

Certificate of Recognition

The City Council of the City of Manhattan Beach
Does Hereby Recognize

A. J. McBean

4x100 Relay and 100m

Mira Costa High School Outdoor Track and Field
2025 CIF Division 1 Championship Qualifier

Dated this 15th Day of July, 2025

Mayor Amy Thomas Howorth



Certificate of Recognition

The City Council of the City of Manhattan Beach
Does Hereby Recognize

Alana Clarke

4x800 Relay and 3200m

Mira Costa High School Outdoor Track and Field
2025 CIF Division 1 Championship Qualifier

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Certificate of Recognition

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Does Hereby Recognize

Ashlyn Perrone

4x100 Relay, 4x400 Relay and 400m

Mira Costa High School Outdoor Track and Field
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Does Hereby Recognize

Audrey Werhane

4x100 Relay, 4x400 Relay, 100 Hurdles and 300 Hurdles

Mira Costa High School Outdoor Track and Field
2025 CIF Division 1 Championship Qualifier
and No. 21 (4x400 Relay) in the 2025 State Meet Qualifier

Dated this 15th Day of July, 2025

Mayor Amy Thomas Howorth



Certificate of Recognition

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Ava Crowley

100 Hurdles

Mira Costa High School Outdoor Track and Field
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Ava Simone Busch

4x100 Relay

Mira Costa High School Outdoor Track and Field
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Caden Enright

4x100 Relay, 4x400 Relay and 400m

Mira Costa High School Outdoor Track and Field
2025 CIF Division 1 Championship Qualifier
and No. 16 (4x400 Relay) in the 2025 State Meet Qualifier

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Charley McCarthy

4x400 Relay and 400m

Mira Costa High School Outdoor Track and Field
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Charlie Koch

Pole Vault

Mira Costa High School Outdoor Track and Field
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Collin Tarnay

4x800 Relay and 800m

Mira Costa High School Outdoor Track and Field
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and No. 2 (4x800 Relay) in the 2025 State Meet Qualifier

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Jan Hansen

4x400 Relay, 4x800 Relay and 800m

Mira Costa High School Outdoor Track and Field

2025 CIF Division 1 Championship Qualifier and

No. 2 (4x800 Relay) and No. 10 (800m) in the 2025 State Meet Qualifier

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Isaac Faynsod

3200m

Mira Costa High School Outdoor Track and Field
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Isabella Verela

4x100 Relay and 4x400 Relay

Mira Costa High School Outdoor Track and Field
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and No. 21 (4x400 Relay) in the 2025 State Meet Qualifier

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Joseph Mac Lamkin

4x100 Relay, 4x400 Relay, 110 Hurdles and 300 Hurdles

Mira Costa High School Outdoor Track and Field
2025 CIF Division 1 Championship Qualifier and
No. 4 (300 Hurdles), No. 28 (110 Hurdles), and No. 16 (4x400 Relay)
in the 2025 State Meet Qualifier

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Kate Perrone

4x800 Relay

Mira Costa High School Outdoor Track and Field
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Katherine Maloney

Discus

Mira Costa High School Outdoor Track and Field
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Krish Desai

4x800 Relay

Mira Costa High School Outdoor Track and Field
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Leoni Biegert

4x100 Relay, 4x400 Relay, 200m and 400m

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Luke Leonard

4x100 Relay, 100m and 200m

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Marin Goodfriend

300 Hurdles

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Mateo Loo

4x100 Relay, 4x400 Relay, 110 Hurdles and 300 Hurdles

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Mia Ritter

3200m

Mira Costa High School Outdoor Track and Field
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Remy Chen

Triple Jump

Mira Costa High School Outdoor Track and Field
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Ryan Burger

4x800 Relay and 1600m

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Sade Wilson

4x800 Relay, 800m and 1600m

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Shane O'Brien

4x800 Relay and 800m

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Skyla Burmeister

Pole Vault

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Sonja Mugg

4x400 Relay

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Tomek Gorzkowski

Pole Vault

Mira Costa High School Outdoor Track and Field
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and No. 3 (Pole Vault) in the 2025 State Meet Qualifier

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Moe Russell

Head Coach and Sprints Coach

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Renee William Smith

Assistant Head Coach and Girls Distance Coach

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Kelvan Gamble

Assistant Head Coach and Hurdles Coach

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Steve Singiser
Hurdles Coach

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Murray Mead
Pole Vault Coach

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Hunter Johnson
Boys Distance Coach

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Rebecca Kelley
Girls Distance Coach

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Annie Seawright
Girls Distance Coach

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Natasha Vega
Sprints Coach

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Olivia Vege
Sprints Coach

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Ashlee Munoz
Sprints Coach

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J.R. Tavai
Throws Coach

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Jonah Tawai
Throws Coach

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