



# The Bulldog Bark

The Voice of Alhambra Cross --CC--> Country  
"Excellence Every Day"

Friday October 4, 2019



## Diablo Athletic League

Center Meet # 1  
Hidden Valley Park, Martinez  
Wednesday 10/2/2019

### Hidden Gems !

## Dawgs Flex DAL Muscle; First in 4 Divisions !

The first Center Meet of the season was the usual array of canopies, hundreds of athletes, enthusiastic parents, and lots of nerves and trepidations. The first league meet of the season tends to bring with it a higher set of expectations, which often is a cause for some runner anxiety.

And of course, it is no secret that our league has a number of very strong teams that are ranked highly in the NCS and even the State, and the best athletes from the DAL will be among the top runners from anywhere come the championship season.

### What to expect?

Often this meet is a blank slate. It is hard to predict with any precision how teams will perform. Not all the school attended the early invitationals, and if they did they didn't always run their top runners. This is especially true for the schools in or Valley Division.

### Top-Heavy League

With so many good schools at the front of the races, the competition we face in our division is often obscured as the battle between some schools is in the middle part of the race, or even further back. This also makes it difficult to assess our teams' successes just by viewing the actual race.

### And so?

Well, by all metrics, we did very well within our division, even though it took some time to rifle through the results to ferret out the exactitude of the data. Currently we are in 1st in the GJV, BFS, BJV, & BV categories, and 2nd in the GV. We did not field a GFS team, so we are not in the mix there.

This is a very good statement for the program. The athletes competed well, showing off their conditioning, and with a larger team than in recent years, we were able to show off that conditioning in more races.

**GFS** -- no Alhambra entries

### BFS

1.	Campolindo	46
2.	Acalanes	76
3.	Northgate	104
4.	College Park	119
5.	Miramonte	124
6.	Las Lomas	130

7.	Clayton Valley	153
8.	Benicia	169
9.	<b>Alhambra</b>	<b>175</b>
10.	Concord	330
11.	Berean Christian	340

Did not score:  
Mt. Diablo, Ygnacio Valley

(171 finishers)		
1.	Sam Smith (Campo)	11:11
7.	Cristian Ruiz	12:06 PR :51
23.	Juan Herrera	12:46 PR :19
34.	Joaquin Hinkens	13:01 PR :47
53.	Aaron Manning	13:20 PR :20
69.	Ali Sobhy	13:42 PR :27
71.	Vince Montegrande	13:44 PR :36
76.	Caleb McCauley	13:50 PR :08

did not run:

Jared Lipman



Joaquin and Juan on their way to PR races.

We won our head-to-head tussle with Benicia by a single point, 28-29, and outclassed the rest of our division rivals. First place sounds nice. Cristian tore out early to get himself in the top of the race and stayed there. Juan was strong for us today. Joaquin had his best race to date trying to hang with Juan. Aaron, Ali, Vince, and Caleb all finished within half a minute of each other to finish out our scoring pack in a nice cluster.

All of the boys finished "above the fold."  
All of the boys PR'd. Good going.

### GJV

1.	Campolindo	23
2.	Acalanes	54
3.	Northgate	95
4.	Clayton Valley	103
5.	College Park	109
6.	Benicia	163*
7.	Las Lomas	178
8.	Miramonte	219
9.	<b>Alhambra</b>	<b>224</b>
10.	Ygnacio Valley	254

did not score:

Berean Christian, Concord, Mt. Diablo

\* team disqualified -- did not run a varsity team

(73 finishers)

1.	Mia Travis (Campo)	13:54
33.	Jennifer Duncan	16:24
46.	Mia Padrique	17:50
50.	Ariel Banez	18:06
52.	Skye McKinsey	18:14
65.	Laila Flahiff	19:43
71.	Reina Felson-Lamb	22:16 PR 2:08

Even with most of the girls aching or sore or recovering from illness and/or injury, they all did their job and ran and finished. And in the battle of the small schools, we came out well. Jenny perked up as she is recovering from an ankle injury to be our lead girl today. Mia got caught up in the middle of the race and could not quite get untracked today. Ariel did very well in her first race ever. Skye is working through a hip soreness, and so had to be careful today. Laila loped in a bit back. Reina notched a sizeable PR.

We got an unexpected bump when the Benicia team got disqualified for not running a varsity team as well as a JV team. This vaulted us into 1st place in our division.



Jenny shrugged off an ankle tweak to be our top JV today.

### BJV

1.	Campolindo	15
2.	Acalanes	87
3.	College Park	102
4.	Clayton Valley	103
5.	Miramonte	113
6.	Las Lomas	115
7.	Northgate	187
8.	Benicia	269
9.	<b>Alhambra</b>	<b>271</b>
10.	Concord	305
11.	Mt Diablo	334*

did not score: Berean Christian, Ygnacio Valley

\* team disqualified -- did not field a varsity team

(150 finishers)

1.	Brad Martin (Campo)	11:15
70.	Deen Sobhy	14:12
80.	Jonas Knopf	14:26
90.	Tim Truex	14:55

91. Brandon Gray	14:56	
120. Ethan Arnold-Muth	16:07	PR :46
125. Chris Rucker	16:17	
126. Andres Alvarez	16:21	
128. Parrish Dodson	16:44	PR 3:51
147. Santino Parenti	18:49	PR 1:21
150. Chris Breedlove	25:18	PR :42

did not run:

Maverick Gonzalez  
Brayden Van Den Baard



Deen was our team leader today

This was our "catch-all" race, with its own share of rookies and those recovering from illness and injury. As a result, we saw a collection of fairly uneven races. Even so, we had enough firepower to sneak past Benicia on the head-to-head score 26-29 and earn our spot atop the Valley Division standings.

Tim and Brandon had an aggressive start but both slipped back into the pack as the race went on. Tim has been sick, and Brandon tuckered out. Deen and Jonas played a more steady game and came in as our lead runners. Ethan led a little pack of himself, Chris R., Andres, and Parrish to close out our scoring group. Santino and Chris plugged along gamely as always.

It was nice to see our emerging runners notch some impressive PR's. Time for our veterans to do the same.

## BV

1. Campolindo	40
2. College Park	50
3. Miramonte	77
4. Las Lomas	118
5. Acalanes	122
6. Northgate	127
7. Clayton Valley	140
8. Ygnacio Valley	223
9. Alhambra	262

did not score: Benicia, Concord, Berean Christian, Mt. Diablo



Coach Angela exhorts Kadyne up the hill.

(61 finishers)	
1. Audrey Allen (Mira)	18:03
46. Kylee Phillips	23:23
57. Alexia Hisquierdo	26:09
58. Kaelyn Nguyen	26:21
59. Kadyne Brown	26:46
61. Rayna Arce	27:58

This was definitely a learning curve. With a completely rookie team, our girls looked shell-shocked as this race went out hard and did not slow down. Yes, we are in a league with some state caliber teams and individuals. The anticipatory mindset was not entirely one of full confidence when the gun went off.

Kyle made an attempt to get into the picture in the upper part of the race, but gradually fell back. The rest of the girls packed together. At first blush it looked as if we were outclassed today.

But . . . only one other team in our division even ventured to put in a team. That means being able to even field a team is a statement, and we will gladly accept 2nd place in league standings.

## BV

1. Campolindo	20
2. Acalanes	101
3. College Park	105
4. Northgate	115
5. Alhambra	119
6. Clayton Valley	156
7. Las Lomas	179
8. Miramonte	206
9. Benicia	222
10. Concord	224
11. Ygnacio Valley	284
12. Berean Christian	312

did not score: Mt. Diablo

(80 finishers)

1. Cayden Hien (Campo)	15:54	
8. Carson Edwards	16:40	PR :22
(#7 Top-10 All-Time BV list)		
22. Ben Smyers	17:28	
28. Tyler Allen	17:43	
30. Colby Thompson	17:44	PR :59
31. Ryan McCaulery	17:45	
32. Nolin Searls	17:48	PR 1:47
57. Sam Dibetta	18:48	PR :59



Ryan grinds up Finale Hill.

Despite a few tweaks, twinges, and residual sniffles, our boys packed in real tight behind Carson's top finish to not only dominate our division, but to lose only to top dogs Campo

and Acalanes in the big boy division. Quite a statement by a rapidly coalescing varsity group.

Carson etched his name once again in the record books with his strong performance. This was even after throwing up before the race. He was able to get into the front group to get us the tiny points. Ben was the one who moved up from our pack to close the gap on Carson. The strength of the team powered in with Tyler, Colby, Ryan, and Nolin all coming in within 5 seconds. Sam and his cold ran in a bit later.

All the boys who could PR did PR. (That is, they had run the 3.0 mile course previously.) And the PR's were by sizeable margins.

Even though on the invitational scoring we took 5th, on the head-to-head scoring we beat College Park (28-29) and Northgate (28-28 with the best 6th man 32-54). Equally impressive was easily beating traditional powers Clayton Valley, Las Lomas, and Miramonte. And we left our chief division rival Benicia well in our rear-view mirror.

Here the overall league standings as of 10/2:

## DAL Standings

GFS	Foothill	DAL
Campolindo	6-0	12-0
Miramonte	5-1	11-1
Northgate	4-2	9-3
Las Lomas	3-3	9-3
College Park	2-4	8-4
Clayton Valley	1-5	6-6
Acalanes	0-6	5-7

	Valley	DAL
Benicia	5-0	8-4
Alhambra	0-5	0-12
Berean Christian	0-5	0-12
Concord	0-5	0-12
Mt. Diablo	0-5	0-12
Ygnacio Valley	0-5	0-12

BFS	Foothill	DAL
Campolindo	6-0	12-0
Acalanes	5-1	11-1
Northgate	4-2	10-2
College Park	3-3	9-3
Miramonte	2-4	8-4
Las Lomas	1-5	7-5
Clayton Valley	0-6	6-6

	Valley	DAL
Alhambra	5-0	5-7
Benicia	4-1	4-8
Concord	3-2	3-9
Berean Christian	2-3	2-10
Mt. Diablo	0-5	0-12
Ygnacio Valley	0-5	0-12

GJV	Foothill	DAL
Campolindo	6-0	12-0
Acalanes	5-1	11-1
Northgate	4-2	10-2
College Park	3-3	9-5
Clayton Valley	2-4	8-4
Las Lomas	1-5	7-5
Miramonte	0-6	10-2

Valley DAL

<b>Alhambra</b>	<b>5-0</b>	<b>6-8</b>
Ygnacio Valley	4-1	5-9
Benicia	0-5	0-12 *
Berean Christian	0-5	0-12
Concord	0-5	0-12
Mt. Diablo	0-5	0-12
* Benicia forfeits - - did not field a Varsity team		

<b>BJV</b>	<b>Foothill</b>	<b>DAL</b>
Campolindo	6-0	12-0
Acalanes	5-1	11-1
College Park	4-2	10-2
Clayton Valley	3-3	9-3
Las Lomas	2-4	8-4
Miramonte	1-5	7-5
Northgate	0-6	6-6

	<u>Valley</u>	<u>DAL</u>
<b>Alhambra</b>	<b>5-0</b>	<b>5-7</b>
Benicia	4-1	4-8
Concord	3-2	3-9
Berean Christian	0-5	0-12
Mt. Diablo	0-5	0-12 *
Ygnacio Valley	0-5	0-12
* Mt. Diablo forfeits - - did not field a Varsity team		

<b>GV</b>	<b>Foothill</b>	<b>DAL</b>
Campolindo	6-0	12-0
College Park	5-1	11-1
Miramonte	4-2	10-2
Acalanes	2-4	8-4
Las Lomas	2-4	8-4
Northgate	2-4	8-4
Clayton Valley	0-6	6-6

	<u>Valley</u>	<u>DAL</u>
Ygnacio Valley	5-0	5-7
<b>Alhambra</b>	<b>4-1</b>	<b>4-8</b>
Benicia	0-5	0-12
Berean Christian	0-5	0-12
Concord	0-5	0-12
Mt. Diablo	0-5	0-12

<b>BV</b>	<b>Foothill</b>	<b>DAL</b>
Campolindo	6-0	12-0
Acalanes	5-1	11-1
College Park	4-2	9-3
Northgate	3-3	8-4
Clayton Valley	2-4	7-5
Las Lomas	1-5	6-6
Miramonte	0-6	5-7

	<u>Valley</u>	<u>DAL</u>
<b>Alhambra</b>	<b>5-0</b>	<b>10-2</b>
Concord	4-1	4-8
Benicia	3-2	3-9
Berean Christian	2-3	2-10
Ygnacio Valley	1-4	1-11
Mt. Diablo	0-5	0-12

## Notes:

### 1. Diablo Athletic League structure:

High school sports have gradually shifted over time in how leagues are formed and reformed. The two major concerns are now 1) geographic proximity and 2) competitive equity. When the DFAL and DVAL combined into a single league a few years ago, the schools were grouped because they were fairly close together and that would ameliorate travel

considerations. And since 12 teams are an unwieldy number for scheduling, two divisions were created to provide competitive equity based on recent past program performance. Each of these divisions are treated as separate leagues for the purpose of titles and, in the case of team sports, advancement to NCS competition. These alignments are reconsidered every two years.

Alhambra was assigned to the Valley division, and as a historically small program, does not have much history of success in cross country on a team level even though there have been a steady stream of outstanding individuals. We are working on changing that dynamic to include ongoing team success.

### 2. Scoring: Invitational and head-to-head

Invitational scoring is where all teams are lumped into the scoring, top to bottom. Head-to-head scoring is between two teams only, with all the other runners excluded. This means that one team can lose to another in the invitational grouping but still beat that team on a strict head-to-head basis. This was the case in several of our races.

### 3. Boys' Varsity keeps on rolling - -

This last race at Hidden Valley was a good indication of the potential of our current boys' team. Carson continues to be our warrior at the front of the races, and the rest of our varsity pack has been steadily getting closer to him in races as the season has progressed.

### 4. Team time gap

Cross country coaches use the 1-5 time spread of runners to evaluate a team's strength. If a team can get 5 runners within a one minute span, that is considered excellent. Our last race saw our team time gap at 1:05. And we can do better still.

### 5. Expectations

Doing well always means changing expectations, and there is no guarantee that improvement will continue at a steady pace. So, the tentative premise before this last race was to decisively be the top team in the Valley division, and also nibble at the more established programs in the Foothill division.

Well, those expectations were met and exceeded. We were able, on a head-to-head basis, beat all the other schools save Campolindo (D-III NCS ranked #1, State ranked #2) and Acalanes (D-IV NCS ranked #2).

The temptation is continue to ramp up expectations, but there are still 5 weeks left before we enter the championship phase. We still have lots of workouts left to do, and a few more races to run. However, we now have a body of consistent performances already this season and barring injury and illness, there is no reason not to be optimistic about the rest of the season.

## Looking Ahead:

Sat 10/5 - - Artichoke Invitational

Great course, fine competition, ocean view, beach party . . . what's not to like ?

Sat 10/12 - - Castro Valley Invitational

Another great course and lots of medals.