

**SOUTH HIGH SCHOOL  
2016 CROSS COUNTRY  
VARSITY SEASON SUMMARY**



(Top Row L to R): Jack Aubele, Jared Kliszewski (Middle Row): Shotaro Yamada, David Michael Paine, Hayden Johnson, Robert Taylor, Nicklas Majamaki (Bottom Row): Brian Huang, Noah Kawashiri, Alex Caballeros, Dia Antazo



(Top Row L to R) : Deana Takaoka, Desiree Powers (Middle Row): Hannah Nakamoto, Marielle Kinney, Clara Chan, Emma Gloyer, Ashley Huang (Bottom Row): Kanon Mori, Preethy Abraham, Chloe Masuda, Rivka Ben Avides



## SOUTH HIGH CROSS COUNTRY "THE TRADITION"

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

From 1964 to 1970, South produced many noticeable runners including: Wes Fox (1:53.3 880ynds, '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 its first Bay League Championship. In 1965, the team was runners-up at C.I.F. Finals and was ranked 14th in the Nation. In 1966, the team took the first 5 spots at League Finals, a 2nd place finish at C.I.F. Finals, and was ranked 10th in the Nation. In 1967, South won its first and only C.I.F. AAA Championship. In 1969, the South High team won The National A.A.U. Marathon Championship. The race included high school teams as well as collegiate teams from around the nation. South had three runners by the 2:30 mark for this 26.2 mile championship race.

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

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

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

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

#### Spartan Boy's Cross Country

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

#### Spartan Girl's Cross Country

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

### First girls to run Cross Country at South...

When Cross Country was first started in 1957, it was strictly a boy's only sport. It would take over 2 decades (in 1978) before girls cross country had its first team at South. But that didn't stop Diana Hargrove and Jerri Gran from joining Cross Country a few years earlier in 1975. Without a girls team, both girls had to compete in the boy races. Diana ran for the JV team, while Jerri ran with the Sophomore team. In 1976, Diane Hargrove went onto win the female Athlete of the Year at South



(To the left): 1975, Jerri Gran (in jacket) on the Sophomore team. (Below): 1975, Diana Hargrove (in jacket) with the Junior Varsity team.



# Jacquelyn Smith named Daily Breeze 2015 cross country runner of the year

Palos Verdes high school cross country runner Jacquelyn Smith is the 2015 Daily Breeze runner of the year. (Photo by Brad Graverson/Daily Breeze)

By [Thuc Nhi Nguyen](#), The Daily Breeze

Palos Verdes High School XCountry runner Jacquelyn Smith is the Daily Breeze Runner of the Year. Photo by Brad Graverson/The Daily Breeze/12-15-15

Jacquelyn Smith, Palos Verdes, senior

A regular fixture on the CIF State podium, the Palos Verdes girls cross country team is used to sending talented runners to the next level. Add Jacquelyn Smith to the long list.

Smith, a Villanova-bound senior, paced her team to a third-place finish in Division 3 at the CIF State meet while finishing third individually. It was the seventh straight year that ended with the Sea Kings on the podium. PV set a school record at the State meet at Woodward Park with its top five runners clocking a combined time of 92 minutes, 56 seconds.

The Daily Breeze Runner of the Year said her team's third-place finish at State was a highlight of her season because it was one of the few times the entire lineup was healthy. Despite her many personal accomplishments, Smith values her team's successes the most.

"I wouldn't be as good as I am without my team, because we practice together and we go through everything together," Smith said. "During the races, I'm not only racing for myself, but I'm racing for my teammates as well."

Smith set a school record on PV's difficult home course en route to a Bay League title. The course features two steep hills affectionately known as Misery and Agony, and she conquered both in 18 minutes, 52 seconds. No PV female had ever broken the 19-minute mark on the course before.

"Going into that race I knew it was going to be my last time ever running on that course, so wanted to go as hard as I could," she said. "Throughout that race, I was just trying to push the other girls on our team, and when I got to the top of Agony hill, I gave it everything I had."

## Coach of the year

Brian Shapiro, Palos Verdes

## First team

Elizabeth "Melia" Chittenden, Mira Costa, junior

Alexandra Regan, Palos Verdes, junior

Camille Hines, Palos Verdes, junior

Grace Catena, South Torrance, sophomore

Alexis Johnson, Mira Costa, senior

Taylor Beaudoin, Redondo, senior

## Second team

Lauren Bourgeois, Palos Verdes, senior

Morgan Irish, Palos Verdes, senior

Cynthia Kelso, San Pedro, senior

Bronwyn Bunnell, San Pedro, senior

Maya Richardson, San Pedro, sophomore

Brianna Harmon, El Segundo, senior

Megan Neumann, Torrance, sophomore

Charlie Nesbit, South Torrance, senior

Kristen Wong, South Torrance, senior

Emily Atkinson, West Torrance, senior

Mazzy Genovese, Rolling Hills Prep, freshman

Jacquie Hoot, Chadwick, Sophomore



# Daily Breeze 2015 Boys Cross Country Runner of the Year: Redondo's Ethan Comeaux

Redondo's Ethan Comeaux was named the Daily Breeze boys cross country runner of the year. File Photo by Steve McCrank/Staff Photographer

By [Thuc Nhi Nguyen](#), The Daily Breeze

Ethan Comeaux, Redondo, junior

Redondo's Ethan Comeaux started the season by setting a school record at the Great Cow Race. Call it a sign of things to come.

After topping former teammate Carlos Suarez's school record for a 3-mile course by almost two seconds in the season opener, Comeaux, the Daily Breeze Runner of the Year, captured the Bay League title, finished sixth in the CIF-SS Division 1 Finals and capped off his season with an 18th-place Division 1 finish at the CIF State meet.

The junior won Division I heats at Woodbridge and the Clovis Invitational, two of the most competitive invitationals on the West Coast, and finished second at the Mt. SAC Invitational against another tough field.

At State, he set a personal record on Woodward Park's 5,000-meter course with a time of 15 minutes, 33.8 seconds, a mark that topped his previous personal best by 20 seconds, although Redondo head coach Bob Leetch said the race was far from Comeaux's best of the season.

With Comeaux leading the way, Redondo finished second in the Bay League and advanced to the CIF Division 1 Finals. After running behind Carlos Suarez last year, who took 2014 Daily Breeze Runner of the Year honors before going on to run at UCLA, Comeaux transitioned seamlessly into the front-runner position for Redondo.

Leetch called Comeaux's individual Bay League title-winning race "a tactical race," in which his main goal was to keep the team's fourth and fifth runners close. In the final mile, pulled away from the field en route to a final time of 16:16, one of the fastest marks ever on the Palos Verdes Course.

"I think he's really proven himself," Leetch said.

## Coach of the year

Jason Druten, West Torrance

## First team

Robert Franklin, Palos Verdes, senior  
Yousef Baddour, West Torrance, senior  
Caleb Terrill, West Torrance, sophomore  
Carson Bix, West Torrance, junior  
Ty Garrett, Mira Costa, senior  
Ethan Williams, Mira Costa, senior  
Gavin Glynn, El Segundo, senior

## Second team

Harrison Fox, Redondo, senior  
Duncan Reid, Palos Verdes, senior  
Matthew Espinoza, Palos Verdes, senior  
Caleb Llorin, Mira Costa, junior  
Davis Butler, Palos Verdes, senior  
Andrew Zavala, Redondo, senior  
Eddie Fung, West Torrance, senior  
Ike Tamanaha, West Torrance, sophomore  
Shane Mahon, El Segundo, junior  
Mitchell Marino, San Pedro, senior  
Christhian Macias, Gardena, senior



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

<u>Boys Freshmen</u>				<u>Girls Freshmen</u>				<u>Non-Freshmen</u>			
Martinez, Robert	b	9	16:25	Ben Avides, Rivka	g	9	18:41	Coach Rick	b		14:41
Yee-Cannon, Bodhi	b	9	17:40	Park, Sejin	g	9	20:43	Yamada, Shotaro	b	12	15:12
Calero, Chase	b	9	18:23	Esponoza, Mia	g	9	20:45	Del Signore, Stephen	b	11	16:03
Wong, Nathan	b	9	18:32	Masuda, Claire	g	9	20:49	Hanhart, JB	b	12	16:59
Kamitsubo, Nick	b	9	19:03	Colditz, Carli	g	9	21:25	Hirai, Kai	b	11	17:12
Sanchez, Jan-Michael	b	9	19:29	Trodden, Mia	g	9	21:37	Coach Andrew	b		17:18
Woolen, Will	b	9	20:00	Fujimoto, Allison	g	9	23:03	Chung, Haley	b	10	19:11
Kim, Ryan	b	9	21:35	Fong, Jessica	g	9	25:18	Sawakawa, Hoku	b	11	20:07
Brandt, William	b	9	24:12	Hesson, Emma	g	9	25:28	Duan, Casey	g	10	20:30
Lin, Linus	b	9	27:17	Belsito, Jana	g	9	26:52	Esponda, Chloe	g	5	20:48
Skinner, Daniel	b	9	32:00	Matsumoto, Karen	g	9	27:19	Fong, Brian	b	12	22:59
				Strickfaden, Christine	g	9	27:23	Lin, Ethan	b	10	23:48
				Roach, Catherine	g	9	27:23	Shepard, Harrison	b	11	23:59
				Takaoka, Tea	g	9	34:48	Cao, Vivian	g	11	26:36
								Alam, Sarah	g	10	26:52
								Barra, Lilee	g	10	32:01

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

Taylor, Robert	b	12	11:06	Wooldridge, Evan	b	12	13:30	Aaron, Erica	g	11	16:28
Majamaki, Nicklas	b	11	11:14	Chung, Issac	b	11	13:30	Park, Sejin	g	9	16:35
Johnson, Hayden	b	10	11:22	Sakata, Joseph	b	12	13:31	Trodden, Mia	g	9	16:38
Caballeros, Alex	b	11	11:29	Wong, Kristen	g	A	13:34	De Franco-Cascone, Lorenz	b	9	16:51
Huang, Brian	b	12	11:34	Masciotti, Gio	b	12	13:41	Park, Jennifer	g	10	16:55
Antazo, Dia	b	11	11:34	Mori, Kanon	g	10	13:41	Masuda, Claire	g	9	16:57
Kawashiri, Noah	b	11	11:48	Calero, Chase	b	9	13:58	Espinoza, Mia	g	9	17:10
Orejana, Adrian	b	10	11:49	Sawakawa, Hoku	b	11	14:00	Fujimoto, Allison	g	9	17:10
Aubele, Jack	b	11	11:52	Ben-Avides, Rivka	g	9	14:01	Colditz, Carli	g	9	17:35
Yamada, Shotaro	b	12	12:03	Singh, Garvin	b	11	14:02	Kim, Ryan	b	9	18:21
Spencer, Casey	b	9	12:12	Roa, Edwin	b	11	14:04	Shonack, Deborah	g	11	18:36
Chan, Greg	b	10	12:13	Chan, Clara	g	10	14:06	Lin, Ethan	b	10	19:07
Shaw, Michael	b	10	12:16	Gloyer, Emma	g	10	14:12	Lin, Chloe	g	10	19:12
Panganiban, Ryan	b	10	12:17	Dimitrov, David	b	11	14:35	Ruskowski, Sean	b	9	19:14
Kato, Quinn	b	10	12:22	Jee, Aiden	b	10	14:35	Brandt, William	b	9	19:38
Rodrigues, Mika	b	12	12:30	Powers, Desiree	g	11	14:35	Fong, Jessica	g	9	19:45
Martinez, Robert	b	9	12:42	Huang, Ashley	g	11	14:36	Scheumann, Isabella	g	10	19:45
Solis, Robert	b	10	12:47	Hamilton, Sean	b	10	14:42	Burkhardt, Bryan	b	10	19:53
Taylor, Ryan	b	10	12:55	Kamitsubo, Nick	b	9	14:51	Roach, Catherine	g	9	21:10
Yee-Cannon, Bodhi	b	9	13:03	Davis, Zachary	b	10	14:52	Cao, Vivian	g	11	21:12
Ma, David	b	11	13:07	Kinney, Marielle	g	12	14:54	Shepard, Harrison	b	11	21:38
Hirai, Kai	b	11	13:21	Nakamoto, Hannah	g	11	15:05	Barra, Lilee	g	10	21:51
Kurek, Quinn	b	10	13:22	Lubba, Alyssa	g	9	15:22	Chapman, Emily	g	10	21:52
Berhe, Lukas	b	10	13:22	Burt, Matt	b	11	15:34	Strickfaden, Christine	g	9	22:04
Morimoto, Justin	b	10	13:23	Woolen, William	b	9	15:44	Columbine, Sofie	g	10	22:17
Del Signore, Stephen	b	11	13:26	Columbine, Emily	g	10	15:45				



## South High School

### 2016 Pre-Season Schedule

Aug. 3	Wed.	Freshmen Time Trial	@ South High
Aug. 15	Mon.	Summer Time Trial	@ PV Course
Aug. 23-26	Tues-Fri.	Big Bear Camp	@ Camp Whittle

### 2016 Cross Country Schedule

Sept. 3	Sat.	Great Cow Run	@ Cerritos Regional Park
Sept. 10	Sat.	Rosemead Invitational	@ Rosemead HS
Sept. 16	Fri	Woodridge Invitational	@ Silverlakes Sports Park
Sept. 22	Thurs.	Pioneer League #1	@ Columbia Park
Sept. 28	Wed.	South Bay Cup	@ Colombia Park
Oct. 1	Sat.	Central Park Invitational	@ Central Park Invitational
Oct. 8	Sat.	Clovis Invitational	@ Woodward Park
Oct. 13	Thurs.	Pioneer League #2	@ Wilson Park
Oct. 21	Fri.	Mt SAC Invitational	@ Mt SAC Course
Oct. 26	Wed.	1-mile Time Trial	@ West High
Nov. 2	Wed.	Pioneer League Finals	@ Entradero Park
Nov. 12	Sat.	CIF Prelims	@ Riverside XC Course
Nov. 19	Sat.	CIF Finals	@ Riverside XC Course
Nov. 26	Sat.	State Championship	@ Woodward Park

Great Cow Run

Sept. 3<sup>rd</sup>, 2016

Cerritos Regional Park. Flat on bike path and grass

Overcast (Fr - 68°, V - 69°), Warm (So - 71°) Very Warm (JV - 75°)

Boys: (14<sup>th</sup> place, 426 points)

55. Taylor, Robert	15:49	5:10, 10:33-5:23, 15:49-5:16	
78. Antazo, Dia	16:04	5:11, 10:37-5:26, 16:04-5:27	(0:15 #1-2)
89. Majamaki, Nicklas	16:10	5:16, 10:44-5:28, 16:10-5:26	(0:06 #2-3)
114. Huang, Brian	16:21	5:26, 10:53-5:27, 16:21-5:28	(0:11 #3-4)
123. Johnson, Hayden	16:27	5:34, 11:07-5:33, 16:27-5:20	(0:38 1 thru 5) (0:06 #4-5)
139. Kliszewksi, Jared	16:33	5:25, 11:02-5:37, 16:33-5:31	(0:06 #5-6)
?? Kawashiri, Noah	16:38	5:35, 11:16-5:41, 16:38-5:22	(0:49 1 thru 7) (0:05 #6-7)
194. Caballeros, Alex	17:06	5:35, 11:29-5:54, 17:06-5:37	
210. Yamada, Shotaro	17:34	5:39, 11:35-5:56, 17:34-5:59	
?? Aubele, Jack	17:45	5:42, 11:45-6:03, 17:45-6:00	
26. Orduno, George	16:35	5:12, 11:02-5:50, 16:35-5:33	
31. Orejana, Adrian	16:45	5:10, 11:03-5:53, 16:45-5:42	
21. Martinez, Robert	17:23	5:24, 11:38-6:14, 17:23-5:45	

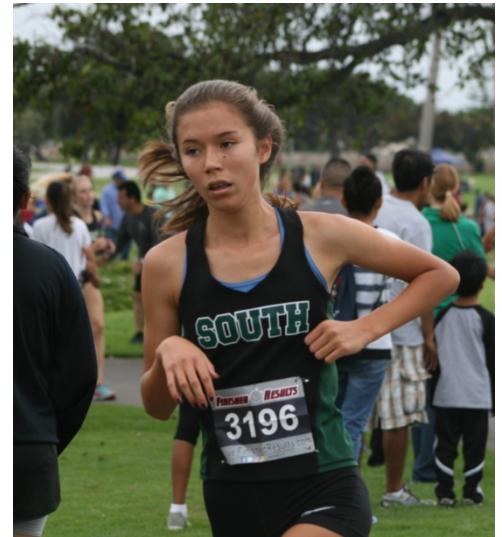
The 2016 season started off with a huge field...a size similar to what we'll see at the end of the year. And this performance produced an early slap in the face: the Torrance coach asked "Tokuda, was that your full team?" Basically, he expected more from us because Torrance had 3 guys missing and they were looking good against us. It was our full squad (10 guys in fact) and it certainly wasn't our best day. Our top 5 needs to be tighter...Dia ran awesome, but really that needs to be where the cut-off of our scorers should be (not our #2 man.) With Jared and Hayden being told to hold back, we can expect bigger things from these two. And with many of us kissing the ground (like Clovis), we certainly could have had a better start. Remember, falling down will only cost you a second (like doing a burpie) and give you a good story afterwards...but don't let it give you an excuse! Speaking of starts...our back group needs to get out faster!! On a flat course and overcast day, nobody is going backwards...so get involved early. Our top Sophomores and freshmen had a faster start than some varsity guys...true, they didn't have as much traffic to fight through...but we have to do better with these big field scenarios in the future.

Other random thoughts: All but one improved their time from last year...can't complain there, but that's not enough to be satisfied with. We're thinking big this year...and this overall team performance will get us about 10<sup>th</sup> place at CIF Prelims...yawn. Noah...no more summer school. Brian...don't take a week off, before the first race. Dia...we wanted you to catch our top 5...#2 man, that will do. Sophomore George and Adrian give us more options. Wash Stuart...that thing made the bus dirty. Every second costs 2 points on Saturday...and we had no 'team running'...to control those gaps, we need to find each other in future races.

Girls: (15<sup>th</sup> place, 368 points)

58. Takaoka, Deana	19:16	5:59, 12:37-6:38, 19:16-6:39	
59. Masuda, Chloe	19:16	5:56, 12:28-6:32, 19:16-6:48	(0:00 #1-2)
82. Gloyer, Emma	19:36	6:10, 13:02-6:52, 19:36-6:34	(0:20 #2-3)
103. Nakamoto, Hannah	19:55	6:11, 12:58-6:47, 19:55-6:57	(0:19 #3-4)
104. Huang, Ashley	19:57	6:19, 13:09-6:50, 19:57-6:48	(0:41 1 thru 5) (0:02 #4-5)
108. Abraham, Preethy	20:01	6:18, 13:14-6:56, 20:01-6:47	(0:04 #5-6)
113. Mori, Kanon	20:05	6:13, 13:09-6:56, 20:05-6:56	(0:45 1 thru 7) (0:04 #6-7)
156. Powers, Desiree	21:05	6:19, 13:42-7:23, 21:05-7:23	
21. Lubba, Alyssa	20:38	6:38, 13:35-6:57, 20:38-7:03	

After losing 5 of our top 7 girls from last year, we're clearly in a rebuilding season with little expectation in league. And how do we start off the year?...how about beating Torrance!!...they are clearly favored to win (even destroy) league this year. But let's be more realistic...Torrance was missing their #1 and #3 girl...so they're still better than us...for now. Regardless of Torrance...we ran great. The coaches weren't worried about our 2 veterans leaders, Deana and Chloe. A nice aggressive start...solid pacing...and apart from a tough last mile by Chloe, our #1-2 set the templet for the team. And our new varsity members ran well giving us much needed depth....how about our #1-7 all within 45 seconds!! Last year, we never got a top 7 under 1 minute. So without an elite girl, this type of team packing will be critical toward our success. Emma got within 20 seconds of our top 2...insane, after seeing gaps of 2-3 minutes in summer practice. And Hannah had a nice race going...but struggled a bit on the last mile...still improved. BTW, everybody improved from last year, including 3:45 improvement from Desiree, wow! Ashley needed to get out faster and become a part of that 2<sup>nd</sup> pack (with Hannah and Emma). Preethy, off sporadic training, had a nice showing as well. And perhaps the only bad race was Kanon's...in practice she's up with Chloe and Deana on every surge...we need her to get used to the faster varsity starts and get back upfront to give us a 3-girl front. We didn't get to see our top freshmen, Rivka (in time, she'll give us a 4-girl front)...but freshmen Alyssa shined and gave us a nice glimpse of our future in her first race. Great first race girls...if you would have told the coaches that our first race we'd have 7 girls within 45 seconds of each other (with our top girl still improving), the coaches would have considered this a ridiculous request for such a young team...way to 'rebuild' quickly from last year's graduating class!!



Rosemead Invitational  
Sept. 10<sup>th</sup>, 2016

Rosemead High School. 2.93 miles. Flat on grass and cement .  
Fr – Very Warm & dry (74<sup>o</sup>) So – Very Warm (70<sup>o</sup>) Jr & Sr – Cool (66<sup>o</sup>)

Boys: No Score

13. Taylor, Robert	15:46	5:03, 10:25-5:22, 15:46-5:21	
12. Kawashiri, Noah	15:46	4:55, 10:28-5:33, 15:46-5:18	(0:00 #1-2)
21. Paine, David Michael	16:05	5:04, 10:42-5:38, 16:05-5:23	(0:19 #2-3)
23. Orduno, George	16:09	5:07, 10:41-5:34, 16:09-5:28	(0:04 #3-4)
28. Orejana, Adrian	16:16	5:07, 10:44-5:37, 16:16-5:32	(0:30 1 thru 5) (0:07 #4-5)
9. Spencer, Casey	16:40	5:29, 11:21-5:52, 16:40-5:19	(0:24 #5-6)
55. Yamada, Shotaro	16:45	5:27	(0:59 1 thru 7) (0:05 #6-7)
61. Panganiban, Ryan	16:56	5:28, 11:15-5:47, 16:56-5:41	
64. Shaw, Michael	16:59	5:28, 11:15-5:47, 16:59-5:43	

With most of the varsity team taking the day off, we showed up to one of the most random meets of the year. Hot and dry early...then pitch dark and dangerous in the Junior race....plus crazy 90<sup>o</sup> turns, jumping off stairs, maneuvers around mud, and through sprinkler systems. Despite all this and with half a varsity team, the results were quite encouraging. Noah bounced back from the Cow Run by getting out faster and was immediately involved earlier...he came by at 4:55 (compared to last week's 5:35) and was in 9<sup>th</sup> place at the mile mark. He slipped 3 spaces, but it's that kind of early aggressiveness that we want on these flat fast courses. Senior David Michael, off of a broken collar-bone and three weeks of training, is starting to regain his varsity legs again. Sophomore George and Adrian continue to impress in the Sophomore race, creeping ever so close to our varsity scorers. And in hotter races, our two freshmen studs Casey Spencer and Robert Martinez found each other early and keep a calm conservative pace...around 40<sup>th</sup> through 400m...and then they proceeded to pick off runners together...29<sup>th</sup> and 30<sup>th</sup> @ 1 mile, 20<sup>th</sup> and 21<sup>st</sup> @ 2 mile, and finished in 9<sup>th</sup> and 15<sup>th</sup> place. Next is Woodbridge...first test.

Girls: No Score

11. Huang, Ashley	19:12	6:05, 12:46-6:41, 19:12-6:26	
25. Mori, Kanon	19:44	6:02, 12:57-6:55, 19:44-6:47	(0:32 #1-2)
30. Chan, Clara	20:02	6:09, 13:11-7:02, 20:02-6:51	(0:18 #2-3)
15. Ben-Avides, Rivka	20:34	6:05, 13:20-7:15, 20:34-7:14	(0:32 #3-4)
16. Lubba, Alyssa	20:36	6:25, 13:36-7:11, 20:36-7:00	(1:24 1 thru 5) (0:02 #4-5)
34. Powers, Desiree	20:42	6:26, 13:34-6:12, 20:42-7:08	(0:06 #5-6)
58. Garcia, Malaree	21:13	6:35	(2:01 1 thru 7) (0:31 #6-7)

Like the boys, we rested most of our varsity girls team either because of slight injuries or because their first race (at Great Cow) was encouraging enough to sit them. So basically, we wanted better races from Ashley

and Kanon...get in some good first-race marks...and come out injury free. We accomplished 2 out of the 3...we did pick up an injury...Emma smashed her knee playing soccer. As for the races, Ashley was way more focused on Saturday coming through the first mile in 15<sup>th</sup> place...she was surrounded by 4 Torrance girls at the time. She 'shedded off' three of the Torrance girls....with their #5 girl finishing 2 seconds in front of her. Both Kanon and Clara were overly aggressive...in 4<sup>th</sup> and 5<sup>th</sup> at the 400m mark. The heat and field caught up with them as they slipped backwards throughout the race. Their times (with the heat) were fine, but we have to find the perfect balance to start the race...not too fast and then blow up, and not too slow and never get involved. Speaking of fast starts, freshmen Rivka got out a bit too fast and found herself fighting 'cotton-mouth' through the rest of the race. Her time and place wasn't bad...but what a painful introduction to the sport. Based on times, factoring the heat from the first race, Freshmen Alyssa and Rivka will both be helping us soon. We got to get these freshmen more acclimated with the rest of the varsity girls (*acclimated...pretty big word for Coach Tokuda*)

Side Note: Stop looking at your watch on race day! Some of you are running against the 'clock' checking your splits. Getting a certain time doesn't win races...beating people wins races! Watches are for practices (with no one around)...if the coaches want you to hit a certain mile time, why travel to Rosemead when we can do that alone on the South High track. What the coaches cannot simulate in practice is the hundred other runners...and the competition will make you faster...not the watch.



Woodbridge Invitational  
Sept. 16<sup>th</sup>, 2016

Silverlakes Sport Complex. Flat on grass, gravel, cement  
Warm, Fr-So Girls - 79°, Fr-So Boys 74°, Varsity 69°

Boys: 4<sup>th</sup> place (128 points)

19. Johnson, Hayden	15:47	5:08, 10:42-5:44, 15:47-5:05	
26. Antazo, Dia	15:55	4:59, 10:31-5:32, 15:55-5:24	(0:08 #1-2)
30. Kliszewski, Jared	15:57	4:59, 10:36-5:37, 15:57-5:21	(0:02 #2-3)
31. Taylor, Robert	15:57	4:59, 10:36-5:37, 15:57-5:21	(0:00 #3-4)
34. Kawashiri, Noah	16:06	5:02, 10:44-5:42, 16:06-5:22	(0:19 1 thru 5) (0:09 #4-5)
38. Majamaki, Nick	16:07	5:06, 10:47-5:41, 16:07-5:20	(0:01 #5-6)
43. Huang, Brian	16:09	5:08, 10:51-5:43, 16:09-5:18	(0:22 1 thru 7) (0:02 #6-7)
4. Caballeros, Alex	16:30	5:20, 11:12-5:52, 16:30-5:18	
8. Orduno, George	16:33	5:19, 11:06-5:47, 16:33-5:27	
9. Orejana, Adrian	16:33	5:19, 11:06-5:47, 16:33-5:27	

Our first real test of the year...and wow, what an impressive start! We had many questions before the race: could we get out fast and hold our position?...was Dia's first race a 'fluke' because everybody else fell at Great Cow?...is Noah part of the pack?...could putting our sprinters in front help with our team start? All of our questions were soon answered with a collective yes. We had a great start...we had great pack running...we held our positions throughout the race...and we closed hard the last mile. Our strength was our depth/grouping and we had the best #1-7 gap in the field. Individually, Hayden had a great last mile...Dia was unafraid to lead the team (as he held our top position through most of the race)...our kickers picked off valuable points with 100 meters to go...and Nick and Brian, showed off our depth, provided us with the second best 6<sup>th</sup>-7<sup>th</sup> man in the field (behind only West).

For an average team, these results would be satisfying...but we're not trying to be average. So let's talk about the next step. With almost every team in CIF running over the 2 day event, we are just on the outer edge of the top 10 ranking for Division 3. So how can we improve to break into that top 10? Even though we were 4<sup>th</sup> in our race, 8 teams had a faster #1 man. With Hayden pulling off an insane last mile, he can still go further up the road with a slightly faster first half. But it's not all on Hayden...if we get our pack running 5-10 seconds faster that will make all the difference later in the season.

Next is our first league meet. A yawner perhaps...West is the best and might not even run their top guys (or jog together through the first half of the race)...Torrance is no threat to us, with only Manny capable of breaking up our grouping. If West goes hard, we need to get guys on their #5-7 man...if we want to try to reach the next level, we got to compete with the team that is already at the highest level.

Girls: 8<sup>th</sup> (184 points)

23. Masuda, Chloe	19:08	5:59, 12:41-6:42, 19:08-6:27	
31. Takaoka, Deana	19:16	5:59, 12:42-6:43, 19:16-6:34	(0:08 #1-2)
39. Huang, Ashley	19:34	6:08, 13:02-6:54, 19:34-6:32	(0:18 #2-3)
43. Nakamoto, Hannah	19:37	6:08, 13:03-6:55, 19:37-6:34	(0:03 #3-4)
55. Abraham, Preethy	19:51	6:10, 13:13-7:03, 19:51-6:38	(0:43 1 thru 5) (0:14 #4-5)
78. Chan, Clara	20:35	6:22, 13:38-7:16, 20:35-6:57	(0:44 #5-6)
91. Kinney, Marielle	21:17	6:19, 14:01-7:42, 21:17-7:16	(2:09 1 thru 7) (0:42 #6-7)
8. Kim, Nari	20:08	6:11, 13:27-7:16, 20:08-6:41	
6. Ben Avides, Rivka	20:37	6:30, 13:52-7:22, 20:37-6:45	

With this young team trying to gain experience, we can ill afford more injuries. And just our luck, another week, another injury...as Kanon twisted her ankle during a workout. So down two girls, we went into a Woodbridge with lower expectations than before. Out of 20 teams that started, we finished in 8<sup>th</sup>. Not too exciting, but certainly not a disaster that was potentially there with a depleted team. We got out fast...super focus and ready from the gun. We found partners early...with Deana and Chloe...and with Hannah, Ashley, Preethy and Marielle. Marielle blew-up the second mile, while Preethy slipped a bit off the pace. But in the end, the times were decent and the placing was fair. We got Hannah and Ashley within 20 seconds of Deana and 30 of Chloe. And like the Great Cow Run, we had a great scoring gap (this time 43-seconds). Add in a healthy Kanon and Emma, and we got 7 girls very tight to each other. With Nari Kim taking 8<sup>th</sup> in her race, she could have ran with our pack had she been in the much cooler varsity race. And freshmen Rivka looked great in her first real varsity surge on the strand this week...she is a real wild card for us, since neither she nor the coaches really know how good she can be in a few weeks.

Although there was optimism in the air...there was also a reality that set in on Friday night. We got a chance to see our league competition at the same venue. As expected, we were going to be the underdog going



into Woodbridge and then the league meets. North girls...no threat. Torrance girls...solid and favored to win league. West girls...big surprise, as their times surpassed Torrance. Originally during summer training, the coaches thought we were going to struggle with our young and inexperienced backpack...there were 2 minute gaps during surges. But now that we're down to 20 seconds, so we did a great job solving the first concern quickly. The next concern has become our front pack, as Torrance and West are taking advantage of us upfront. We need 2 more girls to help Chloe and Deana to break up the front girls from both West and Torrance....but it won't happen immediately...it has to happen in practices first. West purposely eye-balled us on Friday (even took the spot next to us on the line.) We took off with little concern for them, and eventually West passed us during the race. But in these upcoming league meets (with only 25 girls), we need to match-up from the beginning, instead of taking off like 'bats out of hell.' We'll talk later about match-ups and the race.

Pioneer League Meet #1

September 22<sup>nd</sup>, 2016

Columbia Park. Flat on grass and pavement

Mild and clear, 75°

Boys: 2<sup>nd</sup> Place (46 points)

5. Kliszewski, Jared	15:51	5:27, 10:35-5:08, 15:51-5:16	
7. Johnson, Hayden	15:54	5:28, 10:43-5:15, 15:54-5:11	(0:03 #1-2)
9. Huang, Brian	16:01	5:27, 10:35-5:08, 16:01-5:26	(0:07 #2-3)
12. Kawashiri, Noah	16:05	5:28, 10:51-5:23, 16:05-5:14	(0:04 #3-4)
13. Caballeros, Alex	16:06	5:28, 10:45-5:17, 16:06-5:21	(0:15 1 thru 5) (0:01 #4-5)
14. Majamaki, Nick	16:07	5:28, 10:42-5:14, 16:07-5:25	(0:01 #5-6)
Taylor, Robert	DNF	5:27	DNF
6. Paine, David Michael	16:25		

As predicted this was a yawner...as far as the order of the team finish. But there were a few bright/interesting individual results. West decided to 'cruise' the first mile. Robbie 'the shoeless one' Taylor was pulled from the race at the mile mark...this was a coach's decision (we've seen runners step on glass in a race and end their season)...had it been a bigger race the coaches would have taken the risk of running barefoot...but no need to gamble on Thursday. After a basic stroll in the park through mile one, West took off the second half of the race. Jared and Brian looked the best out front once the pace picked up. We were in a good battle with Torrance's top 2 and West's back group. Our kickers, Noah and Hayden, woke up and passed a few teammates the last mile. Jared finished as our top guy...beating 3 West guys in the process. Alex, replacing Dia, looked right at home with our pack...he gives us now 8-guys who can all run within seconds of each other. And Brian got two West guys to finish third for us. Beating a few West guys in the back might not seem like a big deal, but in order to be among the best, you got to prove you can run/beat the best. West are the CIF Champions...last year they jogged league finals for the first 6 positions. No more of that non-sense of toying with us...they might beat us, but we are no longer going to back down from them. Their backpack are legit runners (no scrubs) on one of the best teams in the State...splitting apart their pack will help us later at CIF.

Resting Dia...pulling Robert out of the race...it's clear that this wasn't the most important race of the year. But there are still things we can learn from this showdown at Columbia. First, since we're so deep and tight as a team...if you're feeling good, Go...don't wait for a teammate to dictate the pace (it might be your day to lead this team). Whenever a South runner pushes...we got 6 other guys who are willing to go along for the ride. Second, our kickers...don't sit back and wait for the last mile to make an aggressive move. It takes courage...but if we have you guys out front in the beginning, then when you close the last mile, you'll be passing more than just South guys. Again, we can afford to take risks in these league meets...it will pay off later at CIF. Next is SB Cup, small meet but some good teams will be there...perfect time to take risks and see if we can find a breakout 'elite' front pack.



Girls: 3<sup>rd</sup> Place (61 points)

9. Masuda, Chloe	19:15	6:17, 12:38-6:21, 19:15-6:37	
11. Abraham, Preethy	19:21	6:20, 12:45-6:25, 19:21-6:36	(0:06 #1-2)
12. Takaoka, Deana	19:22	6:17, 12:42-6:25, 19:22-6:40	(0:01 #2-3)
14. Ben Avides, Rivka	19:27	6:20, 12:47-6:27, 19:27-6:40	(0:05 #3-4)
15. Nakamoto, Hannah	19:28	6:21, 12:47-6:26, 19:28-6:41	(0:13 1 thru 5) (0:01 #4-5)
16. Huang, Ashley	19:28	6:19, 12:53-6:34, 19:28-6:35	(0:00 #5-6)
18. Gloyer, Emma	19:57	6:18, 12:59-6:41, 19:57-6:58	(0:42 1 thru 7) (0:29 #6-7)
2. Garcia, Malaree	20:18		

The Woodbridge results were confirmed at the first league meet; West girls had made the biggest jump as they surpassed Torrance, and leaving us in third. We now have our target for the next month and a half...Torrance. The basic game plan was vague on Thursday, because it was hard to determine what was going to happen at this first league meet. So the coaches just asked Deana and Chloe to find the front, but not too fast in the beginning...which they did through the first mile. We asked the rest of the girls to run together...which we did. And with this basic plan, we got 3<sup>rd</sup> place...nothing bad happen, but we've got to change our focus for the next league meet, because 3<sup>rd</sup> place is not good enough. Through the first 3-4 minutes, the race was a front pack of 3 West, 2 Torrance, and 2 South girls...then our pack, then Torrance pack. On the thick grass leading toward the mile, this race was decided...the Torrance pack of 3 went around our pack, and we didn't react. After the mile mark, nothing much happened...1 West girl went forward, Chloe and Deana was caught by the Torrance backpack, and 1 Torrance girl went backwards. There was no passing anywhere.

We finished this race, super tight...our #1-6 was within 13 seconds, and within seconds of the Torrance pack (btw, they ran shorter than us). But our pack really didn't compete...we ran as a pack (as the coaches wanted), but the comfort of the pack prevented us from going against the competition. This happened in the JV race too...when the West girls took the lead; our girls didn't react, instead they just stayed comfortably next to their South running partner. 'Pack running' is great when you are the better team...it prevents blow-ups. But when you're the underdog and the 'pack' is not fast enough, then you have to individually break out of our comfort zone and compete. Malaree and Emma did the best job of letting go of the pack mentality...Malaree felt good and broke away to take 2<sup>nd</sup> in the JV race...and while Emma did blow up, we still like her competitive spirit through the first mile.

So the new game plan: We no longer have a front 2 of Chloe and Deana...you younger girls have been incredible in closing the gap (6 girls with 13 seconds!) But Thursday would have been so much easier for Chloe and Deana, if they had South jerseys fighting along sides with them in that race. So now in practice, everybody is responsible for leading and pushing the pace. We cannot beat Torrance if only our two Seniors are dictating our pace in practice. The next league race, each girl will be responsible to go after the Torrance girls...although everybody's finishing times will be close, we have to 'race' and not just 'pack run'.

Last thought, Torrance has no 6<sup>th</sup> girl...there is a minute+ gap...they only have 5 girls who do all their scoring. We had the best 6<sup>th</sup> and 7<sup>th</sup> girl over both West and Torrance...and we have Kanon and Nari 'waiting in the wing' to help in the battle. Extra last thought, Iron Supplements.

**Pioneer League Meet #1**  
**@ Colombia Park**

**Boys Varsity**

1	Tamanaha	West	15:39	14	Majamaki	South	16:07	27	Harvey	Torrance	17:33
2	Bix	West	15:45	15	Martin	Torrance	16:12	28	Cook	Leuzinger	18:18
3	Abberton	West	15:46	16	Abebe	North	16:17	29	No Name	Centennial	20:33
4	Strong	West	15:49	17	Ko	Torrance	16:25	30	Escelera	Leuzinger	20:33
5	Kliszewski	South	15:51	18	Darsot	North	16:32	31	No Name	Centennial	20:33
6	Gil	Torrance	15:54	19	Young	West	16:36	32	No Name	Centennial	21:33
7	Johnson	South	15:54	20	Quang	North	16:42	33	Johnson	Leuzinger	21:50
8	Cavuoti	West	15:58	21	Alejandrino	Torrance	16:52	34	No Name	Centennial	21:52
9	Huang	South	16:01	22	Hurtado	North	16:57	35	Ridley	Leuzinger	23:55
10	Williams	Torrance	16:02	23	Wittman	North	17:09	36	Anderson	Leuzinger	23:55
11	Nieraeth	West	16:05	24	Moreno	North	17:16	37	Dennis	Leuzinger	24:16
12	Kawashiri	South	16:06	25	Roth	Torrance	17:18	38	No Name	Centennial	24:19
13	Caballeros	South	16:06	26	Asato	North	17:27	39	Canada	Leuzinger	24:23

**Boys Freshmen**

1	Gallagher	West	16:52	30	Wong	South	19:47	59	Sheardown	Torrance	21:24
2	Spencer	South	17:10	31	Bunuan	Torrance	19:49	60	Lee	South	21:24
3	Bothwell	Torrance	17:13	32	Gregory	West	19:49	61	Suzuki	North	21:28
4	Martinez	South	17:14	33	Nguyen	West	19:51	62	Di Franco-C	South	21:31
5	Gonzalez	West	17:14	34	Webster	West	20:06	63	Woolen	South	21:33
6	Ritchey	West	17:51	35	Rowe	West	20:09	64	Song	North	21:37
7	Yee-Cannon	South	18:03	36	Hokanson	West	20:10	65	Ishida	Torrance	21:44
8	Kircher	West	18:24	37	Tamura	West	20:12	66	Strong	West	21:48
9	Gregory	West	18:24	38	Kurashige	West	20:16	67	Saito	West	22:10
10	Cavuoti	West	18:27	39	Eckert	West	20:16	68	Lee	West	22:23
11	Martin	Torrance	18:35	40	Lim	South	20:17	69	Skinner	South	22:32
12	Russo	West	18:36	41	Phu	North	20:18	70	Im	Torrance	22:34
13	Aguila	West	18:41	42	Mora	Torrance	20:19	71	Kim	South	22:38
14	Yamakawa	West	18:41	43	Myers	West	20:21	72	Contreras	Leuzinger	23:02
15	Delgadillo	West	18:43	44	Gandia	North	20:23	73	Johnson	West	23:08
16	Fujikura	South	18:44	45	Chan	South	20:23	74	Abayaratna	West	23:12
17	Proffitt	Torrance	18:47	46	Lewis	West	20:29	75	Brandt	South	23:16
18	Campos	Torrance	18:49	47	Gil	Torrance	20:32	76	Krug	West	23:24
19	Lee	West	18:58	48	Wells	West	20:38	77	Bakardzhiev	West	23:29
20	Dunkel	West	19:10	49	Bautista	North	20:39	78	Ruskowski	South	23:29
21	Menon	Torrance	19:14	50	Norman	West	20:39	79	Fernandez	West	23:48
22	Calero	South	19:16	51	Miller	Torrance	20:40	80	Astorga	North	23:49
23	Nair	South	19:17	52	Nicles	South	20:43	81	Jovel	Torrance	24:29
24	Wiseman	Torrance	19:24	53	Yi	West	20:43	82	Kim	South	24:33
25	Rodriguez	West	19:25	54	Richardson	Torrance	20:54	83	Gardiner	North	25:27
26	Saruwatari	Torrance	19:26	55	Sylvester	Torrance	20:55	84	Gibson	West	27:13
27	McCarthy	South	19:41	56	Kwon	West	21:13	85	Dinicola	Torrance	27:47
28	Welsome	Torrance	19:43	57	Yang	Torrance	21:18	86	Lin	South	29:05
29	Brar	Torrance	19:43	58	Hyun	West	21:19	87	Simpson	Torrance	32:39

**Pioneer League Meet #1**  
**@ Colombia Park**

**Boys Junior Varsity**

1	Rodriguez	West	15:48	60	Panganiban	South	18:13	119	Hanhart	South	19:47
2	Bock	West	16:03	61	Hsu	West	18:16	120	Frnaco	Torrance	19:52
3	Fitzpatrick	West	16:22	62	Maxey	South	18:21	121	Harrison	West	20:02
4	Vo	West	16:24	63	Kim	West	18:22	122	Smith	West	20:02
5	Esquivelzeta	West	16:24	64	Nguyen	North	18:26	123	Sun	South	20:04
6	Paine	South	16:25	65	Kozai	North	18:26	124	Beltran	Torrance	20:05
7	Kawase	West	16:25	66	Faulhaber	North	18:30	125	Wilson	Torrance	20:10
8	Orduno	South	16:32	67	Reynoso	South	18:31	126	Guzman	Torrance	20:16
9	Lupian	West	16:33	68	Ito	Torrance	18:31	127	DeLa Cruz	Torrance	20:19
10	Duan	West	16:39	69	Parker	Torrance	18:37	128	Dimitrov	South	20:24
11	Morita	West	16:44	70	Taylor	West	18:39	129	Allaparti	West	20:26
12	Orejana	South	16:47	71	Helin	Torrance	18:40	130	Burkardt	South	20:31
13	Ahn	West	16:48	72	Dihn	West	18:42	131	Anasco	South	20:33
14	Lee	West	16:55	73	Valenzuela	Torrance	18:44	132	Ajimine	North	20:34
15	Garver	West	17:00	74	Chen	Torrance	18:47	133	Montiel	West	20:35
16	Aubele	South	17:01	75	Kurahashi	West	18:49	134	Mei	South	20:37
17	Ng	West	17:03	76	Partida	Torrance	18:51	135	Zink	Torrance	20:44
18	Yamada	South	17:04	77	Rahbar	North	18:52	136	Gatz	Torrance	20:44
19	Ausland	West	17:07	78	Chow	West	18:52	137	Lee	South	20:45
20	Plagata	Torrance	17:07	79	Martin	West	18:53	138	Sudwal	Torrance	20:47
21	Taylor	South	17:09	80	Starritt	West	18:55	139	Tallo	Torrance	20:52
22	Solis	South	17:14	81	Kurek	South	18:57	140	Im	Torrance	21:02
23	Huang	Torrance	17:16	82	Bacigalupi	Torrance	18:57	141	Kuwahara	Torrance	21:08
24	Nieraeth	West	17:16	83	Hirai	South	18:57	142	Gidaya	Torrance	21:11
25	Kato	South	17:17	84	Cizma	West	18:58	143	Manalo	Torrance	21:14
26	Shaw	South	17:18	85	Gonzalez	West	18:58	144	Davis	South	21:17
27	Ishigaki	West	17:21	86	Hamilton	South	19:00	145	Lee	West	21:28
28	Ambriz	North	17:21	87	Takanshi	Torrance	19:01	146	Kim	West	21:29
29	Tabirara	North	17:25	88	Donaldson	West	19:01	147	Javate	Torrance	21:31
30	Paine	South	17:30	89	Yang	Torrance	19:01	148	Hamilton	West	21:37
31	Johnson	West	17:30	90	Dashuta	West	19:04	149	Fujimura	North	21:40
32	Hirose	North	17:32	91	Yamashita	Torrance	19:07	150	Lakin	North	21:41
33	Arredondo	Torrance	17:35	92	Jee	South	19:07	151	Pang	West	21:51
34	Nagano	West	17:46	93	Sawakawa	South	19:09	152	Walker	West	21:51
35	Chan	South	17:46	94	Nieto	Torrance	19:10	153	Tom	Torrance	21:53
36	Garcia	Torrance	17:48	95	Yang	West	19:10	154	Tran	West	21:58
37	Koshi	West	17:48	96	Vazquez	Torrance	19:12	155	Arita	Torrance	21:59
38	Leivers	Torrance	17:48	97	Brandt	West	19:12	156	Han	South	22:08
39	Del Signore	South	17:49	98	Chao	West	19:13	157	Jahangiani	South	22:11
40	Masciotti	South	17:50	99	Gonzalez	North	19:16	158	Jovel	Torrance	22:17
41	Berhe	South	17:50	100	Bopage	West	19:16	159	Chok	Torrance	22:36
42	Eguchi	Torrance	17:51	101	Sherdown	Torrance	19:17	160	Cheng	Torrance	22:37
43	Miyazaki	Torrance	17:51	102	Murillo	Torrance	19:19	161	Phan	Leuzinger	22:42
44	Chung	West	17:53	103	Rodriguez	Torrance	19:21	162	Ballard	Torrance	22:48
45	Arthur	West	17:53	104	Rivera	West	19:22	163	York	Torrance	23:07
46	Roth	Torrance	17:54	105	Resnick	West	19:22	164	Miller	Torrance	23:44
47	Swanson	West	17:55	106	Cruz	North	19:23	165	Lin	South	24:06
48	Jinka	West	17:58	107	Could	Torrance	19:25	166	Fujii	Torrance	24:12
49	Laveaga	West	17:59	108	Kao	Torrance	19:25	167	Chung	South	24:14
50	Chung	South	18:00	109	Peterman	North	19:25	168	Chang	Torrance	24:17
51	Luke	Torrance	18:01	110	Wooldridge	South	19:29	169	Hong	West	24:27
52	Kato	North	18:03	111	Ampo	West	19:29	170	Fu	West	24:31
53	Jiang	South	18:04	112	Zaks	Torrance	19:31	171	Kim	South	24:35
54	Kaneshiro	North	18:05	113	Morimoto	South	19:33	172	Barba	Leuzinger	24:51
55	Martin	West	18:06	114	Junaidean	Torrance	19:34	173	Ataka	West	25:31
56	Leone	West	18:07	115	Lee	West	19:36	174	Lee	West	25:32
57	Wakimoto	South	18:08	116	Cheleski	North	19:40	175	Santamaria	Torrance	25:52
58	Awad	West	18:09	117	Maxey	Torrance	19:45	176	Mihlar	South	26:05
59	Matsuda	North	18:09	118	Angeles	Torrance	19:46	177	Yanase	Torrance	27:14

**Pioneer League Meet #1**  
**@ Colombia Park**

**Girls Varsity**

1	Lopes	West	18:48	11	Abraham	South	19:21	21	Carroll	Torrance	20:42
2	Jaquias	West	18:51	12	Takaoka	South	19:22	22	Pierce	West	20:51
3	Oelsner	West	18:53	13	Olson	West	19:24	23	Hirose	North	20:57
4	Neumann	Torrance	18:53	14	Ben Avides	South	19:27	24	Valdovinos	North	21:00
5	Park	West	18:53	15	Nakamoto	South	19:28	25	Kiyabu	North	21:04
6	Gonzales	Torrance	19:01	16	Huang	South	19:28	26	Gonzalez	North	21:29
7	Beedy	Torrance	19:01	17	Klein	West	19:48	27	Yanagida	North	21:42
8	Anderson	Torrance	19:10	18	Gloyer	South	19:57	28	Hannah	Leuzinger	26:30
9	Masuda	South	19:15	19	Simpson	Torrance	20:34				
10	Fujimoto	Torrance	19:18	20	Martin	North	20:37				

**Girls Junior Varsity**

1	Whelchel	West	20:09	46	Casas	North	22:53	91	Shonack C	South	24:44
2	Garcia	South	20:18	47	McEnroe	Torrance	22:53	92	Kimura	Torrance	24:45
3	Mason	West	20:29	48	Lee	Torrance	22:53	93	Roach	South	24:47
4	Adame	Torrance	20:30	49	Wright	Torrance	22:57	94	Tengan	Torrance	24:48
5	Farnham	Torrance	20:33	50	Cho	West	23:03	95	Figueroa	Torrance	24:50
6	Powers	South	20:40	51	Mercado	West	23:05	96	Amezcuia	West	24:53
7	Lubba	South	20:40	52	Park	West	23:13	97	Potcovaru	West	24:54
8	Arellano	Torrance	20:45	53	Delgadillo	Torrance	23:14	98	Belsito	South	24:56
9	Hernandez	West	20:59	54	Starr	West	23:14	99	Quiroz	Leuzinger	24:57
10	Cho	West	21:04	55	Wenzel	West	23:14	100	Zhou	West	25:12
11	Kinney	South	21:04	56	Senthil	West	23:16	101	Andrade	Torrance	25:12
12	Rodriguez	West	21:10	57	Nakamura	Torrance	23:16	102	Mendoza	North	25:21
13	Atkinson	West	21:10	58	Doty	West	23:18	103	Shimizu	North	25:37
14	Jiao	West	21:10	59	Feder	West	23:20	104	Cao	South	25:43
15	Sylvester	Torrance	21:13	60	Torres	West	23:23	105	Trice	West	25:45
16	Catipon	Torrance	21:17	61	Stubbs	West	23:26	106	Lee	West	25:45
17	Trodden	South	21:18	62	Makino	Torrance	23:26	107	Carley	West	25:47
18	Cocca	Torrance	21:19	63	Hashiko	North	23:31	108	Hesson	South	25:51
19	Chan	South	21:22	64	Scheumann	South	23:36	109	Chaires	Torrance	25:53
20	Uyeki	Torrance	21:24	65	Nakahara	Torrance	23:37	110	Perez	Leuzinger	26:06
21	Vogt	West	21:31	66	Brown	South	23:41	111	Ramos	Torrance	26:07
22	Meadows	West	21:35	67	Peay	Torrance	23:42	112	Marinas	West	26:08
23	Troutman	West	21:39	68	Ritchie	West	23:44	113	Kuewa	West	26:09
24	Aldis	North	21:40	69	Sklar	North	23:47	114	Shonack D	South	26:22
25	Fujimoto	South	21:42	70	Sanchez	Torrance	23:48	115	Strickfaden	South	26:45
26	Hirano	North	21:47	71	Yeo	Torrance	23:48	116	Takaoka	South	27:14
27	Leddy	Torrance	22:00	72	Pendrick	Torrance	23:49	117	Sands	West	27:51
28	Lopez	Torrance	22:00	73	Lopez	North	23:49	118	Adeib	West	28:05
29	Tinsley	North	22:02	74	Berube	South	23:50	119	Ruiz	West	28:18
30	Colditz	South	22:02	75	Cochran	Torrance	23:50	120	Sandoval	Torrance	28:54
31	Tanaka	Torrance	22:04	76	Younger	West	23:51	121	Yoon	Torrance	29:04
32	Cendejas	Torrance	22:05	77	Miyata	North	23:53	122	Galang	Torrance	29:05
33	Park	South	22:09	78	Joo	North	23:53	123	Mahida	Torrance	29:05
34	Hashimoto	Torrance	22:13	79	Estrada	Torrance	23:55	124	Diaz	Torrance	29:08
35	Aaron	South	22:14	80	Radmilovich	South	24:06	125	Megerdichian	Torrance	29:09
36	Iwakiri	North	22:27	81	Fujimoto	South	24:07	126	Tabares	Torrance	29:39
37	Furuta	West	22:28	82	Nair	Torrance	24:13	127	Daitch	West	29:51
38	Wagner	North	22:29	83	Zhou	West	24:14	128	Rodriguez	Leuzinger	29:55
39	Oto	Torrance	22:31	84	Hanger	Torrance	24:15	129	Reyes	Torrance	30:07
40	Shimizu	West	22:36	85	Lin	South	24:19	130	Kim	Torrance	30:12
41	Espinosa	South	22:44	86	Leem	West	24:19	131	Reamer	West	31:10
42	Tekle	West	22:46	87	Shimizu	West	24:21	132	Miranda	West	31:41
43	Tokishi	Torrance	22:47	88	Masuda	South	24:31	133	Wotring	Torrance	33:19
44	Estrada	West	22:47	89	Casio	West	24:35	134	Shorland	West	33:53
45	Butardo	Torrance	22:48	90	Adams	West	24:39				

## Daily Breeze

### Prep Roundup: West Torrance cruises in first Pioneer League cross country meet

Pioneer league cross country meet at Columbia Park in Torrance Thursday. Boys varsity winner Ike Tamanaha of West Torrance. (Photo by Robert Casillas/Southern California News Group)  
Julia Lopes of West High crosses the finish line to take girls varsity title in the Pioneer league cross country meet at Columbia Park on Torrance. Photo by Robert Casillas, Daily Breeze/SCNG



Both the West Torrance High School boys and girls cross country teams were victorious at the first Pioneer League meet at Columbia Park in Torrance on Thursday.

The West boys took the first four slots, including Ike Tamanaha's first-place time of 15 minutes, 39.6 seconds on the three-mile course. Carson Bix took second in 15:45.6, Rory Abberton was third in 15:46.1 and Tyler Strong was fourth in 15:49.6.

South Torrance's Jared Kliszewski (15:51.7) took fifth, Torrance's Manny Gil finished sixth (15:54.6), South's Hayden Johnson was seventh (15:54.9), West's Anthony Cavuoti finished eighth (15:58.8), South's Brian Huang took ninth in 16:01.4 and Torrance's Robert Williams was 10th in 16:02.7.

West had 18 points, followed by second-place South (46 points), Torrance (69), North Torrance (99), Leuzinger (162) and Centennial (164). West took the first three girls spots, Julia Lopes winning in 18:48. Kaili Jaquias was second in 18:51 and Rachel Oelsner third in 18:53.

Torrance's Megan Neumann took fourth place with a time of 18:53.8 and West's Kailey Park was fifth in 18:53.9. Torrance took the next three spots with Sierra Gonzales (19:01.3), Paige Beedy (19:01.7) and Ariana Anderson (19:10.3). South's Chloe Masuda was ninth in 19:15.5 and Torrance's Reiko Fujimoto took 10th in 19:18.2. West had 24 points, followed by Torrance (35), South (61) and North (118).



# 2016 Daily Breeze – Season Preview



West Torrance High School cross country teammates, from left, Rory Abberton, Carson Bix and Caleb Terrill, are looking to win back-to-back CIF-SS titles. Photo by, Daily Breeze/SCNG Robert Casillas — staff photographer

By [Dave Thorpe](#), Daily Breeze

## 1. WEST TORRANCE

West High School captured the school's first CIF Southern Section boys title since 1967. The Warriors also took third place at the CIF State Championships.

What can West do for an encore?

The Warriors lost standout Yousef Baddour (UC Santa Barbara), but return a strong group of elite runners, led by Carson Bix and Caleb Terrill.

While Baddour led West in the CIF-SS Division 2 final last year with a fourth-place time of 15 minutes, 21 seconds at Mt. SAC,

Terrill and Bix were not far behind. Terrill finished eighth in 15:28.5 and Bix was 12th with a time of 15:41.1.

Last year West coach Jason Druten compared his runners to a group of wild horses: "Aggressive and not afraid of anything" and the Warriors look to have the same mentality this year.

Terrill, a junior, is coming off a stress fracture and slowly starting to round into the form that could make him one of the top runners in the state. Terrill was an All-CIF-SS and All-CIF State selection last year. Bix looks primed for a huge senior year after setting five school records during the track and field season.

Terrill and Bix lead a strong group of runners that also includes juniors Rory Abberton and Ike Tamanaha and senior Jorge Rodriguez. Tamahana took 40th place in 16:22.8 in last year's CIF-SS Division 2 final.

West is ranked second in CIF-SS Division 3 behind Brea-Olinda and looks like a shoe-in to win the Pioneer League.

The CIF-SS preliminaries (Nov. 11-12) and finals (Nov. 19) take place at the Riverside City Course this year while Mt. SAC is under renovation.

Druten feels the group is not only strong enough to win a CIF-SS title, but to make it to the podium at Woodward Park in Fresno, home of the CIF State finals (Nov. 26). He feels the Warriors have an outside shot at getting an invitation to the Nike Cross Nationals in Portland, Oregon Dec. 3.

## 2. MIRA COSTA

The Mustangs are ranked fourth in CIF-SS Division 2 and are coming off an impressive third-place finish in the 5,000-meter Danner Championships at the Nike Portland Meet. Mira Costa is led by seniors Caleb Llorin and Michael Yaskowitz, along with junior Xavier Court. Llorin had Mira Costa's best finish in Portland with a 22nd-place time of 15:56.32. Senior Matt Arruda and sophomore Cy Chittenden are among those giving the Mustangs good depth.

## 3. REDONDO

The Sea Hawks are strong at the top of its lineup with senior standout Ethan Comeaux, who has high hopes for a big season and catching the eyes of some colleges. Comeaux was last year's Daily Breeze Runner of the Year after taking sixth in the CIF-SS Division 1 finals in 15:10.04. Comeaux also reached the CIF State meet in track and field in the 1,600. Sophomore Ben Tait and junior Brian Adler give Redondo a strong 1-2-3 punch. But the key to Redondo's success as a team might be how the rest of the group does. Juniors Farooq Tariq and Cade Erickson and sophomores Sanjun Lee and Rudy Orre could give Redondo a big boost.

## 4. PALOS VERDES

The Sea Kings, ranked ninth in Division 3, are led by junior Ian Irish and sophomores Wade Nygren and Will Teets. Otherwise, the Sea Kings return an inexperienced varsity squad. PV took fourth in the CIF-SS finals last year with Robert Franklin (Cal Poly San Luis Obispo) and Duncan Reid (Oberlin) leading the way, and will need the youngsters to step up to have another big season.

## 5. EL SEGUNDO

Senior Shane Mahon and junior Garrett Rifkin lead the way for the Eagles, who are ranked sixth in CIF-SS Division 4. But the team's strength may be its 3-4-5 runners, who are close behind Mahon and Rifkin, as senior captain Daniel Gutierrez, along with Noah Fenton and Ryan Hoerner give El Segundo quality depth. El Segundo has high hopes for an Ocean League crown and a state meet appearance.

## 6. SOUTH TORRANCE

The Spartans took second place in the Pioneer League last year behind powerhouse West Torrance and aims for a second-place finish again. South reached the CIF-SS preliminaries last year and it is shooting for a trip to the CIF finals this season. Sophomore Hayden Johnson, who took seventh in league last year, along with seniors Rob Taylor (ninth in league) and Jared Kliszewski (10th in league) lead the charge.

## 7. TORRANCE

The Tartars likely will battle for second place in the Pioneer League with South and North. Manny Gil and Robert Williams had top-10 performances for Torrance in the first Pioneer League meet.

## 8. SAN PEDRO

Jessi Cuellar, Antonio Alvarado, Chad Rowan and Marquis Abraham are among those leading the way for a San Pedro that is usually the class of the Marine League. Leo Jimenez is returning from injury and was San Pedro's fastest returning runner. San Pedro has won 15 consecutive Marine League dual-meet titles.

## 9. BISHOP MONTGOMERY

Senior David Aguilar is providing leadership and the best times for the Knights, who took fifth place in the Del Rey League last year but are now in the Camino Real League, where a better finish looks probable.

## 10T. PENINSULA

The Panthers are going through a youth movement for coach Chris Foster, who is looking for improved results by the end of the season and hopes to build a foundation that will pay off in coming years. Juniors Kade Wong and Devin Limberg lead the way.

## 10T. LAWNDALE

Three-year varsity starter Joshua Velasco leads the way after a 12th-place finish in the Ocean League finals last year. Velasco holds every school record there is in cross country and looks to lower those times. Hugo Perez also looks primed for a big season.

# South Bay boys cross country runners to watch this season

Redondo's Ethan Comeaux looks primed for a huge senior season. File Photo by Steve McCrank, Daily Breeze/SCNG

- RORY ABBERTON - West Torrance, Jr.
- BRIAN ADLER - Redondo, Jr.
- DAVID AGUILAR - Bishop Montgomery, Sr.
- CARSON BIX - West Torrance, Sr.
- ETHAN COMEAUX - Redondo, Sr.
- FRANK GLANTZ - Chadwick, Soph.
- IAN IRISH - Palos Verdes, Jr.
- CALEB LLORIN - Mira Costa, Sr.
- SHANE MAHON - El Segundo, Sr.
- BEN TAIT - Redondo, Soph.
- CALEB TERRILL - West Torrance, Jr.
- JOSHUA VELASCO - Lawndale, Sr.
- MICHAEL YASKOWITZ - Mira Costa, Sr.



# 2016 - Daily Breeze Preview

## Girls cross country preview: Loaded PV leads South Bay top 10



Olivia Polischeck, Camille Hines, Grace Catena and Caitlin Stoner, from left to right, has helped the Palos Verdes High School girls cross country team to the top ranking in the CIF Southern Section Division 3 poll. Thomas R. Cordova — staff photographer

By [Dave Thorpe](#), Daily Breeze

### 1. PALOS VERDES

After winning the Bay League, taking second at the CIF Southern Section Division 3 finals and finishing third at the CIF State meet, could Palos Verdes High School be even better this season? Sure, PV lost standout Jacquelyn Smith to Villanova, Lauren Bourgeois to Gonzaga and Morgan Irish to Georgetown, but the Sea Kings added Pioneer League

champion Grace Catena from South Torrance and Mazzy Genovese from Rolling Hills Prep. Catena took 23rd place in the CIF-SS Division 2 finals in 18:44.7 last year and Genovese captured the CIF-SS Division 5 title last season as a freshman.

Better yet, standout Camille Hines returns for her senior season. Hines finished in 24th-place last year in the CIF-SS finals in 18:32.

Also returning is senior Alexandra Regan, who had a state meet finals time of 18:35 (28th place), along with seniors Caitlin Stoner and Olivia Polischeck.

PV is ranked No. 1 in CIF-SS Division 3 and aims for Bay League and CIF titles.

“Six girls have state championship experience and had great track seasons,” PV coach Brian Shapiro said.

### 2. MIRA COSTA

Elizabeth Chittenden, who led the Mustangs to a fourth-place finish in the CIF-SS Division 4 finals last year by finishing in sixth place (18:02.4), leads the way for a Mira Costa team that is now in Division 2 and ranked seventh. Chittenden has young talent behind her in sophomores Brooke Inouye and Olivia Hacohen and freshman Cara Chittenden.

### 3. REDONDO

The Sea Hawks are led by senior Trinity Leonard, who leads the way for an otherwise young squad. Sophomores Isabela Landry, Peyton Heiden and Jadyn Bell are coming on strong. Juniors Dana Focardi, Isabella Ramirez and Teja Skalko give Redondo the depth it will need to compete for the top spots in the Bay League.

### 4. WEST TORRANCE

The Warriors made a big splash at the first Pioneer League meet by taking four of the first five spots and finishing in first place overall. Julia Lopes won the title at the three-mile Columbia Park course with a time of 18:48, followed by second-place Kaili Jaquias (18:51), third-place Rachel Oelsner (18:53.60) and fifth-place Kailey Park (18:53.90). West is ranked 10th in CIF-SS Division 3.

### 5. EL SEGUNDO

It looks like sophomore Nikki Fulcomer will push the pace for El Segundo this season. Natalie Faivre, Grace Hoffman, Aiyana Verfaillie, Gabi Lee and Sabrine Elfarissi give El Segundo the kind of depth it needs to repeat as Ocean League champions.

The Eagles, who are ranked ninth in CIF-SS Division 4, look for a return trip to the CIF-SS finals, where it took 14th place last year.

#### **6. TORRANCE**

Megan Neumann was fourth place in 18:53.80 at the first Pioneer League meet. Sierra Gonzales, Paige Beedy, Ariana Anderson and Reiko Fujimoto also are key runners for the Tartars, who hope to challenge West for the league title.

#### **7. SAN PEDRO**

The Pirates have won eight in a row and 18 out of the last 19 Marine League dual-meet titles. Juniors Perla Aguilar, Chloe DeLeon and Maya Richardson and seniors Alexa de la Pena and Cynthia Melendez all return with experience from last year. The Pirates took second place to Palisades in the CIF L.A. City Section Division 1 championships.

Freshmen twins Riley and Grace Cameron and sophomore Kiana Campbell are among those giving San Pedro a boost in what could be another huge year.

#### **8. SOUTH TORRANCE**

Seniors Chloe Masuda and Deana Takaoka lead the way for Pioneer League reigning champions, who graduated four of its top seven runners from last year and had its No. 1 runner, Grace Catena, transfer to Palos Verdes. South looks to battle for one of the top three spots in league.

#### **9. PENINSULA**

Senior Kiley Atwood and junior Jessica Nye lead the way for a young Peninsula team. Atwood has improved her times since last year and looks to be the frontrunner for the Panthers, who hope to push for one of the top three spots in the Bay League.

#### **10T. LAWNDALE**

Three-year starter Paradyse Oakley and second-year starters Amy Moreno and Kylie Morales give the Cardinals hope for a strong season. Oakley is a track standout in the 400, but can adapt to longer runs as well and figures to push the pace. Lawndale has a lot of upside and potential for a big season.

#### **10T. BISHOP MONTGOMERY**

Senior Muriel Clapp leads the way with leadership and top times for the Knights and junior Olivia Pope is not far behind. Bishop Montgomery narrowly missed out on reaching the CIF-SS preliminaries last year and look to compete for a Camino Real League title and reach CIF this season.

## **South Bay girls cross country runners to watch this season**

Mira Costa's Elizabeth Chittenden is one of the top runners in the South Bay this season. File Photo by Steve McCrank/Staff Photographer

- PERLA AGUILAR - San Pedro
- KILEY ATWOOD - Peninsula
- GRACE CATENA - Palos Verdes
- ELIZABETH CHITTENDEN - Mira Costa
- NIKKI FULCOMER - El Segundo
- CAMILLE HINES - Palos Verdes
- KAILI JAQUIAS - West Torrance
- TRINITY LEONARD - Redondo
- JULIA LOPES - West Torrance
- MEGAN NEUMANN - Torrance
- PARADYSE OAKLEY - Lawndale
- OLIVIA POLISCHECK - Palos Verdes
- ALEXANDRA REGAN - Palos Verdes
- CAITLIN STONER - Palos Verdes



## South Bay Cup Results

### BOYS VARSITY

1	Cavuoti	West	16:00	12	Ko	Torrance	17:03	23	Dimeo	Culver City	18:02
2	Strong	West	16:11	13	Jordan	Culver City	17:07	24	Navas	San Pedro	18:11
3	Gil	Torrance	16:13	14	Rowan	San Pedro	17:09	25	Haik	San Pedro	18:27
4	Vo	West	16:20	15	Alvarado	San Pedro	17:15	26	Barth	Culver City	18:28
5	Nieraeth	West	16:24	16	Velasco	Lawndale	17:22	27	Takara	Culver City	18:30
6	Bock	West	16:24	17	Acevedo	Culver City	17:25	28	Garcia	Torrance	18:37
7	Cuellar	San Pedro	16:30	18	Flynn	Culver City	17:27	29	Pasco	Bishop	19:06
8	Fitzpatrick	West	16:37	19	Aguilar	Bishop	17:40	30	Sixtos	Lawndale	20:06
9	Young	West	16:37	20	Plagata	Torrance	17:44	31	Rupp	Bishop	20:28
10	Williams	Torrance	16:39	21	Cummings	Culver City	17:46	32	Estaya	Lawndale	23:30
11	Martin	Torrance	16:58	22	Harvey	Torrance	17:51				

### GIRLS VARSITY

1	Lopes	West	18:52	12	Gloyer	South	20:21	23	Sylvester	Torrance	22:19
2	Jaquias	West	19:08	13	De Leon	San Pedro	20:26	24	Powers	South	22:29
3	Aguilar	San Pedro	19:22	14	Fujimoto	Torrance	20:28	25	Codon	Chadwick	22:38
4	Neumann	Torrance	19:29	15	Pierce	West	20:50	26	Williams	Chadwick	22:50
5	Anderson	Torrance	19:40	16	Campbell	San Pedro	21:16	27	Elliott	Chadwick	23:10
6	Gonzales	Torrance	19:53	17	De La Pena	San Pedro	21:39	28	Wolf	Chadwick	23:17
7	Olson	West	19:53	18	Kinney	South	21:45	29	Mendoza	Bishop	23:20
8	Oelsner	West	19:59	19	Boiler	Chadwick	21:51	30	Barry	Chadwick	23:28
9	Cameron	San Pedro	20:07	20	Clapp	Bishop	22:00	31	Goldsmith	Chadwick	24:56
10	Beedy P	Torrance	20:08	21	Sharpe	Bishop	22:12	32	Matadama	Lawndale	27:19
11	Cameron	San Pedro	20:18	22	Hernandez	West	22:14	33	Rodriguez	Lawndale	28:04



## South Bay Cup Results

### Boys Junior Varsity (Top 30)

1	Abebe	North	16:46	11	Pellegrino	Mira Costa	17:45	21	Henry	Redondo	18:00
2	Duan	West	16:49	12	Coneybear	Redondo	17:45	22	Del Signore	South	18:01
3	Aguilar	Redondo	16:57	13	Asato	North	17:50	23	Lodge	Redondo	18:01
4	Quang	North	17:15	14	Ochar	Redondo	17:51	24	Paz	San Pedro	18:03
5	Rodriguez	Redondo	17:23	15	Ambriz	North	17:52	25	Roth	Torrance	18:03
6	Douglas	Redondo	17:29	16	Ishigaki	West	17:56	26	Moreno	North	18:06
7	Wittman	North	17:29	17	Johnson	West	17:56	27	Garver	West	18:15
8	Corman	Redondo	17:30	18	Chin	Redondo	17:57	28	Munoz	Redondo	18:15
9	Alejandrino	Torrance	17:30	19	Luce	Redondo	17:58	29	Cortes	San Pedro	18:16
10	Grollman	Redondo	17:30	20	Kato	North	17:59	30	Jackson	San Pedro	18:22

### Boys Sophomore (Top 30)

1	Darsot	South	17:05	11	Glantz	Chadwick	17:50	21	Nagano	West	18:19
2	Morita	West	17:16	12	Arredondo	Torrance	17:57	22	Koshi	West	18:22
3	Esquivelzeta	West	17:16	13	Ortiz	San Pedro	18:00	23	Zhang	Chadwick	18:23
4	Lee	West	17:27	14	Huang	Torrance	18:06	24	Laveaga	West	18:25
5	Ahn	West	17:35	15	Shaw	South	18:10	25	Kaneshiro	North	18:28
6	Hurtado	North	17:35	16	Wakimoto	South	18:12	26	Kim	West	18:30
7	Vadney	CAMS	17:38	17	Chung	West	18:15	27	Kato	South	18:31
8	Ng	West	17:44	18	Tabirara	North	18:17	28	Hsu	West	18:35
9	Nieraeth	West	17:46	19	Miyazaki	Torrance	18:18	29	Leivers	Torrance	18:40
10	Solis	South	17:50	20	Olivas	Mira Costa	18:18	30	Roth	Torrance	18:43

### Boys Freshmen (Top 30)

1	Gallagher	West	17:02	11	Blum	Redondo	18:05	21	Bevan	Bishop	18:46
2	Gonzalez	West	17:11	12	Atkinson	Mira Costa	18:11	22	Martin	Torrance	18:50
3	Prebanda	San Pedro	17:29	13	Chambers	Redondo	18:18	23	Whalen	Mira Costa	19:00
4	Richey	West	17:42	14	Gregory	West	18:21	24	DelMonte	Mira Costa	19:04
5	Martinez	South	17:48	15	Goldstein	Redondo	18:25	25	Kircher	West	19:05
6	Yee-Cannon	South	17:50	16	Flores	San Pedro	18:35	26	Song	Chadwick	19:07
7	Bothwell	Torrance	17:51	17	Velvin	Mira Costa	18:41	27	Dunkel	West	19:08
8	Flores	San Pedro	18:01	18	Yamakawa	West	18:43	28	Fujikura	South	19:08
9	Schuette	Culver City	18:01	19	Cavuoti	West	18:44	29	Campos	Torrance	19:12
10	Fiorito	Mira Costa	18:05	20	Delgadillo	West	18:45	30	Proffitt	Torrance	19:14

### Girls Junior Varsity (Top 30)

1	Moore	Redondo	20:39	11	Fideler	Mira Costa	21:29	21	Huskins	Mira Costa	22:13
2	Poirier	Mira Costa	20:52	12	Kumpis	Mira Costa	21:30	22	Ledermann	Redondo	22:14
3	Azafrani	Mira Costa	20:54	13	Carroll	Torrance	21:31	23	Kiyabu	North	22:20
4	Simpson	Torrance	20:57	14	Ishida	North	21:31	24	Pearman	Mira Costa	22:28
5	Melendez	San Pedro	21:04	15	Vogt	West	21:57	25	Gonzalez	North	22:30
6	Adame	Torrance	21:10	16	Villegas	Redondo	21:59	26	Jiao	West	22:31
7	Yin	Redondo	21:14	17	Fesagaiga	Redondo	22:00	27	Troutman	West	22:36
8	Richardson	San Pedro	21:14	18	De Fazio	San Pedro	22:06	28	Shimizu	West	22:37
9	Mason	West	21:23	19	Pell	Mira Costa	22:09	29	Barrera	Mira Costa	22:39
10	Martin	North	21:23	20	Fujimoto	South	22:11	30	Mann	Mira Costa	22:46

### Girls Freshmen (Top 30)

1	Bohney	Redondo	19:55	11	Rodriguez	West	21:34	21	Trodden	South	22:29
2	Park	West	19:59	12	Calderon	San Pedro	21:37	22	Park	South	22:39
3	Bender	Redondo	20:18	13	Milosevic	Mira Costa	21:40	23	Colditz	South	22:45
4	Whelchel	West	20:34	14	Arellano	Torrance	21:43	24	Price	Redondo	22:51
5	Pappas	Mira Costa	20:44	15	Ben Avides	South	21:47	25	Hastings	Redondo	22:51
6	Hirose	North	21:03	16	Konsmo	Mira Costa	22:00	26	Goeminne	Redondo	22:51
7	Martinez	Mira Costa	21:09	17	Masson	CAMS	22:04	27	Leon	Redondo	22:51
8	Tofler	Mira Costa	21:19	18	Lubba	South	22:05	28	Beam	Mira Costa	22:59
9	Oliver	Bishop	21:22	19	Stenson	Redondo	22:07	29	Dunbar	Mira Costa	23:03
10	Antich	Mira Costa	21:31	20	Valdovinos	North	22:23	30	Lopez	Bishop	23:03

Clovis Invitational

Oct. 8<sup>th</sup>, 2016

Woodward Park (3.1 miles) Rolling Hills on dirt, grass, cement  
Cool 55<sup>0</sup> (Varsity), Warm 73<sup>0</sup> (BJV)

Boys: 11 <sup>th</sup> (331 points)		1M	2M	3.1M
47. Taylor, Robert	16:27	5:02, 10:31-5:29, 16:27-5:56		
52. Huang, Brian	16:29	5:04, 10:34-5:30, 16:29-5:55		(0:02 #1-2)
69. Kliszewski, Jared	16:41	5:02, 10:33-5:31, 16:41-6:08		(0:12 #2-3)
80. Johnson, Hayden	16:47	5:07, 10:48-5:41, 16:47-5:59		(0:06 #3-4)
88. Majamaki, Nicklas	16:57	5:05, 10:46-5:41, 16:57-6:11	(0:30 1 thru 5)	(0:10 #4-5)
105. Kawashiri, Noah	17:04	5:08, 10:52-5:44, 17:04-6:12		(0:07 #5-6)
??? Caballeros, Alex	17:22	5:10, 11:06-5:56, 17:22-6:16	(0:55 1 thru 7)	(0:18 #6-7)
22. Paine, David	17:02	5:07, 10:50-5:43, 17:02-6:12		

After taking a week off from competition, we had our big mid-season meet at Clovis. Our results were fine, nothing to be ashamed of...but we're clearly not at the higher level that we're seeking with this 11<sup>th</sup> place finish. There were 35 teams from both Division 2 and 3 and from Northern and Southern California. We only had 1 comparable ranked team in our Division to assess how we match up; Paso Robles was ranked 9<sup>th</sup> in the State. We matched up the same with them with our #4, #5 and #6 man...but Paso Robles dominated us with their top 3 runners (grabbing only 49 points with their top 3, compare to our 168 points). They finished 5<sup>th</sup> in this race, proving how tough the competition was here at Clovis.

Let's mention some of the positives...but don't bother comparing the times with last year...it was 30 degrees hotter last year...so needless to say, everybody ran significantly faster. But what could be compared is our finishing places...we were 100 points better than last year! Our 3-4-5<sup>th</sup> men were above 100<sup>th</sup> place last year, now with all 5 scorers under 90<sup>th</sup> place (out of 230 athletes) our pack is clearly on par with the best in the State. Without a pure front runner, we must make up for it by packing 3-4 runners up front. A 30-second #1-5 gap is not bad...but getting down to 15-20 second gap (which is totally capable for us) would make a big difference. Our 3 seniors (Robbie, Brian, Jared) were tight together on Saturday...Jared slipped off by a few seconds the last mile, and in these bigger meets those few seconds allowed one team to get by us. Had a 4<sup>th</sup> man been with our seniors, we take another team out. We've come a long way from last year...no comparison that we're better...but still need to keep pushing ourselves...we got 1 more month, before the real test come.

In the JV race, this was a hodge-podge mixture of Veterans, Sophomores, and Freshmen. The boys ran well, with Senior David Paine running the best at 17:02...because of the heat, his adjusted time would have put him as our 4<sup>th</sup> man in the varsity race. So after losing Dia to injury, it's a nice to regain the veteran experience of David for future races. Our pair of Sophomores (George and Adrian) and Freshmen (Casey and Robert) came in behind David to give us a glimpse of our future. And although we'll graduate some great Seniors, we have guys ready to step-up to fill the void next year.

Girls: 12 <sup>th</sup> (344 points)		1M	2M	3.1M
48. Huang, Ashley	19:55	6:04, 12:38-6:34, 19:55-7:17		
53. Masuda, Chloe	20:01	5:56, 12:29-6:33, 20:01-7:32		(0:06 #1-2)
65. Takaoka, Deana	20:12	5:56, 12:37-6:41, 20:12-7:35		(0:11 #2-3)
83. Nakamoto, Hannah	20:28	6:05, 12:48-6:43, 20:28-7:39		(0:16 #3-4)
109. Abraham, Preethy	20:58	6:16, 13:06-6:50, 20:58-7:52	(1:03 1 thru 5)	(0:30 #4-5)
170. Kinney, Marielle	22:01	6:35, 13:54-7:19, 22:01-8:07		(1:03 #5-6)
176. Powers, Desiree	22:12	6:35, 13:54-7:19, 22:12-8:18	(2:17 1 thru 7)	(0:11 #6-7)

Perhaps the big surprise of the day was our girls varsity team results. Maybe the coaches overvalued the boys or undervalued the girls, but our girls results were virtually the same as our boys with a 12<sup>th</sup> place finish out of 34 teams. Where the guys are trying to make it to State from CIF Finals...our girls are just focus on beating one team at league finals so they can make it to CIF. Based on these results, our girls can go just as far as the boys...assuming that they can get out of league competition. Place for place, the girls matched up with our boys squad...exposing the same weaknesses (elite front runner) and strengths (depth.)

We got another solid performance from Deana and Chloe...they got out nicely, but drifted a bit in the later stages. Ashley had a huge breakthrough race for us. She started conservatively with her running mate, Hannah. But as the race progress, as others struggled, Ashley kept climbing the ladder...catching Deana at the 2-mile, then finding Chloe on the last mile to finish 1<sup>st</sup> for the team! Running partner Hannah finished 16 seconds from Deana...fairly typical results for us, and in a smaller meet there won't be those 18 runners in-between the two runners. Preethy had an off-day for us (considering at the last race, she had beaten Deana and was definitely part of our front pack). The huge crowd made a difference, as Preethy lost contact with her teammates early...from there, she just seem to struggle by herself. Marielle and Desiree ran together through most of the race...had a decent showing, but the gap right now is too big...and they will have to continue to try to close down on our scorers in practice.

Non-Clovis news, Kanon finally got in a few runs after twisting her ankle...and Emma beat Torrance #5 girl at South Bay Cup...and Marielle beat Torrance's #6 girl at South Bay Cup. Throwing in Emma, Rivka, and Kanon into the mix, we're an even better team than what we showed at Clovis. We might be better than our boys team? But our road is going to be much harder for you girls. Let's see how we do against Torrance next Thursday as we put all of our focus on them this time.

Pioneer League #2

Oct. 13<sup>th</sup>, 2016

Wilson Park. 3.2 miles. Mostly flat on pavement and grass.

Mild, 69°

Boys 2<sup>nd</sup> Place (36 points)

4. Huang, Brian	17:10	5:20, 10:44-5:24, 17:10-6:26	
6. Paine, David Michael	17:19	5:20, 10:53-5:33, 17:19-6:26	(0:09 #1-2)
7. Taylor, Robert	17:24	5:20, 10:52-5:32, 17:24-6:32	(0:05 #2-3)
9. Caballeros, Alex	17:30	5:20, 10:57-5:37, 17:30-6:33	(0:06 #3-4)
10. Majamaki, Nicklas	17:30	5:20, 10:57-5:37, 17:30-6:33	(0:20 1 thru 5) (0:00 #4-5)
12. Kawashiri, Noah	17:36	5:21, 11:01-5:40, 17:36-6:35	(0:06 #5-6)
16. Orduno, George	17:54	5:21, 11:02-5:41, 17:54-6:52	(0:44 1 thru 7) (0:18 #6-7)

No Jared and no Hayden...we come into the 2<sup>nd</sup> league meet after the so-so Clovis performance and put in another so-so performance. The times were clearly faster than last year...we improved as a team by 6 minutes! David Michael had back-to-back great races for us. Alex C had a bounce back race from Clovis. And our #1-5 gap was a solid 20 seconds. Not too shabby results. But on the flip side, we still lost to West High's B-team ...really their #6-13<sup>th</sup> man. We also lost to the only real threat from Torrance, as Manny took 1<sup>st</sup> in the race. Plus, as this race started to get tough, Brian was the only one who was in a competitive position to do anything. We controlled the mid-pack points nicely...but that's just the problem, we're just a mid-level team right now. And we're talking a big game as if it's a forgone conclusion that we're CIF Final bound and beyond. There was talk that Central Park Invite has 'no competition'...as if we're some type of elite squadron...but this team hasn't won a single race yet. Humble up guys...get mad...and then go after the faster runners at the next few races. We definitely have the potential to be great...we showed this at Woodbridge. At Woodbridge, we looked like a team that was about to be ranked (Brian was our 7<sup>th</sup> man that day). But things seem to have slipped since then. Now, we're a team that has mastered 'pack-running' and 'safe running'...but seem reluctant to push back when Torrance or West push us around. Once we get our full-squad back, we've got to make strides again and get heads to start noticing us again...and there is no bigger stage than Mt SAC Invite.

Speaking of full-squad, we got to get healthy! We lost 2 varsity bodies and a grip of top JV boys on Thursday to injuries. Torrance boys beat our JV boys by 20 points...after we had beaten them by over 40 points at the first meet...not acceptable! The same with our girls JV...Torrance did a 15 point switch to beat our depleted girl's team. This is nobody's fault...just keep icing and monitoring your aches and pains...we need a full team at league finals.



Girls 3<sup>rd</sup> Place (56 points)

6. Masuda, Chloe	20:30	6:17, 12:36-6:19, 20:30-7:54	
10. Huang, Ashley	20:51	6:17, 12:50-6:33, 20:51-8:01	(0:21 #1-2)
11. Nakamoto, Hannah	21:05	6:17, 12:50-6:33, 21:05-8:15	(0:14 #2-3)
13. Gloyer, Emma	21:19	6:24, 13:08-6:44, 21:19-8:11	(0:14 #3-4)
16. Ben Avides, Rivka	21:40	6:20, 13:11-6:51, 21:40-8:29	(1:10 1 thru 5) (0:21 #4-5)
17. Abraham, Preethy	21:41	6:19, 13:11-6:52, 21:41-8:30	(0:01 #5-6)
25. Mori, Kanon	23:23	6:30, 14:22-7:52, 23:23-9:01	(2:53 1 thru 7) (1:42 #6-7)

After the Clovis Invite, the coaches were excited about the growth of the girl's team. The girls team had been making huge strides since summer. Things were coming together nicely for our girls ...then the bad news dropped. Deana was attacked by a staircase, fought the steps with her ankle, and now is in a cast...it looks like she'll be out for a while. One of our strengths was our depth...and without Deana, it would be put to the test on Thursday.

At the first league meet, we lost to Torrance by 26 points. Three weeks later, at Wilson Park, we got that score closer, but still loss by 9 points. *Could we have won with Deana?...if she ran with Chloe, then yes...we would have barely beaten Torrance.* Of course, there is no Deana right now...which puts more pressure on this young team. Is it possible to beat them even without Deana?...yes, there was a moment (at the 2 mile) when we were beating Torrance...Rivka, Preethy, and Emma were in front of Torrance's #4 girl, and we held a slight edge...but that 4<sup>th</sup> girl had a great last mile (as she repassed our three girls.) A couple of concerns...we got to be more consistent...some of us are like 'light-switches' (on or off)....we can finish tight one race (13 seconds inbetween our top 5 scorers at Colombia Park) to over 13 seconds between each person on Thursday. At finals, we need seven girls who are all switched 'on' to overtake Torrance. Also, after a beautiful first mile (*running under control besides our opponent*) the pace started to pick up, some reacted to pace change, while others didn't react and stayed within the comforts of their teammates. At finals, sometimes our great coaching strategy 'goes out the door' when the opponents decide to start 'punching' first...'punch' back and just fight.

Let's talk about the positives from Thursday. Chloe ran a control race and really benefitted by slower start. And despite the loss, this team ran faster than last year's league champion team! Taking away Grace's time...Chloe beat Christie N...Ashley ran faster than Kristen W...Hannah beat Emma H...Emma G beat last year's Deana...Freshmen Rivka beats Junior Chloe's time...and Preethy beats Aubrey N. For such a young team, in many respects, we've overachieved this year. But since we haven't beaten Torrance yet, the coaches have to keep asking for you girls to do more. Don't be satisfied...in 3 weeks, we get one more chance...go for broke, hold back nothing, and we'll come away with the victory.



## Daily Breeze

# Prep roundup: Palos Verdes and Mira Costa win cross country meet

Mira Costa's Elizabeth Chittenden sprints to a first place finish after opening up a sizable lead late in the girls varsity race of a Bay League cross country meet on the Palos Verdes course Thursday, October 13, 2016, Palos Verdes Estates, CA. Photo by Steve McCrank, Daily Breeze/SCNG

The Mira Costa High School boys and the Palos Verdes girls took home teams victories, while Redondo's Ethan Comeaux and the Mustangs' Elizabeth Chittenden won individual titles at the first Bay League cross country meet on Thursday at the Palos Verdes course.

In the boys race, Mira Costa used strong performances by senior Caleb Llorin and junior Xavier Court, who finished second and fourth respectively, to help the Mustangs edge PV for the team title with 35 points. PV had 42 points and Redondo finished third with 56 points.



Mira Costa's top five runners all finished in top 12 and PV had its top five runners all finish in the top 13.

Comeaux took home the individual title with a time of 16 minutes, 13 seconds.

Redondo's sophomore Benjamin Tait finished third in 16:32 and Court finished fourth at 16:34. PV junior Ian Irish finished fifth at 17:03.

Chittenden took home the individual girls title with a time of 19:07.

"This feels great, honestly," she said. "No feeling quite compares to winning a race."

For PV, junior Grace Catena finished second in 19:18, Caitlin Stoner third (19:24), Camille Hines fourth (19:42), Mazzy Genovese fifth (19:56) and Olivia Polischeck was sixth (19:59) to help PV run away with the team title with 20 points. Mira Costa was second with 42 points and Redondo was a distant third with 82 points.

*– David Rice*

**PIONEER LEAGUE >>** Torrance runners captured individual crowns at the second league meet at Wilson Park, but the West Torrance boys and girls took home team victories. Torrance's Manny Gil had a first-place time of 16:56.9, besting second-place Aaron Nieraeth (17:06.4) and third-place Hee Joon Bock (17:09.1), both of West. South's Brian Huang took fourth in 17:10 and West's Tyler Strong was fifth in 17:13.5. West took first overall with 31 points, South was second with 36 points and Torrance finished third with 62 points.

Torrance's Megan Neumann took first in the girls race with a time of 20:03.3, beating the West foursome of Julia Lopes (20:16.5), Kailey Park (20:20.6), Kaili Jaquias (20:22.4) and Taylor Olson (20:29.5). The West girls took first with 22 points, Torrance was second with 47 points and South took third with 56 points.

**Pioneer League Meet #2**  
**@ Wilson Park**

**Boys Varsity**

1	Gil	Torrance	16:56	15	Ko	Torrance	17:44	29	Ambriz	North	19:47
2	Nieraeth	West	17:06	16	Orduno	South	17:54	30	Moore	Centennial	19:50
3	Bock	West	17:09	17	Abebe	North	18:08	31	McCalister	Centennial	20:02
4	Huang	South	17:10	18	Fitzpatrick	West	18:08	32	Coldpepper	Centennial	20:02
5	Strong	West	17:13	19	Darsot	North	18:13	33	Esclera	Leuzinger	20:14
6	Paine	South	17:19	20	Young	West	18:15	34	DeLaRosa	Leuzinger	21:03
7	Taylor	South	17:24	21	Alejandrino	Torrance	18:16	35	Greer	Centennial	21:22
8	Gallagher	West	17:28	22	Quang	North	18:16	36	Alexander	Centennial	21:25
9	Caballeros	South	17:30	23	Bothwell	Torrance	18:16	37	Phan	Leuzinger	23:44
10	Majamaki	South	17:30	24	Harvey	Torrance	18:22	38	Borthwell	Centennial	24:40
11	Martin	Torrance	17:31	25	Wittman	North	18:49	39	Gant	Centennial	24:41
12	Kawashiri	South	17:36	26	Hurtado	North	18:52	40	Oliva	Leuzinger	26:04
13	Duan	West	17:39	27	Tabirara	North	19:24	41	Mosely	Centennial	26:45
14	Williams	Torrance	17:40	28	Akende	Leuzinger	19:25				

**Boys Freshmen**

1	Gonzalez	West	18:46	27	Welsome	Torrance	21:02	53	Lee	South	22:55
2	Martinez	South	18:48	28	Wisman	Torrance	21:13	54	Contreras	Leuzinger	22:57
3	Yee-Cannon	South	19:14	29	Eckert	West	21:24	55	Strong	West	23:17
4	Spencer	South	19:14	30	Huang	West	21:25	56	Suzuki	North	23:23
5	Gregory	West	19:27	31	Menon	Torrance	21:26	57	Kwon	West	23:24
6	Russo	West	19:39	32	Gil	Torrance	21:31	58	Ishida	Torrance	23:25
7	Aguila	West	19:39	33	Delgadillo	West	21:38	59	Sun	West	23:26
8	Martin	Torrance	19:42	34	Gregory	West	21:42	60	Lee	West	23:28
9	Fujikura	South	19:46	35	Lewis	West	21:52	61	Handa	West	23:38
10	Kircher	West	19:53	36	Wells	West	22:00	62	Saito	West	23:57
11	Cavuoti	West	20:04	37	Kurashige	West	22:02	63	Brandt	South	24:05
12	Dunkel	West	20:13	38	Nicles	South	22:06	64	Wilson	West	24:22
13	Nguyen	West	20:19	39	Chan	South	22:09	65	Skinner	South	24:24
14	Wong	South	20:21	40	Bautista	North	22:19	66	Abayaratna	West	24:39
15	Mora	Torrance	20:25	41	Phu	North	22:20	67	Kim	South	24:48
16	Campos	Torrance	20:30	42	Myers	West	22:21	68	Bakardzhiev	West	24:49
17	Kamitsubo	South	20:34	43	Norman	West	22:22	69	Ruskowski	South	26:05
18	Saruwatari	Torrance	20:35	44	Sheardown	Torrance	22:24	70	Uchenna	West	26:25
19	Lee	West	20:39	45	Rosales	North	22:33	71	Astorga	North	26:40
20	Mato	North	20:40	46	Song	North	22:36	72	Gibson	West	27:30
21	Proffitt	Torrance	20:47	47	Yi	West	22:36	73	Dinicola	Torrance	28:12
22	Yamakawa	West	20:52	48	Sylvester	Torrance	22:36	74	Gardiner	North	28:51
23	McCarthy	South	20:53	49	Miller	Torrance	22:37	75	Lin	South	33:35
24	Nair	South	20:53	50	Woolen	South	22:43	76	Simpson	Torrance	33:47
25	Webster	West	20:57	51	Gandia	North	22:46	77	Loop	West	38:01
26	Brar	Torrance	20:59	52	Hyun	West	22:47				

**Pioneer League Meet #2**  
**@ Wilson Park**

**Boys Junior Varsity**

1	Esquivelzeta	West	18:03	53	Parker	Torrance	20:10	106	Kawashiri	Torrance	22:22
2	Ahn	West	18:07	54	Reynoso	South	20:12	107	Singh	South	22:26
3	Morita	West	18:08	55	Dihn	West	20:21	108	Brandt	West	22:27
4	Ausland	West	18:31	56	Ito	Torrance	20:28	109	Smith	West	22:33
5	Awad	West	18:34	57	Sawakawa	South	20:28	110	Cheleski	North	22:33
6	Lee	West	18:34	58	Hettinger	West	20:30	111	Dimitrov	South	22:41
7	Solis	South	18:36	59	Peterman	North	20:41	112	Sudwal	Torrance	22:44
8	Roth	Torrance	18:43	60	Rivera	West	20:42	113	Hanhardt	South	22:50
9	Roth	Torrance	18:44	61	Junaidean	Torrance	20:42	114	Anasco	South	22:52
10	Huang	Torrance	18:44	62	Murillo	Torrance	20:45	115	Le	West	22:53
11	Wakimoto	South	18:45	63	Chung H	South	20:47	116	Mohammad	West	22:53
12	Miyazaki	Torrance	18:46	64	Gonzalez	North	20:51	117	Gidaya	Torrance	22:56
13	Ng	West	18:46	65	Yamashita	Torrance	20:51	118	Lee	South	22:58
14	Arredondo	Torrance	18:46	66	Rahbar	North	20:52	119	Franco	Torrance	22:59
15	Nieraeth	West	18:49	67	Yang	West	20:54	120	Manalo	Torrance	23:01
16	Kato	North	18:51	68	Santonil	Torrance	20:54	121	Davis	South	23:01
17	Johnson	West	18:58	69	Ma	South	20:56	122	Wilson	Torrance	23:03
18	Leivers	Torrance	18:58	70	Partida	Torrance	20:57	123	Montiel	West	23:08
19	Aubele	South	19:04	71	Rodriguez	Torrance	20:57	124	Resnick	West	23:14
20	Yamada	South	19:04	72	Gould	Torrance	20:59	125	Burkhardt	South	23:15
21	Moreno	North	19:08	73	Kozai	North	21:03	126	Kim	West	23:16
22	Panganiban	South	19:10	74	Cizma	West	21:03	127	Gatz	Torrance	23:18
23	Garver	West	19:12	75	Faulhaber	North	21:03	128	Pang	West	23:18
24	Nagano	West	19:12	76	Starritt	West	21:06	129	Fujimura	North	23:19
25	Chung	South	19:14	77	Martin	West	21:07	130	Tran	West	23:49
26	Hirose	North	19:16	78	Valensuela	Torrance	21:07	131	Walker	West	24:33
27	Goo	North	19:19	79	Morimoto	South	21:07	132	Jhangiani	South	24:33
28	Kim	West	19:21	80	Krug	West	21:09	133	Hamilton	West	24:39
29	Martin	West	19:22	81	Dashuta	West	21:12	134	Lakin	North	24:41
30	Plagata	Torrance	19:27	82	Eguchi	Torrance	21:13	135	Cheng	Torrance	24:52
31	Kato	South	19:30	83	Sun	South	21:13	136	Ballard	Torrance	25:05
32	Garcia	Torrance	19:30	84	Cebreros	West	21:16	137	Chok	Torrance	25:06
33	Jinka	West	19:31	85	Allaparti	West	21:16	138	Javate	Torrance	25:06
34	Arthur	West	19:33	86	DeLa Cruz	Torrance	21:17	139	Burt	South	25:28
35	Ishigaki	West	19:33	87	Donaldson	West	21:18	140	York	Torrance	25:37
36	Koshi	West	19:41	88	Bopage	West	21:18	141	Fu	West	26:40
37	Elliott	West	19:42	89	Nieto	Torrance	21:27	142	Chung	South	26:42
38	Chung	West	19:45	90	Tallo	Torrance	21:27	143	Lin	South	26:43
39	Benson	West	19:46	91	Chao	West	21:36	144	Siddiqui	West	26:55
40	Luke	Torrance	19:48	92	Angeles	Torrance	21:36	145	Chang	Torrance	26:57
41	Helin	Torrance	19:50	93	Guzman	Torrance	21:39	146	Barba	Leuzinger	27:10
42	Swanson	West	19:54	94	Chow	West	21:54	147	Miller	Torrance	27:13
43	Kaneshiro	North	19:54	95	Foreman	Torrance	21:54	148	Hong	West	27:36
44	Taylor	West	19:55	96	Lee	West	21:56	149	Ataka	West	27:36
45	Masciotti	South	19:56	97	Wilson	Torrance	22:04	150	Marzo	North	28:03
46	Chen	Torrance	20:00	98	Maxey	Torrance	22:06	151	Fuentes	Leuzinger	28:31
47	Bacigalupi	Torrance	20:02	99	Zaks	Torrance	22:07	152	Lezama	Leuzinger	28:32
48	Takanashi	Torrance	20:02	100	Mei	South	22:08	153	Sauter	South	29:05
49	Asato	North	20:04	101	Kurek	South	22:13	154	Bae	Torrance	29:17
50	Jiang	South	20:06	102	Jee	South	22:19	155	Lee	West	29:18
51	Nguyen	North	20:06	103	Nguyen	West	22:20	156	Santamria	Torrance	30:07
52	Lupian	West	20:09	104	Harrison	West	22:21	157	Yanase	Torrance	31:13
				105	Ampo	West	22:22				

**Pioneer League Meet #2**  
**@ Wilson Park**

**Girls Varsity**

1	Neumann	Torrance	20:03	11	Nakamoto	South	21:05	22	Kiyabu	North	22:50
2	Lopes	West	20:16	12	Anderson	Torrance	21:18	23	Martin	North	22:51
3	Park	West	20:20	13	Gloyer	South	21:19	24	Valdovinos	North	23:12
4	Jaquias	West	20:22	14	Klein	West	21:20	25	Mori	South	23:23
5	Olson	West	20:29	15	Mason	West	21:39	26	Aldis	North	23:24
6	Masuda	South	20:30	16	Ben Avides	South	21:40	27	Gonzalez	North	24:03
7	Gonzales	Torrance	20:34	17	Abraham	South	21:41	28	Carroll	Torrance	24:31
8	Oelsner	West	20:36	18	Simpson	Torrance	22:07	29	Hannah	Leuzinger	26:35
9	Beedy P	Torrance	20:38	19	Hirose	North	22:19	30	Perez	Leuzinger	28:58
10	Huang	South	20:51	20	Farnham	Torrance	22:35	31	McCoy	Leuzinger	29:28
				21	Ishida	North	22:49				

**Girls Junior Varsity**

1	Whelchel	West	22:04	41	Stubbs	West	24:30	81	Miyata	North	26:10
2	Pierce	West	22:16	42	Columbine	South	24:31	82	Trice	West	26:17
3	Lubba	South	22:19	43	Iwakiri	North	24:32	83	Mendoza	Torrance	26:31
4	Powers	South	22:37	44	Espinosa	South	24:35	84	Radmilovich	South	26:34
5	Rodriguez	West	22:40	45	Tekle	West	24:38	85	Shonack D	South	26:43
6	Jiao	West	22:40	46	Sasaki	Torrance	24:38	86	Feder	West	26:55
7	Adame	Torrance	22:44	47	Park	West	24:42	87	Joo	North	26:59
8	Arellano	Torrance	22:54	48	Spinner	Centennial	24:49	88	Roach	South	27:03
9	Sylvester	Torrance	22:56	49	Mendoza	Centennial	24:50	89	Matsumoto	South	27:25
10	Park	South	22:57	50	Cho	West	24:50	90	Lopez	North	27:29
11	Atkinson	West	22:59	51	Cordova	Centennial	24:50	91	Hesson	South	27:30
12	Tanaka	Torrance	23:08	52	Reyes	Centennial	24:50	92	Mendoza	North	27:35
13	Cocca	Torrance	23:09	53	Chan	South	24:55	93	Alam	South	27:36
14	Troutman	West	23:10	54	Casas	North	25:02	94	Sands	West	27:39
15	Hirano	North	23:11	55	Starr	West	25:02	95	Shimizu	North	27:42
16	Catipon	Torrance	23:12	56	Sanchez	Torrance	25:04	96	Chaires	Torrance	27:46
17	Vogt	West	23:20	57	Chan	West	25:09	97	Chopra	Torrance	27:49
18	Kato	North	23:31	58	Delgaillo	Torrance	25:09	98	Carley	West	27:58
19	Cendejas	Torrance	23:32	59	Tinsley	North	25:10	99	Adams	West	28:01
20	Lopez	Torrance	23:32	60	Nair	Torrance	25:10	100	Tengan	Torrance	28:05
21	Cho	West	23:35	61	Peay	Torrance	25:11	101	Amezcuia	West	28:20
22	Meadows	West	23:41	62	Yeo	Torrance	25:13	102	Marinas	West	28:26
23	Hashimoto	Torrance	23:43	63	Lee	Torrance	25:18	103	Cao	South	28:36
24	Hernandez	West	23:43	64	Scheumann	South	25:18	104	Potcovaru	West	29:02
25	Trodden	South	23:51	65	Hanger	Torrance	25:24	105	Balderas	Torrance	29:05
26	Wagner	North	23:54	66	Nakahara	Torrance	25:28	106	Young	Torrance	29:16
27	Furuta	West	24:00	67	Berube	South	25:30	107	Chapman	South	29:38
28	Shimizu	West	24:00	68	Masuda	South	25:32	108	Larue	South	29:42
29	Colditz	South	24:01	69	Pendrick	Torrance	25:37	109	Rodriguez	Leuzinger	30:05
30	Andrade	West	24:01	70	Makino	Torrance	25:40	110	Takaoka	South	31:13
31	Butardo	Torrance	24:02	71	Younger	West	25:43	111	Sachdez	West	31:14
32	mercado	West	24:07	72	Hoshiko	North	25:44	112	Galang	Torrance	31:15
33	Yamagida	North	24:09	73	Leem	West	25:45	113	Reyes	Torrance	31:21
34	Casio	West	24:12	74	Cochran	Torrance	25:55	114	Argueta	Centennial	32:20
35	Torres	West	24:17	75	Duan	South	25:55	115	Tabares	Torrance	32:29
36	Adeib	West	24:20	76	Lin	South	25:59	116	Krumwiede	West	32:44
37	Leddy	Torrance	24:24	77	Shimizu	West	26:00	117	Miranda	West	33:22
38	Tokishi	Torrance	24:25	78	Tamashiro	North	26:01	118	Daitch	West	34:16
39	Estrada	West	24:26	79	Sklar	North	26:02	119	Okano	South	35:29
40	Oto	Torrance	24:30	80	Fujimoto A	South	26:10				

Mt SAC Invitational

Oct. 21<sup>st</sup>, 2016

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

Hot and dry. JV - 85°, Soph. - 91°, Varsity - 95°

Boys: 1<sup>st</sup> Place (72 points)

2. Huang, Brian	16:32	5:13, 11:09-5:56, 16:32-5:23	
10. Taylor, Robert	16:45	5:21, 11:17-5:56, 16:45-5:28	(0:13 #1-2)
17. Paine, David Michael	17:03	5:20, 11:21-6:01, 17:03-5:42	(0:18 #2-3)
19. Kawashiri, Noah	17:09	5:24, 11:46-6:22, 17:09-5:23	(0:06 #3-4)
27. Johnson, Hayden	17:19	5:23, 11:42-6:19, 17:19-5:37	(0:47 1 thru 5) (0:10 #4-5)
29. Majamaki, Nicklas	17:33	5:20, 11:46-6:26, 17:33-5:47	(0:14 #5-6)
82. Caballeros, Alex	18:18	5:27, 12:06-6:39, 18:18-6:12	(1:46 1 thru 7) (0:45 #6-7)
1. Orduno, George	17:45		
3. Aubele, Jack	18:11		

After being called out for getting manhandled by West's B-team last Thursday, our boys team had a quick response with a nice victory over 20+ teams in our heat at Mt SAC. The times are irrelevant due to the heat, but we did run hard and extremely smart. Feeling the heat and dry conditions, we wanted to be patient at the start and make a big move after the 1<sup>st</sup> mile. So at the mile, our top guy Brian was in 22<sup>nd</sup> place...David, Nick, and Robbie were in the mid-30's...Hayden and Noah were in 41-42<sup>nd</sup> place...and Alex was in 59<sup>th</sup> place. Apart from Alex, everyone crushed the field up-then-down SwitchBack. Coming toward Poop-out, we were in 5<sup>th</sup>, 14<sup>th</sup>, 16<sup>th</sup>, 31<sup>st</sup>, 37<sup>th</sup>, and 39<sup>th</sup> respectively. And we certainly weren't done...Brian passed another 4 bodies, Robbie 4, Noah 12, Hayden 12, and Nick 8 over the last mile of the race. When it was all said and done, we beat the next best team by 60 points! It was just one of 4 heats in the morning, and the 'big boy' race was in the evening. So how did we match-up against those teams?...it's hard to say, since the weather was a bit cooler in the sweepstake race. But guesstimating, we probably would have finished 16<sup>th</sup> out of 19 teams...sounds ugly, but we might have beaten a ranked team.



So we're probably just on the cusp of being ranked. And even though this is our best race since Woodbridge, Tokuda still found some flaws...our #1-5 gap and #1-7 gap is the largest of the year. If our strength is depth, we have to keep these gaps even tighter. But we didn't have Jared or Dia on Friday, and we still dominated...so maybe Tokuda should just relax, drink his 5-hour shot, and worry about other stupid things in his life (*starting with a new haircut, there's no justification for that mess.*)

Next race is league finals. If you can't get fired up for finals, then why are you here? West is the best, we're second, and Torrance is third. But we can't take Torrance lightly...they did slip 4 guys in front of Nick on Saturday (plus another man 5 seconds behind him). And we can't just accept West like there some kind of invincible machine...put pressure on them and we'll get 2-3 of their guys. We got to be 'firing on all cylinders' as we go into CIF playoffs, so no more 'day-off' races.

Girls: 3<sup>rd</sup> Place (122 points)

16. Masuda, Chloe	20:58	6:33, 13:55-7:22, 20:58-7:03	
19. Gloyer, Emma	21:13	6:40, 14:12-7:32, 21:13-7:01	(0:15 #1-2)
30. Nakamoto, Hannah	21:36	6:36, 14:25-7:49, 21:36-7:11	(0:23 #2-3)
31. Huang, Ashley	21:37	6:36, 14:28-7:52, 21:37-7:09	(0:01 #3-4)
37. Takaoka, Deana	21:52	6:34, 14:24-7:50, 21:52-7:28	(0:54 1 thru 5) (0:15 #4-5)
48. Ben-Avides, Rivka	22:11	6:39, 14:48-8:09, 22:11-7:23	(0:19 #5-6)
56. Abraham, Preethy	22:25	6:40, 15:02-8:22, 22:25-7:23	(1:27 1 thru 7) (0:14 #6-7)
11. Kinney, Marielle	22:38		

There were 4 heats for GV Division 3...and Mt SAC had to put Torrance in our heat...and our heat had 33 teams, while the other three heats had 17, 13, and 12 teams in them apiece...plus, our heat was the only heat with ranked team in it (3 ranked teams)...thanks Mt SAC. But thankfully, our girls responded well despite a team with a sick Ashley and a 'coming off an injury' Deana. 3<sup>rd</sup> place out of 33 teams...quiet impressive girls! Like the boys, we ran an extremely smart race. The heat was impossible to ignore...and so we backed off the first mile intensity. At the mile, Chloe was in 27<sup>th</sup> place, Deana in 34<sup>th</sup>, Hannah and Ashley in 38-39<sup>th</sup>, Rivka and Emma in 45-46<sup>th</sup>, and Preethy in 50<sup>th</sup>. Through the first hill, Rivka maintained position and Preethy slipped a few spots. But the rest of the girls made up some ground on the field...most significantly was Emma and Chloe passing 23 and 15 girls during this 2<sup>nd</sup> mile. Deana, Hannah, and Ashley passed around 7-8 bodies apiece. After the 2-mile the race was pretty much set, we were in third place and would remain in third place until the end...Chloe and Deana slipped a little, while Emma passed a few more bodies during that last mile. With this third place finish, we beat a ranked team...but then fell to a different ranked team, Torrance (who finished in 2<sup>nd</sup> place.)

How did we match-up against Torrance? The positives: Emma got their 3<sup>rd</sup> girl for the first time...Hannah and Ashley were mere seconds from their 4<sup>th</sup> girl...and this was the second straight race where our 5<sup>th</sup> beat their 5<sup>th</sup> girl. Other thoughts: Torrance has a #1 girl that we will not beat, so we have to make up for it with all of these other close battles...Torrance might have lost their normal 5<sup>th</sup> girl (she didn't run last Thursday and ran on Saturday, but didn't finish)...and Rivka and Preethy can/have beaten their current 5<sup>th</sup> girl.

Next is League Finals...it's "do or die" time. Torrance will be favored, but we can beat them if everybody is "on." Every girl has shown sparks of what they can do to help defeat 'Team Torrance.' We've seen Chloe beat Torrance #2 (last league meet)...before getting sick, we've seen Ashley finish as our top girl (Clovis)...Emma can beat their #3 girl (Mt SAC)...Preethy and Rivka have finished 2<sup>nd</sup> and 4<sup>th</sup> for the team (at Colombia Park)...Hannah is so consistent she's always in the mix with the Torrance girls...and Deana can run with Chloe, as she shown all year long. It will be close, and we'll talk about strategy later. But we can't just have an average day...so start visualizing a 'great day' where all of us come together on the same day to defeat Torrance at Finals.



Pioneer League Finals

Nov. 2<sup>nd</sup>, 2016

Entraderro Park. Rolling hill course on gravel, sand, pavement

75° clear and warm.

Boys: 2<sup>nd</sup> place (51 points)

8. Huang, Brian	16:26	
9. Paine, David Michael	16:36	(0:10 #1-2)
10. Kawashiri, Noah	16:44	(0:08 #2-3)
11. Majamaki, Nicklas	16:45	(0:01 #3-4)
13. Johnson, Hayden	16:49	(0:23 1 thru 5) (0:04 #4-5)
16. Kliszewski, Jared	17:06	(0:17 #5-6)
17. Taylor, Robert	17:09	(0:43 1 thru 7) (0:03 #6-7)
5. Orduno, George	16:46	

League Finals: The end result was not a surprise, but the actual race went quite different than expected. The coaches thought the pace would be calm through the early loops in the park...with the West Boys chatting about the weather as if it was a daily workout. But on Wednesday, the West guys were treating this race like it was the State championship meet. By the time the race got around the first baseball field, the race was already strung out. And we handled the initial shock well...if this was going to be a 'from the gun' type race, then we were ready to respond. David hung onto the tail end of their group early, and the rest of the team found each other quickly to form the second pack. Torrance's only chance to beat us was a slower pace and perhaps win the kicks if they could stay close. But with this quick start, Torrance's main pack was thrown to the back and was never a threat to our team.

We wanted to displace West's backpack...but we had to settle for only catching one guy. Brian and David gave it a good go at their pack...but the CIF champs were a bit too strong on this day. Nick and Noah were just a few strides behind our #1-2 and that safely secured our hold over Torrance. And with Hayden a few seconds behind them, our #1-5 was once again extremely tight at 23 seconds (after posting a 47-second gap at SAC.) Our two seniors in the back showed us some true-grit...Jared, fighting back issues, held things respectable on his first race back since Clovis. And Robbie was in the 'hurt tank'....turning 'ghost white', foaming at the mouth...but still managed to hold off the upcoming competition on one of his toughest races ever. The coaches love to see how tough athletes are on their worst day...and Robbie proved he's an 'animal' on this day, as he got to see his lunch a second time.

So congrats to our three All-League runners; Brian, David, and Noah. And take notice of George's time and how it could fit into the varsity race...more depth, if someone is not ready to go. And now begins CIF competition. We've seen crazy fast starts (like West at Finals) and were unfazed...we've seen huge field of over 150+ runners (like Woodbridge) and still managed to keep a tight 19-second scoring gap...we've seen hot and dry days (like SAC) and we ran smart and came away with the victory. We're ready boys! Last year, with basically the same team, we finished 14<sup>th</sup> at Prelims and missed CIF Finals. So here's comes the most 'no sh#t' comment of the year "Let's make it to CIF Finals this year". So no-sh#t Tokuda, now let's do it!!

Girls: 2<sup>nd</sup> (42 points)

5. Masuda, Chloe	19:45	
6. Huang, Ashley	19:48	(0:03 #1-2)
7. Gloyer, Emma	19:54	(0:06 #2-3)
10. Abraham, Preethy	20:08	(0:14 #3-4)
14. Nakamoto, Hannah	20:22	(0:37 1 thru 5) (0:14 #4-5)
15. Ben Avides, Rivka	20:23	(0:01 #5-6)
17. Takaoka, Deana	20:44	(0:59 1 thru 7) (0:21 #6-7)
4. Lubba, Alyssa	21:01	

After graduating 4 top seniors (Christie, Emma, Aubrey, Kristen) then losing our MVP as a transfer, the odds were stacked against us and the bar was set early in the season: let's upset the favored Torrance team (with their 1 senior loss team) at finals! After the league meet #1 (with a 26 point loss) we knew we had an uphill battle. But we saw progression at league meet #2, with a closer 9 point loss...then the 1-mile time trial confirmed that we could beat Torrance (as we killed them with our kicks). And on Wednesday, our long fought battle came to an end with our 'spanking' of Torrance and a beautiful 15 point victory over them!! The only bummer was West becoming a powerhouse this year and we were denied the league championship title. But a second place finish for this team is a great accomplishment.

The start of the race was perfect for us, as Torrance did something unusual...they got out fast. It made our task easier, since we could see our targets. So we just hooked on and waited. At the mile, Torrance was beating us, putting 4 girls in front of our #1 and their 5<sup>th</sup> was in front of our #5 girl. But the real race (outside the park) had yet to begin. Once mile two started, Torrance #1 started to struggle. Their #4 girl was looking strong (fortunately Chloe got right on her shoulder.) Emma and Ashley started to gap Torrance #2-3 on the sidewalk. By half way point, we were gaining control of the race...as Deana and Hannah got in front of their #5 girl. Once the race got back into the park, we were in full control of the race. And our kicks would just be 'icing on the cake'... with 400m to go Preethy passed 2 girls including Torrance #3 girl....while Rivka put 10 seconds on Torrance #4 girl over the last 400m. Deana was having an off-day, but still managed to push back Torrance's #5 girl to help in the scoring. Torrance may say that Megan (their #1 girl) having a bad day was the only reason why we beat them. Not true. That's their problem for having no depth...we survived with Deana (one of our top girls) finishing as our 7<sup>th</sup> girl...it showed how we 'covered' each other's back on off days. In fact, we made strides not just against Torrance but across the board. At the first meet, Chloe was our top girl in the top 10 (9<sup>th</sup> place)...on Wednesday, we had 4 girls in the top 10 (All-league status). We took a 37 point loss to West and shaved it down to just a 14 point gap. So we were the team that 'stepped up' the best on this day, and we deserve our victory over Torrance!

With that victory, it's on to CIF Prelims. If this team was the same team at the beginning of summer, the coaches would say 'little chance' to make it to CIF Prelims and 'no chance' to make it to CIF Finals. But this team is way better than those early 'whose going to catch Chloe-Deana' days of summer. And after Clovis, where the girls had similar results to our boys...the coaches have changed their tune on our CIF Finals chances. If the boys can make it to Finals (without a clear superstar and just on depth), then the girls (with no superstar and just depth) can do it as well. So let's keep this 'ball' rolling into next weekend. If we can shock the Pioneer League with this strong performance, then we can certainly shock the competition at CIF Prelims. Great job girls!



All-League Runners



David Michael Paine  
9<sup>th</sup> Place



Brian Huang  
8<sup>th</sup> Place



Preethy Abraham  
10<sup>th</sup> Place

Chloe Masuda  
5<sup>th</sup> Place

Pioneer League Finals

All-League Runners



Ashley Huang  
6<sup>th</sup> Place



Noah Kawashiri  
10<sup>th</sup> Place



Emma Gloyer  
7<sup>th</sup> Place

**Pioneer League Finals**  
**@ Entradero Park**

**Boys Varsity**

1	Tamanaha	West	15:44	12	Abebe	North	16:48	23	Wittman	North	18:11
2	Bix	West	15:47	13	Johnson	South	16:49	24	Quang	North	18:14
3	Rodriguez	West	15:51	14	Terrell	West	16:58	25	Akende	Leuzinger	18:17
4	Hazzard	West	16:07	15	Martin	Torrance	16:59	26	Roth	Torrance	18:20
5	Cavouti	West	16:08	16	Kliszewski	South	17:06	27	Harvey	Torrance	18:25
6	Gil	Torrance	16:18	17	Taylor	South	17:09	28	Moreno	North	18:30
7	Abberton	West	16:24	18	Williams	Torrance	17:16	29	Ambriz	North	18:43
8	Huang	South	16:26	19	Ko	Torrance	17:33	30	DeLaRosa	Leuzinger	20:13
9	Paine	South	16:36	20	Alejandrino	Torrance	17:34	31	Phan	Leuzinger	NT
10	Kawashiri	South	16:44	21	Darsot	North	17:43	32	Barba	Leuzinger	NT
11	Majamaki	South	16:45	22	Hurtado	North	18:01	33	Oliva	Leuzinger	NT

**Girls Varsity**

1	Lopes	West	18:41	11	Gonzales	Torrance	20:12	21	Simpson	Torrance	21:21
2	Park	West	19:30	12	Klein	West	20:16	22	Martin	North	22:33
3	Anderson	Torrance	19:40	13	Pierce	West	20:19	23	Ishida	North	22:45
4	Oelsner	West	19:40	14	Nakamoto	South	20:22	24	Gonzales	North	23:12
5	Masuda	South	19:45	15	Ben Avides	South	20:23	25	Aldis	North	23:22
6	Huang	South	19:48	16	Beedy C	Torrance	20:32	26	Perez	Leuzinger	30:21
7	Gloyer	South	19:54	17	Takaoka	South	20:44	27	Hannah	Leuzinger	30:22
8	Beedy P	Torrance	19:58	18	Olson	West	20:59	28	McCoy	Leuzinger	30:25
9	Jaquias	West	19:59	19	Neumann	Torrance	21:13	29	Quiroz	Leuzinger	30:48
10	Abraham	South	20:08	20	Fujimoto	Torrance	21:17	30	Rodriguez	Leuzinger	31:56

**Boys Freshmen**

1	Gallagher	West	16:38	38	Phu	North	20:43	63	Lee	South	22:13
2	Gonzalez	West	17:07	32	Calero	South	20:25	64	Bunuan	Torrance	22:19
3	Gregory	West	17:53	33	Gregory	West	20:26	65	Ishida	Torrance	22:23
4	Martinez	South	17:56	34	Wells	West	20:30	66	Richardson	Torrance	22:40
5	Spencer	South	17:56	35	Hokanson	West	20:31	67	Bakardzhiev	West	22:44
6	Richey	West	18:19	36	Welsome	Torrance	20:34	68	Di Franco	South	23:13
7	Yee-Cannon	South	18:23	37	McCarthy	South	20:39	69	Saito	West	23:14
8	Bothwell	Torrance	18:26	39	Chan	South	20:44	70	Skinner	South	23:14
9	Aguila	West	18:29	40	Mora	Torrance	20:47	71	Wilson	West	23:29
10	Russo	West	18:57	41	Saldana	Leuzinger	20:49	72	Kim	South	23:31
11	Dunkel	West	18:59	42	Brar	Torrance	20:52	73	Handa	West	23:32
12	Martinez	Torrance	19:03	43	Myers	West	20:58	74	Sylvester	Torrance	23:38
13	Cavuoti	West	19:09	44	Bui	North	20:59	75	Im	Torrance	23:39
14	Lee	West	19:10	45	Bautista	North	21:00	76	Sun	West	23:48
15	Kircher	West	19:22	46	Norman	West	21:04	77	Strong	West	23:50
16	Yamakawa	West	19:28	47	Sheardown	Torrance	21:05	78	Rodriguez	West	23:53
17	Delgadillo	West	19:29	48	Lewis	West	21:06	79	Jovel	Torrance	24:03
18	Nguyen	West	19:34	49	Eckert	West	21:06	80	Brandt	South	24:05
19	Wong	South	19:36	50	Lim	South	21:09	81	Song	North	24:29
20	Yang	West	19:37	51	Hyun	West	21:11	82	Johnson	West	24:31
21	Mato	North	19:39	52	Nair	South	21:17	83	Astorga	North	24:55
22	Kamitsubo	South	19:43	53	Yi	West	21:21	84	Gibson	West	24:56
23	Proffitt	Torrance	19:46	54	Contreras	Leuzinger	21:22	85	Kim	South	25:53
24	Saruwatari	Torrance	19:50	55	Huang	West	21:23	86	Sugita	West	26:33
25	Wisman	Torrance	19:54	56	Miller	Torrance	21:29	87	Ruskowski	South	26:34
26	Gil	Torrance	19:58	57	Nicles	South	21:34	88	Dinicola	Torrance	26:48
27	Gandia	North	20:01	58	Suzuki	North	21:47	89	Uchenna	West	26:57
28	Fujikura	South	20:04	59	Lee	West	21:56	90	Lin	South	32:00
29	Webster	West	20:06	60	Woolen	South	22:02	91	Simpson	Torrance	34:09
30	Campos	Torrance	20:09	61	Yang	Torrance	22:05	92	Loop	West	39:27
31	Menon	Torrance	20:24	62	Kwon	West	22:11				

**Pioneer League Finals**  
**@ Entradero Park**

**Boys Junior Varsity**

1	Vo	West	16:26	60	Partida	Torrance	19:13	119	Martin	West	20:55
2	Bock	West	16:30	61	Martin	West	19:15	120	Starritt	West	20:57
3	Strong	West	16:42	62	Parker	Torrance	19:17	121	Guzman	Torrance	20:59
4	Nieraeth	West	16:43	63	Peterman	North	19:17	122	Mohammad	West	21:06
5	Orduno	South	16:46	64	Nguyen	North	19:18	123	Harrison	West	21:06
6	Esquivelzeta	West	16:52	65	Elliot	West	19:18	124	Faulhaber	North	21:11
7	Duan	West	17:02	66	Rahbar	North	19:22	125	Brandt	West	21:16
8	Awad	West	17:05	67	Sawakawa	South	19:23	126	Le	West	21:17
9	Young	West	17:14	68	Chao	West	19:32	127	Lee	West	21:22
10	Fitzpatrick	West	17:16	69	Chen	Torrance	19:32	128	Hanhardt	South	21:30
11	Ausland	West	17:25	70	Masciotti	South	19:35	129	Montiel	West	21:33
12	Goo	North	17:32	71	Kurashashi	West	19:35	130	Lee	South	21:37
13	Morita	West	17:32	72	Laveaga	West	19:35	131	Allaparti	West	21:38
14	Lee	West	17:35	73	Rivera	West	19:37	132	Dimitrov	South	21:41
15	Plagata	Torrance	17:36	74	Gonzalez	North	19:37	133	Roa	South	21:50
16	Nieraeth	West	17:40	75	Bacigalupi	Torrance	19:40	134	Tran	West	21:53
17	Huang	Torrance	17:45	76	Chow	West	19:43	135	Burkhardt	South	22:05
18	Roth	Torrance	17:49	77	Ma	South	19:44	136	Sudwal	Torrance	22:10
19	Solis	South	17:50	78	Angeles	Torrance	19:46	137	Fujimura	North	22:10
20	Johnson	West	17:53	79	Morimoto	South	19:46	138	Pang	West	22:10
21	Miyazaki	Torrance	17:56	80	Hettinger	West	19:48	139	Valliere	South	22:11
22	Orejana	South	17:58	81	Rodriguez	Torrance	19:51	140	Smith	West	22:11
23	Aubele	South	17:58	82	Kozai	North	19:55	141	Zink	Torrance	22:11
24	Bragg	Torrance	18:05	83	Junaidean	Torrance	19:56	142	Beltran	Torrance	22:13
25	Arredondo	Torrance	18:06	84	Ataka	West	19:59	143	Han	South	22:19
26	Caballeros	South	18:07	85	Dihn	West	19:59	144	Kim	West	22:21
27	Ng	West	18:08	86	Murillo	Torrance	19:59	145	Vazquez	Torrance	22:24
28	Leivers	Torrance	18:10	87	Dashuta	West	20:00	146	Manalo	Torrance	22:30
29	Del Signore	South	18:11	88	Reynoso	South	20:00	147	Resnick	West	22:41
30	Tabirara	North	18:13	89	Yang	West	20:05	148	Kuwahara	Torrance	22:58
31	Asato	North	18:14	90	Jee	South	20:06	149	Javate	Torrance	22:58
32	Nagano	West	18:15	91	Chung	South	20:08	150	Hamilton	West	22:59
33	Yamada	South	18:18	92	Yamashita	Torrance	20:09	151	Perez	Torrance	23:04
34	Eguchi	Torrance	18:18	93	Takanashi	Torrance	20:09	152	Tom	Torrance	23:15
35	Chan	South	18:19	94	Santonil	Torrance	20:10	153	Oh	Torrance	23:21
36	Kim	West	18:20	95	Sun	South	20:11	154	York	Torrance	23:36
37	Garver	West	18:21	96	Hirai	South	20:13	155	Lakin	North	23:36
38	Panganiban	South	18:24	97	Gould	Torrance	20:17	156	Ballard	Torrance	23:39
39	Kato	South	18:28	98	Cebreros	West	20:18	157	Ahn	West	23:51
40	Swanson	West	18:30	99	Cruz	North	20:18	158	Cheng	Torrance	24:00
41	Shaw	South	18:31	100	Anasco	South	20:29	159	Chok	Torrance	24:01
42	Wakimoto	South	18:32	101	Wilson	Torrance	20:31	160	Jhangiani	South	24:02
43	Chung	West	18:37	102	Kurek	South	20:32	161	Bae	Torrance	24:13
44	Paine	South	18:40	103	DeLa Cruz	Torrance	20:33	162	Gatz	Torrance	24:51
45	Garcia	Torrance	18:40	104	Maxey	Torrance	20:33	163	Siddiqui	West	24:52
46	Jiang	South	18:42	105	Sheardown	Torrance	20:35	164	Chung	South	24:59
47	Kato	North	18:43	106	Bopage	West	20:35	165	Hong	West	24:59
48	Hirose	North	18:44	107	Zaks	Torrance	20:37	166	Lin	South	25:00
49	Ishigaki	West	18:45	108	Mei	South	20:39	167	Walker	West	25:10
50	Luke	Torrance	18:49	109	Kaneshiro	North	20:39	168	Gidaya	Torrance	25:10
51	Taylor	South	18:51	110	Tallo	Torrance	20:39	169	Miller	Torrance	25:55
52	Koshi	West	18:51	111	Lupian	West	20:41	170	Lezama	Leuzinger	25:57
53	Berhe	South	18:57	112	Foreman	Torrance	20:42	171	Fuentes	Leuzinger	26:31
54	Matsuda	North	18:58	113	Ampo	West	20:46	172	Chang	Torrance	26:37
55	Jinka	West	18:59	114	Cizma	West	20:47	173	Marzo	North	26:52
56	Benson	West	19:02	115	Wilson	Torrance	20:52	174	Santamaria	Torrance	27:30
57	Taylor	West	19:02	116	Franco	Torrance	20:52	175	Arita	Torrance	28:27
58	Helin	Torrance	19:04	117	Nguyen	West	20:53	176	Mihlar	South	29:14
59	Ito	Torrance	19:10	118	Davis	South	20:55	177	Yanase	Torrance	30:56

**Pioneer League Finals**  
**@ Entradero Park**

**Girls Junior Varsity**

1	Rodriguez	West	20:44	50	Andrade	West	23:50	99	Zhou	West	25:54
2	Mason	West	20:49	51	Casio	West	23:52	100	Yeo	Torrance	25:58
3	Whelchel	West	20:55	52	Leem	West	23:52	101	Sklar	North	26:07
4	Lubba	South	21:01	53	Iwakiri	North	23:54	102	Lopez	North	26:10
5	Adame	Torrance	21:14	54	Magee	Torrance	23:54	103	Yoon	Torrance	26:10
6	Kinney	South	21:24	55	Park	South	23:55	104	Sands	West	26:23
7	Farnham	Torrance	21:27	56	Stubbs	West	23:55	105	Hesson	South	26:24
8	Hernandez	West	21:32	57	Nair	Torrance	24:01	106	Chaires	Torrance	26:26
9	Jiao	West	21:33	58	Cho	West	24:04	107	Mendoza	North	26:26
10	Arellano	Torrance	21:41	59	Delgadillo	Torrance	24:06	108	Cochran	Torrance	26:32
11	Valdovinos	North	21:44	60	Tanaka	Torrance	24:08	109	Matsumoto	South	26:38
12	Trodden	South	21:51	61	Chan	West	24:12	110	Marinas	West	26:39
13	Garcia	South	21:52	62	Tamashiro	North	24:15	111	Shimizu	North	26:40
14	Park	South	21:56	63	Uyeki	Torrance	24:15	112	Chopra	Torrance	26:41
15	Carroll	Torrance	22:02	64	Estrada	West	24:16	113	Carley	West	26:45
16	Columbine	South	22:08	65	Joo	North	24:22	114	Wright	Torrance	26:46
17	Powers	South	22:21	66	Fujimoto A	South	24:22	115	Arteaga	North	26:47
18	Cendejas	Torrance	22:25	67	Tinsley	North	24:22	116	Mendoza	Torrance	26:49
19	Colditz	South	22:26	68	Radmilovich	South	24:23	117	Amezcuia	West	26:50
20	Hirano	North	22:28	69	Scheumann	South	24:25	118	Cao	South	26:58
21	Lopez	Torrance	22:28	70	Senthil	West	24:26	119	Takaoka	South	27:21
22	Hirose	North	22:31	71	Hanger	Torrance	24:28	120	Shonack C	South	27:22
23	Cho	West	22:34	72	Makino	Torrance	24:31	121	Andrade	Torrance	27:23
24	Meadows	West	22:36	73	Torres	West	24:32	122	Figueroa	Torrance	27:32
25	Yanagida	North	22:41	74	Trice	West	24:34	123	Lee	West	27:42
26	Wagner	North	22:41	75	Shonack D	South	24:35	124	Diaz	Torrance	27:45
27	Leddy	Torrance	22:46	76	McEnroe	Torrance	24:35	125	Tokishi	Torrance	27:46
28	Atkinson	West	22:52	77	Hoshiko	North	24:36	126	Parker	South	27:46
29	Mori	South	22:54	78	Saski	Torrance	24:42	127	Estrada	Torrance	27:47
30	Sylvester	Torrance	22:54	79	Lee	Torrance	24:44	128	Ritchie	West	27:49
31	Shimizu	West	22:54	80	Pendrick	Torrance	24:47	129	Ramos	Torrance	28:01
32	Kato	North	22:56	81	Dioquino	Torrance	24:48	130	Pangan	Torrance	28:01
33	Catipon	Torrance	22:59	82	Casas	North	24:48	131	Adams	West	28:05
34	Mercado	West	23:06	83	Oshan	West	24:50	132	Kimura	Torrance	28:13
35	Butardo	Torrance	23:17	84	Younger	West	24:51	133	Sachdev	West	28:28
36	Furuta	West	23:18	85	Hoff	West	24:55	134	Cochran	Torrance	28:34
37	Hashimoto	Torrance	23:18	86	Brown	South	24:57	135	Megerdichian	Torrance	29:21
38	Vogt	West	23:29	87	Shimizu	West	24:59	136	Sandoval	Torrance	29:34
39	Romo	South	23:33	88	Starr	West	25:00	137	Fong	South	29:42
40	Oto	Torrance	23:33	89	Masuda	South	25:01	138	Strickfaden	South	30:05
41	Tekle	West	23:33	90	Garcia	Torrance	25:03	139	Krumwiede	West	30:12
42	Espinoza	South	23:34	91	Saruwatari	Torrance	25:05	140	Daitch	West	30:29
43	Troutman	West	23:34	92	Nakahara	Torrance	25:07	141	Tabares	Torrance	30:53
44	Peay	Torrance	23:39	93	Berube	South	25:23	142	Tachirii	North	31:05
45	Hoff	West	23:43	94	Tengan	Torrance	25:35	143	Galang	Torrance	31:23
46	Park	West	23:46	95	Belsito	South	25:36	144	Reyes	Torrance	31:24
47	Yeo	Torrance	23:47	96	Alam	South	25:42	145	Miranda	West	33:03
48	Sanchez	Torrance	23:48	97	Zhou	West	25:45	146	Okano	South	34:22
49	Aaron	South	23:49	98	Feder	West	25:47	147	Kim	Torrance	34:30

CIF Prelims

November 12<sup>th</sup>, 2016

Riverside Cross Country Course

Flat on dirt trails. Partly cloudy, 75°

Boys: 8<sup>th</sup> place (213 points)

32. Huang, Brian	15:57	5:08, 10:39-5:31, 15:57-5:18
35. Paine, David Michael	16:00	5:10, 10:46-5:36, 16:00-5:14 (0:03 #1-2)
42. Taylor, Robert	16:07	5:07, 10:40-5:33, 16:07-5:27 (0:07 #2-3)
54. Johnson, Hayden	16:16	5:14, 10:57-5:43, 16:16-5:19 (0:09 #3-4)
58. Kliszewski, Jared	16:17	5:09, 10:46-5:37, 16:17-5:31 (0:20 1 thru 5) (0:01 #4-5)
72. Kawashiri, Noah	16:29	5:15, 11:01-5:46, 16:29-5:28 (0:12 #5-6)
82. Majamaki, Nicklas	16:40	5:13, 11:01-5:48, 16:40-5:39 (0:43 1 thru 7) (0:11 #6-7)

Last year, we came into CIF Prelims with little chance of advancing on. Our #1 guy finished in 60<sup>th</sup> place and not surprisingly we failed to advance in 14<sup>th</sup> place. This year our expectation was higher and anything less than a trip to finals would be considered a failure. And on Saturday, we went about our business, ran together, and secured an 8<sup>th</sup> place finish. The coaches asked for a 30-ish to 40-ish spot for our top runners, and a 50-ish to 60-ish placing for our back runners. Apart from our 6-7<sup>th</sup> guys falling a bit too far back, we got exactly what we wanted. Beautiful racing guys...we found each other early, and then slowly moved our way up. Brian, David, and Hayden had the best forward movement throughout the race. Nick might have been the only one with an off day, as he struggled to hold his early position.



So that puts us at CIF Finals. This will be the fastest/most competitive race of the year...even faster than State Championship. And at this level, any 'chinks in the armor' will get exposed. Our weakness has been a lack of an elite front runner, and it's not anyone's fault (Brian has come a long way from 7<sup>th</sup> man at Woodbridge, and David was running in the JV races at the beginning of the year.) So we're going to get exposed there...we might not have our top guy cross the line until 50-60<sup>th</sup>

place...yikes! But what has been our 'calling-card' all year (our depth and 'team running'), we'll have to rely on that for one more race. We got to get out a bit faster...we can't run conservative. If we run conservative, we'll finish in 16-18<sup>th</sup> place...yawn. Let's try to come through the first mile about 3-4 seconds faster...if we're together and hold pace, it will take us 6-8 seconds faster at 2-mile and finally 10-12 seconds at the finish. Considering every second will represent at least 1 runner, those extra seconds will be huge (especially if we have 4-5 runners going faster). We'll talk later, but we have to go 'all-out balls-out' at Finals...no fear!

	1 <sup>st</sup> Mile	2 <sup>nd</sup> Mile	300m to Go	Finish
Huang, Brian	47 <sup>th</sup>	35 <sup>th</sup>	31 <sup>st</sup>	32 <sup>nd</sup>
Paine, David Michael	49 <sup>th</sup>	46 <sup>th</sup>	41 <sup>st</sup>	35 <sup>th</sup>
Taylor, Robert	46 <sup>th</sup>	36 <sup>th</sup>	39 <sup>th</sup>	42 <sup>nd</sup>
Johnson, Hayden	65 <sup>th</sup>	69 <sup>th</sup>	61 <sup>st</sup>	54 <sup>th</sup>
Kliszewski, Jared	48 <sup>th</sup>	45 <sup>th</sup>	52 <sup>nd</sup>	58 <sup>th</sup>
Kawashiri, Noah	69 <sup>th</sup>	72 <sup>nd</sup>	74 <sup>th</sup>	72 <sup>nd</sup>
Majamaki, Nicklas	59 <sup>th</sup>	73 <sup>rd</sup>	79 <sup>th</sup>	82 <sup>nd</sup>

Girls: 8<sup>th</sup> place (190 points)

27. Masuda, Chloe	19:18	6:12, 12:49-6:37, 19:18-6:29	
42. Takaoka, Deana	19:44	6:16, 13:03-6:47, 19:44-6:41	(0:26 #1-2)
44. Gloyer, Emma	19:45	6:18, 13:12-6:54, 19:45-6:33	(0:01 #2-3)
47. Huang, Ashley	19:46	6:19, 13:10-6:51, 19:46-6:36	(0:01 #3-4)
50. Nakamoto, Hannah	19:48	6:23, 13:13-6:50, 19:48-6:35	(0:30 1 thru 5) (0:02 #4-5)
65. Ben-Avides, Rivka	20:12	6:27, 13:29-7:02, 20:12-6:33	(0:24 #5-6)
70. Abraham, Preethy	20:18	6:27, 13:33-7:06, 20:18-6:33	(1:00 1 thru 7) (0:06 #6-7)

It started at Clovis when the coaches started to notice that the girl's team was very similar to our boys' team. Like the boys, the girls have no superstar, but a great pack of runners. Like the boys, the girls finished 2<sup>nd</sup> in league, and now 8<sup>th</sup> at CIF Prelims. What's the big deal about being like the boy's team?...well, before the year started the coaches had no expectation that the girls could reach the level of the boys. The boys were returning their top 10, while the girl's team loss 5 in their top 7. This is a completely new team that made the same leap that our boys did to CIF Finals! Congrats girls!

This race didn't start off good for the team though....as we got out way too slow. After 200m, we had to be the last team in the field. And the four coaches were all screaming the same thing "Move up! Move Up!" "We're too far back!"...*there might have been a few curse words used*. Thankfully, we responded quickly and fought our way up the field. Had we locked into the slow early pace, it could have been a disastrous day for us. Hannah made the most aggressive move up, breaking away from Rivka and Preethy. By the mile mark, the coaches were breathing easier....we were still a bit behind, but it was clear that we were engaged in the race. Collectively, we passed over 70 girls over the later stages of the race. Deana had a nice bounce back race, while Emma and Rivka had great kicks for us.

Even though making it onto CIF Finals is a great accomplishment, we still have room to improve. The slow start made us extract energy to get back into the race...West and Torrance had a much smoother race. And since we had beaten some of those girls before, it's safe to say that we can do it again next Saturday (with a better start). And notice the 26 second gap between Chloe and our #2...that's the biggest of the year so far. 6.7 seconds has been our average #2 to Chloe gap....so we have to be closer with her next Saturday. BTW, our #2-5 were separated by only 4 seconds...but there were 8 bodies within those few seconds. Expect to have twice as many girls around you at Finals, making our ability to stay close to each other imperative. We'll talk more later...but congrats on earning that ticket to Finals!



	600m	1 mile	2mile	300m to go	Finish
Masuda, Chloe	63 <sup>rd</sup>	37 <sup>th</sup>	26 <sup>th</sup>	22 <sup>nd</sup>	27 <sup>th</sup>
Takaoka, Deana	68 <sup>th</sup>	50 <sup>th</sup>	39 <sup>th</sup>	40 <sup>th</sup>	42 <sup>nd</sup>
Gloyer, Emma	60 <sup>th</sup>	55 <sup>th</sup>	50 <sup>th</sup>	52 <sup>nd</sup>	44 <sup>th</sup>
Huang, Ashley	76 <sup>th</sup>	56 <sup>th</sup>	44 <sup>th</sup>	48 <sup>th</sup>	47 <sup>th</sup>
Nakamoto, Hannah	93 <sup>rd</sup>	69 <sup>th</sup>	52 <sup>nd</sup>	46 <sup>th</sup>	50 <sup>th</sup>
Ben-Avides, Rivka	87 <sup>th</sup>	76 <sup>th</sup>	65 <sup>th</sup>	72 <sup>nd</sup>	65 <sup>th</sup>
Abraham, Preethy	92 <sup>nd</sup>	75 <sup>th</sup>	67 <sup>th</sup>	74 <sup>th</sup>	70 <sup>th</sup>

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

**Boys**

**Mira Costa 1st Bay, 2nd Prelims D2**

Llorin (12)	14:59
Court (11)	15:13
Arruda (12)	15:41
Healy (12)	15:49
Gamble (10)	16:00
Costley (12)	16:11
Soraes (10)	16:20

**Redondo 2nd Bay, 7th Prelims D1**

Comeaux (12)	15:04
Tait (10)	15:33
Tariq (11)	16:09
Adler (11)	16:11
Lee (10)	16:16
Aguilar (11)	16:27
Rodriguez (10)	16:29

**Palos Verdes 3rd Bay, 5th Prelims D3**

Nygren (10)	15:35
Teets (10)	15:36
Veerkamp (11)	16:05
Anderson (10)	16:13
Fanrsworth (10)	16:16
Tang (12)	16:19
Burczyk (11)	16:24

**B Hills 1st Ocean, 8th Prelims D3**

Cohen (12)	15:24
Cohen (12)	15:35
Dubner (12)	15:46
Han (12)	16:51
Edelman (12)	17:07
Stewart (11)	17:12
Santos (12)	18:54

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

Navin (12)	15:55
Cohen (11)	16:00
Mills (12)	16:19
Shrayes (10)	16:25
Morris (11)	16:35
Filler (11)	16:47
Faires (10)	16:59

**El Segundo 3rd Ocean, 5th Prelims D4**

Hoerner (11)	16:45
Fenton (11)	16:47
Gutierrez (12)	16:58
Mahon (12)	17:14
Verfaillie (9)	17:19
Rifkin (11)	17:22
Bijlsma (11)	17:31

**West 1st Pionner, 2nd Prelims D3**

Bix (12)	15:31
Tamanaha (11)	15:31
Cavuoit (12)	15:37
Vo (11)	15:43
Bock (10)	15:44
Kawase (12)	16:11
Gallagher (9)	16:12

**South 2nd Pioneer, 8th Prelims D3**

Huang (12)	15:57
Paine (12)	16:00
Taylor (12)	16:07
Johnson (10)	16:16
Kliszewski (12)	16:17
Kawashiri (11)	16:29
Majamaki (11)	16:40

**Torrance 3rd Pioneer, 12th Prelims D3**

Gil (11)	15:29
Williams (12)	16:29
Martin (12)	16:37
Ko (12)	16:54
Alejandrino (12)	17:05
Bothwell (9)	17:07
Plagata (11)	17:37

**Chadwick 13th Prelims D5**

Glantz (10)	16:34
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**Bishop Montgomery, 18th Prelims D4**

Aguilar (12)	17:28
Pasco (12)	18:55
Craig (10)	18:59
Bevan (9)	19:31
Rosales (9)	20:18
Higa (10)	20:23
Valdovinos (10)	20:44

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

**Girls**

**Palos Verdes 1st Bay, 1st Prelims D3**

Cohen (11)	18:25
Genovese (10)	18:27
Regan (12)	18:29
Catena (11)	18:31
Hines (12)	18:31
Stoner (12)	18:31
Polischeck (12)	18:39

**Mira Costa 2nd Bay, 2nd Prelims D2**

Chittenden (12)	17:17
Hacohen (10)	18:16
Andrade (12)	18:24
Inouye (10)	18:27
Jones (12)	18:54
Chittenden (9)	19:20
Guerrero (12)	19:38

**Redondo 3rd Bay**

Did not qualify

**El Segundo 1st Ocean, 2nd Prelims D4**

Matlosz (9)	19:13
Hoffman (11)	19:46
Fulcomer (10)	19:49
Faivre (12)	19:50
Verfaillie (11)	19:59
Lee (10)	21:21
Elfarissi (12)	22:00

**S Monica 2nd Ocean, 6th Prelims D1**

Sturm (11)	18:11
Sullivan (9)	18:52
Bruce (12)	19:28
Tucker (12)	19:48
Kroskrity (11)	20:08
Romo (11)	20:22
Goren (10)	21:34

**C City 3rd Ocean, 12th Prelims D2**

Payton (10)	18:59
Winslow (11)	19:48
Kojima (9)	20:09
Harrison (9)	21:30
Hermosillo (12)	21:38
Roche (11)	22:54
Palacios (12)	23:10

**West 1st Pioneer, 7th Prelims D3**

Lopes (11)	18:58
Oelsner (12)	19:21
Olson (11)	19:43
Klein (12)	19:53
Pierce (10)	20:15
Rodriguez (9)	20:19
Hernandez (11)	21:59

**South 2nd Pioneer, 8th Prelims D3**

Masuda (12)	19:18
Takaoka (12)	19:44
Gloyer (10)	19:45
Huang (11)	19:46
Nakamoto (11)	19:48
Ben Avides (9)	20:12
Abraham (11)	20:18

**Torrance 3rd Pioneer, 6th Prelims D3**

Neumann (11)	18:29
Gonzales (11)	19:16
Anderson (11)	19:23
Beedy (11)	19:25
Beedy (11)	19:46
Fujimoto (12)	20:45
Simpson (12)	21:13

**Chadwick 10th Prelims D5**

Codon (12)	22:31
Boiler (10)	22:31
Elliot (9)	22:45
Wolf (10)	22:56
Goldsmith (10)	23:18
Barry (9)	23:50
Trinh (11)	24:59

**Peninsula**

Nye (11)	19:04
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# Daily Breeze

## Prep roundup: PV girls dominate heat at cross country prelims

The Palos Verdes High girls cross country team had a dominating performance in the CIF Southern Section preliminaries at the 3-mile Riverside course on Saturday, while Mira Costa and Redondo each had an individual win their heat.

PV had six runners place in the top 10 in its Division 3 heat, including Samantha Cohen (fourth place, 18 minutes, 25.1 seconds), Mazzy Genovese (fifth, 18:27.7), Alex Regan (sixth, 18:29.3), Grace Catena (eighth, 18:31.3), Camille Hines (ninth, 18:31.5) and Caitlin Stoner (10th, 18:31.6), who all finished within 7 seconds of each other. PV won its heat with 27 points and Corona del Mar was a distant second with 72 points.

In his Division 1 heat, Ethan Comeaux had a first-place time of 15:04.6, with teammate Benjamin Tait taking 17th in 15:33.4, leading Redondo to a seventh-place finish, good enough to advance to Saturday's finals.

In the Division 2 boys heat, Mira Costa advanced with a second-place finish behind Caleb Llorin's second-place time of 14:59.8 and Xavier Court's 11th-place mark of 15:13.3.

Mira Costa's Elizabeth Chittenden won her Division 2 heat in 17:17.7, leading Mira Costa to a second-place finish. Olivia Hacohen had a 13th-place time of 18:16.5.

West Torrance, South Torrance and PV all advanced out of their Division 3 boys heat, with West taking second behind Sultana, PV finishing fifth and South taking eighth.

Torrance qualified for the finals out of the other Division 3 boys heat, taking 12th place behind Manny Gil's 12th-place time of 15:29.2.

Torrance (sixth place), West (seventh place) and South (eighth place) all qualified out of their Division 3 girls heat. Torrance's Megan Neumann had a 14th-place time of 18:29.8 and West's Julia Lopes was 18th in 18:58.



In Division 4, the El Segundo boys advanced with a fourth-place finish, led by Ryan Hoerner's 24th-place time of 16:45 and Noah Fenton's 26th-place mark of 16:42.1. The El Segundo girls took second place in their Division 4 heat to advance.

The Hawthorne MSA boys advanced out of its Division 5 heat with an eighth-place finish behind Dylan Highducheck's seventh-place time of 16:38.2, and the Chadwick girls advanced out of Division 5 with a 10th-place finish.

Czarina Dominguez finished 12th individually for the St. Bernard girls in her Division 5 heat.

CIF Finals

November 19<sup>th</sup>, 2016

Riverside Cross Country Course

Flat on dirt trails, mild. 70°

Boys: 19<sup>th</sup> Place (445 points)

67. Huang, Brian	16:01	5:01, 10:34-5:33, 16:01-5:27	
83. Taylor, Robert	16:13	5:11, 10:45-5:34, 16:13-5:28	(0:12 #1-2)
96. Kliszewski, Jared	16:20	5:06, 10:46-5:40, 16:20-5:34	(0:07 #2-3)
105. Majamaki, Nicklas	16:27	5:14, 10:54-5:40, 16:27-5:33	(0:07 #3-4)
112. Kawashiri, Noah	16:32	5:15, 11:02-5:47, 16:32-5:30	(0:31 1 thru 5) (0:05 #4-5)
113. Johnson, Hayden	16:33	5:21, 11:04-5:43, 16:33-5:29	(0:01 #5-6)
127. Paine, David Michael	16:44	5:09, 11:03-5:54, 16:44-5:41	(0:43 1 thru 7) (0:11 #6-7)

The possibility of breaking into the top 7 for a ticket to State Championship (after finishing 8<sup>th</sup> in a prelim heat the week before) was an extremely tall order. But anything less than 'going for broke' would be considered a waste of time. The coaches wanted to get out significantly faster giving us any chance of that miracle shot at State. Compared to last week, half the team ran a faster first mile and half the team ran a slower first mile....net result, 1 second slower for the team at the mile. Basically the top-7 dream was over at that stage. But hopefully we could still hold onto a 'respectable' finish. At the half way mark, we were in 15<sup>th</sup> place...not too bad, but unfortunately a few of us were about to go pin-wheeling backwards. David Michael twisted ankle started to flare up and he dropped out of our scoring 5. Brian and Jared who were the most aggressive the opening mile couldn't hold onto that early pace, and lost a few seconds over the second half. And our more conservative runners, Noah and Hayden's slower start did not turn into a strong second half. In fact, once the team crossed the line...only Nick had a better time than last week (in part, because he struggled so much the previous race)...but he still had a solid race in one shoe.

19<sup>th</sup> place is not what we wanted, but we can let that motivate our younger runners for next year. The coaches are already looking for ways to improve off of this season ending result. But let's not focus too much on this race, and give some much love to our Seniors: David, Robert, Robbie, Shotaro, and Brian. We might not have to replace a superstar...but there is no way we can replace the attitude, dedication, leadership, and depth that our Seniors provided this year. They might be leaving the team, but their imprint will be with this team for years to come...thanks you guys for everything you've given to our XC program through the years.



	Half Way Position	Half Way Time
Huang, Brian	57 <sup>th</sup>	8:36
Kliszewski, Jared	83 <sup>rd</sup>	8:49
Taylor, Robert	85 <sup>th</sup>	8:49
Majamaki, Nicklas	100 <sup>th</sup>	8:57
Paine, David Michael	117 <sup>th</sup>	9:00
Kawashiri, Noah	118 <sup>th</sup>	9:00
Johnson, Hayden	131 <sup>st</sup>	9:04
Team Score	15 <sup>th</sup>	

Girls: 13<sup>th</sup> Place (356 points)

52. Masuda, Chloe	19:08	6:00, 12:38-6:38, 19:08-6:30	
58. Huang, Ashley	19:21	6:05, 12:51-6:46, 19:21-6:30	(0:13 #1-2)
74. Nakamoto, Hannah	19:29	6:11, 12:55-6:44, 19:29-6:34	(0:08 #2-3)
100. Gloyer, Emma	19:49	6:13, 13:17-7:04, 19:49-6:32	(0:20 #3-4)
107. Ben-Avides, Rivka	19:58	6:18, 13:19-7:01, 19:58-6:39	(0:50 1 thru 5) (0:09 #4-5)
112. Abraham, Preethy	20:05	6:18, 13:24-7:06, 20:05-6:41	(0:07 #5-6)
119. Takaoka, Deana	20:17	6:13, 13:17-7:04, 20:17-7:00	(1:09 1 thru 7) (0:12 #6-7)

Like the boys, the girls finished in 8<sup>th</sup> place in 1 of 2 heats at CIF Prelims. Combining the 2 heats into one race for CIF Finals (and doing an intense math formula, 8 x 2), a 16<sup>th</sup> place finish would be an average day for us. So like the boys, the coaches asked the girls to get out fast, hook onto the pace, and see where the chips fall. And the girls did a much better job of executing the game plan. Chloe got out in a full sprint and the rest of the girls followed suit. By the first mile, the team time was a minute+ faster than last weekend. The quick start was great for getting the team locked in focused, but apart from Preethy and Rivka we were splintered as a group. Nevertheless, our top 3 girls were solid running on their own. Both Ashley and Hannah had the best races for the team. After finishing 47<sup>th</sup> and 50<sup>th</sup> at Prelims, the two girls finished 58<sup>th</sup> and 74<sup>th</sup> respectively even though the field doubled in ranked teams. By the end, 5 girls ran faster than the previous week and the team result of 13<sup>th</sup> place is indicative of this solid performance.

So congrats girls for outperforming all expectations this year! We proved that we could overcome the huge hole that was left after last year's team graduated. We'll keep those positive thoughts in mind as the younger girls go into next season. And we'll have to, because we will be graduating 3 seniors (Deana, Marielle, and Chloe) who have seen it all through the past four years. We've had great highs (6<sup>th</sup> in the State two years ago) and some lows (missing CIF Finals last year and then losing our MVP runner weeks later). But in the end, our three seniors got us back on the right track this year. When things looked bad in the summer, Deana was a calming force leading the surges (as Chloe was sideline with an injury.) Marielle proved Tokuda wrong...her leadership and attitude this season was a huge asset to this young team. And once Chloe got healthy, she stepped into the top runner role perfectly and ran flawlessly the entire season. Thanks girls for leading our inexperienced team to greater heights than even the coaches could've imagined!

	Half Way Position	Half Way Time
Masuda, Chloe	46 <sup>th</sup>	10:19
Huang, Ashley	63 <sup>rd</sup>	10:31
Nakamoto, Hannah	70 <sup>th</sup>	10:35
Takaoka, Deana	102 <sup>nd</sup>	10:47
Ben-Avides, Rivka	106 <sup>th</sup>	10:50
Gloyer, Emma	117 <sup>th</sup>	10:55
Abraham, Preethy	118 <sup>th</sup>	10:56
Team Score	14 <sup>th</sup>	



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

**Boys**

**Redondo 12th CIF Finals D1**

Comeaux (12)	14:43
Tait (10)	15:18
Adler (11)	15:39
Tariq (11)	15:56
Aguilar (11)	16:01
Rodriguez (10)	16:14
Lee (10)	16:39

**Mira Costa 2nd CIF Finals D2**

Llorin (12)	14:52
Court (11)	15:03
Arruda (12)	15:27
Healy (12)	15:29
Satow (11)	15:37
Chittenden (10)	15:38
Yaskowitz (12)	15:59

**West Torrance 1st CIF Finals D3**

Bix (12)	14:48
Hazzard (11)	15:15
Rodriguez (12)	15:15
Tamanaha (11)	15:17
Cavuoti (12)	15:25
Kawase (12)	15:40
Abberton (11)	15:43

**Palos Verdes 8th CIF Finals D3**

Irish (11)	15:33
Lantz (10)	15:36
Nygren (10)	15:42
Teets (10)	15:48
Veerkamp (11)	15:48
Anderson (10)	16:35
Shikiya (10)	16:46

**Beverly Hills 16th CIF Finals D3**

Cohen (12)	15:30
Cohen (12)	16:13
Dubner (12)	16:21
Lee (12)	16:30
Han (12)	16:31
Stewart (11)	17:11
Edelman (12)	17:16

**South Torrance 19th CIF Finals D3**

Huang (12)	16:01
Taylor (12)	16:13
Kliszewski (12)	16:20
Majamaki (11)	16:27
Kawashiri (11)	16:32
Johnson (10)	16:33
Paine (12)	16:44

**Torrance 24th CIF Finals D3**

Gil (11)	15:46
Martin (12)	16:36
Ko (12)	16:39
Williams (12)	17:05
Harvey (12)	17:25
Bothwell (9)	17:30
Roth (12)	17:34

**El Segundo 11th CIF Finals D4**

Mahon (12)	15:54
Fenton (11)	16:07
Gutierrez (12)	16:19
Hoerner (11)	16:27
Rifkin (11)	16:38
Verfaillie (9)	16:48
Nebel (12)	17:24

**Chadwick**

Glantz (10)	16:03
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**Santa Monica 23rd CIF Finals D1**

Sullivan (9)	18:33
Sturm (11)	19:11
Tucker (12)	19:37
Bruce (12)	19:49
Kroskrity (11)	19:58
Romo (11)	20:30
Grossman (10)	20:36

**Mira Costa 5th CIF Finals D2**

Chittenden (12)	16:49
Hacohen (10)	18:16
Andrade (12)	18:18
Inouye (10)	18:28
Jones (12)	18:34
Gregson (12)	19:04
Chittenden (9)	19:47

**Palos Verdes 1st CIF Finals D3**

Genovese (10)	17:19
Stoner (12)	17:51
Catena (11)	17:52
Scriven (9)	18:13
Cohen (11)	18:14
Regan (12)	18:18
Polischeck (12)	18:25

**West Torrance 11th CIF Finals D3**

Park (9)	18:58
Lopes (11)	19:24
Olson (11)	19:24
Oelsner (12)	19:36
Klein (12)	19:41
Jaquias (12)	19:50
Pierce (10)	20:01

**Torrance 12th CIF Finals D3**

Neumann (11)	18:13
Anderson (11)	19:24
Beedy (11)	19:40
Beedy (11)	19:45
Fujimoto (12)	20:11
Carroll (11)	21:30
Simpson (12)	21:44

**South Torrance 13th CIF Finals D3**

Masuda (12)	19:08
Huang (11)	19:21
Nakamoto (11)	19:29
Gloyer (10)	19:49
Ben Avides (9)	19:58
Abraham (11)	20:05
Takaoka (12)	20:17

**El Segundo 5th CIF Finals D4**

Fulcomer (10)	18:22
Faivre (12)	18:41
Matlosz (9)	18:51
Verfaillie (11)	18:53
Lee (10)	19:23
Hoffman (11)	20:13
Elfarissi (12)	22:00

**Chadwick 12th CIF Finals D5**

Codon (12)	20:20
Boiler (10)	20:50
Barry (9)	21:10
Wolf (10)	21:19
Elliot (9)	21:26
Williams (10)	22:11
Goldsmith (10)	22:16

## State Championship (Local Results)

### Boys

#### West Torrance, 2nd in D3

Bix (12)	15:23
Hazzard (11)	15:52
Tamanaha (11)	16:00
Rodriguez (12)	16:01
Cavuoti (12)	16:12
Kawase (12)	16:17
Abberton (11)	16:21

#### Mira Costa, 5th in D2

Llorin (12)	15:15
Court (11)	15:30
Chittedor (10)	16:17
Arruda (12)	16:17
Healy (12)	16:29
Satow (11)	16:43
Yaskowitz (12)	17:05

#### Redondo, D1

Comeaux (12)	15:14
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### Girls

#### Palos Verdes, 1st in D3

Genovese (10)	18:12
Catena (11)	18:22
Stoner (12)	18:28
Regan (12)	18:38
Scriven (9)	18:39
Polischeck (12)	19:02
Hines (12)	19:16

#### Mira Costa, 11th in D2

Chittenden (12)	17:25
Hacohen (10)	19:10
Inouye (10)	19:36
Jones (12)	19:38
Andrade (12)	19:39
Guerrero (12)	19:54
Gregson (12)	20:34

#### El Segundo, 8th in D4

Fulcomer (10)	19:11
Matlosz (9)	19:29
Faivre (12)	19:30
Hoffman (11)	20:08
Verfaille (11)	20:09
Lee (10)	20:34
Elfarissi (12)	21:12

## 2016 Cross Country Times

<b>SPARTAN BOYS</b>	<b>G Cow</b>	<b>Rose</b>	<b>Wood</b>	<b>Pio #1</b>	<b>SB Cup</b>	<b>C Park</b>	<b>Clovis</b>	<b>Pio #2</b>	<b>SAC</b>	<b>1 mile</b>	<b>Pio #3</b>	<b>CIF P</b>	<b>CIF F</b>	
	<b>3-Sep</b>	<b>10-Sep</b>	<b>16-Sep</b>	<b>22-Sep</b>	<b>28-Sep</b>	<b>1-Oct</b>	<b>8-Oct</b>	<b>13-Oct</b>	<b>21-Oct</b>	<b>26-Oct</b>	<b>2-Nov</b>	<b>12-Nov</b>	<b>19-Nov</b>	
Huang, Brian	12	16:21	DNR	16:09	16:01	DNR	DNR	16:29	17:10	16:32	4:44.7	16:26	15:57	16:01
Taylor, Robert	12	15:49	15:46	15:57	DNF	DNR	DNR	16:27	17:24	16:45	4:49.7	17:09	16:07	16:13
Kliszewski, Jared	12	16:33	DNR	15:57	15:51	DNR	DNR	16:41	DNR	DNR	17:06	16:17	16:20	
Majamaki, Nicklas	11	16:10	DNR	16:07	16:07	DNR	DNR	16:57	17:30	17:33	4:42.9	16:45	16:40	16:27
Kawashiri, Noah	11	16:38	15:46	16:06	16:05	DNR	DNR	17:04	17:36	17:09	4:41.8	16:44	16:29	16:32
Johnson, Hayden	10	16:27	DNR	15:47	15:54	DNR	DNR	16:47	DNR	17:19	4:50.6	16:49	16:16	16:33
Paine, David Michael	12	DNR	16:05	16:58	16:25	DNR	DNR	17:02	17:19	17:03	DNR	16:36	16:00	16:44
Orduno, George	10	16:35	16:09	16:33	16:32	DNR	DNR	17:29	17:54	17:45	4:37.7	16:46		
Solis, Robert	10	17:51	DNR	17:26	17:14	17:50	18:16	DNR	18:36	18:56	5:01.7	17:50		
Martinez, Robert	9	17:23	17:06	17:28	17:14	17:49	17:31	18:20	18:48	19:21	5:06.6	17:56		
Spencer, Casey	9	DNR	16:40	16:59	17:10	DNR	DNR	17:35	19:14	18:29	5:02.9	17:56		
Aubele, Jack	11	17:45	17:11	17:09	17:01	DNR	DNR	19:20	19:04	18:11	4:54.9	17:58		
Orejana, Adrian	10	16:45	16:16	16:33	16:47	DNR	DNR	18:14	DNR	18:27	4:56.6	17:58		
Caballeros, Alex	11	17:06	DNR	16:30	16:06	DNR	DNR	17:22	17:30	18:18	4:38.4	18:07		
Del Signore, Stephen	11	18:24	17:43	18:31	17:49	18:01	18:10	DNR	DNR	19:12	5:05.7	18:11		
Yamada, Shotaro	12	17:34	16:45	17:06	17:04	DNR	DNR	18:30	19:04	DNR	5:12.1	18:18		
Chan, Greg	10	17:31	17:27	17:40	17:46	19:00	18:19	DNR	DNR	19:55	5:01.2	18:19		
Yee-Cannon, Bodhi	9	18:37	18:39	18:26	18:03	17:51	17:58	DNR	19:14	18:41	5:00.2	18:23		
Panganiban, Ryan	10	17:25	16:56	17:52	18:13	DNR	18:13	DNR	19:10	19:47	5:04.1	18:24		
Kato, Quinn	10	17:29	17:08	17:31	17:17	18:32	18:10	DNR	19:30	19:55	DNR	18:28		
Shaw, Michael	10	17:25	16:59	17:32	17:18	18:10	DNR	DNR	19:16	5:14.2	18:31			
Wakimoto, Troy	10	18:16	18:13	18:02	18:08	18:13	18:23	DNR	18:45	19:26	5:11.0	18:32		
Paine, Jason	11	DNR	DNR	18:10	17:30	18:29	DNR	DNR	19:18	DNR	18:40			
Jiang, Leon	11	19:56	DNR	18:59	18:04	19:11	DNR	DNR	20:06	19:28	DNR	18:42		
Taylor, Ryan	10	17:46	17:44	17:30	17:09	DNR	17:47	DNR	DNR	18:49	5:21.7	18:51		
Berhe, Lukas	10	18:25	17:53	18:10	17:50	18:53	18:36	DNR	DNR	20:09	5:19.0	18:57		
Sawakawa, Hoku	11	DNR	19:40	19:34	19:09	19:36	19:32	DNR	20:28	20:38	5:23.0	19:23		
Masciotti, Gio	12	18:25	17:56	18:12	17:50	18:36	DNR	DNR	19:56	19:56	5:07.5	19:35		
Wong, Nathan	9	DNR	DNR	20:28	19:47	DNR	DNR	DNR	20:21	20:31	DNR	19:36		
Kamitsubo, Nick	9	21:08	19:35	19:53	DNR	20:05	DNR	DNR	20:34	21:40	5:32.8	19:43		
Ma, David	11	DNR	18:45	19:17	18:21	20:26	DNR	DNR	20:56	20:20	DNR	19:44		
Morimoto, Justin	10	DNR	19:52	19:45	19:33	20:21	19:43	DNR	21:07	DNR	5:33.6	19:46		
Reynoso, Logan	10	20:30	19:12	19:00	18:31	19:31	19:46	DNR	20:12	DNR	5:21.3	20:00		
Fujikura, Yusei	9	19:15	19:09	19:37	18:44	19:09	18:59	DNR	19:46	20:15	5:17.1	20:04		
Jee, Min Seung	10	20:28	20:16	19:48	19:07	20:19	20:17	DNR	22:19	DNR	5:37.4	20:06		
Chung, Haley	10	DNR	19:51	20:19	DNR	20:09	19:56	DNR	20:47	DNR	5:38.4	20:08		
Sun, Yifei	10	21:18	20:30	20:07	20:04	20:54	DNR	DNR	21:13	DNR	5:42.2	20:11		
Hirai, Kai	11	DNR	19:33	19:11	18:57	20:24	DNR	DNR	DNR	DNR	20:13			
Calero, Chase	9	20:05	DNR	19:52	19:16	20:26	20:14	DNR	DNR	21:39	5:21.8	20:25		
Anasco, Gabe	10	20:19	DNR	DNR	20:33	DNR	DNR	22:52	DNR	DNR	20:29			
Kurek, Quinn	10	DNR	19:49	NT	18:57	20:15	19:43	DNR	22:13	DNR	5:37.8	20:32		
McCarthy, Ian	9	DNR	DNR	DNR	19:41	20:25	DNR	DNR	20:53	21:46	5:29.7	20:39		
Mei, Ethan	10	DNR	20:43	DNR	20:37	DNR	DNR	22:08	DNR	5:38.1	20:39			
Chan, Nick	9	DNR	20:51	21:09	20:23	20:39	DNR	DNR	22:09	22:33	5:27.0	20:44		
Davis, Zachary	10	DNR	DNR	23:08	21:17	21:56	22:40	DNR	23:01	DNR	5:50.6	20:55		
Lim, Evan	9	22:14	20:42	21:08	20:17	22:13	DNR	DNR	DNR	DNR	5:45.0	21:09		
Nair, Ajith	9	20:22	19:33	19:03	19:17	20:19	19:19	DNR	20:53	24:25	5:26.9	21:17		
Hanhart, JB	12	DNR	DNR	20:11	19:47	21:05	20:28	DNR	22:50	DNR	5:37.8	21:30		
Nicles, Will	9	23:14	21:15	23:24	20:43	22:39	23:03	DNR	22:06	DNR	5:44.0	21:34		
Lee, David	10	DNR	22:11	22:14	20:45	22:12	22:04	DNR	22:58	DNR	6:01.9	21:37		
Dimitrov, David	11	DNR	20:57	20:56	20:24	21:40	DNR	DNR	22:41	DNR	DNR	21:41		
Roa, Edwin	11	DNR	22:17	DNR	DNR	21:55	22:14	DNR	DNR	DNR	5:44.8	21:50		
Woolen, William	9	22:10	23:50	23:13	21:33	22:42	22:47	DNR	22:43	DNR	5:49.1	22:02		
Burkhardt, Bryan	10	22:44	DNR	DNR	20:31	DNR	DNR	23:15	DNR	DNR	22:05			
Valliere, Sam	11	DNR	DNR	20:55	DNR	22:00	DNR	DNR	DNR	DNR	5:44.8	22:11		
Lee, Jacob	9	DNR	21:44	21:46	21:24	21:54	22:16	DNR	22:55	DNR	6:08.4	22:13		
Han, Justin	10	DNR	22:35	22:21	22:08	21:53	DNR	DNR	DNR	DNR	5:59.6	22:19		
Di Franco-Cascone, Lorenzo	9	22:31	23:44	22:27	21:31	23:56	22:44	DNR	DNR	DNR	5:58.6	23:13		
Skinner, Daniel	9	23:23	23:31	23:17	22:32	22:43	23:39	DNR	24:24	DNR	DNR	23:14		
Kim, Ryan	9	DNR	24:14	23:16	22:38	24:33	DNR	DNR	24:48	DNR	6:20.0	23:31		
Jhangiani, Ankesh	10	DNR	22:13	22:32	22:11	DNR	DNR	DNR	24:33	DNR	DNR	24:02		
Brandt, William	9	24:10	DNR	24:04	23:16	24:53	DNR	DNR	24:05	DNR	6:16.7	24:05		
Chung, Edward	10	23:45	20:36	23:20	24:14	25:33	24:11	DNR	26:42	DNR	6:24.1	24:59		
Lin, Ethan	10	DNR	24:32	26:55	24:06	26:46	25:01	DNR	26:43	DNR	6:25.0	25:00		

## 2016 Cross Country Times

Kim, Andrew	9	DNR	24:58	25:25	24:33	DNR	26:10	DNR	DNR	DNR	6:34.6	25:53
Ruskowski, Sean	9	25:35	24:07	24:47	23:29	24:19	24:33	DNR	26:05	DNR	6:46.6	26:34
Mihlar, Mohammed Khalid	10	26:28	24:59	27:14	26:05	DNR	DNR	DNR	DNR	DNR	7:10.1	29:14
Lin, Linus	9	DNR	28:34	31:23	29:05	31:13	32:06	DNR	33:35	DNR	7:06.7	32:00
Antazo, Dia	11	16:04	DNR	15:55	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR
Burt, Matt	11	DNR	DNR	21:26	DNR	DNR	DNR	DNR	25:28	DNR	DNR	DNR
Chung, Issac	11	18:57	DNR	18:20	18:00	DNR	DNR	DNR	19:14	19:29	DNR	DNR
Hamilton, Sean	10	19:22	DNR	19:42	19:00	21:05	DNR	DNR	DNR	DNR	DNR	DNR
Kim, Gene	10	DNR	24:43	DNR	24:35	DNR	DNR	DNR	DNR	DNR	DNR	DNR
Sauter, Reid	11	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	6:36.8	DNR
Singh, Garvin	11	DNR	DNR	20:57	DNR	DNR	DNR	DNR	22:26	DNR	DNR	DNR
Wooldridge, Evan	12	20:22	DNR	DNR	19:29	DNR	DNR	DNR	DNR	DNR	5:35.9	DNR

## 2016 Team Position

BOYS VARSITY		<u>G Cow</u>	<u>Rose</u>	<u>Wood</u>	<u>Pio #1</u>	<u>Clovis</u>	<u>Pio #2</u>	<u>SAC</u>	<u>Pio #3</u>	<u>CIF P</u>	<u>CIF F</u>	<u>Avg</u>
Antazo, Dia	b	11	2		2							2.00
Huang, Brian	b	12	4		7	3	2	1	1	1	1	2.33
Taylor, Robert	b	12	1	1	3	1	3	2	8	3	2	2.67
Kliszewski, Jared	b	12	6		3	1	3		7	5	3	4.00
Johnson, Hayden	b	10	5		1	2	4		5	4	6	4.13
Paine, David Michael	b	12		3	10	7	6	2	3	2	7	4.67
Kawashiri, Noah	b	11	8	1	5	4	7	6	4	3	6	4.90
Majamaki, Nicklas	b	11	3		6	6	5	4	6	4	7	5.00
Orduno, George	b	10	7	4	9	8	9	7	7	5		7.00
Caballeros, Alex	b	11	9		8	5	8	5	9	10		7.71
Aubele, Jack	b	11	11	6	12	9	11	8	8	9		9.25
Yamada, Shotaro	b	12	10	5	11	10	10	8	11			9.29
GIRLS VARSITY		<u>G Cow</u>	<u>Rose</u>	<u>Wood</u>	<u>Pio #1</u>	<u>Clovis</u>	<u>Pio #2</u>	<u>SAC</u>	<u>Pio #3</u>	<u>CIF P</u>	<u>CIF F</u>	<u>Avg</u>
Masuda, Chloe	g	12	1		1	1	2	1	1	1	1	1.13
Huang, Ashley	g	11	5	1	3	5	1	2	4	2	4	3.00
Takaoka, Deana	g	12	1		2	3	3		5	7	2	3.29
Gloyer, Emma	g	10	3			7		4	2	3	3	3.67
Nakamoto, Hannah	g	11	4		4	5	4	3	3	5	5	4.13
Abraham, Preethy	g	11	6		5	2	5	6	7	4	7	5.25
Ben Avides, Rivka	g	9		4	7	4		5	6	6	6	5.43
Mori, Kanon	g	10	7	2				8	9	10		7.20
Kinney, Marielle	g	12			8	9	6		8	8		7.80
Chan, Clara	g	10		3	6	10		9	11			7.80
Powers, Desiree	g	11	8	5	9	8	7	7	10	9		7.88
GIRLS JV		<u>G Cow</u>	<u>Rose</u>	<u>Wood</u>	<u>Pio #1</u>	<u>SB Cup</u>	<u>C Park</u>	<u>Pio #2</u>	<u>SAC</u>	<u>Pio #3</u>		<u>Avg</u>
Kim, Nari	g	10			1			1				1.00
Lubba, Alyssa	g	9	1	1	3	2	1	4	1	1	1	1.67
Garcia, Malaree	g	10	2	2	2	1		2		3	3	2.14
Fujimoto, Jennifer	g	10	3	4	4	4	2	3		8		4.00
Trodden, Mia	g	9	7	9	6	3	3	5	3	5	2	4.78
Columbine, Emily	g	10	4	5	5		8		5	4	5	5.14
Park, Sejin	g	9		8	10	6	4	7	2	2	4	5.38
Colditz, Carli	g	9	9	7	8	5	5	6	4	6	6	6.22
Romo, Ana	g	10	5	3			6	8		15	7	7.33
Aaron, Erica	g	11	8	6	8	7			7	9		7.50
Espinoza, Mia	g	9	10	10	11	8	7		6	10	8	8.75
Park, Jennifer	g	10	6	18	7				9	10		10.00
Duan, Casey	g	10					12		10			11.00
Berube, Lauren	g	9	13			11	9	9	8	13	17	11.43
Lin, Chloe	g	10		14	12	14	10	11	11			12.00
Fujimoto, Allison	g	9	14	13	13	13			12	14	11	12.86
Masuda, Claire	g	9	11	17	16	15		10	9	11	16	13.13
Scheumann, Isabella	g	10	17	16		9		12	7	18	13	13.14
Brown, Selina	g	9	12	20	14	10	11			17	15	14.14
Radmilovich, Anna	g	9	18	22	15	12	13		13	16	12	15.13
Roach, Catherine	g	9	15	19	17	17	14		15			16.17
Shonack, Deborah	g	11	21			21			14	12	14	16.40
Shonack, Catherine	g	11	16	11	18	16	17	13		19	24	16.75
Hesson, Emma	g	9				20	16	14	17		20	17.40
Tanimoto, Sabrina	g	10	20	15								17.50
Belsito, Jana	g	9	22	25	19	18	15				18	19.50
Cao, Vivian	g	11		24	19	19			19	20	22	20.50
Chapman, Emily	g	10	19		26			17	20			20.50
Fong, Jessica	g	9		12	24						26	20.67
Attwood, Brittney	g	11			21							21.00
Morrow, Julia	g	10		21								21.00
Matsumoto, Karen	g	9	29				20		16		21	21.50
Alam, Sarah	g	10	26		23				18		19	21.50
Takaoka, Tea	g	9	27	27	25	23	19	15	22		23	22.63
Barra, Lilee	g	10	23	26	27			16				23.00
Park, Madison	g	9	25	23	22						25	23.75
Strickfaden, Christine	g	9	28	28	29	22	18	18			27	24.29
Larue, Lauren	g	10	24		28				21			24.33
Columbine, Sophie	g	10		29			21					25.00
Okano, Saya	g	9		30					23		28	27.00

## 2016 Team Position

<b>BOYS JV</b>		<b>G Cow</b>	<b>Rose</b>	<b>Wood</b>	<b>Pio #1</b>	<b>SB Cup</b>	<b>C Park</b>	<b>Pio #2</b>	<b>SAC</b>	<b>Pio #3</b>	<b>Avg</b>
Orejana, Adrian	b	10	1	1	1	1	5	1	2		1.17
Solis, Robert	b	10	7	2	3	1		1	3	1	2.88
Shaw, Michael	b	10	2	3	5	3			5	7	4.29
Taylor, Ryan	b	10	6	7	3	2	1		2	10	4.43
Kato, Quinn	b	10	4	4	4	6	3	5	11	6	5.22
Panganiban, Ryan	b	10	2	2	7	14	4	3	10	5	5.88
Del Signore, Stephen	b	11	9	6	13	8	2	2	4	3	5.88
Chan, Greg	b	10	5	5	6	7	9	6	11	4	6.63
Paine, Jason	b	11			9	6	5		6	11	7.40
Wakimoto, Troy	b	10	8	10	8	13	4	7	2	7	7.44
Chung, Issac	b	11	12		12	11			4	9	9.60
Berhe, Lukas	b	10	10	8	9	9	8	8		14	9.88
Masciotti, Gio	b	12	10	9	11	9	7		6	13	10.00
Jiang, Leon	b	11	14		14	12	10		7	8	11.00
Reynoso, Logan	b	10	18	12	15	16	11	12	8		13.75
Sawakawa, Hoku	b	11		14	18	21	12	9	9	16	14.13
Ma, David	b	11		11	17	15	18		11	15	14.71
Kurek, Quinn	b	10		15		18	14	10	15		16.00
Chung, Haley	b	10		16	24		13	13	10		16.00
Morimoto, Justin	b	10		17	20	23	16	10	12		16.43
Hirai, Kai	b	11		13	16	17	17				17.00
Jee, Min Seung	b	10	17	18	21	20	15	14	16		17.50
Hamilton, Sean	b	10	13		19	19	20				17.75
Wooldridge, Evan	b	12	16			22					19.00
Sun, Yifei	b	10	19	19	22	25	19		13		19.71
Hanhart, JB	b	12			23	24	21	15	19		21.50
Anasco, Gabe	b	10	15			28			20		21.50
Singh, Garvin	b	11			27				17		22.00
Mei, Ethan	b	10		21		29			14		22.25
Dimitrov, David	b	11		22	26	26	22		18		23.83
Roa, Edwin	b	11		25			24	17		30	24.00
Lee, David	b	10		23	29	30	27	16	21		24.86
Burkhardt, Bryan	b	10	20			27			23		25.25
Davis, Zachary	b	10			32	31	25	18	22		25.67
Burt, Matt	b	11			28				25		26.50
Chung, Edward	b	10	21	20	33	35	28	19	26		27.13
Valliere, Sam	b	11			25		26			32	27.67
Han, Justin (Jung Oh)	b	10		26	30	32	23			33	28.80
Jhangiani, Ankesh	b	10		24	31	33			24		29.20
Lin, Ethan	b	10		27	34	34	29	20	27		29.57
Mihlar, Mohammed Khalid	b	10	22	29	35	37				37	32.00
Kim, Gene	b	10		28		36					32.00
<b>BOYS FRESHMEN</b>		<b>G Cow</b>	<b>Rose</b>	<b>Wood</b>	<b>Pio #1</b>	<b>SB Cup</b>	<b>C Park</b>	<b>Pio #2</b>	<b>SAC</b>	<b>Pio #3</b>	<b>Avg</b>
Spencer, Casey	b	9		1	1	1	1	3	1	2	1.50
Martinez, Robert	b	9	1	2	2	1	1	1	3	1	1.56
Yee-Cannon, Bodhi	b	9	2	3	3	2	2	2	2	3	2.44
Fujikura, Yusei	b	9	3	4	5	4	3	3	4	6	4.00
Calero, Chase	b	9	4		6	5	7	5		7	5.71
Kamitsubo, Nick	b	9	6	6	7		4		6	5	5.86
Wong, Nathan	b	9			8	8			5	4	6.00
Nair, Ajith	b	9	5	5	4	6	5	4	10	11	6.33
McCarthy, Ian	b	9				7	6		8	8	7.40
Lim, Evan	b	9	8	7	9	9	10			10	8.83
Chan, Nick	b	9		8	10	10	8		10	9	9.14
Lee, Jacob	b	9		10	11	12	9	6	12		10.57
Nicles, Will	b	9	10	9	16	11	11	9	9		10.88
Woolen, William	b	9	7	13	13	14	12	8	11		11.38
Di Franco-Cascone, Lorenz	b	9	9	12	12	13	14	7		15	11.71
Skinner, Daniel	b	9	11	11	15	15	13	10	14		13.13
Kim, Ryan	b	9		15	14	16	16		15		15.50
Ruskowski, Sean	b	9	13	14	18	18	15	11	16		15.63
Brandt, William	b	9	12		17	17	17		13		15.67
Kim, Andrew	b	9		16	19	19		12		19	17.00
Lin, Linus	b	9		17	20	20	18	13	17		18.00

**South High Boys Cross Country**  
**All Time (1984-2016)**  
**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. Park, Steven	2008 Invite	16:11
10. Salinas, Andrew	2009 CIF Prelims	15:37	20. Robinson, Thomas	2014 CIF Finals	16:14

Top 10 Senior individuals:

1. Lofgren, Nick	2014 CIF Finals	15:07	1. Lofgren, Nick	2013 CIF Finals	14:58
2. Ferrara, Damon	2003 CIF Prelims	15:31	2. Salinas, Andrew	2008 CIF Finals	15:35
3. Salinas, Andrew	2009 CIF Finals	15:35	3. Almeida, Tyler	2007 CIF Finals	15:52
4. Redmond, James	2012 CIF Prelims	15:38	4. Federoff, John	1985 CIF Prelims	16:01
5. Federoff, John	1986 CIF Prelims	15:43	5. Park, Steven	2009 Invite	16:12
6. Almeida, Tyler	2008 CIF Finals	15:44	6. Pankratz, Garrett	2010 Invite	16:16
7. Ferrara, Marcus	1992 CIF Finals	15:48	7. Ferrara, Damon	2002 Invite	16:18
8. Neesby, Brian	2000 CIF Prelims	15:52	8. Ganalon, Shane	2008 CIF Prelims	16:18
9. Ferrara, Matt	2000 Invite	16:04	9. Ferrara, Andy	2004 Invite	16:19
10. Ferrara, Andy	2005 Invite	16:06	10. Neesby, Brian	1999 Invite	16:23

Top 10 Sophomore individuals:

1. Lofgren, Nick	2012 CIF Prelims	15:28	1. Dutko, Justin	2012 Invite	16:54
2. Park, Steven	2008 Invite	16:11	2. Paine, David	2013 CIF Prelims	17:01
3. Kliszewski, Jared	2014 CIF Finals	16:20	3. Lofgren, Nick	2011 Invite	17:02
4. Pankratz, Garrett	2009 CIF Prelims	16:22	4. Johnson, Hayden	2015 Invite	17:04
5. Redmond, James	2010 CIF Prelims	16:30	5. Park, Steven	2007 CIF Prelims	17:29
6. Ferrara, Damon	2001 CIF Prelims	16:34	6. Ferrara, Andy	2002 Invite	17:38
7. Almeida, Tyler	2006 CIF Prelims	16:40	7. Mejia, Evan	2002 Invite	17:55
8. Hastings, Derek	2002 Invite	16:47	8. Hastings, Blake	2004 Invite	17:59
9. Paine, David	2014 CIF Prelims	16:48	9. Ferrara, Damon	2000 Invite	18:05
10. Ferrara, Marcus	1990 CIF Finals	16:55	10. Matsumoto, Brando	2008 Invite	18:12

Top Team Performance

2008, Finals - 4th place

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

Note:

After 2000, the course changed (new course about 15-20 seconds faster)

1997 and 2011 CIF Prelims on the rain course

2015-2016 CIF competition on a different course

**South High Girls Cross Country**  
**All Time (1984-2016)**  
**Mt. SAC Course**

Top 10 performances & next top 10 individuals:

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

Top 10 Senior individuals:

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

Top 10 Junior individuals:

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

Top 10 Sophomore individuals:

1. Coscia, Kimberly	2012	Invite	17:46
2. DeBiasio, Erica	2009	CIF Prelims	18:11
3. Catena, Grace	2015	Invite	18:39
4. Calite, Ilma	2004	Invite	19:19
5. Nakamoto, Aubrey	2013	CIF Finals	19:28
6. Nesbit, Christie	2013	Invite	19:34
7. Wong, Kristen	2013	CIF Finals	19:36
8. Keenan, Kelly	2006	CIF Prelims	19:50
9. Takaoka, Deana	2014	CIF Finals	19:56
10. Wenzel, Melissa	2007	CIF Prelims	19:59

Top 10 Freshmen individuals:

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

Top Team Performance

2012 CIF Prelims; 3rd

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

Note:

After 2000, the course changed (new course about 15-20 seconds faster)

1997 and 2011 CIF Prelims, 2012 CIF Finals on the rain course

2015-2016 CIF competition on a different course

**South High Boy's Cross Country**  
**All-Time (1991-2016)**  
**Peninsula Course**

Top 10 performances & next top 10 individuals:

1. Lofgren, Nick	2014	Pio Meet #2	16:28	11. Redmond, James	2012	Pio. Finals	17:13
2. Salinas, Andrew	2009	Pio. Finals	16:34	12. Gorney, Alex	2004	Bay Finals	17:20
3. Lofgren, Nick	2013	Pio. Meet #1	16:40	13. Almeida, Tyler	2007	Pio. Meet #1	17:28
4. Lofgren, Nick	2012	Pio. Finals	16:41	14. Robinson, Thomas	2014	Pio Meet #2	17:32
5. Ferrara, Marcus	1992	Pio. Finals	16:52	15. Pankratz, Garrett	2009	Pio. Finals	17:34
6. Ferrara, Damon	2002	Bay Meet #2	17:02	16. Hastings, Derek	2004	Bay Finals	17:35
7. Ferrara, Marcus	1992	Multi-Meet	17:03	17. Jones, Robert	1999	Penin/Samo	17:36
8. Ferrara, Matt	2000	Penin/Samo	17:04	18. Hafeza, Ronny	2009	Pio. Finals	17:36
9. Turman, Jeffery	1998	Costa	17:07	19. Johnson, Hayden	2015	Pio. Finals	17:41
10. Neesby, Brian	2000	Penin/Samo	17:09	20. Lopez, Jonathon	1998	Penin/Samo	17:41

Top 10 Senior individuals:

1. Lofgren, Nick	2014	Pio Meet #2	16:28	1. Lofgren, Nick	2013	Pio. Meet #1	16:40
2. Salinas, Andrew	2009	Pio. Finals	16:34	2. Ferrara, Damon	2002	Bay Meet #2	17:02
3. Ferrara, Marcus	1992	Pio. Finals	16:52	3. Salinas, Andrew	2008	Pio Meet #2	17:15
4. Ferrara, Matt	2000	Penin/Samo	17:04	4. Ferrara, Marcus	1991	Pio. Finals	17:20
5. Turman, Jeffery	1998	Costa	17:07	5. Ferrara, Matt	1999	Bay Finals	17:20
6. Neesby, Brian	2000	Penin/Samo	17:09	6. Gorney, Alex	2004	Bay Finals	17:20
7. Redmond, James	2012	Pio. Finals	17:13	7. Neesby, Brian	1999	Bay Finals	17:28
8. Ferrara, Damon	2003	Multi-Meet	17:18	8. Almeida, Tyler	2007	Pio. Meet #1	17:28
9. Suzuki, Shiro	1992	Pio. Finals	17:19	9. Jones, Robert	1999	Penin/Samo	17:36
10. Robinson, Thomas	2014	Pio Meet #2	17:32	10. Lopez, Jonathon	1998	Penin/Samo	17:41

Top 10 Sophomore individuals:

1. Lofgren, Nick	2012	Pio. Finals	16:41	1. Johnson, Hayden	2015	Pio. Finals	17:41
2. Ferrara, Damon	2001	Bay Finals	17:29	2. Dutko, Justin	2012	Pio. Finals	17:45
3. Pankratz, Garrett	2009	Pio. Finals	17:34	3. Lofgren, Nick	2011	Pio. Meet #2	18:25
4. Park, Steven	2008	Pio Meet #2	17:53	4. Ferrara, Damon	2000	Penin/Samo	18:39
5. Almeida, Tyler	2006	Pio. Finals	17:55	5. Ferrara, Andy	2002	Bay Meet #2	18:42
6. Ferrara, Matt	1998	Penin/Samo	17:58	6. Iki, Misaki	1995	Finals	18:54
7. Kawashiri, Noah	2015	Pio. Finals	17:59	7. Kawashiri, Noah	2014	Pio. Meet #2	18:59
8. Neesby, Brian	1998	Costa	18:01	8. Paine, David	2013	Pio. Meet #1	19:08
9. Paine, David	2014	Pio Meet #2	18:06	9. Hastings, Derek	2001	Bay Finals	19:10
10. Kliszewski, Jared	2014	Pio Meet #2	18:09	10. Inauen, Jean-Clau	1999	Penin/Samo	19:18

Top Team Performance

2009 Pioneer League Finals; 2nd place

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

Top 10 Junior individuals:

1. Lofgren, Nick	2013	Pio. Meet #1	16:40	1. Lofgren, Nick	2013	Pio. Meet #1	16:40
2. Ferrara, Damon	2002	Bay Meet #2	17:02	2. Ferrara, Damon	2002	Bay Meet #2	17:02
3. Salinas, Andrew	2008	Pio Meet #2	17:15	3. Salinas, Andrew	2008	Pio Meet #2	17:15
4. Ferrara, Marcus	1991	Pio. Finals	17:20	4. Ferrara, Marcus	1991	Pio. Finals	17:20
5. Ferrara, Matt	1999	Bay Finals	17:20	5. Ferrara, Matt	1999	Bay Finals	17:20
6. Gorney, Alex	2004	Bay Finals	17:20	6. Gorney, Alex	2004	Bay Finals	17:20
7. Neesby, Brian	1999	Bay Finals	17:28	7. Neesby, Brian	1999	Bay Finals	17:28
8. Almeida, Tyler	2007	Pio. Meet #1	17:28	8. Almeida, Tyler	2007	Pio. Meet #1	17:28
9. Jones, Robert	1999	Penin/Samo	17:36	9. Jones, Robert	1999	Penin/Samo	17:36
10. Lopez, Jonathon	1998	Penin/Samo	17:41	10. Lopez, Jonathon	1998	Penin/Samo	17:41

Top 10 Freshmen individuals:

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

Note: # of varsity races

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

**South High Girl's Cross Country**  
**All-Time (1991-2016)**  
**Peninsula Course**

Top 10 performances & next top 10 individuals:

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

Top 10 Senior individuals:

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

Top 10 Junior individuals:

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

Top 10 Sophomore individuals:

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

Top 10 Freshmen individuals:

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

Top Team Performance

2012 Pioneer League Finals: 1st place

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

Note: # of varsity races

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

**South High Cross Country**  
**All-Time (2006-2016) List**  
**Central Park Invitational**

Top 10 (boys) performances & next 10 individuals:

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

Senior Boys:

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

Junior Boys:

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

Sophomore Boys:

1. Lofgren, Nick	2012	16:14
2. Pankratz, Garrett	2015	16:19
3. Kawashiri, Noah	2015	16:52
4. Antazo, Dia	2015	16:59
5. Matsumoto, Brandor	2009	17:18
6. Caballeros, Alexander	2015	17:38
7. <u>Taylor, Ryan</u>	2016	17:47
8. Matsumoto, Jay	2011	17:58
9. Koh, Christopher	2006	17:59
10. Salinas, Andrew	2007	18:03

Freshmen Boys:

1. Dutko, Justin	2012	17:02
2. Johnson, Hayden	2015	17:04
3. Lofgren, Nick	2011	17:17
4. <u>Martinez, Robert</u>	2016	17:31
5. Paine, David-Michael	2013	17:49
6. <u>Yee-Cannon, Bodhi</u>	2016	17:58
7. Orejana, Adrian	2015	18:04
8. Orduno, George	2015	18:23
9. Joudi, Houssam	2012	18:31
10. Han, Jason	2007	18:31

Top 10 (girls) performance & next 10 individuals:

1. Coscia, Kimberly	2012	17:41	11. Kalmar, Kara	2006	20:44
2. De Biasio, Erica	2009	18:35	12. Bullock, Natalie	2007	20:14
3. De Biasio, Erica	2010	19:04	13. Kalmar, Kara	2007	20:45
4. De Biasio, Erica	2011	19:30	14. Zerga, Sarah	2011	20:55
5. Wenzel, Melissa	2007	19:37	15. Horton, Grace	2013	20:14
6. Jones, Elizabeth	2006	19:43	16. Nakamoto, Aubrey	2013	20:20
7. Wenzel, Melissa	2006	19:48	17. Wong, Kristen	2013	20:23
8. Zamora, Sydney	2012	20:01	18. Holmes, Emma	2013	20:27
9. Nesbit, Christie	2013	20:11	19. Takaoka, Deana	2013	20:45
10. Ofsanko, Caylin	2011	20:13	20. Huang, Ashley	2015	20:25

Senior Girls:

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

Junior Girls:

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

Freshmen Girls:

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

Top Team (Boys) Performance:

2009 - 3rd place

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

Top Team (Girls) Performance:

2012 - 2nd place

1. Nesbit, Christie (10)	20:11
2. Horton, Grace (10)	20:14
3. Nakamoto, Aubrey (10)	20:20
4. Wong, Kristen (10)	20:23
5. Holmes, Emma (10)	20:27 (1:41:35)
6. Aaron, Sarah (12)	21:31
7.	

Note:

2015 new course (~ 10 seconds faster)

**South High Cross Country**  
**All-Time (2006-2016) List**  
**Wilson Park - 3.2 miles**

**Top 10 (boys) performances & next 10 individuals:**

1. Lofgren, Nick	2013	16:20	Finals	11. Park Steven	2008	17:13	Pio #1
2. Redmond, James	2012	16:22	Pio #2	12. Kumarage, Dimitri	2012	17:15	Pio #2
3. Lofgren, Nick	2012	16:30	Pio #2	13. <u>Paine, David Michae</u>	<u>2016</u>	<u>17:19</u>	<u>Pio #2</u>
4. Salinas, Andrew	2009	16:43	Pio #2	14. Catena, Jacob	2008	17:20	Pio #1
5. Duffin, Jimmy	2008	16:55	Pio #1	15. Robinson, Thomas	2013	17:21	Finals
6. Salinas, Andrew	2008	16:57	Pio #1	16. <u>Taylor, Robert</u>	<u>2016</u>	<u>17:24</u>	<u>Pio #2</u>
7. Almeida, Tyler	2007	17:00	Finals	17. Ganalon, Shane	2008	17:27	Pio #1
8. Pankratz, Garrett	2010	17:06	Finals	18. Hafeza, Ronny	2009	17:27	Pio #2
9. Gonin, Mathieu	2007	17:08	Finals	19. <u>Caballeros, Alex</u>	<u>2016</u>	<u>17:30</u>	<u>Pio #2</u>
10. <u>Huang, Brian</u>	<u>2016</u>	<u>17:10</u>	<u>Pio #2</u>	20. <u>Majamaki, Nicklas</u>	<u>2016</u>	<u>17:30</u>	<u>Pio #2</u>

**Senior Boys:**

1. Redmond, James	2012	16:22	Pio #2
2. Salinas, Andrew	2009	16:43	Pio #2
3. Duffin, Jimmy	2008	16:55	Pio #1
4. Gonin, Mathieu	2007	17:08	Finals
5. <u>Huang, Brian</u>	<u>2016</u>	<u>17:10</u>	<u>Pio #2</u>
6. Kumarage, Dimitri	2012	17:15	Pio #2
7. <u>Paine, David Michae</u>	<u>2016</u>	<u>17:19</u>	<u>Pio #2</u>
8. Catena, Jacob	2008	17:20	Pio #1
9. <u>Taylor, Robert</u>	<u>2016</u>	<u>17:24</u>	<u>Pio #2</u>
10. Hafeza, Ronny	2009	17:27	Pio #2

**Junior Boys:**

1. Lofgren, Nick	2013	16:20	Finals	1. Lofgren, Nick	2012	16:30	Pio #2
2. Salinas, Andrew	2008	16:57	Pio #1	2. Park, Steven	2008	17:13	Pio #1
3. Almeida, Tyler	2007	17:00	Finals	3. Redmond, James	2010	17:26	Finals
4. Pankratz, Garrett	2010	17:06	Finals	4. Pankratz, Garrett	2009	17:28	Pio #2
5. Park, Steven	2009	17:14	Pio #2	5. <u>Orduno, George</u>	<u>2016</u>	<u>17:54</u>	<u>Pio #2</u>
6. Robinson, Thomas	2013	17:21	Finals	6. Almeida, Tyler	2006	17:59	Pio #2
7. Ganalon, Shane	2008	17:27	Pio #1	7. Kawashiri, Noah	2015	18:09	Pio #1
8. <u>Caballeros, Alex</u>	<u>2016</u>	<u>17:30</u>	<u>Pio #2</u>	8. Joudi, Houssam	2013	18:21	Finals
9. <u>Majamaki, Nicklas</u>	<u>2016</u>	<u>17:30</u>	<u>Pio #2</u>	9. Majamaki, Nicklas	2015	18:21	Pio #1
10. Huang, Brian	2015	17:31	Pio #1	10. Han, Jason	2008	18:22	Pio #1

**Sophomore Boys:**

1. Lofgren, Nick	2012	16:30	Pio #2
2. Park, Steven	2008	17:13	Pio #1
3. Redmond, James	2010	17:26	Finals
4. Pankratz, Garrett	2009	17:28	Pio #2
5. <u>Orduno, George</u>	<u>2016</u>	<u>17:54</u>	<u>Pio #2</u>
6. Almeida, Tyler	2006	17:59	Pio #2
7. Kawashiri, Noah	2015	18:09	Pio #1
8. Joudi, Houssam	2013	18:21	Finals
9. Majamaki, Nicklas	2015	18:21	Pio #1
10. Han, Jason	2008	18:22	Pio #1

**Freshmen Boys:**

1. Paine, David-Michae	2013	17:37	Finals
2. Dutko, Justin	2012	17:45	Pio #2
3. Lofgren, Nick	2011	17:55	Pio #1
4. Park, Steven	2007	18:03	Finals
5. Han, Jason	2007	18:30	Finals
6. Johnson, Hayden	2015	18:43	Pio #1
7. <u>Martinez, Robert</u>	<u>2016</u>	<u>18:48</u>	<u>Pio #2</u>
8. Chung, Andrew	2007	18:57	Finals
9. Joudi, Houssam	2012	19:06	Pio #2
10. <u>Yee-Cannon, Bodhi</u>	<u>2016</u>	<u>19:14</u>	<u>Pio #2</u>

**Top 10 (girls) performance & next 10 individuals:**

1. Coscia, Kimberly	2012	18:18	Pio #2	11. Wenzel, Melissa	2007	20:22	Finals
2. Beaudoin, Nicole	2012	18:45	Pio #2	12. <u>Masuda, Chloe</u>	<u>2016</u>	<u>20:30</u>	<u>Pio #2</u>
3. Beaudoin, Taylor	2012	18:46	Pio #2	13. Nakamoto, Aubrey	2013	20:40	Finals
4. Coscia, Kimberly	2013	18:48	Finals	14. Bullock, Natalie	2009	20:42	Pio #2
5. Catena, Grace	2015	19:43	Pio #1	15. Zamora, Sydney	2012	20:44	Pio #2
6. DeBiasio, Erica	2010	19:45	Finals	16. Wong, Kristen	2013	20:45	Finals
7. De Biasio, Erica	2009	19:49	Pio #1	17. Sieder, Ally	2013	20:50	Finals
8. DeBiasio, Erica	2011	19:54	Pio #1	18. <u>Huang, Ashley</u>	<u>2016</u>	<u>20:51</u>	<u>Pio #2</u>
9. Nesbit, Christie	2013	20:14	Finals	19. <u>Nakamoto, Hannah</u>	<u>2016</u>	<u>21:05</u>	<u>Pio #2</u>
10. Jones, Elizabeth	2006	20:19	Pio #2	20. Holmes, Emma	2015	21:07	Pio #1

**Senior Girls:**

1. DeBiasio, Erica	2011	19:54	Pio #1
2. Jones, Elizabeth	2006	20:19	Pio #2
3. <u>Masuda, Chloe</u>	<u>2016</u>	<u>20:30</u>	<u>Pio #2</u>
4. Nesbit, Christina	2015	20:37	Pio #1
5. Bullock, Natalie	2009	20:42	Pio #2
6. Zamora, Sydney	2012	20:44	Pio #2
7. Sieder, Ally	2013	20:50	Finals
8. Wong, Kristen	2015	20:54	Pio #1
9. Holmes, Emma	2015	21:07	Pio #1
10. Aaron, Sarah	2013	21:18	Finals

**Junior Girls:**

1. Coscia, Kimberly	2013	18:48	Finals	1. Coscia, Kimberly	2012	18:18	Pio #2
2. DeBiasio, Erica	2010	19:45	Finals	2. Catena, Grace	2015	19:43	Pio #1
3. <u>Huang, Ashley</u>	<u>2016</u>	<u>20:51</u>	<u>Pio #2</u>	3. De Biasio, Erica	2009	19:49	Pio #1
4. <u>Nakamoto, Hannah</u>	<u>2016</u>	<u>21:05</u>	<u>Pio #2</u>	4. Nesbit, Christie	2013	20:14	Finals
5. Bullock, Natalie	2008	21:08	Pio #1	5. Wenzel, Melissa	2007	20:22	Finals
6. Zamora, Sydney	2011	21:15	Pio #1	6. Nakamoto, Aubrey	2013	20:40	Finals
7. Keenan, Kelly	2007	21:24	Finals	7. Wong, Kristen	2013	20:45	Finals
8. Kalmar, Kara	2007	21:27	Finals	8. Bullock, Natalie	2007	21:12	Finals
9. Aaron, Sarah	2012	21:29	Pio #2	9. <u>Gloyer, Emma</u>	<u>2016</u>	<u>21:19</u>	<u>Pio #2</u>
10. Takaoka, Deana	2015	21:34	Pio #1	10. Ishii, Kristen	2009	21:30	Pio #2

**Sophomore Girls:**

1. Coscia, Kimberly	2012	18:18	Pio #2
2. Catena, Grace	2015	19:43	Pio #1
3. De Biasio, Erica	2009	19:49	Pio #1
4. Nesbit, Christie	2013	20:14	Finals
5. Wenzel, Melissa	2007	20:22	Finals
6. Nakamoto, Aubrey	2013	20:40	Finals
7. Wong, Kristen	2013	20:45	Finals
8. Bullock, Natalie	2007	21:12	Finals
9. <u>Gloyer, Emma</u>	<u>2016</u>	<u>21:19</u>	<u>Pio #2</u>
10. Ishii, Kristen	2009	21:30	Pio #2

**Freshmen Girls:**

1. Beaudoin, Nicole	2012	18:45	Pio #2
2. Beaudoin, Taylor	2012	18:46	Pio #2
3. Nesbit, Christina	2012	21:00	Pio #2
4. Nakamoto, Aubrey	2012	21:01	Pio #2
5. Takaoka, Deana	2013	21:14	Finals
6. Kinney, Marielle	2013	21:36	Finals
7. <u>Ben Avides, Rivka</u>	<u>2016</u>	<u>21:40</u>	<u>Pio #2</u>
8. Heinemann, Haley	2007	21:46	Finals
9. Moran, Erica	2009	21:47	Pio #2
10. Bullock, Natalie	2006	21:50	Pio #2

**Top Team (Boys) Performance:**

<b>2008 Pioneer League #1 - 2nd place</b>		
1. Duffin, Jimmy (12)	16:55	
2. Salinas, Andrew (11)	16:57	
3. Park, Steven (10)	17:13	
4. Catena, Jacob (12)	17:20	
5. Ganalon, Shane (11)	17:27 (1:26.52)	
6. Almeida, Tyler (12)	17:33	
7. Han, Jason (10)	18:22	

**Top Team (Girls) Performance:**

<b>2012 Pioneer League #2 - 1st place</b>		
1. Coscia, Kimberly (11)	18:18	
2. Beaudoin, Nicole (9)	18:45	
3. Beaudoin, Taylor (9)	18:46	
4. Zamora, Sydney (12)	20:44	
5. Nesbit, Christie (9)	21:00 (1:37.33)	
6. Nakamoto, Aubrey (1)	21:00	
7. Aaron, Sarah (11)	21:29	

**Note:**

2014 Did not run

## Random Stories

Coach Tokuda has gone through 25 league championship races. So here's some of the most memorable teams/races at league finals:

**Easiest League Championship Title: 1)** 2012 GV @ PV Course. The 2012 Girls Varsity team were led by 3 elite runners in Kimberly Coscia, Nicole Beaudoin, and Taylor Beaudoin; 4:55, 5:05, and 5:05 1600m runners respectively. Our backpack was not too shabby either with Sydney Zamora, Sarah Zerga, Sarah Aaron, Christie Nesbit, and Aubrey Nakamoto. There was one other elite girl from El Segundo (15<sup>th</sup> in State), and that was the only thought coming into the Pioneer League championship race...would the El Segundo girl break our top 3. The answer was no, as we took 1-2-3 at league finals followed by a 6<sup>th</sup> and 8<sup>th</sup> place finish by Sydney and Aubrey. We finished with a 35-point victory over Torrance (the biggest margin of victory ever) and beat the entire league by 15 points! **2)** 1994 GV @ Rancho Park. The 1994 team was led by CIF Champion Simone Ferrara and added a new girl to South (Kalpana Ramachandran) a 2:24, 800m runner. The depth of the team was the strength of the team with Jennifer Brownlie, Holly Harris, Ariana Benardo, and Jenny Park. We had just been relocated to the Ocean league (Mira Costa, Beverly Hills, Redondo, Morningside) and the girls simply dominated the new league taking 1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup>, 7<sup>th</sup>, 9<sup>th</sup>, and 10<sup>th</sup>. We beat the closest team Mira Costa by 25 points. **3)** 2013 GV @ Wilson Park. A year after the Beaudoin twins transferred to Redondo, the remaining 2012 girls responded with another dominant performance at league finals with the first and only time all seven runners were All-League runners. Kimberly Coscia again won the league title, Torrance took the next 2 spots, then South took the next 6 spots. Needless to say taking 7 of the first 9 spots makes an easy day for the team.



2012 – Kim & the twins go 1-2-3 at league finals



1994 – winning Bell-Jeff Invite

**Closest League Championship Race: 1)** 2008, BV @ Colombia Park. South vs North for the Pioneer league title. First year Coach Rick Esponda elevated our boys' team to our first league title in 16 years. The boys were led by Andrew Salinas (4:23 miler, 9:22 2-miler), Tyler Almeida (1:56 800m, 4:15 miler) and Jimmy Duffing (4:27 miler). The team had front runners along with great depth; with Steven Park, Shane Ganalon, Jacob Catena, and Ronny Hafeza. One of the best Spartan boy's teams ever (5<sup>th</sup> in the State) were still the underdog for the Pioneer League Title against North High (with

their best team ever.) North had won the first two league meets by 4 and 5 points apiece, plus they had beaten us at the South Bay Cup. Prior to league finals, North was ranked 6<sup>th</sup> in CIF. But we had a key runner (Tyler Almeida) injured early in the year and was finally rounding into shape at finals. North #1 beat our #1 by 4 seconds, then South #2 beat North #2 by 2 seconds...tied after the first 4 spots. South #3 beats North #3 with the same finishing time, then North #4 beats South #4 with same finishing time...tied after 4<sup>th</sup> runners finished. Then our depth came into play as we took the next 2 spots giving us a 3-point victory (a 9-second team time victory)! **2)** 1997 GV @ Rancho Park. The 1997 girls' team was 4 returning All-League girls from the previous year...but 3 of these girls would struggle with injuries and anemia throughout the season and did not run at league finals. So our top returner, Jenny Atkinson (2:21, 800m and 5:16, 1600m) led a hodge-podge of six first-year varsity runners at the league finals race. The week before finals, we had beaten Beverly Hills by 1 point when our #5 girl Freshmen McCaul Flack (eventual 800m school-record holder) caught and outkicked Beverly's #5 girl by 9 seconds over the last 150m. At Ocean league finals, although the league had Mira Costa, Redondo, and Culver City, this was really a South Vs. Beverly race for the title. Beverly Hills had 2 elite runners...but we had better depth. It was a crazy race as our #2 girl (Amie Huff) struggled, but Jennifer Clark (fresh from the JV race) became our #2 girl. Beverly's #3 and #4 girls were running great breaking up our packing. After 4 girls, Beverly finished 1-3-7-12 while South finished 4-5-8-11...we were down by 5 points. Then our 5-7 girls all finished in front of Beverly's #5...turning the tide and giving us a 3 point victory. This was before the computer barcode days...so all the coaches went immediately into hand-counting the score at the finish line. A small crowd of parents gathered around Tokuda as he was calculating the team score. The tension was so great that Tokuda dropped the 'F' bomb after the race...the parents thought it was a disappointment curse word, but it was Tokuda's limited vocabulary to express his happiness and relief.



2008 – winning Mt. SAC Invite



1997 – after a 1-point victory at Rancho Park

Deana Takaoka (4-year Letterman)

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

My most memorable moment would be going to State as a team

Sophomore year and of course going to CIF this year. *What was your best race?* My best race would be Freshmen year at Santa Clarita and PV Course, because I got 1<sup>st</sup> Place! *Any Regrets?* Not going to Big Bear Sophomore year. *What were your first memories of XC freshmen year?*

I remember meeting Coach Rick for the first time at the afternoon practices. *Stupidest thing you've done in Cross Country?* Climbing down the side of a mountain. Junior year a couple of us varsity girls were running on the upper fire trail and wanted to take a short cut back to Malaga. We noticed some stairs that we thought would lead us all the way down to the street (it didn't). So we ended up going through someone's backyard. *Any words of advice for incoming freshmen?* Take this sport seriously and pay your sports contribution on time.



Robert Taylor (2-year Letterman)

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

My most memorable moment was when the Boys Varsity team won our race at Mt. SAC. We won it by a landslide which was the coolest thing we did that season. *What was your best race?* My best race was Mt. SAC my Junior year. I don't really know what happened, but the first mile I was about 10<sup>th</sup> place. Through the second and part of the third mile, I moved up to 8<sup>th</sup> place but then fell back to 10<sup>th</sup> place. This is the highest I had ever placed in a large invitational and I was stoked. Ended up running a 16:37. *What was your worst race?* Unfortunately my worst race was at League Finals my Senior year at Entraderro Park. We did not expect the race to go out this fast, but I went out and I felt good through the mile, but in the neighborhood, I began to feel this immense

fatigue. I barely survived through race, and when I got back into the park I was ghost white and I ended up falling at the finish line. I must had been extremely dehydrated.

Chloe Masuda (4-year Letterman)

*What was your most memorable moment from the past 4 years in XC?* I couldn't just pick one memorable moment...One of the highlights of these four years was the moment we found out we made it to State during my Sophomore year. Being able to be part of the first girls' team to make it to State was unbelievable. That moment made me realize that nothing is impossible – to not be afraid of striving



for higher goals. Another memorable moment was this year, when we got second at league finals and beat Torrance!! Looking back and remembering Tokuda saying how badly he wanted us to beat them and seeing him smile when we did made me so happy. *What was your best race?* My best race time wise was Woodbridge my Sophomore year. I got 18:52 and was so surprised when I crossed the finish line. *What was your worst race?* My worst race was PV course, my Freshmen year. It was my first varsity race and I definitely underestimated the hills...especially Agony. *Any regrets?* I regret not taking iron pills my junior year. I had a bad season and was always feeling sluggish during practices and races. Later I found out I had low iron levels when I took a blood test. *What were some of your first memories of cross country your freshmen year?* I remember being so nervous before my first race that I almost peed my pants. Then I saw someone else pee while racing, and thinking 'I'm not going to be that person.' *Stupidest thing you've done in Cross Country?* The stupidest thing I've done in Cross

Country was imitate this new yoga stretch I found on Pinterest right after a 10 mile run. I ended up tearing my hamstring and not being allowed to run for three weeks. *Any words of advice for incoming freshmen?* DO NOT race each other in practices – it's stupid and you'll be sore the next day. Listen to your coaches and tell them about your injuries. They won't disappear if you ignore them! *Any other thoughts?* Don't listen to anyone who tells you that you can only run so fast. If you follow expectations that other people hold for you, you will be exactly what they think you are – average. Hold your standards high and continue to work hard. Hard work will always be rewarded. "Give everything but Up".



David Michael Paine (4-year Letterman)

*What was your most memorable moment from the past 4 years in XC?* Most definitely all the friendships, laughs, adventures, team dinners, and mile repeats I experienced. But also Coach Rick dressing up in a wife-beater for Halloween and scaring Josh Wester, a big tough guy. *What was your best race?* I cannot answer that question yet. Season is not over. *What was your worst race?* My worst race was probably Clovis of my Junior year. I was having a rough season and was hopeful to turn things around at Clovis. Yet, at the race, our entire team fell at the start, it was hot dusty, and hilly. I remember painfully running through that race as if running through jello. My thighs were paralyzed and I had cotton-mouth. It sucked and my time was the final blow because the pain didn't accomplish what I wanted to achieve, which was to turn around my season. In fact, I went backwards. *Any regrets?* I have no regrets in Cross Country. *What were some of your first memories of Cross Country your freshmen year?* I remember on my first run to the beach. Tokuda told me not to get hit by a car right after he witnessed me come in a close encounter. However, the next day I was invited to rain in the morning with varsity

and I ran up Death Trail backwards. I was struggling during that PV run and when we saw Tokuda, he asked everyone if they were ok, and course I was dying but I was a freshmen. So I told my coach yes and remember climbing up Death Trail with my hands at the feet of Justin Dutko. *Stupidest thing you've done in Cross Country?* Everything I've done has been by choice and I support every decision I've made during XC. *Any words of advice for incoming freshmen?* Listen to your coaches, respect them and their wisdom, put in the work, do your best, enjoy every moment. *Any other comments?* As hard as it is not to eat Halloween candy on Halloween, do your best not to. Running is a lifestyle, not just a sport. It requires a different dedication but offers new rewards.

Marielle Kinney (3-year Letterman)

*What was your most memorable moment from the past 4 years in XC?* Staying in room 169 at Clovis this year. *What was your best race?* League Finals 2013 – JV League Champion – my only pride in my life. *What was your worst race?* Great Cow 2016; I face-planted and didn't finish. *Any regrets?* Not taking enough time to enjoy Cross Country; complaining so much. *What were some of your first memories of Cross Country your freshmen year?* My first run ever was the 2-mile orbit and I walked half of it and thought I was going to die. *Stupidest thing you've done in Cross Country?* Wave at Issac during Mt. SAC. *Any words of advice for incoming freshmen?* Don't quit after Sophomore year. *Any other comments?* Thank you for letting me run this year and deciding not to cut me!



Jared Kliszewski (3-year Letterman)

*What was your most memorable moment from the past 4 years in XC?* Qualifying for CIF Finals during my Sophomore season. We swooped the last spot at the prelims, the classic Cinderella story. We were ecstatic, it's still my favorite high school memory. *What was your best race?* CIF Prelims my sophomore year. The race was at Mt SAC and I was on fire that day. *What was your worst race?* Clovis Invitational my Junior year. We raced at 2 in the afternoon and it was hot, dry, and dusty. The entire varsity team fell at the start and I was actually worried I would pass out on the course during the last mile. *Any regrets?* Not one. *What were some of your first memories of Cross Country your freshmen year?* I remember feeling so nervous I could've puked on the starting line of my first race. The gun went off, I sprinted 200 meters, and then realized it was a false start and had to do it all over again. *Stupidest thing you've done in Cross Country?* Picked up an old couch cushion in the Ralph's parking lot, named it Stuart, and dubbed him the unofficial team mascot. *Any words of advice for incoming freshmen?* Train smart, not hard. *Any other comments?* Any time you

step on the starting line, you have the potential to run the best race of your life. You never really know when it's going to happen, so never sell yourself short!

Brian Huang (3-year Letterman)



Shotaro Yamada (2-year Letterman)

*What was your most memorable moment from the past 4 years in XC?* I only have been in xc and track for three years, but the most memorable moment was Big Bear camp last year, my junior year. That year was really important for me since I got into varsity team and ran varsity races. Before Big Bear, I did not know many people so that I didn't

know who to run with, which kept me from getting faster. Through team games and activities, I finally got to know the team. This camp surely made my xc exciting and entertaining. I even learned how to

slack off..... *What was your best race?* My best race was South Bay Cup when I was a sophomore. I did pretty good last year but chose this since it was the first race for me to be on the top of JV and to run with varsity guys( I finished before Robert Taylor). Until then, I was just running for fun but I actually started trying to improve to make the varsity team. I don't really remember how I felt in this race but I know that I was very satisfied for beating fast runners. *What was your worst race?* My worst race was Clovis invitational last year. I felt bad in many races but this was the worst feeling ever. At the end of the first mile, I was already dead and I thought I could not finish the race. The weather killed me too. It was like 100 degrees, the air was dry and very dusty. *Any regrets?* I regret that I didn't do xc freshmen year. I could have been faster now.....? May be I don't know. *What were some of*



*your first memories of Cross Country?* My first memory was when coach Tokuda told me to run faster on the practice. I was running to the pier with my friends on 10 minute pace. *Stupidest thing you've done in Cross Country?* Stupidest thing I ever did was when I took the bus on the run. During spring break last year, we had a surge at West High since South track was closed. I ran to West with the team and did the surge, but I remember the workout was horrible. My friend and I were really tired, we didn't feel like running another three miles to go back to South, so we decided to take the bus back. It was awesome!!!!!! I think everyone on varsity knows about this but I wish none of the coaches knew. Also, I will not say my friend's name... try to figure it out on your own. *Any words of advice for incoming freshmen?* To incoming freshman, you always want to keep a good attitude towards running. If you starts slacking off, you will become like me when you are a senior. There is one sophomore who already has a bad attitude, just try to stay away from that guy before you get a bad influence.



2016 Cross Country





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