

South High School 2019 Cross Country Season Summary

Coach Rick Esponda

Coach Christie Nesbit

Coach Deana Takaoka

Coach Brian Tokuda

Boys Varsity



Top Row (L to R): Casey Spencer, Ajith Nair, Alex Kano, Andrew Nunley (Middle Row): Nicholas Meyer, Ethan Falconer, Matt Peters, Robert Martinez, Luffy Saito (Bottom Row): Robert Yamaki, Nathan Wong, Connor Goldstein, Yusei Fujikura

		<u>Cool</u>	<u>Eagles</u>	<u>Wood</u>	<u>Nike</u>	<u>Pio 1</u>	<u>C Park</u>	<u>Pio 2</u>	<u>SAC</u>	<u>1 mile</u>	<u>Pio 3</u>
Falconer, Ethan	12	18:00	17:27	DNR	DNR	DNR	DNR	17:26	18:31	4:49.0	DNR
Fujikura, Yusei	12	16:42	DNR	16:47	18:21	17:52	DNR	16:37	18:32	4:45.8	18:53
Goldstein, Connor	10	17:31	16:53	16:56	DNR	18:13	17:18	16:53	17:38	4:52.2	18:09
Kano, Alex	10	16:58	17:08	DNR	17:57	18:34	DNR	17:01	17:57	4:53.6	18:17
Martinez, Robert	12	DNR	DNR	DNR	17:51	17:43	DNR	16:31	16:59	4:46.6	17:25
Meyer, Nicholas	10	16:58	DNR	16:55	18:10	18:11	DNR	17:04	17:53	4:51.7	18:06
Nair, Ajith	12	18:04	DNR	17:09	DNR	18:19	DNR	16:56	18:30	DNR	18:23
Nunley, Andrew	10	17:28	17:34	17:10	18:12	19:07	DNR	17:30	18:25	4:59.3	19:03
Peters, Matt	11	16:10	16:13	15:52	16:51	17:29	DNR	15:52	16:49	4:38.2	18:01
Saito, Luffy	11	DNR	17:17	17:18	DNR	19:33	18:10	17:36	18:36	4:56.6	19:36
Spencer, Casey	12	16:50	17:57	DNR	18:10	17:39	DNR	DNR	DNR	4:47.4	18:03
Wong, Nathan	12	18:38	18:03	17:36	DNR	DNR	DNR	18:11	19:46	5:19.4	19:45
Yamaki, Robert	11	18:18	17:50	17:32	DNR	19:47	18:50	DNR	18:55	DNR	DNR

Girls Varsity



Top Row (L to R): Mia Espinoza, Sejin Park, Haley Elder, Mia Trodden (Middle Row): Katie Chung, Sara Reeder, Ashley Aguayo, Rania Gomaa, Lily Albert, Evelyn Baran (Bottom Row): Rivka Ben-Avides, Claire Masuda, Sophia Ross

		<u>Cool</u>	<u>Eagles</u>	<u>Wood</u>	<u>Nike</u>	<u>Pio 1</u>	<u>C Park</u>	<u>Pio 2</u>	<u>SAC</u>	<u>1 mile</u>	<u>Pio 3</u>
Aguayo, Ashley	10	19:59	20:40	19:42	21:22	21:40	DNR	20:02	21:55	DNR	22:00
Albert, Lily	11	18:02	DNR	18:12	19:05	19:22	DNR	17:58	18:53	DNR	19:47
Baran, Evelyn	10	21:31	20:22	19:56	DNR	DNR	DNR	DNR	23:21	5:57.8	DNF
Ben-Avides, Rivka	12	DNR	DNR	20:57	21:16	21:20	DNR	19:39	20:48	DNR	20:59
Chung, Katie	10	19:59	19:25	18:52	20:25	20:56	DNR	18:52	20:07	DNR	20:54
Elder, Haley	10	20:01	19:55	19:28	21:45	DNR	DNR	19:54	21:31	DNR	22:45
Espinoza, Mia	12	21:17	DNR	21:15	DNR	22:17	DNR	20:30	DNR	5:59.7	23:37
Gomaa, Rania	11	18:30	18:13	18:17	19:17	19:29	DNR	DNR	DNR	DNR	DNR
Masuda, Claire	12	21:38	21:55	21:31	DNR	22:52	DNR	21:35	22:43	6:01.6	23:11
Park, Sejin	12	22:21	DNR	22:01	DNR	DNR	DNR	DNR	23:58	DNR	24:35
Reeder, Sara	11	21:36	DNR	22:10	DNR	DNR	DNR	DNR	DNR	DNR	DNR
Ross, Sophia	10	22:23	22:20	21:27	DNR	23:15	21:57	21:51	23:26	DNR	23:57
Trodden, Mia	12	DNR	20:03	19:26	20:37	21:14	DNR	19:30	DNR	DNR	21:34

Boys Junior Varsity



Top Row (L to R): Chris Hankey, Sean Ruskowski, Will Woolen, Nick Marino, Anthony Fisher, Dominic Marino (Middle Row): Mateo Benitez-Santiago, Josh Sandkulla, Yuto Tamada, Matt Long, Frank Captanis, Conner Nesbit, Will Nicles, Henry O'Brien, Shinn Hayasaka (Bottom Row): Connor Yin, Teo Dimitrov, Danny Tokeshi, Nathan French, Kazuki Atagi, Korey Soga, Danny Ma, Conrad Benoy

		<u>Cool</u>	<u>Eagles</u>	<u>Wood</u>	<u>Nike</u>	<u>Pio 1</u>	<u>C Park</u>	<u>Pio 2</u>	<u>SAC</u>	<u>1 mile</u>	<u>Pio 3</u>
Atagi, Kazuki	11	21:36	DNR	21:46	DNR	22:26	DNR	20:47	DNR	5:47.1	24:00
Benitez-Santiago, Mateo	10	21:02	19:28	19:47	DNR	21:17	20:17	19:19	20:46	5:22.1	21:06
Benoy, Conrad	10	DNR	20:02	19:52	DNR	21:35	20:16	19:39	20:19	5:38.3	20:59
Captanis, Frank	11	22:06	21:03	DNR	DNR	23:39	21:30	21:18	DNR	5:38.3	23:36
Dimitrov, Teo	11	DNR	DNR	DNR	DNR	24:44	DNR	22:43	DNR	DNR	DNR
Fisher, Anthony	11	21:16	21:05	21:29	DNR	24:07	21:46	20:29	DNR	5:38.0	21:46
French, Nathan	11	DNR	21:03	21:47	DNR	22:39	21:37	20:45	DNR	6:05.0	23:03
Hankey, Chris	11	DNR	DNR	21:15	DNR	21:22	20:20	DNR	DNR	5:39.6	21:48
Hayasaka, Shinn	10	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR
Li, Caleb	11	22:41	DNR	DNR	DNR	23:07	DNR	21:57	DNR	6:12.2	23:36
Long, Matthew	10	18:30	18:24	18:32	DNR	19:05	18:40	17:48	19:20	5:21.9	19:51
Ma, Danny	11	20:31	DNR	20:00	DNR	21:04	DNR	19:27	DNR	5:41.4	22:00
Marino, Dominic	10	19:23	19:00	18:40	DNR	20:19	18:56	18:43	19:21	5:29.8	20:42
Marino, Nicholas	11	DNR	DNR	18:50	DNR	20:09	19:15	18:29	20:01	5:15.8	20:42
Nesbit, Conner	10	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR
Nicles, Will	12	DNR	DNR	DNF	DNR	23:23	DNR	DNR	DNR	5:51.8	23:31
O'Brien, Henry	10	19:24	DNR	DNR	DNR	20:05	18:40	18:29	19:15	DNR	20:29
Ruskowski, Sean	12	20:35	19:16	19:14	DNR	21:30	20:23	DNR	21:52	5:45.4	22:00
Sandkulla, Josh	10	18:13	18:11	18:17	DNR	19:49	DNR	DNR	20:06	5:15.4	19:47
Soga, Korey	11	20:24	DNR	20:24	DNR	21:25	20:28	18:49	21:27	5:28.7	21:47
Tamada, Yuto	10	19:31	20:47	18:38	DNR	21:29	18:37	18:49	20:05	5:09.7	20:38
Tokeshi, Danny	11	DNR	21:05	21:12	DNR	23:02	DNR	19:30	22:39	6:00.2	21:58
Woolen, William	12	19:56	19:05	19:25	DNR	20:11	18:59	18:24	19:31	5:26.4	20:07
Yin, Connor	11	20:28	DNR	19:57	DNR	20:46	19:48	18:54	DNR	5:29.4	21:35

Girls Junior Varsity



Top Row (L to R): Tea Takaoka, Anna Radmilovich, Amara Ugwu, Cora Hesson, Selina Brown, Dunia Hakim, Emily Arciuch, Christine Strickfaden (Middle Row): Dorothy Min, Laila Gibbs, Ryan Tsujimoto, Katie Soares, Elizabeth Hostinak, Emily Briggs, Jordan Candelaria, Brooke Maille, Maggie Shoemaker, Nicole Shibata (Bottom Row): Keila Sakaguchi, Sasha Masciotti, Angelle Dizon, Aziza Hanna, Chloe Wong, Skye Dizon, Allison Hamilton, Aleen Khedesian

		<u>Cool</u>	<u>Eagles</u>	<u>Wood</u>	<u>Nike</u>	<u>Pio 1</u>	<u>C Park</u>	<u>Pio 2</u>	<u>SAC</u>	<u>1 mile</u>	<u>Pio 3</u>
Arciuch, Emily	9	DNR	DNR	DNR	DNR	29:33	DNR	DNR	DNR	7:07.5	31:31
Briggs, Emily	9	26:00	24:13	DNR	DNR	25:27	DNR	DNR	DNR	6:40.2	DNR
Brown, Selina	12	DNR	DNR	DNR	DNR	DNR	DNR	DNF	DNR	7:28.1	DNR
Candelaria, Jordan	9	25:47	DNR	24:20	DNR	DNR	DNR	DNR	DNR	7:25.9	DNR
Dizon, Angelle	9	24:42	23:58	DNF	DNR	DNR	26:07	23:41	26:11	6:38.7	26:16
Dizon, Skye	9	24:06	23:29	22:19	DNR	24:30	22:51	22:50	24:59	6:20.3	24:02
Gibbs, Laila	9	DNR	DNR	23:48	DNR	DNR	DNR	DNR	DNR	DNR	DNR
Hakim, Dunia	9	28:40	27:58	27:55	DNR	DNR	29:05	DNR	DNR	7:34.7	DNR
Hamilton, Allison	9	DNR	DNR	23:23	DNR	DNR	DNR	24:11	26:11	6:40.0	26:34
Hanna, Aziza	9	25:19	DNR	DNR	DNR	DNR	DNR	23:40	26:08	DNR	24:54
Hesson, Cora	11	DNR	22:57	DNR	DNR	DNR	25:03	DNR	25:58	6:29.6	DNR
Hostinak, Elizabeth	9	22:26	DNR	22:08	DNR	DNR	DNR	DNR	DNR	DNR	DNR
Khedesian, Aleen	9	25:57	24:46	23:48	DNR	25:18	24:23	DNR	27:51	6:58.0	26:38
Maille, Brooke	10	DNR	DNR	24:08	DNR	DNR	DNR	DNR	DNR	DNR	DNR
Masciotti, Sasha	9	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	6:32.9	25:53
Min, Dorothy	9	27:30	DNR	24:42	DNR	DNR	26:05	24:27	27:46	6:54.0	27:16
Radmilovich, Anna	12	DNR	DNR	DNR	DNR	DNR	DNR	25:11	26:26	6:34.3	28:07
Sakaguchi, Keila	11	25:56	24:22	23:08	DNR	24:37	24:09	24:08	25:17	6:39.1	25:50
Shibata, Nicole	9	23:59	23:36	24:19	DNR	25:06	23:21	DNR	26:26	6:54.7	26:49
Shoemaker, Maggie	9	26:51	25:21	23:48	DNR	26:18	25:34	DNR	DNR	7:04.3	26:44
Soares, Katie	9	25:12	24:43	24:01	DNR	25:29	24:21	DNR	27:04	6:33.8	25:58
Strickfaden, Christine	12	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	7:28.8	29:48
Takaoka, Tea	12	26:12	25:34	25:28	DNR	26:56	26:01	DNR	28:01	7:13.9	29:11
Tsujimoto, Ryan	9	24:48	23:04	22:18	DNR	DNR	24:22	DNR	DNR	DNR	DNR
Ugwu, Amara	12	25:11	24:23	24:42	DNR	25:32	DNR	24:16	25:26	6:35.-	26:21
Wong, Chloe	9	27:19	25:25	24:42	DNR	27:22	25:35	DNR	28:18	7:02.7	27:09

Boys Freshmen



Top Row (L to R): Ali Al-Khafaji, Chase Kneller, Sal Blumberg, Cole Peters, Alex Forman, Diego La Fuente, Kai Hart, Evan Hughley (Middle Row): Kai Gil, Samuel Park, Benjamin Ree, Lamar Kirk, Daniel Taul, Luke Cho, Jaiden Roe, Daniel Lee, Jason Bard, Mitchel Euperio-Nacion (Bottom Row): Fredrick Murphy, Severin Von Stentzsch, Troy Hwang, Rushil Kumar, Justin Kim, Riki Fukayama, Brandon Hamilton, Clayton Eiland, Cruz Jasso

		<u>Cool</u>	<u>Eagles</u>	<u>Wood</u>	<u>Nike</u>	<u>Pio 1</u>	<u>C Park</u>	<u>Pio 2</u>	<u>SAC</u>	<u>1 mile</u>	<u>Pio 3</u>
Al-Khafaji, Ali	9	DNR	DNR	19:45	DNR	DNR	DNR	19:17	20:16	DNR	21:12
Bard, Jason	9	27:39	28:08	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR
Blumberg, Sal	9	19:31	DNR	19:21	DNR	20:14	18:57	19:14	DNR	DNR	21:16
Cho, Luke	9	18:44	18:31	18:43	DNR	19:44	18:44	18:38	19:15	5:13.4	19:30
Eiland, Clayton	9	21:30	21:45	DNR	DNR	22:29	21:45	21:01	DNR	5:49.9	DNR
Euperio-Nacion, Mitchel	9	18:51	18:44	18:32	DNR	19:47	18:56	18:35	20:07	DNR	20:13
Forman, Alex	9	20:28	DNR	19:56	DNR	21:03	20:15	19:36	20:40	5:28.0	21:26
Fukayama, Riki	9	22:16	22:13	21:36	DNR	23:25	DNR	21:50	DNR	6:10.7	23:53
Gil, Kai	9	21:40	DNR	21:57	DNR	DNR	DNR	21:18	DNR	6:04.0	23:52
Hamiton, Brandon	9	18:37	DNR	DNR	DNR	22:21	20:07	19:38	20:29	5:32.9	20:37
Hart, Kai	9	23:08	24:22	23:01	DNR	23:37	22:40	21:41	DNR	DNR	24:34
Hughley, Evan	9	22:10	21:55	23:21	DNR	23:22	22:47	21:53	DNR	6:15.8	22:45
Hwang, Troy	9	24:30	DNR	24:15	DNR	DNR	DNR	23:27	DNR	6:41.7	25:00
Jasso, Cruz	9	17:39	DNR	17:32	DNR	18:41	DNR	18:06	18:07	5:06.1	18:31
Kim, Justin	9	20:34	20:48	DNR	DNR	21:27	20:55	20:31	DNR	5:33.7	22:16
Kirk, Lamar	9	17:06	17:04	17:16	DNR	18:43	17:58	17:21	17:57	4:57.5	18:31
Kneller, Chase	9	20:06	19:10	20:06	DNR	21:08	20:07	19:17	20:58	5:30.2	21:56
Kumar, Rushil	9	22:15	DNR	DNR	DNR	23:59	23:47	22:47	DNR	6:31.9	24:37
Lafuente, Diego	9	20:59	20:50	21:35	DNR	22:49	DNR	22:44	DNR	5:49.7	22:17
Lee, Daniel	9	23:10	22:36	23:26	DNR	23:02	DNR	DNR	DNR	6:12.4	23:59
Murphy, Fredrick	9	23:14	DNR	DNR	DNR	22:36	22:26	DNR	DNR	DNR	23:39
Park, Samuel	9	21:26	DNR	21:38	DNR	DNR	22:48	DNR	DNR	6:08.9	23:54
Peters, Cole	9	21:28	DNR	19:57	DNR	DNR	20:48	DNR	22:06	5:35.2	22:16
Ree, Benjamin	9	24:06	25:13	DNR	DNR	26:07	23:29	23:43	DNR	DNR	DNR
Roe, Jaiden	9	DNR	21:54	22:08	DNR	22:37	DNR	22:32	DNR	6:08.2	24:41
Taul, Daniel	9	19:27	18:53	18:58	DNR	19:48	18:54	18:50	20:37	5:27.0	21:03
Von Stentzsch, Severin	9	24:10	DNR	24:28	DNR	26:35	23:53	24:25	DNR	6:40.0	24:52

Freshmen Time Trial (2.5 miles @ South High)

Freshmen Boys					Freshmen Girls			
Kirk, Lamar	9	14:39	Lee, Daniel	9	21:11	Masciotti, Sasha	9	20:03
Jasso, Cruz	9	15:56	Ree, Benjamin	9	21:45	Soares, Katie	9	21:29
Cho, Luke	9	16:20	Fukayama, Riki	9	21:56	Hamilton, Allison	9	21:36
Euperio, Mitchel	9	16:29	Lafuente, Diego	9	22:08	Shibata, Nicole	9	21:52
Hamilton, Brandon	9	16:45	Roe, Jaiden	9	22:48	Briggs, Emily	9	22:20
Ha, Ethan	9	17:07	Von Stentzsch, Severin	9	22:52	Hanna, Aziza	9	23:01
Taul, Daniel	9	17:57	Stahl, Ryan	9	23:11	Schoemaker, Maggie	9	23:05
Kim, Justin	9	18:03	Kneller, Chase	9	26:27	Hakim, Dunia	9	23:11
Guillermo, Dean	9	19:14	Lee, Michael	9	33:24	Wong, Chloe	9	24:53
Park, Jeremy	9	19:14	Ree, Benjamin	9	21:45	Candelaria, Jordan	9	25:29
Eiland, Clayton	9	19:50	Fukayama, Riki	9	21:56	Arciuch, Emily	9	26:01
Park, Sam	9	19:58	Lafuente, Diego	9	22:08			
Kumar, Rushil	9	20:34	Roe, Jaiden	9	22:48	Non-Freshmen		
Hart, Kai	9	20:37	Von Stentzsch, Severin	9	22:52	Esponda, Chloe	8	18:13
Hughley, Evan	9	21:00	Stahl, Ryan	9	23:11	Carrillo, Luciano	12	18:57
Nakano, Tyler	9	21:10	Kneller, Chase	9	26:27	Sandkulla, Josh	10	20:11
			Lee, Michael	9	33:24	Fisher, Anthony	11	20:16
						Ugwu, Amara	12	21:43
						Arevalo, Nathalie	10	22:49
						Habib, Rita	10	26:01
						Vora, Krish	10	38:04

Summer Time Trial (2.0 miles @ PV Course)

Spartan Boys						Spartan Girls		
Nunley, Andrew	10	12:12	Kim, Justin	9	15:18	Albert, Lily	11	12:50
Yamaki, Robert	11	12:13	Lafuente, Diego	9	15:19	Gomaa, Rania	11	13:17
Kano, Alex	10	12:15	Benoy, Conrad	10	15:23	Elder, Haley	10	14:03
Jasso, Cruz	9	12:18	Hamilton, Brandon	9	15:40	Aguayo, Ashley	10	14:41
Hayasaka, Shinn	10	12:19	Gil, Kai	9	15:52	Espinoza, Mia	12	16:01
Long, Matt	10	12:21	Kumar, Rushil	9	16:02	Hostinak, Elizabeth	9	16:03
Wong, Nathan	12	12:50	Kim, Samuel	9	16:03	Dizon, Skye	9	16:08
Sandkulla, Josh	10	12:54	Forman, Alex	9	16:04	Shibata, Nicole	9	16:43
Cho, Luke	9	13:24	Hughley, Evan	9	16:38	Soares, Katie	9	17:03
Euperio, Mitchel	9	13:33	Park, Jeremy	9	17:27	Ugwu, Amara	12	17:06
O'Brien, Henry	10	13:36	Huang, Troy	9	17:28	Hamilton, Allison	9	17:06
Marino, Dominic	10	13:41	Fisher, Anthony	11	17:35	Tsujimoto, Ryan	9	17:15
Tamada, Yuto	10	13:42	Fukayama, Riki	9	18:10	Dizon, Angelle	9	17:43
Ma, Danny	11	13:48	Roe, Jaiden	9	18:12	Masciotti, Sasha	9	17:44
Tokeshi, Danny	11	13:54	Lee, Daniel	9	18:21	Wong, Chloe	9	18:34
Nakano, Tyler	9	13:55	Dimitrov, Teo	11	18:32	Hakim, Dunia	9	18:48
Benitez, Mateo	10	13:57	Von Stentzsch, Severin	9	18:33	Shoemaker, Maggie	9	18:48
Pirotto, Nick	12	14:02	Murphy, Fredrick	9	19:19	Gibbs, Laila	9	19:22
Blumber, Sal	9	14:03	Cales, Caleb	9	20:25	Khedesian, Aleen	9	20:29
Woolen, Will	12	14:09	Bard, Jason	9	21:51	Min, Dorothy	9	20:55
Kneller, Chase	9	14:37	Lee, Michael	9	22:11	Arciuch, Emily	9	21:22
French, Nathan	11	14:39				Chong, Lauren	9	21:53

Big Bear



Cool Breeze Invitational



Cool Breeze Invitational

Spartan Boys

Peters, Matt	11	16:10
Fujikura, Yusei	12	16:42
Spencer, Casey	12	16:50
Kano, Alex	10	16:58
Meyer, Nicholas	10	16:58
Kirk, Lamar	9	17:06
Nunley, Andrew	10	17:28
Goldstein, Connor	10	17:31
Jasso, Cruz	9	17:39
Falconer, Ethan	12	18:00
Nair, Ajith	12	18:04
Sandkulla, Josh	10	18:13
Yamaki, Robert	11	18:18
Long, Matthew	10	18:30
Hamiton, Brandon	9	18:37
Wong, Nathan	12	18:38
Cho, Luke	9	18:44
Euperio-Nacion, Mitchel	9	18:51
Marino, Dominic	10	19:23
O'Brien, Henry	10	19:24
Taul, Daniel	9	19:27
Blumberg, Sal	9	19:31
Tamada, Yuto	10	19:31
Woolen, William	12	19:56
Kneller, Chase	9	20:06
Soga, Korey	11	20:24
Forman, Alex	9	20:28
Yin, Connor	11	20:28
Ma, Danny	11	20:31
Kim, Justin	9	20:34
Ruskowski, Sean	12	20:35
Lafuente, Diego	9	20:59
Benitez-Santiago, Mateo	10	21:02
Fisher, Anthony	11	21:16
Park, Samuel	9	21:26
Peters, Cole	9	21:28
Eiland, Clayton	9	21:30
Atagi, Kazuki	11	21:36
Gil, Kai	9	21:40
Captanis, Frank	11	22:06
Hughley, Evan	9	22:10
Kumar, Rushil	9	22:15
Fukayama, Riki	9	22:16
Li, Caleb	11	22:41
Hart, Kai	9	23:08

Spartan Boys

Lee, Daniel	9	23:10
Murphy, Fredrick	9	23:14
Ree, Benjamin	9	24:06
Von Stentzsch, Severin	9	24:10
Hwang, Troy	9	24:30
Bard, Jason	9	27:39

Spartan Girls

Albert, Lily	11	18:02
Gomaa, Rania	11	18:30
Aguayo, Ashley	10	19:59
Chung, Katie	10	19:59
Elder, Haley	10	20:01
Espinoza, Mia	12	21:17
Baran, Evelyn	10	21:31
Reeder, Sara	11	21:36
Masuda, Claire	12	21:38
Park, Sejin	12	22:21
Ross, Sophia	10	22:23
Hostinak, Elizabeth	9	22:26
Shibata, Nicole	9	23:59
Dizon, Skye	9	24:06
Dizon, Angelle	9	24:42
Tsujimoto, Ryan	9	24:48
Ugwu, Amara	12	25:11
Soares, Katie	9	25:12
Hanna, Aziza	9	25:19
Candelaria, Jordan	9	25:47
Sakaguchi, Keila	11	25:56
Khedesian, Aleen	9	25:57
Briggs, Emily	9	26:00
Takaoka, Tea	11	26:12
Shoemaker, Maggie	9	26:51
Wong, Chloe	9	27:19
Min, Dorothy	9	27:30
Hakim, Dunia	9	28:40

Boys JV (1st out of 20)
 Boys Freshmen (2nd out of
 Boys Varsity (3rd out of
 Girls JV (No Score)
 Girls Varsity (14th out of

Eagles Invitational



Eagles Invitational

Spartan Boys

Peters, Matt	11	16:13
Goldstein, Connor	10	16:53
Kirk, Lamar	9	17:04
Kano, Alex	10	17:08
Saito, Luffy	11	17:17
Falconer, Ethan	12	17:27
Nunley, Andrew	10	17:34
Yamaki, Robert	11	17:50
Spencer, Casey	12	17:57
Wong, Nathan	12	18:03
Sandkulla, Josh	10	18:11
Long, Matthew	10	18:24
Cho, Luke	9	18:31
Euperio-Nacion, Mitchel	9	18:44
Taul, Daniel	9	18:53
Marino, Dominic	10	19:00
Woolen, William	12	19:05
Kneller, Chase	9	19:10
Ruskowski, Sean	12	19:16
Benitez-Santiago, Mateo	10	19:28
Benoy, Conrad	9	20:02
Tamada, Yuto	10	20:47
Kim, Justin	9	20:48
Lafuente, Diego	9	20:50
Captanis, Frank	11	21:03
French, Nathan	11	21:03
Fisher, Anthony	11	21:05
Tokeshi, Danny	11	21:05
Eiland, Clayton	9	21:45
Roe, Jaiden	9	21:54
Hughley, Evan	9	21:55
Fukayama, Riki	9	22:13
Lee, Daniel	9	22:36
Hart, Kai	9	24:22
Ree, Benjamin	9	25:13
Bard, Jason	9	28:08

Spartan Girls

Gomaa, Rania	11	18:13
Chung, Katie	10	19:25
Elder, Haley	10	19:55
Trodden, Mia	12	20:03
Baran, Evelyn	10	20:22
Aguayo, Ashley	10	20:40
Masuda, Claire	12	21:55
Ross, Sophia	10	22:20
Hesson, Cora	11	22:57
Tsujimoto, Ryan	9	23:04
Dizon, Skye	9	23:29
Shibata, Nicole	9	23:36
Dizon, Angelle	9	23:58
Briggs, Emily	9	24:13
Sakaguchi, Keila	11	24:22
Ugwu, Amara	12	24:23
Soares, Katie	9	24:43
Khedesian, Aleen	9	24:46
Shoemaker,	9	25:21
Wong, Chloe	9	25:25
Takaoka, Tea	11	25:34
Hakim, Dunia	9	27:58

Boys Varsity (10th out of 15)
 Boys Junior (7th out of 14)
 Boys Sophomore (9th out of 18)
 Boys Freshmen (4th out of 19)
 Girls Varsity (3rd out of 13)
 Girls Junior (No Score)
 Girls Sophomore (No Score)
 Girls Freshmen (7th out of 12)

Woodbridge Invitational



Woodbridge Invitational

Spartan Boys

Peters, Matt	11	15:52
Fujikura, Yusei	12	16:47
Meyer, Nicholas	10	16:55
Goldstein, Connor	10	16:56
Nair, Ajith	12	17:09
Nunley, Andrew	10	17:10
Kirk, Lamar	9	17:16
Saito, Luffy	11	17:18
Yamaki, Robert	11	17:32
Jasso, Cruz	9	17:32
Wong, Nathan	12	17:36
Sandkulla, Josh	10	18:17
Long, Matthew	10	18:32
Euperio-Nacion, Mitchel	9	18:32
Tamada, Yuto	10	18:38
Marino, Dominic	10	18:40
Cho, Luke	9	18:43
Marino, Nicholas	11	18:50
Taul, Daniel	9	18:58
Ruskowski, Sean	12	19:14
Blumberg, Sal	9	19:21
Woolen, William	12	19:25
Al-Khafaji, Ali	9	19:45
Benitez-Santiago, Mateo	10	19:47
Benoy, Conrad	10	19:52
Forman, Alex	9	19:56
Yin, Connor	11	19:57
Peters, Cole	9	19:57
Ma, Danny	11	20:00
Kneller, Chase	9	20:06
Soga, Korey	11	20:24
Tokeshi, Danny	11	21:12
Hankey, Chris	11	21:15
Fisher, Anthony	11	21:29
Lafuente, Diego	9	21:35
Fukayama, Riki	9	21:36
Park, Samuel	9	21:38
Atagi, Kazuki	11	21:46
French, Nathan	11	21:47
Gil, Kai	9	21:57
Roe, Jaiden	9	22:08
Hart, Kai	9	23:01
Hughley, Evan	9	23:21
Lee, Daniel	9	23:26
Hwang, Troy	9	24:15
Von Stentzsch, Severin	9	24:28

Spartan Boys

Dimitrov, Teo	11	24:30
Nicles, Will	12	DNF

Spartan Girls

Albert, Lily	11	18:12
Gomaa, Rania	11	18:17
Chung, Katie	10	18:52
Trodden, Mia	12	19:26
Elder, Haley	10	19:28
Aguayo, Ashley	10	19:42
Baran, Evelyn	10	19:56
Ben-Avides, Rivka	12	20:57
Espinoza, Mia	12	21:15
Ross, Sophia	10	21:27
Masuda, Claire	12	21:31
Park, Sejin	12	22:01
Hostinak, Elizabeth	9	22:08
Reeder, Sara	11	22:10
Tsujimoto, Ryan	9	22:18
Dizon, Skye	9	22:19
Sakaguchi, Keila	11	23:08
Hamilton, Allison	9	23:23
Khedesian, Aleen	9	23:48
Shoemaker, Maggie	9	23:48
Gibbs, Laila	9	23:48
Soares, Katie	9	24:01
Maille, Brooke	10	24:08
Shibata, Nicole	9	24:19
Candelaria, Jordan	9	24:20
Ugwu, Amara	12	24:42
Wong, Chloe	9	24:42
Min, Dorothy	9	24:42
Takaoka, Tea	11	25:28
Hakim, Dunia	9	27:55
Dizon, Angelle	9	DNF

Boys Freshmen (9th out of 42)

Boys Sophomore (10th out of 37)

Boys Junior (17th out of 17)

Boys Senior (No Score)

Boys Varsity (27 out of 36)

Girls Freshmen (13th out of 16)

Girls Sophomore (No Score)

Girls JV (6th out of 11)

Girls Varsity (17th out of 28)

Nike Portland Invitational

Spartan Boys

Peters, Matt	11	16:51
Martinez, Robert	12	17:51
Kano, Alex	10	17:57
Meyer, Nicholas	10	18:10
Spencer, Casey	12	18:10
Nunley, Andrew	10	18:12
Fujikura, Yusei	12	18:21

Spartan Girls

Albert, Lily	11	19:05
Gomaa, Rania	11	19:17
Chung, Katie	10	20:25
Trodden, Mia	12	20:37
Ben-Avides, Rivka	12	21:16
Aguayo, Ashley	10	21:22
Elder, Haley	10	21:45



Pioneer League #1



Pioneer League #1 (@ Wilson Park)

Spartan Boys

Peters, Matt	11	17:29
Spencer, Casey	12	17:39
Martinez, Robert	12	17:43
Fujikura, Yusei	12	17:52
Meyer, Nicholas	10	18:11
Goldstein, Connor	10	18:13
Nair, Ajith	12	18:19
Kano, Alex	10	18:34
Jasso, Cruz	9	18:41
Kirk, Lamar	9	18:43
Long, Matthew	10	19:05
Nunley, Andrew	10	19:07
Saito, Luffy	11	19:33
Yamaki, Robert	11	19:33
Cho, Luke	9	19:44
Taul, Daniel	9	19:48
Sandkulla, Josh	10	19:49
O'Brien, Henry	10	20:05
Marino, Nicholas	11	20:09
Woolen, William	12	20:11
Blumberg, Sal	9	20:14
Marino, Dominic	10	20:19
Yin, Connor	11	20:46
Forman, Alex	9	21:03
Ma, Danny	11	21:04
Kneller, Chase	9	21:08
Benitez-Santiago, Mateo	10	21:17
Hankey, Chris	11	21:22
Soga, Korey	11	21:25
Kim, Justin	9	21:27
Tamada, Yuto	10	21:29
Ruskowski, Sean	12	21:30
Benoy, Conrad	10	21:35
Hamiton, Brandon	9	22:21
Atagi, Kazuki	11	22:26
Eiland, Clayton	9	22:29
Murphy, Fredrick	9	22:36
Roe, Jaiden	9	22:37
French, Nathan	11	22:39
Lafuente, Diego	9	22:49
Tokeshi, Danny	11	23:02
Lee, Daniel	9	23:02
Li, Caleb	11	23:07

Spartan Boys

Hughley, Evan	9	23:22
Nicles, Will	12	23:23
Fukayama, Riki	9	23:25
Hart, Kai	9	23:37
Captanis, Frank	11	23:39
Kumar, Rushil	9	23:59
Fisher, Anthony	11	24:07
Dimitrov, Teo	11	24:44
Ree, Benjamin	9	26:07
Von Stentzsch, Severin	9	26:35
Euperio-Nacion, Mitchel	9	NT

Spartan Girls

Albert, Lily	11	19:22
Gomaa, Rania	11	19:29
Chung, Katie	10	20:56
Trodden, Mia	12	21:14
Ben-Avides, Rivka	12	21:20
Aguayo, Ashley	10	21:40
Espinoza, Mia	12	22:17
Masuda, Claire	12	22:52
Ross, Sophia	10	23:15
Dizon, Skye	9	24:30
Sakaguchi, Keila	11	24:37
Shibata, Nicole	9	25:06
Khedesian, Aleen	9	25:18
Briggs, Emily	9	25:27
Soares, Katie	9	25:29
Ugwu, Amara	12	25:32
Shoemaker, Maggie	9	26:18
Takaoka, Tea	11	26:56
Wong, Chloe	9	27:22
Arciuch, Emily	9	29:33

Boys JV (3rd out of 4)
 Girls Varsity (2nd out of 4)
 Boys Varsity (3rd out of 4)
 Girls JV (3rd out of 4)
 Boys Freshmen (3rd out of 3)

Central Park Invitational



Central Park Invitational

Spartan Boys

Goldstein, Connor	10	17:18
Kirk, Lamar	9	17:58
Saito, Luffy	11	18:10
Tamada, Yuto	10	18:37
Long, Matthew	10	18:40
O'Brien, Henry	10	18:40
Cho, Luke	9	18:44
Yamaki, Robert	11	18:50
Taul, Daniel	9	18:54
Marino, Dominic	10	18:56
Euperio-Nacion, Mitchel	9	18:56
Blumberg, Sal	9	18:57
Woolen, William	12	18:59
Marino, Nicholas	11	19:15
Yin, Connor	11	19:48
Kneller, Chase	9	20:07
Hamiton, Brandon	9	20:07
Forman, Alex	9	20:15
Benoy, Conrad	10	20:16
Benitez-Santiago, Mateo	10	20:17
Hankey, Chris	11	20:20
Ruskowski, Sean	12	20:23
Soga, Korey	11	20:28
Peters, Cole	9	20:48
Kim, Justin	9	20:55
Captanis, Frank	11	21:30
French, Nathan	11	21:37
Eiland, Clayton	9	21:45
Fisher, Anthony	11	21:46
Murphy, Fredrick	9	22:26
Hart, Kai	9	22:40
Hughley, Evan	9	22:47
Park, Samuel	9	22:48
Ree, Benjamin	9	23:29
Kumar, Rushil	9	23:47
Von Stentzsch, Severin	9	23:53

Spartan Girls

Ross, Sophia	10	21:57
Dizon, Skye	9	22:51
Shibata, Nicole	9	23:21
Sakaguchi, Keila	11	24:09
Soares, Katie	9	24:21
Tsujimoto, Ryan	9	24:22
Khedesian, Aleen	9	24:23
Hesson, Cora	11	25:03
Shoemaker, Maggie	9	25:34
Wong, Chloe	9	25:35
Takaoka, Tea	11	26:01
Min, Dorothy	9	26:05
Dizon, Angelle	9	26:07
Hakim, Dunia	9	29:05

Boys Varsity (No Score)

Girls JV (No Score)

Girls Freshmen (2nd out of 7)

Boys JV (8th out of 18)

Boys Sophomore (5th out of 14)

Boys Freshmen (1st out of 17)

Pioneer League #2



Pioneer League #2 Times @ West High

Peters, Matt	11	15:52	Eiland, Clayton	9	21:01
Martinez, Robert	12	16:31	Gil, Kai	9	21:18
Fujikura, Yusei	12	16:37	Captanis, Frank	11	21:18
Goldstein, Connor	10	16:53	Hart, Kai	9	21:41
Nair, Ajith	12	16:56	Fukayama, Riki	9	21:50
Meyer, Nicholas	10	17:01	Hughley, Evan	9	21:53
Kano, Alex	10	17:04	Li, Caleb	11	21:57
Kirk, Lamar	9	17:21	Roe, Jaiden	9	22:32
Falconer, Ethan	12	17:26	Dimitrov, Teo	11	22:43
Nunley, Andrew	10	17:30	Lafuente, Diego	9	22:44
Saito, Luffy	11	17:36	Kumar, Rushil	9	22:47
Long, Matthew	10	17:48	Hwang, Troy	9	23:27
Jasso, Cruz	9	18:06	Ree, Benjamin	9	23:43
Wong, Nathan	12	18:11	Severin	9	24:25
Woolen, William	12	18:24			
O'Brien, Henry	10	18:29			
Marino, Nicholas	11	18:29			
Euperio-Nacion, Mitchel	9	18:35			
Cho, Luke	9	18:38	Albert, Lily	11	17:58
Marino, Dominic	10	18:43	Chung, Katie	10	18:52
Soga, Korey	11	18:49	Trodden, Mia	12	19:30
Tamada, Yuto	10	18:49	Ben-Avides, Rivka	12	19:39
Taul, Daniel	9	18:50	Elder, Haley	10	19:54
Yin, Connor	11	18:54	Aguayo, Ashley	10	20:02
Blumberg, Sal	9	19:14	Espinoza, Mia	12	20:30
Kneller, Chase	9	19:17	Masuda, Claire	12	21:35
Al-Khafaji, Ali	9	19:17	Ross, Sophia	10	21:51
Benitez-Santiago, Mateo	10	19:19	Dizon, Skye	9	22:50
Ma, Danny	11	19:27	Hanna, Aziza	9	23:40
Tokeshi, Danny	11	19:30	Dizon, Angelle	9	23:41
Forman, Alex	9	19:36	Sakaguchi, Keila	11	24:08
Hamiton, Brandon	9	19:38	Hamilton, Allison	9	24:11
Benoy, Conrad	10	19:39	Ugwu, Amara	12	24:16
Fisher, Anthony	11	20:29	Min, Dorothy	9	24:27
Kim, Justin	9	20:31	Radmilovich, Anna	12	25:11
French, Nathan	11	20:45	Brown, Selina	12	DNF
Atagi, Kazuki	11	20:47			

Mt. Sac Invitational



Mt. SAC Invitational

Spartan Boys

Peters, Matt	11	16:49
Martinez, Robert	12	16:59
Goldstein, Connor	10	17:38
Meyer, Nicholas	10	17:53
Kano, Alex	10	17:57
Kirk, Lamar	9	17:57
Jasso, Cruz	9	18:07
Nunley, Andrew	10	18:25
Nair, Ajith	12	18:30
Falconer, Ethan	12	18:31
Fujikura, Yusei	12	18:32
Saito, Luffy	11	18:36
Yamaki, Robert	11	18:55
O'Brien, Henry	10	19:15
Cho, Luke	9	19:15
Long, Matthew	10	19:20
Marino, Dominic	10	19:21
Woolen, William	12	19:31
Wong, Nathan	12	19:46
Marino, Nicholas	11	20:01
Tamada, Yuto	10	20:05
Sandkulla, Josh	10	20:06
Euperio-Nacion, Mitchel	9	20:07
Al-Khafaji, Ali	9	20:16
Benoy, Conrad	10	20:19
Hamiton, Brandon	9	20:29
Taul, Daniel	9	20:37
Forman, Alex	9	20:40
Benitez-Santiago, Mateo	10	20:46
Kneller, Chase	9	20:58
Soga, Korey	11	21:27
Ruskowski, Sean	12	21:52
Peters, Cole	9	22:06
Tokeshi, Danny	11	22:39

Spartan Girls

Albert, Lily	11	18:53
Chung, Katie	10	20:07
Ben-Avides, Rivka	12	20:48
Elder, Haley	10	21:31
Aguayo, Ashley	10	21:55
Masuda, Claire	12	22:43
Baran, Evelyn	10	23:21
Ross, Sophia	10	23:26
Park, Sejin	12	23:58
Dizon, Skye	9	24:59
Sakaguchi, Keila	11	25:17
Ugwu, Amara	12	25:26
Hesson, Cora	11	25:58
Hanna, Aziza	9	26:08
Dizon, Angelle	9	26:11
Hamilton, Allison	9	26:11
Radmilovich, Anna	12	26:26
Shibata, Nicole	9	26:26
Soares, Katie	9	27:04
Min, Dorothy	9	27:46
Khedesian, Aleen	9	27:51
Takaoka, Tea	11	28:01
Wong, Chloe	9	28:18

Boys JV (2nd out of 13)

Girls Freshmen (4th out of 4)

Boys Freshmen (3rd out of 17)

Boys Sophomore (2nd out of 16)

Girls Sophomore (No Score)

Boys Varsity (1st out of 16)

Girls JV (9th out of 11)

Girls Varsity (10th out of 21)

Pioneer League 3



Pioneer League Finals @ PV Course

Spartan Boys

Martinez, Robert	12	17:25
Peters, Matt	11	18:01
Spencer, Casey	12	18:03
Meyer, Nicholas	10	18:06
Goldstein, Connor	10	18:09
Kano, Alex	10	18:17
Nair, Ajith	12	18:23
Jasso, Cruz	9	18:31
Kirk, Lamar	9	18:31
Fujikura, Yusei	12	18:53
Nunley, Andrew	10	19:03
Cho, Luke	9	19:30
Saito, Luffy	11	19:36
Wong, Nathan	12	19:45
Sandkulla, Josh	10	19:47
Long, Matthew	10	19:51
Woolen, William	12	20:07
Euperio-Nacion, Mitchel	9	20:13
O'Brien, Henry	10	20:29
Hamiton, Brandon	9	20:37
Tamada, Yuto	10	20:38
Marino, Nicholas	11	20:42
Marino, Dominic	10	20:42
Benoy, Conrad	10	20:59
Taul, Daniel	9	21:03
Benitez-Santiago, Mateo	10	21:06
Al-Khafaji, Ali	9	21:12
Blumberg, Sal	9	21:16
Forman, Alex	9	21:26
Yin, Connor	11	21:35
Fisher, Anthony	11	21:46
Soga, Korey	11	21:47
Hankey, Chris	11	21:48
Kneller, Chase	9	21:56
Tokeshi, Danny	11	21:58
Ma, Danny	11	22:00
Ruskowski, Sean	12	22:00
Peters, Cole	9	22:16
Kim, Justin	9	22:16
Lafuente, Diego	9	22:17
Hughley, Evan	9	22:45
French, Nathan	11	23:03
Nicles, Will	12	23:31
Captanis, Frank	11	23:36
Li, Caleb	11	23:36
Murphy, Fredrick	9	23:39

Spartan Boys

Gil, Kai	9	23:52
Fukayama, Riki	9	23:53
Park, Samuel	9	23:54
Lee, Daniel	9	23:59
Atagi, Kazuki	11	24:00
Hart, Kai	9	24:34
Kumar, Rushil	9	24:37
Roe, Jaiden	9	24:41
Von Stentzsch,	9	24:52
Hwang, Troy	9	25:00

Spartan Girls

Albert, Lily	11	19:47
Chung, Katie	10	20:54
Ben-Avides, Rivka	12	20:59
Trodden, Mia	12	21:34
Aguayo, Ashley	10	22:00
Elder, Haley	10	22:45
Masuda, Claire	12	23:11
Espinoza, Mia	12	23:37
Ross, Sophia	10	23:57
Dizon, Skye	9	24:02
Park, Sejin	12	24:35
Hanna, Aziza	9	24:54
Sakaguchi, Keila	11	25:50
Masciotti, Sasha	9	25:53
Soares, Katie	9	25:58
Dizon, Angelle	9	26:16
Ugwu, Amara	12	26:21
Hamilton, Allison	9	26:34
Khedesian, Aleen	9	26:38
Shoemaker, Maggie	9	26:44
Shibata, Nicole	9	26:49
Wong, Chloe	9	27:09
Min, Dorothy	9	27:16
Radmilovich, Anna	12	28:07
Takaoka, Tea	11	29:11
Strickfaden,	12	29:48
Arciuch, Emily	9	31:31
Baran, Evelyn	10	DNF

Boys Freshmen (2nd out of 4)

Girls JV (3rd out of 4)

Boys JV (3rd out of 4)

Girls Varsity (1st out of 4)

Boys Varsity (3 out of 4)

Congratulations Seniors!!
Class of 2020



Class of 2020...Freshmen Year





In Loving Memory of Loren Griffing
May 3rd, 1970 – June 16th, 2019



From teammates...



...to classmates



...to head coaches



...to Old Men.



...thank you for being there for me...I couldn't
asked for a better friend. - Tokuda

