

FULL TEAM EVENT-GROUP SUMMARY: ABBREVIATED 2020 Track & Field Season

- **GROUND GAME** (*distance, middle distance and sprints*)



- **Boys distance/middle distance:** *strong core of senior/junior boys leadership, peppered with Fr/So standouts competing at the varsity level;*



- Senior captains Neel Bhargava (*FHS Male Athlete of the Year 2020*), Kyle Du Val, Alex Workman and Eagle Scout, Zach Oren, working with juniors Samuel Tiscareno, Justin Franklin and Zaki Lodji, formed a strong pack.



- Allowing Fr/So standouts Jonathan Halperin (10th), Isaac Tiscareno (9th), Santiago Torres (10th) and Lucas Arreguin (9th) to post most of the teams' fastest times. With Alex Workman, driving to recapture the magic of past seasons, before injury.
 - Halperin, coasting to a 1600m PR of 4:37 in the 2nd dual meet, and an 800 PR of 2:04 in the same meet (both times were ranked 6th in SCVAL), was surely on his way to CCS in both events. Possibly State in 1600m, if we could have put a few 3200m races in him

- **Girls distance/middle distance:** *pretty much a one-girl-show at the varsity level for 1600m/3200m, with a hardworking group of FS's battling well at the JV level*



- Senior captain and elite SCVAL distance warrior, Samantha Wu (*2x CCS in XC, #4 Fremont All-time in the 3200m, missed CCS by one spot in 2019 SCVAL 3200m*) was the big punch against sweeps in dual meets, and a solid chance to capture "bling" on the weekends
 - Samantha has been accepted to UCLA, and continues to train, in order to have an outside chance at walking-on for XC



- FS Co-captain, Medha Kotra (10th), leads a group of hardworking 9th graders: Naomi Nishikawa (2nd from right), Shrida Bhat (right), Jazmin Morris and Anique Arce, who were already scoring regularly as JV's, and had scored some hardware in our only weekend invitational before the season shutdown

- Boys sprints: a couple of senior leaders supported by a large pack of very talented Fr/So's who are able to score varsity in dual meets



- Senior captain Rohan Kale put in a monster amount of training in the off-season, including his 1st ever Cross Country season. In three meets, he had already posted 2 sprint PR's while still recovering from basketball injuries. Senior co-captain, Yash Gajula, who also put in a strong off-season (while becoming an Eagle Scout), opened his season with a 200M PR
 - Huge influx of Fr/So talent: led by Luis Figueroa (10th), whose off-season training effort, turned him into the fastest open-400m runner on the team. Luis's new found speed was complemented by 1st-time FHS Track 10th graders, Brice Walker, Zek Esa and Tommy Mai, plus new freshmen speedsters, Kathir Balakrishnan, Leland Nguyen, Jonathan Mases and Ethan Louie. These guys as a group, won a load of medals at the Rust Buster invitational.
 - Although many of sprinters are varsity-competitive in their individual sprints, the sprint strength was evolving into the Relays. The time the FS 4x4 (Mai, Balakrishnan, Halperin, Figueroa) ran to win the Rust Buster, was ranked 19th, over-all (including Varsity teams) in CCS. The 4x4 would have continued to post faster times through the season by sprinkling Rohan, Yash, and the middle-distance speed of Zach Oren, into the mix of the FS Relay machine.



- **Girls sprints:** 4-junior girls & 1-sophomore, whose PR sprint marks were ranked on FHS's All-Time top 15, before the season. This group of girls were joined by some surprise new FS talent, along with a few seniors whose stepped-up work-ethics were beginning to show in their performances



- Accomplished varsity core team: led by team co-captain, Natalie Waelty (11th), ranked FHS All-time in the 200m, 400m and on multiple relays, supported by Kate Gough (All-time 100m list, 2018 FS 200m League Champion), Marisa Windham (2018 4x1 lead-off for the "Top-8" meet and the Varsity 4x1), multi-event-threat/team-captain Briana Fedkiw (2x CCS in horizontal jumps), and sophomore Rahki Chadalavada (#15 on FHS All-time 400M list, 3rd fastest Freshman 400m girl in CCS last year). A welcomed late addition was California-state Wrestling finalist and 2019 member US of the Junior Wrestling team, senior Melissa Lee (*FHS Female Athlete of the Year*), who showed great ability as a 10th grade sprinter.
- **Fr/So surprises:** transfer Trisha Sharma (10), who competed in India's age-group sprint championships as an 8th grader, was showing brilliant sprint relay prowess, as well as adding to Fremonts' hurdle crew. Trinity Lee (9th), with her late February statement of, "Hey Coach, is it too late to come out for track?", had the fastest 100M time on the team as the season ended. Then, 1st time sophomore, Sophia Suon, whose rankings, on a very talented sprint team, were 4th in the 100M, 4th in the 200, and the 4th fastest 400m split for the 4x4.
- **Incumbents:** 4-season senior Jordyn Laihipp had stepped her training tenacity, in hopes of continuing a career in college. Jordyn's new attitude paired with 3rd year junior, Janice Thatchers', "fear-no-sprint" approach, began to send a positive vibe across the sprint core. 2-year seniors Anais Chevalier, Anais Eichner and Zoe Chevalier, also cranked-up their commitment to training.
 - All five girls were showing early season improvement far beyond their previous seasons. In addition, their competitive attitudes were excellent examples of effort and grit, for under-classmen.



- The Girls 4x4 was ranked 12th in CCS, the 4x1 was ranked 15th in CCS

- **AIR ATTACK (Throws, Jumps and Hurdles):** this is the part of the Fremont game where we were very, very strong: almost “dominant” on the girls side, paired with “strong” on the boys team



- **Girls Throws: upper-class leadership blazing the path.** Senior captain, Cassius Fiaui (Fremont shot-put record holder, 3-time CCS qualifier and currently ranked CCS #2 shot putter) was leading the charge of talent in the throws. Paired with senior captain Karen Dam’s fearlessness to compete in any event (Karen has scored points in both throws, 100 meters, 100m hurdles, 300m hurdles, 4x4, and an 800M leg on a 3200m relay), the two girls are a shining example of leadership for all coed throwers.
 - The two leaders were accepting 2019 League Shot & Discus JV champion, Yadi Set (11th) into their leadership ranks
 - The three accomplished performers were ushering in talented new comers, Celeste Cameron, Madelyn Nguyen & Sandi Set
 - Cass will surely have the chance to compete at a 4-year, maybe on scholarship.



- **Boys Throws is a junior-led force de jour:** *Junior co-captain, Michael Gambucci's display of leadership qualities in only his 2nd year of the sport, matched his team-leading throws performances. His leadership and cohesiveness has been supported by three other strong performing juniors (co-captain Jusuf Jarada, Chris Kim and new comer, Niko Massey).*
 - The hard working juniors set a great example for the Fr/So force behind them: rapidly improving David Kim and Luisito Marucot team-up with new comers Andre Asuncion (10th) and 8th grade County shot put Champion, Antonio Gallegos-Lynch (9th)



- **Girls Jumps: accomplished leadership from experienced young performers;** *Junior captain, Briana Fedkiw (2-time CCS competitor in horizontal jumps and 1 time in relays, 3rd FHS All-time Long Jump, 8th FHS All-time Triple Jump) is joined by FHS All-time #15 high jump listed Natalie Waely and 10th grader Anika Chandwani (2019 El Camino League JV Triple Jump Champion, and El Camino meet record holder). Late addition, and California-state Wrestling finalist, Annie Hua was also sure to bring some additional hops to the jumps squad.*
 - These highly-accomplished girls ushered in the noticeable efforts of new comers Isabella Haitz (10th), Nell Brodtkin (10th).and the stepped-up commitment of experienced junior, Linda Tran



- **Boys Jumps driven by upper-class leadership and point scoring:** *senior captain Zach Oren (2017 FS League TJ Champion), supported by 4-season senior's Huy Tran and Trevor Ong, with high-flying juniors Steven Bhirdo and Thomas Chang, were carrying the scoring load through the 3-meet season. Plus, Sr.Jalen Morris, was waiting for his transfer to clear, to unleash some 6-ft jumps*
 - The leadership helped 1st year jumper Samuel Tiscareno (junior distance runner) score his 1st ever high jump points, and helped sophomore Johann Lee, post a PR and score points in his only meet
 - Steven looked to be on his way to 20-feet in the LJ, and Zach on his way to 40-feet in the TJ, after early PR's in just the 2nd meet of the season



- Girls hurdles: big surprises for EC division, SCVAL and CCS. Two girls who had never ran hurdles a year ago, and one girl (who was in 8th grade a year ago), all burst onto the scene together to capture 3 out of the top-12 ranked spots in CCS (with over 220 competitors posting times). One of the girls, making it into FHS All-time Top 15, after only two races. Senior captain Karen Dam seemed to be inspired by her new hurdle mates, posting her 100mH PR in just the 3rd meet. The hurdle core was topped off by sophomore Gunjan Bhuller and freshman Abigail Guillermo

Rank	Name	Time	School	Date
1	Isabella Rosmann	15.51 PR	CA Notre Dame (Salinas)	Mar 11 Ripon/ND @ Hollister
2	Anesha Nema	16.60 (L)	CA Lynbrook	Mar 07 Rustbuster Invitational
3	Olivia Narendran	16.66 (L) PR	CA Silver Creek	Mar 07 Willow Glen Track and Field Invitational
4	Trisha Sharma	17.02 (L) PR	CA Fremont	Mar 10 Cupertino at Fremont
5	Caprina Christoff	17.02 (L)	CA Carmel	Mar 05 Winter Time Trials
6	Marcia Mendillo	17.09 (L)	CA Gilroy	Mar 07 Willow Glen Track and Field Invitational
7	Lauren Dean	17.12 (L) PR	CA Santa Catalina	Mar 05 Winter Time Trials
8	Briana Fedkiw	17.24 (L) PR	CA Fremont	Mar 05 Fremont @ Santa Clara
9	Glenda Boster	17.39 PR	CA Mountain View	Mar 05 Wilcox @ Mt. View
10	Reya Evans	17.42 PR	CA Mills	Mar 11 Carmel @ Mills
11	Viviam Luong	17.47 (L)	CA Santa Clara	Mar 07 Rustbuster Invitational
12	Trinity Lee	17.52 (L) PR	CA Fremont	Mar 07 Rustbuster Invitational
13	Alyssa Haid	17.55 (L)	CA Aragon	Mar 07 Willow Glen Track and Field Invitational
14	Adrienne Wood	17.56 (L)	CA Santa Catalina	Mar 05 Winter Time Trials
15	Bethany Chan	17.68 (L) PR	CA Lynbrook	Mar 07 Rustbuster Invitational
16	Allison Tye	17.73 (L) PR	CA Lynbrook	Mar 03 Guinn @ Lynbrook



- The three top ranked hurdlers**

- Junior, Briana Fedkiw, already an accomplished age-group jumper, used her off-season to work with Coach Shields to learn how to run hurdles. The result: ranked 8th in CCS with a time of 17.24, after completing just two races.
- Sophomore, Trisha Sharma, already an accomplished sprinter, learned hurdle technique from her personal coach Johanna Gistand. Coaches Gistand & Shields collaborated during Winter Conditioning to continue improving Trisha's form, and aggression towards the hurdle. Result: tied for 4th in CCS with a time of 17.02, after only two races. The time also puts her at #12 on Fremont's All-Time list for 100M hurdles.
 - Trisha's 300M hurdle time is ranked 11th in CCS, and also puts her at #12 on the FHS All-Time list in that event
- Freshman, Trinity Lee had more surprises behind her late-February "Hey Coach, is it too late to come out for track?" question: she knew how to hurdle. Training her with Trisha, on improving form and aggression toward the hurdle, Trinity found that she could 3-step. Result, a time of 17.52, ranking her 12th in CCS, and 6th in SCVAL
- Boys hurdles, rebuild?** After losing a CCS 110Mh/300mH finalist and another SCVAL championship 110Mh finalist (Idreese Barnes & Jonathan Mattson), it looked like we would need to spend a year or two to rebuild the varsity hurdle core.
 - However, the remaining regular hurdler from 2019, junior, Ethan Nixon, had other ideas: Ethan stepped-up his training commitment immediately after his sophomore season, becoming a regular at Summer, Fall and Winter Conditioning
 - County middle-school 65M hurdle Champion, Kathir Balakrishnan slowly adjusted to the higher high-school hurdles during Summer & Winter Conditioning, and was often watching Ethan and the new-hurdling girls, after his Cross Country practice.
 - Senior, Rohan Kale also joined in with Briana Fedkiw in Summer Conditioning hurdle learning. Although his summer-learned skills were dampened by his basketball injuries, Rohan was still able to compete in the 300m hurdles
 - The results were well beyond a rebuild-year;
 - Kathir ended the season with a EC league ranking of 2nd in 110M high hurdles, and Ethan (with almost a 3-second improvement from 2019) was ranked 7th on the league.
 - In the 300m hurdles, Kathir was ranked 3rd, and Rohan (in his 1st year of hurdling) had the 7th fastest time in the league.

Over-all team summary;

- The Firebirds looked to be on the way to a very successful season with the Girls challenging for a league championship, and the boys looking to score high in the SCVAL meet. By the performances in the 3-meet season, the team looked to be sending 16-25 student-athletes to CCS.
- The marks usually have to be in the top 32-top to top-40 marks in the event, to have a chance to make CCS
 - **Highly probable CCS appearances, (with CCS ranking);**
 - **SR. Cassius Fiaui** (Shot put (2ndst), Discus (23rd^d))
 - **SO Trish Sharma** (100Mh (4th), 300Mh (11th), 4x4 relay, 4x1 relay)
 - **JR Briana Fedkiw** (100Mh (8th), TJ (11th), LJ (20th), 4x1 relay)
 - **SO. Jonathan Halperin** (1600m (21st), 800m (19th), 4x4 relay)
 - **JR Natalie Waelty** (200m (19th), 4x4 relay, 4x1 relay)
 - **FR Trinity Lee** (100Mh (12th), 4x1 relay),
 - **FR Kathir Balakrishnan** (300Mh (25th), 4x4 relay),
 - **SO Rakhi Chadavada** (400M (40th), 4x4 relay)
 - **Girls 4x400m relay** (ranked 12th in CCS), with alternates (ZChevalier (SR), Sharma (SO), Suon (SO), Chadavada (SO), NWaelty (JR), Gough (JR), AChevalier (SR))
 - **Girls 4x100m relay** (ranked 15th in CCS), with alternates (T Lee (FR), Sharma (SO), Fedkiw (JR), Windham (JR), NWaelty (JR), Gough (JR), Suon (SO), M. Lee (SR))
 - **Boys 4x400m relay** (ranked 19th in CCS) with alternates, (Figueroa (SO), L Nguyen (FR), Halperin (SO), Balakrishnan (FR), Mai (FR), Kale (SR), Oren (SR), Gajula (SR))
 - **Good chance of making CCS in these events based on previous PR's, season opening performances and peaking at SCVAL**
 - **SR Zach Oren** (TJ, 4X4 relay)
 - **SR Samantha Wu** (3200m)
 - **SR Neel Bhargava** (3200m)
 - **SR Rohan Kale** (300Mh, 4x1 relay)
 - **JR Steven Bhirdo** (LJ, 4X1)
 - **JR Michael Gambucci** (Shot, Discus)
 - **JR Yadi Set** (Shot, Discus)
 - **JR Jusuf Jarada** (Discus)
 - **JR Niko Massey** (Discus)
 - **JR Natalie Waelty** (HJ)
 - **JR Thomas Chang** (TJ)
 - **SO Luis Figueroa** (400m)
 - **FR Isaac Tiscareno** (3200m)
 - **FR Leland Nguyen** (400m)
 - **FR Kathir Balakrishnan** (100Mh)
 - **Boys 4x100m Relay**, with alternates, (Walker (SO), Kale (SR), Figueroa (SO), Gajula (SR), Balakrishnan (FR), Nguyen (FR), Bhirdo (JR))