ALISO VIEJO, Calif.- As the indoor track and field season came to an end, senior high jumper Rachel Daley, sophomore sprinter Drake Alvarez-Cates and freshman sprinter Aaron Aubrey all traveled to the Spire Institute in Geneva, Ohio for their National Competition. Senior Rachel Daley hit a mark of 5”6 in the high jump as well as earning herself All-American honors for her 5th place finish in the event.

The outdoor track & field season opened up with our distance runners traveling to Occidental College for the Oxy Distance Carnival. The next weekend the sprinters and field athletes would compete at the Point Loma Invitational getting their outdoor season underway. Senior Rachel Daley (6 time National Qualifier, 3 time All-American) took her momentum from nationals as she qualified to compete at the outdoor National championships with a 5’5” jump and joining fellow senior teammate Aaron Perry (who qualified to race in the Marathon back in December) in Gulf Shores, Alabama come May 22-24th. The Lions then competed at the Aztec Invitational, where senior Nick Spector returned from injury and had a stellar first race back bringing home the first place finish and win in the 3k finishing with a time of 8:36 and freshman Jordan Linksy ran a blazing 1500m to set a new school record in a time of 5:03. The Lions also traveled six of their team members to the Cal/Nevada Invite on Friday, April 4th where sophomore Drake Alvarez-Cates made it all the way to the finals in the 400m and finished 6th overall with a PR of 49.20. Senior Aaron Perry would also PR in the 10k with a time of 32.30. The following day the track & field team members had many strong performances as they competed at the Arnie Robinson Invitational held at San Diego Mesa College. Sophomore Bria Solomon threw her way to a new school record (and besting her previous PR by 15ft) to give her a throw of 119ft. in the discus. Junior Chanel Calhoun and freshman Kelly Quinlan showcased their speed with season best times in the 200m (26.7 and 100m (13.11) respectively. Senior Rose Codilla also ran well for the Lions in the women’s 1500m posting a personal best time of 5:12.

With the Soka Peace Invitational coming up on April 18-19th Perry & Daley’s teammates are looking to earn themselves a spot joining them on their trip to Nationals in May.