

# South High School 2019 Cross Country Varsity Season Summary



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



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

Coach Rick Esponda, Coach Christie Nesbit, Coach Deana Takaoka, Coach Brian Tokuda



## 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 4<sup>th</sup> in C.I.F. Finals, and finishing 5<sup>th</sup> 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 6<sup>th</sup> place.

#### Spartan Boy's Cross Country

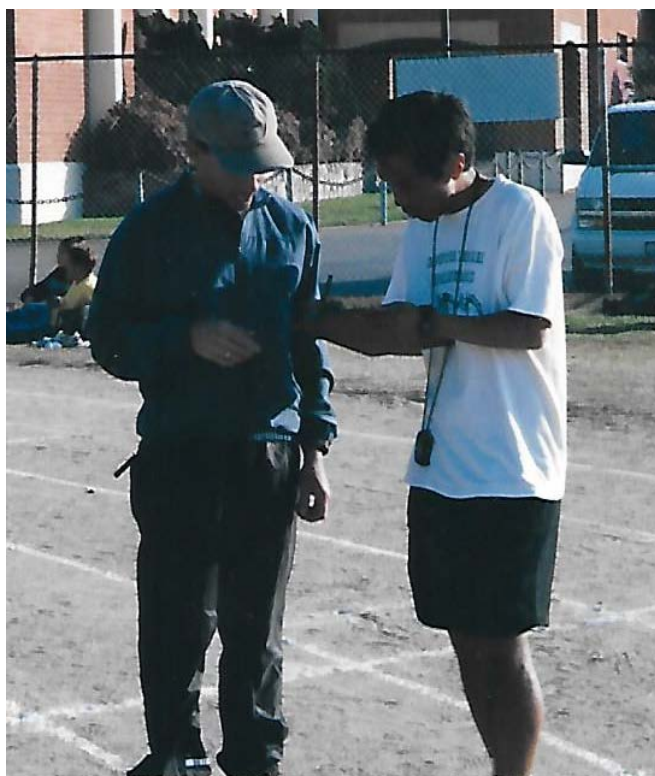
1964	Bay League Champions
1965	C.I.F. Large School Runner-Up
1966	Bay League Champions
	C.I.F. Large School Runner-Up
1967	C.I.F. Large School Champions
1971	Bay League Champions
1992	Pioneer League Champions
2008	Pioneer League Champions
2012	Pioneer League Champions

#### 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
2019	Pioneer League Champions

### **Loren Griffing** **May 3<sup>rd</sup>, 1970 – June 16<sup>th</sup>, 2019**

Loren was part of Coach Ruffell's strongest boys team in the late 1980's. As a Freshmen, he was among the slowest runners on the team, running over 30+ minutes on 2 different courses. But through his relentless work ethic, Loren fought his way up to onto the varsity squad by his Junior year. During his post high school years, he ran for Coach Lofgren at El Camino College. In 1992, Loren, along with teammate Brian Tokuda, became head coaches for their former school. During that first year, Loren helped coached a South High team that broke many records: the first GV league title in the school history, the first BV league title in 19 years, the first XC CIF champion in 24 years, and the first Spartan boy and first girl to make it to State Championship meet. His stint as a coach was short...on paper. But for the next 26 years, Loren was right by Coach Tokuda's side: helping drag the dirt track, running home meets, working the finish line computer, gathering results (before the age of the internet), and swapping stories with Tokuda. He is survived by his wife and 3 grown kids.





# Daily Breeze – Girls 2019 Cross Country Preview

## Samantha Steman, Savannah Scriven lead an experienced Palos Verdes girls cross country team



Palos Verdes High cross country runners

Samantha Steman, left, and Savannah Scriven in Palos Verdes Estates on Monday, Aug. 26, 2019.

(Photo by Scott Varley, Daily Breeze/SCNG)

By [NICK INGRAM](#) |

PUBLISHED: September 4, 2019 at 10:25 am |

UPDATED: September 4, 2019 at 5:23 pm

While the Mira Costa girls cross country team looks this season to replace two of the top runners on its team, the Mustangs' rival, Palos Verdes, is bringing back its top two runners. PV features seniors Savannah Scriven and Samantha Steman, who will look to close out their successful high school careers with another podium finish. "We only lost one girl (from last year) and we bring back a lot of CIF Southern Section and state experience," PV coach Brian Shapiro said. "Samantha and Savannah are two of the best local runners, and two of the best in Southern California that are coming back."

Shapiro has seen the PV girls dominate the local cross country scene. Last year, PV finished second in the CIF State Division III meet and the program has captured six of the last nine CIF-SS Division 3 titles. PV's last state crown came in 2016, when the girls also advanced to the Nike Cross National (NXN) meet in Oregon. "I always figure to be in contention, and when you're one of the best in the Southern Section, you have a shot at the state title," Shapiro said. "When you return a lot of talent, it puts you in a good position to win this time around."

Mira Costa features sophomore Dalia Frias, who is considered by some the top runner in the area. However, the Mustangs are tasked with replacing two of last season's standouts, Brooke Inouye (Northeastern) and Lucy Atkison (Humboldt State). "We have a solid team, but we lost two of our fastest runners," Mira Costa coach Renee Williams said. "We're trying to fill that gap, and it will take some work. But we're excited about our prospects." Frias finished eighth in the state as a freshman, and Williams feels the sky is the limit for her this year. "I think she'll be just as solid this year. She loves running and everything about it," Williams said. "She brings running desire every day, and she's going to push it every time she races." One thing Williams saw during Frias' freshman year was a growing comfort running with the top of the pack. "Once she got comfortable up front, that's where she likes to go," Williams said.

Mira Costa and PV were both in action last week at the PV mini-meet. Scriven edged Frias for first place, but Mira Costa finished second and PV was third.

Mira Costa took the 2018 Bay League crown and followed that with third-place finishes in the CIF-SS and CIF State meets, but Williams believes the Mustangs will be pursuing the Sea Kings this year. "PV is going to be really strong, and I think we'll be chasing them," Williams said. "They return two seniors (Scriven and Steman) who are very strong, and they have two underclassmen (junior Claire Hardesty and sophomore Anna Terrell) that came on really strong last year. They're going to be a team to watch."

Mira Costa is ranked fourth in this week's CIF-SS Division 1 poll and Redondo is 10th. PV is No. 1 in the Division 3 poll, and South Torrance and North, came in fourth and 10th, respectively. El Segundo is eighth in Division 4 and Chadwick is sixth in Division 5.

# Daily Breeze – 2019 Boys Cross Country Preview

## Jake Parker gives West Torrance boys cross country rebuild a good foundation



West High cross country runner Jake Parker in Torrance on Tuesday, Aug. 27, 2019. (Photo by Scott Varley, Daily Breeze/SCNG)

By NICK INGRAM |  
PUBLISHED: September 4, 2019 at 9:10 am |  
UPDATED: September 4, 2019 at 5:40 pm

Jason Druten is no stranger to seeing the West Torrance boys cross country team rebuild after losing its top runners. Winners of three of the last four CIF Southern Section Division 3 crowns, West has to replace five of its top seven runners from last year's team. West does return Jake Parker, who might be the best returning runner in the area. "Jake had a heck of a summer, and I don't think there's anyone better in the area," Druten said. "If he stays healthy, I don't think anyone can run with him. He does everything right. He eats healthy, and is as focused and talented as you can be."

West also features Chadwick transfer Alex Mainville and Josh Murray, giving the Warriors a formidable top three. "Josh is one of our top guys. He's a very good runner, but he's inconsistent," Druten said. "The sky is the limit for him, but the question is will he hit his potential? He seems very focused right now, and he could shock the world." The other big question facing the Warriors is how the rest of the starting lineup will fare. "I'm concerned about how they will do when they get on the line," Druten said. "When push comes to shove, can we push back? If we do, we'll be fine."

Palos Verdes returns just one runner, Frankie Reid, from its 2018 team that won Bay League and CIF-SS Division 3 championships and earned a fifth-place finish in the CIF State meet. "Reid had an outstanding race at CIF," PV coach Brian Shapiro said, "and it's good to bring back someone with that kind of experience."

Mira Costa returns four starters, Billy Atkinson, Thomas Velvin, Cormac Carew and Alex Fiorito, from its squad that finished third in the CIF State Division I meet last November. "Our top four are really solid, and they should be an interchangeable pack," first-year coach Kevin McGee said. "If those four can keep us in most races, we're going to be in contention." While the top four will be a solid group, Mira Costa enters the season trying to find a runner to fill the fifth spot. "We're looking for a No. 5 guy," McGee said. "You're only as good as your fifth runner. We have a few in the wings, but we just don't know where they're going to fall in."

Redondo brings back senior Jackson Chambers and sophomore Christoph Waligorski. Coach Bob Leetch said it might take a few races for the Sea Hawks to round into form. "We have a good group behind (Chambers and Waligorski), and I think they'll perform well," Leetch said. "We won't really know until mid-season." In Leetch's 15 years, he's added just three freshmen to his varsity squad. Last year, Waligorski was the third, and Leetch expects big things from him as a sophomore. "On a pretty good team last year, Christoph was our team MVP," Leetch said. "He's coming off a major illness, but he's going to be really good."

## Freshmen Time Trial (2.5 miles @ South High)

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

## Summer Time Trial (2.0 miles @ PV Course)

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

## **South High School**

### 2019 Pre-Season Schedule

July 31 <sup>st</sup>	Wednesday	Freshmen Time Trial	@ South High School
Aug. 14 <sup>th</sup>	Wednesday	Summer Time Trial	@ PV Course

### 2019 Cross Country Schedule

Sept. 6 <sup>th</sup>	Friday	Cool Breeze Invitational	@ Brookside Country Club
Sept. 14 <sup>th</sup>	Saturday	Eagles XC Invitational	@ Lakes Golf Course
Sept. 20 <sup>th</sup>	Friday	Woodbridge Invitational	@ Silverlakes Sports Park
Sept 28 <sup>th</sup>	Saturday	Nike Portland XC Meet	@ Blue Lake Regional Park
Oct. 3 <sup>rd</sup>	Thursday	Pioneer League #1	@ Wilson Park
Oct. 5 <sup>th</sup>	Saturday	Central Park Invitational	@ Central Park
Oct. 16 <sup>th</sup>	Wednesday	Pioneer League #2	@ Entradero Park
Oct. 25 <sup>th</sup>	Friday	Mt. SAC Invitational	@ Mt. SAC College
Nov. 6 <sup>th</sup>	Wednesday	Pioneer League Finals	@ PV Course
Nov. 15 <sup>th</sup>	Friday	CIF Prelims	@ Riverside CC Course
Nov. 23 <sup>rd</sup>	Saturday	CIF Finals	@ Riverside CC Course
Nov. 30 <sup>th</sup>	Saturday	State Championship	@ Woodward Park



Cool Breeze Invitational  
Sept. 6th, 2019

Brookside Country Club Golf Course  
Flat on grass. 83° (BV), 81° muggy

Boys: 3rd Place (199 points)

20. Peters, Matt	16:10	5:27, 11:00-5:33, 16:10-5:10	
45. Fujikura, Yusei	16:42	5:33, 11:24-5:51, 16:42-5:18	(0:32 #1-2)
53. Spencer, Casey	16:50	5:41, 11:32-5:51, 16:50-5:18	(0:08 #2-3)
58. Kano, Alex	16:58	5:50, 11:42-5:52, 16:58-5:16	(0:08 #3-4)
59. Meyer, Nicholas	16:58	5:32, 11:28-5:56, 16:58-5:30	(0:48 1 thru 5) (0:00 #4-5)
95. Nunley, Andrew	17:28	5:46, 11:47-6:01, 17:28-5:41	(0:30 #5-6)
102. Goldstein, Connor	17:31	5:51, 11:57-6:06, 17:31-5:34	(1:21 1 thru 7) (0:03 #6-7)
138. Falconer, Ethan	18:00	5:52, 12:15-6:23, 18:00-5:45	
160. Yamaki, Robert	18:18	5:48, 12:19-6:31, 18:18-5:59	
181. Wong, Nathan	18:38	6:03, 12:38-6:35, 18:38-6:00	
5. Kirk, Lamar	17:06	5:28, 11:34-6:06, 17:06-5:32	
9. Jasso, Cruz	17:39	5:42, 11:54-6:12, 17:39-5:45	

Well guys, this team is the very definition of a "rebuilding team" with 7 guys running varsity for the first time ever. And for a team made up of so many 'newbies'...getting 3rd place (out of 31 teams) is simply amazing! And much credit goes to our 3 lone returners...even with their inconsistent summer training, these 3 (Matt, Yusei, and Casey) lead this young team both physically and emotionally. There is something to say about having 'varsity experience'...there is no panic at the quick pace, and just a calming confidence of 'I belong here'. Props to Matt Peters, who tends to start races slow, but on Friday he got out strong and never looked back, leading the team with a top 20 finish. Seniors Yusei (after a summer of 'dead legs') and Casey (after a summer of working) were impressive considering their up-and-down summer. Among our 7 newbies, Alex looked the best, passing 32 runners on the second loop to finish as our 4<sup>th</sup> man!

This team is lacking an elite front runner (like Hayden from last season), so it is more critical that we keep our scorers super close. We have to be one-tight running unit. Our gap #1-5 was 48 seconds...not bad...but that 32-second gap occurred between Matt and Yusei will kill us. That gap must get cleaned up; otherwise we'll barely survive in league competition. Robert Martinez will obviously help. Casey with more fitness will be there. Our Sophomores (who lead us during the summer) will certainly close those gaps with more varsity experience. And perhaps our two star Freshmen will give us a boost there as well. For those of our guys on the fringes, keep pushing yourself in practice and go for broke when you're given a varsity chance...like Yamaki did during the first half of the race, yes he blew up, but that fearless aggressiveness is the way to get that breakthrough race. We certainly are a young team, but we got to 'grow up fast'...because the competition will be merciless on us if we don't keep improving.

Girls: 14th Place (377 points)

24. Albert, Lily	18:02	5:57, 12:18-6:21, 18:02-5:44	
39. Goma, Rania	18:30	6:14, 12:44-6:30, 18:30-5:46	(0:28 #1-2)
116. Chung, Katie	19:59	6:32, 13:31-6:59, 19:59-6:28	(1:29 #2-3)
117. Aguayo, Ashley	19:59	6:34, 13:44-7:10, 19:59-6:15	(0:00 #3-4)
119. Elder, Haley	20:01	6:28, 13:35-7:07, 20:01-6:26	(1:59 1 thru 5) (0:02 #4-5)
164. Espinoza, Mia	21:17	6:54, 14:28-7:34, 21:17-6:49	(1:16 #5-6)
170. Reeder, Sara	21:36	6:55, 14:37-7:42, 21:36-6:59	(3:34 1 thru 7) (0:18 #6-7)
173. Masuda, Claire	21:38	6:57, 14:38-7:41, 21:38-7:00	
181. Park, Sejin	22:21	7:06, 15:02-7:56, 22:21-7:19	
7. Baran, Evelyn	21:31	7:10, 14:55-7:45, 21:31-6:36	

After 2 years of making it to State Championship, this team is no longer an anonymous team. We start the year with a target on our backs being ranked in the CIF D3 poll. Ready or not, we're thrown into the fire immediately with the showdown race. And some of the results from Friday are encouraging while

potential problems have become noticeable. 14<sup>th</sup> place doesn't sound all too exciting...but consider this; most of the 25 teams were ranked including 4 of the top 5 Division 1 schools and 5 other top 10 schools from Division 2. Of the 3 teams ranked in our division 3, we came out on top!

Let's talk about the positive: after a great summer, Lily and Rania are legit front runners...with Lily going a minute and half faster than last year while Rania passed 27 runners the second half of her race. And in just their first cross country race ever, Katie and Ashley fill in nicely as our 3-4 girls. Also Evelyn, in an earlier race, posted a time equivalent to our backpack, giving us more depth for the big task ahead.

Concerns: the gap between our 2-3 girls is massive...not to put all the pressure on Katie (after all this was her first XC race, 2 days after getting attacked by a stingray). But this must be a major focus for Katie, along with Haley, Ashley, Mia T, and Rivka once everybody is healthy and getting more race experience. The other gap is with our backpack (Mia E, Claire, Sara, Evelyn, Sejin)...there is no way our top girls are going to be 100% healthy for all of these races...we have to close down on this gap, because the time will come when your spot will be critical.

Next is Eagle Invitational...another golf course run...but more importantly, we get to say 'hi' to the enemy: North, West, and Torrance will all be there...the war is about to start!



Eagles Invitational  
Sept. 14th, 2019

The Lakes Golf Course. 76<sup>0</sup> warm  
Rolling mounds on grass and dirt with quick turns.

Boys: 10th Place (249 points)

30. Peters, Matt	16:13	5:11, 11:06-5:55, 16:13-5:07	
45. Goldstein, Connor	16:53	5:22, 11:34-6:12, 16:53-5:19	(0:40 #1-2)
52. Kano, Alex	17:08	5:27, 11:41-6:14, 17:08-5:27	(0:15 #2-3)
61. Falconer, Ethan	17:27	5:28, 11:53-6:25, 17:27-5:34	(0:19 #3-4)
65. Nunley, Andrew	17:34	5:23, 11:54-6:31, 17:34-5:40	(1:21 1 thru 5) (0:07 #4-5)
77. Yamaki, Robert	17:50	5:23, 12:03-6:40, 17:50-5:47	(0:16 #5-6)
79. Spencer, Casey	17:57	5:22, 11:56-6:34, 17:57-6:01	(1:44 1 thru 7) (0:07 #6-7)
4. Kirk, Lamar	17:04	5:24, 11:42-6:18, 17:04-5:22	
11. Saito, Luffy	17:17	5:34, 11:52-6:18, 17:17-5:25	

We hit a week of rough injuries; hip injury, knee injury, "fall out of a chair" injury, and "sleeping" injury. So with 3 of our top 5 guys out, there were no expectations (or pressure) on Saturday. We just wanted to run hard, and see where the team would fall. And with North beating us by 9 points, it's clear that we have a long run ahead of us. We're currently comparable to a great JV team or a solid Sophomore team....but not much of a 'varsity-level' threat yet. Matt is holding steady as our lone top guy...legit varsity time. But he's going to need help. Once Nick and Robert get healthy, they've got to run with Matt to give us a front pack. Sophomore Connor ran great...but we really need to have 3-4 more guys at this spot about 30-40 seconds within our top runner to make up a backpack. Andrew and Spencer were with Connor early...but Casey's knee gave way and Andrew slipped backwards. Freshmen Lamar broke into the top 3, even though he ran in the hotter race, and we'll have to turn to him for help soon. And Luffy is starting to show signs of fitness in his first race (with a bum ankle.) And of course, Yusei, Martinez, and Nick didn't run...so there's no need to push any panic button.

Ok, so we're not in "panic-mode"...but we must realize that we are nowhere near where we need to be by the time league competition starts. Let's keep this in mind with our training and at Woodbridge...we got to form a legitimate front pack, along with a tight back grouping.

Girls: 3rd (101 points)

2. Gomaa, Rania	18:13	5:54, 12:35-6:41, 18:13-5:38	
17. Chung, Katie	19:25	5:58, 13:13-7:15, 19:25-6:12	(1:12 #1-2)
23. Elder, Haley	19:55	6:08, 13:35-7:27, 19:55-6:20	(0:30 #2-3)
25. Trodden, Mia	20:03	6:08, 13:36-7:28, 20:03-6:27	(0:08 #3-4)
34. Baran, Evelyn	20:22	6:35, 14:03-7:28, 20:22-6:19	(2:09 1 thru 5) (0:19 #4-5)
41. Aguayo, Ashley	20:40	6:14, 13:53-7:39, 20:40-6:47	(0:18 #5-6)
68. Masuda, Claire	21:55	6:30, 14:34-8:04, 21:55-7:21	(3:42 1 thru 7) (1:15 #6-7)

After the nice showing in the super-race at Cool Breeze, we had a much smaller (more local) race at Eagle Invite. A third place finish, with only ranked schools beating us, is a decent outing. But more impressive was the individual gains that we're picking up. Rania looked super comfortable near the front of the race. Katie was more aggressive, leaving the comfort of her teammate Haley, and finding herself in a good battle with the top girls from both North and West. Mia T tested her heel (along with her fitness) and conservatively ran with Haley...a nice opening race for our expected front runner. And one week after asking the backpack to close on our front pack, Evelyn chopped a minute+ from her time...to catch and help out our main pack...amazing job by Evelyn, beating West's #3 and North's #4 in her first varsity race.

Speaking of the league competition...we're definitely the best team right now. North finished in 7<sup>th</sup>, and West finished in 9<sup>th</sup>. Torrance will be strong as well...but, right now we'll be the favored and will have the



'bullseye' on our back. But if we continue to focus on our own health, our packing, and closing on our own gaps...those other teams won't be able to see a bullseye cuz we'll simply be too far ahead for them to even see our backs. Great job girls.





# Daily Breeze Girls Athlete of the Week:

## Rania Gomaa, South Torrance



South Torrance cross country runner  
Rania Gomaa is the Daily Breeze girls  
athlete of the week. (Photo by Paul Rodriguez,  
Contributing Photographer)

By DAMIAN CALHOUN | dcalhoun@scng.com | Daily  
Breeze  
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Daily Breeze Girls Athlete of the

Week

**Name:** Rania Gomaa

**School:** South Torrance

**Sport:** Cross Country

**Year:** Junior

**Noteworthy:** Gomaa posted a time of 18 minutes, 13.2 seconds to finish in second place Saturday at the Eagle XC Invitational. Gomaa helped the Spartans to a third-place finish in the team standings.

Woodbridge Invitational  
Sept. 21, 2019

Silverlakes Sports Complex.  
Flat on grass and dirt. 77° - 52% humidity. Mild

Boys: 27<sup>th</sup> place (640 points)

36. Peters, Matt	15:52	5:14, 10:39-5:25, 15:52-5:13	
113. Fujikura, Yusei	16:47	5:19, 11:01-5:42, 16:47-5:46	(0:55 #1-2)
155. Saito, Luffy	17:18	5:34, 11:32-5:58, 17:18-5:46	(0:31 #2-3)
172. Yamaki, Robert	17:32	5:30, 11:34-6:04, 17:32-5:58	(0:14 #3-4)
174. Wong, Nathan	17:36	5:30, 11:34-6:04, 17:36-6:02	(1:44 1 thru 5) (0:04 #4-5)
27. Meyer, Nicholas	16:55	5:20, 11:12-5:52, 16:55-5:43	
28. Goldstein, Connor	16:56	5:20, 11:12-5:52, 16:56-5:44	
10. Nair, Ajith	17:09		
42. Nunley, Andrew	17:10	5:23, 11:17-5:54, 17:10-5:53	
17. Kirk, Lamar	17:16	5:23, 11:19-5:56, 17:16-5:57	

Our string of bad luck continues...this week the coaches decide that it's time to let our Sophomore varsity runners have a go in their grade level race. Then Alex Kano (tweaks his ankle the day before) and our LA traffic makes an hour and half bus ride to go over 3 hours...so the Boys Sophomores had to run in the largest division. They finish in 10<sup>th</sup> place, but could have taken 4<sup>th</sup> in our Gold division (with Alex, we could have finished in 2<sup>nd</sup> place.) Our Boys Freshmen had to run in the large division too...where they finished in 9<sup>th</sup> place, but would have taken 1<sup>st</sup> place in the Gold division. And to add more "salt to the wound"...although Robert and Casey were jogging this week, they aren't ready to race...so to make up for that lose, we added a new injury (Ethan) to our growing list of injured...just our luck...when it 'rain it pours'.

So what went well on Saturday?...Matt Peters put in another awesome race for us as our lone front guy, improving by 1:45 from last year. Speaking of improvements...our Sophomores (Connor, Nicholas, and Andrew) made huge improvements, with Connor nearly going 3 minutes faster than his Freshmen year. Nathan got in his best race of the year...and Senior Ajith Nair, off an injured filled week, got in a nice time to give us some depth.

With all the 4 Torrance schools at this meet, we got to see how we fit with the competition. West is untouchable...Torrance is too far ahead right now (we only got Matt who can stay with their squad)...so all of our focus will be on North once league competition starts in 2 weeks. But until then, let's cross our fingers and pray for some luck this week with our injuries.

Girls: 17<sup>th</sup> place (411 points)

33. Albert, Lily	18:12	5:43, 11:53-6:10, 18:12-6:19	
38. Gomaa, Rania	18:17	5:54, 12:15-6:21, 18:17-6:02	(0:05 #1-2)
91. Chung, Katie	18:52	6:07, 12:34-6:27, 18:52-6:18	(0:35 #2-3)
140. Trodden, Mia	19:26	6:12, 12:56-6:44, 19:26-6:30	(0:34 #3-4)
144. Elder, Haley	19:28	6:10, 12:58-6:48, 19:28-6:30	(1:16 1 thru 5) (0:02 #4-5)
158. Aguayo, Ashley	19:42	6:13, 13:02-6:49, 19:42-6:40	(0:14 #5-6)
169. Baran, Evelyn	19:56	6:15, 13:13-6:58, 19:56-6:43	(1:44 1 thru 7) (0:14 #6-7)
35. Ben-Avides, Rivka	20:57		

With 3 girls running faster than our #1 girl last year, and all 7 beating our #4 girl from last year, you'd think that the coaches would be ecstatic about the results. But the coaches were blasé about these results thinking that our race was just 'ok'. Perhaps we're getting jaded by our potential...but even though we've come far, we're not near our peak performance. That's not to say we didn't run hard...we did...we're just got more to do/prove. After running solid for 2 miles, it looked like Lily was going to break 18-minutes...but unfortunately she 'jumped into the hurt tank' the last mile and went backwards. Rania, Katie, Haley, and Ashley all ran fine...but none were peak performances. And even though a 5-minute improvement is insane by Evelyn...she can still go faster once she's completely healthy. And still fighting injuries, Mia T and Rivka are trying to get to last year's status...which will make a huge difference for us moving forward, because we know Mia has the potential to be a front runner and Rivka can give more us depth along with a dangerous kick.

So it's clear that Torrance will be our biggest threat for the first league meet...with West, once healthy, being a bigger threat near the end of the season. Torrance picked up 3 freshmen girls and has revamped their team. In a few weeks, we'll test those freshmen and see if they can handle the pressure of one-on-one matchups. Should be interesting...but we'll discuss that matter later. Next we take a trip up to Portland...and it's a guarantee we'll get their faster than that crazy bus ride on Saturday.



Nike Portland Invitational  
Sept. 28th, 2019

Blue Lake Park.  
55°. Flat on grass and cement. Muddy and slippery

Boys: 23rd (497 points)	<u>5K</u>	<u>3 mile mark</u>	
21. Peters, Matt	16:51	16:21	
106. Martinez, Robert	17:51	17:19	(1:00 #1-2)
115. Kano, Alex	17:57	17:23	(0:06 #2-3)
134. Meyers, Nicholas	18:10	17:39	(0:13 #3-4)
135. Spencer, Casey	18:10	17:34	(1:19 1 thru 5) (0:00 #4-5)
138. Nunley, Andrew	18:12	17:42	(0:02 #5-6)
144. Fujikura, Yusei	18:21	17:49	(1:30 1 thru 7) (0:09 #6-7)

Well guys...first it was nice to get through the week without any new injuries. But that doesn't mean that things would be 'fixed' and perfect at Portland. First, don't overthink the times...it's not often that we'll run 3.1 miles and in muddy conditions....so to compare the times with other races is pointless. But there are clear things that we can work on. First Robert Martinez...please, that it down a gear at the start...your competitiveness is way ahead of your fitness at this stage. Liking what we saw from Matt and Yusei at the start of their race...good positions early. The rest of the team was just too far back to even hope for a breakout race. Although, we had a group of four guys finish relatively close to each other (and it's always good to 'pack run')...we're still holding back... get out of your comfort zone and just leave the safety net of your teammates...especially if the competition is pulling away early.

Next is the first league meet...basically meaning South vs. North at Wilson Park. Matt will be running with the Torrance boys, giving us a #1 man advantage. Robert, with a better sense of pace, can easily challenge their top guy as he works his way up to join Matt (in a few races). And the rest of you guys will just have to match up with North high pack. Expect them to be around Yusei (on his normal day)...so to 'pack up' and stay 10-15 seconds behind Yusei like Portland will do us no good. Get out quicker, find the North runners after 800m, and then fight to the finish.

Side note: to the non-Seniors on this team. Next year, El Segundo will join our league...and they won their heat in Portland. This means that you youngsters won't catch a break, as the league gets tougher...everything must be earned, nothing is given just because older runners graduate.

Girls: 5th (188 points)	<u>5K</u>	<u>3 mile mark</u>	
8. Albert, Lily	19:05	18:32	
10. Goma, Rania	19:17	18:46	(0:12 #1-2)
44. Chung, Katie	20:25	19:49	(1:08 #2-3)
51. Trodden, Mia	20:37	20:07	(0:12 #3-4)
81. Ben-Avides, Rivka	21:16	20:47	(2:11 1 thru 5) (0:39 #4-5)
88. Aguayo, Ashley	21:22	20:45	(0:06 #5-6)
104. Elder, Haley	21:45	21:11	(2:40 1 thru 7) (0:23 #6-7)

Nice showing in the mud. And just 8 points separated 1st from 5th place...so when the coaches scream 'every person counts', they're not lying. These bigger races (the sweepstake races or Division 1 races) will help us in the long run when we get to CIF competition. We won't get rattled by all of the bodies around us.

So what did Portland prove...well, you girls are crazy loud...Coach Rick took issue with the singing. But what did the Portland race prove...well, you girls are good. But not at peak performance yet (cuz 5<sup>th</sup> place is not better than 1<sup>st</sup> place...and the 8 point difference means it was certainly attainable.) Lily and Rania are



giving a formidable 1-2 punch upfront, and an advantage over almost any team. While Rivka and Mia are both getting healthy and some fitness back...Rivka went from 8<sup>th</sup> girl at Woodbridge to our 5<sup>th</sup> girl at Nike...and Mia is saw a 34 second gap with Katie, down to 12 seconds. And Mia is going to have to catch Katie soon...because Torrance's mid-pack should be in that general area close to Katie. Our backpack of Rivka-Ashley-Haley-Evelyn are going to have to stay tight together as well to give us an upperhand with our depth.

So next is the first league meet. It should be a showdown between South vs Torrance. We'll have 2 front girls vs Angela. Katie and Mia probably will have 2-3 Torrance girls around them. And unless they find another girl, we need to take advantage of lack of depth at their 5<sup>th</sup> girl spot. Torrance will get out slow...so expect them to just follow us. Meaning...partner-up if possible...use the other girls from West and North to find the right pace...and be aware that Torrance will probably be waiting for the last mile. And if we find each other and hit the right pace...we can naturally pull away from Torrance before the last mile even begins.



Pioneer League Meet #1  
Oct. 2nd, 2019

Wilson Park. 3.2 miles  
Flat with small hills, on cement and grass.

Boys: 3rd (62 points)

5. Peters, Matt	17:29	5:26, 10:52-5:26, 17:29-6:37	
10. Spencer, Casey	17:39	5:26, 10:58-5:32, 17:39-6:41	(0:10 #1-2)
12. Martinez, Robert	17:43	5:26, 10:58-5:32, 17:43-6:45	(0:04 #2-3)
14. Fujikura, Yusei	17:52	5:26, 10:58-5:32, 17:52-6:54	(0:09 #3-4)
21. Meyer, Nicholas	18:11	5:26, 11:09-5:43, 18:11-7:02	(0:42 1 thru 5) (0:19 #4-5)
22. Goldstein, Connor	18:13	5:27, 11:09-5:42, 18:13-7:04	(0:02 #5-6)
26. Kano, Alex	18:34	5:28, 11:14-5:46, 18:34-7:20	(1:05 1 thru 7) (0:21 #6-7)
2. Nair, Ajith	18:19	5:24, 11:09-5:45, 18:19-7:10	

With the extra pressure put on by Coach Tokuda, the BV team was focused and ready to handle their business against North. Making that once intriguing match-up against them, into a beat down on Wednesday. Prior to Wednesday, the only advantage South had against North was with Matt at our #1 position. North's times from Eagle and Woodbridge Invite gave them head-to-head victories of 5 and 15 points respectively. So it was supposed to be a close battle. But we put 4 guys in front of North's #1...and flipped a close battle to a 39-point whooping. Great job boys.

With West plan of being aggressive late...and Torrance plan of never being overly aggressive...this race was a warm-up jog through the first mile....and it suddenly turned into a 2-mile race. And when the pace started to move, our older guys responded to the fight. Casey, Robert, and Yusei stayed together and sat on North's #1. At the same time, the North crew started to get shredded apart. By the 2 mile mark, the race was over, and our victory over North was secure. Nice racing boys...and it's nice to see Casey and Robert getting their fitness and health back.

So the older boys responded...now it's time for our Sophomore gang to 'step up'. You guys had a great summer, and deserve much credit on how far you've come. But this team is only going as far as the Sophomores take us. It's the Sophomores who must go from rookies to competitive veterans. No more...happy to make the varsity team attitude. No more...I'll just follow my teammates. No more...wait to I get become a Senior attitude. If you're in a varsity race, nobody asks (or cares) what grade you're in...you've got to think you can beat anyone. Torrance had 3 Sophomores in our race...they took 1<sup>st</sup>, 4<sup>th</sup>, and 13<sup>th</sup> place. West had 2 Sophomores...they finished in 9<sup>th</sup> and 16<sup>th</sup> place. South 10<sup>th</sup> graders finished in 21<sup>st</sup>, 22<sup>nd</sup>, and 26<sup>th</sup> place. You're good Sophomores...now take the next step and become good varsity runners.

Girls: 2nd (44 points)

2. Albert, Lily	19:22	5:54, 11:55-6:01, 19:22-7:27	
3. Gomaa, Rania	19:29	5:54, 11:56-6:02, 19:29-7:33	(0:07 #1-2)
11. Chung, Katie	20:56	5:59, 12:42-6:43, 20:56-8:14	(1:27 #2-3)
13. Trodden, Mia	21:14	6:06, 12:57-6:51, 21:14-8:17	(0:18 #3-4)
15. Ben-Avides, Rivka	21:20	6:11, 13:05-6:54, 21:20-8:15	(1:58 1 thru 5) (0:06 #4-5)
17. Aguayo, Ashley	21:40	6:14, 13:04-6:50, 21:40-8:36	(0:20 #5-6)
27. Ross, Sophia	23:15	6:29, 13:58-7:29, 23:15-9:17	(3:53 1 thru 7) (1:35 #6-7)

That buzzing noise that you heard was the 'wake-up' call. The Torrance girls set the alarm to 3:00pm on Wednesday...the 'alarm' went off...and we hit the snooze button. That's not to say, we slept through that race...Oooh we ran hard...but Torrance won all of the 50-50 matchups that the coaches saw coming, and came away with a 7-point victory. We took advantage of their lack of a 5th girl...putting 6 girls in front of their 5<sup>th</sup> girl. We had the 1-2 advantage that we expected...but the 45 second gap that Rania had with Torrance #2 had zero girls in-between...so our advantage went away. While Torrance caught a huge break with their #3-4 girls...the 25-second gap that Torrance had against our 3-4 girls (Katie and Mia) was filled with a bunch of West/North girls, giving them 7 extra point advantage over us. Regardless of all this over analysis, one girl from Torrance had an insane day and they took this victory from us and deserve the credit.



So what does this loss mean?...it means we're not good enough, and have to keep improving. With all of our sores and injuries, the coaches have had to modify many of the runs. But we can't afford to just 'waddle-jog' these modified runs and waste the limited mileage that we can put on our sore legs. Also, these injuries are not just from pounding the cement...take care of yourselves outside of XC...sleep!...eat...reduce the amount of stress. All of these outside influences effect your recovery and body. Katie being under-the-weather this past week probably affected her race on Wednesday, especially considering the gap she had with Rania grew by 30+ seconds from her average gap-time.

Despite having a great opportunity to go to the State Championship for a record 3-times in a row...this Battle for Pioneer League Championship cannot be understated. During these remarkable State Championship seasons, we have yet to win the Pioneer League Championship. So it's better to lose now...then to be taken by surprise and woken up later during the league championship race. It's time to respond to the 'alarm' that Torrance rang...do the 'little things' to get better...and get our revenge in a few weeks.



## Pioneer League Meet #1 @ Wilson Park

### Boys Varsity

1	Dorantes	Torrance	17:19	10	Spencer	South	17:39	19	Duong	North	18:01
2	Gregory	West	17:21	11	Martin	Torrance	17:40	20	Gonzalez	West	18:07
3	Probst	Torrance	17:21	12	Martinez	South	17:43	21	Meyer	South	18:11
4	De Jesus	Torrance	17:24	13	Munawar	Torrance	17:51	22	Goldstein	South	18:13
5	Peters	South	17:29	14	Fujikura	South	17:52	23	Aguila	West	18:17
6	Kasai	West	17:32	15	Banta	North	17:53	24	Constantino	North	18:26
7	Rynski	Torrance	17:34	16	Gibson	West	17:54	25	Bholat	North	18:29
8	Gil	Torrance	17:37	17	Chang	West	17:57	26	Kano	South	18:34
9	Green	West	17:39	18	Arreygue	North	18:01	27	Higa	North	18:51

### Girls Varsity

1	Arellano	Torrance	19:14	11	Chung	South	20:56	21	Wright	Torrance	22:00
2	Albert	South	19:22	12	Valdovinos	North	21:10	22	Kikuno	Torrance	22:07
3	Gomaa	South	19:29	13	Trodden	South	21:14	23	Martin	North	22:21
4	Prioleau	Torrance	20:14	14	Cason	West	21:17	24	Narasaki	North	22:22
5	Burnett	Torrance	20:25	15	Ben-Avides	South	21:20	25	Labarda	North	22:25
6	Ball	West	20:26	16	Shimizu	North	21:24	26	Hirose	North	22:36
7	Kato	North	20:26	17	Aguayo	South	21:40	27	Ross	South	23:15
8	Anderson	Torrance	20:34	18	Webster	West	21:47	28	Yoon	West	23:30
9	Trice	West	20:35	19	Argueta	Torrance	21:49				
10	Park	West	20:47	20	Crump	West	21:53				

### Boys Freshmen

1	Onodera	Torrance	18:34	27	Wong	West	21:01	53	Via	West	23:24
2	Jasso	South	18:41	28	Forman	South	21:03	54	Chaumartin	West	23:25
3	Kirk	South	18:43	29	Kneller	South	21:08	55	Fukayama	South	23:25
4	Shimizu	West	18:45	30	Kim	South	21:27	56	Alloush	West	23:36
5	Nakagawa	Torrance	18:46	31	Aguirre	Torrance	21:32	57	Saravanan	West	23:36
6	Moutes	West	19:20	32	Wells	West	21:37	58	Hart	South	23:37
7	Anaya	Torrance	19:21	33	Oliva	Torrance	21:46	59	Taha	West	23:50
8	Anaya	Torrance	19:22	34	Nam	Torrance	21:55	60	Ayala	Torrance	23:57
9	Murray	West	19:27	35	Menon	Torrance	22:11	61	Adame	Torrance	23:58
10	Acuesta	West	19:29	36	Cuellar	West	22:21	62	Kumar	South	23:59
11	Arrayta	West	19:34	37	Hamilton	South	22:21	63	Gagjena	Torrance	24:03
12	Quezada	West	19:34	38	Silva	West	22:27	64	Crocker	Torrance	24:04
13	Beltran	Torrance	19:43	39	Eiland	South	22:29	65	Andrade	Torrance	24:04
14	Cho	South	19:44	40	Murphy	South	22:36	66	Delarea	Torrance	24:04
15	Taul	South	19:48	41	Roe	South	22:37	67	Reeder	Torrance	24:18
16	Liu	West	19:59	42	Shelton	West	22:40	68	Membribes	West	24:57
17	Rosales	West	20:00	43	Valencia	Torrance	22:47	69	Ree	South	26:07
18	Blumberg	South	20:14	44	Jenkins	Torrance	22:49	70	Von Stentzsc	South	26:35
19	Georgy	West	20:21	45	Lafuente	South	22:49	71	Alvarez	Torrance	27:34
20	Han	West	20:23	46	Morita	West	22:57	72	Ramirez	Torrance	27:50
21	Esperon	West	20:28	47	Croft	West	23:00	73	Penado	West	28:27
22	Kawate	West	20:31	48	Santonil	Torrance	23:02	74	Atthota	West	29:18
23	Esperon	West	20:31	49	Lee	South	23:02	75	Birbeck	Torrance	29:30
24	Cody	West	20:35	50	Inoue	Torrance	23:13	76	Bui	Torrance	29:33
25	Dalziel	West	20:46	51	Hughley	South	23:22				
26	Bradford	Torrance	20:47	52	Ramero	West	23:24				



# Pioneer League Meet #1

## @ Wilson Park

### Boys Junior Varsity

1	Mora	Torrance	18:14	43	Snow	North	19:48	85	Pazcoguin	Torrance	21:34
2	Nair	South	18:19	44	Sandkulla	South	19:49	86	Sheardown	Torrance	21:34
3	Saruwatari	Torrance	18:40	45	Webster	West	19:51	87	Eckert	West	21:35
4	Timko	West	18:47	46	Mukgawa	Torrance	19:52	88	Benoy	South	21:35
5	Vo	West	18:48	47	Veeramacha	West	20:00	89	Sarabakhsh	West	21:37
6	Meehan	West	18:49	48	Frey	West	20:03	90	Lee	West	21:46
7	Smith	West	18:49	49	O'Brien	South	20:05	91	Villongco	West	21:58
8	Nguyen	West	18:54	50	Endo	Torrance	20:08	92	Kagimoto	West	22:00
9	Gibson	West	18:56	51	Marino N	South	20:09	93	Lee	West	22:12
10	Kim	West	18:58	52	Woolen	South	20:11	94	Suzuki	North	22:16
11	Han	West	19:03	53	Fehr	West	20:15	95	Atagi	South	22:26
12	Ha	West	19:03	54	Marino D	South	20:19	96	Maduno	West	22:31
13	Orendain	West	19:04	55	Abalos	Torrance	20:26	97	Yonekawa	Torrance	22:34
14	Hansen	West	19:05	56	Miah	West	20:36	98	Martinez	North	22:37
15	Long	South	19:05	57	Osuna	West	20:39	99	French	South	22:39
16	Nunley	South	19:07	58	Perez	Torrance	20:43	100	Lopez	West	22:39
17	Lopez	North	19:10	59	Newmeyer	West	20:44	101	Ishida	Torrance	22:52
18	Okawa	West	19:10	60	Macdonald	North	20:44	102	Martinez	Torrance	22:55
19	Crofton	West	19:13	61	Endo	North	20:44	103	Chun	North	22:56
20	Astorga	North	19:14	62	Yin	South	20:46	104	Phan	Torrance	22:57
21	Blais	West	19:14	63	Huang	Torrance	20:47	105	Tran	West	22:57
22	Lee	West	19:16	64	Fu	West	20:52	106	Tokeshi	South	23:02
23	Herrera	West	19:19	65	Miller	Torrance	20:56	107	Tran	North	23:04
24	Matsui	West	19:22	66	Kim	West	21:00	108	Li	South	23:07
25	Corona	West	19:22	67	Sasada	North	21:01	109	Okubo	North	23:08
26	Shimizu	West	19:27	68	Kishaba	North	21:02	110	Alamares	Torrance	23:14
27	Sarkisian	West	19:27	69	Ito	North	21:03	111	Nicles	South	23:23
28	Carpenter	West	19:32	70	Ma	South	21:04	112	Darsot	North	23:38
29	Kato	North	19:33	71	Carrillo	North	21:07	113	Captanis	South	23:39
30	Saito	South	19:33	72	Piken	West	21:11	114	Tran	West	23:50
31	Heinonen	West	19:33	73	Nghe	North	21:15	115	Fisher	South	24:07
32	Lee	West	19:34	74	Benitez	South	21:17	116	Krug	West	24:10
33	Welsome	Torrance	19:34	75	Kim	West	21:17	117	Sunampally	West	24:30
34	Kozaki	West	19:35	76	Sukal	North	21:20	118	Soepado	West	24:42
35	Han	West	19:37	77	Hankey	South	21:22	119	Dimitrov	South	24:44
36	Shen	West	19:37	78	Simpson	Torrance	21:24	120	Foassis	Torrance	25:16
37	Sugita	West	19:42	79	Eckert	West	21:24	121	Johnson	West	25:20
38	Kawato	North	19:43	80	Kowata	Torrance	21:24	122	Smith	West	25:28
39	Pastrana	West	19:44	81	Soga	South	21:25	123	Cao	North	27:09
40	Wisman	Torrance	19:45	82	Tamada	South	21:29	124	Demedio	West	27:16
41	Kim	North	19:47	83	Ruskowski	South	21:30				
42	Yamaki	South	19:47	84	Holker	West	21:32				

# Pioneer League Meet #1 @ Wilson Park

## Girls Junior Varsity

1	Young	West	21:59	30	Noda	West	24:31	59	Krumwiede	West	26:59
2	Brown	West	22:09	31	Luna	West	24:36	60	Gulbrandson	West	27:10
3	Espinoza	South	22:17	32	Goiset	West	24:37	61	Tanisaka	Torrance	27:11
4	Momii	Torrance	22:19	33	Sakaguchi	South	24:37	62	Galang	Torrance	27:12
5	Koepp	Torrance	22:24	34	Kim	Torrance	24:45	63	Wong	South	27:22
6	Smith	Torrance	22:32	35	Kaku	Torrance	24:58	64	Lopez	Torrance	27:29
7	Simon	Torrance	22:39	36	Kaneshige	North	25:01	65	Marsh	West	27:32
8	Miya	Torrance	22:43	37	Guzman	Torrance	25:02	66	Lopez	West	27:56
9	Alejandrino	Torrance	22:43	38	Bandara	West	25:03	67	Lopez	West	27:57
10	Nieraeth	West	22:46	39	Shibata	South	25:06	68	Feller	West	27:59
11	Bunch	West	22:52	40	Hinks	West	25:12	69	Cepedea	West	28:03
12	Toledo	North	22:52	41	Khedesian	South	25:18	70	Torres	West	28:04
13	Masuda	South	22:52	42	Russo	West	25:25	71	Martinez	West	28:06
14	Delarea	Torrance	22:54	43	Briggs	South	25:27	72	Paez	North	28:21
15	Ikeda	West	23:06	44	Soares	South	25:29	73	Yang	West	28:23
16	Bothwell	Torrance	23:07	45	Carpenter	West	25:31	74	Kalenik	Torrance	28:25
17	Wang	North	23:10	46	Ugwu	South	25:32	75	Fujii	Torrance	28:37
18	Kaku	Torrance	23:16	47	Rynski	Torrance	25:43	76	Rodriguez	Torrance	28:39
19	Millican	West	23:23	48	Sarang	West	25:47	77	Escobar	North	28:51
20	Tanaka	Torrance	23:24	49	Garcia	Torrance	25:52	78	Gaisford	Torrance	29:11
21	Jung	Torrance	23:30	50	Luna	West	25:58	79	Villanueva	North	29:12
22	Crump	West	23:33	51	Boggape	West	26:04	80	Arquisola	Torrance	29:14
23	Saruwatari	Torrance	23:38	52	Torres	West	26:12	81	Arciuch	South	29:33
24	Hanger	Torrance	23:56	53	Shoemaker	South	26:18	82	De La Mora	North	29:35
25	Casillas	Torrance	23:56	54	Duarte	North	26:38	83	Borges	Torrance	30:59
26	Son	Torrance	23:58	55	Chou	West	26:45	84	Chavez	Torrance	32:05
27	Hirano	Torrance	23:59	56	Franco	West	26:50	85	Willoughby	Torrance	32:06
28	Asato	North	24:24	57	Lopez	Torrance	26:55	86	Valdovinos	North	32:13
29	Dizon A	South	24:30	58	Takoaka	South	26:56	87	Eastham	Torrance	32:29
								88	Cochran	Torrance	35:51





# Cross country hopes to compete at CIF finals.

By Aziza Hanna  
Staff Writer

South varsity cross country is nearing the end of the season. They competed on Oct. 16 with both girls and boys varsity placing third.

The Central Park Invitational on Oct. 5. was a success with boys placing first and girls placing second, but some runners felt that they could do better while racing.

"To improve my race times, I will step it up in the workouts," sophomore Haley Elder said. "It's all about working hard at practice, and then races should come easy."

The team placed third for boys at the first Pioneer League on Oct. 2. This is also the first non flat race with some small inclines on the course.

"It definitely took more work than we're used to, and I felt somewhat decent running the race, but I know I should have done better and pushed it going up hills," senior Rivka Ben-Avides said.

Cross country hopes to reach CIF finals this year, and it will definitely take the dedication and focus of each team member as they push themselves.

"It really helps to think about how every person I pass is helping my team," sophomore Katie Chung said. "Being a part of the team is what inspires me."

Teammates also took a trip to Portland, Oregon for the 2019 Nike Portland Invitational where they placed fifth.

"It was really fun overall and a great bonding experience for the team," senior Casey Spencer said. "Running in the thick mud directly after a long day of travel is certainly one of the more tough things I've had to do for cross country."

Cross country members practice with a three to twelve mile range. This increases the chance of doing well when competing in races. Continuous training helps them become more familiar with uncomfortable running conditions such as hot weather. So when races come, it will be nothing new.

"There are three different kinds of days," senior Yusei Fujikura said. "We have an easy run, where we'll just jog six to eight miles at a comfortable pace; a long run, which is ten to twelve miles of aerobic running; and a workout, where we will warm up for two miles and then have either a three to four mile run."

With all of the conditioning and workouts, the team needs to be careful of possible injuries. It's better to rest and let the body heal than to continue running and suffer from long term consequences that can keep one from racing.



PHOTOS COURTESY OF AZIZA HANNA

Unfortunately, some have had to put limits on training due to injuries that are healing.

"I think if we can get back to full health and we play our cards right, we definitely have a shot at CIF finals this year," sophomore Nicholas Meyer said.

Long distance running helps the team practice pacing, breathing, and keeping a strong stance with their shoulders up. It also strengthens their muscles and improves cardiovascular fitness.

Though this is an individual sport, the team aspect makes a huge difference in the atmosphere. Teammates help, inspire, and challenge each other to bring out the best in themselves.

"I think my teammates help me run faster and motivate me to keep going," Elder said.

The team really loves what they do and strive to improve race times at every meeting they attend. They inspire each other everyday as they continue to grow as athletes and runners.

Pioneer League Meet #2  
Oct. 16<sup>th</sup>, 2019

West High. Flat on cement and grass  
72° with broken clouds

Boys: 3<sup>rd</sup> (69 points)

4. Peters, Matt	15:52	5:26, 10:50-5:24, 15:52-5:02	
13. Martinez, Robert	16:31	5:26, 10:57-5:31, 16:31-5:34	(0:39 #1-2)
15. Fujikura, Yusei	16:37	5:31, 11:08-5:37, 16:37-5:29	(0:06 #2-3)
18. Goldstein, Connor	16:53	5:32, 11:19-5:47, 16:53-5:34	(0:16 #3-4)
19. Nair, Ajith	16:56	5:32, 11:26-5:54, 16:56-5:30	(1:04 1 thru 5) (0:03 #4-5)
20. Meyer, Nicholas	17:01	5:32, 11:25-5:53, 17:01-5:36	(0:05 #5-6)
22. Kano, Alex	17:04	5:35, 11:25-5:50, 17:04-5:39	(1:12 1 thru 7) (0:03 #6-7)

After beating North at the first league meet, we turned our attention to Torrance. We needed to see little match-up victories from the previous meet. And for the most part, we got those little improvements. At the first meet, Torrance 7<sup>th</sup> man beat our 4<sup>th</sup> man...on Wednesday, we put all of our 7 guys in front of their 7<sup>th</sup> man. Matt had a great closing mile to beat their #1 man, after losing to their 4<sup>th</sup> man in the previous meet. Yusei and Robert got an extra Torrance runner as well. With West running in their 'A' squad and going hard, the pace was more honest...and we cut a 39 point deficit with Torrance to 20 points. Still a long way to go.

So our season is now contingent on overcoming that 20 point deficit in 3 weeks at league finals (on our course.) A healthy Casey would have helped...maybe cutting off 5 points. A healthier Robert, going 3 seconds faster, would swing another 5 points. But from there, we're going to need that back-group to no longer resemble a 'back-group'. And we see it in practice...Alex, Nick, and Connor are all capable of leading surges in practice...there's no reason why they can't stay with a Casey/Robert/Yusei on race day. Next race...go on 'blind faith' and run with your teammates and trust your fitness.

Next is Mt. SAC...one more practice race to run 'as a pack' while getting the hill practice that we need for the PV Course. At League Finals, we have to *beat* Torrance! Is that a top order ahead of us?...yes. But we got no choice...otherwise our season is over (no CIF). Matt needs to run like Wednesday...to help the team and/or assure himself an individual spot to CIF. Our veteran Seniors (Robert and Casey), need to race like last year (Robert and Casey ran 16:19 and 16:36 respectively on this course last year)...no way these Torrance Sophomores (who finished 1-2-3 for them) should be stepping over you. Yusei's time was R.T./Greg Chan equivalent...but he still get can 1 or 2 more Torrance guys. And our 'back-pack' need to erase this mentality that there is a gap with our veterans...get with our vets now, and help them fight Torrance (not wasting our time with North in back).

Girls: 3<sup>rd</sup> (53 points)

1. Albert, Lily	17:58	6:13	<i>Tokuda thought he recorded the 2 mile</i>	
6. Chung, Katie	18:52	6:17	<i>Tokuda brain-farted</i>	(0:54 #1-2)
13. Trodden, Mia	19:30	6:20	<i>Tokuda still can't work his iphone</i>	(0:38 #2-3)
15. Ben-Avides, Rivka	19:39	6:22	<i>Tokuda is sorry he missed the 2 mile</i>	(0:09 #3-4)
18. Elder, Haley	19:54	6:26	<i>Tokuda seems confused</i>	(1:56 1 thru 5) (0:15 #4-5)
19. Aguayo, Ashley	20:02	6:26	<i>Tokuda needs to shave his beard</i>	(0:08 #5-6)
25. Espinoza, Mia	20:30	6:36	<i>Tokuda needs to re-evaluate his life</i>	(0:28 #6-7)

At the first league meet, Torrance rang the 'alarm' clock and woke everybody up and said "we're the best team" in this league. West finished 20 points behind Torrance in 3<sup>rd</sup> place...clearly heard the 'alarm'...so on Wednesday, West pulled the 'fire alarm' at 3:45pm and pulled off a 25 point swing to win meet #2. All the while, South has been stagnant during these showdowns...running hard, but not running with 'fire' or any conviction that we're going to win. So after being ranked 3<sup>rd</sup> in CIF (among nearly 100 schools)...we're now 3<sup>rd</sup> in our 4-team league...not good, we're better than this.

That's not all to say, all was bad on Wednesday. Lily was insane...pulling 44 seconds over Angela...crazy. Katie had a bounce back race...was with West #1 with 400m to go...slipped a little, but still beat 4 girls from the league meet #1. And the team was in a good position at the half-way mark...running on



the shoulders of the West girls....the halfway mark score: Torrance 44, West 48, South 52. But that's when the good news stopped...because we couldn't respond during the closing mile.

West (to their credit) ran with the purpose of passing girls and took that victory. Over the last 8 minutes of that race, West #2 passed 3 girls, West #3 passed 3 girls, and West #4 passed 6 girls! During the same time, only Katie passed 1 opponent...we either held our position or lost a few spots. West ran so well...that they beat Torrance...which is a blessing for us, because we still can win league.

But we got to get out of this stagnant rut! The coaches can go either 1 of 2 ways...'rest' some to give us 'fresh legs' or 'grind hard' and increase the confidence and mental intensity. But if we just do 'modified' runs...we're not getting fresh legs nor are we gaining any momentum physically or mentally. So we may split the team with some benefitting from more rest, while others benefitting from more focused training. This means Mt. SAC...we might not run....gasp.

In 3 weeks, it's 'winner takes all' for the league title...both Torrance and West (on their home course) proved they could win. All the pressure is on us (on our home course) to win that last mile and prove we're the best team. And don't wait for Rania to save us...West just won missing their top 2 girls, so no excuses...if you 'believe' and run 'to win', then we can easily reverse our fortunes in one race.





## Pioner League Meet #2 @ West High School

### Boys Varsity

1	Murray	West	15:05	10	Dorantes	Torrance	16:26	19	Nair	South	16:56
2	Parker	West	15:23	11	Martin	Torrance	16:27	20	Meyer	South	17:01
3	Green	West	15:51	12	Banta	North	16:29	21	Duong	North	17:02
4	Peters	South	15:52	13	Martinez	South	16:31	22	Kano	South	17:04
5	Gibson	West	15:54	14	Rynshki	Torrance	16:33	23	Potter	North	17:10
6	DeJesus	Torrance	16:04	15	Fujikura	South	16:37	24	Bholat	North	17:11
7	Gonzalez	West	16:09	16	Probst	Torrance	16:49	25	Anderson	Torrance	17:15
8	Munawar	Torrance	16:12	17	Arreygue	North	16:52	26	Constantino	North	NT
9	Gregory	West	16:14	18	Goldstein	South	16:53	27	Higa	North	NT

### Girls Varsity

1	Albert	South	17:58	10	Anderson	Torrance	19:12	19	Aguayo	South	20:02
2	Arellano	Torrance	18:42	11	Burnett	Torrance	19:18	20	Kikuno	Torrance	20:21
3	Pringleau	Torrance	18:46	12	Villanueva	North	19:20	21	Labarda	North	20:21
4	Park	West	18:49	13	Trodden	South	19:30	22	Toledo	North	20:23
5	Ball	West	18:51	14	Young	West	19:38	23	Hirose	North	20:24
6	Chung	South	18:52	15	Ben Avides	South	19:39	24	Espinoza	South	20:30
7	Trice	West	18:56	16	Webster	West	19:41	25	Unknown	North	20:31
8	Cason	West	19:07	17	Wright	Torrance	19:47	26	Argueta	Torrance	20:32
9	Kato	North	19:10	18	Elder	South	19:54	27	Unknown	North	20:38

### Boys Freshmen

1	Shimizu	West	16:55	26	Forman	South	19:36	51	Alloush	West	22:05
2	Nakagawa	Torrance	17:12	27	Wong	West	19:38	52	Santonil	Torrance	22:06
3	Moutes	West	17:20	28	Hamilton	South	19:38	53	Ogbuehi	West	22:29
4	Kirk	South	17:21	29	Bradford	Torrance	20:06	54	Roe	South	22:32
5	Onodera	Torrance	17:49	30	Nam	Torrance	20:12	55	Go	West	22:33
6	Cabanday	West	17:50	31	Dalziel	West	20:12	56	Gagajena	Torrance	22:34
7	Acuesta	West	18:01	32	Kim	South	20:31	57	Adame	Torrance	22:37
8	Rosales	West	18:04	33	Esperon	West	20:31	58	Lafuente	South	22:44
9	Jasso	South	18:06	34	Decatrel	West	20:51	59	Reeder	Torrance	22:47
10	Anaya	Torrance	18:07	35	Andrade	Torrance	21:01	60	Kumar	South	22:47
11	Beltran	Torrance	18:12	36	Eiland	South	21:01	61	Delarea	Torrance	22:52
12	Anaya	Torrance	18:28	37	Jenkins	Torrance	21:11	62	Crocker	Torrance	22:56
13	Euperio	South	18:35	38	Gil	South	21:18	63	Alvarez	Torrance	22:57
14	Cho	South	18:38	39	Shleton	West	21:19	64	Valencia	Torrance	23:05
15	Taul	South	18:50	40	Inoue	Torrance	21:31	65	Membrides	West	23:09
16	Arrayta	West	19:04	41	Oliva	Torrance	21:33	66	Hwang	South	23:27
17	Esperon	West	19:07	42	Croft	West	21:39	67	Taha	West	23:34
18	Kawate	West	19:08	43	Hart	South	21:41	68	Ree	South	23:43
19	Blumberg	South	19:14	44	Morita	West	21:44	69	Ayala	Torrance	23:53
20	Georgy	West	19:16	45	Chaumartin	West	21:44	70	Von Stentzsch	South	24:25
21	Al-Fhafaji	South	19:17	46	Silva	West	21:45	71	Penado	West	26:02
22	Liu	West	19:17	47	Via	West	21:49	72	Ramirez	Torrance	26:42
23	Kneller	South	19:17	48	Fukayama	South	21:50	73	Birbeck	Torrance	27:49
24	Han	West	19:22	49	Hughley	South	21:53				
25	Choi	West	19:27	50	Saravanan	West	21:53				

## Pioner League Meet #2 @ West High School

### Boys Junior Varsity

1	Shimizu	West	16:30	41	Sugita	West	18:18	81	Simpson	Torrance	19:30
2	Frey	West	16:33	42	Woolen	South	18:22	82	Tokeshi	South	19:35
3	Sarkisian	West	16:34	43	Hansen	West	18:23	83	Kowata	Torrance	19:37
4	Aguila	West	16:34	44	Carrillo	Torrance	18:24	84	Sukal	North	19:39
5	Mora	Torrance	16:39	45	Kato	North	18:25	85	Benoy	South	19:43
6	Kasai	West	16:39	46	Astorga	North	18:25	86	Kishaba	North	19:44
7	Smith	West	16:41	47	Kawaoto	North	18:25	87	Perez	Torrance	19:46
8	Hansen	West	16:49	48	Sasada	North	18:26	88	Kagimoto	West	19:56
9	Timko	West	16:50	49	Snow	North	18:29	89	Bautista	North	20:02
10	Nguyen	West	16:50	50	O'Brien	South	18:29	90	Pazcoguín	Torrance	20:05
11	Chang	West	16:53	51	Marino N	South	18:37	91	Yonekawa	Torrance	20:05
12	Gibson	West	16:57	52	Mukogawa	Torrance	18:40	92	Macdonald	North	20:09
13	Herrera	West	17:07	53	Carrillo	North	18:41	93	Ishida	Torrance	20:13
14	Matsui	West	17:07	54	Kim	West	18:43	94	Mato	North	20:14
15	Kim	West	17:11	55	Marino D	South	18:45	95	Martinez	North	20:14
16	Russo	West	17:14	56	Blais	West	18:46	96	Martinez	Torrance	20:25
17	Lee	West	17:17	57	Fehr	West	18:47	97	Tran	North	20:29
18	Saruwatari	Torrance	17:17	58	Ito	North	18:49	98	Fisher	South	20:30
19	Meehan	West	17:19	59	Tamada	South	18:49	99	Chun	North	20:33
20	Crofton	West	17:21	60	Huang	Torrance	18:49	100	Okubo	North	20:35
21	Hansen	West	17:21	61	Soga	South	18:49	101	Suzuki	North	20:35
22	Okawa	West	17:24	62	Osuna	West	18:51	102	Sheardown	Torrance	20:43
23	Okawa	West	17:24	63	Miah	West	18:54	103	French	South	20:45
24	Segovia	Torrance	17:25	64	Yin	West	18:57	104	Lopez	West	20:47
25	Heinonen	West	17:25	65	Abalos	Torrance	18:57	105	Atagi	South	20:55
26	Hansen	West	17:26	66	Villongco	West	18:59	106	Maduno	West	21:02
27	Falconer	South	17:26	67	Nghe	North	19:04	107	Phan	Torrance	21:07
28	Vo	West	17:28	68	Newmeyer	West	19:05	108	Captanis	South	21:18
29	Nunley	South	17:30	69	Lee	West	19:05	109	Tran	West	21:18
30	Lee	West	17:33	70	Piken	West	19:07	110	tran	West	21:21
31	Saito	South	17:36	71	Fu	West	19:07	111	Darsot	North	21:28
32	Webster	West	17:37	72	Holker	West	19:08	112	Soepadmo	West	21:53
33	Lopez	North	17:38	73	Kikuno	Torrance	19:15	113	Li	South	21:57
34	Kozaki	West	17:40	74	Miller	Torrance	19:16	114	Krug	West	22:07
35	Long	South	17:48	75	Lee	West	19:19	115	Cao	North	22:10
36	Wiseman	Torrance	18:00	76	Benitez	South	19:20	116	Sunampally	West	22:42
37	Welsome	Torrance	18:04	77	Eckert	West	19:20	117	Dimitrov	South	22:43
38	Shen	West	18:08	78	Endo	North	19:23	118	Smith	West	22:55
39	Wong	South	18:11	79	Kim	West	19:27	119	Alamares	Torrance	23:13
40	Kim	North	18:14	80	Ma	South	19:28				

## Pioner League Meet #2 @ West High School

### Girls Junior Varsity

1	Gonzalez	Torrance	20:02	29	Jung	Torrance	23:06	57	Bopage	West	24:47
2	Momii	Torrance	20:20	30	Son	Torrance	23:12	58	Cassidy	Torrance	24:54
3	Brown	West	20:20	31	Saruwatari	Torrance	23:14	59	Ramdilovich	South	25:11
4	Smith	Torrance	21:00	32	Gulbrandson	West	23:29	60	Torres	West	25:13
5	Simon	Torrance	21:08	33	Kim	Torrance	23:30	61	Marsh	West	25:18
6	Rabang	West	21:11	34	Goiset	West	23:34	62	Lopez	Torrance	25:24
7	Nagashima	West	21:23	35	Bunch	West	23:40	63	Spellacy	Torrance	25:28
8	Alejandrino	Torrance	21:25	36	Hanna	South	23:40	64	Galang	Torrance	25:32
9	Miya	Torrance	21:29	37	Hirano	Torrance	23:40	65	Krumwiede	West	25:35
10	Nieraeth	West	21:31	38	Dizon A	South	23:41	66	Lopez	Torrance	25:49
11	Masuda	South	21:35	39	Carpenter	West	23:46	67	Rodriguez	Torrance	26:14
12	Ikeda	West	21:35	40	Dadivas	West	23:50	68	Villanueva	North	26:51
13	Tanaka	Torrance	21:45	41	Torres	West	23:57	69	Yoon	Torrance	27:08
14	Ross	South	21:51	42	Sarang	West	24:00	70	Paez	North	27:20
15	Koepp	Torrance	21:51	43	Russo	West	24:00	71	Gaisford	Torrance	27:38
16	Bothwel	Torrance	21:54	44	Guzman	Torrance	24:03	72	Escobar	North	27:41
17	Kaku	Torrance	21:57	45	Sakaguchi	South	24:08	73	De La Mora	North	28:04
18	Delarea	Torrance	21:59	46	Hamilton	South	24:11	74	Arquisola	Torrance	28:20
19	Hanger	Torrance	22:11	47	Kaku	Torrance	24:16	75	Sklar	North	28:24
20	Hinks	West	22:23	48	Ugwu	South	24:16	76	Willoughby	Torrance	28:25
21	Yoon	West	22:23	49	Garcia	Torrance	24:18	77	Minter	Torrance	28:41
22	Noda	West	22:30	50	Luna	West	24:20	78	Eastham	Torrance	29:12
23	Millican	West	22:31	51	Martinez	West	24:22	79	Chavez	Torrance	29:13
24	Crump	West	22:32	52	Chou	West	24:26	80	Mart	Torrance	29:16
25	Asato	North	22:40	53	Min	South	24:27	81	Valdovinos	North	29:40
26	Luna	West	22:42	54	Duarte	North	24:28	82	Fujii	Torrance	30:09
27	Dizon S	South	22:50	55	Tanisaka	Torrance	24:34	83	Schneider	West	30:44
28	Wang	North	22:59	56	Lopez	West	24:42	84	Ramirez	Torrance	31:50
								85	Cocran	Torrance	32:25



Mt SAC Invitational  
Oct. 25<sup>th</sup>, 2019

Mt. San Antonio College. 3 hills on dirt and some cement  
Hot and dusty. 93<sup>0</sup> (BV), 91<sup>0</sup> (GV)

Boys: 1<sup>st</sup> Place (80 points)

3. Peters, Matt	16:49	5:23, 11:24-6:01, 16:49-5:24	
4. Martinez, Robert	16:59	5:23, 11:35-6:12, 16:59-5:24	(0:10 #1-2)
16. Goldstein, Connor	17:38	5:30, 11:47-6:17, 17:38-5:51	(0:39 #2-3)
29. Meyer, Nicholas	17:53	5:30, 11:59-6:29, 17:53-5:54	(0:15 #3-4)
31. Kano, Alex	17:57	5:30, 12:00-6:30, 17:57-5:57	(1:04 1 thru 5) (0:04 #4-5)
51. Nair, Ajith	18:30	5:30, 12:14-6:44, 18:30-6:16	(0:33 #5-6)
53. Fujikura, Yusei	18:32	5:20, 12:19-6:59, 18:32-6:13	(1:43 1 thru 7) (0:02 #6-7)

1<sup>st</sup> place (out of 20 teams)...not too shabby. Why can't our 4-team league be easy like this? We did see North in our race...and we destroyed them...long gone are those early races when North was beating us. On Friday, we started the race extremely conservative...waited on the first valley loop with all 7 guys within the 27<sup>th</sup>-42<sup>nd</sup> positions. Robert and Matt caught the first pack during the second loop, while we had a pack of 5 in 30-36<sup>th</sup> place at the mile. Up and down Switchback, the front pack of 20 boys started to string out (with Matt and Robert near the front)...while Connor took the lead of our second pack. By the 2 mile mark, we were in a good spot to take the victory...as long as no one 'blew-up'. Unfortunately Yusei and Ajith started to struggle that last mile...but our scorers were pretty much locked in at that point...and we came away with a 16-point victory. Congrats guys.

A 1<sup>st</sup> place finish is good momentum leading into League Finals. But unfortunately...both Torrance and West took 1<sup>st</sup> in their respective races. So nothing is going to be easy at League Finals...and it could be our final race. We're going to be heavy underdogs against Torrance at Finals...but we have no choice but to go after them with 'everything' we got. We don't have any margin for error: Matt (along with the 'new' Robert finding the 'old' Robert speed again) have the ability to beat Torrance #1 guy (along with some West boys). Seniors Yusei and Casey will have to bring their A-game and place themselves within the Torrance pack again (which btw, will be real tight the whole race...37 seconds separated their #1-7 at SAC). And our Sophomores have to mix it up with the Torrance pack (they have a Sophomore, that you guys were beating up last year...it's time to repeat that.) If we run smart...the PV course can provide an extra advantage for us. And we got to just 'follow' through the first two miles. If we're close at the top of 'Agony Hill', then it's anybody's race the last mile. Torrance runners will be so close together, that if you're near them and just 'fart' you'll pass 2-3 of their guys. But you got to stay close through 2-miles! Torrance will not be thinking for us...but if everybody finds their peak race, then this underdog will 'bite' Torrance and come away with the upset!

Girls: 10<sup>th</sup> Place (283 points)

10. Albert, Lily	18:53	5:42, 12:24-6:42, 18:53-6:29	
36. Chung, Katie	20:07	6:07, 13:27-7:20, 20:07-6:40	(1:14 #1-2)
64. Ben-Avides, Rivka	20:48	6:13, 13:58-7:45, 20:48-6:50	(0:41 #2-3)
83. Elder, Haley	21:31	6:19, 14:18-7:59, 21:31-7:13	(0:43 #3-4)
95. Aguayo, Ashley	21:55	6:19, 14:32-8:13, 21:55-7:23	(3:02 1 thru 5) (0:24 #4-5)
115. Masuda, Claire	22:43	6:43, 15:04-8:21, 22:43-7:39	(0:48 #5-6)
125. Baran, Evelyn	23:21	6:34, 15:12-8:38, 23:21-8:09	(4:28 1 thru 7) (0:38 #6-7)

Our last race, before the big showdown at PV Course. With Torrance having their big day at Wilson Park, and West having their big day at last week...the coaches were hoping that the momentum would shift our way, and were expecting some big results from the team. But with both Mia's and Rania out, the coaches had to temper their expectations a bit. Our 10<sup>th</sup> place out of 20 teams might hurt our ranking for a week or two. But we know that were not at full strength...and besides our concern is not with the rest of the CIF competition right now...our focus is on the 4 Torrance schools. And since all 4 Torrance schools ran at SAC, we found some encouraging news from the weekend. The fitness and training of Rivka, Lily, and Katie is starting to show real results. Lily would have beaten any other girl from our league by 30+ seconds. Katie, after getting within 6 seconds of West #2 and Torrance #2 at the last showdown, finished 25+ seconds faster



than both girls at SAC. And Rivka, after finishing behind West #4 and Torrance #4 at the last meet, beat both teams #4 girl by 13 and 37 seconds respectively...and now Rivka is mere seconds on the #3 girls. Giving Mia T the same time as Rivka, we would have won a Mt. SAC mock race (South 43, Torrance 45, West 65, and North 75.) And also keep this in mind...we ran in the hottest race of the day...so we could have posted even faster times with the weather being equal.

Unfortunately mock races don't determine league titles. But they do provide a blueprint on what could be...it's going to be close, but if we win the head-to-head battles, we'll take the league championship. Lily-Katie-Rivka keep the momentum that we've been showing: Lily expect a pack the first mile (no girl will step in front of you)...run smart, and push the pace after the first mile (at the top of forest hill)...if any girl wants to stay with you, don't panic...your fitness will gradually pull you away. Katie and Rivka, expect to see your respective counterparts for the first 2 miles....your training as of late will 'kill it' that last mile...expect a battle, but times don't lie, we're better now. And Mia T, Haley, Ashley, and Evelyn/Claire/Mia E...someone will need to have a 'big day' and beat their head-to-head battle with West and Torrance. It's going to be close the whole race...and it's who wants it most the last mile. The other 2 teams have had their moment to shine...in 2 weeks, let's grab our moment and put forth a peak performance and win South's first title in 4 years!

<u>Mt SAC Times(Mock Race) Head to Head comparison</u>				
	<u>South</u>	<u>Torrance</u>	<u>West</u>	<u>North</u>
#1 runners	Lily - 18:53	19:28	DNR - 20:20 (guess)	20:08
#2 runners	Katie - 20:07	20:33	20:31	20:44
#3 runners	Mia T - DNR/20:48 (guess)	20:40	20:35	21:32
#4 runners	Rivka - 20:48	21:01	21:25	21:33
#5 runners	Haley - 21:31	21:16	21:33	22:04
#6 runners	Ashley - 21:55	21:36	21:41	22:11
#7 runners	Claire - 22:43	22:17	21:56	22:36



Pioneer League Finals  
Nov. 6<sup>th</sup>, 2019

P.V. Course  
3 hills on dirt and cement. Mild. 63<sup>0</sup>

Boys: 3<sup>rd</sup> Place (72 points)

4. Martinez, Robert	17:25	5:52, 11:58-6:06, 17:25-5:27	
15. Peters, Matt	18:01	5:51, 12:04-6:13, 18:01-5:57	(0:36 #1-2)
16. Spencer, Casey	18:03	5:53, 12:05-6:12, 18:03-5:58	(0:02 #2-3)
18. Meyer, Nicholas	18:06	5:56, 12:14-6:18, 18:06-5:52	(0:03 #3-4)
19. Goldstein, Connor	18:09	5:59, 12:15-6:16, 18:09-5:54	(0:44 1 thru 5) (0:03 #4-5)
20. Kano, Alex	18:17	5:59, 12:21-6:22, 18:17-5:56	(0:08 #5-6)
23. Fujikura, Yusei	18:53	6:01, 12:35-6:34, 18:53-6:18	(1:28 1 thru 7) (0:36 #6-7)

With us being the underdog against Torrance...we were in need of some extra help to mix things up and make this a crazy race. The hilly course was one wildcard. But when West just packed up and cruised together...it took away the possibility of Torrance getting strung out as a team. And this race became a similar to the first league meet at Wilson Park, with everybody close through the first mile. During that opening mile, we were in a good spot...behind Torrance, but within striking distance. As the second mile progressed, West's pack was about 3 seconds in front of Torrance's pack...Torrance's pack was about 5 seconds in front of our main pack...and North was scattered among the field. That gap would have been easier to make up, if the early pace was a crazier. Unfortunately, by the top of 'Agony Hill'...although people were tired, nobody was going to 'blow-up'. Pack running kept teams in place...and not much changed on the last mile. At the finish, West's top 6 were 8 seconds apart...Torrance's top 5 were 11 seconds apart...and South's #2-5 were 8 seconds apart. The order fell right into what was expected...West - 1<sup>st</sup>, Torrance - 2<sup>nd</sup>, South - 3<sup>rd</sup>, North - 4<sup>th</sup>.

That's not to say, things were all bad on Wednesday. Senior Robert Martinez was in 13<sup>th</sup> place going up 'Agony Hill' and moved up from the Torrance pack to the West pack, and broke up their top 5. Our 3 Sophomores of Nick, Connor, and Alex improved by a ridiculous 1:54, 3:37, and 2:54 respectively. And despite the fact that Matt had his only bad race of the year, and Yusei being a non-factor...this team would have beaten last year's team by 11 points...top 5 finishers last year at PV were Hayden 17:10, Robert 17:54, RT 18:08, Greg 18:25, Luffy 19:06.

And of course, the best news was that Morningside showed up...giving the league an extra CIF spot...which we gladly took. As for CIF Prelims...well if we just posted PV times better than last year's team...then why can't we produce the same results we got last season at CIF Prelims as well (which was earning a spot to CIF Finals)? With the Sophomores running Greg Chan/Ryan Taylor equivalent times...and if Yusei and Matt bounce back from this forgettable race...then we have a shot at moving onto CIF Finals. But like the entire season, it won't be easy....expect to be the 'underdog' once again.

Girls: 1<sup>st</sup> Place (37 points)

1. Albert, Lily	19:47	6:31, 13:13-6:42, 19:47-6:34	
5. Chung, Katie	20:54	6:47, 14:05-7:18, 20:54-6:49	(1:07 #1-2)
6. Ben-Avides, Rivka	20:59	6:52, 14:12-7:20, 20:59-6:47	(0:05 #2-3)
10. Trodden, Mia	21:34	6:55, 14:37-7:42, 21:34-6:56	(0:35 #3-4)
15. Aguayo, Ashley	22:00	7:15, 15:20-8:05, 22:00-6:40	(2:13 1 thru 5) (0:26 #4-5)
23. Elder, Haley	22:45	7:15, 15:26-8:11, 22:45-7:19	(0:45 #5-6)
26. Masuda, Claire	23:11	7:27, 15:46-8:19, 23:11-7:25	(3:24 1 thru 7) (0:26 #6-7)

League Champions!! And there's nothing like 'home cooking' and home-field advantage to help us finally get our moment to shine against the league. The hilly course made a big difference against Torrance...as they got out too fast, and paid for it later. But we had to legitimately beat West to take this title. We had control of West through most of the race, until one of their girls went nuts and almost single-handedly won the race for West over the last mile.

Through the first mile, Lily and Angie were upfront...with a huge field running close together. After Forrest Hill, Lily started to pull away and took the lead...as did the rest of the team, every girl did some passing on the Forrest area. By the half-way mark, Rivka was killing it...running with teammate Katie...and

we had a clear command of the race. By 'Agony Hill'...we were still the clear favorite up front....with a little troubling news coming from our back. Haley started to struggle...leaving Ashley alone with our 5<sup>th</sup> position. And Mia had 4 West girls close-by. But it still looked like a race between West and Torrance fighting each other for 2<sup>nd</sup> place. Then over the last mile, one girl from West started to move....at the top of 'Agony' she was behind Mia...she left her pack of West teammates...passed Mia...and she caught both Rivka and Katie over the last 600m. On the last 600m, the top West girls pulled a 6-point swing on us...and the coaches were in a panic. Mia (with 3 West girls close by) and Ashley (with a North girl breathing down her neck) had to hold their position. Thankfully...they did...and we squeaked by with a 1 point victory!!

So congratulations girls!!...it's been 4 years since South has held that league title trophy up. It's a great

accomplishment and needs to be celebrated. Unfortunately, the celebration parade will have to wait...next is CIF. Our next goal is simple: qualify to CIF Finals. Keep the momentum: Rivka, you're no longer a 'mid-pack' runner...you're fitness and times don't lie, you belong near the front. And in the smaller race like finals, Lily was only able to give us a 1-point advantage...but at CIF, she can do more damage. Haley can obviously run better...which bodes well for us...because we won't have the services of Rania during our playoff run. Not having Rania sucks...but this team has been posting times better team times than last season w/o Rania already. We're a ranked team...a league champion team...and we're ready to roll into CIF.

@ Forrest Hill	Torrance - 41	South - 45	West - 49
@ ½ way mark	South - 32	West - 43	Torrance - 52
@ Agony Hill	South - 36	Torrance - 44	West - 46
@ 600m to go	South - 35	West - 42	Torrance - 47
@ Finish	South - 37	West - 38	Torrance - 53







**Katie Chung**  
**5<sup>th</sup> Place**

**Pioneer League  
All-League Runners**



**Rivka Ben Avides**  
**6<sup>th</sup> Place**



**Robert Martinez**  
**4<sup>th</sup> Place**



**Lily Albert**  
**League Champion**



**Mia Trodden**  
**10<sup>th</sup> Place**



# Pioneer League Finals @ PV Course

## Boys Varsity

1	Murray	West	17:24	12	Martin	Torrance	17:43	23	Fujikura	South	19:32
2	Parker	West	17:24	13	Rynski	Torrance	17:44	24	Arreygue	North	19:00
3	Green	West	17:24	14	Munawar	Torrance	17:53	25	Higa	North	19:32
4	Martinez	South	17:25	15	Peters	South	18:01	26	Bholat	North	19:32
5	Gibson	West	17:25	16	Spencer	South	18:03	27	Constantino	North	19:33
6	Gregory	West	17:32	17	Anderson	Torrance	18:04	28	Kasai	West	20:25
7	Gonzalez	West	17:32	18	Meyer	South	18:06	29	Espinosa	Morningside	21:40
8	Dorantes	Torrance	17:33	19	Goldstein	South	18:09	30	Anival	Morningside	23:16
9	DeJesus	Torrance	17:34	20	Kano	South	18:17	31	Mejia	Morningside	23:31
10	Banta	North	17:37	21	Duong	North	18:30	32	Lopez	Morningside	24:00
11	Bothwell	Torrance	17:41	22	Potter	North	18:37	33	Lopez	Morningside	24:01

## Girls Varsity

1	Albert	South	19:47	10	Trodden	South	21:34	19	Wright	Torrance	22:19
2	Arellano	Torrance	20:14	11	Young	West	21:39	20	Argueta	Torrance	22:29
3	Park	West	20:45	12	Trice	West	21:40	21	Labarda	North	22:37
4	Ball	West	20:46	13	Crump	West	21:49	22	Narasaki	North	22:44
5	Chung	South	20:54	14	Valdovinos	North	21:52	23	Elder	South	22:45
6	Ben Avides	South	20:59	15	Aguayo	South	22:00	24	Hirose	North	22:58
7	Burnett	Torrance	21:12	16	Shimizu	North	22:02	25	Webster	West	23:09
8	Cason	West	21:18	17	Anderson	Torrance	22:07	26	Masuda	South	23:11
9	Prioleau	Torrance	21:30	18	Gonzales	Torrance	22:12				

## Boys Freshmen

1	Shimizu	West	18:15	28	Bradford	Torrance	21:08	55	Morita	West	23:45
2	Nakagawa	Torrance	18:28	29	Al-Khafaji	South	21:12	56	Ramero	West	23:50
3	Jasso	South	18:31	30	Nam	Torrance	21:14	57	Gil	South	23:52
4	Kirk	South	18:31	31	Blumberg	South	21:16	58	Fukayama	South	23:53
5	Moutes	West	18:40	32	Arrayta	West	21:22	59	Park	South	23:54
6	Onodera	Torrance	19:20	33	Forman	South	21:26	60	Chaumartin	West	23:57
7	Quezada	West	19:26	34	Kishaba	North	21:27	61	Lee	South	23:59
8	Acuesta	West	19:30	35	Kneller	South	21:56	62	Andrade	Torrance	24:01
9	Cho	South	19:30	36	Han	West	21:57	63	Delarea	Torrance	24:06
10	Rosales	West	19:39	37	Peters	South	22:16	64	Jenkins-Robi	Torrance	24:07
11	Beltran	Torrance	19:59	38	Kim	South	22:16	65	Adame	Torrance	24:16
12	Anaya	Torrance	20:03	39	Inoue	Torrance	22:16	66	Via	West	24:20
13	Euperio-Nacion	South	20:13	40	Lafuente	South	22:17	67	Hart	South	24:34
14	Ito	North	20:16	41	Santonil	Torrance	22:29	68	Rushil	South	24:37
15	Cabanday	West	20:17	42	Taha	West	22:29	69	Roe	South	24:41
16	Murray	West	20:18	43	Aguirre	Torrance	22:30	70	Reeder	Torrance	24:44
17	Disloquez	West	20:19	44	Menon	Torrance	22:30	71	Membrides	West	24:52
18	Anaya	Torrance	20:20	45	Saravanan	West	22:30	72	Von Stentzsc	South	24:52
19	Esperon	West	20:22	46	Croft	West	22:31	73	Huang	South	25:00
20	Liu	West	20:29	47	Hughley	South	22:45	74	Crocker	Torrance	25:01
21	Hamilton	South	20:37	48	Cuellar	West	22:50	75	Ayala	Torrance	25:07
22	Esperon	West	20:47	49	Dalziel	West	22:53	76	Alvarez	Torrance	26:19
23	Choi	West	20:56	50	Valencia	Torrance	22:59	77	Birbeck	Torrance	27:26
24	Wong	West	21:02	51	Decatrel	West	23:07	78	Atthota	West	27:42
25	Taul	South	21:03	52	Silva	West	23:11	79	Ramirez	Torrance	28:31
26	Georgy	West	21:07	53	Shelton	West	23:12	80	Penado	West	29:23
27	Kawate	West	21:07	54	Murphy	South	23:39				

# Pioneer League Finals @ PV Course

## Boys Junior Varsity

1	Probst	Torrance	17:45	45	Kato	North	19:56	89	Sukal	North	22:01
2	Aguila	West	17:47	46	Blais	West	19:57	90	Bunuan	Torrance	22:03
3	Frey	West	17:49	47	Ritchey	West	19:58	91	Simpson	Torrance	22:08
4	Mora	Torrance	17:58	48	Abalos	Torrance	20:00	92	Ishida	Torrance	22:10
5	Smith	West	18:00	49	Shen	West	20:00	93	Kowata	Torrance	22:12
6	Chang	West	18:01	50	Woolen	South	20:07	94	Sheardown	Torrance	22:18
7	Gil	Torrance	18:21	51	Mukogawa	Torrance	20:14	95	Downing	West	22:28
8	Shimizu	West	18:22	52	Endo	Torrance	20:16	96	Miah	West	22:30
9	Nair	South	18:23	53	Astorga	North	20:18	97	Lee	West	22:33
10	Sarkisian	West	18:25	54	Huang	Torrance	20:18	98	Suzuki	North	22:37
11	Hansen	West	18:30	55	Sasada	North	20:21	99	Fu	West	22:41
12	Timko	West	18:37	56	Pastrana	West	20:21	100	Yonekawa	Torrance	22:54
13	Orendain	West	18:40	57	Carrillo	North	20:21	101	Chun	North	22:54
14	Nguyen	West	18:40	58	O'Brien	South	20:29	102	Toy	West	22:56
15	Fuentes	Torrance	18:45	59	Kim	West	20:33	103	French	South	23:03
16	Lopez	North	18:53	60	Tamada	South	20:38	104	Martinez	North	23:09
17	Herrera	West	19:01	61	Marino N	South	20:38	105	Okubo	North	23:22
18	Kim	West	19:02	62	Marino D	South	20:42	106	Martinez	Torrance	23:22
19	Lee	West	19:03	63	Snow	North	20:43	107	Baig	West	23:27
20	Hansen	West	19:03	64	Kim	North	20:43	108	Sarabakhsh	West	23:27
21	Nunley	South	19:03	65	Benoy	South	20:59	109	Nicles	South	23:31
22	Lee	West	19:03	66	Nghe	North	21:04	110	Captanis	South	23:36
23	Matsui	West	19:04	67	Benitez	South	21:06	111	Li	South	23:36
24	Russo	West	19:06	68	Miller	Torrance	21:07	112	Tran	West	23:47
25	Vo	West	19:09	69	Piken	West	21:11	113	Phan	Torrance	23:49
26	Heinonen	West	19:13	70	Endo	North	21:11	114	Krug	West	23:52
27	Saruwatari	Torrance	19:15	71	Lee	West	21:11	115	Franco	Morningside	23:54
28	Hansen	West	19:17	72	Kikuno	Torrance	21:13	116	Kagimoto	West	23:56
29	Corona	West	19:17	73	Eckert	West	21:30	117	Maduno	West	23:56
30	Ha	West	19:20	74	Osuna	West	21:32	118	Tran	West	23:58
31	Welsome	Torrance	19:25	75	Yin	South	21:35	119	Atagi	South	24:00
32	Webster	West	19:30	76	Villongco	West	21:36	120	Soepadmo	West	24:20
33	Miyata	North	19:32	77	Fehr	West	21:37	121	Foassis	Torrance	24:22
34	Yang	West	19:33	78	Kim	West	21:37	122	Sunampally	West	24:23
35	Saito	South	19:36	79	Holker	West	21:38	123	Almares	Torrance	24:44
36	Crofton	West	19:41	80	Pazcoguin	Torrance	21:40	124	Castillo	Morningside	24:47
37	Gibson	West	19:44	81	Newmeyer	West	21:44	125	Erikson	West	24:55
38	Wong	South	19:45	82	Fisher	South	21:46	126	Darsot	North	25:02
39	Sandkulla	South	19:47	83	Soga	South	21:47	127	Campos	Morningside	25:04
40	Kozaki	West	19:48	84	Hankey	South	21:48	128	Lopez	West	25:14
41	Long	South	19:51	85	Bautista	North	21:53	129	Lizarraga	Morningside	25:39
42	Carpenter	West	19:53	86	Tokeshi	South	21:58	130	Smith	West	25:59
43	Meehan	West	19:54	87	Ma	South	22:00	131	Johnson	West	26:05
44	Wisman	Torrance	19:56	88	Ruskowski	South	22:00				

# Pioneer League Finals @ PV Course

## Girls Junior Varsity

1	Bothwell	Torrance	22:00	34	Wang	North	25:16	67	Chou	West	27:38
2	Goiset	West	22:20	35	Hirano	Torrance	25:18	68	Escobar	North	27:48
3	Rabang	West	22:25	36	Hanger	Torrance	25:25	69	Galang	Torrance	27:49
4	Kikuno	Torrance	22:40	37	Asato	North	25:28	70	Krumwiede	West	28:01
5	Smith	Torrance	22:40	38	Kim	Torrance	25:31	71	Spellacy	Torrance	28:01
6	Brown	West	22:41	39	Bandara	West	25:45	72	Radmilovich	South	28:07
7	Momii	Torrance	22:51	40	Dadivas	West	25:46	73	Lopez	West	28:14
8	Simon	Torrance	23:06	41	Sakaguchi	South	25:50	74	Lopez	Torrance	28:16
9	Delarea	Torrance	23:10	42	Masciotti	South	25:53	75	Lopez	Torrance	28:19
10	Nagashima	West	23:11	43	Soares	South	25:58	76	Duartes	North	29:05
11	Nieraeth	West	23:11	44	Guzman	Torrance	26:12	77	Takaoka	South	29:11
12	Crump	West	23:28	45	Dizon A	South	26:16	78	Fuji	Torrance	29:24
13	Millican	West	23:33	46	Kaku	Torrance	26:21	79	Shel	Torrance	29:33
14	Miya	Torrance	23:35	47	Ugwu	South	26:21	80	Arquisola	Torrance	29:35
15	Espinoza	South	23:37	48	Casillas	Torrance	26:32	81	Strickfaden	South	29:48
16	Yoon	West	23:40	49	Hamilton	South	26:34	82	Marsh	West	29:53
17	Koepp	Torrance	23:40	50	Khedesian	South	26:38	83	Paez	North	30:05
18	Tanaka	Torrance	23:46	51	Borzatta	Torrance	26:40	84	Gaisford	Torrance	31:06
19	Ross	South	23:57	52	Shoemaker	South	26:44	85	Chavez	Torrance	31:14
20	Dizon S	South	24:02	53	Shibata	South	26:49	86	Rodriguez	Torrance	31:17
21	Ikeda	West	24:17	54	Cassidy	Torrance	26:52	87	Willoughby	Torrance	31:17
22	Alejandrino	Torrance	24:18	55	Tanisaka	Torrance	26:53	88	Arciuch	South	31:31
23	Martin	North	24:19	56	Russo	West	27:05	89	Villanueva	North	31:33
24	Bunch	West	24:22	57	Torres	West	27:07	90	Borges	Torrance	31:57
25	Noda	West	24:23	58	Wong	South	27:09	91	De La Mora	North	32:00
26	Kaku	Torrance	24:26	59	Kaneshige	North	27:12	92	Zepeda	Torrance	32:02
27	Park	South	24:35	60	Gonzales	West	27:14	93	Sklar	North	32:22
28	Carpenter	West	24:37	61	Garcia	Torrance	27:15	94	Vasquez	North	32:40
29	Son	Torrance	24:53	62	Min	South	27:16	95	Valdovinos	North	33:01
30	Jung	Torrance	24:54	63	Torres	West	27:21	96	Estham	Torrance	33:19
31	Hanna	South	24:54	64	Luna	West	27:22	97	Martinez	Torrance	33:21
32	Lopez	West	25:05	65	Martinez	West	27:23	98	Schneider	West	35:02
33	Saruwatari	Torrance	25:07	66	Sarang	West	27:24	99	Lopez	Morningside	36:02
								100	Cochran	Torrance	36:10



CIF Prelims  
Nov. 15<sup>th</sup>, 2019

Riverside XC Course  
Flat on dirt trails. Overcast. 59<sup>0</sup>

Boys: 10<sup>th</sup> (295 points)

28. Martinez, Robert	16:04	5:13, 10:43-5:30, 16:04-5:21	
46. Peters, Matt	16:22	5:18, 10:59-5:41, 16:22-5:23	(0:18 #1-2)
81. Fujikura, Yusei	16:53	5:22, 11:12-5:50, 16:53-5:41	(0:31 #2-3)
82. Meyer, Nicholas	16:53	5:25, 11:18-5:53, 16:53-5:35	(0:00 #3-4)
83. Goldstein, Connor	16:55	5:25, 11:18-5:53, 16:55-5:37	(0:51 1 thru 5) (0:02 #4-5)
84. Spencer, Casey	16:55	5:25, 11:13-5:48, 16:55-5:42	(0:00 #5-6)
108. Kano, Alex	17:17	5:30, 11:25-5:55, 17:17-5:52	(1:13 1 thru 7) (0:23 #6-7)

When Morningside showed up to league finals last week, we got lucky...we were given a ticket to CIF Prelims. But to take the next step, there would be no free pass for us...we had to earn our ticket to CIF Finals. With 9 ranked teams (plus Torrance) in our heat...it only left 2 spots available for the remaining 15 teams in the heat. So we would need another solid day to advance to CIF Finals. Based on last year's race, the coaches wanted to replicate similar results from last season...Robert and Matt would ideally finish in the 20-30 positions...and the rest of the boys to finish in the 40-50 area. If we finished within those range, we should be safe to advance (since last year's team took 6<sup>th</sup> place.)

Within the first 2 minutes of the race...Robert got out nicely in 35<sup>th</sup> place...but Matt was floating around 70<sup>th</sup>...and our main pack of guys was in the 80-ish range. Placing wise, it was too far back...but there was no need to panic...it was super early...and we would have time to move up. A few minutes later, as we pass the mile, Robert was in 40<sup>th</sup>, Matt in 58<sup>th</sup>, Yusei-Casey-Nick-Connor were in 78<sup>th</sup>-88<sup>th</sup> spot, and Alex in 98<sup>th</sup> spot. There wasn't any dramatic movement on the team. The coaches knew that after the mile, there usually is not much changing of positions afterwards...so we weren't going to hit our targeted goals...now it was time to panic. Would our pack that was further back than we liked get us to CIF Finals?

When the dust settled, we finished in 10<sup>th</sup> place...and earned a trip to CIF Finals! We ended up beating 2 ranked teams. And although last year's team finished higher than 10<sup>th</sup>, we ended up beating last year's team time. Amazing job guys...especially considering that this team had graduated 4 of its top 6 runners from last season.

Next is CIF Finals. This will be the last 'train stop' on this glorious ride, as we are not expected to make it to State (a top 7 finish). But we cannot just 'show up' with the 'happy to be here' attitude...with that frame of mind, we'll just be wasting our time. Individually and as a team, we can still go get some new PR's...go get a few Torrance kids...grab a top 20 team finish...and just put a nice closing statement on this great season.

	1 mile	2 mile	3 mile
Martinez, Robert	40 <sup>th</sup>	32 <sup>nd</sup>	28 <sup>th</sup>
Peters, Matt	58 <sup>th</sup>	53 <sup>rd</sup>	46 <sup>th</sup>
Fujikura, Yusei	78 <sup>th</sup>	75 <sup>th</sup>	81 <sup>st</sup>
Meyer, Nickolas	86 <sup>th</sup>	84 <sup>th</sup>	82 <sup>nd</sup>
Goldstein, Connor	88 <sup>th</sup>	86 <sup>th</sup>	83 <sup>rd</sup>
Spencer, Casey	83 <sup>rd</sup>	77 <sup>th</sup>	84 <sup>th</sup>
Kano, Alex	98 <sup>th</sup>	98 <sup>th</sup>	108 <sup>th</sup>

Girls: 5<sup>th</sup> (139 points)

2. Albert, Lily	18:18	6:01, 12:27-6:26, 18:18-5:51	
22. Chung, Katie	19:30	6:16, 13:03-6:47, 19:30-6:27	(1:12 #1-2)
24. Trodden, Mia	19:32	6:17, 13:05-6:48, 19:32-6:27	(0:02 #2-3)
46. Elder, Haley	20:06	6:24, 13:24-7:00, 20:06-6:42	(0:34 #3-4)
70. Aguayo, Ashley	20:39	6:30, 13:39-7:09, 20:39-7:00	(2:21 1 thru 5) (0:33 #4-5)
92. Espinoza, Mia	21:13	6:52, 14:14-7:22, 21:13-6:59	(0:34 #5-6)
93. Masuda, Claire	21:16	6:52, 14:15-7:23, 21:16-7:01	(2:58 1 thru 7) (0:03 #6-7)

After our 'all-out' war for the League title last week, we knew we would have an easy day at CIF Prelims...with the only goal of finishing in the top 12 (with only 19 schools on the line). The coaches knew



that we could cruise on Friday, and move on through to next round. During the race, our position was never in doubt...as we simply just ran the race and took a comfortable 5<sup>th</sup> place overall. And apart from Ashley struggling a bit on the last mile, it was an easy race for the entire team. It was a yawner.

So next is CIF Finals. Like league finals, the pressure will be on us again. Taking the top 24 teams from both heats and making a Mock-Race...our times would have put us in 9<sup>th</sup> place. Top 7 make it to State. We would be 12 points from 7<sup>th</sup> place...but 6 points from dropping to 11<sup>th</sup> place. There should be 4 elite teams who are a 'lock' to make it to State...and South will be among 7-8 good teams fighting for the last 3 spots. Torrance girls will be among those teams (*btw...in the mock race, Torrance would have finished in 6<sup>th</sup>.*)

Here's the good news going into CIF Finals. We were cruising at CIF Prelims...and without our best line-up and maximum effort we were still super close to 7<sup>th</sup> place. And we didn't have Rivka...if she ran a time equivalent to Mia T, then we would have moved from 9<sup>th</sup> place to 4<sup>th</sup> place. And we know that we are better than Torrance...so there's that.

Here's the word of caution going into CIF Finals. Many of the top teams ran just like we did. Some probably did not put in maximum effort...and some probably rested a few bodies. So comparing times in the mock race is just that 'a mock race.'

Expect a faster start...expect more girls around you the entire race. Use the Torrance girls match-up (and the North girls) as a barometer during the early stages. These are the best teams in CIF...so stay focused, even if you feel like you're way in the back....every point will count...only 2 points separated 7<sup>th</sup> from 8<sup>th</sup> place in the mock race. Don't be surprised if the last spot to the State Championship comes down between South and Torrance...yet again. We'll talk more...

	1 mile	2 mile	3 mile
Albert, Lily	4 <sup>th</sup>	3 <sup>rd</sup>	2 <sup>nd</sup>
Chung, Katie	21 <sup>st</sup>	20 <sup>th</sup>	22 <sup>nd</sup>
Trodden, Mia	25 <sup>th</sup>	24 <sup>th</sup>	24 <sup>th</sup>
Elder, Haley	42 <sup>nd</sup>	41 <sup>st</sup>	46 <sup>th</sup>
Aguayo, Ashley	50 <sup>th</sup>	58 <sup>th</sup>	70 <sup>th</sup>
Espinoza, Mia	110 <sup>th</sup>	96 <sup>th</sup>	92 <sup>nd</sup>
Masuda, Claire	111 <sup>th</sup>	98 <sup>th</sup>	93 <sup>rd</sup>



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

**Boys**

**Mira Costa 1st Bay, 5th Prelims D1**

Fionito (12)	15:44
Atkinson (12)	15:49
Carew (11)	15:50
Beale (11)	16:08
Velvin (12)	16:11
Velleca (12)	16:31
Hong (12)	17:08

**Palos Verdes 2nd Bay, 3rd Prelims D3**

Ward (11)	15:58
Lantz (11)	16:12
Delgado (12)	16:14
Smalling (12)	16:18
Reid (12)	16:18
Kirk (10)	16:36
Mendel (10)	16:44

**Peninsula 3rd Bay, 8th Prelims D2**

MacFarlane (11)	15:03
Takami (12)	16:09
Sharp (11)	16:10
Spencer (10)	16:23
Thomas (11)	16:24
Drew (12)	16:28
Tabias (11)	16:42

**S Monica 1st Ocean, 8th Prelims D1**

Amell (11)	15:27
Berger (11)	16:06
Kashanchi (11)	16:09
Van Vuuren (11)	16:41
Gillespie (10)	16:56
Hemmaly (11)	16:58
Jeronimo (12)	17:12

**El Segundo 2nd Ocean, 8th Prelims D4**

Verfailie (12)	16:19
Garrell (11)	16:59
Glynn (12)	17:23
Ortiz (11)	17:56
Feker (12)	18:04
Haas (11)	18:25
Pop (10)	18:30

**Culver City 3rd Ocean, 21st Prelims D2**

Schuette (12)	16:55
Makinoda (9)	17:03
LaPalm (11)	17:19
Quintero (10)	18:04
Ridenour (12)	18:16
Tanahara (11)	18:20
Washizaki (11)	18:31

**West 1st Pioneer, 6th Prelims D2**

Mainvielle (11)	15:03
Murray (11)	15:10
Gallagher (12)	16:05
Kasai (11)	16:18
Gregory (12)	16:31
Yang (12)	16:45
Gonzalez (12)	16:56

**Torrance 2nd Pioneer, 7th Prelims D3**

Probst (12)	16:11
Dorantes (10)	16:16
Bothwell (12)	16:16
Martin (12)	16:24
Rynshi (11)	16:25
Gil (12)	16:31
Anderson (11)	16:58

**South 3rd Pioneer, 10th Prelims D3**

Martinez (12)	16:04
Peters (11)	16:22
Fujikura (12)	16:53
Meyer (10)	16:53
Goldstein (10)	16:55
Spencer (12)	16:55
Kano (10)	17:17

**Chadwick 4th Prelims D5**

Thomas (9)	16:47
Guzman (12)	17:56
Burg (10)	18:00
Mester (12)	18:00
Santaria (11)	18:01
Severns (10)	18:02
Saltmann (10)	18:21

**Bishop Montgomery, 13th Prelims D4**

Lehr (11)	17:04
Yearly (12)	18:07
Riddick (11)	18:09
Rosales (12)	18:18
Wilkinson (10)	19:14
McKechnie (10)	19:39
Bevan (12)	19:58

**Redondo, D1**

Waligorski (10)	15:13
Chambers (12)	15:41
Lutz (11)	16:16

**Beverly Hills, D4**

Harris (11)	17:14
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**Vistamar, D5**

Watkinson (12)	17:26
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**CIF Prelims - Local Results**  
**(@ Riverside Cross Country Course)**

**Girls**

**Mira Costa 1st Bay, 5th Prelims D1**

Frias (10)	18:24
Pappas (12)	18:40
Mel (12)	18:46
Jensen (9)	18:55
Tofler (12)	19:00
Scalabrini (12)	19:05
Chittenden (12)	19:54

**Palos Verdes 2nd Bay, 2nd Prelims D3**

Hardesty (11)	19:21
Nelson (11)	19:23
Pheiffer (11)	19:44
Scriven (12)	19:49
Steman (12)	19:49
Corsaro (12)	19:56
Bonvechio (10)	22:05

**Redondo 3rd Bay, 8th Prelims D1**

Alison (11)	18:39
Valenzuela (10)	19:27
Bosse (11)	19:27
Goto (11)	19:57
Stenson (12)	19:58
Kelley (10)	20:16
French (9)	20:23

**El Segundo 1st Ocean, 3rd Prelims D4**

Matlosz (10)	19:49
Zago (12)	19:49
Matlosz (12)	19:52
McColgan (10)	21:33
Miller (10)	21:47
Schoenbaum (9)	21:51
Guziak (12)	22:14

**S Monica 2nd Ocean, 13th Prelims D1**

Hansen (10)	19:28
Garcia (10)	19:46
Basmajian (10)	19:53
Sullivan (12)	20:01
Wasson (12)	20:02
Lauer (12)	20:03
Mckenze (10)	21:33

**C City 3rd Ocean, 14th Prelims D2**

Hessling (11)	18:39
Kojima (12)	19:31
Fune (11)	19:57
War (11)	20:45
Nimnual (10)	20:48
Metzier (12)	20:56
House (12)	22:37

**South 1st Pioneer, 5th Prelims D3**

Albert (11)	18:18
Chung (10)	19:30
Trodden (12)	19:32
Elder (10)	20:06
Aguayo (10)	20:39
Espinoza (12)	21:13
Masuda (12)	21:16

**West 2nd Pioneer, 10th Prelims D2**

Park (10)	18:47
Trice (12)	19:11
Ball (10)	19:19
Young (11)	19:58
Crump (11)	20:14
Webster (10)	20:55
Cason (11)	22:37

**Torrance 3rd Pioneer, 3rd Prelims D3**

Arellano (12)	18:39
Prioleau (9)	18:53
Burnett (10)	19:12
Wright (12)	20:04
Momii (9)	20:43
Bothwell (10)	20:53
Kikuno (11)	20:58

**Chadwick 3rd Prelims D5**

Rothman (9)	20:23
Elliott (12)	21:05
Valle (11)	21:16
Joiner (11)	22:13
Mangali (10)	22:27
Aiden (9)	22:34
Davodi (10)	22:43

**Bishop Montgomery 10th Prelims D4**

Oliver (12)	19:48
Gomez (9)	20:08
Lopez (12)	21:17
Davis (10)	22:22
Ruelas (10)	22:39
Moore (12)	23:35
Sanz (11)	23:48

**North 4th Pioneer, 8th Prelims, D3**

Kato (11)	19:47
Valdovinos (12)	20:04
Toledo (10)	20:11
Shimizu (10)	20:19
Hirose (12)	20:47
Labarda (11)	20:56
Narasaki (9)	21:01

**Peninsula, D2**

Callahan (9)	18:36
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**Beverly Hills, D4**

Hollander (9)	19:36
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CIF Finals  
Nov. 23<sup>rd</sup>, 2019

Riverside XC Course  
Flat on dirt trails. 58<sup>0</sup>

Boys: 21<sup>st</sup> Place (457 points)

67. Peters, Matt	16:13	5:15, 10:49-5:34, 16:13-5:24	
73. Martinez, Robert	16:16	5:13, 10:52-5:39, 16:16-5:24	(0:03 #1-2)
115. Meyers, Nicholas	16:50	5:28, 11:19-5:51, 16:50-5:31	(0:34 #2-3)
116. Spencer, Casey	16:51	5:28, 11:14-5:46, 16:51-5:37	(0:01 #3-4)
129. Goldstein, Connor	16:58	5:28, 11:19-5:51, 16:58-5:39	(0:45 1 thru 5) (0:07 #4-5)
135. Fujikura, Yusei	17:02	5:27, 11:16-5:49, 17:02-5:46	(0:04 #5-6)
143. Kano, Alex	17:08	5:29, 11:19-5:50, 17:08-5:49	(0:55 1 thru 7) (0:06 #6-7)

Coming into CIF Finals, we were realistic with our goals; try to improve off of last week, try to get some Torrance rivals, and try to crack the top 20 as a team. And after the race, we accomplished some of those goals...4 new PR's... and Robert and Matt both beat all the Torrance's boys. But we missed the top 20 mark by a mere 4 points...slight bummer. We did however get our tightest #1-7 grouping of the year, going under 1-minute for the first time...a nice testament to our grouping and consistency with each individual runner. 21<sup>st</sup> at CIF Finals is good, but our season should be taken in as a whole...consider this...

...after graduating our top guy (Hayden) + our depth (RT, Greg, George, Zach, Quinn), we were left with 5 returners. And in the summer, we virtually lost 2 of our returners (Casey to work, and Luffy to Japan).

Yusei had a good summer, but for some reason his legs weren't responding. So most of our summer workouts were led by our complete newbies...our Sophomores team as well as varsity newbies like Ethan, Nathan, and Robert. The summer training was great for our youngsters, but no varsity team can be successful with all new faces. And although our young team was running hard and trying to set the pace early, we were struggling in the early season. We were behind North through the first few match-ups. But once our veteran

	1 <sup>st</sup> mile	2 <sup>nd</sup> mile	3 <sup>rd</sup> mile
Peters, Matt	77 <sup>th</sup>	66 <sup>th</sup>	67 <sup>th</sup>
Martinez, Robert	71 <sup>st</sup>	76 <sup>th</sup>	73 <sup>rd</sup>
Meyers, Nicholas	129 <sup>th</sup>	130 <sup>th</sup>	115 <sup>th</sup>
Spencer, Casey	130 <sup>th</sup>	121 <sup>st</sup>	116 <sup>th</sup>
Goldstein, Connor	128 <sup>th</sup>	129 <sup>th</sup>	129 <sup>th</sup>
Fujikura, Yusei	139 <sup>th</sup>	122 <sup>nd</sup>	135 <sup>th</sup>
Kano, Alex	140 <sup>th</sup>	131 <sup>st</sup>	143 <sup>rd</sup>

Seniors Robert-Casey-Yusei started to find their legs (and we gained more depth with Ajith mid-season), that's when things started to take form for the better. We started to destroy North the rest of the year...we finished in 1<sup>st</sup> at Mt SAC...we had two races where our times were better than the previous year...and we finished our season with a trip to CIF Finals (not necessarily a given at the beginning of the season.) To our seniors...thanks for 4 great years on this program. Although it took a while this season, thanks for setting the example for our young team...this 'rebuilding season' was quickly 'rebuilt' with your help.

Girls: 5<sup>th</sup> Place (150 points)

8. Albert, Lily	17:59	5:56, 12:08-6:12, 17:59-5:51	
26. Trodden, Mia	19:03	6:09, 12:48-6:39, 19:03-6:15	(1:04 #1-2)
32. Chung, Katie	19:10	6:03, 12:42-6:39, 19:10-6:28	(0:07 #2-3)
52. Ben-Avides, Rivka	19:31	6:08, 12:59-6:51, 19:31-6:32	(0:21 #3-4)
61. Aguayo, Ashley	19:39	6:16, 13:06-6:50, 19:39-6:33	(1:40 1 thru 5) (0:08 #4-5)
72. Elder, Haley	19:47	6:17, 13:16-6:59, 19:47-6:31	(0:08 #5-6)
120. Baran, Evelyn	20:48	6:46, 13:57-7:11, 20:48-6:51	(2:49 1 thru 7) (1:01 #6-7)

3 years in a row!! Not a whole lot to say, except awesome job girls. 5<sup>th</sup> place in CIF!!...amazing. With Coach Rick imploring the team to get out fast and be in the right spot at the mile mark...we did just that. Our top 6 girls were near the front through the first 600m...with only Evelyn struggling to get out. Both Rivka and Katie might have been running a bit too imbibes...getting out a little too fast. At the half way mark, we were in 4<sup>th</sup> place...certainly a good position...but not perfect, knowing that Rivka and Katie were starting to suffer from their quick start. But as they'll started to slip, Senior Mia Trodden started to come on strong....she moved from our 4<sup>th</sup> girl up to our 2<sup>nd</sup> girl. Think about this... Mia finished in 24<sup>th</sup> place at CIF Prelims...take away the 7 worst teams from that heat and replace them with the best 12 from the 2<sup>nd</sup> heat at Prelims to



make CIF Finals...and Mia only finishes 2 spots worse...amazing. Speaking of amazing, how about Ashley's 61<sup>st</sup> place finish at Finals (after finishing in 70<sup>th</sup> place the week before)...crazy! Or how about the team finishing 5<sup>th</sup> at Prelims...then combining all the best teams, and we still finish 5<sup>th</sup> at Finals...yup, amazing day for us.

So girls...we have the league title...we finished Top 5 in CIF...we set extended our own school record of 3 years in a row to State. Now were down to one last race to cap off a great season. How about a top 10 finish at State?

Yea, we're not ranked in the top 10...but that's what we're shooting for. We'll talk about strategy at Woodward Park later. Great job for this race! Now let's cap off the season with another strong performance in Fresno!

	1 <sup>st</sup> mile	2 <sup>nd</sup> mile	3 <sup>rd</sup> mile
Albert, Lily	5 <sup>th</sup>	8 <sup>th</sup>	8 <sup>th</sup>
Trodden, Mia	37 <sup>th</sup>	31 <sup>st</sup>	26 <sup>th</sup>
Chung, Katie	23 <sup>rd</sup>	23 <sup>rd</sup>	32 <sup>nd</sup>
Ben-Avides, Rivka	31 <sup>st</sup>	47 <sup>th</sup>	52 <sup>nd</sup>
Aguayo, Ashley	58 <sup>th</sup>	60 <sup>th</sup>	61 <sup>st</sup>
Elder, Haley	56 <sup>th</sup>	75 <sup>th</sup>	72 <sup>nd</sup>
Baran, Evelyn	139 <sup>th</sup>	125 <sup>th</sup>	120 <sup>th</sup>



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

**Boys**

**Mira Costa 10th CIF Finals D1**

Atkinson (12)	14:57
Beale (11)	15:42
Fiorito (12)	15:45
Velvin (12)	16:03
Hong (12)	16:18
O'Meara (10)	16:34
Velleca (12)	17:21

**West 7th CIF Finals D2**

Murray (11)	14:51
Mainvielle (11)	15:27
Green (10)	15:47
Gibson (10)	15:54
Gallagher (12)	15:58
Gregory (12)	16:48
Kasai (11)	16:48

**Peninsula 20th CIF Finals D2**

MacFarlane (11)	14:44
Takami (12)	16:07
Drew (12)	16:13
Sharp (11)	16:13
Thomas (11)	16:23
Wakefield (11)	16:31
Spencer (10)	16:58

**Palos Verdes 5th CIF Finals D3**

Ward (11)	15:44
Ladinig (11)	15:57
Lantz (11)	16:06
Delgado (12)	16:11
Smalling (12)	16:12
Wilhem (12)	16:21
Reid (12)	17:03

**Torrance 15th CIF Finals D3**

Dorantes (10)	16:18
Martin (12)	16:23
Probst (12)	16:26
Rynski (11)	16:28
Munawar (10)	16:32
Bothwell (12)	16:32
De Jesus (10)	16:33

**South Torrance 21st CIF Finals D3**

Peters (11)	16:13
Martinez (12)	16:16
Meyer (10)	16:50
Spencer (12)	16:51
Goldstein (10)	16:58
Fujikura (12)	17:02
Kano (10)	17:08

**El Segundo 6th CIF Finals D4**

Verfaillie (12)	15:29
Garrell (11)	16:02
Sterba (11)	16:28
Schwarz (11)	16:39
Glynn (12)	16:42
Iguchi (10)	17:01
Lux (12)	18:51

**Chadwick 11th CIF Finals D5**

Thomas (9)	16:12
Santana (11)	17:04
Burg (10)	17:17
Guzman (12)	17:32
Mester (12)	17:36
Granville (10)	17:43
Severns (10)	18:00

**Redondo**

Waligorski (10)	14:55
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**Santa Monica**

Amell (11)	15:34
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**Girls**

**Mira Costa 7th CIF Finals D1**

Frias (10)	17:29
Parsley (10)	18:31
Pappas (12)	18:31
Tofler (12)	18:58
Peterman (11)	19:25
Kershaw (10)	19:26
Mel (12)	20:04

**Redondo 25th CIF Finals D1**

Allison (11)	19:02
Valenzuela (10)	19:12
Stenson (12)	19:41
Bosse (11)	19:59
Goto (11)	20:00
Kelley (10)	20:08
Cansino (10)	20:12

**West Torrance 18th CIF Finals D2**

Park (10)	18:42
Ball (10)	18:48
Young (11)	19:19
Trice (12)	19:35
Goiset (11)	19:36
Crump (11)	20:06
Webster (10)	20:26

**Palos Verdes 1st CIF Finals D3**

Scriven (12)	17:28
Steman (12)	17:40
Whitcomb (11)	19:02
Hardesty (11)	19:02
Gagliano (12)	19:17
Nelson (11)	19:36
Terrell (10)	20:29

**South Torrance 5th CIF Finals D3**

Albert (11)	17:59
Trodden (12)	19:03
Chung (10)	19:10
Ben Avides (12)	19:31
Aguayo (10)	19:39
Elder (10)	19:47
Baran (10)	20:48

**Torrance 6th CIF Finals D3**

Arellano (12)	18:28
Burnett (10)	19:01
Prioleau (9)	19:21
Anderson (9)	19:47
Wright (12)	19:55
Bothwell (10)	20:34
Momii (9)	21:11

**North 14th CIF Finals D3**

Valdovinos (12)	19:50
Toledo (10)	19:56
Hirose (12)	20:17
Shimizu (10)	20:27
Martin (9)	20:31
Narasaki (9)	20:57
Labarda (11)	21:11

**El Segundo 5th CIF Finals D4**

Zago (12)	18:23
Matlosz (12)	18:25
Matlosz (10)	19:07
Rifkin (10)	19:51
Mal (10)	20:04
Jacobson (10)	20:22
Fujimoto (9)	20:29

**Bishop Mont 20th CIF Finals D4**

Gomez (9)	19:02
Oliver (12)	20:54
Lopez (12)	21:22
Ruelas (10)	21:39
Davis (10)	21:46
Sanz (11)	23:22
Moore (12)	23:27

State Championship  
Nov. 30<sup>th</sup>, 2019

Woodward Park 5K.  
Rolling Hills on dirt trails, cement, and grass. Cold 43<sup>o</sup>

Girls: 7<sup>th</sup> (272<sup>nd</sup>)

		<u>1 mile</u>	<u>2.05 mile</u>	<u>3.1 miles</u>	
18. Albert, Lily	18:32	5:35, 12:34-6:59, 18:32-5:58			
63. Trodden, Mia	19:44	5:58, 13:25-7:27, 19:44-6:19			(1:12 #1-2)
85. Ben Avides, Rivka	20:01	6:01, 13:33-7:32, 20:01-6:28			(0:17 #2-3)
88. Chung, Katie	20:04	6:01, 13:35-7:34, 20:04-6:29			(0:03 #3-4)
129. Aguayo, Ashley	20:39	6:03, 13:56-7:53, 20:39-6:43	(2:07 1 thru 5)		(0:35 #4-5)
140. Elder, Haley	20:50	6:20, 14:16-7:56, 20:50-6:34			(0:11 #5-6)
175. Masuda, Claire	21:34	6:28, 14:41-8:13, 21:34-6:53	(3:02 1 thru 7)		(0:44 #6-7)

Making it to State Championship was a huge accomplishment...but the coaches still wanted to crack into the top 10 to cap off an incredible season. With the best girls in the state 'toeing the line', this race took off super-fast. And we went out with the field, not being intimidated with the pressure. With 24 teams fighting for position, it was hard to tell how the team was doing early on. But at the mile, the computer chips were being read...and the scorekeeper announced that South was in 4<sup>th</sup> place! Everybody went out fast...but Ashley took it to another level of 'crazy fast' and that allowed us to be in so high up in the scoring. Katie was struggling with 'dead legs'. So as the race progressed, Ashley started to fall back to her natural position and Katie had to hold onto her position as best she could. At the 2 mile...over the announcement speaker, South was in 7<sup>th</sup> place, with Torrance mere points behind in 8<sup>th</sup> place. We held things together the last mile to finish in 7<sup>th</sup> place!!...beating the 8<sup>th</sup> place team by 1 point...3<sup>rd</sup> best among the Southern Section teams. What an outstanding closing finish to an incredible season.

	1 mile	2.05 mile	3.1 mile
Albert, Lily	13 <sup>th</sup>	16 <sup>th</sup>	18 <sup>th</sup>
Trodden, Mia	71 <sup>st</sup>	64 <sup>th</sup>	63 <sup>rd</sup>
Ben Avides, Rivka	78 <sup>th</sup>	79 <sup>th</sup>	85 <sup>th</sup>
Chung, Katie	80 <sup>th</sup>	80 <sup>th</sup>	88 <sup>th</sup>
Aguayo, Ashley	88 <sup>th</sup>	122 <sup>nd</sup>	129 <sup>th</sup>
Elder, Haley	157 <sup>th</sup>	154 <sup>th</sup>	140 <sup>th</sup>
Masuda, Claire	181 <sup>st</sup>	183 <sup>rd</sup>	175 <sup>th</sup>

League Champions....5<sup>th</sup> at CIF Finals...7<sup>th</sup> at State Finals...insane results...placing this team as one of the best South teams ever! To our Seniors...what an amazing journey you girls have had...going through our most productive era (3 straight State trips) in our school's history. Thanks for giving us everything you have....We'll miss you girls immensely.





## State Championship (Local Results)

### Boys

#### West Torrance, 10th in D2

Murray (11)	15:32
Mainvielle (11)	15:54
Gallagher (12)	16:13
Green (10)	16:18
Gregory (12)	16:38
Gibson (10)	17:14
Kasai (11)	17:25

#### San Pedro, 20th in D1

Arroyo (11)	16:01
Martinez (12)	16:36
Maldonado (12)	16:41
Sandoval (10)	16:42
Kircher (10)	17:00
Behar (12)	17:05
Duran (12)	18:02

#### Palos Verdes, 11th in D3

Ward (11)	16:17
Ladiniig (11)	16:30
Smalling (12)	16:40
Delgado (12)	16:42
Lantz (11)	16:48
Reid (12)	16:53
Wilhem (12)	17:12

#### El Segundo, 10th in D4

Verfaillie (12)	16:07
Garrell (11)	16:26
Schwarz (11)	16:45
Sterba (11)	17:04
Iguchi (10)	17:16
Glynn (12)	17:28
Lux (12)	18:15

#### Mira Costa, D1

Atkinson (12)	15:08
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#### Redondo, D1

Waligorski (10)	15:37
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#### Peninsula, D2

MacFarlane (11)	15:24
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### Girls

#### Mira Costa, 5th in D1

Frias (10)	17:38
Parsley (10)	18:52
Pappas (12)	18:58
Mel (12)	19:23
Jensen (9)	19:27
Tofler (12)	19:45
Kershaw (10)	20:33

#### San Pedro, 21st in D1

Cameron (12)	20:28
Gaspar (11)	20:44
Vargas (10)	21:26
Velasquez (11)	21:41
Cameron (12)	21:42
Ferguson (11)	21:42
Correa (11)	22:10

#### Palos Verdes, 4th in D3

Scriven (12)	17:22
Stemen (12)	18:07
Hardesty (11)	19:24
Whitcomb (11)	19:54
Gagliano (12)	20:22
Nelson (11)	20:27
Terrell (10)	20:35

#### South Torrance, 7th in D3

Albert (11)	18:32
Trodden (12)	19:44
Ben-Avides (12)	20:01
Chung, Katie (10)	20:04
Aguayo (10)	20:39
Elder (10)	20:50
Masuda (12)	21:34

#### Torrance, 9th in D3

Arellano (12)	19:11
Prioleau (9)	19:29
Burnett (10)	19:30
Anderson (9)	20:33
Wright (12)	20:58
Kikuno (11)	21:11
Argueta (11)	21:11

#### El Segundo, 7th in D4

Zago (12)	18:46
Matlosz (12)	18:50
Matlosz (10)	19:26
Jacobson (10)	20:07
Mai (10)	20:40
Guziak (12)	20:45
Rifkin (10)	21:05



# 2019 Cross Country Times

		Cool	Eagles	Wood	Nike	Pio 1	C Park	Pio 2	SAC	1 mile	Pio 3	CIF P	CIF F
<b>SPARTAN BOYS</b>		6-Sep	14-Sep	21-Sep	28-Sep	2-Oct	5-Oct	16-Oct	25-Oct	30-Oct	6-Nov	15-Nov	23-Nov
Peters, Matt	11	16:10	16:13	15:52	16:51	17:29	DNR	15:52	16:49	4:38.2	18:01	16:22	16:13
Martinez, Robert	12	DNR	DNR	DNR	17:51	17:43	DNR	16:31	16:59	4:46.6	17:25	16:04	16:16
Meyer, Nicholas	10	16:58	DNR	16:55	18:10	18:11	DNR	17:04	17:53	4:51.7	18:06	16:53	16:50
Spencer, Casey	12	16:50	17:57	DNR	18:10	17:39	DNR	DNR	DNR	4:47.4	18:03	16:55	16:51
Goldstein, Connor	10	17:31	16:53	16:56	DNR	18:13	17:18	16:53	17:38	4:52.2	18:09	16:55	16:58
Fujikura, Yusei	12	16:42	DNR	16:47	18:21	17:52	DNR	16:37	18:32	4:45.8	18:53	16:53	17:02
Kano, Alex	10	16:58	17:08	DNR	17:57	18:34	DNR	17:01	17:57	4:53.6	18:17	17:17	17:08
Nair, Ajith	12	18:04	DNR	17:09	DNR	18:19	DNR	16:56	18:30	DNR	18:23		
Jasso, Cruz	9	17:39	DNR	17:32	DNR	18:41	DNR	18:06	18:07	5:06.1	18:31		
Kirk, Lamar	9	17:06	17:04	17:16	DNR	18:43	17:58	17:21	17:57	4:57.5	18:31		
Nunley, Andrew	10	17:28	17:34	17:10	18:12	19:07	DNR	17:30	18:25	4:59.3	19:03		
Cho, Luke	9	18:44	18:31	18:43	DNR	19:44	18:44	18:38	19:15	5:13.4	19:30		
Saito, Luffy	11	DNR	17:17	17:18	DNR	19:33	18:10	17:36	18:36	4:56.6	19:36		
Wong, Nathan	12	18:38	18:03	17:36	DNR	DNR	DNR	18:11	19:46	5:19.4	19:45		
Sandkulla, Josh	10	18:13	18:11	18:17	DNR	19:49	DNR	DNR	20:06	5:15.4	19:47		
Long, Matthew	10	18:30	18:24	18:32	DNR	19:05	18:40	17:48	19:20	5:21.9	19:51		
Woolen, William	12	19:56	19:05	19:25	DNR	20:11	18:59	18:24	19:31	5:26.4	20:07		
Euperio-Nacion,	9	18:51	18:44	18:32	DNR	19:47	18:56	18:35	20:07	DNR	20:13		
O'Brien, Henry	10	19:24	DNR	DNR	DNR	20:05	18:40	18:29	19:15	DNR	20:29		
Hamiton, Brandon	9	18:37	DNR	DNR	DNR	22:21	20:07	19:38	20:29	5:32.9	20:37		
Tamada, Yuto	10	19:31	20:47	18:38	DNR	21:29	18:37	18:49	20:05	5:09.7	20:38		
Marino, Nicholas	11	DNR	DNR	18:50	DNR	20:09	19:15	18:29	20:01	5:15.8	20:42		
Marino, Dominic	10	19:23	19:00	18:40	DNR	20:19	18:56	18:43	19:21	5:29.8	20:42		
Benoy, Conrad	10	DNR	20:02	19:52	DNR	21:35	20:16	19:39	20:19	5:38.3	20:59		
Taul, Daniel	9	19:27	18:53	18:58	DNR	19:48	18:54	18:50	20:37	5:27.0	21:03		
Benitez-Santiago,Mateo	10	21:02	19:28	19:47	DNR	21:17	20:17	19:19	20:46	5:22.1	21:06		
Al-Khafaji, Ali	9	DNR	DNR	19:45	DNR	DNR	DNR	19:17	20:16	DNR	21:12		
Blumberg, Sal	9	19:31	DNR	19:21	DNR	20:14	18:57	19:14	DNR	DNR	21:16		
Forman, Alex	9	20:28	DNR	19:56	DNR	21:03	20:15	19:36	20:40	5:28.0	21:26		
Yin, Connor	11	20:28	DNR	19:57	DNR	20:46	19:48	18:54	DNR	5:29.4	21:35		
Fisher, Anthony	11	21:16	21:05	21:29	DNR	24:07	21:46	20:29	DNR	5:38.0	21:46		
Soga, Korey	11	20:24	DNR	20:24	DNR	21:25	20:28	18:49	21:27	5:28.7	21:47		
Hankey, Chris	11	DNR	DNR	21:15	DNR	21:22	20:20	DNR	DNR	5:39.6	21:48		
Kneller, Chase	9	20:06	19:10	20:06	DNR	21:08	20:07	19:17	20:58	5:30.2	21:56		
Tokeshi, Danny	11	DNR	21:05	21:12	DNR	23:02	DNR	19:30	22:39	6:00.2	21:58		
Ma, Danny	11	20:31	DNR	20:00	DNR	21:04	DNR	19:27	DNR	5:41.4	22:00		
Ruskowski, Sean	12	20:35	19:16	19:14	DNR	21:30	20:23	DNR	21:52	5:45.4	22:00		
Peters, Cole	9	21:28	DNR	19:57	DNR	DNR	20:48	DNR	22:06	5:35.2	22:16		
Kim, Justin	9	20:34	20:48	DNR	DNR	21:27	20:55	20:31	DNR	5:33.7	22:16		
Lafuente, Diego	9	20:59	20:50	21:35	DNR	22:49	DNR	22:44	DNR	5:49.7	22:17		
Hughley, Evan	9	22:10	21:55	23:21	DNR	23:22	22:47	21:53	DNR	6:15.8	22:45		
French, Nathan	11	DNR	21:03	21:47	DNR	22:39	21:37	20:45	DNR	6:05.0	23:03		
Nicles, Will	12	DNR	DNR	DNF	DNR	23:23	DNR	DNR	DNR	5:51.8	23:31		
Captanis, Frank	11	22:06	21:03	DNR	DNR	23:39	21:30	21:18	DNR	5:38.3	23:36		
Li, Caleb	11	22:41	DNR	DNR	DNR	23:07	DNR	21:57	DNR	6:12.2	23:36		
Murphy, Fredrick	9	23:14	DNR	DNR	DNR	22:36	22:26	DNR	DNR	DNR	23:39		
Gil, Kai	9	21:40	DNR	21:57	DNR	DNR	DNR	21:18	DNR	6:04.0	23:52		
Fukayama, Riki	9	22:16	22:13	21:36	DNR	23:25	DNR	21:50	DNR	6:10.7	23:53		
Park, Samuel	9	21:26	DNR	21:38	DNR	DNR	22:48	DNR	DNR	6:08.9	23:54		
Lee, Daniel	9	23:10	22:36	23:26	DNR	23:02	DNR	DNR	DNR	6:12.4	23:59		
Atagi, Kazuki	11	21:36	DNR	21:46	DNR	22:26	DNR	20:47	DNR	5:47.1	24:00		
Hart, Kai	9	23:08	24:22	23:01	DNR	23:37	22:40	21:41	DNR	DNR	24:34		
Kumar, Rushil	9	22:15	DNR	DNR	DNR	23:59	23:47	22:47	DNR	6:31.9	24:37		
Roe, Jaiden	9	DNR	21:54	22:08	DNR	22:37	DNR	22:32	DNR	6:08.2	24:41		
Von Stentzsch, Severin	9	24:10	DNR	24:28	DNR	26:35	23:53	24:25	DNR	6:40.0	24:52		
Hwang, Troy	9	24:30	DNR	24:15	DNR	DNR	DNR	23:27	DNR	6:41.7	25:00		
Eiland, Clayton	9	21:30	21:45	DNR	DNR	22:29	21:45	21:01	DNR	5:49.9	DNR		
Yamaki, Robert	11	18:18	17:50	17:32	DNR	19:47	18:50	DNR	18:55	DNR	DNR		
Dimitrov, Teo	11	DNR	DNR	DNR	DNR	24:44	DNR	22:43	DNR	DNR	DNR		
Ree, Benjamin	9	24:06	25:13	DNR	DNR	26:07	23:29	23:43	DNR	DNR	DNR		
Bard, Jason	9	27:39	28:08	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR		
Falconer, Ethan	12	18:00	17:27	DNR	DNR	DNR	DNR	17:26	18:31	4:49.0	DNR		

## 2019 Cross Country Times

		Cool	Eagles	Wood	Nike	Pio 1	C Park	Pio 2	SAC	1 mile	Pio 3	CIF P	CIF F	State
SPARTAN GIRLS		6-Sep	14-Sep	21-Sep	28-Sep	2-Oct	5-Oct	16-Oct	25-Oct	30-Oct	6-Nov	15-Nov	23-Nov	30-Nov
Albert, Lily	11	18:02	DNR	18:12	19:05	19:22	DNR	17:58	18:53	DNR	19:47	18:18	17:59	18:32
Trodden, Mia	12	DNR	20:03	19:26	20:37	21:14	DNR	19:30	DNR	DNR	21:34	19:32	19:03	19:44
Ben-Avides, Rivka	12	DNR	DNR	20:57	21:16	21:20	DNR	19:39	20:48	DNR	20:59	DNR	19:31	20:01
Chung, Katie	10	19:59	19:25	18:52	20:25	20:56	DNR	18:52	20:07	DNR	20:54	19:30	19:10	20:04
Aguayo, Ashley	10	19:59	20:40	19:42	21:22	21:40	DNR	20:02	21:55	DNR	22:00	20:39	19:39	20:39
Elder, Haley	10	20:01	19:55	19:28	21:45	DNR	DNR	19:54	21:31	DNR	22:45	20:06	19:47	20:50
Masuda, Claire	12	21:38	21:55	21:31	DNR	22:52	DNR	21:35	22:43	6:01.6	23:11	21:16	DNR	21:34
Baran, Evelyn	10	21:31	20:22	19:56	DNR	DNR	DNR	DNR	23:21	5:57.8	DNF	DNR	20:48	DNR
Espinoza, Mia	12	21:17	DNR	21:15	DNR	22:17	DNR	20:30	DNR	5:59.7	23:37	21:13	DNR	DNR
Ross, Sophia	10	22:23	22:20	21:27	DNR	23:15	21:57	21:51	23:26	DNR	23:57			
Dizon, Skye	9	24:06	23:29	22:19	DNR	24:30	22:51	22:50	24:59	6:20.3	24:02			
Park, Sejin	12	22:21	DNR	22:01	DNR	DNR	DNR	DNR	23:58	DNR	24:35			
Hanna, Aziza	9	25:19	DNR	DNR	DNR	DNR	DNR	23:40	26:08	DNR	24:54			
Sakaguchi, Keila	11	25:56	24:22	23:08	DNR	24:37	24:09	24:08	25:17	6:39.1	25:50			
Masciotti, Sasha	9	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	6:32.9	25:53			
Soares, Katie	9	25:12	24:43	24:01	DNR	25:29	24:21	DNR	27:04	6:33.8	25:58			
Dizon, Angelle	9	24:42	23:58	DNF	DNR	DNR	26:07	23:41	26:11	6:38.7	26:16			
Ugwu, Amara	12	25:11	24:23	24:42	DNR	25:32	DNR	24:16	25:26	6:35.-	26:21			
Hamilton, Allison	9	DNR	DNR	23:23	DNR	DNR	DNR	24:11	26:11	6:40.0	26:34			
Khedesian, Aleen	9	25:57	24:46	23:48	DNR	25:18	24:23	DNR	27:51	6:58.0	26:38			
Shoemaker, Maggie	9	26:51	25:21	23:48	DNR	26:18	25:34	DNR	DNR	7:04.3	26:44			
Shibata, Nicole	9	23:59	23:36	24:19	DNR	25:06	23:21	DNR	26:26	6:54.7	26:49			
Wong, Chloe	9	27:19	25:25	24:42	DNR	27:22	25:35	DNR	28:18	7:02.7	27:09			
Min, Dorothy	9	27:30	DNR	24:42	DNR	DNR	26:05	24:27	27:46	6:54.0	27:16			
Radmilovich, Anna	12	DNR	DNR	DNR	DNR	DNR	DNR	25:11	26:26	6:34.3	28:07			
Takaoka, Tea	12	26:12	25:34	25:28	DNR	26:56	26:01	DNR	28:01	7:13.9	29:11			
Strickfaden, Christine	12	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	7:28.8	29:48			
Arciuch, Emily	9	DNR	DNR	DNR	DNR	29:33	DNR	DNR	DNR	7:07.5	31:31			
Hesson, Cora	11	DNR	22:57	DNR	DNR	DNR	25:03	DNR	25:58	6:29.6	DNR			
Briggs, Emily	9	26:00	24:13	DNR	DNR	25:27	DNR	DNR	DNR	6:40.2	DNR			
Candelaria, Jordan	9	25:47	DNR	24:20	DNR	DNR	DNR	DNR	DNR	7:25.9	DNR			
Brown, Selina	12	DNR	DNR	DNR	DNR	DNR	DNR	DNF	DNR	7:28.1	DNR			
Hakim, Dunia	9	28:40	27:58	27:55	DNR	DNR	29:05	DNR	DNR	7:34.7	DNR			
Gomaa, Rania	11	18:30	18:13	18:17	19:17	19:29	DNR	DNR	DNR	DNR	DNR			
Tsujimoto, Ryan	9	24:48	23:04	22:18	DNR	DNR	24:22	DNR	DNR	DNR	DNR			
Hostinak, Elizabeth	9	22:26	DNR	22:08	DNR	DNR	DNR	DNR	DNR	DNR	DNR			
Reeder, Sara	11	21:36	DNR	22:10	DNR	DNR	DNR	DNR	DNR	DNR	DNR			
Gibbs, Laila	9	DNR	DNR	23:48	DNR	DNR	DNR	DNR	DNR	DNR	DNR			
Maille, Brooke	10	DNR	DNR	24:08	DNR	DNR	DNR	DNR	DNR	DNR	DNR			

## 2019 Team Positions

<u>Boys Varsity</u>		<u>Cool</u>	<u>Eagles</u>	<u>Wood</u>	<u>Nike</u>	<u>Pio 1</u>	<u>Pio 2</u>	<u>SAC</u>	<u>Pio 3</u>	<u>CIF P</u>	<u>CIF F</u>	<u>Avg.</u>
Peters, Matt	11	1	1	1	1	1	1	1	2	2	1	1.20
Martinez, Robert	12				2	3	2	2	1	1	2	1.86
Meyer, Nicholas	10	4		3	4	5	7	4	4	4	3	4.22
Spencer, Casey	12	3	8		5	2			3	6	4	4.43
Goldstein, Connor	10	7	2	4		6	4	3	5	5	5	4.56
Fujikura, Yusei	12	2		2	7	4	3	9	8	3	6	4.89
Kano, Alex	10	5	3		3	8	6	5	6	7	7	5.56
Nair, Ajith	12	9		5		7	5	7	7			6.67
Nunley, Andrew	10	6	6	6	6	9	9	6	9			7.13
Falconer, Ethan	12	8	5				8	8				7.25
Saito, Luffy	11		4	7		10	10	10	10			8.50
Yamaki, Robert	11	10	7	8		11		11				9.40
Wong, Nathan	12	11	9	9			11	12	11			10.50

<u>Girls Varsity</u>		<u>Cool</u>	<u>Eagles</u>	<u>Wood</u>	<u>Nike</u>	<u>Pio 1</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>
Albert, Lily	11	1		1	1	1	1	1	1	1	1	1	1.00
Gomaa, Rania	11	2	1	2	2	2							1.80
Chung, Katie	10	3	2	3	3	3	2	2	2	2	3	4	2.64
Trodden, Mia	12		4	4	4	4	3		4	3	2	2	3.33
Ben-Avides, Rivka	12			8	5	5	4	3	3		4	3	4.38
Elder, Haley	10	5	3	5	7		5	4	6	4	6	6	5.10
Aguayo, Ashley	10	4	6	6	6	6	6	5	5	5	5	5	5.36
Baran, Evelyn	10	7	5	7				7			7		6.60
Espinoza, Mia	12	6		9		7	7		8	6			7.17
Masuda, Claire	12	9	7	11		8	8	6	7	7		7	7.78
Ross, Sophia	10	11	8	10		9	9	8	9				9.14
Park, Sejin	12	10		12				9	10				10.25
Reeder, Sara	11	8		13									10.50

<u>Boys Junior Varsity</u>		<u>Cool</u>	<u>Eagles</u>	<u>Wood</u>	<u>Pio 1</u>	<u>C Park</u>	<u>Pio 2</u>	<u>SAC</u>	<u>Pio 3</u>	<u>Avg.</u>
Long, Matthew	10	2	2	2	1	2	1	2	2	1.75
Sandkulla, Josh	10	1	1	1	2			7	1	2.17
O'Brien, Henry	10	4			3	3	3	1	4	3.00
Marino, Dominic	10	3	3	4	6	4	5	3	6	4.25
Woolen, William	12	6	4	7	5	5	2	4	3	4.50
Marino, Nicholas	11			5	4	6	4	5	7	5.17
Tamada, Yuto	10	5	8	3	12	1	6	6	5	5.75
Yin, Connor	11	8		10	7	7	8		10	8.33
Benitez-Santiago, Mateo	10	11	6	8	9	9	9	9	9	8.75
Benoy, Conrad	10		7	9	14	8	12	8	8	9.43
Soga, Korey	11	7		12	11	12	7	10	12	10.14
Ruskowski, Sean	12	10	5	6	13	11		11	15	10.14
Ma, Danny	11	9		11	8		10		16	10.80
Hankey, Chris	11			14	10	10			13	11.75
Tokeshi, Danny	11		12	13	17		11	12	14	13.17
Fisher, Anthony	11	12	11	15	21	15	13		11	14.00
French, Nathan	11		10	17	16	14	14		17	14.67
Captanis, Frank	11	14	9		20	13	16		19	15.17
Atagi, Kazuki	11	13		16	15		15		21	16.00
Li, Caleb	11	15			18		17		20	17.50
Nicles, Will	12				19				18	18.50
Dimitrov, Teo	11				22		18			20.00

## 2019 Team Positions

<u>Girls Junior Varsity</u>		Cool	Eagles	Wood	Pio 1	C Park	Pio 2	SAC	Pio 3	<u>Avg.</u>
Hostinak, Elizabeth	9	1		1						<b>1.00</b>
Dizon, Skye	9	3	3	3	1	1	1	1	1	<b>1.75</b>
Tsujimoto, Ryan	9	5	2	2		5				<b>3.50</b>
Masciotti, Sasha	9								4	<b>4.00</b>
Hesson, Cora	11		1			7		4		<b>4.00</b>
Hanna, Aziza	9	8					2	5	2	<b>4.25</b>
Sakaguchi, Keila	11	10	7	4	2	3	4	2	3	<b>4.38</b>
Dizon, Angelle	9	4	5			12	3	6	6	<b>6.00</b>
Shibata, Nicole	9	2	4	11	3	2		9	11	<b>6.00</b>
Hamilton, Allison	9			5			5	7	8	<b>6.25</b>
Soares, Katie	9	7	9	9	6	4		10	5	<b>7.14</b>
Ugwu, Amara	12	6	8	13	7		6	3	7	<b>7.14</b>
Briggs, Emily	9	12	6		5					<b>7.67</b>
Gibbs, Laila	9			8						<b>8.00</b>
Khedesian, Aleen	9	11	10	6	4	6		12	9	<b>8.29</b>
Shoemaker, Maggie	9	14	11	7	8	8			10	<b>9.67</b>
Radmilovich, Anna	12						8	8	14	<b>10.00</b>
Maille, Brooke	10			10						<b>10.00</b>
Candelaria, Jordan	9	9		12						<b>10.50</b>
Min, Dorothy	9	16		15		11	7	11	13	<b>12.17</b>
Wong, Chloe	9	15	12	14	10	9		14	12	<b>12.29</b>
Takaoka, Tea	12	13	13	16	9	10		13	15	<b>12.71</b>
Arciuch, Emily	9				11				17	<b>14.00</b>
Hakim, Dunia	9	17	14	17		13				<b>15.25</b>
Strickfaden, Christine	12								16	<b>16.00</b>

<u>Boys Freshmen</u>		Cool	Eagles	Wood	Pio 1	C Park	Pio 2	SAC	Pio 3	<u>Avg.</u>
Kirk, Lamar	9	1	1	1	2	1	1	1	2	<b>1.25</b>
Jasso, Cruz	9	2		2	1		2	2	1	<b>1.80</b>
Cho, Luke	9	4	2	4	3	2	4	3	3	<b>3.13</b>
Euperio-Nacion, Mitchel	9	5	3	3	4	4	3	4	4	<b>3.75</b>
Taul, Daniel	9	6	4	5	5	3	5	7	6	<b>5.13</b>
Blumberg, Sal	9	7		6	6	5	6		8	<b>6.33</b>
Al-Khafaji, Ali	9			7			8	5	7	<b>6.75</b>
Hamiton, Brandon	9	3			10	7	10	6	5	<b>6.83</b>
Kneller, Chase	9	8	5	10	8	6	7	9	10	<b>7.88</b>
Forman, Alex	9	9		8	7	8	9	8	9	<b>8.29</b>
Kim, Justin	9	10	6		9	10	11		12	<b>9.67</b>
Peters, Cole	9	13		9		9		10	11	<b>10.40</b>
Eiland, Clayton	9	14	8		11	11	12			<b>11.20</b>
Lafuente, Diego	9	11	7	11	14		18		13	<b>12.33</b>
Gil, Kai	9	15		14			13		16	<b>14.50</b>
Park, Samuel	9	12		13		15			18	<b>14.50</b>
Hughley, Evan	9	16	10	17	16	14	16		14	<b>14.71</b>
Murphy, Fredrick	9	21			12	12			15	<b>15.00</b>
Fukayama, Riki	9	18	11	12	17		15		17	<b>15.00</b>
Roe, Jaiden	9		9	15	13		17		22	<b>15.20</b>
Hart, Kai	9	19	13	16	18	13	14		20	<b>16.14</b>
Lee, Daniel	9	20	12	18	15				19	<b>16.80</b>
Kumar, Rushil	9	17			19	17	19		21	<b>18.60</b>
Ree, Benjamin	9	22	14		20	16	21			<b>18.60</b>
Bard, Jason	9	25	15							<b>20.00</b>
Von Stentzsch, Severin	9	23		20	21	18	22		23	<b>21.17</b>
Hwang, Troy	9	24		19			20		24	<b>21.75</b>



**South High Boys Cross Country**  
**All Time (1984-2019)**  
**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. Ganalon, Shane	2008	CIF Prelims	16:18
10. Ferrara, Andy	2004	Invite	16:19

Top 10 Sophomore individuals:

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

Top 10 Freshmen individuals:

1. Dutko, Justin	2012	Invite	16:54
2. Paine, David	2013	CIF Prelims	17:01
3. Lofgren, Nick	2011	Invite	17:02
4. Johnson, Hayden	2015	Invite	17:04
5. 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. <u>Kirk, Lamar</u>	<u>2019</u>	<u>Invite</u>	<u>17:57</u>
10. Hastings, Blake	2004	Invite	17:59

Top Team Performance

2008, Finals - 4th place

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

Note:

After 2000, the course changed (new course about 15-20 seconds faster)  
 1997 and 2011 CIF Prelims on the rain course  
 2015-2019 CIF competition on a different course

**South High Girls Cross Country  
All Time (1984-2019)  
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. <u>Albert, Lily</u>	<u>2019</u>	<u>Invite</u>	<u>18:53</u>
4. Coscia, Kimberly	2014	CIF Finals	17:40	14. Nesbit, Christie	2014	CIF Finals	18:55
5. Coscia, Kimberly	2013	CIF Prelims	17:45	15. Salinas, Alex	2005	Invite	18:58
6. Coscia, Kimberly	2012	Invite	17:46	16. Ferrara, Simone	1993	CIF Finals	19:10
7. Coscia, Kimberly	2012	CIF Prelims	17:54	17. Hamilton, Chris	1985	Invite	19:12
8. Beaudoin, Nicole	2012	Invite	17:56	18. Jones, Elizabeth	2003	CIF Prelims	19:14
9. Coscia, Kimberly	2013	Invite	18:00	19. Zamora, Sydney	2011	CIF Finals	19:14
10. DeBiasio, Erica	2009	CIF Prelims	18:11	20. Calite, Ilma	2004	Invite	19:19

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. <u>Albert, Lily</u>	<u>2019</u>	<u>Invite</u>	<u>18:53</u>
4. Nesbit, Christie	2014	CIF Finals	18:55
5. Ferrara, Simone	1993	CIF Finals	19:10
6. Salinas, Alex	2004	Invite	19:10
7. Hamilton, Chris	1985	Invite	19:12
8. Zamora, Sydney	2011	CIF Finals	19:14
9. Farish, Katie	2001	CIF Prelims	19:34
10. Wong, Kristen	2014	CIF Finals	19:35

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  
2015-2019 CIF competition on a different course

**South High Boy's Cross Country**  
**All-Time (1991-2019)**  
**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. <u>Martinez, Robert</u>	<u>2019 Pio. Finals</u>	<u>17:25</u>
5. Ferrara, Marcus	1992 Pio. Finals	16:52	15. Almeida, Tyler	2007 Pio. Meet #1	17:28
6. Ferrara, Damon	2002 Bay Meet #2	17:02	16. Robinson, Thomas	2014 Pio Meet #2	17:32
7. Ferrara, Marcus	1992 Multi-Meet	17:03	17. Kawashiri, Noah	2017 Pio. Meet #1	17:32
8. Ferrara, Matt	2000 Penin/Samo	17:04	18. Pankratz, Garrett	2009 Pio. Finals	17:34
9. Turman, Jeffery	1998 Costa	17:07	19. Hastings, Derek	2004 Bay Finals	17:35
10. Neesby, Brian	2000 Penin/Samo	17:09	20. Jones, Robert	1999 Penin/Samo	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. Johnson, Hayden	2018 Pio Meet #2	17:10
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. <u>Meyer, Nicholas</u>	<u>2019 Pio. Finals</u>	<u>18:06</u>

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. <u>Jasso, Cruz</u>	<u>2019 Pio. Finals</u>	<u>18:31</u>
5. <u>Kirk, Lamar</u>	<u>2019 Pio. Finals</u>	<u>18:31</u>
6. Ferrara, Damon	2000 Penin/Samo	18:39
7. Ferrara, Andy	2002 Bay Meet #2	18:42
8. Iki, Misaki	1995 Finals	18:54
9. Kawashiri, Noah	2014 Pio. Meet #2	18:59
10. Paine, David	2013 Pio. Meet #1	19:08

Top Team Performance

2009 Pioneer League Finals; 2nd place

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

Note: # of varsity races

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

**South High Girl's Cross Country  
All-Time (1991-2019)  
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. <u>Albert, Lily</u>	<u>2019</u>	<u>Pio. Finals</u>	<u>19:47</u>	18. Takaoka, Deana	2015	Pio. Finals	21:13
9. Salinas, Alex	2004	Bay Finals	20:08	19. Keenan, Kelly	2006	Pio. Finals	21:15
10. Nesbit, Christie	2015	Pio. Finals	20:14	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. <u>Ben Avides, Rivka</u>	<u>2019</u>	<u>Pio. Finals</u>	<u>20:59</u>

Top 10 Junior individuals:

1. Coscia, Kimberly	2013	Pio. Meet #1	19:42
2. <u>Albert, Lily</u>	<u>2019</u>	<u>Pio. Finals</u>	<u>19:47</u>
3. Salinas, Alex	2004	Bay Finals	20:08
4. DeBiasio, Erica	2010	Pio Meet #1	20:23
5. Farish, Katie	2001	Bay Finals	20:53
6. Ferrara, Simone	1993	Pio. Finals	21:03
7. Dailey, Jodi	1991	Pio. Finals	21:05
8. Takaoka, Deana	2015	Pio. Finals	21:13
9. Nesbit, Christie	2014	Pio. Meet #2	21:18
10. Wong, Kristen	2014	Pio. Meet #2	21:19

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. <u>Chung, Katie</u>	<u>2019</u>	<u>Pio. Finals</u>	<u>20:54</u>
5. Jones, Elizabeth	2004	Bay Finals	20:56
6. Keenan, Kelly	2006	Pio. Finals	21:15
7. Salinas, Alex	2003	Multi-Meet	21:16
8. Nakamoto, Aubrey	2013	Pio. Meet #1	21:24
9. Albert, Lily	2018	Pio. Meet #2	21:31
10. Calite, Ilma	2004	Bay Finals	21:36

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

2012 Pioneer League Finals, 1st place

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

Note: # of varsity races

Prior to 1991 different course

From '06-'09 course is longer (15-20 seconds)



**South High Cross Country  
All-Time (2006-2019) 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. <u>Goldstein, Connor</u>	<u>2019</u>	<u>17:18</u>
10. Catena, David	2007	17:30

**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. <u>Goldstein, Connor</u>	<u>2019</u>	<u>17:18</u>
7. Caballeros, Alexander	2015	17:38
8. Taylor, Ryan	2016	17:47
9. Saito, Luffy	2018	17:51
10. Matsumoto, Jay	2011	17:58

**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. <u>Kirk, Lamar</u>	<u>2019</u>	<u>17:58</u>
8. Orejana, Adrian	2015	18:04
9. Orduno, George	2015	18:23
10. Tamada, Yuto	2018	18:23

**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

## Senior Page – Class of 2020

**Yusei Fujikura (2 year Letterman)**

**Nickname- Your Mom**

*What was your most memorable moment from the past 4 years in XC or Track?* After CIF Finals my junior year, I felt motivated to try even harder because of the way we ended our season. Although we had a decent race, it wasn't enough and I wanted to strive for more. I remember talking to Martinez and thinking that next year was our last shot at state. *What was your best race?* Senior year didn't go as planned, so I guess Junior year Columbia since that's my PR. Felt so good that day and I felt like I was fighting so hard. *What was your worst race?* CIF Finals my senior year. During the race I felt like I couldn't move my legs. The pain came after the race. I felt like I let everyone down, since the team needed me. It was also my last shot to prove that I was faster than people thought I was. I know I could've ran faster, but things didn't work out as I planned, which sucked. Any regrets? Not training harder during senior year. Probably could have pushed myself and the team harder. *What were some of your first memories of Cross Country your freshman year/or first year?* I honestly just remember freshman year as a stress-less, teambuilding time. I was really enjoying cross country because of the connections I created, and I was having a lot of fun. I wasn't the fastest but just being able to hangout with cool people was nice. *Stupidest thing you've done in Cross Country?* Snorted Hemp Protein Powder right before Woodbridge sophomore year. It was worth the joke though. *Any words of advice for incoming freshman?* Find friends because without them cross country would just be running. And running on your own is boring. *Any other comments/thoughts?* Cross country was one of the best decisions I have ever made. Changed my life in a way I would've never expected. I just joined to get in shape for basketball, but it ended up becoming the thing I am most passionate about. It's the perfect sport for me since I have always been the "grinder", and I just love competing against myself and other people. The journey isn't over yet though. I am coming for that sub 10 2 mile.



**Rivka Ben-Avides (4 year Letterman) Nicknames: Nico Young, and Rania**

*What was your most memorable moment from the past 4 years in XC?* There have been many moments from xc that have made my top 10 high school moments list, so I can't really just choose one. I really enjoy the little memory Haley and I share at CIF Prelims my junior year where we had just entered the last 400-500m of the race and I was dying man, I was out of it, but Haley caught up to me and I did a little hand signal telling her to pass me as I said, "Go Haley." Which surprisingly she replied with "I can't" and I of course responded by saying "yes you can, just go." So she finally passed me, but I ended up outkicking her and beat her to the line... Sorry Haley (lol good meme). All of the Big Bear trips were really epic, and so was the Portland meet (aka my birthday party), but I would have to say that my favorite moments from cross country the past four years would have to be the moment we found out we were going to state, it was an epic bruh moment I will never forget. Or the time at Big Bear when Coach Rick told Coach Andrew he was lookin like a snack... *What was your best race?* My best race would have to be League Finals senior year at PV Course. 6-7 weeks prior to that race, I couldn't even leave south to go on a run due to my knee being in an insane amount of pain (I couldn't walk or lay down without it hurting), but somehow I was able to regain my fitness and you know... pop off during that race. I was feeling

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really good and ran alongside Katie for basically the entire race which was something I had never done before. Cement hill? Easy clap. Forrest Hill? Easy clap. AGONY HILL? Hurt like a buttcheek on a stick. But in the end I was able to run 1:17 faster than I had the previous year, beat Meadow, and finesse a 6th place medal. After the race Coach Christie grabbed my face and screamed “You destroyed those hills!”, and Rick grabbed my shoulders, shook me and told me that was probably the best race I have ever had, so it was a pretty cool way to finish off my time in the pioneer league. *What was your worst race?*

Happy 14th Birthday Rivka, here’s a horrible race and a tissue to wipe your tears. My worst race is South Bay Cup, freshman year at Columbia Park. On the line doing drills I vividly remember Tokuda coming up to me and telling me I had a shot at winning the race, which sadly went to my head and made me kinda nervous. Being the stupid freshman I was, I got out fast the moment the gun went off. Too fast to be exact, because I was leading the race for the first mile, until I blew up, let 13 or 14 girls pass me up, and finished the race with a 14th or 15th place medal. I was so disappointed in myself that I cried in front of all my teammates. ON MY BIRTHDAY. *Any regrets?* Quitting soccer for this ;) *What were some of your first memories of Cross Country your freshmen year/ or first year?* My first varsity workout at Jurassic Park was super scary, but then coming back to Malaga Emma G, completely ATE IT jogging down a dirt hill, which is something I will never forget lol. I remember being terrified of Deana, and never really talking on the runs because I was scared of the older girls, so I just ran in the back and listened to all of their tea hehe. *Stupidest thing you’ve done in cross country?* Ditch the run when we were supposed to do the half bridal trail but since the coaches weren’t there that day we decided to take a trip to the S on the hill. Long story short we somehow got lost on the hill and we may or may not have considered trespassing into someone’s backyard. But we finally made our way across the entire hill and jumped a fence to get back to the road. We got back to south in about an hour and a half, which was a LONG TIME considering we had led everyone to believe we did the actual run and the reason it took us so long was because I “fell into a bush and everyone had to help to get me out.” Another fun anecdote was when we stayed up until 2:30am the night before a workout at Big Bear playing FMK and discussing the Obamas, MGS, and Gibby. Due to Rania not being able to shut up, we probably played over 40 rounds of that game... Other stupid things include, not looking both ways before crossing the street, almost getting hit by an ambulance, and taking pit stops to Yogurtland and Trader Joe’s to get free samples. *Any words of advice for incoming freshmen?* Don’t be afraid to wave your freak flag. *Any other comments/thoughts?* “I ate more fettuccine alfredo and drank less water than I have in my entire life” - Michael Gary Scott



**Case Spencer (3-year Letterman)**

**Nickname(s) Casey, Daddy Casey**

*What was your most memorable moment from the past 4 years in XC or Track?* Running on the Nike HQ Track in Portland with the guys wearing nothing but our pink shorts. *What was your best race?* My best race was probably League Meet #1 of this year, not necessarily because of my performance, but because that's where I really felt close to the rest of the guys on the team. *What was your worst race?* League Finals of my freshman year. The physical pain during the race was excruciating, but not even close to the pain of Coach Rick putting the video of Martinez outkicking me in the banquet slideshow. *Any regrets?* None, I loved every single second I was a part of this team. *What were some of your first memories of Cross Country your freshmen year/or first year?* My first

memories of cross country mostly consist of being really tired after practices. Other than that, the excitement of my first race is something that is always going to stick with me. *Stupidest thing you've done in Cross Country?* The stupidest thing I've ever done in cross country was not tell the coaches that I



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was injured. *Any words of advice for incoming freshmen.* Taking care of your body is the most important thing you can do while you're running. If you can take care of your body, you'll have a much better time running. *Any other comments/thoughts?* I just want to say thank you to everyone that's encouraged and helped me while I was running, and an extra thank you to the coaches and my teammates for the amazing time I've had in cross country.

**Nathan Wong (1 year Letterman)**

**Nickname(s) Nathaniel James Wong**

*What was your most memorable moment from the past 4 years in XC or Track?* Big Bear *What was your best race?* Woodbridge senior year

*What was your worst race?* The race immediately after Woodbridge since I got injured from Woodbridge and had high hopes for my season. After that race, I was crushed from how out of shape I was. *Any regrets?* Not training harder during the summer, not figuring out how to deal with injuries sooner *What were some of your first memories of Cross Country your freshmen year/or first year?* One of the first memories I have of xc was freshman year, going to Woodbridge our bus broke down and we had to transfer busses on the freeway. Good times. *Stupidest thing you've done in Cross Country?* Hard to say, either "Hokage-ing" each other, throwing hemp based protein powder at each other, beating up a fence that was "talking crap," prank calling Kevin Doverspike, or accepting the helmet from Alex. *Any words of advice for incoming freshmen?* Take practice seriously, but also have fun. Do core and ice and stretch. Protein powder helps, but being positive and a good team member is the best quality in any runner. *Any other comments/thoughts?* Cross country was really like a second family but also a very demanding sport. Hard work and dedication will get you far. Never give up on your dreams.



**Claire Masuda (2 year Letterman)**

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

Okay, I think it's safe for me to spill this story now that I'm technically not on the team anymore. So the morning of Eagles Invite the bus time was like 6 am, and Anna and I were all the way in Manhattan Beach. We were supposed to leave at 5:30 but instead left at 5:45. And somehow, in what was supposed to be a 30-minute drive across *three cities*, turned into a 12-minute drive (somewhat legally...)! *What was your best race?* Senior year, Pioneer League Meet #3: PV Course. I was extremely nervous for this race because my past races on this course had ended badly, and yet, despite coming in last, I was still proud of my time. And, the girls won League! *What was your worst race?* I think most of these were from my Junior year. My first Varsity race at Cool Breeze, I had the finish line in my sights, with only 400 meters left to go I started 'kicking'. I passed *The Sej* right at the finish line. I crossed the line only to realize people were still

running and that we still had two miles left. *Any regrets?* I don't like regretting things, but I am a little sad I never broke twenty-one. Towards the end of my high school cross country career, I did have some great races, but sometimes it didn't feel enough compared to the rest of the team. *Stupidest thing you've done in Cross Country?* This is kind of jumbled up in my memories of cross country, but I think it happened sophomore year. We had morning practice up in Malaga and the JV girls were supposed to run 5 miles, but for some reason, I wasn't paying attention and somehow ended up running the 8 mile run with the guys. *Any other comments/thoughts?* This is an ungodly horrific and funny story that I have to share. It happened my junior year, we were 40 minutes away from Woodbridge, and all of a sudden



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Emily Columbine has to pee. 10 minutes pass and she still has to go, so she's like 'fuck it, I'm just gonna do it'. She begins looking for a container to hold her pee, only finding a maybe 8-12 ounce Glad Tupperware filled with carrots. She starts handing out carrots like a dealer, and as soon as the container is empty, she begins to pee. Anna and I are sitting in the seat in front of her, and I'm starting to feel sick because she's yelling 'It's gonna overflow!', Anna's trying to take pictures of Emily while she's peeing, all while we're trying not to get caught by Andrew. Oh, and it gets worse. The next thing I know, I feel a warm liquid poured over me. The Tupperware was so full, that while she was trying to pour it out the window, it spilled onto me. "Don't worry, it's mostly clear", is what she said.



**Ethan Falconer (1 year Letterman)      Nickname(s) Kai**

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

My race at Mt. SAC senior year was pretty memorable and significant to me. I pushed the front pack pace in the first mile and ended up second going into the second mile. That was a pretty good feeling because it was just me and the guy in first so I was feeling pretty fast. I was able to kind of maintain my pace and ended up with 9th place and a medal. Overall I felt really good about this race and what I was able to achieve which is why it became a memorable experience of mine. *What was your best race?* The West High Warrior Mile. Popped off for a 4:49 mile time by sprinting like crazy in the last 200 meters. *What was your worst race?* Worst race was the West High Course for league during my junior year. It

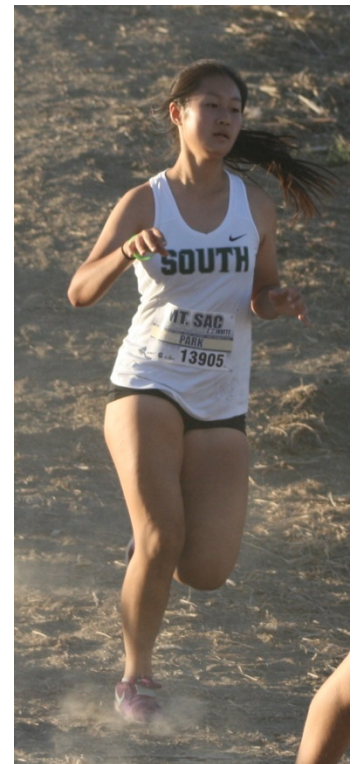
was a JV race and I remember seeing people who weren't even front pack finishing before I was even in the school for the final leg. After finishing I fell into a little gloom and didn't really try talking to anyone for a while until I sucked it up and looked forward to the next race. *Any regrets?* Getting injured a lot more in my senior year is definitely a big regret of mine. I ended up missing a good amount of races because my body wasn't in a good enough condition to race. Sitting out and watching your teammates run while you can't isn't a good feeling at all. So that is why I would say putting myself in a position where I could get injured is for sure a big regret I have.

*What were some of your first memories of Cross Country your freshmen year/or first year?* In my first race ever at Cool Breeze during my junior year a lot of crazy things happened towards the end. First I got myself into a position where I was first for our school. Then I kicked at around 600-800 meters out and started dying out at around 400 meters to go. And then finally my friend Ajith (who I would've loved to beat) passed me up right before I finished. *Stupidest thing you've done in Cross Country?* Starting my kick at around 600-800 meters out during my first race ever. *Any words of advice for incoming freshmen?* For workouts it is important to try really hard and to also run in pink racing shorts that are cut at 1" away from the waist band. *Any other comments/thoughts?* Somehow Cross Country ended up being really fun and I'm happy I left Baseball after my sophomore year.

### **Sejin Park (2 year Letterman)**

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

My most memorable moment was this year when the girls made it to state back to back to back. *What was your best race?* League Finals my junior year.



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My goal that year was to place top 5 in the race and it felt good to accomplish what I worked for. A plus was that me, Haley, and Mia Espinoza finished only seconds apart and overall South dominated that race. It was truly unforgettable. *What was your worst race?* Definitely Mt Sac 2019. It was probably by far the worst I've felt in my xc seasons. When I was going up the hills it felt like walking it would've been faster. I ended up being passed by a lot of people in the race and I think that really got into my head throughout the race. *Any regrets?* Not getting enough sleep my senior year. *What were some of your first memories of Cross Country your freshmen year/or first year?* I remember the Woodbridge meet when I got my first medal and then I found out other freshman girls had received one as well. It was a



very unexpected day for all of us and one I will never forget. *Any words of advice for incoming freshmen?* Continue to train hard and push through the workouts, everything will fall in place and be worth it at the end. Also, sleep is very important. *Any other comments/thoughts?* Dear cross country, thanks for all the friendships and memories. This is one of the best decisions I have made in high school. & You know it's the sej ;)

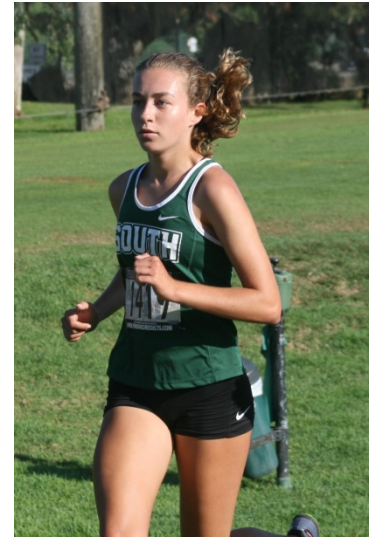
### Robert Martinez (3 year Letterman)

### Mia Trodden (3-year Letterman)

*What was your most memorable moment from the past 4 years in XC or Track?* My junior year when we qualified for state!! Everyone was either

jumping, screaming, crying, hugging, or all of the above. Also when we found out that we cracked top ten in state and beat West. *What was your best race?* It was my second ever Varsity race and I remember I REALLY wanted to break 20 minutes. I didn't have high expectations because at this time that goal seemed unrealistic. I crossed the line and I ended up not only breaking 20 minutes but breaking 19! Tons of people just started sprinting towards me yelling and screaming because we were all in shock. *What was your worst race?* Haha, definitely footlocker. I made the dumb decision of racing in the West Regional Championship race and ended up 12th to last.

It's funny to look back on now, and it gave me the nickname of "national champion", but damn that was painful. *Any regrets?* Many. *What were some of your first memories of Cross Country your freshman year?* Planning Laurens Obama themed navy/gold wedding (if you know you know). *Stupidest thing you've done in Cross Country?* Running around the Portland hotel with Haley's \$2 pink kiddie pool, getting in trouble by the employees, prank calling the Idaho boys, pretending we don't know what they're talking about when they confront us about it and letting Rania play FMK until 2 AM at Big Bear. *Any advice for incoming freshmen?* Try your best to have fun...but don't be a dumbass. *Any other comments/thoughts?* I'll miss you guys!! It was good while it lasted.



**Name: Mia Espinoza (2 year Letterman)**

**Nickname(s): Espinoza**

*What was your most memorable moment from the past 4 years in XC or Track?* My most memorable xc memory is when we went to state last year. It was nice to know that all of the hard work paid off in the end. At state, all of us really bonded as a team and knew that we were proud of ourselves for making it so far. *What was your best race?* My best race was Pioneer League Meet #2 from this season. *What was*

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*your worst race?* My worst race was Pioneer League Meet #3 from this season. I was having difficulty with my asthma and was having trouble maintaining my energy after going up the three hills. *Any regrets?* My single regret throughout my four seasons is doubting myself as a runner and competitor. During my freshman and sophomore years, I had no long term goals for myself, like trying to make varsity, because I never believed that I was good enough. And, as a result, it held me back. *What were some of your first memories of Cross Country your freshman year/or first year?* On my first day of summer practice, I remember Coach Rick telling me that we were long lost cousins because of the similarities with our last names. He still says this to me up to this day. Another memory that I have is when we were going to Woodbridge on a bus that was going 15 mph on the freeway and ended up breaking down. I almost missed my race and had to sprint to the starting line right when we got off the bus. Also, at a morning practice Jacob Lee crossed a busy street when he wasn't supposed to and almost got hit by a car. When he realized that it wasn't our turn yet to cross, he was already in the middle of the street and sprinted back in order to miss the oncoming traffic. I don't know why I found this funny at the time, since he could have gotten hurt, but for some reason this memory has stuck with me throughout the years. *Stupidest thing you've done in Cross Country?* I have done so many dumb things that I have lost count, but the dumbest thing that I have done is when I told Coach Mandi that I couldn't run because of a scrape that I had gotten on my knee. I still don't understand how I thought she was going to excuse me from running because of a minor scrape. *Any words of advice for incoming freshman?* This sport is 50% physical and 50% mental. It's really important to listen to your body and to take care of injuries reasonably before they get worse. It is also important to have confidence as a runner. I have struggled with this during my first two seasons and, as a result, have limited myself and my potential. Overall, how you see yourself as a runner does influence how well you do on the race course. *Any other comments/thoughts?* Doing xc for four years is the best decision that I have ever made. Over the years, I have grown as a person and a runner, and have made a second family for myself in the process.



### Ajith Nair (1 year Letterman)

*What was your most memorable moment from the past 4 years in XC or Track?* Luffy. *What was your best race?* My best race was this year West League Meet if we are looking at it time wise. But Woodbridge definitely felt like my best race. *What was your worst race?* Mt. SAC Freshmen year and possibly Mt SAC last year. *Any regrets?* Not being able to race with Kai (Ethan) at all this year. *Stupidest thing you've done in Cross Country?* There is way too many things to really pinpoint one, but I'd have to go with prank calling a Woodbridge sponsor Kevin Doverspike asking to buy a house. *Any words of advice for incoming freshmen?* Carry all the equipment to the meets to continue the legacy. *Any other comments/thoughts?* Luffy should never take his shirt off during practice.







2019 Cross Country







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