factory Elite Speed Academy	9-10	100m	3	12.80
Kamden Coffey	3M TC	9-10	Long Jump	7	4.19m
Saish Gondhali	Mission Valley T&F	9-10	1500m RW	2	9:40.05
Samrath Saini	Mission Valley T&F	9-10	1500m RW	7	10:25.94
Tyler White Jr.	God Speed TC	9-10	High Jump	7	1.26m
Tyler White Jr.	God Speed TC	9-10	Triathlon	7	578 pts. 1:16.21/6.17m/1.35m



YOUTH TRACK & FIELD 2024 USATF JR. OLYMPICS TOP 8 Boys Age Groups 9-10, 11-12

(Boys 2 of 4 pages)

Xavier Johnson	Full Stride	9-10	100m	8	13.07
Xavier Johnson	Full Stride	9-10	200m	5	27.44
Xavier Johnson	Full Stride	9-10	400m	2	59.63
Bryce Parsons	Lake Tahoe TC	11-12	4x800m Relay	7	10:17.65
Eli Hernandez	Mount Diablo Heat	11-12	1500m	3	4:34.84
Eli Hernandez	Mount Diablo Heat	11-12	3000m	1	9:30.71
James Pietzke	Lake Tahoe TC	11-12	4x800m Relay	7	10:17.65
Kameron Pruitt-Jarrett	Oakland PAL	11-12	High Jump	6	1.40m
Landon Confer	Lake Tahoe TC	11-12	4x800m Relay	7	10:17.65
Miles Cooper	Lake Tahoe TC	11-12	4x800m Relay	7	10:17.65
Pranav Paschapur	Mission Valley T&F	11-12	1500m RW	6	9:04.67
Reyansh Kedia	Mission Valley T&F	11-12	1500m RW	5	8:50.87
Sage Onyejekwe	East Palo Alto Greyhounds	11-12	80mH	3	12.82
Troy Torgersen	Oakland Cubs	11-12	Pentathlon	8	1746 pts, 15.04/9.57m/1.20m/3.93m/5:56.54
Aadit Deepak	Mission Valley T&F	13-14	3000m RW	7	20:27.91
Alexander Ibarra	Oakland Cubs	13-14	3000m	8	9:46.88



YOUTH TRACK & FIELD
2024 USATF JR. OLYMPICS TOP 8
Boys Age Groups 13-14 *(Boys, 3 of 4 pages)*

(2 of 7 pages)

Gavin Shaw	East Palo Alto Greyhounds	13-14	400m	6	51.82
Kishan Paschapur	Mission Valley T&F	13-14	3000m RW	2	18:35.84
Liam Tassa	California Grizzlies	13-14	1500m	3	4:14.67
Liam Tassa	California Grizzlies	13-14	800m	5	2:02.97
Riley Ratcliff	Sacramento Speed Factory	13-14	Triple Jump	2	12.85m
Royal Moore	God Speed TC	13-14	100mH	3	13.70
Royal Moore	God Speed TC	13-14	200mH	4	25.74
Royal Moore	God Speed TC	13-14	Pentathlon	4	2728 pts, 14.31/7.78m/1.60m/5.97m/5:30.72
Treavor Das	Mission Valley T&F	13-14	3000m RW	6	20:27.68
Tres Onyejekwe	East Palo Alto Greyhounds	13-14	100mH	6	14.49
Tres Onyejekwe	East Palo Alto Greyhounds	13-14	200mH	5	25.94
Gabe Cervantes	East Palo Alto Greyhounds	15-16	3000m RW	5	23:39.44
Kiefer Willcox	Lake Tahoe TC	15-16	1500m	1	3:58.99
Brock Bryant	Raise the Bar Pole Vault Club	17-18	Pole Vault	8	4.40m
Denny Dong	Menlo iGreyhounds TC	17-18	800m	8	1:56.28



2024 YOUTH TRACK & FIELD USATF JR. OLYMPICS TOP 8 *(Boys 4 of 4 pages)*

BOYS Age Group 17-18 *(GIRLS begin on next page)*

Everett Gensler	Umoja	17-18	3000m RW	2	28:42.67
Jake Todden	Golden State Throwers	17-18	Shot Put	6	16.96m
Brock Bryant	Raise the Bar Pole Vault Club	17-18	Pole Vault	8	4.40m
Denny Dong	Menlo iGreyhounds TC	17-18	800m	8	1:56.28
Everett Gensler	Umoja	17-18	3000m RW	2	28:42.67
Jake Todden	Golden State Throwers	17-18	Shot Put	6	16.96m
Liam Brennan	Unattached	17-18	Discus Throw	2	58.66m
Luke Davis	Lake Tahoe TC	17-18	3000m	6	9:10.17
Matthew McHale	Trailblazers TC	17-18	Decathlon	1	6654 pts, 11.38/6.60m/11.64m/ 1.85m/53.49/15.08/35.36m/4.2 5m/45.18m/4:49.20
Miles Clark	Unattached	17-18	Hammer Throw	8	55.46m
Tanay Parikh	Menlo iGreyhounds TC	17-18	3000m	3	8:57.42
Aalayiah Hunter	Full Stride	9-10	Javelin Throw	6	24.66m
Aviva Neel	Mission Valley Track & Field	9-10	1500m RW	2	9:53.37



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2024 YOUTH TRACK & FIELD
USATF JR. OLYMPICS TOP 8 *(Girls, 1 of 4 pages)*
GIRLS Age Groups 9-10, 11-12 *(continued on next page)*

Haneet Saini	Mission Valley Track & Field	9-10	1500m RW	3	10:24.99
Neiko Easter	3M Track Club	9-10	Javelin Throw	4	27.07m
Ava Spencer	East Palo Alto Greyhounds	11-12	1500m RW	8	9:11.86
Ava Takeuchi	Revolution Express	11-12	Pentathlon	3	2595 pts, 14.41/7.93m/1.40m/3.89m/2:36.18
Emma Lyon	Oakland Cubs	11-12	1500m RW	5	8:46.95
Ivey Mouton	3M TC	11-12	4x800m Relay	3	10:12.67
Kandice Williams-Mouton	3M TC	11-12	4x800m Relay	3	10:12.67
Kristen Chin	Pacific Freelancers	11-12	3000m	7	10:52.30
Layla Qaqa	Revolution Express	11-12	Discus Throw	4	28.62m
Mara Litchfield	Lake Tahoe TC	11-12	800m	4	2:22.73
Niyah Richardson	Umoja	11-12	100m	7	12.77
Olivia Nagy-Hornok	Max Velocity Prep	11-12	80mH	7	13.34
Olivia Nagy-Hornok	Max Velocity Prep	11-12	High Jump	7	1.42m
Olivia Nagy-Hornok	Max Velocity Prep	11-12	Pentathlon	2	2603 pts, 13.22/8.20m/1.40m/4.27m/3:01.76
Ridhi Balaji	Umoja	11-12	80mH	6	13.26
Ruby Gorelik	3M TC	11-12	1500m	4	5:00.06



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2024 YOUTH TRACK & FIELD
USATF JR. OLYMPICS TOP 8 (Girls, 2 of 3 pages)

GIRLS Age Groups 11-12, 13-14 (continued on next page)

Ruby Gorelik	3M TC	11-12	4x800m Relay	3	10:12.67
Sirah Talluri	Umoja	11-12	1500m RW	4	8:45.63
Storm Valentine	3M TC	11-12	4x800m Relay	3	10:12.67
Tanya Sharma	Umoja	11-12	1500m RW	6	8:59.98
Addison Confer	Lake Tahoe TC	13-14	4x800m Relay	5	10:03.72
Autumn Burks	Lake Tahoe TC	13-14	2000m Steeplechase	8	7:40.18
Ava Torgersen	Oakland Cubs	13-14	1500m	8	4:52.11
Ava Torgersen	Oakland Cubs	13-14	2000m Steeplechase	7	7:37.69
Ava Torgersen	Oakland Cubs	13-14	3000m RW	1	14:53.54
Ava Torgersen	Oakland Cubs	13-14	Javelin Throw	5	30.40m
Avery Aldrich	Lake Tahoe TC	13-14	4x800m Relay	5	10:03.72
Avery Callahan	Raise the Bar Pole Vault Club	13-14	Pole Vault	8	3.10m
Elizabeth Smith	Swoop Time	13-14	3000m RW	8	22:37.30
Enna Gerking	Oakland Cubs	13-14	3000m RW	3	18:07.60
Janet Criss	Audience of One	13-14	100m	5	12.08
Jazelle Johnson	Ruby Jewell T&F Club	13-14	4x400m Relay	8	4:05.18
Lael Brown	Ruby Jewell T&F Club	13-14	4x400m Relay	8	4:05.18
Maia Wong	Mission Valley T&F	13-14	Pentathlon	7	2614 pts, 16.28/9.25m/1.45m/4.35m/2:46.79



2024 YOUTH TRACK & FIELD
USATF JR. OLYMPICS TOP 8 *(Girls 3 of 4 pages)*

GIRLS Age 13-14; 15-16 *(continued on next page)*

Najae Ellison	3M TC	13-14	Shot Put	3	12.66m
Pastell McDowell	Ruby Jewell T&F Club	13-14	4x400m Relay	8	4:05.18
Reagan Miller	Ruby Jewell T&F Club	13-14	4x400m Relay	8	4:05.18
Samantha Ingram	Lake Tahoe TC	13-14	4x800m Relay	5	10:03.72
Shelby Erikson	Lake Tahoe TC	13-14	4x800m Relay	5	10:03.72
Sidney Johnson	Rancho Cordova TC	13-14	Discus Throw	6	33.02m
Audrey Ginn	Unattached	15-16	Javelin Throw	7	36.16m
Clara Adams	Central Coast Cheetahs	15-16	200m	4	24.18
Clara Adams	Central Coast Cheetahs	15-16	400m	1	54.18
Daniela Hughes	Max Velocity Prep	15-16	100mH	5	14.35
Daniela Hughes	Max Velocity Prep	15-16	Heptathlon	7	4027 pts, 14.75/1.50m/6.83m/2 5.61/5.13m/21.57m/2:50.11
Elizabeth Ojukwu	Golden State Throwers	15-16	Hammer Throw	2	42.21m
Gracelynn Duenas	Golden State Throwers	15-16	Discus Throw	7	39.73m
Gracelynn Duenas	Golden State Throwers	15-16	Hammer Throw	1	48.26m
Madeline Hess	Golden State Throwers	15-16	Hammer Throw	8	39.34m
Naijah Harris	Hercules Running Rebels	15-16	Javelin Throw	5	38.08m
Sivani Kaliki	Menlo iGreyhounds TC	15-16	1500m	3	4:44.53
Sivani Kaliki	Menlo iGreyhounds TC	15-16	3000m	4	10:30.53



2024 YOUTH TRACK & FIELD
USATF JR. OLYMPICS TOP 8 *(Girls, 4 of 4 pages)*

GIRLS Age 15-16, 17-18

Stella Newman	The Race Continues TC	15-16	1500m	6	4:51.78
Adessa Mathews	Raise the Bar Pole Vault Club	17-18	Pole Vault	8	3.50m
Alexis Hallenberg	Lake Tahoe TC	17-18	2000m SteepleC.	6	7:53.30
Amanda Javellana	Golden State Throwers	17-18	Hammer Throw	6	49.21m
Ania Wong	Mission Valley T&F	17-18	3000m RW	2	18:42.82
Gigi Kirchner	Revolution Express	17-18	100mH	7	13.86
Grace MacHarg	Raise the Bar Pole Vault Club	17-18	Pole Vault	6	3.50m
Hope Diekmann	Unattached	17-18	Heptathlon	6	4368 pts, 15.55/1.50m/9.40m/2 6.02/5.13m/25.88m/2:29.61
Keani Neuhs	Unattached	17-18	800m	4	2:13.31
Sadie Sanders	West Coast Striders	17-18	400m	6	54.68
Soleil Warner	Senators Speed Academy	17-18	400mH	7	60.84
Tanay Parikh	Menlo iGreyhounds TC	17-18	3000m	3	8:57.42



2024 USATF JR. OLYMPICS **Cross Country** ALL AMERICANS

CHAMPION 2024 National JO XC Team

Mount Diablo Heat - 3K Boys 9-10 (1-3-4-6-35-67-68)

Oliveira, Beno, 7-8 Boys, 2k XC 9th – 7:46.74

Hernandez, Ean, Mount Diablo Heat, 9-10 Boys, 3K, 7th - 10:46.64

Hernandez, Ethan, Mount Diablo Heat, 9-10 Boys, 3k, 5th - 10:43.88

Thompson, Craig, Mount Diablo Heat, 9-10 Boys, 3k, 1st - 10:30.94

Walker, Cyrus, Mount Diablo Heat, 9-10 Boys, 3k, 12th - 11:00.23

Hernandez, Eli, Mount Diablo Heat, 11-12 Boys, 3k, 1st - 9:33.60

Thompson, Owen, Mount Diablo Heat, 11-12 Boys – 3k, 9th - 10:13.33

Chin, Kristen, Pacific Freelancers, 1-12 Girls, 3k, 21st - 11:12.06

Burks, Autumn, Lake Tahoe TC, 13-14 Girls, 4k, 8th - 14:21.19



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LDR - Road Racing

2024 Road Racing Grand Prix Champions

WOMEN

Individual Champions

Open (Short)	Sarah Gulli
Open (Long)	Nicole Lane
40+ (Short)	Claire Saxton
40+ (Long)	Shana O'Shea
50+ (Short)	Samantha Forte
50+ (Long)	Beverley Anderson-Abbs
60+ (Short)	Nancy Simmons
60+ (Long)	Kristina Sepetys
70+ (Short)	Donna Chan
70+ (Long)	Jo Anne Rowland
80+ (Short)	Carol Mikkelsen
80+ (Long)	- none -

Team Champions

Women's Open
Women's 40+
Women's 50+
Women's 60+
Women's 70+
Women's 80+ - none -

**Impala Racing
Team
SWEEPS!**



LDR - Road Racing

2024 Grand Prix Champions MEN

Individual Champions

Open (Short) Jack Rager
Open (Long) Nicholas Tsotu
40+ (Short) Grant Johnson
40+ (Long) Juan Rivera
50+ (Short) Jaime Heilpern
50+ (Long) James Scanlan
60+ (Short) Jacob Nur
60+ (Long) Scott Lacrosse
70+ (Short) Keith Duncan
70+ (Long) James Morris
80+ (Short) Donald Hildebrand
80+ (Long) - none -

Team Champions

Men's Open Excelsior RC
Men's 40+ Excelsior RC
Men's 50+ Excelsior RC
Men's 60+ Lake Merritt
Joggers & Striders
Men's 70+ Tamalpa Runners
Men's 80+ Lake Merritt
Joggers & Striders



LDR - Road Racing

2024 Volunteer of the Year:

RICK BERMAN





LDR - Road Racing

2024 FEMALE Road Racing Runner of the Year

**SHANA O'SHEA,
Pamamkids**





**LDR - Road Racing
2024 MALE
Road Racing Runner
of the Year**

**NICHOLAS TSOTU
SRA Elite**



Courtesy of SRA



2024 XC Volunteer of the Year

Donald Porteous





LDR - XC

2024 WOMEN Grand Prix Champions

Individual XC Champions

- Open Gillian Meeks (SRA Elite)
- 40-49 Rebecca Paten (Santa Cruz Track Club)
- 50-59 Jodi Buyyounouski (Impala Racing Team)
- 60-69 Allison Orofino (Buffalo Chips RC)
- 70-79 Jo Anne Rowland (Impala Racing Team)
- 80-89 Edda Stickle (Tamalpa Runners, Inc.)

Team XC Champions

- Open SRA Elite
- 40-49 Impala Racing Team
- 50-59 Impala R Racing Team
- 60-69 Impala R Racing Team
- 70-79 Impala R Racing Team



LDR - XC

2024 MEN Grand Prix Champions

Individual XC Champions

- Open Ero Doce (Penninsula Distance Club)
- 40-49 Chikara Omine (Excelsior Running Club)
- 50-59 Ivan Lieben (West Valley Track Club)
- 60-69 Scott Lacrosse (SRA Elite)
- 70-79 John Hirschberger (Tamalpa Runners, Inc.)
- 80-89 Len Goldman (Tamalpa Runner, Inc.)

Team XC Champions

- Open HOKA Aggies RC
- 40-49 West Valley Track Club
- 50-59 West Valley Track Club
- 60-69 SRA Elite
- 70-79 Tamalpa Runners, Inc.

2024 XC Woman Runner of the Year



**GILLIAN MEEKS,
SRA Elite**



2024 XC Male Runner of the Year

SCOTT LACROSSE
SRA Elite





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2024 XC RANDOM PHOTOS

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