



2015 YEARBOOK

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The Eastwood Cross Country Team would like to give
Special THANKS to:



John Colucci & Bianca Cervantes

2015 Girls Cross Country MVP's



Leli Fernandez

(#4 All Time District Course)
(#7 All Time Regional Course)
(#8 All Time Nike South Course)

Alexis Ordaz

(#6 All Time District Course)
(#10 All Time Regional Course)
(#10 All Time Nike South Course)

2015 Boys Cross Country MVP



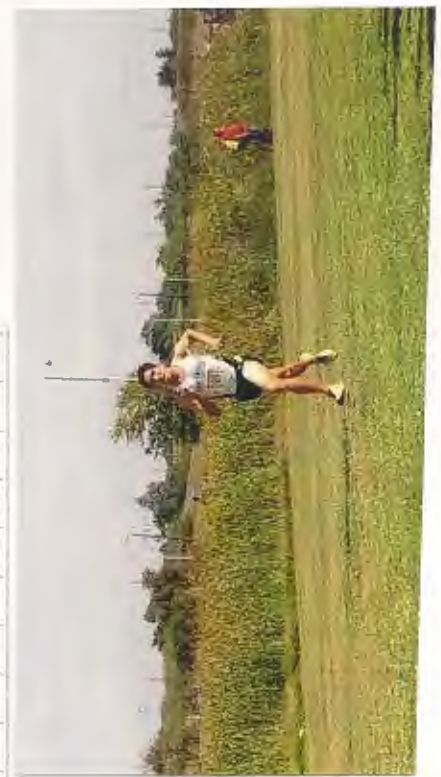
Daniel Bernal

- (#1 All Time District Course)
- (#1 All Time Regional Course)
- (#4 All Time State Course)
- (#7 All Time Nike South Course)
- (#1 All Time NXN)

EASTWOOD CROSS COUNTRY

MVP's From 1961 to Present

2015 Daniel Bernal	2015 Alexis Ordaz/Lili Fernandez
2014 Daniel Bernal/Jose Silva	2014 Anna Mora
2013 Brian Casillas	2013 Anna Mora
2012 Brian Casillas/Ryan Saenz	2012 Anna Mora
2011 Brian Casillas/Ryan Saenz	2011 Anna Mora
2010 Juan Blanco	2010 Melanie Stires/Aimme Apodaca
2009 Juan Blanco	2009 Melanie Stires/Elyssa Garcia
2008 Connor Buntyn	2008 Elyssa Garcia
2007 marco cassani	2007 Maegen Stires/Jessica Payne
2006 Oscar Solis/Tommy Daniel	2006 Maegen Stires/Jessica Payne
2005 Mike Pivarnick	2005 Yadira Salazar/Maegen Stires
2004 Mike Pivarnick	2004 Yadira Salazar
2003 Mike Pivarnick	2003 Yadira Salazar
2002 jesse abrams	2002 Yadira Salazar
2001 Chris Trevizo	2001 Trisha Calderon
2000 Ryan Omohundro	2000 Tara McCune
1999 Fernie Garcia	1999 Desiree Araujo
1998 Fernie Garcia	1998 kelly martinez
1997 Ben Munoz/Joel Padilla	1997 kelly martinez
1996 Mark Garner	1996 kelly martinez
1995 Mark Garner	1995 Blanca Reyes
1994 Mark Garner	1994 Blanca Reyes
1993 Mark Garner	1993 Blanca Reyes
1992 Gabe Ordaz	1992 Blanca Reyes
1991 Eric Flores/Tony Simonetti	1991 Debbie Contreras
1990 Eric Flores/Tony Simonetti	1990 Debbie Contreras
1989 Eric Flores	1989 Eric Flores
1988 Rick Oropeza	1988
1987 Rick Oropeza	1987 Bridgette O'Toole
1986 Henry Garcia/Rick Oropeza	1986 Monica Sanchez/Diane Gutierrez
1985 Joe Messer	1985 Laura Rodriguez
1984 Mike Montes	1984



1983 Mike Montes	1983 Julie Stone
1982 Mike Montes	1982 Sheryl Grochocki
1981 Ed Ochoa	1981 Sheryl Grochocki
1980 Ed Thomas/Ed Ochoa	1980 Sheryl Grochocki
1979 Leo Wallace	1979 Gina Baca
1978 David Knott	1978 Gina Baca
1977 Rick Beaty/John Ellis	1977 Corina Bonilla
1976 Jeff Gallegos	1976 Corina Bonilla
1975 Richard Puente	1975
1974 Richard Puente	1974
1973 Juan Ornelas	1973
1972 Wayne Soza	1972
1971 Doug Gentry	1971
1970 Walter McCoy	1970
1969 Robert Malphers	1969
1968 Robert Malphers	1968
1967 Charles Gaucin	1967
1966 Bill Debberstein	1966
1965 Bill Debberstein	1965



2015 Girls Cross Country Captain's



Miranda Vega

(#8 All Time District Course)
(#20 All Time Regional Course)



Daniella Ruiz

(#25 All Time District Course)
(#28 All Time Regional Course)

2015 Boys Cross Country Captain's



Matt Munoz

(#9 All Time District Course)
(#10 All Time Regional Course)
(#18 All Time State Course)



James McLain

(#19 All Time District Course)
(#19 All Time Regional Course)
(#22 All Time State Course)

2015 Newcomers of the Year



Gabe Armijo



Sabrina King

2015 Most Improved Runners



Noah Ward



Hannah Herrera

2015 Athlete / Team Awards

Daniel Bernal-All-District,All-City,All-Region,Mile Split All-State,All-Nike South,City MVP

Matt Munoz-All-District,All-City,All-Region 2nd Team

James McLain-All-District, All-City

Gabe Armijo-All-City

Lili Fernandez-All-District,All-City

Alexus Ordaz-All-District,All-City

Hannah Herrera-All-District,All-City

Miranda Vega-All-District,All-City

Sabrina King-All-City

Samantha Martinez-All City

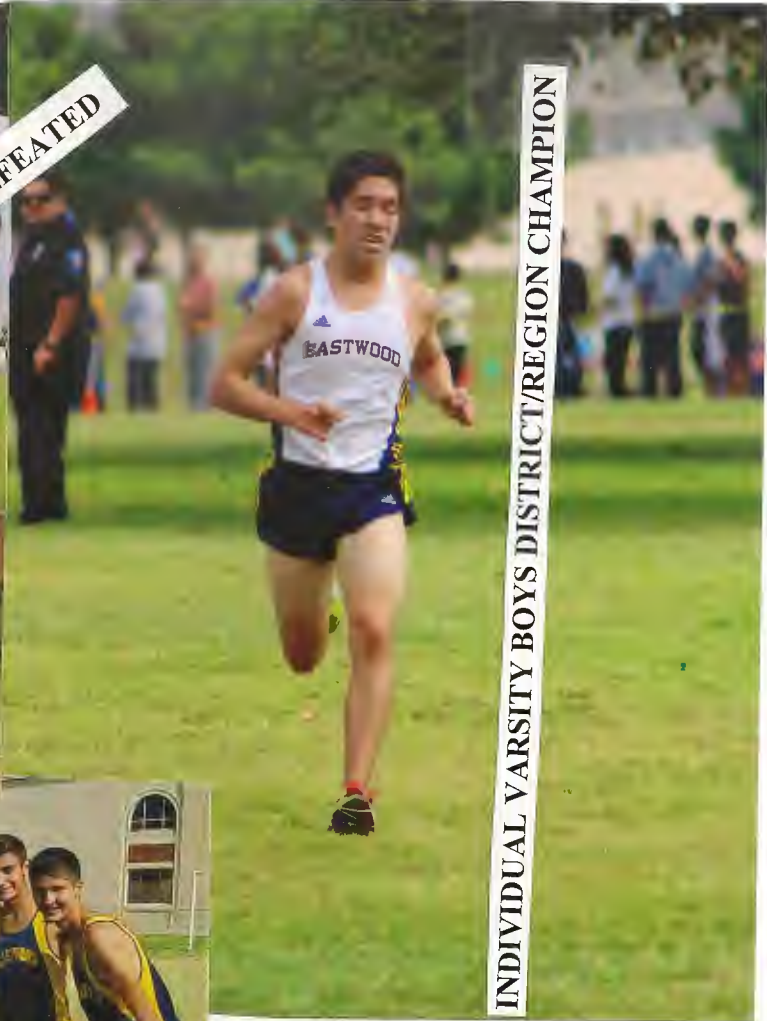
For the 3rd year in a row Eastwood won *ALL 6 DISTRICT TITLES*, we are the only school in any sport in El Paso to ever accomplish this 1 time, much less 3 times!!! For the 3rd year in a row every athlete on this team is a *DISTRICT CHAMPION*!!!!



VARSITY BOYS DISTRICT CHAMPIONS 5th YEAR IN A ROW UNDEFEATED



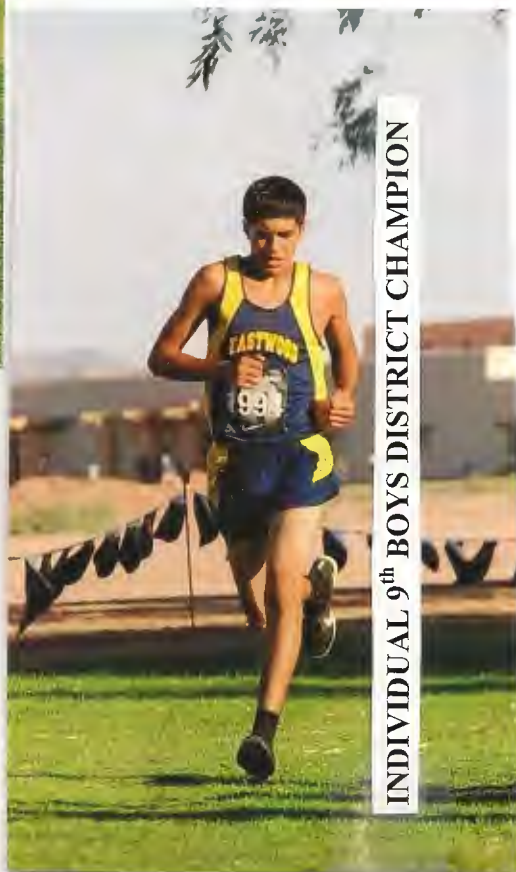
INDIVIDUAL VARSITY BOYS DISTRICT/REGION CHAMPION



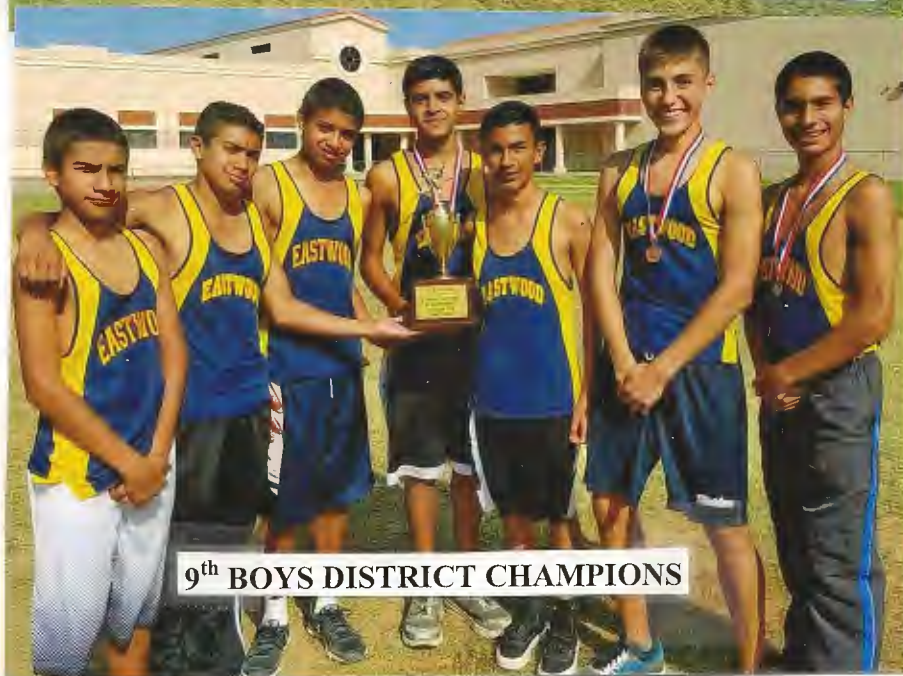
OPEN BOYS DISTRICT CHAMPIONS PERFECT SCORE



INDIVIDUAL 9th BOYS DISTRICT CHAMPION



9th BOYS DISTRICT CHAMPIONS



VARSITY GIRLS DISTRICT CHAMPIONS 4th YEAR IN A ROW



INDIVIDUAL 9th GIRLS DISTRICT CHAMPION



OPEN GIRLS DISTRICT CHAMPIONS PERFECT SCORE



INDIVIDUAL OPEN GIRLS DISTRICT CHAMPION



9th GIRLS DISTRICT CHAMPIONS PERFECT SCORE

INDIVIDUAL OPEN BOYS DISTRICT CHAMPION



JV Girls 27th in State Ranking

27

El Paso Eastwood

(TX)

1) Daniella Ruiz	20:40.89
2) Francis Hernandez	21:22.00
3) Ariana Lezama	21:49.20
4) Cheyenne Escarcega	21:50.20
5) Nazanin Zaraei	22:25.17

Average Time: 21:37.49 Total Time: 1:48:07.46 1-5 Split: 1:44.28

6) Allison Fajardo	22:26.71
7) Emily Cruncleton	22:40.48

JV Boys 14th in State Ranking

14

El Paso Eastwood

(TX)

1) Edgar Gonzalez	17:15.85
2) Noah Ward	17:25.50
3) Peter Lozoya	17:30.40
4) Matthew Costello	17:40.60
5) Ruben Friesenhahn	17:48.20

Average Time: 17:32.11 Total Time: 1:27:40.55 1-5 Split: 32.35

6) Anthony Molina	17:50.99
7) Jesus Ruiz	17:53.42

28

San Antonio Warren

15

Keller (TX)

55 Mesa Mountain View High School (AZ)

189

1) Mitchell Jacobson	15:19.40
2) Eric Simoneau	15:39.70
3) Jacob Toller	16:13.60
4) Carson Klepinger	16:14.60
5) Jace Miller	16:37.80

Average Time: 16:01.02 Total Time: 1:20:05.10 1-5 Split: 1:18.40

56 El Paso Eastwood (TX)

1) Daniel Bernal	15:00.80
2) Matt Munoz	15:18.70
3) Gabriel Armijo	16:14.20
4) James McClain	16:16.80
5) Dylan Godfrey	16:42.30

Average Time: 15:54.56 Total Time: 1:19:32.80 1-5 Split: 1:41.50

57 Jenks High School (OK)

1) Matthew Young	15:24.87
2) Cody Jones	15:42.00
3) Joseph Bingham	16:17.90
4) James Yanik	16:22.33

Varsity Boys 56 in Nation Ranking





THE KENYAN SUMMER

By Jonathan Beverly

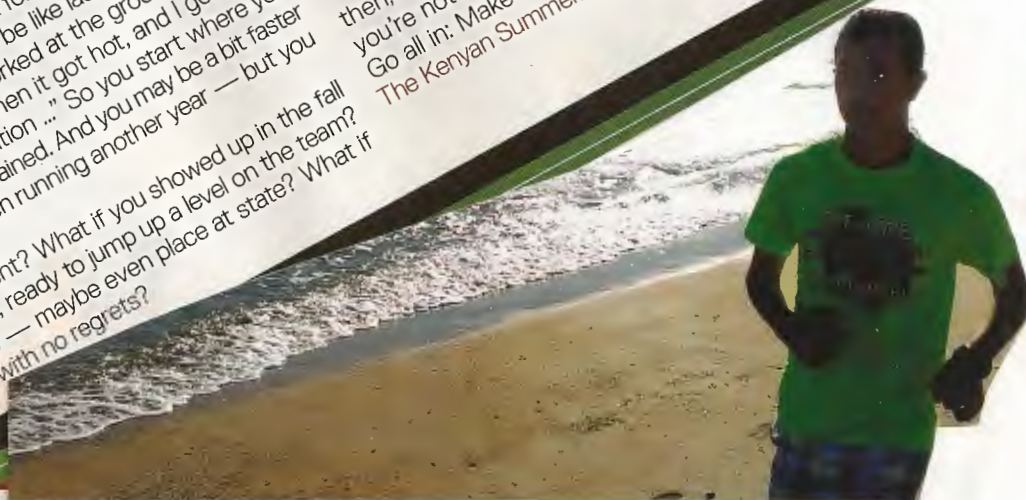
HOW TO SHOW UP FOR FALL PRACTICE FITTER AND FASTER THAN EVER

School will be out soon, and your coach will give you instructions to put in summer miles before coming back for cross country. Come fall, what will you be able to say? Will it be like last year? "I played some video games, hung out at the lake, worked at the grocery store — and I got in a few runs when I could, but then it got hot, and I got more work hours, then my family went on vacation ..." So you start where you did last fall: reasonably fit, but not really trained. And you may be a bit faster just because you're older and have been running another year — but you know you could do better.

What if this summer were different? What if you showed up in the fall fitter, stronger, faster than before, ready to jump up a level on the team? Make varsity or make it to state — maybe even place at state? What if you showed up at fall practice with no regrets?

We're not going to promise that one summer will change you from the back of the pack to state champion, but a solid base of training will raise you a level on the running pyramid and make times you thought out of reach accessible. And you have to start now — no matter how hard you work in the fall, your foundation will determine the heights to which you can build your season.

This summer, don't just try to fit a few runs in now and then; don't just do the minimum necessary to make sure you're not embarrassed when practices start in the fall. Go all in: Make running who you are; make this summer The Kenyan Summer.



What makes a summer a Kenyan Summer?

RUN MORE

Don't figure out how little you can run and stay fit — go for how much you can run and not overdo it. It's more than you think. Forget moderation! You're young and strong. Don't put limits on how far or how often you can run.

RUN EVERY DAY

Make the question, "When can I run?" not "Will I run?" When that's normal, try running twice a day. Doubling is an easy way to get in more miles, and particularly effective in summer to avoid the heat of the day.

RUN WHEREVER YOU ARE

Run when you go to camp. Run when you're on vacation. Run on the days you're staying in a cheap hotel at your little sister's swim championship. Don't let anything stop you from running.

RUN EVERYWHERE

Kenyans use running or walking as transportation, adding thousands of miles to their legs that Americans usually don't get. Run (or walk) to the store, run to work, run to the pool, run to your girlfriend's or boyfriend's house. If your family is going to the lake for the weekend, throw a bag in the car, tell them you'll meet them there and make it a long run.

Ehstrack.bravehost.com
mmpre@hotmail.com

COMMUNITY ROAD RACE

5K RUN & 1.5M WALK

FRIDAY, AUGUST 14, 2015

8:00PM @ ALBUM PARK

3001 PARKWOOD ST. EL PASO TX 79925

SIGN UP AT
WWW.RUNNERCARD.COM
CLICK ON ROAD RACES





XC Champions Built on Summer Miles

Cross Country championships are won with hard work in the summer. Coaches have known this truism for as long as we have had the sport but it is a challenge to get this through to high school athletes that have so many things competing for their attention.

When discussing what made him a successful runner, former multiple world record holder Arturo Barrios talked about the "will to train." The interviewer corrected him that he must be referring to the will to win. Barrios told him he was not mistaken. Many athletes had the will to win but that is not enough, you must be willing to do the work necessary to be successful. It must be something you are committed to on a daily basis and that you will not let your attention be diverted from the ultimate goal.

SUMMER HEAT CHALLENGE

The Texas heat makes training in summer particularly difficult, but also vitally necessary in order to have a chance for success. One component of summer runs is the ability to acclimatize oneself to the conditions. If a runner waits until school gets started it will take most of the regular season just to get the body properly adjusted to handle the conditions. In our increasingly sedentary lifestyle that takes place more and more indoors it also increases an athlete's susceptibility to heat issues when they do start running.

In surveying a number of the top coaches around the state there are several constants

to how they approach this time of year. All have a summer program for their athletes to follow. They rely on their team to hold fellow teammates accountable for the work and to not miss workouts. This time of year is crucial to team building and goal setting. The athletes have to rely more on each other with their training, even in getting together to run. It is that closeness and sense of common purpose that can grow into the necessary commitment to win.

Training programs at this time are most easy distance runs with some tempo type work mixed in. It is a time to build training volume at a lower intensity level. While no coach was mandating competitive racing during this time period, a number of them acknowledged that all or some of their athletes would run in a fun run or road race during the summer as a change of pace and to help use as a gauge to how their training was going.

GOING CAMPING

Training camps are also becoming more and more prevalent. For some teams it is a brief getaway to cooler weather and perhaps some altitude, although no one is spending a long enough period to consider their work true altitude training. New Mexico is a popular destination for several programs. More teams are also looking at utilizing facilities closer to home.

One such place gaining notoriety is Robert Ondrasek's running camp near Caldwell. Top Tier Training was started

THE TIME IS NOW

In a recent lecture I attended featuring the Godfather of Sport Training, Vern Gambetta, he had a slide with a date, June 12, 2012. He asked what is significant about that date. After several moments of silence he answered, "this date will occur only once in history. You will never get a second chance at it." In a room full of coaches my age, the significance of that statement was not lost on us.

Young athletes need reminding that while the future may seem limitless to them right now, it will not always be so. The athletes that are truly successful seem to realize this point and are making the most of their training this summer. If the point needs further emphasis consider this, by the start of your junior year your high school career will consist of more yesterdays than tomorrows. Don't wait to make a difference in your future.

I wish all the athletes and teams great success in the coming season and hope that this summer will be a productive one for all.



HIGH SCHOOL CROSS COUNTRY

Eastwood boys, girls continue winning ways

By Victor R. Martinez
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@vrmart on Twitter

Coming into the 2015 season, there were many questions Eastwood coach Mike McLain had floating in his head about his young Trooper cross country boys and girls teams.

The boys returned only three varsity runners from last year's team that advanced to the Class 6A state meet and the girls would have to find replacements for its top two runners who are now running in college. Some of these questions were answered Saturday morning as Eastwood swept the boys and girls di-

visions at the third annual Rudy Alvarez Invitational at Del Valle High School.

"These are pretty much new squads," McLain said. "The people we lost were studs. For many of the boys and girls who ran today, this was their first varsity race, so this was huge."

Eastwood's boys easily out-pointed the field, scoring 68 points for the win. Cathedral was second with 100 points followed by Franklin (114), San Elizario (126) and Americas (151).

The Trooper girls were equally impressive, securing first place by placing its five scoring runners in the top 12 for 40 points. Socorro was second with 71

points followed by Franklin (99), Clint (104) and El Dorado (141).

"Both teams surprised me a little bit and out-did what I thought they would do so now I'm looking forward to watching them develop as a team this year and the years to come," McLain said.

Eastwood junior Daniel Bernal defended his title, winning in 15 minutes, 15.22 seconds, well ahead of Socorro senior Stephen Alvarez (15:36.17) and Trooper senior Matt Muñoz (15:49.18).

"This is almost a brand new team so I was a little nervous about how we would run," said Bernal, the 2014 El Paso Times Runner of the Year. "I knew I had to encourage the boys and give them confidence by showing them what we can accomplish by running as a pack. I was surprised and glad by how well we did."

Muñoz said he was confident in this team. "We lost some real quality guys from last year's state team but I knew this new team would do well because of how hard they worked the entire summer," he said. "The new guys have fought and pushed because they know that they have huge shoes they have to fill. They've shown that they want to be on this team and have earned a place on the varsity."

The girls' individual winner was Franklin senior Brianna Armendariz who finished in 19:19.94 to pick up her first cross country gold medal.

"It was so overwhelming," Armendariz said. "After I finished, I was talking to my parents and they reminded me of how hard I worked and how much the people I love supported me. It felt so good."

Hanks sophomore Andrea Abeyta was second in 19:31.79 and Eastwood sophomore Lilli Fernandez was third in 19:48.82.

"My goal was to win it," Armendariz said. "I've been training all summer for this moment. I knew I would

reach it."

Victor R. Martinez may be reached at 546-6128.

CROSS COUNTRY

Eastwood sweeps boys, girls team titles at meet

Eastwood lost a number of runners off its boys and girls squads from a year ago, but the Troopers showed their depth Saturday, sweeping both team titles at the Del Valle Invitational.

FULL STORY ON PAGE C7



Rudy Alvarez Del Valle Invitational at Del Valle HS Meet 1

Varsity Boys TEAM: EASTWOOD HIGH SCHOOL

SCORE: 68

Place: 1

PLACE	NAME	BIB	TIME	AVG/KM	AVG/MI
1-1	Daniel Bernal	72	15:15.22	3:03.04	4:54.58
3-3	Matt Munoz	484	15:49.18	3:09.83	5:05.51
17-16	James McLain	439	16:37.58	3:19.51	5:21.09
25-23	Gabrial Armijo	45	16:56.10	3:23.22	5:27.05
27-25	Dylan Godfrey	274	17:05.10	3:25.02	5:29.95
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34-32	Edgar Gonzalez	285	17:15.85	3:27.17	5:33.41
38-36	Leo Cazares	128	17:21.03	3:28.20	5:35.08
Top 5 Total:	1:21:43	Top 5 Avg:	16:20.63		
1 - 5 Split:5	1:49.88	1 - 7 Split:5	2:05.81		



Varsity Girls TEAM: EASTWOOD HIGH SCHOOL

SCORE: 40

Place: 1

PLACE	NAME	BIB	TIME	AVG/KM	AVG/MI
3-2	Lilli Fernandez	229	19:48.82	3:57.76	6:22.65
6-5	Alexus Ordaz	510	19:56.37	3:59.27	6:25.08
13-10	Diana Martell	416	20:32.53	4:06.50	6:36.71
14-11	Sabrina King	367	20:35.32	4:07.06	6:37.61
15-12	Samantha Martinez	433	20:40.62	4:08.12	6:39.32
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16-13	Daniella Ruiz	614	20:40.89	4:08.17	6:39.41
17-14	Hannah Herrera	333	20:56.09	4:11.21	6:44.30
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18	Miranda Vega	712	20:59.82	4:11.96	6:45.50
40	Allison Fajardo	224	22:26.71	4:29.34	7:13.47
Top 5 Total:	1:41:34	Top 5 Avg:	20:18.73		
1 - 5 Split:5	:51.80	1 - 7 Split:5	1:07.27		



JV Boys TEAM: EASTWOOD HIGH SCHOOL

SCORE: 53

Place: 1

PLACE	NAME	BIB	TIME	AVG/KM	AVG/MI
6-6	Anthony Molina	460	17:50.99	3:34.19	5:44.72
7-7	Jesus Ruiz	615	17:53.42	3:34.68	5:45.50
9-9	Peter Lozoya	394	17:55.23	3:35.04	5:46.08
14-14	Ruben Frienhahn	240	18:26.04	3:41.20	5:56.00
17-17	Adam Wallace	723	18:31.91	3:42.38	5:57.89
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18-18	Chris Porras	545	18:32.39	3:42.47	5:58.04
24-23	Carlos Rodriguez	587	18:44.24	3:44.84	6:01.86
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34	Deric Gamboa	253	19:13.76	3:50.75	6:11.36
45	Brandon Cataldi	125	19:26.65	3:53.33	6:15.51
60	Noah Jimenez	359	20:03.65	4:00.73	6:27.42
61	Isaiah Tinajero	682	20:05.79	4:01.15	6:28.11
70	Jaime Herrera	334	20:17.64	4:03.52	6:31.92
112	Damian Soto	666	21:33.43	4:18.68	6:56.32
127	Erbricio Uribe	693	22:18.53	4:27.70	7:10.83
Top 5 Total:	1:30:38	Top 5 Avg:	18:07.51		
1 - 5 Split:5	:40.92	1 - 7 Split:5	:53.25		

PLACE	NAME	BIB	TIME	AVG/KM	AVG/MI
3-3	Francis Hernandez	324	22:26.18	4:29.23	7:13.29
4-4	Ariana Lezama	378	22:32.96	4:30.59	7:15.48
5-5	Emily Cruncleton	163	22:40.48	4:32.09	7:17.90
8-8	Cheyenne Escarcega	212	22:57.55	4:35.51	7:23.39
9-9	Amanda Stallings	668	23:05.65	4:37.13	7:26.00
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12-12	Skylar Sandoval	633	23:42.85	4:44.57	7:37.97
17-17	Kathleen Aguilera	14	23:50.98	4:46.19	7:40.59
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19	Nazanin Zarei	741	23:59.80	4:47.96	7:43.43
22	Emily Delgado	180	24:08.58	4:49.71	7:46.25
77	Maria Uribe	694	27:26.75	5:29.35	8:50.04
92	Cat Chinolla	141	28:30.95	5:42.19	9:10.70
119	Kristina Cuevas	168	30:16.78	6:03.35	9:44.77

Top 5 Total: 1:53:43 Top 5 Avg: 22:44.56
 1 - 5 Split:5 :39.47 1 - 7 Split:5 1:24.80

9th Grade Boys

3 553 Kayn Quinones Fr EASTWOOD HIGH SCHOOL 1 3:43.42 11:54.93
 7 408 Andres Marquez Fr EASTWOOD HIGH SCHOOL 2 3:49.82 12:15.42
 10 250 Eddie Gallegos Fr EASTWOOD HIGH SCHOOL 3 3:52.66 12:24.51

PLACE	NAME	BIB	TIME	AVG/KM	AVG/MI
1-1	Marcela Fernandez	230	14:33.81	4:33.07	7:19.46
3-2	Alexis Gutierrez	307	14:40.72	4:35.22	7:22.93
8-3	Jackie Spencer	667	15:17.21	4:46.63	7:41.28
12-4	Victoria Castillo	120	15:46.85	4:55.89	7:56.19
19-6	Natasha Reyes	567	16:32.25	5:10.08	8:19.02
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20-7	Valeria Vazquez	711	16:34.67	5:10.83	8:20.24
21-8	Cassandra Cazares	127	16:46.33	5:14.48	8:26.11
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22	Jaloany Olivares	504	16:48.07	5:15.02	8:26.98
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23	Eliana Britton	85	16:50.73	5:15.85	8:28.32
24	Cecilia Gonzalez	281	17:06.94	5:20.92	8:36.47

Top 5 Total: 1:16:51 Top 5 Avg: 15:22.16
 1 - 5 Split:5 1:58.44 1 - 7 Split:5 2:12.52



Two-sport Lobo runs to win at invitational

By Felix Chávez

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Michelle Estrada rarely has any down time this time of the year as a multi-sport athlete at Mountain View High School.

Since early August, the junior has been on the Lobos volleyball



team as a libero and on Friday night she had five digs against Bel Air.

On Saturday morning, she woke up early to run in the Cathedral/Loretto Academy Cross

Country Invitational and held on to win the 5K race in a time of 20:16.72.

"This was my first meet of the year and it feels great to win," she said. "I started strong, then at about the two-mile mark, I broke away and held on. It was a tough race, there was good competition. I was a tired at the end,

but I just stayed strong. It's all about dedication. With volleyball going on, I have to run after practice on my own or at other times. I just hope to keep finding consistency in what I do."

Eastwood's Lilli Fernandez and Alexis Ordaz finished second and third respectively

LOBO » PAGE 6



PHOTOS BY VICTOR CALZADA — EL PASO TIMES

Daniel Bernal of Eastwood, left, and Michelle Estrada of Mountain View won the individual meet titles Saturday at the Cathedral/Loretto Cross Country Invitational. Bernal won in 15:45.68 while Estrada won in 20:16.72.

Lobo

FROM PAGE 1

with times of 20:26.97 and 20:31.74. Ocean Stevens of Clint was fourth with time of 20:38.50, while Eastwood's Sabrina King rounded out the top five in a time of 20:41.44.

Eastwood won the team title with 23 points, followed by Clint with 70 and Eastlake with 86. It was the second straight team win for the Troopers to start the season.

On the boys side, Eastwood junior Daniel Bernal won his second straight individual title to start the season, covering the 5K race in 15:45.68.

"I was happy with the win," Bernal said. "More importantly we ran well as a team and we continue to do

well and showed improvement. Everyone is stepping up and working hard."

Eastwood's Matt Muñoz ran second in 16:13.07, while teammates James McLain and Gabriel Armijo ran fifth and sixth, respectively, with times of 16:56.73 and 16:58.23.

"Gabriel really improved a great deal from the first meet last weekend," Bernal said. "He's worked hard to get better." San Elizario's Erick Armubula was third in 16:27.83, while Cathedral's Louie Barba was fourth in 16:34.10.

For the second straight week, the Troopers won the team title, this time with 33 points. Cathedral was second with 86 points, followed by Eastlake with 105 points.

Felix Chávez may be reached at 546-6167.



Cathedral Invitational at Santa Teresa Airport Meet 2

HIGH SCHOOL CROSS COUNTRY

Cathedral/Loretto Invitational

Saturday

Girls Results

5K

INDIVIDUAL

1. Michelle Estrada, Mountain View, 20:16.72; 2. Lilli Fernandez, Eastwood, 20:26.97; 3. Alexis Ordaz, Eastwood, 20:31.74; 4. Ocean Stevens, Clint, 20:38.50; 5. Sabrina King, Eastwood, 20:41.44; 6. Hannah Herrera, Eastwood, 20:46.21; 7. Miranda Vega, Eastwood, 21:00.45; 8. Michelle Renteria, Horizon, 21:05.14; 9. Karla Enriquez, Horizon, 21:16.14; 10. Samantha Martinez, Eastwood, 21:19.83

TEAM

1. Eastwood, 23; Clint, 70; 3. Eastlake, 86; 4. Montwood, 112; 5. Bel Air, 125

Boys Results

INDIVIDUAL

1. Daniel Bernal, Eastwood, Eastwood, 15:45.68; 2. Matt Munoz, Eastwood, 16:13.07; 3. Erick Arambula, San Elizario, 16:27.83; 4. Louie Barba, Cathedral, 16:34.10; 5. James McLain, Eastwood, 16:56.73; 6. Gabriel Armijo, Eastwood, 16:58.23; 7. Donoval Dec Quir, Eastlake, 17:00.45; 8. Isaac Sanchez, Clint, 17:00.93; 9. Bryan Lara, Montwood, 17:03.46; 10. Francisco Sandoval, Eastlake, 17:04.32

Varsity Boys TEAM: EASTWOOD

SCORE: 33

Place: 1

PLACE	NAME	BIB	TIME	AVG/KM	AVG/M
1-1	Daniel Bernal	233	15:45.68	3:09.13	5:04.39
2-2	Matt Munoz	254	16:13.07	3:14.61	5:13.20
5-5	James McLain	251	16:56.73	3:23.34	5:27.25
6-6	Gabriel Armijo	232	16:58.23	3:23.64	5:27.74
19-19	Dylan Godfrey	241	17:24.76	3:28.95	5:36.28
26-26	Leo Cazares	235	17:42.58	3:32.51	5:42.01
29-29	Edgar Gonzalez	243	17:50.88	3:34.17	5:44.68

Top 5 Total: 1:23:18 Top 5 Avg: 16:39.69

1 - 5 Split:5 1:39.08 1 - 7 Split:5 2:05.20

Varsity Girls TEAM: EASTWOOD

SCORE: 23

Place: 1

PLACE	NAME	BIB	TIME	AVG/KM	AVG/MI
2-2	Lilli Fernandez	210	20:26.97	4:05.39	6:34.92
3-3	Alexis Ordaz	220	20:31.74	4:06.34	6:36.46
5-5	Sabrina King	215	20:41.44	4:08.28	6:39.58
6-6	Hannah Herrera	214	20:46.21	4:09.24	6:41.12
7-7	Miranda Vega	230	21:00.45	4:12.09	6:45.70
10-10	Samantha Martinez	218	21:19.83	4:15.96	6:51.94
12-12	Daniella Ruiz	224	21:42.83	4:20.56	6:59.34
14	Diana Martell	217	21:57.63	4:23.52	7:04.11
17	Francis Hernandez	213	22:19.58	4:27.91	7:11.17
19	Ariana Lezama	216	22:31.57	4:30.31	7:15.03

Top 5 Total: 1:43:27 Top 5 Avg: 20:41.36

Top 5 Avg/km: 4:08.27 Top 5 Avg/Mile: 6:39.56

1 - 5 Split:5 :33.48 1 - 7 Split:5 1:15.86



JV Boys TEAM: EASTWOOD

SCORE: 27

Place: 1

PLACE	NAME	BIB	TIME	AVG/KM	AVG/MI
3-3	Peter Lozoya	248	17:57.60	3:35.52	5:46.85
4-4	Ruben Frienhahn	238	18:19.42	3:39.88	5:53.87
5-5	Chris Porras	256	18:29.45	3:41.89	5:57.10
7-7	Noah Ward	266	18:36.67	3:43.33	5:59.42
8-8	Jesus Ruiz	260	18:45.80	3:45.16	6:02.36
<hr/>					
10-10	Carlos Rodriguez	259	18:59.31	3:47.86	6:06.71
14-14	Matthew Costello	237	19:12.30	3:50.46	6:10.89
<hr/>					
15	Kayn Quinones	257	19:16.09	3:51.21	6:12.11
22	Adam Wallace	265	19:37.47	3:55.49	6:18.99
28	Andres Marquez	249	19:50.28	3:58.05	6:23.12
33	Pedro Guerra	244	19:57.88	3:59.57	6:25.56
46	Eddie Gallegos	239	20:19.09	4:03.81	6:32.39
48	Noah Jimenez	247	20:23.69	4:04.73	6:33.87
55	Brandon Cataldi	234	20:30.53	4:06.10	6:36.07
67	Chris Chinolla	236	20:59.79	4:11.95	6:45.49
82	Jaime Herrera	245	21:22.56	4:16.51	6:52.82
107	Fabricio Uribe	264	22:25.79	4:29.15	7:13.17
111	Cory Gonzales	242	22:35.28	4:31.05	7:16.22
128	Damian Pastran	255	23:29.13	4:41.82	7:33.56
129	Isaiah, Donovan Morales	253	23:33.78	4:42.75	7:35.05

Top 5 Total: 1:32:09

Top 5 Avg:

18:25.78

1 - 5 Split:5 :48.20

1 - 7 Split:5

1:14.70

JV Girls TEAM: EASTWOOD

SCORE: 27

Place: 1

PLACE	NAME	BIB	TIME	AVG/KM	AVG/MI
3-3	Emily Cruncleton	205	22:49.61	4:33.92	7:20.84
4-4	Cheyenne Escarcega	208	22:58.30	4:35.66	7:23.63
5-5	Allison Fajardo	209	22:59.08	4:35.81	7:23.88
7-7	Amanda Stallings	227	23:18.42	4:39.68	7:30.11
8-8	Nazanin Zarei	231	23:27.12	4:41.42	7:32.91
<hr/>					
9-9	Marcela Fernandez	211	23:36.06	4:43.21	7:35.79
10-10	Skylar Sandoval	225	23:43.39	4:44.67	7:38.15
<hr/>					
14	Kathleen Aguilera	200	24:34.74	4:54.94	7:54.67
17	Jackie Spencer	226	24:43.45	4:56.69	7:57.48
19	Alexis Renovato	222	24:59.56	4:59.91	8:02.66
25	Emily Delgado	207	25:13.67	5:02.73	8:07.20
30	Victoria Castillo	202	25:27.91	5:05.58	8:11.79
31	Ashley Mercado	219	25:32.39	5:06.47	8:13.23
41	Natasha Reyes	223	26:14.10	5:14.82	8:26.66
51	Jaloany Ortga	221	26:59.14	5:23.82	8:41.11
55	Eliana Britton	201	27:09.77	5:25.95	8:44.57
66	Cat Chinolla	204	28:19.16	5:39.83	9:06.91
75	Cassandra Cazares	203	28:39.18	5:43.83	9:13.35
80	Cecilia Gonzalez	212	28:59.18	5:47.83	9:19.79
95	Maria Uribe	228	29:42.54	5:56.50	9:33.75

Top 5 Total: 1:55:33

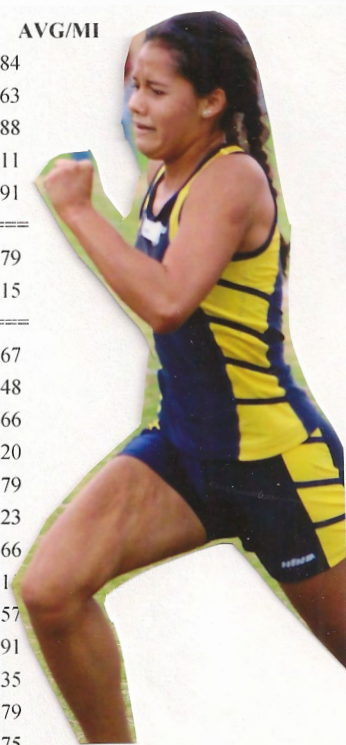
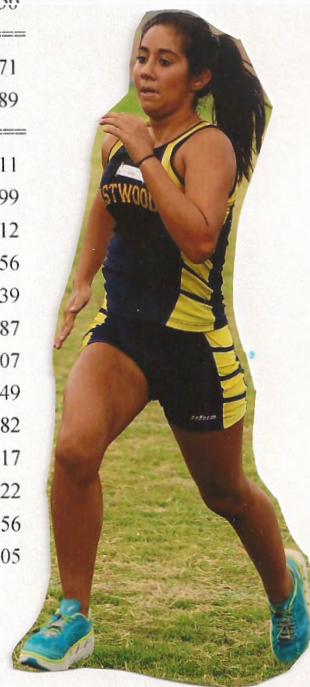
Top 5 Avg:

23:06.50

1 - 5 Split:5 :37.51

1 - 7 Split:5

:53.78



Estrada, Bernal claim individual titles

FELIX F. CHAVEZ
EL PASO TIMES

Cross Country Canutillo Invite Results

Saturday

Boys Individual

1. Daniel Bernal, Eastwood, 15:24.13; 2. Adam Cortez, Franklin, 15:44.40; 3. Matt Munoz, Eastwood, 15:59.76; 4. Erick Arambula, San Elizario, 16:08.10; 5. Louie Barba, Cathedral, 16:12.90; 6. Michael Contreras, Franklin, 16:25.95; 7. Aaron Gilliam, Irvin, 16:39.07; 8. Osman Reyes, Coronado, 16:50.77; 9. Anthony Cordero, Franklin, 16:52.50; 10. Ulises Cardoza, San Elizario, 16:58.15; 11. Bryan Lara, Montwood, 16:46.08; 12. James McLain, Eastwood, 16:46.53; 13. Gabriel Arriola, Eastwood, 16:50.91; 14. Ian Bright, Coronado, 16:55.05; 15. David Ceballos, San Elizario, 16:56.08.

Boys Team

1. Eastwood, 47; 2. San Elizario, 75; 3. Franklin, 80; 4. Montwood, 101; 5. Coronado, 109.

Girls Individual

1. Michelle Estrada, Mountain View, 19:25.33; 2. Brianna Ammendariz, Franklin, 19:37.80; 3. Anisa Burciaga, Canutillo, 19:41.53; 4. Skyler Goodman, Chapin, 19:43.68; 5. Lilli Fernandez, Eastwood, 20:00.84; 6. Hannah Herrera, Eastwood, 20:16.84; 7. Sabrina King, Eastwood, 20:27.81; 8. Kimberly Melton, Franklin, 20:28.05; 9. Rachel Gallivan, Chapin, 20:28.26; 10. Alexis Ordez, Eastwood, 20:29.59; 11. Haley Gonzalez, Montwood, 20:46.29; 12. Melissa De Los Santos, Irvin, 20:46.48; 13. Rosa Rojas, Irvin, 20:54.33; 14. Samantha Martinez, Eastwood, 20:56.34; 15. Miranda Vega, Eastwood, 20:58.75.



Daniel Bernal

a Ammendariz most consistent season and that by at the Canutillo at Canutillo.

second with a second second- n so far," said Cougars to a team with 66

consistent as I effort in this port from my and that helps

push me. I want to help the team do well. We did some good things in this race as a team."

Ammendariz began running in seventh grade and last year she made it to regionals in Class 6A.

She is hopeful of making it to state this season and also has aspirations of running in college.

"I just have to keep working hard and keep finding ways to improve with each race," she said.

Mountain View's Michelle Estrada

won the individual title with a time of 19:25.33. Two weeks ago, she won the Loretto/Cathedral Invite championship.

"It was nice to get the win, I'm still working and trying to get better," said Estrada, who won with a time of 19:25.33. "I felt like I made improvements in this race compared to my last race."

Canutillo's Anisa Burciaga ran a quality race and was third in a time of 19:41.53, while Chapin's Skyler Goodman finished fourth in a time of 19:43.68.

Eastwood won the team championship with 37 points, placing four runners in the top 10.

Lilli Fernandez finished fifth overall and was the team's top runner with a time of 20:00.84.

On the boys side, Eastwood's Daniel Bernal continued his strong effort with his third win of the season. He won in a

time of 15:24.13.

"I got off to a rough start and was behind the field at the beginning," he said. "But I was able to regroup and I felt good about how the race went. I'm just looking to get better each week. But more importantly the team won and we are making progress."

Franklin's Adam Cortez finished second behind Bernal in 15:44.40. Eastwood's Matt Munoz was third in 15:59.76, San Elizario's Erick Arambula was fourth in 16:08.10 and Cathedral's Louie Barba rounded out the top five with a time of 16:12.90.

The Troopers won the team title with 47 points, followed by San Elizario, Franklin, Montwood and Coronado.

Felix Chavez may be reached at 546-6167; fchavez@elpasotimes.com; @Fchavezpetimes.com



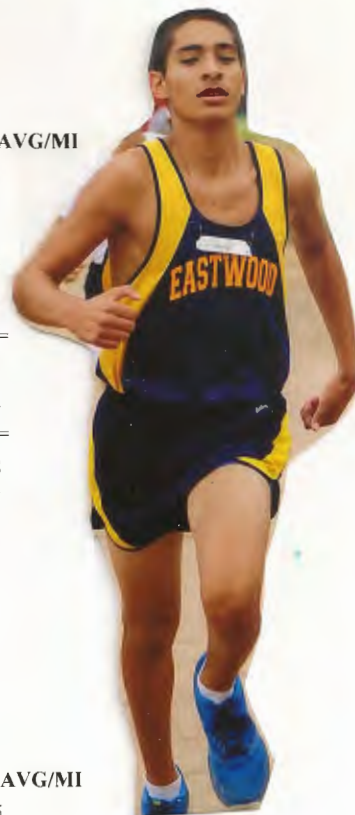
Canutillo Invitational at Canutillo MS Meet 3

Varsity Girls TEAM: EASTWOOD

SCORE: 37

Place: 1

PLACE	NAME	BIB	TIME	AVG/KM	AVG/MI
5-4	Lilli Fernandez	360	20:00.84	4:00.16	6:26.51
6-5	Hannah Herrera	371	20:16.84	4:03.36	6:31.66
7-6	Sabrina King	375	20:27.81	4:05.56	6:35.20
10-9	Alexus Ordaz	387	20:29.59	4:05.91	6:35.77
14-13	Samantha Martinez	380	20:56.34	4:11.26	6:44.38
15-14	Miranda Vega	407	20:58.75	4:11.75	6:45.15
20-18	Daniella Ruiz	396	21:17.91	4:15.58	6:51.32
26	Francis Hernandez	370	21:30.52	4:18.10	6:55.38
43	Ariana Lezama	376	22:17.96	4:27.59	7:10.65
Top 5 Total:		1:42:11	Top 5 Avg:	20:26.28	
1 - 5 Split:5		:55.50	1 - 7 Split:5	1:17.07	



Varsity Boys TEAM: EASTWOOD

SCORE: 47

Place: 1

PLACE	NAME	BIB	TIME	AVG/KM	AVG/MI
1-1	Daniel Bernal	346	15:24.13	3:04.82	4:57.45
3-3	Matt Munoz	386	15:59.76	3:11.95	5:08.92
12-10	James McLain	382	16:46.53	3:21.30	5:23.97
13-11	Gabriel Armijo	345	16:50.91	3:22.18	5:25.38
25-22	Leo Cazares	351	17:18.17	3:27.63	5:34.16
42-37	Peter Lozoya	377	17:42.64	3:32.52	5:42.03
49-44	Edgar Gonzalez	368	17:58.76	3:35.75	5:47.22
Top 5 Total:		1:22:20	Top 5 Avg:	16:27.90	
1 - 5 Split:5		1:54	1 - 7 Split:5	2:34.63	



JV Girls TEAM: EASTWOOD

SCORE: 32

Place: 1

PLACE	NAME	BIB	TIME	AVG/KM	AVG/MI
3-3	Cheyenne Escarcega	358	22:07.48	4:25.49	7:07.28
4-4	Nazanin Zarei	410	22:25.17	4:29.03	7:12.97
7-7	Emily Cruncleton	355	22:43.92	4:32.78	7:19.00
8-8	Amanda Stallings	402	22:53.81	4:34.76	7:22.19
10-10	Skylar Sandoval	399	22:55.43	4:35.08	7:22.71
15-15	Emily Delgado	357	23:27.11	4:41.42	7:32.91
23-21	Kathleen Aguilera	344	23:59.85	4:47.97	7:43.44
87	Allison Fajardo	359	27:11.98	5:26.39	8:45.29
88	Maria Uribe	405	27:14.40	5:26.88	8:46.06
110	Cat Chinolla	352	27:57.01	5:35.40	8:59.78
Top 5 Total:		1:53:06	Top 5 Avg:	22:37.16	
1 - 5 Split:5		:47.95	1 - 7 Split:5	1:52.37	

JV Boys TEAM: EASTWOOD

SCORE: 23

Place: 1

PLACE	NAME	BIB	TIME	AVG/KM	AVG/MI
2-2	Noah Ward	409	17:50.03	3:34.00	5:44.41
3-3	Ruben Fienhahn	362	18:03.36	3:36.67	5:48.70
4-4	Chris Porras	390	18:04.23	3:36.84	5:48.98
5-5	Jesus Ruiz	397	18:11.24	3:38.24	5:51.24
9-9	Matthew Costello	354	18:32.60	3:42.52	5:58.11
<hr/>					
12-12	Adam Wallace	408	18:38.19	3:43.63	5:59.91
15-15	Carlos Rodriguez	395	18:47.89	3:45.57	6:03.03
<hr/>					
16	Deric Gamboa	364	18:49.86	3:45.97	6:03.67
18	Pedro Guerra	369	18:54.13	3:46.82	6:05.04
60	Noah Jimenez	374	19:54.13	3:58.82	6:24.35
74	Isaiah Tinajero	403	20:23.51	4:04.70	6:33.81
86	Jaime Herrera	372	20:39.93	4:07.98	6:39.10
89	Chris Chinolla	353	20:46.69	4:09.33	6:41.27
93	Damian Soto	400	20:54.80	4:10.96	6:43.88
111	Fabricio Uribe	404	21:29.21	4:17.84	6:54.96
<hr/>					
Top 5 Total:	1:30:41	Top 5 Avg:	18:08.29		
1 - 5 Split:5	:42.57	1 - 7 Split:5	:57.86		

9th Girls TEAM: EASTWOOD HIGH SCHOOL

SCORE: 16

Place: 1

PLACE	NAME	BIB	TIME	AVG/KM	AVG/MI
2-1	Jackie Spencer	401	23:24.36	4:40.87	7:32.02
3-2	Marcela Fernandez	361	23:27.58	4:41.51	7:33.06
4-3	Alexis Renovato	392	23:47.75	4:45.55	7:39.55
7-4	Victoria Castillo	348	24:37.70	4:55.54	7:55.63
9-6	Eliana Britton	347	24:44.97	4:56.99	7:57.97
<hr/>					
15-12	Jaloany Ortrga	388	25:18.78	5:03.75	8:08.85
20-15	Cassandra Cazares	350	26:46.90	5:21.38	8:37.21
<hr/>					
Top 5 Total:	2:00:02	Top 5 Avg:	24:00.47		
1 - 5 Split:5	1:20	1 - 7 Split:5	3:22.54		

9th Boys TEAM: EASTWOOD

SCORE: 49

Place: 3

PLACE	NAME	BIB	TIME	AVG/KM	AVG/MI
1-1	Kayn Quinones	391	18:45.32	3:45.06	6:02.21
3-3	Andrés Marquez	378	19:11.84	3:50.36	6:10.74
9-8	Eddie Gallegos	363	20:10.05	4:02.01	6:29.48
23-15	Cory Gonzalez	366	21:37.98	4:19.59	6:57.78
36-22	Damian Pastrana	389	22:30.28	4:30.05	7:14.61
<hr/>					
Top 5 Total:	1:42:15	Top 5 Avg:	20:27.09		
1 - 5 Split:5	3:44	1 - 7 Split:5			









Onate Invitational at Onate HS Meet 4

Girls Varsity

7	Fernandez, Lilli	Eastwood Hig	19:49.00	6					
10	Herrera, Hannah	Eastwood Hig	19:58.00	9					
13	Ordaz, Alexis	Eastwood Hig	20:13.00	12					
17	King, Sabrina	Eastwood Hig	20:38.00	16					
22	Vega, Miranda	Eastwood Hig	20:46.00	21					
25	Ruiz, Daniella	Eastwood Hig	21:15.00	24					
26	Hernandez, Francis	Eastwood Hig	21:22.00	25					
2	Eastwood High School	64	6	9	12	16	21	24	25
	Total Time: 1:41:24.00								
	Average: 20:16.80								

Boys Varsity

1	Bernal, Daniel	Eastwood Hig	15:19.72	1					
3	Munoz, Matt	Eastwood Hig	15:53.13	3					
10	Armijo, Gabriel	Eastwood Hig	16:39.19	10					
14	McLain, James	Eastwood Hig	16:53.62	14					
16	Godfrey, Dylan	Eastwood Hig	16:58.87	16					
34	Cazares, Leo	Eastwood Hig	17:33.65	33					
50	Gonzalez, Edgar	Eastwood Hig	17:53.58	48					
1	Eastwood High School	44	1	3	10	14	16	33	48
Total Time: 1:21:44.53									
Average: 16:20.91									

Girls Open

4	Lezama, Ariana	Eastwood Hig	22:02.78	4
6	Escarcega, Cheyenne	Eastwood Hig	22:20.15	6
10	Stallings, Amanda	Eastwood Hig	22:35.74	9
11	Sandoval, Skylar	Eastwood Hig	22:37.02	10
13	Fernandez, Marcela	Eastwood Hig	22:58.73	12
18	Spencer, Jackie	Eastwood Hig	23:18.90	17
19	Cruncleton, Emily	Eastwood Hig	23:19.26	18
21	Delgado, Emily	Eastwood Hig	23:56.78	
29	Vazquez, Valeria	Eastwood Hig	24:14.71	
30	Aguilera, Kathleen	Eastwood Hig	24:20.89	
39	Britton, Eliana	Eastwood Hig	24:41.38	
61	Cazares, Cassandra	Eastwood Hig	25:39.44	
62	Ortga, Jaloany	Eastwood Hig	25:41.43	
71	Reyes, Natasha	Eastwood Hig	25:58.31	
83	Mercado, Ashley	Eastwood Hig	26:24.97	
84	Castillo, Victoria	Eastwood Hig	26:27.81	
99	Uribe, Maria	Eastwood Hig	27:18.42	
101	Fajardo, Allison	Eastwood Hig	27:23.66	
116	Gonzalez, Cecilia	Eastwood Hig	28:17.08	



High school cross country

Pebble Hills Classic

Boys results

Team

Team: 1. Americas, 54; 2. Eastlake, 74; 3. Franklin, 76; 4. Montwood, 95; 5. Tornillo, 133.

Individual (times not recorded)

1. Adam Cortez, Franklin; 2. Brian Lujan, Americas; 3. Michael Contreras, Franklin; 4. Jose Villalobos, Americas; 5. Anthony Cordova, Franklin; 6. Donovan DecQuir, Eastlake; 7. Isaac Flores, Americas; 8. Edgar Gonzalez, Eastlake; 9. Francisco Sandoval, Eastlake; 10. Solomon Weatherly, Hanks; 11. Sebastian Moreno, El Dorado; 12. Bryan Lara, Montwood; 13. Isaac Page, Pebble Hills; 14. Rosendo Vazquez, Montwood; 15. Jordi Elias, Tornillo; 16. Andrew Diaz, Americas; 17. Juan Rivera, Tornillo; 18. Marcus Jimenez, El Dorado; 19. Patrick Duncan, Pebble Hills; 20. Andy Martinez, Horizon.

Girls

Team: 1. Franklin, 52; 2. Montwood, 89; 3. El Paso High, 110; 4. Eastlake, 126; 5. Capitullo, 128.

Individual (times not recorded)

1. Anisa Burchaga, Capitullo; 2. Britanna Armentanz, Franklin; 3. Jackie Aguilar, Americas; 4. Myah Ray-Morales, EPHS; 5. Haley Gonzalez, Montwood; 6. Karla Enriquez, Horizon; 7. Ayia Lopez, Franklin; 8. Stephanie Martinez, Eastlake; 9. Kimberly Melton, Franklin; 10. Jordan Pison, Americas; 11. Erika Alarado, Tornillo; 12. Bianca De Santos, Montwood; 13. Jenna Rosales, Franklin; 14. Marissa Chavira, Capitullo; 15. Malicia Castaneda, El Dorado; 16. Christina Ramirez, Capitullo; 17. Paola Reyes, EP; 18. Alyssa Aguirre, Eastlake; 19. Noemi Arellano, Montwood; 20. Valeria Herrera, El Dorado.

2015 Onate Rob Winter XC Classic

Girls results

Team

1. Onate, 47; 2. Eastwood, 64; 3. Centennial, 4; Chapin, 169; 5. Alamogordo, 187; Other El Paso schools: 8, Clint, 229; 9, Bel Air, 231; 11

Burges, 244; 12. Jefferson, 266; 14. San Elizario, 317; 15. Loreto Academy, 388; 16. Parkland, 475.

Individual (Top 20)

1. Lewis, Aiena Belen, 18:06.00; 2. Baldwin, Renee, Onate, 18:46.00; 3. Aguirre, Amerhyet, Onate, 18:48.00; 4. Fernald, Irene, Las Cruces, 19:02.00; 5. Goodman, Skylar, Chapin, 19:47.00; 6. Salazar, Leah, Centennial, 19:48.00; 7. Fernandez, Lilli, Eastwood, 19:49.00; 8. Aguilera, Meghan, Onate, 19:53.00; 9. Weldon, Marissa, Los Lunas, 10. Herrera, Hannah, Eastwood, 19:58.00; Other El Paso finishers: 13. Ordaz, Alexis, Eastwood, 20:13.00; 15. Stevens, Ocean, Clint, 20:32.00; 17. King, Sabrina, Eastwood, 20:38.00.

Boys results

Team

1. Eastwood, 44; 2. Onate, 70; 3. San Elizario, 77; 4. Clint, 131; 5. Cathedral, 153; Other El Paso schools: 7, Bel Air, 188; 9, Chapin, 234; 10, Burges, 347; 14, Del Valle, 383; 16, Jefferson, 409; 17, Parkland, 418.

Individual (Top 20)

1. Bernal, Daniel, Eastwood, 15:19.72; 2. Salas, Thomas, Onate, 15:51.14; 3. Munoz, Matt, Eastwood, 15:53.13; 4. Arambula, Erick, San Elizario, 16:01.02; 5. Barba, Louie, Cathedral, 16:04.85; 6. Montemayor, Nathaniel, Onate, 16:23.83; 7. Zamak, Adam, Onate, 16:27.36; 8. Cardoza, Ulices, San Elizario, 16:30.39; 9. Sanchez, Isaac, Clint, 16:35.67; 10. Armijo, Gabriel, Eastwood, 16:39.19; Other El Paso finishers: 14. McLain, James, Eastwood, 16:53.62; 15. Fuentes, Adrian, San Elizario, 16:58.61; 16. Godfrey, Dylan, Eastwood, 16:58.87; 17. Coombes, Jakob, Chapin, 17:02.84; 19. Seagraves, Brandon, Cathedral, 17:07.51; 20. Boswell, Matthew, Chapin, 17:09.27.

High School Volleyball

Horizon def. Ysleta 25-13, 27-25, 25-9

Ysleta, Ashley Diaz 4 kills; Joana Hernandez, 5 kills; Karibdis Valenzuela, 3 kills

El Dorado def. Socorro 25-15, 25-10, 25-8

Girls OPEN Team Scores

1 Eastwood High School	41 4 6 9 10 12 17 18
Total Time: 1:52:34.42	
Average: 22:30.89	

Boys Open

1 Ward, Noah	Eastwood Hig	17:35.59	1
2 Lozoya, Peter	Eastwood Hig	17:38.82	2
4 Friesenhahn, Ruben	Eastwood Hig	17:50.18	4
5 Ruiz, Jesus	Eastwood Hig	17:58.60	5
8 Porras, Chris	Eastwood Hig	18:11.85	8
13 Quinones, Kayn	Eastwood Hig	18:24.69	13
16 Gamboa, Deric	Eastwood Hig	18:33.71	16
17 Wallace, Adam	Eastwood Hig	18:35.31	
22 Costello, Matthew	Eastwood Hig	18:46.15	
31 Marquez, Andres	Eastwood Hig	19:07.09	
37 Jimenez, Noah	Eastwood Hig	19:17.31	
44 Guerra, Pedro	Eastwood Hig	19:28.31	
76 Soto, Damian	Eastwood Hig	20:24.50	
77 Herrera, Jaime	Eastwood Hig	20:25.45	
84 Gallegos, Eddie	Eastwood Hig	20:33.37	
134 Gonzales, Cory	Eastwood Hig	21:54.93	
137 Uribe, Fabricio	Eastwood Hig	21:58.22	
138 Pastran, Damian	Eastwood Hig	21:58.95	

1 Eastwood High School	20 1 2 4 5 8 13 16
Total Time: 1:29:15.04	
Average: 17:51.01	



Desert Twilight AZ

*Sweepstakes Boys

Place	Athlete	Team	Result	Points
1	<u>Bernal, Daniel</u>	11 El Paso Eastwood	15:00.80	1
8	<u>Munoz, Matt</u>	12 El Paso Eastwood	15:18.70	6
55	<u>Armijo, Gabrial</u>	10 El Paso Eastwood	16:14.20	49
59	<u>McLain, James</u>	12 El Paso Eastwood	16:16.80	53
103	<u>Godfrey, Dylan</u>	10 El Paso Eastwood	16:42.30	94
129	<u>Cazares, Leo</u>	11 El Paso Eastwood	17:05.20	119
5	El Paso Eastwood	203 1+6+49+53+94 (119)	1:41 1-5 Split 15:54	

Girls 5000m run	Place	NAME	Team	Time
10	Alexus ORDAZ	EL PASO EASTWOOD		19:41.5
13	Sabrina KING	EL PASO EASTWOOD		19:50.0
14	Liliana FERNA	EL PASO EASTWOOD		19:52.6
24	Miranda VEGA	EL PASO EASTWOOD		20:08.4
28	Hannah HERRERA	EL PASO EASTWOOD		20:18.5
34	Samantha MARTINEL	PASO EASTWOOD		20:29.6
45	Diana MARTELL	EL PASO EASTWOOD		20:46.5

EASTWOOD 1st 87pts Team Avg 19:57.8

Boys Large School Freshman

4	QUINONES, Kayn	FR EL PASO EASTWOOD Boys Large S...	18:05
28	GALLEGOS, Eduardo	FR EL PASO EASTWOOD Boys Large S...	19:10
31	MARQUEZ, Andres	FR EL PASO EASTWOOD Boys Large S...	19:31
115	GONZALEZ, Cory Chris	FR EL PASO EASTWOOD Boys Large S...	21:23

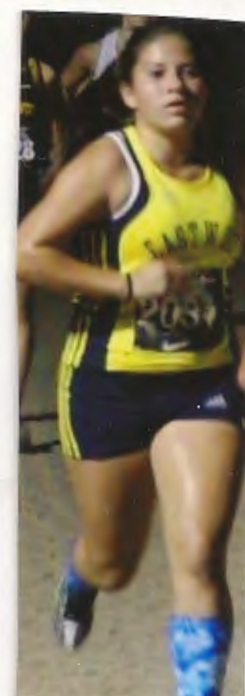
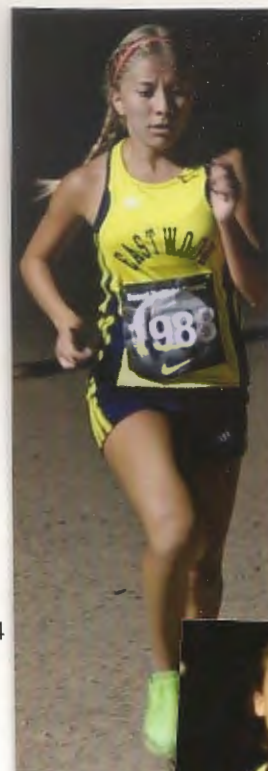
Girls Large School Freshman

14	SPENCER, Jackie	FR EL PASO EASTWOOD Girls Large S...	22:43
24	FERNANDEZ, Marcela	FR EL PASO EASTWOOD Girls Large S...	23:29
26	RENOVATO, Alexis	FR EL PASO EASTWOOD Girls Large S...	23:35
31	BRITTON, Eliana	FR EL PASO EASTWOOD Girls Large S...	23:52
51	CAZARES, Cassandra	FR EL PASO EASTWOOD Girls Large S...	25:14
55	ORTEGA SILVA, Jaloany	FR EL PASO EASTWOOD Girls Large S...	25:28
59	REYES, Natasha	FR EL PASO EASTWOOD Girls Large S...	25:56

Boys Large School Open

17	WARD, Noah	JR EL PASO EASTWOOD Boys Large S...	17:25
21	LOZOYA, Peter	JR EL PASO EASTWOOD Boys Large S...	17:30
38	COSTELLO, Matthew	SR EL PASO EASTWOOD Boys Large S...	17:41
46	GONZALEZ, Edgar	SO EL PASO EASTWOOD Boys Large S...	17:46
58	GAMBOA, Deric	SO EL PASO EASTWOOD Boys Large S...	18:02
64	PORRAS, Chris	JR EL PASO EASTWOOD Boys Large S...	18:04
66	RODRIGUEZ, Carlos	JR EL PASO EASTWOOD Boys Large S...	18:05
76	WALLACE, Adam	SO EL PASO EASTWOOD Boys Large S...	18:13
101	GUERRA, Pedro	SO EL PASO EASTWOOD Boys Large S...	18:31
103	JIMENEZ, Noah	SO EL PASO EASTWOOD Boys Large S...	18:32
138	RUIZ, Jesus	JR EL PASO EASTWOOD Boys Large S...	18:49
252	HERRERA, Jaime	JR EL PASO EASTWOOD Boys Large S...	19:55
302	SOTO, Damian	SO EL PASO EASTWOOD Boys Large S...	20:22
379	URIBE, Fabricio	JR EL PASO EASTWOOD Boys Large S...	20:58

Team 6th 153 Pts Team Avg 17:40



Girls Large School Open

24 RUIZ, Daniella JR EL PASO EASTWOOD Girls Large S...	21:07
37 HERNANDEZ, Francis SO EL PASO EASTWOOD Girls Large S...	21:33
51 LEZAMA, Ariana SR EL PASO EASTWOOD Girls Large S...	21:49
52 ESCARCEGA, Cheyenne JR EL PASO EASTWOOD Girls Large S...	21:50
70 ZAREI, Nazanin JR EL PASO EASTWOOD Girls Large S...	22:26
88 DELGADO, Emily JR EL PASO EASTWOOD Girls Large S...	22:53
93 STALLINGS, Amanda JR EL PASO EASTWOOD Girls Large S...	23:10
96 SANDOVAL, Skylar SO EL PASO EASTWOOD Girls Large S...	23:12
97 CRUNCLETON, Emily SO EL PASO EASTWOOD Girls Large S...	23:13
156 AGUILERA, Kathleen JR EL PASO EASTWOOD Girls Large S...	24:05
328 URIBE, Maria JR EL PASO EASTWOOD Girls Large S...	27:01
8th 222 Pts Team Avg 21:44	

Cortez said he is not about to rest on his laurels with the District 1-6A meet two weeks away, where he looks to challenge the 2014 El Paso Times Runner of the Year, Eastwood's Daniel Bernal, who won the Desert Twilight XC Festival in Casa Grande, Ariz., on Friday night in a time of 15:00.80.

"With guys like Bernal, you have to memorize the course, see what you can do, get your strategy and just kind of pray because he is that good," Cortez said. "You just have to be mentally ready for the pain."

Victor R. Martinez may be reached at 546-6128; vmartinez@elpasotimes.com; @vrmart on Twitter.



Desert Twilight

09:55:46

Sole Sports Boys Sweepstakes

Pl	No.	Name
1	2039	Daniel BERNAL
2	4159	Tyler BEAUCHAMP
3	281	Christian RICKETTS
4	1624	Jaiden MELENDREZ
5	4053	Devin PAREDES

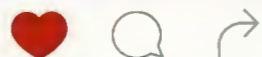


Desert Twilight

09:55:42

Sole Sports Boys Sweepstakes

Pl	No.	Name
6	204	Steven GOLDY
7	2	Luc HAGEN
8	2044	Matt MUNOZ
9	3255	Mitchell JACOBSON
10	672	Manuel OLIVO-QUIN

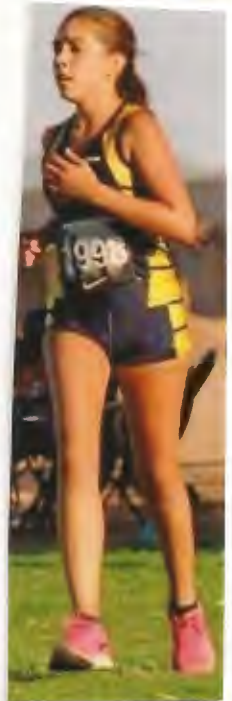


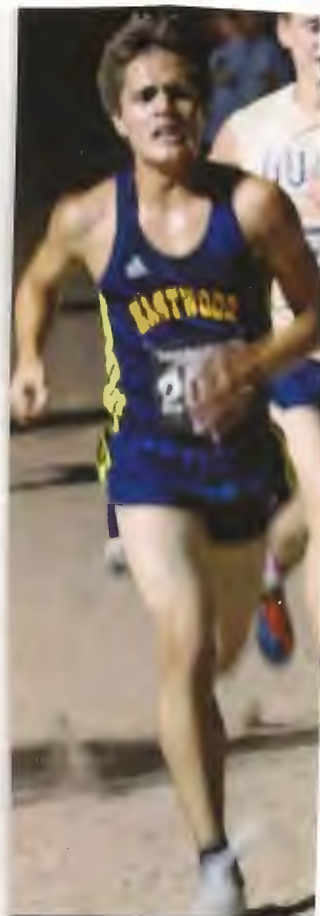
♥ 1,492 likes

2h

dyestat Daniel Bernal from El Paso Eastwood TX passed Tyler Beauchamp of Saguaro AZ 45 feet from the finish line and won the top boys race at the Desert Twilight with 15:00. Margot Kelly Photo







Parkland/Riverside Invitational - 10/10/2015 Veterans Park

Boys 3.25 Varsity

15 Gonzalez, Edgar Eastwood Hig	18:25.94	14
24 Ward, Noah Eastwood Hig	18:36.19	22
26 Lozoya, Peter Eastwood Hig	18:38.67	24
29 Costello, Matthew Eastwood Hig	18:49.10	27
33 Ruiz, Jesus Eastwood Hig	18:56.86	31
34 Porras, Chris Eastwood Hig	19:02.21	32
38 Gamboa, Deric Eastwood Hig	19:14.60	36

5 Eastwood High School 118 14 22 24 27 31 32 36

Total Time: 1:33:26.76

Average: 18:41.36

Girls 3.25 Mile Run CC Varsity

14 Lezama, Ariana Eastwood Hig	22:52.51	8
17 Escarcega, Cheyenne Eastwood Hig	23:00.40	10
18 Hernandez, Francis Eastwood Hig	23:05.18	11
22 Zarei, Nazanin Eastwood Hig	23:19.39	14
27 Stallings, Amanda Eastwood Hig	23:56.24	17
32 Sandoval, Skylar Eastwood Hig	24:19.89	21
48 Delgado, Emily Eastwood Hig	25:20.33	36

1 Eastwood High School 60 8 10 11 14 17 21 36

Total Time: 1:56:13.73

Average: 23:14.75

Boys 3.25 Open

1 Friesenhahn, Ruben Eastwood Hig	19:04.70	1
8 Rodriguez, Carlos Eastwood Hig	19:30.30	7
9 Guerra, Pedro Eastwood Hig	19:30.79	8
20 Wallace, Adam Eastwood Hig	20:04.49	19
26 Jimenez, Noah Eastwood Hig	20:25.90	25
53 Tinajero, Isaiah Eastwood Hig	21:17.98	43
73 Herrera, Jaime Eastwood Hig	22:09.41	59
85 Uribe, Fabricio Eastwood Hig	22:54.70	
86 Soto, Damian Eastwood Hig	22:56.42	

2 Eastwood High School 60 1 7 8 19 25 43 59

Total Time: 1:38:36.18

Average: 19:43.24



Girls 3.25 Open

7 Cruncleton, Emily Eastwood Hig	24:47.67 6
12 Aguilera, Kathleen Eastwood Hig	25:28.24 10
44 Mercado, Ashley Eastwood Hig	27:46.20 36
71 Uribe, Maria Eastwood Hig	29:25.89 53
88 Chinolla, Cat Eastwood Hig	31:48.00 62

6 Eastwood High School 167 6 10 36 53 62

Total Time: 2:19:16.00

Average: 27:51.20

Boys 3.25 Freshmen

1 Quinones, Kayn Eastwood Hig	19:45.62 1
2 Marquez, Andres Eastwood Hig	20:08.13 2
5 Gallegos, Eddie Eastwood Hig	20:34.54 5
7 Herrera, Jaime Eastwood Hig	20:45.04 7
12 Jezbera, Michael Eastwood Hig	22:14.16 12
13 Gonzales, Cory Eastwood Hig	22:21.21 13
16 Morales, Donovan Eastwood Hig	22:38.20 16
21 Pastran, Damian Eastwood Hig	23:08.31

1 Eastwood High School 27 1 2 5 7 12 13 16

Total Time: 1:43:27.49

Average: 20:41.50



Girls Freshmen

1 Spencer, Jackie Eastwood Hig 1
2 Fernandez, Marcela Eastwood Hig 2
4 Renovato, Alexis Eastwood Hig 4
6 Cazares, Cassandra Eastwood Hig 6
7 Britton, Eliana Eastwood Hig 7
10 Reyes, Natasha Eastwood Hig 10
17 Ortrga, Jaloany Eastwood Hig 14

1 Eastwood High School 20 1 2 4 6 7 10 14





District meets taking center stage

VICTOR R. MARTINEZ
EL PASO TIMES

Eight district cross country championships will be claimed Saturday morning at the Chamizal National Memorial.

Boys and girls in District 3-4A, 1-5A, 2-5A and 1-6A will race for the opportunity to advance to the Region 1 Cross Country Meet at Mae Simmons Park in Lubbock on Oct. 26.

The rolling schedule starts at 9 a.m. with District 3-4A girls then boys, 1-5A, 2-5A and 1-6A.

The top three teams and the top 10 individuals in each district qualify for the Region 1 meet.

Here is a break down on what to expect in each district.

District 3-4A

San Elizario, the defending boys Class 4A state, regional and district champion, are the team to beat.

"We have done some good things this year and district means a lot to our team and we want to keep getting better," said junior Erick Arambula, who enters the race with the city's fourth fastest 5K time at 15:49.74. "The district meet will be important to us in terms of improving and getting better as individuals."

The Eagles, ranked No. 1 in the state according to the Cross Country Coaches Association of Texas, are coming on of late and gaining more confidence with the improved health of junior Ulises Car-doza.

The Clint Lions, which are ranked No. 6 in the state, will give San Elizario all it can handle again this year.

Watch for Clint senior Issac Sanchez to challenge Arambula and Cardoza for individual honors.

On the girls side, the district championship will come down to Mountain View, the defending district champion, and Clint which is led by senior Ocean Stevens.

Individually, Mountain View's junior



VICTOR R. MARTINEZ/EL PASO TIMES
Eight district cross country championships will be determined Saturday at the Chamizal National Memorial.

Michelle Estrada comes into the meet with the city's fourth fastest time (19:25.33) and with three meet championships. She will be going after her second district crown.

District 2-5A

The boys race looks to be wide open with defending champion Eastlake, Horizon, Bel Air and Del Valle competing for three regional bids.

Eastlake appears to have the advantage with senior Donovan Decquir, sophomore Eddie Gonzalez and junior Francisco Sandoval leading the pack.

Horizon can jump right in there with its top runner's senior Mike Flores and sophomore Andy Martinez who come into the district race with two of the city's top 25 times.

Look for Flores and Decquir to battle for the individual gold as well.

The girl's individual race could be just as exciting with Hanks sophomore Andrea Abeyta, who comes in with the city's top time (18:53.20) and Horizon senior Michelle Renteria (10th fastest city time in 19:44.00) battling for a district championship.

"District will be fun and tough at the

same time," Renteria said. "We want to be running well as a team and I think we have been improving as the season has gone on."

Look for Horizon, the defending champion, and Hanks to finish one-two with Bel Air being the dark horse.

District 1-5A

This is another wide-open race for the boys district championship.

Austin comes in as the defending champion and is primed to repeat with its top runners senior Saul Caldera and sophomore Jesus Moreal.

The Panthers will have to fight off Chapin and Jefferson if it hopes to bring its third title in four years to Austin.

Individually, the district champion should come down to Irvin sophomore Aaron Giliam, Caldera and a possible challenge from Chapin seniors Matthew Boswell and Jakob Coombes.

The Jefferson girls are the odds on favorite to win the team championship with a possible challenge from defending champion Chapin and Andrews.

Individually, Canutillo junior and state-qualifier Anisa Burciaga will be challenged by Jefferson junior Brooke Woodson and Chapin freshman Skyler Goodman. Chapin senior Rachel Gallivan hopes to have the race of the season and defend her district title.

District 1-6A

Is there any team in any sport in El Paso more dominate than the Eastwood cross country program?

The boys are seeking a fifth straight district championship and the girls are going after a fourth straight and eighth in the past nine years.

Eastwood's one-two punch of junior Daniel Bernal and senior Matt Munoz have the city's two fastest 5K times, Bernal running a 15:00.80 and Munoz a 15:18.70 at the Desert Twilight in Casa Grande, Ariz. earlier this month.

If any team is going to challenge the

If you go

What: District 1-6A, 1-5A, 2-5A and 3-4A cross country meets.

When: Rolling schedule starting at 9 a.m. Saturday with District 3-4A girls then boys, 1-5A, 2-5A and 1-6A.

Where: Chamizal National Memorial, 800 S. San Marcial.

At stake: The top three teams and the top 10 individuals in each district qualify for the Region 1 cross country meet Oct. 26 at Mae Simmons Park in Lubbock.

Troopers, it would be Americas which is peaking at the right time. Its top two runners, juniors Brian Lujan and Jose Villalobos have been consistent the entire season.

Look for Franklin and its top runner junior Adam Cortez to take the third spot and advance to regionals.

The field will be chasing Bernal, the 2014 El Paso Times Runner of the Year. Possible challengers are Cortez, Lujan and Socorro senior Stephen Alvarez.

On the girl's side, challenging Eastwood will be Socorro led by sophomore Natalie Gomez who comes into the meet with the city's third fastest time (19:20.74) and Franklin with seniors Brianna Armandariz and Ayia Lopez leading the team.

The Eastwood girl's team-first concept has never been more evident than this season.

Unlike in year's past, Eastwood went through the entire season without an individual meet winner.

The team is led by sophomores Lilli Fernandez and Sabrina King, junior Alexis Ordaz and senior Hannah Herrera. The race for individual gold will come down to Gomez from Socorro, Brianna Armandariz from Franklin and Eastwood's Fernandez.

Victor R. Martinez may be reached at 546-6128; vmartinez@elpasotimes.com; @vrmart on Twitter.



District Meet at Chamizal

6A Girls 5000m

2	Fernandez, Lilli	So	Eastwood Hig	19:45.78	6:28
4	Ordaz, Alexis	Jr	Eastwood Hig	20:00.81	6:29
6	Herrera, Hannah	Sr	Eastwood Hig	20:05.97	6:29
7	Vega, Miranda	So	Eastwood Hig	20:09.00	6:29
11	King, Sabrina	So	Eastwood Hig	20:34.59	6:29
12	Martinez, Samantha	Jr	Eastwood Hig	20:46.18	6:36
16	Ruiz, Daniella	Jr	Eastwood Hig	21:10.84	6:39
1 El Paso Eastwood 30 2+4+6+7+11 (12+16)				0:48 1-5 Split 	20:07

Boys 5000m run

1	Bernal, Daniel	Jr	Eastwood Hig	15:23.84	5:18
5	Munoz, Matt	Sr	Eastwood Hig	16:02.72	5:20
9	McLain, James	Jr	Eastwood Hig	16:26.72	5:28
13	Armijo, Gabe	So	Eastwood Hig	16:56.12	5:28
14	Godfrey, Dylan	Jr	Eastwood Hig	16:59.12	5:28
24	Gonzalez, Edgar	So	Eastwood Hig	17:32.09	5:34
32	Cazares, Leo	Jr	Eastwood Hig	17:59.75	
1 El Paso Eastwood 42 1+5+9+13+14 (24+32)				1:35 1-5 Split 	16:21

Sub Varsity at Del Valle

Girls 5k Run CC 9th

1	Spencer, Jackie	Eastwood Hig	21:06.67
3	Fernandez, Marcela	Eastwood Hig	22:04.19
4	Britton, Eliana	Eastwood Hig	22:15.89
5	Renovato, Alexis	Eastwood Hig	22:52.56
6	Cazares, Cassandra	Eastwood Hig	23:00.95
9	Vazquez, Valeria	Eastwood Hig	23:32.90
11	Reyes, Natasha	Eastwood Hig	23:53.31
24	Gonzalez, Cecilia	Eastwood Hig	27:29.99
1 Eastwood High School		15 1 2 3 4 5 8 9	
Total Time: 1:51:20.26			
Average: 22:16.06			





Boys 5k Run CC 9th

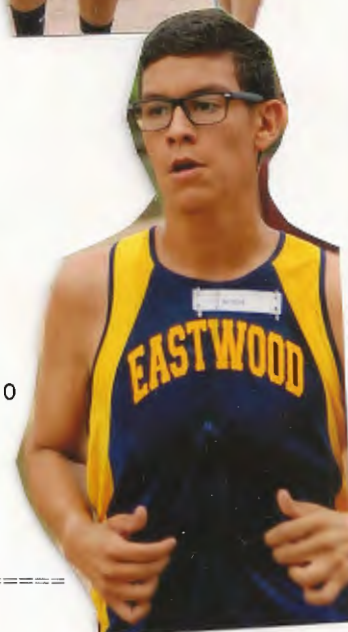
1	Quinones, Kayn	Eastwood Hig	17:44.39
2	Marquez, Andres	Eastwood Hig	17:50.60
3	Gallegos, Eddie	Eastwood Hig	18:30.53
12	Gonzales, Cory	Eastwood Hig	19:13.80
18	Jezbera, Michael	Eastwood Hig	19:55.84
23	Morales, Donovan	Eastwood Hig	20:20.00
25	Pastran, Damian	Eastwood Hig	20:56.14
1	Eastwood High School	35 1 2 3 12 17 22	
Total Time: 1:33:15.16			
Average: 18:39.04			

Girls 5k Run CC Open

1	Escarcega, Cheyenne	Eastwood Hig	21:04.43
2	Lezama, Ariana	Eastwood Hig	21:04.93
3	Hernandez, Francis	Eastwood Hig	21:24.75
4	Cruncleton, Emily	Eastwood Hig	21:29.36
5	Zarei, Nazanin	Eastwood Hig	21:37.27
6	Stallings, Amanda	Eastwood Hig	22:05.49
10	Delgado, Emily	Eastwood Hig	22:44.66
11	Sandoval, Skylar	Eastwood Hig	22:59.96
17	Aguilera, Kathleen	Eastwood Hig	23:41.69
18	Mercado, Ashley	Eastwood Hig	23:43.99
35	Uribe, Maria	Eastwood Hig	25:56.07
41	Fajardo, Allison	Eastwood Hig	26:35.79
53	Chinolla, Cat	Eastwood Hig	28:41.56
1	Eastwood High School	15 1 2 3 4 5 6 10	
Total Time: 1:46:40.74			
Average: 21:20.15			

Boys 5k Run CC Open

Name	Year	School	Finals	Points
1	Molina, Anthony	Eastwood Hig	17:17.77	1
2	Ward, Noah	Eastwood Hig	17:22.75	2
3	Ruiz, Jesus	Eastwood Hig	17:25.04	3
4	Lozoya, Peter	Eastwood Hig	17:28.06	4
5	Costello, Matthew	Eastwood Hig	17:37.41	5
6	Porras, Chris	Eastwood Hig	17:43.45	6
7	Rodriguez, Carlos	Eastwood Hig	17:49.70	7
9	Gamboa, Derek	Eastwood Hig	18:02.82	
11	Guerra, Pedro	Eastwood Hig	18:19.25	
12	Jimenez, Noah	Eastwood Hig	18:37.49	
13	Wallace, Adam	Eastwood Hig	18:42.53	
16	Tinajero, Isaiah	Eastwood Hig	19:16.22	
26	Herrera, Jaime	Eastwood Hig	20:09.71	
29	Soto, Damian	Eastwood Hig	20:44.26	
31	Uribe, Fabricio	Eastwood Hig	21:07.10	
1	Eastwood High School	15 1 2 3 4 5 6 7		
Total Time: 1:27:11.03				
Average: 17:26.21				





Eastwood's Bernal defends District 1-6A crown

VICTOR R. MARTINEZ
EL PASO TIMES

On a day of change at the boys' cross-country district meet, the one constant was Eastwood junior Daniel Bernal, who led the Troopers to their fifth straight district championship.

Bernal, who ran a national Top 10 time of 15:00.80 at the Desert Twilight Cross Country Festival in Casa Grande, Ariz., Country Festival in this month, used that victory to propel him to his second straight District 1-6A title.

"I came in with the mentality that I knew I could do this and I wasn't going to allow anyone to beat me in this race," Bernal said. "But more importantly, I wanted to win this and help my team win the meet. We were looking for a top three

in Arizona, but we finished fifth, so we wanted to come back and win this one."

District 1-6A, 2-5A, 1-5A and 3-4A crowned individual and team champs Saturday morning at the Chamizal National Memorial.

The top three teams and the top 10 individuals in each district qualify for the Region 1 Cross Country Meet on Oct. 26 at Mae Simmons Park in Lubbock.

Bernal, who won all six meets he has competed in this season, finished the 3.1 mile course in 15:23.94.

Franklin junior Adam Cortez was second (15:48.94) and Socorro senior Stephen Alvarez was third in 15:51.00.

Bernal said he was determined to keep the district team championship at

See BERNAL, Page 7C

Bernal

Continued from Page 1C

Eastwood.

"Coach (Mike) McLain has been here since 2002 and I know how hard he has worked to push the program into what it is now," he said. "He has pushed this program to be the best it can be and he proves every year. I pay a lot of respect to the past. Those guys still come out and watch us no matter where we run."

Eastwood — which had three runners in the top 10, Bernal, Matt Muñoz (16:02.72) in fifth and James McLain (16:26.72) in ninth — finished with 42 points followed by Franklin (74) and Coronado (85), who also advance to regionals.

Eastwood's Lilli Fernandez was second, followed by Jessica Dominguez of Socorro, Alexis Ordez of Eastwood and Natalie Gomez of Socorro.

Eastwood won the District 1-6A title by placing four runners in the top 10, while Franklin and Socorro also qualified for the regional meet, which is Oct. 26 in Lubbock.

Mountain View's Michelle Estrada entered Saturday's District 3-4A meet as one of the city's best runners with three meet championships. She didn't disappoint on Saturday morning in winning the two-mile championship in a time of 13:08.12. The junior appears ready to make a run for qualifying for the state meet at next week's regionals.

"I have great support and that helps push me," Estrada said. "I feel strong and I feel like I am getting better. But I can still continue to do better. The regional meet will be another test for me. But the goal remains to do well at regionals."

Clint won the district championship with 21 points. Senior Ocean Stevens finished second, followed by teammates Ciara Gonzalez, Sarah Segura and Samantha Zapata to round out the top five. "I felt good out there and the team did a great job," Stevens said. "Everyone stepped up and contributed. Hopefully, we can continue the momentum into next week's regionals."

Felix F. Chavez may be reached at 546-6167; fchavez@elpasotimes.com; @Fchavezpines on Twitter.

High school cross country

Saturday's District Cross Country Results

Chamizal National Monument

District 1-5A

Girls

Individual

1. Anna Burdaga, Canutillo, 19:33.15; 2. Rachel Gallivan, Chapin, 20:03.97; 3. Mylan Ray-Morales, El Paso High, 20:34.34; 4. Skyler Goodman, Chapin, 20:33.22; 5. Roxanne Reza, Jefferson, 20:36.25; 6. Doraila Lopez, Jefferson, 20:40.75; 7. Melissa De Los Santos, Iván, 20:50.56; 8. Brooke Woodson, Jefferson, 21:08.34; 9. Luisa Herrera, Burges, 21:11.22; 10. Breona Pinkney, Jefferson, 21:19.38

Team

1. Jefferson 52; 2. El Paso 69; 3. Chapin 69; 4. Canutillo 101; 5. Burges 110; 6. Iván 130; 7. Bowie 154

District 2-5A

Individual

1. Andreea Abeyra, Hanks, 19:46.31; 2. Michelle Renteria, Horizon, 20:50.31; 3. Karla Enriquez, Horizon, 21:01.53; 4. Letizia Hernandez, Eastlake, 21:11.75; 5. Stephanie Martinez, Eastlake, 21:16.75; 6. Celeste Zamaron, Hanks, 21:21.94; 7. Sol Senez-Arreola, Bel Air, 21:26.02; 8. Annis Chavez, Eastlake, 21:31.44; 9. Pilschila Inostroza, Del Valle, 21:47.28; 10. Daisy Avila, Del Valle, 21:50.22

Team

1. Eastlake 48; 2. Del Valle, 70; 3. Horizon, 79; 4. Hanks, 74; 5. Bel Air, 94; 6. Parkland, 164; 7. Riestle, 173

District 1-6A

Individual

1. Brianna Amendarez, Franklin, 19:33.41; 2. Lilli Fernandez, Eastwood, 19:45.78; 3. Jessica Dominguez, Socorro, 19:57.12; 4. Alexis Ordez, Eastwood, 20:00.81; 5. Natalie Gomez, Socorro, 20:04.09; 6. Hannah Herrera, Eastwood, 20:05.97; 7. Miranda Vega, East-



wood, 20:09.00; 8. Ayia Lopez, Franklin, 20:17.31; 9. Jackie Aguilar, Americas, 20:22.28; 10. Haley Gonzalez, Montwood, 20:34.59

Team

1. Eastwood, 30; 2. Franklin, 76; 3. Socorro, 76; 4. Montwood, 102; 5. Coronado, 6; El Dardo, 129; 7. Americas, 160

District 3-4A

Individual

1. Michelle Estrada, Mountain View, 13:08.12; 2. Ocean Stevens, Clint, 13:32.15; 3. Ciara Gonzalez, Clint, 14:44.29; 4. Sarah Segura, Clint, 14:53.94; 5. Samantha Zapata, Clint, 15:05.22; 6. Guadalupe Guzman, Fabens, 15:11.44; 7. Valeria Lopez, San Elizario, 15:18.50; 8. Jazmine Blazquez, Clint, 15:29.84; 9. Aylina Hernandez, Fabens, 15:33.06; 10. Valerie Juarez, San Elizario, 15:46.78

Team

1. Eastwood, 42; 2. Franklin, 74; 3. Coronado, 85; 4. Americas, 104; 5. Montwood, 108; 6. El Dorado, 127; 7. Socorro, 139

District 2-5A

Individual

1. Solomon Weatherby, Hanks, 17:00.22; 2. Mike Flores, Horizon, 17:00.72; 3. Edgar Gonzalez, Eastlake, 17:08.15; 4. Donovan Decuir, Eastlake, 17:11.47; 5. Andy Martinez, Horizon, 17:15.15; 6. Isaiah Page, Pebble Hills, 17:16.31; 7. Eddie Corona, Del Valle, 17:17.43; 8. Patrick Duncan, Pebble Hills, 17:18.24; 9. Christian Casas, Bel Air, 17:22.53; 10. Benny Sepulveda, Eastlake, 17:24.47

Team

1. Eastlake, 46; 2. Bel Air, 53; 3. Horizon, 78; 4. Hanks, 93; 5. Del Valle, 121; 6. Riestle, 138; 7. Parkland, 170

District 1-5A

Individual

1. Aaron Gilliam, Iván, 16:49.18; 2. Matthew Boswell, Chapin, 17:06.62; 3. Eric Hunt, Austin, 17:13.22; 4. Tristen Hernandez, Canutillo, 17:26.42; 5. Saul Caldera, Chapin, 17:27.66; 6. Jacob Coombes, Chapin, 17:34.15; 7. Jesus Montiel, Austin, 17:34.81; 8. Julio Var-

Team

1. San Elizario, 20; 2. Clint, 42; 3. Fabens, 90; 4. Mountain View, 95

Cross country teams sweep district 1-6A— again



(http://eastwoodsabre.com/wp-content/uploads/2015/10/IMG_1467-e1445368750238.jpg)

Comments Off on Cross country teams sweep district 1-6A— again, 20/10/2015, by staff (<http://eastwoodsabre.com/author/staff/>), in Sports (<http://eastwoodsabre.com/category/sports/>)

For the fifth straight year on the boys' side, and the fourth for the girls, the Trooper cross country teams both took the team championships at the district 1-6A meet Saturday at the Chamizal National Memorial.

The boys were led by junior Daniel Bernal, who took the individual championship by 25 seconds over Franklin's Adam Cortez. "My time was about 30 seconds better than last year," Bernal said. "I trust in my training. I believe the way we train is best, and I felt like I had some left in the tank."

Bernal said that the training for regionals will begin immediately.

"We will have about ten days to get ready, so we will probably back off on the long runs and do more speed work," Bernal said. "My main goal is to help my team get to state, and I think I can best do that by being the example."

Junior James McLain added that the team's success is due to year-round commitment.

"I'm proud of my team," he said. "Nobody wants to get up and run every morning in the summer, but we did it. That's what it takes."

Senior Matt Munoz posted a 5th place finish for the Troopers, followed by McLain in 9th, Gabe Armijo, sophomore, in 13th, sophomores Dylan Godfrey in 14th and Edgar Gonzalez in 24th. Junior Leo Cazares finished in 32nd place. Team totals are the sum of all place finishes among the first five team runners. Eastwood finished with 42 points, 32 ahead of Franklin and 43 ahead of Coronado.

The girls' team was led by Lilli Fernandez who finished 2nd individually, just 11.5 seconds behind Brianna Armendariz of Franklin. Junior Alexus Ordaz was 4th, Hannah Herrera, senior, 6th, and sophomore Miranda Vega 7th. Sabrina King, also a sophomore, took 11th place with junior Samantha Martinez right behind her in 12th, and junior Daniella Ruiz was 16th.

Coach Jimmy Ayala was extremely proud of the team.

"They ran as a team," he said. "They stayed close together throughout the race, which is what we practice. If they get to spread out, they are on an island, and that's when negative thoughts tend to arise."

Ordaz explained the "pack run" mentality.

"When we pack run, we can motivate and push each other," she said.

"We don't feel so isolated, and it really helps."

Sophomore Miranda Vega added that the team approach makes the difference.

"We think as a team, we run as a team, we win district."

Enough said.



Cross Country

State Championship berths on the line at Region 1 meet

VICTOR R. MARTINEZ

EL PASO TIMES

LUBBOCK — All that matters is finishing in the top four spots.

A fourth place team finish at today's Region 1 Cross Country Meet at Mae Simmons Park in Lubbock means a trip to Austin for the UIL Cross Country State Championship.

The top four teams and the top 10 individuals not on one of the advancing teams qualify for the state championship Nov. 7 at Old Settlers Park in Round Rock, near Austin.

"The motivation to be on the top of the podium is always there," said Cesar Morales, coach of the defending Class 4A state champion San Elizario. "It still does mean something especially for these kids but our ultimate goal is to be in the best shape when we got to Round Rock and right now we are pretty healthy. Our main priorities right now are to stay healthy, don't get sick and qualify."

Also representing District 3-4A in the Region 1, Class 4A meet are Clint and Fabens. Clint finished second at last year's regional meet and fourth at state.

"We have improved so much this season, but so have the other teams in

our region," Morales said. "We lost three of our athletes from last year's team, including our best runner. But our average times have been better every race. We're about 20 to 30 seconds better than last year but the other teams have improved also. The fact that we've improved doesn't mean it's going to be easy."

Class 6A

Mike McLain and the Eastwood Troopers are no strangers to the region meet having advanced to Lubbock five straight years and 10 times out of the past 12 years.

The Troopers, who finished second at regionals last year, have advanced to the state meet three out of the past four years. Last year, Eastwood finished fifth at the state meet.

But to get out of what many experts consider the region of doom, Eastwood must find a way to finish in the top four against the likes of four-time defending state champion Southlake Carroll, Lewisville Hebron and upstarts Amarillo Tascosa and Midland High.

"We lost some extremely talented and hard-working runners but these kids have pulled something pretty good together and I think they have an excellent

See MEET, Page 4C

Meet

Continued from Page 1C

chance of being top four at regional," McLain said. "I watch Milesplit closely and I see where other teams are and what they are doing. I look at the courses they run and based on the data that I have seen and how well we ran at Desert Twilight in Arizona, I think they have a shot."

Franklin and Coronado also advanced to regionals.

Individually, Eastwood junior Daniel Bernal comes into the meet with the nation's third fastest time (15:00.80 at the Desert Twilight Cross Country Festival in Casa Grande, Ariz.).

He said he hopes to improve on his sixth place finish at last year's regional meet.

"It seems like our region is tougher than state," he said. "I know Reed Brown from Southlake is going to be tough and so is David Strome, the Class 6A champion from Colleyville Heritage, I know he is going to be pushing the pace. There are countless other guys that I'm really looking forward to racing with and against."

Girls

The big question is who is going to be the first girl's team to advance to the state meet since Horizon did it in Class 4A in 2013?

That's the year head coach Howard Prestwood led the Scorpions to the District 2-4A championship, a third place finish at the Region 1-4A meet and a sixth place finish at state.

The tasks might be a difficult one for Class 6A teams Eastwood, Franklin and Socorro.

Seven of the top 20 teams in the state will be in this race including an undefeated Marcus team that finished 1 through 7 at its district meet.

Eastwood is making its 10th straight regional appearance.

"The team we ran at district only had one kid who ran at district the year before," said Mike McLain, Eastwood's head coach. "They ran really, really well. The competition in this region for the girls is just as difficult as it is for the boys."



Regionals



Team - El Paso Eastwood

Finish Position - 4

Team Score (places): 176		Team Score (times): 1:19:03.89		Ave Time: 15:48.78			
<u>Bib No</u>	<u>Name</u>	<u>Year</u>	<u>O'All Place</u>	<u>Cum Place</u>	<u>Time</u>	<u>Cum Time</u>	<u>Time Back</u>
1 1897	Daniel Bernal	11	1	1	14:41.70	14:41.70	0:00.00
2 1902	Matt Munoz	12	8	9	15:20.63	30:02.33	0:38.93
3 1901	James McLain	11	37	46	16:02.39	46:04.72	1:20.69
4 1896	Gabe Armijo	10	43	89	16:05.88	1:02:10.60	1:24.18
5 1900	Edgar Gonzalez	10	87	176	16:53.29	1:19:03.89	2:11.59
6 1898	Leo Cazares	11	(101)	(277)	17:05.88	1:36:09.77	2:24.18
7 1899	Noah Ward	11	(136)	(413)	17:42.90	1:53:52.67	3:01.20

Team - El Paso Eastwood

Finish Position - 9

Team Score (places): 308		Team Score (times): 1:38:36.88		Ave Time: 19:43.38			
<u>Bib No</u>	<u>Name</u>	<u>Year</u>	<u>O'All Place</u>	<u>Cum Place</u>	<u>Time</u>	<u>Cum Time</u>	<u>Time Back</u>
1 887	Alexus Ordaz	11	50	50	19:23.76	19:23.76	0:00.00
2 883	Lilly Fernandez	10	58	108	19:32.44	38:56.20	0:08.68
3 884	Hannah Herrera	12	61	169	19:39.79	58:35.99	0:16.03
4 889	Miranda Vega	10	67	236	19:56.94	1:18:32.93	0:33.18
5 885	Sabrina King	10	72	308	20:03.95	1:38:36.88	0:40.19
6 886	Samantha Martinez	11	(80)	(388)	20:21.65	1:58:58.53	0:57.89
7 888	Daniella Ruiz	11	(95)	(483)	20:34.54	2:19:33.07	1:10.78





Region 1 High School Cross Country

Eastwood's Bernal crowned

Junior gambles, wins 6A race

VICTOR R. MARTINEZ
EL PASO TIMES

LUBBOCK — Eastwood's Daniel Bernal, usually a laid-back runner who normally allows the race come to him, took a huge risk at Monday's Region 1 High School Cross Country Meet in Lubbock — and it paid off.

The Eastwood junior was up against a stout field consisting of the nation's top runners including Southlake Carroll's Reed Brown and the defending Class 6A state cross country champion David Strome out of Colleyville Heritage.

"I saw Reed and David pushing very, very strong and as soon as the second mile was over, I was right there with them," Bernal said, standing on the hills of Mae Simmons Park. "I thought they

were going a bit too slow and that's when I took a risk."

Bernal, who finished sixth last year at region, took off in the final mile and only looked back to see how far Brown and Strome were as he crossed the finish line in 14:41.70 to win gold.

"I didn't know if I was going to hit a wall and die and have them pass me because they both have outstanding kicks," he said. "When I passed them I just kept pushing. I felt Reed right behind me. At that point I was thinking about my team and it pushed me even harder."

The top four teams and the top 10 individuals not on one of the advancing teams qualify for the UIL Cross Country State Championship Nov. 7 at Old Settlers Park in Round Rock.

On Monday afternoon, Bernal left the field for good in the final 400 meters.

"I didn't feel them behind and the last 200 meters I was still afraid they might catch me," he said. "When I finished I turned back and he (Brown) was still 15 meters behind me and I was like, 'Wow, I

actually won this.' I couldn't believe it until he came and hugged me."

Brown was second in 14:53.47 and Strome was third in 15:01.56.

As an added bonus, the Troopers team - Matt Munoz, James McLain, Edgar Gonzalez and Leo Cazares - advance to its second consecutive state meet, its fourth in five years.

"We believe that you will compete better as an individual when you're concerned with the team," Eastwood coach Mike McLain said. "It may look like Daniel won that race by himself today but he didn't. His teammates were with him every day in practice and his teammates were with him on the days when he didn't want to practice."

Bernal's 14:41.70 is the second best ever for an El Paso runner, behind Riverside's Bobby Aguirre 14:39 in 1983, the years he won a state championship.

Also advancing to the state meet are El Dorado junior Sebastian Moreno who

See CROSS COUNTRY, Page 2C



VICTOR R. MARTINEZ / EL PASO TIMES
Daniel Bernal of Eastwood won the Region 1-6A cross country meet in Lubbock Monday.

High school boys cross country

Eastwood's Muñoz a team leader

VICTOR R. MARTINEZ

EL PASO TIMES

When Eastwood High School's Matt Muñoz walked onto the East Side campus three years ago, he was a quiet, unassuming student-athlete looking to fit in.

He joined the state-ranked Troopers cross country team not knowing what to expect.

"When he came in, he was very tentative," said Mike McLain, the team's head coach. "He had to adjust to a new coaching staff, new teammates and a very different way of training that he never had before."

Muñoz immediately connected with his teammates.

"That's when his running started to go in a really good direction," McLain said. "Then he dove in head first and he bought into the training program. Every year he has been with us, he has shown more and more faith in what we are doing."

Muñoz, the lone senior, has been a varsity runner for three years and is about to make his second state appearance.

The Eastwood cross country team — Muñoz, Daniel Bernal, James McLain, Gabe Armijo, Edgar Gonzalez, Leo Cazares and Dylan Godfrey — will compete in the Conference 6A UIL Cross Country State Championship on Saturday in Round Rock.

"It's been a big change this year, being the only senior," he said. "In the past, we had so many other people we could look up to."

Now, that person is Muñoz, who along with Bernal and James McLain, the coach's son, are leading a group of inexperienced but talented runners into the school's third state meet in four years.

"You don't want to be treated differently, but when it comes to people looking to someone to follow, you have to be that person, you have to step up and be a leader and be a responsible, mature person and be that team leader," Muñoz said.

Eastwood lost four runners — three to graduation and one who decided not to run — from its fifth-place state team from last year.

"The only people we had on varsity were me, Daniel and James," Muñoz said. "Daniel and I went into the season think-



SPECIAL TO THE EL PASO TIMES

Eastwood's cross country team is heading to state for the third time in four years. The team will race for a Class 6A medal at Saturday in Round Rock.

State meet

Who: Eastwood boys cross country team — Daniel Bernal, Matt Muñoz, James McLain, Gabe Armijo, Edgar Gonzalez, Leo Cazares and Dylan Godfrey — will compete in the Conference 6A UIL Cross Country State Championship.

When: 11:50 a.m. MST on Saturday in Round Rock, Texas.

ing we had to work together to make it to state because we weren't too sure about the team making it this year."

It wasn't until late in the summer that Bernal and Muñoz saw the team's potential.

"We saw the guys who had the potential to be on varsity running with James, putting in the work," Muñoz said. "We didn't know what the other teams had coming back, but we knew that we had a large group of guys working hard and who wanted to step up and take on the responsibilities of being a varsity runner at Eastwood."

As the season progressed, so did the team's success.

After winning its fifth straight district crown, the Troopers went into the Region 1-6A regional meet down its fifth runner, who injured his knee playing club soccer.

"I knew that our team had run really well, but having lost our five runner and

having lost so many runners from last year, we were not as deep as we have been," McLain said. "As tough as our region is, it's the toughest in Texas. Usually, you're not going to survive something like that."

But Eastwood did and advanced to state by one point.

McLain credits that never-give-up attitude to his only returning lettermen — Muñoz, Bernal and James McLain.

"Those three really had to change this year," the coach said. "All three of them stepped up in very different ways. They realized they had to after losing so many quality athletes. It was kind of like a three-headed monster. They nurtured and brought up the younger guys who improved a lot."

But without a doubt, Muñoz's leadership role has been key.

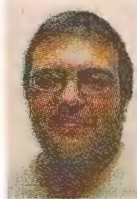
"Matt has been a great leader," McLain said. "Sometimes, you preach and preach just hoping the kids pick up something. You don't think they listen to you, but then all of a sudden, there's a situation when you realize they did hear you. It seems like when it's the seniors turn to stand up and take charge, instead of just taking care of themselves, they are taking care of their teammates, too."

Victor R. Martinez may be reached at 546-6128; vmartinez@elpasotimes.com; @vrmart on Twitter.

Team - El Paso Eastwood				Finish Position - 14			
Team Score (places): 306				Team Score (times): 1:30:17.38		Ave Time: 18:03.48	
Bib No	Name	Year	O'All Place	Cum Place	Time	Cum Time	Time Back
1 2719	Matt Munoz	12	16	16	17:07.98	17:07.98	0:00.00
2 2714	Daniel Bernal	11	46	62	17:40.25	34:48.23	0:32.27
3 2718	James McLain	11	63	125	18:04.13	52:52.36	0:56.15
4 2713	Gabe Armijo	10	78	203	18:17.09	1:11:09.45	1:09.11
5 2717	Edgar Gonzalez	10	103	306	19:07.93	1:30:17.38	1:59.95
6 2716	Dylan Godfrey	11	(107)	(413)	19:11.07	1:49:28.45	2:03.09
7 2715	Leo Cazares	11	(111)	(524)	19:42.83	2:09:11.28	2:34.85

High school cross country

El Paso runners hope to make mark at state meet



FELIX CHAVEZ

El Paso has a rich history of teams and individuals doing well at the state high school cross country meet. On Saturday, at Old Settlers Park in Round Rock, several athletes will aim to make some history of their own.

In addition to the four schools who will have full teams competing, several individuals will represent their schools, including a handful of first-time state qualifiers. One of those is Americas junior Brian Lujan. Lujan finished 10th at the regional meet with a time of 15:18.60. He will compete in Class 6A.

"I find it as a great accomplishment to make state," Lujan said. "Some think it's the end when you make state, but I want to continue to do well. Doing well at district has certainly given me confidence. I feel like I ran well this season. Also, our district was really tough, and going up against the likes of Eastwood gives you a point of reference of where you are at."

Eastwood qualified as a team for this year's state meet and was the Dis-



The BIGGEST, Most EPIC Individual Battle At The State Meet!



11/21/2015

The Woodlands, TX

2015 NIKE CROSS SOUTH



Team - Eastwood Running Club

Team Score (places): 247

Finish Position - 6

Team Score

(times): Ave Time:18:37.45

1:33:07.25

<u>Bib</u> <u>No</u>	<u>Name</u>	<u>Year</u>	<u>O'All</u> <u>Place</u>	<u>Cum</u> <u>Place</u>	<u>Time</u>	<u>Cum</u> <u>Time</u>	<u>Time</u> <u>Back</u>
1935	Daniel Bernal		4	4	17:16.33	17:16.33	0:00.00
2940	Matthew Munoz		21	25	18:03.08	35:19.41	0:46.75
3939	James McLain		50	75	18:53.13	54:12.54	1:36.80
4934	Gabe Armijo		59	134	19:05.74	1:13:18.28	1:49.41
5937	Dylan Godfrey		113	247	19:48.97	1:33:07.25	2:32.64
6936	Leo Cazares		(127)	(374)	19:58.89	1:53:06.14	2:42.56
7938	Edgar Gonzalez		(165)	(539)	21:48.90	2:14:55.04	4:32.57

Team - Eastwood Running Club

Finish Position - 28

Team Score

Team Score (places): 675

(times): Ave Time:23:49.80

1:59:09.01

<u>Bib</u> <u>No</u>	<u>Name</u>	<u>Year</u>	<u>O'All</u> <u>Place</u>	<u>Cum</u> <u>Place</u>	<u>Time</u>	<u>Cum</u> <u>Time</u>	<u>Time</u> <u>Back</u>
1143	Lilly Fernandez		101	101	22:58.79	22:58.79	0:00.00
2147	Samantha Martinez		118	219	23:24.36	46:23.15	0:25.57
3145	Sabrina King		126	345	23:35.12	1:09:58.27	0:36.33
4144	Hannah Herrera		155	500	24:12.70	1:34:10.97	1:13.91
5149	Daniella Ruiz		175	675	24:58.04	1:59:09.01	1:59.25
6148	Alexus Ordaz		(179)	(854)	25:11.54	2:24:20.55	2:12.75
7146	Ariana Lezama		(187)	(1041)	25:36.60	2:49:57.15	2:37.81

Team - Eastwood RC Tml

Finish Position - 7

Team Score

Team Score (places): 304

(times): Ave Time:18:08.78

1:30:43.91

<u>Bib</u> <u>No</u>	<u>Name</u>	<u>Year</u>	<u>O'All</u> <u>Place</u>	<u>Cum</u> <u>Place</u>	<u>Time</u>	<u>Cum</u> <u>Time</u>	<u>Time</u> <u>Back</u>
1924	Anthony Molina		7	7	17:14.67	17:14.67	0:00.00
2928	Noah Ward		25	32	17:50.51	35:05.18	0:35.84
3923	Peter Lozoya		83	115	18:27.29	53:32.47	1:12.62
4927	Jesus Ruiz		91	206	18:33.90	1:12:06.37	1:19.23
5925	Chris Porras		98	304	18:37.54	1:30:43.91	1:22.87
6922	Matthew Costello		(102)	(406)	18:38.64	1:49:22.55	1:23.97
7926	Kayn Quinones		(107)	(513)	18:40.08	2:08:02.63	1:25.41
1929	Deric Gamboa				19:42.76	19:42.76	0:00.00
2931	Andres Marquez				20:26.84	40:09.60	0:44.08
3932	Carlos Rodriguez				20:27.89	1:00:37.49	0:45.13

Team - Eastwood RC Tm1

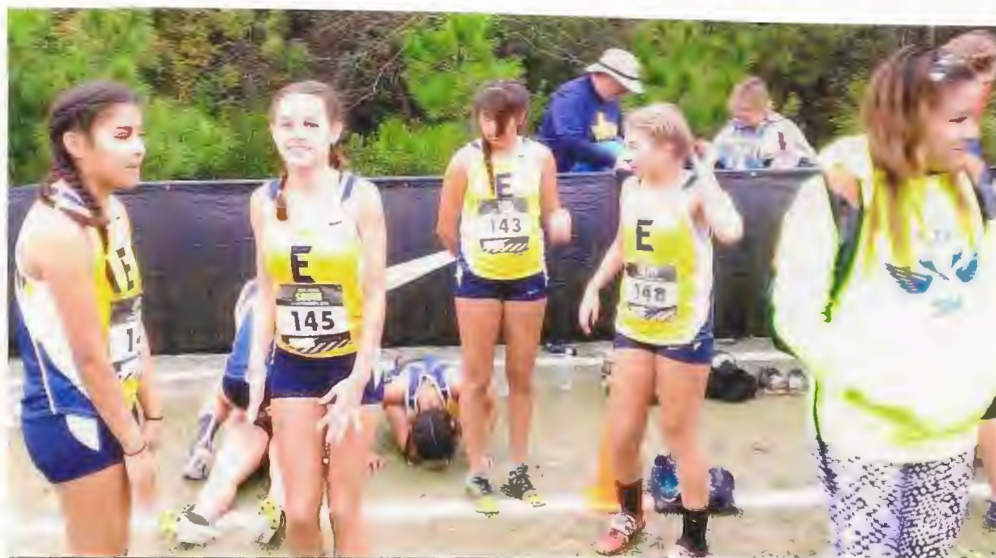
Finish Position - 21

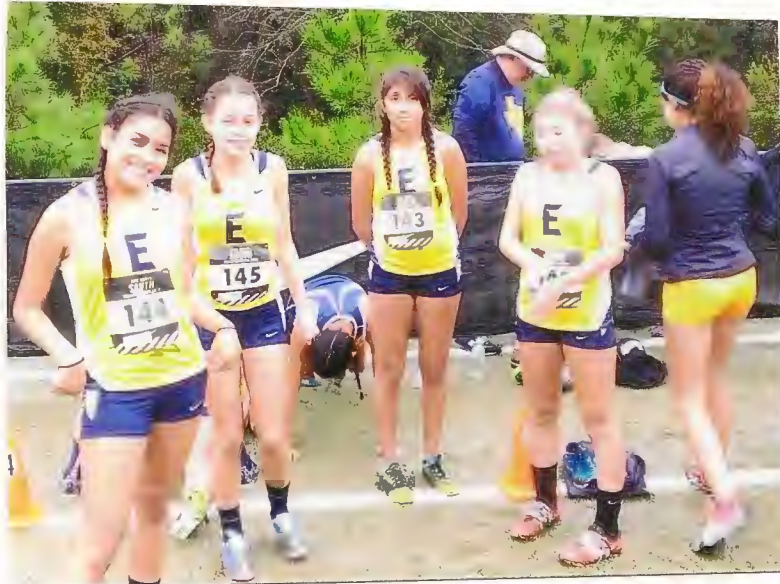
Team Score (places): 581

Team Score

(times): Ave Time: 24:28.96
2:02:24.81

<u>Bib</u> <u>No</u>	<u>Name</u>	<u>Year</u>	<u>O'All</u> <u>Place</u>	<u>Cum</u> <u>Place</u>	<u>Time</u>	<u>Cum</u> <u>Time</u>	<u>Time</u> <u>Back</u>
1137	Cheyenne Escarcega		71	71	23:20.65	23:20.65	0:00.00
2139	Francis Hernandez		87	158	23:39.13	46:59.78	0:18.48
3136	Emily Cruncleton		93	251	23:43.34	1:10:43.12	0:22.69
4141	Amanda Stallings		142	393	25:07.86	1:35:50.98	1:47.21
5142	Nazanin Zarei		188	581	26:33.83	2:02:24.81	13:13.18
6138	Marcela Fernandez		(201)	(782)	27:29.94	2:29:54.75	4:09.29
7140	Eli Britton		(215)	(997)	29:54.41	2:59:49.16	6:33.76
195	DNS Emily Delgado	Unattached	24:31.78	7:51/M			









REACHING A

Eastwood Running Club's Daniel Bernal is about to go where no other El Paso distance runner has gone before.

Bernal will be racing in Saturday's 12th annual Nike Cross Nationals (NXN) on the tree-lined terrain at Glendoveer Golf Course in Portland, Ore.

"My goal is to be the number one guy from the South Region," said Bernal, a junior at Eastwood High School. "Placing and time-wise, I'm not really concerned. Because it's the last race of the season and because it's such a big meet, I want to run as fast as my legs can carry me. I want to run to the point where I cross the finish line and collapse and I have nothing left."

Bernal, who won the District 1-6A and the Region 1-6A 5K cross country meets, placed fifth at the Nike Cross South Regionals in November in The Woodlands, Texas, in a time of 17 minutes, 16.33 seconds. Reed Brown from the Carroll Cross Country Club won the non-UIL meet in 17:04.11.



COURTESY OF DALE LAVERY
Eastwood High School junior Daniel Bernal has qualified for Saturday's Nike Cross Nationals in Oregon. Bernal won the District 1-6A and the Region 1-6A meets this year. He qualified by finishing fifth at the Nike Cross Southwest Regional Meet in November.

Eastwood runner earns historic spot at prestigious Nike Cross Nationals

VICTOR R. MARTINEZ
EL PASO TIMES

PIVOTAL

The country's elite runners — both team and individuals — will compete in Nike Cross Nationals, all who qualified through eight regional championships throughout the United States. The top two teams and top five individuals from each region advance to NXN.

The Woodlands XC Club and Carroll XC Club will represent the South Region, which includes Arkansas, Louisiana, Oklahoma, Mississippi and Texas. Eastwood Running Club finished sixth in the 26-team race.

"Truly, because of the type of work ethic my team has, I am running for them and for all El Paso runners," he said. "I want more El Paso runners, more El Paso teams to compete at Nike South. There are some great juniors in El Paso, who are ready to take up the challenge next year."

Eastwood cross country coach Mike McLain said Bernal's national opportunity should be motivation for other distance runners and teams to run in these types of events.

"It's a big deal in a couple of different ways," McLain said. "It's big for our team. Going to Nike South events is a step in the right direction. Getting our kids' mindset on not only running in El Paso or even the state of Texas, but on a bigger national level like this."

Eastwood's boys and girls teams have been running at the Nike Cross South Regionals for five years.

"The first step is having our team go to Nike South every year," he said. "The second big step for our program was in 2012, when we finished fourth and were actually eligible for an at-large bid. We didn't get it, but just being in that top four was a big step. The next big step was Anna Mora last year being the first El Pasoan to be in the top 10."

Mora, who now runs at East Central University in Ada, Okla., placed eighth at the 2014 meet in a time 18:22.58, three spots away from qualifying for NXN.

"When kids see other people do it, they know it's possible for them," McLain said. "This year, with the boys going down there and finishing sixth, and with Daniel coming in the top five to become the first El Pasoan to make it to NXN, that's another huge step. Now, we made it to NXN and now we're ready for the next step, which is to qualify a team there."

Placing fifth at the Nike Cross South Regionals two weeks ago was a bit of atonement after a sloppy, muddy course at the UIL Cross Country State Championship on Nov. 7 in Round Rock created havoc for many runners, including Bernal.

"It wasn't raining as much as it did at state," Bernal said. "But, there was a lot of mud on the course. In the open races, it was pouring for like 30 minutes, and then it would stop for 15 minutes before it came back."

At state, Bernal entered the 6A race with the state's fastest time, but was pushed and trampled in the first 150 meters of the race and was dead last.



VICTOR R. MARTINEZ / EL PASO TIMES

Eastwood cross country runner Daniel Bernal, right, is the first El Paso runner to advance to the Nike Cross Country National Meet.

Bernal file

Who: Daniel Bernal

Position: A 17-year-old junior cross country at Eastwood High School, who is the first El Paso distance runner to advance to the Nike Cross Nationals in Portland, Ore.

When: 10:30 a.m. Saturday

Information: nxn.runnerspace.com

He eventually finished in 73rd place.

"I was carefully managing all my steps throughout the whole race," Bernal said of the Nike Cross South Regionals. "I was fearful that if I would speed up I would slip because I wasn't accustomed to the terrain and the mud. I didn't want to risk slipping like I did at state."

Bernal, 17, said he managed the course, and himself, well.

"I knew I had to take off as hard as I could in the first 300 meters, and no matter what cost, I could not fall, that was my main goal," he said. "I accomplished that, I did not fall once. I tried to find as much dry ground as possible so I could speed up when I could."

His goal was not to win the race, it was simply to qualify.

"I knew what place I was in the entire race so I could secure a spot to nationals," he said. "I was very, very cautious. I was not thinking of leading the race. All I really wanted to do was advance to nationals."

McLain said he has talked to Bernal about what Nike Cross Nationals means for El Paso distance runners.

"He is getting ready to go to a level that no other El Pasoan has been to," McLain said. "He is getting ready to do something special. Nike treats these kids like royalty. It's amazing what Nike does for them. He is representing Eastwood and El Paso. He understands that. I don't think there is a better person to represent us than Daniel."

Victor R. Martinez may be reached at 546-6128; vmartinez@elpasotimes.com; @vrmart on Twitter.

DANIEL BERNAL





Nike Cross Nationals

December 05, 2015 @ Glendoveer Golf Course in Portland, OR

36 Bernal, Daniel 11 El Paso Eastwood 15:42.30 4:48/10:00

GET OUT HERE AT
NIKE.COM/XC



Q&A With Daniel Bernal! First El Pasoan Ever At NXN!



We asked to NXN qualifier Daniel Bernal some questions leading up to this weekends big race





To a Young Runner

A letter to myself, age 13, and all the young girls like her starting to run. BY AMANDA PARRISH

I can tell you're worried. We've only finished the warm-up and you're not sure if you can run another step. The two loops around the soccer field, sprints (we call them strides, but I know that for you, today, they were a sprint), crunches and form drills are more exercise than you've ever done, and now you're wondering what might be in store for you and the rest of Group Six.

Group One is doing 7 miles and surging the hills, which will take longer, so that's why they're getting their workout first. If you like this, and you stay around, you might well be in Group One or Two someday. If you really love it, not just the running, but the delicate balance between solitude and camaraderie, and have the patience and the humility to keep at it, you'll be in Group One by next fall.

Don't worry about what the senior girls are wearing. That's just stuff you can buy, and it won't be cool for long anyway. But you should get some running shoes. The indoor soccer shoes you're wearing today will make it even more likely that you're not just going to ache, but hurt, after practice.

You chose the sport because you didn't make the volleyball team and heard we don't make cuts. It's true; we don't. We don't have to. By the end of the season, some of the freshmen will have quit, some will have invented injuries, some will be relieved at the league meet to cheer rather than endure more painful minutes, and one will be in the top seven.

Between now and then, though, you'll change. Maybe you'll lose the weight that left you terrified of flag football in middle school PE, or maybe you'll run, with that weight, farther than most of your classmates ever will. You'll experience intense pre-race nausea on the way to each dual meet, and you'll laugh until your face hurts on the bus ride home. When the team wins the league meet, the thrilled first-year coach, fresh out of college, will insist on carrying all of the team's bags. When you try to carry your own, because you didn't even run, he'll refuse to let you. And you'll feel like part of a team.

You'll get nervous for the banquet. Although you know you won't win any awards, deep down, you'll hope against hope that maybe, somewhere for improvement or even just suffering-through-it-ness, there's an award for you. You'll try to keep a calm, disinterested face and you'll almost succeed in keeping your bottom lip from quivering when the freshman award goes to someone else.

Later, you'll have exhilarating races and you'll have heart-crushing disappointments. Some of this disappointment will be genuine, and some, you'll know, even at the time, is adolescent showmanship. You'll score points at the state meet and, later, a year will go by when you don't PR once. Your cross country team will win the state meet by one point, and then, a year later, without having graduated a single person in the top eight, will finish a distant second.

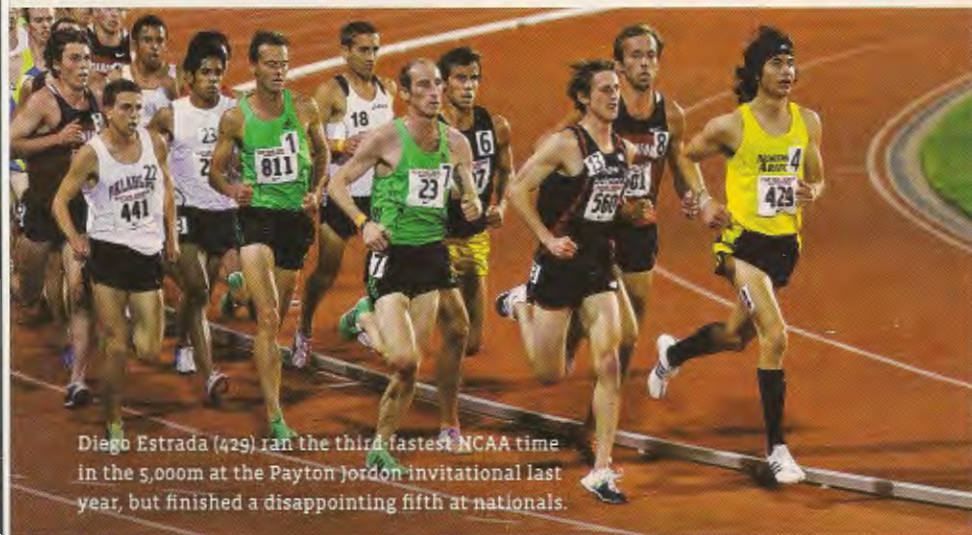
In this time, though, the warm-up will have become just that. The daunting run assigned to Group Six will have become the pre-meet trot, a route so easy it feels like you haven't even run. You'll probably always hate strides, or at least, doing them in front of the football team, finishing well behind runners you know you could trounce in a race, your shoulders high, and arms pumping, but never quite getting the hang of turnover.

At graduation, your teammates will be among the few people you're truly sad to leave, and for years, when some of you run in college, and even more of you return to your parents' homes each summer, they'll also be the only people with whom you keep in touch. And, at 29, when you've been coaching a team of your own for years and are beginning to wonder how many more Saturday mornings you want to spend hearing a gun go off, it'll be these people, the teammates you missed homecoming with, ate pasta with, whose parents watched you run mile after mile around the disintegrating track, whose bags your young, stunned, thrilled coach also carried, these young runners, that you want to write. **RT**

.....
Sixteen years ago, after getting cut from the freshman volleyball team, Amanda Parrish dragged herself over to cross country practice. After 24 seasons as a long-distance runner she's currently a high school English teacher and boys and girls track coach in Connecticut.

Chasing vs. Racing

Some runners chase fast times during the college season, others learn how to race. BY MATT MCCUE



Diego Estrada (429) ran the third-fastest NCAA time in the 5,000m at the Payton Jordan Invitational last year, but finished a disappointing fifth at nationals.

There's something magical about racing in California in the spring. The wind dies down at sunset, the barometer drops and spectators slip on jackets. As the bright track lights pierce the darkness, an endless stream of distance runners sets PRs.

"When we go to California, it doesn't matter if I get last in my heat as long as I run a PR," says Northern Arizona senior Diego Estrada, summing up a popular viewpoint that puts a premium on fast times. Fast times are necessary to qualify for big meets, but can a runner benefit from focusing on the podium and not the clock? After all, championship races rarely turn into time trials.

Dartmouth sophomore Abbey D'Agostino didn't make it to California in 2011. Her best regular-season 5K, 16:23:50, came at the Raleigh Relays in late March. That put her 65th on the regular-season leader board.

Yet at season end, D'Agostino kicked to win the Ivy League outdoor 5,000m, navigated her way into the top three in her East Preliminary Round 5K heat and broke through at nationals in Des Moines, finishing fourth in 15:40.69, smashing her PR.

"There were so many different types of races I encountered, and I gained confidence from knowing that whatever happens I'm going to be able to adapt and react," she says. In Des Moines, where pace didn't matter as much as

place, D'Agostino stayed with the leaders until they began changing gears over the last three laps. At that point, D'Agostino had only one obvious strategy: Go with them. "Splits were pretty irrelevant," she says.

The 2008 men's 5,000m followed a similar script. Colorado standout Brent Vaughn blitzed a midseason 13:18 at Stanford and was the 5,000m favorite. Villanova's Bobby Curtis didn't have impressive marks on paper — his season best 5K was 14:02 from a meet in Princeton, N.J., as he ran in tactical races in unpredictable conditions in the East. (He did, however, post a 3:40.25 1500m that season.) At nationals, Curtis dropped a 60-second last lap to win in 13:33.93, while Vaughn wound up third in 13:39.44.

"If you look at who went 1-2-3 at outdoor nationals in the 5K last spring, it was three East Coast kids," says D'Agostino's coach, 1996 Olympic marathoner Mark Coogan. "There must be something to racing on the East Coast. The weather is never perfect, so to be good you need to be really tough and have the ability to approach racing as a competition and not as a time trial."

Coogan admits it's hard to sit in New Hampshire and read about times of athletes he believes some of his runners can beat. But, after weighing the tradeoff of a week's worth of missed Ivy League classes and the three-hour time difference, he chooses to work with nearby coaches to set up a fast race in the area.

Estrada's case is the opposite of D'Agostino's. In 2011, he set his 5K PR of 13:26.94 at the Payton Jordan Cardinal Invitational, the third-fastest time in the NCAA last year. But at nationals, he finished fifth against a tough field in 13:38.36.

"When you go to California you don't even think at all. You just latch on to the pack," he says, comparing the time trial in Stanford to the championship in Des Moines. "The stress and anxiety kick in during championship season, and you're second-guessing yourself because you know it's going to be tactical."

In previous seasons, Estrada has peaked for only two meets. He'd built a big base after indoor nationals and used Mt. SAC as a tune-up for Stanford's Payton Jordan meet in early May. After that he'd return to heavy training and run through conference and regionals before NCAAs.

This season he plans to experiment with all sorts of strategies and distances to prepare for races this spring, with the notion that he'll be peaking for NCAAs and the Olympic trials in late June. He no longer gets too caught up in

"It's more satisfying to go into a race to race it versus racing against the clock."
— ABBEY D'AGOSTINO



whatever times he can run on the West Coast.

"I time-trialed a 13:26 in ideal conditions and thought I could win nationals," he says. "But a guy from the East had been running 13:50 in tactical races, and he goes out there and wins NCAAs. It's very deceiving."

Sometimes, though, there are no substitutions for the kind of pace runners can hit in California. This year the Mt. SAC Relays are on D'Agostino's radar. The goal, however, will remain the same. "It's more satisfying to go into a race to race it versus racing against the clock," D'Agostino says. "It's more the intent of the sport." **RT**

Estrada, Bernal city's top runners

Bernal

Continued from Page 1C

Southwest meet in Arizona, a second consecutive District 1-6A championship and a Region 1-6A crown where he ran a season-best 14:41.70.

He also placed fifth at the Nike Cross South Regionals on Nov. 11 in The Woodlands to advance to the 12th annual Nike Cross Nationals (NXN) in Portland.

When Eastwood coach Mike McLain saw Bernal run the first day of summer workouts two years ago, he knew he was going to be special. "Whenever we see a kid, we try to look at that runner four years from now," McLain said. "When we set up a training program, we don't do it for that one season, we try to visualize where we want to take him physiologically four years from now." It is for that reason, Bernal did not run his freshman year. "We try not to rush our freshman too much," he said. "It should be fun when you're a freshman. You're learning to run properly and learning to be part of a team, you don't want to have all that stress and pressure to achieve like you do when you hit the varsity level."

Bernal has always had a "thing" for distance running and swimming. He says his best swimming events were the distance races. "I ran and swam the summer between my 7th and 8th grade year," he said. "That's when I took running more seriously and I pushed swimming aside. I stopped swimming completely and fully focused on running my second semester freshman year." It was one of the toughest decisions Bernal had to make in his young life. "All of my freshman year, every single day after cross country practice I would drag myself to swim practice and at every practice I would ask myself if I really wanted to do this," he said. "My genetics are not made for swimming. Only hard work could take me so far because I'm not the tallest guy, I'm not the broadest guy, I'm not the guy with the largest feet and hands with the longest torso." He was realistic about potential scholarship offers in the future.

"There was a point in the decision-making process where I would cry because this team (Aqua Posse) had giving me so much in my 11 years," he said. "I had to move on, that's life." And with one more year left, life could not be any better.



MARK LAMBIE / EL PASO TIMES

The El Paso Times' cross country runners of the year are Michelle Estrada, Mountain View and Daniel Bernal of Eastwood.

INSIDE

All-City boys, girls cross country

San Elizario boys team proved last year's state championship run was no fluke earning back-to-back state titles. In girls cross country, zero teams and only seven athletes qualified for the state meet.

Read more on Page 4C

Junior snags honor for 2nd year in a row

VICTOR R. MARTINEZ
EL PASO TIMES

Eastwood junior Daniel Bernal has only been running competitively for five years.

He was never a USA Track & Field prodigy.

Competitive swimming was more of his thing. He swam for the El Paso Aqua Posse and head coach Jack White.

He was pretty good at it too. When he was 13 years old, he was ranked 8th in Texas in the 200 breaststroke.

But one day while sitting in a seventh grade class at Desert View Middle School, the cross country coach asked if anyone was interested in running long distance.

"I didn't even know what cross country meant," said Bernal, holding back his laughter. "She explained it to me and I thought, 'why not?'"

For the past two seasons, Bernal's performance on the course has left his opponents thinking he should have stayed in the pool.

For the second consecutive year, Bernal is the El Paso Times Runner of the Year.

Bernal won seven meets this fall including the Nike Cross National Pre-



MARK LAMBIE / EL PASO TIMES

The El Paso Times' All-City Cross Country team members are, from left, Sebastian Moreno, El Dorado; Brian Lujan, Americas; Erick Arambula, San Elizario; Adam Cortez, Franklin; foreground, Ulises Cardoza, San Elizario; Louie Barba, Cathedral and Matt Munoz, Eastwood.

All-City Boys Cross Country team



MARK LAMBIE / EL PASO TIMES

The El Paso Times' All-City Girls' Cross Country team are, from left, Andrea Abeyta, Hanks; Lili Fernandez, Eastwood; Brianna Armendariz, Franklin; Natalie Gomez, Socorro; Anisa Burciaga, Canutillo; Ocean Stevens, Clint and Rachel Gallivan, Chapin.

All-City Girls Cross Country team

Lili Fernandez, sophomore, Eastwood. She was the top runner on the top team in the city. She was second at the District 1-6A meet.

Matt Munoz, senior, Eastwood: City's fourth fastest time 15:18.70. Finished in 11th at the Region 1-6A meet and 25th at the state meet.

Second team: Jessica Dominguez, junior, Socorro; Michelle Renteria, senior, Horizon; Skyler Goodman, freshman, Chapin; Miyah Ray-Morales, freshman, El Paso High; Alexis Ordaz, junior, Eastwood; Brooke Woodson, junior, Jefferson; Hannah Herrera, senior, Eastwood.

Second team: Stephen Alvarez, senior, Socorro; Anthony Cordero, junior, Franklin; Mike Flores, senior, Horizon; Osman Reyes, junior, Coronado; Michael Contreras, junior, Franklin; Jose Villalobos, junior, Americas; James McLain, junior, Eastwood.

Honorable Mention: Breona Pinkney, sophomore, Jefferson; Roxana Reza, senior, Jefferson; Sabrina King, sophomore, Eastwood; Haley Gonzalez, sophomore, Montwood; Miranda Vega, sophomore, Eastwood; Ayla Lopez, senior, Franklin; Letizia Hernandez, senior, Eastlake.

Honorable mention: Cristian Hernandez, 12, Socorro; Gabriel Armijo, sophomore, Eastwood; Issac Sanchez, senior, Clint; Aaron Gillam, sophomore, Irvin; Matthew Boswell, senior, Chapin; Donovan Decquir, senior, Eastlake; Adrian Morales, junior, Tornillo.

Victor R. Martinez may be reached at 546-6128; vmartinez@elpasotimes.com; @vrmart on Twitter.



District Course Top Ten

Name	Time	Date Accomplished
1. Anna Mora	18:07.03	2013 Horizon Golf Course
2. Carissa Pinion	19:17.98	2013 Horizon Golf Course
3. Eden Buntyn	19:43.29	2013 Horizon Golf Course
4. Lili Fernandez	19:45.78	2015
5. Vanessa Parra	19:57.76	2013
6. Alexis Ordaz	20:00.81	2015
7. Hannah Herrera	20:05.97	2015
8. Miranda Vega	20:09.00	2015
9. Rhiannon Cleveland	20:12.90	2012
10. Elise McLain	20:15.30	2013 Horizon Golf Course
11. Dominique Blancas	20:21.74	2012
12. Sabrina King	20:34.59	2015
13. Samantha Martinez	20:46.18	2015
14. Daniella Ruiz	21:10.84	2015



Boys District Course All Time Top Ten List

Name	Time	Date
1. Daniel Bernal	15:23.84	2015
2. Brian Casillas	15:34.55	2013 Horizon Golf Course
3. Mike Pivarnick	15:38	2005
4. Paul Garcia	15:41	2005
5. Brian Casillas	15:43.40	2012
6. Ryan Saenz	15:44.68	2012
7. Richard Mora	15:47.93	2012
8. Ruben Campos	15:54.18	2013 Horizon Golf Course
9. Jose Silva	15:57.23	2013 Horizon Golf Course
10. Matt Munoz	16:02.72	2015
11. Elias Leija-Garza	16:03.55	2011
12. Paul Truax	16:05.51	2013 Horizon Golf Course
13. Fernie Garcia	16:07	1999
14. Steven Rios	16:08.43	2012
15. Mike Orszulak	16:12	2005
16. Stephen Wallace	16:19.46	2012



Regional All Time Top Ten

Name	Time	Date Accomplished
1. Anna Mora	17:10.85	2014
2. Vanessa Parra	18:22.21	2014
3. Eden Buntyn	19:11.60	2014
4. Lilly Fernandez	19:15.51	2014
5. Alexis Ordaz	19:23.76	2015
6. Elise McLain	19:34.67	2014
7. Carissa Pinion	19:38.30	2012
8. Hannah Herrera	19:39.79	2015
9. Dominique Blancas	19:44.78	2014
10. Miranda Vega	19:56.94	2015
11. Rhiannon Cleveland	19:57.35	2012



Regional All-Time Top Ten

Name	Time	Date Accomplished
1. Daniel Bernal	14:41.70	2015
2. Jose Silva	15:15.12	2014
3. Brian Casillas	15:19.30	2013
4. Deric Martinez	15:19.54	2014
5. Matt Munoz	15:20.63	2015
6. Richard Mora	15:37.73	2012
7. Mike Pivarnick	15:42	2003
8. Mike Montes	15:43	1984
9. Juan Blanco	15:45	2010
10. Ruben Campos	15:46.80	2013
11. Chris Wallace	15:47.06	2014
12. Ryan Saenz	15:47.56	2011
13. Paul Truax	15:51.58	2014
14. Joe Messer	15:55	1984
15. Steven Rios	15:58.89	2012
16. Marco Cassani	16:01	2007
17. James McLain	16:02.39	2015
18. Tommy Daniel	16:03	2007

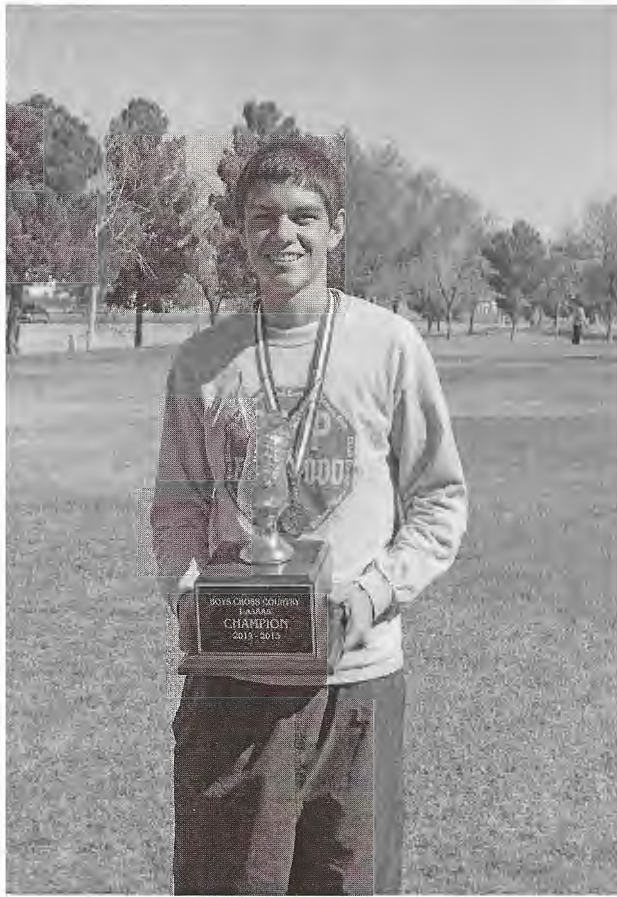


State All-Time Top Ten

Name	Time	Date Accomplished
1. Anna Mora	18:09.59	2014 Harder RR Course
2. Vanessa Parra	19:52.08	2014 Harder RR Course
3. Eden Buntyn	20:08.15	2013
4. Carissa Pinion	20:16.08	2013
5. Diana Martell	20:26.34	2012
6. Dominique Blancas	20:47.51	2013
7. Alexis Ordaz	21:05.27	2013
8. Rhiannon Cleveland	21:09.03	2012
9. Elise McLain	21:12.54	2013
10. Cassandra Serrano	21:31.29	2013
11. Christina Delgado	21:53.63	2012

Boys State Course All-Time Top Ten List

Round Rock Course Run Since 1996



State Top Ten

Name	Time	Date Accomplished
1. Ryan Saenz	15:53.05	2012
2. Jose Silva	15:54.02	2014 Harder RR course
3. Brian Casillas	15:55.39	2012
4. Daniel Bernal	15:57.46	2014 Harder RR course
5. Richard Mora	16:08.50	2012
6. Mike Montes	16:09	1984 Georgetown
7. Ruben Campos	16:14.82	2013
8. Joe Messer	16:18	1984 Georgetown
9. Paul Truax	16:23.97	2013
10. Steven Rios	16:34.40	2012



Nike South Top Ten

Name	Time	Date Accomplished
1. Anna Mora	18:22.58	2014 Muddy slow course
2. Carissa Pinion	20:11.43	2013
3. Vanessa Parra	20:26.32	2012
4. Eden Buntyn	20:36.95	2013
5. Dominique Blancas	20:41.70	2013
6. Rhiannon Cleveland	20:51.24	2012
7. Diana Martell	20:57.80	2013
8. Lilly Fernandez	21:03.39	2014 Muddy slow course
9. Elise McLain	21:06.96	2012
10. Alexis Ordaz	21:10.50	2013



Nike South Top Ten

Name	Time	Date Accomplished
1. Brian Casillas	16:02.87	2012
2. Ryan Saenz	16:09.81	2012
3. Richard Mora	16:14.19	2012
4. Jose Silva	16:14.53	2013
5. Steven Rios	16:26.94	2012
6. Ruben Campos	16:39.87	2013
7. Daniel Bernal	16:46.24	2014
8. Deric Martinez	16:47.24	2014
9. Stephen Wallace	16:52.91	2012
10. Matthew Munoz	16:52.96	2013
11. Caleb Buntyn	17:03.88	2012
12. Paul Truax	17:04.18	2013
13. Anthony Molina	17:14.67	2015
14. Elias Leija-Garza	17:18.47	2011
15. Alex Blanco	17:37.05	2012

Eastwood Track and Field District Championships 28 Total

2015 Girls
2011 Boys
2010 Boys
2007 Girls
2006 Girls
2005 Boys District 2nd / 2005 Regionals 3rd Place
1990 Boys
1988 Boys & Girls
1987 Boys & Girls
1986 Boys & Girls
1985 Boys & Girls
1984 Girls
1983 Girls
1982 Boys & Girls
1981 Boys / 1981 Regional 5A Champions
1980 Boys
1979 Boys & Girls
1978 Boys & Girls
1977 Boys & Girls
1972 Boys

Eastwood Cross Country District Championships 19 Total

1983 Boys /1983 Regional 3rd place / 1983 7th place State
1984 Boys/1984 Regional 5A Champs / 1984 3rd place State
1986 Boys District 2nd, Regionals 2nd and State 11th.
1987 Girls/Regional Champs Girls/3rd State Girls
1988 Girls
2006 Girls
2007 Girls
2008 Girls
2009 Girls
2010 Girls
2011 Boys/ 2011 2nd Regionals/ 2011 6th State/ 2011 8th Nike South
2012 Boys&Girls/Boys 3rd Regional/Boys 4th State/Boys 4th Nike South
2013 Boys & Girls/Girls 8th,Boys 9th Nike South
2014 Boys & Girls Boys 5th State, 8th Nike South
2015 Boys & Girls , Boys 6th Nike South

How to Handle a Head Case

High school athletes, more than seasoned runners, are susceptible to mental lapses that affect their racing.

BY LIAM BOYLAN-PETT

Doug Soles, the cross country and track coach at Great Oak High School in Temecula, California, remembers a race a few years ago when one of his top runners was supposed to finish in the top 10. She didn't make the top 100. "What in the world just happened?" he remembers thinking.

As it turned out, the teen was struggling with a range of pressures, which included trying to run at a high level. Soles and his coaching staff worked with her, and eventually she started racing the way she was capable of, based on her workouts.

The mind, like the body, can be trained. Here are three psychological pitfalls that commonly plague high school, as well as adult, runners, and some coaching strategies for overcoming them.



Crippled by Pre-race Nerves

What It Looks Like

→ A runner is talking about everything that could go wrong, spreading negative thoughts and worries to teammates (even if it's not intentional) and making comments about the weather, the course, the competition, or anything else that might be tough.

The Cure

→ Pre-race jitters are standard. Runners should expect them—and even welcome them as a sign that they care enough to put forth an effort that causes some discomfort. "It's very normal to be nervous," says Brittney Lanehart, cross country and track coach at Smithson Valley High School in Spring Branch, Texas. "Nerves mean you have an opportunity to do something great."

But when a runner sets lofty goals and harbors fears of letting others down, it can suck energy away from racing. For Soles, the solution is to integrate pressure into practices by frequently exposing his runners to race pace. "We work on getting kids to a point in practice where they feel so comfortable that the race is an afterthought," Soles says. "We're going to be so dialed in to the concept of running that pace that we're not worried about anything else."

Runners who get psyched out by the expectations they feel from the team and from themselves often benefit from being reminded of the difference between dreams (what they hope will come true) and goals (targets that they can be confident of hitting based on workouts).

Giving Up Midway

What it Looks Like

→ A runner expects to be top-five in a race, but midway through she finds herself in 20th. Instead of finishing with a strong second half, she slows to a jog and finishes in 35th.

The Cure

→ Soles teaches athletes how to talk to themselves midrace, especially if they are struggling. These internal triggers will check the impulse to give up when the going gets tough.

Great Oak runners are trained to say two things to themselves at the 1-mile mark of a cross country race: "I feel great" and "Time to move up." At the 2-mile mark, Soles tells them to

Lingering Bad-Race Blues

What It Looks Like

→ All week after the race, the runner talks about what he can't do and why he wasn't faster. He seems to forget about any of the races that went well earlier in the season.

The Cure

→ For the first 24 hours, let the young athlete feel like the bad race is an earth-shattering event. Then discuss the race to pinpoint the problem.

Next, move on. "The hardest part with these kids is that one bad race can stick in their mind more than 10 great races," Lanehart says. So she finds positives to help build their confi-



NERVES MEAN YOU HAVE AN OPPORTUNITY TO DO SOMETHING GREAT."

— COACH BRITTNEY LANEHART

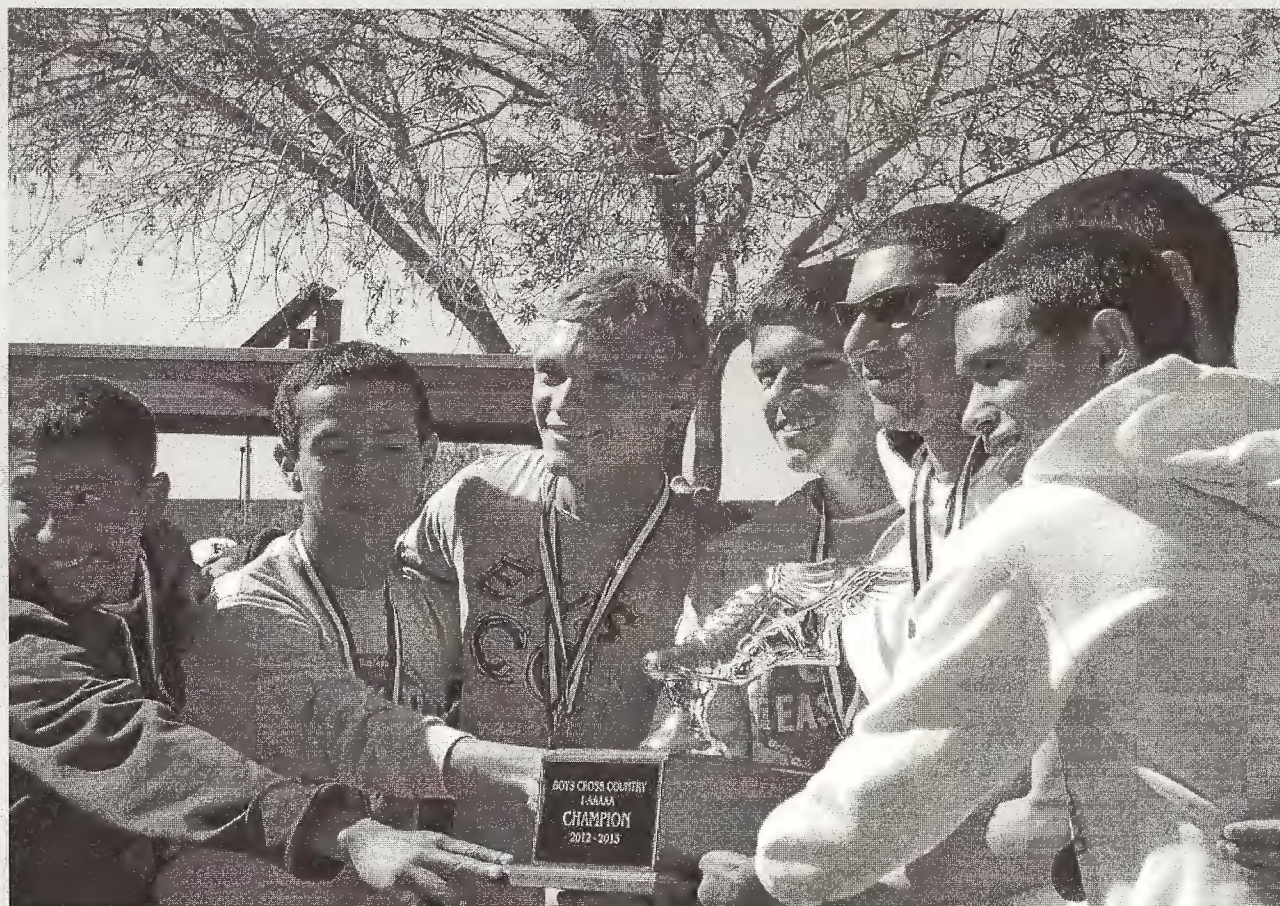
ask themselves, "How bad do you want it?" He doesn't wait until race day to give these instructions; they've been ingrained from pre-season runs and early meets. "Everybody fears a test they haven't studied for, but not one they have the answers for," Soles says.

Focusing runners on the effort of each moment and the specifics of their mechanics (breathing, turnover, stride), rather than on the miles remaining, can curb self-doubt and help athletes endure the bad patches, when they feel they are failing.

dence. "As long as your effort is high," she tells her runners, "there's still going to be physiological advancement."

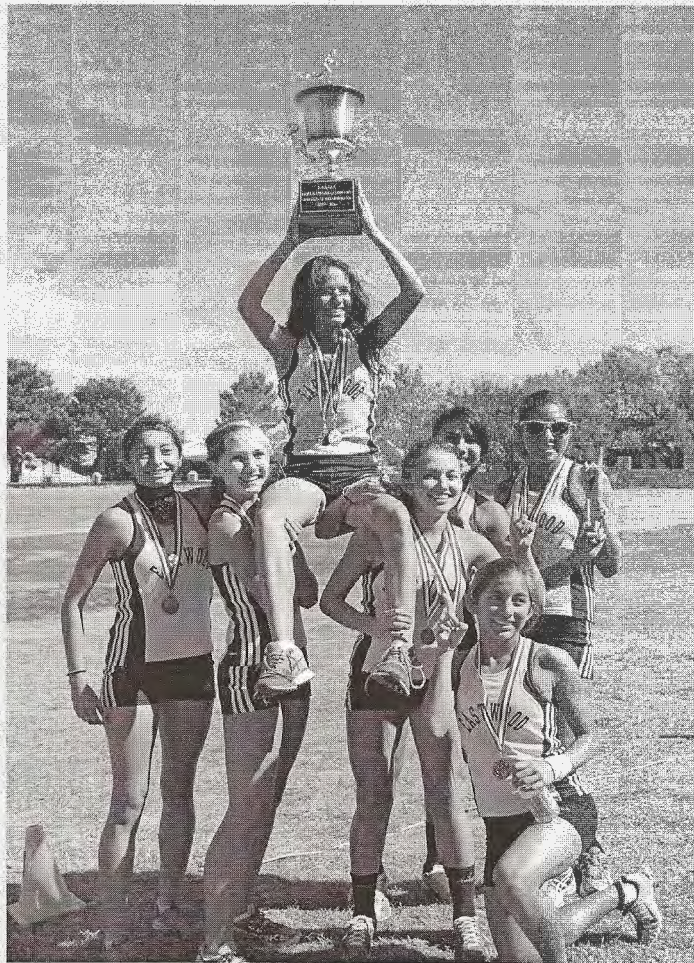
According to Michael Sachs, a sport psychologist at Temple University, a cleansing ritual practiced by the entire team can help. It may sound corny, but write about a bad race on a piece of paper and then rip it up and throw away the pieces. A written goal, he says, posted inside a locker or on a chalkboard, can help focus a teen runner on why he's training and the outcome he's seeking. ■

EASTWOOD ALL TIME GREAT TEAMS



Boys District Team Averages

1. 2012	15:56.78	Saenz,Casillas,Mora,Rios,Wallace,Silva,Buntyn
2. 2013	15:58.91	Casillas,Campos,Silva,Truax,C.Wallace,Munoz,Martinez
3. 2011	16:14.96	Saenz,Casillas,Mora,Rios,Buntyn,Leija,Blanco
4.2014	16:16.08	Bernal,Silva,Truax,Munoz,C.Wallace,Martinez,McLain
5. 2005	16:16.40	Pivarnick,Garcia,Orszulak,Romero,Rivera,Rodriguez
6. 1984	16:18.4	Montes,Messer,Garcia,Frias,Medivil,Aranda,Urrutia
7.2015	16:21.0	Bernal,Munoz,McLain,Armijo,Godfrey,Gonzalez,Cazares
8. 2004	16:46	Pivarnick,Molinar,Garcia,Rojas,Rodriguez,Swearingen,Orszulak
9. 2007	16:53.54	Cassini,Daniel,Solis,Blanco,Avila,Buntyn,Arvizo
10.2006	16:57.68	Solis,Daniel,Cassani,Romero,Buntyn,Hernandez,Rivera



Girls District Team Averages

1. 2013	19:28.28	Mora, Pinion, Buntyn, Parra, McLain, Blancas
2. 1987	?	Otoole, Sanchez, sarabia, Gutierrez, Wordyla, Rojo
3. 2012	19:52.21	Mora, Pinion, Parra, Cleveland, Blancas, McLain
4. 2015	20:07.0	Fernandez, Ordaz, Herrera, Vega, King, Martinez, Ruiz
5. 2014	20:08.35	Mora, Parra, Fernandez, Martell, Buntyn, McLain, Blancas
6. 1986	?	Gutierrez 12:14, Sanchez 12:14, Rojo 12:32, Ryana 12:50
7. 1988	21:47(13:15.8)	Sanchez, Sarabia, Gutierrez, Silva, Rojo
8. 2006	21:59(13:22.8)	Stires, Payne, Mylius, Hernandez, Cevera, Aguirre, Macias
9. 2007	22:00(13:23.21)	Payne, Stires, Garcia, Stires, Cevera, Mylius, Davila
10. 2009	22:02(13:24.49)	Stires, Garcia, Delgado, Baca, Regalado, Apodaca, Stewart



Boys Region Team Averages

1.2014	15:24	Bernal,Silva,Martinez,Munoz,C.Wallace,Truax,McLain
2. 2015	15:48.78	Bernal,Munoz,McLain,Armijo,Gonzalez,Cazares
3.2012	15:52.37	Casillas,Mora,Saenz,Rios,Wallace,Buntyn,Silva
4.2013	15:54.55	Casillas,Silva,Campos,Truax,Munoz,C.Wallace,Martinez
5.2011	16:04.41	Casillas,Saenz,Rios,Leija-Garza,Buntyn,Mora,Blanco
6.1984	16:13	Montes,Messer,Garcia,Arranda,Frias,Mendivil,Urruita
7.1986	16:17.4	Garcia,Oropeza,Agness,Urrutia,Sotelo,Cordova,Flores
8.2007	16:21.19	Cassini,Daniel,Solis,Buntyn,Blanco,Avila,Arvizo
9.1983	?	?
10.2006	16:48.65	Solis,Daniel,Cassani,Romero,Buntyn,Hernandez,Rivera



Girls Regional Team Averages

1.2014	18:42	Mora,Parra,Buntyn,Fernandez,McLain,Blancas,Martell
? . 1987	?	Otoole 11:23,Gutierrez 12:04, Sarabia 12:14
2.2012	19:31.29	Mora,Parra,Pinion,Cleveland,Blancas,,McLain
3.2013	19:34.65	Mora,Parra,Buntyn,Pinion,McLain,Blancas,Ordaz
4.2015	19:43.38	Ordaz,Fernandez,Herrera,King,Martinez,Vega,Ruiz
5.2010	20:30(12:28.39)	Stires,Apodaca,Lara,Baca,Stewart,Cuellar,Pinion
6.2006	20:35(12:31.93)	Payne,Mylius,Stires,Garcia,Aguirre,Cevera,Macias
7.2007	20:36(12:32.42)	Stires,Payne,Stires,Cevera,Garcia,Mylius,Davila
8.2009	20:46(12:38.15)	Stires,Garcia,Delgado,Baca,Davila,Apodaca,Regalado
9.2011	21:03(12:48.43)	Mora,Apodaca,Parra,Pinion,Cuellar,Blancas,Miramontes
10.2008	21:13(12:54.93)	Stires,Apodaca,Garcia,Stewart,Macias,Regalado,Davila



Boys State Team Averages

1. 2012	16:22	Saenz,Mora,Casillas,Rios,Wallace,Silva,Buntyn
2. 2014	16:28	Silva,Bernal,Truax,C.Wallace,Munoz,McLain,Martinez
3.1984	16:34.8	Montes,Messer,Garcia,Urrutia,Arranda,Mendivil,Frias
4. 2011	16:46.40	Casillas,Garza,Saenz,Rios,Mora,Buntyn,Blanco
5.2015	18:03.48Muddy	Munoz,Bernal,McLain,Armijio,Godfrey,Gonzalez,Cazares
1983	?	
5.1986	18:21.2	Oropeza,Agness,Cordova,Sotelo,Garcia,Flores



EASTWOOD

F: Bridgette O'Toole, Monica Sanchez, Cathy Rojo, Diana Gutierrez
 B: Claudia Raynal, Jennifer Sarabia, Barbara Woidyla, Coach Doug Littlejohn

Girls State Team Averages

1.1987	?	Otoole 12:16, Sanchez 12:37, Sarabia 12:45, Gutierrez, Woidyla
2.1988	?	?



Boys Nike Team Averages

1.2012	16:21.30	4thCasillas,Saenz,Mora,Rios,Wallace,Silva,Buntyn
2.2013	16:35.2	Casillas,Silva,Campos,Munoz,Truax,Martinez
3.2014	16:48	8thSilva,Bernal,Martinez,C. Wallace,Munoz,Truax,McLain
4.2011	17:10.26	Casillas,Saenz,Rios,Garza,Buntyn,Mora,Blanco
5.2015	18.37.45MUDDY	6thBernal,Munoz,McLain,Armijo,Godfrey,Gonzalez,Cazares



Girls Nike Team Averages

1. 2013	20:09	Mora,Pinion,Parra,Buntyn,Blancas,Ordaz,McLain
2. 2014	20:24	Mora,Parra,Buntyn,Fernandez,Martell,Blancas,McLain
3. 2012	20:26.63	Mora,Pinion,Parra,Cleveland,McLain,Martell,Blancas
4.2015	23:49.80MUDDY	Fernandez,Martinez,King,Herrera,Ruiz,Ordaz,Lezama

Boys District Extended List

Daniel Bernal	15:23.84	2015
Brian Casillas	15:34.55	2013
Mike Pivarnick	15:38	2005
Paul Garcia	15:41	2005
Ryan Saenz	15:44.68	2012
Richard Mora	15:47.93	2012
Ruben Campos	15:54.18	2013
Jose Silva	15:57.23	2013
Matt Munoz	16:02.72	2015
Elias Leija-Garza	16:03.55	2011
Paul Truax	16:05.51	2013
Fernie Garcia	16:07	1999
Steven Rios	16:08.43	2012
Mike Orszulak	16:12	2005
Oscar Solis	16:19	2006
Stephen Wallace	16:19.46	2012
Tommy Daniel	16:21	2006
Chris Wallace	16:23.08	2013
James McLain	16:26.72	2015
Marco Cassini	16:29	2007
Ben Muniz	16:33	1999
Mike Romero	16:35	2005
Juan Blanco	16:36	2009
Deric Martinez	16:41.93	2014
Caleb Buntyn	16:44.78	2012
Adrian Molinar	16:49	2004
Connor Buntyn	16:50	2008
Clinton Blacksmith	16:54	2009

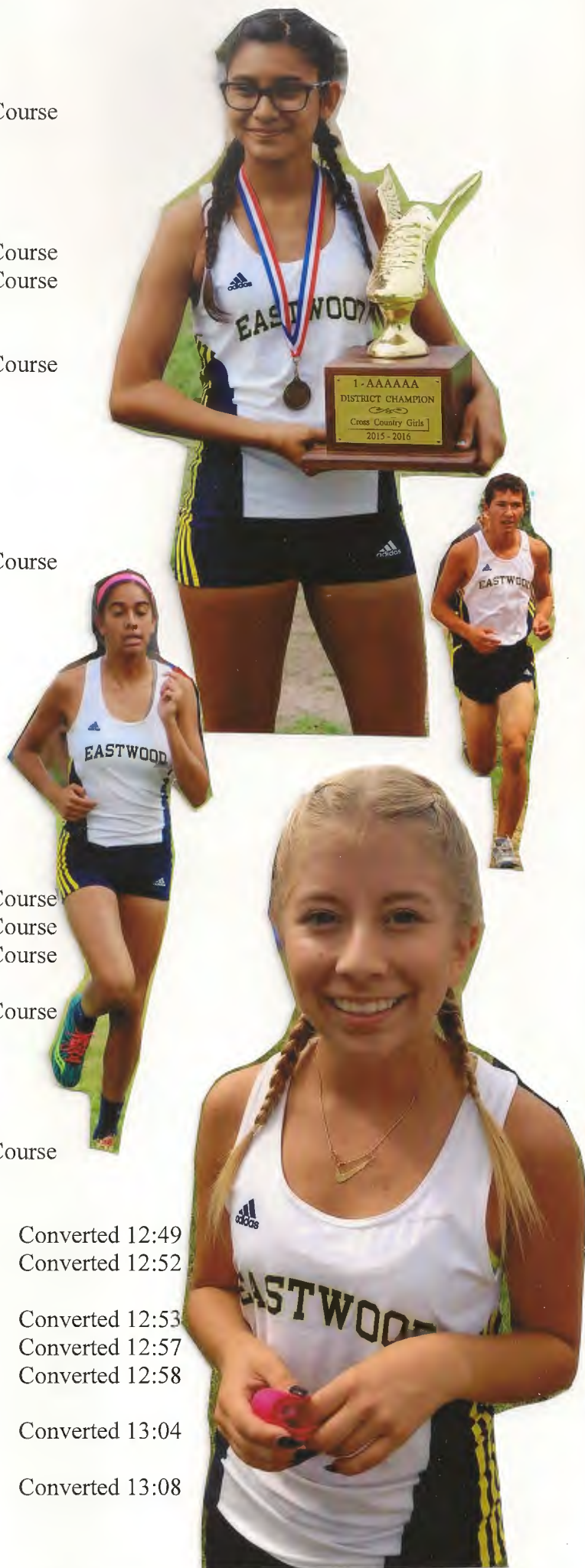
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Girls District Extended

Anna Mora	18:07.03	2013
Carissa Pinion	19:17.98	2013
Eden Buntyn	19:43.29	2013
Lili Fernandez	19:45.78	2015
Vanessa Parra	19:57.76	2013
Alexus Ordaz	20:00.81	2015
Hannah Herrera	20:05.97	2015
Miranda Vega	20:09.00	2015
Rhiannon Cleveland	20:12.90	2012
Elise McLain	20:15.30	2013
Diana Martell	20:19.34	2012
Dominique Blancas	20:21.74	2012
Maegen Stires	20:29.3	2005
Yadira Salazar	20:34.0	2005
Sabrina King	20:34.59	2015
kelly martinez	20:35.6	1998
Blanca Reyes	20:41.8	1994
Melanie Stires	20:43.4	2009
Samantha Martinez	20:46.18	2015
Jessica Payne	20:52.8	2006
Cassi Serrano	20:57.26	2014
Elyssa Garcia	20:59.0	2009

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Converted 12:49
Converted 12:52
Converted 12:53
Converted 12:57
Converted 12:58
Converted 13:04
Converted 13:08



Vanessa Miramontes	21:00.17	2014	Chamizal	
Dara Mylius	21:05.2	2006	Chamizal	Converted 13:12
Daniella Ruiz	21:10.84	2015	Chamizal	
Aimme Apodaca	21:20.9	2010	Chamizal	Converted 13:22
Christina Delgado	21:55.67	2012	Chamizal	

Boys Extended List Regionals

Daniel Bernal	14:41.70	2015	Mae Simmons
Jose Silva	15:15.12	2014	Mae Simmons
Brian Casillas	15:19.30	2013	Mae Simmons
Deric Martinez	15:19.54	2014	Mae Simmons
Matt Munoz	15:20.63	2015	Mae Simmons
Richard Mora	15:37.73	2012	Mae Simmons
Eric Flores	15:41.76	1989	Mae Simmons
Mike Pivarnick	15:42	2003	Mae Simmons
Mike Montes	15:45	1984	Mae Simmons
Juan Blanco	15:45	2010	Mae Simmons
Ruben Campos	15:46.80	2013	Mae Simmons
Chris Wallace	15:47.06	2014	Mae Simmons
Ryan Saenz	15:47.56	2011	Mae Simmons
Paul Truax	15:51.58	2014	Mae Simmons
Joe Messer	15:55	1984	Mae Simmons
Steven Rios	15:58.89	2012	Mae Simmons
Tony Simonetti	16:00.54	1989	Mae Simmons
Marco Cassani	16:01.06	2007	Mae Simmons
James McLain	16:02.39	2015	Mae Simmons
Tommy Daniel	16:03.41	2007	Mae Simmons
Gabe Armijo	16:05.88	2015	Mae Simmons
Henry Garcia	16:09	1986	Mae Simmons
Rick Oropeza	16:12	1986	Mae Simmons
Elias Leija-Garza	16:13.36	2011	Mae Simmons
Tony Urrutia	16:14	1984	Mae Simmons
Steven Wallace	16:14.83	2012	Mae Simmons
Frank Agness	16:15	1986	Mae Simmons
Tony Urrutia	16:18.0	1986	Mae Simmons
Paul Garcia	16:20	2005	Mae Simmons
Caleb Buntyn	16:24.69	2012	Mae Simmons
Fernie Garcia	16:27	1998	Mae Simmons
Oscar Solis	16:29.11	2007	Mae Simmons
Hector Aranda	16:29	1984	Mae Simmons
Connor Buntyn	16:31.70	2007	Mae Simmons
Johnny Frias	16:33	1984	Mae Simmons
Chris Sotelo	16:33	1986	Mae Simmons
Ryan Omonudro	16:35.50	1998	Mae Simmons
Ed Cordova	16:41.0	1986	Mae Simmons
Henry Medvil	16:42.0	1984	Mae Simmons
Bem Muniz	16:48.80	1998	Mae Simmons
Rick Flores	16:53.0	1986	Mae Simmons
Gerald Perez	16:53.02	2009	Mae Simmons

Girls Extended List Regionals <http://www.runworks.com/calculator.html>

Anna Mora	17:10.85	2014	Mae Simmons	
Bridgette O'Toole	18:16.9	1987	Mae Simmons	Converted 11:23
Vanessa Parra	18:22.21	2014	Mae Simmons	

Melanie Stires	18:30.6	2010	Mae Simmons	Converted 11:33
Blanca Reyes	19:03.4	1995	Mae Simmons	Converted 11:54
Eden Buntyn	19:11.60	2014	Mae Simmons	
Lilly Fernandez	19:15.51	2014	Mae Simmons	
Diana Gutierrez	19:19.0	1987	Mae Simmons	Converted 12:04
Jessica Payne	19:23.7	2006	Mae Simmons	Converted 12:07
Alexus Ordaz	19:23.76	2015	Mae Simmons	
Aimme Apodaca	19:31.5	2010	Mae Simmons	Converted 12:12
Elise McLain	19:34.67	2014	Mae Simmons	
Jennifer Sarabia	19:34.68	1987	Mae Simmons	Converted 12:14
Carissa Pinion	19:38.30	2012	Mae Simmons	
Hannah Herrera	19:39.79	2015	Mae Simmons	
Dara Mylius	19:44.0	2006	Mae Simmons	Converted 12:20
Dominique Blancas	19:44.78	2014	Mae Simmons	
Magen Stires	19:45.3	2006	Mae Simmons	Converted 12:20.83
Elyssa Garcia	19:56.91	2009	Mae Simmons	Converted 12:27.70
Miranda Vega	19:56.94	2015	Mae Simmons	
Rhiannon Cleveland	19:57.35	2012	Mae Simmons	
Sabrina King	20:03.95	2015	Mae Simmons	
Diana Martell	20:11.91	2014	Mae Simmons	
Christina Delgado	20:13.5	2009	Mae Simmons	Converted 12:38.86
Elizabeth Cevera	20:19.9	2007	Mae Simmons	Converted 12:42.95
Samantha Martinez	20:21.65	2015	Mae Simmons	
Yadira Salazar	20:22.1	2005	Mae Simmons	Converted 12:44.41
Olivia Lara	20:23.9	2010	Mae Simmons	Converted 12:45.54
Brandee Baca	20:24.3	2010	Mae Simmons	Converted 12:45.79
Daniella Ruiz	20:34.54	2015	Mae Simmons	
Kayla Aguirre	20:46.1	2006	Mae Simmons	Converted 12:59.75
Whitney Stewart	20:46.2	2008	Mae Simmons	Converted 12:59.78

Boys Extended List State

Ryan Saenz	15:53.05	2012	Round Rock
Jose Silva	15:54.02	2014	Round Rock Harder Co
Brian Casillas	15:55.39	2012	Round Rock
Daniel Bernal	15:57.46	2014	Round Rock Harder Co
Richard Mora	16:08.50	2012	Round Rock
Mike Montes	16:09	1984	Georgetown
Ruben Campos	16:14.82	2013	Round Rock Harder Co
Joe Messer	16:18	1984	Georgetown
Paul Truax	16:23.97	2013	Round Rock Harder Co
Steven Rios	16:34.40	2012	Round Rock
Chris Wallace	16:37.98	2014	Round Rock Harder Co
Elias Leija-Garza	16:40.12	2011	Round Rock
Henry Garcia	16:42	1984	Georgetown
Caleb Buntyn	16:44.10	2012	Round Rock
Stephen Wallace	16:44.15	2012	Round Rock
Tony Urrutia	16:52	1984	Georgetown
Hector Aranda	16:53	1984	Georgetown
Matt Munoz	17:01.69	2013	Round Rock Harder Co
Alex Blanco	17:06.59	2012	Round Rock
Deric Martinez	17:20.89	2013	Round Rock Harder Co
Rick Oropeza	17:29	1986	Georgetown
James McLain	17:30.20	2014	Round Rock Harder Co



Boys

ALL TIME BEST EL PASO CROSS COUNTRY TEAMS

BOYS

Year	School	Team Avers #1	#2	#3	#4	#5	#6	#7	Coach		
1	2014	Eastwood	15:24	Daniel Bernal 14:59.28	Jose Silva 15:15.12	Deric Martinez 15:19.54	Matt Munoz 15:39.52	Chris Wallace 15:47.06	Paul Truax 15:51.58	James McLain 16:35.75	McLain/Pearson
2	2010	Austin	15:39.63	Isaac Spencer 15:01.59	Ramon Garcia 15:12.58	Anthony Castanon 15:48.22	Ben Gutierrez 15:53.31	Wally Compa 16:22.46	Ralph Padilla 17:58.69	Wills	
3	1986	Hanks	15:44.0	Mike McLain 15:23	David Medlin 15:33	Wally Feltia 15:39	Danny Trujillo 15:44	Art Contreras 16:21	Rick Larson 16:45	Monty Whittenburg 17:02	Pearson
4	1997	El Paso	15:44.4	Scott 15:27	Belmontes 15:46	Ortega 15:47	Gallegos 15:51	Perez 15:57			McKilip
5	2010	Jefferson	15:44.81	Joel Flores 15:21.75	Alejandro Acuna 15:34.09	David Torres 15:40.42	Gerardo Escapita 15:58.92	Rodolfo Arias 16:08.86	Marcos Alvarado 16:28.01	Amilcar Galindo 17:16.97	Trejo
6	1982	Austin	15:48	Joe Hernandez 15:25	Jaime Fraire 15:39	Aaron Martinez 15:42	Ralph Gay 15:47	Steve Martinez 16:27	Javier Amaro 16:44	Victor Quintana 16:58	Wills?
7	2014	Socorro	15:48.6	Steven Alvarez 15:00.70	Christian Hernandez 15:46.57	Richard Zuniga 15:50.70	Alan Ramirez 16:03.41	Geraldo Lopez 16:20.33	Carlos Camacho 16:48.30	Eric Araiza 18:43.40	Barrios
8	2015	Eastwood	15:48.78	Daniel Bernal 14:41.70	Matt Munoz 15:20.63	James McLain 16:02.39	Gabe Armijo 16:05.88	Edgar Gonzalez 16:53.29	Leo Cazares 17:05.88	Noah Ward 17:42.90	McLain/Pearson
9	1985	Hanks	15:51.8	David Medlin 15:25	Mike McLain 15:28	Albert Chavez 15:57	Wally Feltia 16:09	Oscar Nevarez 16:20	Russell Bailey 16:31	Martin Pizana 16:33	Pearson
10	2012	Eastwood	15:52.37	Brian Casillas 15:37.41	Richard Mora 15:37.73	Ryan Saenz 15:52.98	Steven Rios 15:58.89	Stephen Wallace 16:14.83	Caleb Bunty 16:24.69	Jose Silva 16:47.87	McLain/Pearson
11	2013	Eastwood	15:54.55	Brian Casillas 15:19.30	Jose Silva 15:41.23	Ruben Campos 15:46.80	Paul Truax 16:12.96	Matt Munoz 16:32.47	Chris Wallace 16:44.75	Deric Martinez 16:56.60	McLain/Pearson
12	1993	Irvin	15:55.0	Jesus Salas 15:34.5	Jaime Munoz 15:41.3	Richard Leyva 15:52.1	Luis Munoz 16:11.8	Joe Weissbard 16:15.3	Hector Lopez 16:47.8	Andy Olivarez 17:15.6	Silvagio
13	2014	Americas	15:56.0	Cameron Lavery 15:28.18	Brian Lujan 15:48.79	Jose Villalobos 16:01	Carlos Delgado 16:10.40	Abraham Perez 16:14.19	Andrew Diaz 16:38	Roderick Soulard 17:07.70	Lucero
14	2011	Jefferson	15:57.53	Joel Flores 15:13.57	Gerardo Escapita 15:47.01	David Torres 15:47.01	Marcos Alvarado 16:29.89	Aaron Daly 16:30.15	Christian Portillo 16:58.16	Alfredo Trejo 17:30.34	Trejo
15	2010	Montwood	16:01.13	Luis Romero 15:14.46	Angel Delacruz 15:36.55	Dorian Miranda 15:47.13	Robert Dominguez 16:20.19	Abel Salas 17:07.32	Brian Netto 17:15.61	Steven Yanez 17:38.90	Carden
16	2011	Eastwood	16:04.41	Brian Casillas 15:41.41	Ryan Saenz 15:47.56	Steven Rios 16:11.98	Elias Leija-Garza 16:13.36	Caleb Bunty 16:27.74	Richard Mora 16:33.64	Alex Blanco 17:42.46	McLain/Pearson
17	2009	Jefferson	16:05.22	Joel Flores 15:34.23	Eli Hernandez 15:56.90	Alejandro Acuna 15:59.00	Angel Franco 16:20.42	Rodolfo Arias 16:35.54	Julio Castro 17:08.82	Edinson Garcia 17:48.27	Trejo
18	2014	San Eli	16:05.0	Michael Johnson 15:11.23	Ulyses Cardoza 15:27.91	Erick Arambula 16:20.59	Miguel Garcia 16:36.91	Alex Fernandez 16:50.19	Daniel Alvarez 16:50.30	Angel Rangel 16:57	Morales
19	1987	Bowie	16:07.0	Jesse Shark 15:45	Eulalio Carrillo 15:52	Robert Trevino 15:54	Jesus Perez 16:16	Robert Diharce 16:48	Anthony Chaparro 17:00	Carlos Sarmiento 17:16	Corrigan
20	1982	El Paso	16:07.6	Ernesto Tamez 15:34	Manny Rodriguez 15:55	Arnold Plaza 16:13	Louie Rivera 16:14	Eduardo Del Campo 16:42	Jesus Quesada 17:24		McKilip
21	2015	San Eli	16:08.77	Erick Arambula 15:26.43	Ulyses Cardoza 15:39.78	Miguel Garcia 16:19.54	Adrian Contreras 16:33.42	David Ceballos 16:44.69	Leo Gomez 16:49.20	Alex Fernandez 17:14.19	Morales
22	1985	Bel Air	16:10.4	Frank Arriola 15:13	Ira Rodriguez 15:31	Javier Muniz 15:54	Gilbert Sanchez 16:39	JoeQuezada 16:55			Reasnor
23	2013	Jefferson	16:11.82	Gerardo Escapita 15:18.15	Aaron Daly 15:19.00	Ricardo Castaneda 16:20.00	Dominic Whiting 16:55.62	Gustavo Angeles 17:06.32	Christian Arizmendiz 17:58.54	Jerry Pinon 18:20.81	Trejo
24	1984	Eastwood	16:12.0	Mike Montes 15:43	Joe Messer 15:55	Henry Garcia 16:20	Hector Aranda 16:29	Johnny Frias 16:33	Henry Mendivil	Tony Urrutia	Littlejohn
25	2006	Chapin	16:12.35	Victor Sanchez 15:49.76	Sam Costanzo 16:02.39	Solomon Gardea 16:11.11	Sam Velasco 16:18.89	Phillip Gonzalez 16:39.56	Ivan Harris 16:47.43	Edgar Ortiz 17:01.00	Heidemreich
26	1992	Austin	16:12.38	Isreal Cordero 15:30.30	Aldo Soltero 15:48	John Isenberg 16:20.91	Mike Orozco 16:28	Oscar Quezada 16:54.63			Wills
27	1997	Austin	16:13.0	Salazar 15:39	Frayre 16:11	Salazar 16:18	Duran 16:24	Mariscal 16:31			Wills
28	2011	Burges	16:13.29	Kristian Alegado 15:36.95	Manuel Ortiz 16:17.20	Javier Gaytan 16:21.06	Daniel Tarango 16:22.88	Jorge Quintero 16:28.38	Martin Chavarin 17:41.01	Victor Hinojosa 17:46.40	Smith
29	2010	El Dorado	16:13.37	Ray Cuevas 15:46.62	Michael Grijvala 15:51.36	Carlos Soto 16:01.01	Ray Martinez 16:34.55	Angel Cadena 16:53.30	Isaac Avila 16:58.55	Anthony Barron 17:15.20	Jones
30	1982	Riverside	16:13.8	Bobby Aguirre 15:08	Freddy Banuelos 16:16	Joe Maldonado 16:31	George Salas 16:36	Danny Ramirez 16:38	Jamie Hernandez 17:10	Jimmy Garcia 17:22	???

31	1998	Socorro	16:14.0	Victor Gutierrez 15:48	Robert Villalobos 16:00	Valenzuela 16:19	Isaac Snell 16:26	Alex Perez 16:39	Steve Rodriguez 17:40	Victor Parra 18:12	McLain/Pearson
32	1987	Hanks	16:14.8	Danny Trujillo 15:31	Montie Whittenburg 15:43	Sammie Gonzalez 15:47	Joey Carpenter 16:38	Victor Lincon 17:35			Pearson
33	1985	El Paso	16:15.2	Gilbert Contreras 15:40	Benito Hernandez 16:02	Jimmy Moreno 16:22	Juan Martinez 16:35	Robert Rodriguez 16:37			McKilip
34	1993	Montwood	16:15.26	David Morales 15:33.8	Jose Ortiz 15:41.7	Willi Wilson 16:24.5	Art Gomez 16:45.8	Trevor Yates 16:50	Fernie Campos 17:26.1	Sergio Talavera 17:41.3	Carden
35	1987	Burgas	16:15.8	Cristino Garcia 16:00	Miguel Fortis 16:14	James Stevensen 16:15	David Tinajero 16:20	Luis Tovar 16:22	Juan Macias 16:30	Sergio Pena 16:49	Alsop
36	2006	Socorro	16:15.94	Rodney Snyder 15:45.73	Mark Fuentes 16:01.07	Jesus Rodriguez 16:27.13	Gama Mendez 16:29.37	Chris Gonzalez 16:36.39	Josue Nunez 16:36.94	Rodrigo Molina 17:30.77	Barrios
37	1995	Bowie	16:17.0	Alberto Esquivel 15:26	Jose Valdez 15:54	Ramon Valdez 15:56	Gene Betencourt 16:48	Juan Rivera 17:21	Jesus Alvarez 17:25	Victor Alvarez 18:29	McLain
38	1986	Eastwood	16:17.4	Henry Garcia 16:09	Rick Oropeza 16:12	Frank Agness 16:15	Tony Urrutia 16:18	Chris Sotelo 16:33	Ed Cordova 16:41	Rick Flores 16:53	Littlejohn
39	2015	Franklin	16:17.49	Adam Cortez 15:22.65	Tony Cordero 15:41.29	Michael Contreras 15:57	Evan Carcerano 16:57	Theo Sandhu 17:29.18	Pablo Romero 18:18	Tim Anderson 18:43	Aguliar
40	1993	Coronado	16:18.64	Mario DeLaPena 15:35.1	Brandon Parkhurst 16:06.8	Ramon Diaz 16:08.6	Alex Mendez 16:09.9	Mike Luna 17:32.8	Mike Nicolau 17:33.4	Mark Shepard 18:15	Corrigan
41	1994	Irvine	16:18.88	Jesus Salas 15:38.5	Joe Weisbard 15:58.8	Jaime Munoz 16:30.7	Roberto Castillo 16:41.8	Richard Leiva 16:44.6	Jesus Chapparro 16:46.1	Brian Sutton 17:16	Silvagio
42	2007	Socorro	16:19.42	Jesus Rodriguez 16:09.34	Rodney Snyder 16:09.80	Gama Mendez 16:13.04	Chris Gonzalez 16:30.73	Josue Nunez 16:34.17	Juan Nunez 17:00.18	Martin Alderette 17:09.66	Barrios
43	2010	Socorro	16:20.86	David Urquidi 16:05.73	Sergio Cardenas 16:17.61	Jose Esqueda 16:22.88	Enrique Jimenez 16:28.68	Julio Rodarte 16:29.39	Eric Hernandez 16:52.35		Barrios
44	2007	Eastwood	16:21.19	Marco Cassini 16:01.06	Tommy Daniel 16:03.41	Oscar Solis 16:29.59	Connor Buntyn 16:31.70	Juan Blanco 16:40.15	Andres Avila 17:07.58		McLain
45	1998	Austin	16:22.0	Duran 15:50	Salazar 16:24	Mariscal 16:29	Gallardo 16:32	Barnes 16:36			Willis
46	1984	Hanks	16:22.2	Albert Chavez 15:51	Mike McLain 15:54	Russell Bailey 16:36	Johnny Yazaguirre 16:39	Wally Felt 16:49	Armando Nevarez 17:20	Rick Larsen 17:28	Pearson
47	1985	Coronado	16:22.8	Sergio Diaz 16:11	Fernie DeLaCorda 16:18	Ricardo Ramirez 16:21	Mike McCorgary 16:32	Gary Hutchinson 16:32			Dember
48	2000	Fabans	16:22.9	Ricky Ontiveras 15:41.40	Armando Garcia 16:15.10	Jose Munoz 16:18.00	Jesus Martinez 16:32.10	David Delgado 17:08.00	J.R. Ontevaros 17:58.20		
49	2013	Burgas	16:23.75	Jorge Quintero 15:42.30	Javier Gaytan 16:03.84	Christ Euzarraga 16:12.35	Will Knight 16:32.04	Chris Lowenberg 17:28.20	Andrew vazquez 18:32.61	Troy moreno 18:48.73	Smith
50	1996	Bowie	16:23.8	Ramon Valdez 15:49	Omar Lobera 16:28	Onar Prieto 16:29	Jose Valdez 16:29	Jesus Dominguez 16:44	Victor Alvarez 17:04	Victor Prieto 17:30	McLain
51	1994	Austin	16:24.42	Oscar Quezada 16:05	Ross Fontenette 16:13.3	Gabe Orth 16:22.9	Rod Phipps 16:29.5	Kory Lund 16:51.4	Chris Rains 16:57.9	Alvaro Orozco 17:21.3	Willis
52	2003	Montwood	16:24.80	Lee Chavez 15:40.4	Luis Martinez 16:22.12	Chris Bransford 16:31.86	Jose Andazola 16:42.58	Enrique Rivera 16:44.83	Aaron Jamillo 17:04.20		Carden
53	2014	Eastlake	16:24	Jakob Sandoval 16:06.80	Donovan Dequir 16:15.42	Francisco Sandoval 16:15.91	Edgar Gonzalez 16:22.10	Bernie Sepulveda 17:01	Adrian Lozano 17:13	Hunter Kitley 17:34	Avila
54	1986	Coronado	16:25.0	Kenny Lucero 15:24	Fernie DeLaCorda 16:22	Mike McCorgary 16:25	Ruben Daley 16:32	James Williams 16:42	Danny Cano 16:47		Dember
55	1987	Socorro	16:25.4	David Velasquez 15:59	Rickey DeLaCruz 16:20	Jesus Lopez 16:23	Miguel Figueroa 16:33	Raul Gomez 16:52			Reinheart
56	2008	Austin	16:26.72	Isaas Spencer 15:50.64	Ramon Garcia 16:17.94	Danny Cuevas 16:25.38	Cesar Perez 16:35.74	Anthony Marcial 17:03.91	Ben Gutierrez 17:18.70	Jacob Baca 18:02.87	Willis
57	1984	Coronado	16:28.0	Francisco Diaz 15:50	Manny Lopez 16:02	Abe Ray 16:31	Vince Bejarano 16:55	Eugene Rodriguez 17:03			Dember
58	1989	El Paso	16:28.14	Regelio Gonzalez 16:19	Richard Gonzalez 16:25	Mauro Dominguez 16:28	Richard Wittertauter 16:28.7	Adrian Moreno 16:40			McKilip
59	2007	Horizon	16:29.05	Jesus Garcia 16:14.45	Manny Hernandez 16:26.69	Adrian Anaya 16:29.39	German Nunez 16:33.50	Aaron Granados 16:41.19	Luis Fuentes 17:06.44	Randy Flores 18:30.75	Prestwood
60	2009	Austin	16:29.45	Isaac Spencer 15:25.31	Ramon Garcia 15:49.94	Jacob Baca 16:56.14	Ben Gutierrez 17:01.11	Iving Esparza 17:14.74	Javier Enriquez 17:58.88	Gabe Martell 18:28.19	Willis
61	1984	Burgas	16:29.8	Abel Romo 15:43	Marc Ranc 16:27	Peter Chavez 16:43	Gerardo Chaparro 16:48	Thomas Tinajero 16:48			Alsop
62	1998	Coronado	16:30.0	Salcado 15:55	Saenz 15:58						Corrigan
63	1986	Bowie	16:30.6	Eulalio Carrillo 16:15	Roberto Trevino 16:24	Jesse Shark 16:28	David Jaquez 16:36	Angel Chaparro 16:50			Brooks
64	2007	Chapin	16:30.75	Solomon Gardea 16:02.64	Victor Sanchez 16:23.11	Tim Spicer 16:25.38	Matt Spicer 16:49.07	Edgar Ortiz 16:53.51	Thomas Navirette 16:58.68	Brandon Spicer 17:25.31	Heidenreich

ALL TIME BEST EL PASO CROSS COUNTRY TEAMS

R Yea Schoo Team #1



	#2	#3	#4	#5	#6	#7	Coach
1 2014 Eastwood	18:42.0 Anna Mora 17:10.85	Vanessa Parra 18:22.21	Eden Buntyn 19:11.60	Elise McLain 19:34.67	Dominique Blancas 19:44.78	Diana Martell 20:11.91	McLain/Pear
2 2003 Montwood	19:17.20 Christina Munoz 11:28	Becky Robles 12:08	Mariana Chavira 12:12	Jackie Cervantes 12:41	Tarah Sanchez 12:51	Alessandra Jordan 13:07	Cardon
3 2013 Horizon	19:21.79 Sarah Lopez 18:31.15	Karla Enriquez 18:32.18	Alondra Pareda 19:40.23	Crista Villalobos 20:03.21	Arlene Bustamante 21:19.13	Lupita Montanez 25:22.60	Prestwood
4 2008 Chapin	19:27.25 Marissa Paz 11:41	Adriana De Leon 12:11	Teresa Love 12:20	Veronica Sandoval 12:34	Linda Vicario 13:26	Kate Rodriguez 13:40	Heidenreich
5 2000 Montwood	19:27.8 Monique Ortega 11:24	Anita Quirino 11:40	Sandra Mirales 12:41	Laura Rivera 12:50	Jaime Taylor 13:05	Veronica Martinez 13:15	Cardon
6 2012 Eastwood	19:31.28 Anna Mora 18:16.54	Vanessa Parra 19:37.88	Carissa Pinion 19:38.30	Rhiannon Cleveland 19:57.35	Diana Martell 20:15.50	Elise McLain 20:20.90	McLain/Pear
7 1982 Coronado	19:31.29 Celina Terrazas 11:58	Cathic Koss 12:18	Diana Trujillo 12:19	Sharon Lucero 12:33	Mimi Ivey 13:10		Dember
8 2002 Montwood	19:31.44 Monique Ortega 11:39.7	stephanie Diaz 20:04.46	Evelyn Leal 12:36.9	Mariana Chavira 12:45.5	Jenefer Aragon 12:51	Sandra Gueta 13:05	Cardon
9 2004 Del Valle	19:33.40 Brissia Montalvo 12:01	Gabriela Ramos 12:17	Belinda Castanon 12:26	Ivette Montalvo 12:35	Danielle Costanzo 12:42	Teresa Love 13:53	Jasso
10 2007 Chapin	19:33.95 Marissa Paz 12:01	Adriana De Leon 12:05	Vernica Sandoval 12:21	Linda Vicario 12:41	Dominique Blancas 20:14.63	Alexus ordaz 20:38.22	Heidenreich
11 2013 Eastwood	19:34.65 Anna Mora 19:04.15	Vanessa Parra 19:35.43	Eden Buntyn 19:38.02	Elise McLain 19:56.90	Brandee Garner 12:50	Mari Vazquez 13:53	McLain/Pear
12 2009 Clint	19:35.18 Cashlee Rayas 12:02	Heather Delgado 12:13	Sarah Rayas 12:13	Itati Contreras 12:44	Isela Caso 12:52		Gee
13 1985 Bowie	19:35.6 Patty Avila 11:47	Josefina Uloa 12:10	Julie Orozco 12:17	Estela Rodriguez 12:52	Maria Flores 13:33	Adriana Silva 13:50	Brooks
14 1982 Bel Air	19:41.0 Letty Gomez 12:05	Melinda Apodaca 12:16	Dora Rodriguez 12:26	Lorraine Navarro 12:49			Reasnor
15 2015 Eastwood	19:43.38 Alexis Ordaz 19:23.76	Lili Fernandez 19:32.44	Hannah Herrera 19:39.79	Sabrina King 20:03.95	Sam Martinez 20:21.65	Daniella Ruiz 20:34.54	McLain/Pear
16 2007 Del Valle	19:43.86 Yennifer Mendez 12:11	Maria Esquicia 12:18	Gabrielle Hernandez 12:19	Kim Garcia 12:48	Leanna Luna 13:04	Angie Palomino 13:28	Hairston
17 2010 Eastwood	19:46.39 Melanie Stires 11:33.01	Any Apodaca 12:12.83	Olivia Lara 12:45	Whitney Stewart 13:04	Jackie Cuellar 13:09	Carissa Pinion 13:19	McLain
18 2012 Coronado	19:48.11 Patricia Ablanado 18:32.35	Kendra Melendez 19:40	Samantha Homan 19:44.59	Alina Ward 20:40.85	Brianna Solarzano 20:48	Channellor Garay 20:53	Corrigan
19 1984 Bowie	19:50.4 Patty Avila 12:01	Sylvia Marquez 12:32	Adriana Silva 12:33	Estela Rodriguez 12:53			Brooks
20 2015 Jefferson	19:50.54 Doralisa Lopez 19:28.66	Breona Pinkney 19:30.92	Roxane Reza 19:40.47	Jamie Stryers 20:50.56	Aliyah Brewer 21:09.03	Sam Limon 21:33.58	Trejo
21 2006 Eastwood	19:50.93 Jessica Payne 12:07	Dara Mylius 12:20	Maegen Stires 12:20	Kayla Aguirre 12:59	Liz Cevera 13:01	Monique Macias 13:12	McLain
22 1999 Montwood	19:51.0 Anita Quirino 11:17	Klepper 12:07	Rivera 12:28	13:27			Cardon
23 2007 Eastwood	19:51.42 Maegen Stires 12:19	Jessica Payne 12:20	Melanie Stires 12:31	Dara Mylius 13:02	Jenny Davila 13:05	Liz Cevera 12:42	McLain
24 1998 Montwood	19:56.0 Anita Quirino 11:45	Barnett 12:26	Rivera 12:31	Soto 13:35			Cardon
25 2014 Mt View	19:56.0 Emily Estrada 11:51	Michelle Estrada 11:52	Pricilla Estrada 12:17	Clarissa Saucedo 13:19	Flor Gutierrez 13:54	Jessica Garcia 13:55	Salas
26 2009 Jefferson	19:56.35 Theresa Torres 11:59	Tiffany Ganiere 12:33	Arlene Cabrera 12:35	Stephnie Nevarez 12:58	Ashley Diaz 13:11	Susana Villela 13:29	Trejo
27 1985 Socorro	19:56.40 Margie Bernal 11:43	Patty Rodriguez 12:32	Araceli Rosales 12:49	Irma Tellez 13:00	Judy Garcia 14:16	Liz Villegas 14:16	Reinheart
28 2010 Del Valle	19:56.88 Angie Palomino 12:02	Brissa Carrillo 12:23	Maria Esquicia 12:32	Shantal Oropeza 13:01	Rebecca Medina 13:25	Stephnie Estrada 13:26	Hairston
29 2004 Franklin	19:58.40 Kylie Marshall 12:08	Megan Hetzel 12:19	Mackenzie Edwards 12:21	Mackenzie McLaughlin 13:19	Any Arsenault 14:01	Kathy Gatewood 14:08	Aguilar
30 2002 Americas	19:58.80 Vanessa DeLaRosa 12:29.1	Laura Pereyra 12:31.7	Amanda Torres 12:32.1	Crystal Grijalva 12:47.5			Barrios
31 1982 Burges	19:59.2 Mary Brooks 12:06	Cindy Garrissiere 12:17	Margaret Brooks 12:33	Pat Navidad 13:13	Bianca Marquez 13:45	Mercy Hernandez 13:47	Alsop
32 2006 Chapin	19:59.41 Marissa Paz 11:41	Adrian Deleon 12:33	Alissa Ruiz 12:45	Amanda Constanzo 13:02	Rachel Brower 13:23	Jackie Rojas 13:37	Heidenreich
33 2010 El Dorado	19:59.71 Bonnie Perez 12:23	Brittany Parga 12:33	Erica Ramos 12:34	Sharubia Encarnacion 12:53	Samantha Gardea 12:54	Cierra Fernandez 13:33	Jones
34 2012 Franklin	20:00.34 Ayla Lopez 19:15.16	Jenna Rosales 19:45.35	Kizria Acosta 20:10.87	Madelaine Westman 20:19.28	Sophia Salcido 20:47.06	Erica Westman 21:24.37	Aguilar
35 2011 Coronado	20:01.09 Patricia Ablanado 11:58.42	Kendra Melendez 12:19	Alina Ward 12:41	Samantha Homan 13:01	Valerie Bright 13:08	Jackie Rios 13:34	Corrigan
36 2009 Eastwood	20:01.15 Melanie Stires 12:06.80	Elyssa Garcia 12:27.70	Christina Delgado 12:38.86	Jenny Davila 13:09	Any Apodaca 13:10	Isabel Regalado 13:23	McLain

37	2015	Chapin	20:02.78	Rachel Gallivan 18:53.89	Skyler Goodman 19:09.95	Jacey Stoots 20:24.82	Nayely Hernandez 20:45.07	Kirsten Davis 21:00.19	Destiny White 21:01.58	Daniella Cortinas 25:41.02	Heidenreich
38	2003	Americas	20:03.20	Laura Pereyra 12:08	Vanessa Delarosa 12:09	Amanda Torres 12:32	Robin Vaughn 13:04	Deyanira Velasquez 13:18	Mariene Gutierrez 13:47	Nancy Gallegos 14:32	Barrios
39	2000	Socorro	20:03.30	Lisa Salcedo 11:50	Yamel Velasquez 12:17	Diana Gonzalez 12:49	Claudia Gomez 13:07	Cindy Garcia 13:11	Valerie Salazar 13:16	Melissa Aguilar 13:21	McLain
40	2011	El Dorado	20:05.11	Ileana Acosta 12:17	Samantha Gardea 12:33	Erica Ramos 12:35	Bonnie Perez 12:55	Brittany Parga 12:59	Cierra Fernandez 13:17	Leanna Luna 13:32	Jones
41	2006	Del Valle	20:05.54	Brissia Montalvo 11:49	Jenefer Aragon 12:12	Audrey Rosales 13:00	Jasmine Arceo 13:05	Amanda Luna 13:14	Yenefer Mendez 13:16		Hairston
42	2003	Del Valle	20:05.80	Brissia Montalvo 11:59	Jisel Bailon 12:09	Ivette Montalvo 12:44	Belinda Castanon 12:52	Arlene Bustamante 20:44			Jasso
43	2014	Horizon	20:07.0	Sarah Lopez 19:40.20	Karla Enriquez 19:44.30	Michelle Renteria 19:52	Lesly Acosta 20:35				Prestwood
44	2014	Hanks	20:10.0	Abeyta Andrea 19:06.80	Yara A-Cortez 19:18.10	Janie McGlohen 19:45	Celeste Zamarron 20:30	Kierra Robinson 22:11	Bryenne Perez 23:13	Maureen Mejia 24:12	Gomez
45	2005	Del Valle	20:11.21	Brissia Montalvo 12:11	Melissa Zepeda 12:34	Gabriela Ramos 12:43	Jenefer Aragon 12:54	Amanda Luna 13:22	Laura Magallanes 13:48		Jasso
46	2004	Americas	20:11.40	Laura Pereyra 12:16	Vanessa Delarosa 12:30	Amanda Torres 12:51	Devanira Velazquez 12:59	Robin Vaughn 13:11	Samantha Uriquidi 13:23	Mariene Gutierrez 13:31	Barrios
47	2008	Del Valle	20:11.66	Gabrielle Hernandez 12:30	Angie Palomino 12:32	Maria Esquivia 12:35	Leanna Luna 12:46	Brisa Carrillo 13:22	Audrey Rosales 13:52	Jasmine Arceo 14:14	Hairston
48	2010	Jefferson	20:11.80	Theresa Torres 11:55	Tiffany Ganiere 12:38	Jalle Merritt 12:57	Stephnie Nevarez 13:03	Kandy Torres 13:13	Jade Martinez 13:15	Lindsey Whitting 13:25	Trejo
49	2003	Franklin	20:14.0	Hilda DeLaPena 11:56	Mackenzie Edwards 12:14	Makensi McLaughlin 12:49	Laura Hernandez 13:20	Courtney Bosse 13:26	Laura Tackett 14:06		Aguilar
50	2010	Americas	20:14.08	Maria Fernandez 12:32	Gabriela Sepulveda 12:43	Andrea Hernandez 12:44	Victoria Lopez 12:53	Samara Gutierrez 12:55	Viridiana Acosta 13:41	Sophia Rodriguez 13:43	Lucero
51	2005	Chapin	20:14.36	Tisha Hunter 12:12	Marissa Paz 12:16	Alyssa Ruiz 12:47	Amanda Costanza 13:11	Amy Fathbruckner 13:24	Lorena Flores 13:48	Mary Tooke 14:32	Heidenreich
52	2006	Horizon	20:15.97	Brandi Gutierrez 11:33	Adriana Juarto 12:46	Tracy Sierra 12:49	Cristina Montanez 13:07	Yadira Candelaria 13:43	Vanessa Moreno 14:15		Prestwood
53	2011	Eastwood	20:16.43	Anna Mora 12:01.63	Amy Apodaca 12:36.04	Vanessa Parra 13:00.07	Carissa Pinion 13:02	Jackie Cuellar 13:21	Dominique Blancas 13:40	Vanessa Miramontes 13:56	McLain/Pearson
54	1998	Hanks	20:16.5	Angerstein 11:55							Gomez
55	2014	Socorro	20:18.0	Stephanie Quintero 18:30.02	Jacqueline Lopez 19:17.35	Natalie Gomez 20:54	Susanne Sides 21:09	Rochelle Rodriguez 21:39	Melissa Rubio 22:16	Brianna Olivares 22:52	Barrios
56	2015	Franklin	20:19.14	Bri Armendariz 18:57	Ayia Lopez 20:02.53	Kim Melton 20:30.22	Paola Ortiz 20:54.09	Jenna Rosales 21:11.88	Melanie Alvidrez 21:23.63	Lauren Stokes 22:32.21	Aguilar
57	2013	Coronado	20:19.93	Patricia Ablanedo 18:27.27	Samantha Homan 20:14.35	Jenna Jurecky 20:36.66	Chancellor Garay 20:53.65	Alina Ward 21:27.71	Brianna Solarzano 22:07.71	Keli Kirkpatrick 22:41.93	Corrigan
58	2012	Horizon	20:21.49	Sarah Lopez 20:09.80	Kim Rivera 20:11.13	Michelle Renteria 20:16	Alondra Pareda 20:21.85	Leslie Gomez 20:48.41	Daisy Torres 21:46	Karla Enriquez 22:05	Prestwood
59	2013	Chapin	20:28.36	Stephanie Diaz 19:23.06	Patrice Daniels 19:36.40	Destiny White 20:54.55	Gail Sanchez 21:10.82	Rachel Gallivan 21:46.99	Kiersten Davis 22:01.91	Monique Avila 22:13.43	Heidenreich
60	2015	Socorro	20:38.61	Natalie Gomez 18:52.84	Jessica Dominguez 19:05.66	Susanne Sides 20:43.42	Abigail Valdivieso 23:06	Alyssa Perales 23:07.71	Jacqueline Sosa 25:39.95	Abigail Valdivieso 23:06	Barrios
61	2015	Eastlake	20:47.20	Alyssa Betencourt 20:05.07	Letizia Hernandez 20:25.53	Stephanie Martinez 20:26.30	Amaris Chavez 21:00.83	Angelina Argumendo 21:58	Alyssa Aguirre 22:01	Allene Montanez 22:21	????
62	2015	Horizon	20:47.41	Michelle Renteria 19:09.63	Karla Enriquez 20:18.83	Ariel Garcia 20:31.73	Kenia Enriquez 20:42.05	Lesly Acosta 23:14.81	Alba Estrada 24:12.07		Prestwood
63	2012	Chapin	20:52.91	Vivian Diaz 19:26.02	Stephanie Diaz 20:04.46	Valerie Vidal 20:38.51	Monica Escobar 21:22	Nayely Hernandez 22:53	Ana Ontiveros 22:55	Gabriel Jones 23:16	Heidenreich
64	2012	Del Valle	20:58.93	Mindy Rincon 20:02.23	Miranda Leal 20:34	Brianna Mitchell 21:08	Leeza Gutierrez 21:19	Shantal Oropeza 21:49	Amber Atkinson 25:26	Sabrina Carereez 26:47	Hairston



THE EASTWOOD PROJECT



First ever Eastwood Saturday Practice



EASTWOOD CROSS COUNTRY

MONDAY TEMPO RUN



RUDY GUTIERREZ — EL PASO TIMES

The Eastwood High School cross country team starts off on a tempo run around Eastwood/ Album Park Monday afternoon. The 67-person team works out at the park about once weekly, said coach Mike McLain. The group was to hit a certain pace for a fast-enhanced run to compensate for the day's heat, said McLain, who has been the school's cross country coach for 14 years. "It's a great school," he added.

To get what we've
Never had, we must do
What we've never done.

ANONYMOUS

Hundreds of runners take on YMCA Turkey Trot



COURTESY OF DALE LAVERTY

Hundreds of runners braved the rain during the YMCA of El Paso's annual Turkey Trot on Thanksgiving morning. Luis Romero (in all green), a senior at Texas A&M University-Commerce, outkicked Eastwood High School senior Matt Muñoz in the final seconds to win the 5K race. Romero, a 2012 graduate of Montwood High School, finished in 16 minutes, 36.1 seconds, while Muñoz finished in 16:38.0. More than 1,300 runners took part in the 39th annual 5K run and 3K walk. For complete results, visit the online at <http://racesonline.com/events/ymca-of-el-paso-turkey-trot/results/2015>.





Once a trooper always a trooper



HIGH SCHOOL SIGNEES

El Paso-area athletes sign with small colleges

Times staff report

Several area high school athletes will continue their athletic careers at the collegiate level at non-Division I schools.

- Eastlake defensive back Billy Cuellar will play football at UT-Permian Basin, which is beginning a new program. He helped the Falcons to a pair of playoff wins in Class 5A last season.

- Coronado wide receiver Josiah Moreno will play for Friends University in Wichita, Kan. Friends University is an NAIA school.

- Eastwood cross country standout Anna Mora will continue her career at East Central University in Ada, Okla. She was the El Paso Times' All-City Girls Cross Country Runner of the Year last fall.

- Eastwood cross country runner Vanessa Parra will also continue her running career at East Central University in Ada, Okla.

- Eastwood cross country and

track and field runner Deric Martinez will run for South Plains College in Levelland, Texas. He was an El Paso Times All-City performer as a senior.

- Eastwood cross country and track and field runner Jose Silva will also continue his career at South Plains College. He was an El Paso Times All-City performer as a senior.

- Socorro football player Miguel Provencio, who played tight end for the Bulldogs, will play football for Valley City State in North Dakota.

- Socorro football player Michael Lujan, who played offensive tackle for the Bulldogs, will continue his football career at Wayland Baptist.

- Chapin softball player Krystal Andrade will continue her career at Paris Junior College.

- Fabens volleyball player Kimberly Dickson will continue her career at Cisco Junior College.

What if I would of ran all freshman year - Jose S.

What if I didn't have my dad as my coach?

- Elise

What if I would have trained hard Freshman and Sophomore year?

- Deric Martinez

What if I didn't suck at every other sport that I tried to do

- Dominique Blancas

What if I had never been introduced to Cross Country?

- Jalio Rodriguez

What if I wouldn't have quit basketball freshmen year?

- Yancy Ramirez

What if?

What if I hadn't fell at my Junior year regionals

- Anna Mora

What if I had kicked earlier in a race?

- Casey Serrano

What if I never would've made Saltatrix?

- V. Rivera

What if I wouldn't have pushed myself?

- Vanessa Miramontes







Hoka crew







[Cross country regional meet]

Eastwood runner stays the course

By Lenny Jurado

El Paso Times

Mike Pivarnick is a throwback, a team-oriented athlete who can make a one-handed catch of a football, nail a 3-point shot, even run you down in the malle.

He played football his freshman year at Eastwood, and if it weren't for Mike McLain, people could be reading about Mike Pivarnick the wide receiver.

But as it turned out, the junior was persuaded to run cross country. It wasn't a bad choice. Actually, he's the best in El Paso.

"Coach McLain would pull me out of class, quite frequently, my freshman year and tried to get me to run cross country. It was a nuisance, but after a while I realized that he had a lot of confidence in me. To see that was amazing, I said I'd give it a shot, and it surprised me that he was right."

Two years later, Pivarnick will be participating in his second regional cross country meet this Saturday in Lubbock and looking to make his first trip to the Class 5A state championships.

He's won seven meets this season, and his gold at Saturday's District 1-5A championships led the Troopers to a third-place team finish. As a sophomore, he placed no worse than 10th in all his local races.

Considering Pivarnick's success, it's hard to imagine he almost didn't give the sport a chance.

"I was a typical meathead. My friends and I had won back-to-back football championships (at Eastwood Middle School), and we thought we'd be untouchable in high school," said Pivarnick, who also played on a championship basketball team.

However, McLain saw Pivarnick's potential in running and was determined to see the boy in a different pair of shoes.

After all, Pivarnick was a two-

'His middle-school times let me know some of his potential. I was pretty persistent.'

Eastwood cross country coach Mike McLain on trying to persuade Mike Pivarnick to compete as a runner

time 1,600-meter champ as a middle schooler and placed second in the 300-meter hurdles at district his eighth-grade year.

"His middle-school times let me know some of his potential. I was pretty persistent," McLain said.

The coach tried one final time, and the last-ditch attempt paid off.

"One time he showed me all of his scholarship letters (from high school while at Hanks). He had them in a big box," Pivarnick recalled. "The last time he tried to convince me, he showed me a box of all his district, regional and state medals. It was kind of impressive to see all that."

Since then, Pivarnick has begun his own collection of medals. He has a silver from the 2003 district championships and hopes to add a bigger one this weekend by improving on last year's 17th-place regional finish.

"He's a competitor. He's going to get in that race, and he's going to get after it, which will give him a very good shot," McLain said.

Pivarnick certainly has that shot — an opportunity to make even more runners wish he'd have stayed on the football field; not listened to his persuasive coach; kept well clear of their sport of choice.

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Victor Calzadilla / El Paso Times

Eastwood's Mike Pivarnick won the district 1-5A cross country title and qualified for the regional meet.