

South High School 2021 Cross Country Varsity Season Summary



Top Row (L to R): Andrew Nunley, Alex Kano, Matt Long, Dominic Marino, (Middle Row): Shinn Hayasaka, Henry O'Brien, Nicholas Meyer, Lamarr Kirk (Bottom Row): Brandon Hamilton, Cruz Jasso, Connor Goldstein, Luke Cho



Top Row (L to R): Haley Elder, Maddie Mummery, Zuzu Jenni (Middle Row) Chloe Esponda, Alysa Cho, Brooke Maille, Olivia Whitmore, Katie Chung, Sophia Carter (Bottom Row): Aziza Hanna, Skye Dizon, Sophia Ross, Ashley Aguayo, Ellie Choi (Not Pictured) Kaylee Deierling

Coach Rick Esponda, 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 4th in C.I.F. Finals, and finishing 5th in State. From 2012-2014, the South High team

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

Spartan Boy's Cross Country

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

Spartan Girl's Cross Country

1992	Pioneer League Champions
1993	Pioneer League Champions
1994	Ocean League Champions
1995	Ocean League Champions
1997	Ocean League Champions
2006	Pioneer League Champions
2007	Pioneer League Champions
2008	Pioneer League Champions
2009	Pioneer League Champions
2012	Pioneer League Champions
2013	Pioneer League Champions
2015	Pioneer League Champions
2019	Pioneer League Champions
2021	Pioneer League Champions

South High and the State Championship

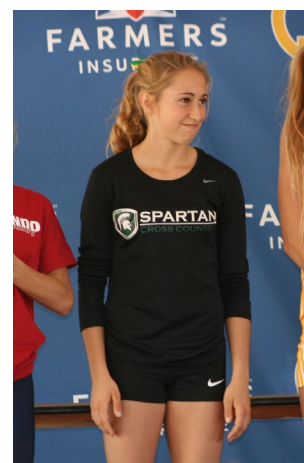
Prior to 1987, the Cross Country season would culminate with each sectional final (South High was in the Southern Section.) But in 1987, California had its first CIF State Championship race, bringing the top teams from all over the State for one final showdown at Woodward Park in Fresno. South's first trip to the State Championship was in 1992 with two individuals, Marcus Ferrara and Jodi Dailey. In 2008 South had its first and only Boys team make it to the State Competition, finishing in 5th in State. In 2014, South's first girls team made it to State, finishing in 6th place. Including this 2021 season, South's Girls have been to State competition for 4 straight years.



1992...South's first State qualifier, Marcus Ferrara. He would finish in 9th place, 16:00.



2008...South's first State qualifying team. The boys finished in 5th place



2014...Kimberly Coscia leading our first Girls team to State. Kimberly would finish 3rd in State, 17:38,

Freshmen Time Trial (2.5 miles @ South)

Hostinak, Matthew	b 9	17:38	Benyam, Dillyet	g 9	23:14
Nomura, Josh	b 10	18:19	Gold, Leah	g 9	23:37
Andrade, Steven	b 9	18:51	Hamilton, Skylar	g 9	23:56
Mummery, Maddie	g 9	18:53	Yin, Samuel	b 10	24:51
Cho, Alys	g 9	19:45	Perez Miramontes, Isabel	g 9	25:00
Burnett, Kaitlyn	g 10	19:46	Hoffman, Lyndsey	g 9	26:30
Fiorentino, Julia	g 9	21:13	Chae, Samuel	b 9	26:41
Blumberg, Julian	b 9	21:38	Usuda, Hina	g 9	27:12
Wright, Ben	b 9	22:20	Chao Mendoza, Matthew	b 10	30:58
Benyam, Hiruy	b 11	22:22	Ben-Llo, Phronsio	g 9	36:47
Chou, Noah	b 9	23:11	Lee, Jaehun	b 9	39:45

Summer Time Trial (2.0 miles @ PV Course)

Jasso, Cruz	b 11	11:31	Blumberg, Jullian	b 9	15:13
Meyers, Nick	b 12	11:32	Burnett, Kaitlyn	g 10	15:14
Hamilton, Brandon	b 11	11:56	Kim, Justin	b 11	15:15
Hayasaka, Shinn	b 12	12:25	Hostinak, Mathew	b 9	15:17
Marino, Dominic	b 12	12:53	Nakamura, Logan	b 10	15:19
Nunley, Andrew	b 12	13:02	Garcia, Louie	b 10	15:27
Euperio, Mitchel	b 11	13:08	Gezci, Skylar	b 10	16:41
Esponda, Chloe	g 10	13:23	Carter, Sophia	g 10	16:59
Elder, Haley	g 12	13:35	Cozadd, Augustin	b 9	17:02
Nakano, Tyler	b 11	14:02	Ree, Benjamin	b 11	17:15
Abe, Leo	b 10	14:04	Lee, Tommy	b 9	17:15
Jenni, Zuzu	g 9	14:13	Abraham, Danny	b 10	17:20
Chang, Alex	b 11	14:19	Andrade, Steven	b 9	17:31
Kneller, Chase	b 11	14:22	Kneller, Nathan	b 9	17:33
Mummery, Maddie	g 9	14:28	Harish, Pranav	b 10	18:20
Von Stentzsch, Severin	b 11	14:32	Miller, Liam	b 9	18:48
Whitmore, Olivia	g 11	14:33	Chou, Noah	b 9	19:04
Soares, Katie	g 11	14:43	Stephany, Joe	b 9	20:53
Hughley, Evan	b 11	15:12			

2021 Pre-Season

July 21st	Wednesday	Freshmen Time Trial (2.5 miles)	@South
August 17th	Tuesday	Summer Time Trial (2 miles)	@ PV Course

2021 Cross Country Schedule

Sept. 3 rd	Friday	Cool Breeze Invitational	@ Rose Bowl
Sept. 11 th	Saturday	Rosemead Invitational	@ Rosemead H.S.
Sept. 18 th	Saturday	Woodbridge Invite(Varsity only)	@ SilverLakes Sports Park
Sept. 25 th	Saturday	Dana Hills Invitational	@ Dana Hills
Sept. 29 th	Wednesday	Pioneer League #1 (2 miles)	@ PV Course
Oct. 2 nd	Saturday	Central Park Invitational	@ Central Park
Oct. 13 th	Wednesday	Pioneer League #2	@ Columbia Park
Oct. 22 nd	Friday	Mt. SAC Invitational	@ Mt. SAC Course
Oct. 27 th	Wednesday	1-mile Time Trial	@ West High
Nov. 3 rd	Wednesday	Pioneer League Finals	@ Columbia Park
Nov. 13 th	Saturday	CIF Prelims	@ Mt SAC Course
Nov. 20 th	Saturday	CIF Finals	@ Mt SAC Course
Nov. 27 th	Saturday	State Championship	@ Woodward Park

Cool Breeze Invitational

Sept. 3rd, 2021

Brookside Country Club. Flat on grass

BV - 76° mild and dark. GV - 79° warm during sunset

Boys: 6th Place (263 points)

39. Kirk, Lamarr	16:36	5:24, 11:10-5:46, 16:36-5:26	
44. Meyer, Nick	16:41	5:33, 11:24-5:51, 16:41-5:17	(0:05 #1-2)
58. Goldstein, Connor	16:56	5:33, 11:26-5:53, 16:56-5:30	(0:15 #2-3)
67. Jasso, Cruz	17:10	5:34, 11:27-5:53, 17:10-5:43	(0:14 #3-4)
68. Hayasaka, Shinn	17:10	5:50, 11:42-5:52, 17:10-5:28	(0:34 1 thru 5) (0:00 #4-5)
79. Kano, Alex	17:21	5:55, 11:51-5:56, 17:21-5:30	(0:11 #5-6)
80. Cho, Luke	17:22	5:52, 11:52-6:00, 17:22-5:30	(0:46 1 thru 7) (0:01 #6-7)
104. Marino, Dominic	17:46	6:00, 12:04-6:04, 17:46-5:42	
111. Long, Matt	17:54	6:01, 12:06-6:05, 17:54-5:48	
145. Nunley, Andrew	18:36	6:02, 12:33-6:31, 18:36-6:03	

Ahh....it's nice to get our first real XC race in 2 years! Last year, we only had dual meets among Torrance schools...and on Friday, we got back to normal with 40+ teams and 250+ runners in the BV race. During the COVID year we graduated 3 varsity seniors...Matt Peters and Luffy Saito, both who were injured...and Robert Yamaki. Our biggest hit wasn't from Seniors graduating, but the Canadian government hijacking our Freshmen Sho...just another reason to irrational hate on Canada. With only one major loss, expectations are high this season.

Our first race we got a nice start to the season, while seeing what holes that needs to be filled. Lamarr took our top position...perhaps a bit too fast of a start...but he managed to hang on to top 40 spot. Nick – Connor – Cruz gave us a solid pack through the bulk of the race. Shinn found his way up to Cruz to give our scoring five a 34 second gap. Although Shinn and Nick we're passing bodies over the second half...our other 3 scorers were slowly dying to get to that finish line...we were in 4th place at the half way mark, and dropped 2 positions because of that slide. We'll have to do a better job of holding position, even if you can't find the extra gear to pass people. As for our back group: Dominic had a nice debut...Matt Long looked great keeping the gap to a minimum...and Alex Kano had a nice debut off his limited training (of pulling a sled backwards.)

As for the holes that need to be filled? We need a front pack (Lamarr – Nick – Henry - ??) to form and give us another 15-20 seconds. We had the top 2 ranked CIF teams in our race...and although, we're not of that level, our top boys should be fighting their 3rd-4th man...not their 6th-7th runners. We have good depth (our 4th thru 7th man was only 12 seconds apart), so our backpack probably won't be an issue....we're all close, and can work together to get us a few more seconds faster. So over the next few weeks and races...everyone has got to inch their way to the next group (or man). By the time we get to Woodbridge, let's see if our tight grouping can chop their way from 'above average' team to earning a CIF ranking.

Girls: 7th Place (237 points)

4. Esponda, Chloe	18:23	6:11, 12:32-6:21, 18:23-5:51	
39. Choi, Ellie	20:01	6:54, 13:52-6:58, 20:01-6:09	(1:38 #1-2)
64. Aguayo, Ashley	20:37	6:51, 14:06-7:15, 20:37-6:31	(0:36 #2-3)
66. Whitmore, Olivia	20:39	6:59, 14:07-7:08, 20:39-6:32	(0:02 #3-4)
95. Elder, Haley	21:24	6:46, 14:19-7:33, 21:24-7:05	(3:01 1 thru 5) (0:45 #4-5)
106. Carter, Sophia	21:52	6:56, 14:39-7:43, 21:52-7:13	(0:28 #5-6)
127. Dizon, Skye	22:27	7:20, 15:08-7:48, 22:27-7:19	(4:04 1 thru 7) (0:35 #6-7)
1. Mummery, Maddie	20:04	6:50, 13:47-6:57, 20:04-6:17	
7. Cho, Alysa	21:17	7:01, 14:22-7:21, 21:17-6:55	
11. Jenni, Zuzu	21:24	7:01, 14:08-7:07, 21:24-7:16	

We start our season, limping into our first race. Katie didn't run...but almost every other girl who did run was a bit dinged up. We had a pre-season ranking of 8th in CIF...but the coaches did not care to defend that ranking...as we split our older girls with our excellent freshmen class. In the varsity race, Chloe made herself a clear front runner...taking 4th overall, while beating all the other Torrance top girls. Haley tried to take her place as our 2nd girl...but dead legs took over and she just slugged her way through this race. After a slow start, Ellie started to make up ground over the second half of the race...passing 26 runners over the second half. Always reliable Ashley Aguayo and newcomer Olivia Whitmore did plenty of passing of their own...passing 15 and 22 girls respectively over the last half of the race. With so much passing going on, it leads the coaches to believe that our pack could have easily gone out faster and still maintained the faster pace. The gap between our top 2 girls (Chloe and Ellie) of 1:30+ is huge...really that should be the 1 through 5 gap...but more on that later. Sophia Carter after a summer compromised with injuries had a decent start to the race...but then the lack of fitness caught up to her as she went backwards. And Skye in her first varsity race, seemed overwhelmed by the pace and pressure...give her more confidence and experience, and her time can easily be cut by a minute.

So we finished in 7th place...not too bad, considering that our Freshmen girls were placed in the lower level race. We had four girls in the top 20...needless to say, we got a good Freshmen crew. Maddie, won her race...running smart and then pulling 19 seconds on 2nd place over the last 600m. Alysa and Zuzu showed their fitness...patiently waiting for pace to settle down and then breaking into the top 10. And Sophomore Kaitlyn Burnett finished in 5th place, while giving us a gutsy performance to outkick a West girl. What would have happened if we mixed the younger girls into the varsity race? Well, you can't just go by times...since their races were hotter than the varsity races (and the Sophomore race went the wrong way). But under Tokuda's mastermind of forecasting... Maddie would have been low 19 minutes...Zuzu and Alysa would have been with Ellie...Kaitlyn would have been around Olivia and Ashley...and the varsity team would have finished in 4th place. And how does Coach Tokuda know all this?...don't ask...just like you can trust the sun rising from the east, you can trust the wisdom of this old-Asian man. Tokuda might look ordinary, but he has an amazing ability to babble his convictions into reality. And here's another no-brainer prediction...Haley will not be 3-minutes behind Chloe again...just 2 weeks earlier at our time trial, the gap was just 12 seconds. Finally more good news...Katie looks stronger and stronger by the day, with races in the near future. It was a nice start for our battered and young team...but we're a long way from our peak team performance.

Rosemead Invitational

Sept. 11th , 2021

Rosemead High School. Flat on grass and cement.

Fresh 93° (hot), Soph. 90° (hot), Juniors 87° (sunset), Seniors 83° (dark)

Boys: Seniors 2nd place (142 points), Juniors 1st Place (82 points)

5. Kirk, Lamarr	16:52	4:59, 10:53-5:54, 16:52-5:59	
23. Meyer, Nick	17:14	5:18, 11:21-6:03, 17:14-5:53	(0:22 #1-2)
16. Jasso, Cruz	17:21	5:18, 11:22-6:04, 17:21-5:59	(0:07 #2-3)
26. Goldstein, Connor	17:21	5:21, 11:24-6:03, 17:21-5:57	(0:00 #3-4)
38. Hayasaka, Shinn	17:36	5:26, 11:35-6:09, 17:36-6:01	(0:44 1 thru 5) (0:15 #4-5)
20. Cho, Luke	17:37	5:27, 11:47-6:20, 17:37-5:50	(0:01 #5-6)
41. Marino, Dominic	17:43	5:41, 11:46-6:05, 17:43-5:57	(0:51 1 thru 7) (0:05 #6-7)
32. Hamilton, Brandon	18:15	5:33, 12:00-6:27, 18:15-6:15	
58. Long, Matt	18:16	5:32, 11:56-6:24, 18:16-6:20	
49. Euperio, Mitchel	18:43	5:51, 12:24-6:33, 18:43-6:19	
74. Nunley, Andrew	18:46	5:34, 12:15-6:41, 18:46-6:31	

On Saturday our team was split into 2 races; Juniors and Seniors races. And even with the different races, after the times were combined, this team is again remarkably consistent with the pecking order within the team. We showed is that we're a deep team...but we're still looking for a front grouping. Right now we have a one-man front pack, with Lamarr proving he can hold his position among the race leaders. He was our only boy who broke in the top 10 (in comparison, our girls had seven girls breach that barrier from four different races.) After Lamarr, we showed our strength; our depth, from Nick to Dom, we had 6 guys within 29 seconds. But problem is obvious...29 seconds between 6 guys, good...22 seconds between our top 2, not so good. As stated before, this formation of a front pack will be critical to our team success by year's end. How are we going to close that gap and form a front pack? Obviously it starts first in practice....but also, take notice of how much faster Lamarr's first mile is compared to the rest of the team. The 22-second gap was created in the first mile. Usually once your 4-5 minutes into a race, things settle down and those runners around you will be the ones you'll be running against for the next 2 miles. Only Dominic and Andrew had any significant changes in positions after the mile mark, but for the rest of the team their finishing place was set at the mile mark. If we can get out 10 seconds faster, hopefully a few of us will just get locked into a new faster pace and finish 100 meters further up the road.



Other tid-bits, Torrance Boys are definitely good...and with a front pack of 3, they are better than us. Our main pack can run with their 4th man on...but they have that front grouping that we are so desperately looking for. Not an easy task...but we have 2 months to get there (by League Finals and beyond.) Woodbridge is next...it will be a huge crowd of athletes. Don't be afraid to gamble a little and get out faster...don't just run comfortably with your teammates. With our depth, we can afford to have a few of you test your limits earlier...and even if someone blows up, this more aggressive tactic will pay off later in the season.

Girls: Sophomore 2nd Place (93 points), Freshmen 1st Place (47 points)

2. Esponda, Chloe	19:58	6:04, 13:07-7:03, 19:58-6:51	
5. Chung, Katie	20:07	6:26, 13:21-6:55, 20:07-6:46	(0:09 #1-2)
1. Mummery, Maddie	20:38	5:58, 13:17-7:19, 20:38-7:21	(0:31 #2-3)
14. Aguayo, Ashley	21:06	6:35, 14:03-7:28, 21:06-7:03	(0:28 #3-4)
6. Choi, Ellie	21:07	6:39, 13:50-7:11, 21:07-7:17	(1:09 1 thru 5) (0:01 #4-5)
9. Whitmore, Olivia	21:16	6:28, 13:51-7:23, 21:16-7:25	(0:09 #5-6)
7. Jenni, Zuzu	22:03	6:28, 14:13-7:45, 22:03-7:50	(2:05 1 thru 7) (0:47 #6-7)
10. Cho, Alysa	22:26	6:38, 14:32-7:54, 22:26-7:54	
18. Carter, Sophia	22:31	6:44, 14:43-7:59, 22:31-7:48	

Earlier in the week, the coaches were thinking this would be a recovery meet and an opportunity to rest some nagging injuries. And with the grade level format, there was no pressure...just win some medals and hopefully walk away injury free. Despite the low-key atmosphere, we came away with an impressive showings in all 4 races. Last week, we had a top 5 gap of 3 minutes with Ellie being our #2 girl. At Rosemead, Ellie became our 5th girl and our top 5 gap went down to 1:09!! Freshmen Maddie Mummery winning her second meet...along with Senior Katie Chung working her way back in shape...and of course, Chloe nearly winning her race...we now have a strong top 3. Plus our back grouping of Senior Ashley, Junior Olivia, and Sophomore Ellie gives us a nice scoring back group. In time, freshmen Zuzu and Alysa will be with that grouping...ignore the times (based on different races with different heat levels), these two have proven their abilities in practice and will show it in a future race. And based on track season, Sophia Carter has the ability to also help that packing...she'll need to get fully healthy and then she'll become one more girl that will be relied upon later.

Other stuff: After Cool Breeze Invitational, the West girls beat us in the varsity race...but really, we are on-par with them (throwing in the younger girls and considering the injuries.) And even though, we didn't race North...we're better than North, because our times were better even in the hotter races. At Rosemead, we just found out that Torrance is for real...as they won the Elite race. They will be favored to win our league...but they can be beaten. You cannot compare times...just be sure that the Torrance girls, whom we have beat in the past, are not going to be a minute in front of us once we are in the same race under equal (no heat) circumstances. The Torrance girls have a very strong 1-2 punch...but still, they only beat second place by 1 point on Saturday. They do have a glaring problem...and that's huge gaps between within their team; a minute gap between #2-3 and a minute gap between #3-4...their scoring gap was 2:40 seconds. If we put our 1:09 tight grouping in the right place, then we can beat Torrance. But more on that later...we'll revisit the league title in October. For now, good job girls...let's stay healthy, and focus on running together at Woodbridge (in 1 varsity race, instead of 4.)



Woodbridge Invitational

Sept. 18, 2021

Norco Soccer Sports Complex. Flat on grass and dirt.

GV 70° F (dark and cool), BV 68° F (dark and cool)

Boys: 7th Place (268 points)

24. Kirk, Lamarr	16:07	5:01, 10:43-5:42, 16:07-5:24	
60. Jasso, Cruz	16:34	5:15, 11:01-5:46, 16:34-5:33	(0:27 #1-2)
68. Meyer, Nick	16:41	5:13, 11:06-5:53, 16:41-5:35	(0:07 #2-3)
74. O'Brien, Henry	16:47	5:13, 11:10-5:57, 16:47-5:37	(0:06 #3-4)
82. Goldstein, Connor	16:55	5:15, 11:13-5:58, 16:55-5:42	(0:40 1 thru 5) (0:08 #4-5)
83. Hayasaka, Shinn	16:55	5:18, 11:18-6:00, 16:55-5:37	(0:00 #5-6)
93. Cho, Luke	17:02	5:18, 11:20-6:02, 17:02-5:42	(0:55 1 thru 7) (0:07 #6-7)

We'll guys...we are one thing...consistent. For the third race in a row, we are "Lamarr and the tight pack to follow." It's impressive to see our pack come in...but, without that front 'pack', our group packing of 28 seconds (from #2-7) only places us at above average. 7th out of 28 schools is good for now...but it's not our end of season goal. Btw, those teams were Division 1 large schools, so that makes our 7th place finish all the more impressive....again, good but we're not satisfied yet. The coaches have asked our main pack to get a quicker start...and you boys have been trying; 5:33-5:50 at Cool Breeze, 5:18-5:27 at Rosemead, and now 5:13-5:18 at Woodbridge. We're definitely getting out faster...but we did slipped way too much on Saturday. After the first mile, everybody was losing places...in fact over the last 2 miles, our scorers lost a total of 136 places!! So coach, maybe we should slow down the first mile? Hell, no...if we want to be great, we can't play it safe. Playing safe will only give you safe results. It will be better for us to add more fitness to match our aggressive starts...then it would be to play it safe and hope the better teams just blow up so we can pass them....that's not happening.

Just a few extra random thoughts...it's nice to have Henry get in this first varsity cross country race...as we saw during the summer, Henry can give us a front runner....he'll have to help Nick – Cruz - ?? close that gap with Lamarr. After the quicker start, Cruz kept it together the best and finished as our #2 man. Notice that 27 second gap between Lamarr and Cruz...36 runners were in that 27 second gap. Our pack is right where all the action is...and that's why a 10-15 second improvement would lead to major point changes for the team...especially since, if one person runs faster, our whole pack seems to run faster.

We now come to 3 low-key races in a row. Unlike our girls (who resemble a hospital ER), the boys are relatively healthy. So on that note, we're not reducing the mileage or intensity of the workouts. Keep feeding and pushing each other in practices. We got the health and the depth to really make some strides during these no-pressure races ahead. So on these next 3 meets, let's continue to red-line the opening mile, and see if we got the fitness to hold that pace.

Girls: 9th Place (292 points)

17. Esponda, Chloe	18:53	6:04, 12:39-6:35, 18:53-6:14	
40. Chung, Katie	19:30	6:15, 13:00-6:45, 19:30-6:30	(0:37 #1-2)
44. Mummery, Maddie	19:35	6:15, 13:00-6:45, 19:35-6:35	(0:05 #2-3)
95. Whitmore, Olivia	20:29	6:36, 13:47-7:11, 20:29-6:42	(0:54 #3-4)
121. Cho, Alysa	21:03	6:46, 14:10-7:24, 21:03-6:53	(2:10 1 thru 5) (0:34 #4-5)
141. Elder, Haley	21:30	6:45, 14:27-7:42, 21:30-7:03	(0:27 #5-6)
148. Jenni, Zuzu	21:42	6:49, 14:30-7:41, 21:42-7:12	(2:49 1 thru 7) (0:12 #6-7)

Here's the good news from Saturday night: 1) Our freshmen girls got in their first varsity race. With more experience, they will soon adjust to the faster pace. And 2) Katie seems to be running pain free...so in time, she'll be able to add real fitness and speed.

Here's the bad news from Saturday night: Everything else....too much to list. Coach Rick had a bad feeling coming into the race, that 'the girls just aren't healthy and aren't ready for this race.' And he was right ...nothing seemed to go right for us, from the bus ride traffic to the actual race. Chloe, who 2-weeks earlier, had proven to be the fastest Torrance girl (at Cool Breeze)...has slipped a minute from those West and North top girls. Her injuries and grass-lap training has negatively affected her the past two races. And Chloe wasn't the only one with this horrible reversal of fortune...freshmen Alysa and Zuzu beat the top freshmen girl from West at Cool Breeze, and now that same West girl's time was 20 seconds faster. Olivia, a week earlier at Rosemead, beat the Torrance girls by a minute+...but the coin was flipped again, and now the Torrance junior girls got Olivia this time. And Haley's injury continues to be a mystery and she struggled again...keep in mind, she ran 2 minutes faster as a Sophomore. Oh and our top 5 gap grew by a minute. So that's the bad news...

...wait there's more bad news. After beating up the same 7 Torrance girls through the COVID season, team Torrance had an amazing summer training and all 7 of their girls came back with vengeance this season. They have catapulted themselves to another level...and right now, they are the least of our concerns. Also during the COVID season, El Segundo had 1 fast girl, and we took 8 of the first 9 spots against them. Well, El Segundo, like Torrance, had an amazing summer and added 6 new faces...and instantly became the second best team in our league. So as of this moment...our season is now, South vs West for the third and last CIF playoff spot. West got us on Saturday, but with Ashley and Ellie...it's about even again. North, who was a previously ranked team, has now fallen to last place in our league.

If Torrance and El Segundo can have such a dramatic change over the 6-week summer, then that's what we got to do over the next 6-weeks...hit the RESET button and build this team back up again! The coaches got to become doctors and juggle all of the injuries...there will be significant rest for some, while others will continue pushing their fitness. Things to keep in mind as we move forward: We know Chloe and Katie have beaten all of the girls in the past, and so those two can bounce back. We know last year, Haley was running side-by-side with Katie as our 1-2 punch...so Haley can bounce back. We know Ellie and Sofia were among the top Fr/So track runners last season, but injuries have held them down...they can bounce back. And we know Freshmen runners are capable of making significant strides mid-season as they gain more confidence at the varsity level. Woodbridge was the 'wake-up' call on the how far behind we are...we need some time to heal the injuries...and since we're taking the long-goal approach, we have that time to heal...we have that time to rebuild....we have that time to bounce back from this meet.

Dana Hills Invitational
Sept. 25th, 2021

Dana Hills H.S. On Grass, cement, and track. Flat with slight hills
75° Warm

Boys: Seniors 2nd place (100 points), Juniors 8th place (166 points)

5. Kirk, Lamarr	16:13	5:11, 10:37-5:26, 16:13-5:36	
23. O'Brien, Henry	16:44	5:25, 11:01-5:36, 16:44-5:43	(0:31 #1-2)
25. Meyer, Nick	16:45	5:25, 11:01-5:36, 16:45-5:44	(0:01 #2-3)
30. Hayasaka, Shinn	16:50	5:27, 11:07-5:40, 16:50-5:43	(0:05 #3-4)
33. Marino, Dominic	16:52	5:36, 11:10-5:34, 16:52-5:42	(0:39 1 thru 5) (0:02 #4-5)
27. Jasso, Cruz	16:54	5:21, 10:54-5:33, 16:54-6:00	(0:02 #5-6)
49. Goldstein, Connor	17:10	5:37, 11:12-5:35, 17:10-5:58	(0:57 1 thru 7) (0:16 #6-7)
37. Hamilton, Brandon	17:14	5:40, 11:17-5:37, 17:14-5:57	
67. Euperio, Mitchell	18:07	5:57, 11:57-6:00, 18:07-6:10	

We are now starting a string of 3 races (in 8 days) where pressure is off, but we still need to put in good performances and improve as a squad. For Saturday, 2nd Place for the Seniors...not bad at all...especially since all the other teams (except South and PV) were Division 1 and Division 2...don't know how a Div. 1 & 2 team can be considered Medium School. And if the Juniors had Luke running, they would have jumped from 8th place to 2nd place as well...so, we're doing a great job holding our own against some bigger schools.

Other good news, two main guys (Connor and Cruz) struggled a bit...but look at our depth...we're still under 40 seconds for our top 5 scorers. And btw, who is this Dominic guy...wasn't he just a high jumper?...it's insane to think Dom, who never runs a distance race in track, is now mere seconds of Nick, Henry, and Shinn. Maybe it works in reverse too...perhaps we got to force all you guys to try the high jump later.

One final thought about our main pack...it looks from the sidelines that Nick has become a "Do Not Pass" sign through the first half of these races. In other races, Connor and Cruz were right by his side, but not willing to take the lead...Shinn runs just 3 steps behind him...and Henry was with Nick the whole race on Saturday. We can't let Nick dictate the pack's pace by himself...and then maybe you just 'outkick' him (*your own teammate*)...we won't grow as a team. Nick is a good barometer of 'things are going well' if you're close to him...but that's not the goal. Everybody is responsible to close that gap with Lamarr, and not just Nick.



Girls: Juniors 6th place (136 points)

1. Mummery, Maddie	19:15	6:29, 12:49-6:20, 19:15-6:26
7. Whitmore, Olivia	19:21	6:15, 12:49-6:34, 19:21-6:32
24. Cho, Alys	21:06	6:55, 13:50-6:55, 21:06-7:16
25. Hanna, Aziza	21:15	6:50, 13:52-7:02, 21:15-7:23
31. Burnett, Kaitlyn	21:23	6:46, 13:54-7:08, 21:23-7:29
32. Aguayo, Ashley	21:37	6:43, 13:50-7:07, 21:37-7:47
DNF Jenni, Zuzu	DNF	6:55, 14:49-7:54, DNF
DNF Carter, Sophia	DNF	6:58, DNF

Here's the good news...we're resting bodies. Katie, Chloe, Haley, and Ellie were all taking a day off...no new injuries from those girls. Hopefully in a few days/weeks we come back with fresh legs, and ready to build this team back up. In the meantime, our semi-healthy bodies took to the new course. And like other races, we got a mix bag of results: Maddie won her Freshmen race...her pacing was good, as she went from 12th at the mile to 4th at the 2-mile, to winning her race. She's proven she can beat up on Freshmen...now, we got to translate her dominance to the varsity level. Zuzu and Sophia looked horrible...in fact we picked up two DNF...Zuzu got to get on Iron, and Sophia has to manage her fitness with her injuries. Aziza and Kaitlyn are looking good....they might not be able to help varsity this year...but it bodes well for varsity in the future and for the JV team this year. Ashley Aguayo struggled on this day...she'll have to bounce back in the next race. And perhaps the most encouraging news was Olivia Whitmore's race. In previous races, our team was shaping into 2 main groups...our top 3 (of Katie-Chloe and Maddie), then a minute plus gap before our back pack (a pack which Olivia was a part of.) On Saturday, Olivia got within 6 seconds of Maddie...which will be huge for us going forward. She's not afraid to mix it up either...getting out quickly and putting herself among the top girls in the race. Olivia will have to start training with our Big 3, to potentially give us a front pack of 4.

Next is our first league meet...2-miles short course. Although we've compared times with the other local schools, we've only raced in the one same race (just with West at Cool Breeze). So it won't be a comparison of time vs time...it will be runner vs runner. So for the few healthy bodies that we run...we'll get a chance to see head-to-head match-ups and how competitive we are with a small field of runners.



Pioneer League Meet #1
September 29th, 2021

PV Course (2-miles). On dirt, with Agony Hill
73°F Warm

Boys: No Scoring

3. Kirk, Lamarr	11:05	5:09, 11:05-5:56	
8. Jasso, Cruz	11:38	5:16, 11:38-6:22	(0:33 #1-2)
9. Hayasaka, Shinn	11:50	5:17, 11:50-6:33	(0:12 #2-3)
11. Hamilton, Brandon	11:55	5:23, 11:55-6:32	(0:05 #3-4)
17. Marino, Dominic	12:02	5:35, 12:02-6:27	(0:57 1 thru 5) (0:07 #4-5)
19. Nunley, Andrew	12:07	5:20, 12:07-6:47	(0:05 #5-6)

Our first league meet won't be an accurate picture of the real league meets. West ran their 'B-team' ...Torrance ran 2 studs and then their 'B-team'...North was full strength...South was half a team...and El Segundo was nowhere to be seen. And nothing came as a shock with the results: West is really really good...their B-Squad was on-par with our A-squad. Torrance, without their A-team, is not as deep. We can beat a fully loaded North team with half our squad. And El Segundo would have been beaten, even if they showed up. Here's the big positive from Wednesday...everybody improved from last year's (South vs PV dual meet).

Here's the one negative...communicate with the coaches. This was a no-pressure race, but some of you decide to bail out at the last minute without even telling the coaches, and did absolutely nothing. Had the coaches known in advance, we could have got in a modified workout on the course (like West and Torrance boys were doing)...or modified Tuesday's workout (like Katie, Chloe, and Haley did). Instead, we had some BV members just do nothing! This cannot happen again. The next race is a no-pressure race again...let's see if a lesson is learned. BTW, we should win Central Park...as long as some of you are not on your own agenda.



Girls: No Scoring

2. Mummery, Maddie	12:48	5:52, 12:48-6:56	
6. Whitmore, Olivia	13:25	6:10, 13:25-7:15	(0:37 #1-2)
18. Aguayo, Ashley	14:24	6:31, 14:24-7:53	(0:59 #2-3)
22. Hanna, Aziza	14:42	6:32, 14:42-8:10	(0:18 #3-4)
23. Cho, Alysa	14:42	6:34, 14:42-8:08	(1:54 1 thru 5) (0:00 #4-5)
25. Carter, Sophia	15:29	6:48, 15:29-8:41	(0:47 #5-6)
DNF Dizon, Skye	DNF		

Like the boys, this wasn't a true representation of the Pioneer league. West ran half their girls...South ran half their girls....Torrance ran their B-team...North ran their full squad...and El Segundo ran no girls. Some positives...Maddie beat the top North girl (who had beaten Chloe by 40 seconds 2 weeks prior), and Olivia was right with the West #3-5 girls (West of course is in our path to get to CIF.) Negatives...Skye gets injured (yikes, we have no luck this year)...and our back group, who can use the experience, was not competitive at all. Two minutes into the race, we held the last 3 spots...it was like we were OK to just jog and be in last place. And even though, this was our back-pack of varsity girls...it's not like the other schools were lining up their A-squad. It was back-pack versus back-pack, and we came out with no intentions of competing. Because of the low-key nature of this meet, the coaches can thankfully block this one out of our memory bank.

Next is Central Park...if possible, maybe we can put together a semi-functional team for this Saturday. Resting is important...but not competing has its drawbacks too (and our next race isn't for 2 week...and it will be a hugely important one). We'll get an injury status report and decide later on a 'continue to rest' day or 'see where we're at' race day.



Pioneer League Meet #1 @ PV Course (2 miles)

Boys Varsity

1	Munawar	Torrance	10:54	12	Corona	West	11:55	23	Endo	Torrance	12:18
2	De Jesus	Torrance	10:55	13	Kishaba	North	11:57	24	Pastrana	West	12:25
3	Kirk	South	11:05	14	Avellana	Torrance	11:59	25	Johnson	Da Vinci	12:39
4	Potter	North	11:09	15	Rosales	West	12:00	26	Gallagher	North	12:42
5	Quezada	West	11:15	16	Miyata	North	12:01	27	Kikuno	Torrance	12:50
6	Wong	West	11:26	17	Marino	South	12:02	28	Haynes	Da Vinci	13:02
7	Liu	West	11:28	18	Tamanaha	North	12:06	29	Stauring	Da Vinci	13:03
8	Jasso	South	11:38	19	Nunley	South	12:07	30	Carrillo	North	13:20
9	Hayasaka	South	11:50	20	Bradford	Torrance	12:07	31	Anaya	Torrance	13:54
10	Disloquez	West	11:53	21	Ito	North	12:14	32	Woodhams	Da Vinci	14:57
11	Hamilton	South	11:55	22	Seversen	Da Vinci	12:15				

Girls Varsity

1	Ball	West	12:27	9	Shimizu	North	13:41	17	Gulbrandson	West	14:15
2	Mummery	South	12:48	10	Soto	North	13:44	18	Aguayo	South	14:24
3	Toledo	North	12:53	11	Narasaki	North	13:45	19	Momii	Torrance	14:28
4	Park	West	13:15	12	Rabang	West	13:52	20	Delarea	Torrance	14:29
5	Paulson	West	13:24	13	Villarie	Torrance	14:03	21	Burnett	Torrance	14:31
6	Whitmore	South	13:25	14	Burnett	Torrance	14:11	22	Hanna	South	14:42
7	Iida	North	13:38	15	Wolfinger	West	14:13	23	Cho	South	14:42
8	Okada	Torrance	13:40	16	Bothwell	Torrance	14:14	24	Terrill	West	14:55
								25	Carter	South	15:29

Boys Freshmen

1	Espino	Da Vinci	12:23	23	Ishikawa	West	13:54	45	Groh	Da Vinci	15:03
2	Wessels	Torrance	12:25	24	Torii	Torrance	13:54	46	Kim	West	15:22
3	Isella	West	12:25	25	Stewart	West	13:56	47	Soto	Da Vinci	15:38
4	Nair	Torrance	12:32	26	Long	West	14:05	48	Senthil	West	15:39
5	Blumberg	South	12:32	27	Koerber	West	14:11	49	Wigley	Da Vinci	15:54
6	Buclatin	West	12:40	28	Lee	South	14:13	50	Smith	West	16:21
7	Barros	North	12:40	29	Loder	Torrance	14:19	51	Rocha	Torrance	16:22
8	Woodhams	Da Vinci	12:53	30	Figuera	Torrance	14:21	52	Stephany	South	16:29
9	Ghosh	West	12:57	31	Andrade	South	14:22	53	Akrabian	West	16:32
10	Tate	Da Vinci	13:03	32	Chang	Da Vinci	14:22	54	Noa	Torrance	16:34
11	Tolentino	West	13:08	33	Cozadd	South	14:27	55	Machian	North	16:35
12	Quast	West	13:10	34	Soen	West	14:33	56	Sumrit	West	16:36
13	Lincourt	Da Vinci	13:14	35	Martin	West	14:39	57	Drew	West	16:51
14	Chae	West	13:17	36	Kim	West	14:43	58	Lee	North	17:04
15	Rivera	Torrance	13:18	37	Nakanishi	Torrance	14:48	59	Wen	West	17:11
16	Hostinak	South	13:28	38	Tabata	Torrance	14:48	60	Mizuno	Torrance	17:34
17	Campbell	Torrance	13:31	39	Calizar	North	14:51	61	Eastham	Torrance	18:17
18	Aker	West	13:31	40	Lee	North	14:51	62	Rodriguez	Torrance	18:29
19	Schulz	Torrance	13:39	41	Lumpkin	Da Vinci	14:51	63	Heiss	Torrance	18:47
20	Barros	North	13:43	42	Chou	South	14:56	64	Zepeda	Torrance	19:58
21	Mayer	Da Vinci	13:45	43	Taylor	West	14:58	65	Lee	South	20:01
22	Kurashige	West	13:48	44	Kim	West	15:02	66	Trevino	West	26:59

Girls Junior Varsity

1	Millican	West	15:07	11	Georgious	El Segundo	16:34	22	Ekstrom	El Segundo	17:59
2	Wang	North	15:07	12	Gulden	El Segundo	16:40	23	Bandara	West	18:01
3	Martinez	West	15:15	13	Michael-Ho	Torrance	16:46	24	Cortez	El Segundo	18:29
4	Garcia	West	15:35	14	Guzman	Torrance	16:46	25	Guzman	El Segundo	18:32
5	Weller	Da Vinci	15:42	15	Tanisaka	Torrance	16:46	26	Gaisford	Torrance	18:51
6	Grados	Torrance	15:48	16	Fracis	Da Vinci	16:54	27	Smith	El Segundo	19:08
7	Masciotti	South	16:01	17	Lopez	Torrance	16:59	28	Slack	El Segundo	19:12
8	Dizon A	South	16:28	18	Villanueva	North	17:00	29	Fujii	Torrance	19:25
9	Kaneshige	North	16:32	19	Portillo	Lawndale	17:26	30	Locicero	Da Vinci	19:31
10	Kinkaid	El Segundo	16:33	20	Brown	El Segundo	17:51	31	Schneider	West	22:14
				21	O'Keefe	El Segundo	17:58				

Pioneer League Meet #1 @ PV Course (2 miles)

Boys Junior Varsity

1	Shen	West	12:06	18	Von Stentzsch	South	13:25	35	Toscano	Da Vinci	14:37
2	Inoue	Torrance	12:17	19	Reeder	Torrance	13:30	36	Reeder	South	14:49
3	McCormick	Torrance	12:19	20	Chang	South	13:53	37	Miller	Torrance	14:52
4	Euperio	South	12:29	21	Semerdjian	El Segundo	13:55	38	Hubler	Da Vinci	14:52
5	Vo	West	12:30	22	Shelton	West	14:03	39	Yonekawa	Torrance	14:55
6	Kozaki	West	12:31	23	Cadman	El Segundo	14:05	40	Crocker	Torrance	14:56
7	Kim	North	12:31	24	Stahl	El Segundo	14:05	41	Henry	El Segundo	15:04
8	Jahn	El Segundo	12:53	25	Kim	South	14:09	42	Smith	West	15:10
9	Taha	West	12:55	26	Benitez	South	14:09	43	Khinda	El Segundo	15:34
10	Oliva	Torrance	12:55	27	Eiland	South	14:13	44	Tichy	El Segundo	16:18
11	Nakazawa	North	13:00	28	Sunampally	West	14:15	45	Kobzina	El Segundo	16:31
12	Postigo	West	13:00	29	Hughley	South	14:19	46	Hikichi	South	16:48
13	Ramirez	Torrance	13:12	30	Sivley	Da Vinci	14:21	47	Perez	Da Vinci	16:50
14	Kneller	South	13:17	31	Busse	El Segundo	14:23	48	Tigolo	Lawndale	16:52
15	Choi	West	13:20	32	Adame	Torrance	14:24	49	LaFuente	South	19:32
16	Pazcoguin	Torrance	13:21	33	Ayala	Torrance	14:24	50	Godinez	Lawndale	23:02
17	Butcher	El Segundo	13:21	34	Carpenter	El Segundo	14:32				

Boys Sophomore

1	Nicolson	West	11:49	14	Yong	West	12:58	27	Nakamura	South	14:43
2	Toomey	West	12:08	15	Aguilar	West	13:23	28	Balajadia	Torrance	15:29
3	Jimenez	Torrance	12:21	16	Escalante	Da Vinci	13:28	29	Harish	South	15:36
4	Taw	West	12:23	17	Kuroyanagi	Torrance	13:30	30	Arredondo	Da Vinci	15:45
5	Ramireddy	West	12:25	18	Garcia	South	13:33	31	Juarez	Da Vinci	15:51
6	Abe	South	12:26	19	Corcoran	Torrance	13:34	32	Luna	Da Vinci	15:53
7	Ikeda	North	12:27	20	Sasaki	Torrance	14:02	33	Yin	South	16:04
8	Esquivelzeta	West	12:36	21	Choi	South	14:16	34	Ross	South	16:13
9	Smith	West	12:43	22	Abraham	South	14:17	35	Kim	West	16:27
10	Srirambhatla	West	12:49	23	Oh	West	14:23	36	Ter Haar	West	17:25
11	Avalos	West	12:49	24	Murakami	West	14:31	37	Jung	South	17:26
12	Kim	North	12:56	25	Marriparti	West	14:34	38	Amezcuca	Torrance	17:26
13	Borges	Torrance	12:57	26	Flores	North	14:37	39	Zahorik	West	18:27

Girls Frosh/Soph

1	Deierling	South	14:31	23	Choi	West	17:10	45	Jung	Torrance	18:53
2	Chung	West	15:03	24	Ayala	West	17:22	46	Perez	South	18:55
3	Abalos	Torrance	15:16	25	Bauman	West	17:23	47	Arroyo	Torrance	19:08
4	Flores	Da Vinci	15:36	26	Segovia	Torrance	17:28	48	Thomas	Da Vinci	19:08
5	Yu	West	15:40	27	Lamas	North	17:29	49	Coil	Torrance	19:16
6	Alexander	Da Vinci	15:42	28	Aoki	North	17:41	50	Park	West	19:21
7	Benyam	South	15:48	29	Anderson	Torrance	17:50	51	Villacorta	Torrance	19:25
8	Dominguez	Da Vinci	15:48	30	Kurono	Torrance	17:50	52	Jang	Torrance	19:31
9	Inoue	Torrance	16:04	31	Toy	North	17:51	53	Francisco	West	19:35
10	Eiland	South	16:06	32	Martinez	Torrance	17:52	54	Webster	Torrance	19:37
11	Carranza	West	16:15	33	Huante	West	18:04	55	Krauss	West	19:38
12	Harasaki	West	16:30	34	Langit	North	18:06	56	Murakami	West	19:42
13	Cisneros	Da Vinci	16:31	35	Lee	Torrance	18:23	57	Bell	West	19:44
14	Mullin	West	16:38	36	Yonekawa	Torrance	18:25	58	Moreno	Da Vinci	19:49
15	Hoffman	South	16:40	37	Borges	Torrance	18:29	59	Truchin	Torrance	19:54
16	Chavez	Da Vinci	16:44	38	Naylor	West	18:29	60	Quinonez	Torrance	20:29
17	Fiorentino	South	16:49	39	Georgopolus	Torrance	18:36	61	Trattner	West	21:19
18	Millan	Torrance	16:42	40	Gonzalez	North	18:37	62	Menezes	West	21:27
19	Chung	South	16:55	41	Senthil	West	18:38	63	Lee	Torrance	21:58
20	Dinco	Torrance	16:57	42	Silva	West	18:39	64	Clavero	Torrance	22:01
21	Amatayakul	Torrance	16:58	43	Ocampos	North	18:46	65	Rejos	West	22:19
22	Tamura	Torrance	17:07	44	Cheney	Torrance	18:47	66	Sthothrabhas	West	22:26
								67	Downing	West	23:35

Central Park Invitational
Oct. 2nd, 2021

Central Park. Sidewalk, grass, and dirt with one hill
Very Warm, 82° F

Boys: 4th place (161 points)

6. Kirk, Lamarr	16:26	5:04, 10:34-5:30, 16:26-5:52	
20. O'Brien, Henry	17:04	5:19, 11:03-5:44, 17:04-6:01	(0:38 #1-2)
38. Marino, Dominic	17:39	5:36, 11:26-5:50, 17:39-6:13	(0:35 #2-3)
40. Hamilton, Brandon	17:40	5:29, 11:22-5:53, 17:40-6:18	(0:01 #3-4)
78. Nunley, Andrew	19:01	5:38, 12:03-6:25, 19:01-6:58	(2:35 1 thru 5) (1:21 #4-5)
88. Long, Matt	19:30	5:45, 12:24-6:39, 19:30-7:06	(0:29 #5-6)

Half the team gone...only 6 runners...no expectations...needless to say, this was a mellow day. Not a whole lot to report; Lamarr did his thing up front. Henry was our #2 man, representing the positions that our pack would normally finish. Dominic and Brandon ran fine...but we still want them a bit closer to Henry. And Andrew and Matt were just too far back...a minute plus gap between 4 and 5 is too much to overcome. We finished in 4th (probably would have finished in 2nd with a full squad). One thing we can work on...our kicks!...we probably gave away 5 points the last 50 meters with our poor kicks.

El Segundo showed up....but it was disappointing that they decided not to run their boys. It would have been nice to see them in a head-to-head matchup before the next league meet. We think that they have 2 front runners (near Lamarr), but don't have the depth that we have. We'll get a chance to finally see El Segundo at the next meet, Pioneer League Meet #2...and this time things count, so there is no resting or hiding runners. The team outcome is almost pre-determined. But the individual matchups should be fascinating....everyone will have competitive bodies around them the entire race.

Girls: 2nd Place (59 points)

1. Esponda, Chloe	19:01	6:16, 12:38-6:22, 19:01-6:23	
3. Mummery, Maddie	19:14	6:16, 12:38-6:22, 19:14-6:36	(0:13 #1-2)
10. Choi, Ellie	20:18	6:33, 13:22-6:49, 20:18-6:56	(1:04 #2-3)
16. Aguayo, Ashley	20:47	6:29, 13:22-6:53, 20:47-7:25	(0:29 #3-4)
36. Cho, Alysa	21:45	6:41, 14:09-7:28, 21:45-7:36	(2:44 1 thru 5) (0:58 #4-5)
46. Carter, Sophia	22:40	6:45, 14:36-7:51, 22:40-8:04	(0:55 #5-6)
122. Ross, Sophia	28:22	8:10, 17:48-9:38, 28:22-10:34	(9:21 1 thru 7) (5:42 #6-7)

We knew that coming into an 8 day period with 3 races that we would be resting bodies, and we were keeping our expectations low. But of the last 3 races, this one provided our girls team with the most positive results. First, we got Chloe and Ellie back...and got a race winner and a top 10 finisher! Second, we finished in

2nd place with still some key runners out. And third, we got to go head-to-head against El Segundo for the first time....and we posted some promising results against them.

At Woodbridge, El Segundo had a huge debut to the season...destroying both us and the West girls...and giving them a CIF ranking and a clear 'second best' team in our league title. But with this race on Saturday...we clearly took back some momentum. At Woodbridge, comparing times, El Segundo had 2 girls 40 seconds in front of Chloe...4 girls beat Maddie's time...and would have beaten us by 14 points if matched up in a dual meet. At Central Park, Chloe beat their top girl by 10 seconds....and Maddie was just 3 seconds behind that girl (after being 1:20 behind her at Woodbridge). And in a dual meet scoring, we closed a 14 point deficit to 3 points. Both Ashley and Ellie, who didn't run at Woodbridge, matched up against their 4th and 5th girls evenly. It should be noted that El Segundo was missing their top girl...and it should also be noted that we were missing 2 scorers of our own.

So what does all this mean?...if we add Katie, Olivia, and Haley into the mix, then we're as good as any team in our league. But again, we got to all be healthy at the right time. In 2 weeks, we got a huge League meet at Columbia Park. There will be one front runner team (Torrance)...3 teams very close (South, West, El Segundo)...and North not too far behind....it should be an awesome battle!



Pioneer League Meet #2

October 13th, 2021

Columbia. Flat on grass, dirt, and cement.

71° F. Mild with side wind.

Boys: 3rd (76 points)

4. Kirk, Lamarr	15:45	5:15, 10:40-5:25, 15:45-5:05	
14. O'Brien, Henry	16:33	5:18, 11:05-5:47, 16:33-5:28	(0:48 #1-2)
17. Meyer, Nickolas	16:41	5:18, 11:09-5:51, 16:41-5:32	(0:08 #2-3)
20. Marino, Dominic	16:53	5:37, 11:18-5:41, 16:53-5:35	(0:12 #3-4)
21. Goldstein, Connor	16:57	5:21, 11:13-5:42, 16:57-5:44	(1:12 1 thru 5) (0:04 #4-5)
22. Hayasaka, Shinn	16:57	5:25, 11:18-5:53, 16:57-5:35	(0:00 #5-6)
23. Jasso, Cruz	17:03	5:21, 11:08-5:47, 17:03-5:55	(1:18 1 thru 7) (0:06 #6-7)
2. Hamilton, Brandon	16:53	5:33, 11:22-5:49, 16:53-5:31	

Wow! We went into this meet with more individual goals than team goals, like "try to beat some Torrance or West Boys"....our biggest concern at the time was how Torrance and West boys were going to race. And while we were trying to stay focus and competitive, we didn't realize that we were being hunted on this day. El Segundo, who had hid their runners at the first league meet and at Central Park, was no longer in hiding. They came out fully focused on 'green jerseys'. We were like gazelles drinking from the edge of a pond, with the El Segundo gators lurking in the waters. They pounced...and we barely got away with a 1 point victory. Now, we have a goal for the season. Now, we have an adversary for league finals! They got our attention, and now we are awoken. South vs. El Segundo for the last ticket to CIF. Next time, we go to the pond for a drink...we're going to bring a few shotguns and baseball bats with us...let's go!!

As for the race itself...both Torrance and West lined up their A-squad (Torrance was missing their 3rd man)...but only West had a modified game plan. West went all out for 1 mile, then down shifted to an uptempo for the last 2 miles. Lamarr ran smart, and didn't get sucked into their pace. He was with Torrance's Big 2 through the opening mile. And Torrance wasn't taking a day off...they remained focused the whole race. After the front pack, there was a blob of humanity that came through the mile...it was hard to tell what was going on and who was in second place.

As the race continued, suddenly the coaches started to notice among all the white jerseys (West, North, and El Segundo), that El Segundo in their 'putrid' white jerseys was looking good. In fact at the 2 mile, it turned out that we were only beating El Segundo by 3 points...and Torrance was tied with El Segundo at that point as well. On the last mile...Cruz, our 3rd man at the time, started to struggle...and Torrance's third man started to move up...and El Segundo's 4th man moved up.

By the finish, Lamarr got outkicked by El Segundo's #1 man...but beat Torrance's #2 man (which he hadn't done before). Henry outkicked both El Segundo's #2 and #3 man. El Segundo's 4th man beats our 4th man. But that's when our depth came made up the difference, as we put all 7 in front of their 5th man....as well as putting all 7 in front of Torrance's 5th man and North's 2nd man as well. Afterwards we found out how close of a scare we got...escaping by only 1 point.

Many of you reported that you just didn't feel too good on Wednesday...so we can expect better races in the future. Plus, it's hard to beat a team when you don't realize until afterwards that we were in a battle. Well, we won't have that problem anymore...punches have been thrown...it's game on now! More to come later... but it's exciting to now know we have a 'do or die' scenario at league finals.

Girls: 1st (43 points)

5. Esponda, Chloe	18:50	6:14, 12:46-6:30, 18:50-6:04	
7. Mummery, Maddie	18:56	6:14, 12:48-6:34, 18:56-6:08	(0:06 #1-2)
9. Whitmore, Olivia	19:07	6:18, 12:47-6:29, 19:07-6:20	(0:11 #2-3)
10. Chung, Katie	19:10	6:13, 12:48-6:35, 19:10-6:22	(0:03 #3-4)
12. Choi, Ellie	19:22	6:29, 13:10-6:41, 19:22-6:12	(0:32 1 thru 5) (0:12 #4-5)
21. Aguayo, Ashley	20:13	6:28, 13:32-7:04, 20:13-6:41	(0:51 #5-6)
31. Elder, Haley	21:36	6:35, 14:12-7:37, 21:36-7:24	(2:46 1 thru 7) (1:23 #6-7)
2. Hanna, Aziza	20:19	6:40, 13:37-6:57, 20:19-6:42	

Earlier in the week...CIF ranked Torrance #1, North #5, West #6, and El Segundo #7....and lowly, injured plagued South got no respect and was unranked. But the coaches knew that North's ranking was ridiculous...and that we were on par with El Segundo and West...with Torrance being the clear favorite. Our pre-race goal was let Torrance top 2 go...Chloe/Maddie/Katie focus on the first pack...Olivia/Ellie/Ashley/Haley focus on the second big pack.

Once the race began, it became clear that North's #1 and West #1 were going to challenge Torrance's top 2...but our front pack stayed calm and formed the next grouping. Olivia was near the front of the next grouping....but then it was just girls everywhere.

At the mile, a couple of things were obvious: Torrance had the best 3, and their backpack was running fine...as they were easily winning at the mile. West...whose 2nd girl was out with a stress fracture...has a nice back group, but lacked the depth up front. North...has Nataly, but their backpack was just behind where all the action was. El Segundo...was missing their #1, #2, #5 and #6 runners...and their coach was pissed...they all got sick because of their Homecoming dance, haha. And South, we were running the game plan.

At the 2 mile...the leaders got spread out. Olivia had now joined our pack of 3 to make a 4-pack...and this pack was running with Torrance's #3 girl and an El Segundo girl (who clearly didn't have a date for Homecoming.) Torrance #5 girl was right with Ellie...who was in front of the big West/North pack of girls. Torrance was beating us by 5 points at the 2 mile.

Then over the last mile, some of us just maintained...while Ellie passed 2 girls (including Torrance's #4)...Maddie outkicked a Torrance girl...and Ashley passed Torrance 6th girl, assuring a victory in case of a tie. When the scores came in...every coach had assumed Torrance would win...but to our pleasant surprise, South pulled off the victory and defeated all 4 ranked schools, including the #1 ranked school in CIF (by 4 points)!

So what does this victory mean? It means that we're almost assured a CIF playoff spot (just the opposite of the boys, who are going to have the battle of the year to make it). It also means, at Finals...our goal changes from trying to beat West for third place, to now going for the League championship title! El Segundo will definitely be way better...way-way better (they are similar to us with their packing). And Torrance will fully be focused on us...they will brush this lose off as "we didn't know South was that good, and didn't prepare for them". But we can say the same thing about them...we weren't focused on Torrance (in fact we just let 2 girls beat us from the start)...we knew we were good, but we didn't prepare ourselves for Torrance either (they just so happened to be a causality in our way as we beat up on West). Congrats girl...but don't lose focus...we have a chance to win league...and now it's about health, confidence, and momentum.

Pioner League Meet #2 @ Colombia Park

Boys Varsity

1	Gibson	West	15:09	14	O'Brien	South	16:33	27	Bradford	Torrance	17:30
2	De Jesus	Torrance	15:39	15	Iguchi	El Segundo	16:35	28	Gallagher	North	17:41
3	Romero	El Segundo	15:44	16	Rivas	El Segundo	16:36	29	Ito	North	17:46
4	Kirk	South	15:45	17	Meyer	South	16:41	30	Tamanaha	North	17:57
5	Dorantes	Torrance	15:51	18	Fuentes	Torrance	16:42	31	Kishaba	North	18:00
6	Frey	West	16:05	19	Frank	El Segundo	16:45	32	Mohamed	El Segundo	18:03
7	Green	West	16:05	20	Marino	South	16:53	33	Seversen	Da Vinci	18:10
8	Shimizu	West	16:05	21	Goldstein	South	16:57	34	Chartier	El Segundo	18:13
9	Potter	North	16:09	22	Hayasaka	South	16:57	35	Wessels	Torrance	18:18
10	Gibson	West	16:13	23	Jasso	South	17:03	36	Carrillo	North	18:24
11	Nakagawa	Torrance	16:15	24	Harrell	El Segundo	17:17	37	Stauring	Da Vinci	18:26
12	Smith	West	16:20	25	Miyata	North	17:19	38	Johnson	Da Vinci	19:04
13	Cohen	West	16:27	26	Avellana	Torrance	17:19	39	Haynes	Da Vinci	20:08
								40	Woodhams	Da Vinci	20:48

Girls Varsity

1	Toledo	North	17:41	12	Choi	South	19:22	23	Okada	Torrance	20:19
2	Gonzales	Torrance	17:43	13	Durand	El Segundo	19:28	24	Terrill	West	20:21
3	Ball	West	18:07	14	Narasaki	North	19:31	25	Soto	North	20:24
4	Prioleau	Torrance	18:47	15	Momii	Torrance	19:35	26	Gales	El Segundo	20:53
5	Esponda	South	18:50	16	Wolfinger	West	19:46	27	Wang	North	20:57
6	Montenegro	El Segundo	18:53	17	Simon	Torrance	19:48	28	Miya	Torrance	21:03
7	Mummery	South	18:56	18	Paulson	West	19:50	29	Alvarez	El Segundo	21:06
8	Anderson	Torrance	18:57	19	Iida	North	19:53	30	Schoenbaum	El Segundo	21:20
9	Whitmore	South	19:07	20	Shimizu	North	19:57	31	Elder	South	21:36
10	Chung	South	19:10	21	Aguayo	South	20:13	32	Fujimoto	El Segundo	21:44
11	Park	West	19:21	22	Gulbrandson	West	20:17	33	Elward	El Segundo	23:18

Boys Freshmen

1	Quast	West	18:04	24	Mayer	Da Vinci	19:46	47	Soto	Da Vinci	21:39
2	Rivera	Torrance	18:14	25	Soen	West	19:48	48	Rocha	Torrance	21:40
3	Isella	West	18:15	26	Ishikawa	West	19:53	49	Lee	North	21:49
4	Woodhams	Da Vinci	18:18	27	Koerber	West	19:56	50	Chou	South	21:55
5	Tank	El Segundo	18:24	28	Barros	North	19:58	51	Shimazaki	North	22:29
6	Ghosh	West	18:27	29	Torii	Torrance	20:00	52	Wigley	Da Vinci	22:37
7	Blumberg	South	18:28	30	Lee	South	20:05	53	Machian	North	22:51
8	Erhahon	West	18:36	31	Cozadd	South	20:18	54	Heiss	Torrance	22:59
9	Buclatin	West	18:37	32	Long	West	20:28	55	Smith	West	23:00
10	Butcher	El Segundo	18:39	33	Tabata	Torrance	20:34	56	Noa	Torrance	23:01
11	Campbell	Torrance	18:40	34	Kim	West	20:34	57	Wen	West	23:17
12	Tate	Da Vinci	18:48	35	Chang	Da Vinci	20:36	58	Mizuno	Torrance	23:18
13	Kurashige	West	18:48	36	Kim	West	20:53	59	Drew	West	23:29
14	Chae	West	18:49	37	Taylor	West	20:54	60	Kobzina	El Segundo	23:31
15	Schulz	Torrance	18:54	38	Marin	West	20:59	61	Lee	North	23:57
16	Barros	North	18:56	39	Nakanishi	Torrance	21:02	62	French	South	24:22
17	Lincourt	Da Vinci	19:05	40	Senthil	West	21:07	63	Kim	West	24:38
18	Toletino	West	19:16	41	Figueroa	Torrance	21:10	64	Akrabian	West	24:42
19	Espino	Da Vinci	19:16	42	Calizar	North	21:15	65	Stephany	South	24:46
20	Semerdjian	El Segundo	19:24	43	Lumpkin	Da Vinci	21:19	66	Rodriguez	Torrance	25:04
21	Andrade	South	19:32	44	Groh	Da Vinci	21:28	67	Zepeda	Torrance	25:18
22	Akker	West	19:39	45	Kim	West	21:34	68	Chilin	South	27:05
23	Stewart	West	19:45	46	Eastham	Torrance	21:36	69	Lee	South	30:06
								70	Trevino	West	36:28

Pioner League Meet #2 @ Colombia Park

Boys Junior Varsity

1	Onodera	Torrance	16:48	37	Smith	West	18:50	73	Kim	South	20:35
2	Hamilton	South	16:53	38	Kuroyanagi	Torrance	18:51	74	Henry	El Segundo	20:37
3	Quezada	West	17:04	39	Nakazawa	North	18:53	75	Murakami	West	20:37
4	Disloquez	West	17:12	40	Guzman	El Segundo	18:56	76	Adame	Torrance	20:43
5	Acuesta	West	17:21	41	Taha	West	18:56	77	Eiland	South	20:44
6	Pastrana	West	17:35	42	Pazcoguin	Torrance	18:58	78	Nomura	South	20:44
7	Corona	West	17:40	43	Kim	North	19:01	79	Stahl	El Segundo	20:48
8	Shen	West	17:45	44	Ramirez	Torrance	19:02	80	Nakamura	South	20:49
9	Wong	West	17:45	45	DiVincenzo	South	19:03	81	Liberato	Da Vinci	20:50
10	Liu	West	17:49	46	Oliva	Torrance	19:04	82	Oh	West	20:51
11	Vo	West	17:55	47	Escalante	Da Vinci	19:06	83	Go	West	20:51
12	Nunley	South	17:56	48	Sasaki	Torrance	19:07	84	Choi	South	21:11
13	Kozaki	West	17:58	49	Park	South	19:08	85	Carpenter	El Segundo	21:12
14	Jimenez	Torrance	18:02	50	Membrides	West	19:12	86	Marriparti	West	21:16
15	Taw	West	18:03	51	Harvey	El Segundo	19:15	87	Baljadia	Torrance	21:17
16	Kim	North	18:05	52	Kikuno	Torrance	19:17	88	Khinda	El Segundo	21:27
17	Ikeda	North	18:05	53	Corcoran	Torrance	19:17	89	Ree	South	21:36
18	Inoue	Torrance	18:08	54	Shelton	West	19:28	90	Smith	West	21:45
19	Euperio	South	18:09	55	Aguilar	West	19:28	91	Goodnight	El Segundo	21:56
20	Toomey	West	18:11	56	Reeder	Torrance	19:34	92	Arredondo	Da Vinci	22:13
21	McCormick	Torrance	18:14	57	Kneller	South	19:41	93	Juarez	Da Vinci	22:18
22	Nicolson	West	18:21	58	Von Stentzsch	South	19:42	94	Hubler	Da Vinci	22:25
23	Ramireddy	West	18:23	59	Chang	South	19:43	95	Geczi	South	22:29
24	Yong	West	18:24	60	Garcia	South	19:43	96	Miller	Torrance	22:41
25	Endo	Torrance	18:28	61	Pop	El Segundo	19:44	97	Price	Torrance	22:50
26	Long	South	18:28	62	Vela	Torrance	19:44	98	Crocker	Torrance	23:01
27	Rosales	West	18:33	63	Cadman	El Segundo	19:46	99	Harish	South	23:19
28	Moutes	West	18:35	64	Sivley	Da Vinci	19:59	100	De Silva	West	23:30
29	Srirambhatla	West	18:36	65	Benitez	South	20:05	101	Perez	Da Vinci	23:30
30	Abe	South	18:39	66	Hughley	South	20:08	102	Luna	Da Vinci	23:39
31	Postigo	West	18:41	67	Choi	West	20:12	103	Jung	South	23:51
32	Borges	Torrance	18:42	68	Neulander	El Segundo	20:17	104	Hikichi	South	24:03
33	Esquivelzeta	West	18:42	69	Abraham	South	20:25	105	Ter Haar	West	24:34
34	Avalos	West	18:43	70	Yonekawa	Torrance	20:29	106	Kim	West	24:44
35	Silva	West	18:48	71	Sunampally	West	20:31	107	Chao-Mendo	South	24:51
36	Nakano	South	18:49	72	Ayala	Torrance	20:32	108	Chave	Da Vinci	24:55
								109	Zahorik	West	28:32



Pioner League Meet #2 @ Colombia Park

Girls Junior Varsity

1	Bothwell	Torrance	19:52	37	Villanueva	North	23:23	73	Georgopoulos	Torrance	26:08
2	Hanna	South	20:19	38	Francis	Da Vinci	23:26	74	Gonzalez	North	26:10
3	Webster	West	20:31	39	Tanisaka	Torrance	23:29	75	Gaisford	Torrance	26:13
4	Deierling	South	20:43	40	Guzman	Torrance	23:30	76	Jung	Torrance	26:15
5	Burnett	South	20:44	41	Dugmore	North	23:30	77	Thomas	Da Vinci	26:17
6	Delarea	Torrance	20:46	42	Shibata	South	23:32	78	Naylor	West	26:23
7	Villarie	Torrance	20:54	43	Benyam	South	23:34	79	Naylor	West	26:28
8	Smith	Torrance	20:55	44	Gloyer	South	23:36	80	Lee	Torrance	26:34
9	Cho	South	20:58	45	Sze	El Segundo	23:55	81	Cheney	Torrance	26:34
10	Helou	West	21:05	46	Gulden	El Segundo	23:55	82	Silva	West	26:36
11	Weller	Da Vinci	21:37	47	Dinco	Torrance	24:01	83	Truchin	West	26:43
12	Martinez	West	21:38	48	Georgious	El Segundo	24:10	84	Stonecipher	El Segundo	26:44
13	Flores	Da Vinci	21:43	49	Tamura	Torrance	24:20	85	O'Keefe	El Segundo	26:45
14	Carter	South	21:46	50	Choi	West	24:26	86	Kalenik	Torrance	26:52
15	Spencer	South	21:46	51	Ayala	West	24:29	87	Jang	Torrance	27:11
16	Chung	West	21:51	52	Segovia	Torrance	24:36	88	Bell	West	27:16
17	Soares	South	22:04	53	Cisneros	Da Vinci	24:47	89	Guzman	El Segundo	27:31
18	Abalos	Torrance	22:11	54	Kurono	Torrance	24:51	90	Park	West	27:35
19	Eiland	South	22:24	55	Lopez	Torrance	24:52	91	Villacorta	Torrance	27:47
20	Alexander	Da Vinci	22:26	56	Khedesian	South	24:54	92	Francisco	West	27:51
21	Gibson	Torrance	22:27	57	Anderson	Torrance	24:56	93	Krauss	West	27:51
22	Kincaid	El Segundo	22:31	58	Bandara	West	25:05	94	Locicero	Da Vinci	28:02
23	Inoue	Torrance	22:31	59	Yonekawa	Torrance	25:12	95	Quinonez	Torrance	28:08
24	Millan	Torrance	22:35	60	Coil	Torrance	25:15	96	Preston	El Segundo	28:14
25	Michael-Ho	Torrance	22:39	61	Ocampo	North	25:16	97	Webster	Torrance	28:15
26	Jenni	South	22:40	62	Huantes	West	25:23	98	Villanueva	Da Vinci	28:57
27	Hoffman	South	22:42	63	Ekstrom	El Segundo	25:27	99	Clavero	Torrance	28:59
28	Carranza	West	22:42	64	Toy	North	25:27	100	Yates	Da Vinci	29:13
29	Min	South	22:49	65	Aoki	North	25:28	101	Menezes	West	29:16
30	Grados	Torrance	22:52	66	Corez	El Segundo	25:31	102	Arroyo	Torrance	30:38
31	Dizon S	South	22:53	67	Foassis	El Segundo	25:31	103	Schneider	West	31:01
32	Reubin	El Segundo	23:01	68	Borges	Torrance	25:34	104	Sthothrabhas	West	32:04
33	Chavez	Da Vinci	23:06	69	Langit	North	25:37	105	Downing	West	32:04
34	Bauman	West	23:18	70	Slack	El Segundo	25:42	106	Alexande	Da Vinci	29:16
35	Yu	West	23:21	71	Senthil	West	25:43	107	Primero	Da Vinci	37:12
36	Harasaki	West	23:22	72	Fujii	Torrance	25:58				



Mt. SAC Invitational

Oct. 23rd, 2021

Mt. SAC Course (2.92 miles) 3 hills on dirt and cement

65° F, overcast.

Boys: 2nd Place (98 points)

7. Kirk, Lamarr	16:25	4:52, 10:56-6:04, 16:25-5:29	
17. O'Brien, Henry	17:02	5:07, 11:19-6:12, 17:02-5:43	(0:37 #1-2)
18. Jasso, Cruz	17:05	5:09, 11:12-6:03, 17:05-5:53	(0:03 #2-3)
30. Hamilton, Brandon	17:30	5:10, 11:32-6:22, 17:30-5:58	(0:25 #3-4)
36. Marino, Dominic	17:41	5:21, 11:44-6:23, 17:41-5:57	(1:16 1 thru 5) (0:11 #4-5)
41. Meyer, Nicholas	17:50	5:09, 11:43-6:34, 17:50-6:07	(0:09 #5-6)
42. Hayasaka, Shinn	17:50	5:20, 11:52-6:32, 17:50-5:58	(1:28 1 thru 7) (0:00 #6-7)
5. Cho, Luke	17:41	5:16, 11:46-6:30, 17:41-5:53	

Because we moved to Division 2, we were racing against teams that we normally don't compete against...and it lessened the pressure for this race. But at the same time, it is Mt. SAC...the home of CIF playoffs...so we could not go into this race a nonchalant attitude. And we delivered another solid team performance. All year long, we had been trying to close the gap with Lamarr...and despite 6 other boys trying, it could not be done...and this is really a testament of how consistent our #1 man has been for us. Lamarr had another aggressive start (4:52 at the mile), and the hills did not affect him in any way afterwards. We also had 4 guys get in their fastest opening mile, 5:07 to 5:10. Most encouraging was seeing Brandon among our front pack. As the hills started, Cruz looked the strongest...while Nick and Shinn were jumping in the 'hurt tank'. And despite 3 hills following the opening mile, take notice of the position change after the first mile...not a whole lot of movement. In a smaller race (like Saturday), we can get away with little blowups and small gaps...but in bigger race (with better competition...the CIF rounds) that 1:16 1 through 5 gap will kill us. That's why we need to work on running together; it will help prevent these gaps from occurring.

	1 st mile	Bottom of Poop	2 nd mile	600m to go	Finish
Lamarr K	6 th	6 th	8 th	8 th	7 th
Henry O	12 th	17 th	18 th	18 th	17 th
Cruz J	18 th	15 th	15 th	16 th	18 th
Brandon H	23 rd	22 nd	24 th	27 th	30 th
Dominic M	38 th	38 th	35 th	34 th	36 th
Nick M	19 th	30 th	33 rd	37 th	41 st
Shinn H	35 th	37 th	42 nd	42 nd	42 nd
Luke C	5 th	4 th	5 th	5 th	5 th

Next is League Finals. Not a whole lot to say except...beat El Segundo! At the 2nd league meet, Lamarr was right with their #1 man....it's going to be the same in 2 weeks...win that kick Lamarr. Henry was with 2 El Segundo runners...Henry had no problem outkicking them by over 2 seconds....but we'll need Nick and Cruz to be breathing down their necks as well.... Henry-Nick-Cruz have to ride the shoulders of El Segundo's #2 and #3 men. El Segundo 4th man was just a few seconds in front of our main pack...and their coach said their real #4 man has having a bad day, so maybe this was their 5th man. But it doesn't matter who this guy was...our backpack must be on their 4-5 guys. Last race, we had no idea that we were racing El Segundo...well, that ain't happening at Finals. We're sending our pack on them... Brandon-Shinn-Connor-Dominic – Luke – your mom and the kitchen sink. At the last race, their 6th – 7th man was a minute behind our 7th man...so they don't have any depth help...plus our 7th man beat their 5th man. We got to take advantage of our depth again.

Pioneer League Finals

Nov. 3rd, 2021

Boys: 3rd (74 points)

Columbia Park. Flat on grass, dirt, and cement

Overcast and cool. 62° F

9. Kirk, Lamarr	15:39	5:09, 10:26-5:17, 15:39-5:13	
14. O'Brien, Henry	16:10	5:22, 10:55-5:33, 16:10-5:15	(0:31 #1-2)
16. Jasso, Cruz	16:27	5:24, 10:59-5:25, 16:27-5:28	(0:17 #2-3)
17. Meyer, Nicholas	16:30	5:23, 11:02-5:39, 16:30-5:28	(0:03 #3-4)
18. Marino, Dominic	16:30	5:25, 11:03-5:38, 16:30-5:27	(0:51 1 thru 5) (0:00 #4-5)
19. Goldstein, Connor	16:39	5:23, 11:05-5:42, 16:39-5:34	(0:09 #5-6)
20. Hamilton, Brandon	16:48	5:26, 11:08-5:42, 16:48-5:40	(1:09 1 thru 7) (0:09 #6-7)

After we escaped Pioneer League #2 with a 1 point victory over El Segundo, the coaches were super excited for the rematch battle that would decide the last CIF spot. And the week before at the West High mile, the head to head matchups were looking juicy again...even for a track race. We were ready for this moment!

The race started...and 2 minutes into the race...West, 3 Torrance guys, North #1, and Lamarr made up the first pack...South and Torrance #4-7 boys made up the middle pack....then, North and El Segundo made up the back of the race. Tokuda thought to himself...we're in a good spot, but El Segundo wants us to lead and expect us to blow-up, they're going to move up soon.

At the mile, things got a little strung out...but the front was the same...the mid-pack, we were looking good running together...and we were gaping El Segundo team, who were clearly just running together. Tokuda thought to himself...El Segundo has good packing but they seem to be waiting too long, they're gonna make their move on this next mile.

At the 2 mile, the front was more strung out... Lamarr was in the pack making up the top 10...our pack was in a battle with 2 Torrance runners...and El Segundo pack was now 10 seconds behind our 7th man, talking to each other. Tokuda thought to himself...El Segundo is jogging at Finals!!...those guys are a bunch of @!# (bleep –bleepers) ...or maybe he shouted it out.

Yes, it was true... El Segundo didn't care about competing, because their ranking gave them a free pass to CIF. And yes, perhaps it was best for them to rest their legs for CIF...but Tokuda was still calling them out for being lame and ducking the competition. Everyone else competed...even though, West was going to win...Torrance was going to get 2nd...and North was the weakest team...everyone still competed!! We went hard, and everybody improved on their times from Pioneer #2. It's a shame that our performance went up against an absent team.

Ooo well...that means our 'do or die' meet went from League Finals to CIF Prelims. We're running well...but we have an obvious weakness, not having a front pack. But we don't have to beat teams like West and Torrance, who don't have any weaknesses. We have to get through teams that will have some flaws as well. We'll have to get out hard...keep the tight team running...maintain position...then win some kicks. It's hard to predict what will happen next...but we should be right on that border of qualifying to CIF Finals. Let's keep that momentum and 'earn' a trip to CIF Finals.

Girls: 1st (38 points)

5. Mummery, Maddie	18:35	6:15, 12:34-6:19, 18:35-6:01	
6. Esponda, Chloe	18:36	6:12, 12:33-6:21, 18:36-6:03	(0:01 #1-2)
7. Whitmore, Olivia	18:55	6:14, 12:46-6:32, 18:55-6:09	(0:19 #2-3)
9. Choi, Ellie	19:07	6:22, 13:00-6:38, 19:07-6:07	(0:12 #3-4)
11. Chung, Katie	19:11	6:17, 12:48-6:31, 19:11-6:23	(0:36 1 thru 5) (0:04 #4-5)
23. Aguayo, Ashley	19:47	6:39, 13:29-6:50, 19:47-6:18	(0:36 #5-6)
28. Hanna, Aziza	20:27	6:36, 13:43-7:13, 20:27-6:44	(1:52 1 thru 7) (0:40 #6-7)

Although this league had 5 ranked teams and all 5 teams were going onto CIF...only 2 teams were competing for the league title. Although the other teams are all good...only 2 who were capable of winning league. This was simply South vs Torrance for the championship trophy. But unlike last time, we weren't going to surprise Torrance...they were quite aware of our presence. And also unlike last time, we started the week with some bad luck...Katie was recovery from a cold and missed a practice. And then the bad luck continued on race day, when Chloe's neck locked up and she couldn't move her neck....as the first races were going off, Chloe was at her physical therapist office trying to loosen up her neck. It was around this time, Coach Tokuda was suffering from his coaching-induced ulcer. Fortunately, both Chloe and Katie would still toe the line...no excuse was going to hold them back on this day.

The race started with some familiar faces upfront...Natalie – Sequoia – Lily Ball...but there were some early surprises with 2 El Segundo and 4 West girls getting out to an aggressive start. Of course South was in the mix, matching up with the Torrance's Big 3 early. At the mile, it was clear that Torrance had the advantage up front having their #1-2 in front of Chloe...we had 4 girls around Torrance #3...and Ellie was staking their 4-5 girls. Aziza and Ashley were near the back of the race...as it looked like we weren't going to loss the battle of the 6th girl.

By the two mile, the race was strung out...not much movement had occurred...but since we put ourselves in a good position early, all we had to do was maintain for the last mile. Torrance elite front girls were running well, but they could not do anymore to help their backpack...as Ellie moved on ahead of their #4-5 girl. As long as nobody 'blew up' the victory would be ours.

Over the last mile, Olivia passed Torrance's #3 girl to give us another 2-point swing. And Ashley, who was 16 seconds behind Torrance's 7th girl at the 2-mile, went on to pass both their 7th and the 6th girl...assuring victory at the tie-breaker position. But no tie was going to happen on this day...our top 5 scorers secured our victory, while beating West – North – El Segundo's #2 girl...and Torrance's #4 girl. We cruised to a 7 point victory!

Congrats girls!! What an incredible journey to win league...especially since we started the year so far behind. We lost to the West girls at the first meet. At Woodbridge, Torrance and El Segundo demolished us But we battled through injuries and kept on improving. Those early setbacks makes this league title all the more special.

Oh, we got CIF next week...we'll talk later.



Ellie Choi
9th Place

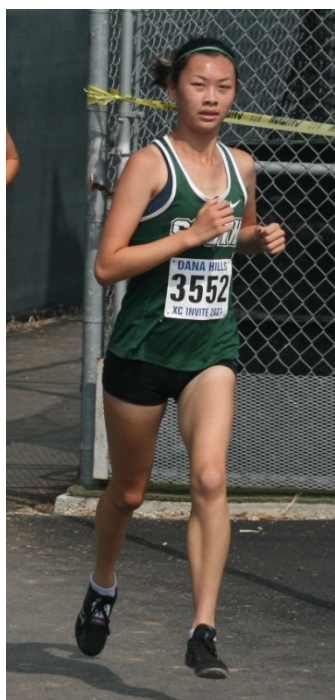
**Pioneer League
All-League Runners**



Maddie Mummery
5th Place



Chloe Esponda
6th Place



Olivia Whitmore
7th Place



Lamarr Kirk
9th Place

Pioneer League Finals @ Columbia Park

Boys Varsity

1	Frey	West	14:44	12	Acuesta	West	16:04	23	Iguchi	El Segundo	16:57
2	De Jesus	Torrance	14:56	13	Nakagawa	Torrance	16:09	24	Rivas	El Segundo	16:58
3	Shimizu	West	15:14	14	O'Brien	South	16:10	25	Romero	El Segundo	16:58
4	Gibson E	West	15:15	15	Onodera	Torrance	16:21	26	Chartier	El Segundo	16:59
5	Munawar	Torrance	15:17	16	Jasso	South	16:27	27	Gallagher	North	17:10
6	Dorantes	Torrance	15:18	17	Meyer	South	16:30	28	Kishaba	North	17:12
7	Potter	North	15:28	18	Marino	South	16:30	29	Ito	North	17:13
8	Green	West	15:31	19	Goldstein	South	16:39	30	Miyata	North	17:24
9	Kirk	South	15:39	20	Hamilton	South	16:48	31	Carrillo	North	17:42
10	Smith	West	15:44	21	Fuentes	Torrance	16:50	32	Tamanaha	North	17:48
11	Quezada	West	15:50	22	Harrell	El Segundo	16:57	33	Pazcoguín	Torrance	19:23

Girls Varsity

1	Toledo	North	17:41	11	Chung	South	19:11	21	Bernauer	El Segundo	19:40
2	Gonzales	Torrance	17:49	12	Rifkin	El Segundo	19:15	22	Paulson	West	19:45
3	Ball	West	17:57	13	Miya	Torrance	19:20	23	Aguayo	South	19:47
4	Prioleau	Torrance	18:21	14	Narasaki	North	19:21	24	Bothwell	Torrance	19:49
5	Mummery	South	18:35	15	Soto	North	19:29	25	Shimizu	North	20:09
6	Esponda	South	18:36	16	Iida	North	19:30	26	Momii	Torrance	20:17
7	Whitmore	South	18:55	17	Wolfinger	West	19:31	27	Rabang	West	20:22
8	Anderson	Torrance	18:59	18	Simon	Torrance	19:32	28	Hanna	South	20:27
9	Choi	South	19:07	19	Montenegro	El Segundo	19:39	29	Terrill	West	20:45
10	Durand	El Segundo	19:09	20	Matlosz	El Segundo	19:40	30	Gulbrandson	West	20:49

Boys Freshmen

1	Wessels	Torrance	17:41	26	Ishikawa	West	19:52	51	Soen	West	21:29
2	Espino	Da Vinci	17:45	27	Akker	West	19:56	52	Sumrit	West	21:41
3	Rivera	Torrance	17:50	28	Lee	South	20:01	53	Wright	South	21:56
4	Buclatin	West	17:59	29	Torii	Torrance	20:02	54	Rocha	Torrance	21:57
5	Erhahon	West	18:00	30	Tolentino	West	20:03	55	Eastham	Torrance	22:03
6	Ghosh	West	18:04	31	Loder	Torrance	20:10	56	Kim	West	22:04
7	Blumberg	South	18:09	32	Groh	Da Vinci	20:21	57	Machian	North	22:21
8	Tank	El Segundo	18:13	33	Taylor	West	20:33	58	Shimazaki	North	22:22
9	Campbell	Torrance	18:15	34	Koerber	West	20:35	59	Noa	Torrance	22:40
10	Butcher	El Segundo	18:26	35	Kim	West	20:39	60	Kobzina	El Segundo	22:41
11	Chae	West	18:31	36	Senthil	West	20:41	61	Drew	West	23:12
12	Isella	West	18:32	37	Barros	North	20:45	62	smith	West	23:24
13	Woodhams	Da Vinci	18:37	38	Figueroa	Torrance	20:46	63	Tigolo	Lawndale	23:39
14	Barros	North	18:38	39	Wigley	Da Vinci	20:52	64	Lee	North	23:40
15	Semerdjian	El Segundo	18:39	40	Tabata	Torrance	20:55	65	Wen	West	24:04
16	Lincourt	Da Vinci	18:44	41	Cozadd	South	20:58	66	Heiss	Torrance	24:15
17	Kurashige	West	18:52	42	Kim	West	21:06	67	French	South	24:23
18	Tate	Da Vinci	18:52	43	Nakanishi	Torrance	21:08	68	Stephany	South	24:32
19	Schulz	West	19:08	44	Long	West	21:11	69	Akrabian	West	25:03
20	Flores	West	19:08	45	Chang	Da Vinci	21:11	70	Mizuno	Torrance	25:11
21	Mayer	Da Vinci	19:13	46	Calizar	North	21:13	71	Zepeda	Torrance	25:18
22	Hostinak	South	19:27	47	Campos	Lawndale	21:17	72	Chilin	South	25:22
23	Miller	South	19:31	48	Chou	South	21:20	73	Huston	West	25:26
24	Stewart	West	19:43	49	Soto	Da Vinci	21:22	74	Kim	West	25:44
25	Andrade	South	19:51	50	Martin	West	21:28	75	Miller	South	25:47

Pioneer League Finals @ Columbia Park

Boys Junior Varsity

1	Cohen	West	16:03	42	Hayes	Da Vinci	18:23	83	Nomura	South	20:34
2	Corona	West	16:28	43	Choi	West	18:27	84	Sunapalluy	West	20:34
3	Hayasaka	South	16:33	44	Moutes	West	18:29	85	Abraham	South	20:35
4	Disloquez	West	16:35	45	Ramirez	Torrance	18:30	86	Nakamura	South	20:35
5	Wong	West	16:38	46	Harvey	El Segundo	18:31	87	Floes	North	20:36
6	Liu	West	16:47	47	Srirambhatla	West	18:35	88	Adame	Torrance	20:46
7	Bradford	Torrance	16:55	48	Kuroyanagi	Torrance	18:37	89	Kim	South	20:47
8	Pastrana	West	17:07	49	Reeder	Torrance	18:37	90	Liberato	Da Vinci	20:49
9	Rosales	West	17:08	50	Neulander	El Segundo	18:38	91	Ree	South	20:50
10	Nunley	South	17:11	51	Cadman	El Segundo	18:38	92	Smith	West	20:54
11	Anaya	Torrance	17:15	52	Shelton	West	18:39	93	Crocker	Torrance	21:00
12	Nicolson	West	17:16	53	Cororan	Torrance	18:43	94	Luna	Da Vinci	21:05
13	Avellana	Torrance	17:20	54	Nakano	South	18:45	95	Hubler	Da Vinci	21:12
14	Vo	West	17:23	55	Guzman	El Segundo	18:49	96	Khinda	El Segundo	21:12
15	Shen	West	17:23	56	Kim	North	18:50	97	Roe	South	21:13
16	Toomey	West	17:25	57	Escalante	Da Vinci	18:50	98	Juarez	Da Vinci	21:19
17	Kozaki	West	17:26	58	Taha	West	18:56	99	Geczi	South	21:21
18	McCormick	Torrance	17:28	59	Garcia	South	18:59	100	Arredondo	Da Vinci	21:22
19	Jimenez	Torrance	17:33	60	Chang	South	18:59	101	Harish	South	21:26
20	Endo	Torrance	17:38	61	Oliva	Torrance	19:00	102	Amezcuca	Torrance	21:34
21	Mohamed	El Segundo	17:41	62	Inoue	Torrance	19:08	103	Russe	El Segundo	21:51
22	Postigo	West	17:42	63	Eiland	South	19:10	104	Tichy	El Segundo	21:54
23	DiVincenzo	South	17:48	64	Ayala	Torrance	19:16	105	De Silva	West	22:07
24	Taw	West	17:49	65	Sivley	Da Vinci	19:23	106	Yin	South	22:08
25	Borges	Torrance	17:50	66	Vela	Torrance	19:24	107	Kim	West	22:15
26	Ikeda	North	17:52	67	Von Stentzsch	South	19:27	108	Kowata	Torrance	22:21
27	Euperio	South	17:56	68	Forman	South	19:27	109	Segovia	Torrance	22:36
28	Ramireddy	West	17:57	69	Kneller	South	19:32	110	Hikichi	South	22:41
29	Silva	West	18:01	70	Hughley	South	19:37	111	Perez	Da Vinci	22:45
30	Long	South	18:04	71	Choi	South	19:38	112	Ross	South	22:47
31	Avalos	West	18:05	72	Benitez	South	19:50	113	Chavez	Da Vinci	22:47
32	Seversen	Da Vinci	18:06	73	Balajadia	Torrance	20:00	114	Chae	South	22:55
33	Jahn	El Segundo	18:07	74	Pop	El Segundo	20:09	115	Ter Haar	West	23:09
34	Kikuno	Torrance	18:08	75	Go	West	20:12	116	Jung	South	23:11
35	Esquivelzeta	West	18:08	76	Huang	Torrance	20:15	117	Price	Torrance	24:08
36	Abe	South	18:12	77	Henry	El Segundo	20:19	118	LaFuente	South	24:14
37	Sasaki	Torrance	18:13	78	Oh	West	20:20	119	Chao	South	24:19
38	Yong	West	18:16	79	Murakami	West	20:22	120	Zahorik	West	24:36
39	Nakazawa	North	18:19	80	Carpenter	El Segundo	20:26				
40	Johnson	Da Vinci	18:21	81	Woodhams	Da Vinci	20:31				
41	Smith	West	18:22	82	Yonekawa	Torrance	20:31				



Pioneer League Finals @ Columbia Park

Girls Junior Varsity

1	Deierling	South	19:40	41	Benyam	South	22:34	81	Naylor	West	24:56
2	Okada	Torrance	19:41	42	Hamilton	South	22:38	82	Khedesian	South	25:02
3	Fujimoto	El Segundo	19:54	43	Masciotti	South	22:40	83	Ekstrom	El Segundo	25:03
4	Cho	South	19:56	44	Kaneshige	North	22:41	84	Lamas	North	25:04
5	Helou	West	19:58	45	Georgious	El Segundo	22:44	85	Langit	North	25:08
6	Jenni	South	19:58	46	Alexander	Da Vinci	22:46	86	Borges	Torrance	25:26
7	Villarie	Torrance	20:05	47	Dinco	Torrance	22:47	87	Kalenik	Torrance	25:26
8	Burnett	Torrance	20:08	48	Chavez	Da Vinci	22:52	88	Gaisford	Torrance	25:29
9	Schoenbaum	El Segundo	20:13	49	Harasaki	West	22:53	89	Fujii	Torrance	25:30
10	Delarea	Torrance	20:38	50	Grados	Torrance	22:57	90	Silva	West	25:31
11	Elder	South	20:49	51	Lopez	Torrance	23:12	91	Truchin	Torrance	25:35
12	Alvarez	El Segundo	20:51	52	Gulden	El Segundo	23:15	92	Guzman	El Segundo	25:37
13	Burnett	Torrance	21:04	53	Gloyer	South	23:22	93	Villacorta	Torrance	25:40
14	Nichols	El Segundo	21:08	54	Kurono	Torrance	23:34	94	O'Keefe	El Segundo	25:42
15	Weller	Da Vinci	21:16	55	Chung	South	23:40	95	Cheney	Torrance	25:44
16	Smith	Torrance	21:18	56	Toy	North	23:40	96	Thomas	Da Vinci	25:47
17	Carter	South	21:18	57	Sze	El Segundo	23:41	97	Jang	Torrance	25:49
18	Chung	West	21:19	58	Maille	South	23:49	98	Jung	Torrance	25:52
19	Spencer	South	21:26	59	Choi	West	23:52	99	Arroyo	Torrance	25:58
20	Millican	West	21:35	60	Tanisaka	Torrance	23:53	100	Huante	West	25:59
21	Soares	South	21:35	61	Guzman	Torrance	23:54	101	Rivas	Torrance	26:03
22	Martinez	West	21:39	62	Foradori	Torrance	24:01	102	Webster	Torrance	26:08
23	Millan	Torrance	21:40	63	Coil	Torrance	24:02	103	Ross	South	26:09
24	Michale-Ho	Torrance	21:41	64	Kerekas	South	24:02	104	Georgorpoul	Torrance	26:19
25	Flores	Da Vinci	21:43	65	Tamura	Torrance	24:02	105	Locicero	Da Vinci	26:21
26	Elward	El Segundo	21:45	66	Ayala	West	24:05	106	Murakami	West	26:21
27	Carranza	West	21:46	67	Min	South	24:11	107	Krauss	West	26:24
28	Gibson	Torrance	21:48	68	Villanueva	North	24:19	108	Portillo	Lawndale	26:50
29	Abalos	Torrance	21:55	69	Russo	West	24:21	109	Park	West	27:04
30	Kincaid	El Segundo	22:00	70	Martinez	Torrance	24:22	110	Stonecipher	El Segundo	27:21
31	Garcia	West	22:02	71	Yonekawa	Torrance	24:23	111	Preston	El Segundo	27:21
32	Inoue	Torrance	22:07	72	Cisneros	Da Vinci	24:27	112	Rodriguez	Torrance	27:22
33	Amatayakul	Torrance	22:10	73	Aoki	North	24:29	113	Clavero	Torrance	27:23
34	Hoffman	South	22:15	74	Ocampo	North	24:32	114	Quinonez	Torrance	27:32
35	Yu	West	22:15	75	Foassis	Torrance	24:41	115	Perez	South	27:46
36	Bandara	West	22:20	76	Anderson	Torrance	24:45	116	Ceja	North	28:13
37	Dugmore	North	22:25	77	Linneman	South	24:45	117	Menezes	West	28:15
38	Eiland	South	22:28	78	Slack	El Segundo	24:46	118	Downing	West	29:55
39	Burnett	South	22:31	79	Senthil	West	24:50				
40	Bauman	West	22:31	80	Segovia	Torrance	24:52				



CIF Prelims

Nov. 13th, 2021

Mt SAC Course (2.92) 3 hills on dirt and cement

Hot. 78°F (BV), 81°F (GV)

Boys (5th Place, 135 points)

12. Kirk, Lamarr	16:28	5:05, 11:00-5:55, 16:28-5:28	
24. O'Brien, Henry	17:00	5:09, 11:17-6:08, 17:00-5:43	(0:32 #1-2)
32. Marino, Dominic	17:12	5:11, 11:24-6:13, 17:12-5:48	(0:12 #2-3)
37. Meyers, Nicholas	17:23	5:11, 11:27-6:16, 17:23-5:56	(0:11 #3-4)
39. Jasso, Cruz	17:25	5:11, 11:22-6:11, 17:25-6:03	(0:57 1 thru 5) (0:02 #4-5)
44. Goldstein, Connor	17:34	5:12, 11:28-6:16, 17:34-6:06	(0:09 #5-6)
50. Hayasaka, Shinn	17:38	5:12, 11:33-6:21, 17:38-6:05	(1:10 1 thru 7) (0:04 #6-7)

We knew that there were 4 ranked teams in our heat, which meant that everyone one else was fighting for the 5th and final CIF spot. And with our aggressive start, we put ourselves in a good position early. Through the first valley loop, Lamarr was leading the race (actually nobody wanted to take the lead during the first mile) and the rest of the team were all within the top 35 positions. During the early stages, South was probably in 3rd or 4th place. We were together, which was critical as we headed into the first hill, switchbacks. We knew that the good teams were jogging early, and the first real movement would be on the hills. We had to stay mentally strong up the hills as the pace picked up. Going down Switchbacks, we passed through the halfway mark in 4th place...again a good spot. But would we survive our aggressive start through the next 2 hills?

As it turned out, a few of us did lose some positions...but nothing devastating where we were in jeopardy of falling to 6th place. In fact, Sonora (a ranked team) in 5th place fell further behind us as the race progressed. One team did pass us (Oak Park)...but to their credit, they moved from 7th place to 4th place over the last mile. We survived the Oak Park surge, and earned our ticket to CIF Finals! At the same time, we go 6 better times from the Invite...and we gain some ground on our rival Torrance. At League Finals, only Lamarr and Henry broke into their top 5...at CIF, we put 6 guys in front of Torrance's 5th man. Overall it was a great day for us.

So we earned a trip to CIF Finals (top 16). And now, we're up against only good teams. It will take a team of five Lamarrs to crack into the top 7 (and make it to State), so we're not going to put that type of pressure on ourselves. But we can certainly get 7 more P.R.s...we can get 2-3 more guys under 17-minutes...we can break up the Torrance crew in the back again. And that's what the coaches are going to ask from you at CIF Finals...be great 1 more time...don't run scared...embrace this opportunity to run with the best teams. We have one last opportunity to put in our top team performance of the season!

<u>Halfway Mark</u>	<u>Place</u>
Lamarr K	13 th
Henry O	20 th
Nicholas M	30 th
Cruz J	33 rd
Dominic M	35 th
Connor G	36 th
Shinn H	40 th

Girls: (3rd Place, 74 points)

8. Whitmore, Olivia	20:21	6:11, 13:37-7:26, 20:21-6:44	
11. Chung, Katie	20:36	6:11, 13:40-7:29, 20:36-6:56	(0:15 #1-2)
17. Mummery, Maddie	20:56	6:11, 13:39-7:28, 20:56-7:17	(0:20 #2-3)
20. Choi, Ellie	21:03	6:18, 13:55-7:37, 21:03-7:08	(0:07 #3-4)
23. Esponda, Chloe	21:07	6:11, 13:50-7:39, 21:07-7:17	(0:46 1 thru 5) (0:04 #4-5)
36. Deierling, Kaylee	21:51	6:29, 14:20-7:51, 21:51-7:31	(0:44 #5-6)
39. Aguayo, Ashley	22:01	6:29, 14:33-8:04, 22:01-7:28	(1:40 1 thru 7) (0:10 #6-7)

Thankfully, this was CIF Prelims...because this girls team would be good enough to get through this round with a so-so performance....and we certainly didn't have a 'peak performance' showing on Saturday. But everything turned out OK...3rd place is in the top 5...and so, Congratulations girls, we're moving on.

Let's look at the encouraging news first: everyone got a chance to run this course (*and feel the hills*). Freshmen Kaylee got her first varsity experience and looked pretty good throughout the race. Olivia just keeps on running well...taking the #1 position for the first time all year. And Katie had a solid race for us.

Now for the not-so encouraging news: Chloe felt like throwing up. Ellie's was fighting knee problems again. Maddie was having hip and shin problems. Torrance girls beat us...(we were beating them at the half way mark by 7, then we blew up and lost by 6.) And finally, if we run like this again, then we won't make it to State

Now back to the encouraging news: We're not running like this again. Our #1 girl (Chloe) is not going to be our 5th girl....and our #2 girl (Maddie) can easily bounce back from this performance. Kaylee is only going to get better with more experience...and Ashley has a better race in her. Plus, if Ellie's knee doesn't hurt...she can run faster. Also, as 'blah' as we ran at Prelims...we're only a few points from the top 7 spot (6 points in a mock race.) Also, if we beat Torrance...then we should be good enough for the top 7 next week...we've beaten them twice, so we'll make it a third time on Saturday.

<u>Halfway Mark</u>	<u>Place</u>
Katie C	8 th
Maddie M	9 th
Olivia W	11 th
Chloe E	13 th
Ellie C	20 th
Kaylee D	37 th
Ashley A	44 th

At CIF Finals, the top 7 is within our grasps. Just be focused...run smart...run hard...run together...and we'll earn our ticket to the State Championship. We've had pressure moments throughout this season...and we've always responded well. This Saturday will be another pressure race, and we'll put in another great 'team performance' like we've done all year long.



CIF Prelims - Local Results (@ Mt SAC Course)

Boys

Mira Costa 1st Bay, 1st Prelims D2

Martin (11)	15:58
O'Meara (12)	16:17
Parker (12)	16:31
Franck (10)	16:38
Alliegro (11)	16:49
Sanders (12)	17:50

Redondo 2nd Bay, 2th Prelims D3

Waligorski (12)	15:43
Thomas (11)	15:54
Want (11)	16:45
Lonsdale (12)	16:54
Griffin (11)	16:54
Broughton (11)	16:58

Palos Verdes 3rd Bay, 1st Prelims De

Stefanou (12)	15:50
Kirk (12)	16:04
Farnsworth (11)	16:24
Typrovicz (11)	16:58
Mackiewicz (10)	17:20
Jones (10)	17:35
Miller (9)	17:38

Beverly Hills 1st Ocean, No Show

Centennial 2nd Ocean, No Show

West 1st Pioneer, 1st Prelims D3

Gibson (12)	15:56
Gibson (12)	16:14
Green (12)	16:21
Shimizu (11)	16:21
Acuesta (11)	16:49
Corona (12)	17:15
Quezada (11)	17:46

Torrance 2nd Pioneer, 3rd Prelims D3

De Jesus (12)	16:05
Dorantes (12)	16:14
Munawar (12)	16:28
Nakagawa (11)	17:24
Fuentes (12)	17:44
Onodera (11)	18:10
Anaya (11)	18:19

South 3rd Pioneer, 5th Prelims D3

Kirk (11)	16:28
O'Brien (12)	17:00
Marino (12)	17:12
Meyer (12)	17:23
Jasso (11)	17:25
Goldstein (12)	17:34
Hayasaka (12)	17:38

El Segundo 4th Pio, 4th Prelims D4

Romero (11)	16:29
Frank (11)	16:59
Rivas (12)	17:07
Iguchi (12)	17:33
Harell (11)	17:56
Tank (9)	20:05
Guzman (12)	21:09

Bishop Montgomery, 7th Prelims D4

Gomez (11)	19:53
Gomez (9)	22:20
Lopez (12)	23:14
Solheim (12)	23:27
Davis (12)	24:26
Ruelas (12)	25:21
Bolong (12)	26:19

North, D3

Potter (12)	16:43
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Santa Monica, D1

Hoover (12)	16:22
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Inglewood, D4

Tellez (12)	19:27
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CIF Prelims - Local Results
(@ Mt SAC Course)

Girls

Mira Costa 1st Bay, 1st Prelims D2

Frias (12)	18:01
Chittenden (11)	18:39
Jensen (11)	19:17
Parsley (10)	20:22
Murch (11)	20:45
Iantuono (12)	21:29
Johnson (10)	22:04

Redondo 2nd Bay, 2nd Prelims D1

Fedio (10)	18:17
Martinez (12)	19:33
Strazzeri (10)	19:36
Magdesian (12)	20:02
Butler (12)	20:35
Valenzuela (12)	20:45
Coert (10)	21:15

Palos Verdes 3rd Bay, 1st Prelims D3

Barrett (12)	19:09
Wang (10)	19:13
Nikmehr (9)	19:21
Norris (12)	20:42
Sherry (9)	21:01
Hernandez (10)	23:18

Beverly 1st Ocean, N/S Prelims D4

Hollander (11)	19:17
Cohen (11)	22:36
Wiener (9)	24:57
Giroux (9)	28:58

Leuzinger 2nd Ocean, No Show

Centennial 3rd Ocean, N/S D4

Quirate (11)	20:06
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South 1st Pioneer, 3rd Prelims D3

Whitmore (11)	20:21
Chung (12)	20:36
Mummery (9)	20:56
Choi (10)	21:03
Esponda (10)	21:07
Deierling (9)	21:51
Aguayo (12)	22:01

Torrance 2nd Pioneer, 2nd Prelims D3

Gonzales (12)	19:00
Anderson (11)	20:28
Prioleau (11)	20:29
Momii (11)	21:05
Okada (10)	21:20
Burnett (12)	22:12
Bothwell (12)	23:25

North 3rd Pioneer, 5th Prelims D3

Toledo (12)	19:32
Narasaki (11)	21:08
Iida (10)	21:10
Shimizu (12)	21:41
Soto (9)	22:22
Wang (12)	23:52
Dugmore (11)	26:46

Peninsula 4th Bay,

Callanan (11)	17:57
Woodward (11)	19:32
Rahimi (10)	21:00
Woodward (9)	21:36
Shao (12)	21:36
Tom (9)	22:08
Mendoza (12)	22:29

El Segundo 4th Pioneer, 3rd Prelims D4

Montenegro (10)	20:25
Jacobson (12)	20:34
Matlosz (12)	20:44
Bernauer (9)	20:45
Schoenbaum (11)	21:20
Alvarez (12)	23:13
Elward (10)	26:17

West 5th Pioneer, 6th Prelims D3

Ball (12)	19:31
Paulson (10)	20:09
Terrill (10)	21:47
Wolfinger (9)	21:49
Rabang (11)	22:03
Millican (12)	22:57
Gulbrandson (11)	23:52

Bishop Montgomery, 7th Prelims D4

Gomez (11)	19:53
Gomez (9)	22:20
Lopez (12)	23:14
Solheim (12)	23:27
Davis (12)	24:26
Ruelas (12)	25:21
Bolong (12)	26:19



CIF Finals
Nov. 20th, 2021

Mt. San Antonio Course. 3 hills on dirt and cement (2.93 miles)
53°F Overcast. Cold

Boys: 15th (310 points)

45. Kirk, Lamarr	16:14	4:52, 10:55-6:03, 16:14-5:19	
60. O'Brien, Henry	16:41	5:02, 11:16-6:14, 16:41-5:25	(0:27 #1-2)
73. Marino, Dominic	16:51	5:07, 11:18-6:11, 16:51-5:33	(0:10 #2-3)
84. Meyer, Nicholas	16:58	5:01, 11:16-6:15, 16:58-5:42	(0:07 #3-4)
88. Jasso, Cruz	17:02	5:04, 11:18-6:14, 17:02-5:44	(0:48 1 thru 5) (0:04 #4-5)
92. Goldstein, Connor	17:11	5:10, 11:22-6:12, 17:11-5:49	(0:06 #5-6)
104. Hayasaka, Shinn	17:34	5:09, 11:36-6:27, 17:34-5:58	(1:20 1 thru 7) (0:23 #6-7)

Based on the combined times from Prelims, we were coming in as the 16th team. So there was no need to 'sugar coat' this race, it was going to our last race of the season. But we weren't going to just throw in the towel and jog (*like some teams at League finals.*) We had been competitive and consistent all season, and that's way we were going to close things out.

After a false start and a 10-minute delay...poor West High kid (broke his collar bone)...the race began. And Lamarr, being Lamarr, took off...threw an elbow, and was leading this race after 100m...perhaps it's not the best tactic, but Lamarr is 'wired' differently. The rest of the boys got out fast too...but of course, among the top teams in the State, we were just in the middle of the race. The opening mile splits are great...it says to the coaches, other teams might be better, but we're not backing down to no-one. At the halfway mark, we were in 11th place...certainly running over our heads. Again, the coaches love this competitive team spirit. Everyone slipped a few positions through the second half (except Dom)...and we fell down in the standing. No, we didn't want to fall to 15th...but with our aggressive start we still accomplished all of our goals. Everybody got a new P.R. We got 4 bodies under 17-minutes. And 15th place is better than last Spartan team at CIF Finals (2019 team finished in 21st place with Nick, Alex, and Connor running in that race.)

Halfway Mark	Place
Lamarr K	36 th
Henry O	60 th
Nicholas M	61 st
Cruz J	66 th
Dominic M	77 th
Connor G	81 st
Shinn H	87 th

So congratulations boys on a great season. We had some set-backs...losing our top Freshmen Sho to Canada...Alex Kano and Luke Cho couldn't stay healthy and were in and out of the line-up throughout the year. But we had some nice breakthroughs...Henry O'Brien, who took off the COVID year, was huge his Senior year...and Dominic Marino, went from just another JV runner, to a top 3 guy by year's end. But it was the consistency of our main guys that held this team together. Our back group of Andrew Nunley and Matt Long were super consistent....our main pack of Nick Meyer, Cruz Jasso, Brandon Hamilton, Connor Goldstein, Shinn Hayasaka were almost interchangeable pieces for us...and of course, Lamarr Kirk was consistent as our top guy leading us to CIF Finals. To our Seniors...thanks for 4 great years. Two-thirds of the team is Seniors...so you guys won't be easy to replace next year. But hopefully the new faces, plus our few returning bodies mesh as well as this year's team did. Great season boys!!

Girls: 3rd (130 points)

15. Mummery, Maddie	18:35	5:44, 12:28-6:44, 18:35-6:07	
24. Esponda, Chloe	19:12	5:44, 12:42-6:58, 19:12-6:30	(0:37 #1-2)
26. Whitmore, Olivia	19:13	5:48, 12:57-7:09, 19:13-6:16	(0:01 #2-3)
32. Chung, Katie	19:28	5:53, 13:03-7:10, 19:28-6:25	(0:15 #3-4)
48. Choi, Ellie	20:00	6:09, 13:27-7:18, 20:00-6:33	(1:25 1 thru 5) (0:32 #4-5)
56. Deierling, Kaylee	20:14	6:12, 13:37-7:25, 20:14-6:37	(0:14 #5-6)
91. Aguayo, Ashley	21:06	6:15, 14:08-7:53, 21:06-6:58	(2:31 1 thru 7) (0:52 #6-7)

Last week, we struggled, but survived through Prelims. A mock race from the Prelim times had us down in 9th place...where only the top 7 advance. At CIF Finals, we had to have a better showing or our season would have had an abrupt end to it. Wow...did we respond to the pressure. Everybody got a new P.R.s, and we got 3rd place (the highest any South Girls team has reached at CIF Finals)!! Where our boys improved from Prelims to Finals by an average of 18 seconds per runner.....the girls improved by an insane 1:27 seconds per runner in 1 week! Great bounce back race, girls.

As the race went through the first valley loop, there were a few front runners (with some familiar faces consisting of West #1, North #1, and Torrance #1)...then a small gap....then Chloe and Maddie and Olivia were in this chase group. By the mile, our front 4 girls were in a good position (15th, 16th, 24th, and 33rd places)....and our only concern was Ellie being too far behind (in 70th place), with many West and Torrance girls in front of her. Fortunately, up switchback both Ellie and Kaylee passed approximately 20 girls each. And by the halfway mark we were in a great spot...2nd place by 2 points!! Over the backside of Poop Out Hill, the team looked good...with only a little hurt on Chloe and Ashley's faces. As long as no one took a nose dive the last mile, we were safe to making it onto State.

<u>Halfway Mark</u>	<u>Place</u>
Maddie M	15 th
Chloe E	21 st
Olivia W	26 th
Katie C	30 th
Ellie C	51 st
Kaylee D	58 th
Ashley A	91 st

As the scores were feed live, South was in 2nd place during the earliest moments...but Brea Olinda would eventually beat us by 3 points. Individually ...Maddie beat West #1 girl (a first for the year)...Katie finally got Anderson from Torrance...and Kaylee got within seconds of Ellie (giving us great depth.) Our 3rd place at CIF Finals is a huge accomplishment for a team that had so many summer and injury issues early on.

Next is Fresno and State Championship. It's hard to compare ourselves with teams from all over the state. But we are obviously among the best teams out there. Let's keep our momentum for one more week....and see if we can reach another school record at State.



CIF Finals - Local Results**(@ Mt SAC Course)****Boys****Redondo 7th CIF Finals D1**

Waligorski (12)	15:17
Thomas (11)	15:50
Murphy (10)	15:54
Ruhe (10)	16:13
Griffin (11)	16:15
Want (11)	16:34
Lonsdale (12)	17:04

Mira Costa 1st CIF Finals D2

Martin (11)	15:22
O'Meara (12)	15:26
Levin (12)	15:36
Alliegro (11)	15:47
Stickney (10)	15:47
Frank (10)	15:52
Parker (12)	16:18

West Torrance CIF Finals D3

Gibson (12)	15:04
Frey (12)	15:30
Shimizu (11)	15:38
Green (12)	15:54
Smith (12)	16:18
Acuesta (11)	16:31

Palos Verdes 8th CIF Finals D3

Kirk (12)	15:00
Stefanou (12)	15:21
Farnsworth (11)	16:10
Chu (11)	16:55
Jones (10)	17:07
Typrowicz (11)	17:22
Nachu (10)	17:23

Torrance 9th CIF Finals D3

De Jesus (12)	15:35
Munawar (12)	16:08
Dorantes (12)	16:16
Nakagawa (11)	16:38
Onodera (11)	16:54
Fuentes (12)	17:21
Bradford (11)	17:39

South Torrance 15th CIF Finals D3

Kirk (11)	16:14
O'Brien (12)	16:41
Marino (12)	16:51
Meyer (12)	16:58
Jasso (11)	17:02
Goldstein (12)	17:11
Hayasaka (12)	17:34

El Segundo 11th CIF Finals D4

Romero (11)	15:55
Frank (11)	16:31
Rivas (12)	16:41
Harrell (11)	17:14
Iguchi (12)	17:37
Chartier (11)	17:43
Imtiaaz (11)	18:07

Chadwick 5th CIF Finals D5

Thomas (11)	15:44
Pullara (12)	17:10
Burg (12)	17:35
Lindquist (10)	17:48
Saltzmann (12)	17:49
DeJong (11)	18:00
Saye (12)	18:01

Girls**Redondo 4th CIF Finals D1**

Fedio (10)	17:43
Strazzeri (10)	18:38
Magdesian (12)	19:06
Martinez (12)	19:31
Valenzuela (12)	19:32
Butler (12)	19:42
Coert (10)	19:49

Mira Costa 1st CIF Finals D2

Frias (12)	16:48
Parsley (12)	17:26
Chittenden (11)	17:56
Franz (12)	18:57
Jenson (11)	19:15
Kershaw (12)	19:39
Murch (11)	19:51

Peninsula 12th CIF Finals D2

Callanan (11)	17:06
Woodward (11)	19:29
Woodward (9)	20:14
Rahimi (10)	20:22
Tom (9)	20:30
Mendoza (12)	20:40
Shao (12)	21:15

Palos Verdes 1st CIF Finals D3

Wang (10)	18:11
Barrett (12)	18:23
Nikmehr (9)	18:25
McKenny (9)	18:59
Norris (12)	19:52
Terrell (12)	20:13
Stoddart (10)	20:14

South Torrance 3rd CIF Finals D3

Mummery (9)	18:35
Esponda (10)	19:19
Whitmore (11)	19:14
Chung (12)	19:28
Choi (10)	20:00
Deierling (9)	20:14
Aguayo (12)	21:06

Torrance 6th CIF Finals D3

Gonzalez (12)	18:28
Prioleau (11)	18:44
Anderson (11)	19:48
Okada (10)	20:21
Simon (11)	20:33
Miya (11)	20:44
Momii (11)	21:48

West Torrance 8th CIF Finals D3

Ball (12)	18:35
Paulson (10)	19:16
Park (12)	19:57
Dayton (10)	20:05
Wolfinger (9)	20:52
Terril (10)	21:41

North Torrance 16th CIF Finals D3

Toledo (12)	18:20
Narasaki (11)	20:35
Soto (9)	21:01
Iida (10)	21:08
Shimizu (12)	21:26
Wang (12)	21:33

El Segundo 8th CIF Finals D4

Jacobson (12)	19:09
Matlosz (12)	19:10
Montenegro (10)	19:27
Bernauer (9)	19:35
Durand (10)	20:16
Rifkin (12)	20:50

State Championship

Woodward Park (3.1 miles) Grass, dirt, and cement on rolling hills

Nov. 27th, 2021

Cold. 51° F

Girls 8th (252 points)

1 mile, 2.05 mile, 3.1 mile

32. Esponda, Chloe	19:01	5:44, 12:53-7:09, 19:01-6:08	
61. Chung, Katie	19:40	6:01, 13:21-7:20, 19:40-6:19	(0:39 #1-2)
62. Mummery, Maddie	19:40	5:47, 13:04-7:17, 19:40-6:36	(0:00 #2-3)
72. Whitmore, Olivia	19:48	6:00, 13:31-7:31, 19:48-6:17	(0:08 #3-4)
98. Choi, Ellie	20:12	6:11, 13:45-7:34, 20:12-6:27	(1:11 1 thru 5) (0:24 #4-5)
135. Deierling, Kaylee	21:00	6:14, 14:04-7:50, 21:00-6:56	(0:48 #5-6)
143. Aguayo, Ashley	21:12	6:14, 14:16-8:02, 21:12-6:56	(2:11 1 thru 7) (0:12 #6-7)

After a year absent (due to COVID), our Girls consecutive streak of returning to the State Championship meet continued onto year 4. And going into this race, we were ranked 9th in the State after coming off an impressive 3rd place finish at CIF Southern Section Finals. Logistically (transportation and hotel) we were struggling this week...but physically, the team was healthy. And considering all of the injuries that this team had to endure during the summer/early season...Dr. Rick Esponda and his nursing staff did an incredible job of stitching the team together at the right time.

With the start of this race, it was just a mob of girls. And it was clear that we were among the best runners in the State...because even with the crazy fast start, nobody was slowing down. The electronic mile marker was beeping like crazy...Chloe and Maddie had incredibly fast opening miles, and yet they were nowhere near the front. Olivia and Katie ran a 6-minute mile, and were just at mid-pack. Ashley and Kaylee also turned in a fast clip, and yet they were near the back of this race. The team was in 8th place at the mile. As the race progressed through mile 2, Maddie was slowing down a bit...but Ellie and Katie were showing some movement forward.

	<u>1 mile</u>	<u>2.05 mile</u>	<u>3.1 mile</u>
Esponda, Chloe	5:44 (29 th)	12:53 (32 nd)	19:01 (32 nd)
Chung, Katie	6:01 (88 th)	13:21 (64 th)	19:40 (61 st)
Mummery, Maddie	5:47 (35 th)	13:04 (47 th)	19:40 (62 nd)
Whitmore, Olivia	6:00 (85 th)	13:31 (79 th)	19:48 (72 nd)
Choi, Ellie	6:11 (119 th)	13:45 (104 th)	20:12 (98 th)
Deierling, Kaylee	6:14 (129 th)	14:04 (130 th)	21:00 (135 th)
Aguayo, Ashley	6:14 (128 th)	14:16 (141 st)	21:12 (143 rd)

At the 2 mile mark, South was in 8th place again. Over the last mile, Chloe was hanging steady...which was good for us in 32nd place. And Katie, Olivia, and Ellie passed a few more bodies for the team. When the dust finally settled, South was still in 8th place...an amazing finish to a truly "up and down" year. We were 2nd in the Southern Section behind only PV. And we just destroyed Torrance High...it's almost cruel to compare how our paths took off in different directions from the beginning of the season.

There was talk about how good this team will be next season. It might be true, because on paper the team looks good. But with girls it's hard to predict...and what paper cannot predict is the loss of the leadership, experience, and chemistry that our Senior girls provided. These Senior girls were around during the start of our State Championship run and the '19 league title. These girls got the team through the depressing COVID year. And these Seniors help lead us back to two league titles (Varsity and JV) and back to Fresno. Runners can be replaced...but the leadership and chemistry that the Seniors provided is a monumental loss that the future teams will have to figure out. Thanks Class of 2022.

State Championship (Local Results)

@ Woodward Park, 3.1 miles

Boys

Redondo 17th State D1

Thomas (11)	15:45
Lonsdale (12)	16:33
Ruhe (10)	16:40
Murphy (10)	16:45
Broughton (11)	16:45
Griffin (11)	16:57
Want (11)	17:03

Mira Costa 3rd State D2

Martin (11)	15:48
O'Meara (12)	15:49
Levin (12)	15:51
Franck (10)	16:14
Stickney (10)	16:17
Graham (10)	16:48
Alliegro (11)	17:03

West Torrance 1st State D3

Gibson (12)	15:12
Frey (12)	15:39
Green (12)	15:43
Gibson (12)	15:56
Shimizu (11)	16:00
Smith (12)	16:30
Acuesta (11)	17:00

Chadwick 15th State D5

Thomas (11)	15:56
Pullara (12)	18:06
Burg (12)	18:25
DeJong (11)	18:28
Lindquist (10)	18:35
Saltzmann (12)	18:39
Saye (12)	18:45

San Pedro, D1

Sandoval (12)	16:36
Ruiz (11)	16:39

Palos Verdes, D3

Stefanou (12)	15:23
Kirk (12)	15:28

El Segundo, D4

Romero (11)	16:07
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Girls

Redondo 10th State D1

Fedio (10)	18:12
Martinez (12)	19:03
Strazzeri (10)	19:17
Magdesian (12)	19:36
Butler (12)	19:43
Valenzuela (12)	19:55
Coert (10)	20:07

Mira Costa 1st State D2

Frias (12)	16:52
Parsley (12)	17:45
Chittenden (11)	17:57
Jensen (11)	18:56
Franz (12)	19:21
Murch (11)	20:09
Kershaw (12)	20:17

Palos Verdes 4th State D3

Wang (10)	18:32
Nikmehr (9)	18:41
Barrett (12)	19:15
McKenny (9)	19:26
Terrell (12)	20:04
Norris (12)	20:10
Sherry (9)	20:38

South Torrance 8th State D3

Esponda (10)	19:01
Chung (12)	19:40
Mummery (9)	19:40
Whitmore (11)	19:48
Choi (10)	20:12
Deierling (9)	21:00
Aguayo (12)	21:12

Torrance 15th State D3

Gonzales (12)	18:36
Prioleau (11)	19:45
Anderson (11)	20:29
Okada (10)	21:01
Simon (11)	21:28
Momii (11)	21:45
Bothwell (12)	21:55

San Pedro, D1

Vargas (12)	21:45
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Peninsula, D2

Callanan (11)	17:35
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2021 Cross Country Special Awards

Boys Varsity

<u>Team Captain(s)</u>	<u>Most Inspirational</u>	<u>Most Improved</u>	<u>Coach's Award</u>	<u>MVP</u>
Connor Goldstein Nicholas Meyer	Cruz Jasso	Dominic Marino Henry O'Brien	Shinn Haysaka	Lamarr Kirk

Girls Varsity

<u>Team Captain(s)</u>	<u>Most Inspirational</u>	<u>Most Improved</u>	<u>Coach's Award</u>	<u>MVP</u>
Katie Chung	Ashley Aguayo	Aziza Hanna	Katie Chung Olivia Whitmore	Chloe Esponda Haley Elder

Boys Junior Varsity

<u>Team Captain(s)</u>	<u>Most Inspirational</u>	<u>Most Improved</u>	<u>Coach's Award</u>	<u>MVP</u>
Mateo Benitez Luca DiVincenzo	Luca DiVincenzo Kevin Hikichi	Louie Garcia	Evan Hughley	Mitchel Euperio

Girls Junior Varsity

<u>Team Captain(s)</u>	<u>Most Inspirational</u>	<u>Most Improved</u>	<u>Coach's Award</u>	<u>MVP</u>
Sasha Masciotti	Dillyet Benyam	Lyndsey Hoffman	Katherine Gloyer	Sophie Spencer

Boys Freshmen

<u>Team Captain(s)</u>	<u>Most Inspirational</u>	<u>Most Improved</u>	<u>Coach's Award</u>	<u>MVP</u>
Julian Blumberg	Tiger Miller	Liam Miller	Joe Stephany	Julian Blumberg

2021 Cross Country Times

		Cool	Rose	Wood	Dana	Pio 1	C Park	Pio 2	SAC	1 mile	Pio 3	CIF Pre	CIF Fin
SPARTAN BOYS		3-Sep	11-Sep	18-Sep	25-Sep	29-Sep	2-Oct	13-Oct	22-Oct	27-Oct	3-Nov	13-Nov	20-Nov
Kirk, Lamarr	11	16:36	16:52	16:07	16:13	11:05	16:26	15:45	16:25	4:35.33	15:39	16:28	16:14
O'Brien, Henry	12	DNR	DNR	16:47	16:44	DNR	17:04	16:33	17:02	4:39.-	16:10	17:00	16:41
Marino, Dominic	12	17:46	17:43	DNR	16:52	12:02	17:39	16:53	17:41	4:57.-	16:30	17:12	16:51
Meyer, Nicholas	12	16:41	17:14	16:41	16:45	DNR	DNR	16:41	17:50	4:50.88	16:30	17:23	16:58
Jasso, Cruz	11	17:10	17:21	16:34	16:54	11:38	DNR	17:03	17:05	4:50.99	16:27	17:25	17:02
Goldstein, Connor	12	16:56	17:21	16:55	17:10	DNR	DNR	16:57	DNR	4:53.77	16:39	17:34	17:11
Hayasaka, Shinn	12	17:10	17:36	16:55	16:50	11:50	DNR	16:57	17:50	4:54.71	16:33	17:38	17:34
Hamilton, Brandon	11	DNR	18:15	DNR	17:14	11:55	17:40	16:53	17:30	5:00.80	16:48		
Nunley, Andrew	12	18:36	18:46	DNR	DNR	12:07	19:01	17:56	18:42	4:55.40	17:11		
DiVincenzo, Luca	10	19:29	DNR	DNR	19:14	DNR	19:24	19:03	18:42	5:12.58	17:48		
Euperio-Nacion, Mitchell	11	19:21	18:43	DNR	18:07	12:29	DNR	18:09	19:07	5:08.-	17:56		
Long, Matt	12	17:54	18:16	DNR	18:27	DNR	19:30	18:28	19:09	5:31.66	18:04		
Blumberg, Julian	9	19:24	20:01	DNR	19:01	12:32	19:33	18:28	DNR	DNR	18:09		
Abe, Leo	10	19:37	20:27	DNR	19:17	12:26	19:09	18:39	DNR	5:15.-	18:12		
Nakano, Tyler	11	20:16	19:21	DNR	19:01	DNR	19:44	18:49	DNR	5:31.36	18:45		
Garcia, Louie	10	21:51	DNR	DNR	20:21	13:33	20:25	19:43	19:10	5:30.-	18:59		
Chang, Alex	11	21:34	DNR	DNR	DNR	13:53	20:35	19:43	19:24	5:34.-	18:59		
Eiland, Clayton	11	23:35	21:28	DNR	DNR	14:13	20:39	20:44	DNR	5:34.87	19:10		
Von Stentzsch, Severin	11	21:27	DNR	DNR	19:55	13:25	20:11	19:42	20:07	5:40.87	19:27		
Hostinak, Matthew	9	19:30	DNR	DNR	19:16	13:28	DNR	DNR	DNR	5:51.34	19:27		
Forman, Alex	11	20:09	DNR	DNR	DNR	DNR	DNR	DNR	DNR	5:30.-	19:27		
Miller, Liam	9	DNR	24:35	DNR	21:16	DNR	DNR	20:17	21:01	5:45.-	19:31		
Kneller, Chase	11	21:11	20:48	DNR	20:34	13:17	21:56	19:41	DNR	5:28.81	19:32		
Hughley, Evan	11	22:03	22:01	DNR	20:44	14:19	20:35	20:08	DNR	5:52.26	19:37		
Choi, Jonathan	10	DNR	23:25	DNR	22:03	14:16	21:19	21:11	20:48	5:47.-	19:38		
Benitez Santiago, Mateo	12	20:56	20:23	DNR	19:47	14:09	20:27	20:05	21:10	5:44.21	19:50		
Andrade, Steven	9	21:12	22:58	DNR	19:47	14:22	20:56	19:32	DNR	5:40.92	19:51		
Lee, Tommy	9	22:13	23:58	DNR	21:02	14:13	20:57	20:05	DNR	5:47.89	20:01		
Nomura, Josh	10	22:10	23:31	DNR	20:58	DNR	DNR	20:44	DNR	5:59.15	20:34		
Nakamura, Logan	10	21:57	DNR	DNR	21:01	14:43	21:26	20:49	21:24	5:41.42	20:35		
Abraham, Danny	10	23:57	24:03	DNR	22:48	14:17	23:07	20:25	23:19	5:44.01	20:35		
Kim, Justin	11	22:42	23:08	DNR	20:40	14:09	21:51	20:35	DNR	NT	20:47		
Ree, Benjamin	11	23:15	23:08	DNR	21:45	14:49	DNR	21:36	DNR	5:43.33	20:50		
Cozadd, Augustin	9	20:30	22:32	DNR	22:14	14:27	21:26	20:18	DNR	5:58.03	20:58		
Roe, Jaiden	11	24:34	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	21:13		
Chou, Noah	9	DNR	24:17	DNR	22:17	14:56	22:15	21:55	21:56	6:00.39	21:20		
Geczi, Skyler	10	24:39	24:24	DNR	22:27	DNR	DNR	22:29	23:13	6:21.05	21:21		
Harish, Pranav	10	25:51	25:35	DNR	22:03	14:43	24:56	23:19	23:11	6:03.15	21:26		
Wright, Ben	9	22:48	DNR	DNR	DNR	DNR	DNR	DNR	23:05	6:31.02	21:56		
Yin, Samuel	10	DNR	27:18	DNR	24:34	16:04	DNR	DNR	23:27	6:25.60	22:08		
Hikichi, Kevin	11	26:15	23:32	DNR	23:47	16:48	DNR	24:03	DNR	6:10.66	22:41		
Ross, Addison	10	DNR	26:57	DNR	24:16	16:13	25:15	DNR	24:54	DNR	22:47		
Chae, Samuel	10	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	22:55		
Jung, Christian	10	DNR	28:10	DNR	DNR	17:26	DNR	23:51	DNR	6:32.96	23:11		
LaFuente, Diego	11	DNR	24:46	DNR	DNR	19:32	DNR	DNR	DNR	6:38.86	24:14		
Chao-Mendoza, Matthew	10	DNR	DNR	DNR	DNR	DNF	26:23	24:51	DNR	DNR	24:19		
French, Brandon	9	DNR	DNR	DNR	DNR	DNR	DNR	24:22	DNR	DNR	24:23		
Stephany, Joe	9	DNR	27:27	DNR	24:06	16:29	DNR	24:46	26:05	DNR	24:32		
Chilin, Nathan	9	DNR	29:27	DNR	26:28	DNR	25:46	27:05	DNR	7:01.20	25:22		

2021 Cross Country Times

SPARTAN BOYS	Cool	Rose	Wood	Dana	Pio 1	C Park	Pio 2	SAC	1 mile	Pio 3	CIF Pre	CIF Fin
	3-Sep	11-Sep	18-Sep	25-Sep	29-Sep	2-Oct	13-Oct	22-Oct	27-Oct	3-Nov	13-Nov	20-Nov
Miller, Teliaferro Tiger	9 25:57	27:05	DNR	DNR	DNR	24:27	DNR	DNR	DNR	25:47		
Cho, Luke	11 17:22	17:37	17:02	DNR	DNR	DNR	DNR	17:41	4:51.74	DNR		
Park, Jeremy	11 19:44	DNR	DNR	19:17	DNR	19:25	19:08	19:45	5:32.34	DNR		
Kano, Alex	12 17:21	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR		
Kneller, Nathan	9 DNR	24:31	DNR	DNR	DNR	20:42	DNR	DNR	DNR	DNR		
Lee, Jaehun	9 35:12	38:36	DNR	DNR	20:01	32:20	30:06	DNF	7:28.64	DNR		

		Cool	Rose	Wood	Dana	Pio 1	C Park	Pio 2	SAC	1 mile	Pio 3	CIF Pre	CIF Fin	State
SPARTAN GIRLS		3-Sep	11-Sep	18-Sep	25-Sep	29-Sep	2-Oct	13-Oct	22-Oct	27-Oct	3-Nov	13-Nov	20-Nov	27-Nov
Esponda, Chloe	10	18:23	19:58	18:53	DNR	DNR	19:01	18:50	DNR	DNR	18:36	21:07	19:12	19:01
Mummery, Maddie	9	20:04	20:38	19:35	19:15	12:48	19:14	18:56	DNR	5:30.71	18:35	20:56	18:35	19:40
Chung, Katie	12	DNR	20:07	19:30	DNR	DNR	DNR	19:10	DNR	5:26.12	19:11	20:36	19:28	19:40
Whitmore, Olivia	11	20:39	21:16	20:29	19:21	13:25	DNR	19:07	DNR	5:33.81	18:55	20:21	19:13	19:48
Choi, Ellie	10	20:01	21:07	DNR	DNR	DNR	20:18	19:22	DNR	DNR	19:07	21:03	20:00	20:12
Deierling, Kaylee	9	22:07	23:28	DNR	DNR	14:31	DNR	20:43	DNR	5:55.-	19:40	21:51	20:14	21:00
Aguayo, Ashley	12	20:37	21:06	DNR	21:37	14:24	20:47	20:13	DNR	5:50.30	19:47	22:01	21:06	21:12
Cho, Alysa	9	21:17	22:26	21:03	21:06	14:42	21:45	20:58	22:13	6:05.-	19:56			
Jenni, Zuzu	9	21:24	22:03	21:42	DNF	DNR	DNR	22:40	23:02	6:07.35	19:58			
Hanna, Aziza	11	23:44	23:21	DNR	21:15	14:42	DNR	20:19	DNR	6:02.58	20:27			
Elder, Haley	12	21:24	DNR	21:30	DNR	DNR	DNR	21:36	DNR	6:00.93	20:49			
Carter, Sophia	10	21:52	22:31	DNR	DNF	15:29	22:40	21:46	DNR	6:14.52	21:18			
Spencer, Sophie	10	24:06	23:25	DNR	DNR	DNR	DNR	21:46	DNR	DNR	21:26			
Soares, Katie	11	DNR	DNR	DNR	DNR	DNR	23:30	22:04	DNR	6:15.46	21:35			
Hoffman, Lyndsey	9	32:23	30:32	DNR	24:26	16:40	24:55	22:42	23:31	6:47.01	22:15			
Eiland, Ashlee	9	DNR	27:06	DNR	DNR	16:06	DNR	22:24	23:35	6:32.60	22:28			
Burnett, Kaitlyn	10	22:40	DNR	DNR	21:23	DNR	DNR	20:44	DNR	DNR	22:31			
Benyam, Dillyet	9	DNR	26:02	DNR	DNR	15:48	DNR	23:34	25:14	6:39.-	22:34			
Hamilton, Allison	11	23:33	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	22:38			
Masciotti, Sasha	11	24:30	DNR	DNR	23:20	16:01	DNR	22:49	24:27	6:15.49	22:40			
Gloyer, Katherine	10	25:36	DNR	DNR	DNR	DNR	24:14	23:36	DNR	DNR	23:22			
Chung, Madelyn	9	DNR	DNR	DNR	DNR	16:55	25:54	DNR	26:42	6:56.18	23:40			
Maille, Brooke	12	DNR	26:18	DNR	DNR	DNR	DNR	DNR	DNR	6:51.44	23:49			
Kerekas, Maddie	10	25:37	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	24:02			
Min, Dorothy	11	27:50	DNR	DNR	DNR	NT	DNR	DNR	DNR	DNR	24:11			
Linneman, Addison	10	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	24:45			
Khedesian, Aleen	11	26:50	DNR	DNR	25:20	DNR	25:26	24:54	DNR	6:32.15	25:02			
Ross, Sophia	12	DNR	26:58	DNR	26:40	DNR	28:22	DNR	DNR	DNR	26:09			
Perez Miramontes, Isabel	9	DNR	35:35	DNR	29:21	18:55	28:42	DNR	DNF	7:35.32	27:46			
Dizon, Skye	11	22:27	DNR	DNR	22:41	DNF	DNR	22:53	DNR	6:19.95	DNR			
Fiorentino, Julia	9	DNR	25:21	DNR	24:22	16:49	DNR	DNR	DNR	DNF	DNR			
Shibata, Nicole	11	DNR	DNR	DNR	DNR	DNR	DNR	23:32	DNR	DNR	DNR			
Dizon, Angelle	11	25:07	DNR	DNR	DNR	16:28	DNR	DNR	DNR	DNR	DNR			

2021 Cross Country Team Position

BOYS VARSITY

		Cool	Rose	Wood	Dana	Pio 1	C Park	Pio 2	SAC	Pio 3	CIF Pre	CIF Fin	
Kirk, Lamarr	11	1	1	1	1	1	1	1	1	1	1	1	1.00
O'Brien, Henry	12			4	2		2	2	2	2	2	2	2.25
Meyer, Nicholas	12	2	2	3	3			3	7	4	4	4	3.56
Jasso, Cruz	11	4	3	2	6	2		8	3	3	5	5	4.10
Marino, Dominic	12	8	7		5	5	3	4	5	4	3	3	4.70
Goldstein, Connor	12	3	3	5	7			6		7	6	6	5.38
Hayasaka, Shinn	12	4	5	5	4	3		6	7	6	7	7	5.40
Hamilton, Brandon	11		8		8	4	4	4	4	8			5.71
Kano, Alex	12	6											6.00
Cho, Luke	11	7	6	7					5				6.25
Nunley, Andrew	12	10	10			6	5	9	9	9			8.29
Long, Matt	12	9	9		9		6	10	10	10			9.00

GIRLS VARSITY

		Cool	Rose	Wood	Dana	Pio 1	C Park	Pio 2	Pio 3	CIF Pre	CIF Fin	State	
Esponda, Chloe	10	1	1	1			1	1	2	5	2	1	1.67
Mummery, Maddie	9	3	3	3	1	1	2	2	1	3	1	3	2.09
Chung, Katie	12		2	2				4	5	2	4	2	3.00
Whitmore, Olivia	11	5	6	4	2	2		3	3	1	3	4	3.30
Choi, Ellie	10	2	5				3	5	4	4	5	5	4.13
Aguayo, Ashley	12	4	4		5	3	4	6	7	7	7	7	5.40
Cho, Alysa	9	6	8	5	3	5	5	9	8				6.13
Deierling, Kaylee	9	10	11			4		8	6	6	6	6	7.13
Hanna, Aziza	11	10	9		4	6		7	10				7.67
Jenni, Zuzu	9	7	7	7				12	9				8.40
Elder, Haley	12	7		6				10	11				8.50
Carter, Sophia	10	9	10			7	6	11	12				9.17
Dizon, Skye	11	11			6			13					10.00
Ross, Sophia	12		13		7		7		14				10.25
Maille, Brooke	12		12						13				12.50

GIRLS JV

		Cool	Rose	Dana	Pio 1	C Park	Pio 2	SAC	Pio 3		
Spencer, Sophie	10	3	1				2		1		1.75
Burnett, Kaitlyn	10	1		1			1		5		2.00
Soares, Katie	11					1	3		2		2.00
Eiland, Ashlee	9		4		3		4	2	4		3.40
Fiorentino, Julia	9		2	3	6						3.67
Masciotti, Sasha	11	4		2	2		6	3	8		4.17
Benyam, Dillyet	9		3		1		8	4	6		4.40
Hoffman, Lyndsey	9	10	5	4	5	3	5	1	3		4.50
Dizon, Angelle	11	5			4						4.50
Hamilton, Allison	11	2							7		4.50
Gloyer, Katherine	10	6				2	9		9		6.50
Chung, Madelyn	9				7	5		5	10		6.75
Shibata, Nicole	11						7				7.00
Olea, Carolina	10		7								7.00
Perez Miramontes, Isabel	9		6	6	8	6		6	15		7.83
Khedesian, Aleen	11	8		5		4	10		14		8.20
Kerekas, Maddie	10	7							11		9.00
Min, Dorothy	11	9							12		10.50
Linneman, Addison	10								13		13.00

2021 Cross Country Team Position

BOYS JV

		Cool	Rose	Dana	Pio 1	C Park	Pio 2	SAC	Pio 3	
Euperio-Nacion, Mitchell	11	1	1	1	2		1	2	2	1.43
DiVincenzo, Luca	10	2		3		2	4	1	1	2.17
Abe, Leo	10	3	4	4	1	1	2		3	2.57
Nakano, Tyler	11	6	2	2		4	3		4	3.50
Park, Jeremy	11	4		5		3	5	5		4.40
Garcia, Louie	10	11		8	5	6	8	3	5	6.57
Von Stentzsch, Severin	11	9		7	4	5	7		8	6.67
Chang, Alex	11	10			6	8	8	4	6	7.00
Forman, Alex	11	5							9	7.00
Kneller, Chase	11	8	5	9	3	14	6	6	10	7.63
Benitez Santiago, Mateo	12	7	3	6	7	7	10	12	13	8.13
Hughley, Evan	11	13	7	11	12	8	11		11	10.43
Eiland, Clayton	11	17	6		9	10	14		7	10.50
Choi, Jonathan	10		10	15	10	11	17	7	12	11.71
Kim, Justin	11	15	8	10	8	13	13		17	12.00
Nomura, Josh	10	14	11	12			14		14	13.00
Nakamura, Logan	10	12		13	13	12	16	13	15	13.43
Abraham, Danny	10	18	13	18	11	15	12	16	16	14.88
Ree, Benjamin	11	16	9	14	15		18		18	15.00
Harish, Pranav	10	21	16	16	14	16	20	14	21	17.25
Geczi, Skyler	10	20	14	17			19	15	20	17.50
Ross, Addison	10		17	20	17	17		17	24	18.67
Roe, Jaiden	11	19							19	19.00
Yin, Samuel	10		18	21	16				22	19.25
Hikichi, Kevin	11	22	12	19	18		22		23	19.33
LaFuente, Diego	11		15		20				27	20.67
Jung, Christian	10		19		19		21		26	21.25
Chao-Mendoza, Matthew	10					18	23		28	23.00
Chae, Samuel	10								25	25.00

BOYS FRESHMEN

		Cool	Rose	Dana	Pio 1	C Park	Pio 2	SAC	Pio 3	
Blumberg, Julian	9	1	1	1	1	1	1		1	1.00
Hostinak, Matthew	9	2		2	2				2	2.00
Andrade, Steven	9	4	3	3	4	3	2		4	3.29
Lee, Tommy	9	5	4	4	3	4	3		5	4.00
Miller, Liam	9		7	5			4	1	3	4.00
Kneller, Nathan	9		6			2				4.00
Cozadd, Augustin	9	3	2	6	5	5	5		6	4.57
Wright, Ben	9	6						2	8	5.33
Chou, Noah	9		5	7	6	6	6	2	7	5.57
Stephany, Joe	9		9	8	7		8	4	10	7.67
French, Brandon	9						7		9	8.00
Miller, Teliaferro Tiger	9	7	8			7			12	8.50
Lee, Jaehun	9	8	11		8	9	10			9.20
Chilin, Nathan	9		10	9		8	9		11	9.40

South High Boys Cross Country
All Time (1984-2021)
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. <u>Kirk, Lamar</u>	<u>2021</u>	<u>CIF Finals</u>	<u>16:14</u>
8. Pankratz, Garrett	2010	Invite	16:16
9. Ferrara, Damon	2002	Invite	16:18
10. Ganalón, Shane	2008	CIF Prelims	16:18

Top 10 Sophomore individuals:

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

Top 10 Freshmen individuals:

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

Top Team Performance

2008, Finals - 4th place

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

Note:

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

**South High Girls Cross Country
All Time (1984-2021)
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. <u>Mummery, Maddie</u>	<u>2021</u>	<u>CIF Finals</u>	<u>18:35</u>
3. Coscia, Kimberly	2013	CIF Finals	17:37	13. Catena, Gracie	2014	CIF Finals	18:39
4. Coscia, Kimberly	2014	CIF Finals	17:40	14. Albert, Lily	2019	Invite	18:53
5. Coscia, Kimberly	2013	CIF Prelims	17:45	15. Nesbit, Christie	2014	CIF Finals	18:55
6. Coscia, Kimberly	2012	Invite	17:46	16. Salinas, Alex	2005	Invite	18:58
7. Coscia, Kimberly	2012	CIF Prelims	17:54	17. Ferrara, Simone	1993	CIF Finals	19:10
8. Beaudoin, Nicole	2012	Invite	17:56	18. <u>Esponda, Chloe</u>	<u>2021</u>	<u>CIF Finals</u>	<u>19:12</u>
9. Coscia, Kimberly	2013	Invite	18:00	19. Hamilton, Chris	1985	Invite	19:12
10. DeBiasio, Erica	2009	CIF Prelims	18:11	20. <u>Whitmore, Olivia</u>	<u>2021</u>	<u>CIF Finals</u>	<u>19:13</u>

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. <u>Chung, Katie</u>	<u>2021</u>	<u>CIF Finals</u>	<u>19:28</u>
8. Ferrara, Simone	1994	CIF Prelims	19:29
9. Nesbit, Christie	2015	Invite	19:29
10. Wong, Kristen	2015	Invite	19:34

Top 10 Junior individuals:

1. Coscia, Kimberly	2013	CIF Finals	17:37
2. DeBiasio, Erica	2010	Invite	18:51
3. Albert, Lily	2019	Invite	18:53
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. <u>Whitmore, Olivia</u>	<u>2021</u>	<u>CIF Finals</u>	<u>19:13</u>
9. Zamora, Sydney	2011	CIF Finals	19:14
10. Farish, Katie	2001	CIF Prelims	19:34

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. <u>Esponda, Chloe</u>	<u>2021</u>	<u>CIF Finals</u>	<u>19:12</u>
5. Calite, Ilma	2004	Invite	19:19
6. Nakamoto, Aubrey	2013	CIF Finals	19:28
7. Nesbit, Christie	2013	Invite	19:34
8. Wong, Kristen	2013	CIF Finals	19:36
9. Trodden, Mia	2017	Invite	19:40
10. Keenan, Kelly	2006	CIF Prelims	19:50

Top 10 Freshmen individuals:

1. Beaudoin, Nicole	2012	Invite	17:56
2. Beaudoin, Taylor	2012	Invite	18:23
3. <u>Mummery, Maddie</u>	<u>2021</u>	<u>CIF Finals</u>	<u>18:35</u>
4. Catena, Gracie	2014	CIF Finals	18:39
5. Jones, Elizabeth	2003	CIF Prelims	19:14
6. Takaoka, Deana	2013	CIF Prelims	19:29
7. Nakamoto, Aubrey	2012	CIF Prelims	19:41
8. Moran, Erica	2009	CIF Prelims	19:45
9. Salinas, Alex	2002	Invite	19:49
10. Wenzel, Melissa	2006	CIF Prelims	19:51

Top Team Performance

2012 CIF Prelims; 3rd

1. Coscia, Kimberly (11)	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 Cross Country
All-Time (2006-2021) List
Central Park Invitational**

Top 10 (boys) performances & next 10 individuals:

1. Salinas, Andrew	2009	15:11	11. Kawashiri, Noah	2015	16:52
2. Redmond, James	2012	15:41	12. Guizar, Mike	2010	16:58
3. Park, Steven	2009	16:13	13. Antazo, Dia	2015	16:59
4. Lofgren, Nick	2012	16:14	14. Dutko, Justin	2012	17:02
5. Pankratz, Garrett	2009	16:19	15. Johnson, Brad	2006	17:03
6. <u>Kirk, Lamarr</u>	<u>2021</u>	<u>16:26</u>	16. Johnson, Hayden	2015	17:04
7. Gonin, Mathieu	2007	16:30	17. <u>O'Brien, Henry</u>	<u>2021</u>	<u>17:04</u>
8. Kumarage, Dimitri	2012	16:48	18. Suey, Michael	2009	17:12
9. Pankratz, Garrett	2010	16:49	19. Matsumoto, Brandon	2009	17:18
10. Quinn, Michael	2009	16:49	20. Catena, David	2006	17:23

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
10. <u>O'Brien, Henry</u>	<u>2021</u>	<u>17:04</u>
7. Reinertsen, Erik	2006	17:08
8. Suey, Michael	2009	17:12
9. Goldstein, Connor	2019	17:18

Junior Boys:

1. Park, Steven	2009	16:13
2. <u>Kirk, Lamarr</u>	<u>2021</u>	<u>16:26</u>
3. Pankratz, Garrett	2010	16:49
4. Kumarage, Dimitri	2011	16:57
5. Guizar, Mike	2009	17:01
6. Johnson, Brad	2006	17:03
7. Catena, David	2006	17:23
8. Ruskowski, Spencer	2015	17:27
9. Catena, Jacob	2007	17:35
10. <u>Hamilton, Brandon</u>	<u>2021</u>	<u>17:40</u>

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. Goldstein, Connor	2019	17:18
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. Kirk, Lamar	2019	17:58
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. Nesbit, Christie	2013	20:11
2. DeBiasio, Erica	2009	18:35	12. Ofsanko, Caylin	2011	20:13
3. <u>Esponda, Chloe</u>	<u>2021</u>	<u>19:01</u>	13. Bullock, Natalie	2007	20:14
4. DeBiasio, Erica	2010	19:04	14. Horton, Grace	2013	20:14
5. <u>Mummery, Maddie</u>	<u>2021</u>	<u>19:14</u>	15. <u>Choi, Ellie</u>	<u>2021</u>	<u>20:18</u>
6. DeBiasio, Erica	2011	19:30	16. Nakamoto, Aubrey	2013	20:20
7. Wenzel, Melissa	2007	19:37	17. Wong, Kristen	2013	20:23
8. Jones, Elizabeth	2006	19:43	18. Huang, Ashley	2015	20:25
9. Wenzel, Melissa	2006	19:48	19. Holmes, Emma	2013	20:27
10. Zamora, Sydney	2012	20:01	20. Kalmar, Kara	2006	20:44

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. <u>Aguayo, Ashley</u>	<u>2021</u>	<u>20:47</u>
6. Zerga, Sarah	2012	21:12
7. Aaron, Sarah	2013	21:31
8. Salinas, Victoria	2007	21:36
9. Kono, Cynthia	2007	22:42
10. Johnson, Mandi	2012	22:50

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. <u>Esponda, Chloe</u>	<u>2021</u>	<u>19:01</u>
4. Wenzel, Melissa	2007	19:37
5. Nesbit, Christie	2013	20:11
6. Bullock, Natalie	2007	20:14
7. Horton, Grace	2013	20:14
8. <u>Choi, Ellie</u>	<u>2021</u>	<u>20:18</u>
9. Nakamoto, Aubrey	2013	20:20
10. Wong, Kristen	2013	20:23

Freshmen Girls:

1. <u>Mummery, Maddie</u>	<u>2021</u>	<u>19:14</u>
2. Wenzel, Melissa	2006	19:48
3. Bullock, Natalie	2006	20:34
4. Takaoka, Deana	2013	20:45
5. Ben Avides, Rivka	2016	21:04
6. Heinemann, Haley	2007	21:19
7. Eddowes, Danika	2010	21:22
8. Singh, Harleen	2011	21:40
9. Lubba, Alyssa	2016	21:43
10. <u>Cho, Alyssa</u>	<u>2021</u>	<u>21:45</u>

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, 2020

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Sophia Ross (3-year letterman)

What was your most memorable moment from the past 4 years in XC/Track? There's so many different memories from my past 3 years in xc I could talk about but I think the one that meant the most to me was my sophomore year at League Finals when we found out that we won League. It was such a special feeling to be sobbing happy tears with my entire team as we hugged each other and jumped up and down in excitement. We had worked so hard that entire season to prepare for that horribly hilly race, and to be able to share that moment with the people I loved the most was really cool. *What was your best race?* My best and favorite race I've ever run had to be Woodbridge 2019. I don't know what it is about night races, but they always make me feel a million times faster, and overall just stronger, and this race was no exception. The energy of all 200 or so athletes waiting on the line was so much fun, and the flat course was more than ideal; just every part of this meet will always stand out to me as a favorite. *What was your worst race?* There's been so many races I consider to be bad, but one that stands out is definitely League 1 at Wilson Park my sophomore year. This race was also my first varsity race ever so I was already a bundle of nerves, but I can say with confidence that our entire team did not feel good this race. For starters the race was 3.2 miles, not 3, not 3.1 but 3.2. Whoever's idea that was I still would love to confront, but even besides that this race was just tough. I just remember we went out so fast at the start, (I'm talking I PRed in the mile our first mile of the race kind of fast), and that I absolutely died once we reached mile 3, and I realized it wasn't over yet. All in all, not a good day, but at least unlike Ashley I didn't think we had a mile left when we actually had two. *Any Regrets?* Joining xc my sophomore year was the best decision I could've ever made. The friendships and the memories that came from these past three years are ones I know I'm going to value forever, as cheesy as that sounds. Freshman year me had no idea she was going to quit soccer, the sport she had played for over a decade to run of all things, but as a senior now, I'm beyond grateful that's exactly what I did.



Matt Long (2-year Letterman)

What was your most memorable moment from the past 4 years in XC/Track? The most extraordinary moment from the past 4 years has to be the Big Bear XC camp that I went on going into my sophomore year. It was genuinely an experience I will never forget. *What was your best race?* My best race was definitely Pioneer League Meet #2 my sophomore season, which was at Wilson Park. I just raced really, really well and I can't even explain why. *What was your worst race?* My worst race was Mt. Sac my freshman season, since I literally almost died of a heat stroke halfway into the race. *Any Regrets?* My biggest regret is my pr time, since I wanted to improve it by a lot. *What were some of your first memories of Cross Country?* My first memory of Cross Country my freshman year was doing Orbit and running it very, very slow. I'll always remember my first race, which was the Great Cow Run. *Stupidest thing you've done in Cross Country?* Influencing Lamarr hahaha. *Any words of advice for incoming freshmen?* Good luck and definitely have some fun!

Andrew Nunley (3-year Letterman)

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

The fifteen mile run on the last day of Big Bear Camp, which remains the furthest distance I've ever run. I had been looking forward to it the entire trip but I was considering not doing it after I had sustained bad cramps in both of my calves the day before the run. Since we didn't do the Big Bear trip my junior and senior years, I'm glad I did it when I had the chance. *What was your best race?* In terms of time, I had my best race at Woodbridge sophomore year. It established my career PR of 17:10, which I couldn't match again until league finals senior year, my last ever xc race, where I ran 17:11. *What was your worst race?* My Worst race was the second Pioneer race Senior year. It didn't physically hurt that much, giving me more psychological wounds than anything else. I ran a time of 19:01, which is the same time (to the exact second) I ran at my first ever cross country race as a freshman. It was frustrating to feel like I was back at square one that far into the season. *Any Regrets?* Not being able to run with the boys throughout 99% of my junior year. I was still able to run on my own, but I had gotten trapped into repeating the same runs everyday and not pushing myself. I still wonder how much better my senior season would have been if I had access to real programmed



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training through that time. *What were some of your first memories of Cross Country?* I remember promising myself after my first week of training that I wouldn't run longer than I had to; that I would only do it for two years to get my PE credit. But since then, Cross country has grown on me and I realize that my initial reaction was a bit over dramatic. *Stupidest thing you've done in Cross Country?*

No incidents to speak of.



Haley Elder (4-year Letterman)

What was your most memorable moment from the past 4 years in XC/Track? My most memorable moment was my sophomore year when we were headed to Mt. Sac. We had some time before our race and we stopped to get some food at a restaurant. After we ate we still had quite a bit of time before our race so we all went with Rick to go suit shopping for a funeral. We ended up being late and had to warm up to the starting line.

What was your best race? My best race was the course at El Segundo my junior year. This was also the most fun race I've ever ran. Katie and I were side by side for most of it and it was so fun moving up together and passing one of the El Segundo girls in sync. *What was your worst race?*

Way too many. Specifically Cool Breeze this year. My legs hurt so bad and I felt myself falling farther and farther back into the pack. My legs felt locked up and I tried to change gears but I just couldn't. *Any Regrets?* I wish I didn't put so much pressure on myself. I raced so much better when I was having fun and a lot of the time I would put too much pressure on myself and not enjoy the races as much.

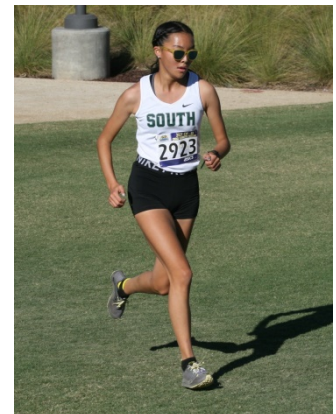
What were some of your first memories of Cross Country? My freshman year I complained ALL THE TIME. Every single run I would be asking "how

much longer?", or "how much further?", or "can we slow down?". I remember my first race was Great Cow. The girls team my freshman year was so small there were only three of us on the line. I remember how much fun I had racing that day and how excited I was for future races. *Stupidest thing you've done in Cross Country?* The stupidest thing I've done in cross country is probably when I bought a pink kiddie pool in Portland. It was great until I realized I had to leave it at the course because I couldn't take it home on the plane. *Any words of advice for incoming freshmen?* The beginning of cross country is really challenging and I know a lot of people that have dropped the sport, but finishing a cross country race is the most rewarding feeling and you have to stick with the sport. Running does get easier. *Any other comments/thoughts?* All the friendships you form on cross country will last forever. I've met some of my best friends from cross country and I couldn't be more thankful for what the sport has given me.

Katie Chung (3-year Letterman)

What was your most memorable moment from the past 4 years in XC/Track? The most memorable moment would definitely have to be the 2019 cross country season, when we took a trip to Portland. I remember we accidentally left one of our teammates at Target and it was hilarious because no one noticed until we were back in the van. We started running back to get her, and she was running out at that very moment. We also bought a kiddie pool that day which the coaches were not very happy about, but it was a day to remember. *What was your best race?*

During the 2020 cross country season (aka covid season), our last race was our first three mile of the season. Haley Elder and I had an absolute power race that day, and we ended up going 1-2 that race and destroying our old PRs. It was so rewarding because that race really showed that all our hard work, most of it alone throughout the previous summer, had really paid off and it was so fun to enjoy the win with the team. *What was your worst race?* State 2019 would have to be my worst race. Right when we started, my legs were so fatigued and I couldn't get in rhythm at all. When we hit the mile mark, I remember thinking "Are we only a mile in?" I seriously wanted to drop out because my breathing and my legs just felt so awful. It was so defeating because everyone kept passing me even though I felt like I was still working really hard. Luckily I didn't because I remembered the team and the seniors, but it was the biggest RELIEF when that race was over. *Any Regrets?* Not doing cross country my freshmen year is probably my biggest regret. I remember my mom asking me if I wanted to in eighth grade, and I laughed and said "never." Well, here we are, and I wish I could have enjoyed this sport for one more year. *What were some of your first memories of Cross Country?* I didn't do cross country my freshman year, but fun fact: two days before my first ever cross country race, I got stung by a stingray while we were aqua jogging at the beach. It was terrifying and I had to put my foot in the giant yellow bag that was labeled "Stingray." I was so upset because I thought I wouldn't be able to



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race, but two days later I toed the line! That was a crazy start to the season and an unforgettable day (shoutout to Brooke for getting all my stuff). *Stupidest thing you've done in Cross Country?* I signed up for the extra footlocker race at the end of the year in 2019 when I knew I was burnt out and exhausted. Did I cry at practice? Maybe. Did I break down in the bathrooms? It's possible. I didn't end up racing, and needless to say, it was better that way. Always listen to your body! *Any words of advice for incoming freshmen?* Don't forget to take your iron and have fun. Honestly, the best races and workouts are when you remember that you get to do this by the most beautiful trails and places in the South Bay. Just work hard and see where you end up! And always remember to be proud of your accomplishments. It's hard to see how far you've come when you're always searching for more, but don't forget that you are doing what is probably one of the most difficult sports ever! *Any other comments/thoughts?* If number zero is the bus driver, please listen. If you happen to have any malfunctions the night before State, don't panic. And don't stop running up agony. It's not faster to walk (proven fact).

Henry O'Brien (1-year Letterman)

What was your worst race? I think my worst race was this year. It was the central park meet, the one that like four varsity guys went to. The race itself wasn't bad, but going down the giant hill, that was bad. My feet were on fire running down that hill. It wasn't even hot at the meet but going down that hill trying not to fall over blisters were forming on the front part of my foot and I had to finish the rest of the race, with that agonizing sting. On top of that we had to wait at the park for like 4 hours for all the races to finish. Which wouldn't have been bad, it was a cool park, but my feet were still destroyed so I couldn't really walk around. *Any words of advice for incoming freshmen?* If you want to get faster all you have to do is run with fast people and eat well and maybe stretch. Eventually you will be faster. Which is, you know, easier said than done but protein bars help. Also don't be afraid to talk to people. Cause you never know who can end up being a friend and cross country gives you a lot of time to talk to people.



Ashley Aguayo (3-year Letterman)

What was your most memorable moment from the past 4 years in XC/Track? My most memorable moment would be at the Portland meet when Haley and I had to dispose of this kitty pool we bought. As we were trying to pawn it off to other teams, Coach Rick and the girl's team ditched us and so we had to ride back with the boys in shame. *What was your best race?* My best race would probably be the 2019 Cool Breeze race (my first race), because I went with hopes of getting around a 21-minute 3 mile, but ended up breaking 20 minutes. I think that night is what really made me fall in love with cross country and work even harder. *What was your worst race?* I'd say my worst race was when we ran at Wilson Park my sophomore year, and although it was flat, it felt like it went on forever. I'll never forget how I thought there were 400 meters to go and I turned to Rivka and said, "ready for the kick!" and she responded, "dude we have another mile!" *Any Regrets?* I regret not following my sister's advice and doing cross country my freshman year. *What were some of your first memories of Cross Country?* Sadly I didn't do XC my freshman year until Coach Rick and Tokuda convinced me to do it after track. At first, I thought they were crazy for asking, and so I joined with the intent of getting in shape for soccer. I never even went to the summer practices until the end of the summer and realized it wasn't that bad. *Stupidest thing you've done in Cross Country?* The dumbest thing if done would probably be when Ross, Haley, and I went to a pumpkin patch and bought a pumpkin instead of doing the scavenger hunt at the end of the season. *Any words of advice for incoming freshmen?* Honestly just go for it. As cliché as it sounds, go for what you think is impossible. I never saw myself being able to go on 8-mile runs or breaking 6 minutes in the mile, but I did it anyway. *Any other comments/thoughts?* The green jerseys are better than the black. Sorry, someone had to say it.

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Shinn Hayasaka (2-year Letterman)

What was your most memorable moment from the past 4 years in XC/Track? When the entire Pioneer League sung Happy Birthday to me during the 2021 Pioneer League Finals award ceremony...around 114 days too early. *What was your best race?* South Vs El Segundo (2020) Got a personal record so good that people question the validity of the course. I cannot believe we couldn't run the course this year in place of Wilson Park. Or Pioneer League Finals (2021) My only official JV race – 3rd overall!, only reason why West JV team failed to get perfect score, had one of my best kicks ever, and got a season record. *What was your worst race?* I don't really have a worst race, so there you go... *Any Regrets?* Short Answer...No regrets. (Long Answer) Generally, I really do not have any regrets over my 4 years in Cross Country. Maybe there were some little things; I might regret my attire for the 2021 Pioneer League Finals Award Ceremony 50 years from now and think that was stupid, and maybe my teammates can remind me of any stupid and regrettable things that I did, but I can't right now, so that's that. Maybe I do regret



doing some small things that led to my downfall Sophomore year, such as hurdling over a stick during the kick for the 2019 Summer Time Trial, or deciding to run 10 miles on the Saturday run that got me injured, even though I was hurting a mile into the run. The again, there was a chance that I would've gotten injured anyway. Thus, I really do think that, at the time of writing this answer, that I do not have any regrets in cross country, and that I haven't done anything really stupid aside from yelling and complaining a lot in my 4 years in cross country. *What were some of your first memories of Cross Country?* The workout: first run was extended Orbit, it was hard, but we were allowed to get some water at Lago Seco Park. I don't remember the first hard workout, but I do remember that we had Gatorade bottles with lukewarm water during some track workouts – where did they go? 1st-ish core – Coach Tokuda told us that there were some other types of push-ups that we could do, like Spiderman pushups or something. I forgot what those were, and I don't think I want to remember it, either. The coach: IDK which coach we are referring to here, so here are all of them. Tokuda: had him for Geometry Honor year earlier, so he knew me by the start of my cross country career. In regards to his Geometry class, I liked it when he taught us how to play Yahtzee. Rick: He gave me some directions on how to get back to Malaga Cove. I'll just stop there. Andrew: He was intimidating right from the start, but his message to us about how it "doesn't get any easier" than the Extended Orbit from our first ever practice still resonates within me. Mandi: She asked me to help count aloud during a session of Core in Malaga Cove...so I did. Christie + Deana: They didn't recognize me at first when they were taking attendance after I switched from the blue to the yellow jacket. 1st race – I ran the race

probably the day after my vacation (I think in Yellowstone + Utah) ended, and I'm pretty sure I only did one 3 mile run on the treadmill and some short hikes the entire vacation. That did not stop Tokuda from putting me near the front of the starting line, as I guess he had more confidence in my speed that I did. He wasn't wrong; I got third for the freshman team by outkicking Matt Long. I broke 20 minutes by 1 second, and I got a nice, rubbery medal as my first medal. I have to acknowledge the fact that Andrew killed that race. After the race, we cooled down with the sophomore, and they introduced themselves, a tradition that should continue but never continued. Finally, I injured my left hand folding up the tenet, and we never went to the Great Cow Run again. RIP Great Cow Run Turtle. *Stupidest thing you've done in Cross Country?* "Complain"? see Any regrets answer. *Any words of advice for incoming freshmen?* First chance you get, GO TO SATURDAY PRACTICE (and keep going!) Benefits: 1) Extra workout/long run to help you get faster/build more endurance 2) Closer bond with varsity team, as very few people on the varsity team show up to practice anyway, and thus the group is smaller. 3) Every once in a while, you get to go on a really fun + unique run. *Any other comments/thoughts?*

Sadly, I do not have any data on the runs we did in the 2021 season, since I got this paper before the season ended and before I got all of the workouts and analyzed it. So here are some "facts" about the 2019 and 2020 season. I got these numbers a long time ago, and I'm not in the mood to check my work – too busy finishing off college applications at the time of this writing. A varsity boy who ran in all of the races and did all of the runs would've ran for 149 days during the 2019 season. Of the 149 days of running in the 2019 season, 46 of those days involved going to the beach, and 22 of those days involved Bridal Trail, Golf Course, or Ernie Howlett Park. A person who decided to run everyday, including Sundays and holidays, during the 2020 season would've ran for 325 days – over DOUBLE the days in the 2019 season. In terms of days, I ran over 3 times more in the 2020 season than the 2019 season. It helps when you're not injured for long periods of time. Yeah, I don't know what you can do with this information. I think it is just as useful as the things we learned from the 'Dumb facts with Tokuda' segments in the 2020 season. Maybe if you wanted more Bridal Trail runs and less beach runs, you can use this evidence to support your argument. But hey, it's better than a list of complaints, right?

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Alex Kano (3-year Letterman)

What was your most memorable moment from the past 4 years in XC/Track? There were two, and both happened at Big Bear. First off, during the lake run, I took a speaker and jammed out the whole 15 miles with the boys, which was amazing. I also completely ate it during the first two miles or so, which wasn't amazing, but I kept going because I was the one with the speaker and I wasn't about to let the boys down. Secondly, during one of the early mornings before the runs, Nicky, Connor, and I went over to the girls' cabin to grab some bananas, because they had all the food. They were all asleep so we went in really quietly to get bananas, but I was under the impression that Nicky and I were splitting a banana because we split one the day before (I was half asleep so it made sense in my mind). So Nicky was like halfway done with his banana and I straight up took it from him, said "Oh, thanks bro," took a massive bite out of it, and then tossed the little piece that was left in the trash. Connor, who watched this all go down, almost woke everyone up by laughing and Nicky was too stunned to do anything so we walked out of the cabin back to ours where we continued laughing. It was great. *What was your best race?* Given the circumstances, Cool Breeze my senior year. Didn't crack 25 miles per week over summer, no workouts, and coming off an injury somehow resulted in a 17:20. The race felt super easy and I had so much fun. *What was your worst race?* Mt. Sac freshman year. Normal Mt. Sac (hills, heat, and dust) coupled with stepping on a nail and stomach pain starting before the gun even went off wasn't very fun. *Any Regrets?* Just wish I appreciated being able to run injury free more. *What were some of your first memories of Cross Country?* The early mornings during summer have definitely stuck with me. Getting there half awake and seeing the varsity guys look completely fine, only to see that they had some crazy run or workout planned, always amazed me. That provided a goal for me to one day be like them. Also, Coach Andrew scared the shit outta me. Man was scary until you got to know him. *Stupidest thing you've done in Cross Country?* See question 1. And getting pink short shorts. Although I love the pink shorts, a 1-inch inseam is very, very short. *Any words of advice for incoming freshmen?* Get the basic things right if you want to do well. Easy days really easy, get your sleep, eat your greens, don't get hurt, and don't forget to have fun. Keep it simple, stupid. *Any other comments/thoughts?* Joining this team was the best mistake I ever made.



Brooke Maille (2-year Letterman)

What was your most memorable moment from the past 4 years in XC/Track? There are so many memorable moments, from pizza nights and bus rides to adventure runs. However, I would have to say League Finals this year is the most meaningful moment. The emotions that came with the end of my cross country career didn't hit me until I was on the starting line of my final race, and being with all my teammates and friends after the race is something I'm always going to remember. It was a great final moment and culmination of all the memories of cross country for me. *What was your best race?* Because of nonexistent seasons after sophomore year due to injuries and stress fractures, I would have to say League Prelims for Track my freshman year. While that time wasn't my PR in the mile, it was the most competitive I have ever been in a race and I advanced to League Finals, so that was amazing. *What was your worst race?* Woodbridge my sophomore year, hands down. I couldn't walk after barely finishing the race and I knew that there was actually something wrong with my shin and that I couldn't ignore it any longer. While that was the worst pain I have ever experienced, at least it finally pushed me to get an MRI and I actually got the rest I needed to in order to

heal my stress fracture. *Any Regrets?* I wish I pushed myself harder in races and workouts, as well as just cherishing the seasons and moments more. *What were some of your first memories of Cross Country?* One of my first Cross Country memories was going delirious with my friends at Woodbridge my freshman year. We were reading an Amazon review about Five Hour Energy and we were dying of laughter in the tent. *Stupidest thing you've done in Cross Country?* Besides the obvious of running on a stress fracture, I accidentally had more than a couple of mini muffins 20 minutes before my 800 race because I lost track of time. That was not fun. *Any words of advice for incoming freshmen?* Listen to your pain! Don't ignore it and create a worse injury for later. Frontload the injury prevention. And most importantly, just have fun and run for yourself and your teammates above everything else. *Any other comments/thoughts?* Thank you coaches for the past four amazing years!

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Connor Goldstein (3 year Letterman)

What was your most memorable moment from the past 4 years in XC or Track? My most memorable experience is hanging out with all of my teammates after the runs every day, and being able to make as many memories as I have now because of how close I have gotten with everyone on the team. *What was your best race?* El Segundo - League Finals. *What was your worst race?* My worst race would have to be the first time I ever raced Mt. Sac. I don't think any pain can compare to me already being almost walking as I crested the first hill of Reservoir, only to look up and see that there was yet one more that I had to go up before I kicked to the finish line. *Any regrets?* Not hanging out with and this year's team as much outside of Cross Country. *What were some of your first memories of Cross Country your freshmen year?* One of my first memories of cross country was having almost the first time talking to Coach Andrew be when we lost Alex doing an adventure run at Malaga Cove and thinking I was going to be kicked off the team. My first workout memory of cross country that I had was doing a tempo on the strand with and dying halfway through until I hit Knob Hill and stopped until I saw everyone else coming back from the pier. *Stupidest thing you've done in Cross Country?* Going to the bathroom in the middle of a run in Big Bear, where I thought I was off the trail only to have it be basically on the trail and having the entire girls team run right past me. *Any words of advice for incoming freshmen?* Don't cut the runs lol



Dominic Marino (1-year Letterman)

What was your most memorable moment from the past 4 years in XC or Track? In track, Freshman year, when I was "escorted" off the track by the race official at Zamperini field for running the wrong race! *What was your best race?* This year's CIF/SS Prelims at Mt. Sac. It was really hot that day and I left it all on the course. I couldn't move afterwards, but ran that grueling course 30 seconds faster than at our prior Mt. Sac meet. *What was your worst race?* My first ever cross country race at the Great Cow Run course. I never felt so nervous, I didn't know what to expect. I had never felt that much physical pain - from the first strides to the last, in my lungs, my feet, my legs, etc. That was a hard race for me. *Any regrets?* I regret not kicking at the end of every race I competed in throughout my whole four years in cross country. *What were some of your first memories of cross country your freshman year?* One of my first memories of my freshman year of cross country was our first time trial -- which I didn't finish. It was my first ever workout in cross country, and when I didn't complete it I had to wonder whether this was the sport for me. I'm glad I stuck with it because running in the CIF/SS Finals and getting a PR on the Mt. Sac course was a great highlight for me. *Stupidest thing you've done in cross country?* When I

went into the boys junior varsity race of my sophomore year of cross country. *Any words of advice for incoming freshmen?* Go to practice every day, stick with it, and give it your best in every race. Keep putting one foot in front of the other and it will be worth it. *Any other comments/thoughts?* I want to thank my coaches and teammates for 4 great years of cross country.

Nicholas Meyer (3-year Letterman) Nickname: Eric Meyers,

What was your most memorable moment from the past 4 years in XC or Track? My most memorable moment from the last four years has to be either Portland or Big Bear. Big bear was the first time I got to really know everyone on the team and there were so many moments that were beyond hilarious. I'm always gonna look back fondly on the lake run, all the other rough workouts we did there, Nathan Wong's excellent chicken, giving Matt Peters an immaculate haircut, the team shower, and Yusei's legendary skit about needing to shit on the starting line. Portland was probably my favorite trip I've been on and I don't know how I had the amount of energy I had the whole time. Being trapped in a van for hours on end with Tokuda, Christie and 6 other delirious teenagers made for some truly memorable moments. All the activities we were able to squeeze into one day made the trip that much more special, I'll never get over the fact we got to run on the Michael Johnson track, or the time we got to eat doughnuts. Getting to go on a little business trip with the boys was legendary from start to finish. Even though the race is up there with some of my worst ones, the experience of the trip more than made up for it. *What was your best race?* I don't know if the three mile is my best race but my best race came at CIF Finals my sophomore year. At the prelims a week earlier I hit a new pr

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and was 4th on the team, getting out kicked by Yusei (once again). Since we had barely qualified we knew that this was definitely going to be our last race with this team. I made it a point in my head to make it worth it and give everything for those boys one last time. After an underwhelming season I knew it was my last shot to make up for it and get a new pr. I didn't get out great, going out a little quick the first mile and by the 1.6 split I had fallen back right next to Connor and Alex as we took up the 5, 6, and 7 spots for the team, I looked ahead and saw no other teammates. Tokuda then yelled at us to stop holding hands, which we all laughed to ourselves about. We then passed the girls team who had already ran, shout out to Ashley for being the only one who cheered for me. As we went out to the back side of the course I started to make a big surge and started passing bodies. Yusei told me I couldn't pr two weeks in a row and it became my mission to prove him wrong. After passing him I looked out and saw Casey, in my head I made the unrealistic promise to myself that by the end of the race I'd get to him. But before I knew it we were heading down the final stretch and he was about three people ahead of me. I barely finished in front of him, after passing



16 people on my way to a pr and third on the team. I loved running with that team and I was happy to cap off our final race with one I could remember. *What was your worst race?* There are many to choose from here but I think the one that had the biggest impact was Cool Breeze my sophomore year. I was coming off a great summer of training and most of the team was under the impression I'd be fighting for our number one spot. The old guys were constantly telling me how fast I was gonna run and how great our team would be. As soon as I was put in the front on the starting line I felt the immense pressure that was on me but I was still set on being our #1. I took the race out insanely fast and was our second guy through the mile running right next to our first. I made it through the 1.5 mile mark at 8:06 but I started to majorly fatigue. Because we were racing at night and I spent the entire race looking forward I couldn't really see the ground in my peripheral vision. This led to me jamming my leg in the course's potholes a few times and eventually I started to develop a ton of pain in my hip. The pain got more and more intense as the race went on and I could tell something was seriously wrong. I had never felt this level of pain before but I scraped through the last loop of the race getting passed by what seemed to be endless bodies. My vision started to get blurry and I could really focus on what I was seeing, leading me to nearly falling a few more times. I made it across the finish line after getting passed by Yusei and Casey and finishing with Alex. I thought I was going to pass out after the race so Conner and Mia had to carry me to the tent where I almost blacked out on Stewart. This race completely killed my confidence because I ran much slower than I thought I was going to and left me with a hip injury that put me out for a few weeks and affected me most of the season. *Any regrets?* My biggest regret would have to be letting Alex just take my banana away from me at 5 am at Big Bear. At the time I was too in shock to do anything about it but if he did that to me now he would undoubtedly catch hands. On a more serious note my biggest regret is not knowing how to deal with my injuries or my bad races early on. My willingness to come back got the better of me sometimes and I would rush back only to get hurt worse. I also let my confidence slip way too much based on a bad race and I couldn't really recuperate in time to do well the next race. *What were some of your first memories of Cross Country your freshmen year?* My freshman year I had some of my favorite memories from cross country. My first memory was a workout in Lago Seco park and I didn't really know anyone on the team. I was struggling in the workout but one of the older girls introduced herself to me and told me I was gonna do great on the team which made me feel a lot better. This motivated me to prove her right and put my full effort into cross country. My first memory of coach Tokuda is when he told me and Conner Nesbit not to bust a nut during our first race. I eventually learned that this is a classic Tokuda line and also is a prophecy to live by. I don't really have a first memory of Andrew but he had always scared me as a freshman. I went on to learn during track that he was a pretty cool dude. My first memory of Rick is when I ran the 7th fastest time overall for PV course my freshman year (because half the varsity team was hurt) and he asked, "who the heck is this Meyers guy who ran 20:00?" To this day he does not know my last name is Meyer and thinks that my first name is Eric. *Stupidest thing you've done in Cross Country?* It's hard to choose because we do stupid things on a daily basis on this team but it would have to be the warrior mile my sophomore year. Yusei and Peters had convinced us all to go in the 2nd fastest heat of the night which was kind of a reach time wise. We were all rocking the 1 inch pink short shorts and this gave us a little too much juice for our own good. This unfortunately resulted in me and Connor "busting a nut", as Tokuda would say, and taking out the first 200 in a 28. We looked at each other with the mutual understanding that we had severely fucked up and proceeded to struggle our way to low a 4:50 mile. I do not regret this at all because it was a pretty glorious moment but overall probably not the best move. *Any words of advice for incoming freshmen?* Consistency is key and if you want to get to the next level you gotta give your full effort when it counts, keep your easy days easy and go ham when you need to. Always push yourself and your teammates to your absolute limits and don't let bad races affect you too much, learn from every experience and enjoy the ride. *Any other comments/thoughts?* Just very thankful for all the friendships that have developed on this team, I'm so proud of the culture and dynamic that we have. It's incredible how such amazing friends have made something as painful as running something I always look forward to. This team in particular has really been special to be a part of and it's been awesome to see the improvement of all the guys this year. Very proud of all you boys. The past four years have been amazing and I will truly treasure this experience for the rest of my life.

