

# right ON TIME

The boys and girls track meet competed in the Sam Burley Hall of Fame Invitational.

**field day** The track and field team had a day full of activities to get to know each other.



The track team had a day full of fun, where they played many different games so that they could get to know each other on a deeper level. They participated in dodge ball, tug o' war, sack races, water balloon fights, and other fun activities. Sophomores **Aaron Gold** and **Greta Bonati** were the ones in front leading their team in tug o' war. "Our team ended up winning the tug o' war. The whole day was really fun, and I got to meet some teammates that I had never met before," Bonati said. Photos by David Suarez



**CONQUERING OBSTACLES**, senior **Ava Seymour** makes a leap over the hurdles. She competed in the 400 meter hurdle event for the first time. The 400 meter hurdle was a new event that year. "I did not do as well as I would have liked to, so I am going to work really hard in practice to get better," Seymour said. Photos by Fox Mar



**THROWING FAR**, senior **Sofia Garcia Figueras** throws her javelin spear as far as she possibly can. This event was called "javelin" and was part of the track and field sport. "Figueras was a highlight in this competition with her throwing events, as the team did not do very well in general," coach **David Suarez** said. Photos by Fox Mar

**RUNNING TO THE FINISH LINE**, freshman **Kaira Krippendorff** runs to the finish line in the 800 meter dash. She finished in sixth place, even though it was her first time ever competing in this event. "I think I did pretty well considering it was my first time running this event, but I would like to improve my speed and my pacing, especially," Krippendorff said. Photos by Fox Mar



**ALMOST THERE**, junior **Nicholas Zambolla** gives his final push in the 400 meter dash. Even though it was not his best race, he ended up finishing in third place. He also competed in the 4x200 relay, and after finishing, he reflected on how he hopes to improve on certain aspects of his running for the rest of the season. "I definitely want to improve my stamina and speed so that I can improve my times," Zambolla said. Photos by Fox Mar



**VAULTING**, Junior **Paulina Guerra** uses her pole to throw herself over the bar. She started pole vaulting about two years ago and has loved it ever since. She placed at every meet ever since she started, even very important ones. "In my first year of attempting the sport, I advanced very quickly and even managed to make it to states my first year," Guerra said.

Junior **Paulina Guerra** used her pole to propel herself over the bar during the Sam Burley Hall of Fame Invitational which took place on Mar. 3 and 4. The competition took place in Tropical Park, where the team was there from the morning until late at night. Guerra started the sport in her freshman year and fell in love with it. Although this was not her best competition, she hoped to use it as a learning experience to do better in the future.

"At the beginning of vaulting, I really started to like it, because I got good fast and placed at every meet. From there, I wanted to make it to the state championships every season. Then, I

truly fell in love with the sport and the feeling of flying through the air and clearing a bar," Guerra said.

Members of the team trained very hard for the season during practice. Some went above and beyond, and even had extra training sections. Freshman **Tim Rutten** had a foot injury, so he took it into his own hands to get back into shape. Rutten participated in the two mile run and even though he did not run a personal best, he still managed to finish in fourth place.

"I think I did a good job in the race, because I consistently worked hard during practice and focused on the goals I wanted to achieve. The altitude training I did a couple of weeks ago

during ski week played a major role in helping me get back in shape after my foot injury," Rutten said.

The girls 4x800 meter relay placed seventh place, which landed them a medal. The runners that took part in the relay were sophomore **Alessandra Di Mise**, junior **Andrea Ferreiro**, and junior **Valeria Castillo**.

"I really enjoyed this relay because I got to run with my friends, and I think that we did a really good job collaborating with one another. We definitely want to improve individually so that we can excel as a team and finish first," Di Mise said.

Story by Julia Fogel