

**ORANGE COUNTY NEWS**

# Northwood's Adler captures CIF title in 3,200 event

By **BRENT SHAVER** | Orange County Register

May 24, 2017 at 11:58 am

Northwood High senior Erika Adler continued her stellar senior year, racing away with a title in the 3,200 meters Saturday at Cerritos College at the CIF-SS Track and Field Championships.

It was just one of many star efforts on the day from city athletes.

Adler along with teammate Kellie May shined on the day, the Woodbridge girls team continued to show its depth by taking fourth place in the Division 2 standings and Irvine long jumper Jacob Haley placed second in the long jump.

Adler, who was already the Orange County cross country athlete of the year after finishing second in state last fall, won the Division 2 title in the 3,200 meters on the track in a time of 10:32.89. It is the first CIF title for Adler, who will be headed to UCLA in the fall.

"She has continued to grow as a distance runner throughout her senior season and today she showed just how much by becoming a CIF Champion," Northwood coach Louie Muniz said. "She has etched herself alongside some of the great distance girls from Northwood and Orange County. It is going to be very exciting these next two weeks to see just how great she is at the Masters Meet and hopefully the CIF State Meet."

May, who has been battling an injury, took fifth in the long jump with a mark of 17-8, but came back to finish as CIF runner-up in the triple jump at 37-9. She did that on her second jump.

"What can I say about Kellie May and her toughness today," Muniz said. "She dug down deep to fight off a hamstring tweak during warm-ups and willed her way to qualifying in the long jump. We had to scratch her from the hurdles because of the injury and I almost pulled her from the triple jump; but she begged to compete (hurt and all) in her favorite event the triple jump.

"Somehow she was able to jump 37-9 which was good enough for CIF runner-up in the division. It was awesome determination."

Northwood's 4x400 team placed sixth in 3:58.05. The team included Hurya Ahmed, Kalee Nguyen, Alexis Gopaul and Amanda Bolger.

Northwood ended up finishing seventh in Division 2 as a team with 25 points, which was a program best.

Woodbridge took a solid fourth on the girls side in Division 2 with 30 points.

Sophomore Emily Garner claimed a CIF title in the high jump, clearing 5-5.

She also took third in the triple jump at 37-8.

Woodbridge's 4×100 team placed fifth in a time of 48.76. The team was made up of Hannah Cooper, Milana Malec, Jessica Barbarosh and Simran Malhotra.

Woodbridge also placed fifth in the 4×400 meters in 3:56.74 behind Cooper, Garner, Oefelein and Malec.

Milana Malec was fourth in the 40 meters in a time of 56.77.

Irvine's Laurel Shepherd continued to shine, taking third in the 400 meters in 56.66.

In Division 1 action on the girls side, Daria Shkel finished eighth in the 100 meter hurdles in 15.80.

For the boys, Haley was a close second in the long jump in Division 2. He leapt, 22-8, in his second attempt to finish second overall. The winning mark was 22-9 by Derek Pekar of Ventura.

The Warriors' 4×400 relay team of Jeffrey Vu, Chris Victoria, Ben Jablonski and Justin Sylvia was third in a time of 3:20.87.

Northwood's Ramal Silva was eighth in the Division 2 shot put at 51-1 1/4.

Crean Lutheran had some impressive performances in Division 4, including Jack Johnson finishing fourth in the 110 hurdles in 15.68 and fourth in the 300 hurdles in 41.66 and Craig Odenwald taking fifth in the 1,600 meters in 4:33.00.

The Saints' boys team was 10th in Division 4 with 17 points.