Credit: CIF LA City 2019

2019 LA CITY SECTION CROSS-COUNTRY

A Recap of the Boys Division 1 Season

By Stephen J Emery
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Chapter 1- SEASON IN REVIEW

Pre-Season

The **Granada Hills Highlanders** came into the '19 cross-country season as the defending Division 1 Boys City Champions and had some serious talent returning in seniors Quinn Garity and Cai Duran as well as junior Zachary Childers. Granada's strong Frosh/Soph and JV programs would deliver Rafae Tariq and Eric Martinez, among others, to fill out their 7-man team. Unfortunately, during the summer Granada's top returning runner from last year, Quinn Garity, sustained a stress fracture in his foot that would keep him out of competition until October. This was a big blow to a boys' team that did not have as much depth as in previous years.

Photo: N. Sundstrom 2019

L-R: LUIS SILVA, CAI DURAN, PABLO ABREGO, RAFAE TARIQ, ZACHARY CHILDERS, ERICK MARTINEZ, QUINN GARITY

The **El Camino Real Conquistadores** were runners-up to Granada Hills in last year's City Finals with their 6th-man deciding the win over a strong Marshall team. ECR had three returning runners from last year's Varsity Team - seniors James Zavala-Sanchez and Steven Solitare and sophomore Austin Ledgerwood - but no runners from last year's City Finals top 10. So, this was going to be an untested team. While the Conquistadores didn't have many returning varsity runners, they had

Photo: N. Sundstrom 2019

L-R: SEAN MCARTHUR, JAMES ZAVALA-SANCHEZ, AUSTIN LEDGERWOOD, EVAN SINNOTT, STEVEN SOLITARE, AIDAN EMERY, ANDREW PALACIOS

impressive depth via their strong JV and Frosh/Soph programs. City JV Champion Sean McArthur was returning for his Senior year and junior Aidan Emery, who had placed 1st and 2nd in the City Finals Frosh/Soph race as a freshman and sophomore respectively, also looked to play a role in this year's Varsity Squad. The big news for ECR Cross-Country in August was the departure of their highly acclaimed head coach Jun Reichl. In his five-year tenure at El

Camino Real Coach Reichl single-handedly turned around a mid-tier City team, transforming the program into perennial State qualifiers by the time he left. His legacy includes 3 Division-1 Varsity Boys City Championships and an individual State Champion in Justin Hazell. Another young and talented coach, Vinnie Brascia, took over as head coach in late August. Coach Brascia is also ECR's head track and field coach, a role he took over in Spring '19.

Photo: N. Sundstrom 2019

L-R: CLARK REYNOLDS, GABRIEL GARCIA, IVAN MONROY-RIOS, FINLAY ROBERTSON, AUSTIN KUROMI, HAMIDO GUECHTOULI, CHRISTOPHER PARK

On paper 2019 looked like it might be a re-building year for the **Marshall Barristers**. Their top three runners from last year, Bruno Amon-Franceschi (2nd '18 City Finals), Elias Cannesson (9th '18 City Finals) and Roberto Morales (13th '18 City Finals) all graduated in the spring leaving returning seniors Christopher Park, Clark Reynolds and Gabriel Garcia with some big shoes to fill. All three of these boys are talented runners who ran very well in last year's City Finals. With the addition of Austin Kuromi, who took 2nd in last year's JV City Finals, this team had the potential to surprise people. The major question mark for this team was depth. Though their JV team won the City Championship last year many of these runners, except for Austin Kuromi, graduated in the spring. Their Frosh/Soph team showed some promise in runners such as sophomore Finlay Robertson but on the whole was not as strong as in previous years.

The **Palisades Charter Dolphins** looked to be the team to beat in 2019. Though their top runner from last year, Brent Smith, graduated the Dolphins had a hugely talented team led by senior and Captain Alec Stewart, juniors Mason Cadden and Lucas Shriver, and sophomore Alec Schmitt. And though junior Brett Bailey had only modest success in the 2018 cross-country season as a sophomore, '19 track and field was his breakout season that would presage his great improvements in '19 cross-country. Like most City programs, the Palisades cross-country program runs lean and this tends to be their undoing. Keeping 5 championship-

Photo: N. Sundstrom 2019

L-R: JEREMY SANTIAGO, LUCAS SCHRIVER, ALEC SCHMITT, NOAH WEXLER, BRETT BAILEY, MARK BARBOZA

level runners healthy through a long cross-country season has been a challenge and 2019 was no different. The summer had barely begun when this reality hit hard; Palisades top 2 runners, Mason Cadden and Alec Stewart, would not be running in the '19 cross-country season. Cadden was transferring to Crespi High School in Encino and Stewart was out indefinitely with a knee injury. Another big change, their head coach Bob Macias retired over the summer handing the reins over to his very capable Assistant Coach Robert Hockley. Macias had been with the program since 2011 coaching some of the City's best runners including Marissa Williams, Brent Smith, Grant Stromberg, and Ben Hammer. Though these changes were a crushing blow for sure, the young Palisades runners looked to be up to the challenge. The only question marks for the Dolphins at the beginning of the season were a legitimate 5th man, a role ultimately filled impressively by sophomore Jeremy Santiago, and bench strength to help with any additional key-runner injuries.

While the 2018 cross country season may not have ranked with some of the outstanding seasons from years past, the **San Pedro Pirates** regrouped during the following track season to deliver results that would foreshadow the great XC performances to come in 2019. Max Arroyo won the City Frosh/Soph 1,600m in 4:42 (his best time was 4:38), Finley Kircher ran a 4:38 1,600m as a freshman, and Andrew Flores the 2017 3,200 Frosh/Soph City Champ), returning from a long injury, posted an

Photo: N. Sundstrom 2019

L-R: ANDREW FLORES, ANTHONY MARTINEZ, FINLEY KIRCHER, ANDREW MALDONADO, MAX ARROYO, BEN BEHAR, LUIS SANDOVAL

encouraging 4:45 1,600m. The pirates had 4 runners at 4:40 or better in the 1.600, including Andrew Maldonado and Anthony Martinez (2017 1,600m Frosh/Soph City Champ), and 4 runners at 10:20 or better in the 3,200m.

Photo: N. Sundstrom 2019

L-R: MARCO DE HARO, JAIME BERMUDEZ, GEORGE OCAMPO, GABRIEL ROMERO, LEO AVINA, EZEQUIEL SOTO, JOAQUIN CRUZ

Since the LA City section begin running the 3-mile course at Pierce College in 1977 the **Birmingham Patriots** have created quite a legacy; 39 LA City top-10 individual finishers (2nd only to Belmont), 2 team championships, 3 individual champions, a sub-15 minute performance by Brian Gastelum, and in recent years the talented Marvin Guardado. So, even though they had no returning runners from their 2018 team that had broken 17 minutes at Pierce this team would find a way to compete. The team would rely heavily on seniors Ezequiel

Soto and Marco De Haro and hope that their younger runners Leo Avina, George Ocampo and Jaime Bermudez, 9th in last year's Frosh/Soph final, would step up.

The Rankings

Five times during the cross-country season Bruce Thomson (Coach-San Pedro) publishes team and individual rankings for the LA City Section. The table below presents a summary of the Division 1 Boys team and individual rankings for the 2019 cross-country season.

LA City Rankings – Division 1

Ranking Date -->	23-Nov		18-Nov		29-Oct		7-Oct		23-Sep		28-May
Influencing Race -->	LAC Finals		League		Mt Sac		Bell Jeff		W'Bridge		Prior Year
Team - LAC Div 1 Boys	Results		#4		#3		#2		#1		Pre-Season
San Pedro	1	⬆	5	⬇	3	➡	3	⬇	2	⬆	5
Marshall	2	⬇	1	➡	1	⬆	4	⬇	3	⬆	4
Palisades Charter	3	➡	3	⬇	2	➡	2	⬇	1	⬆	3
El Camino Real	4	⬇	2	⬆	4	⬇	1	⬆	4	⬇	2
Birmingham	5	⬆	6	⬆	7	⬆	9	⬇			5
Granada Hills	6	⬇	4	⬆	5	⬆	6	➡	6	⬇	1
Cleveland	7	➡	7	⬇	6	⬇	5	➡	5		
Garfield	8	⬆	9								
Taft	9	⬇	8								
Kennedy	10	➡	10								

Individuals - LAC Div 1 Boys	Results		#4		#3		#2		#1		Pre-Season
Lucas Schriver (Palisades)	2	⬆	3	➡	3	⬇	2	➡	2		
Christopher Park (Marshall)	8	⬇	4	⬇	2	⬆	3	➡	3		
Clark Reynolds (Marshall)	9	⬇	5	⬇	4	➡			4		
James Zavala-Sanchez (ECR)	4	⬇	1	⬆	5	➡			5		
Daniel Casas (Garfield)	26	⬇									4
Alec Schmitt (Palisades)	18	⬇									5
Quinn Garity Granada Hills)	19	⬇			Injured						1
Cai Duran (Grandada Hills)	DNS		2	⬇	1	➡	1	➡	1	➡	2
Zachary Childers (Granada Hills)	DNS										3

Only the Division I boys' teams that were ranked in at least 1 of the 5 rankings are included in the table. If a field is blank in the table, no ranking for that team/individual and period was provided. The arrows indicate the team/individual ranking trend for that period compared to the previous period. The Pre-Season ranking was published at the conclusion of the '19 track season, the 1st in-season ranking was published after the Woodbridge Invitational, the 2nd ranking after Bell-Jeff, the 3rd ranking after Mt. Sac, and the 4th ranking after league finals. In addition to providing insight on City teams and individuals, these rankings also serve as a backup in determining City Section team and individual qualifiers for State in case the City Section Championship race cannot be run prior to the State meet.

Palisades Charter took the top spot in the first ranking ('Rank #1') of the regular season. Even with the changes mentioned above the incredible potential of their top runners was undeniable: Lucas Shriver - Junior (9:43 - 3,200m), Alec Schmitt - Sophomore (17th '18 LA City XC Finals), Brett Bailey – Junior. (1:59 – 800m/4:31 - 1,600m) and Noah Wexler – Sophomore (4:37 - 1,600m) were all showing incredible promise. Palisades did not run Woodbridge, but they had some outstanding early season performance at The Great Cow Run and The Eagle Invitational where their top 3 runners broke 16 minutes. In their first head-to-head contest with San Padro at the Eagle Invitational, Palisades beat the Pirates convincingly. Palisades moved down the rankings throughout the season landing at 3rd place in the final ranking which is where they placed at City Finals. These demotions were not so much a result of bad performances by Palisades. On the contrary they ran consistently well throughout the season. Rather they were more a reflection of the improvements of Marshall, El Camino Real and San Pedro.

San Pedro was ranked fifth in pre-season (tied with Birmingham) but after their performance at the Woodbridge Cross-Country Classic climbed three places to #2 in the 1st regular season ranking. I watched the Pirates at Woodbridge, 400 meters from the finish line, and they looked phenomenal; strong, poised, athletic. Andrew Maldonado (15:34.9) was the top runner for San Pedro followed by Max Arroyo (15:35.7) and a phenomenal run by sophomore Luis Sandoval (15:48.6). They had 7 runners under 16:40 that evening including another sophomore Finley Kircher (16:06.5). And, this was without their 2nd runner Anthony Martinez who did not run. I thought San Pedro looked the class of LA City that night and the early season ranking reflected this assessment. Woodbridge was their best race though, prior to the City Finals, and the rankings trended downward after the initial ranking.

If 2019 was supposed to be a rebuilding year for **Marshall** no one on this team was listening. The Barristers did their homework over the summer and came into the Rosemead Invitational two weeks prior to Woodbridge with guns blazing. Christopher Park and Clark Reynolds gave notice that they would need to be reckoned with, running 15:23 and 15:26 respectively, on the fast Rosemead course. And, if Austin Kuromi was slower out of the gates than might be expected during the early part of the season, Marshall sophomore Finlay Robertson (who ran a 16:20 at Rosemead - a giant improvement from last year) and 1st-year Junior Ivan Monroy-Rios (16:17 at Rosemead) lent a helping hand. Of the top 4 City teams, Marshal had the most consistent ranking pattern, typically sitting at or close to the top, owing to their excellent performances at Rosemead, Bell Gardens and Mt. Sac.

El Camino Real had another successful cross-country season in 2018 which helped them to a 4th place ranking coming into the 2019 season, despite losing their top 2 runners Giancarlo Puccia and Jose Torres. You would have to go back to 2013 to find a year when the Conquistadores did not have a lead-pack runner and there was some speculation as to whether ECR could deliver a runner of this caliber in 2019. James Zavala-Sanchez answered the call at Woodbridge with a break-out performance of 15:24. Sophomore Austin Ledgerwood and junior Sean McArthur also had excellent early season performances at Woodbridge. Concerns about ECR's top 5 held them back in the initial ranking but an excellent race at Bell Jeff put them on top. Running without their #2 runner Steven Solitare at Bell Jeff, ECR still managed the best time across all LA City teams with fine performances by Aidan Emery and Dylan McDermott. A bad day at Mt. Sac pushed ECR to 4th in the next ranking which improved to 2nd place in the final ranking based on City Prelim results.

The Invitationals

The table below highlights some of the key invitationals that LA City teams participated in during the 2019 cross-country season. The scores and times in the table are based on the top 5 runners from each LA City team across all races for each invitational.

Key Invitationals for LA City

| Invitational | Data | LAC- 1st Place | | | LAC - 2nd Place | | | LAC - 3rd -Place | | |
		Team	Score[1]	Time	Team	Score[1]	Time	Team	Score[1]	Time
Rosemead	7-Sep	Marshall	29	1:20:37.7	Kennedy	98	1:31:09.9			
Eagle	14-Sep	Palisades	20	1:19:23.4	San Pedro	41	1:23:48.7			
Woodbridge	21-Sep	San Pedro	62	1:19:24.4	ECR	75	1:19:51.1	Marshall	80	1:19:57.5
Bell Jeff	28-Sep	ECR	64	1:21:13.8	Palisades	79	1:21:42.3	Marshall	92	1:22:13.9
Bell Gardens	12-Oct	Marshall	45	1:18:01.5	Palisades	51	1:18:33.4	San Pedro	85	1:21:02.1
Mt. Sac	25-Oct	Marshall	73	1:23:15.0	Palisades	87	1:23:52.0	Granada	118	1:24:36.0
Apache	1-Nov	ECR	40	1:19:13.9	Granada	48	1:19:35.2	Cleveland	65	1:21:28.9

In Bruce Thomson's pre-season rankings for the 2019 LA City Cross Country season he had Granada Hills' top 3 runners - Quinn Garity, Cai Duran and Zachary Childers – ranked 1-2-3 in LA City. Due to injuries and eligibility none of these runners made the top 10. Quinn Garity was out for 3-months during the Summer and early season and though he was able to return in October and compete in the City Finals he never made it back to top form. Cai Duran and Zachary Childers had excellent performances in the invitationals leading up to the post season but Cai was injured in the Prelims and Zachary was ineligible for the City finals.

Photo: N. Sundstrom 2019

CAI DURAN (GHC) & JAMES ZAVALA-SANCHEZ (ECR) CHARGE TOWARDS THE FINISH AT THE APACHE INVITATIONAL. CAI WON THE RACE (15:05.9) AND JAMES PLACED 4TH (15:15.0).

Photo: N. Sundstrom 2019

ZACHARY CHILDERS (GHC) LEADS A PACK OF RUNNERS IN THE VARSITY D1 GREEN RACE AT THE MT. SAN ANTONIO INVITATIONAL.

The following pages highlight some of the important invitationals that City teams competed in during the 2019 XC season.

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[1] **Score** is based on virtual results and includes the top 5 runners for all participating LA City teams across all the races for a specific invitational.

39th Woodbridge High School Cross Country Classic
Silver Lakes Sports Complex – Saturday, September 19th

The Woodbridge Invitational is the first chance for LA City's top teams to compete against each other and the San Pedro Pirates came out swinging. The table below aggregates the LA City teams that ran in Woodbridge and ranks them based on team times (top 5 boys):

Woodbridge Invitational– LA City Top 10 Teams

Rank[2]	School	Div	Race	Score[2]	Time[3]	Avg/Runner	Avg/Mile[4]
1	San Pedro	1	Varsity B Gold	62	1:19:24.4	15:52.9	5:17.6
2	El Camino Real	1	Varsity A Blue	75	1:19:51.1	15:58.2	5:19.4
3	Marshall	1	Varsity B Red	80	1:19:57.5	15:59.5	5:19.8
4	Cleveland	1	Varsity B Red	111	1:21:19.9	16:16.0	5:25.3
5	Granada Hills	1	Rated	137	1:22:01.6	16:24.3	5:28.1
6	Santee EC	1	Varsity A Gold	172	1:23:53.5	16:46.7	5:35.6
7	Eagle Rock	2	Varsity A Gold	181	1:23:55.7	16:47.1	5:35.7
8	Birmingham	1	Varsity B Blue	182	1:25:35.5	17:07.1	5:42.4
9	Taft	1	Varsity A Blue	196	1:25:49.0	17:09.8	5:43.3
10	Hollywood	3	Varsity A Gold	208	1:33:57.2	18:47.4	6:15.8

Note: Palisades Charter did not run Woodbridge in 2019. Monroe and Burton Technology ran at Woodbridge but did not have 5 runners complete any of the races.

Photo: J. Martinez 2019

LA CITY'S TOP RANKED TEAM AT WOODBRIDGES - SAN PEDRO

L-R: DIEGO MARTINEZ, ANDREW MALDONADO, BEN BEHAR, FINLEY KIRCHER, ANDY DURAN, LUIS SANDOVAL, MAX ARROYO

Photo: S. Emery 2019

ECR IMPRESSES WITH STRONG SHOWING AT WOODBRIDGE

FRONT: JAMES ZAVALA-SANCHEZ
L-R: STEVEN SOLITARE, JOSHUA MACK, DYLAN MCDERMOTT, SEAN MCARTHUR, AUSTIN LEDGERWOOD, EVAN SINNOTT

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[2] **Rank** and **Score** are based on a virtual race format that includes only LA City teams running at Woodbridge, using standard scoring of the 5 top varsity runners.

[3] **Time** is based on the top 5 varsity runners from each City team.

[4] The Silver Lakes Sport Complex course is rated at 3.0 miles in 2019.

James Corrigan (Eagle Rock) recorded one of the best LA City times ever at Woodbridge breaking 15 minutes and leading this year's City runners with a 14:52.3 in the Sweepstakes Race. Cai Duran (Granada Hills) ran the best time in City Division 1 with a strong early season performance of 15:11.4. And sophomore James Lopez (Cleveland) provided some insight into his talent with an exceptional 15:39.5. The table below ranks the top 10 LA City runners' performances at the Woodbridge Invitational:

Woodbridge Invitational – LA City Top 10 Individuals

Rank	Name	Grade	School	Race	Place	Time
1	James Corrigan	12	Eagle Rock	Sweepstakes	52	14:52.3
2	Cai Duran	12	Granada Hills	Rated	26	15:11.4
3	Christopher Park	12	Marshall	Varsity B Red	10	15:23.5
4	James Zavala Sanchez	12	El Camino Real	Varsity A Blue	8	15:23.9
5	Clark Reynolds	11	Marshall	Varsity B Red	13	15:26.3
6	Andrew Maldonado	12	San Pedro	Varsity B Gold	11	15:34.9
7	Max Arroyo	11	San Pedro	Varsity B Gold	12	15:35.7
8	James Lopez	10	Cleveland	Varsity B Red	24	15:39.5
9	Jason Cerda	11	Cleveland	Varsity B Red	33	15:46.4
10	Ezequiel Soto	12	Birmingham	Varsity B Blue	19	15:47.3

Note: Quinn Garity, Granada Hills' top returning runner from 2018, did not run Woodbridge this year due to a stress fracture in his foot incurred during the summer. Anthony Martinez of San Pedro did not run Woodbridge.

Congratulations to Nico Young of Newberry Park (Southern Section) who broke the high school 3-mile record at Woodbridge this same evening with an amazing 13:39.7.

NEWBURY PARK HIGH'S NICO YOUNG APPROACHES THE FINISH LINE IN THE DOUG SPECK'S BOYS' SWEEPSTAKES DURING THE 39TH ANNUAL WOODBRIDGE CROSS COUNTRY INVITATIONAL AT SILVERLAKES SPORTS PARK IN NORCO, CALIF. YOUNG FINISHED WITH A TIME OF 13:39.7.

46ᵗʰ Annual Bell-Jeff Cross Country Invitational
Griffith Park – Saturday, September 28th

The "Bell-Jeff" is a showcase invitational for LA City athletes and the first chance in the season for City teams to compete on a Pierce-like course. Teams from 28 LA City schools had 186 varsity boy runners competing in 3 different races. El Camino Real had the best City team time of the day and James Corrigan (Eagle Rock) was the fastest City individual. The table on the next page aggregates the LA City teams that ran in Bell-Jeff Invitational and ranks them based on team times (top 5 boys).

Photo: N. Sundstrom 2019

BIRMINGHAM WAS LED BY EZEQUIEL SOTO WHO PLACED 14TH AT BELL-JEFF AND RANKED AS THE 5TH FASTEST LA CITY RUNNER.

FRONT (L-R): JOAQUIN CRUZ (175), GABRIEL ROMERO (187) BACK (L-R) KEVIN MUNOZ (183), LEO AVINA (169), EZEQUIEL SOTO, MARCO DE HARO, JAIME BERMUDEZ

Photo: N. Sundstrom 2019

JASON CERDA (524) LED CLEVELAND AND HAD THE 7TH FASTEST LA CITY TIME AT BELL-JEFF.

L-R: JASON LOZANO (532), ALEJANDRO TORRES (537), JAMES LOPEZ (531), JASON CERDA (524), ADRIAN CONTRERAS (525), JESSE KESLING (530), EVAN SPEED (536)

Photo: N. Sundstrom 2019

THE MARSHALL TEAM PLACED 3RD AMONG LA CITY TEAMS AT THE BELL-JEFF INVITATIONAL LED BY CHRISTOPHER   PARK IN A TIME OF 15:34.6.

L-R: CLARK REYNOLDS (1401), FINLAY ROBERTSON (1403), ANTHONY CABRERA (1376), GABRIEL GARCIA, IVAN MONROY-RIOS (1395), AUSTIN KUMORI, CHRISTOPHER PARK (1398)

Photo: N. Sundstrom 2019

SOME NEW FACES ON A YOUNG ECR TEAM PRODUCED GREAT RESULTS AS THE CONQUISTADORES PLACED 1ST AMONG LA CITY TEAM AT BELL-JEFF LED BY JAMES ZAVALA-SANCHEZ'S 9TH PLACE FINISH IN 15:37.6.

L-R: EVAN SINNOT (701), SEAN MCARTHUR (695), JAMES ZAVAL-SANCHEZ (705), AUSTIN LEDGERWOOD (692), MAX LIBERMAN (693), DYLAN MCDERMOTT (696), AIDAN EMERY (688)

Bell-Jeff Invitational – LA City Team Results

| Rank[5]	School	Div	Race	Score[5]	Time[6]	Avg/Runner	Avg/mile[7]
1	El Camino Real	1	Varsity - Frank Mazza	64	1:21:13.8	16:14.8	5:31.6
2	Palisades Charter	1	Varsity - Frank Mazza	79	1:21:42.3	16:20.5	5:33.5
3	Marshall	1	Varsity - Frank Mazza	92	1:22:13.9	16:26.8	5:35.6
4	Venice	2	Varsity - Red	135	1:23:59.5	16:47.9	5:42.8
5	Cleveland	1	Varsity - Frank Mazza	144	1:24:02.8	16:48.6	5:43.1
6	Birmingham	1	Varsity - Frank Mazza	189	1:25:29.9	17:06.0	5:49.0
7	Eagle Rock	2	Varsity - Frank Mazza	226	1:26:06.5	17:13.3	5:51.5
8	Taft	1	Varsity - Red	264	1:28:07.9	17:37.6	5:59.7
9	Granada Hills	1	Varsity - Red	275	1:28:18.9	17:39.8	6:00.5
10	Bravo Medical Magnet	2	Varsity - Red	321	1:29:35.0	17:55.0	6:05.6
11	Canoga Park	3	Varsity - Red	329	1:29:45.4	17:57.1	6:06.4
12	Verdugo Hills	3	Varsity - Red	381	1:31:21.9	18:16.4	6:12.9
13	Hollywood	3	Varsity - Red	430	1:39:27.6	19:53.5	6:46.0
14	Sun Valley Magnet	5	Varsity - Frank Mazza	428	1:32:43.3	18:32.7	6:18.5
15	Kennedy	1	Varsity - Red	461	1:33:28.1	18:41.6	6:21.5
16	Belmont	4	Varsity - Red	461	1:33:42.6	18:44.5	6:22.5
17	Helen Bernstein	2	Varsity - Frank Mazza	504	1:34:48.0	18:57.6	6:26.9
18	Van Nuys	1	Varsity - Red	507	1:35:09.5	19:01.9	6:28.4
19	University	2	Varsity - Red	514	1:35:17.2	19:03.4	6:28.9
20	North Hollywood	2	Varsity - Red	585	1:36:54.5	19:22.9	6:35.5
21	Sherman Oaks CES	4	Varsity - White	616	1:43:25.9	20:41.2	7:02.2
22	Abraham Lincoln	3	Varsity - White	661	1:42:05.5	20:25.1	6:56.7
23	Vaughn LC	4	Varsity - White	760	1:45:33.1	21:06.6	7:10.8
24	Los Angeles Academy	3	Varsity - White	797	1:48:56.6	21:47.3	7:24.7
25	Animo Venice	5	Varsity - White	804	1:54:51.1	22:58.2	7:48.8
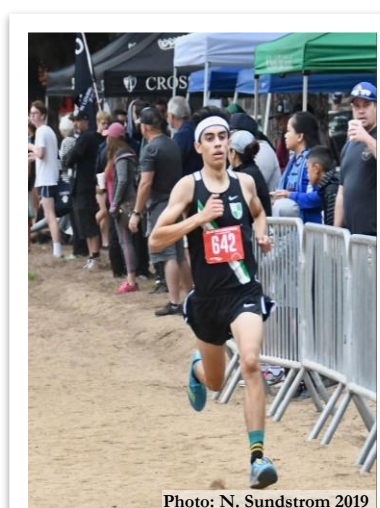
Photo: N. Sundstrom 2019

Note: San Pedro did not run Bell-Jeff. Granada ran their Varsity-B team; Granada's Varsity-A team ran Nike-Portland. ECR ran a Varsity-A and Varsity-B team at Bell-Jeff. Robert F. Kennedy, Locke and Sylmar competed at Bell-Jeff but did not have 5 runners finish, so these teams were not included in the scoring above.

EAGLE R0CK'S JAMES CARRIGAN SCORED THE FASTEST TIME OF THE DAY FOR LA CITY RUNNERS WITH A 15:24.9 CLOCKING AND 4TH PLACE FINISH IN THE PREMIER RACE OF THE DAY.

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[5] **Rank** and **Score** are based on a virtual race format that includes only LA City teams running at Bell-Jeff, using standard scoring of the 5 top underline varsity runners.

[6] **Time** is based on the top 5 runners from each City team across all varsity races.

[7] The Bell-Jeff course is rated at 2.94 miles in 2019.

Five City runners broke 15 minutes at the Bell-Jeff Invitational. Once again James Corrigan (15:24.8-Eagle Rock) had the fastest LA City time of the day edging out Lucas Shriver (15:27.3-Palisades Charter) for City honors. Christopher Park (15:34.6-Marshal), James Zavala-Sanchez (15:37.6-El Camino Real), and Ezequiel Soto (15:57.4-Birmingham) were the other runners under 16 minutes. Palisades sophomores Noah Wexler and Alec Schmitt also ran strong races. The table below ranks the top 10 LA City runners' performances at the Bell-Jeff Invitational:

Bell-Jeff Invitational – LA City Top 10 Individuals

Name	Grade	School	Race	Place	Time
James Corrigan	12	Eagle Rock	Varsity - Frank Mazza	4	15:24.8
Lucas Schriver	11	Palisades Charter	Varsity - Frank Mazza	6	15:27.3
Christopher Park	12	Marshall	Varsity - Frank Mazza	8	15:34.6
James Zavala Sanchez	12	El Camino Real	Varsity - Frank Mazza	9	15:37.6
Ezequiel Soto	12	Birmingham	Varsity - Frank Mazza	14	15:57.4
Juan Hernandez	11	Venice	Varsity - Red	3	16:04.3
Sean McArthur	12	El Camino Real	Varsity - Frank Mazza	16	16:05.2
Jason Cerda	11	Cleveland	Varsity - Frank Mazza	18	16:08.5
Noah Wexler	10	Palisades Charter	Varsity - Frank Mazza	19	16:10.9
Alec Schmitt	10	Palisades Charter	Varsity - Frank Mazza	23	16:15.9

Photo: N. Sundstrom 2019

LUCAS SCHRIVER HAD THE 2ND FASTEST LA CITY TIME AT BELL-JEFF AND PLACED 6TH IN THE FRANK MAZZA VARSITY RACE WITH A TIME OF 15:27.3. PALISADES HAD THE 2ND FASTEST LA CITY TEAM TIME AND PLACED 5TH IN THE RACE.

Photo: N. Sundstrom 2019

MARSHALL'S CHRISTOPHER PARK (15:34.6) FINISHES STRONG AT BELL-JEFF PLACING 8TH IN THE FRANK MAZZA RACE. ECR'S JAMES ZAVALA-SANCHEZ (15:37.6) FOLLOWS CLOSELY BEHIND IN 9TH PLACE.

33ʳᵈ Annual Bell Gardens Invitational
Cerritos Regional Park – Saturday, October 12th

This invitational had 3 of the top LA City teams in Marshall, Palisades and San Pedro running against each other in a grade-designated race format. Marshall had the top City team and individual times of the day revenging a loss to Palisades two weeks earlier at Bell-Jeff. Palisades did well even though they were missing sophomore Noah Wexler. San Pedro foreshadowed their end-of season potential, placing 3ʳᵈ among LA City team without their top runner Max Arroyo. The results below were compiled based on each LA City team's top 5 runners across all races at the Bell Gardens Invitational.

Bell Gardens Invitational– LA City Team Results

Rank[8]	School	Div	Race	Score[8]	Time[9]	Avg/Runner	Avg/mile[10]
1	Marshall	1	3 Miles Senior	45	1:18:01.5	15:36.3	5:12.1
2	Palisades Charter	1	3 Miles Senior+Junior+Sophmore	51	1:18:33.4	15:42.7	5:14.2
3	San Pedro	1	3 Miles Senior+Junior+Sophmore	85	1:21:02.1	16:12.4	5:24.1
4	Venice	2	3 Miles Senior	198	1:27:38.7	17:31.7	5:50.6
5	Bravo Medical Magnet	2	3 Miles Senior+Freshman	261	1:31:58.9	18:23.8	6:07.9
6	Garfield	1	3 Miles Senior+Junior+Freshman	311	1:32:51.1	18:34.2	6:11.4
7	Abraham Lincoln	3	3 Miles Senior	507	1:35:10.6	19:02.1	6:20.7

Notes: El Camino Real and Granada Hills did not run Bell Gardens (Granada was at Clovis). Max Arroyo (San Pedro) and Noah Wexler (Palisades) did not run Bell Gardens.

#1 BELL GARDENS LA CITY JUNIOR TEAM – SAN PEDRO

L-R: RILEY BENEDICT, JAN JOHNSON (2423), MOHAMED AHMED (2411), LUKA MILIC (2431), EMILANO FUENTES (2421), LUKE POSOD (2434), FELIPE CEJA, ALEJANDRO SANTIAGO (2440), ADAM LICEAGE

#2 BELL GARDENS LA CITY JUNIOR TEAM - PALISADES

FRONT: BRETT BAILY-(2271)
MIDDLE (L-R): PABLO SANDOVAL (2292), PHILLIP VENKOV (2305), NOAH CAMBELL (2275)
BACK (L-R) NATHAN PARTIELLE (2290), AARON TIZABGAR (2302), WILLIAM HAMM (2279)

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[8] **Rank** and **Score** are based on a virtual race format that includes only LA City teams running at Bell Gardens, using standard scoring of the 5 top varsity runners.

[9] **Time** is based on the top 5 runners across all races at Bell Gardens for each City team with at least 5 finishers.

[10] The Bell Gardens course is rated at 3.0 miles in 2019.

Christopher Park (Marshall) and Lucas Schriver (Palisades Charter) continued to lead LA City runners with sub-15 minutes performances at Bell Gardens. Sophomore Luis Sandoval (San Pedro) scored an impressive 5th place and top-10 LA City ranking in the Sophomore race with a fine sub-16 finish. The table below ranks the top 10 LA City runners' performances at the Bell Garden Invitational:

Bell Garden Invitational – LA City Top 10 Individuals

Rank	Name	Grade	School	Race	Place	Time
1	Christopher Park	12	Marshall	3 Miles Senior	5	14:51.4
2	Lucas Schriver	11	Palisades Charter	3 Miles Senior	7	14:53.0
3	Clark Reynolds	11	Marshall	3 Miles Senior	10	15:08.4
4	Daniel Casas	12	Garfield	3 Miles Senior	15	15:17.5
5	Juan Hernandez	11	Venice	3 Miles Senior	20	15:31.7
6	Brett Bailey	11	Palisades Charter	3 Miles Junior	5	15:36.4
7	Austin Kuromi	12	Marshall	3 Miles Senior	27	15:49.1
8	Ben Behar	12	San Pedro	3 Miles Senior	28	15:51.3
9	Luis Sandoval	10	San Pedro	3 Miles Sophomore	5	15:53.2
10	Bryan Garcia	11	Garfield	3 Miles Junior	8	15:54.8

Photo: N. Sundstrom 2019

BRETT BAILEY (PALISADES (CHARTER) PLACED 5TH IN THE BELL GARDEN JUNIOR 3-MILE WITH A TIME OF 15:36.4, THE HIGHEST PLACING LA CITY RUNNER IN THE JUNIOR RACE.

Photo: N. Sundstrom 2019

BRYAN GARCIA (GARFIELD) HAD A BREAK-OUT PERFORMANCE AT BELL GARDENS, CRACKING 16 MINUTES FOR THE 1ST TIME AND RANKING 10TH ON THE DAY FOR LA CITY RUNNERS.

72ⁿᵈ Annual Mt Sac Invitational
Mt. San Antonio College – Saturday, October 26th

Mt. Sac is the final big invitational in the southern California XC season. An iconic race and a bellwether for the upcoming post-season competitions at Pierce, LA City teams have traditionally struggled against the Southern Section competition and 2019 was no exception. Seventeen LA City teams ran at Mt. Sac with a total of 103 runners. Only two City runners broke 16 minutes and several City teams, El Camino Real in particular, had below par performances. Division 2 Venice ran well edging out El Camino Real for a 4th place ranking amongst LA City teams. The table below aggregates the LA City teams that ran in Mt. Sac Invitational and ranks them based on team times:

Mt. Sac Invitational Team Results – LA City

Rank[11]	School	Div	Race	Score[11]	Time	Avg/Runner	Avg/mile[12]
1	Marshall	1	Varsity D1 Green	73	1:23:15	16:39.0	5:41.0
2	Palisades Charter	1	Varsity D1 Green	87	1:23:52	16:46.4	5:43.5
3	Granada Hills	1	Varsity D1/D2 Blue	118	1:24:36	16:55.2	5:46.5
4	Venice	2	Varsity D2 Blue	125	1:25:07	17:01.4	5:48.6
5	El Camino Real	1	Varsity D1 Yellow	129	1:25:12	17:02.4	5:48.9
6	Cleveland	1	Varsity D3 Red	153	1:26:17	17:15.4	5:53.4
7	Santee EC	2	Varsity D1/D2 Blue	158	1:26:36	17:19.2	5:54.7
8	Monroe	2	Varsity D3 Red	260	1:30:08	18:01.6	6:09.1
9	Taft	1	Varsity D2 Red	264	1:31:13	18:14.6	6:13.6
10	Bravo Medical Magnet	2	Varsity D2 Red	274	1:30:45	18:09.0	6:11.7
11	Abraham Lincoln	3	Varsity D2 Blue	282	1:31:50	18:22.0	6:16.1
12	Verdugo Hills	3	Varsity D3-D5 Red	295	1:30:49	18:09.8	6:11.9
13	Hollywood	3	Varsity D2 Blue	325	1:36:29	19:17.8	6:35.2
14	Kennedy	1	Varsity D1 Green	367	1:37:11	19:26.2	6:38.0
15	Hamilton	1	Varsity D1 Green	487	1:50:59	22:11.8	7:34.5

Note: Birmingham and San Pedro did not run Mt. Sac in 2019. Eagle Rock and Miguel Contreras participated but did not have at least 5 boys so were not included in the team scoring.

James Corrigan (Eagle Rock), running in the Individual Sweeps race, had the fastest City time in 15:33. Cai Duran (Granada Hills) also broke 16 minutes running 15:57 on the difficult 2.93-mile course. Juan Hernandez (16:22 - Venice) continued to run well as did Luis Juarez (16:32 - Monroe). Zachary Childers (16:23 - Granada Hills) and Austin Ledgerwood (16:33 - El Camino Real) cracked the City Top 10 for the 1st time this year. The table below ranks the top 10 LA City runners' performances at the Mt. Sac Invitational.

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[11] **Rank** and **Score** are based on a virtual race format that includes only LA City Varsity teams running at Mt. Sac, using standard scoring of the 5 top varsity runners.
[12] The Mt. Sac course is rated at 2.93 miles in 2019.

Mt. Sac Individual Results – LA City Top 10

Rank	Name	Grade	School	Race	Place	Time
1	James Corrigan	12	Eagle Rock	Individual Sweepstakes	12	15:33.0
2	Cai Duran	12	Granada Hills	Varsity D1/D2 Blue	8	15:57.0
3	Christopher Park	12	Marshall	Varsity D1 Green	4	16:06.0
4	Lucas Schriver	11	Palisades Charter	Varsity D1 Green	5	16:09.0
5	Clark Reynolds	12	Marshall	Varsity D1 Green	7	16:16.0
6	Juan Hernandez	11	Venice	Varsity D2 Blue	9	16:22.0
7	Zackary Childers	11	Granada Hills	Varsity D1/D2 Blue	20	16:23.0
8	Luis Juarez	12	Monroe	Varsity D3 Red	8	16:32.0
9	James Lopez	10	Cleveland	Varsity D3 Red	9	16:33.0
10	Austin Ledgerwood	10	El Camino Real	Varsity D1 Yellow	13	16:33.0

Photo: N. Sundstrom 2019

JAMES CORRIGAN (7526-EAGLE ROCK), RUNNING IN THE SWEEPSTAKES RACE, HAD THE FASTEST LA CITY TIME AT MT. SAC, 15:33.0

Photo: D. Duran 2019
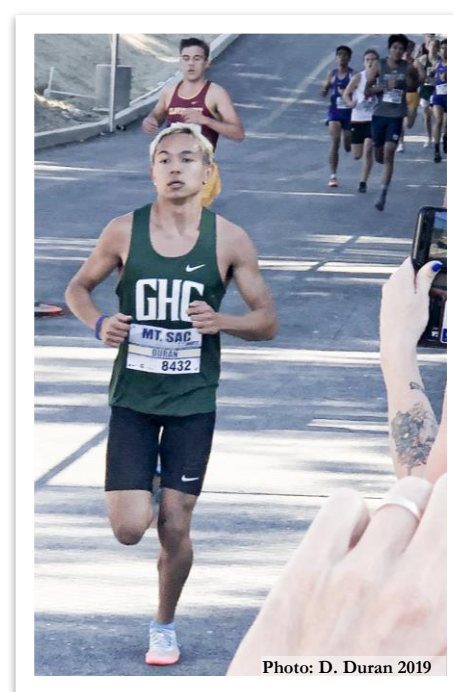
CAI DURAN (GRANADA HILLS) EXITS THE SWITCHBACKS AT MT. SAC ON HIS WAY TO A 15:57 CLOCKING, 2ND BEST CITY TIME ON THE DAY.

West Valley League Cluster Meets

This year was the inaugural season for the West Valley League Cluster Meets, of which there were 3, all held at Pierce College's 2.87-mile course.

Course conditions and markings for the 3 West Valley Cluster Meets were excellent. The course was graded twice during the season which widened the course and smoothed out some of the rutting. And Debbie Lopez's team did a phenomenal job marking the course and setting the posts and flags – THANK YOU! Start-line officiating was provided by Debbie Lopez and Colson Phillip. And chip-based timing was provided by Scott Corr of Extra Mile Timing. This all promoted a more competitive quality to the meets compared with the dual meets of year's past that seemed to encourage better performances.

West Valley League Cluster #1 (Sept. 26th, 2019 2:30 pm)

BIRMINGHAM, CHATSWORTH, EL CAMINO REAL, GRANADA HILLS AND TAFT (NOT SHOWN) TOE THE LINE AT THE 1ST WEST VALLEY CLUSTER MEET

Originally scheduled for September 5th, Cluster #1 was re-scheduled to September 26th due to excessive heat (>99° f). The weather on September 26 was in the high 70's with some clouds as good as it gets in the Valley in September.

West Valley Cluster #1 - Team Results

Place	School	Score	Time	Avg/Runner	Avg/Mile[13]
1	El Camino Real	26	1:25:31.9	17:06.4	5:57.6
2	Birmingham	45	1:27:11.4	17:26.3	6:04.6
3	Granada Hills	78	1:31:13.8	18:14.8	6:21.5
4	Taft	85	1:32:43.2	18:32.6	6:27.7
5	Chatsworth	143	1:53:32.4	22:42.5	7:54.7

Notes: Cleveland did not run Cluster #1 to rest for the Bell-Jeff Invitational on Saturday, September 28th. Granada Hills ran their Varsity-B team; their Varsity-A team ran Nike-Portland on September 28th.

West Valley Cluster #1 - Individual Results (Top 10)

Place	Name	School	Grade	Time
1	James Zavala Sanchez	El Camino Real	12	16:19.13
2	Ezequiel Soto	Birmingham	12	16:35.96
3	Leo Avina	Birmingham	11	16:59.10
4	Aidan Emery	El Camino Real	11	17:02.71
5	Zane Strehlo	Taft	12	17:06.67
6	Sean McArthur	El Camino Real	12	17:10.91
7	Steven Solitare	El Camino Real	12	17:28.31
8	Joshua Mack	El Camino Real	12	17:30.94
9	Max Liberman	El Camino Real	10	17:39.66
10	Dylan Mcdermott	El Camino Real	11	17:41.15

JAMES ZAVALA-SANCHEZ (ECR) WON THE INAUGURAL WEST VALLEY CLUSTER MEET IN A TIME OF 16:19.0 TO HELP LEAD EL CAMINO REAL TO THE TEAM VICTORY AS WELL.

James Zavala-Sanchez (16:19.0) led the charge and captured the 1st Cluster Meet win in a near course PR. Birmingham's Ezequiel Soto (16:36.0) and Leo Avina (16:59.1) had nice early season performances as did Taft's Zane Strehlo (17:07).

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[13] The Pierce College course is rated at 2.87 miles in 2019.

West Valley League Cluster #2 (Oct. 3rd, 2019 2:30 pm)

Warmer temperatures and clear skies made for slightly more difficult conditions compared to Cluster #1. Cai Duran (16:22.5) won the individual honors at Cluster #2 in his first Pierce performance of the year. Cleveland showed well with Jason Cerda (16:29.2), James Lopez (16:41.2), Alejandro Torres (16:49.0) and Adrian Contreras (17:13.3) all cracking the top 10 to win the team competition. Granada Hill's Zachary Childers (16:57.0) ran well placing 8th and Quinn Garity made his first appearance in a race this season after a long layoff due to injury. El Camino Real put 5 runners at the starting line but only 4 finished after Austin Ledgerwood dropped out just before mile 2. El Camino's top 3 seniors James Zavala-Sanchez, Steven Solitare and Sean McArthur did not run in Cluster #2.

West Valley Cluster #2 - Team Results

Place	School	Score	Time	Avg/Runner	Avg/Mile[14]
1	Cleveland	41	1:26:05.5	17:13.1	6:00.0
2	Granada Hills	43	1:25:13.7	17:02.7	5:56.3
3	Birmingham	63	1:28:16.9	17:39.4	6:09.1
4	Taft	76	1:29:56.4	17:59.3	6:16.1
5	Chatsworth	155	1:55:04.5	23:00.9	8:01.1
DQ	El Camino Real	*NS*	*NT*	*NT*	*NT*

Note: ECR started Cluster #2 with 5 runners but only 4 runners finished after Austin Ledgerwood's DNF.

West Valley Cluster #2 - Individual Results (Top 10)

Place	Name	School	Grade	Time
1	Cai Duran	Granada Hills	12	16:22.47
2	Jason Cerda	Cleveland	11	16:29.15
3	Ezequiel Soto	Birmingham	12	16:39.95
4	James Lopez	Cleveland	10	16:41.22
5	Alejandro Torres	Cleveland	12	16:49.04
6	Aidan Emery	El Camino	11	16:49.87
7	Zane Strehlo	Taft	12	16:50.57
8	Zackary Childers	Granada Hills	11	16:56.97
9	Leo Avina	Birmingham	11	17:09.35
10	Adrian Contreras	Cleveland	11	17:13.25

The top runners from West Valley began to rise to top in Cluster #2 as many of the top-10 finishers in this race would factor significantly in post-season competition.

Photo: D. Duran 2019

CAI DURAN (GRANADA HILLS) LED THE WEST VALLEY CLUSTER #2 RACE FROM START TO FINISH TO HELP GRANADA HILLS SCORE A 2ND PLACE FINISH IN THE 2ND WEST VALLEY CLUSTER MEET.

Photo: S. Emery 2019

VICTOR UGORJI (GRANADA HILLS) LEADS A CHASE PACK THROUGH MILE 1 IN THE WEST VALLEY CLUSTER #2 FOLLOWED BY JAMES LOPEZ (2548-CLEVELAND), ZACKARY CHILDERS (2599-GRANADA HILLS) AND JASON CERDA (2538-CLEVELAND).

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[14] The Pierce College course is rated at 2.87 miles in 2019.

West Valley League Cluster #3 (Oct. 17th, 2019 2:30 pm)

Weather for Cluster #3 was similar to Cluster #1; High 70's and partially cloudy so another nice day for racing! In a preview to the League finals, all West Valley team participated with their top runners and the top 10 finishers all broke 17 minutes. In their first head-to-head competition of the season, Cai Duran (16:04.7) edged out James Zavala (16:05.1) with a powerful last 400-meter finish (both ran course PR's). Sophomore's Austin Ledgerwood (16:09.9) and James Lopez (16:18.4) had outstanding performances and huge course PR's as did Birmingham's Ezequiel Soto (16:25.9) and Leo Avina (16:27.2).

Photo: S. Emery 2019

WEST VALLEY CLUSTER #3 START - GRANADA HILLS STARTS STRONG IN THE FIRST 150 METERS OF THE 3RD AND FINAL WEST VALLEY BOYS VARSITY CLUSTER MEET - CAI DURAN (2913), ZAC CHILDERS (2911), RAFAE TARIQ (2937), LUIS SILVA (2934) AND ERICK MARTINEZ. BIRMINGHAM'S EZEQUIEL SOTO (2823) STARTS OUT STRONG AS WELL.

West Valley Cluster #3 – Team Results

Place	School	Score	Time	Avg/Runner	Avg/Mile[15]
1	El Camino Real	36	1:22:53.2	16:34.6	5:46.6
2	Granada Hills	63	1:24:31.0	16:54.2	5:53.4
3	Cleveland	70	1:26:03.4	17:12.7	5:59.8
4	Birmingham	71	1:25:25.2	17:05.0	5:57.1
5	Taft	124	1:31:29.0	18:17.8	6:22.5
6	Chatsworth	183	1:41:41.0	20:20.2	7:05.2

Photo: D. Duran 2019

CAI DURAN (GRANADA HILLS) AND JAMES LOPEZ (CLEVELAND) CHASE JAMES ZAVALA (NOT SHOWN) IN THE 3RD WEST VALLEY CLUSTER.

[15] The Pierce College course is rated at 2.87 miles in 2019.

El Camino Real made a strong statement in the final West Valley Cluster with a convincing win over strong competition. This was the only cluster meet where all the top teams were at full strength and so provided insight into the City Final competition.

ZACHARY CHILDERS (GRANADA HILLS), SEAN MCARTHUR (ECR), AUSTIN LEDGERWOOD (ECR), STEVEN SOLITARE (ECR) AND JASON CERDA (CLEVELAND) ON THE 1ST PASS OF THE SWITCHBACKS IN THE 3RD WEST VALLEY CLUSTER MEET.

West Valley Cluster #3 - Individual Results (Top 10)

Place	Name	School	Grade	Time
1	Cai Duran	Granada Hills	12	16:04.69
2	James Zavala Sanchez	El Camino Real	12	16:05.10
3	Austin Ledgerwood	El Camino Real	10	16:09.86
4	James Lopez	Cleveland	10	16:18.44
5	Ezequiel Soto	Birmingham	12	16:25.93
6	Leo Avina	Birmingham	11	16:27.23
7	Zackary Childers	Granada Hills	11	16:28.67
8	Zane Strehlo	Taft	12	16:32.51
9	Steven Solitare	El Camino Real	12	16:47.35
10	Sean McArthur	El Camino Real	12	16:51.45

JAMES ZAVALA-SANCHEZ LEADS THE WEST VALLEY TEAMS THROUGH THE SWITCHBACKS IN CLUSTER #3.

The West Valley cluster meets proved to be a successful venture. As mentioned earlier, the improved race setup and organization piqued competitive zeal resulting in performances that were much better than previous years. Also, the 3 clusters replaced what had been 5 duel meets in the past which reduced race congestion in the busy September-October timeframe. And rather than taking the wind out of the sails for the League Finals, the Cluster meets actually created additional excitement that grew with each Cluster, culminating in a very exciting League and City Final. Also, with six teams competing there was better competition across all levels of runners within a race. In previous years, the better teams in a dual meet would run a "tempo" training session and place 1-7 in the race while the other team might be minutes back. This was not a worthwhile racing experience for anyone.

Chapter 2- THE POST SEASON

Heading into the post-season no team held a convincing claim to the Division 1 Boys championship. Marshall, Palisades Charter, El Camino Real and San Pedro had all shown themselves worthy. But if pressed on the issue the case could be made that the ebb and flow of the long XC country season had landed in Marshall's favor going into November. Marshall placed 1st among LA City teams in 3 of these invitationals and appeared to be trending better in October where they had better same-race performances compared to Palisades and San Pedro.

DANIEL MERCADO OF KENNEDY LEADS A PACK OF LA CITY RUNNERS IN THE VARSITY-RED RACE AT THE BELL-JEFF INVITATIONAL AT GRIFFITH PARK ON SEPTEMBER 28TH ON HIS WAY TO A 6TH PLACE FINISH IN 16:21.8.

CAI DURAN (GRANADA HILLS) AND JAMES ZAVALA-SANCHEZ (EL CAMINO REAL) MAKE THE FINAL TURN INTO THE FINISH CHUTE AT THE SANTA CLARITA INVITATIONAL. DURAN PLACED 2ND IN A TIME OF 15:28.37 AND ZAVALA 4TH IN 15:31.81 WITH THE TOP TIMES FOR LA CITY RUNNERS.

CAI DURAN LED GRANADA HILLS WITH A 12TH PLACE FINISH AT THE NIKE PORTLAND XC INVITE WITH A TIME OF 16:33 FOR 5,000 METERS. THE HIGHLANDERS TOOK 17TH PLACE IN THE RACE WITH FINE PERFORMANCES BY ZAC CHILDERS (48TH 17:08) AND RAFAE TARIQ (80TH 17:38).

SAN PEDRO'S VARSITY BOYS BEGIN THEIR ROAD TO THE CITY CHAMPIONSHIP DECISIVE TEAM AND INDIVIDUAL WINS AT THE MARINE LEGUE FINALS AT PECK PARK.

City Section Prelims

Pierce College - Saturday, November 16th, 2019

The Boys Division 1 Prelims were run in two heats. The heats were seeded, based on league results, by Bruce Thomson and Leo Hernandez.

Division 1 Boys Heat 1 (8:00 am) – Team Results[16]

Place	League Rank	School[17]	Score	Time[16]	Avg/Runner	Avg/mile[18]
1	3	**Palisades Charter**	41	1:20:59.3	16:11.9	5:38.6
2	2	**El Camino Real**	52	1:21:44.0	16:20.8	5:41.7
3	6	**Birmingham**	79	1:24:16.0	16:51.2	5:52.3
4	7	**Cleveland**	88	1:24:48.0	16:57.6	5:54.6
5	10	**Kennedy**	143	*No Time*	*No Time*	*No Time*
6	14	**Polytechnic**	170	*No Time*	*No Time*	*No Time*
7	11	**Bell**	172	*No Time*	*No Time*	*No Time*
8	18	**Hamilton**	243	*No Time*	*No Time*	*No Time*
9	19	North Hollywood	250	*No Time*	*No Time*	*No Time*
10	22	Carson	269	*No Time*	*No Time*	*No Time*
DNS	15	Esteben Torres[19]	0	*DNS*	*DNS*	*DNS*

PRELIMS HEAT 1
TEN SCHOOLS LINED UP FOR HEAT 1 OF THE LA CITY PRELIMS: LANE 10-POLYTECHNIC, LANE 9 – KENNEDY, LANE 8 – BIRMINGHAM, LANE 7 – NORTH HOLLYWOOD, LANE 6 – BELL, LANE 5 – HAMILTON, LANE 4 – EL CAMNINO REAL, LANE 3 - CLEVELAND, LANE 2 – CARSON, LANE 1 – PACIFIC PALISADES

Lucas Schriver (15:49 - Palisades) posted the fastest time at the City Prelims surging past James Zavala-Sanchez (15:54 - ECR) in the last 400 meters to win Heat #1. The Palisades team ran strong, placing 3 boys in the top 10 and 4 boys in front of El Camino's #3. The Dolphin's Brett Bailey (16:12), Alec Schmitt (16:14) and Noah Wexler (16:18) all had course PR's while Bailey and Schmitt placed in the top 10. Birmingham's top runners Ezequiel Soto (16:06) and Leo Avina (16:17) continued to run well

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[16] Official Times were not captured in Heat 1 due to a timing malfunction. Times in this table are based on finish line video. Only the top 31 individuals in Heat 1 were captured on video and therefore only these runners' times were estimated. Only 7 teams had 5 runners finish within these top 31 runners, and these are the teams listed in this table. Accuracy for these video-based times is +- 1 second.

[17] Schools in **Bold** qualified for LA City Finals.

[18] The Pierce course was rated at 2.87 miles for the 2019 LA City Prelims.

[19] Esteben Torres HS did not have any runners start the 2019 LA City Prelims.

and helped their team to a 3rd place finish in Heat 1. Cleveland's Jason Cerda (16:05) and James Lopez (16:13) had outstanding performances, placing 3rd and 8th respectively. Daniel Mercado (16:06) from Kennedy placed 4th, staking his claim for an individual State berth at Finals. Steve Solitare (ECR) also PR'd on the course placing 7th in 16:08.

Photo: S. Emery 2019

PRELIMS HEAT 1 - START

TEN SCHOOLS STARTED HEAT 1 OF THE LA CITY PRELIMS: BELL, BIRMINGHAM, CARSON, CLEVELAND, EL CAMINO REAL, HAMILTON, KENNEDY, NORTH HOLLYWOOD, PALISADES CHARTER AND POLYTECHNIC.

Division 1 Boys Heat 1 (8:00 am) – Individual Top 10

Place	Name	School	Grade	Time[20]
1	Lucas Schriver	Palisades Charter	11	15:49.0
2	James Zavala-Sanchez	El Camino Real	12	15:54.0
3	Jason Cerda	Cleveland	11	16:05.0
4	Daniel Mercado	Kennedy	12	16:05.5
5	Ezequiel Soto	Birmingham	12	16:06.0
6	Brett Bailey	Palisades Charter	11	16:06.3
7	Steven Solitare	El Camino Real	12	16:08.0
8	James Lopez	Cleveland	10	16:13.0
9	Alec Schmitt	Palisades Charter	10	16:14.0
10	Leo Avina	Birmingham	11	16:17.0

Photo: S. Emery 2019

IN A FAMILIAR SCENE, LUCAS SHRIVER (PALISADES) AND JAMES ZAVALA-SANCHEZ (EL CAMINO REAL) LEAD HEAT 1 OF THE LA CITY PRELIMS AT MILE 1. THAT'S CHRISTIAN RODRIGUEZ (DORSEY) IN PURSUIT. RODRIGUEZ IS LEADING THE DIVISION 3 RACE THAT WAS RUN CONCURRENT WITH DIVISION 1.

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[20] Official Times were not captured in Heat 1 due to a timing malfunction. Times in this table are based on finish line video.

PRELIMS HEAT 1 – THE STEPS

JAMES ZAVALA-SANCHEZ (ECR) LEADS THROUGH THE 1ST PASS OF THE SWITCHBACKS, JUST PRIOR TO 'THE STEPS'. PALISADES' LUCAS SHRIVER (1250) AND ALEC SCHMITT (1249) FOLLOW AS WELL AS DANIEL MERCADO (1221-KENNEDY), JASON CERDA (CLEVELAND) AND AUSTIN LEDGERWOOD (ECR). CHRISTIAN RODRIGUEZ (DORSEY) IS LEADING THE DIVISION 3 RACE THAT WAS RUNNING CONCURRENTLY.

PRELIMS HEAT 1 - FINISH

JASON CERDA (1178-CLEVELAND) FINISHES IN 3RD PLACE IN HEAT 1 AHEAD OF DANIEL MERCADO (KENNEDY) AND EZEQIEL SOTO (BIRMINGHAM). HIDDEN BEHIND SOTO IS BRETT BAILEY (PALISADES) AND DOWN THE RUNWAY IS STEVEN SOLITARE (ECR).

Division 1 Boys Heat 2 (8:40 am) – Team Results

Rank	League Rank	School[21]	Score	Time	Avg/Runner	Avg/mile[22]
1	1	**Marshall**	30	1:21:19.7	16:15.9	5:40.0
2	5	**San Pedro**	47	1:22:18.7	16:27.7	5:44.1
3	4	**Granada Hills**	91	1:24:01.0	16:48.2	5:51.3
4	8	**Taft**	119	1:27:24.9	17:29.0	6:05.5
5	9	**Garfield**	123	1:27:20.5	17:28.1	6:05.2
6	12	**Van Nuys**	162	1:30:18.5	18:03.7	6:17.6
7	16	Banning	190	1:32:23.5	18:28.7	6:26.3
8	17	Marquez	250	1:41:25.3	20:17.1	7:04.1
DQ	13	South Gate[23]	*0*	*DQ*	*DQ*	*DQ*
DNS	20	Diego Rivera[24]	*0*	*DNS*	*DNS*	*DNS*
DNS	21	Narbonne[24][24]	*0*	*DNS*	*DNS*	*DNS*

PRELIMS HEAT 2

EIGHT SCHOOLS LINED UP FOR HEAT 2 OF THE LA CITY PRELIMS: LANE 10-GRANADA HILLS, LANE 9 – VAN NUYS, LANE 8 – VACANT, LANE 7 - TAFT, LANE 6 – GARFIELD, LANE 5 – MARQUEZ, LANE 4 – SOUTH GATE (INDVIDUALS), LANE 3 - SAN PEDRO, LANE 2 – MARSHALL, LANE 1 - BANNING

Division 1 Boys Heat 2 (8:40 am) – Individual Results (Top 10)

Place	Name	School	Grade	Time
1	Christopher Park	Marshall	12	15:57.3
2	Clark Reynolds	Marshall	11	15:58.8
3	Zane Strehlo	Taft	12	16:11.2
4	Austin Kuromi	Marshall	12	16:17.7
5	Andrew Maldonado	San Pedro	12	16:20.9
6	Max Arroyo	San Pedro	11	16:21.1
7	Gabriel Garcia	Marshall	12	16:22.0
8	Ethan Williams	Taft	11	16:22.8
9	David Lee	Van Nuys	12	16:23.5
10	Bryan Garcia	Garfield	11	16:25.9

THE MARSHALL TEAM HUDDLES PRIOR TO THE START OF HEAT 2 IN THE LA CITY PRELIMS.

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[21] Schools in **Bold** qualified for LA City Finals.
[22] The Pierce course was rated at 2.87 miles for the '19 LA City Prelims.
[23] South Gate had only 2 runners competing in the '19 LA City Prelims.
[24] Diego Rivera and Narbonne did not have any runners compete in the '19 LA City Prelims.

Marshall ran impressive in Heat 2 of the City Prelims placing 4 runners in the top-10; all 4 breaking their course PR's. Christopher Park (15:57) and Clark Reynold (15:58) led the race and had a comfortable lead on the rest of the runners. They both looked strong, relaxed and confidant coming out of the hills after mile 2 and looked to be the runners to beat in the Finals. Austin Kuromi (16:17) and Gabriel Garcia (16:22) also PR'd in making the top 10. Taft's Zane Strehlo (16:11) continued to lead his team while Ethan Williams (16:22) had a huge PR.

Photo: S. Emery 2019

START OF HEAT 2 OF THE LA CITY PRELIMS

Photo: S. Emery 2019

PRELIMS HEAT 2 – MILE 1

MARSHALL HAD 3 RUNNERS IN THE LEAD PACK AT MILE 1 THAT INCLUDED SOPHMORE FINLAY ROBERTSON (5:39 1-MILE SPLIT), CHRISTOPHER PARK AND CLARK REYNOLDS (HIDDEN). DAVID LEE (VAN NUYS), ZACHARY CHILDERS (GRANADA HILLS), AND ZANE STREHLO (TAFT) WERE ALSO IN THE LEAD PACK.

PRELIMS HEAT 2 – "THE GAUNTLET"

WITH ABOUT 1,000 METERS TO GO MARSHALL'S CHRISTOPHER PARK (1236) AND CLARK REYNOLDS (1237) HAVE A COMFORTABLE LEAD HEADING INTO THE FINISH. PARK (15:57.33) AND REYNOLDS (15:58.84) PLACED 1ST AND 2ND TO HELP MARSHALL WIN THEIR HEAT AND CAPTURE THE 2ND BEST TEAM TIME OF THE DAY.

City Prelim Heats – Team Results[25]

Prelim Rank	League Rank	School	Heat	Score[26]	Time[27]	Avg/Runner	Avg/mile[28]
1	3	Palisades Charter	1	61	1:20:59.3	16:11.9	5:38.6
2	1	Marshall	2	71	1:21:19.7	16:15.9	5:40.0
3	2	El Camino Real	1	89	1:21:44.0	16:20.8	5:41.7
4	5	San Pedro	2	112	1:22:18.7	16:27.7	5:44.1
5	6	Birmingham	1	158	1:24:16.0	16:51.2	5:52.3
6	4	Granada Hills	2	170	1:24:01.0	16:48.2	5:51.3
7	7	Cleveland	1	175	1:24:48.0	16:57.6	5:54.6

Since only the top 4 teams' times from heat 1 were estimated based on finish line video I was only able to create a partial list of the combined City Prelim results for the top 7 teams; 4 teams from heat 1 and 3 teams from heat 2.

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[25] A complete ranking of all City team participating in the '19 LA City Prelims could not be made due to the missing times in Heat 1 (see footnote below). Because of this missing time only the top 7 teams across both heats could be ranked,

[26] **Score** is based on a virtual-meet convention wherein all the runners' times from teams qualifying for the LA City Finals are ranked and then scored according to standard CIF rules.

[27] Official Times were not captured in Heat 1 due to a timing malfunction. Times for Heat 1 in this table are based on finish line video. Only the top 31 individuals in Heat 1 were captured on video and therefore only these runners' times were estimated. Only 7 teams had 5 runners finish within these top 31 runners, and these are the teams listed in this table. Accuracy for these video-based times are +- 1 second.

[28] The Pierce course was rated at 2.87 miles for the 2019 LA City Prelims.

Palisades Charter earned the top score and team time of 81:00 minutes, approximately 20 seconds in front of Marshall and 43 seconds in front of El Camino Real. San Pedro ran a conservative race and was a full minute and 19 seconds behind Palisades for the 4th fastest time of the day. Granada Hills' top runner in 2019, Cai Duran, did not run Prelims due to a hamstring injury. Quinn Garity (16:50), still coming back from a stress fracture injury, ran respectable while Zachary Childers (16:43) went out strong but faded in the last mile.

Combined City Prelim Heats – Individual Results (Top 10)

Rank	Name	Heat	School	Grade	Time
1	Lucas Schriver	1	Palisades Charter	11	15:49.0
2	James Zavala-Sanchez	1	El Camino Real	12	15:54.0
3	Christopher Park	2	Marshall	12	15:57.3
4	Clark Reynolds	2	Marshall	11	15:58.8
5	Jason Cerda	1	Cleveland	11	16:05.0
6	Daniel Mercado	1	Kennedy	12	16:05.5
7	Ezequiel Soto	1	Birmingham	12	16:06.0
8	Brett Bailey	1	Palisades Charter	11	16:06.3
9	Steven Solitare	1	El Camino Real	12	16:08.0
10	Zane Strehlo	2	Taft	12	16:11.2

Photo: S. Emery 2019
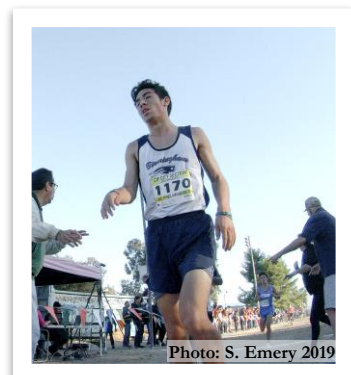
EZEQUIEL SOTO FINISHES HEAT 1 OF THE LA CITY PRELIMS WITH A NEW COURSE PR AND THE 7TH BEST TIME ON THE DAY, 16:06.

Photo: S. Emery 2019

PALISADE CHARTER'S 3RD-5TH RUNNERS COME OFF CHALK HILL AT THE TURN-AROUND IN HEAT 1 OF THE LA CITY PRELIMS. BRETT BAILEY (LEAD), NOAH WEXLER (RIGHT) AND JEREMY SANTIAGO (LEFT) ALL RAN HUGE PR'S ON THE PIERCE COURSE TO HELP PALISADES SCORE THE FASTEST TEAM TIME ON THE DAY.

City Section Championship

Pierce College - Saturday, November 23rd, 2019

Race day had perfect weather for a championship; clear and brisk with temperatures in the low 60's at race time and little wind (humidity 40%, barometric pressure 29.31-29.32). Based on the City Prelims performances Palisades Charter was the team to beat coming into the City Section Championships, though from my perspective I thought Marshall looked the better team. Palisades seemed a bit over-extended in Heat 1 at Prelims while Marshall ran what looked to me to be a relatively comfortable and confident race in Heat 2. El Camino ran a competent race in Heat 1 but would need some break-out performances to crack the top 2 at Finals. San Pedro's 2nd place finish in heat 2 had their team time well off the top mark. But possibly an indicator of the great Finals performance to come, the Pirates top 5 boys finished within 13 seconds of each other!

Photo: S. Emery 2019

THE START OF THE 2019 DIVISION 1 BOYS CHAMPIONSHIP RACE

THIRTEEN TEAMS TOED THE LINE AT PIERCE COLLEGE FOR THE 43RD RUNNING OF THE BOYS DIVISION 1 CITY SECTION CHAMPIONSHIPS ON THE 2.87-MILE PIERCE COLLEGE COURSE.

The Boys Division 1 Championship Race – Mile 1

The Marshall team dominated mile 1, accruing a 13-point lead, placing 3 runners in the top 10, and averaging a 5:36 pace. San Pedro was in second place at mile 1 and had 3 runners in the top 10 with scoring runners averaging 5:38 for the 1st mile. Palisades was 3rd at the 1st mile and looked to be lying in wait for the right time to make a move (Note: 3rd-place Palisades had a slightly better average team time than 2nd place San Padro at mile 1). If El Camino Real were biding time they would need to move soon; the Conquistadors were in 4th place at mile 1 with only one runner in the top 10 but with capable runners in striking distance.

City Finals Division 1 Boys Mile 1[29] - Team Scoring & Time

Place	School	Score[30]	Time[31]	Pace[32]	Spread (sec)[33]
1	Marshall	62	27:58.7	5:35.7	12.14
2	San Pedro	75	28:11.1	5:38.2	8.23
3	Palisades Charter	88	28:09.3	5:37.9	11.67
4	El Camino Real	93	28:17.0	5:39.4	18.29
5	Granada Hills	164	28:58.3	5:47.7	20.15
6	Birmingham	180	29:16.5	5:51.3	30.82
7	Cleveland	192	29:24.6	5:52.9	32.05
8	Taft	225	29:44.6	5:56.9	34.12
9	Garfield	225	29:51.1	5:58.2	41.60
10	Kennedy	234	30:06.7	6:01.3	50.76
11	Bell	292	30:43.3	6:08.7	36.84
12	Van Nuys	322	31:22.1	6:16.4	54.96
13	Polytechnic	331	31:14.3	6:14.9	29.51

Photo: S. Emery 2019

JAMES ZAVALA-SANCHEZ (ECR) LEADS THE BOYS DIVISION LA CITY FINAL RACE, COVERING THE 1ST MILE IN 5:29. ZAVALA IS FOLLOWED CLOSELY BY LUCAS SCHRIVER (PALISADES) AND CHRISTOPHER PARK (MARSHALL).

The pace in the beginning of the race was measured with the leaders coming through the 1st pass of 'The Step's at 3:37. James Zavala-Sanchez (El Camino Real), Lucas Schriver (Palisades Charter) and Christopher Park (Marshall) crossed the 1st mile at about 5:29- 5:30 followed by Clark Reynolds (Marshall), Quinn Garity (Granada Hills) and Daniel Mercado (Kennedy). San Pedro's Max Arroyo, Andrew Maldonado, and Anthony Martinez led a large pack of runners about 7-10 seconds off the leaders.

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[29] The 1-mile marker for the '19 City Finals was located 48.9 feet downhill from the apex of the horseshoe turn, on the uphill side of the course on Chalk Hill. Refer to Chapter 3 of this document for additional information.
[30] **Score** is calculated for the top 5 runners for each team at the 1-mile marker.
[31] **Time** is the aggregate time for the top 5 runners for each team at the 1-mile marker.
[32] **Pace** is the average pace for the top 5 runners on each team at the 1-mile marker.
[33] **Spread** is the difference in seconds between each team's 1st and 5th runners at the 1-mile marker.

Photo: S. Emery 2019

ANDREW MALDONADO (74730-SAN PEDRO) AND MAX ARROYO (7469-SAN-PEDRO) LEAD THE CHASE PACK AT MILE-1 IN 5:35 WITH GABRIEL GARCIA (MARSHALL) AND ANTHONY MARTINEZ (7474-SAN PEDRO) CLOSE BEHIND.

Photo: S. Emery 2019

STEVEN SOLITARE (7426-EL CAMINO REAL) LEADS THE 2ND CHASE PACK AT MILE-1 IN 5:38 THAT INCLUDES JAMES LOPEZ (7418-CLEVELAND), ALEC SCHMITT (7459-PALISADES), EZEQUIEL SOTO (7414-BIRMINGHAM), ZANE STREHLO (TAFT), DANIEL CASAS (GARFIELD) AND AUSTIN LEDGERWOOD (EL CAMINO REAL).

Division 1 Boys Mile 1 – Individual Splits

Place	Runner	School	Grade	Split[34]
1	James Zavala Sanchez	El Camino Real	12	5:29.0
2	Lucas Schriver	Palisades Charter	11	5:29.3
3	Christopher Park	Marshall	12	5:29.9
4	Clark Reynolds	Marshall	11	5:31.7
5	Quinn Garity	Granada Hills	12	5:33.1
6	Daniel Mercado	Kennedy	12	5:34.7
7	Andrew Maldonado	San Pedro	12	5:35.7
8	Max Arroyo	San Pedro	11	5:35.7
9	Gabriel Garcia	Marshall	12	5:36.0
10	Anthony Martinez	San Pedro	12	5:36.6

Photo: S. Emery 2019

CLARK REYNOLDS (7454-MARSHALL) IS IN 4TH PACE AT 1 MILE, FOLLOWED BY QUINN GARITY (GRANADA HILLS) AND DANIEL MERCADO (KENNEDY).

The Boys Division 1 Championship Race – Mile 2

Subtle but important shifts took place on the 2nd lap around Chalk Hill. Though there were no changes in team place at the 2-mile marker the shifts in scoring began to reveal trends that would continue to play out through the finish. Marshall held their own through mile 2 continuing to lead team scoring and time. Palisades Charter and San Pedro began making inroads though, gaining 4 and 5 points respectively on the leaders. And while Marshall had the lowest team time through mile 2, San Pedro's top 5 ran a faster 2nd mile than Marshall, with Palisades close behind. The Palisades top 5 runners crossed 2 miles within 18 seconds of each other! Granada Hills and El Camino Real, last year's team champion and runner-up gave up 8 and 9 points respectively between mile 1 and 2.

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[34] The 1-mile marker for the '19 City Finals was located 48.9 feet downhill from the apex of the horseshoe turn, on the uphill side of the course on Chalk Hill. Refer to Chapter 3 of this document for additional information.

Division 1 Boys Mile 2[35] – Team Results

Place	Place Δ[36]	School	Score[37]	Score Δ[38]	Time[39]	Avg/Runner	Avg Pace[40]	Avg 2nd Mile[41]	Spread (sec)[42]
1	---	Marshall	51	11	55:39.1	11:07.8	5:33.9	5:32.1	20.08
2	---	San Pedro	60	15	55:50.1	11:10.0	5:35.0	5:34.3	30.12
3	---	Palisades	72	16	55:58.2	11:11.6	5:35.8	5:35.9	17.57
4	---	El Camino Real	102	-9	56:43.8	11:20.8	5:40.4	5:45.0	40.66
5	---	Granada Hills	172	-8	58:24.7	11:40.9	5:50.5	6:05.2	48.19
6	---	Birmingham	177	3	58:37.3	11:43.5	5:51.7	6:07.7	67.77
7	---	Cleveland	195	-3	58:58.9	11:47.8	5:53.9	6:12.0	57.22
8	---	Garfield	213	12	59:47.6	11:57.5	5:58.8	6:21.8	89.35
9	---	Taft	223	2	60:11.7	12:02.3	6:01.2	6:26.6	94.37
10	---	Kennedy	247	-13	61:23.4	12:16.7	6:08.3	6:40.9	114.95
11	---	Bell	294	-2	62:29.2	12:29.8	6:14.9	6:54.1	61.74
12	---	Van Nuys	313	9	63:44.5	12:44.9	6:22.5	7:09.2	128.00
13	---	Polytechnic	326	5	64:23.1	12:52.6	6:26.3	7:16.9	132.52

Photo: S. Emery 2019

MILE 2 – JAMES ZAVALA-SANCHEZ (ECR), MAX ARROYO (SAN PEDRO) AND LUCAS SCHRIVER (PALISADES) LEAD THE DIVISION 1 BOYS RACE AT MILE 2. CHRISTOPHER PARK (MARSHALL) FOLLOWS CLOSELY AND JUST BEHIND PARK IS AUSTIN KUROMI (MARSHALL), DANIEL MERCADO (KENNEDY) AND THE SAN PEDRO RUNNERS THAT WOULD DECIDE THE FATE OF THIS RACE: ANDREW MALDONADO AND ANTHONY MARTINEZ.

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[35] The 2-mile marker for the '19 City Finals was located 14.1 feet up the hill from the security camera tower, on the uphill side of the course on Chalk Hill. Refer to Chapter III of this document for additional information.

[36] **Place Δ** is the relative change in team place at the 2-mile marker vs. the 1-mile marker. Positive numbers (GREEN) indicate an improved team score at mile-2 versus mile-1.

[37] **Score** is calculated for the top 5 runners for each team at the 2-mile marker.

[38] **Score Δ** is the difference in team scores at the 2-mile marker versus the 1-mile marker.

[39] **Time** is the aggregate time for the top 5 runners for each team at the 2-mile marker.

[40] **Avg Pace** is the average pace for the top 5 runners on each team at the 2-mile marker (calc: $Time_{Mile2} / 5$)

[41] **Avg 2nd Mile** is the average time for the 2nd mile for the top 5 runners on each team (calc: $(Time_{mile2} - Time_{Mile1}) / 5$)

[42] **Spread** is the difference in seconds between each team's 1st and 5th runners at the 2-mile marker.

At mile-2 the leaders were still James Zavala-Sanchez and Lucas Schriver, but Max Arroyo of San Pedro made a big move and joined the front pack with the fastest 2nd-mile split of the day (5:22.8). Arroyo's teammates, Andrew Maldonado and Anthony Martinez, also made advances to collectively earn San Pedro an additional 9 points in the 2nd mile. By far the biggest move, though, was made by Austin Kuromi (Marshall) who picked up 14 places in the 2nd mile running the second fastest split of the day (5:23.0).

Division 1 Boys Mile 2[43] – Individual Results (Top 10)

Place[44]	Place Δ [45]	Runner	School	Grade	2-Mile Time	Rank[46]	2-Mile Split[47]
1	---	James Zavala Sanchez	El Camino Real	12	10:58.6	7	5:29.6
2	6	Max Arroyo	San Pedro	11	10:58.6	1	5:22.9
3	-1	Lucas Schriver	Palisades Charter	11	10:58.6	5	5:29.3
4	-1	Christopher Park	Marshall	12	11:01.1	8	5:31.2
5	14	Austin Kuromi	Marshall	12	11:02.1	2	5:23.0
6	1	Andrew Maldonado	San Pedro	12	11:04.1	3	5:28.4
7	-1	Daniel Mercado	Kennedy	12	11:04.1	6	5:29.4
8	2	Anthony Martinez	San Pedro	12	11:05.1	4	5:28.5
9	-5	Clark Reynolds	Marshall	11	11:07.1	16	5:35.4
10	-1	Gabriel Garcia	Marshall	12	11:07.6	10	5:31.6

San Pedro had 3 of the 4 fastest 2nd-mile splits in the race which was reflected in the impressive 2nd-mile team time. The top-10 runners' mile splits at mile 2 were all 5:32 or better and James Zavala-Sanchez, Max Arroyo and Lucas Schriver broke 11 minutes at the 2-mile marker. Honorable mentions to Ezequiel Soto (Birmingham), Noah Wexler (Palisades) and Steven Solitare (ECR) who ran excellent 2nd-mile splits, ranking the 9th, 11th and 12th respectively across all runners on the day.

Photo: S. Emery 2019

THE STEPS – SAN PEDRO COACH BRUCE THOMSON DIRECTS HIS TEAM THROUGH THE 2ND PASS OF THE SWITCHBACKS. ANTHONY MARTINEZ IS ROUNDING THE CORNER WHILE UP AHEAD IS ANDREW MALDONADO AND MAX ARROYO. MARSHALL'S CLARK REYNOLDS AND AUSTIN KUROMI ARE JUST IN FRONT OF MARTINEZ WHILE GABRIEL GARCIA (MARSHALL) CAN BE SEEN IN THE BACKGROUND FOLLOWING MARTINEZ.

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[43] The 2-mile marker for the '19 City Finals was located 14.1 feet uphill from the security camera tower, on the uphill side of Chalk Hill. Refer to Chapter 3 of this document for additional information.
[44] **Place** is each runner's place at the 2-mile marker in the D1 Varsity race.
[45] **Place Δ** is the net change in each runner's place at the 2-mile vs 1-mile markers; positive numbers (GREEN) indicate a better net change in position at mile 2.
[46] **Rank** is based on each runner's '2-Mile Split' times.
[47] **2-Mile Split** is each runners time for the 2nd mile of the Pierce course.

Photo: S. Emery 2019

Photo: S. Emery 2019

1,000 METERS TO THE FINISH - JAMES ZAVALA-SANCHEZ (ECR), MAX ARROYO (SAN PEDRO) AND LUCAS SHIRIVER (PALISADES) HOLD THE LEAD THROUGH THE FINAL DESCENT OFF CHALK HILL. BEHIND THEM AUSTIN KUROMI (MARSHALL) CONTINUES AN IMPRESSIVE PUSH IN 4TH PLACE JUST AHEAD OF ANDREW MALDONADO. BARELY VISIBLE UP THE PATH IS ANTHONY MARTINEZ (SAN PEDRO) WHO WOULD CLOSE HARD TO FINISH IN 3RD PLACE.

PALISADES ON THE MOVE – ON THE FINAL DESCENT OFF CHALK HILL PALISADES CHARTER HAD 4 SCORING RUNNERS WITHIN 4 SECONDS OF EACH OTHER, ALL CLOSING IN ON THE TOP 10. NOAH WEXLER (7462-PALISADES) LEADS QUINN GARITY (GRANADA HILLS), LOUIS SANDOVAL (SAN PEDRO), BRETT BAILEY (PALISADES) AND ALEC SCHMITT (PALISADES). BARELY VISIBLE BEHIND ALEC SCHMITT IS PALISADES 5TH MAN JEREMY SANTIAGO.

Photo: S. Emery 2019

CHALK HILL DESCENT - JEREMY SANTIAGO (PALISADES), JASON CERDA (CLEVELAND) AND ZANE STREHLO (TAFT) ARE IN 19TH, 20TH AND 21ST PLACE RESPECTIVELY AT 1,000 METERS TO THE FINISH. CERDA WOULD MAKE A HUGE PUSH TO CATCH 9 RUNNERS IN THE FINAL SECTION OF THE RACE TO EARN THE FINAL MEDAL AND ALL-CITY HONORS. STREHLO (21ST 16:13:13) WAS TAFT'S TOP RUNNER ON THE DAY WHILE SANTIAGO WAS THE 3RD HIGHEST FINSHING SOPHMORE, TAKING 20TH PLACE WITH A 16:13.09 CLOCKING.

The Boys Division 1 Championship Race – "The City 500"

The Boys Division 1 race was won in the last 500 meters, for both the individual and team championships. The 500-meter mark on the Pierce course is just before the front, uphill side of "Puke Hill" as the runners head to the finish. In recognition of the importance this final section of the course played in the final race results I thought it would be interesting to highlight some of the top performers in the 1st ever **'City 500'**.

San Pedro's runners earned their team 6 critical points in the last 500 meters. And this mattered because with 500 meters to go in the race Marshall still held a 6-point lead and a 5.7 second team time advantage.

The table below lists the top 10 individual times for the last 500 meters of the Pierce course in the boys Division 1 race.

Division 1 Boys 'City 500'[48] – Individual Results (Top 10)

Rank[49]	Place Δ[50]	Name	School	Grade	Split[51]	Pace[52]
1	2	Anthony Martinez	San Pedro	12	1:41.5	5:08.2
2	1	Max Arroyo	San Pedro	11	1:44.4	5:17.0
3	5	Brett Bailey	Palisades	11	1:44.6	5:17.6
4	1	Lucas Schriver	Palisades	11	1:45.8	5:21.3
5	2	Daniel Mercado	Kennedy	12	1:45.9	5:21.6
6	5	Jason Cerda	Cleveland	11	1:46.9	5:24.6
7	-2	Austin Kuromi	Marshall	12	1:48.4	5:29.2
8	2	Luis Sandoval	San Pedro	10	1:48.9	5:30.7
9	1	Clark Reynolds	Marshall	11	1:49.9	5:33.7
10	1	Ben Behar	San Pedro	12	1:50.6	5:35.8

The **GREEN** highlights identify runners who gained position over the last 500 meters of the course. Brett Bailey (Palisades) and Jason Cerda (Cleveland) both had impressive finishes, each picking up 5 places in the last 500 meters! San Pedro had an outstanding team finish with 4 runners ranked in the top 10 of the 'City 500': Anthony Martinez, Max Arroyo, Luis Sandoval, and Ben Behar. Also of note, Luis Sandoval was the only underclassmen to crack the top 10.

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[48] The 'City 500' splits were measured for the top 27 Division 1 Varsity Boys at 500 meters out from the finish line, just before the upward ascent on 'Puke Hill".

[49] **Rank** is based on each runner's 'City 500 Split' time, measured at 500 meters to the finish. Team **Rank** is based on the aggregate team times for the 'City 500' split.

[50] **Place Δ** is each runner's net change in position at 500 meters from the finish to the finish. Positive numbers (GREEN) denote improved placement.

[51] **Split** is each runner's time to cover the 'City 500' distance (approx. 500 meters).

[52] **Pace** is each runner's average minute/mile pace for the 'City 500' distance (aprox. 500 meters).

The table below lists the top 4 teams ranked in the 'City 500' for the Boys' Division 1 race:

Division 1 Boys 'City 500'[48] – Team Results

City 500					At 500 Meters				
Rank[49]	Score Δ[53]	School	Avg Split[54]	Avg Pace[55]	Score[56]	Score Δ[53]	Time[57]	Avg/Runner[58]	Avg Pace[59]
1	5	San Pedro	**1:48.0**	**5:27.9**	58	2	1:10:36.2	14:07.2	5:31.4
2	0	Palisades Chrt	**1:50.7**	**5:36.1**	66	6	1:10:53.3	14:10.7	5:32.8
3	-3	Marshall	**1:51.8**	**5:39.5**	52	-1	1:10:34.0	14:06.8	5:31.3
4	*7*	El Camino Real	*N/A*	*NA*	106	-4	*N/A*	*N/A*	*N/A*

Since 'City 500' data was only recorded for the top 27 runners in the Division 1 Boys race, only 3 teams had their top 5 runner's times captured: San Pedro, Palisades Charter and Marshall. These school's 'City 500' information is presented above. Though 'City 500' clock times for all El Camino Real's scoring runners was not captured, Place information was recorded.

Photo: S. Emery 2019

SAN PEDRO'S ANTHONY MARTINEZ, IN 5TH PLACE WITH 500 METERS TO GO, LEADS A CHASE PACK THAT INCLUDES CHRISTOPHER PARK (MARSHALL), DANIEL MERCADO (KENNEDY) AND ANDREW MALDONDADO (SAN PEDRO). MARTINEZ WOULD CATCH 2 MORE RUNNERS TO CLAIM 3RD PLACE IN THE RACE.

With 500 meters to go Marshall still held a lead but San Pedro had whittled down Marshall's advantage, from 9 points and 11 seconds at the 2-mile mark to 6 point and 5.7 second with 500 meters to finish. Palisades was not far behind with their 2nd – 5th runners making a big push in the final mile. But, in the last 500 meters San Pedro put on a Master Class in finishing on the Pierce Course. Each of San Pedro's scoring runners increased their leads over Marshall and Palisades scoring runners on average by 4.4 seconds and 3.2 seconds, respectively. And this clinched the victory.

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[53] **Score Δ** for the 'City 500' is the net change in each team's score between the 'City 500' marker and the finish line. **Score Δ** for the 'At 500 Meters' is the net change in each team's score between the 2-mile marker and the 'City 500' marker. Positive numbers (GREEN) denote improved performances.

[54] **Avg Split** is the average runner's time for the top 5 runners on each team to cover the 'City 500' distance (appr. 500m).

[55] **Avg Pace** is the average minute/mile pace for the top 5 runners on each team for the 'City 500' distance.

[56] **Score** is the team score at the 'City 500' marker using standard CIF XC scoring conventions.

[57] **Time** is the aggregate time for the top 5 runners on each team at the 'City 500' marker.

[58] **Avg/Runner** is the average time for the top 5 runners on each team at the 'City 500' marker (calc: Team Time/5).

[59] **Avg Pace** is the average minute/mile pace for the top 5 runners on each team at the 'City 500' marker (calc: Team Time/5/2.56).

The Decisive Moves
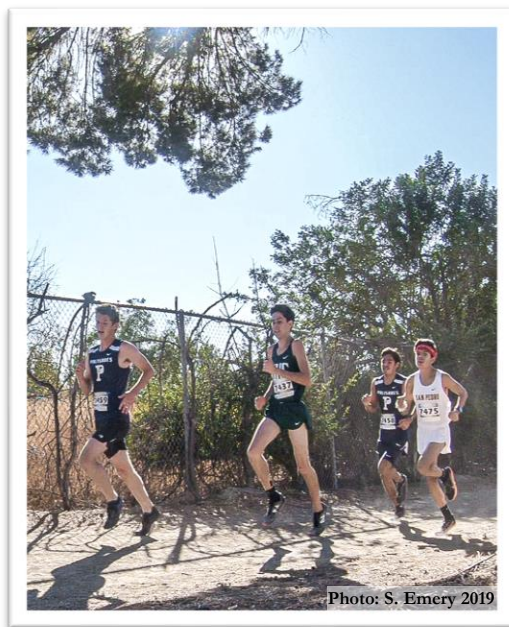
LUIS SANDOVAL (SAN PEDRO) PREPARES TO MAKE A FINAL SURGE PAST ALEC SCHMITT (PALISADES), QUINN GARITY (GRANADA HILLS) AND JEREMY SANTIAGO (PALISADES), A MOVE THAT WOULD CLINCH THE CITY CHAMPIONSHIP FOR THE PIRATES.

If the last 500 meters is where the LA City Championship was won, "Puke Hill" was the arbiter. San Pedro's Max Arroyo, Anthony Martinez and Ben Behar gutted out 4 precious team points over the iconic hill. Martinez, continuing an inspired surge that included reeling in 10 runners since mile-1, caught Austin Kuromi (Marshall) on the front-side of "Puke Hill" netting San Pedro 2 points over Marshall. Just seconds before Martinez's move past Kuromi, Arroyo two-stepped past James Zavala-Sanchez (El Camino Real) on the top of "Puke Hill" to earn another point for San Pedro and secure his place as City Champion. Behar continued the San Pedro offensive, running the 7th fastest 'City 500' segment on the day to surge past Leo Avina (Birmingham) on the backside of "Puke Hill".

The final and decisive winning move for San Pedro was not on "Puke Hill" but rather on the flat, final 200-meter section of the course leading into the finishing shoot. This is where San Pedro's Luis Sandoval accelerated past 2 of LA City's strongest runners, Quinn Garity (Granada Hills) and Alec Schmitt (Palisades), to capture the final 2 winning points for San Pedro. If Sandoval wasn't successful in passing Garity and Schmitt, San Pedro and Marshall tie, 55-55, and the fate of the team championship would have fallen to each team's 6th runner (San Pedro's Finley Kircher would have decided the Championship in this scenario). On the day, Sandoval ran an amazingly consistent race, never conceding more than a single position after the first mile, running a negative mile-2 split, and placing far ahead of his weight-class with a 9th place ranking in the 'City 500'.

NOAH WEXLER (PALSADES CHARTER) HAD THE FASTEST SOPHMORE TIME ON THE DAY WITH A 16:06.71 THAT EARNED HIIM 16TH PLACE. STEVEN SOLITARE (ECR) AND JASON CERDA (CLEVELAND) FOLLOW WITH STRONG PERFORMNCES AS WELL, FINISHING 13TH AND 15TH RESPECTIVELY.

In an epic battle of the '5th-man', San Pedro's Ben Behar chased down 10 runners in the last 1.5 miles culminating in a race to the finish with Marshall's Finlay Robertson. In a duel that many observers figured would decide the City Championship, Behar came from 6 seconds back at 500 meters to catch Robertson at 200 meters (see photo at right). Robertson then accelerated and gained 2 seconds on Behar; an advantage Behar attempted to close at the finish but fell short by ½ second. Unbeknownst to most, by the time Behar and Robertson crossed the finish line the City Championship had already been decided. Nonetheless, Robertson and Behar both had noteworthy races. Robertson, a sophomore, ran an incredibly gutsy race to fend off a relentless attack by Behar. And Behar's efforts earned him the 7th fastest 'City 500' split in the race.
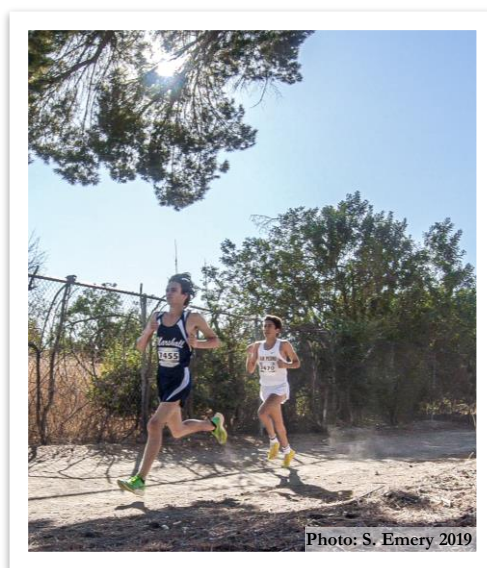
FINLAY ROBERTSON (MARSHALL) LEADS BEN BEHAR (SAN PEDRO) ON THE FINAL LOOP HEADED INTO THE FINISH.

The Closers

Marshall's Austin Kuromi saved his best for last, running a 26-second PR in his final race on the Pierce course in a time of 15:46.7. Kuromi was well back of the pack at the 1-mile mark but made a big surge after the 1st mile, working his way up to 5th place by mile-2 and maintaining that position until 'Puke Hill''. He fought off a firestorm in the last 500 meters, running the 8th fastest 'City 500', to finish in 6th place at the finish and keep Marshall in the hunt for the City Championship.

AUSTIN KUROMI - MARSHALL
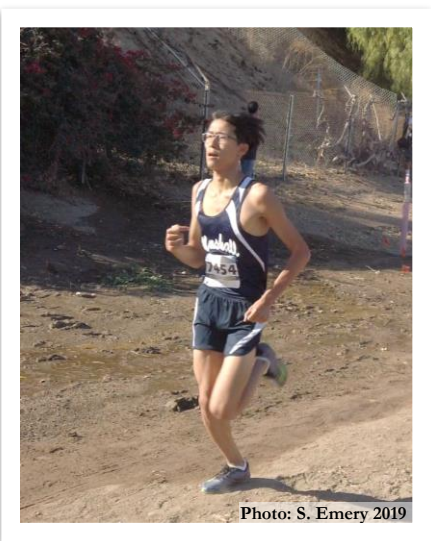
CLARK REYNOLDS - MARSHALL

Clark Reynolds had an auspicious '19 XC season and came into the City Finals brimming with confidence. For most of the year the junior was Marshall's #2 behind Christopher Park. In the Finals Reynolds went out strong from the start, running in 4th place just behind the lead pack through the 1st mile. He was 1 of only 2 runners that finished in the top 10 with a faster 1st mile versus 2nd mile. Reynolds settled into 9th place after mile-1 and held this place until the final 100 meters where he made a decisive and potentially race-winning move past Andrew Maldonado (San Pedro) to capture 8th place and the 10th fastest 'City Final' split. Marshall's top 3 finishers, including Reynolds, crossed the finish line within 8 seconds of each other.

San Pedro's Andrew Maldonado may have been the unsung hero on the day. He came into the finals as one of San Pedro's best runners, maybe their best, and delivered in the City Finals with near perfect 1 and 2-mile splits that allowed him to maintain a top-10 placement throughout the race. He fended off a fast charging Brett Bailey (Palisades) and Ezequiel Soto (Birmingham) in the final meters to preserve the Pirate's victory. As San Pedro's 3rd runner, he was an important part of the Pirate's achievements in winning the team championship.

The Allies

BRETT BAILEY (PALISADES) STORMS TO THE FINISH LINE WITH DAVID LEE VAN NUYS) AND GABRIEL GARCIA (MARSHALL) IN TOW.

Two runners that were not on the San Pedro or Marshall teams would help San Pedro clinch the title: Daniel Mercado (Kennedy) and Brett Bailey (Palisades). Mercado ran an blistering final leg of the race, running the 5th fastest 'City 500' split and passing both Christopher Park (Marshall) and Austin Kuromi (Marshall) on "Puke Hill" in the process. And in one of the best finishes of the day, Bailey moved past 5 runners in the last 500 meters, including Marshall's Gabriel Garcia, to earn the 2nd best 'City 500' split on the day.
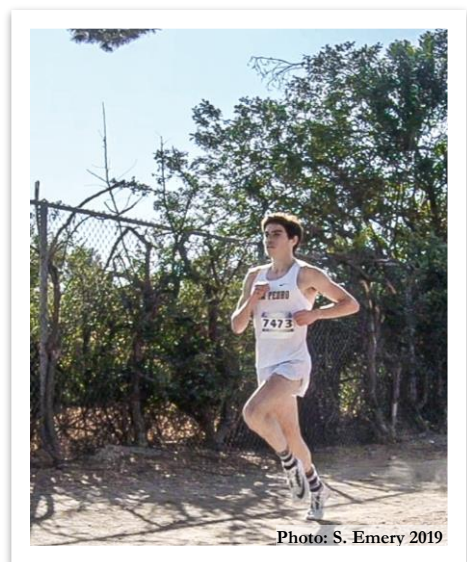
ANDREW MALDONADO – SAN

DANIEL MERCADO (KENNEDY) CLOSES HARD IN THE LAST 200 METERS OF THE LA CITY FINALS.
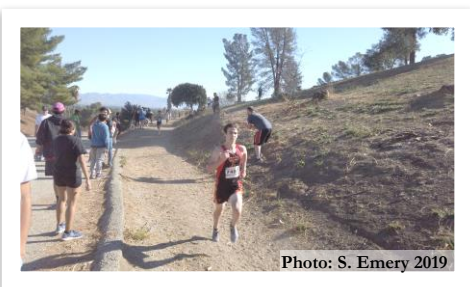
TAFT'S ZANE STREHLO FINISHES UP HIS HIGH SCHOOL XC CAREER LEADING HIS TEAM WITH A COURSE PR OF 16:13.2 AND 21ST PLACE.

SOPHMORE AUSTIN LEDGERWOOD (ECR) FINISHES THE CITY FINALS AND A FINE SEASON, PLACING 25TH IN 16:24.6. JUST BEHIND IS DANIEL CASAS (GARFIELD) WHO FINISHED IN 26TH PLACE IN 16:26.6.

The Boys Division 1 Championship Race – The Finish

San Pedro's execution in the 2nd half of the race won the day. The individual City Champion, San Pedro's Max Arroyo, ran a perfect race, running a 14-second negative split on mile 2 (5:36 and 5:22), throttling back a bit after mile 2, then scorching the final 500 meters with the 3rd fastest 'City 500' time of the day. Anthony Martinez ran similarly impressive splits, (5:37 and 5:27) and had the top 'City 500' time to move up 6 positions in the final stages of the race to take 3rd place. The San Pedro 'Speed' should have been no surprise; the Pirates just a month earlier had three of their boys - Arroyo, Andrew Maldonado and Finley Kircher - run sub 4:32 miles in the Warrior Mile invitational. And in the City Championships this speed was on full display. Five San Pedro runners placed in the top 15 for 'The City 500' rankings and 3 Pirates had the top mile-split times on the day!

Though the Pirates weren't the 1st team to have their 5 scoring runner cross the finish line (or even the 2nd, that was Palisades and Marshall), they placed 3 runners in the top 10 and their 5th boy, Ben Behar, finished a single position behind Marshall's 5th boy Robertson, and 2 spots behind Palisades 5th boy Jeremy Santiago. And that proved enough of an advantage to win the race. **Congratulations to the San Pedro Pirates 2019 Cross- Country team!**

Marshall and Palisades fought hard to chase down San Pedro. Led by their respective stalwarts, Christopher Park and Lucas Schriver, and supported by strong performances from Austin Kuromi, Clark Reynolds and Brett Bailey, both teams made big moves in the final phases of the race in an effort to beat San Pedro. Kuromi in particularly had a superlative race, taking almost 30 seconds off his previous Pierce Course PR to place 6th overall and 2nd on the Marshall team.

And the proof that this was truly a team effort is evidenced by the 5-man time spreads of the top 3 teams. At the 2-mile mark, Palisades had an 18 second spread between their front runner, Lucas Schriver, and their 5th boy, sophomore Jeremy Santiago. At the finish, Marshall achieved the smallest 1st-to-5th runner time spread in this race of 29.50 seconds, followed by Palisades Charter (34.90 seconds) and San Pedro (40.10 second).

Division 1 Boys Championship – Team Results

Place	School	Score	Team Time	Avg/Runner	Avg/Mile	Spread (sec)
1	San Pedro	53	1:19:36.3	15:55.3	5:32.9	40.10
2	Marshall	55	1:19:52.8	15:58.6	5:34.0	29.50
3	Palisades Charter	66	1:20:06.7	16:01.3	5:34.9	34.90
4	El Camino Real	99	1:21:16.3	16:15.3	5:39.8	49.10
5	Birmingham	171	1:24:05.6	16:49.1	5:51.6	92.10
6	Granada Hills	175	1:24:04.5	16:48.9	5:51.5	69.00
7	Cleveland	191	1:24:40.8	16:56.2	5:54.1	92.50
8	Garfield	214	1:26:02.5	17:12.5	5:59.8	115.40
9	Taft	221	1:26:29.8	17:18.0	6:01.7	134.90
10	Kennedy	253	1:28:37.6	17:43.5	6:10.6	180.40
11	Bell	291	1:29:34.4	17:54.9	6:14.5	74.40
12	Van Nuys	313	1:32:04.7	18:24.9	6:25.0	197.10
13	Polytechnic	330	1:33:33.9	18:42.8	6:31.2	227.40

When the dust had settled, the top 3 teams' scoring runners all finished in the top 25 with times under 16:16.0. This is the best top-3 team performances in the last 11 years; even better than the great teams from the 2009 City Finals. In any other year over the last 10 years, Marshall would have won the Championship 8 times with this team time, Palisades would have won 6 Championships, and El Camino Real 3. And more runners cleared 16:30 in 2019 in the Division 1 Boys race than in any year since 2008.

But while the team performances on the top side of the chart were impressive, this did not hold true farther down the list. The top 8 teams all had scoring runners that averaged less than 6-minutes per mile over the 2.87-mile Pierce Course; but in most years more than 8 teams achieve this milestone. Also, the average time for all runners in the '19 Division 1 Boys' race was one of the slowest in the last 11 years. So, while the performances on the top of the chart were on average faster the times in the middle and bottom half of the table were slower than in previous years.

The table below lists the Division 1 Varsity All-City finishers for the 2019 LA City Championships:

Division 1 Boys Championship – Individual Results (All-City)

Name	School	Finish (2.867 Miles)			500M to Finish Line				2-Miles				1-Mile	
		Place	Time	Pace	Place	Time	Rank	Split	Place	Time	Rank	Split	Place	Time
1st Team All-City														
Max Arroyo	San Pedro	1	15:36.50	5:26.6	2	13:53.7	3	1:42.8	2	10:58.6	1	5:22.9	8	5:35.7
Lucas Schriver	Palisades Charter	2	15:38.23	5:27.3	3	13:53.9	5	1:44.3	3	10:58.6	5	5:29.3	2	5:29.3
Anthony Martinez	San Pedro	3	15:41.38	5:28.4	5	14:01.6	1	1:39.8	8	11:05.1	4	5:28.5	10	5:36.6
James Zavala Sanchez	El Camino Real	4	15:44.82	5:29.6	1	13:53.4	15	1:51.4	1	10:58.6	7	5:29.6	1	5:29.0
Daniel Mercado	Kennedy	5	15:46.45	5:30.1	8	14:02.2	4	1:44.2	7	11:04.1	6	5:29.4	6	5:34.7
Austin Kuromi	Marshall	6	15:46.70	5:30.2	4	13:59.8	8	1:46.9	5	11:02.1	2	5:23.0	19	5:39.1
Christopher Park	Marshall	7	15:53.59	5:32.6	6	14:01.9	17	1:51.7	4	11:01.1	8	5:31.2	3	5:29.9
2nd Team All City														
Clark Reynolds	Marshall	8	15:54.21	5:32.8	9	14:06.0	10	1:48.2	9	11:07.1	16	5:35.4	4	5:31.7
Andrew Maldonado	San Pedro	9	15:55.06	5:33.1	7	14:02.2	22	1:52.9	6	11:04.1	3	5:28.4	7	5:35.7
Brett Bailey	Palisades Charter	10	15:59.38	5:34.6	15	14:16.7	2	1:42.7	18	11:15.6	15	5:34.7	25	5:40.9
Ezequiel Soto	Birmingham	11	15:59.89	5:34.8	10	14:08.7	14	1:51.2	11	11:10.1	9	5:31.4	17	5:38.7
Gabriel Garcia	Marshall	12	16:02.07	5:35.6	11	14:10.2	19	1:51.9	10	11:07.6	10	5:31.6	9	5:36.0
Steven Solitare	El Camino Real	13	16:03.42	5:36.0	14	14:14.6	11	1:48.8	12	11:11.1	12	5:32.9	12	5:38.2
David Lee	Van Nuys	14	16:04.34	5:36.4	12	14:13.9	12	1:50.4	13	11:11.1	13	5:34.0	11	5:37.1
Jason Cerda	Cleveland	15	16:04.77	5:36.5	20	14:19.8	6	1:45.0	20	11:17.7	20	5:38.1	22	5:39.6

Individual State Qualifer
Team State Qualifer

Of the 15 runners that earned medals at the '19 LA City Finals, only 4 had ever broken 16 minutes on the Pierce Course: Lucas Schriver (15:49.0 '19 City Prelims[60]), James Zavala-Sanchez (15:54.0 '19 City Prelims[60]), Christopher Park (15:57.4 '19 City Prelims) and Clark Reynolds (15:54.4 '19 Northern League Finals). Historically, ten or more runners have broken 16 minutes in the final (see table on page 42). So, while some of the top positions may have been a lock, the race for All-City credentials and individual state qualifiers was wide open. While Marshall may not have won the individual or team championships this year they dominated the All-City nominations with 4 runners on the list: Austin Kumori (1st Team #6), Christopher Park (1st Team #7), Clark Reynolds (2nd Team #1) and

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[60] These runners' times were estimated from video footage at the '19 LA City prelims and are not official times.

Gabriel Garcia (2nd Team #5). As in previous years, individual qualifiers for state required a sub-16 performance and Lucas Schriver (15:38.23), James Zavala-Sanchez (15:44.82), Daniel Mercado (15:46.45) and Ezequiel Soto (15:59.89) all made the cut. David Lee, running in his <u>first</u> and final City XC final for Van Nuys placed 14th overall and earned 2nd team All-City honors, almost cracking 16 minutes with a time of 16:04.77. Maybe more surprising, neither Max Arroyo nor Anthony Martinez, the San Pedro runners who took 1st and 3rd in this year's City Finals, had run faster than 16:30 on the Pierce course prior to this race!

The Champions – San Pedro Pirates

This San Pedro team had the 2nd fastest cumulative time of any San Pedro team in LA City history on the Pierce 3-mile course and the team was the fastest 5-man team under coach Thomson. This is the third time that the San Pedro boys' varsity team has won the individual and team championships in the same year under Coach Bruce Thomson:

Photo: A. Maldonado 2019

CITY SECTION DIVISION 1 BOYS CHAMPION SAN PEDRO PIRATES

FRONT ROW: COACH BRUCE THOMSON, COACH LEONHART

BACK ROW (L-R): ANDREW FLORES, BEN BEHAR, FINLEY KIRCHER, MAX ARROYO, ANDREW MALDONADO, ANTHONY MARTINEZ, LUIS SANDOVAL, ANDY DURAN (ALTERNATE)

2006:	Steve Calise
2013:	Steve Corea
2019:	Max Arroyo

Coach Bruce Thomson has also led the boys' team to six of their seven City team titles and the girls to eight of their nine City team titles. The San Pedro News Pilot has a nice write-up on Coach Bruce Thomson and the San Pedro cross-county team (see footnote for URL to article).[61]

Photo: N. Sundstrom 2019
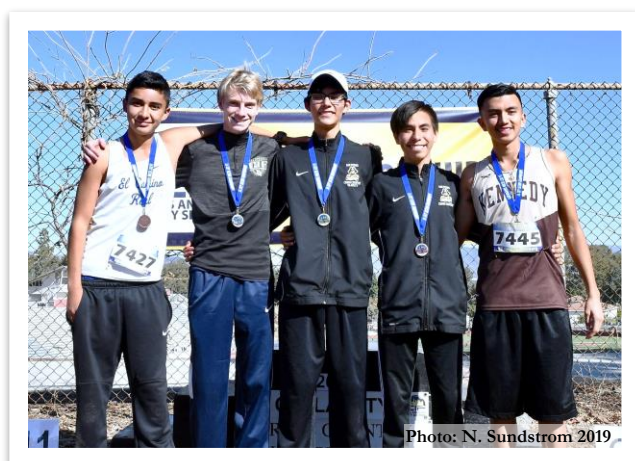
FIVE OF LA CITY'S TOP FINISHERS IN THE BOYS DIVISION 1 FINALS RACE:

L-R: JAMES ZAVALA-SANCHEZ (4TH-ECR), LUCAS SCHRIVER (2ND-PALISADES CHARTER), MAX ARROYO (1ST–SAN PEDRO), ANTHONY MARTINEZ (3RD–SAN PEDRO), DANIEL MERCADO (5TH –KENNEDY).

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[61] San Pedro News Pilot: Boys XC Captures 7th CIF Championship

Boys Division 1 All-City 1st Team

The 'All-City' 1st team was dominated by individuals from the top 4 City Finals teams, except for Kennedy's Daniel Mercado. Congratulations to LA City's best runners of 2019:

#1 Max Arroyo
Jr - San Pedro
15:36.5

#2 Lucas Schriver
Jr - Palisades Charter
15:38.2

#3 Anthony Martinez
Sr - San Pedro
15:41.4

#4 James Zavala-Sanchez
Sr - El Camino Real
15:44.8

#5 Daniel Mercado
Sr- Kennedy
15:46.5

#6 Austin Kuromi
Sr - Marshall
15:46.7

#7 Christopher Park
Sr - Marshall
15:53.6

All Photos on this page by N. Sundstrom 2019

The State Meet

A discussion of LA City cross-country season would not be complete without a recap of the CIF State Meet held in Woodward Park in Fresno on the last Saturday in November; November 30 in 2019. The LA City Section sends their top 2 teams and the top 5 individuals (placing 12th or better and not on the state qualifying teams) from the Division 1 City Section Championships to the State meet.[62] The 2019 City D1 qualifying teams and individuals, as well as their State performances, are included in the table below:

LA City Teams & Individuals at State Meet

TOP CITY FINISHERS – JAMES ZAVALA-SANCHEZ (ECR - 69TH 15:58.5) AND LUCAS SCHRIVER (PALISADES – 70TH 16:00.

Place	Name	Time	Grade	School
19th	**Marshall**	**22:27.5**		
92	Christopher Park	16:13.7	SR	Marshall
117	Austin Kuromi	16:28.2	SR	Marshall
118	Clark Reynolds	16:28.8	JR	Marshall
119	Finlay Robertson	16:31.3	SO	Marshall
143	Gabriel Garcia	16:45.5	SR	Marshall
173	Ivan Monroy-Rios	17:40.3	JR	Marshall
178	Hamidou Guechtouli	18:18.3	JR	Marshall
20th	**San Pedro**	**23:01.8**		
74	Max Arroyo	16:01.2	JR	San Pedro
131	Anthony Martinez	16:36.7	SR	San Pedro
138	Andrew Maldonado	16:41.0	SR	San Pedro
140	Andrew Flores	16:42.7	SO	San Pedro
158	Finley Kircher	17:00.2	SO	San Pedro
159	Ben Behar	17:05.8	SR	San Pedro
176	Andy Duran	18:02.0	SR	San Pedro
Individuals				
69	James Zavala Sanchez	15:58.5	SR	El Camino Real
70	Lucas Schriver	16:00.0	JR	Palisades Charter
149	Ezequiel Soto	16:52.7	SR	Birmingham
150	Daniel Mercado	16:54.1	SR	Kennedy
DNS	Brett Bailey	N/A	Jr	Palisades Charter

SAN PEDRO PIRATES – L-R: ANDREW FLORES, ANDY DURAN, ANTHONHY MARTINEZ, ANDREWW MALDONADO, MAX AROYO, FINLEY KIRCHER, BEN BEHAR

In a bit of redemption for the City Finals, ECR's James Zavala-Sanchez ran the fastest City time at State, cracking 16 minutes with a 15:58.5. Marshall also had their day of redemption with a team time of 82:27.5, eclipsing San Pedro by over 30 seconds.

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[62] Divisions 2-5 send the top team and the top 5 individuals not on the winning teams that place 8th or better in the City Championships.

Chapter 3 – 2019 IN PERSPECTIVE

2019 vs The Last 10 Years

This is the 11th year in which detail results have been published in athletic.net. Since 2009 each of the City Final races - boys and girls, varsity, JV and Frosh/Soph – have been posted to athletic.net. The table below is a compilation of the Division 1 City Boys results from athletic.net.

Division 1 Boys Championship – City Final Results 2009 to 2019

	Average	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009
Winning Times												
Rank →		9th	8th	5th	2nd	3rd	4th	7th	11th	10th	6th	1st
Individual - Finish	15:13.3	15:36.5	15:34.2	15:14.8	14:57.9	15:01.2	15:01.5	15:21.9	16:00.9	15:40.8	15:21.0	14:31.3
Pace	5:18.2	5:26.3	5:25.5	5:18.7	5:12.9	5:14.0	5:14.1	5:21.2	5:34.8	5:27.8	5:20.9	5:03.6
		Max Arroyo	Sean Larbaoui	Justin Hazell	Justin Hazell	Paul Luevano	Paul Luevano	Steve Correa	Guillermo Lopez	Grant Stromberg	Mizreal Mendez	Pablo Rosales
		San Pedro	Granada Hills	ECR	ECR	Venice	Venice	San Pedro	Santee	Palisades	Birmingham	San Pedro
Rank →		3rd	4th	7th	2nd	8th	6th	5th	11th	9th	10th	1st
Team - Total	80:12.2	79:36.3	79:54.0	80:58.9	79:19.4	81:07.4	80:21.2	80:03.9	85:34.6	81:35.2	81:50.5	78:53.6
Average	16:02.4	15:55.3	15:58.8	16:11.8	15:51.9	16:13.5	16:04.2	16:00.8	17:06.9	16:19.0	16:22.1	15:46.7
Pace	5:35.3	5:32.8	5:34.1	5:38.6	5:31.7	5:39.2	5:36.0	5:34.8	5:57.5	5:41.1	5:42.2	5:29.9
		San Pedro	Granada Hills	ECR	ECR	Palisades	ECR	San Pedro	Santee	Palisades	Birmingham	Monroe
Medal Qualifying Time												
Rank →		2nd	5th	10th	3rd	7th	4th	6th	11th	8th	9th	1st
	16:13.0	16:04.8	16:11.7	16:26.3	16:07.2	16:23.5	16:09.6	16:13.6	17:37.9	16:25.1	16:26.1	15:55.6
State Qualifying Time												
Rank →		8th	5th	7th	3rd	1st	6th	4th	11th	10th	9th	2nd
	15:52.1	15:59.9	15:50.4	15:58.8	15:43.5	15:40.7	15:55.9	15:46.0	17:14.4	16:10.6	16:03.0	15:43.3
Sub-16 Runners (Count)												
Rank →		4th	4th	7th	2nd	7th	4th	2nd	11th	10th	9th	1st
	10.8	11	11	9	12	9	11	12	0	6	7	16
Sub 16:30 Runners (Count)												
Rank →		2nd	6th	10th	4th	7th	2nd	5th	11th	7th	7th	1st
	24.4	28	24	15	27	19	28	26	1	19	19	34
Top 10 Finishers												
Rank →		8th	6th	7th	2nd	3rd	4th	5th	11th	10th	9th	1st
Average Time	15:40.8	15:47.6	15:44.8	15:46.4	15:34.9	15:37.2	15:37.2	15:37.9	16:54.2	15:58.8	15:49.2	15:22.4
Average Pace	5:27.8	5:30.2	5:29.2	5:29.8	5:25.7	5:26.6	5:26.6	5:26.8	5:53.4	5:34.1	5:30.7	5:21.4
All-City Finishers (Top 15)												
Rank →		7th	6th	8th	2nd	5th	4th	3rd	11th	10th	9th	1st
Average Time	15:49.5	15:52.7	15:51.8	15:56.3	15:44.1	15:49.7	15:46.8	15:46.0	17:05.9	16:05.8	15:59.7	15:32.1
Average Pace	5:30.8	5:32	5:31.6	5:33.2	5:29.0	5:30.9	5:29.9	5:29.6	5:57.5	5:36.5	5:34.4	5:24.8
Scoring Runners												
Rank →		10th	9th	5th	1st	6th	3rd	4th	11th	7th	8th	2nd
Average Time	16:48	17:04.7	16:52.7	16:46.7	16:38.2	16:52.3	16:41.7	16:42.4	18:19.6	16:54.2	16:54.5	16:39.0
Average Pace	5:51.2	5:57.0	5:52.8	5:50.8	5:47.8	5:52.7	5:49.0	5:49.3	6:23.1	5:53.4	5:53.5	5:48.1
Count		65	65	55	55	65	55	60	60	55	60	65
All Runners												
Rank →		9th	10th	5th	6th	7th	3rd	2nd	11th	4th	8th	1st
Average Time	17:13.5	17:24.8	18:12.0	17:05.4	17:05.5	17:12.6	17:00.1	16:58.8	18:45.0	17:07.7	17:13.3	16:54.4
Average Pace	6:00.1.0	6:04.1.0	6:20.5	5:57.3	5:57.3	5:59.8	5:55.4	6:04.1.0	6:20.5	5:58.1	5:57.3	5:53.4
Count		87	132	78	77	91	85	89	90	85	88	95

Top Result

A couple points of clarification on the table above:

- The green highlights identify the year of best performance for each category.
- The 2018 City Final included 20 teams since the Prelims were cancelled because of the local fires. The additional 7 teams, the slowest in the race, adversely skewed the all-inclusive categories so only the top 13 teams were included in the 'Average' column for the 'Scoring Runners' and 'All Runners' categories for that year. None of these slower teams had runners or teams in the other categories.
- The 2012 City Final was run on the standard Pierce course but in very muddy conditions resulting in times that were about 1 minute slower than normal. As a result, 2012 results have been excluded from the 'Average' column so as not to adversely skew the data.

- The 2010 City Final was run on a 3.1-mile rain course around Shepard Stadium. This year was excluded from the 'Average' column to maintain consistent metrics for the standard 2.87-mile Pierce course.
- The exclusions described above also apply to the graph on the next page.

The 2009 season was far and away the best year for City cross-country in recent years. That year's teams ranked 1st or 2nd in every category on the chart and had the fastest individual City Final time ever on the 3 mile course - Pablo Rosales' 14:31.3 - and the fastest team time in 11 years, Monroe's 78:53.6 (the great Belmont teams of 1998 and 1997 have the best team times on record for 3 miles: 77:42.6 and 77:52.2, respectively).

There were some positive signs in the 2019 performances, though. This year had the 2nd largest number of Division 1 runners under 16:30 which is an excellent indicator of overall section strength. The year also ranked 2nd in the time requirement for medaling; an excellent indicator of top-end section performance. And, San Pedro's team time ranked a respectable 3rd over the last 11 years. This year also saw 5 teams earn their best City times ever: Cleveland, Marshall, Palisades Charter, San Pedro, and Van Nuys.

The graph below is a visual representation of some of the data provided in the table on the previous page:

CIF LA Section Finals Results: 2009-2019

The most salient line in the graph is the dotted green line, titled "Linear (All Runners (Avg))". This is the trend line for all varsity division 1 runners competing in the LA City Finals from 2009 thru 2019. The trend shows an average time of just under 17 minutes in 2009 that gradually moves upward to about 17:20 in 2019. Drilling down into the numbers it appears that Top-10 and Team Champ times are trending flat while some of the all-encompassing metrics are trending downward. And while the individual champion times have gone up significantly, this is truly an outlier metric that has limited impact on overall averages. This suggests that this trend towards slower times was occurring at the middle and back of the back. And 2019 appears to have continued this trend. If performances from 2010 and 2012 are ignored for the reasons stated earlier, the 2019 times rank as some of the slowest in a decade.

So overall times have been increasing over the last 11 years. Some of this can be explained away by the plethora of talent that came through City in the previous 10 years: Pablo Rosales, Paul Luevano and Justin Hazell to name a few. These were some of the best runners in the nation who not only ran great races at Pierce but inspired others to excel as well. But it has been four years since the last of these runners won at Pierce and to an extent no one has quite filled that void since. Maybe more significant was the division expansion and realignment that has been going on since 2013 that gradually siphoned some of the stronger programs from Division 1 to lower divisions: Monroe in 2019; Venice in 2016; Santee, Eagle Rock and Bravo Medical in 2014; and University in 2013. This can most clearly be seen with the fact that there were no individual runners competing in either the 2018 or 2019 City Final Boys' Division 1 races. In previous years, these runners qualified in highly competitive prelim heats in which their respective teams did not qualify for finals. With the loss of teams related to the division realignment the prelims are much less competitive with the result these teams that had not qualified in prelims in previous years are now making it to finals. By comparison, in 2009, 2011, and 2012 there were 7 individual runners competing in the Division 1 City Final. In 2015, 2 runners whose teams were subsequently moved out of division 1 – Venice and Eagle Rock – placed 1st and 4th in the City Final. The net result of the division expansion and re-alignment is that many of the individual runners from teams that historically competed in Division 1 for All-City and state qualification ran in other divisions, reducing the number of top-tier athletes in Division 1. And, some of the stronger programs were moved out of Division 1, schools that had traditionally shored up the overall Division 1 averages.

Changes in City XC

There were a lot of big changes this year, in order of their departure or arrival from LA City:

Bob Macias (Coach – Palisades Charter) -The unflappable master of the Palisades running machine that churned out a string of great runners and teams, Coach Bob finally decided to turn in his shingle and enjoy his retirement. Best of luck and enjoy!

Robert Hockley (Coach – Palisades Charter) – Coach Rob has been working with Palisades XC, track, and soccer since 2013. He became head coach of Palisades XC at the beginning of the '19 XC season when Bob Macias retired. Rob brings a holistic approach to coaching and has a young and talented team to practice his wares. Best of luck in 2020!

Alec Stewart (Sr – Palisades Charter) – An untapped talent that began to show his potential with a 16:16 at Mt. Sac as a sophomore and a 15:27 at Woodbridge as a Junior. Stewart was

elected Captain as a junior and no doubt would have played a key role in this year's City Finals had he not been felled by a season-ending knee injury.

Masson Caden (Jr – Palisades Charter) – A fearless runner who led the City Final D1 Varsity race through 2 miles as a sophomore, finishing with a time of 15:57, Caden had all the attributes to be a City Champion. He transferred to Crespi High School and the Southern Section during the summer prior to the '19 XC season.

Jun Reichl (Coach – El Camino Real) – The beloved coach of the ECR juggernaut, Coach Reichl has left coaching to pursue his aspirations in higher education. Refer to pages 2-3 of this document for a brief bio. Suffice to say Coach Reichl's passion and dedication were deeply appreciated and his spirit endures as a part of the ECR XC ethos.

Cai Duran (Sr. – Granada Hills) – An obvious miss in this year's City Finals, Cai dominated City Cross-Country for most of the season until a hamstring injury just prior to City Prelims. He ran 15:11 at Woodbridge, was only 1 of 2 City runners to break 16 minutes at Mt. Sac, and had run a 15:05 at the Apache Invitational just prior to the injury. City Finals undoubtedly would have looked quite different with Cai in the race.

Vinnie Brascia (Coach – El Camino Real) – Coach Brascia left an indelible mark on the ECR cross-country team in his single-year tenure as head coach. He will be greatly missed but we all wish him the best in his future endeavors.

Colson Phillip (Coach – El Camino Real) – The affable Coach Colson has been a fixture in west valley running for years, first as Team President for the West Valley Eagles, then as Taft's XC Head Coach, and for the last 2 seasons as assistant XC coach at ECR. This year he has been appointed head coach of ECR XC. Congratulations Colson and good luck!

Zac Childers (Jr – Granada Hills) – Word on the street is that Zac is headed to the East Coast for his senior year. Childers has been a key to Granada Hill's incredible success and since his Freshman year has shown glimpses of brilliance while struggling to make it through a full year without injury. His best XC performance was in the '18 City Finals as a Sophomore when he placed 12th with a time of 16:05. An exceptional talent that LA City will miss.

Brett Bailey (Jr – Palisades Charter) – Rumors of Brett's departure may be greatly exaggerated! During the spring it was rumored that Brett was leaving Palisades to move back East with his family. He has since been spotted back in California so hoping that LA City will get him back for 2020 cross country.

Chapter 4- THE PIERCE COURSE

Current State

The 2019 course was in fine condition thanks to the efforts of many individuals who donated their time throughout the cross-country season. The course was graded two times, initially prior to September 9th and then again prior to November 15th, which widened and smoothed out the course considerably. Debbie Lopez's team from Taft put in tremendous efforts to mark the course in preparation for the Cluster meets. This involved setting posts, stringing flags, and chalking the course. Also, for the first time in regular-season league competition automated timing was provided by Scott Corr's team at MeetResults.net. And for the City Section Prelims and Finals Jim Tucker and his team from USAFT worked many hours before each event to finalize course markings and measure mile-1 and mile-2 placements.

The course as of November 15th, 2019 is approximately 15,139[63] feet in length or 2.867 miles. For comparison, last year the course measured 15,223[64] feet or 2.883 miles. The probable cause for the difference in the measurements between these two years is the marking of the course on the turn-around at the bottom of 'Hernia' as well as general measuring errors which are discussed on pages 50-52. Both measurements were made following the shortest route on the course via the tangents (this is discussed in detail on page 49). The diagram below depicts the current course with the approximate 1-mile, 2-mile, City-500, Start and Finish markers as well as established landmarks.
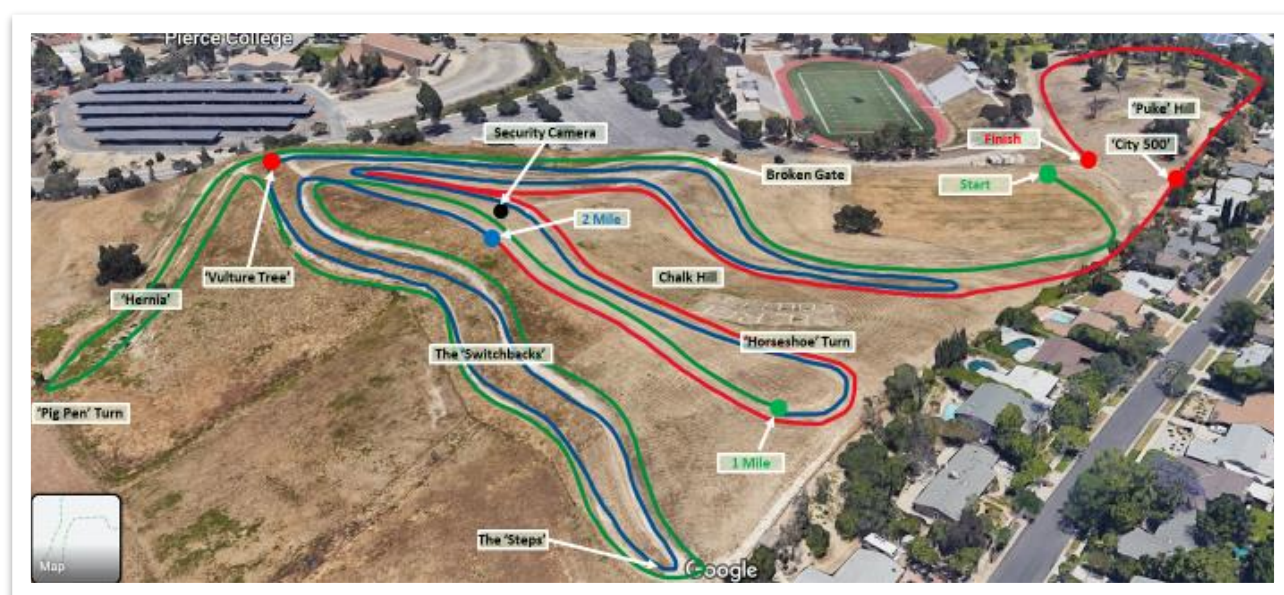
The 1-mile marker is approximately 48.9 feet in front of the apex of the 'Horseshoe Turn' on the uphill side while the 2-mile marker is 14.1 feet above the new security camera tower on the uphill side of Chalk Hill (refer to page 52 for specific 1-mile and 2-mile marker placements).

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[63] The Pierce course was rolled on November 15,2019 using a calibrated 24-inch roller and measured 15,000 feet in distance. This measurement was adjusted to 15,139, using factors developed by Caulfield and Tucker, to take into consideration measuring errors related to wobble, slippage and skipping.

[64] The course was measured on October 25, 2018 using a calibrated 24-inch roller and measured 15,083.5 feet in distance. This measurement was adjusted to 15,223, using factors developed by Caulfield and tucker, to take into considerations measuring errors related to wobble, slippage and skipping.

For those that are interested, the following pages describe additional detail regarding the Pierce Course.

The map and chart below identify additional milestones on the Pierce Course that were measured as part of the November 15th, 2019 roll.

ID	Milestone	Measured 11/15/19			Adjustment Factor			Altitude (Ft)
		Feet	Meters	Miles	Feet	Meters	Miles	
	Start							848
A	Steps (1st Pass)	3,478.0	1,060.1	0.66	3,510.2	1,069.9	0.66	930
B	Chalk Hill (Bottom-Uphill)	4,409.0	1,343.9	0.84	4,449.9	1,356.3	0.84	902
C	Lightpost (Uphill))	4,717.0	1,437.7	0.89	4,760.7	1,451.1	0.90	932
D	**Top of Hill (mile 1)**	**5,280.0**	**1,609.3**	**1.00**	**5,328.9**	**1,624.3**	**1.01**	**961**
E	Lightpost (Downhill)	5,840.0	1,780.0	1.11	5,894.1	1,796.5	1.12	933
F	Gate - Turnaround	6,983.0	2,128.4	1.32	7,047.7	2,148.1	1.33	891
G	Broken Gate	7,663.0	2,335.7	1.45	7,734.0	2,357.3	1.46	887
H	Steps (2nd Pass)	9,216.0	2,809.0	1.75	9,301.4	2,835.1	1.76	930
I	Chalk Hill - 2nd Pass (Bottom-Uphill)	10,140.0	3,090.7	1.92	10,234.0	3,119.3	1.94	902
J	Lightpost-2nd Pass (Uphill)	10,448.0	3,184.6	1.98	10,544.8	3,214.1	2.00	935
K	**2-Mile**	**10,560.0**	**3,218.7**	**2.00**	**10,657.9**	**3,248.5**	**2.02**	**937**
L	Top of Hill	11,011.0	3,356.2	2.09	11,113.0	3,387.3	2.10	961
M	Lightpost-2nd Pass (Downhill)	11,567.0	3,525.6	2.19	11,674.2	3,558.3	2.21	935
N	Turn-Around	12,718.0	3,876.4	2.41	12,835.9	3,912.4	2.43	890
O	600M	12,998.0	3,961.8	2.46	13,118.4	3,998.5	2.48	872
P	Base of Puke	13,225.0	4,031.0	2.50	13,347.6	4,068.3	2.53	856
Q	Top of Puke	13,542.0	4,127.6	2.56	13,667.5	4,165.9	2.59	896
R	**Finish Line**	**15,000.0**	**4,572.0**	**2.84**	**15,139.0**	**4,614.4**	**2.87**	**845**
S	Hernia Loop (Entry to Exit)	795.0	242.3	0.15	802.37	244.6	0.15	N/A
T	Top of Hernia - Additional Section*	61.0	18.6	0.01	61.57	18.8	0.01	N/A

The 'Adjustment Factor' distances include estimates developed by Mark Caulfield[65] and John Tucker[66] to account for measuring errors related to wobble, slippage and skipping. The 1-Mile and 2-Mile marker placements on the map in this document are based on an average of these estimating approaches (see page 5).

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[65] https://fl.milesplit.com/articles/187587-cross-country-course-measurement-a-practical-consideration
[66] https://oncourseratingsystems.com/Images/whyOCRS.pdf

Course Measurement Conventions

Since well before 2013 the Pierce Course pre-race measurements for the Mile-1 and Mile-2 markers for City Prelims and Finals have been based on measurements from the 'Vulture Tree' landmark that were calibrated using a **'middle-of-the-course'** convention when the course was originally FULLY rolled and measured. I don't know when the course was originally fully measured or if there have been subsequent full-course measurements since the original measurement. The 'Vulture Tree' landmark is located at the confluence of the course entry to 'Hernia' and the entry to 'The Switchbacks' (see map on Page 1). The original full-course measurement, and all subsequent measurements made prior to both the City Prelims and Finals each year, are conducted by USA Track and Field.[67] The 'Mile 1' and 'Mile 2' markers are placed on the course for the City Section Prelims and Finals by the USAFT team. So, the 'Certified' Pierce course measurements and markers are based on mid-course measurements. This is how the course was measured and marked for the 2019 City Section Championships.

In 2013 the convention for measuring high school cross-country courses was changed from:

> *"Measurement shall be along the middle of the course"* [68]

To now read:

> *"Measurement shall be along the shortest possible route a runner may take"* [69]

For this reason, the measurements I made (termed 'Actual' in this document) are all based on the newly sanctioned 'shortest possible route' convention following the tangents of the course.

And this change in measuring convention introduces some discrepancies regarding how the course is marked by UASTF and how I determined 1-mile and 2-mile markers for timing splits:

1. Since the Pierce course is marked by USAFT using landmarks and calibrations based on a mid-course convention and I am using the 'shortest possible route' to determine the 1-mile and 2-mile distances there are inherent differences in my 'Actual' measurements versus the USAFT's 'Certified' measurements.

2. The USAFT measurements are made by rolling the course from the 'Vulture Tree' landmark up to the 2-mile and then 1-mile mark based on prescribed distances. The total distance rolled is approximately 200 meters up to the 1-mile marker. Any changes that may have been made to the course over the last 10+ years that are outside of this 200-meter measuring span are not considered in their measurements. And this happens…. this year in fact. The course was widened twice this year and Hernia was marked slightly shorter. Both changes impacted the 'Actual' course distance but would be ignored in measuring the 'Certified' distances from the 'Vulture Tree' landmark.

The good news is that over the last 10+ years the net discrepancy accrued because of changes to the course has been nominal, at least regarding the 1 and 2-mile markers. At the 2019 City Section Finals I calculated the following discrepancies based on 1-mile and 2-mile course markers placed by USAFT and actual adjusted distances I measured on November 15th, 2019:

	Mile 1	Mile 2	3-Mile
USAFT (Certified)	17.1 feet short	74.1feet short	701 feet short

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[67] Jim Hanley, Co-Chair USAFT Starters Committee, led the team that measured the course for the 2019 City Section Prelims and Finals.

[68] 2006 NFHS "Track and Field and Cross-Country Rules Book," TFRB06, Rule 9.1, p.66

[69] 2013 NFHS "Track and Field and Cross-Country Rules Book," TFRB06, Rule 9.1.1, p.67

The 3-mile course distance is an anomaly. I am not sure how that distance was ever determined. There has been some discussion that maybe the 2nd loop around Chalk Hill included a 2nd pass down Hernia. This would almost perfectly make up the difference by adding an additional 740.8 feet BUT this would be added to the Mile-2 distance and throw Mile-2 discrepancy way off.

Course Measurements

The following course measurements were completed by me, Stephen Emery, using a 24-inch calibrated wheel, rolling the complete course along the shortest path (via tangents) as discussed above:

Oct 25, 2018   15,224 ft *(15,084')* or 2.88 miles
> *No course markings or apparent grading*

Sep 9, 2019   15,260 ft (15,120') or 2.89 miles
> *Prior to the course being marked in preparation for league clusters and after the 1st grading*

Nov 7, 2019   15,160 ft (15,020') or 2.871 miles
> *After course marked for clusters and after 1st grading, prior to 2nd grading*

Nov 15, 2019   15,137 ft (15,000') or 2.867 miles
> *After 2nd grading; measured on 'Certified' course*

The measurements in parenthesis are the original raw measurements recorded on my roller. These measurements have been adjusted by a factor[70] [71] to correct for errors related to wheel wobble, slippage and skipping. The adjusted measurements are shown to the left of the parenthetic measurements. The 1-mile and 2-mile measurements are based on the adjusted measurements.

The diagram below depicts the various 1-mile and 2-mile marker placements on the course during the season. The 'Actual' marker placements in RED were based on the November 15th, 2019 measurements (adjusted for measuring errors) and were the ones used for all 1-mile and 2-mile split times in this document.

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[70] https://fl.milesplit.com/articles/187587-cross-country-course-measurement-a-practical-consideration
[71] https://oncourseratingsystems.com/Images/whyOCRS.pdf
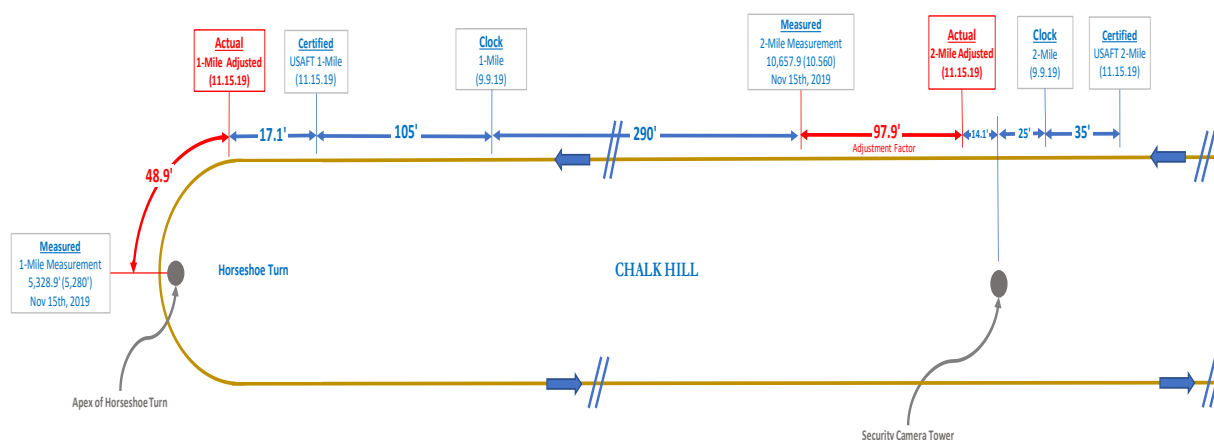
The reference landmark used to measure the 'Actual' 1-mile marker is the apex of 'Horseshoe Turn, the highest point on the course. The reference landmark for the 'Actual' 2-mile marker is the new security camera tower.

The definition for the four different measurements depicted in the diagram above at 1-mile and 2-mile are as follows:

Actual – The 1 and 2-mile placements are based on the 'Measured' distances (see below) multiplied times an error factor of 1.009267 (see below) to account for wobble, slippage and skipping. This puts the 'Actual' 1 and 2-mile markers before the 'Measured' markers as depicted in the diagram. This is the most accurate measurement for the 1-mile and 2-mile distances and the one used for all time splits in this document.

Measured – The 1 and 2-mile placements are based on the results from rolling the full course on November 15th, 2019 using a 24-inch wheel and following the tangents of the course. These measurements are the raw data used to estimate the 'Actual' measurements above.

Certified - The 1 and 2-mile placements are based on USAFT measurements made on November 15th, 2019 based on rolling prescribed distances from the 'Vulture Tree'. These measurements are used to place the 'Mile 1' and 'Mile 2' placards that are on the course during the City Section Prelims and Finals. These measurements are based on a 'middle-of-course' convention (see above section) and do not adjust for any course changes outside of the approximate 200 meters rolled from Vulture Tree to Mile 1.

Clock – The 1 and 2-mile placements are based on rolling the full course on September 9th, 2019. These measurements were used for the placement of the clocks on all the West Valley League Cluster Meets as well as the City Section Prelims and Finals. The measurements were based on the course prior to final marking and grading in October 2019 and were 171 feet short at 1 mile and 137 feet short at 2 miles. These measurements included a longer 'Hernia' loop that was not included in the final course markings and did not include the 2nd grading that widened the course. The clocks were kept at these markers for consistency throughout the 2019 season, but these markings were NOT used for timing splits in this document.

The 'Adjustment Factor' used to compensate for wheel roller measuring error is based on an average of two estimating approaches developed by Mark Caulfield[72] and John Tucker[73]:

Mark Caulfield   Actual Distance = 750' 0"

Surface	Measured	Factor
Asphalt	750' 0"	1.0000000
Concrete	750' 0"	1.0000000
Short Grass	745' 5"	1.0067000
High Grass	743' 7"	1.0093000
Compacted Dirt	743' 7"	1.0093000
* Compact+Loose Dirt	743'0"	1.0094213

*Used a slighlty lower estimate to take into consideration the loose gravel on parts of the Pierce Course.

John Tucker

Error/100m	5k Error	Factor
1'	50' 0"	1.003048
* 3'	150' 0"	1.009144
5'	250' 0"	1.015240

* Used the middle estimate

	Adjustment	
	Caulfield	Tucker
	1.0094213	1.009144

	Measured	Adjusted (Feet)		Average	Factor
Sept 9th, 2019 (Clock)	15,120	15,262	15,258	15,260	1.009259
Nov 7th, 2019	15,020	15,162	15,157	15,160	1.009288
Nov 15th, 2019 (Actual)	**15,000**	**15,141**	**15,137**	**15,139**	**1.009267**

	Measure	Adjust (ft.)
Mile 1	5,280	**48.928**
Mile 2	10,560	**97.856**

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[72] https://fl.milesplit.com/articles/187587-cross-country-course-measurement-a-practical-consideration
[73] https://oncourseratingsystems.com/Images/whyOCRS.pdf

The adjustment factor from Mark Caulfield is based on the surface type of the subject course while John Tucker's approach looks at measurement discrepancies for a 100-meter sample from the subject course and then extrapolates this for the full distance.

This is a good time to introduce Jim Hanley of USA Track & Field. I met Jim on the morning of November 15, 2019, the day before the City Section Prelims. He was gracious enough to allow me to tag along as they marked the course and set the 1 and 2-mile markers for the City Section. And in 2 hours of conversation I learned more about the Pierce course and measuring courses than I had in 3 years. Thank you, Jim, for your input which answered a lot of questions I had regarding the Pierce course.

Known Course Deviations

The course deviations identified below were all temporary, one-race modifications, typically related to wet course conditions.

There are only two instances where the course was changed for a City Section Championship:

2010 – All races were run on a 3.1 mile, 6-lap 'Rain Course'' around Shepard Stadium.

2012 – Division 1 Boys and Girls ran at Pierce; all other races moved to Birmingham due to rain.

These are the two instances where the course was changed for the City Section Prelims:

1987 – Prelims run on 2.8-mile course

1997 – Prelims run on 2.85-mile course due to rain

Other deviations noted in the Los Angeles Times:

10/8/1999 - All league meets on this day were run on 2.6-mile course. No indication as to why or how the course was changed.

10/5/1989 – All-City Conference Classic rerouted due to conflicts with Pierce football team practice. No indication of the change in route or distance.

So Why All the Analysis?

OK, so this is a lot of analysis and towards what end? In the short-term, the objectives are to:

1. Agree on Pierce Course measurements for the 1-mile, 2-mile and overall course length that are based on objective measurements.
2. Begin tracking performances against these established course markers to establish legitimate comparisons and encourage better City results.

The long-term goal is to reverse the 30-year upward trend in City Section Final performances on the Pierce Course by refocusing LA City runners on specific course metrics and thereby challenging runners to get better.

So how bad has City Section cross-country become?

The chart below plots City Section Final top-10 finisher performances on the Pierce course, 1976 to present. Though not dramatic, the trend since the 1980's has been towards slower average times. Where runners would routinely break 15:00 minutes on Pierce in the late 70's and early 80's these performances occurred at almost half the rate in the 90's and post millennial.
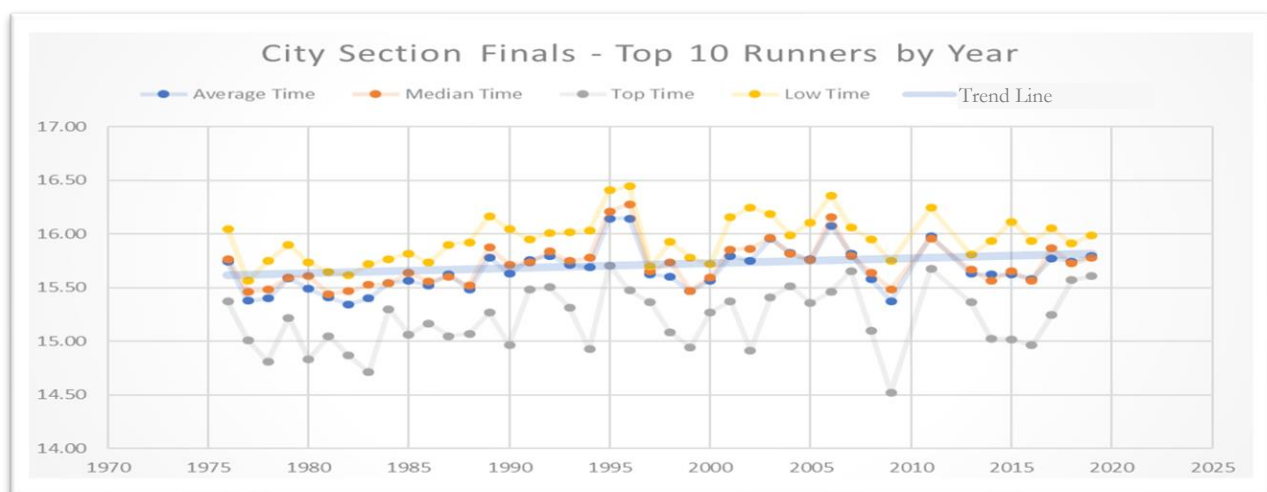
The 'Top Time' in the chart above refers to the 1st-place finisher at City Finals for the respective year while the 'Low Time' is the 10th-place finishers time in each of the respective years.

Looking at this chart there is an interesting correlation that appears to hold true for many of the years. The top runner in a particular year seems to dictate the relative success of the rest of the top 10 runners for that same year. So, when the 'Top Time' is above trend the bottom runner seems to do better than average and vice-versa. Course and weather conditions certainly explain some of this apparent correlation across years; generally bad conditions in a given year will, on average, result in lower performances for that year relative to other years, and vice versa. But within a given year, these influences are less relevant since they are the same for all runners. Just an opinion here, but I think human nature, competition, and the mental side to running are a significant part of this phenomenon. Good runners inspire other runners to run well and good times inspire better times. And for the last twenty years the City Section seems to be on the wrong side of this phenomenon.

The table below is a more succinct illustration of the declining City team performances at the City Section Finals.

LA City Final Top-Ten Individual Average Times by Decade

Top-10 Finishers: D1 & Large Schools

Decade	Avg Time[74]	% Change[75]
1970's[76]	15:31.6	2.0%
1980's[77]	**15:31.0**	**0.0%**
1990's	15:45.4	46.5%
2000's	15:45.1	45.3%
2010's[78]	15:43.1	39.0%

2nd-10th Finishers: D1 & Large Schools

Decade	Avg-X Time[79]	% Change[75]
1970's[76]	15:34.5	2.0%
1980's[77]	**15:33.8**	**0.0%**
1990's	15:48.6	43.9%
2000's	15:48.4	43.1%
2010's[78]	15:45.8	35.6%

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[74] **Avg Time** includes runners placing 1st – 10th in the Boys Large School (1976 – 2013) and Division 1 (2014 to present) City Final races for the respective decades.

[75] **% Change** is normalized so that calculations only include net change in SECONDS from the baseline decade (1980's).

[76] Only 4 years are included: 1976, 1977, 1978 and 1979.

[77] The 1980's decade is the benchmark for measuring the other decade's **% Change**.

[78] **1970's** Excludes times from the years 2010 and 2012 for reasons stated earlier in this document.

[79] **Avg-X Time** excludes the top runner from each year; only runners placing 2nd – 10th in the Large School (prior to 2014) and Division 1 (2014 – present) City Final races for the respective decades are included.

The tables show the average times for the top-10 finishers in the Boys Varsity D1 and large-school races for each decade since the City runners began running the 3-mile course at Pierce in 1976. The 2nd table includes the same data with the exception that the top finisher's time for each year has been excluded. This is to eliminate the skew that some of the record times like Pablo Rosales' 14:32 had on the averages.

Impact of Schedule Changes on City Section Championship Performances

From the period 1976 to 1987 the division 1 boys final was held in mid-December. In 1988 the City Section began participation in the CIF State meet to be held on the final Saturday in November. Since the City Section Finals are the qualifying meet for the State meet and the City Prelims the qualifier for the City Finals, the City Section Prelims and Finals were moved to November in front of the State meet. The impact of this move was two-fold on City Section runners:

1) The City Section cross-country season was shortened by 2-3 weeks
2) The City Section Finals were run in generally warmer race-time temperatures[80]

The table below presents average individual top-10 LA Finals times for the period prior to the State meet (1976 – 1987) and the same times for the period commencing with the start of the State meet in 1988[81].

LA City Finals Individual Average Top-10 Times

Period[82]	Avg Time[83]	% Change[84]	Description
1976 - 1987	15:30.1	0.0%	Pre-State Meet
1988 - 2019	15:44.2	47.0%	Post-State Meet

LA City Finals Individual Top-10 Time Distribution

Period[82]		Total	<15:00	<15:10	<15:20	<15:30	<15:40	<15:50	<16:00	>16:00
1976 - 1987	# Runners ->	120	7	6	12	25	37	25	7	1
	%		5.8%	5.0%	10.0%	20.8%	*30.8%*	20.8%	5.8%	0.8%
	Cum %			10.8%	20.8%	41.7%	72.5%	93.3%	99.2%	100.0%
1988 - 2019	# Runners ->	300	6	11	10	28	54	74	70	47
	%		2.0%	3.7%	3.3%	9.3%	18.0%	*24.7%*	23.3%	15.7%
	Cum %			5.7%	9.0%	18.3%	36.3%	61.0%	84.3%	100.0%

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[80] In 1998 the Varsity races were moved to the beginning of the City Section Final race-day schedule to take advantage of cooler, early-morning temperatures.

[81] The 1st CIF State Meet was held on November 28th, 1987. The LA City Section opted not to compete in the first year and started competing in the State meet in 1988.

[82] Results from the years 2010 and 2012 have been excluded from this table.

[83] **Avg Time** includes runners placing 1st – 10th in the Boys Division 1 and Large Schools City Finals for the periods 1976-1987 and 1988 – present.

[84] **% Change** is normalized so that calculations only include net change in SECONDS from the baseline period, 1976-1987 (calc: (44.2-30.1)/30.1).

The 2 tables on the previous page provide a critical indictment of the current state of LA City Cross Country. In the 'pre-State meet' era (1976-1987) the top 10 runners in the Boys Varsity Large School City Finals averaged almost 15 seconds faster than the top 10 runners in the 'post-State meet' era (1988-present). What may be more telling is the time distribution differences between the 2 periods. Prior to 1988 73% of these runners finished the Pierce course in less than 15:40.0 whereas in the period since 1988 only 12% of the top-10 runners finished in under 15:40. Also, since 1988 almost 40% of the top-10 finishers have run over 15:50; prior to 1988 this percentage was less than 7%.

Some back story on the first impact item #1 above. In the 1980 and 90's teams ran invitationals in September and October, league, and conference competitions in late September through mid-November, and post-season competitions in late November through mid-December. Today, invitationals and league competitions are run in September-October and post-season competitions in November. The actual impact to the current schedule is not 2-3 weeks, but effectively 3-4 weeks! And at a critical point in most runner's training plans when the big improvements in race performances accrue. Also, since the invitational and league schedules are now compressed into 2 months versus 3 months the quality of the performances in many of these races is sub-par; the runners are necessarily running some of these races as work-outs or training sessions to stave off burn-out.

I have included a 1982 league cross-country schedule I found in the LA Times (Sept. 16, 1982) for some City teams as well as a current 2019 schedule for El Camino Real from athletic.net that illustrates this point:

The good news? At least at the top end LA City times have been getting slightly better over the last 3 decades. In fact, this last decade is the best decade for LA City runners since the 1980's in terms of average top-10 City Finals times. But there is a long way to go to catch the times posted in the 1970' and 1980's. So, what happened? Better training, improved running gear, and awareness of proper nutrition should have tilted the averages in favor of the last decade. Are City runners getting slower? Has the course or course conditions changed? Has commitment changed? It may be the case that it is a little bit of all these factors.

In an effort to tease out the potential impact of the temperature changes identified in impact item #2 above I have further broken out the post-state period 1988 – 2019 into 2 smaller time ranges:

> 1988 – 1997 When the Boys' Varsity teams ran in warmer temperatures; November @ 11:30 am
>
> 1998 – 2019 When the Boys Varsity teams ran in cooler temperatures; November @ 9:20 am

Impact of Change in Schedule on City Final Times

Years	Avg Time[85]	% Change[86]	Description
1976 - 1987	15:30.1	0.0%	City Finals in December
1988 - 1997	15:46.6	55.0%	City Final in November, Varsity Race Late Morning
1998 - 2019	15:43.0	43.0%	City Final in November, Varsity Race Early Morning

This table isolates the impact to City Section Final performances due to the schedule change related to the State Meet (12.9 seconds) and the impact of increased temperatures (3.6 seconds), assuming all other factors are unchanged (big assumption, I know). For the period 1988 – 1998 the Boys Varsity race was the last race of the day at 11:30 am and for the period 1998 – 2109 the Boys' Varsity race was the 2nd race at 9:20 am. The average race-time temperature for the period 1998 – 2019 (58.8°F) was 11.3°F degrees lower than for the period 1988-1997 (70.1°F) and 5.3°F lower than the period 1976-1987 (64.3°F).

Impact of LAUSD Enrollment of City Section Championship Performances

Since the topic of LAUSD enrollment also crops up in discussions of City Section performance trends I also looked at this variable but did not notice any meaningful correlations. LAUSDS enrollment peaked in 2003/04 which were some of the worst years for City Section cross-country performances. The top two all-time team performances on the 3-mile course are 1st - Belmont (1998) and 2nd - Belmont (1997). The best average time for the top-10 finishers in a given year occurred in 1982, 2009 and 1977. Ten of the top 12 performance years, based on average top-10 finishers times, occurred on or before 1990. All of these 'Bests' fall outside of the LAUSD peak enrollment periods from 1999-2006. In fact, LAUSD had some of the lowest enrollments in the last 50 years in the late 1970's and early 1980's which is considered the 'Golden Age' of City Section cross-country!

The table on the next page shows the enrollment, average race-time temperature and average top-10 finishing time for all City Section Final races from 1976-2019. For race-day temperatures ('Race Temp') the years in **RED** highlight are the races with higher-than-average race-time temperatures while the years in **BLUE** highlight represent lower-than-average race-time temperatures. For the average top-10 times ('Avg Time-Top 10') the years in **RED** highlight are for slower-than-average race times and those in **GREEN** highlight represent faster-than-average race times. What stands out is the apparent impact the schedule change related

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[85] **Avg Time** is the average finish time for the top 10 finishers at each City Final included in the referenced years.
[86] **% Change** is normalized so that calculations only include net change in SECONDS from the baseline period, 1976-1987.

to participation in the State meet had on the City Final performances. Temperature appears to be much less a factor and school enrollment not at all.

City Section Championships – Enrollment, Race Temperature and Average Times

Year	Enrollment	Race Temp	Avg Time-Top 10
1976	601,000	71.0	15:44
1977	590,000	57.0	15:23
1978	555,000	54.0	15:24
1979	549,000	76.0	15:35
1980	545,000	73.0	15:29
1981	549,000	64.0	15:24
1982	550,000	66.0	15:21
1983	552,000	63.0	15:24
1984	560,000	55.0	15:33
1985	580,000	63.0	15:34
1986	595,000	64.0	15:31
1987	596,000	65.0	15:38
1988	598,000	66.0	15:29
1989	605,000	84.0	15:47
1990	625,000	70.0	15:38
1991	645,000	63.0	15:45
1992	646,000	65.0	15:48
1993	639,129	74.0	15:43
1994	632,973	61.0	15:41
1995	647,612	79.0	16:09
1996	667,305	66.0	16:09
1997	680,430	73.0	15:38
1998	695,885	56.8	15:36
1999	710,007	55.3	15:28
2000	721,346	52.0	15:34
2001	735,058	59.0	15:48
2002	746,852	54.8	15:45
2003	747,009	52.5	15:57
2004	741,367	57.0	15:49
2005	727,319	56.8	15:46
2006	707,626	68.5	16:05
2007	693,680	61.0	15:49
2008	687,534	62.8	15:35
2009	670,745	53.5	15:22
2010	667,251	54.8	15:49
2011	662,140	71.0	16:00
2012	655,494	61.5	16:54
2013	653,826	56.5	15:38
2014	646,683	58.5	15:37
2015	639,337	68.0	15:37
2016	633,621	57.5	15:35
2017	621,414	63.0	15:46
2018	609,756	54.3	15:45
2019	602,753	57.0	15:47

	Race Temp	Avg Time-Top 10
Average	63.0	15:40
Median	63.0	15:38
Minimum	52.0	15:21
Maximum	84.0	16:09
Stand Dev	7.6	11.9

Prior to Participation in State Meet

Here's where the big change in top-10 performances occurred

City Finals in November -11:30 am

Big change in temperatures but NOT a big change in performances

City Finals in November - 9:20 am

The Belmont Reign
17 Championships in 20 Years

2 Best single-team performances in City Section Final History by Belmont

The 2010 and 2012 City Final races were impacted by rain and so were excluded from statistics

One final opinion: I think the West Valley Cluster meets are a great way to mitigate some of the impact of the schedule changes discussed above by eliminating some of the dual meet congesting and focusing on fewer high-quality meets that encourage better performances.

Has the course changed?

And this brings us back to the most fundamental question. Has there been a change in the Pierce course over the last 44 years? Circumstantial evidence would say "Yes". I have personally recorded differences of as much as 120 feet within a single season based on the way the course is marked. Also, Paul Medvin has a trophy from a race run at Pierce in 1978 indicating 3.08 miles, delivered by a coach that was fastidious about these sorts of things. And published splits of some of the best runners to compete on the Pierce course appear to buttress this point:

Comparative Pierce Performances

Pierce Performance		Mile 1	Mile 2	Finish
Roman Gomez (Jr. - Belmont)				
City Section Prelims - Saturday, Dec 6, 1983				
	Cumulative	4:50	9:20	14:31
	Splits	4:50	4:30	5:11
Ian Alsen (Sr. - Granada Hills)				
Dual Meet: Granada Hills vs Van Nuys - Thursday, Nov 19, 1987				
	Cumulative	5:08	9:59	14:23
	Splits	5:08	4:51	4:24
Justin Hazell (Jr. - El Camino Real)				
City Section Finals - Saturday, Nov 19, 2016				
	Cumulative	5:20	10:32	14:58
	Splits	5:20	5:12	4:26

* Split times in this table were personally published and endorsed; they have not been validated.

Based on these splits, you would be hard pressed to make the case that Roman, Ian and Justin ran the same Pierce course!

There may be a logical answer to the large differences in splits in the table above, though.

In researching the Pierce course length anomaly, I found the following course map published by DyeStatCal in 2009 that is marked to 3 miles:

http://images.dyestat.com/dyestatcal/images/2009/November/21%20LA%20City/PierceCollegeCourse.jpg

The 1 and 2-mile markings on this map are progressively short and the overall course distance is long compared to my measurements. If this is how the course was marked back when Roman Gomez ran his amazing 14:31 than his splits make sense. His mile-1 and mile-2 splits are significantly faster than Ian Alsen's, but his final mile split is much slower. But that is because he is running against very different 1 and 2-mile marker placements versus Ian and Justin. For evidence of this, Roman's final mile split of 5:12 was beaten by 36 runners in the 2019 City Section Finals. Roman is a 4:09 miler so there is obviously something wrong with this scenario. A logical explanation is that Ian, Justin, and the 2019 runners, ran a final split distance closer to .87 miles whereas Roman ran a final split closer to 1 mile.

And this takes the discussion back to the purpose of this document; attempting to establish a consensus, fact-based measurement of the course. There really is no way to prove out what distances Roman and Ian ran back in the 1980's. Or what their splits might have been compared to contemporary runners. It is certainly obvious

that the course they ran was, at a minimum, marked differently in the 5 years from 1983 when Roman ran 14:31 to 1987 when Ian ran his 14:23.

Video has been helpful in the last several years to validate City performances, particularly clips like Alejandro Torres' unedited, full-race video of the 2017 City Section Finals. Uncut videos like this that cover races from start to finish provide invaluable information on splits and course conditions. It is the reason I spend a lot of time videoing races; as difficult as this can be it is really the best way to memorialize the big races. Unfortunately, this has only been a practical option in the last 10 years with the popularization of the smart phone.

My hope is that this document is the start of a more formal approach to measuring City performances on the Pierce Course and in doing so improving overall performance trends.
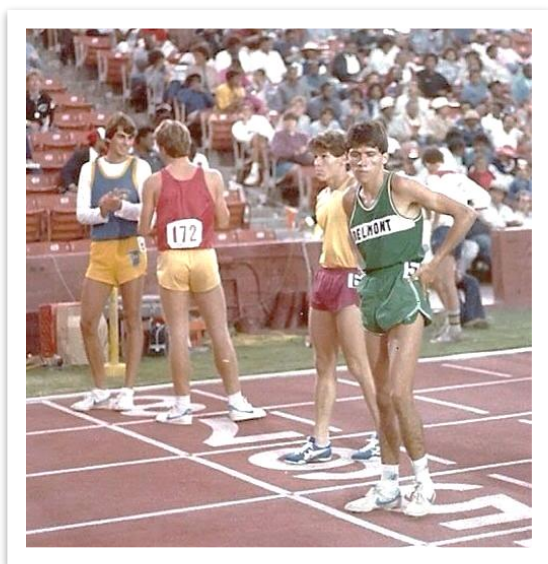
ROMAN GOMEZ '94 STATE MEET – THIS WAS GOMEZ'S FIRST TIME WINNING THE 'DOUBLE' AT THE STATE MEET: 1,600M (4:09.05) AND 3,200M (8:58.9). HE WOULD REPEAT THIS SAME FEAT AT STATE THE FOLLOWING YEAR.
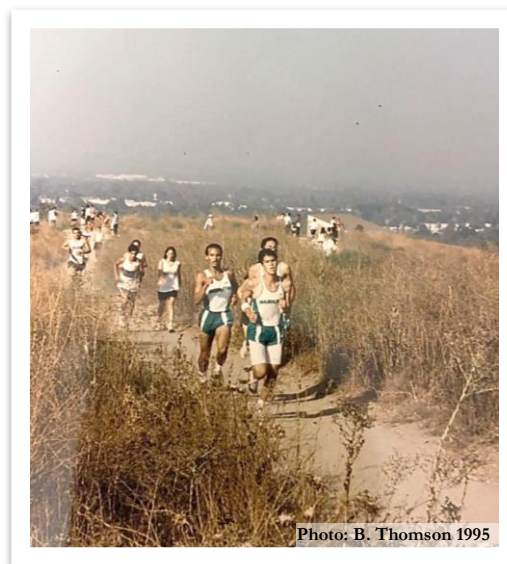
PIERCE '95 – THE HAMILTON VARSITY TEAM RUNNING ON TOP OF THE PIERCE COURSE DURING A DUAL MEET, JUST BEFORE THE HORSHOE TURN. THE PIERCE COURSE WAS VERY OVERGROWN WITH NARROW TRAILS……AND LOOK AT THE SMOG!