

## 2023 SFL Spring Sports Final Standings and All League Teams

### Boys Golf

1. Rocklin
2. Granite Bay
3. Oak Ridge
4. Del Oro (4<sup>th</sup>)  
Folsom (4<sup>th</sup>)  
Whitney (4<sup>th</sup>)

### MVP--Luke Price—Rocklin

Garrett Harrison	Granite Bay
Ryan Atkinson	Granite Bay
Josh Leiker	Rocklin
Max Thomas	Rocklin
Jacob Larson	Rocklin
Vicente Rodriguez	Oak Ridge
Akira Ransi	Folsom
Michael Sorber	Folsom
Adriel Ingram	Del Oro
Ethan Jackson	Whitney

### Boys Tennis

1. Oak Ridge
1. Granite Bay
3. Whitney
4. Rocklin
5. Del Oro
6. Folsom

### MVP—Boden Willis—Del Oro

#### All League Singles

Roshan Muregesh	Granite Bay
Yoshan Muregesh	Granite Bay
Aditya Dandamudi	Granite Bay
Garrett Reck	Del Oro
Ansh Thakkar	Rocklon
Hunter Tsai	Folsom
Spencer Hamilton	Folsom
Alex Nguyen	Whitney
Armaan Sondhi	Whitney
AJ Zwersloot	Oak Ridge
Josh Mulert	Oak Ridge
Daniel Wu	Oak Ridge

## Boys Swimming and Diving

1. Granite Bay
2. Oak Ridge
3. Del Oro
4. Folsom
5. Rocklin
6. Whitney

### Swimmers

<b>MVP Brody Chandler</b>	<b>Granite Bay</b>
Avery Pallicano	Oak Ridge
Quinn Jones	Folsom
Noah Carver	Granite Bay
Sean Christianson	Del Oro
Landon Nava	Granite Bay
Louis Fasani	Del Oro
Gabe Hudgens	Oak Ridge
Cayden Pitzer	Del Oro
Jack Ortman	Granite Bay
Seth Bousfield	Granite Bay
Matt Rolf	Oak Ridge
Troy Quintana	Granite Bay
Brody Redline	Granite Bay
Ishrit Dhaliwal	Folsom
Justin Zhang	Oak Ridge
Aveed Gorji	Granite Bay
Vincent Vergara	Granite Bay
Evan Thilow	Granite Bay

### Divers

Noah Al-Shaikh	Granite Bay
Gavin Putman	Whitney
Hunter Hodson	Whitney

## Girls Swimming and Diving

1. Granite Bay
2. Oak Ridge
3. Whitney
4. Del Oro
5. Folsom
6. Rocklin

### Swimmers

<b>MVP Jade Duncan</b>	<b>Whitney</b>
Melanie Quinto	Del Oro
Mary Brooke Chandler	Granite Bay
Callie Kowalchick	Oak Ridge
Chloe Coad	Granite Bay
Chloe Eyrich	Del Oro
Skyla Lang	Granite Bay
Maddie Myers	Granite Bay
Landrey Gold	Whitney
Phoebe Yoder	Oak Ridge
Abigayle Cobabe	Oak Ridge
Bridget Chandler	Granite Bay
Olivia Mancinelli	Oak Ridge
Kingsley Rosevoid	Granite Bay
Maggie Clemens	Folsom
Katie Tadayeski	Oak Ridge
Isabella Pahlberg	Granite Bay
Adilene Dela Cruz	Oak Ridge
Brooke Beauvais	Granite Bay

### Divers

Mimi Poort	Folsom
Kaylee Fancher Hurley	Granite Bay
Maura Hurst	Oak Ridge

## Boys Track

1. Whitney
2. Rocklin
2. Oak Ridge
4. Granite Bay
5. Folsom
6. Del Oro

Xavier Bruce II	Whitney
John Dailey	Whitney
Mateo Delgadillo	Whitney
Devin Pereira	Rocklin
Kyle Hall	Rocklin
Isaiah Bickham	Whitney
Steven Quevas	Whitney
Carson Perry-Smith	Granite Bay
Benjamin Asche	Granite Bay
Andrew Van	Granite Bay
Carter Jackson	Granite Bay
Callum Turner	Whitney
Jaden Rapp	Whitney
Nick Herrmann	Whitney
Tyler Lange	Oak Ridge
Jadon Anderson	Oak Ridge
Jack Marek	Granite Bay
Isaiah Brown	Whitney

## Girls Track

1. Whitney
2. Rocklin
3. Granite Bay
3. Oak Ridge
5. Del Oro
5. Folsom

Ashanti Elie	Whitney
Jasmine Beasley	Whitney
Ava Kopec	Whitney
Katie Kopec	Whitney
Kylie Nasca	Granite Bay
Gigi Kirchner	Rocklin
Nina Souta	Whitney
Phoenix Eastman	Whitney
Halie Wilson	Granite Bay
Hafsah Mahmood	Granite Bay
Taylor Jeffrey	Granite Bay
Isabel Soto	Whitney
Addison Ewers	Whitney
Grace Scott	Whitney
Annie Carlson	Whitney
Rylee Rudnicki	Oak Ridge
Paloma Baumert	Del Oro
Juliana Roberson	Whitney

## Sport Cheer

1. Oak Ridge
2. Whitney
2. Rocklin
4. Granite Bay
5. Del Oro

<b>MVP Erin Wasdyke</b>	<b>Oak Ridge</b>
Mariah Kwong	Oak Ridge
Bella Hwang	Oak Ridge
Miah Baro	Oak Ridge
Morgan Goglianoy	Whitney
Pepper Jimosse	Whitney
Danielle DuPont	Whitney
Caydence Burdette	Del Oro
Denae Riddle	Rocklin
Taylor Winarski	Rocklin
Hailey Laber	Rocklin
Eme Plotkin	Rocklin
Meadow Krueger	Granite Bay

## Boys Volleyball

1. Whitney
2. Granite Bay
3. Del Oro
3. Folsom
5. Oak Ridge
5. Rocklin

<b>MVP Merc Ubag</b>	<b>Folsom</b>
Matthew McCool	Del Oro
Joseph Garrett	Del Oro
Jack DeGraff	Folsom
Tobey Jennings	Granite Bay
Brandon Ngo	Granite Bay
Carmelo Bangs	Granite Bay
Philip Jones	Oak Ridge
Travis Vandeluyster	Oak Ridge
Gavin Sweyd	Oak Ridge
Cole Rabe	Rocklin
Carsen Gore	Whitney
Jake Hay	Whitney
Kale Cochran	Whitney

## Girls Lacrosse

1. Oak Ridge
2. Granite Bay
3. Folsom
4. Del Oro
5. Rocklin
6. Whitney

### **MVP Ella Rutherford Oak Ridge**

Hadley Gieck	Del Oro
Jocelyn Martin	Del Oro
Maya Reddy	Folsom
Allyson Overmyer	Folsom
Lillian McDaniel	Granite Bay
Yasaman Johnson	Granite Bay
Payton Ledger	Granite Bay
Natalie McGuckin	Granite Bay
Bella Crivello	Oak Ridge
Kayla Vota	Oak Ridge
Alex Remily	Oak Ridge
Tori Ross	Oak Ridge
Sophia Williams	Oak Ridge
Kate Carpenter	Oak Ridge
Sage Barden	Oak Ridge
Lexi Rios	Oak Ridge
Brooklyn Price	Oak Ridge
Annika Tanner	Oak Ridge
Bridget Lane	Whitney

## Boys Lacrosse

1. Oak Ridge
1. Granite Bay
3. Whitney
4. Rocklin
5. Folsom
6. Del Oro

### **MVP Alex Bales Oak Ridge**

Cayden Gravlin	Granite Bay
Kale Karres	Granite Bay
Stelios Lenakakis	Granite Bay
Conner Parish	Granite Bay
Duwayne Aikins	Granite Bay
Trent Silva	Oak Ridge
Kai Reisinger	Oak Ridge
Nick Antonucci	Oak Ridge
Adam Ferrero	Oak Ridge
Brodi Reidel	Oak Ridge
Wyatt Bannister	Oak Ridge
Matt White	Oak Ridge
Merik Nooren	Oak Ridge
Caden Smith	Whitney
Logan Brown	Whitney
Joe Ligas	Whitney
Ryan McAdam	Whitney
Jack Beaulieu	Whitney
Carson Kinnan	Whitney
Max Matalucci	Folsom
Tom Sackinsky	Rocklin
Nolan Grieshaber	Rocklin
Cooper Menold	Rocklin

## Baseball

1. Whitney
2. Oak Ridge
2. Rocklin
4. Folsom
5. Granite Bay
6. Del Oro

### **MVP Tyler Allen**

Gavin McLendon	Whitney
Jax Gimenez	Whitney
Jace Gilmore	Whitney
Luke Oyler	Whitney
Nathan Erickson	Whitney
Jonathan Vavak	Whitney
Sean Carey	Folsom
Colin Callahan	Folsom
Colin Gallagher	Folsom
Jake Fields	Oak Ridge
Luke Williams	Oak Ridge
Joe Carroll	Oak Ridge
Dylan Westbrook	Oak Ridge
Jack Peterson	Rocklin
Troy Ueltzen	Rocklin
Jack Hyde	Rocklin
Tim Reed	Granite Bay
Cody Ferrante	Granite Bay
Jimmy Radler	Granite Bay
Quincy Malboro	Del Oro

## Softball

1. Granite Bay
2. Whitney
2. Oak Ridge
4. Del Oro
5. Folsom
5. Rocklin

### **MVP Avery Seva Granite Bay**

Sammy McKown	Granite Bay
Drew McKown	Granite Bay
Lelani Terrazas	Granite Bay
Brooklyn Paratore	Oak Ridge
Ellison Shroeder	Oak Ridge
Jessica Szelenyi	Oak Ridge
Carly Short	Oak Ridge
Maddy Ridge	Oak Ridge
Maya Flindt	Whitney
Alyssa Flindt	Whitney
Hannah Duncan	Whitney
Sarah O'Dea	Whitney
Alyssa Jeffries	Whitney
Daniella Morillas	Del Oro
Abigail Davidson	Del Oro
Gracie Carpenter	Folsom
Roxi Sardo	Folsom
Lauren Holcomb	Folsom
Sydney Barker	Rocklin
Savannah Lorenzini	Rocklin

