



***LA SALLE***

**2022**

***Cross Country***

**AWARDS CEREMONY**

**SUNDAY, DECEMBER 4, 2022**

**DINING HALL**

**12:30 P.M.**

## PROGRAM

12:30 – 12:45 p.m. Social

12:45 – 1:15 p.m. Lunch

1:15 – 1:30 p.m. Head Coaches and Season Summary  
Remarks

1:30 – 2:30 p.m. Awards Ceremony

A. Introduction of All-League Varsity and Junior Varsity

B. Acknowledgements

C. Individual Awards (Letters/Certificates)

- Girls' Junior Varsity
- Boys Junior Varsity
- Boys Varsity
- Girls Varsity

Closing – Photo Opportunities

Created by Duane Norris on December 6, 2022

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Photos: Duane Norris & David Pesja

## 2022 Cross Country Team Photo



### COACHING STAFF



### 2022 Coaching Staff

Head Coach	Austin Williams '09
Assistant Coach	Joseph Blackman '89
Assistant Coach	Duane Norris



## Boys' Varsity

(from l to r)

Nathan Grabias '24  
 Daniel Alvarez '25  
 Alexandro Alvarez '23 \*  
 Sidney Smith '25  
 Nathan Arrellano '25  
 Ethan Lin '25  
 Joshua Garza '24

\*=All Del Rey League

<u>Varsity Boys School</u>	<u>Heartwell Park</u>	<u>La Mirada</u>	<u>Finals - Hollydale</u>	<u>Total Points</u>
Cathedral	5	4	5	14
Bishop Amat	4	3	4	11
<b>Salesian</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>7</b>
Don Bosco Tech	2	1	2	6
<b>La Salle</b>	1	0	1	2



## JUNIOR VARSITY BOYS' -

(from l to r) Reece Alvarado '25,  
 Avery Kachmarksy '24,  
 Ryan Almond '25, Luke  
 Copeland '25, Anthony  
 Gibbs '25, Dylan Jaing '25

<u>Junior Varsity Boys School</u>	<u>Heartwell Park</u>	<u>La Mirada</u>	<u>Finals - Hollydale</u>	<u>Total Points</u>
Cathedral	3	4	4	11
Don Bosco Tech	4	3	3	10
Salesian	1	2	2	5
<b>Bishop Amat</b>	<b>2</b>	<b>0</b>	<b>1</b>	<b>3</b>
La Salle	0	0	0	0



## Girls' Cross Country

(from l to r):

Abigail Pesja '24  
 Giulia Bhatia '24  
 Taibitha Frumento '25  
 Allyson Copeland '25  
 Olivia Bohanec '24 \*  
 Shelley Liang '25  
 Amelia Ramsey '23  
 Ryley Fong '23

(Not pictured Emily Fong '26)

\* = all Del Rey League

## Varsity Girls Del Rey LEAGUE Standing

<u>School</u>	<u>Heartwell Park</u>	<u>La Mirada</u>	<u>Finals - Hollydale</u>	<u>Total Points</u>
Bishop Amat	5	4	5	14
Bishop Montgomery	4	3	4	11
St. Joseph	2	2	3	7
<b>La Salle</b>	<b>3</b>	<b>0</b>	<b>1</b>	<b>4</b>
St. Paul	1	1	2	4



**Junior Varsity Girls** Ashley Hong '26, Ava Sindici '23

## Junior Varsity Girls Del Rey LEAGUE Standing

<u>School</u>	<u>Heartwell Park</u>	<u>La Mirada</u>	<u>Finals - Hollydale</u>	<u>Total Points</u>
Bishop Amat	4	4	4	12
Bishop Montgomery	0	0	3	3
Lakewood St. Joseph	3	0	0	3
La Salle	0	0	0	0
St. Paul	0	0	0	0

### Rosemead (Based on 3 mile course)

	TOP 10 FEMALE PERFORMERS	TIME	YEAR		TOP 10 MALE PERFORMERS	TIME	YE AR
1	Samantha Knapp '18	19:23.5	2017	1	Alexandro Alvarez '23	15:09.8	2022
2	Ashley Mayo '18	19:42.0	2015	2	Daniel Piesik '21	16:24.6	2018
3	Makenna Maucher '18	20:04.6	2015	3	Daniel Costello '18	16:50.9	2017
4	<b>Emily Fong '26</b>	<b>21:12.5</b>	<b>2022</b>	4	Nicholas Reynolds '19	16:52.6	2018
5	Olivia Bohanec '24	21:19.3	2021	5	Michael Brennan '18	17:33.8	2015
6	<b>Abigail Pejsa '24</b>	<b>21:44.6</b>	<b>2022</b>	6	Marcos Vargas '20	17:34.0	2018
7	<b>Giulia Bhatia '24</b>	<b>21:57.2</b>	<b>2022</b>	7	<b>Nathan Arellano '25</b>	<b>18:13.8</b>	<b>2022</b>
8	Maya Magluyan '23	21:57.3	2021	8	Bryan Dionisio '18	18:29.8	2017
9	Keanna Lazaro '19	22:12.5	2015	9	Max Esquivel '20	18:30.7	2017
10	Maggie O'Hagan '20	22:41.7	2018	10	<b>Daniel Alvarez '25</b>	<b>18:33.5</b>	<b>2022</b>

### Fresno Woodward Park (5K)

1	Shannon Skager '02	19:28	2001	1	Daniel De La Torre '13	15:30	2012
2	Hannah Miller '97	19:32	1995	2	Austin Williams '09	15:40	2008
3	Margaret Sitker '07	19:43	2005	3	Alexandro Alvarez '23	15:42.8	2021
4	Bettina Lee '16	19:49	2013	4	Neil Kalra '00	16:01	1999
5	Makenna Maucher '18	20:20	2014	5	Geoff Wullschlager '93	16:27	1992
6	Gina Clayton '01	20:21	1999	6	Steve Mullen '96	16:36	1995
7	Ashley Mayo '18	20:30	2014	7	Kevin Delaney '89	16:49	1987
8	Nicole Boroumand '01	20:31	1999	8	Marcus Van Doren '91	16:58	1989
9	Abigail Marich '16	20:34	2013	9	Brian Conroy '09	17:04	2008
9	Allison Hutchcraft '01	20:34	1999	10	Aron Miller '90	17:22	1989

For information related to the top ten times go to: [XC Top Ten \(frejoytf.com\)](http://www.frejoytf.com)

### South Gate Hollydale Park (3 miles)

1	<b>Olivia Bohanec '24</b>	<b>18:41.9</b>	<b>2022</b>	1	Alexandro Alvarez '23	14:52.7	2021
2	Makenna Maucher '18	18:46.7	2014	2	Daniel Costello '18	16:34.0	2017
3	Hannah Howard '16	19:13.2	2014	3	Daniel Piesek '21	16:38.0	2018
4	Samantha Knapp '18	19:15.7	2014	4	Noah Sisson '16	16:43.0	2014
5	Abigail Marich '16	19:24.9	2014	5	Michael Brennan '18	16:48.0	2014
6	Ashley Mayo '18	19:32.8	2014	6	Nicholas Reynolds '19	17:09.0	2018
7	Maya Magluyan '23	20:50.4	2021	7	<b>Keanu Widjaja '24</b>	<b>17:14.4</b>	<b>2022</b>
8	<b>Abigail Pejsa '24</b>	<b>21:15.9</b>	<b>2022</b>	8	<b>Nathan Arellano '25</b>	<b>17:15.9</b>	<b>2022</b>
9	Jacqueline Tooley '16	21:40.3	2014	9	Michael Gibbs '17	17:19.0	2016
10	Jessica Frias '24	22:20.4	2021	10	Marcos Vargas '20	17:29.0	2018

For Top Ten Lists related to Cal Poly Pomona, College of the Canyons, La Mirada County, Mt. SAC, Edgewood, Creekside Park, Fastback Shootout and other courses please go to this page: <http://www.frejoytf.com/xc-boys-records.html>  
 For season photos please go to: <https://lasalletrackfieldcrosscountry.shutterfly.com/> Password: lassallet&

Award	Girls	Boys
<b>Most Valuable Runner</b>	Olivia Bohanec '24	Alexandro Alvarez '23
<b>Most Inspirational</b>	Allyson Copeland '25	Nathan Arellano '25
<b>Most Improved</b>	Taibitha Frumento '25	Sidney Smith '25
<b>Coaches</b>	Giulia Bhatia '24	Keanu Widjaja '24





Special Guest Pasadena Mayor Victor M. Gordo  
Mayor Gordo awarded Pasadena Mayoral pins to honor our Coaches.



Awardees  
with Mayor  
(fr l to r)  
  
Mayor Gordo,  
Davonna  
Norris,  
Coaches  
Norris,  
Blackman and  
Williams



City of Pasadena  
Mayoral Pin



Team Captain Olivia Bohanec '24 with Head Coach Williams



Giulia Bhatia '24 and Nathan Grabias '24  
with Coach Blackman '89

**La Salle**  
COLLEGE PREPARATORY



Blackman with Team Captain Alexandro Alvarez  
'24 and Coach Norris



Ryan Almond '25, Luke Copeland '25,  
Anthony Gibbs '25 and Avery Kachmarsky '24



Varsity Girls: Giulia Bhatia '24, Olivia Bohanec '24, Allyson Copeland '25, Abigail Pejisa '24 and Coach Williams



Varsity Boys: Alexandro Alvarez '23, Daniel Alvarez '25, Nathan Arellano '25, Joshua Garza '24, Nathan Grabias '24, Sidney Smith '25, Keanu Widjaja '24 and Coach Williams



'22 Girl's Awardees: Allyson Copeland (Most Inspirational), Guilia Bhatia (Coaches), Olivia Bohanec (Most Valuable) and Coach Williams



'22 Boy's Awardees: Alexandro Alvarez (Most Valuable), Nathan Arellano (Most Inspirational), Sidney Smith (Most Improved), Keanu Widjaja (Coaches) and Coach Williams

