

South High School
Cross Country
2018 Varsity Season Summary



(Top Row, L to R): Casey Spencer, Luffy Saito (Middle Row): Hayden Johnson, Quinn Kato, Robert Martinez, Matt Peters, Greg Chan (Bottom Row): Zach Davis, Ryan Taylor, George Orduno, Yusei Fujikura



(Top Row, L to R): Hayley Elder, Clara Chan, Mia Esponiza, Mia Trodden (Middle Row): Sejin Park, Sara Reeder, Lily Albert, Kanon Mori, Emma Gloyer (Bottom Row): Rania Gomaa, Jennifer Fujimoto, Claire Masuda, Rivka Ben-Avides, Emily Columbine

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

Captain Matthew Charles Ferrara, US Army **October 14, 1983 – November 9, 2007**

Matt was the 3rd sibling of five Ferrara kids, who ran for XC and Track at South High. The Ferrara family were the dominated the Spartan running team for over a decade (4 CIF champions, State qualifiers, and numerous school record holders.) The 4 Ferrara brothers all went onto the military. Matt went and ran for West Point. Later, he would serve our country in Afghanistan as part of Operation Enduring Freedom. Matt earned a Silver Star when his outpost came under heavy attack and he ran through an area buzzing with bullets to coordinate counterattacks that resulted in no loss of American lives. But a few weeks later, Matt was killed in an ambush in the Waigal Valley, Afghanistan. His story along with his fellow paratroopers is documented in the book The Chosen Few*. Younger brother Andy Ferrara, running for West Point at the time, was the focus of an article in Sports Illustrated** about the impact of Matt's death on his and his family's life.



* Zoroya, Gregg. (2017) *The Chosen Few*

** Epstein, David (2010, May) Spikes on the Ground. *Sports Illustrated*

2017 Daily Breeze Cross Country Wrap - Up

Mira Costa's Xavier Court leads 2017 Boys All-Area Cross Country team



2017 Daily Breeze boys cross country Runner of the Year Xavier Court from Mira Costa High. Photo by Robert Casillas, Daily Breeze/SCNG

By **NICK INGRAM** |

Mira Costa's Xavier Court wasn't necessarily happy with his eighth-place finish in the CIF Southern Section Division 1 Finals on Nov. 18 in Riverside. "Leading up (to the CIF State meet), I had some self-doubt because my performance at finals was sub-par," Court said. "My coaches (Jeff Atkinson and Roberto Calderon) and I repeatedly talked about my race strategy." Court, the 2017 Daily Breeze Boys Runner of the Year, didn't need to change much heading into the state meet in Fresno the following weekend. "We talked about sticking with the tail end of the lead

pack through the first mile and gradually pursuing the front runner through the closing two miles," Court said. "I executed the race strategy and (set a personal record) by 11 seconds. Without (Atkinson and Calderon's) guidance of the last four years, I could not have achieved what I was fortunate to achieve." His time of 15:19 in Fresno earned him a sixth-place finish, and etched his name in the Mira Costa cross country record books as the highest placing male in school history. Mira Costa High opened in 1950. Court, who was the lone Mira Costa boys runner to qualify for the state meet, did not travel to Fresno alone. Instead, he made the trek with the Mustangs girls team, as well as a few teammates from his boys team. "The state race was a completely different experience for me," Court said. "It was my first race as an individual, and without my team." Heading into the postseason, Court sealed his spot at the CIF-SS meet by winning the Bay League Finals on Nov. 3. "Bay League and CIF prelims were both very comfortable races," Court said. "I knew my team was going to qualify at least for (Southern Section) finals" Coming into the season, Court had set a few personal goals. He wanted to break the 15-minute mark for three miles and set a personal record for a 5K. Court broke the 15-minute mark at the Woodbridge Invitational (14:25.9), and set his PR in the 5K at the Desert Twilight Nike Invitational (15:10). "Anticipating the season, I was a little anxious, but also excited to see how I would perform and put my months of summer training to the test," Court said. Nearly two weeks after the Woodbridge Invitational, Court's true first notion that the 2017 cross country season was going to be special was his first-place finish at the two-mile Palos Verdes Invitational Sept. 29. "(That race) got me excited and kind of ignited the spark of the season," Court said. "It was the first race I won this season and it foreshadowed an exciting season." Three weeks after Woodbridge, Court continued to push himself against some of the top competition from Southern California. He finished fourth (14:44) at the 70th running of the Mt. SAC Invitational Oct. 21. "I was really stoked with (my finish), because I hadn't competed in a race of that caliber before, especially with the competition present," Court said. "This was the first race of the season where the most competitive Southern Section runners got to see where they stood against one another." Another goal he set was to qualify for nationals, but Court contracted strep throat just two days before the qualifying race.

Daily Breeze 2017 Boys Cross Country All-Area Team

Xavier Court, senior, Mira Costa

Andrew Hazzard, senior, West Torrance

Caleb Terrill, junior, West Torrance

Ben Tait, junior, Redondo

Rory Abberton, junior, West Torrance

Nathan Lantz, junior, Palos Verdes

Ian Irish, senior, Palos Verdes

Cy Chittenden, junior, Mira Costa

Wade Nygren, junior, Palos Verdes

Ike Tamanaha, senior, West Torrance

Palos Verdes' Samantha Steman leads 2017 Girls All-Area Cross Country team

2017 girls cross country Runner of Year is sophomore Samantha Steman of Palos Verdes High

By **NICK INGRAM** |

Palos Verdes High sophomore Samantha Steman came into the 2017 girls cross country season with a desire to do well after moving to the area from Illinois during her freshman year, but she didn't get off to a hot start. Steman, the 2017 Daily Breeze Girls Runner of the Year, began the season with sesamoiditis, a condition that causes pain in the ball of the foot, specifically under the big toe. "I wasn't really expecting much at the beginning of the season," Steman said. "(My injury) took me out of the first few races, so when I was able to start running again, I was really just taking it one race at a time." Keeping the pressure off herself, Steman continued to pick up steam throughout the course of the season. She placed 15th in the three-mile race (17:36) at the Woodbridge Invitational Sept. 15, but began to open eyes locally in the annual Mt. SAC Invitational, where she took third (17:46) in October. "Any time under 18 minutes is certainly elite at Mt. SAC," PV cross country coach Brian Shapiro said. Steman was just getting started. Her first-place finish at the Bay League Championships on Nov. 3 was followed up with a fifth-place finish at the CIF Southern Section Championships in Riverside on Nov. 18. "She ran a smart race, running in about fifth place for the first half before moving up to take the win," Shapiro said. Admittedly superstitious, Steman did not change her routine heading into her first CIF State Meet Nov. 25 in Fresno. "I knot my shoes five times because I'm completely terrified of my shoes falling off during a race," Steman said. "I'm definitely a bit superstitious. I don't like saying anything about the outcome of the race, because I don't want to jinx it. You'll find me knocking on wood a lot, and yelling at other people to do it too." With the final race of the season ahead of her, Steman did not shift her focus, either. "I try not to think much before races so I don't start to freak out," she said. "During the race, my focus is on whatever is in front of me. I just keep on telling myself to push harder and harder. When I race, I try to take each battle individually, whether that be a person or the course itself." Along the way to finishing fourth individually at the state meet, Steman's finish helped propel the PV girls to a fourth-place overall finish as well. "Her crowning performance on a great season was at the state meet," Shapiro said. "She moved from seventh place to fourth over the second half of the race to lead (the girls) to a strong finish." With her sophomore cross country season behind her, Steman saw her hard work pay off in big ways. "I worked incredibly hard, and I was glad that I was leaving my mark (at state)," Steman said. "We hear a lot about the great runners that came before us (at PV), and they're still a part of the team, even though they've graduated. I hope that I'll be able to inspire future PV runners like past ones have inspired me."



Daily Breeze 2017 Girls Cross Country All-Area Team

Samantha Steman, sophomore, Palos Verdes

Grace Catena, junior, Palos Verdes

Brooke Inouye, sophomore, Mira Costa

Olivia Hacohen, sophomore, Mira Costa

Megan Gonzalez, freshman, West Torrance

Lila Copeland, sophomore, Redondo

Peyton Heiden, sophomore, Redondo

Lucy Atkinson, sophomore, Mira Costa

Molly Ann Hastings, freshman, Redondo

Mckenna Paulson, sophomore, Palos Verdes

Freshmen Time Trial (2.5 miles @ South High)

Freshmen Boys

Tamada, Yuto	9	17:15
Kano, Alex	9	17:26
Nunley, Andrew	9	18:01
Long, Matthew	9	18:11
Ueda, Kenshiro	9	18:14
O'Brien, Henry	9	18:45
Hayasaka, Shinn	9	18:52
Michael, Romio	9	20:13
Magee, Jackson	9	21:06
Benitez-Santiago, Mateo	9	21:19
DiFranco-Cascone, Leo	9	21:39
Loop, Jacob	9	22:10
Rodriguez, Chris	9	22:10
Nesbit, Conner	9	22:40
Pelena, Jason	9	23:01
Le, Jacob	9	25:34
Shin, Ethan	9	26:47
Malu, Alatini	9	26:49

Freshmen Girls

Elder, Haley	9	18:57
Arevalo, Nathalie	9	22:49

Non-Freshmen

Sun, Yifei	12	18:51
French, Nathan	10	20:18
Jee, Aiden	12	21:05
DiFranco-Cascone, Lori	11	21:39
Yin, Connor	10	21:50
Marino, Nick	10	21:54
Atagi, Kazuki	10	23:40
Kang, Ethan	11	24:53

Summer Time Trial (2.0 miles @ PV Course)

Spartan Boys

Orduno, George	12	10:45
Martinez, Robert	11	11:17
Taylor, Ryan	12	11:19
Davis, Zach	12	11:22
Chan, Greg	12	11:25
Spencer, Casey	11	11:29
Panganiban, Ryan	12	12:41
Lum, Tyler	12	12:48
Woolen, Will	11	12:51
Yamaki, Robert	10	12:59
Saito, Luffy	10	13:03
Chon, Isaac	10	13:25
Ma, Danny	10	13:39
Sandkulla, Josh	9	13:39
Pirotto, Nick	11	13:43
Hayasaka, Shinn	9	13:44
Tokeshi, Danny	10	13:48
Falconer, Ethan	11	13:49
Long, Matt	9	13:49
Nunley, Andrew	9	13:50
Nakai, Kyler	12	13:55

Spartan Boys

Soga, Korey	10	14:14
Benoy, Conrad	9	14:59
Uchi, Michael	10	15:25
Manalac, Matthew	10	15:34
O'Brien, Henry	9	15:39
Yin, Connor	10	15:40
Mackenzie, Kai	10	15:42
Marino, Nick	10	15:46
Marino, Dominic	9	15:58
Benitez-Santiago, Mateo	9	15:58
Kato, Quinn	12	16:21
DiFranco-Cascone, Lori	11	16:40
French, Nathan	10	16:45
Ruskowski, Sean	11	16:59
Loop, Jacob	9	17:05
Rodriguez, Christopher	9	17:59
Atagi, Ashwin	10	18:59
Kang, Julius	11	19:28
Le, Jacob	9	20:29
Malu, Alatini	9	20:43

Spartan Girls

Chan, Clara	12	13:08
Mori, Kanon	12	13:26
Albert, Lily	10	13:56
Elder, Haley	9	14:21
Ben-Avides, Rivka	11	14:31
Masuda, Claire	11	15:16
Gloyer, Emma	12	15:42
Carter, Cait	9	15:52
Dedes, Pamela	9	16:42
Baran, Evelyn	9	17:41
Cai, Yiyi	10	19:05
Ruiz, Aryanna	10	19:25
Jimenez, Giselle	9	19:26
Takaoka, Tea	11	20:10
Arevalo, Nathalie	9	20:12
George, Thalia	9	20:50

South High School

2018 Pre-Season Schedule

July 1 st	Wednesday	Freshmen Time Trial	@ South High
Aug. 13 th	Monday	Summer Time Trial	@ PV Course

2018 Cross Country Schedule

Sept. 1 st	Saturday	Great Cow Run (Fr/So)	@ Cerritos Regional Park
Sept. 7 th	Friday	Cool Breeze Invite	@ Brookside Golf Course
Sept. 14 th	Friday	Woodbridge Invite	@ Silver Lakes Sports Park
Sept. 26 th	Wednesday	Pioneer League #1	@ West High
Oct. 6 th	Saturday	Central Park Invitational	@ Central Park
Oct. 6 th	Saturday	Clovis Invitational (varsity only)	@ Woodward Park
Oct. 10 th	Wednesday	Pioneer League #2	@ PV Course
Oct. 19 th	Friday	Mt SAC Invite	@ Mt. SAC Course
Oct. 24 th	Wednesday	Warrior Mile	@ West High
Oct. 31 st	Wednesday	Pioneer League Finals	@ Columbia Park
Nov. 9 th	Friday	CIF Prelims	@ Riverside Course
Nov. 17 th	Saturday	CIF Finals	@ Riverside Course
Nov. 24 th	Saturday	State Championship	@ Woodward Park

Great Cow Run

Cerritos Regional Park. Flat on cement, grass, and dirt.

Sept. 1, 2018

Overcast and humid. 71°. Muddy grass.

Boys:

29. Saito, Luffy 17:25 5:25, 11:15-5:50, 17:25-6:10

Aaah...well, we didn't run Boys Varsity.

But that doesn't stop Tokuda from babbling about nothing and have an opinion about everything. Luffy got a nice start to the race, but drifted backwards the second half of the race....the real varsity race is about 30 seconds up the road, so Luffy has to close that gap. What else there to talk about?...how about Torrance Boys. They are deep...13 boys ran faster than Luffy! They got a tough front runner; Gil

<u>South – Last year's Team</u>	<u>Torrance – Current Team</u>
Johnson, H – 15:37	Bothwell – 15:57
Orduno, G – 16:16	Probst – 16:40
Antazo, D – 16:17	Bragg – 16:46
Kawashiri, N – 16:22	Eguchi – 16:49
Majamaki, N – 16:42	Miyazaki – 16:51
Martinez, R – 16:49	Anderson – 16:55
Orejana, A – 17:13	Martin – 16:55
Spencer, C – 17:22	Huang – 17:08

Bothwell. But we got the clear advantage upfront with both George and Hayden. And their pack, although deep (6 guys within 15 seconds), is very beatable. Greg, RT, Zach, Robert, Casey, Yusei, Luffy...notice Torrance #2 man, about Nick Majamaki ability....some of you are already faster than Majamaki now (close to Dia/Noah ability), and the rest of you will need gain the experience and confidence to realize that we are just as good as last year's team.

Girls

6. Albert, Lily 20:14 6:18, 13:10-6:52, 20:14-7:04

17. Elder, Haley 21:14 6:37, 13:56-7:21, 21:14-7:18

Like the boys, no varsity team...but 2 future varsity girls got in their first race ever. And although just rookies, Lily and Haley both showed how competitive they can be...once the pace settled down, they held their position the entire race. Perhaps more interesting was Torrance girls...at the Gahr meet, they had 5 girls all within 6 seconds of each other...at Great Cow, 3 girls didn't run, but the gap imploded to 1:11 between just 3 girls. So which is the real Torrance team?...well, let's assume they'll have a better showing than Great Cow Run...but more importantly, it shouldn't matter, once we're healthy and in-better shape, we'll take the league title again. Btw, we're ranked 7th ...somebody knows wot-up.

<u>South – Last Year's Team</u>	<u>Torrance – Current Team</u>	<u>Torrance @ Gahr</u>
Chan, C – 19:29	Arellano – 19:57	Caption – 13:14
Mori, K – 19:53	Leddy – 20:20	Arrellano – 13:15
Huang, A – 20:05	Catipon – 21:08	Lopez – 13:15
Trodden, M – 20:16	Gonzales – DNR	Gonzales – 13:17
Gloyer, E – 20:26	Lopez – DNR	Leddy – 13:20
Abraham, P – 20:31	Farnham - DNR	Farnham – 13:37

Cool Breeze Invitational

Sept. 8th, 2018

Brookside Golf Course. Flat on grass.

V – nighttime, 73°, JV - 93°, Soph. - 86°, Frosh - 80°

Boys: 7th place (217 points)

5. Johnson, Hayden	15:24	5:14, 10:37-5:23, 15:24-4:47	
34. Martinez, Robert	15:53	5:16, 10:48-5:32, 15:53-5:05	(0:29 #1-2)
42. Taylor, Ryan	16:09	5:23, 11:00-5:37, 16:09-5:09	(0:16 #2-3)
60. Chan, Greg	16:31	5:19, 11:10-5:51, 16:31-5:21	(0:22 #3-4)
96. Fujikura, Yusei	17:05	5:35, 11:39-6:04, 17:05-5:26	(1:41 1 thru 5) (0:34 #4-5)
98. Spencer, Casey	17:07	5:35, 11:35-6:00, 17:07-5:32	(0:02 #5-6)
109. Davis, Zach	17:13	5:26, 11:34-6:08, 17:13-5:39	(0:06 #6-7)
127. Saito, Luffy	17:27	5:45, 11:52-6:07, 17:27-5:35	
150. Kato, Quinn	17:44	5:47, 12:00-6:13, 17:44-5:44	

The coaches were drooling at the opportunity to see this new team race. And the results were pretty encouraging. First, Hayden looked sharp after a bumpy summer....he passed 15 guys over the second half of the race to finish in the top 5. Robert Martinez was fearless out there and finished within 30 seconds of Hayden. Last year, the closest Robert got to our top guy was 50 seconds...so he just gave us another front runner option. The coaches loved the aggressive start from Greg, RT, and Zach...Greg struggled a bit, and Zach 'jumped' into the hurt tank (as 40 runners passed him the second half). RT closed the strongest for our mid-pack...outstanding race for a first time varsity runner. RT was 45 seconds behind Hayden...and that's where we must keep our top 5 under; 40-45 seconds. Obviously George will fill in the top 5, once healthy...but the rest of you guys...Yusei, Casey, Zach, Greg...you can run with RT in practice, so there's no reason why it can't happen on a better day.

This was our first varsity race for 5 of our guys...and so in that respect, we're young and can only get better. It takes time for the newbies to get used to the 'crazy fast' varsity starts, and to truly 'believe' that they belong at this level. We'll get more varsity experience at Woodbridge...start to believe guys...you belong...and we're going to gel and crush it as a team this season!

Cool Breeze Invitational

Girls: 6th place (163 points)

13. Chan, Clara	18:45	6:13, 12:46-6:33, 18:45-5:59	
27. Trodden, Mia	19:21	6:24, 13:08-6:44, 19:21-6:13	(0:36 #1-2)
34. Albert, Lily	19:28	6:25, 13:11-6:46, 19:28-6:17	(0:07 #2-3)
53. Ben-Avides, Rivka	20:02	6:37, 13:38-7:01, 20:02-6:24	(0:34 #3-4)
60. Columbine, Emily	20:20	6:33, 13:41-7:08, 20:20-6:39	(1:35 1 thru 5) (0:18 #4-5)
85. Fujimoto, Jennifer	20:48	7:00, 14:11-7:11, 20:48-6:37	(0:28 #5-6)
90. Park, Sejin	20:56	6:54, 14:14-7:20, 20:56-6:42	(2:11 1 thru 7) (0:08 #6-7)
137. Masuda, Claire	22:06	6:58, 14:50-7:52, 22:06-7:16	
139. Gloyer, Emma	22:07	7:22, 15:16-7:54, 22:07-6:51	
8. Elder, Haley	20:30	6:41, 14:06-7:25, 20:30-6:24	
22. Carter, Cait	21:28	7:02, 14:34-7:32, 21:28-6:54	

So starts our 2018 season, a season with huge expectations...but admittedly a season that's follows a rocky summer of vacations, injuries, and 'trying to get in-shape' mode. So although, a 6th place finish is not going to scare anyone, the coaches are quite aware that there is a 'monster' team lurking within this group. Not surprising Clara has become a front runner for us...we saw this last year, and we're taking precautions not to lose Clara during the mid-season. After an amazing summer, newbie Lily proved that that she will be a huge impact player for us this season. Our returning MVP, Mia is finding her way back to the front. Our mid-pack of Rivka and Emily ran fine...but we're going to want our 5th girl to be within a minute of our top runner. So along with Freshmen Haley...who in the hotter race, could have easily ran alongside Rivka and Emily...you 3 girls will need to scratch away another 15 seconds to keep us really tight as a group. The coaches like the aggressive effort of Jen, Sejin, and Claire (all first time varsity runners). Sejin and Jen held it together the best...but like our mid-pack, don't be satisfied. Along with Freshmen Cait, if this backpack can 'chop off' another 15-20 seconds, this will help our depth in so many ways.

Up next is Woodbridge...depending how the injuries hold up this week, this could be a big early test for us...or we'll rest some bodies on Friday and look for smaller steps of growth.

Woodbridge Invitational

Sept. 14th, 2018

Silverlake Sports Complex. Flat on grass and dirt

BV - 79°, GV - 77°

Boys: 3rd place (127 points)

5. Johnson, Hayden	15:27	4:57, 10:18-5:21, 15:27-5:09	
18. Martinez, Robert	15:52	5:01, 10:35-5:34, 15:52-5:17	(0:35 #1-2)
33. Chan, Greg	16:01	5:07, 10:39-5:32, 16:01-5:22	(0:09 #2-3)
36. Taylor, Ryan	16:04	5:09, 10:39-5:30, 16:04-5:25	(0:03 #3-4)
38. Orduno, George	16:07	4:57, 10:34-5:37, 16:07-5:33	(0:40 1 thru 5) (0:03 #4-5)
50. Spencer, Casey	16:25	5:18, 10:57-5:39, 16:25-5:28	(0:18 #5-6)
89. Fujikura, Yusei	16:51	5:21, 11:11-5:50, 16:51-5:40	(1:24 1 thru 7) (0:26 #6-7)

Some of the holes that we saw at our first meet were quickly patched up one week later....great job guys, another positive step forward. Robert started the race like a madman and was in the first pack through 800m...but as the race settled down, so did Robert (15th place at the mile, and finished in 18th place overall.) Hayden and George were in 8-9th place through the first mile and the half way mark.... we had a nice 1-2 punch for awhile, but then George's legs started to fail him as he slowly dropped back. Greg and Ryan partnered up early (33rd and 36th at the mile)...maintained pace (33rd and 34th at the 2 mile)...and finished together, giving us a formidable mid-pack. A week earlier, we needed to close our top 5 gap down to 40 seconds...and with George back and Greg bouncing back from the rough first race, that's exactly what we got! Also a week earlier, our backpack was a minute behind our mid-pack...another hole that needed to be filled. Casey and Yusei ran hard...and our top 7 finish was better than our top 5 last week...Casey passed 13 bodies over the last mile to close the gap with our mid-pack to 20 seconds. We finished in 3rd at out of 28 teams!...great job guys. Last year, we peaked here at Woodbridge...taking 2nd place. Let's not have this race as our top performance again....we need to keep improving. Gaps can still be closed...Hayden and George both felt that they could have ran faster. We also found some good news in the Sophomore race, as Matt Peters finished his first race just a few seconds behind Luffy. Off of limited fitness, Matt has spent hours of physical therapy trying to get his body right...now he has become a wildcard for us, and will help us out in the weeks to come.

Our competition: the 4 Torrance schools ran at Woodbridge, so we can actually compare times. West has 4 studs up front (with Hayden) and their back-pack with Robert. North has 3 good runners...then a massive hole. Torrance's pack fell behind our mid-pack near Casey.

<u>South</u>	<u>West</u>	<u>Torrance</u>	<u>North</u>
Johnson – 15:27	Parker – 15:05	Miyasaki – 16:09	Faizan – 15:45
Martinez – 15:52	Awad – 15:14	Bothwell – 16:12	Cruz – 15:47
Chan – 16:01	Gallagher – 15:24	Arredondo – 16:31	Hurtado – 16:02
Taylor – 16:04	Esquivelzeta – 15:36	Leivers – 16:37	Tabirara – 17:24
Orduno – 16:07	Ahn – 15:51	Anderson – 16:44	Higa – 17:36
Spencer – 16:25	Bock – 15:54	Okamoto – 16:45	Peterman – 17:41
Fujikura – 16:51	Fitzpatrick – 16:02	Probst – 16:47	Banta – 17:50

Woodbridge Invitational

Girls: 5th place (208 points)

21. Trodden, Mia	19:10	6:10, 12:56-6:46, 19:10-6:14	
22. Chan, Clara	19:12	6:09, 12:56-6:47, 19:12-6:16	(0:02 #1-2)
32. Albert, Lily	19:28	6:11, 13:00-6:49, 19:28-6:28	(0:16 #2-3)
66. Ben-Avides, Rivka	20:15	6:21, 13:37-7:16, 20:15-6:38	(0:47 #3-4)
81. Fujimoto, Jennifer	20:35	6:29, 13:44-7:15, 20:35-6:51	(1:25 1 thru 5) (0:20 #4-5)
92. Elder, Haley	20:48	6:29, 13:55-7:26, 20:48-6:53	(0:13 #5-6)
96. Park, Sejin	20:58	6:34, 13:58-7:24, 20:58-7:00	(1:48 1 thru 7) (0:10 #6-7)

With Rania, Sara, Emily, and Kanon out...we would down play Woodbridge and just try to escape this meet injury free while making tiny gains for the season. The opposing coaches were quick to notice our front pack of Mia, Lily, and Clara. Mia seems to be rounding into last season shape...but Clara seemed to slip a little on Saturday. For early season, we're good upfront...but in order for us to think 'State' level, we're going to need another 20-30 seconds from this pack. Rania will obviously help up front, but we've got to keep improving as a group in order to reach elite status. Rivka has been holding our 4th position for the second week in a row...she's not fully healthy herself and is doing an admirable job representing our mid-pack. But Rivka is in dire need of help. Jen was close for 2 miles...Sejin and Freshmen Haley are improving...and Sara, Kanon, and Emily are fighting through their injuries...somehow, we got to make a 'pack of girls' next race. Once we form a pack, we can work together and shave off 10-15 seconds...btw, that's where the bulk of our league competition will be running, and we can't leave Rivka alone to fight off the competition. 5th place out of 24 teams is good...but since we have aspirations of winning league and moving onto State, we do have major holes to fix...we need 'elite' front runners and our mid-pack needs to become a pack. Its early...but we're not deserving of a 7th ranked team...yet.

The competition: even though we have results from other teams...many key runners were missing. West and Torrance were both missing 2 of their top 5 girls....and of course, we were missing key girls too. Here's what we can conclude...North has 1 solid runner, but their main pack is not a real threat. Torrance will be tough...but if we are healthy, we're better. West stands in our way for the league title. Woodbridge doesn't count...but if it did, West would have won battle #1.

<u>South</u>	<u>West</u>	<u>Torrance</u>	<u>North</u>
Trodden – 19:10	Gonzalez – 17:51	Lopez – 19:54	Kato – 19:09
Chan – 19:12	Young – 19:41	Capiton – 20:05	Wagner – 19:56
Albert – 19:28	Rodriguez – 19:49	Farnham – 20:06	Caracheo – 20:23
Ben-Avides – 20:15	Mason – 19:51	Leddy – 20:13	Valdovinos – 20:48
Fujimoto – 20:35	Hernandez – 20:08	Wright – 21:11	Asato – 23:01
Elder – 20:48	Cason – 20:29	Nair – 21:22	
Park – 20:58	Goiset – 20:55	Uyeki – 21:37	

October 4, 2018

Cross country trains to improve last year's standings

By Cait Carter
Staff Writer

South High cross country kicked off their 2018 season with the Cool Breeze Invitational on Sept. 7.

The girls picked up 6th place while the boys team snagged 7th. On Sept. 14, South completed their second meet, the annual Woodbridge Invitational, with the girls winning 5th place and the boys' team making the podium with a 3rd place win.

"I think we know what we are capable of this season, after what we were able to achieve last year," junior Rivka Ben Avides said "We're definitely trying to push our limits to start off as a strong team and not just show up last minute when the pressure is on us the most."

With more meets and league in sight, both the boys and girls teams have very high expectations for their upcoming season.

"Our goal is to hit 18 minutes for a 5k and to be League Champions this year," sophomore Rania Gomaa said.

Last season, South was runner-up to West Torrance on both the boys' and girls' teams so this year, they are looking for revenge. On that same note, the girls' team went to the 2017 state meet, which made them the second girls' team in South's history to do so.

It will be a good challenge, but this year, both the boys' and girls' teams want to compete in the state meet. A lot of

work will go into achieving these goals.

"Long runs, short intervals, hill repeats, and different agility workouts," co-head coach Rick Esponda said.

There are a lot more contributing factors to their success when it comes to workouts.

Everyday, the team goes through drills, which include sprints, strides, and other exercises.

They also do hard core workouts, which include pushups, situps, Russian twists and other core strengthening exercises.

There are some changes that were made to the team this year that could make a big difference for the runners for their upcoming season.

"We are really stressing daily core and drills to help minimize injuries and maintain consistent training," Esponda said "We're also splitting up our varsity teams between the coaching staff to better tailor out training program."

Aside from all the intense workouts and hard runs, there is a very big social aspect to cross country. There is a bond that grows within the runners that is unbreakable.

"Cross country is known for being one of those sports where the team gets super close," senior Ryan Panganiban said. "We're all suffering the same runs everyday, so you end up getting really close with your team. It's really great to have a bunch of great friendships."

The social aspect of cross country is equally as important as the hard workouts.

Without the team spirit and support, many say that they wouldn't be where they are today.

Pioneer League Meet #1

Sept. 26th , 2018

West High. Flat with small inclines, on grass and cement.

Mild (73°)

Boys: 2nd Place (51 points)

2. Johnson, Hayden	15:39	4:58, 10:01-5:03, 15:39-5:38	
9. Martinez, Robert	16:19	5:05, 10:18-5:13, 16:19-6:01	(0:40 #1-2)
12. Taylor, Robert	16:35	5:17, 10:33-5:16, 16:35-6:02	(0:16 #2-3)
13. Spencer, Casey	16:36	5:18, 10:34-5:16, 16:36-6:02	(0:01 #3-4)
15. Chan, Greg	16:40	5:11, 10:34-5:23, 16:40-6:06	(1:01 1 thru 5) (0:04 #4-5)
22. Fujikura, Yusei	17:21	5:29, 11:01-5:32, 17:21-6:20	(0:41 #5-6)
26. Davis, Zach	17:38	5:22, 11:02-5:40, 17:38-6:36	(1:59 1 thru 7) (0:17 #6-7)
8. Peters, Matt	17:07	5:27, 11:00-5:33, 17:07-6:07	

Beautiful. It's nice when you can rest a runner like George, and the team can still walk away with an easy 2nd place finish. The heavily favored West team won...but we didn't back down from them. Through the early stages of the race, Hayden was with their top 2 guys (who had separated from the field), and Robert and Greg was with West's mid-pack. By the mile, this race was pretty strung out with small packs everywhere. Each South guy was safely within a group...the only worry was Yusei who was struggling early, not really making any impact in the back. The score at the mile would be similar to final results: West 24, South 56, Torrance 74, and North 82. Over the next mile, Torrance's pack made an aggressive move ...closing within 6 points of us by the 2 mile. But fortunately, we 'owned' the last mile...Hayden put 11 seconds on West #2 man...Robert caught Torrance #1 man the last ½ mile...Ryan, Greg, and Casey took on the Torrance challenge and beat all 3 of their scorers (we put 5 guys in front of their #2)...and Yusei displaced 2 North scorers over this last mile. We were the only team to move up after the second mile....great racing guys.

We're now moving into the mid-season races. We're running well, but we still need to keep challenging ourselves...otherwise we can get stagnant. Obviously, George getting healthy is one way we can improve. But with Hayden crushing West #2 man...he needs to think about elite status again (capable of winning any race). Robert has had outstanding races...but that West pack and the 2 North guys are within his grasps....something to think about next time. Our mid-pack has been running great together...but we can still work together and shave off a few more seconds. With that 41 second gap between our #5-6 man, our backpack will need to continuously close down on our scorers. With a few no pressure races ahead, don't be afraid to 'gamble' a little and see what you (and the team) are capable of. Because once late October comes, we want to be a well-oiled machine...ready for the playoff challenge.



Pioneer League Meet #1

Girls: 3rd Place (55 points)

5. Trodden, Mia	19:38	6:02, 12:23-6:21, 19:38-7:15	
9. Albert, Lily	19:54	6:12, 12:35-6:23, 19:54-7:19	(0:16 #1-2)
12. Chan, Clara	20:07	6:02, 12:28-6:26, 20:07-7:39	(0:13 #2-3)
13. Columbine, Emily	20:11	6:12, 12:32-6:20, 20:11-7:39	(0:04 #3-4)
16. Ben-Avides, Rivka	20:23	6:13, 12:46-6:33, 20:23-7:37	(0:45 1 thru 5) (0:12 #4-5)
17. Mori, Kanon	20:34	6:13, 12:43-6:30, 20:34-7:51	(0:11 #5-6)
18. Park, Sejin	20:39	6:14, 12:55-6:41, 20:39-7:44	(1:01 1 thru 7) (0:05 #6-7)
1. Elder, Haley	20:37	6:31, 13:03-6:32, 20:37-7:34	
3. Espinoza, Mia	20:50	6:47, 13:29-6:42, 20:50-7:21	

Coach Rick's final words of advice "just follow the game plan." Then the gun went off...and the game plan of 'running together' was completely ignored. Within the first minute, our Big 3 upfront was strung out. Mia took off alone in 2nd place...Clara was running solo trying to catch her...and Lily was with our main pack of girls. Fortunately our backpack 'followed the game plan' and found each other immediately and ran together without fighting. Half mile into the race, we had 6 girls in the top 10...it looked dominating...but we had unnecessarily put a bullseye on our back, while wasting energy to do so. At the mile we were winning by 31 points...4 girls separated from the field (Mia and Clara included), and then the massive pack (18 girls within 2 seconds of each other). By the 2 mile, we were still up by 12 points...Emily was leading the mid-pack, which had thinned down to 7 girls (within 3 seconds of each other)...and our backpack was showing our depth as they were surviving the thinning out process the best. Our effort was good, but the lack of 'team running' from our top girls was starting to show it's cracks...Mia was a lone target to be picked off by two Torrance girls...Clara (running in no-man's land) leg gave way and was shallowed up by the pack...and Lily never got out of the mid-pack range. As the other 3 schools moved up the last mile, we started to 'pinwheel' backwards losing 18 places over the last mile...Lily passed 2 girls (but unfortunately both were her teammates). Our lone bright spot during the last mile was our backpack of Rivka-Kanon-Sejin, who just held their spots... and we finished with the best 5-7 girls, who displaced all the other team's scorers.

So what does this 3rd place disappointment mean? Well, we have to beat West at the second league meet to get back in contention for the League Championship title. They are tough...but we really just beat ourselves today, and they just took advantage of the situation. We still have the best 1-2-3...if we race like we do in practice, running together. And we proved that we have the best 5-6-7 (even 8-9 the way Hayley and Mia E ran in the JV race). We'll need help assuring that 4th girl position (usually held by Rivka or Emily). These other teams (including North) are all good. So we got to respect them...run together...don't make ourselves the 'target' early...and we got to win the later stages of the race. If we take off this aggressive again at the PV Course (with 2 big hills over the first mile), then our season will end right there. There will be a lot to talk in the near future...but our 'bounce back' date is now be Oct. 10th.

Pioneer League Meet #1 @ West High

Boys Varsity

1	Parker	West	15:28	11	Ritchey	West	16:32	21	Anderson	Torrance	17:03
2	Johnson	South	15:39	12	Taylor	South	16:35	22	Fujikura	South	17:21
3	Esquivelzeta	West	15:50	13	Spencer	South	16:36	23	Tabirara	North	17:25
4	Bock	West	15:58	14	Yang	West	16:39	24	Peterman	North	17:33
5	Darsot	North	16:01	15	Chan	South	16:40	25	Eguchi	Torrance	17:36
6	Fitzpatrick	West	16:05	16	Bothwell	Torrance	16:44	26	Davis	South	17:38
7	Cruz	North	16:06	17	Probst	Torrance	16:45	27	Bholat	North	17:57
8	Gallagher	West	16:11	18	Leivers	Torrance	16:52	28	Higa	North	18:42
9	Martinez	South	16:19	19	Hurtado	North	16:55				
10	Miyazaki	Torrance	16:28	20	Arredondo	Torrance	16:56				

Girls Varsity

1	Gonzalez	West	18:21	11	Rodriguez	West	20:03	21	Unknown	North	20:57
2	Kato	North	19:11	12	Chan	South	20:07	22	Hernandez	West	21:03
3	Farnham	Torrance	19:25	13	Columbine	South	20:11	23	Kikuno	Torrance	21:13
4	Arellano	Torrance	19:33	14	Caracheo	North	20:17	24	Toledo	North	21:13
5	Trodden	South	19:38	15	Leddy	Torrance	20:18	25	Hirano	North	21:36
6	Mason	West	19:44	16	Ben-Avides	South	20:23	26	Cason	West	21:58
7	Park	West	19:44	17	Mori	South	20:34	27	Troutman	West	22:00
8	Wagner	North	19:44	18	Park	South	20:39	28	Nair	Torrance	22:55
9	Albert	South	19:54	19	Catipon	Torrance	20:43				
10	Lopez	Torrance	19:57	20	Valdovinos	North	20:57				

Boys Freshmen

1	Gibson	West	17:06	30	Miah	West	19:34	59	Okubo	North	21:49
2	De Jesus	Torrance	17:22	31	Benoy	South	19:35	60	Soepadmo	West	21:49
3	Dorantes	Torrance	17:40	32	Bentovoja	Torrance	19:36	61	Cepeda	West	21:55
4	Frey	West	17:57	33	Kim	West	19:37	62	Kim	West	22:07
5	Meyer	South	18:16	34	Ueda	South	19:46	63	Kikuno	Torrance	22:10
6	Vo	West	18:17	35	Potter	North	19:46	64	Rodriguez	South	22:11
7	Tamada	South	18:21	36	Pazcoguin	Torrance	19:51	65	Danganan	Torrance	22:15
8	Hayashi	South	18:36	37	Michaelian	Torrance	19:51	66	Yonekawa	Torrance	22:18
9	Monawar	Torrance	18:37	38	Piken	West	19:51	67	Ventura	West	22:29
10	Kano	South	18:39	39	Fehr	West	19:58	68	Tsuye	Torrance	22:47
11	Endo	Torrance	18:43	40	Corona	West	19:59	69	Ataka	West	22:48
12	Kato	North	18:43	41	Newmeyer	West	20:05	70	Kowata	Torrance	22:57
13	Okawa	West	18:54	42	Vela	Torrance	20:07	71	Higbee	Torrance	22:58
14	Carpenter	West	18:57	43	Shen	West	20:13	72	Nesbit	South	23:03
15	Uszler	West	18:58	44	Miyasato	West	20:14	73	Benitez-Sant	South	23:06
16	Hashimoto	Torrance	19:01	45	Marino	South	20:16	74	Pelena	South	23:15
17	Perez	Torrance	19:02	46	Carrillo	North	20:25	75	Perez	Torrance	23:34
18	Henonen	West	19:03	47	Suzuki	North	20:36	76	Johnson	West	23:41
19	Kozaki	West	19:03	48	Yeon	Torrance	20:45	77	Clutter	North	23:49
20	Nunley	South	19:07	49	Kim	West	20:47	78	Torres	North	23:54
21	Sandkulla	South	19:08	50	Blais	West	21:08	79	Foassis	Torrance	23:56
22	Han	West	19:10	51	Downing	West	21:13	80	Tran	West	24:12
23	Pastrana	West	19:10	52	Park	Torrance	21:14	81	Erikson	West	24:59
24	Huang	Torrance	19:10	53	Martinez	North	21:29	82	Shin	South	25:16
25	Long	South	19:14	54	Tautai	Torrance	21:32	83	Darsot	North	25:17
26	Villongco	West	19:23	55	Nghe	North	21:36	84	Nicolson	West	25:40
27	Awad	West	19:24	56	Kagimoto	West	21:38	85	Sukal	North	27:01
28	Goldstein	South	19:29	57	O'Brien	South	21:44	86	Hirata	North	27:13
29	Kim	West	19:32	58	Tran	West	21:44	87	Smith	West	28:47

Pioneer League Meet #1

@ West High

Boys Junior Varsity

1	Morita	West	16:20	50	Lopez	North	18:45	99	Ma	South	20:11
2	Gonzalez	West	16:43	51	Sarkisian	West	18:45	100	Kim	West	20:15
3	Kasai	West	16:47	52	Berhe	South	18:46	101	Yin	South	20:16
4	Murray	West	16:48	53	Lum	South	18:46	102	Miller	Torrance	20:23
5	Lee	West	16:49	54	Salas	Torrance	18:47	103	Falconer	South	20:26
6	Ng	West	16:51	55	Lee	West	18:50	104	Murillo	Torrance	20:27
7	Gil	Torrance	16:57	56	Goo	North	18:51	105	Nguyen	North	20:29
8	Peters	South	17:07	57	Astorga	North	18:51	106	Morimoto	South	20:34
9	Russo	West	17:07	58	Quintana	West	18:58	107	Furukawa	South	20:36
10	Chang	West	17:08	59	Woolen	South	18:58	108	Mukogawa	Torrance	20:42
11	Aguila	West	17:11	60	Lee	West	19:03	109	Sukal	North	20:43
12	Martin	Torrance	17:12	61	Pirotto	South	19:09	110	Rahbar	North	20:50
13	Nieraeth	West	17:13	62	Tokeshi	South	19:12	111	Nakai	South	20:53
14	Huang	Torrance	17:18	63	Snow	North	19:14	112	Sheardown	Torrance	20:53
15	Herrara	West	17:24	64	Nair	South	19:14	113	Ito	South	21:00
16	Kim	West	17:26	65	Maduno	West	19:15	114	Motiel	West	21:09
17	Kim	West	17:26	66	Chon	South	19:18	115	Lee	West	21:16
18	Okamoto	Torrance	17:28	67	Shimizu	West	19:19	116	Bae	West	21:18
19	Elliott	West	17:29	68	Ito	Torrance	19:19	117	Chaudhari	Torrance	21:19
20	Han	West	17:29	69	Webster	West	19:20	118	Spieleder	South	21:19
21	Franco	Torrance	17:31	70	Timko	West	19:21	119	Uchi	South	21:23
22	Bragg	Torrance	17:38	71	MacDonald	North	19:22	120	Donaldson	West	21:26
23	Saito	South	17:38	72	Liu	West	19:24	121	Unknown	Morningsic	21:42
24	Roth	Torrance	17:39	73	Fu	West	19:25	122	Minter	Torrance	21:43
25	Mora	Torrance	17:49	74	Bunuan	Torrance	19:26	123	Sarabakhsh	West	21:47
26	Helin	Torrance	17:49	75	Kawaoto	North	19:29	124	Tatum	Morningsic	21:53
27	Kato	South	17:50	76	Marino	South	19:30	125	Mejia	Morningsic	22:15
28	Welsome	Torrance	17:54	77	Sugita	West	19:31	126	Simpson	Torrance	22:17
29	Duong	North	17:56	78	Lee	West	19:31	127	Ruskowski	South	22:31
30	Cizma	West	17:56	79	Holker	West	19:31	128	Dimitrov	South	22:36
31	Banta	North	17:57	80	Martin	West	19:39	129	French	South	22:36
32	Matsui	West	18:00	81	Martin	West	19:39	130	Miller	Torrance	22:37
33	Lee	West	18:02	82	Dawson	West	19:40	131	Ballard	Torrance	22:38
34	Lee	West	18:09	83	Santonil	Torrance	19:42	132	Martinez	Torrance	22:39
35	Constantino	North	18:15	84	Dashuta	West	19:43	133	Dixon	Morningsic	22:44
36	Crofton	West	18:12	85	Beltran	Torrance	19:45	134	Gross	Morningsic	22:53
37	Bacigalupi	Torrance	18:14	86	Bautista	North	19:46	135	Lee	West	22:56
38	Faulhaber	North	18:15	87	Bunuan	Torrance	19:52	136	Ishida	Torrance	23:08
39	Wong	South	18:16	88	Abalos	Torrance	19:54	137	Micol	Morningsic	23:10
40	Wakimoto	South	18:16	89	Osuna	West	19:55	138	Cheng	West	23:15
41	Arthur	West	18:17	90	Takanshi	Torrance	19:58	139	Unknown	Morningsic	23:20
42	Meehan	West	18:18	91	Soga	South	20:01	140	Vela	North	23:39
43	Yamaki	South	18:21	92	Petilla	Morningsic	20:02	141	Lee	West	23:47
44	Solis	South	18:21	93	Sun	South	20:06	142	Hart	Morningsic	24:04
45	Saruwatari	Torrance	18:23	94	Ham	Torrance	20:07	143	Chang	Torrance	25:02
46	Rynski	Torrance	18:34	95	Sasada	North	20:08	144	Atagi	South	25:22
47	Han	West	18:38	96	Hansen	West	20:09	145	Gerges	Torrance	25:30
48	Kozai	North	18:39	97	Perez	Torrance	20:09	146	Unknown	Morningsic	28:46
49	Lu	West	18:41	98	Ampo	West	20:10	147	Santamria	Torrance	29:24

Pioneer League Meet #1 @ West High

Girls Junior Varsity

1	Elder	South	20:37	29	Radmilovich	South	22:33	57	Duarte	North	25:15
2	Wright	Torrance	20:45	30	Kaku	Torrance	22:43	58	Querubin	West	25:18
3	Espinoza	South	20:50	31	Hirano	Torrance	22:45	59	Bopage	West	25:21
4	Alejandrino	Torrance	20:58	32	Webster	West	23:04	60	Cai	South	25:22
5	Crump	West	21:02	33	Bunch	West	23:06	61	Lopez	Torrance	25:30
6	Trice	West	21:03	34	Bothwell	Torrance	23:14	62	Da Silva	South	25:42
7	Shimizu	North	21:04	35	Tokishi	Torrance	23:18	63	Starr	West	25:48
8	Obata	West	21:08	36	Krumwiede	West	23:19	64	Tamashiro	North	25:55
9	Kato	North	21:10	37	Kaku	Torrance	23:29	65	De La Mora	North	25:57
10	Millican	West	21:15	38	Wang	North	23:32	66	Chaires	Torrance	26:00
11	Masuda	South	21:16	39	Koepp	Torrance	23:33	67	Luna	West	26:18
12	Soiset	West	21:16	40	Guzman	Torrance	23:53	68	Luna	West	26:21
13	Crump	West	21:22	41	Sigala	Torrance	24:11	69	Maille	South	26:53
14	Argueta	Torrance	21:26	42	Mercadal	Torrance	24:12	70	Joo	North	26:58
15	Ball	West	21:27	43	Torres	West	24:18	71	Kaneshige	North	27:18
16	Nagashima	West	21:37	44	Tanisaka	Torrance	24:22	72	Chang	West	27:26
17	Labarda	North	21:39	45	Arevalo	South	24:29	73	Nakanishi	Torrance	27:30
18	Jiao	West	21:41	46	Sakaguchi	South	24:37	74	Arquisula	Torrance	27:38
19	LaRue	West	21:46	47	Ugwu	South	24:44	75	Diaz	Torrance	27:46
20	Tanaka	Torrance	21:46	48	Hesson	South	24:45	76	Paez	North	27:57
21	Brown	West	21:49	49	Lin	South	24:45	77	Cassaquit	Torrance	28:20
22	Gloyer	South	22:00	50	Galang	Torrance	24:52	78	Garcia	Torrance	28:47
23	Uyeki	Torrance	22:07	51	Baran	South	25:03	79	Mandal	Torrance	29:01
24	Jung	Torrance	22:11	52	Yee	West	25:08	80	Reyes	Torrance	29:20
25	Garcia	West	22:19	53	Takaoka	South	25:10	81	Escobar	North	29:33
26	Bandara	West	22:24	54	Gonzalez	West	25:13	82	Willoughby	Torrance	29:58
27	Hashimoto	Torrance	22:29	55	Sklar	North	25:14				
28	Watling	Torrance	22:31	56	Delrea	Torrance	25:15				



Clovis Invitational
Oct. 6th, 2018

Woodward Park (3.1 miles). On dirt trails, grass, cement.
Partial Cloudy, 60°

Boys: 14 th Place		<u>1M</u>	<u>2.1M</u>	<u>3.1M</u>
26.	Johnson, Hayden	16:17	4:56, 11:02-6:06, 16:17-5:15	
51.	Martinez, Robert	16:36	5:03, 11:19-6:16, 16:36-5:17	(0:19 #1-2)
96.	Chan, Greg	17:04	5:10, 11:39-6:29, 17:04-5:25	(0:28 #2-3)
102.	Spencer, Casey	17:08	5:16, 11:41-6:25, 17:08-5:27	(0:04 #3-4)
105.	Taylor, Ryan	17:09	5:17, 11:43-6:26, 17:09-5:26	(0:52 1 thru 5) (0:01 #4-5)
118.	Peters, Matt	17:16	5:26, 11:49-6:23, 17:16-5:27	(0:07 #5-6)
132.	Orduno, George	17:24	4:58, 11:25-6:27, 17:24-5:59	(1:07 1 thru 7) (0:08 #6-7)

Just because Tokuda wasn't at Clovis, doesn't mean he's not going to give his opinion on the varsity races. Is that a surprise...after all, the old man gave his opinion on a race (Great Cow Run) where we didn't even run a race! Let this be an important lesson to you youngsters, be sure 'to get a life'...otherwise, you might be sitting behind a computer talking about things that happen 200 miles away where you have no idea what happened.

Here's comes Tokuda's stupid opinion: 14th place out of 33 teams...about average. It's not fair to compare to last year's hotter/afternoon race...but of the 6 guys who ran last year, all 6 guys improved by a team total of 5+ minutes faster. It is fair to note, that we are on par with last year's team...Robert is as solid as Noah was, and RT-Greg-Casey are clearly more consistent than Majamaki, Alex, and Dia. And of course, Hayden is still Hayden upfront for us. Here's another obvious statement, George 'ran out of gas' (going from 25th at the mile to a 132nd finish)...his competitiveness is ahead of his fitness right now. George, let's take it back a notch at the beginning of the next race...we need positive results...eventually, the coaches expect you to be upfront for us, but let's be patient. And the way Robert is running, we can afford to be patient...he is now within 20 seconds of Hayden, while beating both North guys who had beaten him at League #1. A final plus, Matt in his first varsity race finishes within 7 seconds of our main pack. Matt, you got to get out of your comfort zone and have a faster start...notice your last 2 miles, you are on pace with the other guys...the gap is happening in just the 1st mile (8 seconds at the mile, 7 seconds at the finish).

Here's the one negative...14th place (although better than last year) is above average...and 'above average' is not what we looking for come playoff time. Many of you guys have made huge improvements from last year, and the coaches can't complain about this team. But we're still looking for 10 more seconds from everybody...that will make a huge difference. It's not going to be easy, but you guys have proven up to the challenge.

Oh and one more negative...Zach tweaked his ankle at Central Park...let's hope he can bounce back quickly.

Clovis Invitational

Girls: 17 th Place		<u>1M</u>	<u>2.1M</u>	<u>3.1M</u>
50. Albert, Lily	20:10	6:01, 13:40-7:39, 20:10-6:30		
85. Ben-Avides, Rivka	20:49	6:17, 14:07-7:50, 20:49-6:42		(0:39 #1-2)
89. Mori, Kanon	20:52	6:20, 14:03-7:43, 20:52-6:49		(0:03 #2-3)
103. Elder, Haley	21:10	6:17, 14:19-8:02, 21:10-6:51		(0:18 #3-4)
148. Park, Sejin	22:03	6:31, 14:46-8:15, 22:03-7:17	(1:53 1 thru 5)	(0:53 #4-5)
155. Masuda, Claire	22:16	6:43, 15:10-8:27, 22:16-7:06		(0:13 #5-6)

Perhaps the biggest competition from Clovis Invitational was 'band' and the 'SAT' test...half the team taken down by these two injuries. And then we get hit by another new setback...'sickness' as both Mia T and Haley are fighting slight colds. With so many girls missing, the pressure was off at Clovis. But we still posted some nice performances on Saturday...but nothing incredible, nothing too troublesome. Kanon had an aggressive mid-race...to pull off a minute improvement from last year. The freshmen Haley went right from the JV race to finding herself right next to her teammates early in the race. She struggled a bit during the second half...but that willingness to run with our mid-pack is going to be critical moving forward. Sejin, after being in the mix after the League #1, got stuck fighting the bigger crowd and couldn't get up to where she needs to be. Rivka improved from last year by 30 seconds. Lily, our lone front runner, ran equivalent to our top girls in past years. And Claire got some invaluable experience running in these bigger races...last year Rivka and Kanon were our 6th and 7th girls (in a similar position as Claire and Sejin) taking their lumps in the back...a year later, they're now running as our all important 2nd-3rd girl.

Also, since there wasn't a bigger story to come out of this Clovis race...I just want to give a 'shout out' to Rivka for being one of our steadiest runners we've had this year. To be honest, when she was doing summer school and had to train on her own, the coaches were worried. Then after summer school she had vacation and some injury set-backs, and the coaches didn't even know if she would crack our top 7. To our great surprise, Rivka has proven the coaches wrong...from the first race where she was our 4th girl...to Clovis, where she finished as our #2 girl...Rivka has not let us down once.

And we're going to need her again, along with the whole team, this Wednesday. Remember our mistakes from league #1...getting out 'too fast'...not finding each other early...not winning that last mile. PV course is a survival test the first 2 miles (where all the hills are)...don't run dumb, be in a winning spot and be patient. The last mile is flat and downhill and is where the race is won...we have to 'turn it on' both mentally and physically. We need to beat West...be aware of where 'yellow' is at all time...they have the front runner, so we must win all the other battles that last mile.



Pioneer League #2
Oct. 10th, 2018

PV Course. 3 hills and dusty on dirt trails and pavement.
Warm, 67°

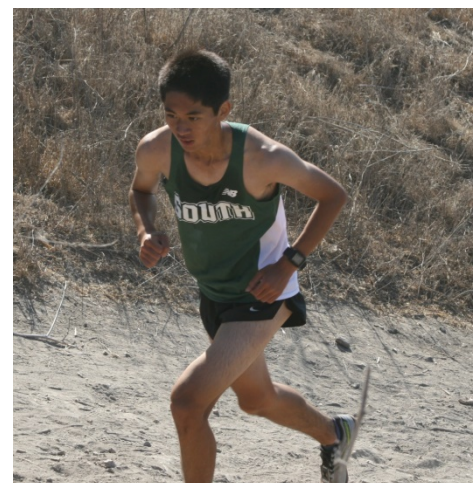
Boys: 2nd Place (46 points)

2. Johnson, Hayden	17:10	5:27, 11:38-6:11, 17:10-5:32	
5. Martinez, Robert	17:54	5:31, 12:15-6:44, 17:54-5:39	(0:44 #1-2)
9. Taylor, Ryan	18:21	5:36, 12:11-6:35, 18:21-6:10	(0:27 #2-3)
13. Chan, Greg	18:32	5:29, 12:22-6:53, 18:32-6:10	(0:11 #3-4)
17. Saito, Luffy	19:06	5:41, 12:35-6:54, 19:06-6:31	(1:56 1 thru 5) (0:34 #4-5)
22. Fujikura, Yusei	19:38	5:39, 12:54-7:15, 19:38-6:44	(0:32 #5-6)
27. Kato, Quinn	20:42	5:51, 13:40-7:49, 20:42-7:02	(3:32 1 thru 7) (1:04 #6-7)

With half the team sidelined for the day, and with West sitting runners out, we knew that this would be a low-key meet. Through the first mile, Greg must have eaten his 'Cocoa Puffs'* this morning, cause he was in 3rd place running next to Hayden. And again Torrance was making a valiant effort against us, 3 guys near our top 3...2 guys on RT, and their 6th-7th in front of our 5th man. As mile 2 started to string out the packs, Greg started to go 'backwards'...while RT and Luffy started to move up on the field. West also moved up, and North was completely out of this race. By mile 3, the team was completely strung out...and everybody was alone to hold their position. On the last mile, Robert took a 30 meter gap with ½ mile to go and passed 3 runners. The rest of the team basically held their position...which turned out to be ok, since we had 2nd place wrapped up already. We were 50-50 on our kicks: with Yusei and Robert winning, and Ryan and Greg losing their kicks.

	<u>1st mile</u>	<u>2nd mile</u>	<u>Finish</u>
Hayden	2 nd	2 nd	2 nd
Robert	4 th	9 th	5 th
Ryan	12 th	8 th	9 th
Greg	3 rd	13 th	13 th
Luffy	22 nd	17 th	17 th
Yusei	21 st	19 th	22 nd
Quinn	27 th	27 th	27 th

Great job guys...we got to rest our injured guys, while easily taking 2nd place. We did our job...and there's nothing more to say about this day...except maybe, the pizza was good. In 3 weeks, we'll get to revisit the championship race...it will get interesting with a full team, with a full West team, with a Torrance team that must go 'do-or-die' against us or they'll miss the playoffs...but we'll talk about all that later.



Pioneer League Meet #2

Girls: 1st Place (37 points)

3. Chan, Clara	21:30	6:56, 14:51-7:55, 21:30-6:39	
4. Albert, Lily	21:31	6:57, 14:52-7:55, 21:31-6:39	(0:01 #1-2)
8. Trodden, Mia	22:11	6:57, 14:59-8:02, 22:11-7:12	(0:40 #2-3)
9. Ben-Avides, Rivka	22:16	6:58, 15:09-8:11, 22:16-7:07	(0:05 #3-4)
13. Mori, Kanon	22:39	6:58, 15:25-8:27, 22:39-7:14	(1:09 1 thru 5) (0:23 #4-5)
26. Masuda, Claire	25:43	7:31, 17:18-9:47, 25:43-8:25	(3:04 #5-6)
DNF Columbine, Emily	DNF	6:58	

After that horrific performance at League #1, we had to take 1st on Wednesday to have any chance at the league championship title. Knowing Rania was out, West was feeling confident...Torrance had beaten us at Pioneer #1 and we're thinking this was their race...and even North had beaten us at Clovis and we're feeling good about themselves. The task was difficult enough, and then more injuries and sickness depleted our already thin team again.

So we stepped up to the line with 2 injuries (Clara and Emily) and 1 sickness (Mia). But we were more focus this time around and were determine not to repeat the mistakes of the first meet. As the race went up the first hill, Megan (the soon to be clear winner) was being challenged by the North #1 and a freshmen from West...stupid...this stupidity would be on full display the last mile. The pace seemed extremely slow on the cement hill...but that was the game plan. By the mile, we were only winning by 3 points (far different from the first meet, where we were up by 31 points)...but the coaches were feeling confident, because we were running together under control (6 girls within 2 seconds of each other). After cement hill, the race would start. Emily would drop off at this point, and instead of things going from bad to worse...we were so under control the first mile, things would be fine even after losing Emily. Lily and Clara were together, not fighting and running within the top pack...unfortunately, Mia's sickness got to her and she fell off the top grouping (but to her credit...not too much.) Kanon and Rivka were in great positions (with West's #3-4) through the mid-stages. Although Emily had dropped out, we actually increased our lead by the 2-mile mark to 5 points. The last mile...Clara and Lily were together with West #2 and North #1....while Kanon and Rivka were behind West's #3, North's #2, and Torrance #2. As the coaches had said, "this course is a survival test" and the "test comes during the third mile." After the 'stupid' start going up cement hill, North #1 got gaped by our top girls by 14 seconds on this last mile....and the other 'stupid' start (the freshmen from West) went from 6th place to 10th place over the last mile. Torrance #2 girl had to drop out of the race. While the other teams struggled...we were 'rock-solid' over the last mile. Lily and Clara ran and finished together...the only drawback was losing that kick. Mia, although sick as a dog, had the basic fitness to take 8th place. Rivka went from 12th to 9th overall on the last mile...and Kanon capped our 'redemption' race...as we increased our lead over West to an 11-point victory!

Great job girls...we saved our season on the toughest course, when the chips were down. But don't get too excited...all we did was give us the opportunity to win that 'League Championship Title' in 3 weeks. We're the best team...but we got to get healthy. In 3 weeks, we'll get to celebrate for real when we win league!

Pioner League Meet #2

@ PV Course

Boys Varsity

1	Awad	West	17:04	10	Lee	West	18:21	19	Huang	Torrance	19:21
2	Johnson	South	17:10	11	Bothwell	Torrance	18:23	20	Tabirara	North	19:30
3	Morita	West	17:40	12	Hurtado	North	18:23	21	Probst	Torrance	19:37
4	Gonzalez	West	17:45	13	Chan	South	18:25	22	Fujikura	South	19:38
5	Martinez	South	17:54	14	Arredondo	Torrance	18:32	23	Peterman	North	19:40
6	Murray	West	17:54	15	Ritchey	West	18:47	24	Duong	North	19:43
7	Miyazaki	Torrance	17:58	16	Leivers	Torrance	18:58	25	Darsot	North	20:00
8	Kasai	West	18:05	17	Saito	South	19:06	26	Higa	North	20:01
9	Taylor	South	18:08	18	Martin	Torrance	19:09	27	Kato	South	20:42

Girls Varsity

1	Gonzales	West	20:38	10	Park	West	22:18	19	Hirano	North	23:34
2	Mason	West	21:30	11	Caracheo	North	22:37	20	Toledo	North	23:36
3	Chan	South	21:30	12	Lopez	Torrance	22:39	21	Cason	West	23:46
4	Albert	South	21:31	13	Mori	South	22:39	22	Kikuno	Torrance	23:59
5	Kato	North	21:45	14	Rodriguez	West	22:44	23	Hernandez	West	24:12
6	Arellano	Torrance	21:50	15	Catipon	Torrance	22:49	24	Obata	West	24:17
7	Wagner	North	22:10	16	Shimizu	North	23:10	25	Wright	Torrance	24:35
8	Trodden	South	22:11	17	Leddy	Torrance	23:13	26	Masuda	South	24:35
9	Ben-Avides	South	22:16	18	Valdovinos	North	23:23				

Boys Freshmen

1	Dorantes	Torrance	18:48	30	Michaelian	Torrance	21:51	60	Chun	North	24:41
2	Green	West	19:02	31	Endo	Torrance	21:51	61	Dangana	Torrance	24:42
3	De Jesus	Torrance	19:46	32	Corona	West	21:58	62	Perez	Torrance	24:56
4	Meyers	South	20:00	33	Potter	North	21:59	63	Suzuki	North	25:03
5	Smith	West	20:15	34	Villongco	West	22:00	64	Kowata	Torrance	25:04
6	Vo	West	20:17	35	Pazcoguin	Torrance	22:08	65	Martinez	North	25:06
7	Sandkulla	South	20:18	36	Marino	South	22:09	66	Yonekawa	Torrance	25:12
8	Carpenter	West	20:20	37	Blais	West	22:14	67	Tran	West	25:14
9	Monawar	Torrance	20:23	38	Shen	West	22:19	68	Tautai	Torrance	25:20
10	Ritchey	West	20:25	39	Espinoza	Morningside	22:23	69	Miyata	North	25:23
11	Hashimoto	Torrance	20:32	40	Kim	West	22:37	70	Nesbit	South	25:27
12	Kato	North	20:37	41	Carrillo	North	22:37	71	Foassis	Torrance	25:51
13	Okawa	West	20:40	42	Piken	West	22:42	72	Tran	West	25:51
14	Tamada	South	20:42	43	Miah	West	22:48	73	Rodriguez	South	25:57
15	Frey	West	20:42	44	Kikuno	Torrance	22:48	74	Pelena	South	26:00
16	Hayasaka	South	20:55	45	Newmeyer	West	22:51	75	Kim	West	26:09
17	Kano	South	21:11	46	Vela	Torrance	22:58	76	Medina	Torrance	26:12
18	Kozaki	West	21:11	47	Okubo	North	23:01	77	Johnson	West	27:03
19	Long	South	21:13	48	Downing	West	23:08	78	Vega	Morningside	27:42
20	Huang	Torrance	21:13	49	Fehr	West	23:19	79	Erikson	West	27:47
21	Uszler	West	21:18	50	Yeon	Torrance	23:21	80	Clutter	North	28:02
22	Heinonen	West	21:18	51	Rolando	Morningside	23:46	81	Smith	West	28:52
23	Perez	Torrance	21:20	52	Ventura	West	23:47	82	Quelex	Morningside	29:27
24	Nunley	South	21:27	53	Cepeda	West	23:53	83	Miller	Torrance	29:31
25	Kim	West	21:28	54	Nghe	North	24:00	84	Escobedo	Morningside	29:50
26	Miyasato	West	21:38	55	Soepadmo	West	24:08	85	Nicolson	West	30:15
27	Pastrana	West	21:42	56	Kagimoto	West	24:13	86	Torres	North	31:00
28	Goldstein	South	21:46	57	Park	Torrance	24:23	87	Sukal	North	31:02
29	Benoy	South	21:48	58	Tsuye	Torrance	24:32	88	Darsot	North	33:38
				59	Benitez-Santia	South	24:38	89	Choi	Torrance	34:14

Pioner League Meet #2

@ PV Course

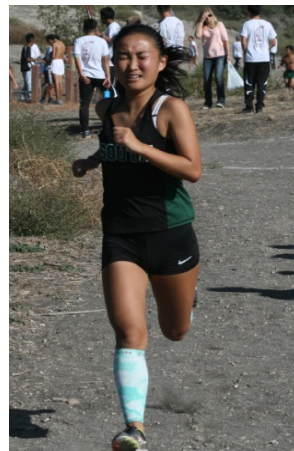
Boys Junior Varsity

1	Aguila	West	18:31	46	Sasada	North	21:18	91	Miller	Torrance	23:16
2	Bragg	Torrance	18:55	47	Sarkasian	West	21:23	92	Osuna	West	23:18
3	Elliott	West	18:56	48	Hansen	West	21:26	93	Berhe	South	23:19
4	Chang	West	18:57	49	Martin	West	21:28	94	Montiel	West	23:21
5	Anderson	Torrance	19:09	50	Sanonil	Torrance	21:28	95	Donaldson	West	23:26
6	Mora	Torrance	19:09	51	Sugita	West	21:29	96	Perez	Torrance	23:28
7	Nieraeth	West	19:11	52	Wilson	West	21:30	97	Beltran	Torrance	23:38
8	Eguchi	Torrance	19:20	53	Liu	West	21:31	98	Ito	South	23:50
9	Cizma	West	19:21	54	Astorga	North	21:31	99	Chaudhari	Torrance	23:57
10	Han	West	19:22	55	Abalos	Torrance	21:34	100	Wisman	Torrance	24:03
11	Franco	Torrance	19:32	56	Quintana	West	21:38	101	Bae	West	24:14
12	Russo	West	19:37	57	Eckert	West	21:40	102	Kim	West	24:16
13	Okamoto	Torrance	19:38	58	Kawaoto	North	21:41	103	Furkawa	South	24:18
14	Lee	West	19:41	59	Snow	North	21:44	104	French	South	24:27
15	Kim	West	19:49	60	Holker	West	21:45	105	Ito	West	24:28
16	Saruwatari	Torrance	19:53	61	Wilson	Torrance	21:45	106	Nakai	South	24:30
17	Helia	Torrance	19:54	62	Piroto	South	21:46	107	Sheardown	Torrance	24:39
18	Roth	Torrance	19:54	63	Falconer	South	21:49	108	Hernandez	Morningsic	24:45
19	Meenan	West	19:54	64	Nair	South	21:58	109	Ruskowski	South	24:50
20	Banta	North	19:57	65	Fu	West	22:05	110	Mackenzie	South	24:54
21	Salas	Torrance	20:01	66	Mato	North	22:07	111	Yin	South	25:03
22	Matsui	West	20:03	67	Murillo	Torrance	22:09	112	Spielder	South	25:07
23	Ryuski	Torrance	20:04	68	Nicles	South	22:14	113	Ataka	West	25:17
24	Shimizu	West	20:08	69	Cereros	West	22:19	114	Krug	West	25:27
25	Wakimoto	South	20:08	70	Sun	South	22:20	115	Rahbar	North	25:29
26	Lum	South	20:14	71	Chon	South	22:20	116	Ishida	Torrance	25:49
27	Yamaki	South	20:14	72	Ampo	West	22:22	117	Sarabakhsh	West	25:57
28	Arreygue	North	20:25	73	Takanashi	Torrance	22:23	118	Vela	North	26:03
29	Crofton	West	20:34	74	Marino	South	22:24	119	Minter	Torrance	26:06
30	Lee	West	20:36	75	Starritt	West	22:27	120	Simpson	Torrance	26:08
31	Arthur	West	20:42	76	Dashuta	West	22:27	121	Franco	Morningsic	26:10
32	Wong	South	20:45	77	Sukal	North	22:29	122	Le	West	26:11
33	Lee	West	20:55	78	Toy	West	22:33	123	Lee	West	26:32
34	Bunuan	Torrance	20:59	79	Mukogawa	Torrance	22:34	124	Miller	Torrance	26:50
35	Lu	West	20:59	80	Bunuan	Torrance	22:37	125	Martinez	Torrance	27:11
36	Ito	Torrance	21:00	81	Maduno	West	22:37	126	Capatanis	South	28:08
37	Lopez	North	21:07	82	Ham	Torrance	22:42	127	Chang	Torrance	28:26
38	Ha	West	21:09	83	Soga	South	22:45	128	Atagi	South	28:53
39	Baegalupi	Torrance	21:12	84	Tokeshi	South	22:52	129	Perez	Morningsic	30:27
40	Timko	West	21:14	85	Ma	South	22:54	130	Rodriguez	Morningsic	30:40
41	Fauthaber	North	21:14	86	Herrera	Torrance	22:54	131	Lizarraga	Morningsic	30:42
42	Webster	West	21:15	87	During	Morningsic	22:57	132	Gerges	Torrance	30:49
43	Woolen	South	21:16	88	Ake	Morningsic	22:57	133	Rodriguez	Morningsic	30:52
44	Kozai	North	21:16	89	Nguyen	North	23:12	134	Inigez	Morningsic	31:53
45	Goo	North	21:16	90	Dawson	West	23:16	135	Santamaria	Torrance	35:03

Pioner League Meet #2 @ PV Course

Girls Junior Varsity

1	Crump	West	23:36	28	Son	Torrance	26:31	55	Kaneshiro	North	30:05
2	Argueta	Torrance	23:44	29	Bothwell	Torrance	26:37	56	Starr	West	30:10
3	Espinoza	South	23:47	30	Tokishi	Torrance	26:39	57	Lopez	Torrance	30:24
4	Kato	North	23:57	31	Carter	South	26:42	58	Yoon	Torrance	30:26
5	Alejandrino	Torrance	24:05	32	Lee	West	26:50	59	Lin	South	30:34
6	Labarda	North	24:08	33	Bandara	West	26:50	60	Luna	West	30:49
7	Garcia	West	24:08	34	Baran	South	26:51	61	Takaoka	South	30:53
8	Gloyer	South	24:16	35	Krumwiede	West	26:55	62	Chaires	Torrance	31:00
9	Crump	West	24:28	36	Kaku	Torrance	26:58	63	Luna	West	31:16
10	Nagashima	West	24:28	37	Koepp	Torrance	27:02	64	Arevalo	South	31:38
11	LaRue	West	24:30	38	Sanchez	South	27:24	65	Kaneshige	North	31:40
12	Goiset	West	24:34	39	Guzman	Torrance	27:26	66	Garcia	Torrance	31:44
13	Troutman	West	24:57	40	Buch	Torrance	27:26	67	Mercadal	Torrance	32:01
14	Yoon	West	24:58	41	Sakaguchi	South	27:44	68	Arquisola	Torrance	32:26
15	Kaku	Torrance	25:01	42	Ugwu	South	27:48	69	Mandal	Torrance	32:30
16	Uyeki	Torrance	25:02	43	Yee	West	27:54	70	Nakanishi	Torrance	33:00
17	Tanaka	Torrance	25:05	44	Sklar	North	27:54	71	Cassaquit	Torrance	33:04
18	Juno	Torrance	25:16	45	Trice	West	28:01	72	Escobar	North	33:08
19	Winters	South	25:17	46	Galang	Torrance	28:21	73	Reyes	Torrance	33:19
20	Jiao	West	25:17	47	Bopage	West	28:36	74	Paez	North	33:40
21	Hashimoto	Torrance	25:27	48	Cai	South	28:48	75	Lin	Torrance	34:40
22	Radmilovch	South	25:36	49	Tamashiro	North	29:28	76	Willoughby	Torrance	34:40
23	Brown	West	26:06	50	Duarte	North	29:30	77	Carachure	Torrance	35:45
24	Hirano	Torrance	26:08	51	Delrea	Torrance	29:30	78	Eccles	Torrance	36:14
25	Asato	North	26:08	52	Tanisaka	Torrance	29:34	79	Garza	Torrance	37:11
26	Nair	Torrance	26:26	53	De La Mora	North	29:55	80	Thomas	Morningsic	38:31
27	Wang	North	26:27	54	Quiles	Torrance	30:00				



Mt SAC Invitational

Oct. 19th, 2018

Mt SAC Course. 2.93 miles. Hills on dirt trails and cement

Hot (85°) and dusty

Boys: 2nd place (94 points)

5. Johnson, Hayden	16:20	5:03, 10:54-5:51, 16:20-5:26	
16. Martinez, Robert	16:56	5:09, 11:17-6:08, 16:56-5:39	(0:36 #1-2)
22. Taylor, Ryan	17:06	5:14, 11:21-6:07, 17:06-5:45	(0:10 #2-3)
25. Chan, Greg	17:10	5:09, 11:32-6:23, 17:10-5:38	(0:04 #3-4)
30. Spencer, Casey	17:20	5:16, 11:37-6:21, 17:20-5:43	(1:00 1 thru 5) (0:10 #4-5)
38. Peters, Matt	17:33	5:33, 11:53-6:20, 17:33-5:40	(0:13 #5-6)
40. Orduno, George	17:37	5:09, 11:24-6:15, 17:37-6:13	(1:17 1 thru 7) (0:04 #6-7)

After getting our first ranking of the year (12th in CIF), the boys were looking to make some more noise at SAC. And although finishing in 2nd place among 23 teams sounds good...and getting all 7 guys in the top 40 places sounds good...the coaches couldn't help but feel a bit blasé about this performance. We ran hard...we finished with decent marks...but we're a bit stagnate right now. We're so consistent and the pecking order is so set...that it's hard to get over the hump from 'good' team to 'great' team. Hayden did his thing upfront, riding with the first pack the through 2 miles...before things started to spread out the last mile. We had nice pack of (Robert-George-Greg) at the mile in 18-20th places. Ryan in 28th place (at the mile) did a nice job grabbing a few more bodies during the hill stages. Casey was running close behind in our 6th position, giving us depth just in case someone would falter...which George did on the last 800m of the race. Casey (as our 5th man) finished in front of Dos Pueblos #4 man...but Dos Pueblos (who beat us by 1 point) had a little more upfront than us (their 6th man in finished 63rd place, no depth at all). We got the 'depth' issue covered now. But for us to reach 'great' status, we're going to have to help Robert close that gap with Hayden...or better yet, everybody running another 10 seconds faster. At this meet (with only 4-5 good teams), the winning team should have two guys in the top ten, two guys in the top 20, and the rest of the guys in the twenties. We're good...not great yet...and probably deserving of that 12th place ranking in CIF.

Next is League Finals. With our consistency...and West's strength...it should be a predictable outcome: West 1st, South 2nd, and who cares 3rd. But let's try to set some goals for finals...how about 3 guys in the top 10...how about all 7 guys in the top 20. Let's be smart about our approach to this race...Hayden find the West front pack...our pack should be on that main pack of runners (with the top 2 guys from North and Torrance, along with West's backpack). Don't do anything stupid the first mile. If we run smart the first half, then good things will happen the second half...maybe, Greg or RT grabs that top 10...maybe, George is back where we know he belongs. But be aware, both North and Torrance are on "suicide alert" trying to beat us. If Their season is over if they don't find a way to beat us....so they're going 'all out, balls out' against us. Run smart...we'll pull away from them as the race progresses...as long as we don't 'beat ourselves' they won't 'beat us'. And if we don't 'beat ourselves' mentally or physically, then we'll be taking 2nd place and grabbing some of those individual goals in the process.

Mt. SAC Invitational

Girls: 4th place (113 points)

9. Trodden, Mia	20:03	6:09, 13:29-7:20, 20:03-6:34	
16. Albert, Lily	20:24	6:09, 13:41-7:32, 20:24-6:43	(0:21 #1-2)
31. Mori, Kanon	21:24	6:25, 14:12-7:47, 21:24-7:12	(1:00 #2-3)
32. Ben-Avides, Rivka	21:25	6:26, 14:25-7:59, 21:25-7:00	(0:01 #3-4)
41. Chan, Clara	21:51	6:23, 14:41-8:18, 21:51-7:10	(1:48 1 thru 5) (0:26 #4-5)
60. Espinoza, Mia	22:42	6:53, 15:18-8:25, 22:42-7:24	(0:51 #5-6)
DNF. Columbine, Emily	DNF	6:26	
4. Reeder, Sara	22:01	6:46, 14:58-8:12, 22:01-7:03	

After a week of fairly good health, this team is getting by...barely. Last week, we kept our title hopes alive after fighting sicknesses. This week, we survived 3 DNF (Emily, Jennifer, and Grace) and Clara having a bad race (going a minute slower than what she's capable of.) But yet, we're surviving. More importantly, we're learning how to 'run smart'. Lily and Mia T were stride for stride through the first mile (in 16-17th place). Mia T did a great job moving up the field after the mile, but more important the early conservative pace kept her teammate Lily from blowing up (Lily held her position in 16th). Our second pack of Kanon-Rivka-Emily ran together (36-37-38th place at the mile). Again, nobody blew up after that controlled start...well, Emily had to drop out after Poop-out...but that's a fluke situation (right Emily??)...league finals won't have any hills. Kanon moved up in the middle stages...while Rivka closed the last mile strong. And Mia E went from 80th at the mile to 60th overall...and was one of the few runners who improved on this much hotter day than last year (going 1:42 seconds faster!) 4th place is not bad...we're surviving...but next race is league finals...and it's not enough to just 'survive' through that meet.

So it's South Vs. West for the title. West got their #2 girl back at Mt SAC...she's good and should be running among our Big 3 pack. Comparing our times with West's times at SAC (obviously in different races)...its West winning by 3 points. But obviously we weren't at our best with Emily dropping out, and Clara running as our 5th girl. And btw, Sara Reeder's time was faster than their 5th girl. But none of these SAC times matter...we already know its going to be a close match-up. Next Wednesday (at Columbia Park), we got to run smart again...our Big 3 must run together and under control. Expect 2 West girls and 1 North girls to try to break away early....and also expect 1 West girl and the North #1 girl to come back in the second half of the race. Our backpack must find each other...don't lead the main pack, let others do the work early....as the race progresses, you girls will naturally take control of the race. West is strong upfront...but they are weak in the back...especially their #5 girl (we need all 7 girls in front of this 5th girl.)

The GJV title is on the line too...South vs West. Taking out the top 7 times from SAC...West would have beaten us by 3 points. But if Jen F doesn't drop out, maybe that's a South victory. This is essentially the varsity 'B' teams against each other. Emma-Sejin-Claire-Mia E-Jennifer-Haley all ran within 30 seconds of each other at SAC. So like the varsity, try to find each other early and partner run....don't take the lead early...and win this race over the second half of the race.

If every girl does their part...runs smart early...partner up when possible...then win the second half of the race...then we'll walk away with 2 league titles on Wednesday!!



Mt SAC Invitational



Pioneer League Finals

Oct. 31st, 2018

Columbia Park. Flat on grass, dirt trails, and cement

Warm. 77°

Boys: 2nd Place (56 points)

3. Johnson, Hayden	15:22	5:15, 10:22-5:07, 15:22-5:00	
7. Chan, Greg	15:54	5:20, 10:35-5:15, 15:54-5:19	(0:32 #1-2)
13. Taylor, Ryan	16:11	5:24, 10:46-5:22, 16:11-5:25	(0:17 #2-3)
15. Orduno, George	16:14	5:19, 10:42-5:23, 16:14-5:32	(0:03 #3-4)
18. Spencer, Casey	16:31	5:23, 10:54-5:31, 16:31-5:37	(1:09 1 thru 5) (0:17 #4-5)
20. Fujikura, Yusei	16:35	5:29, 11:00-5:31, 16:35-5:35	(0:04 #5-6)
21. Peters, Matt	16:40	5:30, 11:05-5:35, 16:40-5:35	(1:18 1 thru 7) (0:05 #6-7)

As predicted, West took 1st, South took 2nd, and Who Cares took 3rd...actually North took 3rd. And as predicted, Torrance and North were going 'balls to the wall' against us...in fact, we were losing to Torrance at the mile mark. And with Robert missing because of a wedding, it put the possibility of an upset in-play...Yea, but that didn't happen. Like we've been doing all season, we run so consistent and smart...that although Torrance put up a good fight early, as the race progressed, we handled our business and put them in their place during the later stages of the race.

The first mile was essentially Hayden versus West...followed by the field. North and Torrance were in a battle...and our main packs of George-Greg and RT-Casey were in 14th-15th and 17th-18th place respectively. Yusei-Matt combo were in the back (minus of course the Morningside runners). At the mile, we had 68 points, 1 point behind Torrance. Over the 2nd mile, the field started to spread out...and Greg put himself in the front of the second pack. With just the movement of one runner, Greg, (in a small field of 28 runners), this shifted the scoring to where we were ahead of Torrance by 10 points at the 2-mile mark. And then, the last mile it was RT's turn to make his move...as he caught and broke 2 more Torrance kids. With 200m to go, Hayden caught one West guy to finish in 3rd overall....and Greg outkicked all 3 of the guys in his pack, to take all-league status in 7th place. The rest of the guys finished without much fanfare as they just held their positions from the 2nd mile on. We cruised in for a 2nd place finish...23 points in front of North, as Torrance top guy went into the tank and their season came to an abrupt end.

Next is CIF, another flat/fast course. Last year at Prelims we took 1st in our heat...not because, we were an unstoppable force, but because top teams were just 'qualifying'. Some teams were resting bodies, some were running their B-teams. Of course, it will be important to qualify...but it will also be a great opportunity for half the team to run the course for the first time. We've seen flashes of having a great #2 man...usually Robert, but Greg and RT can have those moments as well...and of course, we've seen George look great in practice. Well guys, if we have any aspirations of making it to State, then we need at least 2-3 (if not 4) guys finish together as our 2nd man...basically we need a new pack within seconds of Robert (on Robert's best day). Next Friday, goal #1 is to qualify to Finals...but goal #2 needs to be moving the pack up. While other teams might be resting at Prelims...we need to keep experimenting and testing our limits.

Pioneer League Finals

Girls: 2nd Place (49 points)

4. Albert, Lily	18:55	6:21, 12:36-6:15, 18:55-6:19	
7. Trodden, Mia	19:12	6:21, 12:42-6:21, 19:12-6:30	(0:17 #1-2)
9. Chan, Clara	19:27	6:22, 12:54-6:32, 19:27-6:33	(0:15 #2-3)
11. Gomaa, Rania	19:38	6:26, 12:57-6:31, 19:38-6:41	(0:11 #3-4)
18. Columbine, Emily	20:02	6:24, 12:58-6:34, 20:02-7:05	(1:07 1 thru 5) (0:24 #4-5)
21. Reeder, Sara	20:23	6:32, 13:28-6:56, 20:23-6:55	(0:21 #5-6)
22. Mori, Kanon	20:27	6:25, 13:12-6:47, 20:27-7:15	(1:32 1 thru 7) (0:04 #6-7)
3. Elder, Haley	20:43	6:46, 13:31-6:45, 20:43-7:12	

Well girls...we ran into a better team. We knew that we couldn't beat Megan with the 1st girl, so we had to concede that battle...but position by position, we lost the one-on-one battle with West (except 6th and 7th man). We ran hard, but they just ran better. At the start, West had 3 girls take off and broke away from the pack...and it was working into our hands...two of these three girls were sure to blow up. But their Freshmen girl calmed down and settled back toward the pack early. And West #2 girl, to her credit, only got caught the last 600m of the race...where she was passed by 3 girls.

After a controlled first mile, West was leading by 8 points...but our packing was good and the West #2 girl was running by herself. During the second mile, our 1-2-3 started to splinter and Kanon started to drop off our backpack. At this point we were in trouble...we weren't gaining any ground on West (still down by 8 points), and in fact North got within 3 points of us. The last mile...not much changed. Lily finally caught the West #2 girl to finish 4th All-league. Mia and Clara also took All-League status in 7th and 9th ...not bad, but again West (deserving of their title) put their top 3 within the top 6 spots. West had one weakness (their 5th girl)...and when Emily, our lone 5th girl option, started to slide and got passed by West #5, it put the final note on their victory. We ran hard...but they were just better today.

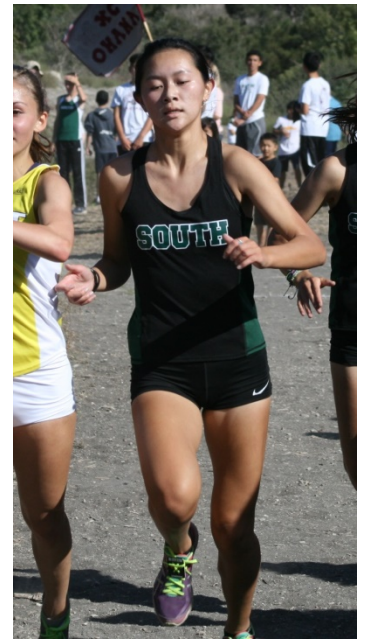
But, let's talk about some positives. Rania got in her first race...and she's starting off as our 4th girl...hopefully she can help out our top 3 soon. And our GJV kicked butt...Haley and Sejin were near the front the whole time (finishing in 3rd and 5th), while Mia E and Emma gradually made their way up to the front (finishing in 4th and 8th). It was a well-deserved JV Championship victory!! And, GV won the Clue-Run...omg!!

So next is CIF...and we got to clean up a few issues. Our backpack, which had been our strength, has to get back together again. From there, we'll have to close down the gap with our front...otherwise we have no shot at State. And our top 3 need to become our Big 3 again...we've haven't seen all 3 girls look good on the same race day in a long time...Woodbridge was our best showing (where Lily-Mia-Clara finished within 12 seconds of each other). Rania is a wild-card...hopefully she will make the Big 3 a Big 4. We're beat-up and that ain't going to change by next Friday. We have yet to see how good we are if every girl runs well...so next Friday will be a great opportunity to see what we're capable of with a great 'team effort'.



Hayden Johnson
3rd Place

Pioneer League All-
League Runners



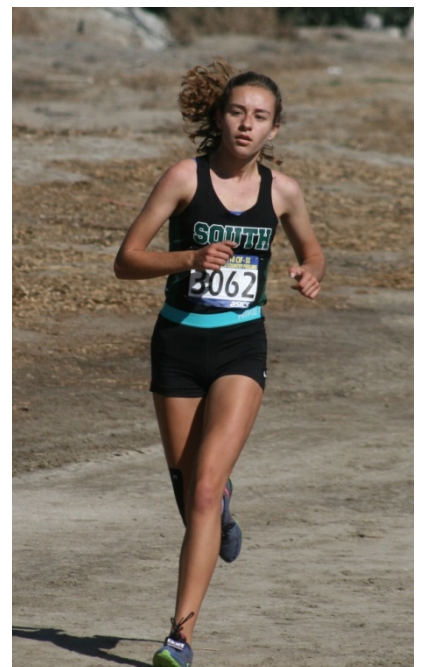
Clara Chan
9th Place



Greg Chan
7th Place



Lily Albert
4th Place



Mia Trodden
7th Place

Pioneer League Finals @ Columbia Park

Boys Varsity

1	Parker	West	15:17	13	Taylor	South	16:07	25	Gil	Torrance	17:23
2	Esquvelzeta	West	15:21	14	Hurtado	North	16:12	26	Okamoto	Torrance	17:29
3	Johnson	South	15:22	15	Orduno	South	16:14	27	Banta	North	17:41
4	Awad	West	15:26	16	Probst	Torrance	16:17	28	Duong	North	18:23
5	Ahn	West	15:43	17	Arredondo	Torrance	16:21	29	Vega	Morningside	20:33
6	Morita	West	15:45	18	Spencer	South	16:31	30	Hernandez	Morningside	20:43
7	Chan	South	15:54	19	Leivers	Torrance	16:34	31	Perez	Morningside	21:23
8	Darsot	North	15:57	20	Fujikura	South	16:35	32	Franco	Morningside	22:51
9	Fitzpatrick	West	15:57	21	Peters	South	16:40	33	Espinoza	Morningside	22:51
10	Cruz	North	15:58	22	Miyazaki	Torrance	16:50	34	Dixon	Morningside	24:45
11	Bothwell	Torrance	16:00	23	Tabirara	North	17:10	35	During	Morningside	24:55
12	Gallagher	West	16:07	24	Peterman	North	17:13				

Girls Varsity

1	Gonzales	West	18:15	10	Mason	West	19:31	19	Leddy	Torrance	20:13
2	Kato	North	18:42	11	Gomaa	South	19:38	20	Farnham	Torrance	20:19
3	Arellano	Torrance	18:53	12	Wagner	North	19:38	21	Reeder	South	20:23
4	Albert	South	18:55	13	Lopez	Torrance	19:44	22	Mori	South	20:27
5	Park K	West	18:56	14	Shimizu	North	19:46	23	Kikuno	Torrance	20:31
6	Park L	West	18:56	15	Catipon	Torrance	19:55	24	Crump	West	20:34
7	Trodden	South	19:12	16	Rodriguez	West	19:56	25	Obata	West	20:36
8	Caracheo	North	19:22	17	Valdovinos	North	19:58	26	Hirano	North	20:37
9	Chan	South	19:27	18	Columbine	South	20:02	27	Gonzales	Torrance	20:43

Boys Freshmen

1	Dorantes	Torrance	16:57	32	Piken	West	19:27	63	Sopadmo	West	21:36
2	Green	West	17:02	33	Potter	North	19:29	64	Okubo	North	21:40
3	Gibson	West	17:05	34	Shen	West	19:30	65	Fehr	West	21:45
4	De Jesus	Torrance	17:30	35	Corona	West	19:32	66	Kim	West	21:46
5	Smith	West	17:51	36	Nunley	South	19:33	67	Perez	Torrance	21:48
6	Frey	West	17:54	37	Blais	West	19:34	68	Ventura	West	21:50
7	Vo	West	17:56	38	O'Brien	South	19:41	69	Medina	Torrance	21:50
8	Meyer	South	17:56	39	Sandkulla	South	19:44	70	Benitez-Sant	South	21:51
9	Okawa	West	17:58	40	Benoy	South	19:52	71	Suzuki	North	22:16
10	Uszler	West	18:03	41	Kikuno	Torrance	19:53	72	Rodriguez	South	22:19
11	Kato	North	18:10	42	Han	West	19:55	73	Escobedo	Morningside	22:28
12	Hayasaka	South	18:16	43	Vela	Torrance	19:55	74	Nesbit	South	22:36
13	Villongco	West	18:20	44	Cepeda	West	19:55	75	Perez	Morningside	22:44
14	Kozaki	West	18:21	45	Miah	West	19:56	76	Torres	North	22:44
15	Kano	South	18:21	46	Martinez	North	19:59	77	Danganan	Torrance	22:45
16	Heinonen	West	18:24	47	Newmeyer	West	20:04	78	Tran	West	22:45
17	Carpenter	West	18:24	48	Carrillo	North	20:07	79	Tran	West	23:00
18	Kim	West	18:24	49	Downing	West	20:14	80	Rodriguez	Morningside	23:40
19	Monawar	Torrance	18:32	50	Michaelian	Torrance	20:16	81	Erikson	West	23:51
20	Huang	Torrance	18:33	51	Kagimoto	West	20:16	82	Miller	Torrance	23:52
21	Tamada	South	18:43	52	Park	Torrance	20:18	83	Johnson	West	23:57
22	Pastrana	West	18:52	53	Ueda	South	20:18	84	Lizarraga	Morningside	24:40
23	Gibson	West	18:59	54	Endo	Torrance	20:31	85	Darsot	North	24:53
24	Miyasato	West	19:00	55	Pazcoguin	Torrance	20:37	86	Unknown	Morningside	25:05
25	Hashimoto	Torrance	19:04	56	Kowata	Torrance	20:40	87	Clutter	North	25:10
26	Perez	Torrance	19:06	57	Miyata	North	20:40	88	Sukal	North	25:27
27	Long	South	19:17	58	Marino	South	20:45	89	Shin	South	26:07
28	Yeon	Torrance	19:22	59	Tautai	Torrance	20:55	90	Hirata	North	26:17
29	Goldstein	South	19:23	60	Yonekawa	Torrance	21:03	91	Smith	West	26:25
30	Bentovoja	Torrance	19:24	61	Nghe	North	21:11	92	Malu	South	28:07
31	Kim	West	19:26	62	Tsuye	Torrance	21:11				

Pioneer League Finals @ Columbia Park

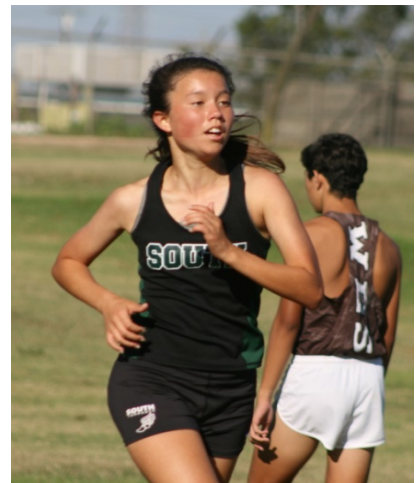
Boys Junior Varsity

1	Murray	West	15:44	49	Falconer	South	18:14	97	Chao	West	19:37
2	Gonzalez	West	16:02	50	Webster	West	18:16	98	Holker	West	19:38
3	Yang	West	16:17	51	Lum	South	18:18	99	Sasada	North	19:40
4	Ritchey	West	16:19	52	Lopez	North	18:20	100	Morimoto	South	19:43
5	Nierath	West	16:21	53	Mato	North	18:20	101	Nicles	South	19:43
6	Kasai	West	16:35	54	Franco	Torrance	18:20	102	Miller	Torrance	19:43
7	Lee	West	16:36	55	Wisman	Torrance	18:22	103	Cebberos	West	19:55
8	Chang	West	16:39	56	Woolen	South	18:22	104	Yin	South	19:57
9	Bragg	Torrance	16:43	57	Lee	West	18:24	105	Sukal	North	20:00
10	Huang	Torrance	16:44	58	Salas	Torrance	18:31	106	Furukawa	South	20:06
11	Han	West	16:46	59	Martin	West	18:34	107	Toy	West	20:15
12	Ng	West	16:48	60	Sarkisian	West	18:35	108	Chon	South	20:17
13	Herrera	West	16:48	61	Ito	Torrance	18:36	109	Rahbar	North	20:17
14	Martin	Torrance	16:50	62	Pirotto	South	18:37	110	Bunuan	Torrance	20:20
15	Aguila	West	16:58	63	Takanashi	Torrance	18:38	111	Nakai	South	20:26
16	Russo	West	17:00	64	Crofton	West	18:38	112	Chaudhari	Torrance	20:28
17	Saito	South	17:06	65	Yang	West	18:39	113	Mukogawa	Torrance	20:31
18	Shimizu	West	17:10	66	Wilson	Torrance	18:39	114	Sheardown	Torrance	20:35
19	Kim	West	17:15	67	Marino	South	18:39	115	Spieleder	South	20:41
20	Anderson	Torrance	17:20	68	Murillo	Torrance	18:39	116	Maduno	West	20:47
21	Arreygue	North	17:22	69	Sugita	West	18:40	117	Montiel	West	20:59
22	Bacigalupi	Torrance	17:23	70	Goo	North	18:43	118	Krug	West	20:55
23	Kim	West	17:25	71	Astorga	North	18:44	119	Ampo	West	20:59
24	Kozai	North	17:25	72	Soga	South	18:47	120	Beltran	Torrance	21:14
25	Timko	West	17:25	73	Fu	West	18:47	121	French	South	21:15
26	Helin	Torrance	17:25	74	Liu	West	18:49	122	DiFranco-Ca	South	21:20
27	Lee	West	17:29	75	Tokeshi	South	18:51	123	Ruskowski	South	21:25
28	Welsome	Torrance	17:30	76	Bautista	North	18:52	124	Miller	Torrance	21:38
29	Bholat	North	17:35	77	Constantino	North	18:53	125	Bae	West	21:50
30	Cizma	West	17:36	78	Snow	North	18:53	126	Simpson	Torrance	21:56
31	Lee	West	17:38	79	Herrera	Torrance	18:55	127	Martinez	Torrance	22:01
32	Elliott	West	17:40	80	Hansen	West	18:57	128	Minter	Torrance	22:08
33	Arthur	West	17:43	81	Wakimoto	South	18:57	129	Sarabakhsh	West	22:08
34	Meehan	West	17:45	82	Abalos	Torrance	18:59	130	Lee	West	22:11
35	Higa	North	17:46	83	Sun	South	19:07	131	Ataka	West	22:21
36	Faulhaber	North	17:47	84	Kawaoto	North	19:09	132	Captainis	South	22:27
37	Rynski	Torrance	17:49	85	MacDonald	North	19:09	133	Dimitrov	South	22:28
38	Kato	South	17:50	86	Lu	West	19:13	134	Vela	North	22:30
39	Mora	Torrance	17:50	87	Perez	Torrance	19:15	135	Ishida	Torrance	22:32
40	Nguyen	West	17:55	88	Starritt	West	19:21	136	Junaidean	Torrance	22:41
41	Yamaki	South	17:56	89	Donaldson	West	19:22	137	Ballard	Torrance	22:56
42	Ha	West	17:56	90	Eckert	West	19:25	138	Chang	Torrance	23:20
43	Roth	Torrance	18:00	91	Santonil	Torrance	19:25	139	Atagi	South	23:48
44	Matsui	West	18:00	92	Lee	West	19:27	140	Kang J	South	24:23
45	Wong	South	18:02	93	Kim	West	19:28	141	Gerges	Torrance	24:25
46	Lee	West	18:03	94	Dashuta	West	19:32	142	Lee	West	24:29
47	Eguchi	Torrance	18:04	95	Ham	Torrance	19:33	143	Kang E	South	24:36
48	Nair	South	18:08	96	Ma	South	19:36	144	Le	West	24:50
								145	Santmaria	Torrance	45:55

Pioneer League Finals @ Columbia Park

Girls Junior Varsity

1	Trice	West	20:02	32	Asato	North	22:42	63	Torres	West	24:56
2	Kato	North	20:21	33	Brown	West	22:44	64	Sklar	North	25:02
3	Elder	South	20:43	34	Wang	North	22:47	65	Luna	West	25:04
4	Espinoza	South	20:43	35	Uyeki	Torrance	22:49	66	Lin	South	25:05
5	Park	South	20:44	36	Krumwiede	West	22:50	67	Sanchez	South	25:08
6	Alejandrino	Torrance	20:46	37	LaRue	West	22:50	68	Takaoka	South	25:11
7	Goiset	West	20:46	38	Carter	South	22:53	69	Maille	South	25:12
8	Gloyer	South	20:53	39	Hirano	Torrance	23:01	70	Tamashiro	North	25:22
9	Argueta	Torrance	20:54	40	Nair	Torrance	23:03	71	Tanisaka	Torrance	25:29
10	Nagashima	West	21:00	41	Hashimoto	Torrance	23:07	72	Quiles	Torrance	25:30
11	Yoon	West	21:03	42	Koepp	Torrance	23:16	73	Lee	West	26:01
12	Wright	Torrance	21:09	43	Tokishi	Torrance	23:22	74	Luna	West	26:08
13	Ball	West	21:11	44	Son	Torrance	23:27	75	Escobar	North	26:17
14	Cason	West	21:16	45	Kaku	Torrance	23:40	76	Starr	West	26:48
15	Masuda	South	21:22	46	Guzman	Torrance	23:43	77	Lopex	Torrance	26:50
16	Troutman	West	21:33	47	Bothwell	Torrance	23:51	78	Yoon	Torrance	26:51
17	Millican	West	21:37	48	Tanaka	Torrance	23:54	79	Hamachi	Torrance	26:53
18	Watling	Torrance	21:37	49	Gonzalez	West	24:03	80	Arquisula	Torrance	27:04
19	Garcia	West	21:38	50	Arevalo	South	24:06	81	Garcia	Torrance	27:05
20	Webster	West	21:48	51	Querbin	West	24:16	82	Diaz	Torrance	27:17
21	Labarda	North	21:52	52	Durate	North	24:23	83	Magee	Torrance	27:22
22	Hernandez	West	21:53	53	Cassidy	Torrance	24:25	84	Kaneshiro	North	27:29
23	Bandara	West	21:56	54	Ugwu	South	24:27	85	Chang	West	28:08
24	Crump	West	22:00	55	Bopage	West	24:28	86	Mandal	Torrance	28:19
25	Winters	South	22:06	56	Galang	Torrance	24:34	87	Chairees	Torrance	28:33
26	Radmilovich	South	22:06	57	Lee	West	24:39	88	Cassaquit	Torrance	28:36
27	Jiao	West	22:07	58	Cai	South	24:40	89	Lin	Torrance	29:08
28	Bunch	West	22:08	59	Delrea	Torrance	24:41	90	Reyes	Torrance	29:08
29	Jung	Torrance	22:17	60	Mercadal	Torrance	24:44	91	Nakanishi	Torrance	29:54
30	Kaku	Torrance	22:22	61	Sakaguchi	South	24:47	92	Carachure	Torrance	32:49
31	Baran	South	22:30	62	Yee	West	24:49	93	Peltekci	West	33:08
								94	Cochran	Torrance	33:39



CIF Prelims
Nov. 9th, 2018

Riverside XC Course. Flat on dirt trails
73°F Warm, windy and dusty.

Boys: 6th Place (178 points)

15. Johnson, Hayden	16:13	5:10, 10:51-5:41, 16:13-5:22	
40. Martinez, Robert	16:46	5:19, 11:15-5:56, 16:46-5:31	(0:33 #1-2)
42. Orduno, George	16:47	5:20, 11:12-5:52, 16:47-5:35	(0:01 #2-3)
50. Spencer, Casey	16:59	5:28, 11:24-5:56, 16:59-5:35	(0:12 #3-4)
51. Taylor, Ryan	16:59	5:27, 11:25-5:58, 16:59-5:34	(0:46 1 thru 5) (0:00 #4-5)
77. Chan, Greg	17:35	5:28, 11:43-6:15, 17:35-5:52	(0:36 #5-6)
86. Fujikura, Yusei	17:41	5:33, 11:49-6:16, 17:41-5:52	(1:28 1 thru 7) (0:06 #6-7)

With 12 teams qualifying (out of 20 teams) to CIF Finals, we knew that this task at Prelims would be fairly easy. But this Prelim race would give 4 of our guys their first look at the course (and more importantly the heat and dust). The coaches would have loved to see a top 4 finish...because a top 4 finish firmly puts you in the conversation for State.

We settled for a 6th place finish...and it was kind of a 'yawner'. After 2 minutes, it was clear which teams were good and which teams were slow. After the mile, the coaches knew there was nothing to worry about...as Hayden was near the front, and we were running comfortable in our groups. Most of our guys moved up a few position over the next two mile. It was nice to see George start and finish with Robert. And apart from Greg looking horrible, there wasn't much to report. There might have been more excitement before the race: *our bus breaking down...the Uber ride with Krystal...swapping shorts beforehand...and Matt feeling uncomfortable free-balling under his sweats.*

When our 6th place finish is combined with the other heat...our prelim times would put us in 13th spot (out of the 24 teams who qualified). Making top 7 next week will be tough....extremely tough. But anything is possible...last year unfortunately, we proved that a 1st place team (at Prelims) could drop to 17th place (at Finals)...ouch. Why not reverse that this year? What's it going to take to qualify...who knows for sure. Hayden will have to run even faster...we got to get 3 guys within 20 seconds of Hayden...and our top 5 gap has to stay within 35-40 seconds. Basically, everybody has to be on their 'A' game next Saturday. We got to get out faster... hold that positionand win the kicks the last mile. If we place things safe...we finish in the top 15...yawn. If we go 'all-out' fearless running, then we finish in 'who knows' place...but at least we can walk away with no regrets and won't spend a year wondering 'if only I ran faster...'

	1 st mile	2 nd mile	3 rd mile
Johnson, Hayden	21 st	13 th	15 th
Martinez, Robert	45 th	47 th	40 th
Orduno, George	47 th	43 rd	42 nd
Spencer, Casey	70 th	58 th	50 th
Taylor, Ryan	69 th	62 nd	51 st
Chan, Greg	71 st	80 th	77 th
Fujikura, Yusei	85 th	90 th	86 th

CIF Prelims

Girls: 4th Place (133 points)

13. Trodden, Mia	19:29	6:16, 13:10-6:54, 19:29-6:19	
14. Albert, Lily	19:35	6:17, 13:10-6:53, 19:35-6:25	(0:06 #1-2)
29. Gomaa, Rania	20:15	6:38, 13:48-7:10, 20:15-6:27	(0:40 #2-3)
42. Mori, Kanon	20:32	6:45, 13:51-7:06, 20:32-6:41	(0:17 #3-4)
47. Chan, Clara	20:43	6:39, 14:01-7:22, 20:43-6:42	(1:14 1 thru 5) (0:11 #4-5)
52. Ben-Avides, Rivka	20:51	6:45, 14:00-7:15, 20:51-6:51	(0:08 #5-6)
53. Elder, Haley	20:52	6:45, 14:02-7:17, 20:52-6:50	(1:23 1 thru 7) (0:01 #6-7)

Like the boys, the goal of making top 12 would be easy. But, we were looking for smart 'team running' and hopefully a top 4 finish. We got both on Friday. We started with good team-running; Lily-Mia, Clara-Rania, and Rivka-Kanon-Haley all partnered-up. This team-running helps prevent major blowups and keeps the outcome secure...and at no time were we in any danger. Kanon and Rania broke away from their partners and moved up the field...while the rest of the team stayed put after the 1-mile mark. We safely finished in 4th place.

Once, we combined the two heats...it becomes apparent that the other heat was a bit faster, and we would have finished in 9th place overall among the 24 qualifying teams. We would have finished with 262 points, 22 points behind 7th place team. Top 7 make it to State next Saturday. We're close. How close?...if everybody ran 5 seconds faster, then we subtract 26 points...or if everybody runs the same time but Rania goes 15 seconds faster (she was definitely holding back the first mile) and if Clara (who was the only one with a sub-par performance) can just finish with Kanon, then we subtract 23 points. Again, we're close. But we're still a bit behind and we'll have to run better on Saturday.

We're going to still want the same partner running start again. But Rania might be by herself or just behind Lily-Mia grouping. Although Rania is adding more strength up front for us, we can't afford to have Clara to fall over a minute behind our #1...she's going to need a 'bounce back' race for us. Our back group need to start together, but we're going to have to move (like Kanon did) earlier (perhaps during the second lap of the first loop.) We don't have to be desperate...but we got to 'gamble' a little. If we don't...we'll miss that trip to the State.

Other thoughts: West girls would have finished in 5th place. Apart from Megan, if you see any of the West 2nd - 4th girls (or #1 girl from North or Torrance) get on their shoulders and pace off them. Our competition, which we have beaten in the past, can help us get to State. We're close girls...Saturday...this is our chance to make history with back-to-back State championship trips!

	1 st Mile	2 nd Mile	3 rd Mile
Trodden, Mia	12 th	11 th	13 th
Albert, Lily	13 th	12 th	16 th
Gomaa, Rania	47 th	37 th	29 th
Mori, Kanon	56 th	45 th	42 nd
Chan, Clara	49 th	52 nd	47 th
Ben-Avides, Rivka	57 th	51 st	52 nd
Elder, Hayley	59 th	56 th	53 rd

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

Boys

Palos Verdes 1st Bay, 2nd Prelims D3

Lantz (12)	16:07
Nygren (12)	16:07
Reid (11)	16:17
Holyfield (12)	16:28
Shikiya (12)	16:39
Delgado (11)	17:10
Smalling (11)	17:34

Mira Costa 2nd Bay, 5th Prelims D1

Chittenden (12)	15:02
Velvin (11)	15:41
Carew (10)	15:44
Soares (12)	15:52
Fiorito (11)	15:59
Gable (12)	16:00
Blakey (12)	17:32

Redondo 3rd Bay, 4th Prelims D1

Waigorski (9)	15:24
Tait (12)	15:27
Chambers (11)	15:32
Rodriguez (12)	15:45
Lutz (10)	16:03
Henry (12)	16:19
Blum (11)	16:24

S Monica 1st Ocean, 13th Prelims D1

Donaldson (11)	15:39
Berger (10)	15:59
Rehman (12)	16:07
Faires (12)	16:23
Raman (12)	16:32
Navin (10)	16:43
Hemmaty (10)	16:58

Culver City 2nd Ocean, 14th Prelims D2

Cummings (12)	16:14
Schuette (11)	16:50
Walker (10)	17:06
Dimeo (12)	17:09
Gupta (12)	17:30
Dickson (12)	17:35
Kim (12)	17:35

El Segundo 3rd Ocean, 9th Prelims D4

Verfaillie (11)	16:26
Waites (12)	16:42
Glynn (11)	17:01
Liang (12)	17:03
Scharz (10)	17:06
Sterba (10)	17:14
Haas (10)	18:00

West 1st Pioneer, 3rd Prelims D3

Esquivelzeta (12)	16:03
Gallagher (11)	16:05
Fitzpatrick (12)	16:08
Yang (11)	16:29
Gonzales (11)	16:55
Richey (11)	17:03
Kasai (10)	17:50

South 2nd Pioneer, 6th Prelims D3

Johnson (12)	16:13
Martinez (11)	16:46
Orduno (12)	16:47
Spencer (11)	16:59
Taylor (12)	16:59
Chan (12)	17:35
Fujikura (11)	17:41

North 3rd Pioneer, 11th Prelims D3

Cruz (12)	16:32
Darsot (12)	16:39
Hurtado (12)	17:07
Tabirara (12)	17:46
Peterman (12)	17:53
Arreygue (10)	18:04
duong (10)	19:27

Chadwick 5th Prelims D5

Glantz (12)	15:57
Zhang (12)	17:49
Saye (9)	17:51
Santana (10)	18:00
Granville (9)	18:26
Burg (9)	18:51
Hobart (9)	19:00

Bishop Montgomery, 13th Prelims D4

Lehr (10)	16:14
Yearly (11)	17:25
Bevan (11)	17:34
Riddick (10)	17:35
McKechne (9)	17:37
Mathew (12)	17:45
Rosales (11)	18:51

CAMS, 19th Prelims D4

Hernandez (9)	18:22
Hernandez (12)	19:09
Heltinger (10)	19:58
Yam (9)	20:47
Arbolano (9)	20:48
Vergara (9)	20:50

Peninsula

Macfarlane (10)	15:27
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CIF Prelims - Local Results
(@ Riverside Cross Country Course)

Girls

Mira Costa 1st Bay, 1st Prelims D1

Frias (9)	17:32
Atkinson (12)	18:27
Inouye (12)	18:33
Chittenden (11)	18:36
Mei (11)	18:53
Newton (11)	19:08
Peterman (10)	19:34

Palos Verdes 2nd Bay, 2nd Prelims D3

Martinez (10)	19:26
Bonvechio (9)	19:47
Readyhoff (11)	19:49
Farrier (11)	20:00
Gagliano (11)	20:19
Terrell (9)	20:22
Nelson (10)	20:28

Redondo 3rd Bay, 3rd Prelims D1

Hastings (11)	18:35
Allison (10)	18:44
Landry (12)	18:45
Bohney (11)	18:49
Heiden (12)	19:04
Bach (12)	19:15
Villegas (12)	19:54

El Segundo 1st Ocean, 7th Prelims D4

James 911)	19:20
Fulcomer (12)	19:45
Lee (12)	19:55
Matlosz (9)	20:34
Guziak (11)	20:35
Mai (9)	20:55

S Monica 2nd Ocean, 9th Prelims D1

Sullivan (11)	18:10
Lauer (11)	19:05
Dunn (11)	19:07
Wasson (11)	19:38
Garcia (9)	20:01
Kroskrity (10)	20:12
Faries (10)	20:13

C City 3rd Ocean, 12th Prelims D2

Hessling (10)	19:34
Kojima (11)	19:40
Payton (12)	20:10
Payton (9)	21:04
Fune (10)	21:34
Takara (12)	22:46
Harrison (11)	23:09

West 1st Pioneer, 4th Prelims D3

Gonzalez (10)	18:48
Park (12)	19:17
Park (9)	19:56
Mason (12)	20:14
Rodriguez (11)	21:22
Trice (11)	21:14
Crump (10)	21:33

South 2nd Pioneer, 4th Prelims D3

Trodden (11)	19:29
Albert (10)	19:35
Gomaa (10)	20:15
Mori (12)	20:32
Chan (12)	20:43
Ben-Avides (11)	20:51
Elder (9)	20:52

North 3rd Pioneer, 7th Prelims D3

Kato (10)	19:33
Caracheo (11)	20:24
Shimizu (9)	20:32
Valdovinos (11)	20:44
Wagner (12)	20:48
Kato (12)	21:36
Hirano (12)	21:40

Chadwick 5th Prelims D5

Parsley (9)	20:14
Valle (10)	20:30
Elliott (11)	21:06
Davodi (9)	22:30
Mangali (9)	22:32
Boler (12)	23:09
Wolf (12)	23:46

Bishop Montgomery 15th Prelims D4

Oliver (11)	20:01
Martinez (12)	20:02
Lopez (11)	20:43
Shanahan (12)	22:54
Moore (11)	22:57
Mahloch (11)	23:02
Shenbaum (9)	24:08

Torrance

Arellano (11)	19:17
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CIF Finals
Nov. 17th, 2018

Riverside Cross Country Course. Flat on dirt trails
Partly cloudy and cool. BV - 59°, GV - 64°

Boys: 13th (325 points)

32. Johnson, Hayden	15:39	5:03, 10:31-5:28, 15:39-5:08	
56. Martinez, Robert	16:01	5:10, 10:46-5:36, 16:01-5:15	(0:22 #1-2)
88. Orduno, George	16:21	5:09, 10:48-5:39, 16:21-5:33	(0:20 #2-3)
91. Taylor, Ryan	16:23	5:20, 11:02-5:42, 16:23-5:21	(0:02 #3-4)
101. Chan, Greg	16:32	5:13, 11:01-5:48, 16:32-5:31	(0:53 1 thru 5) (0:09 #4-5)
120. Spencer, Casey	16:47	5:26, 11:13-5:46, 16:47-5:34	(0:15 #5-6)
130. Fujikura, Yusei	17:03	5:32, 11:30-5:58, 17:03-5:33	(1:24 1 thru 7) (0:16 #6-7)

This is one of the most satisfying 13th place (seemingly middle-of-the-road placing) that the coaches could ask for. True, our mock race placed us at 13th place...so it seems that we did accomplish much. But consider this...this was the not an average field of 25 teams (all the ranked teams were here)...we improved by over 5 minutes (oh by the way, two of guys were in last place after taking a tumble early)....we beat 3 teams ranked over us....and we finished better than last year's team (17th place). From the mock race, we were 170+ points behind that elusive 7th place bid to State...so it would have been unrealistic the coaches to ask the team to make up that difference in one week...but to the team's credit, we were much closer than expected (an 170 point difference became a 61 points on Saturday.)

Apart from the big tumble at the beginning, this race went as expected. With the start...Hayden got out fast, but with this level of competition, it put him in the 30-ish place...George, Robert, and Greg were in the top third of the field....RT was around mid-pack...and Casey and Yusei were eating dust. The rest of the race, George was the only one who struggled after the quick start...while RT did his normal thing of moving up the field, and Robert had an outstanding closing mile. Again, with everybody getting a PR on this course, this 13th place finish is nothing to be ashamed of...great job guys.

This race, like all the races this year, showed that we were the model of consistency. Whether it was the small league meets or CIF Finals, we never got rattled all season. And to our Seniors, you guys were awesome! This class had front runners, depth, chemistry, and leadership. Thanks Seniors...no doubt you will be missed next year.



Yusei and Casey take a tumble in the dirt.

Girls: 6th (206 points)

24. Trodden, Mia	18:48	6:00, 12:35-6:35, 18:48-6:13	
30. Albert, Lily	19:00	6:02, 12:40-6:38, 19:00-6:20	(0:12 #1-2)
45. Gomaa, Rania	19:22	6:12, 12:54-6:42, 19:22-6:28	(0:22 #2-3)
50. Chan, Clara	19:26	6:17, 13:03-6:46, 19:26-6:23	(0:04 #3-4)
71. Mori, Kanon	19:54	6:20, 13:15-6:55, 19:54-6:39	(1:06 1 thru 5) (0:28 #4-5)
85. Columbine, Emily	20:10	6:19, 13:32-7:13, 20:10-6:31	(0:16 #5-6)
97. Ben-Avides, Rivka	20:25	6:26, 13:36-7:10, 20:25-6:49	(1:37 1 thru 7) (0:15 #6-7)

After getting 4th at Prelims, one would think the CIF officials would give us a top 10 ranking. But nope....no matter, our goal wasn't to break the top 10...it was to crack into the top 7. Knowing we had to gamble a bit, we weren't going to play it safe with just 'team running'...everybody would have to get out a tad faster, and run out of their comfort zone. Apart from a brief moment of Kanon and Emily running together, we were all running solo...which was okay with this huge field to keep everybody focused. And after the quick start, we were in a good spot as a team at the mile. By half way, we were in 6th place. To their credit, West went from 8th place to 4th place...while we passed Brea Olinda (the 4th ranked team) during the second half of the race. And by the finish, we completed our goal and earned a trip back to the State Championship!!

Apart from Kanon slipping a little on the last mile, this race was never really in doubt. Great job girls!

In the mock race, we were projected to finish in 9th place...so how did we make the necessary jump? How about a team improvement of 5 minutes and 22 seconds from last week...the growing fitness of Rania (4th girl on the team 2 weeks ago...to 3rd girl at CIF Prelims, some 40 seconds behind Lily...to now within 20 seconds of Lily)...and Clara huge 'bounce back' race from last week. Normally to predict the individual positions at CIF Finals just double the Prelim position (since Finals combines the 2 heats)...Mia 13th (Prelims finish) to 24th (Finals finish), Lily 14th to 30th, Rania 29th to 45th, Kanon 42nd to 71st, Rivka 52nd to 97th. But Clara went from 47th to 50th...adding 14 of the top teams in CIF and giving up only 3 more spots...amazing!!

Next (and the final race) is the State Championship. Last year we finished in 12th place. A top 10 would be insane! We got a lot of momentum, let's kill it in Fresno!

	<u>Half Way</u>	<u>Half Way</u>
	<u>Position</u>	<u>Time</u>
Trodden, Mia	28 th	10:09
Albert, Lily	32 nd	10:13
Gomaa, Rania	45 th	10:26
Chan, Clara	55 th	10:34
Mori, Kanon	63 rd	10:39
Columbine, Emily	76 th	10:44
Ben-Avides, Rivka	101 st	10:57
Team Position	6 th	208 points

	<u>Half Way</u>	<u>Half Way</u>
	<u>Position</u>	<u>Time</u>
Johnson, Hayden	34 th	8:30
Orduno, George	72 nd	8:45
Martinez, Robert	73 rd	8:46
Chan, Greg	96 th	8:55
Taylor, Ryan	106 th	8:58
Spencer, Casey	127 th	9:04
Fujikura, Yusei	145 th	9:18
Team Position	14 th	333 points

	<u>1st mile</u>	<u>2nd mile</u>	<u>Finish</u>
Johnson, Hayden	34 th	34 th	32 nd
Martinez, Robert	66 th	67 th	56 th
Orduno, George	60 th	70 th	88 th
Taylor, Ryan	106 th	99 th	91 st
Chan, Greg			101 st
Spencer, Casey	129 th	123 rd	120 th
Fujikura, Yusei	152 nd	142 nd	130 th

	<u>1st mile</u>	<u>2nd mile</u>	<u>Finish</u>
Trodden, Mia	27 th	27 th	24 th
Albert, Lily	32 nd	30 th	30 th
Gomaa, Rania	53 rd	45 th	45 th
Chan, Clara	67 th	53 rd	50 th
Mori, Kanon	77 th	67 th	71 st
Columbine, Emily	76 th	84 th	85 th
Ben-Avides, Rivka	95 th	101 st	97 th

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

Boys

Mira Costa 6th CIF Finals D1

Chittenden (12)	14:47
Gamble (12)	15:08
Comac (10)	15:21
Soares (12)	15:43
Fionito (11)	15:52
Velvin (11)	15:54
Velleca (11)	16:30

Redondo 19th CIF Finals D1

Chambers (11)	15:22
Tait (12)	15:32
Rodriguez (12)	15:46
Walgorski (9)	15:51
Lutz (10)	16:20
Lee (12)	16:32
Henry (12)	16:33

Palos Verdes 1st CIF Finals D3

Lantz (12)	14:58
Teets (12)	15:15
Reid (11)	15:29
Farnsworth (12)	15:43
Nygren (12)	15:44
Shikiya (12)	15:52
Nygren (12)	16:02

West 2nd CIF Finals D3

Parker (11)	15:11
Esquivelzeta (12)	15:16
Murray (10)	15:29
Awad (12)	15:34
Morita (12)	15:47
Ahn (12)	16:09

South Torrance 13th CIF Finals D3

Johnson (12)	15:39
Martinez (11)	16:01
Orduno (12)	16:21
Taylor (12)	16:23
Chan (12)	16:32
Spencer (11)	16:47
Fujikura (11)	17:03

North 19th CIF Finals D3

Cruz (12)	15:46
Darsot (12)	16:41
Hurtado (12)	16:42
Peterman (12)	17:07
Arreygue (10)	17:13
Tabirara (12)	17:58
Kozai (12)	18:04

El Segundo 18th CIF Finals D4

Aerfailie (11)	15:52
Waites (12)	16:32
Glynn (11)	17:13
Liang (12)	17:20
Quezada (12)	17:45
Ortiz (10)	17:50
Rifkin (11)	17:54

Chadwick 13th CIF Finals D5

Glantz (12)	15:34
Santana (10)	17:34
Zhang (12)	17:38
Saye (9)	17:43
Nester (11)	18:06
Granville (9)	18:14
Song (11)	18:22

Peninsula

Macfarlane (10)	15:01
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Girls

Mira Costa 3rd CIF Finals D1

Frias (9)	17:16
Atkinson (12)	17:50
Inouye (12)	18:04
Mei (11)	18:26
Chittenden (11)	18:31
Tofler (11)	18:33
Hacchen (12)	18:34

Redondo 9th CIF Finals D1

Landry (12)	18:19
Allison (10)	18:21
Hastings (11)	18:23
Heiden (12)	18:32
Bohney (11)	18:40
Bach (12)	19:18
Vilegas (12)	19:33

Culver City 24th CIF Finals D2

Hessling (10)	18:39
Kojima (11)	19:13
Payton (12)	20:24
Fune (10)	20:40
Payton (9)	20:47
Harrison (11)	20:59
Takara (12)	22:50

Palos Verdes 1st CIF Finals D3

Scriven (11)	17:55
Steman (11)	18:01
Paulson (12)	18:23
Martinez (10)	18:59
Gagliano (11)	19:13
Readyhoff (11)	19:26
Hardesty (10)	20:18

West Torrance 4th CIF Finals D3

Gonzalez (10)	18:18
Park (11)	19:10
Park (9)	19:11
Mason (12)	19:12
Rodriguez (11)	20:13
Crump (10)	21:07
Trice (11)	21:35

South Torrance 6th CIF Finals D3

Trodden (11)	18:48
Albert (10)	19:00
Gomaa (10)	19:22
Chan (12)	19:26
Mori (12)	19:54
Columbine (12)	20:10
Ben-Avides (11)	20:25

North 13th CIF Finals D3

Kato (10)	19:24
Caracheo (11)	19:36
Shimizu (9)	19:59
Wagner (12)	20:09
Valdovinos (11)	20:31
Kato (12)	20:46
Hirano (12)	20:57

El Segundo 3rd CIF Finals D4

Fulcomer (12)	18:38
James (11)	18:47
Zao (11)	18:52
Lee (12)	18:53
Matiosz (9)	19:41
Daniel (11)	19:55
Ritkin (9)	21:10

Santa Monica

Sullivan (11)	18:12
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State Championship
Nov. 24th, 2018

Woodward Park. 3.1 miles on dirt trails, grass, and cement
Semi-overcast, mild. 62°F

Girls	10 th Place (287 points)	<u>first mile split, 1.1 mile split, last mile split</u>		
61.	Trodden, Mia	19:43	5:51, 13:25-7:34, 19:43-6:18	
62.	Gomaa, Rania	19:43	5:58, 13:22-7:24, 19:43-6:21	(0:00 #1-2)
79.	Chan, Clara	19:53	6:06, 13:36-7:30, 19:53-6:17	(0:10 #2-3)
84.	Albert, Lily	19:57	5:58, 13:28-7:30, 19:57-6:29	(0:04 #3-4)
116.	Mori, Kanon	20:31	6:08, 13:51-7:43, 20:31-6:40	(0:48 1 thru 5) (0:34 #4-5)
122.	Columbine, Emily	20:36	6:02, 13:51-7:49, 20:36-6:45	(0:05 #5-6)
172.	Ben-Avides, Rivka	21:40	6:14, 14:43-8:29, 21:40-6:57	(1:57 1 thru 7) (1:04 #6-7)

Before the race, the coaches discussed “a top 10 finish and beating West would be a great way to end the season.” Well girls...what a great way to end the season!! A top 10 finish in State!...amazing...and just think, we weren’t even ranked in the top 10 for Southern section. But no more worries about rankings...that’s just an opinion...we proved that we’re the 10th best team in the State! Beating West...hee hee, that’s always fun. Megan had an incredible day, and after the #1 girl we were already losing to West by 36 points. But our Big 3 finally became a ‘Big 4’...with Rania joining the group, and Clara finding her way back up, our top 4 girls finished only 14 seconds apart!! Our top 4 were in front of West’s #2...and with Kanon and Emily keeping our scorers gap under a minute...we easily made up the Megan advantage, and created a 72-point swing against our main rival.

	<u>1mile</u>	<u>2.1 mile</u>	<u>3.1 mile</u>
Trodden, Mia	50 th	66 th	61 st
Gomaa, Rania	82 nd	61 st	62 nd
Chan, Clara	115 th	96 th	79 th
Albert, Lily	81 st	74 th	84 th
Mori, Kanon	129 th	119 th	116 th
Columbine, Emily	102 th	120 th	122 nd
Ben-Avides, Rivka	146 th	176 th	172 nd

First Spartan team to go to State Championship in back-to-back years...then to follow up with a Top 10 finish at State...there’s nothing more to add to our outstanding season! For the Seniors girls...you girls showed ‘heart and dedication’ (running through many...too many injuries) along with ‘leadership and camaraderie’. Thanks for making history with our running program these past years!!



State Championship (Local Results)

Boys

Mira Costa, 11th in D1

Chittenden (12)	15:42
Gamble (12)	15:47
Carew (10)	16:28
Fiorito (11)	16:34
Soares (12)	16:48
Velvin (11)	17:04
Velleca (11)	17:04

West Torrance, 3rd in D3

Parker (11)	15:53
Awad (12)	16:00
Murray (10)	16:04
Esquivelzeta (12)	16:16
Morita (12)	16:24
Fitzpatrick (12)	16:31
Ahn (12)	16:55

Palos Verdes, 3rd in D3

Lantz (12)	15:53
Nygren (12)	16:31
Teets (12)	16:31
Farnsworth (12)	16:40
Reid (11)	16:46
Nygren (12)	16:58
Shikiya (12)	17:06

Girls

Mira Costa, 3rd in D1

Frias (9)	17:53
Atkinson (12)	18:41
Inouye (12)	18:55
Chittenden (11)	19:06
Tofler (11)	19:16
Mel (11)	19:44
Hacohen (12)	19:49

Palos Verdes, 2nd in D3

Scriven (11)	18:31
Steman (11)	18:34
Paulson (12)	19:02
Martinez (10)	19:39
Readyhoff (11)	20:10
Hardesty (10)	20:34
Gagliano (11)	20:38

South Torrance, 10th in D3

Trodden (11)	19:43
Gomaa (10)	19:43
Chan (12)	19:53
Albert (10)	19:57
Mori (12)	20:31
Columbine (12)	20:36
Ben-Avides (11)	21:40

West Torrance, 15th in D3

Gonzales (10)	18:42
Park (11)	19:57
Park (9)	19:58
Mason (12)	20:00
Rodriguez (11)	21:30
Crump (10)	21:51
Trice (11)	22:09

El Segundo, 3rd in D4

Fulcomer (12)	19:04
James (11)	19:05
Zago (11)	19:30
Matlosz (9)	20:01
Lee (12)	20:17
Daniel (11)	20:26
Guziak (11)	21:36

Torrance, D3

Arellano (11)	19:29
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2018 Cross Country Times

		G Cow	Cool	Wood	Pio 1	C Park	Clovis	Pio 2	SAC	1 Mile	Pio 3	CIF P	CIF F
SPARTAN BOYS		1-Sep	7-Sep	14-Sep	26-Sep	6-Oct	6-Oct	10-Oct	19-Oct	24-Oct	31-Oct	9-Nov	17-Nov
Johnson, Hayden	12	DNR	15:24	15:27	15:39	DNR	16:17	17:10	16:20	DNR	15:22	16:13	15:39
Martinez, Robert	11	DNR	15:53	15:52	16:19	DNR	16:36	17:54	16:56	DNR	DNR	16:46	16:01
Orduno, George	12	DNR	DNR	16:07	DNR	DNR	17:24	DNR	17:37	DNR	16:14	16:47	16:21
Taylor, Ryan	12	DNR	16:09	16:04	16:35	DNR	17:09	18:08	17:06	DNR	16:11	16:59	16:23
Chan, Greg	12	DNR	16:31	16:01	16:40	DNR	17:04	18:25	17:10	DNR	15:54	17:35	16:32
Spencer, Casey	11	DNR	17:07	16:25	16:36	DNR	17:08	DNR	17:20	DNR	16:31	16:59	16:47
Fujikura, Yusei	11	DNR	17:05	16:51	17:21	DNR	DNR	19:38	17:56	DNR	16:35	17:41	17:03
Peters, Matt	10	DNR	DNR	17:37	17:07	DNR	17:16	DNR	17:33	4:51.4	16:40		
Saito, Luffy	10	17:25	17:27	17:23	17:38	17:51	DNR	19:06	18:26	4:55.4	17:06		
Kato, Quinn	12	DNR	17:44	17:59	17:50	18:34	DNR	20:42	18:49	DNR	17:50		
Yamaki, Robert	10	19:25	18:52	18:47	18:21	18:02	DNR	20:14	19:03	5:06.6	17:56		
Meyer, Nicholas	9	19:51	18:44	18:59	18:16	18:38	DNR	20:00	19:10	5:18.5	17:56		
Wong, Nathan	11	DNR	19:14	18:27	18:16	19:22	DNR	20:45	19:21	5:18.2	18:02		
Nair, Ajith	11	DNR	19:06	17:59	19:14	DNR	DNR	21:58	21:15	DNR	18:08		
Falconer, Ethan	11	DNR	19:10	18:35	20:26	19:08	DNR	21:49	19:41	5:18.7	18:14		
Hayasaka, Shinn	9	19:59	19:07	18:54	18:36	18:57	DNR	20:55	19:55	5:19.9	18:16		
Lum, Tyler	12	DNR	20:53	18:37	18:46	29:41	DNR	20:14	19:23	5:21.4	18:18		
Kano, Alex	9	20:58	19:57	19:28	18:39	DNR	DNR	21:12	20:53	5:25.0	18:21		
Woolen, William	11	DNR	20:12	18:26	18:58	19:40	DNR	21:16	19:32	5:24.3	18:22		
Pirotto, Nick	11	DNR	19:58	19:01	19:09	DNR	DNR	21:46	20:10	5:21.7	18:37		
Marino, Nicholas	10	19:50	19:44	19:28	19:30	19:49	DNR	22:24	20:21	5:30.7	18:39		
Tamada, Yuto	9	DNR	18:36	18:34	18:21	18:23	DNR	20:42	19:44	5:16.8	18:43		
Soga, Korey	10	19:40	19:33	20:00	20:01	19:30	DNR	22:45	21:15	DNR	18:47		
Tokeshi, Danny	10	19:39	18:59	19:22	19:12	20:35	DNR	22:52	20:37	5:30.0	18:51		
Wakimoto, Troy	12	DNR	DNR	DNR	18:16	18:45	DNR	20:08	19:43	DNR	18:57		
Sun, Yifei	12	DNR	21:07	20:02	20:06	DNR	DNR	22:20	DNR	5:37.1	19:07		
Long, Matthew	9	20:03	19:25	19:18	19:14	19:40	DNR	21:13	20:18	5:36.3	19:17		
Goldstein, Connor	9	20:54	19:39	19:53	19:29	DNR	DNR	21:46	20:29	5:41.1	19:23		
Nunley, Andrew	9	19:01	18:50	18:57	19:07	19:14	DNR	21:27	19:58	5:42.9	19:33		
Ma, Danny	10	DNR	20:39	20:09	20:11	20:15	DNR	22:54	20:56	5:45.8	19:36		
O'Brien, Henry	9	DNR	DNR	22:14	21:44	DNR	DNR	DNR	DNR	5:36.3	19:41		
Morimoto, Justin	12	DNR	21:32	20:28	20:34	21:15	DNR	DNR	DNR	5:39.3	19:43		
Nicles, Will	11	DNR	19:31	19:09	DNR	20:16	DNR	22:14	20:36	DNR	19:43		
Sandkulla, Josh	9	DNR	19:20	21:29	19:08	18:59	DNR	20:18	19:36	5:30.0	19:44		
Benoy, Conrad	9	20:50	19:28	19:37	19:35	DNR	DNR	21:48	21:02	DNR	19:52		
Yin, Connor	10	20:52	20:51	21:22	20:16	DNR	DNR	25:03	DNR	DNR	19:57		
Furukawa, Justin	12	DNR	DNR	DNR	20:36	20:23	DNR	24:18	DNR	5:37.6	20:06		
Chon, Isaac	10	DNR	18:54	19:25	19:18	DNR	DNR	22:20	DNR	5:39.0	20:17		
Ueda, Kenshiro	9	DNR	20:38	20:48	19:46	DNR	DNR	DNR	DNR	5:46.4	20:18		
Nakai, Kyle	12	DNR	21:39	21:06	20:53	21:50	DNR	24:30	DNR	5:46.6	20:26		
Spieleder, Hans	10	DNR	22:20	21:46	21:19	DNR	DNR	25:07	DNR	5:59.6	20:41		
Marino, Dominic	9	21:33	20:08	20:45	20:16	20:38	DNR	22:09	21:24	5:48.2	20:45		
French, Nathan	10	21:48	21:13	DNR	22:36	DNR	DNR	24:27	22:05	6:12.3	21:15		
DiFranco-Cascone, Lorenzc	11	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	21:20		
Ruskowski, Sean	11	DNR	NT	20:54	22:31	DNR	DNR	24:50	DNR	5:45.8	21:25		
Benitez-Santiago,Mateo	9	22:42	22:51	23:04	23:06	22:57	DNR	24:38	DNR	6:13.7	21:51		
Rodriguez, Christopher	9	24:34	22:04	24:42	22:11	DNR	DNR	25:57	DNR	6:24.7	22:19		
Captainis, Frank	10	DNR	22:40	23:18	DNR	DNR	DNR	28:08	DNR	DNR	22:27		
Dimitrov, Teo	10	DNR	DNR	22:47	22:36	DNR	DNR	DNR	24:56	DNR	22:28		
Pelena, Jason Antony	9	24:51	24:05	DNR	23:15	DNR	DNR	26:00	DNR	6:20.0	22:32		
Nesbit, Conner	9	22:54	23:15	23:19	23:03	23:38	DNR	25:27	DNR	6:22.9	22:36		
Atagi, Kazuki	10	26:09	24:34	26:56	25:22	DNR	DNR	28:53	DNR	6:19.6	23:48		
Kang, Julius	11	DNR	26:08	DNR	DNR	DNR	DNR	DNR	DNR	DNR	24:23		
Kang, Ethan	11	DNR	27:22	29:05	DNR	DNR	DNR	DNR	DNR	DNR	24:36		
Shin, Ethan	9	27:17	25:24	28:56	25:16	DNR	DNR	DNR	DNR	6:56.0	26:07		
Malu, Alatini (Dini)	9	30:43	29:02	32:05	DNR	DNR	DNR	DNR	DNR	7:28.4	28:07		
Ito, Brandon	10	DNR	21:41	21:27	21:00	DNR	DNR	23:50	23:07	DNR	DNR		
Berhe, Lukas	12	DNR	DNR	18:35	18:46	DNR	DNR	23:19	DNR	DNR	DNR		
Mackenzie, Kai	10	DNR	22:58	24:56	DNR	DNR	DNR	24:53	DNR	DNR	DNR		

2018 Cross Country Times

[illegible][illegible]

2018 Team Position

<u>BOYS VARSITY</u>		<u>Cool</u>	<u>Wood</u>	<u>Pio 1</u>	<u>Clovis</u>	<u>Pio 2</u>	<u>SAC</u>	<u>Pio 3</u>	<u>CIF P</u>	<u>CIF F</u>	<u>Avg</u>
Johnson, Hayden	12	1	1	1	1	1	1	1	1	1	1.00
Martinez, Robert	11	2	2	2	2	2	2		2	2	2.00
Taylor, Ryan	12	3	4	3	5	3	3	3	5	4	3.67
Chan, Greg	12	4	3	5	3	4	4	2	6	5	4.00
Orduno, George	12		5		7		7	4	3	3	4.83
Spencer, Casey	11	6	6	4	4		5	5	4	6	5.00
Fujikura, Yusei	11	5	7	7		6	8	6	7	7	6.63
Peters, Matt	10		10	6	6		6	7			7.00
Davis, Zach	12	7	8	8							7.67
Saito, Luffy	10	8	9	9		5	9	8			8.00
Kato, Quinn	12	9	11	10		7	10	9			9.33

<u>GIRLS VARSITY</u>		<u>Cool</u>	<u>Wood</u>	<u>Pio 1</u>	<u>Clovis</u>	<u>Pio 2</u>	<u>SAC</u>	<u>Pio 3</u>	<u>CIF P</u>	<u>CIF F</u>	<u>State</u>	<u>Avg</u>
Trodden, Mia	11	2	1	1		3	1	2	1	1	1	1.44
Albert, Lily	10	3	3	2	1	2	2	1	2	2	4	2.20
Chan, Clara	12	1	2	3		1	5	3	5	4	3	3.00
Gomaa, Rania	10							4	3	3	2	3.00
Mori, Kanon	12			6	3	5	3	7	4	5	5	4.75
Ben-Avides, Rivka	11	4	4	5	2	4	4		6	7	7	4.78
Columbine, Emily	12	5		4				5		6	6	5.20
Reeder, Sara	10						6	6				6.00
Fujimoto, Jennifer	12	7	5									6.00
Elder, Haley	9	6	6	7	4		10	8	7			6.86
Park, Sejin	11	8	7	8	5		7	10				7.50
Espinoza, Mia	11		9	9		6	9	9				8.40
Masuda, Claire	11	9	8	10	6	8	8	13				8.86
Gloyer, Emma	12	10		11		7	11	11				10.00

<u>BOYS FRESHMEN</u>		<u>G Cow</u>	<u>Cool</u>	<u>Wood</u>	<u>Pio 1</u>	<u>Central P</u>	<u>Pio 2</u>	<u>SAC</u>	<u>Pio 3</u>	<u>Avg</u>
Meyer, Nicholas	9	2	2	4	1	2	1	1	1	1.75
Tamada, Yuto	9		1	1	2	1	3	3	4	2.14
Hayasaka, Shinn	9	3	4	2	3	3	4	4	2	3.13
Nunley, Andrew	9	1	3	3	5	5	7	5	7	4.50
Sandkulla, Josh	9		5	11	6	4	2	2	9	5.57
Long, Matthew	9	4	6	5	7	6	6	6	5	5.63
Kano, Alex	9	7	9	6	4		5	8	3	6.00
Goldstein, Connor	9	6	8	8	8		8	7	6	7.29
Benoy, Conrad	9	5	7	7	9		9	9	10	8.00
Marino, Dominic	9	8	10	9	11	7	10	10	12	9.63
Ueda, Kenshiro	9		11	10	10				11	10.50
O'Brien, Henry	9			12	12				8	10.67
Benitez-Santiago,Mateo	9	9	13	13	15	8	11		13	11.71
Nesbit, Conner	9	10	14	14	14	9	12		16	12.71
Rodriguez, Christopher	9	11	12	15	13		13		14	13.00
Pelena, Jason Antony	9	12	15		16		14		15	14.40
Shin, Ethan	9	13	16	16	17				17	15.80
Malu, Alatini (Dini)	9	14	18	17					18	16.75
Daddario, Matt	9		17							17.00

2018 Team Position

<u>BOYS JUNIOR VARSITY</u>		<u>G Cow</u>	<u>Cool</u>	<u>Wood</u>	<u>Pio 1</u>	<u>Central P</u>	<u>Pio 2</u>	<u>SAC</u>	<u>Pio 3</u>	<u>Avg</u>
Yamaki, Robert	10	1	1	8	3	1	2	1	1	2.25
Solis, Robert	12			2	3					2.50
Wong, Nathan	11		6	4	1	4	4	2	2	3.29
Wakimoto, Troy	12				1	2	1	6	11	4.20
Woolen, William	11		12	3	7	6	5	4	6	6.14
Nair, Ajith	11		4	1	10		8	12	3	6.33
Falconer, Ethan	11		5	5	17	3	7	5	4	6.83
Panganiban, Ryan	12		7							7.00
Lum, Tyler	12		16	7	5	14	3	3	5	7.57
Pirotto, Nick	11		11	9	8		6	7	7	8.00
Tokeshi, Danny	10	2	3	11	9	11	14	10	10	8.75
Berhe, Lukas	12			6	5		16			9.00
Marino, Nicholas	10	4	10	13	12	7	12	8	8	9.25
Nicles, Will	11		8	10		9	9	9	14	9.83
Soga, Korey	10	3	9	14	13	5	13	13	9	9.88
Chon, Isaac	10		2	12	11		10		18	10.60
Ma, Danny	10		13	16	15	8	15	11	13	13.00
Sun, Yifei	12		17	15	14		10		12	13.60
Furukawa, Justin	12				19	10	18		17	16.00
Yin, Connor	10	5	15	21	16		23		16	16.00
Morimoto, Justin	12		19	17	18	12			15	16.20
Uchi, Michael	10	6	14	24	23					16.75
French, Nathan	10	7	18		26		19	14	21	17.50
Nakai, Kyle	12		20	19	20	13	20		19	18.50
Ito, Brandon	10		21	22	21		17	15		19.20
Manalac, Matt	10			20						20.00
Ruskowski, Sean	11			18	24		21		23	21.50
DiFranco-Cascone, Lorenzo	11								22	22.00
Spieleder, Hans	10		22	23	22		24		20	22.20
Dimitrov, Teo	10			25	25			16	25	22.75
Atagi, Kazuki	10	8	25	28	27		26		26	23.33
Mackenzie, Kai	10		24	27			22			24.33
Captainis, Frank	10		23	26			25		24	24.50
Kang, Julius	11		26						27	26.50
Kang, Ethan	11		28	29					28	28.33
<u>GIRLS JUNIOR VARSITY</u>		<u>G Cow</u>	<u>Cool</u>	<u>Wood</u>	<u>Pio 1</u>	<u>Central P</u>	<u>Pio 2</u>	<u>SAC</u>	<u>Pio 3</u>	<u>Avg</u>
Winters, Grace	10		2				1		2	1.67
Carter, Cait	9		1	1		1	3	4	4	2.33
Radmilovich, Anna	11		4	4	1	4	2	2	1	2.57
Baran, Evelyn	9	1	3	6	7	2	4	1	3	3.38
Sakaguchi, Keila	10	3	7	3	3	3	6	3	8	4.50
Ruiz, Aryanna	10	2	5	7						4.67
Sanchez, Emmaly	10	5		2			5	5	10	5.40
Ugwu, Amara	11				4	5	7	6	6	5.60
Cai, Yiyi	10	4	6	5	9		8		7	6.50
Hesson, Cora	10				6	7				6.50
Arevalo, Nathalie	9			9	2		11		5	6.75
Lin, Chloe	12		8	10	5		9		9	8.20
Takaoka, Tea	11		9	8	8	6	10	7	11	8.43
Maille, Brooke	9	6		11	11			8	12	9.60
Da Silva, Sara	10				10					10.00

South High Boys Cross Country
All Time (1984-2018)
Mt. SAC Course

Top 10 performances & next top 10 individuals:

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

Top 10 Senior individuals:

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

Top 10 Junior individuals:

1. Lofgren, Nick	2013	CIF Finals	14:58
2. Salinas, Andrew	2008	CIF Finals	15:35
3. Almeida, Tyler	2007	CIF Finals	15:52
4. Federoff, John	1985	CIF Prelims	16:01
5. Johnson, Hayden	2017	Invite	16:09
6. Park, Steven	2009	Invite	16:12
7. Pankratz, Garrett	2010	Invite	16:16
8. Ferrara, Damon	2002	Invite	16:18
9. Ganalón, 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. Peters, Matt	2017	Invite	17:11
6. Park, Steven	2007	CIF Prelims	17:29
7. Ferrara, Andy	2002	Invite	17:38
8. Mejia, Evan	2002	Invite	17:55
9. 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. Ganalón, 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
2015-2018 CIF competition on a different course

**South High Girls Cross Country
All Time (1984-2018)
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. Trodden, Mia	2017	Invite	19:40
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
2015-2018 CIF competition on a different course

South High Boy's Cross Country
All-Time (1991-2018)
Peninsula Course

Top 10 performances & next top 10 individuals:

1. Lofgren, Nick	2014 Pio Meet #2	16:28	11. Johnson, Hayden	2017 Pio. Meet #1	17:10
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. Kawashiri, Noah	2017 Pio. Meet #1	17:32
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. <u>Johnson, Hayden</u>	<u>2018 Pio Meet #2</u>	<u>17:10</u>
8. Redmond, James	2012 Pio. Finals	17:13
9. Ferrara, Damon	2003 Multi-Meet	17:18
10. Suzuki, Shiro	1992 Pio. Finals	17:19

Top 10 Junior individuals:

1. Lofgren, Nick	2013 Pio. Meet #1	16:40
2. Ferrara, Damon	2002 Bay Meet #2	17:02
3. Johnson, Hayden	2017 Pio. Meet #1	17:10
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

Note: # of varsity races

2009 Pioneer League Finals; 2nd place

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

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

**South High Girl's Cross Country
All-Time (1991-2018)
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. <u>Albert, Lily</u>	<u>2018</u>	<u>Pio. Meet #2</u>	<u>21:31</u>
9. Calite, Ilma	2004	Bay Finals	21:36
10. Tribble, Jamie	2004	Bay Finals	21:37

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 (2010-2018) List Great Cow Run

Top 10 (boys) performances & next 10 individuals

1. Lofgren, Nick	2013	15:03	11. Orduno, George	2017	16:16
2. Lofgren, Nick	2014	15:04	12. Huang, Brian	2016	16:21
3. Lofgren, Nick	2012	15:31	13. Kawashiri, Noah	2017	16:22
4. Johnson, Hayden	2017	15:37	14. Kumarage, Dimitri	2012	16:23
5. Pankratz, Garrett	2010	15:41	15. Kliszewski, Jared	2016	16:33
6. Taylor, Robert	2016	15:49	16. Park, Steven	2010	16:44
7. Redmond, James	2011	16:02	17. Orejana, Adrian	2016	16:45
8. Robinson, Thomas	2014	16:03	18. Dutko, Justin	2012	16:46
9. Antazo, Dia	2016	16:04	19. Martinez, Robert	2017	16:49
10. Majamaki, Nicklas	2016	16:10	20. Paine, David-Michael	2014	16:56

Senior Boys

1. Lofgren, Nick	2014	15:04
2. Taylor, Robert	2016	15:49
3. Robinson, Thomas	2014	16:03
4. Antazo, Dia	2017	16:17
5. Huang, Brian	2016	16:21
6. Kawashiri, Noah	2017	16:22
7. Kumarage, Dimitri	2012	16:23
8. Kliszewski, Jared	2016	16:33
9. Majamaki, Nicklas	2017	16:42
10. Park, Steven	2010	16:44

Junior Boys

1. Johnson, Hayden	2017	15:37
2. Pankratz, Garrett	2010	15:41
3. Redmond, James	2011	16:02
4. Antazo, Dia	2016	16:04
5. Majamaki, Nicklas	2016	16:10
6. Orduno, George	2017	16:16
7. Robinson, Thomas	2013	16:21
8. Taylor, Robert	2015	16:24
9. Kawashiri, Noah	2016	16:38
10. Yamada, Shotaro	2015	16:56

Sophomore Boys

1. Lofgren, Nick	2012	15:31
2. Johnson, Hayden	2016	16:27
3. Orduno, George	2016	16:35
4. Orejana, Adrian	2016	16:45
5. Antazo, Dia	2015	16:46
6. Martinez, Robert	2017	16:49
7. Majamaki, Nicklas	2015	16:51
8. Kawashiri, Noah	2015	16:53
9. Paine, David-Michael	2014	16:56
10. Kliszewski, Jared	2014	17:04

Freshmen Boys

1. Lofgren, Nick	2011	16:15
2. Dutko, Justin	2012	16:46
3. Johnson, Hayden	2015	17:01
4. Martinez, Robert	2016	17:23
5. Majamaki, Nicklas	2014	17:27
6. Kawashiri, Noah	2014	17:39
7. Peters, Matt	2017	17:57
8. Paine, David-Michael	2013	17:59
9. Paine, Jason	2014	18:04
10. Matsumoto, Jay	2010	18:11

Top 10 (girls) performance & next 10 individuals

1. Coscia, Kimberly	2014	16:58	11. Zamora, Sydney	2011	19:14
2. Coscia, Kimberly	2012	17:18	12. Takaoka, Deana	2016	19:16
3. Coscia, Kimberly	2013	17:54	13. Masuda, Chloe	2016	19:16
4. DeBiasio, Erica	2010	18:08	14. Chan, Clara	2017	19:29
5. Catena, Grace	2014	18:11	15. Gloyer, Emma	2016	19:36
6. Beaudoin, Nicole	2012	18:29	16. Ofsanko, Caylin	2011	19:36
7. DeBiasio, Erica	2011	18:32	17. Sieder, Ally	2013	19:47
8. Beaudoin, Taylor	2012	18:46	18. Moran, Erica	2011	19:50
9. Nesbit, Christie	2014	18:59	19. Holmes, Emma	2015	19:52
10. Nesbit, Christina	2015	19:00	20. Mori, Kanon	2017	19:53

Senior Girls

1. Coscia, Kimberly	2014	16:58
2. DeBiasio, Erica	2011	18:32
3. Nesbit, Christina	2015	19:00
4. Takaoka, Deana	2016	19:16
5. Masuda, Chloe	2016	19:16
6. Ofsanko, Caylin	2011	19:36
7. Sieder, Ally	2013	19:47
8. Holmes, Emma	2015	19:52
9. Nakamoto, Aubrey	2015	20:03
10. Huang, Ashley	2017	20:05

Junior Girls

1. Coscia, Kimberly	2013	17:54
2. DeBiasio, Erica	2010	18:08
3. Nesbit, Christie	2014	18:59
4. Zamora, Sydney	2011	19:14
5. Chan, Clara	2017	19:29
6. Takaoka, Deana	2015	19:32
7. Moran, Erica	2011	19:50
8. Mori, Kanon	2017	19:53
9. Nakamoto, Aubrey	2014	19:54
10. Nakamoto, Hannah	2016	19:55

Sophomore Girls

1. Coscia, Kimberly	2012	17:18
2. Gloyer, Emma	2016	19:36
3. Masuda, Chloe	2014	20:01
4. Mori, Kanon	2016	20:05
5. Takaoka, Deana	2014	20:14
6. <u>Albert, Lily</u>	<u>2018</u>	<u>20:14</u>
7. Trodden, Mia	2017	20:16
8. Nakamoto, Aubrey	2013	20:25
9. Roach, Megan	2013	20:35
10. Nakamoto, Hannah	2015	20:39

Freshmen Girls

1. Catena, Grace	2014	18:11
2. Beaudoin, Nicole	2012	18:29
3. Beaudoin, Taylor	2012	18:46
4. Nakamoto, Hannah	2014	20:14
5. Lubba, Alyssa	2016	20:38
6. Clegg, Anabelle	2011	20:58
7. Nakamoto, Aubrey	2012	21:00
8. Nesbit, Christina	2012	21:01
9. Roach, Megan	2012	21:06
10. Singh, Harleen	2011	21:07

Top Team (Boys) Performance:

2016 - 14th Place

1. Taylor, Robert (12)	15:49
2. Antazo, Dia (11)	16:04
3. Majamaki, Nicklas (1)	16:10
4. Huang, Brian (12)	16:21
5. Johnson, Hayden (10)	16:27 (1:20:51)
6. Kliszewski, Jared (12)	16:33
7. Kawashiri, Noah (11)	16:38

Top Team (Girls) Performance:

2014 - ?? Place

1. Coscia, Kimberly (12)	16:58
2. Nesbit, Christie (11)	18:59
3. Nakamoto, Aubrey (1)	19:54
4. Wong, Kristen (11)	20:13
5. Holmes, Emma (11)	20:51 (1:36:55)
6. Berhe, Anne (11)	21:15

Note:

2018 - 11th - 12th grader DNR

**South High Cross Country
All-Time (2006-2018) List
Central Park Invitational**

Top 10 (boys) performances & next 10 individuals

1. Salinas, Andrew	2009	15:11	11. Guizar, Mike	2010	16:58
2. Redmond, James	2012	15:41	12. Antazo, Dia	2015	16:59
3. Park, Steven	2009	16:13	13. Dutko, Justin	2012	17:02
4. Lofgren, Nick	2012	16:14	14. Johnson, Brad	2006	17:03
5. Pankratz, Garrett	2009	16:19	15. Johnson, Hayden	2015	17:04
6. Gonin, Mathieu	2007	16:30	16. Suey, Michael	2009	17:12
7. Kumarage, Dimitri	2012	16:48	17. Matsumoto, Brandon	2009	17:18
8. Pankratz, Garrett	2010	16:49	18. Catena, David	2006	17:23
9. Quinn, Michael	2009	16:49	19. Ruskowski, Spencer	2015	17:27
10. Kawashiri, Noah	2015	16:52	20. Martinez, Robert	2016	17:31

Senior Boys

1. Salinas, Andrew	2009	15:11
2. Redmond, James	2012	15:41
3. Gonin, Mathieu	2007	16:30
4. Kumarage, Dimitri	2012	16:48
5. Quinn, Michael	2009	16:49
6. Guizar, Mike	2010	16:58
7. Reinertsen, Erik	2006	17:08
8. Suey, Michael	2009	17:12
9. Catena, David	2007	17:30
10. Masciotti, Anthony	2015	17:38

Junior Boys

1. Park, Steven	2009	16:13
2. Pankratz, Garrett	2010	16:49
3. Kumarage, Dimitri	2011	16:57
4. Guizar, Mike	2009	17:01
5. Johnson, Brad	2006	17:03
6. Catena, David	2006	17:23
7. Ruskowski, Spencer	2015	17:27
8. Catena, Jacob	2007	17:35
9. Ledford, Eric	2007	17:51
10. Ghaby, Anthony	2007	17:58

Sophomore Boys

1. Lofgren, Nick	2012	16:14
2. Pankratz, Garrett	2009	16:19
3. Kawashiri, Noah	2015	16:52
4. Antazo, Dia	2015	16:59
5. Matsumoto, Brandon	2009	17:18
6. Caballeros, Alexander	2015	17:38
7. Taylor, Ryan	2016	17:47
8. Saito, Luffy	2018	17:51
9. Matsumoto, Jay	2011	17:58
10. Koh, Christopher	2006	17:59

Freshmen Boys

1. Dutko, Justin	2012	17:02
2. Johnson, Hayden	2015	17:04
3. Lofgren, Nick	2011	17:17
4. Martinez, Robert	2016	17:31
5. Paine, David-Michael	2013	17:49
6. Yee-Cannon, Bodhi	2016	17:58
7. Orejana, Adrian	2015	18:04
8. Orduno, George	2015	18:23
9. Tamada, Yuto	2018	18:23
10. Joudi, Houssam	2012	18:31

Top 10 (girls) performance & next 10 individuals

1. Coscia, Kimberly	2012	17:41	11. Bullock, Natalie	2007	20:14
2. DeBiasio, Erica	2009	18:35	12. Horton, Grace	2013	20:14
3. DeBiasio, Erica	2010	19:04	13. Nakamoto, Aubrey	2013	20:20
4. DeBiasio, Erica	2011	19:30	14. Wong, Kristen	2013	20:23
5. Wenzel, Melissa	2007	19:37	15. Huang, Ashley	2015	20:25
6. Jones, Elizabeth	2006	19:43	16. Holmes, Emma	2013	20:27
7. Wenzel, Melissa	2006	19:48	17. Kalmar, Kara	2006	20:44
8. Zamora, Sydney	2012	20:01	18. Kalmar, Kara	2007	20:45
9. Nesbit, Christie	2013	20:11	19. Takaoka, Deana	2013	20:45
10. Ofsanko, Caylin	2011	20:13	20. Reeder, Sara	2018	20:47

Senior Girls

1. DeBiasio, Erica	2011	19:30
2. Jones, Elizabeth	2006	19:43
3. Zamora, Sydney	2012	20:01
4. Ofsanko, Caylin	2011	20:13
5. Zerga, Sarah	2012	21:12
6. Aaron, Sarah	2013	21:31
7. Salinas, Victoria	2007	21:36
8. Kono, Cynthia	2007	22:42
9. Johnson, Mandi	2012	22:50
10. Gin, Marissa	2014	22:58

Junior Girls

1. DeBiasio, Erica	2010	19:04
2. Kalmar, Kara	2007	20:45
3. Zerga, Sarah	2011	20:55
4. Heinemann, Haley	2009	20:58
5. Carlson, Eliisa	2011	20:58
6. Atamaniuk, Neely	2009	21:07
7. Evans, Danielle	2009	21:17
8. Aaron, Sarah	2012	21:37
9. Salinas, Victoria	2006	21:50
10. Johnson, Mandi	2011	22:34

Sophomore Girls

1. Coscia, Kimberly	2012	17:41
2. DeBiasio, Erica	2009	18:35
3. Wenzel, Melissa	2007	19:37
4. Nesbit, Christie	2013	20:11
5. Bullock, Natalie	2007	20:14
6. Horton, Grace	2013	20:14
7. Nakamoto, Aubrey	2013	20:20
8. Wong, Kristen	2013	20:23
9. Huang, Ashley	2015	20:25
10. Holmes, Emma	2013	20:27

Freshmen Girls

1. Wenzel, Melissa	2006	19:48
2. Bullock, Natalie	2006	20:34
3. Takaoka, Deana	2013	20:45
4. Ben Avides, Rivka	2016	21:04
5. Heinemann, Haley	2007	21:19
6. Eddowes, Danika	2010	21:22
7. Singh, Harleen	2011	21:40
8. Lubba, Alyssa	2016	21:43
9. Kim, Nari	2015	21:51
10. Garcia, Malaree	2015	21:52

Top Team (Boys) Performance:

2009 - 3rd place

1. Salinas, Andrew (12)	15:11
2. Park, Steven (11)	16:13
3. Pankratz, Garrett (10)	16:22
4. Quinn, Michael (12)	16:49
5. Guizar, Mike	17:01 (1:21:36)
6. Suey, Michael (12)	17:12
7. Matsumoto, Brandon	17:18

Top Team (Girls) Performance:

2012 - 2nd place

1. Nesbit, Christie (10)	20:11
2. Horton, Grace (10)	20:14
3. Nakamoto, Aubrey (1)	20:20
4. Wong, Kristen (10)	20:23
5. Holmes, Emma (10)	20:27 (1:41:35)
6. Aaron, Sarah (12)	21:31

Note:

2015 new course
(~ 10 seconds faster)
DNR - 2008, 2017

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Kanon Mori (3-year letterman)

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

Sophomore year Big Bear, Tokudatold us the Nagasaki story about dead ghosts with white faces appearing in the Nagasaki River. Later at 2 in the morning, all the girls put on face masks and walked towards the boys cabin. We crawled up to one window and yelled “Nagaski”. Under the window was George who thought the Nagasaki ghosts actually revived.

What was your best race? CIF Finals 2018! It was the hardest race too, but it was my goal since Freshman year to run at CIF and State, so I gave everything that I had. I think my 4 years of hard work paid off for this one race. And we successfully qualified for State – embracing my teammates after finishing was the best moement of all 4 years.

What were some of your first memories of Cross Country your freshmen year? He comes to every race. He deserves the best seat at banquets. He was found abandoned, but was adopted into this team. He is the symbol of warmth and comfort tha embraces this XC family. He is Stuart, and I would never forget my first

encounter with that nasty cushion. *Stupidest thing you’ve done in Cross Country?* Thinking that guacamole is a country. *Any other thoughts?* Big Bear’s food is beautiful.

Greg Chan (2-year letterman)

What was your most memorable moment from the past 4 years in XC? Every moment with The Hayden Johnson. *What was your best race?*

Either League Meet 1 or Mt Sac my junior year or League Finals of my senior year. *What was your worst race?* My first few varsity races; I completely failed to meet expectations and did abysmally. The disappointment was worse than any physical pain I’ve felt from a race.

Any regrets No? *What were some of your first memories of Cross Country your freshmen year?* The first time I ever ran with The Hayden Johnson was down PV Drive North and back with Dia and Lukas as well. The first time I realized who The Hayden Johnson was was at Woodbridge and The Hayden Johnson, George, and I we’re walking back from the finish line. *Stupidest thing you’ve done in Cross Country?* Getting lost... *Any words of advice for incoming freshmen?* Have fun *Any other thoughts?* LONG LIVE HAYDEN JOHNSON!!!!



George Orduno (3-year letterman)

What was your most memorable moment from the past 4 years in XC? Almost every moment on this team is memorable to be honest, this is a tight-knit group that never gets boring. The most memorable moments would have to be all the trips we’re taken to Big Bear and Clovis, being stuck and forced to bond with the team makes for some really fun and interesting experiences. The best

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moments were getting to know everyone. *What was your best race?* Woodbridge 2017. Hit my personal best time of 15:37, and apparently as a team we hit one of the fastest times in South history, all 7 guys were under 16:00 and it felt amazing. One of the most memorable races I've had, next to the 69th Mt SAC Invite where I somehow got 1st for Sophomores.

What was your worst race? Mt SAC 2018. I expected to come back strong but by the 2nd mile I felt gassed. I kept going but continued to lose ground, and by the time I got to the top of Reservoir I was lightheaded and fading.

The next thing I remember is hobbling over to the medic tent. Worst I've ever felt. *Any regrets?* Not breaking 16:00 my Senior year and not making it to State. I really wish this season went better. *What were some of your first memories of Cross Country your freshmen year?*

Waking up early during the summer to train with complete strangers. I had tennis in the afternoon and as a result, couldn't train with the other freshmen. I had to do the Malaga runs with older guys so that was different. I also remember the first time I met Dia after Woodbridge Freshmen year, drank lots of Coke. *Stupidest thing you've done in Cross Country?* Too many things to mention. Handstands with Hayden, Greg, and Dia, adventure runs, and anything that happens when we get bored, like saying good morning to everyone on the strand. Oh, we also made our way to the PV Golf &

Tennis club one day, found the best drinking fountain and took lots of tennis/golf balls. Craziest run ever. *Any words of advice for incoming freshmen?* Never stop trying and don't be shy like I was.

Any other thoughts? Joining Cross Country was honestly the best decision I made in High School.

This gave me freedom and a sense of accomplishment I never thought I would have achieved. I made some amazing friends and crafted lasting friendships. Thanks.



Jennifer Fujimoto (1-year letterman)

What was your most memorable moment from the past 4 years in XC? My most memorable moment from the past four years was last year when the girls made it to state. *What was your best race?* My best race was Mt. SAC of last year because it was one of the only races where I felt okay after finishing. *What was your worst race?* My worst race was freshman year Great Cow Run because I definitely wasn't ready to run a 3 mile race, but I did anyway. *Any regrets?* My only regret would probably be not trying harder sophomore year. *Any words of advice for incoming freshmen?* My only piece of advice would be to not run injured, because running through the pain isn't worth it.

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Quinn Kato (1-year letterman)

What was your most memorable moment from the past 4 years in XC? Going out way too fast at South Bay Cup and dying Super-duper hard. *What was your best race?* Mt. SAC Sophomore year, it was fun. *What was your worst race?* PV Course, this year. I threw up before the race, and as I got up Agony I threw up again. I got 27th out of 27th. *Any regrets?* Nah *What were some of your first memories of Cross Country your freshmen year?* I came to summer practice a week later than everyone else freshmen year. Rather than my first run being the Orbit, I ran to the Pier and back. I thought I was chillin and was going to Captain Kidds, but turned back at the Pier. I got home and didn't move for a day. I thought I was dying. *Stupidest thing you've done in Cross Country?* Trying to run a race with less than 2 hours of sleep. *Any words of advice for incoming freshmen?* Don't cut runs.



Ryan Taylor Nickname: RT (1-year letterman)

What was your most memorable moment from the past 4 years in XC? Anyone who went to Clovis last year knows about the RT special, the move very few people get to experience firsthand. Steven Del Signore is one of those lucky few. We were entering the final kick and we were neck and neck, and everybody knew what was gonna happen. Steven would blow past him leaving him to eat his dust. I even remember Coach Tokuda showing a lot of confidence in my kicking abilities by saying something along the lines of "let's go Steven, come on RT you have to go NOW! You can't beat Steven in a kick." Yea I know what everybody was thinking but I said, screw it, and man I took off beating him by a very close margin. I had won, and the best part is that he has to live with the pain of losing to me, of all people, in a kick. Also, little did we know at the time that this kick would determine 30th place or who got a medal (me) or who sat in disappointment (Steven.) I also acknowledge that if you look at the placing it shows Steven ahead of me, though that is only because my chip was on the wrong shoe and there is video evidence showing me destroying Steven. Now I also realize this may come off as aggressive to Steven, though you should've heard the things he said the night before, we stayed up till probably midnight just talking about how we are going to beat each other in the race. If anyone is actually still reading this and was witness the miracle happen, did you think there was any real chance of that happening? PS – how does it feel that you just spent the last few minutes reading my rant. Thanks though, if you did. *What was your best race?* CIF Finals, I left everything out there knowing it would probably be the last XC race. *What was your worst race?* My



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very first race at Great Cow. Mr. RT thought he was the 'shit' and decided to start near the front of the team and it became very apparent Mr. RT was not the 'shit', running 20:34 but it all ended out OK in the end. *What were some of your first memories from XC?* My most vivid memory is the first few days Coach Andrew showed up and implemented his new policies. A policy he tried over and over to get people to do, Logs. Yes from the moment he explained these, oh man I thought to myself, ya not doing that, no matter how many backwards bear crawls he makes me do. No way is that happening. The over the years it became a game to see who would break first, the group of guys against logs or Coach Andrew. I won't say who won, but let's just say we didn't do logs this year. PS – You're a great coach, Coach Andrew, I just don't like logs. *Stupidest thing you've done in XC?* Oh man, do you want a list! Because I probably don't even remember most of the stupid stuff



I've done. I could probably say the stupidest is joining this sport, hours of pain and misery and somehow it became one of the best aspects of my life. *Any words of advice for incoming freshmen?* Just have fun with it, try your best but don't be too disheartened if you don't always improve. Just keep working and it will come naturally. *Any other thoughts?* Oh man I could go on, so if you want to listen to me go on and on about XC just come talk to me.

Zach Davis (1-year letterman)

Clara Chan (3-year letterman)

What was your most memorable moment from the past 4 years in XC? Being on the first South team to make it to State twice in a row. Having all my work pay off to make history is the best way to end my high school career. *What was your best race?* Cool Breeze, when I broke 19 minutes! Only problem was that I set myself up for high expectations that I would not meet at all anymore. *What was your worst race?* Woodbridge, Junior year. When I didn't realize I got an iron deficiency, and I felt like I had to try twice as hard

to move half as fast. I thought I had let my team down after having such a good race at Great Cow.

Any regrets? Not being able to go to Big Bear my Senior year and instead running 6 miles a day on a treadmill in a hotel in cold-ass Seattle. *What were some of your first memories of Cross Country your freshmen year?* On the first day of summer afternoon practice I fell during the drills in front of everyone. And then while stretching Tokuda asked what grade I got in his Geometry class. Not the best first day. *Stupidest thing you've done in XC?* Sophomore year League Meet #1. I though I was hot stuff and led the JV race, but then I died and twisted my ankle and fell back a lot. *Any words of advice for incoming freshmen?* Recovery runs are meant to be easy, and workouts are meant to be hard. Know



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when to take yourself seriously and when to let loose. *Any other thoughts?* Eat ass, smoke grass, run fast.



Emily Columbine (2-year letterman)

Hayden Johnson (4-year letterman)

What was your most memorable moment from the past 4 years in XC? Can't choose one. *What was your best race?* Woodbridge my Junior year. Won the race and ran my fastest time. It was an unforgettable moment. *What was your worst race?* CIF Finals my Junior year. By far my worst XC performance, which really sucked because that's when it mattered the most. I didn't really have pain, I was just being a huge pussy and gave up before the race started. *Any regrets?* Nope. *What were*



some of your first memories of Cross Country your freshmen year? Training with the varsity squad for the first time. Those runs killed me. I also thought Rick was crazy, when I first met him. As hard as it was, I learned a lot from the older guys. *Stupidest thing you've done in XC?* Going along with the stupid ideas that some of the other guys come up with. *Any words of advice for incoming freshmen?* Don't hold yourself back. And eat everything that you possibly can.

Emma Gloyer (3-year letterman)

What was your most memorable moment from the past 4 years in XC? Going in the water after



beach runs. *What was your best race?* Mt. SAC my Sophomore year, as soon as I hit the first downhill after the switchbacks. I just took off and just let gravity carry me and let go of all hesitation and it felt amazing. *What was your worst race?* One of the Columbia Park races. I went out too fast and blew up and it felt like everything was lead and I wanted to fall over and die. *Any regrets?* Not running faster. *What were some of your first memories of XC your freshmen year?* My first run was a beach run and I was going to go all the way to the pier, because I thought I was a good runner but after about a mile of going too fast, I needed to stop a billion times and barely made it to Knob Hill. *Stupidest thing you've done in XC?* Eating a sketchy granola bar and having an allergic reaction. *Any words of advice for incoming freshmen?* Get sleep. *Any other comments.* Just keep running.



2018 Cross Country





