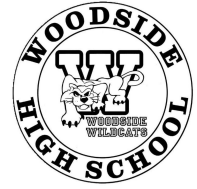


Woodside High School

Spring Athlete Senior Recognition

Boys Track & Field

Spring 2020



Congratulations to WHS boys Track & Field seniors - Diego Baez, Nathan Bowman, Luis Cruz, Kevin DeAntoni, Chase Eavis, Kai Fronsdal, Zephyr Granger, Alexander Krantz, Jacob Kraus, Ethan Mooney, Josh Peterson, Alex Rodriguez-Stangle, Thomas Williams

“With the 2020 season cut short it is hard to say what may have happened, but this year's Varsity Senior Athletes are definitely part of a Track and Field team that was going places. Many season bests were already reached by the first and only two meets of the season. Woodside Track and Field held the First Annual Woodside vs. Sequoia Dual meet on March 6th, 2020 and then hosted the first First Season Dual meet vs. Terra Nova on March 11th, 2020.” - WHS Track & Field Coaching Staff

Boys Track & Field Profiles

Diego Baez

Diego is one of Woodside's throwers, and was quickly coming up in the ranks with personal records in both Shot Put and Discus. He has a mark of 24'5" in the 12 lb. Shot Put and 61'7" in the Discus.

Nathan Bowman

Nathan is in his 4th year as a Varsity Track Distance Runner. Although he got injured early in the season, he has impressive stats with personal bests in the 800 meters (2:06.02), 1600 meters (4:34.9) and the 3200 meters (9:53.07). Nathan would have definitely been lowering those times as he was coming off his injury, well-rested and ready to finish off an impressive 4 years.

Luis Cruz

Luis transferred to Woodside High this season and showed quickly that he was going to be a good addition as a sprinter, adding points to the team competition. He has a personal best of 14.14 in the 100 meters.

Kevin DeAntoni

Kevin participated in Track and Field all 4 years, two years on JV and two years on Varsity. His Personal Bests early in the season in his three events, Long Jump (14'10"), Triple Jump (27'10") and the 100 meters (13.88) show that he was primed for his best season ever.

Chase Eavis

Chase joined Track and Field as a Senior and quickly showed his potential in the jumps and sprints. He has a personal best this season in Long Jump (15'11.5")

Kai Fronsdal

Kai is also a 4 year Track and Field athlete. He has participated in the Pole vault all 4 years with a personal best (10'0"). This year was definitely going to be his breakout year in that event. Kai also holds personal best marks in the Shot Put (30'10"), Discus (98'8") and Long Jump (15 '8").

Zephyr Granger

Zephyr is a 4 year Track and Field athlete. He had started his Senior season with an impressive personal best in the 400 meters (56.99). Zephyr is also part of the 4 x 400 m Relay Team this year that was leading the crowd with an early Season Best of 3:52.98.

Alexander Krantz

Alex is a 2 year Track and Field Athlete. He ran Track his Freshman Year, participating in the Sprints and in Pole Vault, and then returning to participate his Senior Year in two new events, Shot Put and Discus. He has personal bests in Shot Put (24'4") and Discus (79'9").

Jacob Kraus

Coby is a 4 year Track and Field Athlete, participating his first two years in frosh/soph and as a Varsity Athlete the past two years. Coby was primed for a stellar final season with personal bests in all four of his events. The 100 meters (12.35), the 200 meters (26.01), Long Jump (16'4") and Triple Jump 36'7.75").

Ethan Mooney

Ethan participated in Track and Field all 4 years. Ethan is part of the 4X100 meter relay team (46.78) that was primed for amazing performances this year with such a fast early season time. Ethan also participated in Long Jump with an impressive early season jump of 18'4".

Josh Peterson

Josh is a 4 year Track and Field athlete participating in his first two years as frosh/soph and the last two in Varsity. Josh overcame injuries from last year with early season impressive marks and personal bests in a very fast 100 meters (11.57), the 200 meters (23.49), Long Jump (19'10") and also part of that quick 4 X100 meter relay team. The 100 meter time has him ranked 2nd in the Ocean Division and 3rd in the Peninsula Athletic League overall.

Alex Rodriguez-Stangle

Alex is a 3 year Track and Field athlete. His Personal Bests early in the season were indicative of some good performances to come. He ran the 400 meters (1:00.18) and the 800 meters (2:19.41)

Thomas Williams

Tommy joined Track and Field his senior year. He is also part of that amazing 4 X100 meter relay team and one of the fastest sprinters on the team with a fast 100m (12.14) ranking him at 6th best in the Ocean Division. He also showed great potential in High Jump clearing 5'0 easily his first jump of the season.

Woodside Athletic Department
Study hard, practice hard, play hard!