

Green Sheets

Event 4 Boys 2.9 Mile Run CC Varsity

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Name	Year School	Finals	Points
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Results - Men

1 Ornelas, Raymon	10 Roosevelt (Ss)	14:50.1	1
2 Janes, Tyler	12 ML King	15:17.0	2
3 Pendelton, Kyle	10 Santiago (Cor)	15:21.8	3
4 Gonzalez, Daniel G.	12 ML King	15:26.8	4
5 Werley, Mark	12 ML King	15:27.5	5
6 Robinson, Michael	12 ML King	15:29.7	6
7 Spencer, Tyler	10 Roosevelt (Ss)	15:38.1	7
8 Richards, Wayne	10 Roosevelt (Ss)	15:44.1	8
9 Madrigal, Isaiah	11 Roosevelt (Ss)	15:44.6	9
10 Medina, Uriel	11 Corona	15:49.9	10
11 Smith, Wyatt	12 ML King	15:50.2	11
12 Harrison, Justin	12 Roosevelt (Ss)	15:51.8	12
13 Madriaga, Josh	12 Corona	15:56.7	13
14 Villa, Enrique	11 Corona	15:58.7	14
Gallardo, Saul	12 Corona	15:59.6	
15 Boebinger, Andrew	12 ML King	16:00.7	15
16 Orduna, Moises	12 Corona	16:01.3	16
17 Woodward, Trevor	10 Centennial-Cor	16:01.5	17
Lieberman, Matthew	10 Roosevelt (Ss)	16:04.5	
18 Starbuck, Blake	11 Corona	16:13.3	18
Barba, Chris	10 ML King	16:16.4	
Moncada, Jonathan	10 ML King	16:21.7	
19 Huff, David	12 ML King	16:24.5	19
20 Potts, Joshua	10 Roosevelt (Ss)	16:27.3	20
21 Sanchez, David	12 Corona	16:32.3	21
22 Contreras, Manuel	11 Corona	16:34.1	22
23 Solis, Slater	12 Santiago (Cor)	16:34.8	23
24 Chavez, Jozef	11 Roosevelt (Ss)	16:34.9	24
25 Garcia, Aiden	10 Santiago (Cor)	16:40.6	25
26 Maggi-brown, Toni	11 Santiago (Cor)	16:47.4	26
27 Hall, Alec	11 Norco	16:50.1	27
28 Pineda, Joseph	12 Centennial-Cor	16:51.8	28
29 Sonora, George	9 Santiago (Cor)	16:58.1	29
30 Schmidt, Valentino	11 Norco	16:58.5	30

31 Poff, Brandon	11 Norco	16:59.9	31
32 Ramirez, John	12 Norco	17:05.9	32
33 Waits, Miles	11 Santiago (Cor)	17:15.5	33
34 Pollock, Cameron	11 Centennial-Cor	17:17.0	34
35 Trujillo, Nathen	10 Santiago (Cor)	17:28.8	35
36 Dryjowicz, Max	10 Centennial-Cor	17:41.0	36
37 Newton, Caleb	11 Centennial-Cor	17:51.2	37
38 Krock, Matthew	12 Norco	18:43.9	38
39 Kohler, Brayden	10 Centennial-Cor	18:56.1	39
40 Perez, Jose Manuel	11 Norco	19:04.7	40
41 Alphin, Ryan	10 Norco	19:57.2	41

Team Scores

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Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
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Results - Men

1 ML King	28	2	4	5	6	11	15	19			
Total Time: 1:17:31.20											
Average: 15:30.24											
2 Roosevelt (Ss)	37	1	7	8	9	12	20	24			
Total Time: 1:17:48.70											
Average: 15:33.74											
3 Corona	71	10	13	14	16	18	21	22			
Total Time: 1:19:59.90											
Average: 15:59.98											
4 Santiago (Cor)	106	3	23	25	26	29	33	35			
Total Time: 1:22:22.70											
Average: 16:28.54											
5 Centennial-Cor	152	17	28	34	36	37	39				
Total Time: 1:25:42.50											
Average: 17:08.50											
6 Norco	158	27	30	31	32	38	40	41			
Total Time: 1:26:38.30											
Average: 17:19.66											

Event 2 Boys 2.9 Mile Run CC Junior Varsity

Name	Year School	Finals	Points
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Results - Men

1	Gallardo, Saul	12 Corona	15:59.6	1
2	Lieberman, Matthew	10 Roosevelt (Ss)	16:04.5	2
3	Barba, Chris	10 ML King	16:16.4	3
4	Moncada, Jonathan	10 ML King	16:21.7	4
5	Dai, Austin	11 ML King	16:29.3	5
6	Vazquez, Javier	11 Corona	16:33.8	6
7	Vega, Santiago	12 Corona	16:40.6	7
8	Meckstroth, Erik	12 Corona	16:41.6	8
9	Tinker, Evan	11 ML King	16:41.9	9
10	Rana, Amandeep	10 ML King	16:53.4	10
11	Machuca, Mario	11 ML King	16:55.0	11
12	Lopez, Kevin	11 Roosevelt (Ss)	17:05.3	12
13	Lieberman, Aaron	9 Roosevelt (Ss)	17:10.9	13
14	Lopez Elwell, Eric	11 Roosevelt (Ss)	17:16.1	14
15	Vasta, Garret	9 ML King	17:16.2	15
16	Parker, Steven	10 ML King	17:21.9	
17	Simpson, Blake	12 ML King	17:25.7	
18	Simpson, Andrew	10 ML King	17:32.3	
19	Alarcon, Miguel	11 Corona	17:33.8	16
20	Bugarin, Luis	10 Corona	17:34.0	17
21	Escalante, Alejandro	12 Corona	17:34.2	18
22	Curtner, Isaiah	12 ML King	17:40.1	
23	Echeverria, Israel	9 Corona	17:46.6	
24	Montiel, Jose	10 Corona	17:49.0	
25	Quadrozzi, Nicholas	9 Centennial-Cor	17:49.9	19
26	Young, Cole	9 Roosevelt (Ss)	17:53.4	20
27	Cruz, Ricardo	10 Corona	17:55.6	
28	Tolley, Joshua	10 Roosevelt (Ss)	17:56.7	21
29	Hernandez, Roman	9 ML King	17:56.9	
30	Sandberg, Camden	10 Santiago (Cor)	18:00.1	22
31	Champion, Riley	10 Corona	18:00.2	
32	Logan, Nikolas	11 Roosevelt (Ss)	18:02.3	23
33	Agatep, Alvin	10 ML King	18:04.0	

34 Cowan, Eric	10 Corona	18:05.0	
35 Mitchell, Jacob	9 ML King	18:06.9	
36 Thompson, Brendan	11 Roosevelt (Ss)	18:12.1	
37 Rees, Zachary	10 Santiago (Cor)	18:12.2	24
38 Myers, Jacob	10 ML King	18:14.2	
39 Jacks, Branden	10 Santiago (Cor)	18:16.4	25
40 Landeros, Joseph	9 ML King	18:18.1	
41 Sanchez, Mark	9 Santiago (Cor)	18:18.5	26
42 Woodward, Dylan	9 Centennial-Cor	18:19.8	27
43 Holguin, Louis	10 ML King	18:20.3	
44 Hoffman, Kyle	10 ML King	18:20.7	
45 Higgins, Jesse	10 Corona	18:21.2	
46 Chann, Dathan	9 ML King	18:23.3	
47 Wiersma, Tristin	11 Roosevelt (Ss)	18:24.9	
98 Sule, Spencer	9 Roosevelt (Ss)	21:25.3	

I'm going to give you a little history lesson. My High School Coach made a profound impact on my life and I want to try to same thing as him. My high school coach, Dave Green, is a good friend of mine, and we hang out weekly. I started running as a 9th grader, and I worked my ass off in high school to get to the collegiate level. I ran 15:12, 4:22 and 9:35, and I split 2:00.1 at Arcadia my junior year, and I'm still not done yet. I will PR in these events the next few years, because that's the mentality you need to have. You need to be willing to admit your own faults and take the criticism that will hopefully kick start you into the right mind set. We all have things we can work on.

Truth: We have a month and a half to go. A little bit longer because, some of you are planning to extend your seasons to run club. We have a long way to go, and we're just getting started. You can still turn around your season, and we can all accomplish our goals. I have extremely high expectations for this squad, and I'll tell you why.

Dave Green ran for Upland High School, which has, historically, been a perennial powerhouse. Upland was the Arcadia of the 80's 90's and 00's. This one high school, and one coach in particular, Bob Loney, produced both my high school coach and my collegiate coach, Steve Scott. I want you to know, that Roosevelt can be this good. We have to be willing to sacrifice a lot, but we could make a significant impact on the running community, and you all can be a part of putting Roosevelt High School on the map.

I'll start with the varsity and work my way down...But before I begin, let me first admit my own faults.

I was cocky as hell in high school. Running was the first thing I was good at, and I, much like Wayne, talked myself up. Telling my story. I was fat, I ran 7:05 in Middle School, I worked hard, I lost weight, I ran 18:36 for 3 miles in 9th grade, I barely broke 5 as a ninth grader, I ran 4:40/9:58 as a sophomore and I thought I was the cream of the crop because I was the best on my team. I am humbled by the talent and capability with which this team possesses. My own faults, I make mistakes all the time. I don't stretch enough, I don't roll out enough. I run inconsistently, and I hate to cross-train. I hate lifting weights, and I hate doing core, because it hurts and I suck at it. I wimp out all the time, and I can admit it. I have 12 years of running under my belt, and while I am almost always in 16:30 5k shape, I still dream of success and running fast and I'm not done yet. I won't give up. Ever. That's the mindset that you need to adapt. I want you to surpass me and beat me, because I'm selfish and I know that I personally won't settle, and I want you to earn the win when you and I inevitably toe the line the next few years. Take it, it's yours.

I also want you to know before I highlight and put you on blast, that I am comparing myself hard to Raul Arcos, the Corona HS Asst XC Coach. The guy that ran 4:08 in HS, and just dropped a 1:09 half marathon off of base training (5:18 pace)...In a coaches race he would make a joke out of me. I want you to know that someday I'll beat him again. I beat him in High School once or twice...it's all mentality and I'll get him again someday, even though he's more talented than I am.

I digress....

Raymon, good race. I can't really provide you with much feedback because you were mentally prepared and you instinctually made a move and broke a tough opponent, who albeit might be under 100%, but anytime you drop a 4:11 miler hard with a mile to go in a cross country race, that deserves some credit. Prepare for a long season, as I want you to know that you have to keep your mileage up, stay healthy, and focus on going to the well three more times this season. CIF Finals, State, and FL West. Everything else is icing on the cake, and you need to realize that as a 10th grader, these experiences are important and you need to focus mentally on these races because you may not understand it yet, but these are the only things that really matter. Stay healthy, and focus on the post season.

Tyler, Wayne, Isaiah

Tyler is an animal. The issue is that you are injury prone and you need to focus. REALLY FOCUS, on staying healthy. By your senior year, you need to believe that you can run with Raymon.

THINK BIG PICTURE

Wayne and Isaiah and Julian

Wayne, you were over-emotional and I haven't seen you mentally prepared in weeks. Dehydration, sleep, and eating properly are all key to success. Your work ethic and intellect are astounding. You need to listen to us. You run the easy runs too hard, and you're not able to perform at your best on workouts and races. If you can run 4:33 as a 9th grader, you're talented. You need to learn how to train though. Grinding your way through a long season is not going to work, and I'm sure finishing as 3rd man is a disappointment for you, but I want you to know that Julian and Isaiah are going to be right there, and there is a strong possibility that you may fall back and even be our 5th man one day. Run fast, not hard.

Isaiah, you need to spend more time on the small stuff. The stretching and the rolling out....it's amazing you're not injured. You won't be this lucky all the time, as you get older, you must learn to become more diligent and you and Tyler both need to develop good habits of stretching and injury prevention. The key to success in this sport, is staying healthy. Season after season, month after month, week after week of quality, uninterrupted training.

Julian, I don't know what to say. Your grades cost us the league title. I'm disappointed that you don't have the discipline academically to do what you need to do. Especially because I know how smart and capable you are. At the same time, I am awed by your talent level and knowing your story inspires me. I'm excited for the possibilities that await you, but I am disappointed at your willingness to just "slide by".... Step your game up.

Justin, I continue to be impressed. You've proven to be a very important person on this team, and I don't want you to run JV ever again. But on a team this talented, you need to step your game up as well. I don't ever see you in workouts, but you're there when we need you in races. We need your help in workouts, and if that means you nail one workout a week, so be it. We have 5 weeks until CIF Finals/State. I want you on that squad. You need to believe you can hang with the sophomores, and close the gap. Anticipate Julian to be in front of you, which means you are capable of finishing as 3rd-6th man on this team at any given point. But as a senior, it means more. Don't settle. Continue to inspire.

Lieberman. Stay healthy. You're a beast, and you ran a great race. You let that Corona runner go, but know that he's two years older than you, and as a senior....I would be scared of a 10th grader that has 53 second quarter speed that finishes 4 seconds behind me. With the right race plan, you have the ability to make a difference on this squad. Tame the mind, and your race instincts could make the difference this season.

Potts, keep doing you. Your work ethic and leadership are beyond all your peers. You'll come into your own someday. I think you're a miler and running the 3mile/5k distance will get easier as you get older, but by your senior year, I don't see any reason why you shouldn't be able to click off sub 5 minute miles. Maybe even next year, who knows? Nobody works as hard as you and I want you to know I notice it, and I am inspired by it.

Jozef "Noe" I don't know what to call you, Chavez. Off day...it happens. I still believe, and I think you're capable of finishing in the top 5 on this team, this season. When you're on, and mentally prepare to be where you should be, you'll make a difference. Make the choice.

Kevin Lopez, Aaron Lieberman and Eric Lopez Elwell

Kevin you work your ass off, and every time I start to underestimate you, you come through in the clutch. You would be varsity on many other teams. You got it man. You just need more years and more mileage under your belt. Long term, I could see you beating Raymon someday. He's got years under his belt, but you got some leg speed. Leg Speed + Endurance is lethal. Good work

Aaron, You're one of the best underclassmen in the league, and there is no reason why you can't be league champion someday. Just watch out for Cole and Spencer....We could have an awesome 1-2-3 someday. You never know who else will step their game up. Great race, and cherish beating Eric. Chances are, it won't happen again.

Eric, there is something different, something raw about you that I can't pinpoint....but it's mentality. I think you're better than anyone else thinks you are, and I think by the time you're in college, you can be equal to if not better than Raymon someday. We have to figure you out, and you have to figure yourself out. When you're on your A game, and I really hope you can be on your A-Game at the State meet either this year or next, because if we can all, collectively, can put it together physically and mentally when it matters most, we could be one of the best teams in the nation. It's all mentality. Individual sacrifice. Dedication, Determination. Wanting it more, but willing to seek it through smart training. We all have things we can improve upon, and we are all our own harshest critics. What can you improve upon.

Cole, Josh, Nick, Brendan, Tristin, and Spencer.....

Cole, you could be #1 man of this team someday.

Josh, if you can believe, you can achieve.

Nick, leg speed and intimidation. Mid-distance. Yeah.

Brendan, you do you. You may not have it talent wise, which is fine, but through work ethic, I am impressed with what you have been able to do. You're the type of guy that will beat your peers in their twenties and thirties. It's all mindset. Life. You will never be the best, but you matter and you can inspire.

Tristin, it's been an up and down season. You never know what can happen though. I see something in you, and while I don't think you can do anything for the varsity team this XC season, you can make a difference this track season and all of next year. You have it, you just need solid, uninterrupted training to reach the next level.

Spencer, take note. I'm including you in this because I see someone who has the ability. If you commit, you can catch Raymon's PRs by the time you're a senior. You have to start now though.