



SOUTH HIGH SCHOOL CROSS COUNTRY

4801 PACIFIC COAST HIGHWAY
TORRANCE, CALIFORNIA 90505
EDITOR'S EMAIL: 1045916@etusd.org

ANDREW SALINAS, BOYS VARSITY COACH
RICK ESPONDA, COACH

BRIAN TOKUDA, HEAD COACH

MANDI JOHNSON, GIRLS VARSITY COACH
ANDREW LEUNG, REPORTER / TA

Mt. SAC Invitational
Oct. 20, 2017

Mt. San Antonio College. Hilly on dirt and pavement. 2.9 miles.
Cloudy, 65-70°F

At the Mt. SAC Invitational, South's Cross County season took a turn for the better. In spite of the notoriously difficult hilly course, the athletes managed to persevere in their races and secure good places for their teams. The runners left South High at 7:40 a.m. and arrived at Mt. San Antonio College at 9:30 a.m. Many runners attributed their success at the meet to favorable weather conditions. Overall, many groups of South's runners did exceptionally well, with Sophomore Girls getting second place overall, beating West High by one place. The JV Boys won first place. The Boys Sophomores got seventh place. Freshmen Boys won fourth place, and, according to Boys Freshman runner Matthew Peters, "Three or four runners got in the top 50 range." The Boys and Girls Varsity teams won first place. Many recounted the excitement of wearing the Gatorade sunglasses that the athletes received at the meet. Girls Varsity runner Hannah Nakamoto was unable to run for this race and instead took pictures for Head Coach Tokuda's photo album. Official statistics indicate that 30 new PR's were made.

Boys Freshman Matthew Peters said, "I didn't go too hard at the beginning or the end; I ran just right." His experience at Mt. SAC was mainly positive, with his only disappointment being that after running up one hill, he did not anticipate another one. Peters ended up getting a 17:11, first place in his Freshmen race. Varsity runners Dia Antazo and Hayden Johnson ran a 16:09, taking fourth and fifth place in their race, respectively. Varsity runner Casey Spencer finished with a 17:18. Freshman Kevin Morimoto, who lost \$10 in food money at the race, ran an 18:56. He said, "That was a hard run; it was very hilly." Sophomore Nathan Wong, though, was unhappy with his performance at the race, thinking that he ran too slowly. He ended up with a 20:02.

JV Girls runners Amara Ugwu, Anna Radmilovich, and Tea Takaoka won their first medals at Mt. SAC. Upon returning to South High, Ugwu stated, "It was fun, and I hope to do it again. The course itself was not as bad as I thought it would be. There were a lot of good runs for the course, and overall, we did really [well] as a team." She ran a 27:54. Varsity runner Mia Trodden was the fastest runner out of South's girls, finishing with a 19:40; she was 13th place in her race. Varsity runner Ashley Huang came in next among South's girls with a 20:00. Varsity runner Rivka Ben-Avides ran a 20:35.

South High Cross Country's next event is the One-Mile Time Trial at West High on Wednesday. This short event will occur later in the evening. Many are excited for this, as it is significantly shorter in distance than a regular meet. At 6:30 p.m. on Thursday, November 2, the Cross Country Booster Club will hold a meeting at Coast Christian Fellowship down Pacific Coast Highway. After the Pioneer League Meet #3 on November 1, CIF Prelims, Finals, and the State Championship will take place. Runners hope to be eligible for those high-stakes races at the end of the season. But for now, many are concerned with putting forth a great effort for upcoming races. The Cross Country Banquet will take place on November 30 at Coast Christian Fellowship. Runners are hoping to get Coach Rick Esponda's approval for student-led entertainment at the event, and several students, including TA Andrew Leung and Asst. TA Khalid Mihlar, have already offered to volunteer their services for music at the banquet.

- TA Andrew Leung
Sunday, Oct. 22, 2017