

Races #4 & 5

SCL Cluster and Central Park Invite

Well, we are finally making the progress that the coaches and runners had planned on back in July. We finished in 3<sup>rd</sup>. place in Varsity, Soph. and Frosh divisions at the Cluster with the JV team putting up our only victory. We are still nursing some lingering injuries at all levels and should be a force to reckon with by League finals. The good news is that by finishing 3<sup>rd</sup> we can now win league championships at all levels by finishing first at finals. **Why Not!!!!**

We then ran in the Central Park Invitational on Oct. 6<sup>th</sup>. We were able to run our “super” sophs, Rinefort and Fodor, in the Frosh/Soph race, and had two of our injured freshies come back to help us garner a 2<sup>nd</sup> place finish . The Varsity also finished 2<sup>nd</sup> to five time, D2 state champions Saugus. Although we looked “heavy legged” we were able to put up a combined 40 sec. 1-5 gap. The JV team, led by Emma Kao, proved once again that we have the deepest program in the OC by finishing 1<sup>st</sup> in their race. If we can drop that Varsity gap to 30 sec. 1-5 and 45 sec. 1-7 by finals we can shock the SCL. **Why Not!!!!**

We are working hard in preparation for both the O.C. Championships, and the Mt. Sac Invitational in the next 2 weeks. However let’s not lose sight of the real prize!!!! We can win the SCL at all levels and moving on to the CIF Championship season at the Varsity level. **Why Not!!!!**

Top 10’s

Cluster

- 1. Canterbury 18:23
- 2. Carr 18:37
- 3. Fodor 18:40
- 4. Harper 18:41
- 5. Morabito 18:53
- 6. Madden 19:00
- 7. Rinefort 19:01
- 8. Dorsey 19:13
- 9. Lucero 19:16
- 10. Debowski 19:18

1-7 gap 37 sec.

Central Park

- 1. Canterbury 18:37
- 2. Harper 19:04
- 3. Madden 19:09
- 4. Fodor 19:14
- 5. Rinefort 19:14
- 6. Carr 19:19
- 7. Morabito 19:27
- 8. Lucero 19:36
- 9. Kao 19:39
- 10. Hoolihan 20:00

Runners of the week  
 Varsity – Emily Harper  
 JV - Emma Gao  
 F/S - Samantha Pierce

**GO DOLPHINS!!!!!!**