

Sydney Rivas

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Objective:

Seeking a University with outstanding academic credentials offering a BS Major in Biology or Biochemistry with a solid Women's Cross Country and Track and Field program.

Academic:

- Cumulative High School GPA: 3.4 weighted
- Honors Biology sophomore year
- SAT: 1010
- ACT: 22

Athletics:

- Strong work ethic and dedication as well as talent and leadership, able to take criticism and coaching to improve performance.
- Varsity Cross Country: 4 years
- Varsity Track and Field: 4 years

PR's For Cross Country:

- 3 miles: 17:21
- 5k: 19:04

PR's for Track and Field:

- 1600 Meters: 5:19
- 3200 Meters: 11:09

Season PR's for Cross Country & Track by Class Year:

Cross Country	Freshman	Sophomore	Junior	Senior
Ed Sias	14:31.0	13:11.8	13:16.1	12:36.0
Woodbridge	20:02.1	18:48.2	18:01.0	17:21.6
Clovis		21:20.6	19:50.5	18:40 (goal)
Spring Lake	19:51	18:56	18:51	18:00 (goal)
CIF North Coast	20:11.0	19:11.0	18:58.4	18:10 (goal)
CIF State	20:09.0	19:42.4	19:04.0	18:30 (goal)

Track & Field	Freshman	Sophomore	Junior	Senior
1600 Meter	5:32.34	5:19.04	5:24.38	5:05 (goal)
3200 Meter	11:58.11	11:28.45	11:36.48	10:58 (goal)

Leadership and Volunteer:

- Cross Country: Captain Sophomore through Senior year
- Track: Captain Sophomore through Senior year
- Hidden Valley Elementary School Daycare Volunteer (3 years)
- Key Club Member (sophomore-Senior Year)

Achievements:

- Recognized Varsity Girls Roadrunner award 2015-2016
- Cross Country Girls Most Improved 2015
- Athlete of the Week Press Democrat, Redwood Empire 2014-2016
- All Empire Girls Cross Country Team 2016
- Five-time All Redwood Empire Honors for both Cross Country and Track

Contacts:

Maria Carrillo High School Track & Field Head Coach

Greg Fogg

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