

hank lawson

From: <gusibarra@aim.com>
To: <albertjcaruana@gmail.com>; <hanklawtrack@gmail.com>; <richgonzaleztrack@gmail.com>; <jdevine@montereyherald.com>
Sent: Saturday, September 16, 2017 8:14 PM
Subject: Earlybird post-meet write-up

2017 Earlybird Summary

Picture-perfect conditions welcomed our 80 schools and over 3,000 entries for the 22nd Annual Earlybird Invitational at the newly re-opened Toro Park in Salinas.

The early risers had the opportunity to meet and greet our special guests right before the open race. North Monterey County Coach Jackie Henderson tragically passed away in July and her mother and cousin flew in from New York to meet and support our athletes at the meet dedicated in her honor. Jackie truly looked down upon all today as tears and laughter filled the park throughout the packed-house event.

The open race was a nice start and the middle schoolers really showed in full force for their races. Although we give medals to the top kids, we don't do results for them but we may need to start doing them with such an increase in field size and competition for the young pups.

The frosh girls kicked off the main portion of the event with a nice showing putting 8 girls under 20:00! Audrey Reed (19:20-Live Oak) held off all challengers to get her first meet win and gives Live Oak a nice addition along with their established star. Emily Minjares (19:23-Lincoln) wasn't on our radar but certainly deserved to be with her runner-up effort. The ladies from Palo Alto made their Earlybird debut one to remember with their first team win (73 pts.).

For the frosh boys, we had Kevin Andrews (16:24-Los Altos) pegged as the heavy favorite and he didn't disappoint with a fantastic effort early on. He ran away from this field and left runner up Christian Yarwood (16:55-Bellarmino) over 30 seconds back. Kevin is certainly a rising-star and made his effort look very easy. Bellarmine (66 pts.) ran away from everyone in the team race winning by 89 points! That's usually unheard of at meets this size. The Bell army marches on.

The sophomore girls didn't want the 9th graders to show them up and punched 10 girls under 20:00 to best the rookies by 2! Oriana Jalal (19:13-Cupertino) was another pre-meet favorite who held true to form and held off the fierce upset-minded challenger in Tevah Gevelber (19:16-Castilleja). Team-wise, the young ladies from Carlmont (47 pts.) ran away with an almost 30 point victory with the lowest team score of the day!

The sophomore boys made it 3 for 4 on pre-meet favorites as Garrett Macquiddy (16:00-Westmont) just missed breaking the very difficult 16:00 barrier by one tick of the clock and will surely return to the park with that goal in mind next time. He had to fend off the most competitive bunch as Ethan Dodge (16:02-Whitney), Marco Del Canto (16:04-Willow Glen), and Adam Sage (16:05-Los Altos) were all within 5 seconds of the winner! A full three years of these youngsters locking horns. Willow Glen (91 pts.) got their fine day started with their first team win in fine style winning by 30 points.

The junior girls lost the sub 20:00 challenge to the younger girl's races with only 7 girls under but sparkled up-front with 3 girls under 19:00!! Quinn Hagerman (18:32) was our upset pick coming from

the heat and she didn't disappoint with her fine run in the cool Salinas breeze. Emma Madgic (18:44-Aragon) was one of the favorites and held form with a nice 2 second runner-up effort. Our third shining star, Lila Roake (18:49-Santa Cruz), put pressure on the senior girls to match the three deep up-front fireworks we saw here! It takes an 18:15 to make the all-time top 25 Toro Park list and this trio now has that mark square in their sights. Monta Vista (49 pts.) provided yet another huge lop-sided team win by 61 points! Great team running.

The junior boys gave us the first sub 16:00 clocking of the day with Owen MacKenzie (15:39-Los Altos) and Henry Saul (15:50-Palo Alto) etching their names into the list of elite runners that have done so. They both were pegged as surprise upsets and they did just that after overtaking the hot early pace set by defending champ Victor Ochoa (16:04-Madera South). Victor held off valiantly as Chris Anderson (16:04-SLV), Sam Lavorato (16:05-Palma), and Maximiliano Chavez (16:05-Cupertino) closed fast to make it close at the end. Unfortunately, as sometimes happens, the finish tags were not sorted properly in the chute and only the top 95 individuals are believed to be correct times. Bellarmine (30 pts) is the unofficial team winner with only those individuals scoring but we are confident they were on their way to their 2nd team win of the day with four guys in the top 18!

The senior girls had the biggest names on tap and had the most festive race as the DJ had spectators dancing while the four-year runners made their last Earlybird tour. We knew Mari Friedman (17:57-Santa Cruz) was fit after her mind-boggling 17:41 first race effort at Toro last week. She pulled away easily in this one and ran away from an elite field to win by 19 seconds. Two sub 18:00 efforts in back to back weeks sets the CCS 800 meter champ up nicely for her senior campaign. Joyce Shea (Gunn-18:16 upset some bigger names to snag a coveted runner-up spot here. Kaylah Grant (18:20-Live Oak) indeed held on for a fast time and sets her 2017 season nicely. Marea Zlatunich (18:23-Aptos) came in with the best credentials and can't be too disappointed with her nice showing for her first real test. Watch for her later in the season. The senior girls were not going to be denied and blew everyone away with 13 girls under 20:00! All in all, 38 girls under 20:00 is not too shabby for an early season meet! The ladies came to run today! The senior girls also got sick of team blow-outs and made it a rare result with 3 teams separated by 2 points! Whitney (72 pts.) traveled far and was rewarded winning a 1-point decision over (Santa Cruz 73 pts.) and a 2-point win over Gunn (74 pts.). A great team battle indeed.

Finally, the seniors closed the curtain on a great meet by producing one of the fastest individual times in park history! Highly touted Meikael Beaudoin-Rosseau (15:17-Bellarmino) didn't disappoint. He came to run hard early on and blew the doors off the competition throwing down a time that now ranks him as the 7th fastest ever at the park. Interesting that Bellarmine with all their team success didn't have an individual in the top 25 all-time at Toro Park before today. Now they certainly have that in Meikael as he sets his sights on bigger fish down the road and a very achievable shot at the park record of 15:02. Zach Walker (15:48-Willow Glen) got his second Earlybird runner-up spot in fine style as well. Seth Garcia (15:51-Madera South) adds a 3rd place to his two meet wins this season. Ryan Wilson (15:54-Carlmont) and Jorge Estrella (15:58-Andrew Hill) made it a fab-five day for them with nice sub 16:00 efforts. Willow Glen (53 pts.) saw what the senior girls did and decided to also win a 1-point decision over runner-up Bellarmine (54 pts.)! We saved the closest team races for the end and ended the meet in great style.

Overall, the fastest team times came from a merged result. The ladies from Santa Cruz (95:15) came, took names, and walked off with the 3rd fastest team-time ever at Toro Park. They happen to hold the park record (94:30) as well so look for them to challenge that record down the road. Last week they

ran 97:26 so things are pointing to a new course record soon by this veteran line-up led by one of California's best. Aptos (99:54) ran well for second here and has the most room to improve down the road to make another magical run this season. Their veteran crew will develop as their aces are just getting started. Carlmont (101:20) broke all the form charts and beat many ranked teams.

The Willow Glen Rams (81:24) were coming off a sub-par showing and had a nice bounce-back effort here. It was enough to give the host school (North Monterey County-81:10-2003) a little scare almost taking them off the all-time top 10 team marks. The time is a new school record for Willow Glen making them a formidable opponent at the section and state levels. They will certainly crack the top 10 all-time team times list soon. Bellarmine (81:32) kept it close with a crew not at full-strength today. Give the Bells a few weeks and you will see a much different, record breaking monster once the injuries and illnesses are long gone. They feature the top individual in this part of California and certainly have the fire-power to climb the elite charts once again and take a crack at the park record (79:31). Los Altos (82:00) took advantage of their new young horse in the stable and will ride that momentum up the rankings.

The top combined program of the day goes to the team with the best showing across all 8 races. Not counting the junior boys (which we think Bellarmine won) due to the timing error, the 2017 meet gave us a thrilling 4 team tie! Earlybird veterans Bellarmine, Willow Glen, and Carlmont welcomed meet newcomer Whitney and they will all share the overall best program title this year! Willow Glen got to take the plaque home today with their 2 race wins but the other three teams can expect their hardware to arrive soon.

We want to thank all the athletes and coaches for making the meet a special event. We especially want to thank the over 80 volunteers for their service. Without them it would not be possible! And finally, we want to thank Coach Jackie Henderson's mom for making the trip from New York to be with us as we honored and remembered her daughter. Now we see where Jackie got it from. We invite everyone to #RunlikeJackie in 2017!

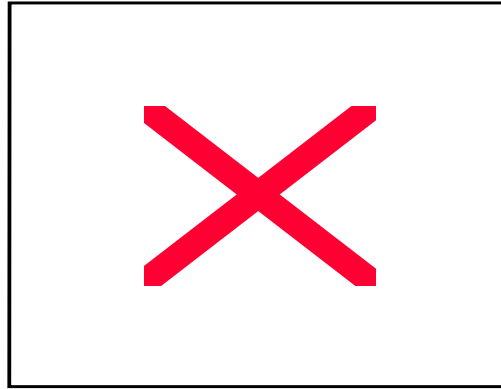
Thanks for coming!!

Coach Gustavo Ibarra

Earlybird Meet Director

Results can be found on our new meet website at;

<https://sites.google.com/view/earlybirdinvite/results/2017-results>



2017 Earlybird Invitational Preview by Coach Gustavo Ibarra

The **22nd Annual Earlybird** will be a bitter-sweet celebration. First, we are excited to get back to Toro Park after not being able to host the meet last year due to the Soberanes Fire. The only fire we expect will be on the feet of our harriers as we welcome the largest line-up ever with 80 teams expected this weekend, 39 out of the top 50 overall ranked CCS squads in both genders, and two individual *Foot locker* finalists highlighting. And second, our host school, North Monterey County, will have heavy hearts as we dedicate the event to honor and celebrate the life of our late Coach Jackie Henderson who, at the young age of 27, tragically passed away this past summer. Jackie lived her life with great adventure, passion, and unconditional love for all she met and coached. We hope to live our lives as Jackie did and carry on her legacy. We especially welcome her family and friends to our special event.

The **ladies** will storm Toro Park with 20 out of the top 25 CCS ranked squads clashing here! Some other teams from outside the area also join to play spoiler. Aptos (#1 CCS) broke the course record here two years back only to see Santa Cruz (#3 CCS) come along and claim it later in the year. They clash here once again for top honors with both teams sporting lethal veteran line-ups with a national caliber individual leading that aim to re-write the 94:30 standing park record. D2 powers Mountain View (CCS #5) and Gunn (CCS #6) hope to make it interesting up front as well. Other top CCS squads to watch include Los Gatos (#7), Valley Christian (#8), Palo Alto (#9), Willow Glen (#11), St. Ignatius (#12), Monta Vista (#13), Cupertino (#14), and Aragon (#15). Also keep an eye on San Benito (#18) who added a nice young leader and could improve nicely here. Madera South (CS) comes with some nice up-front power to break up the CCS party.

The **senior girls** wrap up their Earlybird careers and we have a heck of a battle up-front for you! Marea Zlatunich (Aptos) is ready to roll with the most experience at the local and national level with her showing at the *Footlocker National Championships*. She blazed a 17:53 at Toro 2 years back good for #11 all-time at the park and won the sophomore race. Watch for her to move up on the all-time list. Although, CCS 800 Champ Mari Friedman (Santa Cruz) could steal the show! Mari was 2nd to Marea two years back but just blasted a 17:41 at Toro last week! That time moves her to #5 all-time at the park making her one of the all-time CCS greats. She's now within sight of the 17:00 course record set just two years back by Kate Ratliff (Santa Cruz) and she has all year to go get it. Get your popcorn ready for this one. Kaylah Grant (Live Oak) hopes to hang on and get pulled to a fast time. Veronica Ortega (Madera South) is out early in 2017 and could mix it up along with Angela Liu (Lynbrook) and Joyce Shea (Gunn). Teammates Serena Myjer and Gabi Joffe (Mountain View) will work together to upset the top contenders. Others to watch include Katie O'Dea (St. Ignatius), Sarah MacGregor (Branham), Ciara Colon (Merced), Julia Doubson (Palo Alto), Emma Clark (Willow Glen), Elli Kliewer (San Benito), and teammates Maya Desmond and Ella Hedrick (Santa Cruz).

The **junior girls** have some up and coming stars ready to make their impact this year. Reina Garcia (Aptos) won here 2 years back but will be fiercely challenged by Apryl Chiem (Evergreen Valley), who ran 18:34 at Crystal, Emma Madgic (Aragon), who almost broke 5:00 for the mile, Jenna Lange (Nueva), who has the best 2 mile credentials at 11:17, and Lila Roake (Santa Cruz) who was 2nd last time. Beata Gold (Aragon) gives them a nice 1-2 punch. Sarah Feng (Monta Vista), Skyler Miller (Branham), Sophia Zachau (SLV), Jessica Kain (Scotts Valley), Ella Rehman (Crystal Springs), Annika Iyengar (Evergreen Valley), Mackenzie Thomas (Valley Christian), Amber Fry (Mountain View), and Sam Pizzo (Leland) are shooting for medals. Quinn Hagerman (Merced) and Gabriela Jimenez (Fresno) come from the heat to upset.

The **sophomore girls** should provide some nice break-throughs during their first time at Toro. Oriana Jalal (Cupertino) rolled to a 17:51 at Crystal Springs as well as a 5:00 mile as a 9th grader. Watch for her to push early on. Annika Paylor (Los Gatos) will hang on and try to go for the win. Madison Yen (Willow Glen) has already ran 19:36 at Toro this year and could surprise along with Allie Ayers (Carlmont). Others challenging include Gabby Hughes (Soquel), Jordan Hahn (Valley Christian), Julia Hoffman (Saratoga), Miranda Jimenez (Palo Alto), Kyra Petre (Menlo), Audrey Kim (Mills), Shannon Gould (Mountain View), Angela Leavitt (Notre Dame-Salinas), Claire Yerby (Half Moon Bay), Kailea Zlatunich (Aptos), Alisha Naidu (Lynbrook), and Kayla Penny (San Lorenzo Valley).

The wide-eyed **freshmen girls** kick off the high school portion of the meet and always bring lots of excitement as they make immediate impacts to their respective squads. Some to watch include Jaydah Aguilar (Madera South), Isabel Sanchez (Santa Cruz), Kristen Ransford

(Whitney), Lauren Okamoto (San Benito), Azalea Groleau (SLV), Layla Ruiz (Watsonville), Rachel Suess (Carmel), Anna Weirich (Harker), and teammates Crystal Baeza and Andrea Villegas from our host school (North Monterey County).

For the **boys**, 19 out of the top 25 CCS ranked squads lock horns early led by nationally ranked Bellarmine (CCS #1). The Bells will shine as defending champs with one of their all-time best squads after a string of brilliant state efforts placing 4th last year in D1! They are ultra-tough up-front with one of the best 1-2 low sticks in the state. They sport a very deep squad returning 5 guys with sub 16:00 credentials at Crystal Springs plus an army of eager Bells waiting to make their mark. Two years back they set their team time Toro record of 80:09 at Earlybird which is #3 all-time. They are heavily favored here and certainly have the horses this year to take a shot at the fresh course record of 79:31 which St. Francis of Mountain View set just last week! Those two squads will lock horns later on in ultra-tough WCAL action but for now Bellarmine can steal bragging rights by taking the record here. Madera South represents the Central Section and has won 4 of the last 6 Earlybird titles. They return some key runners from their 5th place state team to try to stay close up-front. They graduated their top 3 but tradition rich state programs don't fade quickly and Madera South certainly has established itself as one of the all-time best and Earlybird legends. Willow Glen (CCS #3) has developed nicely the last few years and brings back some nice talent and a good pack. Cupertino (CCS #5) showed well at Stevenson Invite last week and could upset some squads here. Carlmont (#10) may be under ranked and could move up after today. Palo Alto (CCS #6) joins the Earlybird party and could also steal some headlines. Los Altos (#7) have a nice 9th grader on board to boost their veteran line-up. Other squads with hopes of glory include Greenfield (#8), Half Moon Bay (#9), Monta Vista (#11), Lynbrook (#12), and Santa Teresa (#14).

The **senior boys** wrap up the meet and will do it in grand fashion with a star studded affair! Meikael Beaudoin-Rousseau (Bellarmine) is ready to make this season one for the record books leading his nationally ranked squad after a top 20 placing at the *Foot Locker Nationals* and is the top returnee in the state in D1. He won this meet two years ago and looks to move up the all-time Toro ranks while eyeing the standing course record of 15:02 by Yohaness Estifanos (Milpitas) in 2012. His teammate Alex Scales, who won this meet three years back, may have the most range and experience in the country with his national level exploits ranging from 400-5000 meters all the way back to grade school days. Seth Garcia (Madera South) is their team leader and is out quick in 2017 with a couple of meet wins. Watch for him to battle early on. Jorge Estrella (Andrew Hill) hopes to challenge late with his fine 4:12 mile effort this past spring. Nicholas Medearis (Crystal Springs) surprised many in track 3200 action and is no longer an underdog. Zach Walker (Willow Glen) was 2nd here two years back and leads his fine crew. He will have his teammate Nic Dinsdale to help. Others looking to hang on to the fast pace seniors always set will be Sam Craig (Palo Alto), Daniel Frees (Mountain View), Ryan Wilson (Carlmont), Neerav Gade (Bellarmine), Mustafa Abdalla (Willow Glen), Kevin Chacko (Lynbrook), and teammates Angel Reyes and Adrian Alvarez (Madera South). Sleepers include Jason Gomez (Westmont), Trevor Paulbitski (Riordan), Reed Foster (Palo Alto), Julio Cerda (Willow Glen), Hugh Chomentowski (Santa Cruz), Luis Meza (Greenfield), and Jeffrey Xu (Monta Vista).

The **junior boys** will really heat up the course along with rising temperatures as Victor Ochoa (Madera South) returns to try to defend his title. He ran away with the race 2 years back but will now be challenged by rising-star Sam Lavorato (Palma) making his season debut. Sam knows Toro like the back of his hand and could win one for the hometown crowd. Chris Anderson (SLV) leads them and hopes to make it a three-man race. Henry Saul (Palo Alto), Luke Pinkel (Bellarmine), and Owen MacKenzie may surprise the front trio. Justin Hsu (Carlmont), teammates Max Chavez and Owen Tanaka (Cupertino), Ross D'Orfani (Bellarmine), Tommy Padilla (Palma), EJ Kelly (St. Francis-Watsonville), Rigo Garcia (Greenfield), Ross McMillan (SLV), Aiden Duncanson (Crystal Springs), Erik Olsvold (James Lick), Noah Strause (Aragon), and Edgar Williams (Santa Teresa) are also contending for medals.

The **sophomore boys** will be anxious to take their first crack at Toro. Looking for his first Earlybird win will be Garrett Macquiddy (Westmont) as our pre-meet favorite with his nice 4:29 mile and sub 16:00 Crystal time last year. Adam Sage (Los Altos) had a nice run last week and could challenge. Evan Franco (Branham) and Marco Dal Canto (Willow Glen) will give chase. Teammates Ethan Dodge and Brendan Jacoby (Whitney) spearhead a nice young group for them which includes Austin Vasquez, Jacob Harbert, and Josh Tajiri. Ishaan Singh (Evergreen Valley), Richard Cole (Merced), Justin Chiao (Gunn), Carson Smith (Santa Teresa), Jake Symonds (Crystal Springs), Alex Asch (Willow Glen), Nathan Bowman (Woodside), Vincent Peng (Lynbrook), Caleb Metzler (Carlmont), Daniel Ghasemfar (Los Altos), Brandon Johnson (Santa Teresa), Christian Chavez (San Benito), Leo Schroeder (Mills), Kyle Tsujimoto (Monta Vista), Ricardo Diaz (King City), and Damian Rivas (Watsonville) will shoot for medals.

The **freshmen boys** will turn heads with some nice talent up-front! Kevin Andrews (Los Altos) turned heads last week and should shine. Kamran Murray (Menlo), Clem Welsh (Bellarmine), and Collin Hepworth (Los Altos) already faced off and have a re-match. They will face Kamran Murray (Menlo), Advait Krishnan (Evergreen Valley), Aaron Segura (Madera South), and teammates Samuel Pappas and Blaine Reynolds (Aragon) who are eager to make a nice debut.

Finally, the largest plaque of the day goes to the team that scores well in multiple races and usually is won by a large squad. St. Ignatius finally wrestled the plaque away from Bellarmine 2 years back. Who will take it in 2017?

We hope you enjoy the meet and please remember to always #RunlikeJackie

Visit our event website for full coverage! <http://nmcxc.tripod.com/id22.html>

2017 EARLYBIRD TEAMS

Adrian Wilcox
Alisal
Andrew Hill
Ann Sobrato
Anzar
Aptos
Aragon
Archbishop Riordan
Bellarmine Prep
Branham
Carlmont
Carmel
Castilleja
Crystal Springs Uplands
Cupertino
Downey
Eastside College Prep
El Camino
Everett Alvarez
Evergreen Valley
Firebaugh
Fremont
Fresno
Gonzales
Greenfield
Half Moon Bay
Harker
Henry M. Gunn
Hillsdale
James Lick
King City
Kipp San Jose Collegiate
Latino College Prep
Leland
Live Oak
Los Altos
Los Gatos
Luis Valdez Leadership Academy
Lynbrook
Madera South
Menlo
Merced
Mills
Monta Vista
Monte Vista Christian
Mountain View
Mt Pleasant
North Monterey County
Notre Dame (Salinas)
Notre Dame (SJ)
Nueva School
Oakwood
Palma
Palo Alto
Piedmont Hills
Prospect
Roberto Cruz Leadership Academy