



















Great Cow Run

Norwalk

Race 3 - Girls Freshmen - 3 Mile

9/02/2023 - 8:30am







Team Results - Overall

Place	Team	Score	Team Time	Runner Avg	Avg Mile	5 Man Gap	Finish Order	Scoring Order
1	 San Juan Hills (SS)	16	1:36:58	19:24	6:28	1:18	1-3-4-5-9-13-20	1-2-3-4-6-10-13
2	 Los Alamitos (SS)	76	1:48:20	21:40	7:14	2:52	10-12-36-40-48-50-52	7-9-17-20-23-24-25
3	 Millikan (SS)	89	1:51:00	22:12	7:24	3:46	7-24-44-45-53-63-67	5-15-21-22-26-28-31
4	 Fullerton Union (SS)	97	1:53:18	22:40	7:34	5:01	11-23-37-57-66-68-81	8-14-18-27-30-32-36
5	 Whitney (Gretchen) (SS)	129	2:01:35	24:19	8:07	5:46	19-38-65-76-79	12-19-29-34-35
6	 Cerritos (SS)	135	2:08:06	25:38	8:33	10:31	18-35-73-84-92	11-16-33-37-38
DNP	 Burroughs Burbank (SS)		1:36:20	24:05	8:02		30-33-39-88	4 Runners
DNP	 Downey (SS)		1:40:00	25:00	8:20		17-49-54-94	4 Runners
DNP	 Culver City (SS)		1:45:22	26:21	8:47		27-51-74-96	4 Runners
DNP	 Glendora (SS)		1:53:28	28:22	9:28		71-75-77-100	4 Runners
DNP	 Sacred Heart of Jesus (SS)		2:03:30	30:53	10:18		70-90-95-98	4 Runners
DNP	 Palisades Charter (LA)		1:02:26	20:49	6:57		6-14-29	3 Runners
DNP	 Kennedy (John F.) (SS)		1:05:33	21:51	7:17		15-32-42	3 Runners
DNP	 Orange Lutheran (SS)		1:08:10	22:44	7:35		41-43-47	3 Runners
DNP	 Cajon (SS)		1:08:19	22:47	7:36		21-34-60	3 Runners
DNP	 North Torrance (SS)		1:10:50	23:37	7:53		28-58-62	3 Runners
DNP	 Mayfair (SS)		1:21:38	27:13	9:05		46-86-91	3 Runners
DNP	 Centennial Corona (SS)		42:54	21:27	7:09		16-31	2 Runners

Race 3 - Girls Freshmen - 3 Mile

9/02/2023 - 8:30am

Team Results - Overall

Place	Team	Score	Team Time	Runner Avg	Avg Mile	5 Man Gap	Finish Order	Scoring Order
DNP	 Brentwood (SS)		43:48	21:54	7:18		2-61	2 Runners
DNP	 Paramount (SS)		53:41	26:51	8:57		25-93	2 Runners
DNP	 Santa Fe (SS)		19:52	19:52	6:38		8	1 Runner
DNP	 Norwalk (SS)		27:32	27:32	9:11		85	1 Runner
DNP	 Norte Vista (SS)		33:27	33:27	11:09		97	1 Runner
DNP	 Lakewood (SS)		40:09	40:09	13:23		101	1 Runner

Race 3 - Girls Freshmen - 3 Mile

9/02/2023 - 8:30am

Individual Results - Overall

Place	Name	Grade	Team	Time	Points
1	Finn Riley	9	San Juan Hills (SS)	18:43.7	1
2	Amelia Sarkisian	9	Brentwood (SS)	19:09.4	
3	Danilynn Mathews	9	San Juan Hills (SS)	19:19.6	2
4	Carol Dye	9	San Juan Hills (SS)	19:21.8	3
5	Chelsea Shady	9	San Juan Hills (SS)	19:31.0	4
6	Vitalijo Schafer	9	Palisades Charter (LA)	19:34.7	
7	Emily Gonzalez	9	Millikan (SS)	19:50.5	5
8	Hennessy Limas	9	Santa Fe (SS)	19:51.1	
9	Sophia Sadab	9	San Juan Hills (SS)	20:01.4	6
10	Audrey Delgadillo	9	Los Alamitos (SS)	20:15.9	7
11	Ella Casto	9	Fullerton Union (SS)	20:17.2	8
12	Caris Honma	9	Los Alamitos (SS)	20:23.3	9
13	Mallory Banfield	9	San Juan Hills (SS)	20:24.2	10
14	Violet Cash	9	Palisades Charter (LA)	20:49.7	
15	Sophie Tomooka	9	Kennedy (John F.) (SS)	20:50.3	
16	Kailey Gutierrez	9	Centennial Corona (SS)	20:50.4	
17	Samantha Rosas	9	Downey (SS)	20:59.7	
18	Daisy Lee	9	Cerritos (SS)	21:00.5	11
19	Katherine Low	9	Whitney (Gretchen) (SS)	21:02.8	12
20	Jenna Novick	9	San Juan Hills (SS)	21:10.2	13
21	Tiana Chamoro	10	Cajon (SS)	21:32.1	
22	Ciara Jensen	9	San Juan Hills (SS)	21:33.4	
23	Olivia Wilder	9	Fullerton Union (SS)	21:33.4	14
24	Daniela Rosales		Millikan (SS)	21:50.1	15
25	Merary Ramirez	9	Paramount (SS)	21:51.1	
26	Codie Roemisch	9	San Juan Hills (SS)	21:52.3	
27	Nina Faeh	9	Culver City (SS)	21:54.1	
28	Amelia Yamauchi	9	North Torrance (SS)	22:00.1	
29	Abigail Hanelin	9	Palisades Charter (LA)	22:00.9	
30	Sutton Tappon-Mahoney	9	Burroughs Burbank (SS)	22:01.0	
31	Megyn Corning	9	Centennial Corona (SS)	22:02.9	
32	Helena Escano	9	Kennedy (John F.) (SS)	22:03.5	

Place	Name	Grade	Team	Time	Points
33	Emmanuelle Laurente	9	Burroughs Burbank (SS)	22:03.7	
34	Myala Poynter	9	Cajon (SS)	22:09.0	
35	Nandini Panchal	9	Cerritos (SS)	22:09.2	16
36	Lindsey Flynn	9	Los Alamitos (SS)	22:13.0	17
37	Sofia Botimer	9	Fullerton Union (SS)	22:13.1	18
38	Mohana Sai	9	Whitney (Gretchen) (SS)	22:14.1	19
39	Nightingale Kirwan	9	Burroughs Burbank (SS)	22:19.7	
40	Riley Kuhlendahl	9	Los Alamitos (SS)	22:20.6	20
41	Sophia Bealsco	9	Orange Lutheran (SS)	22:21.9	
42	Kristen Goulding	9	Kennedy (John F.) (SS)	22:38.9	
43	Celia Titera	9	Orange Lutheran (SS)	22:40.6	
44	Ella Ree	9	Millikan (SS)	22:44.5	21
45	Kaia Nguyen	9	Millikan (SS)	22:58.5	22
46	Dulce Tadeo	9	Mayfair (SS)	22:58.8	
47	Raquel Harpenau	9	Orange Lutheran (SS)	23:06.6	
48	Alexa McClain	9	Los Alamitos (SS)	23:07.0	23
49	Adela Rodriguez	9	Downey (SS)	23:07.0	
50	Shawati Jay	9	Los Alamitos (SS)	23:11.8	24
51	Wren Smith	9	Culver City (SS)	23:34.3	
52	Brooke Bantle	9	Los Alamitos (SS)	23:36.0	25
53	Aly Guenther	9	Millikan (SS)	23:36.0	26
54	Saiya Bhakta	9	Downey (SS)	23:37.2	
55	Campbell Stevens	9	Los Alamitos (SS)	23:48.7	
56	Lauren Criscione	9	Los Alamitos (SS)	23:49.2	
57	Kendall Duncan	9	Fullerton Union (SS)	23:55.4	27
58	Katelyn Narasaki	9	North Torrance (SS)	24:07.1	
59	Hailey Mellott	9	Los Alamitos (SS)	24:27.9	
60	Emily Taylor	9	Cajon (SS)	24:37.9	
61	Josephine Strouk	9	Brentwood (SS)	24:38.1	
62	Sarah Ponce	9	North Torrance (SS)	24:42.2	
63	Vilayah Kem	9	Millikan (SS)	24:46.6	28
64	Taylor Scales	9	Los Alamitos (SS)	24:54.8	
65	Charlotte Kim	9	Whitney (Gretchen) (SS)	24:59.7	29

Race 3 - Girls Freshmen - 3 Mile

9/02/2023 - 8:30am

Individual Results - Overall






Place	Name	Grade	Team	Time	Points
66	Ariadhna Valtierra	9	Fullerton Union (SS)	25:18.2	30
67	Sienna Meade	9	Millikan (SS)	25:22.3	31
68	Samantha Scopis	9	Fullerton Union (SS)	25:37.1	32
69	Zahira Harding	9	Los Alamitos (SS)	25:53.5	
70	Zairah Delgado	9	Sacred Heart of Jesus (SS)	25:54.8	
71	Avery Theil	9	Glendora (SS)	25:55.2	
72	Teagan Burnside	9	Los Alamitos (SS)	26:01.7	
73	Maye Zarate	9	Cerritos (SS)	26:18.9	33
74	Malia Valentic	9	Culver City (SS)	26:26.5	
75	Avery Houston	9	Glendora (SS)	26:27.6	
76	Shivani Patel	9	Whitney (Gretchen) (SS)	26:29.3	34
77	Katherine Prince	9	Glendora (SS)	26:37.0	
78	Keely Cardenas	9	Los Alamitos (SS)	26:43.7	
79	Kurumi Takahashi	9	Whitney (Gretchen) (SS)	26:48.7	35
80	Chloe Trujillo	9	Los Alamitos (SS)	26:57.4	
81	Keely Gallagher	9	Fullerton Union (SS)	27:00.5	36
82	Natalie Han	9	Los Alamitos (SS)	27:05.7	
83	Anna Galaz	9	Los Alamitos (SS)	27:05.8	
84	Anushka Zumale	9	Cerritos (SS)	27:06.1	37
85	Gianelle Tavares	9	Norwalk (SS)	27:31.2	
86	Mariana Izabal	10	Mayfair (SS)	27:45.8	
87	Kalena Hernandez	12	Millikan (SS)	28:38.2	
88	Noelle Cevene	9	Burroughs Burbank (SS)	29:54.8	
89	Lilyanna Hoffman	9	Fullerton Union (SS)	30:13.0	
90	Marilyn Flores	9	Sacred Heart of Jesus (SS)	30:42.5	
91	Vanessa Hale	9	Mayfair (SS)	30:52.8	
92	Mia Limon	9	Cerritos (SS)	31:30.7	38
93	Samantha Hernandez	9	Paramount (SS)	31:49.5	
94	Paolo Puga	9	Downey (SS)	32:15.6	
95	Gaby Soto	9	Sacred Heart of Jesus (SS)	33:06.4	
96	Pilar Paez	9	Culver City (SS)	33:26.4	
97	Maya Norman	9	Norte Vista (SS)	33:26.5	
98	Natalia Garcia	9	Sacred Heart of Jesus (SS)	33:45.8	
99	Jane Hale	9	Fullerton Union (SS)	34:06.1	

Place	Name	Grade	Team	Time	Points
100	Jan Custodio	9	Glendora (SS)	34:27.9	
101	fatima Miranda	9	Lakewood (SS)	40:08.1	

Race 3 - Girls Freshmen - 3 Mile

9/02/2023 - 8:30am

Team Results - Large

Place	Team	Score	Team Time	Runner Avg	Avg Mile	5 Man Gap	Finish Order	Scoring Order
1	 San Juan Hills (SS)	16	1:36:58	19:24	6:28	1:18	1-2-3-4-7-10-16	1-2-3-4-6-9-11
2	 Los Alamitos (SS)	62	1:48:20	21:40	7:14	2:52	8-9-29-31-35-37-39	7-8-14-15-18-19-20
3	 Millikan (SS)	71	1:51:00	22:12	7:24	3:46	6-19-33-34-40-46-48	5-12-16-17-21-22-23
4	 Cerritos (SS)	98	2:08:06	25:38	8:33	10:31	15-28-52-60-64	10-13-24-25-26
DNP	 Burrhoughs Burbank (SS)		1:36:20	24:05	8:02		23-26-30-63	4 Runners
DNP	 Downey (SS)		1:40:00	25:00	8:20		14-36-41-65	4 Runners
DNP	 Culver City (SS)		1:45:22	26:21	8:47		21-38-53-66	4 Runners
DNP	 Glendora (SS)		1:53:28	28:22	9:28		50-54-55-67	4 Runners
DNP	 Palisades Charter (LA)		1:02:26	20:49	6:57		5-11-22	3 Runners
DNP	 Kennedy (John F.) (SS)		1:05:33	21:51	7:17		12-25-32	3 Runners
DNP	 Cajon (SS)		1:08:19	22:47	7:36		17-27-45	3 Runners
DNP	 Centennial Corona (SS)		42:54	21:27	7:09		13-24	2 Runners
DNP	 Norwalk (SS)		27:32	27:32	9:11		61	1 Runner
DNP	 Lakewood (SS)		40:09	40:09	13:23		68	1 Runner

Race 3 - Girls Freshmen - 3 Mile

9/02/2023 - 8:30am

Individual Results - Large

Place	Name	Grade	Team	Time	Points	Place	Name	Grade	Team	Time	Points
1 (1)	Finn Riley	9	San Juan Hills (SS)	18:43.7	1	23 (30)	Sutton Tapon-Mahoney	9	Burroughs Burbank (SS)	22:01.0	
2 (3)	Danilynn Mathews	9	San Juan Hills (SS)	19:19.6	2	24 (31)	Megyn Corning	9	Centennial Corona (SS)	22:02.9	
3 (4)	Carol Dye	9	San Juan Hills (SS)	19:21.8	3	25 (32)	Helena Escano	9	Kennedy (John F.) (SS)	22:03.5	
4 (5)	Chelsea Shady	9	San Juan Hills (SS)	19:31.0	4	26 (33)	Emmanuelle Laurent	9	Burroughs Burbank (SS)	22:03.7	
5 (6)	Vitalijo Schafer	9	Palisades Charter (LA)	19:34.7		27 (34)	Myala Poynter	9	Cajon (SS)	22:09.0	
6 (7)	Emily Gonzalez	9	Millikan (SS)	19:50.5	5	28 (35)	Nandini Panchal	9	Cerritos (SS)	22:09.2	13
7 (9)	Sophia Sadab	9	San Juan Hills (SS)	20:01.4	6	29 (36)	Lindsey Flynn	9	Los Alamitos (SS)	22:13.0	14
8 (10)	Audrey Delgadillo	9	Los Alamitos (SS)	20:15.9	7	30 (39)	Nightingale Kirwan	9	Burroughs Burbank (SS)	22:19.7	
9 (12)	Caris Honma	9	Los Alamitos (SS)	20:23.3	8	31 (40)	Riley Kuhlendahl	9	Los Alamitos (SS)	22:20.6	15
10 (13)	Mallory Banfield	9	San Juan Hills (SS)	20:24.2	9	32 (42)	Kristen Goulding	9	Kennedy (John F.) (SS)	22:38.9	
11 (14)	Violet Cash	9	Palisades Charter (LA)	20:49.7		33 (44)	Ella Ree	9	Millikan (SS)	22:44.5	16
12 (15)	Sophie Tomooka	9	Kennedy (John F.) (SS)	20:50.3		34 (45)	Kaia Nguyen	9	Millikan (SS)	22:58.5	17
13 (16)	Kailey Gutierrez	9	Centennial Corona (SS)	20:50.4		35 (48)	Alexa McClain	9	Los Alamitos (SS)	23:07.0	18
14 (17)	Samantha Rosas	9	Downey (SS)	20:59.7		36 (49)	Adela Rodriguez	9	Downey (SS)	23:07.0	
15 (18)	Daisy Lee	9	Cerritos (SS)	21:00.5	10	37 (50)	Shawati Jay	9	Los Alamitos (SS)	23:11.8	19
16 (20)	Jenna Novick	9	San Juan Hills (SS)	21:10.2	11	38 (51)	Wren Smith	9	Culver City (SS)	23:34.3	
17 (21)	Tiana Chamoro	10	Cajon (SS)	21:32.1		39 (52)	Brooke Bantle	9	Los Alamitos (SS)	23:36.0	20
18 (22)	Ciara Jensen	9	San Juan Hills (SS)	21:33.4		40 (53)	Aly Guenther	9	Millikan (SS)	23:36.0	21
19 (24)	Daniela Rosales		Millikan (SS)	21:50.1	12	41 (54)	Saiya Bhakta	9	Downey (SS)	23:37.2	
20 (26)	Codie Roemisch	9	San Juan Hills (SS)	21:52.3		42 (55)	Campbell Stevens	9	Los Alamitos (SS)	23:48.7	
21 (27)	Nina Faeh	9	Culver City (SS)	21:54.1		43 (56)	Lauren Criscione	9	Los Alamitos (SS)	23:49.2	
22 (29)	Abigail Hanelin	9	Palisades Charter (LA)	22:00.9		44 (59)	Hailey Mellott	9	Los Alamitos (SS)	24:27.9	

Race 3 - Girls Freshmen - 3 Mile

9/02/2023 - 8:30am

Individual Results - Large










Place	Name	Grade	Team	Time	Points
45 (60)	Emily Taylor	9	Cajon (SS)	24:37.9	
46 (63)	Vilayah Kem	9	Millikan (SS)	24:46.6	22
47 (64)	Taylor Scales	9	Los Alamitos (SS)	24:54.8	
48 (67)	Sienna Meade	9	Millikan (SS)	25:22.3	23
49 (69)	Zahira Harding	9	Los Alamitos (SS)	25:53.5	
50 (71)	Avery Theil	9	Glendora (SS)	25:55.2	
51 (72)	Teagan Burnside	9	Los Alamitos (SS)	26:01.7	
52 (73)	Maye Zarate	9	Cerritos (SS)	26:18.9	24
53 (74)	Malia Valentic	9	Culver City (SS)	26:26.5	
54 (75)	Avery Houston	9	Glendora (SS)	26:27.6	
55 (77)	Katherine Prince	9	Glendora (SS)	26:37.0	
56 (78)	Keely Cardenas	9	Los Alamitos (SS)	26:43.7	
57 (80)	Chloe Trujillo	9	Los Alamitos (SS)	26:57.4	
58 (82)	Natalie Han	9	Los Alamitos (SS)	27:05.7	
59 (83)	Anna Galaz	9	Los Alamitos (SS)	27:05.8	
60 (84)	Anushka Zumale	9	Cerritos (SS)	27:06.1	25
61 (85)	Gianelle Tavares	9	Norwalk (SS)	27:31.2	
62 (87)	Kalena Hernandez	12	Millikan (SS)	28:38.2	
63 (88)	Noelle Cevene	9	Burroughs Burbank (SS)	29:54.8	
64 (92)	Mia Limon	9	Cerritos (SS)	31:30.7	26
65 (94)	Paolo Puga	9	Downey (SS)	32:15.6	
66 (96)	Pilar Paez	9	Culver City (SS)	33:26.4	

Place	Name	Grade	Team	Time	Points
67 (100)	Jan Custodio	9	Glendora (SS)	34:27.9	
68 (101)	fatima Miranda	9	Lakewood (SS)	40:08.1	

Race 3 - Girls Freshmen - 3 Mile

9/02/2023 - 8:30am

Team Results - Small

Place	Team	Score	Team Time	Runner Avg	Avg Mile	5 Man Gap	Finish Order	Scoring Order
1	 Fullerton Union (SS)	22	1:53:18	22:40	7:34	5:01	3-5-8-14-19-20-24	1-3-4-6-8-9-12
2	 Whitney (Gretchen) (SS)	35	2:01:35	24:19	8:07	5:46	4-9-18-22-23	2-5-7-10-11
DNP	 Sacred Heart of Jesus (SS)		2:03:30	30:53	10:18		21-27-30-32	4 Runners
DNP	 Orange Lutheran (SS)		1:08:10	22:44	7:35		10-11-13	3 Runners
DNP	 North Torrance (SS)		1:10:50	23:37	7:53		7-15-17	3 Runners
DNP	 Mayfair (SS)		1:21:38	27:13	9:05		12-25-28	3 Runners
DNP	 Brentwood (SS)		43:48	21:54	7:18		1-16	2 Runners
DNP	 Paramount (SS)		53:41	26:51	8:57		6-29	2 Runners
DNP	 Santa Fe (SS)		19:52	19:52	6:38		2	1 Runner
DNP	 Norte Vista (SS)		33:27	33:27	11:09		31	1 Runner

Race 3 - Girls Freshmen - 3 Mile

9/02/2023 - 8:30am

Individual Results - Small

Place	Name	Grade	Team	Time	Points
1 (2)	Amelia Sarkisian	9	Brentwood (SS)	19:09.4	
2 (8)	Hennesy Limas	9	Santa Fe (SS)	19:51.1	
3 (11)	Ella Casto	9	Fullerton Union (SS)	20:17.2	1
4 (19)	Katherine Low	9	Whitney (Gretchen) (SS)	21:02.8	2
5 (23)	Olivia Wilder	9	Fullerton Union (SS)	21:33.4	3
6 (25)	Merary Ramirez	9	Paramount (SS)	21:51.1	
7 (28)	Amelia Yamauchi	9	North Torrance (SS)	22:00.1	
8 (37)	Sofia Botimer	9	Fullerton Union (SS)	22:13.1	4
9 (38)	Mohana Sai	9	Whitney (Gretchen) (SS)	22:14.1	5
10 (41)	Sophia Bealsco	9	Orange Lutheran (SS)	22:21.9	
11 (43)	Celia Titera	9	Orange Lutheran (SS)	22:40.6	
12 (46)	Dulce Tadeo	9	Mayfair (SS)	22:58.8	
13 (47)	Raquel Harpenau	9	Orange Lutheran (SS)	23:06.6	
14 (57)	Kendall Duncan	9	Fullerton Union (SS)	23:55.4	6
15 (58)	Katelyn Narasaki	9	North Torrance (SS)	24:07.1	
16 (61)	Josephine Strouk	9	Brentwood (SS)	24:38.1	
17 (62)	Sarah Ponce	9	North Torrance (SS)	24:42.2	
18 (65)	Charlotte Kim	9	Whitney (Gretchen) (SS)	24:59.7	7
19 (66)	Ariadhna Valtierra	9	Fullerton Union (SS)	25:18.2	8
20 (68)	Samantha Scopis	9	Fullerton Union (SS)	25:37.1	9
21 (70)	Zairah Delgado	9	Sacred Heart of Jesus (SS)	25:54.8	
22 (76)	Shivani Patel	9	Whitney (Gretchen) (SS)	26:29.3	10

Place	Name	Grade	Team	Time	Points
23 (79)	Kurumi Takahashi	9	Whitney (Gretchen) (SS)	26:48.7	11
24 (81)	Keely Gallagher	9	Fullerton Union (SS)	27:00.5	12
25 (86)	Mariana Izabal	10	Mayfair (SS)	27:45.8	
26 (89)	Lilyanna Hoffman	9	Fullerton Union (SS)	30:13.0	
27 (90)	Marilyn Flores	9	Sacred Heart of Jesus (SS)	30:42.5	
28 (91)	Vanessa Hale	9	Mayfair (SS)	30:52.8	
29 (93)	Samantha Hernandez	9	Paramount (SS)	31:49.5	
30 (95)	Gaby Soto	9	Sacred Heart of Jesus (SS)	33:06.4	
31 (97)	Maya Norman	9	Norte Vista (SS)	33:26.5	
32 (98)	Natalia Garcia	9	Sacred Heart of Jesus (SS)	33:45.8	
33 (99)	Jane Hale	9	Fullerton Union (SS)	34:06.1	