

| Practice Meet<br>9-1-23<br>Hidden Valley<br>2m | Ed Sias Invite<br>9-9-23<br>Hidden Valley<br>2m | DLS Invite<br>9-16-23<br>Newhall Park<br>2/3m | DAL Center #1<br>9-27-23<br>Hidden Valley<br>2/3m | Mid-Season Mania<br>10-4-23<br>Track<br>1600 | Rough-rider<br>10-13-23<br>Woodward Park<br>5k | DAL Center #2<br>10-18-23<br>Newhall Park<br>2/3m | Mid-Season Mania<br>10-25-23<br>Track<br>3200 | DAL Champs<br>11-4-23<br>Hidden Valley<br>2/3m | NCS Champs<br>11-18-23<br>HHS<br>3m | CIF Champs<br>11-25-23<br>Woodward Park<br>5k |
|--|---|---|---|--|--|---|---|--|-------------------------------------|---|
|--|---|---|---|--|--|---|---|--|-------------------------------------|---|

## BOYS

|                    |    |       |       |       |       |       |       |       |       |       |       |       |
|--------------------|----|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Cale Anderson      | 12 | -     | 11:50 | 17:25 | 11:31 | 4:49  | 16:43 | 16:45 | 10:12 | 17:14 | 16:51 | 15:58 |
| Declan Anderson    | 11 | -     | 14:00 | 13:27 | 13:29 | 5:35  | -     | 13:33 | 13:25 | 14:09 | -     | -     |
| Josiah Beardsley   | 11 | 14:38 | -     | 12:00 | -     | 12:04 | 11:58 | -     | -     | -     | -     | -     |
| Matthew Beardsley  | 9  | 14:38 | -     | 14:19 | 14:30 | 5:57  | -     | 14:16 | 12:40 | 14:36 | -     | -     |
| Taiyo Chiba        | 9  | -     | -     | 12:56 | 12:12 | 5:01  | 18:08 | 12:01 | 10:54 | 11:39 | -     | -     |
| Taejin Chung       | 10 | 11:33 | 11:36 | 17:27 | 11:33 | -     | -     | -     | -     | 12:11 | -     | -     |
| Carter Cook        | 9  | 12:03 | 12:07 | -     | -     | -     | -     | -     | -     | -     | -     | -     |
| Maxson Cook        | 11 | 11:13 | 11:09 | 17:07 | 16:52 | 4:47  | -     | -     | 10:05 | 20:56 | -     | -     |
| Tianchen Cui       | 9  | -     | 15:17 | 15:00 | 15:01 | 6:04  | -     | 14:38 | 12:34 | 13:56 | -     | -     |
| Cody De La Cruz    | 10 | -     | -     | 17:21 | -     | 4:29  | 16:24 | 16:27 | 10:01 | 16:23 | 17:29 | 17:20 |
| Jack Durden        | 9  | 12:25 | 12:10 | 18:35 | 11:56 | 5:05  | 17:52 | -     | -     | 12:07 | -     | -     |
| Aria Falsafi       | 9  | -     | 12:17 | -     | -     | -     | -     | 12:12 | 10:50 | 11:43 | -     | -     |
| Joey Floyd         | 12 | 11:57 | 13:26 | 11:50 | 11:54 | 4:49  | -     | 12:31 | 10:26 | 11:54 | -     | -     |
| Clark Gregory      | 9  | 11:58 | 11:33 | 17:08 | 17:24 | 4:47  | 16:28 | 16:37 | 10:00 | 16:39 | 16:14 | 16:31 |
| Gavin Gunn         | 9  | 11:49 | 11:36 | 17:05 | 17:07 | 4:45  | 17:18 | 11:25 | 10:11 | 11:13 | -     | -     |
| Brody Hall         | 9  | 13:16 | 12:55 | 12:52 | 13:12 | 5:22  | 19:12 | 12:23 | 10:52 | 11:40 | -     | -     |
| Mackie Hall        | 11 | 15:25 | 14:36 | 14:26 | 14:49 | 5:49  | -     | 15:03 | 12:33 | 14:12 | -     | -     |
| Samuel Hearn       | 9  | -     | 13:08 | 12:28 | 12:13 | 5:16  | 18:14 | 12:09 | 10:51 | 11:56 | -     | -     |
| Nolan Henwood      | 11 | 12:17 | 12:32 | 11:53 | 12:00 | 5:02  | 18:43 | 11:55 | 10:46 | 11:54 | -     | -     |
| Cole Hickey        | 12 | -     | -     | 13:45 | 13:34 | 5:30  | -     | 13:33 | 11:46 | 13:13 | -     | -     |
| Sean Hu            | 10 | 14:13 | -     | -     | 13:48 | 5:39  | -     | 13:35 | -     | 13:36 | -     | -     |
| Siddharth Iyer     | 11 | 11:43 | 11:29 | 17:28 | 11:19 | 4:45  | 16:59 | 16:39 | 10:01 | 17:23 | 17:27 | 16:58 |
| Julian Jackl       | 10 | -     | -     | -     | -     | -     | -     | -     | 14:54 | -     | -     | -     |
| Henry Jaffe        | 12 | 12:12 | 11:59 | 17:42 | 13:59 | 4:45  | 18:00 | 11:36 | 10:20 | 12:29 | -     | -     |
| Santiago Jordan    | 12 | -     | 13:26 | -     | 12:47 | 5:08  | 18:42 | 11:52 | 10:58 | 12:44 | -     | -     |
| Anton Klisura      | 9  | -     | 13:51 | 13:39 | 13:39 | 5:34  | -     | 12:44 | 11:17 | 11:44 | -     | -     |
| Nolan Knightly     | 9  | -     | -     | 14:01 | 15:09 | 5:56  | -     | 13:39 | 12:37 | 13:51 | -     | -     |
| Nathan Littell     | 10 | -     | -     | 14:01 | 14:22 | 5:49  | -     | -     | 12:21 | 14:01 | -     | -     |
| Hanson Ma          | 10 | -     | 14:20 | 14:09 | 13:58 | 5:47  | -     | 14:00 | 12:22 | 14:21 | -     | -     |
| Matteo Marchetti   | 9  | 15:14 | 15:13 | 14:23 | 14:21 | 5:51  | -     | 14:11 | 12:30 | 13:47 | -     | -     |
| Alex Marino        | 9  | 15:35 | 16:00 | -     | 15:43 | 6:10  | -     | 15:06 | -     | 15:09 | -     | -     |
| Max Marino         | 12 | -     | -     | -     | -     | -     | -     | -     | -     | -     | -     | -     |
| Zachary Min        | 9  | -     | 16:48 | 16:05 | -     | 6:42  | -     | 16:08 | -     | 15:56 | -     | -     |
| Tyler Ngo          | 12 | -     | 11:26 | 17:19 | 17:12 | 4:45  | 17:00 | 11:17 | 10:06 | 11:33 | -     | -     |
| Benoit Pelchat     | 11 | -     | 12:43 | -     | -     | 5:11  | -     | 11:46 | -     | 11:35 | -     | -     |
| Tigran Perez       | 9  | -     | 15:41 | 15:10 | -     | 6:21  | -     | 14:34 | 12:44 | 14:28 | -     | -     |
| Christian Prizeman | 12 | 13:44 | -     | 13:02 | -     | 5:15  | -     | 13:48 | 11:18 | 12:51 | -     | -     |
| Peter Shephard     | 9  | -     | 13:59 | -     | 13:18 | 5:30  | 19:45 | 13:05 | 11:39 | 12:48 | -     | -     |
| Arnav Shinde       | 9  | -     | 14:10 | 13:35 | 14:24 | 5:39  | -     | 14:03 | 12:00 | 13:57 | -     | -     |
| Drew Shogan        | 9  | 11:24 | 11:17 | 16:51 | 16:58 | 4:45  | 16:53 | 17:12 | 9:57  | 17:17 | 17:08 | 17:12 |
| Robert Silverman   | 10 | -     | -     | 13:17 | 13:03 | 5:23  | 19:21 | 12:47 | 11:33 | 13:24 | -     | -     |
| Camden Smith       | 9  | -     | -     | 17:33 | 19:28 | -     | -     | 17:31 | -     | 16:57 | -     | -     |
| Urijah Smith       | 9  | -     | 15:46 | 15:17 | 14:36 | 5:52  | -     | 15:03 | 12:40 | 13:50 | -     | -     |
| Alex Thomasson     | 12 | -     | -     | -     | 16:24 | 4:30  | 16:01 | 16:08 | -     | 16:20 | 16:46 | 16:51 |
| Paulo Trento       | 12 | -     | 11:01 | 16:37 | 16:40 | 4:41  | 16:27 | 16:39 | -     | -     | 16:54 | 16:36 |
| Nikola Van Delft   | 9  | 11:59 | 11:49 | 17:43 | 11:25 | 4:57  | 17:22 | 11:40 | 10:27 | 11:29 | -     | -     |
| Baron Walsh        | 12 | -     | -     | -     | -     | -     | -     | -     | -     | -     | -     | -     |
| Aaron Wang         | 10 | -     | 14:51 | 13:46 | 13:56 | 5:36  | -     | 13:44 | 12:13 | 14:01 | -     | -     |
| Russell Wang       | 11 | 13:04 | -     | 12:34 | 12:32 | 4:58  | -     | 12:04 | 11:02 | 12:53 | -     | -     |
| Charlie Wang       | 10 | -     | 14:14 | 13:36 | 13:19 | 5:37  | -     | -     | 12:01 | 13:15 | -     | -     |

| Practice Meet<br>9-1-23<br>Hidden Valley<br>2m | Ed Sias Invite<br>9-9-23<br>Hidden Valley<br>2m | DLS Invite<br>9-16-23<br>Newhall Park<br>2/3m | DAL Center #1<br>9-27-23<br>Hidden Valley<br>2/3m | Mid-Season Mania<br>10-4-23<br>Track<br>1600 | Rough-rider<br>10-13-23<br>Woodward Park<br>5k | DAL Center #2<br>10-18-23<br>Newhall Park<br>2/3m | Mid-Season Mania<br>10-25-23<br>Track<br>3200 | DAL Champs<br>11-4-23<br>Hidden Valley<br>2/3m | NCS Champs<br>11-18-23<br>HHS<br>3m | CIF Champs<br>11-25-23<br>Woodward Park<br>5k |
|--|---|---|---|--|--|---|---|--|-------------------------------------|---|
|--|---|---|---|--|--|---|---|--|-------------------------------------|---|

## GIRLS

|                         |    |       |       |       |       |      |       |       |       |       |       |       |
|-------------------------|----|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|-------|
| Madison Collins         | 10 | -     | -     | -     | -     | -    | -     | -     | -     | -     | -     |       |
| Amalia Contreras        | 9  | -     | 13:32 | 20:40 | 19:42 | 5:21 | 19:49 | 19:55 | 11:38 | 10:25 | 20:07 | 18:57 |
| Keira De Los Santos     | 9  | 15:18 | 15:46 | 15:00 | 15:42 | -    | 23:32 | -     | 13:35 | 15:22 | -     | -     |
| Lena Espiritu           | 12 | -     | -     | 15:37 | 14:40 | 5:58 | 23:21 | 14:40 | 13:02 | 14:10 | -     | -     |
| Natalie Falsafi         | 12 | -     | 16:44 | -     | 16:10 | -    | -     | 16:04 | 14:12 | 16:17 | -     | -     |
| Sydney Fossen           | 12 | -     | -     | -     | -     | 7:23 | -     | 17:43 | 15:35 | 17:17 | -     | -     |
| Colbie Freese           | 10 | -     | -     | -     | 14:41 | 6:16 | 22:16 | 14:16 | 13:21 | 14:19 | -     | -     |
| Tori Gilbert            | 10 | 14:25 | 14:08 | 13:53 | 13:52 | 5:52 | -     | 13:55 | 12:25 | 13:58 | -     | -     |
| Meeran Gill             | 11 | 15:26 | 15:28 | 14:54 | 15:05 | 6:01 | 23:13 | 14:30 | 13:05 | 15:10 | -     | -     |
| Anya Houston            | 10 | -     | -     | 20:34 | 19:49 | 5:30 | 19:43 | 19:42 | 11:51 | 21:34 | 19:36 | 19:48 |
| Kate Kabenina           | 12 | 12:43 | 12:29 | 18:47 | 19:00 | 5:11 | 18:52 | 18:34 | 10:55 | 19:02 | 18:37 | 19:05 |
| Kaitlyn Kinsey          | 9  | -     | 14:42 | -     | 14:13 | -    | 21:48 | 14:34 | -     | 14:20 | -     | -     |
| Emily Koehler           | 10 | 14:16 | 14:22 | 14:05 | 14:16 | 5:44 | 21:00 | 13:56 | -     | 13:34 | -     | -     |
| Mia Lawrence            | 12 | -     | 14:51 | 21:37 | 14:20 | -    | 21:44 | 14:12 | 12:46 | 14:23 | -     | -     |
| Nora Lawrence           | 9  | 14:22 | 13:47 | 13:55 | 20:51 | 5:49 | 21:29 | 13:40 | 12:22 | 13:40 | -     | -     |
| Kiona McCasland         | 9  | 13:26 | 13:28 | -     | -     | 5:32 | 21:45 | 13:14 | 11:35 | 22:14 | 20:50 | -     |
| Aurora Mende            | 10 | -     | -     | -     | -     | -    | -     | -     | -     | 18:35 | -     | -     |
| Rachel Moen             | 12 | 13:36 | 13:25 | 19:43 | 19:15 | 5:18 | 19:05 | -     | -     | -     | -     | 19:19 |
| Mai Lam Nguyen          | 9  | -     | 20:05 | 19:13 | 19:59 | 8:09 | -     | 20:01 | 17:10 | 19:09 | -     | -     |
| Daisy Penney            | 12 | 13:07 | 13:07 | 19:31 | 19:30 | 5:24 | 19:22 | 18:50 | 11:29 | 19:15 | 18:57 | 18:32 |
| Sloan Pullen            | 11 | -     | -     | -     | 13:24 | 5:34 | 19:17 | 19:29 | 11:20 | 20:37 | 19:02 | 19:06 |
| Anjali Rao              | 10 | 17:21 | 16:56 | 16:05 | 17:41 | 6:44 | 25:10 | 16:39 | 14:20 | 17:18 | -     | -     |
| Elle Reisman            | 10 | -     | -     | -     | 16:17 | 6:34 | -     | 16:20 | 14:12 | 15:58 | -     | -     |
| Madeline Sheng-Williams | 9  | -     | 17:52 | 18:16 | -     | 7:21 | -     | 16:33 | 15:42 | 16:14 | -     | -     |
| Helen Shephard          | 11 | 17:02 | 16:37 | 16:01 | 16:10 | 6:49 | 24:59 | 16:12 | 14:22 | 16:16 | -     | -     |
| Alina Tozlovan          | 9  | 20:07 | 19:46 | -     | -     | 7:58 | -     | 18:29 | 16:51 | 18:30 | -     | -     |
| Angele Tseng            | 9  | 14:33 | 13:58 | 13:59 | 13:24 | -    | 20:40 | 21:31 | -     | -     | -     | -     |
| Shea Volkmer            | 12 | 12:04 | 11:51 | -     | 18:06 | 4:54 | 17:49 | 17:34 | 10:29 | 18:10 | 17:29 | 17:42 |
| Makena Weberski         | 12 | -     | 13:42 | -     | -     | -    | 20:29 | 13:21 | 11:42 | 13:27 | -     | -     |
| Libby Wong              | 10 | 14:17 | 13:59 | 14:15 | 13:57 | 5:52 | -     | -     | -     | 14:55 | -     | -     |
| Enya Zheng              | 9  | 17:35 | 17:09 | 16:16 | 16:36 | 6:49 | 23:59 | 15:50 | 13:58 | 15:31 | -     | -     |