

South High School

Cross Country

2017 Varsity Season Summary



(Top Row, L to R) Jack Aubele, Casey Spencer (Middle Row) Stephen Del Signore, Hayden Johnson, Robert Martinez, Troy Wakimoto, Noah Kawashiri, Nicklas Majamaki (Bottom Row) Greg Chan, Adrian Orejena, George Orduno, Alex Caballeros, Dia Antazo



(Top Row, L to R) Hannah Nakamoto, Desiree Powers (Middle Row) Clara Chan, Mia Trodden, Ashley Huang, Emma Gloyer, Kanon Mori (Bottom Row) Nari Kim, Emily Columbine, Preethy Abraham, Rivka Ben-Avides

SOUTH HIGH CROSS COUNTRY "THE TRADITION"

The South High Cross Country Program was first built during the late 50's under the guidance of Coach Joe Stuart. Coach Stuart coached for 3 years while producing a top athlete in Jim Perry (9th @ C.I.F. Prelims) in 1960. Back in the early days, the 2 mile home course was run right on the South High campus, and it wasn't uncommon for the runners to race barefooted. In the early 60's, South was a modest team and relatively unknown in the State. It wasn't until 1961 when Coach Richard Scully (strictly a track coach at the time) took over the program, that South High became a major name in the state and even in the nation. During the late 1960's, Coach Scully had assembled runners that would go on to make the strongest Cross Country teams in the school's history. In fact, Coach Scully's initial impact was so great that he not only put South Torrance on the map, but he put the whole South Bay on the Cross Country map as well. Coach Scully was famous for his 'death runs' of over 20 miles. He wrote numerous newsletters on running that were published in different running magazines.

From 1964 to 1970, South produced many noticeable runners including: Wes Fox (1:53.3 880yds, '64 Bay League & Mt. SAC Champion, & '65 Athlete of the Year), Lenny Jay (9:13 2 miles & '66 Athlete of the Year), Jeff Marsee (9:06 2 miles, '66 C.I.F. Champion, & '67 Athlete of the Year.), Decker Underwood (4:11.1 State Champion miler & '69 Athlete of the Year), and Chuck Harris (4:12 miler.) Of course, there were many team accomplishments during this era: In 1964, South won it's first Bay League Championship. In 1965, the team was runners-up at C.I.F. Finals and was ranked 14th in the Nation. In 1966, the team took the first 5 spots at League Finals, a 2nd place finish at C.I.F. Finals, and was ranked 10th in the Nation. In 1967, South won its first and only C.I.F. AAA Championship. In 1969, the South High team won The National A.A.U. Marathon Championship. The race included high school teams as well as collegiate teams from around the nation. South had three runners by the 2:30 mark for this 26.2 mile championship race.

The mid-70's brought together some strong individual talent but not enough runners to make a powerful team. Three runners, known at the time as the "3 - Ws", had some outstanding times; Joe Wilson (1976, 1:54 800m), Greg Wheeler (1977, 4:20 mile) and Craig Williams (1977, 9:15 2 miles.) In 1974, Diane Hargrove ('76 Athlete of the Year) joined the all-boys program and ran for the J.V. team. During the late 70's and early 80's, Coach Scully put together his last strong boys team. Included on the team was Charlie Davis (XC League Champion; 9:32 2 miles), Glenn Moore (1:55 800m), and Brent Griffith (9:24 2 miles.) In 1979, the first South High girl's team was assembled, and they were led by Brianne Carrier, Jeanine Griffiths, and Lori Clark.

In 1984, Coach Scully stepped down as coach and was replaced by Richard Ruffell. In 1986, Coach Ruffell assembled a boy's team that reached a ranking of 9th in the Large School Division. His top runners during this time were John Fedoroff (15:43 Mt. SAC), Rob Ladner (4:22 mile) and Christine Hamilton (11:02 2 mile.) During Coach Ruffell's last year of coaching (1992), both his boy's and girl's teams took the League Championship. The boys were led by C.I.F. X.C. Champion Marcus Ferrara (2 time C.I.F. 800m Champion.) The first time League Champion girl's team was led by State qualifier Jodi Dailey.

From 1992 to the present, Coach Brian Tokuda took over the program with different coaches (Coach Griffing, Coach Hartman, Coach Harris, Coach Terry, Coach Turman, Coach Chavez, and Coach Rick) at his side through the years. From 1992-1995, the girls varsity won an impressive 4 straight league championship...matching the school record on most consecutive league titles by a girl's sport program. During the early 90's, the team was lead by two-time league champion Simone Ferrara (1-mile C.I.F. Champion; 5:09) and Jenny Atkinson (800m C.I.F. runner-up). In 2000, Brian Neesby became South's first Bay League Champion in 18 years. Soon afterwards, Damon Ferrara became our first repeating Bay League Champion (2002 and 2003.) In 2006, South moved to the Pioneer league and the girls won four consecutive league titles (2006-2009). In 2008, Coach Rick Esponda help guide the strongest boys varsity team since the late 1960's; winning the Pioneer League Title, finishing 4th in C.I.F. Finals, and finishing 5th in State. From 2012-2014, the South High team

was led by two elite runners: Nick Lofgren (3xLeague Champion) and Kimberly Coscia (3xLeague Champion and 2-mile C.I.F. Champion). In 2014, the girls' team earned their first trip to the State Championship where they finished in 6th place.

Spartan Boy's Cross Country

1964	Bay League Champions
1965	C.I.F. Large School Runner-Up
1966	Bay League Champions
	C.I.F. Large School Runner-Up
1967	C.I.F. Large School Champions
1971	Bay League Champions
1992	Pioneer League Champions
2008	Pioneer League Champions
2012	Pioneer League Champions

Spartan Girl's Cross Country

1992	Pioneer League Champions
1993	Pioneer League Champions
1994	Ocean League Champions
1995	Ocean League Champions
1997	Ocean League Champions
2006	Pioneer League Champions
2007	Pioneer League Champions
2008	Pioneer League Champions
2009	Pioneer League Champions
2012	Pioneer League Champions
2013	Pioneer League Champions
2015	Pioneer League Champions

A Decade with Coach Rick (2008 – 2017)

Coach Rick joined the South High coaching staff (of Coach Tokuda and Coach Shapiro) in 2008. His impact on the program was immediate. In his first year, both the Boys and Girls Varsity teams won Pioneer League Title. The boys' team went on to qualify to the State Championship (5th in the state) for the first time in the school's history. In years to follow, Coach Rick coached Kimberly Coscia, the fastest distance girl ever at South High. Under Coach Rick's guidance, Kimberly broke/set every XC course record, set 2 track school records, and was CIF champion in the 3200m. In 2014, Coach Rick accomplished another milestone by coaching the first girls' team to the State Championship (6th in the State.) He has since expanded his role at South High by taking on the Head Track & Field Coach.



2016 Daily Breeze Cross Country Wrap-Up

Redondo's Ethan Comeaux leads all-area boys cross country team



Redondo's Ethan Comeaux is the Daily Breeze Boys Cross Country Runner of the Year. (Photo by Steve McCrank/SCNG)

By Dave Thorpe, Daily Breeze

Senior Ethan Comeaux did not leave any doubt. Comeaux had a big junior season, but it was a junior season that did not result in a CIF Southern Section championship. Comeaux, the Daily Breeze boys cross country Runner of the Year for the second straight season, went into his senior season with a head of steam, and built on what he'd accomplished a year ago. After capturing the Bay League title, Comeaux set his sights on a Division 1 crown. He started by winning his heat at the CIF-SS Division 1 preliminaries with a time of 15 minutes, 5.6 seconds at the Riverside City Course. A week later it was time for the CIF-SS Division 1 finals. A year ago, Comeaux had taken sixth place in the CIF-SS Division 1 finals with a time of 15:10.04 at Mt. San Antonio College. This year's championships took place at the same spot as the preliminaries — the Riverside City Course. Having already had success there in the preliminaries, Comeaux went in with confidence and turned in an elite performance. Comeaux set a CIF-SS Division 1 course record in the finals with a first-place time of 14:43. "Winning the Division 1 CIF championship was big

— the first CIF championship for our boys program," Redondo coach Bob Leetch said. "Amber Gore did it a couple years back, but this was our first boy. And we couldn't be any more proud. There was a huge accomplishment for our team and proud school." Comeaux, who has several colleges to choose from but has not made a decision yet, went on to take fifth place at the CIF State Division I finals in Fresno, improving on his 18th-place finish at state a year ago. "What separates him from others is his ability to push aside the pain of fast, hard paces and focus on what he's trying to do that particular race," Leetch said. "It requires a great deal of focus and determination, especially for someone his age. Many kids are fast, but not many will pay the price Ethan does."

Coach of the Year

JASON DRUTEN, West Torrance

First team

CARSON BIX

West Torrance, Sr.

XAVIER COURT

Mira Costa, Jr.

ANDREW HAZZARD

West Torrance, Jr.

CALEB LLORIN

Mira Costa, Sr.

JORGE RODRIGUEZ

West Torrance, Sr.

BEN TAIT

Redondo, Soph.

IKE TAMANAHA

West Torrance, Jr.

Second team

Brian Adler, Redondo, Jr.

Matt Arruda, Mira Costa, Sr.

Anthony Cavuoti, West Torrance, Sr.

Jessi Cuellar, San Pedro, Sr.

Cy Chittenden, Mira Costa, Soph.

Manny Gil, Torrance, Jr.

Scott Healy, Mira Costa, Sr.

Brian Huang, South Torrance, Sr.

Ian Irish, Palos Verdes, Jr.

Nate Lantz, Palos Verdes, Soph.

Shane Mahon, El Segundo, Sr.

Wade Nygren, Palos Verdes, Soph.

Quinn Satow, Mira Costa, Jr.

William Teets, Palos Verdes, Soph.

Fabian Veerkamp, Palos Verdes, Jr.

Mira Costa's Chittenden leads all-area girls cross country team

Mira Costa cross country runner Melia Chittenden at her school in Manhattan Beach. Chittenden is the 2016 Daily Breeze girls cross country runner of the year and also the state champion. (Scott Varley/Staff Photographer)

By **DAVE THORPE** | dthorpe@scng.com | Daily Breeze

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Before the CIF Southern Section championships began, Mira Costa coach Renee Smith-Williams said that Elizabeth Melia Chittenden only needed to believe in her kick in order to contend for a section and/or CIF State championship. So Chittenden kicked it into gear. Chittenden, the Daily Breeze girls cross country Runner of the Year, started her season of dominance by capturing the Bay League championship. Then Chittenden, who goes by her middle name, Melia, won her heat in 17 minutes, 17.7 seconds at the CIF-SS Division 2 preliminaries on the Riverside City Course. She was just getting started. In the finals on the same course, with a goal of breaking the 17-minute barrier, Chittenden won the CIF-SS Division 2 race with a time of 16:49, using a big kick to overcome a San Marcos runner in the final 100 meters. She wasn't done. In the CIF State Division 2 finals, Chittenden again used a big late kick in overtaking two runners in front of her, Northwood's Erika Adler (17:26) and Anaheim Canyon's Sara Leonard (17:26), to win in 17:25. "Out-kicking the other competitors in the CIF finals gave her a new level of confidence in her kick (heading into the state finals) that she did not have previously," Smith-Williams said. "Her crowning achievement was winning the state meet and again out-kicking her competitors in the final yards of the race." Chittenden put extra effort into her senior season, looking for a big finish to her high school cross country career, which only started her sophomore year. She started to excel as a junior before stepping it up a notch as a senior. "She really re-prioritized some of her efforts this season, like strength work and recovery so that she could focus on training during the first semester," Smith-Williams said. "We had her increase her pace in the last eight weeks of the season, which helped overall." Boy did it. Chittenden became the second individual state champion in Mira Costa High history, joining 2010 champion Savannah Pio.



Coach of the Year

BRIAN SHAPIRO

Palos Verdes

First team

SIERRA ANDRADE

Mira Costa, Sr.

GRACE CATENA

Palos Verdes, Jr.

MAZZY GENOVESE

Palos Verdes, Soph.

OLIVIA HACOEN

Mira Costa, Soph.

MEGAN NEUMANN

Torrance, Jr.

CAITLIN STONER

Palos Verdes, Sr.

SAVANNAH SCRIVEN

Palos Verdes, Fr.

Second team

Perla Aguilar, San Pedro, Jr.

Ariana Anderson, Torrance, Jr.

Riley Cameron, San Pedro, Fr.

Samantha Cohen, Palos Verdes, Jr.

Natalie Faivre, El Segundo, Sr.

Nicolette Fulcomer, El Segundo, Soph.

Camille Hines, Palos Verdes, Sr.

Ashley Huang, South Torrance, Jr.

Brooke Inouye, Mira Costa, Soph.

Julia Lopes, West Torrance, Jr.

Chloe Masuda, South Torrance, Sr.

Taylor Olson, West Torrance, Jr.

Kailey Park, West Torrance, Fr.

Olivia Polischeck, Palos Verdes, Sr.

Alex Regan, Palos Verdes, Sr.

Maya Richardson, San Pedro, Jr.

Freshmen Time Trial (2.5 miles @ South High)

Freshmen Boys

Peters, Matt	b	9	15:23
Saito, Luffy	b	9	15:37
Chon, Isaac	b	9	18:53
Ito, Brandon	b	9	19:43
Uchi, Michael	b	9	19:54
Tokeshi, Daniel	b	9	20:05
Merchant, Amaan	b	9	20:18
Ma, Danny	b	9	20:36
Bellavance, Nicholas	b	9	21:09
Soga, Korey	b	9	21:10
Spieleder, Hans	b	9	21:29
Lam, Simon	b	9	21:37
French, Nathan	b	9	22:06
Mackenzie, Kai	b	9	22:38
Smith, Lucas	b	9	24:17
Chong, Christian	b	9	48:05

Freshmen Girls

Gomaa, Rania	g	9	19:12
Reeder, Sara	g	9	19:25
Johnson, Mikayla	g	9	21:46
Ogata, Lauren	g	9	21:47
Sanchez, Emmaly	g	9	22:49
Caron, Francesca	g	9	31:24

Non-Freshmen

Carrilo, Luciano	b	10	17:11
Di Franco, Lorenzo	b	10	18:14
Woolen, Will	b	10	19:19
Chung, Mark	b	11	21:17
Ugwu, Amara	g	10	23:02

Summer Time Trial (2.0 miles @ PV Course)

Johnson, Hayden	b	11	10:20	Ma, Caleb	b	10	13:16	Woolen, William	b	10	15:14
Orduno, George	b	11	10:42	Morimoto, Kevin	b	9	13:26	Uchi, Michael	b	9	15:33
Kawashiri, Noah	b	12	10:59	Mori, Kanon	g	11	13:28	Da Silva, Sara	g	9	15:40
Chan, Greg	b	11	11:24	George, Jesse	b	12	13:34	Reynoso, Logan	b	11	15:42
Antazo, Dia	b	12	11:30	Fujikura, Yusei	b	10	13:36	Austin, Jonathan	b	9	15:50
Martinez, Robert	b	10	11:32	Trodden, Mia	g	10	13:43	Espinoza, Mia	g	10	15:52
Aubele, Jack	b	12	11:32	Huang, Ashley	g	12	13:49	Masuda, Claire	g	10	15:53
Orejana, Adrian	b	11	11:32	Carrillo, Luciano	b	10	13:52	Lam, Simon	b	9	16:34
Caballeros, Alex	b	12	12:00	Morimoto, Justin	b	11	14:07	Nakai, Kyle	b	11	16:39
Wakimoto, Troy	b	11	12:03	Lee, Jacob	b	10	14:13	Brown, Selina	g	10	16:46
Shaw, Michael	b	11	12:13	Chon, Issac	b	9	14:14	Spieleder, Hans	b	9	16:47
Davis, Zachary	b	11	12:31	Gomaa, Rania	g	9	14:24	Kim, Andrew	b	10	17:10
Yoon, Min	b	11	12:37	Fujimoto, Jennifer	g	11	14:48	French, Nathan	b	9	18:09
Saito, Luffy	b	9	12:37	Park, Sejin	g	10	14:52	Ruskowski, Sean	b	10	18:36
Ma, David	b	12	12:48	Hamilton, Sean	b	11	14:55	Mackenzie, Kai	b	9	19:09
Clan, Clara	g	11	12:49	Gloyer, Emma	g	11	14:57	Hesson, Cora	g	9	19:18
Taylor, Ryan	b	11	12:51	Reeder, Sara	g	9	14:57	Chung, Kelly	g	10	19:19
Brill, Matt	b	11	13:00	Hesson, Emma	g	10	15:13	Dunlavey, Hunter	b	9	19:27
				Ito, Brandon	b	9	15:14	Strickfaden, Christine	g	10	19:28

South High School

2017 Pre-Season Schedule

August 9 th	Wednesday	Freshmen Time Trial	@ South High
August 14 th	Monday	Summer Time Trial	@ PV Course
Aug. 22-25 th	Tue-Fri.	Big Bear Camp	@ Camp Whittle

2017 Cross Country Schedule

Sept. 2 nd	Saturday	Great Cow Run	@ Knabe Park
Sept. 8 th	Friday	Rosemead Invitational	@ Rosemead High School
Sept 15 th	Friday	Woodbridge Invitational	@ Silver Lake Sports Park
Sept. 20 th	Wednesday	Pioneer League Meet #1	@ PV Course
Sept 27 th	Wednesday	South Bay Cup	@ Colombia Park
Sept. 29 th	Friday	PV Invitational	@ PV Course
Oct. 7 th	Saturday	Clovis Invitational	@ Woodward Park
Oct. 12 th	Thursday	Pioneer League Meet #2	@ Columbia Park
Oct 20 th	Friday	Mt SAC Invitational	@ Mt SAC Course
Oct. 25 th	Wednesday	1-mile Time Trial	@ West High
Nov. 1 st	Wednesday	Pioneer League Finals	@ Wilson Park
Nov. 10 th	Friday	CIF Prelims	@ Riverside Course
Nov. 18 th	Saturday	CIF Finals	@ Riverside Course
Nov. 25 th	Saturday	State Championship	@ Woodward Park

Great Cow Run

Cerritos Regional Park. Flat on bike path and grass

Sept. 2nd, 2017

Warm and Humid (Fr – 78°, feels like 84°), Hot (BV & Soph - 81°, feels like 87°)

Boys: (9th place, 279 points)

20. Johnson, Hayden	15:37	5:00, 10:25-5:25, 15:37-5:12	
57. Orduno, George	16:16	5:04, 10:40-5:36, 16:16-5:36	(0:39 #1-2)
58. Antazo, Dia	16:17	5:08, 10:43-5:35, 16:17-5:34	(0:01 #2-3)
65. Kawashiri, Noah	16:22	5:06, 10:44-5:38, 16:22-5:38	(0:05 #3-4)
88. Majamaki, Nicklas	16:42	5:14, 10:57-5:43, 16:42-5:45	(1:05 1 thru 5) (0:20 #4-5)
134. Orejena, Adrian	17:13	5:17, 11:12-5:55, 17:13-6:01	(0:31 #5-6)
172. Aubele, Jack	17:38	5:27, 11:34-6:07, 17:38-6:04	(2:01 1 thru 7) (0:25 #6-7)
179. Del Signore, Stephen	17:41	5:36, 11:41-6:05, 17:41-6:00	
180. Chan, Greg	17:42	5:21, 11:28-6:07, 17:42-6:14	
230. Caballeros, Alex	18:42	5:32, 11:51-6:19, 18:42-6:51	
4. Martinez, Robert	16:49	5:22, 11:10-5:48, 16:49-5:39	
12. Spencer, Casey	17:22	5:27, 11:31-6:04, 17:22-5:51	

Running at 6:30am on the coastline is significantly different than running at 9:00am with the inland heat and humidity. We trained for altitude and for hilly courses...but not for days with this much heat. And that heat affected the team on Saturday. Don't bother comparing these times with last year's overcast (69°) day...obviously the weather would hinder our times. So despite the times, everybody is faster than last year....our positioning (against the same field) and our team placing might be a better indicator of our progress. We scored 150 points less than last year, and went from 14th to 9th among this huge field. Unlike last year, we have a clear #1 runner (Hayden was our 5th man last year in 123rd place.) And our main scoring pack are running faster than our top guys from last year. The coaches loved that Dia-Noah combo...next race, we might ask Dia to run with George...and certainly Nick will be in the mix. So we're looking better in the front. But where there is going to be some concern is our depth. Although first time varsity runners (Adrian, Greg, Robert, Casey) are running well, they must continue to try and break into our top 5. Our success this season might come down to this depth problem. Adrian and Greg gave it a good shot through the first mile, but ultimately came up short. And although Robert's time (from the Sophomore race) is just mere seconds from our #5 man, he will have to reproduce this excellent performance in a varsity race...where the pace is much faster, and runners won't be as easy to pass.

This first race pretty much confirms what the coaches saw during the summer. We're fast...but we're still looking to grow over the next few weeks. We can expect getting better results from a few runners (Hayden, Alex, Nick, Greg) who struggled in the heat on Saturday. But it's a long season boys, and this 3rd place finish (medium schools) is a nice start to the season. We're running right through Rosemead Invite and will be refocused for our first premium race...Woodbridge in 2 weeks.

Girls: (10th place, 286 points)

29. Chan, Clara	19:29	6:16, 12:32-6:16, 19:29-6:57	
48. Mori, Kanon	19:53	6:13, 12:47-6:34, 19:53-7:06	(0:24 #1-2)
61. Huang, Ashley	20:05	6:21, 13:06-6:45, 20:05-6:59	(0:12 #2-3)
74. Trodden, Mia	20:16	6:26, 13:02-6:36, 20:16-7:14	(0:11 #3-4)
85. Gloyer, Emma	20:26	6:33, 13:19-6:46, 20:26-7:07	(0:57 1 thru 5) (0:10 #4-5)
93. Abraham, Preethy	20:31	6:25, 13:08-6:43, 20:31-7:23	(0:05 #5-6)
194. Powers, Desiree	23:08	6:56, 14:43-7:47, 23:08-8:25	(3:39 1 thru 7) (2:37 #6-7)
18. Masuda, Claire	22:32		

Unlike last year, the coaches are starting off with higher expectations for the girl's team. Last year, the girls were an afterthought compared to the boys. And by the end, the girls had finished the season higher than the boy's team at CIF Finals. So after graduating 3 Seniors (Chloe, Deana, and Marielle) and returning 8 girls + adding new faces to the mix...the coaches were 'chumping at the bit' to see what we could do to start the season. But then the injury report came in (Jen, Emily, Hannah, Rivka, Nari all injured + top 2 freshmen missing) for the week...so the coaches had to temper their expectations for this first race.

...with half the team missing and lower expectations, we still had a nice showing on Saturday. After an insane summer, Clara was still a little reluctant to take on her position as our front girl. Clara ran with Kanon for half the race, then she started to pull away and move up the field. The coaches wanted her to finish in the 20's...so 29th is not a disappointment...but the coaches still feel she can easily go 10-15 seconds faster with a more aggressive start. Another reluctant runner, Mia Trodden got in her first varsity race. Despite being told she can run with the older girls, Mia seemed to doubt her own ability. On Saturday, she ran with teammates Preethy and Ashley to finish as our 4th girl...great job on confirming what the coaches already knew...Mia, you belong among our main pack (oh btw, she improved by over 3 minutes...insane!) Veterans, Kanon and Ashley, ran solid for us...both are probably on par with Chloe's (last year's MVP) fitness. Preethy struggled the last mile, so Emma completed our top 5, giving us a sub 1-minute gap between #1-5.



We finished in 10th place (15th last year) with an 82-point team improvement. So despite the injuries and the coach's no expectation for this first race, the girls put themselves on notice...we're going to be good again this year. But right now, health is going to be the key for the next few weeks. Like the boys, Rosemead Invitational is not on our radar...Woodbridge and getting healthy will be our next test.



Rosemead Invitational
Sept. 8th, 2017

Rosemead High School. Flat on grass and cement. 3.06 miles
Fr & So – Warm (72°) & muggy (humidity 79%), Jr & Sr. – Cool (69°)

Boys: Seniors (8th place), Juniors (1st place), Sophomores (3rd place), Freshmen (3rd place)

15. Caballeros, Alex	16:36	5:16, 11:05-5:49, 16:36-5:31	
3. Martinez, Robert	16:48	5:18, 11:19-6:01, 16:48-5:29	(0:12 #1-2)
8. Spencer, Casey	17:07	5:22, 11:26-6:04, 17:07-5:41	(0:19 #2-3)
11. Orejena, Adrian	17:13	5:10, 11:12-6:02, 17:13-6:01	(0:06 #3-4)
13. Chan, Greg	17:21	5:22, 11:34-6:12, 17:21-5:47	(0:45 1 thru 5) (0:08 #4-5)
18. Wakimoto, Troy	17:29	5:38, 11:38-6:00, 17:29-5:51	(0:08 #5-6)
39. Aubele, Jack	17:40	5:23, 11:35-6:12, 17:40-6:05	(1:04 1 thru 7) (0:11 #6-7)
41. Del Signore, Stephen	17:44	5:26, 11:39-6:13, 17:44-6:05	

With our top 5 (from Great Cow) sitting out, this was a good test for our backpack runners to make some head-wave on their own. Despite the nighttime, these times were comparable to the Great Cow Run times...since most runners times were within seconds of last week's race. And on that note, Alex Caballeros had the biggest bounce back from that forgettable first race with a 2-minute+ improvement. Alex had a great week of training, and his time could have mixed it up with our top 5. The coaches are not surprised by the results...they are quite aware of Alex's ability...now it's time for Alex's head not to get into Alex's head. Our two Sophomores are running great up front in these grade level races. But soon they'll have to make the transition from a front runner to a mid-pack runner when enter the varsity races. And even without Hayden and George, our Junior class took 1st place demonstrating our great depth from Adrian, Greg, Troy, Zach, Ryan, Michael, and Quinn: all finishing within a minute of each other.

Next is Woodbridge. If you get called up from the lower level race to the varsity race, then trust your fitness...you won't be responsible for carrying the varsity squad, but you have try to break into our top 5. We won't get far this season until we find new blood circulating among our current top 5 scorers.

Woodbridge will split the varsity teams among 4 races. Our heat will include 4 ranked CIF teams. Last year, we had one of our best showing with a 4th place finish (out of 16 schools)...we were a pack...our top 7 all finished within 22 seconds of each other. But this year, there are 45 schools registered for our heat...so, expect to see a huge field. We'll talk later about race strategy.

Girls: Sophomores (4th place)

17. Nakamoto, Hannah	20:58	6:27, 13:46-7:19, 20:58-7:12	
7. Reeder, Sara	21:22	6:39, 14:10-7:31, 21:22-7:12	(0:24 #1-2)
27. Powers, Desiree	21:27	6:47, 14:11-7:24, 21:27-7:16	(0:05 #2-3)
26. Colditz, Carli	21:45	6:48, 14:12-7:24, 21:45-7:33	(0:18 #3-4)
32. Masuda, Claire	22:02	6:37, 14:21-7:44, 22:02-7:41	(1:04 1 thru 5) (0:17 #4-5)

15 Spartan girls ran...19 did not. Needless to say, it was going to be our strongest team performance. Hannah, off of nagging injuries, posted the best time of the day. Not a bad time considering her sporadic

training program...her time is about 20-30 seconds behind our main pack. At Big Bear Camp, the coaches had told the girl's team that Hannah would need about half the season to get back to her normal fitness. After this first race, she's looking a bit ahead of schedule...and we're going to need her soon, since half this team is 'hospital ridden'. Other girls who got in there first race was Carli Colditz and Sara Reeder. Carli, like her group of Sophomore friends, always runs in self-doubt and negativity. But despite what she thinks...her fitness pushed her to a 1-minute improvement (despite that the course being longer and the temperature being hotter than last year.) Freshmen Sara ran a very smart and competitive first race ever. She hung back early, then started to move up as the pace started to settle down. And Desiree had a huge bounce back race (from Great Cow) with a 1:40+ improvement.

Woodbridge is next. In our heat of 45 teams, were going to see 5-6 solid teams. And we're among those top teams if things roll our way: Clara has to become more comfortable running up front...if Kanon can join that party, that would be even better...Emily needs to be healthy (she's has front runner ability)...and our main pack (Ashley, Mia, Preethy, Emma) need to push each other to be as fast as an average teams #1 girl. We'll get to see how good we really are this Friday.



Woodbridge Invitational
Sept. 15th, 2017

Silverlakes Sports Complex. Flat, mostly grass, some dirt and cement
Girls – mild (72°) Boys – cool (70°) Varsity – cool (68°)

Boys: 2nd Place (84 points)

1. Johnson, Hayden	15:03	4:59, 10:10-5:11, 15:03-4:53	
17. Orduno, George	15:37	5:00, 10:24-5:24, 15:37-5:13	(0:34 #1-2)
20. Kawashiri, Noah	15:42	5:01, 10:27-5:26, 15:42-5:15	(0:05 #2-3)
24. Antazo, Dia	15:50	5:01, 10:29-5:28, 15:50-5:21	(0:08 #3-4)
25. Caballeros, Alex	15:51	5:05, 10:32-5:27, 15:51-5:19	(0:48 1 thru 5) (0:01 #4-5)
27. Majamaki, Nick	15:54	5:03, 10:31-5:28, 15:54-5:23	(0:03 #5-6)
28. Martinez, Robert	15:54	5:10, 10:41-5:31, 15:54-5:13	(0:51 1 thru 7) (0:00 #6-7)
17. Orejena, Adrian	16:26	5:17, 10:56-5:39, 16:26-5:32	
15. Spencer, Casey	16:35	5:23	16:35
25. Chan, Greg	16:36	5:17, 11:08-5:51, 16:36-5:28	

It is not appropriate for coaches to use curse words, so...Duck Yeah guys!! We kick the shif out of the competition!! It was ducking beautiful to watch. Last year at this time, we had our best performance of the year taking 4th in our heat. On Friday, we outdid last year's team with a second place finish among some very strong teams. Congratulations to Hayden for winning his first Invitational. His presence out-front provides us with a whole different team dynamic...we're now more than just a pack of above average guys. And even with our main pack, we're now much better than 'above average' group...in fact we got all 7 guys in front of last year's #2 man!!

Just a week earlier, the coaches thought we would be limited as a team if we could not integrate new faces into our core scorers. Thankfully Alex and Robert took on the challenge and now were definitely seven deep. And the times might not show it, but we got other guys running in the warmer non-varsity races who can fill in some holes when the time come.

We finished in 2nd place, a few points behind the 5th ranked CIF team. So we should be expecting a ranking of our own soon. And as we rise in the ranking, so will the pressure rise. As good as we ran, when compared to other teams at the highest level there are still flaws to this team. With the depth issue handled, the next hole would be our #1-2 gap. Hayden has made himself an elite runner. But it makes our gap enormous compared to other elite team's #2 runner. The next challenge...Dia, George, Nick, and Noah have to work on closing that gap. Once one teammate breaks through, we'll have others following closely behind. And here's a critical thought: last year we peaked at Woodbridge...let's not repeat the same mistake! Don't be satisfied...practice harder...expect more of yourself and your teammates...if we continue to grow, this team has a shot at Ducking State!

Next is our first league meet. West will probably run their B-team. Whether we beat their B-team or not is not relevant right not. We're going to modify the intensity ourselves...focus on different goals. But that talk with come later.

Girls: 4th Place (181 points)

38. Huang, Ashley	18:59	6:05, 12:49-6:44, 18:59-6:10	
39. Trodden, Mia	18:59	6:04, 12:40-6:36, 18:59-6:19	(0:00 #1-2)
43. Mori, Kanon	19:06	6:04, 12:43-6:39, 19:06-6:23	(0:07 #2-3)
47. Abraham, Preethy	19:11	6:05, 12:49-6:44, 19:11-6:22	(0:05 #3-4)
62. Chan, Clara	19:38	6:06, 12:58-6:52, 19:38-6:40	(0:39 1 thru 5) (0:27 #4-5)
69. Gloyer, Emma	19:41	6:13, 13:11-6:58, 19:41-6:30	(0:03 #5-6)
82. Columbine, Emily	19:53	6:08, 13:04-6:56, 19:53-6:49	(0:54 1 thru 7) (0:12 #6-7)
19. Ben-Avides, Rivka	20:12	6:29, 13:29-7:00, 20:12-6:43	
15. Gomaa, Rania	20:28	6:48, 13:50-7:02, 20:28-6:38	
16. Nakamoto, Hannah	20:40	6:26, 13:43-7:17, 20:40-6:57	

After the boy's great performance, the girls race seemed like a small letdown. We finished in 4th place...surely better than last year's 8th place finish...yet it felt like we did just OK. The girl's team improvement was 10+ minutes (more than double what the boys did)...and again, it seemed like we could have done more. Half of the team ran well on Friday...while the other half will need to bounce back to get us to the next level. Mia looked especially strong leading the team through most of the race. Kanon was close on her heels, with Ashley and Preethy closing out our strong 4-girl grouping. As for our half that struggled...Clara had a nice start, but never hooked onto the pace and spent the race going backwards. Emily was hanging on early before she started to slip. And Emma just couldn't close with her normal come from behind pacing. And even in the non-varsity races, we had a mix bag of results. Rivka and Rania finished well after a slow opening mile. But Hannah really struggled through the second half of her race.

So where does this race put us? Well, we're good despite our half-and-half team performance. What's clear is we got a nice pack...our 4th place finish was attributed to this pack. But the few teams in front of us had at least 2 girls in front of our pack. And now we are in dire need of a front runner...or better yet, a front pack. We know Clara can run upfront...unbelievably she ran faster on that hot and humid Great Cow run, than the cool Woodbridge night. So Clara will bounce back...and that could put us within 10 points or so from winning a race like Woodbridge. But in the pursuit of a front girl/pack, Clara is going to need more help pushing the limits in practice and on race day. And to quote the great Uncle Ben while talking to young Peter Parker "with great power, comes great responsibility." * This responsibility of becoming a front-runner falls on the shoulders of every girl...veterans Ashley and Kanon are the next logical choices of leading this team, cause of how close they are already...Preethy and Emily's great summer of training already showed that they are capable of picking up the mantle... and now Mia (who found herself leading us on Friday) has the ability to lead this team. Some of you girls are just on the cusp of breaking into front runner status...take on the great responsibility.

Next is League Meet #1. West vs. Torrance vs. South...last year at CIF Finals the 3 teams finished in 11th, 12th, and 13th respectively. And combining the Woodbridge times and making a 3-way meet, it would have been Torrance 39 points, West 41, and South 41...needless to say, it's going to be close!! Torrance is probably more vulnerable on Wednesday...and that should be our primary target. We'll talk about match-ups later.

* quote taken from *Amazing Fantasy #15* (Spiderman's first appearance)

2017 girls cross country preview



Palos Verdes High. Standouts include front row left to right: McKenna Paulson, Samantha Steman, Natalie Watson, Gabi Collatos and Claire Hardesty. back row Seniors: Emme Schaefer, Madeline Babros, Grace Catena, Ellie Madeja and Samantha Cohen. Photo by Robert Casillas, Daily Breeze/SCNG

By **DAILYBREEZE** | dailybreeze@dfmdev.com |
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There's been a standard of excellence set in regard to the Palos Verdes High girls cross country program. The Sea Kings, who are ranked No. 2 in the latest CIF Southern Section Division 3 poll, have won five of the last seven CIF-SS Division 3 crowns. As PV ran to historic levels last year on its way to earning a trip to the Nike Cross Nationals (NXN) last year, it graduated most of its starting lineup, not to mention losing key contributor Mazzy Genovese. While Genovese chose not to run competitively this fall, PV will look to Grace Catena, it's lone returning starter from 2016 to help it track down yet another Bay League and division title. But it won't be easy. Mira Costa (No. 5, Division 1), Redondo (No. 10, Division 1) and Peninsula (unranked, Division 2) all pose threats to halt PV's three-year reign as league champions. "I'd call Mira Costa the favorite, with Redondo the number two team (in the Bay League)," said PV coach Brian Shapiro said. Ask almost any other coach, and PV is the gold standard among girls programs in the South Bay. In Shapiro's eyes, he knows he must wait for the progress of the other four around Catena in order for PV to defend not only its league crown but its division title as well. "The other girls have a lot of cross country experience, but they don't have a lot of championship experience," Shapiro said. "We need them to adapt to new roles in order to assert themselves as defending CIF champions." Catena has already shown her abilities to take over on a big stage. She took first place in 17:03 at the San Francisco Invitational on Sept. 9. Last year, she placed first at the Iolani (Hawaii) Invitational. As a sophomore at South Torrance, she took first in the Pioneer League finals.

San Pedro will look to improve on its second-place finish in last year's L.A. City Section finals. Maya Richardson and Perla Aguilar return to lead a Pirates squad looking to overtake Palisades as the top City squad.

Mira Costa is led by Brooke Inyoue and Olivia Hachen, while Redondo returns Peyton Heiden and features Palisades transfer Lila Copeland, who took first at the 2016 Western League finals.

Julia Lopes took first at the 2016 Pioneer League finals and leads the pack for West Torrance, ranked No. 8 in Division 3. Torrance is ranked No. 10 in Division 3, while Nikki Fulcomer leads an El Segundo squad that's ranked No. 8 in Division 4.

Boys cross country preview: West Torrance poised for State title run



Rory Abberton is poised for a big season for West Torrance's cross country team.

By [DAILYBREEZE](#) | dailybreeze@dfmdev.com |

PUBLISHED: September 12, 2017 at 9:35 pm |

The expectations for the West High boys cross country team are straightforward: be the first Warriors program to win a CIF State title. West, ranked No. 1 in the latest CIF Southern Section Division 3 poll, has finished second and third in the state meet the past two years, respectively. Entering his 18th year, coach Jason Druten is looking for a continuation of the rise in the final race of the year. "Hopefully (our state finish) continues to go in the right direction," Druten said. "We definitely expect to win state. We have the talent, but we have to put it together and have our cards fall into place." Druten is looking for a bounce-back season out of Caleb Terrill, who earned first-team all-state honors in 2015 but was out the majority of 2016 with stress fractures in a shin and femur. Andrew Hazzard, who took first-team all-state honors in 2016, and Rory Abberton, are two other runners Druten will lean on to put the Warriors ahead of the pack. "(Terrill) is the most talented kid I've ever coached," Druten said.

"(Hazzard) is the best overall athlete on the team, but (Abberton) seems to be our top runner at this time." With Ike Tamanaha filling West's no. 4 spot, Druten will expect big results from whichever runner fills the no. 5 slot, currently held by Ryan Vo. In order to win the school's first state title, Druten knows how important West's fifth runner is to the success of the squad. "You can't win state without a number five. I don't care how good your top runners are, without a good fifth runner, too many points are lost," he said. "That's one runner that can either win or lose it for you." Even as Druten knows how important the No. 5 runner is, he also knows how health plays into a cross country event. "The biggest obstacle, for us, is staying healthy," Druten said. "We have kids who are notorious for getting sick or injured, and we can't afford that with our top four." Druten is excited about the desire of his runners to put West on top of the pack. "These kids want to win together," he said. "They're excited to win for West, and every one of them would rather win for the team. They don't want to let each other down." Winners of two consecutive Pioneer League crowns, Druten sees West's main competition coming from South Torrance. "They're pretty good this year," Druten said. "We're definitely not going to walk away with the league crown, and that's why we run the race." Palos Verdes, ranked No. 2 in CIF-SS Division 3, poses the biggest threat to West in its bid to repeat as division champions. "They're super hungry," said Druten of PV. "They have one of the best coaches (in the area) and they just missed state last year." PV took second of 26 teams at the San Francisco Invitational on Sept. 9.

Daily Breeze Top 10 boys cross country runners

1. Xavier Court, Mira Costa
2. Andrew Hazzard, West Torrance
3. Ben Tait, Redondo
4. Wade Nygren, Palos Verdes
5. Kade Wong, Peninsula
6. Caleb Terrill, West Torrance
8. Hayden Johnson, South Torrance
9. Manny Gill, Torrance
10. Ian Irish, Palos Verdes

Daily Breeze Top 10 girls cross country runners

1. Grace Catena, Palos Verdes
2. Jessica Nye, Peninsula
3. Brooke Inyoue, Mira Costa
4. Lila Copeland, Redondo
5. Maya Richardson, San Pedro
6. Julia Lopes, West Torrance
7. Peyton Heiden, Redondo
8. Nikki Fulcomer, El Segundo
9. Megan Neumann, Torrance
10. Olivia Hacoheh, Mira Costa

Pioneer League Meet #1

Sept. 20th, 2017

PV Course; Hilly on dirt, cement, and wood chips

Warm (71°)

Boys: 1st Place (22 points)

1. Johnson, Hayden	17:10	5:34, 11:45-6:11, 17:10-5:35	
3. Kawashiri, Noah	17:32	5:37, 11:48-6:11, 17:32-5:44	(0:22 #1-2)
5. Majamaki, Nick	18:08	5:49, 12:17-6:28, 18:08-5:51	(0:36 #2-3)
6. Caballeros, Alex	18:09	5:52, 12:20-6:28, 18:09-5:49	(0:01 #3-4)
7. Martinez, Robert	18:15	5:55, 12:27-6:32, 18:15-5:48	(1:05 1 thru 5) (0:06 #4-5)
8. Spencer, Casey	18:19	5:56, 12:21-6:25, 18:19-5:58	(0:04 #5-6)
18. Orejena, Adrian	19:04	5:57, 12:47-6:50, 19:04-6:17	(1:54 1 thru 7) (0:45 #6-7)
2. Chan, Greg	18:52		
4. Wakimoto, Troy	19:16		

For the first league meet, we come in as the 7th ranked team in CIF. But, 2xCIF champions West is still ranked #1 and Torrance just has Manny...so unfortunately the pressure for these early league meets is off. We were however able to rest George and Dia, while gaining invaluable varsity-experience for Adrian and Casey. West High put in their 'B' team and unlike last year where we lost to their 'B' team by 6 points...this year we beat them by 32 points. It might be meaningless to beat a 'B' team, but it does show our growth as a team....plus, Coach Druten was mad, which always makes Coach Tokuda happy. This race also showed how consistent our veterans are: Hayden, Noah, Nick and Alex are like the 'sun' always rising to the occasion. First-year varsity member, Robert Martinez is now coming part of this group of vets. And varsity newbies Casey and Adrian ran competitive early...Adrian slipped the second half, while Casey proved he's a perfect fit with our varsity packing.

Nobody is going to judge our season by this race, but it's nice to see how focus and consistent we can be given lesser competition. We can actually learn a valuable lesson from the West High runners. Coach Druten was mad at his kids because 'they didn't compete.' He didn't expect a victory over our A-team, but he expected his guys to at least make the attempt, to fight, and to go hard. Instead they ran scared...scared of 'Hayden Johnson'...scared of the #7 ranked team. We were only really challenged by 1 guy. Last year, one of West's runner (Joon Bock) beat all 7 of our varsity guys...this year, he was mentally intimidated and lost to all 7. Last year, Freshmen Nolan Gallagher was the undefeated league champion...on Wednesday, he was mentally overwhelmed, and Sophomore Robert and Casey got their revenge on him (beating Nolan for the first time). In fact, Robert and Casey passed 3 West guys on the last 400m with little resistance. There will be a time (CIF Finals, Clovis) when we are not the favorite team...don't do what Druten's B-team just did, running scared, and accepting defeat.

The next 2 weeks is unknown crazy time...South Bay Cup (a few guys will run), PV Invite (who knows, we'll decide later), then Clovis (got to pick our top 7). We'll figure things out later. But good job guys on Wednesday, for taking a soft race and staying sharp and competitive.

Girls: 3rd Place (57 points)

6. Trodden, Mia	21:57	
8. Abraham, Preethy	22:08	(0:11 #1-2)
9. Gloyer, Emma	22:15	(0:07 #2-3)
15. Huang, Ashley	22:42	(0:27 #3-4)
19. Ben-Avides, Rivka	23:05	(1:08 1 thru 5) (0:23 #4-5)
20. Nakamoto, Hannah	23:08	(0:03 #5-6)
21. Chan, Clara	23:08	(1:11 1 thru 7) (0:00 #6-7)
1. Kim, Nari	22:29	
2. Colditz, Carli	23:31	
3. Park, Sejin	23:35	

Well girls...welcome to the "Bottom." In our effort to catch Torrance's #2 with our front girls...Ashley goes from our #1 to our #4 girl...Kanon gets hurt...and Clara goes back further. At least Mia got closer...now, 6 seconds behind Megan Neumann. In our effort to put our backpack in front of Torrance's #5...we strike out again and it's Torrance that puts all of their 7 girls in front of our 5th girl. Torrance just dominated us...notice our slide and Torrance's ascend from the first race until now.

South Vs. Torrance		
Great Cow Run	Woodbridge	Pioneer #1
South wins by 7	Torrance wins by 2	Torrance wins by 19

And what's scary, is that 3 girls asked after the race "how did we do?" This is a sign of how unfocused we are as a team. If you can't tell we're getting our butt kicked in the middle of a race, then we're not focused during the race. We put in the effort and 'ran'...but we didn't 'race!' The coaches will take the 'hit' on this...we didn't get the team mentally ready for this race...and it showed. The other teams were aggressive and were 'fighting'...while we just ran, put up no resistance when challenged, and apart from Preethy and Emma we passed zero girls during the race. Some individual problems also occurred outside the race: get proper sleep, you're hurting the team... talk to coaches about your status (by keeping quiet, 3 girls are being coached improperly.) So the coaches will make sure we're better prepared...but this has to be the 'Wake up' call...individually we got to refocus, otherwise this team will continue to spiral downwards and miss CIF playoffs.

Here's the good news...the JV team showed how Spartan girls should compete. Nari, who put pressure on herself before the race, ran a great and determined race for the victory. And Carli, Sejin, and Sara were in 11th, 17th, and 18th places respectively at the first mile. After that point, all 3 girls were aggressive, didn't just sit in a pack, and passed the competition to finish in 2nd, 3rd, and 6th places by the finish. JV beat Torrance by 19 points! Granted the JV competition is not as fast as the varsity race...but there is a direct correlation between the JV and Varsity race. Speaking from years of experience in these small league competitions, about 80-90% of the teams that win the JV race will win the varsity race. Looking back to the past 6 league meets (for both boys and girls), in the all 12 races...the school that won the JV race also won the varsity race. What's the conclusion?...if JV can dominate the same schools, so can varsity. That was not us who raced varsity on Wednesday. Apart from the 'unicorn' girl, every other girl is beatable. We hit the bottom girls...it's time to climb back up and get our redemption from this meet!

Pioneer League Meet #1 @ PV Course

Boys Varsity

1	Johnson	South	17:10	14	Miyazaki	Torrance	18:33	27	Bragg	Torrance	19:41
2	Gil	Torrance	17:18	15	Ahn	West	18:40	28	Tabirara	North	21:00
3	Kawashiri	South	17:32	16	Hurtado	North	18:52	29	Medina	Leuzinger	21:26
4	Duan	West	17:59	17	Arredondo	Torrance	18:59	30	Lopez	Leuzinger	21:34
5	Majamaki	South	18:08	18	Orejana	South	19:04	31	Contreras	Leuzinger	21:40
6	Caballeros	South	18:09	19	Huang	Torrance	19:05	32	No Name	Centennial	23:19
7	Martinez	South	18:15	20	Benson	West	19:10	33	No Name	Centennial	23:33
8	Spencer	South	18:19	21	Quang	North	19:21	34	No Name	Centennial	23:35
9	Bothwell	Torrance	18:21	22	Verduzco	Leuzinger	19:26	35	No Name	Centennial	23:35
10	Gallagher	West	18:25	23	Gregory	West	19:27	36	Castorena	Leuzinger	24:13
11	Darsot	North	18:25	24	Moreno	North	19:33	37	No Name	Centennial	24:33
12	Morita	West	18:25	25	Eguchi	Torrance	19:35	38	No Name	Centennial	24:43
13	Bock	West	18:26	26	Hirose	North	19:38				

Girls Varsity

1	Anderson	Torrance	20:43	11	Kato	North	22:19	21	Chan	South	23:08
2	Gonzalez	West	21:20	12	Olson	West	22:25	22	Young	North	23:11
3	Farnham	Torrance	21:32	13	Young	West	22:29	23	Gonzalez	North	23:41
4	Lopes	West	21:42	14	Gonzales	Torrance	22:35	24	Rodriguez	West	23:42
5	Neumann	Torrance	21:51	15	Huang	South	22:42	25	Wagner	North	23:50
6	Trodden	South	21:57	16	Cason	West	22:48	26	Valdovinos	North	23:55
7	Arellano	Torrance	22:04	17	Beedy	Torrance	22:54	27	Hirano	North	24:19
8	Abraham	South	22:08	18	Catipon	Torrance	22:58	28	Yanagida	North	24:33
9	Gloyer	South	22:15	19	Ben-Avides	South	23:05				
10	Pierce	West	22:18	20	Nakamoto	South	23:08				

Boys Freshmen

1	Murray	West	19:37	29	Brown	Torrance	23:26	57	Buentgen	Torrance	25:50
2	Kasai	West	19:43	30	Uchi	South	23:27	58	Hataye	Torrance	25:52
3	Chang	West	19:45	31	Minter	Torrance	23:28	59	Bullo	Torrance	25:55
4	Anderson	Torrance	19:47	32	Constantino	North	23:34	60	Spieleder	South	26:03
5	Saito	South	19:55	33	Kawaoto	North	23:41	61	Davis	Torrance	26:04
6	Shimizu	West	20:18	34	Lee	West	23:50	62	Bae	West	26:09
7	Duong	North	20:20	35	Mukogawa	Torrance	24:04	63	Douglas	West	26:17
8	Yamane	West	20:29	36	Han	West	24:05	64	Osuna	West	27:06
9	Morimoto	South	20:41	37	Paz	West	24:07	65	Dawson	West	27:12
10	Han	West	21:04	38	Ham	Torrance	24:11	66	Lam	South	27:28
11	Matsui	West	21:07	39	Arreygue	North	24:16	67	Smith	South	27:31
12	Herrera	West	21:35	40	Soga	South	24:26	68	Graham	West	28:01
13	Bunuan	Torrance	21:47	41	Abalos	Torrance	24:34	69	Captains	South	28:17
14	Lu	West	21:52	42	Arellano	North	24:35	70	Le	West	28:20
15	Chon	South	21:55	43	Sukal	North	24:38	71	Kim	West	28:25
16	Crofton	West	21:59	44	Salvatierra	West	24:39	72	Nam	West	28:43
17	Rynski	Torrance	22:12	45	Sarkisian	West	24:41	73	Tamura	Torrance	28:46
18	Kim	West	22:28	46	Ito	South	24:43	74	Luu	West	29:03
19	Salas	Torrance	22:36	47	Tokeshi	South	24:44	75	Pantam	West	29:18
20	Dunlavey	South	22:47	48	Austin	South	24:49	76	Martinez	Torrance	29:37
21	Perkins	West	22:53	49	Merchant	South	25:00	77	Lee	West	29:45
22	Bholat	North	22:55	50	Hansen	West	25:13	78	Phillips	West	30:21
23	Sasada	North	22:56	51	Hoker	West	25:14	79	Sarabakhsh	West	30:43
24	Macdonald	North	22:59	52	Park	West	25:17	80	Pioch	Torrance	31:26
25	No Name	West	23:06	53	French	South	25:19	81	Nakamura	Torrance	31:49
26	No Name	West	23:07	54	Cheng	West	25:21	82	Fujimori	West	31:57
27	Ha	West	23:16	55	Bellavance	South	25:31	83	Villanueva	Torrance	33:17
28	Yamaki	South	23:25	56	Maekawa	West	25:47	84	Dahlmeier	Torrance	38:14
								85	Campos	West	43:28

Pioneer League Meet #1

@ PV Course

Boys Junior Varsity

1	Lee	West	18:45	47	Solis	South	21:42	93	Suzuki	North	23:45
2	Chan	South	18:52	48	Welsome	Torrance	21:48	94	Dashuta	West	23:46
3	Nieraeth	West	19:05	49	Kozai	North	21:58	95	Elliott	West	23:52
4	Wakimoto	South	19:16	50	Kurahashi	West	21:58	96	Berhe	South	23:53
5	Taylor	South	19:18	51	Jinka	West	21:58	97	Krug	West	23:57
6	Rynski	Torrance	19:25	52	Rochford	West	21:58	98	Nakai	South	24:06
7	Martin	Torrance	19:26	53	Santonil	Torrance	22:03	99	Cover	West	24:16
8	Ng	West	19:27	54	Harrison	West	22:04	100	Maduno	West	24:16
9	Shaw	South	19:33	55	Cebreros	West	22:09	101	Eckert	West	24:18
10	Davis	South	19:34	56	Perez	Leuzinger	22:09	102	Astorga	North	24:30
11	DelSignore	South	19:38	57	Herrera	Torrance	22:09	103	Wisman	Torrance	24:48
12	Yoon	South	19:40	58	Panganiban	South	22:09	104	Ito	West	24:49
13	Taylor	West	19:40	59	Kamitsubo	South	22:09	105	Gomez	Torrance	25:14
14	Johnson	West	19:43	60	Yamashita	Torrance	22:10	106	Aslama	Leuzinger	25:14
15	Kato	South	19:48	61	Ampo	West	22:14	107	Ishida	Torrance	25:15
16	Leivers	Torrance	19:53	62	Fujikura	South	22:16	108	Kim	West	25:31
17	Okamoto	Torrance	20:05	63	Matsuda	North	22:16	109	Montiel	West	25:34
18	Cruz	North	20:07	64	Starritt	West	22:19	110	Song	North	25:35
19	Arthur	West	20:08	65	Gregory	North	22:20	111	Mrosk	Leuzinger	25:43
20	Richey	West	20:16	66	Cizma	West	22:20	112	Smith	West	25:43
21	Aubele	South	20:23	67	Quintana	West	22:21	113	Beltran	Torrance	25:56
22	Franco	Torrance	20:24	68	Menon	Torrance	22:23	114	Kami	Torrance	26:00
23	Bacigalupi	Torrance	20:29	69	Carrillo	South	22:25	115	Ballard	Torrance	26:04
24	Lee	West	20:29	70	Gould	Torrance	22:28	116	Jhangiani	South	26:14
25	Yamakawa	West	20:31	71	Faulhaber	North	22:29	117	Sajandeep	Torrance	26:18
26	Peterman	North	20:39	72	Morimoto	South	22:35	118	Tran	South	26:32
27	Zarnezhad	West	20:47	73	Kaneshiro	North	22:35	119	Chok	Torrance	26:44
28	Brill	South	20:47	74	Probst	Torrance	22:37	120	Lopez	North	27:02
29	Helin	Torrance	20:49	75	Lee	West	22:41	121	Bautista	North	27:11
30	Swanson	West	20:54	76	Cano	North	22:41	122	Chung	South	27:12
31	Nguyen	West	20:54	77	Lum	South	22:41	123	Ruskowski	South	27:21
32	Ito	Torrance	21:00	78	Sheardown	Torrance	22:45	124	De Jesus	Torrance	27:24
33	Mato	North	21:00	79	Rahbar	North	22:47	125	Perez	Torrance	27:26
34	Higa	North	21:00	80	Tallo	Torrance	22:48	126	Allaparti	West	27:54
35	Jee	South	21:04	81	Kaneshige	North	22:49	127	Kim	West	27:56
36	Takanishi	Torrance	21:05	82	Lee	West	23:01	128	Junaidean	Torrance	27:58
37	Aguila	West	21:05	83	Bunuan	Torrance	23:02	129	Sugita	West	28:38
38	Dihn	West	21:05	84	Oku	West	23:04	130	Dinicola	Torrance	29:26
39	Ma C	South	21:16	85	Liu	West	23:08	131	Lin	South	29:47
40	Campos	Torrance	21:24	86	Le	West	23:16	132	Chang	Torrance	29:49
41	Herrera	Torrance	21:26	87	Martin	West	23:20	133	Kim	South	31:51
42	Kim	West	21:27	88	Proffitt	Torrance	23:22	134	Wobo	Leuzinger	31:59
43	Wong	South	21:28	89	Saruwatari	Torrance	23:23	135	Memon	West	32:21
44	Guzman	Torrance	21:32	90	Woolen	South	23:30	136	Miller	Torrance	32:31
45	Mora	Torrance	21:35	91	Ajimine	North	23:37	137	Piedra	Leuzinger	32:31
46	Nicles	South	21:40	92	Donaldson	West	23:42	138	Arellano	Torrance	32:53
								139	Castillo	Leuzinger	33:37

Pioneer League Meet #1

@ PV Course

Girls Junior Varsity

1	Kim	South	22:29	35	Kaku	Torrance	26:29	69	Chaires	Torrance	30:22
2	Colditz	South	23:31	36	Da Silva	South	26:51	70	Belsito	South	30:29
3	Park	South	23:35	37	Jung	Torrance	26:51	71	Yoon	Torrance	30:30
4	Lopez	Torrance	23:36	38	Delgadillo	Torrance	27:06	72	Fuerte	Torrance	30:33
5	Hernandez	West	23:39	39	Trice	West	27:17	73	Eccles	Torrance	30:34
6	Reeder	South	23:54	40	Peay	Torrance	27:33	74	Takaoka	South	30:35
7	Kikuno	Torrance	24:08	41	Brown	West	27:34	75	Lauren	West	30:44
8	Leddy	Torrance	24:09	42	Adame	Torrance	27:36	76	Rubinoff	West	30:53
9	Lee	West	24:18	43	Hesson C	South	27:38	77	Estrada	Torrance	30:53
10	Crump	West	24:26	44	Yoon	West	27:41	78	Valadez	Torrance	30:58
11	Hernandez	West	24:26	45	No Name	Centennial	27:51	79	Adigal	West	31:16
12	Kiyabu	North	24:26	46	No Name	Centennial	28:05	80	Cochran	Torrance	31:16
13	Carroll	Torrance	24:57	47	Querubin	West	28:14	81	Shiraki	Torrance	31:38
14	Argueta	Torrance	25:01	48	Bandara	West	28:20	82	Simon	Torrance	32:33
15	Powers	South	25:03	49	Bunch	West	28:32	83	Rodriguez	Leuzinger	33:24
16	Masuda	South	25:07	50	LaRue	West	28:32	84	No Name	Centennial	33:41
17	Gastelum	West	25:07	51	Koepp	Torrance	28:34	85	Melgar	Leuzinger	33:58
18	Cendejas	Torrance	25:08	52	Fujimoto A	South	28:37	86	Nakanishi	Torrance	34:05
19	Torres	West	25:16	53	Shimizu	North	28:38	87	Tena	Leuzinger	34:09
20	Espinoza	South	25:18	54	Irasusta	Torrance	28:43	88	Galang	Torrance	34:09
21	Nair	Torrance	25:32	55	Hanger	Torrance	28:53	89	Diaz	Torrance	35:03
22	Tanaka	Torrance	25:45	56	Krumwiede	West	29:01	90	Acevedo	North	35:29
23	Shimizu	West	25:48	57	De La Mora	North	29:11	91	Oto	Torrance	35:30
24	Alejandro	Torrance	25:48	58	Lee	Torrance	29:14	92	Hamada	Torrance	35:37
25	Asato	North	25:52	59	Ugwu	South	29:17	93	Kimura	Torrance	35:38
26	Uyeki	Torrance	25:52	60	Watanabe	West	29:18	94	No Name	Centennial	37:11
27	Hirano	Torrance	25:53	61	Starr	West	29:18	95	Miranda	West	37:42
28	Quiroz	Leuzinger	25:56	62	Lee	West	29:29	96	Catipon	Torrance	37:48
29	Kaku	Torrance	25:59	63	Sklar	North	29:29	97	Sindha	Torrance	38:33
30	Stubbs	West	26:13	64	Lopez	Torrance	29:50	98	Arquisula	Torrance	39:01
31	Hesson E	South	26:20	65	Sanchez	South	29:51	99	Ahmed	West	39:34
32	Watling	Torrance	26:25	66	Maready	Torrance	29:46	100	Cochran	Torrance	39:38
33	Joo	North	26:28	67	Adams	West	30:20	101	Mandal	Torrance	39:41
34	Hashimoto	Torrance	26:29	68	Chung	South	30:21	102	Manalang	Torrance	39:46
								103	Lin	Torrance	39:56



South Bay Cup
September 27, 2017

Columbia Park. Flat on grass, dirt trails, and cement
Warm (72°)

Boys

3. Antazo, Dia	16:33	5:40, 11:00-5:11, 16:33-5:33	
16. Chan, Greg	17:21	5:49, 11:34-5:45, 17:21-5:47	(0:48 #1-2)
?? Del Signore, Stephen	17:53	5:59, 11:54-5:55, 17:53-5:59	(0:32 #2-3)
25. Wakimoto, Troy	18:01	6:06, 12:05-5:59, 18:01-5:56	(0:08 #3-4)
29. Aubele, Jack	18:50	6:08, 12:27-6:19, 18:50-6:23	(2:17 1 thru 5) (0:49 #4-5)
3. Peters, Matt	17:14	5:58, 11:28-5:30, 17:14-5:46	
6. Taylor, Ryan	17:42	6:03, 11:48-5:45, 17:42-5:54	
12. Davis, Zach	18:06	6:03, 11:52-5:49, 18:06-6:14	
12. Saito, Luffy	18:14	6:13, 12:11-5:58, 18:14-6:03	

This week, the coaches wanted to rest the A-varsity team, while giving the B-team a shot at the varsity level. The competition came into the meet with the same philosophy. West, Redondo and South were running their B-teams. San Pedro and Torrance (minus Manny) were running their A-teams. But then the flu bug hit our guys...and we lost 5 bodies to sickness. We barely made a scoring team, when only 5 guys toed the line. After missing Pioneer #1, Dia was given the opportunity to lead this shrunken team. He lead the front pack through the first mile...as the pace started to pick up, Dia got as high as 2nd place...and the last 400m, he was in a dogfight among 2 other guys to finish in 3rd place. As for our B-team, they started the race a bit overwhelmed by the quicker start, and we found ourselves close to the back. Only Greg made any significant movement up after the start. He was basically in a good battle with Torrance's main varsity pack throughout the race...and he overtook 3 Torrance guys the last mile. While Greg improved by over 1:30+ from last year...the rest of our guys 'just ran' going only a few seconds faster than last season. Stephen, Troy and Jack never found good targets to pace off and had uneventful races.

The South Bay Cup also gave us the opportunity to see some of our younger guys race. Freshmen Matt Peters looked great, beating all of the West boys, and finishing as our #2 man for the day! Another freshmen Luffy Saito ran a nice time, giving us two young players for our future. And our dominate Junior team (depleted of Greg, Adrian, and Troy) still managed to grab 3rd place for the BJV team. The guys were lead by Ryan Taylor and Zach Davis...two solid performances that should give us depth at the varsity level next year.

Next is PV Invite, which means a day off. Then Clovis, which means a 'big boy' test for this recently ranked team. Sick or not, the coaches are expecting a big time performance out of this team.

Girls

7. Trodden, Mia	19:35	6:33, 13:02-6:29, 19:35-6:33	
14. Huang, Ashley	19:59	6:42, 13:14-6:45, 19:59-6:45	(0:24 #1-2)
18. Gloyer, Emma	20:23	6:43, 13:21-6:38, 20:23-7:02	(0:24 #2-3)
22. Ben-Avides, Rivka	20:32	6:47, 13:29-6:42, 20:32-7:03	(0:09 #3-4)
25. Nakamoto, Hannah	20:40	6:44, 13:28-6:44, 20:40-7:12	(1:05 1 thru 5) (0:08 #4-5)
28. Columbine, Emily	20:54	6:49, 13:34-6:45, 20:54-7:20	(0:14 #5-6)
Kim, Nari	DNF	6:44	
2. Colditz, Carli	21:09	7:04, 14:02-6:58, 21:09-7:07	
4. Gomaa, Rania	21:12	7:24, 14:03-6:39, 21:12-7:09	
9. Reeder, Sara	21:51	7:25, 14:28-7:03, 21:51-7:23	

Originally this was supposed to be a recovery week for the girls. But after our poor showing at Pioneer #1, the coaches felt it would be better to rid our memory banks of that horrible performance. We were gambling a bit, because the team is not completely healthy (add to fact that some of us were sick.) We didn't expect a victory (especially with key girls missing) but we had to run smarter and harder than the previous week. Well, we certainly ran 'harder'...but we still need to work on the 'smarter' idea. The coaches asked the team to get behind their Torrance targets in the beginning. ...and of course, we did just the opposite by getting out too fast and placing ourselves in front of Torrance. After the first 2 minutes of the race, Mia was with the 'unicorn' and Nari was right behind her. The rest of our girls were packed right behind the Torrance #2...too fast...had the race stopped there, we would have easily won this race. The coaches loved our aggressiveness, but we were aggressive at the wrong time and made ourselves the 'hunted' the entire race. Apart from Mia (who got on the shoulder of Torrance's #2), we never saw our Torrance targets until they decided to pass us. Next time, we need to be on their shoulders, making them feel our presences and dictating when to pass them and not the other way around.

Despite the general race strategy thrown out the door early in the race, we did a lot of things good. First, we found each other and did some 'team running'...if you lose sight of your opponents, then at least run with your teammates to keep the pace honest. Second, we fought...there were no easy passes...it took Torrance until the last mile before they started to get the advantage over us (at the first league meet, the race was over at the 1 mile mark). And finally, we ran without excuses...we had sickness, injuries, missing teammates, but we still ran focused and with a real purpose. Ashley, Rivka, and Hannah all had bounce-back races....with Hannah and Rivka getting into last season's fitness level. Instead of Torrance putting 7 girls in front of our 5th girl, we got our 5th in front of their #5 girl. Mia got closer to her target...now within 3 seconds. And despite Nari not finishing, we went from a 19 point loss to Torrance and brought it to a manageable 9 point loss. So despite the loss, this was the positive momentum that we needed. We've been hit hard with injuries and bad luck...but we have the ability to win league. If you throw in Preethy and Kanon (and put them close to teammate Ashley), it becomes a 2-point matchup...if Nari can get healthy or Clara can regain her legs (and beat Torrance #2 by 20 seconds, like the Great Cow), advantage us....if we just run smarter and run on our targets (making them suffer the last mile), we'll be beating them once again.

Great job girls for really fighting. We have to be consistent now...we can't afford another mental lapse. Nothing is going to be easy...we're going to run semi-injured...accept that fact, and compete whenever you lace up your racing flats.

South Bay Cup Results

BOYS VARSITY

1	Ortiz	San Pedro	16:28	11	Richey	West	17:07	21	Miyazaki	Torrance	17:35
2	Flores	San Pedro	16:30	12	Gregory	West	17:09	22	Roth	Torrance	17:41
3	Antazo	South	16:33	13	Benson	West	17:13	23	Nieraeth	West	17:48
4	Vadney	CAMS	16:35	14	Lee	West	17:13	24	Del Signore	South	17:53
5	Bode	Redondo	16:52	15	Orre	Redondo	17:16	25	Ng	West	17:57
6	Chambers	Redondo	16:54	16	Chan	South	17:21	26	Wakimoto	South	18:01
7	Alvarado	San Pedro	16:58	17	Navas	San Pedro	17:25	27	Okamoto	Torrance	18:24
8	Paz	San Pedro	17:00	18	Huang	Torrance	17:27	28	Arthur	West	18:26
9	Henry	Redondo	17:01	19	Corman	Redondo	17:31	29	Craig	Bishop	18:48
10	Arredondo	Torrance	17:06	20	Grollman	Redondo	17:35	30	Aubele	South	18:40
								31	Kallenback	Bishop	18:55

GIRLS VARSITY

1	Anderson	Torrance	18:51	13	Vialpando	Mira Costa	19:58	25	Nakamoto	South	20:40
2	Aguilar	San Pedro	18:58	14	Huang	South	19:59	26	Catipon	Torrance	20:42
3	Tofler	Mira Costa	19:11	15	Cameron	San Pedro	20:15	27	Beedy	Torrance	20:48
4	Cameron	San Pedro	19:12	16	Arellano	Torrance	20:15	28	Columbine	South	20:54
5	Stenson	Redondo	19:32	17	Bach	Redondo	20:18	29	Wilkinson	Bishop	21:21
6	Neumann	Torrance	19:32	18	Gloyer	South	20:23	30	Lopez	Torrance	21:38
7	Trodden	South	19:35	19	Focardi	Redondo	20:24	31	Ogi	CAMS	21:59
8	Richardson	San Pedro	19:36	20	Deleon	San Pedro	20:26	32	Martinez	Bishop	22:13
9	Pappas	Mira Costa	19:40	21	Yin	Redondo	20:31	33	Pope	Bishop	22:27
10	Farnham	Torrance	19:40	22	Ben-Avides	South	20:32	34	Martinez	Mira Costa	22:35
11	Ramirez	Redondo	19:41	23	Vosberg	Mira Costa	20:32	35	Donnelly	Mira Costa	22:50
12	Oliver	Bishop	19:47	24	Villegas	Redondo	20:32	36	Poirier	Mira Costa	22:58



South Bay Cup Results

Boys Junior Varsity (Top 30)

1	Goldstein	Redondo	17:27	11	Haik	San Pedro	18:06	21	Elliott	West	18:40
2	Parato	Redondo	17:30	12	Davis	South	18:06	22	Solis	South	18:41
3	Taylor	West	17:35	13	Zarenezhad	West	18:09	23	Takanishi	Torrance	18:42
4	Leivers	Torrance	17:36	14	Feliciano	Mira Costa	18:15	24	Ma	South	18:42
5	Lopez	San Pedro	17:41	15	Shaw	South	18:19	25	Delatorre	Redondo	18:44
6	Taylor	South	17:42	16	Franco	Torrance	18:22	26	Herrera	Torrance	18:45
7	Longergan	Redondo	17:48	17	Jinka	West	18:26	27	Swanson	West	18:47
8	Kobel	Redondo	17:54	18	Erickson	Redondo	18:30	28	Lee	West	18:48
9	Johnson	West	17:57	19	Bacigalupi	Torrance	18:34	29	Gianoukakis	Redondo	18:52
10	Jarvis	Redondo	18:01	20	Blum	Redondo	18:37	30	Gant	San Pedro	18:53

Boys Sophomore (Top 30)

1	Velvin	Mira Costa	17:43	11	Rosales	Bishop	18:38	21	Maldonado	San Pedro	19:14
2	Marinez	San Pedro	17:47	12	Lee	West	18:41	22	Probst	Torrance	19:15
3	Martin	Torrance	17:56	13	Linan	Bishop	18:44	23	Russo	West	19:15
4	Bevan	Bishop	17:59	14	Pearman	Mira Costa	18:46	24	Gregory	West	19:16
5	Dave	Mira Costa	18:10	15	Nicles	South	18:48	25	Campos	Torrance	19:19
6	Konis	Mira Costa	18:17	16	Welsome	Torrance	18:51	26	Moreno	San Pedro	19:26
7	Velleca	Mira Costa	18:20	17	Meon	Torrance	18:55	27	Ma	South	19:31
8	Yamakawa	West	18:24	18	Fujikura	South	19:06	28	Lee	West	19:34
9	Nguyen	West	18:30	19	Miguel	San Pedro	19:09	29	Wong	South	19:35
10	Duran	San Pedro	18:30	20	Aguila	West	19:10	30	Sheardown	Torrance	19:37

Boys Freshmen (Top 30)

1	Aguilar	San Pedro	16:59	11	Anderson	Torrance	18:14	21	Crofton	West	18:54
2	Lutz	Redondo	17:07	12	Saito	South	18:14	22	Burns	Redondo	18:56
3	Peters	South	17:14	13	Succari	Mira Costa	18:16	23	Cardwell	Redondo	18:57
4	Shimizu	West	17:50	14	Beale	Mira Costa	18:16	24	Orre	Redondo	18:58
5	Eddy	West	17:54	15	Chang	West	18:23	25	Cull	Redondo	18:58
6	Kasai	West	18:00	16	Lehr	Bishop	18:24	26	Lee	CAMS	18:59
7	Yamane	West	18:12	17	Wick	Redondo	18:34	27	Bunuan	Torrance	19:01
8	Murray	West	18:12	18	McCann	Redondo	18:48	28	Matsui	West	19:07
9	Baird	Redondo	18:14	19	Han	West	18:50	29	Matus	San Pedro	19:21
10	Carraher	Redondo	18:14	20	Aguilar	Redondo	18:51	30	Arroyo	San Pedro	19:30

Girls Junior Varsity (Top 30)

1	Perren	Redondo	20:57	11	Wilson	Redondo	22:02	21	Rico	San Pedro	22:45
2	Colditz	South	21:09	12	Calderon	San Pedro	22:15	22	Connoy	Redondo	22:47
3	Beedy C	Torrance	21:19	13	Fajardo	San Pedro	22:15	23	Bero	Bishop	22:49
4	Campbell	San Pedro	21:26	14	Gastelum	West	22:19	24	Nair	Torrance	22:50
5	O'Meara	Redondo	21:32	15	Nettle	San Pedro	22:19	25	Torres	West	22:52
6	Mason	West	21:40	16	Leddy	Torrance	22:29	26	Masuda	South	22:52
7	Price	Redondo	21:41	17	Uyeki	Torrance	22:35	27	Trice	West	22:52
8	Fesagaiga	Redondo	21:43	18	Ledermann	Redondo	22:35	28	Leon	Redondo	22:55
9	Hastings	Redondo	21:46	19	Costley	Mira Costa	22:39	29	Goeminne	Redondo	23:02
10	Cendegas	Torrance	22:00	20	Kang	Mira Costa	22:40	30	Espinoza	South	23:05

Girls Freshmen (Top 30)

1	Gonzalez	West	19:19	11	Lee	West	21:56	21	Croft	Mira Costa	23:22
2	Bosse	Redondo	20:08	12	Crump	West	22:04	22	Kaku	Torrance	23:28
3	Young	West	22:43	13	Gonzalez	Redondo	22:16	23	MacLennan	Redondo	23:29
4	Gomaa	South	21:12	14	Winslett	Redondo	22:30	24	Jung	Torrance	23:49
5	Hernandez	West	21:18	15	Wenk	Redondo	22:48	25	Bandara	West	23:52
6	Gorordo	Redondo	21:21	16	Mooney	Mira Costa	22:58	26	Shapiro	Mira Costa	23:55
7	Montgomery	Redondo	21:23	17	Da Silva	South	23:03	27	Kaku	Torrance	24:02
8	Kikuno	Torrance	21:24	18	Yoon	West	23:13	28	Brown	West	24:05
9	Reeder	South	21:51	19	Phillips	Mira Costa	23:14	29	Dale	Mira Costa	24:28
10	Argueta	Torrance	21:53	20	Alejandrino	Torrance	23:16	30	Bunch	West	24:50

Clovis Invitational
October 8th, 2017

Woodward Park (3.1 miles) Rolling hills on grass, dirt trails, and cement
Varsity – Very Warm & dusty (73°) JV – Hot (77°)

Boys: 15 th (399 points)		<u>1M</u>	<u>2M</u>	<u>3M</u>
27. Johnson, Hayden	16:28	4:58, 10:33-5:35, 16:28-5:55		
31. Kawashiri, Noah	16:29	4:58, 10:33-5:35, 16:29-5:56		
90. Antazo, Dia	17:17	5:00, 10:48-5:48, 17:17-6:29		
111. Spencer, Casey	17:29	5:24, 11:16-5:52, 17:29-6:13		
151. Orejana, Adrian	17:48	5:27, 11:24-5:57, 17:48-6:24		
209. Majamaki, Nick	18:48	5:51, 12:52-7:01, 18:48-5:56		
216. Chan, Greg	18:56	5:39, 12:00-6:21, 18:56-6:56		
10. Martinez, Robert	17:48	5:17, 12:03-6:46, 17:48-5:45		
16. Peters, Matt	18:00	5:40, 12:20-6:40, 18:00-5:40		
30. DelSignore, Stephen	18:25	5:25, 11:37-6:12, 18:25-6:48		
31. Taylor, Ryan	18:25	5:42, 11:48-6:06, 18:25-6:37		
47. Wakimoto, Troy	18:50	5:45, 12:01-6:16, 18:50-6:49		

Well guys...welcome to the 'Bottom'. What happened? For weeks, all of the coaches attention was on our girls team as they were struggling in league and with injuries...the boys team was healthy, getting ranked, and just cruising through the mid-season. Then the avalanche of bad luck hit this team...sicknesses and a rash of injuries. During the pre-race jog day on the course, we had half the team limping through drills; Hayden, George, Troy, Alex, and Robert all were hobbling through the workout. On race day, we called up 3 guys to replace 3 of our top guys. Then the race started, and things got even worse. Nick loses his shoe, steps on a rock, and now joins the list of injured. Greg stopped to tie his shoes in the middle of the race, and was never in this race. Hayden and Dia struggled with the dust, and had a tough showing. And Casey and Adrian, while doing their best to pass runners, started the race too slow... Casey and Adrian passed 54 and 34 runners respectively after the first mile. But since they finished as our 4th and 5th man, they were too far back to make the impact that we were hoping for. The only guy who looked great from start to finish was Noah...in fact, the senior has been super solid for us the entire season...he looks ready to go after Manny and some of those West guys at the next race.

In the JV race, things went much better. With just 5 guys (4 of which had minor injuries), the boys finished in 3rd place and showed great determination despite the heat and the aches. Robert tested his knee and got out hard...4th place early...he did slide a bit, but he still had a respectable time. Stephen was just as aggressive early and maintained his position through most of the race. And Freshmen Matt Peters, along with Juniors Ryan Taylor and Troy Wakimoto all passed tons of runners during the tough second mile; they passed 39, 33, and 29 runners respectively.

So despite hitting the 'Bottom', we're not in a panic. We just need to get healthy. One of the advantages of winning the first league meet is that we can rest during this second league meet. The coaches boost that we have a deep varsity team...well, we're going to test this theory on Thursday. Expect rest for some of us...and expect bigger roles for others.

Girls: 11 th (275 points)		<u>1M</u>	<u>2M</u>	<u>3M</u>
32. Trodden, Mia	20:09	6:07, 12:53-6:46, 20:09-7:16		
34. Huang, Ashley	20:10	6:04, 12:59-6:55, 20:10-7:11		
46. Abraham, Preethy	20:24	6:06, 13:01-6:55, 20:24-7:23		
74. Gloyer, Emma	20:50	6:19, 13:23-7:04, 20:50-7:27		
89. Nakamoto, Hannah	21:11	6:09, 13:18-7:09, 21:11-7:53	(1:02 1 thru 5)	(0:21 #4-5)
97. Ben-Avides, Rivka	21:19	6:14, 13:28-7:14, 21:19-7:51		(0:08 #5-6)
119. Mori, Kanon	21:49	6:07, 13:38-7:31, 21:49-8:11	(1:38 1 thru 7)	(0:30 #6-7)

Here's something strange...we had 6 healthy girls for Clovis. After a good showing at South Bay Cup, we followed it up with another solid performance in Fresno. The 11th place showing is only 1 placer higher than last year...but we're much better. Don't compare the times, last year it was 20 degrees cooler. So let's compare the placings; last year our top girl was in 48th place, and on Saturday our top 3 all placed better. And our 4-7 all placed better than last year as well, despite a few girls struggling in the back.

Another bonus at Clovis was our arch rival Torrance showing up to this Invite. All week, the coaches were noting that Mia and Ashley were ready to beat Torrance's #2 girl. Not surprisingly, it happened on Saturday, and now girls, keep 'your foot' down on this girl and beat her again on Thursday. Having Preethy made a huge difference as she took care of Torrance's #3 girl. We won the battle with our front 3 girls...but Torrance won the battle with their #4-5. Had this been a dual meet, we would have lost by 2 points. Their #4 girl really ran well turning the tide in their favor.

We've been climbing this mountain to beat Torrance for 3 weeks now. We've proven that we that we can beat their back group, and now we've proven that we can beat their front girls. On Thursday we have to piece it all together, and win both the front and back battles to take the victory. We have had 8 different girls mix things up and finish among our top 4 spots...while Torrance is very limited in depth and the same 4 girls have finished in their top 4 each and every race this year. We have to take advantage of our depth. Saturday, we had Kanon and Hannah with Preethy early in this race, but Kanon struggled the second half while Hannah showed real guts and fought off her hip injury for us. Next race, we're going to need to have 5 girls swarm their #4-5 girls...their #6 girl is no threat (we put 7 in front of her at Clovis.) And Mia and Ashley will go 2 on 1 against Megan Neumann. Because of our poor showing at league meet #1, all the pressure is on us this Thursday...we have to beat Torrance! No more climbing, we have to step over them!



Pioneer League Meet #2

Oct. 12th, 2017

Columbia Park. Flat on grass, dirt, and pavement

Warm 70°

Boys: 4th (76 points)

6. Kawashiri, Noah	15:38	5:17, 10:22-5:05, 15:38-5:16	
7. Antazo, Dia	15:40	5:18, 10:25-5:07, 15:40-5:15	(0:02 #1-2)
14. Martinez, Robert	16:14	5:18, 10:42-5:24, 16:14-5:32	(0:34 #2-3)
23. Spencer, Casey	16:46	5:22, 10:52-5:30, 16:46-5:54	(0:32 #3-4)
26. Orejan, Adrian	16:54	5:23, 10:57-5:34, 16:54-5:57	(1:16 1 thru 5) (0:08 #4-5)
27. Chan, Greg	16:58	5:23, 11:00-5:37, 16:58-5:58	(0:04 #5-6)
28. DelSignore, Stephen	17:12	5:24, 11:08-5:44, 17:12-6:04	(1:34 1 thru 7) (0:14 #6-7)
1. Peters, Matt	16:34		

That was awful! The coaches had assumed that we had a deep team, and that resting key runners would be beneficial to the team. Now, we didn't expect to beat West...but our Varsity B-team should be able to 'hold the fort down' against Torrance and North. The previous meets had verified the coaches' conviction: Casey had beaten the entire North team and Torrance #2 man twice, Adrian had beaten Torrance's #3 man at Clovis and at PV, Greg beat Torrance #4 and North #3 man at PV, and Stephen was comparable to both teams #5 man. Add in Noah, Dia, and Robert...and we thought we were safe. And for the first mile the team was fine. Robert was aggressive early, Noah and Dia were in 9th-10th ready to make a move on West, and our backpack was in the 'heart of the race'. Quick score at the mile; South 60, Torrance 78, North 85. Then the 2nd mile started...the teams started to compete, Noah and Dia went with the West runners, Robert slipped a bit, and our backpack started to 'looked' like JV runners (not confident and in the same pecking order as practice.) By the 2 mile...Adrian, Greg, and Stephen were completely out of the race, with only one North kid (their #7 man) to run with... Casey became our last hope from complete disaster. Unfortunately, Casey got passed by 3 more runners the last mile (our 4th man could only beat North and Torrance's 7th man), and just to add to the 'ass-kicking' our entire back-3 lost to the last remaining North runner. Let's thanks Leuzinger for showing up...otherwise we would have taken last place. "Thanks Leuzinger"...our hard summer training really paid off, we're better than Leuzinger...yea!!

So here's the good news. This wasn't the last race of the year...so Casey, Greg, Adrian, and Stephen, remember how crappy you guys ran, be angry, and make up for this disaster. Be like teammate Dia, who made a quick bounce back from his disastrous Clovis race, getting right with teammate Noah and beating West's #5 man. And since we won the first league meet, we should be okay for league finals despite this 4th place showing.

Next is Mt SAC...after 2 bad showings, we need to get healthy and prove that we are worthy of our early season ranking. We cannot afford another bad or average showing at SAC... and we have to get some momentum as the season comes to a close.

Girls: 3rd (55 points)

3. Trodden, Mia	18:39	6:17, 12:24-6:07, 18:39-6:15	
8. Huang, Ashley	19:02	6:20, 12:41-6:21, 19:02-6:21	(0:23 #1-2)
13. Mori, Kanon	19:18	6:20, 12:42-6:22, 19:18-6:36	(0:16 #2-3)
15. Abraham, Preethy	19:32	6:20, 12:50-6:30, 19:32-6:42	(0:14 #3-4)
16. Ben Avides, Rivka	19:33	6:23, 12:54-6:31, 19:33-6:39	(0:54 1 thru 5) (0:01 #4-5)
17. Gloyer, Emma	19:35	6:22, 12:58-6:36, 19:35-6:37	(0:02 #5-6)
18. Chan, Clara	19:35	6:17, 12:50-6:33, 19:35-6:45	(0:56 1 thru 7) (0:00 #6-7)
1. Gomaa, Rania	19:56		
2. Reeder, Sara	20:14		

We needed a near perfect day to defeat Torrance. And we came away with a so-so showing, while Torrance top 5 remained flawless again...when will any of those girls going to have a bad race? or any type of hiccup this season? Our effort was solid, we were behind our Torrance counterparts early, but we were incapable of pouncing on our opponents late. At the mile we had 55 points, at the 2-mile we had 56 points, and we finished with 55 point....a so-so showing.

During the first mile, things were too close to call...as West took the early lead, Torrance and South were closely following, and North was also in the mix. Clara and Mia was leading us through the first mile (in 7th and 8th place), but Ashley and Preethy weren't attached to their #2-3 Torrance counterparts. We were close, but there were still small gaps...which unfortunately started to grow during the 2nd mile. Mia started to move up, Kanon and Ashley were in the fight with Torrance's #3-5, but unfortunately Clara and Preethy started to fall back. By the 2-mile mark, Torrance was tied with West, while we were just maintaining. During the last mile, Ashley started to pass a few girls and Emma started to move up to catch her teammates. But at the same time, one Torrance girl turned the tide in their favor and we ended up just closing the gap only with West. We finished in 3rd despite the fact that we had all 7 girls beat West #5 and Torrance #6 girls. We have the best 7 girls...in fact, since the JV took 1-2-3, we have the best 10 girls...in fact, since Hannah, Desiree, Nari, and Emily were resting, we have the best 14 girls. But none of that matters...since we don't have the best 5 girls. This means that we can no longer look at this team as Mia-Ashley in front, then a second tier of girls. Torrance just won with a 23-second gap between #1-5. We have to become extremely tight...which is possible when everybody is running well. Just last week, Ashley was 1 second behind Mia with Preethy just 14 seconds close behind...Clara was running well through the first half, she'll have to continue her progression back to the front...Kanon was mere seconds from the Torrance pack...Emma just needs a better start, because her second-half movement is good...and Hannah and Rivka are good with just attaching themselves with teammates; if they're on the right girl, we can easily close that team gap down.

So what does this loss mean? It means West High is the new target. It means we have to beat West High in 3 weeks or our season is over (and no CIF playoffs.) West is strong up front, but weaker in the back. Our weakness is our front, with our strength being the back. We need to make a real pack of 3-4 girls upfront otherwise we won't be able to match up against their strength. It can happen girls, but we have to be more consistent...everyone has shown flashes, we're going to need all the 'flashes' to go off in the same race. Next is SAC...oh by the way, West is in our heat.

Pioner League Meet #2 @ Columbia Park

Boys Varsity

1	Terrill	West	15:11	12	Abebe	North	16:06	23	Spencer	South	16:46
2	Abberton	West	15:19	13	Quang	North	16:08	24	Miyazaki	Torrance	16:47
3	Gil	Torrance	15:23	14	Martinez	South	16:14	25	Tabirara	North	16:48
4	Hazzard	West	15:38	15	Darsot	North	16:17	26	Orejana	South	16:54
5	Atkinson	West	15:38	16	Hurtado	North	16:19	27	Chan	South	16:58
6	Kawashiri	South	15:38	17	Roth	Torrance	16:24	28	DelSignore	South	17:12
7	Antazo	South	15:40	18	Cruz	North	16:26	29	Lopez	Leuzinger	17:45
8	Tamanaha	West	15:42	19	Moreno	North	16:30	30	Medina	Leuzinger	18:21
9	Bothwell	Torrance	15:46	20	Eguchi	Torrance	16:35	31	Contreras	Leuzinger	18:23
10	Gallagher	West	15:52	21	Huang	Torrance	16:35	32	Mora	Leuzinger	19:04
11	Vo	West	16:05	22	Leivers	Torrance	16:36	33	Mrosk	Leuzinger	19:40
								34	Castorena	Leuzinger	20:23

Girls Varsity

1	Lopes	West	18:09	10	Arellano	Torrance	19:13	19	Pierce	West	19:35
2	Kato	North	18:29	11	Farnham	Torrance	19:14	20	Beedy	Torrance	19:38
3	Trodden	South	18:39	12	Young	North	19:17	21	Young	West	19:45
4	Neumann	Torrance	18:51	13	Mori	South	19:18	22	Wagner	North	19:49
5	Anderson	Torrance	18:57	14	Cason	West	19:24	23	Beedy	Torrance	19:52
6	Hernandez	West	18:59	15	Abraham	South	19:32	24	Hernandez	West	19:55
7	Park	West	19:01	16	Ben-Avides	South	19:33	25	Valdovinos	North	20:38
8	Huang	South	19:02	17	Gloyer	South	19:35	26	Kiyabu	North	20:41
9	Gonzales	Torrance	19:10	18	Chan	South	19:35	27	Hirano	North	20:57

Boys Freshmen

1	Peters	South	16:34	30	Amezcuca	West	19:59	59	Cheng	West	21:26
2	Shimizu	West	17:10	31	Dunlavey	South	20:01	60	Dawson	West	21:31
3	Murray	West	17:10	32	Ito	South	20:03	61	Valbuena	Torrance	21:39
4	Chang	West	17:14	33	Hansen	West	20:06	62	Mackenzie	South	21:53
5	Kasai	West	17:18	34	Han	West	20:06	63	Bae	West	21:57
6	Han	West	17:34	35	Ham	Torrance	20:08	64	Khanbabaei	West	22:17
7	Duong	North	17:37	36	Lee	West	20:08	65	Bullo	Torrance	22:18
8	Crofton	West	17:38	37	Sukal	North	20:11	66	Douglas	West	22:20
9	Saito	South	17:43	38	Merchang	South	20:13	67	Spieleder	South	22:32
10	Yamane	West	17:49	39	Abalos	Torrance	20:15	68	Osuna	West	22:54
11	Herrera	West	17:51	40	Mukogawa	Torrance	20:16	69	Le	West	22:56
12	Bunuan	Torrance	17:59	41	Minter	Torrance	20:16	70	Lee	West	23:06
13	Matsui	West	18:03	42	Austin	South	20:21	71	Fu	West	23:10
14	Morimoto	South	18:14	43	Tokeshi	South	20:23	72	Bellavances	South	23:18
15	Lu	West	18:16	44	Graham	West	20:34	73	Smith	South	23:18
16	Perkins	West	18:25	45	Uchi	South	20:36	74	Kim	West	23:22
17	Bholat	North	18:25	46	Ueno	West	20:50	75	Sarabakhsh	West	23:28
18	Rynski	Torrance	18:26	47	Holker	West	20:52	76	Lee	West	23:53
19	Yamaki	South	18:54	48	Salvatierra	West	20:53	77	Pantam	West	24:00
20	Salas	Torrance	18:56	49	Arellano	North	20:54	78	Villanueva	Torrance	24:01
21	Kim	West	18:58	50	Buentgen	Torrance	20:54	79	Nam	West	24:18
22	Macdonald	North	19:12	51	Hataye	Torrance	20:54	80	Martinez	Torrance	24:25
23	Arreygue	North	19:20	52	Soga	South	20:59	81	Nakamura	Torrance	24:32
24	Ha	West	19:24	53	Sarkisian	West	21:05	82	Phillips	West	24:39
25	Constantino	North	19:25	54	Davis	Torrance	21:06	83	Captains	South	24:52
26	Chon	South	19:37	55	Baig	West	21:08	84	Luu	West	24:52
27	Sasada	North	19:42	56	Paz	West	21:11	85	Pioch	Torrance	25:26
28	Brown	Torrance	19:53	57	Tamura	Torrance	21:13	86	Gerges	Torrance	25:47
29	Kawaoto	North	19:58	58	Maekawa	West	21:17	87	Garcia	West	26:56
								88	Gahlmeier	Torrance	29:09

Pioner League Meet #2 @ Columbia Park

Boys Junior Varsity

1	Duan	West	16:11	50	Panganiban	South	18:11	99	Astorga	North	19:16
2	Ahn	West	16:11	51	Arthur	West	18:11	100	Tallo	Torrance	19:26
3	Parker	West	16:11	52	Faulhaber	North	18:12	101	Krug	West	19:27
4	Gregory	West	16:18	53	Wong	South	18:13	102	Klinenberg	West	19:29
5	Morita	West	16:18	54	Menon	Torrance	18:13	103	Beltran	Torrance	19:29
6	Bock	West	16:21	55	Probst	Torrance	18:15	104	Morimoto	South	19:35
7	Awad	West	16:29	56	Nair	South	18:15	105	Nakai	South	19:36
8	Fitzpatrick	West	16:33	57	Jee	South	18:16	106	Woolen	South	19:36
9	Lee	West	16:37	58	Fujikura	South	18:17	107	Sajandeep	Torrance	19:37
10	Benson	West	16:41	59	Guzman	Torrance	18:18	108	Bunuan	Torrance	19:37
11	Johnson	West	16:45	60	Santonil	Torrance	18:21	109	Wilson	Torrance	19:40
12	Nieraeth	West	16:48	61	Lee	West	18:23	110	Junaidean	Torrance	19:41
13	Taylor	West	16:54	62	Matsuda	North	18:28	111	Carrillo	South	19:50
14	Hirose	North	16:55	63	Ma	South	18:29	112	Gomez	Torrance	19:59
15	Martin	Torrance	16:58	64	Wells	West	18:30	113	Donaldson	West	20:01
16	Komori	West	16:58	65	Kamitsubo	South	18:31	114	Lum	South	20:08
17	Ng	West	17:00	66	Gould	Torrance	18:32	115	Ito	West	20:09
18	Bragg	Torrance	17:00	67	Ito	Torrance	18:32	116	Suzuki	North	20:12
19	Gil	Torrance	17:06	68	Gregory	West	18:33	117	Ballard	Torrance	20:13
20	Davis	South	17:09	69	Liu	West	18:34	118	Miller	Torrance	20:13
21	Aubele	South	17:11	70	Campos	Torrance	18:35	119	Nguyen	West	20:19
22	Solis	South	17:13	71	Harrison	West	18:35	120	Sugita	West	20:31
23	Martin	South	17:14	72	Meza	Leuzinger	18:36	121	Yi	West	20:34
24	Okamoto	Torrance	17:18	73	Cebreros	West	18:36	122	Montiel	West	20:35
25	Shaw	South	17:19	74	Saruwatari	Torrance	18:37	123	Perez	Torrance	20:44
26	Kato	South	17:21	75	Yang	West	18:37	124	Smith	West	20:51
27	Franco	Torrance	17:21	76	Martin	West	18:37	125	Allaparti	West	21:11
28	Herrera	Torrance	17:21	77	Ampo	West	18:37	126	Pang	West	21:11
29	Helin	Torrance	17:23	78	Starritt	West	18:37	127	Kim	West	21:35
30	Aguila	West	17:25	79	Gregory	North	18:40	128	Peels	Leuzinger	21:41
31	Swanson	West	17:30	80	Rahbar	North	18:40	129	Kami	Torrance	21:43
32	Elliott	West	17:31	81	Nicles	South	18:41	130	Bautista	North	21:45
33	Lee	West	17:35	82	Dashuta	West	18:43	131	Snow	North	21:45
34	Zarenezhad	West	17:37	83	Cano	North	18:46	132	Ishida	Torrance	21:51
35	Peterman	North	17:38	84	Yamashita	Torrance	18:46	133	Chung	South	21:54
36	Russo	West	17:41	85	Kaneshige	North	18:47	134	Ruskowski	South	21:56
37	Mato	North	17:42	86	Kurahashi	West	18:48	135	Chok	Torrance	22:20
38	Welsome	Torrance	17:47	87	Sawakawa	South	18:51	136	Chang	Torrance	22:43
39	Fujimura	North	17:49	88	Herrera	Torrance	18:54	137	De Jesus	Torrance	22:52
40	Cizma	West	17:52	89	Quintana	West	18:54	138	Piedra	Leuzinger	23:15
41	Higa	North	17:55	90	sheardown	Torrance	18:59	139	Tran	South	23:35
42	Brill	South	17:57	91	Kaneshiro	North	19:02	140	Ataka	West	24:24
43	Bacigalupi	Torrance	17:59	92	Wisman	Torrance	19:04	141	Memon	West	24:29
44	Dihn	West	18:02	93	Maduno	West	19:07	142	Orson	West	24:47
45	Takanishi	Torrance	18:04	94	Rochford	West	19:10	143	Wobo	Leuzinger	24:55
46	Kozai	North	18:06	95	Le	West	19:11	144	Miller	Torrance	25:13
47	Jinka	West	18:07	96	Perez	Leuzinger	19:12	145	Arellano	Torrance	25:44
48	Kim	West	18:08	97	Proffitt	Torrance	19:13	146	Lin	South	27:03
49	Mora	Torrance	18:09	98	Eckert	West	19:16	147	Dayrit	Torrance	28:54
								148	Simpson	Torrance	29:44

Pioner League Meet #2 @ Columbia Park

Girls Junior Varsity

1	Gomaa	South	19:56	32	Hashimoto	Torrance	22:18	63	Meadows	Torrance	24:43
2	Reeder	South	20:14	33	DaSilva	South	22:20	64	Sanchez	South	24:43
3	Colditz	South	20:19	34	Tokishi	Torrance	22:22	65	Cochran	Torrance	24:56
4	Kikuno	Torrance	20:27	35	Kato	North	22:23	66	Watanabe	West	25:10
5	Lopez	Torrance	20:31	36	Masuda	South	22:30	67	Lopez	Torrance	25:15
6	Argueta	Torrance	20:32	37	Krumwiede	West	22:31	68	Shiraki	Torrance	25:16
7	Carroll	Torrance	20:33	38	Delgadillo	Torrance	22:34	69	Chaires	Torrance	25:21
8	Cendejas	Torrance	20:37	39	Hesson C	South	22:35	70	Nakanishi	Torrance	25:22
9	Park	South	20:44	40	Kaku	Torrance	22:37	71	Meadows	West	25:37
10	Leddy	Torrance	20:49	41	Hesson E	South	22:37	72	Takaoka	South	25:50
11	Crump	West	20:56	42	Troutman	West	22:40	73	Diaz	Torrance	26:00
12	Trice	West	20:58	43	Adame	Torrance	22:44	74	Ugwu	South	26:10
13	Gastelum	West	20:59	44	Peterson	West	22:53	75	Fuerte	Torrance	26:19
14	Crump	West	20:59	45	Lee	Torrance	23:04	76	Maready	Torrance	26:22
15	Watling	Torrance	21:01	46	Tanaka	Torrance	23:07	77	Ge	West	26:26
16	Nair	Torrance	21:14	47	LaRue	West	23:09	78	Chang	West	26:28
17	Uyeki	Torrance	21:16	48	Bunch	West	23:26	79	Amezcu	West	26:33
18	Espinoza	South	21:16	49	Shimizu	North	23:27	80	Catipon	Torrance	28:42
19	Fujimoto	South	21:17	50	DeLaMora	North	23:32	81	Le	West	28:55
20	Yanagida	North	21:21	51	Lee	West	23:34	82	Lin	Torrance	29:57
21	Jiao	West	21:35	52	Brown	South	23:35	83	Campbell	West	30:15
22	Shimizu	West	21:35	53	Hanger	Torrance	23:40	84	Arqvisula	Torrance	30:20
23	Bandara	West	21:39	54	Fujimoto	South	23:40	85	Mandal	Torrance	30:32
24	Asato	North	21:40	55	Rubinoff	West	23:49	86	Manalang	Torrance	30:42
25	Peay	Torrance	21:43	56	Garcia	Leuzinger	23:58	87	Cochran	Torrance	31:08
26	Brown	West	21:54	57	Sklar	North	24:00	88	Sindha	Torrance	31:10
27	Kaku	Torrance	22:02	58	Koepp	Torrance	24:06	89	Ahmed	West	31:11
28	Hirano	Torrance	22:02	59	Estrada	Torrance	24:06	90	Oto	Torrance	31:12
29	Yoon	West	22:05	60	Yoon	Torrance	24:30	91	Miranda	West	31:54
30	Alejandrino	Torrance	22:08	61	Starr	West	24:39	92	Simon	West	32:28
31	Joo	North	22:12	62	Eccles	Torrance	24:39				



Mt. SAC Invitational
Oct. 20th, 2017

Mt SAC Course. Hilly course on dirt and cement (2.92 miles)
Warm. JV - 71°, Frosh/Soph - 73°, Varsity - 75°

Boys: 1st (49 points)

4. Antazo, Dia	16:09	4:58, 10:52-5:54, 16:09-5:17	
5. Johnson, Hayden	16:09	4:55, 10:52-5:57, 16:09-5:17	(0:00 #1-2)
7. Kawashiri, Noah	16:16	5:00, 10:57-5:57, 16:16-5:19	(0:07 #2-3)
16. Majamaki, Nick	16:52	5:04, 11:17-6:13, 16:52-5:35	(0:36 #3-4)
17. Martinez, Robert	17:01	5:24, 11:41-6:17, 17:01-5:20	(0:52 1 thru 5) (0:09 #4-5)
25. Spencer, Casey	17:18	5:24, 11:41-6:17, 17:18-5:37	(0:17 #5-6)
54. Caballeros, Alex	17:55	5:06, 11:42-6:36, 17:55-6:13	(1:46 1 thru 7) (0:37 #6-7)
1. Peters, Matt	17:11	5:36, 11:48-6:12, 17:11-5:23	
3. Chan, Greg	17:15	5:25, 11:53-6:28, 17:15-5:22	

After weeks of injuries, sickness, and bad races, we're finally back on the right track at the Mt. SAC Invite. 1st place was expected, but it was a bit harder than expected (thanks in part to a good Del Campo team.) Dia and Noah were once again super steady taking 4th and 7th overall. Even though Hayden had a below-average day, both Dia and Noah can definitely keep Hayden in sight now giving us a formable 1-2-3 front. Nick and Alex looked good through one-mile, but then the wheels started to fall off after switchback. Nick only lost 2 positions from the mile mark, but that gap with Noah (of 36 seconds) would have killed us had this been CIF playoffs with better teams. It's been nearly a month since Alex last raced, but his training had indicated he was good to go...so this poor performance was just a fluke race, he'll be back (and we're going to need him.) Our Sophomores Two of Robert and Casey got out a bit too conservative (about the same 1st mile pace as our top JV boys), coming by the mile in 44-45th places. They did a great job moving up the field, covering Alex when he started to hurt, and finishing in 17th and 25th respectively. Although their finishing places was nice, again had this been CIF playoffs (with better competition) they wouldn't be able to roll over the field like Friday. Notice their times is not much different than Greg (in the JV race) or Matt (in the Freshmen race.) Had they got out 10 seconds faster at the first mile, they would have been sucked into a faster pace and finished about 20 seconds faster.

This was a much needed race result in the positive direction....but we are far from seeing a peak performance. Even though we took 1st place in our heat, in other heats there were 3 teams ranked below us that got a better team time. So things to think about when we get to CIF...Hayden, Alex, and Nick will certainly run better...Casey and Robert will get out faster and run side-by-side with Nick and Alex (trust your fitness level...and George will get over this 'twisted-ankle fetish' and will be back competing soon.

Next is League Finals. We're not expected to beat 2xCIF Champions West High. But if we believe that we're State Championship worthy, then we cannot fear great teams like West. We (not just our top guy) need to be in the mix with the West team. If we break up their dominance, it will give us good momentum going into the playoffs while earning individual All-League status.

Girls: 3rd (116 points)

13. Trodden, Mia	19:40	5:52, 13:07-7:15, 19:40-6:33	
21. Huang, Ashley	20:00	6:05, 13:30-7:25, 20:00-6:30	(0:20 #1-2)
23. Abraham, Preethy	20:02	6:09, 13:33-7:24, 20:02-6:29	(0:02 #2-3)
35. Chan, Clara	20:32	6:21, 13:54-7:33, 20:32-6:38	(0:30 #3-4)
38. Ben-Avides, Rivka	20:35	6:15, 13:57-7:42, 20:35-6:38	(0:55 1 thru 5) (0:03 #4-5)
43. Gloyer, Emma	20:40	6:17, 13:59-7:42, 20:40-6:41	(0:05 #5-6)
70. Mori, Kanon	21:41	6:06, 14:05-7:59, 21:41-7:36	(2:01 1 thru 7) (1:01 #6-7)
2. Gomaa, Rania	20:43	6:34, 14:01-7:27, 20:43-6:42	

After league meet #2, our focus now shifts to West. We're going to beat West at finals to earn our CIF spot away. On Saturday, we got a good look at their team. And like our close battles with Torrance (at Clovis and Woodbridge), we finish one place behind West in another close matchup...had this been a dual meet, we would have lost by 3 points. We had another solid team performance...coaches can't complain...but we still can improve before the end of the year. Mia got out very fast (perhaps too fast). Ashley and Kanon looked good in 28th and 29th place at the mile. With Rivka, Emma and Clara a bit too far behind at the mile mark. As the race progressed, Mia lost a few spots, unfortunately to 2 West girls...Rivka, Emma, and Clara started to move up...while Kanon clearly was going backwards. At the 2-mile mark, West was beating us by 50 points...we did a great job of passing and kicking that last mile to finish within 14 points of them by the finish. Preethy, Clara, and Rivka all had excellent closing 400m kicks. In the end, we finished in 3rd place...not too shabby...but West was just ahead of us in 2nd place.

So what's it going to take to beat West (and Torrance at finals.) It's going to take "consistency"...we haven't had a perfect 7-girl solid performance all year. With just the past 2 meets: Kanon goes from 3rd girl to 7th girl...Preethy from 30 seconds behind Ashley to just 2 seconds...Clara blows up last race to passing runners all the way to the finish. Consistency. If Kanon just held her position (or within 10-15 seconds of Preethy), we would have beaten West....btw, this is not Kanon's fault, cuz if she ran better, then someone else probably would have blown up....we need to be consistent! Other thoughts: Clara, Rivka, and Emma did a great job of passing girls at SAC...but at finals, they're going to have to get out faster. The course is flat and nobody is going to 'blow-up', they'll have to be on top of their West counterparts early. Mia will have to find West #2 girl and just run with her (like she did with Torrance's #2 a few weeks ago)...this West girl caught Mia during the last mile on Friday.

As mention last week, we're deep (no other team had a better 5th or 6th girl than us in that race)...plus, no other team had better low-level results than us (Emily – 2nd in JV, Rania – 2nd in Freshmen, Carli – 3rd in Sophomore). But we still need the best 5 girls...as great as Mia has been running (an incredible 4:30+ improvement from last year), there were 9 other teams with a faster #1 girl. We need to get our top 5 girls with 30-35 seconds of each other at finals. Every girl has had their one moment/race this season where they were among the top 4 spots on this team. So every girl has the ability to beat the West and Torrance counterparts. It just comes down to being 'consistent' at Finals. Each team is given 7 'bullets' on race day...we need to have all 7 girls bringing their best race to finals, and we'll come away with the victory.

Pioneer League Finals

Nov. 1st, 2017

Wilson Park (3.2 miles) Flat with slight rolling hills on cement and grass.

Mild (69°)

Boys: 2nd place (54 points)

4. Johnson, Hayden	16:33	4:59, 10:16-5:17, 16:33-6:17	
9. Antazo, Dia	16:59	5:02, 10:22-5:20, 16:59-6:37	(0:26 #1-2)
11. Kawashiri, Noah	17:09	5:01, 10:25-5:24, 17:09-6:44	(0:10 #2-3)
14. Orduno, George	17:28	5:05, 10:35-5:30, 17:28-6:53	(0:19 #3-4)
16. Martinez, Robert	17:40	5:17, 10:54-5:37, 17:40-6:46	(1:07 1 thru 5) (0:12 #4-5)
17. Majamaki, Nicklas	17:45	5:15, 10:49-5:34, 17:45-6:56	(0:05 #5-6)
18. Spencer, Casey	17:49	5:19, 10:53-5:34, 17:49-6:56	(1:16 1 thru 7) (0:04 #6-7)
7. Orejana, Adrian	17:55		

Earlier in the week, the rankings came out and even after our 1st place victory at Mt. SAC, we dropped in the ranking. It was inevitable to happen, since at SAC Hayden was our #2 man, George didn't run, and Alex blew up. Coming into League Finals, we were a lock to finish in 2nd place. But we still needed to see steps back in the right direction as we headed into the playoffs. And prior to the race, we got good news and bad news...George was back, but Alex was not. As for the race, West took off early...Manny and Hayden were the only 2 in the mix after their aggressive start. West was running their own race...South was filling in the spots behind them...and Torrance and North were in their own battle behind us for the last CIF spot. Not that we didn't run hard, but not much happened during the race. At the half way mark: West had 16 points, South had 57, and Torrance had 78. At that stage, Hayden was behind all 7 West guys. So during the second half, Hayden basically passed 5 West, while Dia got 1 on his own as well. George got passed by 2 runners....and our back pack got passed by 1 North guy. In the end, the final score: West had 21 points, South had 54, and Torrance had 82....yawn.

Here's the good news: this was George's first race since Woodbridge (Sept 15th...geezus!!). 4th man on his first race back is good...but over the next 2 weeks, we're going to need George to get back with Dia and Noah again. Hayden after 2 sub-par races got back to form...we have to have an elite front runner during CIF playoffs. Unlike Mt. SAC, Robert and Casey were right on Nick's heels from the beginning. These 2 are going to have to genuinely help Nick out and run side-by-side with him (and not just let Nick do all the work at CIF.) Other positives, we put 3 guys in front of our top guy from last year...and of the 7 guys who ran varsity, 2 guys DNR @ Wilson Park last year, while 4 guys improved from last year (we averaged a 51 second improvement). But here are the some concerns moving forward: Nick was ran 15 seconds slower than last year....maybe it's a bad race or dead legs...whatever it is, we need Nick to get right up there within 10-15 seconds of Noah and Dia. Which leads to the other concern...our top 5 gap was 1:07...not bad, but at our best race (Woodbridge) we were 48 seconds (even with Hayden winning that race.) Nick, Robert, Casey, and Alex...we got to close down on this gap. At CIF, it won't be just one North guy in-between these gaps...it will be an army of runners, and that could cost us our season.

So congrats guys for getting through this first easy step at finals. Now, we're going to be tested...we should get through Prelims...but we can't just squeak by...we need to focus on these little issues and get back to that Woodbridge team performance. That was a top notch team (State qualifying team)...it's still in us!...we got to pull it out again and get everybody back to that level.

Girls: 1st Place (35 points)

3. Trodden, Mia	20:16	6:07, 12:26-6:19, 20:16-7:50	
6. Abraham, Preethy	20:29	6:13, 12:39-6:26, 20:29-7:50	(0:13 #1-2)
7. Chan, Clara	20:29	6:09, 12:32-6:23, 20:29-7:57	(0:00 #2-3)
8. Huang, Ashley	20:35	6:09, 12:41-6:32, 20:35-7:54	(0:06 #3-4)
11. Gloyer, Emma	20:50	6:19, 12:59-6:40, 20:50-7:51	(0:34 1 thru 5) (0:15 #4-5)
15. Ben-Avides, Rivka	21:04	6:19, 12:57-6:38, 21:04-8:07	(0:14 #5-6)
26. Mori, Kanon	22:39	6:11, 13:43-7:32, 22:39-8:56	(2:23 1 thru 7) (1:35 #6-7)
1. Goma, Rania	20:57		
2. Columbine, Emily	21:08		
3. Colditz, Carli	21:29		

Ahhhh...the sweet 'taste' of revenge. For Coach Tokuda, that beautiful 'taste' was 2 post-race beers and a bag of popcorn on his couch at home...sometimes life can get no better. After coming close against both West and Torrance all year long, the coaches knew we just need to be 'consistent' and the tide would lean in our favor. It was going to be close if everybody was on. But West did something stupid....they took off like it was a 400m sprint. They treated us like we were Centennial (and weren't even in the race.) Torrance, of course, went hard chasing after West High. And we just grouped up, ran under control, and just sat behind the main crowd. After the first 3 minutes...West had 7 girls in front of Mia, while Torrance had 5 in front of our #2. The coaches were ecstatic...although we were behind early, the blistering pace gave our opponents two problems...problem #1 – their own stupidity would lead to blowing up, and problem #2 – South...cause we're not Centennial, and we were about to come hard at them as the race pace settled down. At the mile, West and Torrance were both still 'putting their foot' on the accelerator...but we were surviving their aggressive fast start, and we were still within striking range. Preethy and Mia started passing a few bodies after the mile, and it looked like Clara (in our 2nd position) was going to hold her pace on this day. The half-way mark score was West – 38, Torrance – 45, and South – 49. But at this point, West was exhausted and was falling apart...and Torrance (running more conservative than West) was going to have to be beaten the more traditional way. So over the second half, we took control of this race...Preethy-Clara-Ashley took out Torrance #3 girl and the Unicorn! Rivka passed a West girl...and Emma went nuts and passed 8 girls over the last mile. It went from a close race to a blowout, as we beat Torrance by 15 points!

More good stuff (it was all good stuff on Wednesday): Our girls JV dominated again...going 1-2-3, then 8-9-10 to take the League title. Congrats to Rania Goma for becoming the League Champion...expect to see her in a varsity jersey soon. Back to our varsity race...we had 3 girls beat our #1 girl from last year (Chloe Masuda) and 5 beat the #2 girl. Of the 6 girls who ran this course last year...everybody improved...the improvement average was 1:45. We're way better now...and last year's team finished 13th in CIF. We just beat West (ranked 8th) and so we're for real. A concern going forward: We ran great at finals...but we spent a lot of our mental energy just trying to beat West and Torrance and getting out of league. Yes, we attained a goal...but we're far from done. We have to 'reboot' our intensity and be just as ready for the CIF competition now.



Hayden Johnson
4th Place

All-League
Runners



Mia Trodden
3rd Place



Preethy Abraham
6th Place



Clara Chan
7th Place



Dia Antazo
9th Place



Ashley Huang
8th Place

Pioneer League Finals @ Wilson Park

Boys Varsity

1	Abberton	West	16:12	13	Darsot	North	17:26	25	Roth	Torrance	18:18
2	Tamanaha	West	16:15	14	Orduno	South	17:28	26	Arredondo	Torrance	18:32
3	Gil	Torrance	16:27	15	Quang	North	17:39	27	Moreno	North	18:50
4	Johnson	South	16:33	16	Martinez	South	17:40	28	Tabirara	North	18:59
5	Esquvelzeta	West	16:39	17	Majamaki	South	17:45	29	Medina	Leuzinger	19:34
6	Vo	West	16:45	18	Spencer	South	17:49	30	Lopez	Leuzinger	19:36
7	Hazzard	West	16:48	19	Hurtado	North	18:09	31	Contrereas	Leuzinger	20:17
8	Duan	West	16:55	20	Abebe	North	18:09	32	Mora	Leuzinger	20:19
9	Antazo	South	16:59	21	Miyazaki	Torrance	18:13	33	Mrosk	Leuzinger	21:38
10	Awad	West	17:06	22	Huang	Torrance	18:14	34	DeLaRoca	Centennial	22:46
11	Kawashiri	South	17:09	23	Cruz	North	18:15	35	Garcia	Centennial	23:47
12	Bothwell	Torrance	17:20	24	Eguchi	Torrance	18:16	36	Oliver	Centennial	25:05
								37	Arreaga	Centennial	25:06

Girls Varsity

1	Gonzalez	West	19:34	10	Anderson	Torrance	20:45	19	Wagner	North	21:24
2	Lopes	West	19:54	11	Gloyer	South	20:50	20	Gonzalez	North	21:36
3	Trodden	South	20:16	12	Young	North	20:56	21	Hernandez	West	21:44
4	Neumann	Torrance	20:20	13	Gonzales	Torrance	20:59	22	Farnham	Torrance	21:57
5	Kato	North	20:27	14	Beedy C	Torrance	21:02	23	Beedy P	Torrance	21:59
6	Abraham	South	20:29	15	Ben-Avides	South	21:04	24	Hirano	North	22:18
7	Chan	South	20:29	16	Olson	West	21:06	25	Kiyabu	North	22:26
8	Huang	South	20:35	17	Pierce	West	21:09	26	Mori	South	22:39
9	Arellano	Torrance	20:40	18	Cason	West	21:20	27	Valdovinos	North	23:14

Boys Freshmen

1	Murray	West	18:42	32	Buentgen	Torrance	21:32	63	Bellavance	South	24:15
2	Shimizu	West	18:44	33	Han	West	21:43	64	Graham	West	24:25
3	Kasai	West	18:46	34	Holker	West	21:50	65	Osuna	West	24:28
4	Chang	West	18:57	35	Ham	Torrance	21:54	66	Salvatierra	West	24:30
5	Han	West	18:59	36	Sarkisian	West	22:00	67	Captains	South	24:33
6	Saito	South	19:08	37	Kawaoto	North	22:03	68	Olivera	Centennial	24:34
7	Anderson	Torrance	19:12	38	Lee	West	22:04	69	Kim	West	24:40
8	Lu	West	19:22	39	Tokeshi	South	22:08	70	Sarabakhsh	West	24:41
9	Duong	North	19:29	40	Tamura	Torrance	22:37	71	Valbuena	Torrance	24:53
10	Crofton	West	19:50	41	Uchi	South	22:41	72	Bae	West	24:53
11	Yamane	West	19:56	42	Mukogawa	Torrance	22:49	73	Bullo	Torrance	24:54
12	Morimoto	South	20:06	43	Park	West	22:52	74	Douglas	West	25:06
13	Bholat	North	20:06	44	Soga	South	22:52	75	Le	West	26:03
14	Bunuan	Torrance	20:13	45	Hernandez	Centennial	22:54	76	Lee	West	26:28
15	Matsui	West	20:16	46	Mackenzie	South	22:58	77	Phillips	West	26:30
16	Macdonald	North	20:18	47	Arellano	North	22:59	78	Martinez	Torrance	26:38
17	Yamaki	South	20:18	48	Fu	West	23:01	79	Gerges	Torrance	26:41
18	Rynski	Torrance	20:19	49	French	South	23:01	80	Lam	South	27:33
19	Kim	West	20:21	50	Minter	Torrance	23:18	81	Garcia	West	27:42
20	Ha	West	20:25	51	Lee	West	23:23	82	Pioch	Torrance	27:45
21	Chon	South	20:29	52	Spieleder	South	23:24	83	Pantam	West	28:19
22	Arreygue	North	20:37	53	Hataye	Torrance	23:25	84	Horodner	Torrance	28:23
23	Constantino	North	20:56	54	Hansen	West	23:32	85	Reyes	Centennial	28:29
24	Sasada	North	20:56	55	Smith	South	23:33	86	Proano	Centennial	29:41
25	Salas	Torrance	21:05	56	Khanbabaei	West	23:56	87	Beltran	Centennial	29:42
26	Austin	South	21:06	57	Sukal	North	23:56	88	Fujimori	West	29:54
27	Timko	West	21:22	58	Dawson	West	24:04	89	Nakamura	Torrance	30:06
28	Dunlavey	South	21:23	59	Davis	Torrance	24:05	90	Dahlmeier	Torrance	30:13
29	Ito	South	21:25	60	Paz	West	24:08	91	Balderas	Torrance	30:22
30	Amezcuca	West	21:29	61	Ueno	West	24:12	92	Zuhruddin	West	30:42
31	Abalos	Torrance	21:32	62	Ma	South	24:13				

Pioneer League Finals @ Wilson Park

Boys Junior Varsity

1	Gallagher	West	17:14	56	Probst	Torrance	20:05	111	Martin	West	22:02
2	Parker	West	17:17	57	Gregory	West	20:10	112	Maduno	West	22:02
3	Morita	West	17:20	58	Kaneshige	North	20:11	113	Bautista	North	22:05
4	Gregory	West	17:21	59	Wells	West	20:12	114	Ballard	Torrance	22:09
5	Ahn	West	17:21	60	Brill	South	20:13	115	Miller	Torrance	22:09
6	Fitzpatrick	West	17:37	61	Higa	North	20:16	116	Woolen	South	22:12
7	Orejena	South	17:55	62	Santonil	Torrance	20:16	117	Sheardown	Torrance	22:17
8	Gil	Torrance	18:10	63	Liu	West	20:18	118	Ajimine	North	22:23
9	Bragg	Torrance	18:13	64	Mora	Torrance	20:18	119	Yi	West	22:25
10	Benson	West	18:16	65	Lee	West	20:19	120	Sugita	West	22:26
11	Davis	South	18:16	66	Sawakawa	South	20:22	121	Perez	Torrance	22:26
12	Leivers	Torrance	18:20	67	Berhe	South	20:22	122	Ito	West	22:31
13	Taylor	South	18:24	68	Ito	Torrance	20:23	123	Kami	Torrance	22:45
14	Martin	Torrance	18:25	69	Perez	Centennial	20:25	124	Sajandeep	Torrance	22:45
15	DelSignore	South	18:29	70	Saruwatari	Torrance	20:26	125	Figuroa	Centennial	22:45
16	Chan	South	18:36	71	Herrera	Torrance	20:31	126	Kim	West	22:51
17	Johnson	West	18:37	72	Wong	South	20:33	127	Song	North	22:53
18	Shaw	South	18:37	73	Nair	South	20:34	128	Orson	West	22:54
19	Wakimoto	South	18:38	74	Ma	South	20:36	129	Suzuki	North	22:54
20	Taylor	West	18:38	75	Gould	Torrance	20:36	130	Gomez	Torrance	22:58
21	Herrera	Torrance	18:39	76	Kurahashi	West	20:37	131	Ruskowski	South	23:03
22	Helin	Torrance	18:46	77	Faulhaber	North	20:38	132	Aslam	Leuzinger	23:06
23	Aubele	South	18:48	78	Cebreros	West	20:38	133	Montiel	West	23:11
24	Komori	West	18:48	79	Wilson	Torrance	20:41	134	Snow	North	23:23
25	Ma	South	18:49	80	Dashuta	West	20:41	135	Lopez	North	23:23
26	Solis	South	18:55	81	Morimoto	South	20:44	136	Ishida	Torrance	23:34
27	Jinka	West	18:56	82	Harrison	West	20:45	137	Allaparti	West	23:39
28	Nieraeth	West	18:56	83	Campos	Torrance	20:45	138	Chung	South	23:53
29	Mato	North	18:58	84	Nogales	Centennial	20:46	139	Rodriguez	West	23:48
30	Zarenezhad	West	19:00	85	Yamashita	Torrance	20:48	140	Myers	West	23:48
31	Kato	South	19:00	86	Yang	West	20:51	141	Peels	Leuzinger	24:12
32	Okamoto	Torrance	19:01	87	Lee	West	20:56	142	Smith	West	24:16
33	Peterman	North	19:09	88	Meza	Leuzinger	20:58	143	Chok	Torrance	24:22
34	Nguyen	West	19:12	89	Gregory	North	21:01	144	Nguyen	West	24:31
35	Swanson	West	19:15	90	Ampo	West	21:01	145	Chang	Torrance	24:37
36	Hirose	North	19:16	91	Quintana	West	21:05	146	Vela	North	24:43
37	Bacigalupi	Torrance	19:16	92	Le	West	21:05	147	Miller	Torrance	25:34
38	Yang	West	19:20	93	Beltran	Torrance	21:05	148	Kim	West	25:36
39	Aguila	West	19:22	94	Perez	Leuzinger	21:08	149	Piedra	Leuzinger	25:49
40	Goo	West	19:31	95	Wisman	Torrance	21:11	150	DeJesus	Torrance	25:50
41	Elliott	West	19:33	96	Proffitt	Torrance	21:12	151	Tran	South	25:56
42	Ng	West	19:34	97	Kozai	North	21:14	152	Gonzalez	West	26:04
43	Franco	Torrance	19:36	98	Eckert	West	21:17	153	Medina	Centennial	26:04
44	Issei	West	19:44	99	Tallo	Torrance	21:17	154	Ataka	West	26:05
45	Takanishi	Torrance	19:44	100	Junaidean	Torrance	21:17	155	Wobo	Leuzinger	26:53
46	Dihn	West	19:45	101	Rahbar	North	21:17	156	Moendez	Centennial	26:56
47	Arthur	West	19:46	102	Rochford	West	21:21	157	Dinicola	Torrance	27:02
48	Kim	West	19:48	103	Lum	South	21:25	158	Arellano	Torrance	27:13
49	Lee	West	19:53	104	Cano	North	21:34	159	Memon	West	27:47
50	Fujikura	South	19:54	105	Bunuan	Torrance	21:35	160	Lin	South	27:49
51	Cizma	West	19:54	106	Starritt	West	21:40	161	Kim	South	28:12
52	Guzman	Torrance	19:57	107	Krug	West	21:41	162	Fujimura	North	28:22
53	Kaneshiro	North	19:59	108	Astorga	North	21:58	163	Santamaria	Torrance	29:22
54	Matsuda	North	20:02	109	Webster	West	21:58	164	Dayrit	Torrance	29:32
55	Menon	Torrance	20:05	110	Nakai	South	22:02	165	Simpson	Torrance	31:33

Pioneer League Finals @ Wilson Park

Girls Junior Varsity

1	Gomaa	South	20:57	43	Troutman	West	24:19	85	Irasusta	Torrance	27:13
2	Columbine	South	21:08	44	Hirano	Torrance	24:24	86	Mendoza	Torrance	27:14
3	Colditz	South	21:29	45	Bandara	West	24:25	87	Maready	Torrance	27:21
4	Catipon	Torrance	21:33	46	Delgadillo	Torrance	24:26	88	Chaires	Torrance	27:25
5	Kikuno	Torrance	21:38	47	Hesson E	South	24:30	89	Adams	West	27:25
6	Young	West	22:01	48	Krumwiede	West	24:31	90	Tena	Leuzinger	27:27
7	Hernandez	West	22:07	49	Jung	Torrance	24:36	91	Ugwu	South	27:31
8	Park	South	22:09	50	Tokishi	Torrance	24:36	92	LaRue	West	27:34
9	Fujimoto	South	22:11	51	Petersen	West	24:43	93	Watanabe	West	27:37
10	Nakamoto	South	22:20	52	Hesson C	South	24:46	94	Laureno	West	27:39
11	Lopez	Torrance	22:25	53	Mercado	West	24:48	95	Sao	West	27:39
12	Mason	West	22:34	54	Bunch	West	24:57	96	Shiraki	Torrance	27:41
13	Cendejas	Torrance	22:36	55	Querubin	West	25:05	97	Lopez	Torrance	27:41
14	Crump	West	22:38	56	Yoon	West	25:09	98	Valadez	Torrance	27:45
15	Argueta	Torrance	22:38	57	Radmilovich	South	25:11	99	Diaz	Torrance	28:00
16	Crump	West	22:54	58	Kaku	Torrance	25:14	100	Meadows	West	28:02
17	Castelum	West	22:55	59	Kato	North	25:16	101	Eccles	Torrance	28:04
18	Leddy	Torrance	23:16	60	Lee	Torrance	25:22	102	Cochran	Torrance	28:17
19	Reeder	South	23:19	61	Hashimoto	Torrance	25:25	103	Simon	Torrance	28:24
20	Carroll	Torrance	23:25	62	Tanaka	Torrance	25:27	104	Magee	Torrance	28:36
21	Watling	Torrance	23:28	63	Brown	South	25:30	105	Kelly	West	28:54
22	Simizu	West	23:30	64	Sanchez	South	25:33	106	Arqvisula	Torrance	28:54
23	Powers	South	23:31	65	Rios	Leuzinger	25:34	107	Kimura	Torrance	29:03
24	Nair	Torrance	23:42	66	Lee	West	25:34	108	Amezcu	West	29:11
25	Trice	West	23:43	67	Lin	South	25:46	109	Kelly	West	29:17
26	Adame	Torrance	23:46	68	DeLaMora	North	25:56	110	Fuerte	Torrance	29:29
27	Uyeki	Torrance	23:46	69	Shimizu	North	25:57	111	Kuewa	West	29:36
28	Alejandro	Torrance	23:47	70	Galang	Torrance	26:09	112	Hamada	Torrance	29:41
29	Joo	North	23:49	71	Wright	Torrance	26:15	113	Ge	West	30:16
30	Jiao	West	23:51	72	Estrada	Torrance	26:24	114	Chang	West	30:16
31	Asato	North	23:55	73	Adigal	West	26:26	115	Lin	Torrance	31:00
32	Rodriguez	West	23:55	74	Koepp	Torrance	26:29	116	Acevedo	North	31:37
33	DaSilva	South	23:56	75	Starr	West	26:29	117	Romero	Torrance	31:57
34	Stubbs	West	23:57	76	Hanger	Torrance	26:32	118	Catipon	Torrance	31:57
35	Torres	West	23:58	77	Rubioff	West	26:41	119	Cochran	Torrance	31:59
36	Kaku	Torrance	24:00	78	Quirk	West	26:55	120	Sindha	Torrance	33:39
37	Brown	West	24:05	79	Fujimoto	South	26:55	121	Mandal	Torrance	33:39
38	Espinoza	South	24:05	80	Roach	South	27:02	122	Oto	Torrance	33:58
39	Masuda	South	24:06	81	Sklar	North	27:06	123	Ahmed	West	34:42
40	Peay	Torrance	24:06	82	Nakanishi	Torrance	27:11	124	Adnan	West	35:24
41	Potcovaru	West	24:10	83	Takaoka	South	27:11	125	Manalang	Torrance	35:41
42	Tamaoka	West	24:10	84	Quiroz	Leuzinger	27:12				



CIF Prelims
Nov. 10th, 2017

Riverside CC Course. Flat on dirt and cement
63° Mild, with clouds and partly sunny

Boys: 1st Place (112 points)

6. Johnson, Hayden	15:42	5:01, 10:29-5:28, 15:42-5:12	
12. Antazo, Dia	15:52	5:02, 10:32-5:30, 15:52-5:20	(0:10 #1-2)
14. Kawashiri, Noah	15:56	5:03, 10:41-5:38, 15:56-5:15	(0:04 #2-3)
44. Majamaki, Nick	16:28	5:11, 10:54-5:43, 16:28-5:34	(0:32 #3-4)
48. Martinez, Robert	16:31	5:15, 11:02-5:47, 16:31-5:29	(0:49 1 thru 5) (0:03 #4-5)
55. Orduno, George	16:36	5:04, 10:50-5:46, 16:36-5:46	(0:05 #5-6)
69. Peters, Matt	16:49	5:30, 11:16-5:46, 16:49-5:33	(1:07 1 thru 7) (0:13 #6-7)

With 12 teams moving onto CIF Finals, we knew that making it onto CIF Finals would be easy. But the real goal was to finish within the top 4, because that gives us a real chance to qualify for State Championship. Last year, the 7 State qualifiers all finished in the top 4 of their respective Prelim heats. And on Friday, we took 1st place in our heat!!...can't ask for much more...so now we're in the discussion for State. Let's not get carried away though...don't take your individual (and team) placing and multiply by 2 as a prediction of what's going to happen at CIF Finals. A few top ranked teams were holding back the pace (or not running their top guys)...so it's going to be even tougher next race. But most teams were going all-out, so this 1st place finish puts us among the top 1/3 of the field next Saturday. Graphic warning: last year Prelim's heat winner finished in 9th at Finals...oooo the gory detail!...anything is possible, so don't take anything for granted...we got to keep improving.

As for the race, we got out extremely aggressive...4 guys in the top 14 through 600 meters. Although it's important to stay clear of getting boxed in or too far behind, we got to find the right balance next race. Hayden, Dia, and Noah were fine with the quick pace...but next week, it will be more crowded and even faster...get out fast, but don't get in those meaningless battles early. George blew up after the mile, so he's got to be more aware of his early pacing...we need him passing runners or at least holding his position. Nick and Robert had more of a steady race...not too fast, and just holding their position within the huge pack. Next week, there are going to be more bodies around, so it's important that nobody from our backpack struggles. Our Freshmen Matt got crushed in the beginning. Matt likes to start slow and work his way up...but in the varsity race, it won't get him to the critical area (where the points are.) Nevertheless, in his first varsity race, Matt was only 13 seconds behind George...the coaches will take that mark. If he's is called upon next week, Matt can run much faster off of a quicker start.

Our 1-2-3 was the best in the heat and is our biggest strength right now. Hayden, Dia, and Noah...just keep doing what you're doing...be smart at the start of the race, and your fitness and competitiveness will help lead us to another great front pack showing. Remember, Saturday is the best of the best...so stay clear of the elite front runners...State qualifying teams #1-3 men can finish in the 15-35 range and the team will be good. Our backpack is good...but we want this group (Robert, Nick, George, Alex?, Matt?) to be great. On Saturday, this group is going be 70-90 positions in the race. Remember guys...don't try to be a 'hero'...we can't afford anyone 'sliding' backwards in this massive field...we've placed 1st in our heat, which means we 'belong'. Trust your fitness, trust your teammates. It's time to grab a State Championship spot next Saturday!!

Girls: 2nd Place (110 points)

6. Trodden, Mia	18:42	6:07, 12:33-6:26, 18:42-6:09	
7. Gomaa, Rania	18:43	6:11, 12:32-6:21, 18:43-6:11	(0:01 #1-2)
18. Abraham, Preethy	19:09	6:10, 12:49-6:39, 19:09-6:20	(0:26 #2-3)
27. Huang, Ashley	19:21	6:12, 12:57-6:45, 19:21-6:24	(0:12 #3-4)
55. Columbine, Emily	19:59	6:16, 13:11-6:55, 19:59-6:48	(1:17 1 thru 5) (0:38 #4-5)
60. Gloyer, Emma	20:06	6:19, 13:25-7:06, 20:06-6:41	(0:07 #5-6)
62. Ben-Avides, Rivka	20:09	6:21, 13:27-7:06, 20:09-6:42	(1:27 1 thru 7) (0:03 #6-7)

Like the boys, the goal of qualifying to CIF Finals was going to be easy. But finishing top 4 in our heat...that would be a challenge. Fortunately we took the momentum of winning League Finals and kept the ball rolling into CIF Prelims. Our depth was a huge strength throughout the year, and the coaches added 2 JV girls to the squad and we got instant results. Emily Columbine filled in as our 5th girl, as both Emma and Rivka struggled on Friday. And Freshmen Rania Gomaa, in her first varsity race, eased her way up to Mia...giving us a formable #1-2 combo upfront! This was really Rania's first race where she had competition throughout the entire race...because in her previous JV or Freshmen only races, she would find herself running alone after 1 mile. She looked perfectly comfortable running side-by-side with her teammates...and this changes the dynamic of the team moving forward. We now got Mia and Rania upfront, Preethy and Ashley (Clara?) filling in our mid-positions, and Emma, Emily, and Rivka representing our backpack. We finished in 2nd place in our heat...but really we can run much faster. Surprisingly, we actually had our worst 1-5 gap of the year...so we can improve on that and run faster next week. Ashley had a 'slightly' off day...Emma had 'dead legs' (she ran 20+ seconds faster last year)...and Rivka just couldn't get things going...plus, Clara (after finishing as our 3rd girl) was resting on the sidelines....so we will run faster next week.

Like the boys, this top 4 finish in our heat puts us in the discussion for a State Championship ticket. Side note: Torrance finished 4th in our heat, and West finished in 5th (without their #1 runner)...so West and Torrance are also in the hunt for a State Championship spot. Which means our battle with West and Torrance is not over...we need to beat our old enemies again. And if Clara can come back (and run upfront), and Emma run like League Finals (just 15 seconds behind Ashley), then this team (which already dominated League Finals) will roll-over them again by adding Rania with Mia, and adding Emily to sure up our backpack. Keep taking care of your body this week...ice, rest, eat, and sleep. Stay positive...stay confident. Keep the momentum rolling...we got a great opportunity to head back to State on Saturday!!

	<u>600m</u>	<u>1 mile</u>	<u>2 mile</u>	<u>Finish</u>
Johnson, Hayden	3 rd	8 th	8 th	6 th
Antazo, Dia	7 th	12 th	12 th	12 th
Kawashiri, Noah	10 th	16 th	20 th	14 th
Majamaki, Nick	36 th	35 th	45 th	44 th
Martinez, Robert	39 th	46 th	57 th	48 th
Orduno, George	13 th	17 th	39 th	55 th
Peters, Matt	128 th	101 st	87 th	69 th

	<u>600m</u>	<u>1 mile</u>	<u>2 mile</u>	<u>Finish</u>
Trodden, Mia	11 th	9 th	7 th	6 th
Gomaa, Rania	30 th	28 th	6 th	7 th
Abraham, Preethy	24 th	20 th	18 th	18 th
Huang, Ashley	25 th	27 th	29 th	27 th
Columbine, Emily	33 rd	38 th	48 th	55 th
Gloyer, Emma	36 th	50 th	63 rd	60 th
Ben-Avides, Rivka	31 st	54 th	65 th	62 nd

CIF Prelims - Local Results
(@ Riverside Cross Country Course)

Boys

Mira Costa 1st Bay, 3rd Prelims D1

Court (12)	14:52
Chittenden (11)	15:16
Satow (12)	15:42
Shirazi (12)	15:42
Atkinson (10)	15:47
Gamble (11)	16:00
Garrell (9)	16:05

Palos Verdes 2nd Bay, 4th Prelims D3

Irish (12)	15:50
Nygren (11)	15:56
Reid (10)	16:07
Veerkamp (12)	16:16
Teets (11)	16:35
Anderson (11)	16:53
Burczyk (12)	16:56

Redondo 3rd Bay, 6th Prelims D1

Bass (12)	15:28
Tait (11)	15:35
Tariq (12)	15:50
Lee (11)	15:58
Aguilar (12)	16:04
Erickson (12)	16:20
Blum (10)	16:35

El Segundo 1st Ocean, 7th Prelims D3

Rifkin (12)	16:17
Verfaillie (10)	16:32
Fenton (12)	16:38
Bijlsma (12)	16:43
Hoemer (12)	16:55
Waites (11)	17:38
Liang (11)	17:51

S Monica 2nd Ocean, 14th Prelims D1

Cohen (12)	15:46
Donaldson (10)	16:00
Morris (12)	16:00
Rehman (11)	16:20
Raman (11)	16:27
Faries (11)	16:40
Ben-Abdallah (12)	17:09

Culver City 3rd Ocean, 13th Prelims D2

Cummings (11)	16:09
Acevedo (12)	17:08
Schuetz (10)	17:12
Dickson (11)	17:23
Rostamian (11)	17:55
Dimeo (11)	17:56
Jordan (12)	18:32

West 1st Pioneer, 1st Prelims D3

Abberton (12)	15:44
Tamanaha (12)	15:44
Gallagher (10)	16:05
Parker (10)	16:05
Vo (12)	16:05
Gregory (10)	17:01
Morita (11)	17:21

South 2nd Pioneer, 1st Prelims D3

Johnson (11)	15:42
Antazo (12)	15:52
Kawashiri (12)	15:56
Majamaki (12)	16:28
Martinez (10)	16:31
Orduno (11)	16:36
Peters (9)	16:49

Torrance 3rd Pioneer, 9th Prelims D3

Gil (12)	15:33
Miyazaki (11)	16:25
Bothwell (10)	16:27
Huang (11)	16:55
Bragg (11)	16:59
Arredondo (11)	17:00
Eguchi (11)	17:22

Chadwick 6th Prelims D5

Mainvielle (9)	15:50
Glantz (11)	17:16
Foster (10)	17:44
Zhang (11)	17:50
Santana (9)	18:06
Lesser (11)	18:07
Shim (12)	18:50

Bishop Montgomery, 18th Prelims D4

Lehr (9)	17:53
Bevan (10)	17:58
Kallenback (12)	18:13
Craig (11)	18:27
Yearly (10)	18:31
Linan (10)	18:32
Rosales (10)	19:40

CAMS, 16th Prelims D4

Vadney (11)	15:57
Lee (9)	18:16
Chen (10)	18:28
Hernandez (11)	19:05
Zuleta (10)	19:45
Perez (10)	20:09
Ruiz (11)	20:49



CIF Prelims - Local Results
(@ Riverside Cross Country Course)

Girls

Palos Verdes 1st Bay, 1st Prelims D3

Cohen (12)	18:52
Watson (11)	19:01
Babros (12)	19:10
Catena (12)	19:10
Steman (10)	19:11
Hardesty (9)	19:35
Madeja (12)	19:58

Mira Costa 2nd Bay, 4th Prelims D1

Hacohen (11)	18:10
Inouye (11)	18:13
Atkinson (11)	18:14
Chittenden (10)	18:48
Pappas (10)	19:07
Azafrani (12)	19:10
Graves (11)	19:29

Redondo 3rd Bay, 2nd Prelims D1

Copeland (10)	17:53
Hastings (10)	18:17
Landry (11)	18:20
Heiden (11)	18:38
Bender (10)	18:43
Ramirez (12)	19:23
Skalko (12)	19:49

El Segundo 1st Ocean, 2nd Prelims D4

Fulcomer (11)	18:58
Lee (11)	18:58
Zago (10)	18:58
Matlosz (10)	18:59
Hoffman (12)	20:06
McNamee (12)	20:26
Johnson (12)	20:27

S Monica 2nd Ocean, 11th Prelims D1

Sullivan (10)	18:10
Sturm (12)	18:36
Dunn (10)	19:29
Lauer (10)	19:43
Romo (12)	19:53
Faries (9)	20:15
Wasson (10)	20:19

C City 3rd Ocean, 10th Prelims D2

Hesseling (9)	18:38
Winslow (12)	19:38
Kojima (10)	19:40
Fune (9)	20:21
Harrison (10)	20:31
Cruz (11)	21:02
Takara (11)	22:13

Torrance 1st Pioneer, 4th Prelims D3

Neumann (12)	19:07
Arellano (10)	19:17
Anderson (12)	19:19
Beedy C (12)	19:21
Gonzales (12)	19:26
Catipon (11)	20:35
Farnham (11)	21:23

South 2nd Pioneer, 2nd Prelims D3

Trodden (10)	18:42
Gomaa (9)	18:43
Abraham (12)	19:09
Huang (12)	19:21
Columbine (11)	19:59
Gloyer (11)	20:06
Ben-Avides (10)	20:09

West 3rd Pioneer, 5th Prelims D3

Lopes (12)	18:21
Cason (9)	19:40
Pierce (11)	19:40
Olson (12)	19:49
Hernandez (12)	20:12
Hernandez (9)	20:12
Young (9)	20:41

Chadwick 9th Prelims D5

Elliott (10)	21:15
Harris (11)	21:29
Boiler (11)	22:04
Theberge (9)	22:10
Goldsmith (11)	22:29
Wolf (11)	23:04
Barry (10)	23:10

Bishop Montgomery 13th Prelims D4

Oliver (10)	19:35
Martinez (11)	19:59
Wilkinson (12)	21:01
Shanahan (11)	21:26
Pope (12)	21:40
Bero (10)	21:42
Lopez (10)	21:42

CAMS, 20th Prelims D4

Ogi (12)	20:10
Anderson (10)	21:00
Saxton (10)	23:20
Ogi (9)	24:16
Duntugan (10)	25:09

North

Kato (9)	19:03
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CIF Finals
Nov 18th, 2017

Riverside Cross Country Course. Flat on dirt and cement
Warm 74°

Boys: 17th Place (372 points)

41.	Antazo, Dia	16:04	5:06, 10:43-5:37, 16:04-5:21	
64.	Kawashiri, Noah	16:21	5:08, 10:52-5:44, 16:21-5:29	(0:17 #1-2)
66.	Johnson, Hayden	16:22	5:05, 10:40-5:35, 16:22-5:42	(0:01 #2-3)
90.	Orduno, George	16:37	5:11, 10:56-5:45, 16:37-5:41	(0:15 #3-4)
123.	Majamaki, Nicklas	17:11	5:20, 11:19-5:59, 17:11-5:52	(1:07 1 thru 5) (0:34 #4-5)
144.	Caballeros, Alex	17:33	5:16, 11:37-6:31, 17:33-5:55	(0:22 #5-6)
163.	Peters, Matt	18:08	5:42, 11:55-6:13, 18:08-6:13	(2:04 1 thru 7) (0:35 #6-7)

Coming into CIF Finals, we knew that we were on the cusp of earning a top 7 spot (the CIF bulletin had ranked us in 8th.) We needed 7 solid performances to give ourselves a chance. And the week started off bad for us and Robert fell victim to ineligibility...it was our first set-back (which eventually lead to a string of set-backs on race day.) For the first 400m however, we went out with a real purpose and positioned ourselves well. Then our second set-back occurred, as Matt's shoe came off. Like his first race, where he was looking for sympathy from Coach Tokuda, the coach's only response was "I don't care, move up!!" Learn from this Matt...all you have to do is put your shoe back on, lose 2-3 seconds, and you're back to normal again...don't allow it to become an excuse for your entire 3 mile race. Even with Matt out of the picture, we still looked okay through 600m. Our remaining back-crew of Nick and Alex got out nicely...while our front group of Hayden and Dia were in 30-ish place. At the mile, our front group slipped to 40-44-51 places...but George and Alex were looking good for us in 56th and 74th place. At the mile we were in a decent spot at 245 points (the eventually 7th place team finished with 242 points). Then things got rough...George, Alex, and Nick started to bleed positions...while nobody was moving up for us. At the half way mark, we were in 11th place...but half the team was dying, while the other half was locked into their pace (not really moving up.) Things went from bad to worse, as we continued our backwards slide; Hayden and George dropped 20 and 18 positions the last mile respectively. In fact, the team lost 62 points on the second half, and no team took a bigger tumble the second half (as we dropped 6 team spots!) It was simply ugly. The team needed to put on their 'Big Boy Pants', but unfortunately we were stuck in our PJs the whole race. What stings more...had we just ran the same times as Prelims, we might have made it on...ouch.

Enough about that race. We're better than that showing. For the young runners, let this horrible end to the season performance motivate you into Track and next season....learn from this experience (keep your grades up, losing a shoe is not the end of the race)...and don't take these big races/opportunities for granted (before you know it, you'll be a senior and those opportunities will be no more.) As for our varsity Seniors (Nick, Noah, Dia, Alex, Stephen, Jack)...wish things could have ended better than this flat performance...but thanks for 4 great year (3 from Alex). As Freshmen, South was known as the 'Nick Lofgren' team. But you Seniors have given us depth and elevated South to a 'complete team'...a team

	<u>Half Way Position</u>	<u>Half Way Time</u>
Johnson, Hayden	41 st	8:37
Antazo, Dia	43 rd	8:38
Kawashiri, Noah	61 st	8:45
Orduno, George	72 nd	8:50
Majamaki, Nicklas	121 st	9:05
Caballeros, Alex	123 rd	9:07
Peters, Matt	170 th	9:41
Team Position	11 th	315 points

that was ranked all year, won Mt SAC, took a race from West, and won CIF Prelims. Thanks for leading us through a great season.

Girls: 6th Place (201 points)

17. Gomaa, Rania	18:59	5:58, 12:42-6:44, 18:59-6:17	
39. Trodden, Mia	19:40	6:08, 13:06-6:58-19:40-6:34	(0:41 #1-2)
41. Huang, Ashley	19:41	6:19, 13:14-6:55-19:41-6:27	(0:01 #2-3)
60. Abraham, Preethy	20:01	6:24, 13:33-7:09-20:01-6:28	(0:20 #3-4)
61. Chan, Clara	20:02	6:18, 13:22-7:04-20:02-6:40	(1:02 1 thru 5) (0:01 #4-5)
69. Columbine, Emily	20:11	6:16, 13:15-6:59-20:11-6:56	(0:09 #5-6)
101. Gloyer, Emma	20:44	6:21, 13:52-7:31-20:44-6:52	(1:45 1 thru 7) (0:33 #6-7)

Despite the poor showing by the boy's team, the coaches were feeling more confident with the girls...the girls found instant success with adding Emily and Rania at Prelims, and now we were adding Clara back into the mix. Despite their optimism, the girls' race started off with immediate trouble as Preethy went tumbling to the ground and found herself near the back. Fortunately, she didn't panic...she got up, and slowly worked her way back into the race. The rest of the team got out nicely. Rania, in just her second varsity race, took off quickly and found herself leading the team alone... a concern for the coaches, since they weren't sure how she would handle the front position for us. At the mile, the team was in the thick of the battle and looking good....aggressive starts ,from Rania and Emily in particular, was making up for the Preethy's early race trip. Our position at the mile was 23rd, 34th, 56th, 59th, 61st, 66th, and 80th. As it turned out, not much changed after the first mile. We lost Emma, who went backwards...but the rest of team was holding the ship steady. At the half way mark, we were in 6th place...Mia and Ashley looked like they were struggling, while Preethy was still closing in our main scoring pack. When it came to the last 300m, we got tremendous kicks from Ashley and Preethy. It was impossible to calculate the results from the sidelines, so the coaches turned to the live results that were streaming the results. At one point, South was in 7th place and just 4 points from slipping to 8th. Fortunately our depth came into play and we went up to 6th place...taking out West High by 1 point. Once the entire field finished, it became official...6th place and a bid to the State Championship!! Great job girls!

So much has happened in the past few races....just 3 weeks ago, our only concern was beating Torrance at league finals...otherwise our season was over. At that time, we hadn't even beaten West once, and Torrance had slapped us around at the first two league meets. But starting at league finals... the 'pieces' started to come together: we destroy it at league finals...added 2 new faces to the team, and took 2nd at Prelims...kept the 'ball rolling' and finish 6th at CIF Finals. Now we're off to State. Keep this momentum going! As good as we looked at CIF Finals, we still can run better...Mia struggled, Preethy fell, and Emma was sluggish. So one last race girls...we're as good as any team in the State right now. Let's go into Fresno, and put in our final stamp on this tremendous season!

	<u>Half Way Positiion</u>	<u>Half Way Time</u>
Gomaa, Rania	23 rd	10:11
Trodden, Mia	35 th	10:30
Columbine, Emily	52 nd	10:40
Huang, Ashley	58 th	10:42
Chan, Clara	60 th	10:43
Abraham, Preethy	75 th	10:50
Gloyer, Emma	109 th	11:05
Team Position	6 th	207 points

CIF Finals - Local Results
(@ Riverside Cross Country Course)

Boys

Mira Costa 11th CIF Finals D1

Court (12)	14:50
Chittenden (11)	15:25
Shirazi (12)	15:45
Satow (12)	15:53
Gamble (11)	16:01
Soares (11)	16:08
Atkinson (10)	16:14

Redondo 24th CIF Finals D1

Tait (11)	15:49
Tariq (12)	16:03
Bass (12)	16:03
Erickson (12)	16:40
Rodriguez (11)	16:43
Aguilar (12)	16:53

West Torrance 1st CIF Finals D3

Hazzard (12)	15:29
Terrill (12)	15:31
Abberton (12)	15:39
Vo (12)	15:47
Tamanaha (12)	15:48
Esquivelzeta (11)	15:54
Duan (12)	16:25

Palos Verdes 2nd CIF Finals D3

Lantz (11)	15:20
Nygren W (11)	15:32
Irish (12)	15:44
Teets (11)	16:03
Farnsworth (11)	16:07
Shikiya (11)	16:12
Nygren T (11)	16:26

South Torrance 17th CIF Finals D3

Antazo (12)	16:04
Kawashiri (12)	16:21
Johnson (11)	16:22
Orduno (11)	16:37
Majamaki (12)	17:11
Caballeros (12)	17:33
Peters (9)	18:08

Torrance 18th CIF Finals D3

Gil (12)	15:54
Miyazaki (11)	16:25
Bothwell (10)	16:52
Bragg (11)	16:56
Arredondo (11)	17:19
Huang (11)	17:20
Eguchi (11)	17:38

El Segundo 4th CIF Finals D4

Verfillie (10)	16:20
Fenton (12)	16:21
Rifkin (12)	16:21
Hoerner (12)	16:36
Bijlsma (12)	16:38
Liang (11)	17:32
Kooper (12)	18:53

Chadwick 8th CIF Finals D5

Mainvielle (9)	15:55
Glantz (11)	16:07
Foster (10)	17:26
Santana (9)	17:27
Zhang (11)	17:52
Song (10)	18:36
Lesser (11)	18:42

CAMS

Vadney (11)	17:11
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Girls

Mira Costa 6th CIF Finals D1

Hacohen (11)	18:01
Inouye (11)	18:04
Atkinson (11)	18:06
Tofler (10)	18:46
Pappas (10)	19:12
Chittenden (10)	19:16
Carmen (10)	19:45

Redondo 9th CIF Finals D1

Copeland (10)	17:41
Heiden (11)	18:30
Landry (11)	18:43
Hastings (10)	19:00
Bender (10)	19:00
Ramirez (12)	20:01
Bohney (10)	20:50

Palos Verdes 2nd CIF Finals D3

Catena (12)	18:10
Steman (10)	18:11
Cohen (12)	19:28
Martinez (9)	19:43
Watson (11)	19:55
Collatos (9)	20:19
Paulson (11)	20:31

South Torrance 6th CIF Finals D3

Gomaa (9)	18:59
Trodden (10)	19:40
Huang (12)	19:41
Abraham (12)	20:01
Chan (11)	20:02
Columbine (11)	20:11
Gloyer (11)	20:44

West Torrance 7th CIF Finals D3

Lopes (12)	18:38
Gonzales (9)	18:55
Park (10)	19:54
Cason (9)	20:10
Olson (12)	20:15
Pierce (11)	20:38
Hernandez (12)	21:34

Torrance 9th CIF Finals D3

Anderson (12)	19:40
Neumann (12)	19:48
Arellano (10)	19:49
Gonzales (12)	19:49
Beedy C (12)	19:54
Farnham (11)	21:40
Beedy P (12)	21:42

El Segundo 3rd CIF Finals D4

Matlosz (10)	18:35
Fulcomer (11)	18:44
Zago (10)	18:46
Lee (11)	19:15
Verfillie (12)	19:44
Johnson (12)	20:26
McNamee (12)	20:45

Chadwick 17th CIF Finals D5

Harris (11)	20:35
Elliott (10)	20:53
Valle (9)	21:15
Boiler (11)	21:44
Goldsmith (11)	22:20
Barry (10)	22:27
Theberge (9)	22:29

State Championship

Nov. 25, 2017

Woodward Park. 3.1 miles on dirt trails, grass, and cement

Warm (73°)

Girls: 12th (289 points)

3.1 mile/last mile split

42. Gomaa, Rania	19:39	5:49, 12:21-6:32, 19:39-6:30	
66. Trodden, Mia	20:01	6:02, 12:47-6:45, 20:01-6:26	(0:22 #1-2)
91. Columbine, Emily	20:28	6:07, 12:57-6:50, 20:28-6:42	(0:27 #2-3)
96. Abraham, Preethy	20:30	6:11, 13:09-6:58, 20:30-6:34	(0:02 #3-4)
98. Chan, Clara	20:31	6:10, 13:00-6:50, 20:31-6:41	(0:51 1 thru 5) (0:01 #4-5)
121. Huang, Ashley	20:52	6:12, 13:17-7:05, 20:52-6:48	(0:21 #5-6)
157. Ben Avides, Rivka	21:34	6:14, 13:32-7:16, 21:34-7:08	(1:55 1 thru 7) (0:42 #6-7)

Well girls, another outstanding team performance to finish off our month long peak ending performance. 12th place might not sound too exciting, but we did beat 2 top ranked teams that had beaten us the week before...including the 1st place team from Southern Section. Also, considering that our season was about to end at Pioneer League Finals...a 12th place finish at State is a huge accomplishment. The race started off quickly, but apart from Rania we got stuck too far back. After the mile, we still had 5 girls behind the half the field and we found ourselves in 15th place. Mia, Emily, and Clara moved up during mile 2...but Ashley and Rivka couldn't get anything positive movement forward. And it took huge movements from Mia and Preethy on the last mile for the team to move the team from 12th to 15th. After beating West by 1 point last week, they got a 3 point revenge on us...but both teams had great days, and this is the second year in a row where both South and West finish the season side-by-side...no doubt, we'll be having another great rivalry with West next season.

As for next season, there was talk among the younger girls that they would be back to State again. It's great to raise our expectations...we've come a long way from the 'let's beat Torrance' goal. As for dreams of future State Championships, we have to thank our Seniors for setting this standards for this team. Seniors Preethy and Ashley were healthy and killing it this season...their leadership and consistency kept the team together during the mid-season lows. And let's not forgot the contributions of Desiree and Hannah over the years...injuries slowed down their Senior year...but Hannah (a 3 year letterman) was side-by-side with Ashley last year, and Desiree's positive spirit helped this team through those dreadful summer workouts. Senior girls, you will be missed...we'll be thinking of and thanking you girls the next time we're back at Fresno.

	<u>1 mile</u>	<u>2.1 mile</u>	<u>3.1 mile</u>
Gomaa, Rania	44 th	37 th	42 nd
Trodden, Mia	98 th	75 th	66 th
Columbine, Emily	118 th	89 th	91 st
Abraham, Preethy	126 th	121 st	96 th
Clan, Clara	122 nd	100 th	98 th
Huang, Ashley	134 th	128 th	121 st
Ben-Avides, Rivka	140 th	157 th	157 th
Team Place	15 th	15 th	12 th



State Championship (Local Results)

Boys

West Torrance, 1st in D3

Abberton (12)	15:53
Terrill (12)	15:54
Tamanaha (12)	16:09
Hazzard (12)	16:15
Vo (12)	16:21
Esquivelzeta (11)	16:32
Duan (12)	16:54

Palos Verdes, 4th in D3

Irish (12)	16:19
Nygren (11)	16:23
Teets (11)	16:29
Farnsworth (11)	16:43
Lantz (11)	16:58
Nygren T (11)	17:24
Shikiya (11)	18:54

El Segundo, 9th in D4

Rifkin (12)	16:47
Bijisma (12)	17:10
Fenton (12)	17:17
Hoerner (12)	17:17
Verfailie (10)	17:22
Liang (11)	18:14
Waites (11)	18:28

Mira Costa, D1

Court (12)	15:19
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Girls

Mira Costa, 8th in D1

Hacohen (11)	18:49
Atkinson (11)	18:55
Inouye (11)	19:07
Tofler (10)	19:37
Azafani (12)	19:56
Chittenden (10)	20:02
Pappas (10)	20:03

Palos Verdes, 4th in D3

Steman (10)	18:16
Catena (12)	18:31
Martinez (9)	19:58
Collatos (9)	20:13
Cohen (12)	20:16
Watson (11)	20:35
Paulson (11)	20:39

West Torrance, 11th in D3

Gonzales (9)	19:28
Lopes (12)	19:25
Park (10)	20:28
Pierce (11)	20:38
Olson (12)	20:53
Cason (9)	21:29
Hernandez (12)	22:46

South Torrance, 12th in D3

Gomaa (9)	19:39
Trodden (10)	20:01
Columbine (11)	20:28
Abraham (12)	20:30
Chan (11)	20:31
Huang (12)	20:52
Ben Avides (10)	21:34

El Segundo, 7th in D4

Matlosz (10)	18:46
Zago (10)	19:47
Fulcomer (11)	19:58
Lee (11)	20:31
Verfailie (12)	20:35
Johnson (12)	21:28
McNamee (12)	22:46

San Pedro, D1

Aguilar (12)	19:26
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West Torrance boys cross country team captures first CIF State title

By [NICK INGRAM](#) |
November 25, 2017 at 11:21 pm

FRESNO — After leaving the CIF State Division III meet the last two years with a sour taste in its mouth, the West Torrance High cross country team didn't let a rough first lap Saturday morning deter it from its goal.

Instead of getting down, the Warriors took the lead in the second lap before securing the program's first CIF State championship with a first-place finish in 1:20.34 at Woodward Park.

"We talked about it all week and we wanted to make (the second lap) a gut-check lap," West Torrance coach Jason Druten said. "We ran the second mile really hard. The whole team stepped up."

Each of West's five runners helped the Warriors put the cherry on their season. Rory Abberton and Caleb Terrill finished seventh and eighth, and Ike Tamanaha finished 18th. Andrew Hazard (23rd) and Ryan Vo (27th) rounded out the Warriors day.

"It's definitely a mix of relief and excitement," Druten said. "We've been favored to win the last two years and left with a sour taste in our mouth. There's a lot of relief that we didn't have a bad race to end the season."

While its finish put a cap to an impressive season, the four-hour trek north to Fresno was not without its share of drama.

Tamanaha left his running shoes back on the sidewalk outside West Torrance High, forcing the team to make an unexpected stop to buy Tamanaha a new pair.

"It's really hard to find a size 6 1/2 in racing shoes," Druten said. "The only shoes we could find (that fit him) were girls shoes."

Palos Verdes finished fourth overall, with Ian Irish's 16:19.2 finish earning him 24th place.

PV's girls, the defending Division III champions, posted a fourth-place finish.

Samantha Steman's 18:16.3 finished earned her fourth place, while Grace Catena took eighth (18:31.8). PV's girls next best finisher was 61st (Bella Martinez).

Also in Division III, West Torrance took 11th while Pioneer League foe South Torrance finished 12th. West Torrance's Julia Lopes took 30th (19:25.6), and teammate Megan Gonzalez took 32nd (19:28.0). South's Rania Gomaa took 42nd (19:39.6).

Mira Costa's Xavier Court, who earned an individual invitation to the boys Division I meet, took sixth (15:19.0).

Mira Costa's girls earned a sixth-place finish in the Division I race. Olivia Hacoen (18:45.9) took 36th while teammate Lucy Atkinson finished 47th (18:55.1).

In Division IV, El Segundo's girls took seventh place while its boys placed ninth. James Matlosz set an El Segundo record with her 18:46 finish that earned her 13th. Garrett Rifkin's 16:47.9 time earned him 51st.

But the day belonged to West Torrance's boys.

"Sometimes when you take teenagers on a trip, you're worried," Druten said. "These kids were laser-focused from the minute they stepped on the bus. They had a plan and they executed it from the time they got up (Saturday) until they stepped onto the course."

2017 Cross Country Times

		G Cow	Rose	Wood	Pio #1	SB Cup	PV Inv	Clovis	Pio #2	SAC	1 mile	Pio #3	CIF Pre	CIF Fin
BOYS SPARTANS		2-Sep	8-Sep	15-Sep	20-Sep	27-Sep	29-Sep	7-Oct	12-Oct	20-Oct	25-Oct	1-Nov	11-Nov	18-Nov
Antazo, Dia	12	16:17	DNR	15:50	DNR	16:33	DNR	17:17	15:40	16:09	DNR	16:59	15:52	16:04
Kawashiri, Noah	12	16:22	DNR	15:42	17:32	DNR	DNR	16:29	15:38	16:16	4:37.8	17:09	15:56	16:21
Johnson, Hayden	11	15:37	DNR	15:03	17:10	DNR	DNR	16:28	DNR	16:09	4:33.0	16:33	15:42	16:22
Orduno, George	11	16:16	DNR	15:37	DNR	DNR	DNR	DNR	DNR	DNR	4:42.6	17:28	16:36	16:37
Majamaki, Nicklas	12	16:42	DNR	15:54	18:08	DNR	DNR	18:48	DNR	16:52	4:44.1	17:45	16:28	17:11
Caballeros, Alex	12	18:42	16:36	15:51	18:09	DNR	DNR	DNR	DNR	17:55	4:38.8	DNR	DNR	17:33
Peters, Matt	9	17:57	18:06	16:50	DNR	17:14	11:12	18:00	16:34	17:11	DNR	DNR	16:49	18:08
Martinez, Robert	10	16:49	16:48	15:54	18:15	DNR	DNR	17:48	16:14	17:01	4:49.5	17:40	16:31	DNR
Spencer, Casey	10	17:22	17:07	16:35	18:19	DNR	11:46	17:29	16:46	17:18	4:51.2	17:49		
Orejena, Adrian	11	17:13	17:13	16:26	19:04	DNR	11:42	17:48	16:54	17:27	4:50.9	17:55		
Davis, Zach	11	18:23	17:53	17:23	19:34	18:06	12:03	DNR	17:09	18:08	5:08.4	18:16		
Taylor, Ryan	11	18:12	18:09	17:15	19:18	17:42	11:56	18:25	DNR	18:24	5:08.1	18:24		
DelSignore, Stephen	12	17:41	17:44	16:50	19:38	17:53*	11:48	18:25	17:12	17:49	4:56.7	18:29		
Chan, Greg	11	17:42	17:21	16:36	18:52	17:21	11:37	18:56	16:58	17:15	4:49.9	18:36		
Shaw, Michael	11	18:01	18:19	17:03	19:33	18:19	DNR	DNR	17:19	17:53	4:59.2	18:37		
Wakimoto, Troy	11	18:18	17:29	16:54	19:16	18:01	11:39	18:50	DNR	17:30	4:58.3	18:38		
Aubele, Jack	12	17:38	17:40	17:19	20:23	18:50	11:58	DNR	17:11	18:21	4:55.9	18:48		
Ma, David	12	19:37	19:13	18:09	DNR	18:42	12:49	DNR	17:14	18:33	4:56.7	18:49		
Solis, Robert	11	DNR	19:25	18:04	21:42	18:41	12:02	DNR	17:13	17:52	4:58.7	18:55		
Kato, Quinn	11	18:37	18:19	17:22	19:48	18:59	12:01	DNR	17:21	17:50	4:57.0	19:00		
Saito, Ryunoshin	9	18:24	18:43	17:38	19:55	18:14	11:59	DNR	17:43	18:33	5:06.3	19:08		
Fujikura, Yusei	10	20:02	19:21	18:16	22:16	19:06	12:55	DNR	18:17	19:40	5:18.7	19:54		
Morimoto, Kevin	9	19:37	19:23	18:46	20:41	19:43	12:11	DNR	18:14	18:56	5:21.1	20:06		
Brill, Matt	11	19:27	19:09	18:39	20:47	19:26	13:20	DNR	17:57	DNR	5:16.6	20:13		
Yamaki, Robert	9	21:38	20:05	18:57	23:25	DNR	13:15	DNR	18:54	20:58	DNR	20:18		
Sawakawa, Hoku	12	DNR	19:44	18:53	DNR	20:01*	13:24	DNR	18:51	DNR	5:30.0	20:22		
Berhe, Lucas	11	DNR	DNR	19:43	23:53	DNR	13:36	DNR	DNR	DNR	DNR	20:22		
Chon, Isaac	9	20:45	20:23	DNR	21:55	DNR	DNR	DNR	19:37	19:33	5:36.1	20:29		
Wong, Nathan	10	20:13	20:15	19:45	21:28	19:35	13:14	DNR	18:13	20:02	DNR	20:33		
Nair, Ajith	10	19:42	18:55	17:52	DNR	19:46	13:35	DNR	18:15	19:39	DNR	20:34		
Ma, Caleb	10	DNR	20:11	18:58	21:16	19:31	12:46	DNR	18:29	19:21	5:26.3	20:36		
Morimoto, Justin	11	22:00	20:34	19:19	22:35	20:00	13:25	DNR	19:35	DNR	5:31.9	20:44		
Austin, Jonathan	9	22:08	21:37	20:43	24:49	21:00	13:59	DNR	20:21	DNR	5:40.8	21:06		
Dunlavey, Hunter	9	23:41	25:31	20:10	22:47	21:36	13:15	DNR	20:01	23:15	5:44.5	21:23		
Ito, Brandon	9	DNR	24:12	22:35	24:43	21:51	14:02	DNR	20:03	DNR	5:41.7	21:25		
Lum, Tyler	11	21:53	21:55	19:49	22:41	21:14	DNR	DNR	20:08	DNR	DNR	21:25		
Nakai, Kyle	11	22:04	22:24	20:40	24:06	21:45	14:15	DNR	19:36	DNR	DNR	22:02		
Tokeshi, Daniel	9	22:26	21:54	20:37	24:44	22:09	14:33	DNR	20:23	21:49	6:00.4	22:08		
Woolen, Wiliam	10	22:56	22:02	20:05	23:30	21:09	14:35	DNR	19:36	21:58	5:47.6	22:12		
Uchi, Michael	9	22:47	21:23	20:41	23:27	21:44	14:35	DNR	20:36	DNR	6:00.8	22:41		
Soga, Korey	9	25:16	23:14	20:37	24:26	21:13	14:22	DNR	20:59	22:49	DNR	22:52		
Mackenzie, Kai	9	DNR	25:27	22:59	DNR	22:33*	15:00	DNR	21:53	DNR	DNR	22:58		
French, Nathan	9	24:09	DNR	23:11	25:19	23:11	15:27	DNR	DNR	DNR	6:12.4	23:01		
Ruskowski, Sean	10	24:34	22:27	21:48	27:21	23:40	15:52	DNR	21:56	23:18	6:05.0	23:03		
Spieleder, Hans	9	DNR	25:52	23:46	26:03	23:20	16:05	DNR	22:32	DNR	6:22.0	23:24		
Smith, Lucas	9	DNR	24:49	23:30	27:31	24:36	DNR	DNR	23:18	DNR	DNR	23:33		
Chung, Mark	11	DNR	24:12	23:08	27:12	DNR	15:10	DNR	21:54	DNR	6:14.4	23:43		
Ma, Danny	9	DNR	24:27	23:25	DNR	DNR	DNR	DNR	DNR	DNR	6:25.7	24:13		
Bellavance, Nicholas	9	DNR	22:07	21:54	25:31	DNR	15:47	DNR	23:18	DNR	6:23.5	24:15		
Captains, Frank	9	DNR	26:28	26:23	28:17	26:13	17:53	DNR	24:52	DNR	DNR	24:33		
Tran, Simeon	11	DNR	23:51	25:09	26:32	25:41	17:01	DNR	23:35	DNR	6:26.7	25:56		
Lam, Simon	9	DNR	25:30	23:44	27:28	24:22	16:30	DNR	DNR	DNR	6:22.4	27:33		
Lin, Ethan	11	DNR	27:20	26:21	29:47	23:37	DNR	DNR	27:03	DNR	6:32.4	27:49		
Kim, Andrew	10	DNR	DNR	24:44	31:51	25:58	DNR	DNR	DNR	DNR	DNR	28:12		
Nicles, Will	10	18:58	19:11	18:20	21:40	18:48	12:48	DNR	18:41	19:09	5:18.6	NT		
Kamitsubo, Nick	10	DNR	20:31	18:57	22:09	19:43	13:19	DNR	18:31	19:37	5:29.2	DNR		
Carrillo, Luciano	10	19:56	19:47	19:05	22:25	19:41	13:26	DNR	19:50	20:34	5:45.2	DNR		
Chung, Haley	11	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	6:07.5	DNR		
Lin, Linus	10	DNR	34:42	32:51	NT	34:54	DNR	DNR	DNR	DNR	7:48.0	DNR		

2017 Cross Country Times

		G Cow	Rose	Wood	Pio #1	SB Cup	PV Inv	Clovis	Pio #2	SAC	1 mile	Pio #3	CIF Pre	CIF Fin	
BOYS SPARTANS		2-Sep	8-Sep	15-Sep	20-Sep	27-Sep	29-Sep	7-Oct	12-Oct	20-Oct	25-Oct	1-Nov	11-Nov	18-Nov	
Panganiban, Ryan	11	DNR	20:03	19:06	22:09	19:45	13:17	DNR	18:11	DNR	DNR	DNR			
Jee, Aiden	11	DNR	20:28	18:51	21:04	DNR	12:59	DNR	18:16	DNR	DNR	DNR			
Merchant, Amaan	9	24:56	24:09	22:47	25:00	21:01	14:28	DNR	20:13	DNR	DNR	DNR			
Jhangiani, Ankesh	11	DNR	22:35	22:49	26:14	DNR	DNR	DNR	DNR	DNR	DNR	DNR			
Yoon, Min	11	DNR	DNR	17:51	19:40	19:06	DNR	DNR	DNR	DNR	DNR	DNR			
Mihlar, Khalid	11	DNR	26:19	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR			
George, Jesse	12	20:18	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR			
		G Cow	Rose	Wood	Pio #1	SB Cup	PV Inv	Clovis	Pio #2	SAC	1 mile	Pio #3	CIF Pre	CIF Fin	State
GIRLS SPARTANS		2-Sep	8-Sep	15-Sep	20-Sep	27-Sep	29-Sep	7-Oct	12-Oct	20-Oct	25-Oct	1-Nov	11-Nov	18-Nov	25-Nov
Gomaai, Rania	9	DNR	DNR	20:28	DNR	21:12	15:08	DNR	19:56	20:43	5:41.6	20:57	18:42	18:59	19:39
Trodden, Mia	10	20:16	DNR	18:59	21:57	19:35	DNR	20:09	18:39	19:40	DNR	20:16	18:42	19:40	20:01
Columbine, Emily	11	DNR	DNR	19:53	DNR	20:54	DNR	DNR	DNR	20:59	5:39.7	21:08	19:59	20:11	20:28
Abraham, Preethy	12	20:31	DNR	19:11	22:08	DNR	DNR	20:24	19:32	20:02	5:31.7	20:29	19:09	20:01	20:30
Chan, Clara	11	19:29	DNR	19:38	23:08	DNR	DNR	DNR	19:35	20:32	DNR	20:29	DNR	20:02	20:31
Huang, Ashley	12	20:05	DNR	18:59	22:42	19:59	DNR	20:10	19:02	20:00	5:42.8	20:35	19:21	19:41	20:52
Ben-Avides, Rivka	10	DNR	DNR	20:12	23:05	20:32	DNR	21:19	19:33	20:35	DNR	21:04	20:09	DNR	21:34
Gloyer, Emma	11	20:26	DNR	19:41	22:15	20:23	DNR	20:50	19:35	20:40	5:35.3	20:50	20:06	20:44	DNR
Colditz, Carli	10	DNR	21:45	20:41	23:31	21:09	14:07	DNR	20:19	20:57	6:08.1	21:29			
Park, Seijin	10	DNR	DNR	20:40	23:35	DNR	DNR	DNR	20:44	21:46	DNR	22:09			
Fujimoto, Jennifer	11	DNR	DNR	DNR	DNR	DNR	DNR	DNR	21:17	21:53	6:12.0	22:11			
Nakamoto, Hannah	12	DNR	20:58	20:40	23:08	20:40	DNR	21:11	DNR	DNR	DNR	22:20			
Mori, Kanon	11	19:53	DNR	19:06	DNR	DNR	DNR	21:49	19:18	21:41	5:40.1	22:39			
Reeder, Sara	9	DNR	21:22	20:54	23:54	21:51	14:26	DNR	20:14	21:50	DNR	23:19			
Powers, Desiree	12	23:08	21:27	20:59	25:03	DNR	DNR	DNR	DNR	24:23	6:25.8	23:31			
Da Silva, Sara	9	23:08	DNR	21:59	26:51	23:07*	DNR	DNR	22:20	DNR	6:23.5	23:56			
Espinoza, Mia	10	DNR	22:42	21:31	25:18	23:05	15:33	DNR	21:16	23:54	6:20.2	24:05			
Masuda, Claire	10	22:32	22:02	21:11	25:07	22:52	15:30	DNR	22:30	24:02	6:20.3	24:06			
Hesson, Emma	10	24:43	23:26	22:32	26:20	23:55	15:52	DNR	22:37	DNR	6:27.7	24:30			
Hesson, Cora	9	27:41	27:45	24:31	27:38	DNR	15:53	DNR	22:35	DNR	6:30.1	24:46			
Radmilovich, Anna	10	DNR	24:51	23:28	DNR	DNR	DNR	DNR	DNR	25:25	6:38.5	25:11			
Brown, Selina	10	27:03	DNR	DNR	DNR	DNR	DNR	DNR	23:35	DNR	6:38.4	25:30			
Sanchez, Emmaly	9	27:30	28:59	24:53	29:51	25:33	DNR	DNR	24:43	DNR	6:58.3	25:33			
Lin, Chloe	11	DNR	26:10	25:13	DNR	25:48	DNR	DNR	DNR	DNR	6:36.4	25:46			
Fujimoto, Allison	10	DNR	24:59	25:32	28:37	DNR	DNR	DNR	23:40	DNR	DNR	26:55			
Roach, Catherine	10	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNF	DNR	7:21.3	27:02			
Takaoka, Tea	10	28:31	26:41	25:36	30:35	26:29	17:39	DNR	25:50	27:27	7:25.3	27:11			
Ugwu, Amara	10	28:25	26:54	25:54	29:17	DNR	DNR	DNR	26:10	27:54	7:15.0	27:31			
Kim, Nari	11	DNR	DNR	DNR	22:29	DNF	DNR	DNR	DNR	21:39	5:48.9	DNF			
Aly, Ayssel	11	DNR	23:18	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR			
Belsito, Jana	10	DNR	DNR	25:35	30:29	DNR	DNR	DNR	DNR	DNR	DNR	DNR			
Caron, Francesca	9	DNR	DNR	30:39	DNR	30:39	DNR	DNR	DNR	DNR	DNR	DNR			
Chung, Kelly	10	DNR	DNR	27:08	30:21	26:26	DNR	DNR	DNR	DNR	DNR	DNR			
Strickfaden, Christine	10	31:10	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR			

2017 Team Position

BOYS VARSITY		<u>G Cow</u>	<u>Rose</u>	<u>Wood</u>	<u>Pio #1</u>	<u>SB Cup</u>	<u>PV Inv</u>	<u>Clovis</u>	<u>Pio #2</u>	<u>SAC</u>	<u>Pio #3</u>	<u>CIF Pre</u>	<u>CIF Fin</u>	<u>Avg.</u>
Johnson, Hayden	11	1		1	1			1		2	1	1	3	1.38
Antazo, Dia	12	3		4		1		3	2	1	2	2	1	2.11
Kawashiri, Noah	12	4		3	2			2	1	3	3	3	2	2.56
Orduno, George	11	2		2							4	6	4	3.60
Martinez, Robert	10	6	2	6	5			6	3	5	5	5		4.78
Majamaki, Nicklas	12	5		7	3			9		4	6	4	5	5.38
Spencer, Casey	10	8	3	9	6		3	4	5	8	7			5.89
Orejena, Adrian	11	7	4	8	8		4	5	6	9	8			6.56
Peters, Matt	9	12	9	12		2	1	7	4	6		7	7	6.70
Caballeros, Alex	12	14	1	5	4					12			6	7.00
Chan, Greg	11	11	5	10	7	3	2	11	7	7	10			7.30
DeSignore, Stephen	12	10	8	11	10	4	6	8	9	11	9			8.60
Wakimoto, Troy	11	13	6	13	9	5	3	10		10	11			8.89
Aubele, Jack	12	9	7	14	11	6	7		8	13	12			9.67

GIRLS VARSITY		<u>G Cow</u>	<u>Rose</u>	<u>Wood</u>	<u>Pio #1</u>	<u>SB Cup</u>	<u>Clovis</u>	<u>Pio #2</u>	<u>SAC</u>	<u>Pio #3</u>	<u>CIF Pre</u>	<u>CIF Fin</u>	<u>State</u>	<u>Avg.</u>
Trodden, Mia	10	4		2	1	1	1	1	1	1	1	2	2	1.55
Huang, Ashley	12	3		1	5	2	2	2	2	4	4	3	6	3.09
Abraham, Preethy	12	6		4	2		3	4	3	2	3	4	4	3.50
Chan, Clara	11	1		5	7			7	4	3		5	5	4.63
Gloyer, Emma	11	5		6	3	3	4	6	6	5	6	7		5.10
Gomaa, Rania	9			9		7		8	7	6	2	1	1	5.13
Mori, Kanon	11	2		3			7	3	10	10				5.83
Ben-Avides, Rivka	10			8	6	4	6	5	5	7	7		7	6.11
Columbine, Emily	11			7		6			8	8	5	6	3	6.14
Nakamoto, Hannah	12		1	10	8	5	5			9				6.33
Kim, Nari	11				4			9						6.50
Powers, Desiree	12	7	2	11	9				11	11				8.50

BOYS FRESHMEN		<u>G Cow</u>	<u>Rose</u>	<u>Wood</u>	<u>Pio #1</u>	<u>SB Cup</u>	<u>PV Inv</u>	<u>Pio #2</u>	<u>SAC</u>	<u>Pio #3</u>	<u>Avg.</u>
Saito, Ryunoshin	9	1	1	1	1	1	1	1	1	1	1.00
Morimoto, Kevin	9	2	2	2	2	2	2	2	2	2	2.00
Chon, Isaac	9	3	4		3			4	3	4	3.50
Yamaki, Robert	9	4	3	3	5		4	3	4	3	3.63
Austin, Jonathan	9	5	6	8	10	3	5	8		5	6.25
Dunlavey, Hunter	9	8	16	4	4	6	3	5	7	6	6.56
Tokeshi, Daniel	9	6	7	5	9	9	9	9	5	8	7.44
Uchi, Michael	9	7	5	7	6	7	10	10		9	7.63
Ito, Brandon	9		11	10	8	8	6	6		7	8.00
Soga, Korey	9	11	9	6	7	5	7	11	6	10	8.00
Merchant, Amaan	9	10	10	11	11	4	8	7			8.71
French, Nathan	9	9		13	12	10	12			12	11.33
Bellavance, Nicholas	9		8	9	13		13	14		16	12.17
Mackenzie, Kai	9		14	12		12	11	12		11	12.00
Ma, Danny	9		12	14						15	13.67
Spieleder, Hans	9		17	17	14	11	14	13		13	14.14
Smith, Lucas	9		13	15	16	14		15		14	14.50
Lam, Simon	9		15	16	15	13	15			18	15.33
Captains, Frank	9		18	18	17	15	16	16		17	16.71

2017 Team Position

BOYS JUNIOR VARSITY		<u>G Cow</u>	<u>Rose</u>	<u>Wood</u>	<u>Pio #1</u>	<u>SB Cup</u>	<u>PV Inv</u>	<u>Pio #2</u>	<u>SAC</u>	<u>Pio #3</u>	<u>Avg.</u>
Taylor, Ryan	11	2	2	2	1	1	1		5	2	2.00
Shaw, Michael	11	1	3	1	2	3		4	3	3	2.50
Davis, Zach	11	3	1	4	3	2	4	1	4	1	2.56
Kato, Quinn	11	4	4	3	5	7	2	5	1	6	4.11
Solis, Robert	11		10	7	11	4	3	2	2	5	5.50
Yoon, Min	11			5	4	8					5.67
Ma, David	12	7	8	8		5	7	3	6	4	6.00
Nicles, Will	10	5	7	10	10	6	6	14	7	8	8.11
Brill, Matt	11	6	6	11	6	10	13	6		9	8.38
Fujikura, Yusei	10	10	9	9	14	9	8	11	11	7	9.78
Nair, Ajith	10	8	5	6		16	17	9	10	13	10.50
Jee, Aiden	11		16	12	7		9	10			10.80
Ma, Caleb	10		14	15	8	11	5	12	8	14	10.88
George, Jesse	12	12									12.00
Wong, Nathan	10	11	15	20	9	12	10	8	12	12	12.11
Panganiban, Ryan	11		13	17	13	15	11	7			12.67
Kamitsubo, Nick	10		17	14	12	14	12	13	9		13.00
Sawakawa, Hoku	12		11	13		18	14	15		10	13.50
Carrillo, Luciano	10	9	12	16	15	13	16	19	13		14.13
Morimoto, Justin	11	14	18	18	16	17	15	16		15	16.13
Berhe, Lucas	11			19	19		18			11	16.75
Lum, Tyler	11	13	19	21	17	20		20		16	18.00
Woolen, Wiliam	10	16	20	22	18	19	20	18	14	18	18.33
Nakai, Kyle	11	15	21	23	20	21	19	17		17	19.13
Ruskowski, Sean	10	17	22	24	24	23	22	22	15	19	20.89
Chung, Mark	11		25	26	23		21	21		20	22.67
Jhangiani, Ankesh	11		23	25	21						23.00
Tran, Simeon	11		24	28	22	24	23	23		21	23.57
Lin, Ethan	11		27	29	25	22		24		22	24.83
Kim, Andrew	10			27	26	25				23	25.25
Mihlar, Khalid	11		26								26.00
Lin, Linus	10		28	30	27	26					27.75

[illegible]

**South High Boys Cross Country
All Time (1984-2017)
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. <u>Antazo, Dia</u>	<u>2017</u>	<u>Invite</u>	<u>16:09</u>
10. Salinas, Andrew	2009	CIF Prelims	15:37	20. <u>Johnson, Hayden</u>	<u>2017</u>	<u>Invite</u>	<u>16:09</u>

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. <u>Johnson, Hayden</u>	<u>2017</u>	<u>Invite</u>	<u>16:09</u>
6. Park, Steven	2009	Invite	16:12
7. Pankratz, Garrett	2010	Invite	16:16
8. Ferrara, Damon	2002	Invite	16:18
9. Ganalon, Shane	2008	CIF Prelims	16:18
10. Ferrara, Andy	2004	Invite	16:19

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. <u>Peters, Matt</u>	<u>2017</u>	<u>Invite</u>	<u>17:11</u>
6. Park, Steven	2007	CIF Prelims	17:29
7. Ferrara, Andy	2002	Invite	17:38
8. Mejia, Evan	2002	Invite	17:55
9. Hastings, Blake	2004	Invite	17:59
10. Ferrara, Damon	2000	Invite	18:05

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. Ganalon, 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
2015-2016 CIF competition on a different course

**South High Girls Cross Country
All Time (1984-2017)
Mt. SAC Course**

Top 10 performances & next top 10 individuals:

1. Coscia, Kimberly	2014	CIF Prelims	17:34	11. Beaudoin, Taylor	2012	Invite	18:23
2. Coscia, Kimberly	2014	Invite	17:35	12. Catena, Gracie	2014	CIF Finals	18:39
3. Coscia, Kimberly	2013	CIF Finals	17:37	13. Nesbit, Christie	2014	CIF Finals	18:55
4. Coscia, Kimberly	2014	CIF Finals	17:40	14. Salinas, Alex	2005	Invite	18:58
5. Coscia, Kimberly	2013	CIF Prelims	17:45	15. Ferrara, Simone	1993	CIF Finals	19:10
6. Coscia, Kimberly	2012	Invite	17:46	16. Hamilton, Chris	1985	Invite	19:12
7. Coscia, Kimberly	2012	CIF Prelims	17:54	17. Jones, Elizabeth	2003	CIF Prelims	19:14
8. Beaudoin, Nicole	2012	Invite	17:56	18. Zamora, Sydney	2011	CIF Finals	19:14
9. Coscia, Kimberly	2013	Invite	18:00	19. Calite, Ilma	2004	Invite	19:19
10. DeBiasio, Erica	2009	CIF Prelims	18:11	20. Dailey, Jodi	1992	CIF Finals	19:24

Top 10 Senior individuals:

1. Coscia, Kimberly	2014	CIF Prelims	17:34
2. DeBiasio, Erica	2011	CIF Finals	18:57
3. Salinas, Alex	2005	Invite	18:58
4. Zamora, Sydney	2012	CIF Prelims	19:18
5. Dailey, Jodi	1992	CIF Finals	19:24
6. Farish, Katie	2002	Invite	19:26
7. Ferrara, Simone	1994	CIF Prelims	19:29
8. Nesbit, Christie	2015	Invite	19:29
9. Wong, Kristen	2015	Invite	19:34
10. Jones, Elizabeth	2006	CIF Prelims	19:43

Top 10 Junior individuals:

1. Coscia, Kimberly	2013	CIF Finals	17:37
2. DeBiasio, Erica	2010	Invite	18:51
3. Nesbit, Christie	2014	CIF Finals	18:55
4. Ferrara, Simone	1993	CIF Finals	19:10
5. Salinas, Alex	2004	Invite	19:10
6. Hamilton, Chris	1985	Invite	19:12
7. Zamora, Sydney	2011	CIF Finals	19:14
8. Farish, Katie	2001	CIF Prelims	19:34
9. Wong, Kristen	2014	CIF Finals	19:35
10. Nakamoto, Aubrey	2014	CIF Prelims	19:56

Top 10 Sophomore individuals:

1. Coscia, Kimberly	2012	Invite	17:46
2. DeBiasio, Erica	2009	CIF Prelims	18:11
3. Catena, Grace	2015	Invite	18:39
4. Calite, Ilma	2004	Invite	19:19
5. Nakamoto, Aubrey	2013	CIF Finals	19:28
6. Nesbit, Christie	2013	Invite	19:34
7. Wong, Kristen	2013	CIF Finals	19:36
8. <u>Trodden, Mia</u>	<u>2017</u>	<u>Invite</u>	<u>19:40</u>
9. Keenan, Kelly	2006	CIF Prelims	19:50
10. Takaoka, Deana	2014	CIF Finals	19:56

Top 10 Freshmen individuals:

1. Beaudoin, Nicole	2012	Invite	17:56
2. Beaudoin, Taylor	2012	Invite	18:23
3. Catena, Gracie	2014	CIF Finals	18:39
4. Jones, Elizabeth	2003	CIF Prelims	19:14
5. Takaoka, Deana	2013	CIF Prelims	19:29
6. Nakamoto, Aubrey	2012	CIF Prelims	19:41
7. Moran, Erica	2009	CIF Prelims	19:45
8. Salinas, Alex	2002	Invite	19:49
9. Wenzel, Melissa	2006	CIF Prelims	19:51
10. Nesbit, Christie	2012	Invite	20:11

Top Team Performance

2012 CIF Prelims; 3rd

1. Coscia, Kimberly (1)	17:54
2. Beaudoin, Taylor (9)	18:27
3. Beaudoin, Nicole (9)	18:40
4. Zamora, Sydney (12)	19:18
5. Nakamoto, Aubrey (19:41 (1:34:00)
6. Nesbit, Christie (9)	20:25
7. Carlson, Eliisa (12)	21:07

Note:

After 2000, the course changed (new course about 15-20 seconds faster)
1997 and 2011 CIF Prelims, 2012 CIF Finals on the rain course
2015-2016 CIF competition on a different course

South High Boy's Cross Country
All-Time (1991-2017)
Peninsula Course

Top 10 performances & next top 10 individuals:

1. Lofgren, Nick	2014 Pio Meet #2	16:28	11. <u>Johnson, Hayden</u>	<u>2017 Pio. Meet #1</u>	<u>17:10</u>
2. Salinas, Andrew	2009 Pio. Finals	16:34	12. Redmond, James	2012 Pio. Finals	17:13
3. Lofgren, Nick	2013 Pio. Meet #1	16:40	13. Gorney, Alex	2004 Bay Finals	17:20
4. Lofgren, Nick	2012 Pio. Finals	16:41	14. Almeida, Tyler	2007 Pio. Meet #1	17:28
5. Ferrara, Marcus	1992 Pio. Finals	16:52	15. Robinson, Thomas	2014 Pio Meet #2	17:32
6. Ferrara, Damon	2002 Bay Meet #2	17:02	16. <u>Kawashiri, Noah</u>	<u>2017 Pio. Meet #1</u>	<u>17:32</u>
7. Ferrara, Marcus	1992 Multi-Meet	17:03	17. Pankratz, Garrett	2009 Pio. Finals	17:34
8. Ferrara, Matt	2000 Penin/Samo	17:04	18. Hastings, Derek	2004 Bay Finals	17:35
9. Turman, Jeffery	1998 Costa	17:07	19. Jones, Robert	1999 Penin/Samo	17:36
10. Neesby, Brian	2000 Penin/Samo	17:09	20. Hafeza, Ronny	2009 Pio. Finals	17:36

Top 10 Senior individuals:

1. Lofgren, Nick	2014 Pio Meet #2	16:28
2. Salinas, Andrew	2009 Pio. Finals	16:34
3. Ferrara, Marcus	1992 Pio. Finals	16:52
4. Ferrara, Matt	2000 Penin/Samo	17:04
5. Turman, Jeffery	1998 Costa	17:07
6. Neesby, Brian	2000 Penin/Samo	17:09
7. Redmond, James	2012 Pio. Finals	17:13
8. Ferrara, Damon	2003 Multi-Meet	17:18
9. Suzuki, Shiro	1992 Pio. Finals	17:19
10. Robinson, Thomas	2014 Pio Meet #2	17:32

Top 10 Junior individuals:

1. Lofgren, Nick	2013 Pio. Meet #1	16:40
2. Ferrara, Damon	2002 Bay Meet #2	17:02
3. <u>Johnson, Hayden</u>	<u>2017 Pio. Meet #1</u>	<u>17:10</u>
4. Salinas, Andrew	2008 Pio Meet #2	17:15
5. Ferrara, Marcus	1991 Pio. Finals	17:20
6. Ferrara, Matt	1999 Bay Finals	17:20
7. Gorney, Alex	2004 Bay Finals	17:20
8. Neesby, Brian	1999 Bay Finals	17:28
9. Almeida, Tyler	2007 Pio. Meet #1	17:28
10. Jones, Robert	1999 Penin/Samo	17:36

Top 10 Sophomore individuals:

1. Lofgren, Nick	2012 Pio. Finals	16:41
2. Ferrara, Damon	2001 Bay Finals	17:29
3. Pankratz, Garrett	2009 Pio. Finals	17:34
4. Park, Steven	2008 Pio Meet #2	17:53
5. Almeida, Tyler	2006 Pio. Finals	17:55
6. Ferrara, Matt	1998 Penin/Samo	17:58
7. Kawashiri, Noah	2015 Pio. Finals	17:59
8. Neesby, Brian	1998 Costa	18:01
9. Paine, David	2014 Pio Meet #2	18:06
10. Kliszewski, Jared	2014 Pio Meet #2	18:09

Top 10 Freshmen individuals:

1. Johnson, Hayden	2015 Pio. Finals	17:41
2. Dutko, Justin	2012 Pio. Finals	17:45
3. Lofgren, Nick	2011 Pio. Meet #2	18:25
4. Ferrara, Damon	2000 Penin/Samo	18:39
5. Ferrara, Andy	2002 Bay Meet #2	18:42
6. Iki, Misaki	1995 Finals	18:54
7. Kawashiri, Noah	2014 Pio. Meet #2	18:59
8. Paine, David	2013 Pio. Meet #1	19:08
9. Hastings, Derek	2001 Bay Finals	19:10
10. Inauen, Jean-Clau	1999 Penin/Samo	19:18

Top Team Performance

2009 Pioneer League Finals; 2nd place

1. Salinas, Andrew (12)	16:34
2. Pankratz, Garrett (10)	17:34
3. Hafeza, Ronny (12)	17:36
4. Park, Steven (11)	17:41
5. Quinn, Michael (12)	17:51 (1:27:16)
6. Ganalón, Shane (12)	18:00
7. Suey, Michael (12)	18:30

Note: # of varsity races

Prior to 1991 different course
 From '06-'09 course is longer (15-20 seconds)

South High Girl's Cross Country
All-Time (1991-2017)
Peninsula Course

Top 10 performances & next top 10 individuals:

1. Coscia, Kimberly	2012	Pio. Finals	18:57	11. Wong, Kristen	2015	Pio. Finals	20:28
2. Coscia, Kimberly	2014	Pio Meet #2	19:06	12. Bullock, Natalie	2009	Pio. Finals	20:42
3. Beaudoin, Taylor	2012	Pio. Finals	19:28	13. Ferrara, Simone	1994	Redondo	20:46
4. Beaudoin, Nicole	2012	Pio. Finals	19:32	14. Zamora, Sydney	2012	Pio. Finals	20:47
5. DeBiasio, Erica	2009	Pio. Finals	19:42	15. Dailey, Jodi	1992	Pio. Finals	20:51
6. Coscia, Kimberly	2013	Pio. Meet #1	19:42	16. Farish, Katie	2001	Bay Finals	20:53
7. Catena, Grace	2015	Pio. Finals	19:47	17. Jones, Elizabeth	2004	Bay Finals	20:56
8. Salinas, Alex	2004	Bay Finals	20:08	18. Takaoka, Deana	2015	Pio. Finals	21:13
9. Nesbit, Christie	2015	Pio. Finals	20:14	19. Keenan, Kelly	2006	Pio. Finals	21:15
10. DeBiasio, Erica	2010	Pio Meet #1	20:23	20. Moran, Erica	2009	Pio. Finals	21:15

Top 10 Senior individuals:

1. Coscia, Kimberly	2014	Pio Meet #2	19:06
2. Nesbit, Christie	2015	Pio. Finals	20:14
3. Wong, Kristen	2015	Pio. Finals	20:28
4. Bullock, Natalie	2009	Pio. Finals	20:42
5. Ferrara, Simone	1994	Redondo	20:46
6. Zamora, Sydney	2012	Pio. Finals	20:47
7. Dailey, Jodi	1992	Pio. Finals	20:51
8. DeBiasio, Erica	2011	Pio. Meet #2	20:56
9. Farish, Katie	2002	Bay Meet #2	20:56
10. Nakamura, Sawako	1992	Pio. Finals	21:19

Top 10 Junior individuals:

1. Coscia, Kimberly	2013	Pio. Meet #1	19:42
2. Salinas, Alex	2004	Bay Finals	20:08
3. DeBiasio, Erica	2010	Pio Meet #1	20:23
4. Farish, Katie	2001	Bay Finals	20:53
5. Ferrara, Simone	1993	Pio. Finals	21:03
6. Dailey, Jodi	1991	Pio. Finals	21:05
7. Takaoka, Deana	2015	Pio. Finals	21:13
8. Nesbit, Christie	2014	Pio. Meet #2	21:18
9. Wong, Kristen	2014	Pio. Meet #2	21:19
10. Nakamoto, Aubrey	2014	Pio. Meet #2	21:37

Top 10 Sophomore individuals:

1. Coscia, Kimberly	2012	Pio. Finals	18:57
2. DeBiasio, Erica	2009	Pio. Finals	19:42
3. Catena, Grace	2015	Pio. Finals	19:47
4. Jones, Elizabeth	2004	Bay Finals	20:56
5. Keenan, Kelly	2006	Pio. Finals	21:15
6. Salinas, Alex	2003	Multi-Meet	21:16
7. Nakamoto, Aubrey	2013	Pio. Meet #1	21:24
8. Calite, Ilma	2004	Bay Finals	21:36
9. Tribble, Jamie	2004	Bay Finals	21:37
10. Ishii, Kristen	2009	Pio. Finals	21:38

Top 10 Freshmen individuals:

1. Beaudoin, Taylor	2012	Pio. Finals	19:28
2. Beaudoin, Nicole	2012	Pio. Finals	19:32
3. Salinas, Alexandra	2002	Bay Meet #2	21:14
4. Moran, Erica	2009	Pio. Finals	21:15
5. Jones, Elizabeth	2003	Multi-Meet	21:20
6. Nakamoto, Aubrey	2012	Pio. Finals	21:21
7. Wenzel, Melissa	2006	Pio. Finals	21:53
8. Duncan, Lindsay	1999	Bay Finals	22:03
9. Glick, Lauren	1998	Bay Finals	22:16
10. Turman, Michelle	1998	Bay Finals	22:22

Top Team Performance

Note: # of varsity races

2012 Pioneer League Finals; 1st place

Prior to 1991 different course
 From '06-'09 course is longer (15-20 seconds)

1. Coscia, Kimberly (10)	18:57
2. Beaudoin, Taylor (9)	19:28
3. Beaudoin, Nicole (9)	19:32
4. Zamora, Sydney (12)	20:47
5. Nakamoto, Aubrey (9)	21:21 (1:40:08)
6. Aaron, Sarah (11)	22:38
7. Zerga, Sarah (12)	23:33

**South High Cross Country
All-Time (2006-2017) List
Wilson Park - 3.2 miles**

Top 10 (boys) performances & next 10 individuals:

1. Lofgren, Nick	2013	16:20	Finals	11. Gonin, Mathieu	2007	17:08	Finals
2. Redmond, James	2012	16:22	Pio #2	12. <u>Kawashiri, Noah</u>	<u>2017</u>	<u>17:09</u>	<u>Finals</u>
3. Lofgren, Nick	2012	16:30	Pio #2	13. Huang, Brian	2016	17:10	Pio #2
4. <u>Johnson, Hayden</u>	<u>2017</u>	<u>16:33</u>	<u>Finals</u>	14. Park Steven	2008	17:13	Pio #1
5. Salinas, Andrew	2009	16:43	Pio #2	15. Kumarage, Dimitri	2012	17:15	Pio #2
6. Duffin, Jimmy	2008	16:55	Pio #1	16. Paine, David Michael	2016	17:19	Pio #2
7. Salinas, Andrew	2008	16:57	Pio #1	17. Catena, Jacob	2008	17:20	Pio #1
8. <u>Antazo, Dia</u>	<u>2017</u>	<u>16:59</u>	<u>Finals</u>	18. Robinson, Thomas	2013	17:21	Finals
9. Almeida, Tyler	2007	17:00	Finals	19. Taylor, Robert	2016	17:24	Pio #2
10. Pankratz, Garrett	2010	17:06	Finals	20. Ganalón, Shane	2008	17:27	Pio #1

Senior Boys:

1. Redmond, James	2012	16:22	Pio #2
2. Salinas, Andrew	2009	16:43	Pio #2
3. Duffin, Jimmy	2008	16:55	Pio #1
4. <u>Antazo, Dia</u>	<u>2017</u>	<u>16:59</u>	<u>Finals</u>
5. Gonin, Mathieu	2007	17:08	Finals
6. <u>Kawashiri, Noah</u>	<u>2017</u>	<u>17:09</u>	<u>Finals</u>
7. Huang, Brian	2016	17:10	Pio #2
8. Kumarage, Dimitri	2012	17:15	Pio #2
9. Paine, David Michael	2016	17:19	Pio #2
10. Catena, Jacob	2008	17:20	Pio #1

Junior Boys:

1. Lofgren, Nick	2013	16:20	Finals
2. <u>Johnson, Hayden</u>	<u>2017</u>	<u>16:33</u>	<u>Finals</u>
3. Salinas, Andrew	2008	16:57	Pio #1
4. Almeida, Tyler	2007	17:00	Finals
5. Pankratz, Garrett	2010	17:06	Finals
6. Park, Steven	2009	17:14	Pio #2
7. Robinson, Thomas	2013	17:21	Finals
8. Ganalón, Shane	2008	17:27	Pio #1
9. <u>Orduno, George</u>	<u>2017</u>	<u>17:28</u>	<u>Finals</u>
10. Caballeros, Alex	2016	17:30	Pio #2

Sophomore Boys:

1. Lofgren, Nick	2012	16:30	Pio #2
2. Park, Steven	2008	17:13	Pio #1
3. Redmond, James	2010	17:26	Finals
4. Pankratz, Garrett	2009	17:28	Pio #2
5. <u>Martinez, Robert</u>	<u>2017</u>	<u>17:40</u>	<u>Finals</u>
6. <u>Spencer, Casey</u>	<u>2017</u>	<u>17:49</u>	<u>Finals</u>
7. Orduno, George	2016	17:54	Pio #2
8. Almeida, Tyler	2006	17:59	Pio #2
9. Kawashiri, Noah	2015	18:09	Pio #1
10. Joudi, Houssam	2013	18:21	Finals

Freshmen Boys:

1. Paine, David-Michael	2013	17:37	Finals
2. Dutko, Justin	2012	17:45	Pio #2
3. Lofgren, Nick	2011	17:55	Pio #1
4. Park, Steven	2007	18:03	Finals
5. Han, Jason	2007	18:30	Finals
6. Johnson, Hayden	2015	18:43	Pio #1
7. Martinez, Robert	2016	18:48	Pio #2
8. Chung, Andrew	2007	18:57	Finals
9. Joudi, Houssam	2012	19:06	Pio #2
10. <u>Saito, Luffy</u>	<u>2017</u>	<u>19:08</u>	<u>Finals</u>

Top 10 (girls) performance & next 10 individuals:

1. Coscia, Kimberly	2012	18:18	Pio #2	11. Jones, Elizabeth	2006	20:19	Pio #2
2. Beaudoin, Nicole	2012	18:45	Pio #2	12. Wenzel, Melissa	2007	20:22	Finals
3. Beaudoin, Taylor	2012	18:46	Pio #2	13. <u>Chan, Clara</u>	<u>2017</u>	<u>20:29</u>	<u>Finals</u>
4. Coscia, Kimberly	2013	18:48	Finals	14. <u>Abraham, Preethy</u>	<u>2017</u>	<u>20:29</u>	<u>Finals</u>
5. Catena, Grace	2015	19:43	Pio #1	15. Masuda, Chloe	2016	20:30	Pio #2
6. DeBiasio, Erica	2010	19:45	Finals	16. <u>Huang, Ashley</u>	<u>2017</u>	<u>20:35</u>	<u>Finals</u>
7. De Biasio, Erica	2009	19:49	Pio #1	17. Nakamoto, Aubrey	2013	20:40	Finals
8. DeBiasio, Erica	2011	19:54	Pio #1	18. Bullock, Natalie	2009	20:42	Pio #2
9. Nesbit, Christie	2013	20:14	Finals	19. Zamora, Sydney	2012	20:44	Pio #2
10. <u>Trodden, Mia</u>	<u>2017</u>	<u>20:16</u>	<u>Finals</u>	20. Wong, Kristen	2013	20:45	Finals

Senior Girls:

1. DeBiasio, Erica	2011	19:54	Pio #1
2. Jones, Elizabeth	2006	20:19	Pio #2
3. <u>Abraham, Preethy</u>	<u>2017</u>	<u>20:29</u>	<u>Finals</u>
4. Masuda, Chloe	2016	20:30	Pio #2
5. <u>Huang, Ashley</u>	<u>2017</u>	<u>20:35</u>	<u>Finals</u>
6. Nesbit, Christina	2015	20:37	Pio #1
7. Bullock, Natalie	2009	20:42	Pio #2
8. Zamora, Sydney	2012	20:44	Pio #2
9. Sieder, Ally	2013	20:50	Finals
10. Wong, Kristen	2015	20:54	Pio #1

Junior Girls:

1. Coscia, Kimberly	2013	18:48	Finals
2. DeBiasio, Erica	2010	19:45	Finals
3. <u>Chan, Clara</u>	<u>2017</u>	<u>20:29</u>	<u>Finals</u>
4. <u>Gloyer, Emma</u>	<u>2017</u>	<u>20:50</u>	<u>Finals</u>
5. Huang, Ashley	2016	20:51	Pio #2
6. Nakamoto, Hannah	2016	21:05	Pio #2
7. Bullock, Natalie	2008	21:08	Pio #1
8. <u>Columbine, Emily</u>	<u>2017</u>	<u>21:08</u>	<u>Finals</u>
9. Zamora, Sydney	2011	21:15	Pio #1
10. Keenan, Kelly	2007	21:24	Finals

Sophomore Girls:

1. Coscia, Kimberly	2012	18:18	Pio #2
2. Catena, Grace	2015	19:43	Pio #1
3. De Biasio, Erica	2009	19:49	Pio #1
4. Nesbit, Christie	2013	20:14	Finals
5. <u>Trodden, Mia</u>	<u>2017</u>	<u>20:16</u>	<u>Finals</u>
6. Wenzel, Melissa	2007	20:22	Finals
7. Nakamoto, Aubrey	2013	20:40	Finals
8. Wong, Kristen	2013	20:45	Finals
9. <u>Ben-Avides, Rivka</u>	<u>2017</u>	<u>21:04</u>	<u>Finals</u>
10. Bullock, Natalie	2007	21:12	Finals

Freshmen Girls:

1. Beaudoin, Nicole	2012	18:45	Pio #2
2. Beaudoin, Taylor	2012	18:46	Pio #2
3. <u>Gomaa, Rania</u>	<u>2017</u>	<u>20:57</u>	<u>Finals</u>
4. Nesbit, Christina	2012	21:00	Pio #2
5. Nakamoto, Aubrey	2012	21:01	Pio #2
6. Takaoka, Deana	2013	21:14	Finals
7. Kinney, Marielle	2013	21:36	Finals
8. Ben Avides, Rivka	2016	21:40	Pio #2
9. Heinemann, Haley	2007	21:46	Finals
10. Moran, Erica	2009	21:47	Pio #2

Top Team (Boys) Performance:

2017 Pioneer League #1 - 2nd place

1. Johnson, Hayden (11)	16:33
2. Antazo, Dia (12)	16:59
3. Kawashiri, Noah (12)	17:09
4. Orduno, George (11)	17:28
5. Martinez, Robert (10)	17:40 (1:25:49)
6. Majamaki, Nick (12)	17:45
7. Spencer, Casey (10)	17:49

Top Team (Girls) Performance:

2012 Pioneer League #2 - 1st place

1. Coscia, Kimberly (11)	18:18
2. Beaudoin, Nicole (9)	18:45
3. Beaudoin, Taylor (9)	18:46
4. Zamora, Sydney (12)	20:44
5. Nesbit, Christie (9)	21:00 (1:37:33)
6. Nakamoto, Aubrey (9)	21:00
7. Aaron, Sarah (11)	21:29

Note:

2014 Did not run

Senior Page – Class of 2018

Stephen Del Signore (1-year letterman)

What was your most memorable moment from the past 4 years in XC? Number 1 most memorable moment was after I completed the 15 mile run in Big Bear. I completed it in just over 2 hours without taking a single break. I felt like I could do anything. *What was your best race?* My best race was Senior year Woodbridge. It is my P.R. at 16:56, even though I think Tokuda had it as 16:50. It was a fast race, but everything felt perfect, the warm up, the drills, the temperature. I was just mentally in the zone and when I saw 11:15 at the 2 mile mark, I knew I could break 17:00 which was my goal for that season. 1st for South, 35th overall. *What was your worst race?* I don't think I ever had a race where I thought, man that was my worst race. However I have had some disappointing races. #1 disappointing race would be league meet #2 at Columbia. It was my second fastest time but I was basically dead last. I felt bad for letting down my team. *Any regrets?* Only regret was not training with varsity sooner. I improved so much in just one year. I wish I had that same determination and strength to train with them earlier. *What were some of your first memories of Cross Country your freshmen year?* The first ever summer run, it was only 2.5 miles but it felt like an eternity. I got a cramp half way through. In the first race, at Great Cow, I was tripped with a mile to go, falling on the one place that was cement. I remember, for a split second, man this sucks. *Stupidest thing you've done in Cross Country?* As a freshmen I would basically race the last stretch of a run, like from taco bell. Later realizing that it means nothing to go fast



there, only proving how naïve I was. *Any words of advice for incoming freshmen?* Stick with the sport. It may be hard, but it is worth it. Don't be afraid to push yourself, try and find out your limits. *Any other comments/thoughts?* To be honest, I never thought in my wildest dreams that I could run varsity cross country. That wasn't even a goal going into Senior year, I just hoped to go to Big Bear. Looking back, this was by far my favorite year and probably most challenging.

Name: Dia Noche Antan (3-year letterman)

Nickname(s): Diabetes

What was your most memorable moment in the past 4 years in XC or track?

It's hard not to say that every moment in XC was memorable. If I had to say, my most memorable moment was probably my sophomore year woodbridge cause I drank seven cokes after I raced and felt awesome. *What was your best race?* My best race was at this year's MT SAC because I beat the HAYDEN JOHNSON why is our first guy and fastest/best guy. *What was your worst race?* Clovis this year felt like my worst race ever. It was hot, dry and dusty. I couldn't breath well and my diaphragm was punching my lungs for more air. I felt like I'd been beaten up by a gang and the disappointment in myself made it feel twice as worse. *Any regrets?* Biggest regret was not going to Clovis before this year. I also regret missing last season due to injury. *What were some of your first memories of Cross Country your freshman year/or first year?* Well my first memories of XC are waking up and finding out my mom signed me up against my will. Waking up super early to go to 6:30 practice and run. At first I despised it but of course I fell head over heels for running. *Stupidest thing you've done in Cross Country?* I fool around everyday so it's hard to say the stupidest thing I've done was probably when it was my birthday. Since I had eaten half a cake and drank a full two liter coke I felt terrible. *Any words of advice for incoming freshmen?* My advice is that if you're fast enough or want to get fast try to train with varsity. Get familiar with varsity and the coaches and push your limits. Don't believe you can't go faster. *Any other comments/thoughts?* Let people listen to music cause it's very motivating and fun.

Senior Page – Class of 2018

Name: Alexander Cabelleros (2 year letterman)

Nickname(s): Noah Kawashiri

What was your most memorable moment in the past 4 years in XC or track?

After Woodbridge, how excited we were when we realized we got second and that we can go to state. *What was your best race?*

My race was most likely Woodbridge. I felt nervous I got past that and ran 40 seconds faster than I thought I would. *What was your worst race?* Mt. SAC, every single year. Never done well at this historic course. *Any regrets?* Leaving Penn/Joining South. *What were some of your first memories of Cross Country your freshman year/or first year?* First memories of cross country was Woodbridge Invitational. That was overwhelming as I saw thousands of athletes. That's where I talked to Dia for the first time. And of course, he asked to buy coke. *Stupidest thing you've done in Cross Country?* Continue *Any words of advice for incoming freshmen?* Praise Stuart *Any other comments/thoughts?* Our team is homosexual.



Name: Nicklas Majamaki (4-year letterman)

Nickname(s): Lil Nick

What was your most memorable moment in the past 4 years in XC or track?

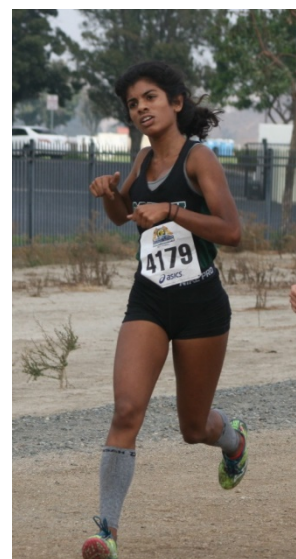
At the beginning of senior year, I remember joking and saying "well... this is our team... we're screwed." But by putting everything, heart, dedication, etc. and to our training we managed to have the best chance at state in years. Whether we make it or not that transformation will be the most memorable "moment." *What was your best race?* South Bay Cup my sophomore year when I took third. *Any regrets?* Sadly, I regret not giving every race my best effort. *What were some of your first memories of Cross Country your freshman year/or first year?* Big Bear my freshman year. Going from a team that barely knew each other to such a tight-knit group of boys gave me the team mindset pretty early on. The pranks, the jokes, and the suffering from the lake run is unforgettable. *Any words of advice for incoming freshmen?* Race with the mindset of "no regrets." It'll carry over to everything else in life.



Name: Preethy Abraham (2 year letterman)

What was your most memorable moment in the past 4 years in XC or track?

Turtleheading w/Ashley and Hannah. If you know you know. ;) Also, falling at CIF Finals and still making it to State with my girls. *What was your best race?* League Finals senior year-after losing to West and Torrance every other race, we really pulled it together and won league. Also I got 6th in league so not too shabby. *What was your worst race?* Freshman year Woodbridge Novice Race--I sprinted the 1st 400m, died, and then asked the girls around me "are we there yet?" every 5 min. *Any regrets?* None. These last 4 years of cross country contain my best memories of high school with many of my closest friends. *What were some of your first memories of Cross Country your freshman year/or first year?* I couldn't attend most of summer practice my freshman year due to a long vacation so I started the season off very slow. My 1st day back was a huge surge in which I got dead last and cried all the way back to South...fun times. *Stupidest thing you've done in Cross Country?* Telling Jason to pants Lorcan...sorry again Tokuda. *Any words of advice for incoming freshmen?* Make the most of these next 4 years. Run hard but don't forget to have fun.



Senior Page – Class of 2018

Name: Desiree Powers (2 year letterman)

What was your most memorable moment in the past 4 years in XC or track?

There's obviously a lot but I'd probably pick the time in Big Bear this past summer where Daddy's Darlings (my team) and I crawled the entire length off the field with the tall grass and even crawled under the bridge to win Gestapo but we ended up last so we just laid back and star gazed. *What was your best race?* I don't actually remember which race it was but no race will ever feel as good as the first time I chugged a Red Bull before running. *What was your worst race?* This season I was out for 2-3 weeks because I rolled my ankle really badly but I rolled it right before racing so imagine the pain of the PV course pls a ligament you pulled when rolling your ankle DIRECTLY before a race. *Any regrets?* Not even one. *What were some of your first memories of Cross Country your freshman year/or first year?* The first day of summer practice freshman year me and a friend went to practice together and we were so nervous once we got there we ditched and walked home. *Stupidest thing you've done in Cross Country?* Steal Stuart... *Any words of advice for incoming freshmen?*

My first XC practice ever Tokuda said something along the lines of this seems long but if I held a gun to your head you could run 20 miles right now... still don't know if I believe that but your body will surprise you, don't give up. *Any other comments/thoughts?*
#southxcdoesitbest



Name: Noah Kawashiri (3 year letterman) Nickname(s): Alex Caballeros

What was your most memorable moment in the past 4 years in XC or track?

My last Big Bear trip. *What was your best race?* All of them *What was your worst race?* All of them *Any regrets?* Nope *What were some of your first memories of Cross Country your freshman year/or first year?*

I remember racing with Nick and Dia. They both had longer hair. *Stupidest thing you've done in Cross Country?* Join. *Any words of advice for incoming freshmen?* Taco Bell has a \$5 box. It has one taco, one Doritos taco, and one wild card that can be anything. You want the Double Chalupa. *Any other comments/thoughts?* No, goodbye.



Jack Aubele (2 year letterman)

What was your best race I have a tie for my best race. Mt Sac my junior was really good because I got third, but more importantly I beat Stephen by an entire minute. My other best race was the mile time trial my senior year because I kicked past Stephen with fifty meters left and beat him. *What was your worst race* This is a hard one to choose from. Assuming DNF's don't count, I'm going to say South Bay Cup my senior year. The coaches put me in the varsity race for some reason and from the first one hundred meters I was already breathing really hard. A couple steps later everything started hurting and I think the oxygen deprivation made me not remember anything past that. I know that I didn't get last so I guess it could have been a little worse. *Any regrets?* Nope. *What were some of your first memories?* I remember the very first day of cross country freshman year we did an extended orbit, the one where we pass Lego Sago. Anyways, I got a really bad side cramp at the beginning and got a bloody nose when we were passing Lego Sago. So I got some toilet paper from one of the bathrooms over there and shoved it up my nose. I tried running again but, my body wouldn't cooperate and I walked most of the way back. *Stupidest thing you've done in*



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Cross Country? It was a gloomy, Saturday morning and I was feeling more unmotivated than usual. Coach Andrew tells us that we're surging up Cornell to the 7/11. I was not in the mood so I sacrificed a couple bucks, and called an Uber and had them drop me off at the 7/11. I drank a slurpee from the 7/11 while I waited for everyone, then meet up with a group of guys and ran back down to Malaga. *Any words of advice for incoming freshman?* Take the sport seriously but don't be afraid to have a little fun every now and then. It's a very painful sport, but very rewarding if you work hard and do good. Also don't freak out if you have a little ache or pain you can run through it most of the time, don't be one of those people who say their leg is numb and sit around for an entire season. *Any other comments/thoughts?* If I didn't throw up before a race, I threw up after.

Ashley Huang (3 year letterman)

Most memorable moment from past 4 years? On the last day of school my junior year when me, Kanon, and Hannah ditched the run and ran to the "S" instead and screamed at random people at the bottom of the hill and also yelling and listening to our voices echo back at us. It was just a really fun and chill day. Another memorable



moment was the fictional run ;)

Best race? My best race was Clovis my junior year when I beat Chloe and Deana so I was first for South :) *Worst race?* My worst race was Woodbridge my junior year and I hadn't drank any water all day because I for some reason thought I could get away with not hydrating and so when the race came, I had the worst side cramp ever. Every step hurt and I just wanted the damn race to be over. *Any regrets?* Not getting run over by a Tesla I actually didn't even show up to the first day of summer practice since I had to walk to South and I was too lazy too, and so I started on the second day and Tokuda made us run up Calle Mayor and I wanted to die and honestly I still wanna *First memories of XC?* die running up that street. *Stupidest thing?*

Leading the entire girl's JV race my sophomore year the wrong way at Wilson Park :)

Any advice for incoming freshman? Run fast, be fast, go fast. *Other comments/thoughts?* No cop, no stop.

Hannah Nakamoto (3 year letterman)

Most memorable moment from past 4 years? My most memorable moment from the past four years was the time me and some other girls decided to run to the S instead of the assigned for bridal run. Feeling spontaneous, we all agreed to only do half bridal and then I go to the office for the rest the run. Ended up getting a little lost, almost trespassing, sliding down a hill, getting a bunch of plants stuck in our shoes, and angel carrying people over a fence. And the best part is we got back before anyone noticed.

Best race? My best race was Mt. SAC my Sophomore year. It wasn't my PR time, but I did get first place. On a course as difficult as Mount sac I'm really proud to say that I won. Felt so surreal to continuously past runners until I was leading the whole race. This was also the race that coach Rick mistakenly cheered for me by my sister's name. *Worst race?* My worst race was unfortunately also my last race of all of across country. I had struggled with an injury for several weeks before and by the time league finals came around my body still wasn't ready to race. But realizing this was my last race I would ever run, I did it anyway.

The whole race was just a struggle. *Any regrets?* Spending tons of money on shoes that only made me more injured. *First memories of XC?* The first memory of cross country my freshman year was the first workout I ever did. The workout was the Paseo Del Mar loop and I was right behind this junior for most of the time trial. All of a sudden, I remember her going to the side of the road and puking as I ran past. As a newbie freshman joining the scary sport of cross country, that is the last thing you want to see. But it's okay we ended up becoming best friends. *Stupidest thing?* I ran into a fire hydrant that took me out for 3 weeks. *Any advice for incoming freshman?* "No cop, no stop." *Other comments/thoughts?* #southxcdoesitbest and will always do it best.





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