



2024 SFL Spring Sports Final Standings and All League Teams

Boys Golf

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

MVP—Thomas Max—Rocklin

Garrett Harrison	Granite Bay
Sam Lyons	Granite Bay
Aidan Sweeney	Granite Bay
Joshua Leiker	Rocklin
Blake Whittingham	Whitney
Adriel Ingram	Del Oro
Akira Ransi	Folsom
Mason Fears	Folsom
Reynaldo Rodriquez	Oak Ridge
Peyton Crawford	Oak Ridge

Boys Tennis

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

MVP—Boden Willis Del Oro

All League Singles

Roshan Muregesh	Granite Bay
Yoshan Muregesh	Granite Bay
Aditya Dandamudi	Granite Bay
Yash Amin	Granite Bay
Garrett Reck	Del Oro
AJ Zwersloot	Oak Ridge
Michael Ginzburg	Oak Ridge
Alex Nguyen	Whitney
Rishabh Bhutani	Rocklin
Spencer Hamilton	Folsom

All League Doubles

Ethan Sugnet	Granite Bay
Zichan (JoJo) Yan	Granite Bay
Conner Ikeda	Whitney
Isaac Phan	Whitney
Josh Mulert	Oak Ridge
Dylan Holmlund	Oak Ridge

Boys Swimming and Diving

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

Swimmers

MVP Brody Chandler	Granite Bay
MVP Noah Carver	Granite Bay
MVP Jack Ortman	Granite Bay
Avery Pallicano	Oak Ridge
Gabe Hudgens	Oak Ridge
Andrew Rodenberg	Oak Ridge
Matt Rolf	Oak Ridge
Rocco Martino	Oak Ridge
Lars Osen	Oak Ridge
Justin Zhang	Oak Ridge
Anton Lengyel	Oak Ridge
Austin Ng	Oak Ridge
Robbie Doolittle	Granite Bay
Madden Magee	Granite Bay
Aveed Gorji	Granite Bay
Brody Redline	Granite Bay
Avi Mahajan	Folsom
Will Titley	Whitney

Divers

Noah Al-Shaikh	Granite Bay
Neel Chandra	Folsom
Hunter Hodson	Whitney

Girls Swimming and Diving

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

Swimmers

MVP Callie Kowalchick	Oak Ridge
Chloe Eyrich	Del Oro
Abilgail Landers	Del Oro
Melanie Quinto	Del Oro
Hayden Young	Del Oro
Phoebe Yoder	Oak Ridge
Abigayle Cobabe	Oak Ridge
Olivia Mancinelli	Oak Ridge
Katie Tadayeski	Oak Ridge
Adilene Dela Cruz	Oak Ridge
Landrey Gold	Whitney
Jada Duncan	Whitney
Kingsley Rosevold	Granite Bay
Mimi Bell	Granite Bay
Chloe Coad	Granite Bay
Macy Coad	Granite Bay
Isabella Pahlberg	Granite Bay
Sophia Love	Rocklin

Divers

Mimi Poort	Folsom
Kaylee Fancher Hurley	Granite Bay
Gator Olmstead	Oak Ridge

Boys Track

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

Jordan Ventura	Rocklin
Ian Anglin	Folsom
Andrew Abello	Folsom
Zavien Lintag	Folsom
Carter Jackson	Folsom
Jack Sindt	Del Oro
Turner Wagner	Del Oro
Josiah Cain	Del Oro
Noah Peters	Del Oro
Jacob Aloise	Del Oro
Cade Campos	Del Oro
Davis Hurren	Whitney
Calvin Hensley	Whitney
Michael Payan	Whitney
Tolaoluwa Spencer	Whitney
Quintin Hardy	Oak Ridge
Colin Culetu	Oak Ridge
Wesley Ewing	Oak Ridge
Carson Karr	Oak Ridge
Tyler Lange	Oak Ridge
Jaden Anderson	Oak Ridge

Girls Track

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

Isabella Leach	Whitney
Sophia Hutchinson	Whitney
Ava Kopec	Whitney
Juliana Roberson	Whitney
Samantha Schuler	Whitney
Lexi Kool	Whitney
Nina Souta	Whitney
Grace Baxter	Granite Bay
Emily Allison	Granite Bay
Halle Wilson	Granite Bay
Kylie Nasca	Granite Bay
Gigi Kirchner	Rocklin
Bella Morales	Rocklin
Lindsay Salvatierra	Rocklin
Elise Mullican	Rocklin
Ava Olimpiada	Rocklin
Grace Sloan	Rocklin
Isabelle Oldenburger	Del Oro
Rylee Rudnicki	Oak Ridge
Ronan Gallagher	Folsom

Competitive Sport Cheer

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

MVP Addie Lear Oak Ridge

Olivia Shim	Oak Ridge
Kyla Lilienthal	Oak Ridge
Katelyn Bean	Oak Ridge
Brook Huan	Whitney
Vivian Gutierrez	Whitney
Lucy Childs	Granite Bay
Ava Parcesepe	Del Oro
Caitlin Tangonan	Folsom
Hannah Verwayen	Folsom
	Rocklin
	Rocklin
	Rocklin

Boys Volleyball

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

MVP Merc Ubag Folsom

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
Jax Gimenez
Jace Gilmore
Luke Oyler
Nathan Erickson
Jonathan Vavak
Sean Carey
Colin Callahan
Colin Gallagher
Jake Fields
Luke Williams
Joe Carroll
Dylan Westbrook
Jack Peterson
Troy Ueltzen
Jack Hyde
Tim Reed
Cody Ferrante
Jimmy Radler
Quincy Malboro

Whitney

Whitney
Whitney
Whitney
Whitney
Whitney
Whitney
Folsom
Folsom
Folsom
Oak Ridge
Oak Ridge
Oak Ridge
Oak Ridge
Rocklin
Rocklin
Rocklin
Granite Bay
Granite Bay
Granite Bay
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