

Northwood High School

Cross Country **Awards Banquet**



November 28, 2017

Timberwolf Cross Country Northwood High School

2017 Cross Country Staff

Assistant Coach
Assistant Coach
Assistant Coach
Head Coach

Randy Rossi
Dorian Johnson
Traci Maynard
Louie Muñiz

Team Booster Rep
Athletic Director
Principal

Greg Lai, Jen King
Phil Roh
Leslie Roach

**CROSS COUNTRY AWARDS BANQUET
NORTHWOOD HIGH SCHOOL
NOVEMBER 28, 2017**

Dinner	6:00 - 7:00
Welcome- (Muniz)	7:00- 7:15
Presentation (Coaches) of Letters (JV-F/S)	7:15 - 7:30
Slide Show- (Seniors Team)	7:30 - 7:40
Presentation (Coaches) of Letters (Varsity)	7:40 - 8:00
Slide Show- (Team)	8:00 - 8:15
Presentation (Coaches) of Special Team Awards	8:15 - 8:30
Senior Goodbye (Muniz) Closing Remarks	8:30 - 8:45

2017 PCL MEET RESULTS

NORTHWOOD H.S. CROSS COUNTRY PCL MEETS

	Boys Varsity League Points			Girls Varsity League Points		
	Meet Points			Meet Points		
	Cluster	Finals	Total	Cluster	Finals	Total
Beckman	4	8	12	2	4	6
CDM	3	6	9	3	8	11
Irvine	2	2	4	0	0	0
Northwood	1	4	5	6	12	18
University	0	0	0	1	2	3
Woodbridge	6	12	18	4	6	10

	Boys JV League Points			Girls JV League Points		
	Meet Points			Meet Points		
	Cluster	Finals	Total	Cluster	Finals	Total
Beckman	4	8	12	3	6	9
CDM	3	0	3	4	12	16
Irvine	1	4	5	1	2	3
Northwood	0	2	2	6	8	14
University	2	6	8	2	4	6
Woodbridge	6	12	18	0	0	0

	Boys F/S League Points			Girls F/S League Points		
	Meet Points			Meet Points		
	Cluster	Finals	Total	Cluster	Finals	Total
Beckman	2	4	6	3	8	11
CDM	4	6	10	4	6	10
Irvine	0	0	0	0	0	0
Northwood	3	12	15	6	12	18
University	1	2	3	1	2	3
Woodbridge	6	8	14	2	4	6

2017 CROSS COUNTRY ROSTER

NORTHWOOD HIGH SCHOOL

VARSITY LETTERS (earned by scoring points in varsity meets or achieved by consistently participating at the varsity level while remaining in good standing with team rules.)

Barry	Zack *
Lee	Mark **
Crampton	David ***
Kim	Mark *
Smith	Evan *
Winchester	Tyler *
Yun	Caleb *
Old	Jackson *

Crampton	Aleks **
Elliott	Jules *
Esparza	Jazmin ****
King	Mary **
Muller	Chloe **
Lai	Ashley *
O'Connell	Micaela ***
Robles	Sasaiya *
Mishra	Anita *
Odom	Emily*

- Number of years on varsity team *

EXCELLENCE CERTIFICATES: (the equivalent to the varsity letter but at the JV or Frosh/Soph level of competition. Excellent attendance record for practice and meets)

Chaudhry	Zahir	JV		Godina	Emily	JV
Gora	Aarij	JV		Gopaul	Alexis	JV
Makam	Rohit	JV		Guan	Celina	JV
Mayard	Tyler	JV		Lai	Emily	JV
Vercueil	Andrew	JV		Leguizamo	Victoria	JV
Xie	Luke	JV		Restrepo	Laura	JV
Zeng	Jimmy	JV		Vogel	Nalin	JV
Adachi	Matthew	FS		Ziti	Lisa	JV
Clodfelter	Vlady	FS		Bowers	Martha	FS
Compton	Jacob	FS		Carlyle	Kaitlyn	FS
Cowles	Daniel	FS		Landis	Audrey	FS
Gardner	Colin	FS		Li	Catherine	FS
Gardner	Justin	FS		Martinez	Julia	FS
Greenman	James	FS		Maynard	Whitney	FS
Gutkin	Aaron	FS		Nguyen	Valarie	FS
Haskell	Efren	FS		Paul	Alexandra	FS
Hornyak	Caden	FS		Shalaby	Mariam	FS
Hsu	Andrew	FS				
Larson	Justin	FS				
Li	Aaron	FS				
Li	Antonio	FS				
Paulson	Derek	FS				
Saiz	Benicio	FS				
Scott	Parker	FS				
Shirata	Grant	FS				
Stone	Cory	FS				
Tellez	Josh	FS				
Tseng	Roy	FS				
Zhang	Ray	FS				

BOYS SEASONAL BEST NORTHWOOD XC 2017

LAST	FIRST	GR	LH	WHS	DH	PCL	OC	River	PCL Finals
Adachi	Matthew	10	19:13	18.27	17.38	17:51	18:47	18:21	17:21
Barry	Zachary	11	19:55	17.19	16.49	16:47	17:29	16:59	16:35
Chaudhry	Zahir	11	20:50	18.41	18.09	18:21	DNR	DNR	17:39
Clodfelter	Vlady	9	20:44	18.46	18.38	18:08	19:18	19:02	19:01
Compton	Jacob	9	19:33	20.57	DNR	DNR	DNR	DNR	DNR
Cowles	Daniel	10	DNR	17.49	18.15	DNR	DNR	DNR	DNR
Crampton	David	12	DNR	DNR	DNR	17:04	17:24	16:44	16:29
Gardner	Colin	9	21:39	20.47	20.20	20:06	DNR	DNR	20:30
Gardner	Justin	9	22:40	20.49	20.49	21:35	DNR	DNR	20:59
Gora	Aarij	11	DNR	17.19	17.06	17:46	17:56	DNR	17:08
Greenman	James	10	DNR	21.33	21.16	DNR	DNR	DNR	20:34
Gutkin	Aaron	9	DNR	DNR	DNR	DNR	DNR	DNR	20:43
Haskell	Efren	9	22:58	21.45	21.08	20:53	DNR	DNR	20:11
Hornyak	Caden	9	18:54	17.16	17.13	17:06	DNR	17:42	17:00
Hsu	Andrew	9	21:52	21.10	21.09	20:37	DNR	DNR	18:53
Kim	Mark	11	17:32	15.51	16.00	16:13	DNR	16:19	15:49
Larson	Justin	10	DNR	16.31	DNR	17:03	DNR	DNR	17:51
Lee	Mark	12	19:39	17.33	17.44	17:46	18:34	DNR	17:44
Li	Aaron	9	20:41	19.50	18.46	18:25	DNR	DNR	17:47
Li	Antonio	9	21:18	20.10	18.55	18:51	DNR	DNR	18:29
Makam	Rohit	11	DNR	DNR	DNR	19:18	DNR	DNR	18:27
Mayard	Tyler	12	19:49	18.27	DNR	DNR	DNR	DNR	18:03
Old	Jackson	10	DNR	16.42	16.51	16:41	17:52	17:03	16:28
Paulson	Derek	9	22:37	21.33	22.01	20:22	DNR	DNR	20:41
Scott	Parker	10	DNR	21.07	21.33	20:59	DNR	DNR	20:10
Shirata	Grant	9	21:44	21.23	20.59	20:13	DNR	DNR	18:50
Smith	Evan	10	18:11	16.31	16.58	16:40	17:41	17:08	16:21
Stone	Cory	10	DNR	17.09	DNR	DNR	DNR	DNR	16:34
Saiz	Benicio	9	DNR	DNR	DNR	DNR	DNR	DNR	19:22
Tellez	Josh	10	23:23	23.09	23.01	22:22	DNR	DNR	21:05
Tseng	Roy	9	19:54	18.52	18.45	18:16	DNR	DNR	17:53
Vercueil	Andrew	11	23:19	20.38	20.59	20:32	DNR	DNR	19:39
Winchester	Tyler	11	19:19	17.17	16.53	16:56	17:31	17:17	16:38
Xie	Luke	11	DNR	20.52	21.05	20:37	DNR	DNR	20:11
Yun	Caleb	11	18:17	17.14	17.15	17:05	17:58	17:19	17:12
Zeng	Jimmy	11	DNR	18.17	18.18	18:08	19:32	DNR	17:52
Zhang	Ray	9	DNR	DNR	DNR	19:41	DNR	DNR	17:57

GIRLS SEASONAL BEST NORTHWOOD XC 2017

LAST	FIRST	GR	LH	WHS	DH	PCL	OC	River	PCL Finals
Bowers	Martha	10	DNR	22.24	DNR	23:33	DNR	DNR	23:16
Carlyle	Kaitlyn	9	DNR	DNR	DNR	DNR	DNR	DNR	22:52
Carillo-Kash	Marissa	11	DNR	DNR	DNR	DNR	DNR	DNR	0:05
Crampton	Aleks	10	21:36	19.55	19.19	19:03	20:01	19:22	18:47
Elliot	Julia	12	21:32	19.40	19.56	20:38	22:19	DNR	19:46
Esparza	Jazmin	12	DNR	19.17	18.58	19:32	19:52	18:54	18:25
Godina	Emily	12	DNR	22.30	21.58	23:02	DNR	DNR	21:45
Guan	Celina	12	DNR	21.21	21.25	DNR	DNR	DNR	21:29
Gopaul	Alexis	11	DNR	DNR	DNR	21:28	DNR	DNR	20:22
King	Mary	10	21:13	18.42	DNR	19:09	20:08	19:33	18:19
Lai	Ashley	12	DNR	19.50	19.43	19:15	20:24	19:59	19:07
Lai	Emily	11	DNR	24.40	25.24	25:00	DNR	DNR	23:42
Landis	Audrey	9	23:40	21.12	22.47	22:08	DNR	DNR	22:08
Leguizamo	Victoria	11	DNR	20.38	DNR	21:04	22:10	DNR	20:47
Li	Catherine	10	DNR	22.00	22.18	22:21	DNR	DNR	21:32
Martinez	Julia	10	22:15	20.55	DNR	22:11	23:04	DNR	20:27
Maynard	Whitney	9	23:06	21.33	22.18	22:13	DNR	DNR	21:59
Mishra	Anita	12	21:32	19.58	19.10	19:43	21:14	DNR	19:29
Muller	Chloe	12	DNR	18.24	18.18	18:18	19:03	18:25	17:16
Nguyen	Valarie	9	DNR	25.11	DNR	24:54	DNR	DNR	23:45
Odom	Emily	9	20:39	19.30	19.47	21:26	21:20	19:55	20:06
O'Connell	Micaela	11	DNR	DNR	DNR	19:34	19:55	19:34	18:18
Paul	Alexandra	10	DNR	21.11	21.45	23:24	DNR	DNR	23:06
Restrepo	Laura	11	DNR	20.15	DNR	20:12	DNR	DNR	20:00
Robles	Sasaiya	12	DNR	19.23	19.12	19:08	20:53	19:46	18:38
Shalaby	Mariam	9	DNR	21.22	DNR	22:13	DNR	DNR	20:54
Vogel	Nalin	11	DNR	20.12	20.04	21:03	DNR	DNR	20:12
Ziti	Lisa	11	DNR	20.56	21.23	21:27	22:16	DNR	20:06

2017 Cross Country Awards

Boys Varsity

Athletes of the Year

Most Valuable: _____

Outstanding Dedication: _____

Girls Varsity

Athletes of the Year

Most Valuable: _____

Outstanding Dedication: _____

Boys Junior Varsity

Athletes of the Year

Most Valuable: _____

Girls Junior Varsity

Athletes of the Year

Most Valuable: _____

Boys Frosh/Soph

Athletes of the Year

Most Valuable: _____

Girls Frosh/Soph

Athletes of the Year

Most Valuable: _____

2017 Most Improved:

Boy: _____

Girl: _____

2017 Rookie of Year:

Boy: _____

Girl: _____

2017 Coaches Award:

Boy: _____

Girl: _____

Boy: _____

Girl: _____

Boy: _____

Girl: _____