

Season
Schedule on
Back!



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

4801 PACIFIC COAST HIGHWAY
TORRANCE, CALIFORNIA 90505
1045916@etusd.org

BRIAN TOKUDA, ASSISTANT HEAD COACH

RICK ESPONDA, HEAD COACH

ANDREW LEUNG, EVENT REPORTER

SEASON INTRODUCTION

by Andrew Leung, Event Reporter

"It will be better than joining those [slow] kids in P.E.!", freshman Amaan Merchant joked regarding the prospect of becoming a member of South High's Track & Field team in the 2018 season. Merchant's jest truly epitomizes athletes' sentiments as the new season commences; many are hopeful for continued progress in their athletic abilities. Track athletes will come from numerous different sports. Some, such as sophomore Alyssa Lubba, a soccer player, plan to join in early February when their winter sports end. Though many praised Lubba for her outstanding athletic abilities last season, she unpretentiously said, "First, I hope to get on the team; then, I hope I'll do [well]." Sophomore Daniel Skinner, who was in P.E. for the first semester, hopes to participate in the shot put and discus events. He said, "P.E. sucks. I feel relieved; I can work out now without [anyone] stopping me." Numerous runners from Cross Country, such as sophomore Sejin Park, are planning to continue in Track. She said, "I'm looking forward to trying new things, and I think I'm gonna do distance and hurdles." This year, the pre-Track program was instituted for individuals who wished to practice their Track event all year. For example, senior Sam Valliere enrolled in the program. His plans to choose the 110- and 300-meter hurdles as his Track event will continue the progress he has started in previous years.

The leadership of Track & Field will fall under Head Coach Rick Esponda instead of Coach Brian Tokuda, the Cross Country head coach. Andrew Leung will continue his tenure as the team's event reporter, but unfortunately, Asst. TA Khalid Mihlar will be stepping down from his position to participate in the shot put and discus events. Reporter Andrew hopes to keep up his tradition of reporting on meets during Track & Field, continuing his work from the 2017 Cross Country season. Though Coach Brian Tokuda has always written Varsity-only reports for the Cross Country team, he has never endeavored to do the same for Track. It will be a new experience for both parents and athletes alike to read the reports. Nevertheless, hopes overall are high among athletes to be a part of the 2018 Track & Field program.

In Track & Field, runners can elect to participate in the 100-, 200-, 400-, 800-, 1600-, or 3200-meter races. Some distance runners will make the challenging transition from long-distance running to sprints for Track. Junior Mark Chung stated, "It will be really hard for me to transition to sprints during Track because the workouts are quite different." Sophomore Amara Ugwu, who joined soccer for the winter, echoed that same sentiment. She added, "Being in multiple sports helps me get better in each one because they all teach me something I can use in the others. For that, I'm grateful." Freshmen Amaan Merchant and Kai MacKenzie plan to be sprinters, not wanting to continue the arduous distance runs they endured in Cross Country. Others, however, such as senior Desiree Powers, will continue running long distances in the 800-, 1600-, and 3200-meter races. Runners in Track & Field are looking forward to running on the flat tracks that greatly contrast with the sometimes hilly Cross Country courses such as Mt. SAC.

A different option in Track & Field for athletes who enjoy running is to partake in relays. Three types of relays, the "4×1", "4×4", and "Distance Medley Relay", will be available for athletes' participation. The 4×1 relay is comprised of four athletes running 100 meters each. Likewise, the 4×4 relay is

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similar, except each athlete runs 400 meters each. Reporter Andrew, not having the slightest clue as to what the “Distance Medley Relay” was, asked sophomore Rivka Ben-Avides for clarification. She explained, “It’s where four kids each run different distances. They run 400, 800, 1200, or 1600 meters.” Some runners from Cross Country plan to partake in that relay.

Another event athletes may choose to participate in in Track & Field is hurdling. Boys participate in the 110- and 300-meter hurdle events, while girls participate in 100- and 300-meter events. Senior Stephen Del Signore joked, “Hurdling is hard, but with the right amount of practice, anyone, including [senior] Sam Valliere, can make it.” Sophomore Claire Masuda exclaimed, “I’m excited for hurdles, and I hope to beat my record!” When Reporter Andrew asked freshman Amaan Merchant if he planned to do hurdles, Merchant scoffed at the notion. “Short people,” he laughed, “are not meant for hurdles!”

An often-overlooked event in Track is pole vaulting. Senior Matt Burt, looking forward to the final season of his unique sport, wrote to the author, “I couldn’t be more excited to start competing for South in this upcoming season. I’ve never been much of a distance runner[,] so Track has always been very appealing to me, as it includes numerous other events to compete in.” As a sophomore last year, Layne Hayward made the list of the top ten pole vaulters in South High history with a vault of 10’ 2”. With a dedicated coach, Coach B., the prospects for this year’s vaulters are high. The jumpers can choose from doing the long, triple, or high jump. Junior Tyler Lum plans to join their ranks; he said, “I’m excited for Track, but I’m scared of people with long legs!”

The first meet of the 2018 Track season will be the Spartan Intersquad Meet in mid-February. The event, held at South High, will only be among South’s athletes, as it is exclusively designed to help members of the Track team decide on what event will be right for them to participate in. However, many are still hoping for strong performances, as coaches ultimately decide whether athletes participate in a Track event or not. Athletes are focusing on encouraging each other before the season starts. Freshman Amaan Merchant gave solace to all athletes who do not appreciate boasters; he joked, “Those boasters are losers because they probably suck. Their three-mile time is more than 30 minutes.” As the 2018 Track & Field season commences, we wish all our athletes the very best in their endeavors.

- Reporter Andrew Leung
Sunday, December 17, 2017



2018 TRACK & FIELD SEASON SCHEDULE

Feb. 15	Spartan Intersquad	South HS	Apr. 13	South Bay Champs	El Camino Col.
Feb. 24	Zamperini Invite	Torrance HS	Apr. 14	South Bay Champs	El Camino Col.
Mar. 1	Peninsula Dual	South HS	Apr. 19	Leu./Cent. Tri.	South HS
Mar. 3	Culver City Relays	Culver City HS	Apr. 20	Mt. SAC Relays	El Camino Col.
Mar. 9	Redondo Invite	Redondo HS	Apr. 21	Mt. SAC Relays	El Camino Col.
Mar. 10	Redondo Invite	Redondo HS	Apr. 28	League Prelims	Torrance HS
Mar. 15	Torrance Dual	Torrance HS	May 3	League Finals	Torrance HS
Mar. 16	California Relays	El Camino Col.	May 12	CIF Div. Prelims	TBD
Mar. 17	Mustang Relays	Mira Costa HS	May 19	CIF Div. Finals	El Camino Col.
Mar. 22	West Dual	South HS	May 25	CIF Masters	El Camino Col.
Apr. 5	North Dual	South HS	June 1	CIF State Meet	Buchanan HS
Apr. 6	Arcadia Invite	Arcadia HS	June 2	CIF State Meet	Buchanan HS
Apr. 7	Arcadia Invite	Arcadia HS			