

Frosh So Cal Championships

La Costa Canyon High School

January 20, 2024



Lower Weight MVP

Jack Malinconico
Poway
144 Pounds

Upper Weight MVP

Bailey Holman
Poway
165 Pounds

Placers

| 98 Pounds | | |
|-----------|-----------------|-----------------|
| 1st | Victor Lugo | Brawley |
| 2nd | Logan Padilla | Lakeside |
| 3rd | Asher Hannaman | Westview |
| 4th | Jazer Velasquez | San Marcos |
| 5th | Jaden Pritting | Sage Creek |
| 6th | Shay Colton | La Costa Canyon |
| 7th | Nevin Lopez | Hillcrest |
| 8th | Gavin Baker | San Pasqual |

| 106 Pounds | | |
|-------------|-------------------|-----------------|
| 1st | Shane Ito | La Costa Canyon |
| 2nd | Joshua Gonzalez | Murrieta Valley |
| 3rd | Anthony Martinez | Lakeside |
| 4th | Dylan Magana | Poway |
| 5th | Alfredo Rodriguez | Hillcrest |
| 6th | Adrian Tapia | Bonita Vista |
| Cons. Champ | Patrick Lefard | Chaparral |

| 113 Pounds | | |
|-------------|------------------|-----------------|
| 1st | Jason Lin | Poway |
| 2nd | Ryan Dimalanta | Rancho Bernardo |
| 3rd | Finn Janetzke | Mt. Carmel |
| 4th | Beckett Clear | Temecula Valley |
| 5th | Mason Clowminzer | San Marcos |
| 6th | Jose Delgado | Lakeside |
| Cons. Champ | Matix Ramos | Vista Murrieta |

| 120 Pounds | | |
|-------------|----------------|-----------------|
| 1st | Uriah Hawkins | Valhalla |
| 2nd | Joshua Velarde | Brawley |
| 3rd | Isaiah Kahl | Vista Murrieta |
| 4th | Marcus Busse | Del Norte |
| 5th | Fedor Nikitin | Temecula Valley |
| 6th | Timothy Walker | Poway |
| Cons. Champ | Avery Arista | Lakeside |

| 126 Pounds | | |
|-------------|----------------|-----------------|
| 1st | Rene Cordero | Poway |
| 2nd | Anthony Juarez | Brawley |
| 3rd | Ares Porter | Chaparral |
| 4th | Christie Aiden | Great Oak |
| 5th | Jake Jerotz | La Costa Canyon |
| 6th | Anthony Kipfer | Rbv |
| Cons. Champ | Jason Stover | Murrieta Valley |

| 132 Pounds | | |
|-------------|---------------------|-----------------|
| 1st | Diego Valdiviezo | Poway |
| 2nd | Dante Pugliese | Temecula Valley |
| 3rd | Tyoh Tran | Mt. Carmel |
| 4th | Jacob Trimble | Chaparral |
| 5th | Ethan Thoresen | Oceanside |
| 6th | Dominic Viggianelli | San Marcos |
| Cons. Champ | Skylar Groke | La Costa Canyon |

| 138 Pounds | | |
|-------------|-------------------|-----------------|
| 1st | Matthew Orbeta | Poway |
| 2nd | Rocco Decaro | Temecula Valley |
| 3rd | Elijah Gonzalez | Helix |
| 4th | Rocky Carmona | El Cajon Valley |
| 5th | Trey Thomas | La Costa Canyon |
| 6th | Malachi Fabian | Westview |
| Cons. Champ | Ryker Borgschulte | Scripps Ranch |

| 145 Pounds | | |
|-------------|------------------|-----------------|
| 1st | Jack Malinconico | Poway |
| 2nd | Christian Soto | Temecula Valley |
| 3rd | Landon Nelms | Carlsbad |
| 4th | Kayden Bedsole | Helix |
| 5th | David Teasley | La Costa Canyon |
| 6th | Levi Evering | Point Loma |
| Cons. Champ | Kaleb Runkle | Granite Hills |

| 152 Pounds | | |
|-------------|------------------|-----------------|
| 1st | Liam Gonzalez | Ramona |
| 2nd | Zachary Posada | Poway |
| 3rd | Cayden Phillips | Granite Hills |
| 4th | AJ Ohnstad | La Costa Canyon |
| 5th | Rylee Cunningham | Great Oak |
| 6th | Joshua Wong | Mt. Carmel |
| Cons. Champ | Vincent Maleno | Grossmont |

| 160 Pounds | | |
|-------------|--------------------|-----------------|
| 1st | Dane Blair | La Costa Canyon |
| 2nd | Joseph Iredell | Carlsbad |
| 3rd | Braden M. Jordison | Ramona |
| 4th | Xavier Singleton | Poway |
| 5th | Spencer Ferguson | Rancho Bernardo |
| 6th | Landon Gay | Granite Hills |
| Cons. Champ | Isaiah Cook | Del Norte |

| 170 Pounds | | |
|-------------|-----------------|-----------------|
| 1st | Bailey Holman | Poway |
| 2nd | Conner Williams | Granite Hills |
| 3rd | Jaiden Granados | Chaparral |
| 4th | Jonah Pham | Mt. Carmel |
| 5th | Liam Dodds | Point Loma |
| 6th | Andre Lipford | Bonita Vista |
| Cons. Champ | Anthony Konopka | La Costa Canyon |

| 182 Pounds | | |
|------------|-----------------|---------------|
| 1st | Jovanni Mansour | Granite Hills |
| 2nd | Noah Sandlin | Poway |
| 3rd | Daniel Saldana | San Pasqual |
| 4th | Jason Juarez | Mission Hills |
| 5th | Julian Lopez | Hillcrest |
| 6th | Xavier Jackson | Helix |
| 7th | Julian Moya | Scripps Ranch |
| 8th | Julian Uribe | Grossmont |

| 195 Pounds | | |
|------------|------------------------|-----------------|
| 1st | Daniel Moylan | Poway |
| 2nd | Lokepa Fanene | Temecula Valley |
| 3rd | Tristan Casanova | Hillcrest |
| 4th | Kevin Shephard | Grossmont |
| 5th | Ayden Lopez | Helix |
| 6th | Ben Richards | Liberty Charter |
| 7th | Jovanny Felix-Carrillo | Lakeside |
| 8th | Rodrigo Delatorre | Granite Hills |

| 220 Pounds | | |
|------------|-----------------|-----------------|
| 1st | Travin Shahbaz | Granite Hills |
| 2nd | Arzel Tapia | San Pasqual |
| 3rd | Jose Landeros | Poway |
| 4th | Mitchell Farmer | La Costa Canyon |
| 5th | JJ Martinez | Helix |
| 6th | Zander Laduke | Chaparral |
| 7th | Citi Bongo | Torrey Pines |
| 8th | Jaysean Edwards | Temecula Valley |

| Team Score Final | |
|------------------|-----------------------|
| 1 | Poway 356 |
| 2 | La Costa Canyon 182.5 |
| 3 | Granite Hills 168.5 |
| 4 | Temecula Valley 161 |
| 5 | Chaparral 100 |
| 5 | Helix 100 |
| 7 | Brawley 99 |
| 8 | Hillcrest 96 |
| 9 | Mt. Carmel 89.5 |
| 10 | Lakeside 85 |
| 11 | Murrieta Valley 78.5 |
| 12 | Rancho Bernardo 68.5 |
| 13 | San Pasqual 66 |
| 14 | Vista Murrieta 64 |
| 15 | Ramona 63 |
| 16 | Mission Hills 58 |
| 17 | Carlsbad 50 |
| 18 | San Marcos 48 |
| 19 | Rbv 46 |
| 19 | Torrey Pines 46 |
| 21 | Westview 44 |
| 22 | Valhalla 43 |
| 23 | Point Loma 40.5 |
| 24 | Grossmont 39 |
| 25 | Del Norte 38 |
| 25 | Scripps Ranch 38 |
| 27 | Great Oak 36 |
| 28 | West Hills 28.5 |
| 29 | Bonita Vista 28 |
| 30 | Liberty Charter 23 |
| 30 | Sage Creek 23 |
| 32 | El Cajon Valley 20 |
| 32 | Mavs 20 |
| 34 | Oceanside 19 |
| 35 | Patrick Henry 14 |
| 36 | Corona 12.5 |

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Poway
144 Pounds

Upper Weight MVP

Bailey Holman
Poway
165 Pounds

Placers

285 Pounds

| | | |
|-----|-----------------|-----------------|
| 1st | Darren Hill | Murrieta Valley |
| 2nd | Nathan Ezeanyim | Hillcrest |
| 3rd | David Choy | Torrey Pines |
| 4th | Rafael Naranjo | Mission Hills |
| 5th | Brody Bedard | Poway |
| 6th | David Chavez | Rancho Bernardo |
| 7th | Isaac Hann | Granite Hills |
| 8th | Lucky Tuitama | Lakeside |

Team Score Final

| | | |
|----|-----------------|-------|
| 1 | Poway | 356 |
| 2 | La Costa Canyon | 182.5 |
| 3 | Granite Hills | 168.5 |
| 4 | Temecula Valley | 161 |
| 5 | Chaparral | 100 |
| 5 | Helix | 100 |
| 7 | Brawley | 99 |
| 8 | Hillcrest | 96 |
| 9 | Mt. Carmel | 89.5 |
| 10 | Lakeside | 85 |
| 11 | Murrieta Valley | 78.5 |
| 12 | Rancho Bernardo | 68.5 |
| 13 | San Pasqual | 66 |
| 14 | Vista Murrieta | 64 |
| 15 | Ramona | 63 |
| 16 | Mission Hills | 58 |
| 17 | Carlsbad | 50 |
| 18 | San Marcos | 48 |
| 19 | Rbv | 46 |
| 19 | Torrey Pines | 46 |
| 21 | Westview | 44 |
| 22 | Valhalla | 43 |
| 23 | Point Loma | 40.5 |
| 24 | Grossmont | 39 |
| 25 | Del Norte | 38 |
| 25 | Scripps Ranch | 38 |
| 27 | Great Oak | 36 |
| 28 | West Hills | 28.5 |
| 29 | Bonita Vista | 28 |
| 30 | Liberty Charter | 23 |
| 30 | Sage Creek | 23 |
| 32 | El Cajon Valley | 20 |
| 32 | Mavs | 20 |
| 34 | Oceanside | 19 |
| 35 | Patrick Henry | 14 |
| 36 | Corona | 12.5 |