

**South High Boys Cross Country  
All Time (1984-2023)  
Mt. SAC Course**

Top 10 performances & next top 10 individuals:

1. Lofgren, Nick	2013	CIF Finals	14:58	11. Redmond, James	2012	CIF Prelims	15:38
2. Lofgren, Nick	2014	CIF Finals	15:07	12. Federoff, John	1986	CIF Prelims	15:43
3. Lofgren, Nick	2013	CIF Prelims	15:15	13. Almeida, Tyler	2008	CIF Finals	15:44
4. Lofgren, Nick	2014	CIF Prelims	15:23	14. Ferrara, Marcus	1992	CIF Finals	15:48
5. Lofgren, Nick	2012	CIF Prelims	15:28	15. Neesby, Brian	2000	CIF Prelims	15:52
6. Ferrara, Damon	2003	CIF Prelims	15:31	16. Ferrara, Matt	2000	Invite	16:04
7. Salinas, Andrew	2008	CIF Finals	15:35	17. Ferrara, Andy	2005	Invite	16:06
8. Salinas, Andrew	2009	CIF Finals	15:35	18. Duffin, Jimmy	2008	CIF Finals	16:09
9. Ferrara, Damon	2003	CIF Finals	15:36	19. Antazo, Dia	2017	Invite	16:09
10. Salinas, Andrew	2009	CIF Prelims	15:37	20. Johnson, Hayden	2017	Invite	16:09

Top 10 Senior individuals:

1. Lofgren, Nick	2014	CIF Finals	15:07
2. Ferrara, Damon	2003	CIF Prelims	15:31
3. Salinas, Andrew	2009	CIF Finals	15:35
4. Redmond, James	2012	CIF Prelims	15:38
5. Federoff, John	1986	CIF Prelims	15:43
6. Almeida, Tyler	2008	CIF Finals	15:44
7. Ferrara, Marcus	1992	CIF Finals	15:48
8. Neesby, Brian	2000	CIF Prelims	15:52
9. Ferrara, Matt	2000	Invite	16:04
10. Ferrara, Andy	2005	Invite	16:06

Top 10 Junior individuals:

1. Lofgren, Nick	2013	CIF Finals	14:58
2. Salinas, Andrew	2008	CIF Finals	15:35
3. Almeida, Tyler	2007	CIF Finals	15:52
4. Federoff, John	1985	CIF Prelims	16:01
5. Johnson, Hayden	2017	Invite	16:09
6. Park, Steven	2009	Invite	16:12
7. Kirk, Lamarr	2021	CIF Finals	16:14
8. Pankratz, Garrett	2010	Invite	16:16
9. Ferrara, Damon	2002	Invite	16:18
10. Galalon, Shane	2008	CIF Prelims	16:18

Top 10 Sophomore individuals:

1. Lofgren, Nick	2012	CIF Prelims	15:28
2. Park, Steven	2008	Invite	16:11
3. Kliszewski, Jared	2014	CIF Finals	16:20
4. Pankratz, Garrett	2009	CIF Prelims	16:22
5. Redmond, James	2010	CIF Prelims	16:30
6. Ferrara, Damon	2001	CIF Prelims	16:34
7. Almeida, Tyler	2006	CIF Prelims	16:40
8. Hastings, Derek	2002	Invite	16:47
9. Paine, David	2014	CIF Prelims	16:48
10. Ferrara, Marcus	1990	CIF Finals	16:55

Top 10 Freshmen individuals:

1. Dutko, Justin	2012	Invite	16:54
2. Paine, David	2013	CIF Prelims	17:01
3. Lofgren, Nick	2011	Invite	17:02
4. Johnson, Hayden	2015	Invite	17:04
5. Peters, Matt	2017	Invite	17:11
6. Park, Steven	2007	CIF Prelims	17:29
7. Ferrara, Andy	2002	Invite	17:38
8. Mejia, Evan	2002	Invite	17:55
9. Kirk, Lamar	2019	Invite	17:57
10. Hastings, Blake	2004	Invite	17:59

Top Team Performance

2008, Finals - 4th place

1. Salinas, Andrew (11)	15:35
2. Almeida, Tyler (12)	15:44
3. Duffin, Jimmy (12)	16:09
4. Park, Steven (10)	16:11
5. Galalon, Shane (11)	16:18 (1:19:57)
6. Catena, Jacob (12)	16:28
7. Hafeza, Ronny (11)	16:46

Note:

After 2000, the course changed (new course about 15-20 seconds faster)  
1997 and 2011 CIF Prelims on the rain course  
2015-2019 CIF competition on a different course  
2020 COVID, No races at Mt SAC