

**4/22/13 - Monday - 6 x 200 (Dual meet on Wednesday)**

**Guys (16)**

Angel Ayala	31-29-30-30-30-27 = 2:57
Mark Cesar	31-29-30-30-30-27 = 2:57
Nathaniel Matteson	31-29-30-30-30-27 = 2:57
Ankur Patel	31-31-30-31-32-30 = 3:05
Miles Freeman	34-33-33-32-30-28 = 3:10
Suraj Jagota	33-32-33-33-32-28 = 3:11
Jake Otonari	34-34-33-34-28-33 = 3:16
Zahid Anjum	36-35-32-36-34-31 = 3:24
Francisco Gonzalez	38-34-33-33-34-32 = 3:24
John Cannon	36-34-34-33-35-33 = 3:25
Cameron Chen	38-39-39-41-37-35 = 3:49
Anthony Otonari	40-38-40-39-40-32 = 3:49
Ryan Vosper	39-38-39-42-38-37 = 3:53
Alex Chow	43-46-49-47-45-34 = 4:24
Rick Yamamoto	43-44-47-47-45-42 = 4:28

**Gals (14)**

Brittani Garrison	36-36-36-37-37-30 = 3:32	1200M
Akeia Neptune	35-37-38-38-37-30 = 3:35	1200M
Crista Longno	35-38-38-38-39-37 = 3:45	1200M
Kayleigh Burke	38-39-39-39-38-36 = 3:49	1200M
Jessica Llamas	39-40-39-39-40-38 = 3:55	1200M
Amy Matteson	38-39-39-41-41-37 = 3:55	1200M
Katie Starnes	40-40-40-40-40-38 = 3:58	1200M
Daniella Alvarado	41-41-39-41-41-37 = 4:00	1200M
Sonia Romo	44-44-42-42-42-42 = 4:16	1200M
Sarah Kim	41-xx-41-41-40-40 = 3:23	1000M
Yu-Bin Moon	xx-38-41-41-xx-40 = 2:40	800M
Diana Tran	xx-xx-40-41-41-38 = 2:40	800M
Jasmine Pham	42-41-43-44-xx-xx = 2:50	800M
Mariana Romo	xx-xx-45-48-xx-47 = 2:20	600M

**4/15/13 - Monday - 8 x 400 & 2 x 200**

**Guys (19)**

Jesus Covarrubias	64-64-65-65-65-66- 65-68-27-28 = 9:37	3600M
Justin Tucker	64-65-68-70-70-71- 71-68-29-29 = 10:05	3600M
Suraj Jagota	70-70-71-71-72-71- 70-71-31-29 = 10:26	3600M
Nathaniel Matteson	70-70-71-70-70-71- 71-77-29-28 = 10:27	3600M
Mark Cesar	70-73-72-70-72-72- 75-80-28-28 = 10:40	3600M
Zahid Anjum	70-74-72-71-73-73- 75-74-32-34 = 10:48	3600M
Angel Ayala	73-73-72-76-73-72- 75-78-29-30 = 10:51	3600M
Miles Freeman	78-77-75-75-76-76- 77-77-30-30 = 11:11	3600M
Francisco Gonzalez	79-79-78-80-82-82- 79-84-33-32 = 11:48	3600M
Ryan Vosper	81-86-80-81-88-83- 86-85-33-37 = 12:20	3600M
Warren Neeley	82-86-84-87-90-86- 86-91-40-45 = 12:57	3600M
Yonatan Ghebremicael	70-70-71-70-72-72 -75-xx-31-31 = 9:22	3200M
John Cannon	73-74-75-74-74-80- xx-74-32-36 = 9:52	3200M
Robel Tesfai	79-78-77-78-79-78- 78-xx-30-30 = 10:07	3200M
Miguel Conde	76-81-80-76-82-xx- 77-77-33-30 = 10:12	3200M
Rick Yamamoto	85-92-92-92-97-95- 98-xx-39-39 = 12:09	3200M
Alex Chow	83-91-91-97-95-96-100-xx-39-41 = 12:13	3200M
Ankur Patel	70-xx-71-xx-72-xx- 65-xx-xx-xx = 4:38	1600M
Jake Otonari	73-77-76-76-xx-xx- xx-xx-xx-xx = 5:02	1600M

**Gals (11)**

Kinsie Prokopakis	84-84-85- 87-89-85- 86- 85-35-35 = 12:35	3600M
Kayleigh Burke	84-84-83- 86-89-86- 86- 87-38-36 = 12:39	3600M

Ashley Wong	84-83-82- 91-89-87- 91- 89-36-35 = 12:47 3600M
Daniella Wong	90-84-82- 87-89-86- 86- 86-39-40 = 12:49 3600M
Antarpreet Dhariwal	95-87-89- 91-94-88- 93- 89-36-36 = 13:18 3600M
Brittani Garrison	95-91-92- 93-91-92- 93- 97-34-33 = 13:31 3600M
Amy Matteson	84-88-96- 97=91-96-104- 99-39-40 = 13:54 3600M
Jessica Llamas	xx-94-93- 97-99-97- 98- 97-44-41 = 12:40 3400M
Akeia Neptune	117-94-93- 94-99-95- 94- 86-40-xx = 13:32 3400M
Katie Starnes	95-xx-93- 97-95-xx- 94- xx-39-40 = 9:13 2400M
Jasmine Pham	117-xx-xx-103-xx-92- xx-104-xx-xx = 6:56 1600M

**4/11/13 - Thursday - 1 x 600 & 4 x 200**

Jesus Covarrubias	1:37-29-29-28-27 = 3:30 1400M
Justin Tucker	1:37-29-29-28-29 = 3:32 1400M
Mark Cesar	1:38-30-30-30-27 = 3:35 1400M
Yonatan Ghebremicael	1:47-31-30-33-30 = 3:51 1400M
Francisco Gonzalez	1:50-33-33-33-31 = 4:00 1400M
John Cannon	1:55-35-32-35-31 = 4:08 1400M
Warren Neeley	1:59-37-37-36-34 = 4:23 1400M
Kayleigh Burke	2:04-38-37-37-36 = 4:32 1400M
Kinsie Propkopakis	2:06-38-37-36-36 = 4:33 1400M
Karina Goodwin	2:10-38-37-37-36 = 4:38 1400M
Rick Yamamoto	2:19-38-39-39-36 = 4:51 1400M
Ariel Goldblatt	2:19-41-40-40-36 = 4:56 1400M
Jessica Llamas	2:19-41-40-40-39 = 4:59 1400M
Suraj Jagota	1:46-xx-33-28-xx = 2:47 1000M

**4/9/13 - Tuesday - 1 x 400, 4 x 300, 4 x 200**

**Group #1 (6)**

Brittani Garrison	1:20-53-56-55-57-37-37 = 6:15 2000M
Karina Goodwin	1:23-56-58-59-59-38-37 = 6:30 2000M
Amy Matteson	1:23-60-59-66-59-39-42 = 6:48 2000M
Antarpreet Dhariwal	1:22-53-xx-58-59-36-38 = 5:26 1700M
Jessica Llamas	1:24-59-60-xx-59-38-42 = 5:42 1700M
Yu-Bin Moon	1:40-60-xx-62-xx-39-56 = 5:17 1400M

**Group #2 (13)**

Justin Tucker	59-43-43-45-43-29-30-29-29 = 5:48 2400M
Nathaniel Matteson	64-46-46-47-47-31-31-32-30 = 6:14 2400M
Suraj Jagota	63-48-48-48-47-31-33-29-29 = 6:16 2400M
Jake Otonari	64-49-49-49-52-30-30-30-29 = 6:22 2400M
Zahid Anjum	65-48-48-48-48-36-34-34-30 = 6:31 2400M
Miles Freeman	76-49-49-49-50-31-31-32-30 = 6:37 2400M
Yonatan Ghebremicael	65-48-48-49-52-34-35-37-33 = 6:41 2400M
Francisco Gonzalez	69-50-52-55-54-36-35-37-38 = 7:01 2400M
Warren Neeley	74-55-55-57-54-34-35-36-33 = 7:13 2400M
Rick Yamamoto	82-57-59-62-62-42-42-41-40 = 8:07 2400M
Robel Tesfai	76-50-50-54-54-xx-35-37-33 = 6:29 2200M
Cameron Chen	79-57-58-58-59-42-xx-xx-xx = 5:53 1800M
Miguel Conde	70-53-xx-57-53-40-xx-xx-33 = 4:36 1700M

**4/1/13 - Monday**

**Group #1 (18) - 3 x 800 & 4 x 200**

Justin Tucker	2:22-2:21-2:21-28-29-29-27 = 8:57 3200M
Yonatan Ghebremicael	2:32-2:33-2:38-30-31-32-31 = 9:37 3200M
Suraj Jagota	2:29-2:30-2:30-33-32-32-32 = 9:38 3200M
Zahid Anjum	2:32-2:38-2:30-31-29-30-33 = 9:43 3200M
John Cannon	2:33-2:34-2:36-28-35-35-31 = 9:52 3200M

Miles Freeman	2:40-2:42-2:41-31-30-30-29 = 10:03	3200M
Robel Tesfai	2:47-2:49-2:51-35-30-34-32 = 10:38	3200M
Warren Neeley	2:59-2:53-2:58-36-36-37-37 = 11:16	3200M
Ankur Patel	2:33-2:42-2:30-32-32 = 8:47	2800M
Kinsie Prokopakis	2:59-3:00-3:01-36-37-37-37 = 11:27	3200M
Kayleigh Burke	2:59-3:00-3:01-37-38-38-38 = 11:31	3200M
Ashley Wong	3:10-3:08-3:07-35-35-35-34 = 11:44	3200M
Karina Goodwin	3:18-3:13-3:15-37-39-38-38 = 12:18	3200M
Sarah Kim	3:18-3:19-3:18-41-41-42-43 = 12:42	3200M
Amy Matteson	3:18-3:19-3:24-37-40-42-43 = 12:43	3200M
Estela Luna	3:18-3:25-3:24-39-41-42-42 = 12:51	3200M
Diana Tran	3:22-x:xx-3:21-37-39-xx-38 = 8:37	2200M
Sophia Cho	3:18-x:xx-3:21-39-41-xx-41 = 8:40	2200M

**Group #2 (22) - 4 x 400 & 4 x 200**

Jesus Covarrubias	1:00-1:00-0:59-1:00-28-28-29-27 = 5:51	2400M	
Angel Ayala	1:06-1:06-1:05-1:05-28-31-29-28 = 6:18	2400M	
Jake Otonari	1:09-1:07-1:07-1:08-32-29-33-34 = 6:39	2400M	
Francisco Gonzalez	1:15-1:14-1:13-1:10-36-34-36-35 = 7:13	2400M	8:05 last year
Miguel Conde	1:15-1:14-1:20-1:11-33-35-38-31 = 7:17	2400M	
Anthony Otonari	1:19-1:22-1:23-1:18-36-36-36-31 = 7:41	2400M	
Ryan Vosper	1:11-1:24-1:16-1:18-30-40-41-41 = 7:41	2400M	7:32 last year
Cameron Chen	1:23-1:25-1:24-1:23-37-39-37-33 = 8:01	2400M	
Rick Yamamoto	1:28-1:26-1:28-1:28-39-40-39-41 = 8:29	2400M	
Alex Chow	1:31-1:32-1:33-1:34-47-40-41-43 = 9:01	2400M	
Mark Ceasar	1:04-1:06-1:05-x:xx-30-31-38-28 = 5:23	2000M	
Ariel Goldblatt	1:23-1:25-1:28-1:27-39-xx-xx-36 = 6:58	2000M	
Brittani Garrison	1:20-1:21-1:26-1:22-32-39-32-35 = 7:48	2400M	
Antarpreet Dhariwal	1:20-1:21-1:22-1:21-40-40-37-38 = 7:59	2400M	
Crista Longno	1:19-1:23-1:24-1:21-38-39-39-39 = 8:02	2400M	
Akeia Neptune	1:39-1:18-1:16-1:16-35-38-54-31 = 8:07	2400M	
Jessica Llamas	1:23-1:26-1:28-1:28-40-40-48-39 = 8:32	2400M	
Yu-Bin Moon	1:34-1:36-1:40-1:42-40-43-xx-41 = 8:36	2200M	
Kaila Natwick	1:25-1:26-1:31-1:27-42-xx-42-xx = 7:13	2000M	
Mariana Romo	1:45-1:53-x:xx-1:43-44-43-44-45 = 8:17	2000M	
Katie Starnes	1:20-1:25-1:28-x:xx-36-xx-38-xx = 5:27	1600M	
Jasmine Pham	1:39-1:36-1:33-1:29-xx-xx-xx-xx = 6:17	1600M	

**3/25/13-Monday**

**Group #1 (14) - 4 x 600 & 4 x 200**

Justin Tucker	1:45-1:46-1:44-1:42-30-28-29-27 = 8:51	3200M
Suraj Jagota	1:49-1:50-1:48-1:44-32-29-32-28 = 9:12	3200M
Yonatan Ghebremicael	1:49-1:50-1:58-1:50-32-29-32-32 = 9:32	3200M
Zahid Anjum	1:57-1:58-2:00-1:51-33-32-32-28 = 9:51	3200M
John Cannon	1:54-1:56-2:01-1:55-32-32-34-32 = 9:56	3200M
Ankur Patel	1:56            1:58            32            31            = 4:57	1600M
Kayleigh Burke	2:17-2:12-2:11-2:11-39-38-39-35 = 11:22	3200M
Amy Matteson	2:18-2:19-2:17-2:24-39-41-39-43 = 12:00	3200M
Karina Goodwin	2:20-2:21-2:20-2:24-39-41-39-43 = 12:07	3200M
Katie Starnes	2:29-2:34-2:34-2:34-41-40-38-39 = 12:49	3200M *
Estela Luna	2:36-2:34-2:34-2:34-41-40-40-43 = 13:02	3200M *
Daniella Alvarado	2:17-2:12-2:11-2:11-39-38-39 = 10:47	3000M
Sarah Kim	2:29-2:34-2:34-2:34-41-40-xx-41 = 12:13	3000M *
Sonia Romo	2:43-x:xx-2:40-x:xx-41-xx-39-xx = 6:43	1600M *

\* = Ran the workout on 3/26/13.

**Group #2 (24) - 4 x 300 & 4 x 200**

Jesus Covarrubias	42-42-42-43-28-27-28-28	= 4:40	2000M
Mark Cesar	47-45-46-46-30-30-31-28	= 5:03	2000M
Miles Freeman	48-49-50-50-31-31-31-29	= 5:19	2000M
Angel Ayala	48-47-47-46-35-33-33-34	= 5:23	2000M
Jake Otonari	54-48-50-50-30-27-31-33	= 5:23	2000M
Robel Tesfai	54-52-50-52-33-32-31-33	= 5:37	2000M
Francisco Gonzalez	49-51-53-52-35-33-33-35	= 5:41	2000M
Miguel Conde	52-51-55-55-33-34-34-31	= 5:45	2000M
Anthony Otonari	56-55-55-53-35-34-34-32	= 5:54	2000M
Warren Neeley	54-53-52-60-36-35-36-36	= 6:02	2000M
Rick Yamamoto	59-61-61-62-40-39-39-38	= 6:39	2000M
Cameron Chen	62-61-62-61-40-41-39-36	= 6:42	2000M
Alex Chow	64-62-63-63-38-38-37-38	= 6:43	2000M
Ariel Goldblatt	60-59-62-61-40	= 4:42	1400M
Akeia Neptune	60-59-59-51-37-33-33-34	= 6:06	2000M
Brittani Garrison	59-58-59-61-36-33-34-36	= 6:16	2000M
Antarpreet Dhariwal	60-58-54-60-38-36-36-38	= 6:20	2000M
Crista Longno	60-59-58-60-39-35-36-35	= 6:22	2000M
Kinsie Prokopakis	59-57-58-60-36-37-39-37	= 6:23	2000M
Ashley Wong	58-56-56-65-38-42-35-35	= 6:25	2000M
Kaila Natwick	68-64=65-64-43-40-43-40	= 7:07	2000M
Yu-Bin Moon	67-66-66-64-43-40-43-43	= 7:12	2000M
Mariana Romo	68-68-68-68-45-43-44-44	= 7:28	2000M
Jasmine Pham	61 60 39 38	= 3:18	1000M

**3/18/13 - 3 x 800/300**

<b>BOYS (14)</b>	<u>800</u>	<u>300</u>	<u>800</u>	<u>300</u>	<u>800</u>	<u>300</u>	<u>Total</u>
Jesus Covarrubias	2:17	42	2:21	43	2:22	44	9:09 3300M
Justin Tucker	2:28	42	2:24	47	2:29	45	9:35 3300M
Suraj Jagota	2:29	45	2:25	49	2:29	45	9:42 3300M
Angel Ayala	2:52	46	2:43	50	2:50	47	10:48 3300M
John Cannon	2:52	46	2:40	55	2:50	52	10:55 3300M
Francisco Gonzalez	2:55	49	3:00	53	3:04	51	11:32 3300M
Ankur Patel	2:31	46	2:35		2:39	48	9:19 3000M
Cameron Chen	3:09	61	3:27		3:14	59	11:50 3000M
Ariel Goldblatt	3:06	59		56	3:14	59	9:14 2500M
Jake Otonari	2:52	46			3:03	50	7:31 2200M
Miguel Conde	2:55	52	3:03			50	6:50 1900M
Rick Yamamoto	3:09	63			3:22	62	8:36 2200M
Miles Freeman	2:55	57					3:52 1100M
Robel Tsai	2:57	57					3:54 1100M

<b>GIRLS (17)</b>	<u>800</u>	<u>300</u>	<u>800</u>	<u>300</u>	<u>800</u>	<u>300</u>	<u>Total</u>
Antarpreet Dhariwal	3:01	58	3:10	53	3:05	55	12:02 3300M
Kayleigh Burke	3:02	59	3:04	57	3:04	59	12:05 3300M
Ashley Wong	3:12	60	3:14	55	3:16	57	12:34 3300M
Brittani Garrison	3:28	57	3:25	53	3:15	57	12:55 3300M
Karina Goodwin	3:25	61	3:20	60	3:22	53	13:01 3300M
Crista Longno	3:22	60	3:31	58	3:19	58	13:08 3300M
Estela Luna	3:29	62	3:26	67	3:20	65	13:29 3300M
Jasmine Pham	3:31	62	3:25	61	3:32	61	13:32 3300M
Sarah Kim	3:31	63	3:26	63	3:28	65	13:36 3300M
Daniella Alvarado	3:02	58	3:04	57	3:04		11:05 3000M
Akeia Neptune	3:01	57	3:10		3:19	55	11:22 3000M
Diana Tran	3:31	60	3:26	59	3:30		12:26 3000M
Sophia Cho	3:29	64	3:32		3:33	65	12:43 3000M
Mariana Romo	4:03	72	4:01	73		70	11:39 2500M
Jessica Llamas	3:28	61	3:31	61			9:01 2200M
Yu-Bin Moon	3:33	66	3:52			67	9:38 2200M

Alex DeDiemar	3:30	62	4:32	1100M
Kaila Natwick	3:41	66	4:47	1100M

### **3/11/13 - Monday**

#### **1600M/3200M Runners - 1000M/3x400M/4x200M (10)**

Justin Tucker	3:07-1:05-1:08-1:09-31-31-31-29 =	8:31	for 3000M
Suraj Jagota	3:09-1:11-1:13-1:11-33-33-33-30 =	8:53	for 3000M
Yonatan Ghebremicael	3:09-1:07-1:10-1:13-33-33-35-34 =	8:54	for 3000M
John Cannon	3:16-1:11-1:10-1:11-36-36-36-36 =	9:12	for 3000M
Daniella Alvarado	3:59-1:25-1:22-1:23-40-39-39-39 =	10:46	for 3000M
Kayleigh Burke	3:59-1:25-1:27-1:26-41-40-39-40 =	10:57	for 3000M
Amy Matteson	4:01-1:25-1:31-1:39-41-42-41-43 =	11:23	for 3000M
Karina Goodwin	4:19-1:28-1:32-1:40-44-42-42-41 =	11:48	for 3000M
Sarah Kim	4:21-1:33-1:39-xxxx-44-43-42-42 =	10:24	for 2600M
Estela Luna	4:25-1:32-1:42-xxxx-45-44-43-43 =	10:34	for 2600M

#### **800M/1600M Runners - 500M/2x300M/4x200M (24)**

Jesus Covarrubias	1:15-41-40-28-27-29-27 =	4:27	for 1900M
Angel Ayala	1:25-42-42-28-28-30-29 =	4:44	for 1900M
Mark Cesar	1:21-45-45-28-28-35-31 =	4:53	for 1900M
Miles Freeman	1:32-47-47-31-31-31-29 =	5:08	for 1900M
Ankur Patel	1:28-52-51-33-34-33-32 =	5:23	for 1900M *
Rohel Tesfai	1:42-48-51-30-33-33-32 =	5:29	for 1900M
Miguel Conde	1:44-47-52-33-35-40-32 =	5:43	for 1900M
Francisco Gonzalez	1:44-47-49-33-34-40-39 =	5:46	for 1900M
Anthony Otonari	1:51-54-53-31-35-35-31 =	5:50	for 1900M
Ariel Goldblatt	1:58-59-58-36-39-41-39 =	6:30	for 1900M
Alex Chow	1:59-59-60-42-39-37-42 =	6:38	for 1900M
Rick Yamamoto	2:04-57-60-45-42-45-39 =	6:52	for 1900M
Cameron Chen	2:11-67-63-42-42-47-39 =	7:11	for 1900M
Kevin Oberst	1:54-50-49-31-35-xx-xx =	4:39	for 1500M
Akeia Neptune	1:54-52-54-38-39-43-32 =	6:12	for 1900M
Ashley Wong	1:48-58-59-39-39-35-39 =	6:17	for 1900M
Antarpreet Dhariwal	1:53-58-59-38-37-38-39 =	6:22	for 1900M
Brittani Garrison	2:03-61-60-37-39-40-31 =	6:31	for 1900M
Yu-Bin Moon	2:03-65-63-42-39-45-42 =	6:59	for 1900M
Mariana Romo	2:15-71-70-45-42-47-43 =	7:33	for 1900M
Crista Longno	1:58-60-59-35-39-41-xx =	5:52	for 1700M
Jessica Llamas	1:57-61-xx-39-39-43-37 =	5:36	for 1600M
Jasmine Pham	1:58-63-63-42-xx-xx-xx =	4:46	for 1300M
Camille Perez	2:20-70	3:30	for 800M

\* Ran this workout by himself on 3/12/13.

### **3/7/13 - 3 x 2 300 & 3 x 200**

#### **BOYS (9)**

<b>Runner</b>	<b>300</b>	<b>300</b>	<b>300</b>	<b>200</b>	<b>200</b>	<b>200</b>	<b>Total</b>	
Angel Ayala	44	44	43	30	30	28	3:39	1500M
Miles Freeman	49	47	46	30	31	30	3:53	1500M
Yonatan Ghebremicael	47	46	46	30	33	33	3:55	1500M
Robel Tesfai	52	48	46	31	33	31	4:01	1500M
Warren Neeley	53	56	56	34	35	34	4:28	1500M
Rick Yamamoto	59	58	63	39	38	40	4:57	1500M
Cameron Chen	63	60	64	40	38	39	5:04	1500M
Alex Chow	63	62	66	40	38	39	5:08	1500M
Ruben Ballantyne	53	56	58	33	35		3:55	1300M

#### **GIRLS (11)**

<b>Runner</b>	<b>300</b>	<b>300</b>	<b>300</b>	<b>200</b>	<b>200</b>	<b>200</b>	<b>Total</b>
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Akeia Neptune	62	61	58	36	39	32	4:48	1500M
Katie Starnes	63	62	61	39	40	36	5:01	1500M
Jasmine Pham	63	63	62	39	40	38	5:05	1500M
Jessica Llamas	63	63	61	39	41	39	5:06	1500M
Karina Goodwin	63	63	62	40	40	39	5:07	1500M
Diana Tran	66	63	62	40	41	40	5:12	1500M
Estela Luna	67	63	63	40	42	41	5:16	1500M
Sarah Kim	66	64	63	41	42	43	5:19	1500M
Kaila Natwick	67	65	66	40	42	44	5:24	1500M
Yu-Bin Moon	69	68	70	41	44	49	5:41	1500M
Mariana Romo	74		76	45	46	46	4:47	1200M

### 3/6/13-Wednesday (12 Runners)

#### 2 x 800 & 4 x 200

Runner	Goal	800	800	200	200	200	300	Total	
John Cannon	80/40	2:39	2:39	34	38	39	38	7:47	2400M
Nathanl Matteson	77/38	2:39	2:39	34	38	40	38	7:48	2400M
Zahid Anjum	80/40	2:48	2:42	37	39	40	38	8:04	2400M
Kayleigh Burke	90/45	3:07	3:02	37	43	42	38	8:49	2400M
Amy Matteson	90/45	3:07	3:06	37	43	41	38	8:52	2400M
Daniella Alvarado	90/45	3:07	3:02					6:09	1600M

#### 3 x 300 & 3 x 200

Runner	Goal	300	300	300	200	200	200	Total	
Jesus Covarrubias	43-29	41	41	41	27	29	29	3:28	1500M *
Justin Tucker	46-31	43	43	43	28	31	28	3:36	1500M
Mark Cesar	48-32	45	48	47	30	32	28	3:50	1500M
Suraj Jagota	51-34	56	53	50	32	33	28	4:12	1500M
Brittani Garrison	63-41	56	57	59	34	31	35	4:32	1500M
Antarprt Dhariwal	63-41	56	57	59	35	34	39	4:40	1500M

\* Ran by himself after the others had completed their workout

These runners ran a track workout today because they will be racing on Saturday.

### 3/4/13 - Monday (42 Runners)

#### 4 x 600 & 2 x 200

Justin Tucker	1:41-1:43-1:51-1:49-30-29 = 8:03	for 2600M
Suraj Jagota	1:50-1:54-1:52-1:49-33-29 = 8:27	for 2600M
Yon Ghebremicael	1:51-1:53-1:55-1:48-30-31 = 8:28	for 2600M*
Ankur Patel	1:53-1:55-1:58-1:53-29-31 = 8:39	for 2600M* 9:02 last year
John Cannon	1:53-1:56-1:57-1:57-32-33 = 8:48	for 2600M
Ashley Wong	2:05-2:05-2:10-2:11-35-35 = 9:41	for 2600M*
Kayleigh Burke	2:19-2:18-2:15-2:17-38-36 = 10:23	for 2600M 10:36 two years ago
Amy Matteson	2:19-2:19-2:19-2:22-39-40 = 10:38	for 2600M
Karina Goodwin	2:17-2:18-2:22-2:25-39-40 = 10:41	for 2600M*
Estela Luna	2:33-2:33-2:31-2:27-41-41 = 11:26	for 2600M*
Mariana Romo	2:46-2:52-2:57-2:54-47-50 = 13:06	for 2600M*
Daniella Alvarado	2:19-2:18-2:15-2:17-38-xx = 9:47	for 2400M
Sonia Romo	2:40-xxxx-2:35-2:34-43-42 = 9:14	for 2000M*
Karina Goodwin	2:25-2:25 = 4:50	for 1200M
Sarah Kim	2:29 = 2:29	for 600M*

#### 4 x 400 & 2 x 200

Jesus Covarrubias	61-61-59-59-27-28 = 4:55	for 2000M
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Angel Ayala	67-63-65-66-28-29	=	5:18	for	2000M	
Mark Cesar	67-63-66-67-28-32	=	5:23	for	2000M	
Miles Freeman	73-69-69-67-30-30	=	5:38	for	2000M	
Ryan Vosper	73-73-77-75-32-37	=	6:07	for	2000M	6:43 last year
Francisco Gonzalez	80-76-76-75-32-34	=	6:13	for	2000M	
Robel Tesfai	81-79-82-81-34-32	=	6:29	for	2000M	
Anthony Otonari	83-84-84-81-34-33	=	6:39	for	2000M	
Cameron Chen	87-88-90-86-39-37	=	7:07	for	2000M	
Rick Yamamoto	88-88-90-87-40-39	=	7:12	for	2000M	
Alex Chow	89-88-92-90-39-39	=	7:17	for	2000M	
Kevin Oberst	81-73-xx-81-33-32	=	5:00	for	1600M	
Miguel Conde	78-73-76-81	=	5:08	for	1600M	
Ariel Goldblatt	85-86	=	2:51	for	800M	
Brittani Garrison	87-88-82-77-31-38	=	6:43	for	2000M	
Antarpreet Dhariwal	83-88-82-79-36-38	=	6:46	for	2000M	
Akeia Neptune	91-95-90-76-31-39	=	7:02	for	2000M	7:32 last year
Jasmine Pham	91-92-85-81-36-39	=	7:04	for	2000M	7:22 last year
Jessica Llamas	92-92-85-81-36-39	=	7:05	for	2000M	
Crista Longno	92-95-90-81-36-38	=	7:12	for	2000M	
Rhea Koparde	92-90-85-83	=	5:50	for	1600M	
Diana Tran	92-93-90-85	=	6:00	for	1600M	
Sarah Kim	95-94-93-91	=	6:13	for	1600M	
Yu-Bin Moon	97-101-94-102	=	6:34	for	1600M	
Sophia Cho	94-95-xx-89	=	4:38	for	1200M	
Ruben Ballantyne	83	=	1:23	for	400M	
Alex DeDiemar	94	=	1:34	for	400M	

\* Ran the workout on 3/5/13

### **3/2/13 - Willow Glen Invitational**

#### **FSB 3200M**

Zahid Anjum 1:09.5-2:32.6-3:58.7-5:25.5-6:53.1-8:22.9-9:55.3-11:15.4h

#### **Varsity Boys 800M**

Suraj Jagota 1:03.9-2:17.7h

#### **Varsity Boys 400M**

1-Jesus Covarrubias 53.4h

#### **FSB 1600M**

John Cannon 76.9-2:38.7-4:03.6-5:19.5h

### **3/1/12 Workout (35 runners)**

	<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>	<u>Total</u>	<u>Ave</u>	<u>Last</u>
									<u>Year</u>
Yon Ghebremicael	49	50	48	47	48	48	4:50	48.3	
Mark Ceasar	49	50	48	46	48	50	4:51	48.5	5:01
Jake Otonari	49	50	48	47	48	50	4:52	48.7	
Miles Freeman	51	51	50	49	50	48	4:59	49.8	
Warren Neeley	53	57	56	54	53	54	5:27	56.5	5:55
Miguel Conde	56	57	54	53	61	50	5:31	57.2	
Robel Tesfai	56	57	58	57	56	50	5:34	57.7	
Anthony Otonari	59	58	58	57	51	52	5:35	57.8	
Cameron Chen	60	57	60	61	63	60	6:01	60.2	
Rick Yamamoto	60	63	63	66	69	66	6:27	64.5	
Alex Chow	64	64	65	67	68	66	6:34	65.7	
Angel Ayala	52	51	49	46			3:18	49.5	
Ariel Goldblatt	60		59		61		3:00	60.0	

Ruben Ballantyne 56 :56 56.0

Antarpre Dhariwal	58	60	60	61	63	54	5:56	59.3
Ashley Wong	58	60	61	61	63	57	6:00	60.0
Kayleigh Burke	59	60	60	61	63	61	6:04	60.7
Daniella Alvarado	59	62	62	62	64	60	6:09	61.5
Crista Longno	60	62	64	66	64	55	6:13	62.2
Jessica Llamas	61	62	62	67	64	59	6:15	62.5
Akeia Neptune	60	62	59	71	63	61	6:16	62.7
Amy Matteson	58	62	64	61	63	68	6:16	62.7
Karina Goodwin	62	62	63	66	65	63	6:21	63.5
Brittani Garrison	62	65	61	67	65	62	6:22	63.7
Jasmine Pham	62	65	66	67	66	68	6:34	65.7
Rhea Koparde	74	65	66	68	67	65	6:45	67.5
Sarah Kim	74	65	67	69	68	67	6:50	68.3
Estela Luna	74	66	67	69	68	66	6:50	68.3
Diana Tran	75	66	68	68	69	67	6:53	68.8
Sophia Cho	72	68	69	69	67	69	6:54	69.0
Sonia Romo	75	65	66	74	74	67	7:01	70.2
Kaila Natwick	79	72	69	75	73	65	7:13	72.2
Yu-Bin	75	71	72	73	78	79	7:28	74.7
Mariana Romo	82	74	72	76	79	79	7:42	77.0
Juhee Park	74	66					2:20	70.0

Good turnout by the girls on this warm afternoon as 21 of them as compared to 14 boys ran the workout. And, there was good bunching as just 26 seconds separated the total time for the top 10.

The runners ran a 1-2 mile warmup and the same warmdown. We ran the workout in sets of three with the runners walking 100 meters in between runs and 1 lap after the first set.

## **2/26/13 - Scrimmage at Santa Clara High School**

### **600 Meter Times - Boys**

Jesus Covarrubias	1:26.5	John Cannon	1:43.9
Justin Tucker	1:31.5	Miles Freeman	1:47.3
Nathaniel Matteson	1:36.2	Francisco Gonzalez	1:48.5
Suraj Jagota	1:36.5	Robel Tesfai	1:51.0
Mark Cesar	1:37.2	Anthony Otonari	1:51.2
Angel Ayala	1:37.5	Miguel Conde	1:57.5
Jake Otonari	1:39.9	Yonatan Gebremicael	?
Zahid Anjum	1:42.8	Ariel Goldblatt	?

### **600 Meter Times - Girls**

Kayleigh Burke	1:53.7	Jasmine Pham	2:05.2
Akeia Neptune	1:57.7	Crista Longno	2:05.7
Ashley Wong	1:59.7	Antarpreet Dhariwal	2:06.0
Amy Matteson	2:00.0	Jessica Llamas	2:06.5
Daniella Alvarado	2:00.3	Diana Tran	?
Brittani Garrison	2:04.3	Katie Starnes	?

### **300 Meter Times - Boys**

Jesus Covarrubias	36.8	Angel Ayala	41.8
Justin Tucker	40.4	Miles Freeman	44.0

### **Distance Medley Relay Times**

400 Meters	Jake Otonari	1:00.2	Brittani Garrison	1:13.4
800 Meters	Mark Cesar	2:27.9	Antarpreet Dhariwal	2:52.1
1200 Meters	Suraj Jagota	4:01.3	Amy Matteson	4:35.6



1600 Meters Nathaniel Matteson 5:22.8 Kayleigh Burke 6:07.2

**2/21/13 - 8 x 200**

<b>BOYS (18)</b>	<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>	
Jesus Covarrubias	29	32	29	29	28	29	29	27	3:52-8
Justin Tucker	30	31	29	29	28	29	29	27	3:52-8
Nathaniel Mattesn	32	32	32	31	30	30	31	29	4:07-8
Mark Cesar	30	32	31	31	30	31	32	31	4:08-8 *
Suraj Jagota	32	32	32	31	30	31	32	29	4:09-8
Jake Otonari	29	33	33	33	32	30	30	31	4:11-8
Miles Freeman	32	32	32	32	31	31	32	32	4:14-8
John Cannon	32	32	32	31	33	31	33	31	4:15-8
Zahid Anjum	32	32	32	33	33	33	34	33	4:22-8
Anthony Otonari	34	36	36	35	38	34	34	32	4:39-8
Francisco Gonzalz	36	38	36	35	38	35	34	34	4:46-8
Cameron Chen	36	39	40	40	38	35	37	40	5:05-8
Alex Chow	37	39	41	42	42	39	39	44	5:23-8
Rick Yamamoto	37	40	41	41	41	39	42	42	5:23-8
Kevin Oberst	31	33	35	35	38	35	x	34	4:01-7
Angel Ayala	32	32	32	31	30	30	x	x	3:07-6
Ariel Goldblatt	35	38	38	40	38	x	x	37	3:46-6
Miguel Conde	32	33	x	x	31	34	x	x	2:10-4
<b>GIRLS (13)</b>	<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>	
Brittani Garrison	34	33	37	37	39	40	42	32	4:56-8
Crista Longno	35	35	38	39	39	40	40	38	5:04-8
Amy Matteson	36	38	41	41	39	40	42	38	5:15-8
Jessica Llamas	36	38	43	41	40	40	42	39	5:19-8
Yu-Bin Moon	44	46	44	42	45	43	43	51	5:48-8
Alex Dediemar	44	42	43	43	42	42	x	42	4:58-7
Karina Goodwin	44	42	44	46	43	44	x	42	5:05-7
Sophia Cho	44	46	44	47	48	x	42	45	5:16-7
Athena Valenzuela	52	53	44	60	53	54	55	x	6:11-7
Diana Tran	36	38	43	41	40	40	x	x	3:58-6
In Cho	45	46	x	47	48	x	45	48	4:39-6
Katie Starnes	42	x	41	x	40	x	37	x	2:40-4
Saloni Madaan	x	53	x	59	56	x	x	55	3:43-4

\* Mark ran the workout by himself prior to the start of our regular practice because he had to do volunteer work at 10AM.

Well-conditioned runners ran the 2M Mark loop as a warmup and warmdown. Less-conditioned runners ran the 1M San Juan loop as a warmup and warmdown.

Runners ran the workout in two sets of 4 x 200 with a walk lap rest in between sets and a walk across the grass in between the 200s. We started the 200s in mid-straightaway.

**2/18/13 - 3 x 800/300**

<b>BOYS (15)</b>	<u>800</u>	<u>300</u>	<u>800</u>	<u>300</u>	<u>800</u>	<u>300</u>	<u>Total</u>	
Jesus Covarrubias	2:45	46	2:29	47	2:25	47	9:59	3300M
Justin Tucker	2:45	46	2:29	47	2:25	47	9:59	3300M
Suraj Jagota	2:45	48	2:32	51	2:39	49	10:24	3300M
Francisco Gonzalez	3:04	56	3:08	54	3:02	54	11:58	3300M

Rick Yamamoto	3:18	66	3:23	x	3:33	64	12:24	3000M
Akshay Mehta	3:08	62	3:23	53	x	57	9:23	2500M
Nathaniel Matteson	2:41	50	2:53	53	x	x	7:17	2200M *
Mark Cesar	2:39	47	3:04	49	x	x	7:19	2200M *
John Cannon	2:45	53	2:48	56	x	x	7:22	2200M *
Cameron Chen	3:08	59	3:25	x	x	64	8:36	2200M
Angel Ayala	3:16	67	3:28	62	x	x	8:53	2200M *
Miguel Conde	2:57	x	x	52	x	52	4:41	1400M
Zahid Anjum	x	x	x	x	2:44	50	3:34	1100M
ArielGoldblatt	3:08	55	x	x	x	x	4:03	1100M
Kevin Oberst	3:08	56	x	x	x	x	4:04	1100M
<b><u>GIRLS (11)</u></b>	<u>800</u>	<u>300</u>	<u>800</u>	<u>300</u>	<u>800</u>	<u>300</u>	<u>Total</u>	
Kayleigh Burke	3:20	58	3:14	66	3:12	61	12:51	3300M
Antarpreet Dhariwal	3:35	56	3:36	66	3:21	55	13:29	3300M
Crista Longno	3:35	57	3:37	56	3:26	58	13:29	3300M
Jessica Llamas	3:39	59	3:40	69	3:37	66	14:10	3300M
Brittani Garrison	3:39	59	3:41	69	3:37	66	14:11	3300M
Jasmine Pham	3:43	63	3:41	69	3:37	67	14:20	3300M
Diana Tran	3:39	59	3:44	73	3:44	66	14:25	3300M
Kaila Natwick	3:53	67	4:00	73	3:44	64	15:01	3300M
Yu-Bin Moon	3:47	72	4:11	72	4:11	75	15:48	3300M
Sophia Cho	3:47	66	x	70	3:44	68	10:55	2500M
In Cho	4:00	x	4:03	x	3:58	x	12:01	2400M
Amy Matteson	3:17	67	3:28	62	x	x	8:52	2200M *

\* These runners ran on 2/19 and the workout was terminated after 2 sets due to the rain, cold, and wind.

The runners ran a 1-2 mile warmup and warmdown. During the track workout, the runners walked 100 meters after each 800 meters and walked a lap after each 300 meters.

### **2/14/13 - 500/400/4x200**

<b><u>BOYS (16)</u></b>	<u>500</u>	<u>400</u>	<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>	<u>Total</u>	
Covarrubias, Jesus	1:17	1:00	28	30	29	29	4:13	1700M
Justin Tucker	1:19	1:00	28	30	29	29	4:15	1700M
Nathaniel Matteson	1:20	1:05	30	31	30	30	4:26	1700M
Suraj Jagota	1:24	1:07	31	32	31	31	4:36	1700M
Cesar, Mark	1:21	1:09	33	34	33	29	4:39	1700M
Ayala, Angel	1:31	1:11	32	32	31	31	4:48	1700M
Cannon, John	1:30	1:13	33	34	35	31	4:56	1700M
Freeman, Miles	1:34	1:13	33	31	35	33	4:59	1700M
Anjum, Zahid	1:34	1:13	33	34	33	34	5:01	1700M
Patel, Ankur	1:32	1:14	33	33	34	35	5:01	1700M
Gonzalez, Francisco	1:38	1:17	32	32	34	36	5:09	1700M
Neeley, Warren	1:35	1:16	41	36	41	40	5:29	1700M
Patel, Ish	1:43	1:20	34	39	40	33	5:29	1700M
Otonari, Anthony	1:48	1:18	35	37	38	34	5:30	1700M
Tesfai, Robel	1:48	1:19	35	37	38	34	5:31	1700M
Yamamoto, Rick	1:47	1:22	38	38	40	42	5:47	1700M
Chow, Alex	1:54	1:31	43	40	42	43	6:13	1700M
<b><u>GIRLS (17)</u></b>	<u>500</u>	<u>400</u>	<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>	<u>Total</u>	
Neptune, Akeia	1:42	1:19	35	37	34	39	5:26	1700M

Dhariwal, Antarpreet	1:40	1:22	36	37	40	38	5:33	1700M
Matteson, Amy	1:42	1:21	36	37	40	39	5:35	1700M
Garrison, Brittani	1:52	1:26	38	35	35	35	5:41	1700M
Luna, Estela	1:54	1:30	41	40	41	40	6:06	1700M
Romo, Mariana	2:18	1:45	46	46	45	44	7:04	1700M
Pham, Jasmin	1:52	1:25	37	40	x	33	5:07	1500M
Koparde, Rhea	1:54	1:25	40	35	x	35	5:09	1500M
Llamas, Jessica	1:54	1:26	40	40	x	37	5:17	1500M
Tran, Diana	1:54	1:26	41	41	41	x	5:23	1500M
Kim, Sarah	1:59	1:31	41	41	41	x	5:33	1500M
Cho, Sophia	1:59	1:33	42	41	x	40	5:35	1500M
Khan, Warda	2:01	1:35	42	44	x	42	5:44	1500M
Cho, In	2:11	1:38	45	46	x	x	5:20	1300M
Natwick, Kaila	x	1:34	42	41	42	40	4:19	1200M
Williams, Jessica	1:55						1:55	500M
Perez, Camille	2:09						2:09	500M

Runners ran a 1-2 mile warmup and warmdown. They walked one lap after the 500M and 400M and walked across the grass (started 200s in mid straightaway) in between the 200s.

## **2/11/13**

<b><u>BOYS</u></b>	<u>600</u>	<u>600</u>	<u>600</u>	<u>200</u>	<u>200</u>	<u>Total</u>
Covarrubias, Jesus	1:45	1:45	1:44	28	27	6:09
Justin Tucker	1:50	1:48	1:47	31	27	6:23
Matteson, Nathaniel	1:52	1:49	1:51	30	28	6:30
Jagota, Suraj	1:53	1:49	1:48	32	32	6:34
Anjum, Zahid	1:53	1:51	1:53	32	33	6:42
Cesar, Mark	1:53	1:56	2:08	29	28	6:54

<b><u>GIRLS</u></b>						
Burke, Kayleigh	2:11	2:14	2:16	37	37	7:55
Dharwiral, Antarpreet	2:11	2:13	2:17	39	38	7:58
Wong, Ashley	2:11	2:16	2:22	37	36	8:02
Matteson, Amy	2:11	2:16	2:22	39	39	8:07

Neptune, Akeia	2:27	x	2:16	34	36	5:53
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<b><u>BOYS</u></b>	<u>300</u>	<u>300</u>	<u>300</u>	<u>150</u>	<u>150</u>	<u>Total</u>
Schmidt, Jacob	49	51	55	21	20	3:16
Vosper, Ryan	56	52	58	22	22	3:30
Oberst, Kevin	56	53	56	24	22	3:31
Neeley, Warren	50	53	63	24	22	3:32
Otonari, Anthony	56	53	57	24	22	3:32
Mehta, Akshay	56	53	61	26	24	3:40
Patel, Ish	56	58	62	23	22	3:41
Chen, Cameron	56	56	64	25	24	3:45
Yamamoto, Rick	58	56	62	25	25	3:46

Conde, Miguel	50	53	x	21	21	2:25
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Gonzalez, Francisco	50	53	61	x	x	2:44
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Chow, Alex	60	x	x	x	x	1:00
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<b><u>GIRLS</u></b>						
Pham, Jasmine	63	71	66	24	25	4:09

Garrison, Brittani	63	71	66	24	25	4:09
Llalmas, Jessica	64	71	66	25	27	4:13
Luna, Estella	65	72	67	28	28	4:20
Tran, Diana	66	72	67	27	29	4:21
Romo, Sonia	66	73	67	27	28	4:21
Cho, Sophia	65	72	68	30	29	4:24
Cho, In	68	73	70	32	33	4:36
Romo, Mariana	70	72	71	31	32	4:36
Kim, Sarah	65	x	66	27	29	3:07
Natwick, Kaila	66	x	x	25	29	2:00
Madaan, Saloni	x	x	x	34	36	1:10

All runners ran either the San Juan or Mark loop as a warmup and ran the same as their warmdown.

### **2/7/13 - One 800M for Well-Conditioned Runners**

Jesus Covarrubias	2:22.5
Mark Cesar	2:37.9
Nathaniel Matteson	2:42.2
John Cannon	2:43.6
Zahid Anjum	2:43.6

Daniella Alvarado	2:58.8
Kayleigh Burke	3:02.8
Amy Matteson	3:03.3
Antarpreet Dhariwal	3:06.4
Ashley Wong	3:09.2

### **2/7/13 - One 600M for Medium-Conditioned Runners**

Angel Ayala	1:54.3
Miguel Conde	1:59.4
Franisco Gonzalez	2:00.6
Ryan Vosper	2:02.1
Jacob Schmidt	2:04.0
Warren Neeley	2:05.2
Anthony Otonari	2:21.1
Akshay Mehta	2:21.6
Ish Patel	2:22.2
Rick Yamamoto	2:23.2
Ruben Ballantyne	2:24.9
Alex Chow	2:25.5
Cameron Chen	2:26.0

Antarpreet Dhariwal	2:16.1
Crista Longno	2:26.9
Jasmine Pham	2:28.2
Estella Luna	2:28.5
Diana Tran	2:29.7
Sonia Tran	2:34.8
Sophia Cho	2:35.7
Jessica Williams	2:37.6
Sarah Kim	2:39.1
Kaila Natwick	2:41.8
In Cho	2:47.4

Well-conditioned runners ran the Mark loop as a warmup and the El Camino loop as a warmdown.

Medium-conditioned runners ran the Mark loop as a warmup and San Juan or Mark loops as a warmdown.