

Watermelon Run									
August 25th, 2022 Palos Verdes Course 2M 80° sunny									
Girls' Team					Boys' Team				
Place	Name	Grade	2022	Prior Course Best	Place	Name	Grade	2022	Prior Course Best
1	Nikmehr, Michelle	10	13:07	13:08	1	Naehu, Alex	11	10:26	10:55
2	McKenny, Trinity	10	13:17	13:17	2	Typrowicz, Jake	12	11:12	11:20
3	Sherry, Kate	10	13:34	14:16	3	Mackiewicz, Michael	11	11:17	11:37
4	Stoddart, Sophie	11	13:35	13:12	4	Farnsworth, Matthew	12	11:17	10:50
5	Farnsworth, Maddie	9	13:50	x	5	Jones, Austin	11	11:18	11:56
6	Booth, Grace	9	14:55	x	6	Miller, Adrian	10	11:18	12:01
7	Hernandez, Jordan	11	15:02	15:50	7	Vitkus, Vytautas	11	11:18	11:53
8	Booth, Lily	9	15:04	x	8	Chu, Jonathan	12	11:30	11:23
9	Herniter, Talia	11	15:33	14:56	9	Nelson, Mattias	10	11:32	12:57
10	Uchiyama, Eto	10	15:40	16:44	10	Boardman, Marco	12	11:36	12:37
11	Andrews, Brette	11	16:42	16:15	11	Anderson, Ian	9	11:37	x
12	Kalty, Anna	9	18:50	x	12	Smitham, Drew	9	11:45	x
13	Llamido, Rylie	9	20:07	x	13	Dalusio, Milo	11	11:56	12:39
14	Pentkowska, Kate	11	24:25	x	14	Jardin, Nicholas	9	12:04	x
15	Starr, Adeline	9	30:20	x	15	Foster, Cole	10	12:40	13:28
16	Hargrove, Charlotte	9	30:25	x	16	O'Connor, Joseph	12	12:41	12:28
					17	Byrne, Ian	10	13:02	13:10
					18	Klein, Rowan	12	13:29	13:49
					19	Ahmadi, Zach	12	13:49	14:06
					20	Rafijah, Luke	12	13:51	15:23
					21	Maleki, Arshia	12	13:59	14:53
					22	Yim, Charles	9	14:10	x
					23	Tang, William	9	14:34	x
					24	Hong, Zephyr	9	15:32	x
					25	Rod, Arvin	12	15:44	13:32
					26	Johnson, Heath	10	15:45	14:49
					27	Sun, Dylan	9	17:10	x
					28	Bates, Joshua	11	19:33	x
					29	Jones, Charlie	10	19:36	15:24
					30	Mecozzi, Giannantonio	10	19:43	17:12
					31	Duarte, Kristofer	10	20:51	19:42
					32	Foley, Ryan	12	22:43	18:10
					33	Murphy, Tyler	9	22:53	x
					34	Sejba, Tyler	9	26:23	x

Woodbridge Inv												
September 17th, 2021, Silverlakes 3.M 86° toasty then cooling												
Girls' Team						Boys' Team						
Place	Name	Grade	Time	Place	Prior Course Best	Place	Name	Grade	Time	Place	Prior Course Best	
1	Sherry, Kate	9	21:48	14/128	x	1	Ahmadi, Zach	11	19:42	107/194	20:45	
2	Hernandez, Jordan	10	22:21	34/130	x	2	Ahmed, Tarick	11	19:56	115/194	24:35	
3	Thompson, Lauren	12	23:12	60/188	x	3	Boardman, Marco	11	18:22	46/194	19:13	
						4	Byrne, Ian	9	19:56	70/233	x	
						5	Carroll, Cole	9	23:32	191/233	x	
						6	Conlon, Sean	12	19:47	115/168	19:31	
						7	Duarte, Kristofer	9	28:37	230/233	x	
						8	Fernandez, Mathieu	12	19:48	116/168	x	
						9	Foley, Ryan	11	24:35	185/194	28:32	
						10	Johnson, Heath	9	21:57	159/233	x	
						11	Klein, Rowan	11	19:44	108/194	20:11	
						12	Maleki, Arshia	11	21:01	154/194	26:10	
						13	Milam, Jake	11	23:46	183/194	20:18	
						14	Miller, Adrian	9	18:21	10/233	x	
						15	Miramontes, Joseph	12	20:35	133/168	x	
						16	Nelson, Mattias	9	19:05	39/233	x	
						17	O'Connor, Joseph	11	18:38	55/194	21:57	
						18	Rafijah, Luke	11	20:00	121/194	20:14	
						19	Rod, Arvin	11	20:25	136/194	x	

Iolani Inv									
September 18th, 2021, Kamehameha Campus Course 5k 76° sunny, medium breeze									
Girls' Team					Boys' Team				
Place	Name	Grade	Time	Place	Place	Name	Grade	Time	Place
1	Wang, Natalie	10	19:12	2/52	1	Stefanou, Luke	12	15:51	1/57
2	Nikmehr, Michelle	9	20:09	9/52	2	Kirk, Will	12	16:12	2/57
3	McKenny, Trinity	9	20:31	10/52	3	Naehu, Alex	10	16:48	10/57
4	Terrell, Anna	12	20:36	11/52	4	Farnsworth, Matthew	11	16:50	11/57
5	Stoddart, Sophie	10	21:07	15/52	5	Chu, Jonathan	11	17:55	26/57
6	Norris, Greta	12	21:27	19/52	6	Tyrowicz, Jake	11	18:17	32/57
7	Bonvechio, Grace	12	23:30	39/52	7	Vitkus, Vytas	10	18:30	34/57
8	Herniter, Talia	10	24:06	42/52	8	Mackiewicz, Michael	10	18:37	36/57
					9	Jones, Austin	10	18:40	37/57
Team Results									
	Varsity Girls	2/9							
	Varsity Boys	2/13							

Bay League Meet 1

October 14th, 2021, Palos Verdes Cross Country Course 3.04M 75°, dry, full sun, light breeze

Girls' Team

Place	Name	Grade	Time	Place	Prev Course Best
1	Barrett, Emilie	12	19:59	4/32	20:48
2	Wang, Natalie	10	20:14	7/32	20:29
3	Nikmehr, Michelle	9	20:31	8/32	21:55
4	Stoddart, Sophie	10	20:54	13/54	24:23
5	McKenny, Trinity	9	21:00	14/32	21:00
6	Norris, Greta	12	21:51	24/32	22:10
7	Sherry, Kate	9	22:39	4/54	x
8	Hernandez, Jordan	10	24:22	18/54	26:37
9	Thompson, Lauren	12	25:04	22/54	27:28
10	Schmitz, Ainsley	11	36:06	54/54	34:34
11	Herniter, Talia	10	DNF		26:13

Team Results

Varsity Girls	1/6
Varsity Boys	3/6
JV Girls	5/6
JV Boys	5/6
Freshman Boys	4/5

Course PR

Boys' Team

Place	Name	Grade	Time	Place	Prev Course Best
1	Stefanou, Luke	12	16:11	2/34	17:02
2	Kirk, William	12	16:44	7/34	17:34
3	Farnsworth, Matthew	11	17:18	13/34	17:46
4	Naehu, Alex	10	17:23	17/34	18:07
5	Chu, Jonathan	11	18:21	25/34	19:21
6	Jones, Austin	10	18:38	10/93	20:15
7	Miller, Adrian	9	19:11	4/52	20:37
8	Vitkus, Vytautas	10	19:22	31/34	20:27
9	Typrowicz, Jake	11	19:46	33/34	18:52
10	O'Connor, Joseph	11	19:51	33/93	21:00
11	Nelson, Mattias	9	20:42	11/52	23:10
12	Byrne, Ian	9	20:47	12/52	23:40
13	Boardman, Marco	11	20:52	45/93	20:50
14	Conlon, Sean	12	21:09	48/93	21:18
15	Ahmadi, Zach	11	21:15	50/93	22:15
16	Ahmed, Tarick	11	21:51	64/93	23:40
17	Johnson, Heath	9	23:19	34/52	27:02
18	Milam, Jake	11	23:31	75/93	22:40
19	Fernandez, Mathieu	12	23:33	76/93	22:36
20	Rod, Arvin	11	23:37	77/93	22:51
21	Rafijah, Luke	11	23:44	78/93	25:07
22	Jones, Charlie	9	24:18	37/52	x
23	Maleki, Arshia	11	25:11	84/93	24:16
24	Mecozzi, Giannantonio	9	26:10	45/52	45:51
25	Bates, Josh	10	27:14	89/93	x
26	Foley, Ryan	11	28:46	90/93	29:14
27	Duarte, Kristofer	9	30:05	50/52	42:23
28	Chang, Jaxson	10	33:10	92/93	41:31
29	Dodge, Charles	11	43:30	93/93	44:14
30	Carroll, Cole	9	DNF		36:15

Mt Sac Inv

October 22nd, 2021, Mt Sac! 2.93M 75° sunny

Girls' Team

Place	Name	Grade	Time	Place
1	Wang, Natalie	10	18:34	7/114
2	Barrett, Emilie	12	19:09	21/114
3	Nikmehr, Michelle	9	19:26	28/114
4	McKenny, Trinity	9	19:44	33/114
5	Norris, Greta	12	20:13	43/114
6	Terrell, Anna	12	20:28	50/113
7	Sherry, Kate	9	21:01	2/104
8	Bonvechio, Grace	12	22:43	18/104
9	Hernandez, Jordan	10	22:52	20/104
10	Uchiyama, Eto	9	24:34	51/104
11	Schmitz, Ainsley	11	DNF	

Team Results

Varsity Girls	5/20
Varsity Boys	1/17
JV Girls	11/27
JV Boys	2/18
Frosh Boys	2/28

Boys' Team

Place	Name	Grade	Time	Place
1	Stefanou, Luke	12	15:09	2/116
2	Kirk, William	12	15:23	3/116
3	Farnsworth, Matthew	11	16:26	24/116
4	Naehu, Alex	10	16:56	32/116
5	Chu, Jonathan	11	17:04	40/116
6	Jones, Austin	10	17:08	3/131
7	Tyrowicz, Jake	11	17:37	60/116
8	Mackiewicz, Michael	10	17:42	5/131
9	Miller, Adrian	9	18:02	3/152
10	Vitkus, Vytautas	10	18:18	11/131
11	O'Connor, Joseph	11	18:40	21/131
12	Nelson, Mattias	9	19:01	7/152
13	Boardman, Marco	11	19:32	46/131
14	Ahmadi, Zach	11	19:46	55/131
15	Ahmed, Tarick	11	19:49	56/131
16	Conlon, Sean	12	19:53	58/131
17	Rod, Arvin	11	19:55	59/131
18	Byrne, Ian	9	20:00	21/152
19	Fernandez, Mathieu	12	20:12	69/131
20	Foster, Cole	9	20:14	27/152
21	Klein, Rowan	11	21:26	91/131
22	Milam, Jake	11	21:31	92/131
23	Johnson, Heath	9	21:48	52/152
24	Maleki, Arshia	11	21:55	98/131
25	Rafijah, Luke	11	22:39	106/131
26	Jones, Charlie	9	23:37	89/152
27	Carroll, Cole	9	23:38	90/152
28	Mecozzi, Giannantonio	9	25:05	121/152
29	Foley, Ryan	11	25:25	126/131
30	Bates, Josh	10	26:07	128/131
31	Dodge, Charles	11	38:51	131/131
32	Duarte, Kristofer	9	DNF	

Warrior Mile

October 27th, 2021, West Torrance 65° at night, no wind

Girls' Team

Place	Name	Grade	Time	2019 WM	Track 1600m PR
1	Barrett, Emilie	12	5:09.4	x	5:20.1
2	Wang, Natalie	10	5:16.3	x	5:41.0
3	Nikmehr, Michelle	9	5:24.4	x	x
4	Terrell, Anna	12	5:25.5	5:21.5	5:22.0
5	Stoddart, Sophie	10	5:37.6	x	6:08.1
6	McKenny, Trinity	9	5:39.0	x	x
7	Bonvechio, Grace	12	5:42.0	5:49.8	5:39.5
8	Andrews, Brette	10	5:44.6	x	x
9	Norris, Greta	12	5:49.7	x	5:45.1
10	Sherry, Kate	9	6:02.3	x	x
11	Hernandez, Jordan	10	6:09.0	x	6:19.6
12	Uchiyama, Eto	9	6:34.4	x	x

Boys' Team

Place	Name	Grade	Time	2019 WM	Track 1600m PR
1	Kirk, William	12	4:21.8	4:45.4	4:23.8
2	Stefanou, Luke	12	4:26.5	x	4:27.1
3	Naehu, Alex	10	4:33.8	x	4:40.0
4	Farnsworth, Matthew	11	4:39.9	4:54.3	4:41.2
5	Typrowicz, Jake	11	4:41.1	5:00.7	4:47.4
6	Vitkus, Vytautas	10	4:51.6	x	5:27.1
7	Jones, Austin	10	4:53.7	x	5:44.2
8	Mackiewicz, Michael	10	4:56.7	x	4:53.5
9	Chu, Daniel	11	4:57.8	x	x
10	Miller, Adrian	9	5:05.1	x	x
11	Boardman, Marco	11	5:05.6	5:23.5	5:18.7
12	O'Connor, Joseph	11	5:06.9	6:01.7	5:24.5
13	Nelson, Mattias	9	5:08.1	x	x
14	Byrne, Ian	9	5:21.3	x	x
15	Ahmadi, Zach	11	5:22.7	5:42.5	5:27.1
16	Conlon, Sean	12	5:23.3	x	5:37.5
17	Fernandez, Mathieu	12	5:30.9	x	5:35.9
18	Ahmed, Tarick	11	5:32.8	x	6:08.1
19	Rod, Arvin	11	5:32.8	5:37.5	x
20	Klein, Rowan	11	5:36.4	x	x
21	Foster, Cole	9	5:37.8	x	x
22	Rafijah, Luke	11	5:41.7	5:58.3	5:45.8
23	Johnson, Heath	9	5:44.4	x	x
24	Maleki, Arshia	11	5:49.4	6:27.1	5:59.7
25	Jones, Charlie	9	5:50.8	x	x
26	Milam, Jake	11	5:51..2	5:49.2	5:27.4
27	Foley, Ryan	11	6:16.4	6:38.8	6:41.2
28	Carroll, Cole	9	6:16.6	x	x

29 Bates, Josh	10	6:40.6	x	x
30 Duarte, Kristofer	9	7:05.4	x	x
31 Dodge, Charles	11	9:29.2	x	9:11.0

Bay League Finals

November 4th, 2021, Redondo 55° at night, heavy fog ,no wind

Girls' Team

Place	Name	Grade	Time	Place	3 Mile PR
1	Wang, Natalie	10	17:50	6/41	x
2	Nikmehr, Michelle	9	18:14	8/41	x
3	Terrell, Anna	12	18:46	15/41	
4	McKenny, Trinity	9	19:05	20/41	x
5	Norris, Greta	12	19:26	24/41	x
6	Sherry, Kate	9	19:53	2/42	x
7	Andrews, Brette	10	21:50	27/76	x
8	Hernandez, Jordan	10	21:59	29/76	x
9	Bonvechio, Grace	12	22:08	36/41	
10	Schmitz, Ainsley	11	32:47	74/76	

Team Results

Varsity Girls	3/6
Varsity Boys	3/6
JV Girls	NS
JV Boys	5/6
Freshman Girls	NS
Freshman Boys	4/6

Boys' Team

Place	Name	Grade	Time	Place	3 Mile PR
1	Stefanou, Luke	12	14:38	1/40	x
2	Kirk, William	12	14:57	4/40	x
3	Farnsworth, Matthew	11	15:42	14/40	x
4	Typrowicz, Jake	11	16:14	22/40	x
5	Chu, Daniel	11	16:29	26/40	x
6	Mackiewicz, Michael	10	16:40	13/119	x
7	Miller, Adrian	9	17:16	3/63	x
8	O'Connor, Joseph	11	17:48	43/119	x
9	Boardman, Marco	11	17:51	44/119	x
10	Vitkus, Vytautas	10	18:07	36/40	
11	Nelson, Mattias	9	18:10	12/63	x
12	Byrne, Ian	9	18:26	16/63	x
13	Conlon, Sean	12	18:45	64/119	x
14	Ahmadi, Zach	11	18:46	65/119	x
15	Foster, Cole	9	19:08	22/63	x
16	Klein, Rowan	11	19:17	76/119	x
17	Rod, Arvin	11	19:26	83/119	x
18	Ahmed, Tarick	11	19:34	87/119	x
19	Fernandez, Mathieu	12	19:45	89/119	x
20	Maleki, Arshia	11	20:23	97/119	x
21	Milam, Jake	11	20:58	103/119	
22	Rafijah, Luke	11	21:29	106/119	
23	Carroll, Cole	9	21:44	52/63	x
24	Mecozi, Giannantonio	9	22:56	55/63	x
25	Foley, Ryan	11	23:48	115/119	x
26	Bates, Josh	10	25:10	117/119	x
27	Duarte, Kristofer	9	26:17	62/63	x
28	Dodge, Charles	11	37:24	119/119	

CIF Prelims

November 13th, 2021, Mt Sac 2.93M 80° full sun, dry

Girls' Team

Place	Name	Grade	Time	Place
1	Barrett, Emilie	12	19:09	5/101
2	Wang, Natalie	10	19:13	6/101
3	Nikmehr, Michelle	9	19:21	7/101
4	Norris, Greta	12	20:42	21/101
5	Sherry, Kate	9	21:01	25/101
6	Hernandez, Jordan	10	23:18	78/101
7	Andrews, Brette	10	DNF	

Team Results

Varsity Girls	1/15
Varsity Boys	1/16

Boys' Team

Place	Name	Grade	Time	Place
1	Kirk, William	12	16:04	5/115
2	Stefanou, Luke	12	15:50	2/115
3	Farnsworth, Matthew	11	16:24	10/115
4	Typrowicz, Jake	11	16:58	23/115
5	Mackiewicz, Michael	10	17:20	36/115
6	Jones, Austin	10	17:35	47/115
7	Miller, Adrian	9	17:38	48/115

CIF Finals

November 20th, 2021, Mt Sac 2.93M 55° fog, overcast, no wind

Girls' Team

Place	Name	Grade	Time	Place
1	Wang, Natalie	10	18:11	7/116
2	Barrett, Emilie	12	18:23	12/116
3	Nikmehr, Michelle	9	18:25	13/116
4	McKenny, Trinity	9	18:59	22/116
5	Norris, Greta	12	19:52	40/116
6	Terrell, Anna	12	20:13	55/116
7	Stoddart, Sophie	10	20:14	58/116

Team Results

Varsity Girls	1/16
Varsity Boys	8/16

Boys' Team

Place	Name	Grade	Time	Place
1	Kirk, William	12	15:00	3/119
2	Stefanou, Luke	12	15:21	8/119
3	Farnsworth, Matthew	11	16:10	42/119
4	Chu, Daniel	11	16:55	78/119
5	Jones, Austin	10	17:07	91/119
6	Tyrowicz, Jake	11	17:22	97/119
7	Naehu, Alex	10	17:23	99/119

State Championship

November 27th, 2021, Woodward Park 3.12M 55° sunny, no wind

Girls' Team

Place	Name	Grade	Time	Place
1	Wang, Natalie	10	18:32	15/209
2	Nikmehr, Michelle	9	18:41	21/209
3	Barrett, Emilie	12	19:15	43/209
4	McKenny, Trinity	9	19:26	50/209
5	Terrell, Anna	12	20:04	88/209
6	Norris, Greta	12	20:10	94/209
7	Sherry, Kate	10	20:38	123/209

Team Results

Varsity Girls 5/25

Boys' Indv

Place	Name	Grade	Time	Place
1	Stefanou, Luke	12	15:23	7/207
2	Kirk, William	12	15:28	9/207