

2025 Region 16 Track & Field Championships

American Heritage High School - American Fork, UT

May 6, 2025

Meet Program

Coed Sprint Medley

Timed Finals

Section 1 of 1

- 3) American Prep Acad A
Jane Christenson (So), Billah Soumain (Sr), Faith Parongwa (Jr), Sl
4) Utah Military Acad HF A 4:11.45
Gunner Bastian (So), Keaton Speier (So), Kelton Neal (So), Gavin
5) American Prep Acad A
Aamir Mohamed (So), Judo Oman (So), Nehemiah Nahas (Sr), Juan

Girl's Sprint Medley

Timed Finals

Section 1 of 1

- 3) American Prep Acad A
Jane Christenson (So), Billah Soumain (Sr), Faith Parongwa (Jr), Sl

Boy's Sprint Medley

Timed Finals

Section 1 of 1

- 4) Utah Military Acad HF A 4:11.45
Gunner Bastian (So), Keaton Speier (So), Kelton Neal (So), Gavin
5) American Prep Acad A
Aamir Mohamed (So), Judo Oman (So), Nehemiah Nahas (Sr), Juan

Girl's 100 MH Varsity

Timed Finals

Section 1 of 1

- 3) Jane Christenson So APA 19.56

Boy's 110 MH Varsity

Timed Finals

Section 1 of 1

- 5) Seth Hadley Fr UMAH NM
6) Grayson Maxfield Fr UMAH NM

Girl's 100 meter Varsity

Timed Finals

Section 1 of 1

- 1) Jenneh Nahas Fr APA 16.06
2) Chloe Ellis Fr UMAH 15.29
3) Shaylah Polley Fr UMAH 14.90
4) Billah Soumain Sr APA 14.14
5) Sherry Rojas Sr APA 14.84
6) Leila Stevenson Fr UMAH 14.91
7) Laura Madore Jr WACA 15.64
8) Zoey Herrera Fr UMAH NM

Boy's 100 meter Varsity

Timed Finals

Section 1 of 2

- 2) Mason Sokolov Sr APA
3) Chris Monroy So APA NM
4) Nuka Nwibiabu So APA 13.74
5) Jet Le So UMAH 13.81
6) Alexander Schultz So UMAH NM

Section 2 of 2

- 1) Gavin Scharp Fr UMAH 12.69
2) Papataia Owda Jr UMAH 12.26
3) Moses Duon Sr APA 11.95
4) Joel Dalzon So WACA 11.18
5) Sharmaarkay Mberwa Jr APA 11.81
6) Tristan McKoy Jr WACA 11.97
7) Rudy Rodriguez Sr UMAH 12.52
8) Shwe Than So APA 12.79

Girl's 1600 meter Varsity

Timed Finals

Section 1 of 1

- 1) Jocelyn Peery Sr UMAH 5:51.00
2) Erin May Fr UMAH 6:01.00
3) Jane Christenson So APA 6:31.00
4) Isabella Marriott Fr WACA 7:02.32

Boy's 1600 meter Varsity

Timed Finals

Section 1 of 1

- 1) Aamir Mohamed So APA 5:20.00
2) Daxton McKnight Jr WACA 5:38.97
3) Elijah Adame Sr UMAH 5:44.36
4) Jeshua Regalado So APA 6:06.00
5) Deacon Patterson Fr APA 6:34.00
6) Jasael Regalado Fr APA 6:34.00
7) Rafe Chapman Jr UMAH 6:40.56
8) Oscar Kebker Fr UMAH NM
9) Franco Rivera Fr UMAH NM
10) Alexander Schultz So UMAH NM

Girl's 4x100 Varsity

Timed Finals

Section 1 of 1

- 4) American Prep Acad A
Angelita Ramirez (Jr), Faith Parongwa (Jr), Jenneh Nahas (Fr), She
5) Utah Military Acad HF A
Chloe Ellis (Fr), Leila Stevenson (Fr), Shaylah Polley (Fr), Kira Dr

Boy's 4x100 Varsity

Timed Finals

Section 1 of 1

- 4) American Prep Acad A 47.09
Sharmaarkay Mberwa (Jr), Nehemiah Nahas (Sr), Moses Duon (Sr)
5) Utah Military Acad HF A 47.90
Gunner Bastian (So), Papataia Owda (Jr), Keaton Speier (So), Rudy

Girl's 400 meter Varsity

Timed Finals

Section 1 of 1

- 3) Erin May Fr UMAH NM
4) Jenneh Nahas Fr APA 1:28.81
5) Chloe Ellis Fr UMAH NM

Boy's 400 meter Varsity

Timed Finals

Section 1 of 2

- 2) Mason Sokolov Sr APA
3) Layne Reinier Fr UMAH NM
4) David Padilla Fr APA 1:09.12
5) Nate Rosenberg Sr WACA 1:12.21

Section 2 of 2

- 2) Jet Le So UMAH 1:02.85
3) Kelton Neal So UMAH 58.75
4) Joel Dalzon So WACA 49.54
5) Tristan McKoy Jr WACA 54.31
6) Juan Pablo Casillas So APA 1:00.62
7) Nehemiah Nahas Sr APA 1:03.91

Girl's 300 MH Varsity

Timed Finals

Section 1 of 1

- 3) Genesis Valle Jr APA NM
4) Leila Stevenson Fr UMAH 59.09
5) Kira Drake Jr UMAH 1:07.80

Boy's 300 MH Varsity

Timed Finals

Section 1 of 1

- 3) Aiden Pitchford Sr UMAH 55.69
4) Seth Hadley Fr UMAH 51.07
5) Sylar Pitchford So UMAH 51.82
6) Jared Visage Jr UMAH NM

Girl's 800 meter Varsity

Timed Finals

Section 1 of 1

- 1) Jocelyn Peery Sr UMAH 2:41.00
2) Erin May Fr UMAH 2:49.94
3) Isabella Marriott Fr WACA 2:53.78
4) Jane Christenson So APA 2:54.58

Boy's 800 meter Varsity

Timed Finals

Section 1 of 1

- 1) Daxton McKnight Jr WACA 2:12.88
2) Aamir Mohamed So APA 2:29.91
3) Elijah Adame Sr UMAH 2:34.87
4) Cole Erkkila Fr APA 2:43.99
5) Jeshua Regalado So APA 2:46.35
6) Rafe Chapman Jr UMAH 2:48.56
7) Oscar Kebker Fr UMAH NM
8) Layne Reinier Fr UMAH NM

Girl's 200 meter Varsity

Timed Finals

Section 1 of 1

- 2) Zoey Herrera Fr UMAH NM
3) Sherry Rojas Sr APA 31.67
4) Billah Soumain Sr APA 29.20
5) Chloe Ellis Fr UMAH 31.04
6) Jenneh Nahas Fr APA 34.00

Boy's 200 meter Varsity

Timed Finals

Section 1 of 2

- 1) Gavin Scharp Fr UMAH NM
2) Zachary Jepsen Fr UMAH 34.64
3) Aiden Pitchford Sr UMAH 29.94
4) Jared Visage Jr UMAH 28.88
5) Nuka Nwibiabu So APA 29.20
6) David Padilla Fr APA 30.24
7) Nate Rosenberg Sr WACA 36.22

Section 2 of 2

- 1) Jet Le So UMAH 28.29
2) Keaton Speier So UMAH 26.34
3) Judo Oman So APA 25.04
4) Joel Dalzon So WACA 22.70
5) Tristan McKoy Jr WACA 23.99
6) Gunner Bastian So UMAH 25.54
7) Rudy Rodriguez Sr UMAH 26.90
8) Christian Sanchez Jr UMAH 28.32

Coed 3200 meter Varsity

Timed Finals

Section 1 of 1

1) Elijah Adame	Sr	UMAH
2) Jocelyn Peery	Sr	UMAH
3) Franco Rivera	Fr	UMAH

Girl's 3200 meter Varsity

Timed Finals

Section 1 of 1

2) Jocelyn Peery	Sr	UMAH
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Boy's 3200 meter Varsity

Timed Finals

Section 1 of 1

1) Elijah Adame	Sr	UMAH
3) Franco Rivera	Fr	UMAH

Girl's 4x400 Varsity

Timed Finals

Boy's 4x400 Varsity

Timed Finals

Section 1 of 1

1) Utah Military Acad HF A	4:01.86
Gunner Bastian (So), Kelton Neal (So), Rudy Rodriguez (Sr), Seth	
2) American Prep Acad A	4:51.00
Deacon Patterson (Fr), Kohen Gongaware (Fr), Juan Pablo Casillas	

Girl's Long Jump Varsity

Finals

Flight 1 of 1

1) Zoey Herrera	Fr	UMAH	NM
2) Faith Parongwa	Jr	APA	11-02.00
3) Kira Drake	Jr	UMAH	13-03.25
4) Billah Soumain	Sr	APA	13-06.00

Boy's Long Jump Varsity

Finals

Flight 1 of 1

1) Alexander Schultz	So	UMAH	NM
2) Grayson Maxfield	Fr	UMAH	NM
3) Aiden Pitchford	Sr	UMAH	14-00.50
4) Jared Visage	Jr	UMAH	14-02.25
5) Sylar Pitchford	So	UMAH	16-03.50
6) Keaton Speier	So	UMAH	18-01.00
7) Judo Oman	So	APA	19-00.00
8) Papataia Owda	Jr	UMAH	19-01.00
9) Joel Dalzon	So	WACA	19-09.50
10) Sharmaarkay Mberwa	Jr	APA	20-07.00
11) Mason Sokolov	Sr	APA	

Girl's High Jump Varsity

Finals

Flight 1 of 1

1) Faith Parongwa	Jr	APA	NM
2) Erin May	Fr	UMAH	4-00.00
3) Shaylah Polley	Fr	UMAH	4-02.00

Boy's High Jump Varsity

Finals

Flight 1 of 1

1) Grayson Maxfield	Fr	UMAH	NM
2) Nuka Nwibiabu	So	APA	NM
3) Chris Monroy	So	APA	NM
4) Sharmaarkay Mberwa	Jr	APA	NM
5) Sylar Pitchford	So	UMAH	5-02.00
6) Seth Hadley	Fr	UMAH	5-03.00
7) Quin Ekberg	Sr	UMAH	5-08.00

Girl's Javelin Varsity

Finals

Flight 1 of 1

1) Zoey Herrera	Fr	UMAH	NM
2) Emily Cartegena	Jr	APA	40-08.00
3) Vanessa Munguia	So	APA	43-05.00
4) Angelita Ramirez	Jr	APA	46-07.00
5) Joleth Ramos	Jr	APA	54-06.50
6) Kira Drake	Jr	UMAH	66-08
7) Shaylah Polley	Fr	UMAH	69-04
8) Kate Santiago	Jr	UMAH	70-02
9) Genesis Valle	Jr	APA	81-01

Boy's Javelin Varsity

Finals

Flight 1 of 1

1) Gavin Scharp	Fr	UMAH	NM
2) Coady Maples	Sr	UMAH	NM
3) Zachary Jepsen	Fr	UMAH	NM
4) Seth Falaschi	So	UMAH	NM
5) Rafe Chapman	Jr	UMAH	NM
6) Cole Erkkila	Fr	APA	64-03.50
7) Ian Patino	Jr	UMAH	66-04
8) Shwe Than	So	APA	82-10
9) Christian Sanchez	Jr	UMAH	86-00
10) Jared Visage	Jr	UMAH	89-02
11) Papataia Owda	Jr	UMAH	100-00
12) Sylar Pitchford	So	UMAH	105-04
13) Moses Duon	Sr	APA	110-10
14) Quin Ekberg	Sr	UMAH	150-01

Girl's Shot Put Varsity

Finals

Flight 1 of 1

1) Angelita Ramirez	Jr	APA	17-10.00
2) Kate Santiago	Jr	UMAH	18-09.75
3) Vanessa Munguia	So	APA	20-03.50
4) Emily Suaste	Sr	APA	22-02.00
5) Genesis Valle	Jr	APA	23-01.75
6) Leila Stevenson	Fr	UMAH	23.05
7) Zoey Herrera	Fr	UMAH	

Boy's Shot Put Varsity

Finals

Flight 1 of 1

1) Zachary Jepsen	Fr	UMAH	17-04.00
2) Christian Sanchez	Jr	UMAH	26-03.00
3) Seth Falaschi	So	UMAH	27-02.50
4) Ian Patino	Jr	UMAH	27-05.50
5) Coady Maples	Sr	UMAH	34-10.00
6) Chris Monroy	So	APA	35-00.00
7) Quin Ekberg	Sr	UMAH	38-05.25
8) Moses Duon	Sr	APA	40-07.50

Girl's Discus Varsity

Finals

Flight 1 of 1

1) Genesis Valle	Jr	APA	NM
2) Laura Madore	Jr	WACA	NM
3) Kate Santiago	Jr	UMAH	52-01.50
4) Emily Cartegena	Jr	APA	49.11
5) Emily Suaste	Sr	APA	56.20
6) Angelita Ramirez	Jr	APA	56.60
7) Vanessa Munguia	So	APA	74.05

Boy's Discus Varsity

Finals

Flight 1 of 1

1) Coady Maples	Sr	UMAH	NM
2) Zachary Jepsen	Fr	UMAH	46-06.50
3) Ian Patino	Jr	UMAH	49-10.00
4) Christian Sanchez	Jr	UMAH	73-05
5) Seth Falaschi	So	UMAH	75-11.50
6) Quin Ekberg	Sr	UMAH	111-01