

**Pre Season Time Trial**  
**8/25/21 – 88 Degrees, Sunny**

**Boys**

Name	1 <sup>st</sup> Mile	Final	2 <sup>nd</sup> Split	Team
Joe	5:16	10:12	4:56	Black
Nathan	5:16	10:20	5:04	White
Jesus	5:30	10:53	5:23	White
Owen	5:30	10:56	5:26	Gold
Manny	5:35	10:57	5:18	Gold
Isaiah	5:30	11:12	5:42	Black
Ezra	5:38	11:20	5:42	Black
Adolfo	5:49	12:05	6:16	Gold
Hudson	6:23	12:33	6:10	White
Luke	6:26	12:34	6:08	Gold
Dominic	6:54	13:00	6:06	White
Kyson	6:54	13:22	6:26	Black
Israel	6:32	13:37	7:05	Black
Jacob	7:26	13:59	6:33	Gold
Andre	7:19	14:11	6:52	Black
Levi	7:36	14:23	6:47	White
Aden	7:18	14:25	7:07	Gold
Cesar	8:07	15:05	6:58	Gold
Dylan	7:57	15:14	7:17	Black
Avelino	7:32	15:18	7:46	White
Juan	?	15:37		White
Jeff	8:00	16:24	8:24	Black
Michael	8:11	16:24	8:13	Black
Matthew	9:26	20:02	9:36	White

**Comments:** 3-4 years ago, I'd have been thrilled with 5 guys under 11:00 on a hot afternoon in August. After all, only 3 of our teams have ever done that. However, I think that we SLIGHTLY underperformed with our #3-7 runners. Not to worry, this was our first truly HARD effort of the year, AND we'd had a less than spectacular week of training due to heat and smoke last week. All in all, a very good effort for the top 7. We ran our #2 team time ever for this time trial, second only to the 2019 team which was able to run in the evening....a huge advantage.

Good efforts by some of the new guys and Israel. Izzy, for a guy that hasn't trained much and seems to always try to get out of stuff, you're pretty decent. Compared to our Big Dogs though, you have a long way to go!!

**Teams**

Black - 39

Gold - 41

White 41

Tiebreaker - Gold's 6th in 15th place, White's 6th in 20th

**Pre Season Time Trial**  
**8/28/19 – 85 Degrees, Dusk**

**Girls**

Name	1 <sup>st</sup> Mile	Final	2 <sup>nd</sup> Split	Team
Taylor	6:45	13:13	6:28	Black
Perla	7:18	14:07	6:49	Gold
Tori	7:21	14:40	7:19	Black
Maggie	7:33	15:07	7:04	Gold
Jocelyn	7:36	15:19	7:43	Black
Cailin	7:42	15:26	7:44	Gold
Julie	8:01	15:53	7:52	Gold
Peyton	8:26	16:09	7:43	Black
Hope	8:50	17:45	8:55	Black
Anelle	10:32	20:34	10:02	Black
Sophie	10:32	20:50	10:18	Gold
Brenda	10:33	20:53	10:21	Gold

**Comments:**

I feel that this effort does not represent where we are as a team. From what I saw on the last few long runs, I KNOW we've got a lot more in us. Only Cailin stepped up big from her previous efforts, but MOST of the varsity crew is putting in really solid training. Next time out, let's just run free and let it rip.

Special shout out to Anelle. After coming to the team barely able to run more than a lap, she has made tremendous improvements. Keep up the good work, Anelle!

**Teams**

Black - 26

Gold - 30