

Ventura County Meet

When: Friday Oct 30, 2015

Where: Lake Casitas- Coyote Launch Ramp

Bus Time: 11:30 am Project Time: 11:15 am

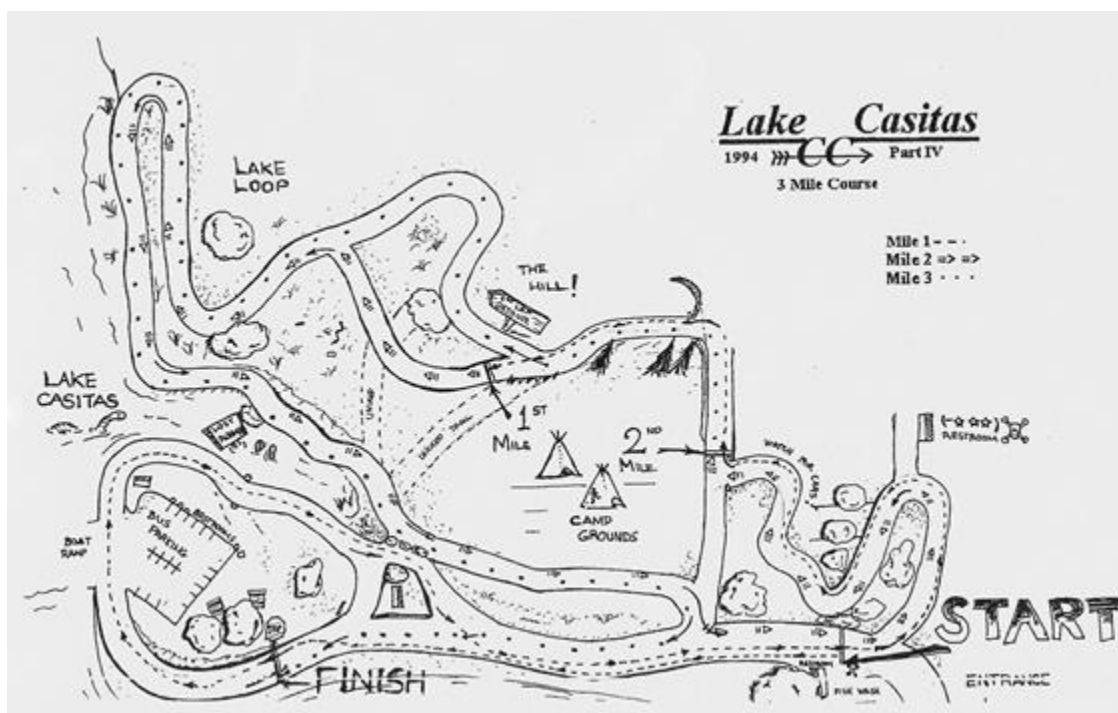
Schedule:	Time	Medals	Plaques – D1	Plaques – D2	Plaques – D3
JV Boys	1:30 p.m.	1-40	1 st – 3 rd	1 st – 3 rd	1 st – 3 rd
JV Girls	2:05 p.m.	1-40	1 st – 3 rd	1 st – 3 rd	1 st – 3 rd
Frosh Boys	2:40 p.m.	1-60	1 st – 3 rd	1 st – 3 rd	1 st – 3 rd
FS Girls	3:15 p.m.	1-60	1 st – 3 rd	1 st – 3 rd	1 st – 3 rd
Soph Boys	3:50 p.m.	1-60	1 st – 3 rd	1 st – 3 rd	1 st – 3 rd
Varsity Girls	4:25 p.m.	1-70	1 st – 3 rd	1 st – 3 rd	1 st – 3 rd
Varsity Boys	5:00 p.m.	1-70	1 st – 3 rd	1 st – 3 rd	1 st – 3 rd

What Time will we get back: Approx. 7:00 pm

Bring: water, healthy snacks, shoes, uniform, socks, sweats, sunscreen, more water/sports drink, \$ if you wish to get a shirt

Additional Information:

- Parking is \$10 per car entering the park.
- You may park at the entrance to Lake Casitas, but it is a 2-mile walk to the starting line. There is parking inside the park close to the start line, approximately ¼ mile. It maybe necessary for parents to park in the overflow lot inside the park. The overflow parking lot is close to a mile to the starting line.
- Snack Bar will be near Spectator Hill
- You may go home with your parents, after the meet is over AND our team warm down and stretch. You need to check out with the coaches before you leave.



County Results from 2014

	Last	First	Race	1 mile		2 mile		3 mile	PL	2013	pl	2012	pl	2011
1	Aguilera	Nathalia	FS	6:32				21:18	12					
2	Tennison	Lauren	FS	6:32				21:44	23					
3	Fife	Adelaide	FS	6:35				21:58	36					
4	Ozbourn	Melanie	FS	6:34				22:14	46					
5	Martinez	Ellyanna	FS	6:52				22:24	51					
6	Lopez	Jessica	FS	7:32				23:47	84					
7	Christenson	Lilly	FS	7:32				24:28	105	24:22	74			
8	Meugniot	Michelle	FS	6:31				24:54	31					
9	Bouchard	Emily	JV	7:19	7:59	15:18	7:47	23:05	37	27:24	158			
10	Morales	Tati	JV	7:00	8:12	15:12	7:58	23:10	40					
11	Torrez	Alekz	JV	7:22	8:01	15:23	8:04	23:27	48					
12	Ferndandez	Marisol	JV	6:47	8:14	15:01	8:34	23:35	54					
13	Christenson	Karli	JV	7:14	8:32	15:46	8:39	24:25	76	24:15	54	27:17	113	26:17
14	Ruth	Lexi	JV	7:14	8:39	15:53	8:47	24:40	84	23:58	45	26:08	105	25:07
15	Pantoja	Stephany	JV	7:50	9:30	17:20	9:15	26:35	155					
16	Montalvo	Mary	JV	8:16	9:42	17:58	9:43	27:41	190					
17	Rojas	Katherine	JV	8:54	9:54	18:48	9:49	28:37	213					
18	Ellberg	Sally	V	6:01	6:37	12:38	6:38	19:16	16	21:01	54			
19	Perez	Kenna	V	6:15				19:43	31	20:57	52	21:24	73	22:00
20	Burns	Jalen	V	6:01	6:58	12:59	6:51	19:50	34	21:04	57			
21	Nieberding-Swanberg	Jolee	V	6:09	6:54	13:03	7:00	20:03	43	23:33	63			
22	Al-Saleh	Summer	V	6:08	6:53	13:01	7:05	20:06	45			20:18	40	21:13
23	Cambell	Melanie	V	6:14	7:13	13:27	6:57	20:24	53	21:10	63	21:47	87	22:51
24	Marquez	Allie	V	6:22	7:25	13:47	7:17	21:04	72	22:20	94	23:30	105	

Percent Improvement Goal Times for County 201

Name	2014 Time	3% impr Seconds	3% Time	2014 Time	2% impr Seconds	2% Time
Aguilera, Natalie	21.18	38.34	20.39	21.18	25.56	20.52
Martinez, Ellyanna	22.24	40.32	21.43	22.24	26.88	21.57
Meugniot, Michelle	24.54	44.82	24.09	24.54	29.88	24.24
Pantoja, Stephany	26.35	47.85	25.47	26.35	31.9	26.03
Rojas, Katherine	28.37	51.51	27.45	28.37	34.34	28.02
Tennison, Lauren	21.44	39.12	21.04	21.44	26.08	21.17
Torres, Alekz	23.27	42.21	22.44	23.27	28.14	22.58
Ellberg, Sally	19.16	34.68	18.41	19.16	23.12	18.52
Burns, Jalen	19.5	35.7	19.14	19.5	23.8	19.26
Christenson, Lilly	24.25	43.95	23.41	24.25	29.3	23.55
Fife, Adelaide	21.58	39.54	21.18	21.58	26.36	21.31
Lopez, Jessica	23.47	42.81	23.04	23.47	28.54	23.18
Nieberding-Swanberg, Jolee	20.03	36.09	19.26	20.03	24.06	19.38
Ozbourn, Melanie	22.14	40.02	21.33	22.14	26.68	21.47
Rajala, Anna	0	0	0.00	0	0	0.00