



About the author

Reporter Andrew Leung strives to inform parents and students of athletes' progress after every meet, including their personal quotes and reflections in his reports. **To have these reports emailed to you, please contact Andrew at 1045916@etusd.org.**

SOUTH HIGH SCHOOL TRACK & FIELD

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Spartan Intersquad Meet
February 15, 2018

South High School
Sunny, 69°F

The opulent sunshine that blessed South High's Track & Field team proved vastly advantageous to the team's morale at the Spartan Intersquad Meet. However, not everyone was so jovial. "I'm extremely scared;" exclaimed freshman Amaan Merchant, "I forgot my jersey! I also hope I don't faceplant in the sand of the jump pits!" And Reporter Andrew had to cover his ears in trepidation every time boys distance Coach Andrew Salinas fired the ostentatiously loud starting gun. Delightedly, that strategy proved to be tremendously efficacious in averting hearing loss for the author. Sophomore William Woolen, who was unfortunately incapacitated for this preliminary intersquad meet, expressed his anticipation for success in the upcoming season. He conveyed to the author his hope to recover from his injuries and to, in due course, make great strides in his abilities. Juniors Ayssel Aly and Sarah Nassery, who also were injured for the meet, still remained hopeful; they said, "We hope to improve our running skills when we heal." Around 25 spectators attended the meet; they cheered on and commended the athletes. One of the spectators, former Track athlete and sophomore Annette Lee, said, "I really wanted to do Track this year, but I sadly couldn't because of time constraints." Nonetheless, athletes surpassed coaches', parents', and their own expectations at the Spartan Intersquad Meet.

South High's runners persisted in continuing their extensive progress they started in Cross Country. Freshman Sara Reeder, who ran the 1600-meter race in 6:09, said, "It was definitely fun today!" Sophomore Ajith Nair stated, "It's truly a great atmosphere around here. Everyone cheers everybody on, and everyone has energy!" He finished with a 5:40 in the 1600-meter race. Freshmen Emmaly Sanchez and Sara da Silva ran a 6:33 and 6:46 respectively in their 1600-meter races. Sophomore Alysya Lubba, who ran the 800-meter race, hoped that she would not continue with that same event throughout the season to participate in hurdles, but even then, she finished in first place with a 2:43. Some athletes partook in the relay races. Seniors Stephen Del Signore and Sam Valliere and juniors Haley Chung and David Lee participated in the boys 4×100-meter relay, ending with a time of 46 seconds. Seniors Olivia Hanson and Catherine Shonack, junior Madeline Bailey, and sophomore Amara Ugwu ran in the girls 4×100-meter relay, finishing in 56 seconds.

The hurdlers included junior Clara Chan. She succinctly stated, "We have a small team, but we're all in this together." Chan completed her 300-meter hurdle race in 53 seconds. Junior Emily Colombine finished in 57 seconds. Junior Sean Hamilton, however, was injured for this meet and had to refrain from participation; he stated that he hopes to recover quickly. Senior Stephen Del Signore finished his 300-meter hurdle race in 44 seconds. Senior Sam Valliere completed the 110-meter hurdle course in 17 seconds.

South High's pole vaulters witnessed great accomplishments as they entered their first meet of the season. Junior Layne Hayward broke the school record by seven inches with a vault of 11' 1". Coach B. of the pole vaulters said, "This is only the first meet of the year, and we're already seeing great progress!" Senior Matt Burt said, "It's truly great to be able to go into this Track season, and I really hope for the best!" Sophomore Sofia Pela stated, "It's been a challenging pre-season, but I'm excited to see the hard work pay off!" She ended up with a 5' 1".

For the shot putters and discus throwers, it was also a day of success. Junior Mark Chung said,

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"I only got one chance to throw today, but I wish I could do more." Coach Jasper Huang of the discus and shot put team stated, "I'm pretty happy because everyone did well today." Sophomore Alyssa Coric said, "My coach told me that someone else [other than freshman Mikaela Lippon] would beat me, but I ended up with second place!" Coric got a 42' 4" in discus. Sophomore Kassidy Blevins, coming directly from soccer, said, "My very first day in Track was a meet!" In discus, she threw a 33' 3". And freshman Mikaela Lippon exclaimed, "I ended up breaking the freshmen school record on my first meet!", and she, in discus, threw an 80' 2".

The jumpers also showed exemplary abilities at the Spartan Intersquad Meet. Senior Jason Min, although injured for the event, wrote to the author, "I aspire to be an athlete who doesn't get injured anymore, as I'm recovering from my eleventh ankle sprain. I wish to exceed 40 feet in the triple jump as well." Sophomore Shriya Mittar participated in the triple jump event and hearteningly said, "It's gonna be better this season; I can already see it!" Junior Ankesh Jhangiani stated, "This meet is great for us to learn what our abilities are." He, in the long jump event, got a 14' 7".

The next event for South High's athletes is the Zamperini Invitational at Torrance High School on Saturday, February 24. Head Coach Rick Esponda has expressed his concerns over whether athletes will be able to attend that weekend event. However, athletes are presently reveling in the success they achieved at this intersquad meet. The Spartan Intersquad Meet truly exhibited the substantial capabilities of South High's Track & Field athletes, and all are passionately expectant for a prosperous 2018 season.

- Reporter Andrew Leung
Thursday, February 15, 2018