



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—Max Thomas—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

Olivia Shim
Kyla Lilienthal
Katelyn Bean
Brook Hauan
Vivian Gutierrez
Lucy Childs
Ava Parcesepe
Caitlin Tangonan
Hannah Verwayen
Taylor Winarski
Miliani Robles
Hailey Laber

Oak Ridge

Oak Ridge
Oak Ridge
Oak Ridge
Whitney
Whitney
Granite Bay
Del Oro
Folsom
Folsom
Rocklin
Rocklin
Rocklin

Boys Volleyball

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

MVP Jack Degraff

Zach Winter
Seth Wilhelmn
Parker Dison
Zach Docto
Brandon Ngo
Kellen Ashford
Jack Reynolds
Phil Jones
Travis Vandeluyster
Karver Knorzer
Brian Lie
Brayden Walktman
Kale Cochran

Folsom

Del Oro
Del Oro
Folsom
Granite Bay
Granite Bay
Granite Bay
Oak Ridge
Oak Ridge
Oak Ridge
Rocklin
Rocklin
Rocklin
Whitney

Girls Lacrosse

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

MVP Ella Rutherford Oak Ridge

Sage Barden	Oak Ridge
Annika Tanner	Oak Ridge
Alex Remily	Oak Ridge
Sophia Williams	Oak Ridge
Caitlin Beckman	Oak Ridge
Kathryn Gray	Granite Bay
Payton Ledger	Granite Bay
Kaylee Kittle	Granite Bay
Lillian McDaniel	Granite Bay
Natalie McGuckin	Granite Bay
Sophie Golden	Granite Bay
Ellie Rivera	Del Oro
Riley Weber	Del Oro
Grace Sjolie	Del Oro
Presley Macktinger	Del Oro
Maya Reddy	Folsom
Allyson Overmyer	Folsom
Siena Kazinec	Folsom
Bailey Hopp	Rocklin

Boys Lacrosse

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

MVP Joe Ligas Whitney

Nolan Grieshaber	Rocklin
Ethan Griffin	Granite Bay
Kale Karres	Granite Bay
William Hagman	Granite Bay
Carson Perry-Smith	Granite Bay
DuWayne Aikins	Granite Bay
William Grahame	Granite Bay
Eli White	Oak Ridge
Andrew Wengel	Oak Ridge
Kevin Oselinsky	Oak Ridge
Reed Van Stralen	Whitney
Jack Beaulieu	Whitney

Baseball

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

MVP Jax Gimenez Whitney

MVP Cash Brennan Rocklin

Trajan Rogowski	Whitney
Corden Pettey	Whitney
Luke Oyler	Whitney
Chase Bentley	Granite Bay
Jimmy Radler	Granite Bay
Tim Reed	Granite Bay
Ben Brown	Del Oro
Mason Belding	Del Oro
Jason Klapper	Folsom
Andrew Del Pizzo	Oak Ridge
Brady Rea	Oak Ridge
Luke Haney	Oak Ridge
Ryan Hubbard	Oak Ridge
Colby Pudge	Rocklin
Grant Munoz	Rocklin
Daniel Panteloglow	Rocklin
Jesse Cuthill	Rocklin
Joey Lorenzini	Rocklin
Tucker Baird	Rocklin

Softball

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

MVP Mya Flindt Whitney

Sammy McKown	Granite Bay
Madison Lopez	Granite Bay
Cam Lincoln	Granite Bay
Brooklyn Paratore	Oak Ridge
Ellison Shroeder	Oak Ridge
Jessica Szelenyi	Oak Ridge
Carly Short	Oak Ridge
Kennedi Freeland	Oak Ridge
Tylie Kitchen	Whitney
Alyssa Flindt	Whitney
Hannah Duncan	Whitney
Sydney Barker	Rocklin
Cat Alston	Rocklin
Molly Jumelet	Rocklin
Marley Hogue	Rocklin
Raygan Mercado	Folsom
Shay Sacay	Folsom
Cece Geier	Folsom
Abby Davidson	Del Oro
Ari Bottel	Del Oro